

# West Texas County

VOL. 50, No. 46

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO NOVEMBER 16, 2023

## **NEWSBRIEFS**

## **Take Back Day** by the numbers

On Oct. 28, 2023, the community once again emptied their medicine cabinets to help dispose of old, unwanted, and expired medications. Nationwide, DEA and its law enforcement partners collected 599,897 pounds of unneeded medications at 4,675 collection sites nationwide. Locally, the El Paso Division collected 4,409 pounds from various sites in El Paso, Midland, Alpine, Las Cruces, Albuquerque, and New Mexico Tribal Lands. For more than a decade, DEA's National Prescription Take Back Day has removed almost 17.9 million pounds of unneeded medications from communities across the country. Removing unnecessary medications from the home can help prevent situations involving: not taking medication as intended or dosed; taking someone else's prescription; and taking the medicine for euphoric effects rather than medicinal purposes. "Take Back Day is an important event for DEA, and these results demonstrate that it's an important event for our communities as well," said Acting Special Agent in Charge Eric Castañeda. "We thank everyone who helped us make our communities safer and healthier by safely disposing unwanted or expired medications." Complete results for DEA's Fall National Prescription Drug Take Back Day are available at Take Back Day (dea.gov).

– Carlos A. Briano

## One man's home...

Thinking about moving to Nebraska? If so, you might want to check out a rather unusual residence - a renovated missile silo. YouTube's Andrew Flair purchased the nuclear bunker last year for \$550,000 and turned it into an 2,000 square foot underground home. It's listed for sale for \$750,000 as "an opportunity to own a piece of cold-war military history and the ultimate survivalist retreat, weekend escape or perhaps an Airbnb." And it comes, "complete with electricity, hot and cold running water, working septic system with lift station, and a water purification system."

- John Grimaldi

It is far better for our health and hearts to forgive and forget than to remember and hate.

– Quips & Quotes

## Clint group initiates pan 'tree' project

By Alfredo Vasquez Special to the Courier

CLINT – A church youth group from the restful, rural town of Clint, Texas is putting into practice a universal lesson on sharing that started with a recent discussion that members had about finding a way that they, as a group, could show God's love for their community.

The youth group, which number about 12 participants, decided that they wanted to come up with a way to help families who are experiencing food insecurity in their community, according to Pastor Jacqui Lax, of Clint's Bond Memorial United Methodist Church.

Lax, who has been pastor of Clint's Methodist church for more than a year, related that the kids wanted to provide a service that was available anytime, day or night, and that didn't require those in need to have to come into the church and ask for help. Thus, the idea for the Bond Memorial UMC Pan 'tree' project came to life.

The pastor stated that the group, first, secured a funding source - a grant specifically earmarked for community outreach – that was available through the United Methodist New Mexico Annual Conference. Then, "I assigned the kids tasks, such as looking for possible building structures and what types of items to stock the pantry with," she said.

Once the funding was received



GIVE AND TAKE - The Clint community Pan 'tree', located at 201 McKinney Street, is See PROJECT, Page 4 open 24 hours a day, seven days a week.



DEDICATION - Clint Bond Memorial United Methodist Church members gathered for a ceremony on a recent warm October morning to dedicate the youth group's new Pan 'tree' project.

## Anti-Israel demonstrators hate the West

The cataract of anti-Israel sentiment on college campuses has been shocking, but it shouldn't be surprising.

It is the poisoned fruit of teaching a generation of college students to despise their own civilization.

Jesse Jackson famously led a chant at Stanford University in 1987, "Hey, hey, ho, ho, Western Civ has got to go." He was talking about the college course, but he might as well have been talking about the thing itself.

Jackson and his allies had extraordinary success in extinguishing the teaching of Western Civ. Not only have we largely stopped transmitting the story of our own civilization, we have substituted an alternative narrative that the West is reducible to racism, imperialism and colonialism.

It is in this context that the current outburst of with their story anti-Zionism has to be understood. Yes, it has been caught up in the fed by anti-Israel agitation on campus over the story of the land. decades and yes, students are susceptible to witless A large proportion radicalism in the best of circumstances. Yet the of loathing of Israel is particularly intense because it population traces its origins from the Middle East is viewed as an outpost of Western civilization and North Africa, rather than Europe. all its alleged ills.

cases, driven by anti-Semitism. Another way to look at it, though, is that it's not so much about hatred of the "the other," as progressives put it, as hatred of ourselves and all our works.

