



NEWSBRIEFS

Canutillo ISD beefs up campus security

Canutillo Independent School District (CISD) has made recent upgrades to its security measures in keeping with the District’s priority to the safety of its students and staff. Officials have implemented the Raptor Visitor Management System at every campus and facility in the district. Raptor is a two-fold system that serves as a visitor management tool and also screens visitors against a national sex offender database. Albert Vega, CISD Director of Information Technology, says that the new system will better allow administrators to positively identify every visitor, contractor, and volunteer who enters district schools and buildings. “Part of keeping students and staff safe is knowing who is in our buildings at all times,” Vega said. “This is to ensure that the visitor has legitimate business at the school and that the school has an accurate accounting of who is in the building in case of an emergency.” In addition to the visitor management system, all schools, and facilities around the District are also receiving substantial upgrades to its security camera system and schools will see an increased law enforcement officer presence. Drills and training will continue to be a regular part of emergency preparedness. “The latest precautions allow us to quickly identify those that may present a danger to our students,” said CISD Superintendent Dr. Pedro Galaviz. “There should be no doubt that the safety of our students is our highest priority.”

– Liza Rodriguez

San Elizario ISD innovations

On January 9, 2020, the San Elizario ISD (SEISD) District Advisory Committee voted to approve proceeding with the District of Innovation (DOI) Plan, which seeks the following exemptions: 1). First Day of School with the option to proceed with a year-round calendar beginning the 2020-2021 school year; 2) CTE Teacher Certification; and 3) Class size option for grades kinder through 4th grade. Work on the District of Innovation Plan began on October 9, 2019, when the Board of Trustees approved a resolution to consider becoming a

See BRIEFS, Page 3

Old men declare wars, but it is the young men and women that must fight them.

– Quips & Quotes

El Paso’s state representative has impact on the Texas Legislature

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – This election year, Democratic State Representative Joe Moody of El Paso is on nearly everyone’s best list for his ability to create harmony and bipartisanship, which makes him a serious contender to be the next speaker of the House.

After a productive legislative session that ended last May, and the second time in a row, Moody earned a coveted spot on Texas Monthly’s list of best lawmakers for what the magazine called his “honesty and smarts to shape policy”.

Moody, a 38-year-old former prosecutor and four-term lawmaker, was one of eight lawmakers ranked at the top of the heap in the statewide magazine’s Texas politics list this past summer. The magazine – which has been compiling its best lawmakers’ rankings since 1973 – stated that, in the 2019 legislative session, when Moody spoke, people listened. “Over the course of the session, he used his perch as speaker pro-tempore and his reputation for honesty and smarts to shape policy and give voice to worthwhile causes that might otherwise have gone unheard,” the magazine opined.

Moody represents Texas’s District 78, which covers the northern portion of El Paso County including Northeast and West El Paso, Anthony, Vinton, and Canutillo. In the most recent legislative session, he served as speaker pro-tem of the Texas House, as vice chair of the calendars committee, and as a member of the committees on business and industry, redistricting, and criminal jurisprudence.

Moody is a lifelong El Pasoan and has followed the example of public service set by his father, District Judge William Moody, and his mother, El Paso school teacher Magdalena Morales-Moody. He was married to Adrienne Riley in 2011, and they have two sons.

Because Moody grew up in politics, he became actively involved in campaigns at a young age. In 2008, he decided to take on the challenge himself and entered a Texas House race that proved to be one of the most hotly contested statewide. His election at age 27 made him the youngest state representative in Texas.

Since then, Moody’s legislative work has touched on topics from veterans’ issues and mental health to education and equality, but his focus has been on criminal justice reform. He has devoted particular attention to preventing wrongful convictions, promoting diversion and reintegration, and improving both access to justice and indigent defense outcomes. He has also championed critical gaps in laws regarding domestic violence, stalking, human trafficking, and sexual assault.

Moody’s work has earned him numerous accolades, including awards from the Mexican American Legislative Caucus, the Texas District and County Attorneys Association, the Combined Law Enforcement Associations of Texas, the Meadows Mental Health Policy Institute, and Equality Texas.

Outside of the Texas Legislature, Moody is an attorney. He served as a prosecutor for many years at the El Paso County District Attorney’s Office before entering private practice. He earned a bachelor’s degree in history and government from



– Texas House of Representatives

State Representative Joe Moody, above, believes that El Paso lawmakers in Austin must fight misconceptions about the Borderland. “A lot of people have turned their eyes to the border, whether it is because of the refugees seeking asylum, other immigration issues, or tariffs. But I think a lot of the time they are looking down here for the wrong reason. And, if they are going to look at our community, it is our job to show them the best we have to offer,” the lawmaker said.

New Mexico State University in 2003 and received his law degree from Texas Tech University in 2006.

With the 2020 general election looming, Moody announced recently that he will seek another term in the Texas House of Representatives “I think we have built a lot of momentum for El Paso,” Moody said. “The delegation we sent to Austin

See MOODY, Page 3

Garcia named 2019-2020 Field Instructor of the Year

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – Nora Garcia has been a Counselor at Alarcon Elementary School with the San Elizario Independent School District for approximately 5 years. She was recently named 2019-2020 Field Instructor of the Year for her work in helping prepare students wanting to enter the field of social work. The Texas Field Educator’s Consortium (TFEC) awarded the honor.

Every year Garcia takes on all the duties of an elementary school counselor and still makes it a point to continue to support individuals who would like to enter the social work profession. She works with students interested in the social work field. Intern students receive hands-on training and guidance to gain the necessary training hours required. Principal Julissa Esquivel said, “We are

so very proud to have Ms. Garcia recognized for her work with the University of Texas at El Paso Social Work Interns. She takes them under her wing and guides them when working with our students every week.”

Alma Armendariz, the Practicum Coordinator/Clinical Instructor for the College of Health and Sciences for the University of Texas at El Paso Department of Social Work said, “This is very well deserved. Our students love Mrs. Nora Garcia and all that she teaches them!”

Garcia has a Bachelor of Art in Social



– Photo courtesy San Elizario ISD

Nora Garcia

Work and a Master of Art in Organizational Management. Her work experience includes serving not only in San Elizario ISD but the El Paso Region as a district social worker, at-risk coordinator, a parent involvement coordinator, and an early college counselor.

“It is an honor serving as a Field Supervisor for the UTEP Social Work interns and witnessing their growth as they serve our Alarcon Eagles. Thank you to our Superintendent, Dr. Meza-Chavez, School

Board Members and Mrs. Esquivel for allowing this partnership that provides such valuable support,” said Garcia.

View from here

By Marilyn M. Singleton, M.D., J.D.

