



Elks Lodge sponsors scholarships contest

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – High school seniors who plan to go to college after graduation are encouraged to participate in the Most Valuable Student (MVS) contest, sponsored by the Elks National Foundation (ENF), to earn a chance of winning scholarships of up to \$30,000 per year.

El Paso's Elks Lodge 187 is reaching out to El Paso County high school principals, counselors, and senior sponsors to elicit their help in promoting the ENF 2024 MVS scholarship program.

Every year, ENF awards nearly 500 four-year scholarships are awarded to students who excel in academics, demonstrate leadership, and show financial need. The national scholarship awards are up to \$30,000 per year, according to Lilia (Teddy) Martinez, chairperson of the El Paso Lodge 187 scholarship committee. The 2024 scholarship award winners will be announced next April.

In the past decade, El Paso's Elks Lodge members have facilitated the awarding of more than \$48,000 in scholarships for several local area high school graduates including seven \$4,000 scholarship winners and a \$20,000 scholarship winner. The El Paso Elks Lodge 187 chapter is an affiliate of the New Mexico Elks Association (NMEA).

A couple of past MVS scholarship winners from the El Paso area were Regina Sung and Eleanor Schoenbrun. Sung attended Clint Early College High School and was awarded a \$20,000 scholarship. Schoenbrun attended Franklin High School and was awarded a \$4,000 scholarship.

The MVS scholarships are intended for students who plan to pursue a four-year degree on a full-time basis (minimum of 12 semester hours), at a U.S. college or university. Interested applicants must be current high school seniors (or equivalent) and are citizens of the United States. Also, eligible applicants for the MVS scholarship do not have to be related to a member of the Elks organization. And male and female students compete separately.

High school seniors may complete the application process by visiting the Elks' website, at enf.elks.org/MVS. When filling out the forms, local area applicants are reminded to choose the El Paso Elks Lodge 187 as their sponsoring lodge from a list of the lodges that are designated by the applicant's home address and zip code. This year's application deadline is November 12.

For more information about the scholarship and about Elks Lodge 187 visit its website at enf.elks.org/MVS, send email to Martinez at liliamartinezteddy@



Regina Sung

– File



– Internet

THROW YOUR NAME IN THE HAT – El Paso County's Class of 2025 high school graduating seniors have an opportunity to win scholarships of up to \$30,000 in the Elks National Foundation scholarship program. Visit enf.elks.org/MVS – the foundation's website – to apply.

gmail.com or call her at (915) 503-3067.

The El Paso Elks Lodge 187 chapter is an affiliate of the New Mexico Elks Association (NMEA), which is part of the national organization, the Benevolent and Protective Order of Elks (BPOE)

also known as the Elks Lodge or simply the Elks. BPOE is an American fraternal order founded in 1868 as a social club in New York City. Today, Elks Lodge members strive to serve their communities through friendship and charity.

County to prosecute false alarms, reports

By Elhiu Dominguez
Special to the Courier

EL PASO COUNTY – The El Paso County Attorney's Office remains steadfast in its commitment to ensuring the safety and security of our schools. In response to recent trends, the office is emphasizing that false threats against schools will carry significant legal consequences.

Between January and December 2023, an average of 1.4 referrals per month were received for false alarms or reports made by juveniles. These referrals, which involve minors under the age of 17, were reported to law enforcement. Of the 17 referrals, 15 resulted in delinquency petitions filed with the juvenile court – legal documents outlining the offense a minor is accused of committing. The trend continues in 2024, with an average of 1.3 referrals per month from January to August, indicating

that this issue persists.

"The safety and security of our schools is our top priority," said El Paso County Attorney Christina Sanchez. "We thoroughly review every case presented and will prosecute to the fullest extent of the law." In 2023, 10 of the juvenile referrals led to adjudications – a court decision that finds a minor has committed a crime. Consequences of adjudication can include probation, placement in a juvenile detention facility, or even removal from the home. Additionally, two cases were resolved through Deferred Prosecution Programs, allowing defendants to meet certain conditions in exchange for dismissal of charges.

Under Texas Penal Code Section 42.06, knowingly making a false alarm report of an emergency, such as a bomb or fire threat, is a serious crime. When such false reports involve a school, it is classified as a state jail felony. These false alarm

threats not only cause emotional distress to students, parents, and staff but also divert valuable emergency resources away from real crises.

The El Paso County Attorney's Office partners closely with schools to educate students on the serious consequences of making false alarm threats. The office also provides training for law enforcement, including school district police, on proper procedures for investigating these cases. On September 23rd the County Attorney's office will be holding a three-day training for law enforcement addressing areas of law prosecuted by this office, including juvenile crimes. Representatives from the Juvenile Prosecution Unit regularly attend bi-monthly school threat assessment meetings to ensure proactive engagement. These efforts highlight the long-term consequences false alarm threats can have on a juvenile's education

See ALARMS, Page 4

MIT begins to discriminate less

The indications are that a historically oppressed minority group in America is finally going to get discriminated against less.

Cue the rejoicing? No, because the group is Asian Americans and the discrimination has happened in the realm of college admissions.

MIT has released its first post-affirmative action admissions numbers for the incoming class of 2028, and the percentage of Asian American students increased markedly from 40% percent to 47%. Black students dropped from 15 to 5%, and Hispanic students from 16 to 11%, while the percentage of white students stayed roughly the same, dropping one percentage point.

