

# **Texas Western Hall to replace UTEP's old liberal arts building**



HARD HAT ZONE - The University of Texas at El Paso campus, which has been transformed in recent years with several new buildings and new landscaping, is getting another huge addition. Texas Western Hall, above, is being built on Hawthorne Street. It is expected to be completed in two years and will replace the old liberal arts building.

New facility expected to be completed in 2026

**By Alfredo Vasquez** Special to the Courier

EL PASO COUNTY - The University of Texas at El Paso's (UTEP) latest building project is the Texas Western Hall, a new \$110 methodologies and each space million facility that will provide will be enhanced with flexible students an environment conducive technology and furniture," the to learning.

"Texas Western Hall will replace one of the oldest facilities on campus and provide a modern learning space for students," said UTEP President the UTEP campus, and sustainable Heather Wilson.

The new learning complex, which will encompass approximately 125,000 gross square feet, will include Western Hall was named in recognition a five-story east wing and three-story of the university's history and its west wing that are connected by a expansion beyond mining education three-story collaboration space. The and degree programs. Founded as building is located on Hawthorne the School of Mines and Metallurgy Street directly southeast of UTEP's in 1913, the institution was renamed current Liberal Arts Building, which Texas Western College in 1948 to will be demolished when the new broaden the identity of the university project is completed, university officials related.

"The new facility will provide a 21st century learning environment, equipped with instructional classrooms, computer rooms. collaboration spaces and offices. Classroom sizes will vary to accommodate various teaching school president stated. She added that the exterior of the building will reflect the treasured Bhutanese architectural style that is distinct on landscaping will incorporate native Chihuahuan Desert plants.

UTEP officials explained that Texas

#### See UTEP, Page 5

"UT El Paso continues to drive El Paso and the Paso del Norte region forward with increased enrollment and expanding contributions in critical industries that are relevant to this unique city, region and its people. We are grateful to the UT System Board of Regents and Texas lawmakers for funding this new, state-of-the-art learning facility which will support collaborative learning opportunities for generations to come."

- James B. Milliken, University of Texas System Chancellor

# Canutillo bonds bringing connectivity, safety to Reyes ES

**By Gustavo Reveles** Special to the Courier

CANUTILLO – Earlier this month crews completed a much-needed connectivity and safety and security upgrade at Reyes Elementary School that is part of the improvement projects of Canutillo Bond 2024.

The work done established wireless connectivity to nearly 50

the internet.

\$370,000 of upgrades to Reyes ES classrooms, offices, the cafeteria and portables were paid from the Canutillo Bond 2024 of \$8.5 million.

These "dead zones" not only prevented students and teachers from accessing important digital instructional content, but they also posed a safety and security concern because neither digital devices nor

instructional spaces at Reves that previously had issues connecting to

cellular telephones had reliable connectivity in case of an emergency. "We are thankful to the voters of the District for allowing for important projects like these to become a reality through the Canutillo Bond," said Reves Principal Dr. Jessica Melendez-Carrillo. "This project will allow



Photo courtesy Canutillo ISD

See REYES ES, Page 3 WIRES AND MORE WIRES – IT specialist Tommie Matton configures a server at Reves ES.

The world's next disarmament negotiation might be successful if the world's leaders met in a frontline warzone trench.

– Quips & Quotes

## Trump shows demography isn't destiny

a proposal for mass deportations could bring roughly 80% white, and Hispanics and Asians reform," Americans together. Donald Trump assembled the were less than 7% and 2% of the population establishment's biggest, most diverse GOP coalition in decades respectively. Now, Hispanics and Asians are favoriteeuphemism while running further to the right on immigration, 19.5% and 6.4%, while whites have declined to for a mass amnesty. crime and culture than perhaps any major-party 75% of the population. presidential candidate in U.S. history.

Page 2

immigration in harsh and lurid terms – and picked up Hispanic voters. Trump pledged to reverse "a admonition of the famous "autopsy" commissioned brutal plague of bloodshed, crime, chaos, misery and death in our land" – and won more young voters.

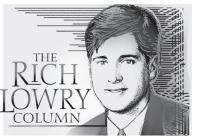
Trump famously dethroned the Republican establishment in 2016, and now has crushed its theory of how to forge a GOP future in an increasingly diverse country. Trump may win the most electoral votes of a Republican since George

It turns out that everyone underestimated how H.W. Bush in 1988. In the 1980s, America was immigration

Trump inveighed against unchecked illegal of doom for the Republican Party, and the GOP can only survive by softening its edges. This was the by the Republican National Committee after Mitt Romney's loss to Barack Obama in 2012. According to the report, the divisive policies and tone of Romney's GOP – yes, the resolutely polite, earnest and scrupulous Mitt Romney - were sentencing the party to demographic extinction.

Towin Hispanics, the autopsy insisted, Republicans "must embrace and champion comprehensive

the



November 21, 2024

"It does not matter," it maintained, "what we say We've long been told these changes are a herald about education, jobs or the economy; if Hispanics think we do not want them here, they will close their ears to our policies."

And the party's tone had to change. The autopsy intoned that "we must emphasize during candidate trainings, retreats, etc., the importance of a welcoming, inclusive message."

