



NEWSBRIEFS

Health fair

The Socorro Independent School District, in partnership with the Lower Valley School Nurses Association and the City of El Paso Department of Public Health, will host the 38th annual Lower Valley Health Fair from 9 a.m. to 2 p.m. Saturday, April 15 at Socorro High School. The free event is open to the community and will include more than 50 vendors. Vendors will have information on resources for mental health, Medicare & Medicaid assistance programs, and other health services. The event also will feature a fun walk, games and several learning opportunities.

— Christy Flores-Jones

A sad keepsake

So, how did a Polaroid photo of President John F. Kennedy on the day of his assassination wind up in the Souls Harbor Thrift Store in Ferris, TX?, who hails from Ferris, mysteriously found it when he opened a CD case containing music he had purchased. It's a mystery that is not likely to be resolved anytime soon. JFK historian Farris Rookstool says the photo appears to have been taken as President Kennedy's motorcade was traveling from Love Field to downtown Dallas that sad day — November 22, 1963.

— John Grimaldi

Children's health

With workers paying an average of over \$6,100 per year toward employer-sponsored family coverage and Every Kid Healthy Week kicking off on April 24, the personal-finance website WalletHub has released its report on 2023's Best & Worst States for Children's Health Care, as well as expert commentary. In order to determine which states offer the most cost-effective and highest-quality health care for children, WalletHub compared the 50 states and the District of Columbia across 33 key metrics. The data set ranges from share of children aged 0 to 17 in excellent or very good health to pediatricians and family doctors per capita. Texas was rated 50th in the report, ranking (1-Best; 25-Avg.):

- 49th — Percent of Children in

See BRIEFS, Page 4

A mediocre teacher tells. A good teacher explains. A superior teacher demonstrates. The great teacher inspires.

— Quips & Quotes



— Photo courtesy Texas Senate

SAY AAAHH — Nurse practitioners are already providing primary care services to many of the Texas' underserved populations. State Senator César Blanco's bill would clear the way for them to care for their patients more directly without the strict oversight rules currently in place.

Blanco's bill seeks to expand access to health care in rural and underserved communities

By Alfredo Vasquez
Special to the Courier

TEXAS — State Senator César Blanco recently provided details about the bill that he introduced in the Texas Legislature that would expand access to health care in rural and underserved parts of the state. His proposal, called the Healthcare Expanded and Accessed Locally for Texans Act (HEAL Texans Act), is already getting a lot of support throughout the state.

According to a recent statewide poll, 90 percent of Texans believe it should be easier to receive care from advanced practice registered nurses. Blanco's plan would do just that by clearing barriers currently in place that limit these professional nurses' ability to provide primary care services. Also, more than half of the states, along with all branches of the military and the Department of Veterans Affairs, already have done away with physician-contracting requirements for advanced practice registered nurses.

"This new poll reaffirms what I have heard from constituents across West Texas. They want more access and more options to quality health care," Blanco stated in a recent news release. "With 90 percent of the state designated as a health profession shortage area, it is not surprising that 90 percent of Texans think access to care should be easier. That is why I

authored the HEAL Texans Act to eliminate barriers to health care so patients, particularly in our rural and underserved communities, have more access and more options to quality health care," he asserted.

The recent poll, commissioned by Texans for Healthcare Access and conducted by Baselice & Associates Inc. and GS Strategy Group, surveyed 800 likely voters across Texas and found wide support for a variety of health care reforms related to advanced practice registered nurses in the state.

For example, the poll showed that seventy-five percent of respondents believe it needs to be easier to access health care services in Texas, with eight two percent of respondents saying that hospitals, clinics, and medical offices are overwhelmed with the number of people seeking medical care, which they said is making it hard for people to get appointments and treatment when they need it. And eight three percent of those polled think that Texas should remove regulatory barriers to address the state's workforce shortage and help recruit and retain more advanced practice registered nurses.

Blanco explained that his bill takes aim at all of these issues, ensuring that advanced practice registered nurses are free from the burden of paying a physician for a delegation contract and can provide those services, such as diagnosing and treating common illnesses, prescribing medications and providing preventative care, in areas

of the state where it's needed most.

"The HEAL Texans Act would allow nurse practitioners to do the work they already do- just without the administrative and financial barriers of having to pay a physician for a contract," Blanco said in the release. "This is not about nurses or doctors. This is about patients getting the quality health care they need closer to home," he stated.

"We need an all-hands on deck approach to dealing with our current health care access and workforce crisis," Blanco said in his statement. In the twenty-six states that have removed these barriers on nurse practitioners, they have reported improved access to care, more options in the health care market, more affordable health care, better health care outcomes, and a more efficient health care system, he related.

"If you live in one of the state's many underserved counties and need care, you have only two options: a long trip to find a provider or go without care," Blanco noted. "Texas can and must do better. The HEAL Texans Act will eliminate barriers to care, expand local options across the state, particularly in rural and underserved communities, and most importantly, put patients first," the senator acknowledged.

