



NEWSBRIEFS

Jobs

With 2024 bringing the chance for new beginnings and finding a better job often proving to be more effective at keeping up with inflation than cost-cutting, the personal-finance website WalletHub has released its report on the Best Places to Find a Job in 2024. To determine the strongest local job markets in the U.S., WalletHub compared more than 180 cities across 31 key metrics. The data set ranges from job opportunities per job seeker to employment growth to the monthly average starting salary. Many Americans have made finding a new job their New Year's resolution, and in the current inflationary environment, getting a better job can be a lot more effective for your finances than cost-cutting. The latest report by the personal-finance website WalletHub found that Scottsdale, AZ is the best city for jobs in 2024, followed by Tampa, FL, Salt Lake City, UT, Columbia, MD and Austin, TX. WalletHub's report analyzed 31 key indicators across two dimensions: job market and socio-economics. "With the U.S. experiencing a low unemployment rate and many employers still having labor shortages, now is an ideal time to find a job. Currently, workers have a lot of negotiating power. Well-qualified job candidates are in a great position to acquire competitive salaries and benefits. Scottsdale, AZ is the best city for jobs in 2024 because it has the highest job growth in the nation. The average annual job growth is nearly 12%, so there will be a lot of new hiring opportunities," said Cassandra Happe, WalletHub analyst. "Scottsdale has the fifth-highest median annual income in the country after adjusting for the cost of living, and it adds great living conditions to sweeten the deal, ranking as one of the best cities for both families and recreation." Best vs. Worst:

- Columbia, MD has the highest median annual household income (adjusted by cost of living), which is 3.1 times higher than in Detroit, MI, the city with the lowest.
- San Jose, CA has the highest monthly average starting salary, which is 3.7 times higher than in

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Anyone old enough to commit a adult's crime is old enough to take a adult's punishment.

– Quips & Quotes



– Photo courtesy Anthony ISD

NURSE TO THE END – Marlene White performs a quick checkup on an unidentified Anthony ISD student.

White ends 48 year AISD nursing career

By **Adriana Candelaria**
Special to the Courier

ANTHONY, TX – After dedicating nearly half a century to the health and wellbeing of Anthony ISD students, District Nurse Marlene White retired at the end of December.

White has a remarkable 52-year career in the field of healthcare with 48 of those years working at AISD.

Her tireless work has been nothing short of heroic since the beginning of her trajectory in the district.

White says she first learned about the immediate AISD job opening in 1975 through a nurse in Canutillo. That nurse told White AISD urgently required a full-time nurse to update student immunizations. The urgency, according to White, was due to the district being at risk of closure after a state audit revealed non-compliance with student shot records. White was instantly hired and started working a few days later.

"Since I had previously worked for the El Paso County Health Department, I knew the immunization schedule," White said.

"I started looking through vaccination cards and took the students on the bus – there were that many – to the clinic in Canutillo to get their shots. We did that until everyone was caught up," White said.

Currently, White says 100 percent of the student population has its required immunizations, a testament of how far the community's health and

immunization awareness has come.

Her natural leadership skills that prevented the district from having to shut down formed the start of a profound impact that White would have on AISD.

With her other duties, she would become a first responder during emergencies.

In 1993, crime in Anthony cast a dark shadow over the safety and harmony of a school environment but shined a light on the vital role of a school nurse.

White says on School Nurse Day in January of 1993, she received a frantic call about a stabbing that occurred inside what is currently Anthony Middle School. At the time, the building was Anthony High School.

"Never did I dream that it was what I saw when I got there," White said.

White vividly remembers seeing a student with stab wounds on the floor.

"I just got someone's hand and said 'press as hard as you can' while I evaluated the bleeding and the breathing. He didn't have a pulse, so I started CPR," White said.

As the life-or-death seconds passed by, White recalls seeing ambulance sirens glimmer in the distance. She got into the ambulance with the student, but a sad reality dawned on her when she saw the EMT was unable to find suitable veins to begin an IV fluid.

"When we got to the hospital, the doctor said they couldn't have saved him even if he had been across the street, because he just bled out," White said.

When asked about the things in her career that impacted her, White thinks about this student's death along with a second student who she says died later the same year due to leukemia. The student's symptoms began manifesting at school, and White was the first responder to address the student's condition.

"My school nurses association asked me to talk to the nurses about the stabbing, because it's something that can happen at any school. We never know what phone call is going to say 'come' and you don't know what you're going to find, and you have to take care of it right then and there," White said.

Despite the devastating cases that White encountered as a school nurse that year, she said they showed her how far her strength could go; both situations reaffirmed to her that she was in the right career.

"I just love working with the kids and the families here and being a part of the community," White said.

In a proactive initiative following the tragedies, White started a Girl Scouts troop in Anthony. The group offered an empowering outlet for students to cultivate healthy and useful habits.

Courage amidst a crisis

In 2020, White played a pivotal role in safeguarding the Anthony ISD community during the COVID-19 pandemic. She spearheaded the opening of a testing site in the school district, offering accessible and reliable COVID-19 testing to the community.

"We did it for the community because there really wasn't another

See WHITE, Page 3

Where's the big immigration debate?



Do you remember the big national debate on whether the United States would adopt a policy to make the foreign share of the population the highest it's ever been?

