



NEWSBRIEFS

Teen drivers

With teens obtaining driver’s licenses during the summer more than any other season and an average of seven teens dying every day from motor vehicle injuries, the personal-finance website WalletHub has released its report on 2022’s *Best & Worst States for Teen Drivers*, as well as accompanying videos and expert commentary. In order to determine the safest and least costly driving environments for U.S. teenagers, WalletHub compared the 50 states based on 23 key metrics. The data set ranges from the number of teen driver fatalities to the average cost of car repairs to the presence of impaired-driving laws. Texas was rated 16th in the report, ranking (1-Best; 25-Avg.):

- 32nd – Teen Driver Fatalities per 100,000 Teens;
- 25th – Teen DUIs per 100,000 Teens;
- 38th – Avg. Cost of Car Repairs;
- 1st – Presence of Distracted-Driving/Texting-While-Driving Laws;
- 38th – Premium Increase After Adding Teen Driver to Parent’s Policy;
- 36th – Provision of Teen Driver’s Graduated Licensing Program Laws;
- 22nd – Vehicle Miles Traveled per Capita;
- 7th – Presence of Occupant-Protection Laws;
- 34th – Quality of Roads; and
- 1st – Presence of Impaired-Driving Laws.

Visit <https://wallethub.com/edu/best-worst-states-for-teen-drivers/4598> for the full report.

– Diana Polk

See Spot run

Italian authorities have hired a new guard to protect the ruins of the ancient city of Pompeii – a tireless patrol dog. What breed of dog, you ask? It’s a 21st century “quadruped robotic dog” with the not-so-21st century name of Spot. Gabriel Zuchtriegel, director of the Pompeii Archaeological Park says, “Often the safety conditions within the tunnels dug by grave robbers are extremely precarious, and so the use of a robot could signify a breakthrough that would allow us to proceed with greater speed and in total safety.”

– John Grimaldi

We commit the Golden Rule to memory and forget how to commit it to life.

– Quips & Quotes



– Photo by Alfredo Vasquez

MAKE OVER CONSIDERED – The El Paso County Coliseum, above, recently underwent an extensive review of its facilities to determine ways the iconic building and its surroundings could be upgraded to be a more enticing venue for big name attractions.

Commissioners consider upgrades to coliseum

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – After listening to the results of a study that was recently completed, El Paso County Commissioners are mulling over a proposal to make improvements to the county’s historic coliseum, which is located in El Paso’s south-central district.

Upgrading the 80-year-old El Paso County Coliseum campus would cost an estimated \$15.1 million, according to the recent study that was done by Hunden Strategic Partners, a Chicago real estate development consulting firm. Cost for the study was \$90,000, according to county officials.

The main building, which currently holds a 5,250-seating capacity, has hosted big name performers in its heydays, from famous crooners like Elvis Presley and Frank Sinatra to legendary rock bands such as War, Doobie Brothers, Santana, and popular Tex-Mex conjuntos like Sunny and the Sunliners and Little Joe y La Familia, among many more American and Mexican performers. Also, some great rodeo riders have shown their amazing skills in this arena.

The main building sits on a 20-acre site and includes an adjacent Sherman Barn, which is currently being used for storage. The upgrade proposal would turn the storage barn into a boutique music venue with 1,500 to 2,000 seats, add a second ice rink, and develop a space for on-site restaurants.

The idea behind the improvements at the coliseum campus is to capture

concerts and other events that right now are bypassing El Paso, stated Michael Hernandez, El Paso County economic development director.

Hernandez told commissioners during a recent court meeting that the coliseum structure is sound, especially since it was built to be a bomb shelter and that it would be cost-prohibitive to demolish and replace. He also pointed out that the consultant’s report mentioned that if the coliseum isn’t improved soon it will continue to lose events and eventually become obsolete.

Additionally, as part of the study, public sessions were held where many individuals in the community expressed that the coliseum was an important and nostalgic place for them.

“I remember fondly the pro wrestling matches I saw as a kid, the rock concerts I experienced as a teen, and the Disney shows I attended as a mom, all at the El Paso Coliseum,” stated Gloria S., a sixty-something resident who was born and raised in El Paso County.

The coliseum study was initiated because the facility has been losing about \$1.8 million a year, according to officials involved with the proposal. At present, the coliseum’s affairs have been operating through a contract- under the management of a nonprofit group, called the El Paso Sports Commission (EPSC). This group was formed in 2003 as a consolidated effort to attract sporting events and to promote sports travel to El Paso.

County Judge Ricardo Samaniego said that whatever improvements are done, they should embrace the coliseum’s celebrated

feel and long history as a music venue where a host of stars have performed.

Samaniego stated that he is interested in making improvements that capture the history of the revered building instead of trying to make it look modern. He stated that he saw this as an opportunity to differentiate the coliseum’s unique offerings from other event venues in the country. He went on to suggest that a music museum be part of the renovation plans as a way to showcase not only famous stars who have performed in the arena, but also local artists who have made names for themselves.

Included in the study that was presented to county officials was the possibility for adding a 5,500-seat amphitheater at Ascarate Park. The county park’s amphitheater proposed in the consultant’s study would have 1,260 seats next to a spacious lawn that could accommodate another 4,300 persons.

The proposed amphitheater in Ascarate Park in the Lower Valley would cost an estimated \$24.3 million, which would include a parking area. However, Commissioner Iliana Holguin stated during the meeting that upgrading the coliseum and its grounds should take priority over adding an amphitheater at Ascarate Park.

Although county commissioners have not made a decision on the proposal, Hernandez and County Chief Administrator Betsy Keller acknowledged that their staff would use the commissioners’ input to help develop plans for them to consider including recommendations regarding which projects would be feasible now and how they could be financed.

For the good of the country, Biden shouldn’t run again

Perhaps the best decision Joe Biden could make as president is to stand down.

It would be a welcome act of statesmanship and self-awareness if the 79-year-old president dropped the insistence that he’s running for a second term, and instead announced sometime after the November midterms that he isn’t running again.

He was too old to run in 2020 but made his way into the office he had coveted for decades by default.

In two and a half years, Biden won’t be any younger and the chances of something going catastrophically wrong only increase with time.