Blanco is confident that the issue can clear the Republican-dominated Legislature. He pointed out that

See HEALTH, Page 4

Yes, we are making kids trans

We are going to look back years from now and wonder how we failed young girls so badly. Between social media and fashionable gender theories, we are making teenage girls depressed, anxious, and trans. In a Substack essay the other day, a mother wrote of her daughter: “She was among the last of her small group of biologically female friends to socially transition. It was mid-pandemic, and she spent most of her time with her best friend, who had, unbeknownst to me, shown her hours upon end of transgender entertainment on YouTube and TikTok.” Of course, that is going to have an effect, although there is a massive effort to deny it among trans activists and in much of the media. The Geico gecko can convince us to buy car

insurance. Trump can post a meme on Truth Social, and it can convince someone to go take a baseball bat to Manhattan District Attorney Alvin Bragg. Someone can use the wrong pronoun and it can convince a trans person to harm himself or herself. But what can’t possibly happen, we are supposed to believe, is that the constant discussion and celebration of transgenderism might convince confused young people to decide they are nonbinary or trans. Even some trans advocates are willing to admit this makes no sense. Marci Bowers, president of the World Professional Association for Transgender Health, told the progressive New York Times columnist Michelle Goldberg: “There are people in my community who will deny that there’s any sort of ‘social contagion’ – I shouldn’t say social contagion, but at least peer influence on some of these decisions.

I think that’s just not recognizing human behavior.” Bowers is an exception, though. It is taken as an article of faith among trans activists and much of the left that social contagion is a pernicious myth. This denial is based on the idea that people, especially young people, aren’t suggestible. As if what we are told, what our friends do and say, what signals we get from society aren’t enormously important. And as if awareness and encouragement of transgenderism, nonbinary status, and heretofore unknown genders haven’t increased dramatically. Internet searches for anorexia in recent years

See LOWRY, Page 7



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

Being what you are

From a favorite song we sang on long road trips when I was child (long, long before smart phones): “Oh, you can’t get to heaven with powder and paint ‘Cuz it makes you look like what you ain’t....” It appears that the heaviest make-up users are trans-women and drag queens. Not all women use make-up. Whether or not they “put on their face,” few women are mistaken for a man. The reason for the cosmetics is not to be recognized as a woman – that occurs automatically, but to look more attractive – to men. The LGBTQ++ movement seemstothinkthatwomanhood means coloring your face and your nails, exposing cleavage, wearing long hair and a short skirt, and cramming your feet into spike heels or other painful shoes in an effort to make your big male feet look smaller. What devotion to stereotypes! The plea of transgenders is to be recognized and appreciated for “who they really are” – even if that is who they really *aren’t*. They pose as heartbroken when a parent grieves the loss of a son and fails to recognize and celebrate the “transitioned” daughter. The whole concept of a transition is bogus. A person of one sex does not turn into one of the opposite sex, either suddenly or gradually. One can only remove characteristic male or female features, say by shaving the Adam’s apple or amputating breasts; induce changes such as a deep voice or beard or breast

development with cross-sex hormones; or try to surgically mimic anatomic parts of the opposite sex. One can transition from being strong to being weaker, as happens over a period of months when a male soldier identifies as female. There is an awkward period when he has trouble meeting male physical requirements as his testosterone levels fall, but is not considered sufficiently feminized to qualify under female criteria. To be blunt, this could be called iatrogenic crippling. It is highly unlikely that our foreign adversaries are deliberately handicapping the troops ours might have to fight. The essence of being male or female is deep within every cell and every organ. Most people can reliably recognize the sex of a person walking toward them from too far away to see the features. Men walk differently. The pubic angle in their pelvis is about 90 degrees in contrast to 120 degrees in the female, which accommodates the birth canal. The femoral-tibial angle varies accordingly. Men act differently. They may say they are one of the girls in the locker room, even if 6 ft 2 in tall, but as described by the teammates of Lia Thomas they might act like voyeurs or exhibitionists. Men enjoy ogling women’s bodies. Knowing that, daddies don’t want men showering with their daughters. How can a man “know” that he thinks like a woman – or like any other human being? There is no Vulcan mind meld outside of *Star Trek*. Men and women tend to have different interests and aptitudes, with much overlap. But a girl who likes to play with trucks is still not a boy. As the symbol shows, there’s a bit of yin in the yang and yang in the yin, but you can’t turn one into the other. They are opposites but interconnected. Some adults with gender dysphoria are evidently living successfully as a member of the opposite sex. They have had elaborate, expensive plastic surgery, and expert medical management of their hormones and medical complications. Persons who do not know them intimately may not suspect what sex they really *are*. Though such treatment may help some deeply troubled patients cope, surgery does not cure delusional thinking. Heavy make-up is a vain, superficial attempt to cover

up reality. Powerful hormones can unleash real, deeper problems. One of the only two lone female school shooters in U.S. history used pronouns he/him. Will we ever learn how much testosterone this angry, suicidal person was given? Will we blame the person who sold the gun – or deadly transgender and rage-inciting ideology and the \$5 billion industry that prescribes mind-altering therapy to mentally ill patients? Happiness depends on accepting who you *are* – not on trying to force others to pretend that you are what you really *aren’t*.

