



NEWSBRIEFS

Batter up

With the 2019 World Series in full gear and tickets to see the games live costing hundreds to thousands of dollars, the personal-finance website WalletHub has released its report on *Best Baseball Cities* as well as accompanying videos to go along with its World Series Facts – Astros vs. Nationals infographic. To determine the best places to be a fan of America’s second most followed sport, WalletHub compared over 360 U.S. cities with at least one college or professional baseball team across 31 key metrics. They range from performance level of team(s) to average ticket price to stadium accessibility. El Paso was ranked 270 out of 361 cities in this study. Other stats:

- MLB: The Boston Red Sox have the best performance level, 60.49 percent, which is 1.4 times better than that of the Cincinnati Reds, the team with the worst at 41.77 percent.
- MiLB: The Bluefield Blue Jays have the best performance level, 61.27 percent, which is 1.7 times better than that of the Bristol Pirates, the team with the worst at 36.04 percent.
- NCAA: The Oregon State Beavers have the best performance level, 78.12 percent, which is 16.3 times better than that of the Saint Peter’s Peacocks, the team with the worst at 4.78 percent.
- Phoenix has the lowest average season ticket price (for MLB games), \$20.86, which is 2.8 times less expensive than in Boston, the city with the highest at \$59.32.

Visit <https://wallethub.com/edu/best-baseball-cities/12864/> for the full report.

– Diana Polk

Canutillo celebration

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 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

To find real happiness you must be willing to ignore what life owes you and think about what you owe life.

– Quips & Quotes



– Photo (non-credited) from Internet

TRADITION – During the end of October into early November, gatherings and parades are held throughout the world (like the one in Mexico City shown above) in observance of the traditional Mexican holiday, *Día de los Muertos* (Day of the Dead). Locally, El Paso area residents are invited to dress up in a *Calaca* or *Catrina* costume and experience the traditional occurrence at the historic Concordia Cemetery. The event is scheduled from 2 to 8 p.m., Saturday, November 2. The cemetery is located in Central El Paso, at 3700 E. Yandell St.

Dia de los Muertos at Concordia Cemetery

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Because the El Paso region is a blending of many cultures and ways of life, both modern and centuries-old, a vibrant tapestry of people and traditions has been intricately woven, unlike anything else in the country.

An example is borderland residents gathering to observe *Día de los Muertos* (Day of the Dead), which commemorates the lives of departed loved ones. On this

solemn occasion, they join millions of people from around the world in honoring not only their ancestors and deceased loved ones, but also their heritages.

Día de los Muertos, a Mexican holiday dating back hundreds of years, originated with the Mexica (also known as the Aztecs). Before Spanish colonization, the celebration took place during the summer. It was moved to autumn in order to coincide with the Catholic celebrations of All Saints’ Eve, All Saints’ Day, and All Souls’ Day.

The modern version of the *Día de los*

Muertos includes three days representing separate ideologies that inspire similar traditions; that is, to bring both closure as well as the feeling of time spent with a loved one who has passed.

The celebrations are bright and elaborate, and they include the building of *ofrendas* (private altars) in memory of the departed; honoring the deceased using sugar skulls, marigolds (the flower of the dead), and the favorite foods and beverages of the departed; and bringing

See DIA, Page 2

Cactus and Rock Club celebrates 82nd anniversary

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Cactus and Rock Club, of El Paso County, will celebrate its 82nd anniversary with a variety of activities including presentations, demonstrations, and sales. The celebration will be held from 9:30 a.m. to 2 p.m., Saturday, November 2, at the Memorial Park Outdoor Resource Center, 3105 Grant Avenue in Central El Paso.

Throughout the year, club members provide activities for individuals interested in the care of cacti and other succulents. Some of the activities include special presentations on cacti and other succulents,

See CLUB, Page 4

STICKY BUSINESS – The El Paso Cactus and Rock Club focuses on conserving and protecting the native plants of the Chihuahuan desert (like the one shown at right and on page 4). Club members are a useful resource for the community when it comes to land development. They will go out to a piece of land to save the cacti and native plants before the ground is leveled. Then, they will donate the cacti and plants and help transplant them.



– Photo by Alfredo Vasquez

View from here

By John Grimaldi

Forgetting with age is not necessarily Alzheimer’s

Take precautions it persists and interferes with daily life

Alzheimer’s disease, in particular, have emerged as a clear and present danger for America’s aging population. And, this has many seniors scaring themselves every time they forget someone’s name, according to Dan Weber, president of the Association of Mature American Citizens (AMAC).

