



NEWSBRIEFS

Household debt

American households have around \$17.7 trillion in debt, and the personal-finance website WalletHub today released its new report on the States Where People Are the Most Delinquent on Debt to show where people are at the biggest risk of credit score damage and other negative consequences. To highlight the places where people are having the most trouble paying their debts, WalletHub analyzed proprietary user data from Q1 2024 for each of the 50 states. In our ranking, we considered both the percentage of individual tradelines that were delinquent and the percentage of residents' total loan balances that were delinquent. Texas was rated 10th in the report.

"Being delinquent on debt can lead to fees, credit score damage, increased interest rates and other negative repercussions. That's why it's important to get current as quickly as possible. For many types of debt, you will have at least 30 days after your due date to make your payment before the lender officially reports it as 'late' to the credit bureaus. Many lenders also offer hardship programs that can allow you to temporarily forgo payments due to financial difficulty. Mississippi has the biggest debt delinquency problem, with around 12.7% of individual loans and lines of credit in the state delinquent in Q1 2024, the highest percentage in the country. When all the dollar amounts are added together, Mississippi residents are delinquent on 10.9% of their overall debt, the highest percentage in the country."

— Cassandra Happe
WalletHub Analyst

Visit <https://wallethub.com/edu/states-where-people-are-the-most-delinquent-on-debt/136191> for the full report.

— Diana Polk

Water work

Talk about "muscle control." Thirty-five-year-old Ma Hui, who hails from China, made it into the Guinness Book of World Records when he downed more than a gallon of water and then regurgitated it in a record-breaking 5 minutes and

See BRIEFS, Page 4

It used to be that we watched our television. Now it watches us, listens to us and talks to us.

— Quips & Quotes

Olivas hopes to inspire others

High school grad likes music, writing

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Judith Olivas is so appreciative of the education she received from her public school teachers that she invited her former teachers, from pre-k through high school, to celebrate with her as she graduated recently from Hank High School.

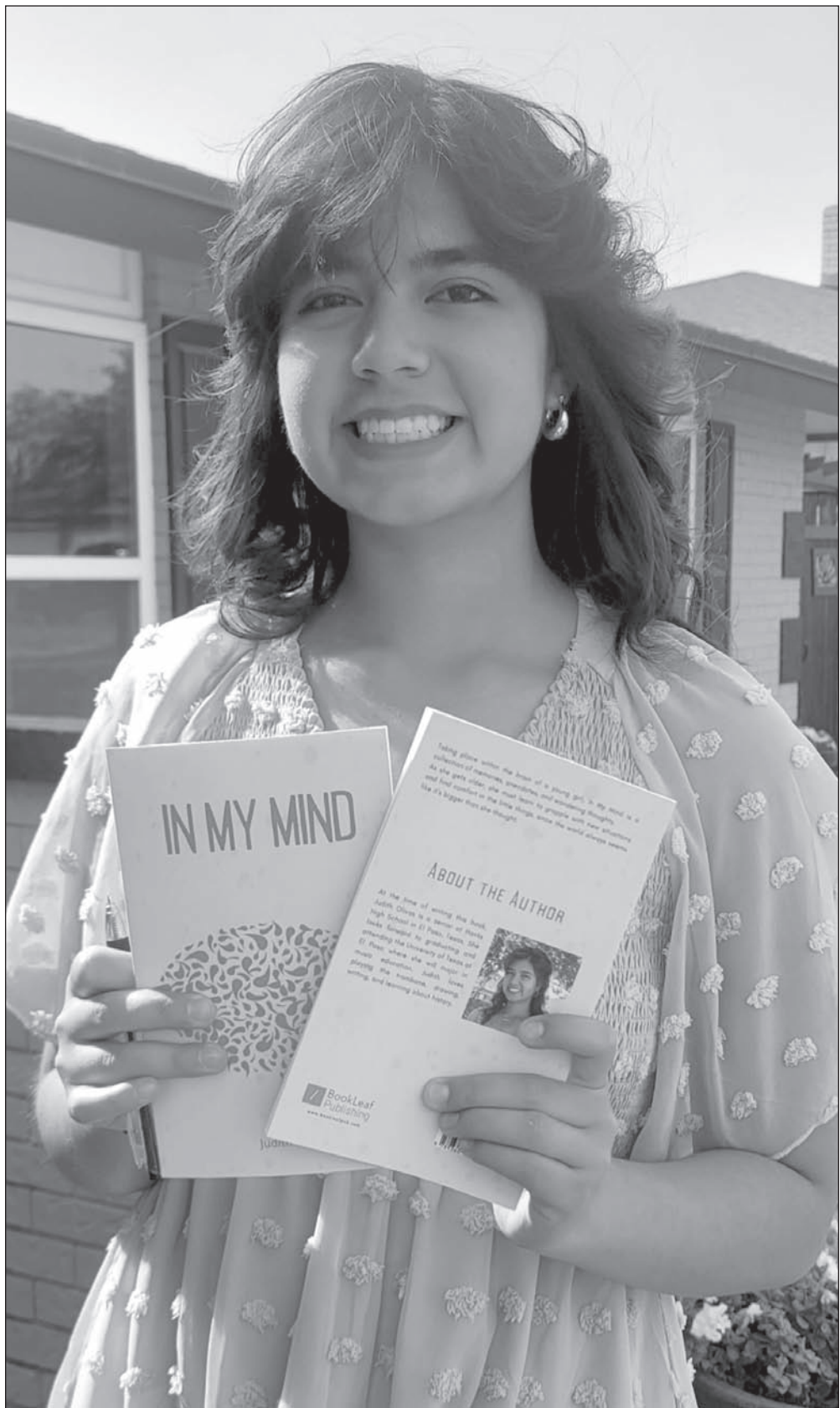
Olivas showed her gratitude towards her teachers by honoring them with a dinner, where she shared memories depicting her academic accolades and the influence these teachers had on her. "All it takes is one teacher to believe in you, and she has been blessed to have had many throughout the years," stated Olivas' mother, Irma.

