

1973
49
Years
2022

WEST TEXAS COUNTY COURIER



VOL. 49, No. 9

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

MARCH 3, 2022

NEWSBRIEFS

Women-friendly states

With March being Women's History Month and women holding only around a quarter of the seats in Congress despite making up 51% of the population, the personal-finance website WalletHub today released its report on 2022's *Best & Worst States for Women*, as well as accompanying videos and expert commentary. To identify the most women-friendly states, WalletHub compared the 50 states and the District of Columbia across 25 key metrics. The data set ranges from median earnings for female workers to women's preventive health care to the female homicide rate. Texas was rated 44th in the report, ranking (1-Best, 25-Avg.):

- 15th – Median Earnings for Female Workers (Adjusted for Cost of Living);
- 39th – Unemployment Rate for Women;
- 38th – Share of Women in Poverty;
- 20th – High School Graduation Rate for Women;
- 35th – Share of Women Who Voted in 2020 Presidential Election;
- 51st – Female Uninsured Rate;
- 29th – Women's Life Expectancy at Birth;
- 15th – Quality of Women's Hospitals; and
- 35th – Women's Preventive Health Care.

Visit <https://wallethub.com/edu/best-and-worst-states-for-women/10728> for the full report.

What expert say

What factors, financial or otherwise, should women consider when choosing a state to live in?

"Individualized decisions like this probably depend on what stage of life women are in since different states will offer more support for the goals of young women like educational opportunities while others have invested more in programs for the aging, which disproportionately impact women since they live longer – on average – than men. Women, I think, rarely make these decisions based on public policy but if they did, they should start with the most basic of legal protections. In the absence of a federal equal rights amendment,

See BRIEFS, Page 2

People might vote a straight ticket in the next election – if they could figure out which party is straight.

— Quips & Quotes

Institute to preserve borderlands' rich history



— Photo by Alfredo Vasquez

HERITAGE – Danza group members, with their children, practice at Lincoln Park (also called Chicano Park) on Saturday mornings. They are supportive of the Mexican American Cultural Institute's efforts to revitalize the Lincoln building into a cultural institute. "It's a great idea to be able to preserve this historic building and use it to teach our children about their history, their culture," said Gisela Sarellano, a member of Danza Omecatl.

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – "Without our history, we would be lost. As a people, we need our culture, our family traditions to teach our children, to help guide us through life," said Luis Sarellano, 74, as he participated recently in the traditional Danza Salute at Lincoln Park (also called Chicano Park) in commemoration of the life and death of Cuauhtémoc, the last Aztec emperor who was executed on February 26, 1522 by the Spanish Conquistador Hernan Cortes.

The local observance was in the form of generational dance moves performed by three local groups – Danza Omecatl, Danza Tlaneztica, and Danza Cuitlahuat – with the Lincoln Center as their backdrop. They were part of a congregation of about 50 persons who solemnly viewed the dances and enjoyed a meal afterwards.

The Danza performance was also an example of the need for the recently announced plans for converting the forgotten, vacant Lincoln Center into the renovated headquarters for the newly

See HISTORY, Page 4

Waterways cleaned for spring irrigation

By Denise Para
Special to the Courier

EL PASO COUNTY – El Paso Water is several weeks into the task of cleaning the riverbed and other areas impacted by the unprecedented wastewater emergency.

"We want to see the riverbed as it was before we made the difficult decision to discharge raw wastewater, and we are already seeing a difference," said Gilbert Trejo, Interim Chief Operations Officer.

EPWater's discharge of wastewater into the Rio Grande was halted in January after the damaged Frontera Force Mains

were replaced. Millions of gallons of wastewater are once again flowing to the John T. Hickerson Water Reclamation Facility, which treats and reclaims some of the wastewater for parks and golf course irrigation. Some of the cleaned water is

See IRRIGATION, Page 5



MUD AND CRUD – EPWater is implementing a multipronged river clean-up strategy with several partners to make sure that the Rio Grande and canals are ready for the new irrigation season. River water is expected to arrive in El Paso in June following a late May release from Elephant Butte Dam and Reservoir.