The same applied to young voters: "The RNC must more effectively highlight our young leaders and fundamentally change the tone we use to talk about

#### See LOWRY, Page 7

### View from here By Dr. Glenn Mollette

# **Lessons from November 5th**

on November fifth?

of America's voters want expected minimum wage has border security. Americans become at least \$15. To keep are tired of millions of a good employee though will undocumented people from take \$20 an hour if you want any place in the world flooding them to stay. This has put a into America. We want them strain on small businesses in to come legally. The reports America who are struggling of gangs growing in our cities, to produce enough income apartment buildings taken to pay workers and keep the over, murders, and rampant lights on. The cost of goods their disdain for legacy stabbings have been an must decrease and wages have media. I personally thought one billion dollars to spend emotional weight from which to stabilize. Americans want relief.

spending more money at the house loan is still making in grocerystoreand coming home tough on America's home with fewer products. Every buyers. A 30-year mortgage on week brings price increases a \$450,000 house is \$2158.38 and Americans pay checks are if you have \$90,000 to put not keeping up. Employers down. A six year car payment have been suffering to keep on a \$45,000 car is \$596.62

majority of America's voters for higher wages. Employers Americans need a house and can no longer get by with \$10 We learned that the majority or \$12 an hour as the new

Americans want lower Americans are tired of interest rates. A six percent

What did we learn from the employees who are desperate if you put \$9000 down. Most car. So you see the reason why people are desperate to this a \$1200 a month grocery bill for a family of four.

> weary hearing about male athletes in women's sports. We in the days ahead. are also tired of hearing about men in women's bathrooms.

Americans also displayed of them voted for Trump. networks. I didn't see how anyone could beat NBC, ABC, of America's voters no longer our country?

believe much of what they hear on America's major celebrities media networks, which is America's voters all that much. sad since we all pay so much They will pay thousands to in subscriptions to access hear Taylor Swift sing but her these stations. Trump spent support of Kamala Harris was three hours with Joe Rogan overall ignored. Although, make more money. Add on to on a podcast that reached many of Swift's followers millions of Rogan's viewers. aren't old enough to vote. Harris didn't have time for Oprah Winfrey, Beyonce, Americans have grown Rogan. Look for many more George podcasters to grow in influence Springsteen, Lady Gaga, Katy

go to polls to vote and many

Kamala Harris had over it would be tough for Trump on her election The networks to overcome all the major were flooded with political ads and it still wasn't enough. Sadly, it's reported that her CBS, CNN and MSNBC, campaign is 20 million dollars the New York Times, The in debt with no way in sight need. Let's pray for a safe Washington Post and almost to cover outstanding costs. and peaceful America where every other major media entity The big parties and celebrity in the nation, but he did. He gatherings were massively beat them good. One network expensive. No cost was supported Trump throughout curbed. One billion dollars the entire election and it was was spent without concern or Fox News. On election night limitation. Can you imagine they had the highest ratings of how she would have handled all the networks. The majority the nation's finances and run

IRAN GETS DESPERATE

We also learned that national don't impress Clooney, Bruce Perry, Julia Roberts, etc. etc. We learned that women did are all-star entertainers but the average person in America just wasn't swayed by them when it came time to vote.

> The election is over. Let's pray that Congress will work together to end the wars in the world, lower inflation, make medical care available for all people on all levels of their people are entering our country legally and safely and for four years of prosperity and peace.

Glenn Mollette is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette. com or www.facebook.com/ glennmollette.



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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.

considers inappropriate.

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UP IN THE AIR – IT specialist Chayce Harthorn does a contortionist's move to install a wireless high-speed internet connection node at Reyes Elementary School under the Canutillo Bond 2024 umbrella.

### **Reyes ES**

From Page 1

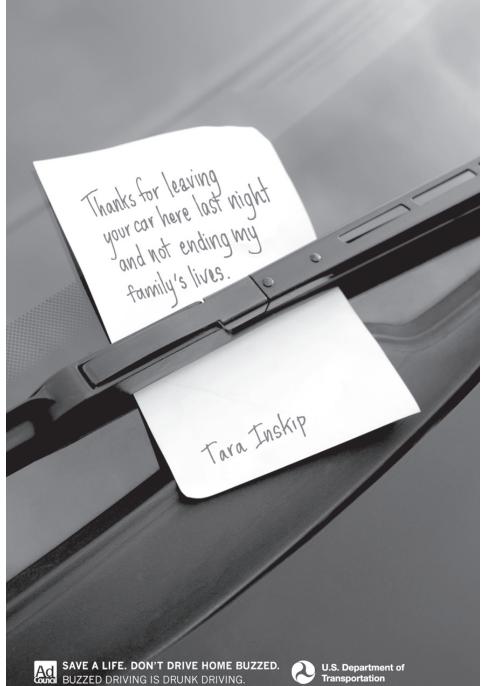
our students to connect their devices and use modern learning techniques. But it'll also afford our teachers and parents a sense of security knowing that emergency services are now fully accessible via telephone and internet."

The \$370,000 upgrades were done in classrooms, offices, the cafeteria and portables. The investment is part of the \$8.5 million in bond funds designated for safety and security issues.