It is, on one level, incorrect to consider Israel exclusively an artifact of the West. The Jews are indigenous to the region going back to Abraham,

the current

But there is no doubt that Israel is a Western The hatred of Israel is tainted by and, in some society – in its political system, in its respects for rights, in its innovative economy, in its mores. Someone sitting in a coffee shop in Tel Aviv could easily think they were in any thriving coastal society in the West.

From any rational perspective, this would be

See LOWRY, Page 7

## Anthony HS percussionists finish first in their class

By Adriana Candelaria *Special to the Courier* 

ANTHONY, TX - The Anthony ISD varsity ensemble percussion competed for the first time in the Sun City Throwdown, a competition focused on percussion talents.

The Anthony percussion competed in Class A division and had a triumphant performance that earned them the titles of Outstanding Tenors, Outstanding Snares and the coveted 1st place in their class.

"Our percussion section is

GOT THE BEAT-The band members left the competition grounds with their trophies, carrying the pride of their community on their shoulders.

made up of kids who are determined and dedicated. This season has reflected the Anthony ISD band stood tall with their remarkable musical talents. their hard work," said Hilario Lozoya, AISD Percussion Tech.

The competition, hosted annually by Eastwood High School, drew talented bands from all over the region, making it a fierce musical showdown. However,

"I am proud of what they have accomplished within these few months. This program is headed in the right direction," Lozoya said.

One of the highlights of their performance was the drumline showcasing their incredible talent. The judges were impressed as the band's

tenors and snares delivered a breathtaking performance. They look forward to further opportunities to showcase their

exceptional musical talents and are already setting their sights on future victories.

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Photo courtesy San Elizario ISD

OFF TO A RUNNING START - Runners and coaches from the Borrego Running Club took time out for a group picture.

## Moreira-Puentes leads SEISD running club

By Jeannie Meza-Chavez *Special to the Courier* 

SAN ELIZARIO – The Borrego Running Club, started by Elena Moreira-Puentes, is thriving. Moreira-Puentes is a 3rd-grade teacher at Alfonso Borrego Sr. Elementary School in the San Elizario Independent School District (SEISD). The running club is open to students in 3rd through 6th grade.

Moreira-Puentes has been teaching for 25 years. Since starting her career in 1999 she has received numerous accolades. In 2015 she was honored as Teacher of the Year at Josefa L. Sambrano Elementary School. Throughout her teaching career, she has been named Teacher of the Month four times for her school and once for SEISD. She health through running this school year. was recently selected as a 2024 El Paso Marathon

Ambassador. Moreira-Puentes is also on the Royal Run for Hope Committee, a non-profit racing community committed to helping local children and their parents affected by cancer.

Moreira-Puentes said she started the running club to share her love of running with the kids and community. She sees running as more than a physical task. Through running, she recalled, "I have seen kids boost their confidence levels, work towards a long-term goal, persevere in the face of from 1999 to 2020 at Sambrano Elementary something challenging and new, and learn how to cheer on and uplift their peers."

This year, the group has grown not only with students but also with sponsors. SEISD teachers Ana Caudillo and Olga Galache also coached students into better

Moreira-Puentes began running after

she experienced a shift in her family dynamics. Her journey involved a divorce, and her children moved out. What started to stay active has turned into much more. Running is something she does for herself. For her, it is about taking pride in the dedication and hard work it has instilled in her as an individual after completing a full marathon and countless 5ks, 10ks, and half marathons. "I started a running group in my community in 2016. Running has changed my life by giving me a community of uplifting people who have become some of my best friends," she said.

Moreira-Puentes coached the Latin Dance Team

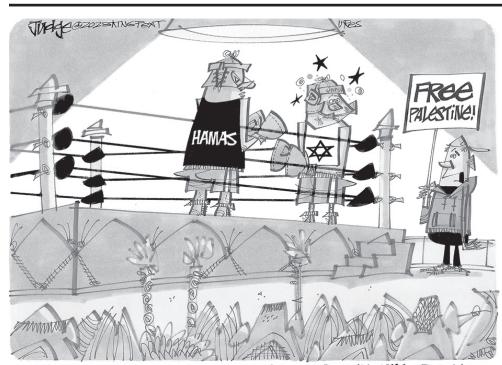
See CLUB, Page 5

### **HUGE YARD SALE**

509 Franklin St., Anthony TX

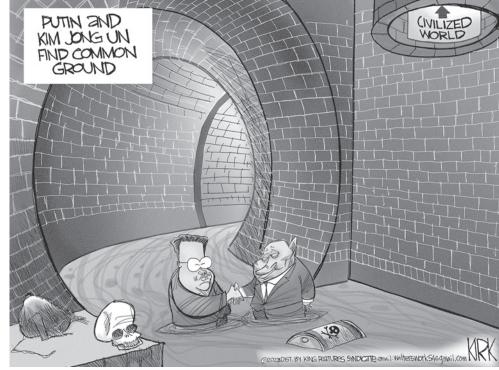
November 18-19

Household items, domestic items, clothing, toys and more.



