



– Photo by Alfredo Vasquez

GIDDY UP – The El Paso Sheriff's Posse Stagecoach leads the way during the Rotary Club of West El Paso's 27th Annual Fourth of July parade. See story on Page 4.

Canutillo Alumni Foundation awards \$79K in scholarships to 2025 graduates

By Christina Rodriguez
Special to the Courier

CANUTILLO – The Canutillo Alumni Foundation for Education (CAFÉ) has awarded \$79,000 in scholarships to 79 graduating seniors from Canutillo High School (CHS) and Northwest Early College High School (NECHS), continuing a tradition of support that has helped launch the college dreams of Canutillo Independent School District (CISD) students for

more than two decades.

The Class of 2025 scholarship recipients were honored for their academic excellence, volunteerism and dedication to both campus and community service. These students, now college-bound, will use their scholarships to help cover expenses such as tuition, books, technology and living costs.

“College should be a rite of passage for every Canutillo graduate who wishes to pursue higher education,” said Armando Rodriguez, CAFÉ member and president of the Canutillo ISD Board of

Trustees. “Our students leave high school prepared and college-ready, and these scholarships ensure that the cost of college isn’t what holds them back. These are students with bright futures, and this is our way of investing in them and in the future of our community.

CAFÉ, which raises scholarship funds through its annual golf tournament, is a nonprofit organization created by Canutillo High School graduates and supporters with a mission to ensure higher education

See CANUTILLO ISD, Page 3



– Photo courtesy Canutillo ISD

FUNDING FUTURES – Canutillo High School and Northwest Early College High School 2025 graduates, above, that were awarded CAFÉ scholarships came together for a photo with Canutillo ISD Superintendent Dr. Pedro Galaviz (at left, back row). The event took place during the regular May school board meeting.

The new massive resistance

On Sept. 30, 1962, the University of Mississippi experienced a “mostly peaceful” demonstration. As with all such protests, it was peaceful until it wasn’t – it became a riot, and a particularly heinous and destructive one.

The mob attacked federal officers, including border patrol agents, with rocks and Molotov cocktails. They burned cars. They smashed streetlights. They ransacked buildings. They drove vehicles at the officers. And they did it all to try to prevent the federal government from enforcing the law.

This, discerning readers will realize, was the notorious Battle of Oxford, when students at Ole Miss and outside agitators exploded in fury to prevent the enrollment of James Meredith, an African-American, who was under the protection

of federal agents.

President John F. Kennedy had federalized the Mississippi National Guard days before the disturbance, and sent in the Army when things got out of hand. Eventually, he drew on 31,000 troops, a necessary exercise of overwhelming force.

Now, once again, mobs are in the streets in opposition to federal power and federal law. We are probably at the beginning stages of another titanic struggle over whether the writ of federal law will run in jurisdictions opposed to it, and over the morality of those underlying laws.

To use a term borrowed from segregationists in Virginia in the 1950s, the opponents of ICE are engaged in a campaign of “massive resistance.”

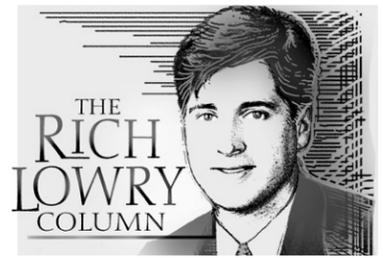
Virginia Democrat Harry Byrd and his allies came

up with an across-the-board strategy to undermine Brown v. Board of Education. “If we can organize the Southern states for massive resistance

to this order,” Byrd said, “I think that in time the rest of the country will realize that racial integration is not going to be accepted in the South.”

Similarly, Democratic officeholders and activists hope to make ICE raids so politically toxic and so painful to implement that the federal government stands down and accepts the status quo of routine lawlessness.

The opposition is relying on a version of another



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Bitcoin King: Moves from luxury townhome to jail

Would a million dollars make you happy? Would you be satisfied knowing you could eat good and do about whatever you wanted to do? A million dollars is not what it used to be, but it’s still a huge sum of money. You should pull in about \$40,000 a year in interest. But wait, what if you had \$100 million dollars? You would be one of the richest people in the world! Can your mind even comprehend having that much money? Would you be satisfied?

