

VOL. 52, No. 9

FEBRUARY 27, 2025 SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO



ECONOMICS – Village of Vinton Mayor Rachel Quintana, above, greets Texas Governor Greg Abbott during his recent visit to the Upper Valley community. The mayor acknowledged that Vinton Steel's \$255 million expansion and upgrade are important to both the area economy and the Village of Vinton, a community of about 2,700 residents.

Abbott inVinton, promotes economic development

By Alfredo Vasquez Special to the Courier

JETI Act

The JETI (Jobs, Energy, Technology and Innovation) Act, enacted by the Texas Legislature in 2023, incorporates a

VINTON, TX – In 2023, Texas' 88th Legislature created the Texas Jobs, Energy, Technology and Innovation (JETI) Act. The new program is designed to attract large, capital-intensive economic development projects that would bring new investments and create high-paying jobs in communities statewide.

With that in mind, Governor Greg Abbott recently came to the Village of Vinton, which is located in El Paso County's Upper Valley, to extol Vinton Steel's plan for the \$255 million expansion and upgrade projects planned for the 63-year-old mini-mill.

Japan's Kyoei Steel Ltd., owner of the Vinton facility for the past eight years, applied last year for the JETI program which includes state and local tax incentives. The plans approval were announced recently at the Vinton Steel plant by company officials during an event headlined by the Texas governor.

tiered structure based on a county's population size to determine the level of required jobs and capital investment to qualify for the program.

Companies are eligible to apply for the program if they are planning a new project within the following categories: manufacturing facilities; dispatchable electric generation facilities; natural resource development facilities; research, development or manufacturing facilities for high-tech infrastructure equipment or technology; and the construction or expansion of critical infrastructure. (Renewable energy projects or energy storage facilities are not eligible.)

The JETI Act allows a company, municipality, and school district along with the governor's office to enter into an agreement; for example, a 10-year school district maintenance and operations (M&O) tax appraised value limitation of 50 percent, which would be based on qualifying job and capital investment minimums. Projects located in qualified Opportunity Zones are eligible for an additional 25 percent limitation on taxable value.

States. It also has one in Canada, and several steel recycled steel scrap at the mini mill. Construction mills in Vietnam and Japan, according to its website. is expected to begin next January and take about At the Vinton mini mill, plans call for replacing the two electric arc furnaces with a new, state-of-the-art furnace inside a new building to be constructed next and smooth steel balls for copper mining. to the old facility.

will increase production from about 240,000 tons

two years to complete, officials reported. Besides rebar, the facility also makes grinding steel balls

At the afternoon event, the governor announced The expansion, according to company officials, that the state is providing \$7.4 million in tax breaks

See MILL, Page 3

to over 300,000 tons of steel products made from Vinton is Kyoei's only steel mill in the United

Every man has a right to his opinion, but no man has a right to be wrong about the the facts.

– Quips & Quotes

Why can't we deport more white criminal aliens?

Trump's deportations is just getting underway, and it's already dumb and hysterical.

According to MSNBC hosts Nicole Wallace and Joy Reid, we are potentially headed down the path of another Holocaust. "Similarities to what happened in Germany and what's happening now in America are just undeniable," Reid said the other day.

A common refrain is that the criminal illegal aliens who are being targeted are overwhelmingly Black and brown, proving that something nefarious is afoot. Leave it to progressives to see in these deportees not, first and foremost, violent offenders who represent a threat to the public, but people of color who are inherently victims.

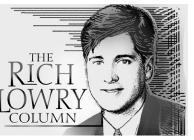
The progressive response to President Donald Joe" that "we're looking for people of a certain Latin America and Black or brown color." On "The View," Sunny Hostin explained that the Trump deportations are going out of their way to target "a certain group or countries of origin type of immigrant." Hostin believes that there are a lot of Asian and European visa-overstayers who are getting off scot-free while the administration goes after immigrants coming over the border because of the color of their skin.

"So I think there's a very clear message as to what this president wants the look of a criminal migrant to look like," she said, adding, "I think that's racist," to the applause of the studio audience.

This is predictably ill-informed. According to the Migration Policy Institute, in 2022, 80% of all Al Sharpton asserted on MSNBC's "Morning illegal immigrants in the United States were from

the Caribbean.

five The top were Mexico (45%



of illegals), Guatemala (7%), El Salvador (6%), Honduras (5%), and India (3%). No European country made the top 10. Altogether, illegal immigrants from Europe, Canada and Oceania were 7%.

