

## **Reveles to advocate for multi-cultural approach on SBOE**

**By Alfredo Vasquez** Special to the Courier

EL PASO COUNTY – El Paso County residents have a new voice to speak for them on the Texas State Board of Education (SBOE), an organization that is responsible for determining what the state's 5.5 million public school children learn in the of racism and its diversity. classroom.

After the recent general election, Gustavo Reveles as communications director for ended up receiving 314,162 votes, which is 50.9 the Canutillo Independent School percent of all votes cast. His Republican challenger District (CISD), said that he ran to Michael "Travis" Stevens got 302,549 votes, or ensure Texas' border communities 49.1 percent of the total count.

Reveles was the lone Democrat to win of five contested SBOE races held throughout the state. Republicans Tom Maynard (District 10), Pam Little (District 12), Aaron Kinsey (District 15), and Brandon Hall (District 11) prevailed in their educators as leaders and experts in contested races. With the four Republican winners, the GOP retains its majority on the education board. The new board now consists of ten Republicans and ensure students of all backgrounds five Democrats.

The District 1 seat, which encompasses El Paso County and part of Bexar County, became open when the current board member El Paso Democrat Melissa Ortega decided to not seek another term. In other parts of the state, Democrats Marisa Perez-Diaz (District 3), Staci Childs (District 4), and Tiffany Clark (District 13) held onto their seats uncontested.

The 15 members on the board play an influential role in determining what students learn in the classroom and what is required for kids to graduate. They also oversee a \$56 billion state endowment to support Texas public schools, according to Texas Telegram. Education Agency (TEA) officials.

An important issue facing the representative group this year is the revising of Texas' social studies curriculum. Some conservatives on the Republican-dominated board campaigned on the idea that public schools are harming children with how they teach America's history

Reveles, who currently serves continue to have a presence at the state level. He stated that although he has not worked as a teacher or an educator, he asserted that the board needs people who respect their field.

Reveles stated that he wants to feel represented in the curricula. He said that he would also like to see a more rigorous approval process of charter schools, which are publicly funded but privately managed.

Reveles, 49, is a graduate of Riverside High School and earned a Journalism degree from the

for the El Paso Times and for the Fort Worth Star vast region," Reveles affirmed.



NEW FACE - Gustavo Reveles, above, was recently elected to represent El Paso County on the State Board of Education. He said that he ran for the board because he is troubled by the board majority's allowance to respect minority rights and has approved curriculum standards that favors one group of Texans over another.

position, which is a non-compensated duty, because "I am troubled by the direction the SBOE has taken in the adoption of curricula and instructional materials. More and more we are seeing that the majority on the Board has an insistence on ignoring the contributions, culture and experiences of students and teachers of minority or underrepresented groups." He added that the recent decision by the SBOE to approve a curriculum that favors one religious experience in a public instructional setting is a clear example of the state's insistence of ignoring the experiences of all Texans.

For the next four years, Reveles along with his SBOE colleagues will be responsible for adopting curriculum standards, state requirements, graduation and instructional materials used in public schools. Board members are also in charge of reviewing and approving applications for push an agenda that doesn't new school charters. Additionally, SBOE manages the multi-billion Permanent School Fund and meet about five times a year in Austin.

"I represent a diverse district that

University of Texas at El Paso (UTEP). Prior to spans from El Paso and the Big Bend to parts of joining CISD, he was public information officer the south-central Texas and suburban San Antonio. for El Paso Independent School District (EPISD). I will do my best to communicate and engage with He has also worked as a public education reporter students, educators, and parents throughout this

Individuals can email to grevelessboe@gmail.com Reveles stated that he decided to seek the SBOE to contact El Paso County's new SBOE official.

## County Attorney Sanchez sworn-in for 2025-2028 term

**By Elhiu Dominguez** Special to the Courier

EL PASO COUNTY - Christina December 31, 2028. Office provides legal representation writers and deceptive businesses. The Honorable Selina Saenz, Judge for the county, prosecutes juvenile Operating with a budget of over \$10 Sanchez officially took the oath of office as El Paso County Attorney of the 65th District Court, presided over criminal cases, enforces environmental million, the office comprises more on Thursday, January 2, 2025. the ceremony and administered the laws, and secures protective orders for than 100 employees dedicated to The swearing-in ceremony was oath of office to Sanchez. Additionally, victims of domestic violence, stalking, serving the community.

El Paso County Courthouse. Her sworn-in during the event. constitutional term will extend until

held in the Commissioners Court all Assistant County Attorneys and and bullying. The office also plays

Courtroom, on the third floor of the County Attorney Investigators were a vital role in protecting vulnerable populations, such as the elderly and The El Paso County Attorney's children, and prosecuting hot check



Photos by Elhiu Dominguez

REPEAT AFTER ME – Judge Selina Saenz, back to camera, swore-in El Paso County Attorney Christina Sanchez in the picture at left and Assistant County Attorneys and County Attorney Investigators in the picture at right.