“One of our members recently told me that his wife of 54 years was diagnosed with Alzheimer’s disease five years ago and finally asked her neurologist to check him out because he was becoming increasingly forgetful, himself. He did and, to his relief, he was diagnosed with a simple case of growing old. Indeed, as we grow older it is normal for us to forget simple things such as where you parked your car or you might have trouble coming up with the right words. It is not necessarily the onset of dementia,” says Weber.

“Nonetheless, it is a good idea to have yourself checked out. Self-diagnosis is not safe. Forgetting where you put your glasses is normal. Forgetting that you wear glasses just might be dementia.”

The Alzheimer’s Association says the signs of abnormal memory loss include a new found inability to complete routine tasks such as paying bills, remembering appointments, making plans or solving problems. It’s time to see a doctor if you are experiencing these types of extreme forgetfulness on a regular basis.

Meanwhile, there are things that you can do to help sharpen your memory, according to the Mayo Clinic. In an article published on its Web site the Clinic suggests getting more physical exercise, doing things to remain mentally active, getting a good night’s sleep and maintaining a healthy diet.

The folks at the Mayo Clinic also point out that it is important to adopt an engaging social life, something that AMAC’s Weber says may be a particularly effective way of dealing with memory loss. He cites a recent study that shows social activity can reduce dementia risk by as much as 12% as we age.

The research was led by

Andrew Sommerlad, Ph.D., at University College London in the U. K. And, its findings “suggest a protective effect of social contact against dementia and that more frequent contact confers higher cognitive reserve.”

Harvard Medical School says “cognitive reserve is developed by a lifetime of education and curiosity to help your brain better cope with any failures or declines it faces.” It’s a concept that was first identified in 1982.

Essentially, researchers studied individuals who had no apparent symptoms of dementia while they were alive. But, when they died and were autopsied, it was discovered that their brains showed “changes consistent with advanced Alzheimer’s disease. Since then, research has shown that people with greater cognitive reserve are better able to stave off symptoms of degenerative brain changes associated with dementia or other brain diseases.”

Dia

From Page 1

gifts and belongings to graves.

Other traditions include *muertos* (the bread of the dead); cardboard skeletons; tissue paper garlands; fruit and nuts; incense; and other traditional foods and decorations. The holiday is now celebrated around the world, and each culture brings its own unique twist.

Whether you celebrate every year or you’re simply checking it out for the first time, these community celebrations welcome you with open arms as you honor your own loved ones.

So, if you are you looking for something extraordinary to do for the upcoming *Dia de los Muertos* observance... How about dressing up in a *Calaca* or *Catrina* costume and celebrating with other participants in an exciting one-day occurrence at the historic Concordia Cemetery. The event is scheduled from 2 to 8 p.m., Saturday, November 2. The cemetery is located in Central El Paso, at 3700 E. Yandell St.

Organizers of the local cultural and spiritual celebration are inviting revelers to dress in vintage Mexican clothing

complete with the traditional *Calavera* (Skull) painted on their faces and take the opportunity to visit with dozens of artisans and crafts vendors, participate in a scavenger hunt, and listen to live music and poetry readings to commemorate this unique tradition. Also available will be food trucks, face painting artists, and ceremonial arts and crafts offerings for *Altars* (decorated graves).

The afternoon affair will include a variety of performances including Matachines, Aztec and Sun Fire dancers, Mariachi singers, and 10-foot tall *Mojingaga* skeletons roaming the cemetery grounds.

Admission fee for the festivities is \$5 for adults with special discounts for military personnel, students, and senior citizens. Children under six years of age are admitted free. Proceeds from the event will benefit the Concordia Heritage Association, an all-volunteer, non-profit organization that maintains, preserves, and protects the Historic Concordia Cemetery.


For more information, visit the heritage association’s website, at www.concordiacemetery.com, or contact Collette Maes by sending email to comaes39@aol.com.

Notice of Public Meeting to Discuss Anthony Independent School District’s State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, November 20, 2019 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District’s rating on the State’s Financial Accountability Rating System.

WTCC: 10/31/19



NOTICE OF PUBLIC MEETING

To Discuss Socorro Independent School District’s State Financial Accountability Rating

Socorro Independent School District will hold a public meeting at:

6:00 PM
November 19, 2019
in the Board Room
District Service Center
12440 Rojas Drive
EIPaso, Texas 79928

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

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 10/31/19

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The NBA salutes its Chinese overlords

Little did Dr. James Naismith know when he invented the game of basketball in Springfield, Massachusetts, in 1891 that, more than a century hence, it would become beholden to its Chinese overlords.

The NBA disgraced itself kowtowing to Beijing after the general manager of the Houston Rockets, Daryl Morey, tweeted his support for Hong Kong protesters. The words he associated himself with – “Fight for Freedom. Stand with Hong Kong” – would seem uncontroversial. Who doesn’t hope for the best for plucky demonstrators trying to advance democracy against an overweening imperial dictatorship?

