



## NEWSBRIEFS

### SISD intersession

Students in the Socorro Independent School District will be on spring intersession from Monday, March 11 through Monday, March 25. Teachers also will be on intersession, but will return for staff development on Monday, March 25. Students will return to class on Tuesday, March 26. The SISD District Service Center will remain open during intersession.

— Christy Flores-Jones

### Spring break

Students throughout the county will be out of school from March 18 to 25 for Spring break. Anthony, Canutillo, Clint, Fabens, San Elizario and Tornillo ISDs along with El Paso Community College will be closed for the week.

— Rick Shrum

### Happy cities

With March 20 being International Day of Happiness and with the aim to find out whether money really does buy happiness, the personal-finance website WalletHub has released its report on 2019's Happiest Cities in America as well as accompanying videos. In order to determine where people in America are most content with their lives, WalletHub compared more than 180 of the largest U.S. cities across 31 key indicators of happiness. The data set ranges from depression rate to income-growth rate to average leisure time spent per day. El Paso ranked 49th in this study. Other stats:

- Miami, Hialeah, Fort Lauderdale and Pembroke Pines, FL all have the lowest depression rate, 12.5 percent, which is 2.3 times lower than in Charleston, WV, the city with the highest at 28.90 percent.
- Boston, MA has the lowest number of suicides per 100,000 residents, 4.48 percent, which is 6.9 times lower than in Juneau, AK, the city with the highest at 30.83 percent.
- Fremont, CA has the lowest separation & divorce rate, 15.96 percent, which is three times lower than in Detroit, MI, the city with the highest at 47.44 percent.
- Overland Park, KS has the lowest share of adults sleeping less than 7 hours per night, 25.6 percent, which is two times lower than in Detroit, MI, the city with the highest at 50.1 percent.
- Cheyenne, WY has the lowest

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*No matter how staggering the taxes, they never fall down.*

— Quips & Quotes

## New chapter starts for City of Socorro police department

By Alfredo Vasquez  
Special to the Courier

SOCORRO—The City of Socorro Police Department, which is composed of up to 30 members, has been without a police chief for nearly a year, but that all changed recently with the naming of David Burton as the city's next top law enforcement officer.

Burton will head the department that is responsible for the safety of more than 34,000 residents. A Socorro city office stated that a public event is being planned so residents can meet him.

The new Socorro police chief comes to the small town southeast of the City of El Paso from Connecticut, where he retired as a lieutenant after more than 25 years



— Photo courtesy City of Socorro  
David Burton

with the Waterford Police Department, according to Socorro city officials.

With the Waterford department, Burton oversaw patrol, investigations, the administration division, and was a regional dive team commander. Also, he is a graduate of the FBI National Academy, a police leadership program at the FBI Academy for U.S. and international law enforcement officers.

Burton replaces former Socorro Police Chief Carlos Maldonado, who resigned March 6, 2018 amid a controversy over the release of a police dashcam video of a traffic stop involving the city manager's son. An internal Socorro investigation determined that Maldonado improperly leaked a copy of the video. Socorro had been without a permanent police chief since Maldonado's resignation.

## Printz is TCEQ Environmental Educator of Year

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY — El Dorado High School art teacher Candace Printz was named the 2019 Environmental Educator of the Year as part of the 2019 Texas Environmental Excellence Awards given by the Texas Commission on Environmental Quality (TCEQ).

Printz was recognized for her creative conservation efforts with her It's Your World clean-up, recycling and art project. With the statewide recognition, Print was awarded a \$2,500 grant to go toward the It's Your World project. She was credited for educating students and the public, for utilizing volunteers, and for creating conservation projects. She was chosen by Texas Governor Greg Abbott and TCEQ commissioners.

"This is an honor," Printz said. "I hope that this attention can propel our future efforts with the Its Your World Project club, in addition to our newly founded non-profit, Green Hope Project, that furthers education, the arts and environmentalism through work with scientists and engineers."

Printz began the innovative It's Your World project during the 2015-2016 school year. Seeing trash piling up in the El Paso desert, Printz and her students

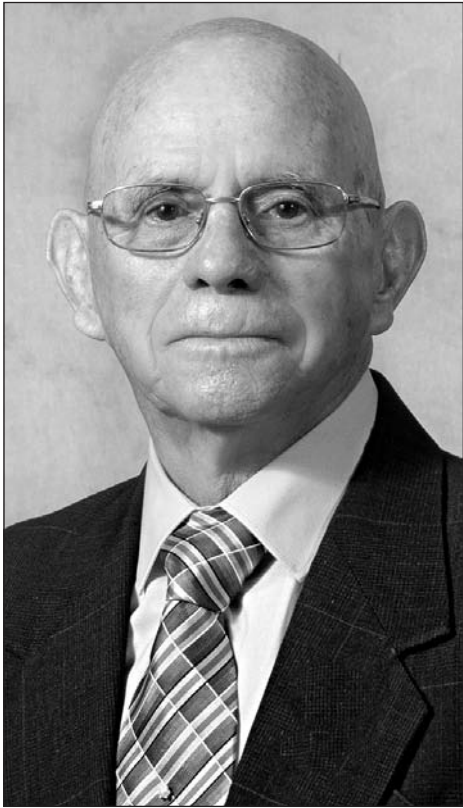


— Photo courtesy Socorro ISD  
Candace Printz

decided to collect debris and turn it into artwork. Their art educated the public on how much pollution there was in their community.

