

NEWSBRIEFS

Luncheon

Woman’s Auxiliary of The University of Texas at El Paso is having its Installation Luncheon on May 21, 2022 at 11:30 a.m. at the El Paso Country Club, 5000 Country Club Place. Mrs. Jackie Morgan-Tomko will be installed as President. Cost is \$35.00. Reservation deadline is May 14, 2022. Call Marie Fernandes at 915-587-8801 for reservations.

– Ceci Carpio

Fabens, Tornillo ISDs recognized

Fabens ISD and Tornillo ISD have both been recognized by Claims Administrative Services, Inc. (CAS) for their safety and loss control management. The districts are among more than 350 Texas school districts and colleges participating in the CAS workers’ compensation risk pool program. Both recently received a safety award, reserved for members who achieve superior loss control results, on January 31 during the CAS annual Client Appreciation Luncheon in Austin, TX. Both received the Billy E. Hibbs Safety Award for implementing safety programs designed to minimize losses and control workers’ compensation costs. Both districts received a \$500 Annie Ozella Jones Scholarship that can be awarded to a deserving student of their choosing.

– Samuel Marshall

Business start-up

With May 1 kicking off National Small Business Week but many small-business owners struggling to hire new employees, the personal-finance website WalletHub has released its report on 2022’s *Best Large Cities to Start a Business*, as well as accompanying videos and expert commentary. In order to help aspiring entrepreneurs maximize their chances for long-term prosperity, WalletHub compared 100 U.S. cities across 20 key indicators of startup viability. The data set ranges from the five-year business-survival rate to the percentage of residents who are vaccinated to office-space affordability. El Paso was rated 28th in the report Other stats:

- Toledo, OH has the lowest average annual rent for office space, \$11.93 per square foot, which is 6.7 times

See BRIEFS, Page 5

Communism is the product of the apathy of many and the audacity of the few.

– Quips & Quotes

Two El Paso County commissioners face stiff competition in May runoff election

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – The May 24th Democratic and Republican primary runoff elections – to determine who will run in November’s statewide elections – features two high profile, closely contested races in El Paso County politics, as incumbent county commissioners for Precincts 2 and 4 have drawn stiff competition.

In Precinct 2 which covers Downtown El Paso and parts of Central, East, and the Lower Valley, incumbent County Commissioner David Stout received 43.27 percent of the votes (4,452 votes) in the March primary elections; while his contender Judy Gutierrez collected 39.51 percent of the votes (4,065). There were no Republican candidates running in this primary.

Stout was sworn in as El Paso County Commissioner for Precinct 2 on January 1, 2015. Prior to working for the county, he was employed as a bilingual communications specialist and binational affairs liaison for former Texas State Senator Jose Rodriguez. Stout stated that during his time as county commissioner he has prioritized issues such as affordable healthcare, veterans affairs, economic development, equal pay, and quality of life.

Gutierrez retired in December 2019 from the city of El Paso, after 24 years of service serving as assistant/chief of staff to the last four District 2 representatives. She unsuccessfully challenged city Representative Alexsandra Annello in the November 3, 2020 election.

Gutierrez said that she is running for county commissioner to advocate for law enforcement efforts and to protest Stout’s recent disparaging rhetoric about local policing practices. It has a negative impact on recruiting for the El Paso Police Department and the El Paso County Sheriff’s Office, she contended.

In Precinct 4, which encompasses parts of the county’s Northeast, West, and Upper Valley communities, incumbent

County Commissioner Carl Robinson will go up against Sergio Coronado. The two candidates were the top vote-getters in the March 1st Democratic primary. The contest was one of the closest races in the primary race, as Robinson had 34.92 percent of the votes (3,439 votes), and Coronado received 38.10 percent of the votes (3,752 votes).

Robinson, a 25-year Army veteran and a resident of Northeast El Paso since 1977, was elected El Paso’s first African American county commissioner in November 2018. Prior to being elected commissioner for Precinct 4, he served two terms, from 2009 to 2017, as the El Paso City Council Representative for the Northeast District 4 area.