What about \$100 million dollars in bitcoin currency?

Apparently, it wasn’t enough for John Woeltz of Paducah, Kentucky, known as the Crypto King of Kentucky. He wanted \$30 million more in bitcoin currency, even if it meant robbing it from an acquaintance.

Woeltz and a business

partner William Duplessie are accused of holding a man from Italy hostage for 17 days. They are accused of beating him, cutting him with a chainsaw, dangling him over a staircase and keeping him bound among other torturous acts.

The victim from Italy reportedly owns \$30 million in bitcoin while Woeltz is reported to own over \$100 million in bitcoin currency.

The man from Italy was reportedly lured by Woeltz and Duplessie from Italy by some kind of bitcoin trading deal which ended up as an attempted robbery of the victim. Woeltz and his accomplice wanted the man’s bitcoin password.

Finally, the man reportedly gave Woeltz the information and Woeltz is said to have left the victim long enough to get

his laptop which allowed the victim a moment to bolt out the door to seek help from a NYC traffic cop who happened to be walking down the street.

Woeltz and Duplessie may end up spending years in prison, spending millions on attorney fees and will likely be sued by the man from Italy who could end up with a sizable amount of the two accused men’s wealth.

The bottom line is be satisfied with what you have. Don’t covet what someone

else has. Trying to steal or obtain someone else’s money or property illegally or immorally will only bring sad consequences...

Evil never stops at level one or two but is always pushing to another level of debasement and debauchery. A person who starts out stealing pennies will eventually end up staling dollars and even doing whatever it takes to fulfil his thirst for more

Serial killers started out with what seemed to be a low level

of crime or theft but escalated to hurting people which soon evolved into a thirst for killing people.

Sow a thought. Reap an act. Sow an act reap a lifestyle. Sow a lifestyle, reap a destiny.

News sources reported that Woeltz owns a jet and a helicopter. He was renting a luxury six floor NYC townhome for \$30,000 a month where the kidnapping took place. Today, he and Duplessie are in a New York City jail.

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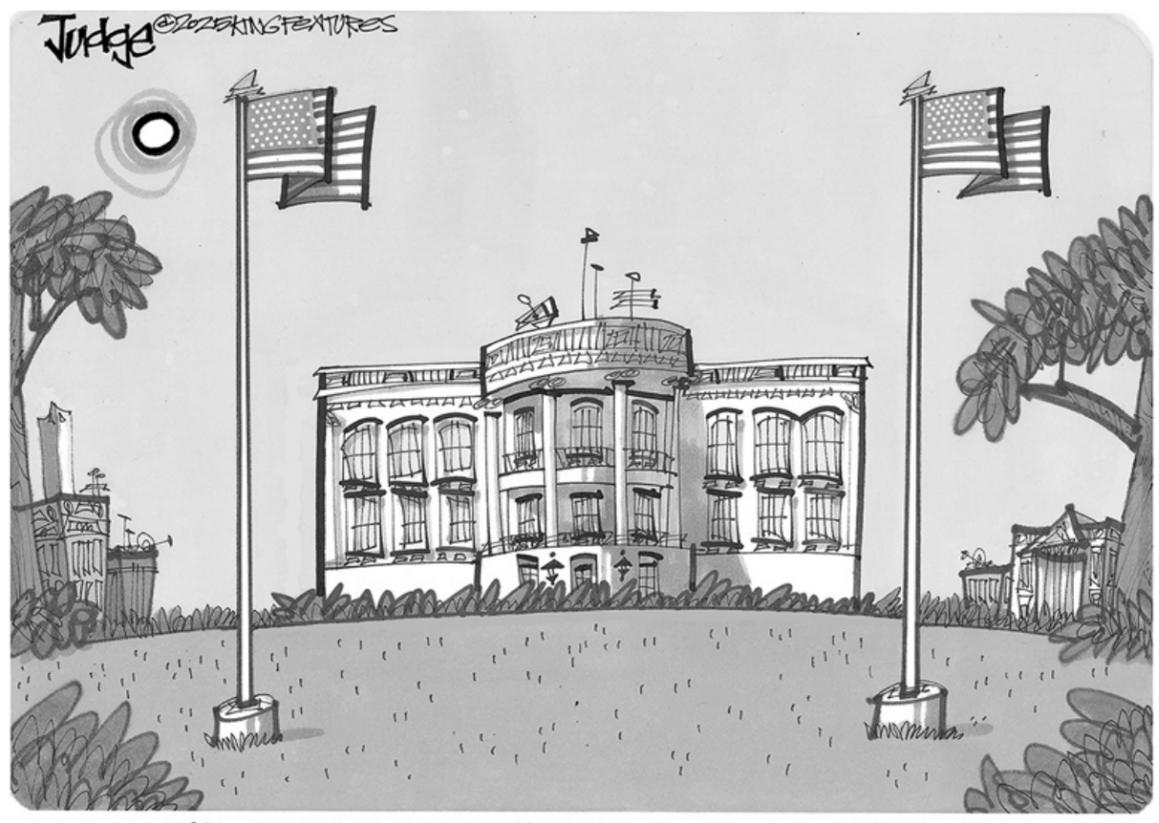
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Canutillo ISD

