



– Photo by Alfredo Vasquez

**UPGRADES ON THE WAY** – Renovations for the Village of Vinton City Hall, above, is one of fifteen El Paso County community projects that are in line to receive a portion of the \$15.6 million earmarked for this region in the federal government’s Fiscal Year 2025 budget.

## Federal funds earmarked for projects in El Paso County

**By Alfredo Vasquez**  
*Special to the Courier*

EL PASO COUNTY – Fifteen community projects in El Paso County could be closer to fruition, as U.S. Representative Veronica Escobar announced recently that her office has secured \$15.6 million for this region through the federal government’s Fiscal Year 2025 budget.

Although the U.S. Congress is still considering the 2025 appropriation bills to fund various federal programs and services including community projects, Escobar confidently released the information about the anticipated local funding during a recent press conference.

“The impact that community project funding has in El Paso can be felt in every corner, which is why each year I make it a priority to advocate for the highest level of funding for these projects that truly make a difference in our community,” Escobar stated.

The community projects earmarked to receive funding include two City of El Paso undertakings. One of them is the Ysleta Port of Entry engineering project-design proposal, which was awarded \$3 million of the requested \$4 million. Plans are to use the funds in project-specific design work for expanding the port of entry that is located in the county’s lower valley.

The other City of El Paso project that is scheduled to receive funds is the Innovation Factory Phase II initiative. It will receive \$250,000 of the requested \$3 million to help fund construction of the Advanced Manufacturing District Innovation Factory. This endeavor involves developing nine modular Maker Spaces, back-office support, environmental management, product design, and value chain and access to advanced manufacturing, testing, and

evaluation equipment.

El Paso County can expect to receive funding for four different projects. One of the projects is the construction of a county animal welfare shelter and clinic that would serve the county’s unincorporated areas. This project was awarded \$1.25 million of the \$4 million requested.

A second County of El Paso project that is expected to receive funds is the East Montana Water Tower. County officials requested \$2.4 million but instead will receive nearly \$1.2 million

to use for the design and construction of a 750,000-gallon elevated storage facility that will supplement the current aging 750,000-gallon water tower which is located amid the county’s far east communities.

Another of the County’s projects is the construction of the Corbin Sambrano Community Center. It was awarded \$850,000 of the requested \$3 million. This project is intended to transform a former strip club building, known as the Naken Harem and located in a south-central neighborhood, into a wellness and rehabilitation center that would provide mental health, drug, and rehabilitation services.

The fourth El Paso County project would address Juvenile Justice Center needs. It will receive \$850,000 of the requested \$4 million. The funds will go towards expanding the center’s educational facility including the acquisition of equipment, furniture, and a prefabricated structure to support vocational and educational programs at the county’s Challenge Academy.

The City of Socorro was awarded \$250,000 of the requested \$5 million for the Paso del Norte Trail and Socorro Spine Alignment. The funds are needed for the engineering and construction of a 3-mile connection roadway between Ysleta and Socorro

along Alameda Avenue.

The Town of Anthony has two projects that were awarded federal funds. One, which should receive almost \$1.2 million of the requested \$1.5 million, is for developing a police department command post including technical support. The other Town of Anthony project was awarded \$1 million of the requested \$1.5 million for the town’s Housing Authority home improvement efforts. These funds will be used to address critical upgrades to 26 public housing units that require internal and external work including electrical, gas, and plumbing system upgrades.

The Village of Vinton is anticipating a \$1 million award for its city hall renovation and expansion project. The village’s initial request was for nearly \$1.6 million to renovate, demolish, and expand the Vinton city hall building.

Also expected to receive federal funds is the University Medical Center of El Paso (El Paso County Hospital District). It should get about \$1.2 million of the requested \$1.8 million to replace the medical center’s existing underground stormwater, sanitary sewer, and domestic water systems.

Texas Tech University Health Sciences Center El Paso (TTUHSC) garnered nearly \$1.2 million of its requested \$3 million for an Oncology Center Research Initiative. The funds will be used to acquire research equipment, such as linear accelerators, to conduct research on the biological and therapeutic effects of varying doses of radiation on the body.

The Rio Grande Council of Governments was also awarded nearly \$1.2 million of its \$2.2 million request for its regional interoperable communications upgrades. The council will use the funds to acquire and replace or upgrade mobile and portable radios, also known as

subscriber units.

The Texas A&M AgriLife Research: Regional Food Production, Distribution and Workforce Development Center expects to receive \$250,000 of its initial \$3.2 million request. The center needs the funds to acquire and upgrade a 24,556 square foot, large-scale, food production, inspection,

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– File

**CONGRESSWOMAN** – Veronica Escobar is a third generation El Pasoan. She represents the 16th Texas Congressional District that includes the City of El Paso and many of the surrounding communities. She is the first woman elected to represent El Paso and the first of two Latinas from Texas to serve in Congress. Escobar serves on the House Judiciary Committee, House Armed Services Committee, and House Ethics Committee. She is also a member of the Congressional Hispanic Caucus, the Congressional Progressive Caucus, the New Democrat Coalition, the Democratic Women’s Caucus, and the Pro-Choice Caucus.



# The teleprompter campaign

The basement campaign has been updated. Kamala Harris isn't in the cellar of the Naval Observatory campaigning via Zoom calls a la Joe Biden in 2020.

