



NEWSBRIEFS

Social Security benefits

Social Security and Supplemental Security Income (SSI) benefits for approximately 70 million Americans will increase 5.9 percent in 2022. The 5.9 percent cost-of-living adjustment (COLA) will begin with benefits payable to more than 64 million Social Security beneficiaries in January 2022. Increased payments to approximately 8 million SSI beneficiaries will begin on December 30, 2021. The Social Security Act ties the annual COLA to the increase in the Consumer Price Index as determined by the Department of Labor's Bureau of Labor Statistics. Some other adjustments that take effect in January of each year are based on the increase in average wages. Based on that increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$147,000 from \$142,800.

— Ray Vigil

The right thing

A Goodwill employee in Norman, OK was surprised when she sorted through recently donated clothing and found a stash of \$42,000 in cash. Meanwhile, the unidentified donor must have had the shock of her life when she discovered that she had lost a good deal of money. But it was all settled when Andrea Lessing, the Goodwill staffer, reported the find and helped locate and return the money to the hapless donor. She got a \$1,000 reward for her good deed but, as she put it: "I didn't return the money expecting a reward or expecting to be on the news, I just believe if you do something good, it will come back to you eventually. And it did."

— John Grimaldi

Space for sale?

It's a bummer when you get home and can't find a parking space. It's particularly mind numbing in big cities where free parking is limited to the extreme and paid parking can be overpriced. Hong Kong is one such city and so it comes as no surprise that the cost of a reserved space can set you back more dollars than you could possibly imagine. In fact, a parking spot in Hong Kong just sold for a whopping, world record \$1.3 million U.S. dollars (about 10 million Hong Kong bucks). But if you can shell out \$150 million dollars for a luxury apartment in the Ritzy Mount Nicholson residential development, what's a mere million dollars more for reserved parking.

— John Grimaldi

Man is that foolish creature that tries to get even with his enemies and ahead of his friends.

— Quips & Quotes

Anthony ISD HS students soar with drone, technology classes

By Adriana Candelaria
Special to the Courier

ANTHONY – Anthony High School students took their skills to new heights with drone and technology enrichment classes offered during intersession.

Students built drones and flew them through obstacle courses that students also constructed.

"The obstacle courses can change the trajectory of how

the drones are flown, so as the kids get more experience flying them, they can have different obstacles. We can modify them in any way or direction," said Abraham Martinez, I.T. Networking Technologies instructor.

Students also brought their imagination to life with coding and 3D printing. Using web app, Tinkercad, students arranged shapes and

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— Photo courtesy Anthony ISD

THAT GOES HERE – Anthony HS students assemble a drone during technology enrichment classes.

Outstanding Clint HS EX

Irene Acuna De La Torre has been selected as the Clint High School Outstanding EX for 2021. The announcement was made during halftime at CHS's Homecoming game. She attended Clint Independent School District (CISD) schools from kindergarten through her high school graduation. De La Torre retired in 2021 after 31 years of service to CISD. She is happily married to Jaime and is a mother of two sons. She is proud to be the first from her family to graduate from college and is truly an inspiration to her family and the CISD Community. Notable dates include:

- Clint HS Class of 1983;
- Bachelor's Degree in Interdisciplinary Studies at UTEP in May of 1996;
- Masters of Education from UTEP in 2001;
- Teacher of the Year from Montana Vista Elementary in 2001; and

• Library and Media Certification from North Texas in 2013.

— Helen Rojas

Canutillo ISD makes case for bond initiative

By Liza Rodriguez
Special to the Courier

(Publisher's note: Ms. Rodriguez is the PIO for the Canutillo Independent School District.)

CANUTILLO – If approved by the

District's voters, the 2021 Canutillo ISD Bond will address certain of the District's most critical school facility needs with no expected increase to the total tax rate for the 2022-2023 tax year when compared to the current tax rates.

"This bond is a very unique opportunity for Canutillo ISD students," said Superintendent of Schools, Dr. Pedro

Galaviz. "Many people ask me how are you paying this debt but keeping the tax rate level? Due to the current economic and political climate, it places our District at an advantage so we can address the most critical infrastructure needs. Compared to last year, Canutillo taxpayers' rate is

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Adams Biwott



Faith Nyathi

— Photos courtesy EPCC

Biwott, Nyathi lead EPCC cross country teams to strong finish

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) men finished 1st and women finished 2nd at their final meet of the 2021 season at the New Mexico Junior College Cross Country Invitational in Hobbs, New Mexico.

The Tejanos were led by Adams Biwott who finished 1st with a time of 24:23 in the 8K race. Also finishing in the top 5 were Kelvin Chiku and Michael Abeyta.

The Tejanas were led by Faith Nyathi who finished 1st with a time of 18:04 in the 5K race. She finished more than 1 minute and 20 seconds ahead of her closest competitor. Nyathi was recently named the National Junior College Athletic Association (NJCAA) Division 1 Female Athlete of the Week by the U.S. Track & Field and Cross Country Coaches Association (USTFCCCA). Teammates Jayleen Guerrero and Karyme Garcia finished in the top 5.

