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SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO **DECEMBER 15, 2022**

NEWSBRIEFS

College towns

With application season in full swing and student living expenses reaching over \$30,000 per year in some regions, WalletHub has released its report on 2023's Best & Worst College Towns & Cities in America, as well as accompanying videos and expert commentary. This report, which is a follow-up to WalletHub's College & University Rankings, aims to determine the towns and cities that provide better living conditions even in these difficult times. To help collegebound high school seniors determine their future home for the next several years, WalletHub compared more than 400 U.S. cities - also grouped by city size – based on 32 key indicators of academic, social and economic growth potential. The data set ranges from the cost of living to the quality of higher education to the crime rate. El Paso rated 36 th in the report. El paso was rated 36th in the report. Other stats:

 Richmond, KY has the lowest cost of a two-bedroom apartment rental, \$783 per month, which is 4.2 times lower than in Santa Cruz, CA, the city with the highest at \$3,293 per month. • Brownsville, ΤX has the lowest cost-of-living index for young people, 77.92, which is 2.9 times lower than in Stanford, CA, the city with the highest at 223.41.

• Savannah, GA has the lowest cost of higher education, \$17,414 per year, which is 4.7 times lower than in Evanston, IL, the city with the highest at \$81,283 per year.

• Stony Brook University in New York, has the most enrolled students (per 1,000 residents), 954, which is 22.7 times more than in Cape Coral, FL, the city with the fewest at 42.

Visit https://wallethub.com/edu/e/ best-worst-college-cities-and-townsin-america/8974 for the full report. - Diana Polk



DISCIPLINE – The youthful participants of the recent Taekwondo tournament perform warm up drills, above, before their competition. Over 100 White Tiger Taekwondo Academy students performed for a large crowd of family members and friends.

Taekwondo teaches youth confidence, self-discipline

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - An audience of about 400 spectators recently packed an El Paso County westside gymnasium to show off their skills and agility in Taekwondo, a Korean form of martial arts that involves punching, spinning jumps, and fast kicking techniques.

Participants in the martial arts event are members of the White Tiger Taekwondo themselves and others. Academy, which has studios in the county's eastside and westside neighborhoods. The Don Haskins Recreation Center.

of our Taekwondo students together so that they could have an opportunity to showcase their abilities and perform at their highest level under pressure," stated Master Dave Kim, founder of the White Tiger Academy.

Kim, who runs the academy along with view more than 100 youthful participants his wife, Seki, explained that the main purpose of the martial arts training is to instill in the practitioner confidence, selfdiscipline, focus, and goal setting traits. He stated that the Taekwondo instructors emphasize physical fitness and respect for

Kim stated that White Tiger's core philosophy is changing lives through the martial arts students, who range in age martial arts. "By building a relationship from four-years-old to young adults, came with the students and teaching fun, together to show off a variety of skilled high quality classes, our students are moves including precise form techniques learning martial arts at its best... gaining and board breaking abilities. The special confidence, exercising their bodies, and tournament was held last Saturday, at the learning how to defend themselves, if ever

About Taekwondo

Taekwondo (also known as Tae Kwon Do) is the art of self-defense that originated in Korea. It is recognized as one of the oldest forms of martial arts in the world, dating back over 2,000 years. The name was selected for its appropriate description of the art: Tae (foot), Kwon (hand), Do (art).

The introduction of Taekwondo in the United States began during the 1950's when a handful of pioneering master instructors travelled to America to spread the art. Throughout the next few decades Taekwondo grew in popularity, not only as a martial art, but as an international sport.

In 1973, Korea hosted the first Taekwondo World Championships. In that same year, the World Taekwondo Federation (WTF) was established as the international governing body for the sport aspects of Taekwondo. Today the WTF counts 120 separate countries as its members, representing 20 million practitioners. These numbers earn Taekwondo the distinction of being the most practiced martial art in the world. Taekwondo first gained acceptance as an Olympic sport when it appeared as a demonstration event in the 1988 Seoul Olympic Games. Taekwondo became a full medal sport competition beginning in 2000 at the Sydney Olympics.

Fun cities

With the average American spending over \$3,500 on entertainment each year, the personal-finance website WalletHub has released its report on 2022's Most Fun Cities in America, as well as accompanying videos and expert commentary. To help Americans find the cities with the

See BRIEFS, Page 5

The successful man is one that does what he has to do at the time he hates to do it the most.

- Quips & Quotes

See TAEKWONDO, Page 2

"We held this tournament to bring all

Landeros selected by QuestBridge **By Gustavo Reveles** Special to the Courier

CANUTILLO – Paola Landeros has met her match. The Northwest Early College High School (NWECHS) senior was selected as a national scholarship recipient through QuestBridge's

National College Match Program.

