



NEWSBRIEFS

Fun cities

With entertainment accounting for 4.7% of average annual consumer expenditures in the U.S., the personal-finance website WalletHub has released its report on *2023's Most Fun Cities* in America. To help Americans find the cities with the greatest selection of cheap, fun activities, WalletHub compared more than 180 U.S. cities across 65 key metrics, ranging from fitness clubs per capita to movie costs to the average business hours of breweries. El Paso was rated 59th in the report. Key stats:

- Miami, FL has the most restaurants (per square root of population), 7.5234, which is 17.9 times more than in Pearl City, HI, the city with the fewest at 0.4199.
- Boston, MA has the highest share of the population with walkable park access, 99.74 percent, which is 3.1 times higher than in Indianapolis, IN, the city with the lowest at 32.50 percent.
- New York, NY has the most playgrounds (per square root of population), 13 times more than in Hialeah, FL, the city with the fewest.
- San Francisco, CA has the most dance clubs (per square root of population), which is 80.6 times more than in Henderson, NV, the city with the fewest.
- Milwaukee, WI has the lowest average beer price (per six-pack), \$8.06, which is 1.6 times lower than in Miami and Hialeah, FL, the cities with the highest at \$12.88.
- Fargo, ND has the lowest movie cost, \$6.24, which is 2.8 times lower than in Oxnard, CA, the city with the highest at \$17.40.

Visit <https://wallethub.com/edu/most-fun-cities-in-the-us/23455> for the full report.

"Finding a city that matches your own unique brand of fun is important. All cities have a variety of activities, but some shine more than others when it comes to things like parks and beaches, live music and comedy, partying, sports culture or fine dining. Picking a city to spend a weekend in is easy, but moving to a city where you'll have fun on a regular basis requires more research."

— Cassandra Happe
WalletHub Analyst
— Diana Polk

One reason experience is such a good teacher is that it does not allow any dropouts.

— Quips & Quotes



— Photo by Alfredo Vasquez

OUT OF BUSINESS — Farmers Dairies, located on North Loop Road in El Paso's Lower Valley, is closing its operations after more than a century of providing milk products to borderland households. Established by the Navar family in 1921, the dairy was once a thriving home delivery milk service that was popular from the 1920s to the 80s in neighborhoods throughout El Paso County. But by the turn of the century the home delivery dairy service was barely surviving. Now large chain stores offer home delivery of groceries.

Closing of Farmers Dairies marks the end of an era

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — When I recently heard that Farmers Dairies was closing its operations, youthful memories of my father started swirling through my mind. From the age of about 10 years old, early morning Saturdays and summer vacations were workdays for me. I helped my dad deliver half-gallons of milk and juices to homes throughout El Paso Lower Valley neighborhoods like Hacienda Heights, Ranchland Hills, and Sageland.

That was a time in the 1950s and 60s when most housewives stayed home and local dairies catered to their dairy product needs by delivering regular milk, buttermilk, skim milk, cottage cheese, sour cream, eggs, butter, as well as orange juice and other drinks like grape, fruit punch, and lemonade. Dad had even expanded his personal offerings by including packages of bacon, asaderos, corn tortillas, and buckets of ice cream for his loyal clientele.

In those early morning hours with the rising sun, I would get up, eat a light breakfast that Mom prepared for us, and off I went with Dad to deliver our merchandise in about a span of four hours. Afterwards, he would take me home, and he would go back to his route until about five o'clock to collect monthly payments from his regular customers.

He would tell me that he wanted me to help him on his milk route so that I would learn how to work, how to earn a living. And, he would add that if I

didn't like this type of work, meaning backbreaking work, I better get a good education — a college education. He was only afforded a grade school education growing up in the small Texas town of Marfa.

In those cool, sometimes cold, mornings, I would go with Dad to the North Loop dairy plant first to load up his milk truck with dozens of crates of half-gallon glass and carton milk and juice containers. Then we would place chunks of ice atop the crates to keep our wares cold. He would even ask me sometimes during the summer months to help out other milkmen who were having difficulty completing their daily deliveries. I helped Dad with his milk route until I was about 18 years old when I graduated from high school and started college.

My father seemed to enjoy his job because he worked for Farmers Dairies for thirty-one years. Cancer, however, was to disrupt his career as a milkman when he was only 48 years old. And before he could turn 50 years of age, he would succumb to the deadly disease in 1980 leaving behind a wife and five children. I was the eldest. And when he passed away, I was twenty-nine years old with a six-year military service stint and a University of Texas at El Paso college degree to my and his credit.

While Dad lingered for those last two years of his life at home, Farmers Dairies owner, Don Jose Navar, helped our family by keeping Dad on the dairy's payroll and by continuing to provide dairy products to our household every week. Dad was highly regarded among his co-workers and would help anyone who

The demise of home delivery milk service

Milk delivery businesses began with people moving to urban areas where there was no space for a family cow. To satisfy their thirst for milk, people began to buy milk from local dairy farmers who were ready to deliver. Thus, the need for the milkman began. First, the milkman transported his dairy products on a cart, either pulled by a horse or the milkman himself, but as automobiles became popular, milk trucks replaced the carts. The milkman was changing with the times.

