

NEWSBRIEFS

Real estate

With home values rising by an average of more than \$16,000 in the first quarter of 2018 but affordability dropping as mortgage rates get higher, the personal-finance website WalletHub has released its report on 2018's *Best Real-Estate Markets* as well as accompanying videos. To determine the most attractive real-estate markets in the U.S., WalletHub compared 300 cities across 22 key metrics. The data set ranges from median home-price appreciation to home sales turnover rate to job growth. El Paso ranked 45th among large cities. Other stats:

- Berkeley, California, has the lowest share of homes with negative equity, 1.17 percent, which is 32.8 times lower than in Detroit, the city with the highest at 38.36 percent.
- Sunnyvale, California and Seattle have the lowest average number of days until a house is sold, 35, which is 4.9 times lower than in Miami Beach, Florida, the city with the highest at 170.
- Allen, Texas, has the lowest vacancy rate, 1.40 percent, which is 26.2 times lower than in Miami Beach, Florida, the city with the highest at 36.66 percent.
- Akron, Ohio, has the lowest home price as a share of income, 172 percent, which is 8.9 times lower than in Berkeley, California, the city with the highest at 1,525 percent. Visit: <https://wallethub.com/edu/best-real-estate-markets/14889/> for the full report.

— Diana Polk

Costly accidents

A treasure trove of precious metals fell out of the cargo hold of a Russian plane as it took off at an airport near the Siberian town of Yakutsk this earlier year. Millions of dollars worth of gold, platinum and diamonds were spread over a 16-mile path before the plane could return to the airport, according to the Association of Mature American Citizens. Officials said that the original cargo was worth \$378 million and that the plane's cargo ramp was damaged on takeoff. Meanwhile, sanitation workers in Hall County, GA discovered some \$100,000 worth of jewelry that had apparently been accidentally thrown out with the trash by an unidentified woman who wasted no time in calling the authorities when she discovered her loss.

— John Grimaldi

The secret of hapiness is to count your blessings while others are adding up their troubles.

— Quips & Quotes

New VA clinics part of expanded services

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso's Veterans Affairs (VA) Health Care System broke ground recently on a new VA wellness center that will be part of the Medical Center of the Americas (MCA) campus in South-Central El Paso. The campus is located off Interstate-10 near the Reynolds Street exit.

Construction of the VA wellness center is part of an ongoing effort to improve how the El Paso VA Health Care System provides services to the more than 7,000 veterans in the region, according to VA officials. The new center is one of two new VA medical clinics that are expected to open by the end of 2019.

In addition to the VA wellness center, the VA also is planning to open a West Side clinic in the Northwest Corporate Center industrial park by the end of next year.

Officials with the VA health care system, the Medical Center of the Americas Foundation, and U.S. Representative Beto O'Rourke, who represents the district, gathered near Texas Tech University Health Sciences Center El Paso in August to mark the start of construction on the \$16 million mental health clinic.

The new 33,000 square-foot center will be near the MCA Foundation's Cardwell Collaborative biomedical technology incubator building. The MCA Foundation won the bid to build the new medical buildings and will lease them to the VA



— Image courtesy of MCA Foundation

ON THE DRAWING BOARD – Above is a rendering of a planned VA Wellness Center to be built on the Medical Center of the Americas campus in South-Central El Paso. It will mainly offer mental health services, but some primary care services also will be available.

for 20 years. The new clinic's facilities are being constructed by private contractors.

Emma Schwartz, MCA Foundation president, stated that the new clinic at the MCA campus will have more than 160 employees including psychiatrists, psychologists and nurse practitioners. The clinic will primarily offer mental health care, but some primary care services will be available as well, she stated.

General programs to be offered at the clinic consist of general mental health, psychological assessments; individual, family, couples, and group therapy; evidence-based psychotherapy; PTSD/depression/anxiety and other disorder programs; and

medication evaluation and management.

Specialty programs that the new clinic plans to offer are: monitored treatment program; substance use disorders program; and post-traumatic stress disorder. More than 160 professionals are expected to staff the new clinic including psychiatrists, tele-psychiatrists, psychologists, tele-psychologists, peer specialists, additional therapists, social workers, and medical residents from Texas Tech Health Sciences Center El Paso.

