



NEWSBRIEFS

EPCC 2020 grads

El Paso Community College will hold a virtual commencement ceremony to celebrate the Class of 2020 on Saturday, Dec. 19, 2020 at 7:00 p.m. The event will be live streamed at www.epcc.edu and be broadcast on EPCC-TV, Channel 13.2 and Spectrum channel 1301. There are 4,070 EPCC graduates from the spring, summer and fall semesters. The Commencement Speaker will be Emma Schwartz, MPH, President of the Medical Center of the Americas (MCA) Foundation

– Jim Heiney

Practice makes perfect

“Golf is deceptively simple and endlessly complicated,” according to famed linksman Arnold Palmer. The legendary medalist earned the nickname, The King of Golf, for his prowess on the fairways and proof of his skill are the 21 holes-in-one with which he is credited. West Virginian Rocco Figaretti has only one hole-in-one under his belt, but he has plenty of time ahead of him to rack up his share of aces. The four-year-old amazed onlookers at Oglebay Park in Wheeling, WV last summer with his skill and dedication. His dad, Mario, remarked, “to say I’m proud would be an understatement.” The boy wonder has been playing since he was three and, obviously, spends a great deal of his time practicing.

– John Grimaldi

We’ll meet again

Bill Patrick Jr. was just five years old when his mother took him and his siblings and left town. That was nearly half a century ago and Bill Patrick Sr. of Northumberland County, PA has been looking for his kids ever since. Junior lives in Utah and It was Patrick the elder’s sister who found him on Facebook. It’s the stuff that emotional reunions are made of and theirs took place recently at Harrisburg International Airport.

– John Grimaldi

It is doubtful that you will ever carve out much of a future if you try to cut too many corners.

– Quips & Quotes

Dominguez has taste of sweet success

Chef credits EPCC for her skill, drive

By Lisa Elliott
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Culinary Arts Program graduate Ana Dominguez and former Instructor Jonathan Bowden competed on Netflix’s *Sugar Rush* and they won the \$10,000 first place prize for their episode. “I am humbled and happy and it is a total pleasure to see people cheer for a fellow El Pasoan. Something EPCC has taught me is that you should aim to be a better person not just for yourself but for the community and I feel accomplished just by seeing smiles. It really has been the better prize for me,” Dominguez said.

The season two Christmas special episode titled *Christmas Countdown* featured the two bakers demonstrating their culinary prowess. From the first of the three challenges, Dominguez and Bowden’s ambition singled them out from their competitors. Tasked with making a sweet and salty cupcake, they opted to double their workload and make two cupcakes. The first, a lime cupcake featuring tajin to provide the salty notes, impressed the judges. The second cupcake was not as well-received, putting the duo in jeopardy of leaving the competition in the first round. Thankfully, their culinary journey continued into the next two challenges, where their impressive execution of an interactive Advent calendar in the last bake wowed the judges, who unanimously chose them as the winners.

Dominguez credits EPCC’s Culinary Arts program for the first-place finish. It is there she earned her degree and took classes from co-competitor Bowden. She explains, “I am very grateful to EPCC for all the opportunities provided in order for me to accomplish my goals. I fondly remember receiving scholarship awards to continue with my studies and in the program, I always felt there was so much support from the instructors who were invested in my education and for me to succeed.”

Since graduating, Dominguez has brought the skills she gained professionally back to EPCC as Adjunct Faculty where she positively impacts students’ lives the way Bowden once



– Photo courtesy El Paso Community College

SWEEET! – Ana Dominguez baked her way to victory on the Netflix show *Sugar Rush*. She and her baking partner Jonathan Bowden won \$10,000 for their effort.

did for her. She talks about how the lessons she’s taken from the reality television competition have informed her classroom instruction. “I want students to set goals for themselves

See SUCCESS, Page 4

San Elizario Early College High School set to open fall 2021

By Rogelio Segovia
Special to the Courier

SAN ELIZARIO – San Elizario Independent School District (SEISD) is preparing to make District history. San Elizario High School (SEHS) will become a school within a school with an early college high school – San Elizario Early College High School (SEECHS).

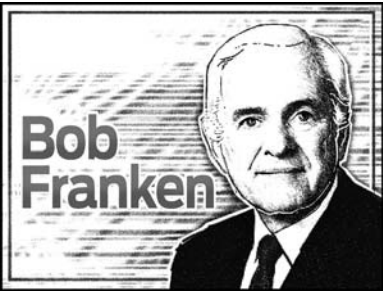
Once approved by the Texas Education Agency (TEA), SEECHS will open in the 2021-2022 school year. “I am honored to be part of the planning process that will provide wonderful opportunities to our San Elizario students,” SEHS Principal April Marioni said.