— Photo courtesy EPWater

Spotify shouldn't accept cancelers' premises

There have been many unpleasant paid jobs throughout history, from executioner to leech collector to nitpicker. Now, to this litany of gruesome and onerous work, must be added being employed by Spotify in the 21st century.

The CEO of the streaming company, besieged by a highly motivated cancellation mob out for podcaster Joe Rogan's scalp, apologized to his employees in a

statement for "the way The Joe Rogan Experience controversy continues to impact each of you."

According to Daniel Ek, the Spotify team has been left "feeling drained, frustrated and unheard." Yes, following inane and hysterical commentary on Twitter, Instagram, and other social media platforms about the alleged evils of a podcaster who interviews people and listens to their views, then posts the recordings for other people to listen

to as they choose, must be wrenching.

To his credit, Ek hasn't canceled Rogan and he backed free speech, although from a defensive crouch. Indeed, his groveling, cant-filled missive is characteristic of such statements by organizations under pressure to suppress unwelcome views. They almost always accept the premises of the cancelers and treat the aggrieved as delicate hot-house plants on the verge of collapse if they don't get their way.

Is it too much, for once,

for people in a position of supposed authority to tell the offended to get over it and buck up like adults living in a free society? Ek's statement suggests the answer is still "no."

He assured Spotify employees that he's thinking about "what additional steps we can take to further balance creator expression with user safety." He promised to consult outside experts on this question. He also pledged to devote \$100 million, equal to the amount Spotify spent on its licensing agreement for Rogan's podcast, on licensing, developing, and marketing music and audio content from "historically marginalized groups."

"I deeply regret," he reiterated, "that you are carrying so much of this burden."

All in all, it was a performance worthy of a college dean trying to talk down students who may come for him or her next.

What, for instance, does "user safety" mean? Listening to a song or a podcast is not like operating a piece of dangerous heavy machinery. Anyone getting behind the wheel of, say, a mobile hydraulic crane needs absolutely to know what he is doing at imminent risk

See LOWRY, Page 7



Briefs

From Page 1

they are going to only have legal and political equality – in theory at least – in states who have ratified their own version of the ERA."

– Jennie Sweet-Cushman, MAOM, Ph.D., Associate Professor Chatham University

"As we move into a policy environment in which state-level laws and regulations are increasingly important, women should consider how these policies address the kinds of issues that tend to affect their careers and lives most directly. Women do better in environments where they have pay equity, support for women's health and reproductive concerns, and support for families from infants to the aged."

– Julie Novkov, Interim Dean, Professor, Collins Fellow

University at Albany, SUNY

What strategies have proven effective in encouraging more women to run for elected office?

"Party outreach efforts and encouragement are quite important. Women are often not as quick to put themselves forward. If state and local party officials encourage women to run locally, women will often move forward and see their ambitions grow."

– Julie Novkov, Interim Dean, Professor, Collins Fellow
University at Albany, SUNY

"I think in terms of women running for office much of the worry is around the finances of a campaign and who is supporting and backing their campaigns. It is much harder for women to raise money, and that becomes even more challenging if you are a woman of color... We need networks of support for women to run successful campaigns."

– Monica Taylor, Ph.D., Professor
Montclair State University

According to a recent study, working women in the workforce are experiencing the worst effects of the COVID-19 recession when it comes to burnout and are leaving the workforce at a higher rate than men. What can companies do

to decrease the high turnover rates among working-women?

"Provide child and elder care, allow remote work, paid sick days, support public health initiatives (masking and vaccines), provide access to health care and basic services (like delivery of groceries.)"

