

NEWSBRIEFS

‘Spite House’

A quirky little – really little – house in Boston with a history that goes back to the Civil War was sold to the highest bidder for \$1.25 million recently. How little is it? At its widest point, it measures 10 feet, four inches. The four story structure is the epitome of perpendicular living, featuring two bedrooms, one bathroom, a very cozy kitchen, a great backyard and a nifty roof deck with a view of Boston Harbor. The house is kind of a landmark in Boston; it’s known as the “Spite House.” It is said that two brothers inherited a sizeable parcel of land during the Civil War. One of them served in the war and when he returned home he found that his brother had used up the lion’s share of the property to build his house. Legend has it that he took his revenge by spitefully building his own “Skinny House” on the land that was left in such a fashion as to block his greedy brother’s sunlight and view.

– John Grimaldi

The funny house

Next time you and the family visit England, you may want to book a stay at the Winnie-the-Pooh Cottage – designed by Disney “imagineer” Kim Raymond. Who better to bring Pooh’s cartoon cottage to life than the guy who’s been drawing the Winnie sketches for three decades? The \$130 overnight visit comes with a guided outing in the Hundred Acre Wood and a chance for you and your kids to play “Poohsticks.” It’s easy enough game; just drop sticks into the stream while crossing the Poohstick Bridge. The getaway has all the fantastical Disney elements you could ask for. You can book your visit with Disney’s Airbnb partner.

– John Grimaldi

Frankenstein book

The auctioneers at Christie’s were expecting an 1818 first edition of Mary Shelley’s classically scary three-book novel, Frankenstein, would fetch about \$300,000 but frantic bidding boosted the winning bid to \$1.17 million. Fine Books Magazine says it’s a new world record for a book authored by a woman. When the book was first published, just 500 copies were printed.

– John Grimaldi

One should be more concerned about what his conscience whispers than about what other people shout.

– Quips & Quotes



– Photo by Alfredo Vasquez

PEACEFUL – Keystone Heritage Park and the El Paso Desert Botanical Gardens, above, is an archaeological site that showcases native vegetation and architecture. The park offers a walkway through a healing garden of various medicinal species and culinary herbal flowers, different cactus and succulent plants, and a butterfly sanctuary.

Keystone park depicts village, wetlands that thrived 4,500 years ago

A volunteer board of directors preserves and develops the park

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A daytime stroll through Keystone Heritage Park and Desert Botanical Gardens readily reveals why archeologists, anthropologists, geologists, botanists, and ornithologists are so intrigued by the 52-acre site that is located on Doniphan Road in El Paso County’s upper valley.

Utilizing carbon dating techniques a few years ago, researchers concluded that the site’s dwelling remains- including thatched huts, post holes, and fire pits-are part of a large village that existed over 4,500 years ago.

Together with a nearby wetlands, the

Keystone park and garden gives visitors an outstanding opportunity to experience what the El Paso del Norte landscape must have looked like hundreds of years ago, as the meandering Rio Grande fed the natural wetlands that surfaced along its banks.

Today, the upper valley attraction is supervised under an agreement between the Keystone Heritage Park volunteer of native vegetation and architecture caretakers and the City of El Paso, the current property owner. The safeguarded

acreage encompasses wetlands, a biological preserve, and the archaeology site, which is said to be one of the oldest dated archaic sites in the Western United States.

Preferring preservation over excavation, caretakers boast that the park now offers an interpretive experience that provides walking paths for views of the wetlands, where dozens of different bird species can be sighted, as well as a guided tour of the archeological discoveries.

In addition, the park is home to the El Paso Desert Botanical Gardens, an artful landscape

Researchers reported that the ruins and artifacts discovered at Keystone Heritage Park are parts of a village that dates back more than 4,500 years. The site is considered one of the largest and oldest villages of its kind in the United States, according to National Geographic Magazine.

See KEYSTONE, Page 5

Cano named Socorro HS head varsity football coach, athletic coordinator

By Celeste Reyes
Special to the Courier

SOCORRO – A longtime coach in the Socorro Independent School District Edward Cano was announced as the new Socorro High School head varsity football coach and athletic coordinator Dec. 10 at the school.

Cano said he is eager to work with the great administration that leads Bulldog Nation, and he is excited to lead the football program with student-athletes who have tremendous potential.

“The talent level in El Paso has grown and we need to embrace that,” he said. “We are going to work as hard as possible so that these kids are prepared by working day in and day out.”

Cano has been coaching with SISD for 17 years, starting out as a coach for the Americas High School freshman football team and then moving up as an assistant coach for the varsity team. He then transferred to Eastlake High School to help launch the football program there.

Most recently, he has been serving as an assistant football



– Photo courtesy Socorro ISD

RAH– Edward Cano addresses a pep rally after being named Socorro High School head varsity football coach/athletic coordinator.

See CANO, Page 5

Joe Biden’s incredible shrinking presidency

Joe Biden was never exactly a colossus bestriding the Earth, but he’s been getting smaller by the day.

A Washington Post poll over the weekend suggested that his presidency is, for now, a smoking political crater. It had him at a 41% approval rating, despite the passage of his long-sought infrastructure bill that was supposed to buoy him and his party.

Even more striking, the survey found that Republicans lead Democrats on the generic congressional ballot by 10 points, 51% to 41%, an unprecedentedly strong showing for the GOP that forecasts an earthquake, tsunami, and maybe a few more natural disasters for Democrats come next fall.

And who can be surprised? Biden is stumbling, out of touch, and weak. Two of his major initiatives, at the border and in Afghanistan, created completely avoidable catastrophes. He has given no sense of being in control of events or even his own party. He is an

accidental president who is running smack into his own inadequacies and absurd pretensions.

No one in Washington over the last four decades ever said that Joe Biden was just the man with the foresight, wisdom and deft political touch to lead the free world.

No, he was an average senatorial bloviator whose first two presidential campaigns flamed out in embarrassing fashion, before he hit the jackpot when Barack Obama choose him as his running mate in 2008.