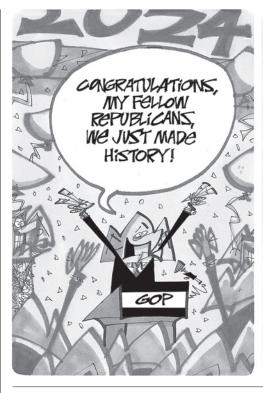
United Data Technologies Inc. oversaw the project. All Canutillo Bond projects are managed by PROCEDEO Group.

Voters in May approved Canutillo Bond 2024, the largest bond referendum in District history, to right-place campuses, address growth, improve infrastructure, replace roofs, upgrade HVAC systems and make safety upgrades at every school.

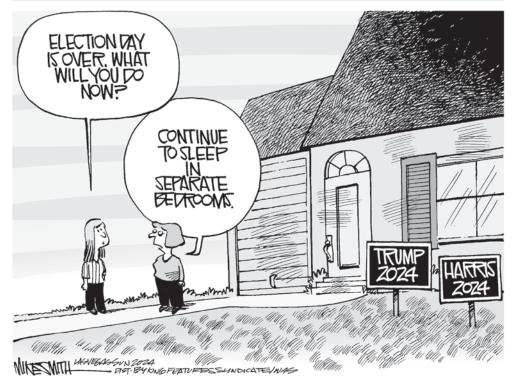
Visit the official Canutillo Bond website at www. canutilloisd2024bond.com to learn more about Canutillo Bond 2024 and sign up for up-to-the-minute updates on all construction projects.



ARE WE JOY YET? OCTAVE OCTAVE









## **Trout vacates Canutillo ISD board seat**

**By Gustavo Reveles** Special to the Courier

CANUTILLO – Canutillo Independent the difficult decision to fully concentrate on School District (CISD) Trustee-Elect Blanca my family at this time."

Trout will not serve the term to which she was elected to concentrate on pressing family matters, she said in a letter to the community on Tuesday.

Trout – who resigned from the CISD Board in October and indicated at that time that she was suspending her campaign – was one of four people elected to serve four-year terms on the CISD Board of Trustees during this month's election. Because her campaign suspension was done after the printing of election documents, her name still appeared on the ballot.

"I am deeply honored and humbled by the trust Blanca Trout



Name remained on ballot after decision it is with a heavy heart that I must respectfully decline this opportunity to take office."

She added, "As I shared in my letter to the community in October, personal matters have led me to refocus my attention and priorities. After much thought, I've come to

> Trout's decision not to serve will create a vacancy on the Board. As per state law, sitting trustees have the option to either call for a special election to fill the unexpired term, or appoint someone to serve until the next school board election. If the Board opts for an appointment, the selected person would serve until 2026. At that time, an election would be held to serve the remaining 2 years of the unexpired term.

The District will swear trustees incoming Lilly Maldonado, Carolina Ortega and Armando Rodriguez during a Board meeting on Nov. 19. Trustees will discuss

you showed in me during the recent Nov. 5 the vacancy on the Board and next steps to election," Trout wrote in her letter. "However, follow during that meeting.

#### PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier will not publish the last two weeks of December. The first issue of 2025 will be January 2.

The West Texas County Courier office will close beginning Monday, December 9, 2024. The office will open again on Friday, December 27, 2024.



#### **By Lucie Winborne**

· According to 19th-century Welsh tradition, any infant whose nails are cut before the age of 6 months will become a thief.

· In 1974, the Journal of Applied Behavior Analysis published a paper titled "The Unsuccessful Self-Treatment of a Case of 'Writer's Block.'" It contained a total of zero words.

 The first known dental filling dates to the Neolithic period and was made of beeswax.

sailor will die.

· Researchers at the University of Arizona discovered that the ability to see the color red comes from a gene attached to the X chromosome. Since women have two of those chromosomes, they perceive the red-orange spectrum better than men.

· Bubble gum was originally pink because that was the only food dye available in the factory where it was made.

 The term "sabotage" originated French from throwing textile workers their wooden clogs, known as "sabots," into machinery to protest industrialization and automation in the 19th century.

so severe that in 2002, the nation's environmental minister issued a plea for those in affected areas to shower with a partner in order to conserve the scarce resource.

· All newspapers in the British Library were ironed by hand to ensure a clear image before they were microfilmed.

• The 1967 Outer Space Treaty forbids any nation from trying to own the moon.

· Early cosmetic surgeons used a procedure known as paraffin wax rhinoplasty, in which they would inject hot liquid wax into a patient's nose and mold it into the desired shape. Not only was this dangerous, but, no surprise, it really didn't work.



• On Nov. 18, 1966, Los Angeles Dodgers pitcher Sandy Koufax retired from baseball at age 30 due to chronic arthritis in his pitching arm and the fear that if he kept on playing he eventually would lose the use of his left hand. "In those days there was no surgery," he said later. "The wisdom was if you went in there, it would only make things worse and your career would be over anyway."

• On Nov. 19, 2003, an arrest warrant was issued for singer Michael Jackson on child molestation charges. Though he was acquitted two vears later of each criminal count on which he was tried, the "King of Pop's" reputation still suffered many additional blows.

• On Nov. 21, 2019, Israeli Prime Minister Benjamin Netanyahu was indicted on charges of bribery, fraud and breach of trust.

