



Biden Harris
Nominates Garland
as AG

Joe Biden has announced the Biden Harris Administration’s choice for Attorney General. The man that could be the highest-ranking law enforcement officer in the U.S. is the Court of Appeals for the District of Columbia Circuit Judge Merrick Garland. Garland failed to secure his nomination to the U.S. Supreme Court after being nominated by Barack Obama to replace Justice Antonin Scalia.

Garland is known as an opponent of the Second Amendment. In March of 2007, a
SEE GARLAND Page 7

Underground Church
Raided in China

Pastor Detained

Chinese officials have raided the house church of An Yankui, the preacher of Xuncheng Church in the capital of Shanxi province according to International Christian Concern, a persecution watch group based in the U.S. This was the second raid in six weeks on the pastor’s
SEE JAIL Page 4



Pastor An, his wife, and their two children



Protesters and Police clash at the U.S. Capitol Building Social media photo



Furniture is used to block protesters at the U.S. Capitol Building Social media photo

Stop the Steal Rally
Turns Against Politicians

“We’re sick and tired of being treated like second class citizens”

During the Black Lives Matter riots, where buildings were burned, businesses damaged and police officers attacked. Democrats have said “you can’t blame protesters for the damage from a few”. House Speaker Nancy Pelosi has even said that “People will do what they do” the Washington Times reported after a mob attacked a statue of Christopher Columbus. Their views have now changed. They demand law and order at all costs, including banning “Trumpers” and conservatives from the public square.

Many of the Trump supporters that traveled to Washington D.C. from around the United States were peaceful. They wanted to make a stand to show they believed the election was fraudulent and they wanted Democracy restored where all people could trust that their vote would be counted, that ballots would only be cast by qualified voters, and the ballot box would not be stuffed with dead people votes.

The day ended in tragedy. Five people died as protesters
SEE ANGER Page 7

Twitter & Facebook
lose \$51B in Market
Value After
Dumping Trump

Users leaving FB & Twitter
social media platforms

Twitter and Facebook have lost \$51.2 billion in market value after permanently banning President Donald Trump from their social media platforms. Facebook took the hardest hit losing \$47.6 billion from its public valuation. Twitter lost \$3.5 billion for the same reason. Both companies said they banned the president because keeping him on their platforms was too much of a risk of violence.

Both companies have worked hard to censor conservative views in recent months. The tech giants have cited Section 230. Both have lost thousands
SEE LOSS page 4

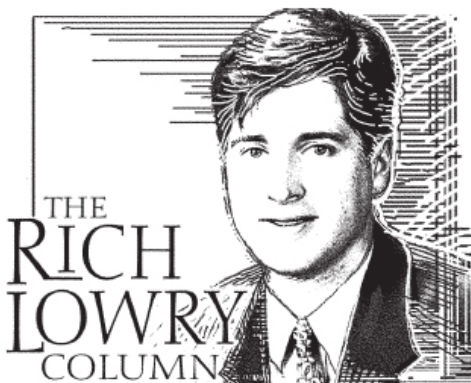
British Judge Will Not
Allow WikiLeaks
Founder to be
Extradited to U.S.

Cites Metal health concerns

The United States request for extradition of WikiLeaks founder Julian Assange to face espionage charges has been denied by District Judge Vanessa Baraitser. The U.S. has sought to bring Assange to trial after the publication of secret U.S. documents a decade ago. Baraitser voiced concern about the possibility that Assange would kill himself if sent to a U.S. prison.

SEE WIKILEAKS Page 7





Behold, the Delivery Revolution

By Rich Lowry

It's been a terrible year for the American worker, with a notable bright spot courtesy of one of the tech firms in the crosshairs of regulators and lawmakers.

If someone had said early in 2020, "A company is going to hire hundreds of thousands of non-college-educated workers during the pandemic at well above the minimum wage," you'd think there'd be huzzahs all around. That's what the online retailer Amazon has done, but it still gets brickbats for how it pays and treats its workers. Rep. Alexandria Ocasio-Cortez said the other day that Amazon jobs are a "scam."

If so, a swath of the American workforce is falling for the gift. Since July, the online retailer has hired 350,000 workers, and now employs 1.2 million people globally. This is a historic hiring binge. According to The New York Times, "the closest comparisons are the hiring that entire industries carried out in wartime, such as shipbuilding during the early years of World War II."

On top of this, the company provides work for roughly half a million truck drivers. It overwhelmingly hires high school graduates. It doesn't ask for a resume, gives its workers about a day of training, and then puts them on the job in its fulfillment centers.

The difficulty of the work shouldn't be underestimated -- it is taxing, repetitive and highly regimented. Yet, we've long complained about losing assembly line jobs for non-college-educated workers. Amazon is hiring people for what is the 21st-century equivalent of such jobs.

Amazon began paying its workers \$15 an hour in 2018. If that rate rings a bell, it's the number for the federal minimum wage that Sen. Bernie Sanders and AOC have long been lobbying for, to little effect (it remains \$7.25 an hour). It's hard to review what

Amazon has done over the last year and consider it the work of a corporate monster. The company had an unlimited unpaid time off policy for its workers when the pandemic began. It hired temporary workers to replace them and deal with the surge of business, then kept most of them on and began hiring on top of that.

It's been offering signing bonuses of up to \$3,000, and hiring in places in the country where no one else is. According to the research of Michael Mandel at the center-left Progressive Policy Institute, Amazon fulfillment center jobs pay 31% more than retail jobs at brick-and-mortar stores, where pay has basically been stagnant for three decades.

Mandel points out that it's wrong to simplistically think of Amazon and other e-commerce outfits as replacing brick-and-mortar stores. What they are really replacing is the labor that consumers undertake on their own to shop for goods -- driving to a store, walking up and down the aisles, making the selection, loading it, and taking it home. Someone making a purchase through Amazon essentially hires a network of workers to do all of that for him.

What Amazon, and e-commerce more broadly, is doing is selling goods to consumers at low prices, while giving them more convenience than ever before (rapid delivery to their doorsteps, with the possibility of easy returns) and creating new jobs in the process. By all means, jawbone the company to treat workers better, but don't lose sight of the scale of its achievement -- and how many Americans are employed because of it.

Rich Lowry is editor of the National Review.
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* **On Jan. 25, 1776**, the Continental Congress authorizes the first national Revolutionary War memorial in honor of Gen. Richard Montgomery, who had been killed during an assault on Quebec on Dec. 31, 1775, one of the first generals of the American Revolution to lose his life on the battlefield.

* **On Jan. 30, 1835**, Andrew Jackson becomes the first American president to experience an assassination attempt. Richard Lawrence, an unemployed house painter, shot at Jackson, but his gun misfired. A furious 67-year-old Jackson confronted his attacker, clubbing Lawrence several times with his walking cane.

