

West Texas County

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

DECEMBER 8, 2022

NEWSBRIEFS

Sporting cities

With the North American sports industry expected to reach a value of \$83.1 billion in 2023, the personalfinance website Wallet Hub has released its report on 2022's Best Sports Cities, as well as accompanying videos and expert commentary. To determine the cities where the game is always on regardless of season, WalletHub compared 392 small to large cities across the five largest sports in the U.S.: football, basketball, baseball, hockey and soccer. El Paso was rated186th in the report. Other stats:

- Jacksonville, Florida, has the lowest average ticket price for an NFL game, \$81.97, which is 1.9 times less expensive than in Las Vegas, the city with the highest at \$153.47.
- Atlanta has the highest attendance rate for MLS games, 103.45 percent, which is 6.1 times higher than in Chicago, the city with the lowest at 16.98 percent.
- Charlotte, North Carolina, has the lowest average ticket price for an NBA game, \$63.11, which is 3.2 times lower than in San Francisco, the city with the highest at \$203.30.
- NHL fans in Pittsburgh are 27.9 times friendlier and more engaged than their New York counterparts.
- Phoenix has the lowest average MLB ticket price, \$22.12, which is 2.8 times lower than in Boston, the city with the highest at \$61.71.

Visit https://wallethub.com/edu/bestsports-cities/15179 for the full report.

- Diana Polk

Date night

With nearly 50% of all U.S. adults being single and the average date costing over \$90, the personal-finance website WalletHub has released its report on 2022's Best & Worst Cities for Singles, as well as accompanying videos and expert commentary. Some singles are closer to a happily ever after than they think, but it depends on where they live. To determine where singles have the highest chance of finding love, WalletHub compared more than 180 U.S. cities across 36 key indicators of dating-friendliness. The data set ranges from the share of the population that is single to the number of online dating opportunities to the average price for a two-person meal. El Paso was rated 65th in the report. Other stats:

• Burlington, VT has the highest

See BRIEFS, Page 4

There is way too much talk about enforcing the laws and not enough about obeying them.

- Quips & Quotes

El Paso County creates playground that is enjoyable, accessible to all

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - El Paso County Parks and Recreation Department, in partnership with Moms on Board, recently held a ribbon-cutting ceremony to showcase its first state of the art playground that offers all children, regardless of their abilities or disabilities, a place to join in and enjoy the same

The latest park addition, known as an all-abilities playground, is located at Gallegos Park, 7361 Bosque Road, in Canutillo. Its emphasis is on an inclusive play area where everyone can have fun together in a safe and welcoming environment, county officials noted.

These types of playgrounds are important because they help promote social inclusion, officials pointed out. They stated that when all children play together, they have the opportunity to interact with one another, make friends and learn to appreciate differences, which is a critical part of child development as it helps children to become more tolerant and understanding of others.

Moms On Board (MOB) supporters added that inclusive play also provides opportunities for all children to develop physically, cognitively, and emotionally.



ALL ABOARD – The concept of an all abilities playground, also referred to as a universally accessible play environment, is one that not only offers an environment that is designed for all children of all abilities but also meets ADA family requirements.

MOB's mission, according to its address any and all community concerns bring more family-friendly amenities to El Paso, enhance existing facilities, and to bring awareness of community projects to its social networking group of safe spaces where kids can play, explore, approximately 7,000 online members.

The MOB group is comprised of families helping families and works to

website, is to work with local leaders to raised by its members. "Taking your little ones to the local park to enjoy quality time outdoors is a favorite activity for many families. Playgrounds provide make new friends and burn off extra

See PLAYGROUND, Page 5



USER FRIENDLY - Canutillo's Gallegos Park is home to El Paso County's newest type of playground that features a wide range of equipment and facilities that cater to all children. It has ramps, wheelchair-accessible play equipment, sensory-rich play structures, quiet spaces for children who need a break from the action, and specialized swings for children with limited mobility.

The extreme recklessness of Biden 2.0

Joe Biden 2024 is a bad idea whose time has come.

If Democrats had gotten the shellacking that seemed to be coming their way in the midterms, Biden might have been wounded enough for elements of the Democratic establishment to begin to try to shoulder him into retirement.

Instead, the Democratic overperformance has Biden looking revitalized. Gov. Gavin Newsom of California told the president on election night that he's not running against him (not that Biden was ever likely to face a direct primary challenge). Press coverage has emphasized Biden's vindication. The shot in the arm is understandable given what his party was able to pull off, yet it doesn't make Biden a day younger - in fact, he just turned 80 and every day of his presidency is an experiment in whether an unprecedentedly aged president can perform at the level demanded of the office.