Obesity: America’s self-inflicted preexisting condition

Consuming too many potato latkes and Christmas cookies has left its mark on our waistlines. Unfortunately for Americans and their medical care, the seasonal overeating seems to last all year. Indeed, the American Medical Association has declared that obesity is a disease.

It may be more accurate to describe obesity as a contributor to certain diseases. Obesity raises the risk of premature death, heart disease, high blood pressure, stroke, type 2 diabetes, gallbladder disease, breathing problems, certain cancers, and osteoarthritis. Certainly, obesity can result from certain uncommon diseases and hereditary factors, but most people become obese simply because they eat too many unhealthy foods and do not exercise.

At its last count, the Centers for Disease Control and Prevention (CDC) estimated that 40 percent of U.S. adults age 20 and over, 21 percent of teens, and 14 percent of preschoolers are obese. A December 2019 study that analyzed 26 years of body mass index (BMI [the relation of weight to height]) data concluded that half of U.S. adults will be obese (BMI>25) by 2030. Some 25 percent will be severely obese (BMI>35). Moreover, less than 5 percent of adults get the recommended 30 minutes a day of physical activity. And even when people living in “food deserts” were presented with healthy options, only 10 percent changed their evil eating ways.

According to the CDC’s last comprehensive analysis, the annual medical cost of obesity in the United States to Medicare, Medicaid, and private insurers was \$147 billion in 2008. And the medical costs for obese people were \$1,429 higher than those of healthier weights.

The saddest development is the cultural normalization of obesity with lingerie models, singers, and television shows celebrating fatness. Do we high-five people with other lifestyle related conditions such as alcoholism, emphysema, or coronary artery disease? Of course not.

The obese are easy targets for drug company peddlers of quick fixes or “providers” who want to extract money from third-party payors. U.S. pharmaceutical companies spent \$6.1 billion on direct-to-consumer prescription drug advertising in 2017. Many ads feature chunky type 2 diabetics happily frolicking about, thanks to the drug company’s magic pill. The ads might as well say, “pass the chocolate cupcakes with statin sprinkles drizzled with insulin.” We all know the prescription of eating less and exercising more is free of charge.

Alas, we are losing the battle of the bulge. A recent study found that participants failed to lose weight despite reporting that they were exercising and watching their diet. The authors concluded that “many of [the participants] might not have actually implemented weight loss strategies or applied a minimal level of effort, which yielded unsatisfactory results.”

While politicians debate the merits of spending trillions of dollars on government-sponsored medical care, a correctable source of high medical costs is hiding in plain sight. Irrespective of who pays for medical care, rational economic decisions must be made. The Affordable Care Act (ACA) waved a magic wand and removed preexisting conditions from the underwriting equation when calculating premiums. A sick person and a healthy person of the same age could purchase insurance at the same price. Consequently, the ACA doubled the costs for people who made the effort to take care of themselves.

The ACA did allow a “tobacco surcharge” of up to 50 percent more for premiums. Why not an obesity surcharge? This would provide an incentive for consumers to take obesity seriously. Additionally, health-conscious persons would not have to pay for the bad habits of others through taxes to fund government health insurance programs or through higher private insurance premiums.

Those who are stricken with illnesses through no fault of their own need a path to affordable medical care. A good start for lowering costs would be eliminating costly middlemen by encouraging consumers to pay directly for day-to-day medical expenses. Expanding contribution limits and eligible uses of Health Savings Accounts would help pay for the more reasonably priced direct-pay surgery and other alternatives to insurance like direct primary care.

With regard to insurance, we need a revival of competition in the insurance market with multiple products and carriers. Once again, single men could opt to decline pregnancy coverage. We need to restore the pre-ACA availability of low-cost catastrophic (major medical) insurance policies to all ages. Even before mandated by the Health Insurance Portability and Accountability Act of 1996 (HIPAA), the large majority of insurers offered guaranteed renewable policies. Here, assuming timely payment of premiums, at the end of the policy period the insurer must renew coverage regardless of the health of the insured. Naturally, this valuable feature costs more but provides consumers with a strong incentive not let the insurance lapse.

Let’s confront the elephant

See OBESITY, Page 4



- On Jan. 13, 1939, Arthur “Doc” Barker is killed while trying to escape from Alcatraz Prison in San Francisco Bay. Barker, of the notorious “Bloody Barkers” gang, was spotted on the rock-strewn shore of the island after climbing over the walls. As he waded into the water, the guards shot and killed him.
- On Jan. 14, 1969, an explosion aboard the aircraft carrier USS Enterprise kills 27 people in Pearl Harbor, Hawaii. A rocket accidentally detonated, destroying 15 planes and injuring more than 300 people. The Enterprise was the first-ever nuclear-powered aircraft carrier when it was launched in 1960.
- On Jan. 15, 1951, Ilse Koch, wife of the commandant of the Buchenwald concentration camp, is sentenced to life imprisonment in a court in West Germany. Nicknamed the “Witch of Buchenwald,” Ilse collected lampshades, book covers and gloves made from the skin of tattooed camp prisoners.
- On Jan. 16, 1605, Miguel de Cervantes’ “El ingenioso hidalgo Don Quixote de la Mancha,” better known as “Don Quixote,” is published. The novel gave rise to a number of now-common idioms, including the English phrase “tilting at windmills.”
- On Jan. 17, 1977, Gary Gilmore, convicted in a double murder, is executed by a firing squad in Utah, becoming the first person to be executed in the United States since the death penalty was reinstated in 1976.
- On Jan. 18, 1803, Thomas Jefferson requests funding from Congress to finance the Lewis and Clark expedition. Though he did not disclose his intentions to Congress, Jefferson planned to send Meriwether Lewis on a reconnaissance mission to assess future territorial expansion into the west.
- On Jan. 19, 1915, during World War I, Britain suffers its first casualties from an air attack when two German zeppelins drop bombs on the eastern coast of England.

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Canutillo Independent School District Public Notice

Canutillo Independent School District will hold a public hearing to discuss the District’s 2018-2019 Texas Academic Performance Report (TAPR) as part of a regular School Board meeting which is scheduled for 5:30 p.m. Tuesday, January 28, 2020, at the Canutillo Administrative Offices Board Room, 7965 Artcraft, El Paso, TX 79932.

The public is invited to attend. The TAPR report will also be available for review after the hearing at all Canutillo ISD campuses, the central office and at www.canutillo-isd.org.

For more information, call 915-877-7481.

Distrito Escolar Independiente de Canutillo Junta Pública

El Distrito Escolar Independiente de Canutillo tendrá una Reunión Pública para informar sobre el “Reporte de Rendimiento Académica de Texas” (TAPR) del año escolar 2018-2019. El reporte sera parte de la reunión de la Mesa Directiva del distrito programada para el martes, 28 de enero del 2020 a las 5:30 p.m. en las Oficinas Administrativas de Canutillo en la Sala de Juntas en 7965 Artcraft, El Paso, TX 79932.