From Page 1

is within reach for every Canutillo ISD student who aspires to attend college.

This year's scholarship total reflects the continued success and impact of CAFÉ's golf tournament fundraiser, which has grown in participation and generosity over the years.

"The success of the tournament is monumental in helping us provide funds to as many students as possible," Rodriguez added. "This is a critical and worthwhile endeavor that contributes to the future of Canutillo, one student at a time."

CAFÉ has awarded hundreds of scholarships since its founding, becoming a pillar of support for students and families in the region. As college costs continue to rise, CAFÉ remains committed to making college accessible for deserving Canutillo ISD graduates who are ready to take their next steps.

This year's CAFÉ scholarship recipients from Northwest Early College

See CANUTILLO ISD, Page 5

King Crossword

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Average Solve Time 23 Minutes

ACROSS

- 1 Wax-coated cheese
- 5 Jug handle
- 8 Thinker Descartes
- 12 The Big Easy acronym
- 13 "No seats" sign
- 14 Squad
- 15 French perfume brand
- 16 Western toppers
- 18 Treeless plains
- 20 Thoreau piece
- 21 Remiss
- 22 Boxing legend
- 23 Stupefies

- 26 Spy's asset
- 30 Compass dir.
- 31 Actress Tyler
- 32 Tic-tac-toe win
- 33 Sound systems
- 36 Ridicule
- 38 Last (Abbr.)
- 39 Airline to Sweden
- 40 Ballroom dance
- 43 First-rate
- 47 Big name in pianos
- 49 Architect Saarinen
- 50 Memo
- 51 100%
- 52 Work on proofs
- 53 Hot tubs
- 54 Hwy.
- 55 Cushions

DOWN

- 1 Goals
- 2 "Act now!"
- 3 Lotion additive
- 4 Christie sleuth Jane
- 5 English county
- 6 _ and crafts
- 7 Shad product
- 8 Moscow's land
- 9 Son of Seth
- 10 Pinta's companion
- 11 Online crafts site
- 17 Far (Pref.)
- 19 _ de deux
- 22 Off-roader (Abbr.)
- 23 _ Moines
- 24 Busy insect
- 25 Wye follower
- 26 Bro's sib
- 27 Singer Rawls
- 28 Heavy weight
- 29 Sizzling
- 31 Parking place
- 34 July birthstones
- 35 Panache
- 36 Menlo Park monogram
- 37 In dreamland
- 39 Fashion
- 40 Taxpayer IDs
- 41 Perched on
- 42 Self-referential
- 43 Popcorn seasoning
- 44 Castor's mother
- 45 Desertlike
- 46 Decays
- 48 Series of battles

