



## NEWSBRIEFS

### 2022 drug seizures

Ending 2022, the Drug Enforcement Administration (DEA) announced the seizure of over 50.6 million fentanyl-laced, fake prescription pills and more than 10,000 pounds of fentanyl powder for the calendar year. The El Paso Division, which covers West Texas and the whole state of New Mexico, seized 2,886,783 of those pills and 261.5 of those pounds. DEA labs estimates that the El Paso seizures represent more than 9.8 million potentially deadly doses of fentanyl – enough to kill the entire state of New Mexico plus the 17 counties of West Texas the El Paso Division serves. In 2021, the DEA issued a Public Safety Alert on the widespread drug trafficking of fentanyl in the form of fentanyl-laced, fake prescription pills. These pills are made to look identical to real prescription medications – including OxyContin®, Percocet®, and Xanax® – but only contain filler and fentanyl, and are often deadly. Fake pills are readily found on social media. No pharmaceutical pill bought on social media is safe. The El Paso Division also seized 3,484.97 pounds of methamphetamine, 91.16 pounds of heroin, and 1,863.12 pounds of cocaine in 2022.

– Carlos A. Briano

### Socorro ISD teams with Care Solace

The Socorro Independent School District has partnered with Care Solace to expand access to community mental health and substance use treatment providers for students, staff, and their families. With Care Solace, families and staff gain access to a dedicated Care Companion™ to navigate the mental health care system on their behalf, calling providers to find the right fit and availability. They help families with private insurance, Medicaid, and no insurance, and are available 24/7/365 in any language. “Socorro ISD provides endless opportunities for students and staff to succeed. We are proud to partner with Care Solace to give our students, staff, and their families even more support, especially in times of need,” said SISD Superintendent Nate Carman, Ed.D. “This is a great resource that will enable us to enhance the care and support that our dedicated SISD leadership team strives to deliver daily for all students

See BRIEFS, Page 4

*No one is more confusing than the person that gives good advice while setting a bad example.*

– Quips & Quotes



– Photo courtesy Canutillo ISD

**TO THE HEART OF IT** – Victoria Rodriguez and Karina Salazar, juniors at Northwest Early College High School, take part in advanced health science classes. The school is a finalist for the America’s Best School Award from the National Center for Urban School Transformation.

## Northwest Early College is finalist for America Best School Award

By Gustavo Reveles  
Special to the Courier

CANUTILLO – Northwest Early College High School in the Canutillo Independent School District is a finalist for the America Best School Award from

the National Center for Urban School Transformation.

Northwest will now compete with seven other schools from throughout the United States following a selection process that began with thousands of schools from urban centers.

“We’re extremely proud of the work

the students and staff at Northwest Early College do day in and day out,” said Canutillo Superintendent Dr. Pedro Galaviz. “It is not surprising to know that national organizations like NCUST are now recognizing what we already know: that Northwest is one of the best schools in the country.”

NCUST is a national organization that aims to recognize, collaborate and support urban school districts in the United States

See COLLEGE, Page 3

## Cardenas finds vocation through CCTE classes

By Adriana Candelaria  
Special to the Courier

ANTHONY, TX – Anthony High School students can explore the possibilities of an enriching and fulfilling career by taking advantage of technical school electives while they still earn a high school diploma.

Thanks to a partnership between Anthony Independent School District and El Paso Independent School District, AISD students can take two elective courses at EPISD’s Center for Career and Technology Education (CCTE).

CCTE offers a variety of courses, which include hospitality, manufacturing,

law, public service and many more.

Eddie Cardenas, AHS senior, had an interest in welding since he was a sophomore. He started welding simple things at home with a machine his father had. At the end of his sophomore year, he elected for welding and automotive courses at EPISD’s CTE.

“What caught my attention about welding is that I’m a fire bender in a way, and I just like making stuff,” Cardenas said.

“You can get a piece of sheet metal and make it into anything you want. You get to shape your own future,” Cardenas said.

After more than a year in CCTE classes, Cardenas said

See CARDENAS, Page 2



– Photo by Daniel Sotelo

EXPERIENCE – Eddie Cardenas practices welding in CCTE class.

# Beware aggrieved empires

China sent 71 aircraft and seven ships toward Taiwan in a 24-hour period, while Russia shelled the Kherson region more than 70 times.

These acts of aggression – occurring 5,000 miles apart, one in a grinding war of attrition, the other as part of an ongoing political and diplomatic struggle that may well result in open hostilities – are related.

It's no accident that the two most dangerous powers in the world, China and Russia, are aggrieved empires seeking to right what they consider the wrongs that resulted in their humiliation and diminishment in the 19th and 20th centuries.

Whereas in the 2000s the most pressing problem of the international system seemed to be malicious sub-national groups operating in ungoverned spaces, now it is malicious would-be supranational entities seeking to take over spaces governed by others.

In his masterly book, "Diplomacy," Henry Kissinger

observed, "Empires have no interest in operating within an international system; they aspire to be the international system."

The fall of the Roman Empire was a social and economic catastrophe for the West, but it's been a blessing that no such over-awing behemoth ever rose in its place.

Russia and China, in contrast, never lost their imperial DNA, and have chips on their shoulders.

