



## NEWSBRIEFS

### Hard working

With March 1 being Employee Appreciation Day and Americans outworking many of their foreign peers by hundreds of extra hours per year, the personal-finance website WalletHub has released its report on 2019's *Hardest-Working Cities in America* as well as accompanying videos. In order to determine where Americans work the hardest, WalletHub compared the 116 largest cities across 10 key metrics. The data set ranges from employment rate to average hours worked per week to share of workers with multiple jobs. El Paso ranked 43rd in this study. Other stats:

- Irving, TX has the lowest share of households where no adults work, 12.40 percent, which is 3.5 times lower than in Detroit, MI, the city with the highest at 42.92 percent.
- New York, NY has the longest average commute time, 40.8 minutes, which is 2.9 times longer than in Cheyenne, WY, the city with the shortest at 14 minutes.
- Baltimore, MD contributes the most annual volunteer hours per resident, 45.24, which is 5.4 times more than in Jacksonville, FL, the city that contributes the fewest at 8.36.
- Des Moines, IA, has the lowest share of idle youth 16-24-years-old, 6.1 percent, which is 3.4 times lower than in Bakersfield, CA, the city with the highest at 20.7 percent.

Visit <https://wallethub.com/edu/hardest-working-cities-in-america/10424/> for the full report.

— Diana Polk

### Car buying

With tax returns and summer approaching, and consumers having taken out another \$27 billion in auto loan debt in the third quarter of 2018 alone, the personal-finance website WalletHub has released the first-quarter installment of its *Auto Financing Report* along with its in-depth analysis of 2019's *Cities that Overspend on Cars* as well as accompanying videos. El Paso ranked 92nd in auto loan debt with the median debt being \$17,948 which is a 50 percent debt-to-income ratio based on a median income of \$36,076. El Paso ranks only 18 percent (31st among large cities) in credit scores with a median score of 657. The *Auto Financing Report* includes:

- Interest rates for new cars are at

See BRIEFS, Page 5

*Some people commit a crime and go to jail; others commit a crime, write a book, and get rich.*

— Quips & Quotes

## Vigil takes lead role at Fabens ISD



— Photo courtesy Fabens ISD

Dr. Veronica Vijil

By Denise Peña  
Special to the Courier

FABENS – With the start of her tenure as Fabens Independent School District's (FISD) new superintendent, Dr. Veronica Vijil also takes the title as the district's first Latina superintendent. A county resolution and state proclamation honoring Vijil will be delivered by County Commissioner Vince Perez and Texas State Board of Education (TSBOE) Representative Georgina Perez, respectively, at a regular meeting of the Commissioners Court. The meeting, set for Monday, March 11 at 9:30am at the El Paso County Courthouse, room 303, is open to the public.

"We tell girls they can become anything they want to become and really, now they get to see that they can," Perez said. "They have a Latina superintendent, the highest position at their district, whose name is like theirs, who speaks the same language, who comes from where they come from. I can't think of a better

example for young Latinas."

While Vijil is aware of the impact she may have on the district's Hispanic girls, her hope is to be more than just an example. "I don't see myself as a role model so much as a mentor for girls to find a pathway for themselves," she said. "I want to be a guide, helping them along the way. It's hard work, but it's obtainable."

A Burges High School graduate, Vijil went on to earn her Bachelor of Science in Education from the University of Texas at El Paso (UTEP) and a Master of Education from Indiana Wesleyan University in Indianapolis, IN. She obtained her Doctorate of Educational Leadership from Sam Houston State University in Huntsville, TX. She has served as an English teacher, a Science teacher, assistant principal, principal, and Executive Director of Data Management and Compliance in school districts in El Paso, Indianapolis and the Houston area. Most recently, Vijil served as Associate Superintendent of Canutillo ISD.

Since her first day at FISD on Monday, February 11, Vijil hit the ground running visiting all the schools to discuss their strengths and visions. "It's been fabulous. This is a great fit both ways," she said. "I'm impressed with the campuses and especially the students. They are so respectful and friendly. I feel welcomed."

In addition to her new position at FISD, Vijil is also an Adjunct Professor who teaches "Campus Business Management" as part of the Master of Education in Administration and Principal Certification programs at Sam Houston State University. "Many ask why I continue to teach," Vijil said. "My answer is it keeps me grounded in the teacher experience. I have to create lesson plans and turn in grades. It's important not to let myself detach from the expectations we place on educators."

