

NEWSBRIEFS

Healthy places

With employer-provided healthcare plan costs expected to rise by an average of 5.6% in 2023, the personal-finance website WalletHub has released its report on 2023's *Healthiest & Unhealthiest Cities in America*, as well as expert commentary. To identify the places where health is a priority, WalletHub compared more than 180 of the largest U.S. cities across 43 key metrics. The data set ranges from the cost of a medical visit to fruit and vegetable consumption to the percentage of residents who are fully vaccinated. El Paso was rated 139th in the report. Other stats:

- Fremont, CA has the lowest share of physically unhealthy adults, 6.20 percent, which is 2.8 times lower than in Newark, NJ, the city with the highest at 17.60 percent.
- Laredo, TX has the lowest cost per doctor's visit, \$65.00, which is 3.6 times less expensive than in Juneau, AK, the city with the highest at \$235.22.
- Portland, ME has the lowest share of adults eating fruit less than once daily, 32.00 percent, which is 1.6 times lower than in Chattanooga, TN, the city with the highest at 52.60 percent.
- Glendale, AZ has the lowest average monthly cost for a fitness-club membership, \$15.00, which is 7.1 times less expensive than in Juneau, AK, the city with the highest at \$106.88.

Visit: <https://wallethub.com/edu/healthiest-cities/31072> for the full report.

— Diana Polk

A whale of a tale

It is said that the top two reasons to go whale watching are the experience and the thrill. But surely the passengers aboard Captain Dave's Dolphin and Whale Watching Safari off the coast of California recently got much more than an experience and a thrill of a lifetime recently. They got to watch a whale giving birth to an offspring. "For a minute, many of us thought it may be a shark or predatory event. But no, instead of the end of life, it was the beginning of a new one," according to a passenger who got it all tape.

— John Grimaldi

Patrick Henry ought to come back and see what taxation with representation is like.

— Quips & Quotes

Canutillo HS alumni to host annual golf tournament

By Alfredo Vasquez
Special to the Courier

CANUTILLO – Since 2004, Canutillo Alumni Foundation for Education (CAFÉ) has been providing scholarships to college-bound graduates from the Canutillo Independent School District. As part of its funding raising activities, CAFÉ hosts an annual golf tournament at one of the many courses in the region.

This year's golfing event will be held beginning at 8 a.m., on Friday, May 5, at Painted Dunes Golf Course. The tournament is CAFÉ's major

See GOLF, Page 3



— Photo courtesy CAFÉ

FOR A GOOD CAUSE – Sergio Coronado, El Paso County Commissioner Precinct 4, above left, and Sergio Martinez, a well-known architect participated in last year's Canutillo Alumni Foundation for Education (CAFÉ) tournament. Coronado and Martinez are graduates of Canutillo High School and charter members of the CAFÉ group. They were also instrumental in starting the annual golf tournament in 2004.

DEA to hold Take Back Day this month

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY – The Drug Enforcement Administration has announced the date of its 24th National Prescription Drug Take Back Day. On Saturday, April 22, DEA with Police

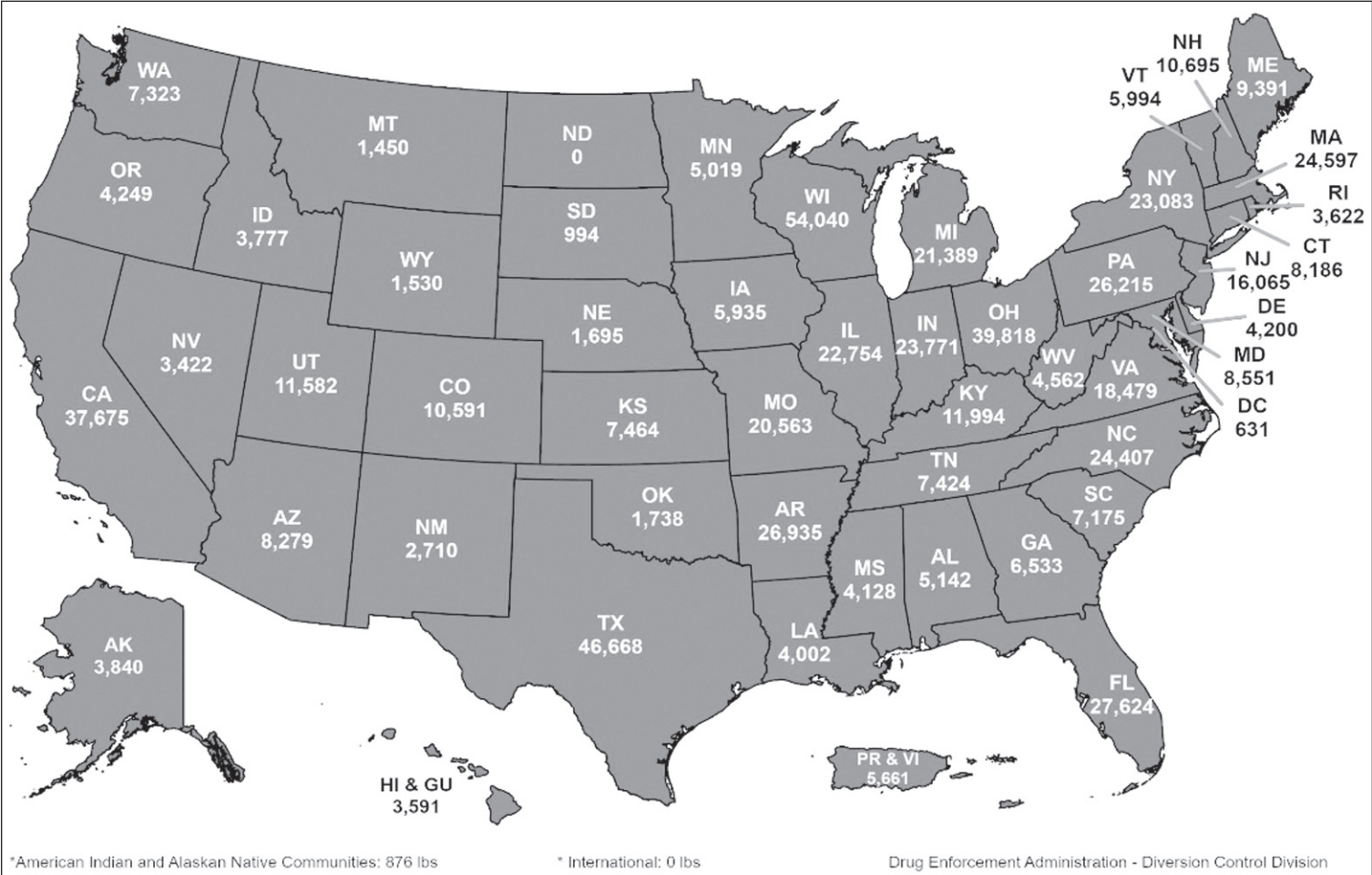
and Sheriff Departments in El Paso, West Texas, and New Mexico will collect tablets, capsules, patches, and other solid forms of prescription drugs from 10 a.m. to 2 p.m. local time.

