



Canutillo HS alumni group to host annual golf tournament

By **Alfredo Vasquez**
Special to the Courier

CANUTILLO – Canutillo Alumni Foundation for Education (CAFÉ) has been providing scholarships to college-bound graduates from the Canutillo Independent School District since 2004. As part of its fund raising activities, CAFÉ hosts an annual golf tournament at one of the many courses in El Paso County.

The CAFÉ golf tournament, now in its 21st year, has helped raise thousands of dollars for scholarships that are awarded to Canutillo High School and Northwest Early College graduates each year. The golfing event also offers participants the opportunity to enjoy the outdoors while contributing to a worthy cause.

This year's golf outing will be held beginning at 8 a.m., on Friday, May 2, at Painted Dunes Golf Course, located in Northeast El Paso. The tournament is CAFÉ's major fundraiser that depends on entry fees and generous sponsors.

Tournament organizers said that they are now accepting team and hole sponsorship contributions. Also, they are inviting local businesses and individuals to donate a variety of giveaway items, such as golfing merchandise, electronic equipment, gift cards, and other promotional goods to offer participants as door prizes.

"It has been a very rewarding experience being part of CAFÉ," stated Jesus (Chuy) Martinez. "We have been able to raise nearly \$400,000 and help about 400 students in the twenty-one years that the CHS alumni foundation has been in existence," he added.

Chuy Martinez along with his wife Lilia, Sergio Coronado, Sergio Martinez, Armando Rodriguez, Laura Leos, and Patsy Mendoza are the charter members of CAFÉ. They worked with then Canutillo ISD Superintendent Charles Hart to jumpstart the successful organization.

The alumni group has grown to where it depends on the Paso del Norte Foundation to assist with its financial endeavors. All contributions to CAFÉ are now routed through the Paso del Norte donation program. The nonprofit also helped CAFÉ create a monthly donation program whereby CHS alumni

See CAFÉ, Page 4



– Photo courtesy CAFÉ

COMING BACK FOR MORE – At left is Sergio Coronado, El Paso County Commissioner Precinct 4, with Sergio Martinez, a Canutillo Independent School District Board of Trustee member, in a photo from a previous Canutillo Alumni Foundation for Education (CAFÉ) golf tournament. They are among the participants who will take to the links in this year's CAFÉ golf tournament. Coronado and Martinez are graduates of Canutillo High School and charter members of the CAFÉ group. They were instrumental in starting the annual golf tournament in 2004.

EPCC receives \$100K grant for Risk Management Institute

By **Beau Bagley**
Special to the Courier

EL PASO COUNTY – Texas Mutual Insurance Company is awarding a \$100,000 grant to El Paso Community College (EPCC) to continue funding the Risk Management Institute, which provides workplace safety and health courses for community employers, employees, and the general public.

This is the 11th consecutive year that Texas Mutual, the state's leading provider of workers' compensation insurance, has given a \$100,000 grant to the college to support the Risk Management Institute.

"We are proud to continue this partnership with Texas Mutual, allowing us to provide workplace safety courses throughout our community," said Blayne Primozich, associate vice president of workforce and continuing education at EPCC. "Supporting the El Paso community by training the local workforce is a top priority for the EPCC Risk Management Institute, and we're glad we can continue to help make El Paso businesses safer places to work."

EPCC created its Risk Management Institute to offer education on workplace health and safety for employers and employees in the community. A wide range of courses are available through the program, including OSHA 30-hr and OSHA 10-hr for the construction and general industries, hazard communication, lockout/tagout, fall protection, ergonomics, and OSHA

recordkeeping, among others.

In November 2022, El Paso Community College's Risk Management Institute was recognized by OSHA's El Paso Area Office as an Alliance Program Ambassador – a first of its kind recognition in OSHA's five-state region including Arkansas, Louisiana, New Mexico, Oklahoma, and

Texas. Ambassadors are recognized for working collaboratively on safety and health issues raised by stakeholders. They also share timely and relevant safety and health information.