Some of the plans moving forward include filling the recently vacant Assistant Superintendent of Finance position. She also plans to work closely with Assistant Superintendent of Curriculum Michele Gonzalez to create a streamlined writing program for K-12 grades. After meeting with STEM (Science, Technology, Engineering and Math) Coordinator Julieta Bañuelas, Vijil is eager to further foster the district's partnerships with UTEP and STEM related businesses to bring industry certifications to high school students.

Fabens Alumni Association will host an introduction for the community to meet Vijil at the Women's Club on Thursday March 14 at 6 p.m. "Fabens ISD is a community with a rich history that has a quest to provide excellent education, access, and opportunity to all students," Vijil said. "I want to be a part of that effort and believe I can make a positive impact."

See CALLS, Page 4



— Photo by Alfredo Vasquez

**END THE NUISANCE – Phone users are not supposed to have to put up with robocalls. Whether making a live call or using a prerecorded message, it is illegal for any telemarketer to call anyone on the Federal Communications Commission's (FCC) Do Not Call list. While some bad actors ignore the list, many respect it. It is important to register phone numbers, advised the Better Business Bureau (BBB).**

## FCC moves to stop robocalls

By Alfredo Vasquez  
Special to the Courier

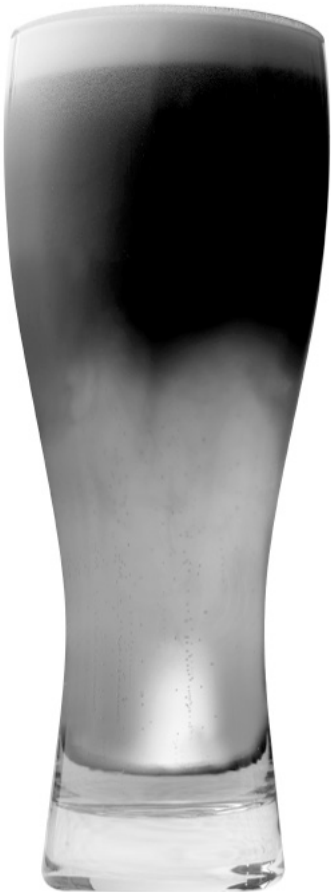
NATION – Today's phones, particularly cellphones, certainly offer users many benefits- like talking, texting, voice mail, email, etc. – but these communication devices also come with annoying drawbacks, such as the proliferation of robocalls.

Robocalls are phone calls with prerecorded messages. These calls have increased in recent years because technology has made it cheap and easy for robo-callers to make calls from anywhere in the world while hiding their identities by displaying fake Caller ID information, according to Federal Communication Commission (FCC) officials.

FCC has consistently emphasized that all calls with prerecorded telemarketing sales messages are illegal unless the phone user agreed to be called. Nonetheless, the number of robocalls has gotten so out of control that the FCC Chairman Ajit Pai proposed recently a couple of measures that would fight spam calls and texts, particularly for individuals with reassigned numbers.

One proposal would create a database of reassigned numbers that would stop






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– Photo courtesy Socorro ISD

**PICTURE IN PICTURE** – Members of Los Gavilanes de Socorro – Socorro High School’s mariachi group – are all smiles and fist pumps after their win at the 2019 UIL State Mariachi Festival in Edinburg, TX. Mariachi instructor Roger Rosales hoists the group’s trophy in front of the award winning, medal wearing musicians. They were more than busy afterward posing for the cameras of their supporters.

# Socorro HS mariachi group is a hit

By Christy Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – The Socorro High School mariachi group, Los Gavilanes de Socorro, received a Division 1 superior rating, the highest rating possible, at the 2019 UIL State Mariachi Festival in the Performing Arts Complex at the University of Texas Rio Grande Valley in Edinburg, TX.

Socorro ISD had three of the four mariachi groups in the region to advance to the UIL state competition. Eastlake and Americas high schools also competed in the contest.

A total of 69 mariachi high school groups from the state competed over the weekend. Los Gavilanes de Socorro were one of 17 Texas schools to earn the superior rating for their performance. In addition, 15 of the 18 students in the Socorro High School group earned Outstanding Individual Musicianship Awards.