Her effort won a national contest sponsored by Barnes & Noble. Former first daughter, Chelsea Clinton, who was involved in the contest, visited El Dorado High School to recognize the school's efforts and came back to El Paso a year later to attend an art exhibit that resulted from the recycling art project. Since

See PRINTZ, Page 4



— Photo courtesy San Elizario ISD  
Ramon Holguin

## Ramon Holguin mourned by San Eli community

By Hector Gonzalez  
Special to the Courier

SAN ELIZARIO — Former San Elizario Independent School District (SEISD) Board Trustee, Ramon Holguin, died on Sunday, March 3, 2019 surrounded by his family and friends.

He served on the SEISD Board for over 24 years where his mission was to give the children of the San Elizario community the best education possible.

"Ramon's priority as board member was the kids," said Armando Martinez, Board Trustee at SEISD. "He was always working hard to ensure they got a good, quality education. Sure, he cared about other things going on in the district but to him, it was all about the students."

Holguin was a retired Army veteran with 20 years of service. He was proud to have served his country and enjoyed sharing all kinds of stories with his close friends like Martinez.

"We were friends for over 40 years," Martinez said. "When the school district would send us out of town for board conferences and trainings, him and I always stuck together. We would have breakfast, lunch, and dinner and talked about the good old days. Now that he is gone, I am really going to miss those conversations and special moments."

Everyone in the San Elizario community knew, respected, and cherished Holguin. He was an active

See HOLGUIN, Page 4



Food for thought By John Grimaldi

Alzheimer’s disease is most feared malady in America

Alzheimer’s Disease (AD) has an insidiously disproportionate effect on senior citizens and their families. Surveys conducted over the past several years show that a diagnosis of AD sparks terror in the hearts of patients, families and friends, more so than just about any other fatal or chronic illness, according to the Association of Mature American Citizens.

In fact, a Marist Poll conducted in 2012 concluded that Alzheimer’s was America’s most feared illness. And, says AMAC, it still is.

The association’s president, Dan Weber, says that for patients, perhaps it is “the idea of losing their identity and the notion that they will almost certainly lose the ability to recall the most important moments of their lives. For family and friends, it can cause confusion and disbelief that loved ones are slowly, but surely, forgetting who they are. And, for all those whose lives are touched by this seemingly hopeless affliction, the slow progress in developing treatments, let alone a cure, exacerbates their frustration.”

So pervasive is Alzheimer’s Disease that it has created a new class of scammers who target the desperation, particularly among seniors, with “snake oil” concoctions that claim to “cure” the disease and even “reverse” it. It’s gotten so bad that the FDA recently took on the fraudsters who peddle unapproved and misbranded drugs that claim to prevent, treat or cure Alzheimer’s.

Weber notes that it is older Americans who express the most concern about AD since it afflicts mainly senior citizens, more than 5.7 million of them to date, according to the Alzheimer’s Association.

But the news about AD is not all that discouraging says, Weber. “Credible reports of progress in the quest for treatments and, ultimately, cures are coming with greater frequency these days. And, they provide hope that in the not too distant future the medical community will have more ways to deal with the disease.”

For example, it’s long been known that patients with Alzheimer’s have significantly reduced blood flow to the brain. It causes them to feel dizzy and there’s clear evidence that it impacts cognitive function, according to Cornell University professor of biomedical engineering Chris Schaffer. He says that white blood cells get stuck inside capillaries, the smallest blood vessels in the brain and cause the reduced blood flow.

“We’ve shown that when we block the cellular mechanism (that causes the stalls), we get an improved blood flow, and associated with that improved blood flow is immediate restoration of cognitive performance of spatial- and working-memory tasks,” Schaffer explains.

Meanwhile, at Brown University, professor of medical science, John Sedivy, has been experimenting with mice, using a generic HIV/AIDS medication, and he says it “holds promise for treating age-associated disorders including Alzheimer’s.”

And, Penn State researchers reported recently that they may have discovered a way to turn damaged neurons in the brain into new, functioning neurons using “a simple drug cocktail.” The research team leader, Professor Gong Chen, reports in Science Daily that the biggest problem for brain repair is that neurons don’t regenerate after brain damage, because they don’t divide. In contrast, glial cells, which gather around damaged brain tissue, can proliferate after brain injury.

