

# West Texas County

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SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO NOVEMBER 23, 2023

## **NEWSBRIEFS**

## **Black Friday**

With the hectic holiday on top of us, WalletHub's is offering recent holiday studies and reports, highlights. In the digital Courier (wtxcc.com), the links (in italics) are active.

- JCPenney, Macy's and Belk are 2023's Best Places to Shop on Black Friday, offering an average discount of at least 55%.
- Around 13% of items at major retailers will be more expensive on Black Friday than their current Amazon.com prices.
- Consumer packaged goods will offer the most value on Black Friday 2023 relative to their current prices, while furniture is expected to have the least rewarding deals.
- More than 1 in 3 Americans are foregoing gifts this year due to inflation, according to WalletHub's 2023 Holiday Shopping Survey.
- · Starbucks, Sephora and Target top the list of 2023's Best Gift Cards.
- Consumers can save \$300+ with one of 2023's Best Credit Cards for Holiday Shopping.
- Some consumers already have access to little-known credit card benefits that can come in handy over the holidays, including *price*drop protection and coverage for damaged or stolen items.
- 100% of store credit cards do not charge an annual fee, and the average card with an initial discount for new cardholders gives 18.75% off, according to WalletHub's 2023 Store Card Landscape Report.
- 40% of the major retailers offering 0% financing use a dangerous feature called deferred interest, which has the potential to make holiday purchases up to 27.5 times more expensive than expected.

– Diana Polk

#### **Holiday Movies at** the Plaza Theatre

**The El Paso Community Foundation** Plaza Classic Film Festival's free Holiday Movies return to the Plaza Theatre – and expand to the El Paso Museum of Art. Part of the City of El Paso's eighth annual WinterFest, the Plaza Classic's 12th seasonal series features

See BRIEFS, Page 5

It isn't what you have in your pocket that makes you thankful, but what you have in your heart. – Quips & Quotes

## Second Chance Wildlife Rescue seeks

## volunteers, donors to provide care

Rescue services are free in El Paso County and Southeastern New Mexico

> By Alfredo Vasquez *Special to the Courier*

EL PASO COUNTY - Over 2,000 injured wildlife birds and mammals from the borderland region received care, and more than 4,000 phone calls regarding distressed wildlife were answered last year thanks to the efforts of the Second Chance Wildlife Rescue program that is headed by Josie Karam, one of only two wildlife rehabilitators in the West Texas-Southeastern New Mexico region.

Karam, who has been caring for wildlife species for nearly thirty years, stated that Second Chance Wildlife Rescue is an organization that rehabilitates injured, immature, and ill wildlife in hopes of returning them to the wild. "I am the founder remaining in El Paso County that helps wild birds and mammals," she noted.

Karam said that one of the organization's most important rehabilitator, Dr. David Angerstein," she added. goals is community education. "We make presentations to we do and share our mission," she explained.

eight rehabilitators in our region. Most have died and not been replaced. I am the only active, licensed person left,"



- Photos courtesy Josie Karam

HOO CARES - Second Chance Wildlife Rescue program has been caring for birds, like and president of the only organization the owl above, and mammals in the borderland since 2011.

Karam stated. "Recently, though, we recruited another

The Second Chance rescue center has been in groups, clubs, schools, and other organizations. We see a operation since 2011, and despite ongoing challenges, great deal of importance in educating the public, and we they continue to overcome these obstacles to help participate in as many events as we can, to promote what the borderland's wildlife. "We survive on donations, fundraisers and grants, and, right now, we really need "When I began as a wildlife rehabilitator, there were the community's help. The cost of rehabilitating wildlife

See RESCUE, Page 2



DEDICATED - Thousands of West Texas and Southern New Mexico residents have used Second Chance Wildlife Rescue services and hundreds of individuals have volunteered or completed internships at the facilities. Above, from left, are Wildlife Rehabilitator Josie Karam, foreground, with a group of recent UTEP student volunteers.

## There's one easy trick to winning in 2024

Robert F. Kennedy, Jr. has a history, and a present, of promoting wild conspiracy theories. His independent bid for the presidency is quixotic at best. And yet a new Quinnipiac poll has him getting an impressive 22% in a three-way contest with Donald Trump and Joe Biden, and with a narrow lead among independents.

This should be less encouraging to RFK than a warning sign to the major parties that they are courting disaster by nominating two candidates so unappealing that a solid bloc of voters, at first blush, would prefer someone, anyone really, with the last name Kennedy.

