



NEWSBRIEFS

Victim's rights

In the landmark case *United States v. Rahimi*, the Court has voted 8-1 to uphold the constitutionality of prohibitions against firearm possession by individuals deemed a credible threat to the physical safety of others under domestic violence orders of protection. "The Supreme Court's decision validates our ongoing efforts to prevent domestic violence and highlights the critical importance of legal frameworks that protect the most vulnerable members of our society," stated El Paso County Attorney Christina Sanchez. "Simply put, we know firearms surrender protocols save lives and [the] Supreme Court decision affirms that belief." For more information about El Paso County's domestic violence prevention initiatives, please contact the Protective Order Unit of the El Paso County Attorney's Office at (915) 273-3238. Victims of domestic violence, stalking and bullying can visit www.epcounty.com/ca/protectiveorders.htm to apply for a protective order by filling an application online.

— Elhiu Dominguez

Road trips

With 75% of U.S. adults saying they will take a road trip this summer, the personal-finance website WalletHub has released its report on the *Best & Worst States for Summer Road Trips* in 2024, along with expert commentary, to help people plan a fun and wallet-friendly trip. WalletHub compared the 50 U.S. states based on 32 key metrics. The data set ranges from the number of attractions to road conditions to costs. Texas was rated 1st in the report. Other stats:

- 1st – Number of Attractions;
- 2nd – Lowest Price of Three-Star Hotel Room;
- 7th – Avg. Gas Prices;
- 5th – Nightlife Options per Capita;
- 21st – Vehicle Miles Traveled per Capita;
- 12th – Scenic Byways; and
- 27th – Driving Laws Rating.

"Texas is the best state for summer road trips, leading the country when it comes to the number of available attractions, especially things like zoos, botanical gardens and amusement parks. In addition, Texas has over 9,500 miles of scenic

See BRIEFS, Page 4

A fool and his money are soon parted. The rest of us wait until we reach the grocery store.

— Quips & Quotes

Horizon area residents send supplies to Ruidoso



— Photos by Rick Shrum

COMMUNITY SPIRIT – On June 17 two fires, the South Fork Fire and the Salt Fire, rolled through Ruidoso, NM. Then later in the week rain that came to the area helped contain the fires, but brought flood implications with it because of the burned-out landscape. Town of Horizon City Mayor Andres "Andy" Renteria said; "We had to do something to help." Renteria picked up a phone and started calling people. The result was the empty semi-trailer, left, from Muñoz Trucking, being parked in the Horizon City Walmart parking lot on Thursday, the 20th at 11:00 a.m. The trailer was filled up from Thursday to Friday at 7:00 p.m. by Walmart shoppers and others that brought donations by pickup and car-full loads to the site. In addition to all of the individuals that helped fill the trailer as they came from the store, the effort was supported by the Town of Horizon City, Muñoz Trucking, Walmart, the Horizon Police Department, El Paso County Emergency Services District #1; and students from Eastlake High School, Horizon High School and Ensor Middle School. In



30 hours the trailer, right, had tons of supplies – water, paper products, toiletries, clothing and food – loaded into it. Renteria, in front of the loaded trailer, added, "This is what I love about Horizon City." Muñoz Trucking hauled the trailer to Ruidoso on Saturday morning. Horizon City Police Chief Marcos Vargas sent a police escort with the shipment.

— Rick Shrum



— Photo courtesy El Paso Community College

I'LL TAKE THIS PLEASE – El Paso Community College students, staff and faculty sift through a great selection of donated or traded items to call their own.

EPCC Leadership Academy debuts 'Campus Closet'

By Beau Bagley
Special to the Courier

EL PASO COUNTY – The El Paso Community College (EPCC) 2024 Leadership Academy, in conjunction with Career and Transfer Services (CaTS), held a brand new 'Campus Closet' on Wednesday, June 19, 2024 at the Valle Verde Campus Cafeteria Annex, which provided students,

staff, faculty and community a place to donate or exchange clothing. In fact, students started lining up two hours early to get a glimpse of the Campus Closet.

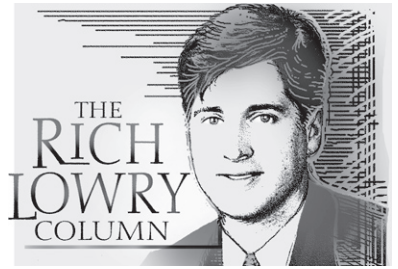
"This is the best idea because at certain times, you don't have the time or money because of school, so this helps out a lot," EPCC student Chebet Kattam said.

"This is a safe place where students can come and donate or collect

clothing, and it can possibly grow in to exchanging graduation gowns or something similar. A way to help the students share with each other," Karen Kaplowitz, Adjunct Professor in Nutrition at the Rio Grande Campus, said. "We saw other colleges and universities do this around the country, and we brought the idea to our Leadership team, and we thought it

See CLOSET, Page 3

Israel has the right to rescue hostages



Israel pulled off a hostage rescue that deserves to go down in the annals of extraordinarily daring, highly successful military operations, yet it is being condemned for it.