Chen says he believes that turning glial cells that are the neighbors of dead neurons into new neurons “is the best way to restore lost neuronal functions.” He says after experimenting with numerous combinations of drugs, he and his researchers have found one that appears to work. “My ultimate dream is to develop a simple drug delivery system, like a pill, that can help stroke and Alzheimer’s patients around the world to regenerate new neurons and restore their lost learning and memory capabilities.”

AMAC’s Weber describes recent progress in researching treatments and cures for AD as slow, but promising. “But, as the Alzheimer’s Association suggests, we need to emphasize the urgency of the quest for new medical modalities and accelerate the research.”

*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.*

View from here By James Dickey

Property taxes: A Texas-sized problem

For the last two decades, employers and entrepreneurs have fled California, Illinois, New Jersey, New York, and other high-tax states to seek the American dream in Texas. And we’re happy to welcome them and the career opportunities they create.

But one challenge to the Texas economy seriously risks our growth and threatens to put the Lone Star State into the same category as these other states – rapidly escalating property taxes.

At our 2018 Republican Party of Texas convention, thousands of delegates from across the state adopted a legislative priority calling for relief from these skyrocketing taxes. Our Republican legislators have done a tremendous job on legislation such as S.B. 2/H.B. 2 which seek to put a 2.5% cap on the property tax rate. H.B. 3, in addition to proposing sweeping school finance reform, will provide not just relief from future taxes but a tax cut, right now, for Texas families. These are meaningful and important steps towards ensuring Texans aren’t taxed out of their homes, and important steps toward replacing financing of the school maintenance and operations costs with a state consumption tax instead of property tax.

Moving away from property taxes towards a consumption tax is a realistic way to provide meaningful relief for hard working taxpayers while enabling the state to pay a higher share of public education at the same time. Republican legislators have already begun to move the state in this positive direction. The important thing is that – when this legislative session ends – Texans see real action to both reduce property taxes and limit the rate of growth in the future.

Meanwhile, the Democrats and various school administrator lobby groups are [only shifting the burden] on Texas property taxpayers. Texas House Democrats recently released a school finance plan that offers no tax relief to employers. That’s right, the job creators that have fueled the economy and brought a record number of new career opportunities to Texans get no relief from Texas Democrats. To make matters worse, the Democrat plan involves \$14.5 billion in new spending, with no suggestion on how to pay for it. If you’re curious to find out how that works in practice just ask someone from Detroit or Chicago.

The school lobby groups are equally disingenuous. They frequently say that the solution to spiraling property taxes is for the state to pay a larger share of public school costs. But when you read the bills these organizations support, they involve a lot of new spending with either no or token property tax relief.

Taxpayers have called upon both Republicans and Democrats to find a solution to this issue. That is why both the Republican and Democrat platforms include true property tax relief. We encourage our elected officials to work toward meaningful change for the hardworking taxpayers of Texas.

*James Dickey is Chairman of the Republican Party of Texas.*

1973

46

Years

2019

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# Get over it – Trump’s not going anywhere

The walls supposedly are always closing in on Donald Trump. The end is always beginning.

He’s going to quit. He’s going to be impeached and removed. He’s going to decide not to run again. Somehow or other, he’s going to relieve everyone of the responsibility of ever thinking of him again, and especially of the responsibility of defeating him in an election.

Such scenarios are a constant topic in private conversations. The allure is obvious. It is the promise of deliverance. After tormenting his enemies for so long, Trump’s going to make it easy for them. He’s just going to go away.

It is true that the odds of Trump somehow not serving out his term are, given his erratic personality and the wild card of the Mueller investigation, higher than those for a normal president serving in normal times. But they are still slim.

Perhaps special counsel Robert Mueller’s report will send a torpedo into Trump’s bow. It seems more likely that a report will contain damaging and embarrassing revelations that, whatever the initial shock, will be quickly absorbed by the political system and especially Trump’s supporters.

The velocity of the news cycle, driven in part by the sheer volume

and pace of Trump controversies, works in his favor.

The resignation of Jim Mattis rocked Trump’s administration to the core – for all of about 36 hours. And does anyone remember the revelation that talks over a Trump Tower project in Moscow went on longer than first realized? Probably not.

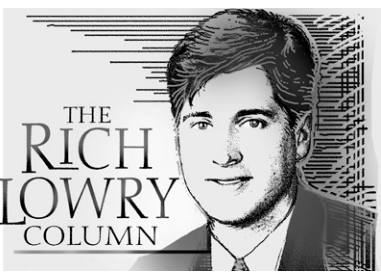
Why would Trump ever quit? This is a man who has fought and clawed for every ounce of public attention – good or bad – he can get throughout his adult life, and now, occupying the biggest bully pulpit on the planet, he’s just going to walk away?

Despite media reports that Trump is perpetually furious and feeling besieged, he has never shown the slightest brittleness or sense of being overwhelmed in public. He’s always his same ebullient, combative, outrageous self.