“We have been working for this rating for a long time,” said Roger Rosales, mariachi instructor. “We practiced so much, and we were constantly

looking at how to get better. There were so many good groups out there, but we were confident that our kids would do very well!”

The group performed two songs; “Gavilanes Popurri,” a song done in the son jalisciense musical style, and “El Rey de Huasteca,” to the style Huapango.

“These were very technical songs,” Rosales said. “They are fast and very hard to play but our kids were prepared. They really deserve this!”

The teams were judged on instrumentation, attire and stage presence. Judges also looked at the bands’ pitch, rhythm and tone.

Socorro High School freshman Joceyln Betancourt won one of the Outstanding Individual Musicianship Awards.

The violin player said she was surprised and honored at their achievement, and it was significant for her as a first-year member of the group.

“It was great to know that the hard work paid off, especially because it is easy to get distracted, but we kept going,” Betancourt said. “Since this is my first year, this is something I will never forget. We learned a lot, like how to support each other.”

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The Rush-to-Judgment 500



# Sherrod Brown is not an idiot

The day has arrived in the Democratic Party when Sherrod Brown is a kind of moderate.

The impeccably progressive Ohio senator who has long occupied a spot on the left flank of the Democratic caucus is declining to sign up for the fashionable radical causes of the hour.

Brown has not endorsed the Bernie Sanders “Medicare-for-all” plan that contemplates the end of private insurance in America, nor for the outlandishly expensive and eminently mockable Alexandria Ocasio-Cortez “Green New Deal.”

This marks Brown out from other Democratic senators running for president, who aren’t letting practicality or future worries about a general election keep them from putting their names to legislation that will never pass and opens them up to obvious attacks.

A variety of forces tether Brown to reality more than his colleagues. He’s been in elected politics his entire adult life, and although he’s been willing to go his own way – he voted against the Defense of Marriage Act in the 1990s when that wasn’t popular – he’s pragmatic enough not to get carried away with wild enthusiasms.

He’s managed to thrive in an increasingly red state. In 2016, Donald Trump handily won Ohio. The state is not Alabama, but it’s not New York or California either, where a Democrat can discount any need to appeal to culturally conservative voters.

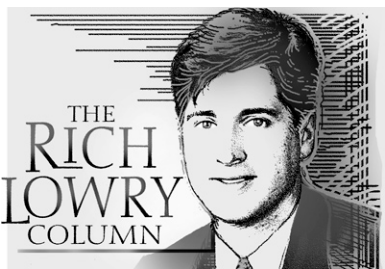
Finally, Brown’s base is unions that have no patience for pie-in-the-sky environmental schemes that threaten their jobs, or radical schemes to overturn current health care arrangements when many of them have gold-plated plans they want to protect.

All of this means that Brown has the sense to steer clear of proposals that will almost certainly diminish a Democrat’s chances of beating Trump.

On paper, Brown looks like a strong general election candidate, and not just because he’s avoiding ridiculous excesses.

The natural play for Democrats in 2020 would be to nominate someone, like Brown, who has a good chance of winning back the Blue Wall states and therefore putting away the election (barring some unforeseen event that opens up Hillary states to Trump).

There’s little doubt that Brown would have won against Trump in 2016. He has a much stronger connection to working-class



voters than Hillary Clinton, and never would have dismissed them or the Upper Midwest. He came up in politics hanging out in union halls, and warns against coastal condescension toward the Midwest.

Brown can claim some measure of vindication with the rise of Trump. It has moved the center of gravity of American politics in his direction. Brown’s economic populism is no longer an outlier.

The question is whether the Democratic Party is leaving behind Brown’s style of politics. The left’s disdain for working-class whites has, if anything, grown over the first two years of the Trump presidency. And like Bernie Sanders, Brown will have the disadvantage of being a white male more interested in class rather than racial politics.

