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Garcia, Miramontes, serve El Paso County as flight paramedics

By Beau Bagley Special to the Courier

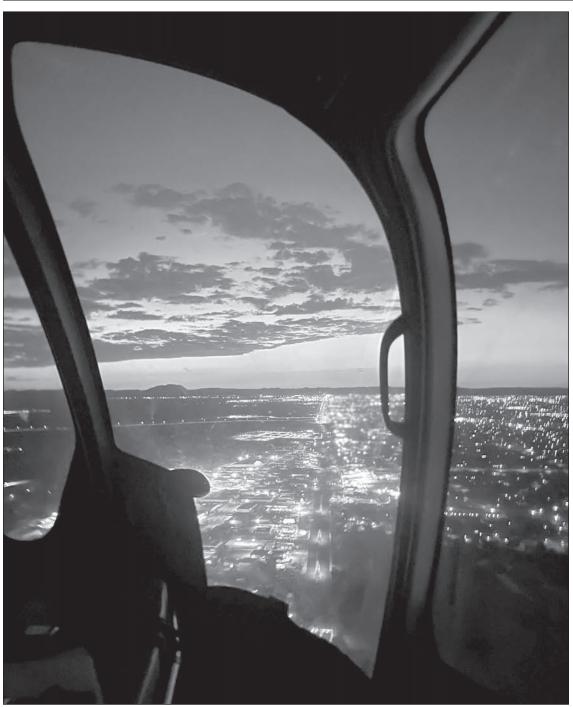
EL PASO COUNTY – It's a bird, it's a plane... No! It's two former El Paso Community College (EPCC) students. A new helicopter will be roaming the skies in El Paso, and two former EPCC Tejanos will be among the very few to be the first to fly in the El Paso Fire Department, Air Methods joint venture, the Shock Trauma Air Rescue (STAR) Helicopter, also called 'FireStar', for short.

Both Iuzuny Garcia and Juan Miramontes graduated from EPCC in 2008, Iuzuny with his Fire Technology Program certification, and again in 2011 with his Paramedic certification. "Seeing all the students practicing their fire skills with the fire tech program was what interested me in signing up. It looked very exciting, and I knew it would help me join EPFD," Garcia said. Juan graduated with a certificate in Paramedicine from Emergency Medical Services Program. "I strongly believe that being a flight paramedic is the pinnacle of a paramedic's career... Adding to that the years of experience, knowledge and training that it takes to be a flight paramedic it really makes it a bit of a niche job to have," Juan

Iuzuny and Juan are Flight Paramedics, two of three on the Firestar team which began flying September in the Sun City. Iuzuny credits EPCC with jump starting his love for not only firefighting, but new opportunities that came along with the department. "Without EPCC, I would probably not have joined EPFD, and it would not have opened the door for me to obtain a paramedic certification, much less join this team. Flying over El Paso is the most exciting part of my job, it puts everything in a different perspective," Garica added.

Juan says he has always been interested in flight medicine, and the critical care access it offers the public, so he jumped at the first offer

See PARAMEDICS, Page 4



BETTER THAN A CORNER OFFICE - Flight paramedics get a bird's eye view of El Paso County.

Veterans Day observance is a tradition in historic San Elizario

By Alfredo Vasquez Special to the Courier

Ceremony in Historic San Elizario.

SEVC brought together a contingent personnel, veterans organizations, school groups, and government officials on November 9th to pay tribute to El Paso County's veterans.

Veterans Day is observed nationally on November 11. Its origin come from WWI's Armistice Day that went into effct on the 11th hour of the 11th day of the 11th month in 1918.

mellow sun pervading the countryside, friends and family groups lined Old Socorro Road in San Eli as the Veterans hundred attendees sat in chairs placed Day parade marched its way for a couple of miles to the placita that sits in front of

the revered San Elizario Chapel.

This year's parade was led by San Elizario High School Navy JROTC Color Guard and marching band, SAN ELIZARIO – The San Elizario followed by several companies of Veterans Committee (SEVC) could uniformed cadets from the different not have asked for better weather last high school ROTC programs in the Saturday morning for its 28th Annual Ysleta Independent School District Veterans Day Parade and Patriotic including Parkland, Ysleta, Bel Air, Hanks, Eastwood, and Riverside.

Also participating in the parade were of local area law enforcement local area veterans riding on three separate floats, colorfully dressed girls from the Mitzli Foklorico dance group, the Bel Air High School Bagpipe band, the San Elizario HS cheerleaders, among others.