Todos los interesados están invitados a asistir. El reporte TAPR estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas y en www.canutillo-isd.org.

Para mas información, favor de llamar al 877-7481.

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Phone: 852-3235

E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda

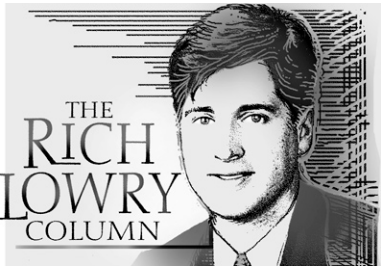


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The victim President

President Donald Trump’s impeachment letter to Nancy Pelosi is nothing if not sincere. The missive establishes, if there were any doubt, that Trump hates impeachment with a passion, and he expresses his contempt in his own inimitable voice – scornful, hyperbolic, colloquial, on brand (Russia Witch Hunt, Do Nothing Democrats, etc.) and, above all, aggrieved. We’ve never had a president in the modern era who has actively cultivated an image of victimhood, a posture that once would have been considered whiny and weak, but that Trump has, through his personal alchemy, made into a kind of political strength. It is inevitable that a president – carrying out impossibly weighty responsibilities, in a very public capacity, while the opposition and press fasten on every peccadillo – is going to feel besieged, misunderstood or otherwise unfairly treated. This naturally often leads

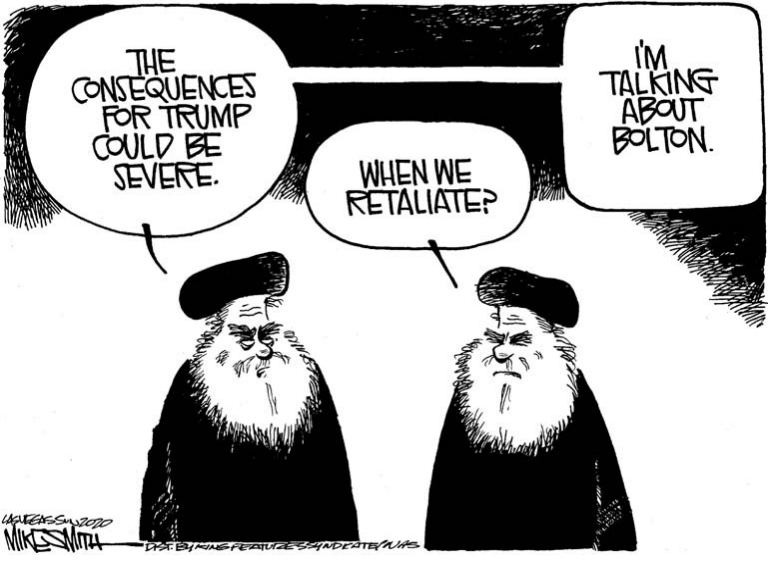
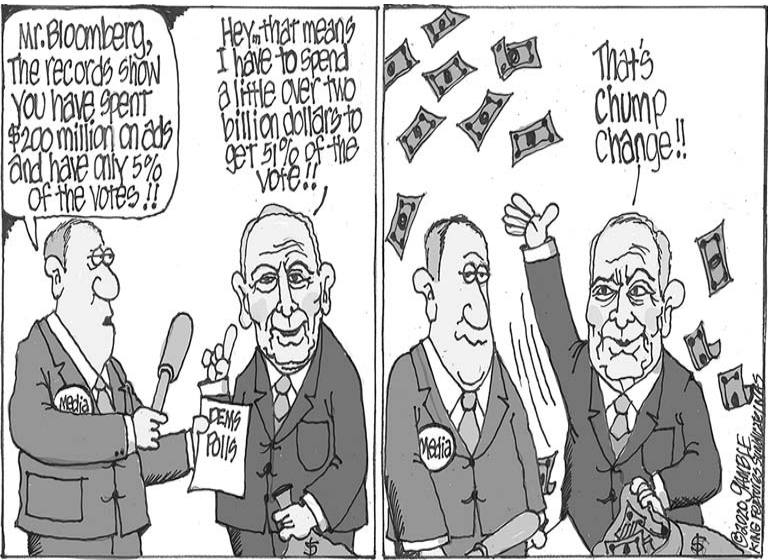


to private venting, brooding, plotting and perhaps even an overly defensive or peevish outburst in public. The Prussian statesman Otto von Bismarck captured what might have been the experience of more than one president when he reportedly told his personal assistant one morning, “I could not sleep, I hated all night.” With the exception of, most notably, Andrew Johnson, who openly raged against his partisan enemies, the presidential mode is to try to keep feelings of persecution under wraps. But not Trump, who unashamedly airs these feelings and uses them as a weapon. This has been his practice his entire adult life, and it has worked for him. He sought to outlast and wear down anyone

in a dispute, unwilling to be, as he sees it, cheated of money, attention or glory. As he put it in an interview early in the Republican nominating contest in 2015, “I am a whiner and I keep whining and whining until I win.” One of his favorite words is “unfair.” Part of the strength of Trump’s bond with his base is that his voters feel sneered at and attacked, and so identify with his plights. A passage in his letter to Pelosi that truly lands is his bitter account of the Russian investigation, during which the FBI abused its powers, the most outlandish speculation was routine fare on cable news, and a special counsel investigation blighted the first couple of years of his administration. He’s right to point out that impeachment is, essentially, an extension of this episode. It might be the best example since Hillary Clinton’s “deplorables” line of an affront that both Trump and his voters can take

personally. Trump will wave the bloody flag of impeachment until November as an example of how Democrats tried to get rid of him – and disregard his voters. The timing on the cusp of an election year means impeachment works perfectly for this argument both looking backward and forward; it (partly) invalidates the 2016 election, while also short-circuiting the 2020 vote. Still, Donald Trump occupies the most powerful office in the world, bedecked with all the majesty and pomp and circumstance that a republic can muster. The media hangs on his every word, and his name, long after his buildings are gone, will remain part of American history. This is not the profile of anyone’s victim, and Trump would do more honor to the office if he brooded more and vented less.