Since the program's inception, more than 18,000 employees have been trained through the Risk Management Institute.



– Photo courtesy El Paso Community College

IN THE FIELD – Part of EPCC's risk management training is done on site at various locations in El Paso.

Europe deserves its humiliation

Europe has been warned, and warned again. Still, it has been reduced to a near-fainting fit – and, in the case of one German official, actual tears – over the Trump administration’s tough words about its deficient military spending and U.S. moves to begin negotiating on its own with Russia over the Ukraine war.

In response, French President Emmanuel Macron called an emergency summit of European leaders, which his advisers insisted wasn’t an emergency summit at all, but merely a rapidly assembled informal meeting.

Whatever the nomenclature, there are signs that Europe is beginning to get the memo – or, more precisely, beginning to read a memo that it’s been sent repeatedly for years and buried somewhere

under piles of documents celebrating its own so-called soft power.

Back in 2011, Europe received a stern talking to from a bumptious U.S. official who insisted that it faced “a dim if not dismal future” and that NATO was headed for “irrelevance.”

This rude American was none other than President Barack Obama’s defense secretary, Robert Gates. As a holdover from the George W. Bush administration, Gates was a figure with unassailable bipartisan credentials, and yet sounded a little like Vice President J.D. Vance and Trump’s defense secretary Pete Hegseth.

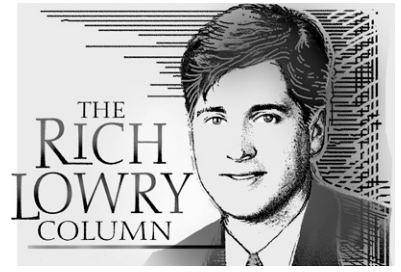
“The blunt reality,” Gates said in his speech, “is that there will be dwindling appetite and patience in the U.S. Congress – and in the American body

politic writ large – to expend increasingly precious funds on behalf of nations that are apparently unwilling to devote the necessary

resources or make the necessary changes to be serious and capable partners in their own defense.”

In the form of the second Trump administration, the patience has dwindled to almost nothing.

Serious countries need serious militaries, and a military alliance like NATO depends on the capabilities of its member countries. This is so obvious it should go without saying, but it’s been an inconvenient truth for a Europe that has preferred



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Does the grocery store scare you? Can Washington care?

Does the grocery store scare you? What about buying eggs? Do you dread driving to Walmart? Do you remember a day when it was fun?

I remember the old days of going to my Grandfather Hinkle’s grocery store in old Stidham, Kentucky. Today, that would be South Milo Road in Tomahawk, Kentucky. I could buy a Pepsi Cola or Dr. Pepper for eight cents. A candy bar was a nickel. An ice cream drumstick was a dime. A bag of chips or a pastry cake was a nickel or a dime. You could buy a lot for a quarter. When I was in elementary school, if I had a quarter, I could buy quite a bit at Fred Mills grocery store which was located next door to the Tomahawk school. I could buy a coke, a bag of chips and a French pastry cake. I sold Grit newspapers when I was a kid and I could make \$1 a week. That gave me four quarters. My dad also worked really hard in an underground coal mine.

Those were the days my friend. We thought they would never end, but they

did a long time ago. Today it would take about five dollars to buy what I bought back then with a quarter. I guess I must be old now, but I don’t have to guess about the high cost of groceries.

Groceries are expensive and people are sick and tired of worrying if they will be able to buy enough food to get through the month. There is too much food shortage in America. This means that people have trouble buying enough food to get through the month. This is why there are non-profit food pantries all over America. Many of these pantries are delivering truckloads of food to communities and hundreds of people line up for a sack of groceries. Ten years ago, it cost \$1000 to sponsor such a project but today it’s closer to \$3500 and growing.

In 2024, the average American spends around \$418.44 per month on groceries, but the cost varies depending on location, household size, and personal habits.

