



NEWSBRIEFS

Border bridge closed to vehicles

The Texas–Porvenir/Chihuahua International Bridge located in Fort Hancock is closed to traffic until further notice to make repairs on the bridge. Only pedestrian traffic will be allowed to cross. Vehicles are advised to use the Tornillo, Texas–Guadalupe/Chihuahua International Bridge, also known in the United States as the Marcelino Serna Port of Entry. The U.S. and Mexican Sections of the International Boundary and Water Commission arranged for the closure following a recent inspection of the U.S. side of the structure by the Texas Department of Transportation (TxDOT). This closure recommended by TxDOT is needed in order to perform the required repairs. The main concern is deterioration of the timber piers that support the bridge on the U.S. side. The Marcelino Serna Port of Entry operates from 6:00 a.m. to 10:00 p.m.

– Lori Kuczanski

It's never too late

Tommy Cook's 1969 Camaro was stolen seventeen years ago but he never gave up hope of getting it back, says the Association of Mature American Citizens [AMAC]. Amazingly, Cook, who lives in Spottsville, VA, was helping a friend check out a Camaro that was for sale at a repair shop in Maryland when he spotted his own long-lost vehicle in a corner of the shop. The car had been repainted, but its VIN number proved that it was indeed his car. And it was in better condition than when it was stolen in 2003. Apparently, the Camaro had four owners, including the car thief, in the interim who took pretty good care of the car.

– John Grimaldi

Incentive

More people died in South Korea than were born in 2020. And so, faced with a declining population one municipality, the town of Changwon, is providing a cash incentive for married couples to have babies. The city has announced that it will give married couples "loans" of \$100,000 each. Those who have an only child would have the interest on their loan waived. Couples who bear two children would have the principal reduced by 30%. And those who have three children would have their loans completely forgiven.

– John Grimaldi

The best way to appreciate having a job is to think about not having one.
– Quips & Quotes



– Photo by Alfredo Vasquez

BIG ROCKS – Hueco Tanks State Park is about 32 miles northeast of El Paso, off U.S. Highway 62/180 on the way to Carlsbad, NM. It is known for its three massive granite boulders that rise several hundred feet high. The natural cisterns, or "tanks," collect rainwater, which has supplied humans and animals with drinking water for almost 10,000 years.

Hueco Tanks now designated a national landmark

Park rangers, volunteers lead pictograph, hiking, birding, and rock-climbing tours

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The importance of Hueco Tanks as a cultural resource and as a major contributor to the story of the Native American tribes that settled in the region to farm along the nearby Rio Grande has long been acknowledged. That is why Hueco Tanks was acquired by the state in 1969, opened to the public in 1970, placed on the National Register of Historic Places in 1971, and then designated an official State Antiquities Landmark in 1983.

Now, the desert oasis can add the designation of a National Historic Landmark to its list of tributes, after the U.S. Secretary of the Interior recently announced that the West Texas state park was being perpetually recognized for its cultural and historical significance to the entire United States.

"Designation of the site as a National Historic Landmark raises that recognition to a new level," stated Tim Roberts, a cultural resources coordinator for the Texas Parks and Wildlife Department (TPWD). "As a National Historic Landmark, Hueco Tanks is in good company, sharing this designation with such places as the Lower Pecos Canyonlands Archeological District and the Alamo in Texas, Taos and Acoma Pueblos in New Mexico and other landmarks in these states and across the country," he asserted.

The National Historic Landmark designation allows the park access to grants and other federal funds that will help honor and

protect the history and culture represented in the park, according to TPWD officials.

"Hueco Tanks is one of the most unique and special places in Texas," Rodney Franklin, director of Texas State Parks, said in a news release. "It is an honor for the Texas Parks and Wildlife Department to care for a place with deep connections to so many people. I appreciate the hard work and persistence of the truly dedicated team of professionals that made this important designation possible," he stated.

Franklin added that as a National Historic Landmark, Hueco Tanks will be afforded access to resources, opportunities and additional protections that will further enhance TPWD's ability to steward this cultural icon for many years to come.

The application and nomination process took years, according to TPWD officials. They related that the process to receive the designation began in 2014. The nomination preparation, along with the gathering more than 100 pages of supporting documents, alone took more than two years to complete, officials said.

Roberts stated that the application focused on the park offerings as a look back at the cultures that lived

in the area thousands of years ago. "It's estimated that there are between 3,000 and 6,000 pictographs at Hueco Tanks, including the largest concentration of painted masks or face-like figures in North America," he stated.

"There are also extensive archeological deposits across the 860-acre property. It is the combination of these resources,

Hueco Tanks State Park and Historic Site

Hours of operation:

From May to September
Monday through Thursday
8 a.m.-6 p.m.
Friday through Sunday
7 a.m.-7 p.m.