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## **Project**

From Page 1

in late August, the youth group members turned their attention to scheduling the time for putting the food pantry together, which ended up being during the schools' fall intercession in mid-October.

The Clint pastor stated that the concrete foundation was laid the first week of the intercession and that during the following week the youngsters erected the building, assembled shelving, painted signs, and stocked the food items. And so, after a morning worship service on a late October day, Pastor Lax and church members held a special dedication ceremony for the new Pan 'tree' project.

The community pantry is now stocked with nonperishable food supplies and basic hygiene and household items, such as dish and

### See PROJECT, Page 5

ASSEMBLY REQUIRED - Clint youth group members Mike Fields and Jordan Cardwell Roach, left,







## **CryptoQuip Answer**

What would everybody call the top official leader of Dear Abby's fan club? Advice president.



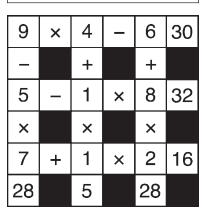
### By Lucie Winborne

- Australia is the only continent without an active volcano.
- A world championship for throwing mobile phones has been held annually in Finland since 2010. Contestants are judged on their technique as well as the length of their throw.
- The Sky Beam that shoots out of Las Vegas's Luxor Hotel attracts so many insects that it's established a new ecosystem of moths, bats and owls.
- You've undoubtedly heard of wishing upon a star, but how about an eyelash? An old superstition held that if one lost an eyelash, they should place it on the back of their hand, then throw it over their shoulder while picturing their desire. Or they could place it on the tip of their nose, then blow it off. But if the lash got stuck, they were out of luck!
- The term "grumble" is used to refer to a group of pug dogs.
- According to Greek historian Herodotus, a solar eclipse ended a six-year war in 583 B.C. when the act of "day turning into night" resulted in a draw that led to a peace treaty.
- · A statue of Nikola Tesla in Silicon Valley provides free Wi-Fi.
- Not that we expect them to attempt it anytime soon, but cows cannot descend stairs. First, they can't easily see the ground after their feet, but their knees and hips also make it difficult for them to move at a downward angle (like some humans!). Plus, their weight would leave them off-balance and at risk of toppling.

Thought for the Day: "Few people know how to take a walk. The qualifications are endurance, plain clothes, old shoes, an eye for nature, good humor, vast curiosity, good speech, good silence and nothing too much."

Ralph Waldo Emerson

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## Moments

- On Nov. 13, 1985, the Nevado del Ruiz volcano in Colombia erupted in the late evening and caused volcanic mudflows that flooded the city of Armero, killing 25,000 residents. The tragedy is considered to be one of the volcano-related deadliest disasters in the 20th century.
- On Nov. 14, 1851, Herman Melville's epic novel "Moby-Dick," about peg-legged Captain Ahab's obsessive search for vengeance on the white whale that maimed him. made its debut in the U.S. Published to mixed reviews, it was a commercial failure and achieved its present standing as a Great American Novel only after the centennial of Melville's birth.
- On Nov. 15, 1956, the movie "Love Me Tender," a black-and-white musical Western starring the King of Rock and Roll, Elvis Presley, was released. Named after Presley's hit single, it was his only film that did not place him in top billing, as it was also his debut. The singer later regretted making the film, though he'd expressed a serious interest in acting,
- 2004, On Nov. 16, President George W. Bush

Club

From Page 3

nominated National Security Advisor Condoleezza Rice for Secretary of State, saying that for the previous four years he had "relied on her counsel, benefited from her great experience and appreciated her sound and steady judgment."