Factors that affect grocery costs

according to USA Today:

- Location: Groceries cost more in some states and cities than others. For example, Honolulu, Hawaii has the highest cost of groceries in the US.
- Household size: The number of people in a household affects how much they spend on groceries.
- Income: Households with higher incomes spend more on food, but it represents a smaller percentage of their income.
- Eating habits: Personal preferences impact how much is spent on food.
- Shopping habits: Buying in bulk or choosing generic brands can help save money.

How to save on groceries? Create a budget, Stick to a shopping list, Buy in bulk, and Choose generic brands.


While Americans do all we can to stretch our dollars and shop wisely we ask our state and federal elected leaders to help us all they can. But, do they have the ability to understand? Many of our Congress leaders are multi-millionaires. They probably haven’t

noticed much when going to the store. Senator Mitch McConnell’s net worth was reported at \$34 million in 2024, Nancy Pelosi’s net worth was \$120 million in 2024. Richard Blumenthal’s net worth was over \$100 million in 2024, Dianne Feinstein, senator from California has a reported net worth of over \$110 million. Marco Rubio’s net worth was \$85 million in 2024. The list goes on. As reported often, our President is a billionaire.

Unfortunately, many Americans’ grocery lists are getting shorter because there is only so much a family can afford.


Does anybody in Washington have the ability to care?

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.glenmollette.com or www.facebook.com/glenmollette.



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Socorro ISD holds Dual Language Academy meetings for parents

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District will conduct Dual Language Academy Parent Information Nights for parents who are interested in enrolling their child in the innovative dual language program. The SISD program is available at four campuses: Myrtle Cooper Elementary, Bill Sybert School, Hueco Elementary and Dr. Sue A. Shook Elementary.

Applications for upcoming 4-year-old Pre-K students will be accepted for the Dual Language Academy. Upcoming students in kindergarten and first grade also may apply to be added to the current wait list. The enrollment process for the academy is based on various criteria and a lottery system.

The Dual Language Academy application window be available from Monday, April 14 to Friday, May 2, 2025. Please visit www.sisd.net/duallanguageacademy on April 14 for the application link.

The SISD Dual Language Academy teaches students to become bilingual and biliterate in English and Spanish through rigorous instruction and multicultural experiences. The program provides dual language students the resources necessary to be academically, socially, and linguistically successful in both English and Spanish to become globally competitive citizens.

Benefits of being a dual language learner include proficiency and literacy in both languages, high levels of academic achievement, greater creativity, attention to detail, problem solving skills, and confidence.

Visit www.sisd.net/duallanguageacademy for more information.

Parent Meetings

All meetings will be held from 5:30 to 6:30 p.m.

- April 1 at Hueco Elementary School, 300 Old Hueco Tanks Rd.
- April 3 at Bill Sybert School, 11530 Edgemere Blvd.
- April 8 Myrtle Cooper Elementary School, 1515 Rebecca Ann Dr.
- April 10 at Dr. Sue A. Shook Elementary School, 13777 Paseo Del Este Blvd.
- April 15 at SISD District Service Center (Room A), 12440 Rojas Dr.

Romero, Hernandez, advance to State HOSA competition

By Sofia Maciel
Special to the Courier

FABENS – Fabens ISD students showcased their creativity and talent at the HOSA Medical Art Poster competition, competing against schools from Area 4 Region. The event challenged students to create an artistic and informative poster centered on the theme “HOSA-Future Health Professionals – Powered by People.” Their work had to inspire others to explore healthcare through visual storytelling.

Four Fabens ISD students participated in the competition, demonstrating their artistic skills and dedication to healthcare awareness. Arlene Romero earned first place, while Alvaro Hernandez secured second place. Both will advance to the HOSA state competition at Kalahari Resorts in Round Rock, TX, from April 29 to May 1, 2025. Their posters may also be featured in official HOSA



– Photo courtesy Fabens ISD

GOING PLACES – Alvaro Hernandez and Arlene Romero will travel to Round Rock, TX to compete at State.

