



## NEWSBRIEFS

### Important election dates

- Monday, October 21: First day of Early Voting;
- Friday, October 25: Last day to apply for a ballot by mail;
- Friday, November 1: Last day of Early Voting; and
- Tuesday, November 5: Election Day and last day to receive a ballot by mail.

— Alfredo Vasquez

### Canutillo ISD to celebrate

Canutillo Independent School District (CISD) will hold a special celebration to commemorate the District's 60th anniversary. The festive event is scheduled for 6 p.m. to 12 a.m., Saturday, December 14, at Grace Gardens, 6701 Westside Drive. Planned for the evening are a social/happy hour from 6 to 7 p.m., dinner from 7 to 8 p.m., and the celebration dance from 8 p.m. to midnight. Cost to attend the party is \$50 per person. For more information, contact Lilia (Teddy) Martinez at (915) 503-3067, or send email to liliamartinez48@hotmail.com.

— Alfredo Vasquez

### Talk about firewater

The Chernobyl nuclear power plant meltdown and explosion in 1986 created a radioactive no-man's land, a 1,000 square mile exclusion zone. Experts estimate that the exclusion zone won't be safe for more than 100 years. But, entrepreneurial scientists at England's University of Portsmouth have decided it is already safe enough to use the water and grain in the zone to make a powerful new Vodka, aptly labeled Atomik Vodka. The University issued a statement noting that "the only radioactivity the researchers could detect in the alcohol is natural Carbon-14 at the same level you would expect in any spirit drink."

— John Grimaldi

*Government regulations are a lot like ketchup – you either get none or a lot more than you like.*

— Quips & Quotes



— Photos courtesy Socorro ISD

**SAFETY FIRST** – Socorro Independent School District (SISD) police officers give safety instruction to students at the SISD Police Services Super School summer camp. SISD will be adding 23 new officers to its police force, who will be assigned at elementary schools in the district.

## Socorro ISD to add 23 police officers

By Christy Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – During its meeting on September 24, the Socorro Independent School District (SISD) Board of Trustees voted to approve a recommendation from Superintendent Jose Espinoza, Ed.D. to update the job description for Socorro ISD police officers. The change allows the district to move forward with plans to hire 23 new police officers, whom will be assigned to district elementary schools.

"In the Socorro Independent School District, our actions speak louder than our words when it comes to the safety and security of our students and staff which has always been our number one

priority," Espinoza said. "Over the last six years, we have continuously invested in safety improvements districtwide. We will now have police officers at all of our schools, including elementary campuses, to provide an extra layer of security for all our stakeholders."

The District has posted the vacancies and looks to hire the new officers over the next few months. The new employees will go through district training once hired and then be assigned to an elementary school where they will be stationed during all regular school days.

"I extend my deepest gratitude to our Board of Trustees for continuously prioritizing safety in our district and supporting the plans I've brought forth to meet our number one strategic direction," Espinoza added. "The fidelity and

responsibility in which the Board and administration have managed District resources has put us in a position to be able to make this valuable investment."

The district anticipates the investment in the 23 new positions will total some \$1.15 million in salary, benefits, and equipment, which will come from the District's General Fund.

Certified police officers who would like to learn more about this employment opportunity are encouraged to visit [www.sisd.net](http://www.sisd.net) and click on the "JOBS" tab to view the posting.

SISD has been extremely proactive in implementing new safety and security measures in addition to this new initiative. Previous efforts include the

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## EPCC receives HEED award

By Jim Heiney  
*Special to the Courier*

EL PASO COUNTY – El Paso Community College (EPCC) received the 2019 Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity magazine, the oldest and largest diversity-focused publication in higher education. As a recipient of the annual HEED Award – a national honor recognizing U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion – EPCC will be featured, along with 92 other recipients, in the November 2019 issue of INSIGHT Into Diversity magazine. This is the 7th year in a row EPCC has been named a HEED Award recipient.

"El Paso Community College is proud of our efforts to always be at the forefront of diversity and inclusion." Dr. William Serrata, EPCC President said. "The HEED Award validates the college's hard work to champion diversity and equity."

INSIGHT Into Diversity magazine selected EPCC because

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## Canutillo HS students open graphic design, print shop

By Liza M. Rodriguez  
*Special to the Courier*

CANUTILLO – Graphic design students at Canutillo High School will get real-world experience their graphic design and printing business. The grand opening of DigiPrint took place this Monday at Canutillo High School.

DigiPrint, will expand on the student's learning by offering real-life experiences from an owner's viewpoint. They will learn customer service, bookkeeping, marketing a service

or product, managing a budget and sales strategies. In addition to the traditional training with graphic design software, they will learn to analyze, manipulate and finalize a design using a variety of mediums.

