



— Photo courtesy El Paso Community College

Garcia, Miramontes, serve El Paso County as flight paramedics

By Beau Bagley
Special to the Courier

EL PASO COUNTY – It’s a bird, it’s a plane... No! It’s two former El Paso Community College (EPCC) students. A new helicopter will be roaming the skies in El Paso, and two former EPCC Tejanos will be among the very few to be the first to fly in the El Paso Fire Department, Air Methods joint venture, the Shock Trauma Air Rescue (STAR) Helicopter, also called ‘FireStar’, for short.

Both Iuzuny Garcia and Juan Miramontes graduated from EPCC in 2008, Iuzuny with his Fire Technology Program certification, and again in 2011 with his Paramedic certification. “Seeing all the students practicing their fire skills with the fire tech program was what interested me in signing up. It looked very exciting, and I knew it would help me join EPFD,” Garcia said. Juan graduated with a certificate in Paramedicine from Emergency Medical Services Program. “I strongly believe that being a flight paramedic is the pinnacle of a paramedic’s career... Adding to that the years of experience, knowledge and training that it takes to be a flight paramedic it really makes it a bit of a niche job to have,” Juan Miramontes said.

Iuzuny and Juan are Flight Paramedics, two of three on the Firestar team which began flying September in the Sun City. Iuzuny credits EPCC with jump starting his love for not only firefighting, but new opportunities that came along with the department. “Without EPCC, I would probably not have joined EPFD, and it would not have opened the door for me to obtain a paramedic certification, much less join this team. Flying over El Paso is the most exciting part of my job, it puts everything in a different perspective,” Garcia added.

Juan says he has always been interested in flight medicine, and the critical care access it offers the public, so he jumped at the first offer

BETTER THAN A CORNER OFFICE – Flight paramedics get a bird’s eye view of El Paso County.

See PARAMEDICS, Page 4

Veterans Day observance is a tradition in historic San Elizario

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO – The San Elizario Veterans Committee (SEVC) could not have asked for better weather last Saturday morning for its 28th Annual Veterans Day Parade and Patriotic Ceremony in Historic San Elizario.

SEVC brought together a contingent of local area law enforcement personnel, veterans organizations, school groups, and government officials on November 9th to pay tribute to El Paso County’s veterans.

Veterans Day is observed nationally on November 11. Its origin come from WWI’s Armistice Day that went into effect on the 11th hour of the 11th day of the 11th month in 1918.

With a brisk morning breeze and mellow sun pervading the countryside, friends and family groups lined Old Socorro Road in San Eli as the Veterans Day parade marched its way for a couple of miles to the placita that sits in front of

the revered San Elizario Chapel.

This year’s parade was led by San Elizario High School Navy JROTC Color Guard and marching band, followed by several companies of uniformed cadets from the different high school ROTC programs in the Ysleta Independent School District including Parkland, Ysleta, Bel Air, Hanks, Eastwood, and Riverside.

Also participating in the parade were local area veterans riding on three separate floats, colorfully dressed girls from the Mitzli Foklorico dance group, the Bel Air High School Bagpipe band, the San Elizario HS cheerleaders, among others.

Grand Marshal for the 2024 Veterans Day Parade in the lower valley was Efrain Sanchez, an U.S. Army veteran, and Honorary Grand Marshal was Deacon Pilar Grijalva, of San Elizario.

After the parade, about a couple hundred attendees sat in chairs placed



— Photos by Alfredo Vasquez

OUT IN FRONT – San Elizario High School Navy JROTC Color Guard, above, led the way during the 2024 Veterans Day Parade in the Lower Valley.

See SAN ELI, Page 5

Mail-in ballots becoming an election nightmare



Elon Musk can land a rocket booster back at the launch tower minutes after it takes off, but swing states can't count votes in a timely manner.

Unlike recovering a rocket booster, vote-counting is not complicated and requires no advanced engineering.

We've managed to do it expeditiously and accurately through all of our history, yet it is at this moment that we've hobbled our ability to complete this simple task.

We no longer have Election Night; we have Election Days. In 2020, the general election was held on Tuesday, Nov. 3, but most media organizations didn't call it until Saturday, Nov. 7.

This kind of delay is a national embarrassment. It creates uncertainty and breeds distrust, and is also completely unnecessary.