The QuestBridge program connects high-achieving high school seniors from low-income backgrounds with full fouryear scholarships to 48 of the nation's best colleges.

Landeros was one of 1,755 scholars

See LANDEROS, Page 4



The spies that deserve to be out in the cold

by Elon Musk give us a more Biden laptop was Russian fine-grained understanding of disinformation. It muddied the how and why the social media discussion over the laptop and company decided to censor the gave President Joe Biden a Hunter Biden laptop story.

This was a woefully stupid laptop story. decision. The New York Post's account was suspended for two what they were doing, traded on weeks for the offense of coming their public service for a tawdry intelligence officials signed the up with a scoop that we are still talking about and that will surely play a large role in upcoming GOP investigations into Biden family corruption.

for; Twitter thought it should get punished for it.

up in the progressive bubble that has said Twitter shouldn't have caused them to censor first, ask suppressed the Hunter Biden questions later – all in the name of "safety," of course - weren't the most blameworthy actors in once entrusted with some of the this episode.

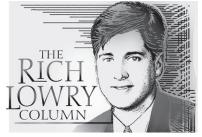
former intelligence officials responsible and accountable as who put out a widely cited, a social-media functionary from

The "Twitter Files" released suggesting that the Hunter handy tool to try to deflect the

> These former officials knew by and large demonstrated no remorse.

Even the former head of trust and safety at Twitter -That's the kind of thing that who sounds like he just came intelligence folks who said that newspapers should get awards from a sit-in at a university president's office demanding the disinvitation of a right-But the Twitter officials caught wing speaker from campus – story.

Amazingly, the former officials, most sensitive powers and roles That dishonor belongs to the in the U.S. government, aren't as deliberately misleading letter woke central casting. As a sheer



matter of public accountability, their disgraceful performance should be one focus of House Republican investigators beginning in January.

More than 50 former political purpose, and have letter, including five former CIA directors or acting directors. Biden cited the letter in a debate with Donald Trump. "There are," he said, "50 former national what... he's accusing me of is a Russian plant."

> That statement was strictly true; it just didn't hold the significance that Biden hoped the average listener would assume. When Trump derisively noted that Biden sounded like he was saying that the laptop was another Russian hoax, Biden doubled down: "That's exactly what we're told."

Of course, we all know that there's no way Biden heard about the laptop with all its tawdry and comprising information and thought, "No, that's not my boy must be the insidious work of an extremely adept, undetected Russian spy network trying to influence the election."

Now that multiple other news outlets have confirmed the they may need to," he asserted.

at the Don Haskins Recreation Center in El Paso County's west side. Taekwondo From Page 1

EXECUTE – Nathan Vasquez, 5, demonstrates his Taekwondo moves

for the panel of judges during the recent Taekwondo tournament held

During the Saturday morning See LOWRY, Page 7 tournament, the participants

performed before a panel of judges, who are Taekwondo advanced students. They gave scores to determine the first, second, and third place finishers

- Photo by Alfredo Vasquez

See TAEKWONDO, Page 3



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View from here By Liberalism vs Conservatism

Strassel is a veteran journalist and really at stake here. It's not just the member of the Wall Street Journal's next two years, but will conservatives editorial board who writes the weekly capitalize on the great discontent that is column, Potomac Watch. The Wall Street Journal printed its first edition in 1889; today it has a worldwide circulation of about three million readers. It was founded of the House of Representatives and by Charles Dow and Edward Jones and to has the ability to investigate and this day, it is still published daily by the Dow Jones Companies and noted for its award-winning news coverage.

Recently, Kimberley Strassel joined Rebecca Weber, CEO of the Association of Mature American Citizens, on AMAC's Better For America podcast, for a discussion of the current state of American politics. As she put it, we are currently "having an up close and personal experience with liberalism, with an administration that is pushing forward ideas that are more progressive and aggressive than anything that we have probably seen since when Jimmy Carter was in office, if not before."

Strassel went on to remind us that the nation got "really sick of that experiment" when along came Ronald Reagan, "a great communicator who journalist, she is supposed "to be skeptical [united] the conservative movement and fundamentally changed the structure of politics in the country for a generation at what happened during the Russia or more." She called it the "Reagan Revolution" and said that President essentially taking dictation from the same Reagan not only united the party, but he invited others to join in. "That's what's in wrongdoing, some of whom had been

washing across the country and use it to build a new movement?"

