



NEWSBRIEFS

Warrant Amnesty

El Paso County Justices of the Peace have started their 2022 Warrant Amnesty program. The program will run through February 28, 2022. The Warrant Fee will be waived and the Failure to Appear case will be dismissed with full payment on the original case. Judges may reduce fines at their discretion. All warrants will remain active until paid in full. The public should contact the office in which the citation was filed. Individuals can visit <https://casesearch.epcounty.com/PublicAccess/Search.aspx?ID=100> to search for their citation by name or case number.

– JP Stephanie Frieze

Vijil selected as VP

Dr. Veronica Vijil, Superintendent of Fabens Independent School District, was selected as the Vice-President of the Texas Association of Latino Administrators and Superintendents (TALAS). She will serve a two-year term in this office. She most recently served as the secretary of this statewide organization that advocates for the growth and advancement of Latino learners and leaders in Texas. Latino students are the fastest growing student population in our state; in 2019, Latino learners comprised 53% of the students in Texas. Vijil has been in the field of education for over 30 years. She is affiliated with multiple local and state organizations. She is the Region 19 representative serving on Commissioner of Education, Mike Morath’s Cabinet as well as the region’s representative serving on the Texas Association of School Administrators (TASA) Executive Committee. “I am honored and look forward to serving in this capacity to support students and other leaders with an emphasis on promoting equity, access, and voice to underrepresented and minority groups,” said Vijil. She has been the superintendent for FISD for three years.

– Leticia Mora

Safest COVID states

With around 64% of the population fully vaccinated against COVID-19 but the omicron variant on the rise, WalletHub has released updated rankings for the *Safest States During COVID-19*, along with accompanying videos and audio files. In order to find

See BRIEFS, Page 2

God never intended for us to pat ourselves on the back. If He had, our hinges would be different.

– Quips & Quotes



– Photo by Alfredo Vasquez

UPHILL – Beginning in 1926 the Department of the Army used Castner Range, an eleven square-mile piece of land on the eastern slopes of the Franklin Mountains for the live firing of small arms, assault weapons, and field and air-defense artillery. By 1966, however, the El Paso communities had grown around the southern and eastern boundaries of the range. The growth led to the closing of the range for military use. The photo above was taken from Transmountain Road.

Group pushes petition for Castner Range to be a national monument

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – When El Paso Congresswoman Veronica Escobar introduced last April House Bill 2752, a proposal to designate Castner Range as a national monument, that action was the culmination of decades of work by local environmentalists.

Consequently, the region’s environment-friendly advocates have come together once again to urge El Paso County residents to support their cause by signing a petition asking President Joe Biden to adopt Escobar’s bill and give Castner Range the recognition it deserves.

Since the 1970s, local environmentalists have turned back attempts to carve-out parcels of the eastern slopes of the Franklin Mountains, known as Castner Range, to build various moneymaking ventures such as an arena, a stadium, a high-tech park, and other commercial developments.

And with the recent release of the Department of Defense’s (DOD) feasibility study that purports certain areas of Castner Range may be considered for future public access, borderland preservationists assert that now is the time to permanently protect this land and allow people to safely access it for recreational purposes. To that cause, more than \$1 million has been promised by environmental organizations to finance needs related

to the national monument endeavor.

Local conservationists pointed out that Castner Range occupies 11-square miles on the eastern side of the mountains and includes a quarter of all high land. They noted that Castner Range is the gateway to the highest points in the Franklin Mountains, including the only access to North Franklin peak, which is 7,192 feet above sea level.

After the state of Texas completed Transmountain Road (TX Loop 375), which runs east and west through the Franklin Mountains and Castner Range connecting I-10 to the US 54 Patriot Freeway in 1969, the City of El Paso expeditiously moved to acquire seventeen acres of Castner Range land that span north of the new mountain highway. And in 1971, BLM transferred the range to the Department of the Interior (DIO) and eventually to the city.

Today, on the eastern foothills of that mountain site along Transmountain Road sit the El Paso Museum of Archaeology and the privately-operated Border Patrol Museum. Also, a Texas Department of Transportation maintenance yard, a 45-acre Homeland Security Border Patrol station, and the Northgate Retention Dam are situated on the far southeastern corner of Castner Range.

Currently, hikers can use trails on Castner Range land that is part of the 17 acres procured by the city in the early 1970s and surrounds the Archaeology museum. The rest of Castner Range,

however, which was viewed for years by many people as open, is actually closed, and its off-limits status is strictly enforced by Fort Bliss authorities because of potential unexploded ordnances scattered throughout the range.

So, to add impetus to the national monument campaign, Congresswoman Escobar coauthored a letter with two high ranking House members urging the U.S. Army to collaborate with other federal departments on the environmental remediation of Castner Range.

