

NEWSBRIEFS

Border security

Congressman Tony Gonzales (TX-23) announced over \$13 million in federal funding for border security through Operation Stonegarden on October 25. Operation Stonegarden is a federal grant program that provides funding to local and state law enforcement agencies to partner with Border Patrol against human and drug smuggling. Gonzales helped secure a total of \$90 million for the program in 2023. Nearly one-third of Operation Stonegarden funds that were allocated to the state of Texas went to TX-23, which received more than any other congressional district in the nation. "Operation Stonegarden has played a key role in helping law enforcement put a stop to cartel activity across TX-23," said Gonzales. "I have fought hard to ensure this program is strengthened. Our men and women behind the badge need every tool available to push back on illegal immigration."

— Alyssa Gulick

Baseball cities

With the 2023 World Series in full swing and tickets costing hundreds to thousands of dollars, the personal-finance website WalletHub has released its report on *Best Baseball Cities*, as well as expert commentary. To determine the best places to be a fan of America's third most followed sport, WalletHub compared over 330 U.S. cities with at least one college or professional baseball team across 31 key metrics. They range from performance level of team(s) to average ticket price to stadium accessibility. El Paso was rated 277th in the report. Best vs. Worst:

- MLB: The Los Angeles Dodgers have the best performance level, 68.54%, which is 1.9 times better than that of the Pittsburgh Pirates, the team with the worst at 35.86%.
- MiLB: The Bowling Green Hot Rods have the best performance level, 62.59%, which is 1.7 times better than that of the Stockton Ports, the team with the worst at 37.82%. Visit <https://wallethub.com/edu/best-baseball-cities/12864> for the full report.

— Diana Polk

Our legislators would practice more economy if they were not so out of practice.

— Quips & Quotes



— Photo by Alfredo Vasquez

MONEY ON THE BALLOT – Proposals to change the Texas constitution must be approved by a simple majority of the voters. In the November 7th election, state voters get a chance to have a voice on 14 proposed changes. Early voting began Monday, Oct. 23rd and ends Friday, Nov. 3rd. Visit the El Paso County Elections Department website at <https://epcountytvotes.com/> for all voting locations.

Texans vote to change state constitution

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Proposals to change the Texas Constitution must be approved by a simple majority of registered state voters, and so Texans will have that opportunity in the upcoming general election that is scheduled for November 7th.

The November ballot includes 14 proposed changes to the state

constitution. They address a wide range of issues including property tax relief for homeowners and businesses, benefits for retired teachers, infrastructure plans, waterworks projects, research funding at Texas public universities, among other matters.

To help voters gauge the ramifications of these propositions and in alignment with many newspaper editorial boards across the state, the following recommendations are being offered for consideration. A "Yes" vote is

recommended for Propositions 2, 4, 5, 6, 8, 9, 11, 12, and 14. And "No" votes are recommended for Propositions 1, 3, 7, 10, and 13. The *Courier* is recommending voters do their own research before marking their ballot. The propositions, with the newspaper editorial boards recommendations, are explained as follows:

- **Proposition 1** (No) would amend the constitution to allow people and

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Martinez, Quiñonez, head to State meet

By Sofia Maciel
Special to the Courier

FABENS – Two Fabens High School freshmen will compete in the UIL Cross Country State Meet.

Alexia Martinez placed fourth, and Angel Quiñonez placed 20th in the regional meet held on October 24, 2023, in Lubbock, Texas. Both girls are delighted to be representing Fabens ISD at state level.

"I feel really excited. I would like to thank my family, friends, team, and coach," said Quiñonez. She has been running for three years and will work to continue to compete at state level for the next three years as well. She would like to run professionally.

Martinez has been running since 7th grade and aims to get a scholarship and continue succeeding in her studies and career. "I am very proud of myself. I would like to thank my family, friends, my whole team, and coaches for their continued support," she said.



Alexia Martinez



Angel Quiñonez

— Photos courtesy Fabens ISD

Coach Manuel Hernandez is very proud of his team, who work very hard to make these strides.

Martinez and Quiñonez will compete in Austin on Saturday, November 4, 2023.

The superpower that can’t arm itself

No matter how much we’d like to believe in the inevitability of human progress and the spread of enlightened norms, we’ve learned the past couple of years that we still need artillery shells – lots of artillery shells.

The Hamas terror attack, together with the ongoing Ukraine war and the looming Chinese threat to Taiwan, is putting a spotlight on the pitiful state of our capacity to manufacture the weapons necessary to the defense of our allies and ourselves.

According to a CNN report, an Israel ground invasion of Gaza would “create a new and entirely unexpected demand for 155 mm artillery ammunition and other weapons at a time when the U.S. and its allies and partners have been stretched thin from more than 18 months of fighting in Ukraine.”

We are learning to our regret that we are using an attenuated post-Cold War, “end of history” defense-industrial base to try to meet the security needs of a newly threatening international environment with the real risk of Great Power conflict.

As it turns out, the peace dividend was very expensive.

It now should be a matter of the highest national priority to use every lever of government and the private sector to bolster the defense-industrial base in all its aspects.

The Biden administration should care about this at least as much as incentivizing the production of electric vehicles most people don’t want to buy.

