

NEWSBRIEFS 17 years in ...

New York's Finest

New York City gets a bum rap for being a cold-hearted, what's-in-it-for-me kind of a place. But sometimes you hear about how some of its eight-and-a-half million inhabitants can expose a tendency for kindness and honesty. Take the case of Eduardo Martinez. He was rushing to get to work and dropped his wallet in Times Square. When he realized his loss he retraced his steps and frantically began searching for the wallet; after all, it contained no less than \$4,000 in cash. Two police officers saw how agitated he was and approached him and gave him back his wallet. It seems that an unidentified fellow commuter found the wallet on his way to work, saw the cops and turned it over to them.

— John Grimaldi

A colorful tail

Freya, a bulldog belonging to the Mosher family of Middle Sackville, Nova Scotia, gave birth to seven pups, but she wasn't finished. Along came an eighth puppy encased in a black sac and it appeared to be stillborn. Suddenly it began to move. But the story doesn't end there. As the Moshers proceeded to clean the newborn pup they noticed that it was bright green in color. Trevor Mosher told Global News "We started to dry her off and noticed she was green and immediately again thought there was something wrong. So we googled it, 'my puppy is green, what's wrong,' and apparently it is very rare and it has happened a few times all over the world." Mother nature can be funny that way.

— John Grimaldi

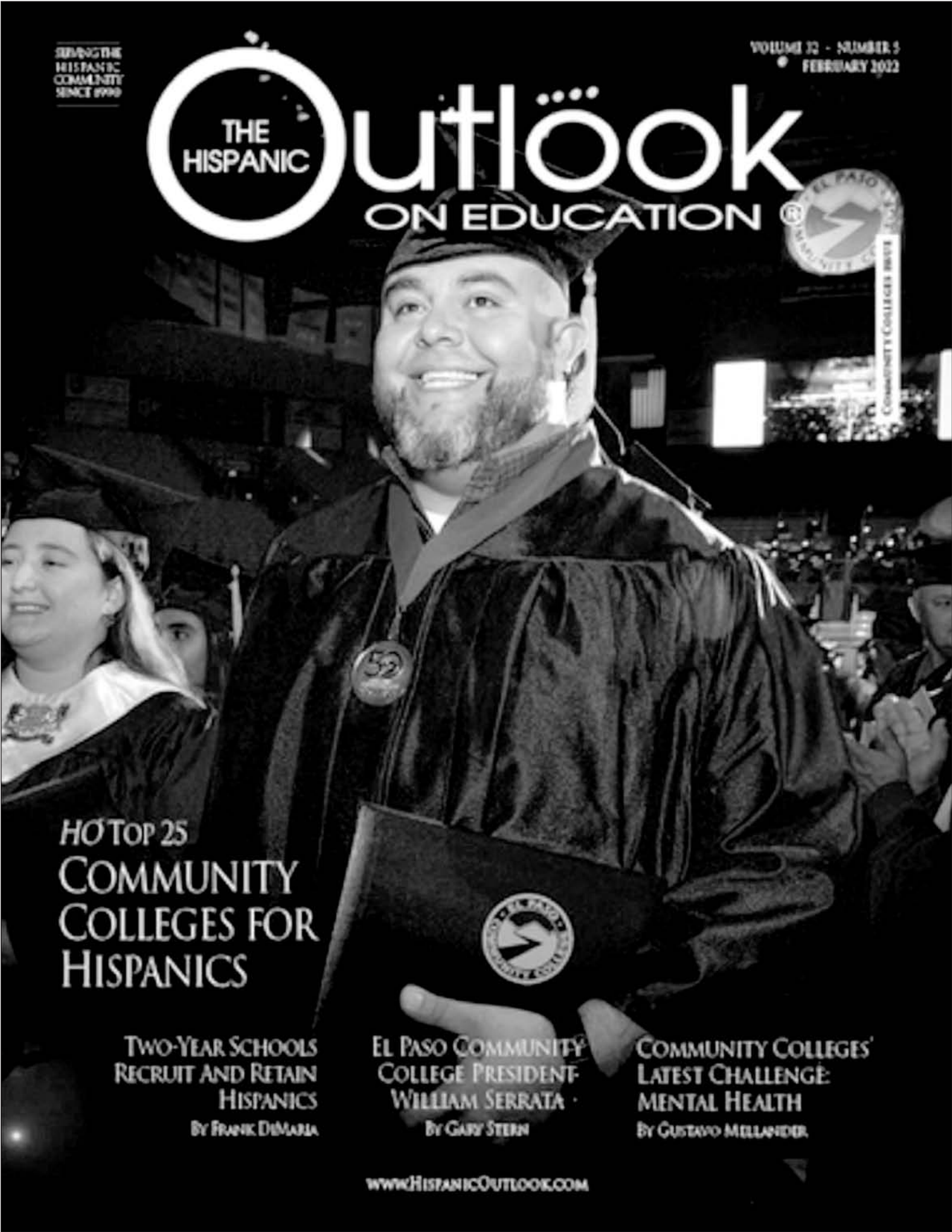
'Tuesday's' child

There were a number of "Twosday" babies born on February 22, 2022 – 2/22/22 – including Judah Grace Spear who made her debut on that Tuesday morning at precisely 2:22 a.m. in Burlington, NC. And there's more than one reason she's being called a miracle baby. Judah's mom suffers from Hodgkin's lymphoma, the treatments for which make conception improbable. Nonetheless, the family posted the announcement of the birth – precisely at 2:22 2-22-22 – on Facebook, noting that they never stopped praying "for a little one – and today their prayer was answered. Judah Grace's name fits her story perfectly. Judah means 'praise' – and she is a blessing for her family!"

— John Grimaldi

It does not do any harm to dream, providing when the alarm goes off you get up and hustle.

— Quips & Quotes



... a row EPCC recognized for providing a good education

By Jim Heiney
Special to the Courier

EL PASO COUNTY – For the 17th year in a row, El Paso Community College (EPCC) has been recognized as a leader in education to Hispanic students by the Hispanic Outlook on Education magazine. In the February, 2022 issue, EPCC was highlighted on

the cover, had an article on its success, interview with EPCC President, Dr. William Serrata and a distinction of being one of the nation's leaders in associate's degrees granted and Hispanic enrollment.

