



NEWSBRIEFS

School to watch

Bill Sybert School (11530 Edgemere Blvd.) in the Socorro Independent School District will be presented a banner to commemorate their recognition as a Texas School to Watch by the National Forum to Accelerate Middle-Grades Reform and the Texas Association of Secondary School Principals. Texas Schools to Watch State Director Leticia Menchaca will present the banner on May 4 beginning at 2:30 p.m. The school is one of some 50 campuses across the state that earned the accolade and was recognized at the Making Middle School Matter Symposium at the end of February. Bill Sybert School also will be recognized nationally with other recognized STW schools across the country at the National Forum Schools to Watch Conference in Washington D.C. June 23 to 25, 2022. Texas Schools to Watch looks for school that demonstrate strong leadership, teachers that work together to improve curriculum and instruction, and a commitment to assessment and accountability to bring about continuous improvement.

— Christy Flores-Jones

Cost of smoking

The economic and societal costs of smoking totaling more than \$300 billion per year in the U.S. The personal-finance website WalletHub has released its report on *The Real Cost of Smoking by State*, as well as accompanying videos and expert commentary. To encourage the estimated 34.2 million tobacco users in the U.S. to kick this dangerous habit, WalletHub calculated the potential monetary losses – including the lifetime and annual costs of a cigarette pack per day, health care expenditures, income losses and other costs – brought on by smoking and exposure to secondhand smoke. Texas was rated 23rd in the report, ranking (1-Lowest, 25-Avg.):

- Out-of-Pocket Cost per Smoker – \$120,187 (22nd);
- Financial-Opportunity Cost per Smoker – \$1,257,352 (22nd);
- Health-Care Cost per Smoker – \$153,919 (23rd);
- Income Loss per Smoker – \$534,591 (29th);

See BRIEFS, Page 6

The law of heredity is that all undesirable traits come from the other parent.

— Quips & Quotes



— Photo by Alfredo Vasquez

A DAILY TRAFFIC JAM – The Bridge of the Americas Port of Entry in South Central El Paso County, above, will receive almost \$700 million in funding for expansion and modernization projects as part of the Infrastructure Investment and Jobs Act.

Bridge of Americas to receive nearly \$700 million makeover

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – While Texas Governor Greg Abbott was under scrutiny for his handling of U.S.-Mexico immigration issues at the border, El Paso congresswoman Veronica Escobar was announcing the awarding of hundreds of millions of dollars to upgrade El Paso County’s busiest international bridge.

The governor instructed Department of Public Safety (DPS) troopers to inspect all commercial trucks entering Texas at the U.S.-Mexico border on April 6. A border report stated that Abbott initially ordered the checks in response to an increase in unauthorized migration at the border; and that during the inspections, DPS officers were to look for drugs, migrants hidden in trucks, as well as for vehicle safety infractions.

During the DPS checks every commercial truck coming across the border was examined as opposed to the usual process of random checks. The DPS checks were in addition to the truck reviews conducted by Customs and Border Protection (CBP) agents.

Abbott’s weeklong inspection order resulted in clogged truck traffic at the ports of entry and in a backlash of fears that the inspections would only worsen the economy by disrupting the struggling supply chain operations. The security checks at the border were causing delays of more than 12 hours in bringing produce and merchandise across the Mexico-Texas border, according to news reports.

The Texas governor subsequently

reversed his order after the governors of the Mexican states along the Texas border agreed to help curb illegal crossings by enhancing border security enforcement measures on their side of the Rio Grande.

Abbott said that it was necessary for Mexico’s state governments along the Texas-Mexico border to increase security measures because of the looming May deadline for the lifting of the Title 42 rule, which currently allows the U.S. government to turn away migrants at the border due to COVID-19 pandemic concerns.

Democrat candidate Beto O’Rourke, set to run against Abbott in the November general election, said that the current governor’s actions were completely unnecessary and didn’t improve border security at all, but rather were done simply to seek attention for his re-election bid.

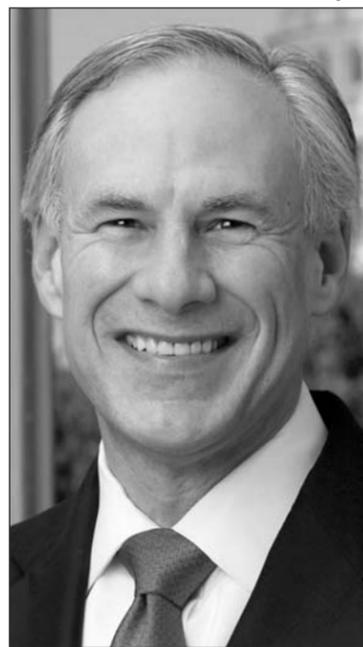
Lost in the border controversy was the recent announcement from the office of U.S. Representative Veronica

Escobar that nearly \$700 million federal investment was secured to modernize the Bridge of the Americas Land Port of Entry. The bridge opened in 1967 is El Paso County’s main port of entry.

The funds will be provided through the Bipartisan Infrastructure Law for site acquisition, design and construction of facilities, according to Escobar’s office. “The federal statute, which President Joe Biden signed into law on November 15, 2021, includes more than \$3.4 billion to update technology, reduce wait times, and decrease the carbon footprint of land ports of entry in the U.S.,” stated a news release from Escobar’s office.

“The economic prosperity of El Paso and the strength of our national supply chain relies on the trade flowing across our outdated land ports of entry,” Escobar stated. “Thanks to the Bipartisan Infrastructure Law, the much-needed modernization and expansion of the Bridge of the Americas Land Port of Entry will be fully funded,” she noted.

