



NEWSBRIEFS

COVID safe states

With around 67% of the population fully vaccinated against COVID-19 and new cases down a lot since the start of the year, WalletHub has released updated rankings for the Safest States During COVID-19, along with accompanying videos and audio files. In order to find out the safest states during the COVID-19 pandemic, WalletHub compared the 50 states and the District of Columbia across five key metrics. Our data set includes the level of COVID-19 community transmission, the rates of positive testing, hospitalizations and death, as well as the share of the eligible population getting vaccinated. Below, you can see highlights from the report, along with a WalletHub Q&A. Texas was rated 26th in the report, ranking (1-Best; 25-Avg.):

- 24th – Vaccination Rate;
- 43rd – Hospitalization Rate;
- 15th – Death Rate; and
- 13th – Level of Community Transmission.

Note: Rankings are based on data available as of 12:30 p.m. ET on July 27, 2022.

Visit <https://wallethub.com/edu/safest-states-during-covid/86567> for the full report.

– Diana Polk

No parking

Jay Ohrberg won the Guinness record for the world’s longest car in 1986. The auto was originally 60 feet in length, but Ohrberg, whose business was customizing automobiles, decided to extend it to 100 feet long. The super-limousine hadn’t been seen in quite a while until another car buff, Michael Manning of Nassau County, NY, found it recently, apparently abandoned and in disrepair. “I first found the car at an autobody show in New Jersey and it was garbage. It was covered in graffiti, the windows were broken, the tires were flat, but I fell in love with it anyway.” Manning decided to rebuild it and the folks at Guinness, once again, declared it to be the world’s longest car. If you’re wondering how you find a parking space for an auto that long, don’t worry; Manning has put it on display at the Dezerland Park Car Museum in Orlando, FL.

– John Grimaldi

Formula for success: Do the best you can, where you are, with what you have.

– Quips & Quotes



– Photo by Laura Trejo/ UTEP Marketing and Communications

FUNDING – University of Texas at El Paso (UTEP) students recently gathered around Lopez Foundation President and CEO Sergio Rodríguez (above, left center), UTEP President Heather Wilson, and UT System Executive Vice Chancellor for Academic Affairs Archie Holmes to celebrate the announcement of a \$1.7 million grant by the Hector and Gloria López Foundation.

Hector & Gloria Lopez Foundation grants \$1.7 million to UTEP students

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – While Hispanics have reached population parity in Texas- 39.6 percent White and 39.3 percent Hispanic, according to the latest census data- with more entering the workforce than any other group and contributing significantly to the Texas economy as both workers and business owner, nonetheless, they have not reached income and education parity.

The Hector & Gloria Lopez Foundation is out to help mitigate the disparity by announcing the awarding of its first-ever grant, a \$1.7 million gift to benefit 15 University of Texas at El Paso (UTEP) students who will be known as López Scholars. The gift will be administered annually by The University of Texas Foundation.

Foundation officials asserted that when financially under-resourced students have access to colleges and universities with strong mobility outcomes (helping students move into upper income levels after graduation), they are on the path to lifelong economic opportunity.

Therefore, beginning this fall semester, López Scholars will receive support for tuition and fees, as well as other services including mentoring, tutoring, paid internships, leadership development and more, for up to five years. Foundation officials stated that the goal of the program is to enable students to focus

on their studies and not be distracted by common barriers.

“UTEP stands out as an education leader in Texas,” said Sergio Rodríguez, nephew of Hector and Gloria López, and president and CEO of the foundation that bears their name. “We selected UTEP because of its track record as a leading research university serving Latino students.”

Rodríguez noted that thirty-seven percent of UTEP’s faculty are Hispanic, the highest percentage among Carnegie ‘R1’ very high research universities and that the student population is 84 percent Hispanic. He added that UTEP is also a founding member of the Alliance of Hispanic Serving Research Universities and has received the Seal of Excelencia, a designation that recognizes U.S. higher education institutions that intentionally serve Hispanic students and demonstrate positive student outcomes.

“With its focus on Hispanic student success, the Hector and Gloria López Foundation is well aligned with UTEP’s mission to expand educational opportunities to underserved students,” UTEP President Heather Wilson stated. “We are thankful to the López Foundation for partnering with us to change students’ lives. As America’s leading Hispanic-serving university, UTEP is especially honored to be the first recipient of a López Foundation grant,” she acknowledged.

“It’s so important that young Latinos see themselves at institutions of higher education and find a network of support that gets them across the finish line with

a degree that will boost their economic opportunities,” said Rodríguez. “We are committed to colleges and universities with high numbers of Latino students and faculty, with proven success in building networks that help students succeed while they are in school and after they graduate.”

To become a López Scholar, applicants must be Hispanic, demonstrate financial need, be the first in their family to attend college, and live in or have graduated from a high school in one of the five focus areas – El Paso, Austin, San Antonio, and communities in South Texas and the Rio Grande Valley. From the pool of candidates that meet the criteria, 15 López Scholars at UTEP will be selected prior to the fall 2022 semester without the need for an additional application, a minimum GPA or an SAT/ACT score.

“The fact that they are admitted is enough for us,” Rodríguez said. “We don’t need to put up another barrier in order to provide support.”

Hector and Gloria López, now deceased and had no children, left their accumulated land and financial assets to the foundation in 2021 with a mission to support post-secondary education for Latino students who are the first in their families to graduate from college or university and have demonstrated financial need.

