

Missing kids pg 12



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The Missions Tribune

West Virginia Edition

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One Dollar Feb 1-14, 2021 ISSUE

First Responders Offered Wellness Help During Pandemic

National Center for Prevention of Community Violence offers new program

As first responders find themselves with an increasing workload, a pandemic, and in some cases, funds being cut and hiring freezes in place, the National Center for Prevention of Community Violence (NCPCV), in partnership with Lighthouse Health and Wellness has offered a program to help to provide wellness resources for more than 23,000 members of law enforcement and their families across 11 states.

NCPCV stated, "In a time of continued national unrest and an ongoing pandemic, America's first responders need mental, emotional, and physical support now more than ever." The unrest in America is stressful for the citizens but extra tough on law enforcement that stands the front lines daily.

"The Lighthouse Wellness App provides law enforcement officers and their families a new level of support during a time of crisis. It contains a great deal of information as well as a confidential pathway to essential support services that could be lifesaving," Bobby Kipper, Executive Director of National Center for Prevention

SEE WELLNESS Page 15

U.S. Bishops Stumped on Issues with Biden Harris

Biden's pro-choice beliefs are a "difficult and complex situation"

SEE Page 11



Children in Christian care in Uganda
MT file photo by Jeff McCoy

Christians Killed Up 60% Worldwide

The Church continues to grow

The World Watch List 2021, a report compiled each year by Open Doors, has revealed a rising trend of Christians being killed for their faith. Human rights groups believe that over 2,200 Christians were murdered in Nigeria.

SEE CHRISTIANS Page 7

Eight Children Rescued From Sexual Human Trafficking

"Operation Lost Angels" rescues 33 children in

The FBI along with more than two dozen agencies used "Operation Lost Angels" to recover 33 missing children. The operation began on January 11 to identify, locate, and recover "missing children, particularly those who have been or were suspected of being sexually exploited and/or trafficked."

Eight of the 33 children rescued were being sexually exploited at the time of the operation. According to the FBI, "Several other victims located had been sexually exploited in the past and were considered vulnerable missing children prior to their recovery. Additionally, the operation resulted in the arrest on state charges of one suspected human

SEE KIDS Page 7

ND Bill would allow FB and Twitter to be Sued by Censored Users

A new bill in North Dakota co-sponsored by state Rep. Tom Kading (R) and five others would allow users of social media to file a lawsuit against Twitter, Facebook, and other tech giants if their accounts have been censored or deleted. The bill is "An Act to permit civil actions against social media sites for censoring speech" and would hold the platforms "liable in a civil action for damages to the person whose speech is restricted, censored, or suppressed, and to any person who reasonably otherwise would have received the writing, speech, or publication."

SEE TWITTER page 4

Americans Facing Pandemic, Job Loss, Evictions

Uncertain times but "joy comes in the morning"

At a time when people are confused, hurt, and stressed they are finding their options dwindling. Churches and schools continue to be closed or have restricted attendance due to COVID-19, mental health care facilities and staff are operating at more the full capacity, joblessness, homelessness, and the threat of poverty are, in some cases, only a month or week away.

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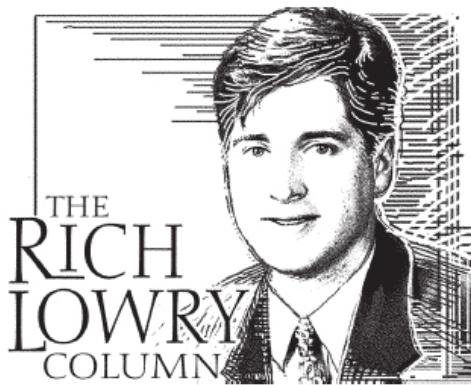
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Twitter Deranged Our Politics

By Rich Lowry

Donald Trump was the president of Twitter. What radio was to Franklin Delano Roosevelt and TV was to Ronald Reagan, communicating 280 characters at a time on a social media platform that is a watchword for hyperactive inanity was to President Trump. It is symbolically appropriate that the effective end of his power after the siege of the U.S. Capitol has coincided with the suspension of his Twitter account. He may well get impeached a second time, but for now, the punishment that really stings is Twitter CEO Jack Dorsey deciding after sitting down with his woke colleagues that Trump must pay the ultimate price for his post-election misinformation and agitation.

This judgment is as arbitrary as Dorsey's worst critics would expect, and it will be impossible for Twitter to enforce anything resembling a consistent line following its Trump suspension (the platform didn't seem particularly exercised by all of the voices valorizing last summer's riots as an "uprising").

But there's no doubting Dorsey's power. He has rendered the president of the United States practically mute. Trump remains in the Oval Office and, in theory, commands the biggest megaphone on the planet. He could still make statements, hold press conferences, sit down for interviews or meet with his cabinet. In his reduced and isolated state, though, none of these options are as appealing as letting his thumbs do his work for him, one outlandish tweet at a time. Now that this avenue is foreclosed to him, he's less of a presence, even as the political world continues to be obsessed with him (in particular, the manner of his exit from office). It's not exactly a slow news environment.

Yet, without Trump's tweets stirring the pot at all times of the day, the nation's political debate feels a little less fevered.

Twitter is Exhibit A for Marshall McLuhan's axiom that the medium is the message. There is plenty of worthy news coverage and real-time commentary on Twitter. But that's not where the emotional center of gravity is, as one would expect of a platform built for instantaneous, unfiltered reactions.

It's this aspect of Twitter that perfectly matched the president's proclivities. He found a natural home in an environment that encourages, and often rewards, snap judgements, insults, soon-to-be-forgotten pronouncements, grotesque oversimplifications and the spread of false or dubious information.

Trump wasn't careful about what he said anywhere, but he reserved his most lurid and poisonous communications for Twitter. It was the place easiest for him to, for instance, absurdly accuse Morning Joe host Joe Scarborough of murder or insult the looks of his alleged paramour Stormy Daniels. It was a symptom of his erratic, easily distracted, and thoughtless governing style that he used Twitter as a tool of his administration.

He warned foreign leaders, fired officials and made pronouncements on legislation on Twitter, often leaving allies and his own government baffled by what was supposed the line between "just a tweet" and an official order by the president of the United States.

Twitter was an especially ready forum for airing conspiracy theories. Asked prior to the election about his giving credence to the lunatic idea that Navy SEAL Team 6 had been assassinated, Trump shrugged and said it was only a retweet. In the wake of his election defeat, his Twitter feed became a nonstop source of bad information dredged up from the worst corners of the internet.

If Trump was the foremost offender, Twitter hasn't done us any favors in this period of our national life.

It has fed moral panics and enabled cancellation mobs. It has exposed journalists who once made a pretense of objectivity as rank partisans. It has enticed once serious people into crowd-pleasing clownishness.

It has made politicians dumber and cruder. It has distorted political reality for people across the spectrum. It, in short, has helped derange our politics, with the former Tweeter-in-Chief leading the way.

Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.



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* **On Feb. 14, 278 A.D.**, Valentine, a holy priest in Rome, is executed. Ruler Claudius the Cruel was having difficulty getting soldiers to join his military because of their strong attachment to their wives, and had banned marriages. Valentine continued to perform marriages in secret and was beheaded for it.

* **On Feb. 10, 1846**, Brigham Young leaves Nauvoo, Illinois, and begins leading 1,600 Mormons west across the frozen Mississippi to a temporary refuge at Sugar Grove, Iowa. It was their first stop in a westward migration that eventually brought 12,000 of them to the Great Salt Lake in Utah.

* **On Feb. 12, 1912**, Hsian-T'ung, the last emperor of China, is forced to abdicate. A provisional government was established, ending 267 years of Manchu rule in China and 2,000 years of imperial rule. The emperor was only 6 years old.

* **On Feb. 13, 1920**, The League of Nations, the international organization formed at the peace conference at Versailles in the wake of World War I, recognizes the perpetual neutrality of Switzerland.