Next up, the teams return to Hobbs, New Mexico for the NJCAA Region V Championship on October 30, 2021. Then on November 13, they travel to Richmond, Virginia for the NJCAA Division 1 National Championships.



FLEET FEET – The EPCC Mens' Cross Country team members are, from left, D'Angelo Flores, Brandon Adolphus, Adams Biwott, Daniel Kennedy, Kelvin Chiku and Michael Abeyta.



Getting kicks

“The (plug in random NFL team) play Radio City Rockettes offense. One, two, three, kick.” That’s an old football joke. If you don’t understand the finer points of the game, ask your wife.

And if you don’t get how Washington deals with crises, it’s the same thing. The politicians just punt the ball a short distance away. This way, they keep attention on themselves by never leaving crisis mode. Every game they play ends in overtime.

The congressional and White House gladiators have done it again, taking their backstabbing match beyond regulation and into December. I should say

“matches,” since they have managed to combine two budgetary shambles into the same holiday month: December, the month of Christmas, Hanukkah and now the month of fiscal drama.

First off, there is the traditional nail-biter over a federal government shutdown. Remember that one? The original deadline for funding operations was supposed to be the end of September, but the tradition now includes the punt that stretches the boundary to Dec. 3, just when some federal employees were worrying about being able to afford holiday inflation this year because of supply chain issues caused by the year-round fear of COVID.

Head coaches Joe Biden and Mitch McConnell have their work cut out for them. Will their

strategy include still another kick of the ball (called a “can,” as in “kick the can down the road”)?

Note that I said Head Coach Biden, who’s running the administration team with McConnell leading the congressional unit. “But he’s the Senate minority leader,” you say. “How could he be controlling the Capitol Hill unit?” Chuck Schumer and Nancy Pelosi manage the majority Democrats. Because there are actually too many Democratic squads to control, Mitch assumes his accustomed role of puppeteer on behalf of GOP team owner Donald Trump. Trump pretends he should be running the White House team. If he were in charge, they would be named the Autocrats, and we wouldn’t have to go through all these games – by now he would be President

for Life and he’d rule by decree, just like those he admires so much, his buddies Vlad and Xi and Kim.

Until then, it’s Mitch versus Joe. While the advantage would seem to be held by Joe, it’s Machiavelli Mitch who runs this show. Says a competing senior Senate Democrat, “Mitch McConnell loves chaos.”

Note the way Mitch played Pelosi and Schumer into December with that even bigger fiasco, the debt ceiling vote. Sometime in December the United States of America will welch on its debts, near \$30 trillion worth. That is, unless Congress votes to raise the debt limit. Mitch managed to somehow snap the ball at the last minute – being the holder and kicker at the same time – and send it through the uprights, contriving the current overtime situation.

Biden, Nancy Pelosi, Chuck Schumer and all the rest are little more than spectators.

Biden could initiate a change in the Senate rules and get rid of the filibuster (if you don’t understand the Senate rules, ask a parliamentarian). But he doesn’t want to get rid of the filibuster.

As a former senator, for decades he maneuvered through the incomprehensible maze of the U.S. Senate, dealing with people like Mitch. He loves the Senate, as does McConnell, while a sane person finds it boring. Paradoxically, that experience of moving through quicksand is how the two of them and most of the players will find some way out of this mess. Just when everybody throws up his or her hands and screams, “It’s hopeless!,” someone may find an obscure way out and the game will kick off still again.

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Food for thought By John Grimaldi

The Sandwich Generation

The Pew Research Center calls them “multigenerational caregivers” or “the sandwich generation.” They are those moms and dads who have children to take care of and who have elderly relatives who need caring for as well. There are more of them than you might think, says Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

Weber says 21st Century medical breakthroughs that save lives also increase life spans that can be a blessing for many of us, giving us the opportunity to grow old gracefully. But it can also be challenging for those who are living longer with debilitating ailments and for their adult children who are their caregivers and have children of their own.

The researchers at Pew tell us that, “With an aging population and a generation of young adults struggling to achieve financial independence, the burdens and responsibilities of middle-aged Americans are increasing. Nearly half (47%) of adults in their 40s and 50s have a parent age 65 or older and are either raising a young child or financially supporting a grown child (age 18 or older). And about one-in-seven middle-aged adults (15%) is providing financial support to both an aging parent and a child.”

They are caught in between a rock and a hard place, as the expression goes, and the COVID pandemic with its restrictions has made it even harder for them to cope.

The New York Times and pollsters at

YouGov conducted a survey not too long ago in which they asked more than 5,000 individuals, including those taking care of family members and their own children at the same time. They asked about the financial and personal costs they’ve had to bear. Their findings: “On average, survey respondents who are caring for both children and older relatives estimate that they have lost more than \$10,000 because they had to do things like reduce their working hours, increase their expenses or leave a job entirely as a result of these responsibilities.”