We aren’t being asked, by the way, to fight a three-front war in Europe, the Middle East and Asia

ourselves. No, the call is simply to provide arms to allies under attack or threat. If we can’t do that, what does it say about our status as the world’s preeminent power?

In Ukraine, the hopes of Moscow for a lightning victory and of the West for a sweepingly successful Ukraine counteroffensive both appear to have come a cropper. Now, it’s a grinding artillery war.

Ukraine is estimated to need 1.5 million shells a year, and has been firing as many as 6,000 a



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Vote

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businesses to farm, ranch, produce timber or manage wildlife on land they own or lease. It also allows the state or local governments to regulate these practices but only if there is “clear and convincing evidence” that the public health and safety are in imminent danger or to prevent danger to animals or crop production, or conserve natural resources. There is no reason to change the current regulatory landscape that

balances the interests of farmers as well as their neighbors and the environment.

- **Proposition 2** (Yes) would allow counties and cities to lower property taxes on childcare centers that are owned or rented and have at least 20 percent of enrolled children receiving subsidized childcare. Easing the strain on childcare centers can result in more centers, potentially lowering costs for parents.
- **Proposition 3** (No) would prohibit an individual wealth or net worth tax on the value of one’s assets minus liabilities.

Texas does not have such a tax. Why we need an amendment to take a tax that doesn’t exist off the table is unexplained.

- **Proposition 4** (Yes) allows the property tax cuts approved by the Legislature in July to take effect this year. It achieves this by allowing the state to spend more than \$12 billion in taxpayer money from its general revenue fund to pay for the cuts. More than \$7 billion would be sent to local school districts so that they can lower their tax rates. (Renters would get no break). An estimated \$5.6 billion would be used to

pay for boosting the homestead exemption, which would slash \$100,000 off the value of a home for school tax purposes, up from the current \$40,000 exemption.

- **Proposition 5** (Yes) would expand funding for research grants for Texas public universities. It would replace the current National Research University Fund with two funds: the Texas University Fund and the National Research Support Fund. Initial funding of \$4 billion for the Texas University Fund would come from the Legislature. Funding for the National Research Support Fund would need legislative approval every two years. The amendment would allow more public universities in Texas to become eligible for research grants.
- **Proposition 6** (Yes) would create a Texas water fund to provide grants and low-interest loans for badly needed water projects across the state. The Texas Water Development Board will administer the

fund, which would start with \$1 billion that lawmakers set aside from the state’s general revenue fund.

- **Proposition 7** (No) would create a \$5 billion state energy fund to provide loans or grants to companies to build or upgrade electricity generating plants. Taxpayer money from the state’s budget surplus would be used for these projects. This proposition would essentially subsidize the natural gas industry at the exclusion of solar and wind projects. With this amendment, the state shows that it is willing to help only one player, natural gas-powered electric plants. If natural gas-powered plants are needed, they should be able to get their own financing to build.
- **Proposition 8** (Yes) would allow for the creation of a \$5 billion state fund to expand high-speed internet across Texas. The fund would expire in 10 years.
- **Proposition 9** (Yes)

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– Photo courtesy Anthony ISD

A FULL DAY – The Anthony Varsity Band paused for a picture at sunset after completing their show in the UIL band finals competition in Amarillo, TX, Oct. 21.

