



NEWSBRIEFS

Best cities for Hispanic businesses

With National Small Business Week approaching and the five-year average growth rate in the number of Latino firms having been two to three times the national average for the past 15 years, the personal-finance website WalletHub has released its report on *2019's Best Cities for Hispanic Entrepreneurs* as well as accompanying videos. To help Hispanic entrepreneurs find the most fertile ground for their enterprises, WalletHub compared more than 180 U.S. cities across 24 key metrics. The data set ranges from Hispanic entrepreneurship rate to Hispanic income growth to share of Hispanic-owned businesses. Ten of the top 20 cities are in Texas with El Paso ranked number nine. Other stats:

- Hialeah, FL has the highest share of Hispanic residents, 96.44 percent, which is 84.6 times higher than in Jackson, MS, the city with the lowest at 1.14 percent.
- Fargo, ND has one of the lowest Hispanic unemployment rates, 0.80 percent, which is 20 times lower than in Rochester, NY the city with the highest at 16.00 percent.
- Burlington, VT has the highest share of Hispanics with at least a bachelor's degree, 55.60 percent, which is 12.9 times higher than in Detroit, MI, the city with the lowest at 4.30 percent.
- Charleston, WV has the highest entrepreneurship rate among the Hispanic population, 3.56 percent, which is 32.4 times higher than in Toledo, OH, the city with the lowest at 0.11 percent.

Visit <https://wallethub.com/edu/best-and-worst-cities-for-hispanic-entrepreneurs/6491/> for the full report.

— Diana Polk

Best states for nurses

With National Nurses Week kicking off May 6, the personal-finance website WalletHub has released its report on *2019's Best & Worst States for Nurses* as well as accompanying videos. In order to help new nursing graduates find the best markets for their profession, WalletHub compared the relative attractiveness of the 50 states and the District of Columbia across 21 key metrics. The data set

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Between tomorrow's dream and yesterday's regret is today's real opportunity.

— Quips & Quotes

Sung receives \$20,000 scholarship

By Alfredo Vasquez
Special to the Courier

CLINT – Clint Early College High School Senior Regina Sung is the winner of a 2018-19 Elks Lodge National Foundation Most Valuable Student (MVS) scholarship. By being selected, she secured a \$20,000 scholarship after advancing in the lodge, district, and state competitions to make it to the national finals.

Sung was one of the 62 students from the West Texas-New Mexico region who participated in the local scholarship process, according to Lilia (Teddy) Martinez, an El Paso Elks Lodge 187 representative. 21 boys and 41 girls from area high schools vied for a chance to advance in the competition. Across the nation, there were more than 25,000 applications submitted for this year's contest, she stated.

The top 20 Most Valuable Student (MVS) scholarship finalists (10 boys and 10 girls) from across the United States were selected to go to the national competition in Chicago, IL. Sung joined the 19 other scholars for the 2019 Leadership Weekend, which was held April 11-14. She represented Lodge 187 and the New Mexico Elks Association.

"Sung is the first one from our lodge to advance to nationals!" exclaimed Lilia (Teddy) Martinez, an El Paso Elks Lodge representative. During the conference, Sung and the other contestants learned about the Elks Lodge organization, interacted with veteran members, and were interviewed for the lodge's top MVS awards of \$30,000, \$40,000 and \$50,000 in scholarships.

"Sung did not come back a top winner, but she reported that it was a great experience being around the top scholars from across the nation and that the interaction with her colleagues and seeing the work that they did... was priceless," Martinez said.

Sung stated that she first heard about the Elks Lodge MVS scholarship program from her brother, Ryan Sung. "He applied for the local scholarship two years ago, and he was awarded \$4,000. He is currently a student at Princeton University, where he is studying International Relations," she reported.

Additionally, the El Paso Lady Elks group presented to Sung a \$200 check before her trip to Chicago. "The El Paso Elks Lodge together with the Lady Elks are especially proud of Regina and congratulate her for her upcoming graduation from Clint Early College High

See SUNG, Page 4



— Photos courtesy of Regina Sung

IN THE WINDY CITY – Regina Sung, a senior at Clint Early College High School in the Clint Independent School District, was recently awarded an Elks Lodge Most Valuable Student Scholarship. She is the first high school student from El Paso's Elks Lodge 187 chapter to advance as a national finalist and participated in the Elks Lodge National Scholarship Competition in Chicago, IL.

Carrillo crowned 2019 Miss Camino Real de Tierra Adentro



— Photo by Border Heritage

Cyndi Carrillo of El Paso, TX will represent the length of the Camino Real de Tierra Adentro from Mexico City in the south to Ohkay Owingeh in New Mexico. The International Miss Camino Real de Tierra Adentro Pageant took place on April 27 during the 28th Annual History Conference and The Rio Grande Festival that is sponsored by the San Elizario Genealogy and Historical Society. Ten contestants from cities in Mexico, New Mexico, El Paso, Clint, and San Elizario, and others vied for the title.

San Eli HS artwork in unique display

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – They say “one man’s trash is another man’s treasure” and that is exactly the case for three, talented art students from San Elizario High School (SEHS). Birzavit Otriz (senior), Amber Alvidrez (junior), and Dassany Lopez (sophomore) participated in the *It’s Your World* art contest and their art pieces got selected to be on display in the Metamorphosis: Trash to Treasure Recycled Art Exhibition.