Democracy is usually the art of giving voters what its insistence on a desperately flawed nominee. they want. But, apparently, not in 2024.

prevail in presidential politics.

It was pretty obvious that Joe Biden was a stronger tip over at any general-election candidate in 2020 than Bernie moment with an Sanders, and lo and behold, Biden rose from the unpopular former dead and won the Democratic nomination.

Sometimes passion, calculated risk-taking, delusion or stasis overwhelm the obvious, though. When this happens to one party – think of the Barry often suffers a debacle. But what if both parties see and raise your radioactive standard-bearer with succumb to these forces at same time?

Then, you get a clash of weakness where each party risks throwing away a winnable race through

The Republican reaction to the likely re-nomination Usually the obvious political considerations of President Biden is, in effect, "We'll see and raise your unpopular incumbent who looks like he could

president who will likely be convicted

of felonies next year." The Democratic reaction to the likely re-Goldwater or George McGovern nominations – it nomination of Donald Trump is, in effect, "We'll a president who is trailing him in polls and who

> most people think can't serve another four years." Both parties think they are going to win anyway. Even if they are right, their chances of victory would go up appreciably if they switched away from their

> > See LOWRY, Page 7



TOO CUTE - A baby rabbit - caught by a cat - was cared for at the rehabilitation facility.

## Rescue

From Page 1

is expensive, and the need for volunteers is injured or ill, Karam said. overwhelming," Karam stated.

program offers internships to high school and college students and is accepted as a legitimate community service option because the Second Chance organization is certified by the Texas medical care but not sustained care. Only Fish and Wildlife Department.

The rescue facilities are located at two locations. The homebase center is on a one and a half acre spread, at 635 County Club a wide variety of wildlife including birds, Road, in El Paso County's west side. The raptors, squirrels, rabbits, opossums, foxes, other facility is situated on a seven and a half and many more. The shelter, however, cannot acre plot of land, at 7800 Doniphan Drive, accept larger mammals, such as deer, mountain in the upper valley's Vinton community. To operate the centers, the two licensed wildlife rehabilitators depend on volunteers.

are available in El Paso County but also farmers, animal services, law enforcement are offered in most of West Texas and Southeastern New Mexico. The rescue care responders, animal rescue groups, schools, is provided year-round, seven days a week with normal hours of operation being from overwhelming at times," she added. 8:30 a.m. to 5:30 p.m. They also provide to take to keep the callers and the wildlife safe until help arrives.

Services offered are free and include caring for wild birds and mammals that need human intervention, like immature newborns displaced from their nests or dens, or are

Neither the El Paso County animal control To help recruit volunteers, the rescue department nor veterinarian offices currently provide the type of care that the Second Chance group extends because animal control and veterinarians are allowed to administer Parks and Wildlife Service and by the U.S. a licensed wildlife rehabilitator can legally provide care for protected wildlife, according to Karam.

> The rescue program has helped rehabilitate lions, bobcats, Karam stated.

"We are the last hope for many of these wildlife animals in an enormous region," According to Karam, their services Karam pointed out. "We receive calls from and fire departments, non-emergency county and businesses. The number of calls can be

To help the wildlife rehabilitators provide detailed messages over the phone about steps their services, a board of directors helps

See RESCUE, Page 3



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#### Rescue

From Page 2

oversee the needs of the program. Current members are Lisa Mena-Malave, Linda Wise, Elsa Pasanen, Joe Fulkerson, Loretta Flores, Paulina Castillo, Iris Kerwin, and Dr. Guadalupe Vidal.

"We provide a unique service to our community and beyond. We do not get paid by the city or county, even though we do a job that would become their burden. Our financial support is based on donation, fundraising, and grants," Karam emphasized.

Formoreinformationaboutthewildliferehabilitationeffortsor to volunteer, interested individuals may contact Karam, at (915) 920-7867, or visit its website, at secondchancewildliferescue. org or its Facebook page at second chance wildlife rescue.

Donations may be made by check, to Second Chance Wildlife Rescue and mailed to P.O. Box 13245, El Paso, TX 79913. Credit card and cash donations may be sent through PayPal or Facebook.

