



– Photos by Rick Shrum

THE DOOR IS OPEN – American Legion Post 598, above, located at 141 Elsworth in Horizon City, opens at 5 p.m., Wednesdays and Fridays. A pool tournament is held Wednesdays and a Texas hold'em poker game on Fridays. Executive Committee member Gilbert Kelly, on behalf of Post 598, is inviting all service members in the Horizon area to join them.

Horizon City American Legion Post 598

Kelly invites military service members, families, to visit

By Alfredo Vasquez
Special to the Courier

HORIZON CITY – American Legion Post 598 members are reaching out to El Paso County veterans, active duty personnel, national guard members, reservists, and their families, and inviting them to visit their patriotic post in Horizon City.



– Photo courtesy Gilbert Kelly

IN THE LEAD – Post 598 Commander Ruben Duran wants area service members to know they are welcome to drop by and enjoy what the Post has to offer. Aside from social events, there are official functions. Post 598 hosted the District 16 Convention this October. The attendees came from other American Legion Posts across west Texas.

Legion members are credited with playing a major role in drafting and passing the Servicemen's Readjustment Act of 1944, commonly known as the G.I. Bill. Additionally, members organize commemorative events, assist at the Department

of Veterans Affairs (VA) hospitals and clinics, and are actively involved in issue-oriented politics on behalf of veterans and service members.

The charter for the post in Horizon City was issued in October 1976. "We are a non-profit veteran's organization that depends on fundraisers and donations to support our programs," said member Gilbert Kelly. "We are a small post, but we have big hearts."

He adds, "Our door is open to and we welcome all active military members, veterans and their families."

Within the local post are active associations such as the American Legion Riders, Ladies Auxiliary, and Sons of the American Legions. Also, Post 598 annually supports numerous community programs including the Boys State Conferences, oratorical contests, scholarships, the Cub Scouts, Boys and Girls Scouts, and high school JROTC units.

The Horizon City post, located at 141 Elsworth, is open Wednesdays and Fridays. Events begin at 5:30 p.m., but snacks and beverages are available at 5 p.m. Part of the fun is a pool tournament on Wednesdays and Texas hold'em poker game on Fridays along with plenty of camaraderie.

"At Post 598, even though we are a small group we contribute to national and world projects to serve our armed forces, veterans and communities," Kelly said. He added that the organization's purpose is to foster and to perpetuate Americanism, to preserve the memories and incidents of the wars and to

inculcate a sense of individual obligation to the community, state and nation by combating autocracy of both the masses... to maintain law and order, a representative form of government, and to uphold and defend the constitution of the United States and of the State of Texas.

For more information about the Horizon City Post 598, contact Ruben Duran, at (915) 253-1837.

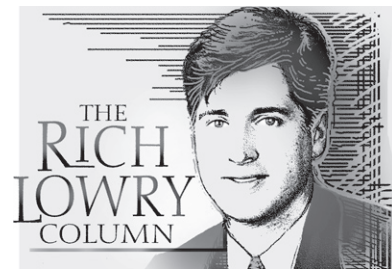
The American Legion's Four Pillars

- Veterans Affairs & Rehabilitation
- National Security
- Americanis
- Children & Youth



NOT FORGOTTEN – Retired First Sergeant Gilbert Kelly stands in front of the Memory Wall at Post 598. Kelly served 23 years in the Army. He also taught JROTC in the Clint School Independent District for 21 years. Kelly is a member of the Executive Committee at Post 598.

Trans moralism is a problem for Democrats



“How dare you say that” isn’t a persuasive political argument.

Yet the side that has believed it can bully its way to victory on cultural issues by policing the debate in its favor continues to act as if it is one, even after getting soundly beaten in the election.

The Left’s game has been to insist that everyone adopt its tendentious vocabulary, to call opponents bigots and to use moral blackmail – and the threat of punishment – to keep any left-of-center doubters in line.

This model, which has been quite successful over the years, has a flaw, though. If a given cause is exotic and unpopular enough, and if it becomes subject to a political debate where the broader public can weigh in, the attempt to define common

sense as a thought crime is doomed to fail.

This is what happened on trans issues in the election. Donald Trump’s “she’s for they/them” attack ad was the most effective and consequential political spot of this century.

How is the Left taking it? By clinging to the old rules.

In an exchange on CNN that’s gotten attention, the Republican strategist Shermichael Singleton said a lot of families don’t think that boys should play girls’ sports, eliciting an outraged reaction from progressive panelist Jay Michaelson.

Interrupting, Michaelson said heatedly that he wasn’t going to listen to such “transphobia” and maintained with great vehemence that it is “a slur” to describe “trans girls” as “boys.”

Notably, the anchor Abby Phillip – the moderator on what is supposed to be a straight-down-the-line news network – intervened, not to say that Singleton was free to use whatever term he thinks is most appropriate, but to rebuke him and ask him “to try to talk about this in a way that is respectful.”

The Left’s attitude on this issue is not, “You may disagree, but I believe trans girls are indeed girls,” but rather, “They are girls and you have absolutely no moral right to say or think otherwise.”

It adds a spirit of hectoring intolerance to the

See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Our cell phone dilemma

Do you miss the old days of telephones? They weren’t that long ago. Back in those days all we had were landlines. You may still only have a landline but it’s becoming rare as more people depend solely on cell phones.

When you traveled in the past you had to find a pay phone to make a call. Pay phones were not that easy to locate and they were expensive. Today, pay phones are rare.

Hotel telephone calls were terrible. It cost a fortune to make calls from a hotel room. If you made several, you had a big bill to pay when you checked out.

Long distance calls used to be the pits. We have all had family and friends who lived in other counties or other states. You couldn’t talk to them very much because it could easily add \$20 - \$30 to

your bill. Thirty years ago, that was a lot of extra money for a phone bill.

Today is the golden era of mass communication. We pay a price for our cell phone and we talk on it all month. I realize it depends on the plan you have. Overall, people use their phones and call wherever they want to call and talk as long as they want to talk. For just a very small monthly fee, I can talk to someone in most in any country at any time of the day, most of the time.