See FISSD, Page 5

King 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
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59					60					61		

Average
Solve Time
24 Minutes

ACROSS

- 1 Doubtfire or Dalloway
- 4 Pesky insect
- 8 Blaze
- 12 "Alley _"
- 13 Verdi heroine
- 14 Booty
- 15 Sugar suffix
- 16 Some online essays
- 18 Doppler device
- 20 "Diamonds" singer
- 21 Brzezinski of MSNBC
- 24 Group character
- 28 Coin that keeps

turning up

- 32 Stitched
- 33 Artist Yoko
- 34 "_ luck!"
- 36 Actor Stephen
- 37 Euro fraction
- 39 Pub game
- 41 Cognizant
- 43 "No seats" signs
- 44 Olympics chant
- 46 Loan shark's crime
- 50 Ginsberg and Kerouac, for two
- 55 _ Maria
- 56 Eyebrow shape
- 57 Microwave, slangily
- 58 Request
- 59 Citi Field team
- 60 Love god
- 61 "_ a Rebel"

DOWN

- 1 Heath
- 2 Activist Parks
- 3 Raced
- 4 Angel with a trumpet
- 5 Zero
- 6 Commotion
- 7 Labels
- 8 Parade attractions
- 9 Cyclades island
- 10 Decay
- 11 UFO engineers
- 17 Diner dessert
- 19 Sound booster
- 22 Handle
- 23 Poker payments
- 25 Medal earner
- 26 Actor Clive
- 27 Hitch
- 28 _ Raton, Fla.

- 29 From the start
- 30 Lady of Spain
- 31 Belgian river
- 35 Stirs up
- 38 "We hold these _ to be..."
- 40 Letter addenda, for short
- 42 Sixth sense
- 45 Top-notch
- 47 Beehive State
- 48 Get up
- 49 Tibetan herd
- 50 "Kapow!"
- 51 Before
- 52 Play segment
- 53 Where Lux. is
- 54 Ring decision

Answer Page 4





Moments in time
THE HISTORY CHANNEL

- On March 10, 1948, the communist-controlled government of Czechoslovakia reported that noncommunist Foreign Minister Jan Masaryk had died after jumping out of a window. The story was met with suspicion in the West, but nothing to the contrary was ever definitively proved.
- On March 11, 1903, accordion-playing musician and entertainer Lawrence Welk, aka the "King of Champagne Music," was born on a farm in rural North Dakota.
- On March 12, 2020, after New York state and city leaders placed Covid-19 restrictions on public gatherings of more than 500 people, the Broadway theater district announced it would go dark for an unprecedented 32 days, the longest shutdown of its history. The closure ended up being extended to the end of May 2021, however, costing billions of dollars in tourism losses.
- On March 13, 1865, the Confederacy reluctantly approved the use of Black troops, its last source of fresh manpower, as the main Rebel army faced long odds against much larger Union counterparts. The

measure did not help to save the Confederacy, since the several thousand Black men who were enlisted could not balance out the nearly 200,000 Black soldiers fighting for the Union.

- On March 14, 1924, John "Jack" Mack, who co-founded Mack Trucks, Inc., then known as the Mack Brothers Company, with his brothers Augustus and William, was killed when his car collided with a trolley in Pennsylvania.
- On March 15, 2021, Deb Haaland was sworn in as Secretary of the Interior, becoming the first Indigenous person to serve as a cabinet secretary in American history. A few years before, she was also one of the first two Native American women elected to Congress.
- On March 16, 1881, 40-year-old Francisco "Chico" Forster met an untimely end in downtown Los Angeles, courtesy of his former lover, 18-year-old Lastania Abarta. Forster had promised to marry the girl after she performed at a party, but failed to return to their hotel with either a ring or a priest. Abarta tracked him down and tried to force him to church, but when he hopped out of his cab, she fatally shot him. After her attorneys defended her on the grounds of "female hysteria," she was acquitted and left town.