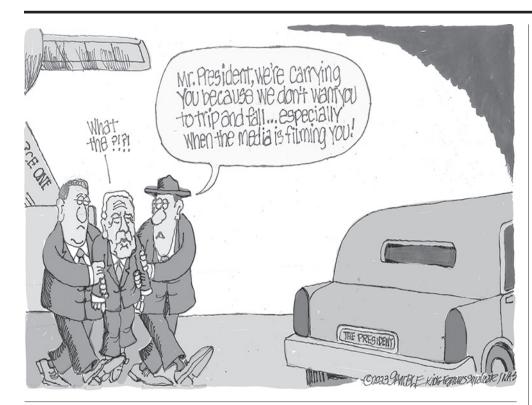
## Wildlife Rehabilitation

We have lost 70 percent of all wildlife in the last 50 years. At this this rate, extinction of thousands of species is imminent. As adults, our new generations of humans may never see wildlife in the wild. Loss of habitat, to make more room for the overpopulation of humans is the number one cause of these losses. Wildlife is being destroyed in their underground homes. Those losses affect all life. The predators, hawks, owls, fox, and other animals are starving due to this loss of the food chain. Free roaming cats are responsible for the deaths of 2.4 billion wild birds and over four billion mammals every year... The balance of nature has been destroyed. Wildlife rehabilitation is the only hope of saving and returning to the wild millions of wild birds and animals... Humans are the only creatures on earth that take from our planet and never give back. All other creatures give back to the earth and, if left without human interference, will balance nature. I am passionate about saving the wildlife that we can.

– Josie Karam President and Executive Director of Second Chance Wildlife Rescue



IT'S ALL GOOD - An American Kestrel was recently nursed back to health at the rescue center.

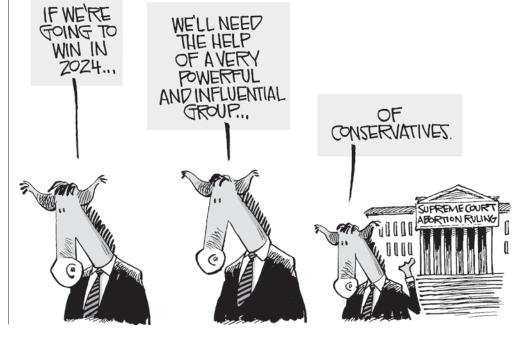








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CLINT MAN - Isaiah Gonzalez

## Clint pitcher, Gonzlez, signs with UT

By Jim Heiney *Special to the Courier* 

Isaiah is a right-handed UTRGV. pitcher who attended Clint out 49 with only 14 walks.

graduate from EPCC and Beach, FL. currently has a 3.77 GPA,

Another

"Both of these players are majoring in Accounting, a big reason why the culture Business, and Economics. has changed here. They EL PASO COUNTY - After Gonzalez completes have exemplified everything Isaiah Gonzalez has signed his final season and graduates that I have asked of them with the University of Texas from El Paso Community since stepping foot at El Rio Grande Valley (UTRGV) College, he will continue his Paso Community College," Vaqueros in Edinburg, TX. education and athletics at Julien Soucy, EPCC Head Baseball Coach said. "They player, Edwin are students first and have High School. So far in his Sanchez, a left-handed pitcher shown that throughout their collegiate career, he has who attended the Leadership academic success. They have thrown 33 innings and struck Christian Academy in Puerto put themselves in a great Rico has signed with Bethune-position to sign early with He will be a Spring 2024 Cookman Wildcats in Daytona Division 1 universities.'



#### By Lucie Winborne

- · Hummingbirds are the only birds that can fly backward. In fact, they're so impressive in the air that they've been referred to as the "flying ninja."
- And speaking of flying, fruit flies can turn in midair simply by shrugging their shoulders.
- · Want to feel safer while driving? White cars are considered the safest color because they typically stand out against black roads. Statistics have also shown that they're 12% less likely to be involved in an accident than black cars.
- · Forefingers possess the highest dexterity among their eight neighbors.
- Until it actually blows against something, wind makes no sound.
- The prevalence of syphilis in the 19th century led to a sharp increase in demand for sunglasses, as the disease causes intense sensitivity to light if left untreated.
- You can obtain a degree in Viticulture and Enology, or the cultivation of grapes and the science of winemaking, at Cornell University.
- · Gold will never erode because it is chemically inert, meaning it doesn't react to oxygen in the atmosphere.
- Earlier this year, Taylor Swift's "Eras" tour performances registered as a 2.3 earthquake on seismometers in Seattle due to the collective dancing of her enthusiastic fans. The activity was compared to 2011's "Beast Quake," in which Seattle Seahawks fans shook the ground as they celebrated a touchdown, but Ms. Swift's lasted longer.
- During the 12th century, tennis was first played in France, but without rackets. Instead, players used the palms of their hands to lob the ball back to their opponents.
- Humans' ability to detect and discern scents fluctuates throughout the day, peaking during the late hours when environmental stimuli decrease, likely due to changes in body temperature and brain activity.