According to Escobar’s office, a 2018



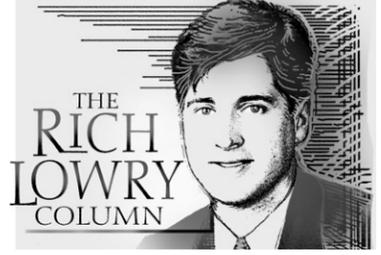
Texas Governor Greg Abbott



Beto O'Rourke

See BRIDGE, Page 4

Where Russia goes, brutality follows



Russia has found just the man to lead its ongoing assault on Ukraine, Gen. Aleksandr Dvornikov.

The top-level general takes over a war that had no single overall commander and as the Russian military has suffered embarrassing setbacks, retreating from its planned siege of Kyiv.

east of Ukraine, which Moscow will now make its main objective, and perfectly encapsulates the remorseless and long-running brutality of the Russian military.

He became known as the Butcher of Syria for his role leading the Russian campaign in Syria, most notoriously the reduction of Aleppo.

and its own people, perpetrated when the Soviets struggled for control during their rule, and afterward, perpetrated with relatively primitive military technology and with the most up-to-date modern firepower.

Where the Russian military goes, war crimes are sure to follow. It is a reflection of a twisted Russian political culture that has never developed an appreciation for individual worth, democratic accountability, or humanitarian norms. Vladimir Putin is not to be confused with Lenin or Stalin – he paints his horrors on a much smaller canvas. But his cold-eyed brutality is characteristically Russian.

For the last 100 years, Russia has been a brutalized and brutalizing country. It suffered nearly 3.5 million deaths in World War I, another 8 million dead in the Russian Civil War, and then 27 million more in World War II.

The founder of the Soviet state, Lenin, was a theorist and practitioner of “mass terror.” After the Revolution, the civil war between the Bolsheviks and their opponents was a series of atrocities. Then came the cataract of unspeakable violence in the death struggle with the Nazis.

The Red Army’s decisive march to Berlin at the end

Dvornikov has led the Russian forces in the south and



A United Nations human rights official called that city, after the Russians were done with it, “a slaughterhouse.” He depicted “a gruesome locus of pain and fear, where the lifeless bodies of small children are trapped under streets of rubble and pregnant women deliberately bombed.”

That ghastly description, of course, sounds all too familiar. Naturally enough, the Russian government honored Dvornikov for his bloody handiwork in Syria as a “hero of the Russian federation.”

Bucha is another tragic placename in a long catalogue of Russians atrocities – perpetrated against foreigners

See LOWRY, Page 7

View from here By Marilyn M. Singleton, M.D., J.D.

The fox guarding the herpetarium

Several days ago, a congressman had a nasty encounter with a rabid fox on the D.C. Capitol building grounds. Let’s trust that he is no worse for the wear. But the question lingers: How did the fox know he was from California? Is this some sort of sign from above?

They – whoever they are – say “as California goes, so goes the nation.” Let’s hope not. The California state legislature has put forth some bills that boggle

the mind and seek to change family, physicians, and their relationship to the government forever.

First, the governor and the legislature put their imprimatur on California Future of Abortion (CA FAB) Council recently formed by various “reproductive justice” advocates. They seek to seal California’s legacy as a “reproductive freedom” state and are lobbying legislators to enshrine into law their

blueprint for abortion services, Recommendations to Protect, Strengthen, and Expand Abortion Services in California.

The legislators took the bait. The governor has already signed SB 245. This law prohibits deductibles, co-pays or any other payments by insured for abortion services. In other words, abortions must be free. Taking this a step further is SB 1142. This would establish the “Abortion Practical Support Fund” using taxpayer money to provide airfare, lodging, gas money, food, childcare, abortion doula support and more for women coming from other states for their abortions.

To ensure no fetus is left behind, SB 1375 would expand the number of clinicians who can perform aspiration abortions by allowing nurse practitioners (NPs) to do so without an attending physician. Worse yet, SB 1375 eliminates both “minimum standards” and completion of “board-recognized training” in abortion techniques. It also allows NPs and physician assistants (PAs) to determine viability and health of mother (potentially increasing the number of abortions after viability).

To “ensure the growth of a network of clinicians trained in abortion,” AB 1918 would establish the California Reproductive Health Service Corps to recruit, train, and retain a workforce of reproductive health care professionals, focusing on students from “historically excluded populations.” This includes scholarships and stipends

for new reproductive health students, and loan repayment. The students must agree to complete abortion training and commit to working at a corps-approved site in a specified area with a specified “underserved” population. Is this an extension of black-on-black violence?

California is not satisfied with basic abortions. The ghoulish AB 2223 prohibits civil or criminal liability with regard to abortion for the mother or “a person who aids or assists” in the abortion, including perinatal death. As written, the bill essentially decriminalizes infanticide via neglect for up to one month after the baby’s birth.

Now for the tyranny imposed on those out of the womb.

The famous Dr. Pan, whose SB 871 proposes COVID vaccinations for all students, sponsored a trifecta. AB 2098 would charge physicians with unprofessional conduct for dissemination of yet-to-be-defined “misinformation” regarding the COVID virus, vaccine, prevention and treatments. A sister bill, SB 1390, would prohibit a social media platform from “amplifying” subjectively “harmful content” defined as “[d]isinformation or misinformation, including, but not limited to, false or misleading information regarding medicine or vaccinations, false or misleading information regarding elections, and conspiracy theories.”

Platforms in violation could be fined up to \$100,000. SB 1464 would require law enforcement to enforce public health orders, with no state funds for such agencies that publicly oppose or adopt a policy to oppose the orders.

Further intruding into the family unit, SB 866 would permit California children 12 and older to be injected with various vaccines without parental notification or consent.