Olivas' graduation was the culmination of a remarkable high school stint as she accomplished a multitude of achievements including ranking in the top ten percent of her senior class, being a reporter for the KnightVision (Hanks HS newspaper), serving as vice president of the National Honor Society (NHS), earning top 10 recognition on the 2-5A All District golf team, and being selected president of Interact, a student-led organization that helps feed over 500 families during the Thanksgiving holiday.

Additionally, she was named president and a section leader of the Hanks HS Band and earned State honors playing the trombone her senior year. Olivas was also actively involved in various clubs, holding leadership positions, and accumulating more than 1,500 volunteer hours.

Obviously, Olivas has many passions, but her love of playing the trombone and classical music is leading her to study music education at the University of Texas at El Paso (UTEP). "Music has been such an inspiration in my life, and I have been fortunate to have many great directors help me learn and understand music and what it means to us," Olivas stated in a recent news report. "I love slow classical music; it fits my skill set. When you really listen to music, you realize so much about it, and how much goes into the making of music."

Olivas wants to teach after college and said that she plans to start her teaching career at the middle school level. "I drew inspiration to be a teacher when as a mentor to others, a younger student said I was an inspiration," she related. "I want to give back to others and help them grow. Being involved in many activities in high school helped



— Photo courtesy of Irma Olivas

PUBLISHED AUTHOR – Judith Olivas, 18, credits her parents, Irma and Hector, with helping her develop her passion for giving back to her community, for her love of music, and for her inspiration in writing a book of poetry, titled *In My Mind*, which was recently published and is currently available through Amazon.

me grow so much."

The eighteen-year-old Hanks HS graduate credits her father, Hector, for her interest in playing the trombone. "My dad played the trombone in high school, and my mom has a giving heart," Olivas said. "They both have inspired me to live my best life. Every part of what I did in high school helped me grow. I met some great people, and I learned from them."

Olivas also aspires to be a writer. She said that since her childhood she dreamed of being an author/illustrator before acquiring a fondness for music, and that love of writing helped her recently complete a book, titled *In My Mind*, a collection of poems and anecdotes. The book is currently

available online through Amazon.

"I thought why not continue my love for writing and do that along with my music," Olivas asserted. "It felt great to work on the poetry book project and express myself that way," she added.

"I think her success thus far is outstanding. A published author by the age of 18! She accomplished all this despite her freshman year in high school being impacted by COVID, and suffering through the loss of her paternal grandmother and maternal grandfather within a month," Olivas' mother recounted. "Yearning for normalcy, she came back full force to make the most of her high school experience," her proud mother affirmed.

The Secretary of Transportation who couldn't



Rarely has a cabinet secretary done so little with such vast resources.

On the CBS show "Face the Nation," Secretary of Transportation Pete Buttigieg had to defend the Biden administration's woeful record of building new electric-vehicle charging stations that are key to unlocking its hoped-for EV nirvana.

Host Margaret Brennan asked how it could be that, with \$7.5 billion allocated for this purpose two years ago, the administration has managed to build eight. Not eight thousand, or even eighty. Eight.

Buttigieg said that President Joe Biden plans on building 500,000 chargers by the end of the decade, and — implying this is some sort of an accomplishment — "the very first handful of chargers

are now already being physically built."

It's true that eight is better than zero, and the administration is now only 499,992 chargers away from its goal rather than 500,000 away.

At this rate, though, the Emperor Hadrian wouldn't have finished his wall prior to the fall of the Western Roman Empire, and we'd still be constructing the Hoover Dam to this day.

The administration that made "Build Back Better" the catchphrase of its economic agenda turns out not to be any good at building.

Surely, the pace of the construction of charging stations will pick up, but the slowness out of the gate is a symptom of the folly of attempting to force a radical change in vehicular transportation via government fiat.

Buttigieg insists that "the EV revolution will happen with or without us," yet

it's off to a sputtering start. It's less a revolution than a shift in consumer preferences at the margins, especially at the high end of the market among people who can afford to make their second or third car an electric vehicle.