There are two possible interpretations of these numbers. Either the MIT admissions office has been somehow infiltrated by racists who want to exclude as many black and Hispanic students as possible

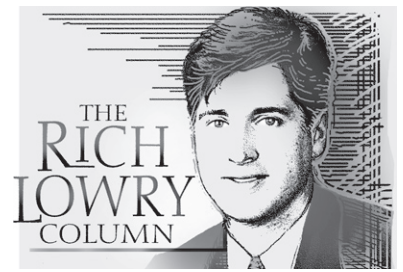
(while, bizarrely, boosting Asian Americans), or the affirmative-action regime that the Supreme Court ruled against last year was working to keep out meritorious Asian American applicants.

It's the latter, of course. Although we still need to see the returns from other top schools, the MIT numbers are the first hard post-Supreme Court evidence that the critics were – unsurprisingly – right that affirmative action was a form of systemic discrimination against high-achieving Asian Americans.

MIT president Sally Kornbluth basically admitted as much when she said the changed composition of the school's entering class is "a consequence of last year's Supreme Court decision."

The MIT figures aren't so different from Duke scholar Peter Arcidiacono's estimate of what Harvard's admissions would look like without

affirmative action. Arcidiacono, an expert witness for Students for Fair Admissions in its case against Harvard and the University of North



Carolina that went to the Supreme Court, forecast a big increase in Asian American students, a moderate gain for white students, and a substantial drop in Black and Hispanic admissions.

This was the experience in California when the state passed the anti-affirmative Proposition 209 in 1996. Asian Americans went from 37% of freshmen at U.C. Berkeley in 1995 to 43% in 2022. (White students declined from 30% to 20.)

Supporters of affirmative action consider this

See LOWRY, Page 7

Anthony ISD proposed tax rate set for vote

Residents can go to the polls early or on November 5

By Adriana Candelaria
Special to the Courier

ANTHONY, TX – Anthony Independent School District (AISD)'s Board of Trustees approved a Voter Approval Tax Rate Election (VATRE) during a special board meeting held Aug. 17.

In a unanimous vote, the board of trustees agreed to place the AISD VATRE on the November 5 election ballot. Early voting runs from October 21 to November 1. AISD's VATRE asks voters to consider a 12-cent increase to the district's maintenance and operations (M&O) tax rate. In Texas, M&O budgets are used to fund daily operations, such as salaries, student programs and utilities.

Any property owner who lives within Anthony ISD boundaries would pay 12 cents more per \$100 of property valuation. The average taxable home in Anthony, Texas is \$67,797. This would mean \$81 more per year – or \$6.75 per month – in taxes.

If approved by voters, the AISD VATRE is estimated to generate \$275,000 in local funding and \$775,000 in state funding.

Anthony ISD, like many other districts across the state, is experiencing a budget shortfall. Since 2019, there has been no increase by lawmakers to the



– Photo courtesy Anthony ISD

REPAIRS NEEDED – Fixing the Anthony Middle School gym is one of two projects Anthony ISD (AISD) wants to prioritize if voters pass the tax rate AISD is asking them to approve on November 5.

basic allotment for school districts despite inflation. According to the Consumer Price Index, average inflation since 2019 has increased by 17%.

Passage of the VATRE will generate more local and state funds each year. The district will use these funds to balance our budget, address facility and

See AISD, Page 4

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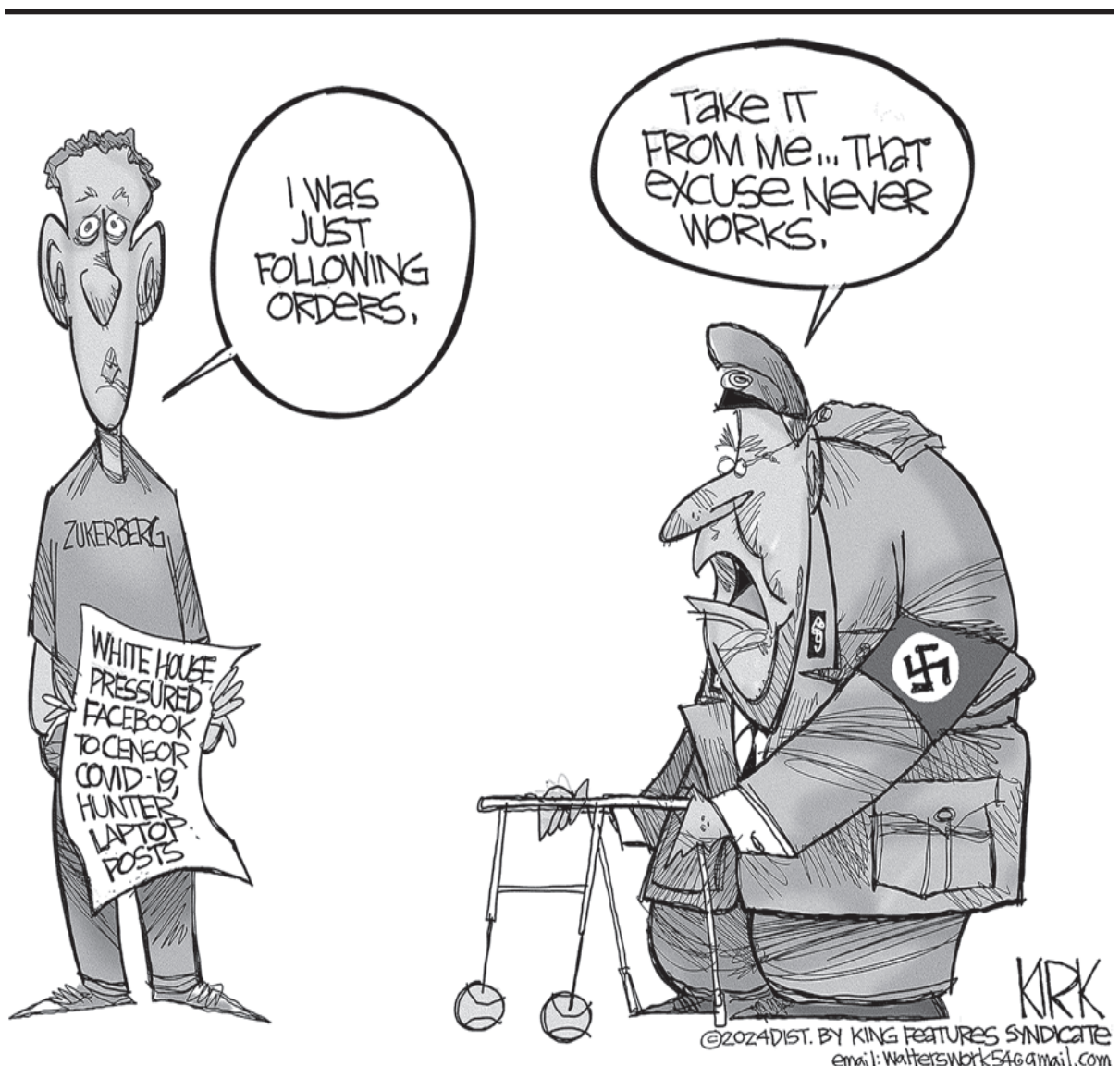
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Immunize El Paso offering three types of flu vaccine