According to Tonie Badillo, Dean of Dual Credit and Early College High Schools at El Paso Community College (EPCC), SEECHS will be the 21st early

college high school located in the El Paso County region and a first for the City of San Elizario. SEECHS will provide students that apply an opportunity to take college credit courses that lead to an associate’s degree while concurrently experiencing high school life.

The planning committee consisting of SEISD personnel from the campus and

See SAN ELIZARIO, Page 6



The grim future

who have done him favors, accomplices like Rudy Giuliani and, oh yeah, himself.

But despite the presidential power afforded by the Constitution “to grant Reprieves and Pardons for Offenses against the United States, except in Cases of Impeachment,” the extent of that authority has not been thoroughly tested in the courts, even after all this time, meaning the lawyers haven’t got their hands on it.

Does the chief executive actually have preemptive pardon power or, as some law professors

“From the Rose Garden I always promised you a crime pardon”

Lynn Anderson never belted out those lyrics, but that’s apparently the tune that outgoing President Donald Trump has been singing these days, using his powers to preemptively wipe the culpability slate clean for friends, family members, those

his cronies, they already are defendants or are being investigated for all manner of transgressions. Expect “political revenge” to be a constant claim of theirs as they cope with their legal struggles.

At the same time, expect Donald Trump to set up what amounts to a shadow government, relying on anti-social media to spread his grievance du jour. His showmanship will be a key to keeping him in the news.

And that presents those of us in newsbiz with a problem. Assume that President Joe Biden will be carefully tweeting pabulum. Modern demagoguery techniques are not their style; they are Donald Trump’s style. As journalists, we need to decide whether to continue to pay attention to his cyber bombast after he doesn’t hold the power to annihilate the planet. Do we care what he churns out as part of his routine?

Will his rallies become a thing of the past, remembered as a sign of the times, much like the rock shows of the Grateful Dead in the ‘70s? The Dead had their own superfans who followed the band wherever it went. They became known as Deadheads. Donald Trump has his own rabid base with those

See FRANKEN, Page 7

Food for thought

By John Grimaldi

U.S. dependency on China for vital drugs must be curtailed

Here’s a scary thought courtesy of the U.S.-China Economic and Security Review Commission: “China is the world’s largest producer of active pharmaceutical ingredients (APIs). The United States is heavily dependent on drugs that are either sourced from China or include APIs sourced from China. This is especially true for generic drugs, which comprise most prescriptions filled in the United States. Drug companies are not required to list the API country of origin on their product labels; therefore, U.S. consumers may be unknowingly accepting risks associated with drugs originating from China.”

According to Bob Carlstrom, president of AMAC Action, the senior advocacy affiliate of the Association of Mature

American Citizens (AMAC), “One of the most serious issues the coronavirus pandemic has highlighted is the United States’ dependence on a hostile communist regime for pharmaceutical production. This dependence makes America especially vulnerable to the threats the Chinese government made to ban medical product exports at a time when they are needed the most.”

Carlstrom says that AMAC’s membership wants something to be done about it, noting that a poll of its membership showed an overwhelming demand that the U.S. needs to take measures to protect our nation’s supply of pharmaceuticals. Ninety-eight percent of the 41,340 respondents who participated in the survey – 38,520 of them – expressed

support for the provisions a bill that AMAC backs and that was introduced by Sen. Tom Cotton (R-AR) and co-sponsored by Senator Ted Cruz (R-TX).

“The Protecting Our Pharmaceutical Supply Chain from China Act of 2020 (S. 3537) signals a change that is long overdue. In concert with President Trump’s mission for transparency in healthcare, this bill requires Health and Human Services to maintain a list of the country of origin of all drugs marketed in the United States. It wisely bans the use of federal funds for the purchase of drugs made in China, instead compelling federal health care programs to purchase drugs made elsewhere. S. 3537 also reforms medication labeling by requiring drug companies list drug ingredients

and their country of origin on the labels of imported and domestically produced finished products. Moreover, it prudently provides incentives for manufacturers to produce drugs in the United States.”

Carlstrom says that the bill has a high priority on AMAC Action’s agenda and will continue to pursue support and passage through the end of the current Senate session and beyond.

The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

Hearings with Social Security during COVID-19

By Ray Vigil
Social Security PIO
Special to the Courier

In March 2020, we temporarily closed all of our Hearing Offices due to the Coronavirus pandemic and are not offering in-person hearings. During the office closures, we are providing two flexible, safe, and secure hearing options: either a telephone hearing or our new option of an online video hearing.