- On Nov. 17, 1558, Elizabeth I, daughter of King Henry VIII and Anne Boleyn, ascended to the throne of England, the third of Henry's offspring to assume that position. A carpet was laid down for her to walk on to Westminster Abbey, and people cut out pieces as mementos of the day. Her reign, which lasted 45 years until her death at age 69 from what was likely pneumonia, is remembered as a "Golden Age" in British history.
- On Nov. 18, 2015, New Zealand rugby union football player Jonah Lomu, who was perhaps rugby's first global icon, died of a heart attack at age 40 after a long battle with kidney disease.
- On Nov. 19, 1703, Eustache Dauger, aka "The Man in the Iron Mask," a political prisoner famous in French history and legend, died in the Bastille. Contrary to fictional representations in literature and cinema, there is no historical evidence that his mysterious facial covering was made of anything but black velvet.

(c) 2023 King Features Synd., Inc. School. When she arrived at Borrego Elementary School she thought it was a perfect opportunity to put her coaching skills and love for running together. The running club has

video games and exercise. " Running has allowed the students to connect as a community through movement and can be a start to their lifelong journey in health and fitness. They can use the experience to persue running sports like cross country or track, use their running

45 student members. Third-grade student Kate Luna said, "I like to be in the running club so everybody can get off their

skills in other sports, or run for fun. "I hope they can look back to their time on the Borrego Running Club and channel the fun, skill, and love for running that they started here. I'm passionate about my running, but I'm mostly grateful for the opportunity to share my love of running with the community that I've served for close to 25 years, San Elizario," Moreira-Puentes said.

## **Notice of Public Hearing** to Discuss Tornillo **Independent School District's State Financial Accountability** Rating (FIRST)

Tornillo Independent School District will hold a public meeting at 5:30 PM, Thursday, November 30, 2023, in the boardroom of the W.E. Neill Service Center, at 19210 Cobb Ave., Tornillo, Texas 79853.

The purpose of this hearing is to discuss Tornillo Independent School District's rating on the state's financial accountability system.

WTCC: 11/16/23



Photo courtesy Jacqui Lax

CONSTRUCTION CREW - Clint church youth group members Andrew A., Rankin G., and Brock B. assembled the shed that serves as the Clint community food pantry, dubbed The Pan 'tree'.

## **Project**

From Page 4

laundry soaps. "We are also food for his or her family. "Our Pan 'tree' is located at 201 looking to add blankets and theme comes from Matthew McKinney Street. It is open sweaters to the pantry as the 25:31-40 about helping those 24 hours a day, seven days weather is getting colder," the in need, and our sign (located a week. Also, donations are pastor noted.

Lax said that the pantry what you need. If you have is open to anyone in the extra to spare, share," she who community temporary help with providing by the Pan 'tree') states, 'Take accepted anytime.

needs pointed out.

The Clint community

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## Miners off to record-setting start this season

By Steve Escajeda Special to the Courier

Ever since last year's disappointing 14-18 season, fans have been waiting to see what UTEP coach Joe Golding will put on the court in 2023.

Though it's way too early to predict how good, or bad, this team is going first two games are any indication, then this looks like it could be a special

The Miners haven't just looked good in their first two games, the victories have been historically good.

UTEP opened the year with a 120-71 trouncing of McMurry, just missing the school record of 121 points scored

Three nights later, UTEP set a new record with a 123-72 rout of the University of Science and Arts of

Okay, okay, I know what you're saying. Who the heck is McMurry and USAO?

Don't feel bad if you've never heard of them – neither had I. Especially the University of Science and Arts of Oklahoma.

If you think that's bad, their mascot is the Drovers.

Don't worry, I looked it up. A Drover is a person who drives cattle or sheep.

Anyway, it's true, McMurry is a division-3 school and USAO is an NAIA school.

To put it in perspective, that's like UTEP football taking on the Green Bay Packers.

So how proud should UTEP be about those two victories? Very.

Not because they won the games, but because of how they played and some of the demons they conquered.

If you remember, the Miners were among the very worst 3-point, and free-throw shooting teams in the entire country.

It doesn't matter who you're playing, an open 3-pointer is an open 3-pointer. Camper and David Terrell have already And no one is guarding you at the free throw line. And the Miners couldn't even makes those a year ago.

In their first two games, the Miners Kalu and Derick Hamilton. are hitting 40 percent of their 3-point shots and 71 percent of their free has turned into an enforcer under the

to be a few months from now. If their threes and 61 percent of the free and he'll be counted on to do more of team.

Again, it's only two games, but it's obvious how much better this UTEP team is than last year's

Coach Golding and his staff brought in nine new players to go along with six returners and so far, the overall talent level has improved drastically.

