



## NEWSBRIEFS

### Social Security tools

Understanding how Social Security helps wounded warriors, and children and adults with disabilities can lead to greater empathy and provide a path to inspired learning. Our online learning resources for educators are great for teaching people about Social Security. Chances are a student will know someone who receives retirement or disability benefits. This could be a way to relate our many programs to a new audience, and show them that our programs help people other than retirees. We offer an educator's toolkit to engage students and educate them about our programs. Use the toolkit to create your own lesson plan. The toolkit includes:

- Lesson plans with objectives;
- Infographics and handouts for each lesson plan;
- Links to Social Security web pages;
- Talking points; and
- Quiz questions and answers.

Visit [www.ssa.gov/thirdparty/educators.html](http://www.ssa.gov/thirdparty/educators.html) for the toolkit.

— Ray Vigil

### Credit card debt

After a record-setting year for credit card debt reduction in 2020, U.S. consumers are once again adding new credit card debt by the billion, racking up \$45.7 billion during Q2 2021, according to WalletHub's latest *Credit Card Debt Study*. That is an all-time record for credit card debt added during the second quarter of a year, and WalletHub now projects that consumers will add a total of \$100 billion in debt during 2021. The rise in debt is not uniform across the country, though, as some areas have bigger payment problems than others. With that in mind, WalletHub compared all of the states based on how much residents owe to credit card companies — specifically, how those balances changed in Q2. Please find key takeaways below, along with commentary from WalletHub experts (audio and video files included). Texas had the second largest increase in credit card behind California. More information:

- **Texas Debt:** The average household in Texas owes \$9,516 in credit card debt, following a \$438 Q2 increase.
- **Record Q2 Increase:** Credit card debt increased by almost \$45.7 billion during Q2 2021, an all-time record for the second quarter of the year.

Visit <https://wallethub.com/edu/credit-card-debt-study/24400> for the report.

— Diana Polk

*Many people are so filled with fear that they go through life running from things that are not after them.*

— Quips & Quotes



— Photo by Alfredo Vasquez

**HELD AT BAY** – El Paso County Commissioners Court reduced its current tax rate for the upcoming fiscal year ensuring that county residents will not see increases in their tax bills this year. Commissioners pointed to the global pandemic as a reason for not increasing the effective tax rate for 2022.

## Commissioners reduce property tax rate for 2022

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – El Paso County Commissioners Court voted unanimously recently to reduce the county's property tax rate by 3.6 percent. County officials are now preparing for the 2022 budget adoption to go into effect on September 27.

As a result, the County of El Paso will not increase taxes but instead will reduce the tax rate for the next fiscal year, resulting in savings to El Paso County taxpayers. Even with the increase in property values countywide, the vote means a reduction in rate.

El Paso County's tax rate was \$0.488 per \$100 taxable property value; commissioners voted to adopt the rate as \$0.47 per \$100 taxable property value. Furthermore, county officials asserted that the commissioners are also making every effort to ensure that the continuity of services are not only maintained but returned to pre-pandemic levels. This includes routine equipment replacement, continued road maintenance and enhancements, as well as other projects that will further enhance flood control efforts and economic development, they cited.

"As elected officials, it is our responsibility to the taxpayer to do everything possible to provide financial relief as we continue to navigate through the unforeseen challenges of the pandemic, while still providing exceptional public service to meet our community's ever-changing demands," County Judge Ricardo Samaniego stated in a news release.

This is the second time in five years that the commissioners court lowered

the property tax rate. In 2018, the commissioners court voted 4-1 to lower the property tax rate from 45 cents to the effective tax rate of 44 cents per \$100 property valuation.

"The pandemic has given folks enough to contend with," County Commissioner David Stout said in a news release. "Homeowners shouldn't have to worry about finding extra money to pay their property taxes, given these facts."

The average market value of a single-family home within El Paso County limits increased by more than ten percent, according to data from the Central Appraisal District. The county's tax rate makes up about 16 percent of

the total property tax dollars collected in El Paso County.

More than 80 percent of every tax dollar collected goes to other governmental entities to cover costs of services other than those provided by El Paso County, such as public schools, city-run operations, the county hospital district, and local community colleges.

Commissioner Iliana Holguin stated that she is proud to have led the effort to reduce the tax rate for El Paso County residents and pointed to the ongoing pandemic as the primary reason for trying to alleviate the tax burden for its citizens as much as possible.

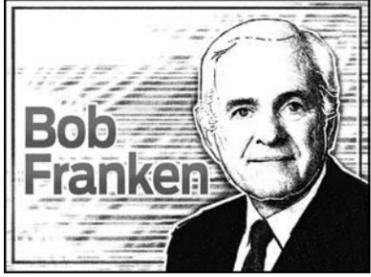
"We must not forget that we are still enduring a global pandemic and that many of our residents are still suffering financially," Holguin stated. She added that according to the El Pasoans Fighting Hunger food distribution organization, approximately 12,000 families per week were still in need of food assistance throughout the month of July to keep their families fed.

Holguin also pointed out that the county's rental assistance program had committed close to \$1 million in rental assistance to families still struggling due to COVID, and another nearly \$1 million in utility assistance. "El Paso County families still need help, and now is not the time to increase the tax burden on our citizens. In fact, we need to try to reduce the tax burden and help our residents keep more money in their pockets," she related.

Next year's \$463.2 million budget also includes \$11.5 million allocated for storm water improvements throughout the county, nearly \$1 million for rural transit expansion, and \$9 million for mobility projects, county officials noted.



County Judge Ricardo Samaniego



# Deceitful hypocrisy

pandemic, this one preceded another one. It sometimes nearly every bit of modern really means “It’s none of your communication – certain business!” My daughter and cliches that are not only empty and meaningless, but signal I have a word game when we an insincerity, or even outright text. If she uses the expression lies, will follow. I’d almost “Thank you for asking,” I’ll prefer an honest “I hope you’re suffering!” reply, “Thank you for thanking me.” Like most children, my daughter humors her dad.