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Strange BUT TRUE

By Lucie Winborne

- The Climbing Gourami is a fish that can climb out of water, breathe oxygen and even walk for short distances.
- India has 454 living languages and 16 official ones.
- During her 1982 restoration, the Statue of Liberty's head was accidentally installed 2 feet off-center.
- America's first female state senator was a Mormon polygamist who not only ran against, but defeated, her husband.
- Only deceased people can appear on American currency.
- When put under a microscope, tears produced by grief, hope or onions were unique in form from each other.
- Viking names included such gems as "desirous of beer," "able to fill a bay with fish by magic," "lust-hostage" and "the man who mixes his drinks."

- North Korea accidentally hit one of its own cities during a 2017 failed missile test.
- In 1916, a proposed amendment to the U.S. Constitution would have put all acts of war to a national vote. Anyone voting "yes" would have to register as a volunteer for army service.
- Dynamite was originally going to be called "Nobel's Safety Powder."
- Singer James Brown was such a strict bandleader that he had signals arranged with his manager to let him know if a musician made a mistake during concerts. After a performance, band members' errors were deducted from their paychecks.

• Ostriches are the only birds with a bladder.

• In 1872, sitting president Ulysses S. Grant was pulled over and fined \$20 for exceeding the Washington speed limit ... on a horse.

Thought for the Day: "Life is painting a picture, not doing a sum."

– Oliver Wendell Holmes Jr.

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Player selected for national fellowship

By Christy Flores-Jones
Special to the Courier



– Photo courtesy Socorro ISD

Ana Player

EL PASO COUNTY – Montwood High School student activities director Ana Player has been selected as one of 15 educators nationwide to participate in the Lead4Change Fellowship, aimed at advancing student leadership.

The Lead4Change Fellowship is part of the Lead4Change Student Leadership Program, a free program for 6th-12th grade students that teaches leadership skills through hands-on service projects.

Fellows will participate in a year-long professional development program focused on enhancing their leadership skills and finding new ways to cultivate student leadership within their classrooms, allowing them to become part of a network shaping the future of student leadership development.

Player has been the student activities director at Montwood High School

since 2017, where she also teaches leadership and serves as the student council advisor. She began her career in the Socorro Independent School District in 2011 as a middle school science teacher.

Over the past five years, Player has successfully implemented the Lead4Change curriculum. During this time, two student groups have received grants from the organization for their

outreach service projects. She was thrilled to be named a Lead4Change Fellow.

"Using the Lead4Change resources has provided me supplement materials to an already busy classroom setting. Through this program, students work together to execute a project or activity that brings awareness or benefits those around them. The youth of today are facing a lot of challenges, and this gives them an opportunity to advocate for topics and causes they are passionate about. By being part of this fellowship, I hope to gain new ideas and perspectives on how to engage students more effectively and encourage them to use their voice for positive change in our community," Player said.

Over the next year, fellows in the program will participate in exclusive professional development to sharpen their leadership skills; attend an all-expenses-paid retreat in Nashville for collaboration and celebration; and provide valuable insights that shape the future of Lead4Change programs and curriculums.

Aldaco named FISSD assistant superintendent

By Sofia Maciel
Special to the Courier

FABENS – Fabens Independent School District proudly announces Manuel Aldaco as the new Assistant Superintendent of Curriculum and Instruction. With over 20 years of experience, Aldaco is firmly committed to student success, teacher empowerment, and community engagement.

"I believe in the power of education," said Aldaco. "Schools inspire students, teachers become superheroes, and communities thrive when we work together. I am thrilled to join Wildcat Country and contribute to this movement of transformation."

Superintendent Dr. Rogelio Segovia expressed enthusiasm for Aldaco's arrival, "With his extensive experience and passion for teaching and learning, I am confident he will be a tremendous

asset in advancing academic excellence at Fabens ISD."

Aldaco has played a key role in curriculum innovation, teacher development, and student achievement throughout his career. His admiration for Fabens ISD's dedication to its students and families drew him to Wildcat Country, where he looks forward to collaborating with educators and community members.

"I cannot wait to be part of this movement, meet the heroes in our schools, and immerse myself in the vibrant Fabens community," Aldaco said. "The golden chant leads the way – Go Wildcats!"



