



NEWSBRIEFS

Sister cities

The City of San Elizario added four new international Sister Cities, during a ceremony on April 27, 2019. The ceremony took place during the 28th Annual History Conference and Rio Grande Festival. The effort is to unite cities along the Camino Real de Tierra Adentro in the promotion and preservation of the Camino. The four cities are:

- Hidalgo de Parral;
- Aquiles Serdán;
- Valle Allende; and
- Jiménez.

— Al Borrego

Best states for police officers

With National Police Week kicking off on May 12, the personal-finance website WalletHub has released its report on *2019's Best & Worst States to Be a Police Officer* as well as accompanying videos. In order to determine the best states to pursue a career in law enforcement, WalletHub compared the 50 states and the District of Columbia across 27 key indicators of police-friendliness. The data set ranges from median income for law-enforcement officers to police deaths per 1,000 officers to state and local police-protection expenses per capita. Texas placed 21st (1-best, 51-worst) in this study, ranking:

- 4th – Law-Enforcement Officers* per Capita;
- 8th – Median Income for Law-Enforcement Officers (Adjusted for Cost of Living);
- 39th – Median Income Growth for Law-Enforcement Officers;
- 35th – Violent-Crime Rate;
- 15th – Percentage of Homicide Cases Solved;
- 33rd – State & Local Police-Protection Expenses per Capita; and
- 29th – Police Deaths per 1,000 Officers.

* “Law-enforcement officers” includes police and sheriff’s patrol officers, detectives and criminal investigators.

Visit <https://wallethub.com/edu/best-states-to-be-a-cop/34669/> for the full report.

— Diana Polk

Working mothers

With Mother’s Day last Sunday and

See BRIEFS, Page 5

We are living in an unprecedented era. Never before have people acquired so many unpaid for things.

— Quips & Quotes

San Eli is attracting business investors

By Alfredo Vasquez
Special to the Courier

SANELIZARIO—Residents of the City of San Elizario are seeing their quaint, rural community gradually transform into an attractive municipality for small business owners who are discovering that the lower valley community is desperately underserved when it comes to public amenities.

The community of San Elizario has been known primarily as a small, quiet town with a 400 hundred-year history that dates back to the arrival of the Spaniards, who trekked along the Rio Grande and established this region’s first presidio and the iconic Chapel of San Elizario.

And, for many years San Elizario was separated from the cities of Socorro and El Paso by miles of farmland with just a few houses, schools, and churches dotting the landscape. But all that is changing rapidly, as San Elizario is now

See SAN ELI, Page 5



— Photo by Alfredo Vasquez

LANDMARK – The San Elizario community, known mostly for its renowned Presidio Chapel (above) and as a haven for Southwestern artists, is now attracting the attention of numerous small business owners.