* **On Jan. 29, 1845**, Edgar Allan Poe's famous poem "The Raven," beginning "Once upon a midnight dreary," is published in the New York Evening Mirror.

* **On Jan. 28, 1855**, the Panama Railway, which carried thousands of unruly gold miners to California via the dense jungles of Central America, dispatches its first train across the Isthmus of Panama. The Panama Canal would parallel the railway 50 years later.

* **On Jan. 31, 1944**, D-Day is postponed until June when several key leaders agreed that there would not be enough ships available by May. D-Day would later be postponed once more, by a single day due to high winds. Finally, on the morning of June 6, the long-awaited invasion of France began.

* **On Jan. 27, 1965**, the Shelby GT 350, a version of a Ford Mustang developed by American auto racer Carroll Shelby, is launched. The sports car featured a 306 horsepower V-8 engine and remained in production through the end of the 1960s.

* **On Jan. 26, 1970**, U.S. Navy Lt. Everett Alvarez Jr. spends his 2,000th day in captivity in Southeast Asia. First taken prisoner when his plane was shot down Aug. 5, 1964, during one of the first bombing raids over North Vietnam, he became the longest-held POW in U.S. history.

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BIBLE WORD SEARCH
by Elie's Spiritual Treasures

Isaiah 55:1A, 2B, 3A

"Come, all you who are thirsty, come to the waters; and you who have no money, come, buy and eat! Listen, listen to me, and eat what is good, and you will delight in the richest of fare. Give ear and come to me; listen, that you may live."

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L	E	I	D	N	A	O	H	W	L
A	V	L	R	L	E	A	E	C	F
W	I	B	L	S	V	T	O	A	A
H	G	I	U	E	T	M	S	C	R
A	W	C	O	Y	E	Y	E	I	E
T	M	A	Y	Y	E	N	O	M	L

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

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Answers

BIBLE WORD SEARCH

**VETERANS
★ POST ★**

by Freddy Groves

The COVID Vaccine Is Coming for Vets

The COVID vaccine is currently being distributed to 37 VA locations around the country. The logistics to move 300 million doses to where they need to be (Operation Warp Speed) are overwhelming, but the Department of Veterans Affairs has plans in hand for us.

The first thing to remember is that you likely won't be first in line to get the vaccine. Until you get the two shots (spaced weeks apart), your job is to stay healthy. Just because you get the first shot doesn't mean you're in the clear.

And depending how things are going in your area, you'll likely need to keep wearing a mask and doing social distancing, even after you've had both doses.

The order of vaccination is still being organized, but it will likely start with medical staff and residents of long-term care facilities, and those with high-risk medical conditions. Once they move down the list, the vaccines will be available to all veterans who get VA health care. The fine print says they'll contact you when it's available, but it can't hurt to check with your health team to make sure they have your info.

If you're not signed up for VA health care, you can apply online with VA form 10-10EZ. Other tidbits: If they come out with multiple vaccines, no, you won't be able to pick which one you get, at least not initially when there are shortages.

If you haven't had a flu shot but plan to get one, do it now. You likely will not be able to take the COVID vaccine too soon after getting a flu shot. The Centers for Disease Control and Prevention is still deciding about this.

For more info on the vaccines and VA, go to www.va.gov/health-care/covid-19-vaccine. Scroll down for lots of information and resources.

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LOSS from front page
of users as they have fled for other platforms that support free speech. Trump has worked hard to eliminate Section 230 of the Communications Decency Act (CDA), Title V of the Telecommunications Act of 1996. Section 230 provides immunity for website publishers such as Twitter and Facebook, from third-party content. They have in turn used that to snuff out views that they oppose. Section 230 also has a “Good Samaritan” protection clause for the tech companies which allows them to censor speech that is deemed obscene or offensive, as long as it is done in good faith.

Investors dumped Twitter and Facebook fearing users would leave the platform. Apple, Amazon, and Google, which banned conservative social media platform Parler, have done better on Wall Street.

Facebook traded at \$251.70 per share as of 10:25 a.m. on Wednesday, down roughly 8% year-to-date and Twitter traded at \$47.94 per share, down 12% year-to-date. Other tech companies are working to provide a home for conservative or patriotic users. Parler is working to find a new web hosting service since Amazon canceled their services to them.

Parler CEO John Matze has promised to return to users quickly. He told Fox News "We want to come back and not only come back strong, but we want to do it and show that we have a better system for handling our own terms-of-service violations than our competitors. We want to make a bold statement when we come back and we want to do it strong. That’s my intention."

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

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PASTOR from front page
home which he uses as a church.

There are more than 60 million Christians in China. Many use underground churches, which are considered a threat to the Chinese Government. According to the Open Doors USA’s World watch list, China ranks high as one of the most Christian persecuted places on earth.

Over 30 Public Security Bureau (PSB) officers raided the home then confiscated Christian books and choir robes and detained the pastor and five members. The church members, all women, were released with travel restrictions. The pastor was not released.

Early Rain Covenant Church in Chengdu, which has had many run-ins with Chinese authorities and has been heavily persecuted, planted the Xuncheng Church. Some believe it’s that association with Early Rain Covenant Church that has put the Xuncheng Church on the watch list. In November of last year, authorities issued a disbandment notice to Xuncheng Church.

a greater number of governments in the region used force against religious groups, including property damage, detention, displacement, abuse, and killings.

According to China Aid Ms. Yao requested intercessory prayer and said, "While eight Christians were studying the Bible at our home tonight, approximately three dozen security agents barged in. After they forcibly restrained those studying, they searched our home. Officials confiscated our church's choir robe vests and Christian books. After they handcuffed my husband and five Christian sisters, PBS officers transported them to the police station. I was not taken away because of our small child."

In a recent report released by the Pew Research Center, it was reported that “Asia and the Pacific had the largest increase in its median government restrictions score, rising from 3.8 in 2017 to 4.4 in 2018, partly because a greater number of governments in the region used force against religious groups, including property damage, detention, displacement, abuse, and killings.”

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

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The

Missions

Tribune



What is your Mission?

Volume 1, Issue 5 The News That Matters From Around the World **June 2018**

WV names bridge after famous inventor
Interchangeable rifle parts

By Jeff McCoy & Herbert Boh

HARPERS FERRY, John Hancock Hall bridged the gap between different rifle parts, making them interchangeable and building a link between the small-scale production of rifles and modern-day assembly lines. Last May 30, West Virginia named a bridge in Hall's honor. It has been a challenge to get it accomplished. "Actually I introduced the legislation back in 2017," said Delegate Bill Upson (R-Jefferson 65). The resolution did not pass in that session. In 2018 we came up with a different strategy. Senator Patricia Rucker (R-Jefferson 16) and I worked together. She introduced legis-

SEE Hall, Page A3

Congress Urged to Stop Cameroon's Genocidal Violence
Recognize Ambazonia

By HERBERT Y. BOH AND JEFF MCCOY



Staff Photo by Jeff McCoy. A large delegation seeking change for Ambazonia met with several congressional staff members in Washington DC.