– Photo courtesy FISSD

Manuel Aldaco

FISSD

From Page 3

publications, including billboards, pamphlets, and decals.

"I'm incredibly proud of all of our students for their hard work and creativity in the Medical Art Poster competition! Their dedication truly shined, and we are especially excited to celebrate our 1st and 2nd place winners," said Mrs. Stephany Gaucin. "A huge thank you to our amazing art teachers, Ms. Melendez and Ms. Pacheco,

for their support and guidance in helping all of our students bring their artistic visions to life – we truly appreciate everything they do! Our students make us so proud, as they all represent what a true Wildcat is made of. We are thrilled to be heading to the state competition and can't wait to see them continue to shine!"

For Arlene Romero, the recognition was both surprising and meaningful. "I'm very pleasantly surprised by the results of the competition. Art, to me, has

always been something that is deeply personal, and to get to share that and have it resonate with people is such a nice feeling."

Alvaro Hernandez echoed that excitement, saying, "I am very excited that Arlene and I were able to represent our school and HOSA. We worked really hard, and it was an amazing experience to be a part of."

HOSA - Future Health Professionals was formerly known as Health Occupations Students of America or simply HOSA.

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

to spend on everything else while relying on the might of the United States for security and power projection.

NATO countries vowed that they'd spend at least 2% of GDP on defense back in 2014, and yet only 23 of 32 NATO members have reached the threshold. Poland and the Baltic states are among the top spenders, while France and Germany barely make 2%, and Canada and Italy are beneath it.

The trend has been upward but nowhere near adequate. According to The New York Times, "There is consensus among officials and analysts that Europe lacks crucial elements of defense like integrated air and missile defense, long-range precision artillery and missiles, satellites, and air-to-air refueling tankers."

Is that all?

Trump is calling for 5% of the GDP for NATO members, which has all the hallmarks of a tactic to get Europe as high as possible even if they don't reach this benchmark (the U.S. itself spends about 3.4%). NATO is

planning to make 3% or 3.5% its goal later this year.

President Trump and his team prefer vinegar to honey in making their case around the world. It may be needlessly abrasive, but there's no doubt that it gets people's attention. NATO Secretary General Mark Rutte told member countries to stop "complaining" and come up with concrete, positive ideas, while Ursula von der Leyen, the president of the European Commission, said "Europe's security is at a turning point" and Europe needs "an urgency mindset" and "a surge of defense."

Even if Trump were less insistent about spending and had warmer feelings about the alliance, the fact is that the United States may at some point be consumed with responding to a crisis in the Pacific, and Europe will have to be prepared to defend its backyard regardless.

If Europe won't spend more for the sake of its own security or the good of the alliance, it should – when its embarrassing panic subsides – at least do it out of self-respect.

Rich Lowry is editor of the National Review. ©2025 by King Features Synd., Inc.

Rapid heart rate can have several causes

DEAR DR. ROACH: I'm a 75-year-old woman who, for at least 10 years now, has been experiencing a rapid heart rate. My blood pressure, however, remains normal. In fact, doctors are usually surprised at how good my blood pressure is since I am borderline obese and slightly diabetic. During this past physical, my doctor did mention my rapid heart rate but didn't recommend treatment or referral to a cardiologist. Should I insist on a referral to a cardiologist, or would this only bring me to more unnecessary testing? – M.R.



I unfortunately hear about people (more commonly women) having a potentially serious medical condition that gets ignored for many years, and I fear this is the case with you.

In a person with a persistently fast heart rate (over 100 bpm), an electrocardiogram (EKG) is an essential first step. I suspect you may have had this done, but if you haven't, this clearly needs to be done. Atrial fibrillation and some less-common heart rhythms need to be excluded.

It's likely that you have "sinus tachycardia," meaning that the impulse comes from the sinus node but is persistently too fast. The heart rate is supposed to be fast if you are exercising, and a fast pulse can often come on as a response to an infection or a loss of fluids. But I think that, after 10 years, you most likely have a condition called inappropriate sinus tachycardia (IST).