Canutillo ISD Career and Technical Education (CTE) Director Tracy Andrews says that students will gain valuable experience through the business. "Our goal is to teach our students both knowledge and skills. CTE not only teaches skills for specific

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## Officers

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reorganization of its police and security force which enabled a police officer to be assigned to every high school and middle school and a full-time security guard to every elementary school. A new, state-of-the-art video surveillance system was also installed districtwide. Through the system, every campus is monitored 24/7 by the district police department with a minimum of 15 cameras

at each school. A campus staff member is stationed at the main entrance of each campus to greet and monitor all visitors as well as deter intruders. Every SISD school also has a sophisticated Hall Pass digital check-in system to implement background checks on all visitors, and panic buttons have been installed to instantaneously alert police in the event of an emergency situation. In addition, new entry systems are currently being installed to have visitors show identification from outside the building prior to being allowed to enter.

## Shop

From Page 1

career fields, but it also teaches skills for life," he said.

The business falls under the CTE Career Cluster – Arts, A/V Technology and Communications (AAVTC). It focuses on careers in designing, exhibiting,

performing, writing, and publishing multimedia content including visual and performing arts and design, journalism, and entertainment services. Careers in the AAVTC Cluster require a creative aptitude, a strong background in computer and technology applications, a strong academic foundation, and a proficiency in oral and written communication.

# PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

**The West Texas County  
Courier office is closed.  
The office will open again  
on Friday, October 25,  
2019.**



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## Write stuff

### Editor:

Thanks to Doctor Orient for pointing out the deficiencies of our Medicare system. Another article pointing out the remedies would be greatly appreciated. Her column seems to intimate there are no solutions, least of all those proposed by Bernie Sanders but, I'm pretty sure that's not the impression she meant to convey.

– Alfonso Marquez  
El Paso, Texas

**(Editor's note: I receive more editorials than I can publish on this subject. There really is not a viable solution in the current political environment. Right now all most of us can do is point out what a slippery slope we are on.**

*If we go back, the outcry began over folks that could not afford insurance, had pre-existing conditions or congenital conditions (I've had personal experience with these three items) and wanting insurance companies to cover other elective issues that they were not inclined to cover. Drug prices were, and continue to be a problem but not of the insurance companies' making. Instead of focusing on fixing those issues in a system that for the most part worked, the powerbrokers that be threw out everything knowing that their true goal is what we are now seeing in this presidential race – Medicare for all. And they are not apt to change course.*

*The issue now is not so much one of solutions, but one of solvency. These "healthcare" measures have near bankrupted or bankrupted the governments that implement them, reducing simple doctor visits to a test of endurance. To stay solvent in this arena means delaying or denying services – that under our old insurance age rules were routine – and using a set of government mandated metrics to decide if care will or will not be given to an individual. Your age, value to society, will be included in the metrics as they expand.*

*In many cases Obamacare had the exact opposite effect than how it was billed. People did lose their doctors in cases where the insurance was no longer accepted and they couldn't payout of pocket. It is very difficult as an individual to find a plan in this limited market that covers specialists (dermatologists, etc.). PPO plans for individuals that most doctors in El Paso will accept are scarce.*

*Everybody will see their "healthcare" reduced to a numbers game except the politicians that make the rules for everyone else. Costs have and will continue to balloon. We had a robust, competitive free market insurance smorgasbord – hundreds of options – in this country until Obamacare. There are now only a handful of major health care providers. Wait and see what happens to costs once the only "insurance" for "healthcare" is the government. Will the government decide the next step is to nationalize all hospitals and private emergency care facilities? Will "healthcare" swallow up dentists and eye doctors – put them under the same metrics as your primary care physicians?*

*This has never been about the health and wellbeing of Americans. It has always been about power and control of the people of this nation. Free, competitive markets work – they stabilize economies. But it is really hard for any government to exercise the kind of control over their citizens that it seems the current political body wants, in a free market based environment.*

*The purest idea of good, affordable medical care for all people lasted about one political nano-second. When powerbroker politicians spend money for the "good of the people" they are really just taking money from good working people and using it for personal gain of one sort or another.*

*The best solution and advice anyone can offer is to take control of your own health. Overweight? Hit the gym, walk, become active and watch your diet. Smoke? Quit smoking. Drink too much? Cut back or quit. Illegal drugs? Stop using them. Brush your teeth. Take care of your eyes. But be sure to*

*check with your doctor or healthcare provider before making any lifestyle decisions or changes that might adversely affect your health – if you can get an appointment.*

*Whatever a person can change or fix to improve their health, they should do it. If each person will take care of their own health to the best of their ability they won't need to rely as heavily on doctors or this country's new "healthcare" reality.*

*I sent your letter to Dr. Orient)*

### Editor:

My name is Jose Cordova and I am running for Councilman Place #1. My wife Dionicia and I have lived in Vinton for over 36 years. I served in the military for four years at Ft. Bragg with the 82nd Airborne Division and in France. I humbly look forward to serving Vinton for six years.