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

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Food for thought By John Grimaldi

Scott: We’ve got to take our country back

“We’ve got to take our country back. That means we’ve got to get way more involved if we want to have the country that we want for our kids and our grandkids,” says Senator Rick Scott (R-FL). In an interview with Rebecca Weber, CEO of the Association of Mature American Citizens, on her AMAC Better For America podcast, the former Governor of Florida went on to say that the political machinations of leftist anti-American activists have set our country on the road to perdition.

Scott went on to express his concern that instead of focusing on political discourse, the left is engrossed in efforts to politically persecute former President Donald Trump in his effort to regain the presidency in 2024. “They hate Trump... [and] they’re doing to do everything they can to bring him down.”

He expressed hope that people get engaged in the electoral process. “It’s one thing to talk about whether Trump has been treated [badly] or whether the issues are inflation, the open border or whether our military is focused more on pronouns, rather than being the most lethal military in the world.” Scott believes it is important for American voters “to get more involved [in the elections next year] if we want a better American government.”

Scott went on to take President Biden to task on the controversial issue of his come-one-come-all illegal immigrant catastrophe. From the day he took office in January of 2021, upwards of five million illegal immigrants have breached our southern border, according to The Federation for American Immigration Reform. As a result, Scott noted, tens

of thousands of American citizens are dying on a regular basis from drug overdoses, particularly overdoses of deadly fentanyl. The Senator said he just did a roundtable in D.C. with parents that lost their kids as the result of fentanyl supplied by China and smuggled into the U.S. by the cartels.

“The Biden administration’s open border means we’re going to lose more American citizens due to fentanyl. We’re going to have more criminals coming to our country. We’re going to have more terrorists coming in. We’re going to have more Chinese spies coming to our country. There also are some good people that are coming, too. There’s people who just want to come and live their dream. They should come in a legal manner. I’m all for legal immigration. I’m from a state that believes in legal immigration, but not illegal immigration.”

Scott was asked what can be done to correct the mistakes that threaten the future of our country. His response: “We have to protest. We have to protest about the border. We have to protest about inflation. We have to protest about the things that the Democrats are doing that are hurting this country.” He went on to note that concerned citizens need to get vocal about their concerns for the future in order to convince lawmakers that our country needs a change: “It’s hard to protest. It’s hard to write op-eds. It’s hard to write letters. It’s hard to go to people’s offices and say, ‘this is what I expect.’ It’s hard to go to school board meetings to express our concerns. [But] if we do, this country will change. I believe in this country. [And] I believe people are

going to show up and change the direction of the country.”

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

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LEGALS

PUBLIC NOTICE

TOWN OF ANTHONY, TX

2023-2024 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

The Town of Anthony is giving notice of the Town's intent to submit Texas Community Development Block Grant Program application (s) for a Community Development Fund grant request of \$500,000 for the Street Improvement

Project in the Town of Anthony. The application is available for review from 4/20/2023 to 4/26/2023 at the Anthony Town Hall during regular business hours.