The secretary-general of the Gulf Cooperation Council denounced the “heinous and terrorist crime that targeted defenseless innocents with brutality,” while Egypt, Jordan and Lebanon have decried Israel’s alleged criminal tactics. U.N. special rapporteurs have weighed in with typically fulsome

denunciations of the Jewish state.

The media coverage in the U.S. has taken a skeptical or negative tone, emphasizing the civilian casualties. According to the laughably unreliable Gaza Health Ministry, the operations killed 274 Palestinian civilians. It stands to reason, then, that it was almost certainly fewer than that. The Israel Defense Forces says the toll was less than 100. While everyone would prefer that every military operation were completely antiseptic, that’s not how the world works.

The Israeli forces weren’t in the Nuseirat refugee camp because they wanted to conquer it or despoil it. They came on a mission so basic to human nature that it’s been a part of conflicts since time memorial, and until now has been universally regarded as a righteous one—recovering one’s own from captivity by the enemy.

Decent societies aren’t just tireless in seeking the return of their countrymen, but even of the bodies of the fallen. The

most moving scene in “The Iliad” is Priam petitioning the Greek champion Achilles to return the body of his fallen son Hector.

The moral equation in Gaza is not complicated. One side wants to free non-combatants from their nightmarish imprisonment to live again at home with their families as they please. The other side grabbed innocent people in a bloodthirsty pogrom, hideously abused them and refused to release them.

The sensible and very easy way to avoid exposing your civilian population to potential harm during hostage rescues is not to take hostages in the first place, and, failing that, not to secrete hostages among civilians. The final fail-safe is not to violently resist hostage rescues, creating a massive battle in a heavily populated area. Needless to say, Hamas

See LOWRY, Page 7

Public Notice

Tornillo Independent School District 504 Child Find

Pursuant to Section 504 of the Rehabilitation Act of 1973, the District has a duty to identify, refer, evaluate and if eligible, provide a free, appropriate public education to disabled students. For additional information about the rights of parents of eligible children, or for answers to any questions you might have about identification, evaluation and placement into Section 504, please contact Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

Aviso de Identificación de Estudiantes Incapacitados Bajo la Sección 504

Bajo la Sección del Decreto de Rehabilitación de 1973, el Distrito Escolar esta obligado a identificar, referir, evaluar, y propocionar servicios educativos apropiados y gratuitos a los estudiantes incapacitados que califican bajo esta ley. Si usted desea mas información sobre los derechos de padres de niños incapacitados, o si tiene preguntas sobre la identificación, evaluación, y colocación de niños en el programa de Sección 504, favor de ponerse en contacto con la Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

WTCC: 06-27-24

No... no UFO here



– Photo by Rob and Kristen Trudeau

It’s rare but “hole punch clouds” are real. It happens when an aircraft passes through a cloud and “the air around its wings and body expands and cools,” according to The National Weather Service. The NWS calls it a “fallstreak hole” and noted that it apparently occurred recently over Vermont and New York’s Champlain Valley. It’s a phenomenon (www.youtube.com/watch?v=q4J4RqoUrJA) that can leave behind it cloud formations that used to be blamed for UFO sightings.

– John Grimaldi

Mendez joins EPCC Board

By Keri Moe
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) announces the appointment of Jesus Mendez to its Board of Trustees. The selection comes after the board requested applications to fill the recently vacated District 4 seat. After an application review and interview process, the board appointed Mendez who was sworn in on June 22, 2024 to fill the remaining term which concludes in May of 2025.

“We are pleased to welcome Jesus Mendez to the EPCC Board of Trustees,” said Brian Haggerty, Board Chair. “Mr. Mendez’ experience

as a business owner who is committed to our community will ensure EPCC continues our momentum as we advance our mission of ensuring affordable, high-quality education and career pathways with a laser-focus on student success.”

The selection process for the new board member was open to all eligible residents in District 4 and involved a comprehensive review of candidates’ qualifications, including their professional backgrounds, leadership experience, and commitment to the mission, vision and goals of EPCC. Mendez will be filling the remaining term for previous District 4 Trustee, Ms. Christina Sanchez who resigned after



– Photo courtesy EPCC

Jesus Mendez

being elected as the new County Attorney.

The District 4 Trustee position will be up for election in May of 2025.