The new clinic was first proposed in 2015 as part of a pilot program introduced

See CLINICS, Page 6



— Photo courtesy Canutillo ISD

Canutillo ISD receives recognition for financial reporting

CANUTILLO – Canutillo Independent School District, for the second consecutive year, has earned the Certificate of Achievement (COA) for Excellence in Financial Reporting from the Government Finance Officers Association (GFOA). The Government Finance Officers Association of the United States and Canada (GFOA) awarded the Certificate of Achievement for Excellence in Financial Reporting to Canutillo ISD for its comprehensive annual financial report (CAFR). The Certificate of Achievement is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment by the

District and its management. "This distinction in our financial side of our district adds to our recent academic rating of A – the highest in the region," said Superintendent Dr. Pedro Galaviz. "CISD continues to set the standard for excellence in the classroom and in central office." Gathered to accept the award are, from left, Edgar Hepp, Luis Guerra, Laura Dorado, Savia De Lara, Hermelinda Montoya, Director of Finance Cristina Pulley, Chief Business Officer Martha Piekarski, Elsa Henry, Lucia Gomez, Michelle Hernandez, Laura Leos and Antonio Cereceres.

— Lisa M. Rodriguez

View from here By John Grimaldi

The new wave of socialism is troublesome for mainstream Democrats

(*Publisher’s note: The underlined portions are clickable links in the online pdf.*)

Americans who identify themselves as Democrats are embracing Socialism at an alarming rate, according to a new survey. And, mainstream Democrats are concerned. They fear the scourge of socialism may stymie their efforts to win at least some measure of control in Congress come November. Gallup just released the results of the poll showing that Democrats have a more positive image of socialism than they do of capitalism. Fifty-seven percent say they view socialism in a more positive light than they view capitalism while just 47% say they favor capitalism. “The popularity of socialism in the U.S. has never been greater than it is today. Look at what happened in the Bronx. Upstart, 28-year-old socialist Alexandria Ocasio-Cortez beat veteran, 10-term Congressman

Joe Crowley (D-NY) in the New York Democratic primary. Since then closet socialists in the Democratic Party have been outing themselves all across the country, much to the delight of the Democratic Socialists of America, a three-and-a-half decades old organization that has lived in relative obscurity till now,” says Dan Weber, president of the conservative Association of Mature American Citizens. The DSA is a club, not a party, but since the upset victory of Ocasio-Cortez on June 26th it is being called “the most visible and organized force in politics for an ideology”. However, as Weber points out, the majority of far-left candidates in Democratic primaries across the country lost to their mainstream contenders. “And, that is what concerns the party.” The vast majority of voters in the country are unlikely to embrace a philosophy that blatantly wants to upend our American way of life. But, the sudden focus on

socialism has been disquieting and is particularly alarming for traditional Democrats who are seeking to overturn the Republican Congress in November. The socialist movement is not likely to help them because it is anathema to voters and could have the effect of minimizing Democratic turnout while rallying the Republican base in the midterm elections. As discredited former Director of the FBI, James Comey, who was a registered Republican until two years ago, put it in a social media post on July 22: “Democrats, please, please don’t lose your minds and rush to the socialist left.” Ocasio-Cortez may have stolen the limelight of socialism, but there are plenty of far left candidates running for office this year – probably more than ever before. And, they are making their own headlines. Three, progressive 30-something women in Pennsylvania, for example, upset candidates with plenty of funding and lots of Democratic clout. Two of the upstarts won in state house primaries against veteran mainstream Democrats. The other, also a first time candidate, beat a state Senate aide, also a first timer, but who had party backing as well as lots of campaign funding. Meanwhile, in Texas – of all places – as many as 20

self-proclaimed socialists are on ballots throughout the state this year. And none of them seem to be bashful about identifying themselves as a socialist. One of those Texans, Ali Khorasani, who is running for Congress, proudly proclaims his progressive inclinations on his Web site. He also posted an online message that reads: “As a member of both the DSA and the Communist Party of Houston, I am deeply aligned with socialist values and anti-capitalism.” So, where is this leftist activity coming from? One of their own, socialist New York Times OpEd columnist Michelle Goldberg, reveals, in a New York Times opinion article that it’s the work of “The Millennial Socialists.” “And, if you haven’t figured it out, many of those millennials were indoctrinated in school,” says Weber who cites a survey conducted by the Victims of Communism Memorial Foundation.

in a communist country. In reporting on its survey, the Foundation pointed out that there are more millennials than baby boomers in the U.S. and that they make up what is officially the largest generation in America. “To a large extent, they received their education in middle school, high school and college from teachers and professors that were liberal, at best,” Weber points out. “They helped shape the lives of their students, as they grew old enough to vote.” Jake Zhu was the National News Editor of the Cornell Review in 2015 and wrote an article for the publication with the headline: *I Am a Survivor of My Public Schools’ Liberal Brainwashing*. As he put it, “the greatest threat to my intellectual cultivation throughout my years of attending Boston Public Schools is the prevalence of blatant left-wing indoctrination entrenched in the academic content.”

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View from here By G. Keith Smith, M.D.