Neither do I. For the simple reason, of course, that there wasn't one.

That doesn't mean that the policy wasn't adopted,

through inertia and the Biden administration's imposition of a de facto open border for a large swath of asylum-seekers.

An analysis of Census data by Steve Camarota and his colleagues at the Center for Immigration Studies has found that a 4.5 million net increase in immigrants since Joe Biden took office has boosted the share of the foreign born to 15% , the highest ever recorded.

You know all the black-and-white photos of immigrants coming to Ellis Island, the lore about names being changed upon arrival, "your huddled masses yearning to be free"?

We are currently higher than that. We're eclipsing the Great Wave of Immigration with an even greater wave. We hit 14.8 in 1890 and 14.7 in 1910, in what were, until now, the most historic decades

for immigration.

Just last month, the Census Bureau was projecting the foreign-born share of the population wouldn't hit 15% until in 2033. Now, we could keep going up from here. "If the immigrant population continues to grow," Camarota writes, "it will set new numerical and percentage records every year going forward."

A straight-line projection shows the share of foreign-born increasing to 15.5 by the end of Biden's term, and to an astonishing 17.3% by the end of a potential second term.

This is not the normal course of business. According to Camarota, the foreign-born population has grown on average by 137,000 a month since the beginning of Biden's term, higher than Donald Trump's pre-COVID-19 42,000 and Barack Obama's 68,000.

What accounts for this? Some of it is a COVID-19 bounce-back in legal immigration. But that's not responsible for the lion's share of the story. The Biden administration has boosted the foreign-born

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Briefs

From Page 1

Fort Smith, AK, the city with the lowest.

- Fremont, CA has the fewest part-time employees for every 100 full-time employees, which is 3.8 times fewer than in Burlington, VT, the city with the most.
- Pearl City, HI has the lowest share of workers living in poverty, which is 11.7 times lower than in Huntington, WV, the city with the highest.

Tips for finding a good job

- Look in cities that provide the best conditions: Cities with high job growth rates, high median incomes and a good variety of industries are great places to start. But you should also make sure that anywhere you plan to move for a job will also be a good fit for you in general – from its safety and weather to its recreation opportunities.
 - Consider online jobs: Many jobs have transitioned to offering remote opportunities in the post-pandemic era. You may be able to work from the comfort of your home without having to uproot your life and move somewhere close enough to commute.
 - Use job-finding resources: If you went to college, your school probably offers some sort of job portal and/or alumni network that can help you find a career. You can also post your resume to various sites online in order to get offers sent to you. Just be discerning, because you will likely get some offers that are not legitimate or not worth your time. You can network on sites like LinkedIn, too.
 - Expand outside your field: You don't necessarily need to take a job that's in the same field as jobs you've had in the past. You may be pleasantly surprised to see how many of your skills can transfer to adjacent fields of work. Having soft skills like good knowledge of technology, strong communication and creativity can ease the transition into a new field.
- Visit <https://wallethub.com/edu/best-cities-for-jobs/2173> for the full report.