Meanwhile, the GOP now has control expose the damage for which the Biden administration is responsible. "That would include taking a deep dive in the FBI, looking a little bit more at what happened starting all the way back with the Russia collusion hoax. But also, we've had whistleblowers coming forward, talking to Congress about continued political bias happening at the very top of the agency. I think Americans deserve answers on Afghanistan and that horrible withdrawal that weakened the country. I think they deserve answers in terms of the CDC and various other public health organizations that very much got it wrong in a lot of ways on COVID, mostly so that we know how to make sure that we

get it right if there is another pandemic." Strassel also pointed out that as a of government... to counter government spin, government officials. But look collusion narrative. They [reporters] were government officials who had engaged

fired. But just telling their side, their story, that their job isn't just to give a narrative. not actually asking any questions. That's very problematic because the fourth estate is meant to keep the government on its toes, expose ill-doings, and work on behalf of the people by telling the truth." As we have seen in the media, this is not something that is being done by journalists or news outlets. We have in fact seen quite the opposite.

news: "for every [news] outlet that I think has gone down that road, there have been others that have popped up. They might not have as big a megaphone, but they are committed to continuing to tell the truth, to respect their readers, [and] to understand

Taekwondo From Page 2

in the different age groups. The top three finishers received special medals.

Kim asserted that Taekwondo is not just about training in martial arts techniques and earning different colored belts or medals. "Taekwondo is more about learning a way of life that is built on self-confidence, self-discipline, and respect for the world around us," he said. "A student of Taekwondo can succeed in any other sport because it helps develop ones muscles, flexibility, and teamwork."

old daughter, Emery, and five year by local businesses. old son, Nathan, have been attending the White Tiger's west side studio for the past two years - said that she has Taekwondo Academy.

And what I always argue is if you don't like that kind of partisan journalism, there's a very easy answer to it. It's the same thing that we do as consumers every day. Turn it off, don't buy it, don't listen to it, and send the message that that kind of journalism isn't acceptable."

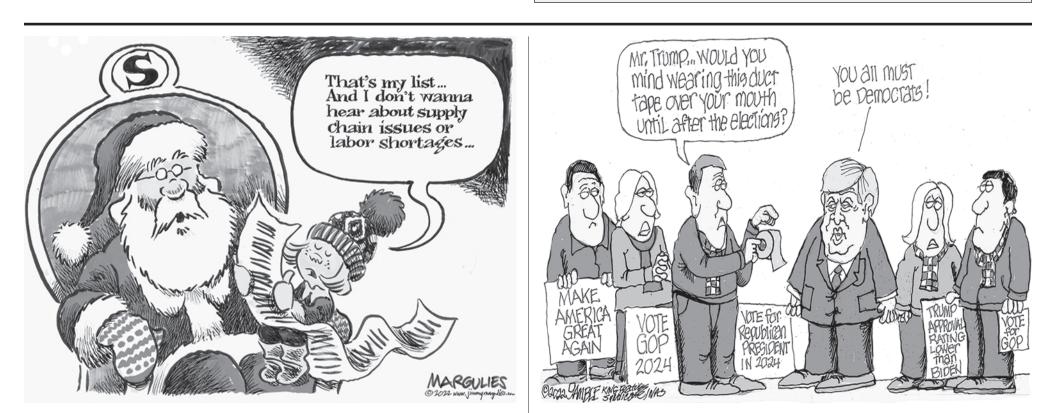
However, Strassel shared the good The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to *best solve the problems they face today.*

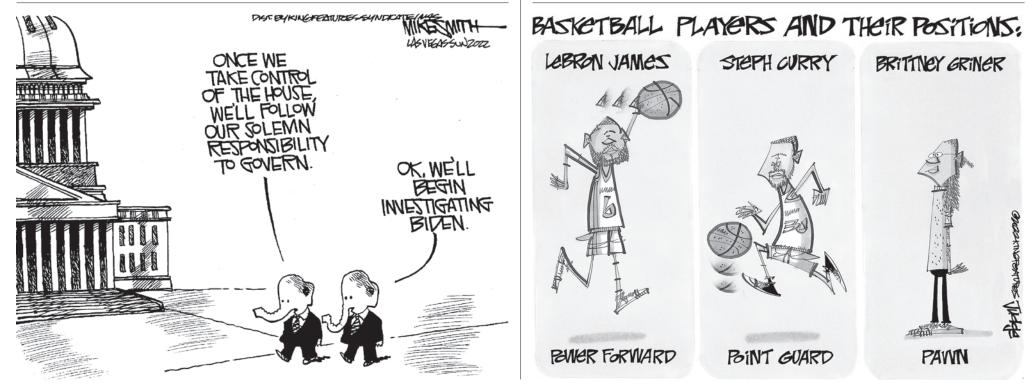
> noticed a difference in her children when it comes to self-confidence. "They are more active participants at school, they are more comfortable among their peers, and are more focused in their class work," she cited. She added that she likes that the Taekwondo instructors promote showing respect at all times.