Visit www.ssa.gov/appeals/hearing_options.html for additional information on both of these hearing options.

What are “online video hearings”?

Online video hearings are a secure way to conduct hearings over the internet, using a free

platform called Microsoft Teams. You and your representative, if you have one, can attend the online video hearing safely and securely from any private place with a secure internet connection using a camera-enabled smartphone, tablet, or computer.

Like our telephone hearings option, the online video hearings option is not mandatory. We will conduct online video hearings the same way we conduct telephone and in-person hearings. During the hearing, the administrative law judge (ALJ) will swear in all hearing participants and listen to your testimony. You will see the ALJ and representative, if one has been appointed. Other participants, such as vocational/medical experts and interpreters, will join by phone.

What are the technology requirements to participate in an online video hearing?

You and an appointed representative, if applicable, must have access to email and a personal computer, laptop, or Android/Apple tablet or mobile device with a secure and private, high-speed Wi-Fi or cellular data connection. The device must have a camera, microphone, and speakers. If using a mobile device, you must download the free Microsoft Teams application.

We will send you a link to a user guide that explains how to access and use Microsoft Teams before the date of an online video hearing.

Please visit www.ssa.gov/pubs/EN-70-10284.pdf to read our publication *Online Video*

Hearings at the Social Security Administration at www.ssa.gov/appeals/hearing_video.html for additional information. Visit www.ssa.gov/appeals/hearing_video.html for a short video about online video hearings.



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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 2021 will be January 7.

The *West Texas County Courier* office will close beginning Wednesday, December 16, 2019. The office will open again on Monday, January 4, 2021.

The economic cruelty of the pandemic

Just when it seemed some of the most disheartening trends in the U.S. economy were finally beginning to reverse, COVID-19 arrived to entrench them.

The pandemic has been a neutron bomb targeted at the prospects of lower income working people. They had finally begun to benefit from the recovery from the Great Recession when the virus ravaged sectors of the economy that disproportionately employ them.

The Washington Post has called the resulting economic damage “the most unequal recession in modern U.S. history.” As the paper puts it, starkly, “the less workers earned at their job, the more likely they were to lose it.”

The pandemic has hammered restaurants, hotels and places of entertainment, all of which don’t pay high wages and tend to employ women and minorities. It has cut a swath through small business. It has slammed workers who can’t retreat to home offices for Zoom calls.

In short, it has taken all of the tendencies of our knowledge economy that benefit the better-educated and disadvantage non-college-educated workers and has made them more pronounced, amidst a public health crisis that has also hit the most vulnerable

the hardest.

According to a Gallup Poll earlier this year, 71% of people in the top income quintile said they were working from home, whereas 45% of people in the bottom quintile stayed at home and were unable to work.

A National Bureau of Economic Research working paper published in May found that workers in high-proximity jobs impossible to perform from home tend to be “less educated, of lower income, have fewer liquid assets relative to income, and are more likely renters.” Workers in such jobs were more likely to become unemployed.

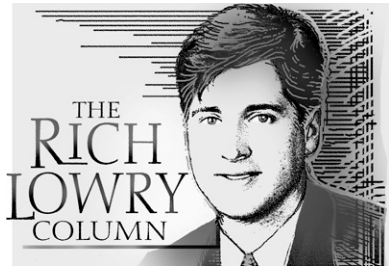
Jobs at the top have bounced back since the spring and affluent people might have more wealth than ever, given the increase in home values and a frothy stock market.

The story is different further down the income scale. According to The Washington Post analysis, Hispanic Americans experienced the sharpest loss in employment with the onset of the pandemic. The young were particularly hard-hit; 20% of those ages 20-24 lost their jobs. Mothers with children ages 6-12, called upon to fill the gaps created by school closings, have been another hard-hit group.

Similarly, mom-and-pop businesses have fared poorly. A survey by Alignable, a small business social network, found nearly 50% of small businesses say they are generating less revenue than they need to stay in business, with travel businesses, gyms and beauty salons at particular risk.

Mass vaccination next year should take the edge off of this economic dislocation, but it’s harder to create than destroy. The Federal Reserve estimates that employment won’t fully bounce back until 2023.

What is to be done? Policymakers need to realize that when they promulgate COVID-19 restrictions, they are asking the people with the least economic margin for error to sacrifice the most. Congress needs to pass a new stimulus bill to cushion the blow of a natural disaster that has immiserated many millions of people through no fault of their own. And the incoming Biden administration ideally would realize that fashionable causes like climate



change need to take a back seat to the pursuit of full economic recovery.

