



– Photo by Alfredo Vasquez

ONE OF A KIND – Texas Tech University Health Sciences Center El Paso is the only health sciences center along the U.S.-Mexico border. It is the fourth of five universities in the Texas Tech University System and is comprised of four schools: the Paul L. Foster School of Medicine, above, the Gayle Greve Hunt School of Nursing, the L. Frederick Francis Graduate School of Biomedical Sciences and the Woody L. Hunt School of Dental Medicine.

Texas Tech University health sciences center experiences remarkable growth

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Texas Tech University Health Sciences Center (TTUHSC) El Paso has been an autonomous university within the Texas Tech University System for nearly fifty years. During that time, the school has transformed from a regional campus into the only freestanding health sciences center on the U.S.-Mexico border.

And in 2014, Dr. Richard Lange, a practicing cardiologist and veteran administrator, believed that the El Paso campus offered some of the most innovative medical curricula in the country. He stated that he considered the school a blank slate and was excited about the possibilities. So, he accepted the Texas Tech University Board of Regents’ offer to be the center’s next president.

Since his arrival, the university has added two highly touted programs – the L. Frederick Francis Graduate School of Biomedical Sciences and the Woody L. Hunt School of Dental Medicine, the state’s first new dental

school in 50 years.

Also, various projects are in the works for the campus including the nursing school building, a dental clinic, doubling research capacity, adding classrooms, and developing a comprehensive cancer center. Additionally, new undergraduate and graduate degrees, as well as instructional programs, are being introduced.

Nonetheless, Lange said that he is most proud of his institution’s community involvement from philanthropic and legislative support that led to the development of a dental school and a cancer center, to the money for student scholarships (more than \$24 million awarded in the 2022-23 academic year), and to the funding for community health screenings. Furthermore, the university now has an endowment of almost \$163 million.

“What’s happened in the past 10 years has been nothing short of remarkable,”

said Lange, whose previous leadership roles were at UT Health San Antonio, UT Southwestern Medical School in Dallas, and Johns Hopkins Hospital in Baltimore.

Rick Francis, chairman and CEO of WestStar Bank, was on the Texas Tech Board of Regents in 2014, and chaired the search committee that recommended Lange. He related that Lange distinguished himself as a skilled leader who could balance business, academia, and service as a health care provider. “He created a vision for our university, and he has executed on that vision beyond our wildest expectations,” Francis stated recently.

He added that Lange and his team had created one of the region’s key economic drivers.

“We’re creating more white-collar jobs at the corner of Alameda and Raynolds than we are in Downtown El Paso,” Francis said, referring to the intersection near the university’s

campus.

Tracy Yellen, CEO of the Paso del Norte Community Foundation, called Lange a collaborative leader who builds on the university’s strengths and assets. “These investments in facilities, faculty, fellows, residents, and students are growing the number of health care providers to better meet the health care needs of our region,” Yellen said.

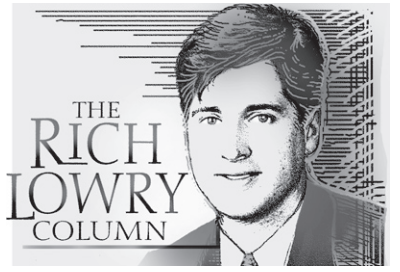
According to university records, the institution graduated 2,421 students from 2012 through 2023, with 60 percent of those graduates being Hispanic and 56 percent of the graduates coming from the nursing school.

Woody Hunt, executive chairman of the Board of Directors of Hunt Companies Inc., said Lange had a great professional background, and understood excellence at medical institutions and how to increase quality and quantity of programs. He called Lange a skilled communicator. “He’s one who can get people excited and motivated... because of how enthusiastic he is about what he does,” said Hunt, whose family foundation donated \$35 million for the nursing and dental schools.

As a testament to TTUHSC’s growing success, school data indicates that the campus has produced 1,384 medical residents from 2019 to 2023. Residents

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Trump can't allow Kamala to be the candidate of change



Joe Biden made Donald Trump feel fresh and vital. No matter how commonplace Trump's tropes and mode of campaigning had become, they seemed compelling compared to the bleached-out president of the United States who had become a shell of himself.

With the Trump-Biden contrast no longer relevant, the former president is operating in a new, much less forgiving environment. Kamala Harris wants to run a youth vs. age and future vs. past campaign against Trump, and she has some chance of making it work.

Against Biden, Trump represented the past, but also change. Against Harris, he's potentially just the past.

It's not "old" as a matter of age that's the issue, although all those concerns are now about Trump.

Ronald Reagan was old when he took office, but was offering a complete change of direction in policy and exuded a youthful optimism and self-confident patriotism. The problem for Trump is "old" as a matter of feeling familiar, tired and played out.

The Mar-a-Lago press conference last week was a typical, nay, stereotypical, Trump event – Trump looked commanding against a vivid backdrop of American flags, but how many times have we seen that image?