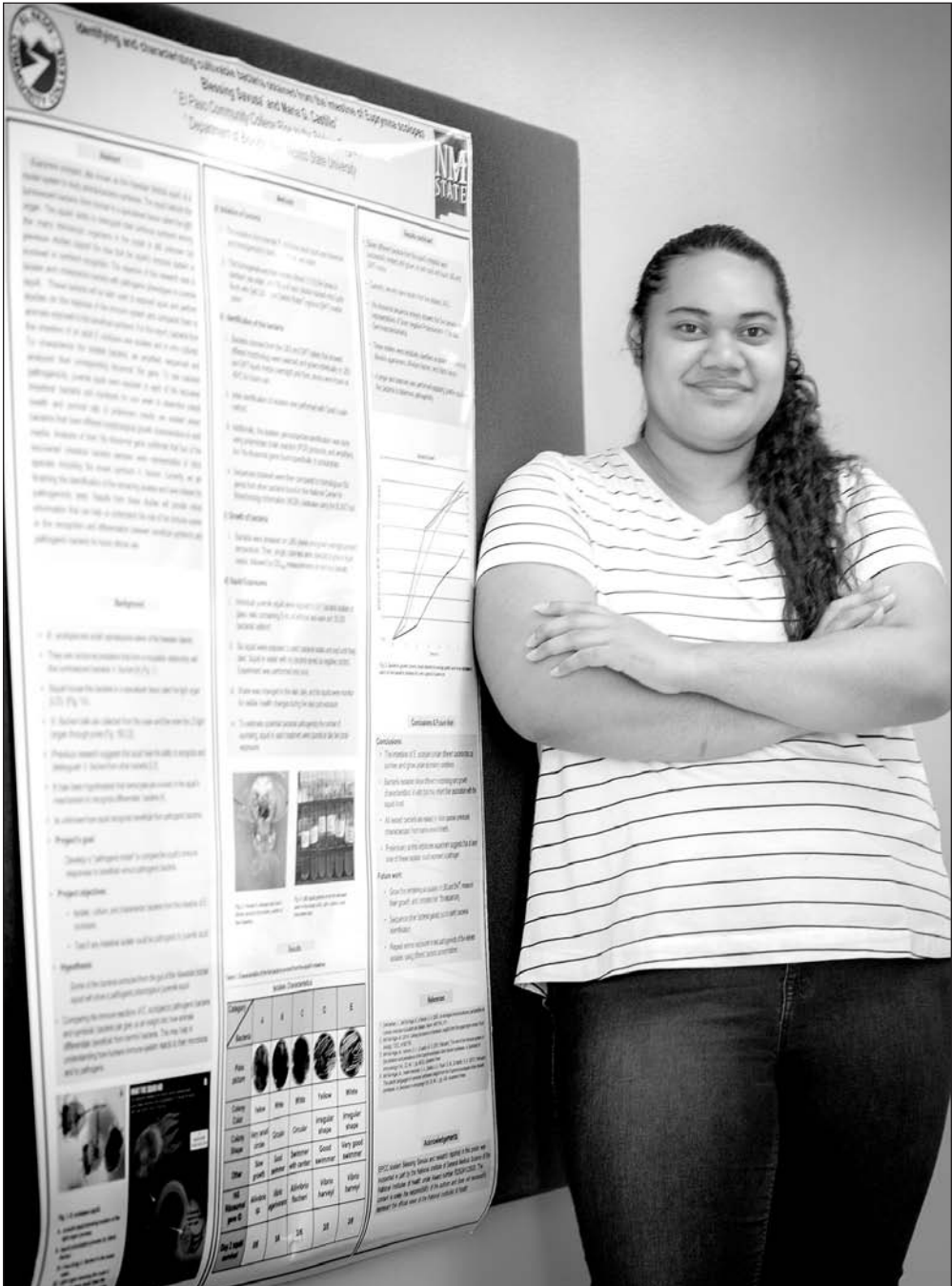
Savusa receives RISE microbiology award

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Research Initiative for Scientific Enhancement (RISE) student, Blessing Savusa, received an award for her poster presentation at the American Society for Microbiology Rio Grande Branch Annual Meeting in Socorro, NM. Her research project was done in collaboration with Dr. Maria Castillo at New Mexico State University (NMSU). The title of her presentation was *Identifying and Characterizing Cultivable Bacteria Obtained from the Intestine of Euprymna scolopes*.

The goal of Savusa’s research project was to “create a ‘Pathogenic Model’ that compares the immune system responses to pathogenic bacteria versus the symbiotic *Vibrio fischeri*.” Savusa said, “This information can provide critical information to help understand the role of the immune system in recognition of beneficial symbionts.” Savusa used the knowledge gained from being a student in the RISE to the Challenge Bridge program at EPCC to complete her award-winning yearlong research.

EPCC was the first community college to be funded by the National Institutes of Health’s RISE Program, now called RISE to the Challenge Bridge Program. “The program offers paid year-round internships for EPCC students like Blessing to conduct scientific research



— Photo courtesy El Paso Community College

RISES TO THE OCCASION – Blessing Savusa stands next to her RISE award winning poster.

See SAVUSA, Page 4

Food for thought

By John Grimaldi

Seniors under pressure to repay student loans

Millions of seniors are struggling to pay off student loans. But, these seniors are not scholars; they are senior citizens, older Americans, many of whom have had their retirement plans disrupted as a result.

And, according to the Association of Mature American Citizens (AMAC), Social Security benefits can be garnished if they default on federal student loans.

Infact,saysAMAC’spresident, Dan Weber, a growing number of seniors are having their Social Security benefits withheld because they are defaulting on their federal student loans. He cites the U.S. Government Accountability Office (GAO), which has reported that “older borrowers (age 50 and older) who default on federal student loans and must repay that debt with a portion of their Social Security benefits often have held their loans for decades and had about 15 percent of their benefit payment withheld.”

Total outstanding student loan debt has reached “stratospheric proportions. It currently stands at more than \$1.5 trillion – that’s trillion with a T. And, \$86 billion dollars of that debt is owed by Americans over the age of 60,” according to Weber.

The GAO has made suggestions that could aid seniors whose Social Security benefits may be garnished. For example, if benefits are less than \$9,000 a year (\$750 a month) they cannot be garnished. But,

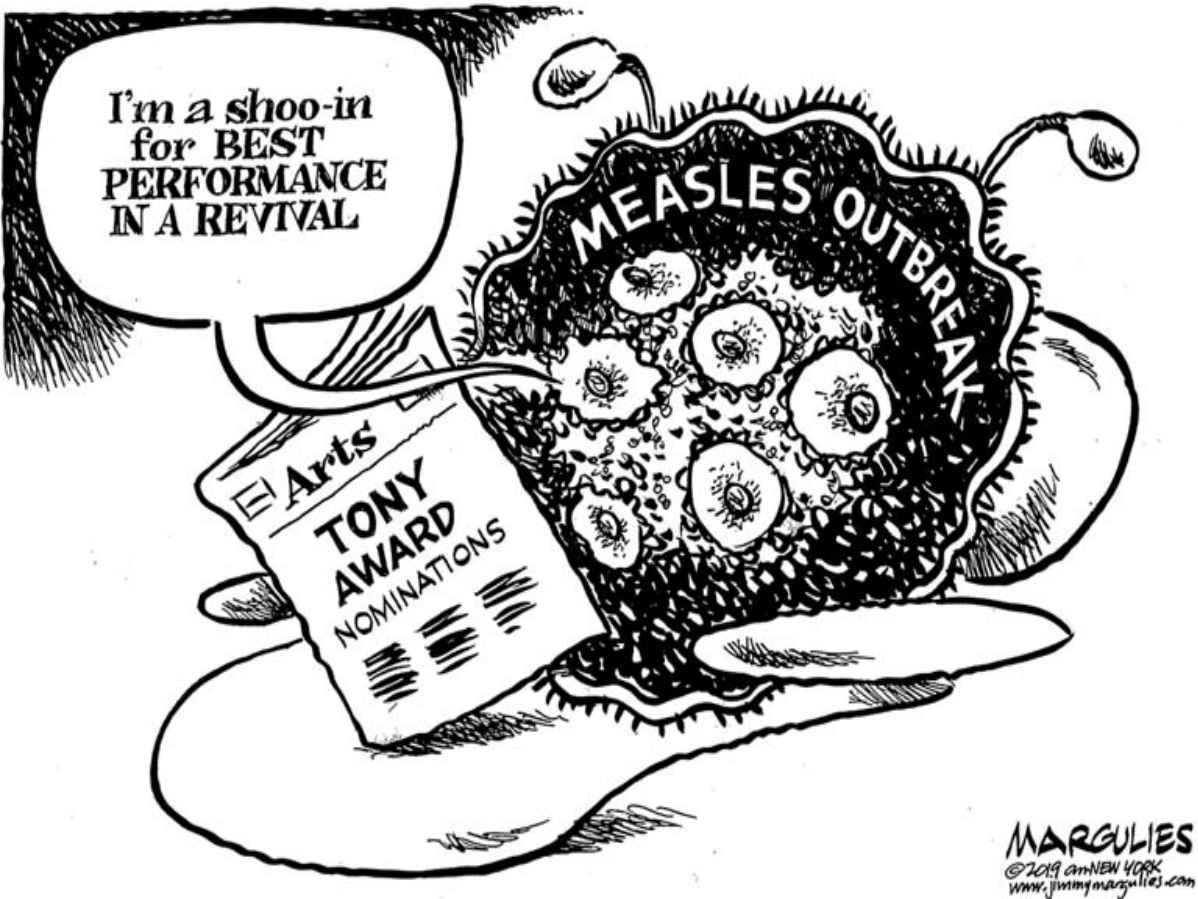
it’s been quite a while since that \$9,000 threshold was established and so the GAO suggests that it be increased and indexed for inflation.