“This is not your typical art contest,” said Karla Ruiz, Art teacher at SEHS. “This contest involves having students clean-up around their community and using all the trash collected to make unique pieces of art. The *It’s Your World* art contest is not only great for creating awareness towards recycling and the environment, but also a way to showcase the creativity of local art students,” Ruiz added.

Ortiz, Alvidrez, and Lopez’s work was made up of recycled items such as newspapers, wires, old magazines, broken glass, and broken chains. Their artwork is being showcased now through



– Photo courtesy San Elizario ISD

REPURPOSED – Birzavit Ortiz turned pieces of trash into this mask he titled *Dark Elegance*.

May 17, 2019 at the El Paso located at 1211 Montana Avenue International Museum of Art in El Paso, TX.

Women sue GEICO for ‘venue abuse’

By Nancy Nusser
Special to the Courier

EL PASO COUNTY – Two El Paso women filed suit on May 6 against GEICO (Government Employees Insurance Company) for effectively trying to restrict their ability to defend themselves in court.

The two women, who are represented by Texas RioGrande Legal Aid (TRLA), were first sued by GEICO over car accidents that happened in El Paso County. But GEICO improperly filed the suits 600 miles away in Dallas County, making it difficult if not impossible for the women to make their court appearances. The women’s lawsuit, filed today in court in El Paso, states that GEICO engaged in the “intentional practice of abusing process against Plaintiffs and El Paso residents in general by routinely suing them in Dallas County for accidents that occur in El Paso County.”

“GEICO does this to keep people from showing up in court to defend themselves,” said TRLA attorney Christina Trejo, who is representing the women, along with TRLA attorney Jaime Sanchez. If they don’t file an answer to the suit in Dallas, a default judgment will be issued against them, she said. But trying to get the case transferred to El Paso is a difficult process fraught with problems that only attorneys are used to handling.

“At every step, a burden is placed on El Pasoans that would not exist if GEICO followed the law about where cases must be

filed,” Trejo said. Trejo pointed out that her clients are not alone in facing lawsuits filed by GEICO hundreds of miles away to increase the likelihood of default judgments. The complaint lists examples of 12 other improperly filed cases. “GEICO routinely files subrogation cases in Dallas County against El Paso County residents for El Paso car accidents that occurred between El Paso County residents,” the lawsuit states.

“I think GEICO does this on purpose because they know people like me don’t have the means to travel 600 miles to get to court,” said Evelyn Huerta, one of the two El Pasoans who filed suit. “So I would end up losing – and that would be a disaster for me, since I don’t have anywhere near enough to pay what they want.”

Both women tried to have their cases transferred on their own before they got representation from TRLA. GEICO would not agree to transfer their improperly filed cases until they had a lawyer to deal with GEICO for them.

If you have a similar case, you can inquire about applying for TRLA’s free legal services at our hotline (888) 988-9996. Please keep in mind that TRLA can provide services only to people who meet federal guidelines for free legal services.

Established in 1970, Texas RioGrande Legal Aid , Inc. is a nonprofit organization that provides free legal services to about 23,000 low-income Texans in 68 counties. TRLA provides low-income Texans high-quality legal assistance and related educational services.



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46
Years
2019

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The greatest show on earth

No one enjoys getting impeached, and if it happens to him, Donald J. Trump will be no exception.

On the other hand, it's hard to imagine any potential target of impeachment in Anglo-American history relishing the fight more than Trump. He'd rather be done with the Mueller investigation in all its permutations, but there's no one better suited to being at the center of a harshly partisan, deeply personal political and legal donnybrook that will ultimately be just for show.

Trump famously told top aides at the beginning of his administration that he wanted them to view each day as a TV episode. Impeachment would be a helluva season, matching a momentous process of American government with low political melodrama.

This may feel like a devolution from the buttoned-up Mueller probe, but the House should have been the locus of the Trump investigation in the first place.

Because Justice Department policy says a president can't be indicted, Robert Mueller was never going to reach a legal conclusion about alleged obstruction. The question was whether the president's conduct

constituted an abuse of power that Congress would deem impeachable; in other words, it was a political question.

Congress, then, was always the most appropriate venue for the investigation and disposition of this matter, not the office of the special counsel, where instead of being out in the open, it was behind closed doors. Instead of being nakedly political, it was clothed in thick legal analysis.

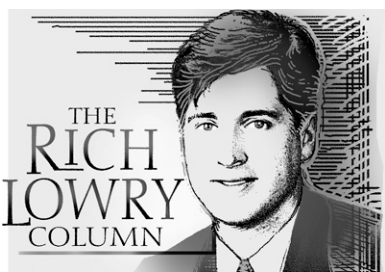
Instead of being a struggle between the branches, it was a struggle within the executive branch.

Now, the battle is truly joined. The body that is going to make the ultimate decision of what to do about Trump's conduct, if anything, is on the hook. It has to decide what goes too far and not far enough. Should it subpoena Trump's children? How much time should it devote

to investigations as opposed to its policy agenda? And, of course, should it impeach?

For his part, Trump is liberated to fight like a caged animal, asserting executive prerogatives vis-a-vis the legislature and engaging in flat-out partisan combat.

Trump would prefer a world in which he's universally praised, but short of that, this is his element. He's handled every controversy or fight – no matter how personal or treacherous – with the same straight-ahead aggression.