– Eileen Boris, Distinguished Professor, Co-President, Santa Barbara Faculty Association
University of California, Santa Barbara

"Flexible leave policies can be important for women, as can well-crafted, fair telecommuting programs. Companies that value women's contributions and are willing to make some accommodations for temporary crises will reap the benefits in the long run by retaining highly able and committed employees. Companies that can partner with or offer onsite or nearby daycare can retain women better. Transparent and fair policies on starting salaries, routine raises, and merit raises are also helpful. Anything companies can do to eliminate harassment in the workplace is valuable as well – in these times, many people simply do not have any excess capacity to put up with harassment in the workplace (not that they should ever have to do this!)"

– Julie Novkov, Interim Dean, Professor, Collins Fellow
University at Albany, SUNY

– Diana Polk

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PUBLISHED:

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

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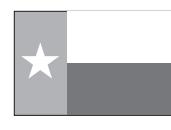
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A map of Texas with the word "Homesteader" and "News, Inc." below it, and "Est. 1973" above it.



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Food for thought By John Grimaldi

Now is the time for some emotional wellness and self-compassion

Maintaining good physical health is paramount as we age. But seniors need emotional well-being and self-compassion, as well, in order to age gracefully. According to the National Institutes of Health (NIH), "Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times."

If ever there was a time when the stresses of life have been as difficult to bear, it is now, says Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC). "The covid pandemic continues to take its toll, having upended our lives for the past two years with no end in sight. It has made us anxious and fearful and for some of us it has been a struggle to cope with the upheaval that it has caused us. The result is a new focus on emotional wellness and self-compassion."

There are many definitions of emotional well-being but, perhaps, it was best described by Dr. Norman Vincent Peale who suggested that it can be achieved using what he called, *The Power of Positive Thinking*. In Peale's classic book, he explained how to achieve positive thinking as a pathway to contentment. As he put it, "The way to happiness: keep your heart free from hate, your mind from worry. Live simply, expect little, give much. Scatter sunshine, forget self, think of others. Try this for a week and you will be surprised."

Peale's book was controversial but it was an exceptional best seller. The *Washington Post* reports that since its publication 70 years ago it has been translated into 33 languages and has sold more than 15 million copies. "It became the prototype for a wave of self-help literature on a variety of subjects."

AMAC's Weber notes that his "sage advice" is still being promoted by those who urge the need to maintain a positive outlook on life, particularly in times of distress. The process for achieving positive thinking in one's own life, according

to the experts, includes forgiving yourself and others in your life for perceived iniquities, helping others with difficulties they may be experiencing and getting sufficient sleep to allow your body to repair itself.

Forgiveness also plays a role in another powerful aspect of emotional well-being, self-compassion, according to the Harvard Medical School. "Forgiving and nurturing yourself can set the stage for better health, relationships, and general well-being. Self-compassion yields a number of benefits, including lower levels of anxiety and depression. Self-compassionate people recognize when they are suffering and are kind to themselves at these times, which reduces their anxiety and related depression." This advice is contained in a new book by Harvard psychologist Christopher Germer, *The Mindful Path to Self-Compassion*.

Some of the ways Dr. Germer suggests for achieving self-compassion include:

- Comfort your body. Eat something healthy. Lie down and rest your body. Massage your own neck, feet, or hands. Take a walk. Anything you can do to improve how you feel physically gives you a dose of self-compassion.

- Write a letter to yourself. Describe a situation that caused you to feel pain (a breakup with a lover, a job loss, a poorly received presentation). Write a letter to yourself describing the situation without blaming anyone. Acknowledge your feelings.

- Give yourself encouragement. If something bad or painful happens to you, think of what you would say to a good friend

if the same thing happened to him or her. Direct these compassionate responses toward yourself.

- Practice mindfulness. This is the nonjudgmental observation of your own thoughts, feelings, and actions, without trying to suppress or deny them. When you look in the mirror and don't like what you see, accept the bad with the good with a compassionate attitude.