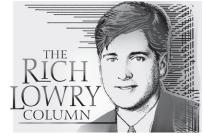
Democrats consider Biden the safe choice in 2024, since he's the incumbent and surrounded by flawed alternatives, yet he is actually an enormous risk. Nominating him again would be extremely reckless, both for the party and for the country.

It may well be that Biden, even in his enfeebled state, is the best matchup against Donald Trump. He beat him once before, after all, and used him as an effective foil during the midterms. It is to Biden's advantage that it has proven difficult for anyone to work up a passionate hatred of him, rather than a low-intensity sense of pity or contempt. And he still has a relatively moderate affect and profile - there are limits to how "woke" an 80-something, silver-haired creature of the Democratic establishment can appear, no matter how far left his policies are.

There's no guarantee, though, that Biden will get the as well – namely that former president as his opponent. If he doesn't, then he'll be denied the dynamic of one old guy whose record is terrible running against another old guy who frightens people.

If Trump can't secure the GOP nomination, everything changes. Ron DeSantis is 44. Ted Cruz is 51. Mike Pompeo is 58. Tim Scott is 47. Basically, any Republican nominee besides Trump would instantly be bequeathed a powerful past-vs.-future theme (age aside, Trump will unavoidably and perhaps explicitly be running a campaign of restoration).

There's another risk for Democrats, Biden will experience some age-related



meltdown in public during a general-election campaign that will make his struggles undeniable even to wellwishers determined to look the other way.

Aging is a progressive condition. Biden isn't getting any younger or more capable. The good news is that today, right now, he is as fit as he'll ever be to perform

See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Make today, everyday, a good day

tomorrow.

is the last day of your life, how is planning next year's vacation. No, last day then why not?

Life is one day at a time. You you would want to get in all that you are better off if you don't sit don't have tomorrow. You hope for you could possibly do. Only you around and think about it all the tomorrow but it's not guaranteed. know for sure how you would want time. It's good to remember the We plan for tomorrow. We save to spend your day and everyone good memories of family, friends, for tomorrow and look forward to is different. Maybe you would life's successes and joys but they are spend your day with loved ones in the past. This often makes us sad Today is what we have. If today or maybe you would want to be strolling in the mountains or by the some of those great moments of life. it going? If you knew for sure, how oceanside. Maybe you would want It's best to give thanks for them and would you want to spend your last to spend your day eating ice cream, precious 24 hours? You wouldn't be hamburgers and pizza. If it's your

> hopes of tomorrow. There are we enjoy is not always very good for us.

Since life is one day at a time, we can't go back and you did is in the past. All the past. You can spend the rest of enough of your own. your life wishing you could repeat high school, college or an old relationship. Actually,

because we know we can't relive move forward.

Today is a good day to make some more memories – good ones. Living Ilike ice cream, hamburgers your life today regardless of what and pizza but my doctor you are doing is the life you have. doesn't recommend them as Make the best of it by enjoying your a daily diet because of the life. Do what you enjoy. Be good to yourself. Don't beat up on yourself. ways that we can shorten our Don't live your life fighting with days and too much of what others. Do your work. Find joy in your work or move on to a work that you do enjoy. Find ways to reduce stress and to be happy.

Keep in mind that you can't repeat yesterday. All the good make everyone else happy and don't take on everyone else's mistakes you made are in the problems. You probably have

Be patient. All good things take

See TODAY, Page 3



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The West Texas County Courier office will close beginning Wednesday, December 15, 2022. The office will open again on Monday, January 2, 2023.





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View from here By John Grimaldi

Men posing as women have the edge in women's sports

"In terms of absolute strength - that is, without regard for body size, weight or composition – the average man tends to be considerably stronger than the average woman. Specifically, the absolute total-body strength of women has been reported as being roughly 67% that of men," according to the experts at Princeton University. It's a fact. And it begs the question, who has the advantage in an athletic competition in which a real woman is pitted against a man impersonating a woman? "Such a situation was unthinkable throughout history but it has emerged as an issue in a 21st century, anything goes, transgender world," says Rebecca Weber, CEO of the Association of Mature American Citizens.

In her AMAC Better For America podcast interview with All-American University of Kentucky Swimmer Riley Gaines, the top female swimmer in America, Weber dug deep into this subject. Gaines lost out to a fellow who calls himself Lia Thomas who, presenting himself as a woman, became the first transgender swimmer to take the NCAA National Trophy away from a biological woman.