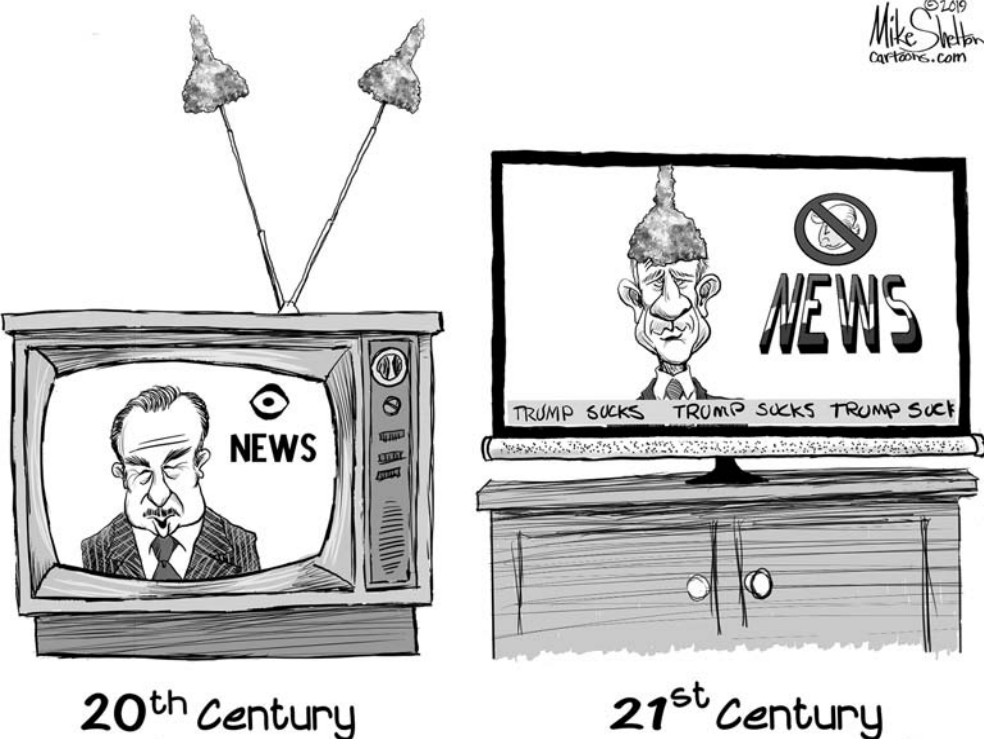
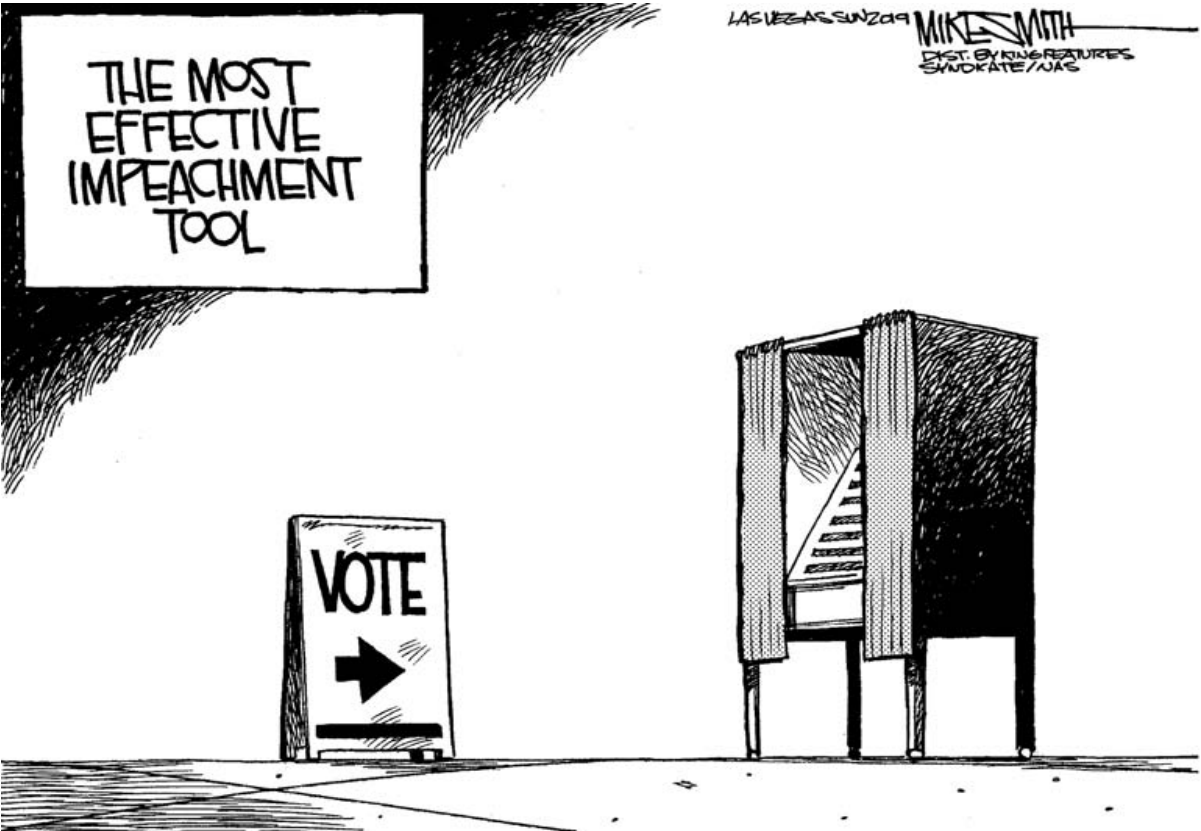



Trump is almost certainly better prepared and temperamentally suited for thermonuclear war with a Democratic House than he was to get substantive achievements out of a Republican House. He obviously hadn't thought through an actionable populist-conservative policy synthesis, but he has a lifetime's experience resisting and belittling enemies and extemporizing his way from one crisis to the next.