Coronado, a 1978 graduate of Canutillo High School, has a bachelor’s degree from the University of Texas at El Paso (UTEP) and a law degree from the University of Texas at Austin. He is currently a practicing attorney and is involved in his community. He served as a board trustee for Canutillo Independent School District (CISD) from 2002 to 2014. Then in 2018, he was appointed by the CISD school board to fill a trustee vacancy. During his terms, he has served both as board president and as board secretary.

On the Republican side for Precinct 4, David Adams and Blanca Trout will face off in a runoff as neither received more than 50 percent of the vote. Trout garnered 37.44 percent of the vote (2,369 votes); Adams received 37.21 percent of the vote (2,354 votes). The other two Republican candidates, Victor Navarrete III came in with 17 percent of the vote, and Adam Fatuch was at 7 percent.

Adams is the president of CSI Roofing, Inc. and CEO of A-1 Construction, Remodeling & Roofing Inc. He stated in a March interview that he was running because he has seen for too long the same old political landscape in El Paso. “We see the politicians



Carl Robinson



Sergio Coronado



David Adams



Blanca Trout

See RUNOFF, Page 3

Texas voter ID requirements

Texas voters must present one of the following forms of identification to cast a ballot:

- Texas Driver License issued by the Texas Department of Public Safety (DPS);
- Texas Election Identification Certificate issued by DPS;
- Texas Personal Identification Card issued by DPS;

- Texas Handgun License issued by DPS;
- U.S. military identification card with photograph;
- U.S. Citizenship Certificate with photograph; or
- U.S. passport.

If a person does not possess, and cannot reasonably obtain, one of the IDs listed above, he or she may fill out a declaration

form at the polling place describing a reasonable impediment to obtaining it. He or she must also provide a document that shows the person’s name and an address, such as a voter registration certificate, current utility bill, bank statement, government check, paycheck, and either a certified domestic birth certificate, a foreign birth document, or a document confirming birth that is admissible in a court of law and establishes the person’s identity.



# Elon Musk, tranparency and rules

A year after being named Time magazine’s person of the year, Elon Musk is attempting to acquire Twitter.

To listen to Musk’s critics, you’d believe it’s an act almost on par with Hitler invading Poland not long after being named Time’s man of the year in 1938.

A writer for the left-wing website Salon worried that a Musk takeover of Twitter would enable fascism in America. A New York University journalism professor lamented that posting on Twitter with the threat of Musk looming feels like partying at a Berlin nightclub “at the twilight of Weimar Germany.” Former Labor secretary Robert Reich warned, “This is what oligarchy looks like.” And so on.

A report for the news site Axios compared Musk to “a movie super-villain,” and related – accurately – that journalists who break news and opine on Twitter “really don’t want to be working in Elon Musk’s

private playpen.”

No, they much prefer to be working in a playpen whose ever-shifting rules – constantly changing to keep up with the latest progressive priorities – are written by the kind of people who thought the story of Hunter Biden’s laptop should have been suppressed.

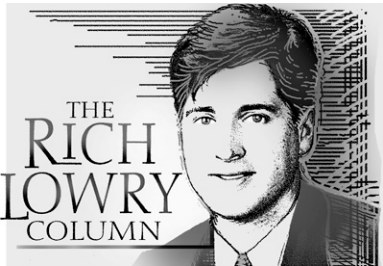
In their eyes, Elon Musk is guilty of a thought crime – namely, believing that thought should be free, and should be freely expressed on a social media platform with outsize influence on the nation’s public life.

Not too long ago, this would have been considered a core American belief, especially welcome to journalists whose work depends on the First Amendment. That was before content moderation, weaponized against one side of the political spectrum, supposedly became the thin line protecting American democracy from the onset of misinformation-driven dictatorship.

Who knew that so much could depend on policing what pronouns apply to trans people or cracking down on users who believed in the lab-leak theory early in the pandemic?

Musk presents a clear and present danger to the use of Twitter as a one-sided instrument to impose progressive rules on the public debate.

