



NEWSBRIEFS

Single cities

With about 45 percent of all U.S. adults being single and the average date costing over \$100, the personal-finance website WalletHub has released its report on *2019's Best & Worst Cities for Singles* as well as accompanying videos. Some singles are closer to a happily ever after than they think, but it depends on where they live. To determine where singles have the highest chance of finding love, WalletHub compared more than 180 U.S. cities across 35 key indicators of dating-friendliness. The data set ranges from share of single population to number of online dating opportunities to nightlife options per capita. El Paso was ranked 91st in the report. Other stats:

- Detroit, MI has the highest share of single persons, 73.85 percent, which is two times higher than in Fremont, CA, the city with the lowest at 37.46 percent.
- El Paso, TX and Las Cruces, NM have the lowest average restaurant-meal cost, \$25.00, which is four times lower than in Pearl City, HI, the city with the highest at \$100.00.
- Indianapolis, IN has the lowest average price for a bottle of wine, \$3.79, which is four times lower than in Salt Lake City and West Valley City, UT, the cities with the highest at \$15.28.
- Port St. Lucie, FL has the lowest average price for a movie ticket, \$6.63, which is 2.3 times lower than in Los Angeles, CA, the city with the highest at \$15.57.

Visit <https://wallethub.com/edu/best-worst-cities-for-singles/9015/> for the full report.

— Diana Polk

A true fish story

It's pretty hard to reel in a big fish if your line is not strong enough and it isn't easy for a youngster even if his line is strong. But don't tell that to eight year old Jayden Millauro, an Australian boy was out for a day of fishing off the coast of New South Wales with his dad recently. Turns out that dad and a few other fishermen on the scene had to hold on to Jayden's harness as he reeled in the 692-pound tiger shark he hooked. It certainly gives the boy a story he can tell for the rest of his life and it just might be a record setting catch. The official record of the International Game Fish Association's "small fry" category is a 687 pound tiger shark set in 1997.

— John Grimaldi

Happiness comes when we stop wailing about all the troubles we have, and become thankful about the troubles we have avoided.

— Quips & Quotes

EPCC runners repeat as national champs



— Photo courtesy El Paso Community College

BACK-TO-BACK – The El Paso Community College (EPCC) Men's Half Marathon team repeated as National Champions at the 19th Annual National Junior College held at Ascarate Park last Saturday. The team was led by Gideon Cheplak who finished in 2nd place followed by Dennis Kiptoo (3), Elias Loriposia (4) and Bradley Makuvire (5). All of these runners were named to the All-American Team. The women's team finished in 2nd place. They were led by Everlyn Kemboi who finished in 2nd place. Kemboi was named to the All-American Team. The NJCAA Half Marathon Championship was hosted by EPCC as part of its 50th Anniversary Celebration. EPCC will also host the 21st annual race in 2021. The full race results can be found at www.go.epcc.edu/halfmarathon.

— Jim Heiney



TASTY AND HEALTHY – The pomegranate is a fruit that contains hundreds of edible seeds called arils. They are rich in fiber, vitamins, minerals and bioactive plant compounds. According to recent studies, researchers found that the pomegranate has impressive anti-inflammatory effects on chronic inflammation, which is one of the leading drivers of many serious diseases including heart disease, cancer, type 2 diabetes, Alzheimer's disease, and obesity.

Researchers say pomegranates have multiple health benefits

By Alfredo Vasquez
Special to the Courier

Health food experts and nutritionists have, for a long time now, asserted that pomegranates are among the healthiest fruits on Earth because they contain a range of beneficial plant compounds, unrivaled by other foods. They claim that studies indicate that there is strong possibility that this fruit may be effective

in lowering the risk of various diseases in human beings.

The pomegranate, a shrub that produces a red fruit, is categorized as a berry, about two to five inches in diameter. It is red, round and looks kind of like a red apple with a flower-shaped stem. The skin of the pomegranate is thick and inedible, but there are hundreds of edible seeds within. Each seed is surrounded by a red, juicy and sweet seed covering known as an aril. The seeds and arils are the edible parts of

the fruit, which can be eaten either raw or processed into pomegranate juice (the peel is discarded).

Recent studies are finding that pomegranates offer a variety of evidence-based health benefits because they are loaded with important nutrients including fiber, protein, Vitamin C, Vitamin K, Folate, and Potassium. Furthermore, pomegranates really shine in their wealth of powerful plant compounds, some of which have potent medicinal properties.