There are signs that the uptake of EVs is slowing down. The New York Times reported that Ford and other automakers have tapped the brakes on EVs, a shift "prompted largely by the companies'

See LOWRY, Page 7

Food for thought By John Grimaldi

Doctor appreciates being a mother

Dr. Nicole Saphier, director of breast imaging at Memorial Sloan Kettering, is also a medical contributor for Fox News and a best-selling author. But, above all, she's a mom who recently published a book about motherhood called, *Love, Mom: Inspiring Stories Celebrating Motherhood*. She described it as "a passion project" in a recent interview with Rebecca Weber, CEO of the Association of Mature American Citizens and the host of AMAC's *Better For America* podcast.

"I've had other books in the past; they focus more on health and wellness and health care policy. *Love Mom* is completely different,"

Saphier explained. "It's a compilation of beautiful stories of motherhood, starting out with my own, which for those that don't know me, my motherhood journey was quite non-traditional. It began when I was still in high school. I was 17 years old and I became pregnant. And after some soul-searching and a lot of reflection, I made the decision to have my son. I was that pregnant teenager walking the halls of high school and he was born about six weeks before my high school graduation. So, my son was at my high school graduation, my college graduation, my medical school graduation, and he's been with me essentially my entire adult

life. And I am proud to say that he has now graduated college and just finished flight school training to be a commercial pilot. And somewhere along the way, I got married and had two more boys. So, I'm a mom of three boys. And so, it was quite an experience for me to be able to talk about my story, kind of getting down to some of the nitty-gritty of it. It certainly wasn't all rainbows and unicorns and I really talk about some of the struggles that I had during my time."

But, she said, "I was able to also, in the book, share the story of so many other moms, many of them familiar faces from Fox News like Ainsley Earhart, Martha McCallum,

Carley Shimkus, Janis Dean, Jennifer Griffin, and so many other others. But it's not just Fox Moms. There are many non-Fox Moms. Some were Gold Star Moms that I knew. Some were patients of mine. And I can tell you that these stories are so different. But we all had some of the same themes that we had to lean on our faith, our family, and our friends to get us through and that there is nothing more precious than being a mother."

Saphier admitted that when she wrote about her own motherhood she experienced a lot of emotions. "A lot of things that I suppressed [caused] emotional trauma or physical trauma. You try and suppress those memories but it really is difficult. There were feelings of loneliness. I was frightened. I felt isolated. The rest of the world kind of let me go. My friends, who I thought were my friends, at

the time certainly were not. I also had members of the church who kind of preferred that I didn't attend teen mass anymore. It was heartbreaking for me. But I can tell you that it was overcoming some of that heartbreak and those feelings that really helped me refocus my priorities and there's nothing greater, nothing more important in our lives than our families. And so that was important for me to realize because as teenagers we are all consumed with the world around us, what people think of us and whether our priorities aren't in the right spot. So, I was kind of forced into realizing, 'Hey, you know what? None of this matters. It's all noise around me.' So, while I cried many nights, my teen Bible by the side of the bed [gave me] a lot of strength and comfort knowing that there's nothing in front

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– Photos courtesy San Elizario ISD

MONEY – From left teachers Rogelio Aldavaz, Elizabeth Morales, Rachel Norman Aguirre, Elia Rosales, and Jennifer Perez were each awarded grants from the Classroom Fund.

San Eli ISD teachers receive \$5K in grants

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – Since its establishment in 2011, the Classroom Fund has ensured every teacher recipient is better equipped with the necessary tools for success in their classroom. In the San Elizario Independent School District, the El Paso Community Foundation spearheads this initiative every year, and this support helps transform countless classrooms, one grant at a time. With the recent announcement of the 2024 Classroom Fund Grantees, the spotlight shines brightly on five deserving educators from San Elizario, who have been awarded a combined

\$5,000 worth of supplies.