From one point of view, Twitter should be beneath him. In contrast to many other Silicon Valley giants, Musk has focused on creating revolutionary physical products in the real world, whether electric cars or rockets. Transforming the American space program makes figuring out a better way for people to share their



See LOWRY, Page 7

## View from here By Jane M. Orient, M.D.

# There is no ‘new normal’

There is only one geometric normal<sup>1</sup>: perpendicular, at a right (90 degree angle).

If you are building a wall, check to be sure the wall is normal (straight) with a plumb line. That’s a string with a lead weight on it that always points to the center of the earth and is perpendicular to the surface. If the wall deviates to the right or to the left it is unstable. It is easily knocked down and will bring down whatever is attached to it.

The most famous abnormal building is the Leaning Tower of Pisa<sup>2</sup>. Built on an unstable foundation, it began to lean very early, and huge expense has been incurred through the centuries to keep it from falling over. At present, 800 tons of lead bricks on one side of the building serve as a counterweight. We can keep piling on lead bricks, but the building will fall apart someday because of the abnormal stresses on the masonry.

The tower is a great tourist attraction, but not useful as a building – you can’t put furniture on the slanting floors.

Something as abnormal as that tower can be sustained, but it requires constant application of force. Take away the lead bricks, and the natural law of gravity brings the structure down.

In society, norms may be based on how the majority of people behave. Some variation is “normal.” Customs and fashions change, but basic facts of biology and human nature will reassert themselves if outside pressures to conform to unnatural behavior are removed – unless too much damage has been done.

It is not normal to wear a face mask and stay six feet away from other human beings. As soon as the pressure is removed, the students, even at a Woke university, are maskless and interacting normally – talking, laughing, hugging. Their natural immune systems are functioning normally.

out when they think it essential or safe.

It is not normal to worry constantly about a virus that in most people is no worse than the flu. Once the daily case counts and death statistics stop, people may believe their eyes and ears telling them that most people are ok. Unless they have been turned into obsessive-compulsive germophobes.

It is not normal for people to bully or exclude or malign family members and friends who choose not to take a novel experimental injection. That takes constant propaganda portraying them as lifelong lepers.

It is not normal for public health officials to have dictatorial powers to wreck normal human activities, for years after an apparent emergency ends. It is not normal for officials, academics, medical societies, and doctors to suppress information about preventive measures<sup>3</sup> (such as vitamin D and betadine or hydrogen peroxide mouthwash) or early out-patient treatment with repurposed drugs long approved as safe. It is not normal to deny care to unvaccinated patients. It is not normal to cover up adverse effects of new treatments.

Censorship and extraordinary repression are required, at least until terrified people get used to their constrained lives and lose their will to resist.

The attempt to establish a new normal and smash the old goes far beyond the pandemic measures. It is a biologic fact that there are two sexes, and that one male and one female gamete (sperm and egg) are needed to make a new human being. It is normal for men and women to be attracted to each other and to long for a stable union. It is normal for parents, children, and biological relatives to love and be loyal to each other. Infidelity and betrayal are tragedies in world literature and common motives for murder.

But imperfect as these societal structures are, there is one normal and there are many abnormal. If not two natural sexes, there is a constantly multiplying number of humanly constructed genders. If not one man/one woman marriage, there are many variable relationships of atomized individuals.

If we throw away our plumb line, and try to normalize what is unprecedented or until recently thought deviant, what will happen to our structure? The experts think they can redo our psyches and even reengineer our DNA. We are being subjected to a massive, uncontrolled, nonconsented experiment. Past societies

See NORMAL, Page 5

1973  
49  
Years  
2022

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Runoff

From Page 1

do the following: Foolish Spending of taxpayers monies. Lies, secrets, back door deals. No accountability. No access. El Pasoans are tired of it, and so am I,” Adams proclaimed.

Trout is a member of Canutillo Independent School District’s board of trustees. In a March news interview, she stated that she was running because giving is her first nature and that serving her community is a priority for her. “With passion, respect, and effective actions... I’m working for successful (outcomes) and with ethical principles to make significant changes,” she asserted.

In El Paso County’s runoff elections, any registered voter may cast a ballot. Voters, however, who cast a ballot in either the Democratic or Republican primary in March may only vote in the same party’s runoff. Voters, who sat out the March 1 primaries, may vote in either one of the parties’ runoffs. Also, third parties – such as the Libertarian Party and the Green Party – do not choose their candidates in primaries, so there are no runoffs for them.