In her words, "it's been a lifelong journey for myself and every other athlete at that elite level. It's not something you can just jump into. This is something we've been doing for 20 years. And so to be there and have the NCAA choose a male over a woman... it's a slap in the face"

Gaines warned that it has opened the being afraid to use it and speak my voice, a change that needs to be made to ensure "men who aren't the best in the men's category [can] come in and win national titles on the women's side. And so I think this is a slippery slope for sure. And I think that's something we've seen over the past couple of months. This is rampant. It's happening daily across all ages." And as an example, she went on to cite the case of a transgender athlete who placed first and stole prize money away from a female competitor.

Gaines said she never thought of herself as a feminist, pointing out that she is happily married and devoted to her husband, but she added that perhaps it is time to redefine modern-day feminism. Her focus is now on becoming an activist. "We're endorsing candidates who are willing to acknowledge that biological women deserve fair competition and spaces of privacy for changing [their clothes] where they don't have to worry about being exposed to men. We've been doing a lot of really, really awesome things and we've made changes, which is ultimately the goal. So I'm thrilled with the direction that it's going and I'm excited for the future."

Gaines explained that she was all set to enroll in dental school but it has been put on the back burner for now. "I realized that dental school will always be there. But the relevancy and importance of this

door for future mischief. As she put it, that's not always going to be there. And fairness and privacy to female athletes so, speaking out has thrown a wrench in my life's plans. But I've realized that if we, as women, are not willing to speak up for ourselves, how can we expect other The Association of Mature American Citipeople to do so? That would be wrong to do. So I'm willing to take a stand because I have seen the implications."

> Gaines pointed out that women fought hard to achieve Title IX 50 years ago, the federal civil rights law that prohibits sex-based discrimination. She noted that while those who are as transgender see themselves as oppressed, women were and still are an oppressed group.

> "I think initially before I spoke out, I was so worried about the backlash, and I was so worried that people would think I'm hateful or transphobic or whatever other term they would call me. But since speaking out, I have had so much support across the globe, not even just locally. This is something that people all across the world are thanking me for. And it's crazy to even say that it requires courage to use your voice, but I'm acknowledging that it does."

Her message to women, whomever they are and wherever they are is to "Be brave. Use your voice. This is something that needs to be handled with volume and quantity. And the more female athletes that are willing to use that voice, that's issue and having this platform and not how this issue is going to stop [and make]

who deserve it."

zens (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.

Today

From Page 2

time if they are worthwhile.

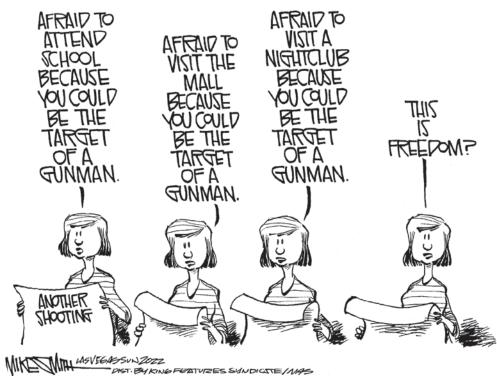
Finally, just in case you do live a bunch more years, live today in such a way, that you can look back to today and remember it as a good day.

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 www.facebook.com/glennmollette.









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Senior moment By Matilda Charles

Scammers: More dangerous than ever

beware. The scammers, thieves and troublemakers have kicked things up a pretending to be your insurance company or and so much more. notch or two, and frankly it's getting a bit Medicare. They'll claim they need to verify dangerous.

By dangerous, I mean when it comes to money. These scammers will do nearly anything to get it.

You might come home to a voicemail message that asks you to call back. The scammers might pretend to be your bank or another company you know. They'll ask you to verify your account number to identify is sure to be a scam involved somehow. those lists. yourself. Don't do it. If the message comes to you in a text message, don't click that link.

If you've applied for a job, a scammer will hurricane relief, fake Geek Squad invoices,

Monday, January 2, 2023.

PUBLIC NOTICE

your card number.

the safety of our personal information and local town office and say that you haven't not giving the new number out to anyone but paid your property taxes and that you could trusted family and friends. be arrested if you don't send them money.

> If you've tried to get rental assistance, a scammer might call to ask for your personal information as well as an upfront fee.

The Federal Trade Commission scam alert webpage lists several right now: fake

To those of us who wander the internet: ask for upfront fees or personal information. fake student load aid, fake winter prep You might get a call from a scammer assistance, fake internet and cable offers...

> If you're in the market for a new or additional cellphone, it could be the first step A scammer will pretend to be from your in foiling some of those scammers. How? By

> Remember: Your name, number and email address are for sale out there. There are websites around the world that do nothing but collect this information... and sell it to If there is a life event or occurrence, there scammers. Do everything you can to stay off

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Briefs

From Page 1

share of single people, 74.83 percent, which is two times higher than in Fremont, CA, the city with the lowest at 37.68 percent.

