



— Photo by Alfredo Vasquez

MONEY ROAD – The Domenici Highway, above, in New Mexico becomes Artcraft-Ord Gary Highway in Texas. The state highway is a main thoroughfare for semi-tractor trailer trucks that carry loads originating in Mexico, crossing through the Santa Teresa port of entry, and being transported to all parts of the United States. A five billion dollar construction project is planned for the Santa Teresa, NM area which is expected to bring more jobs and to add more traffic onto the Domenici Highway and Artcraft-Ord Gary Highway in the westernmost part of El Paso County.

Multi-billion dollar manufacturing campus planned for Santa Teresa

By Alfredo Vasquez
Special to the Courier

SANTA TERESA – Although the proposed multi-billion campus to house data centers, manufacturing plants, and logistics facilities will be on New Mexico land, the ramifications to El Paso County’s westside highway infrastructure will be immense.

Construction of a manufacturing/industrial campus is scheduled to begin this year. The project will be a stand-alone campus that will be located near Pete Domenici Highway (New Mexico Highway 136) that becomes Artcraft-Ord Gary Highway when it crosses into the Texas side. The proposed site will be separate from Santa Teresa’s current industrial parks region.

The construction project is under the auspices

of the BorderPlex Digital Assets, an Austin-based company that plans to spend more than \$5 billion and create 1,000 jobs in Santa Teresa, N.M. within the next 10 years. BorderPlex Digital was founded in 2022 to develop digital infrastructure campuses around the United States, with the first one in Santa Teresa, according to information from the company.

“This groundbreaking partnership (between New Mexico and the company) further cements our reputation as a national leader in advanced manufacturing and global trade,” New Mexico Gov. Michelle Lujan Grisham stated in a recent news release. Company officials are now in discussions with state and Dona Ana County agencies about getting various incentives to help finance the campus and provide job training, according to the news release.

BorderPlex officials stated that Santa Teresa was chosen for the first campus because it’s “a crucial

nexus point for trade and technology with the United States’ number one trading partner, Mexico.” And the local utility company, El Paso Electric, was reported to have played a critical role in plans for the campus, as it agreed to provide the power needed to operate the new campus, according to the news release.

The proposed campus will be “an integrated hub, combining advanced manufacturing, data centers, utility and microgrid power generation, water treatment, industrial cooling, fiber, and computing infrastructure in a single location,” BorderPlex chief executive, Lanham Napier, reported.

Napier stated that this first-of-its-kind approach invests in infrastructure-as-a-service by recruiting companies involved in advanced manufacturing, logistics, trade, and data center operations and encouraging them to locate here (Santa Teresa). Company projections are that this endeavor would create thousands of jobs in construction, logistics, technology, and manufacturing.

The proposed campus “is precisely the type of development we’ve been working to attract (to

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DEA, partners, to host Spring Take Back Day

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY – On Saturday April 26 from 10 a.m. to 2 p.m., the Drug Enforcement Administration will partner with various agencies to host DEA’s National Prescription Drug Take Back Day at various locations across the country. DEA and its partners will collect tablets, capsules, patches, and other solid forms of prescription drugs.

For more than a decade, the event has helped Americans easily rid their

homes of unneeded medications – those that are old, unwanted, or expired – that too often become a gateway to addiction.

Take Back Day offers free and anonymous disposal of unneeded medications at close to 5,000 local drop-off locations nationwide.

In partnership with local law enforcement, Take Back Day has removed 19.2 million pounds (9,600 tons) of medication from circulation since its inception.

Collection sites will not accept syringes, sharps, and illicit drugs. Liquid products, such as cough syrup,



– Internet

OUT WITH THE OLD – The DEA is collecting old and unused prescription medications.

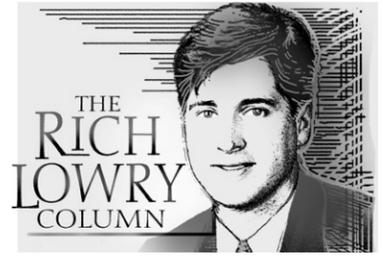
should remain sealed in their original container. The cap must be tightly sealed to prevent leakage.