* **On Feb. 11, 1937**, after a six-week sit-down strike by General Motors autoworkers in Flint, Michigan, GM president Alfred P. Sloan signs the first union contract in the history of the American auto industry.

* **On Feb. 9, 1964**, America meets the Beatles on "The Ed Sullivan Show," with an estimated 73 million Americans watching as the group made its live U.S. television debut. When they sang "She Loves You," the audience exploded in what was perhaps the most important 2 minutes and 16 seconds of music ever broadcast on American television.

* **On Feb. 8, 1983**, gunmen steal champion Irish racehorse Shergar in County Kildare, Ireland. The 5-year-old thoroughbred stallion was worth \$13.5 million. A \$2 million ransom demand was never paid, and Shergar was never seen again.

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BIBLE WORD SEARCH

by Elie's Spiritual Treasures

Mark 1:10-11

Just as Jesus was coming up out of the water, he saw heaven being torn open and the Spirit descending on him like a dove. And a voice came from heaven: "You are my Son, whom I love; with you I am well pleased."

NEW INTERNATIONAL VERSION



Find the **bolded/underlined** words in the diagram. They run in all directions — forward, backward, up, down and diagonally.

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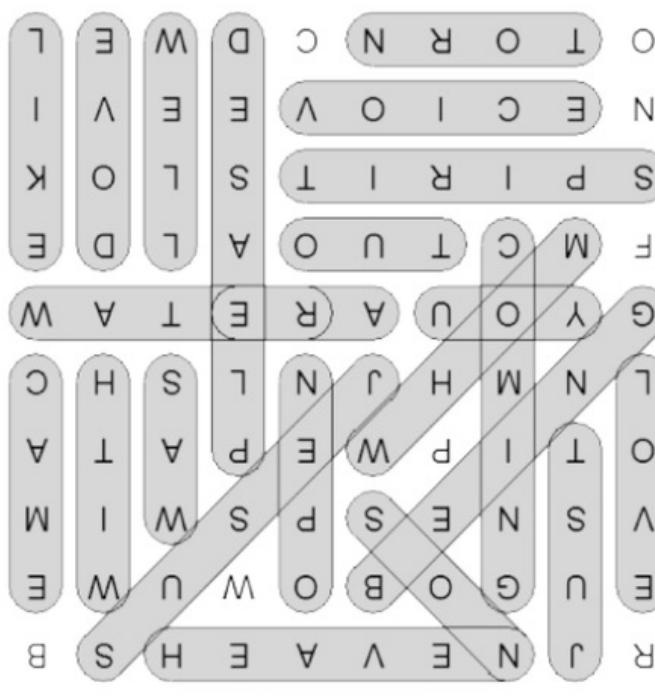
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BIBLE WORD SEARCH



by Freddy Groves

VA Is Rolling Out the COVID Vaccine

As of this writing, the Department of Veterans Affairs has given more COVID vaccine shots than multiple U.S. states added together. The VA started with 37 vaccination sites, quickly expanded to an additional 128 sites, and at this point has grown to 195 sites. It followed a COVID-19 Vaccine Distribution Plan first conceived in September and firmed up in early December.

In other words, they were ready the minute the vaccine was. But the states are struggling with their logistics. How and why this is, no one seems to be explaining.

The VA plan followed three basic steps: Lower the risk of infection and spread, make staff and veterans the highest priority, and ensure distribution is fair, transparent and aimed at maximizing the benefits of the vaccine. The detailed plan included lists of what needs to be done and who's doing it.

What's so hard about that?

You have to do your part, though. Yes, the initial doses are being given to medical staff and patients in VA hospitals. But I've already heard of vaccines being offered to veterans in general who are not hospitalized. To do that the VA will need to contact you.

Call your health care team and be sure they have your current contact information. Also, if you have not yet taken the flu shot, ask if there is a required time delay between a flu shot and the COVID vaccine.

What we don't want to hear about the COVID vaccine is this: Even after getting the vaccine (and the second dose), you'll still need to beware. Wear your mask, scrub your hands (for one full minute, please) and stay out of risky situations.

This will likely go on until a large percentage of the population has received the vaccine. For updates, check this website: www.va.gov/health-care/covid-19-vaccine.

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TWITTER from front page

"It's just wrong to ban a sitting president," Kading told the Grand Forks Herald. Twitter and Facebook, under protection from Congress in the form of Section 230, have made themselves king of censorship banning many conservative and Christian users from voicing their concerns or sometimes even announcing a church event.

If the bill was to become law censored users could seek compensation that includes "treble damages for compensatory, consequential, and incidental damages," according to the bill.

But the effort has been dismissed by some in the legal field. Attorney Akiva Cohen posted on Twitter that the law "would immediately be deemed void as preempted by Section 230 [of the Communications Decency Act]," because "federal law is supreme over state law where they conflict, and this would create an express conflict."

Section 230 has made headlines again when Congress held meetings with the tech giants, but once again it was all show and little action. Section 230 allows social media platforms to censor and not be held liable for what voices they silence. The law states that providers and users of computer services shouldn't be held liable for "any action voluntarily taken in good faith to restrict access to or availability of material that the provider or user considers to be obscene, lewd, lascivious, filthy, excessively violent, harassing, or otherwise objectionable, whether or not such material is constitutionally protected."

During the Trump Administration attempts were made to stop the censorship or even revoke Section 230 but failed. Trump said that Big Tech firms have essentially overstepped their bounds by moderating content. Twitter and Facebook have lost market share and thousands of users after dumping Donald Trump.

Staff reporter Jeff McCoy can be reached at mccoy@themissiontribune.com

**A READER WRITES.....**

Is the USA facing the pattern of World History?

And the cycle continues.....

From Bondage to Spiritual Faith

From Spiritual Faith to Courage

From Courage to Liberty

From Liberty to Abundance

From Abundance to Complacency

From Complacency to Apathy

From Apathy to Dependence

From Dependence to Bondage



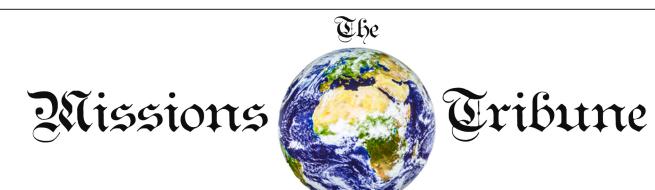
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Put "Snowflakes Sunny-Side Up" on your breakfast menu and the nutritious surprise will brighten even the darkest of wintry mornings.

Made with colorful slices of sweet red pepper in shapes that resemble snowflakes, the whimsy adds fun to the start of the day.

The curvy rings frame an egg as it fries into deliciousness for about 5 minutes. Top with a dusting of Parmesan or feta cheese, and serve with toast or an English muffin and fruit juice.

For a special weekend breakfast, let the snowflakes land on servings of hashed brown potatoes, bacon or sausage.

Let's get crackin'...

SNOWFLAKES SUNNY-SIDE UP

2 large firm red bell peppers with contours
Butter
6 medium eggs
Salt and pepper
Grated parmesan cheese or crumbled feta

Donna's Day Creative family fun

by Donna Erickson

Sunny-Side Up Snowflakes



1. Slice peppers into six 1/3-inch-thick rounds, keeping the cut edges smooth and even. Remove seeds and core pieces.

2. Melt some butter on a flat skillet. Cook the pepper slices on medium heat on one side for about 1 minute, then flip.

3. Carefully crack an egg into the center of each ring. Immediately press down on the ring with a spatula if egg white seeps through. Cook for about 5 minutes or until the yolks are firm. (Place a lid on the pan for the last minute, if you wish.)

4. Serve with salt and pepper, and cheese sprinkled on top. Makes 6 snowflakes.

TIP: For a springtime twist, set a strip of cooked bacon upright under the pepper on the plate. Your winter snowflake instantly transforms into a blooming flower with a stem.

