



NEWSBRIEFS

San Eli updates fireworks ordinance

At the City of San Elizario council meeting on June 21, 2022, council voted 3 to 1 to amend ordinance 2007.03, which previously banned the sale and use of all fireworks within the city limits. The City of San Elizario will now follow the action taken at the El Paso County Commissioners Court and moving forward, the ordinance amendment allows the same regulations regarding fireworks in effect in the unincorporated areas of the County of El Paso to apply within the City of San Elizario on an annual basis. The state mandated process allows the County of El Paso to ban fireworks only if the Texas Forest Service determines drought conditions exist, allowing for the determination that a disaster declaration may be made. Texas Local Government Code § 352.051 defines “drought conditions” as the existence immediately preceding or during the fireworks season of a Keetch-Byram Drought Index (“KBDI”) of 575 or greater. Though Mayor Isela Reyes did not have a vote on the item, she presented the agenda item to council for consideration and added, “Our community doesn’t have another means to traditionally celebrate the Fourth of July in the City of San Elizario so we collectively decided this was the best option, while still following the safety recommendations of the state.” All other provisions of ordinance 2007.03 remain in effect. The original ordinance may be found on the city’s website. Fireworks, minus aerials (sticks and fins), can be bought and used in San Eli this year.

– Maya Sanchez

‘Pop Goes The Fort’

The El Paso Symphony Orchestra is honored to perform and celebrate at the 11th annual “Pop Goes The Fort” concert in salute of the brave men and women of Fort Bliss and all those who served to protect our country. The free concert celebrating America’s Independence is on Monday, July 4, 7:30 p.m. at Biggs Park, 11388 Sergeant Major Blvd. EPSCO conductor Bohuslav Rattay will lead the El Paso Symphony in a patriotic and pops concert featuring the USO Show Troupe. The program will include traditional Sousa marches like *The Washington Post* and *Stars and Stripes*.

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“Poverty is a state of mind,” says the philosopher with a full belly.

– Quips & Quotes



– Photo by Alfredo Vasquez

WATER MANAGEMENT – El Paso County’s monsoon season typically begins in mid-June. When it does, the Rio Grande (above) and its tributaries can flood the borderland region. Local and state officials are working on flood maps that will include flood mitigation projects, strategies, and priorities for the region.

Plans underway to improve flood response, infrastructure in El Paso and West Texas

State and regional flood plans will be updated every five years

By Alfredo Vasquez
Special to the Courier

WEST TEXAS – Efforts are underway for El Paso County to be better prepared for flooding in the years to come as the Texas Water Development Board takes

the lead in coordinating the first-ever, state-wide flood planning process.

The Upper Rio Grande Regional Flood Planning Group (URGRFPG) in Region 14, which includes El Paso and 22 other counties in West Texas, is spearheading the work to address future flooding not only in El Paso but throughout West Texas.

The group, which is slated to submit a draft regional plan by the beginning of August, has been seeking the communities input on several draft plans for the past few

months. Once the regional and state flood plans are adopted, public entities – like El Paso Water, El Paso County and the El Paso County Water Improvement District – will be able to apply for funding from TWDB to implement flood management strategies.

Omar Martinez, chair of the El Paso flood-planning group, related that after the draft plans are approved, participating government entities would have access

See PLANS, Page 5

Six EPCC women awarded scholarships

By Ismael De La Rosa
Special to the Courier

EL PASO COUNTY – The Association of Women in the Community College (AWCC) consists of women and men who come together to network, to share their talents with others in our community, and to help El Paso Community College (EPCC) students pursue their education. For the 2021-2022 academic year, the AWCC awarded six \$750 scholarships to the following outstanding EPCC students: April Campos, Alejandra Carrillo, Maria Fernanda Corral Barrera, Valerie Mendez, Ana Rojas Mendez, and Ashley Trojanowski.

• April Campos

April’s future career as a travel agent will align with AWCC’s major goals of serving the community and providing professional opportunities for women.



– Photo courtesy El Paso Community College

SMART MONEY – Five of the scholarship recipients, from left, are Ana Rojas Mendez, Maria Fernanda Corral Barrera, Alejandra Carrillo, Ashley Trojanowski, and April Campos.

• Alejandra Carrillo

As a first-generation college student, Alejandra has fallen in love with

learning and strives to set a positive

See SCHOLARSHIPS, Page 6

The Kamala Harris problem

The media taboo against talking about Joe Biden's age and the obstacle it presents to his running again in 2024 is finally off.

Which should put a lantern on another looming problem for the Democrats – waiting in the wings is a

deeply unpopular officeholder, who makes Biden look like a prospective electoral juggernaut by comparison.

Democrats can be forgiven for considering the possibility of only Kamala Harris standing between them and a return of Donald Trump and telling themselves,

“Well, maybe 80 is the new 75,” or, “Biden's always been gaffe-prone, so what's a few more gaffes between friends?” or, “Biden campaigned from a basement in 2020 – surely, he can campaign from some similarly secluded and safe space in 2024.”

Harris is the single best argument for Democrats trying to prop up Biden no matter what. She has been a disaster as vice president, even as she's done nothing particularly noteworthy either good or bad. She's simply a political black hole, whose abysmal ratings reflect not just

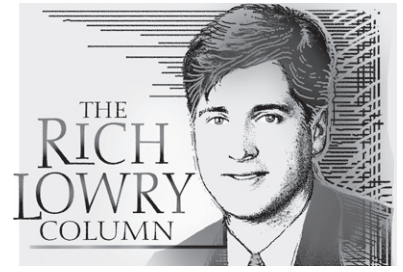
Biden's troubles but her own profound, inherent flaws as a political figure.

