

VOL. 46, No. 48

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, SAN ELIZARIO AND TORNILLO **NOVEMBER 28, 2019** 

# **NEWSBRIEFS**

# **EPCC** runners repeat as national champs

### Single cities

With about 45 percent of all U.S. adults being single and the average date costing over \$100, the personalfinance 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 restaurantmeal 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/bestworst-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



- 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 the19th 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



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

### 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

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. that pomegranates contain two plant Each seed is surrounded by a red, juicy and sweet seed covering known as an aril. possibly that this fruit may be effective 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 evidencebased 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 compounds with powerful medicinal

See POMEGRANATES, Page 7

# 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."

memory care facilities were up by 3.2%.

According to the Genworth Cost of Care Survey 2018 "the national median cost for olds a day and that growth will continue assisted living per month is \$4,000, which breaks down to around \$133 per day (and creates a fast growing and lucrative market adds up to \$48,000 per year)." Meanwhile, the for the senior living sector and if the industry Pension Rights Center reports that fifty percent of older Americans over 65 had, at most, an annual income of about \$24,224 in 2018.

Cost Of Living Adjustment since 2012, CPI," Weber suggests.

Yet, notes Weber, the most recent National 2.8%. In 2009, 2010 and 2015 benefits were Senior Living Cost Index prepared by the stagnant as the Obama administration chose senior-living referral service, A Place for to not offer a COLA and relenting in 2016 Mom, shows that the cost for independent they decided to increase the Social Security living facilities rose 2.6%. Assisted living COLA by a mere .3%. So it has been a harsh costs were up by 2.4% and the costs for 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-yearthrough the year 2030. "It's a population that wants to maximize returns, it should take measures to make sure senior housing is affordable. One suggestion: keep annual cost "Consider the fact that 2019 Social increases at or below the COLA. Better yet, Security Recipients received the highest how about keeping increases at or below the





# **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.



• 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," World а War II-era romantic drama starring Humphrey Bogart and Ingrid Bergman, premieres in New York City. The Oscar-winning film featured a number of nowiconic 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.

# **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.



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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.

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

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must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

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### MAIL:

15344 Werling Ct. Horizon City, TX 79928



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 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.

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**Send Your Newsbrief To:** wtxcc@wtxcc.com

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# 'Nationalism' shouldn't be a dirty word

If there's one thing that elite national ideal as "a belief that such diverse, rightly beloved opinion tends to agree about all those who shared a common figures as Alexander Hamilton, sovereignty, the U.S. Constitution, on the left and the right, it's history and culture should be Abraham Lincoln and Teddy that nationalism is a very bad thing. If anything, this view has in their recognized homelands." become even more entrenched as nationalism has demonstrated rails in the early 20th century, its potency in recent years, from nationalism as such didn't cause the election of Donald Trump to Britain's vote to leave the Darwinism, militarism and the of reasons. First, we are the European Union.

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 deepestheld 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 autonomous, united and distinct

its crash so much as social cult of charismatic leadership. When President Trump first The aftermath of World War I tradition that has profound never infected with the dream Democrats – and the country – added its own poison.

> Regardless, nationalism-which encompasses

Roosevelt – is not to be feared. As with so many other things When Europe went off the about this country, it is more benign than the versions to be found in Europe and elsewhere.

> This is true for a number inheritors of an Anglo-American American rule of law and is a fundamental part of our national identity.

The sheet anchor of American 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 selfgovernment and itself an object of patriotic loyalty and national pride.

respect for the individual and the of universal empire that Europe inherited from Rome and that has lingered on in differing with a version of their own.





forms from Charlemagne to the European Union.

The rise of Donald Trump has pushed the left further away from respect for nationalistic attitudes Finally, the United States was and even patriotic symbols. would be much better served if they countered Trump's nationalism

> 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.



"MUST BETHE MEDICARE OPEN ENROLLMENT WINDOW."





### LATIN IS A DEAD LANGUAGE .. IMPEACHMENT EDITION





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 credit programs and improve their helps. On Monday, Nov. 15, 2019, the Development (CREEED) awarded

Expansion and Educational

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

See FISD, Page 6

### 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 redhot 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 awardwinning composers and lyricists have been Jewish.

