NEWSBRIEFS

Historical marker

The El Paso County Historical Commission and the International Boundary and Water Commission placed an Official Texas Historical Marker for the Tornillo-Guadalupe (Fabens-Caseta) Bridge this week in Tornillo, TX. The original Tornillo-Guadalupe International Bridge, known locally as the Fabens-Caseta Bridge, was a significant example of a steel I-beam bridge that embodied the distinctive characteristics of 1930s era bridge construction, and was a cornerstone of the Rio Grande Rectification Project of the International Boundary Commission that stabilized the international boundary line in the El Paso-Juarez Valley while also providing flood protection to the area. It is honored as a symbolic and physical connection between American and Mexican cultures as it encouraged trade between the two countries for seventy-eight years (1938-2016) until it was demolished and replaced with the current Marcelino Serna Port of Entry. – Lori Kuczynski

Chubby cities

With March being National Nutrition Month and Americans collectively spending up to $315.8 billion annually on obesity-related medical treatment, the personal-finance website WalletHub has released its report on 2018’s Fattest Cities in America. In order to call attention to the communities where weight-related problems are most prevalent, WalletHub compared 100 of the most populated U.S. metro areas across 18 key metrics. The data set ranges from share of obese adults to share of overweight children to projected obesity rates by 2030. El Paso ranked 33.

Other states

• The McAllen, TX metro area has the highest share of obese adults, 44.90 percent, which is 2.5 times higher than in Provo, UT, the metro area with the lowest at 17.85 percent.
• The McAllen, TX metro area has the highest share of physically inactive adults, 56.9 percent, which is 2.7 times higher than in Provo, UT, the metro area with the lowest at 13.6 percent.
• The El Paso, TX metro area has

See BRIEFS, Page 6

Garcia-Enriquez’s cafetorium now open

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – Students from Garcia-Enriquez Middle School (GEMS) have a new reason to celebrate in style. The doors to their new and beautiful, state-of-the-art cafetorium are now open and they can enjoy their breakfast, lunch, and dinner comfortably. The middle school’s original cafetorium was built in 1986 for the sharing of meal and also serve as a platform to help the City of San Elizario plan for a sustainable future. This is accomplished by actively seeking the collective wisdom of all residents from San Elizario and focusing on those whose voices are often missing,” Cantu asserted.

“One of the first objectives the group plans to tackle is to gather data from the community and develop a Community Network Analysis,” the alderman stated. He explained that the local data will be combined with socioeconomic and population information to ensure full community participation, particularly by groups that present a greater challenge to reach or might be a minority in terms of religion, race, class, education, income, or age.

“With the use of the demographic data, we can create a community profile of who lives and works in San Elizario. We will be able to identify groups and individuals that will affect or be affected by future projects the city may adopt,” Cantu stated.

Additionally, San Elizario Community Heart & Soul members hope to bring people together to build this stronger, healthier, and more economically-vibrant town through community events and outreach projects including English/Spanish surveys, block parties, and arts & crafts shows.

Cantu indicated that for now the San Elizario Community Heart & Soul project, which was initiated just last year, must rely on monetary donations and donated goods for each community fundraiser. “We are always looking for fundraising opportunities and encourage community residents to bring us

See SAN ELI Page 4
Seniors travel the land for work

A big part of the American Dream is the promise of an easier lifestyle in retirement, but “too many older Americans are living a vagabond existence in a retirement nightmare,” according to Dan Weber, president of the Association of Mature American Citizens.

Weber says that many would-be retirees dream of a life on the open road. “They fantasize about finally purchasing that RV they’ve always wanted and about finally purchasing that camping equipment.”

The Great Recession that began in 2008 set the stage for the nomadic workforce. “Weber says that many would-be retirees dream of a life on the open road. “They fantasize about finally purchasing that RV they’ve always wanted and about finally purchasing that camping equipment.”