We’ve grown very reliant on our cell phones. We have to know where they are every minute of every day. Life becomes a dilemma when we can’t find our cell phones.

I have hundreds if not thousands of treasured family pictures on my cell phone. I contact all my family and friends on my cell phone. I don’t

know their phone numbers. I punch in their name and their phone rings. All my work associates are contacted via my cell phone. I stay in touch with them by simply sending them a text or sometimes calling them. I would not know how to contact them if I lost my phone. I do most of my work each day on my cell phone. I can gain access to my websites and other business support sites to do a lot of the work that pertains to my vocation. I send and respond to emails on my phone. My wife, children and I stay in contact through my cell phone. The navigation feature tells me how to get to places I haven’t been before. Occasionally, if I get lazy, I pull an app up on my phone and about 40 minutes later I have food at my door. I check my airplane travel on my phone. I make sure my flight is on time and verify my seat assignment. The list goes on and on.

When my cell phone dies or is lost, it becomes a big problem. It becomes

a problem not only for me but for other people who count on me to fulfill various work commitments and assignments. Of course, we all doodle on Social Media. Without our cell phones or tablets we would miss out on all the “junk” that we constantly see on Facebook, X, Instagram, and etc. Without your cell phone, you might not know what everybody else is doing. Back in the old days, the only way we knew what everyone else was doing was to listen in on our eight family party lines. If you don’t know what this is just ask an older person. Often, the cell phone becomes a hassle. Multiple text messages from unknown people, politicians, scammers and others can become wearisome. We delete, block, unsubscribe and we still receive them. However, we can turn our phones off. We should definitely do this more than we do.

Please consider turning it

off during your Thanksgiving dinner. Also, why not consider turning it off when you are having a dinner with your spouse or friend or family. Give it a break. We’ve all seen couples sitting in restaurants with each one of them staring at a cell phone. Give it a rest! Talk to people and make some personal connection with a real person.

We can all “live” life for an hour or two without looking at our phones in order to have some real conversations with real people. However, you’ll be comforted knowing it’s in your pocket or purse for your full attention at any given time.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of “Uncommon Sense” and 12 other books. His column 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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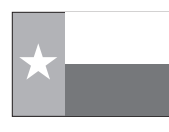
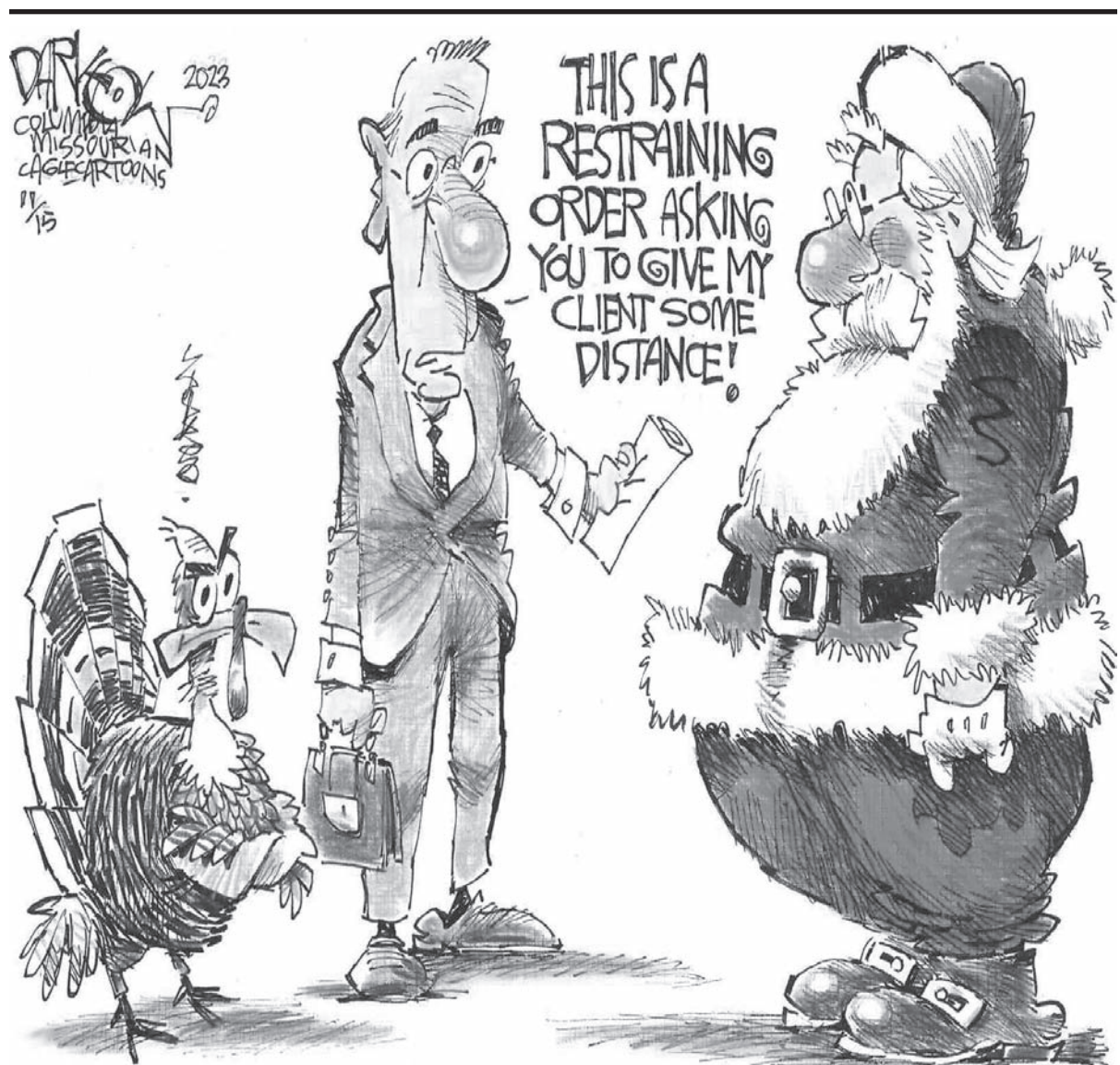
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Segovia named superintendent of Fabens ISD schools

By Sofia Maciel
Special to the Courier

FABENS – During a special school board meeting on November 21, 2024, the Fabens Independent School District (FISD) Board of Trustees unanimously approved Dr. Rogelio Segovia as the new Superintendent of Schools.