“Thank you for asking” is But the newsbiz is crawling

“I hope you are well.” The variations of that hackneyed expression are endless, but you get the idea. Even before the

with phony-baloney expressions. The cable news channels have a slew of pundits who they pay to make controversy. But when they do and go too far – that is to say, the network’s bottom line is affected – you can bet that the one who is compensated to offend will be ordered to apologize or say he “misspoke,” whatever that’s supposed to mean.

It’s a precarious occupation. Just ask former U.S. Sen. Rick Santorum, who ran for president twice and semiretired to be a professional mudslinger on TV. But he just lost his semijob at CNN when he offended advocates for Native Americans. In a speech – not on CNN, by the way – Santorum said that when American settlers arrived from Europe, they “birthed a nation from nothing,” that “there was nothing here,” ignoring all the tribes and their civilizations. That caused an uproar, as one might imagine. Comments like “insensitive reporting directed at Indigenous people” flew through the air.

You knew Santorum was in trouble when he retreated to the “misspoke” word. And then he went on to really grovel: “People say I’m trying to dismiss what happened to the Native Americans. Far from it. The way we treated Native Americans was horrific. It goes against every bone and everything I’ve ever fought for as a leader in the Congress.” That’s the equivalent of “That’s not who I am,” which an offensive offender delivers, sometimes tearfully, when he is caught with his hands in the cuckoo jar saying something utterly stupid.

CNN decided that it was too stupid for even a pundit/ former senator/former two-

time presidential candidate. So Santorum bit the dust. It was done quietly, no memo from upper management to “wish him well,” which is another platitude that translates to “May he burn in hell.” But Rick Santorum confirmed it himself, on Twitter, of course:

“When I signed on with CNN, I understood I would be providing commentary that is not regularly heard by the typical CNN viewer. I appreciate the opportunity CNN provided me over the past 4 years. I am committed to continuing the fight for our conservative principles and values.”

That tweet is so riddled with banalities that it belongs on the all-star roster of cliches. His comments combine to say, “Hey Fox News, or Newsmax, or OAN, please hire me.”

If you’re wondering why I have such a sensitivity to hackneyed language, it’s because I grew up in the South. When somebody is bragging and the Southerner says, “Well aren’t you something?” she is really drawing, “What an idiot!” “Why, bless your heart” translates in Dixiespeak to “Big bloomin’ deal,” or words to that effect.

Let’s sum up: “I received your inquiry. Thanks for asking. And bless your heart, I hope you are well and hope you are well going forward. And good luck in your future endeavors.”

Wrapping this up with two of my personal bests: We always welcome viewer/reader comments. (We don’t.) And the closing, Yours Sincerely. (We’re not.)

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[safercar.gov/TheRightSeat](http://safercar.gov/TheRightSeat)

1973  
**48**  
Years  
2021

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# President Biden's man-made disasters

President Biden arrived in office with the southern U.S. border secure and Afghanistan in a state of fragile equilibrium.

Eight months later, the border continues to be deluged with migrants overwhelming our capacity to properly house and process them, and we are evacuating our personnel from Hamid Karzai International Airport in Kabul overrun by desperate Afghans fleeing the Taliban.

The crisis at the border and the stunningly swift defeat in Afghanistan are entirely on Biden. He took sustainable situations and overturned them out of ideological fixity and fantastical wishful thinking.

The outcomes were utterly predictable. Indeed, anyone who knew anything about the border or Afghanistan warned what would happen.

The debacles haven't been the product of forces beyond Biden's control; events didn't take a hand, he did. These are man-made disasters.

Throw on top the crime wave in U.S. cities that is a product of the left's enthusiasm for fashionable anti-cop sentiments, and the picture is of a party that is unable to maintain order or rationally calculate the downside

consequences of its rhetoric and policies.

One hallmark of the Biden approach has been laughably false assurances. He maintained at a press conference in March that there was nothing unusual going on at the border, when the historic surge had already begun. Only last month, he confidently predicted that there'd be no dramatic rooftop evacuations from Kabul, when a rapid collapse of the government was always a distinct possibility.

Then, there are the ineffectual warnings. Biden officials have repeatedly told migrants to stop coming to the U.S. border, when they have every incentive to continue to do so, and his representatives tsk-tsked the Taliban about sweeping to power by force – something that they have fought to do for 20 years – because it would supposedly harm the group's international image.

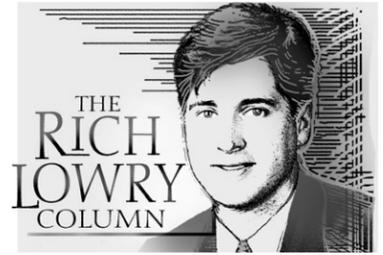
And, finally, the rank blame-shifting. Biden's team has outlandishly tried to argue that President Donald Trump somehow created the conditions for the border spinning out of control, when the truth is that Trump, after false starts, figured out how to get a handle on it. Biden points the finger at Trump,

too, on Afghanistan.

Here, he has more of a case – the so-called peace deal that Trump cut with the Taliban was a travesty that undercut the Afghan government. But nothing forced Biden, who has happily reversed field on most Trump policies, to abide by an agreement that the Taliban violated from the outset

or to execute a withdrawal that kneecapped the Afghan army in the midst of fighting season and a gathering Taliban offensive.