The picture is overwhelmingly of non-white illegal immigrants, who are coming from poor countries with some geographical proximity to us. This is a fact. It has nothing to do with how Trump "wants" illegal immigrants to look. If ICE undertakes entirely

See LOWRY, Page 7



PUBLISHED:

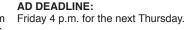
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

COPYRIGHT

Entire contents © 2025 Homesteader News Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc

LETTERS TO THE EDITOR:

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.



CLASSIFIED RATES

\$15 for 25 words, \$20 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate

DISPLAY RATES:

Open rate - \$40 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

Est. 1973

News. Inc.

MAIL SUBSCRIPTIONS:

Minimum 50 issues for \$50. Delivery via 1st class mail.

MAIL: 15344 Werling Ct. Horizon City, TX 79928

Phone: 852-3235 E-mail: wtxcc@wtxcc.com Website: wtxcc.com Publisher **Rick Shrum** Contributors

Alfredo Vasquez

Steve Escajeda



Save a Life. #SlowDown #MoveOver



Mill

From Page 1

from two state economic development programs and that El Paso County and the Village of Vinton are providing about \$11.6 million in tax breaks for the projects.

The mini steel mill currently employs around 360 workers, and with the expansion its workforce is expected to increase by almost 188 more workers, which makes it a major employer in El Paso County.

"This underscores the value that we saw in multiple numbers. The value of having steel businesses expanding in the state of Texas. The value of the jobs and employees that come along with this program," Abbott said during the event. "But also, we, as a state and state leaders, value to see economic growth in this region. We want the entire El Paso region to experience the same economic growth that you see in Houston, Dallas, and Austin," he added.

The governor's announcement was made in front of an audience of workers wearing green work uniforms and hard hats that gathered inside a building where steel rebar is stored. In attendance at the occasion were local government officials including El Paso County Judge Ricardo Samaniego, Village of Vinton Mayor Rachel Quintana, Borderplex Alliance CEO Jon Barela, along with Masahiro Kitada, Vinton Steel chairman, Eduardo Gonzalez, Vinton Steel assistant vice president, and Ernesto Sifuentes, Vinton Steel manager.

During the event, Sifuentes, who has worked at the facility 31 years, praised the state's and Kyoei's investment. "I think this is a huge step in the right direction for us at Vinton Steel. It was a long time coming," he remarked.





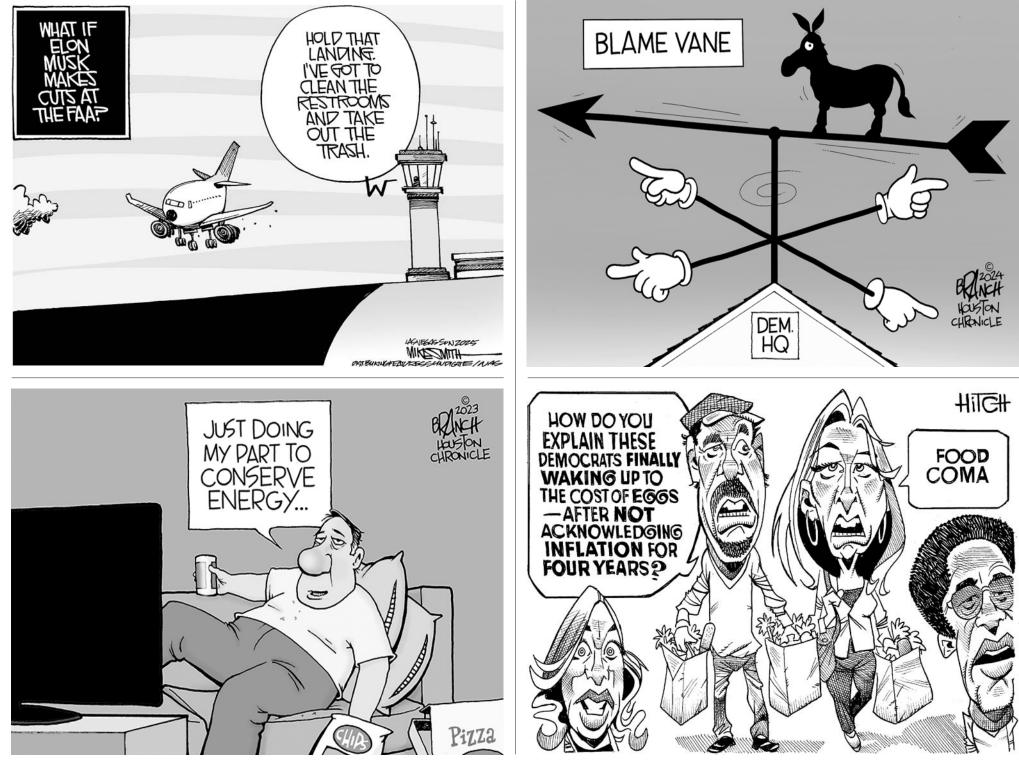
Donate Your Vehicle Today 877-731-0169



Veteran Car Donations

While we appreciate every donation, in some cases, we find that we are unable to accept certain vehicles, watercraft, and/or recreational vehicles due to the prohibitive costs of acquisition. If you have any questions, please give us a call at (877) 731-0169.

www.veterancardonations.org/dnt107





IT'S NOT TOO LATE TO PREVENT DIABETES





Take your first step today

If you have a family history of type 2 diabetes, you are at risk of the disease.