No, she's speaking to adoring crowds fired up by pop stars. She's identifying herself with the latest trends (she's "brat" now). She's clapping back against Donald Trump with panache.

In one of the great political transformations of our time, she's gone from a subpar vice president to the second coming of Barack Obama in the space of about two weeks.

Except Obama was a genuine political talent who was glib enough to handle almost anything. He wasn't an intellectual but was a writer with intellectual interests – in another life, he could have

been a staffer at *The New Yorker* instead of president (would that it had been so).

The people most aware that Kamala isn't truly a new version of Obama are the people around her, who clearly fear putting her in any setting where she isn't reading from a script.

Biden's basement campaign in 2020 kept him from having to go out and build a crowd, but he did interviews.

Kamala's teleprompter campaign in 2024 is meant to limit her exposure to keep her from inadvertently bursting the media bubble that's been created around her.

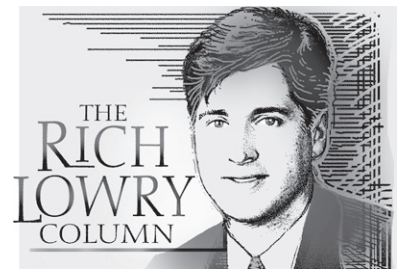
In that, her campaign may resemble the pre-debate Biden approach this year more than his limited stumping in 2020. Biden's operation feared putting him out in any setting where he'd be challenged. When his abysmal debate

performance forced them to do so anyway (to prove he'd just had "a bad night"), the additional exposure resulted in predictable disaster.

Kamala's problem isn't messing up names or dates or losing her train of thought – hallmarks of aging. Rather, she often ends up repeating the same (usually banal) thought in slightly different words, so she expresses herself in an endless loop of vacuity.

In one of her few off-script comments since her ascension, she explained last Friday why Biden should get credit for the prisoner swap with Russia:

"This is just extraordinary testament to the



See LOWRY, Page 7

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## Funds

From Page 1

and distribution facility. The addition would be used as a regional, full-scale food production, distribution, and workforce center.

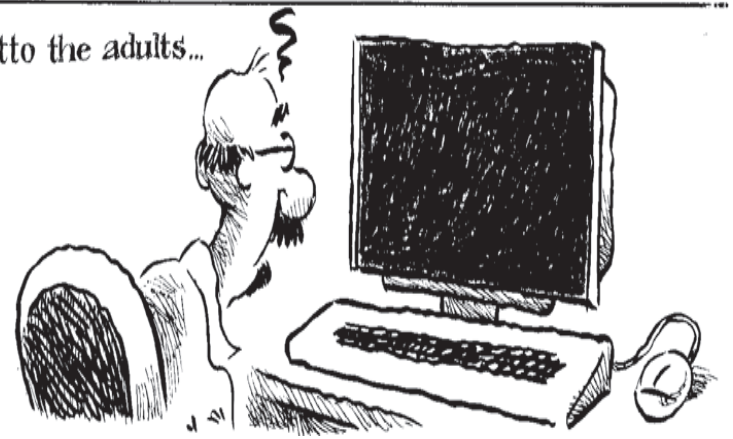
Finally, over \$1.1 million of the requested \$2.2 million was awarded to El Paso Makes: Manufacturing Research for All Domain Attributable Autonomous Systems. These funds will be used to initiate a manufacturing research project with El Paso small and medium manufacturers to develop manufacturing models using digital engineering and automation capabilities.

The federal government's fiscal year budget is for a vote in Congress by the end of the year.

All the kids are watching 'Frozen'



Ditto the adults...



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# 51 WEST TEXAS COUNTY COURIER

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## LEGAL

### PUBLIC NOTICE

**AYUDA, Inc.**

#### Invitation to Bid

Adults and Youth United Development Association (AYUDA) Inc. is a recipient of **Housing for Texas Heroes Program Contract #HTX24-M-022** from Texas Veterans Commission (TVC).

AYUDA Inc. will accept seal bids for up to 25 Single Veteran Family Home Rehabilitation & Modifications for Veterans or Surviving Spouses of Veterans Homes. Contractors can pick up a Bid Packet starting August 23, 2024 - August 30, 2024, from 9:00 a.m. to 3:00 p.m. Bid Packets can be picked up from

and delivered to AYUDA Inc. 3627 Durazno Ave, El Paso, TX 79905.

Submitted Bid Packets or proposals must have **Housing for Texas Heroes Program Contract #HTX24-M-022** written on the lower left hand side of the sealed envelope. A public opening of the packets will take place on September 9, 2024 at 3:00 p.m. at the AYUDA Inc. Durazno office, phone (915) 584-2875. The contractor must ensure that employees and applicants are not discriminated against because of their race, color, religion, sex, or national origin age sex or disability.

The General Contractor must ensure that employees and applicants are not discriminated against because of their race, color, religion,

sex, national origin, age, sexual orientation, or disability. General Contractor must be licensed, bonded and insured with El Paso County and the City of El Paso, TX. General Contractor must also know the new current El Paso County Construction of Single Family Home Codes with a minimum of 3 years of experience.