Additionally, researchers have reported that pomegranates contain two plant compounds with powerful medicinal

Food for thought By John Grimaldi

Assisted living and similar facilities need to restrict yearly price increases

“It’s a fact that the cost of providing services at senior citizen facilities increases annually for any of a variety of reasons. It’s also a fact, however, that most seniors living in assisted living facilities and senior housing don’t have the resources to pay steadily increasing rates, particularly when they exceed the annual Cost Price Index (CPI). Something’s gotta give lest the nation’s elderly join the ranks of the homeless,” according to senior advocate Dan Weber.

Weber, founder and president of the Association of Mature American Citizens, cites the latest report from the Bureau of Labor Statistics issued earlier this month. It concludes that its “all items (CPI) index increased 1.7 percent for the 12 months ending August.”

Yet, notes Weber, the most recent National Senior Living Cost Index prepared by the senior-living referral service, A Place for Mom, shows that the cost for independent living facilities rose 2.6%. Assisted living costs were up by 2.4% and the costs for memory care facilities were up by 3.2%.

According to the Genworth Cost of Care Survey 2018 “the national median cost for assisted living per month is \$4,000, which breaks down to around \$133 per day (and adds up to \$48,000 per year).” Meanwhile, the Pension Rights Center reports that fifty percent of older Americans over 65 had, at most, an annual income of about \$24,224 in 2018.

“Consider the fact that 2019 Social Security Recipients received the highest Cost Of Living Adjustment since 2012,

2.8%. In 2009, 2010 and 2015 benefits were stagnant as the Obama administration chose to not offer a COLA and relenting in 2016 they decided to increase the Social Security COLA by a mere .3%. So it has been a harsh existence for too many senior citizens over the better part of a decade,” says Weber.

The nation is aging at a rate of new 65-year-olds a day and that growth will continue through the year 2030. “It’s a population that creates a fast growing and lucrative market for the senior living sector and if the industry wants to maximize returns, it should take measures to make sure senior housing is affordable. One suggestion: keep annual cost increases at or below the COLA. Better yet, how about keeping increases at or below the CPI,” Weber suggests.

PUBLIC NOTICE
TO ALL INTERESTED
PERSONS AND PARTIES:

The *West Texas County Courier* will not publish the last two weeks of December. The first issue of 2020 will be January 2.

The *West Texas County Courier* office will close beginning Wednesday, December 11, 2019. The office will open again on Monday, December 30, 2019.

1973
46
Years
2019

WEST TEXAS COUNTY
COURIER

SERVING ANTHONY, VINTON, CASUTELLO, EAST MONTANA, HORIZON, SOCORRO, CLINE, FARMER, SAN ELIZARIO AND TORNILLO

PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

AD DEADLINE:
Friday 4 p.m. for the next Thursday.

CLASSIFIED RATES
\$15 for 25 words, \$20 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

DISPLAY RATES:
Open rate — \$30 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$45. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

COPYRIGHT:
Entire contents © 2019 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

LETTERS TO THE EDITOR:
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.


Member Texas Community Newspaper Association

Phone: 852-3235

E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda


Homesteader
Est. 1973
News, Inc.

Moore Texas by Roger Moore
Texas’ first Thanksgiving feast was likely hosted by Spaniard Juan Onate near present day El Paso in 1598.



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

The San Elizario Independent School District will hold a public hearing at 5:00 p.m., Wednesday, December 11, 2019 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

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

WTCC: 11/28/19



- On Nov. 25, 1963, three days after his assassination in Dallas, President John F. Kennedy is laid to rest with full military honors at Arlington National Cemetery in Virginia. Kennedy was shot to death while riding in an open-car motorcade. He was 46.
- On Nov. 26, 1942, “Casablanca,” a World War II-era romantic drama starring Humphrey Bogart and Ingrid Bergman, premieres in New York City. The Oscar-winning film featured a number of now-iconic quotes, including “Here’s looking at you, kid.”
- On Nov. 27, 1703, an unusual storm system finally dissipates over England after wreaking havoc for nearly two weeks. Featuring hurricane-force winds, the storm killed between 10,000 and 30,000 people. Hundreds of Royal Navy ships and their crews were lost to the storm.
- On Nov. 28, 1520, after sailing for weeks through the dangerous straits below South America that now bear his name, Portuguese navigator Ferdinand Magellan enters the Pacific Ocean with three ships, becoming the first European explorer to reach the Pacific from the Atlantic.
- On Nov. 29, 1929, American explorer Richard Byrd and three companions make the first flight over the South Pole, flying from their base on the Ross Ice Shelf to the pole and back in 18 hours and 41 minutes. Byrd learned how to fly in the U.S. Navy and served as a pilot in World War I.
- On Nov. 30, 1939, the Soviet Red Army invades the tiny nation of Finland with 465,000 men and 1,000 aircraft. Helsinki was bombed, and 61 Finns were killed in an air raid, sparking fierce Finnish resistance.
- On Dec. 1, 1959, 12 nations sign the Antarctica Treaty, which bans military activity and weapons testing on that continent. It was the first arms-control agreement signed during the Cold War.