For more than a decade, DEA's National Prescription Drug Take Back Day has helped Americans easily rid their homes of unneeded medications

– those that are old, unwanted, or expired – that too often become a gateway to addiction.

Take Back Day offers free and anonymous disposal of unneeded medications at more than 4,000 local drop-off locations nationwide. There

See DRUGS, Page 3



— Graphic courtesy DEA

TONS OF DRUGS – On the 23rd National Take Back Day, October 29, 2022, the DEA and its partners collected 647,163 pounds of unwanted prescription drugs and other materials. The graphic above breaks down the weight collected state by state.

Create your own: Stop rewriting books

First, they came for Roald Dahl.
Anyone who thought the politically correct rewriting would stop at the irreverent author of such children's classics as *Charlie and the Chocolate Factory* and *Fantastic Mr. Fox* was, of course, sadly mistaken.
The news that hundreds of changes have been made in Dahl's classics is now followed by word

that Ian Fleming, the creator of James Bond, is getting an emergency rewrite as well.

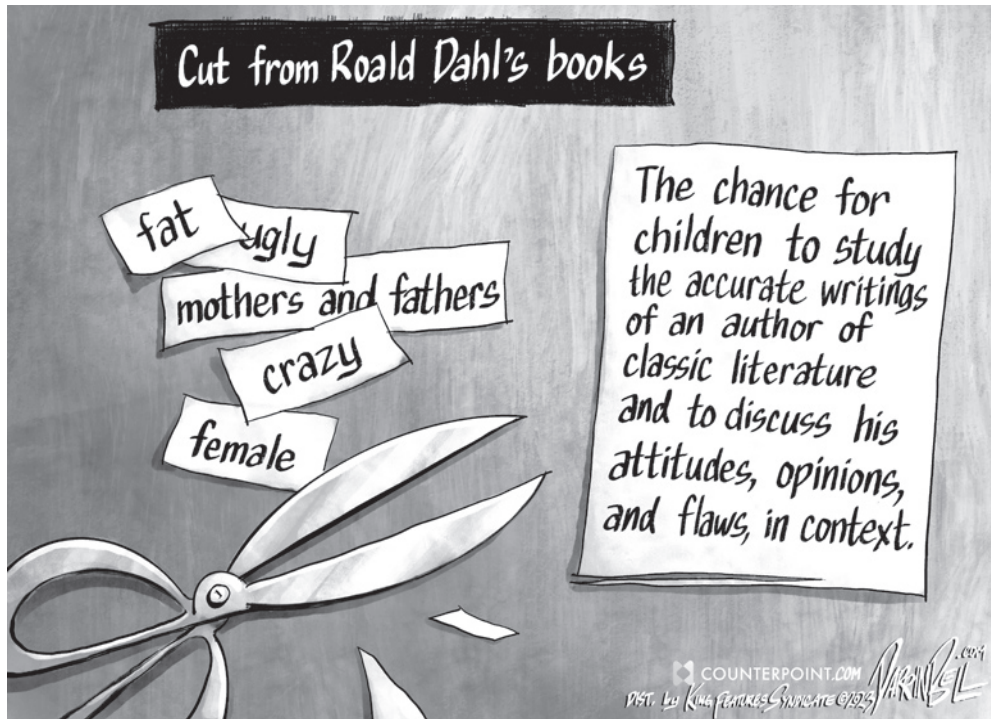
This is a very bad idea.

For a start, where does it end? There's no limiting principle that would prevent the editing of nearly every great writer in the Western canon. Homer is cauldron of toxic masculinity. Chaucer, who has been removed from curricula at various universities,

the original, taking out blasphemous language and other unsettling material. The suicide of Ophelia, for instance, became an accidental drowning.



Even Bowdler, by the way, wasn't sure he was able to fix *Othello*.



would need extensive reworking – for the offense of relaying 14th-century attitudes toward women, if nothing else. As for Shakespeare, has anyone read *Othello*?

We get the word “bowdlerize” from Thomas Bowdler, who published a version of Shakespeare more appropriate for families in the early 19th century. He meant well, but his name has become synonymous with ham-fisted editing of texts for political or social reasons. The first Bowdler edition of the bard’s works axed about 10% of

Then, there's the matter of the integrity of the record. Great authors use every word in a book for a reason. Changes in the language, even if done with care, change the meaning and the nature of the work. If Roald Dahl used colorful language to describe a character (and he quite often did) and it's stripped out for fear of offending people, say, with double chins, the character has been changed — without the author's permission and counter to how he published his work.

This is no more defensible than someone deciding Monet's water lilies should be an ever-so slightly different shade of green, or that Tchaikovsky should have written his *1812 Overture* in D-sharp minor instead of E-flat major.

Any such suggestions would be considered cultural vandalism and the same should apply to the woke rewriting of literature.

Relatedly, the edits of enduring works are never,

See LOWRY, Page 7

View from here By Dr. Glenn Mollette

Fences, guards and guns at every American school

Eventually every school system in America will have to fence in every school and put an armed guard at every gate. Inside the school building cameras will have to be focused on doors and vulnerable glass windows and someone will have to monitor all the cameras. Some school systems will be slow on adding such security but lawsuits from teachers will eventually bring more stringent security into reality.

The Nashville shooting of three children and three adult workers was another heinous act carried out by a deranged person. Someone who commits such an act is beyond mentally ill, they have become mentally deranged. Sadly, the individual waited too long to get psychological help.

I don't want to mention the shooter's name because

too much attention is given to people who kill innocent school teachers and children and even people in houses of worship. They prey on places that are typically gun-free zones filled with people who are often trapped with no way of escape. Newspapers and media sources should eliminate mentioning the name of such killers. As evil as it is, these mentally ill people see such acts as a way for them to get massive negative attention and to go out in what they perceive to be a moment of glory.

The idea of such security at all our schools is difficult to embrace but we have no choice. This adds to the financial challenges facing school systems. A fence is

not aesthetically appealing. It looks third world but that's where we are in America. I've traveled to enough third world countries to have viewed walls around average homes, churches and schools. In Brazil many walls are erected around homes because of the high crime rate. Thieves are everywhere in Brazil. There are many wonderful people in Brazil but also plenty of thieves.

We didn't grow up with fences and walls. We don't want them today, but do we have a choice?

Many believe eliminating semi-automatic rifles is the answer. A killer with two six shooters could still kill someone and probably several in a classroom filled with

children. If we outlaw guns in this country, then evil people will find a way to smuggle them into our country to other evil people who aren't concerned about keeping the law. Then, we will be defenseless and at their mercy. Fentanyl is illegal but over a 100,000 people died in 2022 from fentanyl and synthetic opioids.

I don't own a semi-automatic rifle but if China or Russia invades us, I want one. Actually, I want one for my wife, children and grandkids. We need at least a chance to defend ourselves.

By all means we must stop the mentally ill from having such weapons but that's hard to do when someone has no

See GUNS, Page 7

1973
50
Years
2023

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COURIER

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Letters must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.


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CryptoQuip
Answer

I thought it was wonderful
when Madeleine became
Secretary of State.
She's Albright with me.