– Diana Polk



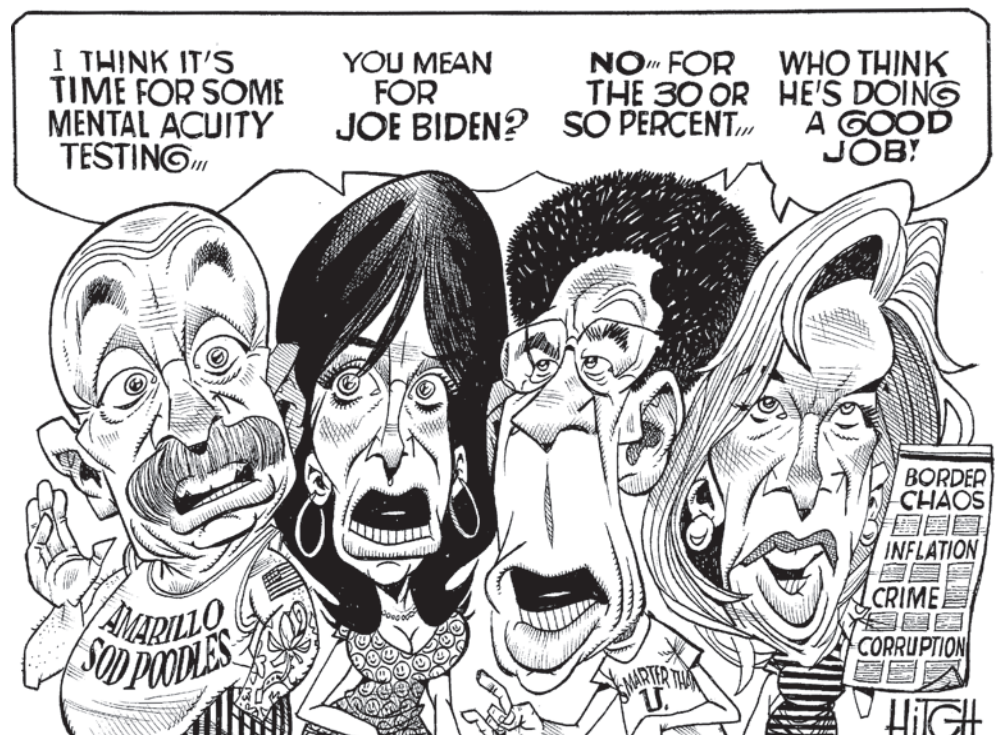
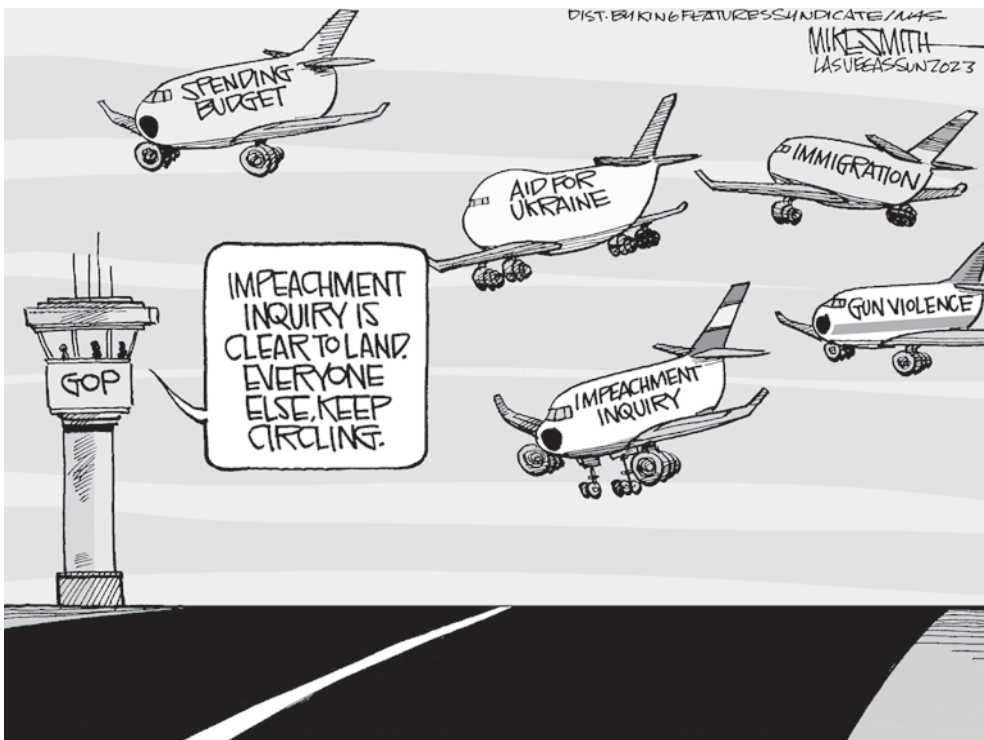
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White

From Page 1

place close for them to go to. Day after day, we'd test. That was a pretty intense time," White said.

As the virus ravaged through El Paso County, making it one of the country's COVID-19 hotspots in 2020, White braved the health risks associated with COVID-19 to ensure anyone who needed a test could receive one promptly. She became one with her personal protective equipment.

"I didn't get covid through all of that. I was able to escape until September of this year, but I think that was because my immune system was compromised due to my chemo," White said.

As at-home tests and vaccinations became more popular, the demand for COVID-19 testing in the district dwindled. Testing services in the district eventually stopped when funding was no longer provided. In May of 2023, the federal COVID-19 declaration ended.

Navigating farewells and embracing change A husband, three kids, eight grandchildren and three great grandchildren (with an additional great grandchild on the way!) eagerly await White's retirement.

"The way she just cares for the community is something that has rubbed off on us," said Troy, White's youngest son.

"Our whole family is pretty willing to help anybody."

Troy recalled a caring mother whose values of compassion, care and empathy made a unique impact on generations of families in Anthony.

"When people look back at it, it's more than just the school, it's the entire community. In some cases, the only healthcare source



— Photo courtesy Anthony ISD

THE 70s – Marlene White from earlier days.

possibly is through the school nurse, which I think is pretty remarkable," Troy said.

Despite White's last day of was December 20, she is exploring volunteering opportunities to assist the new district nurse with the transition. She is also looking forward to traveling to visit her family, although she admits the separation will be difficult.

"I'm sad. I've been coming here for a long time, and I'm starting to see now that there's things I can do at home. I think about my grandkids and great grandkids, and I look forward to spending more time with them," White said.

White has become a symbol of determination and strength at Anthony ISD. Her story of selflessness and dedication remind us of an individual's power to make a difference in the lives of others.

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Strange BUT TRUE

By Lucie Winborne

- In 1837, Thomas Saverland took Caroline Newton to court for biting off part of his nose after he forcibly kissed her at a party.

- The original Xbox had sound snippets of real space missions.

- Korean college students once launched a protest against the amount of air in potato chip bags by building a raft out of them and sailing it across a river.

- When Michael Orchard broke into his neighbor's burning home to rescue their dog, his heart was in the right place but his timing wasn't: The house fire was merely his LSD-induced hallucination.

- Frozen cow manure was the first-ever puck used in a hockey game.

- The word "thug" comes from 1350s India and the Hindi word "thag," which means "deceiver" or "thief" or "swindler."