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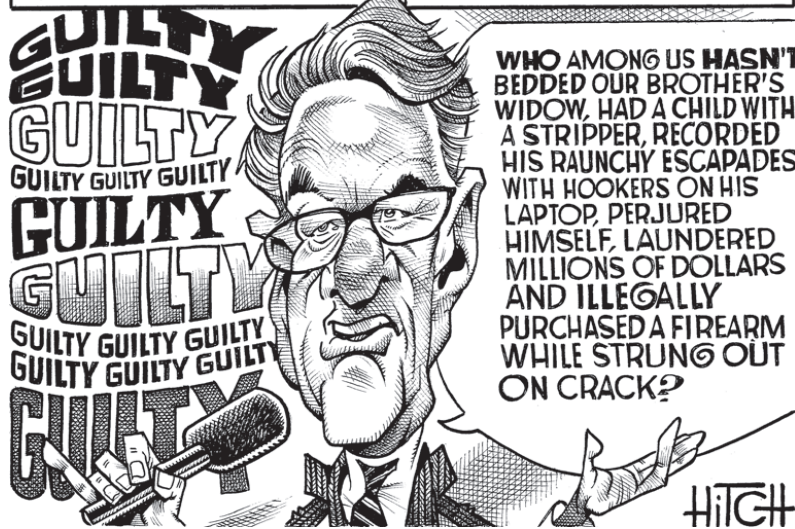


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THE MEDIA COVER TRUMP **THE MEDIA COVER HUNTER**



Closet

From Page 1

would be great for EPCC.”

The Leadership Academy group is aiming for a permanent program for their annual project, which still needs administrative approval, and grants to help fund the program. The EPCC Leadership Academy Program, faculty and staff members joined together to complete this project initiative. The Campus Closet project group includes the following members: Karen Kaplowitz, Angie Sifuentes, Ivette Loya, Paulina DeSantiago, Brenda Ramos, (Maria) Alicia Carrillo.

“We would like it to be something that is open Monday, Wednesday and Friday for a few hours, and an actual permanent location,” Kaplowitz added. For that to take place, EPCC Leadership Academy is looking for student volunteers to help organize and manage the Campus Closet.

Career and Transfer Services provided drinks and snacks.

Tornillo Independent School District Public Notice - Child Find

The Tornillo Independent School District has a duty to identify, locate, and evaluate all children with disabilities ages 3-21 who reside within the district, including those attending private schools. This process is called Child Find, and all eligible students may receive services, at no cost, under the Individuals with Disabilities Education Act (IDEA). Information: Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

Noticia Pública

Identificación De Niños (Child Find)

El distrito escolar independiente de Tornillo tiene que identificar, localizar y evaluar todos los niños con discapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años de edad, incluso niños que asisten escuelas privadas. Este proceso se llama Identificación de Niños (Child Find), y todos los estudiantes elegibles pueden recibir servicios sin costo, a través de La Ley para la Educación de Individuos con Discapacidades (IDEA). Información: Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

WTCC: 06-27-24

Tornillo Independent School District Public Notice

Special Needs Programs at Tornillo ISD for 2023-2024 School Year

Tornillo Independent School District provides access to identification of children with suspected disabilities who reside within the district; eligible students will be afforded a free, appropriate public education beginning on their third birthday and continuing through their 21st birthday, under the Individuals with Disabilities Education Act (IDEA).

Services are available to all eligible children identified with one or more areas including physical disability, intellectual disability, emotional disability, specific learning disability, autism, speech disability, traumatic brain injury, visual or auditory impairment or other health impairment.

In compliance with the Family Educational Rights and Privacy Act of 1974, (FERPA) which governs the access of educational information and records, parents and adult students have the right to inspect educational records. District policy FL provide for record access, confidentiality, and complaint procedures.

If you would like more information or know of a disabled child who is not receiving educational services, and who is residing within the Tornillo Independent School District please contact: Georgina Miramontes, M. Ed Special Education Coordinator, Tornillo ISD, at (915) 765-3040 or Anna Brew at (915) 765-3041.

Noticia Pública

Aviso de Programas de Necesidades Especiales en Tornillo ISD para el Año 2023-2024

El distrito escolar independiente de Tornillo provee acceso a la identificación de niños con incapacidades que viven dentro del distrito; los estudiantes que califiquen recibirán una educación pública, gratuita, y adecuada comenzando con su tercer cumpleaños hasta el fin de los 21 años de edad, bajo el Acto de Individuos con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que estén experimentando dificultades en una o más de las siguientes áreas: incapacidad física, incapacidad intelectual o emocional, discapacidad de aprendizaje, autism, discapacidad del habla, daño cerebral por trauma, discapacidad visual o auditive o cualquier otra discapacidad de salud.

Conforme al Acto de Confidencia y de Derechos Educativos de la Familia de 1974, padres y alumnos adultos tienen el derecho de ver los archivos educativos. La póliza del Distrito FL provee acceso a archivos, confidencialidad, y proceso de reclamación. Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Tornillo y que no esta recibiendo servicios educativos, favor de comunicarse con: Georgina Miramontes, M. Ed Cordinadora de Educación Especial, Tornillo ISD, (915) 765-3040 o Anna Brew a (915) 765-3041.



**Moments
in time**
THE HISTORY CHANNEL

• On June 24, 2005, actor Tom Cruise rattled and debated with interviewer Matt Lauer, host of NBC's morning talk show "Today," with his criticism of antidepressant medications and psychiatric therapy, calling psychiatry a "pseudoscience."