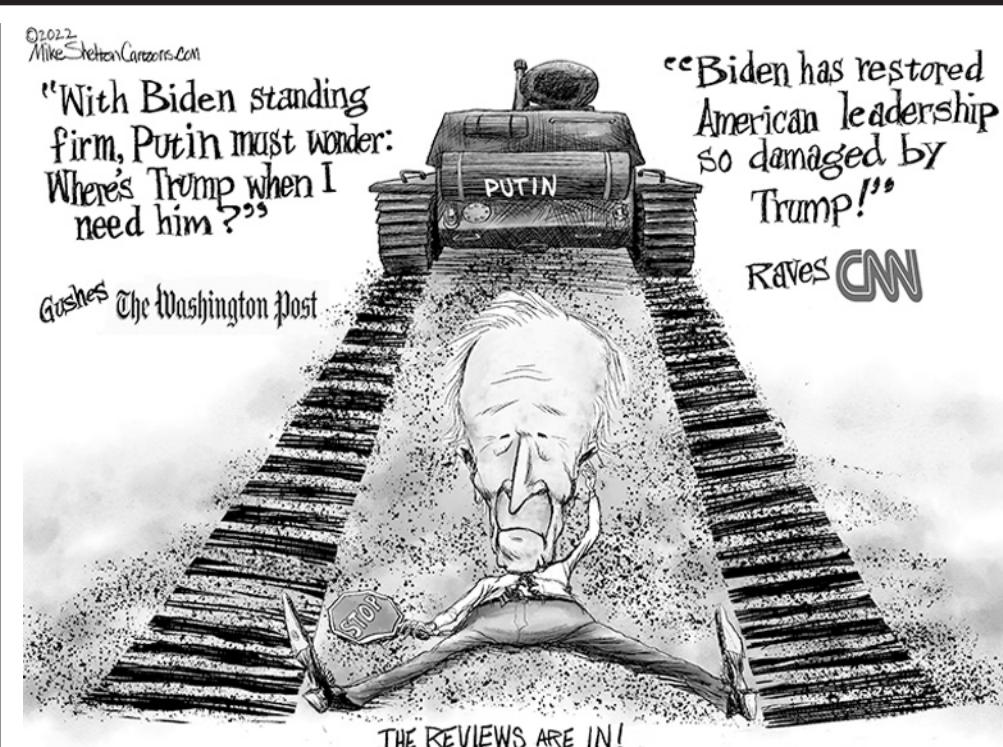
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– Photo by Alfredo Vasquez

RITUAL DANCE – One recent Saturday morning, members of local Native American dance groups – Danza Omecatl, Danza Tlalteztica, and Danza Cuitlahuat – came together underneath Interstate-10 highway infrastructure at Lincoln Park (also called Chicano Park) to pay homage to Cuauhtémoc (kwaw'temok). He was the ruler of Tenochtitlan (present-day Mexico City) from 1520 to 1521, making him the last Aztec emperor. The Spaniards executed Cuauhtémoc on February 26, 1522.

History

From Page 1

formed Mexican American Cultural Institute (MACI), a nonprofit organization.

"It's about time, the Lincoln Center was put to use. I'm from the area; I graduated from Jefferson High School," said

Gisela Sarellano, a member of Danza Omecatl. "My parents recently celebrated the would bring me to the center To that end, MACI officials acquisition of the Lincoln

when I was a kid for dance lessons, arts and crafts classes, and games," she stated.

"It is a great idea to be able to keep this historic building serving our community, because we have to be proactive about embracing our history, our culture, and the new institute could help us achieve that," Gisela Sarellano remarked.

To that end, MACI officials recently celebrated the acquisition of the Lincoln

Center and the announcement launching one of the most that the landmark building in El serious and significant efforts Paso County would serve as its to establish facilities that national headquarters amplify and shape the Mexican

"It's a historic day with the Lincoln Center signing; a true amplify and shape the Mexican American narrative in the United States," Reyes asserted.

“Lincoln Center is a true labor of love by a dedicated and determined group of leaders, but it’s really just the beginning,” former U.S. Rep. Silvestre Reyes, MACI board president, said during a recent lease signing ceremony. “With a strategic plan and a soon-

See HISTORY, Page 5

The Last Aztec Emperor

The name Cuauhtémoc means “one who has descended like an eagle”, as in the moment when an eagle folds its wings and plummets down to strike its prey, and implies aggressiveness and determination.