Kamala Harris has the authenticity of Hillary Clinton, the charm of Al Gore, and the common touch of Adlai Stevenson.

She could have been engineered in a lab as a convictionless opportunist lacking basic political horse sense – and she more or less was. She came up in a California where the dominance of TV ads makes retail politicking all but unnecessary, and internal Democratic politics is largely based on identity politics. Compared to her, Biden really is Middle Class Joe. The contrast with Chuck Schumer, another Democratic leader from a deep blue state, is instructive – Schumer had a tough statewide race against a Republican within memory and is aware that not all voters are extremely online “woke” progressives.

Harris could have run as an ideologically interesting, tough-minded former prosecutor in the 2020 Democratic nomination fight – a little like Eric Adams in the New York City mayoral primaries last year. Instead, she got sucked into the idea that the winning lane would be a couple of ticks to the right of Bernie Sanders. She co-sponsored his “Medicare for All” proposal, before making a confusing hash of her position when she realized the political

See LOWRY, Page 7



View from here By John Grimaldi

The potentially deadly side-effect of spiraling inflation

Over 15 million senior citizens face 'food insecurity'

The inflation uptick continues to impose serious hardship on hungry senior citizens – particularly and tragically those suffering from malnutrition. The victims are the most vulnerable

of our aging population – those who struggle to make ends meet on minimal fixed incomes at a time when the price of food is skyrocketing as the result of an uncontrolled, record-breaking rate of inflation.

There are many factors that triggered the inflationary surge,

not the least of which was the devil-may-care progressive spending spree of the Biden administration and the Congress it controls. The numbers don't lie. In December of 2020, a month before Joe Biden took office, the rate of inflation stood at 1.4%. Since President Biden assumed office in January 2021 the rate of inflation has ticked up to at least 8.5% and climbing, making life difficult for us all but in particular for the fixed

See FOOD, Page 4

Food for thought By Dr. Glenn Mollette

We can figure it out, America

America has always been a land of hard work and struggles but always with the hope and dream of success and prosperity.

On the 4th of July we celebrate our Declaration of Independence that was ratified by the Second Continental Congress on July 4, 1776. The Second Continental Congress declared that the thirteen colonies were no longer subject and subordinate to the monarch of England King George the III and were now united, free, and independent states. The Congress voted to approve

our independence on July 2 and adopted the Declaration of Independence two days later,

Benjamin Franklin is reported to have said, “Aye, I know there shall be no nation on earth that works harder than the great and powerful United States, and so I dare say that the celebration of July 4th should be a day on which none shall work and instead all will refrain from exerting themselves in any way.”

Historians have said that when John Hancock signed the Declaration of Independence, he did so in a bold hand, in a conspicuous manner, and rose from his seat, pointing to it, and said, “There, John Bull can read my name without spectacles, he may double his reward and I put this at defiance.”

“Independence Day: freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed – else like a flower cut from its life-giving roots, it will wither and die,” wrote Dwight D. Eisenhower.

Our freedom was won by the sheer will power of an early generation who determined to do whatever was necessary for our freedom. We had to fight. Our earliest generation determined whatever it took was worth it to separate from the authoritarian rule of England.

Freedom is never easy. Most Americans at that time had sacrificed everything to pursue freedom of worship, to develop our ideas, businesses and personal interests. It took years for Americans to begin

See AMERICA, Page 3

Tornillo Independent School District Public Notice - Child Find

The Tornillo Independent School District has a duty to identify, locate, and evaluate all children with disabilities ages 3-21 who reside within the district, including those attending private schools. This process is called Child Find, and all eligible students may receive services, at no cost, under the Individuals with Disabilities Education Act (IDEA). Information: Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

Noticia Pública Identificación De Niños (Child Find)

El distrito escolar independiente de Tornillo tiene que identificar, localizar y evaluar todos los niños con discapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años de edad, incluso niños que asisten escuelas privadas. Este proceso se llama Identificación de Niños (Child Find), y todos los estudiantes elegibles pueden recibir servicios sin costo, a través de La Ley para la Educación de Individuos con Discapacidades (IDEA). Información: Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

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America

From Page 2

to experience some prosperity and most never did. Our earliest generation sacrificed, worked and battled diseases with little to no medical care. They had no financial or social security. There were no government handouts, bailouts or insurance companies covering their losses. Early Americans were on their own and helped each other as best as they could.

More than ever before we must make whatever is necessary to run this country from chips to run our cars and technology to growing our food and producing sufficient energy. Depending on foreign nations for anything is a poor plan for maintaining our freedom. We become dependent instead of independent. This is why we must have a mix of energy. Relying only on one source is not a plan for independence. Trade with other countries is good for America because we want other nations to buy our products. Many businesses in America would die if they could not export to other countries. The main idea is that we produce enough to have enough as we need it in America.

I love America. We have a great a history. We have some problems, but who doesn't? Together we can figure it out.