[illegible]

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– Photo courtesy DEA

TOSS 'EM OUT – Old or unwanted prescription drugs will be collected on Saturday, April 22, 2023 by the DEA and its partners.

Drugs

From Page 1

will be over 10 locations in El Paso, West Texas, and over 40 in New Mexico. In partnership with local law enforcement, Take Back Day has removed more than 8,300 tons of medication from circulation locally

since its inception. Collection sites will not accept syringes, sharps, and illicit drugs. Liquid products, such as cough syrup, should remain sealed in their original container. The cap must be tightly sealed to prevent leakage. Visit www.DEATakeBack.com for more information and to find a collection site near you.



– Photo courtesy CAFÉ

PLAYING THROUGH – Canutillo Alumni Foundation for Education (CAFÉ) Golf Tournament has helped raise thousands of dollars for scholarships that are awarded to Canutillo High School graduates each year. The golfing event also offers participants the opportunity to enjoy the outdoors, like the ladies riding the golf cart during last year's golf tournament.

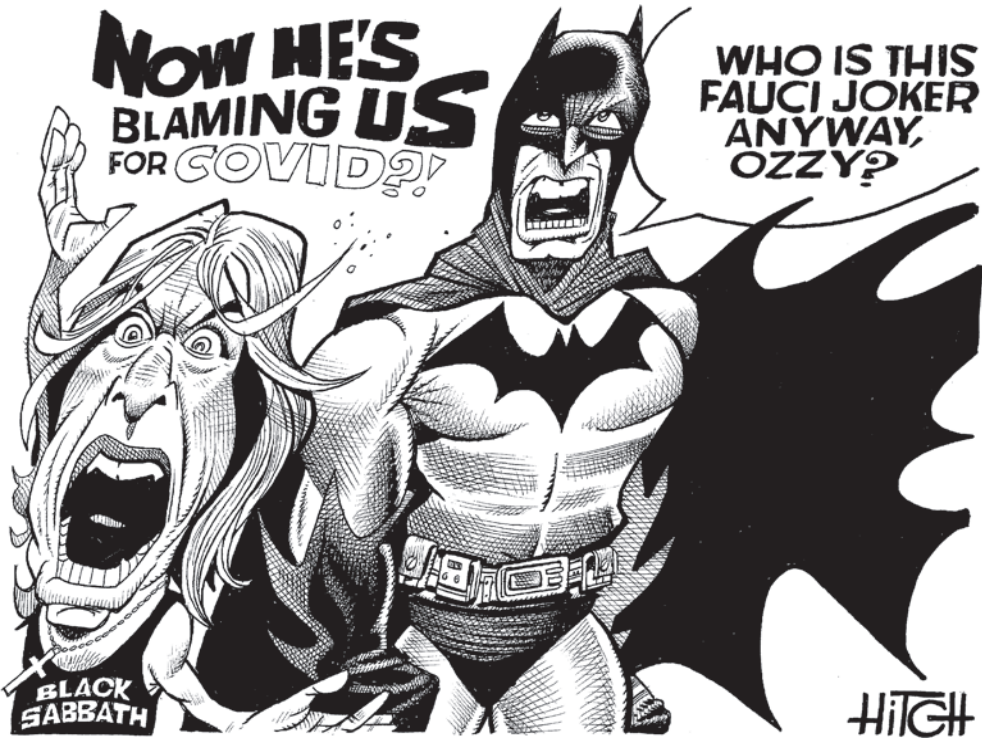
Golf


From Page 1

fundraiser that depends on generous sponsors. Tournament organizers said that they are still accepting sponsorships and donations – such as prizes, gift

cards, or other promotional goods – to offer participants. For more information, contact CAFÉ, at (915) 877-7482. To register visit <https://pdnfoundation.org/give-to-a-fund/canutillo-alumni-education-foundation> and fill out the entry form.

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<div></div> <div>By Lucie Winborne</div> <div><ul style="list-style-type: none">There is an art form called Assquatch that consists of faces made from deer posteriors.Renaissance genius Leonardo da Vinci designed plans for a “mechanized knight,” a robot-like creation that relied on a pulley</div>	<div>system. When the plans were discovered nearly five centuries later and built according to his specifications, the design worked perfectly.</div> <div><ul style="list-style-type: none">In 2012, a Manchester, U.K., couple jokingly invited Queen Elizabeth to their wedding. Her Royal Highness not only showed up, but brought Prince Philip.Speedy Gonzales was banned by the Cartoon Network for being an offensive stereotype, only to be returned</div>	<div>after mass protest by the Hispanic-American community.</div> <div><ul style="list-style-type: none">The lowest sounding instrument in an orchestra is the contrabassoon. Only a few soloists in the world play it.After winning an Oscar, Daniel Day-Lewis retired to become a cobbler in Italy. Fortunately for the theatrical world, he returned to acting after Martin Scorsese convinced him to star in “Gangs of New York.”The first Troll doll was created</div>	<div>by a Danish fisherman who could not afford a Christmas gift for his daughter. While it wouldn’t have won any beauty contests, when other children saw it they wanted one as well.</div> <div><ul style="list-style-type: none">IKEA recalled its chocolate bars because they didn’t come with an allergy warning.In 1877, a monkey named Jimmy was charged with assault after biting the finger of one Mary Shea. When a judge said he couldn’t legally commit a monkey, Jimmy respectfully</div>	<div>removed his velvet hat, climbed on the judge’s desk, and attempted to shake his hand.</div> <div><ul style="list-style-type: none">There’s a website that tells you the best time to use the restroom during a movie in a theater so you don’t miss anything important.</div> <div>Thought for the Day: “A man is not old until regrets take the place of dreams.” – John Barrymore</div> <div>(c) 2023 King Features Synd., Inc.</div>
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Notice of Election – Anthony Independent School District

To the Registered Voters of Anthony, Texas:

A los votantes registrados de Anthony, Texas:

Notice is hereby given of an election to be held May 6, 2023, for voting in a General Election, to elect four (4) Anthony (Texas) Independent School District At-Large Board Members. Three places are four (4) year terms ending in May 2027. One place is to fill an unexpired (2) two year term. The three candidates receiving the highest number of votes will be elected to four year terms. The candidate receiving the fourth highest number of votes will be elected to complete an unexpired term ending in May of 2025. **The polling places listed below will be open from 7:00 a.m. to 7:00 p.m. on Saturday, May 6, 2023.**

Por la presente se da aviso de una elección que se realizará el 6 de mayo de 2023 para votar en una Elección General, para elegir a cuatro (4) Miembros de la mesa en general Directiva del Distrito Escolar Independiente de Anthony (Texas). Tres lugares son períodos de cuatro (4) años que terminan en mayo de 2027. Un lugar es para llenar un término de dos (2) años no vencido. Los tres candidatos que reciban el mayor número de votos serán elegidos para plazos de cuatro años. El candidato que reciba el cuarto mayor número de votos será elegido para completar un plazo no caducado que finalizará en mayo del 2025. Los lugares de votación que figuran a continuación estarán abiertos de 7:00 a.m. a 7:00 p.m. el sábado 6 de mayo de 2023.

