

NEWSBRIEFS

**Vaccine**

The Socorro Independent School District (SISD), in partnership with Immunize El Paso and the City of El Paso, will be providing COVID-19 vaccines for children ages 5 to 11 in walk-up vaccine clinics on Nov. 12 and 15 at SISD schools. See the full story on Page 6.

**Canutillo rejects school bonds**

Canutillo voters elected not to move forward with the two bond propositions under the 2021 Canutillo Independent School District bond that totaled \$187.5 million. “We thank our Just For Kids Committee for their help in formulating our bond projects and the community members who took time to learn about the bond and who came out to vote and support this proposal,” said Dr. Pedro Galaviz, Superintendent of Schools. “Our constituents have spoken, however, this defeat does not change the fact that facility needs must be met across the district. We will now consider alternative plans and strategies to address capacity concerns and building repairs in addition to paying back the cost of devices and infrastructure we needed during the pandemic. With or without the bond, we owe it to our students to provide them with a premier education and we will move forward putting our kids first and do what we can to meet their needs.”

– Liza Rodriguez

**Soft heart, big wallet**

So, this guy walks into a bar in Londonderry, NH and runs up a tab of nearly \$40. But he doesn’t leave a 15% tip, nor a 20% tip; he’s a big splendor with a heart of gold and so he left a 40,000% gratuity (40 thousand percent). Michelle McCudden was the bartender that day when her unidentified “mystery man” stumbled into the Stumble Inn Bar & Grill, shocking her and making her day at the same time. Thinking that the patron may have made a mistake, the staff felt compelled to get him to confirm the generous amount of the tip. The owner of the establishment, Mike Zarella, told WMUR-TV: “I thought it was a mistake, it could have been maybe a \$160 tip and he added extra zeros. The bar manager talked to the gentleman, and he said, ‘No, it’s \$16,000.’”

– John Grimaldi

*The average man’s modest ambition is to make his weekly paycheck last a week.*

– Quips & Quotes



– Photo Courtesy of the University of Texas at El Paso

**COLLABORATION** – University of Texas at El Paso (UTEP), Sul Ross State University, and Preventive Care Health Services (PCHS) will launch a new workforce education and training program for behavioral health specialists in five southwest Texas rural counties. Heading the partnership initiative are (left) Barbara Tucker, Ph.D., of Sul Ross; Adrian N. Billings, M.D., of PCHS, Thenral Mangadu, Ph.D., of UTEP, Emre Umucu, Ph.D., of UTEP, and Chuling, Lo, Ph.D., of UTEP.

UTEP, SRSU, collaborate to enhance mental health services for five west Texas counties

State University (SRSU) in Alpine, Texas counties of Presidio, Brewster, and Preventative Care Health Services (PCHS) in Presidio, have joined efforts to develop a behavioral health specialists’ workforce partnership to improve access to mental health services in the West

The new partnership will be designed to train students for providing culturally

See HEALTH, Page 5

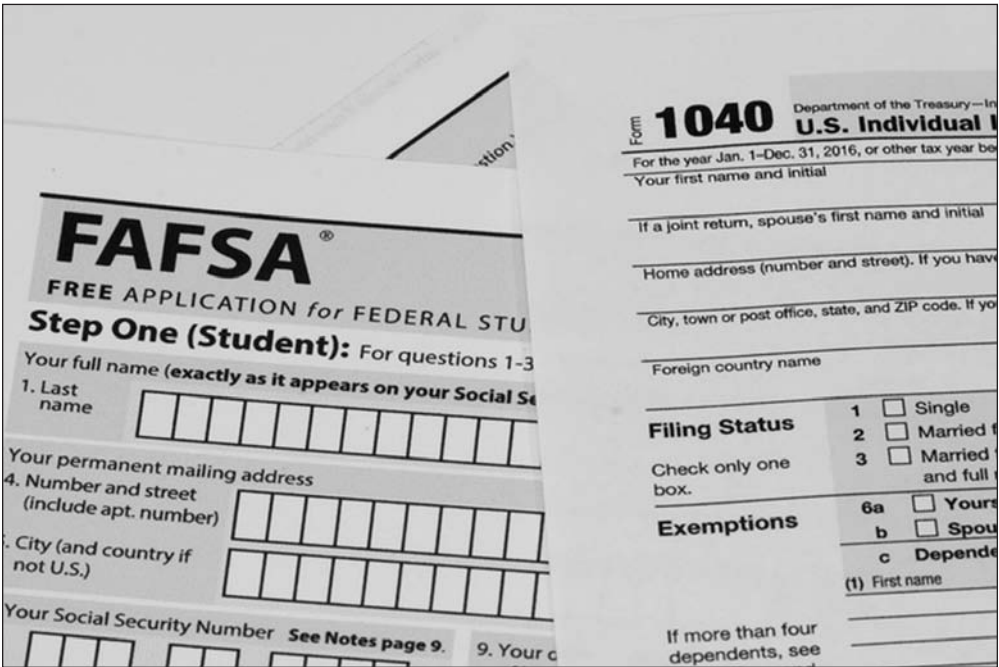
Filling out FAFSA forms is essential for college-bound students

*File FAFSA early to meet college, state, federal, and scholarship deadlines*

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – Parents, of high school juniors and seniors who aspire to attend a college or university, can play a key role in helping their teenage sons and daughters secure financial aid funds to

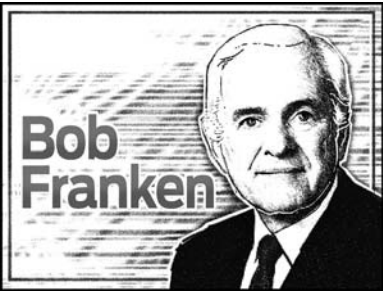
See FAFSA, Page 4



– Internet

**PAPERWORK** – Every year, over twenty million high school students submit FAFSA applications to compete for a slice of the financial aid pie. Parents, along with their high-schoolers, are advised to get familiar with the FAFSA process and break it down into a few small steps to make it easier to complete.