Public Notice Tornillo Independent School District 504 Child Find

Pursuant to Section 504 of the Rehabilitation Act of 1973, the District has a duty to identify, refer, evaluate and if eligible, provide a free, appropriate public education to disabled students. For additional information about the rights of parents of eligible children, or for answers to any questions you might have about identification, evaluation and placement into Section 504, please contact Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

Aviso de Identificación de Estudiantes Incapacitados Bajo la Sección 504

Bajo la Sección del Decreto de Rehabilitación de 1973, el Distrito Escolar esta obligado a identificar, referir, evaluar, y propocionar servicios educativos apropiados y gratuitos a los estudiantes incapacitados que califican bajo esta ley. Si usted desea mas información sobre los derechos de padres de niños incapacitados, o si tiene preguntas sobre la identificación, evaluación, y colocación de niños en el programa de Sección 504, favor de ponerse en contacto con la Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

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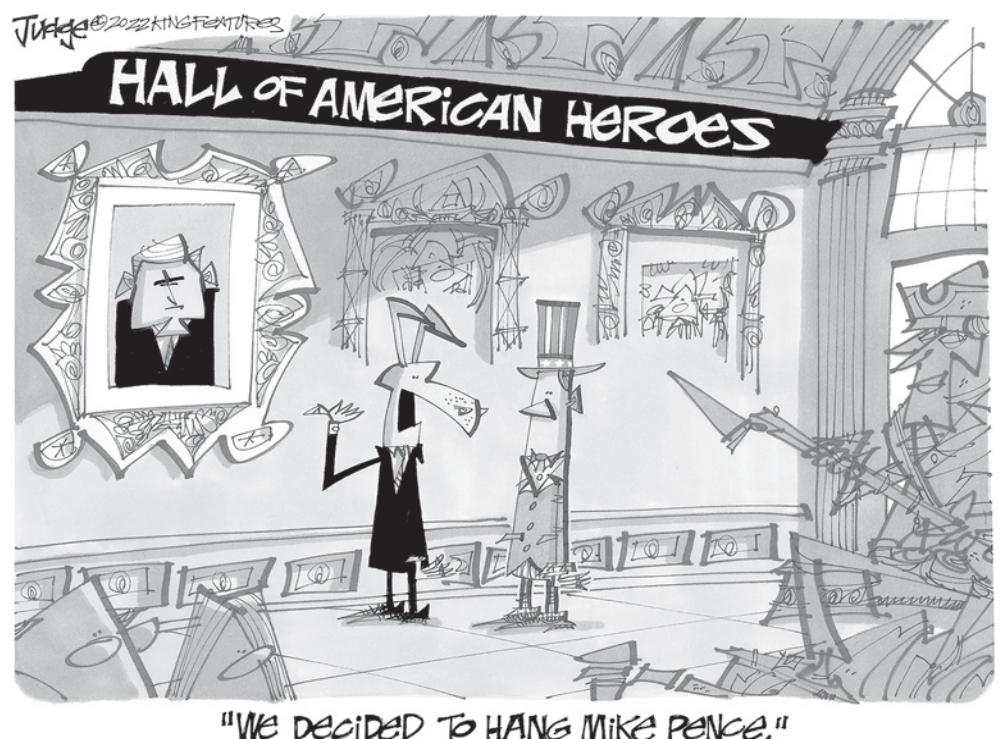
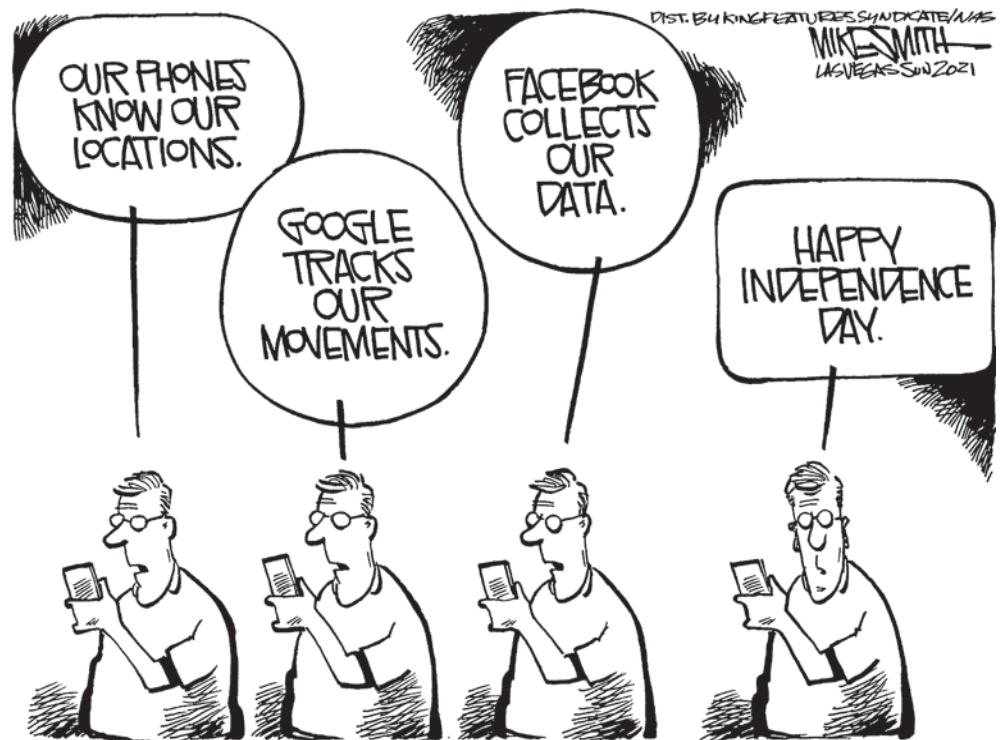
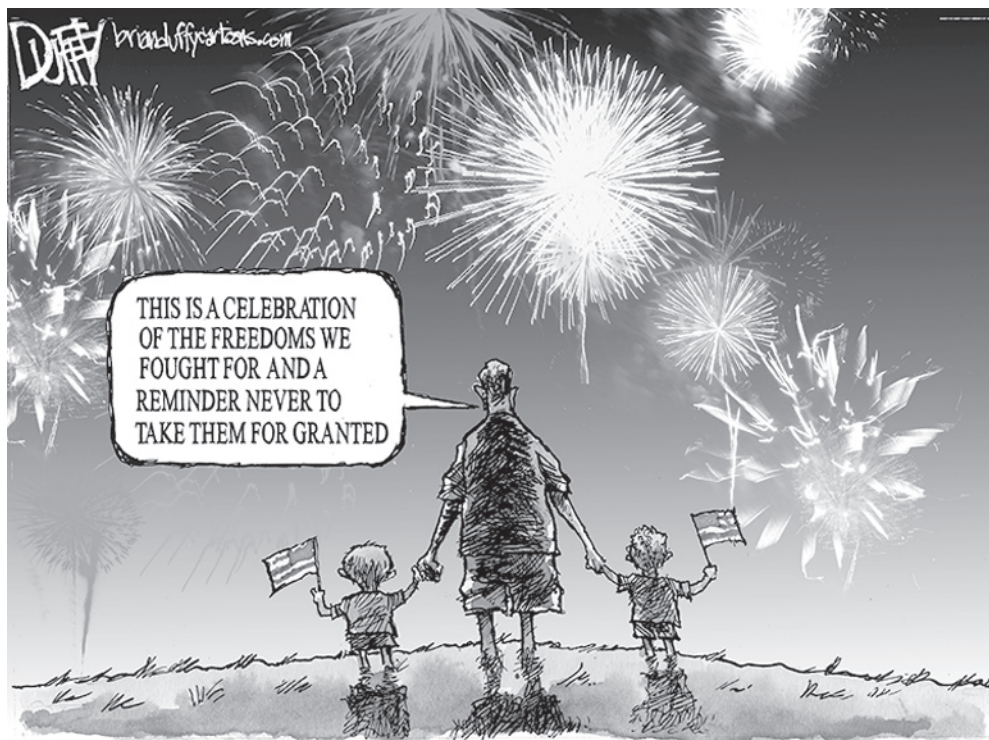
Tornillo Independent School District PUBLIC NOTICE