AYUDA Inc. has a conflict of interest procedure in accordance with 24CFR 92356. AYUDA has a Bidders Protest Rights Procedure. AYUDA Inc. reserves the right to reject any bids or to waive any informality in the bidding. AYUDA Inc. is an Affirmative Action/Equal Opportunity Employer.

WTCC: 08-15-24

## LEGAL

### PUBLIC NOTICE

**AYUDA, Inc.**

#### Invitation to Bid

Adults and Youth United Development Association (AYUDA) Inc. is a recipient of **Healthy Homes Production Grant #TXHHP0148-24** from U.S. Department of Housing and Urban Development (HUD).

AYUDA Inc. will accept seal bids for up to 118 Single Family Homes for Rehabilitation and/or Modifications of housing related hazards for qualifying households. Contractors can pick up a Bid Packet starting August 23, 2024 - August 30, 2024, from 9:00 a.m. to 3:00 p.m. Bid Packets can be picked up from and delivered to

AYUDA Inc. 3627 Durazno Ave, El Paso, TX 79905.

Submitted Bid Packets or proposals must have **Healthy Homes Production Grant #TXHHP0148-24** written on the lower left hand side of the sealed envelope. A public opening of the packets will take place on September 9, 2024 at 3:00 p.m. at the AYUDA Inc. Durazno office, phone (915) 584-2875. The contractor must ensure that employees and applicants are not discriminated against because of their race, color, religion, sex, or national origin age sex or disability.

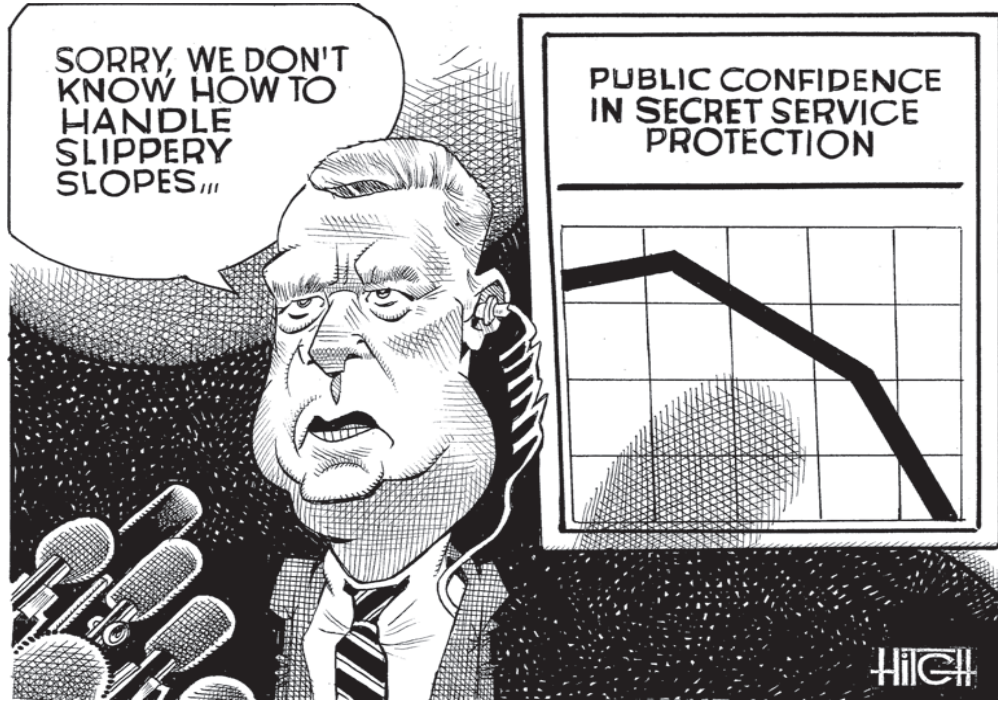
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**El Paso County Tornillo Water Improvement District Notice of Public Hearing on Tax Rate**

The EL PASO COUNTY TORNILLO WATER IMPROVEMENT DISTRICT will hold a public hearing on a proposed tax rate for the tax year 2024 on Thursday, August 29, 2023, at 7:00 p.m., at 19210 Cobb Ave., W.E. Neill Service Center Board Room, Tornillo, TX 79853. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the tax rate that is adopted and on the change in the taxable value of your property in relation to the change in taxable value of all other property. The change in the taxable value of your property in relation to the change in the taxable value of all other property determines the distribution of the tax burden among all property owners.

Visit [Texas.gov/PropertyTaxes](http://Texas.gov/PropertyTaxes) to find a link to your local property tax database on which you can easily access information regarding your property taxes, including information about proposed tax rates and scheduled public hearings of each entity that taxes your property.

**FOR** the proposal: Eusebio Villa, Jr. Anel Lujan  
 Jorge Aguirre Hector Luna  
 Loretta Aguilar Alejandro Rodriguez

**AGAINST** the proposal: NONE

**PRESENT** and not voting: NONE

**ABSENT:** NONE

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	\$0.088030/\$100	\$0.084278/\$100
	Adopted	Proposed
Difference in rates per \$100 of value		\$ -0.003752
Percentage increase / decrease in rates (+/-)		-4.26%
Average appraised value	\$ 100,579	\$ 109,411
General homestead exemptions available (excluding 65 years of age or older or disabled person's exemptions)	\$ 0	\$ 0
Average residence homestead taxable value	\$ 100,579	\$ 109,411
Tax on average residence homestead	\$ 88.21	\$ 92.21
Annual increase / decrease in taxes if proposed tax rate is adopted (+/-) and percentage of increase (+/-)		+ \$ 4.00 + 4.26%

**NOTICE OF VOTE ON TAX RATE**

If the district adopts a combined debt service, operation and maintenance and contract tax rate that would result in the taxes on the average residence homestead increasing by more than 3.5 percent, an election must be held to determine whether to approve the operation and maintenance tax rate under Section 49.23602, Water Code.