He’s the least likely president to get worn down by an impeachment fight. What would discourage or deflate the normal human energizes him.

The same applies even more to his running for re-election. After enduring several years of having to govern, not his natural aptitude, why would he throw away the opportunity to campaign, which he clearly relishes?

Because he’d be convinced he’d lose? Short of a Mueller



catastrophe, this doesn’t seem very likely. Remember: All sorts of people tried to convince him he’d lose last time, and they were all wrong. Having won the presidency once polling at a little over 40 percent in the RealClearPolitics average, he’d surely figure that he could do it again.

For any president, winning a second term is the highest validation. Trump, so sensitive to status, must feel this imperative more than most.

Besides all this, no one should really hope for a premature end to the Trump presidency. Whatever the circumstances, it’d be a trauma to the republic and not accepted by a significant plurality of the electorate. The wish fulfillment of Trump’s critics is better directed toward the less spectacular, yet difficult-enough task of beating him in 2020.


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











# Moments in time

THE HISTORY CHANNEL

- On March 11, 1990, Lithuania becomes the first Soviet republic to proclaim its independence from the USSR. The Soviet government responded by imposing an oil embargo and economic blockade against the Baltic republic, and later sent troops. Lithuania would gain its independence in September 1991.
- On March 12, 1972, the last remnants of the First Australian Task Force withdraw from Vietnam. The Australians had first sent troops to Vietnam in 1964 and by 1969, their forces totaled an estimated 6,600 personnel.
- On March 13, 1969, "The Love Bug," a movie about the adventures of a Volkswagen Beetle named Herbie, opens in theaters. The Walt Disney film, based on the 1961 book "Car, Boy, Girl" by Gordon Buford, spawned four spinoffs.
- On March 14, 1919, Max Brand, perhaps the most prolific writer of Western stories, publishes his first novel, "The Untamed." Max Brand was one of 21 pen names used by author Frederick Faust. Unlike many Western authors, Faust made no pretense to historical accuracy in his works.
- On March 15, 44 BC, Julius Caesar, dictator of Rome, is stabbed to death in the Roman Senate house by 60 conspirators led by Brutus and Cassius, who believed that his death would lead to the restoration of the Roman Republic.
- On March 16, 1751, James Madison, author of the Federalist Papers and fourth president of the United States, is born in Virginia. Madison is best remembered for his critical role in the Constitutional Convention of 1787, where he oversaw the drafting of the final Constitution.
- On March 17, 1776, British forces are forced to evacuate Boston following Gen. George Washington's successful placement of fortifications and cannons on Dorchester Heights. Realizing their position was now indefensible, 11,000 British troops sailed to the safety of Halifax, Nova Scotia.

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# Sanchez named BRLA Librarian of the Year



– Photo courtesy EPCC  
**Kristin Sanchez**

By Ismael De La Rosa  
*Special to the Courier*

EL PASO COUNTY – The Border Regional Library Association (BRLA) has named Kristin Sanchez its Librarian of the Year for 2019. Sanchez is an El Paso Community College (EPCC) Professor/District-wide Library Coordinator and Rio Grande Campus Head Librarian.

“I am very honored to receive the BRLA Librarian of the Year award.” Kristin Sanchez said. “The students inspire me to continue to learn and grow as a librarian so that I can help them on their path to success.”

“Kristin is generous with her time, her talents and her willingness to help and do for others.” Paula Mitchell, Interim AVP Instruction and

Student Success said. “She is most definitely service oriented and makes me and other librarians feel good and proud to be part of a profession that helps so many who present diverse and unique informational needs.”

The Border Regional Library Association (BRLA) is an organization founded in 1966 for the promotion of library service and librarianship in the El Paso/Las Cruces/Juárez metroplex. Current membership includes over 100 librarians, paraprofessionals, media specialists and library friends and trustees from all types of libraries in the tri-state area of Trans-Pecos Texas, Southern New Mexico and Northern Chihuahua.

EPCC supports high quality, professional development opportunities. All faculty and staff are encouraged to take personal responsibility to student success and engagement.

# Barraza wins TCEQ environmental video contest

By Christy Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – Dominique Barraza, a student at Pebble Hills High School, has won the Take Care of Texas Video Contest sponsored by the Texas Commission on Environmental Quality (TCEQ). The contest creates awareness on environmental protection and provides tips on how to keep our air and water clean, conserve water and energy, and reduce waste.

“I am really grateful for this experience and I’m hoping that everyone will see the importance of taking care of the environment,” Barraza said. “It’s good to know that my video will motivate young kids and young adults to help the environment and lead by example.”

Barraza was one of six finalists in the 9th-12th grade category for the Take Care of Texas Video Contest by the Texas Commission on

Environmental Quality. Her video received 413 views and was voted as the best by the public, TCEQ commissioners, and representatives from Waste Management of Texas, Inc.