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2023-2024 COMMUNITY DEVELOPMENT BLOCK GRANT PROGRAM

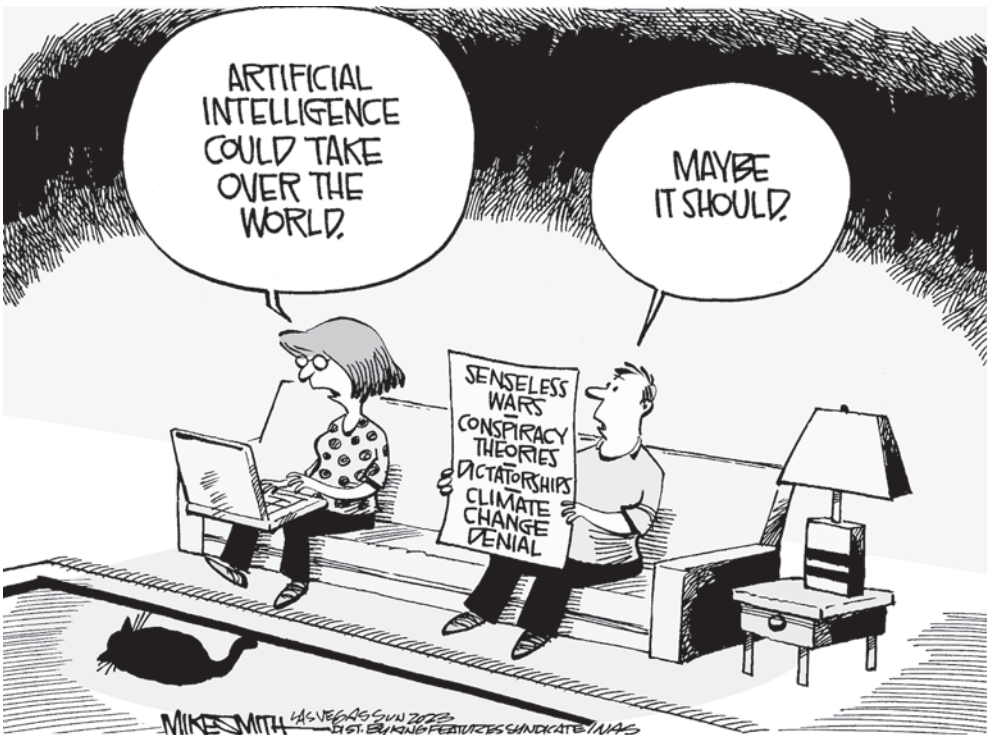
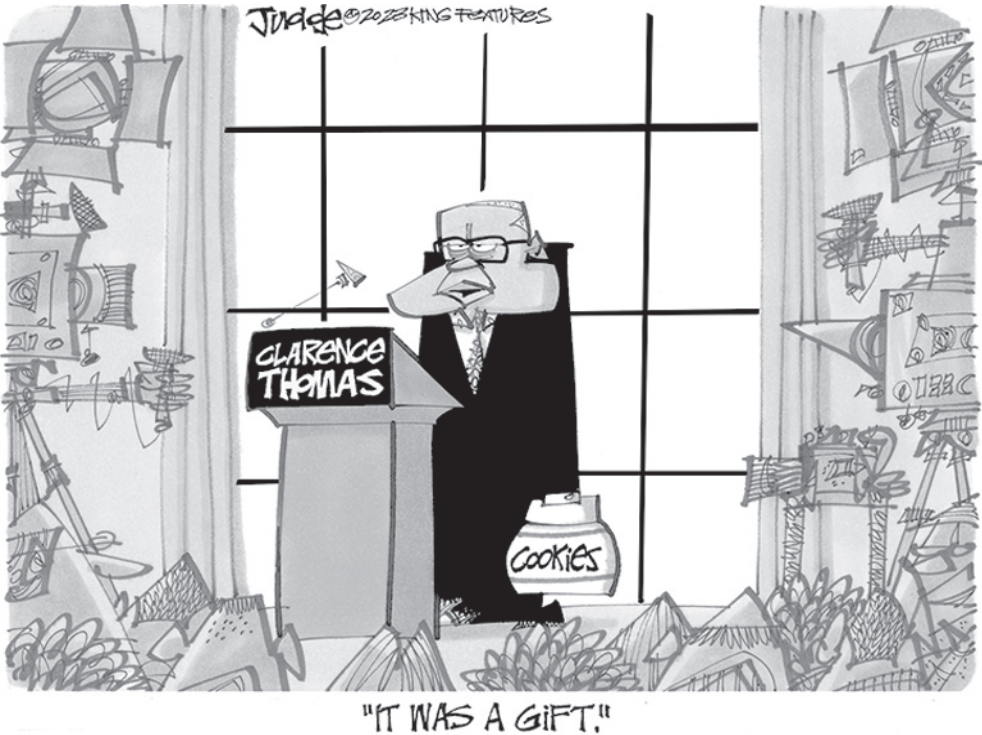
La ciudad de Anthony está dando aviso de la intención de presentar una solicitud

Programa de Subvenciones de Bloque de Desarrollo Comunitario de Texas para una subvención del FondodeDesarrollo Comunitario de \$500,000 para los mejoramientos a las carreteras y calles en la Ciudad de Anthony. La solicitud está disponible para su revisión de 4/20/2023 hasta 4/26/2023 en el Ayuntamiento de Anthony durante el horario regular.

Valerie M. Arredariz
Town Clerk

WTCC: 04-20-23

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Briefs

From Page 4

states in terms of 25 key metrics that speak to the current health of the environment and residents’ environmental-friendliness. The data set ranges from green buildings per capita to the share of energy consumption from renewable resources. Texas was rated 38th in the report, ranking (1-Greenest, 25-Avg.):

- 44th – Air Quality;
- 38th – Soil Quality;
- 38th – Water Quality;
- 26th – LEED-Certified Buildings per Capita;
- 31st – Percentage of Renewable Energy Consumption;
- 45th – Energy Consumption per Capita;and
- 36th – Gasoline Consumption (in Gallons) per Capita.

Visit <https://wallethub.com/edu/greenest-states/11987> for the full report.

– Diana Polk

Filling a pothole

Josh Anderson of Hopewell, VA had had enough! He and his neighbors had been begging the town to fill in a dangerously huge pothole on a street where they live but it appeared they were being ignored – for more than a year. So Josh took matters into his own. hands. He planted a small tree in the hole as a warning for local drivers. It got the attention of the township, which sent workers not to fill the pothole but to remove the tree. That didn’t discourage Josh; he promptly replaced the tree with another tree. But this time he adorned it with lights and, lo and behold, it worked. A day later a crew showed up and finally filled the hole.

– John Grimaldi

Diverse cities

With the U.S. needing to stamp out hatred after hate crimes rose significantly in major cities during 2022, the personal-finance website WalletHub has released its report on *2023’s Most Diverse Cities in America*, as well as expert commentary. To determine the places in the U.S. with the most mixed demographics, WalletHub compared the profiles of more than 500 of the largest cities across five major diversity categories: socioeconomic, cultural, economic, household and religious. El Paso was rated 265th in the report. Other stats:

- St. Charles, MO has the highest income diversity, which is 2.1 times higher than in Youngtown, OH, the city with the lowest.
- Germantown, MD has the highest racial and ethnic diversity, which is four times higher than in Hialeah, FL, the city with the lowest.
- Thornton, CO has the highest industry diversity, which is 2.8 times higher than in Brattleboro, VT, the city with the lowest.
- Caldwell, ID has the highest occupational diversity, which is 3.2 times higher than in Cambridge, MA, the city with the lowest.