It may be impossible for him to stop impeachment, certainly not if Nancy Pelosi supports it. But he'll be the focus of a historic drama that will rate – or at least be remembered and analyzed – for a very long time. He will have succeeded in making the Democratic House majority all about him, and, if not getting convicted by the Senate counts as a victory, he will win in the end.

The post-trial tweetstorm will be something to behold.

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





Moments in time

THE HISTORY CHANNEL

- On May 6, 1954, in Oxford, England, 25-year-old medical student Roger Bannister cracks track and field's most notorious barrier: the four-minute mile. Bannister won the mile race with a time of 3:59.4.
- On May 7, 1994, Norway's most famous painting, "The Scream" by Edvard Munch, is recovered almost three months after it was stolen from a museum in Oslo. It was recovered undamaged from a hotel about 40 miles away.
- On May 8, 1973, in South Dakota, armed members of the American Indian Movement surrender to federal authorities, ending their 71-day siege of Wounded Knee, site of the infamous massacre of 300 Sioux by the U.S. 7th Cavalry in 1890.
- On May 9, 1926, according to their claims, American polar explorer Richard E. Byrd and pilot Floyd Bennett fly over the North Pole in a triple-engine Fokker monoplane. However, the discovery in 1996 of Byrd's diary suggests they may have turned back short of the pole because of an oil leak.
- On May 10, 1877, President Rutherford B. Hayes has the White House's first telephone installed, although he rarely received phone calls. In fact, the Treasury Department possessed the only other direct phone line to the White House at that time. The White House phone number was "1."
- On May 11, 1988, Kim Philby, a former British intelligence officer and double agent for the Soviet Union, dies in Moscow. Philby was perhaps the most famous of a group of British government officials who spied for Russia from the 1930s to the 1950s.
- On May 12, 1949, an early crisis of the Cold War comes to an end when the Soviet Union lifts its 11-month blockade of West Berlin. The blockade had been broken by a massive U.S.-British airlift of supplies to West Berlin's 2 million citizens.

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View from here By John Grimaldi

Nursing home abuse is on the rise

Elder abuse in nursing homes is on the rise again and senior advocate Dan Weber is calling for government intervention at the state, local and federal levels.

Between four and five million Americans are in nursing homes, the great majority of whom are seniors over the age of 65. "And too many of them have been and continue to be victims of nursing home abuse," according to Weber.

Who is president of the Association of Mature American Citizens (AMAC). "If it is determined that a family member needs care in a nursing home, the facility needs deep vetting, not just a cursory background check"

Weber says that it was recently revealed during hearings held by Sen. Chuck Grassley's Committee on Finance that it may not be enough to rely on a nursing home's good grades from the authorities when choosing a nursing home for a loved one. He cites the testimony of a woman whose mother died as a result of neglect in a home that had what Grassley described as "the highest possible ranking from the Centers for Medicare and Medicaid Services (CMS) for quality of resident care."

That revelation hit home for Senator Grassley who described the testimony at his hearing as "troubling." He promised additional investigations into nursing home abuse by the Department of Health and Human Services and the Government Accountability Office. He said that as soon as those investigations are completed new hearings would take place.

Meanwhile, CMS announced that it was already in the process of updating the way it rates nursing homes. CMS also issued new guidelines for "identifying and ultimately preventing" abuse or neglect cases.

Nursing home attorneys at Blasingame, Burch, Garrard & Ashley in Athens, GA say that in addition to physical abuse a majority of residents experience depression. And, they say that many patients too often are given the wrong medications.

AMAC's Weber warns that the decision to admit a relative to a nursing home is made more difficult because the patient may object and because the need may a lot of time to act. And, notes the National Council for Aging Care, "If your loved one can still make choices or discuss their wishes clearly, it is very important that you acknowledge their opinion and act accordingly."

Weber says that the decision to should not be determined by an individual family member. It's a time when all family members close to the individual who is ill to be consulted, although it is always wise to consult his or her physician.

"But, in most cases it is family members who must make the ultimate decision to move the patient into a nursing home. And, beyond that, it is up to family members to ensure that the facility they choose is the right one. They need to do their homework to pick a facility that has a history of caring for its patients. And, once a loved one takes up residency in a home, family members should make regular, unscheduled visits to make sure their loved ones are not being mistreated."

To facilitate the process of choosing and vetting a nursing home, there are a variety of sources on the Internet that can help you make the right decisions. Medicare, for example, has put together The Nursing Home Checklist that provides a list of the questions you need to ask.

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.

Food for thought By Jane M. Orient

Who is your doctor?

People used to know who their doctor was. His name and phone number were on the wall or the refrigerator next to the telephone. He was there for you and could manage most of your problems.

When I was about 13, my mom took me to our pediatrician for belly pain. He was on his way out the door, but he stopped to take care of me. He diagnosed appendicitis based on history and physical examination. He called his favorite surgeon ("Billy," a Tucson legend), who came from the golf course to meet me in the emergency room. Within hours, my red-hot appendix was in a jar. My parents paid the hospital bill (\$150 – 10 days' pay for a construction laborer) as I was discharged a few days later.