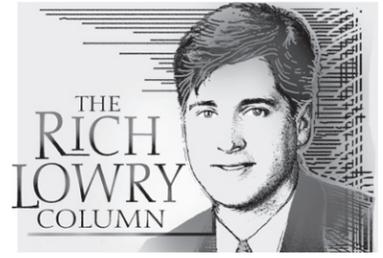
Russia achieved some success in its long-running ambition to be considered a major European power through top-down reforms and military conquest. It gobbled up an estimated 50 square miles a day across a couple of centuries. But it lost the Crimean War in the mid-19th century, suffered a humiliating defeat at the hands of Japan in 1905, and then experienced utter cataclysm in World War I.

Marxism-Leninism was supposed to provide a way for backward Russia to leapfrog the West. That didn't

happen, but Moscow established a new Communist empire of considerable extent. Of course, this came a cropper with defeat in the Cold War, an event that Vladimir Putin, notably, considers "the greatest geopolitical catastrophe of the century."

The man who has statues of Peter and Catherine the Great, accomplished Russian imperialists, on display in the Kremlin considers an independent Ukraine merely a tool of hostile Western forces and a wayward part of Greater Russia. Such ideas – and a deep feeling of shame at Russia's fall – justify the brutish attempted occupation and dismemberment of Ukraine, a cynical and crude operation even by Russian standards.

If Russia sought to be a respected member of the



See LOWRY, Page 7

## Food for thought By John Grimaldi

# Scalise vows GOP will push back

President Biden has been making life difficult, at best, for the average American for the past two years, says Congressman Steve Scalise (R-LA). In a new interview with Rebecca Weber, CEO of the Association of Mature American Citizens, on her Better For America podcast, he said, "it's been devastating, especially for hardworking families, lower and middle income families who are struggling under the weight of inflation, energy costs, open border, all brought on by policies pushed by radical big government socialists here in Washington." He went on to promise that things will begin to change for the better once Republicans take charge of the House of Representatives.

We're going to "start pushing back," the House Republican

Whip promised. The plan is to "bring bills in the House, once we're in the majority, to show the country how we can secure the border, how we can actually lower energy costs and lower inflation, get spending in Washington under control, help make sure law enforcement have the tools they need to push back against the defund the police radicals. I think our country is so desperately hungry for real oversight and accountability, for answers to basic questions. How did COVID originate? Who was behind the debacle in Afghanistan? How many people have come across our open southern border illegally, including how many are on the terrorist watch list? Which states have they been sent to? They won't answer any of these

questions. That's about to change when we're in the majority and can have hearings."

Congressman Scalise pointed out that Republicans will be taking over key committees and that it will give the party the ability to begin getting answers and assigning real accountability.

Scalise vowed to start introducing bills that are long overdue, bills that will make our country energy independent again. "Why should we be begging foreign countries for energy when we can make it here?" He said the fact of the matter is that Joe Biden is not against oil and gas, he's only against American oil and gas. He sought "to kill the Keystone pipeline, but then he went and greenlighted Russia's pipeline to Germany, making Europe more dependent on Russian energy. He begged Putin for more oil. He says oil and gas is destroying the planet. Yet he begs countries who emit more carbon to make the

same oil, to produce our energy instead of letting America do it. We do it better than anybody else in the world."

He said people are getting fed up with "these big government socialists who wake up every day and trash America. They beat up on America every day. They teach hatred of America in our schools. They talk about how American energy is so bad, but they fly around on private jets and go to foreign countries and beg them to produce energy instead of us. It makes no sense. It shouldn't be Saudi or Russia or Venezuela or Iran producing energy that we use. It should be America. And so we're going to bring bills to show the country how to do that. And, by the way, it will also lower inflation. It'll lower the cost of energy, not just gasoline at the pump, but in a cold winter like this, the housing costs and electricity costs are going up dramatically. People can't even keep their homes warm enough during this cold winter because of Biden's failed energy agenda."

Scalise then pointed out the most frustrating part of said

failed energy agenda – that President Biden could reverse his failed policies with the stroke of a pen and yet he just doesn't care. However, thanks to the Republican majority, "these are very fixable problems." They can "start passing bills through the House to show the country how to fix these problems." And that's where Scalise encourages Americans to call their senators and let them know what bills they want them to vote for. "You've got to let them know 'this bill is important to me, I want you to vote yes' and then watch their vote. Hold them accountable for those votes." With Americans' involvement and support, Scalise has hope to deliver real answers and accountability that everyone is hungry for.

*The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.*



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## Cardenas

From Page 1

he now understands how to weld panels for cars and make parts for semitrailers. He has also been accepted for an internship at Sun City Welding Academy, a welding school that focuses on industrial pipe welding for the oil and gas, commercial, and residential industries.

"Learning about a trade caught my eye, because it's really hands-on," Cardenas said.

"You just figure it out as you go, and I like to challenge myself. That's why I also enjoyed it," Cardenas said.

CCTE courses are available to high school juniors and seniors who complete the required credits by the end of their sophomore year. AHS counselor, Alicia O'Quinn, said enrolling in CCTE classes is a two-year commitment that can pay off.

"The benefit of taking a course like this is that students get their certification, and they do not have to pay for it out of their own pocket," O'Quinn said.

"Another benefit is they can go straight into

the workforce. If they want to be a welder, or if they want to do cosmetology, they can go straight in with their certification and earn money while they pay for college if that is what they choose to do," O'Quinn said.