Answer Page 5

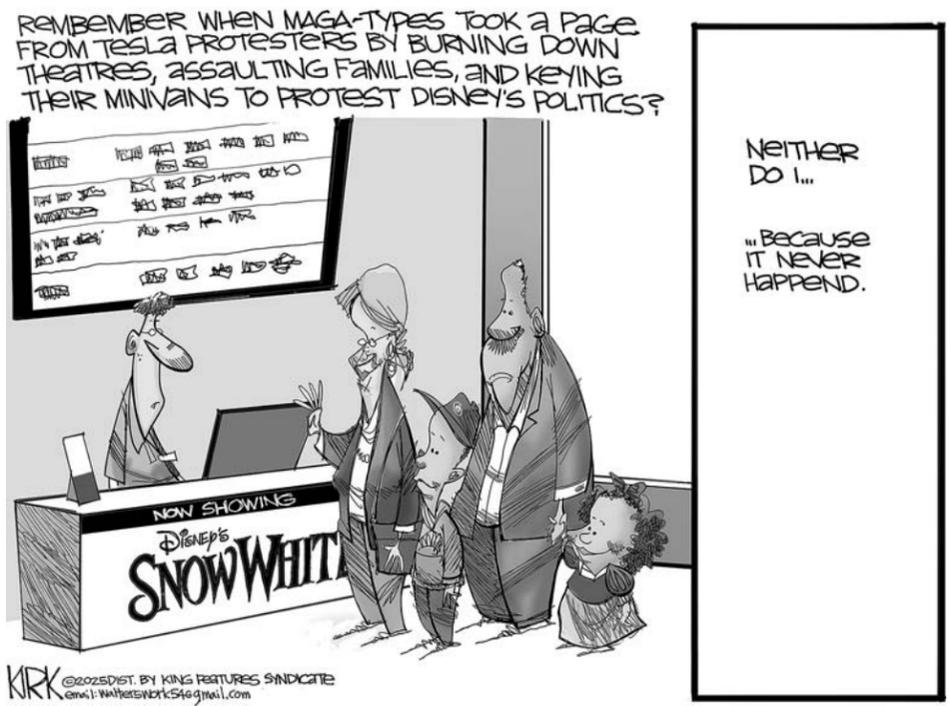
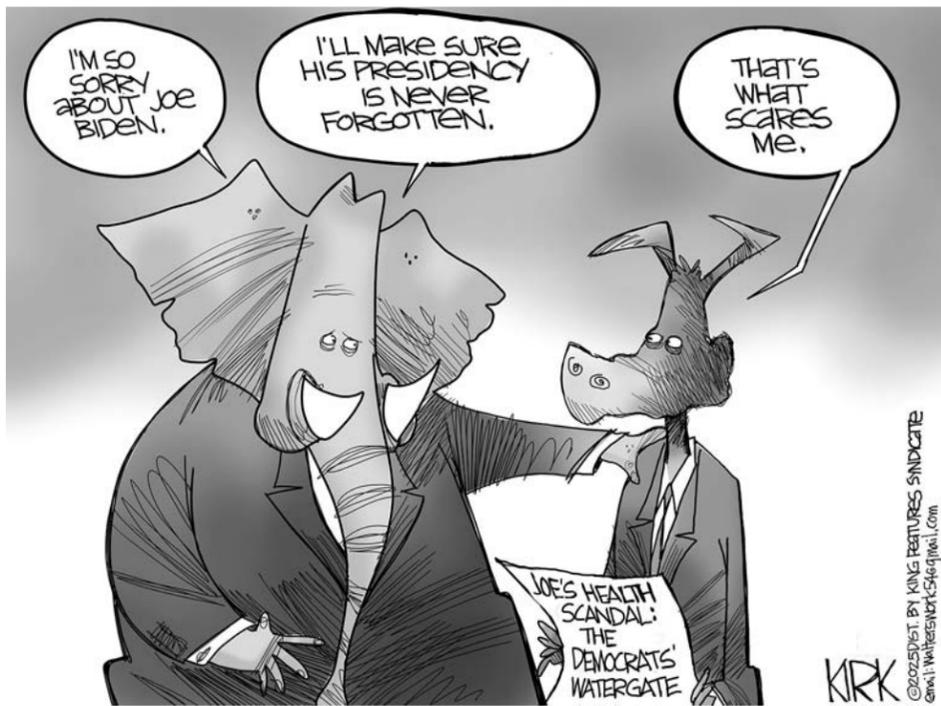
Public Notice San Elizario Independent School District 504 Child Find

Pursuant to Section 504 of the Rehabilitation Act of 1973, the District has a duty to identify, refer, evaluate and if eligible, provide a free, appropriate public education to disabled students. For additional information about the rights of parents of eligible children, or for answers to any questions you might have about identification, evaluation and placement into Section 504, please contact the District's Section 504 Coordinator, Richard Salcido, at 872-3926, or mail at P.O. Box 920, San Elizario, Texas 79849.