Segovia was named the lone finalist for the position on October 26, 2024, while serving as the Assistant Superintendent of Curriculum and Instruction. Per state law, the Board observed the mandatory 21-day waiting period before finalizing his appointment and employment contract.

Segovia brings over 20 years of educational experience. Before joining FISD, he spent six years as the Associate Superintendent for San Elizario ISD, beginning in 2018. His prior experience includes assistant principal at Ann M. Garcia-Enriquez Middle School for over five years and special education teacher, elementary principal, and secondary principal.

Segovia holds a Bachelor of Science in social psychology, two master's degrees in counseling and educational leadership, and a Doctorate in curriculum and instruction and educational leadership.

"I am deeply honored and excited to serve as the new Superintendent of Schools for Fabens ISD," said Dr. Segovia. "Together, with the support of the Fabens ISD School Board, our dedicated educators, staff, families, and students, we will continue to build a future of excellence where every student can succeed. Fabens ISD's strength lies in its people, and I look forward to working alongside this incredible community to elevate our district to new heights."

The Board of Trustees is enthusiastic about



– Photo courtesy Fabens ISD

FLANKED – Fabens Board of Trustees members stand on both sides of new Fabens ISD Superintendent Dr. Rogelio Segovia. They are, from left, Crystal Ramirez, Greg Spence, Angel Ornelas, Segovia, Luis "Charlie" Estrada, Julieta Sepulveda Ramirez and Orlando Flores.

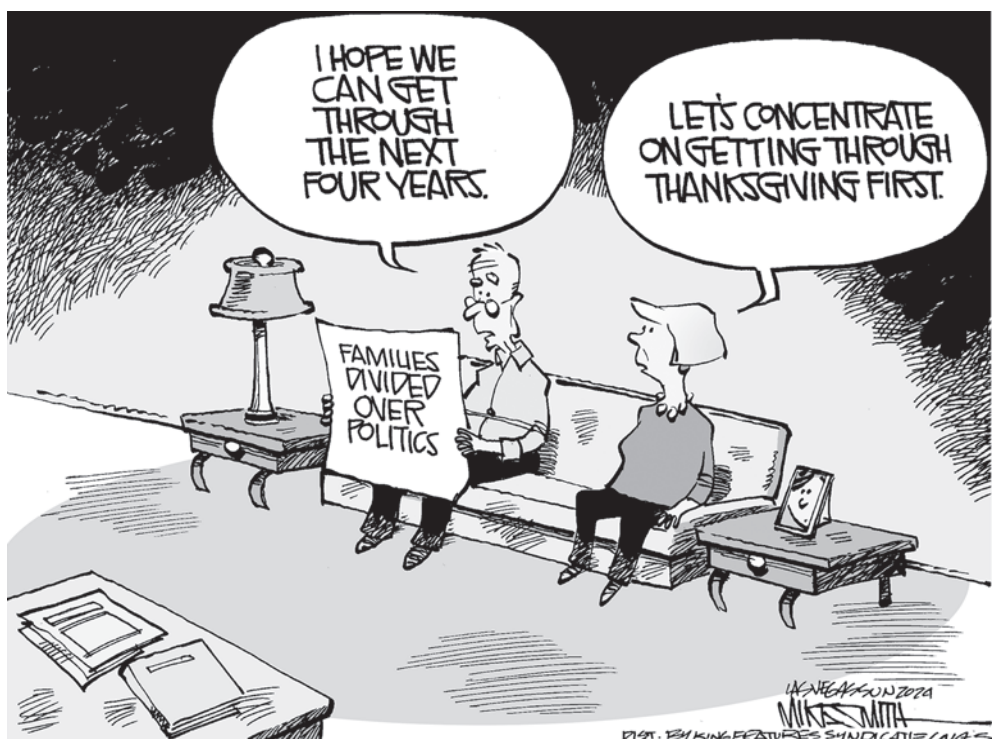
Segovia's appointment. "Dr. Segovia has confidence that his vision, dedication, and experience demonstrated exceptional leadership and a deep commitment to student success throughout his career," said Luis "Charlie" Estrada, President of the Fabens ISD Board of Trustees. "We are excited to work with Dr. Segovia to ensure that every student in our district has access to the resources and opportunities they need to thrive."

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.



Community generosity is good example for AISD students

By Adriana Candelaria
Special to the Courier

ANTHONY, TX – The word “gratitude” often embodies the spirit of Thanksgiving, but for one Anthony Middle School student, kindness defines the season.

Jose Meza, a sixth grader and member of the AMS Kindness Club, joined other students and community members to distribute turkeys and side dish donations during Anthony ISD’s annual Turkey Giveaway on Nov. 20.

“My favorite part was seeing people smile and saying happy holidays to them,” Meza said. “I think that giving to people will make them happy and have a really good time throughout the day. When it’s Thanksgiving, I hope they will be thankful to have food, a roof over their head, and that we were so kind to help them.”

More than 100 families lined up along Wildcat Drive to receive a turkey. The event was made possible through the generosity of dozens of donors. When they donated, they may not have realized the bigger picture – setting a positive



– Photo courtesy Anthony ISD

PUTTING THE GIVING ON THANKS – Jose Meza hands off a basketful of food while an unidentified companion brings another basketful for someone’s Thanksgiving meal.

example for watchful children.