The Tornillo Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2012. Parents of these students may come to the Special Education Department located at 19200 Cobb Avenue in Tornillo on Monday through Friday from 8 a.m. to 5:00 p.m. to claim their child's file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have any questions, please call Georgina Miramontes, M.Ed Special Education/504 Coordinator at (915) 765-3040 or Anna Brew at (915) 765-3041.

AVISO

El Departamento de Educación Especial del Distrito Escolar de Tornillo va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2012. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educación Especial del Distrito Escolar de Tornillo en 19200 Cobb Avenue, de lunes a viernes de 8:00-5:00 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono Georgina Miramontes, M.Ed Coordinador de Educación Especial/504 al (915) 765-3040 o Anna Brew a (915) 765-3041.

WTCC: 06-30-22



Food

From Page 2

income seniors who have no alternative other than to live with it or die. Before the surge a quart of milk cost about 90 cents. The

price of that same quart of milk today is more than 20% higher at about \$1.09 per quart.

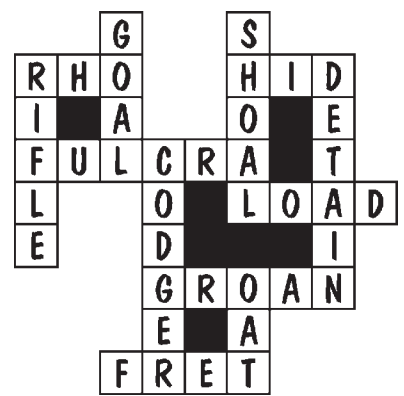
It's not a matter of conjecture. A new Rasmussen poll shows that a growing number of us put the blame for the increasing cost of living on the president. It was bad

enough in December at the end of his first year in office when only 32% of voters gave him an okay, but the newest survey shows that just 27% think he's doing a good job; 57% give him a poor rating on his handling of the economy. Younger Americans might get

a second job to make ends meet as the cost of living increases. But only a limited number of seniors have that option. For too many of America's seniors, the cost of living is out of reach. According to a report published by the National Institutes of Health, "Although only 1% of older adults who are independent and healthy are malnourished, the Health and Nutrition Examination Survey (HANES) data indicated that 16% of community-dwelling Americans older than 65 years consumed fewer than 1000 calories per day – a statistic that would place these persons at high risk for undernutrition. The nutritional risk increases in the community-dwelling elderly who are sick, poor, homebound, and have limited access to medical care. Malnutrition can become a major concern. The incidence of malnutrition ranges from 12% to 50% among the hospitalized elderly population and from 23% to 60% among institutionalized older adults."

A major cause of malnutrition among our elders is what is called, food insecurity, a "socioeconomic condition" that limits one's ability to afford nutritious food, says the United Health Foundation. It includes more than 15 million seniors in the 65-plus category.

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.



Public Notice

Tornillo Independent School District

SECTION 504 SERVICES

The Tornillo Independent School District provides the following educational services/options to identified students with disabilities who reside within the district.

- ◆ Child find activities to notify students with disabilities and their parents of their rights and the district's obligation to provide a free, appropriate public education.
- ◆ Referrals to Sections 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program.
- ◆ Placement into the Section 504 program, which means the student may receive:
 - ✓ individually planned modifications in the regular classroom,
 - ✓ health services from the school nurse,
 - ✓ accommodations regarding access to any part of the campus, or
 - ✓ assistance in reading for students with dyslexia in a reading program which meets the state's standards for a dyslexia reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.
- ◆ Nondiscrimination protections of 504.