- Ten thousand light years away from Earth, a huge cloud 1,000 times larger than our solar system's diameter contains enough alcohol to fill 400 trillion pints. To drink it all, everyone on Earth would have to drink 300,000 pints each day for 1 billion years.

- A violin known as "the Blackbird," carved entirely from stone, produces sound comparable to traditional wooden violins.

- Research has shown that people born in September, October and November are more likely to live 100 years or longer.

- Much like humans, chimpanzees use strategic high ground for reconnaissance on rival groups during "chimp warfare."

Thought for the Day: "Every day the clock resets. Your wins don't matter. Your failures don't matter. Don't stress on what was, fight for what could be."
— Sean Higgins

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Moments in time

THE HISTORY CHANNEL

- On Jan. 8, 1310, near the beginning of the Little Ice Age, when average temperatures around the world dropped by as much as 3.6 F (particularly in Europe and North America), the Thames River in London froze so thickly that bonfires were lit on it.

- On Jan. 9, 1768, British former cavalry Sergeant Major Philip Astley staged the first modern circus after discovering that if he galloped in a tight circle, centrifugal force would allow him to perform seemingly impossible acts on horseback. He drew up a ring and invited the public to watch him wave his sword in the air while riding with one foot on his saddle and one on his horse's head.

- On Jan. 10, 1845, poets Elizabeth Barrett and Robert Browning began the correspondence that would eventually lead to their secret courtship and marriage, which Elizabeth's father disapproved of so strongly that he disowned her. The couple then fled England for Italy, where they would live for 15 years until Barrett's death.

- On Jan. 11, 1915, Jacob Ruppert and Colonel Tillinghast Huston purchased the New York Yankees for \$450,000. Ruppert put up his share of the sale in cash, and within a decade had built Yankee Stadium, acquired baseball legend Babe Ruth, and won the first of the franchise's World Series titles.

- On Jan. 12, 1948, pacifist and spiritual leader Mahatma Gandhi began his final fast. Eighteen days later, he was assassinated by Hindu nationalist Nathuram Godse while on his way to address a prayer meeting.

- On Jan. 13, 1976, American inventor Ray Kurzweil and the National Federation of the Blind debuted the Kurzweil Reading Machine, the first omnifont optical character recognition system, which converts print to speech.

- On Jan. 14, 2004, the national flag of Georgia, also known as "the five-cross flag," was returned to official use for the first time in five centuries. Originally a banner of the medieval Kingdom of Georgia, it became popular again in the late 20th and early 21st centuries during the country's national revival.

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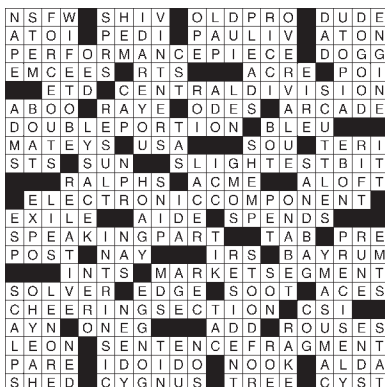
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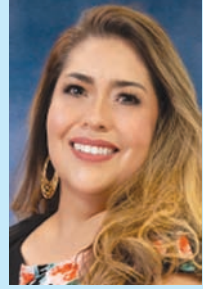
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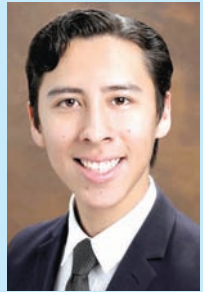
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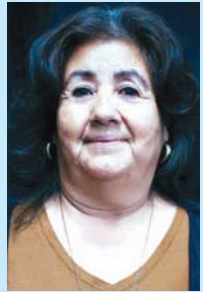
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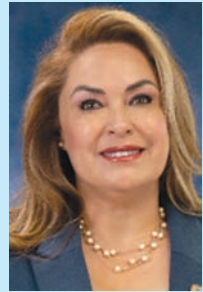
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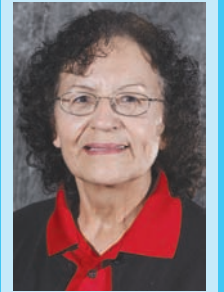
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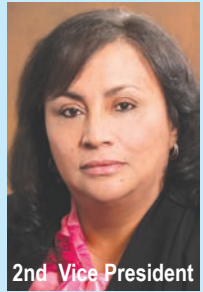
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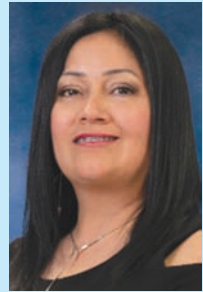
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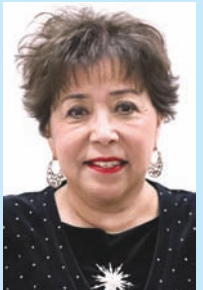
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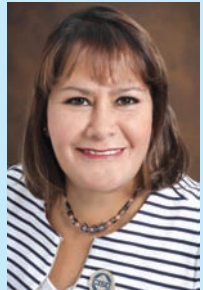
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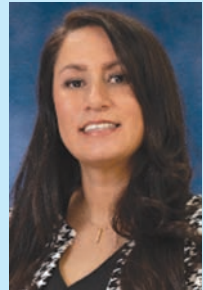
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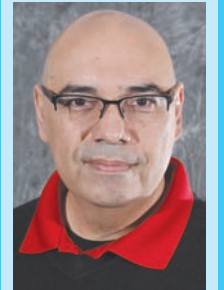
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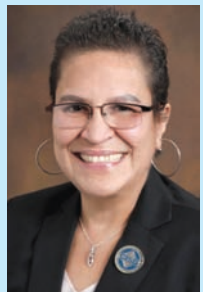
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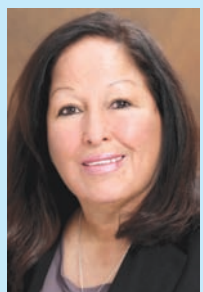
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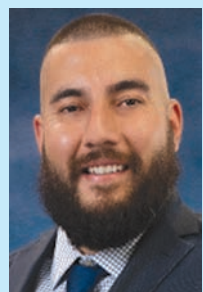
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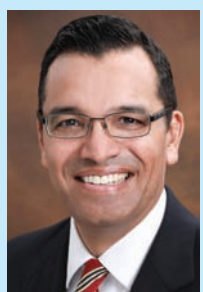
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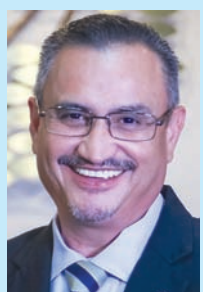
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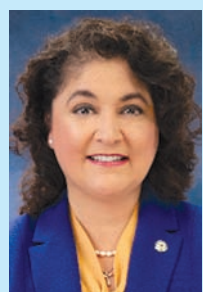
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Thank You For Serving