Among the new guys that have made an immediate impact are big guy Elijah Jones. This 6-8 forward has hit 16 of his first 17 shots from the field and he's just a freshman.

shown they will be a huge part of the Calvin Solomon, Otis Frazier, Kevin at New Mexico State on January 4.

basket. He pulled down 13 rebounds Last year they only hit 29 percent of in the Miners second win of the season that this year.

> are averaging 122.5 points a game and we know that's not going to last very long. The schedule gets considerably tougher from here.

In the coming weeks, UTEP will take on UC Santa Barbara, which won 27 games and the Big West Conference last year and advanced to the NCAA Tournament. The Miners will meet or the conference title, or advance to California and Oregon from the the Big Dance. and is averaging 19 points. Oh yeah, Pac-12. There's Loyola Marymount and they'll possibly meet Tulane,

Newcomers Zid Powell, Corey Bradley and Wyoming in upcoming tournaments.

This is all before they open the new team, along with returners Tae Hardy, year and the Conference USA schedule

UTEP's football season, as it almost Kalu isn't much of a scorer but he always is, was a disappointment. UTEP's basketball season (a year ago) was a disappointment. But this year's Miners look like a whole different

They are quicker, longer, unselfish It's true, after two games the Miners and above all – can shoot the basketball.

> And they are relentless on defense, guarding their guys all over the court.

> They've only played two games against two inferior opponents, but sometimes there's the eye test. And the Miners just look the part.

I don't know if they'll win 20 games,

But they sure are fun to watch. I suggest you go see for yourself.

## Senior moment By Matilda Charles

## How much exercise go we need?

Centers for Disease Control and Prevention, it means the hard stuff, like playing basketball or singles tennis, or swimming laps or running, ideally for 75 minutes per week. "Moderate intensive activity," such as playing doubles tennis or pushing a lawn mower, requires that we double the number to 150 minutes per week.

sedentary among us from even trying. The first step part of your plan. If so, you can attend in person in your would be to check in with our doctor, certainly, to make sure we can start vigorous exercise. And the second step would be to find a basketball court. At the very least, for exercise information videos for seniors (www.youtube. moderate exercise, we would need a walking partner or a com/@NIHAging). Included are videos on balance, lawn to mow.

Leave it to the Brits to come up with a study that we can get behind. This study concluded that a mere 15 to 20 minutes of vigorous physical activity per week was associated with a 16-40% lower mortality. Bump that up to 50 or 57 minutes per week, and the numbers are even better. What this says to us is that small amounts of exercise per week

What does "vigorous physical activity" mean? Per the can add up to reduced mortality and chronic disease.

Even the CDC agrees that at least some amount of physical activity is better than none.

Get out of the chair, walk around... take an exercise class for seniors.

SilverSneakers, a seniors exercise program, is available online if you have a membership. If you have a Medicare Those are the kinds of numbers that will keep the Advantage plan, see if the SilverSneakers membership is area or sign in and watch online.

The National Institute on Aging has a section with endurance, flexibility, strength and standing on one foot.

While you're on YouTube, do a search for "exercise for seniors" and see if anything appeals to you.

It only takes a few minutes.

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### "MM GOOD!" **ACROSS**

- 1 Kiddie-lit elephant 6 Seder bread 11 Warren in the Pro Football Hall of Fame 15 Numbered work of a composer 19 "I'd love to help"
- 20 Fictional town in an Edgar Lee Masters 22 Intensify, with "up"
- 23 Aged female horse that has won lots of singing awards? 25 Dog food brand 26 Flimsy
- 27 Hive swarm 28 "Lie Down With Lions" novelist Ken 30 Romanov roval
- 31 -fi film 33 Michael of "Superbad" 34 Stephen of the screen
- 35 Time when everybody turned down their radios all at once? 41 v. Wade
- 42 Aussie critter 43 Soporific drug 44 Electrolysis particles 45 Reading quickly in the Scandinavian
- 50 Novelist Stout 52 Hammer or Spade

- 53 History topic 54 Hot tub sigh 56 Tranquility 60 Brainchild 62 Big meeting to discuss protective metal gear?
- 66 Foot the bill 69 A-bomb, e.g. 71 " dare?' 72 \_ Lilly
- 73 "Tamerlane" poet 74 Cold, damp park 79 Declare 82 Apia locale 83 Elton John's '70s

a number-adding

109 Bullring call

110 Balcony box

111 "Send help!"

112 Netflix rival

113 Medium for

115 Pork serving

121 Cork's land

118 Of sentence units

burning data

contest?

