



NEWSBRIEFS

Police states

With President Joe Biden’s State of the Union address calling for law enforcement officers to receive better training and be held to higher standards, the personal-finance website WalletHub today released its report on 2023’s Best & Worst States to Be a Police Officer, as well as expert commentary. In order to determine the best states to pursue a career in law enforcement, WalletHub compared the 50 states and the District of Columbia across 30 key indicators of police-friendliness. The data set ranges from the median income for law-enforcement officers to police deaths per 1,000 officers to state and local police-protection expenses per capita. Texas was rated 13th in the report, ranking (1=Best; 25=Avg.):

- 5th – Law-Enforcement Officers per Capita;
- 14th – Median Income for Law-Enforcement Officers (Adjusted for Cost of Living);
- 19th – Median Income Growth for Law-Enforcement Officers;
- 36th – Violent-Crime Rate;
- 28th – Percent of Homicide Cases Solved;
- 34th – State & Local Police-Protection Expenses per Capita; and
- 45th – Police Deaths per 1,000 Officers.

Note: “Law-enforcement officers” includes police and sheriff’s patrol officers, detectives and criminal investigators.

Visit <https://wallethub.com/edu/best-states-to-be-a-cop/34669> for the full report.

– Diana Polk

Snowing seniors

It was a sight to behold at Skydive Perris in Orange County California when 101 freefalling 60-year-old senior citizens jumped from five airplanes in a record-breaking snowflake formation. The next day 95 of them broke another record when

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Every year the cars get lower and wider, while the payments get longer and higher.

– Quips & Quotes



– Images courtesy of National Park Service

BIG COUNTRY – The Chihuahuan Desert covers nearly 250,000 square miles with about 90 percent of its area within the nation of Mexico. The expansive terrain is the largest desert in North America, extending from Albuquerque, New Mexico to Mexico City.

Chihuahuan Desert conference invites presenters

Desert conference scheduled for November

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso County is right smack in the middle of the Chihuahuan Desert, which is one of the most biologically diverse regions in North America, according to anthropologists. As a matter of fact, experts from all over the world recognize this borderland desert eco-system as a hotspot for wildlife conservation.

The Chihuahuan Desert is an isolated arid region that sits between two mountain ranges, the Sierra Madre Occidental to the west and the Sierra Madre Oriental to the east. It covers nearly 250,000 square miles, with about 90 percent of its area within the nation of Mexico. It is the largest desert in North America, extending from south of Albuquerque, New Mexico to north of Mexico City.

According to archeologists, about 9,000 years ago this area received more rain and the mountain slopes were dominated by forests. But as the area became dry, species experienced isolation, differentiation, and sometimes extinction, which led to the unique Chihuahuan flora and fauna of today.

To explore and experience this unique landscape, two local organizations- the Chihuahuan Desert Education Coalition (CDEC) and the El Paso Zoo and Botanical Gardens- are teaming up to host the third annual Chihuahuan Desert Conference, which is slated to be held in the fall, from Wednesday through Friday, November 15-17.

And, in an effort to encourage public participation, conference committee organizers announced recently that they are now accepting proposals, or abstracts, for both oral presentations and poster designs that promote the desert’s mystique and can be featured during the upcoming conference.

The November conference is expected to bring together researchers and conservation advocates from across the Chihuahuan Desert communities. Organizers stated that conference plans are to hold sessions on how to help facilitate collaboration in the region and to share information about new programs that have been completed or are underway.

Rick LoBello, education curator for the El Paso Zoo, related that the first Chihuahuan Desert conference was hosted by the El Paso Zoo in 2019 and that it showcased the zoo’s new \$16



million Chihuahuan Desert exhibit, which incorporates the flora and fauna features of this extraordinary region.

LoBello explained that the zoo’s desert exhibit includes an arroyo and flash flood features that help people better understand an important natural force that helps shape this desert landscape. He said that the exhibit highlights the desert terrain’s numerous indigenous plants and animals, including some endangered species.

The local zoo has also currently initiated a number of Chihuahuan Desert conservation programs. One such effort is the breeding and releasing of the critically endangered Mexican wolves into the mountains of New Mexico and Arizona. Other programs include the field and captive breeding efforts to help save the endangered thick-billed parrots, the peninsular pronghorns, and the mountain jaguars.

Visit chihuahuandesertconference.org for more information about the conference. LoBello can be reached at (915) 474-1456.



EXPANSIVE – The Chihuahuan Desert covers two nations.

Joe Biden prepares his next basement campaign

Joe Biden is going to run for reelection. One question this raises: How is anyone going to tell?

The basement presidency is about to embark on another basement campaign.

Biden’s political genius turns out to be not provoking strong negative emotions because no one particularly thinks of him as being in charge or as having anything interesting to say.

President Biden and the people around him are, in effect, conducting a large-scale, ongoing political science experiment: Is it possible to run a left-wing government – with tactics often frankly at odds with our constitutional system – and avoid a massive backlash by having a president at the top who appears ineffectual and out of touch?

If Bernie Sanders, the ill-kempt, self-avowed socialist, or Elizabeth Warren, the off-putting, dyed-in-the-wool progressive former academic, presided

over exactly the same administration with exactly the same policies, they’d have ignited a political firestorm by now.

The cry from the center-right and independents would be, “To the barricades!” The cry provoked by Joe Biden is more, “Meh.”

By being around forever, Biden has achieved the status of a known quantity. His rhetoric is generally moderate-sounding, and he never says anything memorable. No matter how radical and lawless the acts of his administration, it’s hard to associate those qualities with an elderly man who tells stories of his bygone cooperation with Republicans and often rambles to little effect.

People should be threatened by this administration, but – with a few exceptions such as his visually apocalyptic “Dark Brandon” speech prior to the midterms – they don’t feel threatened by Biden himself. Or they fear his incompetence more than

anything else.

Biden’s age is an asset in taking the edge off his left-wing governance, yet the effects of it are obvious for everyone to see. At 80, he makes the elder statesmen of yore seem youthful by comparison. Golda Meir became prime minister of Israel at 70. Ronald Reagan was elected president at 69. The long-serving French legend Charles de Gaulle retired permanently at 79.