Meanwhile, if your benefits are being garnished, be aware that the Department of Education may be able to help you create a more affordable repayment option. Get in touch with the DOE and ask for a suspension or a reduction. You’ll have to provide documentation for relief

More than half of seniors whose benefits are being withheld are receiving disability payments and may be able to receive a disability waiver. It can be a difficult process, but it also can be worth the effort. It’s been reported that as many as a third of disability waiver applications are approved.

Finally, says Weber, there are agencies and organizations that can provide specific help in getting out from under Social Security offset withholding due to a student loan default. He suggests getting in touch with the National Consumer Law Center or The National Center on Law and Elder Rights.

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 Jane M. Orient, M.D.

Should we panic over the measles outbreaks?

In general, it is not a good idea to panic about anything. The panic itself often causes more harm than the original threat.

Crisis situations, real or contrived, lead to new intrusive laws that the public would never accept otherwise. We supposedly cherish freedom, but if we believe that the world will end if we don’t act NOW, then we may clamor for the government to save us. Cynical politicians bent on increasing their power never let a crisis go to waste.

Something like the Green New Deal – the end of our comfortable, prosperous lifestyle – takes a truly apocalyptic threat. But to eliminate our freedom to decline a medical treatment, the threat that “millions will die” of measles is evidently enough. Or if not millions (most older people had measles and recovered fully), a few especially vulnerable children, who can’t be vaccinated themselves, might catch measles and die.

There are several hundred cases of measles nationwide, more than in 2014, and bills are being pushed through state legislatures to eliminate all but very narrow exemptions to the 60 shots now mandated for school attendance.

In New York City, people are receiving summonses based on Mayor Bill de Blasio’s emergency order. Everybody, adult or child, who lives in four ZIP code areas must get an MMR shot or prove immunity, or face the prospect of a \$1,000 fine (\$2,000 if you don’t appear as ordered). Your religious exemption is overridden. The threat of 6 months in prison and the prospect of forcible vaccination were removed before a hearing on a lawsuit brought by five mothers. The judge dismissed the case.

Health Commissioner Oxiris Barbot said that the purpose of the fines is not to punish but to encourage more people to proclaim the message that vaccines are safe and effective. Get it? If you say something to avoid a fine, that makes it true.

It’s about the need for herd immunity, they say. We need a 95 percent vaccination rate for herd immunity to measles. With only 91 percent or so we are having outbreaks! If we could just vaccinate another four- or five-percent!

Mayor De Blasio has a point about vaccinating everyone. Adults are getting measles because their shots have worn off. It is likely that we have survived for decades with a large part of the adult population vaccinated – but not immune. So where do the mandates stop?

Outbreaks have occurred in populations with a near-100 percent vaccination rate. Was it vaccine failure? Or was the vaccine not refrigerated properly?

Or was a claimed outbreak real? One in Ann Arbor, Michigan, was called off when a special test, a reverse transcriptase polymerase chain reaction (RT-PCR) showed a vaccine-strain measles virus rather than a wild-strain measles virus. Some five-percent of vaccinees may get an illness that looks like measles, but it is just a “vaccine reaction.” Can they shed live virus? Yes. Should you keep your immunocompromised child away from recently vaccinated people? Just asking.

Like all medical treatments, vaccines are neither 100 percent effective, nor 100 percent safe. Read the FDA-required, FDA-approved package inserts. Arizona defeated a law that would have required making these available to parents in obtaining informed consent. (You can get them on the internet.) Vaccine Court has paid out about \$4 billion in damages – recently for two children with severe brain damage from encephalopathy (that’s brain inflammation) after a fight lasting about 15 years. Just incidentally, they had an autism diagnosis also. Parents bring their severely injured children to hearings. You won’t see these children on tv, only pictures of babies with measles. No “fear-mongering” allowed about “rare,” possibly coincidental problems from vaccines.

There are trade-offs with vaccines: risks and benefits. But in the panic about measles, the right to give or withhold informed consent – fundamental in medical ethics as well as U.S. and international law – is being sacrificed. And so is free speech. The AMA wants to censor “anti-vaccine” information on social media. I happened on a factual article by investigative reporter Sharyl Attkisson, but was not able to retweet it because it had been removed.