# Photo ops

of climate change.

The combined infrastructure legislation and what’s left of “Build Back Better” social infrastructure rebuilding are being finessed with compromise promises to revisit the rejects in the months ahead, before the midterm elections, when the president’s party might lose control of Congress and it all goes kablooie for him. He effectively has lost control of Congress anyway, with a few “moderates” able to gum up the liberals’ hopes.

The names Manchin, Sinema and Gottheimer are not about to set the lefties’ hearts a-flutter, but hey, that’s what legislation is all about. President Biden made his decades of Washington experience a major selling point, and his own party might fail with a thud to deliver the goods beyond the face-saving stage. He

New T-shirt slogan for Democratic members of Congress as President Joe Biden headed out for the G-20 and U.N. climate change summits: “My Grandpa Joe went to Europe, and all I got was this lousy framework.”

Last week, when Biden flew off to conquer the economic, climate and pandemic worlds, he left Congress behind to fill in the blanks of his own domestic economic social program. Now, with a price of \$1.75 trillion (that’s with a “T”!), it can hardly be called bare bones. But it had already been stripped from \$3.5 trillion by abandoning major progressive goals like paid family leave and many aspects

might end the year with nothing more than the knowledge that when you reach for the stars, you can get badly burned. The new political year will be cluttered with hundreds of midterm campaigns, which are more about control of the House and Senate and less about governing.

Between now and then, we are treated to the venomous debate over whether to govern at all, as some federal agencies will flat shut down if the Republicans and Democrats can’t figure out some cease-fire in their war to agree to a spending plan for the year. Not only that, but the “it’ll never happen” rejection of the nation’s borrowing authority could, in fact, happen in about six weeks if some sort of kamikaze group of House members or senators recklessly miscalculates and causes all manner of fiscal chaos worldwide by not voting to raise the debt

ceiling, irretrievably embarrassing the United States of America, as if Donald Trump wasn’t enough.

I wouldn’t want to be Joe Biden as he travels to summits overseas. Other world leaders will relish being able to remind him that the USA was a former world power. Those other world leaders being, for instance, the prime minister of Luxembourg or Prince Albert of Monaco.

But while Joe has been testily negotiating to repair the international damage of the Trump administration, accompanied by first lady Dr. Jill Biden, Trump trumped him in the photo op competition by dragging former first lady Melania to a World Series game in Atlanta, and even persuaded her to join the crowd in the bad taste Tomahawk Chop. Democrats and Native American advocates would never participate in that.

Advantage Trump (I realize that’s a mixed sports metaphor). Trump showed that in Deep South Georgia he doesn’t have to be as invisible as he needs to be in suburbanized Virginia, where Glenn Youngkin’s strategy has been to deny that Donald Trump exists.

So while Grandpa Joe has been cavorting around Europe, the Democrats have been hard at work collecting souvenirs for his return... slogging through the details of the skeletal framework Biden left behind. No matter how successful they have been in avoiding the pitfalls of climate change, for instance, they face a political climate that is full of headwinds.

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## Anthony Middle School ranked as a U.S. News ‘Best Middle School’

By **Adriana Candelaria**  
*Special to the Courier*

ANTHONY – Anthony Middle School has ranked as one of the best middle schools in Texas in *U.S. News & World Report’s* “Best Middle

Schools” list.

*U.S. News & World Report*, an independent digital media company, ranked Anthony Middle School in the top 30 percent of best schools in the Lonestar State.


The schools were rated based on their performance on state-required tests and how well they prepare students for high school. At Anthony Middle School, 62% of students scored at or above the proficient level for math, and 42% scored at or above that level for reading.

Anthony Middle School has 202 students and offers a student-teacher ratio of 15-

to-1. Students have an array of extracurricular activities such as a robotics club, library club, band and sports to help them explore their interests.

The school also offers AVID (Advancement Via Individual Determination), a college and career readiness program to help students make a smooth transition to college after high school.

It is the first year that *U.S. News & World Report* released a list of best middle schools. Anthony High School also received a silver ribbon in *U.S. News & World Report’s* “Best High Schools” list.



### NOTICE OF PUBLIC MEETING

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

Socorro Independent School District will hold a public meeting at:

**6:00 PM  
November 16, 2021  
in the Board Room  
District Service Center  
12440 Rojas Drive  
El Paso, Texas 79928**

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

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


WTCC: 11/11/21

### Notice of Public Hearing to Discuss Tornillo Independent School District’s State Financial Accountability Rating (FIRST)

Tornillo Independent School District will hold a public meeting at 6:00 PM, Monday, November 15, 2021, in the boardroom of the W.E. Neill Service Center, at 19210 Cobb Ave., Tornillo, Texas 79853.

