



NEWSBRIEFS

Science partners

Students at Canutillo Middle School will get a boost in their knowledge of science thanks to a partnership with the Council on Regional Economic Expansion and Educational Development (CREEED) that will bring innovative computer programming to the campus. The new, 5-year agreement between CREEED and the Canutillo Independent School District will expand the use of the popular GameSalad computer-based curriculum that introduces science concepts to middle school students. “CREEED is one of the strongest community partners that schools in El Paso have, and their contribution to Canutillo Middle will have a great impact in student achievement,” said CISD Superintendent Dr. Pedro Galaviz. “We know STEM education is the key to success for many of our students, and this new collaboration will help us meet the academic needs of our students.”

– Andrew Reynoso

Music

The El Paso Symphony Orchestra will perform the very best of musical theater icon Andrew Lloyd Webber on November 16 and 17, 7:30 p.m. at the Plaza Theatre. Led by Bohuslav Rattay and joined by soprano Katie Travis and tenor Chris Mann, the Symphony’s program will include “The Music of the Night” from Phantom of the Opera; “Any Dream Will Do” from Joseph and the Amazing Technicolor Dreamcoat; “Don’t Cry for Me Argentina” from Evita; “Memory” and “The Jellicle Ball” from Cats; and “I Don’t Know How to Love Him” from Jesus Christ Superstar. Bohuslav Rattay and the El Paso Symphony Orchestra are looking forward to working with soprano Katie Travis, who recently finished her run of over 700 shows playing Christine Daae in the North American tour of *Phantom of the Opera*; and Chris Mann, tenor, who lit up a global audience with his 2012 post Super Bowl XLVI performance on NBC’s *The Voice* watched by a record-breaking 37.6 million viewers. The EPSO November concerts also include Mussorgsky’s *Pictures At An Exhibition*. Concert ticket prices are \$45, \$40, \$34, \$21 and \$16 plus fees. Student tickets for \$9 and \$11 plus fees are available. Tickets may be purchase at epso.org, ticketmaster.com or by calling the EPSO office at (915) 532-3776.

– Rosemary Flores

It’s extremely difficult for a child to live right if he has never seen it done.

– Quips & Quotes

Historic building undergoes renovation

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The remaking of the former headquarters of El Paso Natural Gas into low-income apartments and offices is underway in Downtown El Paso. The 18-story Blue Flame Building, located at 304 Texas Avenue and Stanton Street, has been gutted and construction began recently.

The Housing Authority of the City of El Paso (HACEP) will use federal and state historic tax credits to transform the downtown office building into apartments along with commercial and retail spaces.

Plans for the renovation project will turn the ground-floor into retail space, with the second through the thirteenth floors being converted into apartments, including 120 low-income housing units. The 14th, 15th, and 16th floors will be used for leased offices, according to Gerald Cichon, Chief executive officer of the El Paso Housing Authority.

The Texas Historical Commission required the housing authority to keep the 16th floor intact as much as possible. That’s where El Paso Natural Gas’ executive suites were located. The original dark-wood doors, hung cabinets built into one wall, the brick walls, and the wood-paneled office of the company’s president will remain in place. A restaurant and bar may possibly be added to a balcony wrapping around the entire 17th floor, said Kevin Wilson, vice president of development for Franklin Development Co., of San Antonio, which is the project developer.

Cichon stated that the building’s location near the county and federal courthouses should help to lease the office space. The Housing Authority is also looking at the possibility of moving its offices to the building, he said.

Additionally, the building’s iconic, 21-foot, steel and plexiglass flame, that towers on the building’s roof and was lit in blue most of the time, and changed colors with changing weather conditions, will remain, Cichon related. But it will be refurbished with LED lights replacing the current fluorescent tubes inside the steel flame shell, and the lights will be computerized, he said.

The 64-year-old building renovation project has an estimated \$50 million price tag with a completion date slated for January 2020. Sundt Construction, which is based in the Phoenix area, is the contractor.

The project is being financed with \$32 million worth of state and federal tax credits, including tax credits for historical building renovations and a loan, Cichon explained.

The renovation is part of the housing agency’s ongoing Rental Assistance Demonstration Program – a \$1.3 billion,



– Photo by Alfredo Vasquez

REPURPOSED – The 18-story Blue Flame Building, above, was built in 1954 for El Paso Natural Gas’ headquarters but has been vacant since the company moved its headquarters to Houston in 1996 and then later moved the remainder of its employees to a regional office in Colorado. Under the auspices the Housing Authority of the City of El Paso the building is currently being converted into low-income apartments, commercial storefronts, and leased office space.

multi-year program to rebuild more than 30 public housing complexes with 6,400 housing units.

The Blue Flame building has received a National Register of Historic Places landmark designation – as well as \$7.5 million in new tax credits to undergo the major renovation that will bring it back to

life, after the Texas Historical Commission and the National Park Service approved the nomination last year.