Editors note: Reporter Herbert Y. Boh participated as a member of the Ambazonia Recognition Collaborative Council's delegation to Congress.

WASHINGTON, DC Independence of the English-speaking part of Ambazonia, calling the campaigns "secessionist" and "terrorists."

The United Nations says 40,000 people have been driven into refugee camps in neighboring Nigeria and another 160,000 have been internally displaced. Over 74 villages have been razed to the ground in a scorched earth strategy that has left hundreds of civilians killed -- many burnt alive in their homes. Armed combatants of pro-independence movements are blamed for the deaths of three-dozen members of Cameroon's armed and security forces.

"We are very concerned about the violence and are hoping to hold a hearing within a month," said Piero Torzi, staff director and counsel on the U.S.

House of Representatives Subcommittee on Africa, Global Health, Global Human Rights, and International Organizations. Flanked by senior advisor, Thierry Dongala Tozzi spoke Friday, May 19, during a meeting in the O'Neill Building with a delegation of the Ambazonia Recognition Collaborative Council (ARCC). Representatives of

SEE Delgates, A2

Parenting Act opens doors for children

More contact time proposed

By JEFF MCCOY

Children suffer greatly when a parent is in prison. Lack of or limited contact, social stigma and a broken home has proven to be a recipe for future problems for some children. The United States has more incarcerated citizens than any other country in the world. The U.S. has 2,121,600 inmates. China comes in second at 1,649,804. Even Russia comes in fourth (behind Brazil) with 597,619 according to prisonstudies.org (<http://www.prisonstudies.org/>). Highest-to-lowest/prison-population-to-100,000: region, taxonomy_50=All). In the United States, 219,000 women are incarcerated. Many of those are awaiting trial and have not been convicted. Women prisoners can be shackled and

SEE Parenting, A7

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Building a strong family is like building a house: We do it brick by brick, one day at a time.

Here are some "bricks" that I try to focus on annually in January. I get inspired with these little reminders, as I adjust my thinking and goals for my family of five, and also for my extended family as it grows and changes with the seasons and the years.

IT'S THE LITTLE THINGS THAT YIELD BIG RESULTS: It's the little things we remember from childhood, like sledding with Mom, jumping into a pile of leaves with Dad or making pancakes with an uncle on a Saturday morning.

MAKE THE ORDINARY EXTRAORDINARY: Stop and take a moment with children to appreciate the joy and wonder of the world around them.

LOOK THROUGH A DIFFERENT PAIR OF GLASSES: Everyone has a unique frame of reference. Encourage kids to see things from another point of view.

SHARE WHAT YOU LOVE WITH KIDS: Parents and other significant adults in their lives are kids' No. 1 teachers. You're an expert on something. Share your talent or hobby with kids.

Donna's
Day

Creative family fun

by Donna Erickson

Build a Strong Family



Aaron Peppers, father of two, shares his love for singing and songwriting with his cousin's daughter, Lexi, in Placerville, California.

TEACH, BUT NEVER STOP LEARNING: Learning is a two-way street. Don't know how to snowboard? Having trouble with an app you just downloaded? Chances are your kids can help you out.

MAKE A MESS A MINUTE: Kids love a good mess. Let's face it -- mess is often the sign of a good time. Relax, and enjoy moments of discovery and creation.

CARRY ON TRADITIONS, AND START YOUR OWN: Traditions connect us through generations. It might be a special candlestick that comes out once a year, a recipe, a special way of saying "Thank you." Share the old and create the new in 2021.

GIVE THE GIFT OF TIME: The formative years matter. The moments you spend with the children in your life now will help mold them into giving, resourceful and caring adults.

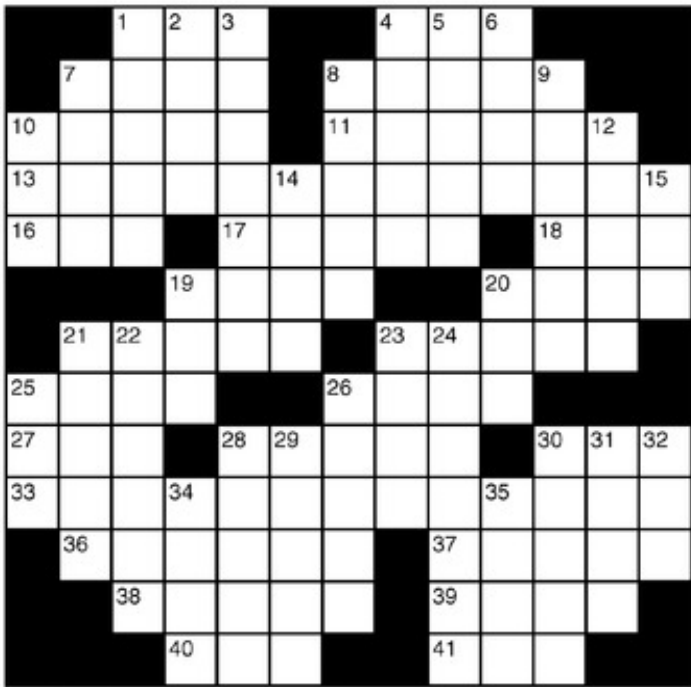
*** Find more recipes and family fun at www.donnaerickson.com. Write to Donna at Info@donnaerickson.com

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King Crossword

ACROSS

- 1 Opening
- 4 Cartoon frame
- 7 Vend
- 8 "Dallas" matriarch
- 10 Sleep problem
- 11 Court hammers
- 13 1998 Bruce Willis thriller
- 16 Shock partner
- 17 Hoodwinks
- 18 Water tester
- 19 Gum flavor
- 20 Roll call reply
- 21 Fry lightly
- 23 Belted area
- 25 Cooking fat
- 26 Uttered
- 27 Chemical suffix
- 28 Up and about
- 30 Quilters' get-together
- 33 Wimbledon champ of 2008
- 36 Wife of Jacob
- 37 Edition
- 38 Nodded off
- 39 D.C. baseball team
- 40 Picnic crasher



- 41 Ram's mate
- 9 Upper crust
- 10 Docs' org.
- 12 Bull's sound
- 14 Ancient letter
- 15 "My word!"
- 19 Wet dirt
- 20 Secreted
- 21 Less loony
- 22 Sports venues
- 23 Banshee's cry
- 24 Delta, for one
- 25 Actress Tyler
- 26 Long-legged shorebird
- 28 Wan
- 29 Used a broom
- 30 Butter up the turkey
- 31 Flightless birds
- 32 Compass pt.
- 34 Bruins' sch.
- 35 Caesar's "vidi"