The economic pain is not the worst that the pandemic has wrought, but it cannot be ignored.

Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.

San Elizario ISD earns highest accountability mark

By Jeannie Meza-Chavez
Special to the Courier

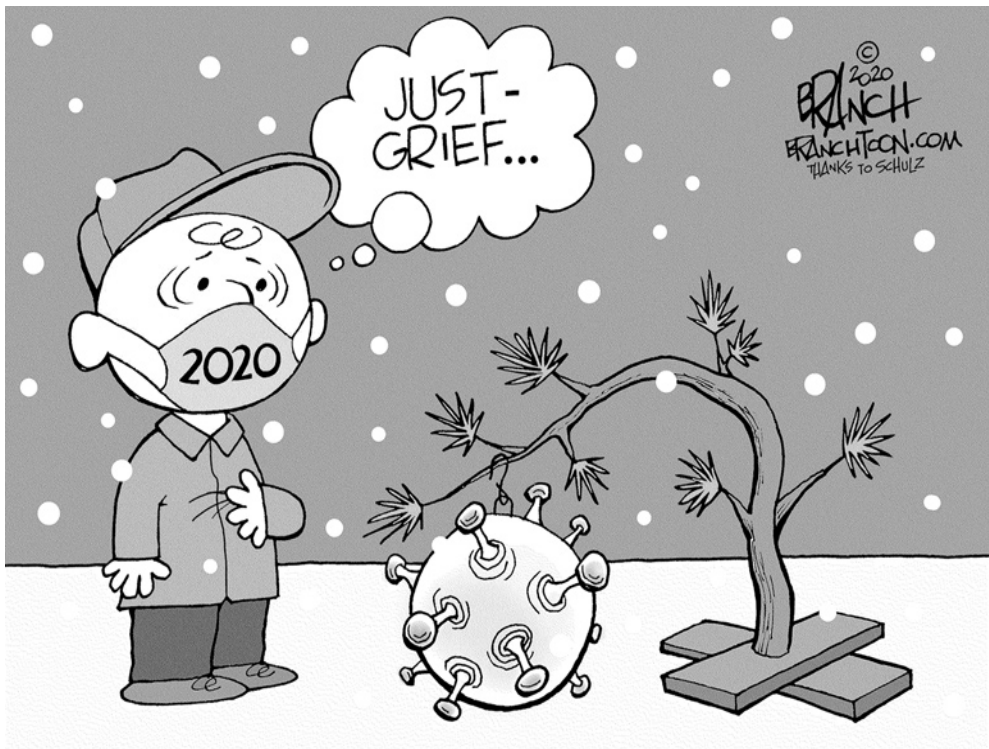
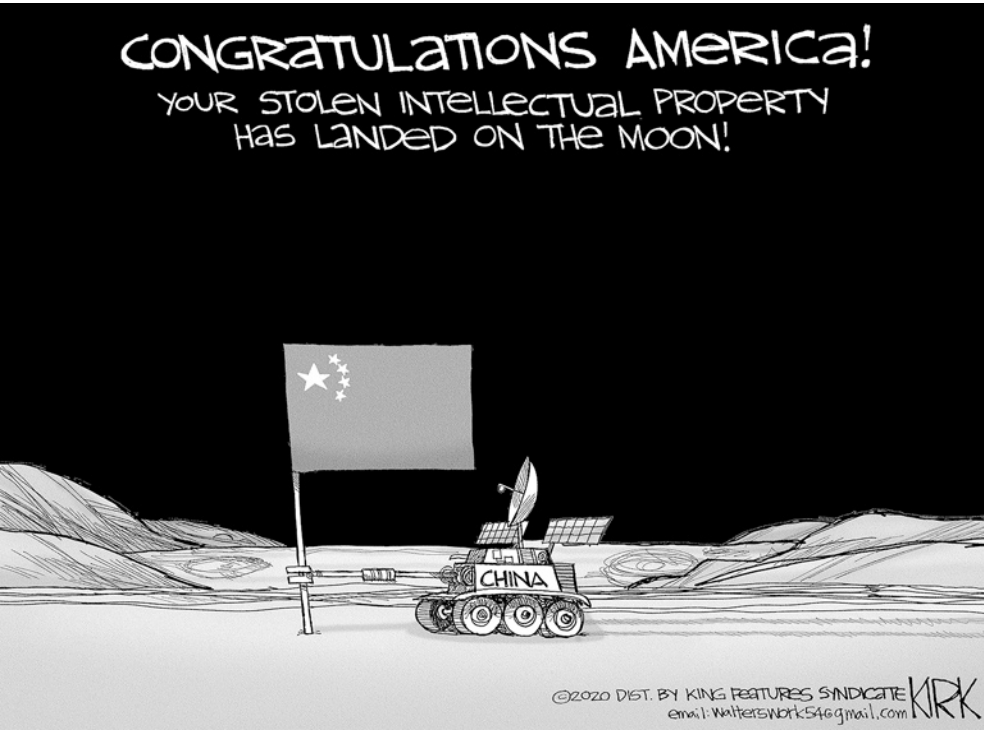
SAN ELIZARIO – The San Elizario Independent School District (SEISD) received a rating of “A” for “Superior” under Texas’ School FIRST 2019-20 financial accountability rating system. The “Superior” rating is the state’s highest, demonstrating the quality of SEISD’s financial management and reporting system.