He was a bit of everything – on message and off message, confident and defensive, charming and insulting, and so it went. Again, how many times have we watched it?

Even Trump's outrages aren't that surprising. That he went with the "Kamala suddenly became

black" line of attack wasn't exactly predictable, but nor is this kind of thing unexpected. And, of course, we've repeatedly experienced cycles of hope for a new, more disciplined candidate dashed by Trump's insistence on doing it his way.

Again, none of this mattered so much against a doddering 81-year-old man who a vast majority of the public thought incapable of serving another four years. Biden was the past in everything he said and did.

For her part, Kamala Harris may not really be hip, but she is hipper than Trump. She's certainly

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Texas Tech

From Page 1

are licensed doctors who have completed medical school and have started to specialize in a particular medical field such as internal medicine, pediatrics, psychiatry, and emergency medicine.

Lange said one of the main challenges he faced during the past decade was building strong relationships with the university's hospital partners. He said the time spent growing and developing those relationships has helped TTUHSC El Paso and the community. "Without our strong hospital partners, we wouldn't be able to excel," Lange said.

David Byrd, chief executive officer of the Hospitals of Providence Transmountain campus, said that he appreciated Lange's efforts to collaborate with the medical community to discuss needs and solutions

during the pandemic, and his help to develop programs for medical residents.

"Our relationship is stronger today than it has ever been," Byrd said. "We have forged a relationship built on trust and accountability as this (teaching hospital) has, at times, been challenging, but anything worth achieving always is."

Lange, who was born in Anchorage, Alaska to an Air Force family, earned his bachelor's degree in biochemistry from the University of North Texas in Denton, his medical degree from the University of Texas Southwestern Medical School in Dallas, and his MBA from Johns Hopkins University.

Lange's original TTUHSC El Paso contract was for three years and had a base salary of \$450,000, recent news reports cited. It included \$300,000 in supplemental compensation, \$48,000 in housing and vehicle allowances, and a country club

membership. The position also came with tenure and a full professorship at the Foster School of Medicine, which means that when he decides to step down as president, he can resume his career as a teacher/researcher.

Lange's most recent three-year contract includes a base salary of about \$585,770 and a two percent annual increases through 2026. His new contract also included the agreement that Lange would appoint a new dean for the Foster School of Medicine by the end of August.

Lange said that the recruitment of a new leader for the medical school is a rigorous process that takes time. He stated that the hiring committee is looking for applicants who believe and understand in the school's mission and will commit to it for the long term.

While Lange has no plans to retire soon, he has a sense of urgency in what's next

for the university. There is the new dental school building, which will allow the expansion of dental specialties in orthodontics, periodontics, and pediatric dentistry. And he expects to complete the comprehensive Steve and Nancy Fox Cancer Center, that is funded in part by \$65 million from the Texas Legislature and \$25 million from the Fox family.

Other things on his list of things to do are a new clinic building that will be about 180,000 square feet, and Ph.D. programs in nursing and biomedical sciences. Lange noted that he would also like to add more residencies such as one for anesthesia and a fellowship training program in pulmonary critical care.

"It's just gone by way too fast," Lange said about his time at TTUHSC El Paso. "There's so much more that needs to be done here in our area. I wish I could see it all get done."



– Internet

IN CHARGE – Dr. Richard Lange, above, has led Texas Tech University Health Science Center in El Paso since 2014. He is credited with the campus's remarkable growth during the past decade. The school's physicians, clinics, and partnering hospitals provide over \$33 million in uncompensated health care services to the El Paso community every year.

EPCC holds extended fall registration days

By Beau Bagley
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Student Services kicked off the Extended Hours Registration & Information Events on Saturday, Aug. 17, 2024, at the Valle Verde Enrollment Services Center (ESC). New students took advantage of in-person services for Admissions, Recruitment, Financial Aid, Testing, Counselors and Cashiers.

In fact, the first 90 people who registered Full Time and in-person on Saturday, August 17, 2024, received vouchers worth up to \$500 on books at the EPCC bookstore.

"The fall semester is around the corner, so we want to make sure that all the enrollment services and student services at the Valle Verde campus are open, for extended hours, outside our regular normal hours," EPCC Director of Recruitment Services, Michael Talamantes, said. "We will have evenings that we will be open until 7:00pm, and a few Saturdays, from 10:00 a.m. to 4:00 p.m.. It's a huge benefit to those students who need the help."

The EPCC Extended Hours Fall Registration will continue to take place at the EPCC Enrollment Services Center on the Valle Verde Campus, located at 919 Hunter



– Photo courtesy El Paso Community College

IT ALL HELPS – Brian Gardea received his \$500 book voucher for registering on August 17.

Drive, El Paso, TX 79915. This is open to all prospective EPCC students.

Extended registration hours:

- Aug. 20-22 (Tues.-Thurs.), 8:00 a.m.-7:00 p.m.
- Aug. 24 (Sat.), 10:00 a.m. - 4:00 p.m.
- Aug. 26-27 (Mon.-Tues.), 8:00 a.m.-7:00 p.m.
- In-person only events. Info: (915) 831-2150
- First full day of classes is Mon., Aug. 26th.



