



NEWSBRIEFS

Credit woes

With the COVID-19 pandemic causing many people to borrow more or fall behind on payments, the personal-finance website WalletHub analyzed the average credit scores of residents in all 50 states and just released its report *on 2020's States with the Highest & Lowest Credit Scores*, along with accompanying videos and audio files. The average credit score in Texas is 669, which ranks 4th lowest in the U.S.

Q&A with WalletHub analyst Jill Gonzalez

What are some of the biggest ways people's credit scores can be hurt during the pandemic?

The biggest ways people's credit scores can be hurt during the pandemic are by missing payments and racking up debt. A missed payment on a credit account can stay on a person's credit report for seven years, and can impact their credit score during that entire time. Many people have needed to borrow money during the pandemic, and an increased debt load and higher credit utilization on revolving accounts can also be detrimental to a person's credit score.

How could a second stimulus check help people's credit scores?

A second stimulus check could help people's credit scores by making people less likely to borrow or miss a payment, thus avoiding increasing their debt load or putting negative information on their credit reports. We might even see a stimulus check lead to a big paydown of existing debts. In the second quarter of 2020, after people received their stimulus checks, there was one of the highest credit-card-debt paydowns in the last few decades. Decreasing one's existing debt is a good way to raise one's credit score long-term, because it makes it easier to both manage the debt and make on-time payments.

— Diana Polk

Come fly with me

You'd have a hard time guessing what Robina Asti of Riverside, CA did for a living up until now. At "the ripe, young age" of 99, Ms. Asti is the world's oldest active pilot and was employed as a flight instructor at the NextGen Flight Academy at the Riverside Municipal Airport. The record keepers at Guinness bestowed her with the honor soon after she completed her

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Between two evils, choose neither; between two goods, chose both.
— Quips & Quotes



— Photo by Alfredo Vasquez

HELPING HAND – Texas residents, facing financial challenges, are eligible to receive a variety of food products that will feed a family of four for about a week when they visit one of El Pasoans Fighting Hunger Food Bank's distribution centers.

Fighting hunger one week at a time

By Alfredo Vasquez
Special to the Courier

residents who have fallen on hard times because of the COVID-19 pandemic, unemployment, and other economic issues.

volunteers to help fill the need for food assistance that continues to be great, as the pandemic forges on and affects so many families. Children are no longer

EL PASO COUNTY – The call is out for volunteers to help with feeding Texas El Pasoans Fighting Hunger Food Bank (EPFHFB) is currently seeking

See FOOD, Page 5



— Photo courtesy DEA

PILING UP – Bags of unwanted drugs are stacked up for loading into a truck. The DEA collected almost a million pounds of unwanted or expired prescription drugs on National Prescription Drug Take Back Day.

DEA and partners collect a record amount of unwanted meds during National Prescription Drug Take Back Day

Drug Take Back Day brought in nearly a million pounds of unused, expired, and unwanted medications across the country, the largest amount ever collected in the program's ten years. Americans once again showed their dedication to remove

prescription pills from their homes to prevent addiction before it starts.

The DEA, along with its law enforcement partners, has now collected

See DRUGS, Page 2

By DEA Public
Affairs Office

NATION – The Drug Enforcement Agency's (DEA) National Prescription



– Photo courtesy DEA

ON THE FRONT LINE – Acting DEA Administrator Timothy Shea, left, and ONDCP Director James Carroll receive unwanted medications at a drive-through DEA Take Back Day collection site in Burke, VA.

Drugs

From Page 1

nearly 13.7 million pounds of expired, unused, and unwanted prescription medications since the inception of the National Prescription Drug Take Back Initiative in 2010. On Oct. 24, the public turned in 985,392 pounds – almost 493 tons – of medication to DEA and 4,153 of its community partners at 4,587 collection sites nationwide, including 33 Bureau of Indian Affairs sites.

“This year’s event, with a record-setting 493-ton collection, is a sure sign that DEA’s Take Back Day events continue to provide a vital public service that keeps loved ones safe—an opportunity to rid homes of potentially dangerous unused, expired, and unwanted medications,” said DEA Acting

See DRUGS, Page 3

Fierro asks for unity in Nov. 1 letter

My Fellow El Pasoans:

As the number of people infected with the COVID-19 virus soar, hospitals face crisis with over-capacity of critical patients, business owners agonize with difficult business decisions, and as unemployment numbers further rise, we as a community are becoming increasingly divided, if not outright hostile with each other. More and more people have become comfortable with the risks and are determined to go back to “normal”. Sacrifices we made since March of this year have been squandered and we are back to square one. These acts of pure self-interest have caused us to regress and have again put medical professionals, first responders, and vulnerable El Pasoans in actual life-threatening danger. These facts are not in dispute.

ourselves. This is a time to reach out to show compassion for those facing illness or loss of life, to offer a helping hand for those frustrated and desperate, and to support struggling businesses and employers. Wear your masks, self-enforce decisions to stay home, and patronize businesses that are making their own sacrifices and adjustments to save lives.

How we behave should not be driven by selfishness or by political rhetoric. This is not a time for our citizens to debate each other. Supporting one elected official over another is not helpful as it lacks consideration that these decisions are difficult. There is no easy answer, whether in principle or in law.