Emery said that she likes participating in the Taekwondo training because it makes her feel strong. Nathan said that he likes the martial arts classes because they play different games. Both of them, however, said that the hardest part of the training was doing the push-ups and sit-ups during the workout sessions.

Daniel Call, the tournament's Valerie Vasquez - whose seven year organizer, said the event was sponsored

> Visit wtigertaekwondo.com for more information about the White Tiger





Senior moment By Matilda Charles

Social Security benefit for 2023

It's official: Our Social Security increase for 2023 will be 8.7%. They say it's the ago the financial gurus were expecting we'd and services that seniors spend money on: largest increase in 40 years.

For the average senior, that's going to mean a \$146 monthly increase. Plus we're getting a small "rebate" on that massive Medicare Part B increase we faced last year when the cost went to \$170.10 to pay for Aduhelm, an Alzheimer's disease drug that are calculated. They use the Consumer open enrollment period pass you by. was said to cost \$56,000 per year. (After facing criticism, manufacturers had to cut the cost in half, down to \$28,200.) We'll now save \$5.20 on our Part B premium, with the average monthly deduction being \$164.90. The Part B annual deductible will drop to \$226, a \$7 savings.

receive a 10.2% increase on Social Security, medical, drugs, food, housing and so on. based on all the high prices we've been Instead, they've lowered that to the 8.7%... while prices have continued to rise.

The problem is how those annual increases Price Index for Urban Wage Earners And Clerical Workers (CPI-W), which calculates the prices of goods and services for things those urban workers care about: clothing, education, electronics and so on. That CPI-W covers 29% of the population. Instead, they should use the Consumer Price Index for the

What's disturbing is that only a few months Elderly (CPI-E), which focuses on goods

The next time you call your senators and seeing this year and will likely see into 2023. representatives, be sure to ask why the Elderly index isn't being used. After all, they've been thinking about it since the 1980s.

> Meanwhile, don't let the Medicare Until Dec. 7 you have the option to make changes to your original Medicare Advantage plan, supplemental plan and prescription drug plan.

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Landeros From Page 1

from across the nation recognized as a Match Scholarship recipient and was invited to attend Tufts University, a private research university in Boston, Massachusetts on a full four-year scholarship.

"We are extremely happy for Paola and her family that she was awarded this remarkable opportunity to attend a top university on a full-ride scholarship," said NWECHS Principal Frank Clark. "It is always rewarding to see our students' ability to earn these highly competitive awards through their hard work and dedication."

Finalists included outstanding high school seniors across the country with an average unweighted GPA of 3.94, with 94% being in the top 10% of their graduating class. Around 94% come from a household with an annual income under \$65,000, and 88% qualify for free or reduced-price school meals. The majority of this year's Match Scholarship Recipients - 80% are among the first generation in their families to attend a four-year college in the United States.





By Lucie Winborne

• Finnish Ph.D. students graduate in style! Along with their hard-earned diploma, they receive a sword and top hat.

· Cherophobia is the fear of being happy.

 Within a week of stealing 16 statues from an Indian Hindu temple, the thieves responsible believed their subsequent nightmares and bad luck were a direct result and brought back some of the property with a note asking for forgiveness - but still held on to two of the statues anyway.

· Baby elephants suck their trunks for comfort.

• Do you like tequila? Thank a bat. Seriously. Bats are the main pollinators of the agave plant, which is the key ingredient in tequila. No bats, no agave, no tequila!

· If Michael Phelps were a country, he'd rank No. 35 on the all-time Olympic gold medal list, ahead of 97 countries.

• On Jan. 20, 2022, a U.S. hacker managed to bring down North Korea's entire internet. In addition, he performed this feat in great comfort, while wearing his pajama pants, watching "Aliens" and munching on spicy corn snacks.

 If you attended the University of Wisconsin-La Crosse, perhaps you participated in а Thanksgiving tradition known as Frozen Turkey Bowling. And yes, it's essentially what it sounds like: A bunch of folks hurling oiled frozen turkeys down a grocery store aisle at a set of bowling pins. Strange? Sure, but it raises money to combat smoking, so we're on board.

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Answer I'm enormously tired of having no career and thus struggling financially. I need a vocation!

CryptoQuip

 Brunettes are more likely than anyone else to become hooked on nicotine. The high levels of the pigment melanin in their hair also make it difficult for the liver to metabolize the nicotine. keeping it in the system longer and making it easier to become addicted.

Thought for the Day: "Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much."