Grand Marshal for the 2024 Veterans Day Parade in the lower valley was Efrain Sanchez, an U.S. Army veteran, and Honorary Grand With a brisk morning breeze and Marshal was Deacon Pilar Grijalva, of San Elizario.

After the parade, about a couple



OUT IN FRONT - San Elizario High School Navy JROTC Color Guard, above, led the way See SAN ELI, Page 5 during the 2024 Veterans Day Parade in the Lower Valley.

Mail-in ballots becoming an election nightmare

states can't count votes in a timely manner.

is not complicated and requires no advanced engineering.

accurately through all of our history, yet it is at this moment that we've hobbled our ability to complete this simple task.

We no longer have Election Night; we have Election Days. In 2020, the general election was held on Tuesday, Nov. 3, but most media organizations didn't call it until Saturday, Nov. 7.

This kind of delay is a national embarrassment. It completely unnecessary.

The culprit is early voting, or how some states

Elon Musk can land a rocket booster back at the go about processing – or more accurately, not to unfolding the launch tower minutes after it takes off, but swing processing – the early vote. Only in government ballot itself. is it possible to have people do something well in Unlike recovering a rocket booster, vote-counting advance and still have it end up delaying everything, out of easily fixable bureaucratic ineptitude.

Consider Pennsylvania. It embraced no-excuse We've managed to do it expeditiously and mail voting in 2019 without making the necessary changes to count these ballots in a timely manner.

> In their wisdom, the Pennsylvania authorities don't allow election employees to begin processing the early and absentee vote until 7 a.m. on Election Day, ensuring that they can't cope. (There is something else important happening on Election Day – yes, you guessed it, the administering of an election.)

There are a lot of steps that go into the so-called creates uncertainty and breeds distrust, and is also precanvassing of mail and absentee ballots, from confirming that the outer envelopes are signed and dated to opening the outer and inner envelopes

Most states allow this work to happen before Election Day

because that's the rational thing to do.

Lawmakers in Pennsylvania have deadlocked along partisan lines over whether, and how, to do the same. Republicans have wanted a voter ID requirement as part of a change to the process, while Democrats have opposed that provision. So, the Keystone State will once again conduct its vote counting in an absurd manner that ill-serves the nation.

(Some Republicans worry that precanvassing will allow Democrats to learn how many fraudulent votes they need to produce to win. Precanvassing

See LOWRY, Page 7

Food for thought By John Grimaldi

Creating 'woke warriors for social justice causes'

manager at the medical education, watchdog organization Do No clinical practice." Harm. Earlier this week, Do

"Since the dawn of time, it's for America podcast, Serio she said, "we're doing that at science," she asserts, urging they're taught to use in their been accepted that there are explained that her organization the expense of best practices parents and grandparents to men and there are women, there represents physicians, nurses, are boys, there are girls. These medical students, patients, are just a simple basic fact of and policymakers. Do No in science, are now being put it, "doctors and nurses life," so says registered nurse. Harm is focused on "keeping replaced by political agendas. have always been well trusted decades and decades of what Beth Serio, external relations identity politics out of medical In fact, she says, medical in their professions because has always been, traditionally, research,

Beth discussed what she over patient care. No Harm launched a database described as the "alarming Weber, CEO of the Association When we allow ourselves to and the host of the *Better* of areas of social activism,"

for our patients." She warned that medical issues grounded and schools are training doctors to prioritize identity politics

Beth emphasizes identifying 225 hospitals that rise of DEI [Diversity, confusing a child's sex and offer sex-change services. In Equity, and Inclusion that allowing them to choose their an interview with Rebecca is undermining patient care. gender, instead of focusing on biological facts, leads to of Mature American Citizens get led astray in these kinds dangerous consequences in medicine. "We follow the

protect their children from harmful ideologies. As she we follow the science. That's what we're supposed to do that allow ourselves to get led astray, due to social activism, because we follow the science we're doing that at the expense and when we allow ourselves of our patients."

in sound medicine and instead justice causes.

It impacts the language that to help people."

schools and in their practices and taught to see everything through this very racial lens, which is a huge, turn from the in medicine."