Escobar cited that the Bureau of Land Management (BLM) and the Army had pledged in 2017 to collaborate on reviewing historical, cultural, and natural resource values, as well as providing public access opportunities, and acknowledged that appropriate action was long overdue. The letter was sent in December to Jack Surash, deputy assistant secretary of the Army.

Escobar coauthored the letter with Democratic U.S. Representatives Raúl Grijalva and John Garamendi. Grijalva represents a portion of southern Arizona and is chair of the House Natural Resources Committee; Garamendi represents a portion of northern California and is chair of the House Armed Services Subcommittee on Readiness.

In their letter, the authors stated that the Army by entering into a “Memorandum of Understanding” (MOU) with the U.S. Department of the Interior’s BLM would be an important initial step towards facilitating the transfer of the land to the Department of the Interior (DOI).

“Given the potential for creation of a national monument, we believe that Bureau of Land Management

See PETITION, Page 4

Youngkin is right on masks

Glenn Youngkin promised to be on the side of parents as Virginia governor, and on his first day in office, he delivered.

The Republican issued an executive order allowing parents to decide whether their kids will wear masks in school, and met an instant wall of resistance from Democratic-controlled counties and criticism from the White House press secretary Jen Psaki. A Washington Post headline said that Youngkin is “terrifying” people.

The flak notwithstanding, his order is a sign of a

growing backlash against COVID-19 restrictions that will likely only gain force as the pandemic drags on and former articles of faith, including on masking, get called into increasing doubt.

Youngkin has ventured into a legally murky area. Critics believe he doesn’t have the authority to issue his order because Virginia passed a statue in early 2021 that says schools should “to the maximum extent practicable” adhere to CDC-blessed strategies for controlling spread. The Centers for Disease Control and Prevention is still

carveout for parents from mandates, should they choose to take advantage of it.

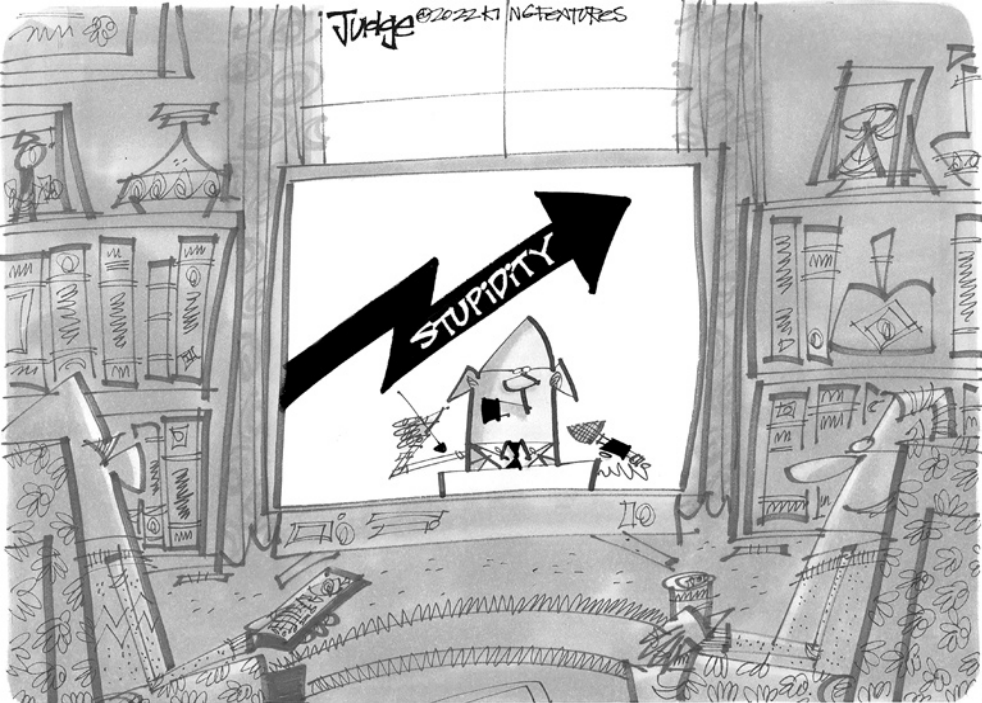
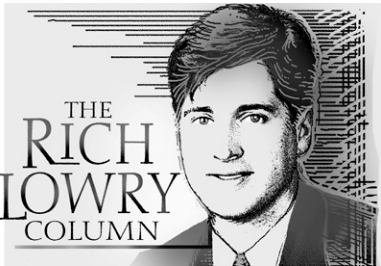
All that said, it is clearly time for mask mandates to end. The conventional wisdom on masks has gone from “don’t wear them they are useless” at the beginning of the pandemic, to “you are a terrible person if you don’t wear them” for about a year and a half, to now, “cloth masks don’t really protect anyone.”

Despite Jen Psaki saying that Arlington County, which is vowing to defy Youngkin, is standing up for kids and their safety, the case for masking kids in schools is weak or nonexistent.

We are an outlier on this question. The CDC recommends masking all kids age 2 and older, whereas other health authorities are considerably more nuanced.

