

1973
49
Years
2022

WEST TEXAS COUNTY COURIER



VOL. 49, No. 13

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

MARCH 31, 2022

NEWSBRIEFS

Stress in Texas

April is Stress Awareness Month and one in three Americans say that stress from the pandemic sometimes prevents them from making basic decisions. The personal-finance website WalletHub has released its report on 2022's *Most & Least Stressed States*, as well as accompanying videos and expert commentary. To determine the states with the highest stress levels, WalletHub compared the 50 states across 41 key metrics. The data set ranges from average hours worked per week to the personal bankruptcy rate to the share of adults getting adequate sleep. Texas was rated 9th in the report, ranking (1-Most stressed, 25-Avg.):

- 1st – Avg. Hours Worked per Week;
- 11th – % of Adults in Fair/Poor Health;
- 5th – Median Credit Score;
- 30th – Housing Affordability;
- 25th – Divorce Rate;
- 11th – Crime Rate per Capita; and
- 23rd – Psychologists per Capita.

Visit <https://wallethub.com/edu/most-stressed-states/32218> for the full report.

— Diana Polk

Research states

The U.S. is projected to spent nearly \$600 billion on R&D in 2022 and the personal-finance website WalletHub has released its report on 2022's *Most & Least Innovative States*, as well as accompanying videos and expert commentary. In order to give credit to the states that have contributed the most to America's innovative success, WalletHub compared the 50 states and the District of Columbia across 22 key metrics. The data set ranges from share of STEM professionals to R&D spending per capita. Texas was rated 16th in the report, ranking (1-Most innovative, 25-Avg.):

- 19th – Share of STEM Professionals;
- 18th – Projected STEM-Job Demand by 2028;
- 24th – Share of Science & Engineering Graduates Aged 25+;
- 14th – Share of Technology Companies;
- 31st – R&D Spending per Capita; and
- 18th – Venture-Capital Funding per Capita.

Visit <https://wallethub.com/edu/most-innovative-states/31890> for the full report.

— Diana Polk

A successful man is one that has the horsepower of an optimist and the emergency brakes of a pessimist.

— Quips & Quotes



— Photo courtesy of Village of Vinton

HARD AT IT – Workers, above, are installing wastewater and water systems that will reduce public health risks for Village of Vinton residents. El Paso Water company will operate and maintain the wastewater system, but it will be owned by the Village.

Vinton projects will bring new water and wastewater services to hundreds of households

The Village of Vinton has 2,684 residents according to the 2020 census

By Alfredo Vasquez
Special to the Courier

VINTON — After decades of perseverance, Village of Vinton residents will finally get their long-sought after projects – the installation of a wastewater collection system and a connection to the El Paso Water system. With work now underway, village officials said that plans are to complete everything in 2024.

"These projects are more than a series of pipelines and pump stations," stated Vinton Mayor Manuel Leos III, "I see it... as an important part of growth and the sustainment of our community and the next level of economic development."

The mayor of the upper valley community, which is about 25 miles west of downtown El Paso, said that the installation projects are not only an important public service that provides a source of safe and reliable drinking water with the least cost to its residents, but also a mechanism for economic development in attracting and retaining commercial and

industrial customers to the community.

The Village of Vinton's existing underground water sources do not meet drinking water standards for total dissolved solids and arsenic, according to a 2015 University of Texas at El Paso (UTEP) research study. The findings indicated that Vinton residents' complaints of stomach problems, diarrhea, and skin rashes could be the result of the arsenic and biological organisms in their well water.

Consequently, most residents are on private water systems that the Village acquired and provides the water to its residents, explained Josh Luna, media specialist and community outreach for the Village of Vinton. "As far as the wastewater side of the projects, (presently) all the residents have onsite septic systems," he added.

Village of Vinton officials heralded the beginning of the installation projects with a celebratory event in January. Joining the mayor and council at the groundbreaking ceremony were Congresswoman Veronica Escobar, El Paso County Commissioner Carl Robinson, and representatives from the projects' funding partners including the North American Development Bank (NADB), the Environmental Protection Agency (EPA) and the Texas Water Development Board (TWDB).



Congresswoman Veronica Escobar

"The water and centralized wastewater projects are in two phases to reduce cost and to better manage the projects," Leos explained. "These projects were formed with many partnerships, funding

See PROJECTS, Page 5

Trump didn't cause the Russian war on Ukraine

More than a year into the Biden presidency, Vladimir Putin has invaded a sovereign neighboring country and, of course, everyone knows who's to blame – Biden's predecessor.

In an instance of misdirection for the ages, a spate of commentary has pointed the finger at Donald Trump for supposedly creating the predicate for Putin's brutalizing of Ukraine.

There's no doubt that Trump has long had an apparently

uncontrollable reflex to say warm things about Vladimir Putin. He foolishly mused about pulling out of NATO. And his withholding of aid to Ukraine for a partisan political purpose – to pressure the Ukrainian government to uncover dirt related to the Bidens – was a tawdry abuse of power (and led to his first impeachment).

No one should hold Trump up as a paragon, but to blame him for sparking a delayed-fuse geopolitical cataclysm that just happened to explode on Biden's watch is wholly ridiculous.

Trump critic retired Lt. Col Alexander Vindman, who had a star turn as a witness at Trump's first impeachment, says Trump emboldened Putin and left Ukraine unprepared to defend itself. Former U.S. ambassador to Ukraine Marie Yovanovitch says Trump sent the world the message that Ukraine was a mere pawn. A piece in The New York Review of Books says Trump "paved Putin's way."

There is no support for this argument in a world where facts and logic – or basic chronology – mean something.

First of all, Russia had grabbed Crimea and started a long-running war in Eastern Ukraine in 2014, long before anyone had any idea that Donald Trump would run for president, let alone win. It clearly didn't take Trump to give Putin the idea that he could get away with invading Ukraine – he invaded Ukraine and got away with it under the administration of Barack Obama, when, by the way, Joe Biden was vice president.

It is now widely acknowledged that the sanctions back then were too timid, a concession that Obama officials let Putin off too lightly. Surely, that must have figured into the Russian leader's calculation whether to invade yet again.

Then, there's the fact that Barack Obama steadfastly resisted providing Ukraine lethal aid – after it had already been invaded. Bipartisan opposition to Obama didn't move him. He believed deeply in the appeaser's logic that it would be too "provocative" to give Ukraine weapons simply to defend itself.

Again, Trump had nothing to do with this misbegotten decision; indeed, he criticized it.

Trump's offense in 2019 was to delay military aid – including Javelin missiles – that Congress had approved for Ukraine, in a reversal of Obama's policy. If Trump never should have engaged in this self-interested gamesmanship, he released the assistance

See LOWRY, Page 7

View from here By Jane M. Orient, M.D.

Don't hold your breath

COVID isn't over for you

Even if you have had COVID, and some restrictions in your area have been lifted at least temporarily, life is definitely not normal, especially in medicine. We live under an increasingly authoritarian regime, which falsely claims to "follow the science," but is really based on fear.