The country’s experience with a 78- and 79-year-old president hasn’t been pretty. Just wait until Biden is 82 (at the time of his theoretical second inauguration), or 84 (after the second midterms), or 86 (at the end of his second term).

A New York Times report confirms about what you’d expect

of White House aides. They fear that Biden, who increasingly shuffles when he walks, will trip over a wire. They hold their breath hoping he can get to the end of remarks without making a gaffe. They generally don’t have events for him at night and try to keep the weekends free.

In an office that requires vigor and forcefulness, he’s mumbly and bleached out. In a position that makes young men suddenly look much older, he’s already quite aged. In a job where words matter, he can’t keep his straight.

Yes, there have been elderly leaders of nations who have been unquestioned giants – Konrad Adenauer, Charles de Gaulle, Ariel Sharon. No one is mistaking Biden for a statesman of such caliber, though. He’s more like President Jimmy Carter with a quarter century more on the odometer.

Even if in the unlikely event Biden’s age isn’t affecting how he can do his job now, it will at some point.

Then, there are the disaster scenarios. We should all hope that Biden lives to be a 100 but were he to die in office of natural causes, it would be a significant national trauma. We haven’t had a president die in office in half a century and it would create comparisons to the gerontocracy of the late Soviet Union.

If anyone thinks American politics is poisonous now, just wait till there’s an unelected president (the vice president would succeed Biden in this scenario) and an unelected vice president appointed by the unelected president. All this



would be the process set out by the 25th Amendment; it would generate legitimacy concerns all the same.

If a health event prevented Biden from performing his duties, meanwhile, it would create a crisis at the top of our government. The natural tendency of politicians and their loyalists is to be less than forthcoming about health problems. What Edith Wilson did when Woodrow Wilson had an incapacitating stroke – hide it as much as possible and carry on regardless – wouldn’t be possible in the current media age. That doesn’t mean there’d be transparency.

The process for sidelining a debilitated president under the 25th Amendment is a mess, especially if the president doesn’t think he’s incapable of discharging his duties – such a scenario would make an impeachment look neat and clean by comparison.

Perhaps none of this would ever come to pass and a reelected Biden would make it to the finish line with ease, proving that 85 is the new 75. It’s also true that anything could happen to anyone of any age – even a 45-year-old president could fall ill. But the longer Biden serves, the higher the risks.

And for what? Biden isn’t uniquely gifted, ideologically compelling, irresistibly likable, or very good at being president.

See LOWRY, Page 7

Public Notice

Canutillo Independent School District

Notice of Non-Discrimination in Career and Technical Education Programs

Canutillo Independent School District offers Career and Technical Education programs in Arts, A/V Technology and Communications; Agriculture Science Technology; Business Management and Administration; Exploring Careers; Education and Training; Career Preparation; Health Science; Law, Public Safety, Corrections, and Security; Cyber Security; Computer Science; Graphic Design; Hospitality and Tourism; Science, Technology, Engineering, and Mathematics (STEM); Biomedical Science Human Services and Robotics. Admission to these programs is based on career counseling, interests and aptitudes, age appropriateness, eligibility, and class space availability.

It is the policy of Canutillo Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Canutillo Independent School District not to discriminate on the basis of race, color, national origin, gender, age, or disability in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Canutillo Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and Career and Technical Education programs.

For information about your rights or grievance procedures, contact the Title IX Coordinator, Martha Carrasco, (915) 877-7423, mcarrasco@canutillo-isd.org and/or the Section 504 Coordinator, Cary Chambers, (915) 877-7449, cchambers@canutillo-isd.org, at 7965 Artcraft Road, El Paso, Texas 79932.

Aviso al Público

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El Distrito Escolar Independiente de Canutillo ofrece programas de Educación en Carreras Técnicas y Vocacionales en las siguientes ramas: artes; tecnología y comunicación arte y visual, ciencias en tecnología agrónoma, administración y gestión empresarial; exploración de profesiones; education y entrenamiento; ciencias de salud; estudios en leyes, seguridad publica y correccionales; seguridad cibernética; ciencias de la computación; diseño gráfico hospitalidad y turismo; ciencia, tecnología, ingeniería y matemáticas (STEM, por sus siglas en inglés); ciencia biomédica; y servicios humanos y robótica.

Es la política del Distrito Escolar Independiente de Canutillo el no discriminar la participación en estos programas por motivos de raza, color de piel, nacionalidad, género, discapacidad o edad en los programas, servicios o actividades vocacionales, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.

El Distrito Escolar Independiente de Canutillo tomará las medidas necesarias para asegurar que la falta de habilidad en el uso del inglés no sea un obstáculo para la admisión y participación en todos los programas educativos y Educativos de Carrera y Técnicas y Vocacionales.

Para información sobre sus derechos o procedimientos para quejas, comuníquese con el Coordinador del Título IX, Martha Carrasco, al P.O. Box 100, Canutillo, Texas 79835, teléfono (915) 877-7423, correo electrónico: mcarrasco@canutillo-isd.org, o el Coordinador de la Sección 504, Cary Chambers, teléfono (915) 877-7449, correo electrónico: cchambers@canutillo-isd.org, al 7965 Artcraft Road, El Paso, Texas 79932.

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View from here

By Jane M. Orient, M.D.

Keeping America locked down

A 90-second New York City Public Service Announcement¹ is going viral. Posters with its advice are showing up in New Jersey shopping malls.

“So, there’s been a nuclear attack,” says a smiling commentator standing on a deserted street. “OK, what do we do?” she asks in a breezy tone. Three things: Get inside—fast. Stay inside. Stay tuned for official announcements and don’t come out until they tell you it’s safe. “OK, you’ve got this!”

Why now? Nuclear weapons have been around since the 1950s. Of course, one of the nuclear powers involved in Ukraine might set off a nuke, intentionally or by accident, despite the Biden Administration’s lack of concern.

But it might not be necessary use a nuclear warhead to destroy America as a free and sovereign nation. The COVID lockdowns devastated a huge part of America’s middle class. A second round to finish us off might not work because Americans might not be scared enough of monkeypox or a new COVID variant to comply.