The European Centre for Disease Prevention and Control doesn’t recommend masking for schoolchildren younger than age 12, noting – correctly – that they “may have a lower tolerance to wearing masks for extended periods of time, and may fail to wear them properly.” In areas with community spread, it recommends masks for students in secondary schools, although it stipulates that they should “be seen as a complimentary measure, rather than a standalone measure to prevent transmission within schools.”

The World Health Organization makes distinctions based on age. It says that kids age 5 and younger shouldn’t be required to wear masks based on the “overall interest of the child and the capacity to



See LOWRY, Page 7

Briefs

From Page 1

out the safest states during the COVID-19 pandemic, WalletHub compared the 50 states and the District of Columbia across five key metrics. Our data set includes the rates of COVID-19 transmission, positive testing, hospitalizations and death, as well as the share of the eligible population getting

vaccinated. Below, you can see highlights from the report, along with a WalletHub Q&A. Texas was rated 30th in the report, ranking (1-Best; 25-Avg.):

- 28th – Vaccination Rate;
- 36th – Positive Testing Rate;
- 38th – Hospitalization Rate;
- 13th – Death Rate; and
- 33rd – Transmission Rate.

The rankings are based on data available as of 12:30 p.m. ET on Wednesday, January 26, 2022. Visit <https://wallethub.com/edu/safest-states-during-covid/86567> for the full report.

– Diana Polk

Rude awakening

It happened in the town of Golden, British Columbia. Ruth Hamilton was fast asleep when her dog started barking. Then she heard “a huge explosion and debris [fell] all over my face.” She got out of bed and called 911. “Talking to the operator, she was asking me all kinds of questions, and at that point,

I rolled back one of the two pillows I’d been sleeping on and in between them was the meteorite. I was shaking like a leaf. You’re sound asleep, safe, you think, in your bed, and you can get taken out by a meteorite, apparently.”

– John Grimaldi

Ancient find

A Knight Templar lost his sword in the Mediterranean Sea off of what is now Haifa, Israel during the Crusades 900

years ago. It was retrieved recently by a hapless diver who came across came across a treasure trove of ancient artifacts, including the sword, by mere chance. The Israel Antiquities Authority’s Robbery Prevention Unit says, “The sword, which has been preserved in perfect condition, is a beautiful and rare find and evidently belonged to a Crusader knight.”

– John Grimaldi

1973
49
Years
2022

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COURIER

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View from here

By Dr. Glenn Mollette

Can we save ourselves?

America’s old crumbling bridges

The Forbes Avenue bridge over Fern Hollow Creek in Pittsburgh’s Frick Park collapsed last Friday morning, January 28th with several vehicles, including a Port Authority bus, on the span at the time. The bridge that collapsed is known as the Fern Hollow Bridge, used by an estimated 14,500 vehicles daily. (Pittsburgh Action 4 News)

Ten people were injured. No one was killed when the bridge buckled at 6:39 a.m., officials said, though four people were hospitalized with injuries that were not life-threatening. President Biden who was ironically visiting the area warned that the country might not be so lucky next time. “We don’t need headlines saying that someone was killed when the next bridge collapses,” Biden said. (Washington Post)

“The most recent report using 2021 data showed more than 43,500 of the country’s roughly 615,000 bridges were rated poor. That number is about 4,000 less than those reported to be in poor condition nationally in 2017.” (WHYY Public Broadcasting)

In the last fifty years America has seen horrific bridge collapses.

The Hyatt Regency Walkway, Kansas City, Missouri, 114 deaths, July 17, 1981.

Big Bayou Canot, Outside Mobile, Alabama, 47 deaths, September 22, 1993.

Silver Bridge. Between Point Pleasant, West Virginia and Gallipolis, Ohio, 46 deaths, December 15, 1961.

Cypress Street Viaduct, Oakland California, 42 deaths, October 17, 1989.