Prohibition and ‘Medicare for All’

Alvin Lowi, writing in 2008, made a compelling case that Prohibition was never repealed, but rather, that Al Capone and Uncle Sam merely traded places. Without a doubt, brutal consequences await anyone who attempts to skirt the taxes and tribute demanded by the D.C. mob with regard to the sale and distribution of alcohol-containing beverages. This tight control of commerce, from which “juice” is extracted, pervades the medical industry, as well, as the D.C. syndicate currently controls half the sale and distribution of medical commerce in this country. Viewed in this way, it is clear that the “Medicare for All” (Prohibition of Choice) initiative represents a shameless attempt to completely control the funds flowing through this industry, a move that would make even Mr. Capone blush.

Think this is too harsh? That Prohibition made mobsters rich differs in what way from how Obamacare made D.C.’s medical cronies rich? The sad truth is that each and every time a new law is passed and the regulators appear (almost always connected with the industry ostensibly regulated), another chunk of commerce passes through the inefficient and corrupt toll booth of the D.C. “outfit.” In addition, industry consolidation predictably materializes with each new law, so fewer and richer “captains” will remain to kiss Uncle Sam’s ring.

In the same way that many mob-related

terms disguise their true meaning (made, juice, family), the titles chosen for many laws serve as decoys for their intended effect. Just as there was nothing Affordable or related to “care” in the Affordable Care Act, the deceit attached to the phrase “Medicare for All” belies the fact that if enacted, the purchase or sale of medical services outside of this system would necessarily be unlawful, or this gangland attempt to coopt the industry would get nowhere.

And while the purchase of medical services outside of this new system would be prohibited for you and me, rest assured that our “representatives” in D.C. would exempt themselves from this restriction, just as they did with Obamacare and just as they did during Prohibition. President Wilson was given a special exemption for his private wine cellar, FDR was known to keep “stocks of gin, rum, and scotch in a closet of his New York home,” and not to be outdone, Congress had its own bootlegger. Remaining true to this tradition and for our own good, the D.C. protection racket managed to remain immune from Social Security taxes until 1984 and continues to have special access to benefits apart from Medicare. Rest assured, “Medicare for All” rationing would not apply to them.

Two of Medicare’s flaws deserve special attention, both highlighting the syndicate-like mentality that pervaded