Today, the patient with abdominal pain could wait for hours to see the ER provider – possibly a nurse practitioner or physician assistant who had never seen a case of acute appendicitis. She'll probably get a CT scan, after another wait. Eventually, Dr. On-call may take her to the operating room, hopefully before the appendix ruptures. And the bill will be beyond the means of ordinary people.

I used to be able to direct-admit patients from my office and send them with a set of orders to the hospital admitting office. For years, this has been impossible. The hospital is decidedly unfriendly to independent doctors. There's now a gatekeeper in the emergency room, and most patients are under the control of a hospitalist.

This hospital, still Catholic at least in name, is now owned by a huge national conglomerate. Recently, it thwarted all efforts to keep it from dehydrating a patient to death despite lack of an advance directive or permission from next of kin. The patient's mother disputed the diagnosis of brain death. The gastroenterologist of her choice was willing and able to place a feeding tube, needed in order to transfer the patient to a skilled nursing facility, but the hospital would not permit it. An outside physician whom the mother had called on was removed from the patient's room by security, when she was merely praying with the mother. The mother could not get a phone call returned from an attending physician. Who was the doctor? Apparently, the hospital system.

Recently, a physician called me about her mother, who was seemingly a captive in a world-renowned hospital. She was concerned about her mother's nutritional status and falling oxygen level. She could not speak to the attending physician. "They play musical doctors."

Largely driven by government policy, the System is increasingly in control. A new level of intrusion is being proposed in California in a bill (SB 276) that would outlaw all medical exemptions for vaccines, unless a public health officer approves each one, based on the very narrow list of contraindications accepted by the Centers for Disease Control and Prevention (CDC).

Doctors traditionally swore an oath not to harm patients, and are liable if they do. But government officials are immune from liability, even if they overrule a physician's judgment that a particular patient faces an unacceptable risk of harm from a vaccine.

If you disagree with your private doctor, you can fire him or simply decline to follow his advice. But what if the government is your doctor?

In Arizona, law enforcement officers in tactical gear broke down the door to a home where children were sleeping, entered with guns drawn, and took three little children away from their parents. The stated reason: the mother had decided not to follow a doctor's advice to take her two-year-old to the emergency room for a fever, because the fever broke and the child got much better soon after leaving the office. The main concern seemed to be that the child was not vaccinated.

Americans need to defend their right to have an independent physician, to choose their physician and type of care, and to give or withhold informed consent to medical treatments. Otherwise, their "doctor" will be a protocol in a system staffed by interchangeable automatons. Treatments will be inaccessible or required, tailored to meet the needs and beliefs of the system.

If the government is the ultimate authority on your "health care," remember that its tools for checking whether a child has a life-threatening disease such as meningitis include battering rams and assault rifles.

Jane M. Orient, M.D. obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

Briefs

From Page 1

ranges from monthly average starting salary for nurses to health-care facilities per capita to nursing-job openings per capita. Texas was rated 13th in the study, ranking:

- 1st – Monthly Avg. Starting Salary for Nurses (Adjusted for Cost of Living);

- 14th – Nurses per Capita;
- 12th – Average Annual Salary for Nurses (Adjusted for Cost of Living);
- 15th – Projected Competition by 2026; and
- 23rd – Avg. Number of Work Hours.

Visit <https://wallethub.com/edu/best-states-for-nurses/4041/> for the full report.

– Diana Polk

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Baseball needs to get everyone interested in, well, baseball

By Steve Escajeda
Special to the Courier

In schools all across America, kids are squirming in their seats knowing that summer vacation is just a few short weeks away.

And though they can practically see the freedom coming, for now they are still in school and must finish their homework and go to bed early every night in order to wake up bright-eyed and bushy-tailed for the next school day.

The fact that young people in the United States are following this schedule is one of the reasons Major League Baseball gives for its early-season disappointing attendance figures.

But is that really the case?

Professional baseball has always geared itself toward the family. This is a sport where parents take their kids to the ballpark for a relaxing night of fun.

But with games usually starting around 7 p.m. and ended around 10:30 p.m., by the time a family strolls out of the stadium, they get home at about 11:30 p.m.

And that’s way too late for young kids to be out on a school night. So the thought is that most parents will wait until school is out.

There’s also the weather factor. Baseball starts in early April and the first month-and-a-half of the season is played in cold weather – especially in the central, eastern and northern part of the country.

And that’s where most of the teams are.

As it has been in the past, attendance will grow as soon as the kids are out of school and the summer weather is actually here.

But are schools and miserable weather the only reasons attendance is down? Shouldn’t we factor in that baseball games are too long and too slow?

Maybe that’s the real problem.

When I was a kid I listened to baseball games on my tiny transistor radio at school and as I fell asleep at night. Of course, I wasn’t supposed to be listening at school or

in bed – so please don’t tell anyone I told you that.

But really, how many kids today care about baseball? How many young people go to baseball games? How many would rather watch an NFL or NBA game because of the pace of the game and the action?

Based on official numbers from the MLB, in 2018 total attendance was 69,625,244 over 2,415 dates, or an average of 28,830 fans per game.

