



## NEWSBRIEFS

### Health Fair

The Lower Valley School Nurses Association will hold their 36th Annual Lower Valley Health Fair on Saturday, April 21, 2018 from 8:00 a.m. to 12:00 p.m. at Americas High School located at 12101 Pellicano Dr., El Paso, TX. This non-profit event is sponsored by University Medical Center, El Paso Department of Public Health, and Texas Kids Dental. School nurses from Socorro ISD will oversee the health fair. Over eighty agencies will be providing free health screenings such as blood sugar, cholesterol, pap smears, blood pressure, immunizations, hearing and vision screenings, and other health related information for the community. All children's immunizations (up to age 16) will be available for \$10 for one or more shots. Bring your immunization records. No one will be denied services if they unable to pay. Adult vaccines will also be available. Pharmacy students will be available to review your medications. Local talent from various schools in the district and community will provide entertainment during the fair. Physical fitness and exercise events will be held.

— Laura Lara

### Walk for a cause

The Eastlake Lions Club will hold a Health/Diabetes Walk in Horizon City. The walk will take place on April 28 starting at 8:00 a.m. from Ashford Rd., on the walking path to Darrington Blvd. at Town Hall. The Lions are asking for donations of canned vegetables, stuffing, 1 lb. bags of rice, 1 lb. bag of beans, 3 packs of turkey gravy and boxes of mashed potatoes. The collected food is for Thanksgiving and Christmas boxes later this year. Water will be provided for participants that contribute any one of the items. The return walk is optional but it is also downhill. People can also stop by to donate items without participating in the walk. Call Judi at (915) 581-2994 for more information or to donate food items.

— Judi Verslype

### National Arbor Day

National Arbor Day is Friday, April 27, this year, and the Arbor Day Foundation is making it easy for

See BRIEFS, Page 6

*Everything people have is taxed – especially their patience.*

— Quips & Quotes



— Photo by Alfredo Vasquez

**IMPRESSIONABLE** – Fossilized trackways can be seen at a site near Mount Cristo Rey in Sunland Park, New Mexico. The footprints include those of theropods, hadrosaurs or iguandodons – creatures that lived in the Cretaceous Period, which lasted from 144 to 65 million years ago.

## Dinosaurs once lived in this desert

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – Did you know that some of the largest mammals in the

world once roamed the El Paso del Norte river valley? Excavations along the Rio Grande have led archaeologists to espouse that the El Paso region was even home to dinosaurs millions of years ago. According to researchers, El Paso's

valleys, desert sand dunes, and scenic mountains have produced relics of many large and amazing creatures throughout its geologic history. For instance, north

See DINOSAURS, Page 4

## Fabens students make it 12 straight in UIL

By Denise Peña  
*Special to the Courier*

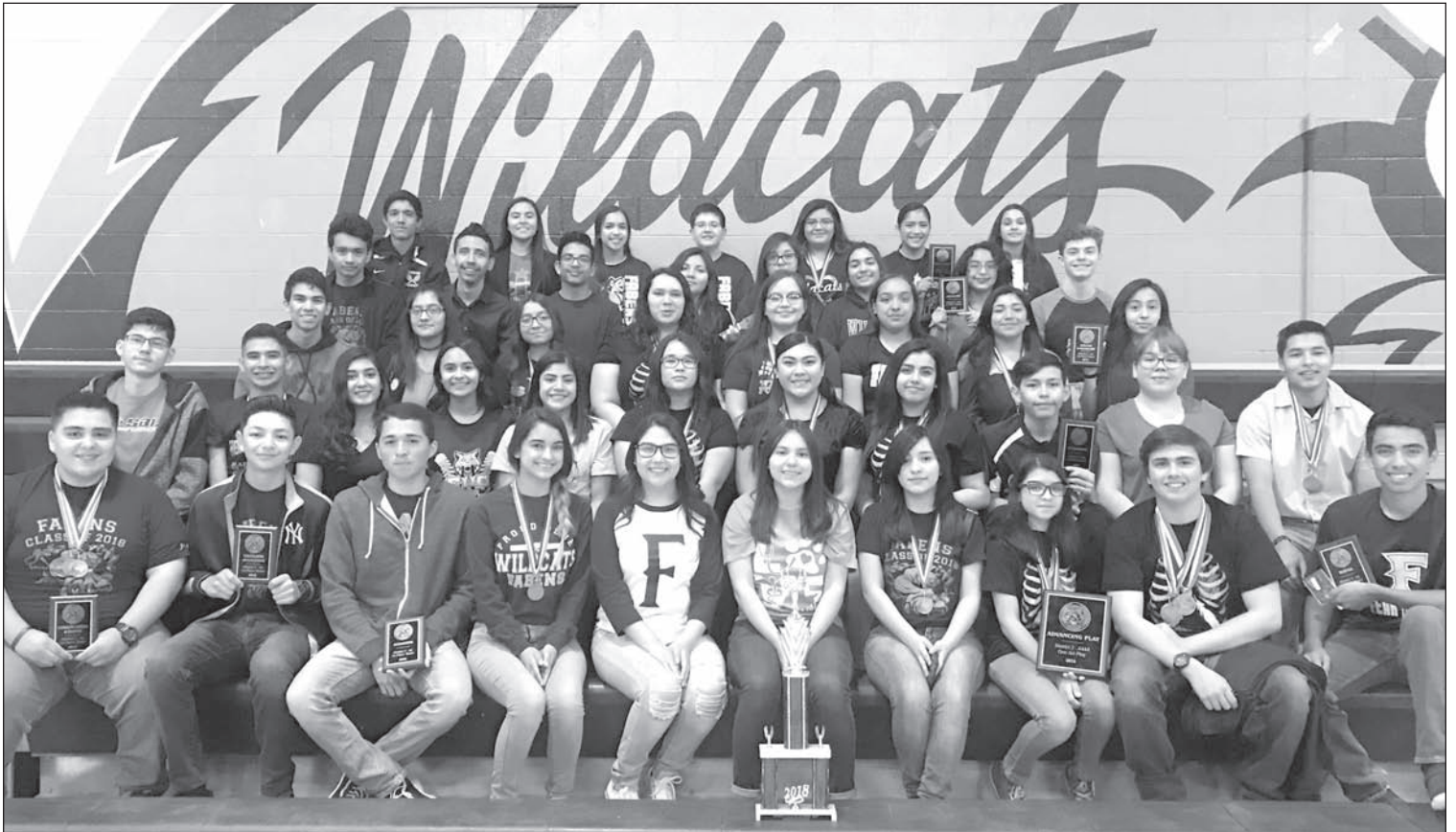
FABENS – After winning the title of UIL Academic District Champions for