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

WTCC: 11/11/21



1973  
48  
Years  
2021

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### Public Notice Logic and Accuracy Test

Notice is hereby given that the El Paso County Elections Department will run its official Public Logic and Accuracy Test of the automatic tabulating equipment on Monday, November 15, 2021 at 10:00 a.m. for the December 2021 Runoff Election. The test will be conducted at the El Paso County Election Office located at 500 E. San Antonio Ave., Suite 314 in El Paso.

### Aviso Pública Prueba de Precisión y Lógica

Por la presente se da aviso que el Departamento de Elecciones del Condado de El Paso ejecutará su prueba oficial de precisión y lógica publica del equipo automático de tabulación el Lunes, 15 de Noviembre de 2021 a las 10:00 a.m. Para la Elección de Desempate de Diciembre de 2021. La prueba se realizará en la oficina de Elecciones del Condado de El Paso localizada en 500 E. San Antonio Ave., Suite 314 en El Paso.

WTCC: 11-11-21



# Is Trump’s grip on the GOP weakening?

Republican politicians can be forgiven for thinking that the GOP is Trump’s world and they only live in it at his sufferance.

He not only survived Jan. 6 and his second impeachment – he has thrived since.

Trump’s rallies are still remarkably well-attended, he is making progress in his project of killing the careers of Republicans who supported his impeachment, and big majorities of Republicans tell pollsters they want Trump to run for president again.

And yet, there are reasons to believe Trump’s dominance is exaggerated and that it is slowly degrading, such that by the time the 2024 Republican primaries roll around, he’ll be challengeable and beatable if he runs.

It’s not unusual for a former president to own his party until someone comes and takes it from him – Bill Clinton prior to Barack Obama, for example.

What’s different is that parties typically aren’t kind to one-term presidents who lost their reelection bids, and generally former presidents aren’t so bent on exercising control over their parties once they vacate the White House.

Part of the reason Trump has clung to his fanciful stolen-

election narrative is to avoid the stench of defeat of Jimmy Carter and George H.W. Bush. On top of this, Trump has an intact political operation that is paying a lot of attention to his potential endorsements and how they will or won’t enhance his own power.

This obviously makes Trump an important player, and maybe more. But there are indications of an undertow and factors that might increase it in the years ahead.

Trump’s media footprint is much reduced. Data from SocialFlow shows engagement with Trump stories plummeting in March of this year and it took another jag down in August and September.

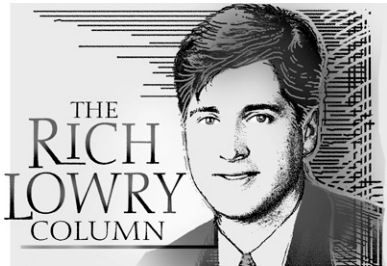
As for Trump’s polling numbers, Republicans might tell pollsters they want him to run again as a way to stick a finger in the eye of the media or as a general statement of warm feelings toward him. Even if these findings are based on entirely forthcoming and sincere sentiments, wanting Trump to run is a threshold question that falls short of a commitment to vote for him two and a half years from now.

Trump presumably will be vulnerable to electability

questions. He lost last fall in part because Biden outperformed Hillary Clinton among suburban voters and independents. Biden is alienating these voters, but there’s nothing to indicate that Trump has done anything since November 2020 to make himself less repellent to them.

GOP politicians have every

reason to do what they can to keep Trump and his voters on board in the interest of a unified base in the run-up to the 2022 midterms. But if Republicans take Congress next year and are worried about keeping it in 2024, they will be wary of once again needing candidates to run better than Trump in swing districts to



keep their gavels. Trump has an increasingly self-referential message. In

See LOWRY, Page 7

## Food for thought By John Grimaldi

# Long-term care crisis impacts elders

Modern medicine is helping America’s elders live longer, healthier lives. But a segment of that population, those requiring special care at home and in specialized facilities built for the task, has been particularly hard hit by the COVID pandemic. They face a massive shortage of caregivers as home healthcare agencies, nursing homes, hospices and residential care communities find it harder and harder to attract workers, says Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

The Mercer healthcare industry consultancy, in its 2021 healthcare labor market report, says that more than 9.7 million workers are employed at those agencies and that over the next five years the industry will need 10.7 million. However, the expectation is that 6.5 million aides will permanently leave their jobs in that same period of time and the industry will attract only 1.9 million replacements.

AMAC’s Weber says, if that isn’t scary enough, the research firm, Morning Consult, conducted a