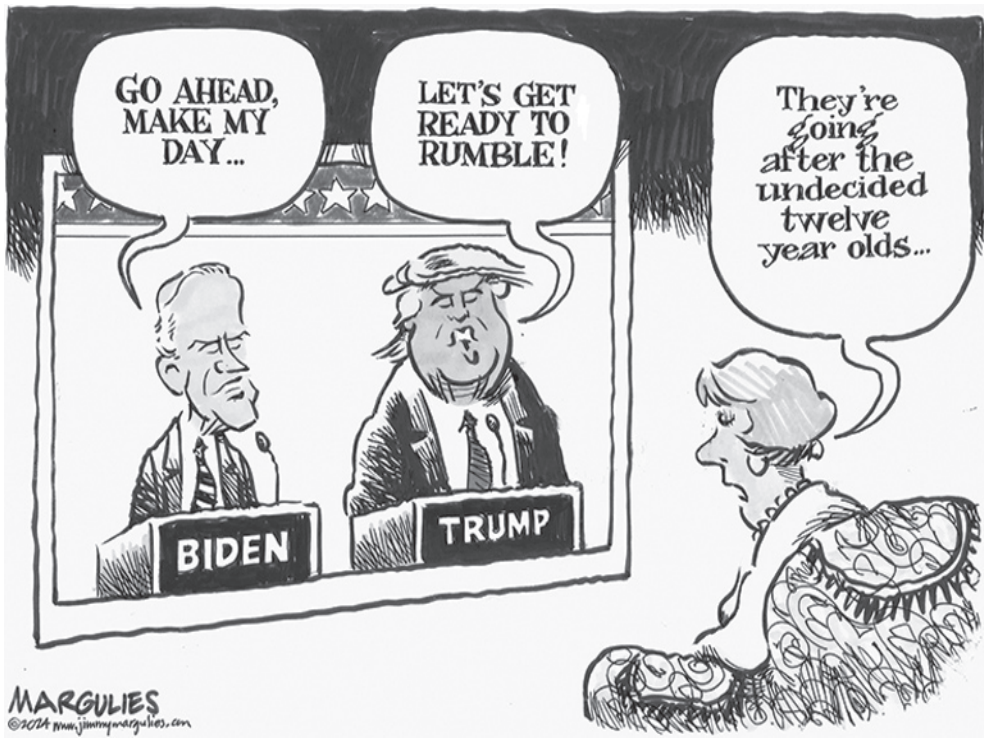
“The process was simple; I just picked supplies and wrote about how my students with special needs would benefit from them. I was in shock that I won. Now, my students will have brand new materials next school year,” said Jennifer Perez. She is a teacher at Josefa L. Sambrano Elementary School and grant recipient.

The impact of the Classroom Fund extends far beyond the halls of Josefa L. Sambrano Elementary School, reaching into the corridors of San Elizario High School (SEHS), where educators Rogelio Aldavaz, Elizabeth Morales, Rachel Norman Aguirre, and Elia Rosales also applied and received a grant. Their dedication to applying for a grant on behalf of their students is a testament to the

transformative power of education.

SEHS Principal Troy Enriquez was pleased with their effort. “These staff members applied and conveyed the commitment to teaching and their content area. As they near the 24-25 academic year, the El Paso Community Foundation has awarded these individuals for their work and investment in the children of San Elizario,” he said.

The Classroom Fund is committed to meeting students’ educational needs. All educators, including teachers, counselors, school nurses, and coaches are invited to apply for a \$1,000 grant. The application process is designed to be user-friendly, and we encourage all interested parties to apply online through the straightforward Classroom Fund website (theclassroomfund.org).



Sanchez is new El Paso County Attorney

By Elhiu Dominguez
Special to the Courier

ELPASOCOUNTY—The El Paso County Commissioners Court voted 5-0 to appoint Assistant County Attorney Christina Sanchez as new County Attorney on Monday, June 10, 2024. She will fill the remainder of Jo Anne Bernal’s unexpired term. Sanchez was sworn in as El Paso County’s Attorney by 41st District Court Judge Annabell Perez later that day. The ceremony took place in the El Paso County Ceremonial Courtroom.

The unexpired term runs until December 31, 2024. Perez also administered the oath of office to all Assistant



— Photo courtesy County Attorney’s Office

RAISE YOUR RIGHT HAND – Judge Annabell Perez, left, swears in new County Attorney Christina Sanchez as supporters look on.

County Attorneys and County Attorney Investigators during the ceremony.

The County Attorney’s Office is the legal representative for the county; prosecutes juvenile

criminal cases; enforces environmental laws; secures protective orders for victims of domestic violence, stalking and bullying, and protects the elderly and children from abuse and neglect. The

office also prosecutes hot check writers and deceptive businesses. The County Attorney’s Office has a yearly budget of over \$10 million and more than 100 employees.

View from here By John Grimaldi

Trump’s guilty verdict sparks outrage

According to the Cambridge Dictionary the word “trump” means “to be better than or have more importance or power than another person or thing.” In America’s political circles Trump, as in President Donald Trump, is gaining in popularity among voters, despite extreme efforts of his enemies. The news source, *Vox*¹, writes that “across multiple kinds of polling and public opinion surveys, Trump’s favorability appears to have stabilized at a higher place than three years ago. Views of Trump have been improving for most Americans and have actually increased significantly among Black and Latino Americans², younger voters, and working-class people.”

What makes his popularity significant is that it is happening in the aftermath of efforts to take him down. President Trump has faced four criminal court

charges, one of which has found him guilty. He is the first former president in American history to be charged with crimes. Some argue that the charges were brought in an effort to take him down and the convictions will ultimately be overturned.

According to consultant Billy Pierce it was “an abuse of the justice system. Biden and Democrats can’t win the 2024 election in the polls, so they use prosecution of Trump to try to keep him out of office. This verdict will not hold up through appeals.”