From October
to April
the park is
open daily.
8 a.m.-6 p.m.

Online addresses:

<https://www.instagram.com/huecotankssatepark/>
<https://twitter.com/huecotankssp>
<https://www.facebook.com/TPWDHuecoTanks/>



It’s funny how legacies can work. Abraham Lincoln ended the practice of American slavery, inspiring Franklin Delano Roosevelt and the New Deal. Lyndon B. Johnson signed the Civil Rights Acts, one step on the road to Barack Obama being voted the first Black president of the United States.

But even at their most glorious,

Negative legacies

they can be creations of imperfect U.S. presidents. The same Lyndon Johnson who stood for civil rights was hounded out of office for lying about the Vietnam War. Richard Nixon, who lied about everything, left Watergate as a symbol of his amorally brutal political tactics. This culture then deteriorated to Newt Gingrich, whose calculated demagoguery set the stage 20 years or so later for Donald Trump.

While Trump is laying low as he fends off his second impeachment – this time for inciting the Jan. 6 deadly attack

on the U.S. Capitol building – a disciple, Congresswoman Marjorie Taylor Greene, R-Ga., is taking the Trump legacy and degrading his most flagrant extremism to become a new moronic normal.

Even though he’s the former president, Trump continues to intimidate Republicans – with a few exceptions – into disowning his very existence as a loser and rabble rouser. He also would have us ignore his cruel record, the daily drumbeat of hate and downright stupidity, in much the same way that the pandemic

made us long for our relatively placid lives under his leadership before COVID.

But Greene makes Trump’s extremism look positively sane. She has grabbed the spotlight from him with her own hate-filled bleating and given nuttiness a new psychotic meaning. Through her QAnon conspiracy spouting, her supporting the assassination of Democratic Party leaders, she has grown a following by gross offensiveness. In the process, she has taken the craven GOP leadership and forced them to straddle the barbed wire of politics, between minimal decency and selling their souls. All but 11 of them voted

against stripping her of her new committee assignments.

Pardon the cliché, but that “big tent” of Republicanism now effectively stretches between Liz Cheney – an ultraconservative – and Mitch McConnell, all the way to the Proud Boys and Marjorie Taylor Greene.

What’s even crazier is that she is embraced by millions of Americans. The USA form of democracy is threatened by growing vigilante forces that are an attack on a jittery nation trying to fight two wars at the same time: the war against a rampaging coronavirus and

See FRANKEN, Page 7

Food for thought

By Glenn Mollette

Can you survive financially?

Americans are no strangers to hard economic times. Poverty still exists. Millions struggle with financial despair.

The answers are not always easy but there are possibilities. Look into your local community college and see what training is offered. One and two year programs are typically taught in our public community colleges. You might learn a new trade in as little as a year. Community colleges are affordable. Often there is enough federal grant money to cover the entire cost of your study. In as little as a year or maybe two at the most you could be in a new career. Also look at trade schools. A trade school will offer a program preparing you for a new life skill. Sometimes trade schools are not a good deal financially. Compare them carefully with the public community college and often you will find your options are better with community college. Call the admissions office of your local community college. They want you to attend. They will help you figure it out. It’s not hard. Try!

Once you learn your new trade you can apply for jobs or start your own business. Be creative. Working from home is more accepted than ever. The best business you can get into is one that does not require you to go into debt. Start out small. Try not to borrow money. Work from your house or car or whatever to get started. If you need to rent be economical. Big overhead can kill any business. If your service and quality are good people will find you.

Partner with someone to learn a new skill. Ask someone to mentor you or help train you to do something. If they do, then

See SURVIVE, Page 6

View from here

By John Grimaldi

The fight goes on to eliminate taxes on Social Security, railroad retirement benefits

“We’re not giving up on our efforts to eliminate the unfair income tax on Social Security benefits. The Senior Citizens Tax Elimination Act is being reintroduced and the Association of Mature American Citizens (AMAC) will be doing what it takes to encourage lawmakers to support the measure,” says Bob Carlstrom, president of AMAC Action, the association’s senior advocacy affiliate.

The original Social Security and tier 1 railroad retirement benefits were specifically exempted from income taxes when they were created in the mid 1930s. “After all, workers pay for them with taxes that are taken out of their paychecks to begin with. To tax retired seniors a second time is plain and simple a money grab.”