• On June 25, 1988, teenaged Debbie Gibson's song "Foolish Beat" reached the top of the Billboard Hot 100, making her the youngest person ever to write, produce and perform her own No. 1 pop single.

• On June 26, 1993, President Bill Clinton ordered U.S. warships to fire Tomahawk cruise missiles at Iraqi intelligence headquarters in downtown Baghdad, in retaliation for an Iraqi plot to assassinate former President George H.W. Bush during his April visit to Kuwait.

• On June 27, 1939, one of cinema's most famous scenes was recorded when Rhett Butler and Scarlett O'Hara parted for the last time in "Gone With the Wind." Director Victor Fleming also shot the scene using an alternate line – "Frankly, my dear, I just don't care" – in case film censors objected to the word "damn." They did, fining

producer David O. Selznick \$5,000 for including the curse even though they approved the movie.

• On June 28, 1919, Germany signed the Treaty of Versailles with the Allies, officially ending World War I. English economist John Maynard Keynes, who attended the peace conference but left in protest of the treaty, predicted that strict terms imposed on Germany would lead to its financial collapse.

• On June 29, 1776, Edward Rutledge, one of South Carolina's representatives to the Continental Congress in Philadelphia, wrote a letter to New York Rep. John Jay expressing his anxiety over whether moderates like the two of them could "effectually oppose" a resolution for independence. Jay had business elsewhere and was unable to attend the Congress.

• On June 30, 1934, in Germany, Nazi leader Adolf Hitler ordered a bloody purge of his own political party, assassinating hundreds of Nazis whom he believed had the potential to become future political enemies. The leadership of the Nazi Storm Troopers (SA), whose 4 million members had helped bring Hitler to power in the early 1930s, was especially targeted.

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**Public Notice
Tornillo Independent School District
SECTION 504 SERVICES**

The Tornillo Independent School District provides the following educational services/options to identified students with disabilities who reside within the district.

- ◆ Child find activities to notify students with disabilities and their parents of their rights and the district's obligation to provide a free, appropriate public education.
- ◆ Referrals to Sections 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program.
- ◆ Placement into the Section 504 program, which means the student may receive:
 - ✓ individually planned modifications in the regular classroom,
 - ✓ health services from the school nurse,
 - ✓ accommodations regarding access to any part of the campus, or
 - ✓ assistance in reading for students with dyslexia in a reading program which meets the state's standards for a dyslexia reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.
- ◆ Nondiscrimination protections of 504.

If you would like more information or know of a disabled child who is not receiving educational services, please contact Georgina Miramontes at 915-765-3040 or Anna Brew at 915-765-3041. Address: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

SERVICIOS DE LA SECCION 504

El distrito escolar independiente de Tornillo provee los siguientes servicios/ opciones educacionales a los estudiantes con discapacidades identificados que residen dentro del distrito.

- ◆ Actividades para encontrar a niños para notificar a los estudiantes con discapacidades y a sus padres de sus derechos y de las obligaciones del distrito a proporcionar una educación pública que sea gratuita y apropiada.
- ◆ Referimientos a la Sección 504 cuando se cree que el estudiante tiene una discapacidad mental o física que limita substancialmente una o mas actividades vitales importantes y los estudiantes necesitan modificaciones en su educación.
- ◆ Derechos legales garantizados bajo Sección 504.
- ◆ Evaluaciones de estudiantes para determinar si califican para el programa de la Sección 504.
- ◆ Colocación dentro del programa de la Sección 504, lo que significa que el estudiante puede recibir:
 - ✓ modificaciones en el salon de educación regular planeadas individualmente,
 - ✓ servicios de salud por la enfermera de la escuela,
 - ✓ cambios que garanticen el acceso a cualquier parte de la escuela,
 - ✓ ayuda en lectura para estudiantes con dislexia en un programa de lectura que cumpla con los requisitos que pide el estado a un programa de lectura de dislexia.
- ◆ Se ofrecen servicios de educación especial a los estudiantes Sección 504, si los estudiantes califican para una de las discapacidades específicas bajo educación especial.
- ◆ Protecciones de no discriminación de 504.

Si usted desea mas informacion o sabe de un niño/niña incapacitado que vive en el Distrito Escolar de Tornillo y que no esta recibiendo servicios educacionales, favor de comunicarse con Georgina Miramontes a 915-765-3040 o Anna Brew a 915-765-3041. Dirección: P.O. Box 170, 19200 Cobb Ave., Tornillo, TX 79853.

WTCC: 06-27-24

**Tornillo Independent School District
PUBLIC NOTICE**

The Tornillo Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2014. Parents of these students may come to the Special Education Department located at 19200 Cobb Avenue in Tornillo on Monday through Friday from 8 a.m. to 5:00 p.m. to claim their child's file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have any questions, please call Georgina Miramontes, M.Ed Special Education/504 Coordinator at (915) 765-3040 or Anna Brew at (915) 765-3041.