Finally, authoritarian agendas tend to ignore the facts. COVID is waning, the current vaccine was formulated for a virus that is no longer dominant and does not prevent infection or transmission as evidenced so well by the outbreak among White House personnel and Congresspersons, including thrice-vaccinated Speaker Pelosi. Nonetheless, AB 1993 would require proof of the COVID vaccine for all employees and independent contractors beginning January 2023. The bill was pulled by the author due to push back from labor unions. It’s too bad regular citizens don’t have that much clout.

These soulless legislators would not even move out of committee SB 1042, a bill to place human trafficking within the definition of a violent felony and serious felony for the Three Strikes Law.

There is some good news. At least one judge still believes in the Constitution. AB 979 mandated that corporate boards

See FOX, Page 4

1973
49
Years
2022

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PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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MAIL:
15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235

E-mail: wtcc@wtcc.com
Website: wtcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda

Homesteader
Est. 1973
News, Inc.

DEA to hold 22nd National Prescription Drug Take Back Day

Residents can safely dispose of unneeded controlled substances; reduce opioid addiction

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY – The Drug Enforcement Administration (DEA) will host its 22nd National Prescription Drug Take Back Day on Saturday, April 30 from 10 a.m. to 2 p.m. This bi-annual event offers free, anonymous disposal of unneeded medications at more than 4,000 local drop-off locations nationwide.

“Disposing of unneeded medications can help prevent drugs from being misused,” said DEA Administrator Anne Milgram. “Overdose deaths continue to hit tragic record highs. I encourage everyone to dispose of unneeded prescription medications now.”

El Paso will have 10 locations, including El Paso DEA at 660 S. Mesa Hills Dr. Other El Paso partners include Texas DPS, UTEP, El Paso Police, El Paso County Sheriffs, Anthony PD, El Paso Water, EPISD, and more. (See attached graphic for addresses).

In October, the El Paso Division collected 5,474 pounds in their various locations in El Paso, Midland, Alpine, Las Cruces, Albuquerque and New Mexico Tribal Lands.

“DEA is committed to making our communities safer and healthier,” said

Greg Millard, Special Agent in Charge of the Drug Enforcement’s El Paso Division. “DEA’s National Prescription Drug Take Back reflects DEA’s commitment. We encourage everyone to remove unneeded medications from their homes as a measure of preventing medication misuse and opioid addiction from ever starting.”

Drug overdose deaths are up 16 percent in the last year, claiming more than 290 lives every day. According to a report published by the Substance Abuse and Mental Health Services Administration, a majority of people who misused a prescription medication obtained the medicine from a family member or friend.

The Centers for Disease Control and Prevention estimates that in the United States, more than 106,000 people died as the result of a drug overdose in the 12-month period ending November 2021, marking the most drug-related deaths ever recorded, with opioid-related deaths accounting for 75 percent of all overdose deaths.

For more than a decade, DEA’s National Prescription Drug Take Back Day has helped Americans easily rid their homes of unneeded medications—those that are old, unwanted, or no longer needed—that too often become a gateway to addiction.

Working in close partnership with local law enforcement, Take Back Day has removed more than 15 million pounds of medication from circulation since its inception. These efforts are directly in line with DEA’s priority to combat the overdose epidemic in the United States.

On Saturday, April 30, 2022, DEA and its law enforcement partners will collect tablets, capsules, patches, and other solid forms of prescription drugs. Liquids (including intravenous solutions), syringes and other sharps, and illicit drugs will not be accepted. DEA will accept vaping devices and cartridges provided lithium batteries are removed.

A location finder and partner toolbox are also available at www.DEATakeBack.com for easy reference to April 30 collection sites.

Year-round receptacles are available at more than 13,000 pharmacies, hospitals, police departments, and business. Additionally, with the passage of the DUMP Opioids Act in 2021, the public may now use drop boxes at Veterans Administration medical centers to dispose of controlled substance prescription medications. Check with your local VA health facility for more information. With more than 13,000 year-round drop-off locations in the United States, every day can be Take Back day.

Locations

El Paso County Sheriff’s Office
435 E. Vinton Rd. Suite D.
Vinton, TX 79821

Franklin High School
(Parking Lot)
900 N. Resler Dr. 79912

El Paso Federal Justice Bldg
660 S. Mesa Hills Dr. 79912

UTEP Pharmacy School
1101 N. Campbell St. 79902
(UTEP Health Sciences Bldg.)