Part of Brown’s calculation has to be that he can leave the crowded left-most lane in the

See LOWRY, Page 8

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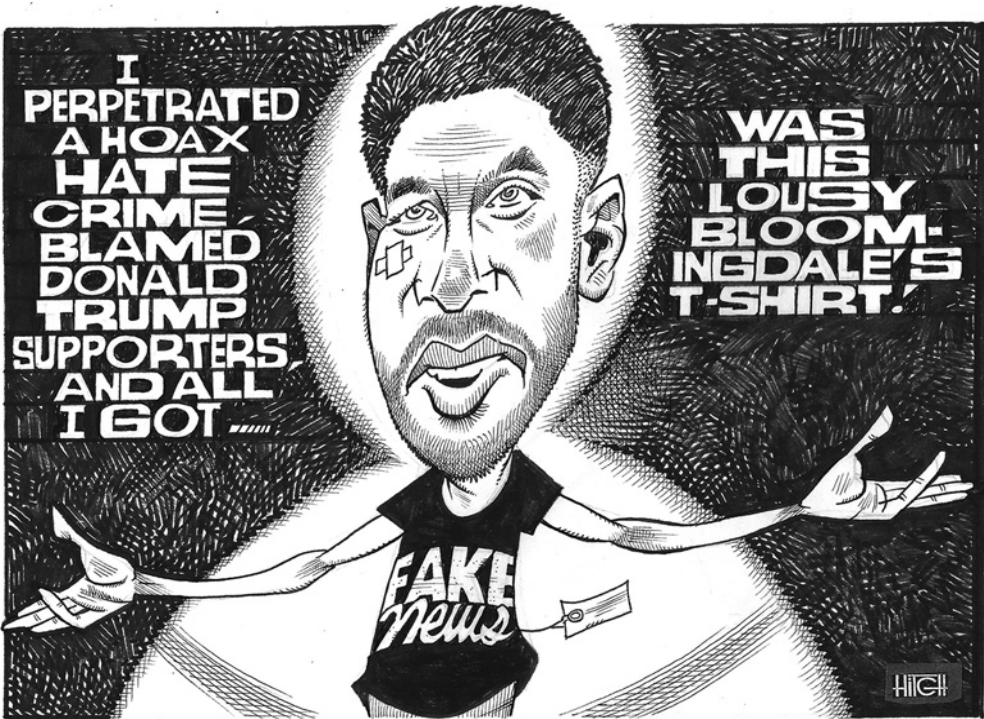
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# Calls

From Page 1

businesses from calling numbers after they’ve been changed. The other proposal would declare text messaging services as information services, not telecommunications services, giving carriers more explicit permission to block suspected spam texts.

While legislators haggle over how effective these efforts would be, critics pointed out that the number database won’t stop anyone who was already bent on flouting the law, and that some companies might not feel compelled to look at the list. Furthermore, they asserted that the anti-spam text initiative, which would reclassify text messages as an info-service, would give carriers power to block messages for less than altruistic purposes.

In the meantime, the Better Business Bureau (BBB) of El Paso officials advise phone and cellphone users to visit the government websites to register their phones and prevent these calls. BBB officials

stressed that legal robocalls can only happen with written consent of a caller; however, sometimes a person may not know he or she is allowing them to call.

In a recent BBB public notice, the agency stated that if consumer receives robocalls, he or she should tell the government. BBB advised individuals to visit the FCC’s website and register their phone numbers. BBB’s local office reported that it has received about 600 reports of robocalls since January 2017.

When a person registers a phone number, “every time you have the same phone number, you shouldn’t be getting those calls,” stated Karla Garcia, communications specialist for the Better Business Bureau of El Paso. “If you report your number and you’re still getting those calls after 31 days, you should reach out to the FCC again or the Federal Trade Commission (FTC) to report these numbers,” she added.

Also, the FCC Chairman is not waiting on legislators to pass laws to fight robocalls. Pai recently released FCC’s final report on robocalls and ordered that a process begin for

the creation of a reassigned numbers database. According to a FCC’s press release, the final report and subsequent order to create a comprehensive database to enable callers to verify whether a telephone number has been permanently disconnected and is therefore eligible for reassignment, and before calling that number; thereby helping to protect consumers with reassigned numbers from receiving unwanted robocalls.

Additionally, FCC officials reported that there are some telecommunication companies that try to stop robocalls before they get to the consumer. They monitor their networks to detect spikes in suspicious calls, and then work with law enforcement and with other telephone companies to shut down illegal robo-callers. Also, these companies are helping develop new technologies to stop robocalls and are supporting federal legislation to go after the scammers who make these calls, officials explained.