Beth explained that "doctors in healthcare. And when we and nurses have always been trusted in their professions to be led astray in social She warned that "DEI activism, we're doing that at is taking over in medical the expense of best practices schools and in health care for our patients. And that really institutions. We're taking a trickles down, from the tops of step away from teaching and these institutions that push these training doctors and clinicians agendas down to your average doctor or nurse who probably is we are teaching them to be not an activist but who became woke warriors for social a doctor or a nurse because they care about health and they want



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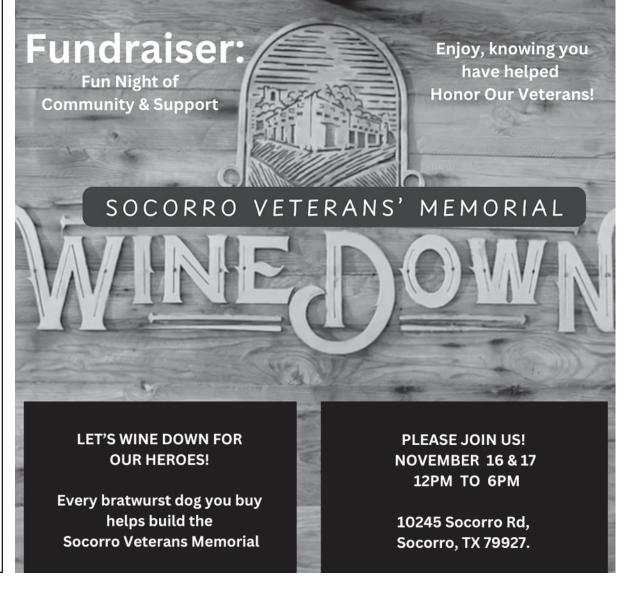
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Contributors Alfredo Vasquez Steve Escajeda







Montana Ave. waterline project nears completion

By Adam Holguin Special to the Courier

traveling westbound Montana Ave. Paisano Dr., the sight of orange traffic barricades has has become one of the most open-trench." challenging that El Paso Water has recently undertaken.

Bassett Place its doors in 1962 on what custom-made tubing liner was once east El Paso and is inserted into the existing renovations and expansions in place, extending the lifespan its lifetime. The waterline just of the pipe more than 50 above it on Montana is now years. For post-World War undergoing its own.

consists of the rehabilitation is favored versus complete of a 70-plus-year-old, 12-inch replacement of pipeline. cast iron waterline from Casa Lane to Mescalero Drive. A waterline brought with it unique method will be used a cascade of challenges. to rehabilitate the waterline "Establishing the bypass, on a stretch of Montana isolating the line and exposing Ave. – or U.S. Route 62 – that is from a bygone era. been difficult," Catbagan said. This highly trafficked and "All these factors combined developed Texas Department of Transportation right-of-

way has water infrastructure located beneath it, the first of many obstacles to overcome.

"This is my first water project EL PASO - For drivers using the cured-in-place pipe on (CIPP) method," said James between Catbagan, Construction Airway Blvd. and East Superintendent and project manager. "It has been used on wastewater rehabilitations. been a staple of the summer. We chose the CIPP method That rehabilitation project because it is less invasive than

CIPP is a trenchless rehabilitation method used to opened repair existing pipes. A new undergone numerous pipe, cured and hardened in II infrastructure across the The Montana Ave. project country, the CIPP method

The age of the existing existing connections have

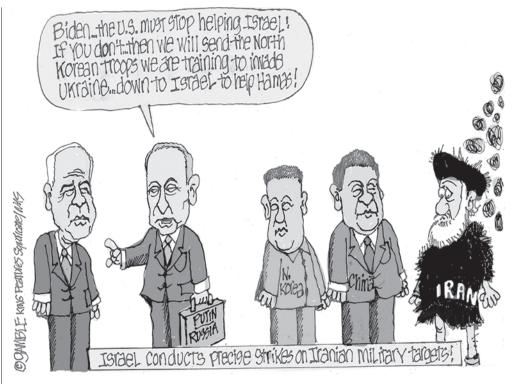
See WATERLINE, Page 4



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WHAT YOU SHOULD WEAR WHEN POLITICAL EXPERTS PREDICT A SUNNY DAY...







- Photos courtesy El Paso Community College

HIGH FLYERS - Flight Paramedics luzuny Garcia, left, and Juan Miramontes, right, are both El Paso Community College graduates.

Paramedics

From Page 1

to fly, coming in 2012 in Saudi Arabia. Juan then worked in Oatar for nine years for Hamad Medical Corporation Ambulance Service, flying domestic and international missions world-wide. Juan and his wife, Maria, a 2013 EPCC Nursing Program graduate, had two children while living in Qatar, so they Aviation at the El Paso International the Air Methods/EPFD partnership.

them to be closer to family in El Paso.