Visit <https://wallethub.com/edu/most-diverse-cities/12690> for the full report.

– Diana Polk

Old hog, record price

A used Harley-Davidson motorcycle sold for nearly a million dollars recently. No, inflation is not what caused the extravagant price tag. This bike of dreams sold at auction for a record-breaking \$935,000 because it was in excellent condition considering that it was 115 years old. Greg Arnold, who heads up the motorcycle division of the Mecum Auction house in Las Vegas, said this “hog” had “many of its original parts, which makes it that much more rare.” Strap Tank Harleys like this one got the moniker due to the nickel-plated steel bands that suspend the fuel and oil tanks and are rare, indeed.

– John Grimaldi


Time capsule

They were taking down a building on the campus of the University of Illinois Urbana-Champaign recently when they found a 116-year-old time capsule in the building’s cornerstone. It caused quite a stir as there was no record of the capsule. There’s plenty of time to think about what might be in the capsule; it won’t be opened until next fall when the university celebrates its 150th anniversary.

– John Grimaldi

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Rule changes make baseball relevant again

By Steve Escajeda
Special to the Courier

It used to be that if you were sitting on the couch and couldn’t fall asleep there was an easy remedy – just turn on a baseball game.

There was a 100-percent chance that the long, slow, quiet, predictable, boring, methodical pace of the game would send you to dreamland faster than a two-year-old kid after a sugar rush.

But it appears those horrible guys at Major League Baseball have no regard for our sleep cycles and have changed some rules to make the game – dare I say – watchable again.

And they’re succeeding.

Changes like adding a pitch clock, allowing less timeouts and trips to the mound, less throws from the pitcher to first base to try to pick off the runner, no longer allowing shifts on defense, and so on and so forth.

Don’t these guys know America needs its naps?

The new season is only about three weeks old and due to the 15-second pitch clock, games have already been shortened by a whopping 31 minutes.

So if pitchers are working faster and games are way shorter, then there must be less action, right?

Wrong?

Believe it or not, games are half-an-hour shorter and there are more runs being scored. Batting averages are up and stolen bases are way up.

Wow! This is starting to look like the great game of baseball again.

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Newsbrief To:
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Over the last decade, almost every MLB at bat resulted in a walk, a strikeout or home run. That was it. No strategy, no stealing second. No bunting him over the third. No sacrifice fly to score a run. And if you did hit the ball, there were three or four guys on the shift to that side of the field waiting to make the play.

Baseball was king of American sports at one time. But because of sheer stubbornness and refusing to change with the times, it fell behind both the NFL and the NBA.

But now MLB games have gotten to the point that if you step away to grab a snack or use the restroom, you might actually miss some great action. Before you might miss a few minutes of guys meeting with the pitcher on the infield grass. Or the batter that adjusts his uniform – 10-12 times. Or the pitcher that throws to first base over and over. Or the manager that argues

*Games have already
been shortened by
a whopping 31 minutes.*

with the umpire about how he’s trying to rush things.

In other words, baseball games are exciting again.

Get this – things are going so quickly that some stadiums have extended the time when they stop beer sales. It will spread.

Almost every team stops selling beers at the end of the seventh inning. And why not – that was almost three solid hours of ale sales. But now that games are 30 minutes shorter, teams have extended beer sales to the eighth inning.

Of course the whole idea of allowing people to drink *more* beer closer to the time they’ll get in their cars and drive home is a topic for another story.

Anyway, getting back to the field. It was thought that stolen bases were a thing of the past.

But now that pitchers can only throw over to first base three times, runners are taking advantage. So far

this season, guys are stealing bases at an 81-percent success rate.

And they’re 93-percent successful at stealing third base.

It’s almost like what they did with the NFL and the NBA. They’ve changed the game to emphasize the offense.

In reality, they haven’t changed the game at all. They’ve just brought the old game back. The players can’t get away with all the non-baseball things they were doing that slowed the game to a grinding halt.

So at two-and-a-half hours fans get more runs, more hits, more stolen bases. There are fewer trips to the mound, less strikeouts and more plays by the defense. It will be interesting to see if the ratings for MLB games goes up.

For the first time in decades I think we can all finally agree that baseball is going in the right direction.

Baseball has finally learned. In this mile-a-minute world, slow pokes don’t just get left behind – they become extinct.

Senior moment By Matilda Charles

The rising cost of home insurance

When I got my home insurance bill and it showed a massive payment for my policy renewal, I actually laughed. I flipped the page over, believing I’d received someone else’s mail by mistake... probably a neighbor down the street. But when I saw my own name, I wasn’t laughing anymore when I grabbed my calculator and discovered that the new amount was a 45% increase over last year.

Still, ever hopeful, I called my insurance company, wondering if someone else’s home had been plugged into my account. No, it hadn’t. The amount listed was indeed for my home, as were the numbers for out buildings, personal property and temporary living expenses.