Support for Trump has even been declared by voters such as Betsy Sarcone who said she didn’t even like him. As she put it, “I’ve been following this sideshow semi closely. This does not impact my plans to vote Republican. I don’t even like Donald Trump and this was a witch hunt,

made up crimes on the part of the judge and DA. It will never stand on appeal. ... I actually don’t think it will hurt him. People are so sick of the sideshows to distract, avoid [and] gaslight people away from the real problems in this country. To be clear, I’m still not a Trump fan, but it’s pretty clear these cases are being motivated politically.”

The fact of the matter is that Donald Trump’s guilty verdict has rallied support for the former president. Ron Bonjean, a Republican strategist, told *The Hill*³ that it had “the same dramatic effect across the country like President Clinton’s impeachment. They are very different scenarios, but both caused a massive rally effect. With Clinton it was Democrats, and now with Trump it’s Republicans who believe there is judicial overreach... [it gave] establishment Republicans permission to be supportive of Trump going into November”

Even Trump’s former VP, Mike Pence, said Donald Trump’s verdict was based on “politically motivated charges [and] is an outrage and disservice to the nation. No one is above the law, but our courts must not become a tool to be used against political opponents.”

The links in the digital copy of this issue, at www.wtxcc.com, are clickable.

1 – <https://www.vox.com/2024-elections/24105970/donald-trump-popularity-favorability-rising-latino-black-young-working-class>

2 – <https://x.com/charliekirk11/status/1794030500002378017?mx=2>

3 – <https://thehill.com/homenews/senate/4697624-trump-verdict-gop-skeptics/>

Briefs

From Page 1

51.88 seconds. According to Guinness, “water spouting is a trick which has been performed since the 17th century. It involves drinking large amounts of liquid (usually water) and regurgitating it using muscle control.”

— John Grimaldi

Making Whoopie

No, it’s not what you think it is.

These whoopies are the real thing – genuine cookies filled with cream the way they were first made in Maine. They’re called whoopie pies and they are Maine’s official state treat. In fact, the Portland Sea Dogs baseball team, with the help of the bakers at Wicked Whoopie Pies, recently earned a page in the Guinness Book of World Record for making the longest line of whoopie pies consisting of no less than 2,121 whoopie pies.

— John Grimaldi

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CryptoQuip Answer

Both of the royal court attendants are pretty spiteful, but that one is a cattier courtier.

Strange BUT TRUE

By Lucie Winborne

- “Witch windows,” or diagonal windows, exist almost exclusively in Vermont. Their moniker comes from the superstition that witches can’t maneuver their broomsticks through slanted windows.
- More than 70 species of mushrooms glow in the dark.
- A 67-year-old woman named Dorothy Fletcher had a heart attack on a plane. When the stewardess asked if a doctor was on board, luck was on Dorothy’s side: Fifteen people on their way to a cardiology conference stood up! Dorothy survived.
- A killer fog that swathed London in 1952 and left as many as 12,000 people dead led to Parliament’s passing the first Clean Air Act in 1956.

• Richard Anthony Jones spent 17 years in jail on a robbery charge until talk by some of his fellow inmates revealed he had a doppelganger with the same first name in the same jail. This second Jones was actually the guilty party.

• Before his acting career took off, Harrison Ford worked as a roadie for The Doors. That gig proved so intense that he humorously claimed he was “one step away from joining a Jesuit monastery” after it ended.

• Black cats are considered to bring good luck in Japan.

• While doing research for the film “Castaway,” William Broyles Jr. isolated himself on a beach for a week to immerse himself in the survival experience, which lent authenticity to the screenplay.

Thought for the Day: “By seeing each day and each situation as a kind of training exercise, the stakes suddenly become a lot lower. The way you interpret your own mistakes and the mistakes of others is suddenly a lot more generous.”
— Ryan Holiday

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Moments in time
THE HISTORY CHANNEL

• On June 17, 2015, 21-year-old Dylann Roof joined members of Emanuel African Methodist Episcopal Church in Charleston, S.C., for a Bible study session before drawing a gun, telling the others that African Americans were “taking over the country,” and killing nine people. Roof was arrested the following morning and eventually sentenced to death for the crime.

• On June 18, 1979, President Jimmy Carter and Soviet leader Leonid Brezhnev signed the Salt II agreement dealing with limitations and guidelines for nuclear weapons. However, due to the Soviet invasion of Afghanistan the following year, it never went into effect and Carter withdrew the U.S. from the agreement.

• On June 19, 1821, Jesuit missionary Pierre-Jean De Smet met with Sioux leader Sitting Bull in present-day Montana in an attempt to convince local Native Americans to make peace with the United States. While the chief refused to personally sign a peace treaty, he sent one of his lesser chiefs to Fort Laramie, WY, to sign a pact in which the Sioux would allow white travel

and settlement in specified areas.

• On June 20, 1937, W2XBS (later WCBS-TV) televised the first TV operetta, “The Pirates of Penzance” by Gilbert and Sullivan. It became the pair’s most popular creation.

• On June 21, 2005, 80-year-old Edgar Ray Killen, a former KKK organizer, was declared guilty on three counts of manslaughter in the deaths of three civil rights workers in Philadelphia, MS, 41 years earlier, and sentenced to 60 years in prison.