Statewide, some of the more interesting races being contested in the upcoming runoff elections include the Lieutenant Governor’s office where two Democrats – 2018 nominee Mike Collier and state Representative Michelle Beckley of Denton County, are competing. The Republican nominee, incumbent Dan Patrick, won his primary outright.

In the Attorney General contest, the

Republican side has two-term incumbent Ken Paxton facing Land Commissioner George P. Bush. The Democrats will choose between Brownsville lawyer Rochelle Mercedes Garza and former Galveston Mayor Joe Jaworski.

For the state’s Comptroller’s position, Democrats Janet Dudding, an accountant, faces business strategist and community organizer Angel Luis Vega. For Republicans, incumbent Glenn Hegar easily won re-nomination.

April 25th was the last day to register to vote for the May 24 primary runoffs. So, those individuals registered to vote in the Texas primary runoff election should keep in mind the following important dates: May 13 – Last day to apply for a ballot by mail for the runoffs (Application must be received by this date, not postmarked by this date); May 16 – First day of early voting for the runoffs; May 20 – Last day of early voting; and May 24 – Primary runoff election day. Also, mailed ballots must be postmarked by 7 p.m. on the day of the election.

Additionally, new rules for Texas mail-in voter ballots were approved in a sweeping elections overhaul bill passed last year. Applicants for mail-in ballots must complete a form and list a state-approved ID number, such as a driver’s license or the last four Social Security numbers (depending on how they originally registered to vote). This has caused some confusion in many counties, which has led to rejected applications because some voters do not remember which number they originally used.

Here’s how the Secretary of State’s Office explains who’s eligible to vote by mail:

**EL PASO COUNTY COMMISSIONERS COURT PRECINCTS**

**Precinct 1**  
86, 93-123, 126-128, 166, 167, 174, 175, 181, 182, 187, 189, 191, 196-198, 209-211, 214 and 221

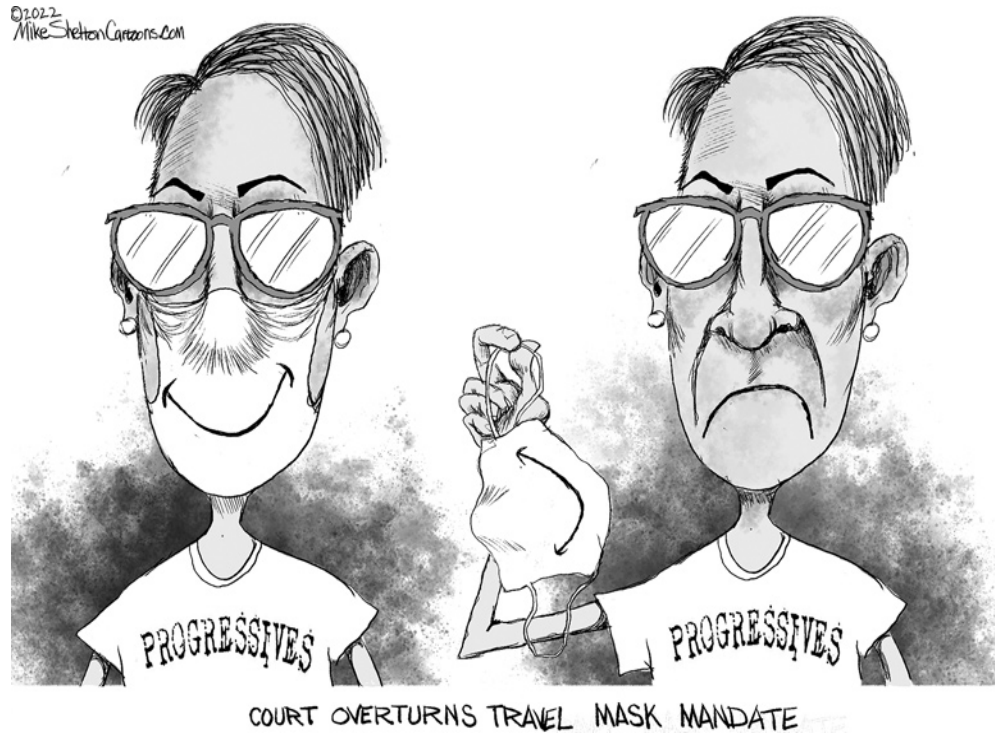
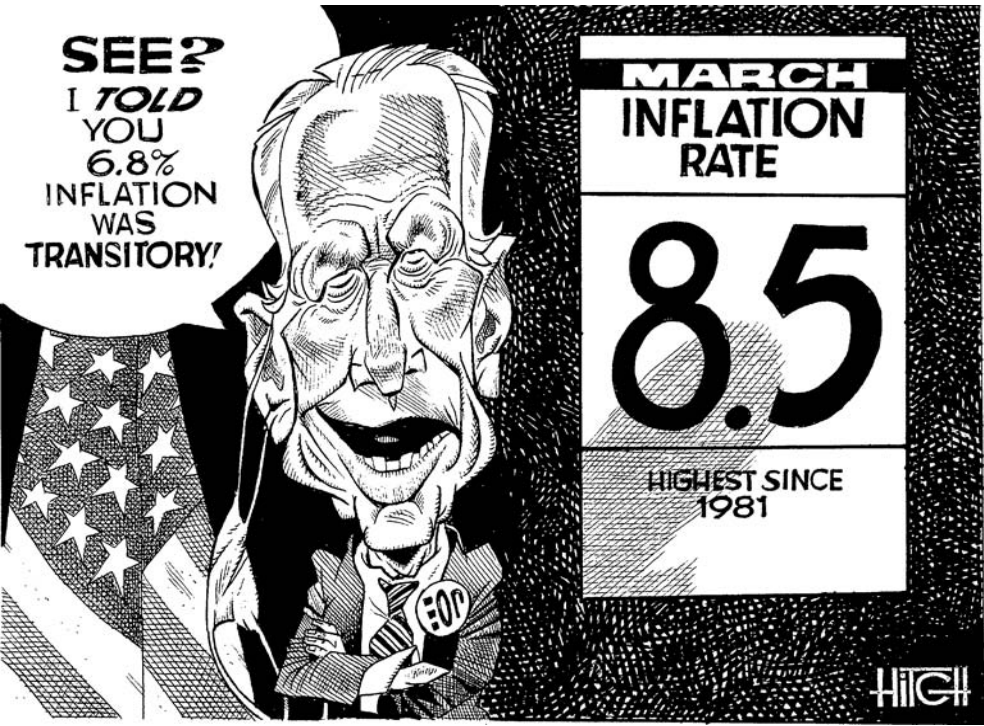
**Precinct 2**  
25, 29-42, 60-85, 87-92, 132-144, 146-148, 185, 186 and 188

**Precinct 3**  
124, 125, 129-131, 145, 149-165, 168-173, 179, 180, 183, 190, 199-208, 212, 213 and 215-220

**Precinct 4**  
1-24, 26-28, 43-59, 176-178, 184 and 192-195

An individual must be 65 years or older; be sick or disabled; be out of the county on election day and during the period for early voting by personal appearance; be expected to give birth within three weeks before or after Election Day; or be confined in jail, but otherwise eligible.

The mail-in ballot application forms can be found on the secretary of state’s website ([www.sos.state.tx.us](http://www.sos.state.tx.us)). The site also includes an application and mail-in ballot tracking form, similar to one used by parcel-delivery services, so that voters can monitor the progress.