Most of the equipment or materials needed for CCTE classes are provided to the students along with transportation. A bus takes students from AHS to EPISD's CCTE campus for their courses and returns them to AHS in the afternoon.

"Just because Anthony is a small town shouldn't limit our opportunities. We're right next to El Paso and Las Cruces. There's everything available; we just need to go out and find it," Cardenas said.

"We need to have the Wildcat mentality where you need to find that pride in yourself and ignite it. It's not going to ignite for you; you need to get yourself started," Cardenas said.

EPISD CCTE partners with small school districts in the county to offer the same vocational or trade school opportunities to students in the region. Currently about 12 AISD students are enrolled in CCTE, but more seating is available for students who want to apply.

# College

From Page 1

through advocacy, training and collaboration.

The Best Schools in America Awards program recognizes schools that have gone above and beyond in their work with low-income student populations and performed at high levels using equity and accessibility.

As a finalist, Northwest will receive a site visit to assess the work happening on campuses. Winners of Gold, Silver and Bronze prizes will be announced in the spring semester.

“We look forward to showcasing the amazing work that our students and teachers do,” said Principal Frank Clark. “This is another feather in the cap of opportunities our school has been able to amass in support of our students.”

## LEGALS

### Town of Anthony, TX

#### Public Notice

#### Request For Proposals and Qualifications

Town of Anthony, Texas plans to apply for the upcoming 2023-2024 Community Development Fund from the Texas Community Development Block Grant (TxCDBG) Program of the Texas Department of Agriculture (TDA). Accordingly, the Town of Anthony, Texas is seeking to contract with a qualified Engineering/ Architectural/ Surveying Firm(s) (individual/firm) to prepare all preliminary and final design plans and specifications, and to conduct all necessary interim and final inspections. These services are being solicited to assist the Town of Anthony, Texas in its application preparation and project implementation of a TxCDBG contract, if awarded, to support eligible activities in

Enterprise, Texas. Please electronically submit your SOQs in .pdf format via email at townclerk@townofanthony.org OR submit your SOQ to the address below on a thumb drive OR submit 2 copies of your SOQ of services to the following address:

Attn: Valerie M. Armendariz  
PO Box 1269  
or 401 Wildcat Dr.  
Anthony, TX 79821

SOQs must be received by the Town of Anthony, Texas no later than 12:00 PM on January 23<sup>rd</sup>, 2023 which must be at least ten (10) days after this publication and contact dates of the RFQ. The Town of Anthony, Texas reserves the right to negotiate with any and all individuals or firms that submit SOQs, as per the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards. Section 3 Residents and Business Concerns, Minority Business

Enterprises, Small Business Enterprises and Women Business Enterprises are encouraged to submit SOQs. The Town of Anthony, Texas is an Affirmative Action/Equal Opportunity Employer. Servicios de traducción están disponibles por petición.

The Town of Anthony is an Affirmative Action/Equal Opportunity Employer

Valerie M. Armendariz  
Town Clerk

WTCC: 01-12-23

#### PUBLIC NOTICE

#### AYUDA, Inc.

#### Invitation to Bid

#### Contract Number GT-HTX22-016

Adults and Youth United Development Association (AYUDA) Inc. is a recipient of Texas Veterans Commission/HEROS Grant Program from the

# Classified Ads

Texas Veterans Commission. AYUDA will accept bid proposals from licensed General Contractor/Builder for up to four (4) Rehabilitation Single Family Home modifications for each contract. A Bid Packet can be picked up starting January 12, 2023, through February 12, 2023, from 9:00 a.m. to 1:00 p.m. Bid Packets or proposals can be picked up from and delivered to AYUDA Inc. located at 1325 Beverly Ann, San Elizario, TX 79849. Telephone: (915) 851-0272.

Submitted Bid Packets or proposals must have Community Housing Development Organization or Contract GT-HTX22-016 written on the lower left-hand side of the envelope. A public opening of the packets will take place on February 10, 2023, at 3:00 p.m. at the office of AYUDA.

The General Contractor/Builder must ensure that employees and applicants are not discriminated

against because of their race, color, religion, sex, national origin, age, sexual orientation, or disability. General Contractor/Builder must be licensed with El Paso County and the City of El Paso, TX. General Contractor/Builder must also know new current El Paso County Construction of Single-Family Homes Codes and have a minimum of 3 years of experience.

AYUDA has a conflict of interest procedure in accordance with 24CFR 92356. AYUDA has a Bidders Protest or Rights Procedure. AYUDA reserves the right to reject any bids or to waive any informality in the bidding.

Adults and Youth United Development Association Inc. is an Affirmative Action/Equal Opportunity Employer.