Cichon pointed out that the national and state historical designations will provide about \$16.7 million from state and federal

View from here By John Grimaldi

A changing workplace

The oldest segments of the population are also the fastest growing segments of the American labor force, according to the Bureau of Labor Statistics. The BLS reports that younger members of the workforce have a stable, lower level of participation but the numbers of older workers – those 65 to 75 and older – are expected to increase steadily through 2024.

“It’s a good thing,” says Dan Weber, president of the Association of Mature American Citizens (AMAC). “The reason: an older workforce is a more engaged workforce. Gallup says that older workers are more ‘involved in and enthusiastic about their work and are more productive in their workplaces – than younger workers. People are not only living longer these days, they’re living healthier, more active lives. That, combined with the greater freedom at home that comes with reduced family obligations, makes older employees more focused on the satisfaction of a job well done.”

Weber also points out that employers gain a competitive advantage by utilizing the experience and know-how of older workers and taking advantage of the knowledge they’ve gained over the years.

The Society for Human Resource Management conducted research and “found that the top three advantages of older workers, compared with other workers, are more work experience (77%), higher level of maturity/professionalism (71%) and stronger work ethic (70%).” The SHRM reported that 92% of Human Resource professionals who participated in the study “indicated employees in their organizations are receptive to working with older workers (92%), learning from older workers (91%) and being mentored by older workers (86%) to ‘some’ or a ‘great extent’.”

In addition, working seniors

have a positive effect on the economy. They have more disposable income and, as a result, have created a growth market for private sector companies catering to their needs.

Meanwhile, the AMAC chief acknowledges that workplaces have become more dependent on new and developing technologies than ever before. And, Weber admits that some employers might think that seniors who remain on the job as they grow older might not be able to adapt. But, he adds, the old saw that suggests you can’t teach an old dog new tricks misses the mark, noting that the former chairman of General Electric, Jack Welch, proved it.

In 1999, Welch created what he called a reverse mentoring program at GE that paired “employees in their 20s and 30s who were knowledgeable about the Internet and interested in new technology with executives – including Welch, himself – who were novices in that realm.”

It was an initiative that The Sloan Center on Aging & Work at Boston College says quickly caught on.

The Sloan Center described it as a Cross-Generational Transfer of Knowledge About Social Media in a report on how The Hartford created its own, successful program. The report

concluded: “The opportunities for learning and open discussion that reverse mentoring provides are fluid and countless. The new relationships formed by mentors and mentees can be inspiring and genuine.”

Ageism is still a problem for older workers, according to Weber, but there are signs that employers are waking up to the reality that there are a lot of benefits to keeping senior employees on their payrolls and hiring from the fast-growing pool of older job seekers. “They are beginning to realize that seniors can adapt to new ways, as Jack Welch proved, and that they can be excellent role models for younger workers, that their enthusiasm is infectious, that in most cases the work means more to them than their paychecks and, of course, that they have had a lifetime of learning from their mistakes.”