The league saw the per-game average attendance drop 4 percent compared with 2017’s average attendance of 30,042 (on 2,419 dates for a total of 72,670,423). The total attendance number for 2018 was the league’s first below 70 million since 2003.

All told, 13 teams saw attendance go up, compared with 17 that went down.

And the trend is even worse so far in 2019.

Let’s take the Florida Marlins for example, through their first seven games paid attendance has averaged 9,577 per game. But take away the 25,423 that came on Opening Day, the Marlins have seen an average of less than 7,000 per game (6,936).

Even the El Paso Chihuahuas are averaging 7,471 with an opening day crowd of 9,696.

Those big league teams who have suffered the most in 2019 are the San Francisco Giants (down 6,656 fans per game), Toronto Blue Jays (4,578), Minnesota Twins (3,387), Kansas City (3,240) and Houston Astros (3,228).

The Cincinnati Reds set a new attendance low at Great American Ball Park, with 7,799 fans turning out for a game against the Milwaukee Brewers.

Baseball has made a few changes over the years like instituting instant replay and limiting the number of mound visits by players and coaches.

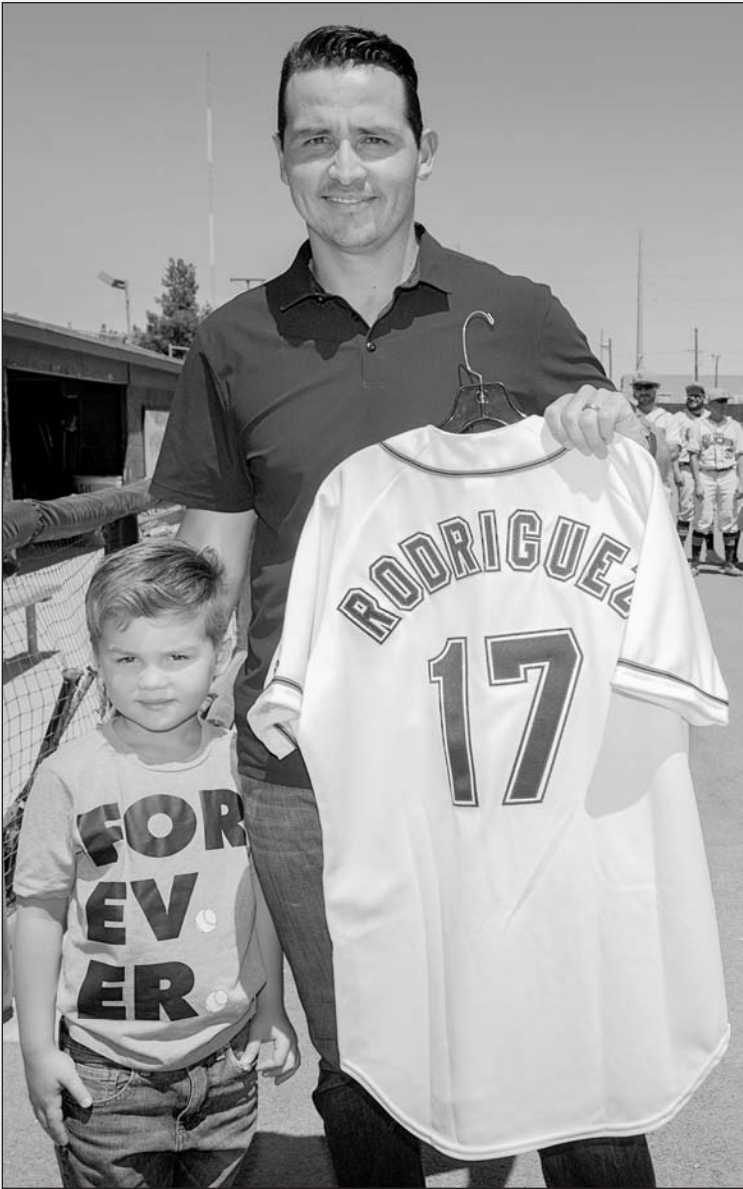
I think it’s time to go to the digital strikes and balls.

They put that strike-zone square on the screen for all of us to see. Can you imagine how much time will be saved from players and coaches on both sides arguing balls and strikes on every other pitch.

There can be no argument if the machine is calling it. Just like in tennis, once they go to the digital replay to see if a ball was in or out – that’s it – everyone agrees and moves on.

It’s just a thought, but it’ll be the best thing to happen to baseball since just sending the batter to first base on an intentional walk.


Rodriguez’ number retired



– Photo courtesy El Paso Commuinity College

El Paso Community College’s baseball team retired the number 17 worn by former Tejano Fernando Rodriguez. The ceremony took place before game one of the team’s final home stand of this season. While a member of the 2003 EPCC baseball team, the Anaheim Angels selected Rodriguez in the Major League Baseball Draft. Rodriguez now pitches for the El Paso Chihuahuas of the San Diego Padres’ farm system after spending time in the majors with the Angels, Houston Astros and Oakland Athletics. His parents, wife and children joined Rodriguez at the ceremony. Some of the current Tejanos team are behind Rodriguez and one of his sons is with him in the photo above.