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



Briefs

From Page 1

District of Innovation. In November 2019, the District appointed individuals to serve on a DOI Committee to begin exploring the specific exemptions stated. After two public hearings the Board of Trustees voted to proceed with the DOI plan. DOI information was also presented to the District Advisory Committee – individuals elected by their peers to serve as representatives for their respective campuses. The final vote to determine whether the SEISD becomes a District will be considered by the Board of Trustees on February 12, 2020. More public meetings are scheduled for January 21, 2020 at 5:00 pm at San Elizario High School and January 22, 2020 at 5:00 pm at Garcia Enriquez Middle School

– Jeannie Meza-Chavez

Crime Stoppers Month

Crime Stoppers of El Paso (CSEP) observes January 2020, as *Crime Stoppers Month* to recognize the achievements, donors, and supporters of 2019. The City of El Paso and El

Paso County have both issued proclamations acknowledging January as *Crime Stoppers Month*. In 2019, we helped arrest 72 wanted suspects, cleared 144 cases, recovered almost \$9,060 in narcotics, \$25,540 in personal property and gave out \$28,350 in rewards. About 54% of the tips we received in 2019, came from online submissions. Our website generated 3 times more traffic last year than it did in 2018. By adding profiles on Nextdoor, Twitter, Instagram, and LinkedIn, we were able to grow our following and keep the public engaged with information on wanted suspects, our “Crime of the Week,” safety tips, and much more. As we start a New Year and decade, CSEP will continue its mission to carry out a community offensive against crime by motivating the public to report criminal activity to keep making El Paso one of the safest cities and counties in the country.

– Sgt. Javier Sambrano

One brave young Canutillo student

“Be Safe. Be Kind. Be Ready,” is what Gonzalo and Sofia Garcia Elementary students

See BRIEFS, Page 6

Moody

From Page 1

this past session is arguably the most effective in several decades, and when you have the ability to continue that for your community, it is hard to walk away from that responsibility...,” he added. Moody said that his goal has always been “to do as much good for as many people as possible”. Staying in the House allows him to make changes not only in El Paso but across the state, he said. “There is a responsibility that extends past your home,” Moody said. “I feel like I have the ability in Austin to make major changes across the state of Texas, including here in El Paso.

If the goal is to do as much good for as many people as possible, then the statehouse is where I will be able to achieve that.” “Joe Moody is one of the most respected members of the Texas Legislature by both Democrats and Republicans alike because he is thoughtful, hardworking and constantly working to make Texas a better place for all Texans,” said State Rep. Chris Turner, D-Arlington, who serves as the chair of the House Democratic Caucus and who was first elected to the House the same year as Moody. Moody said that the possibility of becoming House speaker did not play a role in his decision to seek re-election. “There are so many variables at play when discussing whether the Democrats can take back the

House or not,” he surmised. “The fact of the matter is that Democrats are certainly gaining more influence in the House than they have had my entire time here. I don’t think that is going to slow down anytime soon, but I am not in public service to make gambles or make bets. I know no matter what the makeup of the House next session is, I will play a prominent role in making sure El Paso is well-represented.” Moody asserted that El Paso’s present role has never been bigger. “People are paying attention to El Paso more than they have ever paid attention. There has been a focus on our community for a number of reasons. When the light shines on your community, you want to make sure you put your best foot forward.”

View from here By US Representative Will Hurd

Iran is not a victim

(Originally published in the
Washington Examiner)

After almost a decade as an undercover officer in the CIA serving in the Middle East and South Asia, I never thought I would see the Iranian Government be able to manipulate Members of Congress, Democratic presidential candidates and the Western media.

Qasem Soleimani was the head of the most dangerous and well-armed terrorist organization in the world. Taking him out was an appropriate response after all the Iranian Government and its proxies have done over the past few months, and it was a significant blow to the Iranian regime's ability to conduct future terrorist attacks. He was not transiting the Baghdad airport on the way to a holiday vacation. He was in Iraq to coordinate attacks on American interests and our allies. When you run a terrorist organization, this is what can happen to you: you are brought to justice for the death toll you have inflicted on innocent people. Hiding behind the uniform of your government does not change the fact that you are a terrorist.

To my colleagues condemning this decision: we cannot forget that Iran is the culprit, not the victim. They are still the world's top state sponsor of terrorism and have killed hundreds of thousands, including U.S. troops

and over fifteen hundred of its own people for peacefully protesting. The Iranian government has been at war with the United States for over forty years, since they stormed our Embassy in Iran and held 52 Americans hostage for 444 days. The Iranian regime, not the United States, is responsible for escalating current tensions. If the Iranian government wants to rejoin the international community, they must do a few simple things: stop killing American citizens and our allies; stop lying about their nuclear program; stop using terrorism and coercion to prevent the people of Iraq, Yemen, Lebanon and Afghanistan from choosing their own future; and, stop murdering your own citizens for peacefully protesting.

No one wants another war in the Middle East, and under no circumstances should we or our allies bomb cultural sites in Iran or anywhere – our quarrel is with the Iranian Government, not the Iranian people or Persian culture. However, we cannot give the Iranian Regime cover for further aggression, and unfortunately, this is not the first time we have been here. As I said this past summer, Congress' inability to separate our opposition to the killing of journalist Jamal Khashoggi from the threats posed by the Houthis, Iranian military and terrorists in Yemen sent a mixed message to the Iranian Government. When Iranian officials fail to receive international condemnation for their actions, and instead can spew disinformation during interviews with Western journalists, we are sending the Iranian Government the wrong message. Why are interviewers of Iranian officials not asking hard questions like: Why did your regime murder 1,500 of your own unarmed citizens who were peacefully protesting? Why did your regime use Kata'ib Hezbollah to attack the US Embassy in Iraq? Make no mistake: Tehran will be responsible for any further escalation of tensions in the region. Instead of giving tacit approval for the Iranian government to retaliate, I wish my colleagues would focus their efforts on letting the Iranian government know that no elected in official in America is supportive of their behavior.



– Collection of US House of Representatives
US Rep. Will Hurd

Failing to criticize or even publicly question their activities can be viewed as supporting these activities, and that is the last message we want going to their tyrannical regime and the rest of their forces.

I also want to ask my colleagues condemning this decision – what is the alternative? Do nothing and fail to protect American lives and our shared interests with our Sunni Arab and Israeli partners? Let our Embassy get attacked once more? Open our troops up to further attacks? To not support the Iranian people in their quest for freedom? Is the alternative, something worse than doing nothing – appeasing the Iranian Government by sitting down with them after they have increased attacks on civilian maritime traffic, civilian energy infrastructure, civilians protesting in their own country, American military technology and U.S. diplomatic facilities? When President Rouhani was first elected in 2013, Iran had been crippled by international sanctions and sought out negotiations with the U.S. The resulting Iran deal lifted sanctions on Iran in exchange for restrictions on the Iran nuclear program, but it failed to address Iran's conventional-missile program and support for terrorism. In recent years, we have seen the consequences of that omission: rebels in Yemen launching rocket attacks on civilians, Iranian forces supporting terrorism and moving closer to Israel's borders in Syria and a campaign of assassination and intimidation of dissidents across Europe.