To register a phone number, individuals should visit the national no call registry website, at DoNotCall.gov.



By Samantha Weaver

• It was 20th-century British actor George Sewell who made the following sage observation: “Fear is the tax that conscience pays to guilt.”

• When someone mentions the band ZZ Top, you probably think of a group of musicians with long beards. They don’t all have beards, though; the drummer is clean-shaven as a matter of safety (imagine being in the middle of a drum solo and getting a stick caught in a long beard – ouch!). Interestingly, the unbearded drummer’s name is Frank Beard.

• If you’re like most people, you’ve probably never encountered a tziganologist. That is, unless you consort with those who study Hungarian gypsies.

• Those who study such things say that the immortal bard, William Shakespeare, used a grand total of 17,677 words in his works. (That must have been a tedious calculation.) They also say that fully one-tenth of those words had never been used in writing before.

• Unless you were around on April 17, 1964, you may not be aware of the hullabaloo caused by the introduction of the Ford Mustang. In Seattle, a truck driver was so distracted by a display of new Mustangs that he crashed his cement truck through the window of the dealership. In Chicago, so many people were trying to crowd into the cars in a showroom that the dealer had to lock all the vehicle doors. A dealer in New Jersey had only one Mustang, so he auctioned it off. The winner of the auction insisted on sleeping in his new car that night, just to make sure nobody else got it before his check cleared.

• By the time he was 5 years old, 19th-century French composer Camille Saint-Saens was already composing waltzes.

Thought for the Day: “Nothing great in the world has been accomplished without passion.” – Georg Wilhelm Friedrich Hegel

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An ordinance requiring all domestic animals and livestock within the Village of Vinton to be registered and/or licensed and authorizing the imposition of animal registration and/or licensing fees to recover the cost of compliance with interlocal agreement for animal welfare services within the County of El Paso and the cost of monitoring and enforcement of ordinance No. 2017-11-21-5 regulating the number and manner of keeping of domestic animals and livestock within the Village of Vinton and declaring noncompliance a criminal offense, was passed on February 19, 2018.  
  
Failure to comply with the registration and/or license requirements and/or payment of the required fees is declared unlawful and the violator shall upon conviction thereof, be fined in an amount no less than \$1.00 or more than \$500.00. Each individual instance in which a violation occurs or continues shall constitute a separate offense.  
  
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CryptoQuip

Answer

When some hens are initially getting their hotel rooms, would you call it a chicken check-in?

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# Moments in time

THE HISTORY CHANNEL

- On Feb. 25, 1964, Cassius Clay shocks the odds-makers by dethroning world heavyweight boxing champ Sonny Liston in a seventh-round technical knockout. Later that year, Clay took the Muslim name of Muhammad Ali.
- On Feb. 26, 1949, from Carswell AFB in Texas, the Lucky Lady II, a B-50 Superfortress, takes off on the first nonstop round-the-world flight. The Lucky Lady II was refueled four times in the air and returned after 94 hours.
- On Feb. 27, 1936, Shirley Temple receives a new contract from 20th Century Fox that will pay the 7-year-old star \$50,000 per film, equal to \$910,264.49 in today's dollars. The studio also altered her birth certificate, making it appear that she was a year younger.
- On Feb. 28, 1844, President John Tyler cruises the Potomac with 400 others aboard the U.S. Navy's new steam frigate USS Princeton. The Princeton carried a new 12-inch, 27,000-pound cannon called the Peacemaker. During a test firing, the cannon exploded, killing several aboard, including two members of Tyler's cabinet.
- On March 1, 1971, a bomb explodes in the Capitol building in Washington, D.C., destroying a bathroom and barber shop but injuring no one. A group calling itself the "Weather Underground" claimed credit for the bombing, done in protest of the ongoing U.S.-supported Laos invasion.
- On March 2, 1929, The Jones Act, the last gasp of the Prohibition, is passed by Congress. The act strengthened the federal penalties for bootlegging.
- On March 3, 1875, the first indoor game of ice hockey is played in Quebec. Prior to the move indoors, ice hockey was a casual outdoor game, with no rules regarding the number of players per side. For the 1875 Montreal game, the ball was replaced with a wooden disc, now known as a puck.