The culprit is early voting, or how some states

go about processing – or more accurately, not processing – the early vote. Only in government is it possible to have people do something well in advance and still have it end up delaying everything, out of easily fixable bureaucratic ineptitude.

Consider Pennsylvania. It embraced no-excuse mail voting in 2019 without making the necessary changes to count these ballots in a timely manner.

In their wisdom, the Pennsylvania authorities don't allow election employees to begin processing the early and absentee vote until 7 a.m. on Election Day, ensuring that they can't cope. (There is something else important happening on Election Day – yes, you guessed it, the administering of an election.)

There are a lot of steps that go into the so-called prec canvassing of mail and absentee ballots, from confirming that the outer envelopes are signed and dated to opening the outer and inner envelopes

to unfolding the ballot itself.

Most states allow this work to happen before Election Day because that's the rational thing to do.

Lawmakers in Pennsylvania have deadlocked along partisan lines over whether, and how, to do the same. Republicans have wanted a voter ID requirement as part of a change to the process, while Democrats have opposed that provision. So, the Keystone State will once again conduct its vote counting in an absurd manner that ill-serves the nation.

(Some Republicans worry that prec canvassing will allow Democrats to learn how many fraudulent votes they need to produce to win. Prec canvassing

See LOWRY, Page 7

Food for thought By John Grimaldi

Creating 'woke warriors for social justice causes'

"Since the dawn of time, it's been accepted that there are men and there are women, there are boys, there are girls. These are just a simple basic fact of life," so says registered nurse Beth Serio, external relations manager at the medical watchdog organization Do No Harm. Earlier this week, Do No Harm launched a database identifying 225 hospitals that offer sex-change services. In an interview with Rebecca Weber, CEO of the Association of Mature American Citizens and the host of the *Better*

for America podcast, Serio explained that her organization represents physicians, nurses, medical students, patients, and policymakers. Do No Harm is focused on "keeping identity politics out of medical education, research, and clinical practice."

Beth discussed what she described as the "alarming rise of DEI [Diversity, Equity, and Inclusion] that is undermining patient care. When we allow ourselves to get led astray in these kinds of areas of social activism,"

she said, "we're doing that at the expense of best practices for our patients." She warned that medical issues grounded in science, are now being replaced by political agendas. In fact, she says, medical schools are training doctors to prioritize identity politics over patient care.

Beth emphasizes that confusing a child's sex and allowing them to choose their gender, instead of focusing on biological facts, leads to dangerous consequences in medicine. "We follow the

science," she asserts, urging parents and grandparents to protect their children from harmful ideologies. As she put it, "doctors and nurses have always been well trusted in their professions because we follow the science. That's what we're supposed to do in healthcare. And when we allow ourselves to get led astray, due to social activism, we're doing that at the expense of our patients."

She warned that "DEI is taking over in medical schools and in health care institutions. We're taking a step away from teaching and training doctors and clinicians in sound medicine and instead we are teaching them to be woke warriors for social justice causes.

It impacts the language that

they're taught to use in their schools and in their practices and taught to see everything through this very racial lens, which is a huge, turn from the decades and decades of what has always been, traditionally, in medicine."

Beth explained that "doctors and nurses have always been trusted in their professions because we follow the science and when we allow ourselves to be led astray in social activism, we're doing that at the expense of best practices for our patients. And that really trickles down, from the tops of these institutions that push these agendas down to your average doctor or nurse who probably is not an activist but who became a doctor or a nurse because they care about health and they want to help people."

WEST TEXAS COUNTY COURIER

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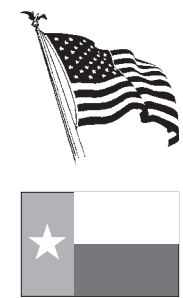
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Montana Ave. waterline project nears completion

By Adam Holguin
Special to the Courier

EL PASO – For drivers traveling westbound on Montana Ave. between Airway Blvd. and East Paisano Dr., the sight of orange traffic barricades has been a staple of the summer. That rehabilitation project has become one of the most challenging that El Paso Water has recently undertaken.

Bassett Place opened its doors in 1962 on what was once east El Paso and has undergone numerous renovations and expansions in its lifetime. The waterline just above it on Montana is now undergoing its own.