DOWN

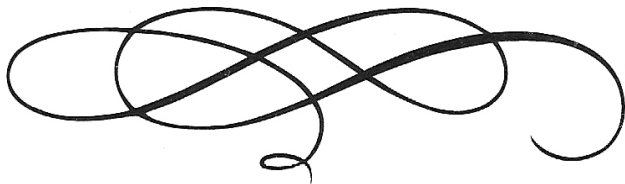
- 1 Category
- 2 Sir Guinness
- 3 Enthusiastic approval
- 4 County of Ireland
- 5 Graceland idol
- 6 Fibs
- 7 Gush
- 8 Pharaoh's

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SENIOR
NEWS LINE

by Matilda Charles

COVID Hits Our Wallets

You can learn all kinds of things from surveys, and not all of them are good. A recent SimplyWise bi-monthly survey showed that 35% of seniors age 60 and older are willing to risk getting COVID in order to work. Of those who are over age 50, only 27% have put any money aside recently for retirement. Nearly half could not last one month off their savings. The number of people who plan to keep working after starting to collect Social Security benefits just keeps rising, up to 74% at the time of the survey. Due to finances, 17% of us are considering selling our homes. I scarcely know where to begin. Between seniors willing to risk getting COVID to keep working, seniors contemplating selling their homes and seniors not able to make it through even one month on savings -- it's a dismal picture. My thoughts on how to cut back on expenses and save money during COVID seem inadequate, but here they are:

- * **Stop impulse online purchases that you make out of boredom.**
- * **Ask your auto insurance agent about discounts, since your driving is minimal now.**
- * **Double down on asking for senior discounts for everything.**
- * **Don't buy any new clothes (or even a new winter coat) if you're home all the time anyway.**
- * **Take your former entertainment budget (dinner and a movie out) and keep the cash.**
- * **If you're signed up for video streaming services you rarely use, cut all but one.**
- * **Consider selling a second vehicle if it still has payments.**
- * **Make a ritual of studying the weekly grocery sales.**

None of these things alone will amount to much, but taken together they will keep more cash in your pocket.

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1. What Canadian boxer, known for a powerful left-handed punch he called "The Smash," lost two heavyweight elimination bouts to Mike Tyson in 1991?
2. Renowned college basketball broadcaster Dick Vitale compiled a 34-60 record as head coach of what NBA team from 1978-79?
3. Italy's Armin Zoggeler won six medals at the Winter Olympics from 1994-2014 competing in what sport?
4. What two New York Mets players reached the 30-30 club (30 home runs and 30 stolen bases) in the 1987 season?
5. What Los Angeles Sparks player was named both WNBA Rookie of the Year and MVP in 2008?
6. NBA great Shaquille O'Neal played the character of Neon Boudeaux in what 1994 basketball drama film starring Nick Nolte?
7. Name the Welsh golfer who won his lone major championship at the Masters in 1991.

Answers
1. Donovan "Razor" Ruddock.
2. The Detroit Pistons.
3. Luge.
4. Howard Johnson and Darryl Strawberry.
5. Candace Parker.
6. "Blue Chips."
7. Ian Woosnam.

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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

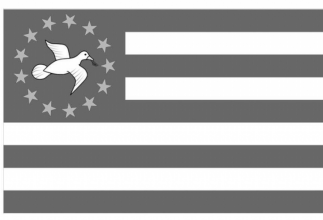
— King Crossword —

Answers

Solution time: 24 mins.



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



GARLAND from front page
panel of the U.S. Court of Appeals for the District of Columbia issued a ruling in Parker v. District of Columbia, the precursor to Heller v. District of Columbia. That ruling struck down the District of Columbia’s ban on handgun ownership for citizens in the nation’s capital. A disappointed Garland voted to rehear the case.

The National Rifle Association was quick to speak out against the nomination citing Garland’s record against lawful gun owners. In the 2000 case NRA v. Reno, NRA sued to stop the Department of Justice from retaining successful National Instant Criminal Backgrounds Check System (NICS) transaction records in what the agency termed an “audit log.”

The NRA wrote, “In relation to NICS, federal law (18 U.S.C. 922(t)(2)(c)) requires the government to “destroy all records of the system with respect to the call (other than the identifying number and the date the number was assigned) and all records of the system relating to the person or the transfer.” In a three-judge panel, Garland joined a colleague to uphold this Department of Justice practice, imperiling the privacy of gun owners. Given his long history of hostility towards the Second Amendment and gun owners, Judge Garland is the wrong choice to lead our nation’s Department of Justice.”

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ENOUGH from front page
seized the Capitol. Congress was evacuated as protestors attempted to reach their representatives. Police shot and killed 35-year-old Ashli Babbitt. She served in U.S. Air Force and Air National Guard with multiple tours in Iraq. She went on social media the day before and posted, “Nothing can stop us....they can try and try and try but the storm is here and it is descending upon DC in less than 24 hours....dark to light!”

Babbitt’s mother, Michelle Witthoeft said "I loved and admired her greatly. She served this country boldly and proudly."

“I loved and admired her greatly. She served this country boldly and proudly” - Ashli Babbitt's mother Michelle Witthoeft

She added that her daughter was "passionate enough to die for what she believed in."

Benjamin Philips, 50, of Ringtown, Pennsylvania died from a medical emergency. Kevin Greeson, 55, of Athens, Alabama, suffered a heart attack; and Rosanne Boyland, 34, of Kennesaw, Georgia also died from medical emergencies.

Greeson’s family said in a statement to CNN that he was an advocate of Trump and attended the event to show his support. "He was excited to be there to experience this event. He was not there to participate in violence or rioting, nor did he condone such actions. Kevin was a wonderful father and husband who loved life," the family statement said. "He loved to ride motorcycles, he loved his job and his coworkers, and he loved his dogs."

Justin Cave, Boyland’s brother-in-law told WGCL "Tragically she was there and it cost her life," he said. "She was a wonderful sister, daughter, and aunt. Anyone who knew her knows how compassionate she was; she always put others before herself.”