If the reaction to Joe Biden isn’t a vociferous rejection, it is still an emphatic, “No, thanks.” According to the new NBC News poll, more than half of Democrats and 70% Americans don’t want him to run for reelection. His age, of course, is the leading reason; it doesn’t take a gerontologist to

See LOWRY, Page 7



DEA ‘Operation Last Mile’ tracks down Sinaloa and Jalisco cartel associates

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY – On May 6, 2023, the U.S. Drug Enforcement Administration announced the results of a year-long national operation, “Operation Last Mile,” targeting operatives, associates, and distributors affiliated with the Sinaloa and Jalisco Cartels responsible for the last mile of fentanyl and methamphetamine distribution on our streets and on social media.

DEA’s top operational priority is to defeat the Sinaloa and Jalisco Cartels – the two drug cartels based in Mexico that are responsible for the vast majority of the fentanyl and methamphetamine that is killing Americans. In Operation Last Mile, DEA

tracked down distribution networks across the United States that are connected to the Sinaloa and Jalisco Cartels. The Operation shows that the Sinaloa and Jalisco Cartels use violent local street gangs and criminal groups and individuals across the United States to flood American communities with huge amounts of fentanyl and methamphetamine, which drives addiction and violence and kills Americans. It also shows that the Cartels, their members, and their associates use social media applications – like Facebook, Instagram, TikTok, and Snapchat – and encrypted platforms – like WhatsApp, Telegram, Signal, Wire, and Wickr – to coordinate logistics and reach out to victims.

Nationally, Operation Last Mile comprised 1,436



BY THE NUMBERS – This operation took down multiple illegal activities.

investigations conducted from May 1, 2022 through May 1, 2023, in collaboration with federal, state and local law enforcement partners, and resulted in 3,337 arrests and the seizure of nearly 44 million

and pill seizures equate to nearly 193 million deadly doses of fentanyl removed from communities across the United States, which have prevented countless potential drug poisoning deaths. Among these investigations, more than 1,100 cases involved social media applications and encrypted communications platforms, including Facebook, Instagram, TikTok, Snapchat, WhatsApp, Telegram, Signal, Wire, and Wickr.

“The Sinaloa and Jalisco Cartels use multi-city distribution networks, violent local street gangs, and individual dealers across the United States to flood American communities with fentanyl and methamphetamine, drive addiction, fuel violence, and kill Americans,” said Administrator Milgram. “What is also alarming – American social media platforms are the means by which they do so. The Cartels use social media and encrypted platforms to run their operations and reach out to victims, and when their product kills Americans, they simply move on to try to victimize the millions of other Americans who are social media users.”

The El Paso Division held

See DEA, Page 5

1973

50

Years

2023

WEST TEXAS COUNTY

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CLINT INDEPENDENT SCHOOL DISTRICT

PUBLIC NOTICE

CHILD FIND – All children with disabilities residing in the State, who are in need of special education and related services, including children with disabilities attending private schools, must be identified, located, and evaluated. This process, called Child Find is the responsibility of Clint Independent School District where your child’s private or home school is located. For additional information, please contact the Special Education Dept. at lorraine.martinez@clint.net.

Noticia Pública

En Busca de Niño – Cada niño con deshabilidades que vive en el Estado, que necesita servicios de educación especial, incluso niños con deshabilidades que asisten escuelas privadas, tienen que ser identificados, establecidos y evaluados. En Busca del Niño es la responsabilidad de el distrito escolar de Clint donde la escuela particular de su niño esta ubicada. Para información adicional, favor de comunicarse con el departamento de educación especial a lorraine.martinez@clint.net.

WTCC: 05-18-23



SIGN UP NOW – This summer the El Paso Symphony Youth Orchestras (EPSYO) will present the first Chamber Music Camp in collaboration with the UTEP department of music. The camp is from June 13th to the 16th at the UTEP Fox Fine Arts Building and is open to all EPSYO members and non-member young musicians. Applications are due by May 26. Visit www.epsyo.org for more information and application