- New World Encyclopedia

Cuauhtémoc took power in 1520 as successor of Cuitlahuac. The new Aztec emperor was a cousin of the late Moctezuma II. Cuauhtémoc's wife, Isabel, was one of Moctezuma's daughters. He ascended to the throne when he was 25 years old, while Tenochtitlan, present-day Mexico City, was being besieged by the Spanish conquistadores and devastated by an epidemic of smallpox brought to the Americas by these foreign invaders.

Cuauhtémoc along with the surviving nobles surrendered to Hernan Cortés. According to historians, Cortés treated his foe magnanimously. "You have defended your capital like a brave warrior. A Spaniard knows how to respect valor, even in an enemy," Cortés was quoted as saying.

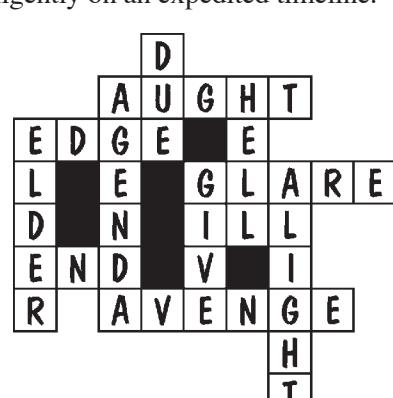
At Cuauhtémoc's request, Cortés also allowed the defeated emperor to depart the city unharmed. Subsequently, however, when the treasures found did not measure up to the Spaniards' expectations, Cuauhtémoc was subjected to torture by fire, whereby the soles of his bare feet were slowly broiled over red-hot coals, in an unsuccessful attempt to discover the riches' whereabouts. Cuauhtémoc, it is written, did not yield to his captors; thus, gaining respect and admiration among his people that continues to this day.

In 1521, Cortés took Cuauhtémoc and several other indigenous nobles on his expedition to Honduras, as he feared that Cuauhtémoc could have led an insurrection in his absence. While the expedition was stopped in the Mayan capital of Itzamkanac, Cortés had Cuauhtémoc executed on February 26, 1522 for allegedly conspiring to kill him and the other Spaniards.

CryptoQuip Answer

Tomorrow we plan to capture a bunch of large, flat fish. Yes, we'll be catching some rays.

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



4	+	1	\times	5	25
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• On Feb. 28, 1953, Cambridge University scientists James Watson and Francis Crick announce that they have determined the double-helix structure of DNA, the molecule containing human genes. The molecular biologists were aided significantly by the work of another researcher, Rosalind Franklin, although she did not share the subsequent Nobel Prize.

• On March 1, 1932, Charles Lindbergh, Jr., the 20-month-old son of aviation hero Charles Lindbergh, is kidnapped from the family's new mansion in New Jersey. The baby's body was found a mile from the home. One of the \$70,000 ransom bills was discovered and tracked to a German immigrant. He was tried, convicted and electrocuted in 1936.

• On March 2, 1978, two men steal the corpse of the film actor Charles Chaplin from a cemetery in Switzerland. Chaplin's wife refused to pay the \$600,000 ransom and police later arrested two auto mechanics. They were convicted of grave robbing and attempted extortion.

• On March 3, 1845, Congress reins in President John Tyler's zealous use of the presidential veto, overriding it with the necessary two-thirds vote. This marked Congress' first use of the Constitutional provision allowing veto overrides.

• On March 4, 1944, Louis "Lepke" Buchalter, the head of Murder, Inc., is executed at Sing Sing Prison in New York. Lepke's downfall came when several members of his notorious killing squad turned into witnesses for the government.

• On March 5, 1963, the Hula Hoop, a hip-swiveling toy that became a huge fad across America when it was first marketed by Wham-O in 1958, is patented. An estimated 25 million Hula Hoops were sold in its first four months of production.