Showing the advantage of hanging around for a very long time, Biden won both the 2020 Democratic nomination and the presidency by default. In the primaries, the former vice president looked good in comparison to Bernie Sanders, and he ran in the general on not being Donald Trump.

Now, Biden is allied with Bernie Sanders, who helped write the first version of his Build Back Better plan, and Donald Trump no longer looms as large as Biden’s foil.

electoral mandate for pedestrian governance as a permission slip for passing nearly the entirety of the progressive agenda in the space of less than a year.

Not only has there been sticker shock over the price tag of the Biden agenda, but it has little connection to things people truly care about. The infrastructure bill polls well, but no one goes about their daily lives worried about the alleged crisis of crumbling bridges and tunnels.

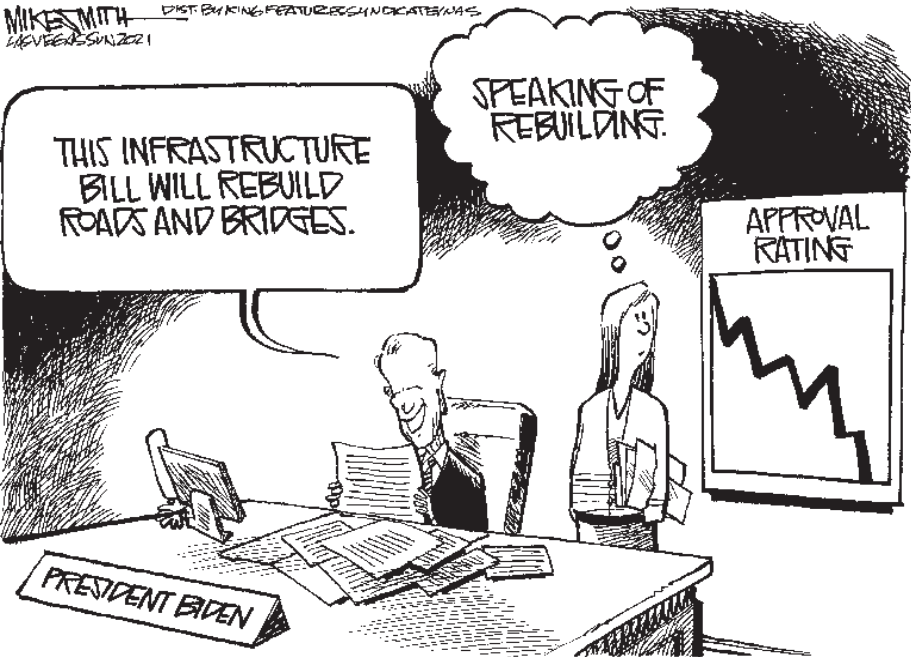
Meanwhile, the Build Back Better bill started as a \$3.5 trillion grab bag of everything that progressives want but couldn’t get in the infrastructure bill. Passing as much spending as you possibly can before you lose Congress a year from now, which is essentially the rationale behind Build Back Better, is not a compelling reason for a historic spate of federal spending.

That legislation has been pared down to largely a child care and climate change bill. That’s an unnatural pairing that came about not because those are the top two things that the public wants from Washington, but because they happen to be what Democrats think they can pass.

Only now is the White House trying to argue that the infrastructure bill and Build Back Better will address real public concerns, namely the supply chain disruptions and the inflation that is outpacing wage growth. This is clearly a tendentious, after-the-fact argument.

The White House can hope that the supply chain bottlenecks ease and inflation declines, but Biden’s disastrous first year speaks to a more intractable problem with the lackluster occupant of the Oval Office himself.

His foremost mistake was overestimating an attenuated Rich Lowry is editor of the National Review. (c) 2021 by King Features Synd., Inc.



View from here By Marilyn M. Singleton, M.D., J.D.

A constitutional cure for Covid-19

Covid, Covid, Covid. Variant, your job. And the beat goes on variant, variant. Trust me, I’m for an infection where 99.95 percent of infected persons under age 70 years recover. It’s becoming clear that Covid-19 is not merely a disease but an

excuse to concentrate power in the government.

It’s time for the political histrionics to stop. Multiple studies have shown that the consequences far outweigh any potential (and illusory) benefits of masks, lockdowns, and school closures. The Centers for Disease Control and Prevention (CDC) Director admitted that the current Covid-19 mRNA vaccines, while helpful in reducing deaths and hospitalizations, do not stop transmission of the

virus. “Breakthrough” cases in vaccinated persons are on the rise. Moreover, the current vaccines likely are not effective for the new, likely less lethal Omicron variant. Public health experts opine that the SARS-CoV-2 virus (that causes Covid-19) and its multiple variants are becoming endemic. That means SARS-CoV-2 and its infinite number of variants will not be eliminated, but become a manageable part of the human-viral ecosystem. Sadly, our government is not responding in accordance with the scientific facts.

Instead, federal and some local governments are mandating more vaccines, culminating in proof of vaccination to engage in society and continue living as a normal human being. This is not science. This is nascent totalitarianism. Two lines from the 1990 Cold War era spy film, The Hunt for Red October foreshadowed our government’s warp speed trajectory to authoritarianism. “Privacy is not of major concern in the Soviet Union, comrade. It’s often contrary to the collective