Thought for the Day: "For pilgrims walking... every footfall is doubled, landing at once on the actual road and also on the path of faith."

Robert Macfarlane

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# TxDOT urges Texans to find a sober ride during the holidays

By Jeff Salzgeber *Special to the Courier* 

TEXAS – The holiday season gets its official start next week as many Texans gather around the table for Thanksgiving dinner. But for the families of the 1,246

Starting Dec. 1, 2022, there were 108 people killed and 229 people seriously injured in just 32 days in DUI-alcohol related crashes across the state. All of consequences of drunk driving and to these families suffered painful memories always find a sober ride, TxDOT is that will last a lifetime.

making plans with family and friends. If either as an offender or survivor. These not, you risk your job, your life and the video stories and tips on finding a lives of others. It's just not worth it."

Drunk driving crashes are completely preventable, yet they can cause physical, emotional and financial consequences of alcohol this holiday season, never get or taxi, stay put, call a friend or family ensure you get home safely.

should be at the top of your list when with the consequences of drunk driving, August 16, 2023.)

sober ride can be found at https://www. soberrides.org/media-center/

To encourage everyone to enjoy the holidays without drinking and driving, that last for years. If you drink any amount TxDOT's Drive Sober. No Regrets. campaign will include PSAs on TV, people killed last year in Texas by drunk behind the wheel. Instead, designate radio, billboards and online, and at drivers, holiday seasons will never be the a sober driver, use a rideshare service bars, restaurants and convenience stores statewide. The campaign runs in support of member, or use public transportation to a heightened law enforcement period from Dec. 16 through Jan. 1, when more officers To remind Texans about the serious are on the road looking for drunk drivers.

bringing a mobile video exhibit across (The information contained in this report "Don't turn your holiday event into a the state in a series of holiday-themed represents reportable data collected from life-changing tragedy by drinking and outreach events. Each interactive stop the Texas Peace Officer's Crash Report driving," said TxDOT Executive Director will feature powerful video testimonials (CR-3). This information was received Marc Williams. "A safe and sober ride from people who have dealt firsthand and processed by the department as of







## **CryptoQuip** Answer

High-ranking military officer taking part in a multi-game sports contest: A tourney general.

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# Moments

- · On Nov. 20, 1998, the first module of the International SpaceStation, Zarya ("Dawn"), was launched. Russian-built and American-owned, its name signified the concept of a new era of international space cooperation.
- On Nov. 21, 1931, the horror film "Frankenstein" released, was starring Boris Karloff as the monster created from corpses. Based on Mary Shelley's 1818 novel "Frankenstein; or, The Modern Prometheus," it was a commercial success and is still widely considered one of the greatest movies of all time.
- On Nov. 22, 1718, the infamous pirate Blackbeard was killed off the coast of North Carolina by British naval lieutenant Robert Maynard, who'd been dispatched by Virginia's Lieutenant Alexander Governor Spotswood to track him down. As a warning to others who might be pondering a career in piracy, Spotswood had the buccaneer's head mounted on a pike at the mouth of the Hampton River.
- On Nov. 23, 1976, 49-yearold Frenchman Jacques Mayol, sometimes known as "Dolphin Man," became the first person to dive 100 meters

of The Nightmare Before

Christmas, Elf, and Frozen,

plus the return of It's a

Wonderful Life. The series

begins Sunday, November

26 and runs on various days

through Sunday, December

24. All movies are free.

No tickets are required.

first-served. The Holiday

Movies at the Plaza Theatre will be presented "Plaza

Classic style," including

a 30-minute performance

by Richard Garven on the Wyler Mighty Wurlitzer

Pipe Organ before each

movie. The movies are

presented in partnership

with El Paso Live and the

El Paso Museum of Art.

Go to plazaclassic.com for

details. WinterFest runs

Plaza Theatre Kendle Kidd

November 18-January.

**Schedule:** 

Sunday, Nov. 26

**Performance Hall** 

1 p.m.: The Nightmare

is first-come,

anniversary

Seating

into the sea without the use of breathing equipment. Seven years later, he broke his record with a dive of 105 meters.