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Send Your Newsbrief To: [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)

# Briefs

From Page 1

one of their lowest points in three years, with the average new-car loan today charging 12 percent less interest than the average used-car loan.

- Compared with buyers who have excellent credit, those with fair credit will spend about four times more, or about \$6,199, in interest over the life of a five-year, \$20,000 loan when financing a vehicle.
- The best options for financing a new car include credit unions (rates at 17 percent below average) and car manufacturers (rates at 13 percent below average). Secondary options include regional banks (rates at 8 percent above average) and community and small banks (rates at 10 percent above average).
- Car manufacturers continue to lack transparency when it comes to leasing offers, with the average automaker receiving a WalletHub Transparency Score of 4.5 out of 10. WalletHub provides free credit scores to prospective car buyers and offers a Car Payment Calculator to determine an auto-loan payment and timeline they can afford.

— Diana Polk

# Socorro ISD earns top public relations award

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District (SISD) earned the Platinum Award – the overall top public relations award in the state – from the Texas School Public Relations Association (TSPRA). The SISD Public Relations (PR) department was recognized at the TSPRA Star Awards Celebration Feb. 20 at the 2019 conference in Cedar Creek, TX.

The Public Relations Department won the Platinum Award for its #TeamSISD Endless Opportunities campaign, a yearlong project that exhibited the highest standard of excellence in research, analysis, communication, and evaluation. The team won another top honor, a Crystal Commendation for SISD's Stand and Deliver Walk, an enormous event wherein district teachers and staff personally visited

10,000 students' homes in a single morning.

Additionally, the SISD PR department won 17 awards for outstanding publications, multimedia, and marketing projects executed during the 2017-2018 school year. The SISD PR team won nine gold awards and eight silver awards in various categories.

TSPRA's annual Star Awards recognizes the outstanding education communications and projects of school PR professionals. This year, 1,460 entries were submitted, the highest number ever received since the Star Award program began. Only one Platinum Award is given to the best overall school district communications program. Gold Star Awards recognize entries that achieve its purpose with noticeable creativity, craft and skill, but, in the opinion of the judges, does so in an exceptional way. Silver Star Awards recognize entries that achieve purpose with noticeable creativity, craft and skill.

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## Town of Anthony, TX

### 2019-20 Texas Community Development Block Grant Program

The Town of Anthony will submit a Community Development Fund application for \$275,00 to provide Street Improvements to Poplar Street from Sixth Street to Magdalena Street to the Texas Department of Agriculture – CDBG Program. The TxCDBG Project will benefit the Town of Anthony. The application will be available for review on or after March 8, 2019 at City Hall located at 401 Wildcat Drive in Anthony, Texas during regular business hours. *Este aviso se puede encontrar en inglés y en español en la sala municipal.*

# AVISIO PUBLICO

## El Pueblo de Anthony, TX

### 2019-20 Comunidad Desarrollo Bloque Subvención Programa de Texas

*El Pueblo de Anthony entregara al Departamento de Agricultura de Texas-programa CDBG, una solicitud de desarrollo comunitario por \$275,000 para proveer mejoramientos a la calle Poplar desde la calle Sixth hasta la calle Magdalena. El Proyecto beneficiara el Pueblo de Anthony. Las solicitudes estran disponibles para su evaluacion a partir de Marzo 8, 2019 en la sala municipal, 401 Wildcat Drive en Anthony, Texas durante horas de trabajo.*

WTCC: 02-28-19

# Fabens Independent School District

## PUBLIC NOTICE

The Fabens Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2010. Parents of these students may come to the Special Education Department located at 603 NE Camp Street. in Fabens on Monday through Friday from 8 a.m. to 4:30 p.m. to claim their child's file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have an questions, please call (915) 765-2690.

# AVISO

El Departamento de Educación Especial del Distrito Escolar de Fabens va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2010. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educacion Especial del Distrito Escolar de Fabens en 603 NE Camp Street, de lunes a viernes de 8:00-4:30 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono (915) 765-2690.

WTCC: 02-28-19





Then there was the most famous Patriots scandal of all – Deflategate. You remember deflategate. That’s when Tom Brady was accused of illegally taking the

How can you blame them?