The Montana Ave. project consists of the rehabilitation of a 70-plus-year-old, 12-inch cast iron waterline from Casa Lane to Mescalero Drive. A unique method will be used to rehabilitate the waterline on a stretch of Montana Ave. – or U.S. Route 62 – that is from a bygone era. This highly trafficked and developed Texas Department of Transportation right-of-

way has water infrastructure located beneath it, the first of many obstacles to overcome.

“This is my first water project using the cured-in-place pipe (CIPP) method,” said James Catbagan, Construction Superintendent and project manager. “It has been used on wastewater rehabilitations. We chose the CIPP method because it is less invasive than open-trench.”

CIPP is a trenchless rehabilitation method used to repair existing pipes. A new custom-made tubing liner is inserted into the existing pipe, cured and hardened in place, extending the lifespan of the pipe more than 50 years. For post-World War II infrastructure across the country, the CIPP method is favored versus complete replacement of pipeline.

The age of the existing waterline brought with it a cascade of challenges. “Establishing the bypass, isolating the line and exposing existing connections have been difficult,” Catbagan said. “All these factors combined

See WATERLINE, Page 4

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Moments in time
THE HISTORY CHANNEL

• On Nov. 11, 1831, Nat Turner, an American slave and educated minister who believed that he'd been chosen by God to lead his people into freedom, was hanged in Jerusalem, Virginia, for leading a revolt with 75 followers through Southampton County, killing about 60 white people.

• On Nov. 12, 1969, investigative journalist Seymour Hersh revealed the extent of the U.S. Army's charges against 1st Lt. William L. Calley at My Lai, Vietnam, in a cable picked up by more than 30 newspapers, saying that "The Army says he [Calley] deliberately murdered at least 109 Vietnamese civilians during a search-and-destroy mission in March 1968, in a Viet Cong stronghold known as 'Pinkville.'"

• On Nov. 13, 1979, Philadelphia 76ers center Darryl Dawkins leaped over Kansas City Kings forward Bill Robinzine for a memorable slam dunk that shattered the fiberglass backboard. His equally memorable comment on the move, which was not his last and the sound of which spectators likened to a bomb going off: "It wasn't really a safe thing to do, but it was a Darryl Dawkins thing to do."

• On Nov. 14, 1882, outlaw Frank "Buckskin" Leslie shot and killed Billy "The Kid" Claiborne, who had publicly challenged him, in Tombstone, Arizona.

• On Nov. 15, 1984, Baby Fae, a month old infant who received the world's first baboon heart transplant, died at California's Loma Linda University 20 days after the operation. Three other people had received animal heart transplants, but none survived longer than a few days.

• On Nov. 16, 2001, British author J.K. Rowling's most famous and beloved creation, the bespectacled boy wizard Harry Potter (played by Daniel Radcliffe in his first major role), made his silver-screen debut in "Harry Potter and the Sorcerer's Stone," which went on to become one of the highest-grossing movies in history.

• On Nov. 17, 1903, the Russian Social Democratic Labour Party split into two factions: the majority Bolsheviks and minority Mensheviks. The Bolsheviks went on to become the Communist Party of the Soviet Union.

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– Photos by Alfredo Vasquez

HONORING SEVICE MEN AND WOMEN – San Elizario Veterans Committee, sponsors of the annual Veterans Day Parade in the historic community, are promoting a movement. As displayed in the banner above, they claim El Paso County as the Veterans Capital of the USA and Where Every Day is Veterans Day.

San Eli

From Page 1

around the large white, wood-framed gazebo, which is located in the center of the tree-filled park, where a ceremony was held in observance of the special

occasion. Honored in this year's event were veterans Alfredo Flores, USMC; Daniel Herrera, US Army; Isaias Ordaz, US Army; Allannah Sanchez, US Army Reserves; and Antonio Soto, US Army.

Masters of ceremonies were SEVC officers Norma Reyes and Ray Borrego. San Elizario Mayor Miguel Chacon

delivered the welcome remarks. Guest speakers included Tony Gonzales, U.S. Congressman; Mary Gonzalez, state representative; Ricardo Samaniego, county judge; Iliana Holguin, county commissioner, and Al Borrego, president of Cultural Heritage Society of El Camino de Tierra Adentro.



COOL RIDE – Local area veterans ride on a float in the observance of the annual celebration.



FLASHING A SMILE – San Elizario's Veterans Day Parade Honorary Grand Marshal, Deacon Pilar Grijalva rides on one of the floats.