The Lopez Foundation legacy stems from the couples’ business efforts and community involvement in Alice, Texas,

NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Fabens Independent School District will hold a public meeting at 6:00 P.M. on Wednesday, August 17, 2022 in the Central Office Board Room, 821 NE “G” Avenue Fabens, Texas 79838. **The purpose of this meeting is to discuss the school district’s budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.**

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed tax rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$1.005400/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.332110/\$100 (Proposed rate to pay bonded indebtedness)

Comparison of Proposed Budget with Last Year’s Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and Operations	3.00%	Decrease
Debt Service	1.49%	Decrease
Total Expenditures	2.93%	Increase

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 320,009,345	\$ 356,189,864
Total appraised value* of new property**	\$ 2,775,147	\$ 1,927,941
Total taxable value*** of all property	\$ 234,308,526	\$ 249,575,696
Total taxable value*** of new property**	\$ 2,552,302	\$ 1,841,441

* “Appraised value” is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
** “New property” is defined by Section 26.012(17), Tax Code.
*** “Taxable value” is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness* \$21,891,465

* Outstanding principal.

Comparison of Proposed Rates with Last Year’s Rates

	Maintenance & Operation	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year’s Rate	\$ 1.029500	\$ 0.303000*	\$ 1.332500	\$ 1,527	\$ 7,574
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 0.903160	\$ 0.309850*	\$ 1.213010	\$ 1,636	\$ 7,742
Proposed Rate	\$ 1.005400	\$ 0.332110*	\$ 1.337510	\$ 1,658	\$ 7,776

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both.
The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year’s Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 81,575	\$106,171
Average Taxable Value of Residences	\$ 51,188	\$ 51,178

Last Year’s Rate Versus

Proposed Rate per \$100 Value	\$ 1.332590	\$ 1.337510
Taxes Due on Average Residence	\$ 682.13	\$ 684.51
Increase (Decrease) in Taxes		\$ 2.38

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Voter-Approval Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$1.337510. This election will be automatically held if the district adopts a rate in excess of the voter-approval rate of \$1.337510.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 10,756,190
Interest & Sinking Fund Balance(s)	\$ 0

A school district may not increase the district’s maintenance and operations tax rate to create a surplus in maintenance and operations tax revenue for the purpose of paying the district’s debt service.

Visit [Texas.gov/PropertyTaxes](https://www.texas.gov/PropertyTaxes) to find a link to your local property tax database on which you can easily access information regarding your property taxes, including information about proposed tax rates and scheduled public hearings of each entity that taxes your property.

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.

Food for thought By Dr. Glenn Mollette

Losing everything

What or who is important?

What or who is important to you? The recent devastating flood in eastern Kentucky reminds us all that life can be swept away in a moment. Hundreds of families lost everything. One family lost their house and everything in it but lost their family – four children ages less than two up through eight were swept away by the raging flood. One woman who had also lost her house and everything in the house stated she and her family were alive and that’s all that mattered.

None of us want to lose our houses and everything we’ve worked for most of our lives. However, it’s all junk in comparison to our children and loved ones.

From the fires of California to the floods of eastern Kentucky to the devastation of Ukraine by Russia, Loss and devastation can come to us all. We don’t want loss. We recoil from natural disasters, invaders or diminishing health.

It takes a lifetime to pay for a house. Today, cars are often financed five years and more. People work hard to accumulate a few things. Little children, spouses and aging parents are not easy to come by. Most of the time we take everything we have for granted. When the floods of life literally wash away all that we have and love, the loss is horrific.

We really don’t know the full extent of how painful loss is until we have lost it all. Recent flood victims in eastern Kentucky essentially lost it all. Many literally escaped with only the shirts on their backs.

Cancer can eat away at our lives. Other forms of diminishing health can take us down to nothing. Financial losses can make us miserable. A fire can destroy everything. Life can change and in a moment.

Sometimes we have warnings that life is on the way to changing. When it rains, we don’t automatically think the water will become so deep that we will all drown. Some people in eastern Kentucky will never be able to enjoy a long night of rain because of what it may bring.

Overall, people would like to live out their lives quietly and safely. Avoiding floods, fires and other life-threatening crises. Food to eat, something to wear and the enjoyment of people we love are most meaningful to us.

In the middle of life’s devastations, we often look to God and ask why? If he is really so great, so good, and so loving then why would he send or allow eight or nine inches of rain to fall on the hollers of eastern Kentucky and sweep away little children? Did he go to sleep? Does he not care? Is he detached from what happens in the world? Is he really out there? Yet, as many grieve, they will

See LOSS, Page 7



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Friday 4 p.m. for the next Thursday.

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The most self-destructive force in the world

Without a doubt, the climate-obsessed green movement is the most stupidly self-destructive force in the world today, leaving a trail of irrationality and folly wherever it goes.

Consider its recent record of destroying the country of Sri Lanka, making Western Europe needlessly vulnerable to Vladimir Putin’s energy blackmail and stoking higher energy prices in the U.S. that have contributed to the fastest decline in real wages in 40 years.

The greens are rapidly making up ground on the socialists as the modern world’s foremost economic and social saboteurs (and, of course, the two now work hand in hand).

If a hostile actor were to consider the best way to harm a society from within, it would unquestionably be to increase the sway of climate alarmists and other environmentalists who believe it is their righteous duty to make it harder and more expensive to power a modern economy, as well as to build and grow things.

They seek to throw the gears into reverse on the millennia-long human quest for cheaper, more abundant and more reliable sources of energy, while putting new obstacles in the way of other human endeavor.

Since they are fired by a quasi-religious vision of an existential climate crisis on the verge of ending Planet Earth, they reject cost-benefit analysis, not to mention basic realism. The resulting wreckage is all around us.