**Election Day
May 6, 2023
7:00 a.m. – 7:00 p.m.
On Election Day any El Paso County registered**

voter is eligible to vote at any El Paso County Vote Center in EXHIBIT 1. Visit <https://epcountytvotes.com/> for all locations or changes. **SUBJECT TO CHANGE**

***DIA de ELECCION
6 de mayo el 2023
7:00 a.m. a 7:00 p.m.
El día de las elecciones, cualquier votante registrado en el condado de El Paso es elegible para votar en cualquier Centro de Votación del Condado de El Paso en ANEXO 1. Visite <https://epcountytvotes.com/> para todas las ubicaciones o cambios. SUJETO A CAMBIO***

EARLY VOTING
Early voting by personal appearance will be conducted at all locations within El Paso County at which Early Voting is conducted by the County Elections Department (EXHIBIT 2) beginning on Monday, April 24, 2023 and ending on Tuesday, May 2, 2023. **For early voting, a voter may vote at any of the locations listed in EXHIBIT 2.**

VOTACION ANTICIPADA
Para votar anticipadamente puede acudir en persona de lunes 24 de abril 2023 al viernes, 2 de mayo 2023, a cualquier centro de votaciones inclusive las casillas móviles del Condado de El Paso donde el Departamento de Elecciones del Condado (ANEXO 2) realice votaciones anticipadas. Para Votación Adelantada, los votantes podrán votar en cualquiera de las ubicaciones nombradas en el Anexo 2.

Applications for ballot by mail should be mailed to:

Las solicitudes para boletas que se votarán en ausencia por correo deberán enviarse a:

**Lisa Wise
El Paso County**

**Elections Department
500 E. San Antonio, #314
El Paso, Texas 79901**

Applications for ballots by mail must be received no later than the close of business on April 25, 2023.

Las solicitudes para votar por correo deberán recibirse antes del término de horas hábiles el día 25 de abril de 2023.

Issued this 18th day of January of 2023.

Emitda esta 18 dia de enero de 2023.

*Angel Cuella
Presiding Officer
Oficial que Preside*

EXHIBIT 1 / ANEXO 1
Zip Code: 79821

**Anthony City Hall
401 Wildcat Dr.**

**El Paso County Northwest Annex
435 E. Vinton Rd.

Zip Code: 79901**

**Enrique Moreno County Courthouse
500 E. San Antonio Ave.**

**South El Paso Senior Citizen Center
600 S. Ochoa St.

Zip Code: 79902**

**El Paso Community College - Rio Grande Campus
906 El Paso St.**

**El Paso Tennis Club
2510 N. St. Vrain St.**

**Fire Station #3
721 E. Rio Grande Ave.**

**Lamar Elementary School
1440 E. Cliff Dr.**

**Mesita Elementary School
3307 N. Stanton St.**

**El Paso Tennis Club
2510 N. St. Vrain St.**

UTEP - Union

**Building East
351 W. University Ave.
(79968)**

Zip Code: 79903

**Fire Station #7
3200 Pershing Dr.**

**Safety and Health Outreach Center
5415 Trowbridge Dr.**

Zip Code: 79904

**Fire Station #16
3828 Hercules Ave.**

**Logan Elementary School
3200 Ellerthorpe Ave.**

**Magoffin Middle School
4931 Hercules Ave.**

**Nations Tobin Sports Center
8831 Railroad Dr.**

**Park Elementary School
3601 Edgar Park Ave.**

Zip Code: 79905

**Dr. Josefina Villamil Tinajero PK-8 School
301 Lisbon St. 79905**

**El Paso County Ascarate Annex
301 Manny Martinez Dr.**

**El Paso County Coliseum
4100 E. Paisano Dr.**

**Hawkins Elementary School
5816 Stephenson Ave.**

**Clardy Elementary School
5508 Delta Dr.**

Zip Code: 79907

**Alicia R. Chacon International School
920 Burgundy Dr.**

**Lancaster Elementary School
9230 Elgin Dr.**

**Loma Terrace Elementary School
8200 Ryland Dr.**

**Ysleta Community Learning Center
121 Padres Dr.**

**YWCA - Lower Valley
115 Davis Dr.**

Zip Code: 79911

**Congressman Silvestre & Carolina Reyes School
7440 Northern Pass Dr.**

Zip Code: 79912

**Brown Middle School
7820 Helen of Troy Dr.**

**Carlos Rivera Elementary School
6445 Escondido Dr.**

**Dr. Green Elementary School
5430 Buckley Dr.**

**Fire Station #27
6767 Ojo De Agua Dr.**

**Medano Heights
7801 Medano Dr.**

**Polk Elementary School
940 Belvidere St.**

**Putnam Elementary School
6508 Fiesta Dr.**

**Rosa Guerrero Elementary School
7530 Lakehurst Rd.**

**Tippin Elementary School
6541 Bear Ridge Dr.**

**Western Hills U.M.C - Stewart Family Life Center A
524 Thunderbird Dr.**

**YWCA - West
313 Bartlett Dr.**

Zip Code: 79915

**Bel Air Middle School
7909 Ranchland Dr.**

**Del Norte Heights Elementary School
1800 Winslow Rd.**

**El Paso Community College - Valle Verde
919 Hunter Dr.**

**Officer David Ortiz Recreation Center
563 N. Carolina Dr.**

**Ramona Elementary School
351 Nichols Rd.**

**Riverside High School
301 Midway Dr.**

**Transition To Life Career Center
7988 Alameda Ave.**

**Ysleta Pre-K Center
7940 Craddock Ave.**

Zip Code: 79922

**Fire Station #15
115 Shorty Ln.**

**Zach White Elementary School
4256 Roxbury Dr.**

Zip Code: 79924

**Arlington Park Shelter
10350 Pasadena Cir.**

**Bowling Family YMCA
5509 Will Ruth Ave.**

**Coach Archie Duran Elementary School
5249 Bastille Ave.**

**Desertaire Elementary School
6301 Tiger Eye Dr.**

**Dr. Joseph E. Torres Elementary School
10700 Rushing Rd.**

**H.E. Charles Middle School
4909 Trojan Dr.**

**Newman Elementary School
10275 Alcan St.**

**Parkland High School
5932 Quail Ave.**

**Whitaker Elementary School
4700 Rutherford Dr.**


Zip Code: 79925

**Bassett Place
6101 Gateway West**

**Cielo Vista Elementary School
9000 Basil Ct.**

**Eastwood Heights Elementary School
10530 Janway Dr.**

**Eastwood High School
2430 McRae Blvd.**



Moments in time

THE HISTORY CHANNEL

• On April 10, 1971, a U.S. table tennis team began a weeklong visit to the People’s Republic of China at the invitation of China’s communist government as part of an effort to build better relations between the two countries.

• On April 11, 2006, the

Amsterdam Historical Museum presented an exhibition of Anne Frank’s private letters. One of them, which was disapproved of by her father, Otto Frank, talked about her friendship with the boy who shared her family’s hiding place. Most of the letters were sent to Anne’s relatives in Switzerland.