WTCC: 01-12-23

#### PUBLIC NOTICE

#### EL PASO

## COMMUNITY COLLEGE

### RFP #23-001 DISTRICT-WIDE BEVERAGE VENDING SERVICES

The Board of Trustees of El Paso County Community College District, herein referred to as the "District," is seeking proposals in connection with RFP #23-001 District-wide Beverage Vending Services, for district-wide revenue sharing vending machine operations (whether operated by District or District's independent contractor(s)), with sponsorship and exclusivity rights. The General Conditions, specifications, and required submission materials may be obtained via download at: <https://epcc.bonfirehub.com/portal/?tab=openOpportunities>

WTCC: 01-12-23

#### PUBLIC NOTICE

#### EL PASO

The Administrative Service Center, Building B, 9050 Viscount, El Paso, Texas, 79925, at 8:30 a.m. (MST/MDT), Tuesday, January 17, 2023, followed by a walk-through of the beverage vending machine and concession locations. The estimated duration time for facility visits is six (6) hours. Although highly recommended, attendance is not required for award. Proposal responses will be accepted until 2:00 p.m. (MST/MDT), Tuesday, January 31, 2023, via the Bonfire portal at: <https://epcc.bonfirehub.com/portal/?tab=openOpportunities>

WTCC: 01-12-23

#### PUBLIC NOTICE

### El Paso County Emergency Services District #1

#### Notice of Location

The El Paso County Emergency Services District

#1 (Horizon Fire Department) is located at 14151 Nunda Ave., Horizon City, TX 79928. Phone (non-emergency): (915) 852-3204; EMERGENCY: 911; Fax: (915) 852-8400.

Katherine Ames  
Administrator

WTCC: 01-12-23

#### PUBLIC NOTICE

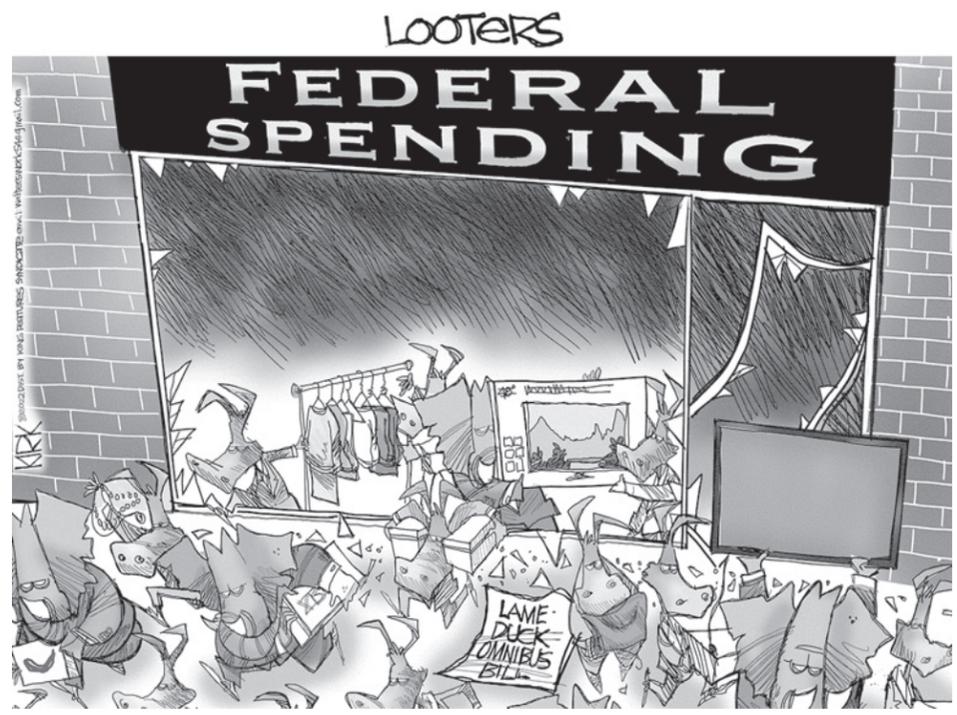
### El Paso County Emergency Services District #2

#### Notice of Location

The El Paso County Emergency Services District #2 is located at 16001 Socorro Rd., (mail: PO Box 265), Fabens, TX 79838. Phone (non-emergency): (915) 851-0304; EMERGENCY: 911; Fax: (915) 851-9000; Ambulance (county): (915) 779-2111.

Mariana Navarrete  
District Administrator

WTCC: 01-12-23





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## Thank You For Serving

# City loses its 10-year fight to build an arena in Duranguito

By Steve Escajeda  
Special to the Courier

Our decade-long local nightmare is finally over.

The El Paso City Council got together last week and decided to end the fight to build an arena in the Duranguito neighborhood of El Paso.

It was back in 2012 that 72 percent of the voters in El Paso passed a proposal to build a multi-purpose arena in the city.

When it comes to any election, 72 percent of people agreeing on anything is very rare, so you know El Pasoans really wanted this arena built.

The only problem is when it was approved, no site for the arena had been decided on.

City leaders chose the land right next to the Civic Center downtown – Duranguito.

The only problem was that some people still lived in that neighborhood.

Then came a frustrating decade of arguments, finger-pointing and litigation between City of El Paso officials and an

organized group who wanted to preserve the neighborhood for its historical significance.

Many people have asked the question, why did the arena have to be located in Duranguito?

The answer is simple, there's a little known law in the state of Texas (State House Bill 1964) that states if a new arts facility/arena is built within 1,000 feet of an existing entertainment structure, like the Convention Center, the city would be in line to receive approximately \$25 million worth of tax rebates over a 10-year period.

In the end, it was simple, both sides agreed that an arena is a good idea for the city, but they disagreed on the location.

So year after year, one side gained a court victory and then the other side would follow with a win of their own, and on and on it has gone for 10 years.

Well, all this was put to rest last week when our local politicians decided to build the arena in a different location of downtown.