- Glendale, AZ has the lowest average restaurantmeal cost, \$30.00, which is 3.3 times lower than in New York, NY; Irvine, CA, Pearl City, HI; and Santa Rosa, CA, the cities with the highest at \$100.00.
- Indianapolis, IN has the lowest average price for a bottle of wine, \$3.68, which is four times lower than in Detroit, MI, the city with the highest at \$14.74.
- Port St. Lucie, FL has the lowest average price for a movie ticket, \$6.43, which is 2.7 times lower than in Los Angeles and Long Beach, CA, the cities with the highest at \$17.40.

To view and your city's rank, please Visithttps://wallethub. com/edu/best-worst-citiesfor-singles/9015 for the full report.

– Diana Polk

Living life fully

Cyril Derreumaux of Marin County, CA woke up one

See BRIEFS, Page 5

Washer and Dryer

For Sale: Kenmore 600 Series (top load) washer and Kenmore 70 Series electric dryer for sale. Both are in very good condition. \$300 for both or make offer. Call or text 915-261-8583.



Moments THE HISTORY CHANNEL

- On Dec. 5, 1955, the Georgia board of regents rejected Gov. Marvin Griffin's request that the Georgia Tech football team be barred from playing in the following month's Sugar Bowl simply because the school's opponent, the University of Pittsburgh, included a Black athlete.
- On Dec. 6, 1933, Federal Judge John M. Woolsey announced that James Joyce's novel "Ulysses" was not obscene in a legal sense but a work of merit. The ruling was hailed as a landmark and would open the door for greater freedoms in future literary works.
- On Dec. 7, 2020, American aviator Chuck Yeager, who in 1947 became the first person to exceed the speed of sound in flight, which was approximately 662 miles per hour at his altitude of 40,000 feet, died at the age of 97.
- On Dec. 8, 1854, Pope Pius IX proclaimed the doctrine of the Immaculate Conception, in which he asserted that Mary, the mother of Jesus, was from the moment of her conception free from the effects of "original sin."
- On Dec. 9, 1868, the world's first traffic light was erected near Westminster Bridge in London. It didn't have much of a chance to prove its worth, however, as it had to be removed just a month later following a gas leak that caused one of its lights to explode.
- On Dec. 10, 1768, the first part of the first edition of the Encyclopedia Britannica. the oldest continuously published and revised work in the English language, was published and advertised for sale in Edinburgh, Scotland.
- On Dec. 11, 1981, after an extraordinary 21-year career in the ring and despite pleas that it was time for him to definitively retire, American boxer Muhammad Ali fought his last professional bout, losing to Trevor Berbick in a match that would be nicknamed "Drama in the Bahamas."

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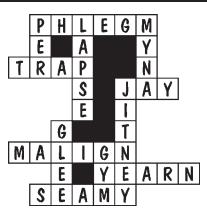
TO ALL INTERESTED PERSONS AND PARTIES:

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CryptoQuip Answer

What would you call actress Tomlin if her home were on a narrow side road? Lily of the alley.

4	+	8	÷	2	6
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9	ı	3	÷	6	1
3		9		8	



By Lucie Winborne

- If you've ever worried about damaging your cellphone by accidentally sitting on it, you'll be glad to know that Samsung built a robotic posterior to test the durability of its smartphones. It can repeatedly exert up to 220 pounds of pressure to simulate the act of a human sitting on their device.
- More than 200 artificial languages have been created for use in books, TV and movies.
- Our 50-star U.S. flag was designed by Robert Heft, a 17-year-old student in Lancaster, Ohio. He made it for a high school history project and received a Bfrom his teacher for lack of originality.
- NASA astronaut Leland Melvin sneaked his two rescue dogs, Jake and Scout, into Houston's Johnson Space Center for his official and unique photoshoot.
- In 2013, developers of

- a skyscraper in London, nicknamed the "Walkie-Talkie" due to its shape, realized that some design changes were seriously and immediately in order. The building reflected the sun onto the street below for two hours a day, with a beam so hot it melted parts of a Jaguar XJ parked nearby.
- Some beaches on the Japanese islands of Taketomi, Hatoma and Iriomote have star-shaped sand.
- Since the summer of 2020, so many orca whales have launched attacks on boats off the coast of Spain and Portugal that sailors have been advised to stay in port at night.
- Actor Mike Meyers originally gave the character of Shrek a thick Canadian accent but decided, after animation had begun, that a Scottish one would better suit the character. The film had to be re-animated and cost over \$4 million, or around 10% of its overall budget.

Thought for the Day: "Never allow a person to tell you no who doesn't have the power to say yes."