By Cristina Rodda
Special to the Courier

EL PASO COUNTY – Immunize El Paso is currently immunizing people with three types of flu vaccines. There's one flu vaccine for each group including the public, people with allergies to eggs and people ages 65 and older. We expect the variety of available flu vaccines to encourage more people, than we've had in past flu seasons, to get vaccinated against the flu.

We are also operating 143 flu mobile clinics until the end of the year. These clinics are located at schools and churches countywide. The clinics are in neighborhoods so that economic barriers like lack of transportation will not keep people from being immunized.

Through our Stop the Flu education campaign we are informing the public on the seriousness of a flu infection which can lead to hospitalization or even death. The CDC's latest recorded flu fatalities are for 2022 with nearly 6,000 flu-related deaths in the U.S. We are educating the public on who needs a vaccine (such as age groups and health conditions), why flu vaccines are necessary and what can be done to fend off the flu.

Immunize El Paso has immunized people against the flu virus for more than 29 years. We have three brick and mortar clinics in the city including in East, Downtown and Central El Paso. Visit immunizeelpaso.org or call (915) 533-3414 for more information.

Cristina Rodda is the Marketing and Outreach Director for Immunize El Paso.

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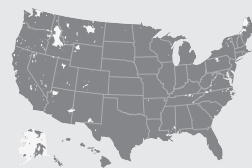
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– Photo courtesy Anthony ISD

FAST TRACKING – Resurfacing the Tommy Sanchez Memorial Football Field track is a project Anthony ISD has prioritized.

AISD
From Page 2

fleet needs, provide student programming and for teacher and staff salaries.

Three of the district's priorities if the VATRE passes are the following: installing refrigerated air conditioning in the Anthony Middle School and Anthony High School gyms plus the Anthony

Elementary School cafeteria (the buildings currently account with evaporative coolers), resurfacing the Tommy Sanchez Memorial Football Field track that was originally installed in 2012, replacing its aging fleet, which includes a 2009 charter bus.

The projects would be completed one at a time and with input of a VATRE committee.

Passage of the VATRE will not cause an increase in property taxes for Homeowners 65 and over or disabled who have applied for and received the Over 65 Homestead Exemption. However, individuals in these groups can still vote for or against the VATRE.

AISD will host a variety of community meetings to

discuss information for the VATRE. Those interested in knowing more about the VATRE and seeing how the tax increase would affect their taxes can visit www.anthonisd.net/vatre.

Adriana Candelaria is the Communications/Safety Coordinator for Anthony ISD.

Alarms

From Page 1

and future opportunities.

Parents should speak with their children about the gravity of making false alarm threats and the significant consequences that can follow. "Our goal is to hold individuals accountable while working to prevent future incidents,"

said Sanchez. "False alarm threats are a crime and will be prosecuted accordingly. Parents are encouraged to help their children understand the serious nature of these actions and the repercussions they can face."

Elhiu Dominguez is the Special Projects Coordinator for the El Paso County Attorney's Office.



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 IDUNNO ICE GUS STAKE
 PONE FRATERNITY BARRROW
 ERIC EATERIES COLOGNE
 DECK DEADSPOT HOTDOGS

CryptoQuip Answer

Why are trowels, hoes and spades common items in novels and movies? They're plot devices.

Strange BUT TRUE

By Lucie Winborne

- Have you ever thought that your dog's feet smell like corn chips? If so, you're not alone. In fact, the term "Frito Feet" was coined to describe the scent!
 - The fastest TKO in boxing history occurred when Mike Collins floored Pat Brownson with his first punch. The Minneapolis Golden Gloves match ended a mere four seconds after it started.
 - A person who enjoys doing crossword puzzles is called a cruciverbalist.
 - Nestor Carbonell's portrayal of Richard Alpert on the hit TV series "Lost" led to an internet debate as to whether the actor was wearing eyeliner.
 - During the Gemini IV missions in 1965, James McDivitt and Edward H. White were the first astronauts to have reportedly smuggled chewing gum into space without permission.
 - On average, people in India spend 10 hours and 42 minutes a week reading, the most time of any country on Earth.
 - The ringing of church bells at weddings can be traced to the Celtic heritage of Scotland and Ireland, when they were used to ward off evil spirits and grant wishes to the newlyweds.
 - In 1965, Johnny Cash's younger brother, Tommy Cash, released a song titled "I Didn't Walk the Line."
 - Upon hearing that the Great Fire of London might destroy his house, English diarist Samuel Pepys took care to bury his most prized possessions in his garden – including a wheel of Parmesan cheese.
 - Each year, 40,000 tons of space dust settles on Earth.
- Thought for the Day: "Let us be grateful to people who make us happy; they are the charming gardeners who make our souls blossom."
– Marcel Proust
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Moments in time
THE HISTORY CHANNEL