He was the one whose exit denied the Afghan army the U.S. air support and logistics it had always depended on, who left without securing a nearby base in the region, who didn't care



enough about Afghan allies who had risked their lives for us to ensure that they could get out of

See LOWRY, Page 7

## Food for thought By John Grimaldi

# A living will for your dying wish

"You don't have to be old and sickly to start thinking about the benefits of making a living will, but it's well worth giving it serious thought if you are a senior citizen," says Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

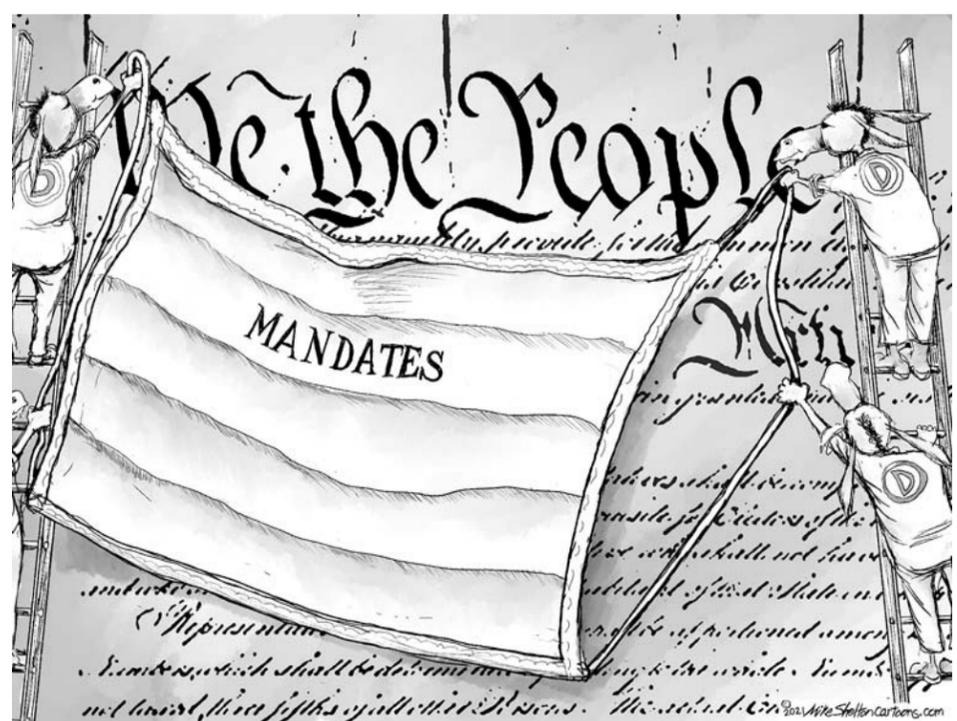
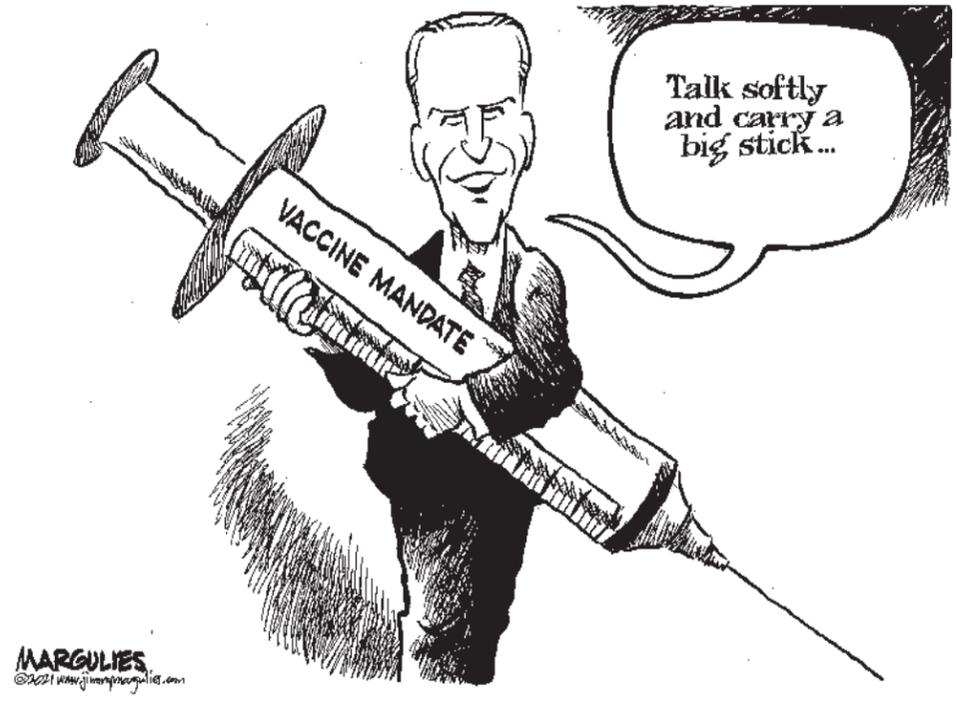
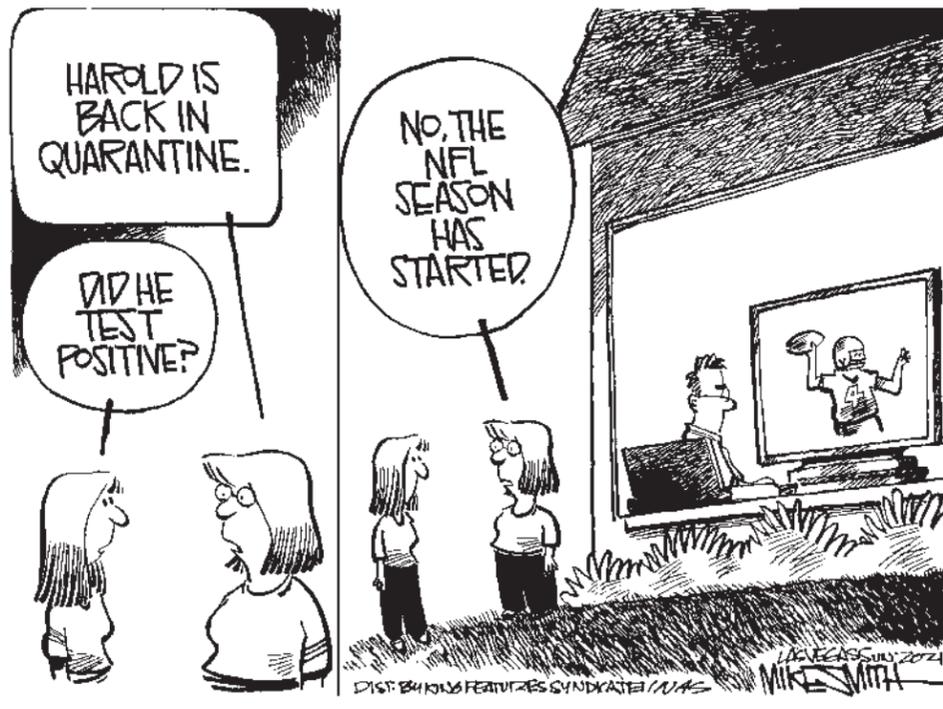
Weber explains that a "last will" is a document that lets you decide how your possessions, property and money will be distributed among family and friends when you die. A living will allows you to choose how you wish to be treated in the event that death is imminent and you are unable to communicate your wishes to your doctors and your family. "A living will does not go into effect if you are able to think and talk about the options you have, if you have been in an accident or are suffering from a dangerous illness. It only takes effect if you are incapacitated and cannot express your wishes."