I have been very active in the Village as commissioner to: Tax Accountability Commission, Waste Water and Water Steering Committee, The Village of Vinton Census Committee and as Chairman of Planning and Zoning Commission. With this experience I understand the issues of the Village.

It's time for new leadership in Vinton. At the top of my list is reliable water and sewer for all Vinton residents, reduced budget spending from our General Fund by reviewing all expenditures to avoid more taxes. We need to bring back home programs through grants to help our seniors, low-income families and our disabled residents. I will make it a practice to have an open door policy for all concerns and questions.

I look forward to serve as your Councilman Place #1. Let's make the Village of Vinton a better place to live.

– Jose Cordova  
Village of Vinton

### Editor:

My name is Ramon Diaz, and I am running for Mayor of Vinton, Texas. I have lived in Vinton since 1976. Like many Vinton residents, my parents came to the USA as migrant workers looking for a better life. With them they brought their rich cultural traditions, and to this day we still celebrate them, such as las charreadas, los matachines, La Virgen de Guadalupe, los mariachis, family cook-outs of chicharones and carnitas, and more.

I believe that we all chose to live in Vinton to get away from the stressful life of big cities. Living in Vinton was supposed to be like life on "el rancho", meaning that it was more tranquil to live in Vinton, and we could raise chickens, goats, horses, birds, and enjoy the country-style atmosphere.

As it looks like now, however, we are headed toward trying to be just like the big cities with over-burdening ordinances and high taxes. For the past six years our taxes have gone up but there is very little to show for it. We are still waiting for the water and sewer infrastructure to be installed. We are still waiting for storm drainage system to be implemented, and our youth are still waiting for job opportunities. About the only ones benefiting from the tax increases have been the Village officials and administrators. The mayor and council members have given themselves pay raises without voter approval, and all Village employees have gotten raises without any type of an evaluation on their performances.

It is time for a new generation of leaders to step-up to the plate. That is why I am running for mayor. We need to push for reliable water and sewer services, that's at the top of my list. Secondly, we must complete an independent audit of all departments to see where our tax dollars are going, and we need to help our young residents by attracting businesses that offer a variety of jobs. These are the reasons why I am asking for your vote on November 5th.

– Ramon Diaz  
Village of Vinton

# The problem with impeachment

Impeachment is about to make everything worse.

If our politics seem overheated, our institutions beleaguered and our public debate degraded, just wait until we are in the midst of the impeachment debate.

Democrats have had an impeachment itch that they've been desperate to scratch ever since Donald Trump took office. For them, Ukraine is equal parts a genuine outrage and an excuse,

the release valve for nearly three years of fear and loathing.

Rather than conducting himself as if he's aware that a hysterical opposition is eager to impeach him, Trump has embraced constant provocation. He has shown little interest in distinguishing between himself and the high office that he holds. Although we need to learn more, there's clearly an impropriety in his handling of Ukraine.

Enough to impeach and remove him? Presidential-level diplomacy always involves horse-trading, and it, surely, is not the first time a president has prodded an ally to do him a favor in his political interest. The risk of Trump's heavy-handed request – an aid package to Ukraine was being held up at the time – was that the Ukrainians would have felt compelled to manufacture damaging information on the Bidens. That didn't happen, and the aid, thanks to congressional pressure, was released in short order.

So far as we know, Ukraine lacks the hallmarks of other presidential scandals. There's been no cover-up. Trying to keep a transcript of a presidential call from leaking doesn't qualify. And once the controversy became public, the White House rapidly released key documents.

Nor is there any violation of law. Trump's ask of Ukrainian President Volodymyr Zelensky wasn't extortion or a campaign-finance violation under any rational interpretation of our statutes. If it was, practically every president in our history would have had criminal exposure.

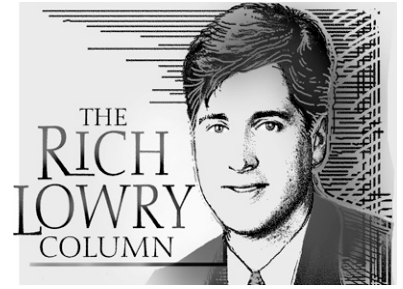
Unless there's a thermonuclear revelation, impeachment will be an exercise in futility, inevitably ending with Trump's Senate acquittal. GOP senators, by and large, are going to end up where their voters are. You can't expect Republicans to be told, falsely, for two and a half years straight that some conspiracy with the Russians was going to be uncovered imminently and then accept at face value a five-alarm interpretation of Ukraine.

Democrats can point to the predicate of the Clinton impeachment. Although if Trump had flagrantly and repeatedly perjured himself, he'd have been impeached long ago. The lesson from the 1990s is, Yes, you can impeach in the absence of any real hope of convicting in the Senate, but it's a lot of trouble to go through for basically a censure vote.

If Trump were for some reason actually removed on anything like the current universe of possible evidence, it would create a crisis of legitimacy at the heart of our government. Think of what the U.K. is going through with Brexit, only worse. Ten of millions of Trump voters would feel cheated and disenfranchised, and the roiling populism that Trump has tapped into would get stronger, not dissipate.