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Segovia assumes new Fabens ISD post

By Sofia Maciel
Special to the Courier

FABENS – Fabens Independent School District has appointed Dr. Rogelio Segovia as Assistant Superintendent of Curriculum and Instruction. With over two decades of diverse experience in the field of education, Segovia brings a wealth of knowledge and expertise that will greatly benefit our students, staff, and community.



– Photo by Elizabeth Serrano

Dr. Rogelio Segovia

Segovia’s academic achievements are equally impressive. He holds a Doctorate in Curriculum and Instruction, master’s degrees in educational leadership and counseling, and relevant undergraduate degrees.

“I am thrilled to join the Wildcat family and am deeply committed to unlocking the full potential of every student and every member of the Fabens Independent School District,” said Segovia.

Segovia’s career in education spans multiple roles, including substitute teacher, special education teacher, assistant principal, principal, mentor principal, adjunct professor, and associate superintendent. His extensive background in these various capacities has given him a comprehensive understanding of educational leadership and deep practical insights into fostering effective and engaging learning environments.

GoFundMe page set up for Alamos

EL PASO COUNTY – On November 8, 2023, Daniel Alamos suffered major injuries in a devastating accident in El Paso while driving on Loop 375 at MM38 (near Edgemere in the northbound lanes). Special Traffic Investigators reported a distracted heavy tow truck driver, 50-year-old East El Paso resident

Antonio Zubia, was traveling north on Loop 375 and did not notice cars slowing in the heavy traffic. Zubia attempted to swerve to avoid the Alamos’ Ford Edge but rear-ended it, setting off a nine-vehicle pile-up involving one fatality.

Alamos was at a complete stop. He sustained severe injuries, including second and third-degree burns covering 30% of his body – head, ears, lower back, and arm – broken ribs, and significant trauma. Complicating his recovery, he contracted a MRSA infection, necessitating surgery a month later. The injuries were life-threatening, and he continues to undergo extensive treatment and observation. His injuries are too graphic to print.

The towing company had limited insurance. It was awarded to only one plaintiff. Jose Barraza has organized this fundraiser for Alamos. The GoFundMe address is in bold reverse below the photos. More details, photos and the accident report are on th GoFundMe page.

– Rick Shrum



– Photos courtesy Jose Barraza

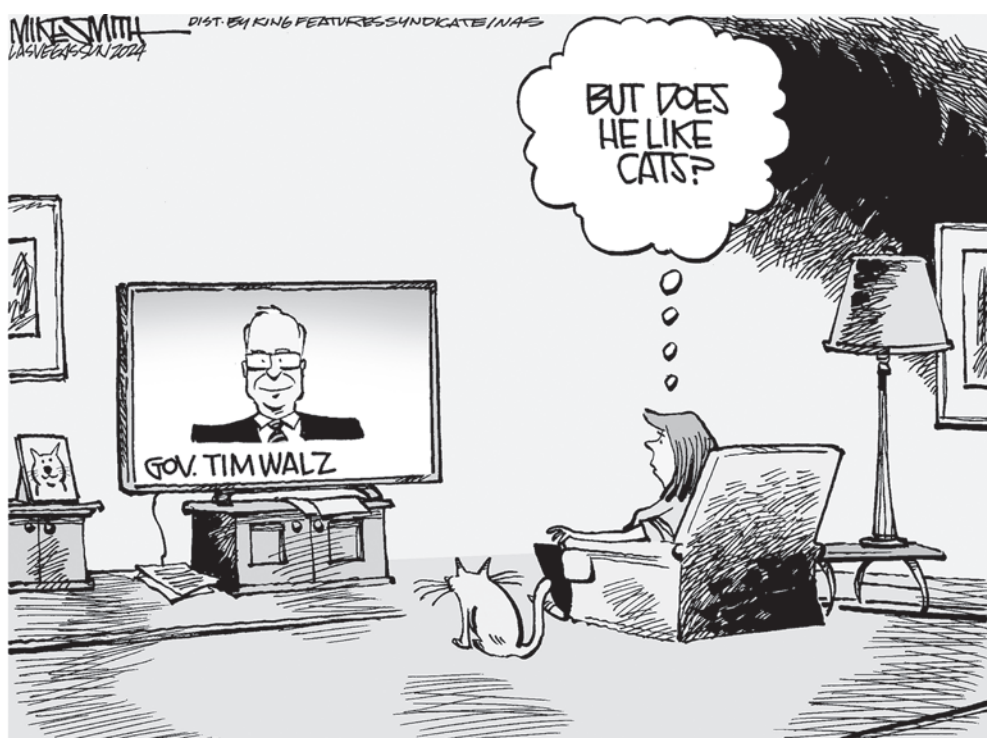
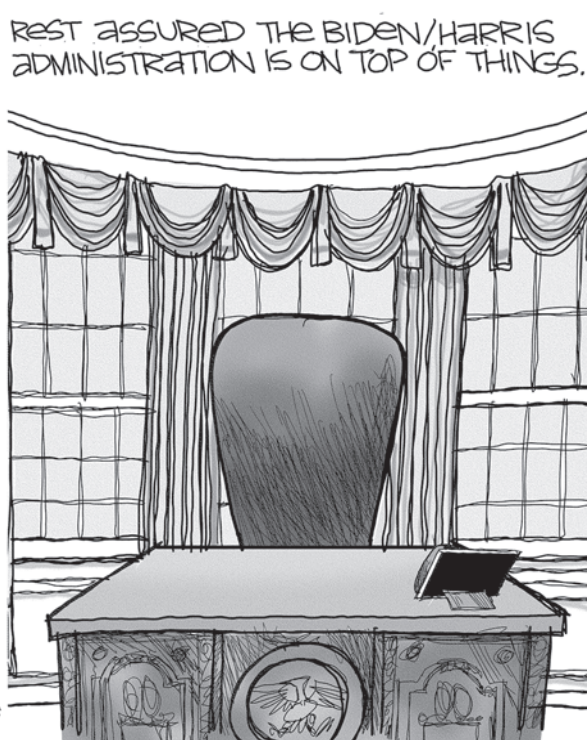
Above is Daniel Alamos in the hospital after the wreck. A good portion of his sclap is raw underneath the bandage. Below is his burnt out Ford Edge from the front. Below to the right is his car from the rear. The towing company’s insurance was exhausted after one payout to another victim.