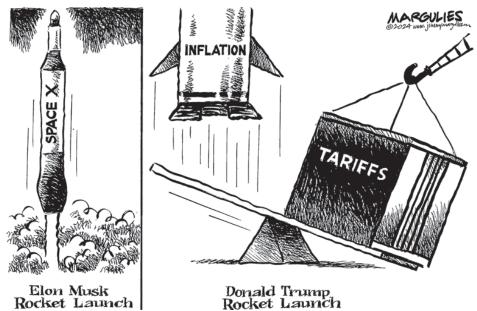
Having a big new car does not always mean the owner has money – it may mean he once had money.

<sup>–</sup> Quips & Quotes

# **The Musk factor**

It's a testament to the energy and drive of Elon Musk that he's now a key adviser to an incoming president of the United States who he helped elect a distinctive and unexpected contribution to the this year – and this is a side project for him.

What stamp collecting is to most of us – something



we make time for when not engaged in our day jobs – influencing the future direction of the United the rise of Trump States government is to Musk.

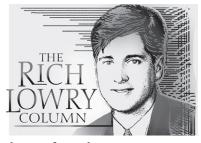
This is not to minimize his significance. Far from it. The revolutionary businessman represents Trump coalition.

From the perspective of a decade ago, if you had

said the most visionary and wealthy entrepreneur on the planet was at the right hand Musk. of a Republican presidentelect, promising to cut a couple of trillion dollars from the federal budget and bring massive innovation to the economy, you might have assumed Paul Ryan or someone in his ideological camp had gotten elected.

House and vice-presidential nominee was a relentless advocate of entrepreneurship, economic dynamism and a slimmed-down government.

Within the GOP, the populist put the political squeeze on the likes of Ryan, whose business-oriented, free-market creed



suddenly felt stale and out of touch.

Now, a version of that worldview has returned via

To be sure, the CEO of Tesla and SpaceX is a different animal. He has an in-your-face persona, a bit of a Silicon Valley version of Trump. He's been radicalized on immigration, becoming a fierce opponent of Joe Biden's open border. He's a cultural warrior seeking to destroy what he calls "the woke mind virus." And he can speak in apocalyptic tones.

All of this, and especially his acquisition of Twitter, has made him a populist hero in his own The former Speaker of the right, even as he champions an economic dynamism that would have thrilled conventional Republicans from the pre-Trump era.

Trump contains multitudes. Part of him is an

See LOWRY, Page 7

### Food for thought By dr. Glenn Mollette

## **Transitioning Into 2025**

changes. Some of us will mess up change upon his inauguration. writing a check a time or two because However, it remains to be seen what college freshman often misses their ever had. That may not be easy but we'll write 2024 until it finally sinks will change and what won't. in that we are in a new year.

always has and this year will not be transition. Some men never get over any different. We will see a changing of their high school sports career. They the guard in our Presidency. President live in the past of the time when they Biden is exiting after an unbelievable were star athletes, but that may have. 50 or so years in national politics. President Trump is coming back and he has done what no other human has relationship or marriage. It happened done before. I'm not simply referring ten years ago but the impact of it still rot being elected a second time after troubles us. We often still grieve over sitting out a term because that has the loss of a loved one who died 20 happened. What I mean is no one years ago. We still miss them and the has been vilified and harassed as he joy they brought into our lives. We has been and even survived let alone often cannot transition from our jobs ascend to the highest office in the or careers. We remember those 20 to

A new year is transition. The date world. January will bring immediate

Life is always transitioning but we The new year means change. It sometimes have difficulty making the been 20 to 40 years ago. We often have great difficulty overcoming a failed

days often as great days that we would like to go back to.

It's not easy to transition., The senior year of high school. Even as adults we remember those wonderful wasted days of childhood. The 35-year-old misses their teen years, the 80-year-old would like to bra fifty again.

Often, we dread birthdays. The actual birthdate brings a new number. The 15-year-old loves that 16 number because it means freedom to drive. The 64-year-old anticipates 65 and Medicare and the Social Security check soon to come.

Our hope must be to transition as well as we can because transition is coming for us all.

An old preacher friend said, "At com or www.facebook.com/glennmollette.

40 years that we worked a certain job every level there is a new devil." At or business. We look back to those every stage and age of life there are joys and obstacles. There are new struggles and also new opportunities.

Let's make 2025 the best year we've it's worth a try and even if it's not our best year, keep in mind, it's the only year we have at this time. The life we have today is the only life we have. We don't have yesterday or even tomorrow. Let's give 2025 our best effort and do our best to be here at this same time and place next year.

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.

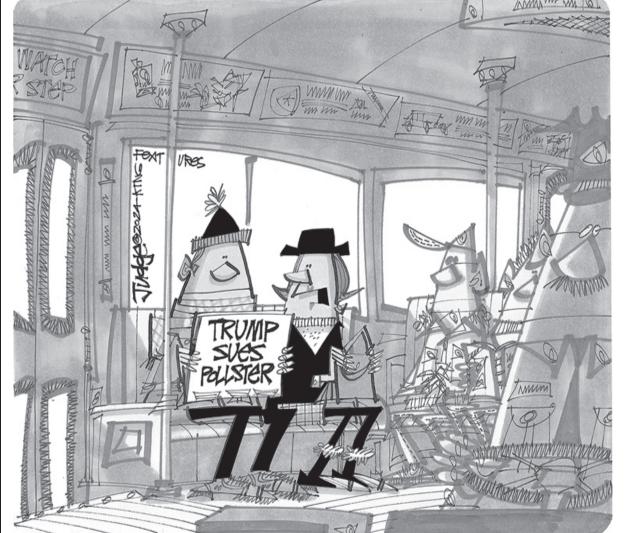


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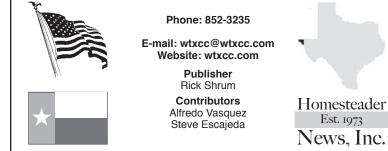
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### "SO HE'S ALSO A SORE WINNER?"