Congress has shown before that it's possible to conduct a big, news-dominating investigation without impeachment proceedings; it's what it did during the Iran-Contra hearings in Ronald Reagan's second term.

But impeachment is the verdict that Democrats have always wanted, and any offense will do.



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

## Licon attends NALEO conference

By Jeannie Meza-Chavez  
Special to the Courier

SANELIZARIO—San Elizario ISD Board President, Sandra Licon, spent September 13 and 14 in Long Beach, CA attending the NALEO National Policy Institute on Emergency Response and Management Conference. The National Association of Latino Elected and Appointed Officials (NALEO) sponsored the conference.

Licon's participation was made possible through a NALEO travel scholarship opportunity that was made available to NALEO members. The registration fee is automatically covered through membership in the organization. Licon states, "with our student enrollment declining, we always look for ways to save in order to assure that our students and personnel needs are met first."

The NALEO conference facilitates and supports the collaboration across numerous



Sandra Licon

levels of government and helps establish cross-jurisdictional efforts before a disaster occurs. "Receiving the scholarship makes it possible to attend the policy institute so we can continue to educate ourselves to better serve and advocate for our students and community," Licon said.

## HEED

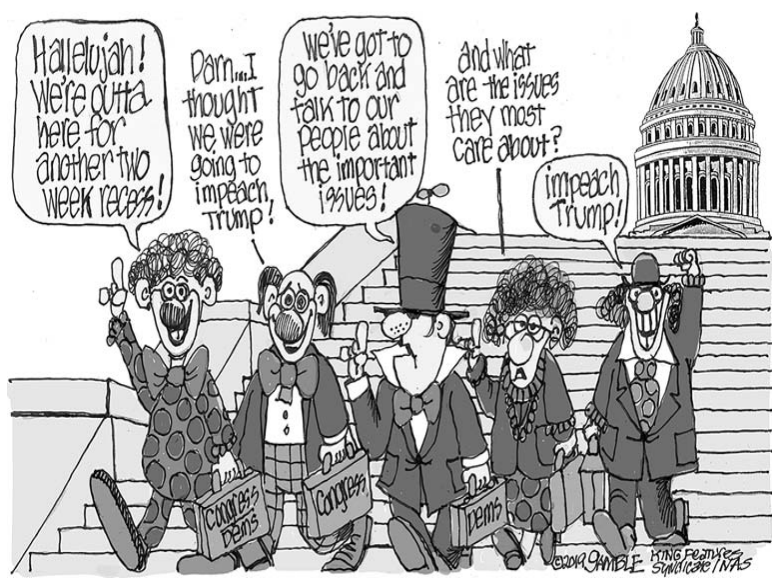
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of its work to foster and promote cultural awareness and respect not only among employees but also among our students and the surrounding El Paso community. The target is to educate and disseminate information that highlights and celebrates the numerous cultures that construct and influence our world.

"The HEED Award process

consists of a comprehensive and rigorous application relating to the recruitment and retention of students and employees," Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine said. "Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being done every day across their campus."

For more information about the 2019 HEED Award, visit [insightintodiversity.com](http://insightintodiversity.com).



**Notice of Public Meeting To Discuss Canutillo Independent School District's State Financial Accountability Rating (FIRST)**

The Canutillo Independent School District will hold a public meeting at 5:30 p.m., Tuesday, October 22, 2019 in the boardroom of the Canutillo ISD Administration Facility, 7965 Artcraft Road, El Paso, Texas.

The purpose of this meeting is to discuss Canutillo Independent School District's rating on the state's financial accountability system.

WTCC: 10/10/19

Archives: [www.wtxcc.com](http://www.wtxcc.com)

# The favorite to win the NBA title may well surprise you

By Steve Escajeda  
Special to the Courier

I know most of us are in full football mode right now.

We sit in front of our screens every weekend and wonder how many touchdown passes Patrick Mahomes will throw, or how many yards Zeke will eat up, or what kind of havoc J.J. Watt and Aaron Donald will inflict.

And still there are many more who spend their Saturdays agonizing over their favorite college team.

In other words, we're right in the middle of football season and we Americans couldn't be happier.

But lost in all the first downs and quarterback sacks and interference penalties, is the fact that the NBA regular season is just about 10 days away.

And unless you spent this past summer out of the country, or just took a well-earned 3-month nap, you know that there were a lot of NBA players who changed addresses.

This is the time of year that the Las Vegas gambling gurus get together and lay down the odds on who the top teams are, going into the season.

In recent years, teams like the Houston Rockets and Toronto Raptors and San Antonio Spurs and Oklahoma City Thunder and Cleveland Cavaliers and of course the Golden State Warriors were always ranked as the favorites to win it all.

Going into this season, the surprising Vegas selection to win it all is the Los Angeles Clippers.