“I liked how our community shows kindness,” Meza said. “Mrs. Bencomo, my Communities in Schools teacher, has taught me a lot. She has backpacks or shoes for kids who need them. I really like that.”

Meza credits his mom as his first teacher of kindness: “She’s always told me to be

nice to others and not to be rude.”

Anthony High School’s Student Council packed boxes with side dishes for the event while the AMS Kindness Club distributed meals to families.

Anthony ISD is grateful for all the

See AISD, Page 5

Clint ISD ranks ‘Superior’ in money management

Courier Staff Writer

EL PASO COUNTY – The Clint Independent School District (CISD) reached a noteworthy milestone by earning a score of 98 out of 100 on the Texas School Financial Integrity Rating System (FIRST) for 2023-2024. The Texas Education Agency (TEA) uses FIRST to evaluate how well school districts are managing taxpayer dollars. The TEA instituted FIRST 22 years ago. Districts are graded on a scale of A to F.

Most Texas school districts have been facing increasing financial challenges. Costs have been rising yearly but there has been no increase in State funding since 2019 from the Texas Legislature. Despite the squeeze, CISD balanced its budget and remains focused on supporting students and staff according to Dr. Jessie Cline. Cline is the Chief Financial Officer for CISD.

The score of 98 gives CISD an “A” or “Superior Achievement” rating from TEA. “[The score] highlights the district’s excellent financial management and transparency, making it one of the highest-rated districts in the area,” said Cline. “We are handling funds responsibly and making the most of every dollar.”

Cline emphasizes that CISD strives to manage taxpayer money wisely to provide the best education for students. “Their [CISD Board of Trustees] careful planning ensures resources are used where they matter most – the classroom,” Cline said. “Through its responsible financial practices, CISD fulfills its mission by ensuring that every dollar is spent to maximize students’ potential.”

The CISD Mission Statement reads: *The mission of the Clint Independent School District is to prepare all students to be successful citizens. The District will work in partnership with the community and the family to create opportunities for the student to maximize personal potential.*

Canutillo ISD Trustees select Martinez for vacant Board seat

By Gustavo Reveles
Special to the Courier

CANUTILLO – The Canutillo Independent School District Board of Trustees on Tuesday voted to appoint longtime Canutillo volunteer and parent Sergio Martinez to fill the Board vacancy created when Blanca Trout opted not to serve after being elected on Nov. 5.

Martinez, who finished right behind Trout in the election, will be sworn in during the Board’s December meeting.

“I am humbled at the opportunity to serve the Canutillo community that has given so much to me and my family,” Martinez said. “I look forward to joining the rest of the Board and working toward helping the district meet its goals as it continues to grow.”

Martinez will serve for two

years and must seek election to an unexpired two-year term in 2026 if he wishes to remain on the Board.

The District on Tuesday swore in three trustees elected earlier this month: new Board members Lily Maldonado and



– File

Sergio Martinez

Carolina Ortega as well as re-elected Board President Armando Rodriguez.

They also accepted Trout’s resignation letter forgoing her right to serve after being duly elected, which triggered the vacancy on the Board. Trout cited personal reasons for her decision

not to serve.

Trustees had the option to appoint a new trustee or have a special election to fill the vacancy, which could have cost the district tens of thousands of dollars.

After some discussion, Trustees voted to appoint Martinez as the candidate with the largest number of votes after Trout.

Strange BUT TRUE

By Lucie Winborne

• The term “lawn mullet” means having a neatly manicured front yard and an unmowed mess in the back.

• Weird Al Yankovic wrote his parody song “The Saga Begins” before “Star Wars: Episode I” was released. Lucasfilm denied his request to see the film early, so he relied on internet spoilers for plot details.

• The human stomach can dissolve razor blades.

• In 1987, Steve Rothstein paid \$250,000 for a lifetime unlimited first class American Airlines ticket. He even hopped on planes to get a sandwich or to go to a baseball game in other cities. It cost American Airlines around \$21 million, and they ended his contract in 2008.

• Thanksgiving Eve is the biggest drinking and pizza night of the year.

• When the Italian writer Umberto Eco visited Paris for the first time, he only walked down streets surviving from the Middle Ages. He was studying medieval history at the University of Turin at the time and was obsessed with the era.

• In an emergency, coconut water can be used for blood plasma, due to its high levels of sodium and low levels of potassium.

• There are beaches in the Maldives that glow in the dark.

• When pencils went into mass production in the 1890s, the finest available graphite to fill them came from China. Pencil manufacturers wanted everyone to know that they used only the best Chinese graphite, so they painted their pencils yellow, the traditional Chinese color of royalty.

Thought for the Day: “Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul.”

– Samuel Ullman

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CryptoQuip Answer

If only I could reverse the bad effects that aging is having on my body. I’m feeling so youthless.

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Moments in time
THE HISTORY CHANNEL

• On Nov. 25, 1990, following a severe thunderstorm on Thanksgiving Day, Washington State's historic Lacey V. Murrow Memorial Bridge broke apart and sank to the bottom of Lake Washington. Its disintegration was slow enough for news crews to capture the entire event on camera and broadcast it to a fascinated audience throughout western Washington.

• On Nov. 26, 1864, Oxford mathematician Charles Lutwidge Dodgson, better known to us today by his pen name, Lewis Carroll, sent a handwritten manuscript called "Alice's Adventures Under Ground" to 12-year-old Alice Liddell. One of the earliest stories written solely to amuse rather than teach children, it became a beloved and much-adapted classic and is still the author's best-known work.

• On Nov. 27, 2005, Aerosmith's Steven Tyler and Joe Perry of Aerosmith, along with rapper 50 Cent and other notable music celebs, took to the stage as featured performers in New York City's Rainbow Room at the \$10 million bat mitzvah of 13-year-old Elizabeth Brooks.

• On Nov. 28, 1582, 18-year-old William Shakespeare and 26-year-old Anne Hathaway paid a 40-pound bond for their marriage license in Stratford-upon-Avon. Their first child, daughter Susanna, followed six months later.