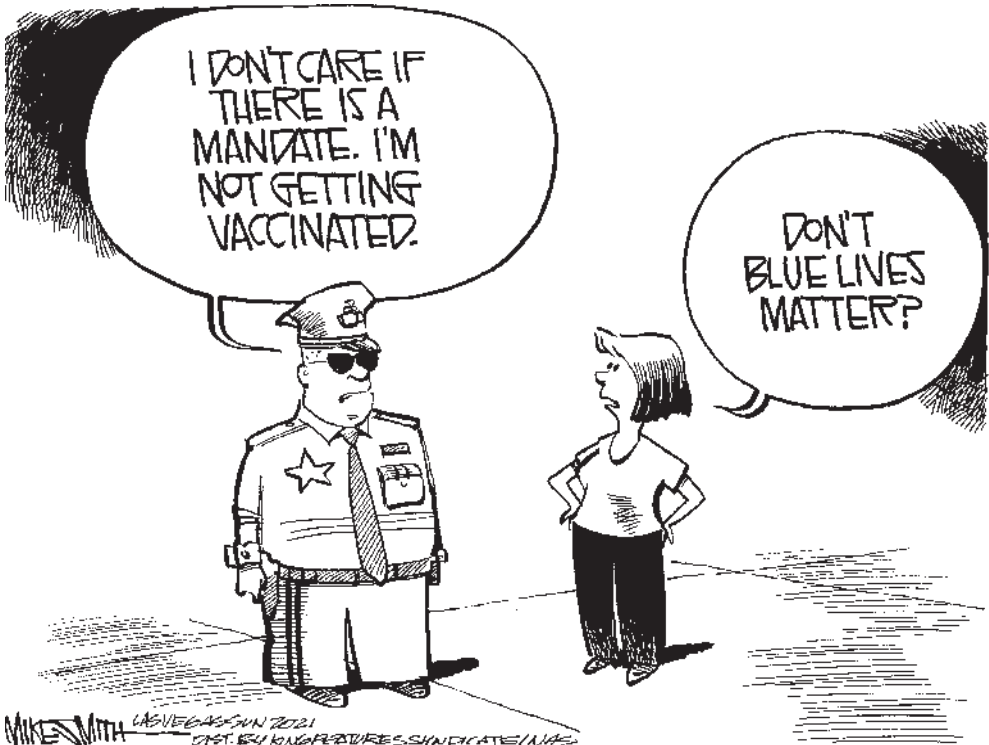
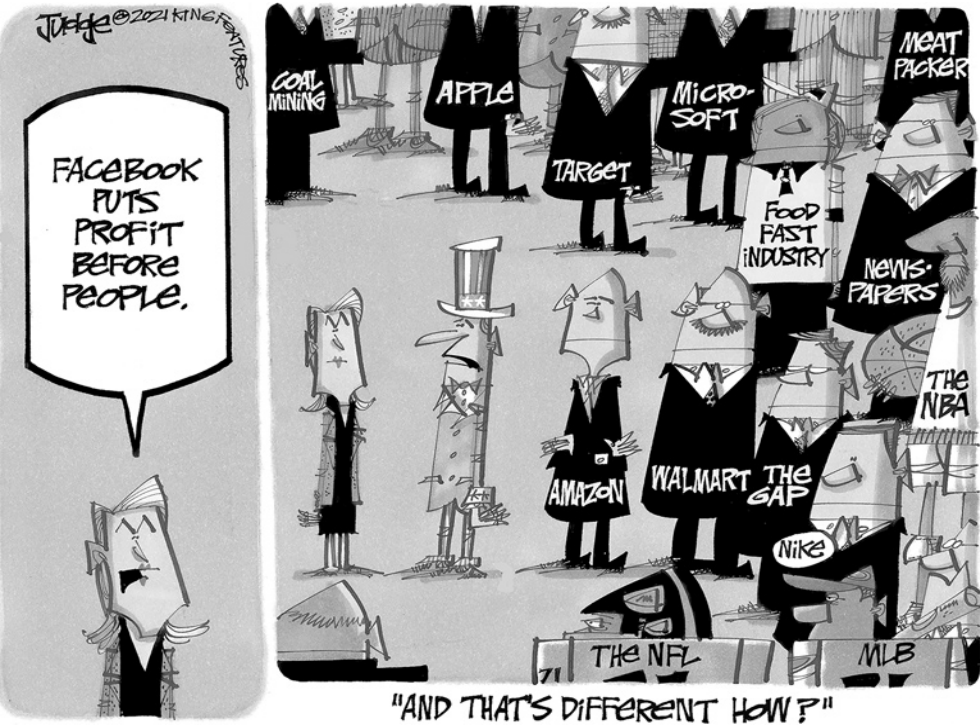
poll among healthcare workers and found that:

- 18% of health care workers have quit their jobs during the COVID-19 pandemic, while another 12% have been laid off;
- Among health care workers who have kept their jobs during the pandemic, 31% have considered leaving; and
- 79% of health care professionals said the national worker shortage has affected them and their place of work.

According to Morning Consult, 50% of those who participated in the survey said they quit their jobs to find employment that paid better and 50% said they left because they found jobs with better opportunities and 44% said they wanted to pursue opportunities for career growth.

Gayle Kvenvold is president and CEO of LeadingAge, the largest association of aging services organizations in Minnesota. She says that “The average wage for a direct care worker right

See CARE, Page 4





FAFSA

From Page 1

help pay for that post-secondary education.

And this parental assistance starts by both- parent and child- together filling out the Free Application for Federal Student Aid (FAFSA) forms. The FAFSA process involves answering numerous questions about the applicant’s family financial situation to determine his or her financial aid qualifications.

For some high school students, filling out the FAFSA documents is a painstaking task, but with mom and/or dad by their side the questionnaire can be less daunting. However, it is understandable that some students may not have parental support available, for whatever reason. Still, completing the FAFSA questionnaire is essential for high school upper-class students who want to be eligible for all kinds of financial aid opportunities.