Area drop off points

Sunland Park Police Dept. 1000 McNutt Rd Sunland Park, NM 88063	Anthony Police Dept. 750 Landers Rd. Anthony, NM 88021
UTEP Police Dept. Health Sciences Bldg. 1101 N Campbell St.; 79902	Texas DPS 11612 Scott Simpson Dr.; 79936
West Texas Poison Center 4625 Alberta Ave; 79905	El Paso County Sheriff’s Office 12501 Montana Ave.; TX 79938
DEA El Paso 660 S Mesa Hills Dr; 79912	Corpus Christi Church Poison Control Center 9205 N Loop Dr.; 79907
Franklin High school 900 N Resler Dr.; 79912	El Paso County Sheriff’s Office 435 Vinton Rd.; 79821
El Paso Police Dept. NW 9600 Dyer St.; 79924	Horizon Police Dept. 14999 Darrington Rd.; 79928

Visit www.DEATakeBack.com for more information and to find a collection site near you.

Mayor Michelle Wu vs. immigration enforcement



The Mayor of Boston wants everyone to know that her city is all about the fundamentally American value of protecting lawbreakers.

Michelle Wu, a first-term Democrat, is a fierce defender of Boston's sanctuary city policies that seek to frustrate federal immigration enforcement.

She sees a direct connection between King George and President Donald Trump. The British monarch imposed the Intolerable Acts of 1774, which closed Boston Harbor and restricted self-government in Massachusetts; the president of the United States sent his border czar to arrest criminal aliens.

Separated by 250 years, these two actions both supposedly raise the question: Just how much tyranny can the Cradle of Liberty tolerate?

Wu declared in her State of the City address last

week: "No one tells Boston how to take care of our own. Not kings, and not presidents who think they are kings. Boston was born facing down bullies."

It is a strange reversal of values when the government agency that wants to remove people who have broken laws is the "bully," and the people who committed the crimes are the victims.

The Boston mayor exemplifies the perverse morality of a Left that pushed Joe Biden to create a de facto open border, and then defended his cataclysmic handiwork to the last. Now, with Trump delivering on his enforcement promises and benefiting in the polls, progressives like Wu still can't give up their near-theological commitment to illegal immigration.

For much of the Left, illegal immigration isn't so much about gaining additional voters in the future

— although that's a consideration — than triumphing over the artificial constraint of a border that shouldn't separate us.

"We may not always agree or see eye to eye," Wu said of her fellow Bostonians in her address, "but at the end of the day, we are a family. If you come for one of us, you will get all of us."

This is a banal sentiment that plays on natural feelings; no one is against family togetherness. But there is a distinction between a law-abiding, civically engaged member of Boston's community

See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Tariffs, the Goose, the Gander and the American Dream

Let's give the tariffs time to work. I'm as anxious as you are since everything I have is tied to the stock market. If the stock market dies, I will be working or starving the rest of my life. Let's hope things settle down soon. I believe they will and will grow even bigger.

The tariffs make sense. If China charges us a 25% tariff, then it's only fair that we charge them one. The same goes for Canada, Mexico, Vietnam and all the others. If they want to charge us 40% then it's only fair that we charge them the same. What is good for the goose is good for the gander.

Higher prices will come for a while. Car dealerships have seen a lot more people trying to make their deals before all the tariffs are tacked onto the prices.

People are worried about

buying cheap stuff from China at Walmart or any other country. I honestly don't want stuff from China. If China never ships another thing here it wouldn't bother me. Sadly, everything I own today is, in some way, likely tied to a foreign country.

When I was a kid, I had a transistor radio made in Hong Kong. I thought it was funny to have such an item made from so far away. Throughout the years it became the norm. Cars, televisions, furniture, appliances and steel started coming from other places. Sadly, our American manufacturers were moving to Mexico, or any country on the planet where they could find slave labor. This turned into big profit for them because they shipped the goods cheaply back to the United States and made big profits. The problem was that those jobs were

forever lost in America. The American workers had to go out and find jobs at Walmart and Starbucks making \$10 an hour which today is more like \$15 to \$18. They had been used to making \$35 or \$40 an hour before their job moved out of America.

People are crying today about what might happen to the prices at Walmart. Unfortunately, that's all Americans can afford today is Walmart. Americans are so poor that we have to rely on Dollar General Store or Walmart.