• On Nov. 29, 1942, coffee was added to the list of rationed items in the U.S. in spite of its record production in Latin American countries, due to high demand for the bean as well as shipping needed for other purposes.

• On Nov. 30, 1954, a 7-inch meteorite weighing eight and a half pounds crashed through the roof of Elizabeth Hodges's house in Sylacauga, Alabama, bounced off a radio, and struck her hip as she slept on her living room sofa. Although badly bruised on her hip and leg, she was not permanently injured.

• On Dec. 1, 2020, South Korea, which normally requires its men to enlist in the military by the time they turn 28, passed a law to defer such service until age 30 for K-pop stars who have "elevated the country's cultural influence around the world."



— Photos courtesy Fabens ISD

MANY HANDS – Dr. Rogelio Segovia, Sandra Cortinas, Libby Garcia, Gabby Contreras, Maria Warren and Martin Torres were some of the people that gave time to the Fabens ES Turkey Drive. The baskets contain some of the turkeys that went to 64 families in the community.

Garcia thankful for generosity during Fabens ES Turkey Drive

By Sofia Maciel
Special to the Courier

FABENS – For the fifth consecutive year, Fabens Elementary School pre-kindergarten teacher Libby Garcia has spearheaded the school's annual Turkey Drive, an initiative dedicated to supporting local families during the holiday season. This year's event, held on November 15, successfully provided Thanksgiving turkeys to 64

families, bringing the spirit of gratitude and community to life. Each teacher nominated one student under the guidance of school counselor Gabby Contreras.

The Turkey Drive, which has become a tradition at Fabens Elementary, exemplifies the commitment of teachers, staff, and community members to the well-being of the Fabens community. The event has grown yearly under Garcia's leadership, ensuring more families can access a warm Thanksgiving meal.

"When I thought it wasn't possible

this year. Thank you to all who helped – my family, cousins, and old bosses. I had \$600 by Tuesday evening, enough to buy 42 additional turkeys! Sixty-four families will have a Thanksgiving meal this year. I am filled with gratitude," said Garcia.

"We are so proud of Ms. Garcia's dedication to this project," said acting superintendent Martin Torres. "Her efforts remind us all of the power of compassion and the difference one person can make in the lives of many."

AISSD

From Page 4

groups that made donations and did volunteer work. They included Anthony ISD staff

and students, Communities in Schools, the Town of Anthony, the Anthony Police Department, El Paso Health, Southwest Fabrications, Inspire Property Management, Martin Lerma and Jacob Gomez.

"We're incredibly grateful to our community partners for making this event possible," said Melissa Leos, Stronger Connections Program Director. "Anthony, Texas, may be small, but its people

have big hearts."

In a year of economic challenges, Anthony ISD is thankful for the kindness and generosity that ensure families in need can enjoy a warm Thanksgiving meal.

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!

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Watch Your Car
TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

Season-ending Battle of I-10 should be a doozy

By Steve Escajeda
Special to the Courier

When things are going bad and the football season wasn't what you thought it would be, the only thing that would make it better is to end the season with a victory.

And that's exactly what will make the Battle of I-10 a little more special this weekend.

Though the New Mexico State Aggies knocked off Middle Tennessee State last Saturday 36-21, it was only their third win of the season and improved their record to 3-8.

After going 10-5 last season and earning a New Mexico Bowl invitation, that 3-8 record is a real disappointment.

The UTEP Miners knew that with an entirely new coaching staff, things were going to be a little tough this season, but they figured they'd be a little better than 2-9 at this point of the season.

A couple more things about the Miners, they're coming off a lopsided 56-0 loss at nationally-ranked Tennessee last week, and they're looking for a bit of revenge after getting smoked by NMSU 28-7 in last year's encounter.

The winner of this 2 p.m. game in Las Cruces' Aggie Memorial Stadium won't qualify for a bowl game, or conference title game, or even a .500 season. But they will finish the season on a winning streak, and they'll enjoy bragging rights all summer long.

Another plus for the winner will be a

feeling that they are on the right track toward the 2025 season.

This year's game is completely up for grabs. The Miners and Aggies are so similar this year that it's hard to decide who the favorite should be.

UTEP has won 10 of the last 14 meetings with NMSU, but the Aggies have won four of the last six.

Before their victory over Middle Tenn. St. last week, the Aggies had only beaten little Southeast Missouri 23-16 and Louisiana Tech 33-30 in double overtime.

The Miners' two lone wins have come against Florida International 30-21 and Kennesaw State 43-35, also in double overtime.

Both the Miners and the Aggies are welcoming new head coaches this season. UTEP is under the first season with Scotty Walden and NMSU is led by Tony Sanchez.

Looking at the offenses of both teams, chances are the 2024 version of the Battle of I-10 won't be a high-scoring affair.

The Aggies are scoring just 20 points a game, while the Miners are averaging less than that, scoring just 17.

But the defenses have had an equally tough seasons. The Miners are allowing 32 points per contest, but the Aggies are giving up a little more at 35.

When you do the math, both teams are losing their games by an average of 15 points per outing.

Like I said, these two teams are so similar in so many ways.

New Mexico St. starting quarterback Parker Awad will only be making his sixth start of the season this weekend. UTEP's Skyler Locklear has missed a few games due to injury and his status for this week is iffy after being injured in the middle of the Tennessee game.

Last year's NMSU win over UTEP was in their first ever Conference USA meeting. This Saturday will be the second and next season's matchup will be the third and final time they meet as CUSA foes.

UTEP will join the Mountain West Conference in July of 2026.

When the Miners leave for the MWC, they'll still meet the Aggies in non-conference games as they have forever, but these next two games as conference rivals will mean a little bit more.

Fans of the Aggies and the Miners haven't watched a whole lot of winning football over the last five decades, and they haven't seen a whole lot this year.

But it's very rare that UTEP and NMSU meet on the final Saturday of the season. This ensures that one of the two will end the year with a victory.