Now more than ever, a college degree or certificate will be needed to be hired for the jobs of the future. EPCC is providing vital academic and workforce training and is developing the skilled

graduates needed for these jobs. As the country emerges from the global pandemic, community colleges are the driving force in helping students begin their higher education journey or to reskill or upskill to advance their careers. At EPCC students are finding both their paths to degrees and to success.

Ensuring that students graduate

See EPCC, Page 5

BLM is a political, moral and policy disaster

The Democratic party is finally realizing its vulnerability on culture issues, and perhaps no group better exemplifies the problem than Black Lives Matter.

The group’s eponymous slogan swept all before it in recent years. It was repeated by Democrats around the country. Corporate leaders paid obeisance to it. Sports leagues displayed it. Such was its totemic power that a more inclusive version of the three words – all lives matter – was considered a dangerous heresy.

The BLM agenda on criminal justice – based on the idea fewer criminals should be arrested and held in jail – took hold in blue jurisdictions, and the slogan “defund the police” got traction despite its utter impracticality and obvious political destructiveness.

Now, it’s obvious how shortsighted and foolhardy all this was. The rise in violent crime is a clear and present danger to the Democratic majorities in the House and Senate, and progressive prosecutors allied with BLM who have pursued soft on crimes policies in the midst of a crime wave are under fire, facing either recalls or heavy criticism.

BLM the group is continuing to find ways to underline its own extremism as it withers under scrutiny for its dodgy finances.

If a right-wing purveyor of internet misinformation wanted to discredit BLM and its allies, he couldn’t do much better than concoct a story where a disturbed activist attempts to shoot and kill a local politician and immediately gets bailed out by his BLM brethren spouting cliched attacks on the criminal justice system.

It’s what happened in Louisville, Kentucky, though. After 21-year-old Quintez Brown allegedly shot at – and missed – mayoral candidate Craig Greenberg, the BLM chapter in Louisville quickly posted his \$100,000 bail. From attempted murder to walking free a couple of days later is quite the turnaround.

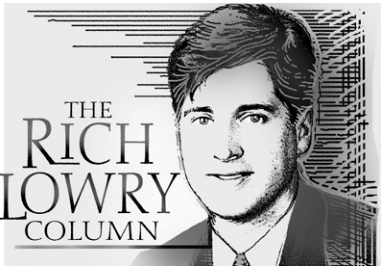
The BLM organizer in Louisville, Chanelle Helm, explained it was necessary to bail out Brown because: “They are calling for this individual, this young man who needs support and help, to be punished to the full extent. It is a resounding message that people are down for the torture that has taken place in our jails and prisons.”

Everyone agrees that Brown has mental health problems and needs treatment, but given the violent act he’s accused of, common sense dictates that he receives it while confined.

In the wake of George Floyd’s death, BLM’s radicalism was very good business. The group’s co-founder, Patrisse Cullors, said the other day that the money raised itself, as practically every entity in America that wanted to bolster its “social justice” credentials tried to buy its way into BLM’s good graces. “People have to know we didn’t go out and solicit the money,” Cullors explained. “This is money that came from white guilt, white corporation guilt, and they just poured money in.”

If that sounds a tad defensive, it’s because BLM raised \$90 million in 2020 and it’s unclear who has stewardship of the funds or how they’re being spent. BLM has gone

See LOWRY, Page 7



View from here

By Marilyn M. Singleton, M.D., J.D.

Real Americans and the American oligarchy

Driving across our country makes one appreciate this glorious and (dare I say) exceptional country. The diverse landscapes are a feast for the eyes. Food for the soul is the affirmation that most Americans love their families, treasure America, and enjoy their fellow Americans whether they be white, black, or somewhere in between.

Daily, the media dutifully inform us coastal and urban residents about gender fluidity, diversity training, and decarbonizing energy systems to avert the coming environmental Armageddon. When the media could not flog us with a juicy Covid-19 tragedy, they resurrect a tired but effective angst-inducing headline about the imminent big

earthquake. Why would the media-government complex want to demoralize its citizens and have them live in fear and anxiety even when a “crisis” has resolved? To make them rely on the government, rather than themselves for their day to day needs. To steer them from respecting the democratic republic formed by our Constitution to accepting government control of their lives. Fear lays the groundwork for unquestioning compliance. Federal and state governments have used Covid as a justification to cross the line from public safety measures into tyranny. Despite the decreasing Covid cases, the national Covid

emergency declaration was extended beyond March 1, 2022. The national emergency designation gives the President more than 100 special powers that can bypass legal procedures ranging from banking to public health and anything else the government wants to control. Despite a long tradition of differing opinions regarding medical disease processes and treatments, the government discouraged such discussions regarding Covid. First, the Surgeon General simply asked us to help stop “misinformation” because it “pollutes our information environment.” A few short months later, the feds are demanding that social networks, search engines, crowdsourced platforms, e-commerce platforms and instant messaging systems send data and analysis on the prevalence of Covid-19 misinformation on their sites. Translation: divergent opinions will be censored once the government discovers how to do so. What happened to our respect for the marketplace of ideas?

If tracking our computer use doesn’t work, we have the National Patient ID, a single number issued by the federal government containing all the details of a person’s medical records from cradle to grave. The concept has been around for more than 25 years as part of HIPAA. However, Congress banned itself from funding such an undertaking. In 2019, Congress lifted the funding ban despite the very real possibility that a National Patient ID could allow for large-scale tracking of Americans through their healthcare records. What happened to the confidential patient-physician relationship based on trust and privacy?

Such government overreach and intrusion are becoming commonplace. We are perilously close to losing government of, by, and for the people. Our government is increasingly populated with close-minded lifelong bureaucrats like Dr. Anthony Fauci and the influential career politicians who are hardly the working man’s heroes like Nancy “let them eat ice cream” Pelosi. Universities – grooming our future leaders – have become politically imbalanced and intolerant of open discourse. We hear about how the evil Russian and Ukrainian oligarchs who profited from political unrest are pulling the strings of their government. We are trending toward our own classic oligarchy, the rule by a few. We have our own wealthy ideologues who have transitioned from mere annoying elitists into toxic powerbrokers promoting their own agendas. Notables include Mark Zuckerberg (Meta/Facebook), Jeff Bezos (Amazon, Washington Post), Bill Gates (Microsoft), George Soros (Open Society Foundation).