www.gofundme.com/f/donate-to-daniels-journey-of-healing-and-hope



KIRK ©2024DIST. BY KING FEATURES SYNDICATE email: Walters@kirk546@gmail.com



NOTICE OF PUBLIC HEARING ON TAX INCREASE

A tax rate of \$0.888550 per \$100 valuation has been proposed by the governing body of TOWN OF ANTHONY.

PROPOSED TAX RATE	\$0.888550 per \$100
NO-NEW-REVENUE TAX RATE	\$0.725994 per \$100
VOTER-APPROVAL TAX RATE	\$0.820510 per \$100
DE MINIMIS RATE	\$0.888550 per \$100

The no-new-revenue tax rate is the tax rate for the 2024 tax year that will raise the same amount of property tax revenue for TOWN OF ANTHONY from the same properties in both the 2023 tax year and the 2024 tax year.

The voter-approval rate is the highest tax rate that TOWN OF ANTHONY may adopt without holding an election to seek voter approval of the rate, unless the de minimis rate for TOWN OF ANTHONY exceeds the voter-approval rate for TOWN OF ANTHONY.

The de minimis rate is the rate equal to the sum of the no-new-revenue maintenance and operations rate for TOWN OF ANTHONY, the rate that will raise \$500,000, and the current debt rate for TOWN OF ANTHONY.

The proposed tax rate is greater than the no-new-revenue tax rate. This means that TOWN OF ANTHONY is proposing to increase property taxes for the 2024 tax year.

A PUBLIC HEARING ON THE PROPOSED TAX RATE WILL BE HELD ON September 9, 2024 AT 5:30 PM AT Town Hall, 401 Wildcat Drive Anthony, Texas 79821.

The proposed tax rate is greater than the voter-approval tax rate but not greater than the de minimis rate. However, the proposed tax rate exceeds the rate that allows voters to petition for an election under Section 26.075, Tax Code. If TOWN OF ANTHONY adopts the proposed tax rate, the qualified voters of the TOWN OF ANTHONY may petition the TOWN OF ANTHONY to require an election to be held to determine whether to reduce the proposed tax rate. If a majority of the voters reject the proposed tax rate, the tax rate of the TOWN OF ANTHONY will be the voter-approval tax rate of the TOWN OF ANTHONY.

YOUR TAXES OWED UNDER ANY OF THE RATES MENTIONED ABOVE CAN BE CALCULATED AS FOLLOWS:

$$\text{Property tax amount} = (\text{tax rate}) \times (\text{taxable value of your property}) / 100$$

FOR the proposal: Mayor Pro Tem Alfaro, Seat 4 Councilman Chavez, Seat 5
Councilman Weeks, Seat 2 Councilwoman Stevens, Seat 1

AGAINST the proposal: None

PRESENT and not voting: Mayor Turner

ABSENT: Councilman Wolford, Seat 3

Visit [Texas.gov/PropertyTaxes](https://www.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 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.

The following table compares the taxes imposed on the average residence homestead by TOWN OF ANTHONY last year to the taxes proposed to be imposed on the average residence homestead by TOWN OF ANTHONY this year.