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

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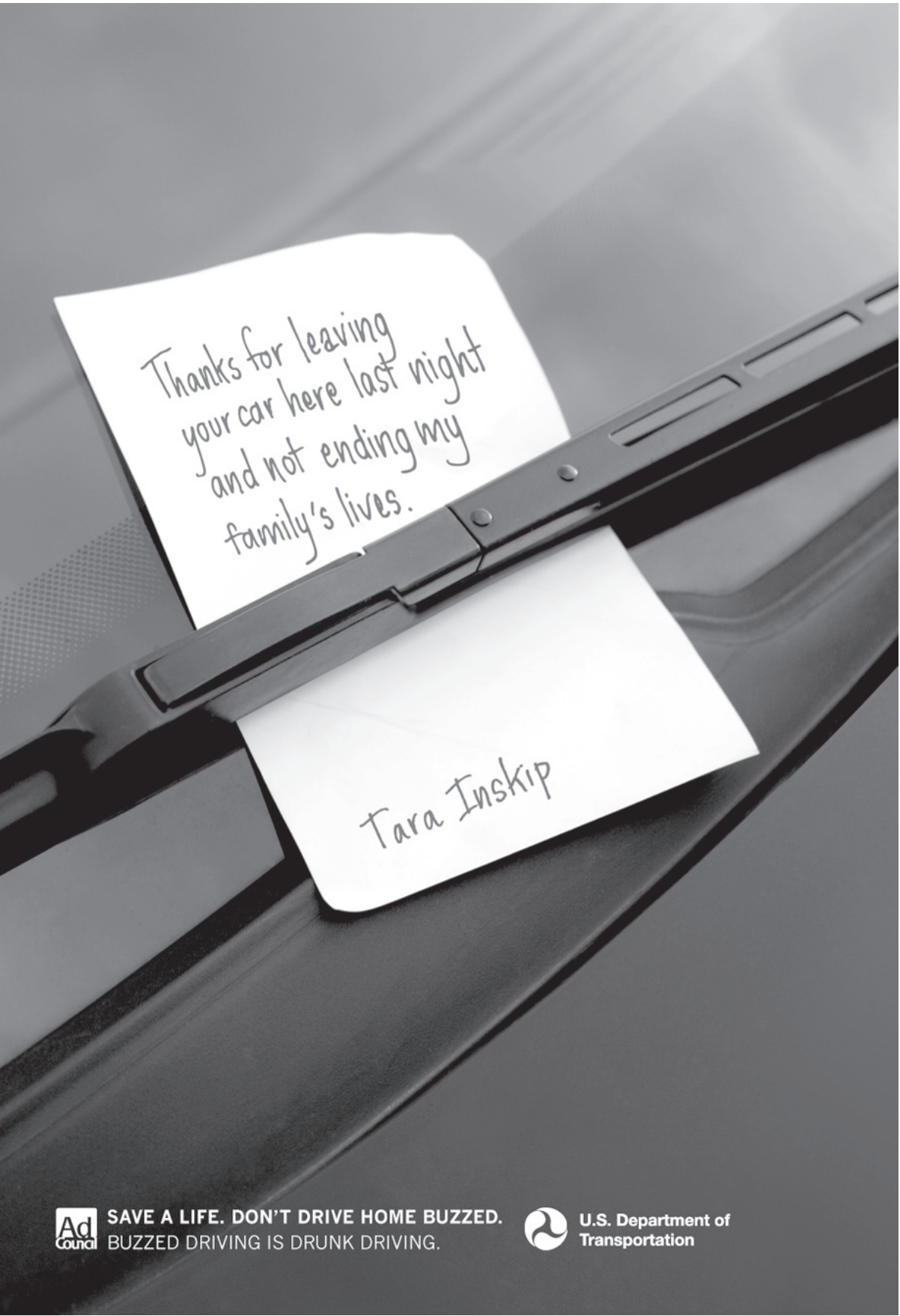


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U.S. General Services Administration




Thanks for leaving your car here last night and not ending my family's lives.

Tara Inskip



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U.S. Department of Transportation

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Trump blows whistle on Russian cheating

Is the INF Treaty so important that the Russians should be allowed to cheat on it without consequence?

That’s the implication of the criticisms of President Donald Trump for saying that he’s pulling out of the Cold War-era arms-control agreement. Mikhail Gorbachev deemed Trump’s stated intention “unacceptable” and “very irresponsible,” although it isn’t the U.S. that has been flagrantly violating the treaty for years.

The Intermediate-Range Nuclear Forces Treaty, signed in 1987, was a central achievement of the Reagan-Gorbachev diplomacy of the late 1980s. The Soviets had deployed intermediate-range SS-20 missiles that could hit NATO countries from bases in the Soviet Union. The U.S. countered by deploying its own intermediate-range missiles in Europe. At the same time, President Ronald Reagan proposed the “zero option” to eliminate such missiles from the arsenals of both countries. As he sought to save the doomed Soviet system, Gorbachev agreed.

The Russians have recently made obvious their contempt for Gorbachev’s handiwork. The State Department has determined

since 2014 that Russia is in violation of the treaty, via the 9M729 ground-launched cruise missile. Tests of the noncompliant missile go back to 2008, and the Obama administration first told Congress of its concerns in 2011.

Supporters of the treaty say we should just pressure the Russians to comply rather than pull out. But when confronted with their cheating, the Russians simply deny it. Meetings of the Special Verification Commission, the treaty’s mechanism for addressing compliance issues, have achieved nothing.

The Kremlin has remained unmoved, even though we have made it clear that we have them nailed. We have provided Russia the names of the companies involved in developing the missile and the coordinates of the locations of tests.

The Russians have persisted in it for the simple reason that it is in their interest. The former head of the Russian General Staff has commented that intermediate-range missiles would provide Moscow “national security assurance” – by threatening Poland, Romania and the Baltics, the missiles would “cool the heads of these states’ leaders.”