### **EPWater construction resumes**

**By Denise Parra** Special to the Courier EL PASO COUNTY – Beginning Monday (Jan. 6) El Paso Water resumed construction on two

projects near the intersection of Viscount and Airway boulevards, a waterline rehabilitation and Pipeline Protection Project.

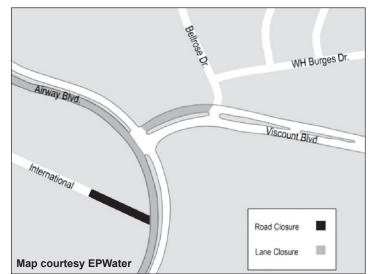
The waterline project involves the replacement of a castiron main to address a consistent water leak near Airway and Viscount. EPWater has tried several non-intrusive methods to resolve the leak, but replacement is the best option. Directional drilling will be used to install a corrosion resistant waterline with a life span of 50-100 years.

The Pipeline Protection Project is also resuming on the westbound lanes of Viscount. EPWater is proactively replacing metal water mains citywide that cross major gas pipelines to minimize the likelihood of breaks.

Business access will be maintained, and drivers should follow detour signage and traffic control (see map below): • Two southbound lanes of Airway closed from Viscount to Gateway West;

• No access to International Drive from Airway; and

• Viscount westbound reduced to one lane from Bellrose Drive to Airway.





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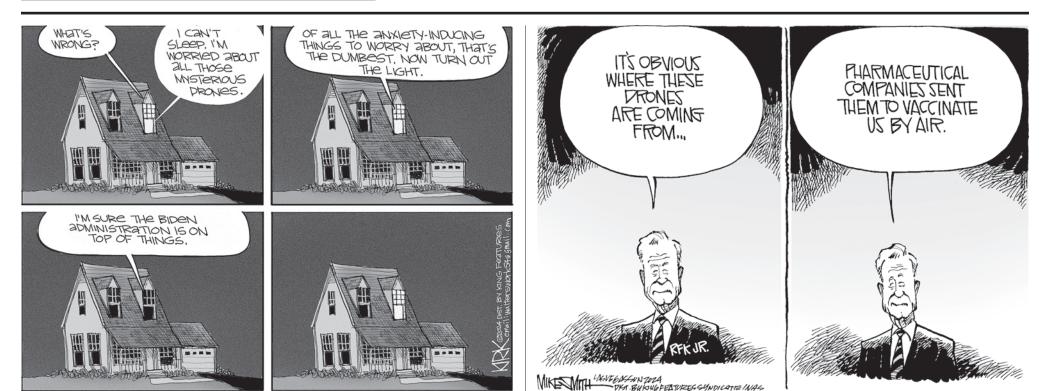
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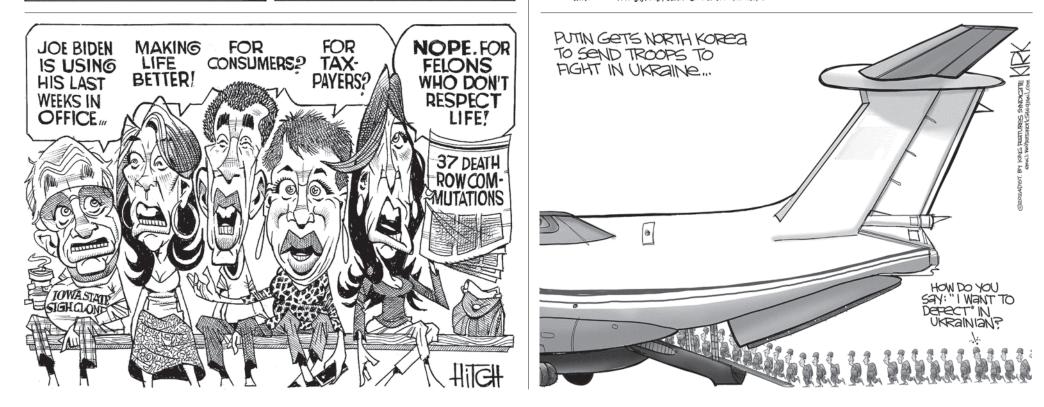
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- Photo by Ben Lowy / The Texas Tribune

SLOW GOING - Border wall construction near Del Rio in Val Verde County in September. Texas has allocated \$3.1 billion for wall construction to date. It says it has built 50 miles. The state pays between \$17 million and \$41 million per mile of construction

### Texas' border wall plagued by landowner refusals to participate

Despart, Yuriko Schumacher have refused to let wall be wall along the border. State should be urban centers, and Uriel J. García posted built on their properties. That's officials have kept the details where people sneaking across online in December by The forced the state to largely build of the program largely can easily disappear into safe *Texas Tribune* (texastribune. on ranchland in remote areas, confidential. org) goes in depth to or erect sections that are full breakdown many issues faced of gaps. Here is a summary of investigation has identified the state has secured so far, by Texas as it attempts to their findings: secure its border with Mexico. At least a third of landowners Texas has spent \$3.1 billion to far. The findings show that cities.