Last performance

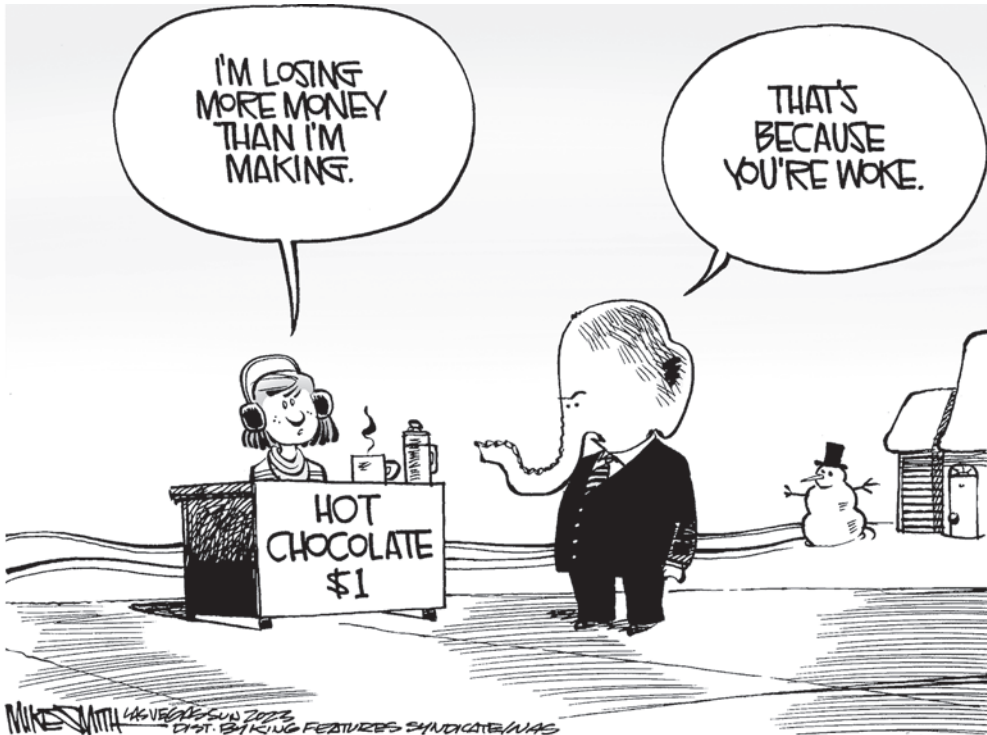
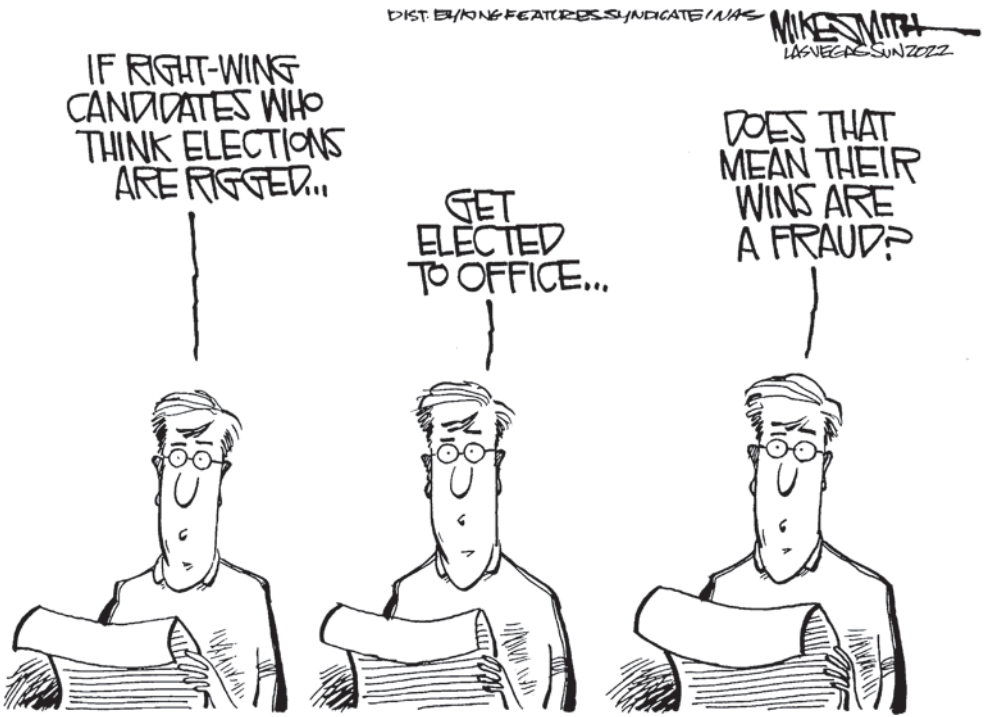
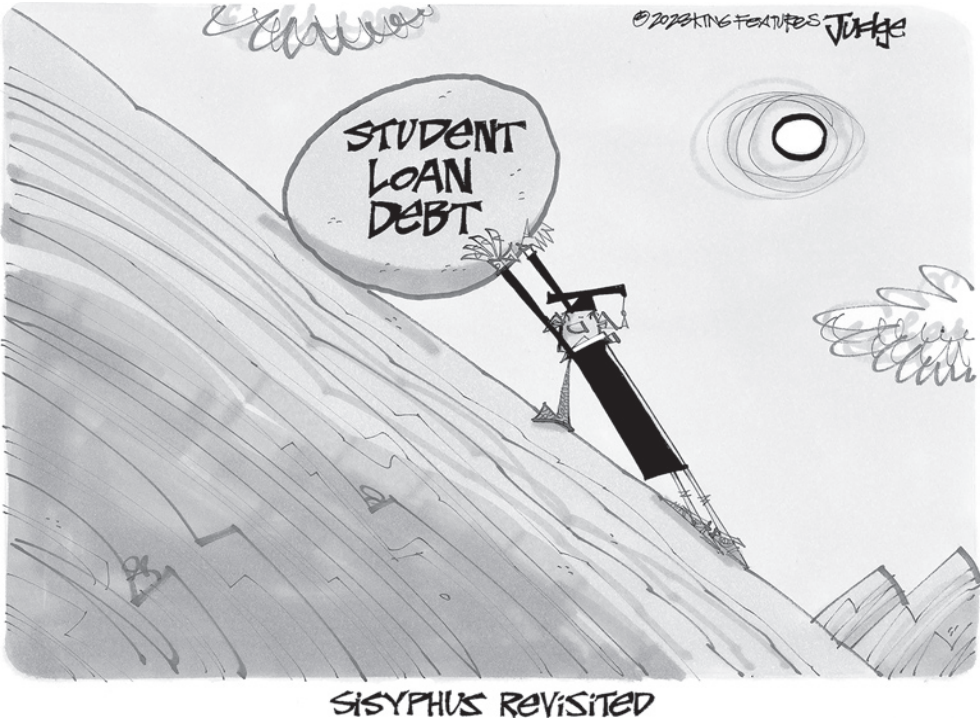
By Rosemary Flores
Special to the Courier

EL PASO COUNTY – The El Paso Symphony Youth Orchestras (EPSYO) conclude their 2022-2023

season on Sunday, May 21, 2023 at 3:00 p.m. in the Plaza Theatre. “This concert is all about relationships. I’ve mentioned at previous concerts how many musical institutions call El Paso home, and how all of

them work in harmony to celebrate the incredible gifts that music gives us.” says Nathan Black, EPSYO General Manager. “To honor this, I have invited two professors from my alma mater, the UTEP Department of Music, to be featured soloists. Stephen Nordstrom and Michael Way will perform the first movement

of the “Double Concerto” conductors Nathan Black, Jose by Johannes Brahms, and Rios, Rodrigo Maldonado and that’s only a fraction of the Jennifer Martinez. Tickets are on sale on-line be presented by our young at epso.org, or call the EPSO musicians this afternoon.” office at (915) 532-3776. The concert will open with Prices are \$20 and \$15 for students from Tocando Music children ages 4-12. Project performing children’s Tickets can also be songs from Nigeria and Puerto purchased at the box office Rico followed by all four prior to the concert. Price at groups of the EPSYO led by the door is \$25.



Clint Independent School District SPECIAL EDUCATION SERVICES

Clint Independent School District provides the following educational program/services to identified disabled children who reside within the district beginning on the third birthday through age twenty-one.

- 1) Instructional Program: including Early Childhood (beginning on the third birthday through age five), Resource (grades K-12) and Self-Contained (grades K-12)
- 2) Diagnostic Services
- 3) Transportation Services
- 4) Speech Therapy
- 5) Counseling Services
- 6) Adaptive Equipment Services
- 7) Physical Therapy
- 8) Occupational Therapy
- 9) School Health Services
- 10) Homebound Services
- 11) Autism Support

Services are provided to identified auditorial and visually impaired children who reside within the district from birth through age twenty-one and to private/home school students who qualify for special education services.