Sunshine Skyway Bridge, St. Petersburg, Florida 35

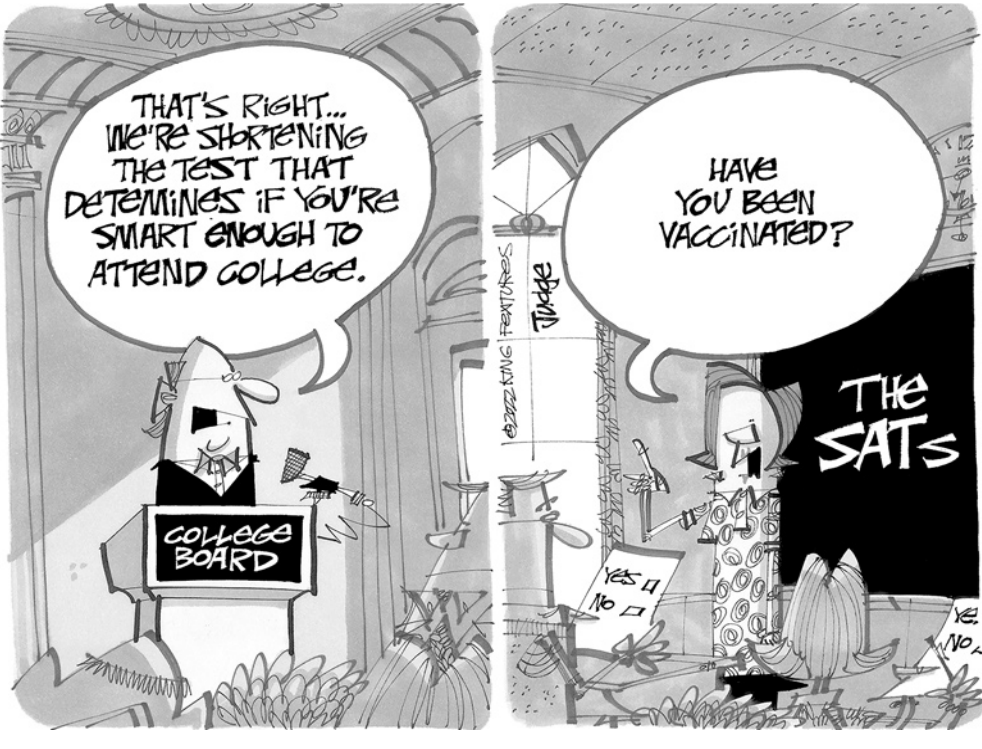
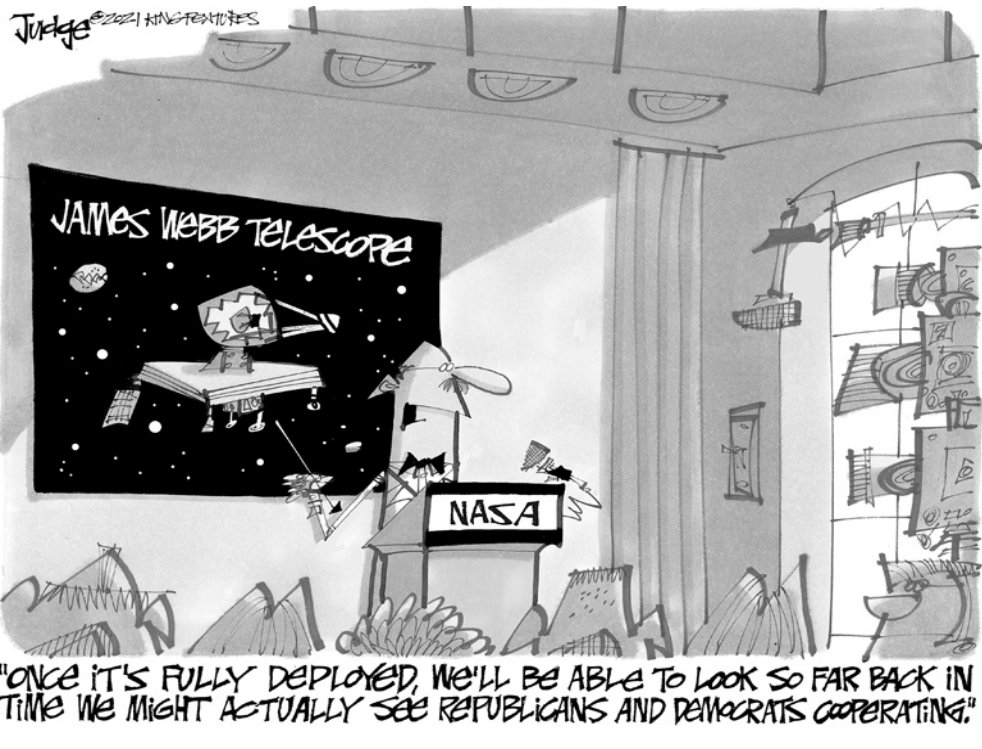


– Photo by Nancy D. Zions

COLLAPSED – The Fern Hollow Bridge gave way on January 28, 2022. There were 10 injuries, but no deaths.

deaths, May 9, 1980.	Schoharie Creek Bridge, Fort Hunter, New York, 10 deaths, 1987.
I-40 Bridge, Webster Falls, Oklahoma, 14 deaths, May 26, 2002.	Sydney Lanier Bridge, Brunswick, Georgia, 10 deaths, November 7, 1972 . (CNN.Com)
Cline Ave, East Chicago Indiana, 14 deaths, April 15, 1982.	The cost of repairing 45,000 structurally deficient
I-35 West Bridge, Minneapolis, MN, 13 deaths, August 1, 2007.	

See BRIDGES, Page 5





– Photo by Alfredo Vasquez

DOWNHILL – Looking southeast from near the top of Transmountain Rd. offers a panoramic view of El Paso and beyond. The Sierra de Juarez mountains in Mexico can be seen on the horizon in the background.