THE PIPES ARE CALLING – Above the Bel Air High School Bagpipe Marching Band plays for the crowds standing along the parade route.

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OUT ON A LIMB By Gary Kopervas



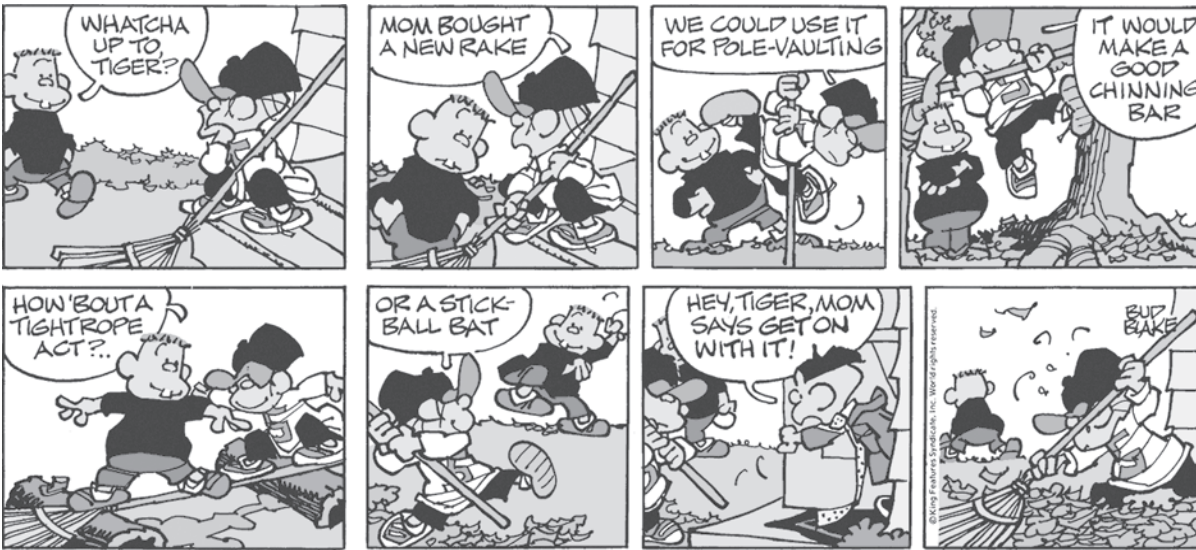
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Lowry

From Page 2

doesn't involve the actual tabulating of ballots, though, and there is zero evidence that it has abetted widespread fraud in other states where it is the norm.)

It'd be one thing if we didn't know the results in Alabama or Massachusetts, states that are deep red or blue, on election night. But with Pennsylvania, as well as Wisconsin and Arizona, likely to have delays, we are talking about the very most sensitive, important states on the election map.

An erstwhile swing state, Florida, provides a model. It has a massive early vote, and yet rapid tabulating. Counties in the state process early ballots before Election Day. It helps that the state doesn't allow ballots arriving after 7 p.m. on Election Day to be counted, avoiding the problems of states that, foolishly, permit post-election ballots.

California is the opposite of Florida in this, as in so much else. The Golden State has made a practice of overwhelming itself with mail-in ballots. It still hadn't counted a third

of its ballots after Election Day in 2020, and kept counting for weeks. This year, ballots arriving up to a week after the election will be considered valid. A Democratic assemblyman told the AP that the state doesn't need to please "a society that wants immediate gratification," as if there's something wrong with expecting expeditious, reliable election results.

The 2024 call was fairly expeditious for the Presidential and Senate (except Arizona) races. Those races were not as close as the Dems and polls predicted. But not so the House of Representatives. The final count for the House was not finalized as of noon on November 11. 18 seats were still undecided, including seats in California, Oregon and Arizona. Arizona did finally call it's Senate race on the 11th.

It might seem facetious to say that Elon Musk will manage to send a rocket to Mars before states figure out how to eliminate intolerable delays in the vote count, but with Musk hoping to do that just a couple of years from now, it's almost certainly true.

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

Helpful tactics for a new sleeping schedule

DEAR DR. ROACH: I just retired from working the graveyard shift for 40 years. I am hoping you can share some information on how to safely learn to sleep at night once again. – E.H.