One thing that the U.S. and

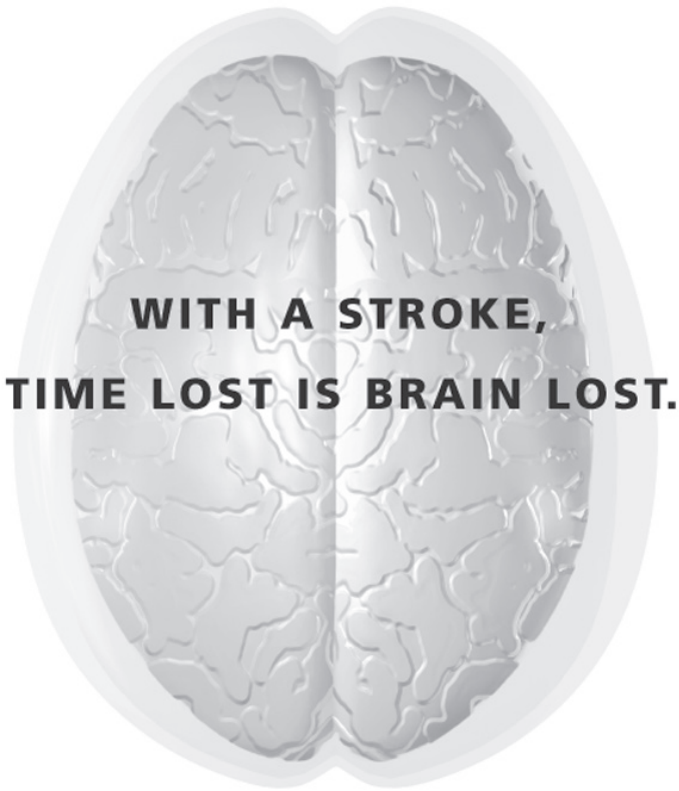


Russians can agree on is that it’s senseless that they are the only two countries in the world that are notionally forbidden from possessing this category of weapon. “Nowadays,” a Russian defense official complained in 2014, “almost 30 countries have such missiles in their arsenals.”

China in particular is outdoing itself. The head of U.S. Pacific Command, Adm. Harry Harris, told Congress last year that the Chinese military “controls the largest and most diverse missile force in the world, with an inventory of more than 2,000 ballistic and cruise missiles. This fact is significant because the U.S. has no comparable capability due to our adherence to the Intermediate-Range Nuclear Forces Treaty with Russia.” According to Harris, 95 percent of the Chinese missiles “would violate the INF if China was a signatory.”

Given Russian cheating, the

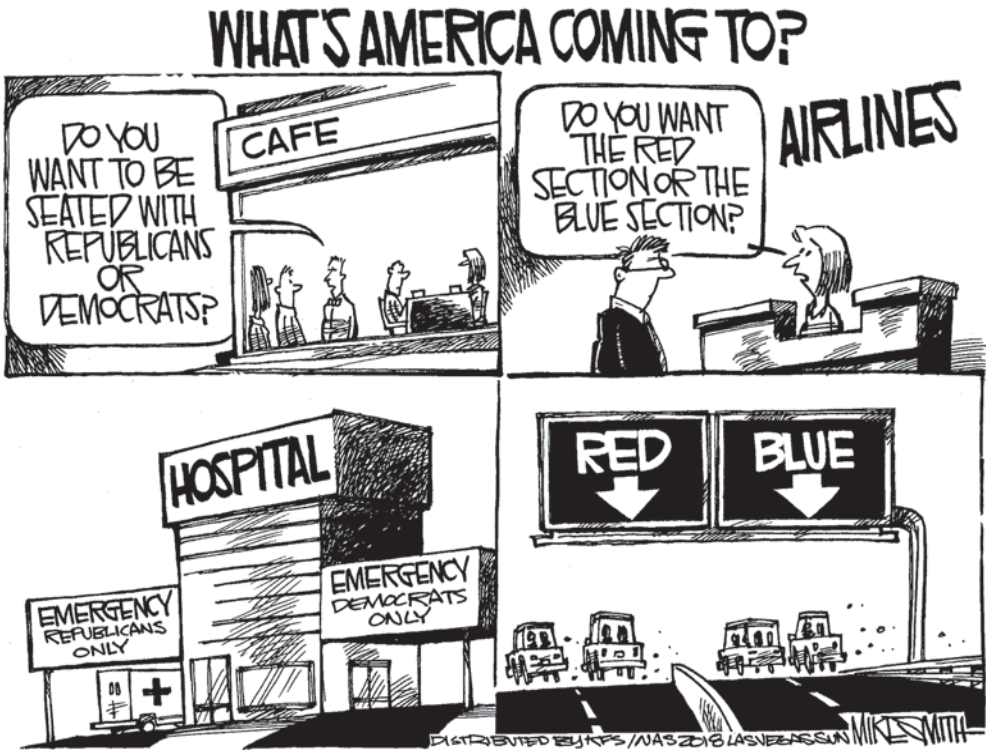
See LOWRY, Page 8



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Learn more at StrokeAssociation.org or 1-888-4-STROKE.

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Alarcon opens doors to interns

By Hector Gonzalez
Special to the Courier

SANELIZARIO – Lorenzo G. Alarcon Elementary has opened its doors to students in the Social Work Internship Program from the University of Texas at El Paso (UTEP) and El Paso Community College (EPCC). Both colleges have assigned several of their students to complete their internship hours at San Elizario ISD’s Alarcon Elementary.