(c) 2019 Hearst Communications, Inc. All Rights Reserved.

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

			M	E	S	H		
			E			L		
			D	U	E			
T			A		I	D	E	A
H								
E	U	L	O	G	Y			
S					H	E	X	
E	X	I	T					
				O	N			
				S	O	N	G	

CryptoQuip
Answer

As I cooked the rice dish,
it stuck really stubbornly
to the pan, so I had to peel
off pilaf.

8	+	9	×	1	17
÷		-		+	
2	×	6	+	2	14
×		×		+	
5	+	7	÷	4	3
20		21		7	

Send Your
Newsbrief To:
wtxcc@wtxcc.com

‘Nationalism’ shouldn’t be a dirty word

If there’s one thing that elite opinion tends to agree about on the left and the right, it’s that nationalism is a very bad thing. If anything, this view has become even more entrenched as nationalism has demonstrated its potency in recent years, from the election of Donald Trump to Britain’s vote to leave the European Union.

When President Trump first openly embraced the term “nationalist” at a 2018 campaign rally, commentators reacted in horror. Patriotism is about love, nationalism about hate, New York Times columnist Nicholas Kristof opined. Trump, insisted Jennifer Rubin of The Washington Post, is “normalizing a hateful political philosophy that is contrary to our deepest-held beliefs.”

As I write in my new book, “The Case for Nationalism,” this reflexive hostility to the concept is ill-informed and an attempt to deem nationalism a swearword and end all discussion on that basis.

At its most basic, the scholar Azar Gat writes, nationalism is “the doctrine and ideology that a people is bound together in solidarity, fate, and common political aspirations.” Historian Anthony Smith described the

national ideal as “a belief that all those who shared a common history and culture should be autonomous, united and distinct in their recognized homelands.”

When Europe went off the rails in the early 20th century, nationalism as such didn’t cause its crash so much as social Darwinism, militarism and the cult of charismatic leadership. The aftermath of World War I added its own poison.

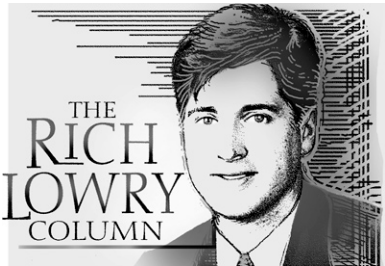
Regardless, American nationalism—which encompasses

such diverse, rightly beloved figures as Alexander Hamilton, Abraham Lincoln and Teddy Roosevelt – is not to be feared. As with so many other things about this country, it is more benign than the versions to be found in Europe and elsewhere.

This is true for a number of reasons. First, we are the inheritors of an Anglo-American tradition that has profound respect for the individual and the rule of law and is a fundamental part of our national identity.

The sheet anchor of American sovereignty, the U.S. Constitution, makes it clear that authority ultimately resides with “we the people of the United States.” The Constitution also happens to be a durable mechanism of self-government and itself an object of patriotic loyalty and national pride.

Finally, the United States was never infected with the dream of universal empire that Europe inherited from Rome and that has lingered on in differing