Warning: Much of what follows is "anecdotal," scorned by the "evidence-based medicine" establishment. We can

no longer believe our eyes and ears. Of course, a single or a few observations must be replicated before we change medical practice or societal policy – unless they support a politically correct objective. But what to do in the meantime? Wait for a study that will probably never be done because the National Institutes of Health (NIH) will not fund it?

Or at least listen to our patients and

their associates?

For COVID, the dogma is that repurposed old drugs are dangerous and don't work, that vaccines are all "safe and effective," and that measures never shown capable of containing an already widespread respiratory virus must be followed under pain of professional death (licensure).

The "anecdotal" reports that come to our office, from patients all over the country who are resourceful enough to locate us, are highly disturbing.

"I'm sick, but my doctor won't see me because I might have COVID." Or maybe

the doctor is no longer there. Or maybe the front desk says at the outset that the practice does not allow prescriptions for nonapproved drugs. Or maybe:

- "My doctor won't see me or treat me unless I get jabbed."
- "My spouse (or child or friend) is in the hospital and I am not allowed to visit."
- "My loved one is dying, but the hospital refuses to try anything not on their protocol even though it isn't working or may (like remdesivir) be causing harm."

See COVID, Page 4

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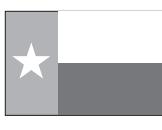
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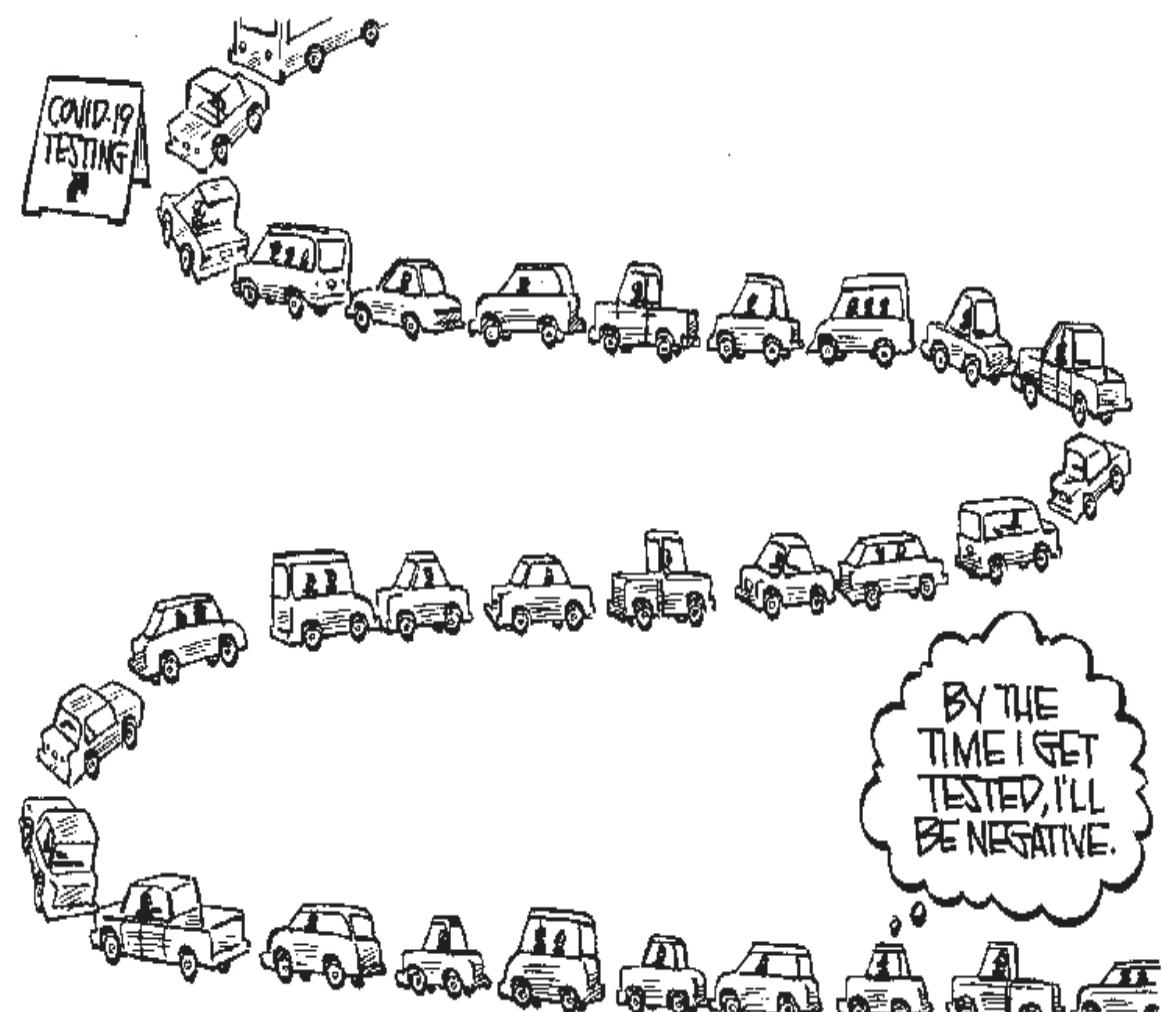
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View from here By Dr. Glenn Mollette

Ukraine refugees are coming

America has been good to help people and more are on the way.

... up to 100,000 would be welcomed as recently announced by President Biden. All refugees arriving in the United States are entitled to eight months of Refugee Cash Assistance...

Refugees from Ukraine are coming to America, up to 100,000 would be welcomed as recently announced by President Biden. The population of some communities will grow depending on where the federal government places these people.

Since the passage of the refugee act there are already over three million refugees in America. They are located throughout the United States with large populations in some towns and cities.

A refugee is "a person who is unable to return his or her country of origin because of a well-founded fear of persecution based on race, religion, nationality, political opinion, or membership in a particular social group." A refugee legally resides in the country of resettlement and is eligible for federally funded cash assistance for up to eight months. Refugees are resettled in the United States by the federal government and are afforded specific refugee assistance to help them rebuild their lives in America. This federal funding is limited in both duration and amount. It is important to note that most refugees arrive with very little in terms of possessions, beside a few bags of luggage, and if they are lucky, all of their family members.