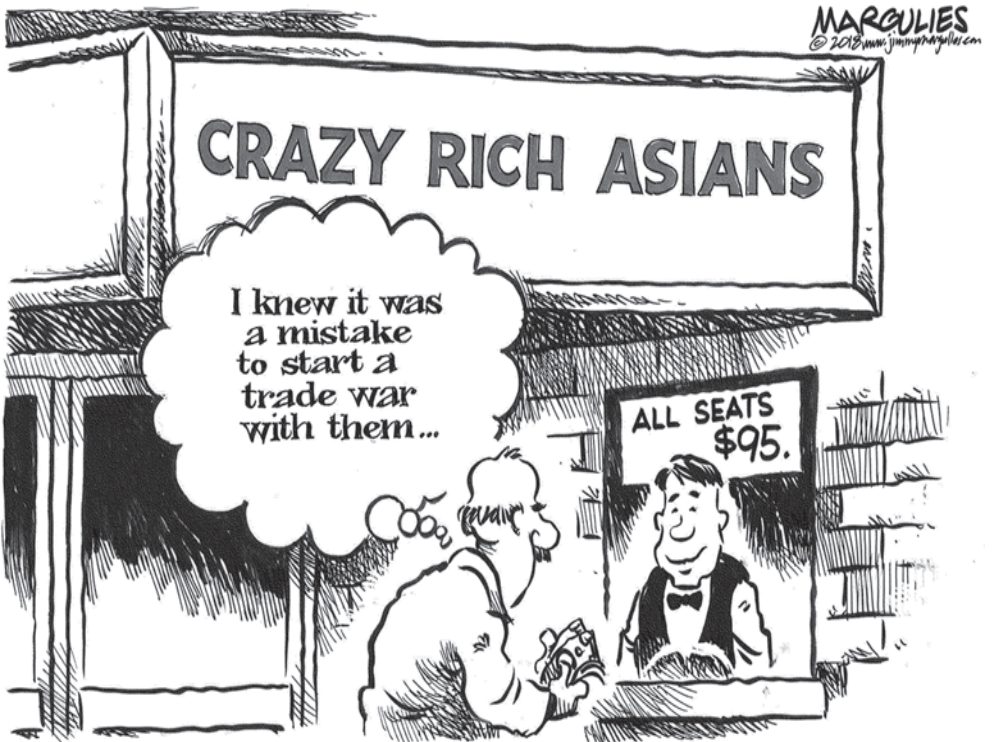
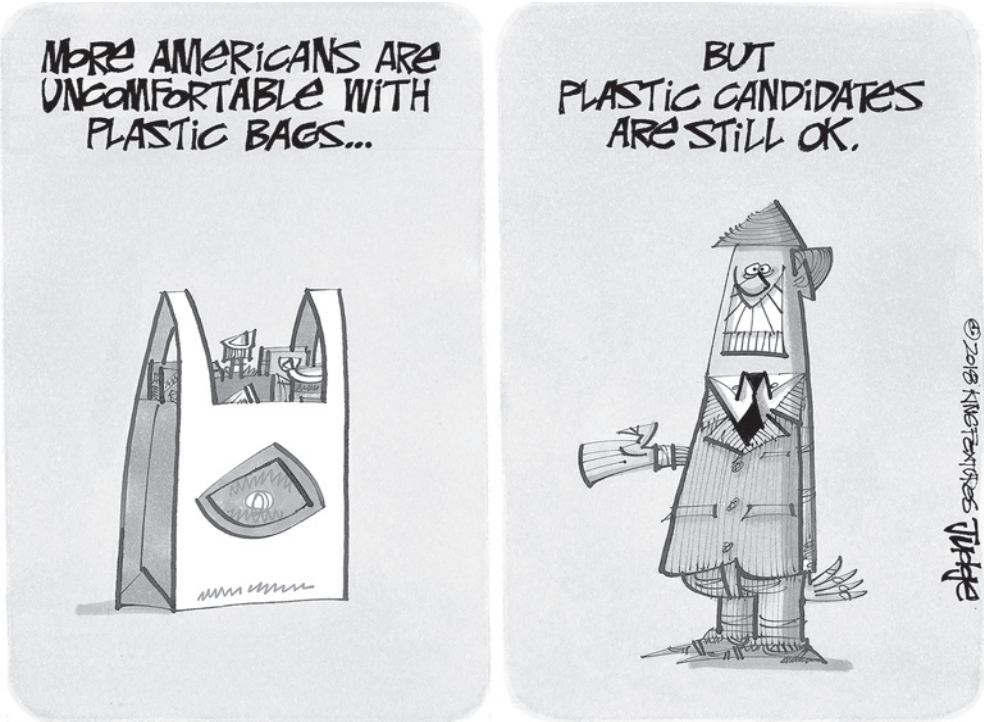
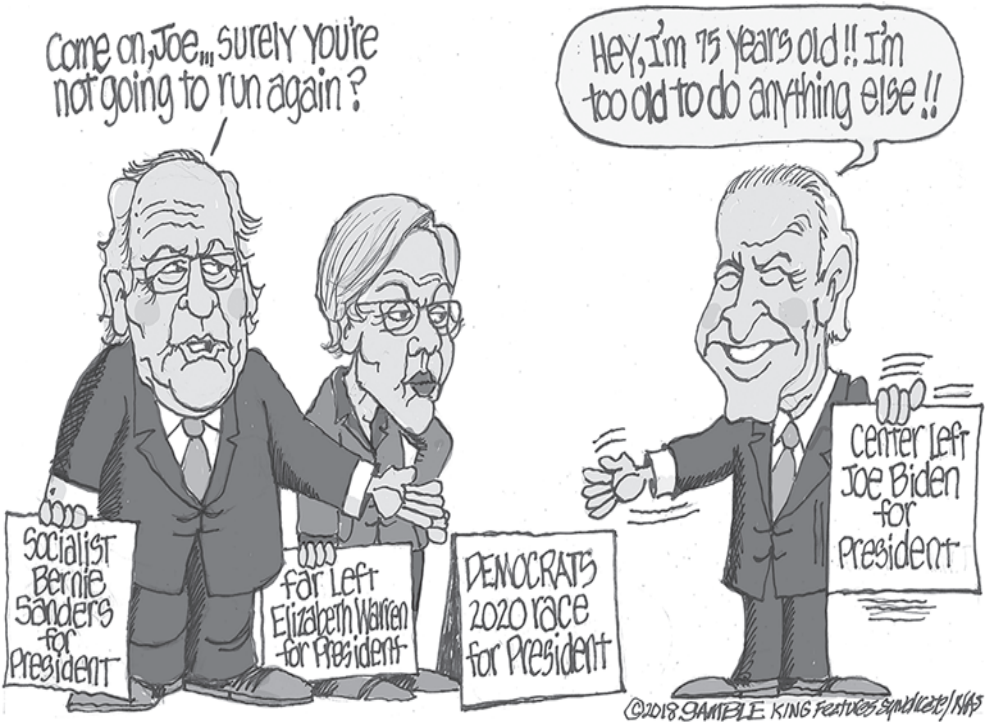
Prohibition days. First, in 1992, Uncle Sam’s “outfit” achieved complete control of those doing business with them, when during a Republican administration, the price-dictating Resource Based Relative Value Scale (RBRVS) was inflicted on the industry. It is important to understand that true prices emerge from competitive activity, fluctuating around a market-clearing price. Prices are, after all, signals that connote the presence of surpluses or shortages and serve the purpose of minimizing resource misallocation. Top-down prices, like RBRVS prices are always wrong. They are either too high or too low with predictable results. If doctors or hospitals are paid a very lucrative amount for one service and a paltry amount for another, surpluses and shortages of care will predictably materialize. This “soft rationing” is a powerful budget-balancing tool for government programs like Medicare, which has recently forecast its own bankruptcy by 2026.