Aviso de Identificación de Estudiantes Incapacitados Bajo la Sección 504

Bajo la Sección del Decreto de Rehabilitación de 1973, el Distrito Escolar esta obligado a identificar, referir, evaluar, y proporcionar servicios educativos apropiados y gratuitos a los estudiantes incapacitados que califican bajo esta ley. Si usted desea mas información sobre los derechos de padres de niños incapacitados, o si tiene preguntas sobre la identificación, evaluación, y colocación de niños en el programa de Sección 504, favor de ponerse en contacto con la Coordinadora de 504 del Distrito Escolar Independiente de San Elizario, Richard Salcido, al numero 872-3926, o por correo a la siguiente dirección: P.O. Box 920, San Elizario, Texas 79849.

WTCC: 07-10-25





— Photos by Alfredo Vasquez

SPONSORS – The Rotary Club of West El Paso members rode along proudly waving their American flags.

Fourth of July Parade basks in El Paso morning sunshine

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The 27th Annual 4th of July Parade presented by the Rotary Club of West El Paso and sponsored by Marathon and Peter Piper Pizza brought hundreds of onlookers that lined up along Mesa Street as they cheered and chanted USA, as the parade participants passed by.

This year the theme of the parade was “Unite For America”. Parade Grand Marshall was Ben Wallis – UTEP’s women volleyball coach. The coach was accompanied by his family, staff, and several members of the team.

The Friday morning parade was headed by the El Paso Sheriff’s Posse who showcased their well-groomed horses as they trotted down Shadow Mountain Drive, along Mesa Street, and concluded at the Coronado High School campus.

Parade watchers were treated to free American flags that were handed out by a bevy of youngsters who walked along the parade route. The free flag distribution was sponsored by Citizen’s Bank.



THEY’RE LOOKING GREAT – Tony the Tiger Sun Bowl princesses waved to parade goers.



YOUR LEFT, YOUR RIGHT, YOUR LEFT – Members from the Young Marines of El Paso marched along the parade route.



TEAM SPIRIT – University of Texas at El Paso women’s volleyball team members – led by their coach, Ben Wallis – acknowledged the crowd as onlookers chanted, “UTEP... UTEP... UTEP!”

Strange BUT TRUE

By Lucie Winborne

- The Japanese juice maker Kagome invented a device called the “Tomachan,” a robot that would allow marathon runners to eat tomatoes during a race. Sadly, it was created solely for promotional purposes and isn’t available for purchase.

- In the video game Halo 3, every bullet shot by the Chief has his name on it. This detail isn’t visible during regular play, as the bullets go by too quickly, but was discovered when someone noticed it in replay mode.

- The unibrow was considered to be a symbol of purity and intelligence in ancient Greece. Women who didn’t naturally boast this feature used dyed goat hair to close the gap.

- A male giraffe will determine a female’s fertility by tasting her urine. If the pee passes muster, the courtship continues.

- At one time, Monaco had more people in its orchestra than in its army, with 85

musicians but only 82 soldiers.

- One in 18 people have a third nipple.

- All the world’s bacteria stacked on top of each other would stretch for 10 billion light-years.

- Some female sharks store sperm after mating, potentially holding on to it for years before they’re finally ready to reproduce.

- Robert Smalls escaped slavery by stealing a Confederate ship. He was paid enough for the heist to buy his former enslaver’s house. Later Smalls served in the House of Representatives for South Carolina.

- African buffalo herds use a form of voting to make their travel decisions.

- The term “dumpster” comes from the name of the company that designed the first large, portable trash bin.

Thought for the Day: “If you can’t get rid of the skeleton in your closet, you’d best teach it to dance.”

– George Bernard Shaw

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Moments in time

THE HISTORY CHANNEL

- On July 7, 1456, Joan of Arc’s heresy conviction was overturned at an appeal proceeding held at the archbishop’s palace in Rouen, France. Unfortunately, the Catholic Church’s change of heart came too late, as she’d been burned at the stake 25 years earlier.

- On July 8, 1905, the body of Revolutionary War naval hero John Paul Jones, which had lain for more than a century in a French graveyard, began its final trans-Atlantic journey, ending in interment at the U.S. Naval Academy in Maryland with a ceremony presided over by President Theodore Roosevelt.