I ask our community to look beyond the politics, do the right thing, and let’s take care of

I write these words as an El Pasoan who loves our city and who wants an economically vibrant and healthy community. On August 3 of last year, El Paso faced the most horrific tragedy it had ever seen. We demonstrated compassion, resilience and unity. Despite the confusion now, there is only one right path. Let us reclaim the spirit of unity and make El Paso Strong! Respectfully,
Representative Art Fierro
Texas House District 79



NOTICE OF PUBLIC MEETING

To Discuss Socorro Independent School District’s State Financial Accountability Rating
Socorro Independent School District will hold a public meeting at:

6:00 PM
November 17, 2020

Due to health and safety concerns related to the Covid-19 Corona Virus, this meeting will be conducted by videoconference or telephone call.

Notice for the meeting and access including, methods for public comments are available at <https://www.sisd.net/page/700>.

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 11/05/20



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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



– Photo courtesy DEA

FULL LOAD – This truck at a Los Angeles, CA drug collection center was filled top to bottom, front to rear with boxes full of unwanted drugs.

Drugs

From Page 2

Administrator Timothy Shea. “Every day is Take Back Day and we encourage the public to continue to address this urgent safety and public health issue by using the thousands of existing drop-off locations throughout the year.”

“We are extremely proud of our

community for answering the call to bring their expired and unused medications to our various locations,” said Kyle W. Williamson, Special Agent in Charge of the Drug Enforcement Administration’s El Paso Division. “With the help of the citizens of El Paso, Midland, Alpine and all of New Mexico, nearly 6,000 pounds of medications were safely collected and were kept from being diverted, misused or abused.”

In addition to DEA’s National Prescription Drug Take Back Day, safe and secure drug disposal continues to be available at any of the 11,000 DEA authorized collectors throughout the year. For more information, visit: <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>.

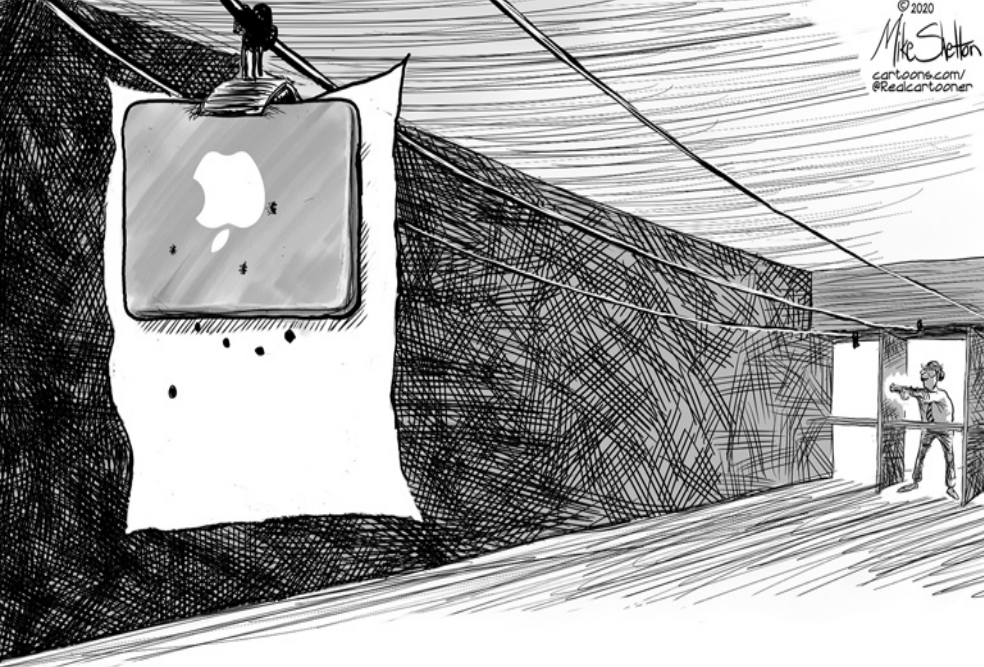
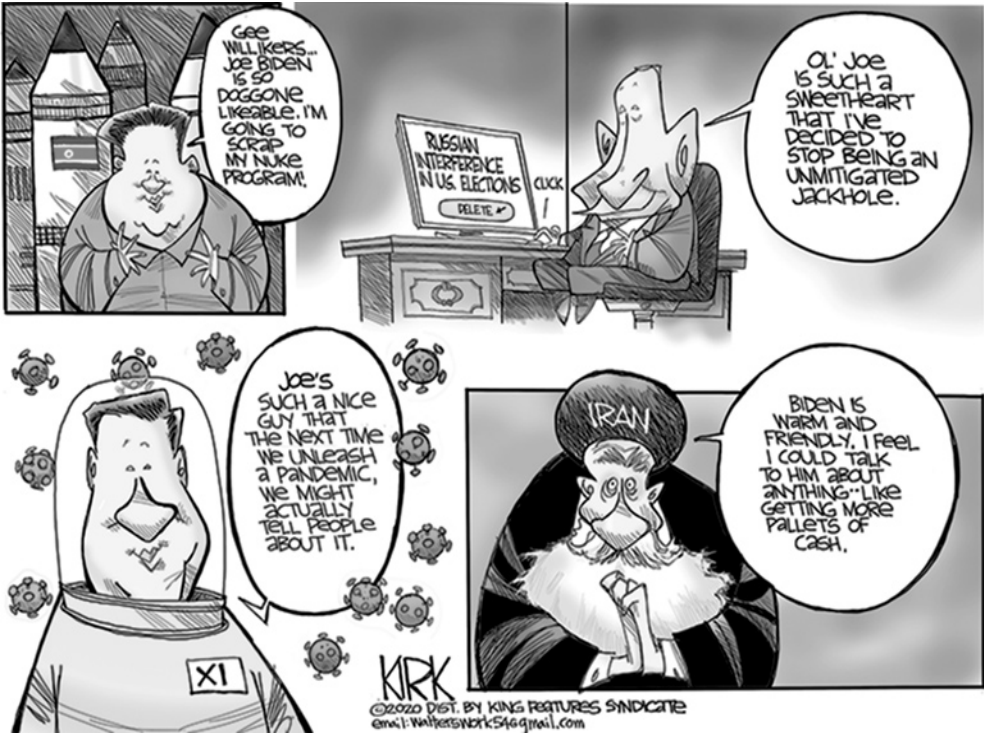
Given the ongoing COVID-19 public health emergency, DEA wants to ensure that the public is aware of other ways they