– Eleanor Roosevelt

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IFETIME

Playground

From Page 1

energy. Unfortunately, most playgrounds are not all-inclusive or accessible to children with special needs. It means most of

them miss out on the learning and development opportunities that playgrounds offer," one MOB member said.

"That is why it is important to advocate for the creation of more all-abilities playgrounds in our communities. An all-abilities playground is a special kind of playground that has been designed to be inclusive and accessible for children of all ages and abilities. These playgrounds typically feature a variety of elements that cater to different needs, such as ramps, sensory-rich play structures, and wheelchair-accessible swing sets. Most of them are designed with input from therapists, educators, and parents to ensure that they meet the needs of as many children as possible," said an all-abilities playground advocate.

Advocates explained that there are various important skills that children learn on a playground including spatial awareness, balance, muscle strength, postural control, dexterity, empathy, problemsolving, and coordination. So, all that running, walking, and skipping isn't done in vain.

The Gallegos Park All-Abilities playground is the first of three of these types of playgrounds to be completed in El Paso County. The other two are set to be completed in 2023 at Ascarate Park, 6900 Delta Drive in El Paso, and at Risinger Park, 301 Grace Street in Fabens.

Construction on the Gallegos All-Abilities Playground began in early spring and was completed in less than a year, according to county officials. Funding for the playgrounds is part of a Texas Parks and Wildlife Department Local Parks Urban Outdoor Recreation Grant, which was awarded to the El Paso County Parks and Recreation Department in early 2019.

Briefs

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morning back in June, got into his kayak and paddled his way to Hawaii. He made the trip in a mere 91 days. Derreumaux told ABC News it was a personal, spiritual journey, "I wanted to do this to enjoy life," he said. He had modified his 22-foot kayak for the trip

by adding "pedals and a small sleeping cabin but no motor or sail." Derreumaux paddled a total of 10 hours a day, four hours in the morning, two in the afternoon and four more in the evening. He said he hoped that "People outside of the kayaking world, outside of the ultra-endurance adventure, connected with the message of living life to the fullest."

– John Grimaldi

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AVAILABLE WITH APPROVED CREDIT

Father Time catching up to four NFL quarterbacks

By Steve Escajeda Special to the Courier

The 1972 Miami Dolphins are the only undefeated team in National Football League history as they finished with a perfect 17-0 record after knocking of accepted with dignity and grace, but the Washington in the Super Bowl.

But honestly, there is another undefeated is undefeated in every single professional quarterbacks who are locks for the Hall sports league all around the world; his of Fame, but aren't necessarily locks to

name is Father Time.

No matter how long a player enjoys come to an end.

It isn't always pretty, it isn't always end always comes.

see another season in the league.

In case you haven't noticed their drop success, no matter how many years an off in production this season, the four athlete spends playing a particular sport, are the Indianapolis Colts' Matt Ryan, eventually, Father Time sees every career the Denver Broncos' Russell Wilson, the Green Bay Packers' Aaron Rodgers and finally, the Tampa Bay Bucs' Tom Brady.

It's not like all four have suddenly forgotten how to play the position, but all And it appears as if Father Time four are going through losing seasons and champion in the NFL. Actually, this guy is coming for four particular NFL none is playing anything like they did just a year ago.

Let's start with the most obvious victim

of Father Time. Matt Ryan spent 14 great years with the Atlanta Falcons and is in the middle of his first season with the Colts. Ryan has thrown for over 62,000 yards and 378 touchdowns, ranking him 7th and 9th respectively all time.

But let's be honest, "Matty Ice" has cooled off quite a bit this year. In 10 games this season, Ryan has thrown just 11 touchdown passes and a whopping 10 interceptions. He looks slower than usual and is a mere shell of what he once was.

Ryan, who is 37, has nothing left to prove in the NFL, but I think he'd better call it quits before he starts to embarrass himself.

The youngest guy on this list is 34 now, but he's spent this season playing as if he was 44.

After spending 10 starstudded season with the Seahawks, Russell Wilson year and I think the Broncos would like a do-over.

We all know about those winning seasons in Seattle, which include a Super Bowl victory and a heartbreaking

Super Bowl loss. There were a few seasons in which Wilson was in the running for some league MVP awards, but this season has seen the quarterback take a huge step

In 10 games, Wilson has thrown just eight touchdown passes. To give you an idea on where he stands, in just one more game, Patrick Mahomes has 29 TD

The Broncos are in last place at 3-8 in Wilson's first season at the helm, which should be his last.

Aaron Rodgers was the NFL MVP just a year ago. But that seems like ages ago after this season.

The 39-year-old Rodgers always has his Packers in the middle of the NFC championship race, but this year the team is just 4-8 and nowhere near any playoff berth. Also, Rodgers ranks 27th in quarterback rating in a league with 32 starting quarterbacks.