However, with the invention of the supermarket came the phasing out of the milkman as people became more interested in convenience. Consequently, spurred by the rise in refrigeration and car ownership through the 1950s, big grocery stores and their large, refrigerated structures began appearing at convenient locations with all types of food for sale, including milk.

Suddenly, there was ease of transportation and a way to keep food cold at home for long periods of time, which reduced the need for daily deliveries. And so, the specialty businesses and the mom and pop stores began to be replaced. Now, it seems that the convenience of the big box stores is the only way to receive milk in today's world.

— Alfredo Vasquez

asked. He had many friends, and at his funeral, they all showed up including Navar family members.

So, when I heard that Farmers Dairies was being shuttered, I couldn't help but feel sad. For generations, the 7300 block of North Loop in the Lower Valley had been home to the locally owned dairy that provided El Paso and the surrounding borderland communities with fresh, delicious milk products.

Whether you are a fan of ice-cold

The new Arab street is here at home

The old conventional wisdom was that the U.S. couldn't be too pro-Israel for fear of inflaming "the Arab street."

The new conventional wisdom will have to be that we can't be too pro-Israel for fear of inflaming "the Western street."

The Arab street, a hoary cliché of commentary on the Middle East for decades, was a reference to public opinion in the Arab countries, with the strong implication that if we offended it, the result would be massive anti-Western demonstrations and perhaps violence.

Well, here we are, with this dynamic playing out throughout the United States and other Western countries. We have offended the new Arab street within our own societies. In response, it has lashed out in mass protests, intimidation of Jews, antisemitic chants and graffiti, property damage and

anti-patriotic acts and sentiments.

It is hardly the global intifada that speakers at these events call for, but it is significant agitation. Left-of-center political parties will take it seriously, and the Biden administration – hesitant to speak of antisemitism without reference to fashionable Islamophobia, as well – has already been influenced by it.

The Arab street in the West is not literally Arab, although Muslim immigrants and their children, along with foreign students, are clearly a large component. Woke young people who come by their anti-Israel views via intersectional politics, along with traditional left-wing and anti-war activists, play a big role, too.

It makes for a noxious mix. The West's Arab street mobilized in the immediate aftermath of October 7 before Israel even had the chance to mount

any substantial response. It inveighed against Israel on principle even after an unspeakable pogrom.

Of course, things have only picked up from there. A week or so ago, more than 300,000 pro-Palestinian protesters marched in London, chanting for the elimination of Israel. That would be a notable crowd in an Arab capital, but it's especially remarkable in one of the greatest cities in the Western world.

In a nice touch that, again, one would expect in a country in the Middle East, the protest march ended at the U.S. Embassy.

A couple of days earlier, thousands of protesters



See LOWRY, Page 7

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will not publish the last two weeks of December. The first issue of 2024 will be January 7.

The *West Texas County Courier* office will close beginning Wednesday, December 13, 2023. The office will open again on Friday, December 29, 2023.