AVISO

El Departamento de Educación Especial del Distrito Escolar de Tornillo va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2014. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educacion Especial del Distrito Escolar de Tornillo en 19200 Cobb Avenue, de lunes a viernes de 8:00-5:00 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono Georgina Miramontes, M.Ed Coordinador de Educación Especial/504 al (915) 765-3040 o Anna Brew a (915) 765-3041.

WTCC: 06-27-24

The Celtics will be the NBA's next dynasty

By Steve Escajeda
Special to the Courier

There is no longer a debate as to which is the winningest franchise in NBA history.

The Boston Celtics defeated the Dallas Mavericks four games to one, to claim their 18th league title, breaking a tie they had with the Los Angeles Lakers at 17.

Boston had the best record in the NBA all season, they were definitely the best team in the league all season, but the big question was whether or not they could close the deal and win the championship.

Not only did they win the title, but they breezed through the playoffs going 16-3 along the way.

Of course, there are some so-called experts who will claim that the Celtics got lucky because when they best the Miami Heat, they were without their star Jimmy Butler. When they got past the Cleveland Cavaliers, they were without star guard Donovan Mitchell and big man Jarrett Allen for a few games. When they beat the Indiana Pacers, their star guard Tyrese Haliburton missed the last couple of games.

What they always fail to mention is that the Celtics did most of their damage without their starting big man, Kristaps Porzingis.

Whenever you take 20 points, and seven rebounds, and two blocked shots a game out of your lineup, it's going to make a difference,

But Boston managed just fine without him.

The Celtics have already raised the championship trophy in the air, they've had their champagne locker room celebration and they've enjoyed their parade near downtown Boston.

Now, it's time for the guys in charge to start figuring out how they can do

this again next season.

Many people say that it's very rare to win back-to-back NBA titles, but to be honest, since the year 2000, it's been done four times.

Nowadays, NBA teams try to pack their rosters with at least two, possibly three superstars.

And many have done that, the Philadelphia 76ers have Joel Embiid and Tyrese Maxey, the Lakers have LeBron James and Anthony Davis, the Denver Nuggets have Nikola Jokić and Jamal Murray, the Milwaukee Bucks have Giannis Antetokounmpo and Damien Lillard, the Phoenix Suns have Kevin Durant and Devin Booker, and of course the Dallas Mavericks have Luka Dončić and Kyrie Irving.

Heck, the LA Clippers have three superstars in Kawhi Leonard, James Harden and Paul George.

The Boston Celtics have their dynamic duo of Jayson Tatum and Jaylen Brown. But what makes these two so different from other superstar pairs is that they don't care who gets

all the publicity after the game.

They share the ball with each other and their teammates. They often pass the ball to a guy with a better shot.

Too many superstars take double the shots as the rest of the team instead of passing the ball. In other words, they help themselves make more money and don't help their team win games.

There's another glaring way Tatum and Brown stand out, they play tough defense. Not a lot of stars like to get down and dirty and do what they must to stop their opponent.

Because they can drive to the basket, shoot the mid-range jumper, hit the 3-point shot, pass the ball to the open man, rebound and play tenacious defense, Tatum and Brown can be in the middle of starting a dynasty.

Boston's role players like Porzingis and Jrue Holiday and Derrick White and Al Horford and Sam Hauser and Payton Pritchard, do the same thing. They can shoot, pass, and play defense.

And when you throw in the fact

that the Celtics' Joe Mazzulla is the youngest coach in the league, well, they could be doing this for a long time.

The way the Celtics share the ball unselfishly reminds me a lot of the championship dynasty San Antonio Spurs teams with Tim Duncan, Tony Parker, Manu Ginobili and Ray Allen. They won five NBA titles.

Will this Boston Celtics team be remembered the same?

We'll have our answer a few years from now. But unless they screw up this roster, I can't imagine them not winning at least two more championships together.

But before Celtic fans start worrying about stuff like that, enjoy the 18th title that just put you ahead of those rival Lakers.

Publisher's note: Steve Escajeda did in fact pick Boston to win it all, four games to one, in his June 6 column in the West Texas County Courier.

Senior moment By Matilda Charles

Don't click that QR code

Sometimes when we start seeing something nearly everywhere we go, we assume that "somebody" has checked it out and it's therefore safe to use. Not so, at least in the case of those QR codes we're seeing all over.

QR codes (short for quick-response codes) are those little squares with black squiggles in them, machine-readable codes buried in the lines of the little box. The idea is that you hold your phone over them and all the information hidden in the code will pop up for you to read. You'll spot these QR codes everywhere now: a menu posted on the door of a restaurant, a magazine ad, a factsheet with an item that you're considering purchasing, fliers put under windshield wipers in parking lots, a package delivered to your house... even on TV ads!

How handy, you might think, to be able to instantly access that information.

But what if it's malicious code (spyware) that's been encoded into the black squiggles when it's created by

scammers? If that's the case, you instantly put your phone (and all the data you have on it) in jeopardy.