In compliance with the Family Educational Rights and Privacy Act of 1974 and Public Law 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-P provide for record access, confidentiality, and complaint procedures.

If you would like more information or know of a disabled child who is not receiving educational services, please contact the Special Education Director at 125 Brown Street, Clint, Texas 79836, or lorraine.martinez@clint.net.

SERVICIOS DE EDUCACION ESPECIAL

El distrito escolar de Clint provee los siguientes programas/ servicios educacionales a niños que son identificados como desabilitados que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años.

- 1) programa de instrucción: infancia temprana (comenzando con el tercer cumpleaños hasta la edad de cinco años), cuarto de recurso (K-12), y clases contenidas (K-12)
- 2) servicios diagnósticos
- 3) servicios de transportación
- 4) terapia de habla
- 5) servicios de consejo
- 6) servicios de equipaje adaptivo
- 7) terapia física
- 8) terapia ocupacional
- 9) servicios de salud escolar
- 10) servicios de clases en el hogar
- 11) apoyo para el autismo

Se provee servicios a niños identificados como desabilitados audible y visualmente que viven dentro del distrito desde nacimiento hasta la edad de 21 años y para estudiantes en clases privadas/en el hogar que califican para servicios de educación especial.

Conforme al Acto de Derechos y Confidencia Educacionales de Familia de 1974 y Ley Publica 105-17, padres y alumnos adultos tienen el derechos de ver los archivos educativos. Polizas FL y FL-P explican los derechos, la confidencialidad, y el proceso para quejarse.

Si usted desea mas información o sabe de un niño/niña desabilitado que vive en el distrito escolar de Clint que no esta recibiendo servicios educacionales, favor de comunicarse con la Directora de Educación Especial en la direccion 125 Brown Street, Clint, Texas 79836, o a lorraine.martinez@clint.net.

WTCC: 05-18-23



Moments in time

THE HISTORY CHANNEL

- On May 20, 1609, Shakespeare's sonnets were first printed in London by "procurer of manuscripts" and publisher Thomas Thorpe. While it is unclear how he acquired the manuscript, it may have been an illegal copy, and was apparently issued without the Bard's permission, causing some damage to Thorpe's reputation.
- On May 17, 1861, the first color photo, of a tartan ribbon, was taken by Thomas Sutton and Scottish mathematical physicist James Clerk Maxwell, by photographing it three times through red, blue and yellow filters before combining the images into a single color composite.
- On May 21, 1881, former schoolteacher, patent clerk and later pioneering nurse Clarissa Harlowe Barton, better known as Clara Barton, founded the American Red Cross. She served as its president for 23 years before retiring in 1904 at the age of 83. She was posthumously inducted into the National Women's Hall of Fame in 1973.
- On May 16, 1947, singer Billie Holiday was arrested at

her New York apartment on the charge of narcotics possession. When it came time to appear in court, her attorney advised her to plead guilty, thinking she'd likely be placed on probation and taken to a hospital for addiction treatment. She was instead sentenced to a year and a day in prison.

- On May 18, 1974, India conducted its first successful nuclear bomb test. The mission's code name was "Smiling Buddha." The bomb was detonated on the army base Pokhran Test Range under the supervision of several key Indian generals.

- On May 15, 1990, the "Portrait of Dr. Gachet" by Vincent van Gogh was sold for \$82.5 million in just three minutes, becoming the most expensive painting ever sold at an auction. The artist had lived with Gachet following a spell in an asylum, and Gachet cared for van Gogh during the last months of his life.

- On May 19, 1996, the Space Shuttle Endeavour launched from the Kennedy Space Center in Florida on its 11th mission. In 10 days and 40 minutes, the shuttle completed 161 revolutions and covered a total distance of more than 4 million miles before landing.

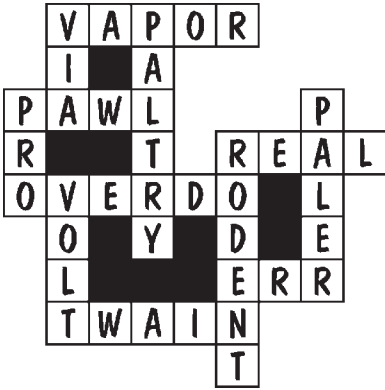
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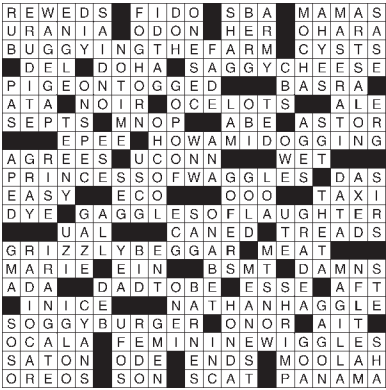
CryptoQuip Answer

When you populate an empty meadow with lots of male sheep, I'd consider that ram-ification.



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Strange BUT TRUE

By Lucie Winborne

- Competitive swimmer Tim Duncan grew up in the U.S. Virgin Islands, where he trained for the 1992 Olympics, until Hurricane Hugo destroyed his island's only Olympic-size pool. Since the only alternative was to swim in the ocean, and he was afraid of sharks, he decided to play basketball instead.

- Red Bull was developed in Thailand as an energy drink for truck drivers.

- Georg Gartner, a German POW, escaped his American prison camp near the end of World War II and lived in America for 40 years under a fake name before finally confessing his true identity on "The Today Show."

- History's longest prison sentence, a whopping 384,912 years, was given to a mailman – for not delivering the mail.

- Johnny Depp dropped out of high school to become a rock musician. When he attempted to return two weeks later, the principal told him to follow his dream of being a musician.

- A shopping center in Zimbabwe uses an air conditioning system inspired by African termite hills. Ventilated and cooled by natural means, it uses less than 10% of the energy of a conventional building its size.

- The largest-known bird nest belonged to a pair of bald eagles and measured 9 feet wide by 20 feet deep, with an estimated weight of 4,400 pounds.

- Colorblind people tend to have better night vision and can sometimes see a luminosity of colors that normal-sighted people can't. As a result, the U.S. Army discovered that they could perceive camouflage colors that are difficult for those with normal color vision to see, giving them the unique ability to better make out hidden enemies at night.

- The word hundred is derived from the word "hundrath," which actually means 120 and not 100.

Thought for the Day: "If you are working on something that you really care about, you don't have to be pushed. The vision pulls you."