It should be noted that not all the news that resulted from that polling was negative. Twenty-three percent of those who were taking care of aging family members said the experience had “strengthened their relationship with them.”

The bottom line, according to columnist,

Carol Bradley Bursack, is this: “If you are part of the sandwich generation, please make a point of having another “filling” in the sandwich. Make it a “peanut butter and jelly” by ensuring you have someone to share the load with you, even if it is just occasionally. This second filling can be a family member, a friend, a professional caregiver hired through a home care company or, better yet, all three. Having a care team and back-up help is much more interesting and beneficial for all involved.”

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.

1973
48
Years
2021

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LEGALS

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Contract Number: TXHMR0009-21

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From U.S.

A western society goes insane

The 18th-century English philosopher Jeremy Bentham came up with the idea of the panopticon, a prison designed to allow all the prisoners to be observed by one guard.

What even Bentham couldn't conceive of, despite his creative musings about schemes of perpetual surveillance, was a society like contemporary Australia.

Heretofore an honorable member of the Free World, Australia has lurched into a bizarre and disturbing netherworld of bureaucratic oppression in the name of public health.

Australia's COVID-19 lockdown mania has been so all-consuming that one assumes much of it would make Dr. Anthony Fauci blanch.

At the start of the pandemic, Australia determined to squeeze out COVID with lockdowns and travel restrictions, and as an island nation, had considerable success. It was the last of the G-20 countries to hit 1,000 total coronavirus deaths.

But this created an unrealistic expectation that Australia could have COVID-zero as a goal for the duration and use targeted restrictions and surveillance ("circuit-breakers") to maintain it.

As the pandemic has dragged

on, this has become completely untenable and done violence to liberty and common sense in a great English-speaking nation.

Lockdowns have cut a swath through the norms and conventions of an advanced Western democracy, from the suspension of a state-level parliament to the banning of protests, to military enforcement of the COVID-19 protocols.

With the Delta surge, more than half of Australians are locked down, often in response to a tiny number of cases.

Australian authorities don't fool around. State premiers have vast powers and use them. In Melbourne, located in the state of Victoria, a curfew is in place and limits apply to people leaving their homes. There are hefty fines for noncompliance.

The spirit of the lockdowns was perfectly captured a few months ago by the chief health officer of New South Wales who warned, "Whilst it is in human nature to engage in conversation with others, to be friendly, unfortunately this is not the time to do that."

Ah, yes, the public health threat of over-chattiness.

The Australian news media might as well be an arm of the public health bureaucracy and

produces stilted and hysterical reports about lockdown violators worthy of some dystopian future.

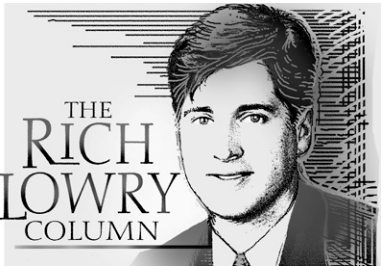
South Australia has developed an app to enforce home quarantines. As a news report explains, "The app will contact people at random asking them to provide proof of their location within 15 minutes." If they fail to do so, the health department will notify the police, who will send officers to check on

the possible malefactor.

Unrestricted travel is a hallmark of a free society, but Australians can barely leave the country. Travel has been cut off between states, creating an arbitrary patchwork of states trying to isolate themselves from coronavirus cases elsewhere.

Tens of thousands of Australians have been trapped overseas, unable to come back home because of monthly limits on returning Australians.

All of this economic and social



disruption and coercion hasn't been enough to stamp out the Delta variant, which is outrunning the government controls.