That malicious code can send out emails that look like they came from you. Or it can steal all the names and numbers in your contact list. Or it can add you to a list of targets for spam phone calls. Or it can install software on your phone. The list of things that can go wrong is nearly endless if you click a malicious QR code with your phone.

Consider QR codes to be the phone equivalent of a link that you receive in an email from an unknown person or company. In other words, don't click it.

While it's possible that most of the QR codes you see wherever you go are perfectly safe, there's really no way to tell. Why take the chance?

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Super Crossword

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- 24 Actress Dennis leaps?
- 26 Boxer Marciano begins?
- 28 _ Canals
- 29 Thurman of film
- 30 Saloon
- 31 "I could _ horse!"
- 33 Newspaper based in McLean, Va.
- 37 Racing driver
- Wallace does some hammering?
- 42 Singer Benatar replies?
- 44 This, in Lima
- 45 Dancer Charisse
- 46 Waterproof canvas cover
- 48 _ out an existence
- 49 Founder of Taoism
- 51 Hair removal brand
- 53 Gmail competitor
- 56 Teensy
- 59 Yosemite peak, in brief
- 60 "... _ my brother"
- 61 Quarterback Bradshaw dries himself off?
- 66 Reindeer kin
- 67 Jurists' org.
- 69 Emmy winner
- Baldwin
- 71 Like whiteboards
- 72 Actor Slater goes on vacation?
- 76 Most thickset
- 78 Huge hero
- 79 Sink down
- 80 Free TV spot, for short
- 83 Comedian Buttons gains a lot of weight?
- 85 "True _!" ("Yep!")
- 87 Heroic tales
- 89 Ending for duct or infant
- 90 Lead-in to glottis or Pen
- 91 Stadium level
- 93 Employed for the purpose of
- 94 "Help us!"
- 97 Light in signs
- 99 "Son of," in
- 1-Across names
- 101 Russo of "Big Trouble"
- 102 Architect Gehry speaks?
- 107 Singer Aiken woos someone?
- 110 Helicopter or glider
- 111 Whittle down
- 113 Lovey
- 114 Tatty cloth
- 115 "-ology" kin
- 117 Dancer Rogers loses control?
- 123 Singer Gayle plays tenpins?
- 128 Niagara River source
- 129 Oration of adulation
- 130 10th-century German king
- 131 Ester in plastics
- 132 Money in the form of coins
- 133 Reveals
- 134 JFK guess
- 135 Agenda unit
- DOWN
- 1 Jewish month
- 2 Totally fix up
- 3 With, in Paris
- 4 Pitcher's goof
- 5 Pain in the neck
- 6 Accessory for a meal fit for a queen?
- 7 Far offshore
- 8 Mild aversion
- 9 Make _ buck
- 10 Buddhist branch
- 11 Actor George of "CSI"
- 12 Dehydrate
- 13 iPhone extra
- 14 Freeway sight
- 15 Actress Meyers
- 16 Make bare
- 17 Filmmaker
- Bergman
- 18 Analyzes
- 20 Put away for the future
- 77 Phone no.
- 25 Slugger Sammy
- 27 Islam, e.g.: Abbr.
- 32 Fourth mo.
- 34 Meth- ending
- 35 "Bad boy!"
- 36 Have debts
- 37 Gen. at Gettysburg
- 38 "Heaven help _!"
- 39 Security ticker symbol
- 40 "Ciao!"
- 41 "... _ baked a cake?"
- 43 On _ with
- 47 Takes care of
- 50 Ancient Greek city
- 52 Morales of "Rapa Nui"
- 54 Baseball's Hershiser
- 55 Greek harp player of yore
- 56 "Crawling" internet bot
- 57 Kay-em link
- 58 Ending for Peking
- 60 Pain in the neck
- 62 Cave effect
- 63 "Look what I just did!"
- 64 Missouri tribespeople
- 65 System
- 68 Jessica of "7th Heaven"
- 70 Reclined
- 73 Wheel center
- 74 Sporty auto roof
- 75 Ye _ Shoppe
- 76 _ Lankan
- 81 Deficient
- 82 Donkeys
- 84 Sow's sound
- 86 Opera song
- 88 Lima's land
- 92 Very troubled
- 93 Opened, as a wine bottle
- 94 _-cone
- 95 Approved
- 96 Sow's home
- 98 Psychic skill
- 100 From memory
- 102 Outrageous comedies
- 103 Rise on the hind legs
- 104 Sock pattern
- 105 Indigo dye
- 106 Sappho's Greek island
- 108 Writer Deighton
- 109 Opening
- 112 Shining
- 116 Closet pest
- 118 Pasty stuff
- 119 Classic soda brand
- 120 "I smell _!"
- 121 Fir relative
- 122 Appear
- 124 Part of SSN: Abbr.
- 125 _ Fridays
- 126 Vote in favor
- 127 Global commerce gp.

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

hasn't honored these rules or any other norm of civilized society.