Enter, a neutron bomb equivalent disguised as a PSA. In case you don’t remember, the neutron bomb was designed to kill people while keeping the infrastructure relatively intact.

The PSA contains none of the critical knowledge that could save millions of lives² in the event of a nuclear attack. Most important, if you ever see a bright flash, drop and cover immediately. You need to be lying on the ground when the blast wave arrives a few seconds later, if possible under cover to protect you from flying debris such as shattered glass.

There might be fallout later. If there is, you can see it. It looks like sand, ash, or grit. Its radioactivity decays rapidly, falling by 90 percent in the first 7 hours, and an additional 90 percent for each sevenfold increase in

time. Shelter might be needed, usually for a few days. But since Americans have long been terrorized by the false statement that there is no safe dose of radiation, they might think they need to lock down until they starve. In fact, at accumulated doses less than 200 rads, most people will have no symptoms. There could be delayed effects, but years later.

One grain of truth in the PSA is that if you need shelter, it is best to go to a basement, if there is one, or to the middle of a building. Radiation protection is increased by distance from the source or by intervening mass.

Once you are inside, what next? Will there be a radio, electricity, or a functioning cell phone tower? Where are the authorities that you are supposed to depend on, and what can they do?

Radiation, like viruses, is an invisible threat. But it can be easily measured. During the Cold War Era, a simple radiation detector was created by the U.S. Department of Energy. This detector can be built from materials found in the average kitchen, and instructions for it would have been published in newspapers around the country. Now those instructions are on the Internet³ (search Kearny Fallout Meter).

Every fire truck in every town used to have radiation detectors capable of monitoring nuclear fallout. There were about 5 million of those, ready and calibrated. Now all those meters are gone along with the people who knew how to use them.

Today’s emergency manager may not have meters, or anyone trained to use them. Existing meters are generally designed for Hazmat purposes. They are not capable of measuring truly dangerous levels, but give warnings that are hazardous only because fear would prevent rescue activities or essential work.

The NYC PSA seems designed only to cause panic. If

you happen to be outside when “it” happens somewhere, anywhere, you are to assume you are contaminated, bag your clothing, and take a shower. (Good luck finding one.) Then stay inside indefinitely.

Cold War civil defense experts emphasized the necessity of keeping America working – not huddled needlessly in a bunker. Panic, they said, would actually do more damage than the bomb itself by shutting down essential services – just as it did in World War II in London. Once people got over the fear and learned to cope with the bombing, it became far less effective.