Since you are writing to me, I assume that this is bothering you. Most people with IST note palpitations, but loss of endurance and decreased exercise tolerance are other common symptoms. Before getting treated, it's important to make sure that there isn't some longstanding cause, such as anemia or thyroid disease.

It's also necessary to exclude the diagnosis of postural orthostatic tachycardia syndrome, which can overlap with IST and seems to be much more common now, especially after a COVID infection.

I have had some success in prescribing exercise for carefully selected patients with IST. The cardiology literature recommends beta blockers or ivabradine to reduce symptoms and improve exercise ability.

Referral to a cardiologist is appropriate given your 10 years of not being evaluated. Even if you decide against therapy, making sure that there isn't a serious problem is very wise.

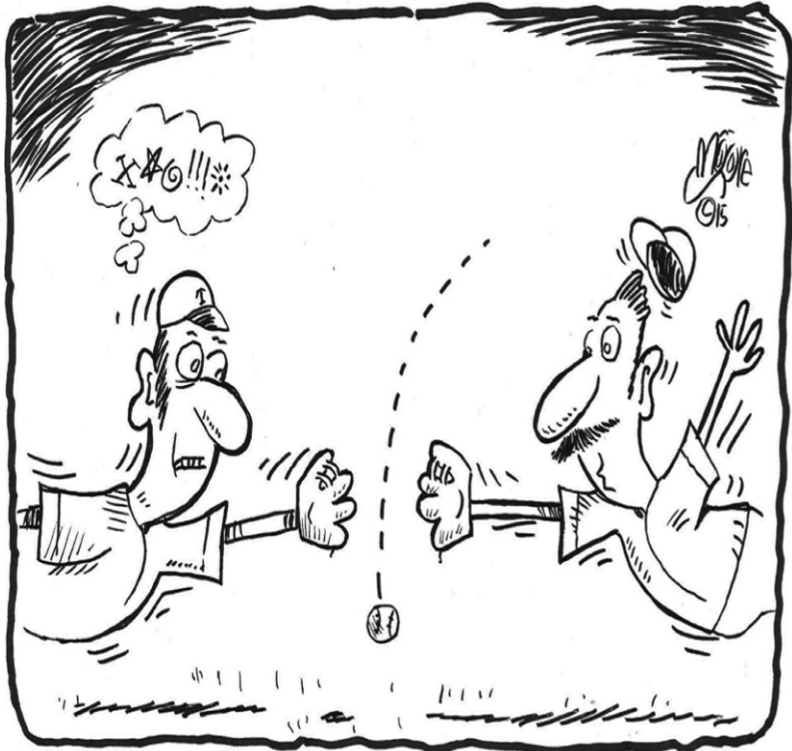
DEAR DR. ROACH: I'm a 61-year-old male in excellent physical health. However, out of nowhere, I started having severe anxiety attacks when driving over 60 mph on the highway. I now have to frequently exit the highway in order to calm down, and I'm constantly worried about having additional attacks while driving. Do you have any insight on how to treat this? – P.R.

According to the reading I did, some people will develop a fear of driving on the highway after an accident, but it also may come out of nowhere. Highway driving does tend to be more problematic as there is greater danger due to faster speeds – but even more so because of a higher perceived danger that is sometimes blown out of proportion.

From what I have read, cognitive-behavioral therapy is one treatment, while exposure treatment (sometimes using virtual reality) is another. The sooner you begin treatment, the more likely it is to be successful.

Since it sounds like you are having panic attacks, SSRI medications like sertraline may also be helpful, but some other medicines for panic attacks are inappropriate for people who drive.

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.



Moore Texas by Roger MOORE

Nobody knows for sure why a baseball looped between the infield and the outfield is called a **TEXAS LEAGUER???**

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: E equals X

CGVL DSB'KV HL VEMVKI PL
 FSPLPLZ HAHZVY, CGHI FSBRA
 DSB YHD DSB YMVFPHRPOV PL?
 QHEPQ-POPLZ.

