

VOL. 52, No. 11

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

# Canutillo HS alumni group to host annual golf tournament

### **By Alfredo Vasquez** Special to the Courier

CANUTILLO-Canutillo Alumni Foundation for Education (CAFE) has been providing scholarships to college-bound graduates from the Canutillo Independent School District

since 2004. As part of its fund raising activities, CAFE 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 CAFE'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 CAFE. 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 COMING BACK FOR MORE - At left is Sergio Coronado, El Paso County Commissioner Foundation to assist with its financial endeavors. All contributions to CAFE are now routed through the Paso del Norte donation program. The nonprofit also helped CAFÉ create a monthly donation program whereby CHS alumni



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.

See CAFÉ, Page 4

# 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

### 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 Arkansas, Louisiana, New Mexico, Oklahoma, and Management Institute.

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 recognition in OSHA's five-state region including employees have been trained through the Risk



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 Blavne 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/

Photo courtesy El Paso Community College

tagout, fall protection, ergonomics, and OSHA IN THE FIELD - Part of EPCC's risk management training is done on site at various locations in El Paso.

*Charity begins at home and usually winds up in a foreign country.* 

– Quips & Quotes

### March 13, 2025

# **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 from a bumptious U.S. official who insisted that it unwilling to devote its deficient military spending and U.S. moves to begin negotiating on its own with Russia over the was headed for "irrelevance." Ukraine war.

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 that there will be dwindling appetite and patience sent repeatedly for years and buried somewhere in the U.S. Congress - and in the American body

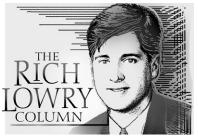
under piles of documents celebrating its own socalled soft power.

Back in 2011, Europe received a stern talking to faced "a dim if not dismal future" and that NATO

This rude American was none other than President In response, French President Emmanuel Macron 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

politic writ large to expend increasingly precious funds on behalf of nations that are apparently 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?**

What about buying eggs? Do you take about five dollars to buy what dread driving to Walmart? Do you I bought back then with a quarter. I 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 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 really hard in an underground coal mine.

Does the grocery store scare you? did a long time ago. Today it would according to USA Today: 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 a Pepsi Cola or Dr. Pepper for eight 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.

me four quarters. My dad also worked spends around \$418.44 per month on groceries, but the cost varies depending on location, household

• 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 list goes on. As reported often, our 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 the ability to care? budget, Stick to a shopping list, Buy in bulk, and Choose generic brands.

While Americans do all we can to Glenn Mollette is a graduate of numerous In 2024, the average American 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-Factors that affect grocery costs millionaires. They probably haven't com or www.facebook.com/glennmollette.

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 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

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.

Those were the days my friend. We size, and personal habits. thought they would never end, but they

# West **EXAS**

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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 application link. Independent School District will conduct Nights for parents who are interested in in English and Spanish through rigorous enrolling their child in the innovative dual instruction and multicultural experiences. language program. The SISD program The program provides dual language students is available at four campuses: Myrtle the resources necessary to be academically, Cooper Elementary, Bill Sybert School, socially, and linguistically successful in both 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

The SISD Dual Language Academy teaches Dual Language Academy Parent Information students to become bilingual and biliterate Hueco Elementary and Dr. Sue A. Shook 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.

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Letters must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

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### **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 competing competition, against schools from Area 4 Region. The event challenged students to create an artistic informative and 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. Arleene 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 Arleene Romero will travel to Round Rock, TX to compete at State.

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Photo courtesy El Paso Community College

DALLAS BOUND - Two Canutillo High School robotics teams, mixed in above with their coach, earned a trip to the VEX World Competition - the largest robotics event in the world.

# Canutillo HS robotics teams headed to World's competition

**By Gustavo Reveles** Special to the Courier

CANUTILLO – There's nothing artificial about the intelligence behind teams.