With the top recruiting class in CUSA, a UTEP win to close the season would give Scotty Walden a head-start toward a 2025 season that many believe would be a drastic improvement.

A UTEP loss would bring out all the Walden-haters.

It may not be pretty, but it should be a very entertaining Battle of I-10.

Senior moment By Matilda Charles

The extra \$50

Social Security payments are going up 2.5% starting in January, which comes to an average \$50 increase for the 72 million recipients. That's less than the increase for 2024, and the previous year, and the previous year.

Your 2025 statement detailing your specific amount should arrive in the mail in early December. Read it to be sure you don't spot any mistakes.

Medicare cost is getting a bump, from \$174 to \$185. (Keep an eye out for your annual booklet "Medicare & You" to come in the mail.) Remember: Upon reaching age 65, you still need to sign up for Medicare within 3 months of your birthday.

Social Security fraud is still a big problem. If you suspect someone has tried to scam you, call the Inspector General's Fraud Hotline at 800-269-0271 and report it.

If you're scrambling and watching your savings dwindle because of the rising cost of, well, everything and you

know that the Social Security increase won't make a dent, give your finances a good hard look.

Some ideas: Put off buying a new winter coat for one more year. Buy food in bulk and split with a friend or neighbor. Look for community rabies/distemper shot events to lower the cost of vaccines for your pet. Put clear plastic on the windows to block chilly breezes. Ask for discounts everywhere you go and shop on seniors discount days. Apply for energy, phone and internet assistance money. Consider a part-time job one day per week. If you can pay for the whole year on your auto or homeowner insurance, you might get a significant discount. Review your subscriptions and cable TV extras and see if you can delete any of them. Try out cheaper store brands. Explore GoodRx and America's Pharmacy for reduced prescription costs.

In short, look for spare dollars anywhere you can find them, because that extra \$50 isn't going to go very far.

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Send Your News To: wtxcc@wtxcc.com

- ELEMENTAL EXPANSION ACROSS
- 1 Legal aide, e.g. Abbr.
- 5 Livestock pen
- 11 Legal aide, for short
- 15 "Moneytalks" rock band
- 19 Arena area
- 20 Edenic locale
- 21 "... it just me?"
- 22 Dutch South African
- 23 "Help yourself," elementally?
- 26 Be jealous of
- 27 Liqueur akin to sambuca
- 28 Dessert, to a Brit
- 30 Bro's sibling
- 31 Whitewater transports
- 32 About to receive something special, elementally?
- 37 Afflictions
- 39 Madison Ave. products
- 40 Canon camera line
- 41 Vital vessel
- 42 Detective Briscoe on "Law & Order"
- 45 Brooks
- 47 Unpaved road surface
- 48 Ontarians' national anthem, elementally?
- 50 Bullring cheer
- 52 Rx requests
- 53 N-R linkup
- 54 Cyclotron bit
- 55 Upgrade electrically
- 58 Committing a basketball infraction
- 61 "Not gonna happen," elementally?
- 68 Without requiring me to change
- 69 Like Columbus, by birth
- 70 Weird sort
- 71 1998 Spike Lee film, elementally?
- 74 Copious, as sweating
- 76 Declared it to be true
- 77 Pair
- 78 _ Tin Tin
- 79 Ancient Cuzco citizen
- 83 ICU staffers
- 84 Bill Clinton's veep, elementally?
- 90 Like many big grins
- 92 Absorb, as spilled ink or gravy
- 93 Collect
- 94 Skylit lobbies
- 95 "_ tree falls in the forest..."
- 97 Lass
- 98 Surrender
- 99 Puccini opera, elementally?
- 103 French painter Edgar
- 107 ThinkPad's original
- co.
- 108 Like LeBron James, a record 18 times
- 109 Estrange
- 111 Baldwin of "It's Complicated"
- 113 "You have my word," elementally?
- 117 Not far from
- 118 Pizza cooker
- 119 Insect stages
- 120 TV's _ May Clampett
- 121 Port in Norway
- 122 Cruel Roman emperor
- 123 Smiles evilly
- 124 "The Thin Man" dog
- DOWN
- 1 Being tried, legally
- 2 Tuscan tourist city
- 3 Letter stroke
- 4 Meeting secretly, in a way
- 5 Extremist sect
- 6 Ear ailment
- 7 French city
- 8 Stat of engine speed
- 9 Intend (to)
- 10 Put down
- 11 Low seats with no backs
- 12 Rejoinder to "Am not!"
- 13 Alarm clock headers
- 14 "Ad _ per aspera"
- 15 Civil War prez
- 16 Utilize sparingly
- 17 Strayed off course
- 18 Ice needles, e.g.
- 24 Actress Caron
- 25 Whale pod
- 29 Asterisk
- 33 "Rats!"
- 34 Notion
- 35 Didn't waste
- 36 Gad about
- 38 Colleague of Trotsky
- 42 Spa scrubber
- 43 Unearth
- 44 Sedating Vicks product
- 45 With 67-Down, kitchen tool
- 46 Hoopster _ Abdul-Jabbar
- 47 Kid's "cootie"
- 49 Gear piece
- 50 Injury, to a tot
- 51 Lucy of "Elementary"
- 56 Besides that
- 57 Brand of shoes and leather goods
- 59 Chou En-_
- 60 Don of talk radio
- 61 Ensnares
- 62 Shot _ (ice hockey stat)
- 63 Snake type
- 64 Dog sound
- 65 Cell with an axon
- 66 Thirst for
- 67 See 45-Down
- 69 Thor and Loki
- 72 Miss Poppins
- 73 Gimlet liquor
- 74 "Poultry in motion," e.g.
- 75 Red cosmetic
- 77 Brief swim
- 79 Language of Rome, to its natives
- 80 Prominent people
- 81 Polenta base
- 82 On the job
- 85 Company ID
- 86 Provo's state
- 87 Equine hybrid
- 88 Football great John
- 89 Gunpowder or matcha
- 91 "How funny"
- 92 Toddler, in Turin
- 95 Smitten romantically
- 96 Financial backer
- 98 Wine storage locale
- 100 "March comes in like ..."
- 101 Make illegal
- 102 Purple hue
- 104 Irritates
- 105 Off-kilter
- 106 "So long!"
- 110 _ of March
- 112 Lead-in to Magnon
- 114 Overhead rails
- 115 Sickly pale
- 116 Iron source