You can find "do-it-yourself" living will templates on the Internet and while they are

relatively easy to complete, it's important to bear in mind that different states have different rules about preparing living wills and so you may want to consult an attorney. You may also want to discuss your decision to execute a living will with your family and your primary care physician. After all, if you are incapacitated and can't communicate your wishes to the attending medical team, you'll need someone to inform them that you have a living will. And should you have religious doubts or concerns, talk it over with your minister, priest or rabbi, says AMAC's Weber.

The American Bar Association (ABA) suggests you may also want to consider providing a close relative with your health care directive, specifically for medical decision making. The ABA also notes that: "The critical task in advance care planning is to clarify your values, goals, and wishes that you want others to follow if they must make decisions

See WILLS, Page 4



# GEMS Library Club builds relationships

By Jeannie Meza-Chavez  
Special to the Courier

SAN ELIZARIO – The pride and involvement of the Ann M. Garcia Enriquez Middle School (GEMS) Eagles continue to persevere. Last year, the Library Club managed to keep going with the encouragement of Librarian Ms. Idania Rodarte. This school year is no exception, and the Library Club continues to find innovative ways to be involved.

Librarian Rodarte started a library club in 2007 during her tenure at Alarcon Elementary School and continued the club at GEMS when she began there in 2013. The GEMS Library Club has approximately 20 active members. While there are no requirements to be a member of the Library Club, students can join through a reference from the school counselor.

Library Club members understand the importance of being involved and promoting literacy in the community. Librarian Rodarte states, “As educators, it is our responsibility to meet our students’ emotional needs. The Library Club has students express themselves, build relationships, and enjoy literacy.” The overall purpose of the Library Club is to provide a



– Photo courtesy San Elizario ISD

**FUTURE MOGULS – Miguel Rodriguez and Brandon Estrada spent a little game-time building a friendship, learning about time and chance along with property and money management in the Library Club.**

safe learning environment where students can flourish in reading, sharing ideas, and developing creative skills.

The students in the Library Club grew into positive leaders during the virtual setting. Since beginning school in person, library club members can engage face to face with their peers. Whether they help with monthly literacy meetings on their own time, lead breakout rooms in literacy fairs, or read

to elementary students, they do so with a genuine smile. Rodarte reiterates, “Library Club students have gained the confidence to be future-ready and are true GEMS that shine bright!” Librarian Rodarte says, “We are a club that embraces reading and each other’s differences.”

Library club members meet regularly to participate in independent reading, book talks with the librarian, art such as making stickers, free drawing,

origami, and social-emotional learning through card games, Jenga, building blocks, Monopoly, and puzzles. Librarian Rodarte states, “Students participate in activities that help boost their confidence and empower them to do anything their hearts desire.”

Students in the GEMS Library Club also help plan literacy events/projects, such as Poetry Month, Scholastic Book Fairs, the Family Literacy Fair, the San Elizario Comic-Con, and book displays.

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## Wills

From Page 3

for you, rather than trying to address every possible medical treatment. Workbooks such as *The Tool Kit for Health Care Advance Planning* can

help you: [www.ambar.org/agingtoolkit](http://www.ambar.org/agingtoolkit).”

Attending doctors are required to adhere to your wishes when presented with a living will and/or a close relative or friend with your medical durable power of attorney. By following your instructions, they are providing immunity for themselves should an unexpected lawsuit arise.

Finally, you should be aware that preparing and presenting your living will/advance directive is only part of the process of ensuring that your wishes are followed in an end of life situation. The Bar Association puts it this way:

- First, make sure your doctor understands and supports your wishes, and you understand your health state, likely futures, and options.
- Second, there is no guarantee that your directive will follow you in your medical record, especially if you are transferred from one facility to another. You or your proxy should always double-check to be sure your providers are aware of your directive and have a copy.
- Advance planning is an ongoing, evolving process. Review your wishes whenever any of the **Five D's** occur: (1) you reach a new **decade** in age; (2) you experience the **death** of a loved one; (3) you **divorce**; (4) you are given a **diagnosis** of a significant medical condition; (5) you suffer a **decline** in your medical condition or functioning.

*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.*

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## CryptoQuip Answer

Old series of popular children’s books that are now known to be fake copies: Spurious George.

## Strange BUT TRUE

By Lucie Winborne

- Kite flying is an official sport in Thailand.
- It’s not unusual to cry at weddings, but in certain parts of China, weeping is a required part of preparation for the big day. A month before they tie the knot, Tujia brides will cry for one hour each day. Ten days in, they’re joined by their mothers; ten days after that, grandmothers, and eventually other female family members. The practice is said to date to China’s Warring States era when the mother of a Zhao princess broke down in tears at her wedding.
- Fashion designer Michael Kors’ first project was a redesign of his own mother’s wedding dress, at her second marriage. He was 5 years old at the time.
- Too much sunlight can damage the algae that live inside shallow-water coral and are the main source of its sustenance. To protect this algae, the corals fluoresce, creating proteins that essentially serve as a sunscreen.
- The Greek national anthem consists of 158 verses.

• We all know hiccups can be annoying, but at least they tend to pass quickly – unless you were Charles Osborne, who began hiccupping in 1922 after a fall while attempting to weigh a hog before slaughtering it, and continued doing so for a total of 68 years. That’s an estimated 430 million hiccups!