The

CAFE

From Page 1

Robotics State Championship, earning to Worlds, and Canutillo received two spots in the upcoming VEX World of those 6." Competition in Dallas, Texas – the largest robotics event in the world.

the Canutillo High School robotics long been a leader in the STEM competition, and this year has proven two teams representing to be just as prolific as any other," said Canutillo High this weekend placed at CHS Robotics Teacher Hector Acosta.

the Texas Region 1 High School V5 "Our region gets only six invitations

Team A is made up of students John Martinez, Evan Romero, Victoria "Canutillo High School has De La Herran and Raquel Ramirez. Team B is made up of Jalen Delgado, Emilio Mendoza, Lauren Orrantia and Oliva Concha.

build robots that compete against at an international stage," said other schools in a course challenge. Acosta said the competition tests students' engineering knowledge, but participants also are asked to use problem solving skills and team to not only hold their own against the work.

Canutillo's robotics teams have amassed several awards during the seven tournaments that make up the competition season this year. Some of May 6-8 at the Kay Bailey Hutchison those trophies include:

- Three Tournament Championships;
- One Excellence Award:
- Two Skills Awards; and
- Two Judges' Award.

The season culminated this weekend during the regional state championship at Hanks High School.

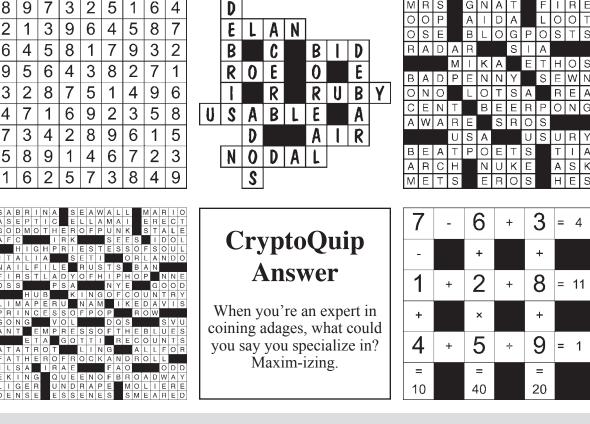
"We are thrilled to be able to showcase the amazing work that The two teams used their skills to has been happening in Canutillo Robotics Teacher Jaime Campo. "The tournament in Dallas will attract teams from 50 different countries and this will give our students an opportunity best of the best, but also learn from other students who also are doing outstanding work."

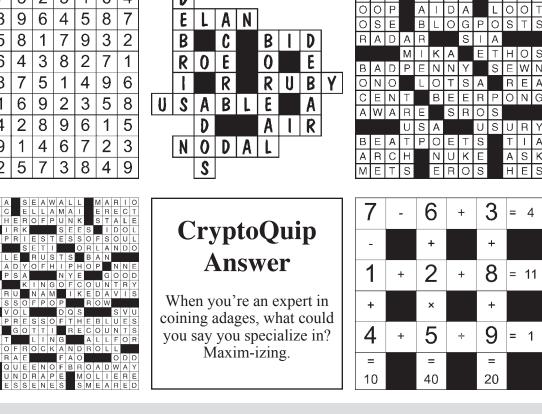
World's competition is slated for Convention Center in Dallas.

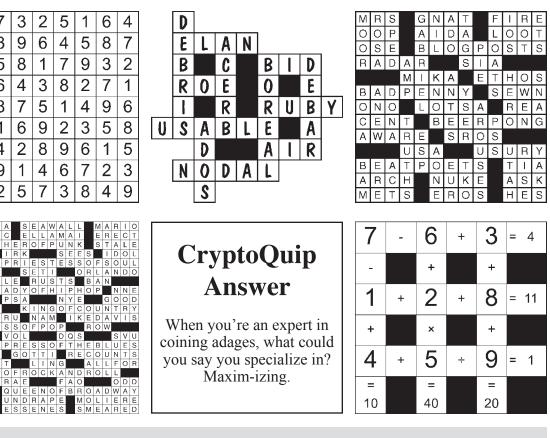


#### the partnership.

For more information about the upcoming golf tournament or about the foundation, contact CAFÉ and friends of CISD who work for member Jessica Bernal, at (915) the district can contribute monthly 221-4570. Visit www.canutilloinstallments of varying amounts. isd.org/aboutcisd/alumni/caf-golf-And it is now possible to establish tournament to register to play. special scholarships in honor of a Interested golfers may fill out the business or individual because of entry form online.