In fact, the top four teams in the ranking are the Clippers, the Milwaukee Bucks, the Rockets and the Los Angeles Lakers.

And except for the Bucks, who will look very similar to what they were a year ago, the Clippers, the Lakers and the Rockets will look very different.

The Bucks will be an interesting team to watch for a couple of reasons; they bring back stars Giannis Antetokounmpo (I got light-headed trying to spell that), Khris Middleton

and Eric Bledsoe.

The other reason has more to do with family. The Bucks also brought in Robin Lopez, to join his brother Brook on the team; and they brought in Thanasis Antetokounmpo, the older brother of Giannis (the league's reigning MVP), who has had been playing in their native Greece.

I'm not sure how much the newly acquired brothers will help, but it'll sure do wonders for chemistry. Plus, it'll save their parents from having to fly to two different places to see their sons play.

As far as the new-look teams, we can start with the favored Clippers. They will look totally different because of two new arrivals, Paul George and Kawhi Leonard.

George finished third in last year's MVP voting and all Leonard did was lead the Raptors to the first NBA title in franchise history.

I guess pairing those two would make any team the automatic favorite.

As for the Rockets, they already had the MVP from a couple years ago in James Harden. Now they've added the MVP from three years ago, Russell Westbrook.

Talk about a dynamic duo. The Rockets have only one problem, both Harden and Westbrook love to have the ball in their hands.

I double-checked the NBA rulebook and it emphatically states that the game is still being played with just one basketball at a time.

So while both players present a big problem for the rest of the league, they'll definitely have to conform their games a bit to be successful.

And now we come to the Lakers, the once-proud franchise has suffered through six straight losing seasons, including last year's first year with LeBron James.

But James was given a little help when the Lakers went out and got megastar big man Anthony Davis (better known as the Unibrow).

Davis has been near the top of everyone's NBA Player of the Year list since he entered the league in 2012. Putting him alongside LeBron and his four NBA MVPs, should be a lot of fun to watch.

So it all comes down to this, compatibility, which one of these quick-fix combinations will mesh the best?

Individual players are why the fans come out, but its teamwork that wins championships.

The question is, are these players able, or willing, to put their egos aside to help the team win?



Moore Texas by Roger T. Moore

Chili is the official state dish of Texas... and it is great fun to see yankees get their first taste.



## CryptoQuip Answer

I know a guy who's constantly moralizing zealously. I suppose you might say he's preachy-keen.

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



## Strange BUT TRUE

By Samantha Weaver

• It was noted 20th-century author of speculative fiction Harlan Ellison – whose writing credits include episodes of the original “Star Trek” series – who made the following sage observation: “The two most common elements in the universe are hydrogen and stupidity.”

• After his death in 2005, the ashes of Hunter S. Thompson – pioneer of “gonzo” journalism and author of the infamous novel “Fear and Loathing in Las Vegas” – were fired spaceward from a giant cannon to the accompaniment of fireworks and the Bob Dylan song “Mr. Tambourine Man.”

• All species of dog have a pink tongue – except one. Chows’ tongues are black.

• The automatic dishwasher was invented way back in 1886. A woman named Josephine Cochrane came up with the idea because she was unhappy with the way her fine china was being chipped by the servants who were washing it.

• According to a recent Zinus study on sleep anxiety in America, women are more likely than men to dream about being chased and having teeth fall out. Men, though, dream more often about being naked in public and flying.

• If you're thinking of redecorating your child's room, you might want to keep this in mind: Studies show that the color pink has a soothing effect on children, blue lowers their blood pressure and increases attentiveness, and yellow excites and cheers kids. Avoid red if at all possible; it has been shown to raise children's blood pressure, respiration and heart rate as well as brain and muscle activity.

Thought for the Day: “Unfortunately, computers are also stupid. Unlike human beings, computers possess the truly profound stupidity of the inanimate.”  
– Bruce Sterling

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• On Oct. 7, 1943, Rear Adm. Shigematsu Sakaibara, commander of the Japanese garrison on Wake Island, orders the execution of 96 Americans POWs, claiming they were trying to make radio contact with U.S. forces. The cold-blooded executions remain one of the more brutal episodes of the war in the Pacific.

• On Oct. 8, 1970, Aleksandr Solzhenitsyn, Russia's best-known writer, wins the Nobel Prize for literature. The Soviet government demonstrated its displeasure over Solzhenitsyn's writings by preventing him from personally accepting the prize.

• On Oct. 9, 1635, religious dissident Roger Williams is banished from the Massachusetts Bay Colony by the General Court of Massachusetts. Williams had spoken out against the right of civil authorities to punish religious dissension.

• On Oct. 10, 1957, President Dwight Eisenhower offers his apologies to Ghana's finance minister, Komla Agbeli Gbedemah, who was refused service at a restaurant in Dover, Delaware. It was one of the first of many such incidents in which African diplomats were confronted with racial segregation in the U.S.