Second, the payroll taxes of those currently working are the primary source of revenue benefiting those receiving Medicare’s benefits, most of which are no longer working. Charles Ponzi, just like Bernie Madoff, utilized this ploy to lure individuals into their designs, benefitting early investors with funds from newer investors. These schemes, once discovered, disintegrate without the muscle of the government outfit to force future “contributions.”

Finally, for those who believe that the D.C. gang has had our best interests in mind, remember that in an effort to enforce Prohibition, the government deliberately poisoned spirits they knew were destined for consumption, resulting in the deaths of thousands of individuals and the blinding of many more. “The welfare of the masses is always the alibi of tyrants,” Albert Camus’ famous quote, should embolden our skepticism for those who would inflict “Medicare for All” on the rest of us, a scheme that will undoubtedly prove more deadly and tragic than Prohibition at its peak.

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Strange BUT TRUE

By Samantha Weaver

- It was Irish author and editor Robert Lynd who made the following sage observation: "History may be read as the story of the magnificent rearguard action fought during several thousand years by dogma against curiosity."
- Historians say that the Halloween tradition of trick-or-treating dates back to the early European tradition of mumming, when costumed dancers would go door to door to perform choreographed routines, as well as songs and plays, in exchange for treats.
- You might be surprised to learn that on a per-capita basis, Finland has more heavy-metal bands than any other country on Earth.
- If you're fortunate enough to be planning a trip to Argentina, you'll almost certainly make a stop in Buenos Aires, the capital. While you're there, keep an eye out for a mobile work by Raul Lemesoff. The artist, known for his eccentricity, converted a 1979 Ford Falcon into a kind of a tank – it even has a turret that swivels. Instead of soldiers and armaments, however, this tank carries books on shelves both inside and outside the vehicle. Lemesoff drives his "Weapon of Mass Instruction" through the city streets, delivering free books to all comers. His only requirement? Recipients must promise to read what he gives them.
- You've certainly heard of "Tarzan of the Apes." Edgar Rice Burroughs' 1912 work has been adapted over and over again – for radio, television, film and more. You probably weren't aware, though, that the novel was such an instant and ongoing success that Burroughs wrote 24 sequels.
- In a recent survey of pet owners, 43 percent of respondents said that they'd be eating healthier themselves if they ate the same thing they fed their pets.

Thought for the Day: "What can be asserted without proof can be dismissed without proof."
– Christopher Hitchens

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Moments in time

THE HISTORY CHANNEL

- On Oct. 16, 1773, the first public statement against the British Parliament's Tea Act, a document known as the "Philadelphia Resolutions," urges all Americans to oppose the British tax. Two months later, a group of colonists disguised as Mohawks boarded three British tea ships and dumped 342 chests of tea into the harbor.
- On Oct. 17, 1906, Wilhelm Voigt, a 57-year-old German shoemaker, impersonates an army officer and leads an entire squad of soldiers to help him steal 4,000 marks from the mayor's office. Voigt humiliated the German army by exploiting their blind obedience to authority. The Kaiser thought the story was funny.
- On Oct. 18, 1968, John Lennon and Yoko Ono are arrested for drug possession in London. Days earlier, an announcement that Ono was pregnant created a scandal because both were married to other people.
- On Oct. 19, 1985, the first Blockbuster video-rental store opens, in Dallas. The store had 8,000 tapes displayed on shelves and a computerized checkout process. At it's peak in 2004, Blockbuster had 9,094 stores.
- On Oct. 20, 1944, U.S. Gen. Douglas MacArthur wades ashore onto the Philippine island of Leyte, fulfilling his vow to return to the area he was forced to flee in 1942 under orders from President Franklin Roosevelt.
- On Oct. 21, 1959, the Guggenheim Museum, home to one of the world's top collections of contemporary art, opens in New York City. The bizarrely shaped white concrete building resembled a giant upside-down cupcake. Today, 900,000-plus visitors visit the Guggenheim yearly.
- On Oct. 22, 1797, Andre-Jacques Garnerin makes the first parachute jump from a hydrogen balloon 3,200 feet above Paris. As he had failed to include an air vent at the top of the prototype, Garnerin oscillated wildly in his descent, but he landed shaken but unhurt.