# Moments in time

THE HISTORY CHANNEL

- On April 25, 1983, Russian leader Yuri Andropov writes to Samantha Smith, an American fifth-grader from Manchester, Maine, inviting her to visit his country. Smith had sent Andropov a note in December 1982, asking if the Soviets were planning to start a nuclear war.
- On April 26, 1977, Studio 54, which would soon become the most famous nightclub in the world, opens at 254 West 54th Street in New York City. It was known for excluding all but the most chic, famous or beautiful patrons.
- On April 27, 1773, the British Parliament passes the Tea Act, a bill designed to save the faltering East India Company from bankruptcy. Many colonists viewed the act as yet another example of taxation tyranny, because it left in place an earlier duty on tea entering the colonies, while removing the duty on tea entering England.
- On April 28, 1916, Ferruccio Lamborghini is born in Italy. After experiencing mechanical difficulties with his Ferrari, Lamborghini decided to start his own rival sports car company. The Lamborghini 350 GTV, a two-seater coupe with a V-12 engine, debuted in 1963.
- On April 29, 2004, the World War II Memorial opens in Washington, D.C., providing overdue recognition for the 16 million American men and women who served in the war.
- On April 30, 1993, computer scientist Tim Berners-Lee releases the source code for the world's first web browser. Originally called Mesh, the browser he dubbed World Wide Web became the means of exploring the emerging information network that developed into the Internet.
- On May 1, 1960, an American U-2 spy plane piloted by Francis Gary Powers disappears while on a flight over Russia. The CIA reassured the president that the plane was equipped with self-destruct mechanisms, but Russia produced not only the intact wreckage, but also the captured pilot – very much alive.

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# Carrillo recieves scholarship, matching funds to follow

By Jim Heiney  
Special to the Courier

EL PASO COUNTY – The Association of Women in Community College (AWCC) at El Paso Community College (EPCC) has partnered with the EPCC Foundation to award the first of their six annual scholarships. In total, the AWCC will award six \$750 scholarships to deserving students to use in Summer 2022 or the 2022-23 school year. The first scholarship announced is being matched by the Foundation for EPCC to assist, single mother and student, Alejandra Carrillo. Carrillo’s AWCC Scholarship will be disbursed in summer 2022 for her to accelerate her academic journey and take summer classes. The matching EPCC Foundation Scholarship will be disbursed in fall 2022. “I appreciate the AWCC and the EPCC Foundation for this honor. EPCC has everything I like, small classes and accessible faculty,” Carrillo said. “After I

complete my education, I plan to return to EPCC to teach.” The AWCC consists of women and men who come together to network, to share their talents with others in our community and to help EPCC students attain an education. “We are committed to helping female students, including student parents like Alejandra Carrillo, pursue their educational and professional dreams,” Our scholarship recipients excel academically, serve their communities, and embody the AWCC mission.” “The Foundation is proud to partner with AWCC and award a \$750 matching scholarship for a such a deserving student,” Dolores A. Gross, Ph.D., Executive Director, EPCC Foundation said. “Alejandra serves as a role model for other young women, especially student parents, demonstrating that hard work and determination lead to success.” The mission of the EPCC Foundation is to raise funds to support EPCC student success and college degree completion.



– Photo courtesy El Paso Community College

ALL SMILES – Alejandra Carrillo holds up her \$750 scholarship check.

## Briefs

From Page 1

cheaper than in San Francisco, CA, the city with the highest at \$80.22 per square foot.

- Cleveland, OH has the lowest labor costs (median annual income), \$31,838, which is 4.5 times lower than in Fremont, CA, the city with the highest at \$142,374.
- Laredo, TX has the lowest cost-of-living index, 80.00, which is 2.4 times

lower than in New York, NY, the city with the highest at 194.90.

- Miami and Hialeah, FL have the most startups per 100,000 residents, 248.31, which is 3.5 times more than in Toledo, OH, the city with the fewest at 70.06. Visit <https://wallethub.com/edu/best-cities-to-start-a-business/2281> for the full report.

– Diana Polk

## A tale of a deal

Bobby Read found just the right spot in

Brooksville City, FL for his new personal training business, Downtown Athletics. He signed the papers and paid the asking price of \$55,000 and then found out that the small municipal building he purchased came with the town’s towering water tower. It certainly made his new business location easy to find but it was a big responsibility to be in charge of Brooksville’s water supply. But all’s well that ends well, and it cost him just \$10 to transfer the tower back to the township.

– John Grimaldi

## Normal

From Page 2

may have had dictatorship by a self-appointed health priesthood or pervasive homosexuality, transgenderism, and promiscuity. Where are they now?