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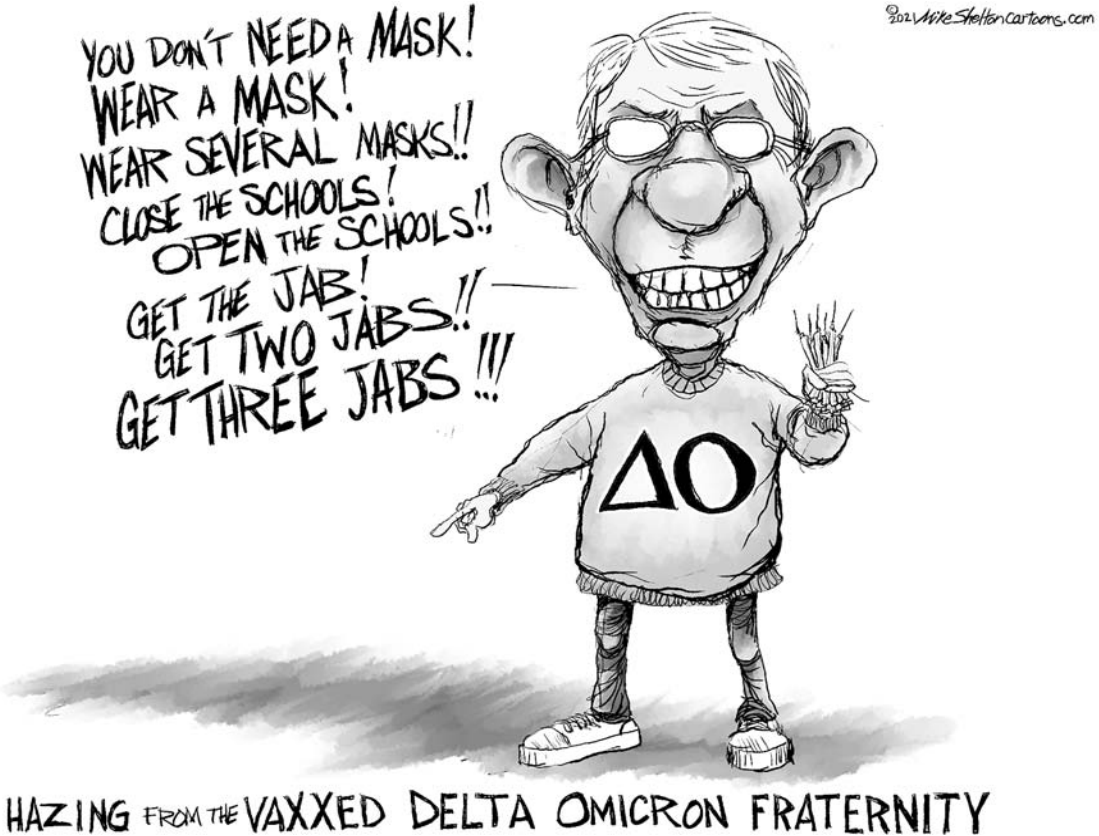
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HAZING FROM THE VAXXED DELTA OMICRON FRATERNITY

Food for thought By John Grimaldi

Conversation is a critical element of caring for a loved one with Alzheimer’s Disease

More than six million Americans have been diagnosed as having Alzheimer’s Disease and that number is growing at too fast a rate; the projection is that the numbers of Alzheimer’s patients will more than double by 2050. According to the Alzheimer’s Association, 11.2 million Americans are volunteer caregivers for loved ones with the disease. In fact, family members and friends account for 83% of all Alzheimer’s caregivers. The pros are trained to know what to do, but “civilian” helpmates may need help.

“Three of the main reasons [novice] caregivers provide assistance to a person with Alzheimer’s or another dementia are: (1) the desire to keep a family member or friend at home (65%), (2) proximity to the person with dementia (48%) and (3) the caregiver’s perceived obligation to the person with dementia (38%). Caregivers often indicate love and a sense of duty and obligation when describing what motivates them to assume care responsibilities for a relative or friend living with dementia,” says the Association.

It’s a daunting task that requires commitment and perseverance and that’s where “love and a sense of duty and obligation” enter into the equation. Day to day assistance with hygiene, dressing and incontinence as well as routine activities of daily living are difficult enough for these amateur caregivers. But, perhaps, as challenging as these routines may be, it can be frustrating at best for novice helpmates to engage in conversation no matter how simple the chat may seem. Bear in mind that verbal give-and-take is a critical element of taking care of someone with Alzheimer’s.

The disease impairs both the patient’s ability to verbalize their thoughts and his or her ability to understand what you are saying. In addition, in many cases, especially as the disease progresses, they can’t remember words or things that have happened in their

lives nor, perhaps, recall who you are. Their capacity to communicate fails them and, as a result, it might hinder their ability to “maintain their dignity and self-esteem.” Many amateur caregivers who have been at it for a long time understand the importance of conversation. But, if you are new to it, here are a few recommendations, courtesy of the Alzheimer’s Association:

- Engage the person in one-on-one conversation in a quiet space that has minimal distractions;
- Speak slowly and clearly;
- Maintain eye contact to show you care about what he or she is saying;
- Give the person plenty of time to respond so he or she can think about what to say;

- Be patient and offering reassurance to encourage the person to explain his or her thoughts;
- Ask one question at a time;
- Ask yes or no questions – “Would you like some coffee?” rather than “What would you like to drink?”
- Avoid criticizing or correcting – instead, listen and try to find the meaning in what the person says and repeat what was said to clarify;
- Avoid arguing – if the person says something you don’t agree with, let it be;
- Offer clear, step-by-step instructions for tasks as lengthy requests may be overwhelming; and
- Give visual cues by demonstrating a task to encourage participation.

Covid-19

From Page 2

good.” And a White House official casually boasted, “I’m a politician that means I’m a cheat and a liar.”

It didn’t take long for President Biden to tell the big lie. As president-elect, Mr. Biden said there would be no vaccine mandates. Speaker of the House Nancy Pelosi (the third in line for the presidency) brilliantly illustrated the intersection of lying and privacy. As late as August 2021, Speaker Pelosi said, “We cannot require someone to be vaccinated. That’s just not what we can do. It is a matter of privacy to know who is or who isn’t.”