Morey, though, failed to adequately account for the feelings of the dictatorship. “I was merely voicing one thought,” he said, in a groveling tweet after deleting his original offending one, “based on one interpretation, of one complicated event. I have had a lot of opportunity since that tweet to hear and consider other perspectives.”

The “other perspectives” are those of people supporting a regime that is determined to crush Hong Kong underfoot, maintain a one-party state

that stifles all internal dissent, brutally repress Uighur Muslims, grab the South China Sea, build up its military with an eye to a future confrontation with United States and rewrite the rules of the international order to its liking.

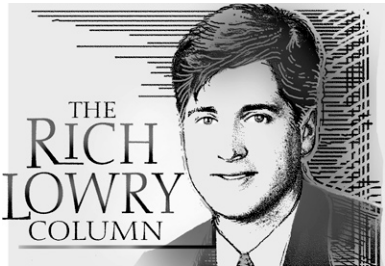
But who’s to judge? In its own lickspittle statement, the NBA said that Morey’s views “have deeply offended many of our friends and fans in China, which is regrettable.” It appears that the Chinese-language version

was even more craven, saying that the league is “extremely disappointed” in the GM’s “inappropriate” tweet.

If you follow the NBA and missed the part where Red China stole the league’s soul, it’s only because you haven’t paid enough attention to the international business. China is a huge and growing market for the NBA. When Chinese sponsors and partners of the Rockets began to pull out, the team and the league buckled.

The joke of it is that here at home the league flaunts its woke social conscience. The NBA used the leverage of its All-Star Game coming to Charlotte to force changes to a North Carolina bathroom bill, in the name of “equality.”

One would think that reeducation camps for a million Uighurs is much worse than any choice North Carolina makes about its restrooms. The NBA should be repelled by China’s policies, which run counter to



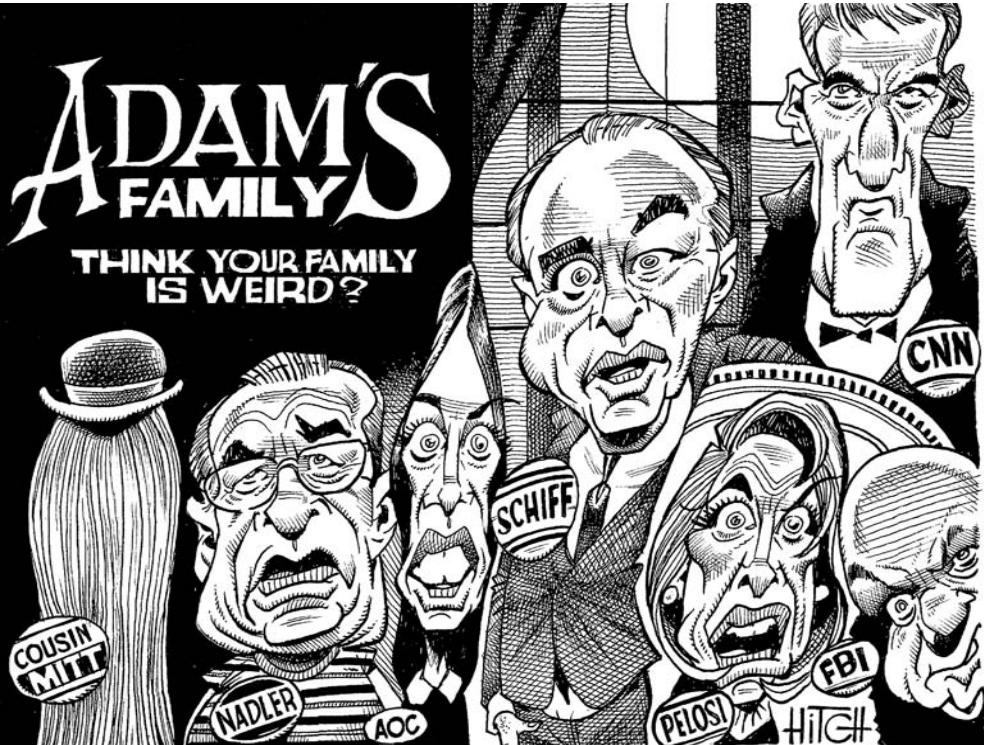
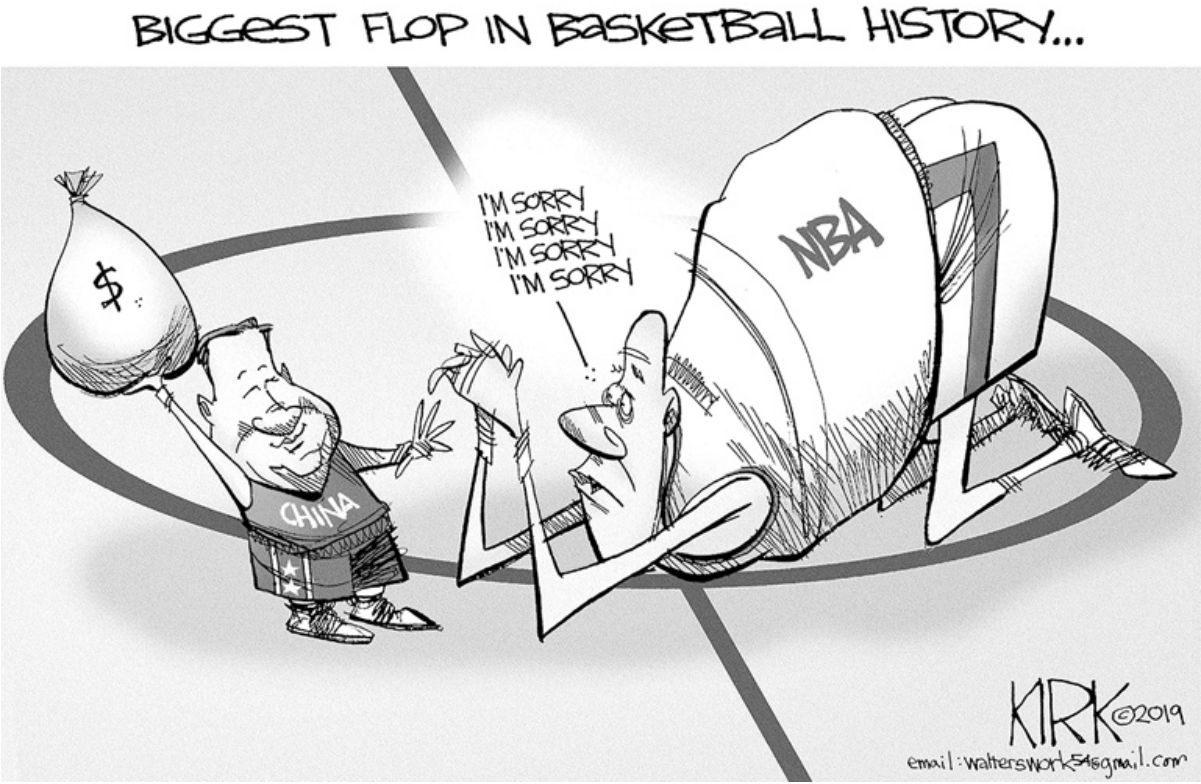
everything that the NBA purports to stand for.