– Steve Jobs

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<div>Briefs</div> <div>From Page 1</div> <div>they leaped from their planes in a “sequential” formation. The organizers of these events are seeking recognition from the Guinness Book of World</div>	<div>Records for these daring old men.</div> <div>– <i>John Grimaldi</i></div> <div>A ‘fog of bees’</div> <div>Golf is a sport that comes with a variety of “hazards” such as lakes, trees and thick vegetation. But golfers at the</div>	<div>PGA Tour’s Mexico Open in Vallarta, Mexico recently encountered an unexpected hazard that one observer tagged as a “fog of bees.” Players wasted no time ducking and hugging the ground as the buzzing got closer and louder.</div> <div>– <i>John Grimaldi</i></div>	<div>The worth of knowledge</div> <div>As the end of the school year approaches,highschoolseniors look forward to the challenges of college life. Many of them may be concerned with the high cost of the next phase of their academic lives. But not Dennis Barnes, a senior</div>	<div>at International High School of New Orleans with a cumulative grade point average of 4.98. He applied to 200 colleges and has been accepted by 125 of them, thus far. In addition, much to the delight of his parents, he has been offered more than \$9 million in scholarships.</div> <div>– <i>John Grimaldi</i></div>
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DEA

From Page 2

114 total investigations that led to 235 arrests and the seizure of nearly 2 million fentanyl pills, 87 pounds of fentanyl powder, 974 pounds of methamphetamine, 278 firearms, and more than \$4 million in assets. The fentanyl powder and pill seizures equate to over 3 million deadly doses of fentanyl removed from communities across New Mexico and 17 counties of West Texas. A total of 71 cases involved social media platforms and 51 cases involved encrypted communication platforms.

“These statistics show how the men and women of the DEA’s El Paso Division are

committed to keeping our communities safer and healthier,” said Greg Millard, Special Agent in Charge. “These are the communities where we live and work, where we are raising our families. So we will not tire until Sinaloa and Jalisco are defeated.”

Operation Last Mile is an example of DEA’s network-based approach to take out Sinaloa and Jalisco Cartel members and associates in the United States and across the globe, stop fentanyl, and save American lives. In April 2023, the DEA and our federal partners announced the indictment of 28 members and associates of the Sinaloa Cartel operating in Mexico, China, and Central America, including the leaders of the Cartel known as the “Chapitos.”

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Clint Independent School District

Public Notice

Destruction of Special Education Records

Attention Parents/Guardians, Former Students, Eligible (Adult) Students: Special Education records collected by the Clint Independent School District (CISD) related to the identification, evaluation, educational placement, or the provision of Special Education services must be maintained under state and federal laws for a period of five years after Special Education services have ended for the student. Special Education services end when the student no longer is eligible for services, graduates, completes his or her educational program at age 22, or moves from the district. Clint ISD intends to destroy Special Education records of those students that ceased receiving services during the school year 2017-2018.

Parents or adult students need to recognize that these records may be needed by the student or the parent for Social Security benefits or other post-school benefits. Records scheduled for destruction may be requested no later than the end of the work day on June 23, 2023 by emailing the CISD Special Education Office at lorraine.martinez@clint.net.

Distrito Escolar Independiente de Clint

Notificación Pública

Destrucción de los Expedientes Académicos de Educación Especial

Atención Padres/Tutores, Ex–estudiante, Estudiantes (Adultos) Elegibles: Expedientes académicos de educación especial que han sido recogidos por el Distrito Escolar Independiente de Clint (CISD) relacionado con la identificación, evaluación, colocación educativa, o la provisión de educación especial en el distrito, deben mantenerse bajo leyes estatales y federales por un periodo de cinco años después de que los servicios de educación especial se han terminado para el estudiante. Servicios de educación especial terminan cuando el estudiante ya no es elegible para los servicios, gradúa, completa su programa educacional a los 22 años, o se mueve del distrito. El Distrito Escolar Independiente de Clint tiene intención de mandar los expedientes programados para destrucción de el año escolar 2017-2018.

Los padres o estudiantes adultos deben reconocer qué estos registros pueden ser necesarios por el estudiante o el padre para los beneficios de Seguro Social u otros beneficios post-escolares. Los expedientes programados para destrucción se pueden solicitar a más tardar al final del día de trabajo el 23 de junio de 2023 correo electrónico a la oficina de educación especial de CISD a lorraine.martinez@clint.net.

WTCC: 05-18-23

San Elizario Independent School District

PUBLIC NOTICE

Public Meeting to Review Federally Funded Programs

The San Elizario Independent School District will conduct a public information meeting to review the following SEISD Programs funded by Federal funds:

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Education of Migratory Children
- Title I, Part C - Perkins V: Strengthening Career and Technical Education for the 21st Century
- Title II, Part A – Supporting Effective Instruction
- Title III, Part A – English Language Acquisition (ELA)
- Title IV, Part A – Subpart 1 Student Support and Academic Enrichment
- Special Education Grant (IDEA B – Formula and IDEA B Preschool)

The meeting will be held:
Monday, May 22, 2023 at 9:00 a.m. in the Administration Offices, Board Room. 1050 Chicken Ranch Rd. San Elizario, TX 79849.

SEISD does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C. 2000e-2(a); 20U.S.C. 1681: Labor Code 21-051.

San Elizario Independent School District

AVISO PÚBLICO

La Junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de San Elizario llevará a cabo una junta pública para revisar los siguientes programas, fondos federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte C – Educación de niños migrantes
- Título I, Parte C – Perkins V: Fortalecimiento de las carreras y educación técnica para el siglo XXI
- Título II, Parte A – Apoyando la instrucción eficaz
- Título III, Parte A – Adquisición del idioma inglés (ELA)
- Título IV Parte A – Subparte 1 Apoyo estudiantil y enriquecimiento académico
- Beca de educación especial (IDEA B-formula y IDEA B preescolar)

La junta se llevará acabo:
lunes, 22 de mayo del 2023 a 9:00 a.m. en el salón de juntas en las oficinas de administración. 1050 Chicken Ranch Rd. San Elizario, TX 79849.

SEISD no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.

WTCC: 05-18-23

NFL schedule will look a little different in 2023

By Steve Escajeda
Special to the Courier

The National Football League released its 2023 regular season schedule last week and as always, there are some real interesting matchups as well as a few changes.