No matter how bad things get, NMSU still dominates UTEP

By Steve Escajeda
Special to the Courier

The battle of I-10 is always special whether UTEP and NMSU are competing in football, basketball, volleyball, softball, tennis, and even hide-and-seek, if that were a sport.

It doesn't matter, every time they meet on the field or the court, or the arena, or the stadium, the game just means a little more to both of these schools.

For over 109 years on the football field and over 220 times on the basketball court, the UTEP and NMSU men have been putting it all on the line in this very special rivalry.

UTEP has always been kind of the big brother to NMSU's little brother, but as in real life, all of that goes away once the battle starts.

While neither UTEP nor NMSU can call themselves elite in any one sport, as far as off-the-field problems with their athletic departments, UTEP is in much better shape than NMSU,

The Aggies' football team won only two games in 2019 and then, because of Covid-19,

didn't play a single game in 2020. Then in a weird situation, were allowed to play two games (in the Sun Bowl) in February and March of 2021.

They returned in the fall of 2021, just to win two games again.

Because they didn't play any games during covid, NMSU's program lost a ton of players and practically had to start from scratch. It seemed like it would take them about a decade to recover.

Then there were the even bigger

problems with the basketball team.

One year ago the Aggies had to cancel the second half of their basketball season because of a player shooting incident, coaches involved in a potential coverup and players accused of physically and sexually abusing teammates. The program was a disaster.

This also caused NMSU's basketball team to start this season totally from scratch. No player from last year's team is on this year's squad. Again, normally it would take years to put things back together.

Of course, both NMSU's football and basketball programs would now be far behind both UTEP programs, which have essentially been drama-free.

Think again!

While UTEP football continued to struggle through losing seasons in 2022 and 2023, NMSU miraculously put together back-to-back winning seasons and bowl game appearances.

In his two years as head coach, Jerry Kill came in and saved the NMSU

program, before resigning at the end of this season.

Meanwhile UTEP, which lost to the Aggies this season 28-7, fired its head coach and is hoping new hire Scotty Walden can bring a little Jerry Kill-like magic to the Sun Bowl.

In hoops, New Mexico State has dominated the Miners on the basketball court in recent years, having won 17 of their last 20 meetings.

But the NMSU basketball horrors from a year ago would certainly put UTEP ahead of them.

Well, in case you didn't hear, NMSU thumped UTEP 63-53 last week to keep the domination going.

But how can that be?

What has happened to UTEP Athletics that it can't beat a smaller school in football or basketball, especially when that school has had to basically put entirely new teams together in such a short time?

Over the years, the Miners have competed with teams like BYU, ASU, Utah, Arizona, New Mexico, Wyoming, Tulsa, UAB, Houston,

Memphis, Central Florida, SMU and Rice.

Now UTEP is struggling to keep up with teams like NMSU, Sam Houston St., Florida International, Jacksonville St. and Kennesaw St.

Fans here keep talking about UTEP joining the Mountain West Conference. There's no way that league is going to consider the Miners unless they show they belong.

The one thing UTEP has going for it is the fact that fans show up to the games.

Even though the Miners lose more than they win, they are always at the top of the CUSA attendance standings.

UTEP has always been bad in football and we've come to accept that, but the basketball program had always been good and now it's consistently mediocre - heading toward bad.

But let's face it, if the Miners can't even beat wounded NMSU teams, it'll be years before they're able to compete with anyone else.

Well, at least the Miners were better than NMSU in volleyball.