“We are very pleased with this rating because, in conjunction with having the lowest tax rate in the county for the 2019-20 year, it shows that SEISD is making the most of our taxpayers’ dollars. This rating system shows that SEISD is held accountable not only for student learning but also for achieving these results cost-effectively and efficiently,” said Norberto Rivas, Chief Financial

Officer for SEISD.

The SEISD’s annual financial report issued in November indicated an unmodified opinion – the best available opinion that an auditor can provide regarding their examination of financial statements. This opinion is very important for stakeholders because it lets them know that the information they are using is accurate to consider for their decision-making.






Additionally SEISD’s unassigned fund balance, that represents the difference between assets and liabilities as of June 30, 2020, was approximately \$10.4 million. That translates to 98 days worth of expenditures for the fiscal year ended June 30, 2020. The recommended fund balance level is at 60-90 days worth of expenses. SEISD spends more than half of every dollar of the general fund on instruction despite the continuing trend of declining enrollment.





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Watch what you say – someone might be listening

By Steve Escajeda
Special to the Courier

Once upon a time there was a popular show on TV by the name of *Kids Say the Darndest Things*.

For those of you who have never seen it, the host would ask young kids a question that they might usually only ask an adult. The kids would try to answer as best they could; leading to some of the funniest responses you’ve ever heard.

But no matter how ridiculous the answer, they had an excuse – they were young kids for goodness sake.

There were some things said in the collegiate sports world last week that were just as ridiculous, but they were made by people who have no excuse – they were all adults.

LSU

Let’s start with the defending national football champion LSU Tigers.

It’s been a tough year for the Tigers in many ways; they lost all-everything quarterback Joe Burrow to the NFL, along with a bunch of other quality players.

Oh, and they’re also under NCAA

investigation for paying players.

So, with LSU on the verge of receiving all kinds of penalties from the NCAA, they decided to show they were really sorry by giving themselves a 1-year ban on attending any bowl games.

“LSU leadership made this decision after careful deliberation and review of the NCAA rules violations that have been discovered in the university’s cooperative investigation with the NCAA,” the athletic department said in a statement. “This decision reflects LSU’s commitment to compliance with NCAA regulations and maintenance of institutional control.”

Wow, LSU really showed its dedication to commitment, to integrity and to sacrifice by choosing not to go to a bowl game this year.

Of course, they said nothing about having a losing 4-5 record this season.

But hey, they would have done the same thing last year when they were 13-0.

Right?

Big Ten

Before the season even started, the Big Ten conference established a set of rules. One of them was that for a team to be eligible for its league championship

game, they must play at least six games.

Everyone understood the rule, all the teams accepted the rule and because these are educated administrators filled with integrity, the rule would stand no matter what. Right?

Wrong!

What the conference officials didn’t anticipate was that one of their teams would be undefeated and ranked in the top four in the country but finish the season playing just five games.

And because of this, the Big Ten officially changed its policy last week and will allow No. 4 Ohio State to take on Northwestern in its title game.

According to conference officials, “The decision was based on a competitive analysis which determined that Ohio State would have advanced to the Big Ten Football Championship Game based on its undefeated record and head-to-head victory over Indiana regardless of a win or loss against Michigan.”

Of course the conference didn’t say a single word about the six-million dollars Ohio State and the league will make if one of its teams advances to the college final four championships.

It’s funny, once the opportunity arose where tons of money can come their way, the Big Ten suddenly decided that

their words weren’t really as important as money.

Coach K

No one in college basketball is as respected as Duke coach Mike Krzyzewski.