– Jim Heiney



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Super Crossword

DIVIDING
EXPERIMENT
ACROSS

1 Simulates, as an event

9 Employ anew

15 Barely visible

20 Dirigible pilot

21 Cuts into

22 The "O" of TV's OWN

23 Changing from one form of matter to another

25 Unrestrained

26 Hollywood's Harper

27 2006 Supreme Court appointee

28 Ballerina Alicia

29 "Tapestry" singer King

32 Eons ago

35 Son on "Family Ties"

36 _-fi movie

38 Fund held in trust

39 Cow's mouthful

40 Kindled anew

42 Linda of "Dynasty"

46 Bongos, e.g.

48 Of the study of the hair and scalp

52 Mine transports

56 Abbr. at the end of a list

57 Road groove

58 North Carolinian, informally

60 Puts to work

61 "Reward" for awful service

63 French for "eye"

64 Road

66 Annual movie event in Lower Manhattan

71 U.S. pres. George (#41 as opposed to #43)

72 Lounge lazily

73 Agatha Christie's "There Is _"

74 Voting no

75 Loss of recollections

78 Home for mil. planes

79 Machines next to mice

82 Actress Sarah of "American Crime Story"

85 Starter or finish judge at a meet, e.g.

88 "Woo-hoo!"

90 Docking site

91 Spanish wavy mark

92 27-Across' first name, for short

95 Kind of tire

98 Pack animal

100 Cooking fat

101 Having depth as well as length and width

106 Is abrasive

108 Kiddie-lit "pest"

109 Observed secretly

110 Minnesota's state bird

111 On top of

112 Action short of a divorce... or what occurs in six long answers in this puzzle?

118 More sage

119 Red-brown

120 Nullified

121 Wound vestiges

122 Sets foot in

123 Exonerated

DOWN

1 Traitor

2 Suffix with cannon

3 Piece of the past

4 Not poisonous

5 Actor Elgort

6 Produces

7 Bath locales

8 Holy figures: Abbr.

9 Sphere

10 Bud of Bert

11 Real good-looker

12 Turns of phrase

13 "Stuck" actor Stephen

14 Class for U.S. aliens

15 "Go where I go"

16 "What _ excuse for..."

17 Paradoxical

18 Capital of the Bahamas

19 It's rung out on New Year's Eve

24 Mai _

28 Love, in Nice

29 _ blanche

30 Advisory

31 Piece of the past

32 DVR brand

33 Livy's 1,400

34 Flynn of old movies

37 Welsh, e.g.

41 Is pounding

43 Actor's rep.

44 Hollywood's Vardalos

45 Tool for cutting decorative spiral lines

47 Snaky shape

49 Not inner

50 "Excuse me"

51 Ericson of exploration

53 On a cruise

54 Line winder

55 Old JFK jet

59 Zeno of _ (philosopher)

61 Ex _ (from nothing)

62 Date tree

64 Inflexible

65 Morsel

66 Fish that's a sushi staple

67 Q-V link

68 It might have serifs

69 Robert of "The Sopranos"

70 Groups of employees

71 Protestant denom.

75 Battery end

76 I, in German

77 Alias lead-in

79 Rice-and-broth dish

80 Training unit

81 Luges, e.g.

83 Group associated with red fezzes

84 McCain's 2008 rival

86 Spoken

87 Salsa herb

89 _ and yang

92 Drink inserts

93 Language of the Koran

94 Brunch drink

96 Help

97 Fat-breakdown enzyme

99 Goal getter

102 Delaware's capital

103 Ship of the Middle East

104 Jays' homes

105 Suffix with cannon

107 Stockpile

110 Liquid rock

112 Two plus one, in Turin

113 Trot quickly

114 Mom's mate

115 Ca++ or Cl-

116 Lyrical verse

117 Beatty of "Network"

Answer Page 4

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					
				26				27							28						
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35					36	37					38							39			
40				41		42		43	44	45			46				47				
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				61				62		63					64	65					
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82					83	84			85				86				87				
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108									109						110						
111								112	113						114				115	116	117
118								119							120						
121								122							123						

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



Blood pressure drops when he stands up

DEAR DR. ROACH: Will you write about orthostatic hypotension? I've been told I have this disorder. I'm a retired 86-year-old man in fairly good medical shape. I want to regain my regular activities. My regular doctor put me on labetalol. I think he is researching this a bit himself. This apparently is not a frequent problem. I have found articles about it on the internet, but the medical language is not easy to understand. – R.T.F.



“Orthostatic hypotension” literally means “low blood pressure on standing upright.” It is a symptom, not a diagnosis. There are many medical conditions that can lead to the symptom of orthostatic hypotension, but many people, especially those over 65, have no discernable cause that can be found.

On standing, the blood pools in our veins, and the heart and blood vessels need to rapidly adjust to prevent blood pressure from falling too much. Even a brief drop in blood pressure can lead to a sensation of lightheadedness, and to fainting if it is more severe and prolonged. Normally, blood pressure drops about five points, but the body compensates by increasing heart rate and by constricting blood vessels.

As we get older, our body’s ability to adapt to rapid changes in position can diminish. Medications, especially beta blockers and antidepressants, interfere with the body’s coping mechanisms. So I am surprised that your doctor is trying labetalol, since it is both a beta and alpha blocker, and it is one of the most notorious causes of orthostatic hypotension. But it can be difficult in older people with high blood pressure to find a medicine that doesn’t make orthostatic hypotension worse.

Some general advice may be of benefit. First, don’t try to get up too quickly. If lying down, sit up for a few minutes before trying to stand, to give your body time to adapt. If your doctor says it’s OK, increase salt and water intake.

In your case, it might be worth finding someone, like a hypertension expert or a cardiologist, with more expertise in managing orthostatic hypotension. I assure you it is far more common than you might think.