Without skipping a beat, the executive branch issued three separate vaccine mandates: all federal contractors (including remote workers), an Occupational Health & Safety Administration (OSHA) requirement for businesses with more than 100 employees, and a

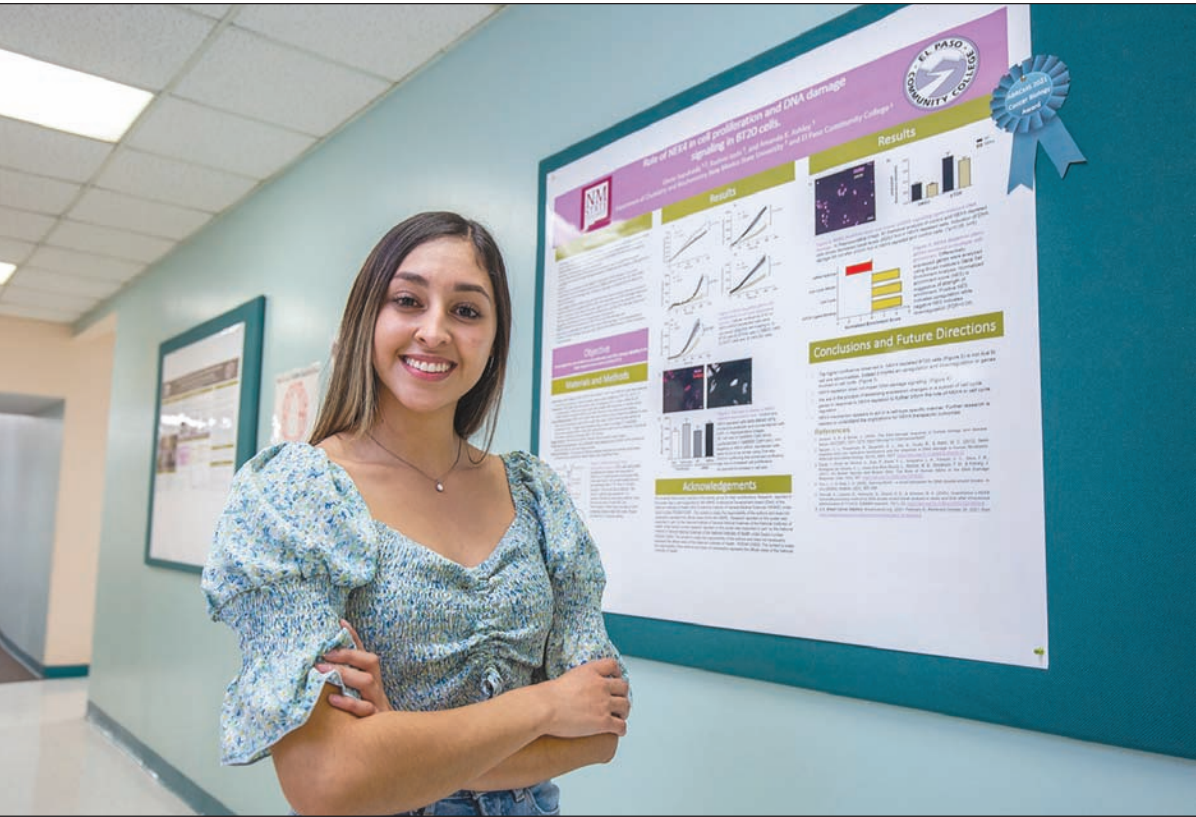
Centers for Medicare and Medicaid Services (CMS) requirement for employees, volunteers and third-party contractors of health care providers certified by CMS.

The judicial branch is fighting back against the President’s attempt to jettison the Constitution’s separation of powers clauses, a large chunk of the Bill of Rights, and Supreme Court precedents on bodily autonomy with these mandates. On November 9th, the Fifth Circuit Court of Appeals put the OSHA mandate on hold. The Court reasoned that the mandate “threatens to substantially burden the liberty interests of reluctant individual recipients put to a choice between their job(s) and their jab(s).” And “the loss of constitutional freedoms ‘for even minimal periods of time... unquestionably constitutes irreparable injury.”

Citing the lack of congressional authorization and harm to access to medical care, on November 29th a Missouri federal district court placed a temporary

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– Photo courtesy El Paso Community College

SHE’S GOT THIS – Gloria Sepulveda in front of part of her award winning presentation.

Sepulveda recognized for ABRCMS presentation

By Ismael De La Rosa
Special to the Courier

EL PASO COUNTY – Students at El Paso Community College (EPCC) conduct research and gain scientific experience inside and outside the classroom. *Rise to the Challenge Bridge Program* student Gloria Sepulveda was recently awarded for her e-poster presentation at the 2021 Annual Biomedical Research Conference for Minority Students (ABRCMS). This is the 17th year in a row that an EPCC student has been awarded at this highly competitive conference, which is the largest student research conference in the United States. Of the 400 awards given at the conference, Sepulveda’s was one of only 16 that went to community college students.

The *Rise to the Challenge Bridge Program* provides paid research internships for EPCC Science majors. Rise Bridge Scholars work in a research laboratory at EPCC, UTEP and/or NMSU, participate in science enrichment activities, research technique workshops, receive career advising and travel to national scientific conferences. Two additional EPCC Rise Bridge students, Regina Viramontes and Seth Wilson, also presented at the conference.

“Despite all the challenges of the pandemic and labs being partially closed between 2020 and 2021, *Rise to the Challenge Bridge [Program]* students have received five awards for their research presentations,” Dr. Maria Alvarez, EPCC Biology Instructor and Coordinator of the Rise to the Challenge Bridge Program, said. “This exemplifies the dedication of students and faculty mentors in the program. Participation in national conferences like Annual Biomedical Research Conference for Minority Students (ABRCMS) gives visibility to our students and they have the opportunity to hear presentations by prestigious scientists, network, and learn about future training opportunities and graduate schools.”