All refugees arriving in the United States are entitled to eight months of Refugee Cash Assistance (RCA) from the date of their U.S. arrival. The RCA amounts vary based on the size of the family: Single person (\$230/month), family of two (\$363/month), family of three (\$485/month), family of four (\$611/month), etc. If a family qualifies for Temporary Assistance to Needy Families (TANF), offered by the State Department of Health and Human Services, they will not receive RCA funds, but will immediately begin receiving TANF funds, which provide the same amounts of funds as outlined above for families (Refugee or American), yet unlike RCA, there is five-year time limit to their receipt of funds which can be reviewed and extended depending on need. All TANF recipients must be participating in verified educational courses, volunteer placements, and/or employment searches in order to access these funds. Source, Catholic Charities

The Ukrainian people appear to be hard working people. Once they make it to

See REFUGEES, Page 4

Food for thought By John Grimaldi

The graying of America

A trend to 'dye' for

There are those out there – men and women alike – who dye their hair when it starts to turn gray. It makes them look younger. But among the trendy younger set, a gray, white or salt-and-pepper look is in style, according to Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

Weber cites the publication, Hairstyles Weekly, which notes that, "gray hair has been shunned and touted as 'old people' hair color. But in this year (2022), the hair world is shaking things up a bit and making gray the star of the show!" Not only are more older Americans embracing the natural look of aging, but younger women – and men – are adopting the look using new hair dyes such as Clairol's Professional Pure White Hair Developers for Lightening & Gray Coverage.

Market-researchers have found that more men between the ages of 50 to 64 – 11% – are dying their hair more than ever before for a variety of reasons. For one thing, a majority of women say they find men with gray hair more attractive and that it can give a man an "air of authority," not to mention the fact that "gray hair is generally associated with competence, financial security and coolness," according to the hair experts at Schwarzkopf International.

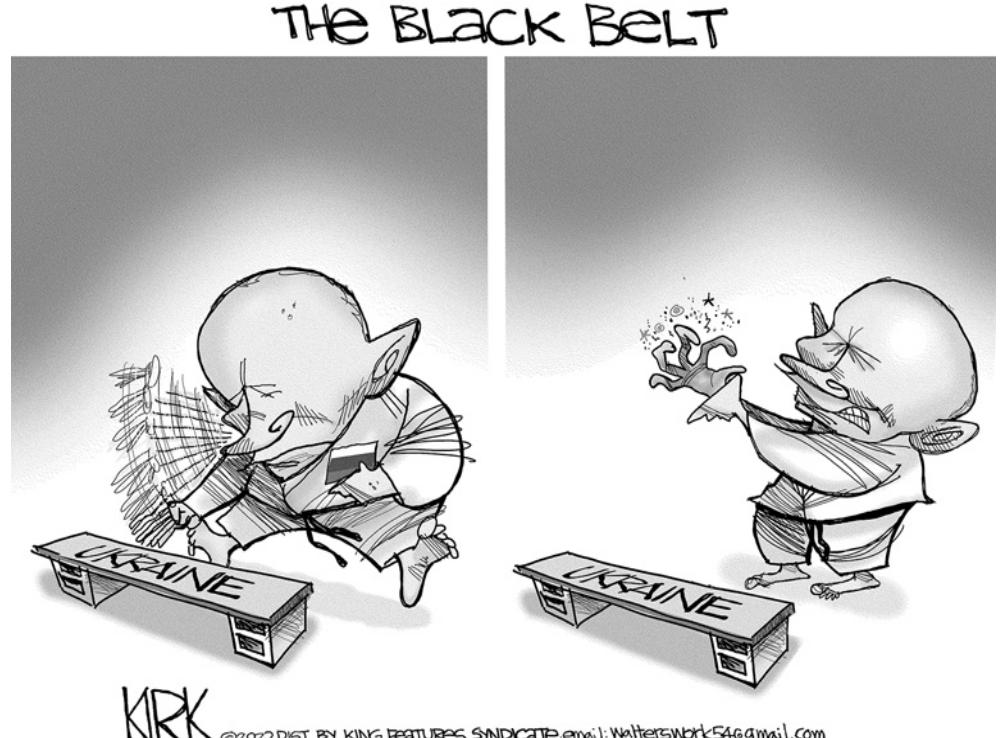
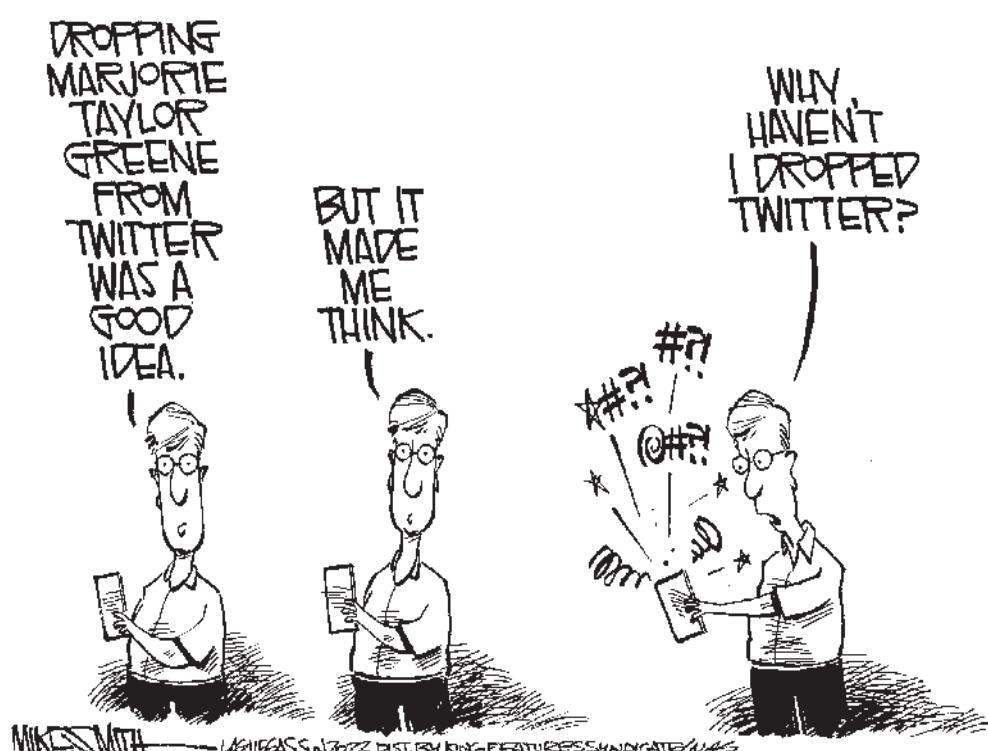
A Wikipedia report traces the granny hair trend "to fashion designer Jean-Paul Gaultier, whose Autumn/Winter 2011 show featured models in grey Beehives. In Spring 2015, his catwalk show at Paris Fashion Week (featured) silver haired models as did the shows of other fashion designers Chanel and Gareth Pugh."

It is true that health problems can accelerate the graying process and that stress can cause your hair to shed and grow back grayish in color instead of your natural color. However, the experts at WebMD tell us that while "you might blame your stressful job or your unruly teens for your grays... it's mostly your genes that dictate how early and how quickly it happens. So if either of your parents had a full head of gray hair in their 30s, there's a good chance you will, too."

According to MedlinePlus, the color of your hair "is determined by the amount of a pigment called melanin in hair. An abundance of one type of melanin, called

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unruly teens
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grays... it's
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genes that
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how quickly
it happens.*

See HAIR, Page 6



COVID

From Page 2

• "I don't want the vaccine, but I can't work, or travel, or go to my child's wedding unless I get it."