Of course this is 10 years too late. Inflation and prices are much higher now than in 2012. The \$180 million arena El

Paso could have had 10 years ago will be much different than the arena El Paso can get today – unless some of the local millionaires chip in to help.

Now the feasibility studies will begin for a new arena location. That should be good for lots of time and money.

Meanwhile, the Duranguito area, which has been half demolished and is almost totally vacant, is left in shambles.

But let's be honest. The unfortunate truth is that before all of the arena talk started, nobody cared about the Duranguito.

Although the local historians made it out to be an important place to be preserved, it wasn't. There were no weekly guided tours around the area to see all the historic monuments and artifacts. Nobody cared!

The disturbing truth is that the neighborhood was run down, dirty, and a complete eyesore. I recall telling friends of mine that I wouldn't want my grandmother live there.

Many of the buildings in the neighborhood were already vacant or uninhabitable. It was always one of those very poor neighborhoods in the downtown area you drove by without even thinking

about stopping there.

Then magically, once there was talk about the arena being built there, it was declared historically significant. If you don't believe me, ask yourself this, when was the last time you visited Duranguito for its historical importance? When was the last time you visited Duranguito? Ever?

It's kind of sad that there are many El Pasoans who resist change at all cost. They said no to the new baseball stadium and they said yes to keep the Asarco smokestacks.

It's funny, when we visit other cities, we eat up their entertainment districts, parks and sports arenas. But when it comes to having those same luxuries here, there's a fight.

My kids are in their twenties and are constantly taking weekend trips to Austin, Phoenix or LA to attend huge concerts. Notice how I didn't include El Paso.

Young people travel because that's where the cool stuff is happening.

The good news is that they will build the arena somewhere else. The bad news is that there will probably be another fight when they choose the next location.

## Senior moment By Matilda Charles

# One billion safety recalls

It was recently disclosed that in the first half of 2022, there were over 1 billion recalls across the country of products that we buy.

That's billion, with a "b." Depending on the level of the recall, some of them can be extremely serious ... even deadly.

How do we know whether we missed an announcement about a product we own? We can go online to Recalls.gov and look. They cover everything from sports equipment to electronics, household items and more. You can search on that site by date, the type of hazard and the country where an item was manufactured. I searched for clothing. It was shocking to see a dozen children's items recalled for fire hazard. And the padded rolling desk chair with the legs that can break. And the smoke and carbon monoxide alarms that don't work. And laundry detergent with dangerous bacteria in it.

To be notified about recalls, go to [www.cpsc.gov/Newsroom/](http://www.cpsc.gov/Newsroom/)

Subscribe and sign up for the free email alerts.

If you need to keep up with recalls and alerts for a vehicle, go online to [www.nhtsa.gov/recalls](http://www.nhtsa.gov/recalls). You'll need the vehicle identification number (VIN), which can be found on the door jamb behind the driver door. Or you can search by year, make and model of your vehicle. For the very latest vehicle recalls, Kelley Blue Book also has them listed on the front page at [www.kbb.com/recall](http://www.kbb.com/recall).

Food is another area where we need to keep up with any recalls and warnings. Search for "FDA Recalls, Market Withdrawals, & Safety Alerts" for the latest information on cosmetics, veterinary items, medical devices and food. Right on the front page was a list of alerts for products with undeclared wheat, potential listeria, salmonella and more. In the medical devices it was disturbing to learn of rust on needles.

You'll see a link there to sign up for alert emails. Let's make 2023 our year to be aware and safe.

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## Briefs

From Page 4

more information about board service, visit [tasb.org/board-candidates](http://tasb.org/board-candidates)

– David Koempel

## A big book

You don't want a judge throwing this book at you; it's the world's biggest book ever – 7 feet tall, 11 feet wide and weighing in at 496 pounds. It has the appropriate title, I Am Texas, and was authored by 1,000 "great state" elementary and high school students. It was the brainchild of the Literacy nonprofit iWRITE and The Bryan Museum in Galveston, TX.