Rodgers ranks fifth all-time in TD passes. This year, Rodgers ranks among the league leaders in interceptions with

The man who was making Father Time a little nervous, is finally showing signs

The 45-year-old Tom Brady isn't having a horrible season, but his Bucs have a 5-6 record and unlike almost every season before, Brady can't seem to do much about it.

We all know that Brady is the greatest quarterback of all time and leads the world in passing completions, yards and touchdowns.

In fact, last season he lead the league in completions, yards and touchdowns. But this year he ranks 15th in TD passes and is the 18th ranked quarterback.

Will this be Brady's final season? With signed with Denver this all the distractions he's gone through in 2022, I don't think he'll want to go out this way.

> For years we've enjoyed Wilson, Ryan, Rodgers and Brady. But we also enjoyed Manning, Roethlisberger and Brees.

Take a bow Father Time.



Super Crossword

A STUDY IN SCARLETT **ACROSS**

- 1 Acquire a wintry
- 6 Ending for Rock 10 Dollars and cents 14 Woodard with four
- 19 Many a Jamaican believer, informally 20 Canine pain
- 22 "Yes, _!" ("Definitely!") 23 1936 film sequel

with William Powell

- and Myrna Loy 25 Utter words Boys (hit rap trio)
- 27 "Lenore" poet Suffered 29 Abbr. on a naval
- vessel 30 A wide physical
- variety 37 Stretch (out) 38 Oscar winner
- Jared 39 Seattle baseball
- 40 Possible reply to "Who's there?" 43 Debater's platform
- 44 Model Klum 46 While lead-in 47 1997 James Bond
- trial basis 51
- 52 Mess up morally 53 Locale of Ali's

- "Rumble in the Jungle" 54 Immune response trigger 59 Mess up
- 61 Canine coat 63 Scarf site 65 "Yay, me!"
- 66 Question about a weak effort 72 Woman on the throne
- 73 Designer Cassini 74 Father 75 I A-to-IN dir
- 76 Apply via an aerosol 79 Rockabilly singer Chris
- 82 "Send help!" 84 Epoch 86 Influential Brian Eno album of 1975
- 90 Peter of "Columbo" 94 Dark beer 95 Rock guitarist
- Lofgren 96 No-brainer class 97 Cut across
- 99 "Le Roi d'Ys" composer Edouard 100 Sun. church oration
- 101 Fifteen minutes of fame 105 Triceps' place 108 Quick snacks
- 109 Intense anger 110 Electrical resistance measures 112 Shrink back

- 113 Novel and film whose last line is formed by six key words in this puzzle
- 118 " Is Born" 119 Came to an end 120 Finnish architect Alvar
- 122 Je ne _ quoi 123 Bullets, e.g. 124 Hair lock

DOWN

- 1 Ex-Yankee Hideki 2 Snug eateries
- 3 "Como _?" 4 Rugged trucks, briefly
- 5 Ones sharing in meals, e.g. 6 Jazz singer Waters
- "Little piggy" 8 Young child 9 Verb suffix in the
- Bible 10 Olympic craft 11 Top points
- 12 " Na Na" 13 She cackles 14 Home of St.
- 15 Contour of one's kisser 16 Coldest
- refrigerator part 17 Bookworms 18 "Oh no. mice!" 21 River giant,

- informally 24 Floor square 28 Actor Brody Deli side dish 32 Ketchup brand
- 33 Befuddled 34 Surrounded by 35 Gymnast
- 36 JFK jet, once 37 Angsty music genre
- 40 Skater Midori 41 Gets rid of some flab
- 42 More brainy 43 Dunkable treat 44 "_ mud in your eye!"
- 45 Put up 48 Rock fissure 49 Pickling liquid 50 Clic (Bic brand) 55 Persia now
- members 57 Aged 58 Prefix with classical

56 Artillery unit

- 62 Pi follower 64 Early English dramatist Thomas 66 Mental figs.
- Root 69 Surrounded (by)
- 60 Actress Perlman 67 Novelist Seton 68 Peace Nobelist 70 Springs in deserts 71 Japanese wheat
- noodle 77 Beginnings 78 Tally mark 80 Strain at _ (fuss over trivialities) 81 Shrimplike crustacean 83 Sugary delicacy, 85 Org. for periodontists 87 Carry along 88 Race in "The Time Machine" 89 Rowing tool 90 Bouquet-bringing
- 91 Middle East studier 92 Let have it 93 Ski mask, e.g. 98 Villains' looks 99 Lerner's partner in musicals 100 "Quiet down" 102 Moses' mount 103 Hunts quarry 104 Reached 105 Moving spryly 106 Fees for flats 107 Old PC platform 111 Wage _ of words 112 Used to exist 113 Motorist's navig. 114 Ending for Rock