I called several neighbors: Has your insurance gone up? No, they all said. I discovered the likely reason for that during a call to a friendly local insurance agent. They’re no doubt in the middle of a policy period, he said. Their bad surprise will come when it’s time to renew that policy and all the price increases hit them.

There are several reasons why a policy can increase, such as material and labor (which is the big one right now), additions to the house, number of prior claims, your deductible, your credit score and the breed of dog you own.

After several calls to different insurance companies, it’s not looking good. What I get so far is that if I decide to gamble and lower my coverage level, I run a risk that something will happen and I’ll be stuck for mammoth amounts of money that insurance won’t cover.

The only thing that’s going to save a few dollars is to pay the whole year upfront and not have to pay the monthly budget fees with every payment.

Take a deep breath before you open your next policy renewal envelope. Good luck.

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Super Crossword

HAVING FLITTING THOUGHTS ACROSS

1 One of Chrysler's K-cars

11 Imaginary

21 Lack of refinement

22 Open to discussion

23 * Golf format not based on the number of holes won

24 * Part of an internal-combustion engine

25 Take an ax to

26 Ornate wardrobe

28 Nice 'n Easy product

29 Shin locale

30 Stumblebum

33 Austrian cake

34 Up on the latest

37 "Binary" singer DiFranco

39 S. Amer. country

40 Much like

41 Calculus pioneer Leonhard

42 Hot temper

43 Scanned ID in a market

44 Cartoon pic

45 Twist, as in a hose

47 Dark deli loaf

48 City haze

49 The Browns, on sports tickers

50 Volunteer's response

52 Star pitchers

54 Getz of jazz

55 List-curtailing abbr.

56 Brief letter

57 Roofing material

59 Like an old apple's consistency

60 Bit of a script

61 Fear greatly

63 Longtime operating system

64 Spanish pot

65 Blackthorn fruits

66 Supplement

67 Word that can precede the starts of the answers to the five starred clues

69 Trousers

70 Car navig. aid

72 Owner of WordPerfect

73 Cato's "I love"

75 Brainteaser

79 Sacred spots

81 Soviet spacecraft series

86 "Lord Jim" novelist Joseph

87 * Buyer's final figure

88 Membrane covering a lung

89 Creole cooking pods

90 Temporarily stylish thing

91 Take to court

93 Leash, e.g.

94 Tony winner Schreiber

95 Roofing material

96 "It's so-so"

99 Winter illness

101 Director Preminger

102 Roof part

103 Mine car load

104 Yoko of art

105 Shark part

106 Sped

107 Genesis twin

109 Small stream

111 "Smooth Operator" singer

113 * Vessel for crustacean fishing

117 * Removes tenderly, as a lover's tears

122 City in central Illinois

123 Hawaii's nickname

124 Super-corny

125 Occupancy levies

DOWN

1 Talk smack to

2 Like official public statements

3 Freed from federal restrictions

4 Give off light

5 "Look, mice!"

6 Ripen

7 Lil Jon's genre

8 Around H'wood, e.g.

9 French card game

10 Actress Jane

11 One asked to attend a party

12 Less remote

13 Eye creepily

14 Thanksgiving mo.

15 Summer, to Jeanne

16 Form a lap

17 Tough

18 Many a virtual bidding event

19 Ork, Krypton or Melmac

20 Lion's home

27 Paris airport

29 "Righteously" singer Williams

30 Desk wood

31 Pseudonym

32 Groups for devotees

34 Vast Asian mountain system

35 Satirical device

36 Tent securer

38 Straight up, in a bar

46 Reeves of "The Matrix"

48 Fair booth

51 Straight up, in a bar

53 Sutured

54 Like altruists

55 Singer Fitzgerald

58 Obtain by threatening

59 Singer Rita

62 Church teachings

65 Film holders

68 Rock's Clapton

71 Launching platform

74 Star athlete, for short

75 Place to learn, in Lyon

76 Smartphone company

77 The opposite way

78 Cemetery plot

79 Animal trap

80 Pack full

82 Information group for analysis

83 Big name in car cleaning products

84 Speechify

85 "Thwack!"

90 Remote

92 Moniker for a Yale student

95 Coverer of a bald spot

96 Unlike gods

97 Brian of Roxy Music

98 Pipe with a flexible tube

100 Open, as a Ziploc bag

108 Band blasters

109 Renege (on)

110 Drug bust unit

112 Mgr.'s helper

113 "Wait a _!"

114 "In your face!"

115 Actor Saget

116 Singer Rita

118 Topping sort

119 That girl

120 Supped

121 "Definitely!"