It's about small steps: Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

For free information about preventing type 2 diabetes, visit www.YourDiabetesInfo.org or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.







By Lucie Winborne

· Read a week's worth of The New York Times and you'll have absorbed more information than the average 17th-century citizen would have encountered in their lifetime.

• A 1972 plane crash that claimed the lives of 101 people occurred because the crew was distracted by a burned-out landing gear indicator light and failed to notice that the autopilot had inadvertently been disconnected.

· California was named for a fictional island in a 16thcentury romance novel.

• Researchers testing insect Victoria repellents used Secret's Bombshell perfume as a standard and accidentally discovered that it repels mosquitoes better than many repellents on the market.

• In 19th-century Maryland, it was illegal to sell mineral water on a Sunday.

· People's body temperature drops when they watch videos of other folks putting their hands into cold water.

 Onychophagia is the technical term for biting your nails.

• A man who tattooed the word "Netflix" on his body and then tweeted a picture of the ink to the company was rewarded with a year's worth of free service.

• In Wisconsin, the most frequently googled "how to spell" word is Wisconsin.

· When Prohibition started, alcohol could only be bought for medicinal and religious purposes, from a pharmacy or a doctor. "Medicinal whiskey" was prescribed for just about anything and used to treat conditions such as toothaches and the flu. With a prescription, a patient could legally purchase up to 1 pint of hard liquor every 10 days.



Prevent type 2 Diabetes

www.YourDiabetesInfo.org

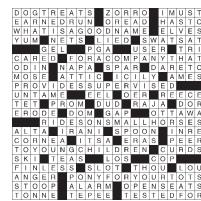
Thought for the Day: "The purpose of life is a life of purpose."

- Robert Byrne

©2025 King Features Synd., Inc.

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

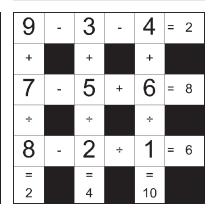
	R		C					
L	E	Μ	U	R		E		
	S		R			Α		
	C	5	E		F	R	Ε	T
	U				E	L	Μ	
Μ	E	S	C	A	L		B	
		0			I		E	
	S	T	E		N		R	
					Ε			-





200

That cute, tiny tyke could barely walk yet, but he was getting around on foot to the best of his stability.





• On Feb. 24, 1988, the U.S. Supreme Court voted to overturn a \$200,000 settlement awarded to the Reverend Jerry Falwell for the emotional distress he suffered after being parodied in the pornographic magazine Hustler, deciding that the satire, while in bad taste, was covered under the First Amendment's protection of freedom of speech.

• On Feb. 25, 1956, poets Sylvia Plath and Ted Hughes met for the first time at a party. They married just four months later, but the union was rocked by Plath's discovery of her husband's adultery the same year their second child was born. After her suicide in 1963, Hughes edited several volumes of her poetry, one of which won the Pulitzer Prize in 1982.

• On Feb. 26, 1974, Nike received a U.S. patent for its waffle trainer running shoes. The company's co-founder, Bill Bowerman, invented the iconic soles by pouring polyurethane into a waffle iron at breakfast one morning.

• On Feb. 27, 1935, 6-year-old

rising Hollywood star Shirley Temple took home the firstever kid-size "juvenile" Oscar, measuring roughly half the height of a standard Oscar.

• On Feb. 28, 2013, 85-year-old Pope Benedict XVI officially resigned his position as the leader of the Roman Catholic Church, citing his advanced age as the reason. He was the first pontiff to relinquish power in nearly six centuries.

 OnMarch1, 1864, Rebecca Lee Crumpler became the first African American woman to earn a medical degree. She also wrote one of the first medical manuals by an African American doctor - and woman - in the United States. Though she faced discrimination from fellow medical professionals due to her sex and race, she wrote that she cared for "a very large number of the indigent" in a "population of over 30,000."

• On March 2, 1807, the U.S. Congress passed an act to "prohibit the importation of slaves into any port or place within the jurisdiction of the United... from any foreign kingdom, place or country." It would go into effect at the start of 1808.