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CryptoQuip Answer

Popular Broadway musical about a frightful frog who became a demon barber: "Sweeney Toad."

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25		20		24	

By Steve Escajeda
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Clinics

From Page 1

by O’Rourke to reform the system to prioritize care for service-related conditions and promote partnerships between the VA and local health care providers.

The program, developed by O’Rourke and local health providers, sought to address the El Paso VA Health Care System’s long wait times, which have been ranked among the longest in the country.

The average waittime for an appointment varies by location and specialty. Over the past month, the average wait time for a new, primary-care patient to get an appointment at the main VA Medical Center in El Paso was 23 days, according to the VA’s website.

O’Rourke stated that the system has made progress in hiring more mental-health providers and establishing relationships with community members, but the lack of space at existing facilities remains a challenge.

“One of my most significant challenges since I arrived has been space limitations,” retired Army Col. Michael Amaral, director of the El Paso VA Health Care

System, said during the ground-breaking ceremony. “This physical limitation has made it extremely challenging to expand needed services, not only within the area of mental health, but other services as well.”

The VA plans to move most of its mental health services from its main medical center, located next to William Beaumont Army Medical Center, to the new MCA wellness center, open a West Side clinic in a new building in the Northwest Corporate Center industrial park, and move its administrative offices to two renovated historic buildings inside Fort Bliss by the end of next year, according to Amaral.

The El Paso VA Health Care System, which includes a Las Cruces clinic, employs about 900 workers, including about 850 at its main medical center, and has an annual budget of \$260 million. The El Paso system handled more than 31,000 patients with more than 300,000 visits in 2017, according to VA officials.

“The new clinics are not only a great way for El Paso to address outstanding mental health care needs for veterans, but it’s a great way for El Paso to provide an example for the country as to how to work with limited resources to make sure we’re delivering care for our veterans,” O’Rourke stated.



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Super Crossword

26 BEGINNING TO END ACROSS

1 Nest item

4 Funny Mort

8 Casual top

14 Cape, e.g.

19 British lav

20 Jai _

21 Its capital is Roma

22 Berry of "The Call"

23 * Group for motorists

25 * Turn a profit, say

27 Jogging pace

28 Scheming

29 Drench

30 On the other side of

31 * "La Vie en Rose" singer

34 * Amass wealth

38 Aug. hours

39 Bonn "one"

40 Nail file materials

42 As dry as _

47 _Man defense

48 "Rugrats" father

49 Baddie's look

51 Son of Eve

52 * 2009 R. Kelly song

56 * Stay calm

58 10,000,000 ergs

59 Lend support

60 Tip sheet statistics

63 Compares

64 Askew

65 Guevara the

guerrilla

66 Greek diner menu item

67 Lushes

68 * Fulfill, as a promise

71 * What you don't need a return ticket for

76 Only

77 Skew

79 Cat paw part

80 Speed test

81 Crucial arteries

84 _ noire

85 D.C. VIP

86 Like tapestries

87 * "No noise allowed" Amtrak area of

89 * Kids' chemistry set, e.g.

92 Fed. of Brezhnev

93 Deliver an address

96 Walk-_ (small parts)

97 Chemical ending

98 Nuclear trial, for short

100 Run-of-the-mill

102 "Inc." relative

103 Start for marital

106 * 13th-century pope

108 * General Mills cereal

111 Cascade Range peak

115 _kwon do

117 Squirmy fish

118 With 104-Down,

cure concocted by Mom

119 * The mineral citrine, e.g.

123 What the first and last letters of 13 answers in this puzzle proceed through

125 Lowest point

126 Lift

127 Printer's unit

128 Chemical ending

129 Gives applause

130 Capital of 95-Down

131 Harper of Hollywood

132 Seaport of Scotland

DOWN

1 Highly happy

2 Pumpkins, e.g.

3 "Get busy!"