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West Texas County FOR 25 words - \$15 per week; 40 words - \$20 per week 10 12 11 14 15 16 20 18 19 17 22 21 23 24 25 26 28 32

TEXAS - A story by Zach approached by state officials build 50 miles of disconnected experts said the priority

• A Texas for the first time where Texas less than one-third are in the • In the last three years, has built its border wall so 20 most populous border the wall is not a singular keep migrants out - as Gov. resistant to selling their land. short, some less than 100 yards wide and others more than 700 miles apart.

• The Tribune found that the program has been hampered from the start by property owners' reluctance to let the state build a wall on their land. About one-third of landowners Trump administration can approached by the state have refused to participate so far.

• As a result, construction appears to be driven by where the state can most easily acquire land, instead of where a wall would be most effective governor is asking for \$2.9 at deterring illegal crossings, billion for border security said border security experts who reviewed the Tribune's findings. • The Tribune found that texastribune.org/ Texas has mostly built on features/2024/texas-bordersprawling ranches in rural wall-greg-abbott-landowners/ areas far from main roads at The Texas Tribune for the or population centers. The

houses or waiting vehicles. Tribune Of the 95 land agreements

• The state has some tools to structure that can effectively persuade landowners who are Greg Abbott often portrays it. It can offer more money and It's been built in two dozen may already be doing so: The scattershot pieces sum the state has paid per mile spread across six counties, of land access has quintupled to just over \$322,000 since the first fiscal year of the program.

• Gov. Greg Abbott has suggested he is open to scaling back Operation Lone Star, which the border wall program is part of, once the ramp up and implement its immigration policies. But he has declined to share how that would affect the state's wall construction plans.

• In the meantime,



#### By Lucie Winborne

Cummings, Jim who voices Winnie the Pooh, calls sick children in hospitals and talks to them in the character's voice. He once phoned a little girl who was fighting cancer, and her mother told him it was the first time the child had smiled in six months.

 The odds of giving birth to a baby at 12:01 a.m. on Jan. 1 are around 1 in 526,000 roughly the same as the odds of getting struck by lightning.

ancient • In Greece. throwing an apple at a woman was considered a marriage proposal.

· Iceland has one of the largest gun ownership rates in the world, but one of the lowest crime rates in the world.

• The dragon tree of the Canary Islands is famous for its thick, deep-red sap. Called dragon's blood, the resin might be responsible for the intense hue of the famous Stradivarius violins built in the 17th and 18th centuries.

 Every second, a large hurricane releases the energy of 10 atomic bombs.

 Pinecones have genders. Male pinecones shed pollen and female pine cones make seeds. When the wind blows pollen into the female cones, the seeds become pollinated.

 All telephone service in the U.S. and Canada stopped for one minute on Aug. 4, 1922, to mark the funeral of Alexander Graham Bell.

 Lawyer James Thornton successfully sued the U.K. government to admit that it was breaching legal limits for air pollution.

 The East China Sea parts annually and exposes a narrow 2.9 km-long strip of land, allowing thousands of people to cross from Jindo Island to Modo Island of Korea. This land is exposed about an hour each day for approximately four days every year.

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funding from the Legislature in the upcoming session. Visit https://apps. whole story.

Answer

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Thought for the Day: "If you want evidence that the world is a terrible place, watch the news and surf the web. But if you want to remember how incredible this planet is, go out into nature. Unlike social media and the news, nature has no incentive to keep us agitated, angry and anxious." - Austin Perlmutter

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Moments

THE HISTORY CHANNEL

in time

• On Jan. 6, 1975, "Wheel

of Fortune," one of American

television's longest-running

syndicated game shows,

debuted on NBC. Created

by Merv Griffin, it was hosted

for decades by Pat Sajak and

Vanna White, the latter of

whom often contributed her

own puzzles and was noted

as apparently never wearing

the same gown twice in more

• On Jan. 7, 1785, Frenchman

Jean-Pierre Blanchard and

John

flew from Dover, England,

to Calais, France, in a gas

balloon, becoming the first

people to cross the English

Channel by air, though they

almost crashed into it along

the way due to excess weight

from objects that had to be

· On Jan. 8, 2002, President

George W. Bush signed

the No Child Left Behind

Act into law, which created

new standards and goals

for America's public schools

and applied tough corrective

measures for failure to meet

them. Nowadays, however, it

Jeffries

than 6,000 episodes.

American

jettisoned.



is largely regarded as a failed ©2025 King Features Synd., Inc.

"responsibility,"

accepted a plea bargain.

open range.

a second windshield wiper.

### Tidbits By John Grimaldi

#### Brumation

experiment.

This alligator managed to survive, thanks to brumation the ability for reptiles to slow down their bodily functions. The critter had been trapped in a drainage pipe in Hilton Head, SC for some six months. According to wildlife expert Matt Kraycar, brumation "is basically like hibernation for reptiles. So as it gets cooler, they're going to shut their body down. So by doing that, he doesn't really need to eat as much as he typically would during the summer, and I'm sure there were still fish and turtles coming through those pipes as well, so it didn't look like he was starving by any means."