• "I'm sick after getting the vaccine, but my doctor says it's all in my head."

The changes in medicine – that preceded COVID but were worsened by it – are not over. If government or an insurer is paying the bill, that entity is in charge. If the hospital takes money from government, the system is in charge and must comply. Who would have expected that a legislature would need to pass a law, as proposed in Arizona, to force hospitals to allow both parents to visit their dying child?

But what can be done for individual patients? The hundreds of thousands of reports in the Pfizer vaccine documents¹ and the Vaccine Adverse Events Reporting System (VAERS)² are all "anecdotes," and we are told that "the plural of anecdotes is not evidence."

Nevertheless, I will recount a few anecdotes I have heard from trusted people: my patients or other physicians. I am not and cannot be your doctor; I can only suggest that you ask your doctor, and if the practice discourages ordering "unnecessary" lab tests, search on

line for labs that may permit you to order them yourself.

Whether it is COVID, long-haul COVID, or COVID vaccines, check the thyroid. I was astonished to learn that patients can suddenly develop hyperthyroidism OR hypothyroidism, which can be very severe and may cause profound mental symptoms. One thyroid specialist says she sees several cases of vaccine-induced thyroiditis a month.

In response to concern about vaccine-induced myocarditis, vaccine advocates say that you can get that from COVID too. Isn't that interesting! What if the spike protein on the virus, and which the vaccine causes your own body to make, is the culprit? Diagnosis and treatment would be the same. Why not test for troponin levels and C-reactive protein (CRP) or other inflammatory markers?

Blood clots are one of the most important causes of death from COVID. Many vaccine-related complaints can come from clotting, perhaps microscopic clots affecting many organs. Why not check for D-dimers³, a sign of an activated clotting system?

In just one week, a specialist physician says that patients reported four cases of shingles, two cases of new-onset multiple sclerosis (MS), one of Graves disease, three of thyroiditis, two of Guillain Barre, three deaths from heart attacks, and two strokes in association with the vaccine, in themselves, a friend, a coworker, or employee. She is aware of four miscarriages in women who were forced to get the vaccine or be denied care, one stillbirth at 37 weeks in a patient who had been vaccinated 2 weeks earlier, and a 42 year-old woman now blind in her right eye because of an arterial blood clot.

I have spoken to one patient who is dealing with a reactivation of Epstein-Barr virus,

herpes, and cytomegalovirus (CMV) post vaccine. It is speculated that the vaccine may weaken the immune system.

Remember, these are just anecdotes. But if any are vaccine-related, we'll be seeing many more as the vaccine and booster frenzy continues.

The devaluation of patients and of all citizens' rights is unfortunately not just anecdotal.

The links in the digital copy of this issue, at www.wtxcc.com, are clickable.

1 – <https://aapsonline.org/aaps-news-march-2022-sotu-unity-and-war/>

2 – <https://openvaers.com/covid-data>

3 – <https://joelshirschhorn.substack.com/p/crucial-test-unused-for-long-covid?s=w>

Jane M. Orient obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

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Refugees

From Page 3

America I would not be surprised if some of our worker shortage will start to disappear. These people have nothing. If you still want a

job you probably should take one and go to work.

At this point we have no choice but to help these people as the economy and infrastructure of the countries surrounding Ukraine cannot absorb them all.

Can you imagine if Russia and China combined to attack America? What if we had to run to Canada to survive? We would appreciate anything anybody would do to help us.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of "Uncommon Sense" and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or facebook.com/glennmollette.

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Strange BUT TRUE

By Lucie Winborne

- There's a doughnut shop in Clare, Michigan, that's owned entirely by cops.

- A long-haired tortoiseshell cat named Towser holds the Guinness World Record for catching mice – an estimated 28,899 in 24 years – as the pest control expert at the Glenturret whiskey distillery in Scotland.

- Between 1912 and 1948, Olympic medals were given out for sporting-inspired masterpieces of architecture, music, painting, sculpture and literature.

- Subaru WRX owners are the most likely in the U.S. to have a prior speeding citation.

- The average energy expended during the ladies Wimbledon tennis final match adds up to 1.56kWh, which is enough power to keep an iPhone charged for a year.

- Hackers were prevented from stealing nearly \$1 billion after misspelling the word "foundation" as "fandation" on a payment transfer. However, they were still able to swipe roughly \$80 million before their typo tipped off the banks.

- Nineteen-year-old Shayla Wiggins, of Wyoming, found a man's corpse in a river while she was playing Pokemon Go.

- In 2014, South Korea produced an alternative version of their national anthem "Aegukga," which was two keys lower in order to make it easier for kids in school, especially boys going through puberty, to sing.

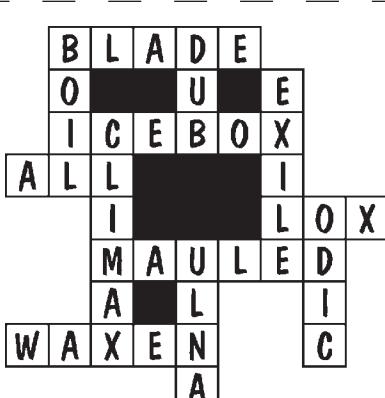
- When actor Dwayne Johnson was in high school, his height of 6-foot-4 and weight of 225 pounds had some of his classmates suspecting he was an undercover cop.

Thought for the Day: "One who knows how to show and to accept kindness will be a friend better than any possession."

– Sophocles

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CryptoQuip Answer

My cool narrative generates almost no interest on social media. it's a never-ending story.

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• On March 28, 1814, the funeral of Guillotin, the inventor and namesake of the infamous execution device, takes place outside of Paris. Guillotin had built the guillotine to show the intellectual and social progress of the Revolution; by killing aristocrats and journeymen in the same way, equality in death was ensured.

• On March 29, 1927, Major Henry O'Neil de Hane Segrave becomes the first man to break the 200 mph barrier. Driving a 1,000 horsepower Mystery Sunbeam, Segrave averaged 203.79 mph on the course at Daytona Beach, Florida.

• On March 30, 1820, Anna Sewell, author of "Black Beauty," is born. "Black Beauty," the first significant children's story in the English language to focus on animal characters, established the precedent for countless other works. The story, narrated by the horse, showed Black Beauty's progression through a series of increasingly cruel owners.

• On March 31, 1959, the Dalai Lama, fleeing the Chinese suppression of a national uprising in Tibet, crosses into India, where he is granted political asylum. With the beginning of the Cultural Revolution in China, suppression of Tibetan Buddhism escalated, and practice of the religion was banned and thousands of monasteries were destroyed.

• On April 1, 1963, the ABC television network airs the premiere episode of the daytime drama "General Hospital." The enduring soap opera would become the longest-running serial program produced in Hollywood.