	2023	2024	Change
Total tax rate (per \$100 of value)	\$0.780636	\$0.888550	increase of 0.107914 per \$100, or 13.82%
Average homestead taxable value	\$155,726	\$166,644	Increase of 7.01%
Tax on average homestead	\$1,215.65	\$1,480.72	increase of 265.07, or 21.80%
Total tax levy on all properties	\$2,077,568	\$2,543,724	increase of 466,156, or 22.44%

For assistance with tax calculations, please contact the tax assessor for TOWN OF ANTHONY at (915) 212-0106 or citytaxoffice@elpasotexas.gov, or visit <https://townofanthony.org> for more information.

CryptoQuip Answer

What's the best brewed beverage to drink when writing the first version of a work? Draft beer.

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DEMOTED ETHICS BROCADE
EMERIL LEAD TO REVOTED
SPACE INVADERS AGELONG
PIT AIS ALASKA RANGE
ORA STRESS WELL
TEXASTOAST GPA AD FEE
BOY POLAND SPRING
SOSAD MIC NASSER ONTO
APE SOLACED RAMPART
RECESSIONAL HYMN ISLE
IRONON SON AKA ASISAY
ANTI CENTENNIAL STATE
ACDELCO MADONNA LEA
ROAR ATARIS WET WEEDS
CARIBBEANSEA TRIB
STYNE NAS HAWAII BOWL
ACED AIRARM POE
LEGACY AWARD IRT SHERA
ALI WONG JAMES MICHERA
ROLONDA AVIATE PARTON
DIALS IN RETROD ADDONS



By Lucie Winborne

- Medicine cabinets are one of the worst places to store medicine because of the high temperatures and humidity in bathrooms.
- A Hershey's Kiss contains 26 calories that take about four minutes of kissing to burn.
- You say money doesn't grow on trees? Try telling that to a certain dog in Colombia. After seeing students pass money to a food stall attendant, the pooch began a regular practice of "paying" for dog biscuits with tree leaves!
- Screenwriter Bob Gale confirmed that Marty McFly's nemesis in the "Back to the Future" trilogy, Biff Tannen, was modeled on Donald Trump.
- A scientific method called toxineering turns venoms into painkillers.
- As novels became more prominent during the 1700s, society and the media became increasingly concerned that young people spent too much time reading books. They

even went so far as to call it "reading rage," "reading fever," "reading mania" and "reading lust."

- A regular BIC ballpoint pen can draw a line that's about 2 kilometers long – more than six times the height of the Eiffel Tower.
- Nazis planned to kill Sir Winston Churchill with a bar of chocolate. A bomb made of thin steel was covered by real chocolate that would explode once a chunk was broken. Luckily, British Allies discovered the plan.
- At his presidential inauguration, Theodore Roosevelt wore a lock of Abraham Lincoln's hair.
- Before Usain Bolt won the 100 meter sprint in the Olympic finals, he ate only McDonald's chicken nuggets, as he didn't want to risk getting an upset stomach from local cuisine.
- Yamaha produces some of the world's most popular motorcycles, but the company started off as a piano manufacturer.

Thought for the Day: "Motion feels like progress. Action is progress."

– James Clear

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Moments
in time
THE HISTORY CHANNEL

- On Aug. 19, 1967, the Soviet Union's communist newspaper, Pravda, accused China of making attacks on the Soviet embassy in Peking and straining relations between Russia and China, claiming that, "Literally not a single day passes without a malicious invention about the Soviet Union."
- On Aug. 20, 1959, actor Hugh O'Brian met his idol, Dr. Albert Schweitzer, in Africa at the physician's hospital after being ferried up the Ogooue River by natives with leprosy. Following that initial encounter, O'Brian referred to Schweitzer as "a living saint." The 83-year-old doctor strongly urged the abolition of nuclear testing and war, and O'Brian returned to the U.S. with the same conviction.
- On Aug. 21, 2006, South Korea sent over \$230 million worth of humanitarian aid to North Korea after it was hit by severe flooding. North Korea claimed hundreds of people were killed or lost as a result, but South Korean aid agencies believed the number was more likely around 58,000. Seoul had suspended regular aid to the North because of Kim Jong Il's missile tests, but elected to make this disaster

a special exception.

- On Aug. 22, 1948, Belgium's Charles Theodore Henri Antoine Meinrad acted as regent of the kingdom on behalf of his exiled brother, Leopold, who was exiled to Switzerland due to accusations of being too friendly with the Germans during Belgium's occupation. Charles did not, however, move into the palace, nor did he access the 30 million Belgian francs that he was entitled to as king, seldom even leaving his own apartments and maintaining a low profile.
- On Aug. 23, 1926, silent film heartthrob Rudolph Valentino died at just 31 from complications following surgery for appendicitis and gastric ulcers.
- On Aug. 24, 1814, British troops led by General Robert Ross entered Washington, D.C., and burned down many public buildings, including the White House and the Capitol building.
- On Aug. 25, 1992, The Sun newspaper published a phone conversation with an unknown woman who may have been Britain's Princess Diana, talking with an unknown man about her unhappy marriage. Thousands paid up to \$22 to listen to the full recording on a paid phone service.