the twelfth year in a row, Fabens High School is advancing multiple students to the regional competition held in Lubbock on April 13-14. In total, Fabens brought home 30 medals, 6 ribbons and 8 first place team plaques after the District

4A competition held on March 20-21 at Fabens High School.

At District One-Act competition, Fabens High School's play placed

See FABENS, Page 5



— Photo courtesy Fabens ISD

**GROUP HUDDLE** – Fabens High School students and their hardware filled the bleachers for a group picture.



# The ‘vacation’ disappearing act

Does anybody know or care where Laura Ingraham is “vacationing”? Ingraham, who has been a mouthpiece for right-wing nastiness for decades, recently had gravitated to a perch at Fox News (where else?) to do the venomous schtick that has brought her fame and fortune. But then she crossed the teeny-bopper.

Not just any teeny-bopper. This is David Hogg, the extremely telegenic Marjory Stoneman Douglas High School senior and survivor of the shooting massacre there on Valentine’s Day. He’s a founder of the Never Again MSD movement and a leader of the outpouring of young

people who are dragging adults into action on gun control. Hogg speaks for hundreds of thousands of people with a quick wit that Laura Ingraham cannot match. Those who get crazed every time someone even slightly wants to restrict their killing machines went bonkers about Hogg and a movement he leads that has spread out from Parkland, Florida, to the world.

Unfortunately, the best slime they could find on him was that his applications had been rejected by a few colleges. (Never mind that he had been accepted by others.) That made him fair game for attack. Make that foul game. Ingraham became a loud voice of the Hogg trolls. What followed was a huge backlash. Hogg shot back with a call for an advertiser boycott, and he

got one. Advertisers bailed on Ingraham faster than you can say “bottom line.”

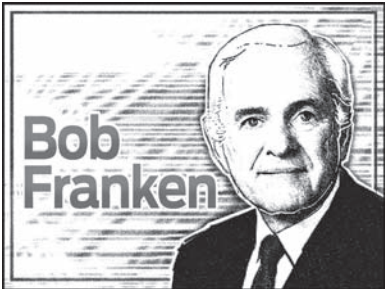
Talk about hitting her where it hurts. Ingraham wasted no time going into grovel mode. She tweeted: “On reflection, in the spirit of Holy Week, I apologize for any upset or hurt my tweet caused him or any of the brave victims of Parkland.” Then she headed off to vacation. David Hogg rejected the apology.

One can only assume that she did not hightail it to the Mar-A-Lago bunker where Donald Trump was spending his time off as usual. It’s a welcome reprieve from an administration that is coming undone, to some extent. Those with even a molecule of experience in government are looking for an escape hatch, while those who are embarrassments

are shoved aside, only to be replaced by others who are more embarrassing, grossly unqualified or card-carrying fanatics. For President Trump, the most qualified in his mind are those who are the least qualified, as long as they do good TV.

So Robby Jackson – the chief White House doctor who poked and prodded Donald Trump and then did an on-camera briefing on the physical, which impressed Trump – is now his choice to head the severely troubled Department of Veterans Affairs. While Jackson is highly regarded as an M.D., he has no management resume. With 360,000 employees, the VA is largely an unwieldy disaster that has defied the best efforts of several reformers who possess outstanding credentials.

Trump also has created quite the uproar by booting out H.R. McMaster as national security



adviser and appointing John Bolton. Bolton is considered to be, how shall we say it, a warmonger.

Soon, he’ll be taking his hard line into foreign affairs, and soon, Laura Ingraham presumably will be taking hers back to Fox News. Don’t expect her to learn any lessons. As for Trump and his gang, the best lesson they can learn would be a smack down on Election Day.

(c) 2018 Bob Franken.  
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**Public Notice**  
**Section 8 Wait List**

The El Paso County Housing Authority will be accepting applications for the Housing Coice Voucher Program (Section 8) Rental Assistance Wait List on Thursday, April 26, 2018 from 8:00 a.m. till 12 p.m. (noon). All applicants must apply in person at 650 NE G. Ave., Fabens, TX 79838. NO EXCEPTIONS.

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# Amazon isn't a villain

President Donald Trump gets results. His attacks on Amazon have tanked the company's stock.

It's hard to think of a more pointlessly destructive act of presidential jawboning in our history. The online retailer is a jewel of our market economy that has delivered more choice and convenience at a lower cost.