Carlstrom notes that AMAC’s founder, the late Dan Weber, was especially keen on seeing this particular piece of legislation become the law. As he put it, “Every year, millions of seniors become eligible for either Social Security or tier I railroad retirement benefits. After working for decades, being involuntarily taxed on their hard-earned income to fund these federal programs, some seniors are forced to pay income tax on the benefits they withdraw from the Social Security System. Taxing the very benefits created from taxed earnings is completely nonsensical and diminishes the retirement benefits seniors have been promised. Seniors deserve to reap the full benefits of their career-long contributions to Social Security and the Railroad Retirement Plan.”

self-employment income, if you are receiving distributions from an IRA or 401k plan, or if you are collecting dividends from investments, you are required to file a tax return. And, Carlstrom explains, it’s not just income from those sources that are taxed; a hefty portion of your retirement benefits get taxed as well.

To be more specific, he says, the tax is levied on a combination of your outside income and half of your retirement benefits.

AMAC Foundation Executive Director Gerald Hafer notes in this regard, “The 1983 and 1993 amendments to the Social Security Act were expected to affect less than 10% of the senior population, but now snare half of all senior taxpayers. It’s only going to increase without inflation adjustments. Moreover, beneficiaries are being taxed at significant levels that they can ill afford because the thresholds (base amounts) for taxing benefits have not been changed in decades. Not indexing or adjusting the threshold ignores the constant dollar cumulative rate of inflation increase on what the threshold should now be – almost a 160% increase. The result – up to 85% of one’s Social Security benefits being taxed based on decades old thresholds – is financially painful to many seniors surviving on limited incomes.

“The point is, not many individuals and married couples are able to survive on Social Security and Railroad Retirement benefits alone in this day and age; most of them need to supplement their benefit income in order to get by. And they need to keep their Social Security and railroad benefits intact.”

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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2021

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PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$50. Delivery via 1st class mail.

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Don't quit on the GOP

After losing a national election, it's natural that a political party goes through a period of soul-searching and internal turmoil.

The Republican Party, though, has taken it to another level.

President Donald Trump brought most of the GOP along for the ride during his conspiracy-fueled attempt to overturn the election.

His loyalists have been scouring the landscape for Republicans to censure or primary for insufficient loyalty to him.

The most famous Republican House freshman mused not too long ago about a space laser starting the 2018 California wildfires.

And Trump has maintained his hold on the party seemingly effortlessly.

This dismaying chapter has led to declarations that the party is doomed or calls to split it up.

A former chair of the Washington state GOP wrote in an op-ed in The Seattle Times urging, as the headline put it, "Let's form a new Republican Party." This prompted a Chris Cillizza item at CNN headlined, "Should Republicans disband the GOP?"

There's been a spate of articles by erstwhile Republicans announcing they are done with

the party.

Jonathan Last wrote a piece in *The New Republic* titled: "The Republican Party is dead. It is the Trump cult now." Washington Post columnist Kathleen Parker declared, "The party isn't doomed; it's dead."

This seems a mite premature about a party that represents roughly half the country and is on the cusp of a majority in the House, tied 50-50 in the Senate, and in control of the governorships in 27 states and both the governorship and state legislature in 22 of those.

If we are going to consider this geographically diverse collection of officeholders – whose careers in many instances pre-date Trump and will outlast him – a mere personality cult, the word "cult" has lost its meaning.

The fortunes of our political parties ebb and flow and their iterations change over time, but they are deeply embedded institutions of our public life.

As Dan McLaughlin, my colleague at *National Review*, points out, the Republican Party has, since its inception, been a fusion of a classic liberal wing with a more populist, elemental conservatism.

What's different about Trump is that he represents

the ascendance of the populist wing after it had long been in a subordinate position in the party. Even he, though, retained key traditional policy priorities of the GOP, from tax cuts and judges to religious liberty and abortion.

That said, the party does need to get beyond Trump, who is a three-time loser now – in the 2018 midterms, in his 2020 reelection campaign, and in the Georgia special elections. In electoral terms, "all the winning" stopped circa November 2016.

It if feels now as though the post-Trump GOP will never arrive, American politics moves quickly. Richard Nixon resigned in 1974, leaving the GOP in utter disarray – and yet Reagan won a landslide six years later. The Tea Party sprang to life from nowhere in 2009 and had disappeared by 2016, subsumed into the Trump phenomenon.

There will inevitably be an overwhelming controversy in the Biden administration or a crisis that moves us beyond the politics of the Trump presidency and the immediate aftermath.

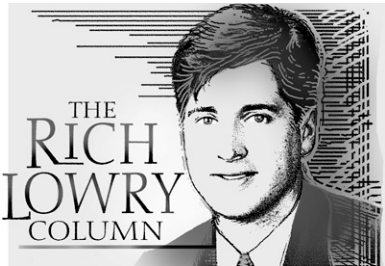
New issues will emerge, and there are plenty of talented, ambitious Republican politicians who think they are better suited to win a presidential election and serve as president than Donald

Trump 2.0. The incentives are for them to slipstream behind Trump for now, but that won't always be true.