It's not as though the Israeli raid was indiscriminate; it was the opposite. Dressed in disguise in broad daylight, special forces targeted two apartment buildings where four hostages were being held in two civilian homes. The element of surprise was essential, since the hostages likely would have been killed with any warning.

The forces smoothly extracted one hostage – Noa Argamani, the young woman infamously kidnapped on the back of a motorbike from the Israel music festival on Oct. 7 – from one building. The team that rescued three male hostages from the other building came under heavy fire.

Once Israel forces encountered military resistance in dire circumstances, what were they supposed to do? Give the hostages back? Surrender? Apologize and ask to come back at some other time? The Israeli military used the force necessary to get their operators and

the hostages out alive, as any other country would have done (one commando was killed in the raid).

In a society in its right mind, this contemporary equivalent of the Entebbe raid would one day be made into a movie about the ingenuity and bravery of those men who pulled off a near-miracle, getting out four innocents held by terrorists. The deaths of the civilians in the Nuseirat refugee camp are tragic, but so were the estimated 50,000 French civilians killed by Allied bombing in World War II. Confronting evil sometimes comes with terrible downsides.

Either out of profound moral confusion, enmity toward Israel, self-loathing of the West, or all of the above, many people since Oct. 7 have confused victim with victimizer, hostage-rescuers with hostage-takers, and the forces of civilization with the forces of barbarism.

If Israel can't even bring home its own, the world is truly upside down, just the way Hamas wants it.

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

Intermittent fasting may present health risks

DEAR DR. ROACH: I read a recent headline that said people who fast intermittently have an increased risk of heart disease. Is there merit to this story? – K.O.S.



Intermittent fasting is an increasingly common weight-loss strategy. The two most common approaches of intermittent fasting are alternate-day fasting (eating nothing one day, then whatever you want the next) and time-restricted feeding (eating at certain times throughout the day, usually during an eight-hour time frame).

The published data on the benefits of these diets show short-term weight loss (i.e., 12 weeks), but no long-term weight loss (1 year), compared to the standard dietary advice.

There is evidence of potential harm from intermittent fasting. Studies have shown an increased risk of eating disorders (particularly binge eating). One study showed that disordered eating worsened in those assigned to an intermittent-fasting schedule. However, other studies do not show this.

The concern for disordered eating is highest among younger and female populations, who are at the most risk for eating disorders, and I advise against intermittent fasting for a person with a history of an eating disorder.

The study you read about was presented as an abstract in the March meeting of the American Heart Association; it is not yet published or peer-reviewed. But it did show that people who report an intermittent-fasting diet (specifically those who ate over an 8-hour time frame) were at a higher risk for death from heart disease than those who ate over a 12-16 hour time frame.

However, this wasn't a controlled study, and it is likely that people who chose a time-restricted eating pattern already had issues that put them at a higher risk for heart disease. Still, given the absence of long-term benefits, I don't generally recommend a time-restricted diet or intermittent fasting to my patients.

My colleagues in weight medicine consider intermittent fasting to be an option that helps a subset of people. There are some people who do benefit from this type of diet, and as long as they are eating well and are being monitored by their physician, they should continue to follow their diet if it is working for them.

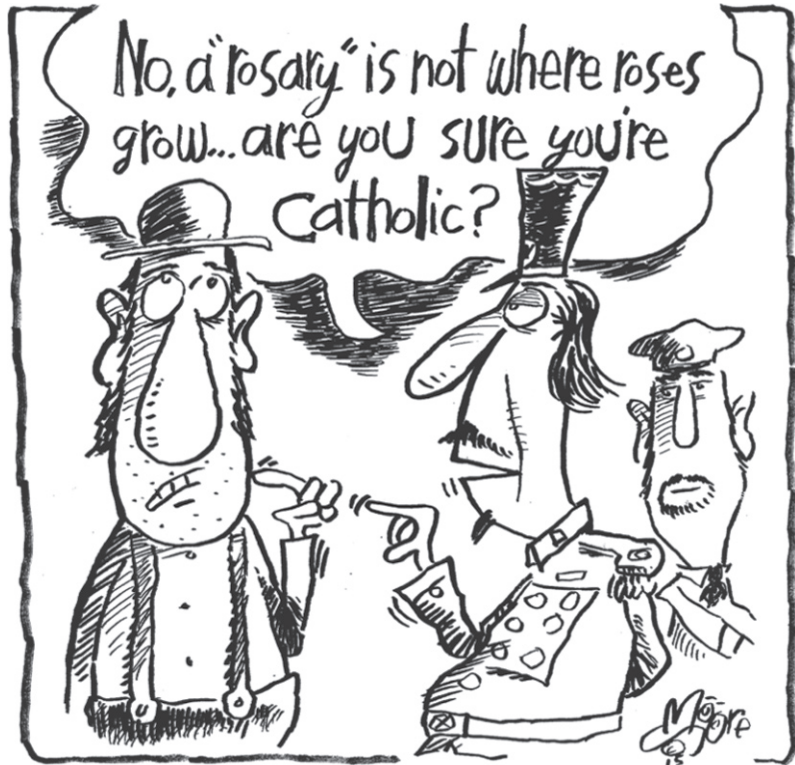
DEAR DR. ROACH: As a person who has had vocal cord paralysis after a viral infection, I was fortunate not to need many of the outlined modes of care. However, there was one additional therapy that was utilized within my plan of care – speech therapy. It took a while, but it worked well. I suppose I may have some lingering weakness. When I experience a new viral upper respiratory infection, I often experience prolonged hoarseness. So, I pull out my exercise sheet once again, practice the techniques, and experience the same great results. – B.A.