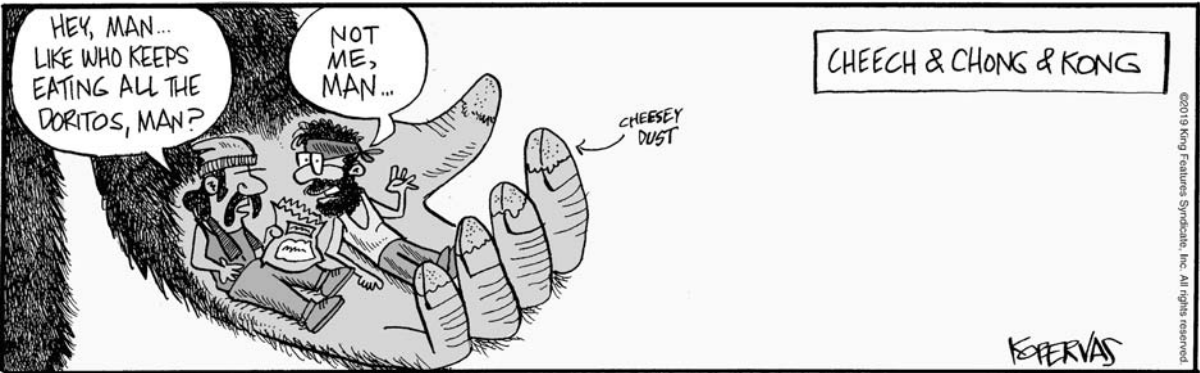
**Answer Page 4**

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Comix

OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Confusion over women’s heart attack symptoms

DEAR DR. ROACH: My question is about symptoms for women’s heart attacks. I have always heard that symptoms for women can be much different from men’s. Instead of the chest-clutching, sharp pain that men can have, I have read that women’s symptoms can be any of these: heartburn or indigestion; pain in the jaw, neck, shoulders, back, one or both arms; fatigue and troubled sleep; dizziness and nausea; or extreme anxiety. Are you KIDDING me? I am a healthy, active 63-year-old woman. I have had all of these symptoms at one time or another. If I acted every time I had one of these symptoms, I would be at the doctor’s office every day. How is one to know which symptoms to take seriously and act on immediately, and which to wait a few days to see if it is temporary? – J.



I have seen many letters similar to yours. The confusing problem is that it’s true: In women, heart attack symptoms and the symptoms of angina before a heart attack can include all of those vague symptoms. The same is true of men as well, although it’s more likely for women than for men to have symptoms other than the classic left-sided chest discomfort (people are much more likely to describe angina as “discomfort” or “pressure” than “pain”).

So your question is entirely valid: How do you know when to take common symptoms seriously? The first thing I would say is that the greater your risk for heart disease, the more seriously you should take any symptom. Age, family history of heart disease, high blood pressure and cholesterol, lack of regular physical exercise and diabetes are among the most important risk factors.

The second thing I would say is to take new symptoms seriously. If you never get heartburn, for example, then heartburn at age 63 should prompt concern.

Third, context matters. Symptoms such as nausea or jaw pain that occur with exercise – even carrying a bag of groceries or walking up stairs – is definitely a reason to talk to your doctor.

Most women don’t know that heart disease remains their No. 1 killer, far outstripping breast cancer (or any cancer). Both women and men need to take even vague symptoms seriously,

See HEALTH, Page 8

EVERN WHEN IT’S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

VISIT SAFERCAR.GOV/KIDSBUCKLEUP



Health

From Page 7

especially if the symptoms are new, exertional or if the person has several risk factors. As a primary-care doctor, I'd rather see my patient for her concerns that symptoms may be heart disease than see her in the ICU with a heart attack.

DEAR DR. ROACH: I have diverticulosis. At one time I was told not to eat nuts. I have since read that eating nuts is OK. What is your take? Also, are chia seeds safe? – E.M.

There are two answers to this question. The first comes from clinical research, and a very large trial showed that nut and popcorn consumption tended to

protect against diverticulitis and diverticular bleeding. This may be due to the high fiber content, recommended in people with diverticula. So most experts allow their patients with diverticulosis to eat nuts and seeds, including chia seeds.

The second is practical experience. If someone has had clinical diverticulitis after eating nuts and seeds, especially if it happens repeatedly, it makes sense not to do so.