can dispose of unwanted prescription drugs without having to leave their homes. Both the U.S. Food and Drug Administration and the Environmental Protection Agency have tips on how to safely dispose of drugs at home.

DEA also encourages the public to reach out to their local law enforcement to find out if they have any permanent drug disposal locations throughout their local community.



BRUCE WAYNE SAYS IT WAS A MISTAKE NOT TO WEAR HIS MASK



Sources say FBI has custody of Hunter Biden’s laptop...

View from here

By Robert Charles

Defund Walter Reed?

Those desperate for power, as well as those unable to separate reason from emotion, often make fools of themselves – thinking they are at once smarter, possess “unique” experiences (unlike the rest of us), are ideologically pure, and just better at living life. We call those people liberals.

A liberal who calls herself a conservative is, well, a less smart liberal. The notion is that she gets credit for conservative compass, allowing her to bash the compass; people who bash their compass often end up on the rocks, or at least miserably lost. They are not good to follow.

Enter Washington Post columnist Jennifer Rubin, who bills herself “conservative.” The paper – which routinely omits conservative thought, as too religious, historical, traditional, patriotic, militaristic, capitalistic, individualistic, liberty-centric, anti-government, and (worst of all) liable to convince people – ran a Rubin rant (on Oct. 5) that would make George McGovern blush.

Obviously ignorant of Edmund Burke, Russell Kirk, and Ronald Reagan, she claims doctors allowing President Trump to return home should lose their licenses, and Walter Reed Medical Center be shut down – for allowing the President to return home.

Lunatic tendencies seem on the march. First, she calls President Trump “a menace to everyone around” him for going home – without symptoms. Now, pause for a material fact. This will shock liberals, but facts can be interesting. The CDC reports the nation’s “overall cumulative COVID-19 hospitalization rate was 178.2 per 100,000” last week, and “481.5 per 100,000” for those over 65. Using logic, a conservative vice, this means 99,518.5 Americans in every 100,000 COVID-positive are back home, not hospitalized.

By reference to another conservative trick, called math, this means President Trump is among the 99.5 percent of COVID-positive Americans quarantining at home, not at a hospital. Applying Rubin’s analysis – these Americans must all be “menaces” or Trump is not one.

Next, she attacks “any” doctor who would allow a COVID-positive patient to go home. As thousands

have done this, she libels them all: “Any MD who publicly endorses this insanity needs to lose his/her license. Period.” Says the Washington Post, a pox on their houses, where patients continue getting well. If Biden wins, watch out.

The most startling departure from reason is her recommendation, that “Congress might want to defund Walter Reed,” as “it is a public health hazard.” Gosh, that idea escaped most Americans. Then again, liberals are smarter.

Now the astute reader will notice several things. Walter Reed was not built for Trump. It serves those who selflessly defend our country and are wounded in the process. This “defunding” thing may have jumped the leash. Unable to topple or burn Walter Reed, Democrats will defund it.

Note the arrogance. The hospital treats more than one million military beneficiaries annually. It is “the world’s largest joint military medical center,” hundreds of beds for thousands of vets, and 7,100 professional staff. As one veteran noted in disbelief – but then he was not a smart liberal – this is beyond crazy. “Great idea – let’s punish soldiers, physicians, nurses, and staff for the president’s decision to return home”

The paper was not done. They called “the rest of Walter Reed,” presumably those 7,099 staff not the doctor himself, “remarkable cowards.” They have no idea the people they demean. I am former Navy and know this hospital well. There are no cowards within those walls. “Period.”

Finally, as if this liberal had not done enough spitting, she said if you “are a staunch defender of the rule of law,” oppose “systematic racism,” favor “legal immigration,” you do not “fit in” with today’s Republicans. I beg to differ. Who has been working to end riots in Democrat cities, offered police reform in the Senate (drafted by Black Republican Senator Tim Scott) that got dismissed by Democrats, and strives to distinguish legal from illegal immigration?

In any event, those desperate for power, or unable to separate reason from emotion, make fools of themselves. That appears to be happening more often these days.

Robert Charles is the National Spokesman for the Association of Mature American Citizens. He is a former assistant secretary of state for President George W. Bush, former naval intelligence officer and litigator. He served in the Reagan and Bush 41 White Houses, as congressional counsel for five years.

CryptoQuip Answer

If an eating regimen is made especially for adolescents, I’d call it a pro-teen diet.