Australian Prime Minister

See LOWRY, Page 7

View from here By Dr. Glenn Mollette

Cargo ships: America's old jobs floating at sea

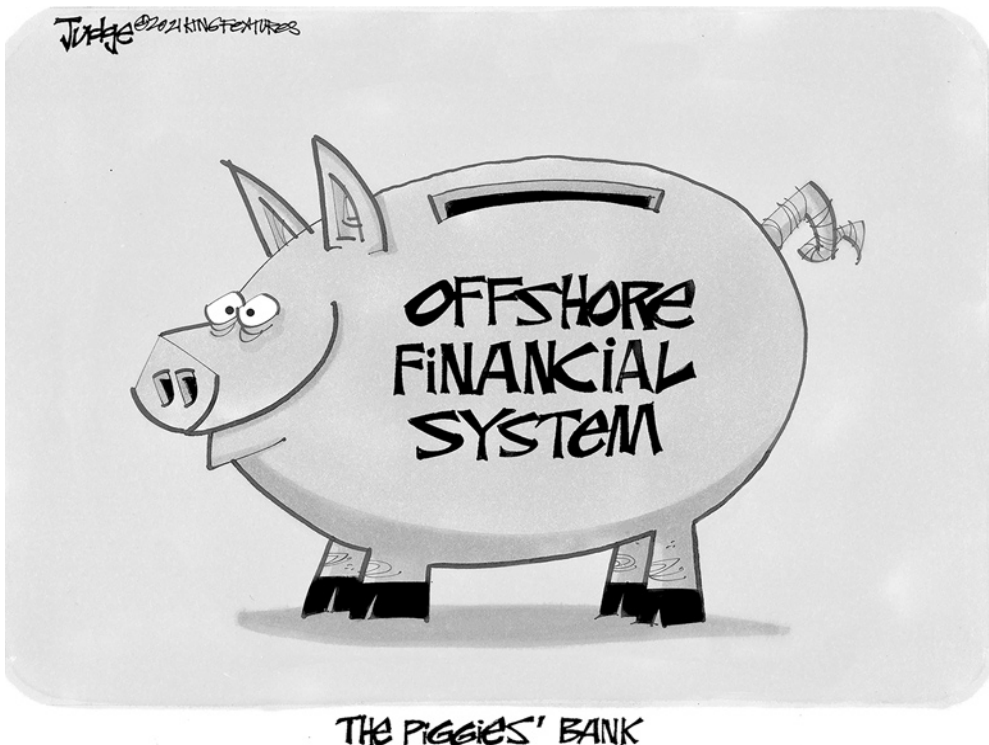
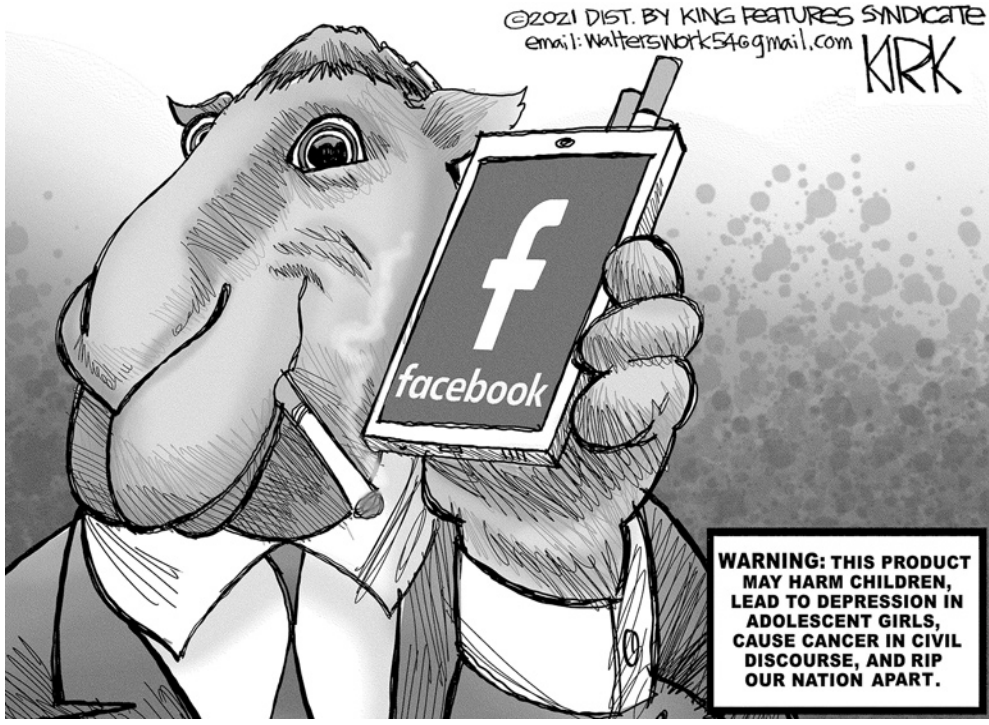
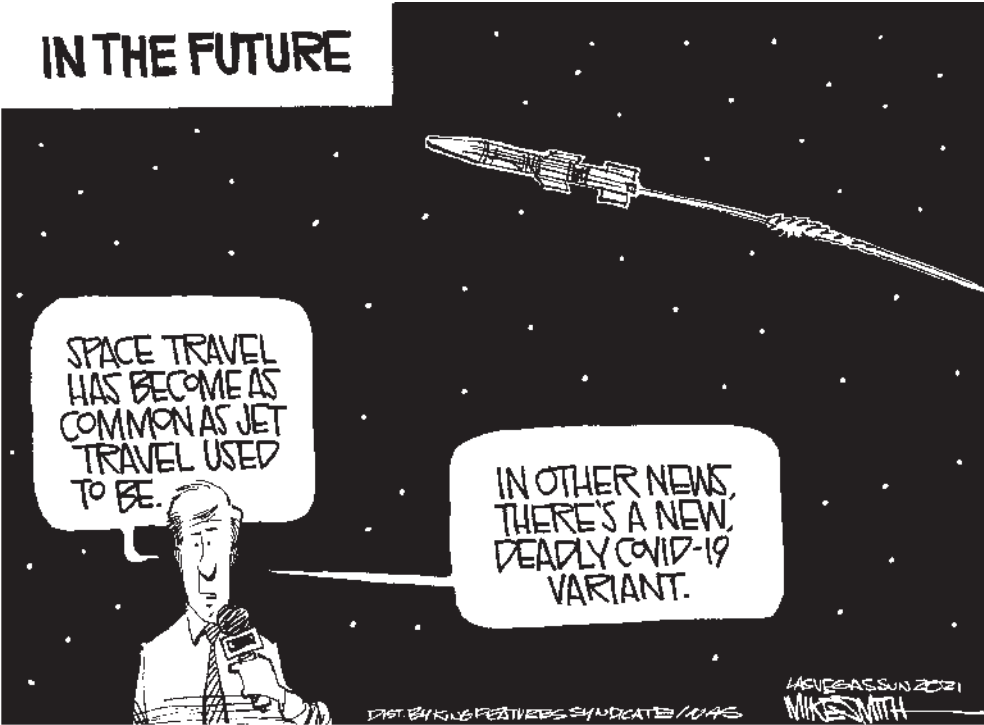
Cargo ships waiting to unload at the Ports of Los Angeles and Long Beach California could keep some of America's store shelves bare for a while. These two ports handle the bulk of cargo coming from China. Cargo keeps coming from China, making the congestion craziness only worse. The dozens of ships floating in the Pacific are carrying products that used to be some of America's good paying jobs.