Answer Page 4

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Weekly SUDOKU

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

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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New VA Secretary Doug Collins



by Freddy Groves

Changes are coming fast and furious at the Department of Veterans Affairs. Since these impact many of us, we need to pay attention to what's going on – and who's now in charge.

The VA has a new secretary, Douglas A. Collins, the 12th in the position since the VA was started in 1988. Collins is an Air Force veteran, served as chaplain, has been a Reserve colonel for 23 years and additionally served for two years in the Navy. He served in Iraq and at his confirmation hearing said that he slept next to burn pits for many months. He's an attorney and was a U.S. representative for a Georgia district from 2013 to 2021.

Quite the resume, and the Senate vote to confirm him was fairly strong: 77 to 23.

He's jumped right in, saying he wants to expand the VA's private sector care

and figure out how to get rid of employees who aren't doing their job. He stopped the employee teleworking right away, insisting people come back to work, and put a hiring freeze in place until things shake out and they see if there are any vacancies once people decide if they're staying or going. Further, he vowed to fix the \$16 billion computer system that's been sitting unfinished for two years.

Sometimes you just want to see a man and hear his voice before you make up your mind about him. Go online to YouTube and look for "Doug Collins opening remarks in Veterans Affairs secretary confirmation hearing."

Watching that video, I liked things about him that have nothing directly to do with the VA and the position he's been given, but instead tell what kind of a man he is. He's been married 36 years, he still has a bracelet a female Airman made for him when he was a flightline chaplain 15 years ago and he thanked his 88-year-old

father. In the end, those things matter.

I wish him well.

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• Groceries and food shopping can be a tremendous portion of your budget if you aren't careful. The best and most serious money-saving tip for home economists is to ALWAYS use a list. It really does make a difference to have a plan. Here are some more tips to save money while feeding your family.

• "One of the most expensive portions of your meal is probably meats. You can look for larger packages that you can break down, but you can also plan a couple meat-free meals each week. Also, meals like stew and casseroles use less meat per person but are still satisfying." – W.I. in Arkansas

• Most stores list the unit price on the shelf tag. You can use it to compare the cost of different sizes and brands of the same item. Just because a package is bigger doesn't necessarily mean it has the best price per unit.

• Remember that typically, the higher shelves and the lower shelves house the better deals. Compare the items on the aisle ends to the same items on their regular shelf. Sometimes, what looks like a sale is not a sale price at all, especially when compared to a store brand that's just as good.

• "A secret of busy moms: Cook once, eat twice (or three times, if you plan well)! When you prepare favorite recipes that will freeze well, or even just elements of those recipes, make a double or triple batch so that a few nights of the month, you can just pop something in the oven easily. I cook taco meat once for the month, and we have tacos every week. I just freeze three portions of the meat, and the rest is easy to assemble." – K.S. in Florida

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

	-		+		=	4		
-		+		+				
	+		+		=	11		
+		x		+				
	+		÷		=	1		
=		=		=				
10		40		20				
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult

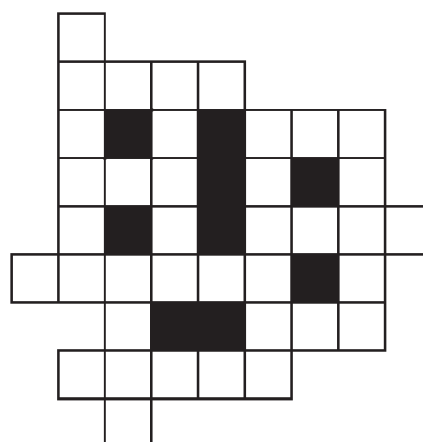
★★★ GO FIGURE!

Answer Page 4

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- IRA
- AROBLE
- ♥ CREBA
- ♥ DASO
- ♥ BESULA
- ♥ BDI
- ♥ ENLA
- ♥ ERBDA
- ♥ ERO
- ♥ DISBER
- OLDNA
- ♥ YURB



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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