The threat of infectious diseases is real and increasing. We need more robust public health measures, better vaccines, and improved public knowledge and awareness. Deploying vaccine police and shutting down debate will erode trust in health authorities and physicians, although more people may get their shots. But such heavy-handed measures will not defeat the enemy – measles and worse diseases.

Jane M. Orient, M.D. obtained her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is currently president of Doctors for Disaster Preparedness. 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.

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We've heard enough from Robert Mueller

The last thing the world needs is more of Robert Mueller's commentary, but Congress is determined to have him hold forth at a public hearing.

It's not as though we don't already have the special counsel's version of events. He mustered enormous investigate resources and took two years to write a 400-page report that is available to the public and presumably carefully written (although not necessarily carefully thought through).

That should be enough for Mueller to stand on, and enough for Congress to make a decision to impeach or not impeach, or otherwise dispose of the matter as it sees fit.

Instead, Mueller is going to be asked to expand on his already-expansive report that not only blew through Justice Department regulations, but inverted the long-standing burden of proof in the Anglo-American legal tradition.

As a prosecutor, Mueller's job – his sole job, really – was to decide whether or not the president was guilty of a crime. He declined to do this, choosing instead to write a nearly 200-page volume on obstruction cataloging what he found in the course of not making the only decision he was supposed to make.

The relevant regulations say

that at the conclusion of the special counsel's work he or she "shall provide the Attorney General with a confidential report explaining the prosecution or declination decisions reached by the Special Counsel."

On obstruction, Mueller reached no such decision, and he didn't write a confidential report, either – his report was clearly meant for public consumption. Besides that, he's a stickler for the rules.

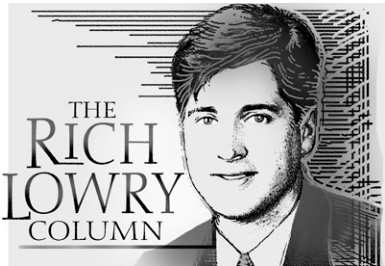
Worse, as Trump's special counsel Emmet Flood set out in an excoriating letter, by stipulating that the evidence prevented him "from conclusively determining that no criminal conduct occurred," Mueller stood the presumption of innocence on its head.

By Mueller's standard, the prosecutor doesn't have to prove guilt – the target has to prove innocence. And if the target doesn't, he will be disparaged

in a long-form quasi-indictment spelling out why he's not exonerated.

If anyone not named Donald J. Trump were subjected to this new prosecutorial standard, it would occasion widespread comment and – one hopes – consternation.

Now, Congress wants Mueller to compound the offense by speaking publicly. It doesn't want facts from him. They are already in the report. It wants opinions and sound bites, especially any

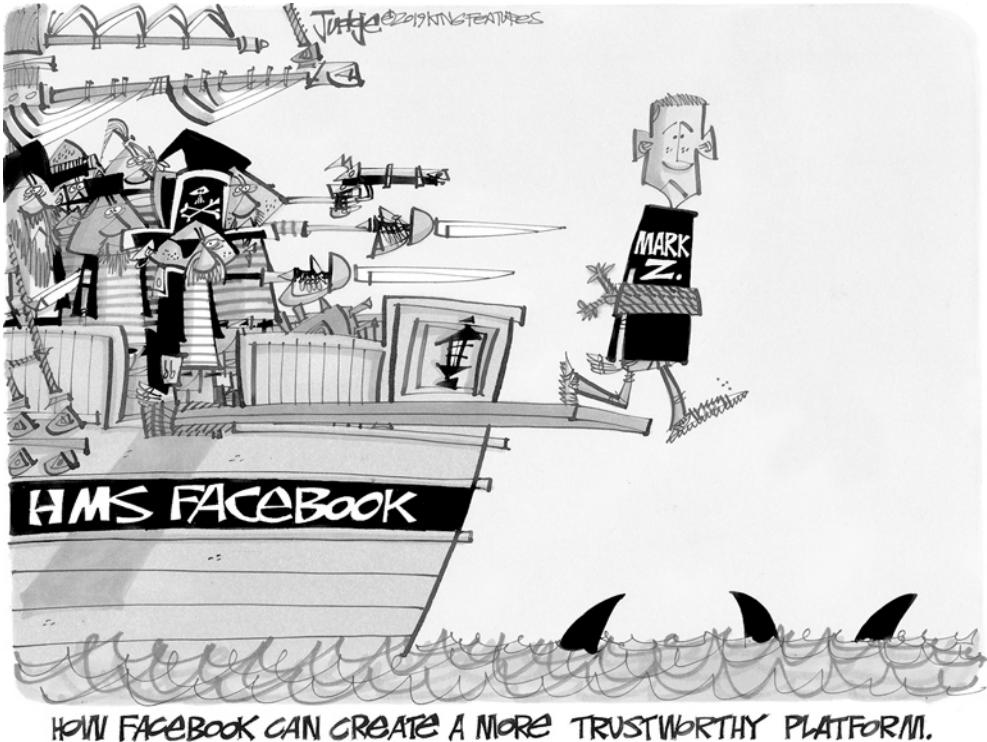


embarrassing to the president. Congress wants him to spend a couple of high-profile hours further "not exonerating" the president.

If Mueller had a proper understanding of his role, he would decline the congressional invitation. But the fact is that Mueller and Congress have a symbiotic relationship. For two years, Mueller was acting as, in effect, the lead counsel for an impeachment inquiry – bizarrely housed within the executive branch – while Congress wants to use his moral authority as a crutch at a time when it is vulnerable to charges of partisan overreaching.

This, too, is not supposed to be how the system works. But we are long beyond anyone caring. For a swath of the political world and much of the media, all that matters is that Mueller "not exonerate" Trump, and the more, the better, in whatever format or forum.