- On Sept. 9, 2021, Tom Brady became the first player in NFL history to start 300 regular season games as he guided the Tampa Bay Buccaneers to an opening day 31-29 win at home over the Dallas Cowboys.
- On Sept. 10, 1813, U.S. Captain Oliver Hazard Perry led a fleet of nine American ships to victory over a squadron of six British warships at the Battle of Lake Erie during the War of 1812, in the first unqualified defeat of a British naval squadron in history.
- On Sept. 11, 1941, Charles Lindbergh's Des Moines speech, which advocated a position of nonintervention and was met with outrage in many quarters, accused the British, Jews and FDR's administration of pressing for war with Germany.
- On Sept. 12, 1977, Steve Biko, a strong anti-apartheid activist and founder of the Black Consciousness Movement in South Africa, was killed in an African prison while in police custody. Two decades later, five former police officers confessed to the murder and applied to

the Truth and Reconciliation Commission for amnesty, but their request was denied in 1999.

- On Sept. 13, 1926, the Post Office Department sent a memo to its 25,000 railway mail clerks containing an order to shoot to kill any bandits attempting to rob the mail, following an ever-increasing number of thefts. They also issued a statement saying that if the robberies continued, the Marines would be again called in to protect the mail.
- On Sept. 14, 1741, George Frideric Handel completed his oratorio "Messiah," which was originally an Easter offering. Mesmerizing audiences ever since its first performance in Dublin, Ireland's Musick Hall the following April, it remains a beloved feature of the Christmas season more than two centuries later.
- On Sept. 15, 1830, William Huskisson, a British statesman, financier and member of Parliament, was run over and fatally injured by Robert Stephenson's pioneering locomotive Rocket. Though he's commonly known as the world's first widely reported railway passenger casualty, the actual first such death had occurred nine years earlier.

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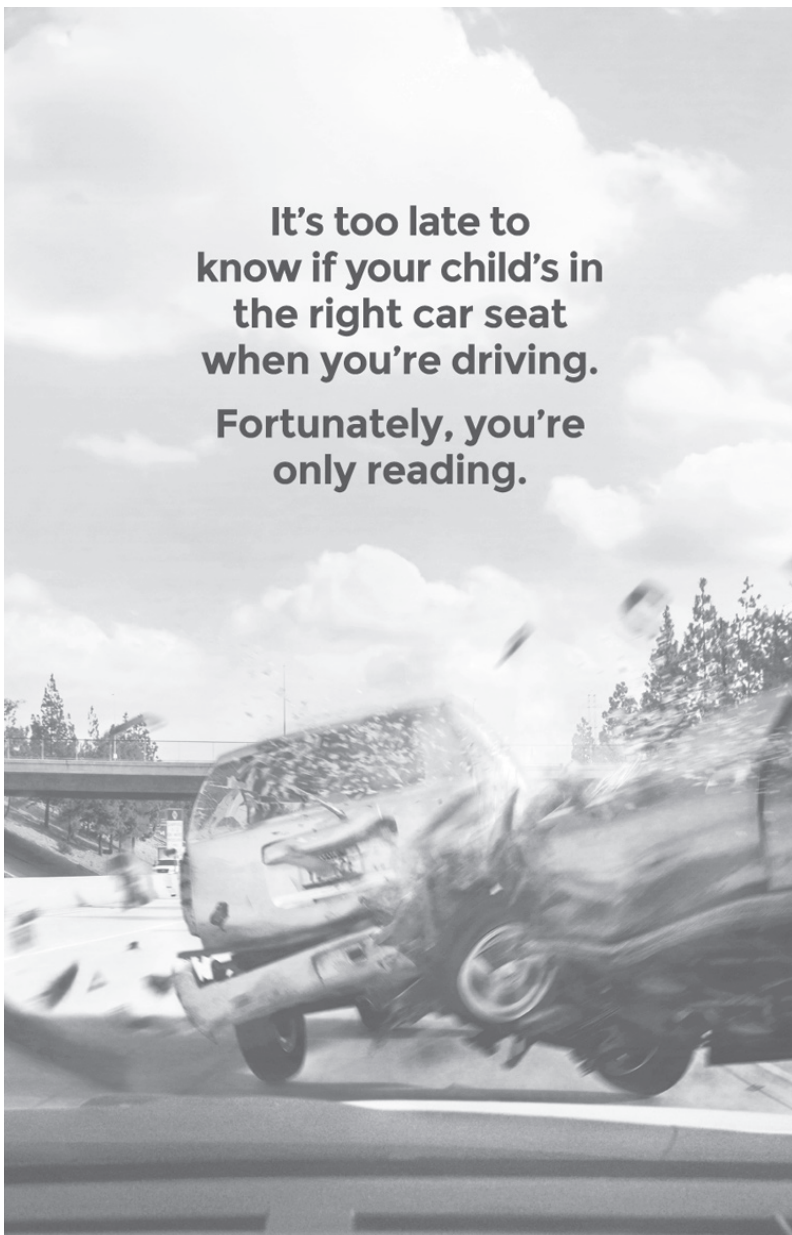


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Huge Sun Bowl crowd is a sign of things to come

By Steve Escajeda
Special to the Courier

El Pasoans got their first glimpse at what a UTEP football game will look like under new coach Scotty Walden – and it was great.