The backdrop for Trump's animosity is that Amazon CEO Jeff Bezos owns The Washington Post, which, like much of the major media, is unrelentingly hostile to the president. The bias of the Post is nothing new, nor should it be taken out on the underlying business of its owner.

Trump's anti-Amazon jag can be put in the same bucket as his tariffs against China – Trump being Trump, unleashing in accord with his gut instincts and animosities.

The similarities end there. The difference is between targeting the Chinese regime and a great American company, between lashing out against mercantilism and against a capitalist success story, between berating an adversary of the United States and an adversary of his own.

If there wasn't Amazon, someone would have invented it, or at least the basic model of leveraging new technologies to transform retail.

Beginning in the late 1980s, the advent of big-box retailers brought a productivity revolution to the industry. Now, e-commerce is challenging the big-box retailers in their turn. This is how the American economy works.

Trump has two specific complaints about Amazon. One is that it is ripping off the U.S. Postal Service, costing the U.S. government billions of dollars. Perhaps a better deal can be extracted – a recent study by Citigroup concluded as much – but the Postal Service says its arrangement with Amazon is profitable. The second is that Amazon doesn't pay sales taxes. This once was true, but Amazon now collects sales taxes in all states that levy them.

The larger case against Amazon is that it is killing off traditional retailing, while accruing too much power for itself. While brick-and-mortar retail is in decline, less than 9 percent of retail sales are done through e-commerce, with Amazon accounting for less than half of that.

No one is forced to buy from Amazon. Customers go there because they find it easy to use and cheaper than the alternatives. Amazon isn't pocketing huge profits. Instead, it is doing what companies should do: innovating, then plowing the proceeds into



more investments (Amazon is much more than an e-commerce company). Its fulfillment centers are wonders of productivity and hold the promise of as-yet-unforeseen transformations in other businesses.

Michael Mandel of the Progressive Policy Institute points out that online shopping saves consumers the time involved in driving to a store and looking for a product – and shifts all that (unpaid) labor to (paid) workers in its fulfillment centers and drivers. These jobs provide, he writes, “decent pay for a high school graduate, in a fast-growing tech-related industry, which requires a mixture of physical and cognitive skills. Many of them are full-time jobs with full benefits. They aren't easy jobs, for sure – but neither are manufacturing jobs.”

In short, there are many scourges in American life. Amazon isn't one of them.

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

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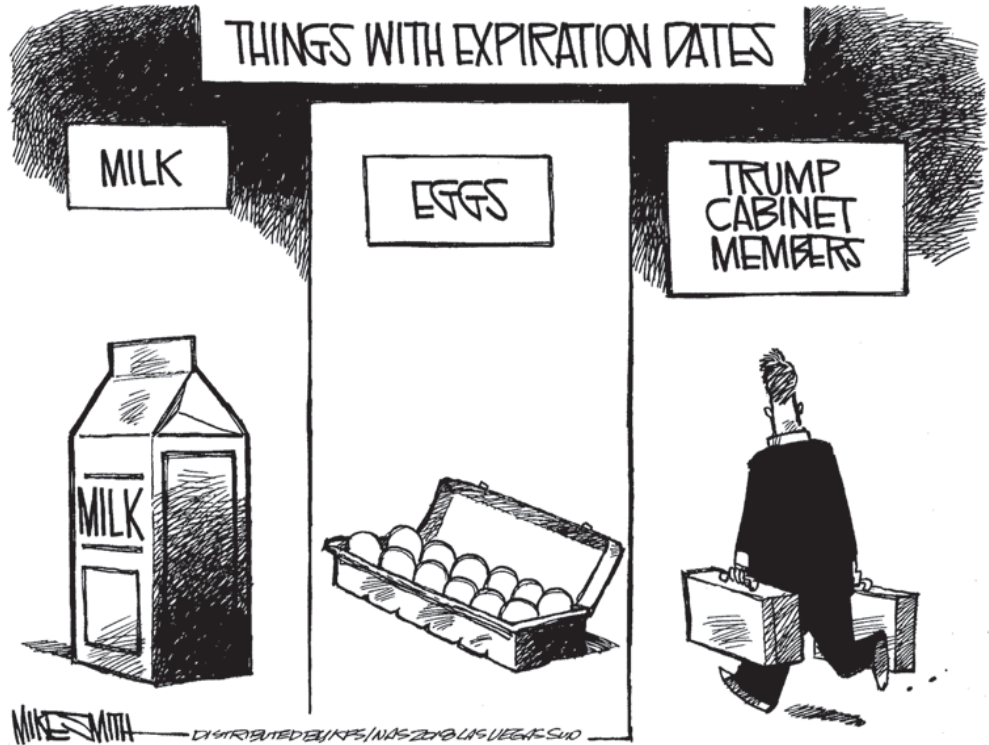
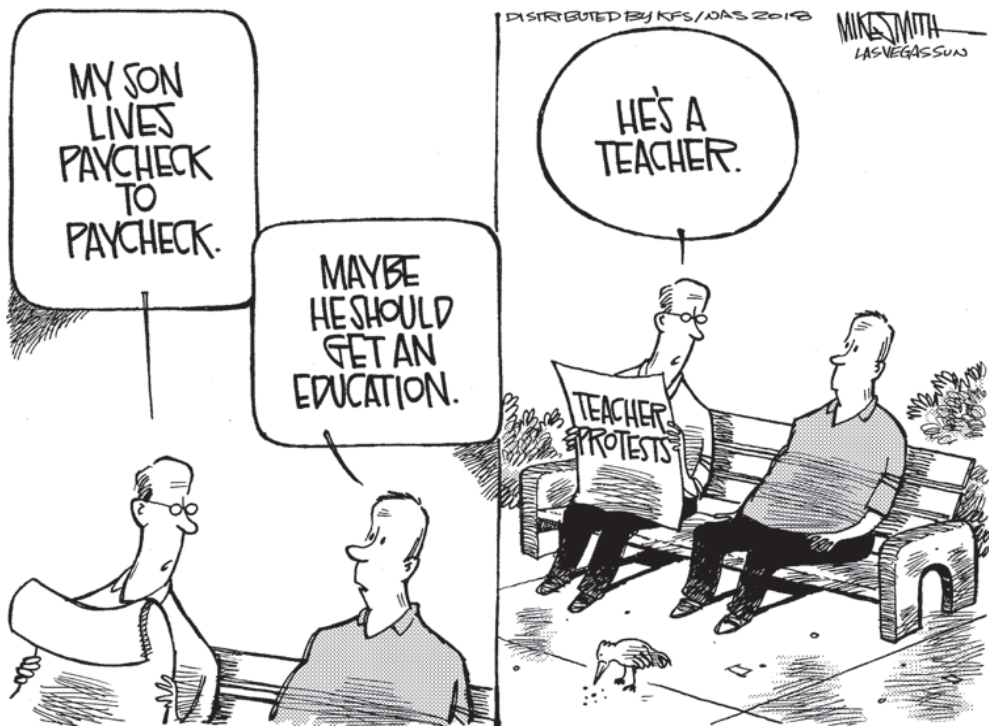
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– Image courtesy of El Paso Archaeological Society

