



NEWSBRIEFS

Quitters

With Americans quitting their jobs at record rates during the so-called “Great Resignation,” even in the face of high inflation, WalletHub has released its updated report on *2023’s States With the Highest Job Resignation Rates*, along with expert commentary. WalletHub ranked the 50 states and the District of Columbia based on how frequently people are leaving their places of employment. Below, you can see highlights from the report. Texas was rated 20th highest in the report with a resignation rate for latest month of 2.80% and 3.04% in the past 12 months. Visit <https://wallethub.com/edu/states-with-highest-job-resignation-rates/101077> for the full report

– Diana Polk

A rare bongo

The Potter Park Zoo in Lansing, MI described the bongo as “one of the most majestic and endangered members of the antelope family” in its announcement of the rare, recent birth of a female eastern bongo calf. How rare are bongos? According to the zoo, only about 100 eastern bongos remain in the wild and about 300 bongos are protected in accredited zoos; “their ornate horns and vibrant orange coat make them a target for hunting and poaching.”

– John Grimaldi

Innovation

With the U.S. spending over \$600 billion per year on R&D, the personal-finance website WalletHub has released its report on *2023’s Most & Least Innovative States*, as well as expert commentary. In order to give credit to the states that have contributed the most to America’s innovative success, WalletHub compared the 50 states and the District of Columbia across 22 key metrics. The data set ranges from share of STEM professionals to R&D spending per capita. Texas was rated 15th in the report, ranking (1-Most Innovative, 25-Avg.):

- 18th – Share of STEM Professionals;
- 16th – Projected STEM-Job Demand by 2030;
- 25th – Eighth-Grade Math and

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It’s a mistake to believe Uncle Sam can open his pocketbook and let you keep yours closed.

– Quips & Quotes



– Photo by Scott Cutler

COMING ATTRACTION – The newly designated Castner Range National Monument will be open to public access once the area is sufficiently remediated and declared safe. Located along the Franklin Mountains within the Fort Bliss Army base, the range served as a training and testing site during World War II, the Korean War, and the Vietnam War. The Army closed it in 1966.

Public will have access to Castner Range

National monument designation will offer unique opportunities to experience, explore nature

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – It’s official... Castner Range in El Paso County has been designated a national monument. President Joe Biden made

the announcement during the recent White House Conservation in Action Summit.

Advocates propound that this action will protect the cultural, scientific and historic objects found within the monument’s boundaries; honor veterans and current military service

members; pay homage to local Native American tribes; and eventually provide access to the public land for outdoor recreational activities.

The designation encompasses more than 6,600 acres along the Franklin

See CASTNER, Page 4

O’Donnell DI teams head for Kansas City



– Photo courtesy Fabens ISD

PROBLEM SOLVERS – O’Donnell Intermediate School, in the Fabens Independent School District, is riding high after sending three Destination Imagination (DI) teams to Arlington, TX last week (March 24 and 25). The STEAM (Science, Technology, Engineering, Arts and Mathematics) competition was the Lone Star Finals State Tournament for 2023. Two of the three teams – The Kung Fu Panda Pops coached by Rebaca Marquez (back row, right) and Tron Squad coached by Richard Fraire (at right) – advanced to the Global Finals competition in May. That event will be held in Kansas City, MO and will feature top DI teams from around the world.

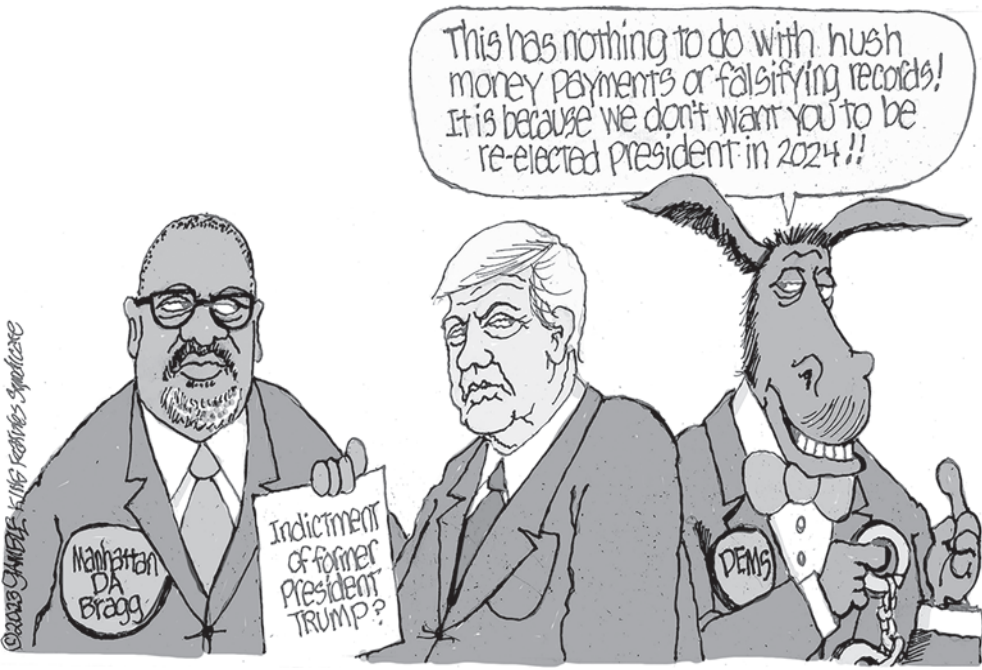
– Sofia Maciel

Alvin Bragg prepares to cross the Rubicon

How much does a mug shot mean to you?
To Alvin Bragg, it apparently means quite a lot.
All signs point to Bragg, the progressive prosecutor in Manhattan, indicting Donald Trump for his 2016 hush-money payment to Stormy Daniels.
The old Karl Marx line is that history repeats