“So far this experience has been very humbling because I have never worked with students in a school setting before,” said Diana Romero, a Social Work major at UTEP. “The environment at Alarcon Elementary is very welcoming and the students and staff are all so friendly and full of

energy. I am having a great time here.”

The interns sent to Alarcon Elementary are completing their Associates, Bachelors, and Masters degrees in Social Work at the end of the 2018-2019 school year. They made the commitment to complete 16 hours of internship per week for a total of 240 hours.

“We are always so grateful to UTEP and EPCC for sending us interns,” said Nora Garcia, Counselor at Alarcon Elementary. “We love having them here. They serve as additional support to our students, parents, and staff and make an incredible difference in our students’ social and emotional growth. Interns will always be welcomed here with open arms.”

The interns are: Leslie Ortega (UTEP), Diana Romero



– Photo courtesy San Elizario ISD

LEARNING BY DOING – Standing from left are Sal Moreno, Diana Romero, Alma Avila and Idaly Galindo. In front is Kayla Villegas. The interns are all working toward degrees at the University of Texas-El Paso and El Paso Community College by working at Lorenzo G. Alarcon Elementary.

(UTEP), Idaly Galindo (UTEP), Avila (EPCC), and Jaquelyn Kayla Villegas (UTEP), Alma Mendoza (EPCC).

Speaker-Gerstheimer receives national award

By Andrew Reynoso
Special to the Courier

CANUTILLO – The U.S. Department of Education has announced that Northwest Early College High School Principal Tracy Speaker-Gerstheimer is one of only 11 recipients of the 2018 Terrel H. Bell Award for Outstanding School Leadership – one of the highest honors given by the agency.

Speaker-Gerstheimer will join the 10 other national education leaders during the National Blue

Ribbon Schools awards ceremony on Nov. 7 in Washington, D.C.

“Northwest Early College is an exemplary institution, and Ms. Speaker-Gerstheimer is a big part of the quality instruction that is happening there,” said Canutillo ISD Superintendent Dr. Pedro Galaviz. “I am happy that more people nationwide are now aware of the great things happening in El Paso and Canutillo.”

Named for the second U.S. Secretary of Education, the Bell Award honors school leaders who are committed to education and improving outcomes for

all students. The award is part of the National Blue Ribbon Schools Program. Principals are nominated by their school communities during the final stages of the National Blue Ribbon Schools application process.

“We know strong school leadership is a driving force behind ensuring students and teachers succeed,”



Tracy Speaker-Gerstheimer

said Secretary DeVos. “I’m pleased to recognize these talented Bell Award winners who are helping to lead needed transformations at the most local level. Through their leadership, vision, and effort, countless students – regardless of their family income, race or language proficiency – are able to excel.”

Notice of Public Meeting to Discuss Anthony Independent School District’s State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 14, 2018 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 10/25/18 and 11/01/18

Notice of Public Meeting To Discuss San Elizario Independent School District’s State Financial Accountability Rating (FIRST)

The San Elizario Independent School District will hold a public hearing at 5:00 p.m., Wednesday, November 14, 2018 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District’s rating on the state’s financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees’ Meeting.

WTCC: 10/25/18 & 11/01/18

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CryptoQuip Answer

When a bird is diligently building its nest in a tree, would you call that branch dressing?

Strange BUT TRUE

By Samantha Weaver

- It was civil-rights leader Martin Luther King Jr. who made the following sage observation: “Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity.”
- Everyone knows that a sophomore is someone in his or her second year of high school or college. Most people don’t realize, though, that the word is derived from the Greek words “sophos,” which means “wise,” and “moros,” which means “stupid.”


- Have you ever tried to hum while holding your nose? It can’t be done.
- The creator of the ubiquitous smiley face earned a grand total of \$45 for his creative effort.

- If you’re a pet owner, you probably know that the epidemic of obesity is not limited to humans; many pets are overweight, too. You might be surprised to learn, though, that some pet owners choose to deal with the problem in a way that we usually associate only with people: liposuction. Yes, you can get cosmetic surgery for your pets.
- If you hear the word “Bilbo” you might think of a famously adventurous hobbit, but a bilbo is also a finely tempered Spanish sword.

- A recent study by scientist Karl Berg suggests that an adult green-rumped parrotlet, a tiny bird native to Venezuela, will “name” its babies, assigning each a particular series of peeps to identify it. Not only that, other parrotlets then learn to associate that exact series of peeps with that particular bird, and actually use the sounds to get that bird’s attention.
- In the original version of the Grimm Brothers’ fairy tale “Cinderella,” doves peck out the stepsisters’ eyes at Cinderella’s wedding.