Senior moment By Matilda Charles

Don't give up

This is not the world we grew up in, or even the world we knew for much of our lives. If my informal poll of friends and acquaintances is correct, we don't like it much. The current state of the world has taken an emotional, physical and social toll on us. This isn't the retirement we planned.

I hear:

We're too trusting and it gets us into trouble when we fall for scams coming to us via phone, email and the internet, and resulting in identity theft and loss of money.

The pandemic locked many of us away, and we haven't surfaced yet because Covid is still out there, as well as the annual flu and RSV (respiratory syncytial virus) this winter. Staying home seems to be the safest way to avoid it all.

And there's the television news. Some of us have started only watching the first five minutes to catch the weather and then turn to a different channel to avoid the political

scene and crime reporting, some of which unfortunately is happening in our own areas. Channels showing reruns of retro programs are getting a lot of our attention now.

No, we don't like it much, and some of us wonder if we're sliding into depression.

But there are ways to regain some of what we've lost, and a trip to our physician might be the best first step. Go, and tell him or her what's going on with you. A simple blood test might point to a change in diet that could help how you feel.

At the same time, he might know of some community resources, even if it's having meals delivered.

Reconnect with friendships that matter (even if it's on the phone), ask if the library delivers books, become a pet foster parent, look for senior exercise videos on YouTube, etc.

Don't give up.

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Send Your Newsbrief To:
wtxcc@wtxcc.com

- FORGET THE WHOLE THING ACROSS**
- 1 Warning about a racy web pic
 - 5 "West Side Story" knife
 - 9 Seasoned vet
 - 15 Bro
 - 19 French for "yours"
 - 20 Treat for feet, for short
 - 21 Pope after Marcellus II
 - 22 Scads
 - 23 RFORM
 - 26 Rapper Snoop _
 - 27 Variety show hosts, e.g.
 - 28 ACLU interests: Abbr.
 - 29 Farming unit
 - 31 Pasty luau food
 - 32 Flight takeoff abbr.
 - 33 NTR
 - 38 "Peek-_"!
 - 40 Classic comic Martha
 - 41 Uplifting poems
 - 42 Place full of video games
 - 43 UBL
 - 46 Chicken cordon _
 - 47 British chums
 - 48 Stars and Stripes' nation
 - 49 _wester (certain storm)
 - 50 "Oh, God!" actress Garr

- 54 Cousins of aves. newspapers
- 57 GHTE
- 62 Actors Fiennes and Macchio
- 65 Very top
- 66 Flying
- 67 TRONI
- 72 Cast out of the country
- 73 Official helper
- 74 Pays out
- 75 EAKI
- 79 Diner check
- 80 Start for existing
- 83 Name of some newspapers
- 84 Vetoer's vote
- 85 U.S. tax org.
- 88 Aromatic aftershave liquid
- 90 QBs' blunders: Abbr.
- 92 RKE
- 96 Person doing a crossword puzzle, e.g.
- 99 Outer limit
- 100 Chimney grime
- 101 Great serves
- 102 HEER
- 105 2000-15 CBS series
- 106 Writer Rand
- 107 Blood type, in brief
- 108 Total
- 109 Wakes up
- 112 Writer Uris
- 114 NTEN
- 119 Peel, as fruit

- DOWN**
- 1 Neck back
 - 2 Mushroom feature
 - 3 Some plays on ground balls
 - 4 Fiancee
 - 5 Colo. _ (city S. of Denver)
 - 6 Skirt line
 - 7 "Just go ahead and try!"
 - 8 Wine merchants
 - 9 Unlock, in poems
 - 10 Resting place for a napkin
 - 11 Drinker's hwy. offense
 - 12 Implores
 - 13 Christina of "Bel Ami"
 - 14 Put too high a price on
 - 15 Papa
 - 16 Perfect world
 - 17 Be charitable
 - 18 Gas guzzler
 - 24 Multivolume U.K. lexicon
 - 25 Chicago winter hrs.

- 30 Blarney Stone's land
- 33 Mushroom feature
- 34 King, in Lyon
- 35 Hubbub
- 36 Novelist Deighton
- 37 Runs furtively with short, quick steps
- 38 Heads of fleets: Abbr.
- 39 Regatta entry
- 40 Upshot
- 44 Evan of figure skating
- 45 Univ. helpers
- 46 Web automaton
- 49 Brother of Moe and Curly
- 51 Deep black, in poems
- 52 Break in friendship
- 53 Hairy TV cousin
- 56 "Science Friday" aier
- 58 Person tying shoes
- 59 Onetime transportation agcy.
- 60 Foods created by biotech
- 61 Flood-prevention sack
- 62 One sharing your blood
- 63 Songwriter Carmichael
- 64 Salon noise
- 67 Large-scale public show
- 68 Untrue tales
- 69 Neighbor of Mont.