This episode exposes the league’s gutless hypocrisy. So long as social activism is costless, the NBA is all about its values. As soon as there is any price, it is willing to salute smartly at the dictates of one of the most cynical, self-interested regimes on Earth.

Of course, any profit-generating enterprise is going to care about its bottom line most of all. That shouldn’t efface all sense of decency and self-respect, though. James Harden, the Houston Rockets star, has grown very rich and famous playing an American game in an American league. His reaction to Morey’s tweet was unequivocal: “We apologize.”

He thus neatly encapsulated the willingness of a segment of the American business elite to express a kind of national loyalty to a nation that isn’t its own.

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





– Photos by Alfredo Vasquez

Club

From Page 1

garden tours, field trips, plant lottery games, free plant exchanges, plant sales, plant rescues, and the cactus month celebration in November.

For the upcoming anniversary observance, cactus experts will be on hand to share information and answer questions. A couple of the featured seminars will be the Living Rock Cacti presentation (slated to begin promptly at 9:30 a.m.) and the amazing cactus of Chile session facilitated by Steven Brack (at 11:30 a.m.). Additionally, a cooking with cactus demonstration will offer various suggestions for preparing tasty dishes (at 10:30 a.m.).

A variety of cacti and succulent plants and other related materials will also be on sale during the event, according to anniversary celebration

organizers. They added that door prizes and snacks will be provided, as the celebration is free and open to the public.

As a community service, the club publishes a monthly newsletter, called *The Areole*, that provides update information regarding club projects and calendar of events. Editor of the publication is Ad Konings, who along with his wife, Gertrud, operate the Cichlid Press. Together, they recently published a book, titled *Cacti of Texas in Their Natural Habitat*. Koning, an ichthyologist (ichthyologists study fish) who also studied medicine and biology, is best known for his research in African rift lake cichlids, a particular family of fish.