Petition

From Page 1

participation at this stage would be prudent,” the letter read. “Working in concert from the initial stages of the process will allow the Army and BLM to work efficiently and avoid the cost of rework, as well as identifying and prioritizing areas for remediation based on public access and cultural, historic, and natural resources.” According to the letter, if the lands were

transferred to the DOI, the department could provide public access to the land as well as supporting conservation of the site’s natural, historical and cultural values. “The community surrounding the Range has expressed support for the creation of Castner Range National Monument that would provide permanent protection and appropriate recreational access to portions of Castner Range,” the letter stated. “The community has worked for decades to see these lands protected and opened to the public, and we urge the Army to use all the

tools at its disposal, including entering into an MOU with the BLM, to make progress towards those goals,” the letter continued. The Castner Range national monument proposal has received support from current city council representatives, El Paso County Commissioners Court, El Paso Water Utilities Public Service Board, and numerous community organizations. People can visit the campaign’s website – CastnerRangeNationalMonument.org – for more information and to support the initiative by signing the petition.

1973
49
Years
2022

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CryptoQuip

Answer

What might you nickname the smallest worker at a steelmaking facility?
“Runt of the mill.”

Strange
BUT TRUE


By Lucie Winborne

- In 2016, KFC released edible nail polishes in Hong Kong. They came in Hot & Spicy and Original flavor.
- The main reason why Mickey Mouse, Donald Duck, Pinocchio and other early Disney characters wore gloves is because it was easier to animate them and helped the characters appear to be more humanlike.
- It is illegal to name your pig Napoleon in France.
- Eighty-year-old Tatsuo Horiuchi has created paintings in Microsoft Excel for over 15 years, using vector drawing tools developed primarily for graphs and simple shapes to make panoramic scenes of life in rural Japan.
- More salt is used to remove ice from roads than for eating.
- A Tennessee judge ordered a name change for a baby named “Messiah.” She was later fired after the decision was found unconstitutional on appeal.
- There was a tree in Glastonbury, England, that was known to flower on Christmas Day. Locals were disappointed that it did not obey the switch to the Gregorian calendar in 1752.
- George H.W. Bush’s hatred of broccoli was so intense that he mentioned it 70 times during his presidency, banned it from the White House, and blamed the extinction of the dinosaurs on it.
- In 1992 after paying for entry to the “Dinosaurs Live!” exhibition at the Memphis Zoo, six visitors demanded a refund. Their grounds? It didn’t contain live dinosaurs.
- Almost 163,000 pints of Guinness beer are wasted in facial hair each year.

Thought for the Day: “For pilgrims walking... every footfall is doubled, landing at once on the actual road and also on the path of faith.”
– Robert Macfarlane

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Moments in time

THE HISTORY CHANNEL

• On Feb. 7, 1962, President John F. Kennedy issues an executive order broadening the United States' restrictions on trade with Cuba. The embargo, which effectively restricts all trade between Cuba and the United States, has lapsed several times, notably under Presidents Jimmy Carter and Barack Obama.

• On Feb. 8, 1936, University of Chicago halfback Jay Berwanger, the first Heisman Trophy winner, is picked No. 1 overall in the NFL draft. However, Berwanger never played for any NFL team because he had too many demands, which teams refused to meet. Instead the college star became a foam rubber salesman.

• On Feb. 9, 1942, the largest and most luxurious ocean liner on the seas at that time, France's Normandie, catches fire while in the process of being converted for military use by the United States. It was to become a troop transport but ended up at the bottom of New York Harbor.

• On Feb. 10, 1996, after three hours, world chess champion Garry Kasparov loses the first game of a six-game match against Deep Blue, an IBM computer. Kasparov was ultimately victorious when he bested Deep Blue with three wins and two ties and took home the \$400,000 prize.

• On Feb. 11, 1970, at the Kagoshima Space Center in Japan, the Ohsumi, Japan's first satellite, is successfully launched into an orbit around Earth. The achievement made Japan the world's fourth space power, after the Soviet Union in 1957, the United States in 1958, and France in 1965.

• On Feb. 12, 2002, former Yugoslav president Slobodan Milosevic goes on trial at The Hague, Netherlands, on charges of genocide and war crimes in Bosnia, Croatia and Kosovo. The trial ended without a verdict when Milosevic was found dead from an apparent heart attack in his prison cell.

• On Feb. 13, 1633, Italian philosopher, astronomer and mathematician Galileo Galilei arrives in Rome to face charges of heresy for advocating Copernican theory, which holds that the Earth revolves around the Sun. The Copernican theory conflicted with the teachings of the powerful Roman Catholic Church.