Anthony ISD band soars to new heights in area UIL competition

By **Adriana Candelaria**
Special to the Courier

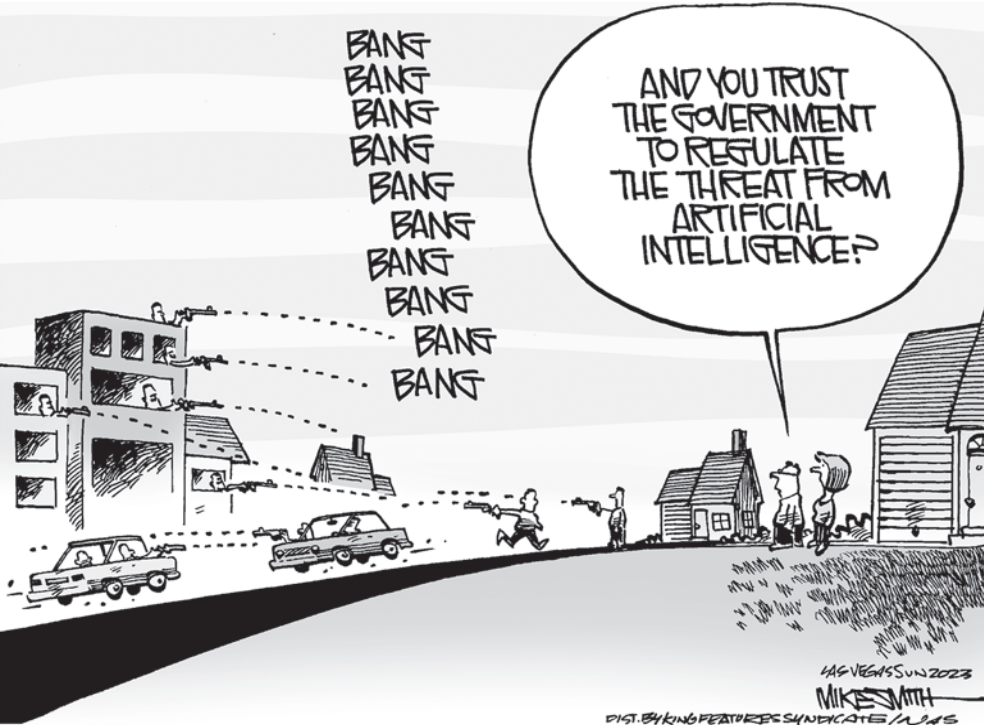
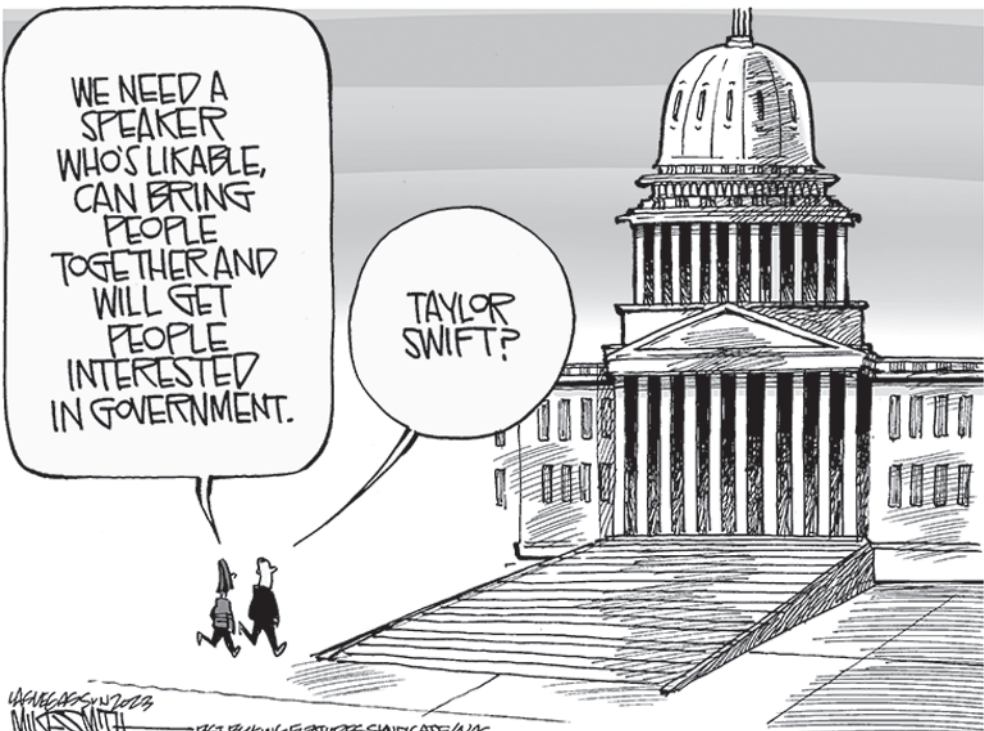
ANTHONY, TX – The Anthony Independent School District varsity band recently achieved a remarkable feat by securing their spot in the UIL Area Competition and making it to finals.

The journey to UIL Area competition began with their outstanding performance at the UIL Region 22 Marching Competition Oct. 14, where they received the coveted Division 1 rating. It was the first time since 2012 that the Anthony band earned a first division given all individual judges, according to Janella Saad, AISD Band Director.

The band’s Division 1 rating set the stage for what would become a remarkable season. After competing in the area competition on Oct. 21, the Wildcats were ranked by judges at an astounding 5th place out of 26 2A schools in the area competition. Since the top 10 bands make it to finals, the Wildcats secured their spot in the finals round scheduled for later

that same evening. “To our knowledge on Anthony High School history, the school has never made it to finals at area contest, so it was really exciting,” Saad said. The band had less than two hours to prepare for the finals round. Emotions

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EPCC students receive science scholarship

By Jim Heiney
Special to the Courier

EL PASO COUNTY – Five students from El Paso Community College (EPCC) have been awarded the prestigious National Science Foundation S-STEM Scholarship. Ayat Adams, Fernando Muñoz, Emiliano Garcia, Ivan Alonso and Mayrin Amelie Rivera Garcia will transition to Computer Science at the University of Texas at El Paso (UTEP). The selection process for this scholarship was exceptionally competitive. All five recipients are from the EPCC computer science program.

This scholarship not only covers tuition expenses but also offers a comprehensive array of opportunities. These opportunities include access to professional development programs, participation in events like the Great Minds in STEM (GMiS) conference in Pasadena, California, involvement in student competitions such as hackathons and data-thons, and Google-sponsored professional development activities, among others that will focus on cybersecurity and data analysis.



SCHOLARSHIP WINNERS – From left, EPCC students Fernando Muñoz, Emiliano Garcia, Dr. Christian Servin (instructor), Ivan Alonso and Mayrin Amelie Rivera Garcia were awarded tuition paid scholarships to attend the University of Texas-El Paso (UTEP).