The nomadic workforce has grown so large that new online and offline recruitment services have been established to offer far-flung opportunities for mobile seniors to earn a living. CoolWorks.com, for example, lists seasonal “careers” in locations throughout the U.S. Snagajob.com is another service founded in the 21st Century to serve the needs of the nomadic workforce as is Backdoorjobs.com.

And, perhaps more to the point, mega-retailer Amazon created a division called CamperForce some ten years ago. “It’s what we call SENIORS, Page 5, and all that important stuff are really just a bunch of homedogs. They jeopardized their elevated status for risky sexual adventures at the drop of a tresser. There are exceptions. Barack Obama’s presidency was publicly free of the personal escapades that have defined so many politicians’ lives. Presidents Bill Clinton and now Trump are a whole other story. Where would we be without the almost-daily dalliance report on someone in power? And those are just the ones who get caught. Bill Clinton’s “bimbo eruptions” were the stuff of legend. Now we have Donald Trump. Even the most august media have at least one Stormy Daniels story a day, to say nothing about the titillating accounts of so many (other than his wives) who claim to have yielded to his charms (namely money) or insist that they were assaulted by him.

Trump denies it, all of it, which sets him apart from so many others who had no choice but to admit their inappropriate behavior or outright adultery. I always found that word comical, because there is nothing “adult” about adultery. But the mind wanders.

This is not to be judgmental. The best lead story is a lewd story. The prudish among us can disapprove, and the rest of us can laugh lastly. Let’s be honest: Who is currently America’s Sweetheart? Stormy Daniels, that’s who. By day, she was a porn star. By night, she now claims, she was [spending time] more than a decade ago with Donald Trump. But this plot has more twists and turns than they had tried and turns. Oh, did I forget to say “allegedly”? Please forgive the oversight.

His attorney and fixer Michael Cohen acknowledged that he bought her silence when Trump was running for president. Cohen says he paid Daniels $130,000. He claims that he decided she needed the money, which he provided out of the goodness of his heart. How many lawyers do you know with a good heart? Cohen doesn’t seem to be one of them.

I will admit that I love this smutty stuff. We all prefer coverage of sex, drugs and rock ‘n’ roll to stories where we have to think. Issues like tax reform, the brain too much. Stormy Daniels taxes… well, you know.

The problem is that the country doesn’t go into the toilet while we ignore all those difficult issues that allow the rich to get richer and the poor to starve. The reality is that the rich have the most money, which sets them apart from so many others who have no choice but to admit their inappropriate behavior or outright adultery.

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Why China trade has been a bust

There’s already a trade war, and it’s being waged by Beijing. China’s ascension to the World Trade Organization nearly 20 years ago has failed in its strategic objectives. It hasn’t created a liberalizing regime or a free-market economy in China; in fact, it hasn’t even created a China ready and willing to abide by the norms of free trade.

The regime of Xi Jinping hasn’t been pushed toward democratic reforms by a rising middle class. China still champions state-led, rather than market-led, capitalism. And it takes advantage of the WTO, using nontariff barriers and industrial policy, to push mercantilist policies. President Donald Trump’s prospective tariffs on steel and aluminum have put renewed focus on China trade, although the tariffs are a comically inept strategy to dominate in advanced industries.

By no means should we emulate China. The rubric for the levies is a comically inept strategy of exploiting the global trade system while it undertakes an aggressive neocolonialist foreign policy. Only China is doing that.

China isn’t the first developing country to adopt a policy of maximizing exports. What makes it different is its sheer ambition and its size, which gives it leverage over foreign companies and considerable international influence.

What’s the harm to the U.S.? There is no doubt that China’s practices have harmed U.S. manufacturing. Yes, technology accounts for a large share of job losses. Yes, lower-end manufacturing would have left our shores regardless. But Beijing works to block higher-value-added exports from the U.S. and is pursuing a well-honed comprehensive strategy to dominate in advanced industries.