Sri Lanka achieved one of the highest ESG, or Environmental, Social and Governance, scores in the world and destroyed its economy in the process. The country banned chemical fertilizers in April 2021 as it hurtled toward becoming the world’s first all-organic country. It proved

one small step ahead for environmental pieties and a giant leap backward for Sri Lankan farmers. A large proportion of land went dormant, and production of rice, tea and other crops dropped precipitously. The resulting economic calamity has led to the collapse of the government.

This is basically the Green New Deal in miniature. Sri Lanka is a small island nation in the Indian Ocean; Germany is a powerhouse in the middle of continental Europe. But the green disease doesn’t discriminate on the basis of size or wealth.

For years, Germany pursued a policy of making itself dependent on Russian oil and (especially) gas, while congratulating itself on its great environmental virtue as it closed down nuclear power plants and ramped up renewable sources. Berlin can’t say it wasn’t warned of the risks of this approach. Such is the faddish grip of

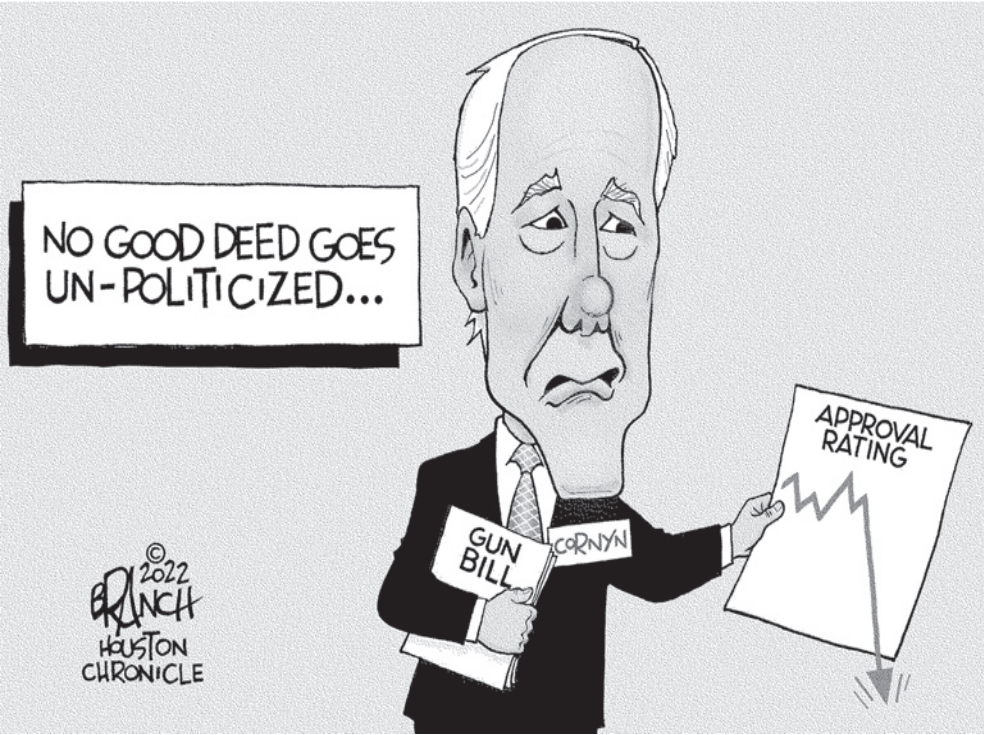
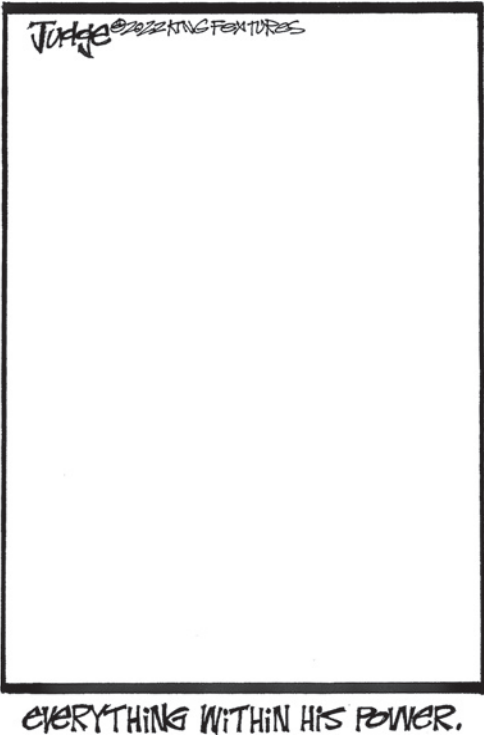
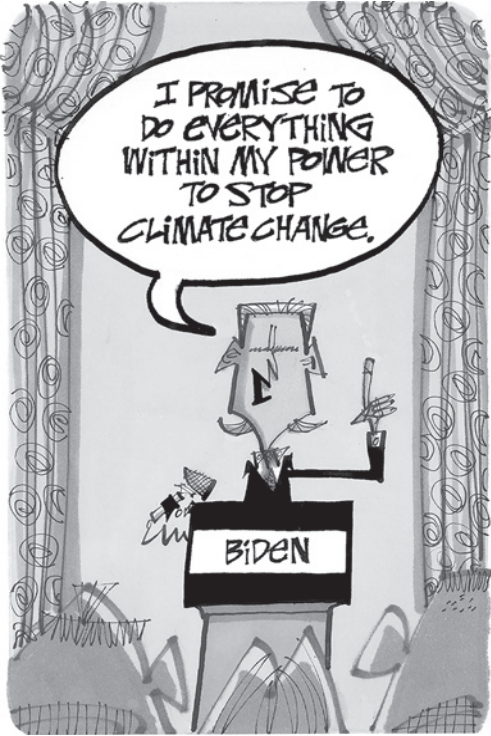
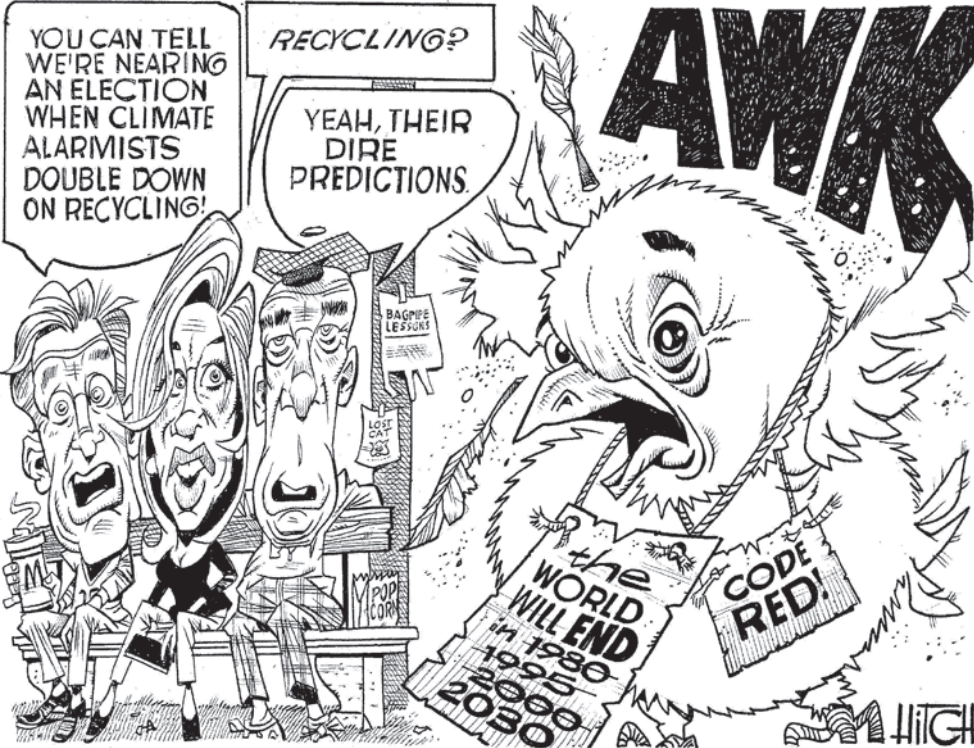
climate orthodoxy that it blew past all the blinking red lights. Sure enough, now Russia may well cut off the supply of gas this winter, at the same time that renewables have proved not ready for prime time (they are too intermittent, among other technical problems that won’t be solved anytime soon).