• On Oct. 11, 1962, Pope John XXIII convenes an ecumenical council of the Roman Catholic Church, the first in 92 years. The pope hoped to bring spiritual rebirth to Catholicism and cultivate greater unity with the other branches of Christianity.

• On Oct. 12, 1786, widower Thomas Jefferson composes a romantic and introspective love letter to a married woman named Maria Cosway, who he'd met in Paris earlier that year. Eventually Jefferson's ardor cooled, and in 1789 he wrote more about his scientific studies than of his love and desire for her. The now-famous letter is known to historians as “A Dialogue between the Head and Heart.”

• On Oct. 13, 1775, the Continental Congress authorizes construction and administration of the first American naval force, the precursor to the United States Navy, which was established April 1798.

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3	+	7	×	2	20
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# Aging Well

Aging is something we all do from the moment we're born.  
So how do we do it better?  
How do we live our best lives as we grow older?

At Conviva, we think beyond disease management.  
We are an alliance of physicians and senior care advocates  
united in advancing the understanding of healthy aging.



We are **Conviva Care Centers**, where meaningful patient relationships lead to better health outcomes.



We are **Conviva Physicians Group**, where decisions are driven by physicians and based on expertise and research.



We are **Conviva Care Solutions**, thought leaders in senior care, pioneering best practices and seamless management services in support of clinical goals.

Together, we are Conviva.

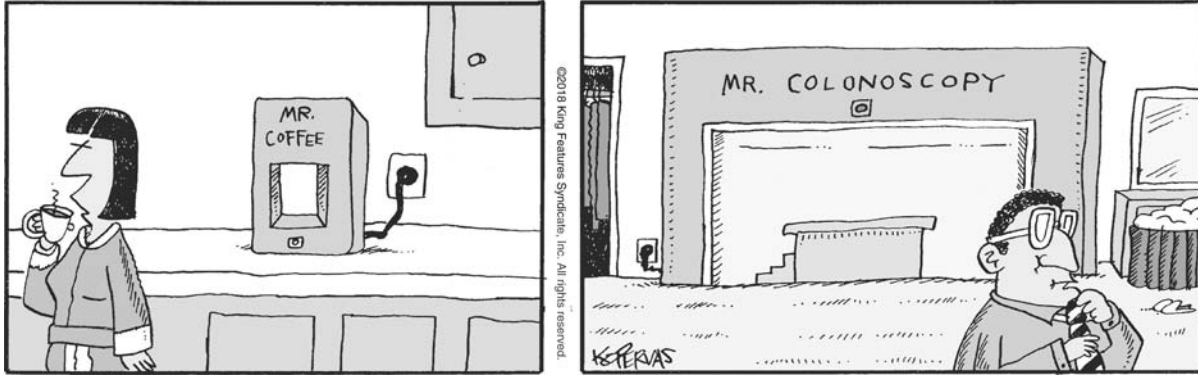


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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Quitting smoking better than any cough syrup

DEAR DR. ROACH: My daughter smokes. She doesn't have COPD now, but last spring she had bronchitis and was off work for a week. When she went back to work, she didn't feel good, and her doctor told her that she had pneumonia in both lungs and wondered why she went back to work. She still takes cough syrup under her doctor's orders. — N.P.



Getting someone to quit smoking is a challenge, but perhaps some advice I can give your daughter might help. The first piece of advice is that a cough necessitating cough syrup on a routine basis indeed might be a sign of COPD. There are two major forms of COPD: emphysema and chronic bronchitis. The definition of "chronic bronchitis" is a productive cough for three months in each of two successive years.

The second piece of advice is that quitting before there are serious symptoms is the best time to quit. Although the body has some ability to recover from the effects of chronic cigarette smoke, there is a degree of permanent damage in long-term smokers. Quitting greatly slows down the rate of ongoing damage to the lungs and reduces the risk of having lifelong symptoms of shortness of breath and cough.

Quitting smoking will do more good than any cough syrup can.

DEAR DR. ROACH: Does taking Norvasc or any calcium channel blocker reduce or destroy the calcium in the bones, eventually causing osteoporosis? — E.G.

No. Calcium channel blockers, like amlodipine (Norvasc), work on cells in the heart and blood vessels, controlling the flow of calcium into the cell. Calcium in the cell is one of the regulators of smooth muscle cells, and for Norvasc in particular, that means its major effect is on blood vessels, causing them to open up and reduce blood pressure, and thus the amount of work the heart needs to do.