By no means should we emulate China. We should continue to pursue free trade as a policy, not as a theology that prevents us from acknowledging that there is such a thing as unfair trade. The ITIF report urges using the global free-trade regime against China. That means bringing more actions against China in the WTO and working to update the rules to capture Chinese cheating. It means joining, and influencing, a multilateral agreement like the Trans-Pacific Partnership. It means forging bilateral agreements with up-to-date standards that reinforce principles that China undermines.

We obviously can’t do this alone. We’d have to lead an alliance of international partners to pressure China on specific practices, with tailored consequences if we get nowhere. Such a broad-based effort to crack China’s mercantilism wouldn’t be protectionist, but the opposite. There is obviously no chance of doing this, though, if we are engaged in an absurd cycle of tit-for-tat tariffs with the likes of the EU.

Medina named principal at Canutillo Middle School

CANUTILLO – The Canutillo Independent School District has appointed Daniel Medina as Principal of Canutillo Middle School. With nine years’ experience as an educator, he replaces Mark Paz who was recently named the principal of El Paso High School.

“We welcome Mr. Medina to the Canutillo family where we know his experience and passion for students will continue the delivery of an excellent education,” said Dr. Pedro Galaviz, Canutillo ISD Superintendent of Schools.

Medina was serving as Assistant Principal at Clint Junior High since 2015 and has previously served as Instructional Specialist at Parkland Middle School. He began his educational career as a Reading/ESL teacher at Fort Hancock Middle School where he was selected the Teacher of the Year in 2010.

“I am a hard worker and come from a hard-working family who taught me the value of working with your hands and it’s okay to get dirty,” Medina said. “It’s rewarding working with kids and my commitment to them means I’m willing to do whatever it takes to get dirty,” Medina said. “It’s rewarding working with kids and my commitment to them means I’m willing to do whatever it takes every day to ensure their success in school and in life.”

Medina earned a Bachelor of Arts degree in Communication/Advertising from The University of Texas at El Paso and a Master of Education in School Administration from Sul Ross State University.
their ideas, so that we can try to bring the people of San Elizario what they want to see in the future,” he stated.

Cantu is hopeful that the Heart & Soul project will succeed. “After becoming an elected official, I needed to find a better way to service the community, And, because most people do not attend city council meetings or show up to city hall to voice their concerns, I looked for other options for getting input from our residents,” Cantu stated. “My research led me to the Orton Family Foundation and Community Heart & Soul. I started engaging in conversation with the organization in 2015, and I attended multiple workshops and webinars to be able to start a Community Heart & Soul team in San Elizario,” he related.

“In the Community Heart & Soul model, I saw it as a catalyst for positive change; it provides a roadmap for small cities and towns (like San Elizario) to build a brighter future based on what matters most to everyone. And, I think Community Heart & Soul works because the community works together to make it happen,” Cantu added.

**GEMS**

services between San Elizario High School and the middle school.

The idea of remodeling and expanding the middle school’s cafeteria was first discussed in 2006 during the TEA IFA funding allotment preceding. San Elizario ISD was awarded enough to money to only cover the middle school’s new library and classroom wing.

It wasn’t until the passing of the 2014 Bond that put the cafeteria’s need for a face-lift at the top of the list. The project would include the complete renovation of the cafeteria with an expansion of the kitchen. The project floor plan increased the square footage from 9,000 square feet to 12,200 square feet with the ability to accommodate around 350 students.