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 5800 5900	Total Local and Intermediate Sources State Program Revenues Federal Program Revenues	\$ 3,010,303 32,092,568 3,968,627	\$ 83,365 _ _	\$ 442,398 1,956,574 3,286,608	\$ 3,536,066 34,049,142 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 0072 0073	Debt Service - Principal on Long Term Debt Debt Service - Interest on Long Term Debt Debt Service - Bond Issuance Cost and Fees	889,000 109,133 440	- -	520,000 1,155,850 400	1,409,000 1,264,983 840
	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 8911	Sale of Real and Personal Property Transfers Out (Use)	10,745 (1,500,000)	- -	-	10,745 (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

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

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# UTEP basketball team living up to expectations

By Steve Escajeda Special to the Courier

There were all kinds of predictions for the new-look UTEP men's basketball team coming into the season.

Some said there was definitely going to be an improvement; some said they were good enough to win 20 games; some even said they were going to win the Conference USA championship and make it to the NCAA tournament.

And of course, there were those who asked everyone to calm down and wait to see if these guys were the real deal, before we started anointing them champions of anything.

their season and though it's still early, we've been provided with some answers already.

First of all, there is absolutely no doubt that this team comes as advertised - a his team may not face the same kind of whole lot better than they've been over defensive intensity as he did from the and Nigel Hawkins, has been nearly the last few years.

The once reliable UTEP Miners have suffered through three straight losing (UNM) both made comments about how seasons, and over the last four years have tenacious the UTEP defense was. compiled a record of 53-72.

FISD From Page 4

additional certification.

accomplishing that goal."

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student educational attainment, according to a press release from CREEED.

especially as their studies ultimately benefit El Paso's students."

"CREEED is focused on increasing the number of students enrolled in dual credit courses, so we're investing in districts across El Paso. The earlier we can prepare students for college, the more successful they will be in earning their degrees," said Richard A. Castro, Chairman of CREEED. "We also want to alleviate some of the financial burden that teachers face when they enroll in these certification programs,

The teachers awarded – Jacklyn Rodriguez, Karina Melendez, Erika Medrano, Miguel Soto, Sereena Flores, Lorena Salinas, Justin Stone, Brian Roman, Joe Luevano, Regina Muir - will have an opportunity to pursue a degree or an

"Our district works hard to ensure we give our teachers all the support and training they need to enhance their instructional skills," said Dr. Veronica Vijil, the Fabens ISD superintendent. "With the help from CREEED, we're closer to

don't forget that exhibition victory over were the norm. 12th-ranked Texas Tech.

the win over the NMSU Aggies snapped a regular crowds range from 3,000-5000 9-game losing streak to those guys down the road.

And the UNM Lobos had already received a few votes in the Associated Press Top-25 poll before playing the Miners.

The other thing we've learned about this team, which would bring a smile to Don Haskins' face, is that they play a smothering brand of defense.

Coach Rodney Terry has said on many occasions, as Haskins always said before Well, the Miners are four games into him, that defense never takes a day off. When the Miners aren't shooting well, they can still rely on their defense to keep them in games.

> Texas Tech coach Chris Beard said Miners, the rest of the season.

> Chris Jans (NMSU) and Paul Weir

Not too long ago, the Don Haskins This year, the Miners have won their Center was the place to be. Back then, a

first four games, which include wins over UTEP basketball ticket was the toughest team in December. Though things didn't New Mexico State and New Mexico; and to get in town; sellout crowds of 12,222

Then, over the last couple of decades, Again, it is still early in the season, but interest in the team has fallen off and per night.

> But that might be changing. Nearly 9,000 showed up for the NMSU game and another 6,100 attended the game against the Lobos.

> El Pasoans are just beginning to realize that this team may be good enough to challenge for a conference title.

> El Pasoans are just learning about 6-9 forward Bryson Williams, and his tough play around the basket.

> They're learning about the speed of Souley Boum and the deadly 3-point accuracy of Daryl Edwards.

They're learning about the rebounding and passing skills of big man Eric Vila.

The blending of these new guys with returners Jordan Lathon, Efe Odigie seamless.

And don't forget that sophomore TCU transfer, Kaden Archie, will be joining the is one you'll have to answer.

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work out for him at TCU, Archie was listed as a four-star recruit coming out of high school.

The Miners still have a few big tests before they start conference action in January.

They'll play at NMSU and Dec. 3. They travel to Houston to take on the Cougars on Dec. 19, and they'll compete in the Hawaiian Airlines Diamond Head Classic basketball tournament on Dec. 22-25, which includes teams like Hawaii, Washington, Houston, Georgia Tech and Boise State.

Little by little, the word is spreading about this UTEP Miners basketball team. They play hard, they hustle, and they are relentless - and I talking about the defensive side of the court.