Thought for the Day: “Life is not a spectacle or a feast; it is a predicament.”
– George Santayana
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Moments in time

THE HISTORY CHANNEL

- On Nov. 12, 1799, Andrew Ellicott Douglass, an early American astronomer, witnesses the Leonids meteor shower from a ship off the Florida Keys. Douglass wrote in his journal that he “was in constant expectation of some of them falling on the vessel.” It is the first known record of a meteor shower in North America.
- On Nov. 13, 1974, Karen Silkwood is killed in a car accident in Oklahoma. She had complained to the Atomic Energy Commission about unsafe conditions at the Kerr-McGee plutonium plant where she worked and was on her way to meet with a union representative and a reporter. The folder of information she had with her was never found.
- On Nov. 14, 1941, “Suspicion,” a thriller starring Cary Grant and directed by Alfred Hitchcock, makes its debut. They would later collaborate on “To Catch a Thief.”
- On Nov. 15, 1984, “Baby Fae,” a month-old infant who had received a baboon-heart transplant 20 days earlier, dies in California. Three other humans had received animal-heart transplants, but none survived longer than 3 1/2 days.
- On Nov. 16, 1901, on New York’s Coney Island, a low-slung car called the “Torpedo Racer” breaks the world speed record for electric cars. Its builder and pilot, Andrew Riker, managed a speed of 57 mph.
- On Nov. 17, 1993, Annie Proulx wins the National Book Award for “The Shipping News,” her novel about an out-of-luck journalist and father. It later won the Pulitzer Prize.
- On Nov. 18, 1966, Sandy Koufax, 30, the ace pitcher for the Los Angeles Dodgers, retires from baseball due to chronic arthritis in his pitching arm. “In those days there was no surgery,” he said much later. In 1971, Koufax became the youngest person ever elected to the Baseball Hall of Fame.

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Moore Texas by Roger T. Moore
Miami, in Roberts County, hosts a National Cow Calling contest.

Building

From Page 1

historic preservation tax credits, including the newly awarded \$7.5 million, toward the cost of renovation.

“We are bringing back to life a major high-rise that has sat vacant for too long, preserving a major piece of our city’s history while also bringing in over \$16 million to Downtown El Paso that has no impact on local taxpayers,” Cichon stated.


HACEP also will use \$15 million from a 9 percent tax credit award from the Texas Department of Housing and Community Affairs, which administers the state’s housing tax credit program for the project. Those funds are from the state’s “at-risk-set-aside” category. Another \$9.3 million will come from HACEP, possibly from some fees charged to its developers, HACEP officials indicated.

El Paso Mayor Dee Margo stated that the redevelopment effort into the city’s first high-rise residential community by HACEP exemplifies the resurgence of Downtown after the building has been vacant for more than a decade.

“Our Downtown skyline is not only coming back to life, but it also has a story to tell,” Margo said. “The Blue Flame has developed a history integral to who we are as a city, and now with this redevelopment effort by HACEP, it will symbolize all that can be accomplished through fruitful partnerships and their impact on the future of

our community.”

HACEP purchased the building from El Paso billionaire Paul Foster for \$2.5 million in 2017. Housing authority officials said that they partnered with the Texas-based development firm Franklin Companies to undertake the renovation project.



NOTICE OF PUBLIC MEETING

To Discuss
Socorro
Independent
School District’s
State Financial
Accountability
Rating

Socorro
Independent School
District will hold a
public meeting at:

6:00 PM
November 13, 2018
in the Board Room
District Service
Center
12440 Rojas Drive
El Paso, Texas 79928

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 10/25/18 & 11/01/18



EL PASO COUNTY HOUSING AUTHORITY

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 Friday, November 9, 2018 from 12:00 p.m. (noon) to 4 p.m.. All applicants must apply in person at Rio Vista Community Center, 910 N. Rio Vista, Socorro, TX 79927. NO EXCEPTIONS.

FOR INFORMATION ONLY, call the office at (915) 764-3559.



WTCC: 11-01-18

www.wtxcc.com


Notice of Public Meeting

To Discuss Canutillo Independent School District’s State Financial Accountability Rating (FIRST)

The Canutillo Independent School District will hold a public meeting at 5:00 p.m., Tuesday, November 13, 2017 in the boardroom of the Canutillo ISD Administration Facility, 7965 Artcraft Road, El Paso, Texas.

The purpose of this meeting is to discuss Canutillo Independent School District’s rating on the state’s financial accountability system.

WTCC: 11/01/18



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By Steve Escajeda
Special to the Courier

Super Crossword

EIGHT VOCALISTS

LEFT

ACROSS

1 Phase

7 Animals with two legs

13 Eyelash makeup

20 1960s space program

21 Earhart in a cockpit

22 Hires

23 218 or more seats in Congress [BROWN]

25 Simple tunes

26 16th-cen. nun of Avila

27 Bird of New Zealand

29 Magazine for a fashionista

30 "SCTV" bit

31 Heart-tugging facet of a media story [SIMONE]

36 Oral health org.

39 Wed

41 Heighten

42 Verses using visual devices [GABRIEL]

48 Golden Arches sandwiches with barbecue sauce

52 Person held in custody

53 _-dieu (prayer bench)

54 Seoul's region: Abbr.

55 King, in Nice

56 Certain Greek

57 "_ dare?"