The new cafeteria comes with a snack bar, a stage with lighting, and sound-control booth.
Rio Bosque tour scheduled for March 24

WALKING THROUGH NATURE – The Greater Big Bend ecosystem of Texas and northern Mexico stretches across the United States-Mexico Rio Grande border. It encompasses nearly 8,000 square miles of protected lands in US national parks, Texas state parks, and protected areas in Mexico. An integral part of this delicate ecosystem are wetlands, like the Rio Bosque Wetlands Park near the banks of the Rio Grande in El Paso County’s lower valley. To bring attention to the Rio Bosque Park, Rick LoBello will lead a short walk through the park, from 9:30 to 10:30 a.m., Saturday, March 24. LoBello is a member of the Greater Big Bend Coalition (GBBC), a local conservation group that is working to protect the desert lands, rivers, mountains, and wildlife. Individuals, who are interested in learning more about this natural area, are invited to meet at the Bosque Trailhead and Visitor Center. For information and directions visit the park’s website, at riobosque.org. A group Jefferson High School students, above, recently toured the local lush wetlands.

-- Alfredo Vasquez

Senior
From Page 2

you might call a full-service seasonal employment agency offering ‘opportunities’ for RVers throughout the U.S., particularly during Amazon’s busiest time of the year, the months prior to the Thanksgiving and Christmas holidays,” says Weber. And, he adds, “it is important to note that CamperForce was established with senior citizens in mind, people in their 60s and 70s. In fact, CamperForce recruiter Kelly Calmes boasts “we’ve had folks in their eighties who do a phenomenal job for us.”

The Association of Mature American Citizens (http://www.amac.org) 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.

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Books

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Books
Terry takes on task of rejuvenating UTEP basketball

By Steve Escoveda
Special to the Courier

It was pretty obvious after the Miners’ quick exit from the Conference USA basketball tournament that interim coach Phil Johnson would not be retained. But I don’t think anyone anticipated that UTEP would be announcing his replacement just five days later.

Rodney Terry was selected as the new UTEP basketball coach last week, returning to the Lone Star State where he grew up.

Just like the selection of Dana Dimel as head football coach, Terry wasn’t exactly on anybody’s radar before the hire.

The former Fresno State head coach decided to leave his school once he heard about the UTEP opening. He’s made it rather obvious that he felt Fresno wasn’t going to put any more money into the program and even said the school was on the way out.

Unlike UTEP, which has some of the best sports facilities any mid-major could ask for, Terry was successful at Fresno St.

leading the Bulldogs to 20-win seasons four of the last five years. Prior to his arrival, the Bulldogs had just gone through four straight losing seasons.

At the press conference introducing him to the media last week, Terry said over and over that he wasn’t just concerned with recruiting the best players, but recruiting the best players who were also already outstanding young men.

He said it was important to sign men of high character and strong work ethic.

And to be honest, it’s difficult to say whether UTEP has recruited that kind of athlete in the last few years as many players left the program before anyone could tell.

I’m sure Terry made most El Paso basketball fans happy when he said his teams would play with defensive intensity.

He said it was important for his players to get on up on their opponents right away and cause havoc all over the court.

I think I just envisioned Don Haskins starting.

But he also said he would play an up-tempo style of offense, pushing the ball up the court, putting constant pressure on the opponent’s defense.

He said the potential for filling the Don Haskins Center wasn’t farfetched at all.

And he’s right. While both Fresno State and UTEP averaged just over 6,000 in attendance, the Bulldogs were doing that with 20 wins while UTEP was doing that with 20 losses.

Imagine what The Don would be like with a winning team.

Another thing struck me in his press conference; in a kind of heartwarming gesture, Terry spoke to the few former Miners who were at the press conference and asked them that they would always be welcome in his basketball program.

He told them to come to practice, to the facilities, to his office, he told them they weren’t just welcome, he was inviting them.

New UTEP Athletics Director Jim Senter has already established himself around the community in the short time that he’s been here. He’s probably shaken more hands and kissed more babies than Beto O’Rourke.

Taking a page from the book of Senter, Terry said he would ask his players to get involved with student organizations, invite them to come see a practice. Heck, he even said the students could stay and shoot free throws with the players after practice.

The important fact is that UTEP’s finally going against the status quo. Instead of sitting back and hoping people show up to the games, they’re learning that they have to earn the fans’ interest.