Just as Britain and France thought in September 1938 that the Munich Agreement, which gave

legitimacy to Hitler's annexation of the German-speaking region of Czechoslovakia, would stop Hitler's reign of terror against its neighbors, I fear that some Americans and Europeans are blind to the reality that appeasing Iran will only make future conflict and bloodshed more likely.

The United States should not and cannot deal with Iran alone. I hope now that the Iranian regime has made it clear that it will enrich uranium without any limits, violating the terms of the JCPOA [Joint Comprehensive Plan of Action also known as the Iran Nuclear Deal], our European partners will work with us to reinstating snap-back sanctions and treat the Ayatollahs as the pariahs they are.

A former undercover CIA officer, entrepreneur and cybersecurity expert, Will Hurd is the U.S. Representative for the 23rd Congressional District of Texas. In Washington, he serves on the House Permanent Select Committee on Intelligence, where he is the Ranking Member of the Subcommittee on Intelligence Modernization and Readiness, and the House Committee on Appropriations, where he serves on the Subcommittees on Military Construction and Veterans Affairs, and on Transportation, Housing and Urban Development.

Obesity

From Page 2

in the room. Healthcare policy should promote personal responsibility, rather than encourage free riders. In America we are free to overeat and under-exercise but we have no right to make innocent bystanders pay for the consequences.

Marilyn M. Singleton is a board-certified anesthesiologist. She is the immediate past President of the Association of American Physicians and Surgeons (AAPS). While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

CryptoQuip Answer

That rock band's new album "Ebb and Flow" includes a tune of the same name. It's the tidal track.

Strange BUT TRUE

By Samantha Weaver

- It was Samuel West, the founder and curator of Sweden's Museum of Failure (which showcases disasters in design and innovation), who made the following sage observation: "Each failure is uniquely spectacular, while success is nauseatingly repetitive."

- Those who study such things say that the earth is more flattened at the South Pole than the North Pole. The weight of all that ice is to blame.

- You know what a mortgage is, but do you know how the word came to the English language? The “mort” should give you a clue. The roots trace all the way back to a Latin term meaning “death pledge.”

- The reason for the correlation is not clear, but some studies suggest that hay fever is more common among people who are shy.

- Judge Roy Bean was a justice of the peace in Texas in the 1800s – he called himself “The Law West of the Pecos.” It’s interesting to note, though, that his earlier endeavors included rustling cattle in Mexico.

- A famous and oft-quoted line from Sherlock Holmes is “How often have I said to you that when you have eliminated the impossible, whatever remains, however improbable, must be the truth?” However, Sir Arthur Conan Doyle didn’t come up with that one himself; he took it from a story by Edgar Allan Poe, another pioneer of the detective genre.

- According to historians, basic training in the legions of ancient Rome could take three or four years.

- If you know someone who, for some reason, is overly fond of sneezing, your friend is a steruphiliac.

Thought for the Day: "There is a fatality about all good resolutions. They are invariably made too soon."
– Oscar Wilde

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| 9 | 7 | 6 | 8 | 2 | 1 | 3 | 5 | 4 |
| 4 | 5 | 8 | 9 | 3 | 7 | 6 | 1 | 2 |
| 1 | 3 | 2 | 5 | 4 | 6 | 9 | 7 | 8 |
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| W | H | A | T | A | R | E | Y | O | U | W | A | I | T | T | I | N | G | F | O | R |
| N | A | N | A | E | O | N | | | | M | C | A | | | | I | R | E | S | |
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| G | E | N | T | L | E | | W | O | N | D | E | R | | I | N | G | A | L | O | U |
| | | T | H | O | R | N | | W | O | F | | A | A | A | | I | B | L | E | |
| B | A | S | E | | E | Y | E | S | | F | R | O | N | T | | E | V | I | L | S |
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School Boards Make a Difference

Presidents



Angel J. Cuellar

Canutillo



Sergio Coronado

Clint



Arlene Parada

Fabens



Orlando O. Flores

San Elizario



Sandra E. Licon

Socorro



Cynthia Ann Najera

Tornillo



Marlene Bullard

Vice Presidents



Cynthia Ramirez



Sal Payan



Claudia Perez



Rey Sepulveda



Irene D. Jaquez



Angelica Rodriguez



Maria Kika Saldaña

Secretaries



Cristine Singh



Armando Rodriguez



James R. Pendell



Sylvia Gonzales



Fernie Madrid



Paul Guerra



Ofelia Bosquez



Maria L. Garcia



Annette Brigham



Arturo Cruz



Adan Escobar



Eduardo Chavez



Gary Gandara



Daniel Dozal



Oswaldo Gomez



Laure Searls



Jaime Lopez



Rosamaria Gallo-Avitia



Michelle Garcia



Paul E. Garcia



Hector Lopez



Luz Rodriguez



Blanca Trout



Mary Macias



Ben Morales



Myrna Hernandez



Eduardo Mena



Sally Upchurch



Anabel Vela



Mary Yglesias



Fred Martinez



Greg Spence



Becky M. Romero



David O. Morales



Enrique Vega



Oscar A. Troncoso



Pedro Galaviz



Juan I. Martinez



Veronica Vijil



Jeannie Meza-Chavez



José Espinoza



Rosy Vega-Barrio

Superintendents

Thank You For Serving

Football is nearing the end of its season... not

By Steve Escajeda
Special to the Courier

There are a few days on the yearly calendar that stand out above the rest; a few days that put a little spring in our step and a little wider smile on our face.

Christmas, Thanksgiving, Fourth of July, Halloween and Valentine’s Day are just a few of those days.

But, surrounded by all these “happy” days, is a particular day which could be the considered the most depressing of them all.

This day is the Monday that follows the Super Bowl because it signifies the end of the football season.

Football fans across America find themselves walking around aimlessly the next few weekends not knowing what to do with themselves now that the pigskin has been put away for the next five months.

But fear not you football fanatics, this year you’ll only have to wait exactly six days to continue your football fix.

This year’s Super Bowl is scheduled for Feb. 2; the XFL season kicks off on Feb. 8.

Yes, a brand new professional 8-team football league is hoping to fill some of the gap between early February and July, when NFL camps open.

Of course, the XFL won’t be as good as its NFL counterpart, but to spice things up and create fan interest, it is bringing some unusual rule changes with it.

Some of these changes may seem a little extreme, but some sound a little interesting.

KICKOFFS: To discourage touchbacks on kickoffs, the ball will be kicked off from the 30-yard line, but the coverage and blocking teams will line up at the receiving team’s 35- and 30-yard lines. Only the kicker and returner can move until the ball is caught, or three seconds after it hits the ground. A touchback will

be spotted at the 35-yard line. Kicks out of bounds will go to the 45-yard line.