Meanwhile, runaway inflation is making it harder for Americans to afford basic necessities. Filling one’s automobile with gas is now an exercise in emotional and financial misery. The reaction of Secretary of Transportation Buttigieg and Vice President Harris are indicative of their disdain for the average American. Can’s afford gas? Buy a \$45,000 electric car. This dismissive rhetoric does not comport with reality. In 2020, there were 286.9 million cars in the US with 1 million electric vehicles. Moreover, the electric grid absolutely could not support a sudden influx of electric vehicles, given the brown-outs across the

country in winter and summer. This political and powerful class of people want to change the way we live and think – whether we like it or not. We will never have as much money to buy political influence as do the American oligarchs. But we do have our voices. Parents are speaking up about their schools’ curricula and toxic overtly racist policies that perversely segregate students by skin color and laws that bypass parental input into their children’s medical decisions. Physician office practices are changing to meet the needs of patients, not insurance and pharmaceutical companies. Physicians who have fought for open medical discussion about vaccine safety and efficacy are leaving their mark. CDC Director Walensky finally publicly admitted that the Covid vaccines do not stop transmission of the virus. Many physicians have gone from looking at their unvaccinated patients in horror to “I respect your choice.” The oligarchs do not represent the real America. It’s up to us to carry on the legacy of American heroes who thought for themselves and bucked the system.

Marilyn M. Singleton is a board-certified anesthesiologist and Association of American Physicians and Surgeons (AAPS) Board member. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

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Years

2022

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\$273,838 given to EPCC

By
Special to the Courier

EL PASO COUNTY – Marathon Petroleum Corporation Foundation has donated a \$273,838 check to the Foundation for El Paso Community College (EPCC). This funding is for a grant that will be used to create the Marathon Petroleum Corporation High School to College Transition Program in Welding Technology. It is designed to address the regional need for trained, qualified and certified welders. The initiative is a collaboration between EPCC, the Ysleta ISD Career Center Welding Program at Riverside High School and Marathon Petroleum Corporation.

The program will provide a pathway from Ysleta ISD's Riverside High School's welding program to El Paso Community College where they can earn additional welding certifications or an associate's degree.

"This investment reflects Marathon Petroleum's priority to improve lives in the communities where we operate. We strive to create measurable impacts through shared value and partnering with organizations like El Paso

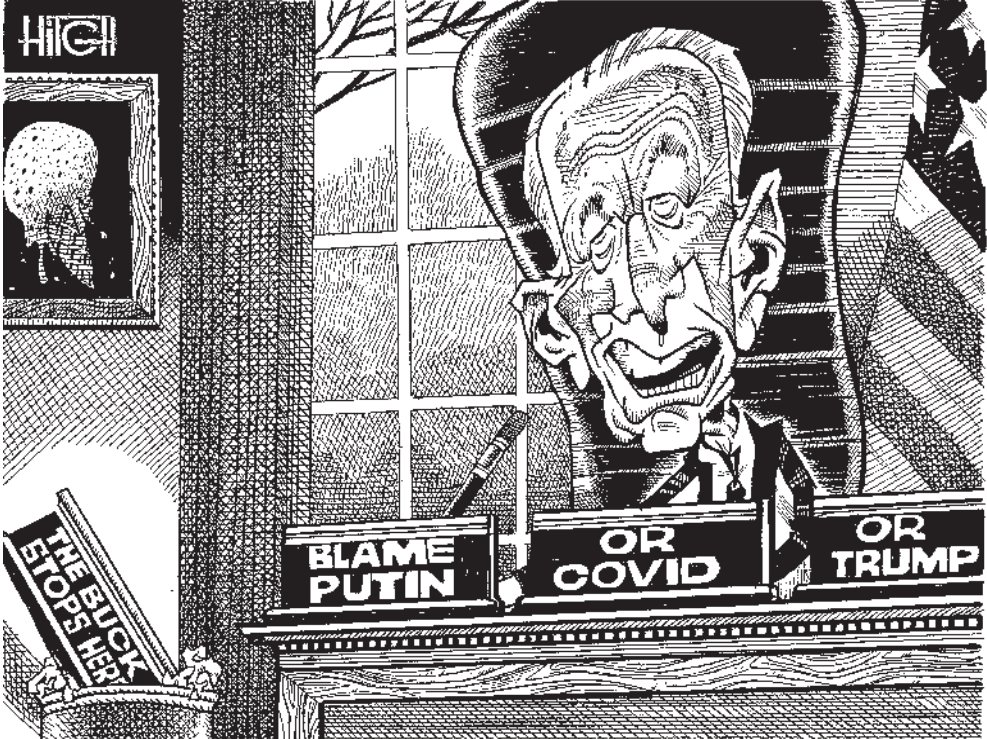
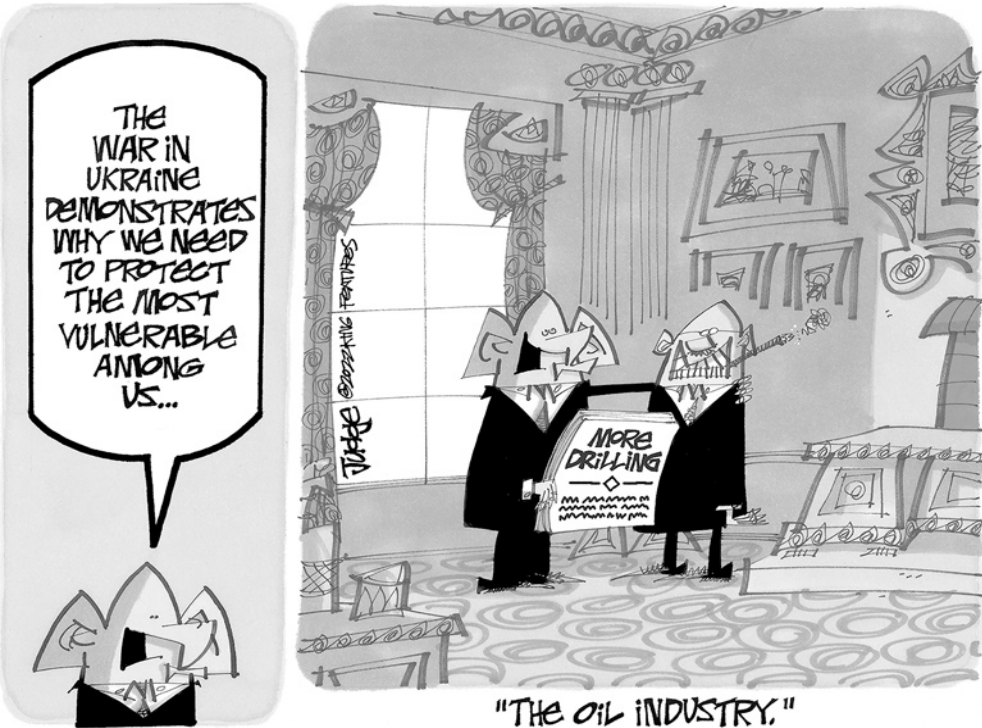


– Photo courtesy El Paso Community College

ALL SMILES – The donation from Marathon Petroleum Corporation was gladly accepted by William Serrata, at far right, and others, on behalf of El Paso Community College.