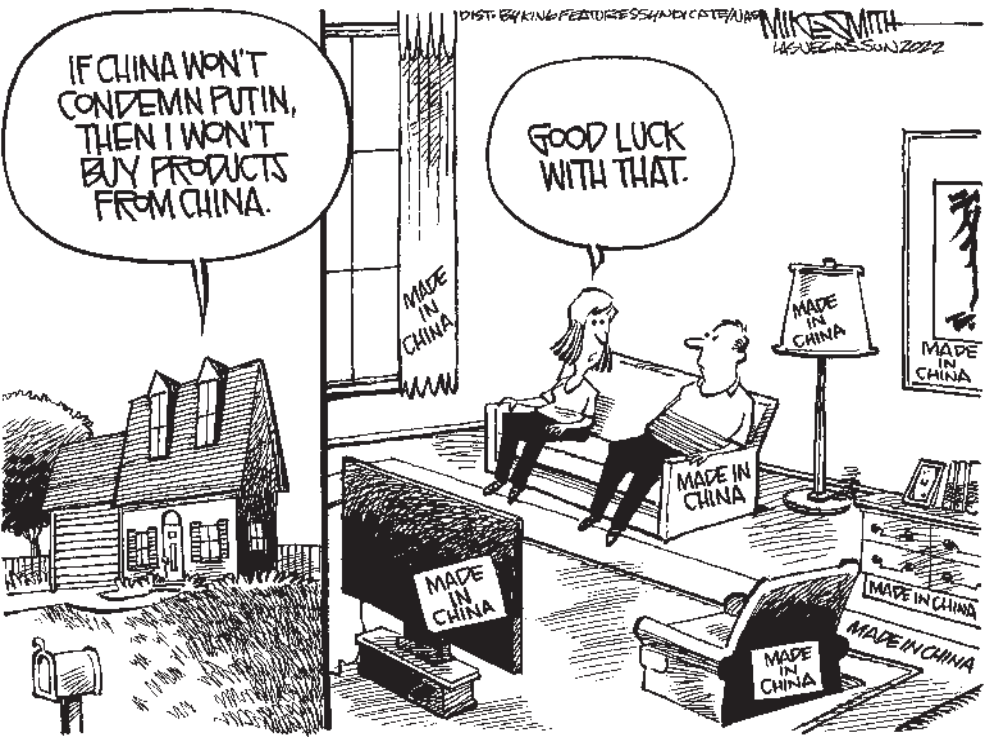
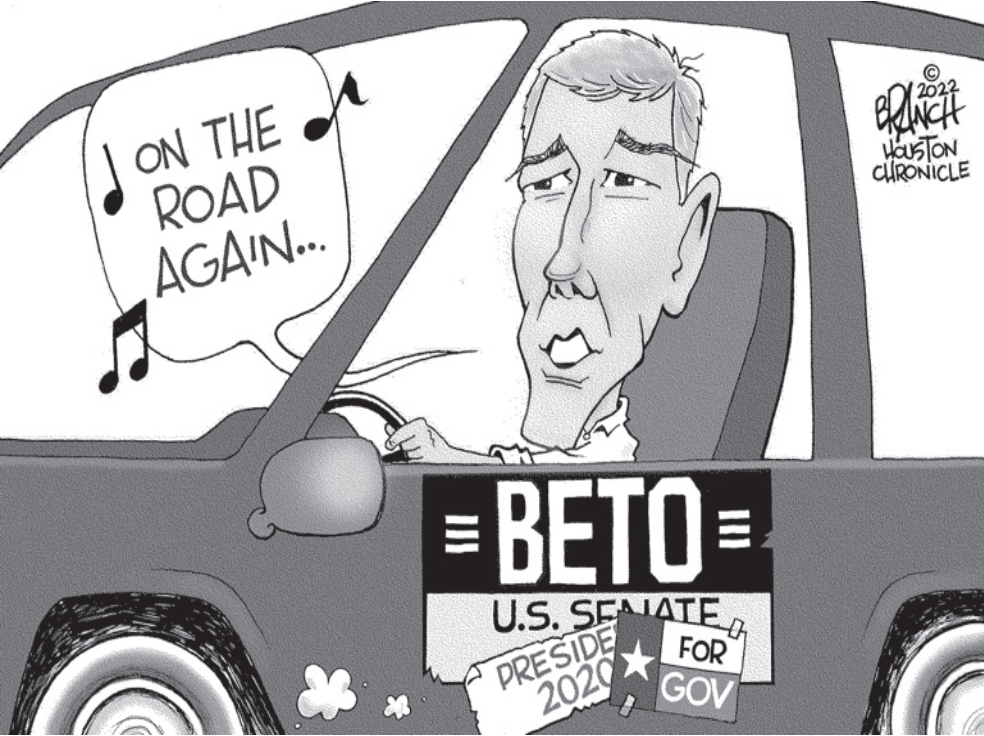
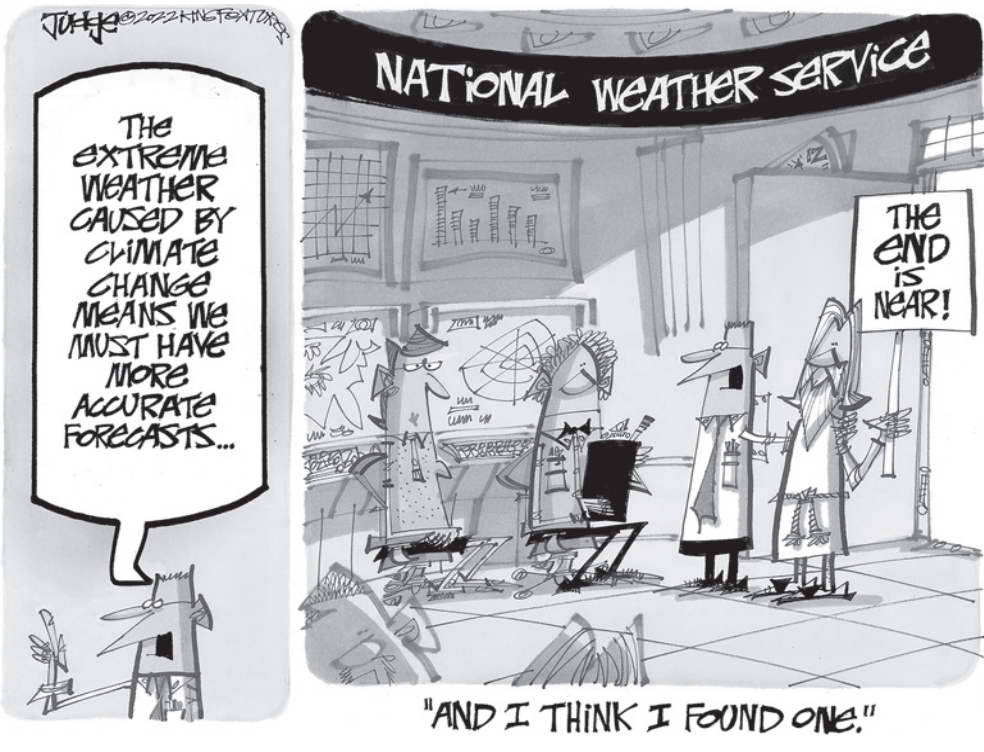
NYC’s response to the nuclear threat seems limited to this PSA. No preparation of shelters or radiation monitoring or essential public education. In this context, the PSA is like shouting “Fire!” in a crowded theater – after turning out the lights on the exit signs.

It resembles the COVID pandemic, which instilled terror, while canceling information on prevention and early home treatment.

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

1 – <https://www.youtube.com/watch?v=N-5d7V4Sbqk>
2 – <http://www.ddponline.org/storage/card.pdf>
3 – <https://oism.org/nwss/>

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 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. 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.



Food for thought By John Grimaldi

Homeschooling on the rise countrywide

The numbers of parents opting to homeschool their kids is on the rise in the U.S. for a variety of reasons, not the least of which is to provide religious or moral instruction. The Census Bureau reports that in the spring prior to the onset of the pandemic about 3% of children were being homeschooled, by the fall the numbers rose to 11.1%, and as covid self-isolation routines began to be relaxed, the rate of homeschooling has remained at high levels.

Aiding the movement are a growing number of online resources such as PragerU Resources for Educators & Parents (PREP) and PragerU Kids whose Director of Outreach, Jill Simonian, says part of the reason homeschooling is on the rise is the Leftist political motivations of teachers and school officials. As she told Rebecca Weber, CEO of the Association of Mature American Citizens, during a

recent interview for AMAC's Better for America podcast, "our education system is being overtaken by Marxism and socialist movements."

Simonian says her mother and her sister were both schoolteachers and that she has always had respect and affection for formal schooling. “I was under this false impression. I was miseducated, if you will, that our public school system was still functioning in the way that it was maybe, you know, 50, 60 years ago.” But it was during the covid lockdowns that her eyes were opened and she saw that her children were being indoctrinated “to hate America, to question themselves, to hate themselves, to think that America is a horrible place. I would see it happening firsthand, and I was shocked. I would see teachers and principals not wanting to do the Pledge of Allegiance.”

Jill says that our education system is being hijacked nationwide as more and more schools embrace the so-called Critical Race Theory (CRT), which is designed “to divide and confuse, to weaken us as a society so that the government can ultimately have control.”

Her advice to parents and grandparents is that it's time to wake up, to get involved at the school your children attend and to ask questions. "Go to the school's website and look at its mission statement. Look at what type of words they are using on their school website to talk about what the district or the school is really trying to implement." And, she adds, be on the lookout for "dangerous code words that are linked to CRT, words such as diversity, equity, inclusion, and affinity groups. If you see anything about affinity groups listed anywhere on any of your schools

or district, websites run the other way.” Jill explains that affinity groups may sound great, they may sound like clubs, but they are not clubs. They are a way to separate students into factions based on race as a way to divide them.