A 2003 painting (above) by El Paso artist Paul DuMond depicts what the El Paso del Norte region might have looked like during the Age of Dinosaurs millions of years ago.

Dinosaurs

From Page 1

of Las Cruces, the Rio Grande

passes by the Prehistoric Trackways National Monument, which contains 280 million-year-old fossilized footprints of pre-dinosaur creatures.

Additionally, fossilized trackways, that can be seen at site near Mount Cristo Rey site in SunlandPark,NewMexico,include

those of theropods, hadrosaurs or iguandodons – creatures that lived in the Cretaceous Period, which lasted from 144 to 65 million years ago, according to the San Diego Natural History museum.

To bring some of these fossils to life, Dr. Eric Kappus will give a talk about the giants- from the Age of Dinosaurs, the Age of Fishes, and the Ice Age – that once pervaded this land.

Kappus will be the guest speaker for the El Paso Archaeological Society’s (EPAS) next monthly meeting, that is scheduled to be held at 2 p.m., Saturday, April 21, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The presentation is free and open to the public.

The featured speaker stated that his presentation is a first of its kind because he will bring together the research of many scientists. He said that his research entails trace fossils, sense of place, and environmental education. He is credited with discovering one of the few dinosaur footprints in the El Paso/Juarez region, as well as finding one of the oldest trace fossils in the El Paso area.

An education consultant, Kappus currently holds

See DINOSAURS, Page 8

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CryptoQuip Answer

After you’ve had several adult beverages on a flight, you’ll probably be feeling no plane.



By Samantha Weaver

- It was Edna St. Vincent Millay, a playwright and the first woman to win the Pulitzer Prize for poetry, who made the following observation: “A person who publishes a book appears willfully in public with his pants down.”
- I don’t know who studies such things, but those who do say that over the course of a lifetime, you’ll probably spend about three years in the restroom.
- Despite numerous arrests and trials, famed 19th-century outlaw Frank James was never convicted of anything and never went to prison. He died in 1915, at the age of 72, of natural causes.

• In Germany in the 1500s, a court physician by the name of Oswaldt Gabelthouer wrote a medical book full of remedies that he guaranteed would be effective. For insanity, the patient must cut his or her hair close to the head, then tie two halves of a ram’s liver to the head. A severe case of epilepsy, he claimed, could be cured if the patient wore the right eye of a wolf and the left eye of a she-wolf on a thong about the neck for three months; also, the patient had to forgo bathing during that time. There’s no mention in the record at hand of how a patient would go about redeeming the guarantee.

• When groups of shrimp end up with too few males to sustain the population, some of the females turn into males.


• If someone called you a “mumpsimus,” would you be flattered or insulted? It seems that the appropriate reaction would be to take offense. According to the Merriam-Webster dictionary, a mumpsimus is “a stubborn person who insists on making an error in spite of being shown that it is wrong.”

Thought for the Day: “Calamities are of two kinds: misfortunes to ourselves, and good fortune to others.” – Ambrose Bierce

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# Moments in time

THE HISTORY CHANNEL

- On April 23, 1969, Sirhan Sirhan, a Palestinian immigrant, is sentenced to death after being convicted in the assassination of politician Robert F. Kennedy. In 1972, Sirhan's sentence was commuted to life in prison after California abolished the death penalty.
- On April 24, 1980, an ill-fated military operation to rescue the 52 American hostages held in Tehran, Iran, ends with eight U.S. servicemen dead and no hostages rescued. The hostages would not be released for another 270 days.
- On April 25, 1859, at Port Said, Egypt, ground is broken for the Suez Canal, an artificial waterway intended to stretch 101 miles across the Isthmus of Suez. Labor disputes and a cholera epidemic slowed construction, and the Suez Canal was not completed until 1869 – four years behind schedule.
- On April 26, 1977, the world-famous Studio 54, in New York City, opens its doors for the first time. Actors, models, musicians and athletes, as well as political figures came out to be seen during the disco club's brief heyday, which lasted less than three years.
- On April 27, 1865, boiler explosions on the Mississippi River steamboat Sultana kill an estimated 1,547 people, mostly Union soldiers returning home after the Civil War. The passengers were killed by flying metal, scalding water and collapsing decks.
- On April 28, 1897, the Chickasaw and Choctaw, two of the Five Civilized Tribes, agree to abolish tribal government and communal ownership of land, following the goals of the Dawes Severalty Act. The other tribes soon followed, throwing open all of Indian Territory to white settlement.
- On April 29, 1945, the U.S. Seventh Army's 45th Infantry Division liberates Dachau, the first concentration camp established by Germany's Nazi regime. In the course of Dachau's history, at least 160,000 prisoners passed through the camp.