PUNTS: To reduce fair catches, players can’t leave the line of scrimmage on punts until after the kick. Any kicks that go into the end zone or out of bounds will be marked at the 35-yard line or wherever the ball went out of bounds, whichever is better for the receiving team.

EXTRA POINTS: Three types: a 1-point play from the 2-yard line, a 2-point play from the 3-yard line or a 3-point play from the 10-yard line. There is no option to kick an extra point.

OVERTIME: A soccer shootout-style overtime: Each team will get five single-play possessions from the 5-yard line. If the game is still tied at that point, the rotating possessions will continue until there is a winner.

FORWARD PASS: A rule that allows two forward passes on one play, providing the first doesn’t go past the line of scrimmage. The purpose is to

encourage creative trick plays. Also, allowing offensive linemen to be up to 2 yards downfield when a pass is thrown, with the hope of minimizing flags on run-pass option plays.

LEGAL CATCH: Like college, a requirement for only one foot to be in bounds for possession.

OFFICIALS: A total of nine officials on the field, one of whom will be dedicated solely to spotting the ball to minimize downtime between plays.

REPLAY: A video official who can intervene on significant non-reviewable plays when involving player safety, or on any calls inside of five minutes remaining in the fourth quarter. There will also be booth-initiated reviews of traditionally reviewable plays using Hawk-Eye technology that ingests video directly from the broadcast truck.

GAME TIME: The XFL hopes the following tweaks will limit games to about 2 hours, 45 minutes. (NFL games typically run about 3:06.). A running game clock that won’t stop after incomplete passes or when players go out of bounds, except inside of two minutes in each half. Additionally, there will be only a 10-minute halftime, two timeouts per team per half and no coin tosses. The home team will always make the choice to kick, receive or defer to start the game. The visitors will make that choice to start overtime.

Will the XFL be a winner? Doubt it.

But I’m going to watch just to see how these new rules impact the game. I’m sure the NFL will be watching too.

Clint Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended August 31, 2019

| Data | 10 | 50 | 60 | | Total |
|---------------------------------|---|---------------|--------------|--------------|--------------|
| Control | General | Debt Service | Capital | Other | Governmental |
| Codes | Fund | Fund | Projects | Funds | Funds |
| REVENUES: | | | | | |
| 5700 | Total Local and Intermediate Sources | \$ 17,908,894 | \$ 3,559,992 | \$ 334,269 | \$ 210,155 |
| 5800 | State Program Revenues | 95,207,834 | 9,815,353 | – | 674,553 |
| 5900 | Federal Program Revenues | 13,846,920 | – | – | 7,928,681 |
| 5020 | Total Revenues | 126,963,648 | 13,375,345 | 334,269 | 8,813,389 |
| EXPENDITURES: | | | | | |
| Current: | | | | | |
| 0011 | Instruction | 54,749,258 | – | 28,357 | 5,454,538 |
| 0012 | Instructional Resources and Media Services | 1,191,762 | – | – | – |
| 0013 | Curriculum and Instructional Staff Development | 2,363,036 | – | – | 1,346,361 |
| 0021 | Instructional Leadership | 2,203,377 | – | – | 385,899 |
| 0023 | School Leadership | 6,627,053 | – | – | 37,365 |
| 0031 | Guidance, Counseling and Evaluation Services | 2,844,676 | – | – | 1,062,036 |
| 0032 | Social Work Services | 191,598 | – | – | – |
| 0033 | Health Services | 1,240,394 | – | 5,529 | – |
| 0034 | Student (Pupil) Transportation | 6,003,787 | – | – | – |
| 0035 | Food Services | 9,381,988 | – | 26,239 | 63,041 |
| 0036 | Extracurricular Activities | 3,289,991 | – | – | – |
| 0041 | General Administration | 3,298,935 | – | – | 1,975 |
| 0051 | Facilities Maintenance and Operations | 15,925,747 | – | 2,692,507 | – |
| 0052 | Security and Monitoring Services | 2,245,478 | – | 12,946 | 227,697 |
| 0053 | Data Processing Services | 2,693,126 | – | – | – |
| 0061 | Community Services | 76,692 | – | – | 112,429 |
| Debt Service: | | | | | |
| 0071 | Principal on Long Term Debt | 99,735 | 5,789,634 | – | – |
| 0072 | Interest on Long Term Debt | 2,598 | 8,810,066 | – | – |
| 0073 | Bond Issuance Cost and Fees | – | 6,574 | – | – |
| Capital Outlay: | | | | | |
| 0081 | Facilities Acquisition and Construction | 130,595 | – | 4,888,085 | – |
| Intergovernmental: | | | | | |
| 0099 | Other Intergovernmental Charges | 316,763 | – | – | – |
| 6030 | Total Expenditures | 114,876,589 | 14,606,274 | 7,653,663 | 8,691,341 |
| 1100 | Excess (Deficiency) of Revenues Over (Under) Expenditures | 12,087,059 | (1,230,929) | (7,319,394) | 122,048 |
| OTHER FINANCING SOURCES (USES): | | | | | |
| 7915 | Transfers In | 4,975 | – | – | – |
| 7949 | Other Resources | 410,659 | – | – | – |
| 8911 | Transfers Out (Use) | – | – | – | (4,975) |
| 7080 | Total Other Financing Sources (Uses) | 415,634 | – | – | (4,975) |
| 1200 | Net Change in Fund Balances | 12,502,693 | (1,230,929) | (7,319,394) | 117,073 |
| 0100 | Fund Balance — September 1 (Beginning) | 47,573,753 | 6,419,883 | 15,949,516 | 279,562 |
| 3000 | Fund Balance — August 31 (Ending) | \$ 60,076,446 | \$ 5,188,954 | \$ 8,630,122 | \$ 396,635 |

Briefs

From Page 3

are taught in school. One student showed these actions and values outside of the campus. On the evening of November 25, third-grader Luis Villalva helped save his neighbor, Elvira Frias, who was being attacked by a dog outside her home. As she yelled for help, Luis and his mother came to her rescue and the dog released her. Frias thanked Luis for being there and helping her in this frightening event. “Luis really demonstrated our motto, ‘Be Safe, Be Kind, Be Ready’,” Garcia Elementary Principal Theresa Heimer said. “Our chant is a reminder to all students that they need to be safe and responsible in any kind of situation, be kind to all those we meet and greet, and be ready to act in all kinds of situations.” Villalva was honored for his actions on December 20th during a monthly Ravens Pride Pep Rally with his family and law enforcement officials in attendance.