“The program opens a lot of properties specially for minority students. We do have a lot of training on how to conduct research and we also have a lot of

opportunities to network with other universities,” Gloria Sepulveda said. Born in El Paso, Texas, and raised in Nuevo Casas Grandes, Chihuahua, Sepulveda decided to study Chemical Engineering in the United States. She is looking to continue her education at schools in other states and is planning on completing a master’s and a doctoral degree. “I realized that I have a lot of options. This experience opened my mind to another level to pursue other grad schools that I did not know existed; now I know I have the potential to do anything I put my mind in it.”

The program’s goal is to provide students with biomedical research skills as well as preparing them to transfer to a university and graduate with baccalaureate and eventually PhD degrees. As part of their training, EPCC students have been involved in formulating research questions and hypotheses, developing and implementing experimental procedures, analyzing data and sharing the data with the scientific community by presenting their projects in national conferences and publishing papers.

“For the last 20 years, the *Rise to the Challenge Bridge Program* has provided opportunities for EPCC students to experience the true investigative nature of science by engaging them in research topics that are relevant to our community and the world at large,” Dr. Alvarez, said.

Rise interns have become K-12 teachers, college faculty and researchers or have entered the biomedical workforce in industry and government labs. The research skills that students gain through participation in this EPCC program are leading to the development of a diverse biomedical research workforce with knowledge, skills and a vested interest in regional, national and global biomedical issues. Depending on career, education, location and experience, graduates who participate in this program can earn a salary from \$28,860 to \$123,860/year nationally in careers such as Researchers, Healthcare Workers, Environmental Biologists, Conservationists, Biological Science and Chemistry Teachers/Professors (early to higher

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Strange BUT TRUE

By Lucie Winborne

- After the battle of Waterloo in 1815, scavengers removed the teeth from tens of thousands of dead soldiers for use in dentures. The so-called Waterloo teeth were in such demand because they came from relatively healthy young men.
- In 2003, there were 86 days of below-freezing weather in Hell, Michigan.
- The U.S. Navy sustainably manages over 50,000 acres of forest in Indiana with white oak trees more than a century old, to replace like for like on the 220-year-old wooden frigate USS Constitution.
- The party game of Twister was originally called Pretzel, but Milton Bradley changed the name in 1965 due to trademark issues.
- The opposite sides of dice always add up to seven.
- “Deaf flights” were prescribed by doctors to cure hearing loss in the 1920s and ‘30s. Stunt pilots would take unsuspecting passengers up in planes and terrify them with loops, barrel rolls and dives.
- J.R.R. Tolkien was nominated by fellow author C.S. Lewis for the 1961 Nobel Prize in Literature, but was overlooked because the jury said the quality of his storytelling wasn’t good.
- Philadelphia cream cheese was actually created in New York.

Thought for the Day:
“Yearning for the seemingly impossible is the path to human progress.”
– Bryant H. McGill

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CryptoQuip Answer

My car is dreadfully overdue for maintenance. I’ll ask the mechanic to check it at his oiliest convenience.

Moments in time

THE HISTORY CHANNEL

- On Dec. 13, 1916, a powerful avalanche kills hundreds of Austrian soldiers in a barracks near Italy’s Mount Marmolada. Over several days, avalanches killed an estimated 10,000 Austrian and Italian soldiers.
- On Dec. 14, 1799, President George Washington dies. Two days earlier, he rode out into freezing sleet to survey business affairs on his estate. He returned home late for dinner and refused to change out of his wet clothes. The next day he developed a severe respiratory infection and died the following day.
- On Dec. 15, 1988, singer James Brown, the “Godfather of Soul,” begins serving a six-year prison sentence in South Carolina. Already on probation, Brown’s reckless spree on Sept. 24 resulted in numerous criminal charges, including assault and battery with intent to kill.
- On Dec. 16, 1811, the greatest series of earthquakes in U.S. history begins near New Madrid, Missouri, when an earthquake estimated at 8.6 magnitude slams the region. The quake raised and lowered parts of the Mississippi Valley by as much as 15 feet and changed the course of the Mississippi River.
- On Dec. 17, 1961, a fire at a circus in Brazil kills more than 300 people and severely burns 500 more. The fire may have been caused by sparks from a train passing nearby. There were 2,500 people in attendance, and many were trampled.
- On Dec. 18, 1865, following its ratification by three-quarters of the states, the 13th Amendment is formally adopted into the U.S. Constitution, ensuring that “neither slavery nor involuntary servitude... shall exist within the United States, or any place subject to their jurisdiction.”
- On Dec. 19, 1998, the House of Representatives approves two articles of impeachment against President Bill Clinton, charging him with lying under oath to a federal grand jury and obstructing justice. Later, after being acquitted, Clinton said he was “sorry.”

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Keystone

From Page 1

that consists of a healing garden composed of a variety of medicinal species, culinary herbal flowers, numerous cactus and succulent plants, and a butterfly sanctuary.

The archaeological site – protected by federal law – was first discovered in the late 1970s by the Corps of Engineers during the construction of flood control dams. Runoff from a thunderstorm washed away the bank of a shallow arroyo revealing a cut-away of an ancient pitch house, according to a park volunteer.

The Keystone wetland is also home to many species of birds and is a stop on a migratory route for many more. Over 206 species of birds have been spotted there, including 22 species considered rare by the Audubon Society.

Since 2000, the botanical gardens have been under the supervision of the Junior League of El Paso, and in 2003 the Rotary Club of El Paso joined to build the second phase of the garden. The enhanced park now has added features such as a xeric garden, a children’s garden, an amphitheater, a moonlight garden, and an



– Photo by Alfredo Vasquez

ART – Keystone Heritage Park and the El Paso Desert Botanical Gardens’ lush landscape is enhanced by four remarkable statues created by well-known sculptor John Houser including the statue of Susan Shelby Magoffin, above, which is the third statue in the series of his XII Travelers project.

importance of preserving and protecting nature and history in our growing, urban community,” stated one volunteer.

The park is open to the public, Tuesday through Sunday, from 9 a.m. to sunset, with special private and school tours available throughout the year. For more information about Keystone, visit its website, at keystoneheritagepark.com, or call (915) 584-0563.