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## Fabens

From Page 1

second, advancing them to the Bi-District competition. Junior Hannah Camarillo, freshman Emely Serna and sophomore Angel Ochoa received All Star Cast while freshman Joy Nevarez received Honorable Mention.

Principal Ruben Carrillo attributes the many years of academic achievement to the dedication of both students and teachers. “It demonstrates a successful combination of rigorous instruction and the caliber of students we have here at Fabens High School,” Carrillo said.

For junior Hannah Camarillo, who is advancing in the Feature Writing, Prose and Ready Writing events, participating in UIL competition has taught her to recognize her talents. “I like seeing how far I can advance with my skills,” she said. “I never knew I was good at writing or speaking until now.”

Students who place first, second or third at their events in Lubbock will advance to the state competition held in Austin the first week of May. “I hope to advance in at least one of my events. But if I don’t, then I’ll have greater motivation for next year,” Hannah said. “Either way, the experience of being able to travel with my friends is always worth it.”



Fighting for:



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# Sometimes the best stories are the little ones

By Steve Escajeda  
Special to the Courier

Sometimes the most entertaining stories are the ones that don’t make the national headlines. These are stories that are either heart-warming, or make you scratch your head. Here are a few of those gems:

## Right idea, wrong photo

The Denver Post is a well-respected newspaper in one of the bigger cities in the United States. And being in Denver, the sports section of the paper gets to cover the Denver Broncos of the National Football League, the Denver Nuggets of the NBA, the Colorado Rockies of Major League Baseball and the Colorado Avalanche of the NHL.

So one would think that the sportswriters and photographers would know the teams very well. You would think they’re pretty familiar with the coaches, the players, the administration, and even the stadiums. Well. Maybe not the stadiums. It turns out that the Denver Post’s “Guide to Coors

Field” issue published last week had only one mistake on the front cover – a photo of Philadelphia’s Citizen’s Bank Park. How does something like this happen? Well, I don’t want to stir up any conspiracies but the paper did announce a month ago that they were going to fire about a quarter of the staff in April. I’m just saying.

## 81 is enough

Do you remember what you were doing in 1936? I think it’s safe to say that the vast majority of you weren’t even around in 1936. One guy who was around is Phil Coyne. He was busy ushering Pittsburgh Pirates baseball fans to their seats. In fact, he’s ushered them to their seats every season since then. The 99-year-old Coyne is finally retiring this season after 81 years as an usher for the Pirates. Coyne was around so long that he followed the franchise from Forbes Field to Three Rivers Stadium to PNC Park.

## No means no

Almost every married man knows who really runs the house – and it ain’t him.

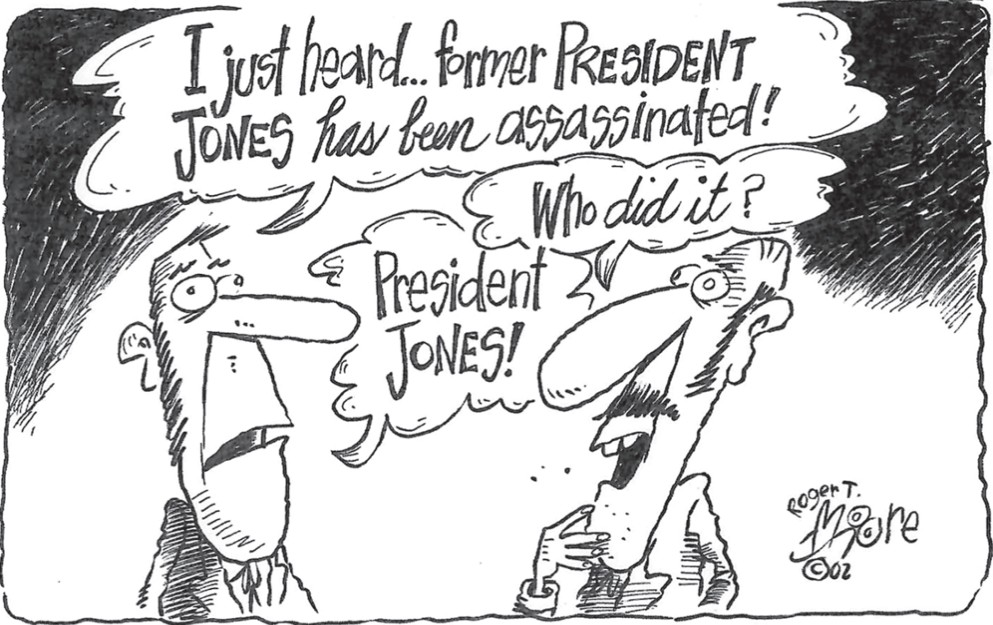
One guy who really knows that is NASCAR driver Clint Bowyer, who snapped his 190-race winless streak with a victory at Martinsville Speedway just before the NCAA’s Final Four. Bowyer felt so good after his victory that he thought he would turn that into a trip to San Antonio to watch his beloved Kansas Jayhawks in the Final Four. As a good husband he asked his wife if it was okay if he could make the trip and his loving wife answered with an emphatic “no.” Before anyone goes off by calling his wife any choice words – it turns out that they have two young kids, and they were going to have friends staying over for a week with their two kids. Mama was just reminding Daddy that this was quite a bit to carry on her plate. So Bowyer experienced the Final Four on TV, at home.