Capitol Police released a statement about the loss of one of their own. “At approximately 9:30 p.m. this evening (January 7, 2021), United States Capitol Police Officer Brian D. Sicknick passed away due to injuries sustained while on-duty. Officer Sicknick was responding to the riots on Wednesday, January 6, 2021, at the U.S. Capitol and was injured while

SEE ENOUGH Page 12

topTen

Poorest Large U.S. Cities*

1. Philadelphia

2. Houston

3. Dallas

4. San Antonio

5. Los Angeles

6. Chicago

7. Columbus, Ohio

8. New York

9. Indianapolis

10. Phoenix

* Poverty rate

Source: U.S. Census Bureau, 2019

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topTen

Best States to Retire

1. Florida

2. Colorado

3. New Hampshire

4. Utah

5. Wyoming

6. Delaware

7. Virginia

8. Wisconsin

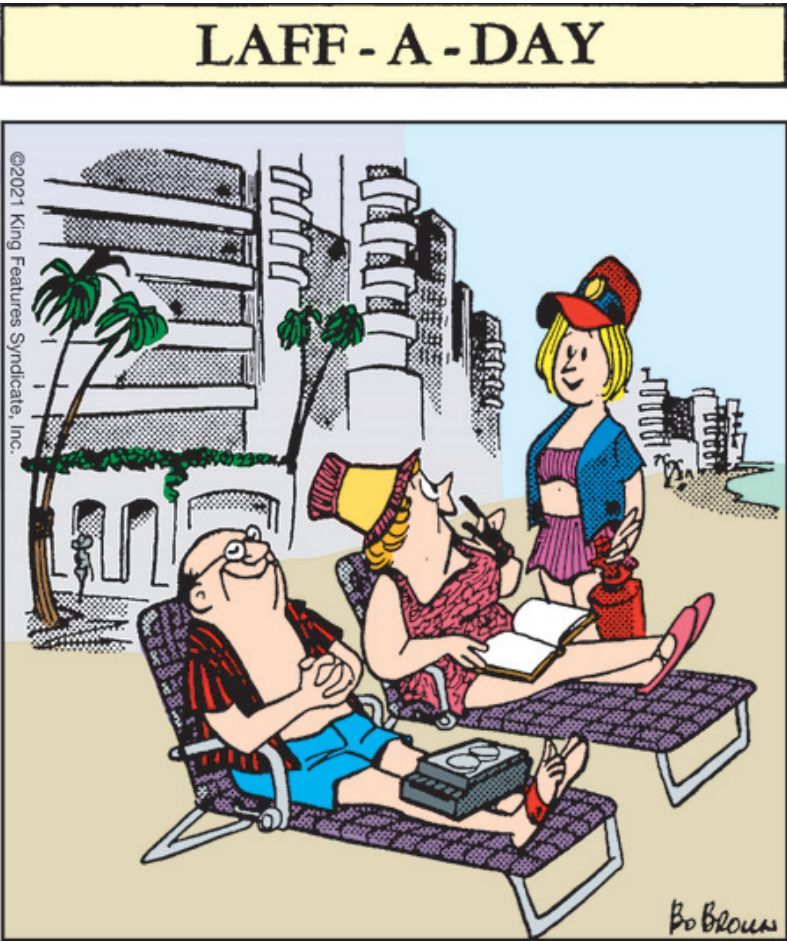
9. Idaho

10. Iowa



Source: WalletHub

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“He’s listening to a recording of our neighbor shoveling snow.”



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Americanisms



“A year from now, you’re
gonna weigh more or less
than what you do right now.”
— Dr. Phil McGraw

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Like many others, I try different methods to avoid catching a cold or flu during the winter months. Despite my best efforts, I often get a little "under the weather" during the month of January.

This year I've decided to work on ways to boost my immune system before the worst part of the cold and flu season hits. "One thing to remember is that simple diet choices can boost our immune system," said Susan Mills-Gray, Nutrition and Health Education specialist with University of Missouri Extension.

Here are a variety of ways to help your immune system to work at peak performance.

-- Get plenty of liquids to help prevent viruses and bacteria from taking up residence in your body. According to Dr. Riva Rahl of the Cooper Clinic in Dallas: "The mucus in your nose is actually one of the key physical barriers that keep germs out of your body. When you're not well-hydrated, it dries up and doesn't provide that barrier."

-- Protein is a building block for a healthy immune system. Choose lean red meats, poultry and fish, dried beans and soy. You also can choose protein-rich plant sources with heart-healthy fat, like peanut butter and nuts.

-- Choose foods rich in vitamins C and E. These antioxidant-rich vitamins protect cells -
- including those of your immune system -
- from damage by toxins in the environment. Choose citrus fruits/juices, melons, mangoes, kiwi, peppers, tomatoes, berries, broccoli, cabbage, sweet/white potatoes, winter squash, leafy greens, almonds, hazelnuts, peanut butter, sunflower seeds, safflower oil, whole grains and fortified cereals several times a day.

-- Eat probiotic foods to help build up the good bacteria in the intestines. These bacteria play a role in helping fend off illnesses. Any fermented food is rich in this type of good bacteria, so choose yogurt, sauerkraut, tofu, brine-treated pickles and aged cheese at least daily.

-- Add a zinc-rich food to your daily diet to increase production of white blood cells in your body. Research shows this can reduce the number of days you'll suffer from a cold. Foods rich in zinc include yogurt, lean red meat, poultry and fish, almonds, pumpkin seeds and fortified cereals.



Help for the Common Cold



PHOTO CREDIT: Depositphotos

THAI HOT AND SOUR SOUP

Thai hot and sour soup contains spicy hot chile and a burst of citrus to provide a boost to your immune system and some relief for cold and flu symptoms.

- 1/4 pound small (30-35 count) shrimp, peeled and butterflied
- 2 ounces thin vermicelli noodles
- 2 quarts chicken broth
- 1 stalk fresh lemon grass, cut into 2-inch pieces, smashed
- 1/4 cup Thai fish sauce (also called Nam Pla)
- 2 tablespoons olive oil
- 1/4 teaspoon red pepper flakes
- 2 teaspoons lime zest
- 1/2 small pickled or fresh jalapeno chile pepper, seeds and ribs removed
- 2 slices fresh ginger, chopped, or 1 teaspoon powdered ginger
- Juice of 1 lemon
- Juice of 1 lime
- 1/3 cup fresh, or drained canned straw mushrooms
- 1/4 cup chopped cilantro or parsley
- 2 green onions, green and white parts chopped, roots discarded

1. Bring a medium-sized pot of water to a boil. Add the shrimp and boil until cooked through, about 3 minutes. Use a slotted spoon to transfer the shrimp to colander. Rinse under cold water, drain and set the shrimp aside.

2. Cook the noodles in the same pot of boiling water until tender, 2 to 3 minutes. Drain, rinse under cold water and drain again. Set aside.

3. Combine the broth with the lemon grass, fish sauce, oil, red pepper flakes, lime zest, chile pepper and the ginger in a wok or soup pot. Bring to a simmer and cook for 10 minutes. Strain or use a slotted spoon to remove the lemon grass pieces. Stir in the lemon and lime juice.

4. Distribute the rice noodles, shrimp and mushrooms between 8 heated soup bowls. Pour in the broth and sprinkle with the cilantro or parsley and green onions evenly between each bowl, and serve.