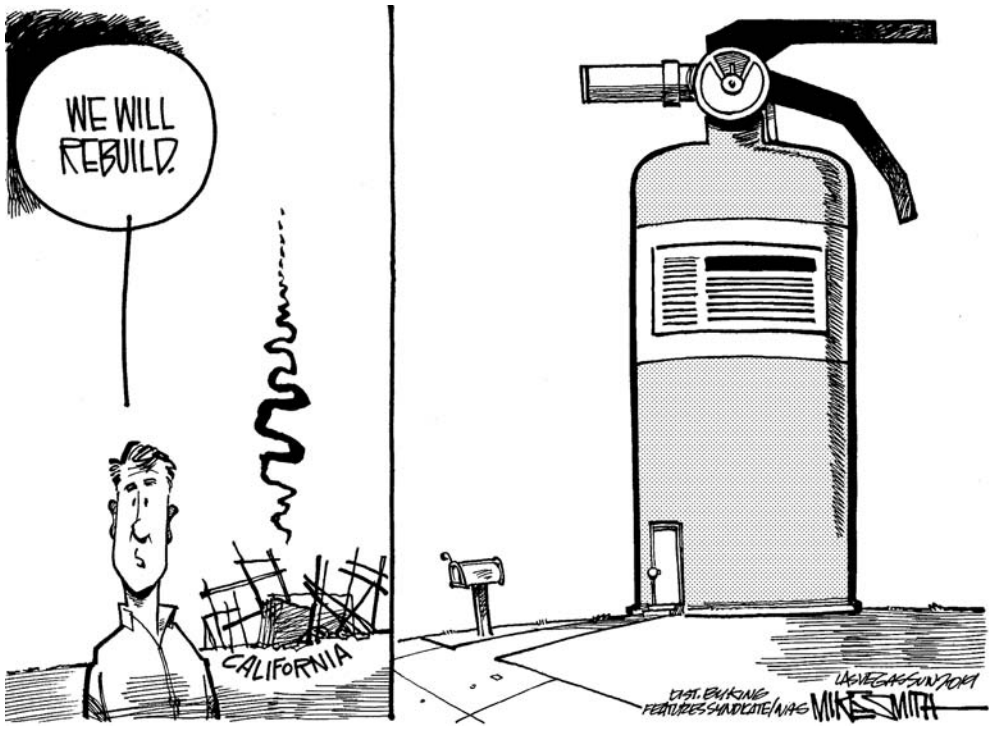
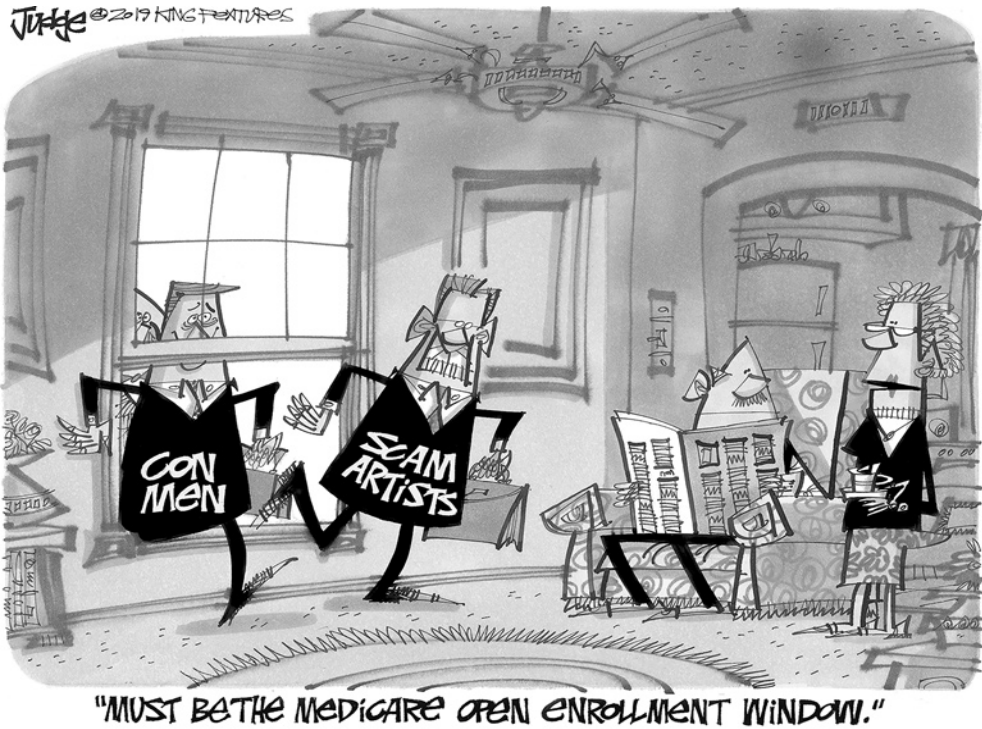
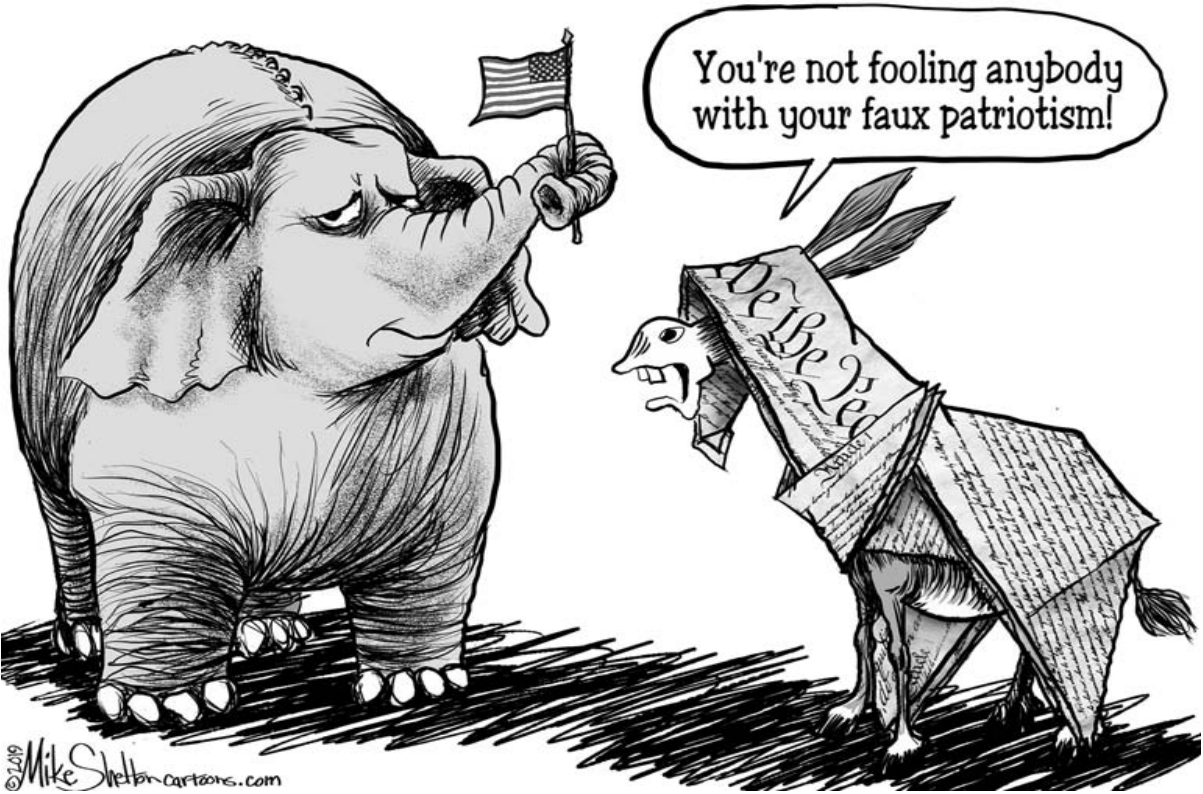
forms from Charlemagne to the European Union.