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





BIG MONEY – Representatives from H-E-B and Socorro ISD surround the \$100,000 check awarded to the District.

By Christie Flores-Jones
Special to the Courier

opportunities for every student to succeed, supporting highly qualified educators, and engaging parents and the community.

“This is an outstanding validation of Team SISD’s hard work, unity, and commitment to student success,” said SISD Superintendent José Espinoza. “Everyone in Team SISD contributed to winning this incredible award. Thank you to our board members, teachers, administrators, support staff,

SISD received \$100,000 for being named the large school district winner. As finalists for the award, SISD and the Board of Trustees already received \$5,000 each, which is being invested in the district's Operation Future Ready/WINning programs.

At the awards ceremony, the SISD Board of Trustees was recognized for being a finalist in the school board/leadership category for outstanding academic progress in the district, identifying and acting on community needs, and using innovative methods for community engagement. This was the first time the board was named a finalist in the HEB

From Page 1

and present their projects at regional and national scientific conferences.” Dr. Maria Alvarez, Professor, Coordinator of Biology and RISE and Building Infrastructure Leading to Diversity (BUILD) Program Director said “The goal is to provide EPCC students with all the tools to be successful in their science and mathematics classes at EPCC, so they can transfer to a four-year university including UTEP and NMSU and graduate

The opportunities from being a RISE to the Challenge Bridge student at EPCC has opened many doors for Blessing Savusa both academically and career-wise. “Being in the RISE Program I was able to learn a lot of basic research techniques. Just knowing how to work with research instruments really sets me apart from other students.” Savusa adds, “With this experience, I can pursue a career in biomedical research. This program has put me a step ahead and it was a great experience.”

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Moments in time

THE HISTORY CHANNEL

• On May 13, 1981, Pope John Paul II is shot and wounded at St. Peter's Square in Rome by Turkish terrorist Mehmet Ali Agca. He claimed that he had planned to go to England to kill the king but couldn't because there was only a queen and "Turks don't shoot women."

• On May 14, 1973, Skylab, America's first space station, is launched into orbit around the Earth. Eleven days later, U.S. astronauts rendezvoused with Skylab, repairing a jammed solar panel and conducting scientific experiments during their 28-day stay.

• On May 15, 1941, the turbojet-propelled Gloster-Whittle E 28/39 aircraft flies over Cranwell, England, in the first test of an Allied aircraft using jet propulsion. It reached a top speed of 370 mph at 25,000 feet.

• On May 16, 1849, the New York City Board of Health finally establishes a hospital to deal with a cholera epidemic that would kill more than 5,000 people. The city was ripe for an epidemic because of poor health conditions and its attraction for immigrants from around the world.

• On May 17, 1885, the Apache chief Geronimo again breaks out of an Arizona reservation, fleeing with 42 men and 92 women and children, and sparking panic among Arizona settlers. Geronimo surrendered in September 1886.

• On May 18, 1593, an arrest warrant is issued for Christopher Marlowe after fellow writer Thomas Kyd accuses him of heresy. Kyd had been arrested because of heretical documents found in his room, but he claimed they belonged to Marlowe, his former roommate.

• On May 19, 1588, the Spanish Armada sets sail from Lisbon on a mission to secure control of the English Channel and transport a Spanish invasion army to Britain from the Netherlands. The Invincible Armada consisted of 130 ships and carried 2,500 guns and 30,000 men.

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San Eli

From Page 1

an incorporated city with its own mayor, city council, police force, and a city staff.

With the changes, business investors are discovering that the San Elizario community is prime for development. For instances, Family Dollar recently opened its second store in the city, the San Elizario Market now has two stores, an Auto Zone franchise has opened a store in the area, and a new laundromat is now in full operation. Additionally, a Church's Chicken fast food

Briefs

From Page 1

70 percent of moms with young children working today, the personal-finance website WalletHub has released its report on *2019's Best & Worst States for Working Moms* as well as accompanying videos. In order to help ease the burden on "Women Who Work," particularly moms, WalletHub compared the attractiveness of each of the 50 states and the District of Columbia for a working mother based on 16 key metrics. The data set ranges from median women's salary to female unemployment rate to day-care quality. Texas ranked 43rd in the study. Other stats:

- New York has the highest day-care quality score, 116, which is five times higher than in Idaho, the lowest at 23.
- Mississippi has the lowest child-care costs as a share of the median women's salary, 9.55 percent, which is 3.3 times lower than in Nebraska, the highest at 31.58 percent.
- The District of Columbia has the highest ratio of female executives to male executives, 67.07 percent, which is 2.8 times higher than in Utah, the lowest at 24.24 percent.
- Maryland has the lowest share of single-mom families with children younger than 18 in poverty, 25.50 percent, which is 1.9 times lower than in Mississippi, the highest at 49.60 percent.
- Michigan has the highest median annual women's salary (adjusted for cost of living), \$44,397, which is 1.5 times higher than in Hawaii, the lowest at \$28,850.

Visit <https://wallethub.com/edu/best-states-for-working-moms/3565/> for the full report.

— Diana Polk

restaurant recently opened its newest El Paso County store in San Elizario.

With the opening of these new businesses comes jobs. As an example, the new Church's Chicken hired 40 employees of which 32 of them are high school students, according to Victor Cortez, director of franchise's operations in the El Paso region.

The new Church's Chicken and Family Dollar store opened in the newly developed San Elizario Center, which is located at the corner of Socorro Road and Chicken Ranch Road. The 16-acre project, which is owned by MJLED, LLC, a division of Odom Investments Inc., is in the heart of a trade area of more than 26,000 residents, according to Ed Coleman, project manager.