Northeast Regional Command Center
9600 Dyer St. 79924

El Paso Water Main Office
1154 Hawkins Blvd. 79925

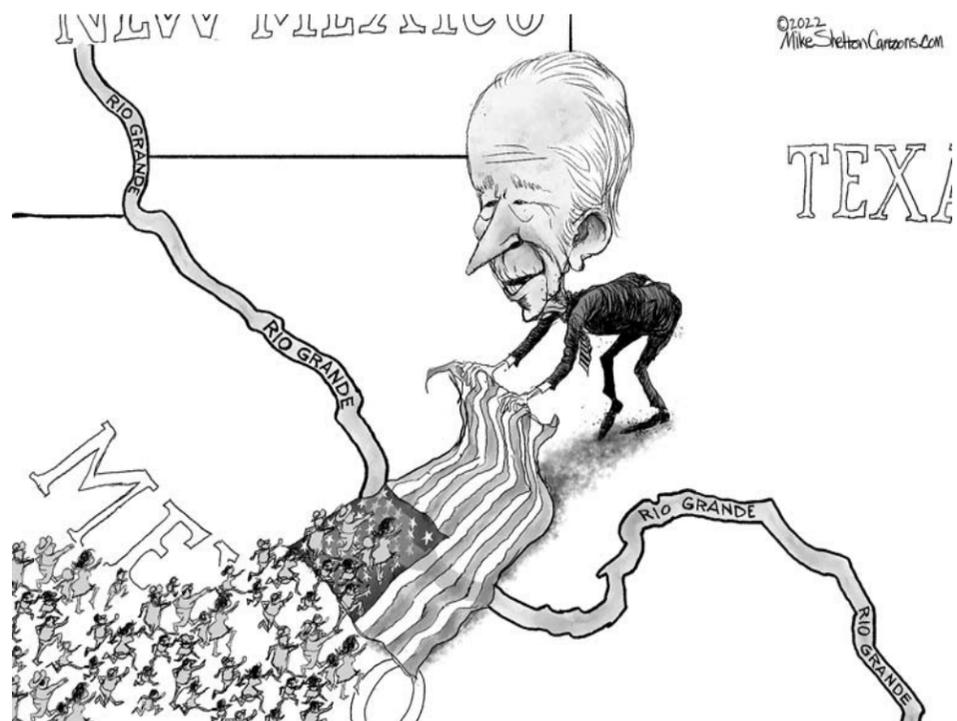
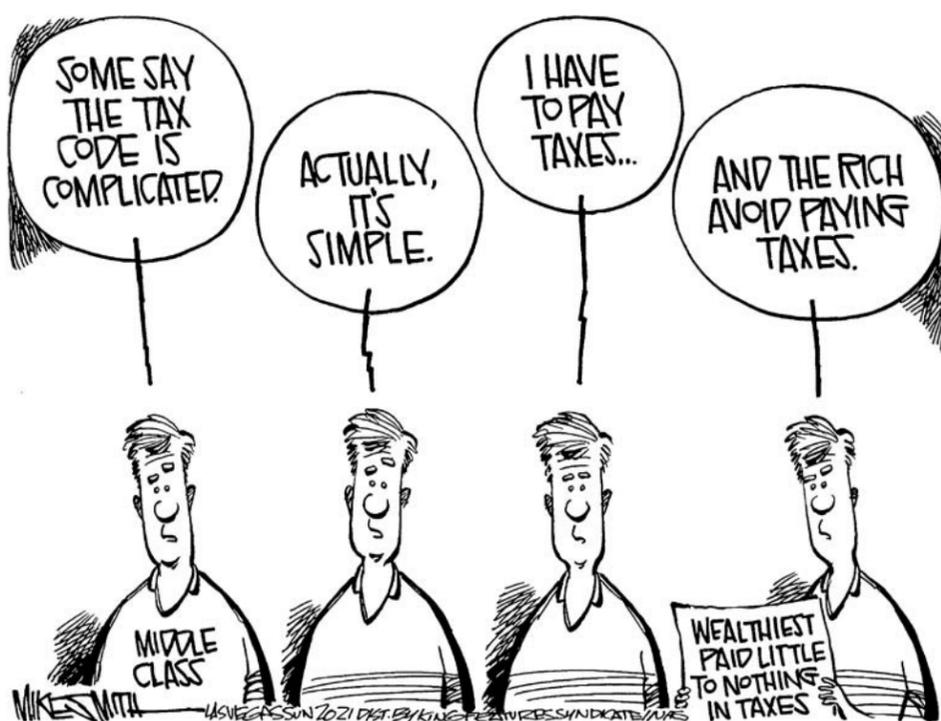
Texas DPS
11612 Scott Simpson Dr. 79936

Catholic Community of Corpus Christi
9205 N. Loop Dr. 79907

Montana Patrol Station
12501 Montana Ave. 79936

Horizon PD HQ
14999 Darrington Rd.
Horizon City, TX 79928

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Food for thought By Dr. Glenn Mollette

Moderation, balance and rigid flexibility

Most doctors will encourage their patients to not overdrink alcohol. Too much might cause you to fall and impairs an individual's ability to make good decisions or drive an automobile.

Going on a binge of anything may not be a positive decision. Giving up food for a day will make you sluggish and probably irritable. Eating a buffet usually brings regret. Going to the gym to work out for three hours will just zap you for the rest of the day.

There are lots of scenarios of too much. You can play too much, work too much, party too much, spend too much and even save too much. You can spend your life searching for love and being in and out of love. In the end, you are exhausted and drained. You can spend too much time in

church and doing religious kinds of things. What good are you to the world and others if all you ever do is sit in church? Faith must be fleshed out and put into practice. The basketball team wants to do more than just practice seven days a week. The exhilaration comes in playing the game.

You don't want to spend your life reading about the ocean. You want to go and see and swim in the ocean. You don't want to spend your life cooking in the kitchen. You would like to sit and savor some of the delicious food from the kitchen.

Life is about participating as much as you can, when you can, and as you are able. We all have limitations but we hope and dream. The hopes and dreams keep us going and trying. When we lose these it's easy to give up. The cancer patient hopes for a cure and hangs on.

Moderation is the key to most of life. Work some, play some, love some, help others some, cultivate your faith, friends, family and diversify your diet. Yes, include fruit and vegetables and some exercise. Watch some television and news but don't

live in front of the television. Most of the news is bad. The cable news channels and evening news are filled with the bad things of the day. Obviously bad news is what makes money.

If you work 50 hours a week, then take stock of your blessing to have a job. Consider how you might do your work better and more effectively to help your employer and fulfill yourself.

Give some thought to aiming for balance in your life. A balanced tire always rides better. When possible, practice moderation in all things and try to utilize rigid flexibility. An inflexible life will eventually break.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of "Uncommon Sense" and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or www.facebook.com/glennmollette.

Fox

From Page 2

satisfy certain racial, ethnic, and LGBT quotas. The Court reasoned that this was not a case where discrimination should be remedied by more discrimination

and ruled that the law "violates the Equal Protection Clause of the California Constitution on its face."