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



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The Key Lime pup Golden Retrievers come in light golden, golden, and dark golden. But Shamrock, a newborn retriever belonging to Carole DeBruler, owner of Florida's Golden Treasures Kennel, came into this world wearing a rather attractive light green coat. The pup's coloration was the result of biliverdin, a green bile sometimes found in the wombs of mother dogs, according to the experts. And, they say, Shamrock's coat will eventually bear the standard yellow color of retrievers.

#### It was fate She lost her wedding ring

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# While college bowl system declines, the Sun Bowl shines

**By Steve Escajeda** Special to the Courier

Page 6

Let's be honest, the end of the NCAA football season isn't the same as it used to be.

playoff system to a 12-team format. That means that fewer teams are available of the traditional bowl games.

Then throw in the fact that many of the better players for almost every team has decided not to play in what they consider a meaningless game and get ready for the pros. Many of the players would rather sit out the game instead risking any injury that could cost them a career.

And then many players enter the transfer portal right after the regular part of the team.

Heck, even a number of coaches decide to leave their teams and take other jobs before their bowl game.

Things got so bad this year that after Marshall's coach Charlie Huff announced he was leaving the team at the end of the season, 25 players went into the transfer portal, including all three quarterbacks, which meant they had to cancel their appearance in the Independence Bowl because they didn't have enough players to field a team.

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surrounding the bowl games it was Huskies scored on a touchdown pass nice to see that one game went off to make it 35-34 and just a kick away without a hitch.

The 91st annual Tony the Tiger Sun Bowl featured Louisville from the ACC and Washington, formerly of First, we went from a four-team the Pac-12. And boy did they put on a show for the nearly 41,000 fans who showed up.

> It's not like the Sun Bowl wasn't affected by all the bowl game nonsense, starting quarterback Louisville's and star receiver didn't play and Washington was starting a freshman quarterback, making only the second El Paso was the big winner. start of his career.

could be a dud off a game.

In the end, it turned out to be one of the best Sun Bowl games ever.

With Louisville seemingly in control, season ends making them no longer a leading by two touchdowns (35-21) with just under four minutes left in the game, things really got interesting.

> The Washington Huskies scored a touchdown to cut the lead to 35-28. They got the ball back and on 4th down from the one-yard line with at all, put on a great show and played giving and its hospitality.

With all this negative news just nine seconds left in the game, the like seasoned veterans. from overtime.

> But Washington had no intension of going to overtime and they decided to go for two points and the win.

> Bowl got with fans from both teams velling at the top of their lungs.

> We all know now that Washington's pass in the end zone was no good and the Louisville Cardinals held on for the dramatic 35-34 win.

But when you really think about it,

The day was sunny and beautiful So there was a little fear that this and must have looked great on CBS's national broadcast. The halftime show was awesome and received a huge applause from the crowd, especially from those out-of-town fans who aren't used to the pageantry of ballet folkloric, mariachis and those amazingly colorful dresses flowing in the wind.

The game was better than anybody - making more money. would have thought and the two

In fact, Washington's freshman quarterback, Demond Williams, connected with wide receiver Giles Jackson on four touchdown passes, setting a Sun Bowl record.

I don't know what's going to You can imagine how loud the Sun happen to the future of bowl games, things aren't looking very good to be honest.

> The money the players are being paid makes them professionals, soon they'll want to unionize, college football may eventually turn into a minor league system for the NFL, there's even talk about bowl games eventually paying players to attend their games.

None of this sounds very positive, but then pure greed for money and fame rarely ends well.

All of these changes by the NCAA, the college presidents, the players, the coaches, the agents, the conferences, the television networks and their sponsors, are based on one sole thing

I'm so proud of the Sun Bowl and quarterbacks who hadn't played much the Sun City - which is known for

### Senior moment By Matilda Charles

I don't know what it is about hanging up a new calendar that makes me want to organize the whole year and set goals. But once again, as I hung up the 2025 calendar on the kitchen wall, I immediately began to consider how I back on what I spend. This one might be tough. And I've might make the new-year better and more productive.

As part of being "organized," I decided to set daily, the senior center on four days next month. weekly and monthly goals.

Here is what my 2025 will look like:

(Let's see how long this lasts.) It might be 15 minutes on the treadmill, 20 minutes of bicep-building with hand weights. I'll spend 30 minutes on the piano, and for brain strength I'll do one or more crossword puzzles.

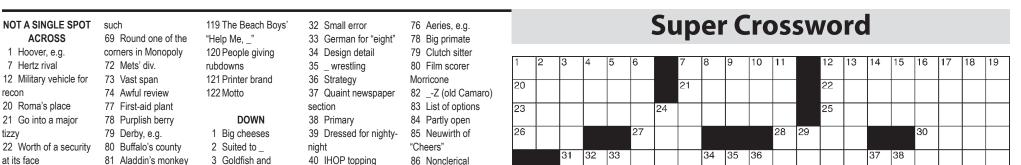
• I will read one book per week. This shouldn't be too hard, thanks to Kindle Unlimited on Amazon. Each week I will vacuum, whether I want to or not, and

complete one section in my free online French lessons (www.duolingo.com). I've already started playing online chess (see chess.com) against the computer as a skills brush-up before signing up for weekly in-person chess at the rec center.