Financial aid advisers acknowledge that the most obvious thing to remember is that anyone can make a mistake when completing the forms. After all, neither high school students nor their parents are FAFSA experts. So, mistakes in filling out the application will happen. Nonetheless, it is critical that the information provided is accurate; especially for anything involving numbers, such as social security number or income information, because a mistake on FAFSA paperwork can delay the process for a long time.

Financial aid experts remind applicants and their parents that the FAFSA application is not only used for federal grants but also for most types of financial aid programs. “Regardless of a student’s financial need, whether it is for work-study, federal loans, or scholarships, he or she will need to fill out the FAFSA,” stated Jaime Mercado, a former high school counselor.

Mercado, who served as a school counselor for over thirty years, stated that if a student does not complete the FAFSA questionnaire he or she could lose out on thousands of dollars to help pay for college. “There’s really no downside to doing it, other than it takes a little bit of time, so students are certainly encouraged to take that first step,” he stated.

The former counselor pointed out that students assume that they are not going to be eligible for financial assistance, but students don’t understand the various parts of the calculation that are taken into consideration. He added that the best thing to do is to gather all documents including tax returns, W2’s, and other information needed to complete the application. Then, read each definition and question carefully.

“The most common mistake, believe it or not, as silly as it may



– Internet

**FOLLOW THE SIGNS – All colleges have a financial aid department that can assist students in securing the proper paperwork to apply for FAFSA.**

be, is right up at the top and it’s the name,” Frank Green, president of the Western Association of Student Financial Aid Administrators, stated in a recent news report. “Students need to realize that there’s going to be a database match with social security and if their name is not the same name as their social security numbers, the application is basically going to reject right at that point.”

“Double- and triple-check your social security and driver’s license (or identification) numbers and make sure the date of birth and home and email addresses are correct,” Green advised. Financial aid offices will be able to correct most mistakes, but it will slow the process down and hurt students’ chances of winning grant money, he emphasized.

Another common mistake students make is failing to sign the FAFSA document. And, dependent students must have parents sign also, as each needs a separate Federal Student Aid Identification (FSA ID) code to access their FAFSA files online. Officials noted that it can take three days for the information to be verified before the new online ID is operable.

So, “Just make sure to fill out the FAFSA correctly in the first place, and you’ll have your award letter in no time,” Green concluded.

Care

From Page 3

now in Minnesota is between \$16 and \$17 an hour. And we know that we’re going to need to be able to do better than that to compete in our rapidly evolving workforce.” But she points out that the “ability to increase wages is tied directly to state funding allocations. As wage pressure mounts, providers cannot simply raise their rates to increase the wages to attract new workers.”

The American Health Care Association and National Center for Assisted Living (AHCA/ NCAL) represents more than 14,000 nursing homes, assisted living communities, and other long term care facilities. A survey

they conducted shows that things have gotten so bad for the long term care industry that only 25% of nursing homes and assisted living facilities are confident they will still be in business next year. Mark Parkinson, AHCA/NCAL president and CEO, cites a survey showing that a “majority of facilities are losing revenue due to fewer post-acute patients coming from the hospital and fewer residents seeking long term care. Providers are also still incurring COVID costs, despite the availability of vaccines, as infection prevention measures continue. The top three costs facilities incurred due to COVID-19, regardless of whether or not they’ve had cases or not, are additional pay for staff, hiring additional staff, and personal protective equipment.”

Strange BUT TRUE

By Lucie Winborne

• Those having received at least one shot of the COVID-19 vaccine were eligible for a free marijuana joint in New York City and Washington, D.C., thanks to “Joints for Jabs.” The organization behind the 4/20 event hoped to help counter vaccine hesitancy.

• The first lawnmower was an adapted carpet-cutting machine.

• Theodore Seuss Geisel dropped out of Oxford before getting his Ph.D. and called himself Dr. Seuss as a nod to his father.

• The four-penny coffin was one of the first homeless shelters created for the people of central London by the Salvation Army during the late 19th and early 20th centuries. For that amount, they received food and shelter, and could sleep in a coffin-shaped wooden box with a tarp.

• When you snap a whip, that sound you hear is the whip breaking the sound barrier.

• Swedish wasn’t the official language of Sweden until 2009.

• The phrase “take something with a grain of salt” refers to an ancient Roman recipe for an antidote that protects against poisons.

• Phobophobia is the fear of phobias, or the fear of fear.

• Lee Hadwin “sleepdraws” gorgeous works of art, of which he has no recollection afterward. He has been drawing in his sleep since he was 4 years old.

• The ancient Aztecs believed that Techichis, forerunners of today’s Chihuahua, would absorb their owners’ sins while escorting them to the afterlife.

Thought for the Day: “Quality is not an act. It is a habit.” – Aristotle

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Answer

New cable channel that  
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about nuclear reactions:  
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# Moments in time

THE HISTORY CHANNEL

• On Nov. 8, 1900, Margaret Mitchell, author of “Gone with the Wind” (1936), is born in Atlanta. Mitchell quit working as a journalist after an ankle injury limited her mobility, and she devoted herself to her novel about the South during and after the Civil War. The book sold 1 million copies in its first six months.

• On Nov. 9, 1938, in an event that would foreshadow the Holocaust, German Nazis launch a campaign of terror against Jewish people and their homes and businesses. “Kristallnacht,” or “Night of Broken Glass,” left some 100 Jews dead and 7,500 Jewish businesses damaged.