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Bridges

From Page 3

bridges, which are on average 68 years old, is \$41.8 billion, using data from the US Department of Transportation. 36% of all bridges need replacing, while 22% need structural work, 19% need rehabilitation work, 18% need widening or rehabilitation and 5% need deck work. (*Global Construction Review*)

As we consider rebuilding our bridges and other infrastructure, we have to face our current \$29 trillion gross federal debt. This is held by the public as well as by federal trust funds and other government accounts. We are our own biggest creditor with Japan being second and China third. \$29 trillion is greater than the size of the economies of China, Japan, Germany, United Kingdom and India combined. This amounts to \$87,000 per person in our country.

Researchers at Brown University estimate that the U.S. has spent \$5.8 trillion on the war in Afghanistan and other conflicts stemming from the September 11, 2001 attacks. That includes direct and indirect spending on everything from military equipment to homeland security to death gratuities for the families or slain American service members.” (Watson. Brown.Edu.)

Will Russia’s military maneuver on the Ukraine border

cost America? Whenever there is a problem in the world we go regardless of the cost. The problem is we don’t have any money, our bridges and other infrastructure are crumbling. We are in debt and dependent on Taiwan and China to even completely build an automobile. We have become a poor nation because of our indebtedness and dependence on foreign countries. A friend of mine received his Covid-19 test in the mail last week and even it was made in China.

If we don’t rebuild our infrastructure, including regaining energy and technology independence, and manage our debt, we won’t be able to help ourselves.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of “Uncommon Sense” and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or www.facebook.com/glennmollette.

LEGALS

TOWN OF ANTHONY, TEXAS

PUBLIC NOTICE

COMMUNITY DEVELOPMENT BLOCK GRANT

The Town of Anthony invites all citizens to a public hearing at 6:30 p.m. on February 14, 2022, at City Hall located at 401 Wildcat Drive in Anthony, Texas to review the performance and obtain comments regarding its

completed 2019 Texas CDBG Program Community Development Contract 7219009. Disabled persons or those who require auxiliary aids or services who wish to attend this meeting should contact City Hall at 915-886-3944 at least two days before the meeting to make arrangements.

AVISO PÚBLICO

COMMUNITY DEVELOPMENT

La ciudad de Anthony invita a todos sus ciudadanos a una audiencia pública el 14 de febrero del 2022, a las 6:30 p.m. en la sala municipal localizada en 401 Wildcat Drive en Anthony, Texas, para evaluar el desempeño y obtener comentarios sobre el contrato CDBG del 2019, numero 7219009 Las personas discapacitadas interesadas en

atender a la audiencia pública que requieren de acomodaciones o servicios especiales, deben comunicarse con la ciudad a 915-886-3944 no menos de dos días antes de la junta para hacer arreglos necesarios. Residentes que necesiten un intérprete deben comunicarse con la ciudad por lo menos 24 horas antes de la audiencia pública.

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Anthony Independent School District			
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Governmental Funds			
For the Year Ended August 31, 2021			
Data Control Codes	General Fund	Other Funds	Total Governmental Funds
REVENUES:			
5700 Total Local and Intermediate Sources	\$ 1,977,856	\$ 411,834	\$ 2,389,690
5800 State Program Revenues	7,310,571	199,517	7,510,088
5900 Federal Program Revenues	942,221	491,940	1,434,161
5020 Total Revenues	10,230,648	1,103,291	11,333,939
EXPENDITURES:			
Current:			
0011 Instruction	5,276,209	385,514	5,661,723
0012 Instructional Resources and Media Services	173,739	—	173,739
0013 Curriculum and Instructional Staff Development	83,103	10,399	93,502
0021 Instructional Leadership	236,051	35,293	271,344
0023 School Leadership	701,117	10,824	711,941
0031 Guidance, Counseling and Evaluation Services	281,910	78,250	360,160
0033 Health Services	145,766	—	145,766
0034 Student (Pupil) Transportation	243,470	—	243,470
0035 Food Services	772,954	—	772,954
0036 Extracurricular Activities	320,993	—	320,993
0041 General Administration	672,555	—	672,555
0051 Facilities Maintenance and Operations	1,010,824	—	1,010,824
0052 Security and Monitoring Services	119,758	—	119,758
0053 Data Processing Services	381,853	—	381,853
0061 Community Services	999	37,066	38,065
Debt Service:			
0071 Principal on Long Term Debt	—	330,000	330,000
0072 Interest on Long Term Debt	—	141,250	141,250
Intergovernmental:			
0099 Other Intergovernmental Charges	29,000	—	29,000
6030 Total Expenditures	10,450,301	1,028,596	11,478,897
1200 Net Change in Fund Balances	(219,653)	74,695	(144,958)
0100 Fund Balance – September 1 (Beginning)	3,991,057	441,002	4,432,059
3000 Fund Balance – August 31 (Ending)	\$ 3,771,404	\$ 515,697	\$ 4,287,101

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



Lowry

From Page 2

appropriately use a mask with minimal assistance.” It is open to the masking of 6- to 11-year-olds, so long as a wide variety of conditions are met. And it says that kids age 12 and over should mask like adults.