By Lucie Winborne

- Two journalists invented Trivial Pursuit in 45 minutes after being shocked at the price of a Scrabble set.
- One person in 20 has an extra rib, and they are most often men.
- Fearing that someone would murder him in the recreation yard at Alcatraz prison, gangster Al Capone received permission to spend rec time practicing his banjo in the shower room.
- A Chinese millionaire sold canned air to people on the streets to raise awareness of air pollution. He donated the money to charity.
- Female cats are mostly right-pawed, while male cats are more frequently left-pawed.
- The universe has a color – but it’s not what you might think. Researchers at Johns Hopkins University took the average of light from over 200,000 galaxies and discovered that the universe is actually kind of beige. They dubbed the hue “cosmic latte.”
- A centuries-old Japanese tradition holds that if a sumo wrestler can make your baby cry, the baby will live a healthy life! During a special ceremony, parents hand their infants to wrestlers who not only bounce the babies up and down but sometimes even roar in their faces to start the waterworks. As one mom, Mae Shige, remarked of her son at a 2014 event: “He’s not a baby that cries much, but today he cried a lot for us and we are very happy about it.”

- Daisies aren’t just for picking or playing “He loves me, he loves me not.” They’re also an excellent source of vitamin C and have been said to slow bleeding, relieve indigestion, and soothe coughs.

Thought for the Day: “The best revenge is to be unlike him who performed the injury.”
– Marcus Aurelius

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- On Nov. 2, 1960, a landmark obscenity case over “Lady Chatterley’s Lover,” by D.H. Lawrence, ends in the acquittal of Penguin Books. The publisher had been sued for obscenity in publishing an unexpurgated version of the novel, which deals with the affair between the wife of a landowner and the estate’s gamekeeper.

- On Nov. 3, 1777, Gen. George Washington is informed that a conspiracy is afoot to discredit him with Congress and have him replaced by Gen. Horatio Gates. Major Gen. Thomas Conway led the effort. Conway offered his resignation in March 1778 by way of apology, and was surprised and humiliated when Congress accepted.

- On Nov. 4, 1928, Arnold Rothstein, New York’s most notorious gambler, is fatally shot during a poker game. Police made arrests after following his trail of blood back to a suite where a group of men were playing cards.

- On Nov. 5, 1930, Sinclair Lewis is awarded the Nobel Prize in Literature for his novels “Main Street” (1920), “Babbitt” (1922), “Arrowsmith” (1925) and “Elmer Gantry” (1927). In 1926, he had turned down the Pulitzer Prize awarded him for “Arrowsmith.”

- On Nov. 6, 1982, Shirley Allen is arrested for poisoning her husband, Lloyd Allen, with ethylene glycol, commonly known as antifreeze. After witnessing her mother spike Lloyd’s drinks with the deadly substance, Shirley’s own daughter turned her in to the authorities.

- On Nov. 7, 1957, The Gaither Report called for by President Dwight Eisenhower to review the nation’s defense readiness urges a vigorous \$30 billion campaign to build fallout shelters. It suggested that American citizens were completely unprotected from nuclear attack.

- On Nov. 8, 1994, 59% of California voters approve Proposition 187, banning undocumented immigrants from using major state public services such as non-emergency health care and education. The ballot measure never took effect, and California has since repealed Prop 187.

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Briefs

From Page 1

final flight lesson recently. And, her last student, Brandon Martini, gave her high marks for her skills. He told KABC-TV: “She taught me some things up there that I haven’t learned in well over 1,000 hours.” Meanwhile, Ms. Asti told reporters that she wanted to show that senior citizens are strong, vital and can still contribute.

– John Grimaldi

Finders keepers

The British are fond of treasure hunting with the use of metal detectors. Those who engage in the pastime take

it seriously. In fact, they are known as “detectorists” and there’s even an organization that many belong to known as the National Council for Metal Detecting. Some detectorists search beaches and parks in hope of finding a long lost item of value. But, Luke Mahoney, Dan Hunt and Matt Brown of Suffolk, England are team players and they recently got permission from the owners of a pub in the town of Lindsey to search the establishment’s 15-acre back yard. And, they are now potentially \$130,000 richer for the effort. That’s the estimated value of their find of 1,061 silver coins dating as far back as the 15th century.

– John Grimaldi

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– Photos by Alfredo Vasquez

SOCIALLY DISTANT – Individuals recently lined up six feet apart at an upper valley distribution center run by El Pasoans Fighting Hunger Food Bank to receive a week’s worth of food.

Food

From Page 1

able to get breakfast and lunch at school, and seniors now find themselves isolated from family and friends. It has affected all in such dire ways.

EPFHFB is the Texas border region’s main food distribution center; it is the hub that brings together over 132 partner agencies and programs including pantries, churches, schools, soup kitchens, and shelters. The food bank coordinates the distribution of food to where it is needed most throughout El Paso, Culberson, and Hudspeth counties.

Currently, the food bank needs volunteers at the distribution centers because the demand for food assistance is pervasive and persistent with no immediate end in sight, according to Hana Krause, supervisor of the recently open micro food panty that is located at the corner of Doniphan Drive and Thorn Road in the county’s upper valley.

Krause stated that plans are to be open for a long while. “We will be here distributing food Monday through Friday as long as people need food to survive,” she said.

