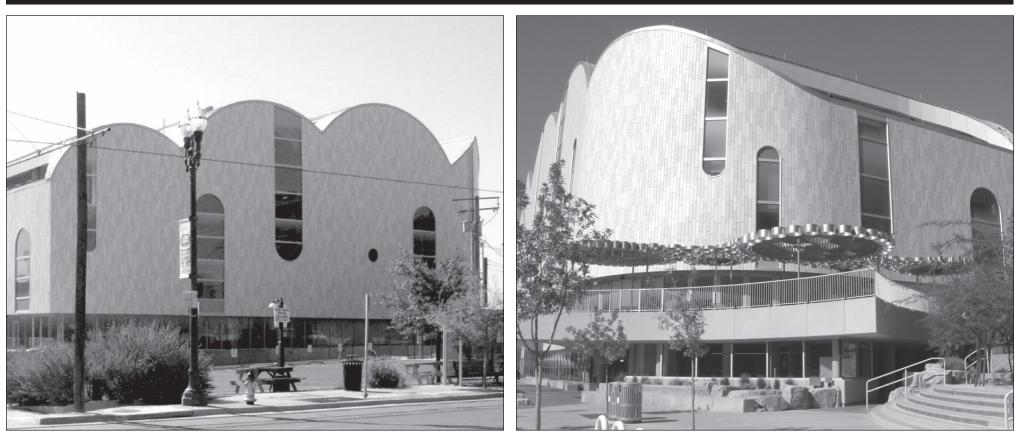


VOL. 51, No. 43

OCTOBER 24, 2024 SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO



Photos by Alfredo Vasquez

ONE BUILDING, TWO SIDES – Located in the center of Downtown El Paso, La Nube's mission is to ignite imagination and inspire guests to discover, create, and innovate through STEAM-based exhibits. The modern look of the building reflects La Nube's mission. As El Paso's premier destination for transformative learning, La Nube officials expect the new museum to promote creativity, inclusion, and biculturalism through welcoming learning environments for children and families from all backgrounds.

Martinez is new La Nube chief executive officer

By Alfredo Vasquez Special to the Courier

ELPASOCOUNTY-LaNube-thepublic/private partnership of the El Paso Community Foundation, the City of El Paso, and other community entities Music Festival and - has its first permanent chief executive officer served as a Special in Gina Martinez. She was appointed recently to Education head the region's premier museum for science and teacher for nearly technology discovery.

Martinez's leadership ushers in an exciting new Austin Independent era for the organization, as she takes the helm to broaden La Nube's mission of inspiring creativity, innovation, and curiosity among children and most recent role as families in the borderland area, according to partnership officials.

"Gina brings a wealth of experience to La AT RISK nonprofit Nube. Her impressive twenty-year journey as an organization, executive leader showcases her skills in relationship she cultivation, operational management, and a genuine advocacy efforts passion for championing inclusivity," said Josh Hunt, for policy reform, chairperson of the partnership's board of directors. s p e a r h e a d e d "Her commitment to education and community media campaigns, and met fundraising goals shaped La Nube into a transformative space that aligns perfectly with La Nube's mission, and we are that supported programs that helped underserved transcends culture, language, age, and ability; it excited to see her build on the incredible foundation that's already been laid," he added. bringing her passion for education, exceptional customer experience, and deep love for this mission to make STEAM (Science Technology beautiful, bicultural community to further elevate the museum's impact in shaping the minds and futures of generations to come. behind this innovative and transformative resource for El Paso. La Nube is a shining example of creativity, collaboration, and a shared commitment to growth. It truly represents the best of us and is a to discover the joy of learning through creativity testament to what we can achieve when we come and innovation," she asserted. together," Martinez said. from Coronado High School. She brings to her new concept to reality. She has played a central role in its him at (915) 278-1067.

job over two decades leadership of experience. She co-founded the award-winning Neon Desert lead ten years in the School District.

Martinez's In regional director of the CHILDREN promoted



- Photo courtesy La Nube

MAKING A DIFFERENCE – Gina Martinez is considered a visionary leader with proven expertise, is La Nube's new chief executive office. La Nube, which opened recently, is a unique hybrid institution that merges the educational aspects of a science center with the playful

development from the very beginning. Serving as both the Interim CEO of La Nube and the vice president of operations for the El Paso Community Foundation, Otero was one of the project's earliest leaders. Her vision commitment and were key to ensuring that La Nube was built by the community, for the community.

According to partnershipofficials, Otero's unwavering focus on community

experiences of a children's museum

children and families in the region.

Martinez stated that her commitment to La The new CEO stated that she looks forward to Nube's core values of inclusivity and accessibility will be a priority for the organization. "La Nube's Engineering And Math) experiences accessible to all deeply resonates with my own values," Martinez stated. "I am excited to work with area "I am incredibly excited to join the talented team school districts, community partners, educational advocates, and passionate donors to develop 21stcentury programming and experiences that engage the K-12 community and inspire guests of all ages

collaboration has

ensures that the museum will serve as a vibrant educational resource for generations to come.

Meanwhile, Otero will continue her involvement with La Nube as she will oversee the last phases of construction and gradually finalize the leadership transition. "It's been a dream come true to be a part of this project and an honor to work alongside our community and the amazing La Nube team," Otero stated. "Gina is a wonderful addition, and I look forward to seeing the new heights La Nube will reach under her leadership," she commented.

For more information about the new chief executive officer or about the new museum, Martinez succeeds Interim CEO Stephanie Otero, contact Mick Martinez, director of marketing & The new CEO grew up in El Paso and graduated who has been instrumental in bringing La Nube from communications, at mmartinez@la-nube.org or call

There are too many people in too many cars in too much of a hurry going too many directions to get nowhere for nothing.

– Quips & Quotes

Fabens band earns Division 1 rating in competition

By Sofia Maciel Special to the Courier

High School Marching echoed their director's delivered Band outstanding performance pride and excitement for at the 2024 El Paso the band's achievement. ISD Marching Band "There is nothing more Invitational, hosted by I can say other than I Franklin High School, am really proud of my earning a Division 1 This honor reflects the hard work has paid off band's dedication and and will continue to pay perseverance as they off. Now we prepare for showcased their talents the SISD Invitational against some of the best and UIL, where I know marching bands in the we will do just as well." region.

Under the leadership Galindo added, "I felt of Soto, the Fabens High today's competition, but has commitment а to excellence that continues to fuel their journey to competitions. future "Ι incredibly am proud of our students' accomplishments," said Soto. "Our students remain committed to working and improving the Marching Show for the upcoming Socorro

Marchfest and the UIL Contest."

Fabens High School Drum Majors Felix FABENS-The Fabens Flores and Zay Galindo an sentiments, expressing coveted band," said Drum Major rating. Felix Flores. "All their Drum Major Zay

Director Miguel really nervous going into demonstrated the band worked so hard today. I really want to #SmallTownTough.