If you would like more information or know of a disabled child who is not receiving educational services, please contact Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

SERVICIOS DE LA SECCION 504

El distrito escolar independiente de Tornillo provee los siguientes servicios/ opciones educacionales a los estudiantes con discapacidades identificados que residen dentro del distrito.

- ◆ Actividades para encontrar a niños para notificar a los estudiantes con discapacidades y a sus padres de sus derechos y de las obligaciones del distrito a proporcionar una educación publica que sea gratuita y apropiada.
- ◆ Referimientos a la Sección 504 cuando se cree que el estudiante tiene una discapacidad mental o fisica que limita substancialmente una o mas actividades vitales importantes y los estudiantes necesitan modificaciones en su educación.
- ◆ Derechos legales garantizados bajo Sección 504.
- ◆ Evaluaciones de estudiantes para determinar si califican para el programa de la Sección 504.
- ◆ Colocación dentro del programa de la Sección 504, lo que significa que el estudiante puede recibir:
 - ✓ modificaciones en el salon de educación regular planeadas individualmente,
 - ✓ servicios de salud por la enfermera de la escuela,
 - ✓ cambios que garanticen el acceso a cualquier parte de la escuela,
 - ✓ ayuda en lectura para estudiantes con dislexia en un programa de lectura que cumpla con los requisitos que pide el estado a un programa de lectura de dislexia.
- ◆ Se ofrecen servicios de educación especial a los estudiantes Sección 504, si los estudiantes califican para una de las discapacidades especificas bajo educación especial.
- ◆ Protecciones de no discriminación de 504.

Si usted desea mas informacion o sabe de un niño/niña incapacitado que vive en el Distrito Escolar de Tornillo y que no esta recibiendo servicios educacionales, favor de comunicarse con Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.



By Lucie Winborne

• Boston College has a policy allowing employees' children to attend for free once they've been accepted. One janitor's five children all made it in, saving the family almost \$700,000 in tuition costs.

• At some point, you've probably promised someone you'd "be there in a jiffy," but did you know that's an actual unit of time? 1/100th of a second, to be precise.

• Bob Ross, known for his TV show "The Joy of Painting," received up to 200 fan letters per day. If regular correspondents failed to keep in touch, he would phone them to make sure they were all right.

• The numbers on a roulette wheel, when added together, sum up to 666.

• The Eco Gym in Rochester, New York, uses cardio equipment that harvests energy from members' workouts as a means of reducing energy costs. Savings are passed on to the members as an incentive to keep coming back for regular exercise.

• Women's fashion changed with the invention of cars, when skirts in the 1900s were shortened to allow women to step into automobiles with more ease.

• The "XXX" that is often used to signify "poison" originated from moonshiners, indicating that their alcohol had been run through the still three times and was now pure and strong.

• In Sweden, millennials are known as the "Curling Generation," after the sport in which teammates sweep the ice in front of their stone to guide it, in the same manner as parents of millennials have swept away obstacles from their children's paths.

Thought for the Day: "Experience without theory is blind, but theory without experience is mere intellectual play."

– Immanuel Kant

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CryptoQuip Answer

Folk song concerning the alarming lack of oath-takers in these times: "Where Have All the Vowers Gone?"

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Moments in time
THE HISTORY CHANNEL

• On June 27, 1985, after 59 years, the iconic 2,200-mile Route 66 is decertified when the American Association of State Highway and Transportation officials votes to remove all its highway signs. Most of the original Route 66 followed a path through the wilderness forged in 1857 by U.S. Navy Lt. Edward Beale at the head of a caravan of camels.

• On June 28, 1940, Gen. Charles de Gaulle, having set up headquarters in England upon the establishment of a puppet government in his native France, is recognized as the leader of the Free French Forces, dedicated to the defeat of Germany and the liberation of France.

• On June 29, 1967, actress Jayne Mansfield is killed instantly when the car she's riding in strikes the rear of a trailer truck on I-90 east of New Orleans. Her three children, asleep on the back seat, survived.

• On June 30, 1971, the three Soviet cosmonauts who served as the first crew of the world's first space station die when their spacecraft depressurizes during re-entry and a critical valve opens.

• On July 1, 1997, Hong Kong reverts back to Chinese rule in a ceremony attended by numerous Chinese, British and international dignitaries. A policy based on the concept of "one country, two systems" was designed to preserve Hong Kong's role as a principal capitalist center in Asia.

• On July 2, 1938, Helen Wills Moody defeats Helen Jacobs to win her eighth Wimbledon singles title. Her record stood until Martina Navratilova won her ninth Wimbledon title in 1990.

• On July 3, 1863, the third day of the Battle of Gettysburg, Confederate Gen. Robert E. Lee's last attempt at breaking the Union line ends in disastrous failure, bringing the most decisive battle of the American Civil War to an end. Exhausted, both armies held their positions until the night of July 4, when Lee withdrew.