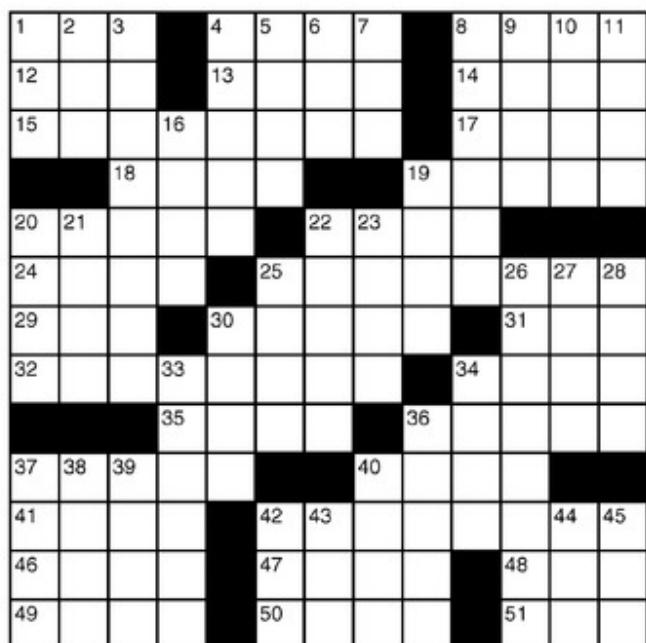
*** Find more recipes and family fun at www.donnaerickson.com. Write to Donna at Info@donnaerickson.com

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King Crossword

ACROSS

- 1 Atlas page
- 4 Act of faith?
- 8 TV's "Warrior Princess"
- 12 Oklahoma city
- 13 Operatic solo
- 14 Sick as —
- 15 Newscast opener
- 17 Cathedral area
- 18 Vittles
- 19 Half of a '60s group
- 20 Sad song
- 22 Begged
- 24 Early Peruvian
- 25 Taylor Swift's genre, say
- 29 R-V link
- 30 Beetle Bailey's boss
- 31 As well
- 32 Bargain for leniency
- 34 Felines
- 35 Fail to see
- 36 Island porch
- 37 Neptune's realm
- 40 Ride the waves
- 41 Actress Cameron
- 42 Cowboy Cassidy
- 46 Challenge
- 47 Matty of



DOWN

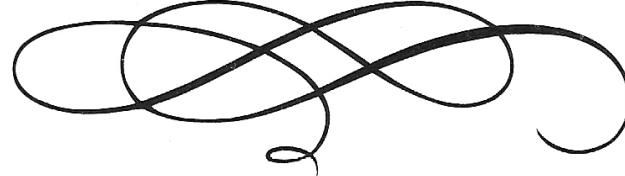
- 1 Yoga pad
- 2 Hubbub
- 3 Drink-to-go holder
- 4 Coffee bar offering
- 5 Cupid's alias
- 6 Tire filler
- 7 Baseball
- 8 Old Olds
- 9 Auctioneer's cry
- 10 Citi Field team
- 11 Society newbie
- 16 Long tale
- 19 Viral Web phenomenon
- 20 Platter
- 21 Division word
- 22 Sweat outlets
- 23 Women's links org.
- 25 Buddies
- 26 Silicon Valley school
- 27 Teeny bit
- 28 Mozart's "—fan tutte"
- 30 Whirl
- 33 Stunned
- 34 Sagan or Sandburg
- 36 Waikiki wing-dings
- 37 Probability
- 38 Pisa farewell
- 39 British noble
- 40 Espy
- 42 Deli meat
- 43 Flamenco cheer
- 44 Born abroad?
- 45 Sailor

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SENIOR NEWS LINE

by Matilda Charles

On Medicare? Beware of COVID Card Scam

Have you received a phone call asking if you've received your new "special" Medicare COVID card? Beware: There is no such thing. It's a scam. I did receive such a call. The person on the other end asked if I'd received my new card, which I'd heard nothing about, and proceeded to try to ask me a number of questions. She claimed there are a lot of fancy benefits that come with the COVID card.

In the name of research for this column, I did not hang up immediately as I usually do. Instead, I went along with the caller, listening but not providing any information. I asked where they'd gotten my name and was told they were accessing the Medicare database. I was quickly convinced it was a scam. I hung up and called the Medicare fraud line to report it. The fraud people were very glad I did. Other forms of COVID scams include offering fast eligibility for the vaccine, fake vaccine sign-up websites, fake testing and wellness kits, and fake contact tracers who want to know your Medicare card number.

Fact: There is no new Medicare card for COVID. Fact: Medicare isn't going to call you about anything unless you have called or written to them and asked them to contact you by phone. If you receive a call such as the one I got, hang up immediately and then call to report it.

Call 1-800-MEDICARE (1-800-633-4227), or HHS at 1-800-447-8477. As for the fancy benefits the caller promised me, check your Medicare Summary Notice or Explanation of Benefits to be sure there are no errors for items and services that you do not get.

This might be the newest scam against seniors, so spread the word among your friends. There is no "special" Medicare card for COVID.

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**AMBAZONIA RECOGNITION AND
COLLABORATIVE COUNCIL**
Six liberation movements campaigning
for the recognition of Ambazonia,
Africa's youngest nation



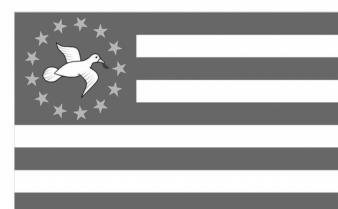
by Ryan A. Berenz

1. What NFL wide receiver holds the record for most yards from scrimmage in a game with 336, set in the 1989 season? (Hint: Despite his nickname, he never played for the Miami Dolphins.)
2. What ABC sportscaster had the unfortunate task of reporting "They're all gone" in the aftermath of the 1972 Munich Olympics hostage crisis?
3. The Autodromo Internacional do Algarve is a racetrack located in what country?
4. Name the 1980 Scripps National Spelling Bee champion who became the event's official pronouncer in 2003.
5. What two English Premier League football clubs play each other in the Second City Derby rivalry match?
6. What Michigan Wolverines running back was selected by the New York Giants in the first round of the 1995 NFL Draft?
7. What Oklahoma City Thunder player led the NBA in blocks per game for two straight seasons from 2011-13?

Answers

1. Willie "Flipper" Anderson.
2. Jim McKay.
3. Portugal.
4. Jacques Baily.
5. Aston Villa F.C. and Birmingham City F.C.
6. Tyrone Wheatley.
7. Serge Ibaka.

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Pray For Leah



330 boys have been freed in December but still we wait for news of Leah.

"There is still the moral burden on the government to get Leah Sharibu and the rest Chibok girls released from captivity," Supo Ayokunle, president of the Christian Association of Nigeria (CAN), told CT. "We are praying for [our] president for a better future and a more secure nation."

This young girl was kidnapped by ISWAP from their school in Dapchi, Yobe state on 19 February 2018 and is still held because she will not denounce in faith in Jesus Christ.

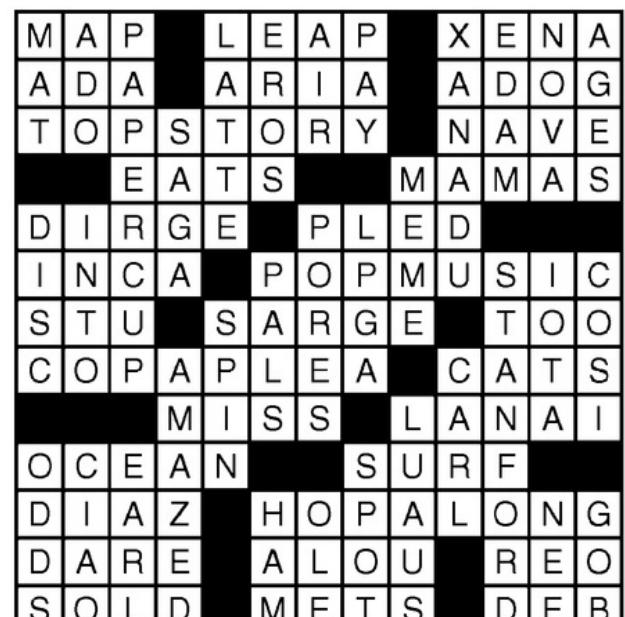
Pray for Leah and for her safe release that she may be reunited with her family. Much effort has been made to locate her. We will continue to follow her story and keep you informed in each edition of our newspaper.