• On June 22, 1783, after hearing arguments in the case of the slave ship Zong, the Chief Justice of the King’s Bench in London stated that a massacre of 142 captive Africans “was the same as if horses had been thrown overboard,” as the actual question before the court was whether the “cargo” was covered by insurance rather than who was responsible for their deaths. The trial would galvanize the burgeoning movement to abolish slavery.

• On June 23, 1940, Adolf Hitler surveyed notable sites in the then German-occupied French capital during his first and only visit to Paris, marking Napoleon’s tomb among the spots to see and calling the trip “the greatest and finest moment of my life.”

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Doctor


From Page 2

necessarily believe in that but I do believe things work out the way that they are meant to.”

Saphier went on to address the evolution of the feminist movement in America. “The fact that I am a physician in an academic institution with a leadership position was a result of the women who came before me. [They fought] for our right to work, our right to have an equal standing professionally. But it seems these days the modern-day woman is not necessarily fighting for equality. They actually seem to be trying to erase what it is to be a woman. They’re no longer celebrating the fact that women were made to be mothers and to have a nurturing personality. There are so many support systems for women who don’t want to choose life and the amount of financial and support in general for abortion clinics is just astronomical. There’s not nearly as much support or attention for the women who don’t want to choose an abortion, who want to choose life. I think that what we have to do as communities is to rally around those who have an unexpected pregnancy. It doesn’t necessarily mean that you have to be forced into a decision to get rid of the child, it just means that you have to lean on those around you whether it’s your family, whether it’s your friends, whether it’s external resources. I wish that people could help lift up these women who truly want to choose life and celebrate the fact that there is no greater gift than being a mother.”

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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Comix

OUT ON A LIMB By Gary Kopervas



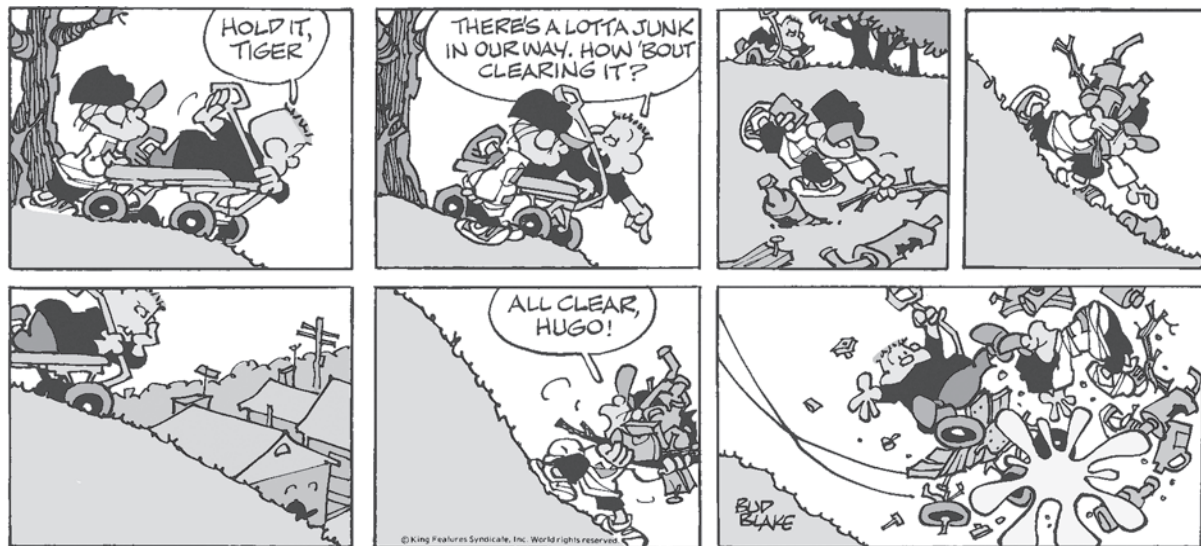
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

difficulties in making and selling enough electric cars and doing so profitably.”

Is that all? Even Tesla has been taking a hit. Part of the resistance to EVs is so-called range anxiety, the fear that if you can't charge up in your garage or if you are on a long trip, you might not find a charging station. Hence, the imperative to build a more robust network of charging stations that has, so far, been going so poorly.

One problem with trying to build back better, or build at all, in the contemporary United States is that needless complexity and regulatory obstacles make it so difficult. Even when the future of the planet is supposedly at stake, nothing is simple or easy. According to a Politico report on the slow rollout of the charging stations, “States and the charger industry blame the delays mostly on the labyrinth of new contracting and performance requirements they have to navigate to receive federal funds.”

The CEO of a charging manufacturer told the publication that “design, engineering,

installation and utility upgrades could extend the wait by years even after the contracts to build stations are awarded.”

On top of this, the existing charging infrastructure is glitchy and prone to failure.

The contrast with gas stations, which are ubiquitous and highly convenient, couldn't be starker. The government didn't have to subsidize the oil companies to construct gas stations at the beginning of the 20th century, or tell them to offer free maps, branch out into oil changes and other services, or begin to stay open 24 hours.