Cano

From Page 1

coach and English teacher at Pebble Hills High School, where he also helped launch their football program.

“It’s been a whirlwind,” Cano said. “I’ve worked with a lot of great coaches

who’ve helped mold me.”

As the new athletic coordinator,, Cano hopes to lead with his extensive knowledge in athletics and attention to detail.

“I see myself in these kids and see this as a new opportunity,” Cano said. “There are a lot of people in the Lower Valley who have that Bulldog Pride and I’m excited to showcase that.”

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The *West Texas County Courier* office is closed. The office will open again on Monday, January 3, 2022. The next issue will be January 6, 2022.



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Miners’ bowl game a sign of things to come

By Steve Escajeda
Special to the Courier

Let’s be honest, the UTEP football team hasn’t beaten a team with a winning record all season, and the chances of them doing it this Saturday are extremely slim. But in the end, that really isn’t the point of the Miners making it to the New Mexico Bowl. It comes down to the direction the program is headed – and that is onward and upward. The Miners (7-5) will take on the Fresno State Bulldogs (9-3) in Albuquerque in their first bowl appearance since 2014. And after winning just five games combined over the four years before this one, it’s a near miracle that the Miners put up a winning record and are going to any bowl at all.

But that doesn’t mean that things have been wonderful lately. This New Mexico Bowl matchup features two teams going in completely different directions. Fresno St. has won five of its last six games while the Miners have dropped five of their last six. Aside from playing better on both sides of the football, the place where UTEP improved the most is in the schedule. For once in many years, the Miners’ schedule was actually kind. It featured many winnable games, which the Miners clearly took advantage of. But to be completely honest, the Miners have had many winnable games over the past five years, and couldn’t even win those. So the team has to be given credit for turning that around. When the matchup was first announced,

Fresno St. was a big favorite in this game, but then circumstances started working in UTEP’s advantage. What kind of turned the game in UTEP’s favor is the fact that the Bulldogs recently lost their coach and several assistants, which of course can cause instability and chaos within a program. Then, suddenly, their stud quarterback Jake Haener decided to leave the team and enter the transfer portal. With all the uncertainty among the coaching staff and the sudden departure of the starting quarterback, everything started shifting UTEP’s way. But then, just as quickly, Haener admitted that he’d made a mistake and will stay with the team after all. But he wasn’t practicing with the team during his short departure. So the big question has been, will the

star quarterback play against the Miners in the bowl game or not? If Haener doesn’t play, the Bulldogs will turn to a freshman QB who only threw eight passes all season. If Haener does play, the Miners will be taking on a quarterback who completed 67 percent of his passes (303-449), for 3,810 yards (317 yards per game), 32 touchdown and just nine interceptions. If Haener takes the field, the Miners will need a monumental effort from its defense, which for the most part has been the strongest part of the team. The defense will have to do what it does best, rush the passer and cause turnovers. But whoever plays quarterback for the Bulldogs and whether the Miners win or not, it doesn’t change the fact that the UTEP football program is improving and should be much better next year.

Covid-19

From Page 3

halt on the CMS health care workers “boundary-pushing” mandate. The government planned to enforce the mandate by imposing monetary penalties, denial of payment and termination from the Medicare and Medicaid program. The ruling covers providers in Kansas, Alaska, Arkansas, Iowa, Missouri, Nebraska, New Hampshire, North Dakota, South Dakota and Wyoming. On November 30th, a Louisiana federal district court blocked the CMS mandate issuing a nationwide injunction in a lawsuit brought by 14 states (Arizona, Alabama, Georgia, Idaho, Indiana, Kentucky, Louisiana, Mississippi, Montana, Ohio, Oklahoma, South Carolina, Utah and West Virginia). “If the executive branch is allowed to usurp the power of the legislative branch to make laws, two of the three powers conferred by our Constitution would be in the same hands. ...

Sepulveda

From Page 4

education), Biotechnologists, Forensic Scientists and Chemists to name a few. The experience of participating at the RISE program is so amazing that most students, after transferring to a 4-year university, come back as program facilitators to assist other students in their journey. For more information on the *Rise to the Challenge Bridge Program*, contact Dr. Maria Alvarez at malva279@epcc.edu or call (915) 831-5074. Visit <http://go.epcc.edu/RegisterNow> to register for the Spring 2022 semester.

[C]ivil liberties face grave risks when governments proclaim indefinite states of emergency.” That same day, a Kentucky federal district court issued a hold on the federal government contractors mandate, citing lack of authority of the executive branch—“even for a good cause”. The court reasoned that if a procurement statute could be used to mandate vaccination, it “could be used to enact virtually any measure at the president’s whim under the guise of economy and efficiency.” The ruling covers Kentucky, Ohio and Tennessee. The mainstream media finally reported on the toxicity and poor results of Dr. Fauci’s “standard of care” treatment, remdesivir. This prompted families to use the courts rather than watch their relatives needlessly die. Victories for patients are growing. A Chicago area judge recently ordered a hospital to “step aside” and allow a physician to administer ivermectin in an effort to save a dying patient. It worked. People are tired of lies. When Google employees are signing a “manifesto” to fight the mandates, you know the seeds of revolt have sprouted.

Marilyn M. Singleton is a board-certified anesthesiologist and Association of American Physicians and Surgeons (AAPS) Board member. She graduated from Stanford and earned her MD at UCSF Medical School. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

Super Crossword

OVER-THINKING THINGS ACROSS

1 Curved like a pothook

8 Some Algonquians

14 Gushes lava

20 Cartoon cel material

21 Bassett of Hollywood

22 Witch's elixir

23 Start of a riddle

25 Shoe-collecting

Marcos

26 State whose cap. is Boise

27 Company that retails outdoor gear

28 FDR follower

30 Gather, as a harvest

31 Pooch's yap

32 Riddle, part 2

39 Free of charge, as legal services

41 Make knotted

42 Large simian

43 Stroke gently

44 Riddle, part 3

48 Right wrongs

49 Genesis game system maker

50 Egg, formally

54 "Cool beans!"