• Monthly I will try to increase my savings by cutting already volunteered to make the morning hello calls from

• In the middle of all that, I'll organize and plan for summer, when I'll grow a few vegetables. I'll vow to • On a daily basis I will do some form of exercise. donate half the fresh veggies to the food bank. And I want to do a slow but thorough decluttering before next fall.

How about you? Does that new 2025 calendar with all the empty boxes make you want to fill them out? What will you do with your 2025?



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# Planning 2025

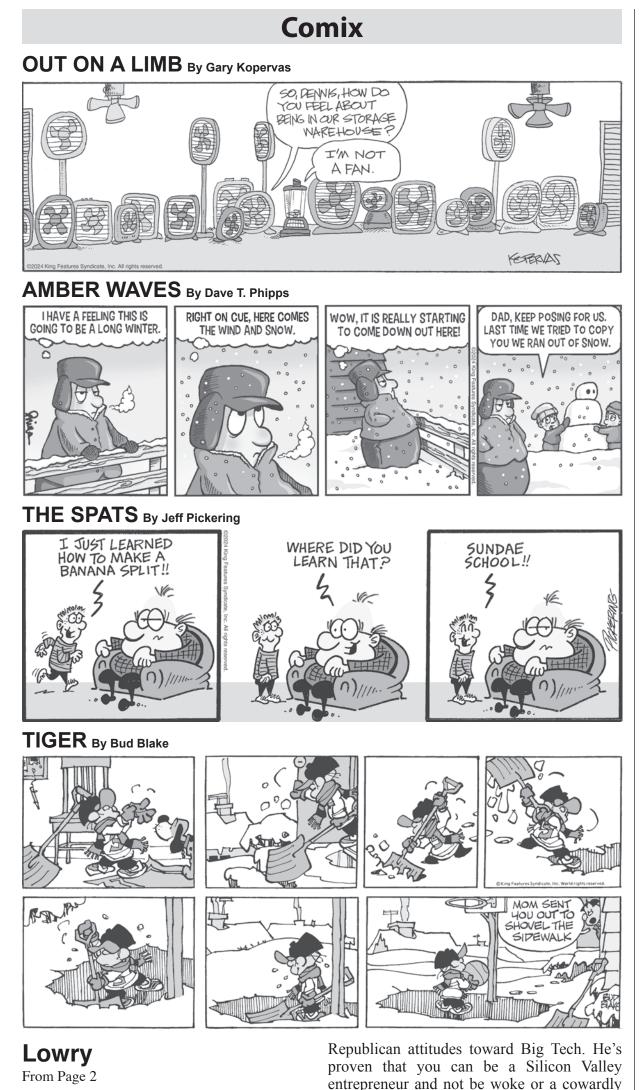
s face	81 Aladdin's monkey	3 Goldfish and
Rare musical gift	pal	minnows are members
Being filmed	82 Excellent etiquette	of it
Aug. follower	88 Wasn't penned up	4 Samuelsson who
Feel awful	90 Levi's, e.g.	got the winning goal in
Tree's anchor	91 Start	the 1991 Stanley Cup
Sandbox toyw	92 Singer Celine	5 Driver's 180
Elicitor of a rave	93 Green sushi	6 Large parrots
ew	condiment	7 Cider fruit
Newton and	96 "M*A*S*H" actor	8 Chou En
nov	David Ogden _	9 Picnic pest
Beats of life	97 Famed Steelers	10 Emceeing aid
Klutzy sorts	play of 1972	11 Earthy hues, to
Naiad or dryad	102 Cole Porter's "_	Brits
Plant swelling	Love"	12 Satirizes
Ben of "Zoolander"	103 "I got _ in	13 Division of a long
Mint quality	Kalamazoo"	poem
"13th" director	104 Toothpaste tube	14 Tolkien brute
/ernay	inits.	15 Coll. in the Old
Styne of song	105_ kwon do	Dominion State
TV spots	108 O.J. Simpson trial	16 Home of the NFL's
Vaper's item	judge	Bucs
How-to unit	111 Activity that will	17 Symbol of a fresh
Catch sight of	be unsuccessful when	start
Ostrich's kin	applied to this puzzle's	18 Gold-related
Big name in	theme?	19 "Royal," in
metics	117 Hans Christian _	20-Across
Big bees	118 JFK Library	24 Up to, in brief
Rainforests and	architect	29 Metal in rocks
	Rare musical gift Being filmed Aug. follower Feel awful Tree's anchor Sandbox toyw Elicitor of a rave ew Newton and nov Beats of life Klutzy sorts Naiad or dryad Plant swelling Ben of "Zoolander" Mint quality "13th" director /ernay Styne of song TV spots Vaper's item How-to unit Catch sight of Ostrich's kin	Rare musical giftpalBeing filmed82Aug. follower88Wasn't penned upFeel awful90Levi's, e.g.Tree's anchor91StartSandbox toyw92Singer CelineElicitor of a rave93Green sushiewcondimentNewton and9697Famed SteelersKlutzy sortsplay of 1972Naiad or dryad102 Cole Porter's "_Plant swellingLove"Ben of "Zoolander"103 "I got _ inMint qualityKalamazoo""13th" director104 Toothpaste tube/ernayinits.Styne of song105 _ kwon doTV spots108 O.J. Simpson trialVaper's itemjudgeHow-to unit111 Activity that willCatch sight ofbe unsuccessful whenOstrich's kinapplied to this puzzle'sBig name intheme?metics117 Hans Christian _Big bees118 JFK Library