Photos courtesy Fabens ISD to achieve that Division thank our band directors, HARDWARE The

1. We worked long hours out in the sun, and it was brutal, but in the end, it was worth it. I'm super proud of my band for School Marching Band I knew in my heart that putting in all their efforts to embody the spirit of

too, for helping us, along with our band parents for always feeding us and fundraising for us!"

Band members try

Fabens High School Marching Band – some of the members shown above - earned the trophy held by Drum Major Felix Flores, right, in a competition earlier this month.



PUBLIC NOTICE

West Texas The Courier County office is closed. The office will open again on Monday, October 28, 2024.

View from here By Dr. Glenn Mollette

Oprah won't be watching when you vote

Oprah Winfrey had a big gathering of I don't begrudge her. She's an amazing person. heart and conscience.

Do you relate well to Oprah Winfrey? While \$400 million) Julia Roberts? (\$250 million) common with George Clooney? What about or Mark Zuckerberg (\$194 billion) the owner of Facebook.

Do you think they ever worry about buying groceries or making the rent payment? Do they know anything about being on food stamps or sitting in the public assistance office hoping government assistance will work out? Do they worry about their Social Security check being taxed even more? I'm sure they had a few very soon. Overall, I think he is the best person for knocks on the way to the top, most everyone the job. I can't see Kamala as the Commander in does. Unless, you are Kamala Harris. She Chief. She doesn't impress me as someone who didn't have to win a single primary to become will visit Kermit, WV, Springfield, Ohio, Aurora, the Democratic nominee for President. She is Colorado, or even our southern border. She feels not there quite yet. Is it important for you to know the opinions of the rich and famous? Do you think they love you, worry about your finances, and health? Or, are they playing monopoly on a whole different level?

The bottom line is not what the rich and celebrities to endorse and promote Kamala famous tell you to do but what you feel, think, Harris for President. We are talking big names and who you believe will be the best President like Chris Rock, Ben Stiller, Jennifer Lopez, of the United States. You have your own brain. and Meryl Streep to name a few. I don't have I trust we will all assimilate the information the national recognition of Oprah Winfrey. I we have and make our own choices. Voting is don't have her wealth (\$3 billion) or influence. private. Oprah won't be watching. Vote your

I'm a registered Republican but I've voted you might enjoy her on television, do you think Democrat numerous times. Lyndon Johnson at this point in life that she is able to connect on came to my home county, Martin county, your level? What about Jennifer Lopez? (over Kentucky when I was a kid. He cared and he tried to help. I was a child so I couldn't vote. I There are many Hollywood "stars" who we did vote for Jimmy Carter. He was a good and would enjoy meeting but how long would that decent man. I voted for Bill Clinton. I thought relationship last? How much do you have in he was a good President. I voted for Barack Obama his first time around. My sick wife of Jeff Bezos (\$209 billion) the owner of Amazon 12 years could not obtain health insurance. We were totally drained and beat down by insurance companies rejecting us because of her pre-existing condition. Obamacare is not great insurance but we would have been thrilled to have it during that time. So, I've done something many people refuse to do and that is to vote for the person and not necessarily the party.

> I voted for Trump in 2016, 2020 and will again more comfortable with Oprah and surrounded by her celebrity friends. I don't believe she will ever go to Inez, Kentucky like President Johnson did, drink water out of gourd and sit on the front porch with someone like Tom Fletcher. I'm not saying Trump will either but he has gone to a lot more out of the way places than Kamala seems to be willing to go. You and I will have to draw our conclusions and individually cast our votes.

West Texas County

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Letters must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

AD DEADLINE: Friday 4 p.m. for the next Thursday.

CLASSIFIED RATES \$15 for 25 words, \$20 for 40 words. Ad

must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

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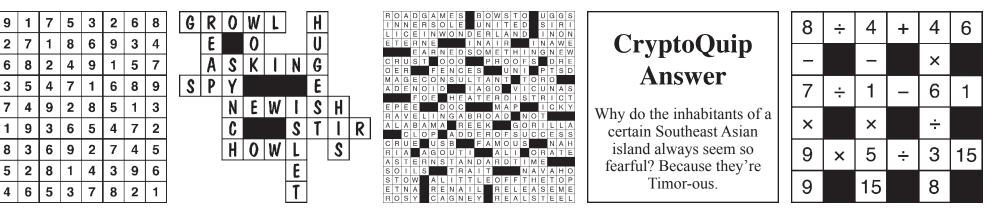
E-mail: wtxcc@wtxcc.com Website: wtxcc.com

> Publisher **Rick Shrum** Contributors Alfredo Vasquez

Steve Escajeda

Homesteader Est. 1973 News, Inc.

I'm not saying Donald Trump, (\$6.9 billion) understands your pain any more than they do. He's a billionaire as well.





By Lucie Winborne

• Water itself does not conduct electricity well, but the impurities found in water do.

• Humans can live unprotected in space for about 30 seconds if they don't hold their breath.

• Two actors have died while playing Judas Iscariot in live productions of the biblical story by accidentally hanging themselves for real during his death scene.

• Ever find yourself getting a little sleepy during a virtual meeting? Contrary to popular belief, researchers have determined that the cause isn't information overload, but mental underload and boredom. (Frankly, we're not too surprised!)

• A 1999 study found that a single square kilometer (247 acres) of the Amazon rainforest can contain about 90,790 tons of living plants.

• As editors around the globe already know, hearing grammatical errors can cause physical stress.

• When Ethiopian emperor Menelik II didn't feel well, he would eat a few pages of the Bible. While this curious habit didn't do him any harm as long as his consumption was limited, in 1913, feeling particularly ill after a stroke, he ordered an entire Old Testament book of Kings to be fed to him, a page at a time, but died before he could complete it.

• Dubai is the most airconditioned city in the world.

• Following a nationwide legal battle (and graceful concession from Gregory's Restaurant and Bar in New Jersey), Taco Bell successfully ensured that the term "Taco Tuesday" can be used freely throughout all 50 states.

• John Quincy Adams was an avid skinny-dipper who included dips in the Potomac River as a regular part of his exercise regimen.

• Minnie Mouse's first name isn't Minnie, but Minerva.

• Rapper Yung Gravy donated nearly 2,000 bras thrown at him during concerts to a women's charity.

• A candle's flame is blue in zero gravity.

• Crayola came from the words for "oily chalk."

• The cubicle derives its name not from its shape, but from the Latin "cubiculum," meaning bedchamber.

• The Sinocyclocheilus longicornus fish, discovered in a remote cave system by Chinese scientists, has a unicorn-like horn.

• Farm-raised salmon are fed carotenoids to give their flesh its trademark pink color.