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• On March 10, 1948, communistthe 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 cofounded 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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#### **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.

 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.

# **Player selected for national fellowship**

#### **By Christy Flores-Jones** Special to the Courier

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, а free program for 6th-12th grade students that teaches leadership skills through hands-on service projects.

Fellows will participate in a year-long professional since 2017, where she also development program focused on enhancing their leadership skills and finding new ways to cultivate student leadership within their allowing them to become school science teacher. part of a network shaping the development.

Player has been student activities director groups have received grants the future of Lead4Change at Montwood High School from the organization for their programs and curriculums.



Ana Player

teaches leadership and serves as the student council advisor. She began her career in the Socorro Independent School

future of student leadership has successfully implemented Nashville for collaboration the Lead4Change curriculum. and celebration; and provide the During this time, two student valuable insights that shape

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 executeaprojectoractivitythat 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 classrooms, District in 2011 as a middle development to sharpen their leadership skills; attend an Overthepastfivevears, Player all-expenses-paid retreat in

## **Aldaco named FISD assistant superintendent**

#### **By Sofia Maciel** *Special to the Courier*

FABENS - Fabens Independent School key role in curriculum District proudly announces Manuel Aldaco innovation, as the new Assistant Superintendent of development, Curriculum and Instruction. With over 20 years student of experience, Aldaco is firmly committed to throughout his career. His student success, teacher empowerment, and admiration for Fabens community engagement.

"I believe in the power of education," said students and families Aldaco. "Schools inspire students, teachers drew him to Wildcat become superheroes, and communities thrive Country, where he looks Manuel Aldaco when we work together. I am thrilled to forward to collaborating join Wildcat Country and contribute to this with educators and community members. movement of transformation."

enthusiasm for Aldaco's arrival, "With his myself in the vibrant Fabens community," learning, I am confident he will be a tremendous - Go Wildcats!"

advancing asset in academic excellence at Fabens ISD."

Aldaco has played a teacher and achievement ISD's dedication to its



"I cannot wait to be part of this movement, Superintendent Dr. Rogelio Segovia expressed meet the heroes in our schools, and immerse extensive experience and passion for teaching and Aldaco said. "The golden chant leads the way

 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.

put under a When 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."

· 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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FISD

From Page 3

publications, including billboards, pamphlets, and decals.

our students for their hard work thrilled to be heading to the and I were able to represent and creativity in the Medical state competition and can't our school and HOSA. We Art Poster competition! Their wait to see them continue to worked really hard, and it dedication truly shined, and we are especially excited to winners," said Mrs. Stephany Gaucin. "A huge thank you to

for their support and guidance always been something that in helping all of our students is deeply personal, and to bring their artistic visions get to share that and have it to life – we truly appreciate resonate with people is such everything they do! Our a nice feeling.'

students make us so proud, as "I'mincrediblyproud of all of Wildcat is made of. We are am very excited that Arleene shine!"

For Arleene celebrate our 1st and 2nd place the recognition was both "I'm very our amazing art teachers, Ms. surprised by the results of the Students of America or simply Melendez and Ms. Pacheco, competition. Art, to me, has HOSA.

Alvaro Hernandez echoed they all represent what a true that excitement, saying, "I was an amazing experience Romero, to be a part of."

HOSA - Future Health surprising and meaningful. Professionals was formerly pleasantly known as Health Occupations

# Archives: www.wtxcc.com

# Two teams rule the NBA – no, not the Celtics or Lakers

**By Steve Escajeda** Special to the Courier

The is still another month to go before the start of the NBA playoffs and plenty of questions yet to be answered.

Like which teams (ranked #7 to #10) in the Eastern and Western Conferences are going to qualify for the last four playoff spots and compete in that rather silly "play in" tournament.

Also, which teams currently near the top of the standings will come out best record possible so that they can host more home playoff games.

playoffs that is not in question is who the top teams in the West and East will be.