59 2010 Kevin Spacey film [MITCHELL]

62 Sleuth's tidbit

64 Hailed car

66 Bus. honcho

67 Wrist wear

68 Cod or koi

71 Romanian tennis great [SEDAKA]

75 Letters after wyes

76 Artist for a comic book

78 Up _ point

79 Dieter's target, often

80 Dr. _ (1990s TV therapist)

82 Substantial number [CALLAS]

85 "... _ iron bars a cage"

87 Salad staple

91 Farm mother

92 Solder stuff

93 Gulf republic

95 Switchboard worker

97 Balkan republic

99 Warning message [BENNETT]

101 Lover boy

103 A bit warm

104 Bovine call

105 Setting of hearings for minors [DION]

110 _-tat-tat

114 Algerian port

115 Purim's month

116 Lover's tune

120 Ocelot, e.g.

123 Supporting vocalists (or an apt alternate title for this puzzle)

127 Jack of fitness fame

128 Wisdom goddess

129 Ogle

130 Climbed, as a rope

131 Not so fat

132 Disco effect

19 Thing of use

24 Sagacious

28 Slim and muscular

31 Mod

32 Idealistic

33 Painter Jan van der _

34 The Bard's "_ of Athens"

35 Place in trust

36 "Black Ice" rock band

37 Active sort

38 Stud fee?

40 It's a must

43 One behind a batter

44 Oman's currency unit

45 Blah feeling

46 Muscle jerk

47 Wince at, e.g.

49 Mad as heck

50 Lawn bowling game

51 Many Punjabis, religionwise

54 Mall station

58 Nauru and Fiji's area

60 Pirate realm

61 Guy playing bebop, say

63 John at the piano

65 Purse

68 Shril flutes

69 Dazzled

70 T-bar user

72 Bettor's slip

73 Less cloudy

74 Diner

77 Allotment

81 Whig's rival

83 Florida city

84 Capote, to friends

86 Rice-A-__

88 Thing split in fission

89 Dog in Oz

90 Dunkable treat

94 Aleutian island

96 San Diego ball team

98 Actor Fraser

99 Not single-sex, as a school

100 Decide (to)

102 Jubilant

105 Lower cheeks

106 _ the Hittite

107 Vocalist Frankie

108 Rebels' ring

109 Sermonize

111 Seed cases

112 Basic belief

113 Fury

116 Argue (with)

117 Streamlined, for short

118 Uncolorful

119 Punta del _

121 Channel for Jake Tapper

122 Meth- ender

124 Third of a dance move

125 Writer Kesey

126 Article in Arles

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15	16	17	18	19	
20							21							22							
23							24							25							
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114							115						116					117	118	119	
120					121	122				123		124	125	126							
127										128						129					
130										131						132					

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



Antibiotics or probiotics

DEAR DR. ROACH: I understand that the overuse of antibiotics can harm the good bacteria in the intestinal tract, as well as the bad. While I don't feel that I am abusing antibiotics, I have been prescribed two courses in the past five years. I wonder what action can be taken to try to ensure that balance in my gut is restored. – M.L.



We are just beginning to understand the beneficial effect of bacteria living in our intestine, and there is preliminary evidence that antibiotics might have adverse long-term effects due to loss of healthy bacteria. I think the most important message from this is to use antibiotics as little as possible, but two courses in five years is certainly modest.

The use of probiotics (healthy bacteria) might help prevent growth of harmful bacteria, improve the immune system, reduce pain and improve the function of the gut lining.

I don't think probiotics are necessary after the occasional course of antibiotics. However, it is reasonable to consider probiotics in some situations, including in people with inflammatory bowel disease (Crohn's disease and ulcerative colitis), in cases of infectious diarrhea and perhaps in people with irritable bowel syndrome. Commercial probiotics are expensive, not FDA-approved and aren't proven to treat or cure any disease as of yet.

Yogurt often is recommended, but not all yogurt contains live healthy bacteria. Even in the ones that do, many of the bacteria are killed by our stomach acid. Other fermented dairy products, such as kefir, have higher concentrations of bacteria. Both of these might be problematic in people with lactose intolerance (which can happen to anyone temporarily after a bout of infectious diarrhea)

DEAR DR. ROACH: My domestic partner's body heat is always very warm. We keep our home at 75 degrees F, and she complains that the house is too hot. Even at night when I touch her, I can feel the heat on her body. What do you think might be causing this to happen? Is this normal? She is in her mid-60s. – C.B.

It is not at all abnormal for people to have different temperatures at which they feel comfortable, and 75 degrees F is on the warm side of comfort for many.

One way that our bodies regulate temperature is through blood flow to the extremities. When the blood vessels are open,

See HEALTH, Page 8

CHOOSE YOUR RIDE.