She stands as an example how all of us should be. Would you be willing to be held by terrorist or even lose your life for Christ?

Crossword page 5

— King Crossword — *Answers*

Solution time: 26 mins.



KIDS from front page

trafficker and the opening of multiple investigations. Some of the minor victims were arrested for probation violations, robbery, or other misdemeanors. One child was a victim of a noncustodial parental kidnapping."

As the human trafficking problem continues to grow in all states and across the world, the FBI and local law enforcement agencies have been hard-pressed to fight the trade. The FBI stated in a press release "The FBI caseload for both sex and labor trafficking-related crimes has increased significantly in the past several years. As of November 2020, there were more than 1,800 pending trafficking investigations, including those involving minors exploited through commercial sex trafficking. Today, the FBI leads 86 Child Exploitation and Human Trafficking Task Forces around the nation and participates in Anti-Trafficking Coordination (ATC) Teams in 12 offices, including in Los Angeles. The ATC Teams are intended to streamline coordination on the front lines of federal human trafficking investigations and prosecutions."

"Operation Stolen Innocence," and "Operation Find Our Children," are just two of the multi-law enforcement agency task forces that have successfully rescued children and made arrests of human traffickers, many of whom specialize in the sexual trafficking of children.

COVID-19 has made more people vulnerable to exploitation. Human traffickers have taken advantage of the isolation and lack of access to services as more people are out of school and work. In the U.S. State Department's 2020 Report on U.S. Government Efforts to Combat Trafficking in Persons, it stated "The effects of COVID-19, as with other catastrophic events, are disproportionately impacting communities suffering from systemic or generational inequality – the same communities traffickers often prey upon."

In the fiscal year 2020, the FBI initiated 664 human trafficking investigations nationwide, resulting in the arrests of 473 traffickers.

Staff reporter Jeff McCoy can be reached at mccoy@themissiontribune.com

**CHRISTIANS from front page**

COVID-19 was used by the government as a reason to advise people to stay in their homes. Terrorists took advantage of the trapped Christians and killed many in their community. The government has failed to respond and provided safety and protection for its citizens. Radical Islamist militants have increased their attacks without any resistance.

Dalyop Solomon the CEO of the Emancipation Centre for Crisis Victims in Nigeria, a Nigerian human rights group told The Christian Post. "Life became very, very brutish. You will wish you had not been

"Life became very, very brutish. You will wish you had not been born in this part of the world."

- Dalyop Solomon

born in this part of the world. There was no way out. There was no way out. Behind us are the Egyptians, in front of us is the Red Sea. Prior to this time, the attacks were only concentrated in a few communities, but we can see now it has become very pervasive. Only a few states were not touched by terror attacks. They have expanded the attacks to become land grabs."

Open Doors President and CEO David Curry said "This past year 2020 has been a year of uncertainty and fear. We've been all fighting a virus that we cannot see with the naked eye. Less known but equally as viral has been the discrimination, isolation, and violence against Christians by using COVID-19 as a leverage and as justification."

A rise in anti-Christian governments around the world and Islamic violence against Christians has led to a 60% increase in the number of Christians killed. COVID-19 restrictions have been used around the world for the persecution of Christians. Christians killed for their faith worldwide now stands at 4,761 for the year 2020.

SEE CHRISTIANS Page 12

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LOSS from front page

Bernie Sanders, Senate Budget Committee chairman, summed up the situation in an email, "Today in America, as a result of the pandemic and economic meltdown, tens of millions of workers have lost their jobs and their incomes. Half of workers are living paycheck to paycheck. Emergency food shelves have unprecedented levels of demand and cars are lined up for miles for nutritional assistance.

"Today in America, more than 90 million Americans are either uninsured or underinsured. That means they cannot go to a doctor when they get sick. How frightening is that during the midst of a global pandemic?

"Today in America, millions of families are worried about being evicted from their apartments or losing their homes. In the midst of the worst public health crisis in 100 years, people are actually worried about where they're going to be sleeping next month. Outrageous."

A nation divided, loss of social contacts, a new way of life now greets everyone in 2021. The new Biden Harris Administration has promised to find solutions for these problems.

Christians have a solution in their faith and know that worry is a drag on their lives. They seek answers in the Bible. Corrie ten Boom, a woman that had a lot to worry about during Nazi fascism when she and her family hid Jews from Hitler's army once said, "Worry doesn't empty tomorrow of its sorrows, it empties today of its strength."

Motivation speaker and author Dale Carnegie described it another way. "Our fatigue is often caused not by work but by worry, frustration, and resentment."

Mahatma Gandhi said, "There is nothing that wastes the body like worry, and one who has any faith in God should be ashamed to worry about anything whatsoever."

Psalms 30:5 reads in part "weeping may endure for a night, but joy cometh in the morning."

The words of Jesus in John 14:27 sums it up best. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid."

Staff reporter Jeff McCoy can be reached at mccoy@themissiontribune.com



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One of the best things about writing a food and recipe column is the opportunity to introduce my family, friends and readers to something new. I also enjoy experimenting with new ingredients and products. Recently, I discovered a wonderful line of naturally sweetened, zero-calorie beverages called Zevia.

It's one of the first drink brands focused on healthy versions of sodas (14 different kinds), energy drinks (grapefruit, mango ginger, raspberry, lime and kola), sparkling water (lime, blackberry, Mandarin orange and cucumber lemon), as well as a line of mixers, organic teas and Zevia Kidz.

So, what is Zevia Kidz? It's got the fizz of soda and the tangy sweet flavor of juice, but somehow it's neither. It keeps all the good stuff and leaves out all the bad with zero sugar and nothing artificial. Zevia formulas also are certified non-GMO, vegan, kosher, color-free, gluten-free, keto and paleo-friendly.

I served the Zevia Kidz to children ages 3 to 10, and they loved the taste and the colorful Disney characters on the cans. Zevia is the brainchild of founder and CEO Paddy Spence, a key figure in the natural food industry for more than 25 years. Paddy and his wife quit sugar 18 years ago, and since then he has completed in numerous triathlons and marathons.

Zevia is the official soda of the CrossFit Games, an event that has banned bigger brands high in sugar content. You can find Zevia at thousands of grocery stores. While Zevia is a healthy and delicious drink, it's also great as a nutritious, zero-calorie ingredient in drink recipes, snacks, main course dishes and desserts.

Use it to create a light, crispy batter for the Zevia Orange Cauliflower Poppers, as the salad dressing base for the Quinoa Salad and to give a wonderful strawberry flavor and sweetness to the batter for the Strawberry Almond Cobbler. It's the perfect way to cut calories to create a "new you" in the new year!

ZEVIA ORANGE CAULIFLOWER POPPERS

1 quart oil

1 head cauliflower

1 1/3 cups all-purpose flour

1 tablespoon chopped parsley

1 teaspoon sea salt

1/4 teaspoon garlic powder

1/4 teaspoon thyme

1/4 teaspoon rosemary

Dash cayenne pepper (optional)

3/4 cup Zevia Orange Soda

1/4 cup Zevia Tonic

2 egg yolks, beaten



A Toast to Your Health



PHOTO CREDIT: Depositphotos

1. Heat 1 quart oil in a deep-fryer or saucepan to 375 F.
2. Cut cauliflower into bite-sized pieces.
3. Combine flour, parsley, sea salt, garlic powder, thyme, rosemary and cayenne in a bowl and mix.
4. Whisk together orange soda and tonic water with egg yolks. 5. Dip cauliflower into egg mixture, then in dry ingredients until coated.
6. Deep fry batches of cauliflower until golden brown, about 3-5 minutes.
7. Pat dry on paper towels. Makes one batch.