Many European countries have avoided sweeping American-style mask mandates on school

kids, and for good reason. A large-scale CDC study found no benefits from the masking of kids. Many students wear cloth masks that don’t provide much protection (even if worn and maintained properly) and no sane person should want to subject a child to an N95 all day long.

Parents in Virginia who believe that masking is important can still act accordingly, and vaccines and boosters are available to provide another layer of protection. But

masks remain something more than a public-health measure for many proponents – they are a signal of virtue and a pillar of pandemic orthodoxy.

Youngkin’s offense, at bottom, is dissenting from this worldview, and providing options for parents who don’t share it, either.

Rich Lowry is editor of the National Review. (c) 2022 by King Features Synd., Inc.

Chemotherapy patient risk from healthy cat is small

DEAR DR. ROACH: My neighbor is battling cancer for the third time. The medical personnel she sees when she goes for her chemotherapy treatments are urging her to get rid of her two cats. They claim the cats are a danger to her health. Wearing gloves and a mask while cleaning litter boxes will not help. Why? What do the cats have that can hurt someone going through chemotherapy? – S.C.



Cancer chemotherapy frequently causes damage to the body’s immune system. Many types of chemotherapy work against fast-growing cells, and while cancer cells are fast-growing, your neighbor’s healthy immune system cells, especially white blood cells, are also fast-growing and can be damaged by the chemotherapy. Avoiding potentially infectious agents is therefore wise advice for people going through chemo.

There are several potential infections that can be transmitted from cats to humans. The one we worry about most is probably toxoplasmosis, a protozoan infection. Toxoplasmosis is a big concern in people with HIV, but also can be an issue in people who have recurrent chemotherapy or have a more prolonged reduction in immune system function. However, toxoplasmosis can be effectively avoided by wearing gloves while changing the litter box, keeping the cats indoors and feeding them only high-quality cat food and never raw meat.

Cat bites or scratches can be very serious, especially to someone with an immune system that is less than perfect. If her cats occasionally bite or scratch, that would be a problem.

There are a few other uncommon zoonotic diseases (ones that can be transmitted from animals to humans) that might be of concern. Her cats’ veterinarian would be a useful resource to find out more. The cats should, of course, be thoroughly evaluated.

Allergies, not infection, might be the issue, but allergies are usually less of a problem during chemotherapy.

The risks from a healthy indoor cat are very small. Risks must always be balanced against the very strong feelings people have for their pets, especially at a vulnerable time. I would not recommend separating a person from her cats without very good reason, and would want to know exactly why, since it’s not clear to me in this case.

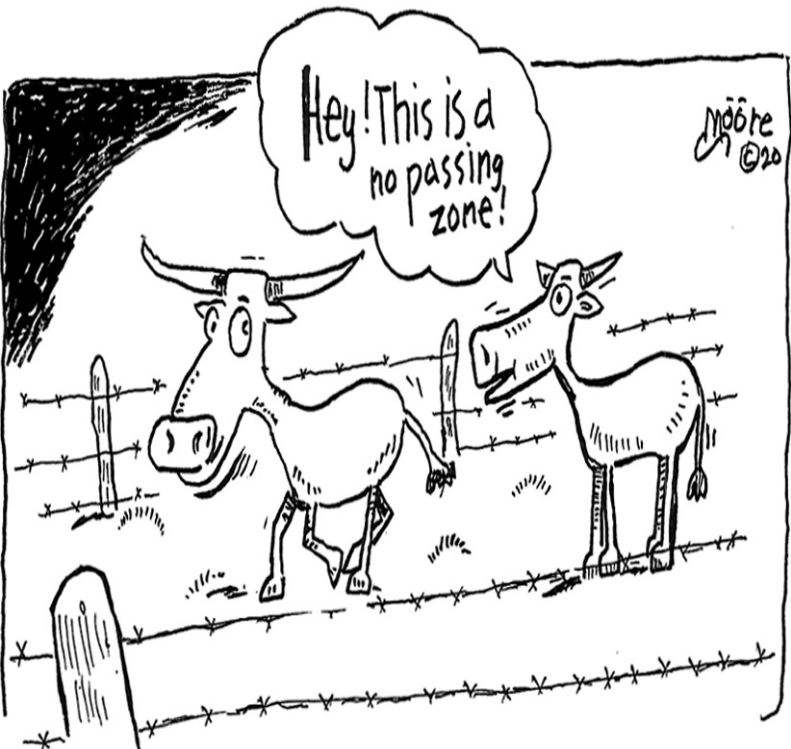
DEAR DR. ROACH: I am an 80-year-old man with Type 2 diabetes. I have been told that I have a heart “prebeat” but that I should not worry unless it becomes random and misses beats. I do not have atrial fibrillation and have passed several stress tests. I can feel a rapid heart rate, especially at night. I can usually stop it by heaving my chest. Am I at risk for a serious event? – R.G.B.