Everything gets underway on Thursday, September 7, when the defending champion Kansas City Chiefs and Patrick Mahomes host the Detroit Lions, who had a great second half of the season a year ago.

The two primetime games in week one are especially intriguing. On Sunday night the Dallas Cowboys travel to New York to take on the Giants in an early NFC East encounter. On Monday night, the powerhouse Buffalo Bills will also be in New York, as they meet the Jets in Aaron Rodgers’ first game with the team.

Before we get into any of the other marquee matchups, let’s look at three of the changes.

The first is that there will be a record five international games this year with Trevor Lawrence and the Jacksonville Jaguars traveling to England, twice, in consecutive weeks (against Atlanta and Buffalo).

The other England game will feature the Baltimore Ravens and Tennessee Titans.

There will be two games in Germany. In one, the Miami Dolphins take on the Chiefs, and in the other, the Indianapolis Colts meet the New England Patriots.

Another curious change occurs on three Monday nights. In weeks 2, 3 and 14 there are actually two Monday night games. Normally I wouldn’t

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mind having two games to watch back-to-back. The only problem is that they will have a staggered start. In other words, while the first game is in middle of the second quarter, the other game will start. The fans are going to have to switch back-and-forth to catch glimpses of both games. Let’s just hope one of them is a blowout so it’ll make our decision simpler.

On the plus side, the NFL is instituting its first Black Friday game, so instead of hitting the department stores for bargains the day after Thanksgiving, you can hit the couch for the Dolphins and Jets and a little Tua vs. Rodgers.

Another fun holiday special will be the Christmas day tripleheader. That day will start with the Raiders at the Chiefs, followed by the Giants at the Philadelphia Eagles, and it ends with the Ravens at the San Francisco 49ers.

That’s a great lineup, gifts, eggnog and great football... Ho, Ho, Ho, life is good.

Thanksgiving is always chocked full

of turkey, pumpkin pie and football. But this year’s lineup doesn’t look as appetizing with Green Bay (without Aaron Rodgers) traveling to Detroit, then the Washington Commanders make the trek to Dallas. The night game may save the day with the San Francisco 49ers making the short trip to Seattle to take on the Seahawks.

In the not-very-good-teams-but-still-interesting-to-watch department, you’ve got the week eight game featuring the Houston Texans and the Carolina Panthers. The only reason this game is watchable is because it could feature at matchup between the top two picks in the draft, quarterbacks C.J. Stroud (Houston) vs. Bryce Young (Carolina).

Now let’s down to the real important stuff.

This being Dallas Cowboys country, naturally most of you want to know about America’s Team.

Let’s put it this way, the season will open and close tough; the Cowboys should win most of their games in the

middle of the season.

They have four of their first six games on the road and they finish with three of their last four away from home.

Some of their highlighted games include the back-to-back week five and six matchups at the 49ers and at the L.A. Chargers.

Their first game with the Eagles is in week nine, their second game with Philly is at Dallas on a Sunday night in week 14 on December 10.

Oh and by the way, that December schedule will be brutal for the Cowboys. Starting with that Eagles game, Dallas will then travel to Buffalo and Miami on December 17 and 24, then they close out the month at home against the Lions, who were a playoff team last year.

The Cowboys will close out the season with a winnable game at Washington; but that’s what we said last year.

Just 112 days to go to opening kickoff ... but who’s counting.

Senior moment By Matilda Charles

The weight of owning a pet

For seniors, there are several questions that arise when we consider whether we should adopt another pet after the death of a long-loved companion. There’s the scary thought of potential veterinary bills or whether we should own a dog that needs to be walked every day. Or maybe we think of adopting a young cat who will likely outlive us or an elderly cat who probably won’t.

I firmly believe, however, that when it comes to deciding about adopting a pet that the biggest potential problem comes down to heavy lifting.

The rule of four, I call it: There are four likely scenarios wherein, without intervention or assistance, heavy lifting is required.

For the economical 40-pound bag of dog chow, I would need to lift it into the shopping cart, put it on the conveyor belt at checkout, get it into the car and once home, get it into the house. That’s four liftings.

This applies to even the 20-pound jug of cat litter. I

do the math: 4 times 20 equals 80 pounds I’d be lifting without interventions.

Interventions can take the shape of a strong teenage boy angel who happens to walk by in the pet supplies aisle; a store clerk who gets down cat litter from a very high shelf; checkouts with a radar gun on a stretchy cord that will reach to the cart to scan the bar code; and big neighbors who happen to be strolling by just as I’m pulling in my driveway.

Without luck, however, there have been too many times when all four liftings have been required. I suffer the next day.

I have decided to cut my pet-related lifting down to none. I have signed up for home delivery at two stores, never mind the expense. It’s worth every penny to see other people walk up my driveway carrying the heavy items, fully appreciative of the fact that I don’t have to do any lifting whatsoever.