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.

**NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET**

The Tornillo Independent School District will hold a public meeting at 5:30 P.M. on Wednesday, August 28, 2024 in the W.E. Neill Service Center, 19210 Cobb Avenue, Tornillo, Texas 79853.

The purpose of this meeting is to discuss the school district's budget that will be adopted. Public participation in the discussion is invited.

**Comparison of Proposed Budget with Last Year's Budget**

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

<b>Maintenance and Operations</b>	1.56%	Decrease
<b>Debt Service</b>	0.19%	Increase
<b>Total Expenditures</b>	1.38%	Decrease



## NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Clint Independent School District will hold a public meeting at 5:30 p.m., on Wednesday, August 28, 2024 in the Clint ISD Board Room, 14521 Horizon Blvd. El Paso, TX 79928. **The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.**

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed tax rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

**Maintenance Tax**                     \$0.755200/\$100 (Proposed rate for maintenance and operations)  
**School Debt Service Tax**  
**Approved by Local Voters**   \$0.380000/\$100 (Proposed rate to pay bonded indebtedness)

### Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

<b>Maintenance and Operations</b>	9.22%	Decrease
<b>Debt Service</b>	3.35%	Increase
<b>Total Expenditures</b>	8.36%	Decrease

### Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 3,173,710,134	\$ 3,409,139,383
Total appraised value* of new property**	\$ 90,756,150	\$ 74,791,382
Total taxable value*** of all property	\$ 1,846,370,557	\$ 2,071,926,310
Total taxable value*** of new property**	\$ 70,865,847	\$ 67,223,835

\* "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.  
 \*\* "New property" is defined by Section 26.012(17), Tax Code.  
 \*\*\* "Taxable value" is defined by Section 1.04(10), Tax Code.

### Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness\* \$191,490,988

\* Outstanding principal.

### Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operation	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
<b>Last Year's Rate</b>	\$ 0.757500	\$ 0.380000*	\$ 1.137500	\$ 2,167	\$10,429
<b>Rate to Maintain Same Level of Maintenance &amp; Operations Revenue &amp; Pay Debt Service</b>	\$ 0.644500	\$ 0.380000*	\$ 1.024500	\$ 2,451	\$10,203
<b>Proposed Rate</b>	\$ 0.755200	\$ 0.380000*	\$ 1.135200	\$ 2,457	\$10,635

\*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both.

The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

### Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$187,831	\$198,818
Average Taxable Value of Residences	\$ 45,155	\$ 59,941
<b>Last Year's Rate Versus</b>		
Proposed Rate per \$100 Value	\$ 1.137500	\$ 1.135200
Taxes Due on Average Residence	\$ 514	\$ 680
Increase (Decrease) in Taxes		\$ 166

**Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.**

**Notice of Voter-Approval Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$1.135200. This election will be automatically held if the district adopts a rate in excess of the voter-approval rate of \$1.135200.**

### Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 72,201,291
Interest & Sinking Fund Balance(s)	\$ 3,878,827

A school district may not increase the district's maintenance and operations tax rate to create a surplus in maintenance and operations tax revenue for the purpose of paying the district's debt service.

Visit [Texas.gov/PropertyTaxes](https://Texas.gov/PropertyTaxes) to find a link to your local property tax database on which you can easily access information regarding your property taxes, including information about proposed tax rates and scheduled public hearings of each entity that taxes your property.

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.



By Lucie Winborne

- In some Inuit (Eskimo) languages, a noun can have over 1,000 forms.

- A Chihuahua named Percy was thought killed by a car in 1984 while accompanying his owner, Christine, on a visit to her parents. Christine's father buried the dog in his garden, but a terrier named Mick, who belonged to her parents, dug up the grave, dragged Percy to the house, and licked him until a faint heartbeat could be detected. While Percy recovered, it's worth noting that the two dogs had always hated each other, and continued to do so after Percy's rescue.

- Oxford University once had rules forbidding students from bringing bows and arrows to class.

- King Mithridates VI of Pontus took small doses of poison throughout his life to develop a resistance in case an attempt was made to kill him. He built up such a

strong immunity that when he attempted suicide to escape capture by the Romans, the poison had no effect and he had to order a slave to dispatch him with a sword.

- Isaac Asimov's first bestseller was his 262nd published book.

- The record for spinning a basketball on a toothbrush is 1 minute and 8.15 seconds. (No, we never thought of spinning a basketball on a toothbrush, either.)

- Velociraptor noises in the film "Jurassic Park" were made by mating tortoises.

- China has more people that have learned English than the United States.

- In ancient Egypt, slaves were murdered to accompany their deceased owners to the afterlife.

Thought for the Day: "I remind myself every morning: Nothing I say this day will teach me anything. So if I'm going to learn, I must do it by listening."