Angela Shelf Medearis is an award-winning children's author, culinary historian and author of seven cookbooks. Her latest cookbook is "The Kitchen Diva's Diabetic Cookbook." Her website is www.divapro.com. To see how-to videos, recipes and much, much more, Like Angela Shelf Medearis, The Kitchen Diva! on Facebook and go to Hulu.com. Recipes may not be reprinted without permission from Angela Shelf Medearis. (c) 2021 King Features Synd., Inc., and Angela Shelf Medearis

QUINOA SALAD WITH ZEVIA ORANGE CILANTRO DRESSING

Dressing

1/2 cup Zevia Orange Soda
1/4 cup lime juice
1/2 cup olive oil
1 cup fresh cilantro
1/2 avocado
1 teaspoon garlic

Quinoa Salad

1 cup quinoa
1 orange, cut into pieces
1 grapefruit, cut into pieces
1 lime, juiced
1/2 avocado, diced
1/4 cup feta
1/4 cup diced red onion

1. Combine all salad dressing ingredients in a food processor and pulse until consistency is smooth.
2. Cook quinoa and let cool.
3. When cool, add to a bowl with remaining salad ingredients and top with Zevia Orange cilantro dressing.

Makes 4 servings.

STRAWBERRY ALMOND COBBLER

1/2 cup unsalted butter
4 cups hulled strawberries
1 teaspoon ground cinnamon
3/4 cup Zevia Strawberry soda
1 teaspoon almond extract
1-2 teaspoons liquid stevia to taste (if desired)
1 cup all-purpose flour
1 tablespoon baking powder
1/8 teaspoon salt
1/2 cup milk of choice

1. Preheat oven to 375 F.
2. Melt butter in a 9 by 13-inch pan in the oven while it's heating.

3. In a saucepan, bring strawberries, cinnamon, 1/4 cup of strawberry soda, and almond extract to a boil. Stir and let reduce for 5 minutes, adding stevia if desired.

4. In a large mixing bowl, combine flour, baking powder and salt. Slowly whisk in milk and remaining 1/2 cup of strawberry soda, until fully combined to form a batter.

5. Pour the batter into the pan of melted butter without stirring.

6. Add in the strawberry mixture on top of the batter without stirring.

7. Bake for 35-45 minutes until golden brown. Serve warm and enjoy!

Makes 8 servings.



This Rapid Heartbeat Appears Normal on EKG

DEAR DR. ROACH: I had symptoms of lightheadedness, so my doctor ordered an EKG and sent me to a cardiologist. They did a heart monitor for a week and said I have inappropriate sinus tachycardia but that I don't need any treatment. I'm still having symptoms. What can I do? -

- B.V.

ANSWER: Inappropriate sinus tachycardia is an uncommon diagnosis, most often seen in women in their 30s.

The heart rate is fast ("tachycardia"), but on an EKG it appears normal, meaning it comes from the sino-atrial node, the natural pacemaker of the heart, hence "sinus." The average heart rate must be over 90 for 24 hours.

It's important to be sure there isn't another cause for the tachycardia, such as elevated thyroid levels, fever, volume depletion (dehydration) or anemia. The symptoms may continue for months or even years. Common symptoms include the lightheadedness you felt, but may also include palpitations, shortness of breath, dizziness and decreased ability to exercise.

The diagnosis can sometimes be confused with POTS (postural orthostatic tachycardia syndrome), where the heart rate dramatically increases with changing to an upright position. A tilt-table test is the diagnostic tool for POTS.

If there is no other reason for sinus tachycardia, then medication may be used to reduce symptoms. A beta blocker is the usual first choice, but there are others available.

I found some more information at <https://tinyurl.com/ISTheart> that may be useful for you.

DEAR DR. ROACH: I am a woman going crazy with hair loss. My hair has always been long and thick, but it is coming out in handfuls. I can only think it must be due to my blood pressure medicines. I've been taking amlodipine and lisinopril for years. I'm in good health and 90 years young. -- M.

ANSWER: It is unlikely that the hair loss is due to either amlodipine or lisinopril. Neither of these are well described to provoke hair loss, and if a medicine is going to do that, it usually does within a few months. The most common cause of hair loss in a 90-year-old woman is female pattern hair loss, in which the hair loss is mostly on the front and top of the scalp. However, there are several causes of hair loss, and a dermatologist may be helpful in determining the cause and treatment. Please don't stop taking your blood pressure medicine.

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.

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IN ALMOST HEAVEN
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The Garden Bug

Winter gardening tasks

- Review your successes and failures of the previous year, and plan ahead for the coming growing season.
- Study your online and catalog choices for your garden purchases, and get those orders in so you can get ready for spring.
- Check for frost heaves around your outdoor plants and apply mulch as needed.
- If you have been storing bulbs, corms, or tubers, check them to make sure that they are neither rotting nor totally drying out.
- Recycle your Christmas tree. - Brenda Weaver

Source: thespruce.com

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How Long Can Dog Stay Outside in the Snow?

DEAR PAW'S CORNER: My dog loves to go outdoors, but I worry that it's too cold and icy for her to be outside right now. I'm housebound and unable to take "Sookie" out for walks or to play in the snow. I have a fenced yard, but I can't supervise her. My younger neighbor takes her out every morning for a few minutes, and that's it. What can I do? - Sara P., Bennington, Vermont

DEAR SARAH: Big props to your neighbor for helping to take care of Sookie! Even on cold winter days, a few minutes outside can be uplifting for your dog. And a "relief," if you know what I mean.

If Sookie stays in the fenced yard and comes when you call her, it may be safe to let her out once or twice during the day. How long she stays out depends on her size and cold tolerance.

Very small dogs should not be outside for more than a few minutes when it's below freezing, and should be wrapped up to get warm again quickly.

Medium and large dogs can tolerate longer periods. The colder the air and the more ferocious the weather, the less time they should spend outside.

When your dog comes in, either from her morning walk or from the fenced yard, rub down her fur with a dry towel and check the underside of her paws for cuts and abrasions. If she is shivering when she comes in, make sure she warms up, and ask your neighbor to bring her in a little sooner.

Make sure that Sookie has plenty of water to drink throughout the day: Staying hydrated will help her stay warm.

Send your tips, comments or questions to ask@pawscorner.com.

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The Catholic Telegram

The U.S. Bishops' task force to work with the Biden Harris presidency has struggled with what to approach the new administration with first. It is a difficult task for them as the new Catholic president has deviated greatly from the teachings of the Holy Catholic Church but receives support and blessings from Francis in Rome.

Archbishop José Gomez of Los Angeles, president of the United States Conference of Catholic Bishops, (USCCB) announced that Archbishop Allen Vigneron of Detroit, vice president of the conference, has been selected to lead the task force.

The problem seems to be the differences within the U.S. Bishops' Conference between the bishops about what should be the first and foremost issue to tackle with the most pro-abortion, gay-rights administration in the history of the nation.

Some of the bishops were concerned with education; others believe immigration is the top priority, and some see pro-life issues as the most important. Archbishop Gomez has called Biden's pro-choice beliefs a "difficult and complex situation" and "confusion with the faithful about what the church actually teaches."

Massimo Faggioli, a professor of theology and religious studies at Villanova University, told Crux news outlet that it would be a mistake for the U.S. bishops to make abortion the foremost talking point with the Biden administration.

"The Catholic Church should continue to challenge the Democratic Party on abortion, but certainly it would be a disaster if that becomes the only issue. Since abortion became the preeminent issue is has done nothing to advance a real pro-life agenda. It has only destroyed the credibility of the pro-life movement as a bipartisan movement," Faggioli said.

The pro-life issue was a very clear point in the Catholic Church but many Catholics are left confused when Cardinal Wilton Gregory of Washington and Bishop William Malooly of Wilmington have stated they won't deny Biden communion in spite of his clear violation of biblical and Catholic teaching.