The rise of Donald Trump has pushed the left further away from respect for nationalistic attitudes and even patriotic symbols. Democrats – and the country – would be much better served if they countered Trump’s nationalism with a version of their own.

On his own side of the aisle, Trump has made Republicans more nationalistic. Still, much of the party is quietly uncomfortable with this. If Trump loses in 2020, the party’s establishment may try to snap back to its pre-Trump disposition of relative indifference.

Yet, if there’s one clear political lesson from the long history of nationalism in this country and elsewhere, it is that a party interested in moving people and selling a program should make some sort of an appeal to it – even if conventional wisdom insists it is foolish and wrong.

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





– Photo by Ivan Garfias

BIG CHECK – Fabens ISD administrators and teachers gathered to accept a \$20,000 check to advance dual credit programs in the District.

Fabens HS teachers receive \$20K

By Alex Navarro
Special to the Courier

FABENS – Money always Council on Regional Economic helps. Expansion and Educational On Monday, Nov. 15, 2019, the Development (CREEED) awarded

\$20,000 to 10 teachers at Fabens High School. The gift will allow the district to expand the dual credit programs and improve their

See FISD, Page 6

San Elizario Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended June 30, 2019

Data Control Codes	General Fund	Capital Projects Fund	Other Funds	Total Governmental Funds
REVENUES:				
5700 Total Local and Intermediate Sources	\$ 3,010,303	\$ 83,365	\$ 442,398	\$ 3,536,066
5800 State Program Revenues	32,092,568	–	1,956,574	34,049,142
5900 Federal Program Revenues	3,968,627	–	3,286,608	7,255,235
5020 Total Revenues	39,071,498	83,365	5,685,580	44,840,443
EXPENDITURES:				
Current:				
0011 Instruction	18,989,252	724,010	2,353,157	22,066,419
0012 Instructional Resources and Media Services	520,490	–	14,048	534,538
0013 Curriculum and Instructional Staff Development	129,385	–	1,161,215	1,290,600
0021 Instructional Leadership	818,436	–	125,378	943,814
0023 School Leadership	2,231,505	–	9,892	2,241,397
0031 Guidance, Counseling and Evaluation Services	1,253,917	–	9,846	1,263,763
0032 Social Work Services	176,675	–	3,166	179,841
0033 Health Services	489,983	–	69,973	559,956
0034 Student (Pupil) Transportation	1,227,265	–	–	1,227,265
0035 Food Services	3,294,944	–	55,030	3,349,974
0036 Extracurricular Activities	1,040,223	–	132,789	1,173,012
0041 General Administration	1,676,301	–	14,773	1,691,074
0051 Facilities Maintenance and Operations	4,337,244	483,743	–	4,820,987
0052 Security and Monitoring Services	1,161,013	–	–	1,161,013
0053 Data Processing Services	1,041,748	–	–	1,041,748
0061 Community Services	50,815	–	96,736	147,551
Debt Service:				
0071 Debt Service - Principal on Long Term Debt	889,000	–	520,000	1,409,000
0072 Debt Service - Interest on Long Term Debt	109,133	–	1,155,850	1,264,983
0073 Debt Service - Bond Issuance Cost and Fees	440	–	400	840
Capital Outlay:				
0081 Facilities Aquisition and Construction	31,864	1,112,030	–	1,143,894
Intergovernmental:				
0099 Other Intergovernmental Charges	33,959	–	–	33,959
6030 Total Expenditures	39,503,592	2,319,783	5,722,253	47,545,628
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	(432,094)	(2,236,418)	(36,673)	(2,705,185)
Other Financing Sources (Uses)				
7912 Sale of Real and Personal Property	10,745	–	–	10,745
8911 Transfers Out (Use)	(1,500,000)	–	–	(1,500,000)
7080 Total Other Financing Sources (Uses)	(1,489,255)	–	–	(1,489,255)
1200 Net Change in Fund Balances	(1,921,349)	(2,236,418)	(36,673)	(4,194,440)
0100 Fund Balance – July 1 (Beginning)	15,093,529	4,893,067	827,148	20,813,744
3000 Fund Balance – June 30 (Ending)	\$ 13,172,180	\$ 2,656,649	\$ 790,475	\$ 16,619,304