The temptation to splinter from the GOP might be alluring to elements of both the populists and the Republican traditionalists, but this a dead end.

The Republican Party is the only plausible electoral vehicle for any sort of right-of-center politics in America. It is worth fighting over, and it will be.

That struggle is sure to be toxic and unpredictable – except



for the fact that at the end of the day the Grand Old Party will still be standing.

Rich Lowry is editor of the *National Review*. (c) 2021 by King Features Synd., Inc.

New GLO task force formed

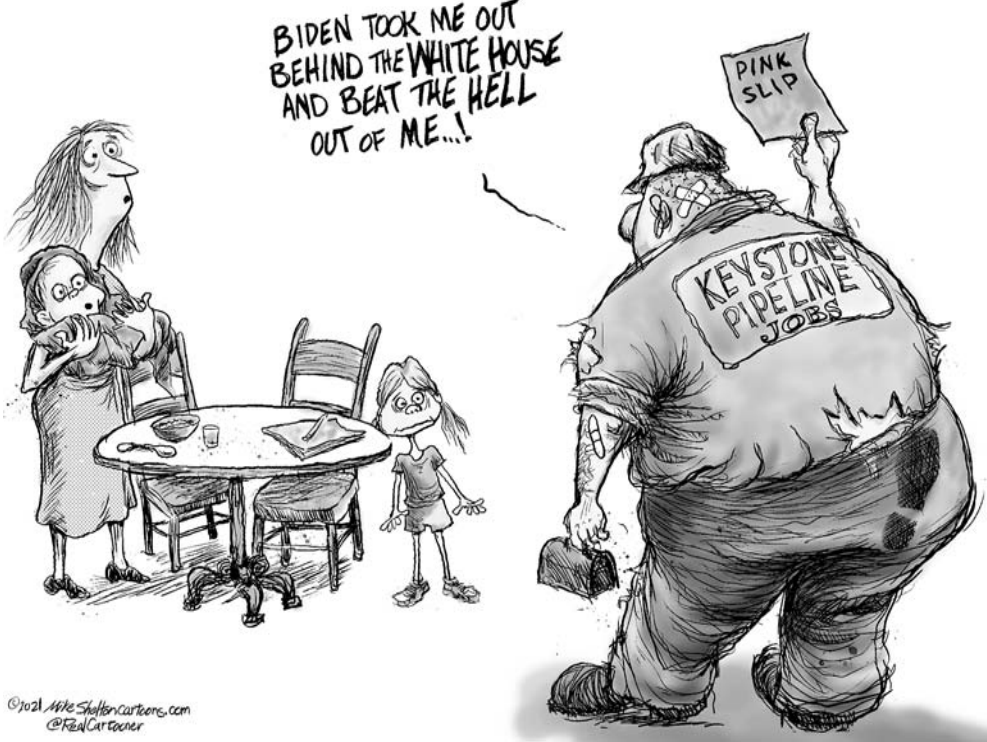
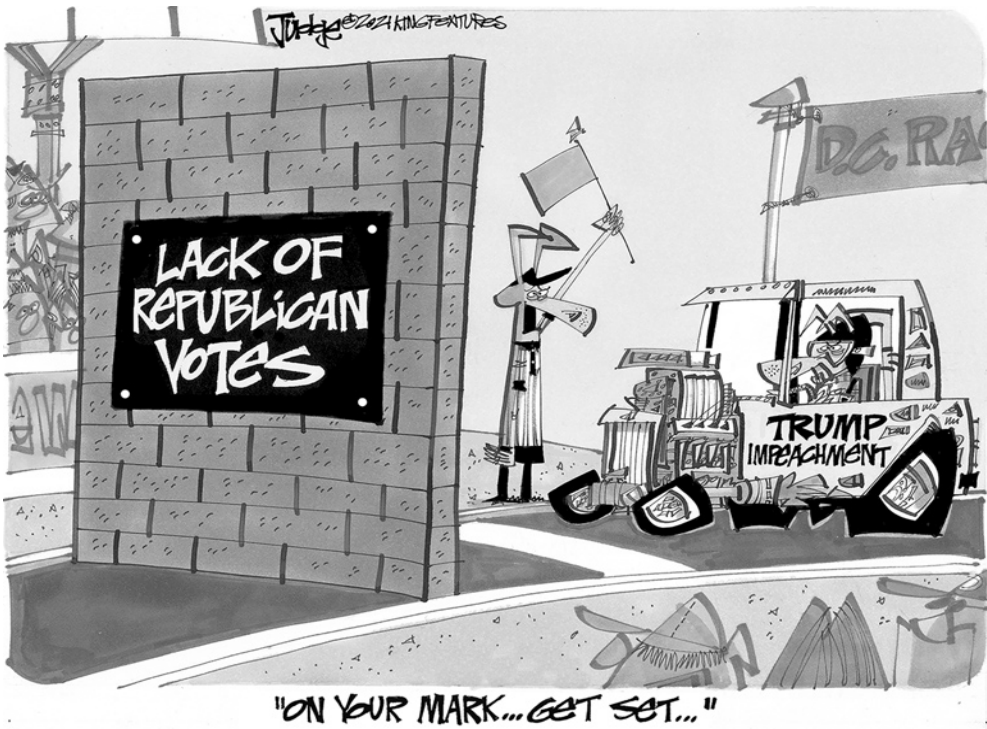
By Matthew Atwood
Special to the Courier