Krause estimated that nearly 400 individuals visit this panty each day. She said that each person receives about 80 pounds of food including beans, rice, cereal, fruits, vegetables, and a variety of non-perishable items, “Enough to feed a family of four for a week,” she surmised.

The west side panty, which has been open for about two weeks, is housed in a former supermarket facility with 15 to 20 workers on duty daily. “We have several opportunities available for volunteers,” according to an EPFHFB official, “anyone over 16 years of age and in good health can help.” He added that to keep everyone safe, workers have implemented a health and hygiene protocol at all locations.

“EPFHFB volunteers share their skills and make a huge

impact. Every volunteer experience is a little different; for example, at EPFHFB, we need your help sorting and packing food, gardening, or educating the community. Each experience is critical in helping get healthy meals to families facing hunger,” states the organization’s website.

Some of the tasks that volunteers and paid staff employees perform include assessing and sorting boxes of food items and household products that have been donated; pre-sorting, repacking, and re-labeling packages to deliver to the partner agencies’ distribute locations.

Volunteers could also be assigned to fill orders placed by partner agencies in which some heavy lifting may be required, or volunteers can assist with general administrative tasks including computer work, filing, data entry, mailings and other light office duties. Additionally, there are occasions when volunteers help staff with special events.

Currently, the need is great and continues to increase, reported EPFHFB officials. “From March 17 to date the EPFH food bank has already surpassed food distribution for 2019. Last year the food bank distributed over 32.5 million pounds of food in the Borderland. This year through May, EPFH has already distributed more than 50 million pounds of food – 15 million pounds of food distributed in May alone. On average, all the primary sites distribute food to 8,000 families a day. Even more astounding is that EPFH has distributed over 800,000 emergency food boxes in the community,” they stated.

“As long as the clients keep coming, EPFHFB will be here to help... because no one should go hungry. If you are struggling to put food on your table and need assistance, come to the food bank,” Krause stated.

Individuals, interested in learning more about how they can make an instant impact on hunger relief in their community, should contact the local food bank volunteer coordinator, at (915) 253-4926 or at volunteer@epfhfb.org, to request an application form.

El Pasoans Fighting Hunger Food Bank Primary pantry distribution sites

East

El Paso Fighting Hunger Food Bank
9541 Plaza Circle
Monday – Friday, 7 a.m., to 5 p.m.
Saturday, 8 a.m. – 5 p.m.

Abundant Living Faith Center East
1000 Valley Crest Road
Saturdays, 8 – 11 a.m.

Horizon City Holy Spirit Church
14600 Horizon Boulevard
Monday – Friday, 8 a.m. – 12 p.m.

Central

Kelly Center for Hunger Relief
915 N. Florence Street
Tuesday – Friday, 10 a.m. – 2 p.m.
Saturday, 9 a.m. – 12 p.m.

El Paso County Coliseum
4100 E. Paisano Drive
Tuesday – Saturday, 10 a.m. – 2 p.m.

West

Village of Vinton Distribution
436 Vinton Road
Fridays, 8 - 11a.m.

Anthony Municipal Park
100 Richard White Avenue.
Thursdays, 8 - 11a.m.

St Mark UMC
5005 Love Road
Tuesdays, 10 a.m. – 12 p.m.



LOADING UP – The free food pantries are operating throughout the border region and are made possible through the generous efforts of community organizations and businesses.

It’s hard to believe

We’re near the midway point of the NFL season

By Steve Escajeda
Special to the Courier

Halloween has just passed us by and we all changed our clocks for the last time this year.

The infamous year of 2020 now has just two months to go. It’s moving pretty quickly now.

In fact, it’s gone so quickly that we’re actually almost at the halfway point of the National Football League season.

And by the time we get to this point, we can already start to see which teams are likely to make the playoffs, and which players are probably going to win some trophies as best of the best.

As we take a look at the season so far, we see that there are really about nine teams who are legitimate Super Bowl

contenders.

In the NFC, we’re looking at the Green Bay Packers, Tampa Bay Buccaneers, New Orleans Saints and Seattle Seahawks.

In the AFC, it’s the Buffalo Bills, Pittsburgh Steelers, Baltimore Ravens, Tennessee Titans and Kansas City Chiefs.

There are other teams with winning records, but the Chicago Bears, Los Angeles Rams, Cleveland Browns, Indianapolis Colts and Arizona Cardinals are expected to come down to Earth at some point.

One of the Super Bowl teams from a year ago has struggled big time. The San Francisco 49ers have suffered a ton of injuries this season and it appears as if they will have to wait until next year to contend again.

At the end of every season the NFL

picks their players of the year on offense and defense.

As far as offense, there are always quite a few players to consider, and this year is no different.

As always, it starts with the quarterback, and this year players like Russell Wilson, Patrick Mahomes and Aaron Rodgers are at the top of list, followed closely by Lamar Jackson, Ben Roethlisberger, Ryan Tannehill and even Tom Brady.

The only other offensive player that may have a chance at Player of the Year is Titans’ running back Derrick Henry and his 110 yards per game.

As far as the comeback player of the year, is there any doubt that the hands-down winner will be quarterback Ben Roethlisberger of the Steelers?

Roethlisberger played in just two games before getting hurt in 2019, and

the Steelers finished with a disappointing 8-8 record.

With their quarterback at the helm this year, the Steelers are back to being one of the best teams in the league.