The Cleveland Cavaliers and the at 52-11. Oklahoma City Thunder have each been the best team in the respective conferences since the very start of the any sign of slowing down.

The most remarkable thing is that nobody predicted this.

Oh, I know that Oklahoma City finished tied for the West's top spot in the regular season a year ago in a tight three-team race where all three finished within one game of each other. I also know that the Cavaliers have had solid winning records while finishing fourth in the East the last two years.

But nobody thought the Cavs and Thunder would run away and hide from the rest of the field this year.

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

In fact, both teams are so ahead of games ahead of the second-place and 6-9 Jarrett Allen (13.4, 10.3). their competition, they seem to be Lakers (40-22). battling each other to see which team ends with the best record.

Don't get me wrong, the NBA still has solid teams to challenge these two leaders. The Boston Celtics, Denver Nuggets, Los Angeles Lakers, New York Knicks, Milwaukee Bucks, Memphis Grizzlies and Houston Rockets are still out there.

And a team like the Indiana Pacers, Minnesota Timberwolves or the Golden State Warriors could pull the upset. Heck, even the longlosing Detroit Pistons look good ahead after fighting to finish with the enough this season to shock an is the way they're constructed. They overconfident team.

The one aspect of the upcoming season, nobody has come close to Cleveland and Oklahoma City.

As of last weekend, The Cavs had a 53-10 record while the Thunder were

How good are those records? Cleveland was eight games ahead of the defending-champion Celtics season. And neither team has shown (46-18), and Oklahoma City was 12 Mobley (18.6 points, 9.4 rebounds) NBA.

season, those are huge leads.

What makes these two teams so and so similar.

They're different in that the Cavs do their damage on the offensive end. They lead the NBA in scoring at over 123 points a game. The Thunder do most of their damage on defense, allowing just 106 points a game, while leading the league in forcing turnovers.

The way the two teams are similar both have a high-scoring superstar. But at least through the regular They both have two big men who can defend the basket, rebound and score. They both have excellent backup players who know their roles.

scoring 24.4 points a game, while Lakers make it to the Finals. OKC's Shai Gilgeous-Alexander leads the league at 32.8.

Cleveland's big two are 6-11 Evan

Oklahoma City's two bigs are 7-1 With less than 20 games left in the Chet Holmgren (15.0, 8.5) and 7-0 Isaiah Hartenstein (10.9, 11.3).

Where the Cavs might have an edge interesting is that they are so different, is their depth. Cleveland still has point guard Darius Garland (21.0 pts. 6.7 assists), DeAndre Hunter (15.0 pts, 4.5 rebs) and Ty Jerome (12.0 pts, 3.3 asts). The Thunder add Jalen Williams (21.4 pts, 5.5 rebs, 5.2 asts) and Aaron Wiggins (11.8 pts, 3.8 rebs).

> It'll be interesting to see if these two "new guys on the block" will have the mental toughness to get through a seven-game series with the neighborhood bully Celtics or Lakers or Bucks or Nuggets.

The Cavaliers and the Thunder are breathing a little life into a league that is struggling for popularity right now.

Of course, the league would rather Donovan Mitchell leads Cleveland, see the second=place Celtics and

> But it's always entertaining to see two fresh teams break through.

> Either way, it's a win-win for the

## Senior moment By Matilda Charles

# Getting through the winter

were automobile crashes caused by slick road surfaces. the chance that they might have gone bad. While several And these weren't just little fender benders, although sources say to be sure the foods have stayed below 40 there was one of those that happened in a store parking degrees in the fridge, the CDC puts a specific time limit lot. These five crashes produced crushed cars, serious on it: four hours in a refrigerator without power. After injuries and yes, in one case, death of the occupant that time, throw it out. of the vehicle... all because of the condition of the roads.

And while I hate to think of myself as a coward, more and more there are things I just don't want to risk.

I check the weather news for the temperature before I venture out by car. If it's too cold (or will be by the time over the age of 45 is when we're advised not to shovel I get home), the roads could be slick. Black ice is hard to snow because of the risk of heart attack! For me, 45 was see but once your vehicle is on it, there's no steering. Too a very long time ago! cold and I just stay home.