• On Nov. 22, 1909, Clara Lemlich addressed a meeting at the Great Hall of New York City's Cooper Union to consider a general strike in protest against poor working conditions across the garment industry. The ensuing monthslong "Uprising of 20,000" eventually earned employees such concessions as a 52hour workweek, four paid holidays a year and no fees for work-related materials.

• On Nov. 23, 2005, Ellen Johnson Sirleaf was elected president of Liberia, becoming the first woman to lead an African nation.

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 Thumbs have their own pulse.

 Ravens in captivity can learn to talk better than parrots.

 Female kangaroos can stop the development of their joeys in a process called embryonic diapause, which allows them to give birth when conditions are right, or wait until another joey has left their pouch.

 The Subway restaurant chain uses 16 acres of lettuce per day.

• In parts of Europe, people believe that if you light a cigarette from a candle, a • Japanese scientists successfully created an MRI machine that can record dreams and reconstruct them for you to watch while you're awake.

· A piano's frame is made of iron.

- · Sponges hold more cold water than hot.
- Only four words in the English language end in "dous."

· Parts of Australia have been undergoing an intense drought for more than a decade. The water shortage has been

 Canada eats more macaroni and cheese than any other nation in the world.

• During WWI, German measles were called "liberty measles" and dachshunds became "liberty hounds."

Thought for the Day: "Sometimes people try to turn back their odometers. Not me, I want people to know why I look this way. I've traveled a long way and some of the roads weren't paved."

- Will Rogers

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• On Nov. 20, 1820, the American whaling ship Essex. out of Nantucket. Massachusetts, was attacked by an 80-ton sperm whale 2,000 miles off the coast of South America. The 20 crew members escaped in three open boats, but only eight survived. Herman Melville's classic novel "Moby-Dick" was partially inspired by the tragedy.

• On Nov. 24, 1928, the Federal Industrial Institution for Women, the first women's federal prison, opened in Alderson, West Virginia. One judge described it as a "fashionable boarding school," as the institution's main purpose was to reform rather than punish the inmates, most of whom were serving time for drug and alcohol charges. Prisoners farmed the land and performed office work in order to learn how to type and file, and also cooked and canned vegetables and fruits.

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## UTEP

From Page 1

and unite engineers, teachers, and liberal arts students under the same banner.

Sundt Construction was awarded the building construction contract for Texas Western Hall, and in a recent news report, Joseph Riccillo, vice president and regional director for Sundt's El Paso Building Group, stated, "We are thrilled to continue our partnership with UTEP. As a UTEP alumnus, it's exciting to see the campus grow to reflect the education and research it's already providing to our community.'

The new campus addition is made possible by the University of Texas System Board of Regents' \$57.1 million appropriation in permanent university funds that will augment the \$52.4 million grant approved by the state legislature for the building in 2021. "We are particularly grateful to our legislative delegation for making this project a priority and to the regents for matching the legislative funding. We really need this," Wilson acknowledged.

According school to officials, UTEP is America's leading Hispanic-serving university. Eighty-four percent of its 24,000 students are Hispanic, and more than half are the first in their families to go to college. Currently, the university on the U.S.-Mexico border offers 171 bachelor's, master's and doctoral degree programs and is the only open-access, top-tier research university in America.

The new Texas Western Hall is part of more than \$200 million allocated by the Texas Legislature and UT System Board of Regents in the last 10 years for new facilities.

#### San Elizario Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended June 30, 2024

Data Contro Codes		General Fund	ESSER III - School Emerg. Relief	Other Funds	Total Governmental Funds
	REVENUES:				
5700 5800 5900	Total Local and Intermediate Sources State Program Revenues Federal Program Revenues	\$ 3,386,457 32,224,161 4,575,515	\$ 6,352,717	\$ 668,804 1,525,347 2,847,645	\$ 4,055,261 33,749,508 13,775,877
5020	Total Revenues	40,186,133	6,352,717	5,041,796	51,580,646
	EXPENDITURES:				
	Current:				
0011 0012 0013 0021 0023 0031 0032 0033 0034 0035 0036 0041 0051 0052 0053 0061	Instruction Instructional Resources and Media Services Curriculum and Instructional Staff Development Instructional Leadership School Leadership Guidance, Counseling and Evaluation Services Social Work Services Health Services Student (Pupil) Transportation Food Services Extracurricular Activities General Administration Facilities Maintenance and Operations Security and Monitoring Services Data Processing Services Community Services	$\begin{array}{c} 17,634,319\\ 170,168\\ 338,107\\ 771,157\\ 1,436,865\\ 1,210,631\\ 61,210\\ 370,115\\ 1,844,857\\ 3,838,747\\ 1,258,265\\ 1,754,284\\ 5,906,144\\ 1,370,455\\ 1,381,690\\ 28,348 \end{array}$	3,516,831 507,855 32,827 101,757 913,244 388,488 158,239 61,059 19,087 27,018 63,850 15,292 192,085 68,395 205,024 81,666	1,553,196 8,967 1,298,701 7,044 10,975 173 1,253 83,553 367 383 105,861 - 163,844 826 - 120,807	22,704,346 686,990 1,669,635 879,958 2,361,084 1,599,292 220,702 514,727 1,864,311 3,866,148 1,427,976 1,769,576 6,262,073 1,439,676 1,586,714 230,821
	Debt Service:				
0071 0072 0073	Debt Service - Principal on Long Term Debt Debt Service - Interest on Long Term Debt Debt Service - Bond Issuance Cost and Fees	113,896 17,501 _	- - -	740,000 883,413 1,000	853,896 900,914 1,000
	Capital Outlay:				
0081	Facilities Aquisition and Construction	2,068,973	_	-	2,068,973
	Intergovernmental:				
0099	Other Intergovernmental Charges	33,673	_	-	33,673
6030	Total Expenditures	41,609,405	6,352,717	4,980,363	52,942,485
1100	Excess (Deficiency) of Revenues Over (Under) Expenditures	(1,423,272)	_	61,433	(1,361,839)
	OTHER FINANCING SOURCES (USES)				
7912 7913	Sale of Real and Personal Property Proceeds of Right-to-Use Lease and SBITA Proceeds	10,523 619,042	-	-	10,523 619,042
7080	Total Other Financing Sources (Uses)	629,565	-		629,565
1200	Net Change in Fund Balances	(793,707)	_	61,433	(732,274)
0100	Fund Balance – July 1 (Beginning)	17,601,593	-	1,027,935	18,629,528
3000	Fund Balance – June 30 (Ending)	\$ 16,807,886	\$ –	\$ 1,089,368	\$ 17,897,254



#### Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4

feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. **TexasClickitorTicket.com** 



## **Click It or Ticket.**

2

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### Even in the back seat.

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#### November 21, 2024

# Del Valle earns playoff victory; the rest wait for next year

**By Steve Escajeda** Special to the Courier

Another high school football season is over, and it was another rousing success.

Fans from all over the city flocked to stadiums to watch their friends and family members battle it out in their school colors. Or maybe they went to see a cheerleader or a marching band 0, Lubbock Cooper took care of member.

their high school football because you trounced Ysleta 71-27, Canyon West never know what can happen.

the year and the playoffs start. Then, the story is always the same, and this year was no different.

El Pasoans have always known that no matter how good a local team looks during the regular season, it will probably get killed in the playoffs against those nasty out-of-town teams.

Let's put it this way, last weekend 17 El Paso teams participated in the playoffs. The local teams won one and lost 16. Ouch, 1-16, sounds like a few of those UTEP seasons.

Only Del Valle, which is undefeated at 10-0 and clearly the best team in the city, won its playoff game, a convincing 63-35 victory over Abilene Cooper.

And why not, Del Valle has the best quarterback in the city by far, and he's just a junior. Jake Fette, who has already committed to Arizona State, has thrown 30 touchdown passes and not a single interception.

Del Valle will take on Lovejoy High (near Ft. Worth) in this week's area round of the playoffs.

## **Send Your News To:** wtxcc@wtxcc.com

team was Riverside (9-2), which lost score of all 17 playoffs games was, El to Hereford 28-20.

Otherwise, no other El Paso team their out-of-town foes.

Don't believe me? Here are the scores to prove it: Midland Legacy beat Franklin 56-14, Abilene High dumped Parkland 84-0, Lubbock Monterey destroyed Bel Air 63-Canutillo 38-14, Amarillo Tascosa Whatever the case, El Pasoans love beat Americas 30-9, Canyon Randall Plains knocked out Clint 42-8, Odessa That is, until you get to this time of Permian defeated Eastlake 41-21, Wofforth Frenship downed Montwood 77-21, Midland High was too much for Pebble Hills 42-14, Amarillo High spanked El Dorado 45-14, Abilene Wylie crushed Andress 46-10, Wichita Falls Memorial was all over Chapin 70-28, Dumas pounded Austin 56-21 Cathedral 65-6.

The only other local competitive Del Valle's 63-35 win, the average Paso teams 17, out-of-towners 52.

I'm not saying El Paso schools have put up much of a challenge against a little catching up to do, I'm saying they have a ton of catching up to do.

It was about 7-10 years ago that El Paso was showing progress against their playoff opponents, they were starting to pull off the upsets and showing they could compete once they left the Sun City.

But over the last five years or so, El Paso teams have returned to where they once were, playoff pushovers for Canutillo lost to both Del Valle 31-14 other Texas schools.

Everyone who covers El Paso high school football knew that Del Valle had a very good chance of advancing, but it was also thought that Eastlake, El Dorado, Canutillo, Franklin, Riverside and Pebble Hills had good chances, but only Riverside contended.

Since they are the only team that El as to how far Del Valle can go in the

Despite their victory, even Del Valle found out how tough the out-of-town schools are. Sure, they won their game, but the Conquistadores' defense gave up an average of just 10 points a game this year and the most points they had allowed in any game all season was 20.

Abilene Cooper scored 35.

Del Valle will now take on Lovejoy High (near Ft. Worth), which is 8-3.

These two teams have two other teams in common, Lubbock Cooper and Canutillo.

I don't know if this means much but and to Lubbock Cooper 38-14, both very similar games.

Lubbock Cooper defeated Lovejoy 46-43. That tells me that Del Valle has an excellent chance of getting past the Leopards.

All of El Paso will be Del Valle football fans this weekend, cheering on the Conquistadores from home as they and Prestonwood Christian walloped Paso's got to root for, let's speculate represent Sun City. Unfortunately, so will the rest of the high school football programs in town.

Here's a little math for you, including state playoffs.