- On Nov. 24, 2012, a fire in the Tazreen Fashion clothing factory in Dhaka, Bangladesh, killed over 110 people and injured another 200. The tragedy shed light on poor working conditions for employees who made export clothing in the country and led to major labor reforms in Bangladesh and the fashion world, which promised to take steps to ethically source its products.
- On Nov. 25, 1834, Delmonico's, one of New York's finest restaurants, offered its customers a meal of soup, steak, coffee and half a pie for 12 cents. Even as we sigh for the "good old days," however, we should remember that this meal would also cost an unskilled laborer about an hour's wage.
- On Nov. 26, 1865, "Alice's Adventures in Wonderland" by Lewis Carroll (born Charles Lutwidge Dodgson), a mathematics don at Oxford University, was published in the U.S. The beloved children's classic, which has never gone out of print, has been translated into 174 languages and adapted for the cinema, art, ballet, opera, musicals, theme parks, board games and video games.

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Sunday, Dec. 3 Plaza Theatre Kendle Kidd **Performance Hall** 

**Lampoon's Christmas** Vacation (PG-13)

Saturday, Dec. 9 El Paso Museum of Art EP **Energy Auditorium** 3 p.m.: Miracle on 34th

Saturday, Dec. 16 El Paso Museum of Art EP **Energy Auditorium** 

THURSDAY, Dec. 21 Plaza Theatre Kendle Kidd **Performance Hall** 1 p.m.: The Polar Express

3:30 p.m.: How the Grinch **Stole Christmas (PG)** 

Sunday, Dec. 24 Plaza Theatre Kendle Kidd

– Rudy Vasquez



## **To Our Readers**

From time to time we carry ads from large, well known product and service provides. If you are considering using these products or services, please call them using the phone numbers in the Courier. The numbers are associated with an account for the West Texas County Courier. Thanks for picking up the Courier.

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#### **Before Christmas (PG) Briefs** 3:30 p.m.: Home From Page 1 Alone (PG)

screenings

1 p.m.: Elf (PG) 3:30 p.m.: National

Street (Not rated)

3 p.m.: Frozen (PG)

Performance Hall. 1 p.m.: It's a Wonderful Life (PG)

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\*Order by December 15th for Christmas delivery. Battery purchase does not include phone.

# Contenders and the pretenders sifted in the NFL

By Steve Escajeda Special to the Courier

Thanksgiving is here and that means tons of turkey and stuffing and mashed potatoes and pumpkin pie will be enjoyed by Americans from sea to shining sea.

It also means that the NFL schedule has just passed the midway point and it's a good time to see where teams are at and a time to hand out some who are leading the way. midseason awards.

2023 NFL season without mentioning some devastating injuries that have changed the course of some teams.

The New York Jets suffered the first blow. They were favored to contend for a Super Bowl. That is until Aaron Rodgers suffered that achilleas injury just four plays into the season. The Jets not even make the playoffs now.

Other tough injuries have taken out Bengals quarterback Joe Burrow, Browns QB Deshaun Watson and running back Nick Chubb, Ravens tight end Mark Andrews, Cowboys DB Trevon Diggs, Vikings QB Kirk Cousins and Giants QB Daniel Jones.

In the NFC, the top team right now appears to be the Philadelphia Eagles. They've gotten off to another hot start but they are just getting by every week. They don't look nearly as strong as they did a year ago.

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

the running – the 49ers, the Lions, teams very seriously – neither do I. the Cowboys and the Seahawks are catching up. They all have a shot for the matchup with half a season to go, I'd best record at the end of the season.

The team that has the easiest schedule the rest of the way are the Detroit Lions. They got off to a 7-2 start and don't be shocked if they have home field advantage by the time the playoffs roll around.

In the AFC, once again it's the Chiefs

Patrick Mahomes, Travis Kelce and First of all, we can't talk about the the gang are on pace to take home field advantage in the playoffs on their way to what they hope will be their third Super Bowl in the last five years.

> But there are a couple teams who can challenge them. The Dolphins and the Ravens are going to be tough in the playoffs.

> But now that Baltimore has lost its all-pro tight end, Mark Andrews, the road just got a little tougher.

There's also the Jaguars, the Steelers and the Browns that are having nice There are three quarterbacks in explaining to do.

That means all the other teams in seasons, but nobody really takes those contention. Those having the best

If I had to pick the Super Bowl say the Chiefs and the 49ers look to be the best in the league right now.

As far a s a few midseason awards.