In its wisdom, Germany decided to shut down the source of energy that is clean, reliable and doesn’t require dependence on an authoritarian state hostile to the West – namely, nuclear power. It fell prey to the environmental left’s superstitious hostility to nuclear. Even now, Germany is going ahead with shuttering its last three plants. It is turning again to coal to try to fill the gap this winter, underlining its disastrous mistake in prematurely eschewing such proven sources of energy in the first place.

Here in the U.S., of course, Biden pledged to “end fossil fuel” back in 2019, a promise – given our prodigious reserves of oil, gas and coal – that would make almost as much sense as Russia or Saudi Arabia pledging to do the same. Even as inflation, with energy prices leading the way, destroys Biden’s presidency, he and his supporters are determined to pursue a climate agenda that will drive up costs and create inefficiencies at home while doing next to nothing to affect global temperatures.

It makes no sense, but for the greens, that’s never been a particularly important criterion.

Rich Lowry is editor of the National Review.
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Senior moment

By Matilda Charles

Managing stress

An informal poll of senior friends makes one thing clear: We are anxious and stressed, and no, it isn’t getting any better.

Turn on the news and there’s another tragedy. Buy groceries and there is serious concern that you might not get to the end of the month before running out of money. And, of course, there’s the pandemic, which, despite the boosters, just isn’t going away.

There are, however, small ways to combat the anxiety and stress we feel.

Writing in a daily journal can help focus our thoughts. What, exactly, is it that’s making us anxious today? A few lines that target the problem can shrink it and keep the source from being so large and overwhelming. But then finish with a few gratitude lines. What are we thankful for today and what has gone right? It might be something as small as a friend telling a truly funny joke.

Adopting a pet can be a lifesaver, in more ways than one. Many people are giving to shelters the pets they adopted two years ago, pets that now need new homes. Consider the benefits of both cats and dogs. A cat stays inside and might even make you laugh. Dogs need to be walked, but a senior dog might not need long walks.

Explore a new hobby, ideally one that is soothing and engages your mind.

Change your routine in small ways. Yes, you can have pancakes for dinner. Yes, you can sign up for the online music appreciation class at the college.

And don’t forget the basics. Get some kind of exercise each day, even if it’s just lifting hand weights. Look for yoga videos on the internet that are aimed at seniors. Monitor your diet. Limit caffeine, aim toward increasing fruits and vegetables and drink the right amount of water.

Just take it one day at a time.