• On March 6, 1776, a committee of the New York Provincial Congress instructs Major William Malcolm to dismantle the Sandy Hook lighthouse to prevent the lighthouse from helping the British by warning ships of the rocky shore. He succeeded.



- Photo by Alfredo Vasquez

OLD SCHOOL – The Lincoln Center, above, located in south-central El Paso County is due for major renovation work after being vacant for the past few years. Formerly Lincoln School and Concordia School, the center, on Durazno Street, was first opened in 1868 as a one-room school in Camp Concordia near the Fort Bliss officers' quarters. In 1880, the school was expanded to a four-room adobe building.

History

From Page 4

first and that the renovation cost would be about \$10 million.

Once completed, MACI officials envision that the cultural institute's offerings will bring visitors to the border region from across the U.S. to learn about Mexican American history and accomplishments through archived documents, exhibits, classes, celebrations, and other historic events.

"We cannot allow someone else to write our story," Lily Limón, former El Paso city

council representative, told reporters after the lease signing ceremony. "We want to make sure that we put out our first, best effort," she stated.

Concept designs show that the Lincoln Center will be home to an art gallery, a culinary kitchen, and a dance studio, among other amenities. The building has served as a school, church, art gallery, youth sports center and housed offices for the city's Parks and Recreation Department. The state of Texas has owned the building and land since 1969, with an estimated value of \$8 million.

When Texas Department of Transportation

(TXDOT) announced in 2008 that the building was slated for demolition, opponents of the plan formed the Lincoln Park Conservation Committee and garnered support from the community and City of El Paso Mayor Oscar Leeser to successfully secure a restraining order.

During the lease signing event, MACI board members including former congressman Reyes, former city representative Limón, former El Paso district attorney Jaime Esparza, and Monsignor Arturo Bañuelas presented proposed renderings of the building that, they said, will bring a modern look to the neighborhood.



- Rendering courtesy Mexican American Cultural Institute

NEW STYLE – The concept design, above, was unveiled recently by members of the Mexican American Cultural Institute (MACI) and the Lincoln Conservation Committee (LCC). MACI announced the acquisition of the Lincoln Center in a press conference in January. The historic building will soon be the national headquarters of MACI.

Comix

OUT ON A LIMB By Gary Kopervas



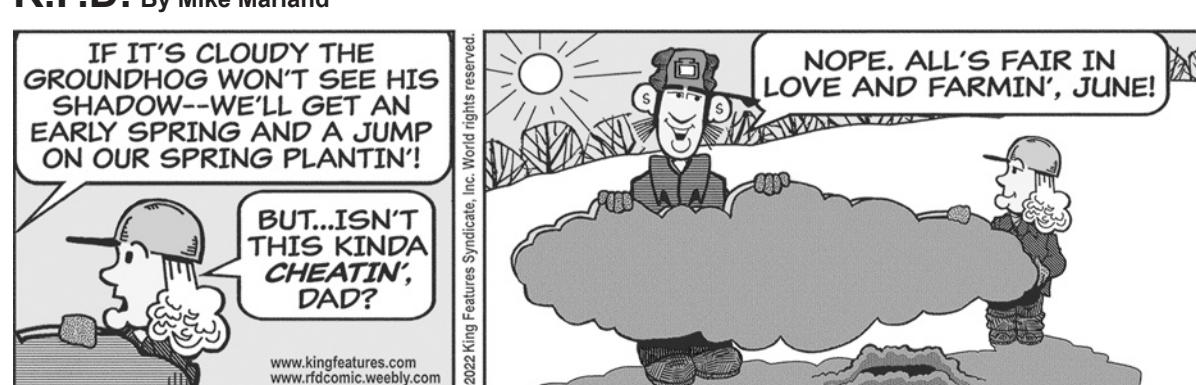
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 2

of causing harm to himself or others. Someone listening to an uncongenial podcast can turn it off and listen to something else or nothing at all, in total safety.