• On April 12, 1954, Bill Haley and the Comets recorded the rollicking “Rock Around the Clock.” While the song was released in May, it didn’t hit No. 1 on the pop charts until

July 1955, after being used as the theme song for the movie “Blackboard Jungle.”

• On April 13, 1999, Jack Kevorkian, aka “Dr. Death,” was sentenced to 10 to 25 years in prison for the second-degree murder of 52-year-old Thomas Youk, who was in the final stages of ALS. Youk’s assisted suicide the previous year was videotaped and shown on the Nov. 23, 1998, broadcast of “60 Minutes.” Kevorkian served eight years before being released on

parole for good behavior.

• On April 14, 1956, Ampex Corp. demonstrated its first commercialvideotaperecorder, the VR-1000. CBS was one of the early TV companies to adopt the technology, which allowed a one-hour long program to be recorded on a single reel of tape.

• On April 15, 1981, Washington Post reporter Janet Cooke relinquished the Pulitzer Prize she had received just two days earlier for her

feature “Jimmy’s World,” published in the Post on Sept. 29, 1980. She admitted she made up her story about an 8-year-old heroin addict.

• On April 16, 1942, the citizens of the Island of Malta were awarded the George Cross by King George VI in honor of their heroic struggle against nearly continuous bombing by German and Italian forces during the early part of World War II.

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Aviso de Elección – Distrito Escolar Independiente de Anthony

<div>Anthony ISD Election Notice continued.</div> <div>Zip Code: 79925 (Continued) (continuado)</div> <div>Edgemere Elementary School10300 Edgemere Blvd.</div> <div>Fire Station #208301 Edgemere Blvd.</div> <div>Gary Del Palacio Recreation Center3001 Parkwood St.</div> <div>Ross Middle School6101 Hughey Cir.</div> <div>YISD Central Office9600 Sims Dr.</div> <div>Zip Code: 79927</div> <div>Campestre Elementary School11399 Socorro Rd.</div> <div>Chayo Apodaca Community Center341 N. Moon Rd.</div> <div>El Paso Community College - Mission Del Paso10700 Gateway Blvd E.</div> <div>Escontrias Elementary School205 Buford Rd.</div> <div>H.D. Hilley Elementary School693 N. Rio. Vista Rd.</div> <div>Robert R. Rojas Elementary School500 Bauman Rd.</div> <div>Western Technical College9624 Plaza Cir.</div> <div>Zip Code: 79928</div> <div>Carroll T. Welch Elementary School14510 Mc Mahon Ave.</div> <div>Desert Hills Elementary School300 N. Kenazo Dr.</div> <div>Desert Wind K-8 School1100 Colina De Paz Dr.</div> <div>Dr. Sue A. Shook Elementary School13777 Paseo Del Este Blvd.</div>	<div>Eastlake High School13000 Emerald Pass Ave.</div> <div>Horizon Heights Elementary School13601 Ryderwood Ave.</div> <div>KEYS Academy12380 Pine Springs Dr.</div> <div>Zip Code: 79930</div> <div>Austin High School3500 Memphis Ave.</div> <div>Center for Career and Technology Education1170 N. Walnut St.</div> <div>Memorial Park Senior Citizen Center1800 Byron St.</div> <div>Paul C. Moreno Elementary School2300 San Diego Ave.</div> <div>Travis Elementary School5000 N. Stevens St.</div> <div>Zip Code: 79932</div> <div>Fire Station #2111 E. Borderland Rd.</div> <div>Community Connections Center5300 Warriors Dr.</div> <div>Zip Code: 79934</div> <div>Dr. Nixon Elementary School11141 Loma Roja Dr.</div> <div>Zip Code: 79935</div> <div>Fred & Maria Loya Family YMCA2044 Trawood Dr.</div> <div>Zip Code: 79936</div> <div>Benito Martinez Elementary School2640 Robert Wynn St.</div> <div>Bill Sybert K-8 School11530 Edgemere Blvd.</div> <div>ESC Region 19 Head Start Multipurpose Center11670 Chito Samaniego Dr.</div> <div>El Paso County Eastside Annex2350 George Dieter Dr.</div> <div>Hanks High School2001 Lee Trevino Dr.</div>	<div>Hanks Middle School11201 Pebble Hills Blvd.</div> <div>Helen Ball Elementary School1950 Firehouse Dr.</div> <div>Jane Hambric K-8 School3535 Nolan Richardson Dr.</div> <div>Marty Robbins Recreation Center11620 Vista Del Sol Dr.</div> <div>O'Shea Keleher Elementary School1800 Leroy Bonse Dr.</div> <div>Pebble Hills Elementary School11145 Edgemere Blvd.</div> <div>Sierra Vista Elementary School1501 Bob Hope Dr.</div> <div>Tierra Del Sol Elementary School1832 Tommy Aaron Dr.</div> <div>Zip Code: 79938</div> <div>Esperanza Acosta Moreno Library12480 Pebble Hills Blvd.</div> <div>Hurshel Antwine Elementary School3830 Rich Beem Blvd.</div> <div>Lujan-Chavez Elementary School2200 Sun Country Dr.</div> <div>Pebble Hills High School14400 Pebble Hills Blvd.</div> <div>EXHIBIT 2 LOCATION, DATES AND HOURS OF OPERATION OF POLLING PLACES FOR EARLY VOTING:</div> <div>ANEXO 2 DIRECCION, DIAS Y HORAS HABILES DE LAS CASILLAS ELECTORALES PARA VOTACION ANTICIPADA:</div> <div>April 24 to 28, 2023 (Mon. - Fri.) Hours Listed</div> <div>April 29 and 30, 2023 (Sat. and Sun.) 12 (noon) - 5 p.m.</div> <div>May 1 to May 2, 2022 (Mon. and Tues.) Hours Listed</div>	<div>Zip Code: 79821</div> <div>El Paso County Northwest Annex435 E. Vinton Rd. Community Room8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79836</div> <div>Clint ISD Early College Academy13100 Alameda Ave. Library8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79849</div> <div>San Elizario Fire Rescue1415 San Antonio St. Meeting Room9:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79853</div> <div>W.E. Neill Community Center19210 Cobb Ave. Library8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79901</div> <div>Enrique Moreno Court House500 E. San Antonio Ave. Third Floor, Back Lobby8:00 a.m. - 5:00 p.m.</div> <div>South El Paso Senior Citizens Center600 S. Ochoa St. Classroom9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79904</div> <div>Mountain View-Rae Gilmore Recreation Center8501 Diana Dr. Classroom10:00 a.m. - 7:00 p.m.</div> <div>Nations Tobin Sports Center8831 Railroad Dr. Classroom9:00 a.m. - 6:00 p.m.</div> <div>Wellington Chew Senior Center4430 Maxwell Ave. Classroom8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79905</div> <div>El Paso County Coliseum4100 E. Paisano Dr. VIP Room9:00 a.m. - 6:00 p.m.</div>	<div>Zip Code: 79907</div> <div>Ysleta Community Learning Center121 Padres Dr. Annex9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79912</div> <div>Medano Heights7801 Medano Dr. 79912 Community Center10:00 a.m. - 7:00 p.m.</div> <div>Sunland Park Mall750 Sunland Park Dr.9:00 a.m. - 6:00 p.m.</div> <div>YWCA-West313 Bartlett Dr. Program Offices Room8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79915</div> <div>Officer David Ortiz Recreation Center563 N. Carolina Dr. Classroom9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79924</div> <div>Arlington Park Shelter10350 Pasadena Cir. Main Room9:00 a.m. - 6:00 p.m.</div> <div>Bowling Family YMCA5509 Will Ruth Ave. VIP Room9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79925</div> <div>Bassett Place6101 Gateway West10:00 a.m. - 7:00 p.m.</div> <div>EPCC Administrative Services Center9050 Viscount Blvd. Foyer8:00 a.m. - 5:00 p.m.</div> <div>Gary Del Palacio Recreation Center3001 Parkwood St. Multipurpose Room9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79927</div> <div>Chayo Apodaca Community Center341 N. Moon Rd. Community Center9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79928</div>	<div>Eastlake High School13000 Emerald Pass Ave. Theatre Lobby8:00 a.m. - 5:00 p.m.</div> <div>Oz Glaze Senior Center13969 Veny Webb Drive Main Room10:00 a.m. - 7:00 p.m.</div> <div>Zip Code: 79932</div> <div>Canutillo ISD Administration Facility7965 Artcraft Rd.8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79936</div> <div>Commissioner’s Corner10700 Montana Ave. Community Hall9:00 a.m. - 6:00 p.m.</div> <div>El Paso County Eastside Annex2350 George Dieter Dr. Community Room8:00 a.m. - 5:00 p.m.</div> <div>Marty Robbins Recreation Center11600 Vista Del Sol Drive Lobby9:00 a.m. - 6:00 p.m.</div> <div>Zip Code: 79938</div> <div>Esperanza Acosta Moreno Library12480 Pebble Hills Blvd. Meeting Room10:00 a.m. - 7:00 p.m.</div> <div>Gonzalez Place4101 Rich Beem Blvd. Club House8:00 a.m. - 5:00 p.m.</div> <div>Pebble Hills High School14400 Pebble Hills Blvd. Auditorium Foyer8:00 a.m. - 5:00 p.m.</div> <div>Zip Code: 79968</div> <div>UTEP – Union Building East351 W. University Ave. Desert Canyon Room 102D8:00 a.m. - 5:00 p.m.</div> <div>Visit https://epcoun-tyvotes.com/ for all locations or changes.</div> <div>Visite https://epcoun-tyvotes.com/ para todas las ubicaciones o cambios</div> <div>WTCC: 04-13-23</div>
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NBA playoffs: Young thoroughbreds vs. crafty veterans

