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Nothing but contempt security needs

JUNE 14, 2024 / OPINION

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Letters to the Editor

After more than three years of Joe Biden's border fiasco, how things have changed. From every corner of the globe, the enemies of America, from Russia to China and every criminal element in between, have flooded into the once-safe harbor of the American heartland.

Brazen attempts to penetrate U.S. military bases and secure facilities take place on a regular basis. According to the publication American Military News, "The FBI and Department of Defense have documented over 100 incidents of Chinese nationals, some of whom came across the open border attempting to access U.S. military bases and other secure sites. Most of these "gate crashers" face little more than deportation as a consequence.

It has also been reported that the private residences of Special Forces personnel have been under surveillance by foreign nationals, resulting in the shooting death of a Russian-speaking

Chechen on May 3 of this year after being confronted for allegedly conducting photo surveillance of the serviceman's home.

To quote FBI director Christopher Ray, "he has never seen a time during his decades-long career when so many threats against the US were all as elevated as they are now."

Under Alejandro Mayorkas, the Department of Homeland Security, whose mission is to protect America, has been morphed into a rogue agency that should be renamed the Department of Criminal and Terrorist Resettlement, and in my humble opinion, President Joe Biden should be designated the greatest internal security threat the United States has faced since Benedict Arnold.

Mr. Biden and his Democrats have shown nothing but contempt for the security needs of the American people and have facilitated a looming catastrophe that is on a collision course with the lives of innocent Americans, all to placate the core constituency of the Democratic Party.

— *Gregory Bontrager, Hutchinson*

Eat your veggies

June 17 is "National Eat Your Vegetables Day," my favorite holiday after Christmas ... and Easter ... and ... well, hey, it's just a cool day. Vegetables and other vegan foods are cholesterol-free, generally low in saturated fat, and rich in fiber and other nutrients.

With bird flu spreading around the nation, infecting chickens, cows, and other animals, it only makes sense to eat veggies and other vegan foods rather than meat, eggs, and dairy. Intensive animal factories—in which most animals used for food are confined—not only cause immense animal suffering and environmental destruction, they're also hotbeds for zoonotic diseases, such as bird flu.

Humans who have contact with infected animals can catch bird flu, as can those who touch a contaminated surface, such as an eggshell, and then touch their eyes, nose, or mouth. The virus can also be inhaled via droplets or dust.

Vegan foods, on the other hand, have never caused a pandemic. Please celebrate "National Eat Your Vegetables Day" all year round by enjoying great-tasting vegan dishes. See [PETA.org](https://peta.org) for free vegan starter kit.