©2025 King Features Synd., Inc.







Consumer Cellular[®]

From time to time we carry ads from large, well known product and service providers. If you are considering using these products or services, please call them using the phone numbers in the *Courier*. The numbers are associated with an account for the *West Texas County Courier*. Thanks for picking up the *Courier*.



WIRELESS COST. Plans start at just \$20/month. Switch & Save Today. 888-695-3086

100% U.S. BASED CUSTOMER SERVICE. All of our support teams are just a call or click away.



PREMIUM NATIONWIDE 5G COVERAGE.

Get the exact same nationwide coverage as the largest carriers, including 5G for up to half the cost.

© 2024 Consumer Cellular Inc. Terms and Conditions subject to change. Up to half the cost savings based on Consumer Cellular's single-line, 1.5 and 10GB data plans with unlimited talk and text compared to T-Mobile and Verizon's lowest cost, single-line post-paid unlimited ralk, text and data plans, January 2024, Planas shown above include \$5\$ credit for AutoPay and E-billing. Taxes and other fees apply. Credit approval required for new service. Cellular service is not available in all areas and is subject to system limitations.

February 27, 2025

Bling: Rich pro athletes are targeted by thieves

By Steve Escajeda Special to the Courier

Although John Dillinger may be the most famous bank robber the U.S. has ever known, Willie Sutton was one of the first fugitive bank robbers to be added to the FBI's Top Ten Most Wanted list in 1950.

Sutton escaped from prison six times and always went back to robbing banks.

He was asked by the authorities one time, why he kept going back and robbing banks?

Sutton answered, "because that's where the money is."

Well, it appears that there are some gang members from Chile who were thinking the same way. They were targeting a great source of money and goods.

over the country, they decided to go to other places that are filled with money and pricy things and are apparently much easier to access - the homes of superstar pro athletes.

Over the last few months, these gang members have hit the homes of some of the richest (and biggest) names in professional sports.

Some of the names include the Kansas City Chiefs' Patrick Mahomes and Travis Kelce, the Cincinnati Bengals' Joe Burrow, the Los Angeles Lakers' Luka Doncic, the Memphis Grizzlies' Ja Morant, the Dallas Stars' Tyler Seguin and the Milwaukee Bucks' Bobby Portis Jr.

Man, talk about aiming for the top. It all started last Oct. 7 when the Kansas City Chiefs took on the New Orleans Saints in a Monday Night game at Arrowhead Stadium. The game's two biggest players, Patrick Mahomes and Travis Kelce, are known for connecting on touchdown passes and walking away with victories.

That night they became known as the first victims of these thieves.

Mahomes' house in Missouri had been entered after midnight, jewelry, kind of stuff was stolen from Kelce's house, including \$20,000 of cash.

In November, the group targeting Bucks' forward Bobby Patis Jr., and stole nearly \$1.5 million in jewelry, cash and designer bags. They also stole a safe from his home and later pried it open.

The home of Tyler Seguin, a longtime Dallas Stars leader and seven-time NHL All-Star, was burglarized last month, though the amount taken wasn't disclosed.

While Joe Burrow quarterbacking the Bengals against the Dallas Cowboys in Texas on Dec. 9, the criminals stole roughly \$300,000 worth of items from his home.

Also in December, Memphis Grizzlies superstar guard Ja Morant's Only instead of hitting banks all house was broken into; jewelry, watches and luxury bags valued at most criminals, it didn't take too long like an Ocean's 11 movie. I guess they more than \$1 million were taken.

A yet unreleased Tampa Bay them.

watches, cash and other luxury Buccaneers player was robbed while merchandise was taken. The same the team was playing the Baltimore get away with a huge crime, if you Ravens in Tampa. The thieves stole items worth \$167,000.

> In late December, an estimated \$23,000 in jewelry was stolen from Lakers forward Luka Doncic's Dallas home.

> Heck, things got so bad that these thieves broke into Boston Celtics' guard Jaylen Brown's mother's house in December. Authorities believe that the crooks thought they were breaking into Jaylen's house.

It turns out that these thieves were was monitoring the player's schedules as charged with conspiracy to commit well as their home security team's movements. The defendants allegedly monitored the times when shift changes occurred and when the security personnel would move between the infederal prison, according to the U.S. back and front of the home.

And it all worked - for a while. Like before their stupidity got the best of

To guys like that, what good is it to can't brag about it?

So, what did these home-invading halfwits do? They posted photos of themselves to their fellow criminals on an iCloud site, showing off the jewelry, watches and even the broken safe they stole. Heck, one of them is actually wearing a Chiefs jersey.