I know, I know, some of you are probably wondering if I had a few too many adult beverages at the game. I know the Miners lost and the Sun Bowl crowd went home disappointed.

All that is true. But at least there was a Sun Bowl crowd – a big one.

When it was all over, the 41,607 who filled the Sun Bowl filed out trying to figure what had just happened. UTEP led Southern Utah 17-6 at halftime and looked like they had this game in the bag.

And then the second half happened, and UTEP just wasn't the same team they were to start the game.

The Miners lost 27-24 in overtime and so they start the season 0-2 against a Nebraska team everybody knew they'd lose to, and a Southern Utah team they should have beaten.

In the Miners' first two games we've learned a few things. They are a very exciting team to watch, they run plays much quicker than they used to, they throw the ball better, and they display the kind of enthusiasm on the sidelines I've never seen in my years of covering the team.

We've also learned that these are guys haven't gotten to know each other on the field yet. They commit a lot of penalties, the offensive line can't block anybody, their special

teams look very shaky and at times they look very undisciplined.

But all those things can be fixed. Probably except for the offensive line part, coaches can't teach size. They've got to recruit some biggest gentleman up front.

What Scotty Walden and his team did do was

put on a show for the large Sun Bowl

crowd. The team was dressed in their sharp-looking light camouflage jerseys with white numbers, white helmets and white pants. The Miners definitely looked different than Sun Bowl fans are used to seeing.

When they got off the bus to go to their Sun Bowl locker room before the game they didn't just walk to the locker rooms. They went out of their way to walk through where the UTEP fans were tailgating so the fans could cheer them on as they walked to the locker room.

It's little changes like that that get the fans involved and hyped for the games.

What I noticed right away was the number of young people at the game. It got to the point that UTEP students had lost all interest in going to UTEP games in recent years and it was really

good to see them back in the Sun Bowl.

Those students wore orange and blue and were loud and crazy and dancing and acting like young people should at a big event.

That's exactly what Scotty Walden is slowly making a UTEP football game – a big event.

The big Sun Bowl crowd was loud from the very beginning. In fact, this was the loudest I've heard the Sun Bowl be without a team named Notre Dame in it.

There is no doubt in my mind that the winning will come. Give the man

three years to bring in his type of athletes and the Miners will soon be favorites to win the conference.

Just like in basketball, it's taken Joe Golding a few years to build his UTEP basketball program and this year's team should contend for a Conference USA title.

My only fear is that all the new fans who went to last week's game will say to themselves, "here we go again, same old Miners," and decide not to come back.

Let's be honest, the Sun Bowl was rocking last Saturday, and it was the place to be. It was loud, people were having a great time, they did the wave, the game was a nail-biter, and it went to overtime.

The Miners won't win very many games in coach Walden's first season, but the atmosphere he's building here is unmistakable.

Scotty Walden is a winner and he's a showman, and very soon a UTEP football game will be the biggest show in town.

The Sun Bowl was rocking last Saturday, and it was the place to be.

Senior moment By Matilda Charles

The shocking costs of... everything

I was recently asked to complete an anonymous survey about income. The survey would be used to collect information about how many seniors in our area fall into the low and moderate income ranges. Curious about what those dollar ranges are, I went on an internet hunt for incomes in our area. Color me shocked to discover how low "low income" really is.

I then went on a hunt of other websites to compare and contrast this area with others across the country.

MIT has developed what they're calling the Living Wage Calculator, and it's quite the eye-opener when it comes to what they claim are "livable" wages.

Another site has costs of living for towns and cities across the U.S. Mine is 5% higher than the national average.

I found yet another site that calculates the maximum I should be paying for rent plus utilities based on my income. It's a good thing I own my home and it's paid for,

because there is no way I could afford to rent anything in my town. And never mind trying to buy – Best Places calculates the cost of buying a home in my town as being 130% of the national average. Wow.

There really are people here in town who are paying those sky-high prices. And it casts a new light on the sheer volume of people who line up at the food bank each week.

I've cut back this past year on donating to the food bank, but I need to start again. It might not be much, but I can help a little. When I buy something on sale at the grocery store, perhaps I can buy two. Or maybe three. Once I accumulate a full bag of canned and dry foods, I'll run it to the food bank.

How about you?

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THE ROD SQUAD

ACROSS

1 It's removed from skim

8 Guitar's cousin

16 Nautical mop

20 Be cautious

21 Conditionally free, in a way

22 Rock's ZZ Top, e.g.

23 Building full of periodicals for soldiers?

25 Outer edges

26 Cursed

27 Takes too much, in brief

28 Moose cousin

29 Fries lightly

31 Unit of work

32 Body of water on which there are frequent haircutters' cruises?

35 Not sinking

40 Smart _ (wiseacres)

42 Safecracker, informally

43 Hailstorm on the highway?

45 Deg. from MIT Sloan

47 "Anaconda" director Luis

51 Savoir faire

52 Dumbbell selling for half off?

55 1950s-'70s defense gp.

56 Weapon in a boxing ring

58 MGM motto starter

59 Deliver, as a verdict

60 Politico Hatch

62 "Sure thing, guv'nor!"

64 "Sommersby" star Richard

65 Cleo's snake

68 World's best singer of Venetian gondoliers' songs?

72 Born, in Brest

73 South African Dutch

75 First name of Dr. Oz

76 Cereal grass disease

78 Quick on the uptake

80 Many eras

81 _Seltzer

83 Suggest

87 Sticking the singer of "White Christmas" with a fishhook?

90 Tell the story of

92 Certain building brick

93 Guitar's cousin, for short

94 Actress Brigitte playing a Bohemian dancer?

96 "NFL Live" airtel

98 Disconnect

99 Sailor's "Roger!"

100 16-ounce drink from a Starbucks next to a bodega?