These students have been exposed to professional development using the Grow with Google modules provided by Hispanic Association of Colleges and Universities (HACU). These modules permit students to

strengthen their professional development skills such as building their resume, overcoming the imposter syndrome, landing their new career opportunities and many, many others. The EPCC Grow with Google program is open

to all majors and disciplines. For more information, contact Dr. Christian Servin at cservin1@epcc.edu.

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CryptoQuip Answer

Book about a peculiar magical kingdom in which the atmosphere has been depleted:
“Airless in Wonderland.”

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Strange BUT TRUE

- By Lucie Winborne
- There is cellphone reception at the summit of Mount Everest.
 - The sport of badminton was originally called “Poona,” which was played by British officers stationed in India in the 1860s.
 - In the 1500s, when folks associated social class with the height of one’s footwear, some shoes were so tall that the wearer required servants to help them walk. In response, many countries passed laws limiting the height of shoes, though the decrees were often ignored.
 - Iguanas have two normal eyes and a third eye on their head that only detects brightness.
 - First cultivated by the Aztecs, morning glories were used in divination rituals. A concoction was prepared by combining the flowers’ ground seeds, which contain an ingredient with effects similar to LSD, with water, which was then drunk to produce visions.

• Auto-brewery syndrome is a rare condition in which pure alcohol (ethanol) is produced in a person’s gut after eating carbohydrate-rich foods.

• If you traveled at the speed of light, you could reach Pluto in four hours.

• Part of Manhattan’s Ninth Avenue is named Oreo Way in honor of the beloved cookie, which was invented at a Nabisco factory on that street in 1912.

• The world’s largest sandcastle, sculpted by a 30-person team led by Wilfred Stijger of Holland, stood 69.4 feet high and utilized 5,000 tons of sand. Stijger created it to represent the power the coronavirus held over the world and included a crown-shaped replica of the virus at its top.

Thought for the Day: “Be patient with yourself. Nothing in nature blooms all year.”
– Lisa Kelly

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Moments in time

THE HISTORY CHANNEL

- On Oct. 30, 1961, the Soviet Union detonated Tsar Bomba, or Big Ivan, over the Mityushikha Bay test range on the Novaya Zemlya Island in the Arctic Circle. The unique, 57-megaton nuclear bomb’s flash of light was visible more than 1,000 kilometers away when it exploded at a height of 13,000 feet.
- On Oct. 31, 1984, Indira Gandhi, the first female prime minister of India, was assassinated by two of her bodyguards, Satwant Singh and Beant Singh, while walking through the garden of her residence on the way to an interview with British actor Peter Ustinov. Her death sparked riots in India and New Delhi, where several thousand Sikhs were killed.
- On Nov. 1, 1953, Canon Mervyn Stockwood, an English clergyman, returned from a trip to Russia and reported that an atheist tour guide there had claimed that Jesus was a Christian invention. Stockwood also announced that only 45 of Russia’s 1,600 churches were still open.
- On Nov. 2, 1990, President George Bush rallied in Ohio for the removal of Iraqi president Saddam Hussein from Kuwait without the firing of a single shot. He also promised the return of American troops “very soon.”
- On Nov. 3, 1838, the world’s largest English-language daily newspaper was launched as a bi-weekly publication, the Bombay Times and Journal of Commerce, in Bombay, India.
- On Nov. 4, 1925, Nellie Tayloe Ross became the first woman to be elected as an American state governor, as well as the first and to date only female governor of Wyoming, following the death of her husband, William Ross, from complications of an appendectomy. In addition, she was also the first female director of the United States Mint.
- On Nov. 5, 2003, Gary Ridgway, a commercial truck painter and serial killer also known as the “Green Valley Killer,” pleaded guilty to killing 48 women in the 1980s and 1990s. In 2011, he further confessed to a 49th murder and was sentenced to a 49th consecutive life term in the Washington State Penitentiary.

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Band

From Page 3

ran high as the Wildcats took the field.


“We were the first ones to perform in the finals. We were the smallest group at finals too,” Saad said.

“I told myself ‘this could be their last performance. Enjoy it’, so I just stood back and watched them. I was tearing up watching and listening to certain sections because they had made it really far,” Saad said.

Vote

From Page 2

authorizes the first permanent cost-of-living adjustments for retired teachers in nearly two decades, as approved by the Legislature earlier this year. Voter approval is needed to transfer \$3.45 billion for this purpose without exceeding the state’s spending cap. Half of retired school workers in the Texas system receive \$2,000 per month or less, and 30 percent receive \$1,000 or less. Also, more than 90 percent of retired school workers don’t get Social Security benefits because most Texas districts don’t allow teachers to contribute



NOTICE OF PUBLIC MEETING

To Discuss
Socorro Independent School District’s
State Financial Accountability Rating

Socorro Independent School District will hold a public meeting at:

**6:00 PM
November 15, 2023
in the Board Room
District Service Center
12440 Rojas Drive
El Paso, TX 79928**

The purpose of this meeting is to discuss Socorro Independent School District’s rating on the state’s financial accountability system.

The Socorro Independent School District does not discriminate on the basis of race, color, national origin, sex, disability or age in its programs, activities or employment.

WTCC: 11/02/23

The long hours of practicing before, during and after school showed on the field as the Wildcats performed. As they hit the last note of their show – the sun began to set, giving the Wildcats a breathtaking golden hour for a beautiful memory together.