The AFC's most valuable player award will have to be shared at this point by two players, teammates with the Dolphins.

wide receiver Tyreek Hill are the most first-year QB leads the league in exciting duo in the league.

Tua is among the leaders in passing yards, completion touchdowns and quarterback rating.

No receiver in history has caught 2,000 yards worth of passes in a season. With eight games to go, Hill is about 900 yards away from accomplishing this record. He also leads the AFC in touchdowns grabs.

one at this point.

There is no clearcut frontrunner.

seasons so far are the 49ers' Brock Purdy, the Lions' Gared Goff and the Cowboys' Dak Prescott.

You'd also have to throw in 49ers running back Christian McCaffrey and Eagles wide receiver A.J. Brown.

The one award that is more solid than all the others is the NFL's Rookie of the Year.

What C.J. Stroud is doing for the Quarterback Tua Tagovailoa and Houston Texans is incredible. The passing yards per game (291) and has thrown 15 touchdowns against just percentage, two interceptions.

> He has single-handedly turned the Texans into a playoff contender.

> The NFL Coach of the Year may go to the Steelers' Mike Tomlin. How he has this team at 6-3 is a mystery to all mankind.

To see if my choices are correct, The NFC's MVP has to go to... no stick around for the next couple of months and find out.

As always, I may have some

## Senior moment By Matilda Charles

## Early 2024 resolutions

Having stuck with less than half of the New Year's resolutions I made for January 2023, I decided that for 2024 I need to give much more thought to what I commit to. In other words, not to take on more than I can actually do... and to give a much longer period of consideration to the whole thing. Hence this early start more than one attempt, but once I learn to juggle three in talking about resolutions.

to doing once, not whole lifestyle changes that, frankly, I'm probably too old to actually make at this point. I'm looking for success in smaller areas.

To that end, I can likely accomplish the following in pal-

neighborhood handyman will be looking for extra cash. Better for him, rather than me, to climb a ladder and hang out over the tub to paint the wall.

Sell my father's coin collection, specifically the tiny gold

coins I found in his jewelry box. I'm already watching the price of gold, and when it reaches a certain number, I will pounce and head for the coin shop where I've already made inquiries.

Visit the local gym and try out ellipticals and stair climbers, which will surely convince me once and for all that I do not need one in the house.

Learn to juggle. Yes, this is something that will take soft balls (they come in a kit on Amazon, along with I'm leaning toward one-time efforts, things I commit a how-to booklet), I'll be able to cross that particular accomplishment off my life list.

> A final resolution that will need lengthy consideration: adopting a young kitten for my cat, to give him a little

I think I'll be more successful with this list of Hire someone to paint the bathroom. Surely the resolutions than I've ever been before. It will certainly be more fun.

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  - 8 Vietnamese New 9 Several 10 Lay away
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- recording 73 City of ancient Egypt 74 Plants-to-be 77 Tobacco plug
- 78 Get set for surgery 79 Test versions of smartphone programs, 80 Vacant political position 81 Oil, in slang 82 High-speed
- 83 A Great Lake 87 Military post 88 Scans again 89 Artisans' club 91 Rails in ballet 95 Invited one 96 Actress Page 98 "Duck \_" (Warner Bros. short)
- 99 Zellweger of the screen 100 Body part often pulled by an athlete 101 "\_ buying it" 102 "Hero" actress
- 105 Emailed junk 107 General \_ chicken 108 Other, in Oviedo 110 More, in a music score 111 Band blaster
- 112 News svc. 113 Vocalist Yoko

Answer Page 4

117

#### 20 22 25 23 24 36 50 53 54 62 63 65 72 76 75 <del>34</del> 85 90 93 92 100 |101 |102 96 103 109 **1**15 114 116

118

**Super Crossword** 

## **Comix**

## **OUT ON A LIMB** By Gary Kopervas





## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering







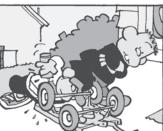
TIGER By Bud Blake



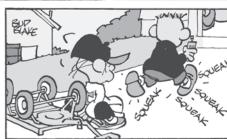












## Lowry

From Page 2

current presumptive nominees

Biden's failures and weaknesses and is not in his debilitated incumbent? or her 80s would almost certainly readily defeat meet the definition of such a Democrat.)

making him- or herself hateful to suburbanites, things are so bad in the country that perhaps who isn't wedded to ridiculous varns about the 2020 election, and who isn't in serious legal jeopardy in multiple jurisdictions would almost certainly readily beat Biden.

handle the economy, foreign affairs and the and Trump continues to have an incredible border, while surveys consistently find about three-quarters have doubts about Biden's ability to serve another four years. And yet the dice unnecessarily next year, and try to give the mandarins of the Democratic Party believe voters what they don't want, good and hard. he's best suited to beating Trump.