If we let the experts prevail, will we have a brave new happy transhuman utopia? Or a pile of rubble?

The links in the digital copy of this issue, at [www.wtxcc.com](http://www.wtxcc.com), are clickable.

- <https://www.askdifference.com/perpendicular-vs-normal/>
- <https://www.jpands.org/vol22no1/orient.pdf>
- <https://aapsonline.org/covidpatientguide/>

Jane M. Orient obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

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37	38	39	40

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Comix

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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

opinions 280 characters at time seem quite puny in comparison. Musk is firmly in the tradition of great American entrepreneurs whose audacious vision, business acumen, and showmanship have made them larger-than-life celebrities. Think Thomas Edison. They have usually been willing to think for themselves, a quality

now in short supply. In today's America, world famous entrepreneurs and the companies that they've created, which are supposed to be all about innovation and disruption, happily let themselves get pulled along in the slipstream of progressive group think. Companies built on great risks are deathly afraid that they might have to weather a critical hashtag or a tantrum by their woke millennial employees.

People who would presumably object to the government telling them what to say and think are too willing to let free-floating social media mobs effectively dictate to them. Musk, a kind of libertarian who has a puckish sense of humor and willingness to defy authority (just ask the SEC), rejects this thoughtless and often cowardly conformity. Like podcaster Joe Rogan, another recent target of

Lack of perspiration has her in a sweat

DEAR DR. ROACH: I am an elderly woman who has never perspired and would like to know why. Heat makes me very sick. I love the outdoors, but can be out only a short while in the warmer weather. No one seems to have an answer for me. – P.M.



The name for the condition of no sweating at all is anhidrosis, and there are several causes. There are rare conditions people are born with. These are a possibility, since you have never perspired. However, nearly all of these rare diseases have other significant symptoms you don't mention.

Damage to sweat glands can be seen in autoimmune diseases and diseases that can destroy sweat glands. None of these is likely, as they too have additional symptoms you would have identified during your life. Likewise, you don't mention medications, which may have lack of sweating as a side effect.

I suspect you don't have a diagnosable disease but rather that you are on the far end of the normal range for sweating (this would be called hypohidrosis). Just as there are people who get drenched with sweat in mildly warm weather, there are some who sweat very little.

Since sweating is a major way of keeping cool, you are at higher risk for heat injury, including heatstroke. Avoiding hot weather, as it sounds like you've done, is wise. Sun protection (e.g., wearing a wide-brimmed hat) is also wise, as is making sure you have enough fluids. Avoiding excess heat becomes even more important as you get older, since an older person has less ability to adapt to heat than a younger person.

DEAR DR. ROACH: I have had excessive sweating for the past few years. I don't mean underarms; I mean head and face. In warmer weather, my hair will be soaking wet in no time. My doctor thinks it's related to the anxiety syndrome I have had since I was a small child, and prescribed nortriptyline 10 mg once daily. When I looked it up, I thought it might be a little dangerous for me. I am 79 years old. I am very healthy otherwise. I hope you can help. It's a horrible problem, and it ruins my summers. – J.H.

We use the Greek terminology to define this problem: primary focal hyperhidrosis, specifically craniofacial hyperhidrosis. "Primary" because it isn't associated with any other known problem; "focal" because it is in one area; "craniofacial" meaning "head and face"; and "hyperhidrosis" just means "too much sweat." The underlying cause is unknown, but your doctor might be right that anxiety is playing a role. However, it may run in families.

I disagree with nortriptyline in most people. Not only is it not a good treatment for anxiety, it may have excess sweating as a side effect, but the very low dose makes that unlikely. Doses for depression are often 300 mg.

The usual first treatment is topical antiperspirants to the affected areas. If over-the-counter treatments don't work, then prescription strength (20%) aluminum chloride hexahydrate can be tried, although it can be irritating to the skin of the face in some people. Other treatments include a different topical treatment called glycopyrrolate, botulinum toxin (Botox) injection and oral medications like oxybutynin. In people in their 70s and 80s I try not to use the oral agents.