“When we came off the field, there was a beautiful sunset, and we were all in tears out of pride,” Saad said.

“I don’t think any of us through we’d come this far,” said Johana Romero, Anthony Band Drum Major.

to the federal program.

- Proposition 10** (No) would allow the state to give property tax exemptions to medical or biomedical equipment manufacturers. In the past, Texas passed tax exemptions on a variety of equipment to bolster industry, including agricultural equipment, pollution control equipment and marine oil drilling equipment. In a state without an income tax, getting rid of property taxes on biomedical equipment and manufacturers will hurt local school districts and local government services. Why single out one industry for tax breaks?
- Proposition 11** (Yes) would add El Paso County to the list of counties that allow their conservation reclamation districts to issue bonds to develop or finance parks and recreational facilities. The Texas Constitution was amended in 2003 to give the

“Coming from a band that was always considered average, or even below average in previous years, it was surprising when we made it to finals. I was in tears after both performances because they were amazing,” Romero said.

Ultimately, when the final scores were tallied, the band secured the 10th position out of the 26 2A schools in the area. Only the top 5 make it to the state competition. Despite this, the band’s journey was nothing short of remarkable. Their perseverance, talent, and

the support of their dedicated band director and staff have brought them far beyond their expectations.

“I’m really thankful for the staff that helped me elevate this group into a level that I don’t think I could’ve done by myself,” Saad said.

“To my students, I’m just very proud. I hope they know that if they set their minds to whatever it is that they want to do, and they work hard together, they will achieve it.”

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The Village of Vinton, Texas, is requesting proposals for health and supplemental insurance, to include health, dental, vision, life, short-term and long-term disability and AD&D, for eligible employees and their dependents.	The Village of Vinton, Texas is an Affirmative Action and Equal Opportunity Employer.
Submission packages can be obtained through the City Secretary’s office at 436 E. Vinton Rd., Vinton TX 79821 or the Village website	Andrea N. Carrillo Village Administrator
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Never fear, the UTEP basketball season is here

By Steve Escajeda
Special to the Courier

For nearly 60 years El Paso sports fans have been saying the same thing as the calendar turns over to November, “it’s almost basketball season.”

Because nearly every football season is a major disappointment, including this one, UTEP fans tend to look on the bright side, as basketball seasons have traditionally been more successful.

This year’s UTEP football team has underachieved and the hope for local sports fans is that indeed, the basketball team will have a good season.

And the Miners open their 2023-24 season this Monday, Nov. 6, at the Don Haskins Center against little-known McMurry University, a Division III private school from Abilene.

But UTEP fans aren’t worried about finding out who McMurry is, they’re anxious to find out who the new Miner players are.

And as always, there are a few.

Joe Golding and his Miners return a few players from last season’s disappointing 14-18 team. Back is guard Tae Hardy, forwards Jon Don Anjos, Calvin Solomon and Otis Frazier, and centers Kevin Kalu and Derick Hamilton.

The nine new players on the roster are guards Zid Powell, Baylor Hebb, Corey Camper Jr., David Terrell Jr., Trey Horton III, Antwonne Holmes, Garrett Levesque and Sebastian Cole. The only new non-guard on the team is 6-8 Elijah Jones.

With most of the roster composed of new faces, UTEP fans will once again be introduced to new team. The question is how long will it take for these guys to get comfortable with one another?

If there is anything coach Golding was trying to do while recruiting this new batch of players was finding guys who could shoot the basketball.

In case you’ve forgotten, the Miners were among the worst 3-point and free throw-shooting teams in the country.

I think it was Patches O’Houlahan (from the movie Dodgeball) who said, “you couldn’t hit water if you fell out of a boat.”

Well, maybe the Miners weren’t that bad, but let’s face, though they played hard - they were an awful shooting team.

So fans are anxious to see if these guys can put the ball in the basket consistently.

At least these new guys open the season against a favorable schedule. If you’ve never heard of McMurry University, I’ll bet money you haven’t heard of UTEP’s second opponent – USAO.

That’s right, the Miners’ second game on Nov. 9 is against the University of Science and Arts of Oklahoma. Sounds more like this should be some kind of scholastic competition.

The USAO Drovers (whatever that is) are an NAIA school from Chickasha, Oklahoma.

Things get a little more serious for the Miners after that as their next few games are against UC Santa Barbara, California, either Tulane or Bradley as part of a tournament, and Loyola Marymount.

By then, UTEP fans will have an idea whether this team can put points on the board.

The one thing we do know is that Joe Golding teams play extremely hard on defense. After another long losing football season and the disappointment of last year’s basketball campaign, UTEP fans are growing impatient.

The Miners haven’t won anything, or even played in a meaningful league game in years and fans are beginning to make their feelings known.

On local talk shows, they’ve been calling for the school to fire football coach Dana Dimel and bring in some fresh blood.

I’m not sure they’re going to ease up on Golding if the Miners struggle through another losing basketball season.

Miner fans are used to losing at football, they are not used to having losing basketball teams.

The UTEP football team, which is just 3-6 this season, still has three games to go against Western Kentucky, Middle Tennessee and Liberty. The Miners will be heavy underdogs in all three.