But his reputation took a hit last week, not because his team lost again, but because he opened his mouth and spoke some controversial words.

After his team took an 83-68 pounding from Illinois, Coach K called on college basketball to consider whether it’s best to continue playing during the COVID-19 pandemic.

“I would just like for the safety, the mental and physical health of players and staff to assess where we’re at,” Krzyzewski said. “Many players won’t be able to go home and visit family for holidays.”

All of this coming after the five-time championship-winning coach saw his team drop to 2-2, losing both those games at home.

There’s no doubt that Duke is a little down this year. The question is, would Coach K be complaining if his team were 4-0 and ranked in the top 5, like they usually are?

I guess it’s not just kids who say the dumbest... I mean... darndest things.



San Elizario

From Page 1

district leadership and the EPCC leadership personnel were honored to collaborate on this initiative. They refused to allow the COVID-19 pandemic to be a roadblock for the students. “Our commitment to serving our students by providing access to higher education opportunities is a responsibility we have dedicated and invested in, and it is going to make an amazing generational impact,” SEISD Superintendent Dr. Jeannie Meza-Chavez said.

The first application submitted was from Iris Ortega. She is currently an 8th-grade student at Ann M. Garcia-Enriquez Middle School. “Applying at the early college high school is a great opportunity for me to have success in my future. I eventually want to go into medical school and become a surgeon,” Ortega said.

All interested eighth-grade students may apply. Students residing in the San Elizario district and neighboring areas are welcome to apply. Visit www.seisd.net/domain/252, the SEECHS website, and click on the link to apply online.

For information, please contact Marioni or Campus Career College and Readiness Specialist Julietta Rojas by email at sehs@seisd.net or call (915) 872-3970.

Super Crossword

DIRECTLY ON TOP ACROSS

- 1 "Everwood" actor
Wolf
6 Pigs' home
9 Dutch brew
15 _ of Mexico
19 * Ship's load
20 Lead-in to historic
21 Durango dish
22 Baseball's
Hershiser
23 * Subject to
interpretation
25 * Old Greek
squares
26 "Stretch" car
27 Steak, e.g.
28 Prefix with lethal
29 * Second U.S. first
lady
31 At a distance
33 Tattles
34 * Chum
38 Give slack to
42 Son of Eliel
Saarinen
43 * Dr. Evil's cat in
Austin Powers films
47 1801-05 veep Burr
51 Beatles song on
"Let It Be"
52 Observe
55 Song for one
56 Linguist Chomsky
57 Political plot
61 Knight's glove
63 "Serpico" actor M.
_ Walsh
65 * Jumping up and
down on a bouncy

- stick
69 Comb buzzer
70 Native suffix
71 See 8-Down
73 * Pairs of
consecutive letters
75 Spying setup
77 Likely (to)
80 Meadow
82 Birds building
homes
84 Poster pins
88 Buzzing home
pest
91 Large 1940s
computer
93 "Huh?"
94 Female kin
95 Artist's base
99 * Suffer a lot
101 Dog variety
103 * She directed
"The Hurt Locker"
107 _ Sea (salt lake in
Asia)
110 Coy
111 Revisions
112 * Too much self-
esteem
116 Beloved of Tristan
119 * Bay off Nigeria
and Togo's coast
123 _ de plume
124 Brit's "Bye!"
128 Ye _ Shoppe
129 Rendezvous
130 Really succeed (or
what literally appears
six times in this puzzle)
132 Old Greek concert
halls

- 133 Shahs, e.g.
134 Shoot (for)
135 Sermon text
136 Philosopher
Immanuel
137 Grand home
138 Hosp. staff
139 Sea vessels

DOWN

- 1 Union enemy
2 Arrived
3 "Eat _ eaten"
(survival adage)
4 9-to-5er's cry of
relief
5 Dress (up)
6 Flatware item
7 Move as if on
wheels
8 With 71-Across,
boot camp affirmative
9 Run up _ (defer
payment)
10 Wise men
11 Air pollution
12 Reid and Lipinski
13 "Seinfeld" gal
14 Nielsen of "Mr.
Magoo"
15 Ghana's former
name
16 Dickens' _ Heep
17 _ tell ya!"
18 Dental string
24 It uses 108 cards
29 In _ (single-file)
30 Gillette razor
brand
31 Toon bear
32 Canon camera