"Our business model is to build retail stores in Socorro, Fabens,

East Montana, Vinton, Anthony and now San Elizario", Coleman said. "We studied the San Elizario trade area and found that most of the residents were leaving the area to buy almost all of their essential goods and services such as fast food, pharmaceuticals, hardware, auto parts, and cell phone service," he said.

"This proved to us that the area is very underserved. Folks are driving at least eight miles to purchase everyday items and needs," he stated. "San Elizario is especially short of restaurants like Church's Chicken for young families. There are very few in the area where families and students can go after sporting events and for birthday parties and other special events. For instance, there are 11 schools within 3 miles of the new San Elizario Center with a student population of more than 6,500," Coleman stated.

"We spotted this same situation in Socorro 30 years ago when the population size was similar to the San Elizario trade area. We developed the first shopping center in Socorro at Alameda and Moon Road, which continues to be very successful to this day," Coleman related.

According to Coleman, the Odom investment group was also the original development partnership for the very large shopping center at North Loop and Horizon. "Both centers are eight miles from San Elizario and the closest major retail to San Elizario's residents," he related.

"Our plan is to bring these same major retailers and others to the citizens of the growing San Elizario area," Coleman added.

Classified Ads

LEGALS

PUBLIC NOTICE

LOWER VALLEY WATER DISTRICT

NOTICE OF ADOPTION FROM THE BOARD OF DIRECTORS OF THE LOWER VALLEY WATER DISTRICT REGARDING THE ADDING OF ADDITIONAL LANGUAGE TO THE DISTRICT'S RULES AND REGULATIONS CONCERNING THE TAMPERING AND PENALTY FEES REGARDING IRRIGATION WATER

The Lower Valley Water District (the "District"), a municipal utility district and a political subdivision of the State of Texas created by Article XVI, of

Section 59 of the Texas Constitution and operating under Chapters 49 and 54 of the Texas Water Code Annotated provides the following notice of adoption and update to the Rules and Regulations of the District.

The District is authorized to establish, update and change the Rules and Regulations of any of its policies deemed necessary for the successful operation of the District. The adoption of the additional language updating the District's Rules and Regulations governing the ability to add tampering penalty fees to those individuals receiving unauthorized irrigation water was placed on the agenda for consideration on April 25, 2019 and was approved by the Board of

Directors.

Statement of Adopted Rules and Regulations:

The adoption of additional language concerning the adding of tampering penalty fees for those instances concerning irrigation water is designed and intended to control those that are not authorized to receive irrigation water from those canals and waterways that are released from the El Paso County Water Improvement District Number One's system. The additional rules and regulations adopted by the District set forth the uniform requirements for the operation of the District.

The Adopted Rules and Regulations **\$2.013 Prohibited, Unlawful Conduct** states the

following:

The District strictly prohibits and declares unlawful the following:

A) Removal of or tampering with a pin lock installed by the District to terminate a residential connection.

B) Installing or utilizing a straight connection water line, which avoids a water meter and permits water use without payment to the District.

C) Use or procurement of water from a fire hydrant without authorization from the District.

D) Not installing or by-passing a backflow assembly.

E) Using irrigation water in an area with water rights reassigned to the District.

In order to enforce these rules and regulations, certain fees and penalties will be assessed.

The Adopted Rules and Regulations **\$2.018 Penalties** states the following:

The Penalty fees are as follows:

A) A penalty of \$75.00 shall be imposed for the first violation of \$2.013. (a) through (e).

B) A penalty of \$1,000.00 shall be imposed for the second violation of \$2.013. (a) through (e).

C) A penalty of \$2,000.00 shall be imposed for the third violation of \$2.013. (a) through (e).

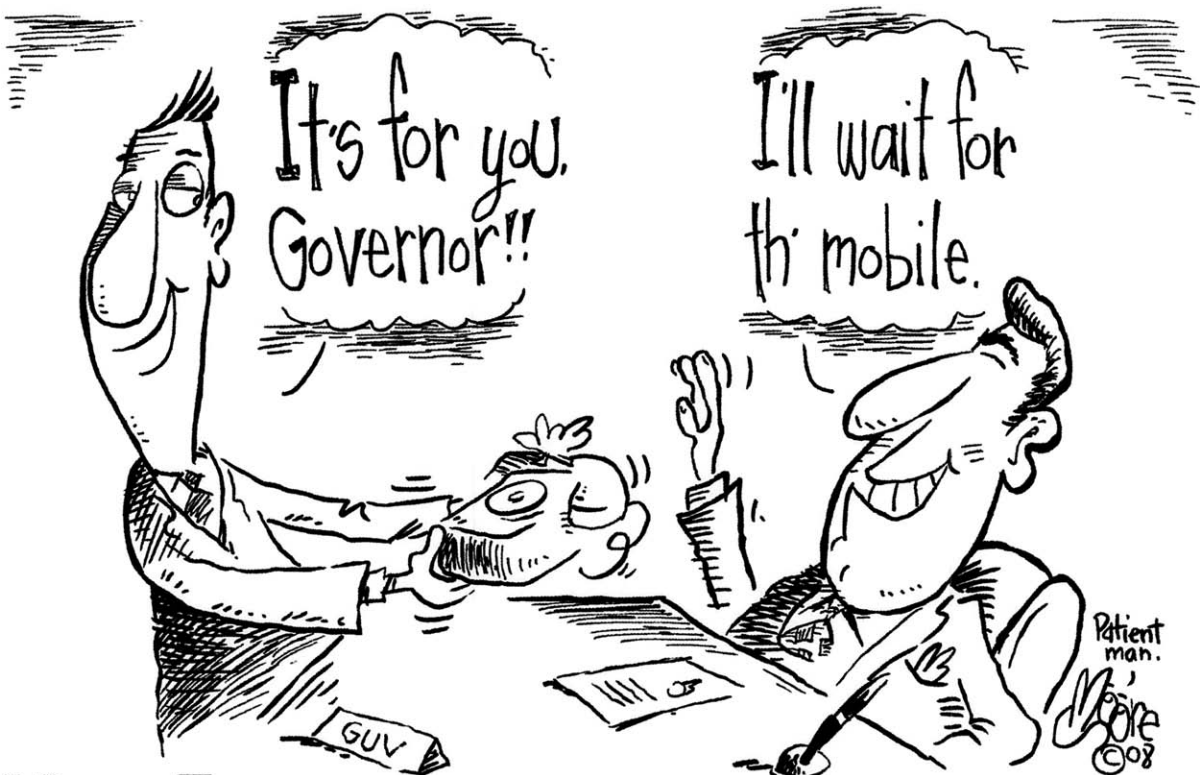
D) A penalty of \$2,000.00 shall be imposed for the fourth violation of \$2.013. (a) through (e).