As for “unheard,” it is left-wing argot that has seeped into the mainstream. It is a meaningless term in this context. If a coder at Spotify feels unheard, so what?

It isn’t his or her job to opine on controversies over content. Moreover, all too often those claiming to be metaphorically unheard insist that the only way to get themselves heard is to make someone else literally unheard via cancellation.

The pledge of \$100 million for more content is at least a gesture toward the notion that the solution to speech you don’t like is more speech. Yet, it reeks of a shakedown and an implicit

bargain throwing resources at the would-be cancelers of Joe Rogan so they will go away and try to cancel someone else.

Ek clearly believes that by giving ground, by putting content warnings on some Rogan podcasts and removing others, while making apologetic sounds, he can weather this storm. Maybe. But the fever for cancellations won’t end until the likes of Ek are courageous and tough-minded enough to tell

Drug use and hepatitis C

DEAR DR. ROACH: I am a 35-year-old white male who was a drug addict from the age of 14 until 32. You name it, I took it. About three years ago, I quit drugs and have lived a healthy lifestyle since. I do not drink alcohol, and I smoke one or two cigarettes a day. Three years ago, I was tested for hepatitis and was told the results were negative. About two weeks ago, I was tested and found to have hepatitis C. The results were “HCV RNA Quantitative real time PCR 8010 (high) and log 3.90 (high).” These results were given to me by a nurse without explanation other than to see a specialist. Further physician visits were denied by my insurance. I have no idea what this means, or what I need to do. I have no symptoms or discomfort at this time. What happens if this condition goes untreated? – Anon.



First of all, congratulations on quitting almost everything. That was the best thing you could have done for your health.

Now you have to deal with a complication of drug use, particularly injection drug use: hepatitis C. Hepatitis C is a slow-acting virus that affects the liver. The course of hepatitis C is variable. Some people have a very aggressive virus, which without treatment can cause permanent liver damage, ultimately leading to cirrhosis and sometimes cancer of the liver. Others have a much more benign course with no evidence of liver damage, even after many years with the virus.

Your viral load, a measure of how much virus is in the blood, is fairly low. However, you absolutely should still go see a specialist. This is usually a hepatologist or infectious disease doctor, who has special expertise in treating hepatitis C. They will do additional blood testing, and probably a noninvasive scan of the liver to look for fibrosis, to determine whether there has been damage and the urgency of treatment.

Treatment for hepatitis C is so good now (97% or more effective) and the side effects of the new drugs are so mild that most experts treat someone with even very benign disease. Treatment courses are sometimes shorter for people with mild disease and without scarring of the liver.

Your insurance company is absolutely in the wrong to deny a visit with the specialist, and that decision needs to be appealed, preferably by your primary care doctor. In the meantime, continue to avoid alcohol, and do not take more than six regular strength (or four extra strength) Tylenol a day. You also should be sure to have immunizations to hepatitis A and B, if you are not already immune.

DEAR DR. ROACH: I’m an 82-year-old woman experiencing mucus in my rectal area. What causes this? – M.C.

The cells lining the rectum normally make small amounts of mucus to help a bowel movement pass easily. Large amounts may be seen in people with irritable bowel syndrome, rectal fissures or prolapse, or a rectal ulcer, among others. This is something to discuss with your doctor the next time you visit. An exam will be able to identify most of the serious causes.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2022 North America Synd., Inc. All Rights Reserved.

the mob and its whiny fellow travelers that offensive speech isn’t a threat to anyone’s safety or emotional well-being, and that they’re done pretending otherwise.

The debate over speech in this country is too often defined by people using their childishness and sense of entitlement as weapons. That won’t change until leaders are unafraid to tell them in frank terms to grow up.

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

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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 F

MUYUJJUE EK IGQR MU
PQIMTJK Q WTRPS UD GQJAK,
DGQM DHBS. ZKB, EK'GG WK
PQMPSHRA BUYK JQZB.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Inclusivity at the VA

VETERANS POST

by Freddy Groves

The Department of Veterans Affairs now has a cultural transformation action plan with an 18-member task force created last year under a presidential executive order. That task force (Inclusion, Diversity, Equity and Access, or I-DEA) made 20 recommendations and 60 subrecommendations to be considered over the next four years. Per their mission statement, the goal is to ensure that all employees, veterans, families, caregivers and survivors have equitable treatment and experiences when interacting with the VA.