Of course there is always the private school option available to some families, but Simonian warns that not all private schools are free of proponents of the CRT. That may leave you with only one option – to join the growing ranks of homeschoolers.

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

Letters sent to farm dwellers about horses that stop and refuse to keep walking: balk mail.

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The advertisement features a portrait of Dr. Clyde Clybourn, a Black male doctor in a white lab coat, smiling. The background behind him is a soft-focus clinical setting. To his left, there is a quote from him about patient care. Above the quote is the main headline. Below the quote are contact details and a list of accepted Medicare Advantage plans. At the bottom right, social media handles are listed. The overall design uses a clean, professional aesthetic with blue and orange accents.

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By Lucie Winborne

- In 1992, the president of Sri Lanka changed the spelling of the first English syllable of his country's name from iSrii to iShrii in the belief that it would improve the nation's fortunes. Unfortunately, he failed to reap any possible benefit, as he was assassinated the following year (and the spelling was reverted).
 - Possums don't actually play dead. They merely pass out from fear of their predators.
 - The name icoconuti comes from 16th-century Portuguese sailors. It is believed that the three holes on the fruit resembled a face, so it was honored with the word icoco, meaning igrini or igrinning face. The inuti part was added later.
 - Ketchup leaves the bottle at a rate of 25 miles per year.
 - When a U.K. auto shop mechanic saw the Google Street View car heading in his direction, he thought it would be fun to stage a murder scene. Police paid his shop a visit a year later after the image finally appeared on Street View.
 - The color of Facebook is blue because Mark Zuckerberg is red-green colorblind.
 - The Argentine Football Association published a cultural manual ahead of the 2018 World Cup that included a section on how to seduce Russian women.
 - As a child, Mark Twain nearly drowned nine times before he learned to swim.
 - Looking to speed up your decision-making capacity? Try an action video game! Players tend to develop a heightened sensitivity to their surroundings, which in turn aids them with multitasking and activities such as driving, navigating around town and even keeping track of friends in a crowd.
 - In Tokyo, you can buy a toupee for your dog.
 - Charmin once hosted a contest for toilet paper wedding dresses. The winner received a cash prize of \$2,000.
- Thought for the day: "Tell me and I forget. Teach me and I remember. Involve me and I learn."
- Benjamin Franklin

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Moments
in time
THE HISTORY CHANNEL

- On July 25, 1832, the first recorded railroad accident in U.S. history occurs when four people are thrown off a vacant car near Quincy, Massachusetts. The victims had been invited to view the process of transporting loads of stone when a cable on a vacant car snapped, throwing them off the train and over a 34-foot cliff.
- On July 26, 1931, a swarm of grasshoppers descends on crops throughout Iowa, Nebraska and South Dakota, devastating millions of acres. The swarm was said to be so thick that it blocked out the sun and one could shovel the grasshoppers with a scoop. Cornstalks were eaten to the ground and fields left completely bare.
- On July 27, 1981, Adam John Walsh, age 6, is abducted from a mall in Hollywood, Florida, and later found murdered. Adam's father, John Walsh, became a leading victims rights activist and host of the long-running television show "America's Most Wanted."
- On July 28, 1868, following its ratification by the necessary three-quarters of U.S. states, the 14th Amendment, guaranteeing African American citizenship and all its privileges, is officially adopted into the U.S. Constitution.
- On July 29, 1921, Adolf Hitler becomes the leader of the National Socialist German Workers' (Nazi) Party. Under Hitler, the Nazi Party grew into a mass movement and ruled Germany as a totalitarian state from 1933 to 1945. The Nazis controlled every aspect of German life, and all other political parties were banned.
- On July 30, 1976, American Bruce Jenner wins gold in the decathlon at the Montreal Olympics and sets a world record in the event. After his win, Jenner was voted the 1976 AP Male Athlete of the Year. The 1976 Olympics was his last decathlon. In 2015, he became Caitlyn Jenner and is an American media personality.
- On July 31, 1715, a hurricane strikes the East Coast of Florida, sinking 10 Spanish treasure ships carrying tons of gold and silver coins and killing nearly 1,000 people. About 80% of the treasures had been recovered by April 1716, but the rest remained lost until the 1960s.

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Food for thought By Dr. Glenn Mollette

Rejection stings on any scale

Rejection can be difficult to handle. Perhaps an employer once said, "You no longer have a job here." To be dismissed from your job would be painful, especially if you loved your job and wanted to stay. Imagine a spouse or a boyfriend/ girlfriend saying, "I don't want to be with you anymore. Please leave me alone. I no longer want your company." Something like that would most likely be very hurtful especially if you loved the person dismissing you and you were willing to do whatever it took to work it out. The various scenarios of rejection can come from various levels of life. Children can reject parents. Parents reject children. People are rejected because of

See REJECTION, Page 6

PUBLIC NOTICE / AVISO AL PUBLICO Canutillo Independent School District 2022-2023 Meal Policy

National School Lunch Program / School Breakfast Program

The Canutillo Independent School District will provide free meals to students enrolled in the district at no charge, under the Community Eligibility Provision Program, regardless of income, through the academic year of 2022-2023.

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Política sobre Alimentos para 2022-2023 del Distrito Escolar Independiente de Canutillo Programa Nacional de Comidas an las Escuelas

El Distrito Escolar Independiente de Canutillo proporcionara alimentos a todos los estudiantes inscritos en el distrito sin costo alguno, durante todo el ciclo escolar 2022-2023 sin importar el ingreso familiar, bajo el programa Community Eligibility Provision.

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Las personas con dificultades auditivas, o con discapacidad del habla pueden contactar al USDA por medio del Federal Relay Service (Servicio federal de transmisión) al (800) 877-8339 o (800) 845-6136 (en español).

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WTCC: 07-28-22

Dak Prescott: To be a top 10 quarterback, or not to be

By Steve Escajeda
Special to the Courier

Now that all National Football League teams have opened their training camps for the 2022 season, many of the experts out there have been listing their top 10 quarterbacks.