TEXAS – Last week, on February 8, the Texas General Land Office (GLO) formed the Texas Defense Task Force. Its objective is to identify what state officials consider federal overreach and to fend off threats to the Texas oil and gas economy. The move was announced by Texas Land Commissioner George P. Bush.

It came less than two weeks after Governor Abbott's order for state agencies to begin preparing to protect the Texas energy industry from the negative effects of executive orders issued in the first weeks of the Biden Administration. As the oldest agency in the state, the GLO has a constitutional duty to protect and defend Texas's public and the mineral-rich lands set aside for Texas's school children.

"Texans have a deep-rooted history of defending our livelihoods, and we have every intention to carry on this proud tradition. The unprecedented pace at which the Biden Administration is attempting to wipe out jobs through executive orders will be

See FORCE, Page 6



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After a disastrous 2020, the NBA is turning things around

By Steve Escajeda
Special to the Courier

Football is officially over and fans of the sports will walk around in a daze until July when training camps start up again. But NBA fans are happy because now they have the sports landscape all to themselves. Until the baseball season gets going in a couple months, the only major team sports going on will be professional basketball. But does anybody care? The NBA’s TV ratings have dropped 45 percent in the past decade and last season they plummeted. But so far, this season has looked better,

ratings are up 34 percent through early February compared to last year. And the increase in interest might be because of some of the superstar players changing teams. Now we get to see how the heck the Brooklyn Nets will handle the Devin Durant-James Harden-Kyrie Irving situation. As far as I know the NBA games are still being played with just one ball and those are three stars who always want the ball in their hands. We have no idea how these guys will share the wealth, but it’ll be fun to watch. And so far the Nets are in third place in the Eastern Conference, so something is working. Another reason interest could be up is that there are a lot of Los Angeles Lakers

fans out there and after winning the title a year ago, the Lakers are near the top of the Western Conference standings once again. The Tom Brady of basketball, LeBron James, who is 36 and in his 18th year in the NBA, is still playing like a 25-year-old. And of course there are the teams everyone expected to be at the top of the standings. Teams like the Philadelphia 76ers, the LA Clippers and the Milwaukee Bucks are on pace to challenge the Lakers for the NBA title. But the most intriguing thing about this season may be the surprising play of some teams, good and bad. In the Eastern Conference, there are two teams in the playoff hunt, who haven’t been there in years. The Charlotte Hornets and the

New York Knicks are in 6th and 7th place respectively. And as most of you know, the top eight teams make the playoffs. I know we’re just approaching the midway point of the season, but it’s interesting to see if they can hold on. The two teams that have had surprisingly bad seasons are the Miami Heat and the Toronto Raptors. The Heat (11-15) played the Lakers for the NBA championship last year and the Raptors (12-14) won the championship just two years ago. The good news is that they have a bout 40 games left to turn things around.

In the Western Conference, a team is starting to establish itself as one of the best in the league but still gets no respect. The Utah Jazz are 22-5 and have the best record in the NBA but almost no one believes they are truly for real. The Jazz had good teams in recent years but were never a serious title contender. It’ll be fun to see if this is their year.

Another surprise are the Phoenix Suns. After finishing 19-63 two years ago, the Suns improved to 34-39 last season. With the acquisition of Chris Paul, the Suns have continued their upward trend with a 16-9 record this year and currently sit in fourth place.

The biggest shocker of all is the play of the Golden State Warriors.

I know, for years the Warriors were by far the best team in the league. But after losing Durant in a trade, and Steph Curry and Klay Thompson to injuries, the Warriors fell to last place and a 15-50 record last season.

And though Thompson will miss the whole year due to re-injury, the Warriors are playing inspired basketball. They’ve already won as many games as they did last year and are currently in eight place.

With the emergence of new teams at the top and new players like Luka Doncic (Dallas), Zion Williamson (New Orleans), Trae Young (Atlanta), De’Aaron Fox (Sacramento) and Lamelo Ball (Charlotte), the NBA is definitely on the right track.