105 Quick on the uptake

107 "No idea"

108 Frozen cubes

109 Gloomy _

110 Tent securer

115 Unleavened combread

116 One-wheeled cart carrying supplies for a toga party?

121 Guitarist Clapton

122 Dining places

123 Perfume

124 Marina fixture

125 Area with bad reception

126 Frankfurters

DOWN

1 Relatives of zinnias

2 Caesar's "vidi," in English

3 Certain building brick

4 1980s Chrysler

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6 Jackie's hubby #2

7 Choir male

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11 Risk-taking types

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13 Actress Sondra

14 Type

15 Moniker of a loch monster

16 Having a hard time

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18 Singer Mann

19 _nova

24 Artist Degas

30 "Gemini Man" director

31 Capts.' guesses

32 Sired, biblical-style

33 Aspire PC company

34 "French Kiss" co-star Meg

35 Pooch barks

36 _ gras (goose-liver paste)

37 Singer _ Del Rey

38 Keats' "_ Autumn"

39 Soak up

41 Test centers

44 Shoot again, as a gun

45 Mother of Bart Simpson

46 Capital of Kyrgyzstan

48 Witty Nash

49 _Khan ("The Jungle Book" tiger)

50 "If _ falls in the forest..."

53 Author Sheehy

54 Incorrect

57 Restrained

61 Noodle soup

62 Turn sour

63 Capital of Albania

65 Addis _ (capital of Ethiopia)

66 "What a pity"

67 _-Canada (oil brand)

69 Love, to Luigi

70 City near Lake Tahoe

71 Become silver-haired

74 Gawd

77 _ Haute

79 Links (with)

81 Higher than

82 Country rocker Lovett

84 "I did it!"

85 "This is not _" (warning label)

86 Head, in Nice

88 _ho (keen)

89 Raced

91 Blind as _

95 "Sauer" topping

97 Vanished, informally

98 Villains' looks

100 Two-legged beast

101 Love a lot

102 Of an ancient alphabet

103 Ranch rope

104 Made believe

106 Amp (up)

109 Main idea

110 Curing stuff

111 Trampled

112 Mythical ship

113 Donkey or Hong follower

114 Some sheep

117 "Norma _"

118 Put a tear in

119 _noir

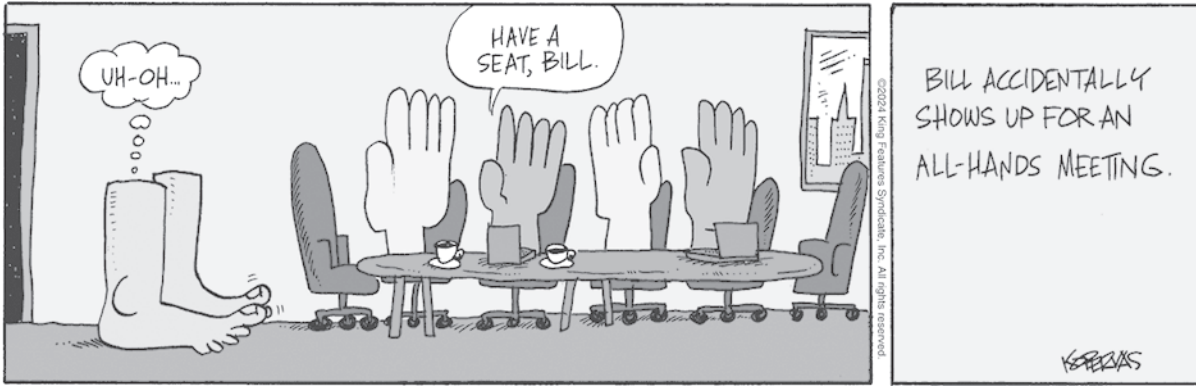
120 Ghostly cry

Super Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
20							21								22						
23							24								25						
26						27				28			29	30							
					31				32	33			34								
35	36	37	38	39			40	41					42								
43							44					45	46		47		48	49	50		
51								52				53			54						
55							56	57				58			59						
				60	61					62				63			64				
65	66	67			68				69	70					71		72				
73				74		75							76				77				
78					79			80				81	82			83		84	85	86	
87								88				89			90	91					
92									93				94		95						
					96	97				98					99						
100	101	102						103	104					105	106						
107									108				109				110	111	112	113	114
115												118	119			120					
121																123					
124																	126				

Comix

OUT ON A LIMB By Gary Kopervas



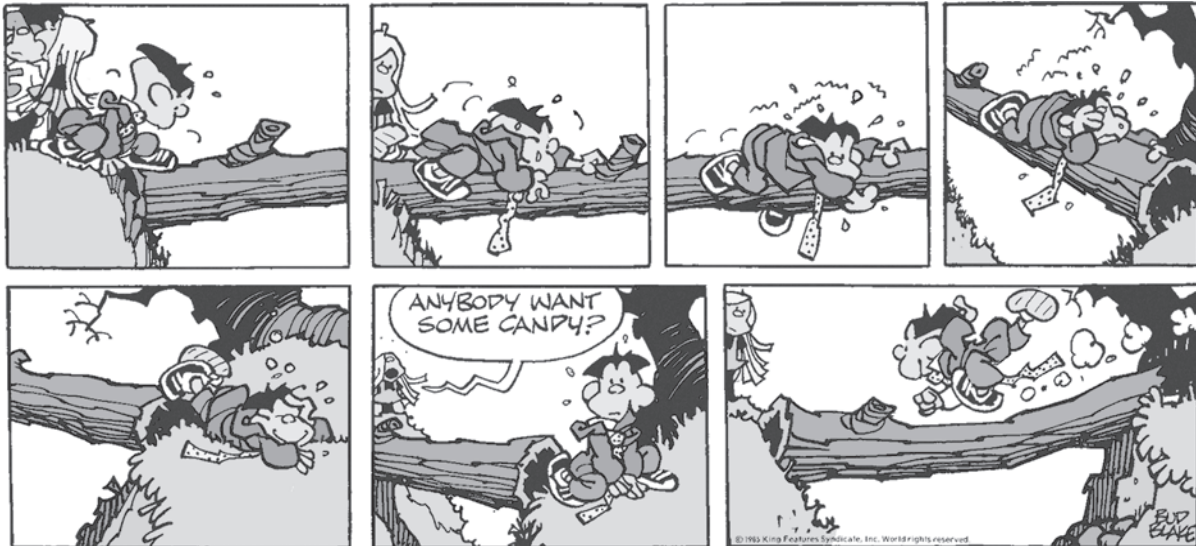
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