Thanks to that blunder and the investigators' ability to connect the dots, the seven men were arrested last week and charged with the thefts.

The illegal immigrants have been interstate transportation of stolen property after heisting more than \$2 million in valuables. They are now facing a maximum penalty of 10 years Attorney's Office.

The way these guys stole stuff was found out that the crooks only get away with it in the movies.

Senior moment By Matilda Charles

AARP membership: It's worth having

After many years at the same cost, AARP increased card or have it sent to you in email. their membership fee to \$20 at the beginning of this year. benefits, savings and discounts that are available, as well things. as the newspaper and magazine.

memberships, travel and vacation packages, insurance, flowers and so much more. If you need computer help such as hooking up to a wireless network or printer, you they can provide that, too. can get 15% off the Norton Ultimate Help Desk.

The health benefits especially are worth considering. If you suspect you need hearing aids, AARP Hearing Solutions offers a free hearing exam and then 20% off hearing aids, should you need them.

If you need at-home physical therapy, AARP offers the service through Luna, and it's covered by Medicare, membership, check the website or give them a call at Aetna, Anthem and Cigna.

Check the Optum Rx page on AARP's website for prescription drug discounts. Enter your drug in the search box and it will find the best price. Print out your discount

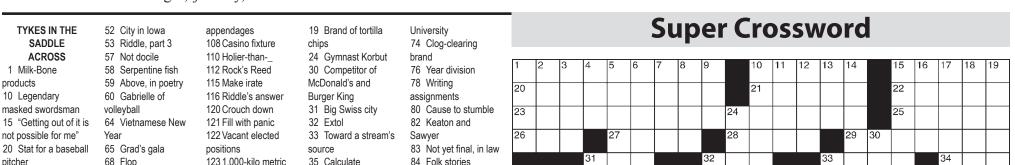
In my area, I qualify for discount tires, Dr. Scholl's But it's still a bargain when you consider the additional shoes (20% off) and half-price car washes, among other

The discounted items aren't the only thing you'll find The website (aarp.org) lists discounted gym with AARP. The Tax Aide Locator is set up to help low and moderate income seniors with tax preparation – or, if you prefer to do it yourself with just a little bit of coaching,

> The advice and how-to columns alone are worth the cost of the membership. Digitizing your old home movies, tips to help prevent falls and seven ways to avoid germs at the gym are just a few of the current columns on AARP's online front page.

To learn more about the benefits of an AARP (888) 687-2277.

©2025 King Features Synd., Inc.



pito	i lei	оо гюр	
21	Mountain nymph	70 Indian roy	а
of C	Greek myth	72 Camera _	(
22	Can't get out of it	award)	
23	Start of a riddle	73 Wear dow	/r
25	Santa's little	75 Actor DeL	.u
helj	pers	77 Space	
26	"Delicious!"	79 Big city in	
27	Insect snares	81 Riddle, pa	ır
28	Told fibs	86 Utah winte	e
29	Attempts to hit, as	vacation spot	
a fly	y	89 From Tehr	îĉ
31	Hair fixative	Tabriz	
32	Ryder Cup org.	90 Ladle, e.g	
	Manipulator	91 Concernin	ı
34	Prefix with angle	92 Iris covere	e
35	Felt concern	94 With 108-	D
38	Riddle, part 2	"Piece of cake	ļ
43	Supreme Norse	96 Memorabl	e
deit	ty	periods	
44	California vineyard	97 Squint	
vall		98 End of the	è
45	Joust verbally	101 Cottage cl	h
46	Words before	bits	
"dre	eam" or "be	102 Hit the slo	p
diffe	erent"	103 Alternative	e
47	Jazz pianist Allison	coffees	
48	Loft	104 Part of LA	F
50	In a very uncordial	105 Perp catch	
way	Ý	106 Like fishes	3

Indian royal unit Camera _ (Cannes 124 Conical tent 125 Analyzed to detect Wear down the presence of Actor DeLuise DOWN Big city in Ontario 1 Like a wet lawn at Riddle, part 4 dawn Utah winter 2 Waikiki locale 3 Protein unit From Tehran or 4 Blasting stuff 5 Kept in check 6 1950s Ford 7 "I smell _!" Concerning 8 Yanks Iris coverer With 108-Down. 9 _-cone ce of cake!" 10 Astrological Memorable diagrams 11 Writer Sarah Jewett End of the riddle 12 Scan or skim 13 Aries animal Cottage cheese 14 Ukraine port Hit the slopes 15 "Tell me about it!" Alternatives to 16 Ale grain 17 Generalized rivalry Part of LAPD situation Perp catcher 18 Zinc _ (cosmetics Like fishes without ingredient)