Answer Page 4

Super Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
19				20						21				22					
23			24						25					26					
27								28					29		30				
31					32		33	34	35						36				
			37		38		39			40				41					
42	43	44				45				46			47						
48					49						50	51			52				
53				54						55	56			57					
58			59	60			61	62	63						64	65	66	67	
68							69							70					
71					72	73							74	75					
				76								77				78			
79	80	81	82		83			84	85	86	87			88	89				
90				91				92						93					
94						95	96			97			98						
99						100				101			102		103		104	105	106
107				108									109		110				
111				112		113				114	115	116							
117						118				119							120		
121						122						123							124

Comix

OUT ON A LIMB By Gary Kopervas



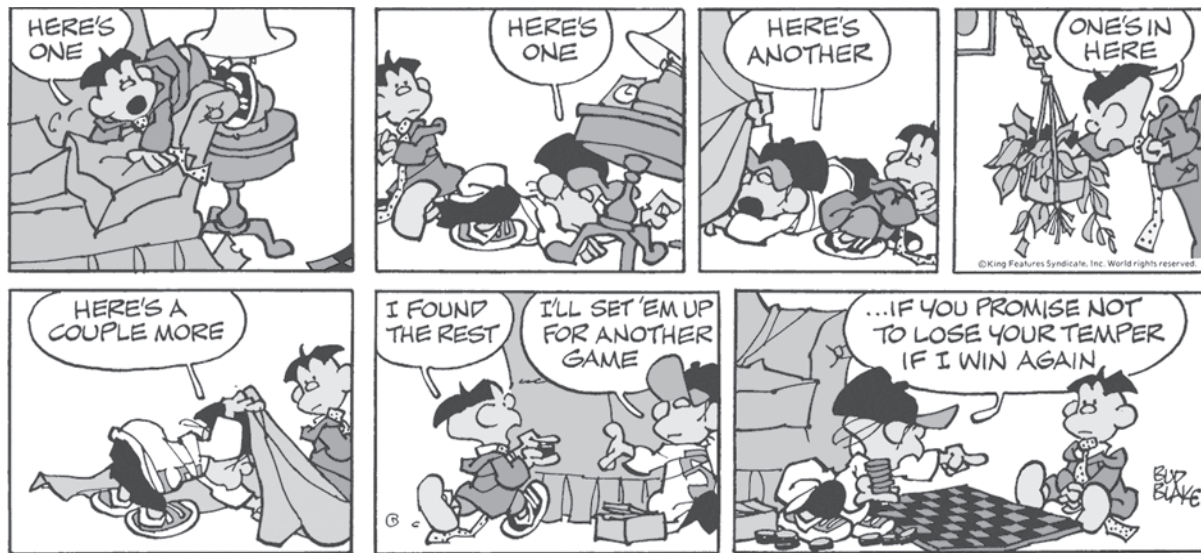
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

underlying absurdity of the position on the merits – making it all even more off-putting.

The problem is that progressives consider whatever new boutique obsession they've come up with at any given moment to be the great moral issue of our time, indeed always to be the moral equivalent of the fight for civil rights.

So, someone who doesn't want to see boys competing in girls' sports, and simply rejects the fashionable terminology, is viewed as a modern-day Bull Connor.

This means no compromise is acceptable, even on the most pragmatic political grounds.

The longtime chairman of the Texas Democratic Party, Gilberto Hinojosa, just got defenestrated, at least in part for daring to say the obvious on the trans issues.

"You can support transgender rights up and down all the categories where the issue comes up, or you can understand that there's certain things that we just go too far on, that a big bulk of our population does not support," he

said in an election postmortem.

He'd have been better off saying that the party should in the future call for the official end of the gender binary, by violence if necessary.

After getting slammed by his own side, Hinojosa groveled: "I extend my sincerest apologies to those I hurt with my comments today." And now he's gone anyway.

A top aide to Democratic representative Seth Moulton resigned after the congressman had the temerity to say that he doesn't want his daughters "getting run over on a playing field by a male or formerly male athlete, but as a Democrat, I'm supposed to be afraid to say that."

Well, he's supposed to be afraid for a reason. He, too, was fiercely denounced by left-wing groups.

The Left's moralistic browbeating may succeed in reinforcing the trans-orthodoxy among its own. As we learned on Nov. 5, though, the rest of the country won't play by these poisonously stupid and illiberal rules.

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

PCOS does not go away after menopause

DEAR DR. ROACH: I had all the symptoms of polycystic ovary syndrome (PCOS) when I was younger. I could go six months without having my period. I had all the other symptoms, too, like oily skin and facial hair. It's a terrible thing for a young teenage girl. I also had trouble getting pregnant; though, fortunately, Clomid worked well for me during both of my pregnancies. My question is, how does PCOS affect older women? My doctor doesn't know. Is this why my hair is thinning so badly? What else can I expect now that I'm older? (I'm 66 now, and I had menopause at 51.) What can I do about it? I still have hot flashes and thinning hair. – L.L.P.



I'm sorry that you aren't getting good advice. PCOS doesn't go away after menopause, but it's harder to diagnose. There aren't good data to help guide treatment, so understanding what's happening at a biochemical level is important.

Although cysts in the ovaries are usually seen with PCOS, the most important parts of the diagnosis have more to do with androgen excess (male hormones) and abnormal ovulation. Insulin resistance is also an important part of PCOS, with or without obesity.

The androgen excess is responsible for oily skin and facial hair, and it's partially responsible for insulin resistance. As women age, most androgen levels tend to return to normal, but women still may have some residual symptoms. Although any woman can get female-pattern hair loss (overall thinning of the hair, often worst in the center part), women with PCOS are at a higher risk for developing this type.