115 Boise is its cap

Answer Page 4

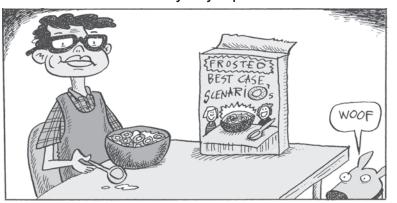
116 Actor Hanks

117 Fan sound

19 20 22 23 26 32 43 44 45 52 59 63 68 70 72 76 86 95 00 99 101 102 104 105 | 106 | 107 113 114 115 | 116 | 117 119 118 120 122 123 121 124

Comix

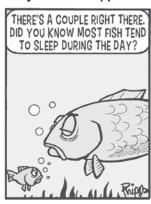
OUT ON A LIMB By Gary Kopervas





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

there are a lot of days between fit, whether by a tiny increment or by a lot.

According to the exit polls, 58% are, this creates considerable risk

of voters said Biden does not have of putting the country through the acuity to serve effectively as president.

If Democrats get their way, his duties; the bad news is that this is just the beginning. They propose to reelect a man who will now and 2024 when he'll be less be 82 on Inauguration Day, and 86 by the end of his second term.

The actuarial tables and the The public is already unsettled. realities of aging being what they

the trauma of having a president who is incapable of carrying out his entire term. If you think our politics are deranged now, just wait until we face a genuine, inevitably wrenching 25th Amendment crisis, or we have to deal with the legitimacy issues around an unelected president.

Lowering BMI before surgery can provide better outcomes

DEAR DR. ROACH: I'm 72, and I have had arthritis for three years: two years in both knees, and one year in my right hip and

the base of my spine. I am 5'3" and weigh 221 pounds, with a body mass index (BMI) of 39. I lost 23 pounds from January to June. What is the BMI needed for an orthopedic surgeon to do a hip replacement for someone with osteoarthritis – without a broken hip? I recently had an assessment of my hip X-rays. I was told I'm at the outer cutoff of a BMI of 39, so I'm eligible



for a hip replacement operation. Then, a few weeks later, I saw the surgeon, who ended up rejecting me - claiming that 39 isn't the outer limit, 35 is. After a long talk, the surgeon said he'd do it for me, but I'd get a better result if I lose 20 more pounds and get my BMI down to 35. I felt jerked around, but said I'd wait and lose weight. I'm also trying to find a surgeon I like more than him. So, what is the BMI needed for knee surgery: 35 or 39? – L.C.

There is no standard cutoff BMI for joint replacement surgery. It is true that people with a BMI over 40 are at higher risk for medical complications; however, it is also true that people with severe arthritis and a high BMI still get improvement in their quality of life with surgery. Denying a person a cost-effective surgery that can greatly improve their quality of life simply because of a BMI number (which, in itself, is a flawed metric) is inappropriate.

I can understand why you would want to see a different surgeon, as it sounds like you were not treated well. However, the surgeon was right that surgical outcomes are better if a person can lose at least 20 pounds, according to a 2019 study. This included shorter lengths of stay in the hospital and a lesser chance of needing surgical revision. I wonder, though, if part of the benefit seen in the study was due to increased exercise prior to surgery, which is known to be beneficial in surgical outcomes.

DEAR DR. ROACH: My 45-year-old son has hemochromatosis. The treatment is phlebotomy of a pint of blood, sometimes every two weeks, until the iron level is normalized. My understanding is that the blood is discarded. Is there anything wrong with the blood? If not, I would think blood banks would welcome the donation. What are your thoughts on this subject? – E.B.

Hereditary hemochromatosis is caused by the body absorbing too much iron due to a genetic defect. With no way to get rid of iron, it builds up and damages many organs, especially the heart, bone marrow, joints and adrenal gland. As you say, the best treatment is to remove iron in the form of red blood cells. This is effective at preventing most of the organ damage if started quickly enough.

There has never been anything wrong with the blood of people with hereditary hemochromatosis, and the FDA here in the U.S. has always allowed the blood to be donated. However, until recently, the American Red Cross has not accepted blood donations from people with hereditary hemochromatosis. I am pleased to say that they have just changed their policy and will now be using this precious resource to help others, so long as the person meets all the criteria for being a blood donor. The blood will undergo all the standard and rigorous testing prior to being pronounced safe for use.

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.

down this route? In part, because fear of something worse. But the Biden made an identity politics country deserves a better idea. choice for vice president, and not a good one. It is understandable that the prospect of Vice President Rich Lowry is editor of the Why even consider going want to cling to their nurse for King Features Synd., Inc.