kind of change a blow against “diversity,” although this is a superficial, racially reductive perspective.

There isn’t a giant factory somewhere that is manufacturing generic “Asian-Americans” who all have the same backgrounds and attitudes. The category of Asian American, like other big racial classifications, does more to obscure than illuminate.

The category includes people from countries that have ancient enmities, and people from countries that have little to do with one another (China, India or the Philippines, for instance). Chinese and Japanese students might come from families that have been here since the 19th century, while others are immigrants. Some Asian Americans are affluent, others working class, some woke, some conservative, and so on.

What unites all of them is that they have convincingly demonstrated that they belong at MIT. Rather than regretting that there are now “too many” of them, we should be proud of what

they have achieved, and recognize that they are individuals who, as a matter of basic fairness and American ideals, should be treated as such.

One of the problems with affirmative action is that, in its obsession with racial categories, it might perversely give preferential treatment to an African American kid whose father is a prominent lawyer and whose mother is a college professor over an Asian American applicant whose parents were refugees from Burma. No one is reducible to race.

The new MIT admissions regime should also remove any doubt that Black and Hispanic students are there based solely on merit, too. As for the students who would have been admitted under the old highly racialized system, it’s not as though they will have no future if they end up at a good state school somewhere.

One would think that less discrimination would be considered ipso facto a good thing, but for supporters of affirmative action, it’s all about who is being discriminated against, and in what cause.

Rich Lowry is editor of the National Review. ©2024 by King Features Synd., Inc.

Weight loss and vomiting are concerns for woman

DEAR DR. ROACH: I am a 71-year-old healthy, active woman. I normally work out six days a week and used to be in very good shape. I’m having stomach issues, which caused me to lose 20 pounds since the end of last year. I was thin to begin with and have lost a significant amount of muscle and most of my body fat. I was diagnosed with gastric intestinal metaplasia in 2019 and had trouble eating, but I didn’t lose any significant weight at that time. No treatment was recommended beyond a suggested follow-up in a year or two.



I have difficulty eating anything but a small amount of food, and if I do “overeat,” I vomit. Eating is beyond a chore, and I continue to lose weight. I have been worked up with no conclusions in sight. I had a colonoscopy two years ago that was normal. I had an abdominal CT scan with and without contrast, an endoscopy, an MR enterography, and a brain scan this year, with no results that explained my problem.

I am seeing another GI doctor soon, but I’m not particularly hopeful. I am 5 feet, 11 inches tall, and now weigh 129 pounds. I am feeling desperate. Do you have any ideas? – L.W.

Weight loss can have many different causes, and it seems like your doctors have carefully looked for many of the concerning ones. Key features of your story are that you are vomiting and losing weight.

Intestinal metaplasia is when the lining of the stomach develops a microscopic appearance, similar to the intestines. This can predispose people to stomach cancer, but intestinal metaplasia can also be associated with low acid in the stomach.

Vomiting after eating normal amounts of food is a concern for a stomach mass, but between the endoscopy and the CT scan, it should have shown up. I would be concerned about gastroparesis, where the stomach doesn’t squeeze properly. Vomiting after eating is a hallmark symptom, as is feeling very full after a little food. A gastric emptying study can confirm the diagnosis.

DEAR DR. ROACH: Why would I want to drink an electrolyte sports drink? The electrolytes seem minimal. Are my electrolytes lowered during an hour of exercise? I am a 90-year-old female in good health who goes to the gym with a trainer for strengthening muscles and improving balance. I don’t have any health issues. – R.P.

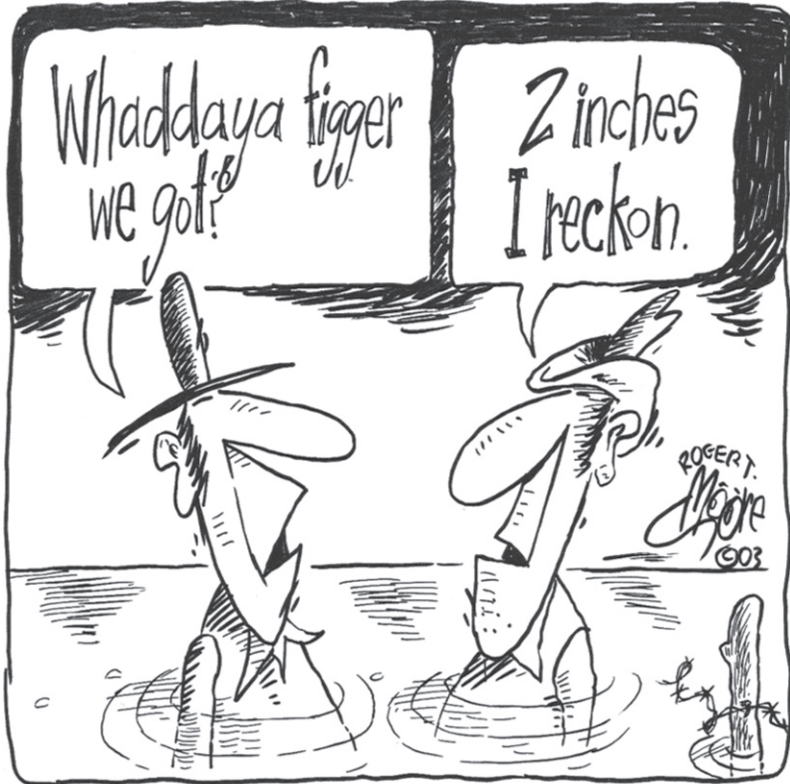
It’s great that you are exercising at 90. This will help you avoid falls, live longer and feel better. Having a trainer is also a great way of making sure that you are performing the exercises safely and correctly.