By Steve Escajeda
Special to the Courier

It’s been a long NBA regular season but the playoffs are finally here. You know the playoffs – that’s when all the teams start taking things seriously and stop taking so many days off. That being said, it might be fun to look at what teams are in the running for a possible title and what teams will make an early exit and enjoy the rest of the playoffs from home. As far as teams that made the playoffs but have absolutely no chance of winning anything, the Chicago Bulls, Toronto Raptors, Oklahoma City Thunder, Minnesota Timberwolves and New Orleans Pelicans are at the top of that list. Teams that won’t win any titles, but could pull off an amazing opening-round upset are the Miami Heat and Atlanta Hawks.

Okay, those are the little guys. Now let’s look at the better teams that actually have a chance to do some damage.

Though nobody really expects the Brooklyn Nets or New York Knicks to go deep in the playoffs, both could definitely give some higher seeds a headache of two. With New York’s addition of Jalen Brunson and his 24 points a game, the Knicks vs. Cleveland Cavs first-round series could go either way. In the Eastern Conference, that leaves four teams with realistic chances of advancing to the NBA Finals. The Milwaukee Bucks, Boston Celtics, Philadelphia 76ers and those Cleveland Cavs are clearly at the top

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Newsbrief To:
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of the list. All four have superstars-o-plenty to lean on. Cleveland has one of the best guard combos in the league with Donovan Mitchell and Darius Garland, to go along with their twin-tower big-men Evan Mobley and Jarett Allen. The Sixers have the possible MVP in 7-footer Joel Embiid and perennial all-star James Harden. Boston has the dynamic duo of Jayson Tatum and Jaylen Brown, to go along with the reigning Defensive Player of the Year, Marcus Smart. Milwaukee of course has its mega star in Giannis Antetokounmpo and his partners in crime, Khris Middleton and Jrue Holiday. Of these four teams, it looks like the Celtics and the Bucks will make it to the Conference Finals. Boston led the East for most of the season but Milwaukee caught and passed them at the end and they come into the playoffs as the hotter team. But Boston came so close last season, losing to the Warriors in the Finals. I

think the Celtics have revenge on their mind and that will get them past the Bucks. In the West, things are a little more complicated. There are three teams at the top of the standings, the Denver Nuggets, Memphis Grizzlies and the Sacramento Kings. Three good teams, but three teams who were nowhere near the playoffs a few years ago. It’s the teams at the bottom of the playoff standings that I’m worried about, the Los Angeles Clippers, Golden State Warriors, Phoenix Suns and Los Angeles Lakers. All four barely finished above .500 for the season and everything about them says they have no chance to win anything. But all four teams have plenty of playoff experience and that makes them very dangerous. I mean c’mon, the Clippers with Kawhi Leonard, Paul George and Russell Westbrook; the defending champion Warriors with Stephen Curry, Klay Thompson and Draymond

Green; the Suns with Chris Paul, Devin Booker and Kevin Durant; and the Lakers with LeBron James and Anthony Davis. Any of those four teams can advance to the title series, but I believe the Suns, as long as Durant stays healthy, will take on the Memphis Grizzlies in the Western Final. Sacramento is too young and though Denver has the two-time MVP, Nikola Jokic, and Memphis has a ton of players like Ja Morant, Desmond Mane, Dillon Brooks and Jaren Jackson Jr. to contend with, Phoenix is peaking at the right time. In the NBA Finals, the very deep roster of the Boston Celtics will prove to be too much for the Suns. Boston will have the homecourt advantage and will take the series four games to one. The MVP trophy will go to Jayson Tatum. So, now you know how things are going to turn out. I hope I didn’t spoil things for you.

Senior momentBy Matilda Charles

Food prices still rising

Brace yourself, this is going to hurt: The price of all food is likely to go up an additional 7.9% this year. Food we eat at home is predicted to go up 8.6%, per the Economic Research Service of the U.S. Department of Agriculture. Specifically, here are some of their expectations for price increases: Eggs up 37.8% (we’ve already seen some of that), dairy up 7.2%, cereals and bakery up 12.8%, fresh vegetables up 3%. Some of us are going to be in trouble, if we aren’t already. Here are some ideas to keep food on the table:

- Design your menu from the weekly sales flyer from your local store. Shop early before the sales items are gone. Stock up if you can on shelf-stable items and some multipurpose basics. Think: rice, pasta, soups.
- Explore recipes online and search for inexpensive meals for seniors. You can even – don’t laugh – look up websites with recipes for poor college students. (Some

of them are quite creative.) Look up “nutritionally dense foods” to ensure that you’re getting value for your shopping dollar.