"EPCC helped me prepared for this Paso with a new Helipad. role by offering exemplary education and training," Juan Miramontes said. "A big Health/ems for more information on thank you to Mr. Tony Ayub, program EPCC EMS, the Emergency Medical director and his team of instructors like Services Program. Carlos Prado, who instilled the knowledge challenging career."

jumped at the chance Air Methods gave Airport but will soon be transitioning to a new home at Fire Station #35 in East El

> Visit www.epcc.edu/Academics/

Visit www.airmethods.com/pressand confidence in me to succeed in this releases/air-methods-partners-with-elpaso-fire-department-to-open-new-air-Firestar is currently housed at Atlantic medical-base/ for more information on

By Lucie Winborne

- · Alcohol is considered a performance-enhancing drug in most shooting sports, as it calms your body down and allows you to shoot straighter.
- The universe has a color, but it's not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies. It turns out the universe is, on average, kind of beige. They named the shade "cosmic latte."
- In a 2008 survey of British teens, 58% of the respondents believed Sherlock Holmes was a real person, while 20% said that Winston Churchill was not.
- · When asked if her husband Abe had any hobbies, Mary Todd Lincoln responded, "Cats."
- Amelia Earhart and Eleanor Roosevelt once sneaked out of a White House event, commandeered an airplane, and went on a joyride to Baltimore.
- The Karni Mata Temple in Deshnoke, India, is home to 20,000 rats who are believed to be descended from an incarnation of the Hindu goddess Durga.
- · According to NASA, it possibly rains glass on the planet known as HD 189733b.
- The first baseball caps were made from straws and worn by the New York Knickerbockers in 1849. A few years afterward, the first merino wool baseball caps were put into circulation.
- · Some traditions hold that walking backward while wearing your clothes inside out will allow you to see a witch on Halloween.
- In ancient Rome, lemons were used as an antidote to all poisons.
- One of the world's largest stockpiles nuclear of weapons is located at a U.S. Navy base near Seattle, which is partially defended by trained dolphins.

· The highest mileage on a

single car is over 3 million

miles.

Thought for the Day: "History, despite its wrenching pain,

cannot be unlived, but if faced with courage, need not be lived again."

- Maya Angelou

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Waterline

From Page 3

to 70-year-old valves can bypass to be connected. and did malfunction. Several completed isolating the waterline.

an aboveground temporary bypass was established along the median.

Also, the accuracy of as- own built records versus the actual Felipe Lopez, Utility Chief location of connections can EngineeringOfficer-Technical differ, crews learned. The Practice. "Engineering is all transition to digital records about meeting a challenge and from plans that were designed overcoming it." and drafted by hand is often shovels hit the ground.

Older connections were encased in concrete, not the flowable fill we use today. Jackhammers and other into a longer-than-expected specialty tools were required construction timeline." 60 to access connections for the

These arduous aspects made unplanned valve replacements a complex project even more before challenging. But the end is in sight. After laborious To complete this project with preparations and battling a minimal service interruptions number of issues, the pipeline for customers along Montana, rehabilitation is progressing and almost complete.

"Every project is unique, and every project has its challenges," said

The first sections of imperfect. The exact locations custom-made, cured-in-place shown on as-built records lining were installed in midproved to be unreliable when September. Once all sections are installed, reconnecting

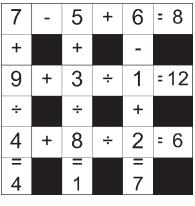


LET IT FLOW - An aboveground bypass along the median of Montana Ave. by Bassett Place maintained water services to customers along Montana Ave. throughout the project.

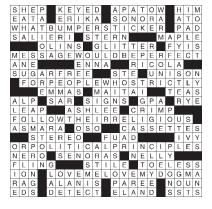
line will commence.

After final the Montana rehabilitation project should years," Lopez said.

customers to the rehabilitated be complete before the holiday season. "This is a very critical testing, line; a very old line and we'll waterline extend its life by at least 50







CryptoQuip Answer

When Laurel came up with a scheme to flimflam his comedy partner, it was a fool-Hardy plan.