• Leeches have a brain in each of their 32 body segments.

• Looking to expand your ice-cream palate? Masiwa, a cafe chain in South Korea, offers a black-hued, squid ink-flavored version, served in glasses with an octopus mascot.

Thought for the Day: “The path of peace is not a passive journey. It takes incredible strength not to open a can of ‘whoop-ass,’ justifiably, when one’s button is pushed.”  
– T. F. Hodge

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**Moments  
in time**  
THE HISTORY CHANNEL

• On Sept. 20, 1881, Chester Arthur is inaugurated, becoming the third person to serve as president in that year. In March, President Rutherford Hayes turned over the reins of government to James Garfield, who was assassinated July 2 by a crazed gunman. Arthur, the vice president, was sworn in the next day.

• On Sept. 21, 1866, H.G. Wells, pioneer of science fiction, is born in Bromley, England. In 1895, he published his classic novel "The Time Machine" about a man who journeys to the future. The book was a success, as was "The War of the Worlds" (1898).

• On Sept. 22, 1598, 26-year-old playwright Ben Jonson is indicted for manslaughter after a duel. He was very nearly hanged, but his ability to read and write saved him. He claimed "benefit of clergy," which allowed him to be sentenced by the lenient ecclesiastical courts. In his time, Jonson was as famous as Shakespeare.

• On Sept. 23, 1992, Manon Rheaume becomes the first woman to play in men's North American pro sports leagues when she takes the ice for the NHL's Tampa Bay Lightning in a preseason game.

• On Sept. 24, 1968, CBS airs the first episode of the pioneer newsmagazine show "60 Minutes," which would become the longest-running prime-time show in American television history. The first episode featured coverage of the Richard Nixon and Hubert Humphrey presidential campaigns.

• On Sept. 25, 1789, the first Congress of the United States proposes 12 amendments to the U.S. Constitution, and sends them to the states for ratification. Ten were ratified and are known as the Bill of Rights.

• On Sept. 26, 1928, work begins at Chicago's new Galvin Manufacturing Corporation. In 1930, Galvin would introduce the Motorola radio, the first mass-produced car radio. (The name had two parts: "motor," evoking cars, and "ola" derived from "Victrola" record players.)

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TO ALL  
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**The West Texas County Courier office is closed.**

**The office will open again on Friday, October 1, 2021.**

**Notice of Public Meeting  
To Discuss San Elizario  
Independent School District's  
State Financial Accountability  
Rating (FIRST)**

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, October 13, 2021 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District's rating on the state's financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees' Meeting.

WTCC: 09-23-21



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HISPANIC  
HERITAGE MONTH**

**Esperanza: A Celebration of  
Hispanic Heritage and Hope**

-  **Virtual Kick Off**  
September 23<sup>rd</sup>  
YouTube Premiere at Noon
-  **Virtual Mentors Recognition**  
October 14<sup>th</sup>  
YouTube Premiere at Noon
-  **Read In - October 6<sup>th</sup>**  
10 am to Noon  
Online
-  **Virtual Art Exhibit**  
September 23<sup>rd</sup> to October 14<sup>th</sup>

For links to our virtual events, please go to our web page:  
<https://www.epcc.edu/Services/Diversity>



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# If there's nothing offensive about your team mascot...

**By Steve Escajeda**  
*Special to the Courier*

Over the last couple years we've watched the Washington Redskins renamed the Washington Football Team and the Cleveland Indians redefine themselves as the Cleveland Guardians.

And we've seen many other teams change their nicknames and mascots to avoid the scrutiny that comes with today's cancel culture and the chance that anyone might be offended.

A recent change was made at Valparaiso University, which changed its nickname from the Crusaders to the Beacons.

To be completely honest with you, I hadn't heard a peep of any complaints about the word Crusaders. Apparently, as is the case in almost every walk of life in America now, a few people were offended because, as school president Jose D. Padilla put it, the term has been embraced by hate groups.

Why "Beacons," you ask? Padilla answered with the following statement.

"We are beacons of knowledge for our students' academic, social and spiritual growth. Above all, we are beacons of God's light around the world. We light the way for our students, so that once they graduate, they shine their light for others."

That's all fine and dandy, but we're talking about young adults who put a ball into a basket and kick a ball through a net.

When they're busy playing their sport, they're not going to care whether they're known as the Beacons or the Crusaders... even if they do shine their light for others.

Anyway, at this rate, there's no telling which teams are next in the "nickname changing" carousel.

All this being said, we certainly recognize that there are other team names that are offensive and we'd like to recognize them now.

The Miami Heat: Heat is a term used to

describe the police, and we all know how racist every single police person is. The Minnesota Vikings, Pittsburgh Pirates, Boston Celtics, Las Vegas Raiders and Tampa Bay Buccaneers: These are all plundering barbarians who stole, raped and killed their way through history. Dallas Cowboys: Which Americans are considered the mortal enemy of Native Americans? Need I say more?

Detroit Lions, Chicago Bears, Charlotte Panthers, Detroit Tigers, Cincinnati Bengals, Jacksonville Jaguars and Memphis Grizzlies: These big ferocious animals have been slaughtering smaller, weaker prey since they've been around. Green Bay Packers: Companies who use cardboard boxes to ship things do a disservice to this world by polluting the environment.

New Orleans Saints, San Diego Padres and Los Angeles Angels: Very simple, too religious. Phoenix Suns: Does anyone realize how many people suffer from skin cancer? New York Jets and Detroit

Pistons: Everyone knows that fossil fuels are killing this planet, and two of the biggest abusers are airliners and the family car.

New York Yankees: Yankee is a term that mostly describes white people from the northeast U.S. Where many of the rich one-percenters are from. Texas Rangers: Represent that reprehensible organization known as law enforcement. Atlanta Braves, Golden State Warriors, Kansas City Chiefs: All these nicknames represent Native Americans.

C'mon, It's only a matter of time.