- Encourage your senior center (or even the rec center) to hold classes for seniors on how to put meals on the table without breaking the bank.
- Call Meals on Wheels to see if you qualify for free meals. Use the food bank. Look up Commodity Supplemental Food Programs (CSFP) for your state and see if you qualify for a free food box each month.
- Become a label reader again, especially if you’re shopping by price and are considering buying foods you don’t normally eat. Watch the sodium, carbs and calories.
- Ask your doctor if you should take a daily vitamin supplement to get you through this period where your nutrition might not be the best. Good nutrition is a big part of staying healthy.

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Super Crossword

THEATER FOOD				63 Pipe mouth	117 Gymnastics floor	18 Glossy finish	76 "Be quiet!"
ACROSS				64 Fly apart	120 covering	21 Bed size	77 Lamb's cry
1 Sponsored part of	65 Jazz singer Jones	121 "I wonder..."	24 Cougar	78 Lanker	32 Part of BBC	34 Invasive PC	81 _ Lanka
a magazine	67 Health resort	123 Manhattan sch.	36 Squirrel nosh	82 That, to Alejandra	37 Divulge	39 _Kit (face	84 Reduction
7 Probability	69 Unprocessed	124 New Haven school	40 Former miler	85 Soviet prison	41 How soda is often	42 Devour	87 Impelled
11 To be, in Toulouse	70 1984 horror film	125 2008 Seth Rogen	43 Mocking irony	88 Puck-pushers' org.	44 1950s Ford	45 Eclectic fusion	92 Addressee of a
15 "Elizabeth" star	based on a Stephen	comedy	46 Live wire	93 Element name	48 Airborne toy	49 _ artery (aorta	New Testament Epistle
Blanchett	King story	129 "Son of _"	50 Andrew Carnegie's	94 Fruity wine drink	51 Poker great Ungar	52 Mocking irony	95 Ellipse part
19 Ripped into	76 Start-up loan org.	130 Expert at	corp.	96 Alan who played	53 "Lucky" pilot	54 Eclectic fusion	98 Declaration upon
20 Buccaneer's	78 Cheyenne's state:	increasing profits	55 Discoloration	Pierce	55 "Grand" liqueur	56 "Grand" liqueur	99 One making others
topper	Abbr.	131 Fisher who played	56 Alias lead-in	97 Muscles worked	57 Alias lead-in	58 Novel	101 Electric resistance
22 Major Norse god	79 French painter	Leia	59 Give a massage to	by doing squats	59 Give a massage to	59 Give a massage to	102 Acid _ (cause of
23 1940 drama based	Dufy	132 Schoolbook	100 Kinda	98 Common lawn	100 Kinda	100 Kinda	heartburn)
on a Steinbeck novel	80 Grace under	133 Not fooled by	103 Falsehood	grass	103 Falsehood	103 Falsehood	104 Part of the plan
25 Tri- tripled	pressure	134 Descartes of	104 Hoped-for altar	109 One making others	104 Hoped-for altar	104 Hoped-for altar	106 "By the power
26 Possible reply to	83 Attempts something	philosophy	reply	laugh	105 1988 coming-of-	105 1988 coming-of-	vested _ ..."
"Are you?"	86 Big ball of energy	135 New York college	46 Live wire	111 Decide to play for	age film co-starring	age film co-starring	107 Ones planning city
27 Become indistinct	89 Bawled	near Hyde Park	48 Airborne toy	pay	Julia Roberts	Julia Roberts	partitions
28 Architect I.M. _	90 Observers	DOWN	50 Andrew Carnegie's	112 Mosque chief	110 1947 romantic	110 1947 romantic	108 Common lawn
29 Five doubled	91 1987 film about a	1 Upstate New York	corp.	118 On _ with	comedy co-starring	comedy co-starring	grass
30 Endemic to	Vietnam War battle	prison	54 1970 Godfrey	119 Toll hwy.	Claudette Colbert	Claudette Colbert	109 One making others
31 Bed for Baby	94 Fruity wine drink	2 Be injurious	Cambridge comedy	121 Roman 1,095	113 1099 fig.	113 1099 fig.	101 Electric resistance
33 Pas' partners	96 Alan who played	3 Early baby	59 Discoloration	122 Org. rating films	114 "Va-va-_"	114 "Va-va-_"	102 Acid _ (cause of
35 2006 Jack Black	97 Muscles worked	4 "Life of Pi" director	60 Computer since	126 Brian of rock	115 Dual radio	115 Dual radio	104 Part of the plan
comedy	by doing squats	Lee	1998	127 Actor Cariou	designation	designation	106 "By the power
38 1999 Jason Biggs	98 Give a massage to	5 Attire	62 Cellular stuff	128 Train lines: Abbr.	116 Siouan tribe	116 Siouan tribe	vested _ ..."
comedy	100 Kinda	6 List abbr.			member	member	107 Ones planning city
43 Psi preceder	103 Falsehood	7 Divisor, e.g.					partitions
44 1950s Ford	104 Hoped-for altar	8 Trash-talk					108 Common lawn
45 Hoped-for altar	reply	9 Fall					grass
46 Live wire	46 Live wire	10 Not injurious					109 One making others
48 Airborne toy	48 Airborne toy	11 Eternally, in verse					laugh
50 Andrew Carnegie's	50 Andrew Carnegie's	12 Roofing straw					111 Decide to play for
corp.	corp.	13 Fed's interest					pay
54 1970 Godfrey	54 1970 Godfrey	increase, e.g.					112 Mosque chief
Cambridge comedy	Cambridge comedy	14 Botany or history					118 On _ with
59 Discoloration	59 Discoloration	lead-in					119 Toll hwy.
60 Computer since	60 Computer since	15 Self-assured					121 Roman 1,095
1998	1998	16 Cute, in slang					122 Org. rating films
62 Cellular stuff	62 Cellular stuff	17 Stannite, say					126 Brian of rock
							127 Actor Cariou
							128 Train lines: Abbr.

Answer Page 2

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

ever going to do anything other than make them worse – less colorful, pointed, and eloquent. If nothing else, this is a basic question of literary talent and flair.

To return to the example of Dahl, he’s been edited by an outfit called Inclusive Minds (“passionate about inclusion, diversity, equality and accessibility in children’s literature”). To put it simply, Dahl was good at writing; Inclusive Minds is good at DEI [Diversity, Equity and Inclusion]. If any editor at Inclusive Minds had a fraction of Dahl’s abilities, this remarkable person wouldn’t

be working at expurgating someone else’s works but writing his or her own beloved children’s books.

Finally, we call classics “timeless” because they are imbued with a quality of genius that transcends the fashions of their time and our own. Trying to constantly rewrite them to keep up with the latest trends, which may well seem idiotic in due course (fingers crossed), is a fool’s errand.

It is also inherently sinister. There’s a reason that everyone naturally recoils from Winston Smith’s work in 1984 in the Records Department of the Ministry of Truth, changing old newspaper articles and photographs to update them in keeping with the dictates of the party. The falsity, the

thoroughness, and the need for control, extending all the way to the past, are all disturbing hallmarks of totalitarian politics.