44 Result 45 Moines 46 Autograph: Abbr. 47 All tied up 48 Sharp knocks 50 "You are not!" retort 51 Noble acts 52 "All booked up, sorry" 53 Model Tequila 58 Catch sight of 60 Liverpool loc. 61 Purple flower 62 acid (fat substance) 63 Irish actor Stephen 64 Allowance 65 Sizable vase 66 Put to work 67 A single time 68 Sports sides 69 Early TV host Jack 70 "Dark Angel" star Jessica 71 Healthy intellects 74 Introducing 75 Broadcaster

87 "Me? Never!" 89 Husbands-to-be 93 Tots' haulers 94 discount 95 Smartphone pic, often 96 Railing sites 97 Sunni's faith 98 Animated 2016 Disney film 99 After a time 100 Sup at home 101 Adobe Acrobat file 106 Forever \_ day 107 "Manhattan Beach" novelist Jennifer 109 Sooner than, poetically 110 Sch. in Terre Haute 112 Gig hookup 113 FedEx rival 114 Zodiac lion 115 Dallas Stars' org. 116 "Yabba dabba \_!"

Answer Page 4

39	40						1	41							42					
43						44	45							46					47	48
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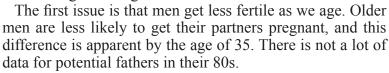


### Fathering a child at age 80 has many considerations

DEAR DR. ROACH: I am a reasonably healthy 80-year-old man who is fortunate enough to have a partner of child-bearing

age. She would like to bear us a child, but I am concerned about any potential problems with my old genes and any birth defects that might be caused by them. Please help us decide. – R.B.

This is a question I usually hear from my patients when they are in their 60s or 70s. Eighty is quite old to be considering fathering a child.



If you and your partner do have a successful pregnancy, there is an increased risk of deleterious genetic conditions and birth defects that are more likely in children who have older fathers. Down syndrome, which is normally associated with an advanced maternal age, is also more common among the offspring of older fathers.

Some heart conditions are more common. Epilepsy and schizophrenia are more common as well, as are autism spectrum disorders. Some cancer rates are increased. Babies are more likely to have a low birth weight, be born premature, and require the neonatal ICU.

However, the magnitude of the effect is modest. On average, 1 in 50 pregnancies with a father under the age of 30 will have one of the common health conditions that are studied in couples. With children who have a father over 50, the rate is 1 in 38. Even though the odds are that you would have a healthy child, the likelihood of a significant health issue for a man over 80 will be substantially more concerning. Data just does not exist for men as old as you are that can give us a reliable estimate.

Another issue to consider is whether you will be around to see your child grow up and be there as a father. The average 80-year-old man has a life expectancy of just under eight years. If you are substantially healthier than average, or if your parents lived for a very long time, this number could be better. But the average 80-year-old (assuming your partner has the child while you are still 80) is not likely to see their child reach their 10th birthday. The early death of a father has a negative impact on the physical and mental health of a child.

I conclude that there are significant risks in bringing a child into the world at your age.

DEAR DR. ROACH: I got my first dose of Shingrix (shingles vaccine) in 2022 and forgot to get the second. Do I need to get two more doses now or just one? -L.B.S.

According to the Advisory Committee on Immunization Practices, the vaccine series does not need to be restarted, and you can just take the second dose.

However, this type of delayed administration hasn't been thoroughly tested. I've had patients come back several years

almost no matter what, that we are getting companies on the Right, but now it is Democrats ripped off by foreign countries. Part of him is who talk more of ideas like repealing Section also a champion of endless possibility. Part of 230 to hobble social-media companies. him is a tribune of the working class. Part of him is also inclined to make the stock market Government Efficiency has made seeking to the economic measures of all things. He'll cut government fashionable again on the Right, talk of American carnage, and of an American when this priority had mostly lost out to other golden age.

inward-looking protectionist who believes,

depending on circumstances and who is around Trump at any given point.

A danger of populism is that it can succumb to pure nostalgia and become overly defensive, role as a change agent confronting government, giving in to a distrust of technology, big companies and economic change. So long as Musk is a major player in Trump's world, a boundless optimism and can-do verve to the there is a strong counter to this tendency.

Musk is the paladin of a future ripped from Trump's populist mix. the covers of paperback science-fiction novels circa the 1950s – rocket ships, futuristic cars, robots and giant tunnel-boring machines.

He has almost single-handedly changed ©2025 by King Features Synd., Inc.

fellow traveler with left-wing politics. There's

still plenty of contempt of and distrust for tech

At the same time, Musk's Department of concerns since the advent of the Trump era. This is a protean mix, and subject to change The hope that DOGE will cut as much as \$2 trillion from the budget is unrealistic, but any savings and efficiencies would be welcome. Who knows how effective Musk will be in his the most difficult institution to change? Sending a man to Mars might be easier. But Musk brings effort, and he's a healthy new ingredient to

Rich Lowry is editor of the National Review.

after the first dose and elect to redo the whole series just to be sure.