Cactus and Rock Club members meet on the first Saturday of each month at the El Paso Outdoor Resource Center, 3105 Grant Ave. For more information, visit the club’s website, at www.elpasodesert.com, or call Peter Beste, at (915) 755-3558, or Julio Norman, at (915) 545-1951.



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CryptoQuip
Answer

If you shorten the length of a casual red-and-green shirt, are you trimming the Christmas tee?


Strange
BUT TRUE

By Samantha Weaver

- It was Austrian philosophical author Robert Musil who made the following sage observation: “It’s not the genius who is 100 years ahead of his time but average man who is 100 years behind it.”
- Here’s a sign of our increasingly cluttered lives: When the National Association of Professional Organizers was formed in 1985, it had five members. Today there are more than 3,500 registered organizers with the group.
- Despite many people’s assumptions, the word “bayou” doesn’t come from French; it’s from the Choctaw word “bayuk.”
- Those who study such things say that in tunnels that have lighting on the sides rather than above, the placement of those lights can influence the likelihood of people speeding. Evidently, the farther apart the side lights are placed, the faster drivers go.
- Florida famously harbors many species of orchid – and one of them smells so bad that it’s been known to make bees sick. It’s called the Violent Stench.
- In February of this year, a Japanese man named Yuya Yamada broke his own Guinness World Record for the largest hula hoop spun around the body three consecutive times – the hoop in question measured 17.72 feet in diameter.
- It was Britain’s Prince Albert who originated the boutonniere. It seems that while they were courting, Queen Victoria offered a small bouquet of flowers to her future husband. Prince Albert used his pocketknife to cut a hole in the lapel of his jacket and put the stems of the bouquet through it.

Thought for the Day: “If you watch a game, it’s fun. If you play at it, it’s recreation. If you work at it, it’s golf.”
– Bob Hope

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Moments
in time
THE HISTORY CHANNEL

- On Oct. 28, 1965, construction is completed on the Gateway Arch, a spectacular 630-foot-high parabola of stainless steel on the waterfront of St. Louis, Missouri. An internal tram system takes visitors to the top of the arch.
- On Oct. 29, 1956, Israeli armed forces push into Egypt toward the Suez Canal, initiating the Suez Crisis. They would soon be joined by French and British forces. The catalyst for the attack was the nationalization of the Suez Canal by Egyptian leader Gamal Abdel Nasser.
- On Oct. 30, 1938, Orson Welles causes a nationwide panic with his broadcast of “War of the Worlds” – a realistic radio dramatization of a Martian invasion of Earth. Welles had little idea of the havoc it would cause among radio listeners.
- On Oct. 31, 1776, in his first speech before British Parliament since the Americans signed the Declaration of Independence, King George III acknowledges that all is not going well for Britain in the war. The British would formally surrender five years later.
- On Nov. 1, 1512, the ceiling of the Sistine Chapel in Rome, one of Italian artist Michelangelo’s finest works, is exhibited to the public for the first time. After demonstrating his mastery of sculpture, Michelangelo was called to Rome in 1508.
- On Nov. 2, 1982, a fuel truck in a military convoy explodes in the 1.7-mile long Salang Tunnel in Afghanistan, killing an estimated 3,000 people, mostly Soviet soldiers traveling to Kabul. Believing it to be an attack, troops closed both ends of the tunnel, trapping people inside.
- On Nov. 3, 1948, the Chicago Tribune jumps the gun and mistakenly declares New York Gov. Thomas Dewey the winner of his presidential race with incumbent Harry Truman in a front-page headline: “Dewey Defeats Truman.” Truman would win by 114 electoral votes.

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UTEP football fans have decided to stay home on Saturdays

By Steve Escajeda
Special to the Courier

The public address announcer boomed to the diminutive Sun Bowl crowd that there were 16,084 spectators at last Saturday’s UTEP-Louisiana Tech game.

But to my humble eyes, the actual number looked a lot smaller. Easily more like half that number (or less).

It’s sad that the Sun Bowl stadium looks as empty as it does when the UTEP Miners take the field. My first thought is, how demoralizing it must be for these players to come out of the tunnel to see thousands of unoccupied silver bleachers.

The Miners dropped to 1-6 after their 42-21 loss to the Conference USA leading Bulldogs. The game was more lopsided than the final score indicated. The Miners trailed 42-7 in the third quarter before scoring a couple of late touchdowns after the game was long decided.

That’s six straight losses after their narrow season-opening 36-34 victory over little Houston Baptist. And all six losses have come by 10 points or more.

And though It’s disheartening to see the fan interest begin to fade in what was supposed to be a season of improvement, there’s little question as to the reasons why.

UTEP not only loses, but plays a very dull, uninspiring brand of football.

Even when they play well, they find ways to falter.