itself first as tragedy, then as farce. This historic first-ever indictment of a former president of the United States would skip straight to farce.
First, there's the tawdry and relatively trivial subject matter. Trump stands accused by his critics on the left of fomenting an insurrection to overthrow the Constitution and the criminal offense they are going to get him on stems from a dalliance with a porn star in 2006.
Then, more importantly, there's the question of the merits. Unless Bragg has something unexpected on Trump, this appears to be a prosecution in search of a legal theory.
Everything indicates that Bragg is more interested in subjecting Trump to the humiliations attendant to getting charged (turning himself in, getting fingerprinted and photographed)

and the grinding distraction of defending himself against a criminal charge than the cogency of the case itself.
As The New York Times put it last week, the Bragg case "hinges on an untested and therefore risky legal theory involving a complex interplay of laws, all amounting to a low-level felony."
In other words, exactly what you want to indict a former president on.
The difficulty in making a case against Trump owes to the fact that hush payments are sleazy but legal. So, the Bragg case involves the bookkeeping around the payment.
There's a reason why Bragg's predecessor, Cyrus Vance, passed on the Stormy Daniels matter. It looked like Bragg was going to pick up a broader business case against Trump instead. When the district attorney dropped that, his progressive supporters were outraged. Now, lo and behold, he has brought things full circle back to Daniels.
As president, Trump inveighed against his political enemies and demanded that they be arrested. This



See LOWRY, Page 7

View from here By John Grimaldi

Suicidal veterans need our help

As President Calvin Coolidge put it, "the nation which forgets its defenders will be itself forgotten." It's why we take the time to remember the selfless sacrifices of our soldiers, sailors, airmen and marines on Veterans Day. But is one day of remembrance in November enough of a commemoration. Not only have valiant service men and women given their lives to protect our freedom, bear in mind that each year thousands of former service men and women commit suicide due to service related trauma.

According to the American Addiction Centers (AAC), "suicide rates have been historically high among young veterans and older veterans as well. In the 20 years between 2001 and 2020, the suicide rate among veterans between the ages of 18 and 34 increased by 95.3%. During that same time period, the suicide rate among veterans between the ages of 55 and 74 rose 58.2%. From 2019-2020, however, the suicide rate for older veterans

decreased while the suicide rate among veterans in the 18-34 age group increased." The AAC report explains that the chief causes of veteran suicides are depression, social problems, money troubles and engaging "in impulsive, high-risk behaviors." Mental disorders and substance abuse, depression, post-traumatic stress disorder (PTSD), and traumatic brain injury (TBI) also can play a role. However, the Center for Deployment Psychology (CDP) says it also has a lot to do with relationship problems, legal issues and workplace troubles. The CDP notes that "other medical conditions that are associated with an increased risk for suicide include traumatic brain injury (TBI), chronic pain, and sleep disorders. These conditions can contribute substantially to increased suicide risk in affected individuals. The most common method for suicide in the DoD is firearms,

accounting for over 60 percent of all suicide deaths in the military." The CDP also notes that while veterans are only 8.5% of the U.S. population, they account for about 18% of all adult suicides. "This means that approximately 20 veterans die each day by suicide (or about 7,300 veterans a year). Like Service members, the most common method for suicide among U.S. veterans is firearms, accounting for over two-thirds of all veteran suicides." Active duty military personnel are also experiencing high levels of suicide. Executive Director, Elizabeth Foster, of the Pentagon's Force Resiliency Office reported a few months ago that year-to-year active duty suicides have dipped. She reported that the active duty suicide rate fell by 15% between 2021 and 2020. However, as she put it, "while we are cautiously encouraged by the drop in these numbers, one year is not enough time to assess real change. The year-to-year trend provides helpful preliminary insight, but there is still a gradual increasing trend for suicide in the military

over a 10-year period, and we need to see a sustained long-term reduction in suicide rates to know if we're really making progress." If you have a friend or family member with mental issues, they may be in need of professional care. But, says Seamus Callahan at the White Light Behavioral Health, "one of the most important ways that friends, family members, and communities can support veterans in recovery is by advocating for access to quality mental health and addiction care. Unfortunately, many veterans face significant barriers to accessing care, including long wait times, lack of resources, and bureaucratic obstacles within the VA system." For more information about dealing with this critical issue confronting veterans at risk, organizations such as the Association of Mature American Citizens can also help. The AMAC Foundation's dedicated Veteran Outreach Program provides online access to resources available for the men and women who have served our nation.

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Food for thought By Dr. Glenn Mollette

Trump and Daniels: Hush money doesn't work

An ongoing saga continues to surround Former President Donald Trump and porn star Stormy Daniels. Will it never end? Trump may or may not be indicted by the time you read this but who knows? Who isn't tired of hearing about an alleged sexual encounter between these two?