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. ©2025 North America Synd., Inc. All Rights Reserved.



When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

#### 1-800-LUNG-USA



### Moore Texas by Roger MOORE

January 3, 1959: Alaska is admitted to the United States. Texas is no longer the bigget state.

### **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: R equals T

ZVOMRAN BUYUQUVM UΜ

CGUZG SDVSHD JHCJNQ

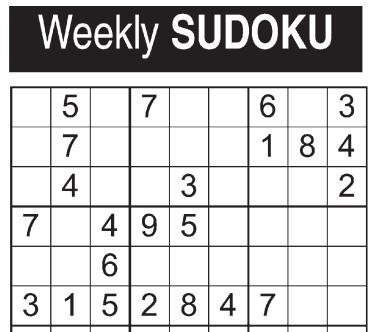
BAJSD RGDXQDHYDQ UM HVMF

QVORG JQUJM FJAXDMRQ:

QJAU QRJRD. J

Answer Page 4

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### **MDMA study for PTSD**



by Freddy Groves

With money from the National Authorization Act for 2024, a \$1.5 million grant program is beginning a study using (AUD) and post-traumatic name "ecstacy." stress disorder (PTSD).

Department The and Brown universities to emotional openness, therapy. reduce fear and promote introspection or a low dose as a placebo.

The West Connecticut and

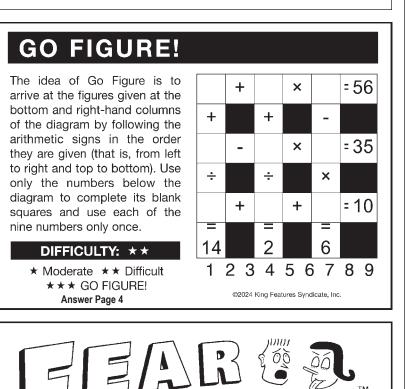
Bv:r

Center in Rhode Island are the amount of the drug to be sites for the study, and they're used. In therapy the amount starting soon.

The standard treatment, using serotonin reuptake inhibitors really in it, and there will be (SSRI) doesn't work on no accompanying therapy. Defense approximately one-third of people. The difference in the VA study, your first between the two (SSRI step will be to contact your vs. MDMA) is how much care team at the local VA Methylenedioxymetham- serotoninis released. While the medical facility to ask for a phetamine-assisted SSRI class of drugs blocks the referral. (MDMA, also known as release of serotonin, MDMA ecstacy)psychedelic therapy aids it, bringing feelings of for alcohol use disorder euphoria... hence the street

MDMA isn't going to be of the whole answer, however. Veterans Affairs will hook Treatment will need to be up with researchers at Yale in conjunction with therapy and under highly controlled use the drug along with circumstances. In any event, psychotherapy. The goal, it will be the first time since says a news release, is to the 1960s that they've use the drugs to "increase tried psychedelic-assisted

There are those who worry during about going down this road, therapy." Test subjects will as well they should. Once either be given the real dose it gets out that the VA is actually doing studies on Haven using a street drug as a VA Medical Center in treatment, those who suffer the from PTSD or AUD might Providence VA Medical decide to take matters into



their own hands and selfmedicate. The potential for disaster comes from the will be minuscule. With a PTSD drug acquired on the street, selective there's no telling what's

If you want to participate

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· "Fill a quart-size zip-top bag with water and doublebag it, making sure there is no air in the bag. Place it inside the toilet tank, on the opposite side from the pump. Secure it there, if you can. This will displace some of the water when you flush, and you will use less water as a consequence." - E.S. in Florida

· If you have a stained porcelain sink, try using it to soak your stained garments. The presoak can do double duty on the stained sink and washable alike.

• To make your own breadcrumbs without a chopper or blender, place dry bread pieces in a plastic bag. Use a rolling pin to "roll" them to crumbs.

· Save water in the shower by using your kitchen timer, set for no more than 5 minutes. If you can find a digital one. you will know better how much time you have left. After a little while, you almost don't need the timer.

"If you seal your jelly jars

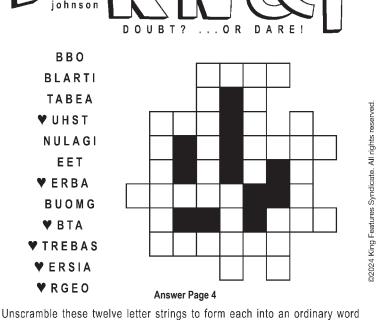
		5	6	8			7
4	1						6
5		4	1	9	3	2	8

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: ◆



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(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.

with wax, here's a good tip for you: Place a small piece of string into the wax before it hardens. Then you'll be able to pull on the wax to remove the wax when you are ready to enjoy your homemade goodies!" – U.L. in Maine

 "Laundry stain removers" can be good to remove stains from concrete drives. For instance, my relatives' car was leaking, and I was able to get the stains from my pavers using a spray and wash stain remover that I borrowed from the laundry room. It worked very well." -S.E. in Arkansas

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2025 King Features Synd., Inc.