Today, about 90% of non-bulk cargo worldwide is transported by container. Modern container ships carry over 21,000 TEUs and rival crude oil tankers as the largest commercial vessels on the ocean. A TEU (twenty-foot equivalent unit) is a measure of volume in units of twenty-foot-long containers. If you have ever seen any of these cargo ships come into the port at Savannah, Georgia, or these California ports then you know its mind blowing the amount of cargo stacked and transported across the ocean. The weight of the cargo is estimated between 15,000 to 18,000 tons on most of the ships.

General cargo vessels carry packaged items like chemicals, foods, furniture, machinery, motor vehicles, shoes, clothing and more. Dry bulk carriers carry coal, grain, ore and other similar products. Reefer ships are refrigerated ships which specifically carry perishable commodities such as fruits, vegetables, meats and dairy products. Roll-on ships are designed to carry wheeled cargo, such as cars, trucks, semi-trailer trucks, trailers, and railroad cars, that are driven on and off the ship on their own wheels.

China's exports to the United States were \$452.58 Billion during 2020, according to the United Nations COMTRADE database on international trade. The top goods exported from China to the U.S. and their total values for 2018 were electrical machinery (\$152 billion), machinery (\$117 billion), furniture and bedding (\$35 billion), toys and sports equipment (\$27

See MOLLETTE, Page 4



Mollette

From Page 3

billion), and plastics (\$19 billion).

Japan’s exports to the United States were \$118.79 Billion during 2020, according to the United Nations COMTRADE database on international trade. These products are vehicles, machinery, electronics, optical and medical, aircraft, pharmaceuticals, plastics, rubbers, toys, games and sports equipment.

United States Imports from Germany were \$117.39 Billion during 2020, according to the United Nations COMTRADE database on international trade. We import most of the same products from Germany as we do Japan including \$78 billion dollars in mineral fuels including oil.

We continue to hear about all the job openings in the United States. Amazon needs employees, Federal Express, UPS and all the trucking companies are begging for workers. I’ve seen several big banners on trucks begging for drivers at a starting salary of \$2,500 a week. Walmart advertises all the time for truckers with a beginning

salary of \$84,000 a year. There is obviously a lot of work in delivering goods from the shipping ports of America. The shipping ports are all products made in China, Japan, Germany, and other places. We have and are pumping these countries with billions and billions of dollars.

We hear a lot about infrastructure. We need good roads and bridges, Internet, new pipe lines throughout America to carry our water supply and American made chips for our cars, computers and phones and more. We also must start making all the products just mentioned in America. Our President and Congress must give companies every opportunity in reasonable tax breaks and incentives to compete with foreign countries. If we can bring manufacturing back to the United States then we will return to real jobs in this country that pay enough money for people to raise a family, own a car and save for retirement. Until this happens Americans will only see increasing financial hardships and more jobs floating away.

Dr. Glenn Mollette’s column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com.

Strange BUT TRUE

By Lucie Winborne

• The Chocolate River in the “Willy Wonka and the Chocolate Factory” was real! The production used 150,000 gallons of water, cream and chocolate. But the ingredients spoiled and smelled really bad when the movie ended.

• Studies have shown that playing Tetris can curb sex, drug and food cravings.

• C.S. Lewis coined the term “vericide” to denote the killing of a word or distortion of its original meaning.