Around this part of the country, most fans automatically wonder where Dallas Cowboys quarterback Dak Prescott falls on the list.

Some NFL reporters have him in the top 10, others don't.

So before the season gets underway, I've decided to put out my top 10 list. Let's see if you agree with me, or whether you think I should keep my opinions to myself.

1. Patrick Mahomes

The last time we saw Patrick Mahomes, he was having a horrible second half in the Chiefs' upset loss to the Cincinnati Bengals in the AFC championship game. But even though he was very un-Mahomes-like in that game, he is still the best quarterback in the league. And don't be surprised if he leads Kansas City to the big game this year.

2. Josh Allen

Allen propelled himself to the number two spot after his sensational effort against Mahomes and the Chiefs in last year's AFC playoff game. As we all know, Allen and his Bills came within 13 seconds of upsetting the Chiefs but it wasn't to be. Allen and the Bills are the favorites to win it all this season.

3. Aaron Rodgers

Rodgers may be the best pure passer in the league. He may be 38 years old now but he hasn't slowed down at all. This year should be interesting now that his favorite receiver, Davante Adams is with the Raiders. But the two-time defending MVP should be just fine.

4. Tom Brady

Brady, now 83... just kidding, is going

to turn 45 in a week. But there's no doubt that this guy found and took a lengthy dip into the Fountain of Youth a long time ago. In case any of you believe he's lost a step or two, last season Brady led the NFL in pass completions, yards passing and touchdown passes.

5. Lamar Jackson

Jackson isn't who you think of when you consider the great throwers in the league, but I don't know any player who gives defenses more headaches. Jackson missed a big chunk of last season due to injury. He's healthy now and ready to pick up where his arm and legs left off a couple years ago.

6. Joe Burrow

Burrow led the Bengals to the Super Bowl last year, coming up just short of winning it all. This guy reminds me so much of Joe Montana, who they used to

call "Joe Cool," and that's exactly how Burrow plays, always under control, always cool. This guy is still just learning the NFL game – scary.

7. Justin Herbert

Herbert has the look of a Dan Marino, a cannon of an arm and the accuracy to go with it. In the end, he could be the best of the bunch. Don't believe me? Which NFL player has thrown for the most yards and touchdowns in his first two years in the league in history? Justin Herbert.

8. Dak Prescott

Prescott is entering 2022 in what he says is the best shape in his life. That's good news after his many injuries the last couple of years. Prescott had a great year in 2021, he was 7th in passing yards, 5th in completions and 4th in touchdown passes. Without Amari Cooper, this could be the beginning of the Prescott-

thrive. He loved speaking to the massive crowds and still does.

Trump's crowds and mega support may have led him to believe that being defeated by an aging Joe Biden was just impossible. In his mind he was mentally set for another four years of White House living. When the vote went for Joe Biden, unfortunately, it was emotionally more than he could handle. He could not accept that enough votes had gone the other way. For a man who loved being President the rejection by the majority of the American people was more than he could swallow when victory seemed so probable to him.

The hurt, pain and anger of rejection and losing something he loved so much muddled the mind of a President who truly had worked hard to shore up our military, Veterans, border security, medical cost transparency, and so much more. Sadly, rejection stings. Often, the way we react to rejection is rarely exemplary.

Trump messed up on January 6th. The rioters and invaders of those who attacked

CeeDee Lamb era.

9. Kyler Murray

Murray has quickly turned into one of the most exciting players in the league. He can pass, he can run, he can pass on the run. The only knock on him is how he's faded during the second half of the last two seasons. He just signed a big fat contract and now he has to back it up.

10. Matthew Stafford

Stafford led the L.A. Rams to a Super Bowl title a year ago. So why isn't he higher on this list? For years he was a good quarterback on a very bad Detroit Lions team and they lost. Last year, he was a good quarterback on a very good Rams team, and they won. Can I say Stafford was the sole reason the Lions were losers and the Rams were winners? Of course not.

the Capitol were wrong. The long silence of Trump may be the ongoing nightmare that could permanently lock the White House door that he would so love to once again enter. Only time will tell. Republicans will most likely nominate him again and Democrats are fearful of another race between he and Joe Biden. Who knows yet what the future will bring?

The main point is this, if and when you are rejected, give yourself enough time to make a rational and clear response. Anger, hurt and disappointment are black clouds that always mire the mind. Take some time off. Get away for a while. Talk to reasonable thinking people who can see the big picture. Try to recover from the blow of rejection. Eventually, you'll respond in such a way that won't result in lifelong embarrassment.

Glenn Mollette is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or www.facebook.com/glennmollette.

Super Crossword

SIX-T EIGHT ACROSS

1 Big name in small planes

7 Passage leading to an aural drum

15 Sign into law

20 Despicable

21 Cessation

22 Six-Day War leader Dayan

23 Starting something over, figuratively

26 Bottom line

27 "You _ My Sunshine"

28 U.S. intel org.

29 See 106-Across

30 Question the Devil asks in a Kipling poem

39 Patrick of "A Clockwork Orange"

41 Leave high and dry

42 _pot (sinus-cleaning device)

43 Wolves down

46 _ wheel (fair ride)

48 Final resting places

52 Cause heads to turn

56 Yule tune

57 Wheel center

58 Turn rancid

60 Norma _ (film heroine)

61 Nickname for Connecticut

71 River to the Rhone

72 Senseless

73 Drop by

74 Recent times

81 Wheaton of "Stand by Me"

82 Singer Bareilles

83 G.P. or vet

84 War god

86 Giving a rigorous tryout

97 Play a ukulele, e.g.

99 Boastful talk

100 Cigar-holding container

101 Huge, informally

104 Chucked

106 With 29-Across, neo-soul singer with four Grammys

107 What's accurate about a situation

113 City NNE of Lake Tahoe

114 _Z

115 Courtroom promise

116 On top of, to poets

119 It closed all 130+ of its U.S. campuses in 2016

128 Wall work

129 1973-99 Lima-based carrier

130 "The Wizard of Menlo Park"

131 Conjuring aid

132 Encroach on another's land

133 Novelist du Maurier

DOWN

1 Red Scare

2 Falco of TV

3 Wait patiently

4 Mayberry's Otis, for one

5 "Rapa _" (1994 film)

6 Something really easy

7 Prize greatly

8 Part of NCAA: Abbr. _ v. Wade

9 Revival skill, for short

11 Big simian

12 "Stillmatic" rapper

13 Narc, e.g.

14 Gives access

15 Outback bird

16 Symbol for written music

17 "Ad _ per aspera" (Kansas' motto)

18 Mass singers

19 Principle

24 Mutt's sound

25 Despicable

31 Bit of crying

32 Ward of TV

33 Wilson's predecessor

34 Weight allowance, once

35 Yesteryear

36 Brought into the world

37 Troop group

38 "The Addams Family" cousin

39 Actress Kirshner

40 Home pest

44 Cavern effect

45 Daze

47 Spanish ayes

49 Swamp

50 "Get lost!"