## Times are changing

New East Tennessee State University coach Randy Sanders was reprimanded last week by the school for slapping a player on the helmet. Seems that one of his players intercepted a pass in the end zone during spring

practice. Instead of downing the ball in the end zone he ran it down the field. Coach Sanders approached the player and told him to down the ball in the end zone. The player told the coach he would down the ball in the end zone during an actual game situation. The player’s snippy comeback was met with a slap alongside the helmet. Witnesses say the player was visibly upset, took off his helmet and pads and left the field. I’ve got to be honest, I played football in high school and a slap on the side of the helmet by a coach was a regular occurrence that was barely noticed. Some of the players on the team said the incident was surprising, but they noted they had seen “far worse disciplinary actions” in high school sports. None of the witnesses said the slap was meant to be physically harmful and that it didn’t appear to be done with intent to hurt the player. A coach grabbing your facemask and yelling at full volume was just part of the football experience. But then again, getting swatted in class was accepted back then too. I’m just saying.

**TRUE TEXAS FACTS** *by Roger Moore*  
January 7, 1858, Anson Jones, last President of Texas, shoots himself.



## Briefs

From Page 1

anyone to celebrate the annual tree-planting holiday. Join the Foundation in April and receive 10 free shade trees. By joining the Foundation in April, new members receive the following trees: red oak, sugar maple, weeping willow, baldcypress, thornless honeylocust, pin oak, river birch, tuliptree, silver maple, and red maple. The free trees are part of the Foundation’s Trees for America campaign. “These trees provide shade in the summer and vibrant colors throughout the fall,” said Matt Harris, chief executive of the

Arbor Day Foundation. “Through the simple act of planting trees, one person can make a difference in helping to create a healthier and more beautiful planet for all of us to enjoy.” The trees will be shipped postpaid with enclosed planting instructions at the right time for planting in April or May. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. To become a member of the Foundation and receive the free trees, send a \$10 contribution to TEN FREE SHADE TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by April 30, 2018, or visit [arborday.org/april](http://arborday.org/april).

– Danny Cohn

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## Super Crossword

COLLECTION OF SHADES ACROSS				65 Ending for cyan	131 Israeli money	refusal)	86 Aves.
				67 British rocker Brian	132 "St. _ Fire"	34 "Mazel _!"	87 "For _ a jolly..."
1 In addition to	68 Most indigent	133 Least quiet	35 Made do	69 Have too much of,	134 Albanian city	36 Intend (to)	89 Voodoo _
9 Like racist or	for short	135 Jr.-year exams	37 Ireland, to the Irish	72 The 1890s'	136 Singers Frank and	38 Ovid's 552	90 Hype up
sexist jokes	nickname	Nancy				43 Dawn goddess	91 Measures of
14 Small country in	77 See 71-Down					44 "Be quiet!"	resistance
Europe	78 Any of 12 pontiffs	DOWN				45 Invite	95 Gallivant
20 Kellogg's cereal	80 Two-base hit:	1 Nile vipers				46 Maui garland	98 French "Presto!"
21 As thin as _	Abbr.	2 Skewer				48 Verbalized	100 Atop, in odes
22 Gotten up from	81 That gal	3 Proceed on, as				49 No longer edible	101 Jewish cry of
bed	83 What playing kids	one's way				53 City of central	disgust
23 Certain Burgundy	"go round"	4 Green prefix				Sicily	102 Architect Saarinen
fruit	88 Expand upon	5 Enkindled				55 Appeal	103 Alehouse
25 Small	92 Not as daft	6 Multiple-PC				56 For fear that	104 Maximally
26 Regular: Abbr.	93 Hairy twin in the	system				57 Kin of -kin	105 Overly stylish
27 Bullring yell	Bible	7 Knock for _				59 Tackles, e.g.	106 Person camping
28 W-2 expert	94 Garr of film	8 Expertise				61 Gun, as an engine	out, often
29 Belfast's county	96 "Ni-i-i-ice!"	9 Pester				62 Suffix with opal	108 Foot part
30 Cheesy Italian dish	97 _do-well (idle	10 NHL's Bobby				63 Tropical tern	112 "Don't _ gift horse
36 First emperor of	person)	11 Civil rights org.				64 Signs made by	in the mouth"
Brazil	99 Suspect in Clue	12 Robert Browning's				winners	113 Quaking tree
39 Pigeon's call	104 Charade	"_ Passes"				66 Runner Zatopek	114 Writer Roald and
40 Airline serving	107 _ Fridays	13 Unclogs				69 Chooses	actress Arlene
Oslo	(restaurant)	14 Ill feeling				70 Qatari capital	115 Stalk swelling
41 Honshu coin	109 Wriggling fish	15 Circular gasket				71 With 77-Across,	116 City south of Dijon
42 Annual Calgary or	110 Post-teens	fitting				not closing early, as a	117 "Vive _!" (French
Rochester celebration	111 1951 Alec	16 Old crime boss				store	cry)
47 Suffix with	Guinness comedy	Frank				73 Inn in France	121 Imitator
119-Across	118 Left fielder Minnie	17 In error				74 Employs	122 Rick Blaine's love,
50 Jackie's #2	119 Tearful	18 Dion of song				75 Taper off	in film
51 Texter's "Then	120 Tear's place	19 Like a single-				76 Gulager of "The	123 Citi Field
again..."	121 Zero in	person band				Killers"	baseballers
52 "_ penny, pick it	124 Ink-squirting	24 Do a spit-take, say				79 Unblemished	126 Folding bed
up..."	creatures	30 Noted period				82 Flattop, e.g.	127 Old spy org.
54 Still-life fruit	125 Whoopi Goldberg	31 Peter out, as a trail				84 Sharp knock	128 Lapel insert
58 Sam of "The	Piano"	32 Present				85 Karel Capek sci-fi	129 D.C.'s land
60 Very shy sort	puzzle	33 "_ will not!" (firm				play	130 Slowing, in music:
							Abbr.