Let’s hope it doesn’t veer off course.

Force


From Page 3

met with the full force of the law,” said Bush. “The Texas Defense Task Force is prepared to aggressively pursue every legal avenue to slow down and stop this alarming onslaught of executive orders and defend the hundreds of thousands of good-paying jobs and our economy at large.” The task force will be led by Bush and will partner with other private entities to pose legal challenges to new policies that directly impact Texas. Some of the record-setting 45 executive orders, actions, and memorandums include halting construction of the Keystone XL Pipeline, rejoining the Paris Climate Accord, and pausing new leases for oil and gas drilling on federal lands. A recent analysis shows that nearly 120,000 Texas jobs are at stake by 2022 should the ban be made permanent. The oil and gas industries are fundamental to the Texas economy and employment in the state.

Survive

From Page 2

work hard to be an asset to them. In time you may be able to utilize your skill elsewhere but don’t use your training to take business away from your mentor. Move your skill to a new community or market. What do you already know that will make money? If you have lived very long you are bound to know something. Utilize what you know into a small business. Making some money is better than none. If you do a task that someone wants done you can make money. If you have information that someone needs, you can make money. If people like what you do or want what you can do then you can make money. Think of all the service people who make good livings. Plumbers, carpenters, electricians, mechanics, landscapers, heavy equipment operators, truck drivers, taxi drivers, barbers, cooks, servers, managers, consultants, tour guides, entertainers and more. Have you thought about turning your home into a bed and breakfast? Hotels today are struggling to be very inviting during the pandemic. Advertise your skill. The way to thrive is to advertise. If you have something people want or need then you must get the word out about your service. County and small communities must also arise to the challenge of today’s economy. We don’t have time to fight with each other. We must be innovative, work together and keep trying new ideas until something works. If we try long enough something will eventually click and start working. Just because you can think something does not always mean you can achieve it. However, if you cannot dream it, you have no chance at all.



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Super Crossword

TECH BUZZ

ACROSS

1 TV ET from Melmac

4 Puncturing tool

7 Restrained like Rover

15 "To a..." poems

19 Road gunk

20 Zodiac beast

21 Course taker, e.g.

22 Actress Carter

23 Start of a riddle

26 Singer Fitzgerald

27 Grove sight

28 Certain boxing stat

29 Mil. bigwig

30 Pale-looking

31 Riddle, part 2

38 Kilmer of film

40 Alley_

41 Lion's foot

42 Fellow's wig

43 Actor Estevez

45 Sega's hedgehog

47 Look up to

51 Riddle, part 3

55 Lyric-writing

Gershwin

56 Globes

57 "Ixnay"

58 "Take this"

59 Brainstorms

61 Parsley bit

64 Riddle, part 4

67 Kay Thompson

title girl

70 Native Kiwi

71 Fluctuated greatly

72 Riddle, part 5

75 Odor

77 French port in

Brittany

78 Outing ruiner

79 Afflicted

80 Poses

84 Inflated self

85 Riddle, part 6

90 TV talker Phil

93 Slipknot loop

94 Andress of "Dr. No"

95 Highest volcano in Eur.

98 Mil. bigwig

99 Mumbai "Mr."

100 Cotillion girl

101 End of the riddle

107 Throat affliction, for short

108 To the _ degree

109 Western

Hemisphere gp.

110 McEntire of song

113 Hair removal brand

114 Riddle's answer

120 Deli sandwiches, for short

121 Grow pale

122 Oct. follower

123 O'Hare approx.

124 Anatomical sac

125 Slammer

126 Porker's place

127 Water barrier

DOWN

1 Element statistic: Abbr.

2 Oz lion player Bert

3 Ascend a rock

Brittany

face without aids for support

4 Done in the style of

5 Vanished as if by magic

6 Tilt the head

skyward

7 Big Brit. lexicon

8 Houston-to-Dallas dir.

9 Actress Nicole _ Parker

10 Vowel sound in "game"

11 Born first

12 Alicia of ballet

13 Use stitches

14 "_ a Rebel"