- 3 Lead-in to "done 84 Figure skater that" Midori 4 "Eek!" 86 Bet to win and 5 Add ammo to place 6 Emails or texts: 90 Cloning stuff Abbr.
- 92 Was an overly 7 Wet mo. aggressive barber? 8 Come \_ halt 96 Cato's "to be' 9 Body not staying 99 alla Scala at rest? 101 Intensify, with "up" 10 "My treat!" 102 Antique auto 11 Family in computer 103 Trouncing in games
  - 12 DuVernay of "Queen Sugar' 13 Flawless 14 Request in advance, in a way 15 Spoken exam
    - 16 Sicily's capital 17 A gazillion 18 Brief plugs for political candidates

21 Bread variety

122 Decreed to be the 24 \_ Lube (STP alternative) 29 Chou En-\_ 31 Add fuel to programming output 32 Groups on church 128 More skillful risers 33 The Plame affair, 130 Covered with informally bathroom rolls, slangily 131 Outback food 132 Fliers' homes

most prudish?

126 Observes

127 Computer

129 Chances

DOWN

1 Strike with the

2 Court champ

horns

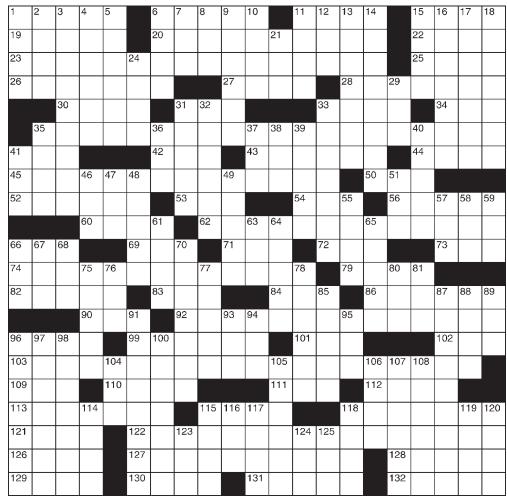
Arthur

- 35 Hammer or spade 36 52-wk. units 37 Dad's partner 38 Lonatime wire svc. 39 Moses' peak 40 Seltzer, e.g.
- 41 ICU VIPs 46 Imbiber's hwy. offense 47 "\_ be nice if..." 48 Like taffy 51 Air-testing gp. 55 Hispanic "hello" 58 Loving sound 59 Previous to,
- poetically 61 12-hour clock toggle 63 Lowing sound 65 "Hawaii \_" (Jack Lord series)
- 66 Acer offerings 67 Styled after 68 Orange tuber 70 Say aloud for transcription 75 Net access
- 49 Bea Arthur sitcom 57 Intensify, with "up" 64 Fluid dram fraction provider 76 Groom, e.g. 77 "The Dance"
- singer Brooks 78 Canned heat 80 Good Grips brand 81 Nursery cry 85 Dramatist Clifford 87 Merry-go-rounds 88 Not kosher 89 Hurry-scurry 93 Furious state 94 Spill cleaner 95 Sony products 96 1962 Paul Anka hit 97 Tarnished 98 Tarnished 100 Chinese soup 104 Sort 105 Facet 106 "Surprised to run into you!" 107 University in Greenville. South Carolina 108 In a blazing brandy sauce 114 Fed Eliot 115 Ace or queen 116 Fruit drink brand 117 Tip jar bills 118 Nursery school, briefly 119 Play \_ (perform some songs) 120 Env. items 123 Receivable 124 John in court cases 125 High-tech

Answer Page 4

organizer

## **Super Crossword**



## **Comix**

## **OUT ON A LIMB** By Gary Kopervas





## AMBER WAVES By Dave T. Phipps

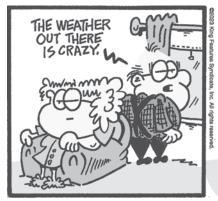


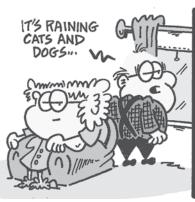


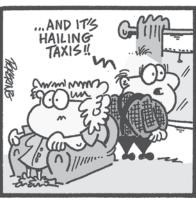




## THE SPATS By Jeff Pickering







### TIGER By Bud Blake





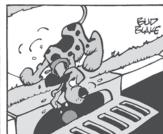












## Lowry

From Page 2

there's no doubt that it is a flourishing society.

If Gaza were equally Westernized, it would be worrying about whether it's overbuilding seaside real estate rather than having to get country its governing authority – a savage terror group – is trying to destroy.