Makes 8 servings.
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

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Office Test Alone Can't Diagnose COPD

DEAR DR. ROACH: I am a healthy 70-year-old woman. The only prescription medication I take is for dry eyes. I recently visited my new primary physician for the first time, and she had me do a breathing test, where I exhaled into a tube to measure airflow. I was told to breathe deeply and exhale completely into the tube three times in succession. It took less than a minute to complete. It is apparently a routine test she orders for new patients. She then told me I have COPD, on the basis of that test alone. She asked if I had ever smoked or been exposed to secondhand smoke. That was her only question -- coughing or shortness of breath was never mentioned. I have never smoked, but my father was a smoker when I was growing up. I actually do have a slightly productive cough most mornings. I probably walk about 10 miles a week, and I do notice some shortness of breath on long uphill sections, though I can walk briskly in level areas for miles with no problem. She said it is not advanced enough to require an inhaler at this time. I am bothered by this very easy "diagnosis" on the basis of one simple test. I wonder if I should ask to be referred to a pulmonologist for a more thorough evaluation. -- O.P.

ANSWER: The test your doctor performed is called office spirometry, and it is useful for monitoring known pulmonary diseases, especially COPD and asthma. However, by itself, it is inadequate to make the diagnosis of COPD, which I am not sure you have. The diagnosis of COPD is made in people with persistent respiratory symptoms, usually shortness of breath or coughing. Spirometry will usually show obstruction to airflow. Formal pulmonary function testing, which is an extensive process taking an hour or so with a skilled and experienced technician, is ideal for determining severity.

The problem with getting a breathing test in someone who has no significant symptoms is that you can find someone whose test results are at or just below the lower limit of normal, and the diagnosis is unclear. The prognosis for people with mild airway obstruction but with no symptoms of COPD is much better than for people with COPD and who continue to smoke. For this reason, using spirometry as a screening test for everyone is not recommended. Without knowing the exact results of your spirometry, I suspect you do not have COPD, given your absence of smoking and your extremely mild symptoms. A comprehensive exam by a pulmonologist would be definitive and may help you be less anxious about the results you have now.



DEAR DR. ROACH: I saw your recent column on enlarged prostate, and I have the same problem. I have no history of cancer, but I do have a high PSA and symptoms of frequent urination. Because of other medications, I cannot take ibuprofen, so I am curious if Tylenol has the same anti-inflammatory effect. I do occasionally use Tylenol for headaches and arthritis pain. -- J.B.

ANSWER: The exact mechanism of how Tylenol reduces pain remains a mystery. However, it is not an anti-inflammatory drug like ibuprofen, so would not be expected to have the benefit in prostate symptoms that some men get from taking an ibuprofen at bedtime.

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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Emergency Help for Hungry Pets

DEAR PAW'S CORNER: So many people are out of work right now, and there is little to no assistance available to them just to pay rent, much less buy food for themselves. I am wondering, how will people be able to feed their pets in this desperate situation? -- Jamie G., Atlanta

DEAR JAMIE: One of the bright spots in this pandemic is the way that individuals have responded to help each other and fill the needs of tens of thousands -- maybe millions -- of pets. Shelters in many parts of the country have opened or expanded food pantries for pets to help owners keep their dogs and cats healthy and fed. Napa County, California, for example, transformed two empty shipping containers into a community pet pantry offering free supplies this summer. (Search for "Napa County's new pet pantry" to learn more.)

In Tuscon, Cody's Friends, a charity started in 2010 by a 10-year-old boy, has seen a huge surge of demand for pet food and is distributing to area shelters and clinics as fast as possible (<https://codysfriends.org>).

And in North Carolina, the Davidson County Animal Alliance extended its holiday pet food collection drive because there was so much need. If you are struggling to pay for pet food for any reason, contact your local shelter first and ask if there is a pet food program available.

You may not be able to pick up food directly from a shelter; it may be distributed at a different location. Contact local food banks, churches and municipal offices. And of course, search online or on Facebook for these services as well. Also, if you've been waiting to donate food, pet supplies or cash to a local shelter or charity, now is your moment to shine.

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

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The Catholic Telegram

The world-traveling Pope Francis was grounded throughout 2020 due to the COVID-19 pandemic. However, in what was a surprise to many Catholics, he still made his once-a-month visits to private homes, prisons, hospitals, families, former prostitutes, migrants and refugees and recovering drug addicts, which began as part of his Jubilee Year of Mercy in 2015.

In yet another documentary on Pope Francis, we learn that he has continued to set an example of how to deal with the poor, the forgotten, and those in need. The new film "Solo Insieme" ("Only Together") has aired on RaiTre, and shows the pope meeting with an elderly lady, and a visit to ex-prostitutes rescued by an Italian Catholic movement known as the "Community of Pope John XXIII" where he tells them he wants to "humbly ask forgiveness for the violence that you suffered, including from people who call themselves Christians or Catholics."

Pope Francis has long ago established his views on the poor and disenfranchise people around the world and has set an example of how we should deal with them. He has invited the homeless and poor to his table

Compassion Always

where they have shared meals, he has encouraged Catholics and the entire world to set greed aside and help the marginalized.

The film was made from footage captured during the visits. A camera crew from Vatican TV followed him as he made his way to people in need. The new documentary was written by an Italian screenwriter with the assistance of well-known Vatican reporter Orazio La Rocca. The voice-over comes from an Italian actress named Nicole Grimaudo,

The film's title comes from the pope's March 27, 2020 address where he spoke to an empty St. Peter's Square due to COVID-19 pandemic and said, "We can't move forward on our own, but only together."

Catholic worldwide have struggled with helping the poor and downtrodden as the pandemic has swept across all nations. Even church attendance has dropped as new rules

are established for social distancing and other health concerns change our way of life.

However, Catholic agencies continue to find ways to help those in need. As people have struggled with the loss of loved ones, jobs, and homes, money and time are still being donated for good causes. The needs are greater than they have been. Floods, earthquakes, and other natural disasters have taken a toll on available funds but the pandemic has reached everyone's door in one way or another.

The New Year brings promise and hope and Pope Francis has said, "I invite you to keep your eyes fixed on Jesus Christ in order to learn from Him how to love with all your heart."

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Have you seen any of these children? Additional info can be found at <https://www.missingkids.org>



Steven Eldridge
Missing Since: Nov 1, 2020
Missing From: Elkins, WV
Age Now: 17



McKinsey Wren
Missing Since: Aug 13, 2020
Missing From: Williansburg, KY
Age Now: 13
Photo on right is McKinsey



Chelsea Goins
Missing Since: Dec 4, 2020
Missing From: Charleston, WV
Age Now: 17



Jaden Esque
Missing Since: Dec 30, 2019
From: Huntington, WV
Age Now: 16

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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®

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ENOUGH from page 7
physically engaging with protesters. He returned to his division office and collapsed. He was taken to a local hospital where he succumbed to his injuries. The death of Officer Sicknick will be investigated by the Metropolitan Police Department’s Homicide Branch, the USCP, and our federal partners.”