But as always, those three games will fade into the background as the basketball players take the court to start the season.

Golding has always said he wants the Don Haskins Center to be the way it used ot be, filled with rabid UTEP fans.

As we know, El Pasoans will only back a winner.

And for “The Don” to see a few sellouts, will depend on whether this team can put the ball in the basket.

Senior moment By Matilda Charles

Avoiding holiday scams

Here we are in the middle of the holiday buying season, already leery of online purchasing scams and every email we receive that includes links.

It doesn’t help that Amazon recently sent out thank-you emails about gift card purchases... which people believed was a scam email because they hadn’t made any gift card purchases.

Message boards lit up as people tried to parse and analyze each sentence of the emails to determine whether they were scams or not. Many changed their passwords. Thousands flooded Amazon with phone calls, only to be assured that there was no scam, that it was an accident on Amazon’s part to send out all these emails. Amazon quickly sent out follow-up emails to those customers to apologize for the error.

There was a collective sigh of relief that the email wasn’t a scam. But we shouldn’t let our guard down too quickly. And we shouldn’t be wary of scammers only on Amazon. It can happen with other online merchants as well.

Don’t fall for suspicious activity scams wherein the scammer tries to convince you that your account has

been either deleted or suspended for suspicious activity. What the scammer wants, of course, is your payment information, username and password.

Hint: Don’t tell them anything. Call the merchant to inquire about your account.

Then there is the fake order confirmation that indicates you’ve made a very large purchase. A pre-recorded phone message will ask if you want to cancel or confirm that order. You’ll be told to press a button to speak to a representative. Of course they’ll want you to provide information to verify it’s really you.

Hint: Hang up. Sign on to your Amazon (or other merchant) account and see if that purchase is actually listed in your orders.

On Amazon.com, there is a page dedicated to security. Click on “Help” at the very bottom of the page. Then select “Security & Privacy,” and then click on “Report Something Suspicious.” Other merchants likely have similar pages of security information.

Be leery, be wary, be suspicious – and stay safe.

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Super Crossword

1	2	3	4	5		6	7	8		9	10	11	12		13	14	15	16	17	18	
19					20					21					22						
23									24						25						
26					27				28					29							
			30	31					32					33				34			
35	36							37					38		39		40				
41					42	43						44	45			46		47	48	49	
50					51					52	53				54			55			
56				57					58				59				60				
				61					62				63		64		65				
66	67	68					69						70		71						
72							73		74						75						
76						77		78		79				80					81	82	83
84					85				86				87						88		
89				90			91					92						93			
				94		95			96	97	98					99					
100	101	102				103		104		105					106	107					
108					109				110					111					112	113	114
115								116					117					118			
119								120					121								
122								123					124				125				

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



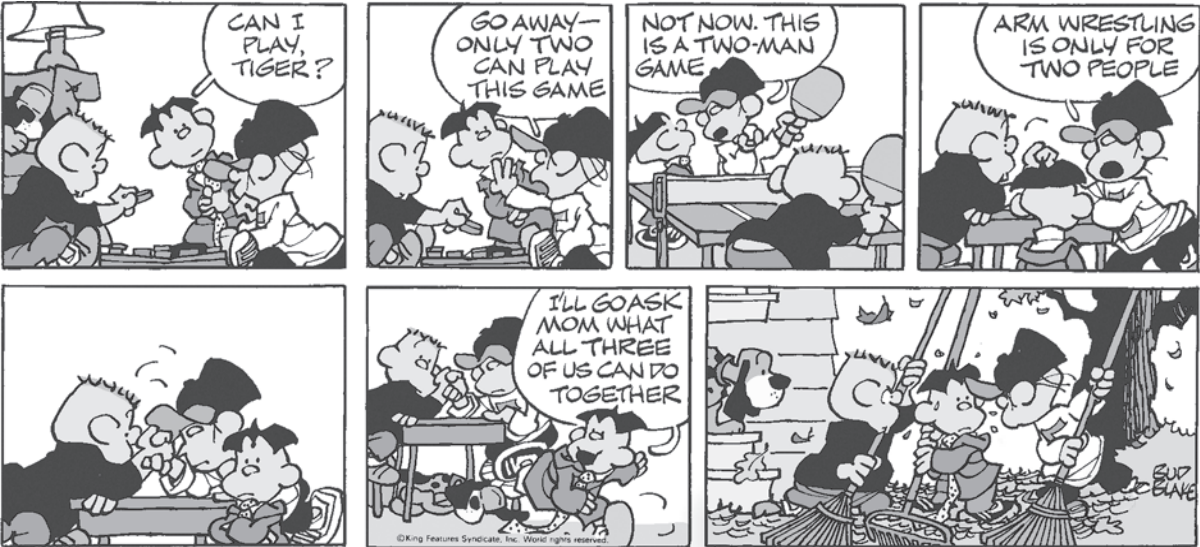
THE SPATS

By Jeff Pickering



TIGER

By Bud Blake



Lowry

From Page 2

day. Russia was firing even more at the peak of its offensive.

The U.S. had supplied 2 million artillery shells to Ukraine as of July, and has been scrounging around – along with other Western powers – to feed whatever supplies it can find into the maw of the war.