Former President Trump has denied the encounter ever occurred but Daniels has said it did occur. Who is telling the truth? Who should we believe? Is there proof of this alleged "affair" or sexual encounter?

Does anyone have a video of the Trump and Daniels encounter? Apparently, Daniels is big on videos for money participating in encounters that most of us really do not want to see. I'm sure some people do since pornography an international addictive problem that destroys more lives than we will ever know. Even if it existed, we certainly do not want to see any such "encounter" between Daniels and Trump. Even. So, how do you prove such an event took place? We are back again to "he said, she said."

President Trump has had his feet to the fire because he is alleged to have paid \$130,000 to Daniels to keep quiet about the "encounter." The problem is unclear. Is he alleged to have paid the money out of campaign funds raised for his Presidential bid in 2016? Or, is this about being an amount of

money beyond the legal campaign donation cap and how could it ever be considered a campaign donation? Does any of it make sense? As much money as Trump has, would he not have just paid her out of his petty cash fund? If Daniels and Trump had a dispute then how is it illegal to have settled a dispute? People do it every day.

Trump made millions just from his reality television show The Apprentice on NBC. I always figured this is one reason NBC hates Trump so much. He made them a lot of money and the show was still making major money when he quit to run for President. Money and greed color everything.

Why don't they just produce the check written to Daniels? Michael Cohen, Trump's former attorney who served time in prison, allegedly gave the money to Daniels and was reimbursed by Trump. Did he write a check from his personal account? How did Trump reimburse Cohen? Did he go to the bank and get a cashier's check? Just go back and do an audit. How credible is Cohen? Does Cohen know for sure which account the money came from?

Back in 1974 Jerry Springer, (yes, the TV reality show star) resigned from the Cincinnati City council because he had written two checks to two different prostitutes in Northern, Kentucky. The

controversy took over his life but he was later reelected to the city council and even later served as mayor. In one of his commercials, that I remember seeing, he said, "I made a mistake. I paid a prostitute with a check." He actually wrote two checks. One was for \$50 and the other was for \$25. He would go on to serve as Cincinnati's mayor from 1977-1978. But wait, he admitted to it and he didn't pay it from campaign or government funds.