“Dominique has the eye for what professional video quality looks like,” said Benjamin Munguia, Pebble Hills High School audio/video production teacher. “She has the ability to take what she sees in her mind and actually go out and do it.”

As the winner, she earned a \$2,500 scholarship that she will use toward her tuition at the University of Texas at El Paso, where she plans to pursue



– Photo courtesy Socorro ISD  
**Dominique Barraza**

a career in multimedia digital production.

“If there is something I learned about this experience it is to think outside of the box,” she said. “There are many different ways to earn scholarships if you want to continue studying. You can make videos, draw, dance, solve math problems... there are opportunities out there for everyone.”

Barraza will be recognized by the TCEQ and representatives from Waste Management of Texas, Inc. at the 2019 Environmental Trade Fair and Conference in May. Pebble Hills High School is in the Socorro Independent School District.

# EPCC receives Marathon Petroleum grant

By Jim Heiney  
*Special to the Courier*

EL PASO COUNTY – On March 6th Marathon Petroleum made a grant of \$167,000 to El Paso Community College (EPCC) for its Welding and Machining Technology programs housed at it Advanced Technology Center on the Valle Verde campus. This grant will fund the latest equipment to train students in these high-demand fields.

“Education and ongoing training are required for today’s workers and the success of our community,” Dr. William Serrata, EPCC President said. “EPCC fills a vital role for our region’s employers to ensure that their employees have the skills they need to be successful in the workplace.”



– Photo courtesy EPCC  
**BIG MONEY – From left are Marathon Petroleum’s V.J. Smith and Billy McClain with El Paso Community College’s Dr. Dolores Gross and Dr. William Serrata; and Jason Hammer (Marathon). The \$167,000 will be used in Welding and Machining Technology programs at EPCC.**

Through the grant, EPCC will expand its Welding and Machining Technology programs and offer additional credentials for students to receive advanced certifications. Certified graduates will also expand the skill base of our regional workforce, by being prepared for work with training in the professionalism and safety required in modern industry.

“At Marathon Petroleum, we value the opportunity to make a difference in the lives of others and are committed to collaborating with our stakeholders to create cleaner, safer, well-educated communities where we operate,” Billy McClain, Marathon Petroleum Vice President of Refining said. “One way we believe we can make a difference is to invest in initiatives that better prepare career/technical education (CTE) students for professional and academic success by increasing access to high-quality educational resources and instruction. We are pleased to partner with El Paso Community College toward this objective.”



# Nobody does drama like the Dallas Cowboys

By Steve Escajeda  
Special to the Courier

It’s hardly a secret that El Paso is overwhelmingly considered Dallas Cowboys’ country.

There’s no doubt that the Sun City has its number of Cowboys haters, but for the most part, Cowboys fans can be found throughout the area.

And for the sake of transparency, I have to disclose that I am one of those Dallas Cowboys crazies who live and die with every snap of the football.

But all Dallas Cowboys fans inherently learn one painful truth about the team. The Cowboys do drama off the field as much as they do drama on it.

Of course, when you’re known as *America’s Team*, you’re going to be looked at and scrutinized more than all the others.

Over the years, from the guy on the end of the bench to the guy running the show in the owner’s suite of the press box, the Cowboys have been

synonymous with drama.

And this offseason is no different.

First, there was the stunning news that former tight end Jason Witten was leaving the Monday Night Football announcing booth to rejoin the team.

Now don’t get me wrong, there has never been anything controversial or dramatic about the way Witten lives his life, but the announcement did stir up a lot of talk.

Let’s be honest, though not terrible, Witten can hardly be described as Romo-like when it comes to his color duties in the broadcast booth.

If he were a flavor, he’d be vanilla. Okay, maybe vanilla bean.

But you’ve got to admit that the news was surprising. He’ll be 37 when the season starts.

Even if Witten can’t produce on the field like he once did, at least he’ll be a much-needed positive influence in the locker room.

And that positive influence is needed to offset the next two examples of Cowboys head cases.

There’s Randy Gregory, who was suspended indefinitely by the NFL last week for failing yet another drug test.

This was Gregory’s fourth suspension since 2015, all for violating the league’s substance abuse policy.

Does he have a problem? Let’s put it this way, in his time with the Cowboys, he’s played in 28 games and been suspended for 30.

But let’s not put all the blame on Gregory, he had these problems in college at Nebraska.

He tested positive twice in college and was considered a “risk” by the time he entered the NFL draft.

Knowing all this, the Dallas Cowboys decided to draft him anyway. And since then, Gregory’s career has... well... let’s just say it’s gone up in smoke.

And if Gregory’s antics weren’t enough, there was the news that another defensive end, David Irving, was quitting the team – and the NFL.

Of course he came to this decision after he too, was suspended indefinitely by the NFL for violating the substance abuse policy – again!

Irving, who has shown promise as a pass rusher, started the last two seasons suspended for the first four games. He

also missed mandatory drug tests, missed practices, and a few domestic issues with his ex-girlfriend.