Community College where we can make a positive difference together," CP Patsatzis, El Paso Refinery General Manager. "We are honored to be a part of this workforce development program that has the potential to make a real difference in the lives of its graduates."

"We thank Marathon Petroleum Corporation for their investment in strengthening education opportunities and their commitment to building our region," said EPCC President Dr. William Serrata.



Food for thought

By John Grimaldi

Doctors giving patients tasty, healthful recipes

“You are what you eat” may not be as simple as it sounds. Health advocates are bound to offer that piece of advice no matter how old you are. Parents are apt to warn their kids that junk food is a definite no-no. And when you arrive at the point in your life known as “senior citizenship,” your health care providers, to be sure, will continue to remind you that your diet is a critical element of your lifestyle as we age, according to Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

Says Weber, “Moms, dads and physicians have been telling us that ever since Anthelme Brillat-Savarin wrote his book in 1825, *Physiology of Taste, or Meditations of Transcendent Gastronomy*. As he put it back then, *Tell me what you eat and I will tell you what you are*. But don’t be put off; healthy eating does not mean you have to sacrifice your taste buds in favor of nutrition. The two need not be contradictory. In other words, *you can have your cake and eat it too*, as another saying goes.”

Talk about preparing tasty dishes that are good for you. Dr. Linda Shiue, like most

doctors, is an advocate of healthy eating. So when she joined a Harvard Medical School conference in 2012 attended by doctors, chefs and dietitians she found an unusual way of helping her patients: teach them how to cook healthy meals.

The conference prompted her to train as a chef at the San Francisco Cooking School and now she is not only an internist, but she’s also a trained chef. In fact, Dr. Shiue wrote her own cookbook, *Spicebox Kitchen*. In her own words, “I like to think of a spicebox as the cook’s equivalent of a doctor’s bag – containing the essential tools to use in the art of cooking. Learning to use spices is the best way to add interest and vibrancy to simple home cooking.”

In a profile that appeared in *Bon Appétit* she explained, “I’d often felt like I wasn’t doing enough for my patients; that they weren’t able to make the lifestyle changes they wanted to. In that moment I realized food could be a really great, creative way of guiding them towards healthier choices. I literally taught my first cooking class for patients a week after that and have been

doing so at my clinic since.”

Dr. Shiue is not alone, medical schools are beginning to offer culinary medicine courses; they’re turning out young doctors who know their medicine and are versed in the art of offering patients appetizing healthy meals. The Association of American Medical Colleges says they are “part of an emerging trend at medical schools across the country, one that teaches students how to cook so they will be equipped not only to take better care of themselves but also to counsel patients on the role that good nutrition plays in improving health outcomes.”

No longer will doctors simply tell their patients that nutritious eating will prevent disease, he or she may be able to literally give them tasty recipes for a healthy lifestyle.

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.

Food for thought

By Dr. Glenn Mollette

Utility bills, gasoline prices and Ukraine

Most of us simply want peace in our lives, nation and world. We enjoy resting in a warm or cool house, with something to eat,

free from worry and stress. Peace is not always easy. This winter, chances are that your heating bill was chomping on your checking

account and taking a huge bite out of your income. You may have turned your thermostat down and wore extra layers hoping to cut back on literally burning up your money.

People have reported gas and electric bills from \$500 to over a \$1,000 for one month of trying to stay comfortable in their homes.

While you are attempting to stay warm or cool, you are wondering if you can afford to start your car. Americans are seeing gas prices dance between \$4.00 and over \$6.00 for one gallon of gas. Filling up my old truck is pushing toward \$150 at a time. When my wife goes to the grocery store the same staples seem cost more every time she goes.

The current inflation is not only expensive but is chipping away at our peace. Peace? It’s hard to have peace if you go into cardiac arrest every time your utility bill arrives, you buy gasoline or go to the grocery store. If you are renting a place in America then you have a further burden as some Americans are paying over \$2,000 a month to rent a house. If they can find one to rent.

Russia has destroyed Ukraine

and has become a major player in driving up our cost of living. We were already experiencing inflation but the entire planet is reacting to what Russia is doing to Ukraine. Do you remember when we heard the news that Osama Bin Laden had been shot by one of our seal teams? When and how will the murderous rein of Vladimir Putin end? We must hope and pray for an end to this evil.

Unfortunately, the world is a difficult place for peace. The Bible assures us that in the last days there will be wars and rumors of wars. There will be pestilence, famine, and our hearts will fail us from fear. Thus, our peace must come from God who is greater than our problems. There is an internal strength and peace that comes when we focus our minds on Him. Currently millions of Ukrainians have nothing left but the shirts on their backs and whatever internal resolve and fortitude that is keeping them going.

Our peace in America is very unsettling but compare your situation to millions of Ukrainians today. Pray for them and let us all give thanks for what we have.

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CryptoQuip

Answer

When he got asked to use a
special off-menu topping, the nice
McDonald’s worker replied
“For your fries only.”

Strange
BUT TRUE

By Lucie Winborne

• The movie “The Godfather” does not contain the words “mafia” or “la cosa nostra” because of a deal struck between the producer and the mafia.

• Limping became a fad in Victorian England when young women admired the genuine limp of Alexandra of Denmark, bride of the Prince of Wales, and went around fake limping (the “Alexandra Limp.”). Shopkeepers even sold pairs of shoes with one high and one low heel!

• The stick – as in a small tree branch – was inducted into the U.S. National Toy Hall of Fame in 2008.

• In 1858, a brawl involving 50 congressmen broke out on the U.S. House floor. It ended when someone knocked off a man’s wig, which was then accidentally put on backwards, causing both sides to laugh and stop fighting.

• God and Jesus are the only characters in “The Simpsons” to have five fingers on each hand and five toes on each foot.

• New Zealand is not part of any of the world’s seven recognized continents but is instead situated upon the submerged continent of Zealandia.