Changing your body's circadian rhythm isn't always easy, and after such a long time, it will take longer for you. But it shouldn't be as difficult as you might fear. When people fly to the other part of the world, they need to get accustomed to a new sleep schedule, and it usually doesn't take more than a week or two for them to get accustomed. For you, it will be difficult learning to be up during the day, which is more of a behavioral issue than a circadian-rhythm issue.

The first advice I give is to push your internal time clock forward, not backward. Try to stay up two hours or so later each day until you get to a bedtime that works with your family (if appropriate) and goals. Your body has an easier time moving forward than backward.

Bright light can be your friend or your enemy. You want bright light when you wake up, not right before bed. Computers, phones and tablets all put out light that signals your brain to wake up, so don't use these before bed. Making sure that your bedroom is dark when you want to sleep is something you probably have already done, but it's still worth mentioning.

Caffeine is very helpful to a lot of people, so if you partake, do so when you awaken, not before bedtime. Some people metabolize caffeine slowly, so if you do, don't have any caffeine for at least 8 hours before planning to go to sleep.

DEAR DR. ROACH: Recently, I had COVID and was given Paxlovid. I am a 74-year-old woman with a 25-year history of a fibromyalgia-type disorder, along with rheumatoid arthritis and a few other problems. I was expecting to feel worse after taking Paxlovid, but I was quite surprised that I felt much better. The COVID symptoms were gone in 24 hours, and for the first time in years, I had energy. The fibromyalgia symptoms were gone, too. This lasted for four days, then it was back to reality. Once I stopped Paxlovid, the symptom relief halted as well. Have you ever heard of this? – F.P.

Yes, this is well-reported among the fibromyalgia community. It's not at all dissimilar to what I have heard from some patients about feeling better after getting antibiotics for an unrelated condition.

As far as I know, nobody has a definitive answer as to why this happens. I doubt very much that it is an effect of Paxlovid. Many people have tried using antivirals or antibiotics for fibromyalgia, but it does not seem to be helpful. Some authorities have speculated about it suppressing other viruses, but this isn't likely either. It seems that not only do people feel relatively better after being very sick with COVID, people report being able to do activities that they hadn't been able to do before.

I'm sorry that I don't have an answer as to why this happens. A diligent search doesn't lead me to any great insight. Obviously, a better understanding of these types of conditions would be great if it could lead to more effective treatments.

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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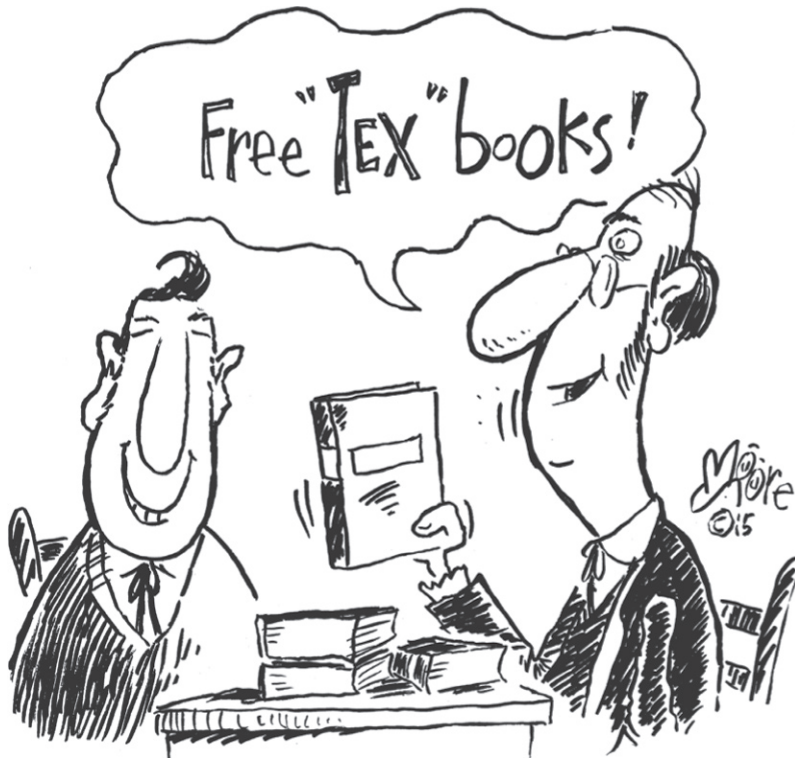
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Moore Texas by Roger MOORE

The first free Texas schoolbooks were issued by San Antonio schools in 1828.