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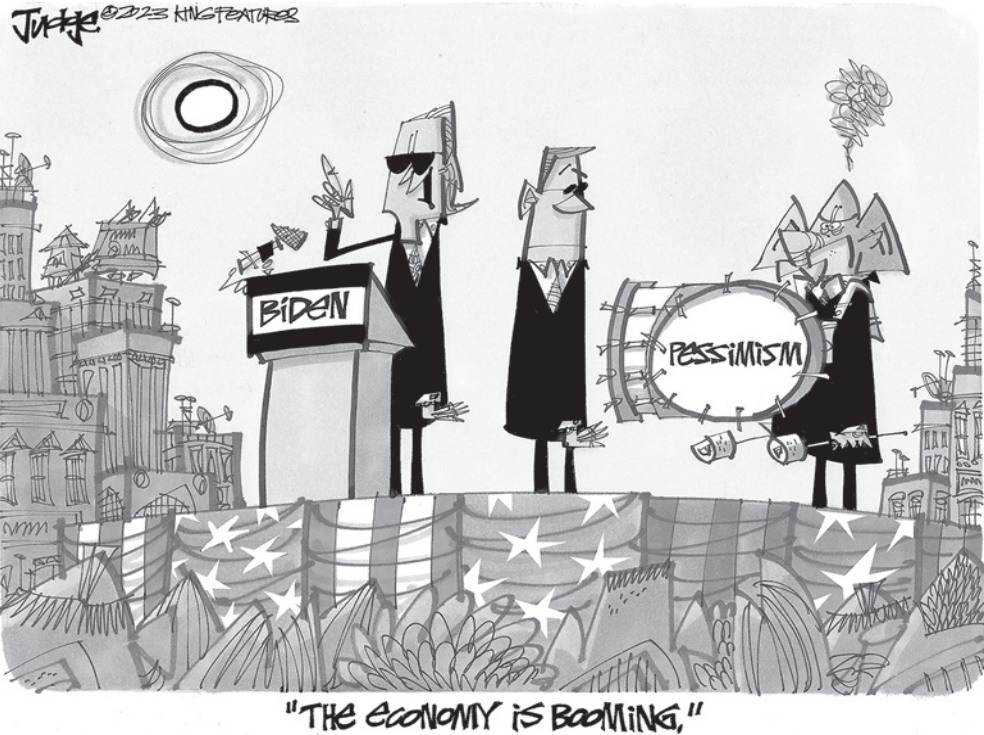
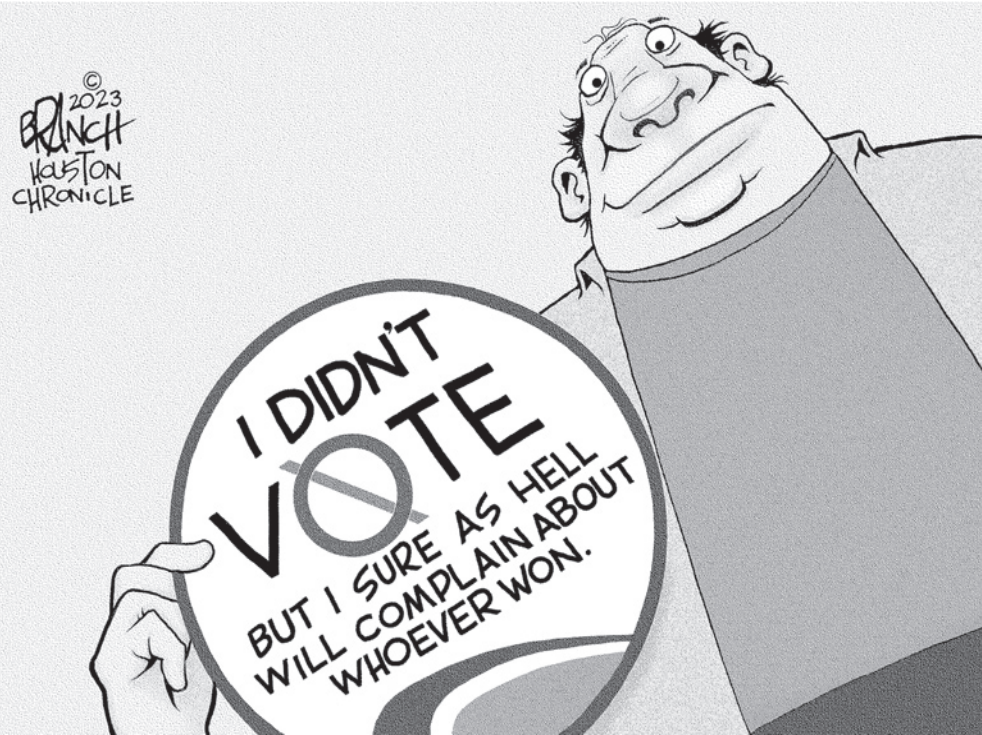
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Era

From Page 1

glasses of milk, creamy butter, or rich cheeses, this dairy was a reliable source of dairy delights for many residents throughout the decades. The dairy’s closure marks the end of another long-standing family owned business in the area, for the Navar family had established Farmers Dairies in 1921.

Unfortunately, there are few details as to why the dairy is closing its doors. But an official announcement did state that about 50 current employees would be impacted and that they would be eligible to transfer to another dairy location or could receive severance benefits. The brief announcement added, “Closing the plant has been extremely difficult, as we have been blessed to serve this area for over 100

years. But like many dairy bottling plants, we have continued to struggle in the face of declining milk prices, an aging facility, and a significantly diminished supply of local milk.” And so with the dairy’s closure comes this old-timer’s longing for the begone days of El Paso County’s slower paced, community-oriented lifestyle, when moms stayed home and dads worked eight hour shifts five, or six, days

a week to raise their families. It’s definitely another sign of the end of an era.

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CryptoQuip Answer

If you surreptitiously pocket a pushpin out of a hardware store, what do you do? Sneak a tack.

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Strange BUT TRUE

By Samantha Weaver
By Lucie Winborne

- To visit every child in the world, Santa Claus would need to travel at 3,000 times the speed of sound.
- If you were drafted during the American Civil War, you could legally pay someone \$300 (roughly equivalent to \$5,000 earned by an unskilled worker in 2018) to go in your place. The practice, known as commutation, was actually intended to raise money for the war effort.
- Need a morning pick-me-up? A cup of java is most effective if consumed between 9:30 and 11:30 a.m.
- Six hundred Americans die each year from falling out of bed.
- A 99-year-old man divorced his 96-year-old wife after 77 years of wedlock when he discovered she'd had an affair in the 1940s.
- Elvis Presley failed a music class in high school.
- On average, people who complain live longer! Verbally releasing their grievances boosts their health by increasing their immunity. Of course, some of us may wish to keep that nugget of information to ourselves.
- Oxford University researchers discovered that people who opt for genetic research have a genetic predisposition to do so.
- George Washington stopped the Revolutionary War by ordering a ceasefire in order to return a lost terrier that belonged to British Gen. William Howe, via one of Washington's aides under a flag of truce, after having the dog fed, cleaned and brushed in Washington's own tent.
- The oldest known photograph, taken by French photographer Nicéphore Niepce in 1826, took eight hours to expose.
- Leo Fender, inventor of the Telecaster and Stratocaster guitars, could not actually play the instrument himself.
- Despite its nickname, Florida isn't the sunniest state. Arizona is.