• On April 2, 1863, responding to acute food shortages, hundreds of angry women riot in Richmond, Virginia, demanding that the government release emergency supplies, breaking windows and looting stores. Confederate President Jefferson Davis threw his pocket change at them from the top of a wagon.

• On April 3, 1776, the Continental Congress, lacking sufficient funds to build a strong navy, gives privateers permission to attack all British ships. Any goods captured by the privateer were divided between the ship's owner and the government.



— Photos courtesy of Village of Vinton

PROPER DISPOSAL — Village of Vinton wastewater installation project, above, will provide first-time services to 506 homes that currently rely on septic tanks. Vinton, located 18 miles north of downtown El Paso, is one of the communities near the U.S.-Mexico border with inadequate access to drinking water and safe sewage disposal.

Projects

From Page 1

agencies, the regional water and wastewater district, and the Village," he stated.

"Phase I of the projects is in its final stages, as we are preparing to proceed with 126 household water connections in the very near future. The wastewater connection will follow as soon as we are able to hook up the regional wastewater system," Leos explained.

"The funding for these projects is setup so that most of the households will be connected to the water and wastewater systems. There are a few homes that are not slated to be connected to water or wastewater

under these projects, but we are currently working on other funding alternatives that will be able to provide the opportunity for water and wastewater connections," Leos acknowledged.

"Phase I of these projects was carried out by SmithCo Construction, and Phase II is currently being undertaken by CMD Endeavors, Inc. Both phases are being overseen by the Village engineering consultant Parkhill," the mayor stated.

"We will not have the total cost until the projects are complete and closed out, but we are currently looking at a cost of just under \$35 million. The financial impact on the Village residents will be very little as the loan component of the grants is a total of \$7.4 million,

thus we may have an increase in the property tax rate of 2 to 4 cents per one-hundred-dollar value, if there is no additional growth," Leos said.

"It's been a long road but a very rewarding finish," TWDB Director Kathleen Jackson said during the ceremony. "It's about giving the local community the opportunity to take the bull by the horns and move a project forward."

El Paso Water's Adriana Castillo, whose first assignment

as engineering division manager six years ago was this project, stated, "We started with three streets, continued through planning, provided support on technical side, assisted Parkhill, Smith & Cooper on the planning side, and signed a connection fee

and wholesale agreement and an operation and maintenance agreement." Parkhill, Smith & Cooper is now known simply as Parkhill.

Castillo added that she is proud to work together with all these agencies to provide first-time water and wastewater service to Vinton residents. Once the project is complete, El Paso Water will operate and maintain the water and wastewater systems, she said.

With the water projects' recent announcement, developers are already looking into building new homes in the Village, according to the mayor. "As the new homes come in, it will have a positive effect on the growth, increase the tax base, and reduce the tax rate," he surmised.



KICKOFF — Vinton Mayor Manuel Leos III, far right above, led a groundbreaking ceremony in January to begin the installation of water and wastewater pipelines that will serve over 2,600 residents. Participating in the ceremony were Congresswoman Veronica Escobar, El Paso County Commissioner Carl Robinson, and representatives from the North American Development Bank, the Environmental Protection Agency, and the Texas Water Development Board.

Baseball is starting to realize this is the 21st century

By Steve Escajeda
Special to the Courier

If anything can be said for Major League Baseball over the years is that they've been fairly consistent. The only problem is, professional baseball has been way too consistent.

The league has stubbornly resisted any changes as the decades have gone by.

While football and basketball have evolved, baseball, though they've instituted a few mild changes here and there, is basically the same methodical game it's always been.

However, while football and basketball have gotten faster and more exciting, baseball is slower and more boring than it's ever been. And the dwindling TV ratings show that fans aren't happy about it.

The length of an average MLB game is now three hours and 10 minutes, and that's way too long to sit and wait for something to happen.

In football and basketball, you can count on something exciting to happen on almost every play. In baseball, you can go inning after inning watching a guy pitch and a guy swing and miss, over and over again... wake me when it's over.

But it looks like things are about to

change.

Finally in 2022, the baseball bosses are beginning to face the fact that they have to evolve or die.

There are some changes coming to Major League Baseball this season and here they are.

The first thing is that they are finally getting rid of that stupid rule that affects one league and not the other. I'm talking about the designated hitter rule that is used in the American League but not in the National.

That's like having the 3-point shot in the NBA Western Conference but not in the East, or being able to go for a 2-point conversion in one NFL conference but not the other.

This year the designated hitter will be allowed in all of pro baseball.

Another change is the fact that the infielders can no longer put the "shift" on. Over the last few years, depending on what side of the field the hitter usually hits the ball, the infield will shift over to one side or the other. This cuts down on

the number of guys who get on base.

Eliminating the shift will lead to more guys getting hits, which already makes the game more exciting with runners on base and more scoring.

Also, the dumb rule that was created a couple years ago, putting a runner on second base at the start of extra innings, will be a thing of the past. The league is going back to playing extra innings like any regular inning.

Another change will be the expansion of the playoffs. This year a total of 12 teams will compete in the postseason, up from 10 teams. I don't know if that's a good thing, but at least it's a change and change is usually good.

In a kind of weird change, the bases will be a little bigger than usual. The idea is that they will be safer for the players, but that remains to be seen.

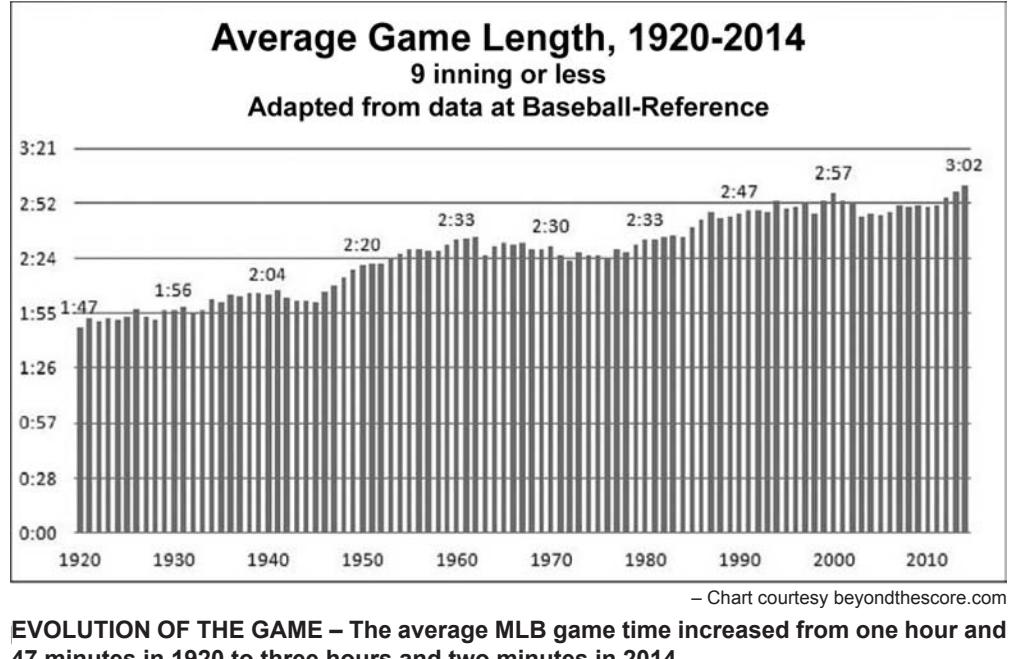
Although this particular change won't take place until 2023, it's still a step in the right direction. One of the biggest problems in baseball, as we said earlier, is that the games are just too long.