– John Grimaldi

## Super Crossword

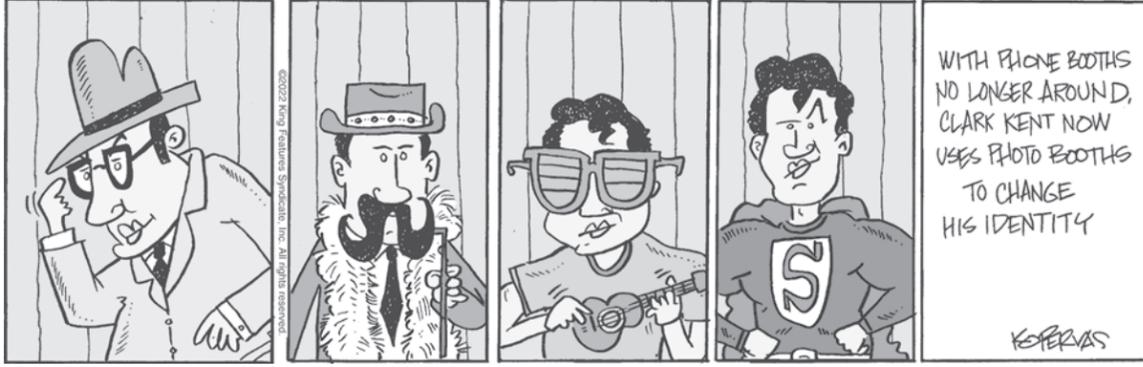
- OBJECTS OF DEVOTION ACROSS**
- 1 Serengeti trek
  - 7 Freeway exit
  - 14 Calm assurance
  - 20 Neighbor of Saturn
  - 21 Sun porches
  - 22 Deli machine
  - 23 Aficionado of air ducts?
  - 25 Capital of Cuba
  - 26 Jean jacket material
  - 27 Email chuckle
  - 28 Soccer player Hamm
  - 30 Citrus peels in recipes
  - 31 "House" actor
  - 34 Aficionado of wild, irrational talk?
  - 37 Contributor
  - 38 \_ spell over
  - 40 State of fury
  - 41 Fly with no co-pilot
  - 42 Thus
  - 43 Hail \_ (yell "Taxi!")
  - 45 Las Vegas-to-Denver dir.
  - 47 Ending for Japan
  - 49 Aficionado of bellies?
  - 52 Aficionado of sweet fillings?
  - 58 Pet-rescuing org.
  - 59 Walked very stealthily
  - 62 San \_ (California county or city)
  - 63 CIA missions, e.g.
  - 66 Give the boot
  - 68 River of Paris
  - 69 Louisianans of French descent
  - 70 Cafe au \_ (light brown)
  - 72 Aficionado of confidential matters?
  - 75 Shapes of parentheses
  - 76 Member of a ruling family
  - 78 Sank, as a putt
  - 79 Writer Wiesel
  - 81 Once surnamed
  - 82 Cuban-born writer
  - 83 Calvino
  - 83 Downgraded
  - 85 Ward with Emmys
  - 87 Aficionado of wickedness?
  - 89 Aficionado of apartment managers?
  - 94 "Taking Woodstock" director
  - 95 NFL stats
  - 98 Loch \_
  - 99 Jethro \_ (rock group)
  - 100 Do pool laps
  - 104 Sir, to Brits
  - 106 All mixed up
  - 108 High-quality black tea
  - 109 Aficionado of Mauna Loa snacks?
  - 112 Set free
  - 115 Fetus holders
  - 116 Be mistaken
  - 117 "\_ culpa"
  - 119 "Going Rogue" author Sarah
  - 120 Sends in Alexandria \_-Cortez
  - 18 Cerebral
  - 19 "Donnie \_" (1997 Johnny Depp film)
  - 24 Current unit
  - 29 Assented
  - 31 Laudatory poems
  - 32 Funny Sahl
  - 33 Wound cover
  - 35 U-Haul rental
  - 36 Tableland
  - 39 Be up against
  - 43 Confront
  - 44 Rush after
  - 46 Cut-rate, in brand names
  - 48 "Easy A" star Stone
  - 50 Likely
  - 51 Model Buendchen
  - 53 Actor Christopher
  - 54 Mexican peninsula
  - 55 Road reversal
  - 56 Trespassing deterrent
  - 57 Dancer Bob
  - 60 Flying Pan
  - 61 Spanish squiggles
  - 63 Vintage tune
  - 64 Premium channels
  - 65 Mideastern peninsula
  - 67 "Danke \_"
  - 69 "Hear ye!" yellers
  - 71 Like most NBA players
  - 73 Boisterous
  - 74 "That's somebody \_ problem"
  - 77 Couch
  - 80 Pixie
  - 83 Pea or lentil
  - 84 Sandy hill
  - 86 Tiny blood vessel
  - 88 Actress Swenson
  - 90 Ring out
  - 91 Big pet food brand
  - 92 Mucho
  - 93 Painter Paul
  - 96 Aykroyd of "Soul Man"
  - 97 Up a tree
  - 100 Blue toons of the 1980s
  - 101 Aqueous
  - 102 Deliverers of frozen blocks
  - 103 The Red Foxes' college
  - 105 Macho
  - 107 TV sleuth
  - Remington
  - 108 "The Taking of \_ 123" (2009 thriller)
  - 110 Last- \_ effort
  - 111 Brand of cellulose fiber
  - 113 NYSE debut
  - 114 Fish piercers
  - 118 Big PC brand
  - 121 "Rescue us!"
  - 123 "Law & Order: \_"
  - 124 NFL stats
  - 125 Neither hide \_ hair
  - 126 Week division

Answer Page 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19			
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Comix