• Former NASCAR driver Dick Trickle drilled a hole in the front of his safety helmet and installed cigarette lighters in his racecars so that he could smoke while racing. NASCAR permitted it during race caution periods.


• A startup company called Juicero lost \$120 million of investor money after customers realized the contents they put in their \$700 juicing machine, which squeezed bags of pre-sliced vegetables into juice, could actually be squeezed faster by hand.

Thought for the Day: “To dare is to lose one’s footing momentarily. To not dare is to lose oneself.”

– Soren Kierkegaard

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Moments in time

THE HISTORY CHANNEL

• On March 21, 1871, journalist Henry Morton Stanley begins his famous search through Africa for the missing British explorer Dr. David Livingstone. When Stanley found him on Oct. 27, he stepped forward and stretched out his hand: “Dr. Livingstone, I presume?”

• On March 22, 1893, the first women’s college basketball game is played at Smith College in Northampton, Massachusetts. Each made basket counted as one point with the game lasting two 15-minute halves. The game had been invented in 1891 by Dr. James Naismith, with rules for men and women the same.

• On March 23, 1962, Pakistan’s governor Ayub Khan gives first lady Jacqueline Kennedy a horse she nicknamed Black Jack. Jackie chose Black Jack to serve as the ceremonial riderless horse during Pres. John Kennedy’s funeral.

• On March 24, 1603, after 44 years of rule, Queen Elizabeth I of England dies. Elizabeth had repealed pro-Catholic legislation, established a permanent Protestant Church of England and encouraged voyages of discovery.

• On March 25, 1983, during filming of the television special “Motown 25,” Diana Ross, formerly of the Supremes, shoves Mary Wilson out of the spotlight. It later had to be edited out. Smokey Robinson stepped in onstage to keep between the two warring Supremes.

• On Mach 26, 1950, ever on a witch hunt, Sen. Joseph McCarthy charges Johns Hopkins University Professor Owen Lattimore with being a top spy for the Soviet Union. Lattimore’s career was ruined, even though no evidence ever surfaced to support the charges.

• On March 27, 1912, in Washington, D.C., first lady Helen Taft and the Viscountess Chinda, wife of the Japanese ambassador, plant two Yoshina cherry trees on the northern bank of the Potomac River, near the Jefferson Memorial. The event was held in celebration of a gift, by the Japanese government, of 3,020 cherry trees to the U.S. government.

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EPCC


From Page 1

has long been a priority for EPCC, but students leave with much more than that. One student, Mariana Prieto Caballero completed her associate’s degree in Accounting, Business and Economics and transferred to continue her education at the University of Texas at El Paso. She says EPCC gave her confidence and the belief that she has the ability to achieve her dreams. “I sincerely believe that EPCC has changed my life. I feel more prepared as a person than I felt two years ago, not only academically, but in general,” Caballero said.

Caballero’s experience is common. Community colleges have historically been a nimble sector of higher education and the pandemic has further elevated their importance to strengthening our nation and communities. EPCC President, Dr. William Serrata says the pandemic has been a challenging time, but one that has also demonstrated the resiliency of both students and colleges. It has also shown the importance of renewing the commitment to innovation and flexibility in order to best serve students. “For Hispanic and other underserved students, higher education is the surest pathways to the middle class,” Serrata said. “However, students can’t benefit from a college degree if they don’t complete their studies. Therefore, providing students support and tools so that they can graduate is a primary goal at EPCC.”

Daisy Martinez is another example of EPCC’s laser-focus

on helping students reach their dreams. Martinez moved to the United States from Mexico in sixth grade and learned to read, write and speak English. Originally her plan after college graduation was to enter the Navy. Unfortunately, her plans were derailed when she suffered a debilitating accident that put her in a coma. After coming out of the coma, Martinez had to re-learn basic motor skills, including walking, as well as how to talk again. As she continued her journey to recovery, she decided to enroll at EPCC. Martinez credits the faculty, staff and counselors combined with the college’s robust support services as helping her to achieve her goals. “There is no doubt that I have struggled tremendously with my disability, but I’m working hard toward a career and a better future,” Martinez said. “I am proud to be the first one in my family to go to college, and I do believe that EPCC has been the best place to start!



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The NFL quarterback carousel keeps going round and round

By Steve Escajeda
Special to the Courier

Back when I was a kid there was one thing about the NFL that you could count on almost every year; a team was connected to its quarterback and the quarterback was connected to his team.

In other words, Roger Staubach was a Cowboy, Terry Bradshaw was a Steeler, Joe Montana was a 49er, John Elway was a Bronco, Bret Favre was a Packer, and so on and so forth.

Yes, yes, I know some quarterbacks changed teams at the very end of their careers so that they could squeeze in a couple more years in before retiring. But while they were in their prime, they stayed with their team.

Today with free agency, it's a very

different story. Quarterbacks change teams on a yearly basis, and I'm talking about guys who are young and in the very prime of their lives.

Over the last couple of seasons we've seen big-name signal-callers change the fortunes of the new teams they find themselves with, as well as the old teams they left behind.

Of course, the biggest name that made a change was Tom Brady. Two years ago he left the New England Patriots and won yet another Super Bowl with the Tampa Bay Bucs.

Then last year, Matthew Stafford left the Detroit Lions for the Los Angeles Rams and as we all know, he and the Rams went on to win the Super Bowl.

The down side of that trade was the fact that Jared Goff, who had led the Rams to a Super Bowl appearance three years

ago, is now the quarterback of the lowly Detroit Lions.

Since the Super Bowl in February, the NFL has gone crazy with quarterbacks coming and going left and right.

Carson Wentz, who spent just one season with the Indianapolis Colts, was traded to the Washington Commanders (I think I liked them as "Football Team" better). Anyway, this is the third team in the last 13 months for Wentz, who of course was traded from the Philadelphia Eagles to the Colts in 2021.

Though not a superstar by any means, Mitch Trubisky has showed signs at times that he can be a good quarterback at this level. He, at least for now, is supposed to replace Ben Roethlisberger in Pittsburgh. The Steelers still could make some moves before next season starts, but it's Trubisky until they do.

It'll be very hard to get used to seeing Russell Wilson in any uniform other than the Seattle Seahawks, but that's going to have to be the case. In an almost unthinkable move, Wilson was traded to the Denver Broncos. This could make Denver an instant contender in the AFC West again.