In an attempt to trim that, pitch clocks will be used. It hasn't been determined whether pitchers will have 12 or 15 or 18 seconds to throw a pitch once they receive the ball from the catcher, but either time should speed things up.

In the ultimate change that is expected to come very soon, there's been talk about the major leagues eventually converting to an automatic ball/strike zone. You know what I'm talking about; that digital strike zone they show on the TV screen. The home plate umpire still calls balls and strikes even though the digital strike zone is on the screen. The plan is for balls and strikes to be called digitally in the next few years.

The way I look at it, if the technology is available, use it. This will also cut the length of games by eliminating all the time that coaches and umpires argue about calls.

Although it should have been done years ago, it's nice to know MLB is finally realizing it's not 1927 anymore.



Hair

From Page 3

eumelanin, gives people black or brown hair. An abundance of another pigment, called pheomelanin, gives people red hair."

Hydrogen peroxide is an oxygen-based bleach that is sometimes used to bleach hair. And guess what, hair cells actually and naturally produce their own hydrogen peroxide and the older you get the more of it is produced. Researchers believe that the hydrogen peroxide that our bodies produce is what turns our hair gray and then white.

Trendy as the graying of America might be, there are still those who hope and pray that science will come up with a way for them to retain the youthful color of their hair or a

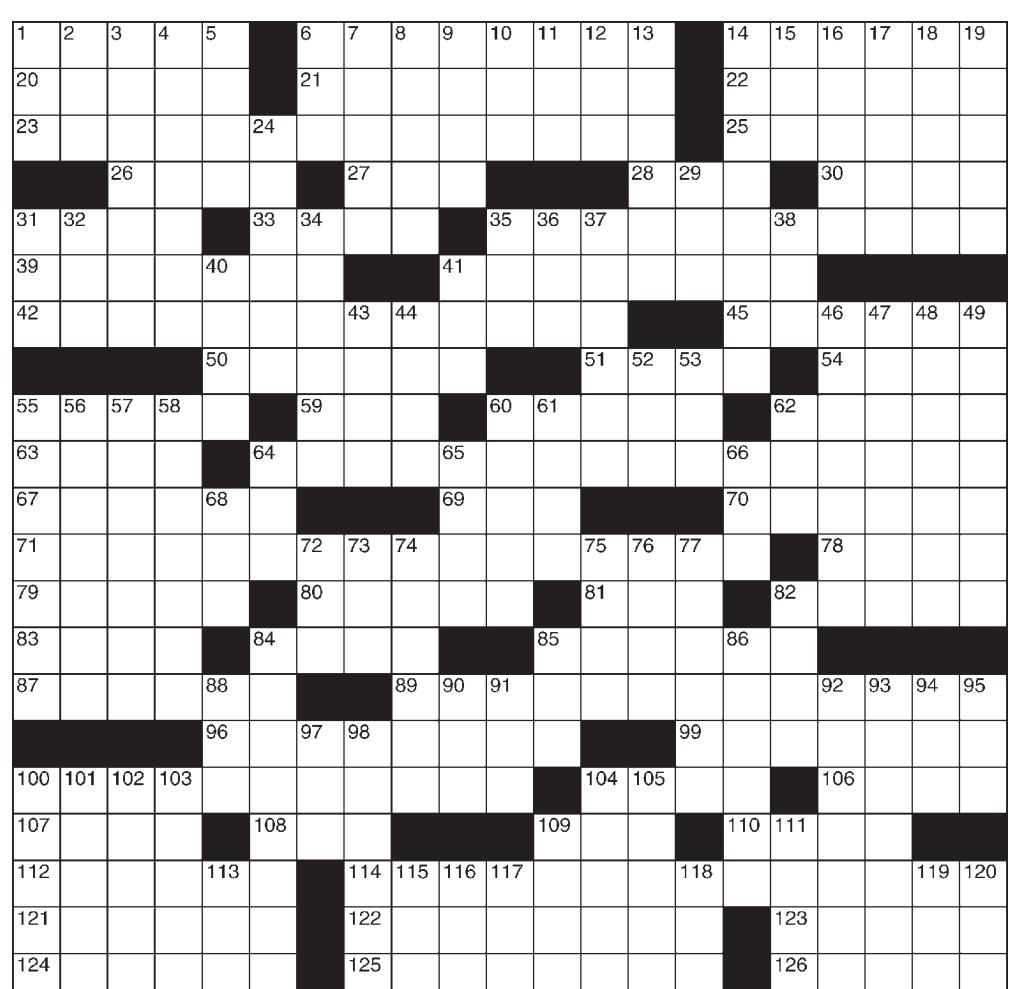
way to reverse the graying process. Fear not. The Scientific American reports that research has emerged showing that there may be a way to do just that. The publication quotes Matt Kaeberlein, a biogerontologist at the University of Washington, who says there is convincing evidence that on a hair by hair basis graying is actually reversible. "What we're learning is that, not just in hair but in a variety of tissues, the biological changes that happen with age are, in many cases, reversible."

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.