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Super Crossword

GEE WHIZ ACROSS	who always moves with short, quick motions?	123 Suppressed	network	78 Due to wagering
1 Gets married again	66 Berlin article	124 Lyric poem	31 Faux _ (slip)	79 Sport_ (off-roader)
7 Playmate for Spot	69 Effortless	125 Discontinues	32 Without assurance of payment	80 Good egg rating
11 Fed. loan agency	70 Prefix with chic or tourist	126 Money, informally	33 Disappear as if by magic	81 Israeli weapon
14 The _ & the Papas	71 Love-letter "hugs"	127 Filled cookies	38 On the _ (hiding out)	84 ABC a.m. show, for short
19 Greek Muse of astronomy	72 Cab	128 Abel, to Eve	39 Kobe sash	85 Police vehicle
20 Take way too much of, for short	73 Indigo, e.g.	129 Sing like Ella	40 Rock singer	86 Reagan-era scandal
21 That lady	74 Goose flocks making people chuckle?	130 Neighbor of Colombia	42 Bit of work	87 Positive vote
22 Scarlett of Tara	81 Suffix with event or context	DOWN	44 Itty-bitty	88 Auction offer
23 Equipping a ranch with light, horse-drawn vehicles?	82 Wove rattan into	1 Wipe	46 "Wow, neat!"	89 Doc treating sinusitis
26 Anatomical sacs	83 Tire marks	2 Very learned	48 Gets mature	90 Ski resort in S. Vermont
27 Playa _ Rey	84 Big brown beast seeking handouts of salmon?	3 Disparity in work pay	49 Cpl.'s boss	94 Most ogreish
28 Qatari capital	90 Steak or ham	4 Children's author Madeleine L'_	51 Austin-to-Houston dir.	96 Cartoon gorilla of 1960s TV
29 Brie exposed to heat?	91 _ Claire (magazine)	5 Abbr. for a handyperson	53 Dir. opposite 51-Down	97 Lions, 49ers or Steelers
31 Cooing bird wearing fancy duds?	92 Berlin article	6 Refused the request	54 Santa _ winds	98 Canonized Fr. woman
34 Port in Iraq	93 Cellar, in ads	7 Blast from a lighthouse	55 Be a debtor	100 Cotillion gal
35 "I'm _ loss"	95 Makes accused cry	8 Pet collar attachment	56 Impersonated	101 "That's _ haven't heard!"
36 Dark film style	99 Tooth doctor's org.	9 Homer Simpson	57 Silver-haired	102 _ & Noble
37 Forest cats	100 Expectant father	10 "Be right there"	58 Increase	104 Scampi food
41 Bar brew	103 Latin I verb	11 Carpet style	59 Gp. patrolling shores	107 Inuit dwelling
43 Months before Octs.	105 Fore and _	12 Big icy chunk	62 Division: Abbr.	108 Greenish-blue colors
45 Pre-Q queue	106 Way to pack fresh fish	13 Gl's force	63 Errand runners	110 Accord maker
47 Prez Lincoln	109 Heroic American spy's petty bargaining?	14 Coffee flavor	64 Top Olympic medal	111 Be choked by
48 Furier John Jacob _	112 Whopper dropped in water?	15 "Now I remember"	65 Mauna _	112 Merely OK
50 Safe sword	116 _ about (around)	16 Italian sports car	66 Info to input	113 Sci-fi vehicles
52 Question about one's relentless following skills?	117 British islet	17 Cultural exhibition hall	67 Chopped down	114 Overhaul
56 Thinks alike	118 City in central Florida	18 Encl. with a manuscript	68 Knights, e.g.	115 Fed. agents
59 Sch. in the Nutmeg State	119 Dancing woman's moves?	24 "Can't, I'm already late"	72 Eta-iota link	120 U.S. "Ltd."
60 Saturated		25 Diminish	74 Look intently	121 _ long way
61 Royal daughter		30 "MacGyver" union)	75 Wholly	122 _ Na Na

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

realize that an 80-year-old man and the most demanding job on the planet aren't a natural match.

The White House clearly understands this as well. President Biden is carefully stage managed, and sometimes awkwardly reminded of his cues by people with him at events. His interactions with the press are limited, and this isn't a media that is out to get him but is incredibly sympathetic and accommodating.

Biden broke with tradition by not holding a press conference while on his trip to Ireland. He's done 54 interviews so far in his first two years, according to The New York Times, the fewest since Ronald Reagan. He has averaged 10 news conferences a year, whereas Calvin Coolidge – you know, “Silent Cal” – did about 90 annually during his first two years in office.

The standard isn't very high, though, when you are a default candidate. That's how Biden won against Donald Trump in 2020; it's how he avoided a midterm drubbing in 2022; and it's how he hopes to win again against Trump, should he be the nominee, in 2024.

Biden has built on the old adage, “Never interfere with an enemy when he's destroying himself.” His version is basically, “Never bother going out in public when your enemy is destroying himself.”

The lesson of the last couple of years is that Biden doesn't have to be scintillating, impressive, or inspiring. Heck, he doesn't even have to be popular. He simply has to be there. To paraphrase Woody Allen, 90% of getting elected for Joe Biden is just showing up.

His campaign could be barely evident and still succeed.

Rich Lowry is editor of the National Review. (c) 2023 by King Features Synd., Inc.

Exercise builds strength, improves arthritis limits

DEAR DR. ROACH: I so appreciated your recent column on arthritis, specifically osteoarthritis. I'm a big exerciser; however, I have always heard that this arthritis is caused or exacerbated by wear and tear. I was surprised to hear otherwise! I have modified or given up a handful of exercises that seem to cause my joints more pain, specifically full-body weight-bearing on my wrists. Are these exercises I can incorporate back into my routine? I have found that certain activities, i.e. card shuffling, buttoning, etc., hurt my thumbs, so I have made adaptations. Should I work through the pain, assuming that I am not causing any more damage to my joints? – L.D.



Most exercise is not damaging to joints, but high-impact or high-frequency activities can certainly worsen arthritis pain.

For arthritis of the knees and hips, I recommend walking as the best exercise, starting slow and building up based on what a person can tolerate. It's the movement, not the resistance, that's most important, so swimming (or just walking in a pool) is a great option for people who feel too much pain from walking.

For the smaller joints of the hands and wrists, I would recommend activities that don't hurt you as much. Stretching the joints and movements like squeezing are a good place to start. You might consider a “stress ball” or a hand therapy ball to provide some resistance and build up hand strength.

Adapting your activities to your limitations is a good idea, but you also want to work on improving those limitations. A physical or occupational therapist is your best partner in designing a program.

Don't forget that over-the-counter topical anti-inflammatory medicines, like diclofenac, are pretty effective with small joints and are very safe.

DEAR DR. ROACH: Would you discuss the difference between rheumatoid arthritis and the ankylosing spondylitis? – S.Y.

Both rheumatoid arthritis and ankylosing spondylitis are uncommon (each affecting about 1% of the population), inflammatory, multi-system diseases. RA affects the synovium (the lining of the joint) and tends to affect the hands first, but it can affect nearly any joint. The major area of activity of AS occurs where bones connect to ligaments, cartilage and tendons.