In the biggest stunner of the offseason, the Houston Texans just traded Deshaun Watson to the Cleveland Browns. In the move, Watson gets a five-year \$230 million contract with every penny being guaranteed. That's not bad money at all for a guy who has 22 civil cases still pending for alleged sexual assault and inappropriate conduct during massage sessions.

Because Watson was traded to the Browns, where does that put current Browns quarterback Baker Mayfield? Well, Mayfield, seeing the writing on the wall, asked for the Browns to trade him and that's exactly what they're going to do. The only question is when and where?

Two other quarterbacks are still awaiting their fate. There's been talk that the Atlanta's Matt Ryan and San Francisco's Jimmy Garoppolo may be getting new addresses.

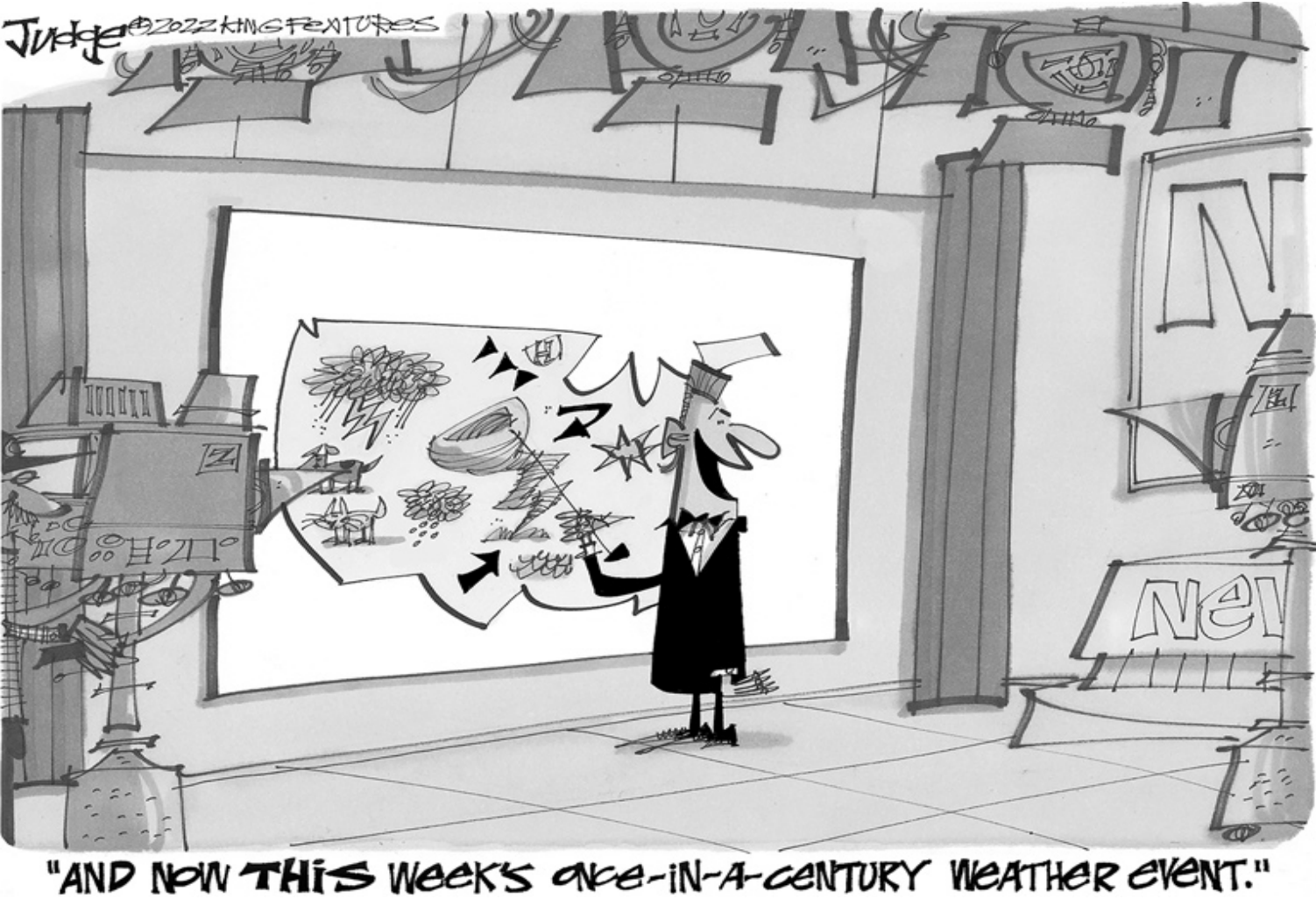
The Falcons tried their best to get Watson, which told Ryan that he was expendable. There's been rumors the last two years about the 49ers wanting to get rid of Garoppolo.

We'll have to wait and see what happened with these two.

More QB changes could be coming with three certain teams.

The Colts have to replace Wentz, the Seahawks have to replace Wilson and the New Orleans Saints are in the running for a new quarterback, but may end up resigning turnover machine Jameis Winston.

I don't know whether all these quarterback changes are good or bad for the league. But considering the enormous ratings and all the money bet on the games, it appears as if fans have no problem with it at all.



Super Crossword

R YOU AT THE W?

ACROSS

1 Make sarcastic remarks

8 It was stormed in the French Revolution

16 Petri dish gel

20 Never-dying

21 Volcanic glass

22 Move, in real estate

23 Something the "Eat It" singer's parents did?

25 Sig Chi, say

26 Letters on an ambulance

27 Tacit assents

28 Big Apple ball team, on scoreboards

30 From _ Z

31 Grieves over

35 Container for a picnic beside Bonn's river?

40 Salamis, e.g.

42 2016 Disney film set in Polynesia

43 Unclad art class models

44 Meticulous barracks examination not using the left hand?

48 French for "enough"

49 Corpulent

50 _ culpa

51 10th mo.

54 Work for Consumer Reports for many years?

63 Attending college, e.g.

68 "Today _ man"

69 Short preview

70 " _ life!"

71 Train passengers' noisy crying?

75 1990s attorney general

76 San Luis _

78 Disposition

79 They have crisp, edible pods

81 Instruction sheets on how to lull babies to sleep?

85 Corrida cry

86 Needle-nosed fish

87 Old nuclear regulatory agcy.

89 Some Apples

94 Scoundrel below a spanning structure?

103 Divided Asian land river?

104 1980s attorney general

105 Like some fans and eels

106 Group of commandos from which to choose?

109 Reached by car

110 Year, to Rosa

111 E-chuckle

112 Borscht, e.g.

113 Little devil

116 Lawn vermin

118 "This road furrow was not fully repaired"?