DEAR DR. ROACH: I have been experiencing shortness of breath whenever I vacation and walk in the mountains. I was

See HEALTH, Page 8

EVERN WHEN IT’S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

VISIT SAFERCAR.GOV/KIDSBUCKLEUP

www.nhtsa.gov

Health

From Page 7

a smoker, but I quit 31 years ago. My doctor sent me for the lung capacity breathing test, and I passed with flying colors. The technician said my number was one of the highest she has seen. This concerns me. Why is it happening? – N.L.

I have two concerns. The first is that lung capacity is a measure of just what it sounds like – how big the lungs are. When the technician says it’s among the biggest she’s seen, I worry that it’s too big. An elevated lung capacity can go along with emphysema, which can be related to distant smoking or can be due to a condition called

alpha-1 antitrypsin deficiency. Emphysema can be diagnosed by other components of pulmonary function tests, particularly a test called the DLCO, and confirmed by X-ray or CT. However, breathing problems also might indicate heart problems and anemia, so you might need another visit. On the other hand, there is less oxygen in the thin mountain air, so some degree of shortness of breath might not be abnormal.

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. (c) 2019 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: M equals T

HIVC OA KPPJI QVLDDA HLCMR
RPOVMIYCS LJJPOKDYRIVN,
IV SPVR LM YM HYMI NPSSVN
NVMVQOYCLMYPC.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

6			1				2	
	8	9		7				5
		7			4	3		
5				8		2		
		2	9		5		8	
	9				6			4
8				3			5	
		6	7					1
	2				9	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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Fake blood pressure readings, yet gain



by Freddy Groves

A Department of Veterans Affairs outpatient clinic in Virginia has been recording fake, incorrect blood pressure readings of veterans who came in for care. A 139/89 reading was routinely entered during blood pressure rechecks. Why that number? Because a higher number would have triggered follow-up care. Once again, it was the VA’s Office of the Inspector General that caught the pattern. Eight weeks later, the OIG discovered that nothing had been done to correct the problem. They stepped in again and wrote five recommendations for improved care, and more than 800 veterans have been notified to return for blood pressure screenings. It’s not the first time this has happened. Last fall it was a VA clinic in Kentucky, and

the blood pressure reading was 128/78. In that case the OIG discovered that by entering that particular reading, it would turn off the automatic note to physicians about whether or not the patient needed lab work, referrals or medication. It was a ploy to save work on the part of the medical staff. The OIG discovered, by calling veterans, that often no blood pressure reading had even been taken. What made it worse was that the fake readings triggered staff performance bonuses. We need to step up and manage our health care. Take a pad and pen with you to appointments and take notes: your weight, any medications you’re to take, the results of any lab work... and your blood pressure reading. Keep these notes in a file. Compare them to previous appointment notes. If you see a pattern – in this case, if your blood pressure is the same from visit to visit – ask questions. Get a message to your doctor and let him know.

High blood pressure can lead to heart attack, stroke, kidney disease and more. Take care of yourself. (c)2019KingFeaturesSynd.,Inc.



- “If you have a flannel-backed vinyl tablecloth that gets a tear, don’t throw it out. You can cut it into rectangles to line a shelf. Use a thin bead of glue at the edges to keep them down, and it makes a nice liner. You can even use squares between pans as a scuff guard.” – T.A. in Ohio
- Washcloths with tags on them can be hung from an “S” hook on a towel bar. You can fit several, and they’ll still dry as long as you hang them from the tag.
- Sewing machine tip from C.K. in Texas: “After you oil your machine, use a folded over paper towel to put a few stitches through. It will absorb any excess oil that is on the machine’s surface or needle.”
- Use a used fabric softener sheet to collect cat hair from areas where Kitty likes to nap – the back of the couch, fabric-covered chairs, etc. This also works on curtains that are regularly rubbed up against. Make sure you use a sheet that has already gone through the laundry.
- “Idea for an old, unpaired sock: Insert a tennis ball and tie closed, then give to a dog as a toy.” – R. in Oregon.

- Here’s another sock tip: Fill with clean, uncooked white rice and knot closed. Heat in the microwave for a hot pack to use on aching muscles.
- Use an old toothbrush to clean out your combs or small brushes. Spray the comb with alcohol and then use the toothbrush to scrub it clean.

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!

	×		–		10
–		÷		÷	
	+		+		7
×		×		+	
	×		–		18
10		15		9	

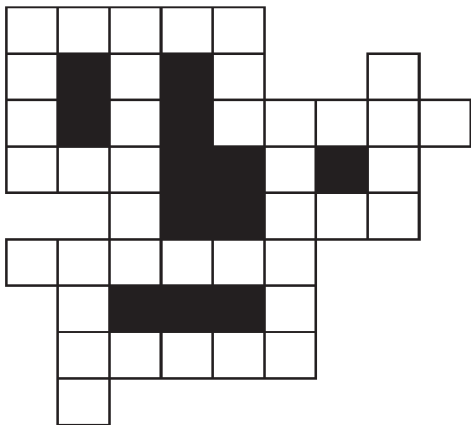
1 2 3 4 5 5 6 7 8

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Answer Page 4



SEY
LAFMEA
♥ TOFLA
EDML
BLYOMS
DFA
DALR
♥ RESID
♥ ABD
♥ SNEFTI
SYULT
LYFA



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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