– Larry King

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**Moments  
in time**  
THE HISTORY CHANNEL

- On Aug. 12, 2014, actress Lauren Bacall – whose debut film in 1944, "To Have and Have Not" (also featuring future husband Humphrey Bogart), brought her nearly instant fame – died in New York City at 89. Bacall's notable career spanned almost seven decades and included "The Big Sleep" (1946), "How to Marry a Millionaire" (1953) and "The Mirror Has Two Faces" (1996).

- On Aug. 13, 1906, the all-Black infantrymen of the U.S. Army's 25th Infantry Regiment were accused of killing a white bartender and wounding a white police officer in Brownsville, Texas, despite evidence of their innocence. All were dishonorably discharged. However, a later military investigation exonerated the men and their records were restored to reflect honorable discharges, but no financial settlements were paid.

- On Aug. 14, 1948, the Idaho Department of Fish and Game's "beaver drop" relocation program moved 74 of the animals from Northwestern Idaho to the Chamberlain Basin in Central Idaho via parachutes from an airplane, after complaints about property damage from residents.

- On Aug. 15, 1995, Shannon

Faulkner became the first female cadet matriculated at The Citadel, under the escort of U.S. Marshals, but dropped out within a week, citing emotional and psychological abuse and physical exhaustion. Four years later, she told the Associated Press: "I went into it knowing I may not get anything out of it. I was doing it for the next woman."

- On Aug. 16, 1858, President James Buchanan inaugurated the new transatlantic telegraph cable by exchanging greetings with England's Queen Victoria. Just a few weeks afterward, however, a weak signal forced a shutdown of the service.

- On Aug. 17, 1969, Hurricane Camille arrived at Bay St. Louis, Mississippi, with winds estimated between 150 and 205 mph and 70-foot waves. One of a few category 5 hurricanes to make landfall in the last 70 years, it was responsible for the deaths of nearly 300 people and the destruction of thousands of homes in Alabama, Mississippi, Virginia and Louisiana.

- On Aug. 18, 2007, a German Christian aid worker was kidnapped at gunpoint by a criminal organization in the Afghan capital of Kabul, marking the first abduction of a foreigner in the capital in two years. She was released by her captors a few days later.

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# High school football districts look very different this year

By Steve Escajeda  
Special to the Courier

Schools are open again, fall is right around the corner, and the weather will start to cool off soon.

As the weather cools down things will start heating up in high school football stadiums all over the city.

That's right, the start of the 2024 season kicks off in just two weeks. Of course, each Friday night will be packed with big plays, bands playing at halftime, cheerleaders getting the fans going and coaching going out of their minds.

But the 2024 season will look very different than 2023.

First of all, the most welcomed sight of all is the new SAC stadium next to the existing SAC stadium. The old SAC will be known as SAC1 and the newer stadium will be called SAC2.

Socorro ISD's Student Activities Complex (SAC) pair of stadiums are located right next to each other and when games are scheduled at each stadium on the same night, SAC1 games will start at 7:30 while SAC2 games kickoff at 6:30.

That means there will be no more doubleheader 4 p.m. starts at the SAC, where fans and family would miss more than half the game because of work or school.

Another huge change are the district alignments, they are totally different than a year ago. They kind of resemble the college conference changes where you have no idea which team is in which conference anymore.

Let's start in the biggest league in

the city, District 1-6A.

Last year there were nine teams in 1-6A, this year there are seven.

Americas and El Dorado dropped to class 5A, while Coronado, Franklin, Montwood, Eastwood, Eastlake, Socorro and Pebble Hills will remain in big boy 6A.

Last year there were two separate 5A districts, 1-5A (divisions 1 & 2). Well, that will be the same this year but while there were six teams in each division in 2023, there will be four in division 1 and nine in division 2.

Who the heck thought that up?

There are 13 total teams in 1-5A, wouldn't have made more sense to put six teams in division 1 and seven teams in division 2?

And I'm not even a math professor.

Anyway, District 1-5A (Div. 1) will consist of Americas, Bel Air, El Dorado and Parkland. If you're wondering which teams might make the playoffs, I already have the answer. All of them make the playoffs because four teams advance from every district.

Makes you scratch your head a little bit, doesn't it?

The nine-team 1-5A (Div. 2) includes Canutillo, Horizon, El Paso, Andress, Burges, Chapin, Del Valle, Hanks and Jefferson.

That means five teams will miss the playoffs from division 2, but no teams will miss the postseason from division 1. Doesn't exactly seem fair.

Last year there were two 1-4A districts, division 1 and division 2.

This year there will only be one league, that will consist of nine teams.

In 2023, 1-4A division 2 included out-of-town teams Monahans, Fort Stockton and Pecos. Those teams are off in another district this year picking on teams their own size.

Clint, Fabens and Mountain View are still in the district, but this year they are joined by Austin, Bowie, Irvin, Riverside, San Elizario and Ysleta.

The Ysleta Indians are dropping from class 5A to 4A.

All these changes make it hard for

fans to keep up with the leagues, and it ends long-time rivalries.

Eastwood used to be natural rivals with Bel Air and Hanks, now they're in different districts.

How about this, Bowie and Jefferson aren't even in the same district anymore. Austin and El Paso High will stay play for "The Claw" this season, but they are now in different districts.