Strange BUT TRUE

By Samantha Weaver

• It was novelist, poet and playwright Gertrude Stein who made the following sage observation: “Everybody knows if you are too careful, you are so occupied in being careful that you are sure to stumble over something.”

• If you’re like the average American, you will eat about 150 bananas this year – 26 pounds’ worth.

• A researcher in Britain calculated that local farmland contains more than 2 million spiders per acre. Must be small ones, I’d say.

• Up until the 1500s, the accepted way of dealing with a patient who was hemorrhaging was to cauterize the wound, often with boiling oil or red-hot irons. It was in the latter part of the 16th century that a French surgeon named Ambroise Pare began tying off the broken blood vessels with cord. That’s pretty much what surgeons do today.

• Some people enjoy novelty when dining out, but restaurateurs take a big risk when adding new items to a menu; it seems that less than a third of diners will actually try a new menu item.

• The White House was not designed by an American. It was Irish architect James Hoban who won the competition to create the architectural plans for the home of the political leader of the United States.

• The name of the state of Vermont comes from the French “mont vert,” which means “green mountain.” (If the explorers who named the state saw green mountains, they obviously were not there in the winter.)

• Two-thirds of all Tony award-winning composers and lyricists have been Jewish.

Thought for the Day: “I don’t trust a man who uses the word evil 18 times in 10 minutes. If you’re half evil, nothing soothes you more than to think the person you are opposed to is totally evil.”
– Norman Mailer

(c) 2019 King Features Synd., Inc.



INTRODUCING CONVIVA CARE CENTERS

previously known as:



Everything we learned from decades of caring for seniors is now merged into a physician-led Primary Care Practice dedicated to helping our patients live their best lives as they age.

Conviva Care Centers offer the following services: *



Physicians on
call 24/7



Transportation



Blood pressure
management & control



Diabetes monitoring
& education



Diagnostic tests &
lab drawing stations for
fast, efficient care – *and more!*

*Specialist care is available at many Conviva Care Centers.
We accept most Medicare Advantage plans.*



A new name in Primary Care.
A new approach to Aging Well.

To learn more about Conviva Care Centers,
visit any of our 2 El Paso locations today.

1-844-638-2810 | ConvivaCareCenters.com

*Not all services available at all locations.

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



Pomegranates

From Page 1

properties – punicalagins and punicic acid. Punicalagins are extremely potent antioxidants found in pomegranate juice and peel. They’re so powerful that pomegranate juice has been found to have three times the antioxidant activity of red wine and green tea. Punicic acid, found in pomegranate seed oil, is the main fatty acid in the arils. It is a type of conjugated linoleic acid with potent biological effects.

Researchers are discovering that pomegranates have potent anti-inflammatory properties, which are largely mediated by the antioxidant properties of the punicalagins. Test-tube studies have shown that they can reduce inflammatory activity in the digestive tract, as well as in breast cancer and colon cancer.

One study reported that in a 12-week study of people with diabetes, it stated that a daily cup of pomegranate juice lowered inflammatory symptoms and cited that the punicalagins in pomegranate juice were responsible for the reduction of the inflammation, which is one of the leading drivers of many serious diseases, including cancer and diabetes.