• Neptune's moon, Triton, orbits the planet backward.

• Flamingos bend their legs at the ankle, not the knee. Their knees are closer to the body and covered by feathers.

• Ever notice that the word "phonetic" is not phonetic?

• If Earth's history was condensed into a 24-hour span, life would have appeared at 4 a.m., land plants at 10:24 p.m., dinosaur extinction at 11:41 p.m., and human history would have begun at 11:58:43 p.m.

Thought for the Day: "If a man empties his purse into his head, no one can take it away from him. An investment in knowledge always pays the best interest."

– Benjamin Franklin

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• On Oct. 21, 1967, in Washington, D.C., nearly 100,000 people gather to protest the war in Vietnam, and more than 50,000 later marched to the Pentagon. Polls in the summer showed that American support for the war had fallen below 50%.

• On Oct. 22, 1975, Air Force Sgt. Leonard Matlovich, a decorated Vietnam War veteran, is given a "general" discharge after publicly declaring his homosexuality. Matlovic's discharge was later upgraded to "honorable," and he was buried with full military honors in 1988.

• On Oct. 23, 1989, 23 people are killed in a series of explosions sparked by an ethylene leak at a Phillips Petroleum plant in Pasadena, Texas. The blasts were caused by inadequate safety procedures.

• On Oct. 24, 1901, schoolteacher Annie Edson Taylor becomes the first person to take the plunge over Niagara Falls in a barrel in an attention-getting stunt. She reached the shore alive, if a bit battered. Taylor claimed she was in her 40s, but records later showed she was 63.

• On Oct. 25, 1881, Pablo Picasso, a greatest and influential artists of the 20th century, is born in Malaga, Spain. Picasso's work comprises more than 50,000 paintings, drawings, engravings, sculptures and ceramics over 80 years. He had his first exhibit at age 13.

• On Oct. 26, 1942, the last U.S. carrier built before America entered World War II, the USS Hornet, is so badly damaged by Japanese warplanes in the Battle of Santa Cruz that it must be abandoned and was later sunk. The Hornet launched the Doolittle Raid on Tokyo.

• On Oct. 27, 2006, the last Ford Taurus rolls off the assembly line in Hapeville, Georgia. The keys to the silver car went to 85-year-old Truett Cathy, the founder of Chick-fil-A, who added it to his automobile collection.

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Archives: www.wtxcc.com









Dr. Sue A. Shook

79928

79928

Station #2

Apparatus Bay

(Bahía de Aparatos)

Elementary School

Horizon Heights

Pasillo 500)

KEYS Academy

(Centro de Padres)

Austin High School

3500 Memphis Ave. 79930

Fine Arts Lobby (Área de

Espera de Bellas Artes)

Center for Career and

Technology Education

Custodial Lounge

Citizen Center

Paul C. Moreno

Elementary School

Multipurpose Room

Multipurpose Room

Center

Meeting Room

Fire Station #2

Apparatus Bay

School

(Bahía de Aparatos)

Multipurpose Room

Fred & Maria Lova

2044 Trawood Dr. 79935

System Integration Room

(Cuarto de Integración de

10712 Sam Snead Dr. 79935

2640 Robert Wynn St. 79936

11530 Edgemere Blvd. 79936

ESC Region 19 Head Start

11670 Chito Samaniego Dr.

2350 George Dieter Dr. 79936

Clint Room (Cuarto Clint)

Lobby (Área de Espera)

Family YMCA

Sistemas)

YWCA-East

Benito Martinez

Elementary School

Library (Biblioteca)

Library (Biblioteca)

Multipurpose Center

El Paso County

Eastside Annex

Community Room

79936

Bill Sybert K-8 School

(Cuarto de Multiusos)

Dr. Nixon Elementary

(Cuarto de Juntas)

(Cuarto de Multiusos)

(Cuarto de Multiusos)

(Salón de Custodios)

Memorial Park Senior

1800 Byron St. 79930

Dance/Exercise Room

(Cuarto de Baile/Ejercicio)

2300 San Diego Ave. 79930

Travis Elementary School

5000 N. Stevens St. 79930

Community Connections

5300 Warriors Dr. 79932

111 E. Borderland Rd. 79932

11141 Loma Roja Dr. 79934

1170 N. Walnut St. 79930

Parent Center

Elementary School

Library (Biblioteca)

13777 Paseo Del Este Blvd.

Horizon Fire Department

12361 Paseo Del Este Blvd

13601 Ryderwood Ave. **79928**

12380 Pine Springs Dr. 79928

Science Lab, 500 Hallway

(Laboratorio de Ciencias,

Hanks Middle School

Gymnasium (Gimnasio)

Helen Ball Elementary

Library (Biblioteca)

Teacher's Lounge

Marty Robbins

O'Shea Keleher

de Consejería)

Pebble Hills

Sierra Vista

Elementary School

Elementary School

Library (Biblioteca)

Elementary School

Esperanza Acosta

Moreno Library

Meeting Room

(Cuarto de Juntas)

Hurshel Antwine

Lujan-Chavez

Elementary School

Elementary School

Library (Biblioteca)

Elementary School

550 Mark Jason Dr. 79938

Portable 613 (Portátil 613)

Pebble Hills High School

14400 Pebble Hills Blvd.

Auditorium (Auditorio)

Elementary School

(Gimnasio) Exterior)

Acacia Room, 102A

(Cuarto Acacia 102A)

adjunto al presente.

shall be mailed to:

que se votarán en ausencia

por correo deberán enviarse a:

The County of El Paso

Las solicitudes para boletas 7:00 AM - 7:00 PM

Sunday, Oct. 27, 2024

Monday, Oct. 28, 2024 -

11:00 AM - 5:00 PM

Friday, Nov. 1, 2024

4250 O'Shea Rd. 79938

UTEP - Union Building East

351 W. University Ave. 79968

(Between 79901 & 79902)

Montana Vista

79938

Red Sands

Outside Gym

hereto.

Gymnasium (Gimnasio)

3830 Rich Beem Blvd. 79938

2200 Sun Country Dr. 79938

79938

Gymnasium (Gimnasio)

12480 Pebble Hills Blvd.

Tierra Del Sol

1501 Bob Hope Dr. 79936

1832 Tommy Aaron Dr. 79936

Gymnasium (Gimnasio)

(Área de Maestros)

Recreation Center **

Lobby (Área de Espera)

Whole Child Academy

1800 Leroy Bonse Dr. 79936

500 Hallway by Counseling

(Pasillo 500 junto a la Suite

11145 Edgemere Blvd. 79936

1950 Firehouse Dr. 79936

Jane Hambric K-8 School

3535 Nolan Richardson Dr.

School

79936

Suite

1641 Billie Marie Dr. 79936

Notice of Election – Canutillo Independent School District • Aviso de Elección – Distrito Escolar Independiente de Canutillo

To the registered voters | Clint ISD Annex Building of Canutillo Independent | 125 Brown St. 79836 **School District:**

A los votantes registrados 201 NE Camp St. 79838 Escolar de Canutillo:

Notice is hereby given that the 521 Mike Maros St. 79838 polling places listed below will Front Conference Area be open from 7:00 a.m. to 7:00 | (Área de Conferencia p.m. on Tuesday, November 5, 2024, for voting in a General Election, to elect 4 (four) City of San Elizario School Board Members at Municipal Court Large to be ELECTED by 12004 Socorro Rd., Ste. B plurality vote (each position is **79849** a 4 year term).