– Liza Rodriguez

Comix

OUT ON A LIMB

By Gary Kopervas



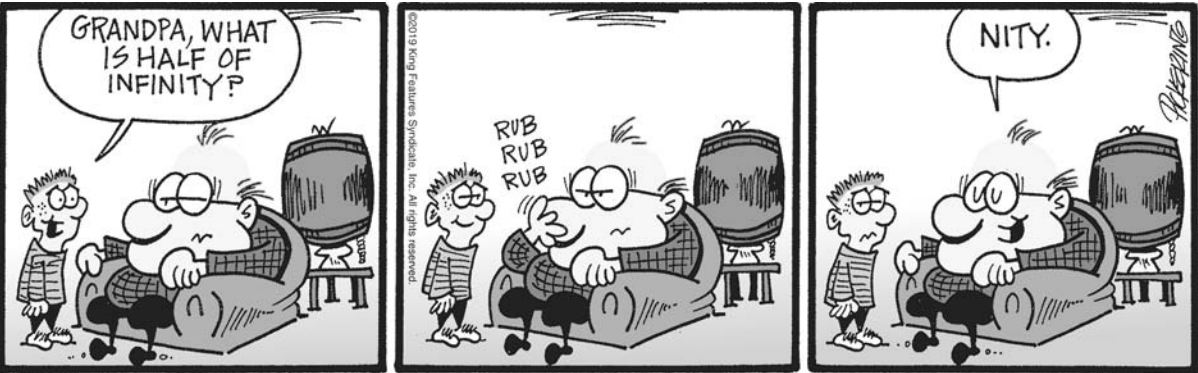
AMBER WAVES

By Dave T. Phipps



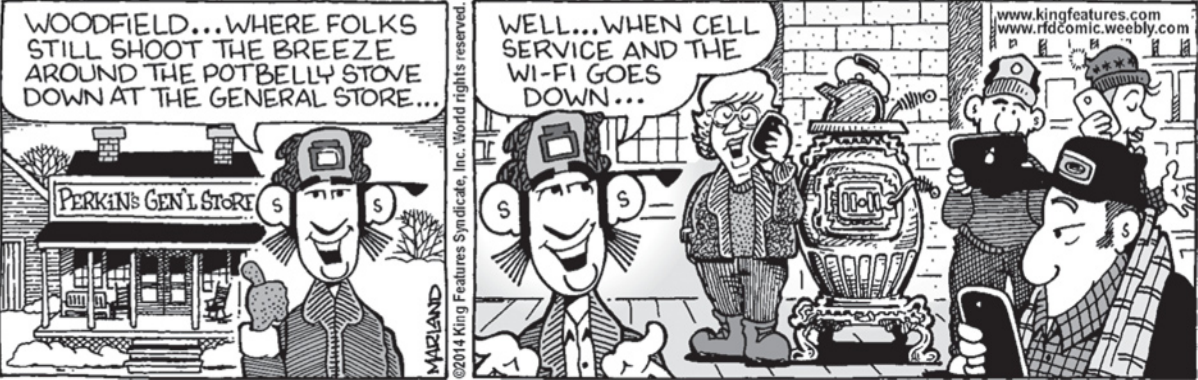
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Eating peanut butter

cured her insomnia

DEAR DR. ROACH: Several years ago, I attended a presentation about insomnia. A registered nurse discussed how, in her career as a nursing home nurse, she had many residents with insomnia. She stated that she had amazing success with these residents. The snack they gave them was crackers and cheese or peanut butter crackers. I was skeptical at first, then one night at 2 a.m., on my fourth night of insomnia, I tried eating 2 teaspoons of peanut butter. Bingo! I slept. Whenever my insomnia occurs, I eat 2 teaspoons of peanut butter, and in less than 15 minutes I'm sleeping. I use a nothing-fancy store brand of peanut butter. Please pass this information on to other readers with an explanation. – B.J.T.



I appreciate your writing to give another option for this common problem. One reason that some people think this may work is that the protein content in peanut butter is a source of tryptophan, which increases serotonin levels to help one relax. I also have read that this effect is so small as to be clinically meaningless, and that any sleep effect is due to placebo. I suspect the truth is a combination.

Two tablespoons of peanut butter is almost 200 calories, so this is not a good choice for someone struggling with too much weight. I'm also not one for "fancy," but be sure to choose a peanut butter with no trans fats and no added sugars.

DEAR DR. ROACH: I recently recovered from sigmoid colectomy surgery, and I would hate to repeat this, given that I am 75 years old. What are the possibilities of recurrence of diverticulitis for which the surgery was performed? It's nothing I'd care to undergo again if it can be avoided! – C.K.

Surgery for diverticulitis is generally reserved for people with multiple recurrences. The sigmoid colon tends to be the portion of the colon with the most diverticula (small pouches in the wall of the colon that may get inflamed or bleed). Surgery usually is curative, with only 15% of people developing new diverticula and only 2% to 11% needing further surgery.

It's not proven, but most authorities believe that reducing pressure in the colon with a high-fiber diet reduces risk of

See HEALTH, Page 8

Super Crossword

- ON THE EVE

ACROSS

1 Will, in the Bible

6 Sang like a bird

13 Modify

19 Pages, e.g.

20 Stone Age tool

21 Simple shack

22 "Well... hop to it!"

25 Pa's ma

26 Mega-years

27 Big record label, once

28 Angers

30 "Hamlet"

31 monologue exhortation

38 Singer DiFranco

39 Skeletal bit

40 Told fibs

41 Fancy resort

42 "Very sorry to hear that"

49 Skidded

51 Penn of film

52 Compass pt.

53 Divested (of)

55 Intl. cultural gp.

59 Like lambs

61 Voicing a question of curiosity

66 Bush barb

68 Misery

69 Battery size

70 Suffix with convert

71 Army sites

73 "Look ahead," to a drill instructor

77 Wicked acts

78 Regarding

79 Downed

80 Charged bit

81 _ Lauder

83 Was the right thing, but didn't happen

88 Steeds

91 Set of seven

92 That dude's

93 Ad about DUI, maybe

95 Just makes, with "out"

96 Prune a bit

98 Be published

103 _ Moines

106 "Back in Black" band

108 Actress Poehler

109 Many a charity gp.

110 Poem that's the source of the phrase comprising the first words of 22-, 30-, 42-, 61-, 73-, 83- and 98-Across

118 Viral GIF, e.g.

119 Sci-fi saucer

120 _ Party

121 Cookie giant

123 Alternate title of

110-Across, with "The"

131 Director May

132 Shady giant

133 Island ring

134 Expunge

135 More diluted

136 Body of art?

DOWN

1 Like cut wood

2 Pair of drum-kit cymbals

3 "A Bell for _"

4 Unleash on

5 Airport org.

6 Parody-filled newspaper

7 Gretzky of hockey

8 Brian of rock

9 School URL ender

10 "... _ a puddt tat!"