51 Precip-ice?

53 "Six-pack"

54 Texter's hugs

55 Cloister sister

59 "Please reply," in brief

61 Jeans go-with, often

62 Dog following its owner closely

63 Suffix with south

64 Co. VIPs

65 Uncle, in Argentina

66 Pol. middle-of-the-roader

67 _chi

68 Little _ (kids)

69 Vietnamese New Year

70 Actress Carrere

71 "_ a Very Good Year"

75 Spy's device

76 Capote, to his friends

77 Courtroom promise

78 Big whoop

79 Chris of "Sex and the City"

80 "Ac-Cent-_ -Ate the Positive"

85 Bottom line

87 Dog with Dorothy

88 "What business is _ yours?"

89 Magazine mogul

90 Lillian of film

91 Grove growth

92 Give forth

93 Pitchfork part

94 Cincinnati Reds player in the Baseball Hall of Fame

95 "... or _ gather"

96 Song syllable

98 Sea, to Yves

102 Avocado dip, informally

103 To boot

105 Barely passing grade

107 Prunes

108 In a snit

109 _ nous

110 Sharpener of skills

111 Many mag pages

112 Schlepped

117 School on the Thames

118 Thinker Descartes

120 Kay-em link

121 Wrath

122 Bus. firms

123 Extra for an iDevice

124 Grassy area

125 Taxing org.

126 Ore-_

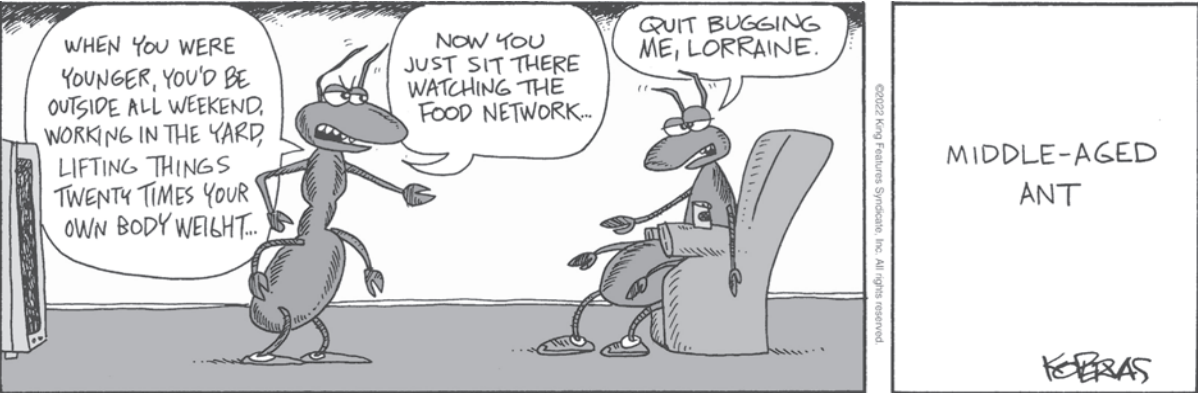
127 Advice tidbit

Answer Page 4

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Comix

OUT ON A LIMB By Gary Kopervas



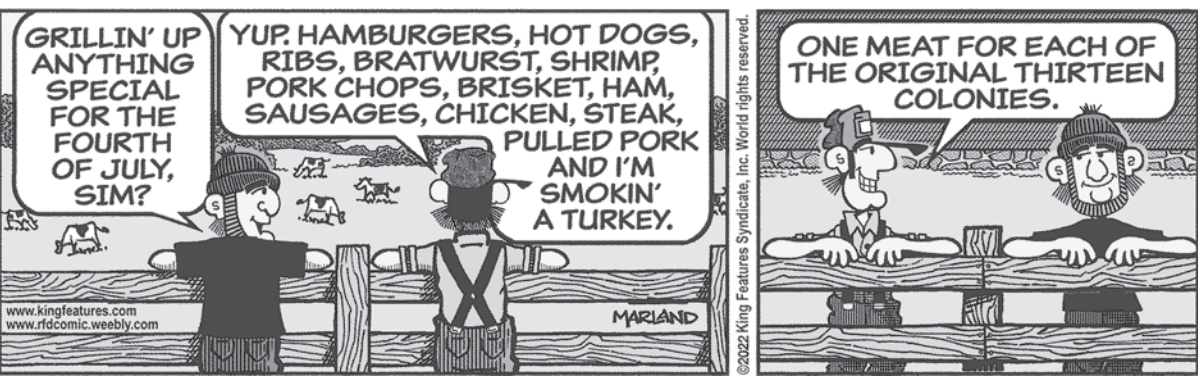
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 2

His claim to be the only Democrat who can beat Donald Trump in 2024 looks more attenuated by the day.

In short, there’s no good reason for Biden not to make the best call of his presidency and prepare for retirement.

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

Cufflocation matters for good BP reading

DEAR DR. ROACH: I have always read that when you are having your blood pressure taken, your arm should be elevated above your heart. When mine is taken this way, it is normal, around 120/70. When I go to the doctor, my blood pressure is taken with my arm hanging at my side. I often get a much higher reading taken this way, say, 140/90. Is there a correct way to take it, and does it affect the reading? My doctor said the position doesn’t matter and wants to prescribe medication. – U.P.