I feel sorry the congressman was bitten and sorry for the new mama fox who had to euthanized. But I'm sorrier still that our legislators have hearts of stone

and minds of fertilizer.

Marilyn M. Singleton is a board-certified anesthesiologist. She is past President of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her

MD at UCSF Medical School. She attended UC Berkeley Law School, focusing on constitutional law and administrative law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers. Website: marilysingletonmdjd.com; Twitter: @MSingletonMDJD.

Bridge

From Page 1

feasibility study showed that the bridge, also known as the Cordova Bridge, needed updates to improve national security response, trade and travel volumes. The border crossing processes passenger vehicles, pedestrians, and commercial traffic. In 2021, this bridge alone recorded more than 3.8 million crossings.

"I look forward to working closely with the General Services Administration (GSA), the Department of Homeland Security (DHS), and community partners and stakeholders in our binational region to ensure this project creates good-paying jobs, promotes economic growth



U.S. Rep. Veronica Escobar

and development, and reduces air pollution in the borderland," Escobar commented.

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Crossword puzzle grid with words: FORAG E, THROB A, AN S, UNVEIL, FRO, E E, R

ADULATE SOHOT AWARDED
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ASCH INDEPENDENT YERS
UHAUL GONUTS SERFS
NEWNESS MRS MOVIEWHAT
TRITON WIN YODA NOOSE
ERN ISIT MEL ADRATE
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ARSON I AM HIM YRS
IRANI WICKS EMPIRE
SUNDANCEFILMVESTIBULE
ANTIGUA ONEOR ATLASSES
KEENEEST SISSY TOENAIL

CryptoQuip Answer
Sir Isaac Newton is famous for his work on gravity. I've come to think of him as the fall guy.

Strange BUT TRUE

By Lucie Winborne

Maurice Sendak's beloved kids' classic "Where the Wild Things Are" was originally titled "Where the Wild Horses Are." Why the change in title? Sendak realized he was unable to draw horses.

Not ones to marry in haste and repent at leisure, a Paraguayan couple set up housekeeping in 1933. After 80 years, eight children and 50 grandchildren, the 103-year-old groom finally said a formal "I do" to his 99-year-old bride.

The prize money for winning the Monopoly World Championship is \$20,580 - the same amount of money there is in the game's bank.

Modern students who complain about the amount of homework they're issued might well wish they'd lived in the late 1800s and early 1900s, when doctors crusaded against it because they believed it was causing children to become wan, weak and nervous. In 1901, California even banned homework for anyone under the age of 15.

Over a 24-year career, Roman charioteer Gaius Appuleius Diocles amassed an astonishing fortune worth 35,863,120 sesterces (an ancient Roman coin), or roughly \$15 billion in today's dollars, making him the highest-paid athlete of all time.

The term "rum bubber," which originated in the 16th century, referred to a thief who specialized in stealing silver tankards from inns and pubs.

An actual "chill pill," which could even be made at home, was used in the late 1800s to remedy chills associated with a high fever.

Thought for the Day: "We should live, act, and say nothing to the injury of anyone. It is not only best as a matter of principle, but it is the path to peace and honor." - Robert E. Lee

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Moments in time
THE HISTORY CHANNEL

• On April 18, 1906, in San Francisco, an earthquake registering 8.0 kills 3,000 people as 30,000 buildings are destroyed. Two days later, 20,000 refugees trapped by a massive fire were evacuated from the foot of Van Ness Avenue onto the USS Chicago.

• On April 19, 1993, near Waco, Texas, after a 51-day siege, the FBI launches a tear-gas assault on the compound of Branch Davidian leader David Koresh and his disciples as part of an investigation into illegal possession of firearms and explosives. The compound at Mount Carmel was burned to the ground, and some 80 Branch Davidians, including 22 children, died in the inferno.

• On April 20, 1841, Edgar Allan Poe's story, "The Murders in the Rue Morgue," first appears in print. The tale, generally considered to be the first detective story, describes the methods used to solve a series of murders.

• On April 21, 1930, a fire at an Ohio prison kills 320 inmates, some burned to death, when they are not unlocked from their cells. The prison, built to hold 1,500 people, had 4,300 prisoners.

• On April 22, 1889, at precisely high noon, 50,000 to 60,000 would-be settlers make a mad dash into the newly opened Oklahoma Territory to claim cheap land. Towns like Norman and Oklahoma City sprang up almost overnight.

• On April 23, 1945, two weeks after taking over as U.S. president, Harry Truman gives a tongue-lashing to Soviet Foreign Minister Vyacheslav Molotov. Truman was determined to take a tougher postwar stance with the Soviets than his late predecessor, Franklin Roosevelt, had. Molotov, indignant, stormed out of the meeting with Truman.

• On April 24, 1953, Winston Churchill, the British leader who guided Great Britain and the Allies through the crisis of World War II, is knighted by Queen Elizabeth II. He would win the Nobel Prize in literature later that same year.

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Food for thought By John Grimaldi

The truth about Alzheimer's disease

In the first decade of the last century a young German psychiatrist discovered a new disease. But it took the worldwide medical community some seven decades to fully acknowledge the devastating impact of Dr. Alois Alzheimer's diagnosis. As a result the "A-word" now has a particularly scary connotation for senior citizens. Perhaps it is because it is normal to experience memory loss as we age.

But the news about the correlation between age and memory loss is not as bad as you might think, although a new proposal by the Biden Administration's Centers for Medicare (CMS) would seek to restrict the cost of coverage for the first FDA-approved Alzheimer's treatment, Aduhelm.

According to Harvard professor Dennis Selkoe and Dr. Jeffrey Cummings, professor of brain sciences at the University of Nevada, Las Vegas, it would limit coverage "only for the tiny subset of people with early-stage Alzheimer's disease who choose to enroll in CMS-approved clinical trials of the drug."