Back in the fifties, sixties and even seventies people could go to one of the big cities in their state and find a good paying manufacturing job.

There were lots of jobs. We made a lot of cars, televisions, radios, clothes, furniture, steel, lumber, and had coal mining and much more. These people made enough money to buy a house, buy two cars, buy food, raise their kids and have a real retirement after working 30 years. That was called the American dream.

Today the American dream is applying for disabled Social Security and then praying that you can afford to go to Walmart. Don't even think about buying a new car, a new house or taking a vacation because on today's income it is not going to happen.

Let's try to keep breathing and see how these tariffs play out. We need jobs to come back

to America. We need our own companies to come home. We need to buy our own American steel and make things here once again. If other countries will come to America and build their products here and hire our people that will be a good thing.

Just maybe, in a few years, once again, people in America will dream again.

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.

Santa Teresa

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Santa Teresa) — one that leverages innovation to strengthen our position as a key player in global trade," Davin Lopez, chief executive officer of the Mesilla Valley Economic Development Alliance, or MVEDA, an economic development organization based in Las Cruces, said in a statement provided by the New Mexico governor's office.

However, the proposed logistics hub will be located near the western-most region of El Paso County where its strained highway system serves as pathways for cargo trucks from Mexico entering the U.S. via the Santa Teresa port of entry. Additionally, the planned 8.3-mile Border Highway Connector from Santa Teresa to Sunland Park, New Mexico, will also depend on existing highways that run along the edge of El Paso County's westside, or Upper Valley.

A new highway, projected to cost about \$150 million, will create an additional connection from Santa Teresa, a border logistics hub, to El Paso's highway system, Interstate-10 and Loop 375. The proposed road is also the preferred route recommended by New Mexico Department of Transportation (NMDOT) officials.

The planned highway will begin at the Pete Domenici Highway, at an intersection that will be about two miles north of the Santa Teresa port of entry. Just over five miles of the new highway will go through vacant land in the Santa Teresa area, and almost three miles will run near the Union Pacific Railroad line

through Sunland Park, state officials reported.

The new route is designed to ease growing traffic from freight trucks and commuter vehicles on Pete Domenici Highway, which connects the port of entry and Santa Teresa industrial parks to Arcraft Highway enroute to Interstate 10 or Loop 375 in El Paso, project officials acknowledged. It will also provide another way in and out of Santa Teresa if an emergency closes Pete Domenici Highway, they added.

An extension of Sunland Park Drive will also be built from McNutt Road to the new highway, stated Bert Thomas, Bohannon Huston engineering firm vice president and project manager, during a recent community meeting. The Albuquerque firm was hired by the New Mexico Border Authority to study and engineer the project.

Sunland Park city officials requested the Sunland Park Drive extension, Thomas said. The new highway will connect to Anapra Road, but the extension will be the main link to El Paso, he said. The highway's design is expected to be completed in the summer. Construction could begin by the end of 2025 or early 2026, and be completed in 2028 or 2029, Thomas said.

"It's a game changer," said Jerry Pacheco, president of the Border Industrial Association in Santa Teresa, of the planned campus and the proposed highway. The association currently recruits companies to Santa Teresa's four industrial parks.

"It gives us a new set of ingress and egress

See SANTA TERESA, Page 5

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Years
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 - 15 Fierceness
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 - 18 PC alternative
 - 19 Sheryl Sandberg best seller
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 - 25 "Rhyme Pays" rapper
- DOWN**
- 1 Half_ (latte option)
 - 2 Candle count
 - 3 Standard
 - 4 On time
 - 5 Idle or Bana
 - 6 Parcel of land
 - 7 Bogart/Bacall classic
 - 8 Trattoria desserts
 - 9 Valhalla VIP
 - 10 Sushi wrapper
 - 11 Fed. agents
 - 16 Low isle
 - 20 Jealousy
 - 21 Jazz phrase
 - 22 Estate measure
 - 23 Burn somewhat
 - 24 Tears apart
 - 26 Imaginary
- ACROSS**
- 26 With passion
 - 30 Monk's title
 - 31 Piquant
 - 32 Tic-tac-toe win
 - 33 Hit song by ABBA
 - 35 Friend
 - 36 Curved lines
 - 37 Jiggly dessert
 - 38 Rum cocktail
 - 41 Pear-shaped fruit
 - 42 Spumante source
 - 43 Agitates
 - 48 Actor Schreiber
 - 49 Colorful card game
 - 50 Sleek, in car lingo
 - 51 Salinger girl
 - 52 Journey part
 - 53 Must have
- DOWN**
- 27 Toy store buy
 - 28 Lounge
 - 29 Cellist Ma
 - 31 Actress Reid
 - 34 Indigenous
 - 35 Sea off Greece
 - 37 Comic Carrey
 - 38 Like ganders
 - 39 Unrepaired
 - 40 Detail
 - 41 Toad's kin
 - 44 Away from WSW
 - 45 Formerly called
 - 46 Three, in Rome
 - 47 Turf