### Senior moment By Matilda Charles

## Medicare for 2025

Have you made your Medicare decisions yet for 2025? The period for open enrollment runs from Oct. 15 to Dec. 7, and by now you should have received your 2025 handbook "Medicare & You" if you're already signed 20% of the costs that original Medicare doesn't, as well up.

Between Oct. 15 and Dec. 7 you can make any changes to your existing plans, such as a different Part D drug plan or a new Medicare Advantage plan.

Some things to keep in mind about Medicare:

changes, they will take effect on Jan. 1, 2025.

• If you have a Medicare Advantage plan, you cannot also one of the toughest decisions about being on Medicare, and your answer will be determined by your own health status and your expectations about the coming year.

· Advantage plans can give you lots of benefits you

won't get from original Medicare, such as vision and dental – but a supplemental plan will help with medical costs and pick up what Medicare doesn't. An Advantage plan will cover everything original Medicare covers, but each plan is different and you'll be limited to a network.

• Supplemental plans also vary, but often pick up the as the co-pays or deductibles, and you can choose your own doctor. A plan might cost you several hundred dollars per month, and you're required to have original Medicare as well.

Confused? You're not alone. If you need help deciding • If you have a Medicare Advantage plan and make between the original Medicare, a Medicare Advantage plan or a supplemental plan with original Medicare, do your homework and consider asking for advice. You can have a supplemental plan. Deciding between the original call Medicare (800-633-4227), or you can call the State Medicare, an Advantage plan and a supplemental can be Health Insurance Assistance Program (www.shiphelp. org) in your area.

©2024 King Features Synd., Inc. **Super Crossword** 34 Kuwaitis, e.g. HOOKED-UP 63 "Funny Girl" colorful fish court) HYBRIDS 81 Nickname for the director William 120 Successively 35 "Notorious" film ACROSS 121 Fought one-on-65 Contend (for) studio Devil 1 17-year locusts, 66 Aggressive one 36 Four-sided geom. 82 Michelle of e.g. 8 Intercede shorebirds 122 "Agreed" shape "Tomorrow Never Dies" 20 21 22 123 Wee 37 Langston Hughes 83 Auld lang 67 Arctic cetacean. 14 Frrant swamp snapper, 124 Accent poem 85 Ailment causing 23 25 24 42 Ill-defined 125 Made of clay swelling 20 Lovingly, on music arboreal ape 73 Not alfresco situations 86 Horror film 26 28 scores DOWN 21 Daintily small 44 BBQ meat bit 74 Tea holder assistant 30 31 32 45 Altitude 87 Pell-33 22 Planet shape 75 Like dunes 1 Hunter's garb, in (chaotic)

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	lean spitter, showy	-
par	rot	E
25	Jewel units	7
26	Nov. lead-in	8
27	"Gloria in Excelsis	L
"		8
28	Lapel inserts	6
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30	Serengeti grazer,	ę
	g-billed bird, sticky-	
ton	gued predator	9
36	Houston coll.	ę
38	Singer Sumac	ę
39	Singer Irene	1
40	Part of NYSE	1
41	"Love Me or Leave	1
Me'	' singer Ruth	V
43	Great anger	r
46	_loss	1
48	Kanga's son	1
49	Mountain cat,	1
plat	ed burrower,	5
mai	rine crustacean	1
56	Comic Daniel	1
57	"La Cage _ Folles"	(
58	Grizzlies, e.g.	1
59	Overjoys	C

76 City of south India brief 77 Founder of Bolshevism 79 Suffix with hotel 80 Writers Tan and Lowell 84 Pink wader, forest anthropoid, aquatic sucker 88 Hasty escape 91 Riser at dawn 92 Pester 93 Singer Willie 94 Tuba material grass, e.g. 97 Lunch, e.g. 100 Tree of Iowa 103 Milk, in Mexico 104 Scavenging dog, woolly Peruvian, leafmunching crawler 109 Onion relatives 110 Low cards houses 111 "Botch-\_" (old hit song) 112 High card 115 "Monster" star Charlize 116 Prairie canine. destructive insect. 33 Remunerated

47 Exited right after 2 Apple desktop chowing 3 Website notice to 50 Ruminates 51 Skating leap get customer service 52 Milk, in France 4 Ending for dull 53 Treats often 5 Palme \_ (Cannes film award) dipped in milk 6 Digression 54 Somber song 7 Exclusively 55 Sauce brand 8 Health facility 60 Hanoi holiday 9 Arizona city 61 Noted time 10 Online sales 62 IRS datum 63 Ridge on a 11 Lunch on the fingerprint 12 Lake feeding the 64 Grow mature 66 Actress Parrish of Mississippi 13 Part of NYSE "Pretty Little Liars" 14 Chichi scarf 67 Pick-up-sticks 15 Interstices logic game 16 Larynx locale 68 One or more 17 One showing 69 Aves. 70 Kin of "Arf!" 18 Erte's genre 71 Hammered musical disk 19 "Agreed" 24 Weaver's frame 72 Stair support 29 Biting pests 77 First form fill-in, 31 Equine sound often 32 Yellowfin, say 78 Gp. backing arms 80 Cop\_(haggle in