36 Ornament hanger, e.g. 37 Italian rice dish 38 Lot in life 39 Makes the decision 40 Sheriff Andy Taylor's boy 41 PC shortcut code 42 Barter 44 Consumer advocate Ralph 49 Signaled, as an actor 51 Pre-euro Italian money 54 Bank of China Tower architect 55 Power connectors 56 One of the Muses 61 He played Santa in "Elf 62 Recoiled in fear 63 Blackboard clearers 66 Baltic Sea feeder 67 Tile designs 69 Blocks up 71 _ Hopkins

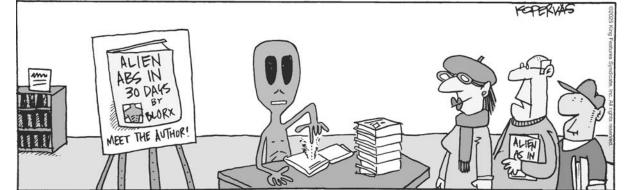
85 Bank offering 86 Gets on it right away 87 Investigate 88 Checking the fit of 93 One of the Muses 95 1984 comedy starring Steve Martin and Lily Tomlin 99 React to with a quick breath . 100 Inflict upon 101 Meal division 105 Tally up 107 Boxer Spinks 108 See 94-Across 109 Apollo's instrument 110 Varietv 111 Gardening tools 112 Bread unit 113 Film director Preminger 114 Khrushchev's fed. 117 Corrida cheer 118 Decav 119 Actor Danson

Answer Page 4

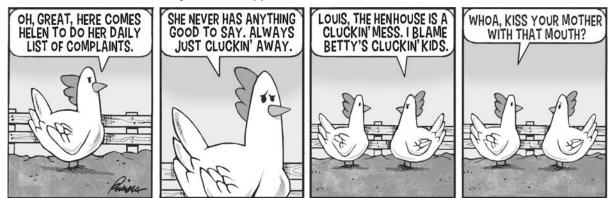
								-												
35	36	37				38	39				40	41					42			
43					44					45					46				-	
47					48				49		50			51			52			
53				54						55						56	I			
57								58				59				60		61	62	63
64				65		66	67		68		69		70		71			72		
73			74			75		76		77		78			79		80			
			81		82				83				84	85						
86	87	88			89						90						91			
92				93			94			95		96				-	97			
98						99					100					101		<u> </u>		
102				103						104					105					
106			107					108	109				110	111				112	113	114
115						1 16	117					118					119			
120						121						122							-	
123						124						125					+			
		1	1	1			1	1		I				1				I		L

Comix

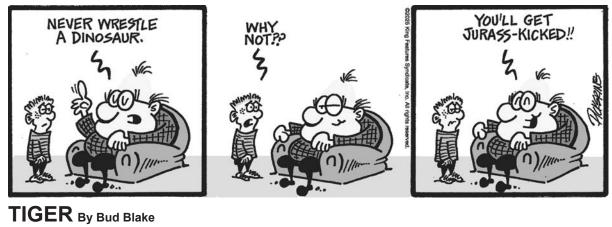
OUT ON A LIMB By Gary Kopervas

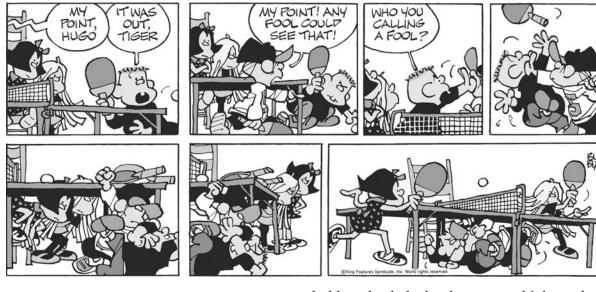


AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering





Lowry From Page 2

randomized raids, 80% of the people it finds are that of these groups."

hold a bachelor's degree or higher, their median income is more than double that of the U.S. – and overall foreign-born populations, and their likelihood of living in poverty is half Hostin cited visa-overstayers, and there Now, the raids aren't random – they, at the are a fair amount from Canada. But, again, they are travelers and students coming from a relatively affluent, well-educated country As a general matter, criminal offending is and so are unlikely to be mixed up with, say, prison gangs. What's the French-Canadian equivalent of Tren de Aragua? Of course, every illegal immigrant should be subject to deportation, but however we draw the line, the criminal migrant, as Hostin put race-obsessed commentators want. The logic of their view is that it's racist to keep out non-white illegal immigrants, racist to make them go, and, at the end of the day, racist to have a country that takes its borders seriously.