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Town of Horizon City

In an effort to provide a safe, healthy and clean environment the Horizon City Code Enforcement Department asks that all residents please follow property maintenance requirements. Visit www.horizoncity.org for complete Ordinance requirements about the following topics and more:

• **Yards and Trees** – keep yards, including parkways and gutters, clear of weeds and debris; trees shall be trimmed to maintain proper clearance;

• **Stagnant Water** – items such as tires shall not be stored on properties in order to prevent mosquito growth; up to 5 tires may be brought to City Hall;

• **Outdoor Storage** – do not store indoor furniture/appliances outside;

• **Illegal Dumping** – violators will be prosecuted to the fullest extent of the law;

• **Vehicle Parking** – only allowed on approved parking surfaces; do not park on yards;

• **Garage Sales** – maximum of 4 per year with a permit; and


• **Signs** – illegally placed signs will be removed; contact City Hall for further clarification.

Notice of Violation

Individuals or property owners must comply with a Notice of Violation.

If the property is not brought into compliance, the City may request a court order that would give the City authorization to access the property and correct the violation; all associated costs will be billed to the property owner.

Call 915-852-1046 with any questions and/or to report violations.



Moments
in time
THE HISTORY CHANNEL

• On Aug. 1, 1943, a Japanese destroyer rams an American PT (patrol torpedo) boat, No. 109, slicing it in two. The destruction is so massive, other American PT boats in the area assume the crew is dead. Two crewmen were, in fact, killed, but 11 survived, including Lt. John F. Kennedy, who would later become president.

• On Aug. 2, 1939, Wes Craven, the man responsible for terrorizing millions of moviegoers with his “Nightmare on Elm Street” series, is born. Craven began his directing career with 1972’s “The Last House on the Left,” a violent teen horror film.

• On Aug. 3, 1977, “The Spy Who Loved Me,” starring Roger Moore as James Bond, is released in theaters. The film features one of the most memorable Bond vehicles of all time – a sleek, powerful Lotus Esprit sports car that does double duty as a submarine.

• On Aug. 4, 1753, George Washington, a young Virginia planter, becomes a Master Mason, the highest basic rank in Freemasonry. The ceremony was held at the Masonic Lodge

No. 4 in Fredericksburg, Virginia. Washington was 21 years old and would soon command his first military operation. Freemasons trace the origins of masonry back to the erecting of King Solomon’s Temple in biblical times.

• On Aug. 5, 2002, the rusty iron gun turret of the ironclad warship U.S.S. Monitor is raised from the floor of the Atlantic, where it had rested since it went down in a storm off North Carolina during the Civil War. She sank in December 1862, while being towed from Cape Hatteras.

• On Aug. 6, 1911, Lucille Désirée Ball, one of America’s most famous redheads and beloved comic actresses, is born near Jamestown, New York. Ball starred with husband Desi Arnez on television’s “I Love Lucy” from 1951 to 1957.

• On Aug. 7, 1964, the United States Congress approves the Gulf of Tonkin Resolution, giving President Lyndon B. Johnson nearly unlimited powers to oppose “communist aggression” in Southeast Asia. The Johnson administration began heavy bombing of North Vietnam in early 1965 and sent U.S. combat troops in March 1965.

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Strange
BUT TRUE

By Lucie Winborne

• The cornea of the eye is the only body part without its own blood supply. Instead, it receives oxygen directly from the air.

• A duel between three people is called a truel.

• Ever chastised yourself for accidentally recording over your favorite cassette tape? Even NASA’s been guilty of that one. The tapes containing the original footage of the Apollo 11 moonwalk were likely erased and reused to record satellite data.

• Prior to the invention of the eraser, you could use a rolled up piece of white bread (sans crusts) to remove pencil marks.

• Japanese sumo wrestlers are bound by strict rules even when out of the ring, governing when they sleep and eat, and how they dress and speak in public. They are not allowed to drive cars and, if they’re in the lower ranks of the sport, cannot have a phone or a girlfriend.

• Anatidaephobia is the fear that somewhere in the world, a duck or goose is watching you.

• Who hasn’t wished on occasion for more hours in their day? Well, if you can wait a mere 140 million years, the average Earth day could be 25 hours long, as the planet is slowly – very slowly! – decelerating.

• Beauty masks in ancient Rome had one heck of an ingredients list, including placenta, excrement, sulfur, sheep’s wool sweat, animal urine, ground oyster shells and bile.

• Mushrooms emit electrical signals to each other containing patterns similar to human speech.

Thought for the Day: “Friendship is unnecessary, like philosophy, like art. It has no survival value; rather, it is one of those things which give value to survival.”

– C.S. Lewis

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ILIETHELEANINGBAUER

BONHAMERIECOIPAD

MAGICALMYSTERYBOOR

IDOZEEETCSUIT

SALADWHITEWALLBUYERS

FLALABOUTOSLEASH

PITBULLBARRIERWINGIT

TAKESTOLEONIDASTANA

ISEENOWYVONNESTALER

CryptoQuip
Answer

Since owls are nocturnal and probably go hunting at night, I would call them bedtime prayers.

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3+9÷62

694

El Paso Community College joins tech training program

By Ismael De La Rosa
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) is participating in the Grow with Google HSI Career Readiness Program. The initiative will help Latino students at 35 Hispanic Serving Institutions (HSIs) prepare for the workforce through digital skills training and career workshops. Through a \$2 million investment in the Hispanic Association of Colleges and Universities (HACU), the program will train 200,000 Latino students by 2025.

“The Google Career Readiness Opportunity has helped to merge the instructional component of education with the career services, allowing to engage students in different capacities at the community college level,” said Christian Servin, Ph.D. Associate Professor of Computer Science. “We have students from different areas of study interested in building academic capacities through the Google modules. This serves the community of El Paso, Juarez, and Las Cruces.”

“El Paso Community College is committed to helping advance

Latino Students academically and professionally,” William Serrata, Ph.D. President of El Paso Community College said. “We are thankful for Google’s investment in students and are proud to be a part of Grow with Google’s HSI Career Readiness program to help our students learn the digital skills they need for the future.”