On defense, it’s gotten to the point that sacks in football are like home runs in baseball – they are one of the plays fans love to see.

So far, Cleveland’s Miles Garrett (9) and the Los Angeles Rams’ Aaron Donald (8) are leading the way in sacks and they seem to be the only defensive players who have a chance for the top honor.

But back to the teams.

In the NFC, the Packers, Saints and Seahawks could very well make it to the big game, but the team that is starting to make a lot of noise is Tampa Bay.

The Tom Brady experiment took a little time to get going, but it looks like Tom and his receivers are starting to figure it out. Tampa’s defense is looking strong as well.

By the way, no team has ever enjoyed the home-field advantage in the Super Bowl – and this year’s big game will be played in Tampa Bay.

In the AFC, things are a little tougher.

Though the Bills are contenders, there are really four teams that standout above the rest.

The defending champion Chiefs are looking really strong on offense with Mahomes at quarterback and all those other speedy weapons he has to play with. And the Chiefs defense is looking better than it did a year ago.

The Steelers and Titans and Ravens are all tough-minded defensively and can move the ball on offense. Baltimore quarterback Lamar Jackson isn’t having quite the season he had a year ago, so watch to see if he starts breaking out.

Of course things can change significantly with a key injury here or a simple positive covid test there.

And let’s face it – the best news is that we still have half a season to go.

‘Ask Rusty’ is a layman’s guide to the intricacies of Social Security

By John Grimaldi
Special to the Courier

The AMAC Foundation has published “a comprehensive, easy-to-understand” layman’s guide to help America’s population of senior citizens understand the ins and outs of Social Security. The book is called “Ask Rusty: What’s so hard about Social Security.” Russell “Rusty” Gloor, whose weekly column on the topic is published by several hundred news outlets across the country, is the primary author.

Gloor is an accredited Social Security Advisor with a knack for explaining the complicated provisions of the Social Security Administration in a simple and easy to understand manner, according to Gerry Hafer, Executive Director of the AMAC Foundation, the nonprofit arm of the Association of Mature American Citizens. The foundation is focused on the

needs of senior citizens. “The broad-based popularity of Rusty’s column in which he answers questions about Social Security prompted us to encourage him to pen a comprehensive manual for those already receiving benefits and those who are nearing the age of enrollment.” says Hafer.

The Foundation operates a call-in and email service that answers hundreds of questions monthly about Social Security issues from AMAC members and the public at large.

“Seniors are the fastest growing segment of the population and the complexity of the rules, and the resulting difficulty people have interpreting those rules relative to their individual situations, are what drive folks to contact us. Often, there are rules that countermand rules, qualifications that make some of the rules misleading. It’s the reason we publish our Ask Rusty column each week and why we published this book,” Gloor explains.

Gloor added that “the AMAC Foundation is committed to supporting America’s seniors, and helping them navigate Social Security’s myriad rules, and applying those rules to their personal circumstances, is a big part of what we do. We’ve helped thousands of seniors develop a better claiming strategy and made them aware of Social Security options they didn’t even know they had, and that is especially gratifying to each of our Advisors. Sharing our collective knowledge in this book fits perfectly into The Foundation’s overall mission.”

To order a print copy of the book, email a request to info@amacfoundation.org. Price of the printed version is \$19.95 (plus tax), with free shipping. An email request will result in a return invoice to the requestor, and the book will be shipped immediately upon receipt of payment.

An eBook copy of “What’s So Hard About Social Security?” can be ordered on either Amazon or Apple eBooks for \$9.95.

Super Crossword

REVOLUTIONS ACROSS

1 Mad crowd

4 Ritchie Valens hit of 1959

11 Artificial waterway

16 Jacuzzi joint

19 LAX screeners

20 Mining stuff

21 "Ad _ per aspera"

22 Formal duds for a dude

23 Some Sufi ascetics

26 Server's goal

27 Actress Garr

28 Was ahead

29 Julio's gold

30 "Much obliged"

32 Air-cooling vanes

36 Means of telling time

38 _ good clip

39 Writer Capote, to pals

41 Steed feed

42 Firestone products

50 Lots and lots

54 Gotten up

55 Technique: Abbr.

56 Feel ill

57 Gloomy

59 _ mater

60 Wolf down

62 They succeeded audiotapes

65 "Yipes!"

67 Big lug

68 Ward (off)

69 Alley hisser

70 Ax-wielding lumberjack

72 Dust devils' cousins

75 Old overlords

77 Lupino of "Jennifer"

78 "Arrow" network

80 Quarterback Dawson

81 Big printer brand

83 Carnival classics

86 Coll. email ender

87 Faint trace

90 Tax

91 "Kidnapped" author's inits.