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				126	

Answer Page 4

Comix

OUT ON A LIMB By Gary Kopervas



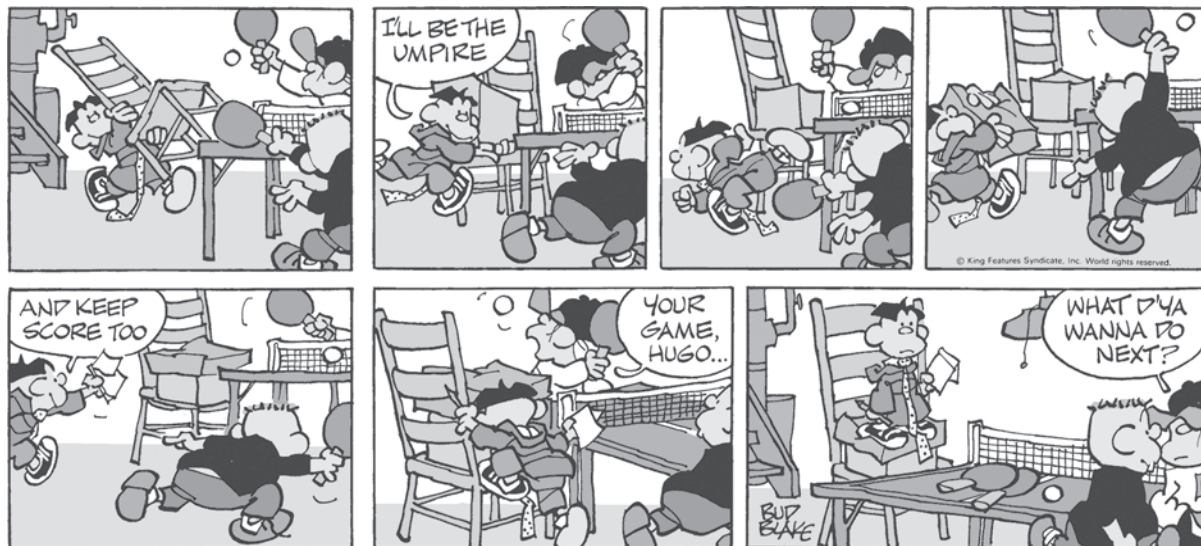
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

share of the population well above the pre-COVID-19 trend line.

It has done it by ignoring the law and greasing the skids for new arrivals even if they have no right to be here. Of the total net 4.5 million increase of immigrants on Biden's watch, 2.5 million of that is illegal immigrants. Most of that illegal number is solely a function of discretion and the administration's opposition to excluding bogus asylum-seekers.

The Biden administration's border policy has obviously been the subject of debate, including criticism from his own party. The overall number of immigrants, though, is rarely mentioned, and even treated as an almost illegitimate topic for public consideration.

This makes no sense. The foreign-born share of the population has consequences for schooling, welfare, wages, politics and the broader culture. It is at least as important, if not more so, than trade policy, Ukraine aid, the deficit, infrastructure or a whole host of other issues that are routine fodder for congressional

debate and the Sunday shows.

It also should be subject to the approval of the American people and its representatives just like those other issues. We should affirmatively decide whether we want the foreign share of the population to be 15% and growing, or less than 15% and shrinking, and the mix of people who are coming —largely unskilled, or overwhelmingly higher skilled?

Instead, we treat immigration as something that happens to us, like the weather. (Although progressives now seek to influence the weather, so maybe this is a dated analogy.) It isn't. We are making the choices that have gotten us to this point.

The fact is that immigration has operated largely under its own power, and under false pretenses, since the immigration reform of 1965. One reason there's so little discussion of the underlying issue is that many people simply don't know the historic numbers involved.

In short, there's been no debate on 15%, and one, shamefully, doesn't seem in the offing.

Rich Lowry is editor of the National Review. ©2024 by King Features Synd., Inc.

Different opinions given about estradiol cream use

DEAR DR. ROACH: I am a 70-year-old woman who has been using Estrace vaginal cream weekly for several years. I am in excellent health, work out daily, run half-marathons and have my own business. I take 10 mg of atorvastatin daily. Ten years ago, I had melanoma removed from my arm. My concern is the use of Estrace. My gynecologist recommended that I use it after a Pap smear, but my primary care physician is not of the same mind.



I would appreciate your opinion on this. My mother had breast cancer in her 80s, my sister had uterine cancer, and my brother passed away from bladder cancer. — C.S.

As far as the safety of using estradiol (Estrace), the bioidentical hormone to major natural estrogen, I am definitely of the same opinion as your gynecologist. When used topically, it works on the vulva and the lining of the vagina, keeping the tissue healthy.

Without estrogen, the tissues that line the female perineum can become atrophic (thinned), predisposing a woman to discomfort, infections and incontinence. The Pap smear may have resulted in a finding that was suggestive of vaginal atrophy (increased neutrophils). Without treatment, the labia can even fuse together.

With long-term use, the estrogen levels in the body are only slightly higher in women who use topical estrogen compared to those who do not, so the absorption into the body is minimal. The only case where I get concerned is with someone who has a personal history of an estrogen-sensitive tumor, such as endometrial cancer and some breast cancers. In those cases, I discuss options with both the patient and their oncologist.

DEAR DR. ROACH: Are you aware of any correlation between celiac disease and restless legs syndrome (RLS)? My 72-year-old husband has had RLS for decades. He currently takes gabapentin and pramipexole, but still has symptoms. Plus, he has periodic limb movement disorder (PLMD), which occurs while he's asleep. He isn't aware of it, but it can keep me awake; we sleep in separate beds when it gets bad. — C.S.