In partnership with HACU, the Grow with Google HSI Career Readiness Program launched in January 2022 and provides HSI career centers with funding and a semester-long in-person and online digital skills program. HACU has a track record of increasing access to education in the Latino community, and two-thirds of Latino college students in the U.S. attend one of its member institutions. The initiative combines career workshops, career counseling, and programming on design thinking, project management, and professional brand building. The participating schools will also create additional material tailored to student needs.

“Hispanic-Serving Institutions are key in educating and training students to succeed in the current and future economy, especially in light of the competitive job



– Photo courtesy El Paso Community College

FUNDING THE FUTURE – Google’s latest commitment builds on over \$35M provided to date to expand economic opportunity in the Latino community. Since 2013, the company’s Google in Residence program has partnered with HSIs and HBCUs to place Google software engineers in schools as faculty. The company also hosts Tech Exchange, a virtual student exchange program that teaches HSI and HBCU students applied for computer science courses.

market,” said HACU President and CEO Antonio R. Flores. “Our partnership with Google on this initiative, which is expanding to 12 more HSIs, will ensure they graduate with the skills and training that prepare them for the

digital workplace.”

“Every student should have the opportunity to learn digital skills for today’s in-demand jobs,” said Tia McLaurin, Community Engagement Manager, Google. “We’re proud to work with

the Hispanic Association of Colleges and Universities to bring the Grow with Google HSI Career Readiness Program to El Paso Community College to help more students prepare for the workforce and their careers.”

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Turning talented young men into true star athletes takes effort

By Steve Escajeda
Special to the Courier

In Shakespeare’s Romeo and Juliet, the famous line is uttered, “what’s in a name?”

In today’s world of sports, a new question is emerging, “what’s in a contract?”

There is no secret of the fact that professional athletes are making astronomical amounts of money no matter what sport they participate in.

The stars are now signing contracts worth hundreds of millions of dollars, and that doesn’t even include lucrative shoe deals and commercials endorsements and promotional appearances.

Of course, many contracts have incentive clauses in them. Things like extra money if a player scores a certain number of points or makes an all-star team or even plays in a certain number of games.

There have been some unusual things included in players’ contracts over the years, but two of the most extraordinary conditions I’ve ever heard of were written into a couple guys’ agreements last week.

And to be honest, it appears as if you cannot blame the teams for adding these “strange” requirements.

First let’s look at the bizarre standard that Arizona Cardinals quarterback Kyler Murray had to meet. As many of you already know, Murray just signed one of the biggest NFL contracts ever, which will award him \$230 million over five years.

Not bad for a guy who’s only been in the league three years and has never thrown more than 26 touchdown passes in a season.

To compare, Payton Manning, Tom Brady and Patrick Mahomes have all thrown at least 50 touchdown passes in a single season. Manning has the record with 55.

Anyway, more eye-opening than the dollar amount, is the homework that went along with the new contract. It seems that the Cardinals have so little faith in Murray’s studying habits, that they included a clause that requires him to study four hours of film each game week.

His contract even said that when he is studying film for those four hours, he is not to be distracted by anything else, like doing other stuff on his iPad, or any

other electronic device, he cannot watch TV or play video games or browse the internet.

In other words, if he is caught doing any of those things, his contract can be torn up.

I wish I had something like that when my kids were teenagers.

I’ve never heard of an NFL quarterback having to be told to study film, let alone have it put in his contract. Can you imagine anyone ever having to remind Manning or Brady to study film?

All this has been very embarrassing to both Murray and the Cardinals. To Murray because it exposes to the world that he isn’t a hard worker and to the Cardinals because everyone is asking, if Murray isn’t a hard worker, why did you pay him that huge amount of money?

But in the end, the publicity was so negative that the Cardinals backed down and removed the “study clause” from the contract.

Sorry Arizona, Murray, it’s much too little, much too late.

Another contract that made headlines last week was that of New Orleans Pelicans star forward Zion Williamson.

You remember Zion don’t you, the

rather large superstar in the making.

Williamson is without a doubt one of the most talented players in the league, but it appears that he has another love besides basketball... vast amounts of food.

The 22-year-old, 6-6, phenom just signed a five-year \$193 million contract that contains one unusual requirement – that he play at less than 295 pounds. His body fat percentage will also be monitored.

Last season he arrived at camp at what the team described as, “well over 300 pounds.”

Due to constant injuries to the lower half of his body due to the excess weight, Williamson has played in just 85 of the possible 225 games the team has played.

And frankly, the Pelicans are tired of it.

Zion will begin to lose money if he can’t ignore the twinkies, pizzas and cheeseburgers.

But just like Kyler Murray, who is only 24, these youngsters have to grow up quickly and learn how to be disciplined and how to command respect and how to be leaders.

It’s fairly easy – pick up the laptop and put down the doughnut.

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Super Crossword

TB LISTINGS

ACROSS

1 Affliction

7 Really shout

13 Wine vessels

20 One of the Nixon daughters

21 _ Vision (eye care chain)

22 Weird sort

23 Serious crime

24 Carol about holiday cheese?

26 Strip of weapons

27 "... or _ thought"

28 Look as if

29 Trickle out

30 Guy who can do any interweaving style?

35 Ribeye, e.g.

36 Particular mag. edition

37 Writer Anais

38 With 60-Down, BB gun

39 Sorority "T"

41 "This tastes way better than coffee, tea or ale?"