In the game against Louisiana Tech, UTEP played as well as they have all season, especially on offense. But every time the Miners found themselves in Bulldogs territory, they either fumbled it away or were called for a penalty that stopped them in their tracks.

And that’s the way it’s been all season. The Miners are especially good shots – the only problem is that they always seem to be aiming at their own feet.

Of course El Paso fans are used to this kind of football. They’ve sat through years and years of some of the worst college football imaginable. Don’t believe me? Here is some proof.

Over the last 48 years, starting in 1972 – something happened.

Maybe someone put a curse on the program, maybe some kind of magnetic vortex formed under the UTEP bench area, whatever it is – something happened between 1971 and 1972.

For the first 34 years that UTEP football was in existence (from 1935 to 1971), they actually had a winning record (172-148). And get this, during those 34 years, the Miners enjoyed 18 winning seasons.

However, from 1972 to the present, the Miners have put together a dismal record of 166-401. And over the last 48 years, the Miners have enjoyed a grand total of six winning seasons.

How is that possible? How does a program change so drastically from one year to the next, and continue the downward spiral for almost a half

century?

Prior to 1971, the Miners compiled five “bowl game” victories, though all were played in the friendly confines of the Sun Bowl.

But from 1972 to today, UTEP has no bowl game wins to show for.

And that’s a long time. How long? Well, back in 1972 Atari released a quaint little video game by the name of Pong; the average cost of a new house was \$27,550; the price for a gallon of gas was 55 cents; Richard Nixon was the president; the Watergate break-in occurred; the Vietnam war was still in full swing; The Godfather was released; the Dallas Cowboys won their first super bowl ever; a quaint new cable network was launched by the name of HBO. Oh, and some of the little babies

born that year were Shaquille O’Neal, Dwayne “The Rock” Johnson, Ben Affleck and Cameron Diaz.

And in 1972 the Miners won two games and lost eight. They would go on to win two or less games for 13 of the next 14 years.

Unfortunately, not much has changed, the Miners have now last 29 of their last 31 games.

In this year’s season opener, over 34,000 fans flocked to the Sun Bowl.


Last Saturday, it was “sit anywhere you want” day as the place was fairly empty.

That goes to show that El Paso will back a winner. Heck, they’ll back a mediocre team if the football they’re watching is exciting.

But it isn’t – and they’re not.

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Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

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THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Kidney stones, some supplements don't mix

DEAR DR. ROACH: I have been taking a multivitamin for years, and now one of my physicians wants me to take a vitamin that has NO vitamin D or calcium. He just removed kidney stones in two separate procedures. I can't find any vitamins like that. – D.A.S.



I completely agree that people with kidney stones should avoid calcium supplements. The transiently high levels of calcium after taking one cause the kidney to excrete a lot of that calcium, and that can cause a calcium crystal to grow, eventually forming a stone. Calcium that comes from the diet, on the other hand, does not induce such a spike in blood levels. Also, part of the calcium bonds with oxalate, preventing that chemical – a major part of many kidney stones – from being absorbed. High dietary calcium reduces the risk of stones.

The effect of vitamin D is not as clear. It seems that having low vitamin D is a risk for forming stones, so many experts will treat low vitamin D levels in people with kidney stones. I don't know your exact situation. It may be that your vitamin D level is normal or high, and you just don't need supplementation.

The most recent studies have consistently shown that most of the vitamins in a multivitamin tablet (with the exception of vitamin D) do not improve health or prevent illness, so I don't recommend multivitamins anymore. I would encourage a healthy diet with plenty of fresh fruits and vegetables. Save your money on the vitamin tablets.

DEAR DR. ROACH: I have been on tramadol for 10 years. I am worried that it is or will affect my brain, as it works by changing the way my brain treats pain. I am 76 years old and take two or three a day. I take it for my arthritis. – M.K.

Tramadol is an opioid pain medication, similar to codeine and others. It may slow down breathing, especially in high doses. It works by blocking a pain receptor (the mu receptor) in the brain. The brain responds to this by inducing changes in the mu receptors, making them less sensitive, and in many cases reducing the effect of the dose over time, necessitating higher

See HEALTH, Page 7

Super Crossword

WHAT DO THEY ALL HAVE?