Washington Nationals, Philadelphia 76ers, New England Patriots: Too patriotic and nationalistic. Everyone now knows how evil our forefathers were. Milwaukee Brewers: Do you know how many alcohol-related deaths have occurred in this country? San Francisco Giants: This is a blatant example of height discrimination.

Washington Wizards: Anyone who has had a relative that was the victim of witchcraft knows this nickname is offensive. Chicago Bulls: Red meat is a leading cause of obesity, heart disease and is offensive to vegans everywhere. Sacramento Kings: Any monarchy is evil and is notorious for creating and keeping the lower classes poor. Houston Texans: It's no secret that Texans carry way too many guns. New Jersey Devils: Do I really have to explain this one?

Of course, there are hundreds of other pro, college and high school nicknames that we could include, but then we'd be here all day.

Though today's column is meant to be funny, it's really sad that this nation is filled with people who only see negativity everywhere they look. Too many people wake up each morning and then immediately look for things that will offend them.

It's rather frightening, that with all the real problems of everyday living, a priority is put on what a sports team is going to be called. If only we'd put that much priority on the problems of everyday living.

**WHEN THEY'RE TUNING YOU OUT.**

**NEVER GIVE UP UNTIL THEY BUCKLE UP.**

VISIT [SAFERCAR.GOV/KIDSBUCKLEUP](http://SAFERCAR.GOV/KIDSBUCKLEUP)

**NHTSA** **Ad Council**

## Super Crossword

**LEAVES AND SHEDS**

- ACROSS**
- 1 Is lacking
  - 6 Colombia's national airline
  - 13 Vid recorder
  - 16 Q-Tip's music
  - 19 Sound from Sneezy
  - 20 Wheels on swivels
  - 21 Ring great
  - 25 Muhammad
  - 22 Australian bush bird
  - 23 Start of a riddle
  - 25 Company employee
  - 27 Prefix with plop
  - 28 Pvt.'s superior
  - 29 Frankenfood item, in brief
  - 30 A tailor may take it up or down
  - 31 Riddle, part 2
  - 37 Goopy mass
  - 39 Really silly
  - 40 Nada
  - 41 Toward sunset
  - 42 Shared living quarters
  - 45 Crime that gets MADD mad
  - 46 Kumar's partner in films
  - 49 Riddle, part 3
  - 55 Crooner Perry
  - 56 "Proolly not"
  - 57 High-flying eagles,
- DOWN**
- 1 Bird of prey
  - 2 Nagging dull pain
  - 3 Robin Hood's forest
  - 4 Prefix with 74-
  - 5 "Skoal!," say
  - 6 Perfumery compound
  - 7 Kilmer who played Batman
  - 8 Lanai, e.g.: Abbr.
  - 9 From \_ Z
  - 10 Just-hired man, e.g.
  - 11 Pinch into small ridges
  - 12 Part of ASAP
  - 13 Measures of business profitability
  - 14 Make changes to
  - 15 Marlins' home
  - 16 Distill, e.g.
  - 17 Makes changes to
  - 18 Most sinless
  - 24 String after E
  - 26 Took to the sky
  - 32 Desktop introduced in '81
  - 33 Pantheon figures

- 127 Ham it up
- 128 Prov. on Hudson Bay
- 129 Agcy.
- 130 Mailed, e.g.
- 131 Tender spots

- 34 Shutout, e.g.
- 35 Gibson garnish
- 36 Blazing thing
- 37 Bikini top
- 38 Chaney Sr. or Jr.
- 43 Split to unite
- 44 "Dogma" co-star Matt
- 46 "Meh"
- 47 August sign
- 48 Day, in Peru
- 50 "Ixnay"
- 51 "Chicago" actress Queen
- 52 Mardi \_
- 53 Coiled shape
- 54 Overdone
- 58 Cheekiness
- 59 Just slightly
- 60 "Hawaii" co-star Max von \_
- 61 Stilted reply to "Who's there?"
- 63 Office phone no., often
- 64 Erwin of early films
- 66 Bogland
- 67 Even if, for short
- 70 Parasite site
- 71 Dragnet
- 72 Cole Porter's "Well, Did You \_?"
- 73 Knightly trait
- 74 Point of debate
- 80 Unit of resistance
- 81 \_-Aztec (language family)
- 82 Crowding into

- 84 "Storage Wars" aier
- 86 More mature
- 88 Cut in glass
- 89 Works by painter Henri
- 90 Expedition
- 91 Yemen's capital
- 92 Film VIP
- 93 "Yuk" cousin
- 94 Raised train lines
- 98 In the practice of
- 99 Gin joint
- 100 Hole to receive a shoelace
- 101 Kick a football
- 103 Sidle through, say
- 104 Band around a sleeve
- 107 Harpsichord relative
- 108 About even (with)
- 109 Seven, in Spain
- 110 Mai \_
- 111 Compels
- 116 Folk singer Seeger
- 117 Greek war deity
- 120 Despite this
- 121 Yoko from Tokyo
- 122 First prime minister of Burma
- 123 Network of med. providers

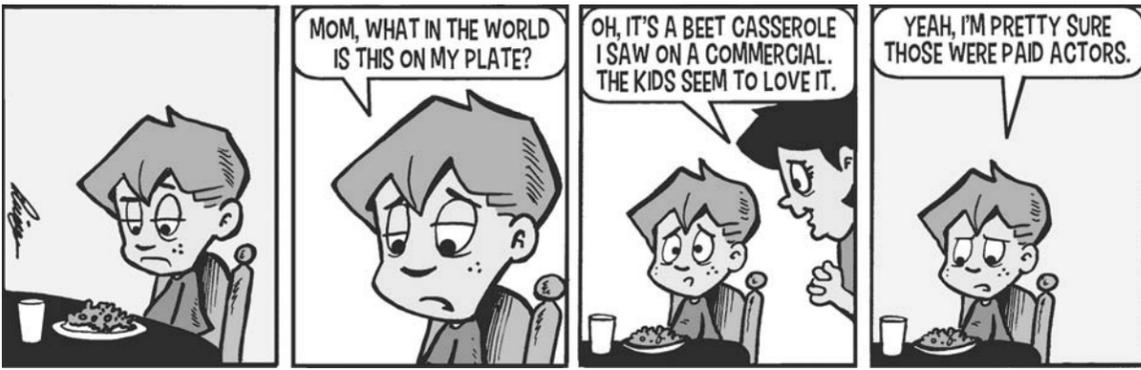
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112									113					114			115	116	117
118									119		120	121	122				123		
124				125					126							127			
128					129					130							131		