There is, no doubt, a niche market for electric cars that will grow over time. Rather than letting this happen organically and in keeping with consumer preferences and sensible business choices by car manufacturers, the mandarins of the Biden administration are trying to force a transformation that drivers aren't ready for and the infrastructure doesn't yet exist to support.

Secretary Buttigieg so far has had to explain away failure, and he might have to get used to it.

Rich Lowry is editor of the National Review. ©2024 by King Features Synd., Inc.

Insulin resistance commonly linked to being overweight

DEAR DR. ROACH: What is the main cause for insulin resistance? I was diagnosed with Type 2 diabetes about five years ago. I've maintained a consistent weight under 200 pounds, and I'm only 5 feet, 9 inches tall. I was able to get my A1C level down to 7.2% last summer; but in late fall, my numbers started spiking, even with insulin. I now find myself injecting crazy amounts of insulin just to maintain normal glucose levels. I'm on a diet of 40 grams of carbohydrates a day. I walk close to 20,000 steps a day. But on a regular day, I inject 30-40 units of mealtime insulin before eating a low-carb, high-protein meal. Still, my level spikes above 250 mg/dL, and it stays there for a few hours. — A.R.N.



Insulin is a signal that there is plenty of sugar in the body, and the body uses insulin to take sugar out of the blood into cells. Normally, just a little insulin will make blood sugar levels go down a lot. When it takes a lot of insulin to lower blood sugar levels, we say that there is insulin resistance. A great deal of work has been done in trying to elicit why people develop resistance to insulin.

There are some rare congenital cases involving mutations of the insulin receptor. There are rarely acquired immune-mediated causes that have antibodies to insulin or the insulin receptor. These antibodies have an extremely high resistance to insulin.

However, most cases of insulin resistance are associated with obesity. Your BMI is 29.5, suggesting that you're overweight but not obese. In this case, abdominal fat is more metabolically important, since it can lead to free fatty acids and compounds called adipocytokines, which may contribute to insulin resistance.

People with abdominal obesity and insulin resistance often have abnormal cholesterol levels and high blood pressures, a combination called “metabolic syndrome.” Blood pressure and cholesterol must often be treated separately.

Insulin works to lower blood sugar, but there are four main hormones that oppose insulin and raise blood sugar: cortisol, catecholamines, glucagon and growth hormone. Elevated levels of any of these hormones will cause insulin resistance. I know this isn't your case, but the pregnancy hormone human placental lactogen causes insulin resistance and is the proximate cause for gestational diabetes.

Some medicines (steroids, birth control pills, and HIV medicines) can cause insulin resistance. Critically, glucose itself can cause insulin resistance! High blood sugar levels prevent insulin release as well. This is why getting and keeping a normal blood sugar level is so critically important, especially when a person is first diagnosed.

Management of a person with high amounts of insulin resistance can be challenging. You are already doing amazingly well with exercise, and it sounds as though your diet is of the type that is commonly recommended. Medications that reduce insulin levels – such as metformin, GLP-1 agonists and thiazolidinediones – are often recommended to reduce the amount of insulin used.

Your situation is not common, and you should absolutely be in the hands of an endocrinologist who specializes in diabetes.

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. ©2024 North America Synd., Inc. All Rights Reserved.

† AMERICAN LUNG ASSOCIATION. of Texas

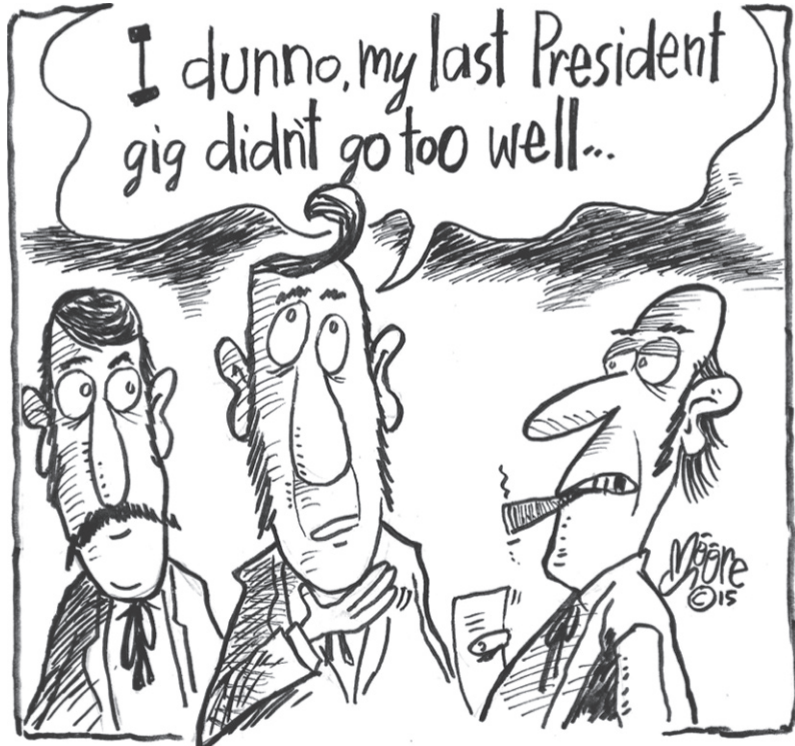
YOUR Gift IS A WAY TO CONQUER LUNG DISEASE

Find out how you can help ...

www.texaslung.org

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

1-800-LUNG-USA



Moore Texas by Roger Moore

June 14, 1875: Jefferson Davis, former President of the Confederacy, is offered the Presidency of Texas A&M University. He declines...