Moments

THE HISTORY CHANNEL

- On Nov. 11, 1831, Nat Turner, an American slave and educated minister who believed that he'd been chosen by God to lead his people into freedom, was hanged in Jerusalem, Virginia, for leading a revolt with 75 followers through Southampton County, killing about 60 white people.
- On Nov. 12, 1969, investigative journalist Seymour Hersh revealed the extent of the U.S. Army's charges against 1st Lt. William L. Calley at My Lai, Vietnam, in a cable picked up by more than 30 newspapers, saying that "The Army says he [Calley] deliberately murdered at least 109 Vietnamese civilians during a search-and-destroy mission in March 1968, in a Viet Cong stronghold known as 'Pinkville.'"
- On Nov. 13, 1979 Philadelphia 76ers center Dawkins leaped Darryl over Kansas City Kings forward Bill Robinzine for a memorable slam dunk that shattered the fiberglass backboard. His equally memorable comment on the move, which was not his last and the sound of which spectators likened to a bomb going off: "It wasn't really a safe thing to do, but it was a Darryl Dawkins thing to do."
- On Nov. 14, 1882, outlaw Frank "Buckskin" Leslie shot and killed Billy "The Kid" Claiborne, who had publicly challenged him, in Tombstone, Arizona.
- On Nov. 15, 1984, Baby Fae, a month old infant who received the world's first baboon heart transplant, died at California's Loma Linda University 20 days after the operation. Three other people had received animal heart transplants, but none survived longer than a few days.
- On Nov. 16, 2001, British author J.K. Rowling's most famous and beloved creation, the bespectacled boy wizard Harry Potter (played by Daniel Radcliffe in his first major role), made his silver-screen debut in "Harry Potter and the Sorcerer's Stone," which went on to become one of the highestgrossing movies in history.
- On Nov. 17, 1903, the Russian Social Democratic Labour Party split into two factions: the majority Bolsheviks and minority Mensheviks. The Bolsheviks went on to become the Communist Party of the Soviet Union.

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Photos by Alfredo Vasquez

HONORING SEVICE MEN AND WOMEN - San Elizario Veterans Committee, sponsors of the annual Veterans Day Parade in the historic community, are promoting a movement. As displayed in the banner above, they claim El Paso County as the Veterans Capital of the USA and Where Every Day is Veterans Day.

San Eli

From Page 1

gazebo, which is located in the center of the tree-filled park, where a ceremony officers Norma Reyes and Ray Borrego. president of Cultural Heritage Society

around the large white, wood-framed Reserves; and Antonio Soto, US Army.

Masters of ceremonies were SEVC commissioner, was held in observance of the special San Elizario Mayor Miguel Chacon of El Camino de Tierra Adentro.

occasion. Honored in this year's event delivered the welcome remarks. Guest were veterans Alfredo Flores, USMC; speakers included Tony Gonzales, U.S, Daniel Herrera, US Army; Isaias Ordaz, Congressman; Mary Gonzalez, state US Army; Allannah Sanchez, US Army representative; Ricardo Samaniego, county judge; Iliana Holguin, county and Al Borrego,



COOL RIDE – Local area veterans ride on a float in the observance of the annual celebration.



FLASHING A SMILE - San Elizario's Veterans Day Parade Honorary Grand Marshal, Deacon Pilar Grijalva rides on one of the floats.



THE PIPES ARE CALLING - Above the Bel Air High School Bagpipe Marching Band plays for the crowds standing along the parade route.

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UTEP knows that the key to winning is the wallet

By Steve Escajeda Special to the Courier

The UTEP Miners received some very good news a couple months ago when they learned that they were invited to join the Mountain West Conference in 2026.

This is the move they've been looking to make ever since the Western Athletic Conference broke up 25 years ago to form the MWC. Only problem was that the league members made the more money to come to their school. move without including UTEP.

Well, I guess 25 years is enough time more money to join their teams. for El Paso to forgive those scoundrels and rejoin them once again.

Anyway, this is good for the Miners. The fans will be more interested in opponents like New Mexico and Wyoming and Air Force and Hawaii and Nevada and San Jose State.

There's no doubt that the Mountain West has more prestige than Conference USA, it'll have a bigger TV deal than Conference USA, and have better talent than Conference USA.

But that presents a problem for UTEP. All this better competition means that the Miners are going to have to improve their sports programs.

Because let's face it. Right now, they can't even compete in CUSA.

And when I say compete, I mean the two money-making sports, football and men's basketball.

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1	4	2	8	7	6	5	3	9

surrounding college athletics today has to do with money. Money to create better facilities, money to buy better equipment and money to get better players.

Since the NCAA started allowing players to be paid for their name, image and likeness (NIL), colleges around the country are falling over themselves trying to raise more money than the other guy.