Kamala Harris makes Democrats National Review. (c) 2022 by

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Moore Texas by Roger Moore

December 10, 1836: President Sam Houston approved the design of the first national flag of Texas.

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: E equals W

ETSI EZLQN KZL YSQQ THX TZRH SYIXHUU IZRQPW PJ EHXH ZW S WSXXZE UPNH XZSN? QPQK ZJ ITH SQQHK.

Answer Page 4

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Weekly **SUDOKU**

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆◆◆

Answer Page 4

♦ Moderate ♦ ♦ Challenging

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Health record system delayed... yet again

by Freddy Groves

The Department of Veterans of prescription drugs. Affairs' electronic health record system will be delayed. Instead of putting out a shoddy product, the VA has elected to June 2023.

This comes after a previous delay that was announced last summer, which said that the deployment would be pushed back until January 2023.

It's apparently been one with scheduling, referrals, medication, test results and Months ago the VA's Office of many instances of patient harm resulting from the new program. numbers on your pills. Specifically, over 200 doctor orders went astray, sent to guess about the sites where the

in 149 instances of patient harm – at just one testing site.

They're calling this the "assess meanwhile, are saying that the & address" period, and it's good that they're halting the expansion. Patient safety has to be at the top of the list, especially the issuing

Meanwhile, on the off chance that your local facility is a testing site, take charge of your care.

If you think you should have halt deploying the system until gotten an appointment or referral (maybe the doctor said so?), follow up. If you're awaiting a test result, call them. When a medical provider says you'll be given a prescription for a drug, write down the name of that drug and the dose. software glitch after the (Ask how it's spelled.) When other at the locations they're you receive your drug, check it using as testing – problems carefully. Go online to a drug checking website (www.drugs. com/pill_identification.html) medical orders. And more. and be sure the photo of the pill online matches what you Inspector General uncovered received. Use a magnifying glass to look at the tiny

At this writing, my best nobody knows where, resulting program is being tested are: Mann-Grandstaff VA Medical Center, Wainwright Memorial VA Medical Center, Central Ohio Healthcare System and Roseberg and White City, Oregon.

A handful of senators, program needs to be dumped, not only because of the patient safety concerns, but because the price tag has increased by billions of dollars.

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- · Fold and snip a coffee filter into a paper snowflake. Lay over an iced cookie or cake to sift a sugar design on top.
- "When planning to visit my hometown for the holidays, I set aside a few hours to take the kids to the park or a nice playground. I message all my old friends and classmates with kids (Facebook is great for this) a few weeks ahead of time and let them know when Iill be there. Itis great to catch up while the kids play, and even if no one shows up, we still have a fun break." - F.L. in California
- · "When there are big family jobs to be done (like getting ready for the holidays), we write all the tasks down on slips of paper and put them in a hat. We take turns choosing tasks until all the paper is divvied out. Sometimes we trade, but we all get a fair chore list." - V.O. in Oregon
- Make a holiday cheese ball simply: Combine a package of cream cheese with a cup of finely shredded cheese (your choice) and 1/3 cup sour cream or plain Greek yogurt. Form into a ball, roll in coating of your choice (dried fruit pieces, chopped nuts, spices, etc.) and chill. Wrap in a pretty cellophane bag and bring with pita chips, crackers or pretzels as a hostess gift.
- · After-Christmas sales are a great time to buy not only gift wrap (look for solid colors that you can use all year long), holiday cards and decorations, but also next season's winter wear. Things like scarves and gloves can be great bargains. And even coats can go on sale. Take advantage - especially if you have kids - and buy up. - A.K. in Tennessee

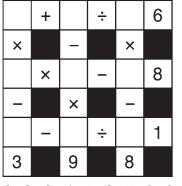
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GO FIGURE! by Linda Thistle

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.

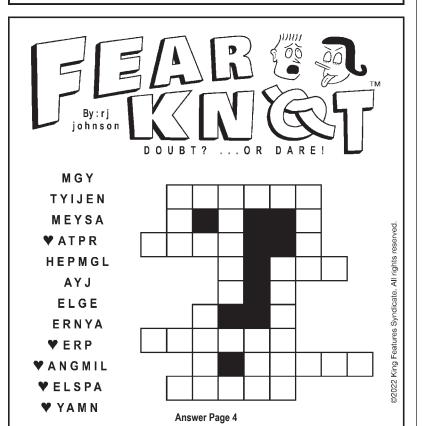
DIFFICULTY: ★★★

★ Moderate ★★ Difficult * * * GO FIGURE! Answer Page 4



2 3 3 4 5 6 7 8 9

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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.