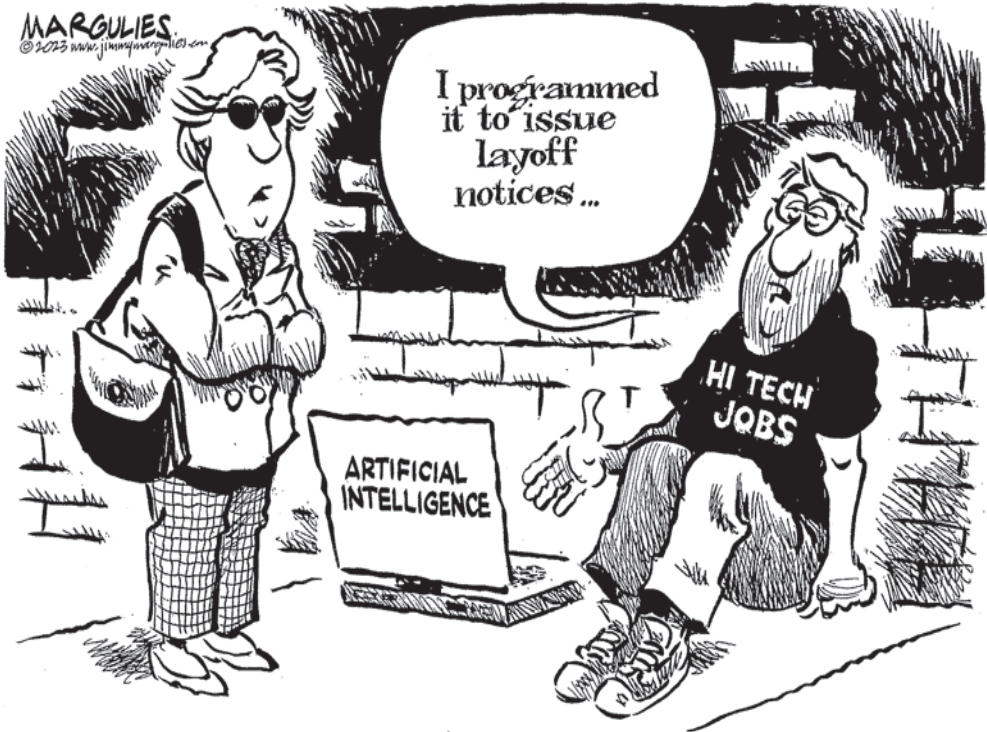
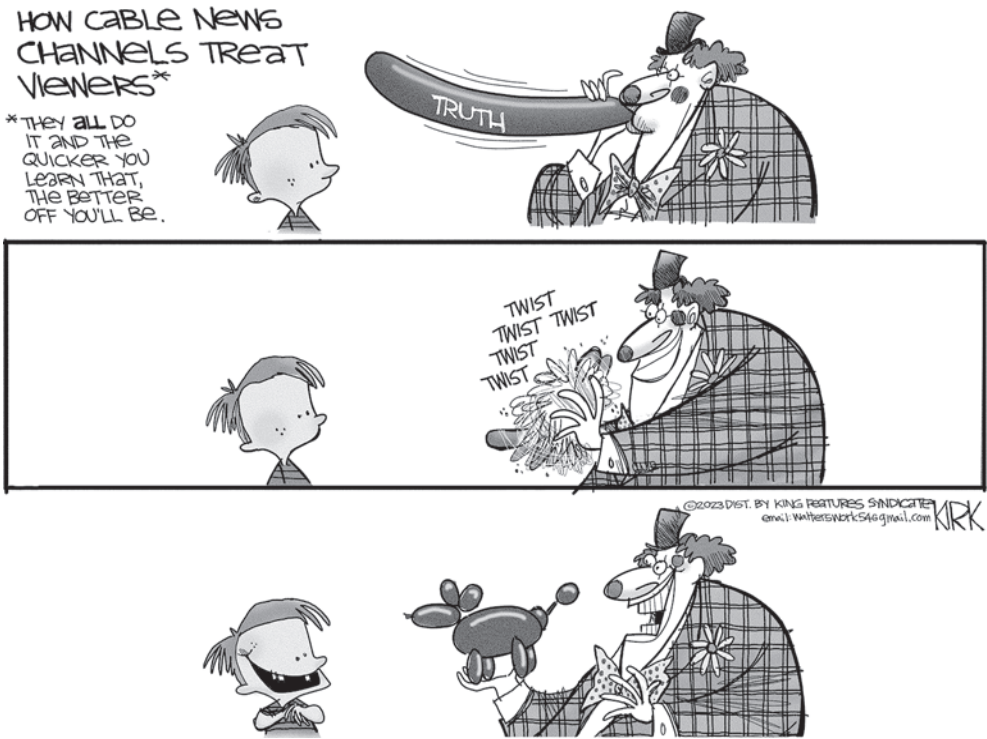
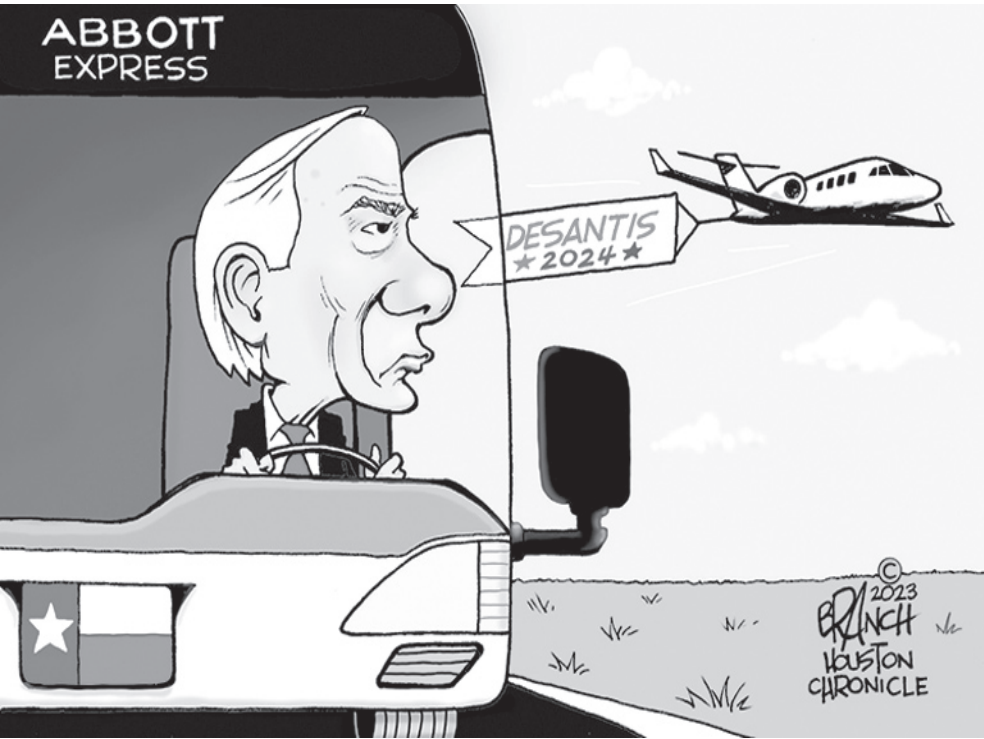
Looks like if Trump could get in trouble for paying for an "encounter" with Daniels. Then wouldn't she be in trouble for prostitution? But wait, she didn't collect money for an alleged encounter with Trump. She got money to be quiet about the encounter with Trump. Is this not blackmail? Are there not any consequences for blackmail? Apparently, there is more money to be made from being quiet about encounters than actually selling oneself for an encounter. She did reportedly receive a handsome book royalty check to talk about her life. And her attorney, Michael Avenatti, stole it. He is now serving time in prison for defrauding clients and tax evasion.

There is probably more that will be said about this alleged encounter. This proves it doesn't work to pay porn stars hush money. They just take the money and still tell everybody.

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– Internet

OPEN SPACES – Castner Range remains an area of high biodiversity for desert species in America, including spring blooms of the Mexican Poppy, above. In addition to the poppies, this section of the Franklin Mountains also contains a high concentration of natural springs.

Castner

From Page 1

Mountains’ northeast foothills that once served as a U.S. Army artillery firing range. Borderland preservation advocates have been pushing for this designation for over 50 years.

The range sits on land that offers several natural springs and serves as a habitat to numerous wildlife species, like the American peregrine falcon, Golden eagle, mountain plover, Texas horned lizard, Black-tailed prairie dog, Baird’s swallow, coyotes, and the Western burrowing owl.