Se les notifica, que las casillas electorales citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m., el martes, 5 de noviembre de 2024 para votar en la Elección de 4 (cuatro) Miembros Generales de la Mesa Directiva del Distrito Escolar que serán ELEGIDOS por voto de pluralidad (cada puesto es por un período de cuatro (4) años.

ELECTION DAY

November 5, 2024 7:00 a.m. - 7:00 p.m. On Election Day any El **Paso County registered** voter is eligible to vote at any El Paso County **Vote Center, Visit** https://epcountyvotes. com/ for all locations or changes. **SUBJECT TO CHANGE**

DIA de ELECCION 5 de Noviembre el 2024 7:00 a.m. a 7:00 p.m. El día de las elecciones, cualquier votante registrado en el condado de El Paso es elegible para votar en cualquier Centro de Votación del Condado de El Paso. Visite https://epcountyvotes. com/ para todas las ubicaciones o cambios. SUJETO A CAMBIO

El Paso County Vote Centers (** Curbside | Fire Station #7 Express Voting):

Election Day will be Tuesday, November 5, 2024 from 7:00 a.m. to 7:00 p.m.

Centros de Votación del 4825 Alps Dr. 79904 Condado de El Paso (** Voto exprés in la acera): (Cuarto de Multiusos)

El día de las elecciones sera | Logan Elementary School el martes 5 de noviembre de 3200 Ellerthorpe Ave. 79904 2024 de 7:00 a.m. to 7:00 p.m. Room 105 (Cuarto 105)

In Zip Code order:

En orden de código postal:

Anthony Town Hall 401 Wildcat Dr. 79821 Court Room (Sala de Cortes)

El Paso County **Northwest Annex** 435 E. Vinton Rd. 79821 Community Room (Cuarto de Juntas

Canutillo Elementary School 651 Canutillo Ave. 79835 Entry Foyer (Entrada Principal)

Canutillo Middle School 7311 Bosque Rd. 79835 Entry Foyer (Entrada Principal)

Fabens Community Center

del Distrito Independiente Pool Room (Cuarto de Billar)

Rio Valle Woman's Club Principal)

Council Chambers

Consejo de Cámaras) W.E. Neill Community Center 19210 Cobb Ave. 79853

Library (Biblioteca) Enrique Moreno

County Courthouse 500 E. San Antonio Ave. 79901 Third Floor, Back Lobby (Tercer Piso, Área de Espera)

South El Paso Senior **Citizens Center** 600 S. Ochoa St. 79901 Multipurpose Room (Cuarto de Multiusos)

El Paso Community College-Rio Grande Campus 906 El Paso St. 79902 The Little Temple (El Pequeño Templo)

El Paso Tennis Club 2510 N. St. Vrain St. 79902 Club House (Casa Club)

Fire Station #3 721 E. Rio Grande Ave. 79902 Apparatus Bay (Bahía de Aparatos)

Lamar Elementary School 1440 E. Cliff Dr. **79902** Cafeteria Lobby (Área de Espera de Cafeteria)

Mesita Elementary School 3307 N. Stanton St. 79902 Library (Biblioteca)

3200 Pershing Dr. 79903 Apparatus Bay (Bahía de Aparatos)

H.R. Moye Elementary School

Multipurpose Room

Nations Tobin Sports Center 8831 Railroad Dr. 79904 Break Room (Cuarto de Descanso)

Park Elementary School 3601 Edgar Park Ave. 79904 Foyer (Área de Espera)

Sunrise Mountain **Elementary School** 7710 Pandora St. 79904 Foyer (Área de Espera)

Bowie High School 801 S. San Marcial St. 79905 Fine Arts Lobby (Área de Espera de Bellas Artes)

Dr. Josefina Villamil **Tinajero PK-8 School** 301 Lisbon St. 79905

Gimnasio) **Family Youth Services** Center 6314 Delta Dr. 79905

Old Gymnasium (Viejo

Lobby (Área de Espera) Hilos de Plata Senior Center **

4451 Delta Dr. 79905

Classroom (Salón) San Juan Senior Center 5701 Tamburo Ct. 79905 Lobby (Área de Espera)

Alicia R. Chacon International School 920 Burgundy Dr. 79907 Library (Biblioteca)

Lancaster Elementary School 9230 Elgin Dr. 79907 Gymnasium (Gimnasio)

Loma Terrace Elementary School 8200 Ryland Dr. 79907

Cottage in Parking Lot (Cabaña en el Estacionamiento)

Rio Bravo Middle School 525 Greggerson Dr. 79907 Gymnasium (Gimnasio)

Ysleta Community Learning Center 121 Padres Dr. 79907 Annex (Anexo)

YWCA-Lower Valley 115 Davis Dr. 79907 Program Offices Room (Cuarto de Oficinas de Programa)

Congressman Silvestre & Carolina Reyes School 7440 Northern Pass Dr. 79911 Lower Level, East Corridor (Nivel Inferior, Corredor Este)

Brown Middle School 7820 Helen of Troy Dr. 79912 Room 139 (Cuarto 139)

Carlos Rivera Elementary School 6445 Escondido Dr. 79912 Multipurpose Building (Edificio de Multiusos)

Dorris Van Doren Library 551 Redd Rd. 79912 Multipurpose Room (Cuarto de Multiusos)

Dr. Green **Elementary School** 5430 Buckley Dr. 79912 Multipurpose Room (Cuarto de Multiusos)

Fire Station #27 6767 Ojo De Agua Dr. **79912** Apparatus Bay (Bahía de Aparatos)

Polk Elementary School 940 Belvidere St. 79912 Foyer (Área de Espera)

Putnam Elementary School 6508 Fiesta Dr. **79912** Foyer (Área de Espera) Rosa Guerrero

Elementary School 7530 Lakehurst Rd. 79912 Community Room (Cuarto Comunitario)

The Monte Vista at Coronado 1575 Belvidere St. 79912 Activity Room (Cuarto de Actividades)

The Shoppes at Solana ** 750 Sunland Park Dr. 79912 By the Food Court, Next to Book Nook (Por el Patio de Comidas, al

lado del Book Nook)