In an opinion article published in the medical journal, *STAT*, Selkoe and Cummings wrote: "CMS arguably overstepped the bounds of its authority. Its decision is a huge blow to millions of Americans living with Alzheimer's and their families. They are the losers in CMS's decision, not only from the severe restriction on access to Aduhelm but also from its chilling effect on the development of other disease-modifying agents for people with Alzheimer's. If CMS won't pay for a treatment after the FDA legally approves it, why should a company bother pursuing this pathway? CMS's decision will affect the exploration for new treatments for Alzheimer's for years, just at the time when new drugs appear to be making progress against this terrible disease."

Meanwhile, the Alzheimer Society tells us

that about "40% of us will experience some form of memory loss after we turn 65 years old. But even if we experience memory loss, chances are still unlikely that we have dementia. For the most part, our memory loss is mild enough that we can still live our day-to-day lives without interruption."

In fact, it is estimated that about 5% of people between the ages of 64 and 74, nearly 14% of those between 75 and 84, and nearly 35% those 85 years old and older have Alzheimer's Disease

Nevertheless, according to the National Institute on Aging (NIA), changes in brain function do take place as we grow older. "For example, some older adults may find that they don't do as well as younger individuals on complex memory or learning tests. However, if given enough time to learn a new task, they usually perform just as well. Needing that extra time is normal as we age. There is growing evidence that the brain maintains the ability to change and adapt so that people can manage new challenges and tasks as they age."

The NIA points out that on the other side of the spectrum there are some 80 and 90 year olds out there that they call "super agers." Memory tests show that they have cognitive performance levels comparable to men and women 20 to 30 years younger.

In a report titled *The History of Alzheimer's Disease*, Dr. James M. Ellison at Swank Center for Memory Care offers this piece of optimistic news: "Although the number of people with AD (Alzheimer's Disease) continues to increase daily, our time is a brighter era in the history of AD and other dementias. More than a hundred new medications are now being tested and many nonpharmacologic interventions, some of them preventive, are being explored.

Even if the damage of later stages of AD are impossible to cure or reverse, current investigations offer the hope of arresting or slowing the disease's effects – and perhaps identifying and preventing progression at an earlier, even asymptomatic stage."

A hundred years ago people were lucky to live to be as old as 47 years of age. Thanks to science and medicine our kids and grandkids are very likely to live to be 100 years old.

The majority of elder deaths generally are caused by chronic conditions such as heart disease, cancer, stroke, diabetes, and Alzheimer's disease. During the 20th century these chronic diseases replaced acute infections as the major causes of death. These days about 42% of men and 32% of women succumb to heart disease, 30% of men and 25% of women die of cancer, 40% of men and 60% of women die of strokes and 27% of men and about 17% of women die from diabetes.

According to the Centers for Disease Control (CDC), it is difficult, at best, to identify death caused by Alzheimer's versus the death of an individual suffering from Alzheimer's who dies from a secondary condition. Thus, unless a death certificate identifies Alzheimer's as the cause of death, the deceased may have died from some other condition. Thus, the CDC simply reports that, "61% of those with Alzheimer's dementia are expected to die before age 80 compared with 30 percent of people without Alzheimer's dementia."

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.

Canutillo business students do well at State competition



– Photo courtesy Canutillo ISD

GETTING DOWN TO BUSINESS – Jose J. Alderete Middle School (AMS) Future Business Leaders of America (FBLA), from left, Miguel Ontiveros, Eric Garcia, Isabella Lee, Santiago Ramirez and Alejandro Ortiz represented the Canutillo Independent School District at the FBLA State Competition 2022 held in Galveston, TX. The team of sixth-grade students claimed first and second-place awards in various categories. At the state level, students compete in events testing their business knowledge and skills. AMS team member Lee received the Who's Who FBLA Award for Middle-Level Area 2 and earned first place in the Marketing Mix Challenge. Garcia and Ontiveros garnered first place in Website Development; and Ortiz and Ramirez took second in Exploring Business Issues. "My goal is to provide opportunities that challenge students and enrich them by exposing them to what they can experience at the high school level. Hoping to expand their thinking and help them make decisions while they advocate for their educational goals and interests," said Nidia Avila, AMS Principal. "AMS has the expectation that every elective teacher sponsors clubs or events that align toward that goal since our core teachers focus on ensuring students are challenged through their advanced courses." The AMS FBLA team is sponsored by AMS career and technology teacher, Ivonne Lugo and was mentored by Canutillo High School alumna Yuliana Ramos. Ramos served as an FBLA state representative. She volunteered her time to work with the students as well as provided workshops to prepare them for competition. First and second place winners of the Middle-Level state competition are eligible to compete at the upcoming FBLA Nationals in Chicago, IL.

– Liza M. Rodriguez



EL PASO COUNTY
HOUSING AUTHORITY

Public Notice
Salvage Sale

A sealed bid auction will be held for items to be sold consisting of used water heaters, refrigerators, ranges and other miscellaneous items. All payments must be made in the form of money order or cashier's check. All items will be sold "as is". Items are sold in lots, no exceptions. Winning bidders will have until end of day to pick up items.

Rules, procedures and terms of the sale will be provided upon arrival. The El Paso County Housing Authority makes no written or implied warranties of the items.

Date, Time and Location:

Thursday, April 28, 2022
8:30 A.M. to Noon
1101 Yann Road
Fabens, TX 79838

FOR INFORMATION ONLY:

Call the office at
(915) 764-3559.