- On July 9, 1928, Rose Booher, her son Fred and two hired workers were shot to death on a secluded farm in Canada while the rest of the Booher family was away. Son Vernon Booher confessed to the crime after Max Langsner used his alleged psychic powers, with which he’d reputedly solved crimes around Europe, to sketch a scene that included a rifle hidden under some bushes, giving police a makeshift map to locate the murder weapon.

- On July 10, 2018, the last of 12 Thai youth soccer players and their coach

were rescued from the Tham Luang cave network after a search that held the world’s attention for more than two weeks. The team had set out on a supposed hour-long adventure when they were trapped underground after monsoon rains flooded the cave’s entrance.

- On July 11, 1944, German army officer Count Claus von Stauffenberg carried a bomb to Adolf Hitler’s headquarters in Bavaria with the intention of assassinating him. The count ended up holding back because Hermann Goering and Heinrich Himmler, who were also considered crucial targets, weren’t present as expected.

- On July 12, 1979, public backlash to disco music reached its zenith with the “Disco Demolition” night at Chicago’s Comiskey Park, which resulted in at least nine injuries, 39 arrests and the cancellation and forfeit of a Major League Baseball game.

- On July 13, 1990, the romantic thriller “Ghost,” about a woman who communicates with her murdered boyfriend via a psychic and starring Demi Moore, Patrick Swayze and Whoopi Goldberg, opened across the U.S. It received multiple Academy Award nominations, and Goldberg took home an Oscar for Best Supporting Actress.

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Canutillo ISD

From Page 3

High School are: Emily Alvarez, Miranda Andrade, Madeleine Coley, Yamilette Contreras, Mia Covarrubio, Brandon Enciso, Sebastian Esparza, Bailey Fugate, Gabriel Garcia, Lisette Hernandez, Jacqueline Hernandez, Mia Hernandez, Melina Holguin, Erica Lopez, Aryssa Marquez, Elizabeth Marshall, Isabella Montenegro, Diana Monje, Joselyn Ontiveros, Wendy Ontiveros, April Orona, Jochebed Palma, Cindy Saldana Villegas, Emerson Schulze, Adelina Sedivy, Sofia Welton, and Jackson Whetten.

This year's CAFÉ scholarship recipients from Canutillo High School are: Giselle Amato, Juan Anaya, Xochitl Apodaca, Ximenna Avila, Benjamin Baker, Daniella Caballero, Dominic Carraway, Alan Castillo, Gabriella Checo, Rachel Cisneros, Kianna Cleaves Mullen, Sophia Coronado, Jalen Delgado, Raymundo Dominguez, Miranda Duran Alva, Sarah Dwyer, Anahi Gamez, Mathew Gas, Elliot Gil, Ronnie Gonzalez, Aziel Grado, Kaylie Harrison, Mia Hernandez, Rene Huerta, Theodore Locklin, Daniel Luna, John Martinez, Matthew Medina, Mariana Medrano, Roxane Mejia, Aalijah Moreno, Izabella Moreno, Vea Munoz, Manuel Omedo, Jade Ornelas, Lauren Orrantia, Josiah Ortiz, Andres Pacheco, Areli Parra, Emilio Renovato, Brandon Rodriguez, Dominic Rodriguez, Oasis Rodriguez, Alicia Romero, Gael Rubio, Arlette Salas, Daniella Sanchez, Sebastian Santos, Michael Smith, Jaileen Valdez, and Cristian Villicana.

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San Elizario Independent School District SPECIAL EDUCATION/CHILD FIND

The San Elizario Independent School District provides services for children who are eligible for special education. Eligible special education students will be afforded a free, appropriate public education beginning on their third birthday and continuing through their 21st year. Children who are identified as auditorially impaired, visually impaired or deaf-blind may be served from birth through 21 years of age. The San Elizario Independent School District provides special education and related services to students residing within the District boundaries. A student with a disability must meet eligibility guidelines in one or more areas including physical disability, intellectual disability, emotional disturbance, learning disability, autism, speech impairment, traumatic brain injury, visual or auditory impairment. This impairment must significantly affect the student's ability to progress adequately without support services.