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Haciendas del Norte Water Improvement District Notice of Public Hearing on Tax Rate

The Haciendas Del Norte Water Improvement District will hold a public hearing on a proposed tax rate for the tax year 2024 on September 3, 2024 at 13931 Sagebrush Circle, El Paso, Texas 79938 at 7:00 pm. 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 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](https://www.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: Joseph McCandless, Daniel Diaz
Michael Spicer, George Gibson and Ed Brown

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 Adopted	This Year Proposed
Total tax rate (per \$100 value)	\$0.047549/\$100	\$0.044517/\$100
Difference in rates per \$100 of value	\$ -0.003032	
Percentage increase / decrease in rates (+/-)	-6.377%	
Average appraised value	\$ 313,821	\$ 346,897
General homestead exemptions available (excluding 65 years of age or older or disabled person's exemptions)	\$ -	\$ -
Average residence homestead taxable value	\$ 313,821	\$ 346,897
Tax on average residence homestead	\$ 149.21	\$ 154.43
Annual increase / decrease in taxes if proposed tax rate is adopted (+/-) and percentage of increase (+/-)	\$ 5.22	3.50%

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 49.3602, Water Code. An election is not required if the adopted rate is less than or equal to the voter-approval tax rate.

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.

Paseo del Este Municipal Utility District No. 10 of El Paso County

Notice of Public Hearing on Tax Rate

The Paseo Del Este Municipal Utility District No. 10 of El Paso County will hold a public hearing on a proposed tax rate for the tax year 2024 on Thursday, September 5, 2024, at 12:00 p.m., in person at the offices of Inframark, LLC, 13034 Eastlake Boulevard, Suites D-E, El Paso, Texas 79928; via means of a toll-free conference number 1 (888) 599-1357; Access Code: 8529; and via Zoom videoconference Meeting ID: 875 7491 7229; Passcode: 964483. 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](https://www.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: **Directors Luis Ortega, Greg Spence, Ysrael Valencia and George Mendez**

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 Adopted	This Year Proposed
Total tax rate (per \$100 value)	0.6810./\$100	0.6591/\$100
Difference in rates per \$100 of value	\$ (0.0219)	
Percentage increase / decrease in rates (+/-)	- 3.22 %	
Average appraised value	\$ 290,552	\$ 310,687
General exemptions available (excluding 65 years of age or older or disabled person's exemptions)	\$ -	\$ -
Average residence homestead taxable value	\$ 290,552	\$ 310,687
Tax on average residence homestead	\$ 1,978.66	\$ 2,047.74
Annual increase / decrease in taxes if proposed tax rate is adopted (+/-) and percentage of increase (+/-)	+ \$69.08	+ 3.49%

NOTICE OF TAXPAYERS' RIGHT TO ELECTION TO REDUCE 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 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.

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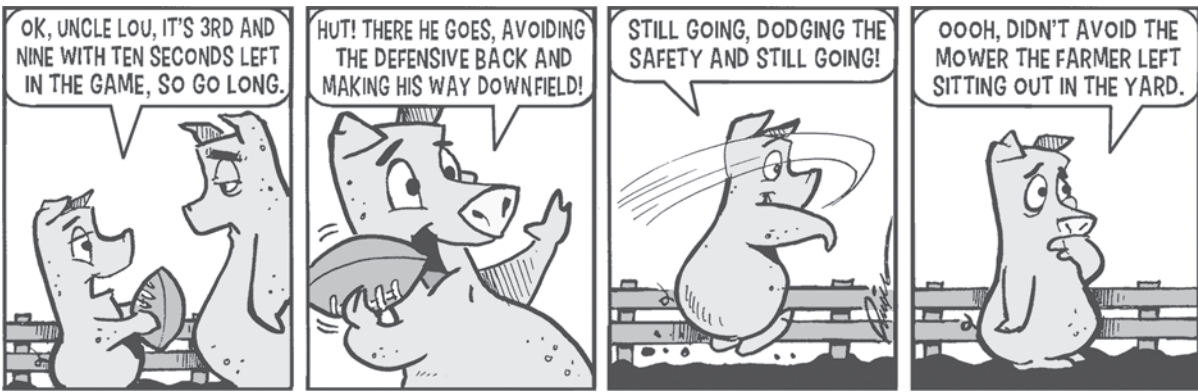
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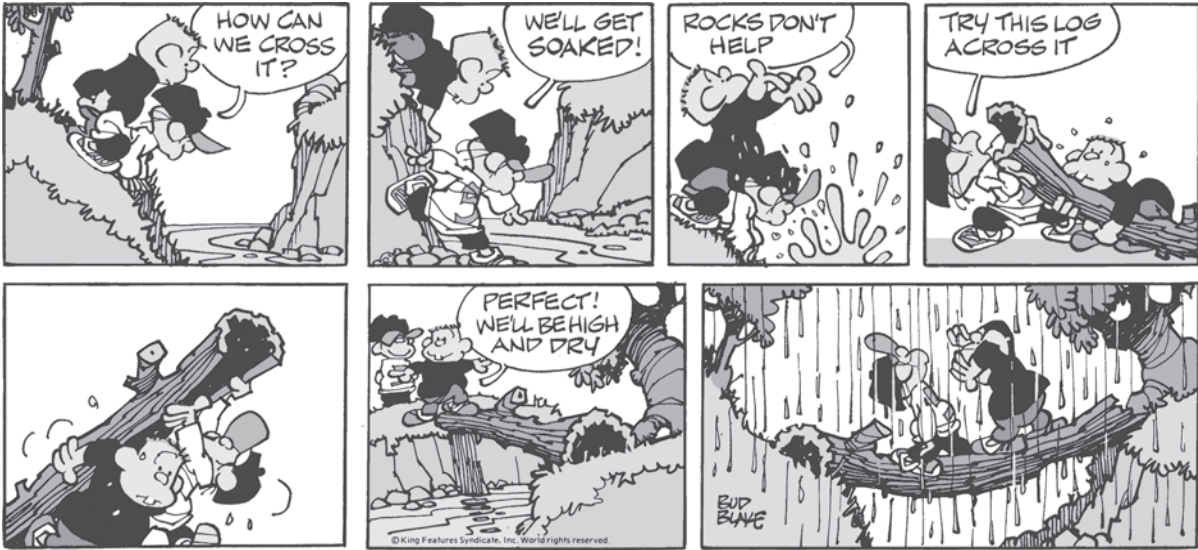
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