But many conservatives, although condemning the raid on the Capital Building, feel they are being silenced and that frustration came to a point in Washington on January 6. Big Tech has used the event to further ban conservative views on their social media platforms.

Youtube issued a statement that read “Due to disturbing events that transpired yesterday, and given that the election results have now been certified, starting today any channels posting new videos with false claims in violation of our policies will now receive a strike.”

The social media platform Parler became the most downloaded app in the U.S. after the election when Facebook and Twitter censored and sometimes banned conservatives and election theories. Google has threatened to censor the platform claiming the app has failed to remove posts inciting violence. Apple has also said they will remove the app from its App Store if it does not comply with its content-moderation requirements.

Parler’s chief executive John Matze said, "We won't cave to politically motivated

motivated companies and those authoritarians who hate free speech!" Parler is used by Texas Senator Ted Cruz. He has 4.9 million followers on the platform. Fox News host Sean Hannity has about seven million.

"We won't cave to politically motivated companies and those authoritarians who hate free speech!"
- John Matze, Parler's Chief Executive

Conservatives feel that they are being censored to the point that only leftist views are being heard in the public square. In an age where children in schools are taught an extreme socialist doctrine and workers can be fired from their job over biblical postings about gay rights, many have been shamed into silence.

The U.S. is a long way from the days of the Sons of Liberty, an organization founded by Samuel Adams in 1765. In protest over the Stamp Act, which exacted revenue from the American colonies to help pay for the French and Indian War and the maintenance of keeping a standing army in the colonies, the Sons of Liberty burned Andrew Oliver in effigy in the streets. When he didn’t resign they then went on to burn down his

office building. Even after he resigned they went on to destroy the house of Lt. Governor Thomas Hutchinson. After that many stamp distributors resigned. The Sons of Liberty were also responsible for organizing and executing the Boston Tea Party.

Today patriots feel frustrated that they cannot even make a social media post without the risk of censorship, rejection, or being banned. If their voice, if any voice, is silenced then America will be bordering on losing its democracy.



Hello kids corner!

How are you? How was your break? I hope everyone stayed safe and continues to stay safe!

Did you eat or drink anything today? If not, definitely go get something! Today’s word of the day is Nourish. According to the app “Word of the Day,” it means “To keep (a feeling or belief) in one’s mind, typically for a long time; to provide with the food that is necessary for life.” We can continue to Nourish our beliefs in God by reading our bible and praying!

Now, for what we are going to talk about today. Today, I wanted to talk to you about the bible app.

The bible app is on most mobile devices including Apple and Android products. But, if you have a computer you can access it by going to Google, and typing in Bible.com. It should be the first option. Click that and you are set.

The Bible app is free and is available in over a thousand different languages! One of my favorite things about the Bible app is, on mobile devices, you can choose to let the app send you notifications. The notifications will either give you a verse of the day or reminds you if you’ve set a daily devotional, which I’ll get into later.

Kids
Corner
Lyla King



There are many, many different features on The Bible App. Like I said earlier you can set daily devotional. All you have to do is, at the bottom, there’s a checkmark that says plans. Click that then at the top press “Find plans”. There you can find countless devotions. Click on the plan that interests you and hit “Start plan”. From there you can choose to do the plan by yourself or with someone. I’m currently doing two plans! One plan is with my Mom and one with my Grammy. The two devotionals I’m doing are called “Confident Mom, Confident Daughters” By Maria Furlough. And “Forgiving what you can’t forget.” That’s just one amazing feature of the app.

Thank you for reading. I really appreciate it! As always, I’m praying for you and Jesus loves you so much! So much, we can’t even describe his love in words. I hope, if you try it, that you like the Bible App. I love it so much. You take your phone everywhere and now you can have your bible everywhere too! I love doing devotionals with my family! My Grammy and I even did two in one day!

This is Lyla Belle signing out!

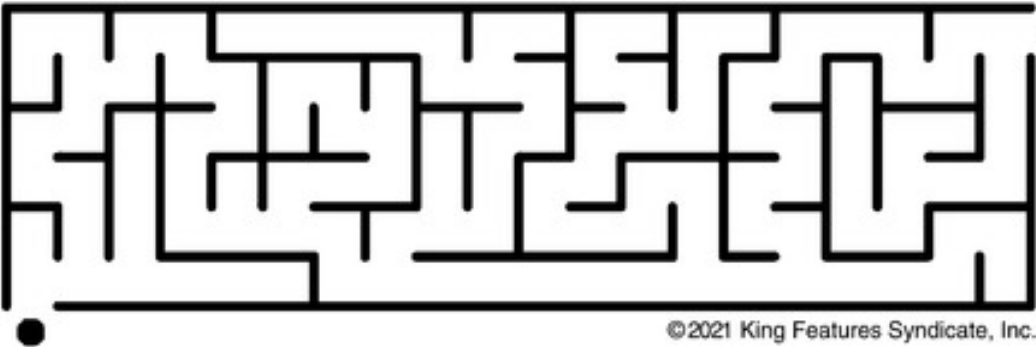
The Bible App

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

A bible verse to memorize
Proverbs 3:2
For length of days, and long life,
And peace, shall they add to thee.

Answers page 15

Kids' Maze



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Puzzles4Kids

WORD FUN

by Helene Hovanec

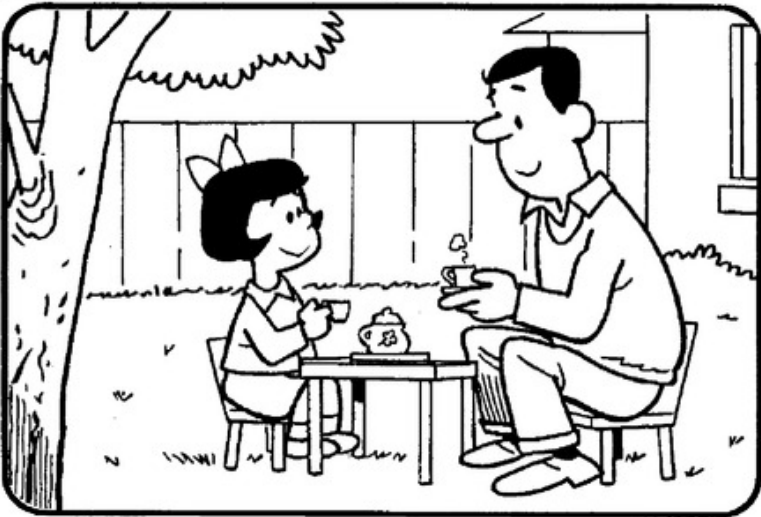
Study the two words on each line to find the ONE letter in the left column that is NOT in the word in the right column. Write the extra letter on the blank space. Then read DOWN to answer this riddle:

WHICH FISH COST A LOT OF MONEY?