Martinez is Canutillo ISD Chief of Police

By Gustavo Reveles
Special to the Courier

CANUTILLO – The Canutillo Independent School District today announced the appointment of Fernando R. Martinez as the Canutillo ISD Police Chief on April 12. He officially joined the district on Monday, April 7.

Martinez brings a wealth of experience in law enforcement to the District, having recently retired as the Chief Deputy from the Bexar County Constable Precinct 4 Office in the San Antonio area. His experience in law enforcement spans more than 25 years.

"We are excited to welcome Chief Martinez to the Canutillo ISD Family," said Superintendent Dr. Pedro Galaviz. "His knowledge and experience will complement the work that our police department already does in creating safe and secure environments for our students, staff and community."

Martinez has a Master Peace Officer Certification and is a certified police officer



– Photo courtesy Canutillo ISD

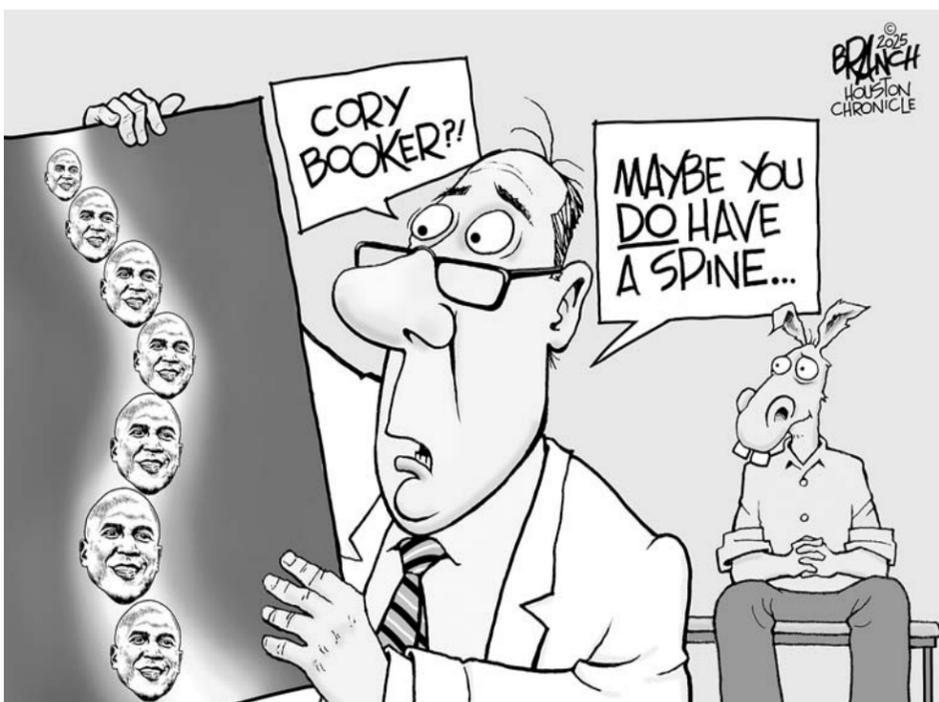
Fernando R. Martinez

instructor with a background in school safety, homeland security support and evidence management.

He will bring thorough knowledge in law enforcement fields such as criminal investigations, internal affairs, officer training and community engagement. His experience in policing spans from patrolling and juvenile operations to operation and leadership roles.