126 Scrapes (out)

127 1990s GM car

model

128 Soccer star

Cristiano _

129 Siesta, e.g.

130 Tense state

131 Features of joyless faces

DOWN

1 Used to be

2 Dating pair

3 Shell-less marine

snails

4 Have it wrong

5 Dollar bill

6 In thing

7 Pajama material

8 Hopalong Cassidy actor and others

9 French mutiny cry

10 Tax ID

11 " _ ToK" (#1 Kesha hit)

12 Wedding vow

13 Actress Tyler

14 Singer Frankie

15 Multivolume ref., often

16 Dog's cry

17 Rivera of TV

18 Support group for adolescents

19 Turbine parts

24 A great many

29 Filmmaker's patchwork

32 Arthur with a racket

33 Passover bread

34 It has a yolk

35 King, in Paris

36 Sci-fi's Solo

37 Outs' partner

38 Siesta, e.g.

39 Yes, in Paris

40 Span. lady

41 " _ for Alibi"

42 Prefix with carpal

45 Not the std. spelling

46 Broody music genre

47 Part of CIA

52 Rings around the sun

53 Up _ point

55 Squiggle over an "n"

56 _ de toilette

57 Diplomatic official: Abbr.

58 Testing sites

59 Rain delay cover-up

60 "It's all clear"

61 Suvari of film

62 Lovers' god

63 Helper for Frankenstein

64 Mount where Moses died

65 Clic _ (Bic pen brand)

66 Beer barrel

67 Not at all stiff

72 Mauna _

73 Jazz genre

74 Musician Brian

77 Laura Ingalls' hair feature

80 "Boys Don't Cry" director Kimberly

82 Dog's threat

83 Not common

84 Tennis unit

88 Angelic being

90 Pol Romney

91 With skill

92 Some film FX

93 Min. fraction

94 Virginia city

95 Baltimore baseballers

96 "The Ref" director Demme

97 "Stee-rike!" caller

98 Lead-in to colonial

99 " _ volente" ("God willing")

100 Subj. for U.S. citizens-to-be

101 Pair fleeing to wed

102 Grandma on "Roseanne"

103 Cosmo on "Seinfeld"

107 Oslo's nation, to its natives

108 Pasted

109 Extinct birds

112 Some 35mm cameras

114 Early Persian

115 Old hands

117 N.Y. hours

119 Dress fancily, with "out"

120 901, in old Rome

121 Prefix for a vintner

122 Sporty truck, in brief

123 _ constrictor

124 Call a halt to

125 Lead-in to "kwon do" or "Bo"

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



Lowry

From Page 2

from a sainted group to one that’s on the run. California and Washington have ordered BLM to stop fundraising in those states and, in a telling symbolic blow, impeccably woke Amazon has kicked BLM off its charity platform, AmazonSmile. Cullors has the explanation that you’d except for the new

focus on BLM’s lack of financial controls – “anti-Black racism.” Yes, good accounting is racist, now. Democrats wonder how they can blunt GOP attacks on culture issues and believe that if they explain their positions better, they’ll be fine. But the party is positioned so far left that it needs bold gestures. If it wanted to send an unmistakable signal of change, it would denounce the leadership of

BLM, call for investigations into its finances, declare that the group’s priorities aren’t those of the Democratic Party, and wear the ensuing furor from the left as a badge of honor. But Democrats won’t do that and can’t do that – which is why they are in such trouble. Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.

Turmeric supplements safe to try for arthritis

DEAR DR. ROACH: I recently read about turmeric for osteoarthritis. I’m on a limited income. Please tell me more about it, like how much it costs and where I can get it. – W.C.



Turmeric, a spice that has been used for millennia, is the source of curcumin, which has been shown to improve symptoms of osteoarthritis, at least in short-term studies. It is generally thought to be safe, as most people have no side effects or only occasional stomach upset, nausea or diarrhea.

A theoretical concern is bleeding, in combination with anticoagulants, but this appears to be rare. I have had many patients try curcumin, and it has improved symptoms in about half of those who tried it. Turmeric is easy to find at any grocery store, but when curcumin is used as a supplement, it is usually combined with other supplements to help with absorption. A common one is piperine, derived from black pepper. It’s difficult to use turmeric from food to get a pharmacologic effect. The usual dose is 400-500 mg two or three times daily. A month’s supply from a reliable online retailer I found cost about \$10.

DEAR DR. ROACH: My husband has psoriasis on his hands, and he thinks it’s from stress. He had psoriasis a long time ago, and now it reappeared. He is stressed because I am sick. Please tell me what cream he can use. Before, he used some good Yugoslavian cream called Vipsogal. – M.A.M.

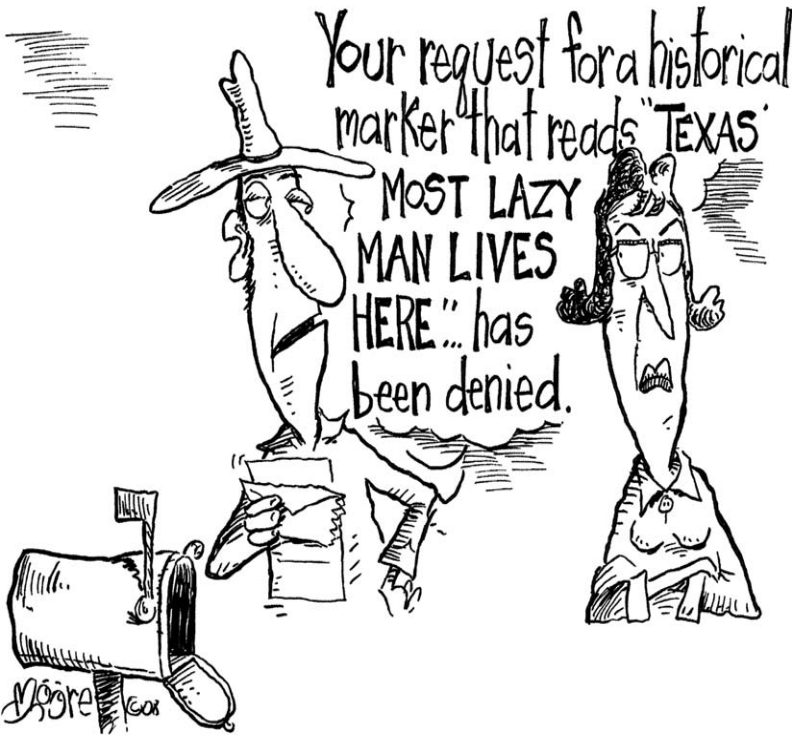
Psoriasis is a common skin condition thought to be caused by abnormalities in the immune system. There are several forms, but most people with psoriasis notice plaques or papules on the skin. Treatment depends on the type and severity of the psoriasis, but the important part is that it needs evaluation before treatment, both to determine the correct diagnosis and assess severity. This includes at least a joint exam for psoriatic arthritis and a careful history to look for other associated conditions, such as in the eye. Severe disease may need systemic therapies, including biological ones. I looked up Vipsogal and it is a combination of several medicines, especially high-potency steroids. These are the mainstay of treatment for most people with mild to moderate psoriasis and are available in the U.S. and Canada only with a prescription. It’s a powerful medicine with the potential for real harm if used incorrectly. Your husband should see a dermatologist.