Tippin Elementary School 6541 Bear Ridge Dr. 79912 Community Room (Cuarto Comunitario)

Western Hills U.M.C.-Stewart Family Life Center A 524 Thunderbird Dr. **79912** SFLC Lobby (Área de Espera SFLC)

YWCA-West 313 Bartlett Dr. 79912 Program Offices Room (Cuarto de Oficinas de Programa)

Bel Air High School 731 N. Yarbrough Dr. 79915 Theatre Lobby (Área de Espera del Teatro)

El Paso Community **College-Valle Verde** 919 Hunter Dr. 79915 Cafeteria Annex (Anexo de la Cafetería)

Officer David Ortiz Recreation Center 563 N. Carolina Dr. 79915 Classroom B (Salón B)

Riverside High School 301 Midway Dr. 79915 Theatre Lobby (Área de Espera del Teatro)

Transition to Life Career Center 7988 Alameda Ave. 79915 Library (Biblioteca)

El Paso Independent School **District Transportation** 4864 Doniphan Dr. **79922** Training Room 109A (Cuarto de Entrenamiento 109A)

Zach White **Elementary School** 4256 Roxbury Dr. 79922 Multipurpose Room (Cuarto de Multiusos)

Arlington Park Shelter ** 10350 Pasadena Cir. 79924 Main Room (Salón Principal)

Bowling Family YMCA 5509 Will Ruth Ave. 79924 Vita Room (Cuarto Vita)

Coach Archie Duran **Elementary School** 5249 Bastille Ave. 79924 Multipurpose Room (Cuarto de Multiusos)

Dr. Joseph E. Torres **Elementary School** 10700 Rushing Rd. 79924 Multipurpose Room (Cuarto de Multiusos)

H.E. Charles Middle School 4909 Trojan Dr. 79924 Portable #1 (Portátil #1)

Newman Elementary School Classroom B (Salón B) 10275 Alcan St. 79924 Gymnasium (Gimnasio)

Parkland High School 5932 Quail Ave. 79924 Portable (Portátil)

Bassett Place 6101 Gateway West **79925** T.B.A.

Cielo Vista **Elementary School** 9000 Basil Ct. 79925 Community Room (Cuarto Comunitario)

Coach Wally Hartley PK-8 School 6201 Hughey Cir. 79925 Multipurpose Room (Cuarto de Multiusos)

Eastwood Heights Elementary School 10530 Janway Dr. 79925 Library (Biblioteca)

Edgemere Elementary School 10300 Edgemere Blvd. 79925 Portable #3 (Portátil #3)

Fire Station #19 2405 McRae Blvd. 79925 Apparatus Bay (Bahía de Aparatos)

Fire Station #20 8301 Edgemere Blvd. 79925 Apparatus Bay (Bahía de Aparatos)

Gary del Palacio **Recreation Center** 3001 Parkwood St. 79925 Multipurpose Room (Cuarto de Multiusos)

YISD Central Office 9600 Sims Dr. 79925 Tigua Room (Cuarto Tigua)

Campestre Elementary School 11399 Socorro Rd. 79927 Lobby (Área de Espera)

Chayo Apodaca **Community Center** 341 N. Moon Rd. 79927 Community Center (Centro Comunitario)

El Paso Community **College-Mission Del Paso** 10700 Gateway Blvd E. 79927 Flexitorium R-124

(Flexitorio R-124)

El Pasoans Fighting Hunger Food Bank 9541 Plaza Cir. 79927 Volunteer Break Room (Cuarto de Descanso de Voluntarios)

Escontrias Elementary School 205 Buford Rd. 79927 Lobby (Área de Espera)

H.D. Hilley Elementary School 693 N. Rio. Vista Rd. 79927 Annex (Anexo)

Robert R. Rojas Elementary School 500 Bauman Rd. 79927 Lobby (Área de Espera)

Western Technical College

15371 Kentwood Ave. 79928

14510 McMahon Ave. 79928

9624 Plaza Cir. **79927**

(Cuarto de Penske)

Community Center

Carroll T. Welch

Desert Hills

Elementary School

Elementary School

Library (Biblioteca)

300 N. Kenazo Dr. 79928

Desert Wind K-8 School

Classroom 401 (Salón 401)

1100 Colina De Paz Dr. 79928 (Cuarto de Juntas)

Portable #4 (Portátil #4)

Penske Room

Agua Dulce

West Texas County Courier

Elections Department 9:00 AM - 9:00 PM Attn: Early Voting Clerk 500 E. San Antonio, Ste. 314 City of San Elizario El Paso, Texas 79901 Municipal Court 12004 Socorro Rd., Ste. B Applications for ballots by 79849 mail must be received no later Council Chambers than the close of business on Monday, Oct. 21, 2024 -Friday, October 25, 2024. 8:00 AM - 5:00 PM Las solicitudes para boletas Saturday, Oct. 26, 2024 que se votarán en ausencia | Sunday, Oct. 27, 2024 por correo deberán recibirse 12:00 PM - 5:00 PM para el fin de las horas de Monday, Oct. 28, 2024 negocio el viernes, 25 de Friday, Nov. 1, 2024 8:00 AM - 5:00 PM octubre 2024. 11620 Vista Del Sol Dr. 79936 Issued this 12th day of August W.E. Neill Community of 2024. Center *Emitda esta 12 dia de agusto* Library de 2024. Armando Rodriguez 8:00 AM - 5:00 PM Presiding Officer Oficial que Preside **EXHIBIT A** LOCATION, DATES AND Friday, Nov. 1, 2024 HOURS OF OPERATION 8:00 AM - 5:00 PM OF POLLING PLACES FOR EARLY VOTING (In Zip Code Enrique Moreno County order): Voting Location ANEXO A DIRECCION, DIAS Y HORAS 79901 HABILES DE LAS CASILLAS | Third Floor, Back Lobby ELECTORALES PARA Monday, Oct. 21, 2024 · VOTACION ANTICIPADA (En Friday, Oct. 25, 2024 orden de código postal): 8:00 AM - 5:00 PM Early Voting period will 7:00 AM - 7:00 PM be from Monday, October Sunday, Oct. 27, 2024 **21, 2024 through Friday,** 11:00 AM - 5:00 PM November 1, 2024. La votación anticipada será 7:00 AM - 7:00 PM desde el lunes 21 de octubre de 2024 hasta el viernes 1 South El Paso Senior de noviembre de 2024. **Citizens Center** El Paso County Multipurpose Room Northwest Annex 435 E. Vinton Rd. 79821 8:00 AM - 5:00 PM Community Room Monday, Oct. 21, 2024 · Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM 8:00 AM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 8:00 AM - 9:00 PM **Recreation Center Canutillo Nutrition Center** Classroom 7351 Bosque Rd. 79835 Exercise Room Monday, Oct. 21, 2024 · Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 12:00 PM - 5:00 PM 10:00 AM - 6:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 5:00 PM Center **Clint ISD Annex Building** 125 Brown St. 79836 Monday, Oct. 21, 2024 · Friday, Oct. 25, 2024 8:00 AM - 5:00 PM For early voting, a voter may Saturday, Oct. 26, 2024 vote at any of the locations Sunday, Oct. 27, 2024 listed in Exhibit A attached 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 5:00 PM Para Votación Adelantada, los votantes podrán votar en cualquiera de las ubicaciones | Fabens Community Center nombradas en el Anexo A 201 NE Camp St. 79838 Pool Room Monday, Oct. 21, 2024 -Classroom 2 Applications for ballot by mail Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024