Premature heart contractions can come from either the top chambers of the heart (premature atrial contractions) or the bottom (premature ventricular contractions). Both are common, but neither is usually the sign of serious heart disease. The fact that you have found a way to stop them suggests to me that you are more likely having premature atrial contractions, which can come in runs of multiple beats (runs of premature ventricular contractions is called ventricular tachycardia and is very serious).

Evaluation of this common concern often includes a long-term electrical study of the heart, such as wearing a Holter monitor, a 24-hour recording of every heartbeat. If that has not been done, and you remain concerned, it might be reasonable to ask your doctor about obtaining one. If you have had one, and it showed nothing serious, then you are at no increased risk above the not-insignificant risk of an 80-year-old man with diabetes.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2022 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger MOORE
There was once a fenced “cattle highway” between Sonora and Brady.

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: R equals M

XNOJ RZSNJ AWQ MZIDMORK
JNK FROEEKFJ XWGDKG OJ
O FJKKERODZMS UOIZEZJA?
“GQMJ WU JNK RZEE.”

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Answer Page 4

♦♦♦ HOO BOY!

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Mail delays prompt VA to extend deadlines



by Freddy Groves

The Department of Veterans Affairs ran into a big snag with a printing vendor and a lot of notification letters to veterans were delayed. But fear not – the VA is extending your response time.

The Government Printing Office, which provides printing services via contracted vendors, couldn’t get out the notification letters dated from July 13, 2021 and Dec. 31, 2021. Some of those letters, which required a response from veterans, could have dealt with required exams for compensation and pension, or for making an election about services or benefits, or more.

Typically, there are problems if you don’t respond in time. However, at this point, because of the delayed mailings, the VA isn’t going to terminate, reduce

or deny services and benefits unless you’ve been contacted and there’s documentation about your right to respond; or the information it asked you for has been received; or the response period has ended.

If you haven’t received an expected communication from the VA, call 800-827-1000 to ask about the status of any letters you should have received. Be certain they have current cellphone, home phone, email and address info for you.

If you’ve filed an appeal, the Board of Veterans’ Appeals also is experiencing significant delays in getting information to you about hearings and decisions. As of last month, the board is figuring up a workaround to get information to you and your representatives. If you’re waiting on a notice about a hearing, they’ll try any number of methods to reach you. If you have to postpone, call them ASAP. If you’re waiting on a decision, ask your rep to access Caseflow to see if your decision information has been

included yet. Visit www.bva.va.gov/docs/Delayed_notifications_fact_sheet.pdf for more information, including ways to get additional assistance.

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by Jo Ann Derson

- To soften food that is stuck on a pan, try soaking it overnight with fabric softener. Just fill the pan with enough water to cover the burned-on food, then lay a dryer sheet of fabric softener in the pan (poke it down so it will stay under the water). The next morning, you should be able to wipe the food right off. You can even use the fabric softener sheet as a scrubber. – A.S. in Maryland

- Ways to avoid spam, that nuisance e-mail that comes to fill your e-mail box in droves: Use a name that has both words and numbers. Keep a separate “free” e-mail address for bill-paying and one for shopping. Be sure to report spam to your e-mail provider. Up your filter and add everyone you know to your address book or “safe” list. – Anonymous

- To keep thread straight when threading needles, I run the end across a cheap glue stick. It works very well, and the glue washes right out of the thread. Or, if you are afraid it will be sticky, you can just clip the end off before you start sewing. – T.E. in Kentucky

- To make butter easier to spread on bread or toast, we keep a stick in a plastic sandwich baggie. We just handle the butter a bit through the bag. It softens, but doesn’t overmelt, like when you put it in the microwave. You can just reseal the baggie and put it back in the fridge. – N.U. in Florida

- To make your carpets look clean in a hurry, like if you are having company over, just sweep them with your broom. – C.C. in Pennsylvania

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 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

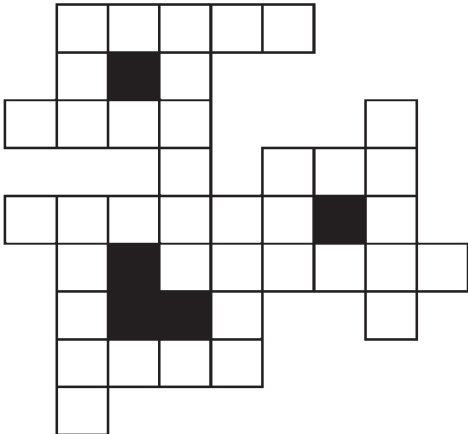
	×		–		13
+		÷		+	
	–		×		15
×		+		+	
	×		+		12
11		9		11	

1 2 3 3 4 5 7 8 9

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UKA
UMPEST
ATREE
♥EDUS
YETPOE
TME
EDKE
♥KESID
♥PMA
PEDISE
♥PALEM
TYSA



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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