Elderly man slowly starving after his stomach removed

DEAR DR. ROACH: Is 18 years a record for living without a stomach? A family member had stomach cancer when he

was 70 and had his stomach removed. He consulted with a dietician and has been able to eat small but frequent meals. He can also take enzymes, vitamins and other things, but slowly he has lost weight. Now at 88, he is down to 84 pounds, and his muscles are also affected. He used to play racquetball regularly, but this came



to an end during COVID and wasn't picked back up after the pandemic. He can no longer walk without assistance. They are putting a feeding tube into his small intestine to supplement what he usually eats. Are you familiar with this type of thing? What else can be done, or is this the end? Will he starve to death? - Y.F.

I have seen many patients with stomach cancer and have never seen this degree of weight loss, but weight loss is very common after removing the stomach. This degree of weight loss is very disturbing and usually results in a worse outcome, so effective treatment is overdue. A feeding tube, which isn't often the appropriate treatment for weight loss, seems to be an important short-term treatment. I assume that he has had extensive evaluations for the recurrence of diseases, including CT scans.

You mention that he has been getting vitamins; B12 and vitamin D levels are often profoundly low after gastrectomy (removal of the stomach), so these should be checked, even if he has been on replacements. If no other cause is found, it might be worth a try to use an appetite stimulant.

In addition, I would formally measure his total calorie input in a day to see whether the problem really is that he isn't getting enough calories. I would be worried that he isn't absorbing all of them.

There is no reason for him to starve to death. In the very worst case, nutrition can be given intravenously while they figure out why he is losing so much weight.

DEAR DR. ROACH: I am an 84-year-old male in amazingly good health and have great physical abilities, but after running about 3 miles, I noticed some minor chest discomfort. After a calcium score test and stress test, my doctor wanted to place stents in my coronary arteries. I read a National Institue of Health study from 2020 regarding stent outcomes versus medication and lifestyle changes, and it showed no difference in the outcomes. So, I decided not to do the stents. I no longer do any distance running, but I do weight training and a stationary bike exercise for 10 minutes without any chest issues. I now take statin drugs, blood pressure medicines, and baby aspirin. Are you familiar with this study, and am I doing a reasonable thing by not having the stents inserted? -T.E.

Whether stents are beneficial in people with stable coronary artery disease remains somewhat controversial. Although stents in combination with a healthy diet, exercise and medication may improve symptoms better than lifestyle changes and medication alone, there are no data to show an improvement in lifespan or in preventing heart attacks. Your cardiologist wanted to reduce your symptoms, but if you aren't having any now, then stenting isn't indicated. If you had to reduce your running because of chest discomfort, then stenting might possibly allow you to do more exercise without having these symptoms.

going to be Black and brown.

moment, are largely, if not entirely, targeting criminal aliens.

associated with low levels of education and socioeconomic status. That doesn't mean that all poor people are criminals. But you are likelier to get entangled with the law if you are an immigrant who hasn't graduated high school, compared with one who has a medical degree. it, is never going to look how she and fellow (The same is true of the U.S.-born population.)

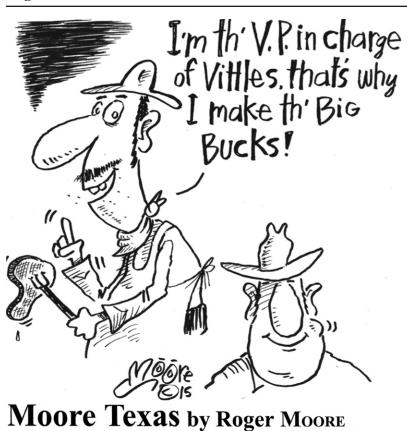
So, why isn't ICE cuffing lots of, say, Indian illegal immigrants? If we assume that the demographic characteristics of Indian illegal immigrants are broadly consonant with – although not exactly the same as – Indian immigrants generally, they'll have a different profile than other illegal immigrants.

The Migration Policy Institute notes, "On average, Indian immigrants are highly skilled Rich Lowry is editor of the National Review. and earn significant incomes: the vast majority ©2025 by King Features Synd., Inc.

And they wonder why they are losing.

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.

To Advertise Call 852-3235 Archives: www.wtxcc.com



The camp cook was plenty important on cattle drives. He drew the second highest salary of the crew.