Friday, Oct. 25, 2024 19210 Cobb Ave. 79853 Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Courthouse - Main Early 500 E. San Antonio Ave. Saturday, Oct. 26, 2024 Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 600 S. Ochoa St. 79901 Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 Mountain View-Rae Gilmore 8501 Diana Dr. 79904 Monday, Oct. 21, 2024 · Friday, Oct. 25, 2024 10:00 AM - 7:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM

Nations Tobin Sports 8831 Railroad Dr. 79904 Meeting Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Wellington Chew **Senior Center** 4430 Maxwell Ave. 79904 Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024

8:00 AM - 5:00 PM

Hilos De Plata Senior Center ** 4451 Delta Dr. 79905 Classroom Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Ysleta Community Learning Center 121 Padres Dr. 79907 Annex Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Dorris Van Doren Library 551 Redd Rd. 79912 Auditorium Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 10:00 AM - 7:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 10:00 AM - 7:00 PM

The Shoppes at Solana 750 Sunland Park Dr. 79912 By the Food Court, next to Book Nook Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

YWCA - West 313 Bartlett Dr. 79912 Program Offices Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 6:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 6:00 PM

Officer David Ortiz Recreation Center 563 N. Carolina Dr. 79915 Classroom B Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 7:00 AM - 7:00 PM Sunday, Oct. 27, 2024 11:00 AM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

Arlington Park Shelter ** 10350 Pasadena Cir. 79924 Main Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 7:00 AM - 7:00 PM Sunday, Oct. 27, 2024 11:00 AM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

Bowling Family YMCA 5509 Will Ruth Ave. 79924 Vita Room

Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Bassett Place 6101 Gateway West **79925** T.B.A.

Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 10:00 AM - 7:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

EPCC Administrative Services Center 9050 Viscount Blvd. 79925 Fover Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 8:00 AM - 5:00 PM

Gary del Palacio **Recreation Center** 3001 Parkwood St. 79925 Multipurpose Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Chayo Apodaca **Community Center** 341 N. Moon Rd. 79927 **Community Center** Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

Agua Dulce **Community Center** 15371 Kentwood Ave. 79928 Classroom B Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 10:00 AM - 7:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday. Oct. 28. 2024 -Friday, Nov. 1, 2024 10:00 AM - 7:00 PM

SISD District Service Center 12440 Rojas Dr. 79928 **TSC Flexitorium** Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 5:00 PM

Oz Glaze Senior Center ** 13969 Veny Webb St. 79928 Main Dining Area Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 10:00 AM - 7:00 PM Saturday, Oct. 26, 2024 · Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -

Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

Commissioner's Corner 10700 Montana Ave. 79936 Community Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 6:00 PM

El Paso County Eastside Annex 2350 George Dieter Dr. 79936 Community Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 7:00 AM - 7:00 PM Sunday, Oct. 27, 2024 11:00 AM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 8:00 AM - 9:00 PM

Marty Robbins **Recreation Center **** 11620 Vista Del Sol Dr. 79936 Lobby

Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 9:00 AM - 9:00 PM

Esperanza Acosta Moreno Library 12480 Pebble Hills Blvd. 79938 Meeting Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 9:00 AM - 6:00 PM Saturday, Oct. 26, 2024 7:00 AM - 7:00 PM Sunday, Oct. 27, 2024 11:00 AM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 10:00 AM - 7:00 PM

Gonzalez Place 4101 Rich Beem Blvd. 79938 Community Room Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 · Friday, Nov. 1, 2024 8:00 AM - 5:00 PM

Pebble Hills High School 14400 Pebble Hills Blvd 79938 Auditorium Fover Monday, Oct. 21, 2024 · Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 5:00 PM

UTEP - Union Building East 351 W. University Ave. 79968 (Between 79901 & 79902) Acacia Room, 102A Monday, Oct. 21, 2024 -Friday, Oct. 25, 2024 8:00 AM - 5:00 PM Saturday, Oct. 26, 2024 -Sunday, Oct. 27, 2024 12:00 PM - 5:00 PM Monday, Oct. 28, 2024 -Friday, Nov. 1, 2024 8:00 AM - 5:00 PM

NFL FLAG makes room for girls in football

Visit:

By Steve Escajeda Special to the Courier

When it comes to sports in America, nothing even comes close to the game of football in popularity.

college or the NFL, guys come out by the thousands to tryout for teams all over the country.

But that's the guys; what about the other related activities, will girls?

I'm not saying the girls should go Paso public and private high schools. out there and be hit by guys twice their size; how about an equal playing field for those who are athletic and want to give the game a shot.

Well, plans are in place to give El Paso females the opportunity to go out on the football field and hear the cheers of local fans.

In turns out that last month, the near future. representatives from the El Paso Sports flag football to local high schools.

I think all of us played flag football when we were kids, and it was a load of fun. You're able to run all over the place, throw and catch passes, try to fake out the defender trying to get a hold of your flag, and the best part of all is that no one goes home missing any teeth from a hard tackle.

It looks like the plan is to start a league in El Paso and eventually, make it a sanctioned sport in high school.

And I say that because all the El Paso-area school district athletic directors were at the same meeting.

Of course, whenever you start something new you have to start slow

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and see if it has the support to grow.

NFL FLAG showcase (NFL FLAG is the official youth flag football program of the NFL), a 7-on-7 high school girls flag football tournament.

Complex in May 2025. The week-long tournament, which will also include clinics and nflflag.com be open to girls from all El

break dancing as an Olympic sport in 40 high schools around El Paso are a big plus. These girls will have the Paris, but adding flag football to girl's expected to compete. high school sports is a great idea.

Interscholastic League (UIL), has already said it is considering adding girl's flag football to its curriculum in

The idea of women's flag football Commission, Zebra Sports and the is even gaining some interest in 2000s, youngsters from all over the NFL, announced a plan to bring girl's colleges around the country. Twelve country were playing in NFL FLAG; Visit nflflag.com for details.

states have sanctioned women's flag from school programs, to city leagues The people in charge are planning an football for their colleges. It's only being played in the smaller divisions of college athletics, but it has to start somewhere.