ACROSS

- 1 Designer
- 8 Put in cipher
- 14 Cocky walks
- 20 United, e.g.
- 21 In a Ziploc bag, e.g.
- 22 "The Gift of the Magi" writer
- 23 Zippers
- 25 Contacts, e.g.
- 26 Lotto variant
- 27 "... cup _ cone?"
- 28 _ kwon do (martial art)
- 29 "Taps" co-star
- Timothy
- 30 Data entry needs
- 35 Aftermaths
- 39 "Where are _ now?"
- 40 Hinge (on)
- 41 Aunt, in Argentina
- 42 Fill with joy
- 43 Lay _ thick
- 44 Fonda of film
- 45 Just know
- 46 Office cabinet items
- 49 Center of similes
- 50 Military chaplain
- 51 Cake level
- 52 Lamb bearer
- 53 Ireland's _ Lingus
- 54 Last half of a typical golf course
- 59 Some aluminum recyclables
- 65 Hwy. number lead-

- in
- 66 Elbowed, say
- 67 A number of
- 68 Dictionary lookup
- facilitators
- 70 Affirm the truth of
- 71 Ammo for air rifles
- 72 Even one
- 73 "Take _!" ("Congrats!")
- 74 Big name in direct sales
- 77 "I got it!"
- 78 Chrome, Firefox and Safari
- 85 Shop
- 86 Lackluster
- 87 1990s Israeli president Weizman
- 88 Video's counterpart
- 89 Bardic tribute
- 90 _ Field (Mr. Met's home)
- 91 Rhine feeder
- 92 Enrollments
- 94 Cafe crowd
- 98 Like a constellation
- 99 Siouan people
- 100 Hirt and Gore
- 101 Biblical son of Isaac
- 105 Tug at
- 106 Theme of this puzzle
- 110 Colorful ring in the eye
- 111 Well-drilling apparatus
- 112 Pantheon

- members
- 113 Corn seed
- 114 Spend time in, as a hotel
- 115 One tearing up the road

DOWN

- 1 Wine barrel
- 2 Tick off
- 3 Bard's Ireland
- 4 "Battle Cry" actor
- Ray
- 5 Dead heat
- 6 Hoofing it
- 7 Replenishes the arsenal of
- 8 The "e" of i.e.
- 9 Born, in Brest
- 10 Hiking flasks
- 11 "Mrs." with a famous cow
- 12 Bo of "10"
- 13 Masthead names, for short
- 14 Like sugar, but not oil, in water
- 15 1982 Richard Pryor film
- 16 _car (airport service)
- 17 Not collated, e.g.
- 18 More stylish
- 19 Pt. of OS or GPS
- 24 Exhaust
- 29 Doglike carnivore
- 30 Symbol on a music score
- 31 Pronounce
- 32 Hammer-wielding

- god
- 33 Slate cleaner
- 34 Store event
- 35 Ump relative
- 36 Gridiron star
- Manning
- 37 "My gal" of song
- 38 Off-roading vehicle, briefly
- 43 Brainstorm, in Brest
- 44 Chattered
- 45 Ludicrous comedies
- 47 Inflammation of the ear
- 48 Flax product
- 50 Tick off
- 52 Holiday lead-ins
- 53 "Terrible" toddler time
- 54 Except for
- 55 Grayish hue
- 56 Grand _ wine
- 57 Mortal _ (video game series)
- 58 Lumpy, as fabric
- 59 Squarish, as a car
- 60 Stretch (out)
- 61 Mary of "Dodsworth"
- 62 Gallery stuff
- 63 Turner who led a revolt
- 64 _-mo replay
- 66 Punishment-related
- 69 Ball-shaped bloom
- 70 Truncated wd.
- 73 Red as _

- 74 Bow-wielding god
- 75 Was certain
- 76 One trying to pin a rival
- 77 Cowboy singer Gene
- 78 Arsenal array
- 79 Pound the poet
- 80 Clowns
- 81 World lighter
- 82 College URL ending
- 83 Tear apart
- 84 Ship's call for help
- 86 Active by day
- 90 Singing King
- 91 Chief Hun
- 92 Cone, cube and sphere
- 93 Arched body part
- 95 Osprey claw
- 96 Like a well-pitched inning
- 97 How sashimi is eaten
- 101 Sermon conclusion?
- 102 Pronounced
- 103 Have _ in one's bonnet
- 104 Brezhnev's fed.
- 105 Its cap. is Islamabad
- 106 Lean-_ (hovels)
- 107 1998 Angelina Jolie biopic
- 108 Certain NCO
- 109 Rush along

Answer Page 2

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					59	60					61				62	63	64
65									66						67						
68									69						70						
			71					72					73								
74	75	76					77				78	79					80	81	82	83	84
85											87						88				
89																					
94																					
	98																				
105																					
110																					
113																					

Health

From Page 6

doses for the same effect. This is one of the reasons that opioids are not good long-term medication for pain, especially for chronic conditions like arthritis.

In addition to that fundamental change in the brain, long-term opiate use increases risk of motor vehicle accidents for drivers, actually can increase sensitivity to pain, is likely to cause constipation and puts people at risk for accidental overdose. These risks increase with higher doses and at older ages; the manufacturer warns to use high doses only with extreme caution for those over 75.