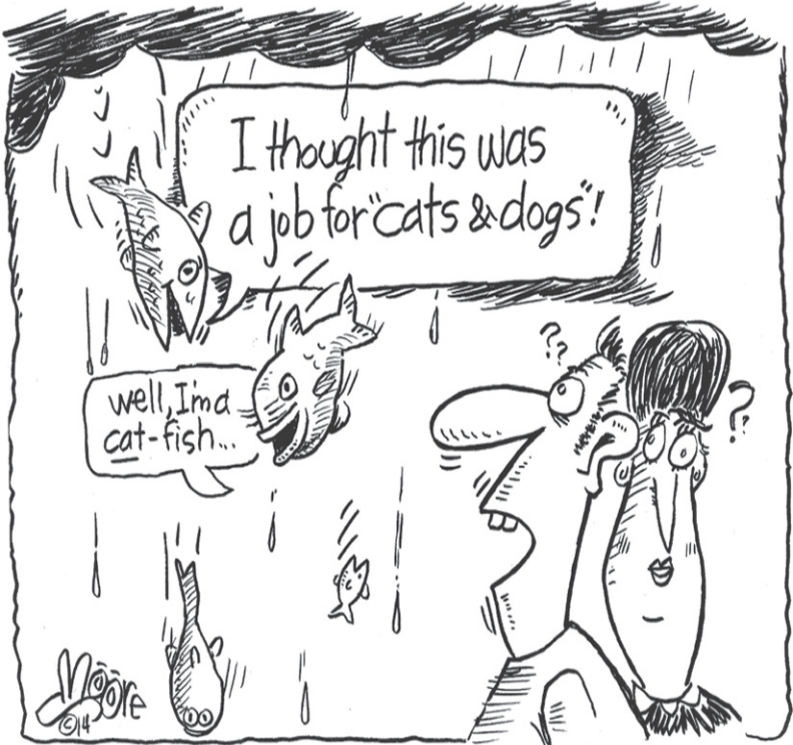
There is an auto-immune component to both diseases. Without treatment, RA leads to joint deformities, whereas AS causes new bone formation, leading to pain and reduced movement of the joints. The back and neck are most often affected in AS, but the hips and other joints may also be affected.

RA is treated early and aggressively with disease-modifying agents, such as methotrexate and hydroxychloroquine, or with biological agents.

Physical therapy is useful in RA, but is a mainstay of therapy with AS. Medications are often needed in AS, usually starting with anti-inflammatory drugs and progressing to more potent agents if needed. About 30% will need biological agents, whereas 94% of people with RA need a disease-modifying drug.

A rheumatologist is the expert for both conditions, and a person with either condition should be referred to an expert as soon as the diagnosis is made.

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) 2023 North America Synd., Inc. All Rights Reserved.



Moore Texas by **Roger Moore**
A May 1985 thunderstorm in Ft. Worth dropped 34 fish into one backyard... it was NOT raining cats and dogs!

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: A equals P

HDXC GKV AKAVFWEX WC
XIAEG IXWQKH HNED FKEL KT
IWFY LDXXA, N'Q BKCLNQXU
EDWE UWI-NTNBWENKC.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

	1		2			8		
3				9			4	
		2			7			5
2	9				4		1	
		5		3		2		
1			6					9
	8				5		2	
		6	3					4
5				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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Burial at a national cemetery



by Freddy Groves

No one wants to think about it, but have you made your final plans? Have you put them in writing for those you leave behind so they'll know what your wishes are once you pass away? There are steps you can take now to make it easier on them when the time comes.

First, determine whether you're eligible for burial in a Department of Veterans Affairs national cemetery. If you're uncertain, go to va.gov/burials-memorials and click on "Eligibility" toward the middle of the page. Gather up your required documents – you'll need several, including DD-214 – and submit them with your application for a pre-need determination (VA Form 40-10007), which means the question of eligibility will be resolved beforehand. Choose a VA national cemetery. If you need help filling out the

paperwork, call them at (800) 535-1117.

Then be sure your loved ones know you've taken the pre-approval steps and where your documents will be kept.

Be sure your final paperwork includes information for the Veterans Legacy Memorial website (www.vlm.com. va.gov). The VLM currently has 4.5 million veterans memorialized. (For some unexplainable reason, this does not include veterans buried at Arlington National Cemetery, and we'd love to know why.) Information on each veteran includes name, dates of birth and death, rank, war period, decorations and more. Friends and family are allowed to upload images, a bio, stories and any historical documents.

In your stash of documents you might include a favorite photo or two that you'd like to have added to the VLM later. There's even a "Follow A Veteran" feature to send email alerts if any additional content is added to a veteran's listing. The listing for a veteran is done the day of interment,

and listings go back to the Revolutionary War.

As a note: Only veterans are listed in the VLM. Spouses buried with the veteran are not included.

For help accessing the VLM site and uploading documents or photos, call them at (866) 245-1490.

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by Jo Ann Derson

• My dogs stay outside most of the day now, while the weather is so nice. We bring them indoors when it gets too hot, but for a treat, we will freeze a plastic cup of ice and then chuck the giant "ice block" on the porch. They lick at it and play with it. It's like a little doggie waterpark when they are done. – M.E. in Ohio

• Finding a summer camp for your kids can be a chore. Check with your child's school and school friends for recommendations. Also, see if your city's recreation department is holding any camps. Some county extension offices (agriculture department) offer camps. Many of these are reasonably priced. Check into them now.

• When pouring water in your coffee pot, use a 4-inch funnel by placing it in the tank. Helps not spill water. Pour slowly! – P.T. in Illinois

• To keep odor out of the kitchen garbage can, put meat, vegetables, fruit and peelings in a bread bag, and put it in the freezer until you take it outside for the garbage collector. – E.L. in Virginia

• Keep fast-food coupons in your car's glove compartment. They will be there if you need to go to a drive-through, and will be handy for picking up dinner on the way home. If you need them at home, chances are your car is there anyway! – F.D. in Alabama

• Got paper recycling? More and more schools are using paper recycling as a means to fundraise. Don't have a kid in school? Drive by and look for a dumpster or bin that's labeled. Odds are good you might find one. If you don't, ask!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2023 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

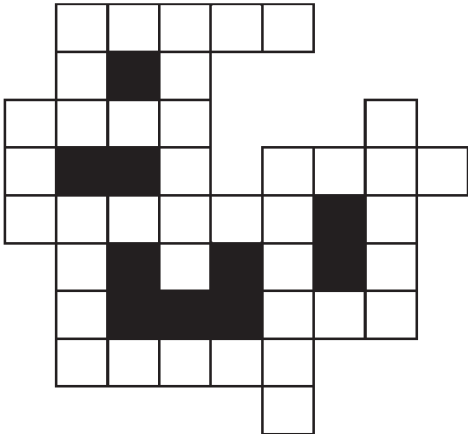
	×		+		23
–		×		÷	
	+		×		20
×		–		×	
	×		–		26
16		19		24	

1 2 3 4 5 6 8 8 9

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OPR
DOTNER
PRAVO
TVLO
♥TYPLAR
RER
WALP
♥ARPLE
IVA
RODVOE
ANWIT
♥ELRA



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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