It’s not that we have been completely asleep. The U.S. was making 14,500 shells a month at the beginning of 2023, and has roughly doubled that. We hope to get to 100,000 a month in 2025. Still, highly sanctioned Russia is more proficient at producing shells.

If we can’t supply Ukraine, what if we become embroiled in a major war with China?

War games conducted by the Center for Strategic and International Studies have the U.S. firing 5,000 long-range missiles in the first weeks of war, instantly depleting our stocks. According to CSIS, the U.S. would expend all its Long-Range Anti-Ship Missiles within the first week of a conflict – when it

requires almost two years to manufacture one of the missiles.

We are also in the bizarre position of being dependent on our potential enemy for the materials we’d need in a war with that enemy. China has a dominant position in the market for rare earth metals – so important to the production of high-end weapons – and is the world leader in cast products.

There is no easy way out of the hole we’ve dug ourselves. It will require more spending on defense; more reliable, long-term contracts for the production of key weapons; a focus on securing the supply chain necessary to the production of high-tech munitions; and assistance to manufacturers in training workers, among other things.

The history of empires and nations that don’t mind the need for up-to-date weapons at the scale necessary to defeat or deter adversaries isn’t a happy one. It’s in our power to avoid this fate – if we have the will and don’t waste more time.

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

Exercise almost always good for the heart

DEAR DR. ROACH: I am a 69-year-old who used to walk up 75 to 90 flights of steps several days a week as exercise. After a steering wheel airbag went off and damaged my heart, I am afraid my ability to do that stopped. After years of medication, I am now on a pacemaker, which definitely helps. Could the exercise have weakened my heart to such a degree that it could be viewed as overdoing it, therefore exacerbating my condition? – Anon.

to
your
good
health
WITH
Dr. Keith
Roach

In general, exercise does not harm the heart. On the contrary, exercise is almost always good for the heart. However, there are exceptions. In healthy people, there is an optimal amount of exercise, and extreme levels of exercise (on the order of running more than 10 miles a day every day) begin to decrease the benefit that a person gets from exercise. (This remains controversial, but I am convinced from the data.)

In people with severe heart disease (the kind with blockages in the arteries), overdoing exercise can lead to a heart attack, but this is an exception. For every person who gets harmed by overexercising, there must be a hundred who don’t get adequate exercise.

The fact that you have improved a lot on the pacemaker suggests that at least part of your problem wasn’t with the pump function of your heart, nor with the arteries leading to your heart. The problem lies with the electrical supply.

Once a pacemaker is in, that problem is immediately alleviated, but the heart may still be deconditioned (“out of shape”). Regular exercise will help the problem.

Your cardiologist can better answer the question for you and also give you advice on how to build up your exercise tolerance over time.

DEAR DR. ROACH: Colds and flus seem to linger in my lungs and nose for a week or more after all other symptoms have passed. If my phlegm and mucus are clear or white, and I feel healthy otherwise, am I still considered infectious? – S.C.

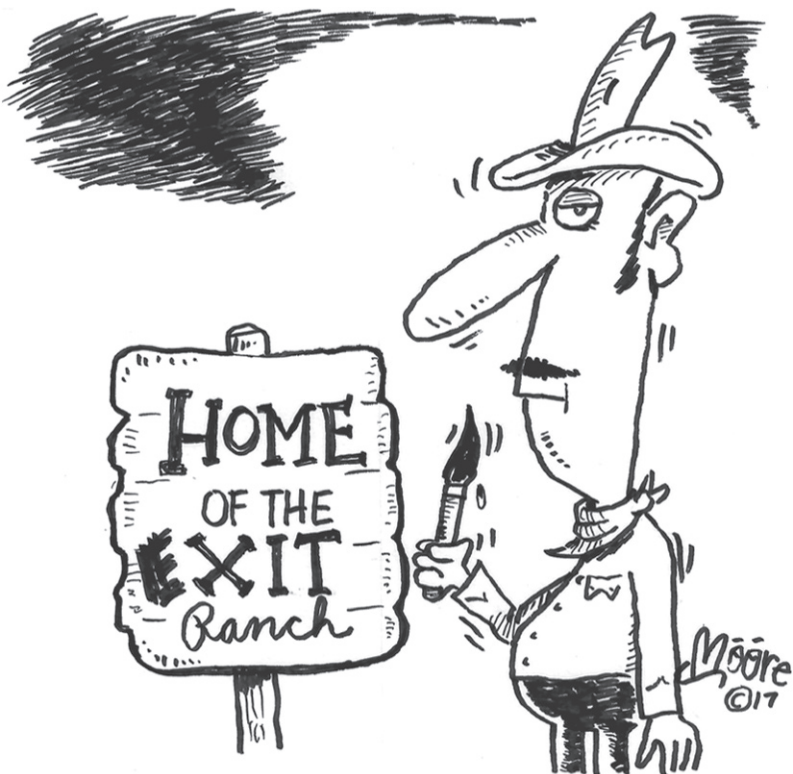
The color of sputum and mucus is not a reliable indicator of whether an infection is caused by bacteria or viruses, nor of whether you are still infectious. Colds and flus like COVID are caused by viruses. A person is most infectious starting from a day or two before they get symptoms up until a day or two after symptoms start. Most people are no longer infectious after five to seven days of having symptoms, but unfortunately, that’s not always 100% certain.