Fans will not only follow a winner; they’ll follow a program that shows appreciation for their loyalty.

Rodney Terry has five scholarships to hand out and a nucleus of five returning players – if they all return.

Next season will bring with it as much anticipation as any in recent memory with a new football coach, a new basketball coach, and more ideas from the new athletic director.

Terry said one of his favorite movies is Glory Road, and he wants to put UTEP back where it belongs, among the very best basketball programs in the country.

Terry is young, eager, and passionate; and that’s the kind of player he will recruit.

Win or lose – it should be exciting.

the highest share of diabetic adults, which is 2.6 times higher than in Denver, CO, the metro area with the lowest at 6.00 percent.

• The Mobile, AL metro area has the highest share of adults with high blood pressure, 41.2 percent, which is 1.9 times lower than in Sun Jose, CA, the metro area with the lowest at 21.4 percent.

Visit https://wallethub.

com/edu/fattest-cities-in-
america/10532/ for the full report and your city’s rank.

– Diana Popa

Noodler this

The previous world record for the longest single strand of pasta ever produced was held by a macaroni maker who made one that was less than a third of a mile in length, says the Association of Mature American Citizens. But the Guinness Book of World Records now lists a Chinese noodle maker as the official new record holder after the company created a nearly two mile long noodle.

– John Grimaldi

Driver wanted

A 67-year-old man died two weeks after a serious crash in Northeast El Paso. The driver that caused the crash fled the scene and the El Paso Police Department was left with the public’s help in finding the driver that caused this crash through the Crime Stoppers.

On the morning of Tuesday, Jan. 23, 2018, Angel Barrios, was driving on southbound on the 12700 block of Martin Luther King Blvd. During that time a gray or silver car was traveling northbound on the street. According to witnesses the driver of that car was traveling at a high rate of speed and attempted to pass vehicles by swerving into the southbound lanes.

As a result Barrio was forced to swerve to avoid a head on collision. Barrio lost control of his truck and rolled over. The speeding driver of the other vehicle fled the scene north on Martin Luther King Blvd. and then turned into Stan Roberts. Barrio was taken to the hospital for treatment but died two weeks later from the injuries he sustained in the crash. Witnesses describe the other vehicle as a gray colored Chevrolet, possibly a Malibu, with Texas license plates. Investigators are certain that someone has information about the other driver involved in this crash. Anyone with any information on the other driver involved is urged to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), or online at www.crimestoppersofelpaso.org.

– Javier Sambromo
DEAR DR. ROACH: My son is 53, and three years ago he had three stents put in due to clogged arteries. His cardiologist put him on Lipitor at 80 mg. I don’t know if this is necessary. I worry that it might do more harm than good. – J.K.

In people with blockages in the arteries in their hearts, there is really no doubt that medications like atorvastatin (Lipitor), a statin drug, reduce the risk of heart attack. Although they can have side effects, for most people the benefit far outweighs the risks.

It’s important to recall that even a powerful medication like a statin can’t optimally treat people if they don’t treat themselves right. Years ago, I had a patient who was doing well after his bypass surgery and was taking a statin with good results. Walking through the hospital cafeteria, I saw him eating a triple cheeseburger (why the cafeteria even sold such a thing is a separate question), and he sheepishly argued that he was taking his statin. A statin can’t beat a triple cheeseburger.

Good cardiac health requires a good diet of mostly plants, with whole grains, nuts, fruits and fish included for those who choose to. Exercise is the other important part of the treatment, and just plain walking is nearly as good as any exercise. Medication, though of benefit, is just a small part of a healthy lifestyle and preventing heart disease, which, although rates are decreasing, is still the leading cause of death in industrialized countries.