4 Body pouch

5 Pumpkin pie ingredient

6 Cart off to the jailhouse

7 Tripoli's land

8 Quirky mannerisms

9 Moe or Larry

10 Impedes

11 _ du Diable

12 _ de Oro

13 Frat letter

14 Mambo relative

15 Actor Bert

16 Roll topper

17 Sad cry

18 Adidas rival

24 Slugger Mel

26 Tic-_toe

32 Fling

33 Regaled

35 Element #50

36 Smells nasty

37 "Ahh, OK"

41 Post-rain dirt

43 Swimming specialty

44 Woodwind instrument

45 Gas in lights

46 Pipe elbows

47 Leisure suit fabrics

48 Recoiled (from)

50 Add ammo

52 Des Moines' state

53 Wait secretly

54 Western lake

55 Happiness

57 Feel for

58 Clog

61 Let go of

62 Put on

65 Big name in old video game consoles

66 Itty-bitty biter

67 Football Hall of Famer Lynn

69 Butting beast

70 Be in debt to

72 Foil relatives

73 Shankar with a sitar

74 "Law & Order:

SVU" actor

75 Ballpoint, e.g.

78 In medias _

81 Blue-green

82 Force to go

83 Go skyward

84 "Well done, diva!"

85 Raw power

86 George of "Cheers"

88 Saudi, e.g.

90 Turning tooth

91 Bean trees of India

94 Fifth of fifty

95 African country

99 Teaches one-on-one

101 2009 James Cameron film

102 Sobieski of Hollywood

103 Great fear

104 See 118-Across

105 New Hampshire prep school

107 Unedited

109 Bodily pump

110 "_-ching!"

111 Align, briefly

112 Get well

113 Alan of TV and film

114 Tiny mistake

116 Poet Pound

120 Sine _ non

121 Increases

122 Ulna's place

124 Royal Navy inits.

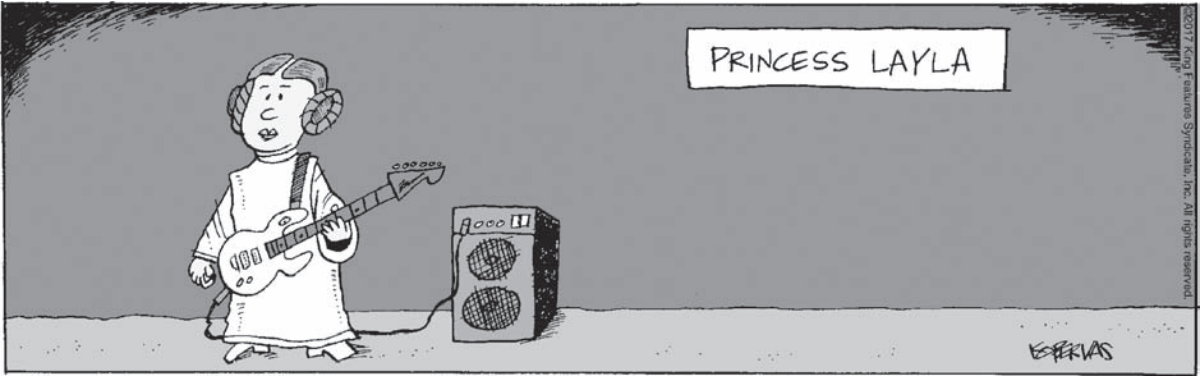
Answer Page 4

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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



Try baking soda for underarm odor

DEAR DR. ROACH: I am a 77-year-old female. I had a left-breast lumpectomy (with some lymph nodes removed) about 15 years ago, leaving me with a much heavier right breast. I don't know whether this plays an important role with my problem. Since the surgery, I have had a problem controlling underarm odor. I do not use any aluminum-based products. I have tried vinegar, milk of magnesia and a deodorant made from milk of magnesia. Within a matter of just a few hours, I notice quite an odor, particularly in my right armpit, which gets worse as the day goes on. I do not perspire profusely, but do develop some underarm moisture. Can you think of any reason this is happening, or any remedy that might work for me? I would appreciate your comments. -- D.M.M.



I would start by trying a non-antiperspirant deodorant. These are not aluminum-based and work well for most people. If the deodorant doesn't work, you should consider another old-fashioned remedy that you haven't tried: baking soda. It changes the pH of the armpit and helps to keep it dry, and both of those things help get rid of odor. Underarm odor is caused by bacteria that live on our skin; the sweat itself is odorless. Thus, if you get rid of the bacteria, you can get rid of the odor. I have prescribed topical antibiotics on occasion. Some people have told me that an alcohol-based hand-sanitizing gel helps. It might be that it dries out the skin and also kills bacteria. I would be cautious about overusing this as a solution. The underarm is a sensitive area that can get irritated. I'd be happy to hear from readers about other solutions for this common problem, and I will report back on the most successful methods.