This way they can offer the recruit Just like pro teams offer free agents

a bunch more money than it has in the past if it wants to compete with the bigger boys in the MWC.

That's why the Miner Collective, the organization that has been raising money for the UTEP men's basketball team, merged with the Goldmine Collective, which raises money for all UTEP sports.

The idea was to give everyone a kind

be the place where businesses, families and individuals donate.

program are going to have to come up with some innovative ideas to increase revenue.

And they've already started.

the program told me, there are those individuals and family members who can afford to give \$10,000 or more, but they wanted to come up with an idea to get the average fan involved.

What they came up with is the 915 And UTEP knows it has got to raise Campaign, which will allow anyone to give as little as \$9.15 a month to the collective for a year. The goal is to get 915 people to give \$9.15 a month for a year.

> That may not sound like a lot of money, but when you do the math, more money. that comes out to over \$100,000. And imagine if there's many more.

There are other things in the works, of one-stop-shop to go to if they want like the collective has opened a store not, the most money wins.

Unfortunately, all the success to contribute to the athletic programs. where fans can buy UTEP Miner The Goldmine Collective will now gear, and all the proceeds go to the collective.

> They are also working on, of course Of course, the people who run the this is for the big donors, opportunities to sit down and meet with coaches like Joe Golding and Scotty Walden, or even players.

> I think what the athletic department As one of the people in charge of is attempting to accomplish is a great thing. Well, to be honest they don't have a choice.

> > The football team just won its second game of the season last week and the basketball team got crushed by Utah Valley by almost 30 points.

> > There's no doubt that UTEP is going to have to drastically improve the type of athlete it recruits to compete at the level they'll compete in the MWC in just 16 months.

> > And that will take a whole bunch

I know it sounds kind of sleazy, that's only if just 915 people join in; but that's the world of college sports

Just like it is in life, more times than

Senior moment By Matilda Charles

Free Covid tests available again

Here we go again. Another winter, another Covid variant. they've already extended the dates for all the test kits This one is called XEC, and it's emerging as a common they're sending out right now. The dates won't be far out, one right now, taking over from variant KP.3.1.1. It's time but should get you through several months of testing. to get out those at-home Covid test kits and keep them handy.

The problem with the test kits is that all the free kits we've ordered the past few years are now expired and don't have any additional extension dates. Some of us, to keep the tests on hand at home, have spent a lot of money at the drug stores to buy some. Now, thankfully, the government is releasing millions of kits from their stockpile to be sent out for free to those who want them.

If you'd like to order free test kits, don't delay. Go online to CovidTests.gov and, as in prior years, you can sign up to receive four test kits. Those will be delivered by the Post Office.

Brace yourself when you receive your test kits – the expiration dates will likely have come and gone. However,

To check the expiration dates of the tests you receive, go back to the CovidTests.gov ordering site and click on "FDA's list of extended expiration dates." Scroll down to find your tests and mark the box with the new expiration

We're told that the older tests kits will still be effective

Stay healthy!

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"TENETS, ANYONE?" **ACROSS**

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- 5 Tense, with "up" 10 "This Is 40"
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- 9 Tranquilizer shooter 10 Pippi Longstocking creator Lindgren
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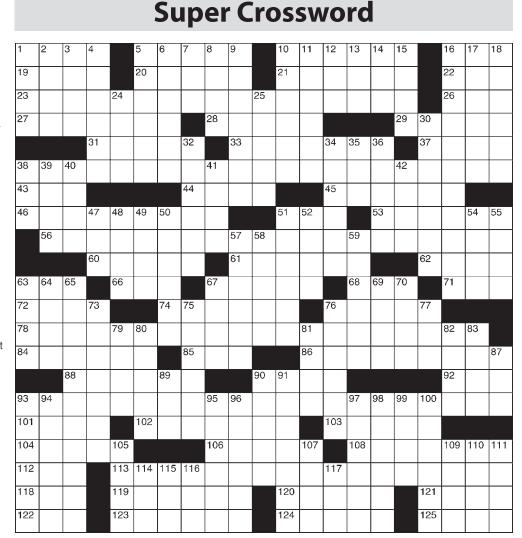
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117 Noted period

Answer Page 4

on the current Covid variations that are out there now.

If you or a family member should test positive and wonder how you'll pay for treatment, scroll down that same CovidTests.gov page and see the link to available treatment options and the patient assistance programs.