At least San Elizario is back in the same league with Clint, Fabens and Mountain View.

It makes sense that the four Northeast schools would share a league, but though Chapin and Andress are both in District 1-5A (Div. 2), Parkland is in 1-5A (Div. 1) and Irvin is in 1-4A.

I know the districts are divided up by student enrollment, but some of the numbers aren't very far apart and some things just make sense.

But nevertheless, high school football is awesome no matter what the districts look like.

And kickoff is just two weeks away.

## Senior moment By Matilda Charles

# Why seniors need to adopt a pet

Animal shelters across the country are loaded with adoptable animals, with more coming in all the time. How did this happen?

When the pandemic started and people were locked at home, many decided the time was perfect to adopt a pet. But now that offices have reopened and the kids are back in school, those pets have, in too many cases, become a chore no one has time for anymore. Thousands of pets have ended up in the shelters, not through any fault of their own. And they need loving homes.

That's where we come in.

We seniors spend more hours at home, for the most part, and we have the time to take care of one (or more) of those little creatures. We have so much to give them, and they deserve it.

But it's not a one-way street. Having a pet to care for has big benefits for us as well, both physical and psychological.

Research shows that we're happier in general when we have a pet and we hold off cognitive decline, because these little furry guys keep us thinking, remembering, sticking to a routine and planning for their care.

When we have a pet, we reduce the risk of cardiovascular disease, blood pressure goes down, and we get exercise if walking a dog (and meet up with other dog owners along the way). Cholesterol levels go down and so does our stress. And we have the satisfaction of taking care of another living creature that rewards us with love.

If you live in a place where it's impossible to have a pet, you can still get the benefits of being around animals. Walk the dogs at the shelter and play with the cats several days a week to distract them from the noisy chaos of that environment. Your efforts will be very much appreciated.

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<b>GREAT PARKING</b>	counties	bean or canola	32 Mouths or faces,	73 Long deli
<b>SPOTS</b>	63 Etchings, e.g.	117 Long pastry	slangily	sandwich
<b>ACROSS</b>	64 Baseball hitter's	118 Earned after taxes	34 Tiers	75 Garbage boat
1 Fencing lunge	stat	119 Cozies up	35 Singer Swift	76 "Nothin' doin' "
7 Large wine bottles	65 Shows' actors	120 Taco exteriors	36 Eggy entree	77 _ Hari (spy)
14 Derisive imitator	67 With 83-Down,		37 Remainder	79 Stare stupidly
20 Theater area	Idaho's nickname	<b>DOWN</b>	38 Seaport on Italy's	80 Unravels
21 U.S. soccer star	68 TV drama of 2000-	1 Quick haircut	"heel"	81 Envoy's skill
Megan	15	2 Old 45 player	39 "That's a lie!"	83 See 67-Across
22 Chimney flue, e.g.	71 10K or marathon	3 Performs like	40 Future docs'	88 Woe
23 Start of a riddle	73 Con job	Cardi B	exams	89 One who may
26 Woes	74 Fabled bird	4 Title beekeeper of	41 Very, very	study bonds
27 Ketchup's color	75 Japanese	a 1997 film	42 Match divisions	90 CIA spy Ames
28 "The Great	wrestling	5 Raged violently	43 Very, in Paris	92 Accustomed
Gatsby" star	78 Riddle, part 4	6 Subjects of	49 Long-winded	93 Test runs
29 Running the show,	82 Ionize, e.g.	discussion	50 Limited	94 Triads, e.g.
for short	84 Pioneered	7 City in central	51 Gold, in Gijon	95 Western U.S. gas
31 Illinois' tree	85 Alternative to Roy	California	52 Edinburgh	brand
33 Twisty letter	Rogers	8 "_-di-dah!"	inhabitant	96 Things raked in
34 Riddle, part 2	86 Slightly	9 On _ with (much	53 Patterned wool	autumn
44 Made gentle	87 Protruding belly	like)	blankets	100 Neat as _
45 Source of some	button	10 Distribute	55 Long deli	101 Compulsion
milk	88 Tax mo.	11 At a future point in	sandwich	102 Color slightly
46 Source of some	89 Tax pro	time	56 "Barnaby Jones"	103 Fail to include
milk	90 Ghana's largest	12 Trio before Q	star Buddy	104 Inflation subj.
47 Earthy color	city	13 Blood fluids	57 Major protest	106 Pitcher Hersher
48 Dark deli breads	91 End of the riddle	14 Simba's father in	62 Kind of internal-	108 Inactive
49 Kind of internal-	97 _Cat	"The Lion King"	combustion engine	109 Actress Patricia
combustion engine	98 Raw metal	15 Unfilled part of a	65 Mollycoddle	110 Edible bit of a
52 Bygone jet, for	99 Rip up	schedule	66 Battery liquid	pomegranate or litchi
short	100 It fixes off-key	16 PC key near Shift	68 Thing relied on for	111 Estonia and
53 Just one sip	singing	17 2009-10 "American	support	Latvia, once: Abbr.
54 Riddle, part 3	105 "I'd say," to texts	Idol" judge DioGuardi	69 Like a day in June,	113 Go fast, quaintly
58 Throw lightly	107 Simple wind	18 Scraped (out)	per a Lowell poem	114 _ Wee Reese
59 Shoe tip	instruments	19 Funny Foxx	70 Roofing problem in	
60 Puzzle cube	112 Riddle's answer	24 Viking Ericson	cold weather	
creator Rubik	115 Enkindle	25 Funeral poem	71 In favor of the idea	
61 Cousins of	116 Peanut, castor	30 Assemblage	72 Activist Nader	