As Chief of Police, Martinez will lead all school safety efforts for the District, including the patrolling and securing of the campuses of the District and the oversight of the District's certified peace officers and other security personnel.

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EPSO presents the ‘Fabulous Finale’

By Rosemary Flores
Special to the Courier

EL PASO COUNTY – The El Paso Symphony Orchestra (EPSO) concludes its 94th anniversary season on Friday, April 25 and Saturday, April 26, 2025, 7:30 pm at the Plaza Theatre. Led by conductor Bohuslav Rattay, the “Fabulous Finale” opens with Dvorák’s *Carnival Overture*. Carnival, composed between July 28 and September 1, 1891, is lively and tender, reflecting the composer’s love of nature and his homeland.

22-year-old Austrian pianist Kiron Tellian will join the El Paso Symphony Orchestra to perform Rachmaninoff’s masterpiece and technically demanding *Concerto for Piano No. 3, op. 30, D minor*. Tellian was in El Paso in May 2024 to compete in the Borderland Chopin International Piano Competition, where he won First Prize.

The season finale concerts conclude with a tantalizing story of the love triangle between three puppets and their desire to become flesh and blood in Stravinsky’s *Petrushka*. *Petrushka* fuses music, ballet, and history in perfect balance, featuring many Russian and folk elements that represent Stravinsky’s background. “If *Petrushka* were a person, it’d be that friend who shows up uninvited, spills wine on your carpet and then leaves you with a profound life lesson you didn’t ask for. The score itself is a riot – Stravinsky basically said, ‘Let’s take every musical rule, set it on fire, and see what happens.’ You’ve got clashing rhythms, wild tempo changes, and instruments that sound like they’re arguing with each other. Stravinsky didn’t just compose music; he threw a party and dared everyone to keep up. The ballet’s mix of folklore, farce, and sheer musical madness makes it a classic, even if it leaves you wondering whether to laugh, cry, or applaud the sheer audacity of it all,” says Bohuslav Rattay.

Join EPSO before each performance at Opening Notes with Nathan Black, 6:30 pm in the Philanthropy Theatre for insights on the program, composers and artists. Tickets are available at ticketmaster.com, the Plaza Theatre Box Office, or by phone at (915) 532-3776.



– Photo courtesy El Paso Symphony Orchestra

IMPRESSIVE CREDENTIALS – Austrian pianist and composer Kiron Atom Tellian is pursuing his bachelor’s degree from The Juilliard School in New York, studying with Maestro Sergei Babayan. He is a recipient of the prestigious Kovner Fellowship. Growing up in Vienna, Tellian began studying piano at the University of Music and Performing Arts Vienna (MDW) at the age of 7, and went on to play his debut with an orchestra at the age of 9. Tellian won numerous first prizes at national and international competitions for piano, chamber music, and composition in Austria, France, Germany, Luxembourg, the Netherlands, Italy, Slovakia, Russia, England, the USA, and Japan.

Santa Teresa

From Page 2

into the (Santa Teresa) industrial parks,” Pacheco said. “So, it will

make it easier for firms, suppliers, and employees to get in and out of the parks and connect us to El Paso’s Loop 375 highway system, and you’re anywhere in the metro area very quickly,” he commented.

But one Westside resident pointed out that the anticipated increase in traffic flow once the projects are completed will definitely pose a challenge for the daily commuter who lives in the Upper Valley but works

either downtown or the Eastside and has to use I-10 or the border freeway. “It seems like those semi-trucks are already taking over the county streets, there are so many of them on the roadways all day long,” he asserted.

Strange BUT TRUE

By Lucie Winborne

- Rocker Chuck Berry had a degree in hairdressing.
- The shark on the “Jaws” poster and the T. rex on the “Jurassic Park” poster were both modeled after exhibits at the American Museum of Natural History.
- A single strand of spaghetti is called a “spaghetto.”
- Beer cans in Japan have braille on them so blind people don’t confuse alcoholic drinks with soft drinks.
- If you spent merely a day on each of the islands in the Philippines, it would take you nearly 21 years to visit all of them.
- Most Americans can buy an AR-15 rifle before they can legally buy a beer.
- A Paris morgue needed help identifying bodies in the 1860s, so decided to open its doors to the public. They probably underestimated people’s morbid curiosity, though, as soon 40,000 people a day were coming to look at corpses.
- During the first Gulf War in

1991, every U.S. soldier was sent a frozen Snickers bar as a Thanksgiving treat.