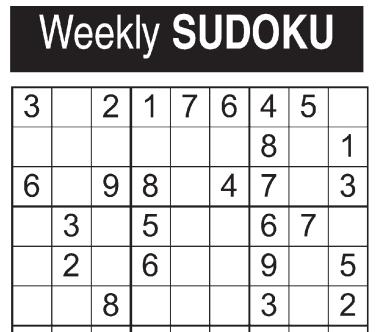
CryptoQuip

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: K equals S

CZJC HFCD, CAUX CXQD HNFTO SJGDTX RJTQ XDC, SFC ZD RJK LDCCAUL JGNFUO NU ENNC CN CZD SDKC NE ZAK KCJSATACX. Answer Page 4

©2025 King Features Synd., Inc.



Take charge of your medical care



by Freddy Groves

The busy. As always, their focus as is on identifying problems that cause harm to veterans.

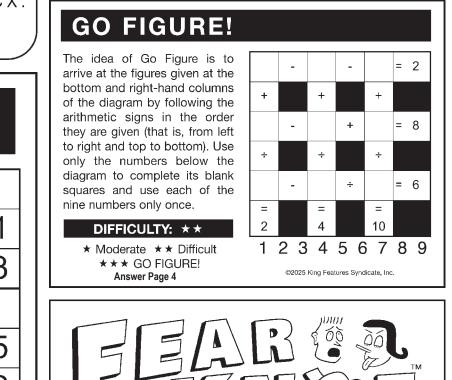
on staff. Specifically, there nonrenewal weren't biopsies which allowed quickly, cancers to grow and spread. weren't communicated, And been in the habit of copying licensing board. and pasting previous notes

to patient files. And, and, reviewed, including and... so many instances of additional records given deficiency in care, all by one to the OIG. What the OIG dermatologist. This went on found was grim, especially from 2021 to 2023.

The supervisors weren't let Veterans off the hook in the OIG report. concern, be sure that it's Administration Office of During performance reviews, addressed. If a test or biopsy is Inspector General has been they rated the dermatologist done and no one calls you, get "unsatisfactory" focused on tardiness problems instead of big concerns like For example, in one VA not actually doing biopsies. medical center there were Instead of bouncing the concerns about the care dermatologist out the door, given by a dermatologist they decided to recommend of clinical were 48 instances where privileges, which allowed done the dermatologist to keep

working with patients. And (it just keeps getting And abnormal test results better and better) senior staff claimed not to know about which delayed treatment. what was going on despite the dermatologist continued reporting by staff documented procedures that of their concerns and the weren't actually done. And dermatologist having been specialists weren't called in. given two unsatisfactory And inadequate treatment reviews. Further, they didn't was given for certain cancers. follow policy and report the And the dermatologist had dermatologist to the state

Enter the VAOIG - in from one appointment to the response to allegations of next, which meant that new deficiencies in care – and information wasn't added patient records were finally



with cancer diagnoses.

If you have a medical but on the phone to them in seven days and insist on knowing the result. Don't trust that "no news is good news.

> ©2025 King Features Synd., Inc.



· When you finish a woodworking project, save your leftover bits of sandpaper and use them to sharpen vour scissors. All vou need is a piece long enough to make a few cuts through.

· "Plastic grocery bags are handy for so many uses, but keeping them organized was always a pain, until I discovered that I could use an empty tissue box to store them. I just ball up each bag individually (so there is no air trapped) and stuff it in the tissue box. You can do the same thing for larger amounts of bags by using an empty 12pack box from soda. I store one of these in my shop." -Fred C. from Pennsylvania

· If your kids (or you) like cereal, be sure to save the heavy plastic liners that hold the cereal inside the box. They are really handy when freezing meat patties in stacks. You can use them to separate layers of cookies, too.

 "I just finished packing up my house to move, and this little tip was a dandy: Use a toothpick to keep the open end of your tape from disappearing. When you cut the tape, slip a toothpick at the end that's still on the roll. You will never have to go fishing for it again." – L.K. in New Mexico

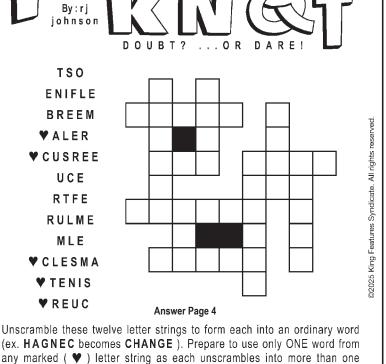
1		3	6		5		
	5	7	3			9	
	9		1	5			

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: ••



© 2025 King Features Synd., Inc.



word (ex. **VRATHE** becomes HATER or EARTH or HEART). Fit each

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

• If your water takes a minute to warm up, keep a pitcher by the sink. Let the water flow into the pitcher until it gets warm. Then, use that water (that otherwise would have been wasted) on your houseplants and in your garden.

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