Thought for the Day: “Success is peace of mind, which is a direct result of self-satisfaction in knowing you made the effort to become the best of which you are capable.”

— John Wooden

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Save a Life.
#SlowDown #MoveOver





• On Dec. 4, 1980, following the death of their drummer, John Bonham, British rock band Led Zeppelin announced that it was disbanding, 12 years after entering the music scene.

• On Dec. 5, 1766, art auction house Christie’s founder, James Christie, made his first sale, consisting of “the household furniture, jewelry, plates, firearms, etc.... property of a noble character (deceased)” in London. Among other items, the sale included a pair of sheets, two pillowcases and two chamber pots.

• On Dec. 6, 1967, three days after the world’s first heart transplant took place in South Africa, Adrian Kantrowitz and his surgical team performed America’s first such operation (and the world’s first pediatric heart transplant) at the Maimonides Medical Center in Brooklyn.

• On Dec. 7, 1911, Britain’s King George and Queen Mary rode through Delhi, India, amidst a military salute and the singing of the national anthem. The royal couple met with 150 rajahs, maharajahs and sultans and other classes of the country’s rich and powerful. Elephants, however, were banned from the festivities for fear of them charging.

• On Dec. 8, 2009, the Obama administration announced it would pay Native Americans \$3.4 billion to settle a class-action lawsuit that claimed the federal government cheated them out of royalties for oil, mineral and other leases for more than a century. The settlement ended a 13-year legal battle that led to 3,600 filings, millions of pages of discovery documents, and 11 separate appellate decisions.

• On Dec. 9, 1930, Billie Stockton, a dancer from Hollywood, fashioned herself a dress from an entire head of lettuce to play the part of Eve in the Garden of Eden. Her backdrop was donated by the local Chamber of Commerce.

• On Dec. 10, 1901, the first Nobel Prizes were awarded in Stockholm, Sweden, in the fields of physics, chemistry, medicine, literature and peace. The prizes are funded from a reserve created after the death of Alfred Nobel, the Swedish inventor of dynamite and other high explosives.

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Senior moment

By Matilda Charles

Seasonal affective disorder

Have you recovered from the latest time change? The one that sent the clocks back an hour, pushing us into darkness in what used to be the end of the afternoon?

Seasonal Affective Disorder, also called SAD, is a type of winter depression that can be found in the young as well as the old. The decrease in daylight can affect us, as can the lack of sunshine, which lowers our production of the mood regulator serotonin. It doesn’t help that not only is there little sunshine, but often it’s too cold or snowy to make a trek outdoors.

Symptoms can look a lot like depression but only appear in the winter. Typical signs are lack of energy, restlessness, lack of interest in things we used to enjoy, feeling sad, different sleep patterns and changes in appetite.

A short visit with your physician to ask for a test to learn your vitamin D level might be in order. If the answer is yes, your vitamin D level is low, ask your physician how it can be fixed. Sometimes they’ll suggest a light therapy box, a gadget that can increase your exposure to light. If so, ask for the name of a specific brand as well as how long and how often you should use it.

Don’t try to solve the problem with over-the-counter vitamin D supplements without your physician instructing you about how much to take.

To beat SAD, sometimes it only takes a few changes to how you spend your days. Try to establish a routine of talking to friends or family every day that you can’t get out. Get a little exercise (try YouTube videos for senior exercise). Vow to eat better, even if it means just an additional piece of fruit every day.

Every step you take can have a positive impact on your mental state.