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). (c) 2019 North America Synd., Inc. All Rights Reserved.

CryptoQuip

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

Clue: X equals I

DNVG ISPV NVGI MJV

XGXRXTTF KVRRXGK RNVXJ NSRVT

JSSPI, DSATU FSA BMTT XR

M BNxBCVG BNVBC-XG?

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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The VA is all ears



by Freddy Groves

Between the fall of 2017 and September 2018, 1.6 million of us were surveyed about our trust in Department of Veterans Affairs health care after we'd had an outpatient appointment for anything from physical therapy and primary care to cardiology and mental health. A VA press release says that our trust level in VA health care rose 2.4 percent during that period. The trust number now is at 88 percent, with a VA target goal of 90 percent by September 2019.

There's another number, however, buried in the actual survey results, that might be even more important. Respondents were asked to reply on a scale of 1-5 (Strongly Disagree to Strongly Agree) to the following statement: "I trust VA to fulfill our country's commitment to Veterans." The current tally for that is only 67 percent. Per

the survey's goal statement, the VA is hoping to raise that number to 90 percent in one year.

Your best bet: If you receive a non-medical VA benefit or service and you get one of those surveys, respond. Fill it out. Be honest. A typical VA survey might get only a 20 percent response rate. If there's space to leave comments, do that.

If you're a veteran, caregiver, dependent or service provider (for example, a funeral home), and if you have an email address on record with the VA, you'll likely get an email invitation to participate within the quarter. If you're a veteran and you receive a health-care service, you'll likely get your email invitation to fill out the survey within two weeks.

Right now, they're listening. Don't let them set policy or rules (or budget) based on the opinion of only 20 percent of those surveyed. Make sure your voice is heard.

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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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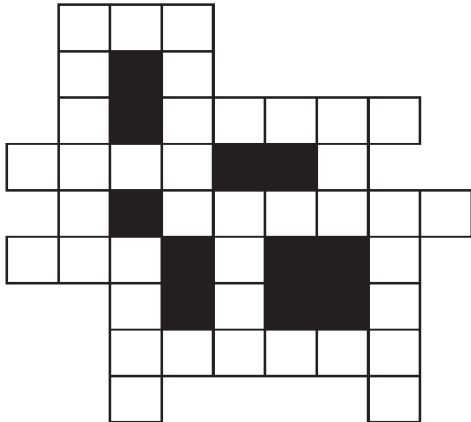
1 2 3 3 4 5 7 8 9

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Answer Page 4



WEF  
♥ PETRUS  
♥ TEASP  
TIPN  
♥ TEMROE  
♥ EPR  
♥ ADWR  
SMOTR  
♥ ISP  
♥ FRETIS  
♥ WETRO  
ARMO



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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.

Answer Page 4



• There are good reasons to recaulk your baseboards from time to time. Not only will it give you a clean look, but it will help to stop drafts and block out bugs, which can creep in through the tiniest of cracks.

• "Here's a tip for making a box cake taste like it was made from scratch: Add an extra egg, use melted butter instead of oil and use milk (whole) in place of water. Mix for an extra minute or two, to really aerate the batter. It'll be gorgeous."

– T.H. in New Hampshire

• "Hide the cords coming from your wall-mounted television by running them through a length of PVC pipe. It can be painted to match your wall, too! Measure the length you need, and your hardware store may be able to cut a piece for you if you can't find one the right size. It looks so much cleaner, and you can even use double-stick tape to attach the pipe to the wall."

– B.B. in Florida

• "Donate extra throw blankets to your local animal shelters. In fact, visit the website of your local shelter and check for a 'wish list' to see if you have anything that can be donated. They are always in need, and so deserving."

– F.I. in Texas

• "On weekend trips to our cabin, we pack a laundry basket for each bedroom. It includes fresh sheets, towels and the clothing for that person. At the end of the weekend, it's easy to 'pack' those items that need to be laundered. The bonus is that they stack nicely in the back of the car, and they're a snap to unpack, too!"

– A.H. in North Carolina

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

Lowry

From Page 3

primary to others. And, so, yes, it has come to this: In the inflamed, #resistance-driven contemporary Democratic Party, Sherrod Brown is a voice of relative moderation.

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