88 JFK follower 89 Weaver of Greek myth 90 Heavy knife 95 Vail trail 96 Revels in 98 Illustrate via pantomime 99 Trial figure 101 On \_ with 102 2006 world figure skating champion Meissner 105 Singer Kravitz 106 Actor Peter O'\_ 107 "Rufus M." author Eleanor 108 Camera brand 113 Moetlev 114 Make at work 115 Little bird 116 LP replacers 117 Mag staff 118 Blue Jays, on sports tickers 119 Doc treating tonsillitis Answer Page 5

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### Comix OUT ON A LIMB By Gary Kopervas MY DOLTOR TOLD ME TO GO ON A BANANA DIET. I TOLD HIM I UGH FOUND THE IDEA UNAPPEALING. TARZAN DAD JOKES FORERVAS 20 AMBER WAVES By Dave T. Phipps UNCLE LOU, WHAT DO YOU SAY WE SPEND ALL MAYBE WE GO TO AN AMUSEMENT PARK ...OR FOR FUN WE COULD JUST LAY IN THE MUD **REMIND ME TO NEVER LET** YOU BE IN CHARGE OF DAY AT THE MALL? OR TO THE BEACH? AND SLEEP ALL DAY? MY BACHELOR PARTY. THE SPATS By Jeff Pickering I HOPE IT WAS NOTHING I HOPE IT OUR NEIGHBORS SOMETHING ARE MOVING I DIDP OUT TIGER By Bud Blake I CAN'TWORK QUIT BOUNCING TOO MUCH NOISE! WHY DON'T THAT! I'M TRYING WITH THAT OING ON AD policies to disadvantage them. Lowry The Biden-Harris border policies, the From Page 2

progressive tolerance for urban disorder, the push to implement a radical trans agenda and issues and the way we are communicating the priorities of woke identity politics struck so many voters as so completely mad that Trump had permission to say or do anything in opposition. It wasn't so much Trump who made the idea of mass deportation mainstream as the Biden-Harris insistence on creating a border crisis and denying that it was happening. Also, a crucial backdrop for Trump's success Latino men and males ages 18-29, while also was the broader economic discontent, as well as Joe Biden's sheer unpopularity. All is flux, so perhaps 2024 won't be replicable, but, for now, Trump has shown that Once Trump established working-class demographics isn't destiny. His right-wing populism has made inroads among a broad to gains among Latino and African-American range of voter groups, while Kamala Harris an emblem of progressivism's cultural \_ obsessions - picked up among collegeeducated whites and among seniors. Who looks like the future now?

# Anesthesia is not only choice for biopsy pain

DEAR DR. ROACH: About three months ago, I bled a bit while urinating. This was the first (and only) time in over

30 years that this happened since I went through menopause. An ultrasound was performed, and they found a mildly thickened endometrium (6.1 mm) with scattered cystic change and without focal lesion. My gynecologist is suggesting an endometrial biopsy. I am concerned because 1 have no symptoms other



than kidney stones. I'm due to see a urologist, but even with my kidney stones, I have no symptoms. I am 80 and concerned about anesthesia. Should I go ahead with the biopsy? – L.O.

A thickened endometrium is concerning for uterine cancer. The most common symptom of uterine cancer is abnormal uterine bleeding. This usually takes the form of red, pink or brown spotting. However, it sounds like you had blood in your urine, which is more concerning for kidney stones than uterine bleeding.

Your ultrasound is abnormal; 5 mm is the maximum thickness for a normal endometrium. Getting a biopsy is clearly the recommended procedure, as it gives guidance on the next steps. Still, your risk of uterine cancer is small. You do not have to proceed with the biopsy if you do not want to.

An endometrial biopsy is an in-office procedure with minimal risk. My textbooks say there is minimal pain, but my patients tell me this isn't always the case. You don't have to receive anesthesia; you can take pain medication (such as naproxen), get a local anesthetic, or do both. I've had several patients who've requested a nerve block and were very happy with their decision.

If the biopsy shows cancer of the endometrium, surgery is the preferred treatment, but radiation is also a possibility for some people.

DEAR DR. ROACH: I have always been a runner, but foot pain has kept me from running in the past few years. Now I have severe pain, even when walking. An MRI showed nothing wrong. The foot and ankle specialist I saw did X-rays and found a large bone spur. He said that surgery to remove the bone spur could get me to walk and run again. I'm 70 and not anxious to have surgery, and the surgeon says he does many of these surgeries with a good outcome. What do you think? -E.W.

Insertional Achilles tendinopathy is a cause of foot pain where the Achilles tendon is inserted into the calcaneus, the heel bone. This problem frequently occurs with runners, especially those with tight calf muscles. The damage done to the tendon sometimes causes a reaction in the bone, causing an osteophyte (a bone spur).

Conservative management includes rest, ice and physical the rapy to help with strength and flexibility. Anti-inflammatorymedicines may be helpful. Splinting at nighttime, orthotics, or special shoes are also helpful for some people. Prior to considering surgery, experts will consider shockwave treatment, although it's not clear how effective this is. If surgery is considered, there are several different techniques, and your surgeon will pick what they think is best for you and what they have the most expertise in. Patient satisfaction rates are reported to be between 86%-95% with surgery. Given the fact that your life has already been affected, and the likelihood that your pain and decreased ability to exercise is likely to worsen, you should seek more aggressive treatment. If physical therapy and other nonoperative treatments have failed, I recommend you strongly consider surgery.

with voters."