I thank B.A. for writing, as I should have recommended voice therapy for people with vocal cord paralysis or other voice issues.

Some ear, nose and throat physicians, speech-language pathologists, respiratory therapists, and voice coaches specialize in voice therapy.

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

Beginning in 1830, the Mexican government required all immigrants coming to Texas to be Roman Catholics... or at least say they were.

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: H equals L

JGOE LGO XHOQ RQUBOL
 CXXOUOW XUOO HCJ-ZTQHSLI
 QZTQUSTRK, Q GTDO KSDE
 KQSW "LQEBK XCU ECLGSED!"

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

◆◆◆ HOO BOY!

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Don't fall for claims scams



by Freddy Groves

While there's no doubt that the PACT Act did a lot of good, opening up an additional 20 health conditions for eligibility for presumptive benefits, the sheer number of veterans who applied created delays in processing new claims. It also brought out the scammers, thieves and conmen. Those crooks offer so-called assistance with claims... for a fee.

Fact: You do not have to pay a fee to get help with an initial disability claim. Fact: It is illegal for someone to charge you money to give any assistance in filing that claim.

The only ones who can legally help file your initial claim are the reps that have been accredited by the VA - and they cannot charge you a fee. Whether it's an attorney or a Veterans Service Organization (VSO) rep, they must be accredited

by the VA.

It will be tempting, however, to try to jump the claims line and put your trust in someone who promises to get you fast action. Don't do it. Just wait. If you sign up with a scammer (who might call himself a coach or a consultant), you'll be signing away future money. You'll be asked to sign a contract that will give the thieves a percentage of your benefit money, forever.

You might sign away tens of thousands of dollars to have someone spend a few minutes filling out a form for you. If you renege on that deal, which is a legal contract, you could be haunted by debt collectors and sued, and the scammers will have all of your personal information, including Social Security number and banking details.

If you want to file an initial claim, hook up with an accredited person that you find on this site: www.va.gov/ogc/apps/accreditation/index.asp

If you want to file a subsequent claim, do that

the right away as well, with an accredited person to help. While fees can be charged for subsequent or appeals claims, those fees must be reasonable.

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• Family reunions are a fun and worthwhile investment. Being together with many generations is a wonderful experience. Often, these gatherings are highly scheduled, but remember to set aside time - and a designated place - to simply sit and talk. Here are some other great family reunion tips from our readers. - JoAnn

• T-shirts are fun for reunion, but we also did water bottle coozies this year, and they were a big hit. You can write your name in permanent marker on one side, and then you can keep track of your bottle. - B.F. in Georgia

• We find that when planning our reunion, the young adults really like theme parties, so we always have a mixer theme night to start. We had a scavenger hunt for the children where we collected clues about some of our more senior family members. To figure out who it was, the kids would listen to them tell stories and ask questions. What a great time for all! - T.E.

• Make sure that you schedule sitters for the little ones so the adults can relax and participate. Last year, each adult with kids (and some who just wanted to help out) took shifts to be official kid wranglers and entertainers. They did an outstanding job, and the unscheduled parents had time to reconnect with adults without divided attention." - P.G. in California

• We have several members with allergy restrictions and alternative food requirements. I made sure to make a list, which I made copies of and passed along to all our planned food venues. This way, there was advance notice for those who needed gluten-free and vegetarian options. - M.S. in Florida

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

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

	+		×		=	77		
+		+		-				
	+		+		=	7		
×		+		÷				
	+		×		=	51		
=		=		=				
56		16		1				
1	2	3	4	5	6	7	8	9

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TYS

BLEGNA

♥ SUEBA

♥ EONP

YESDAW

♥ EWN

GYUL

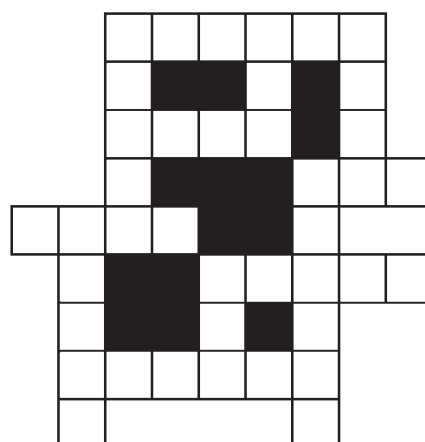
OGEBL

♥ OGB

WEGARN

WOLGR

♥ ATNR



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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