However, women with PCOS may also occasionally develop male-pattern hair loss (a receding hairline and thinning on the crown) when the ovaries produce excess male hormones and fewer female hormones. Treatment with the antiandrogen medication finasteride seems particularly promising, and topical (or low-dose oral) minoxidil can be helpful. A dermatologist who specializes in hair loss should be the expert in the management of PCOS-associated female-pattern hair loss.

In addition, the excess male hormones may play a role in increasing a postmenopausal woman's risk for heart disease. HDL cholesterol levels tend to be lower in postmenopausal women with PCOS. The standard calculators to help a clinician decide when to start medication (such as a statin) to reduce the risk of heart disease are likely to underestimate the risk. Thus, diet and exercise are very important for women with PCOS.

Hot flashes do not seem to be worsened by PCOS. Although hormone replacement can be used in women with hot flashes and PCOS, it is especially risky in a woman of 66 due to the increased risk of heart disease. Nonhormonal treatment, such as venlafaxine or fezolinetant, is my recommendation.

Finally, insulin resistance is present in over half of all women with PCOS, so regular evaluations of blood sugar levels and A1C levels are important to diagnose prediabetes or overt diabetes as quickly as possible. Again, diet, exercise and sometimes medication are even more important for women with PCOS, to help reduce the risk for developing diabetes.

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.

Archives: www.wtxcc.com



Moore Texas by Roger Moore

November 25, 1850: Texas gave up parts of Colorado, Wyoming, New Mexico and Oklahoma for just \$10 million. It was called the Compromise of 1850.

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: X equals L

UE QCXW U ZQBXJ YDHDYKD
 NOD LMJ DEEDZNK NOMN MRUCR
 UK OMHUCR QC FW LQJW. U'F
 EDDXUCR KQ WQBNQXDKK.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Operation Gratitude still going strong



by Freddy Groves

Since it began in 2003, Operation Gratitude has sent out in excess of 4 million care packages to deployed service members. Starting several years ago, OpGrat has expanded their range of giving to include first responders, wounded heroes, recruit graduates coming out of boot camp and veterans, saying thank you to those who serve.

The kids aren't left out either. Over 20,000 Battalion Buddy teddy bears have been sent out to military children in one year alone.

The donated items in the boxes (ranging from expensive gadgets to snacks to games to necessities) come from corporations, small companies, community and civic groups, and individuals.

Requesting a care package to be sent to someone is easy. Packages can be sent to Army, Navy, Air Force, Marine Corps and Coast

Guard personnel deployed overseas and National Guard serving domestically.

Volunteers are at the heart of OpGrat. They write letters to be included in the packages and volunteer at the packing events. Local groups create handmade items, scout troops and companies hold fundraisers and schoolchildren collect loose change.

If you doubt the value of this ongoing effort, look at the videos on the website (www.operationgratitude.com). And look for Carolyn Blashek, the woman who started OpGrat in her living room in 2003 after talking to an Iraq War soldier who doubted that anyone cared about whether he'd make it back. She decided to prove him wrong, and 4 million packages later, she has.

I first wrote about Operation Gratitude in 2008 and have been tracking them through the years. While other efforts have come and gone, OpGrat has only grown and expanded. One memorable highlight was the year founder Carolyn Blashek personally delivered

a care package to a soldier in Iraq. That box contained the keys to a new vehicle, courtesy of the automaker.

Want to open your wallet and help? You can make a tax deductible donation on the website or send a check to Operation Gratitude, PO Box 260257, Encino, CA 91426-0257. For more information, call them at 818-960-7878.

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- "I have to wear my hair tied back for work. With all the ponytails, I get lots of little broken hairs that stick up all over my head when it's very dry or very humid, especially when I go from a wet, yucky outside to a dry, heated inside. I have tried lots of styling products that don't work very well. Then a co-worker suggested a fabric softener sheet. I can't believe it, but it works." – P.G. in Michigan

- If you have an ink stain on fabric, try hairspray. Saturate the ink spot with hairspray and blot using a clean white cloth or non-decorated paper towel. Repeat until all the ink is gone. Make sure you test on an inconspicuous area first.

- For every degree you lower your thermostat during the heating season, you generally reduce your energy costs by 3% daily. Also, turn down the temperature setting on your hot water heater.

- Here's a no-fail strategy for raking up leaves: Rake leaves into a single long line, preferably onto a sidewalk. Then turn a large garbage can on its side and sweep the leaf pile into the can. The raking goes much quicker when done in "stripes." And bagging is faster as well.

- "I have one of those big wall calendars for work. When the year is over, the kids like to cut out the months into bingo cards. They use stickers to create both the bingo cards and the puller's cards (the individual days and the different kinds of stickers). It's a fun craft that uses their brain cells." – Y.R. in Arizona

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

GO FIGURE!

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

	+		÷		= 2			
-		+		+				
	-		+		= 11			
÷		-		×				
	+		+		= 9			
=		=		=				
2		7		80				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

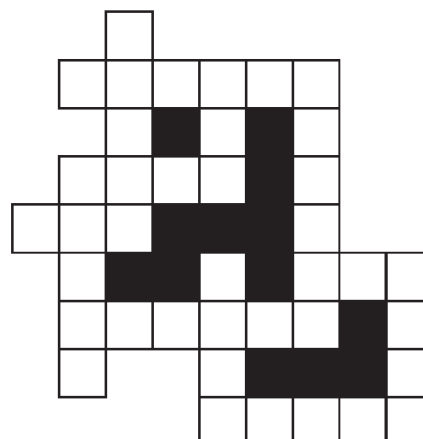
★★★ GO FIGURE!

Answer Page 4

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- DCA
- HUROAT
- UDIMT
- ♥RYNA
- ♥HASTEC
- RYT
- NEDI
- ♥ARNDI
- EUH
- TEECRI
- SYDIA
- ♥UDTS



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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