The terminology can be confusing. Most people with RLS have periodic limb movements of sleep (PLMS), which sound very similar to your husband's symptom. PLMD is a separate sleep issue that doesn't include other RLS features, such as an uncomfortable sensation in the legs while they're at rest that causes an urge to move them. A person with RLS often has PLMS, but doesn't have PLMD.

There is an increased risk of RLS among people with celiac disease. Most authorities tie these two together through iron deficiency. Unless celiac disease is managed with meticulous attention to diet, the body has difficulty absorbing iron.

Iron deficiency is very frequently found in people with RLS, and iron deficiency makes RLS worse. The diagnosis of iron deficiency needs to be made carefully because most people with RLS and iron deficiency do not have anemia. A ferritin level, rather than a blood count test, is the best initial test. If he does have iron deficiency, then treatment with iron supplementation can sometimes dramatically improve those nighttime symptoms.

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. ©2024 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger Moore

300 Confederates and State Militia were soundly whipped by Kickapoo Indians near San Angelo on January 8, 1865.

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 T

VLXXLSI ILZX XP NMSR
 QULVVLSI MAPBX WPSILI XWMX
 IXPJ MZQ SLNBIL XP FLLJ
 UMFVHZT: AMVF RMHV.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

◆◆◆ HOO BOY!

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Veteran suicides



by Freddy Groves

Operation S.A.V.E. is a Department of Veterans Affairs training program designed to prevent suicide in veterans. While the program is geared for suicide-prevention coordinators, there are points that can be helpful for family and friends of veterans who might be at risk.

The initials themselves outline parts of the program:

- Signs of suicide;
- Asking about suicide;
- Validating feelings; and
- Encouraging help and expediting treatment.

Those who work or live with veterans can help stop many veteran suicides. Here are some must-have resources:

- Go online and study the program that is given to VA suicide prevention coordinators. Google this title: Operation S.A.V.E.: VA Suicide Prevention

Gatekeeper Training.

- Google "veteran suicide" and look for the PDF titled "Department of Veterans Affairs Operation SAVE Suicide Prevention." As you scroll, don't miss the Myths and Misinformation section, as well as the S.A.V.E steps.

- Go to www.mentalhealth.va.gov and click "Suicide Prevention." You'll find a full menu of choices, including warning signs and resources.

The official guesstimate of the number of veteran suicides is 22 per day. As more people and groups read the "Suicide Data Report," they eventually come to the conclusion that the number is low, for many reasons: Not all states participated in the survey and didn't provide numbers. Information in some cases was provided by funeral homes (who got their information from family members) and not by the VA. Information from states with large veteran populations wasn't used. Information wasn't current, and so on. In other words, the problem might be even

worse.

For more immediate help for yourself or someone you know, dial 988 and press 1. Or you can chat online at www.veteranscrisisline.net. Or send a text message to 838255 for free support.

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- Before you use your grater to grate cheese, give it a quick shot of nonstick spray. It will keep the cheese from gunking up in the grate. If you need softened butter for a recipe, you can grate it from frozen and it will soften up very quickly, but not melt like in a microwave.

- Eliminate odor of peanut butter after you wash the jar by rinsing it with white vinegar. I use peanut butter jars for storing things in my shop because they are a good size and the twist off top is very secure. One time, the jar smelled like peanut butter and I guess a mouse decided he'd like to get a taste. I found the gnawed-on jar on my outside workbench. Luckily, there wasn't anything in it. - T.E. in Georgia

- I have found a new way to grocery shop and stay on budget. I use my calculator as I am going through, and add up as I go. Once I hit my budget, I can't get anything else, so I have learned to get the things I really need first (most of them on the perimeter of the store), then shop the aisles for other things. I have stayed on budget for two months, when before I had been going over budget a lot! - E.O. in Oregon

- Heavy drapes can be a great investment to draft-proof your windows. Best are insulation-lined, but you can double hang some good quality curtains to get a similar effect.

- Clean your cellphone screen often. This is especially important if you have a smartphone. We use our fingers nonstop to touch the phone, then put it directly up to our face. It's a germ's paradise. Just remember: A quick swipe with an alcohol cloth might save you from getting the flu this season. Stay healthy!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 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.

	÷		+					4
-			+			×		
	-			×				3
×			÷			+		
	×			-				4
5			5				9	

1 2 3 3 5 6 7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

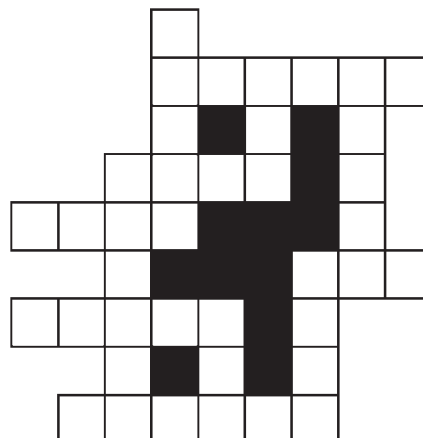
★★★ GO FIGURE!

Answer Page 4

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- EHX
- CEETIX
- ♥ATHEC
- ♥SCPU
- ♥RATNES
- TCU
- ♥IREH
- ♥PETUS
- ♥PTA
- ♥RENPI
- ITPER
- ♥UTAN



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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