– Ralph Waldo Emerson

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• On December 12, 1917, with a loan of \$90, Father Edward Flanagan founds an orphanage originally called The City of Little Men, dedicated to caring for atrisk children, with national headquarters in the village of Boys Town, Nebraska, for which it was later renamed.

• On December 13, 1978, the U.S. government honors women's suffrage icon Susan B. Anthony by minting a dollar coin named for her, but its close similarity to the quarter ultimately doomed it for public acceptance.

• On December 14, 1997, in advance of a visit from Pope John Paul II, Cuban president Castro declares Fidel Christmas to be an official holiday for the first time since his takeover in 1959.

• On December 15, 2001, the Leaning Tower of Pisa reopens to the public after a team of experts spent 11 years repairing it, at a cost of over 30 million euros. While it was stabilized, this third attempt at eliminating its famous lean also notably failed.

• On December 16, 1773, a group of highly disgruntled Boston colonists board three ships loaded with taxed tea from Britain. While it would undoubtedly have been enjoyed by the locals, following the refusal of officials to return it, the men hurled the tea into Boston Harbor as a form of protest against "taxation without representation."

• On December 17, 1969, the U.S. Air Force closes its "Project Blue Book," started in 1952 to determine whether UFOs were a threat to national security and to analyze UFOrelated data. The closure came after concluding there was no actual evidence of extraterrestrial spaceships behind the 12,618 UFO sightings it had collected.

• On December 18, 1912, amateur archaeologist Charles Dawson discovered human remains in the Piltdown gravel pit in Sussex, England. Dubbed the "Piltdown Man," he was thought to represent the missing evolutionary link between apes and mankind until it was confirmed at a 1953 international congress of paleontologists that the specimen was a fraud, consisting of skull parts both human and orangutan.

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Briefs

From Page 1

greatest number and variety of cheap, fun activities, WalletHub compared more than 180 U.S. cities across 65 key metrics, ranging from fitness clubs per capita to movie costs to average open hours of breweries. El Paso was rated 62nd in the report. Other Stats:

• Orlando, FL has the most restaurants (per square root of population), 7.2927, which is 17.8 times more than in Pearl City, HI, the city with the fewest at 0.4094.

• San Francisco, CA has the highest share of the six-pack), \$7.49, which is 1.6 times lower than in New York, NY, the city with the highest at \$12.33.

• Port St. Lucie, FL has the lowest movie cost, \$6.43, which is 2.7 times lower than in Los Angeles and Long Beach, CA, the cities with the highest at \$17.40.

Visit https://wallethub.com/ edu/most-fun-cities-in-theus/23455 for the full report. – Diana Polk

Mink on the run

It's suspected that it was the Animal Liberation Front [ALF] that broke into a mink farm in Van Wert County, OH recently and "freed" as many as 40,000 of the little critters - enough to make as many as 500 mink coats. If the ALF thought they were saving the lives of the little mammals, they were mistaken; many of them remained on the farm, but most of them got away and were killed when caught. The local sheriff's department warned that "minks are carnivorous mammals that stick to a diet consisting of fresh kills. They regularly hunt prey bigger than themselves. As a result, they can be a bothersome pest for homeowners, livestock owners, and property managers."

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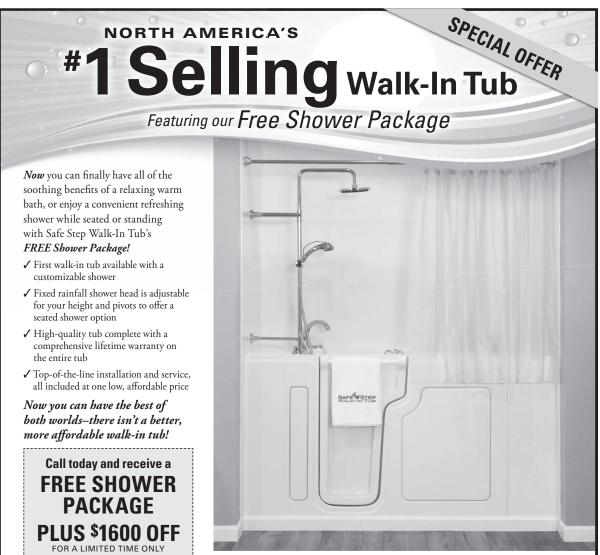
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population with walkable park access, 99.76 percent, which is 3.1 times higher than in Indianapolis, IN, the city with the lowest at 32.50 percent.

• Las Vegas, NV has the most playgrounds (per square root of population), 1.1285, which is 22.8 times more than in Hialeah, FL, the city with the fewest at 0.0496.

• San Francisco, CA has the most dance clubs (per square root of population), 0.1422, which is 79 times more than in Henderson, NV, the city with the fewest at 0.0018.