15 Like a single-part process

16 City of India

17 Barkin of "The Fan"

18 Street talk

24 Prefix with colonialism

25 Auction unit

30 Mars, to the Greeks

32 Move around in confusion

33 Pleistocene, for one

34 Spout off

35 Axis-vs.-Allies event

36 Singer Tina

37 Copycatted

38 Bill blocker

39 Eros, to the Romans

44 Young girls

45 Hang-up

46 Be logically connected

48 Letters after "had a farm"

49 Ache for

50 Subdued with a shock

52 Lead-in to lateral

53 Classic soda brand

54 Coach Parseghian

59 Very hot star

60 Anti-alcohol measures

62 Oct. exam for many juniors

63 Home: Abbr.

64 Compound in wine

65 Greedy type

66 Indigo, e.g.

67 Fix firmly

68 One of the Florida Keys

69 Cineplex _ (former theater chain)

70 Hurt severely

73 Following loyally

74 Zodiac beast

75 Plum used to flavor gin

76 Roman 1,051

79 Commercial lead-in to -gram or -matic

81 Shivered in fear or revulsion

82 Frilly veggie

83 Wild guess

85 Lewis of rock

86 Apt to pry

87 Artist Vincent van _

88 Master marksman

89 Actress Moran

91 Calvin Coolidge's college

92 Beginning of a web address

96 Papal envoy

97 2017 World Series winners

99 Gives rise to

101 Rachel Maddow's channel

102 Rome's land

103 Ground corn dish

104 Burn _ in one's pocket

105 Chili holder

106 Foul up

111 Version being tested

112 Eden evictee

114 "I'm less than impressed"

115 "Who am _ argue?"

116 Cave in

117 Siouan people

118 A small number of

119 Trellis plant

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107									108						109				110		111	112
113												116	117	118				119				
120																						
124																						

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



Franken

From Page 2

domestic terrorism.

Neither battle is going well, partly due to the low morale of U.S. troops, meaning all U.S. citizens. Our past as a nation is catching up to us. By contrast, Joe Biden, is trying to stem the tide

before we are drowned. The polls show that Americans like his style, but he is just a few weeks past his inauguration, still enjoying a honeymoon. Meanwhile, the opposition, the Republicans, are trying to untangle their fundamental factionalism that threatens to strangle them. So it lines up, currently as a steady hand of the Democrats, versus the

chaos of the Republicans.

Ultimately, Donald Trump will be a passing fancy. For that matter, Marjorie Taylor Greene will be too. They will stop capturing our imaginations with their gibberish and be replaced by someone who draws attention with his or her even more incoherent prattle.

It's highly probable, however, that they will drag us as a society

This rapid heartbeat
appears normal on EKG

DEAR DR. ROACH: I had symptoms of lightheadedness, so my doctor ordered an EKG and sent me to a cardiologist. They did a heart monitor for a week and said I have inappropriate sinus tachycardia but that I don't need any treatment. I'm still having symptoms. What can I do? – B.V.



Inappropriate sinus tachycardia is an uncommon diagnosis, most often seen in women in their 30s. The heart rate is fast (“tachycardia”), but on an EKG it appears normal, meaning it comes from the sino-atrial node, the natural pacemaker of the heart, hence “sinus.” The average heart rate must be over 90 for 24 hours.

It's important to be sure there isn't another cause for the tachycardia, such as elevated thyroid levels, fever, volume depletion (dehydration) or anemia. The symptoms may continue for months or even years. Common symptoms include the lightheadedness you felt, but may also include palpitations, shortness of breath, dizziness and decreased ability to exercise.

The diagnosis can sometimes be confused with POTS (postural orthostatic tachycardia syndrome), where the heart rate dramatically increases with changing to an upright position. A tilt-table test is the diagnostic tool for POTS.

If there is no other reason for sinus tachycardia, then medication may be used to reduce symptoms. A beta blocker is the usual first choice, but there are others available.

I found some more information at <https://tinyurl.com/ISTheart> that may be useful for you.

DEAR DR. ROACH: I am a woman going crazy with hair loss. My hair has always been long and thick, but it is coming out in handfuls. I can only think it must be due to my blood pressure medicines. I've been taking amlodipine and lisinopril for years. I'm in good health and 90 years young. – M.

It is unlikely that the hair loss is due to either amlodipine or lisinopril. Neither of these are well described to provoke hair loss, and if a medicine is going to do that, it usually does within a few months.

The most common cause of hair loss in a 90-year-old woman is female pattern hair loss, in which the hair loss is mostly on the front and top of the scalp. However, there are several causes of hair loss, and a dermatologist may be helpful in determining the cause and treatment.

Please don't stop taking your blood pressure medicine.

DEAR DR. ROACH: I have a question about undigested food. Are you getting any nutrients, other than fiber, from foods that come out looking the same as they went in? I'm thinking of foods such as corn and sunflower, flax or chia seeds. How well do they need to be chewed to get any nutrition from them? – L.W.

Many seeds and corn need to be chewed very well in order to be absorbed by the body. They have a large amount of undigestible fiber, which will never be absorbed. Chia seeds, unlike flax or sunflower seeds, are pretty easily digested by most people, but you can grind them and soak them ahead of time to make it easier for your body to digest.