50 Toon pics

53 Suffix with southwest

54 Spring month

55 Comfortable

56 Czar who was not inordinately cruel?

62 "Look!," in Latin

63 Person being examined

64 "What kind of

fool _?"

65 Set sail

68 122-Down officer: Abbr.

69 Doughnut filling that's an exchanged commodity?

74 Wane

77 Easily available

79 Petri dish site

80 Got totally used up

82 Tennis great

Nastase

84 Politician Gary propping himself up against something?

89 Actress Helena _ Carter

92 Verdi's " _ tu"

93 Prefix with chic or resort

94 2010 Apple debut

95 Enigmatic clothopper casting spells?

101 Bride's vow

102 Wye follower

103 List-curtailing abbr.

104 Anna of fashion

107 Light lunch, maybe

111 People purchasing decorative rolling car parts?

117 Israeli carrier

118 Touch on

119 Talking-_ (lectures)

120 Canine cord

121 Tall fence surrounding a pugnacious dog?

126 Improvise

127 Forms a liking for

128 Brezhnev of Russia

129 Kazakhstan's capital, until 2019

130 "It finally makes sense"

131 "The Munsters" actress De Carlo

132 Less fresh

DOWN

1 Peak near Tokyo: Abbr.

2 Concert sites

3 Purple flowers

4 "Put _ in it!"

5 Dandie _ (dog breed)

6 "Hurray!"

7 Tape holder

8 Filmdom's _ B. DeMille

9 "Hurray!"

10 Be off-base

11 Boxer Laila

12 Soccer star Lionel

13 Shows up for

14 Actor Sandler

15 Aves.

16 Main monk

17 Denmark's _ Islands

18 Fictional Doolittle

19 Streamlined

25 Poet Hughes

27 South Carolina river

31 Hi-_ (stereos)

32 Tote or duffel

33 " _ Bravo"

34 Nice scent

35 Hard fat

40 Atty.'s org.

41 Has no life

42 Eye, to poets

43 An hour past midnight

44 Pat lightly

45 President after Harrison

46 Ale relative

47 Incurred a lot of, as debt

48 Key on a PC

49 Tiny

50 Quote

51 In a dead heat

52 Roping in

57 High-_

58 Ares' mother

59 Livy's "I love"

60 See 38-Across

61 Pro at CPR

66 Polar hazard

67 Bedouin, e.g.

70 Doc who may scrape wax

71 "Abou Ben _" (Leigh Hunt poem)

72 Sheep cry

73 "Li!" guy

75 La _ Tar Pits

76 Longtime senator Robert

78 Soda brand

81 Depilatory brand

82 "Big Blue"

83 Mauna _

85 Suffix with cook or trick

86 "Totentanz"

composer Franz

87 Acutely cold

88 Coveted annual prizes

90 Part of DNA

91 Irate

96 Illegal punch

97 One of 18 on a course

98 "So icky!"

99 Gambling site, for short

100 Optometrist, old-style

104 Action hero Steven

105 Like grizzlies and kodiaks

106 Hoffman/Beatty film

107 Three more than quadri-

108 Fake name

109 Hanukkah potato treat

110 Pulitzer winner Edward

112 Central point

113 Milan's land

114 Had a meal at home

115 One-named singer of "Royals"

116 Gossipy type

118 Choir female

122 Adm.'s milieu

123 Charge (up)

124 Aussie leaper

125 Resting place

126 Had life

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Answer Page 4

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Grants

From Page 1

where they led the GALO Cattle Company. Hector focused on his law practice and Gloria focused on their business finances. Their partnership spanned over 60 years together.

“I’m sure that Hector and Gloria Lopez would have been proud knowing that the first ever foundation gift representing their

life’s work will be directed to UT El Paso, one of our nation’s leading Hispanic-serving institutions,” said J.B. Milliken, Chancellor of The University of Texas System. “Along with the entire UTEP community, the UT System expresses profound gratitude to the Lopez Foundation for developing strong strategies to provide an array of educational and enriching experiences to first generation Hispanic college students,” the chancellor added.

Loss

From Page 2

fall upon God as he is all they have left to get them through. An old saint of God who suffered through the storms of life once said, “I didn’t realize God was all I needed until God was all I had.

Whatever or whoever you have today, don’t take it or them for granted. Be grateful, give thanks. Love on your loved ones and be kind

to all. Consider taking some of your stuff and giving it to someone who may have nothing. It will be good for you both.

Osteoporosis treatment could put jaw at risk

DEAR DR. ROACH: I am an 80-year-old female in good health except for a diagnosis of osteopenia. My primary care doctor has prescribed medication for my osteopenia. I have periodontal disease and have been advised by my periodontal specialist not to take medication for osteopenia due to deterioration of the jawbone. I think I am in a lose-lose situation. I spoke to my internal medicine doctor, and he said he was concerned about a hip fracture if I don’t take the osteopenia medication. I don’t want to take a chance on the jaw deteriorating. Please give me your opinion on the best course of action. – G.M.

to your good health
WITH
Dr. Keith Roach

Osteopenia, also called low bone density, is a risk factor for osteoporosis. The risk of developing a fracture depends on a person’s age and sex, height and weight, results of their bone density test and presence of certain other medical risk factors, including previous fracture, use of glucocorticoid drugs like prednisone, smoking and rheumatoid arthritis. Fracture risk is commonly estimated by the FRAX tool (www.sheffield.ac.uk/FRAX/). If the estimated hip fracture risk is 3%, or the combined risk of any fracture is 20%, then medication treatment is usually recommended. Getting your FRAX result is a critical number to have to help make an informed decision. You will need the exact results of your bone density.