On the other hand, despite all his troubles, Biden has a higher favorable rating (39% Rich Lowry is editor of the National Review. positive, 49% negative) than Trump (35% (c) 2023 by King Features Synd., Inc.

positive, 54% negative), according to a recent NBC News poll.

There's no doubt that Trump could eke out a win against Biden, the way he did against Hillary Clinton in 2016. But why settle A generic Democrat who is not festooned with for hoping for a narrow win against such a

With Trump, the GOP will be asking the Trump. (The unpopular Kamala Harris does not middle of the electorate to conclude, "We can't stand this guy and there's nothing that A generic Republican who hasn't spent years can make us change our minds about him, but we should give him a try again, anyway."

> Maybe that happens, but it isn't the strongest grounds on which to contest an election.

The parties show no sign of doing According to the latest USA Today/Suffolk something different, though. Benefiting from poll, Trump leads Biden on who's best to incumbency, Biden is all but unchallenged, grip on Republican voters.

So, both parties will probably roll the electoral

## Hyaluronic acid injections only so-so for joint pain

DEAR DR. ROACH: A friend recommended hyaluronic acid for joint pain in my wrist and hand. I have been taking

180 mg once a day for a couple months now and have experienced notable success. I also feel that my neck pain and range of motion in my neck have improved. My question is, what exactly is hyaluronic acid? Is it safe, and are there any side effects I should be aware of? -T.E.



Hyaluronic acid is a naturally occurring substance composed of long strings of sugar. Because of this structure, it carries a great deal of water, so it acts as a shock absorber and lubricant for several places in the body, including the joints. Hyaluronic supplements are usually purified from chicken cartilage, but can also be produced by bacterial fermentation. The body makes about 5,000 mg of hyaluronic acid daily.

Multiple studies on injections of hyaluronic acid have shown that it is only slightly better than a placebo at treating arthritis, especially of the knee. I have stopped recommending injection treatments to my patients with knee arthritis, as they are quite expensive. Oral hyaluronic acid, however, is inexpensive. There have been several small studies showing benefit (again, mostly for the knee rather than the neck), but I couldn't find any well-done large studies that were convincing.

There is very little harm from hyaluronic acid. None of the studies I've read found any serious side effects; however, that doesn't mean it is completely safe, since supplements aren't regulated the way prescription medicines are. But I can conclude that oral hyaluronic acid is possibly effective and probably safe for treatment of osteoarthritis.

The studies have mostly used doses in the 100-200 mg range, but I have seen supplements for sale that have 20 mg or less of hyaluronic acid. I'm glad you are taking a similar dosage to what is shown to be effective.

DEAR DR. ROACH: I have had muscle twitches in virtually every part of my body for about 50 years now. These fasciculations usually occur somewhere on my body every day. My legs and arms are the most common areas. There is no discomfort, and they rarely last more than a minute or two. Why do these occur, and should they be of any concern? I am an active, healthy 58-year-old male who isn't on any medication. - D.I.

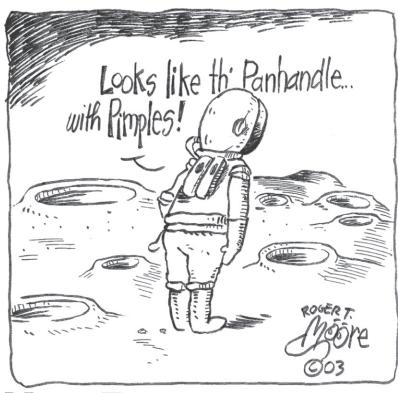
Muscle fasciculations are common. Most people get them from time to time, sometimes in the small muscles like the eyelid and sometimes in the large muscles like your legs and arms. Fasciculation can be a sign of a serious neurological problem, such as a lower motor neuron disease. If the muscle doesn't receive proper neurological signals, it increases its receptors so that the muscle can be easily stimulated, causing twitching.

If you had suddenly developed this, especially with weakness or atrophy of your muscles, that would be very worrisome, and you should see a neurologist right away. However, since it has been going on so long, it is very unlikely to be a serious disease.