Francis in Rome sees many similarities between the Biden Harris Administration and his own views such as climate change, multilateralism, welfare for the poor, open borders, opposition to capital punishment, and an easy, soft approach to China.

U.S. Bishops Stumped on Issues with Biden Harris

Biden's pro-choice beliefs are a "difficult and complex situation"

Francis will be pleased when Biden follows through with his promises to bring a sweeping immigration bill on his first day in office which builds a path to citizenship for an estimated 11 million illegal immigrants, his environmental agenda which promises to on day one of his administration to rejoin the Paris climate accords and his promise to will have the U.S. rejoin the World Health Organization.

Francis has already given much to China and believes allowing China to pick Catholic bishops in that country is better than standing with church tradition. That view will match Biden's approach to the Communist country, despite China's continued and increasing persecution of Christians and its much-criticized human rights record.

Biden opposes the death penalty but only since 2019. In 1994 Biden, then a U.S. Senator he sponsored a bill to expand the death penalty to cover 60 crimes. In 2019 Biden also reversed himself over his support of the Hyde Amendment which bans federal funding for most abortions.

Biden is a major supporter of LGBT rights even going as far as to officiate a gay wedding at the White House as vice-president. Biden has selected Pennsylvania Health Secretary Rachel Levine, a biological man who identifies as a transgender woman to be his assistant secretary of health.

Francis has recently written to Sister Mónica Astorga Cremona, a nun in Neuquén, Argentina, praising her work in building a home for transgender men. The 12 apartment complex houses the men and

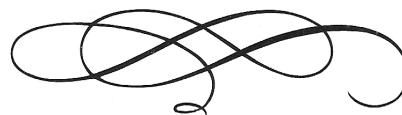
allows them to live with their same-sex partners.

The Trump administration which has had a rough relationship with Francis has been defunding Planned Parenthood, expanding the Mexico City Policy, appointed pro-life justices on the Supreme Court and Trump became the first sitting president to take part in the March for Life in Washington D.C. in 2020.

The Biden Harris campaign has been supported by abortion providers such as Planned Parenthood Biden is expected to reverse several of the Trump administration's policies in this area including conscience protections for the Little Sisters of the Poor and other religious employers who object to providing contraceptives.

Biden's choice for the new head of USAID Samantha Power has caused concern for church leaders in Africa. Power is an ardent supporter of LGBT rights, and church leaders believe it will lead to a cultural and Christian onslaught on the continent.

In an interview with The Catholic Register, Cardinal Peter Turkson, prefect of the Dicastery for Promoting Integral Development, spoke of concerns over Biden's pro-abortion views. He acknowledged that Biden's positions on abortion are contrary to Church teaching and are rooted in "not having done our work as a Church" and that has allowed "certain tendencies to become main features of our societies."

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Missing From: Huntington, WV
Age Now: 15

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Chelsea Goins
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Missing From: Charleston, WV
Age Now: 17



Christina Greathouse
Missing Since: Jan 10, 2021
From: Charleston, WV
Age Now: 15

If you know where any of these missing children are or have any information about them contact your local law enforcement office or National Center for Missing & Exploited Children®

CHRISTIANS from page 7

Curry also noted that extremists are emboldened by a government weakened by COVID-19 restrictions, “knowing that they can steal food and medical supplies from already embattled Christian communities around the world” and that violence by Islamists in Nigeria amounts to genocide.

China and India made the list. The Communist Party in China has used technology to find and persecute Christians. In 2020 China used its social credit and video security system to track Christians and punish them for attending church.

India has also increased Christian persecution. The Hindu nationalist Bharatiya Janata Party has sanctioned Hindu extremism, Open Doors reported. The party has told its nation that only Hindus are truly Indian, and political leaders have discouraged police from responding to attacks on Christians Curry told The Christian Post.

In a separate email Open Doors wrote, “Hindu nationalists and extremist groups actively oppress Christians, seeking to “purify” India by making it an entirely Hindu nation. Many Christians, like those in Kondagaon, are displaced from their homes as a result of Hindu extremism. Their churches are demolished, their worship gatherings are disrupted and their Bibles are confiscated and burned. Many pastors have been beaten and jailed, and Christians are often falsely charged with “forcing” Hindus to convert to Christianity. Amid this hostility, Christians in India often drop charges against their attackers to show forgiveness as a witness for Christ.”

edged sword for many Christians around the world. As they have lost their jobs they find that the government has provided less aid and their chances of being rehired become slim.

“In the northeast of Nigeria, Christians have been reporting only 15% of the emergency rations that others have gotten. COVID has clearly affected all of us around the world,

More than 340 million of our Christian brothers and sisters live in places where they experience high levels of persecution and discrimination. That's 1 in 8 Christians,

yet for some their faith has made them more vulnerable,” Curry said.

The Christians around the world have become targets with many people blaming them for problems in their country. “The embedded forces that are driving these scores up, religious extremists, Hindu extremism in Nepal, Hindu extremism in India, the Islamic extremist groups which we most recognize as ISIS or al Qaeda, that's an ideology that does not need a territory. When ISIS was conquered, that cancer has metastasized around the world. That trend is growing in strength. You also have governments now who have the ability

to use surveillance to watch private behavior,” Curry said.

History has shown that every attempt to stamp out Christianity and the Church has failed. In his cover letter with the World Watch List report, Curry wrote, “You might think the World Watch List is all about oppression. And, to some extent, it is. More than 340 million of our Christian brothers and sisters live in places where they experience high levels of persecution and discrimination. That's 1 in 8 Christians, worldwide.

“But the World Watch List is really all about resilience. The numbers of God's people who are suffering should mean the Church is dying—that Christians are keeping quiet, losing their faith, and turning away from one another. But that's not what's happening. Instead, in living color, we see the words of God recorded in the prophet Isaiah: “I will make a way in the wilderness and rivers in the desert.” (Isaiah 43:19, ESV)

“When our sisters and brothers are persecuted for their faith, and they still choose Jesus, the Living Water—this is a miracle in front of our eyes. As you read through the 2021 World Watch List, keep that perspective in mind. The facts and figures will tell you about the problem—but the resilience of God's people will inspire you to see what God is doing in our midst.”



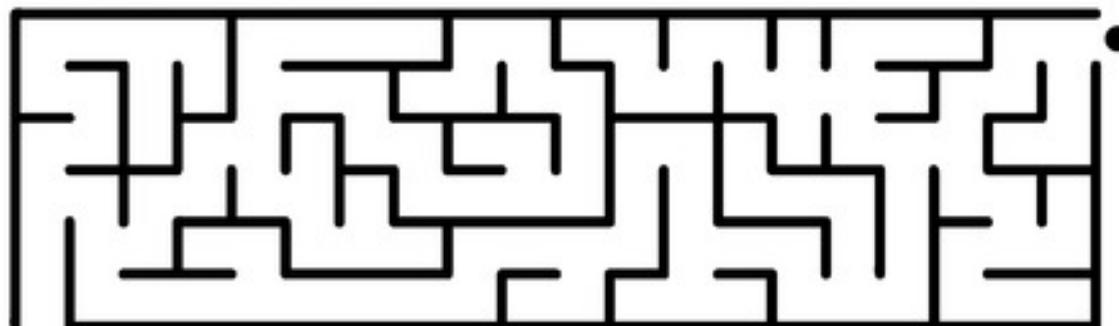
Hello Kids Corner!

How are you? Are you ready to go back to school? I don't go back for a while. Oddly, I'm okay with that. Online school is definitely a challenge. But in some ways, it can be less stressful. Anyways, Today's word of the day is Anthophagous. According to the app word of the day "An animal that is anthophagous feeds on flowers."

Today, I want to talk about being Christian as a Kid or youth. In school, it's hard to talk about God because, well, a lot of schools don't allow it. And if the subject ever does come up, it gets shut down immediately. Lots of projects in Social Studies say things that go against the Bible. Or maybe some kids don't like you because you're Christian.