• On Nov. 10, 1969, “Sesame Street,” a pioneering TV show that would teach generations of young children the alphabet and how to count, makes its broadcast debut, on PBS.

• On Nov. 11, 1978, a stuntman on the Georgia set of “The Dukes of Hazzard” launches the show’s iconic 1969 Dodge Charger, nicknamed the General Lee, off a 16-foot-high dirt ramp and over a police car. Several hundred Chargers were used during the show’s six-year run due to damage from jumps and other stunts.

• On Nov. 12, 1892, William “Pudge” Heffelfinger becomes the first professional football player when Pittsburgh’s Allegheny Athletic Association pays him \$500 to play as a ringer in a game. Before then, players had traded their services for expense money or trinkets, not cash.

• On Nov. 13, 1982, the Vietnam Veterans Memorial is dedicated in Washington, D.C. The simple V-shaped black-granite wall is inscribed with the names of the 57,939 Americans who died in the conflict, arranged in order of death, not rank.

• On Nov. 14, 1851, Herman Melville publishes “Moby-Dick.” Initially the book about Captain Ahab and his quest to catch a giant white whale was a flop, but it would eventually become a staple of high-school reading lists across the U.S.

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– Photo by Alfredo Vasquez

**The University of Texas at El Paso is America’s leading Hispanic-serving university. Located at the westernmost tip of Texas, where three states and two countries converge along the Rio Grande, 94 percent of the nearly 25,000 students are minorities, and half are the first in their families to go to college. UTEP offers 168 bachelor’s, masters, and doctoral degree programs at the only open-access, top tier research university in America.**

## Health

From Page 1

grant awarded by the U.S. Department of Health and Human Services (DHHS) Health Services Resources Administration to PCHS, also known as Presidio County Health Services, UTEP and SRSU. As one of the grant’s subcontractors, UTEP will receive \$824,378.

“What is significant about this grant is that it will build a behavioral health workforce in the five rural binational Texas counties, which have been designated as medically underserved areas and health professional shortage areas,” said Thenral Mangadu, M.D., Ph.D., UTEP associate professor of public health sciences in the College of Health Sciences.

“The COVID-19 pandemic has affected many people’s mental health and increased their risk for substance use disorder, depression, and other behavioral health issues. Our goal is to build an inter-professional health care workforce that can address the growing mental health needs of residents in these underserved border communities,” Mangadu stated recently in a news release.

This community-engaged program will leverage and expand upon the existing interdisciplinary partnerships of UTEP’s Minority AIDS Research Center and a service provision in Texas Public Health Region’s 9 and 10 to build and sustain health care workforce capacity, according to the public statement.

Throughout the next four years, 16 UTEP and Sul Ross students will be selected each year for the rural Behavioral Health Workforce

competent mental health care to residents in the five rural counties. Start-up funds for the initiative will be available through a \$1.9 million

Education and Training program (BHWET). Program teams will collaborate with community partners in Presidio and surrounding counties to provide students with hands-on practical experiences in local primary care clinics, rehabilitation facilities and other health care organizations. Also, students who are trained through the program will receive a stipend.

PCHS chief medical officer Adrian N. Billings, M.D., Ph.D., stated that the program will bring much-needed health services to the rural Big Bend region of Texas, which includes counties with some of the highest mental health professional shortage area scores in the United States.

“Training of these mental health professional students in these rural and underserved counties will hopefully translate to a workforce pipeline for the Big Bend and similarly under-resourced rural areas so as to decrease mental health care disparities,” Billings stated.

Program coordinators reported that plans are to train at least sixty-four students who can be recruited to practice professionally in the region after graduation.

Barbara Tucker, Ph.D., SRSU dean of the College of Education and Professional Studies, said that the grant will provide opportunities to reduce mental health disparities in the Big Bend region, which is on the U.S.-Mexico border.

“As a small university, Sul Ross has limited resources to implement larger grants independently,” Tucker said. “Our partnership with UTEP has opened the door for Sul Ross to take part in grants such as BHWET, which will also allow us to better serve our students and our community,” he added.



– Photo courtesy of Sul Ross State University

**Sul Ross State University is a public university in Alpine, Texas with a student enrollment of nearly 3,000 students. The main campus is the primary institution of higher education serving the nineteen-county Big Bend region of far West Texas. Branch campuses are located in Del Rio, Uvalde, Eagle Pass, and Castroville. The university offers degree programs in Criminal Justice, Education, Biology, Theater, Animal Science, Natural Resource Management, among other post-secondary courses of study.**



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Comix

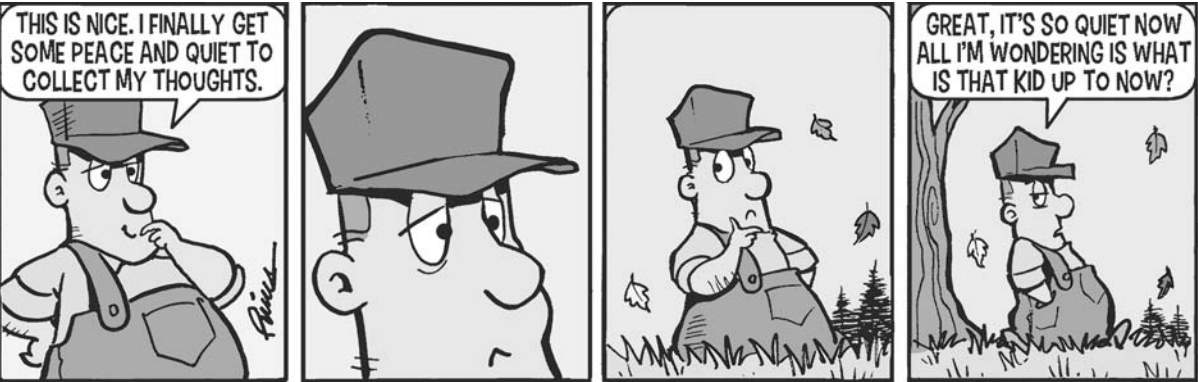
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