Answer Page 4

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

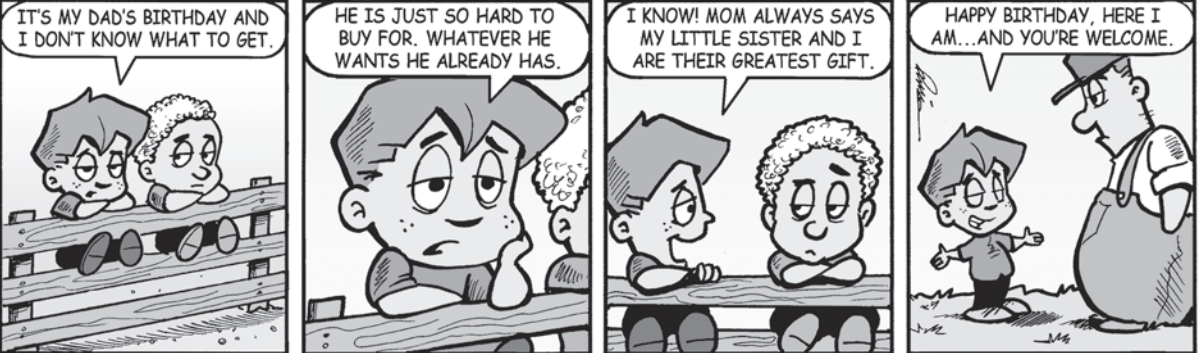
OUT ON A LIMB By Gary Kopervas



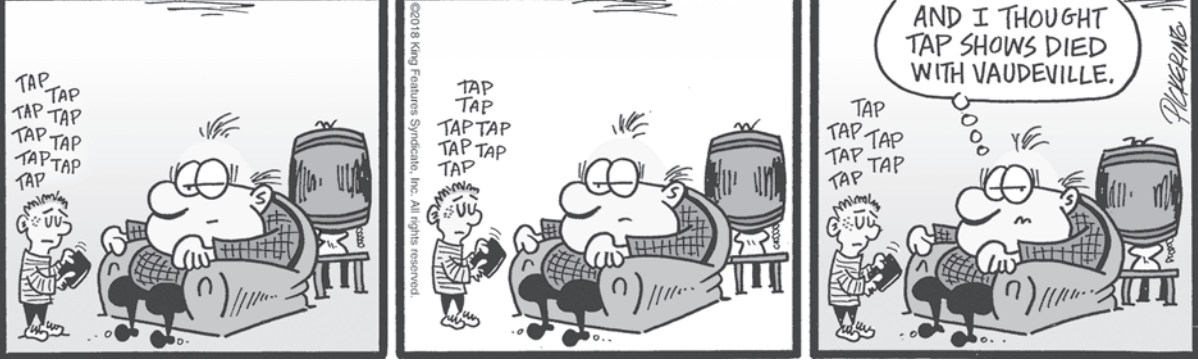
THE CASHIER By Ricardo Galvão



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



How low is too-low blood pressure?

*DEAR DR. ROACH: You have written many articles about high blood pressure, but I want to know about low blood pressure. What is normal? What is low, and what is dangerously low? I have a heart issue for which I take medication. I want to know if my blood pressure is too low. – Anon.*



Among young adults, only 5 percent of men will have a blood pressure below 110/60 or so, and for young women, it's 90/46. Blood pressure tends to go up with age, so low blood pressure numbers are higher for older adults.

For people with healthy hearts, the only time we worry about low blood pressure is if there are symptoms, and the most common symptoms are lightheadedness and fainting.

In people with congestive heart failure, low blood pressure usually is not concerning in itself, but because it might indicate that the heart is getting weaker. However, many of the medications used for CHF reduce blood pressure, which can even limit the amount of medication that can be used. In people with blockages in their arteries, too low a blood pressure can cause inadequate blood flow to parts of the heart and cause angina symptoms.

The blood pressure is dangerously low when a disease process is causing the low blood pressure. In extreme cases, low blood pressure is one of the most dangerous signs of shock. But in general, for healthy people, low blood pressures are not worrisome.

*DEAR DR. ROACH: I would like to know about warts. I know they are common in both children and adults. I have one on my thumb. I am 50 years old. Where can the warts spread to? I heard you can find them only on your hands and feet. Is that true? – J.S.*

Warts are raised round or oval growths, caused by the human papilloma virus. Although they most commonly occur on the hands and feet, some strains of HPV are more likely to cause warts in the genital region. Warts can appear on any part of your body, and you can spread them from one part of your body to another, as well as from person to person. Warts are more likely to occur in areas of skin that are irritated, such as cuts, scrapes and even areas that are shaved. For this reason, it's a good idea to treat the wart quickly, preferably before it gets bigger and harder to treat.