Another benefit of pomegranates identified by researchers is that they may help fight prostate cancer, a common

type of cancer in men. Laboratory studies suggest that pomegranate extract may slow cancer cell reproduction and even induce apoptosis, or cell death, in cancer cells. Preliminary evidence indicates that pomegranate juice can be useful in men with prostate cancer, potentially inhibiting cancer growth and lowering the risk of death.

Pomegranate may even be useful against breast cancer, one of the most common types of cancer in women. According to studies, pomegranate extract seems to inhibit the reproduction of breast cancer cells- even killing some of them. However, the evidence is currently limited to laboratory studies.

Studies are also suggesting that pomegranates may lower blood pressure (hypertension), one of the leading drivers of heart attacks and strokes. In one study, people with hypertension had a significant reduction in blood pressure after consuming five ounces of pomegranate juice daily for two weeks. Other studies have found similar effects, especially for systolic blood pressure, which is the higher number in a blood pressure reading.

Additionally, experts are saying that pomegranates help fight arthritis. Although there are different types of arthritis, most involve some form of inflammation in the joints, and given that the plant compounds in pomegranate have anti-inflammatory effects, it makes sense that they could help treat arthritis, many researchers have surmised.

Pomegranate juice has even been credited with

helping treat erectile dysfunction. Pomegranate juice has been shown to help increase blood flow and erectile response in rabbits, and in a study of 53 men with erectile dysfunction, pomegranate appeared to have some benefit; but more research is needed.

Furthermore, researchers are declaring that pomegranate can help fight bacterial and fungal infections because the plant’s compounds are able to fight harmful microorganisms. The anti-bacterial and anti-fungal effects may also be protective against infections and inflammation in a person’s mouth including gingivitis, periodontitis, and denture stomatitis, they stated.

Lastly, there is some evidence that pomegranate can improve memory. One study in surgical patients found that two grams of pomegranate extract prevented deficits in memory after surgery. Another study of older adults with memory complaints found that 8 ounces of pomegranate juice per day significantly improved verbal and visual memory. Studies in mice also suggested that pomegranate may help fight Alzheimer’s disease.

The only sure way, however, to prove that the pomegranate has all of these wonderful benefits, is to try it for oneself. Either eat the arils directly or drink pomegranate juice regularly. As a matter of fact, the health benefits could make drinking the tasty pomegranate juice a welcome substitute for the sugary beverages usually consumed during the holiday seasons.

It’s best to taper off heartburn meds

DEAR DR. ROACH: I am a 61-year-old woman in fairly good health except that I have been taking prescription omeprazole once a day for heartburn for at least 10 years, if not more. I’ve read articles that say this isn’t good to take long term, like I’ve been doing. When I’ve tried to stop by using famotidine instead, I still suffer from heartburn throughout the day. I’ve raised my bed and tried sleeping in an upright position. Your thoughts, please. – O.D.S.



It certainly is a good idea to periodically review with your doctor all the medications you take, to decide whether they are still necessary. It is very often the case that people are taking medications for unclear reasons, and the person who is prescribing it has been doing so without really thinking about whether the benefits still outweigh the risks, especially as people get older and may have acquired new conditions or had medication changes.

Proton pump inhibitors like omeprazole frequently are prescribed for short-term use but end up being continued for years. Except in people who absolutely need it (such as people with Barrett’s esophagus), I agree with a trial of stopping and using H2 blockers like famotidine on an as-needed basis. I recommend a taper, not a sudden stop.

Proton pump inhibitors are likely to increase the risk of infection, such as pneumonia (without acid in the stomach, bacteria are not killed as efficiently) and intestinal infections; may possibly increase the risk of osteoporosis; and probably reduce vitamin B-12 and iron absorption. Although there have been reports of increased risk of kidney disease and dementia, I doubt the actual clinical risk is significant. Still, there are enough possible adverse effects that it is worth balancing the risks against the benefits of reducing symptoms.

I am glad you tried some nondrug therapies, as we doctors often do not emphasize how important they are. In addition to raising the head of the bed (bricks under the feet is traditional, but a foam wedge under the mattress is also effective), losing weight for those who would benefit, avoiding tobacco and alcohol, and not eating three hours before bedtime make drugs unnecessary for many. Some people benefit from eliminating certain foods,

See **HEALTH**, Page 8

Health

From Page 7

especially caffeine, chocolate and fatty or spicy foods.

DEAR DR. ROACH: I received literature in the mail about a new miracle cure for enlarged prostate. The ads state that the new pills shrink the prostate back to normal. Is there such a pill, or is this a scam? I am afraid it is pills filled with drywall dust. – B.F.

I'm afraid it's more likely to be a scam than real, but there are a few herbal therapies that have been shown to help – but not cure – enlarged prostate glands in men. Saw palmetto is well-known, but most recently

was found to be no better than placebo. Beta-sitosterol, cernilton and Pygeum africanum all are plant extracts with some evidence of benefit, at least when it comes to symptoms.