When taking the blood pressure, the goal is to approximate the blood pressure in the heart. That means that the blood pressure cuff should be at the level of the heart. If the blood pressure cuff is above the heart, then the blood pressure reading will be artificially low. If the blood pressure cuff is dangling below the level of the heart, the reading will be high.

For every 10 cm (about 4 inches) above the heart, the blood pressure will be about 7 mm of mercury too low. If I stretch out my arm as high as I can above my heart, I can get it about 30 cm higher than my heart, which would be enough to explain the difference between the 140/90 and 120/70 you have observed. However, for most people when sitting up straight, a properly placed cuff on the arm will approximate the same level as the heart. Although you are right that the position matters, it sounds like the doctor’s office is taking the reading correctly.

I should also note that the feet should be resting on the floor, not dangling, which can artificially raise the blood pressure. The arm should be supported while taking the blood pressure. I recommend taking the blood pressure three times and using the average.

Given how important blood pressure is, correct technique is essential in order to properly recommend who should get blood pressure treatment. Evidence is increasing that a 24-hour home blood pressure device is more accurate at determining who might need medication, especially in suspected white coat hypertension, where the readings are artificially high just because a person is in the office (even if they don’t feel nervous).

DEAR DR. ROACH: I was receiving testosterone injections for a diagnosed low testosterone level (96, with the normal 300-720). I received testosterone injections for many years, as directed by my doctor at that time. Ultimately, I changed doctors, and the new one prohibited the testosterone injections as “too dangerous to continue.” I objected then, and I am about to object again, since my symptoms in the past year continue to point to low testosterone, in my mind. I have low energy level, low libido and erectile dysfunction. – M.J.

If a person with normal testosterone takes a large amount of extra testosterone, such as athletes looking for a performance boost, there are significant risks. Scientists used to worry that a similar issue would be the case if a person with low testosterone took a replacement dose to get him into the normal range, but the fears of testosterone replacement therapy have been proven largely unjustified.

Given your symptoms and your definite low level, experts would agree that you are a good candidate for long-term testosterone replacement therapy. The risks and benefits are not known with certainty, but the evidence so far suggests no serious risks and some potential benefits on heart health, even beyond improvement in symptoms. I would suggest a consultation with an expert on testosterone replacement, such as a urologist..

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.

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Moore Texas by Roger Moore
July 25, 1882: Judge Roy Bean opens his first saloon West of the Pecos.

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: X equals T

VLXXLSI ILZX XP NMSR
QULVVLSI MAPBX WPSILI XWMX
IXPJ MZQ SLNBIL XP
FLLJ UMFVHZT: AMVF RMHV.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Step up to help your fellow vets



by Freddy Groves

What are you doing this summer? If you have spare hours or days, consider stepping up to help your fellow veterans. Stand Downs are a good place to start.

Stand Downs were started in California in 1988 by two veterans who saw the great need for services to homeless veterans. Over the years, the number of events and the veterans served has grown to include help from government agencies, veteran service organizations, groups and individual volunteers all across the county. The need is so great that many locations see hundreds of veterans lined up outside the door before they even open on the first day.

The list of help provided at each Stand Down can depend on the location and the length of the event (usually one to three days), but typically includes health screenings,

clothing, showers and haircuts, food, legal advice, dental and eye-care services, mental health counseling, substance treatment referral, employment help, benefits counseling (both Department of Veterans Affairs and others, such as Social Security), housing referral and more.

The schedule of Stand Downs in 2022, whether you need services or want to help, can be seen at www.va.gov/homeless/events.asp. Keep an eye on that page because new events can be added at any time. Another page to watch is the National Coalition for Homeless Veterans (nchv.org/current-stand-downs).

Or you can call your local VA medical facility and ask what's scheduled for your area. Best bet is to call them anyway and ask if the event is still planned due to COVID playing havoc with scheduling.

Ask about transportation, if you need it or can offer it. Sometimes an event will send a vehicle around to pick up veterans who have no other way to get to their local Stand Down.

If you're a veteran in crisis (either homeless or about to be) and can't wait for a Stand Down, call the National Call Center for Homeless Veterans: 1-877-424-3838.

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by Jo Ann Derson

• If you like taking baths, you can invest in a second rubber bathmat to drape over the side of the tub. The edge will be nonslip, so you can hold on for support, and your hands will not slide.

• Before frosting a cake, brush both layers with apricot nectar. This will secure any crumbs and provide a smooth surface. – L.H. in Illinois

• For drains slowed by grease, sprinkle a half-cup each of salt and baking soda down the drain, and follow it with an entire kettle or pot of boiling water.

• If the smell in your cedar chest has faded, bring it back easily with extra-fine sandpaper. A very light sanding is all it takes in most cases.

• For delicious baked potatoes, boil a pot of salted water, add whole potatoes with skin, remove from heat and let stand for 15 minutes. Finish in oven for a sturdier skin. Start checking for doneness after 15 minutes in the oven. Baking time can be cut in half! – J.L. in Florida

• Keep musty smells out of your linen closet by stashing a box of baking soda on one of the shelves, just as you would in the kitchen.

• Remove that musty smell from stored clothes by adding either vinegar or ammonia to the wash water. Be sure to check for smell removal BEFORE drying, as the dryer can bake the smell into clothes, making it more difficult to remove.

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

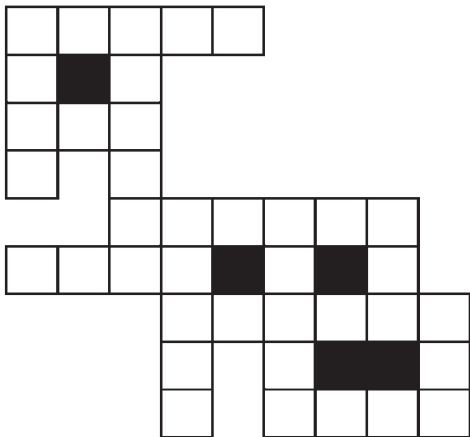
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	×		+		11
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EDI
EAVOGY
CRILY
♥ECRA
DELGRA
HYT
♥RYEG
♥HIRTG
RYA
GERTER
VINLA
♥YATR



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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