Over-the-counter wart treatments are most commonly salicylic acid. A nail file or pumice stone to get rid of dead skin first increases effectiveness. Liquid medicine is used for thinner warts, and a plaster is more effective for thicker warts.

One home remedy is as follows: Apply silver duct tape to the wart and leave it on for six days. Follow up by soaking the wart and removing any dead skin, then leave the tape off overnight. Repeat the process by applying duct tape for another six days. This is effective in some people. You should see your doctor if these home remedies don't work.

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

SPOT A STROKE

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Dinosaurs

From Page 4

various positions including a professorship with Southwest University at El Paso, a research paleontologist for the New Mexico Museum of Natural History and Science, and a research associate professorship at the University of Texas at El Paso (UTEP). He was graduated with doctoral and master's degrees in geological sciences from UTEP. Kappus is also a five-time graduate from Tom Brown's Tracking, Nature and Wilderness Survival School and is an expert in ethnobotany and aboriginal skills.

Kappus' upcoming talk is the next in a series of lectures hosted each month by EPAS, a non-profit group founded in 1922.

Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources. Membership information can be found on the EPAS website at [www.epas.com](http://www.epas.com).

EPAS members are presently taking part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute (JRI) of Tularosa, New Mexico. JRI's mission is to study the archaeological, ethno-historic, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions.

For more information about Kappus' presentation, contact EPAS media consultant Fernando Arias by email at [nando79935@gmail.com](mailto:nando79935@gmail.com) or call (915) 449-9075.

New VA chief must hit ground running



by Freddy Groves

David Shulkin is gone. No matter how he came to exit the building, whether he quit or was fired, he's gone.

Now the president has nominated his own personal physician to head the Department of Veterans Affairs.

No matter who ends up being the new VA Secretary, he will need to clean house. He should call a powwow with leadership in the VA Office of the Inspector General and ask for summaries on all of the VA regional medical facilities. If there are facilities that keep getting bad inspection reports, maybe that's where the first heads need to roll.

Non-management employees need to be given a voice. Whether it's a clerk who is instructed to fiddle with appointment times,

or an accounting assistant who sees funny business with the numbers, they all need the means to point out what is wrong. Even if it's nothing more than a suggestion box read daily by high-ups, the people down in the trenches need a way to make fixes without fearing for their jobs.

It was whistleblowers who first brought to light the serious problems at the Washington, D.C., VA Medical Center. I suspect they were nursing staff who couldn't properly care for the patients when supplies kept running out. Whistleblowers are our first line of defense when it comes to suffering shoddy care. They need to be encouraged to come forward more often.

The new secretary needs to send out a strong message from Day One that sneaky and entitled employees should head for the doors. That will include the secretary's personal staff.

Most of all, the new secretary needs to be personally sharp enough not to do things like accept freebie Wimbledon tickets and assume that no one will ever find out.

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• Don't throw toads out of your garden! There's hardly a better pest-control method than these good old-fashioned bug eaters. Toads can eat hundreds of bugs a week, and they don't cost a dime. They are a gardener's good luck!

• How to never have cloudy ice tea: Brew tea bags in hot water; steep for 4-5 minutes and remove bags to cool. Mix to taste with room temperature water and let the whole business cool down before you put it in the fridge.

— J.G. in Alabama

• To clean your car's cup holders, use this sneaky trick: Find a large cup that just fits inside the holder. Slip it down inside a sock, and then spray the bottom of the sock with all-purpose cleaner. When you put the sock-covered cup in the cup holder, it can get down in there and scrub off the gunk.

— R.E. in Texas

• To get rid of mineral deposits or hard-water stains in your toilet, try dropping two Alka-Seltzer tablets in a flushed toilet and letting them bubble and sit overnight. In the morning, scrub with a toilet brush and flush until clear.

— G.K. in Pennsylvania

• Peeling a boiled potato? Drop it quickly in an ice bath, and the skin may just slip right off! If you prep peeled potatoes, be sure to keep them submerged in water and add a tablespoon of white vinegar to keep them from browning.

• It's hard to measure out sticky substances like honey or molasses when you're using a measuring cup. They cling to the inside, and you're never sure that you added the right amount. The next time you're cooking with something sticky, spray the inside of the measuring cup with cooking oil. It will slide right out.

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

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: P equals V

OWBDM GFE'PD SOC TDPDMOU

OCEUB YDPDMOKDT FV O

WUAKSB, GFE'UU ZMFYOYUG YD

WDDUAVK VF ZUOVD.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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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!

	÷		+		13
÷		×		-	
	+		+		17
×		+		×	
	×		-		13
12		17		15	

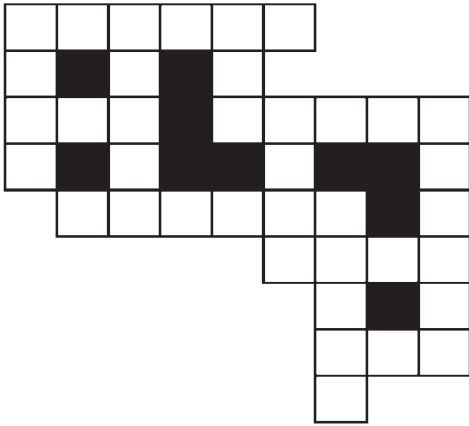
2 3 4 5 6 6 7 8 9

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Answer Page 4



TSA  
TAUSHI  
POMET  
♥MASL  
TEDRAM  
ABC  
♥ATBS  
♥REDET  
♥SPI  
ICOBED  
HATCB  
TESC



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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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