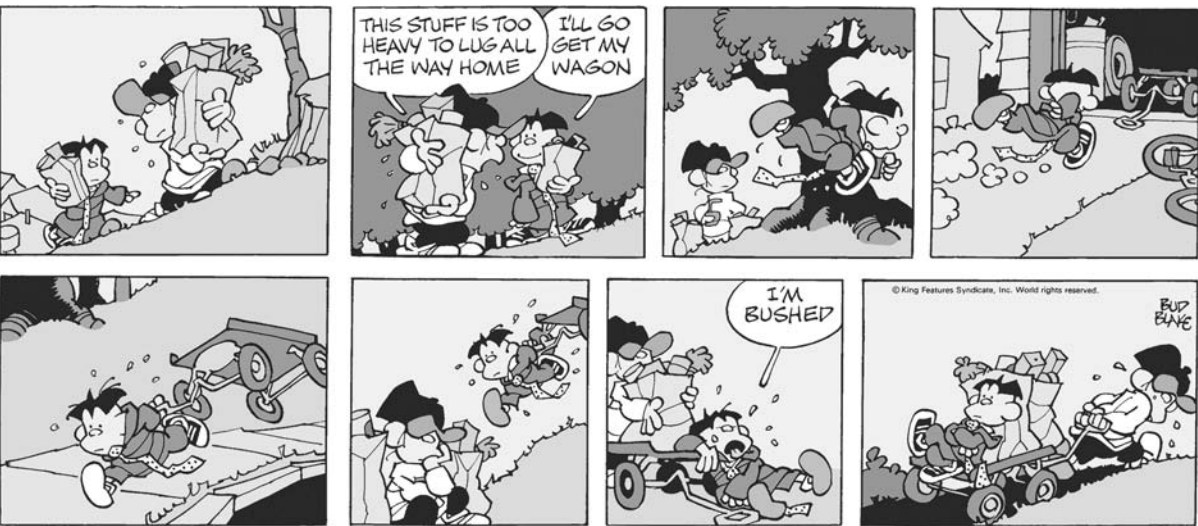
R.F.D.

By Mike Marland



TIGER

By Bud Blake



Lowry

From Page 3

2016, he talked of fighting for his voters and hammered neglected issues of concern to them, foremost among them trade and immigration. Now, he urges those voters to fight for him based on the imperative of denying his loss, which is of overwhelming concern to his ego and continued political viability.

At the end of the day, what primary voters in both parties most want is to win. And this is Trump's true Achilles' heel. The fact is that he lost to Joe Biden and, despite last-minute changes in election procedures and the media and social media landscape being stacked again him, it was fundamentally his doing. His chief vulnerability is that, eventually, someone will put this to him directly, and it will land.

Perhaps if Trump decides to make the plunge in 2024, he will clear the field and sweep to his third consecutive GOP presidential nomination. His surface-level strength at the moment, though, might obscure a weakness that will tell over time. Rich Lowry is editor of the National Review. (c) 2021 by King Features Synd., Inc.

Help with symptoms of Parkinson's disease

DEAR DR. ROACH: Is acupuncture a possible therapy to relieve back pain and stiffness associated with Parkinson's disease? – R.G.

There have been many trials that show acupuncture is superior to no treatment for various symptoms of Parkinson's disease. This is true especially for fatigue, but also in a composite score that includes stiffness. A systematic review of published studies found that "acupuncture has significant positive effects."



Other studies have shown that sham acupuncture, where random areas of the body were needled, was also effective in treating symptoms. This has led some skeptical authors to conclude that acupuncture is a placebo effect: The treatment convinces people that they are getting better, so they do feel better. However, if acupuncture were completely harmless and improved symptoms, I would recommend it to people who were interested. Acupuncture is mostly, but not entirely, harmless. Adverse events are not common with acupuncture, but they do happen. Minor adverse effects happen in about 9% of cases. Serious adverse events such as pneumothorax (sometimes called a collapsed lung) and nerve damage are occasionally reported.

DEAR DR. ROACH: I recently read in a magazine that it would be better to contact a registered nurse over a physician assistant for medical questions. I was surprised. Just what is the hierarchy below a doctor? How about a nurse practitioner? – P.H.