- Mario Puzo, author of “The Godfather” books who also helped adapt them to film, had no formal training and had never written a screenplay before. After winning two Oscars for the first two movies, he bought a book to help himself learn how to be a screenwriter.
- Delaware and Colorado allow a marriage to be annulled if it was performed as a dare.
- At the center of every snowflake is a pollen or dust particle on which an extremely cold water droplet has frozen to form an ice crystal.
- “Passion purpura” is the medical term for a hickey.
- Saccharin, the first artificial sweetener, was discovered by accident when chemist Dr. Constantine Fahlberg forgot to wash his hands after work and tasted something “unspeakably sweet” during dinner. He interrupted the meal to sample every beaker in his lab, which fortunately contained nothing poisonous.
- The distress signal SOS does not actually stand for anything.
- A party boat carrying 60 men and women capsized in Texas in 2012 after all the passengers rushed to one side when the

boat passed a nude beach.

- The world’s first underwater mailbox was installed just off the shore of Susami, Japan.
 - Henry Heimlich used the Heimlich maneuver for the first time at age 96.
 - Vertebrates with larger brains and more neurons, such as humans and owls, tend to have longer yawns, which help cool the brain and support cognitive function.
 - The term “scientist” didn’t come into usage until 1834, when it was coined by University of Cambridge historian and philosopher of science William Whewell, who wanted to create a unifying noun for people engaged in various scientific fields.
 - Citizens of the small town Kamikatsu in Japan’s Tokushima prefecture are expected to separate their recycling into no fewer than 45 different categories.
 - The Atlantic bluefin tuna can experience such high bursts of muscular activity while fighting a fisherman that it cooks its own flesh.
- Thought for the Day: “Age wrinkles the body. Quitting wrinkles the soul.”
– Douglas MacArthur

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Moments in time

THE HISTORY CHANNEL

- On April 14, 1932, Loretta Lynn (née Webb) entered the world in Butcher Hollow, KY. A bride at 15 and grandmother by 29, she went on to become one of country music’s most beloved and successful artists, thanks in part to the encouragement and business savvy of husband Oliver “Doolittle” Lynn, and earned the Country Music Association’s first award for Female Vocalist of the Year in 1967.
- On April 15, 1997, the 50th anniversary of his first Major League Baseball game, the league retired Jackie Robinson’s number, 42. He is the only player in MLB history to have his number retired across all teams.
- On April 16, 1943, Swiss chemist Albert Hofmann accidentally consumed LSD-25, a synthetic drug he’d created in 1938 while researching the medicinal value of lysergic acid compounds. After taking the drug deliberately once more to confirm it had caused his two-hour bout of strange but “not unpleasant” hallucinations and sensations, he published a report describing his discovery.

- On April 17, 1942, French general Henri Giraud, who’d been captured by the Nazis two years before, escaped from a castle prison at Konigstein by lowering himself down its wall and leaping aboard a moving train that carried him to the French border, then made it to safety in North Africa via a British submarine.
- On April 18, 2014, 16 Nepali mountaineering guides, most of whom were ethnic Sherpas, died in an avalanche on Mt. Everest in one of the worst accidents in the Himalayan peak’s history.
- On April 19, 1989, 28-year-old investment banker Trisha Meili was beaten and sexually assaulted while jogging in New York City’s Central Park. Five teenage boys from Harlem were wrongly convicted of the crime but released in 2002 when the real attacker, who was already imprisoned, confessed.
- On April 20, 1979, while fishing in a Georgia pond, President Jimmy Carter used his johnboat paddle to deflect an aggressive swamp rabbit swimming toward him, earning him considerable teasing from the press after the story was made public by A.P. White House correspondent Brooks Jackson.

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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

and someone from Honduras who crossed the southern border illegally twice, traveled to Boston because it was a cheap bus ticket, and got jailed on a drunk-driving rap.

That Wu can't tell the difference isn't a symptom of her generosity but of her ideologically besotted vision.