Calcium in bone is used structurally, where it combines with other ions to form hydroxyapatite, the mineral that keeps bones hard and strong. The mechanism for calcium entry into bone cells is very different. Calcium channel blockers do not affect mineralization of the bone, nor do they increase the risk for

See HEALTH, Page 7

Super Crossword

- HOT TICKET ACROSS**
- 1 Persistent dull pain
  - 5 Bohr studied them
  - 10 Really toil
  - 15 Mule or flat
  - 19 Stubble spot
  - 20 Thieving sort
  - 21 Evita of "Evita"
  - 22 Bigwig's benefit
  - 23 Units of absorbed dose
  - 24 Ending theme for Roy Rogers' show
  - 26 Mata \_ (famous spy)
  - 27 Ultimately occupy
  - 29 Fencing implements
  - 30 Added to the database
  - 32 Unsaturated solid alcohols
  - 33 "Cybill" actress Pfeiffer
  - 34 Dozing audibly
  - 35 Sam of "Sirens"
  - 36 Rouse
  - 37 Kind of PC terminal
  - 39 Stephen of "Roadkill"
  - 40 Conscious
  - 45 Summertime drink
  - 46 Whale herd
  - 49 Most uncanny
  - 51 Expand
  - 52 Ancient region in
- Asia Minor  
54 Perfume  
55 Forest clearing, e.g.  
58 Under oath  
59 Smell \_ (be leery)  
60 Rub away  
61 Kitchen appliance producer  
63 Piled up debt  
64 Fix as a cobbler might  
66 Old-time actor/singer Paul  
68 Tea brand  
70 French water  
71 Tim Tebow's 2007 award  
74 Turn sour  
75 Sunlit courts  
77 Noblewomen  
78 Provide (with)  
80 Really must  
82 Picks up and hauls in  
84 Herring's kin  
88 Solitary sort  
91 Navy inits.  
94 Actor Ed  
95 "... lion, out like \_"  
96 Parked in  
99 Famous  
102 Parts of dols.  
103 NBC show since '75  
104 Company maxim  
106 Churchill Downs, e.g.  
109 Impish kid
- 112 Forming a single entity  
113 OPEC vessel  
115 Troublesome critter  
116 Part of IRS  
117 Pig's sound  
118 Person flying the coop  
119 Plaits of hair  
120 Present perfect, e.g.  
121 Fishers using nets
- DOWN**
- 1 Plot units
  - 2 Monastery song
  - 3 "X marks the spot" stash
  - 4 Guarantee
  - 5 "Iliad" hero
  - 6 Bilingual person, at times
  - 7 Alley- (hoops play)
  - 8 Bike with a small engine
  - 9 Big name in voice chat
  - 10 Lively outing
  - 11 Sublet, say
  - 12 Shapiro of NPR
  - 13 Beetle producer
  - 14 Port in Lower California
  - 15 Marble, e.g.
  - 16 Going in the direction of
  - 17 Hatch on the Senate floor
  - 18 Struggling to earn, with "out"
  - 25 "Life" director Demme
  - 28 French fashion designer Paul
  - 31 Rustic types
  - 37 The "C" of C-section
  - 38 Enact again
  - 40 "Super!"
  - 41 Place to order a Chianti, say
  - 42 They may be classified
  - 43 Buffets, e.g.
  - 44 Inflames with love
  - 47 Supplied with ventilation
  - 48 Official charges
  - 50 Turned on by
  - 53 Missing, militarily
  - 56 Analyze in grammar school
  - 57 Birchbark craft
  - 60 Extra-wide, as footwear goes
  - 62 Gray color
  - 65 City in Tibet
  - 67 Ethyl or propyl ending
  - 69 \_ Rock (central Australian landmark)
  - 72 Nano and others
  - 73 Sacred hymn
  - 76 Driver's lic. and
  - 79 Maiden-named
  - 81 Nonsense song syllable
  - 83 Back stroke?
  - 85 Cuzco native
  - 86 Buyer's bottom line
  - 87 Author Caldwell
  - 88 Thin slices of bacon
  - 89 The U.S., to Mexicans
  - 90 Phone up
  - 91 Not injured
  - 92 Oklahoman, informally
  - 93 Try very hard
  - 96 Gnu or okapi marking
  - 97 Expiating person
  - 98 Calorific cakes
  - 100 Eleanor of kid-lit
  - 101 College officials
  - 104 French kin of "danke"
  - 105 TV financial adviser Suze
  - 107 Not made up
  - 108 Deli loaves
  - 110 Fashion's Saint Laurent
  - 111 Stun, as with a police gun
  - 114 Silent film star Chaney

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				29				30		31					
32							33				34							
		35									36							
37	38			39				40	41	42	43	44		45		46	47	48
49			50					51					52			53		
54						55	56					57		58				
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64			65				66				67			68	69			
70				71		72						73					74	
75			76				77							78	79			
80							81						82	83				
			84				85	86	87		88	89	90					
91	92	93				94					95					96	97	98
99			100	101			102				103				104	105		
106						107	108				109			110	111			
112									113	114				115				
116									117					118				
119									120					121				

**Health**

From Page 6

osteoporosis.