Answer Page 7

1	2	3	4	5	6	7	8	9	10		11	12	13	14	15	16	17	18	19	20
21											22									
23											24									
	25						26		27							28				
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			107		108			109				110			111	112				
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122												123								
124												125								

Comix

OUT ON A LIMB By Gary Kopervas



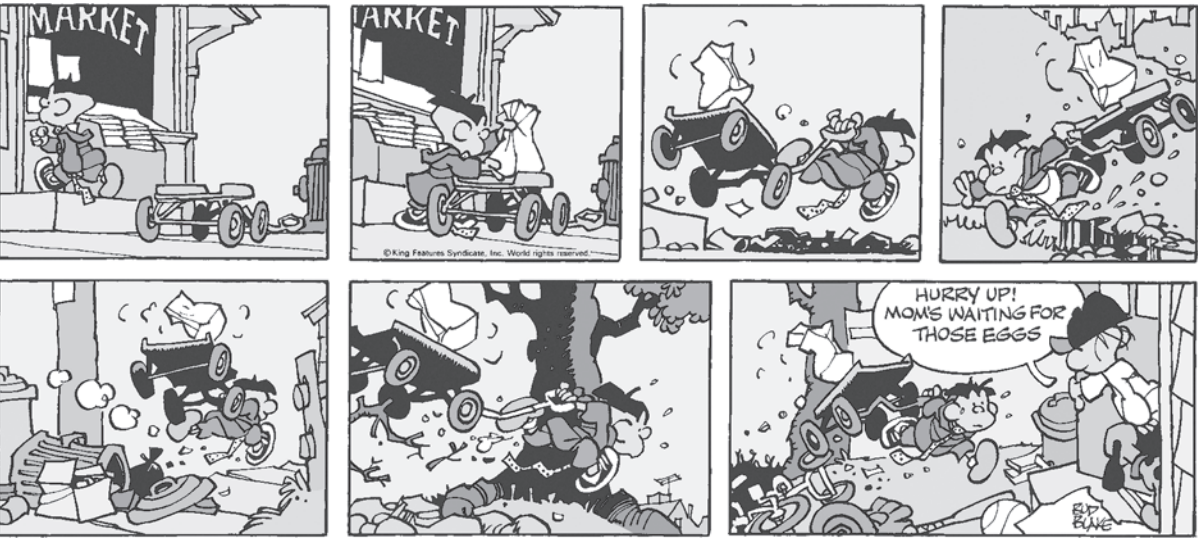
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

have declined while searches for transgender have soared. There are transgender and nonbinary celebrities. Schools have started teaching kids gender ideology, and some will “transition” children without telling parents. The trans advocates argue that a more permissive environment is simply allowing people to embrace their true identities, the same way more people admitted they were left-handed when the taboo against lefties gave way in the 20th century. That analogy falls down, though, since the spike in trans and other identification is particularly pronounced in areas that are particularly encouraging. As Madeleine Kearns of

National Review points out, young people in California identify as trans at roughly about a 40% higher rate than the national average. And in the Davis Joint Unified School District, in a heavily progressive city outside Sacramento, the rate is three times that of California as a whole. Girls are particularly sensitive to peer pressure. This aligns with the trend. According to Kearns, there used to be more gender-dysphoric boys than girls by about a two-to-one margin. Now, there are more gender-dysphoric girls than boys by three to one. Such suggestibility was evident in the TikTok-driven phenomenon during the pandemic of teenagers developing strange tics. According to a Canadian

study, The New York Times reports, “The adolescents were overwhelmingly girls, or were transgender or nonbinary – though no one knows why.” In light of all this, other countries have pressed the brakes on aggressive treatment for trans-identifying minors. In urging that so-called gender-affirming care be used only in “exceptional cases,” Sweden’s National Board of Health and Welfare cited “the uncertainty that follows from the yet unexplained increase in the number of care seekers, an increase particularly large among adolescents registered as females at birth.” If Sweden can acknowledge reality, so should we.

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

Zinc supplements won’t change hair loss

DEAR DR. ROACH: I am having trouble finding a reliable recommendation for the daily supplement zinc. I purchased 50-mg pills, but I think this may be too much. I am 74 and female, and I would like to include zinc in my daily supplements, as my hair has begun thinning quite a bit straight down the top of my head. – R.M.



Zinc is an important nutrient, and it is certainly true that zinc deficiency may lead to hair loss. However, most people with hair loss do not have a zinc deficiency, and there is no convincing data that giving extra zinc to a person with normal zinc levels will help with hair loss. Hair loss along the midline is consistent with female pattern hair loss, which is very common among women in their 70s and usually has nothing to do with zinc. Very high amounts of zinc supplementation can be dangerous (and impair your body’s ability to absorb other trace metals such as copper), but 50 mg is a safe amount. Still, the most effective therapies for female pattern hair loss include minoxidil (usually topical, but low-dose oral is increasingly used), spironolactone and finasteride. A dermatologist is the expert on hair loss and can give you a better diagnosis by exam than I can by your description.

DEAR DR. ROACH: My youngest son has to have both of his hips replaced. He is only 37, but is in a very strenuous job of being a boilermaker in an oil refinery. This is the hardest job in a heavy industry. His doctors are telling me that his hips deteriorated due to alcohol consumption – is this even possible? Even if he can get through this ordeal, he is still locked into this physical type of work. The doctors say he will need another hip replacement in 10 to 15 years if he stays in this line of work. Do you agree with these statements? – B.M.