Let's be honest, if the sport gains in The tournament is scheduled to be popularity in high schools and small Whether its pee wee, high school, held at the Socorro Student Activities colleges, it won't be long before the major universities join in.

Getting back to El Paso, will be conducted at high schools in January of 2025.

Each team can have up to 20 players

One sad fact is that participation in In fact, the Texas University youth sports programs nationally has been declining over the last decade. But the good news is that flag football is one of the fastest growing youth sports in the United States.

Want some numbers? In the early

at local parks and even Boys and Girls Clubs.

Today, there are over 700,000 participants in organized flag football, and 474,000 of them are girls ages 6-17.

I'm proud to say that for once, El Paso isn't dragging its feet. The Sun City is the third Texas city to introduce tryouts for tournament teams NFL FLAG to its girls. Houston and Fort Worth have already starting the programs there.

Of course, anytime you can give I'll be honest, I didn't care for adding on the roster. Over 800 girls from young people a creative outlet, that's opportunity to learn about teamwork and responsibility and hard work and dedication and winning and losing; all the things they'll have to cope with in the real world.

> It seems like female sports have been surrounded by nothing but controversy lately.

Adding flag football is a no-brainer.

Senior moment By Matilda Charles **Expired items in the house**

Remember that bottle of antibacterial hand soap you tucked Hand sanitizers, shampoo, hand lotion, toothpaste, into the back of the cabinet when the Covid pandemic first mouthwash, hydrogen peroxide, bleach, bug spray, started? People were in a panic and shelves were running deodorant, bar soap, dish detergent, and so many more. low on so many things... including that hand soap.

for a spare, just in case. Meanwhile, as you needed another the lot codes. The codes are tricky (you'll likely need one, you bought it and kept that spare in the cabinet.

If that bottle is still there, it's likely expired.

expiration, or at least a lot code that will indicate when it was manufactured.

Quite a few things seems to have a shelf life of 2-3 years Holding it up to a lamp helps you spot the number. before expiration, which means that if you bought them at the beginning of the pandemic, they're likely expired. The reason they go bad is that one or more of the ingredients doesn't hold up over time.

We're used to looking for expiration dates on food, but hand soap... who knew?

The list of household products that can expire is long.

There are a few places online where you can put in Perhaps you grabbed two – one to use and one to keep the brands of the items you want to check as well as a magnifying glass). One example I have on hand is NL03333L60; another is 05252JU36. Don't use the bar Antibacterial hand soap is one of those things with an code. You'll need to hunt on the container for the actual manufacturer, not just the product name. The lot number might be etched on the bottom or sides of the container.

Confusing? Yes, it is.

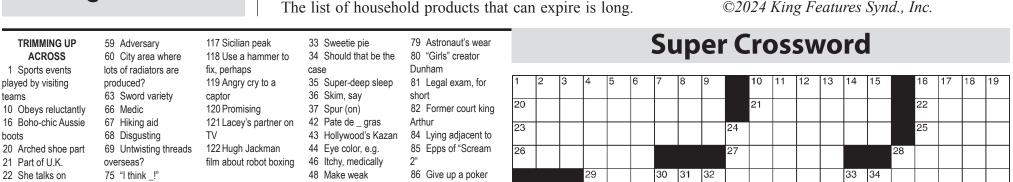
Two places to check for expiration of hundreds of items are checkexp.com and checkcosmetic.net. If in doubt, call the manufacturer.

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49 Pigeon sound 50 Geologic span 51 Shearer of "A Free Soul" 53 Sept. follower 56 Biawia 57 Comic strip cry of dismay 58 Sloppy farm area 60 Animal in a 58-Down 61 Greeting with a GIF. maybe 62 June honoree 63 Geologic span 64 Chum 65 Pre-hurricane orders 66 Stuff in the gene pool 70 Thai language 71 Oppose as false 72 Snoozing site 73 Atoll feature 74 Sticky pod in Cajun cuisine 75 Entre _ (between us) 76 Tolkien beast

hand 87 More boorish 88 Trattoria rice di 90 Distress call 94 _ Antiqua 95 Plaid design 96 Even-scored 98 Nebraskan Na Americans 99 Reinstate in an office 101 1999 Super Bo MVP John 102 Humdinger 103 Wolfed down 104 Spying info 108 To _ (perfectly) 109 Living space 110 German car company 112 Circle part 113 Rural stretch 114 Rink legend Bo 115 Stipend or toll 116 St. Pete loc.

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Answer Page

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Tidbits By John Grimaldi

En pointe

How many tutu-clad ballerinas can fit in the

The Key Lime pup

Golden Retrievers come in light golden, golden,

VFib patients may need an AICD Implant

DEARDR. ROACH: I'man88-year-oldfemalewhohasbeen diagnosed with ventricular fibrillation (VFib). My cardiac

electrophysiologist, who implanted a conventional pacemaker four years ago, has noticed several episodes of VFib (up to 30 seconds, read via a bedside monitor). They recommend replacing the current pacemaker with a combo pacemaker and defibrillator. I wonder about the history/success of this device. – C.R.



Most people have heard about atrial fibrillation (AFib), which is a common, chaotic electrical condition of the top chambers of the heart. Without regular electrical input from the atria to the ventricles, the ventricles beat irregularly, but blood flow from the heart still remains adequate. By contrast, VFib is a chaotic movement of the lower chambers, and the heart does not pump blood during VFib.

Within a short time, 10 to 30 seconds at most, the brain will not have enough oxygen to keep you conscious. Unless VFib is rapidly treated or stops by itself (which is rare, but happened to you), VFib is fatal.

A survivor of VFib definitely benefits from an automatic implantable cardioverter-defibrillator (AICD). Nowadays, they also have the ability to act as a pacemaker; they recognize and immediately provide a shock during episodes of VFib.

AICDs first became available when I was in medical school during the 1980s, but current models are a huge improvement since they are smaller and last longer. The evidence is strong that people at a high risk for a "malignant" arrythmia like VFib live longer with an AICD than those who are only treated with anti-arrhythmic drugs. The rate of sudden cardiac death is reduced by about 50%. You are very lucky and should get this recommended device as soon as possible. They are common and effective.

DEAR DR. ROACH: Last year, my thyroxine (T4) level was abnormally high (12.2 mcg/dL). I ignored it, as it was slightly over the normal range of 4.5-12 mcg/dL. Six months later, it increased to 12.4 mcg/dL. Should I be concerned? My thyroid-stimulating hormone (TSH) level was normal both times. – J.M.

Although many people with abnormal blood results are perfectly healthy, the more abnormal a test result is, the more likely it represents something wrong. In your case, you are correct that the readings are just outside of the normal range. But because it is persistent, it's worthwhile to get additional information.