Yet this is the society that anti-Western opinion holds up and wants to sweep all before a violent phenomenon," and in a preface to it. This point of view loves Gaza for its failure and hates Israel for its success; loves Gaza for its terror and hates Israel for its self-defense; loves Gaza for its vicious anti-Western sponsors and hates Israel for its Western allies, worthy anti-colonial organization, and there's especially the United States.

expect of students and young people who have absorbed the premises of Michel Foucault, Howard Zinn, Edward Said and their imitators. Rich Lowry is editor of the National Review. Even if students have never heard of them, (c) 2023 by King Features Synd., Inc.

these men and their thought suffuse higher education.

But what about the violence? How can these kids look past it, or implicitly endorse it?

something to celebrate. Many legitimate Violence is part of the radical anti-Western criticisms can be made of Israel, and indeed are vision. The anti-colonial bible, "The Wretched a feature of the Israeli domestic debate itself, but of the Earth," written by Frantz Fanon in 1961, is widely taught on campus. Fanon sketched out a woke worldview before anyone used that term, arguing that, as a New Yorker essay put it, "the Western bourgeoisie was 'fundamentally water and electricity from the neighboring racist' and its 'bourgeois ideology' of equality and dignity was merely a cover for capitalistimperialist rapacity."

> Fanon wrote that "decolonization is always the book, the French philosopher Jean-Paul Sartre declared that the wretched of the earth "become men" through "mad fury."

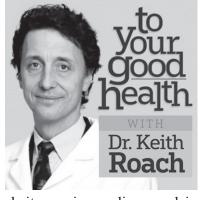
By this standard, Hamas is a good and no wonder it has found supporters and useful If this seems perverse, it's what you'd idiots among the West's self-loathing radicals.

## Paget's disease brings uncomfortable symptoms

DEAR DR. ROACH: My husband has been diagnosed with Paget's disease. I would like to know more about it; this is the

first time I have ever heard of it. I would like to know the treatments and how much damage affects the bones. He is 76, had prostate cancer and underwent radiation treatment. - C.W.

Paget's disease of the bone is a common disease in people of European ancestry, with a lifetime prevalence



of approximately 3%, although it remains undiagnosed in many. The cause of the disease appears to be a defect in bone reabsorption by the osteoclast, a specialized cell that normally helps maintain bone health. Paget's disease is not a cancer. It is normally diagnosed over the age of 55.

Most cases of Paget's disease are asymptomatic; however, without treatment, some people will develop arthritis, pain, deformities and fractures. The bone deformities may lead to nerve compression and, in the case of the tiny bones in the ear, hearing loss. X-rays and a high alkaline phosphatase (ALP) blood test are suggestive of the diagnosis. A bone scan is recommended to see the extent of damage from the disease.

Fortunately, highly effective treatments are available. Bisphosphonate drugs, the same drugs that are used to treat many people with osteoporosis, are very effective. A single treatment with zoledronic acid is effective at stopping (not reversing) the progression of the disease, and fewer than 20% of people will need a second dose. Diagnosing and treating early are ideal.

I don't think his prostate cancer or radiation treatment has anything to do with his diagnosis of Paget's.

DEAR DR. ROACH: I'm a 76-year-old male who was recently diagnosed with transitional cell carcinoma of the ureter, but I don't have a history of smoking or any occupational exposure to chemicals, plastics, rubber or dyes. My cancer was found through a CT scan with contrast dye after having asymptomatic hematuria. It's isolated to the proximal ureter and a kidney. How rare is that? I have to have the kidney and ureter removed. Can you talk about living with one kidney and the adjustments that I'll have to make? -R.P.

Urothelial cancers (the new name for transitional cell cancers) come from the lining of the urinary tract and can be present in the kidneys, ureters (the tubes that carry urine from the kidneys to the bladder), bladder and urethra (the tube that carries urine outside of the body). They are not common, about one per 100,000 people per year.

About 17% of people with cancer in the ureter will also have cancer in the bladder at the same time, and almost half will develop cancer in the bladder later in life. Careful screening, such as a look inside the bladder every six months, is essential.

You are correct that smoking and certain industrial exposures are risk factors for developing these cancers, but so is the place of origin; cancer syndromes such as Lynch syndrome; other toxins such as the drug phenacetin; and traditional Chinese herbs containing aristolochic acid. For localized diseases, complete removal is the safest approach, since there may be multiple small areas affected by cancer.

Living with one kidney is not that different from living with two, as the other kidney somewhat compensates for the missing one. Some medications may need to have lower doses, but usually, this is not the case.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2023 North America Synd., Inc. All Rights Reserved.