During a recent storm we had yet another power outage. I keep thermometers in the fridge to keep track of how

The top five items tonight on my local news channel warm the temperature gets. For iffy items, I just don't take

Instead of waiting for a warm day (which isn't going to happen soon) to melt the ice and snow on my walk and driveway, I hire someone to clear it, and I just pay the cost, even though it's not a welcome expense.

And in case you've never looked it up, it appears that

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	Put the kibosh on
50	Missy Elliott
	Dir. from Miss. to
Mic	h.
56	Pre-CIA gp.
	Ad featuring
	okey Bear, e.g.
58	"Science Guy" with
	tiple Emmys
	Honorable
60	Busy airport
	George Strait
69	World capital in

Joan Hart

plumber

8 Breakwater

embankment

20 Germ-free

88 Busy insect 89 Bessie Smith 97 Plane ticket detail, for short 98 Mafioso John 99 Narrates 100 Running rather quickly 104 "This Is Life" journalist Lisa 106 Totally in favor of 107 Chuck Berry 112 "Casablanca" woman 113 "Dies \_" (Latin hymn) 114 \_ Schwarz 115 Peculiar 118 Just making, with "out" Kevin 120 Liza Minnelli 127 Roaring cat crossbreed 128 Remove loose coverings from 129 "Tartuffe" playwright 130 Thick 131 Ancient Jewish casually

7 Have \_ on one's shoulder tube watcher 8 "Black Panther" 54 "Me neither" actor Andy 55 Rival of Ben & 9 "Xanadu" gp Jerry's 59 Nibble (on) 10 Sitcom ET 11 "679" rapper Fetty \_ 60 Suspend 12 Make laugh 61 Scanned market 13 Thin streets ID 14 "In this way" 62 Busy insect 64 With one flat, 15 Spanish for musically "month" 16 Skilled crafter 65 Brief snooze 17 Go further in the 66 Biotech-created book, say food 18 Apple digital 67 Atop. in verse storage service 68 Japanese salad 19 Verdi opera green 69 Links gp. for 24 Mess up 29 Hercules player women 70 Club for a 69-32 Afflictions Down member 33 Natural talent 71 Small fortune 34 Greet loudly 72 Letters of 35 Architect Saarinen invitation? 36 Double \_ (Oreo 73 American assn option) 77 Margarine, 37 Wife on "The quaintly Addams Family," 78 Adobe Acrobat suffix

92 Glue (brand of adhesive in a tube) 93 Hog sound 94 Tesla auto, e.g. 95 String necktie 96 Quiet stretch 97 Fuel gases 100 Off-track 101 New film type in the 1920s 102 What "@" is 105 Big blunders 109 Marsh plants 110 Capture 116 Have the guts 117 Made blond, maybe 123 Not closed, in verse 124 \_-pah band 125 Heady brew 126 Day, to Diego

103 Rotational force 108 Man-goat deities 111 Campus buildings 119 Test for college srs. 121 Prior to, in sonnets 122 Indian flatbread Answer Page 4

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### **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 It may be needlessly abrasive, but there's no the might of the United States for security and doubt that it gets people's attention. NATO power projection. at least 2% of GDP on defense back in 2014, with concrete, positive ideas, while Ursula and vet only 23 of 32 NATO members have von der Leven, the president of the European reached the threshold. Poland and the Baltic Commission, said "Europe's security is at a states are among the top spenders, while turning point" and Europe needs "an urgency France and Germany barely make 2%, and Canada and Italy are beneath it. 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 Rich Lowry is editor of the National Review. U.S. itself spends about 3.4%). NATO is ©2025 by King Features Synd., Inc.

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. Secretary General Mark Rutte told member NATO countries vowed that they'd spend countries to stop "complaining" and come up mindset" and "a surge of defense." Even if Trump were less insistent about The trend has been upward but nowhere near 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.

# **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 lesscommon 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.