You are quite correct that without independent laboratory verification, there is no way to be sure of the quality and purity of dietary supplements. They are not regulated the way prescription drugs (or even foods) are.

Dr. Roach regrets that he is unable to answer individual questions, 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.

www.wtxcc.com • www.wtxcc.com • 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: K equals O

IY N QKKJBC SFB DNQB CNYF,
NS YSOQJ DBITTX YSOGGKDPTX
SK SFB EIP, YK N FIC SK EBBT
KRR ENTIR.

Answer Page 4

©2019 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2019 King Features Synd., Inc.

Whistleblower Act doesn't work



by Freddy Groves

The Whistleblower Protection Act of 2017 was designed to hold employees accountable, investigate allegations and protect whistleblowers from retaliation, including from supervisors, at the Department of Veterans Affairs.

It isn't working.

The VA's Office of the Inspector General investigated complaints from June 2017 until August 2019. The OIG discovered that:

- The Office of Accountability and Whistleblower Protection (OWAP) often farmed out investigations instead of handling them in-house. In 2,526 cases it sent investigations to other departments that weren't equipped to handle them.
- It failed to protect whistleblowers' identities, which resulted in 51 cases of whistleblower retaliation.
- OWAP butted in with investigations into areas that

weren't within its scope and ignored some of those it should have handled. It was supposed to refer criminal cases to the Office of the Inspector General, but did so only 38 times.

- It didn't provide clear written guidance or training for personnel. More than a year after it started, the OAWP still didn't have a way of identifying errors and ensuring that the work was not biased. Additionally, it didn't get all the facts, including witness statements, in each case.

- One case was investigated in a way that was likely intentionally retaliatory against the whistleblower by a supervisor who was apparently a social pal of someone high up in OAWP. The whistleblower (and others) had previously complained about the supervisor. The whistleblower was never even interviewed, and the others were hesitant to report allegations because of the social ties of the two senior staff.

- Many cases took over a year to close. Discipline or penalties were random and subjective. Evidence was withheld. In cases of whistleblower retaliation,

the whistleblower was forced to agree to having his/her identity revealed.

Wow! Where is the incentive for those who want to do the right thing to come forward?.

(c) 2019 King Features Synd., Inc.



- Do you butter your cheese? You might want to try it when you hear this tip from K.M. in Pennsylvania: "I was always taught to rub a bit of butter on the cut side of my cheese so that it would not dry out."

- "I love handmade whipped cream, but it's a little bit messy when it starts out. I throw a small kitchen towel over the mixer until it gets solid, and this has cut down substantially on mixer messes!" – T.T. in Minnesota

- When static season hits, try this fun trick: Mix a liquid fabric softener and water in a 1 part to 4 parts ratio. Use this to spray carpets from time to time.

- Looking for a small eco-friendly swap? Try using biodegradable garbage bags. They are available at some grocery stores and at online retailers.

- "I have two guest bedrooms that hardly get used until holidays. I keep the beds made up, but when I am expecting guests I will usually strip the beds to freshen the sheets and blankets. I toss the sheets into the dryer with a fabric-softener sheet and hang the blanket outside in the sunshine for several hours. It always does the trick, and I don't need to wash linens that are already clean!" – U.C. in California

- "When you get to the end of your bottle of shampoo or conditioner, just add a bit of water to the bottle, and then shake. You can get at least two more uses out of it, even if you think it's totally empty. Waste not, want not!" – G.T. in Alabama

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!

	+		×		17
÷		-		+	
	×		+		14
×		×		+	
	+		÷		3
20		21		7	

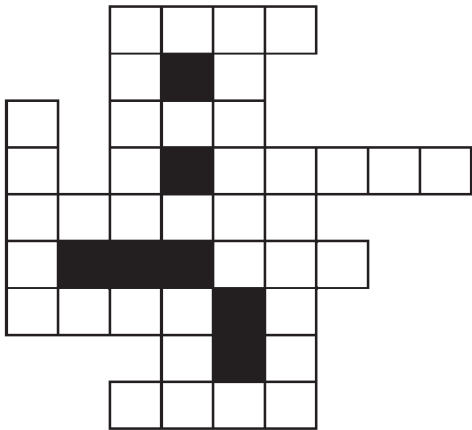
1 2 2 4 5 6 7 8 9

©2019 King Features Syndicate, Inc.

Answer Page 4



XEH
GUYLOE
♥AMDLE
GSNO
GILESH
EDU
TEIX
♥EDLIA
OTO
GEYNDI
♥ESTEH
♥EHSM



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

©2019 King Features Syndicate. All rights reserved.