The newly declared monument is home to spring blooms of the Mexican poppy, which along with creosote brush vegetation, pervades the mountain slopes. Also, the endangered Sneed pincushion cactus and a host of other rare plants inhabit this region. Additionally, the range houses more than 40 archeological sites, such as living structures, hearths, remnants of pottery and tools, as well as a myriad of petroglyphs.

According to White House officials, Castner Range National Monument (CRNM) will be placed under the control of the U.S. Army, which is the first time since the 1930s that a national monument will be managed by the military branch.

Previous designated national military sites were handed over to the National Park Service.

Plans are for the Army to begin a land management process over the next 60 days and include public engagement. Officials related that the Army would work with community members and organizations, as well as with local Native American tribes, to ensure public access in the various phases. Castner Range is part of a mountain landscape that was once home to various Native American tribes including the Apache and Pueblo people, the Comanche Nation, the Hopi Tribe, and the Kiowa.

Advocates anticipate that the designation will help protect and remediate the land in order to expand public access to the space. They hope that it will also help protect elements that hold various cultural and historical significance.

“Texans need more nature and this area is a great example of land we can both enjoy and share with wildlife, including threatened species such as the western burrowing owl,” Luke Metzger, executive director of Environment Texas, said in a recent statement. “Cleaning up unexploded ordnance and opening up the Castner Range for recreational opportunities including hiking, camping and biking will be good for the El Paso

community and good for Texas.”

U.S. Representative Veronica Escobar, of El Paso, who vigorously pushed to protect the Castner Range, said in a statement that she is thrilled about the designation. “This historic announcement has been decades in the making,” Escobar stated. “Generations of activists have dedicated countless hours and resources toward achieving this once seemingly impossible goal. It brings me such joy to know that El Pasoans will soon be able to enjoy the beauty of this majestic, expansive landmark for years to come.”

Eric Pearson, CEO of El Paso Community Foundation, who helped push for the recognition and was at the summit when the president made the declaration, said in a recent interview that this designation reflects the will of the community, as the coalition delivered nearly 137,000 letters from community members to the president calling for the designation.

The push for its designation is a culmination of efforts by groups like the El Paso Community Foundation, the Frontera Land Alliance, Nuestra Tierra Conservation Project, Hispanic Access Foundation, Franklin Mountains Wilderness Coalition and Conservation Lands Foundation, Pearson acknowledged.

Strange BUT TRUE

- By Lucie Winborne**
- What’s in a gut bacterium? Possibly more than you might expect: Studies have shown that the types and amounts of such bacteria might influence your appetite, your food preferences and even the way nutrients are processed and stored in your body.
 - While fish can cough, they don’t sneeze.
 - Michael Jordan was nicknamed “Magic” in high school after Los Angeles Lakers icon Magic Johnson.
 - In June 2022, the New York Public Library donated half a million books to kids under 18 so they could start their own personal book collections. Collecting and reading books has been found beneficial to learning, stress relief and even future success.
 - And speaking of libraries, they’re not always just for books: The Buffalo Tool Library in Buffalo, New York, allows members to take out tools for home improvement, gardening and repair projects.

- Provincial law in Quebec prohibits a woman from taking her husband’s surname after marriage.
- Actor Morgan Freeman, after serving in the U.S. Air Force, got his first paid job in show business as a dancer at the 1964 World’s Fair.
- After having a double mastectomy in her senior years, the ever-outspoken Alice Lee Roosevelt Longworth, eldest child of President Theodore Roosevelt, took to referring to herself as “Washington’s only topless octogenarian.”

- Dolbear’s Law, which states the connection between air temperature and the rate at which crickets chirp, is accurate to within about one degree Fahrenheit for the field cricket.
- The Chinese video sharing and streaming site Bilibili used 1,500 drones to create a light show celebrating the first anniversary of the release of mobile game Princess Connect! Re:Dive, which was followed by a huge QR code to download the game.
- Thought for the Day: “A champion is afraid of losing. Everyone else is afraid of winning.”
– Billie Jean King

Briefs

From Page 1

- Science Performance;
- 21st – Share of Science & Engineering Graduates Aged 25+;
 - 13th – Share of Technology Companies;
 - 31st – R&D Spending per Capita; and
 - 18th – Venture-Capital Funding per

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

– Diana Polk

A rare catch
Fishing guides Dylan Wier and Blaine Kenny knew that the fish they had hooked on Orange Beach, Alabama on the coast of the Gulf of Mexico was a big one. They thought they

might have a tiger shark on their hook. About a half an hour later they, indeed, found themselves reeling in a shark but it wasn’t a tiger shark; it was an eleven foot great white shark, a species that is rare for the Alabama coast. In fact, the state’s Department of Conservation and Natural Resource, believes it might just be the very first great white caught off the Alabama coast.

– John Grimaldi



Moments in time

THE HISTORY CHANNEL

• On March 27, 1909, fingerprint evidence was used to solve a murder case for the first time. The world’s first official Fingerprint Bureau had already been created in Scotland Yard in 1901, while the first Fingerprint Bureau debuted in Calcutta, India, in 1897.

• On March 28, 2000, racial tensions showed no signs of abating in the African country of Zimbabwe as President Robert Mugabe pushed forward with his plan to remove Zimbabwean farms from white ownership. The latest death occurred when a white farmer was shot by squatters occupying his land.