Most importantly, were you having symptoms that made your doctor concerned about whether you might have a thyroid issue? Many people with high levels of thyroxine have excess energy, sweating, weight loss, tremors, anxiety and heat intolerance.

ballroom of New York's Plaza Hotel? Enough to win the attention of the judges at the Guinness World Record – 353 ballerinas, to be precise. The young dancers of the Youth America Grand Prix were "en pointe" – on their toes – and won the day and the Guinness prize. The organization's Sergey Gordeev explained that "the big why... the world know that dance is a healing force. Dance is a power that brings us connection at a time when we're so disconnected."

This bird has a brain

Victoria and Dalton Mason have a 4-year-old gray African parrot by the name of Apollo who is a social media phenomenon with a following of nearly four million fans and a Guinness World Record for his ability to identify and call out the names of objects without hesitation. Apollo won his Guinness record for identifying 12 objects in three minutes time. The Masons say their mission is "to spread awareness of the natural intelligence found in animals... we hope to change the meaning behind the phrase *bird brain*. and dark golden. But Shamrock, a newborn retriever belonging to Carole DeBruler, owner of Florida's Golden Treasures Kennel, came into this world wearing a rather attractive light green coat. The pup's coloration was the result of biliverdin, a green bile sometimes found in the wombs of mother dogs, according to the experts. And, they say, Shamrock's coat will eventually bear the standard yellow color of retrievers.

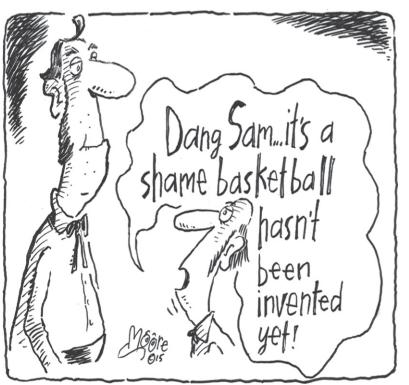
It was fate

She lost her wedding ring on Galveston Island, TX but Deysi Maldonado was lucky enough to have the Galveston Island Treasure Hunters Club come to the rescue. But, as it turned out, it wasn't the metal detectors that helped find her band of gold. It was a couple who accidentally came across the ring. Caleb Brignac and his girlfriend were digging in the sand, came across a fishing net that was partially buried and, as fate would have it, when they pulled it out of the sand out came the diamond ring.

Next, do you have any other tests that might help support or reject the possibility of thyroid disease? In your case, it's the TSH level. A high TSH level means that your body needs more thyroid hormone, whereas excess production of thyroid hormone from the gland usually leads to a low TSH level. Your TSH level is normal, which is strong evidence that the slightly high T4 level might be typical for you, especially if you don't have any symptoms.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. ©2024 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger MOORE Sam Houston was a strapping 6 feet 6 inches tall according to some sources.

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: Z equals H

IZC RN QZT EYZDAEQDYQF NL D

GTKQDEY FNWQZTDFQ DFEDY

EFMDYR DMIDCF FTTS FN

LTDKLWM? ATGDWFT QZTC'KT

QESNK-NWF.

Answer Page 2

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Weekly SUDOKU

by Linda Thistle

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		5	4					9
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	4			3			2	

Start early for 2025



by Freddy Groves

In a couple of months, you'll need to gather up: we will usher in a new year we can all do to start with a one on hand, send for it. clean slate.

Clean out your medicine a hunt for a location to drop only one drug disposal day you qualify for a free will. per year, but other towns your local Department of facility has disposal. Or dates. you can go to https://apps. deadiversion.usdoj.gov/ for the following: pubdispsearch to search for a controlled substance States Flag for Burial public disposal location Purposes (VA Form 27near you. Whatever you do, 2008); don't put them down the sink or toilet.

files and information. If 4125e); and the worst should suddenly

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

DIFFICULTY: **

★ Moderate ★★ Difficult

* * * GO FIGURE!

Answer Page 2

nine numbers only once.

GO FIGURE! by Linda Thistle

happen to you, don't add to your relatives' grief by making them dig for your information or wonder what your final wishes would be.

Here are some of the things

• Your DD214 or service when. Here are two things equivalent. If you don't have this information (a box on a

• Your birth certificate.

• Your final will. If you where it is. Remember: cabinet. Pull out expired don't have one, now is the drugs (both prescription and time to make an appointment over the counter) and go on for January with an attorney. Call the nearest military base them off. Some towns have and ask for Legal Aid to see if

Any life insurance keep a machine in their policies, copies of marriage police department to drop certificates and divorce off drugs anytime. Ask if decrees, and a list of all the places you served while on Veterans Affairs medical active duty along with the

Download or send away

• Application for United

· Claim for One Sum Payment Government Life Organize your military Insurance (VA Form 29-

Application for Standard

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X

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4 5

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15

Headstone Government or Marker (VA Form 40-1330).

Print out the Federal Benefits Veterans for Dependents and Survivors book or send away for it by calling the VA (800-827-1000) and add that to your stack.

Once you've gathered all closet shelf will be enough), make sure someone knows Once it's done, it's done.

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· B.G. in Minnesota writes: "If you want to freshen up drawers with sheets, pillowcases or in vour luggage, just place a dryer sheet inside. They really do leave a nice scent, and they are also great for dusting jobs!"

· To control the level of garlic in a recipe, add it at the beginning for a lighter taste and at the end for a stronger taste. To get garlic out of the clove quickly instead of tedious peeling, just smash it and squeeze it out.

· The best cure for a foggy windshield is a chalkboard eraser. You can purchase them at office supply stores. They can be stored easily in your glove box. No window cleaner required for a quick clear windshield, and you can see well after. A clean windshield is a safety issue! - M.T. in South Carolina

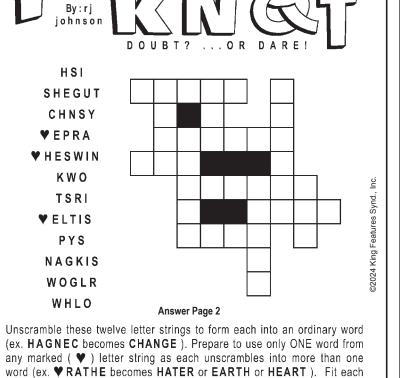
· Banana trick: For faster ripening, leave bunches together and store in a bag. For slower ripening. separate the bananas. They will ripen faster if stored near apples or citrus fruit. Also, remember that just because the outside is getting brown spots, the inside isn't necessarily going soft.

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: •

♦ ♦ HOO BOY! Answer Page 2

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string's word either across or down to knot all twelve strings together.

• Warm up refrigerated baked goods in the microwave, but add a mug of water. It will keep the moisture in the bread. If vour bread loaf is going stale, wrap it in foil and pop it in the oven for about 10 minutes at 300 F. It will freshen the bread!

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