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: Q equals R

MPFO PW FOD QPVHB SPIQF
 HFFDKRHKFG HQD UQDFV
 GUAFDWIB, MIF FOHF PKD AG
 H SHFFADQ SPIQFADQ.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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



by Freddy Groves

It takes a lot of nerve to cook up a scheme to steal large amounts of money from government agencies such as the VA, especially since in the end the criminals get caught.

One thief tried to convince the VA that he couldn't use his feet anymore. The scam got him a 100% disability rating (as well as the monthly benefits that went along with it), plus a specially adapted car. He was ratted out by several witnesses who saw him drive to a VA medical center, get out and walk around and sit in a wheelchair before rolling into the center. He was also seen by several others (who had known him a long time) walking around in a mall. Not only did he get sent to prison, but he has to pay back a large amount of money.

And what about the eye doctor who took kickbacks

for ordering unnecessary brain scans? His partner in crime was a medical diagnostics company. Not only did they generate fake diagnoses, but they pulled this on hundreds of patients and then sent out the bills. The money he stole ran into the millions, although he only made \$100 or so for each fake diagnosis and brain scan he ordered. What would make a doctor, who'd been in practice for 40 years, think he could get away with a scheme like this? He'll have plenty of time to think about that in prison.

The bigger the scam and the more moving parts, the more likely the criminals are to be caught. Such was the case with a guy who had his fingers in several types of health care fraud: offering and paying kickbacks to doctors who wrote fake test orders, compounded medicines and genetic cancer screenings (costing \$10,000 each). The players included not only the doctors but pharmacies, labs and durable medical equipment companies. The perp's share

of the \$51 million cash haul for all these schemes was \$10 million. He won't get to spend that in prison.

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• "Use a bandanna to strain coffee if you've accidentally had a filter bust. It works. I first used this tip when camping, but I have used it at home, too. The coffee goes through it faster than a paper filter, which is fine when it's already brewed, since you lose less heat." – T.R. in Arkansas

• Recycling notes: Cardboard that's greasy or food-caked is just not recyclable. It's trash. On the plus side, your glass jars don't have to be perfectly clean, nor your cans crushed, in order to take them to the recycling center or drop curbside if your community has a plan in place.

• To freshen stuffed animals, dampen a cloth with a solution of 1 cup vinegar and 3 cups water. Wipe outside fur thoroughly, being careful not to soak. Secure in a delicates bag or tie inside a pillowcase, then put in a dryer at low heat until completely dry. Adding a fabric softener sheet for the final five minutes is nice, too.

• Wonderful tip from Fibrenew, a leather, vinyl and plastics refurbishing specialist, on what to do if you get ink on your leather car seats: "DON'T use dish soap or hair spray to remove the marks. The degreasing agents in dish soap can permanently degloss and damage the top coating on the leather surface. Hair spray, another commonly recommended remedy, has alcohol in it and will ruin the surface coating on your leather." Use a special leather-cleaning kit instead, or contact a local professional to fix it for you.

• "Remove tea stains from your teapot with a few drops of bleach added to a pot of hot water. Let sit for five or so minutes, then swish with a brush. Most tea stains will come right out. Be sure to rinse well." – A.A. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 King Features Synd., Inc.

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.

	+		+		=	17		
+		+		+				
	-		+		=	7		
x		-		x				
	-		+		=	5		
=		=		=				
63		2		30				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

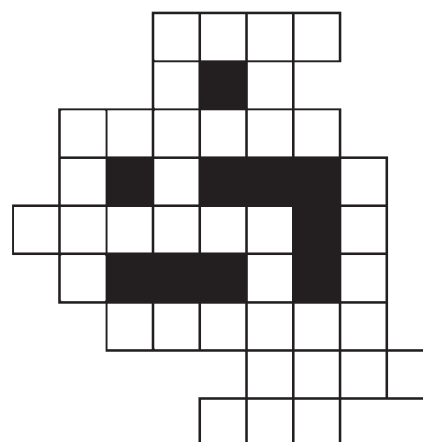
★★★ GO FIGURE!

Answer Page 4

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- GFO
- RHICED
- OAFOL
- ♥EFER
- ZOGABE
- AGZ
- TDFA
- RUDLI
- ♥BGA
- OGAFER
- ♥DORCE
- ♥EZLA



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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