• On March 29, 1943, Americans who had already been subjected to the rationing of gasoline were given books allowing them to purchase only set amounts of meat, cheese, butter and cooking oils per month as well.

• On March 30, 2011, Peru welcomed the return of hundreds of Inca artifacts with a lavish ceremony after they’d been out of the country for nearly a century. The items were taken from the ancient site of Machu Picchu and held at Yale University, prompting the Peruvian government to launch an extended campaign against the school, insisting the artifacts had only been on loan.

• On March 31, 1943, Rodgers and Hammerstein’s first musical, “Oklahoma!” (originally titled “Away We Go”), debuted on Broadway. Based on the 1931 play “Green Grow the Lilacs” by Lynn Riggs, the beloved theatrical staple about a young farmgirl named Laurey and her two suitors continues to be produced across the country.

• On April 1, 1999, David Smith was arrested and charged with originating the “Melissa” email virus, which infected more than a million computers worldwide and caused more than \$80 million in damage.

• On April 2, 1992, mob boss John Gotti, aka the “Teflon Don,” was finally convicted in New York of racketeering, murder, obstruction of justice, hijacking, illegal gambling, extortion, tax evasion and loan sharking, thanks largely to the testimony of a former high-ranking Mafia member. Gotti received a life sentence without the possibility of parole, and died in prison in 2002.

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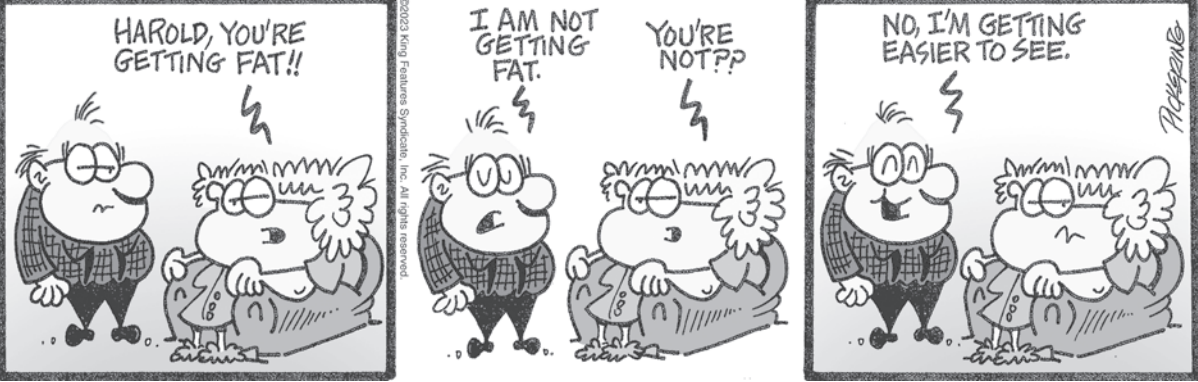
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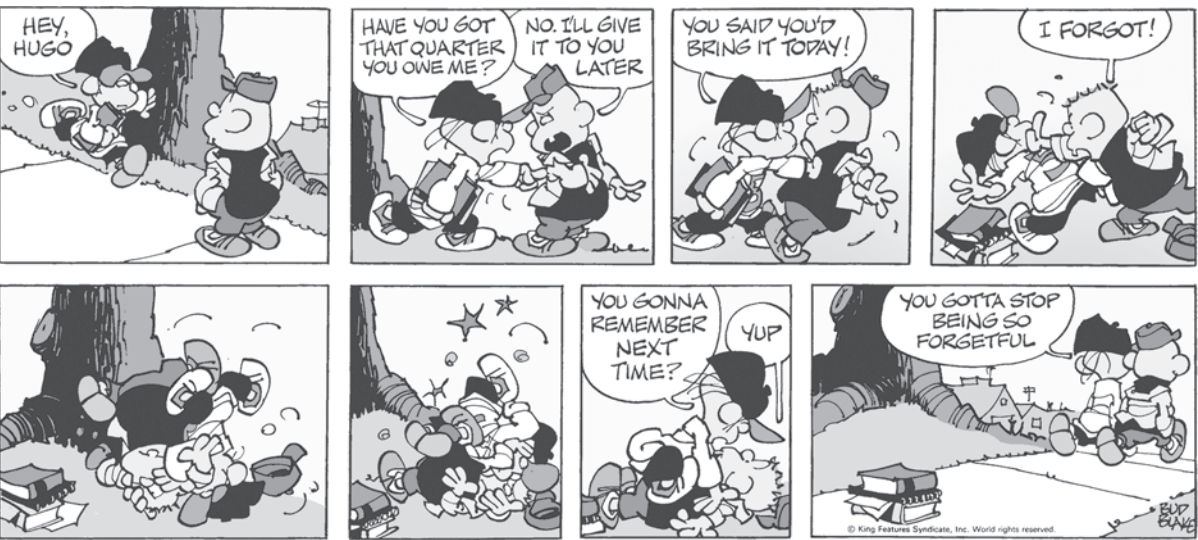
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

was shameful and disturbing stuff, although, obviously, there were no arrests.

Alvin Bragg is apparently about to do what Trump fantasized about, and what the entire left-of-center universe characterized as an abuse of power when the Republican merely mused about it.