Now, it’s not a party that is demanding the reworking of inconvenient texts, but a corrupted part of our culture that can’t abide the idea that offensive, or potentially offensive, terms and descriptions exist in books that have demonstrated astonishing popularity and staying power. There’s no doubt who the giants are here and who are the small-minded censors.

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

Longtime cannabis user tests positive after quitting

DEAR DR. ROACH: I am a 68-year-old male who has used cannabis for 51 years. During that time span, I graduated from high school and college with two bachelor’s degrees and two master’s degrees, and I spent 35 years as an accomplished educator, motivational speaker and author. I have been married to the same person for 31 years and have a wide circle of friends.



Twenty-five years ago, I had my thyroid removed due to cancer, and I currently take medication. I also inject testosterone and take medications for blood pressure and cholesterol, as well as Xanax. I retired to a life that involves little travel, choosing instead to spend my time reading, researching, writing and being active in my community. Once I began to notice a loss of motivation and diminished memory, I became proactive and decided to give up cannabis.

I have had no trouble quitting cold turkey and have no desire to return to it. My memory has vastly improved, and I still enjoy all the things that made my retirement enjoyable before I made this decision. After 10 weeks of not using, I still test positive for the metabolites using THC testing strips. I have read that normal detoxing for a heavy user is anywhere from six weeks to two months.

To aid in the process, I drink half a glass of lemon juice in the morning, drink two gallons of water or detox tea a day, cut red meat and dairy from my diet, spend an hour a day on the treadmill, and spend 40 minutes in a steam bath.

How long should I expect to continue testing positive? Is there anything else I can do to speed up the passing of the metabolites? – Anon.

The active form of THC, the primary chemical in cannabis that causes the psychoactive effects (i.e., the effects for people to feel “high”), accumulates in the fat cells, where it can be stored for long periods of time.

Research in laboratory animals confirms that losing weight over the long-term releases the stored THC from the fat, making it more likely that a urine test will be positive in people who are losing weight (which might be the case with you, given your exercise and diet). Heavy users have told me that they feel like they are “coming out of a fog” for up to six months after stopping the use of cannabis. However, I can’t give you any evidence-based answer on how long you will continue to show positive results.

I don’t think drinking water and tea, nor the steam bath, are significantly helping you get rid of the accumulated THC in the body, but the diet and exercise changes probably are, if you are losing fat as I suspect. Even if you aren’t losing weight, you may be getting more muscular due to exercise and losing fat.

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) 2023 North America Synd., Inc. All Rights Reserved.

Guns

From Page 2

record of any psychotic episodes. There is nothing wrong with a waiting period for buying a gun and a background check.

Obviously private and religious schools are targets like any other school. Everyone is vulnerable.

Every school and Board of Education must be in serious planning stages for implementing the best security possible for our children. This is something that has never happened to most schools or churches in America but everyone is vulnerable. It only takes one such act next month or ten years from now to kill people and devastate a community.



Moore Texas by Roger MOORE
April 14, 1847: Gen. Winfield Scott whips Santa Anna at Sierra Gorda and “captures” his wooden leg just for kicks.

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: X equals M

D MRHGLRM DM VBO VHCSZAJGY
VRZC XBSZYZDCZ PZTBXZ
OZTAZMBAU HJ OMBMZ.
ORZ'O BYPADLRM VDMR XZ!

Answer Page 2

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Weekly SUDOKU

by Linda Thistle

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

♦♦♦ HOO BOY!

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Masks at VA facilities not gone



by Freddy Groves

The Department of Veterans Affairs recently announced that they were relaxing the requirement for masks to be worn at all VA medical facilities. But if you heard on the news that the mask requirement is gone, it's not necessarily so.

There is now a three-tier safety system whereby each facility is rated as high, medium or low for Covid transmission problems, and each facility will be monitored weekly for any updates or changes.

So what does it mean if your facility ranks as high for Covid risk? I checked a half dozen VA facilities in my state, and all were ranked high. That means everyone has to wear a mask, they might screen for Covid at the door, only approved visitors can come in, physical distancing is required, and you should ask your care team about

options for phone or video appointments instead of going in.

Sounds like nothing's changed over the past few years.

So I picked another state. Most were at a high level, but I did see a few rated medium. For those, the facility itself will decide based on what's going on in the area. Care partners will be welcome, but no other visitors.

Then there's the Off-stage and On-stage middle-of-the-pack medium mask category. For Off, it's any area where patient care is not being performed, like hallways and admin areas. For On areas, masks are required in patient rooms and anywhere patients are being provided care.

After much looking, I finally found a VA facility rated as low. The rule is simple: You must wear a mask if veterans are present. Read the signs when you go in so you'll know.

Bottom line: A mask might be required no matter what level facility you enter. Tuck one into your pocket just to

be sure you have it handy.

To check the Covid safety level at any VA medical facility you visit, look at their website for their rating. See www.va.gov/find-locations for the list of locations.

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• Thawing frozen water pipes can be very tricky. Some people use a hot pad wrapped around the pipe; others have been known to use the hair dryer method (electricity and water don't really mix; be careful). Hopefully you learned any lessons the easy way this winter, but if you had to patch any pipes, make sure you get them repaired asap. Sometimes people forget as soon as the weather turns nice. – A plumber in Illinois

• When drilling holes in the wall, you can tape an envelope, open side out, to the wall just under where you will be drilling. Open the envelope up a bit so that any dust will fall directly down into the open envelope. It will keep your working area nice and neat!

• To make a special quilted keepsake, sew together baby's receiving blankets.

• Want a delicious coating for chicken? Try basting with mayonnaise and then dip in crushed crackers. The crumbs stick well to the mayo, and it's especially delicious with crushed butter crackers, like Ritz.

• When washing stockings by hand, add a tablespoon of vinegar to the rinse water. They will keep the stretch better. Also, if you line-dry them outdoors, slip a spoon or a few coins into the toe. This will keep them from twisting up in the wind.

• If you, like me, are washing your winter sweaters to pack away, add a bit of hair conditioner to the rinse. Also, don't try to pull them into shape when drying. Just lay flat to dry. If you have a screen, you can set it up so that the sweater dries from both sides. This is best. – D.Y. in Kentucky

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 2

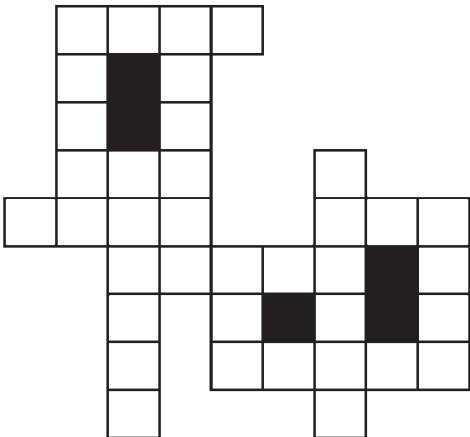
	x		-		9
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1 2 3 4 6 7 8 9 9

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♥NATU



Answer Page 2

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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