92 Choose

94 Paradisiacal

96 Talk back to

97 Planets, e.g.

100 Fill-in worker

103 Tyke

104 Pampering, for short

105 Record player parts

110 Kids hold their horses on them

116 Tile design

117 German city

118 It fills la Seine

119 Et _ (and others)

120 "Devious Maids" actress Ortiz

121 What 10 of this puzzle's answers do

127 Beer barrel

128 See 116-Down

129 What's often

decorated for Christmas

130 " _ your call"

131 Sooner than, in odes

132 One-of- _ (unique)

133 Bleepers of bad words

134 Tofu source

DOWN

1 Letters of the weekday

2 Actor Milo

3 Scottish tyke

4 Wee, like Abner

5 Meyers of the screen

6 _ Jovi

7 Point of view

8 In a self-effacing way

9 Engendered

10 Ireland's _ Lingus

11 Nile capital

12 Professional org.

13 _ degree

14 Soul queen

15 Beat against, as waves

16 Get up

17 NHL game

souvenirs

18 Lines of symmetry

24 Celery piece

25 Loudness knob abbr.

31 Actor Aziz _

33 Like flimsy

excuses

34 Expiated

35 Little dollop

36 Shorten

37 Wallops in the ring

40 Create a new digital image of

42 Small battery type

43 E-address

44 Sci-fi travel facilitators

45 Inedible kind of orange

46 Suffix with

116-Across

47 Answer to "Are you?"

48 Teases mercilessly

49 Give a thrill

51 Conductor Arturo

52 Film award

53 Jays' places

57 "Girl Code" channel

58 Dramatist Clifford

61 In _ (agitated)

63 Bar none

64 Examined before robbing

66 " _ a jealous mistress"

67 "1984" novelist

George

70 LP players of old

71 Plant swelling

73 Earthy hue, to Brits

74 Explorer Hernando

76 Seeded

79 1940s pres.

82 Hopi abode

84 Speakers' platforms

85 Ending for Siam

86 Zeta follower

88 You, in German

89 Many laptops

93 British island in Polynesia

95 Film providing a factual report, for short

97 Tax-filing pro

98 Rd. relatives

99 Piece of mail: Abbr.

101 Riddle

102 Highest peak in N.Z.

105 Copier stuff

106 Application

107 Martin Van _

108 Bridges of film

109 Rhea relative

111 Moms' sisters, say

112 Cyst, e.g.

113 _ Island (old immigration point)

114 Give a false story

115 Space of "The River"

116 With 128-Across, earn wages

118 Falco of TV

122 DiFranco of song

123 The Rams' gridiron gp.

124 _Magnon

125 Ending for cash

126 Abode: Abbr.

1	2	3		4	5	6	7	8	9	10		11	12	13	14	15		16	17	18		
19				20								21						22				
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96								97				98			99							
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	105	106							107	108	109			110	111				112	113	114	115
116									117				118					119				
120					121		122				123				124	125	126					
127					128						129								130			
131					132						133								134			

Answer Page 4

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



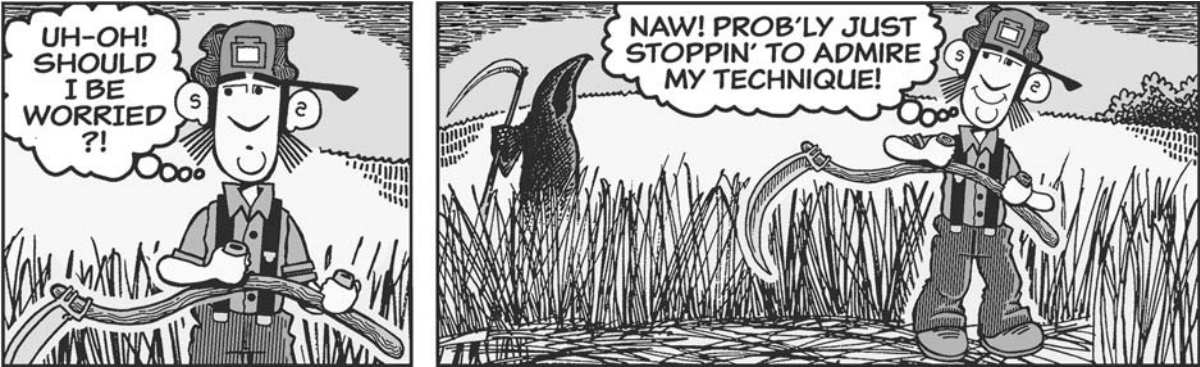
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



TIGER

By Bud Blake



Chest CT can't replace screening mammogram

DEAR DR. DONOHUE: I am due to have a mammogram in July, but around the same time I am supposed to have a chest CT as a follow-up to my chondrosarcoma cancer. I have a CT every other year, and an X-ray on the opposite years of both my affected arm and my lungs. Does a chest CT have the potential of showing a similar finding as a mammogram? I would just as soon not have to expose myself to so much radiation all in one month. I'm 66. There is a history of postmenopausal breast cancer in my family, in my mother's mother. – T.M.H.



A mammogram is an X-ray that is designed specifically to look for abnormalities in breast tissue. Mammograms have been extensively studied and proven to reduce mortality in women between the ages of 50-74 (outside these ages, there remains extreme controversy).

CT scans are X-rays taken from many angles and then reconstructed in a computer to provide a look at many slices of the part of the body being looked at. A CT scanner can be set to emphasize bones or soft tissue, and work is ongoing now with CT scans designed specifically for breast abnormalities. The CT scan you get as follow-up to your chondrosarcoma (a rare cancer of cartilage) is designed to look in lung tissue for abnormalities, and has not been evaluated as a means of screening for breast cancer, although I do know that some may be found anecdotally.

The CT scans you get as a part of your cancer follow-up are not an adequate substitute for ongoing mammography, which is particularly important in your case due to a family history. I do understand the concern about radiation, but a mammogram has very little radiation – approximately the same you would get from naturally occurring radiation sources in seven weeks of walking around.