WTCC: 04-21-22

Comix

OUT ON A LIMB By Gary Kopervas



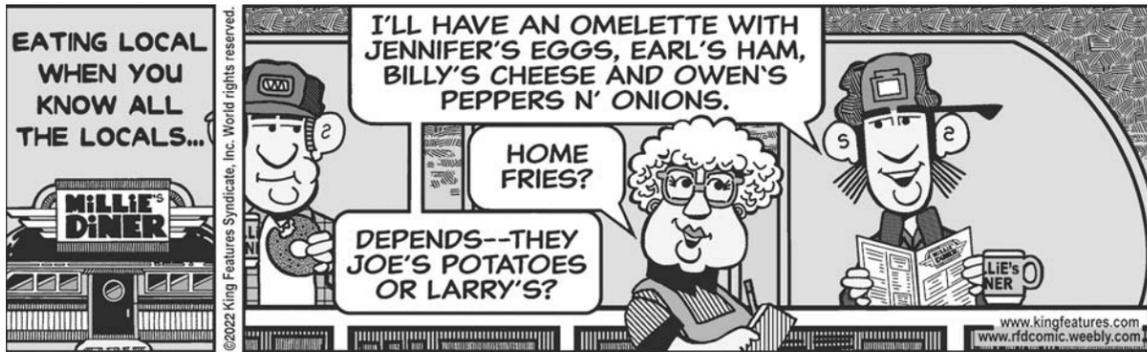
AMBER WAVES By Dave T. Phipps



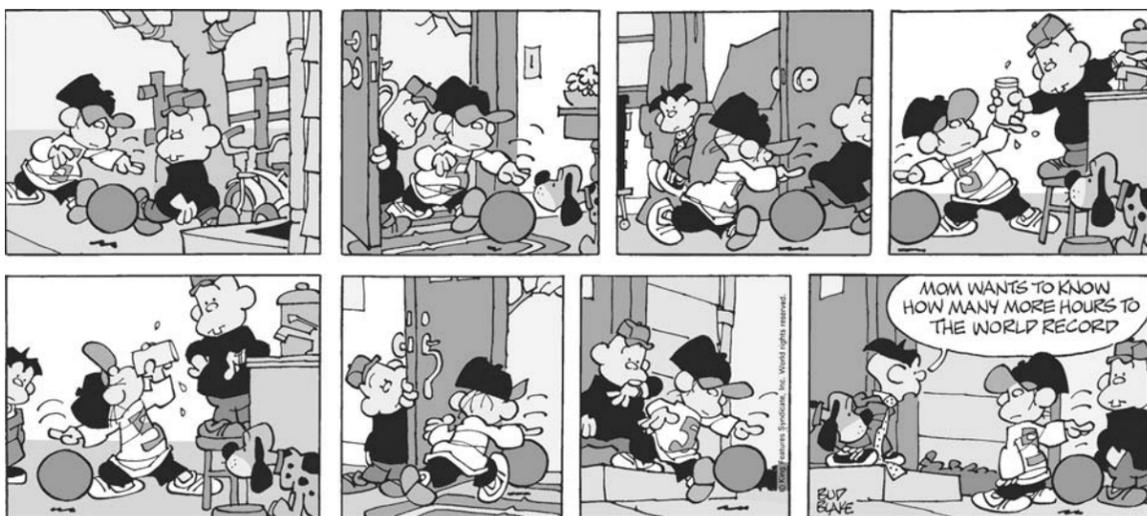
THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 2

of the war was one long, pitiless war crime. The Russians raped 2 million German women. According to historian Antony Beevor, author of "The Fall of Berlin 1945," one doctor believed that of 100,000 women raped in the city, 10,000 died as a consequence, many by suicide.

The English-speaking world

features its share of shameful and brutal acts, but nothing on the mind-numbing scale of such depravities. And the crimes in the U.S. and elsewhere are looked back on with shame, whether slavery or the expropriation of indigenous people. In contrast, in the 21st century, when more civilized practices are supposed to have prevailed, Putin is adding more disgraceful blots to Russia's woeful record.

What kind of force considers

a hospital a legitimate military target? Terrorist groups – and the Russian military.

In Syria a few years ago, Russia bombed four hospitals in 12 hours, a savage performance forecasting the treatment they'd mete out to Ukraine. According to The New York Times, Syrian health care workers believed that a United Nations "humanitarian deconfliction" list containing the locations of hospitals was used as a target

Diet is a powerful tool to improve heart health

DEAR DR. ROACH: I have a strong history of premature heart disease in my family, and I have been having some unpleasant side effects of blood pressure medicine. I decided to try a completely plant-based diet: grains, vegetables, legumes, fruit, seeds and nuts. After about a month on the new diet, my total cholesterol dropped 44 points to 159, and the other numbers went from borderline to normal, as measured by my cardiologist. My blood pressure, which was often high in the mornings (typically 150+/90), was 118/68 this morning. I've only lost about 5 pounds in the past couple of months, and I'm probably still 8-10 pounds overweight. I am pleased with the results, but why didn't any of my doctors recommend this? – J.S.B.



Diet is a powerful tool for improving overall health, especially heart health. I believe it is underemphasized by most physicians.

Changing from a meat-based diet to a mostly plant-based diet often prompts improvements in blood pressure, cholesterol and weight. Your results are better than most, but by no means unheard of. You haven't said how you feel, but many people feel more energetic as well. Many others are able to come off of some (occasionally all) of their medications, which of course reduces side effects.

Why don't physicians recommend it? I think it's a combination of reasons. Some doctors don't realize how powerful the effects of dietary change can be. A good deal of patients are highly resistant to making changes, so physicians are used to their dietary advice failing. Also, taking the time to get an accurate diet history is hard, personalizing dietary advice is harder, and writing a prescription is easy.

It is not necessary to have a 100% vegan diet like yours to experience a benefit. A mostly plant-based diet has substantial benefits. It's easier for some people to make incremental changes.