E) A penalty of \$5,000.00 shall be imposed for the fourth violation and each subsequent violation of \$2.013. (a) through (e).

Notice of any upcoming Public Meetings

The District holds public meetings on the fourth Thursday of every month. The next scheduled public meeting is on May 23, 2019 at 6:30 pm MST to receive community and public input concerning the Districts business. A full text and copy of the amended rules and regulations are on file in the Lower Valley Water District main office located at 1557 FM 1110 ROAD, Clint, Texas 79836 and may be read and requested by any interested person.

WTCC: 05-16-19



Moore Texas

by Roger T. Moore

May 7, 1955: Texas' 2 millionth phone is installed at the Governor's office.

Comix

OUT ON A LIMB

By Gary Kopervas



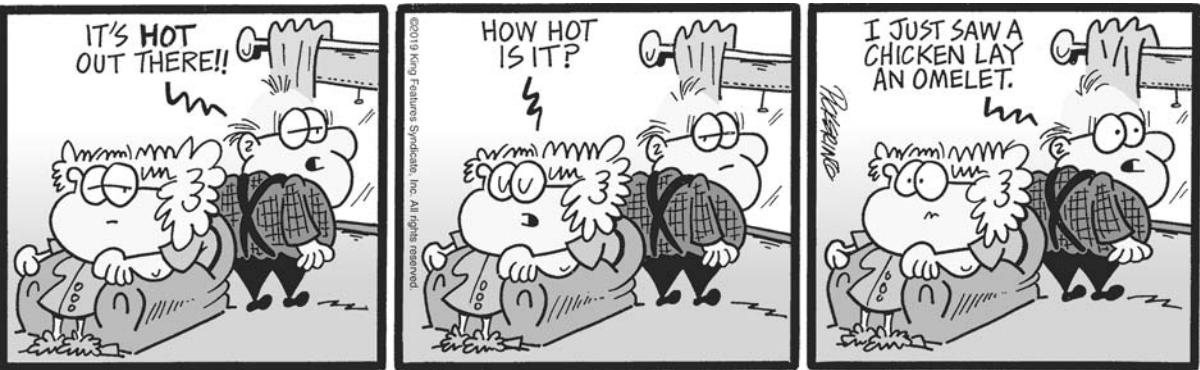
AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Amazon, Northwest Early College partner to help future engineers

By Lisa M. Rodriguez
Special to the Courier

CANUTILLO – Northwest Early College High School in the Canutillo Independent School District will be one of a selective number of schools nationwide that this spring will graduate the first class of Amazon Future Engineers.

Northwest is one of only 1,000 high schools nationwide selected for the prestigious program. This is possible through Amazon Future Engineer, a comprehensive childhood-to-career program designed to inspire, educate and train students from underserved communities to pursue careers in computer science.

“Canutillo ISD aims to address the needs of the job market through research that results in a modern curriculum that offers different educational fields,” said CISD Superintendent of Schools Dr. Pedro Galaviz. “We embrace innovative and interactive tools to encourage young students to pick up digital skills that will be useful for the future.”

The Bureau of Labor Statistics projects that by 2020 there will be 1.4 million computer-science-related jobs available and only 400,000 computer science graduates with the skills to apply for those jobs. Research shows that students from underprivileged backgrounds are 8 to 10 times more likely to pursue college degrees in computer science if they have taken AP computer science in high school.

Looks like acne, but it is not

DEAR DR. ROACH: I have never seen anything in your column about sebaceous hyperplasia. I read that it is quite similar to acne and that a person could use an acne treatment to keep the condition in check. Could you give your thoughts on this? – R.G.

Although sebaceous hyperplasia can be mistaken for acne, sebaceous hyperplasia happens mostly to middle-aged adults (or newborns).

These bumps appear most commonly on the forehead and cheeks, and have an umbilicus (a small hole) in the center. They are enlargements of the oil-producing sebaceous glands. They happen particularly in people with oily skin.

Treatment can be challenging. Reducing dietary fat and using a good-quality skin-care regimen for oily skin may help. Dermatologists can treat these when they are cosmetically important, not because they cause harm in themselves. Although they can be mistaken for basal cell cancers of the skin, they are not cancerous or pre-cancerous. They are mostly treated mechanically, and by that I mean using a surgical technique like cauterization or excision. But these techniques can leave scars. Laser and phototherapy have good cosmetic results but are expensive. Isotretinoin, a systemic acne drug with significant side effects, also has been shown in a small study to be effective.