One group found that people on calcium channel blockers may have a slightly higher risk of fractures; however, that was thought to be due to an increased number of falls, especially in the elderly. Physicians need to take care not to use too much medication, especially ones that dilate blood vessels, as they can increase risk of dizziness and falls.

several brands. Several people made their own deodorants by mixing baking powder, cornstarch and olive or coconut oil. Other people noted using antibacterial soaps or cleansing products containing the same products we use in the operating room, such as chlorhexidine and hexachlorophene. A product with zinc oxide and talc helped one reader. Finally, more than a few people noted that removing all underarm hair was necessary to successfully get rid of odor.

**DR. ROACH WRITES:**

Many readers kindly shared their recommendations about preventing underarm odor, and the most commonly mentioned, by far, was crystal mineral salt deodorants, of which there are

*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.*

**Reducing the rate of military suicides**



by **Freddy Groves**

In a joint venture to reduce suicides, the Department of Veterans Affairs, the Department of Defense and the Vet Centers have hooked up to provide counseling and outreach to the National Guard on drill weekends and during training. In 2017, the National Guard had the highest rate of suicide of all the military.

Now, however, the rate of National Guard members using the Vet Centers has risen 38%, and the suicide rate has fallen to its the lowest level in five years. It's thought that the increased use of the Vet Center services could be the reason.

Meanwhile, the Defense Suicide Prevention Office's most recent report saw 2018 deaths-by-suicide numbers that were mostly higher than

the year before: Air Force 60, Army 139, Marine Corps 58, Navy 68, Reserves 216 and National Guard 135.

As the VA continues to try to understand the reasons for veteran suicides, it's looking at limited access to health care and isolation. Up until 2016, Vermont had the nation's highest rate of veteran suicide. By this year, it was reported in Congress that Montana had the highest rate. First thoughts point to rural living and cold weather, yet in California, sunny and warm San Diego has the highest rate for that state.

If you think you might be in trouble, or if you know a veteran who is, call the Veterans Crisis Hotline 24/7 at 1-800-273-8255 or go online to [www.veteranscrisisline.net](http://www.veteranscrisisline.net). You also can send a text to 838255.

Besides the 24/7 hotline, National Guard and Reservists are eligible to use the services of the Vet Centers (there are 300) and Mobile Vet Centers (there are 80). To find out more about

what the Vet Centers do, or to find one in your area, go online to [www.vetcenter.va.gov](http://www.vetcenter.va.gov).

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• "Need brown sugar for a recipe and suddenly realize you're out? Save a trip to the grocery store by adding molasses to white sugar. No molasses? Use maple syrup in a pinch." – W.S. in Florida

• Keep it clean in the laundry room with this quick cleanup tip: When you do a load of towels or rags, use one of them to wipe down the washer and dryer – including a quick scrub of the lint trap – before tossing the rag in the wash.

• "The last time I went through my plastic containers to remove the ones without lids and the lids that have no container, I thought 'How does this even happen?' So, when I got ready to put the 'keep' pile back, I decided that I would store them with their lids attached. It has worked well. Even though it takes up a little more space, they are all there, and no lid or container has gone missing." – M.M. in Ohio

• To keep hard floors in good shape, get a microfiber mop that is strictly for dust mopping. Treat it with an appropriate floor-care agent, and make sure that you toss the mop head in the wash regularly. Never use fabric softener when washing or drying microfiber cleaning cloths.

• Store an extra set of sheets and an additional blanket under the bed in a laundry basket for easy accessibility.

• Winter driver safety list! Check levels for the following: engine oil, coolant and anti-freeze, as well as windshield wiper fluid (nonfreezing), tire pressure and tread depth.

• When making a cream pie filling or a custard, you may substitute two egg yolks for each egg.

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

**CryptoQuip**

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

Clue: H equals S

Z FEDM R KYI MND'H  
UDEHGREGVI LDWRVZQZEK  
QPRVDYHVI. Z HYBBDHP IDY  
LZKNG HRI NP'H BWPRUNI-FPPE.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ◆**

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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**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!

	+		×		20
×		+		×	
	-		×		25
-		+		+	
	×		-		26
19		15		16	

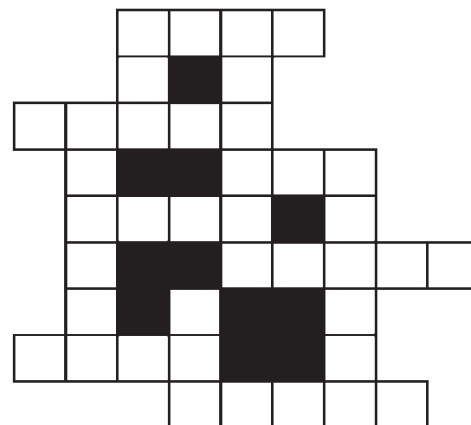
2 3 4 4 5 6 7 8 9

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Answer Page 4



- PCO
- PETATO
- ♥ ARMEL
- ♥ OOCL
- NOABIL
- EBT
- ACPI
- ♥ RAMOC
- ♥ ARP
- MECRAB
- ♥ NOTPI
- ♥ EBUL



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

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