But it’s how he decided to announce his intent that has everyone talking. Irving announced it on an Instagram video as he appears to be smoking a joint.

Now that’s what I call dedication. Sometimes in life you have to choose sides. And Irving has unapologetically chosen his.

As you watch all of this unfold on sports talk shows around the country, you have to think to yourself, “this could only happen to the Cowboys.”

And I know you have your other diva teams in different sports, the Yankees, the Lakers, and I guess now (with Le’ Veon Bell and Antonio Brown) you can add the Steelers to the mix.

But the Dallas Cowboys are the most expensive professional sports franchise on the planet.

And while the misfortunes of some of his players may hurt the team, they certainly aren’t hurting Jerry Jones’ wallet.

His team may not be as relevant on the field as he’d like, but off the field they put on one whale of a show.

The old adage – any news is good news – may be true after all.

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## Super Crossword

SMALL FRUIT STARTERS ACROSS

1 Tempting type

8 1930s boxing champ Max

12 Fruit discard

16 Bit of fiction

19 Neighbor of Djibouti

20 Backward

22 Love of Lennon

23 Polar bear's long sleep

25 Rival of JVC and LG

26 Desert region of Israel

27 Fruit discard

28 IRS worker: Abbr.

29 "Shakedown" singer Bob

31 Stair feature

34 Gem colored by trace amounts of boron

37 List-limiting abbr.

40 Dietary unit

43 Actor Bana of "Troy"

44 Sit for a photo

45 Cold person's bumps

48 Chose (to)

50 Bestows

51 Thinnest coin

52 Beddy-bye garb

55 Palme \_ (Cannes prize)

56 Author Deighton

57 "You bet!"

58 Joyous hymn

60 Camera since 1924

64 Big \_ (large German gun)

66 Eminent senior member

70 LAX guess

71 Dog sound

73 Pig sounds

74 \_ Tac

75 Author Levin

76 It might be next to a napkin holder

80 Hurls

82 Tropical fish

83 "Around \_ parts..."

84 Prefix with hazard

86 N.Y.-to-L.A. dir.

87 Part of USMA: Abbr.

89 Exhaust

90 Watchful person

92 Marshy inlet

94 Thrills, informally

98 Flight hub in East Boston

101 Often-twisted treat

102 TT carmaker

105 Bucharest's land

106 A, in Spain

107 Thanksgiving follower

110 Individual

112 Sri \_

113 \_ Poke (candy)

114 Mineo of film

116 Author Ephron

120 Individual

121 Pun on a phrase meaning "square one" that hints at this puzzle's theme

127 NFL 6-pointers

128 Best Actress of 2016

129 Ordinary

130 Topping type

131 "FYI" part

132 Flew through, as a test

133 Reduced

DOWN

1 Like a quilt

2 Great Lakes tribe

3 Little dent

4 Verbalize

5 Fissures

6 Always, to a poet

7 Sideline cry

8 Actress Besch or Andersson

9 Working without \_

10 Be fallible

11 Relating to kidneys

12 Big bird dog

13 Prefix with linear

14 " \_ Beso"

15 High-IQ club

16 Definitely

17 Holy smoke?

18 Got on, as a bus

21 Indefinite

24 "Cross my heart"

30 Kingdoms

32 Exhaust

33 Skip over, as a sound

34 Cell buzzer

35 Carried out

36 Like coated cupcakes

37 Yolk holder

38 Eau de \_ (cologne)

39 Design on an album, say

41 LP speed

42 Bit of land in le Rhone

46 Dispatched

47 Gleams

49 Old name in video game consoles

53 Actor Eisenberg

54 Formed a lap

57 Unit of length

58 Cylindrical pasta

59 Cable TV's \_ Geo Wild

61 Words to an absent lover

62 Fatigued by worry

63 Santa \_ (some hot winds)

64 Finest

65 Oahu locale

67 Easy gaits

68 Rig fuel

69 Mambo great

72 In shape

77 Wrestler's restraining move

78 Mu \_ pork

79 Make operational

again

81 Exchange

85 Origami bird

88 Bit of foliage

90 Roman "I"

91 Thanksgiving tuber

92 Just issued

93 Hagen of Broadway

94 Groups of odds and ends for sale

95 Florida city near Epcot

96 Least fatty

97 South, in Mexico

99 Suffix with direct

100 Roman "3"

103 Ban from law practice

104 Does nothing

108 Actress Sagal

109 Vital blood line

111 Pop or jazz

114 January 1 song word

115 Laid up, say

117 Truth bender

118 "Bus Stop" writer William

119 Up in years

122 Med. plan

123 Aussie bird

124 Fabled bird

125 "My \_ Sal"