Comix

**OUT ON A LIMB** By Gary Kopervas



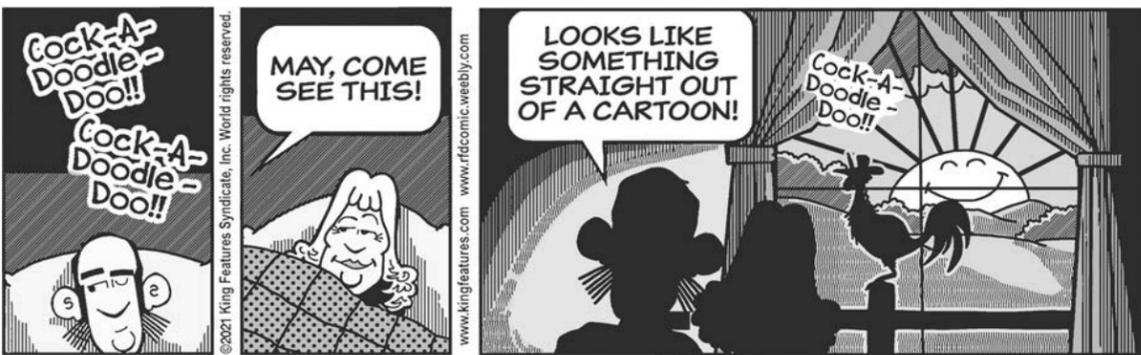
**AMBER WAVES** By Dave T. Phipps



**THE SPATS** By Jeff Pickering



**R.F.D.** By Mike Marland



**TIGER** By Bud Blake



**Lowry**

From Page 3

the country, who sent a message of abandonment that was a blow to Afghan morale from the top all the way down.

It's a particularly galling Biden rhetorical move to use the catastrophic failure of the Afghan

forces that he helped bring about to insist that his decision to leave was the only responsible one. He's gone from claiming we could safely leave because the Afghan security forces would do just fine on their own, to arguing we had no choice but to get out because they couldn't manage without us.

Both at the U.S. border and in

Afghanistan, Biden merely had to keep in place what he inherited to sustain success or at least avoid disaster. On the border, Trump's pandemic-era controls and his agreements with Mexico and Central American countries were sensible and tested. Afghanistan was more difficult, but with some determination and finesse, Biden could have maintained

**Alkaline diet may help boost cancer treatment**

*DEAR DR. ROACH: What is your opinion of the alkaline diet? I have several friends who have battled cancer, and they have adopted alkaline diets as adjuncts to their cancer treatments. Do alkaline diets assist in the treatment and prevention of cancers, or is it just another urban myth? – T.F.C.*



A diet high in fruits and vegetables may have a beneficial effect on cancer treatment, in combination with the best cancer treatments available, whether they are surgical, chemotherapeutic or radiation-based. Some of the "alkaline diets" I have read about do emphasize fruits and vegetables, and they may help and certainly will not hurt. However, there is no diet that is a substitute for comprehensive cancer care.

The body has powerful mechanisms for maintaining an exact pH, regardless of the acidity (or alkalinity) of the food you eat. Both the lungs and the kidneys work together to maintain the body's pH at a slightly alkaline 7.4. Only with severe illness will the body's pH come out of its narrow range of normal, and when it does, that portends a poor outcome without immediate treatment.

The mechanism by which fruits and vegetables have been shown to benefit some cancers is not precisely known, but it probably has to do with healthful components of the food, not through any effect on body alkalinity.

*DEAR DR. ROACH: I am a 67-year-old male in excellent physical health. The only issue I have is occasional bouts of vertigo. These episodes started when I was about 44 years old. My symptoms are varying degrees of dizziness and, with extreme episodes, nausea. The frequency has increased the past couple of years to about every two weeks. I do the Epley maneuver to relieve the symptoms, which go away one or two days after doing so. Epley is the only treatment available that works for me. Is there any new research or treatments for this? I am also curious about what foods might be contributing to the onset of vertigo. – R.W.*

Vertigo is a sensation of movement when there isn't any. Most often, people will describe a spinning sensation. Others say the world is spinning, but swaying or tilting are other descriptors. Although dizziness is a very nonspecific term, vertigo has a fairly limited number of diagnostic possibilities. Further, the fact that you get better with the Epley maneuver (more on that below) tells me the diagnosis is very likely to be benign paroxysmal peripheral vertigo.

Each ear contains an organ of balance, also called the semicircular canals, which work by the movement of hair cells inside those fluid-filled bony structures. Sometimes small crystals (called otoconia) form in one semicircular canal. These press on the hair cells and cause the two organs of balance to send conflicting signals to the brain about movement, which is perceived as vertigo. Diet is not likely to have a significant effect on causing or treating BPPV.