- 34 Compound with
nitrogen
35 '83 Keaton-Garr
film
36 Letter-shaped
girder
37 Easy putts,
informally
39 Weep loudly
40 Sooner than, in
poetry
41 Ultimate degree
44 Health supplement
store, familiarly
45 Jump
46 Pig
48 Part to play
49 Bullring cries
50 Observe
53 R&D center
54 Song for two
58 Singer Dylan
59 Opposed to, in
dialect
60 Theater box
62 Orderly
64 Floor piece
66 Tax org.
67 Election analyst
Silver
68 FBI guys
72 Umps' kin
74 _ Lanka
76 Oklahoma tribe
77 "Moby-Dick"
captain
78 Flow out
79 Fix a flat?
81 Height: Abbr.
83 Former Swedish
car

- 85 Toddler, e.g.
86 Buzzing musical toy
87 Is in a huff
89 Source of warmth
on some trains and
ships
90 Belly laugh
92 Special FX
technology
96 Poppa
97 Native suffix
98 Unit of resistance
100 Mean beast
102 "Doggone!"
104 Totally spoil
105 Century divs.
106 Dark modern film
genre
108 Breakdown of
social norms
109 Long-term inmates
112 Download on a
Kindle
113 Radner of comedy
114 Nash of comedy
115 "My heart skipped
_"
117 Weaving frames
118 Driver's lic. issuer
120 Sicilian volcano
121 Night, in Nice
125 "Waterloo" quartet
126 Lean
127 Gets mature
130 Rove (about)
131 Flow out

Answer Page 4

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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



TIGER By Bud Blake



Franken

From Page 2

who travel near and far to cheer his every ignorant, bigoted song and dance. Will they become known as his Hateheads? The difference is that the Dead was one of the greatest rock bands ever, putting out incredible music. The Donald puts out a steady stream of lying drivel. But both cultural phenomena

have something in common, like the “Trouble ahead, trouble behind” that is a lyric in the Grateful Dead’s iconic song “Casey Jones,” and would also describe the overall legacy of Donald Trump. Actually, it’s essential to remember that before we look to the future, we need to worry about the present. He still is president, still has the ability to inflict so much damage on our country. He will certainly leave

behind millions who no longer believe in the democratic processes that define our imperfect nation, which is fertile ground for an autocrat’s takeover. Certainly Donald Trump will be waiting in the wings with his remarkable egotism. (c) 2020 Bob Franken. Distributed by King Features Syndicate, Inc.

Can they give gift to their doctor?

DEAR DR. ROACH: We are very fond of our family doctor. I was in to see him the other day, and it came up in conversation that he was going to be getting married. We would like to acknowledge this event in his life with either a lovely card or a small gift. I know the old-school way of thinking is to never do things that are so personal when it comes to your physician. Do you think that still holds true today? – N.W.



Physicians are human beings, and a thoughtful card is always appreciated. Gifts can sometimes be OK, but the American Medical Association has some guidelines for physicians on accepting gifts. I agree with them and you might find them helpful:

- Be sensitive to the size of the gift: Inappropriately large gifts should not be accepted.
- Do not let a gift influence patient care.
- Decline a gift that would present an emotional or financial hardship to the patient’s family.
- Consider suggesting a charitable contribution in lieu of a gift.

I would add that sometimes rejecting a gift can be hurtful, and if accepting a gift conforms to the guidelines, I generally accept it with thanks.

DEAR DR. ROACH: Hi. I’m a very healthy, 68-year-old male. My only issue is almost nonexistent testosterone. What type of doctor should I see? It seems to be a problem for many senior men. – A.

Low testosterone is a concern for many men as they get older. In some cases, the concern is justified. Some men may have a problem making testosterone due to a condition in the brain (the hypothalamus and pituitary gland both need to be working properly for testosterone production) or in the testes, where testosterone is actually made. In these cases, testosterone replacement therapy is clearly indicated.

What is still controversial is whether to treat healthy older men who have a low testosterone level and no symptoms. It’s not clear that treatment of low testosterone will prevent problems in the future. It’s possible that’s the case, but I am very cautious about prescribing a drug with potential harms for someone without symptoms, when it has not been proven to be of benefit.

However, men with symptoms of low testosterone, such as low sex drive, depressed mood and loss of body hair, and who have clearly low testosterone levels may benefit from treatment, and a trial of testosterone treatment is appropriate. Men should learn about potential risk (prostate cancer remains a concern despite reassuring early studies) and have regular laboratory evaluation.

Low energy by itself is not clearly a symptom of low testosterone and may not improve with testosterone treatment.

DR. ROACH WRITES:

A recent column on easy bruising in older adults prompted several readers to recommend specialized makeup products to cover the discolored areas. That is not something I had considered, and I appreciate the recommendation. Another reader recommended dry skin brushing, but I could not find good evidence that this helps with skin discoloration.