You probably have benign fasciculation syndrome, which, as its name suggests, is not a worrisome condition and usually does not worsen over time.

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

November 19, 1969: Alan Bean of Wheeler becomes the first Texan to walk on the moon.

## **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: B equals M

MVFM-IORZVRF BVEVPOIN UAAVLJI POZVRF SOIP VR O BCEPV-FOBJ GSUIPG LURPJGP: O PUCIRJN FJRJIOE.

Answer Page 4

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## Weekly **SUDOKU**

by Linda Thistle

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

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

## **DIFFICULTY THIS WEEK:** ◆

◆ Moderate ◆◆ Challenging

Answer Page 6



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## Losing it all in St. Louis fire

by Freddy Groves

16 and 18 million military file was one of those.

began decades of veterans pieces here and there. struggling to prove military their benefits.

mother's what I received back was found: a certificate, similar to a provided: dates of service, days for a non-fire claim. branch of service, rank, but not much more. Thankfully, the steps outlined in their I'd had enough information instructions, thereby adding on hand to send them to 73 days to the process. prove service, including a taken as she took the oath.

But what of people who training.

don't have even those things? What if you have... nothing?

Center started a new rule for The man saved everything, all military facilities: Save and I mean everything: everything. No matter where every transfer, pay stub, On July 12, 1973, a fire in in the country a record was promotion notice, St. Louis, Missouri, at the likely to be found, it was to National Personnel Records be saved and indexed. In this Center destroyed between way they were able to index same. approximately 6 million files. personnel files. My mother's When a claim for benefits came in from a veteran whose The files covered the file was burned, instructions period from pre-World were sent out to attempt to War 1 to 1963. There reconstruct the file from the

The Veterans Affairs, service in order to access Office of Inspector General was asked to audit the When I sent away for process of reconstructing records, a file. Here is what they

Last year it was taking an Little League participation average of 450 days from certificate. It has the time of claim to a claim information that I had decision, compared to 146

Staff were not following

Staff did not complete copy of a newspaper photo follow-up procedures 25% of the time due to lack of

If there's good news, I'll never have to send away for After the fire, the Records my father's military records.

Perhaps you should do the

order... everything.

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- OK, I'll say it: I love tradition, but sometimes I want to mix it up for holiday dinner. I keep the main dishes the same as they always are, but I add my drama in the details. For instance, mix your choice of herbs into a stick of softened butter. Using a plastic baggie with the corner cut off or a decorating bag, pipe the herbed butter onto a butter dish. Refrigerate and enjoy the oohs and ahs. – JoAnn
- "In the week before holiday meals, have a leftovers day and get all those bits and pieces out of the refrigerator. It will make it easier to clean so you'll have room for the turkey and the sides." - S.T. in South Carolina
- · "For easier cooking, when making large holiday meals, simplychoosetwosidedishes that can be oven cooked in the same amount of time at an average temperature. I like one or two that can be cooked in the microwave as well." - E.U. in Texas
- · For a delightful twist on cranberry jelly, slice and sprinkle with orange zest. Dress up your mashed potatoes with a sprinkling of chopped fresh chives. Need pumpkin pie spice? Mix 1/2 teaspoon cinnamon, 1/4 teaspoon ginger, 1/8 teaspoon nutmeg and 1/8 teaspoon ground cloves for each teaspoon needed.
- · The night before serving your large sit-down dinner, put all the serving pieces on the table, and all the dinnerware in the dining room. You don't want to have one person trying to get plates and spoons when you are getting dinner on the table. - JoAnn

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

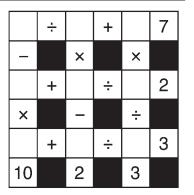
#### by Linda Thistle GO FIGURE!

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:** ★★★

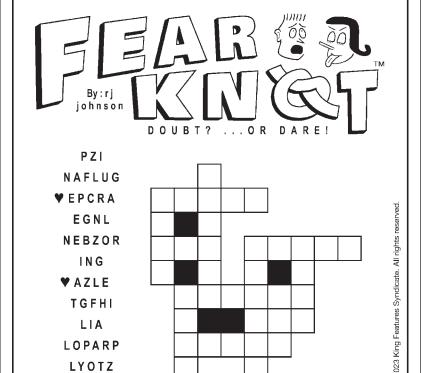
\* Moderate \* ★ Difficult \* \* \* GO FIGURE! Answer Page 4

RBPU



3 4 5 5 6 7 9

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

Answer Page 4