• Brownsville, TX has the lowest average beer price (per

– John Grimaldi

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2022 was another great year for sports

By Steve Escajeda Special to the Courier

More and more, Americans are becoming defined by their political beliefs. They are either left wing or right wing, conservative or liberal, pro-this or anti-that.

And there is less middle ground with each passing day.

Thank goodness that for those of us look at the past year's most iconic sports who are tired of the madness, we have the moments.

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world of sports to escape to.

about the team, a winner and a loser is determined on the field of play and the outcome is accepted because we all saw it happen.

Every season brings a multitude of sports experiences and memories that will live with us for years to come.

So with 2022 coming down to the wire, it might be a nice escape to take a Bengals, the San Francisco 49ers, the

TV·EARS

In sports, regardless of how you feel championship team of 2022 was crowned when the Los Angeles Rams outlasted the Cincinnati Bengals 23-20 in the Super Bowl.

> And though that was a great moment, the real NFL memory happened a couple weeks earlier during the Divisional Round of the playoffs.

> In one weekend, the Cincinnati Rams and the Kansas City Chiefs all won their playoff games on walk-off scores,

with a combined margin of victory of just 15 points.

The Bengals' Even McPherson kicked a 52yard field goal as time ran out to upset the Tennessee Titans 19-16. The 49ers' Robbie Gould kicked a 45yard field at the buzzer to beat the Green Bay Packers 13-10. Rams kicker Matt Gay booted a 30-yard field goal as time expired to beat the Tampa Bay Bucs 30-27 and in what was easily the best game of the year, the Chiefs' Patrick Mahomes hit Travis Kelce with an 8-yard touchdown pass in overtime to beat the Buffalo Bills 42-36.

The NFL also said goodbye to two-time Super Bowlchampionquarterback Ben Roethlisberger, who retired after 18 years with the Pittsburgh Steelers.

We finally had someone new winning the college football title as the Georgia 33-18 in the National Championship game.

We had the Winter Olympics and the World Cup in 2022. Unfortunately, the two will be remembered for their controversial

Back in February, the first professional venues (China and Qatar), which have been questioned for their human rights abuses.

> Speaking of controversy, 2022 was the year that saw Lia Thomas became the first known transgender Division I swimming champion, sparking debate from campuses to Congress over how Title IX applies to transgender athletes regarding equality and fairness.

> In the NCAA basketball world, Duke's Mike Krzyzewski, or Coach K, called it a career. It's going to take some time to get used to not seeing him on the Duke bench.

> After a so-so first half of the season, the Boston Celtics were the hottest NBA team in the second half and they went on the reach the NBA Finals. But in the end, it was Klay Thompson, Draymond Green, superstar Stephen Curry and the rest of the Golden State Warriors that won another title, their fourth in eight years.

> One of the biggest stories of the year just got resolved a week ago when the WNBA's Brittany Griner was released from a Russian prison and brought back to America after serving 10 months for possessing cannabis.

> Two of the greatest tennis players of all time retired in 2022. Serena Williams and Roger Federer hung up their rackets after amazing careers and accomplishments that will live on forever.

> The Houston Astros won the second World Series title, taking the Philadelphia Phillies in six games, but it was the heroics of Aaron Judge and Albert Pujols down the stretch that gained the interest of baseball fans. Judge set the American League single-season record with 62 home runs, and Pujols reached number 700 just before ending his baseball career.

Of course there were a ton of other Bulldogs trounced Alabama stories and moments we didn't have space to cover here, but let's be glad we can still escape from the absurdities of political leaders all over the world.

> Win or lose, sports puts things into perspective and reminds us to be passionate but not to take things so seriously. But seriously, Happy Holidays!