I don't look at doctors, nurses and physician assistants as being in a strict hierarchy, but as important members of a team, whose job is to provide care. All of us on a team have different strengths and different knowledge. There are many parts of a nurse's role that I (like the vast majority of doctors) am unqualified to perform, and any hospital (and many doctor's offices, including mine) would descend into chaos within hours without nurses. Individual offices have different ways of answering patient's questions by phone. In some offices, the doctor answers it directly, but in others, the nurse or PA might. Both have knowledge and expertise to do so, and can contact other members of the team if necessary. Both PAs and RNs are trained and skilled professionals. Nurse practitioners are clinicians. They act in nearly all ways as a doctor does with their patients. Most NPs I have known have specialized areas of knowledge. In my first faculty position at the University of Chicago, the NPs there had near-encyclopedic knowledge of gynecologic care of healthy women, and not only did they teach me a great deal, they were a valued resource when I had questions about well-woman care or common gynecologic issues. My NP colleagues at Cornell have great expertise in care of diabetes, and I frequently solicit their advice; I am also delighted to answer questions my NP colleagues have of me in other areas. Years of practicing together has led to a mutual respect for each other's strengths. However, NPs are not physicians and generally do not perform surgery as a gynecologist does, nor usually take care of complex cases of Type 1 diabetes with insulin pumps, for example. It's important for all of us clinicians not to exceed our level of competence, and to recognize when we need help and to make appropriate consultations.

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](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2021 North America Synd., Inc. All Rights Reserved.

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**Moore Texas by Roger Moore**  
Hamilton celebrates Armistice Day by blowing up an anvil into the air with black powder.

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: V equals C

CMY VDSTM VPDCCMT IPDI  
UMDIEHMX DTT XQHIX QU XPQYX  
DSQEI CEVTMDH HMDVIWQCX:  
IMTM-UWXXWQC.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Annual suicide report



by Freddy Groves

The 2021 National Veteran Suicide Prevention Annual Report shows a decrease in veteran suicides from 2018 and 2019 when compared with previous years.

For example, 2019 saw 399 fewer suicides than 2018. Rates for male veterans dropped by 3.8% in those two years. However, the suicide rate per 100,000 was 31.6... much higher than for non-veterans at 16.8 per 100,000.

While figures from 2018 and 2019 are helpful and it was a mere two and three years ago, it feels like a lifetime when you consider our new normal with the anxiety and stress of COVID, not to mention the required isolation. What do more-current numbers, say for 2020, show?

The Department of Veterans Affairs news release says specifically that they have “not observed increases in VHA

documented suicide-related indicators during the COVID-19 pandemic.” Yet they don’t provide any statistics. Instead, they say that they’ll examine suicide mortality when national death certificate data becomes available.

I assume they mean the National Death Index. It says the file for 2019 is available for searching, and that the early release file for 2020 is available. From that, one can click on the whole list of states and the percentages of demographic data each has completed. Nationally, the page says, states have completed an average 96% of their data input. Some states have completed 100%.

But you can’t just wander the stacks without an access application, as I found out when I tried. But surely the VA qualifies to access the National Death Index and could give initial 2020 figures.

Of note: Of the half-dozen 2019 state files I looked at, the veteran age group most in danger of suicide was 55-74 years.

The Veterans Crisis Line is open 24/7 and can be reached at 1-800-273-8255, then Press 1. Or text 838255, or chat online at VeteransCrisisLine.net/Chat.

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• “If you heat a pita in the microwave first, it will be easier to open and will rip less. About 10 seconds should do it.” – M.E. in Georgia

• Baby have diaper rash? One of the best remedies is “air time” – that is, letting baby go without a diaper for a bit. Another simple soother is a baking soda bath. Try adding 2-4 tablespoons of baking soda to Junior’s bathwater.

• Use this tip to vacuum seal your meat for the freezer without any special equipment! Add meat pieces to a plastic, zipper-top bag. Fill a large pot several inches deep with water. Seal all but an inch or so of the bag. As you lower the bag into the water (zipper top up) the air will escape through the unsealed portion. When no air remains, seal the bag and then remove from the water.

• “Have you tried this single-serving blender hack using a mason jar? Many standard-size blender blades can be screwed on to a pint Mason jar. If you’re one of the lucky ones, you can make single servings of smoothies to blend and go.” – T.U. in South Carolina

• “Apply petroleum jelly to the panes of your windows before painting the trim. This works better than masking tape in many ways. It is easily removed, and even large paint flecks come right off.” – P.S. in Illinois

• After you’ve cooked your chicken whole, remove the meat and throw the bones and remaining carcass in the slow cooker with 3-4 cups of water. Let it cook on low for several hours for a spectacularly flavorful broth.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2021 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

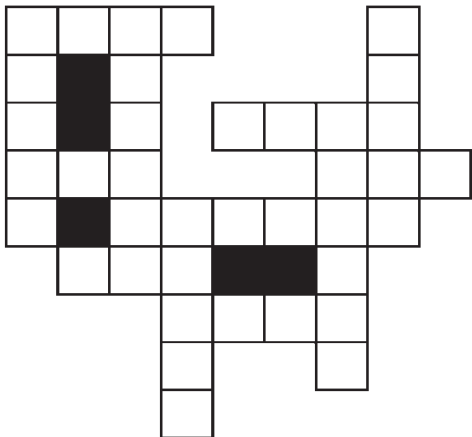
	×		-		19
÷		×		-	
	+		×		28
×		-		×	
	×		+		29
21		16		25	

1 3 4 4 5 6 7 8 9

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RHE  
CUTNLE  
♥LEBSA  
SIBA  
♥OBDEAL  
♥SHA  
♥ELBO  
NARBU  
OSB  
HIBSNA  
ETHCS  
♥DEBA



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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