energetic enough for a full slate of campaigning, and she's presenting herself as a third force: neither Biden nor Trump, a politician with an entirely new "vibe."

Harris has another advantage. It wasn't truly possible to cover up Biden's weakness. Even if Biden wasn't doing many interviews, he had to be out in public – at international meetings, at White House events and the like. No matter how much the Democrats insisted everything was OK, he could be seen stumbling, wandering and losing his train of thought.

With Harris, Republicans might (for good reason) say that she will lose herself in word-salad incoherence upon her first contact with a challenging interview, but there is no way to establish it without such an interview. On the teleprompter, she seems just fine. She's pointed, amusing, determined and lifted by enthusiastic crowds.

Most importantly, Trump was winning a change election against Joe Biden. Now, he's essentially tied with Harris on who

will bring positive change. The new CNBC poll had Harris at 39% on this question and Trump at 38%.

There is plenty for Trump to work with to pull ahead on this metric. People remember his record in office more or less fondly, and Harris has been an integral part of a failed administration and now embraces almost all of Biden's policies.

This isn't a case that makes itself, though. It's not enough simply not to be Kamala Harris, the way it was not to be Joe Biden.

Trump is going to have to make focused attacks that break through and aren't lost in the haze of pointless controversies. This presents a tactical question: If the choice is between an overly controlled candidate who is relentlessly on message and an ill-disciplined candidate who is off message, is it clear that the former (Harris) is worse than the latter (Trump)?

Trump has a new challenge – his opponent is no longer an aged incumbent president who has worn out his welcome.

Rich Lowry is editor of the National Review.
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Patients can start health discussions with a question

DEAR DR. ROACH: A friend has been diagnosed with high blood calcium, and when I googled it, the results concerned me. Can you give information on this and how to discuss it with the doctor? I want to forward the column to my friend, and hopefully, the information encourages/helps with the medical discussions between my friend and their doctor. – Anon.



There are many causes of high blood calcium levels, and some of them are quite scary to read about. Hopefully, your friend's doctor is already in the process of discovering the underlying cause. Some causes are pretty clear, as some medicines are well-known to cause high calcium, such as thiazide diuretics like HCTZ.

The first step is being sure that there really is high calcium by repeating the blood level. A tourniquet left on for more than a minute can cause acid buildup in the arm, which displaces calcium and causes a false elevation. This problem can also be avoided by being expeditious with blood draws or by measuring the "ionized calcium" for changes in the protein albumin, which also affects the calcium level.

If the calcium level is repeatedly high, the next place to look at is the parathyroid hormone, which is one of the main regulators (along with vitamin D) of blood calcium levels. Most cases of high calcium in otherwise healthy people are caused by excess parathyroid hormone, most often from a benign tumor in the parathyroid gland. In the unusual case that this isn't the issue, less-common causes, including excess vitamin D and some cancers, should also be considered.

As far as an encouraging discussion, if your friend's doctor isn't bringing it up (which they should), being as open-ended as possible is best, with questions such as: "Why is my calcium high? Do I need to do anything about it?"

DEAR DR. ROACH: I had left knee-replacement surgery 10 years ago, and two days after surgery, I developed CRPS (complex regional pain syndrome). My shin, below my incision down in my left foot and toes, was burning and stinging for two years. It then receded to my toes for the past eight years. Over the past three months, the pain has returned to my entire foot area, wrapping around my foot and ankle. It's very painful. I have taken 20 mg of prednisone to get rid of my CRPS, and it does help somewhat. (I was only given a 14-day supply.) Is there any cure yet, or at least a good pain medicine that won't wring me out? – G.D.C.