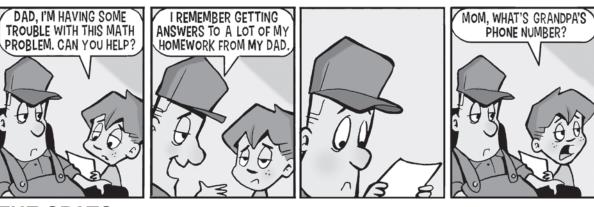


Comix

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

doesn't involve the actual tabulating of ballots, it is the norm.)

It'd be one thing if we didn't know the results in Alabama or Massachusetts, states Presidential and Senate (except Arizona) races. with Pennsylvania, as well as Wisconsin and on the election map.

a model. It has a massive early vote, and yet did finally call it's Senate race on the 11th. rapid tabulating. Counties in the state process early ballots before Election Day. It helps that the state doesn't allow ballots arriving after 7 p.m. on Election Day to be counted, avoiding the problems of states that, foolishly, permit post-election ballots.

California is the opposite of Florida in this, as in so much else. The Golden State has made a practice of overwhelming itself with Rich Lowry is editor of the National Review. mail-in ballots. It still hadn't counted a third ©2024 by King Features Synd., Inc.

of its ballots after Election Day in 2020, and kept counting for weeks. This year, ballots arriving up to a week after the election will be considered valid. A Democratic assemblyman told the AP that the state doesn't need to please though, and there is zero evidence that it has "a society that wants immediate gratification," abetted widespread fraud in other states where as if there's something wrong with expecting expeditious, reliable election results.

The 2024 call was fairly expeditious for the that are deep red or blue, on election night. But Those races were not as close as the Dems and polls predicted. But not so the House of Arizona, likely to have delays, we are talking Representatives. The final count for the House about the very most sensitive, important states was not finalized as of noon on November 11. 18 seats were still undecided, including seats An erstwhile swing state, Florida, provides in California, Oregon and Arizona. Arizona

It might seem facetious to say that Elon Musk will manage to send a rocket to Mars before states figure out how to eliminate intolerable delays in the vote count, but with Musk hoping to do that just a couple of years from now, it's almost certainly true.

Helpful tactics for a new sleeping schedule

DEAR DR. ROACH: I just retired from working the graveyard shift for 40 years. I am hoping you can share

some information on how to safely learn to sleep at night once again. -E.H.

Changing your body's circadian rhythm isn't always easy, and after such a long time, it will take longer for you. But it shouldn't be as difficult as you might fear. When people fly to the other part of the world, they need to



get accustomed to a new sleep schedule, and it usually doesn't take more than a week or two for them to get accustomed. For you, it will be difficult learning to be up during the day, which is more of a behavioral issue than a circadian-rhythm issue.

The first advice I give is to push your internal time clock forward, not backward. Try to stay up two hours or so later each day until you get to a bedtime that works with your family (if appropriate) and goals. Your body has an easier time moving forward than backward.

Bright light can be your friend or your enemy. You want bright light when you wake up, not right before bed. Computers, phones and tablets all put out light that signals your brain to wake up, so don't use these before bed. Making sure that your bedroom is dark when you want to sleep is something you probably have already done, but it's still worth mentioning.

Caffeine is very helpful to a lot of people, so if you partake, do so when you awaken, not before bedtime. Some people metabolize caffeine slowly, so if you do, don't have any caffeine for at least 8 hours before planning to go to sleep.

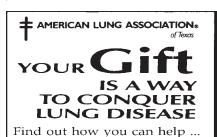
DEAR DR. ROACH: Recently, I had COVID and was given Paxlovid. I am a 74-year-old woman with a 25-year history of a fibromyalgia-type disorder, along with rheumatoid arthritis and a few other problems. I was expecting to feel worse after taking Paxlovid, but I was quite surprised that I felt much better. The COVID symptoms were gone in 24 hours, and for the first time in years, I had energy. The fibromyalgia symptoms were gone, too. This lasted for four days, then it was back to reality. Once I stopped Paxlovid, the symptom relief halted as well. Have you ever heard of this? -F.P.

Yes, this is well-reported among the fibromyalgia community. It's not at all dissimilar to what I have heard from some patients about feeling better after getting antibiotics for an unrelated condition.

As far as I know, nobody has a definitive answer as to why this happens. I doubt very much that it is an effect of Paxlovid. Many people have tried using antivirals or antibiotics for fibromyalgia, but it does not seem to be helpful. Some authorities have speculated about it suppressing other viruses, but this isn't likely either. It seems that not only do people feel relatively better after being very sick with COVID, people report being able to do activities that they hadn't been able to do before.