As far as electrolyte sports drinks are concerned, there is no reason that you need them. You are not likely to lose significant amounts of electrolytes during an hour at the gym. Endurance athletes who exercise for multiple hours outside need to be mindful of electrolyte and fluid replacement, but plain old water is just fine for almost everyone else.

For older adults taking medications (especially diuretics) that might affect the body’s electrolyte balance, it’s probably worth having a discussion with their doctor about what fluids to use while exercising.

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. ©2024 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger Moore
September 9-10, 1921: Thrall, TX got 38.2" of rain in 24 hours.

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: **M** equals **S**

JUC HOR AOVJRM, UVRM HZL
MQHLRM DVFFVZ YARFM YZ
ZVBRIM HZL FVB YRM?
AURC'OR QIVA LRBYDRM.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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Turning off monitoring machines?



by Freddy Groves

Telemetry medicine is a huge benefit for surgery or cardiac patients. Using fancy high-tech equipment, these patients can be monitored while they recover and their vital signs are continuously transmitted to medical staff. So it's great... except when it's not.

The Department of Veterans Affairs' Office of Inspector General recently investigated two cases where the whole system failed because of human actions.

In one case, the technician changed the alarm on the device and put it on "Do Not Disturb." That technician didn't complete a required Patient Safety Report, and a nurse didn't document the patient's condition (another required Patient Safety Report) after finding the patient unresponsive and without a pulse.

In another case, the patient himself reported cardiac

symptoms but there was a delay in anyone knowing because the technician had turned off the monitoring alarms. Although a Patient Safety Report was done later, a manager rejected it, which apparently meant that the OIG couldn't talk to staff about the incident.

The OIG, of course, had recommendations. None of those recommendations, unfortunately, involved firing the technicians that actually turned off patients' alarms on the equipment.

In another investigation, medical staff didn't give the required informed consent information to a patient who was held involuntarily in a locked mental health unit for 48 hours. The patient had gone to the ER and asked for help with substance withdrawal. He was admitted and was apparently surprised it was a locked mental health unit that he was put in (he was concerned about the behavior of those around him) and wanted to leave. The next day the patient put his request to leave

in writing and was finally let out the following day. Problem was, according to state law, he should have been released immediately after filing that request.

Again the OIG had recommendations, one being that the policies need to align with state laws.

Sometimes the VA does this well, and then there are incidents like these.

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- The best way to cook leafy, green veggies such as spinach and kale, is to stir fry them in just the water left over from rinsing. It works very well to steam them, and adds no fat!

- Keep track of capacity and dimension of your cookware by using a permanent marker to notate the specifications on the bottoms of each baking container you have. This way, when a recipe calls for a 13-by-9 baking dish or a 2-quart casserole dish, you can easily tell which one you need. This is especially important if you don't spend a lot of time cooking.

- "When you need to crush nuts or a cracker for crumbs, you can use a small can of soup to crush these in a plastic bag. This is for when you don't have a rolling pin." – J.R. in Virginia

- To avoid a dirty-smelling hamper, place a single sheet of fabric softener in the bottom of your laundry closet or in the hamper itself.

- "To keep sauces from splattering and dirtying the inside of your microwave, cover the food with a damp paper towel or a coffee filter." – E.C. in Utah

- "Unload the bottom rack of the dishwasher first. This way, you won't wet the dishes on the bottom if any pooled water on the top shelf spills. I thought everyone did it this way, but then my boyfriend thought I was such a genius that I figured I would share this hint with others!" – via email

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 King Features Synd., Inc.

GO FIGURE!

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.

	+		+		=	19		
+		-		-				
	+		×	2	=	22		
÷		×		×				
	+		+		=	13		
=		=		=				
14		6		18				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

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DDO

♥ TARINE

♥ DYGWE

♥ TRSU

♥ ROSERD

♥ RYW

♥ AGTO

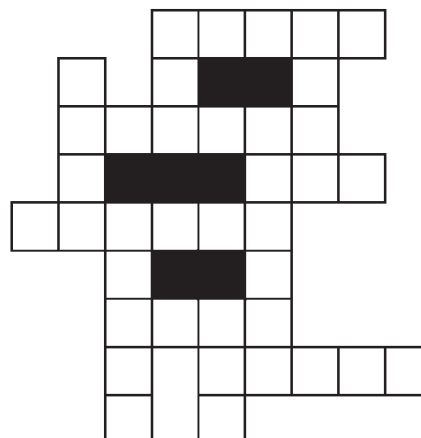
♥ ETVOR

♥ AET

♥ TWERSA

♥ DYERA

♥ ADNW



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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