CRPS is a pain disorder that is not well-understood. It usually begins after trauma, including surgery, but this is a complication that can happen even after a surgery that was correctly done. Older women are most likely to get this condition.

Steroids like prednisone are sometimes used early on in CRPS, but they are not usually effective in chronic CRPS. Due to their long-term toxicity, they are not usually continued. It is, by no means, a cure.

The best treatment regimen includes physical and occupational therapy; medications such as anti-inflammatories; psychosocial support; and sometimes management by a pain-management specialist, who may use local injections, nerve blocks or nerve stimulators.

My experience is that CRPS follows a highly variable course, but I have never had a patient with a recurrence after such a long time, as you have had.

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 18, 1983: Alicia, the most expensive hurricane in U.S. history, \$3 billion at that time, hits Houston and Galveston.

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 B

KUJL'X LUO HOXL HYOKOB
 HOMOYJIO LP BYFAZ KUOA
 KYFLFAI LUO SFYXL MOYXFPA
 PS J KPYZ? BYJSL HOOY.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

♦♦♦ HOO BOY!

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New VA login accounts



by Freddy Groves

Veterans who access their benefits and health care info online will begin using a new login method, starting now and extending over the next year.

Account security is the reason behind the changes, per the Executive Order on cybersecurity that was signed in 2021.

Whether you use VA.gov online or the mobile app to access your Login.gov or ID.me account, you'll need to log in and create a new account. It should only take a few minutes.

Make your first stop the instructions at www.va.gov/sign-in-changes. You'll see that the cut-off to keep using your current username and password will be in January 2025 for My HealtheVet and September 2025 for the DS Logon. At that point you'll be locked out until you create a new

account, either via Login.gov or ID.me. (No, they won't delete your info; you just won't be able to get in.) Both of them will allow you to access all of your benefits and services.

You'll be able to check claim status, refill prescriptions, look at lab results, update contact info and much more.

Be prepared for being required to use two-factor authentication, also known as multifactor authentication. If you're like so many of us, you don't like being forced to do the extra steps to log in somewhere. But so much of what we do online now involves using two-factor authentication, with more switching to that method every day. Whether it's our bank or online accounts, we have to get used to it. Between ID theft, having personal information stolen, having money stolen through fraud (in one year, veterans had \$350 million stolen through fraud) – the thieves aren't going to stop.

Before you choose your new account, read the

privacy policy for both Login.gov and ID.me. They're not the same.

And what if you don't want either of the offered account types? That's fine. You'll just need to contact and interact with the VA by mail, in person or on the phone.

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- When patching up cracks in plaster walls, if the crack is large or it's a small hole, stuff it with wadded-up newspaper or steel wool in order to fill the crack. Apply the plaster over the top.

- Recipe substitution: For each cup of brown sugar needed, use 1 cup of white sugar and 2 tablespoons of molasses.

- If your washer oversuds because you accidentally added too much detergent, just add a half-cup of white vinegar to the wash water. It will dampen the extra bubbles. Then make sure to put the load through an additional rinse, to eliminate any soap residue in your clothes.

- Ever had to deal with early arrivals at your garage sale? If so, you know it can be annoying and disruptive. When advertising your sale, use the block number instead of your house number. Still easy to find, but you're less likely to get staked out.

- "It's hard to find a good contractor or company to provide a service sometimes. The best resource I've had is friends. Whenever someone I know has work done at their home or purchases an item I might be interested in, I always find out the details of who worked on it or where it was purchased and whether my friends were satisfied with the outcome. Friends and even acquaintances usually are quite amenable to giving details, especially when they are either very pleased or very displeased with a job." – R.E. in New York

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.

	-	2	×		=	6		
+		+		+				
	+		÷		=	1		
+		+		×				
	+		+		=	24		
=		=		=				
17		12		63				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

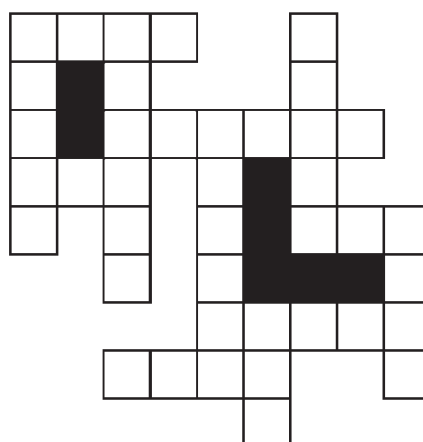
★★★ GO FIGURE!

Answer Page 4

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- WAM
- PICOOT
- TRUPE
- CAIP
- WOCBRE
- ♥ ILE
- LEWI
- ERMPI
- ♥ RPE
- WRELOT
- ELMPI
- OAIT



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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