In a sweep intended to highlight the danger of sanctuary policies, ICE in Boston last week arrested 370 illegal aliens. More than 200 of the arrestees reportedly had significant criminal convictions or charges, including for homicide, rape and manslaughter. Just members of the Boston family, right, Mayor Wu?

Boston's sanctuary law allows the police to cooperate with immigration authorities regarding offenders charged with offenses like sex and drug trafficking, but otherwise is meant to obstruct the deportation of illegal immigrants.

According to the Center for Immigration Studies, during the Biden years, sanctuary jurisdictions released roughly 22,000 immigrants from jail that ICE was seeking

for deportation. At the very least, this makes ICE's job more difficult; at the worst, it results in entirely avoidable tragedies.

Last year in New York City, an illegal immigrant released into the country by the Biden administration in 2022 brutally raped a woman when the city refused to hand him over to ICE after a prior arrest. The New York Times headlined its story, "How a Migrant Accused of Rape Was Freed and Charged with Rape Again." And yet sanctuary supporters like Wu dare to assume a posture of great righteousness.

There is a sign that some Democrats realize their error. Asked on "This Week with George Stephanopoulos" if there's anything that he likes about Trump's second term, Senator Bernie Sanders cited the president's work at the border and acknowledged Joe Biden should have done more. In other words, Biden's abdication was too much even for the socialist.

It's Wu, though, who still speaks for much of the party, in a voice that is resolutely clueless.

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

Hip and leg pain linger after a very active trip

DEAR DR. ROACH: In 2022, I took a trip to France to visit friends and sightsee. My hip/leg pain started after I spent my days walking around and climbing stairs in Paris. (I walked 16 miles one day!) I rested during the evening and took ibuprofen before going to bed. I did not stop my activities because this was a special trip. Later during my vacation, I hiked trails in the Alps. There are stairs everywhere in France with very little adjustments for those who have mobility issues. It was very debilitating. When I came home, my doctor ordered an X-ray, then diagnosed me with hip bursitis on both sides. I was in physical therapy for many weeks. Every now and then, if I pursue activities like hiking or long walks, I can feel some pain. I don't like limiting my activities because I am relatively healthy. Now I am 60 years old and returning to France. What can I do to prevent this pain from happening again without restricting my activities? Or what can I do to alleviate the pain if it occurs? I don't want to become sedentary. – J.M.C.



Greater trochanteric pain syndrome is still mostly called "trochanteric bursitis," despite the fact that the hip bursa really isn't inflamed. But this condition does sound like your diagnosis. It is caused by the overuse of the muscles and tendons in the hip, particularly those of the gluteus medius and minimus muscles.

Stair and hill-climbing are the activities that are most likely to cause a recurrence of your symptoms. However, you may be able to prevent symptoms from recurring. The muscles you want to strengthen are your hip abductors (those that move your leg away from the midline of your body).

By strengthening these muscles, the abnormal forces on your gluteal muscles and tendons can be avoided. Your physical therapist can show you how to do this, either with a spring-resisted sliding platform or an elastic resistance band. This should prevent the recurrence of GTPS.

DEAR DR. ROACH: My 84-year-old husband takes 10 mg of amitriptyline at bedtime and 100 mg of sertraline in the morning. I'm concerned about these drugs. Alzheimer's runs in his family, and he's beginning to have issues with his memory. Are amitriptyline or sertraline used for other health issues? I don't understand why he's on antidepressants, and I am concerned about his mental health. What are your thoughts on these? – C.W.

Amitriptylene can be taken as an antidepressant, but your husband is not taking it as one. The antidepressant dose of amitriptyline is usually 300-600 mg. A 10-mg dose is most commonly used for chronic pain, although there are other uses.

Sertraline (Zoloft) is commonly used for depression, and 100 mg is the typical dose. But it can also be used for anxiety, obsessive-compulsive disorder, panic disorder, post-traumatic stress disorder, and other reasons.

The memory issue is complex. It is possible for medicines like sertraline and amitriptyline to bring on memory issues, which sounds like a major (and reasonable) concern for you. However, depression can cause symptoms that look exactly like early dementia. It's possible that his doctor is treating underlying depression, and this treatment may help, rather than hurt, his mental health.

As you see, the situation is potentially complex. If it's OK with your husband, you might go with him to visit the doctor who is prescribing these medications.

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.