11 Orals, e.g.

12 Clear, as a windshield

13 Boxing great

14 Bear's home

15 Bender

16 Not suited

17 Town that's home to the University of Connecticut

18 Shredded

23 Blitzed, e.g.

24 6'6", say

29 Brine source

31 Solo in films

32 Mine find

33 Game aim

34 It aired "ER"

35 Hi-_ (stereos)

36 Caviar fish

37 Suburb of Minneapolis

42 "Umami" taste source

43 "... -haw!"

44 Simply must keep going

45 At variance

46 Dr. Kildare player

48 "Fine fellow"

50 Paperboy, for one

54 Gorilla guru

Fossey

56 Actress Leelee

57 Pick out from others

58 Some poems

60 Plural of "el"

62 Be in debt

63 Some votes

64 Zapping ER treatment

65 Silver of statistics

67 Neighbor of Belg.

71 Party

72 Netman Arthur

74 "Uh-huh"

75 Caviar base

76 Inseparable

77 DDE's WWII sphere

79 Chocoholic, e.g.

82 Chinese port

84 Oahu patio

85 Road, in Italy

86 Seer's "gift"

87 "Fresh Air" network

89 Dusk, to a bard

90 Old Brit. Airways jet

94 More heartfelt

97 PC file that's shareable

99 Fathers

100 First-aid pro

101 Writer Rand

102 Nanki-_ ("The Mikado" son)

103 Block up

104 Made level

105 "Good as gold," e.g.

107 Moetley _

111 "Love Story" author Erich

112 "He's a man _ words"

113 Dinero

114 "With this ring _ wed"

115 Keno's kin

116 Knight's mail

117 Some pups

122 Norway port

124 Make haste

125 Blast stuff

126 Flying stinger

127 Apartment divs.

128 Archaic verb ending

129 Dernier _

130 Used a pew

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Health

From Page 7

developing diverticula, either recurrent after surgery or in the first place.

DEAR DR. ROACH: I have heard of people whose hair turned white overnight due to some traumatic event. Is there any truth to that? – H.M.

The sudden change of hair color is called canities subita. There was a review of literature published in 2013 with 44 well-documented cases of sudden color change, 21 of which were associated with an episode of emotional stress. Think Sir Thomas More or Marie Antoinette before their respective executions. However, while true,

rapid, color change is certainly documented, it is exceedingly rare.

What probably is more common is the sudden loss of pigmented hair in someone who already has some gray hair. Sudden loss of pigmented hair, in a condition called alopecia areata diffusa, can lead to an apparent color change. Hair lost during chemotherapy or radiation sometimes can come back with a different color or texture.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. c) 2019 North America Synd., Inc. All Rights Reserved.

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: Z equals T

ZCVZ QGEI PVXB'M XSO
VNPKH "SPP VXB TNGO"
JXENKBSM V ZKXS GT ZCS MVHS
XVHS. JZ'M ZCS ZJBVN ZQVEI.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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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Get a solid start on civilian life



by Freddy Groves

Some of us had a hard time when we left the military. The civilian world is a different place, and we probably could have used some help. The Department of Veterans Affairs has hooked up with the Department of Defense and Homeland Security in a program called VA Solid Start. They intend to contact 200,000 of us three times during the first year we're out.

Too many of us struggle with mental health concerns that first year, and newly separated veterans have a suicide rate that's twice the overall veteran suicide rates. Their goal is to bring down the rate of suicide by providing suicide prevention resources. That first year they'll either call or send email to make sure we know about the

mental health resources we all get – for a year, for free – no matter what type of discharge we had.

The call, when it comes, isn't only about mental health care. Whether it's medical, buying a home or anything else, the person who calls will be able to point you in the right direction. (Be sure the VA has your current contact info.)

You don't have to wait for a call, whether you're newly separated or have been out for a very long time. Go online and download a Welcome Kit (www.va.gov/welcome-kit). It's 26 pages of good benefit info. On that same page are links to community care, applying for a disability rating, education benefits and much more.

If you're struggling with any mental health problems, or even having a problem adjusting to being a civilian, you're not alone. Go to any VA medical center or vet center clinic, or call 1-877-222-VETS (1-877-222-8387)

during business hours. The crisis line, however, is always open. Call 800-273-8255 and Press 1, text to 838255 or chat online at VeteransCrisisLine.net/Chat.

One caveat: Scammers target veterans. Don't give out financial information, ever.

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• "I bought a mesh laundry bag at the dollar store and hang it from a hook in the closet where I keep my hamper. Socks go in the bag. When I'm ready to do laundry, I tie a knot in the bag and toss it in. Socks stay together." – T.O. in California

• Last bowl's worth of cereal? If you don't like the cascade of bits and dust at the bottom of the bag, simply empty the contents into a colander before you put it in the bowl.

• "Our neighbor's dog kept getting into the trash while they were out. They bought a crate, but he barked too much when he was in it. They saw online where someone put their trash can in a dog crate and let the dog have the run of the house. He tried it, and it only took a couple of weeks before they were able to stop using the crate entirely. Mr. Dog doesn't mess with the trash anymore." – C.M. in Virginia

• Break in new shoes with a thick pair of wool socks. Wear the socks with the new shoes around the house while tidying up.

• "My dad keeps a pants hanger in the bathtub to hang up the small nonstick mat that he keeps in there. He says if he hangs it, it doesn't get mildew on the bottom around the suction cups." – T.K. in Missouri

• Common substitutions: Recipe call for semisweet chocolate? Per ounce, use one square (1 ounce) of unsweetened chocolate and add 4 teaspoons of sugar.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2019 King Features Synd., Inc.

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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!
Answer Page 4

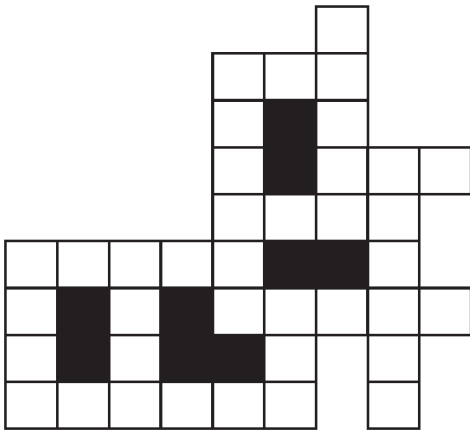
| | | | | | |
|----|---|----|---|----|----|
| | + | | x | | 13 |
| + | | ÷ | | x | |
| | x | | - | | 11 |
| x | | + | | + | |
| | x | | - | | 9 |
| 20 | | 10 | | 12 | |

1 2 3 4 5 6 7 7 9

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OWM
♥ORHSUN
♥REWSO
EGNL
♥DRAGEN
HMO
DWEO
MOGEN
♥NDO
AIRMUD
♥URGEO
♥ESRU



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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