• A Vietnamese man was hospitalized after drinking too much methanol. Doctors transfused 15 cans of beer into his body to revive him. The liver breaks down ethanol before methanol, which gave doctors more time to do dialysis to remove the methanol from his system.

• The University of Oxford is older than the Aztec Empire.

• Santa Claus was issued a pilot’s license from the U.S. government in 1927, along with airway maps and a promise to keep the

runway lights on.

• The fighting on D-Day was so fierce that as much as 4% of the sand on Normandy beaches is magnetic due to shrapnel that has been broken down over the decades into sand-sized bits.

• Only official members of federally accepted Native American tribes may legally possess or collect eagle feathers.

• During a game, Babe Ruth would place a cabbage leaf under his cap to keep cool under the sun, replacing it every inning or two.

• Instead of kissing his bride, Edward II of England sealed his wedding vows with a smooch to his lover, Piers Gaveston, 1st Earl of Cornwall.

• A house cat could beat superstar runner Usain Bolt in the 200-meter dash.

• Women blink nearly twice as much as men.

Thought for the Day: “Never worry about numbers. Help one person at a time and always start with the person nearest you.”

– Mother Teresa

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Gateway to TEXAS
Anthony, Texas

ANTHONY TEXAS
POLICE

2021 ANNUAL
TRUNK OR TREAT

Sunday, Oct 31
3pm to 7pm
Anthony Municipal Park

CANDY, LAUGHS, MUSIC, PUMPKINS & MORE
DONT FORGET YOUR COSTUME

100 Richard White Anthony, Texas 79821
www.townofanthony.org Ph. (915) 886- 3944

Bonds

From Page 1

currently lower. Not only did the board adopt a lower tax rate for this school year, but if voters approve this bond, they will not see an increase in their total tax rate for the upcoming year, according to district projections. Our trustees have been very mindful of not increasing the financial burden on Canutillo ISD residents.”

Recently, the Canutillo ISD Board of Trustees voted to reduce the total tax rate for the 2021-2022 school year from \$1.39 to \$1.34, an average savings of \$75 on property taxes for homes valued at \$150,000.

Based on current projections, the District expects that the Canutillo ISD bond, if approved by the voters, would provide funds to allow the District to substantially modernize aging educational facilities and support the construction of a new Alderete Middle School without increasing the District’s total tax rate for the 2022-2023 tax year

from the total tax rate for the 2021-2022 tax year.

Canutillo ISD is benefiting from rapid growth in far west El Paso, adding millions to the district’s tax base. According to the most recent projections available to the District, this residential and commercial expansion in far west El Paso is expected to continue through the next decade. Of course, the growth in the tax base does come with additional demands to provide educational opportunities to thousands of more families who call the Canutillo ISD home. Some of the projects included in the 2021 bond are intended to meet that growth.

If passed, the bond election would generate \$185.7 million dollars for new construction, capital improvement, and critical maintenance projects as well as significant health and safety additions and improvements for every campus in the District. It would support the maintenance and creation of safe learning environments with several

See BONDS, Page 6

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CryptoQuip Answer

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Moments in time

THE HISTORY CHANNEL

- On Oct. 18, 1867, the U.S. formally takes possession of Alaska after purchasing the territory from Russia for \$7.2 million, or less than 2 cents an acre. Russia sold its Alaska territory to the U.S. rather than risk losing it in battle with a rival such as Great Britain.
 - On Oct. 19, 1796, a writer, mysteriously named “Phocion,” slyly attacks presidential candidate Thomas Jefferson an essay published in the Gazette of the United States. Phocion turned out to be former Treasury Secretary Alexander Hamilton, who would write 25 essays lambasting Jefferson.
 - On Oct. 20, 1962, President John F. Kennedy holds secret meetings with advisers on the eve of ordering a blockade of Cuba. Kennedy had seen photographic proof that the Soviets were building 40 ballistic missile sites on the island – within striking distance of the United States.
 - On Oct. 21, 1959, on New York City’s Fifth Avenue,
- thousands of people line up outside a bizarrely shaped white concrete building that resembled a giant upside-down cupcake. It was opening day at the new Guggenheim Museum, home to one of the world’s top collections of contemporary art.
- On Oct. 22, 2012, Lance Armstrong is formally stripped of the seven Tour de France titles he won from 1999 to 2005 and banned for life from competitive cycling after being charged with using illicit performance-enhancing drugs and blood transfusions to help him win races.
 - On Oct. 23, 1942, Michael Crichton is born in Chicago. During his final year of medical school, Crichton published “The Andromeda Strain” (1969) and decided to write full time instead of practicing medicine.
 - On Oct. 24, 1931, New York Gov. Franklin Roosevelt dedicates the George Washington Bridge over the Hudson River. The 4,760-foot-long suspension bridge, the longest in the world at the time, connected New Jersey with Manhattan in New York City.
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SAN ELIZARIO VETERANS COMMITTEE

25TH ANNUAL

VETERANS PARADE AND CEREMONY

SATURDAY

NOVEMBER 6, 2021

PARADE ROUTE: STARTS 9:00AM AT THOMPSON RD, EAST TO THE VETERANS MEMORIAL PLAZA, VIA MAIN STREET IN THE SAN ELIZARIO HISTORIC DISTRICT. PRESENTATIONS WILL FOLLOW AT THE PLAZA.