Super Crossword

CONFORMITY	67 Main nun	ACROSS	69 Nest egg abbr.
1 Competitor	70 Estevez of "Tex"	70 Start	71 Attractive
6 Least hilly	78 Tesla's Musk	72 "I'm for Ricochet"	73 "If u ask me..."
14 Spring birds	79 Volley starter	74 Singer Sarah	75 "Bad way for a ship
20 Adult insect stage	80 Flora and fauna	76 to run	77 "Livin' La Vida _"
21 Irish moss or nori	81 GPS display	78 (1999 #1 hit)	79 (1999 #1 hit)
22 Insect's egg capsule	82 Vogue thing	80 Swing to and _	81 Campout fuel
23 Steady job, say	83 Uruguay's Punta	82 Some jabs in the	83 Suffer from hunger
25 Money, slangily	84 Good buds	83 Ring	84 Like an attention-grabbing actor
26 Egg on	85 Campout fuel	85 Chihuahua	86 "Ciao!," in
27 See 110-Across	87 Suffer from hunger	86 Gets bronze	87 Petroleum
28 One _ kind	88 Like an attention-grabbing actor	87 Special attention,	88 Eppie who's known as Ann Landers
30 Israeli politician	89 Unrefined	88 for short	89 "Ho-hum"
Weizman	90 Grass	89 Conceit	90 Large gametes
31 Waikiki locale	91 "Deceive"	90 Singer Cooke	91 Large
33 Catholic liturgy	92 "Carmen"	91 Start a golf hole	92 Composer Georges
35 Steak/lobster	93 Composer Georges	92 Longtime Russian	93 Dynasty members
combo dish	94 Novelist Stanley	93 Pitcher Hershiser	94 "Carpentry peg
39 Leave behind	95 Pass, as a bill	94 Grass	95 "Nous"
41 Aquarium shop supply	96 Swimmer Gertrude	95 Deceive	96 "Hasty escape"
42 Endowing organization	97 "the night before..."	96 D-Max pickup	97 "Stallion-to-be"
45 Didn't allow to pass, as a bill	98 "the night before..."	97 Truck maker	98 "Iterate"
50 Swimmer Gertrude	99 "Lady Love" singer	98 Appellation	99 "Samantha Bee's station"
51 "the night before..."	100 Rawls	99 Bestower	100 Southern Sioux
54 Novelist Stanley Gardner	101 Really hate	100 Neck warmer	101 Thai tongue
55 Pass, as a bill	102 Jeans brand	101 Halley of Halleys comet	102 Lucy of TV's "Elementary"
59 "Lady Love" singer	103 Recline lazily	102 Online merchants	103 "Really little"
Rawls	104 Regulating system	103 Sharpens	104 July hrs.
60 Really hate	105 Sign on a dead-	105 Art Deco artist	105 Dr. Seuss' title
62 Jeans brand	106 Clodhopper	106 Summers, in Somme	106 "Dhahi"
63 Recline lazily	107 Cloodhopper	107 Chucks out	107 "Dhahi"
64 Regulating system	108 "Dhahi"	108 "Dhahi"	108 "Dhahi"

34 San _ (Texas city near Abilene)	turtle
35 Ungodliness	82 Warty hopper
36 The Trojans of the NCAA	84 Very risky
37 Musical beat	85 Hit sketch show since '75
38 1950s prez	86 Tattooing tool
39 "Losing effort?"	88 Outmoded TV adjunct
40 Add-on charge	90 Aviary sound
41 Cal's twin in "East of Eden"	91 A. in Berlin
42 Fill to excess	92 Classic Chrysler
43 More itty-bitty	93 Heat-attached patches
44 Omission of a syllable	94 Prefix with natal
45 Mutt's threat	95 "Mutt's threat"
46 Adaptable truck, in brief	96 Stun with sound
47 "Archbishop Tutu	97 Affliction
48 "Projectile path	98 "Projec-tory path"
49 "Slips by"	99 "Projec-tory path"
50 "Most majestic	100 Pro _ (perfunctory)
51 "Calgary locale	101 Opera songs
52 "Meat cutter"	102 Osso buco meats
53 "Large artery"	103 "Kukla, Fran and _"
54 "Ho-hum"	104 "Carpentry peg"
55 "Itty-bitty"	105 "Nous"
56 "Large gametes"	106 "Stallion-to-be"
57 "Composer Georges"	107 "Iterate"
58 "D-Max pickup"	108 "Samantha Bee's station"
59 "Truck maker"	109 Southern Sioux
60 "Appellation"	110 Thai tongue
61 "Bestower"	111 Lucy of TV's "Elementary"
62 "Neck warmer"	112 1940s prez
63 "Halley of Halleys comet"	113 "Really little"
64 "Online merchants"	114 July hrs.
65 "Sharpens"	115 Dr. Seuss' title
66 "Art Deco artist"	116 "Dhahi"
67 "Summers, in Somme"	117 "Dhahi"
68 "Chucks out"	118 "Dhahi"
69 "Art Deco artist"	119 "Really little"
70 "Dhahi"	120 "Dhahi"



Answer Page 4

Comix

OUT ON A LIMB By Gary Kopervas



IGOR'S
ANNUAL
PERFORMANCE
REVIEW

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

by September 2019.

Another line of argument is that Putin didn't invade Ukraine during the Trump administration because the Russian leader was already getting everything he wanted from Trump, including the destabilization of NATO. The outward expression of

Trump's doubts about the alliance, though, largely took the form of loud complaints about European countries skimping on defense spending, which were completely justified.

Indeed, it's perverse that Angela Merkel was made into a great heroine of Western statesmanship at the same time she maintained a pathetic level of defense spending and deepened Germany's energy dependence on Russia in a way that was

more dangerous than anything Trump said or tweeted.

And it wasn't Trump who told Biden to execute a humiliating withdrawal from Afghanistan, to give Putin the gift of a summit after he menaced Ukraine the first time, to remove sanctions on the Nord Stream 2 pipeline, to speak forthrightly about Western divisions at a pre-invasion press conference, or to forgo preemptive sanctions.

Late relapse possible in breast cancer patients

DEAR DR. ROACH: I just read another sad story about a woman who had breast cancer, fought it and seemed to win, but after five years, it came back and took her life. The same sequence of events happened to my wife two years ago. She fought the second round of cancer for a year and a half, but it was just about everywhere. What is this connection between the initial breast cancer occurrence and it coming back five or six years later even more widespread throughout the body? Is screening stepped up during that period? – Anon.



I am very sorry to hear about your wife.

With most cancers, no evidence of disease five years out from diagnosis usually means a cure, that the person will not have a recurrence of that particular cancer, although people who've had one cancer are at a higher risk of developing a second, unrelated cancer. Breast cancer is one of the exceptions. Late recurrences (after five years) are possible, even very late recurrences. I have seen 20 years afterward, and there are reports of even longer.

Although the reasons why breast cancer seems to hide for many years are not known precisely, we do know some risk factors for recurrence: Larger tumors are more likely to recur. Those with positive lymph nodes are at high risk, and women with estrogen receptor positive, progesterone receptor positive and HER2 negative tumors are more likely to experience recurrence.

Screening is absolutely appropriate in women who have had breast cancer. There is not a consensus about the type and frequency of screening, but many experts choose yearly mammography. Breast MRI has been considered, but it has not been proven to be better in women with a history of breast cancer.

A healthy lifestyle, including regular exercise, a diet with plenty of fresh fruits and vegetables, abstinence from smoking and minimal alcohol intake, has been shown to reduce cancer risk in women with a history of breast cancer.

DEAR DR. ROACH: A few days ago at the Red Cross, my hemoglobin level was 12.4 according to a drop of blood from one hand, and 11.2 according to a drop of blood from the other hand. That's such a big difference. Is there something wrong with me, or something wrong with the machine? – P.D.

Measuring hemoglobin levels is done by blood banks, such as the Red Cross, to see whether it is safe to donate blood. The Red Cross requires a hemoglobin level of 12.5 g/dL for women and 13.0 g/dL for men. That is close to the bottom of the normal range in most laboratories, so you are at or just below the cutoff for anemia.