The task force initially focused on existing policies and programs, barriers, gaps and institutional access points. One of the first things it accomplished was to raise the Pride flag at the VA Central Office. Another was to address the rule-making process to modify the Code of Federal

Regulations to expand the VA's gender-affirming care and benefits for veterans.

Additionally, the task force has changed the Veterans Experience Office (VEO) Trust Surveys to include questions about gender identity and sexual orientation, and medical records choices were added that include transgender male, transgender female, non-binary, other and "does not wish to disclose." The Veterans Health Administration's LGBT and Related Identities health program is now called the LGBTQ+ Health Program.

One of its goals (on the list of 20) is to integrate I-DEA into hiring, position management, talent development and executive coaching. Allied with that is their goal of evaluating "institutional symbols, mottos, expression of values displayed and used by VA to ensure inclusiveness and diverse representation." One of the guiding principles is to deliberately and consciously embed I-DEA into the institutional memory and organizational culture of the VA. To ensure that this happens, overseeing all this

will be a proposed I-DEA Office and Chief Diversity Officer (DCO) position that will report directly to the Secretary of the VA.

Visit www.va.gov/ORMDI/docs/VA_I-DEA_Action_Plan-SIGNED.pdf to read the rest of the task force's 20 recommendations.

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by
Jo Ann
Derson

- If your dog likes a treat of moistened dry food from time to time, use the water from cooking vegetables. It has a bit of flavor and some vitamins, too!

- Store an apple or two with your potatoes to keep them from sprouting. Be sure to check them often.

- "A tip for banana peels: Dry until crispy and break into small pieces. Put in blender and blend to powder. Store in an airtight container to sprinkle around base of houseplants before watering. Orchids love them – it's great free fertilizer." – B.C. in New Hampshire

- "Unmatched socks are handy-dandy cleaners and have so many uses. Keep one by the dryer to get all the lint off the trap. Shake it out or pop it into the wash when needed."

- If you have lots of outdoor or feral cats in your area, here is some good advice, given to me by my grandmother: Start your car with a bang – on the hood, that is. When the overnight temperature dips, cats know to find someplace that is wind-shielded and off the ground, and sometimes that means they will climb up into your engine area to hunker down. If your car starts while they're there, they can be hurt or even killed. Give the hood a good knock to let a cat know to get out quick. – JoAnn

- "After you've cleaned out the gliders of your sliding-glass door, run over the parts with a little paraffin wax. It will protect the moving parts and quiet the door." – P.J. in Oregon

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

GO FIGURE!

by Linda Thistle

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

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

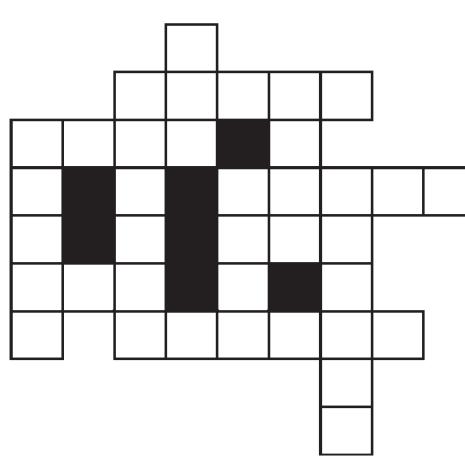
Answer Page 4

	+		×		25
×		+		×	
	×		-		23
+		×		-	
	÷		×		24
29		21		27	
1	3	4	5	6	7
8					9

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LIL
GEEVAN
GATUH
♥ DEEG
DEAGAN
EUD
VGEI
DREEL
♥ NDE
HAGTIL
♥ EGRAL
LHLE



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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