Answer Page 4

## Super Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
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23						24						25								
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112										113				114						
115										116							117			
118										119							120			

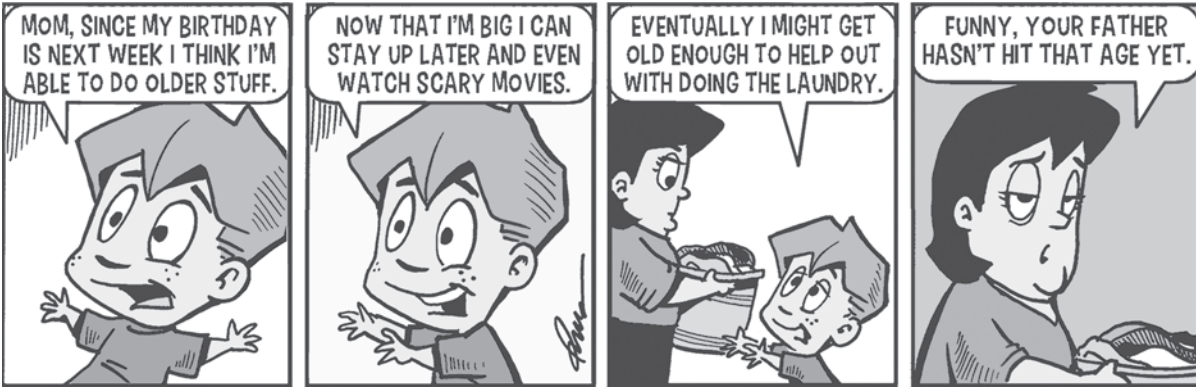


Comix

**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

importance of having a president who understands the power of diplomacy and understands the strength that rests in understanding the significance of diplomacy and strengthening alliances.”

For those keeping track, that’s three “understands,” two “diplomacys” and two “strengths” in one sentence. All that she said is that it’s important that Biden understands diplomacy, but she didn’t know how to land the plane after stating this simple idea in a brief sentence.

Because Kamala hasn’t been out there, we don’t know in her own words how she feels about the amazing turn of events over the last two weeks. We don’t how she plans to lead, or – and this is important – how she explains her multiple changes in position since she last ran for president.

If a presidential candidate flip-flops on one thing during a campaign, it’s usually a focus of discussion for weeks. She’s done it on about eight things with no explanation whatsoever

and without generating any significant media static. If you were them, wouldn’t you want to keep it that way?

The campaign will eventually need to do some interviews. Perhaps they will schedule some appearances on MSNBC and with sympathetic influencers. Then, they can address the criticism that Kamala is only talking to partisan outlets with a sit-down with a relatively safe journalist who has credibility in the broader media, say, Lesley Stahl of “60 Minutes.” Besides that, back to the teleprompter!

It’s extraordinary that the Democrats had one presidential candidate whom they didn’t trust with interviews and have replaced him with another, fresh and younger candidate whom they also don’t trust with interviews.

This is why Trump has to debate Harris. Given the way Harris has been hiding from the media, a debate (or debates) may have to be one of the main means of trying to expose her.

She’s out of the basement, but she’s never off-script.

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

**Creatinine levels indicator of kidney health, function**

*DEAR DR. ROACH: Last summer, a city policeman came to my door. My doctor had been unable to contact me with the results of a recent blood test and called the police. The policeman handed me a card with the results written on it. My creatinine level was 4.1, and my glomerular filtration rate (GFR) was 14. He said the numbers indicated that my kidneys were failing and that I should go to the emergency room immediately. Except for swelling in one ankle, I had no symptoms. During a day and a half in the hospital, I lost 14 pounds of fluid after the insertion of a catheter. Within two weeks, my creatinine level was measured at 2.1. After a few months of wearing the catheter, my prostate was “trimmed back” (my words, not the doctor’s) using a procedure called a “TURP.” I am back to normal. What is a TURP, and how routine is it? Are there any long-term negative effects? How close did I come to kidney failure? – T.J.R.*



Your problem was obstruction of urine flow due to an enlarged prostate. The urethra (the tube that carries urine out of the body) goes right through the middle of the prostate, and an enlarged prostate can block flow partially or completely. This is a very common problem. Sometimes the urine flow stops entirely, but this doesn’t have to happen in order for kidney damage to occur. It’s the increased pressure in the bladder that causes damage.

Creatinine is an end product of protein metabolism, and since it is removed by the kidney, it’s a good indicator of kidney function. The higher the creatinine level, the worse the kidney function. The creatinine level (along with age and sex) are used to estimate the GFR, a direct statement of a person’s kidney function.

A (stable) GFR of less than 15 is considered stage 5 kidney failure, which usually means that dialysis will be necessary to preserve life. Note that creatinine itself isn’t the problem; it’s a marker for the fact that the kidney can’t remove all the other waste products, which will then build up and make a person very ill.