I'm sorry that I don't have an answer as to why this happens. A diligent search doesn't lead me to any great insight. Obviously, a better understanding of these types of conditions would be great if it could lead to more effective treatments.

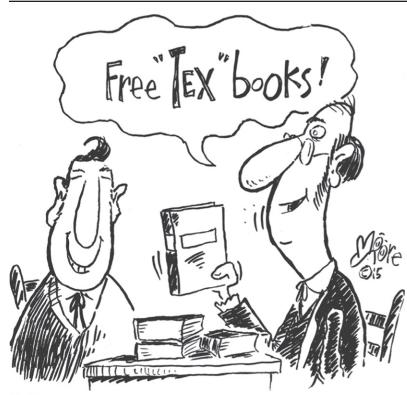
Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ©2024 To Your Good Health (a) med. cornell.edu. North America Synd., Inc. All Rights Reserved.



When you lose someone dear or when a special person has a birthday, quits smoking, or has some other occasion to celebrate memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

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Moore Texas by Roger Moore

The first free Texas schoolbooks were issued by San Antonio schools in 1828.

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 L

HGDV QFRBDQ MFJD RO HPLG F KMGDJD LT CQPJCQFJ GPK MTJDWX OFBLVDB, PL HFK F CTTQ-GFBWX OQFV.

Answer Page 4

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Weekly **SUDOKU**

by Linda Thistle

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



Pandemic fraud and scams

by Freddy Groves

to exploit the critical needs of hospitals and doctors. criminals aren't too bright.

There was the medical supply company that were misbranded, trying to Health (NIOSH)-approved N95 masks. The thieves gathered up their fake masks from miscellaneous off at inflated prices. When the masks were counterfeit. NIOSH tested the masks. the scam was discovered and PPE and sold them because the masks couldn't for a cool million dollars. pass the filtration tests.

agencies, including the VA's diverting \$180,000 of it for Office of Inspector General, his own use. came together in this effort to investigate and prosecute it almost wasn't worth the thieves. Between the the thief's time: A woman

and the interstate commerce, protection loans for two the authorities had a good case for pandemic-related defrauding and conspiracy.

When the case goes to court, the scam was \$41,000. The Covid pandemic has selling misbranded medical been a pot of gold for thieves equipment alone could net learn? The thieves eventually and scammers who want the thieves a fine of a half a million dollars. Adding in the interstate commerce and As usual, however, the price gouging could tack on additional fines and years in prison.

Then there was the guy conspired to sell masks that who tried to sell millions of dollars of personal protective pass them off to hospitals as equipment to the VA. The genuine National Institute scam was pretending the of Occupational Safety and company was an authorized distributor of the PPE. They even generated a fake website and email address. The goods that were sent out sources and shipped them were non-conforming and

Another guy stole gloves Another scammer stole the Awholealphabet of federal relief funds he received,

In one scam, however,

price gouging, the fake masks was given two paycheck businesses she owned except she didn't own a business. All she got out of

> When are they going to get caught, and we have the VA OIG and other alphabet agencies to thank for it.

> > ©2024 King Features Synd., Inc.



- · There are many uses for empty Tic Tac containers. Here are three: Wrap with pretty paper and use as a tiny vase for a single-stem flower. Or, separate small scrapbooking supplies in them. Last, thread two needles with a length of thread - one white and one black. Poke the needles through a small square of paper and wrap the thread around the paper. Slip into the container for a travel sewing kit.
- · "Need your nails to dry in a hurry? You can use the cool setting on your hair dryer. It works really fast." - L.E. in Georgia
- · To get a couple more days out of your cat litter, clean the box out and mix in a cup of baking soda.
- Remove mildew plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.
- "We have a playroom, and the kids argue about who made what mess and who should clean up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else. (Pay back is not kind.)" - Aonymous
- If your vacuum has a paper filter, spray it with your fave perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

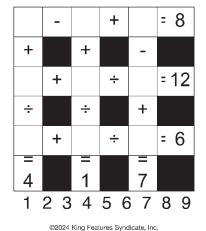
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GO FIGURE!

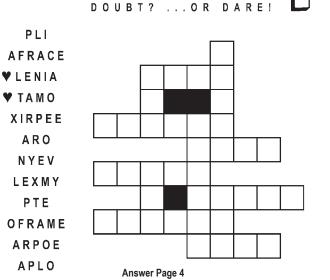
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult ★★★ GO FIGURE! 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.