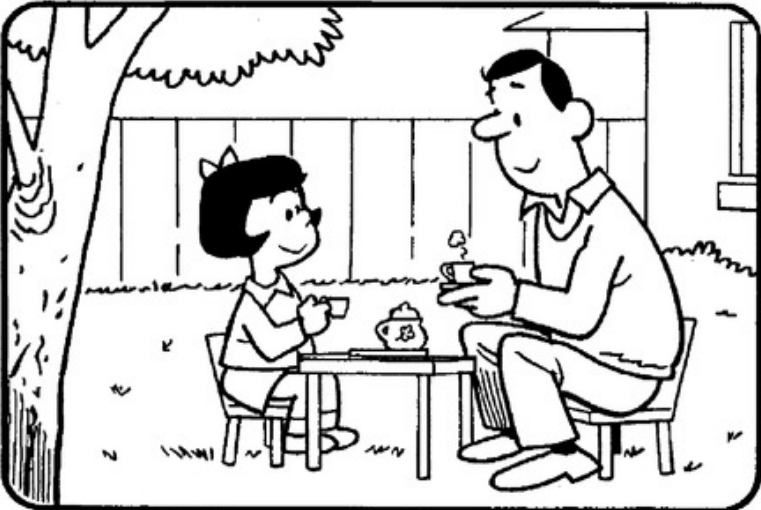
TARGET	___	TREAT	SIFTED	___	TIDES
OPERAS	___	PARES	ARCHIE	___	REACH
BOLDER	___	ROBED	ALTERS	___	LATER
ADVERB	___	BRAVE	THORNS	___	SNORT

HOCUS-FOCUS

BY
HENRY BOLTINOFF



Find at least six differences in details between panels.



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

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James Lovell was born in Boston on October 31, 1737. His father, John Lovell taught at the Boston Latin School and his mother Abigail Lovell took care of the home and took care of her thirteen children. James was taught by his father but he was not the only future patriot in the class, Samuel Adams, James Bowdoin, John Hancock, Henry Knox, Robert Treat Paine, and Harrison Gray Otis were also students of Mr. Lovell.

The Boston Latin School was the first public school in America and was funded by money set aside by the town of Boston. It was not an easy school. Studies included Greek and Latin, both written and spoken. The school still exists today and claims it “has taught its scholars dissent with responsibility and has persistently encouraged such dissent.”

The hard work at school paid off for young James. He earned a scholarship to Harvard. He went on to complete his undergraduate studies in 1756 and graduated in 1759. From there he took a job teaching alongside his father.

His father was loyal to the British and felt the colonies should stay under the crown’s rule. James was a patriot through and through. He opposed British taxation policies. Jean C. O’Connor writes in the Journal of the American Revolution “My grandmother, Frances Loring Coffin, left for us a journal from 1892 that describes their relationship: “He [James Lovell] was a Whig, and while his father talked loyalty to the King at one end of the Latin school, he inculcated liberty and rebellion at the other.”

James married Mary Middleton and they had nine children.

He began to attend meetings of the Sons of Liberty. His views on a free America became stronger. He dedicated much time and effort to that cause. The Sons of Liberty organized many protests and acts of subversion. The Stamp Tax was intended to support the British Army and help pay for the French and Indian War. James opposed it.

When the first shots of the Revolutionary War were fired John Lovell dismissed his class and boarded up the school. James took a seat on his rooftop, along with his family, in June of that year and watched as the British sailed across Boston harbor and attacked the militia on Breed’s and Bunker’s hills. The British fired hot shot onto the wooden buildings in Charlestown setting fire to many homes.

Problems arose for James when Dr. Joseph Warren was killed at the battle of Bunker Hill by a musket ball to the head. The British found letters from James to the doctor with information regarding the enemy’s presence

Patriot Profile



James Lovell

Teacher, Prisoner, Patriot

in Boston in the doctor’s coat.

James Warren, who became President of the Provincial Council following the death of Dr. Joseph Warren, wrote to John Adams stating that James could face the death penalty. He wrote of James and other prisoners “Their offenses may be Capital.”

He shared his crowded cell at the Boston Stone Jail with the navigator John Leach and Peter Edes, the son of Benjamin Edes, who was publisher of the Boston Gazette. Those men went on to write in their journals about the horrid conditions they lived through which included moldy bread and stale water and abuse from the British guards. James’ wife Mary visited him in jail and informed him of the birth of their eighth child.

Pleas from the Massachusetts Provincial Committee and Samuel Adams were made. Leach, Edes, and others were released, but not James. Mary moved her family into the home of Dr. Joseph Gardner.

Gen. William Howe told James that he should request to be exchanged for Col. Philip Skene. James wrote to General Washington making that request.

Gen. Washington wrote to Congress, enclosing a copy of James’s letter to him. In January 1776, the Second Continental Congress resolved, “That Mr. James Lovell, an inhabitant of Boston, now held a close prisoner there, by order of General Howe, has discovered, under the severest trials, the warmest attachment to public liberty, and an inflexible fidelity to his country; that by his late letter to General Washington, he has given the strongest evidence of disinterested public affection, in refusing to listen to terms offered for his relief, till he could be informed by his countrymen that they were

compatible with their safety and honor.”

At first, British Gen. Howe did approve of an exchange of James Lovell for Colonel Skene. That changed when James was caught trying to send a concealed letter out by his wife who had visited him. Gen. Howe wrote to Gen. Washington explaining that he would not allow the exchange to take place due to the “prohibited correspondence.”

James wrote a letter to two of his sons, Jemmy, twelve years old, and Johnny, thirteen years old, staying in Cambridge with his friend Joseph Trumbull, where they were to help with the harvest and at the same time be two fewer mouths for his wife Mary to feed. “I charge you to reflect continually upon that one easy rule for your behavior, which I have repeatedly laid down for you—act in all cases as if I was present. You know I allow you all the diversions suitable for children, but your diversions too often grow into a rudeness which may be corrected by the imagination that I am looking upon you. And if I do, how much more ought you to be kept in order by the thought of the real presence of the great God, to whom you owe an obedience and respect infinitely superior to what is due from you to me, as his love, his care, and his tenderness towards you is infinitely greater than mine. To conclude, my dear Jemmy, be cautious of what language you make use. My dear Johnny, command your temper—and both my dear boys, be assured of the tokens of the continued love of your affectionate father.”

After nine months of imprisonment, James was awakened to the crash of cannonballs. Gen. Washington opened heavy cannon fire from Ticonderoga to Boston. The bombardment lasted for days. That led to Gen. Howe’s abandonment of Boston. He loaded the prisoners along with loyalist upon waiting ships and retreated to the frontier settlement of Halifax, Nova Scotia. Among them were his father John Lovell, his wife Abigail, and three of their daughters who sailed as guests while James and other prisoners were confined below deck in rough quarters.

SEE PATRIOT Page 15

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