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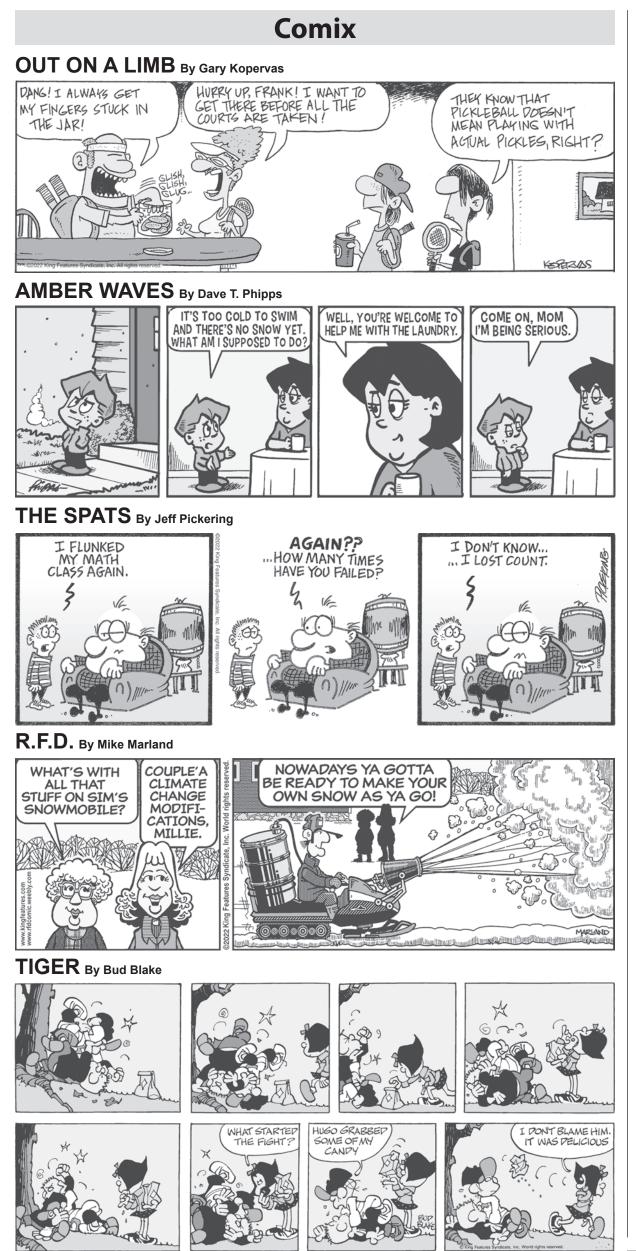
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Super Crossword



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Supplement with potential still needs to be studied

DEAR DR. ROACH: I have a friend with multiple health problems, mostly digestive and throat issues, who has recently discovered

the supplement astaxanthin through his treatment with a nutritionist. He is extremely optimistic that this supplement is his ticket to better health. He said it was developed by a biochemical engineer. As a doctor, would you recommend this for your patients? He says it is a powerful antioxidant and reduces inflammation. He also believes it will destroy any cancer cells. – N.H.



Astaxanthin is a naturally occurring pigment related to vitamin A that was first isolated from a lobster in 1938. It indeed has both anti-inflammatory and antioxidant properties. It has been used as a coloring agent in salmon, and is also naturally found in salmon. Most astaxanthin sold commercially is synthesized from petroleum products.

As a supplement, astaxanthin has been best studied to treat and prevent skin damage from aging. Multiple small studies have shown that it can improve skin appearance and function when used orally or topically. There is also some evidence it can reduce DNA damage from ultraviolet light.

The ability to reduce the type of damage that may ultimately lead to skin cancer is a far cry from the ability to "destroy any cancer cell." There is no secret or hidden cure to cancer.

The Food and Drug Administration categorizes astaxanthin as "generally regarded as safe." As I have often said, since supplements are not tightly regulated in the United States, you must rely on the manufacturer providing you with what they say they are, and there have been many, many instances where that has not been the case (in general, not about astaxanthin in particular).

Being conservative, I would say this supplement has potential, but I can't recommend it until it has been better studied.

DEAR DR. ROACH: My hair is falling out. What can be done about it? I take biotin and saw palmetto, but it hasn't stopped the hair loss. The older a lady gets, the more her hair falls out! -L.

I have learned not to underestimate the psychological effects of hair loss in women. Female pattern hair loss is a common problem affecting older women. The diagnosis can be made for certain by your regular doctor or a dermatologist after an exam. The most common pattern is thinning of the hair, often initially in the midline and worse on the top of the scalp (vertex). There are other causes of hair loss, so it is important to get a correct diagnosis in order to choose the right treatment.

I have not seen much success with over-the-counter supplements. Topical minoxidil (Rogaine) is the most common treatment, but I have started to try very low-dose oral minoxidil in some of my women patients. Spironolactone (a blood pressure medicine that also blocks testosterone receptors) and finasteride (used in men both for enlarged prostate and for male pattern hair loss) are also used by experts for women. It takes months to see if these are working.

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.

a game. They didn't actually say that it was disinformation, just that it had the the Hunter Biden laptop story was earmarks. disinformation, at the same time they

them plausible – or more accurately, implausible - deniability.

Cornered about the letter on Fox News, former CIA officer David Priess said that the laptop story, just as the letter asserted, had "all the classic earmarks" of And, indeed, the letter-writers played Russian disinformation. That didn't mean

That's not how the letter was promoted created that impression. This has given at the time, though. Nick Shapiro, a prime mover behind the missive and a former top aide under CIA director John Brennan, told Politico, "The real power here however is the number of former, working-level IC officers who want the American people to know that once again

the Russians are interfering."