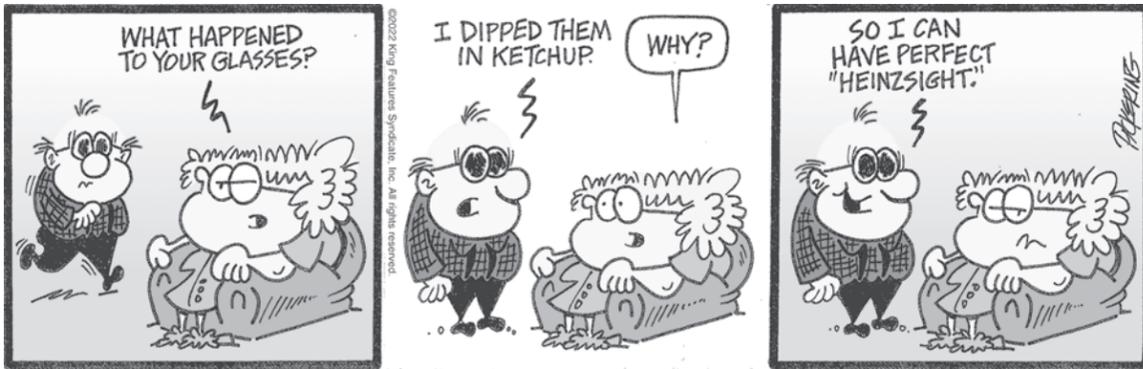
**OUT ON A LIMB** By Gary Kopervas



**AMBER WAVES** By Dave T. Phipps



**THE SPATS** By Jeff Pickering



**R.F.D.** By Mike Marland



**TIGER** By Bud Blake



**Lowry**

From Page 2

European club, China believed it needn't bother. It was the Middle Kingdom, the only civilization in a world of barbarians who owed it tribute and deference. Its sense of superiority was punctured by the Opium Wars in the middle of the 19th century and, as with Russia, a shocking defeat in a

conflict with Japan.

Eventually, China, too, turned to Marxism-Leninism. After yet more humiliation and failure, the CCP now is fired with audacious visions of a return to imperial grandeur.

President Xi Jinping is more or less explicit about it. He has said that "since the Opium War of the 1840s the Chinese people have long cherished a dream of realizing a great national rejuvenation." Now, it is on the

cusps of providing "a new option for other countries," and "a Chinese approach to solving the problems facing mankind." In short, "it will be an era that sees China moving closer to center stage."

This is a vision of Middle Kingdom redux, although couched in bloodless phrasing.

Xi views Taiwan much the same way as Putin views Ukraine – it rightfully belongs

# Swallowing pills all at once is OK, unless meds shouldn't interact

**DEAR DR. ROACH:** I have always wondered if it matters if you swallow a bunch of pills in one swallow or if it would be better to space them out. I take a bunch, like Eliquis, dicyclomine, gabapentin, etc. – B.A.



With most pills, it's OK to take them as a bunch together if you can tolerate doing so (I've known people who have a tough time taking multiple pills at the same time due to gagging). There are a few combinations of pills that shouldn't be taken together, such as tetracyclines and calcium, but these should be labelled clearly on your bottle.

A few medicines, like alendronate (Fosamax), can't be taken with any other medicines. Some medicines, including all the ones you mentioned, can cause sedation, which can be worsened if taken together.

As always, your pharmacist is your best friend for questions about medication interactions.

**DEAR DR. ROACH:** Despite having family history of high cholesterol (including early death due to heart failure), I was told at 53 that my 10-year risk is not alarming. I do not smoke, nor do I drink. I recently had some tests done and was told that my Lipoprotein(a) level is above normal. I am wondering if that may explain my concern of why, despite keeping a very careful diet over two decades (and a fairly good Mediterranean diet before as well) and an ideal BMI, my figures are not getting better. (I still have a high LDL, low HDL and high triglyceride count.) After I recovered from COVID, I seemed to have a high pulse and was advised that my stress ECG is positive. I find aerobic exercise very challenging, but I keep active when I can. I tend to be anemic and feel tired very often due to heavy periods, but I take iron supplements. What should I do concerning my cholesterol in my blood? I am concerned that my high figures may indicate a serious silent illness. – M.H.

The 10-year risk is a good place to start in deciding whether elevated cholesterol needs to be treated; however, the 10-year risk does not consider some risk factors, including the high Lp(a), which is an independent risk factor on top of your high LDL and low HDL. The Lp(a) doesn't affect the other cholesterol numbers.

Diet and exercise do tend to help cholesterol numbers and definitely help reduce heart disease risk, but it is possible to have cholesterol results that are not ideal despite a very good lifestyle.

A positive stress test is a concerning finding and is usually followed up by a definitive test for blockages in the artery, such as an angiogram. The results of that will absolutely guide your cardiologist as far as further treatment, including whether you need treatment for your cholesterol numbers.

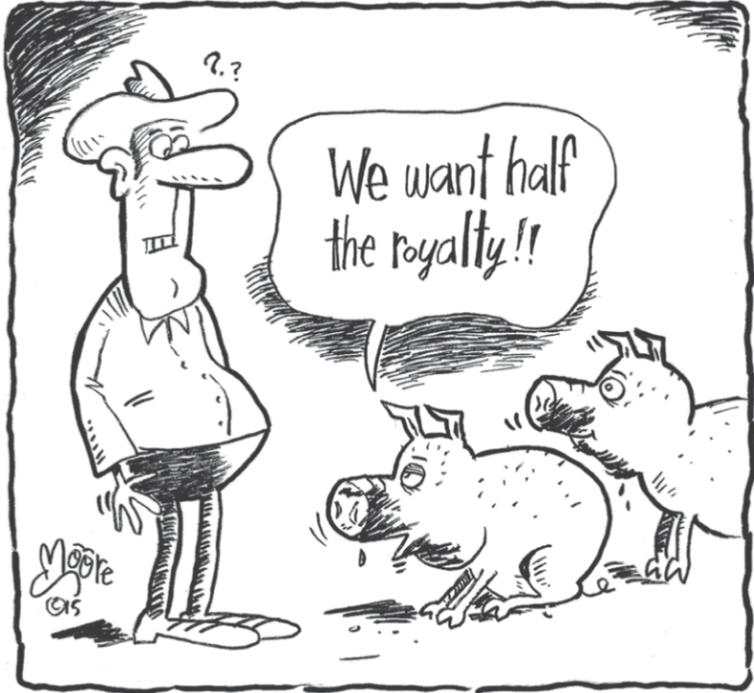
Although statin drugs do not reduce Lp(a), they do reduce the risk of heart disease in people with elevated levels of Lp(a). I follow the advice of experts who recommend a lower threshold for medication treatment in people with high Lp(a) levels, especially in people with a family history of heart blockages or heart attacks.