The prospective Bragg prosecution is no different from what would happen if Sheriff Joe were still in office and somehow found a way to get an attenuated legal hook into Joe Biden. How would Democrats feel about that?

An argument in favor of Bragg’s prospective move against Trump is that Trump is unique, and uniquely vulnerable to legal charges.

There is something to that, but both Bill and Hillary Clinton could have been prosecuted and they weren’t. Same with Richard Nixon after a Gerald Ford pardon that is now considered statesmanlike and correct by nearly everyone.

No Democrat should be sure that Biden isn’t implicated in the flow of sketchy money into his family, and we already know he violated the law in his handling of classified documents.

It’s not that presidents and former presidents are above the law, but the old norm of forbearance is appropriate.

We shouldn’t want to conduct an experiment in what happens when a presidential candidate with an intense following, keenly attuned to potentially unfair treatment, is subjected to a nakedly political prosecution.

That said, it should be Trump’s responsibility not to inflame an already incendiary situation, but he is. That, though, is another foreseeable downside of going down this route with this particular case.

Trump’s enemies never gave up on the idea that the “walls are closing in,” and they’ve decided, where they have the power, to make it a reality. Once again, they feel justified in violating norms in response to Trump’s threat to norms.

As most everyone agrees, a Bragg prosecution will help Trump in the GOP nomination fight, at least initially. If he’s fortunate in his enemies, the country is not.

Rich Lowry is editor of the National Review. (c) 2023 by King Features Synd., Inc.

Recreational use of tianeptine is dangerous

DEAR DR. ROACH: I’ve been hearing about tianeptine being sold at gas stations. Is it really dangerous? – S.F.

Like so many substances, tianeptine can be a useful drug when prescribed and taken correctly (it’s used in several countries for depression), but it is indeed dangerous when used recreationally. Its use has been banned in several (unfortunately not all) states across the U.S. It is sold (yes, especially at gas stations) as a dietary supplement. Because it acts on the same receptor as morphine, when used at high doses far beyond the medically approved dose, it has potential for abuse and even overdose, with a handful of deaths ascribed to its use.



I recommend in the strongest possible terms against its recreational use and hope it is completely banned soon.

DEAR DR. ROACH: I have severe pain in my right shoulder. I have seen two orthopedists and received X-rays, MRI scans and a cortisone injection, which didn’t work. Both surgeons recommended a shoulder replacement. I am taking three adult aspirins each morning (I am allergic to NSAIDs), which makes the pain go away. Is this safe? I am 83 and otherwise healthy. – J.B.


Aspirin is a type of non-steroidal anti-inflammatory drug and has the toxicities common to all the drugs in that group, including an increased risk for bleeding and potential damage to the stomach and kidneys. But it has additional toxicities beyond NSAIDs like ibuprofen, especially at higher levels. I am very cautious about prescribing aspirin and generally prefer other anti-inflammatory medicines.

However, people have long taken aspirin – sometimes at much higher doses – usually without problems. The fact that you are taking it only once a day reduces the toxicity, but I have to say I am surprised the benefit is lasting all day.

The risk of toxicity is higher at older ages. At 83, you are at a significantly higher risk (seven times the risk) than younger people. Most of the data on exactly what your risk is comes from people taking low-dose aspirin (81 mg, not the 975 mg you are taking), so I can’t give you an evidence-based answer. But, for men in their 80s taking low-dose aspirin, about 1.5% will have a serious bleeding event per year. Your risk will be significantly higher due to the much-larger dose you are taking. However, one has to consider both the benefits of the aspirin treatment (the pain being gone is the best possible outcome) and the toxicity of other possible treatments, such as surgery (which is very significant).

There are many classes of NSAIDs, with very different chemical properties, and it is likely there is another type of NSAID you could safely take, with a lower risk than the dose of aspirin you are currently on. On the other hand, you can’t get any better effectiveness, at least in terms of pain, and the absolute risk is still fairly small, so I’m not sure I recommend you change. I am always very cautious about recommending surgery to someone in their 80s when there is an effective medication available to treat the issue.

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) 2023 North America Synd., Inc. All Rights Reserved.



AMERICAN LUNG ASSOCIATION
of Texas

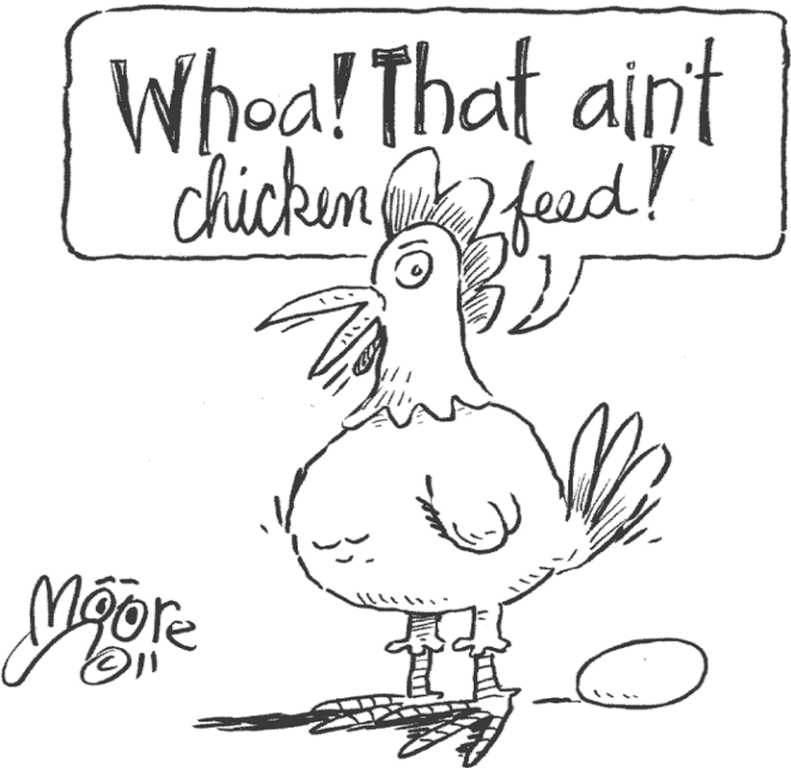
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IS A WAY
TO CONQUER
LUNG DISEASE