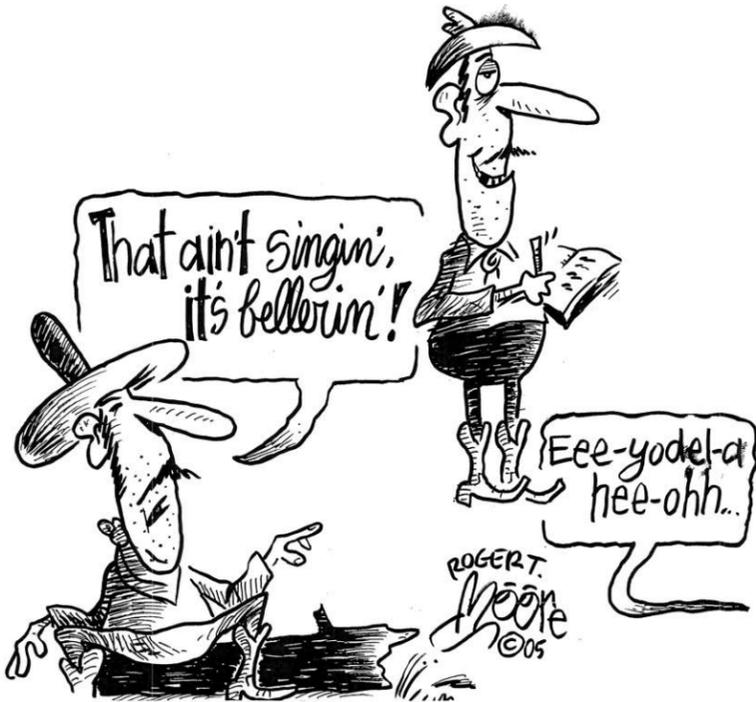
The Epley maneuver, like other repositioning maneuvers, is designed to move the crystals out of the semicircular canals. Recurrence of vertigo after a successful Epley maneuver is not uncommon, but recurrences as often as every two weeks for over 20 years is outside my experience. I have read about surgical options for refractory BPPV, but I have had success referring patients to vestibular rehabilitation, performed by trained occupational or physical therapists.

*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) 2021 North America Synd., Inc. All Rights Reserved.*

the minimal U.S. commitment that had forestalled a Taliban takeover for years.

Instead, in both cases, he quite literally chose chaos.

Rich Lowry is editor of the National Review. (c) 2021 by King Features Synd., Inc.



**Moore Texas by Roger Moore**

Sept. 23, 1867: John Lomax is born. Later while growing up with cowboys, he would write down their trail music and publish a collection of *Cowboy Songs*.

**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: D equals L

HDO RXEVXR HK YHYBDZE  
 UGVDOEXJ'R AHHNR FGZF ZEX  
 JHS NJHSJ FH AX KZNX  
 UHYVXR: RYBEVHBR QXHEQX.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

	3			9				7
7					5			8
		5	7			4		
	6		3			2		
9					4			3
		8		7				1
		4	5					2
6					8	3		
	8			2				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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**Guardians stole from helpless veterans**



by Freddy Groves

Most of the time, a scammer of veterans will be given a prison sentence that is less than satisfactory to those of us who are following the story. A few years here or there, a monetary fine... it's not enough.

But now and then, a sentence will come along that just feels right. This happened in a recent fraud case against a group of four criminals.

One of the males received a sentence of 15 years. His stepson got almost six years. One of the female criminals got 20 years. But the last one, another woman, received a sentence of 47 years for her part in the crimes.

The group, calling itself a nonprofit corporation, acted as guardians, conservators and financial managers to those with special needs, including veterans. The

33-count indictment included money laundering, mail fraud, conspiracy and aggravated identity theft.

The criminals would either use a company credit card to make their purchases, knowing the company would pay it back out of client money, or write checks to themselves out of the account. Among the take were RVs, vacations, cars, cruises and more, to the tune of \$11 million in client money... clients who suffered when they didn't have enough money for expenses, care and food, and were sometimes left homeless.

What's galling is that it could have been stopped as far back as 2012. The company's tax accountant raised flags with their attorney, saying one of the women was using the client funds as her own personal ATM. But instead of going to the authorities, the accountant let himself be silenced by a threatening confidentiality agreement and a check for payment in full for his services.

Despite the short sentences the two men received, there is one thing that does make me smile. The head criminal, the woman who received a sentence of 47 years plus three years supervised release, is 74 years old.

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• Use club soda on a damp rag to wipe down your stainless-steel sink. It will help bring back the shine.

• Fresh versus frozen in the seafood aisle: Unless you're at the docks, most seafood in the grocer's fresh fish case is thawed from frozen. Always ask. It's much cheaper to buy frozen and thaw it yourself.

• "My mother swears by wrapping her feet in a vinegar-soaked rag once a week to soften calluses. She does this before her bath, and uses a pumice stone to rid her heels of hardened spots on the skin. It seems to work for her, so I thought I would pass it on!" – C.D. in Colorado

• "If you need to keep your 1-year-old corralled in the bath, try using a laundry basket. The water flows in, but she has only so much room to roam. And it lessens the odds she could slip away from you to the other side of the tub. Always stay with baby from the first drop to the last!" – W.H. in Texas

• To distinguish all the cords plugged into a power strip, write the appliance name (TV, DVD, speakers, etc.) on a plastic bread tab, and attach it to the cord at the plug. A quick look at the power strip, and you can unplug any appliance without having to follow the cord through the jungle behind your entertainment center!

• "Save on children's clothes by buying after-season. Summer and winter clothes can be purchased a size or two ahead for next to nothing." – M.M. in Idaho

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2021 King Features Synd., Inc.

**GO FIGURE!** by Linda Thistle

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

**DIFFICULTY: ★★**

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

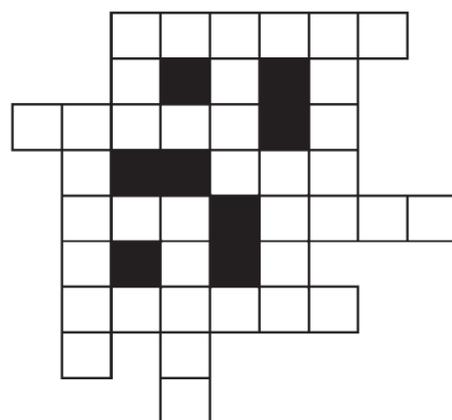
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+		x		-	
	x		-		37
x		÷		x	
	x		+		20
32		21		16	

2 3 4 5 6 7 7 8 9

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- ♥ TPA
- ♥ NOPGLI
- ENLEW
- ♥ RAWP
- WISPRA
- ♥ EAL
- ♥ OLPO
- WARLB
- ♥ EOW
- TUBPAR
- ♥ TREET
- ♥ LAAG



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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