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Canutillo Independent School District						
Statement of Revenues, Expenditures and Changes in Fund Balance						
Governmental Funds						
For the Year Ended June 30, 2023						
Data		General	ARP	Debt Service	Other	Total
Control		Fund	ESSER III	Funds	Funds	Governmental
Codes						Funds
REVENUES:						
5700	Total Local and Intermediate Sources	\$ 30,645,548	\$ –	\$ 11,753,515	\$ 866,451	\$ 43,265,514
5800	State Program Revenues	30,010,145	–	350,606	470,788	30,831,539
5900	Federal Program Revenues	7,840,867	5,999,870	–	3,968,853	17,809,590
5020	Total Revenues	68,496,560	5,999,870	12,104,121	5,306,092	91,906,643
EXPENDITURES:						
Current:						
0011	Instruction	38,942,901	1,698,440	–	2,916,554	43,557,895
0012	Instructional Resources and Media Services	809,799	43,287	–	173,216	1,026,302
0013	Curriculum and Instructional Staff Development	650,848	766,732	–	799,890	2,217,470
0021	Instructional Leadership	578,064	705,851	–	125,017	1,408,932
0023	School Leadership	4,274,949	8,341	–	123,651	4,406,941
0031	Guidance, Counseling and Evaluation Services	2,408,498	87,363	–	195,978	2,691,839
0032	Social Work Services	223,510	259,714	–	496	483,720
0033	Health Services	939,043	74,453	–	51,528	1,065,024
0034	Student (Pupil) Transportation	2,120,452	–	–	–	2,120,452
0035	Food Services	5,776,358	–	–	–	5,776,358
0036	Extracurricular Activities	1,547,086	–	–	228,856	1,775,942
0041	General Administration	3,998,362	41,466	–	41,697	4,081,525
0051	Facilities Maintenance and Operations	6,437,956	1,548,227	–	345	7,986,528
0052	Security and Monitoring Services	1,432,879	–	–	1,309	1,434,188
0053	Data Processing Services	2,137,640	641,890	–	238,286	3,017,816
0061	Community Services	37,446	65,950	–	327,266	430,662
Debt Service:						
0071	Principal on Long-Term Liabilities	1,447,662	57,215	6,974,516	–	8,479,393
0072	Interest on Long-Term Liabilities	349,415	941	2,328,255	–	2,678,611
0073	Bond Issuance Cost and Fees	–	–	85,549	–	85,549
Capital Outlay:						
0081	Facilities Acquisition and Construction	899,418	–	–	5,358	904,776
Intergovernmental:						
0099	Other Intergovernmental Charges	525,413	–	–	–	525,413
6030	Total Expenditures	75,537,699	5,999,870	9,388,320	5,229,447	96,155,336
1100	Excess (Deficiency) of Revenues Over (Under) Expenditures	(7,041,139)	–	2,715,801	76,645	(4,248,693)
OTHER FINANCING SOURCES (USES):						
7912	Sale of Real and Personal Property	1,732,854	–	–	–	1,732,854
7913	Proceeds of Right-to-Use Lease	712,823	–	–	–	712,823
7949	Proceeds of SBITAs	68,689	–	–	–	68,689
	Transfers Out	(1,000,000)	–	–	–	(1,000,000)
7080	Total Other Financing Sources (Uses)	1,514,366	–	–	–	1,514,366
1200	Net Change in Fund Balances	(5,526,773)	–	2,715,801	76,645	(2,734,327)
0100	Fund Balance – July 1 (Beginning)	25,119,669	–	10,394,623	584,043	36,098,335
3000	Fund Balance – June 30 (Ending)	\$ 19,592,896	\$ –	\$ 13,110,424	\$ 660,688	\$ 33,364,008

The NFL MVP race must now include DAK

By Steve Escajeda
Special to the Courier

Before the National Football League started back in September, everyone figured the MVP race would be led by quarterbacks Patrick Mahomes, Jalen Hurts, Aaron Rodgers, Tua Tagovailoa and Josh Allen or maybe even wide receiver Tyreek Hill.

On defense, there are always guys like T. J. Watt, Nick Bosa, Aaron Donald or Micah Parsons.

And all those guys are having great years as expected. Well, except for Rodgers.

But one name absolutely no one was talking about was Dallas Cowboys’ quarterback Dak Prescott.

Any why would they? Remember Dak was returning from a season in which he must have been suffering through some color blindness because he was throwing the ball to guys in the wrong colored uniforms.

Prescott played in only 12 games due to injury last year but he ended up leading the league in interceptions with 15.

It seemed like every person in front of a microphone was predicting the end for Dak. When the Cowboys traded for the 49ers’ third-string quarterback Trey Lance earlier this season, some know-it-all’s were actually suggesting Lance take over for Prescott.

And over the first six games of the season, that wasn’t such a ridiculous idea.

Dak was struggling again with only six touchdown passes and four interceptions.

But the best thing that could have happened for Prescott happened after that sixth game – the Cowboys had their bye week.

I don’t know what he did, I don’t know what he ate, I don’t know what he changed, but since the bye week, Dak Prescott has been the best player

in the NFL.

The Cowboys are sitting at 9-3 with five games to go in the season, but they are still trying to catch the Philadelphia Eagles for the NFC East title.

If they are going to have any chance of that, Prescott has got to keep playing the way he has over the last month.

Since that bye (in 6 games), Prescott has thrown 20 touchdown passes against just two interceptions.

After being near the bottom of the NFL passing stats the first six weeks of the season, Dak is now ranked in the top three in completion percentage, touchdown passes, passing yards and quarterback rating.

And all those so-called experts on radio and TV who were blasting him, are now mentioning his name as a definite MVP candidate.

So, what is the main thing Prescott is doing now that he wasn’t doing at the beginning of the year?

The first thing I see is that he’s throwing the ball more. At the start of the season the Cowboys were trying to lean heavily on the running game.

That didn’t work very well.

The second thing is that while the running backs weren’t running as well as the team had hoped, Dak started running more, and that has made all the difference.

Coach Mike McCarthy had Dak roll out more, making defenders not know whether he was going to throw the ball or run it for a first down.

Time and time again, Prescott has rolled out and hit the open man for a big play.