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Plans

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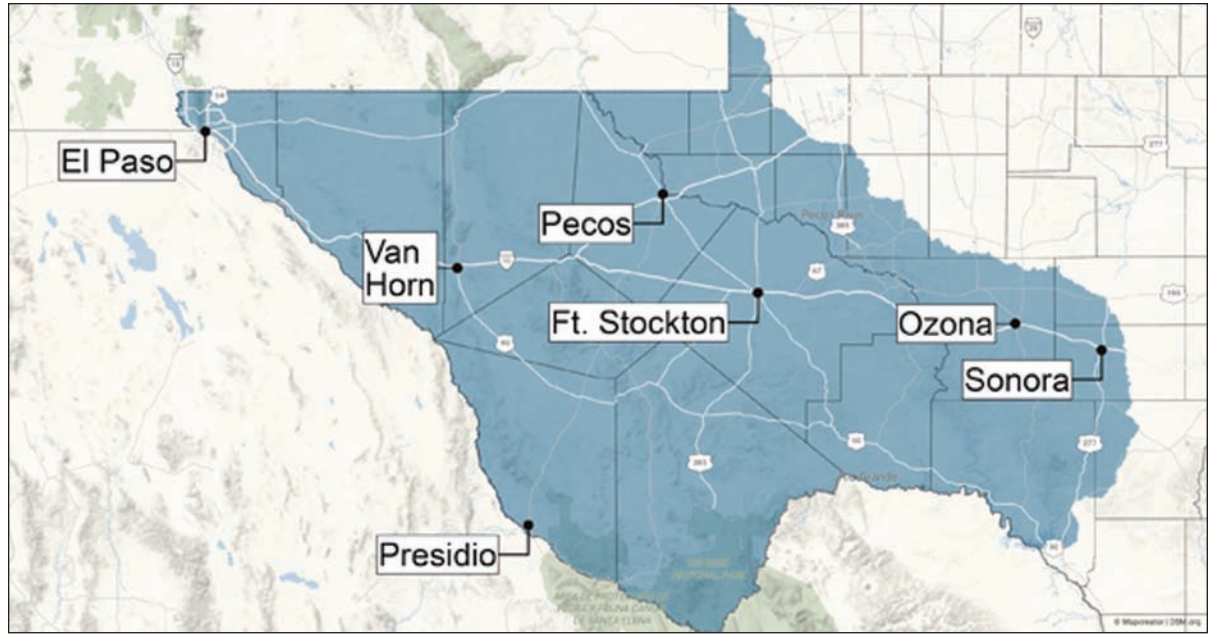
to a pool of money. "The benefit of this is that local strategies can access the flood infrastructure fund. This is more than a billion-dollar fund by the Texas Water Development Board," he pointed out.

Martinez said that he hopes that these plans will help prevent the loss of life and property. "You can pretty much say that every five years we lose a lot of life and property and put a lot of people in danger because we have these freak stormwater events. With climate change, it seems that these storms are getting stronger, more sporadic, and less predictable," Martinez said.

TWDB's role in the state's flood planning process was expanded during the last state legislative session. Subsequently, TWDB, in conjunction with several flood planning regional groups, implemented the new flood planning process based on river basins.

Region 14's Upper Rio Grande Regional Flood Planning Group (URGFPG), along with fourteen other planning regions throughout the state, will help coordinate the tasks for developing these new regional flood plans. Completion of the plans are slated for January 2023, with the first state flood plans due by September 2024, according to a recent news release.

The Rio Grande Council



- Image courtesy Rio Grande Council of Governments

FAR FLUNG – The Texas Water Development Board established the Upper Rio Grande Regional Flood Planning Group (RFP) was established in 2020 to develop infrastructure projects that will alleviate flooding in West Texas. The Upper Rio Grande RFP consists of several West Texas counties (shown in map above) including El Paso, Brewster, Crane, Culberson, Hudspeth, Jeff Davis, Loving, Pecos, Presidio, Reeves, Terrell, and Ward. It also includes portions of Andrews, Crockett, Ector, Edwards, Midland, Reagan, Schleicher, Sutton, Upton, Val Verde, and Winkler counties.

of Governments (RGC) is a political subdivision of a conglomerate of twelve entities and serves as its sponsor. The RGC has been tasked with administering the local program by coordinating communications and activities among the members, the release stated.

As for the maps, plans call for flood mitigation projects, strategies, and priorities that will ultimately be included in the 2023 State Flood Plan, which will serve as a roadmap to ensure the region is working toward common goals to reduce flooding risks.

Already, URGFPG has identified and evaluated various projects to mitigate flooding

for people, property, and businesses across the region. Some of the proposed remedies include increasing flood warning outreach, adopting minimum stormwater infrastructure design standards, and improving flood hazard data across the region.

However, only those projects that make it to the 2023 State Flood Plan list will be eligible for TWDB's next flood infrastructure funding allocations. Draft maps of the proposed upper Rio Grande regional flood plan will be available for public review and comment by this fall, TWDB officials stated.

To learn more about proposed recommendations for the West Texas flood maps visit urgfpg.org/features/far-west-water-planning, the planning group's website. If you have questions or would like additional information, contact Annette Gutierrez, executive director of Rio Grande Council of Governments, at annetteg@riocog.org or (915) 533-0998.

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Gateway to
TEXAS
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TOWN OF ANTHONY, TEXAS

of July Parade

Monday, July 4th, 2022
Celebration Starts
at 10:00AM TO 12:00 PM

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For more information contact
Mayor Romero bromero@townofanthony.org

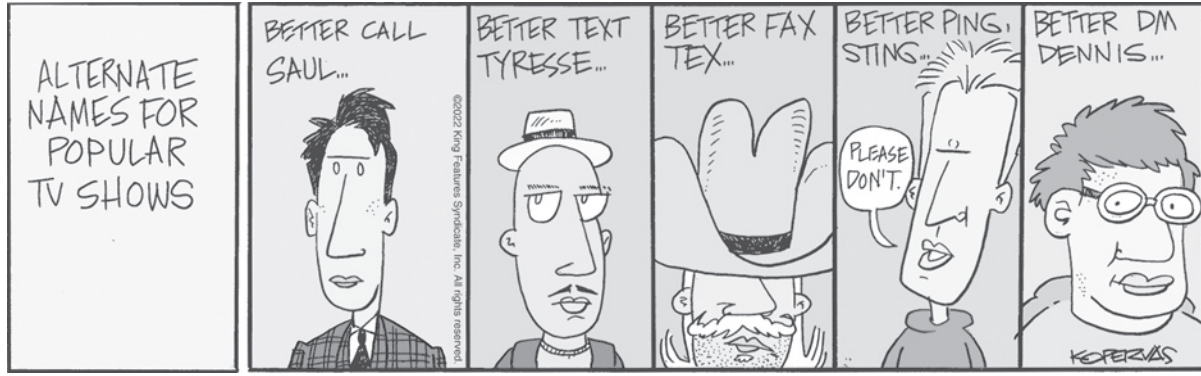
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AMBER WAVES By Dave T. Phipps