126 Nobel-winning poet Andric

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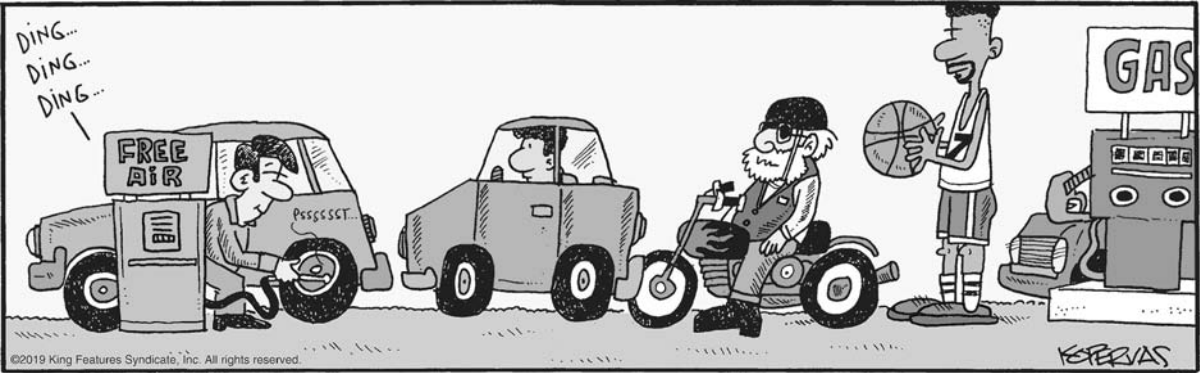
Answer Page 4



Comix

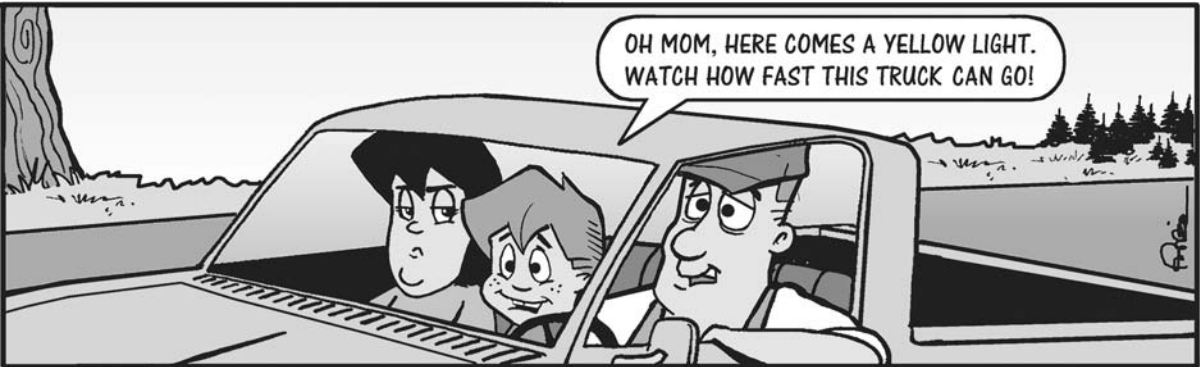
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Workout supplements

are sum of their parts

DEAR DR. ROACH: My son, in his mid-20s, uses a pre-workout energy supplement to which I am opposed. Can you tell me if this is harmful so that I can show him scientific research and your educated and medically sound response? The supplement he uses contains alanine 1 g, creatine 1 g, arginine 1 g, tyrosine and velvet bean seed extract. It also contains 150 mg caffeine. – B.G.



It’s not always easy to tell what supplements are safe or effective for the condition they are marketed for, and the information available through a web search often is biased. One place I start to get information is Medline Plus ([www.nlm.nih.gov/medlineplus/](http://www.nlm.nih.gov/medlineplus/)), which has reliable information about many supplements, but you often have to search individually.

In this case, alanine, arginine and tyrosine all are amino acids. These are the building blocks for proteins, and are safe in reasonable amounts. Creatine is generally safe for adults, and has been shown modestly effective at helping improve strength in young male weightlifters. One gram is a fairly low dose and is generally considered safe. The 150 mg of caffeine is about the same as a cup of strong coffee.

Velvet bean seed extract I had to look up. It has been used both as a food crop and in traditional medicines. It has toxicity at high doses, but at the dose in the supplement, it should be safe.

In summary, I think this supplement is not likely to be harmful if taken in recommended doses, and it might have some small benefit. There is nothing in the supplement that cannot be obtained easily and cheaply from food, apart from the velvet bean, which I think has the least proof of benefit of all the components of the supplement.

DEAR DR. ROACH: I am 49 years old and in good health. I recently was told by my doctor that what was first diagnosed as a swollen lymph is actually a condition called carotidynia. Can you please publish some information about this condition and what I can expect? Sometimes it is worse than at other times, but it never really goes away. I would not consider it painful; it is just uncomfortable, and when severe, it radiates

See HEALTH, Page 8

CHOOSE YOUR RIDE.

Drink. Drive. Go to Jail.



Health

From Page 7

up into my ear and down into my chest. – S.W.