READERS: Heart disease remains the No. 1 killer. The booklet on clogged heart arteries explains why they happen and what can be done to prevent clogging. Readers can obtain a copy by writing:

Statins are no match for cheeseburgers

Dr. Roach – No. 101W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for $4.75 U.S./$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I am a 77-year-old male. I have really been shedding the hair on my arms and legs. Is this normal for a man of my age? I have been taking hydrocodone and simvastatin, along with the usual vitamin supplements. Could the medications or supplements that I am taking have anything to do with my hair loss? Could it be my diet, or is it just old age? – R.C.

Hair loss on the arms and legs is less common than on the scalp. Hormonal changes (especially thyroid and testosterone) and medications can be the culprit. A myriad of skin diseases can do it, but these usually have visible skin changes associated. Chronic swelling (edema) of the extremities might be the cause.

Simvastatin has rarely been associated with hair loss. However, when I see hair loss on the lower extremities, I worry about peripheral artery disease, which is very common and underdiagnosed. Being on simvastatin suggests that you have had high cholesterol, which is a risk factor for PAD. Having hair loss on both extremities can be a bad sign.
Debacle at the VA

by Freddy Groves

“It was difficult to pinpoint precisely how the conditions described in this report could have persisted at the Medical Center for so many years.”

Thus begins the conclusion to the full report issued by the Department of Veterans Affairs’ investigative office, the follow-up to a scathing interim report issued one year ago about deficiencies at the Washington, D.C. VA Medical Center.

The interim report – issued quickly because of the dire situation – detailed dirty clean/sterile storerooms, millions of dollars in supplies that hadn’t been inventoried sitting in a dirty warehouse with a parade of people wandering through, missing equipment, having to borrow surgical equipment at the last minute from other hospitals or cancel the surgery (sometimes after the patient had already been put under), lack of safety recall procedures that left expired items on the shelves, and much more.

Now the full investigation has been completed.

VA Secretary David Shulkin quickly issued a press release itemizing all the great improvements made on problems in the interim report. They include establishing a new process for identifying potential supply shortages and a 24-hour hotline to procure those items. A sterile processing center will be completed in March 2019. Access to equipment and supplies in a warehouse now is restricted.

How, one wonders, does a surgical unit run out of the staplers that close an incision? How does a hospital emergency room run out of the thin tubes that deliver oxygen to the nose? How could outages in crucial supplies continue, six months after the interim report came out? And how, as recently as four months ago, could rusted instruments still be on hand?

So, do I trust the press release issued by the VA on the heels of the complete Office of the Inspector General report? No. The annual budget for the VA OIG should be doubled. To review the whole 158-page report, go to www.va.gov/oig/pubs/VAOIG-17-02644-130.pdf.

• If you make your own whipped cream, try using honey instead of sugar. I find that it has a sweeter flavor, and it also stays firm longer than regular sugar. I especially like it on tarts.

– C.A. in Louisiana

• Here’s a nifty trick to store lots of sunglasses using two thumbtacks and a length of ribbon. Keep your ribbon no longer than 10 inches, and tack it up to the wall in a taut horizontal line. Then slip one arm of the sunglasses between the ribbons. Instant display and easy access.

• Keep charger cords from fraying by slipping on a spring from an ink pen.

• Dried-out markers are the worst, but they don’t have to be. Refresh your dried-out washable markers with a little marker therapy – something that your kids can do! Dip a dried marker into a very small amount of water – just enough that it takes up the water rather than coloring it. Then wrap the tip with a small piece of plastic wrap, and recap. Set let for an hour or so, then repeat until refreshed. You can do the same with permanent markers using alcohol rather than water.

• I love bumper stickers, but hate the look of an old, faded, peeling tableau on the back of my ride. When I get a bumper sticker I like, I apply it to a sheet magnet found at craft stores. Then I cut out and slap it on. In fact, I can change my look whenever I like, and I store them on the inside of my garage door!

– E.K. in New Hampshire

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

Weekly SUDOKU

by Linda Thistle

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: " "

Weekday FEAR & KNOT

Health

From Page 7

arms and legs, however, makes me more concerned about a systemic cause.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.