Archives: www.wtxcc.com



Moore Texas by Roger Moore

April 19, 1875: Kiowa Chief White Horse surrenders – he gave early Texan settlers hell.

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: Z equals G

BVSUL BO PWWPOUOS
 WLUGUOSUC KU VLPK ZUSSJOZ
 UGUO POU WPJOS, J NBC SP
 ZJGU NJK B ENTSPTS ENPTS-PTS.

Answer Page 4

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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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Rust on the surgical instruments?



by Freddy Groves

Good grief. Just how many deficiencies can one Department of Veterans Affairs facility have? A recent VA Office of Inspector General report itemized just how many when they inspected one particular hospital.

Starting at the door of this facility, there was the small problem of signs leading to the emergency room, which the facility no longer had. Other outdoor signs were so faded they were difficult to read. Interior navigational signs were inaccurate. Add to that, there was no place to sit once one got in the door, only in the vending machine area down the hall, described as “dirty and disorganized.”

Two employees were designated as toxic exposure navigators, staff meant to give the screenings to veterans. It was determined that over 450 screenings had not been done.

One disturbing deficiency at this particular facility concerned the delays in notifying patients of abnormal test results. The VAOIG had dinged this facility a few years ago for that same problem and saw there had been no improvement. The plan: Develop a process to ensure prompt communication of test results. Target date for that: July 31, 2025.

And then we have the areas where biohazardous materials were stored, yet there was no sink nor hand sanitizer, no warning signs about the “potentially infectious material” – along with cracks in the floor, holes in the walls, dust on the bed rails and handbooks that were years out of date.

The biggest problem unearthed by the VAOIG concerned the continued improper sterilizing processing of reusable medical equipment, something the VAOIG had reported on the previous year. The facility claimed that improvements had been made, yet during the inspection itself, even more problems with the

sterilizing process came to light – including surgical instruments with rust.

It’s gut-wrenching to read VAOIG reports like this and know that some veterans have no choice but to seek their health care at facilities with serious deficiencies like those at this VA facility.

I hope the new VA secretary reads these reports when they cross his desk.

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• A garden manicure is what my mother calls it: When working with plants and dirt, rake your nails across a bar of soap. The soap prevents dirt particles from lodging under nails, and the soap washes away easily when you are finished. Happy gardening!

• If the string on your trimmer is always breaking or jamming, try this old trick: Give the coiled string a spray with vegetable oil before you thread it. It lubricates the line, making it less likely to pull and less likely to break.

• Boiling potatoes? Plants love starch. Let your cooking water cool, then use it to water the plants in your garden.

• Here’s a recipe for a quickie bird feeder or bath: Flip over a nice-size flower pot, and place the pot’s tray on the top. Fill with seed or water. The birds will thank you – maybe even by eating some nuisance bugs along with the seed.

• “Garden tool storage doesn’t have to be hard. Fill a wide-mouth bucket with clean sand. Add a half quart of motor oil and stir. Then use the sand to clean and store your garden tools like shovels, rakes or hoes. The sand/oil mixture helps clean the metal surfaces, and the heaviness of the container lets you stick them in the sand without fear of everything falling down, like it would if you leaned them along a wall.” – E. in North Carolina

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.

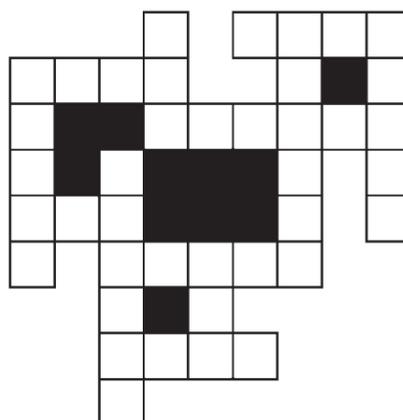
	+		+		=	8		
+		+		+				
	+	7	×		=	90		
-		×		+				
	+		+		=	18		
=		=		=				
1		48		22				
1	2	3	4	5	6	7	8	9

Answer Page 4

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- EGE
- ARSIVO
- ♥IGDER
- ♥VIDA
- SAIVEL
- ♥PSA
- ♥ERSU
- ♥AGREL
- ♥TAE
- HEVSDA
- PHDET
- ♥TSPE



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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