No weasel words there. And the press coverage leaned heavily on the suspicions of the intelligence officials, not their lawyerly caveats.

Even more than the former management of Twitter, the letter-writers have shown they never should be trusted again.

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

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legitimacy of the laptop, the letter-writers haven't repented about themselves spreading clever disinformation meant to influence the election. They've fallen back on a Jesuitical defense of their handiwork.



Moore Texas by Roger MOORE Coffee carried on Texas cattle drives sometimes had a peppermint stick in the package, leading to fistfights.

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: F equals T

Z'P OIYMPYAUCE FZMOV YR

WJNZIS IY TJMOOM JIV FWAU

UFMASSCZIS RZIJITZJCCE.

Z IOOV J NYTJFZYI!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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The PACT Act and you



by Freddy Groves

our Promise to Address Comprehensive Toxics – the the objective. It started in 2010 PACT Act – adds a number veteran health care.

requires the Department of Veterans Affairs to do a toxic health care. That's a good start. Additionally, it extends eligibility for veterans who over 20 more presumptive hospital admissions (12%). conditions for AO and other exposure to burn pits.

That word "presumptive" is

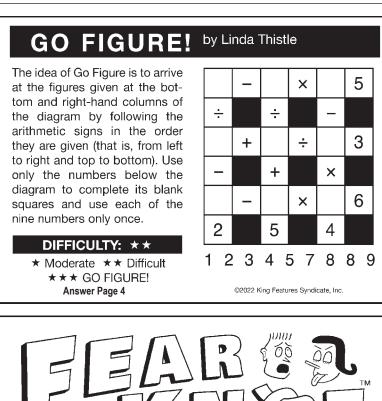
your illness came from being for survivors and more. there and that the surrounding conditions were the cause.

If you've been getting VA care at 800-698-2411. Or go to for several years, the name can va.gov and file Claim Form be confusing because "PACT" 21-526ez online. used to mean something else: The Sergeant First Class Patient Aligned Care Teams. Heath Robinson Honoring In that incarnation of PACT, personalized primary care was

with the creation of teams of important modifications to made up of nurses, providers, social workers, pharmacists, Among other benefits, PACT nutritionists and many others. They would employ e-health visits, phone calls, monitoring exposure screening on each at home, group visits, the veteran who's enrolled in VA whole medical gamut, to give individualized care to veterans. Surveys done then indicated that the program was modestly were exposed, adds more successful, at least when it exposure locations for radiation came to reducing the number and Agent Orange, and adds of urgent care visits (33%) and

Let's just hope that the toxin exposure, as well as current incarnation of PACT is at least that successful.

To read about the current key. It means you don't have PACT, go to va.gov/resources/ to fight tooth and nail to prove the-pact-act-and-your-vathat an illness came from benefits. You can read about being stationed at a particular eligibility of various eras, location. It's "presumed" that screenings, filing claims, info



For specific help with how you can file a claim, call them

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· Use silicone caulk to make non-skid beads on the bottom of your pet dishes. They will stay in one place instead of getting scooted all around the kitchen.

• Need a quick iron job but don't have the time to iron? Spray a clean kitchen towel with a mixture of water and a little fabric softener until damp. Pop it in the dryer with the item that's wrinkled. It shouldn't take more than 10 minutes to get all the wrinkles out and smell great to boot!

 While we're on ironing tips, here's a great one from T.C. in Alabama: "If you have mineral deposits on your iron, use a toothbrush and toothpaste (mild abrasive) to polish them off your iron's face. Rinse with water, and next time, use distilled water for steaming."

• "When driving a nail into a plaster wall, first put down a piece of tape at the spot where you will insert the nail. Tap the nail in right through the tape, then pull it away to discard. It often will keep the surrounding plaster from crumbling at the site of the nail." - W.L. in Oregon

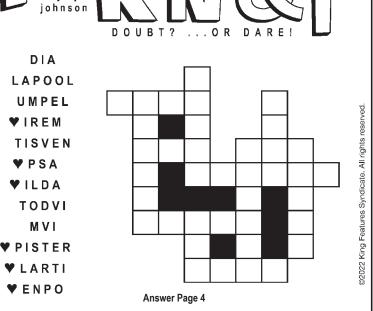
· When your cabinet door magnet locks are too strong try putting a piece of tape over the magnet. It decreases the strength of the magnet.

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 A Challenging ♦ ♦ HOO BOY! Answer Page 4

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Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (V) letter string as each unscrambles into more than one word (ex. **VRATHE** becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

· If you paint your radiators, make sure that the paint you use is intended to be heatresistant. To get the best finish, paint while the radiator is warm.

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

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