Carotidynia (literally, “pain in the carotid artery”) can come from several distinct causes, some of which are catastrophic, such as a carotid artery dissection, which is a tearing of the lining of the artery. In some cases, carotidynia may be a form of migraine. After surgery or angioplasty to the carotid artery, one also can get pain that comes from the carotid itself.

In the case of no other cause being identified, the condition is sometimes called idiopathic (which simply means “of unknown cause”) carotidynia, and some, but not all, experts

think this condition comes from a type of inflammation around the artery, which can sometimes be seen on CT or MRI scan.

Idiopathic carotidynia is usually treated with anti-inflammatory medicines – ibuprofen, or prednisone in more severe cases. Most cases respond quickly, in a few days or up to a few weeks. However, I want to emphasize the need to thoroughly search for other concerning causes of neck pain.

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 Reserve.

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: H equals E

KB TSAHS JT FHHL ITEFV  
ISTP CHJJKBC VHVKUF,  
MH MSH YEE JTEA JT ASKBF  
YB TUHYB PTJKTBL TJKTBL.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Don’t be a victim of pension poaching



by Freddy Groves

There is a law currently making its way through Congress called the Preventing Crimes Against Veterans Act. Its purpose is to add another tool to the arsenal to prevent frauds against veterans. Those convicted could be fined, imprisoned for five years, or both.

Rep. Ted Deutch (D-Fla.) is behind this bill, focusing on what they call pension poaching, specifically, criminals who purport to help veterans get their benefits faster and who charge a fee for services. They prowl Department of Veterans Affairs clinics, assisted-living centers, hospitals and senior housing, claiming they know all the ropes and can get veteran benefits much faster – for a fee.

These poachers seem to focus on veterans who might be eligible for Aid and

Attendance benefits, which can put thousands of dollars in a veteran’s pocket each month to pay for in-home care, assisted living and private nursing. What they want in return is a percentage – up front. (Yes, attorneys can charge fees for their services, but they need to be approved by the VA.)

While most of us would call this fraud, there apparently aren’t any laws against charging fees.

And yet some people are against making this illegal, claiming we already have laws against fraud. The bill has come before the last two Congresses, passing easily in the House and getting stalled in the Senate. The short text of the bills hasn’t changed.

If you’re invited to a seminar that promises to help you get your benefits, don’t go. Instead, contact the closest veterans group, such as the American Legion. Ask for the Veterans Service Officer. They won’t charge you for their services.

Remember: The more cash you’re likely to get in

retroactive benefits, the more of a target you’re going to be to scammers who want a piece of that money.

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• “I use those individually packaged (usually 30 or 50 per box) eyeglass lens wipes to clean my glasses, and before they dry out, I use them to wipe down the touchpad on my microwave and stove. I use them to wipe down my phone screen, too.”

– J.F. in Washington

• Still getting your groceries in plastic bags? Make sure you are recycling them. To make it easy, simply gather all your bags when you put away your purchases and put them in your trunk. The next time you shop, drop them off in the appropriate container at the store. Never put plastic bags in your curbside recycling bin.

• When replacing the box of baking soda from your fridge, dump the old one into your kitchen drain and follow with a couple cups of white vinegar. After a few minutes, flush the drain with hot water to leave it clean and smelling fresh.

• Is your silverware collection hanging around tarnishing? Well here’s a great tip from a friend up north: “Ketchup will polish silver.”

– C.I. in Minnesota

• “If you accidentally spill water on a book, separate the pages with pieces of wax paper. Then close the book. As it dries, the wax paper wicks moisture and prevents wrinkles. Also, wax paper is microwave safe and allows moisture to escape, so food doesn’t get soggy.”

– A.W. in Idaho

• Help prevent your socks from getting fuzzballs in the dryer by turning them inside out before washing, according to M. from Saskatchewan, Canada

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

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
÷		×		×	
	+		×		25
+		+		+	
	+		+		15
17		14		16	

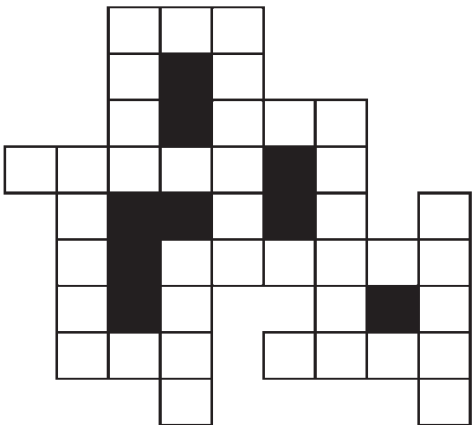
1 1 2 3 4 5 6 8 9

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Answer Page 4



GIZ  
♥ RECPLA  
ELBLA  
♥ LAAG  
CAMZEE  
♥ PLA  
♥ OSTL  
♥ BEMLA  
EAG  
PEGSLO  
TIBZL  
♥ ECPA



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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