Given what we now know, the autopsy could have said, "To thrive in the future, the party needs to find a forceful, charismatic leader in his late 70s who often speaks in vivid, crude terms, and sounds a lot like Pat Buchanan on the issues."

According to the exit polls, Trump won gaining among Asians and black men, and holding his big edge among whites without college degrees.

credibility on economics, the door was open men who are patriotic, culturally conservative and uninterested in being considered members of a victim group. These voters aren't easily offended, so Trump's mode of communication doesn't bother them.

As for young men, many of them are disaffected from a progressive elite that considers them Rich Lowry is editor of the National Review. inherently hateful and privileged and favors ©2024 by King Features Synd., Inc.

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.



## Moore Texas by Roger MOORE

Houston, 1984: A thief is sentenced to 35 years in jail for stealing a can of SPAM!

## 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: G equals O

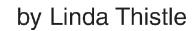
FVQS HGWBC RGW HQBB SVK GUKJVKQC ZGMKR MKKCKC SG ZQTMSQTM Q ZGUTME OSQTJFQR?

KOHQBQSTME HGOSO.

Answer Page 5

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# Weekly SUDOKU



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

# 2025 adaptive sports, arts, gearing up



by Freddy Groves

Over 15,000 veterans will be able to take advantage of Affairs' Adaptive Sports Program courtesy of nearly have been handed to 91 runs until September 2025, and disabled veterans will are stipends and monthly be able to participate not training allowances if you only in adaptive sports, but qualify. in therapeutic arts as well.

programs, ranging from sports SCUBA to skiing to equine therapy and so much more.

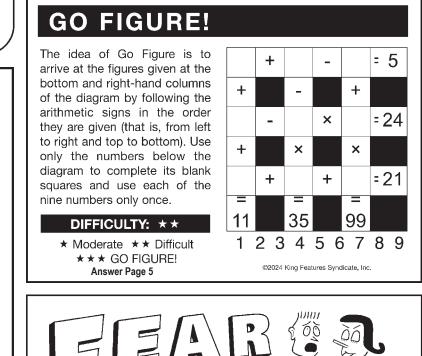
va.gov/veteran-sports the highlights of some football,

Bv:r

those over age 55, May 31 - due to combat. If you have June 5, 2025) or sports clinics, questions, you can give them if you see something you're a call at 301-217-0960. interested in, don't wait. Contact those who sponsor volunteers. You're needed. the events and find out about Apply now. The events how to participate.

the Department of Veterans the possibilities for next year, organization that you're keep in mind that in many cases, the clinics and training \$16 million in grants that are ongoing! For competition next year, you need to start organizations across the now! If you're training country. The current program and participating at a high level, in some cases there

Take a look at Move United The national, regional and (moveunitedsport.org) and community grant recipients click on Warfighters. Their host a wide variety of goal is to provide adaptive opportunities to wheelchair severely wounded warriors. basketball to archery to At this point, over 19,000 veterans have participated in the group's 65-year history. Check out department. Over 70 sports are offered: badminton. for adaptive fishing, rock of the sports, clinics and climbing and more. Whether games that will be offered. the disability is from brain For even more info, click on injury, burns, spinal cord or the Fact Sheet link. Whether visual impairment, it doesn't it's Golden Age games (for matter if the disability was



And then there are the and training can't take If you're hesitant to explore place without you. Call the interested in supporting and get started now.

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 Sometimes dry erase markers and permanent markers look the same in a hurry. Ever grabbed a marker to write a note on a dry erase white board and found that it wouldn't wipe off? To remove permanent marker from a white board, try using a pencil eraser. Rub lightly on the marker areas only. working from the outside in. It should come off.

 Rusty bicycle handles can be unsightly and a pain. Make a paste of salt and lemon juice (three parts salt, one part lemon juice), and use it to rub the rust away with a dry cloth.

· What will you do with all that candy from trick-ortreating? Make your holiday cookie plans now, and you can freeze some for later baking use.

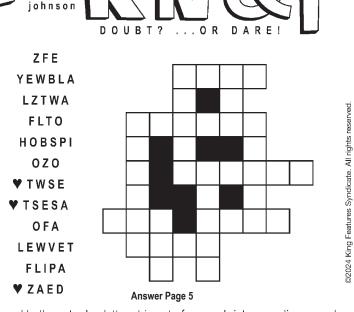
• "If you have magazines or books that you are finished perhaps vou'd reading, consider donating them to local seniors centers. You can look in the yellow pages to see if there are any near you. Often, the seniors are grateful to have new reading material." - T.C. in Florida

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 A Challenging ♦ ♦ HOO BOY! Answer Page 5

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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 ( V) letter string as each unscrambles into more than one word (ex. **VRATHE** becomes HATER or EARTH or HEART ). Fit each string's word either across or down to knot all twelve strings together.

 Many more of us are using the reusable fabric shopping bags nowadays. A few cities have banned the use of plastic bags for retail shops. These bags are much better for the environment, and can hold a lot more groceries per bag. One thing many people forget to do is wash them. You can take out the plastic insert (if there is one) and toss them in the washing machine. Hang to dry and you're carrying around a much cleaner bag!

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