DR. ROACH WRITES:

A recent column on fructose malabsorption in adults may have been confusing. I also mentioned the condition hereditary fructose intolerance, which is very different from the fructose malabsorption I discussed. HFI is a potentially serious disease, which is usually diagnosed in children and is often unrecognized. It is caused by deficiency of an enzyme called fructose-1-phosphate aldolase, isozyme b. This disorder is diagnosed through sophisticated testing or by genetic analysis. Treatment is complete elimination of fructose from the diet, which is a difficult task. Fructose malabsorption in adults is a much milder condition. It’s treated by avoiding large amounts of fructose by itself (such as in honey, fructose-sweetened foods and fruits containing high net amounts of fructose, such as apples, pears, sweet cherries, prunes, and dates), and avoiding the artificial sweetener sorbitol..

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 are more than 16,000 historical markers in Texas. Up to 200 are added yearly. Some are denied.

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: G equals F

AFJK FJ WLC YMRJT CL VMJ Y
MOJIBYN LGG-QJKV CLOOBKW, CFJ
KBIJ QITLKYNT'M ALHRJH HJONBJT
"GLH SLVH GHBJM LKNS."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

		9		4		2		
3					1			6
	6		8		7		3	
8		5			4	1		
		7	3					2
	2			9			4	
	5				2		9	
9				8				7
		8	1			3	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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Hidden talent found



by Freddy Groves

Another blast of arctic weather was expected any minute and David, the project manager for the tiny homes in the Veterans Village, pushed the trades to bring all three homes under roof before the storm hit. Everyone hustled, knowing that lunch would be provided as soon as they finished their part of the work.

Sarge stood in the coffee shop kitchen talking to one of the veterans employed as a carpenter assistant, who basically carried, toted and measured.

"Can you put together some burgers and coffee for the guys coming in?" Sarge asked. "Nothing fancy, just hot food."

"That I can," the carpenter said and got to work pulling ingredients out of the cabinets and fridge.

David blew through the back door, looking for his

lost employee. Sarge explained: burgers, coffee, hungry guys.

David nodded and stood watching his carpenter expertly flip burgers, add a pinch of cinnamon to the coffee pot and create a crudite platter with three different dips. "He looks pretty darn confident in this kitchen," David whispered to Sarge. "Notice that?"

Sarge called out to the carpenter veteran. "Son, what was your MOS in the Army?"

The veteran turned and smiled, spatula in hand. "MOS 92G, sir," he said. "Culinary Specialist."

David scratched his head. "Then what are you doing working as a carpenter assistant?"

"Taking care of my family," the carpenter replied as he moved a burger onto a toasted bun. "I got two kids. Moved here and didn't know anybody. You had a job. I needed one."

Sarge pulled out his phone, tapping numbers. "I got a cook here," he said when the call was answered, "in the guise of a junior wanna-be assistant carpenter. How much could this boy be making at your

restaurant? He's Army trained, so he'll need a good salary..."

Ten minutes later, Sarge came back down the stairs and handed the carpenter a piece of paper. "You got an interview tomorrow for sous chef... whatever that is."

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by Jo Ann Derson

• Sometimes, despite the cold weather outside, we're still looking for an icy treat inside. In my family's dessert experiments, we've come up with some doozies, but here's one you may not have tried: If you put popsicles in the blender, the creamy result tastes just like yummy sherbet. – JoAnn

• If your lunchbox could be fresher, here's a tip from S.W. in Texas: Spray a piece of bread with vinegar and zip it up in your lunchbox overnight to clear out smells.

• "You don't need to buy a special brush to get at high ceilings and skylights: Simply cover a broom with a pillowcase to clean cobwebs off the ceiling. To clean a skylight, cover a mop with a double layer of paper towels or newspaper, and secure with clips. Spray the paper with window cleaner and heft it up!" – M.E. in Arkansas

• "Here are two more uses for orange peels: Remove all labels and hard parts of the peels. Toss orange peels in a quart Mason jar. When full, fill with vinegar and set in warm place for two weeks. Strain into spray bottle, then discard peels. Makes an excellent disinfectant and ant killer. Or, dry orange peels. When crisp-dry, break into pieces and toss in a blender, then blend to a powder. Put in airtight container to sprinkle on fruit salads or use for orange zest." – B.C. in New Hampshire

• Pinprick hole in your rubber glove? Put the glove on and paint the hole with nail polish. It'll seal up a small hole, making the glove usable again.

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

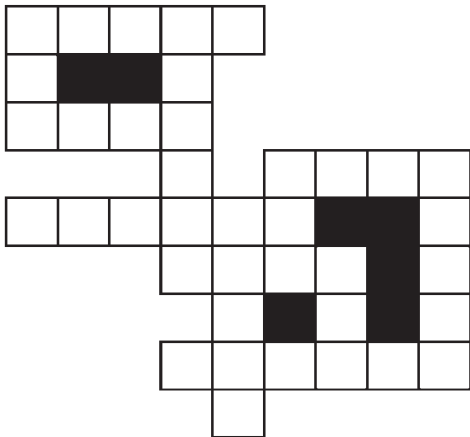
	×		+		19
×		÷		-	
	+		+		16
-		+		×	
	+		-		12
10		11		15	

2 3 4 5 6 7 8 9 9

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EBG
BOTMEN
♥GEURA
♥CDEI
♥ALMGEN
♥ODT
♥AGTO
♥DYEB A
♥NSI
ADEFLU
TOALD
♥TBSU



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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