When a person with urinary obstruction develops a creatinine level over 6, it’s likely that they will have permanent kidney damage, but I have seen people with higher levels recover and some with lower levels experience permanent kidney function loss. My guess is that you were only a few days away from having permanent damage.

A trans-urethral resection of the prostate (TURP) is a traditional treatment for an enlarged prostate. Although newer treatments are often used in situations where there is plenty of time to spare, a TURP is a routine treatment for the type of obstruction you had. There are possible long-term side effects from a TURP, such as erectile dysfunction, but those are usually noticed immediately after surgery and often get better over time.

Finally, a plea: Make sure that your doctor has your up-to-date contact information, including your emergency contacts. We physicians are very grateful to have the police available for emergencies, but would rather not have to use them. I try to remind my resident physicians to be sure that we have a working contact number any time we order a test, but it’s best if both the patient and physician have it on their lists. Even routine tests can occasionally come back with critical results.

*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**

August 16, 1931: Near Valentine, the strongest earthquake ever recorded in Texas, a 6.0, shook things up a bit.

**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: **B** equals **H**

HUAPB RGAUKEHG PUZH ZEPB G  
 DAMGTEJBKN BEFB VUVLKGPEUH  
 UD VGAPERLKGA SGSN SEAYJ  
 UD VAMN: TEYVN BGZT.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

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

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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**It's not double dipping!**

**VETERANS POST**

by Freddy Groves

Veterans who took the separation check that was offered when they left the service cannot legally get disability payments now – until that separation money is paid back.

Think about that a minute.

The military wants to wind down and asks a veteran to go ahead and retire early, maybe years before the veteran planned to do so. But, yeah, the check is offered and accepted.

Time goes by and life happens and disability payments are needed. Or maybe the veteran is eligible due to the PACT Act covering exposure to toxins... except there's a law saying a veteran can't get both the separation money and disability payments. That separation money has to be paid back, and the Department of Veterans Affairs starts taking it out

of any disability payments it does make. And what of the veterans who did receive disability over the years because, oops, the VA made a mistake and now it wants all that money back?

In some cases, the amount taken monthly is the total income a veteran has. Some have applied for hardship and been denied. Some will be paying back that separation money for years and years.

The RAND Corporation did a study about how many veterans are caught in this situation. On average, per that study, veterans are having to pay back between \$20,000 and more than \$50,000.

It's not only those who left the service and were given separation pay. Other types of benefits include disability severance pay, non-disability severance pay, readjustment pay, special separation benefit and others.

And what does a veteran do when suddenly the monthly income drops to zero?

The VA wants to consider

these two types of payments – disability benefits and separation pay – double dipping if a veteran gets both. It's not. And if the government is going to offer thousands of dollars to coax a veteran to leave the service, they need to make it absolutely clear that disability payments won't be allowed if needed down the road.

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• Clean baby food jars can be filled with small snacks like Cheerios and doled out in the car during longer trips. They hold just enough for a quick snack.

• "If you pull all the way into your garage, tack some carpet scraps to the wall that you pull in toward. It will protect the wall's paint, and it will protect your car's bumper if you accidentally rub the wall." – U.F. in North Carolina

• For dance recitals, make sure to get a recording of the music to be used. You also can videotape the practice performance and have the student watch it, pointing out the great parts and the parts that need work. – via email

• Stop runs in hose or tights by painting the bottom of the run with clear nail polish. Let dry and repeat. Do this while wearing them, and gently unstuck from the skin. It works better when they are stretched as they will be worn, and you don't risk attaching it to the other side of the tights.

• "I somehow lost one of a pair of socks that had gripper dots on the bottoms of the feet, so they would be nonslip. I gave the odd sock to my mom, and she uses it as a jar or bottle opener. The gripper dots help her get a hold of the lid to unscrew it." – R.J. in Ohio

• To freshen a lunchbox, dampen a paper towel with plain vinegar and stick it inside the lunchbox. Leave overnight.

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.

	+		÷		=	15		
+		-		+				
	-		×	5	=	5		
÷		+		+				
	+		-		=	1		
=		=		=				
7		5		10				
1	2	3	4	5	6	7	8	9

**DIFFICULTY: ★**

★ Moderate ★★ Difficult

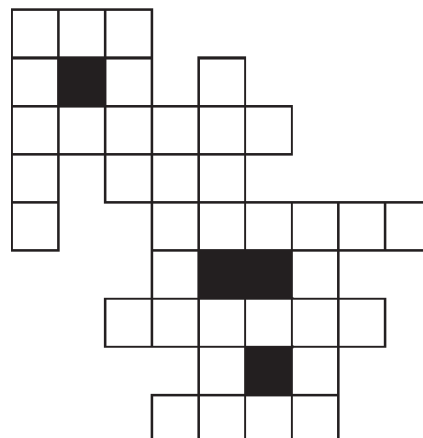
★★★ GO FIGURE!

Answer Page 4

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**FEAR KNOT**  
 By: rj johnson  
 DOUBT? ...OR DARE!

- ♥ AGT
- MADITO
- DAGNO
- ♥ RBDA
- BELAGE
- ♥ ODS
- ♥ REOG
- ♥ RUTBE
- ♥ UBR
- TUGERN
- ♥ EDSIL
- ♥ TSDU



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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