57 Lenin's land: Abbr.

60 Tubular pasta

64 Part of REO

65 Riddle, part 4

70 _ kwon do

71 "Toyboat" singer

Yoko

72 Caravan layover locale

73 See 112-Across

74 Gift for music

75 Riddle, part 5

79 Ho-hum

80 Like gear that quells mobs

81 English lav

82 Chair fixer of a sort

83 Bug spray ingredient

84 Auction, e.g.

88 Oscar winner

Mercedes

91 Riddle, part 6

100 Toby drink

103 Zodiac lion

104 Hocus-pocus

105 Big retail stores

106 End of the riddle

110 Nibble on

111 Be furious

112 With 73-Across, fluorescent paint brand

113 Pampering, in brief

114 Pal, to Yves

115 Demonstrate clearly

117 Riddle's answer

125 Bleep bad words from

126 Warning on an airplane wing

127 Earhart or Lindbergh

128 Tramps (on)

129 Sub-locating devices

130 Greek

DOWN

1 Looked at

2 Apollo 7 astronaut

Wally

3 Go toward

4 " _ girl!" ("All right!")

5 Dads

6 Verb ending in the Bible

7 "Gloria in Excelsis _"

8 Guy's sense of self-importance

9 Neighbor of Michigan

10 Entertainer's rep.

11 "Ho-hum"

12 Land in la mer

13 Voice a quick greeting

14 Inscription on a tombstone

15 _-com (film genre)

16 In _ (gestating)

17 Make a heap

18 Up till now

19 Talk testily to

24 Hi-tech address

29 Salty expanses

31 Many an iDevice game

32 The Lone Ranger's chum

33 Gung-ho for

34 Hamlet

35 Operates, as a booth

36 Northwestern

French department

37 Many a YouTube journal

38 Pollen transporter

40 Triumphs over

45 Lifesaver, perhaps

46 Football field unit

47 Kind of IRA

51 Determine by ballot

52 Nervousness

53 It shows reflections

54 Passable

55 Comedian Boosler

56 " _ Fideles" (Yule carol)

58 Atop

59 Doe's partner

61 "Othello" role

62 Wide divide

63 Earlier

65 Italian for "years"

66 "Dumb" bird

67 Suffix with 45-Down

68 Stringed instrument of yore

69 Canadian gas station

71 Atop, to poets

76 Essential part

77 Potential reply to "Who's there?"

78 Shredded

79 Round of gunfire

82 Lay's snacks

85 Oscar's kin

86 Hop

87 Corporate ID

89 Takes unfair advantage of

90 Girl in a J.D. Salinger story

92 Part of REO

93 Hands down, as a verdict

94 Cato's robe

95 More wee

96 Lugs around

97 Recluse under a religious vow

98 Person acting as a link

99 China's Sun _-sen

100 Influence

101 Shutter slat

102 Ferret cousin

107 High-IQ group

108 Sacred songs

109 Outer: Prefix

114 Central Asia's _ Sea

116 Flaky fish

118 Winning row in tic-tac-toe

119 Rival of AOL or Yahoo!

120 NYC rail and bus org.

121 "That'll show ya!"

122 Adam's woman

123 Petroleum

124 Three, in Italy

Answer Page 4

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19	
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125								126							127						
128								129							130						

Comix

OUT ON A LIMB

By Gary Kopervas



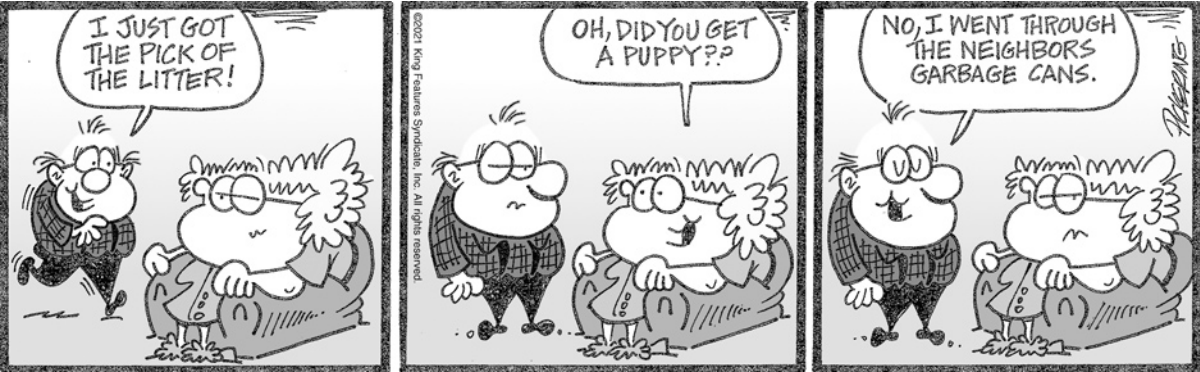
AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



TIGER

By Bud Blake



Are big dogs dangerous pets for older people?

DEAR DR. ROACH: I recently read that a large percentage of orthopedic injury to the elderly is directly related to their falling while walking large animals, specifically dogs over 20 pounds. Can you shed light on this please? – M.F.



A March 2019 study in JAMA Surgery did identify dog walking as an increasing cause of fracture. Over 4,000 fractures were identified among dog walkers over 65 in 2017, about triple the number 10 years earlier. However, this wasn't a large proportion of fractures (only about 2% of total fractures), and the authors did not identify the size of the dog as a risk factor, although they did suggest that clinicians recommend a smaller (and well-trained) dog as a wiser choice.

Dogs not only provide some social support, they also encourage exercise. I have had many patients (and a few family members) who have very meaningful connections with their dogs and other animals. In fact, I have seen many people who describe their animal companions as the most important relationship in their lives.