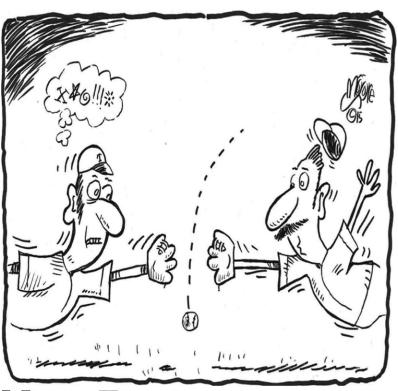
DEAR DR. ROACH: I'm a 61-year-old male in excellent physical health. However, out of nowhere, I started having severe anxiety attacks when driving over 60 mph on the highway. I now have to frequently exit the highway in order to calm down, and I'm constantly worried about having additional attacks while 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 To YourGoodHealth@med.cornell.edu. ©2025 North America Synd., Inc. All Rights Reserved.



### Moore Texas by Roger MOORE Nobody knoes 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.

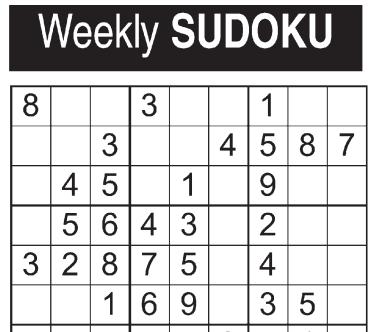
Clue: E equals X

CGVL DSB'KV HL VEMVKI PL FSPLPLZ HAHZVY, CGHI FSBRA DSB YHD DSB YMVFPHRPOV PL?

QHEPQ-POPLZ.

Answer Page 4

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# **NewVA Secretary Doug Collins**



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

The VA has a new secretary, Douglas A. Collins, the 12th years. in the position since the VA Navy. He served in Iraq and secretary at his confirmation hearing hearing.' said that he slept next to Georgia district from 2013 to 2021.

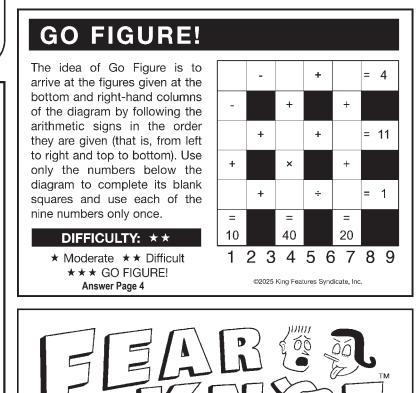
was fairly strong: 77 to 23.

and figure out how to get father. In the end, those rid of employees who aren't things matter. 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 attention to what's going on vowed to fix the \$16 billion computer system that's been sitting unfinished for two

Sometimes you just want was started in 1988. Collins to see a man and hear his is an Air Force veteran, voice before you make up served as chaplain, has your mind about him. Go been a Reserve colonel for online to YouTube and look 23 years and additionally for "Doug Collins opening" served for two years in the remarks in Veterans Affairs confirmation

Watching that video, I burn pits for many months. liked things about him that He's an attorney and was have nothing directly to do a U.S. representative for a with the VA and the position he's been given, but instead tell what kind of a man he Quite the resume, and the is. He's been married 36 Senate vote to confirm him years, he still has a bracelet a female Airman made for He's jumped right in, him when he was a flightline saying he wants to expand chaplain 15 years ago and the VA's private sector care he thanked his 88-year-old



I wish him well. ©2025 King

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 Groceries and food shopping can be а 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.

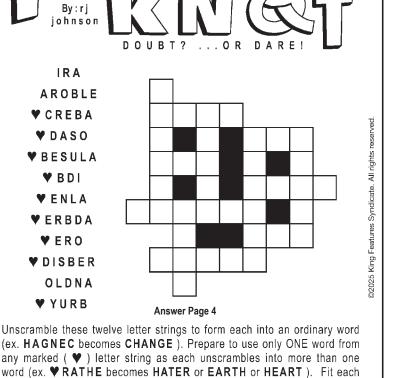
			9	1	
5	8	1		2	
	6	5	3	4	

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: •



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

 "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.