Drink. Drive. Go to Jail.

Health

From Page 7

the person will feel quite warm to the touch, and when trying to conserve heat, the skin feels cold and clammy.

If she is really bothered by it, it might be worth thinking about two common medical issues: hyperthyroidism and vasomotor instability of menopause. In hyperthyroidism, the entire metabolism is enhanced, so the person is warm all the time. A simple blood test can confirm this diagnosis.

In a woman in her 60s, it is common to have periods of vasomotor instability, usually called hot flashes. In these, the

blood vessels open up and the woman becomes uncomfortably hot for a few minutes. It is possible that one of these could be happening for your partner. However, sometimes variations in normal physiology can fool the physician into thinking there is a problem.

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. (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: O equals B

ETPD H OXGV XB VXNXYPDSNK
OIXNVXDY XSB DPBS XD H SGPP,
EQINV KQI FHNN STHS OGHDF
T VGPBBXDY?

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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GI Bill benefits delayed



by Freddy Groves

If you’re going to school and were expecting your housing stipend benefit money by now, you’re not alone. Over 300,000 of you are in the same boat. Either you’re receiving incorrect low amounts or you’re receiving nothing at all.

Why is this happening? It’s because of old IT programming that was never upgraded to include new changes in the Forever GI Bill. The machines don’t know how to make the correct calculations.

Talk to the people at your school first to be sure your paperwork was sent in, proving you’re in school. If you’re a first-time student, expect things to take a bit longer because you have to be put in the system.

If someone you talk to at the Department of Veterans Affairs suggests you get put in the hardship queue, don’t jump at it. You have no way of

knowing just how much that will speed things up because you don’t know how many people would be ahead of you in either of those lines. You’ll have to go on your best gut hunch. Call the GI Bill Hotline: 1-888-442-4551.

If you’re not a full-time student, you’ll need to ask how your housing allowance is calculated. It’s a complicated formula, and much of it depends on your individual situation. It involves your rate of pursuit, expressed as a percentage calculated by dividing the number of credits you’re enrolled in by the number of credits considered full time. If you’re enrolled in distance learning (you don’t actually go to a classroom setting), the above is cut in half.

Beware: Even when you get paid, you might get the 2017 amount because the computer can’t calculate the 2018 rates. They’ll catch up later on back amounts.

As a last resort, call your U.S. senators’ offices.

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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!

	+		×		21
×		×		×	
	-		×		27
+		+		-	
	+		×		15
20		29		26	

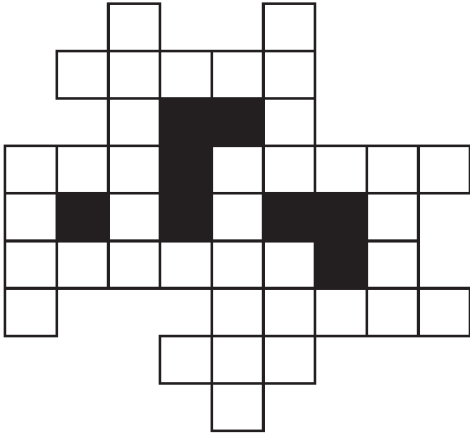
1 2 3 4 5 6 7 9 9

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Answer Page 4



IDD
DAPCIL
♥DEHAS
♥ELWA
♥ROSHEW
DHO
POED
WOPLR
♥DWE
HIPARA
♥DULOC
♥RHIE



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.



• “I have a raised bed and some very handy plastic underbed drawers for seasonal items and bags. The problem is that they would not stay put when I opened them or especially when I tried to close them. I got smart, though, and added strips of non-skid shelf liner to the bottoms. They stay put where they are accessible and don’t slide back way under the bed.”

– A.A. in Florida

• The holidays are almost upon us, and I am sure your calendar, like mine, is getting filled up with lunches, dinners, cookie parties, etc. Try to plan at least one non-eating event on your calendar. Make a gym date, schedule a nature walk, get a group together to pick apples or do a craft. It will help you be social but cut down on the holiday weight creep.”

– JoAnn

• The days are getting shorter, which means more kids walking or biking at dusk or in darkness. Treat your most precious people to some safety: Get a roll of reflective tape and add it to backpacks or bike helmets for extra protection. Make sure your child’s bike has a light on both the front and back, in addition to reflectors.

• Wear and wash? Not necessarily. Before you toss that sweater or pair of corduroys in the wash, take the time to check if it’s actually soiled. Many garments can be reworn after airing rather than washing and drying, which takes a toll on the fabric, and your water and electric bills.

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

Lowry

From Page 3

INF treaty as a practical matter only prohibits the U.S. from having such missiles. What sense is there in that? There’s no reason to limit our capabilities and flexibility for the sake of an INF Treaty that doesn’t even constrain its other signatory.

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