DEAR DR. ROACH: I read a news report that vasectomy increases risk of prostate cancer. Should men avoid this procedure due to concern for prostate cancer? – T.S.V.

Several studies have looked at this possibility, and the results are conflicting. A 2014 study of about 50,000 U.S. men showed an increase of about 15% in the risk of fatal prostate cancer, but a 2016 study of 360,000 U.S. men showed no increase in risk. In June 2019, a study of over 2 million Danish men showed a 15% increase in overall prostate cancer risk. To put the risk in perspective, about 500 men would need to have a vasectomy for one additional man to get prostate cancer, in the Danish study. It is not clear that the vasectomy caused the prostate cancer.

It's possible there's something about men who choose vasectomy that puts them at higher risk to begin with. However, the authors were unable to find a known risk factor to support that possibility.

Even if vasectomy does lead to an increased risk of prostate cancer, it still has similar or lower overall risk than other forms of birth control, and is a good choice for a man who is absolutely sure he does not want to father any more children, as a vasectomy should be considered permanent. Attempting reversal is possible, but there is no guarantee of success.

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) 2020 North America Synd., Inc. All Rights Reserved.

Click It or Ticket.

Even in the back seat.

Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com



Moore Texas by Roger Moore
In 1879 Oran Milo Roberts spent 35 cents on his campaign for Governor.

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 L

UM CA OCVUAR KORUJOA
UT JCEO OTNOXUCBBQ MFK
CEFBOTXOAVT, U'E XCBB UV
C NKF-VOOA EUOV.

Answer Page 4
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Coffee shop vets are one man short



by Freddy Groves

I didn't know if they'd be there, what with the weather snapping cold like it has, but there they were, the elderly veteran crew, arrayed in a wide half circle on the sidewalk outside the coffee shop.

Or at least most of them were. I did a head count after I placed my coffee order at the pickup window. One appeared to be missing, and it seemed that I'd arrived in the middle of a conversation.

"They kept him overnight, worried about his chest. Coughing, but no fever."

"Can't be the virus if there's no fever."

"It could be the virus with no symptoms whatsoever." The retired sergeant, in charge of physical spacing, tapped his 6-foot measuring stick on the pavement. "You

need to keep up." They batted it back and forth, taking bets about which of them might have had it without knowing, citing questionable statistics and claims. A cellphone rang, and the sergeant's hand went up, calling for silence.

He listened and hung up, sliding the phone back in his fatigue jacket pocket. "It's not the virus," he said. "Common cold. But the grandkid tested positive, so now the whole house is in lockdown. Our good buddy has to go elsewhere."

"Bet he's not happy about that."

"His other daughter is coming from upstate. Plans to take him with her tomorrow."

"He'll be even less happy about that. Poor guy. He's a news junkie. She lives in a cabin on a lake, no cable. Just basic channels."

By the time I finished my coffee, hovering at the edge of the group, the general consensus was that their pal, to be trapped for a few weeks in a lakeside cabin in the woods

with no cable television, was actually the lucky one. As long as he remembered his fishing pole.

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• "I find it helpful to set calendar reminders on my phone for working out and meal prepping. I have to treat it like a job so that I'll do it. Thought that might help other people who struggle." – S.O. in Wyoming

• "Those hide-a-key rocks can be a little obvious – at least they are to me. I have a spare key hidden outside too, but I sealed mine in a plastic baggie and buried it in a spot known only to our family members. Also, it's not right by the door." — I.E. in Mississippi

• Home office motivation: Preplan your outfits for daily success. When it's all too easy to roll out of bed and log on without a thought, it might help your productivity to prepare for the workday as you would have in the time of commutes and conferences. The right wardrobe choices can help you set the tone for the day.

• "When closing up our cabin for the season, we brought a box of mothballs and scattered them around the porch perimeter. This keeps the small animals like mice and skunks from setting up shop there while no one is around." – S.F. in Pennsylvania

• Now's a great time to start weatherstripping! Check and recaulk windows. Caulk along baseboards to deter drafts. Add insulation to electrical outlets and under sinks around plumbing. Seal it up to stay toasty this winter.

• "When temperatures fall where I live, outside exercise becomes preferred. We all know to drink lots of fluids in the blazing heat of summer, but it's important to plan your hydration when extreme sweating isn't the norm. You still need to replace fluids for optimal performance." – T.D. in Florida

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2020 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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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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

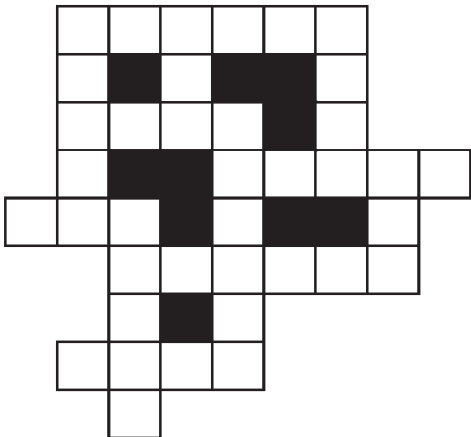
	+		×		10
×		-		×	
	÷		+		10
+		×		-	
	+		+		17
15		8		11	

1 2 3 3 4 6 7 8 9

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E H M
I R N S O P
H E N I C
♥ N W E H
M E S I A N
H E T
N A G R
♥ T A S E W
♥ E W N
♥ R H I W E T
♥ T R H I G
E P S E



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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