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: O equals L

HGDV QFRBDQ MFJD RO HPLG
 F KMGDJD LT CQPJCQFJ GPK
 MTJDWX OFBLVDB, PL HFK F
 CTTQ-GFBWX OQFV.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Pandemic fraud and scams



by Freddy Groves

The Covid pandemic has been a pot of gold for thieves and scammers who want to exploit the critical needs of hospitals and doctors. As usual, however, the criminals aren't too bright.

There was the medical supply company that conspired to sell masks that were misbranded, trying to pass them off to hospitals as genuine National Institute of Occupational Safety and Health (NIOSH)-approved N95 masks. The thieves gathered up their fake masks from miscellaneous sources and shipped them off at inflated prices. When NIOSH tested the masks, the scam was discovered because the masks couldn't pass the filtration tests.

A whole alphabet of federal agencies, including the VA's Office of Inspector General, came together in this effort to investigate and prosecute the thieves. Between the

price gouging, the fake masks and the interstate commerce, the authorities had a good case for pandemic-related defrauding and conspiracy.

When the case goes to court, selling misbranded medical equipment alone could net the thieves a fine of a half a million dollars. Adding in the interstate commerce and price gouging could tack on additional fines and years in prison.

Then there was the guy who tried to sell millions of dollars of personal protective equipment to the VA. The scam was pretending the company was an authorized distributor of the PPE. They even generated a fake website and email address. The goods that were sent out were non-conforming and the masks were counterfeit.

Another guy stole gloves and PPE and sold them for a cool million dollars. Another scammer stole the relief funds he received, diverting \$180,000 of it for his own use.

In one scam, however, it almost wasn't worth the thief's time: A woman

was given two paycheck protection loans for two businesses she owned – except she didn't own a business. All she got out of the scam was \$41,000.

When are they going to learn? The thieves eventually get caught, and we have the VA OIG and other alphabet agencies to thank for it.

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- There are many uses for empty Tic Tac containers. Here are three: Wrap with pretty paper and use as a tiny vase for a single-stem flower. Or, separate small scrapbooking supplies in them. Last, thread two needles with a length of thread – one white and one black. Poke the needles through a small square of paper and wrap the thread around the paper. Slip into the container for a travel sewing kit.

- "Need your nails to dry in a hurry? You can use the cool setting on your hair dryer. It works really fast." – L.E. in Georgia

- To get a couple more days out of your cat litter, clean the box out and mix in a cup of baking soda.

- Remove mildew from plastic shower curtains by spraying them with a mix of bleach and water, or just toss them in the washing machine with your next load of towels.

- "We have a playroom, and the kids argue about who made what mess and who should clean up which toys. We made a cleaning schedule for the room, having one or two children per day responsible to clean up at the end of the day. It was a rough start, but the kids have learned to clean up as they go rather than leave a big mess for someone else. (Pay back is not kind.)" – Anonymous

- If your vacuum has a paper filter, spray it with your fave perfume or essential oil. It will blow into the air as you vacuum, leaving behind a pleasant scent.

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

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

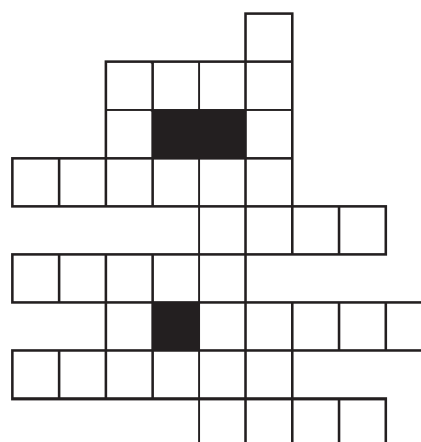
Answer Page 4

	-		+		=	8		
+		+		-				
	+		÷		=	12		
÷		÷		+				
	+		÷		=	6		
=		=		=				
4		1		7				
1	2	3	4	5	6	7	8	9

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- PLI
- AFRACE
- ♥ LENIA
- ♥ TAMO
- XIRPEE
- ARO
- NYEV
- LEXMY
- PTE
- OFRAME
- ARPOE
- APLO



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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