DEAR DR. ROACH: I am scheduled for a hip replacement operation because X-rays show joint failure. I am 81 years old and in excellent health. At the moment I do not feel any pain in my hip and am walking very easily. I go swimming three times a week. My question is whether I should agree to this operation as a preventive method to avoid later painful and possibly riskier circumstances because of my age. – P.H.

Hip replacement is indicated in people with severe, debilitating symptoms (such as pain or loss of function) despite conservative management. That doesn't sound remotely like what you are describing. The findings on the X-ray are less important than your symptoms and function, so I could not recommend a hip replacement for you at this time. Age by itself is not a contraindication for hip replacement should you need one later on.

I do understand what you are saying: You are less likely to have a surgical problem being operated on earlier. Some surgeons will operate on people with milder symptoms for this reason. However, you aren't describing even mild symptoms, hence my recommendation against surgery at this time.

DEAR DR. ROACH: Just wondering about good versus bad cooking oils. At one time, coconut oil was said to be a bad oil, but now I'm reading that it's really a good oil. Some even say you should eat a spoonful each day to boost your health! So, which is it? Is coconut oil good or bad? – J.Z.

Coconut oil is "bad," at least compared with healthier oils like olive oil and canola oil. It has a high saturated fat content, and people who consume coconut oil have an increase in their total cholesterol and unhealthy LDL cholesterol. If you love the taste of coconut oil, it's reasonable in moderation, but don't consume it thinking it is good for your health or your heart. The available evidence does not support that.

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.

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 1962 Texan Horton Foote won an Academy Award for his screenplay of *To Kill A Mockingbird*.

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: **X** equals **M**

XZ UVB RL CBOVCKYQQZ JIOBCYO
KJB XVRPNOPVPUO. R'QQ VLM NSO
XOUSVPRU NJ USOUM RN VN SRL
JRQROLN UJPIOPROPVO.

Answer Page 4

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New hires to process VA claims backlog



by Freddy Groves

The Department of Veterans Affairs has hired 2,000 claims processors to deal with the claims backlog. They're going to be busy, once they're trained.

As of early October, the VA was sitting on over 200,000 backlogged claims, meaning that of the 600,000 claims in hand, one-third were over 125 days old. In addition, they have now found more than 70,000 claims that must be reviewed after three new presumptives were added for Agent Orange exposure, bringing the total to 270,000 backlogged claims.

The three new presumptives – Parkinsonism, bladder cancer and hypothyroidism – have been added to more than a dozen existing ones. Those three conditions had never been approved as presumptives,

but now that they are, we have the Nehmer lawsuit of 1986 to thank for the need to review those claims. Nehmer concluded that if you ever filed and were turned down for illnesses that later made the accepted list of presumptives, the VA is automatically required to go back and review your claim. The bonus here is that any disability pay you receive now will be retroactive to the date of your original claim.

You don't have to refile, but as a precaution, check in with the VA and make sure it didn't lose your original claim. Be certain you're among those whose claim is being looked at.

In addition, there are three new presumptives for airborne particulate exposure – asthma, rhinitis and sinusitis – for those who served in the Gulf during a certain period of time. If you've already put in a claim, it will be reviewed.

If you want to keep an eye on how the new claims processors are doing, check www.benefits.va.gov/reports/

[detailed_claims_data.asp](#) for weekly reports. Note the accuracy-level reports. Those are worrying. Again, don't assume the new processors are reviewing your old claim. Call and find out.

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by Jo Ann Derson

• Cookie sheets make great temporary mud and moisture trays for dirty shoes. Stash one at the entry to your home, and you will have less dirt tracked across your floors.

• "To make your drains fresh-smelling, shake a half-cup of baking soda into the drain. Then pour 2 cups of vinegar that you have warmed on the stove. It will froth and bubble. When it's done, run the hot water and give it a little scrub." – R.C. in Idaho

• Keep a bottle of club soda handy for spot stains on carpets or upholstery. It's good for more than just drinks.

• Blood pressure can be affected by many things, and seeing the doctor is one of them. Instead, request that your blood pressure be taken by a nurse or physician's assistant. Having a full bladder also can make your pressure reading higher, as can positioning your arm below heart level.

• "Keep knitting yarn in check with empty tissue boxes. Set your yarn ball inside the box, and let the string lead out of the top. When not in use, tape the string to the side of the box. Boxes can be stacked and stored for future projects." – C.W. in Indiana

• "Try this baking tip from my mother: When you have a recipe that calls for dry spices (cinnamon, ginger, ground clove, etc.), cream them with the butter instead of sifting them with the dry ingredients. I do feel like they become infused in the recipe better." – A. in Illinois

• Visit the dollar store for low-cost toys to use on car or airplane trips. You can get several busy toys and dole them out one at a time. Most parents will attest to what a lifesaver this can be.

Send your tips to *Now Here's a Tip*, 628 Virginia Drive, Orlando, FL 32803. (c) 2021 King Features Synd., Inc.

Weekly SUDOKU

by Linda Thistle

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

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

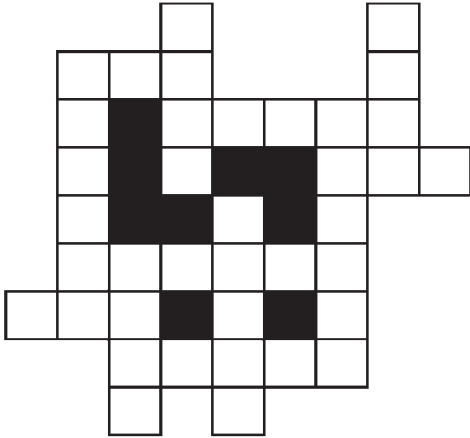
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÷		×		×	
	×		-		12
+		-		+	
	-		×		10
11		22		23	

2 3 4 5 6 7 8 9 9

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EET
GRINUT
♥GAREN
♥ETDO
♥NARDGE
ABC
♥EDRA
DUTEE
DOA
TAUCER
GINET
♥EBTA



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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