Tramadol comes in a 50-mg dose, but there are extended-

release forms up to 300 mg, and I'm not sure what dose you are taking and how worried to be about it.

I suspect other medications may work better for you. The dose you took at age 65 may no longer be appropriate at age 75. I would at least consider an alternative. If so, work with your doctor to slowly reduce the tramadol dosage: Never suddenly discontinue.

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.

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CryptoQuip

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

Clue: X equals Y

FW XPO GDPLKCJ KDC VCJNKD

PW T RTGOTV LCZ-TJZ-NLCCJ

GDFLK, TLC XPO KLFHIFJN KDC

RDLFGKITG KCC?

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

Answer Page 4 ♦♦♦ HOO BOY!

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Congressional offices in Veterans Hospitals



by Freddy Groves

I can't imagine this being OK anywhere else: Members of Congress have commandeered space in Department of Veterans Affairs hospitals to use as their personal offices. It started with one, and quickly grew to six U.S. representatives in one state who've set up shop in hospitals. They want to talk to veterans, they say.

The VA wants them out by the end of the year. It wants the space back for medical purposes.

One congressman claims it's personal because of something he said in a meeting with the VA. Snarling has gone back and forth, as VA Secretary Robert Wilkie has said that the representatives already have offices in Washington, D.C., and their districts. Legally, he

says, he's found nothing that says it's OK for members of Congress and their staffs to set up shop in VA hospitals. They were given occupancy permits with a time limit, and now they're refusing to move out.

One has made public statements that the VA says are untrue, which got a heated letter in response. Back and forth they go.

In retaliation, the congressmembers drafted a bill that would force the VA to provide space for them to talk to veterans. The bill is currently sitting in committee. An identical bill died in committee last year.

This, of course, raises questions. If the bill becomes law, does it mean every VA facility would have to provide space? What about those that aren't hospitals per se, but do serve veterans, such as community clinics, assisted living and nursing homes, outpatient clinics and vet centers? How much time are congressmen likely

to spend in those spaces, when they have others? Who's going to pay for any renovations?

Of the 535 members of Congress, only six are pushing for dedicated space. The others manage to conduct business without it.

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- "You set a curfew and a bedtime for your children because you know that kids need a good amount of sleep to keep those little bodies growing and their minds happy. Do you do the same for yourself? It's tempting to stay up late zoning out after the kids are (finally) in bed, but make sure you get your rest, too. Set a bedtime and stick to it." – T. in Oklahoma
- Love your pod coffee maker but hate the waste? Almost every brand has some sort of reusable filter that you can purchase. They are cost-efficient and much better for the environment. As a bonus, just add those used coffee grounds to your compost pile or sprinkle them in your garden.
- "My grandma came to visit and left behind a box of bunion pads. Since she didn't want them back, I used them on the bottom of my kitchen chairs to keep them from scraping up the floor. They are self-stick, and they worked like a charm." – E.S. in Indiana

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!

		-		×			9
×			+		-		
	+			+			17
+			÷		×		
	+			÷			5
19		1			15		

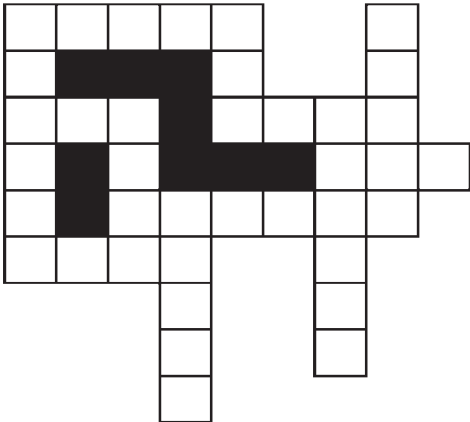
1 2 3 4 6 7 7 8 9

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Answer Page 4



- GER
- GUMNIP
- AMGEN
- ♥EPNA
- TOGVIN
- ♥TNO
- ALGI
- ♥RTNSE
- OMP
- TEAGEN
- NOVME
- ♥INLA



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

- Self-care tip: Sometimes taking care of yourself means saying yes, and sometimes it means saying no. Turn off push notifications from smartphone apps and email when they aren't absolutely necessary. You'll find it easier to focus, and odds are good that you won't really miss anything important. Schedule check-in times through the day if needed.
 - "I have found a great second use for a coffee-can lid. Use it to catch paint drips when you're painting a ceiling or the underside of anything. Just cut a slit in the lid and slip it over the brush handle. That way, the paint drips on the saucer, and saves you a sleeve." – O.J. in North Carolina
- Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2019 King Features Synd., Inc.



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