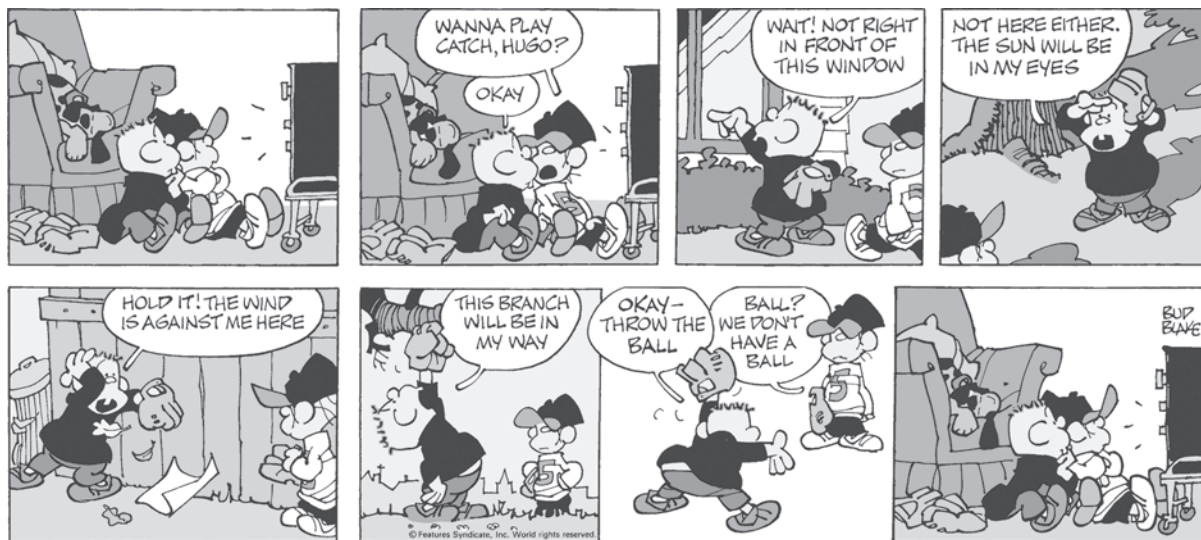
THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

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implausibility of the plan.

She seemed defensive about her record as a prosecutor, which came under withering assault from Rep. Tulsi Gabbard from the left.

Her signature moment – attacking Joe Biden for his opposition to busing based on her own experience getting

bused – didn't pay the expected dividends because of its self-evident calculation.

Harris is a politician who always seems to be reading stage directions out loud. Her laugh, a target of critics, usually sounds forced and highly deliberate, at times bordering on inappropriate affect. It's a valuable political skill to seem at ease even when reaching for the brass ring at the highest level of American politics. Bill Clinton, George W.

Bush and Barack Obama all had this ability. Harris has shown no indication that she has it or will develop it.

Biden has done her no favors with her assignments as vice president. Given the foolhardiness of the underlying Biden policies, there was no realistic way she was going to diminish migration at the Southern border. Nor was she going to do anything to get a voting rights bill passed. That said, Harris hasn't mastered any

Can she donate plasma despite gene mutation?

DEAR DR. ROACH: When my mother discovered she has a factor V mutation, everyone in the family decided to be tested as a precaution. This is a hereditary item, which I am sure you know. It was determined that I carry the gene. I am 65. I have had no issues, and it probably never would have been discovered if we did not go looking for it. This was discovered over 10 years ago and is listed on all my charts. I would like to donate plasma for extra money. I am not on any type of blood thinners except for a baby aspirin every morning. I take a statin for cholesterol control. Can I donate my plasma? – S.S.



Factor V is a blood clotting factor made in the liver. A common mutation in the gene, called factor V Leiden, confers a small increased risk to developing blood clots. People with factor V Leiden and who have never had a blood clot are generally not started on medication to prevent one; however, they may need more aggressive prophylactic treatment to prevent clot at a time of surgery, for example. Although some experts use aspirin in this situation, there is not good evidence to support it.

People with factor V Leiden may donate blood, platelets or plasma safely, as long as they are not on an anticoagulant such as warfarin.

Only a very few medicines prevent people from donating blood. In addition to anticoagulants, these include medicines that can cause serious birth defects (such as Accutane, used for acne; finasteride and dutasteride, used for prostate enlargement and baldness; and Aubagio, a treatment for multiple sclerosis) and those which might cause infection risk (human-derived growth hormone).

DEAR DR. ROACH: I am 87 and take 10 mg of melatonin every night to help me sleep. I have heard it is perfectly safe. Are there any side effects to melatonin? I know a lot of people who take it, including a child who takes 3 mg. – B.D.

Melatonin is a hormone secreted in the pineal gland of the brain that affects sleep and circadian rhythms. At nighttime, melatonin blood levels are 10 times higher than in the day. Melatonin is used extensively as a sleep aid, as you can confirm.