Part of the body’s response to infection is to make a great deal of mucus to wash the infection away. This can lead to us feeling very uncomfortable with copious sneezing, runny noses and productive cough. In some people, this tendency is more prolonged. It sounds like you might be one of those people in whom the body’s response to infection causes more symptoms than the infection itself.

We can test pretty well for COVID infectiousness with at-home testing, but those home tests don’t exist for the flu or other viruses. Following the same advice for COVID – staying home for at least 24 hours after a fever has gone, or remaining in isolation for at least five days without a fever – will minimize your infectiousness to others.

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.

Send Your
Newsbrief To:
wtxcc@wtxcc.com



Moore Texas by Roger Moore
November 1, 1912: The last cattle from the famous XIT Ranch are sold off.

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: C equals K

LNNG WLNYQ W VFJYIAWO
DWUAIWI CAZUEND AZ SPAJP
QPF WQDNBVPFOF PWB LFFZ
EFVIFQFE:
“WAOIFBB AZ SNZEFOIWZE.”

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Adaptive sports and arts for 2024



by Freddy Groves

Ninety-one programs around the country will share in a \$16 million Department of Veterans Affairs grant to provide adaptive sports opportunities for 13,000 disabled veterans. In 2024, the money will cover programs in 30 states.

To learn more about adaptive sports and arts, take a look at department.va.gov/veteran-sports to see events for 2024 and get an idea of the opportunities available – especially if you can volunteer.

The National Disabled Veterans Winter Sports Clinic needs a band of 700 volunteers, including adaptive ski instructors and clinical staff such as adaptive sports specialists. That event will be held the first week in April 2024 and will include adaptive skiing, sled hockey, rock wall climbing and more.

The National Veterans

Summer Sports Clinic (to be held in late August 2024 in San Diego) will include adaptive sports such as kayaking, sailing and surfing. Registration will be from Dec. 1 to March 1 of 2024.

The Golden Age Games, for those age 55 and up, will be held in late August 2024 in Salt Lake City, Utah. The range of competitions is vast and includes basketball, bowling, swimming and much more.

If sports aren’t your thing, don’t miss the National Veterans Creative Arts Festival. The final date for that event hasn’t been determined yet, but it will be held in Denver. For more details, see department.va.gov/veteran-sports/national-veterans-creative-arts-festival.

Scroll down to see the categories. Art (a long list of possibilities from leatherwork to painting), creative writing, dance, drama and music are among the choices. Smaller festivals are held around the country in all those categories, with winners in those competitions advancing to national judging. Contact your local VA facility to

find out the deadline dates for submission of entries. Remember: You need to be enrolled in VA healthcare before you enter a local competition.

If you’re interested in any of the opportunities, contact them now to verify the details of registration dates and locations. All the programs are extremely popular, so don’t wait.

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• “I like to keep a few needles threaded with black, white and neutral thread for quick repairs. I keep them on a ribbon in my kitchen. I stuck the needles into the ribbon, then taped the ribbon at the top and bottom to the inside of the kitchen cabinet. It’s handy and safe.” – A.A. in Florida

• Save your old tissue boxes. They can be used to store plastic grocery store bags for easy use. They can then be stacked up and stored orderly. I use mine for garbage bags.

• “If you start now purchasing or making a gift or two each week, you could have more than a dozen Christmas presents taken care of before December even begins. It’s a good way to ease the pressure on your time and your wallet.” – L.S. in Indiana

• “I love to can and pickle my garden bounty, but since I give most of them as gifts, supplies can get costly. I have found many jars at thrift stores. And I have seen seals and lids as well, on occasion. Don’t forget to check them out from time to time. The jars are going to get sterilized anyway!” – E.D. in Georgia

• Looking for a way to replace eggs in a recipe? Here are some substitutes: powdered egg substitute (Ener-G brand, for example), 2 tablespoons of arrowroot powder or cornstarch; 1 banana, mashed; a tablespoon of milled flaxseed with 3 tablespoons of water.

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

	-		x		7
÷		+		÷	
	+		÷		5
+		-		÷	
	-		x		9
14		7		3	

1 2 3 4 5 6 7 9 9

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GPE

LOSENT

♥TEPDO

♥ERUS

ATOCLE

IPD

♥LGPU

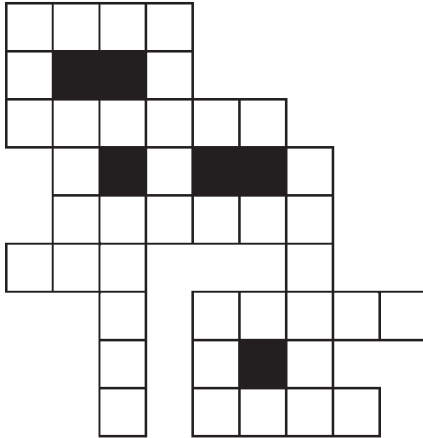
ECIRL

♥PSU

♥RULANE

UGERP

♥ITLA



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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