Hemoglobin levels do bounce around a fair bit from test to test, and a change of a point is not unusual. It doesn't mean a bad machine or a bad technician nor anything wrong with you. A classic article from 1946 noted a variation within a day of 1.3 g/dL, consistent with my own decades of observation. This is important to note, and we should be cautious about interpreting just a single lab value.

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.

All of that is on Biden, and all of it – especially the Afghan fiasco – had to make an impression on Putin. Now, it may well have been that Putin was undeterable, but that makes it all the more outlandish and dumb to blame a former U.S. president for his depredations.

Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.



Moore Texas by Roger Moore

"Van Horn is so healthy that we had to shoot a man to start a cemetery!" was the town's onetime slogan.

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: P equals S

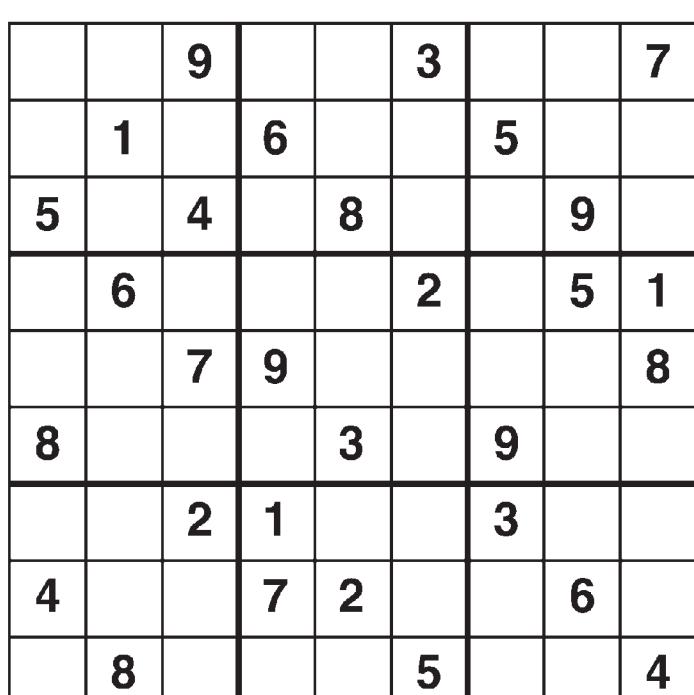
XO IKKF QGMMGVBCY
HYQYMGVYP GFXKPV QK BQVYMYPV
KQ PKIBGF XYZBG. BV'P G
QYCYM-VMYQZBQH PVKMO.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle



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

♦♦♦ HOO BOY!

Answer Page 4

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Top-Secret Ghost Army: The stuff of legends



by Freddy Groves

It takes a certain kind of soldier to create diversions on the spot, pretend to be a much larger unit than they are and believably impersonate others, but that's exactly what the top-secret Ghost Army did in World War II. Over 1,000 men, with their actions, saved the lives of an estimated 30,000 soldiers during the war.

Their deceptions were stuff of legend, with 1,000 men pretending to be over 20,000. The 23rd Headquarters Special Troops and the 3133rd Signal Service Company created make-believe headquarters, whole divisions and fake convoys, all with the purpose of deceiving the enemy about the size and location of Army units. Using recordings, they created the impression of large armored units and faked radio traffic, even copying the Morse

code style of others. They used inflatable airplanes, rubber tanks, troops and jeeps that they'd pump up with air compressors, laid down fake tank tracks in the dirt and told tall tales in local cafes to spread false information to the enemy. They could turn on a dime, suddenly appearing miles closer than the enemy believed they were.

Now, years after the fact, they are finally being acknowledged and recognized. In February, the Congressional Gold Medal Act was signed, awarding the medal to both groups, after they were declassified in 1996.

To read more about the Ghost Army, go to the Ghost Army Legacy Project (www.ghostarmylegacyproject.org). Be sure to see the Archives for journals kept by the soldiers from those units, as well as the Secrecy and Leaks file. See ghostarmy.com for even more information. (Don't miss the pictures of all their gadgets and equipment.) Look for "The Ghost Army" documentary on PBS stations and on Netflix. It was first shown in 2013.

Additionally, look for the future film that's to be directed by Ben Affleck.

At this writing, there are only nine surviving Ghost Army veterans, all of them nearly 100 years old.

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- Lettuce will last longer if you store it in the crisper drawer in a clean paper bag.

- "Try using an empty glass wine bottle (remove the label) for rolling out pie crust or any dough. It is the best thing I've ever used... nothing sticks to the glass, unlike my wooden rolling pin, which is now in the back of my cabinet for good after using it for decades!" – L.F. in Texas

- Peas, spinach, sweet potato, squash and carrots can be pureed and added to baked goods to increase fiber and nutrients. They are especially useful in soups to thicken a broth without adding fat. You can sneak some veggies into unexpected places, too – like cookies, pancake batter and pasta dishes, or make a flavorful sandwich spread.

- "When you get a new pair of running shoes, treat the insides with spray starch. We have always done this, and it keeps them fresher longer." – S.M. in Indiana

- If you have trouble threading a needle because the fibers seem to go in all directions, here's a tip from T.I. in Illinois: Stiffen the end of thread with hairspray before threading a needle.

- Tubes make it easy to access toothpaste when they are full, but it's sometimes hard to get that last bit out. Here's a tip from C.W. in Oregon: "To get the last bit of a tube of toothpaste to come out, run the tube under warm water for a few seconds. There's more still in there than you think!"

- It's easy to sort hardware using a muffin pan. If you get a pan that has 12 depressions, you can line up nails and screws and such according to size, making it even more convenient.

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!

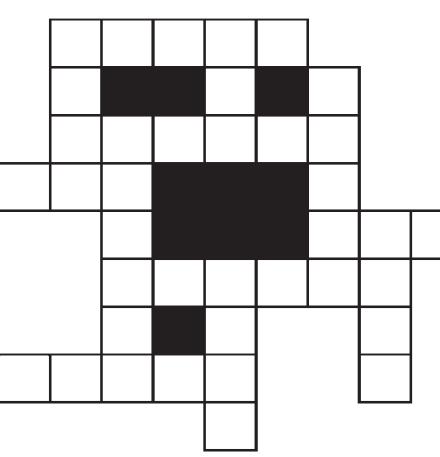
Answer Page 4

	+		×		13
-		÷		+	
	+		×		18
×		+		×	
	+		+		19
21		17		21	
1	1	2	3	5	6
7	8	9	4	6	7
9	8	7	5	3	2
6	5	4	3	2	1
1	2	3	4	5	6
5	6	7	8	9	1
8	9	10	11	12	13
7	6	5	4	3	2
4	3	2	1	0	9
2	1	0	9	8	7
8	7	6	5	4	3
5	4	3	2	1	0
9	8	7	6	5	4

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OXL
ICXMAL
♥ DABEL
NAUL
BIOCEX
LLA
COID
LIXEE
♥ DBU
LUDEMA
EXAWN
OBLI



Answer Page 4

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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.