DEAR DR. ROACH: You wrote that you had seen doctors and nurses with "DNR" tattooed on their chests. Were they still on the job, or retired and not in good health? – P.

The two health care professionals I recall with these tattoos were young and healthy. Both of them watched many people undergo long, painful, expensive hospital courses that ended in a death without dignity. It was in response to these bad outcomes that they made a request against attempts at cardiopulmonary resuscitation with the "Do Not Resuscitate" tattoos.

I disagree with the tattoo. It is not considered a legal document, and it is worthwhile to make a legally binding document. I recommend www.agingwithdignity.org and www.caringinfo.org as good places to start. There are many others, including attorneys who specialize in end-of-life issues.

There are many cases in which an attempt at resuscitation is appropriate! A person who has a heart attack can be revived with CPR and have an excellent quality of life for years thereafter. DNR orders are most appropriate for people with chronic medical illnesses, and most legal documents specify whether the order is applicable only in the event of an illness judged likely to be terminal. It's important to have a living will and a health care proxy identified long before there is a crisis. It is critical for a person to discuss their wishes with their proxy.

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) 2022 North America Synd., Inc. All Rights Reserved.

list by Russian forces.

Of course, Russia leveled the city of Grozny in the late 1990s, killing thousands of civilians. Its soldiers raped and tortured.

What the Russian lacks in planning and proficiency, it makes up in barbarity and utter disregard for humanity. War is hell, but almost all advanced

nations try to keep it within some bounds of decency. Russia is an outlier. For it, the cruelty is the point – and the reflexive practice.

Rich Lowry is editor of the National Review. (c) 2022 by King Features Synd., Inc.

My little songbird!



Moore Texas by Roger MOORE
 April 16, 1971: Famous Tejano singer Selena is born in Lake Jackson.

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: O equals R

IHO HIVVR XJEQMX HI WVSMAI
 WMO GHI EMOP MX FOVZHQN.
 H'ZJ RMSJ QM QGHXP MW
 GHS VI QGJ WVKK FAN.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Contaminated drinking water at U.S. bases



by Freddy Groves

We've known for years about the dry-cleaning chemicals and leaking fuel tanks contaminating the water at Camp Lejeune. It went on for decades (1953-1987) with multiple generations being affected before the Department of Veterans Affairs finally allowed claims for disability from all the illnesses caused by the water. But Lejeune isn't the only one.

Last year, word started surfacing about chemicals in the water at the Pease Air Base with enough of a hue and cry that health officials called for people to sign up in a health study by the Agency for Toxic Substances and Disease Registry and the Centers for Disease Control and Prevention. Then there's Fort Ord. It was put on the Superfund's

National Priorities List in 1990 due to leaking petroleum tanks underground.

Now there's news from Hawaii, where families at Pearl Harbor-Hickam Field are concerned about petroleum and lead in the drinking water, including in a child-development center. Then there's the fuel in the drinking water in 9,000 of their homes, leading to families being cleared out and sent to motels. Even after the lines were flushed, petroleum remained. Now residents are asking that the VA cover them as Camp Lejeune was (finally) covered, except they don't want to wait for so many years.

If you and your family were stationed at any military base (especially if it had an airport and the use of fire-suppressant foam) and if any of you have health problems, dig into the cause. Start online with the Environmental Working Group (EWG.org) and put "military bases" in the search box. Find the map showing 678 military installations with suspect

PFAS in the water, and click on any base on the map to see test results for that location.

Do a search online for bases with contaminated water. You'll be shocked at the list.

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- When you make a meringue, be sure to spread it all the way to the crust on all sides. If you do, it will not shrink.

- After your dishwasher has run its course, open up the door and let the dishes air dry. On cold days, there's the added bonus of humidifying the house with the steam that escapes.

- Research says that the best time of day to exercise is in the morning, but the truth is that the best time for YOU to exercise is when you will go through with it. So, try out different times of the day, and when you find one that fits, schedule it in your daily planner and block the time out at least three times per week.

- Making your own flavored yogurt is cheap and much better for you. You can avoid a lot of added sugar. Start with plain, unflavored yogurt and add: pureed fruits, toasted oats, honey, vanilla or almond extract, or plumped-up raisins (add enough hot water to cover a tablespoon of raisins and let sit for a minute or two). Yummy.

- "If you stick the end of your celery stalks in a cup of water and rocks (or in some very damp dirt), they will begin to regrow. This is a great way to have a never-ending supply of celery. You also can regrow scallions from the root end." — Y.L.J. in Missouri

- Metal shower hooks can be used in the sewing basket to hold safety pins. They can be used in a jewelry box to corral costume rings as well.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 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.

	÷		+					3
+		×		+				
	-		÷					1
÷		-		÷				
	+		÷					2
2		4		1				

2 3 3 4 5 6 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult

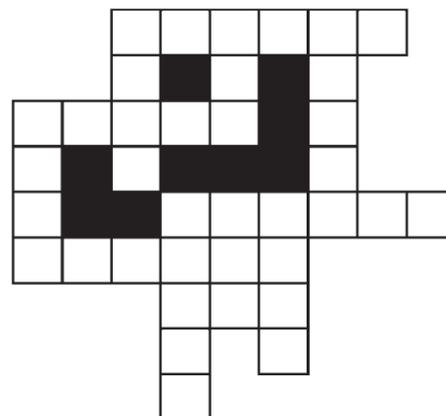
★★★ GO FIGURE!

Answer Page 4

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- RIA
- LUVINE
- ♥ HOBRT
- NEFR
- ♥ RHESDA
- ♥ RFO
- ♥ UBTA
- ♥ AGHNS
- ♥ OBR
- EARFOG
- ♥ ERFDE
- ♥ OSEL



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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