Find out how you can help ...

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When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA



Moore Texas by Roger Moore
Inflation was so severe in 1839 Texas that a dozen eggs cost \$53 in today's dollars. Not cheap.
(Dollars adjusted to 2023.)

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: G equals O

FVQS HGWBC RGW HQBB SVK
GUKJVKQC ZGMKR MKKCKC SG
ZQTMSQTM Q ZGUTME OSQTJFQR?
KOHQBQSTME HGOSO.

Answer Page 5

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Weekly SUDOKU

by Linda Thistle

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

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 5

◆◆◆ HOO BOY!

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VA Cemetery Association ranks high



by Freddy Groves

On the American Customer Satisfaction Index (ACSI) the Department of Veterans Affairs' National Cemetery Association was given the highest score ever received by any goods and services organization that ACSI covers. And not for the first time. This recent rating marks the seventh time in a row that the cemetery association has come in first in a survey covering over 400 U.S. corporations providing everything from utilities, health care and insurance to restaurants, travel and manufacturing... and cemetery services.

That's saying a lot. Given the nature of cemeteries in general and what they provide, for a cemetery association to be listed at the top of satisfaction surveys so many times is amazing, because there are many possible areas for unhappiness.

The VA's National Cemetery Administration provides services to the families of veterans at 121 locations. These services include burial, headstones and markers, medallions, military honors and more. In one year alone, last year, the NCA buried over 145,000 veterans and family members.

To determine if a veteran is eligible for VA burial benefits, go to www.cem.va.gov. Look for information on types of discharge, applying for a burial allowance and services provided.

If you've lost a veteran, are you familiar with the Veterans Legacy Memorial? It's a digital platform with over 4.5 million veterans listed where friends and families can post biographies, documents and photos of their veteran. Each individual bio includes branch of service, dates of birth and death, war period, rank and more. The profiles can also be emailed and posted to Facebook and Twitter. (Unfortunately, Arlington National Cemetery is not included in this memorial.)

To find the memorial, go to www.vlm.cem.va.gov.

If you are a veteran who might be eligible for burial in a national cemetery, consider planning in advance. Search for "Pre-need eligibility" on the www.cem.va.gov website.

An amusing note: While the NCA received a satisfaction score of 97%, the overall rate for all government agencies was 66%. The Department of the Treasury, of course, came in last.

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• Check your local newspaper or city/county government for programs that provide free or near free water barrels or trees. Many areas have a program, and they really do help keep your water costs down if you have flowers or vegetable gardens.

• "If you want same-size cookies, roll and freeze your dough for 10-15 minutes. Most doughs will harden enough to slice into perfectly uniform slices, and the freezing doesn't really affect cooking time too much. (Watch your first batch, though.)" – R.L. in Missouri

• If you are reattaching a button to shorts or pants, try using dental floss, the unwaxed kind. It's much stronger and can hold the button better than regular thread. Use a marker to darken it if the color is an issue.

• "Shaving cream can be used as a spot remover for many carpets. Use only a small amount, and follow up with a damp cloth." – D.L. in New Brunswick, Canada

• "To prevent a skin from forming on the top of a can of leftover paint, you can inflate a balloon and stick it in the can, cut a piece of wax paper to fit or store the can inverted, so that the skin will form on the bottom and stay there when you flip it." – W.B. in Alabama

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2023 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 5

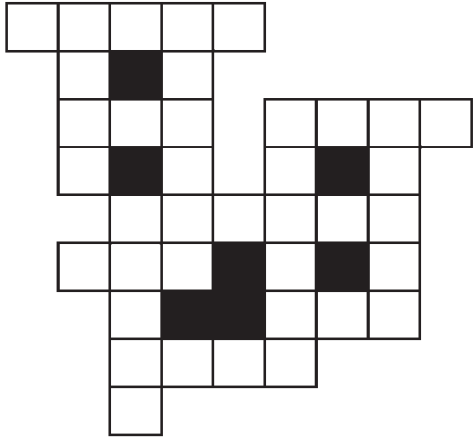
	×		+		26
+		−		+	
	×		+		18
×		×		+	
	×		+		27
25		20		21	

2 3 4 4 5 6 7 8 9

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OTC
KENTIA
ONCLO
EASK
PANTIC
♥NKI
♥HICN
ANKSC
PPU
♥PLOTIS
♥LUSEP
KICN



Answer Page 5

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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