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) 2021 North America Synd., Inc. All Rights Reserved.

even lower. It will be too late for Joe Biden, anyone, to rescue us from our downward spiral, particularly since the next to be politically famous can only be more infamous. If we don't change our ways as a country,

his or her heritage can only add to a crumbling legacy.

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Moore Texas by Roger MOORE
Feb. 18, 1973: Texas’ 1st team in the National Women’s Football League - Dallas Bluebonnets - lost their 1st game.

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: H equals D

DR TWZ VIIS HXDCDQF
ICIQ BLWZFL TWZX FEM BEQV
DM QIEXKT IPSBT, D’H MET
BLEB’M E RZIKDML PDMBEVI.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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
♦♦♦ HOO BOY!

Answer Page 4
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‘Unbanked’ veterans



by Freddy Groves

They call them “the unbanked,” people who don’t use banks for any reason. At this point there are 250,000 veterans without bank accounts. Without one, they can receive their benefits only through a prepaid debit card or a paper check.

Last year, the Department of Veterans Affairs established the Veterans Benefits Banking Program, and 25,000 veterans so far have signed up, mostly because of the convenience, safety and money-saving aspects.

Having a bank account can save you a trip to the convenience store to buy a money order... as well as the fee to pay for it. Just sit at home and write a check at your leisure. Pop it in the mail and off it goes.

Once a bank knows you for a little while, you’ll be in a better position to apply for a loan or a

credit card.
If you sign up for automatic deposit at one of the VBBP financial institutions, your benefits won’t have to get to you in the mail. You won’t have to pay check-cashing fees either. And paying a bill by check is proof that you paid it.

Go online to the VA site veteransbenefitsbanking.org/ and click on Find A Bank/ Credit Union. Scroll down and see what looks good and fits your needs. Maybe you have a special affinity to a certain bank or credit union because of where you served. You’ll find Kirtland Federal, Fort Hood National, Andrews Federal and dozens more. (A small plug here: I’ve done business with USAA for many years, as did my father, and they’ve always treated me well, through loans, credit card accounts, auto insurance and more.)

Click around the site for more information. Once you have a bank account (be sure to tell them about VBBP when you sign up), you’ll want direct deposit of your benefits. To arrange that, call 800-827-

1000 Monday to Friday, 8 a.m. to 9 p.m. EST.

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• If you have a steel or metal door, stick a few magnets on the inside for a handy spot to attach reminders and other notes. If your door is wood, just attach a piece of corkboard to a strip of the door. With pushpins, it works the same way.

• “If you find a pretty bottle of lotion, you can refill it when it runs out. I add a little bit of essential oils to my store-brand lotion.” – G.E. in California

• Remove white rings on wood tables with mayo! Slather a spoonful of mayonnaise on the spot and let it stand for an hour or so. Wipe clean. Repeat as necessary.

• Use nail polish in bright colors to mark the settings on your washer. The nail polish doesn’t wear off like a marker might.

• Got unmatched socks? Save them for the grandkids to use for hand puppets. You can help them sew buttons on, and use yarn for hair. A barrette can be glued or sewn on for a nose.

• “Here’s a DIY softener sheet for the dryer. Just cut up an old shirt into small squares about the size of your hand. Use a sealable jar and add liquid fabric softener and water in equal parts, and then add all the squares to the liquid. When you move clothes from the washer into the dryer, take a piece, squeeze it out and toss in the dryer. They are reusable – afterward, just put it back in the jar!” – D.R. in Florida

• Get rid of smelly stains on your cutting board with a lemon. Use the cut side of a lemon to scrub your plastic or wood board. For a little extra scrub, sprinkle the lemon with salt. Rinse and air dry.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2021 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

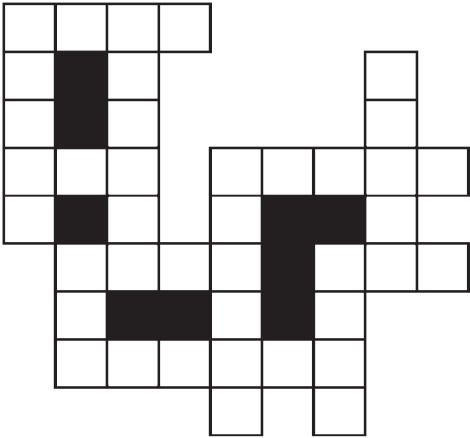
	÷		+		11
–		×		–	
	–		×		5
×		–		÷	
	–		×		4
6		3		2	

1 2 4 4 5 6 7 8 9

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LEL
WARELY
DEUGN
♥RBGA
♥GWOBLE
♥YEB
♥REOG
♥LEBGA
♥GBO
BULIEN
BRYDE
♥ALDE



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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