Let’s take them one by one. The most common cause of hip disease requiring hip replacement is osteoarthritis of the hips, but it is quite unusual to see someone of your son’s age require a hip replacement. Alcohol is not a recognized risk factor for osteoarthritis of the hips, but it is a known underlying cause of a much less-common condition: osteonecrosis of the hips, also called avascular necrosis. The more a person drinks, the more likely they are to get this rare condition, even though most heavy drinkers will never get this condition. Not every person with osteonecrosis of the hip will require a hip replacement. It is frequent to have both sides of the hip affected with disease. Untreated congenital hip dysplasia may also lead to severe hip damage requiring a total hip replacement, and it is also one cause I see in a person of your son’s age. Prognosis after a modern hip replacement is very good. More than 90% of people are doing well, pain-free and without complications 15 years after surgery takes place. Of course, some kinds of activities such as heavy lifting and high-impact movements could make the surgical prosthetics wear out faster, but regular activities such as walking, stair climbing and most sports that are not high-intensity or high-impact can be done without damage to the prosthetic. Although further alcohol use will not affect the prosthetic hips or other bones, many other body systems are very much affected by alcohol. So, if he has been a heavy drinker for some time, it is now time to stop. His doctors can help him find many available resources.

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.

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Moore Texas by Roger Moore
April 19, 1875: Kiowa Chief White Horse surrenders. He gave early Texan settlers hell.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: X equals L

UE QCXW U ZQBXJ YDHDYKD NOD
LMJ DEEDZNK NOMN MRUCR UK
OMHUCR QC FW LQJW.
U’F EDDXUCR KQ WQBNOXDKK.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Employees banned from working at VA



by Freddy Groves

After all the instances of fraud unearthed by the Department of Veterans Affairs Office of Inspector General over the years, I was not surprised to see this special report of something else they uncovered: “Stronger Controls Help Ensure People Barred from Paid Federal Healthcare Jobs Do Not Work for VHA.”

Those who are excluded from getting a VA health-care job are those who previously committed “healthcare fraud, patient abuse, controlled substance violations, or acts subject to license revocation,” among other things such as Medicare fraud. The Health and Human Services OIG keeps a list of those excluded people, but the VA OIG recently ran a test sample of a single pay period, and yes, they found people on that list employed by the VA. What apparently happened

was that the human resources (hiring) staff didn’t correctly do as they were required by federal law, which is run the names of potential new hires through the list to make sure they hadn’t been excluded from employment. In instances of surname changes, the previous last names weren’t checked even though they were noted on the hiring documents.

But that wasn’t the only error. The VA’s Office of Integrity and Compliance was also required to do a monthly computer check of all Social Security numbers of people being paid to make sure excluded people hadn’t slipped through the employment cracks. They pointed to a computer coding error as the reason they weren’t.

Enter the OIG, who made recommendations so it doesn’t happen in the future. One of those recommendations is to do a comprehensive audit of the Social Security numbers of all VA employees to see if any additional names show up.

There will be new training, of course, of the people who didn’t follow policy, plus written guidelines, plus redundancies with multiple eyes looking at data and processes.

You have to love the VA OIG and the people who work there. Surely they have the highest satisfaction level of any who work in government.

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- I purchase rotisserie chickens and use the meat for different things – soup, casseroles, etc. I have a trick to getting the skin off. My hand strength isn’t what it used to be, and those birds are slippery. I use a paper towel to grip the skin, and pull the meat and bone right out. It works well on a raw bird too. – L.A. in Florida
- To re-whiten socks or washcloths, try boiling a pot of water and adding a sliced, juiced lemon. Soak the items for at least an hour, and then pick out the lemon and add the pot – water and all – to a load of wash.
- If there are crushed cookies in a pack I purchase, I set them aside in a plastic baggie in the freezer to use on ice cream. Yummy! – R.L. in Alberta, Canada

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

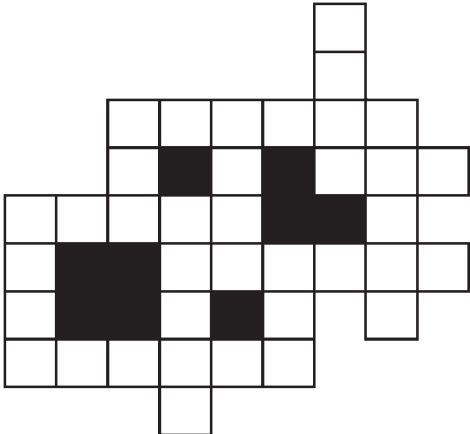
	+		÷		2
+		+		×	
	÷		+		4
×		–		–	
	+		÷		1
11		5		6	

1 3 4 5 6 7 7 8 9

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OPD
GUMNIP
GAROC
GSOM
CADOZI
♥AMD
ADMR
HITGM
IGZ
AHDSEG
GAISM
LDAC



Answer Page 4

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

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- If you have been cooking in the oven and have a pan that’s got cooked-on food, you can get it clean without all the scrubbing. Immediately after cooking, while the oven is still hot, add enough water to cover the bottom of the pan and a little dishsoap. Put it in the oven until the oven is cool. The residual heat will work on the stuck-on food while you are dining, and it’ll wipe right out. – W.O. in Minnesota
- Wintergreen oil makes a lovely room freshener. Put two drops on a cotton ball and tuck it into the cushions of your couch, or hide it under a lamp pedestal... anywhere out of the way. The scent drifts over a week or so. – G.T. in Delaware

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2023 King Features Synd., Inc.