*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](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2023 North America Synd., Inc. All Rights Reserved.*

to China, and re-taking it will help salve the geo-political and psychological wounds of imperial China's spectacular descent into disaster and powerlessness. "We cannot lose even one inch of the territory left behind by our ancestors," Xi told a U.S. official in 2018. The war in Ukraine shows

that when an autocrat ruling a once-great empire speaks in such terms, it is time to arm the targeted state to the teeth and dispense with all illusions.

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



**Moore Texas by Roger Moore**  
Saratoga, TX, circa 1850: J.F. Cotton's pigs come out of a thicket with slick and glossy snouts, leading to a big oil discovery. ... Did the pigs get a finders' fee???

## 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: **B** equals **H**

HUAPB RGAUKEHG PUZH ZEPB G  
DAMGTEJBKN BEFB VUVLKGPEUH  
UD VGAPERLKGA SGSN SEAYJ UD  
VAMN: TEYVN BGZT.

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

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

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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# Life insurance from the VA



by Freddy Groves

As of now, for the first time in 50 years, the Department of Veterans Affairs is opening up enrollment in Veterans Affairs Life Insurance, aka VALife. Veterans who are age 80 or under, with any level of service-connected disabilities, are guaranteed to be accepted to receive up to \$40,000 in whole life insurance.

A bonus is that there is no requirement for medical underwriting, meaning that no one is going to squint at the health details of your application and try to decide whether or not to offer you insurance.

The VALife changes are to the existing Service-Disabled Veterans Insurance (S-DVI):

- You'll be able to apply online and get a fast decision.
- There is no time limit to apply (the existing insurance requires you to sign for life insurance within two years).
- There is no good-health

requirement (the existing insurance requires you to be healthy, except for conditions that are service connected).

• You can now apply for \$40,000 in insurance (the existing insurance limits you to \$10,000).

Before you sign up, read about whole life insurance versus term insurance. Whole life can stay with you for your lifetime as long as you keep paying the premiums, and it accumulates a cash value that you can withdraw or borrow from. Term insurance is for a specific period of time and doesn't accrue cash value. BUT whole life costs more, sometimes a lot more. Do your homework and know what you're getting if you sign up for the VA's whole life.

A fact to notice: With the VALife policy, it will build cash value for two years and then convert to face value. If the veteran dies during the two years, beneficiaries will get back the premiums paid, plus interest.

If you currently have the old S-DVI, you'll be able to switch over to the VALife, should you

choose to do so.

To see the fine print, go to [www.benefits.va.gov/insurance/valife.asp](http://www.benefits.va.gov/insurance/valife.asp). Click on the Cost link to see a chart showing the premiums.

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• The end of the year is a great time to pick up next year's holiday decorations at a discount. Before you pack away your holiday lights, ornaments, cards, etc., do an inventory and see if you are able to find what you need to complete your look at a slashed price.

• Computer grocery lists can make not only shopping easier, but organization as well. Keep a file listing all the items you usually purchase from week to week. You can even create sections based on where certain items are located throughout the store. This will ensure you don't miss something, necessitating a return trip to the store. Stay organized to save money.

• "Keep a small package of antibacterial wipes in your car to clean your hands after pumping gas. Not only is there any potential gas to get off your hands, but these handles don't get cleaned often, and are very dirty." – R.D. in South Carolina

• "If you have extra papers that are only printed on one side, save them. You can cut them in quarters and staple several sheets together to make scrap paper pads to keep near the telephone or on the fridge. They are handy, and you'll be reusing material, which is good for the environment." – U.L. in Missouri

• Putting up new calendars? Before you toss your old one, be sure to look through it for important anniversaries, and cut out and save any pictures or art that might be reusable for craft projects.

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

## GO FIGURE! by Linda Thistle

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

**DIFFICULTY:** ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

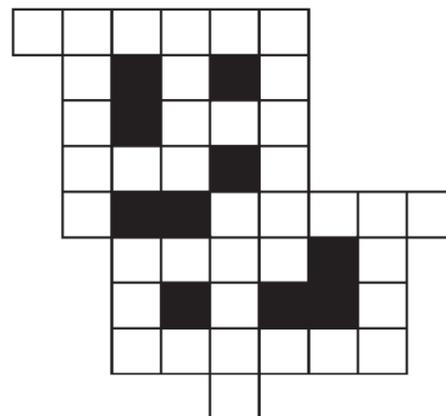
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- EZF
- FADTEE
- ♥ MERDA
- DOML
- ♥ DELASM
- ♥ IST
- ♥ DTIE
- ♥ TOLFA
- ♥ DMI
- ARLDIZ
- ♥ SERIA
- ♥ ITFS



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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