And let’s not forget to give much of the credit to his pass-catchers, CeeDee Lamb, Brandin Cooks and Jake Ferguson. The one guy that has been kind of forgotten is Michael Gallup, but he’s had a big grab now and again.

The Cowboys have had Super Bowl quarterbacks like Troy Aikman and Roger Staubach, and they’ve had very good but not-good-enough guys like Danny White and Tony Romo. It’s still up in the air as to what category Dak Prescott is going to end up in.

But if Prescott continues to take command the way he has over the last month, he will certainly be seen much differently.

With that defense, the Cowboys are definite Super Bowl contenders. But to do so, Dak is going to have to slay some dragons. The dragons that live in his own head.

He has the physical tools it takes to be a Super Bowl champion. All he needs is the confidence to believe he belongs there.

Prescott is playing the best football of his life right now. If he keeps it up he could end up wearing a ring to show for it.



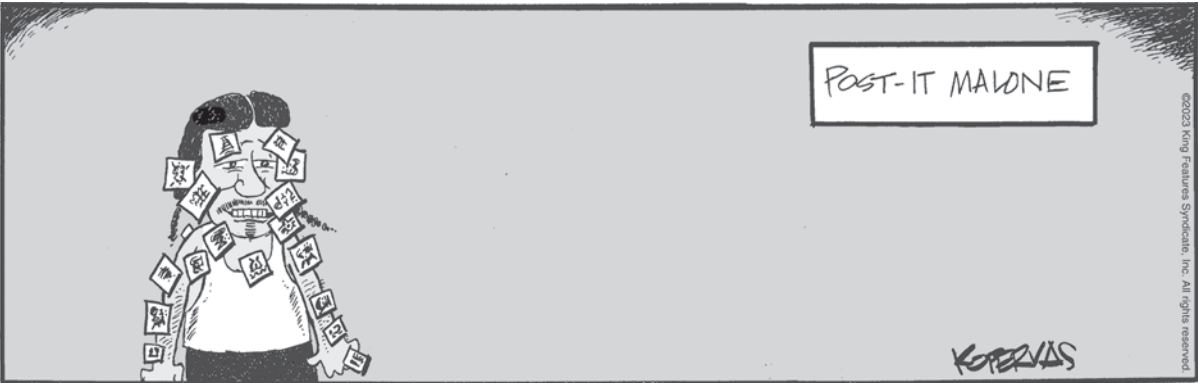
Super Crossword

SHADES OF HISTORY ACROSS				61 Footed vase	115 Tide type	32 Long-used adage	81 Together, in music scores
1 Holds inside	62 Agnus _ (Mass prayer)	119 Exhort	33 Least shallow	82 Bringing to a conclusion			
9 Scrams	63 Riddle, part 3	120 Riddle's answer	35 P-shaped Greek letter	84 Bracing drink			
16 Many millennia	66 "This is SO frustrating!"	127 Carry in the uterus	36 Sculler's tool	88 Singers executing quavers			
20 Chart of the Pacific, e.g.	69 Beelzebub	128 They could use a welcome sight	38 Promising solemnly	89 With vehemence			
21 Eeyore's creator	70 Tools used in fixing flats	129 Quick flights	39 Illinois city	90 Genetic ID			
22 "Blue Jasmine"	72 Huge fad	130 Most bohemian	40 Size	92 _ choy			
Oscar winner	76 To date	131 Tilting	41 "_ culpa"	96 Conclusion			
Blanchett	78 Riddle, part 4	DOWN		97 "Goodness!"			
23 Start of a riddle	80 Ship's swerve	1 Milked beasts	43 St. Pat's land	99 Mil. officer			
25 Cawing bird	83 Brow's curve	2 Dos cubed	44 Lucy's Arnaz	102 Share, as a blog entry			
26 Collate, e.g.	85 Bygone Russ. states	3 Close by	45 BBQ sides	103 Web-footed wading bird			
27 Couch potatoes stare at them	86 Most speedy	4 Body image?	50 In present times	104 "Me neither"			
28 Maple stuff	87 She won eight	5 Moreover	52 Church topper	105 Pioneer Boone			
29 Thin coins	88 Bygone Russ. states	6 Texting shorthand for "I think"	53 Bishops' toppers	109 Maudlin sentimentality			
30 Prayerful plea starter	91 "Oops, I messed up"	7 Anti's call	55 Greg Evans' long-running comic strip	110 Guthrie of folk singing			
34 Designer Saarinen	93 Comic-strip light bulb	8 Catch sight of	57 Isolated	112 Legendary snow beast			
37 Sparks' state	94 Sliding-open car option	9 "Goldfinger" singer	59 Poker IOUs	114 Hacienda house			
39 Riddle, part 2	95 Like below-zero nos.	Shirley	60 Fliers' military branch	116 "Orinoco Flow" singer			
45 Subject for Dr. Ruth	98 "... _ it just me?"	10 French thirst quencher	64 Neopagan practice	117 Yemeni port			
46 "Zip- _Doo-Dah"	100 Highway goo	11 Electric guitar connection	65 Full of racket	118 "Hey, over here..."			
47 "... Mac _ PC?"	101 End of the riddle	12 Pointers	67 Autos such as Ramblers and Pacers	120 Org. for club swingers			
48 Hostess snack cake	106 "Perhaps... ask me about it later"	13 Actor Everett	68 Half of Hispaniola	121 No, in Paisley			
49 Onetime senator Trent	107 Band with the hit "Whip It"	14 Customs worker	71 Tanzanian tourist treks	122 Part of TGIF			
51 Hiccup or charley horse	108 _ date (plan for marriage)	15 Golf bag item	73 Must	123 "Just joking!"			
54 Convents and abbeys	109 Exuding testosterone	16 Fender bender, e.g.	74 Pant-length measure	124 Lingerie item			
56 Colored rings of irises	111 Catch sight of	17 Tagged for a particular use	75 Perfume from petals	125 The, in Arles			
58 About 4.2 millimeters, in typography	113 Hobbit hunter	18 Plains tribe	77 Chevy SUVs				
		19 Bulletin fodder	79 Chuck Berry title woman				
		24 Iris' layer	80 Rural assent to a woman				
		29 Miles of jazz					
		31 Student transcript no.					