These are hard things to face. There isn't much we can do about the projects at the moment. But the Bible says, In Luke 6:27, "But I say to you who hear, Love your enemies, do good to those who hate you," The Bible also says "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand." And that's from Isaiah 41:10.

Kids' Maze



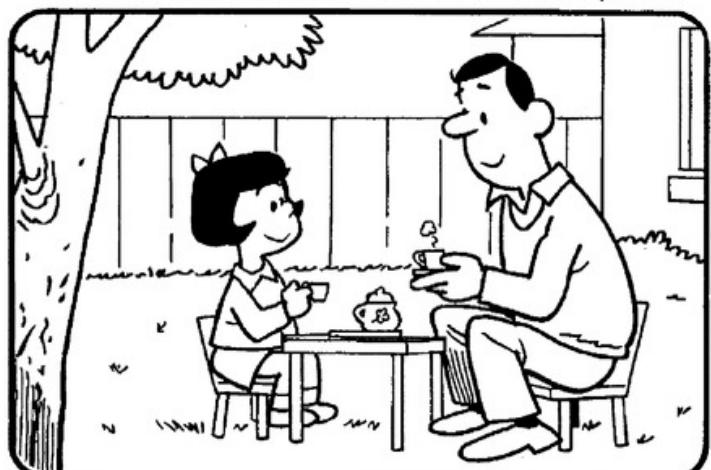
HOCUS-FOCUS

BY HENRY BOLTINOFF

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Find at least six differences in details between panels.



Differences: 1. Teapot is moved. 2. Skirt is shorter. 3. Table leg is missing. 4. Teapot is smaller. 5. Hair is different. 6. Cuffs are missing.

Kids Corner

Lyla King



Being A Christian

Lyla Belle King is the youngest reporter on staff at The Missions Tribune. She writes in each edition about life through the eyes of a young devout Christian girl. She sets an example of how to always stand for Christ - no matter what!

In my school, people didn't like me because I'm Christian. Kids on my bus didn't bother to learn my name, only calling me "Christian Girl." But that's okay. Here's why - at least they know I'm a Christian. They don't have to like me. God loves me. God loves you. And God's love is greater than anyone else's.

No matter what people think of you, God will always love you. And I'm super proud of you. You're doing amazing! Even if your friends turn against you, remember that you're never alone. You will always have Jesus.

So, you want to show that you're a Christian and spread God's love? Here are a few things you can do. A lot of youth have social media; you can add your favorite bible verse to your bio. You can make videos sharing God's word on TikTok. Or you can share other people's posts about Jesus! It's amazing how God is everywhere!

Thank you for reading this week's Kid's Corner! I'm really thankful for you guys who read this. I hope you have an amazing week. Don't forget Jesus loves you and you are never alone! You got this! I believe in you.

This is Lyla Belle signing out!

**Adam
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Answers page 15

Puzzles4Kids

by Helene Hovanec

CRISSCROSS - HA!

Each word will fit into one spot in the grid. Use the starting letters as a guide and fit each word into its spot. All words will be used, so cross off each one after you put it into the grid.

3 Letters

AHA
HAT

4 Letters

CHAT
HAIR
HAZY
THAN
THAT

5 Letters

CHAIN
HARPS
SASHA

6 Letters

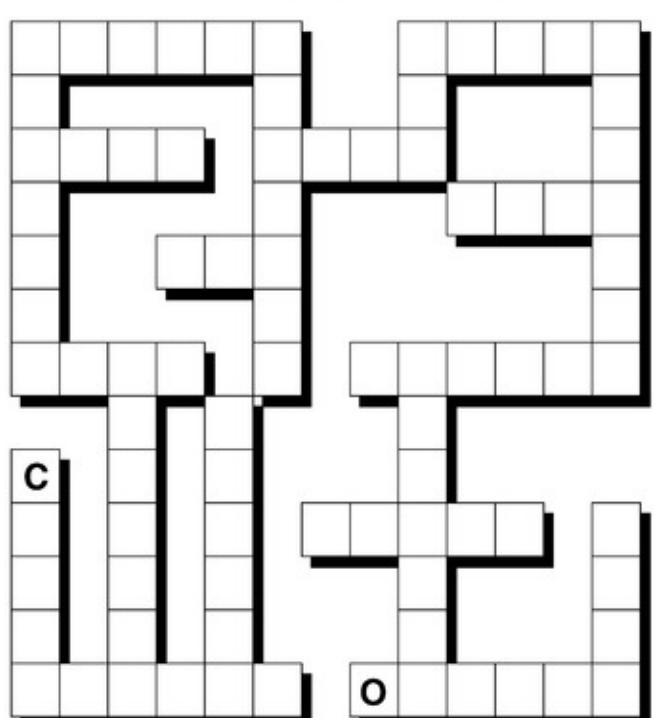
EXHALE
MARTHA
NATHAN
ORPHAN

7 Letters

SHAGGY
ASPHALT
ENCHANT

8 Letters

EXHAUST
HAMSTER
SHARPLY



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Harold King, known to his family and friends as Sky, and known in the Army as Master Sergeant, has served his country well. He has been decorated with the Bronze Star twice and his chest is covered with other medals and ribbons. He has fought in two wars and loves his country and the flag that represents it.

On April 30, 1946, he joined the U.S. Army. "I was tired of going to school," he says with a laugh. He went to a different school with Uncle Sam, the U.S. Army Military Police School, at that time located at Fort Jackson South Carolina.

He was the first in his family to serve in the military. "I had itchy feet," he explained. He has been happy with his decision to serve his country, even in combat. "The education I got!"

It wasn't long before he found himself in a different division. "I was with the 101st Airborne Brigade, I wasn't airborne but I was assigned to them." He would go on to serve in other airborne units including the 82nd Airborne Division and the 173rd Airborne Brigade.

"When I was at Fort Bragg I got shuffled over to the 82nd working in town controlling the troops. I guess they saw that and airborne was short," he said. Sky was unmarried at the time and highly mobile. He could go anywhere at any time and the Army knew it.

They sent him to the 173rd Airborne Brigade. The 173rd was the first major Army ground formation deployed in Vietnam. They suffered heavy losses. 1,533 soldiers were killed. Members of the 173rd received over 7,700 medals and decorations with more than 6,000 of those being Purple Hearts. The 173rd Airborne Brigade has received 21 campaign streamers and the Presidential Unit Citation for their action in the Battle of Dak To during the Vietnam War.

Sky also served in the oldest continuously serving division in the Army, the Big Red One, the 1st Infantry Division. The Big Red One has been engaged in every war since World War One.

But it wasn't easy. Death was always knocking on the door. Sky lost a friend when their base was shelled. "It was just about 2 or three o'clock in the morning and a young man worked in the administrative building and was printing orders and everything. I told him to close down. I got halfway down to my hooch and an incoming round hit the building over from my office. Maybe that's what saved me and I was close to the bunker and I jumped in. He was in his administrative building and mine was over next to it," Sky said.

Patriot Profile



Sky King

Decorated Hero



A Few of Master Sergeant King's Medals, Ribbons, and Awards

Through many close calls, Sky survived. "I was lucky."

He placed his future in God's hands. "You just did it. I looked at it this way if a bullet had my name on it the only thing that could save me is God. You've got to have faith. I made it through it with God's help. I had a lot of help," Sky said.

Overall Sky served his homeland in six different countries, Germany, Panama, the U.S. in Alaska, Korea, Vietnam, and France. "When I was in Germany I went traveling all over. When I was in France I traveled to Europe. I was always adopted. Take a bad assignment and make it a good one," Sky said.

"They have seven or eight plate dinners in France. I learned a lot in every country I went to. I went to Japan by going to Korea and by going to Vietnam I went to Sydney. They call it R&R."