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) 2020 North America Synd., Inc. All Rights Reserved.

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1-800-LUNG-USA



Moore Texas by Roger T. Moore
Dec 25, 1839: Famous frontiersman Kit Carson carves his name on a boulder in the Davis Mountains.

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: Y equals P

BIDV GPR ODSEOD UP
YRZSICHD GPRZ PBV IPZHD,
GPR BEMM DADVURCMMG
ICAD UP YPVG RY.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Purple Heart phony



by Freddy Groves

With snow expected that afternoon, I suspected the veteran crew might not have shown up outside the coffee shop, but there they were, socially distanced around the sidewalk. And they were in the middle of a hot conversation when I stepped up.

The topic was a guy who had potentially faked his military history and worse, had claimed he was a Purple Heart recipient, this time right here at home.

“He’s in our VFW. We took him in.”

“He needs to be brought down, if he’s a liar.”

“So, do I make the call? I’ll be calling in a favor if I do.”

The group took a vote, going around the circle. It was 100% to find out once and for all if their fellow veteran was indeed a liar and a thief.

The main guy slid a phone out of his pocket, stabbed in a number, said a few words,

listened and then hung up.

I can’t repeat here his exact angry words, but the summary was: Their friend and fellow veteran had lied. He hadn’t served where he’d claimed he had, hadn’t had the MOS he’d claimed he had, and he certainly had not earned a Purple Heart.

MOS is a code that identifies the job someone has in the military. This particular veteran had worked in supply at a small CONUS base. Unless he’d gotten a paper cut while stocking shelves, he’d never been wounded. Somewhere there was a faked DD-214.

I tossed my coffee cup in the trash and walked away, leaving the group to their collective misery while they explored just how they’d been taken in. I’d heard the story too many times. Veterans and those who’d never served claiming benefits, medals and admiration they never earned, enjoying a higher-level Priority Group at a Department of Veterans Affairs medical center, telling tall tales.

Eventually they get caught, like this phony just did, by people who pay attention to

their gut feelings. The Stolen Valor Act would take it from there.

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• Five ways to keep yourself from turning up the thermostat this winter: Put on a sweater; have a nice bowl of soup or stew; wear slippers or thick nonskid socks, grab a comfy blanket; snuggle up with someone special.

• “If you bathe in a tub, try rubbing on bath oil before getting in the tub. You will get greater coverage and more moisturizing power from your bath oil. And at this time of year, who doesn’t need that? Just be careful not to slip in the tub.” – M.E. in Washington

• “Here’s a great way to use Christmas cards from last year: Trace a child’s hand on the back of the pictures. Cut them out and use them to make a wreath for the front door. Or, make small jigsaw puzzles for young children to play with. Any good, detailed artwork on a card front will do. Make squiggly lines in the fashion of a jigsaw puzzle, then cut out. It helps if the cardstock is good and thick.” – M.M. in Utah

• Here’s an oldie but a goodie: Add a few drops of water to votive cups before adding a candle. The wax will float on the water, and when the candle burns down, it won’t get stuck in the votive glass.

• “Burned rice? No problem. While it’s still hot, carefully remove to a new pot any rice not browned or blackened. Then top it with a single slice of white bread. Allow it to sit for several minutes under a tightly fitted lid. The burned smell is absorbed by the bread, and the rice is fit to eat.” – M.U. in Michigan

• Get rid of smelly stains on your cutting board with a lemon. Use the cut side of a lemon to scrub your plastic or wood board. For a little extra scrub, sprinkle the lemon with salt. Rinse and air dry.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2020 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

	×		−		21
+		−		−	
	−		×		20
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13		16		16	

1 3 4 5 5 6 7 8 9

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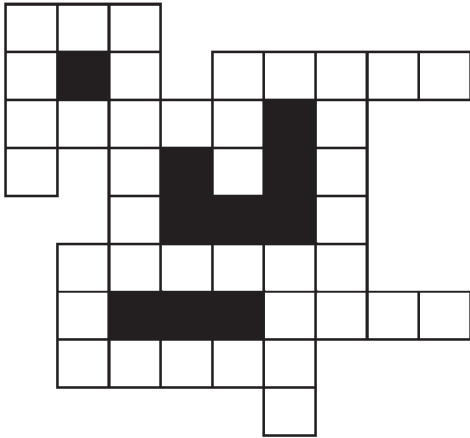
TELYS

♥ UES

♥ NEYMAL

CUFSO

ASOL



Answer Page 4

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

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