Answer Page 4

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

shut down midtown Manhattan. They vandalized a police cruiser, writing “IDF KKK” on it, and splattered fake blood on the New York Times building. They kicked and smashed windows at a shut-down Grand Central Station.

Unlike other mass movements, most famously the civil-rights movement, the protesters don’t seek to swath themselves in American symbolism and ideals. Palestinian flags, not American flags, are the banners of these marchers. In Manhattan, they removed American flags from a lamppost. And they’ve vandalized war memorials in Europe.

In some prominent cases, we have directly imported hatred of ourselves via the Middle East. At a large pro-Palestinian rally in Washington, D.C., the lawyer and activist Lamis Deek praised martyrdom and resistance, and bellowed that “the truth is the Western world is a lie.” She comes from Nablus, and her worldview is about what you’d expect of someone from there.

At MIT, Israeli and Jewish students say they were blocked from attending class by a pro-Palestinian protest at the school’s main entrance. The protest violated the rules, but when the school ordered all protesters to leave the area or face suspension, the contingent of Jewish counter-protesters left, while the pro-Palestinians stayed.

Were they suspended? No, apparently because many of them are foreign students. The president of MIT cited “visa issues” in not following through on the discipline.

This is perverse. But we can never forget the extent to which we ourselves, through determined inculcation in our own schools, have made students from right here in the United States haters of Israel and the West. Altogether, we’ve created the conditions for the ongoing cataract of anti-Israel agitation, coupled with outright antisemitism and harassment of Jews, that shows no signs of abating.

Why settle for an Arab Street abroad, when you can have one here at home?

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

All medications need to be properly stored

DEAR DR. ROACH: I am concerned, and have been for some time, about whether my prescriptions that arrive by mail are compromised, since they sit in vehicles with the sun beating through the windows, heating them up. Also, the plastic bottles in which the prescriptions are stored give off toxic emissions as they “broil” in the sun. The instructions that come with some of the meds warn about heat as well. My pharmacist told me that heat does affect a medication’s effectiveness negatively. So, if this is true, millions of us are taking important medications that are basically not doing the job. After all, the meds that arrive at pharmacies come in hot vehicles, too. What’s your take? – J.Z.



All medicines should be stored in a cool, dark place, as direct sunlight and heat can damage their effectiveness. Studies have proven that medicines sent by mail order can indeed get out of their published temperature range. While this happens most often in mailboxes, I understand your point about medications “broiling” in hot temperatures during the shipment itself.

Liquid medicines, hormones and nitroglycerin are among the most sensitive. Medicines that need to be dosed exactly, such as transplant rejection medicines, biologicals, and seizure medicines, are also particularly likely to cause problems if they are damaged during shipping. Although some medicines are supposed to be shipped in packaging with cold packs and insulation, this isn’t always the case.

I recommend using a local pharmacy, but many people have prescription plans that require them to use mail order. Many states have requirements about customers using retail pharmacies. If that’s not the case for you, try to make sure that the medicine will be delivered when you are available to receive it.

If you have a temperature-sensitive medicine, such as the ones I mention above (you can ask your pharmacist about others), request that your mail-order pharmacy sends it in special packaging during warm weather. You might also consider having them shipped to a place where they will be put into a temperature-controlled environment right away.

DEAR DR. ROACH: Since I developed bronchiectasis, I have lost 15 pounds. I can’t seem to get an answer as to why this disease would result in weight loss. Can you shed any light on this? – E.K.G.

Bronchiectasis is a lung condition similar to chronic obstructive pulmonary disease (COPD). It develops after a lung infection occurs in a person who is at risk due to a number of possible underlying conditions.

Weight loss with chronic lung disease, like COPD and bronchiectasis, is common. There are many possible reasons. One is that breathing can be hard work! It takes extra energy (as much as 10 times more energy) to breathe with chronic lung disease. Some medications used for bronchiectasis promote weight loss, often through poor appetite. Bronchiectasis is an inflammatory condition, so this can also lead to appetite suppression.