INFORMATION: RAY BORREGO 915-383-8529

Eduardo Pedregon Veterans Memorial Museum & Memorial Walk
1501 Main Street • San Elizario Historic District
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Comix

OUT ON A LIMB By Gary Kopervas



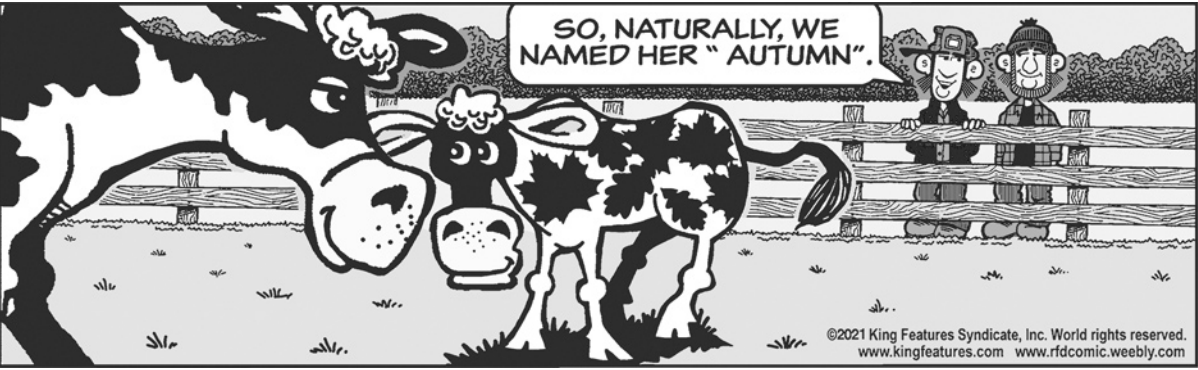
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 3

Scott Morrison finally admitted the obvious, “This is not a sustainable way to live in this country.” Australia initially fumbled its vaccination effort, which should have been a focus all along. But now the country hopes jabbing 80% of the population can get it out of the lockdown box of its own making. The coronavirus is a serious illness,

and no country has gotten everything right. Australia has proven, though, that dispensing with key elements of advanced liberal society in the hopes of total victory over the virus is foolhardy and wrong. Australia isn’t going to become a dictatorship, but this period in its national life stands as a warning for how easily core freedoms can erode away in even a well-established democracy.

Rich Lowry is editor of the National Review. (c) 2021 by King Features Synd., Inc.

Husband is always tired

DEAR DR. ROACH: My husband is tired all the time. He functions, but frequently has to sit to recoup his energy, even after a shower. He is diabetic and has been for over 10 years. He does not take insulin and manages to keep his A1C within 7.1 to 6.9. He weighs 207 pounds, and he’s 6 feet, 1 inch tall and 75 years old. His bloodwork always comes back normal, and a nuclear stress test came back negative. We have discussed this chronic fatigue with our family doctor. His only explanation is possibly low testosterone (the low end of normal). We know that some if not all of his medications list fatigue as a side effect, but we cannot persuade our doctor to do further tests. My husband does have an appointment with a cardiologist in May for a consultation and any suggestions, and also a checkup in six months with our family doctor. My concern is his medications and the fact that they are generic. I have read many stories about generic drugs and problems with their effectiveness. – J.C.



Fatigue, which is the sensation of feeling tired, is a nonspecific symptom and a complaint that’s commonly heard by general doctors. It can be related to many diseases, as disparate as multiple sclerosis to heart failure, anemia to depression, and chronic infection to sleep disturbances. However, your husband notes a severe intolerance to exertion, which makes me suspect systemic exertion intolerance disorder, also called myalgic encephalomyelitis or chronic fatigue syndrome.

Poor sleep, difficulty thinking or concentrating, and having worse symptoms with standing also go along with this diagnosis. There is yet no lab test for confirmation. The diagnosis is made after considering other causes, and testing for those that make sense after a careful history and exam.

Diabetes, when not well controlled, may lead to chronic fatigue. I’m not so concerned with generic medications as I am about too many or the wrong ones, so a careful review of medications is appropriate.

I have previously recommended a graded exercise program for this condition; however, the study that led to this recommendation had several significant issues; many people will actually have worsening of their post-exercise fatigue, so exercise must be used very cautiously and on an individualized basis. Cognitive behavioral therapy has had some benefit, but we desperately need better treatments.

DEAR DR. ROACH: In a recent column, you said that using peroxide in the ear is a bad home remedy. Would you please expand on this subject? My children grew up with me using peroxide to clean excessive wax from their ears, and they now use the same remedy on my grandchildren.