DEAR DR. ROACH: I have severe halitosis. I have had my sinuses, teeth and gums checked to see if they are the cause of the odor, but the dentist and ENT found nothing. I was referred by my primary doctor to a G.I. specialist, who found I had a sliding hiatal hernia, which was causing acid reflux. He recommended surgery to push the stomach back into its normal position below the diaphragm. I decided to pass on the surgery. He recommended taking over-the-counter medications such as Nexium, but after several days my lower back started to hurt, so I stopped taking them. I am reconsidering the surgery and was wondering if this is a good idea. Is it possible that the

See HEALTH, Page 8

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Health

From Page 7

hernia has nothing to do with the halitosis? -- E.H.

Experts believe that 90 percent of the time, halitosis comes from the mouth. What your gastroenterologist is suggesting as the cause of the halitosis is plausible. I found several anecdotal cases where surgery cured the halitosis. However, it's not only possible that the hiatal hernia has nothing to do with the halitosis, I think it is unlikely

that it does. Since surgery would not otherwise be recommended for a sliding hiatal hernia, I can't recommend surgery.

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

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: D equals P

DTDKELA JATLCMLN XKUHVLE
LJTKF L ZAHYGfZKE ZATY MGT
JIVLXI L CIXTQ JLAJIA:
"UMIIQIN FTLC."

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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VA grants boost adaptive sports



by Freddy Groves

An estimated 10,000 disabled veterans can still benefit from the \$8 million in grants that the Department of Veterans Affairs awarded to sports programs for 2018. Groups in all 50 received a cut of the money to use in planning, managing and implementing their programs.

These programs range from city and regional sports, community groups, and parks and rec to sports clinics, wheelchair games and golf tournaments... even to preparation for Paralympic competition.

Here are just a few of the sports the grants have covered: triathlon, table tennis, basketball, rowing, martial arts, swimming, rafting, wheelchair rugby, archery, judo, climbing, fishing, soccer, powerlifting and slalom. This year the grants covered events in both summer (kayaking, surfing, sailing) and winter (skiing, curling, hockey), sports clinics, Golden

Age games (seniors over age 55), bowling, shooting and cycling, a creative arts festival and wheelchair games. The programs offered get bigger every year.

Interested in participating? For one thing, it's a lot of fun, and you'll meet others with the same challenges, goals and determination. If you think you're not quite up to it yet, talk to your clinical team about what you can do to get ready to participate in adaptive programs.

And just so you know... a new study of adaptive sports found that benefits included increased employment, self-confidence and a peer-education system. Add in independence, reduced need for pain and depression medication and fewer secondary medical conditions, and it's worth checking out.

To learn more, go online to www.va.gov/adaptivesports. If you'll be training at the Paralympic level, there is a monthly stipend to help with expenses, if you qualify. Check the website for details.

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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!

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	-		×		24
25		20		24	

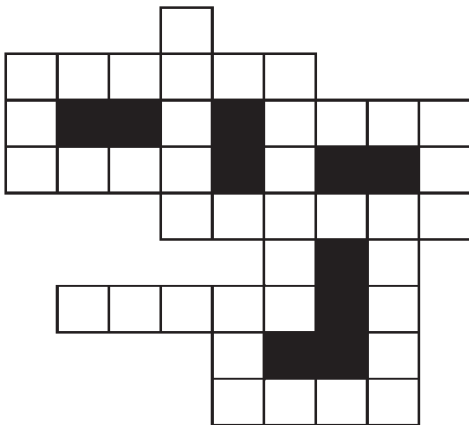
1 2 3 3 5 6 7 8 9

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Answer Page 4



PHA
SEATIG
♥ RUTEC
FOGO
FRIHEE
WOC
♥ APTE
HIFTL
URF
TIC PAA
GUTHA
♥ TWHI



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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• Use Lego people to hold your charging cables when not in use. Their hands are the perfect size to hold cords, and you can stick the figures to a small Lego base that's secured to whatever is convenient – a table edge, your night stand or even the wall itself – with some double-faced tape.

• “New shoes too tight? Wear a pair of thick socks, and slip your shoes on. Run a hair dryer over the areas where it's too tight, and the heat will help those spots expand. Test in an inconspicuous area first if you are unsure that the fabric can take the heat!”

– C.W. in Oregon

• Got your cellphone wet? Try the rice trick first. Power down if possible and remove the protective cover, then fill a zipper-top plastic baggie with plain uncooked rice. Insert your phone and seal the bag, making sure that all parts of the phone are surrounded by the rice. Let it sit for 12 hours so the rice can draw the moisture from your device. Then try to power up.

• “Want to seal your sugar bag (or any all-plastic bag)?” Fold over the top at least an inch, and cover the fold with a strip of aluminum foil – both sides. Lay the bag on its side. Iron the fold, which is trapped inside the foil. It melts the plastic inside. Let cool and remove the foil.”

– R.Y. in Kentucky

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803.

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