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](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2022 North America Synd., Inc. All Rights Reserved.

progressive ire, his fundamental offense is being uncategorizable and willing to question conventional wisdom. Like Dave Chapelle and J.K. Rowling, he is too rich and famous to be canceled or cowed – to be more precise, he's the richest man in the world who enjoys a public fight and genuinely disdains the censors and scolds.

All of this makes him a very dangerous man indeed, and perhaps just the guy to make the statement against intimidation and in favor of free speech that this moment so desperately needs.

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





**Moore Texas by Roger Moore**  
June 4, 1909: Lone Star Gas co. files a charter to become the first gas distributor in Texas.

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: E equals T

Y EJXV BW ISYMFV RM  
PRJAXVF'E HJERMS PMMYFZ  
ERNE HJSYFZ IYXB, NFV RM  
SMPOJFVMV, "VAXXW FJEMV."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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The stress of IBD



by Freddy Groves

Coming on the heels of a stressful two years of pandemic, the Department of Veterans Affairs has aligned with a website dedicated to those who suffer from stress-related inflammatory bowel disease (IBD), ulcerative colitis and Crohn’s disease. And just in time. A recent long-term study of veterans concluded that over time, the stress of veterans with bowel disease has increased.

There are likely 66,000 veterans with bowel disease who all need information and resources, and the Crohn’s & Colitis Foundation (CCF) is the place to go. Right on the dedicated webpage (www.crohnscolitisfoundation.org/veterans), it asks important questions: What kind of doctor do I need? Where do I get care? How quickly can I get VA care once I’m registered?

As noted above, these last

two years have put most of us under extra stress, and those with bowel disease are many times more likely than others to experience depression, PTSD and anxiety as a fact of daily life. The CCF website points to coping tips that can help, such as meditation, relaxation techniques and exercise ... and getting help from a mental-health professional. Scroll to the bottom of the mental health page for sections on pain and fatigue, strategies to improve mental health, depression and anxiety, and daily life.

One section stands out: If you’re going to be moving, you’ll need a traveling veteran consult. Continuous care will begin before you leave and follow you through the move to your new location. With a traveling veteran consult, your records and info about your health and history will be ready for you on the other end. Any required care can pick up where it left off. Your responsibility will be to plan ahead and give them notice.

The website is loaded with information: diet and nutrition, complementary medicine, medications, resources and

much more. The most help might be found in local chapters and support groups (there are over 200), where you’ll find others who know exactly what you’re experiencing.

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• A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy Gardening! – JoAnn

• “If you have a spade with a long handle, you can transfer common measurements to the handle. Just lay a tape measure alongside the handle, and use a black marker to note common spacing, like feet and inches. Then, when you put in plants, you can check quickly whether they are spaced correctly. Very handy!” – P.E. in Arkansas

• “Garden tool storage doesn’t have to be hard. Fill a wide mouth bucket with clean sand. Add a half quart or motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The sand/oil mixture helps clean the metal surfaces, and the heaviness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall.” – E. in North Carolina

• Here’s a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot’s tray on the top. Fill with seed or water. The birds will thank you – maybe even by eating some nuisance bugs along with the seed.

• If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

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

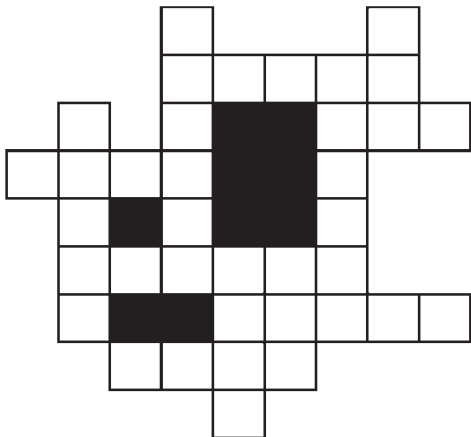
	-		x		8
x		x		÷	
	-		x		8
-		+		+	
	-		x		9
12		12		11	

1 2 4 5 6 7 8 9 9

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MUE  
SEARUB  
VALAR  
DABL  
COSEAL  
YUB  
♥MABL  
AMEBA  
CMA  
DNAVLA  
♥UCEAS  
LYLA



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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