DEAR DR. ROACH: I am currently taking 20 mg of Xarelto daily, and have a screening colonoscopy scheduled soon. The preparation instructions said not to stop taking blood thinners, but didn't specifically mention Xarelto. I contacted the office and spoke with a scheduler, who said those instructions applied to all blood thinners. Previously, I was told that I would need to go off of blood thinners for five days prior to a colonoscopy. Since this was a contradiction to the instructions from the clinic, I have tried to reach out to other medical sources to see if I could get a consensus on what to do, but no one has responded to me yet. There is a strong history of clotting problems in my family. Would you weigh in on this matter? The last time I had a screening colonoscopy was around 2005, and there weren't any issues. I realize this is a scope and not surgery, but it has me concerned enough that I am considering

See HEALTH, Page 8



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Health

From Page 7

putting this off until I can get a satisfactory response. – B.R.

Most screening colonoscopies now are done with patients still on their anticoagulants, although for patients on Warfarin (Coumadin), it is preferred for levels to be on the low end of the therapeutic range. This is a standard recommendation by the American Society of Gastrointestinal Endoscopy. The situation would be different for a high-risk endoscopic procedure, such as removing a large polyp. I have had to deal with this situation many times in my practice, and most often, all

anticoagulants are stopped then restarted after the colonoscopy. There are some people who are at such high risk for clots that we use injection medications to prevent blood clots until the night before the procedure, but that is normally reserved for the highest risk of all. It’s a judgment call as to whether to use the injection anticoagulants to prevent clots around the colonoscopy.

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.

Archives: www.wtxcc.com

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: Z equals U

SD OURP EITUMUI SO VKUNZTPN
DKUR NPTUKEBSYP FUUN
YEKHSOM, CUZ REC PHN ZV
FSBM IETJZPK ISJZUK.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Mental health care 24/7



by Freddy Groves

The Department of Veterans Affairs is serious about providing mental health care for veterans, especially in light of the ongoing, unchanging statistics for veteran suicides. A recent press release serves as a reminder that mental health resources and crisis intervention are available 24/7 at any VA health care facility.

In 2018, 1.7 million veterans received mental health services at the VA. That includes 84,000 psychiatric stays, 41,700 residential stays and 21 million outpatient visits. For that year, 48 percent of in-person mental health visits were held on the same day as the veteran’s primary care visit. So far in 2019, 51 percent of in-person visits were held on the same day as the primary care visit.

What happened, one wonders, to the remaining

49 percent? The 24/7 mental health coverage includes other services: a telehealth or video visit, scheduling an appointment, talking on the phone to a nurse or getting a prescription filled. Is that how the others received same-day services?

Still, all it takes, per the VA website, is to walk into any VA medical center, day or night, or into a Vet Center during operating hours and you’ll get help.

If you’re in crisis or know a veteran who is, call the Veterans Crisis Line at 800-273-8255 and press 1. Or you can send a text to 838255. Or chat at VeteransCrisisLine.net.

If you’re concerned about someone else, check Defense Suicide Prevention Office (www.dspo.mil) for symptoms you should watch for. Scroll down to the Prevention (service members & veterans) and Intervention (warning signs) categories.

If you just need advice and want to talk to a veteran who’s been where you are, the Military One Source Be

There peer program will hook you up with a peer coach, if you’re freshly out of the service (up to one year). Call them at 800-342-9647.

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• O.L. writes: “Never store bread in the refrigerator. The cold will turn it stale, dry and tasteless, and it also will soak up odors from the fridge. Use a breadbox to keep moisture from escaping. In a pinch, you can store bread in a microwave.”

• When painting your own nails, always use a top coat, and give the tip of your nails a swipe with the polish. They’re less likely to chip.

• “A skunk spray is a smell you will not forget, and if your dog gets a full dose, you’d better wash it off right away, or it’ll linger FOREVER. Here’s one good method, but it will likely need repeating a few times. First rinse off your dog and especially his face and around his eyes. Then generously lather him up with dog shampoo. Rinse and rough dry with a junk towel, then absolutely soak him with canned tomato juice. Keep him still and don’t let him shake for 20 minutes, then repeat the wash.”

– T.D. in Alabama

• Cover rusty springs on your trampoline with short sections of pool noodles.

• “I had picked up a pizza for dinner and I had a longer-than-normal drive to get home. I used the sun reflector that I put in my windshield to wrap the pizza box. I figured it would be like one of those pizza delivery bags. It worked.”

– H.P. in Florida

• Add a cinnamon stick to your vacuum cleaner bag or to the collection container. It may help circulate a nice smell as you 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!

	÷		+		11
×		×		÷	
	÷		+		4
–		+		×	
	+		+		20
16		19		15	

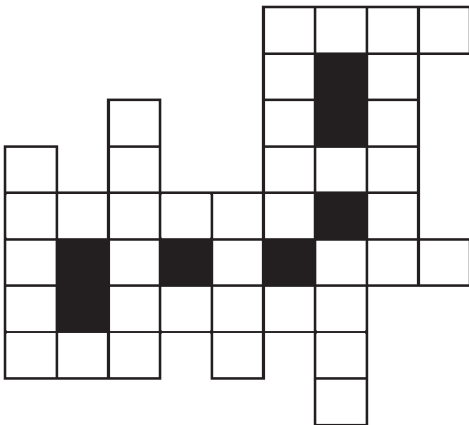
2 3 4 5 6 6 7 8 9

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Answer Page 4



HYT
♥HEWSTA
HENIT
ELUC
CEDRUE
WEP
STTE
♥URCET
♥NTI
♥TUDYIN
PECTR
EPRE



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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