There is no substance you can put in your body that is perfectly safe at all doses. To paraphrase a wise man, anyone who tells you differently is selling something. However, the risk of major side effects with even high doses of melatonin is low. The major adverse events reported were headache, fragmented sleep and seizures. Rare adverse events reported included confusion, psychosis, autoimmune hepatitis and rash.

Incidentally, the term “side effect” means an unintended effect that occurs from a drug when taken correctly. “Adverse event” refers to any undesired reaction that comes with taking a medication. Adverse events are more common at high doses. With very high doses of melatonin can come additional types of reactions, including poor memory and reduced physical exercise performance.

Ten mg is far more melatonin than I recommend starting with. For older people, I recommend 0.5 mg to 1 mg about an hour before bed. Higher doses are generally not more effective and have higher risk.

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.

particular issue area and gives the impression of seeking tableaux that will lead to her gravitas without ever succeeding.

On top of all this, she hasn't managed to secure a close, trusted relationship with the president.

Any rational observer could have predicted that Biden's VP pick was going to be particularly sensitive given that, as de Gaulle famously said, “Old

age is a shipwreck.” Instead, Biden played identity politics by choosing Harris, and it's understandable now that some Democrats would like, against all evidence, to bank everything on Biden's youthful vigor.

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



Moore Texas by Roger MOORE
 San Antonio 1932: Elmer Doolin buys a corn chip recipe at a restaurant for \$100. He names them FRITOS.

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: T equals S

GVED TVCM RVCROFCWCM HAO
 SESFLWCM ESRD VG VSHA-HSDOFT
 WC HAOTO HWLOT: "YAOFO ASUO
 SEE HAO UVYOFT MVCO?"

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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 5

◆◆◆ HOO BOY!

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Most VA, DoD health records aren't accurate



by Freddy Groves

It can be a big problem when you need medical care and the electronic health records sent from one provider to another contain inaccuracies. Unfortunately, a Department of Defense Inspector General audit showed this is happening in far too many active-duty and veterans records.

After sending surveys to 7,387 health care providers in late 2020 asking about their ability to access health care information for both DoD and Department of Veterans Affairs patients and whether that information was accurate, the DoD recently reported that:

- 91.2% of DoD patient records were inaccurate or incomplete.
- 67.5% of VA patient records were inaccurate or incomplete.
- 93.9% said that it impacted

patient care, including giving an inaccurate or incomplete diagnosis.

The inaccurate or missing information included problems and conditions, lab results, medications and much more.

Over at the VA, they've known for a long time that they needed to upgrade their 40-year-old computer system and proposed to merge with the DoD's system. That got started in 2018. They would begin with one facility as a test.

In 2020, the VA Office of the Inspector General was tasked with finding out one overriding answer: Is it all going well at the test site before they open the system at the 174 VA medical centers, as well as the 1,577 other sites?

The answer, in a word, no.

The ill-timed pandemic no doubt kept most workers at home, especially in the beginning. But they've made progress. Just recently, the VA brought online its third site with the new system to track and store patient data.

Thoughts: Keep track of your records... and whether they're accurate. Carry a 3x5 card in your wallet listing your drugs and dosages, conditions and surgeries. When you go to a medical appointment at a VA facility, ask for verification that their records are correct. The last thing you need in an emergency is for your medical records to be inaccurate.

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• Having a yard sale? Here's a great way to put out extra signs when you don't have a way to stake them into the ground: "Write your sign advertising your yard sale on the sides of a big box. Place it where you want it, and add a large rock to the inside, then tape shut. We did this when we had no poles to tape signs to or any other way to get them to stand up. It worked really well!" – D.R. in Georgia

• Avoid calling the pediatrician's office on Monday mornings for routine business. Wait until the afternoon. All the parents with mildly sick children over the weekend will be calling to consult with the doctor and nurses first thing when the office opens.

• If you drop an egg, sprinkle with salt before you attempt to clean it up. The salt binds the whites, which will not spread, making pickup easier!

• "My kids had kind of an obsession with colorful Duck tape in the past year, and we made some "beach bags" to keep our electronics safe at the pool, lake and beach. We carefully covered a variety of sizes of zipper-top self-sealing bags with the tape, creating tough, colorful pouches in which we can store cellphones, etc., to keep them safe from water damage." – W.L. in North Carolina

• The best time of day to water your lawn is the evening. The cooler temperatures allow the water to sink into the soil instead of evaporating with the heat of the day. Always follow your city or county guidelines on watering times for your area.

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.

		+		x			11
x			-		x		
		-		x			20
-			x			x	
		-		x			15
15			18			20	

DIFFICULTY: ★

★ Moderate ★★ Difficult

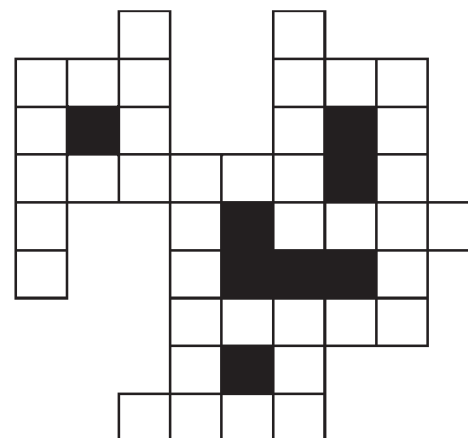
★★★ GO FIGURE!

Answer Page 4

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- ATO
- ADNITE
- ♥ LERFI
- OLAG
- GORDEC
- DHI
- TEFR
- ♥ NOGAR
- ORH
- ♥ CLAFUR
- ♥ HASLO
- ALDO



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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