He is still proud of the United States of America. It bothers him to see football

players kneeling and refusing to respect the flag that so many have died for. Is it right for them to do that? "No way, they are dishonoring our flag. You've got a lot of teachers teaching the children to disregard and disrespect the flag."

After two wars, 26 years and one day, and world travel Sky retired. "When I got ready to come home I said Sgt Major I come here as a leg, I'm going home as a leg. I told you, you couldn't get me to jump out of a good airplane," Sky said with a laugh.

He can hold his head high for his service. The 173rd and the Big Red One hold a special spot in his heart. "I'm proud of them two outfits."

He only has one regret "I'm sorry I didn't jump," and get the wings to attach to his chest. It doesn't matter. His Class A uniform has no more room for accommodations, ribbons, and metals. He has won the Bronze Star twice, the Army Commendation Medal, and many more.

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WELLNESS FROM FRONT PAGE

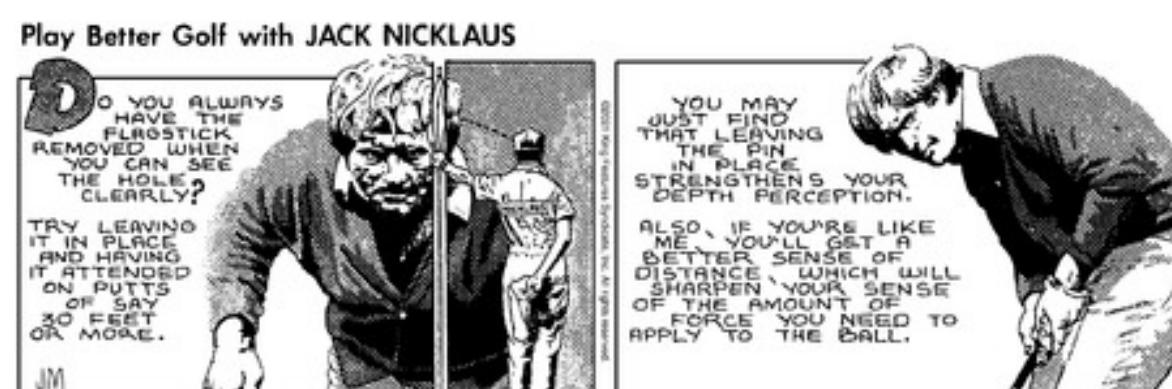
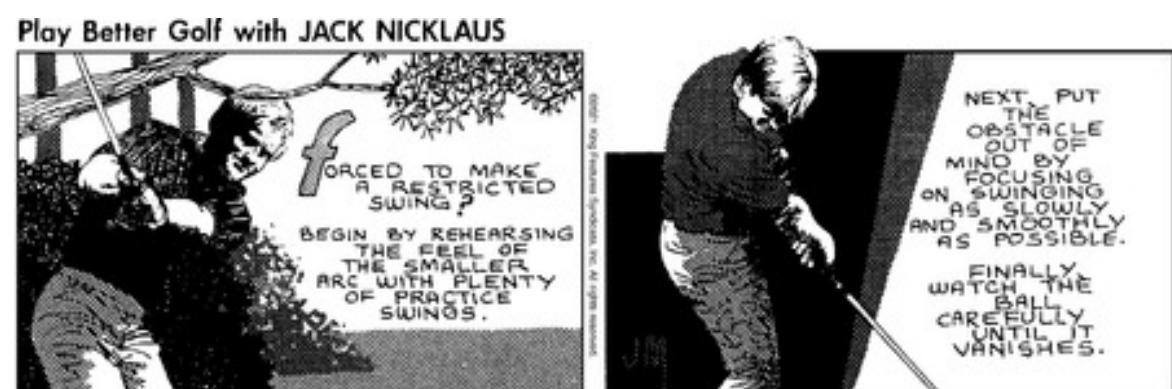
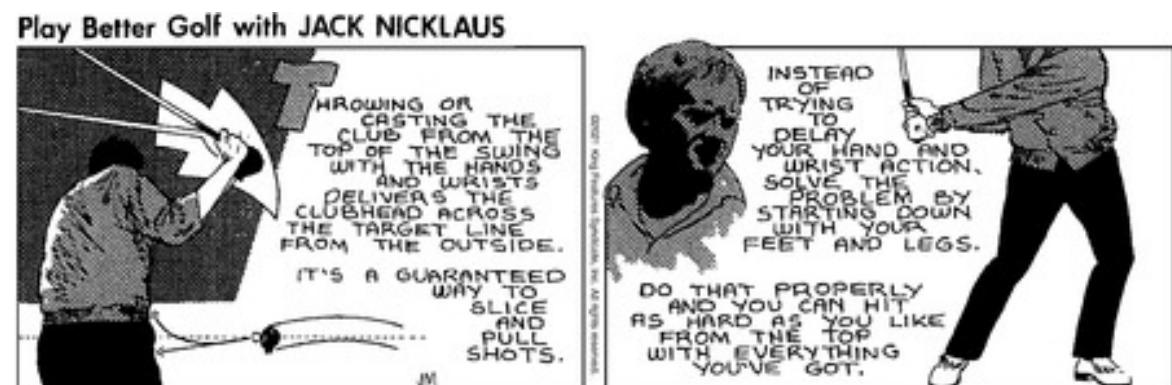
of Community Violence said.

Joe Ramirez, Founder of Lighthouse Health & Wellness said, "Our nation's public safety officials face significant challenges inadequately meeting the mental, physical, and emotional needs of officers dealing with the stressors of the job. Large scale resources are critically needed to effectively support law enforcement personnel and their families."

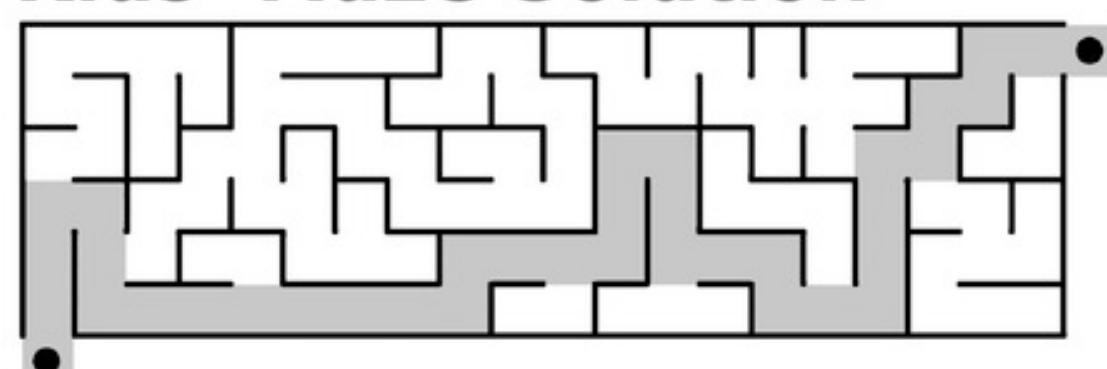
Motorola Solutions Foundation provided a grant to NCPCV to support the project. Motorola Solutions Foundation awards grants each year to organizations, such as Destination Imagination, which support and advance public safety programs and technology and engineering education initiatives.

"The importance of self-care and peer supportive services has never been more critical than it is now. Every law enforcement agency should have formal programs and mechanisms in place to not only evaluate the health of our officers but to connect them with help," Chief David Roddy of the Chattanooga Police Department, one of the scholarship recipients said.

So far recipients have been Los Angeles County Sheriff's Department (CA), Portland Police Department (OR), Chattanooga Police Department (TN), King County Sheriff's Office (WA) Charleston Police Department (SC), Des Moines Police Department (IA), Rocklin Police Department (CA), El Cajon Police Department (CA), Farmington Police Department (NM), Plano Police Department (TX), Pocatello Police Department (ID), Largo Police Department (FL), Foster City Police Department (CA), Elizabeth City Police Department (NC), and Stallion Springs Police Department (CA).



Kids' Maze Solution



Puzzles4Kids

Answer



Pray for the U.S.A.