If your risk is not so high that medication is recommended, there are many things you can do to help your bone density. These include adequate dietary calcium, supplemental vitamin D, regular exercise – especially weight-bearing and strengthening exercises – and avoiding smoking and excess alcohol. A home evaluation to reduce fall risk may be of benefit.

If your fracture risk is already higher than the above threshold, medication would normally be prescribed in addition to lifestyle treatments. Antiresorptive treatments, such as alendronate (Fosamax) or other bisphosphonate drugs, do increase the risk for jawbone damage, and given what your periodontist has recommended, I would avoid not only these drugs but also denosumab (Prolia), which works similarly by decreasing bone resorption. Although I am not an expert, I would consider treatment with a medicine like teriparatide, which has been used as a treatment for people with jaw osteonecrosis. This medicine works by stimulating bone growth and has a good safety record.

DEAR DR. ROACH: The blood bank nurses have a hard time finding a vein in either arm almost every time I go to donate platelets. I drink a lot of water the day before and 16 ounces the day of, but no luck. Is there anything I can do to make my veins easier to find? Does weight have anything to do with it? – N.K.

In addition to the fluid intake, keeping the arm warm makes the veins more prominent. Keeping the arm down (below your heart) for a good while may also help.

People who are overweight sometimes have veins that are harder to find, but that’s not always the case.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2022 North America Synd., Inc. All Rights Reserved.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of “Uncommon Sense” and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette.com or www.facebook.com/glennmollette.



Moore Texas by Roger Moore
August 1, 1978: Albany gets almost 30” of rain in one 24-hour period.

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: L equals N

XTLFU MCWX OBU LMFSPBLOW
OLR GBMVOVWI ZM QPLSTLZ
OS LTZQS, T CMPWR FOWW
SQUD VURSTDU GBUIUBX.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Caregiver reassessments paused



by Freddy Groves

If you’re a family caregiver, or if you’re a veteran receiving family care services, heads up: The Department of Veterans Affairs is suspending the annual reassessments for those in the Program of Comprehensive Assistance for Family Caregivers.

At the same time, at least for now while they review the program, the VA won’t change stipends based on a reassessment nor remove anyone from the program.

They will, however, continue to do reassessments when there is a reason, such as the veteran or caregiver is asking for an increase in the stipend or if there’s a need for more personal care services. The VA also will keep making wellness visits.

If you aren’t part of the program and want to be, the Program of Comprehensive Assistance for Family

Caregivers (PCAFC) is for veterans who were seriously injured (or who now have a serious illness) while in active duty on or before May 7, 1975, or on or after Sept. 11, 2001, if they meet two criteria:

- Service-connected disability of 70% or more; and
- Need personal care services for at least six months because of inability to perform activities of daily living or have a need for supervision, protection or instruction.

Primary caregivers can receive a monthly stipend, access to CHAMPVA health care insurance and 30 days of respite care per year for the veteran so the caregiver can take a break. Other caregiver benefits include online and in-person educational sessions, counseling, use of telehealth and techniques and skills for caring for the veteran.

Apply online at www.caregiver.va.gov/support/support_benefits.asp or download VA Form 10-10CG on that same page and send it in by mail. You also can hand the form in at your local VA medical center

by contacting the caregiver support coordinator. For more info, call them at 855-260-3274 Monday - Friday 8 a.m. to 10 p.m. and Saturdays 8 a.m. to 5 p.m. Do not send in any medical records with this application. They’ll ask for it later.

See www.ecfr.gov/current/title-38/chapter-I/part-71 for the fine print..

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• Got lots of fresh herbs from your summer garden? Hang bunches upside down in a cool place for a week or so. Crumble the leaves into small jars. You’ve made your own dried herbs.

• “Want super-crunchy fries at home? Soak potato pieces in very cold water for an hour (fridge is best, or add ice often); dry and fry. Drain fries well, dust LIGHTLY with flour and quick-fry one more time for only a minute or so.” – T.C. in Idaho

• If you want to cool your canned drinks quickly, add water to the cooler with a lot of ice, submerge all drinks under the ice line, and wait about 20 minutes. Without the water, it takes much longer. The water extends the surface contact of the ice.

• To keep your ladder from sinking into soft sand or dirt, put each leg into a can or bucket. It creates a much larger surface area, thereby stabilizing the legs.

• If you run out of bleach, add 4 tablespoons of hydrogen peroxide to a small load of white laundry.

• Be certain to use only distilled water in your iron. The water from the tap can leave mineral stains on clothing, and will kill your iron if you do it all the time. – R.E. in Louisiana

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

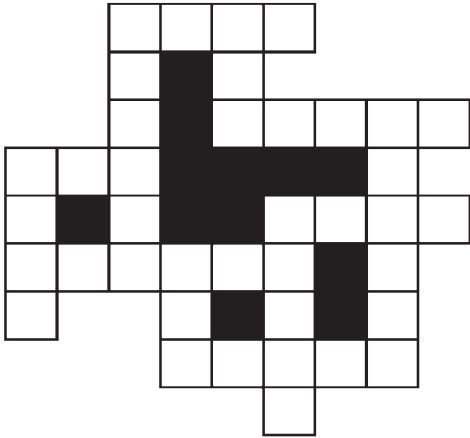
	+		÷		7
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2 3 4 5 6 6 7 8 9

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PDA
MENPUL
♥ TINOP
♥ ATRP
♥ PRIMLE
NIW
♥ NWTO
MATDU
PRI
DAMENT
♥ ORWET
TIWL



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥ RATHE becomes HATER or EARTH or HEART). Fit each string’s word either across or down to knot all twelve strings together.

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