Although many healthy people want to lose weight, losing weight with chronic lung disease is a bad sign and a reason to make some dietary changes. I’ve often advocated for nuts and nut butters; the healthy fat in them contains a lot of calories, and fat is easier on your lungs, since it makes less CO2 than protein or carbohydrates. You also need to maintain muscle strength.

Finally, a new serious diagnosis always leads to a change in how we think of our bodies, so depression (which often exacerbates weight loss) is not uncommon. Your doctor or a mental health professional can help.

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.



Moore Texas by Roger MOORE
December 9, 1844: Anson Jones takes the oath as the last President of Texas.

CryptoQuip

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

Clue: D equals S

TE OKI DILLXNHTHTKIDGO
NKYQXH W NIDJNTU KIH KE W
JWLRSWLX DHKLX, SJWH RK
OKI RK? DUXWQ W HWYQ.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

♦♦♦ HOO BOY!

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Veterans Legacy Memorial expanded



by Freddy Groves

This is certainly welcome news: The Veterans Legacy Memorial (VLM) website now contains the names of 10 million veterans who are buried across the country. Those locations include the national cemeteries, DOD cemeteries, National Park Service national cemeteries, and now civilian and non-VA cemeteries are also included.

Another piece of good news: Earlier this year the site indicated that only veterans would be listed, not their spouses. However, I’ve just now found the mother of a good friend; she is buried with her veteran husband at Arlington National.

The Veterans Legacy Memorial website (www.vlm.cem.va.gov) is quite an undertaking. Each veteran has an individual page that includes a bio with branch of service, dates of birth and death, war

period, rank, decorations and more. And in this digital age, family and friends can upload stories, photos and historical documents.

Not all cemeteries and veterans have been covered yet. I’m unable to find one uncle – so far I’ve found the rest of my veteran relatives: my grandfather, father, mother and another uncle – perhaps because he’s in a very small cemetery in a very rural area. I have hope that he’ll eventually be included as well.

Do you qualify for burial in a national veterans cemetery? You can apply for pre-need approval, if you wish. (Go to va.gov/burials-memorials and click on “Eligibility.”) You’ll need several documents to send with your application (VA Form 40-10007), such as DD-214. Chose a VA national cemetery. Call 800-535-1117 if you need help with the paperwork.

Then, with the future comfort of your family and friends in mind, go the extra mile and gather up a few things you’d like to see on your eventual memorial

page, perhaps a special photo or a story from your past. Include a note that points to the Follow a Veteran alert, which can tell your family and friends when something has been added to your listing. Add in this number – (866) 245-1490 – for help with uploading photos to the site.

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by Jo Ann Derson

- Don’t throw away that damaged garden hose. Here are three great uses: 1. Use as a weather strip along the bottom of your garage door. 2. Use sections to protect the blades on your ice skates. 3. Use as a safety edge on your saws in the shop. Cut to fit and slip it over the blade.

- “If a small screw keeps coming loose on something, remove it, paint it with clear nail polish and rescrew quickly. This often does the trick. Makes it more grippy.” – I.W. in Minnesota

- Doggie got a greasy coat, but it’s too cold for a bath? Liberally sprinkle your pup with baking soda or cornstarch. Rub into coat and brush out.

- “Those little soft cardboard sleeves that light bulbs come in are really great for mailing photos. If you fold them flat, you can slip your pics inside, and it goes right in the envelope. They’ll be nice and protected.” – D.L. in Georgia

- “If your curling broom is losing its spring, try trimming the bristles a little bit. This worked for me.” – R.D. in Canada (Tipsters: Curling is an ice sport.)

- Defog your mirror with shaving cream. Smear it over the entire surface and then wipe away with a clean towel. Keep cleaning until clear. It works for at least two weeks – NO FOG!

- For dusting, use a clean tube sock and spray with furniture polish, then dust away! It’s easier to get into nooks and crannies. – C.F. in Oklahoma

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 4

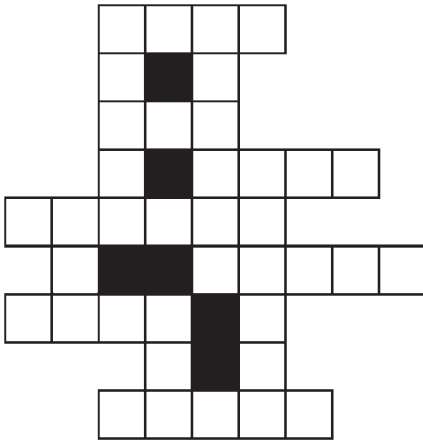
	÷		+		16
-		+		-	
	-		×		15
×		×		×	
	-		×		20
16		9		16	

1 2 3 4 5 5 7 8 9

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BHU
NALTAS
♥ NERTO
♥ ACYL
♥ HEROCE
IYN
♥ RYTA
HOBRA
ILN
ELBINY
ANCLA
♥ HICN



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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