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## Moore Texas by Roger Moore

A secretary named Bette Nesmith from Dallas changed the office world when she invented LIQUID PAPER in 1956.

## **IryptoQuip**

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: H equals W

HFPE HKLIX ZWZQOSKXO GPII EFZ EKR KJJNGNPI IZPXZQ KJ XZPQ PSSO'C JPT GILS? PXWNGZ RQZCNXZTE.

Answer Page 4

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## Weekly **SUDOKU**

by Linda Thistle

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

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:** ◆◆◆

Answer Page 4

◆ Moderate ◆◆ Challenging

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## Educational benefits scam

by Freddy Groves

a barber school would apparently it can be. A barber school in a southern benefits.

program pays approved, they then need to days of service required. provide information about On this page you'll also find the courses, the number of information on benefits such of enrollment, the costs fees, textbooks, housing ... and so on. Part of this is an and even moving expenses. the same tuition and fees with fewer than six people that civilian students pay.

That is where this qualify.) particular barber school

Where civilian students were different schools, see www. charged \$2,400, veterans va.gov/education/gi-billwere charged \$22,400 for comparison-tool. Or call the course. Not only did the GI Bill Hotline for more the owner charge more for information: 888-GIBILL-1 You wouldn't think that veterans, but accurate records weren't kept, and worse, the be a hotbed of crime, but students weren't given their something wrong, some certificates of completion when they finished. The total state was caught defrauding scammed was in excess of the Department of Veterans \$235,000. The government is Affairs by stealing money seeking treble damages, three from veterans' education times that amount, as penalty.

Thankfully, not all schools The Post-9/11 GI Bill engage in scams and theft schools like the barber school. Most directly to cover the tuition are probably legit. If you and fees for veterans want to go to school, the attending those schools. To VA might pay for it if you be paid, the schools need qualify. Take a look at www. to submit a thick stack of va.gov/education/about-gidocuments, including an bill-benefits/post-9-11 for initial application. Once the dates and number of hours per week, the dates as payment for tuition and agreement to charge veterans (If you're in a very rural area per square mile, you could

To compare the various

went over to the dark side. VA educational benefits at (888-442-4551).

Remember: If you see type of fraud or a scam or scheme, report it. It's veterans' benefits that you'll be protecting.

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- · Mail service is a wonderful thing. Order what you want on the internet and it's in your mailbox or on your doorstep tomorrow. From efficiency to penny pinching, you can use the mail order to help out in numerous ways. Or, use it to bring a smile to someone's face: Keep a stack of stamped postcards with you. Jot a note and mail one off whenever the mood strikes. I almost guarantee a great response from the recipient! Who doesn't love real snail mail? - JoAnn
- I love to shop, and for the best deals, I go online to trusted e-retailers. When shopping online, don't forget to factor in shipping and handling, as some companies offer free shipping on orders over a certain dollar amount; some don't!
- · One of the greatest assets in our communities is the public library, and mine has iust added a new service that I'm over the moon about: delivery! I can search the card catalog from home and have the books I want delivered right to my house. It's so convenient. - J.H. in Florida
- · My uncle is really hard to buy for. He doesn't get out much, and he has everything he could ever need in his apartment. I hit gold with gift mail order memberships. We've done beer, cheese and fruit, and this year is meat! They send a different one every month. You can find these services on the web. Thought I'd pass it along as a gift idea. - W.L. in Arkansas

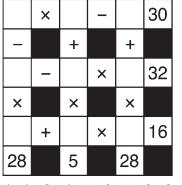
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2023 King Features Synd., Inc.

### by Linda Thistle GO FIGURE!

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.

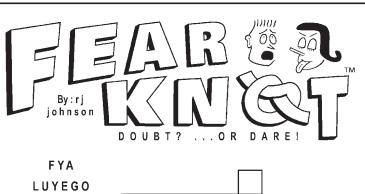
### **DIFFICULTY:** ★

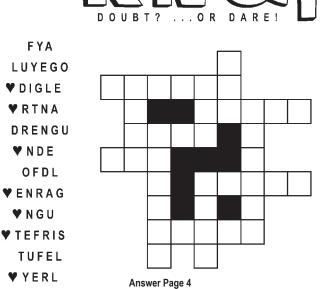
★ Moderate ★★ Difficult ★★★ GO FIGURE! Answer Page 4



2 4 5 6 7 8 9

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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 ( f v ) 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.