Most earwax does not need to be removed. It should be removed only when there are symptoms (such as poor hearing, ear pressure or pain, and sometimes itchiness or dizziness), and when it is clear that the symptoms are coming from excess earwax. This requires a look in the ear, since similar symptoms may come from infection.

Hydrogen peroxide is too harsh to put on skin. Doctors may use it to irrigate the ear canal while looking into the ear, but it is diluted, usually 1:10. Over-the-counter earwax preparations, such as carbamide peroxide, may also be recommended once the diagnosis is clear.

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) 2021 North America Synd., Inc. All Rights Reserved.

Tech

From Page 1

dimensions to make items such as phone stands, costume props or anything their creativity desired. Roy East, an Anthony High School student and cosplay enthusiast, built a prop for his samurai costume. East says the design took him a couple of weeks to complete. “It might seem simple at first, but if you really look at a lot of reference material, you’ll understand that there’s not a lot of images of the prop,” East said. “I designed it, because I wanted to show more of the Japanese culture,” East said. While the technology enrichment classes were a gateway for students to explore their talents and interests, Martinez hopes the classes will expose students to career options as professional drone pilots or engineers.

Archives: www.wtxcc.com



Moore Texas by Roger Moore
Texas’ 2nd president, Mirabeau Lamar, established a fund that supported public education.

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: N equals H

C SKTA B YMO ANT PNBKYJW
NCW DRBPJ TZ EJWCXJKPJ
JLJEO PTMDRJ TZ AJJSW.
NJ’W LJEO MKWJIIRCKY.

Answer Page 4

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VA emergency rooms
prep for elderly vets



by Freddy Groves

Half of our 19.5 million veterans are over the age of 65, and they make up 45% of emergency room visits at Department of Veterans Affairs hospitals, according to the VA.

Seniors come with their own set of medical conditions, such as delirium, cognitive impairment and others. The VA will now address the medical concerns of our senior veterans with the creation of Geriatric Emergency Departments. The plan, in collaboration with several civilian groups, is to create accredited geriatric departments in 70 VA facilities with specifically trained teams that will cover everything from medical, social work and community

resources to working with senior veterans to reduce avoidable hospital admissions.

There will be three levels of age-appropriate care, with specific education for doctors and nurses. The VA has gone to a lot of trouble to identify just what is needed in each area.

They’ll do screenings to look for the risk of falling, caregiver burden, functional decline, delirium and cognitive impairment while recognizing underlying geriatric syndromes. (That’s where the specialized education comes in.)

But that’s just the beginning. They’ll look for signs of elder abuse and overall frailty, help with pharmacy and medication (and identify inappropriate and duplicate or contraindicated medications), look into pain control, arrange for transportation home and more.

The model of care for emergency department accreditation is three pages long with no detail too small

to consider. They’ve even thought of the need for a large font in all printed instructions, nonslip floors, handrails and big signs.

So far, 20 emergency rooms in 15 states have applied for accreditation, with 16 facilities already accredited. Ten are partially accredited. The remaining sites will likely apply for accreditation by the end of 2022.

It looks like the VA is getting started just in time. The average age of veterans is 58, with the biggest bump in the curve ages 45 to 64 years old.

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- Keep the yolks in hard-boiled eggs from crumbling by wetting your knife between slices.
- “Save plastic bags that cannot be recycled, and use them to collect food scraps that cannot be composted or flushed.” – B.M. in New York
- “I use double-stick tape to hang lighter items on my walls, since it does not leave a hole, and I am a renter. You also can use it to reduce noise from vibrations. For instance, I used it in my car to keep the carpet lying flat in the trunk.” – J.T. via e-mail
- “To soften butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It’s nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much.” – T.G. 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.

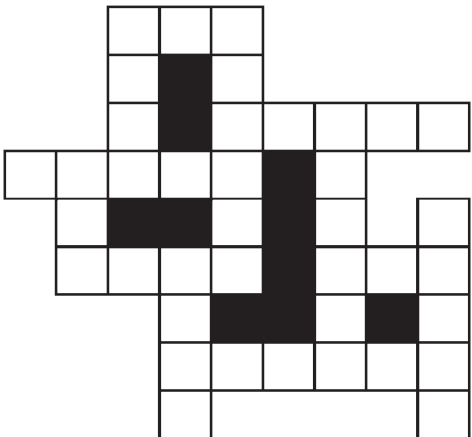
DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!
Answer Page 4

	-		x		25			
÷		x		x				
	x		+		22			
x		-		+				
	+		x		16			
28		26		22				
1	2	2	3	4	5	7	8	9

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- TDA
TUCLE
♥ARLEG
♥TILF
♥DEFNOL
GFO
TGFI
♥CATTI
♥GDO
FODGLE
♥REGEA
♥LTDO



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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Weekly SUDOKU

by Linda Thistle

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