If the offense starts to come around as expected, this team could be pretty scary. So can this team win 20 games this year? Most definitely. Can this team win the conference title and advance to the NCAA tournament? You bet.

Will people start filing The Don? That



"I NOVLON'T WANT TO EMPLOY ANYONE WHO DOESN'T RESPECT THE FLAG."

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# **Super Crossword**

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meal bath	112 So-so mark	24 1910s senator	71 Here, to Luc
	113 Put in a box	Root	73 Bad city air
back locale	114 Army division	29 Memo start	76 More unsightly
pe creator	116 Yarn	30 Red-brown	77 "_ Na Na"
	117 For no particular	33 King-to-be	78 GoPro, e.g.
st-Kantian	reason	34 Uncertain things	79 Med. group
oher Georg	119 Little bay	35 Neill of film	80 Bird of the
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1-Across 20 Practically no time \_ Hashana 21 "Relax!" 22 23 Poker hand of four clubs and one heart, sav 25 Itty bit 26 Judicious 27 Old TV's "Remington\_ 28 Test for univ. seniors 29 One of the Gandhis 31 Weep noisily 32 Country singer Clark 33 Field of a homebuilder 36 Farm tool 38 No-charge 39 Moisten, as poultry 40 What a patent or copyright might grant 47 "E pluribus \_ 49 Wear out 50 Plotting aids 51 Many a critic 53 Org. for Roger Federer

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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



# 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

## **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 activity of red wine and green tea. Punicic acid, found

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.

juice has been found to have three times the antioxidant one of the most common types of cancer in women. because the plant's compounds are able to fight harmful According to studies, pomegranate extract seems to microorganisms. The anti-bacterial and anti-fungal in pomegranate seed oil, is the main fatty acid in the inhibit the reproduction of breast cancer cells- even effects may also be protective against infections and 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 antiinflammatory effects, it makes sense that they could help treat arthritis, many researchers have surmised.

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 may even be useful against breast cancer, pomegranate can help fight bacterial and fungal infections 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.

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 punical gins 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

Pomegranate juice has even been credited with consumed during the holiday seasons.

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

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### Page 8

### Health From Page 7

and fatty or spicy foods.

DEAR DR. ROACH: I received without independent laboratory *literature in the mail about a* verification, there is no way to be new miracle cure for enlarged sure of the quality and purity of prostate. The ads state that the dietary supplements. They are not new pills shrink the prostate regulated the way prescription 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.* 

have been shown to help – but to well-known, but most recently Reserved.

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

> You are quite correct that drugs (or even foods) are.

Dr. Roach regrets that he is unable to answer individual questions, I'm afraid it's more likely to but will incorporate them in be a scam than real, but there the column whenever possible. are a few herbal therapies that Readers may email questions ToYourGoodHealth@med. not cure – enlarged prostate cornell.edu. (c) 2019 North glands in men. Saw palmetto is America Synd., Inc. All Rights

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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: 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

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# Weekly SUDOKU

## by Linda Thistle

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# Whistleblower Act doesn't work



### by Freddy Groves

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 discovered that:

• TheOfficeofAccountability investigations instead of handlingthemin-house. In 2,526 cases it sent investigations to equipped to handle them.

• It failed to whistleblowers' identities, which resulted in 51 cases of to close. Discipline or penalties whistleblower retaliation.

investigations into areas that of whistleblower retaliation,

Bv:r

weren't within its scope and the whistleblower was forced to ignored some of those it should agree to having his/her identity have handled. It was supposed to refer criminal cases to the Office of the Inspector General, but did for those who want to do the so only 38 times.

• It didn't provide clear The Whistleblower Protection 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 Inspector General investigated in a way that was likely complaints from June 2017 intentionally retaliatory against until August 2019. The OIG thewhistleblowerby a supervisor who was apparently a social pal of someone high up in OAWP. and Whistleblower Protection The whistleblower (and others) (OWAP) often farmed out had previously complained about the supervisor. The whistleblower was never even interviewed, and the others were other departments that weren't hesitant to report allegations because of the social ties of the protect two senior staff.

• Many cases took over a year were random and subjective. • OAWP butted in with Evidence was withheld. In cases



revealed.

Wow! Where is the incentive right thing to come forward?.

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 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 ecofriendly swap? Try using biodegradable garbage bags. They are available at some grocery stores and at online retailers.

•" two have guest hardly bedrooms that 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 drver 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



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: •





### 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 ( V) 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.

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• "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

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