If a child is experiencing learning difficulties, the parent may contact the person listed below to learn about the district's overall general education referral or screening system for support services. This system links students to a variety of support options including referral for special education evaluation. Students having difficulty in the regular classroom should be considered for tutorial, compensatory, and other support services that are available to all students. At any time, a parent is entitled to request an evaluation for special education services. Within a reasonable amount of time, the district must decide if the evaluation is needed. If the evaluation is needed, the parent will be notified and asked to provide consent for the evaluation. The district must complete the evaluation and the report within 45 school days of the date the district received the written consent. The district must give a copy of the report to the parent. If the District determines that the evaluation is not needed, the district will provide the parent with a written notice that explains why the child will not be evaluated. This written notice will include a statement that informs the parent of their rights if they disagree with the district. Additionally, the notice must inform the parent how to obtain a copy of the Notice of Procedural Safeguards-Rights of Parents of Students with Disabilities.

For more information, contact the Director of Special Education, Richard Salcido, (915) 872-3926 at 13680 Socorro Rd., San Elizario, TX 79849. Mailing address: PO Box 920, San Elizario, TX 79849.

Educación Especial / Programa De Identificación De Niños (Child Find)

El Distrito Escolar Independiente de San Elizario provee servicios a los niños que califican para recibir educación especial. Los estudiantes que califiquen recibirán una educación pública gratuita y adecuada comenzando con su tercer cumpleaños hasta el fin de su vigésimo-primer año (21). Los niños que son identificados con problemas auditivos, visuales, sordos o ciegos pueden ser atendidos desde su nacimiento hasta los veintinueve años de edad. El Distrito Escolar Independiente de San Elizario provee servicios de educación especial y otros servicios relacionados a los estudiantes que vivan dentro de los límites del distrito. Un estudiante con una discapacidad debe cumplir con las guías que reúnen los requisitos en una o más áreas incluyendo: discapacidades físicas, discapacidad intelectual, alteraciones emocionales, discapacidad de aprendizaje, autismo, discapacidad del habla, daño cerebral por trauma, o discapacidad visual o auditiva. Esta discapacidad debe afectar significativamente la habilidad del estudiante para progresar adecuadamente sin asistencia.

Si un alumno está teniendo dificultades en su aprendizaje, los padres pueden contactar a la persona encargada (ver información al final) para que les informe acerca del programa general de derivación (referral) del distrito o sistema de detección para servicios de asistencia. Este sistema enlaza a los estudiantes con una gran variedad de opciones de apoyo que incluyen la derivación para que se le practique una evaluación de educación especial. Los estudiantes que estén teniendo dificultades en un aula regular deber ser considerados para recibir tutoría, planes de compensación educativa y otros servicios de apoyo que estén disponibles para todos los estudiantes. Los padres tienen derecho, en cualquier momento, de pedir una evaluación para recibir servicios de educación especial. El distrito debe decidir, dentro de un plazo razonable, si dicha evaluación es necesaria. En caso afirmativo, el padre será notificado y se le pedirá permiso para realizar la evaluación. El distrito debe llevar a cabo la evaluación y el reporte sobre los resultados dentro de 45 días escuela a partir de la fecha en que el distrito recibió el permiso del padre por escrito. El distrito debe proporcionar una copia del reporte al padre. Si el distrito determina que la evaluación no es necesaria, debe proporcionar por escrito una notificación que explique el por qué. Esta notificación por escrito debe incluir una declaración que informe al padre sobre sus derechos si es que no está de acuerdo con la decisión del distrito. Además, la notificación debe informar al padre cómo obtener una copia del Aviso sobre Garantías Procesales-Derechos de los Padres de Alumnos con Discapacidades.

Para mayores informes, favor de contactar el departamento de Educación Especial, Richard Salcido, (915) 872-3926 at 13680 Socorro Rd., San Elizario, TX 79849. Mailing address: PO Box 920, San Elizario, TX 79849.

WTCC: 07-10-25

CryptoQuip Answer

If a rooster is annoyingly noisy whether walking forward or backward it crows both ways.

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

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

doctrine of the Southern resisters: nullification. This is the idea that states can invalidate federal laws that they deem an offense against our constitutional order.

This notion has a long, undistinguished history in this country as a precursor to the Civil War and, later, as a tool to attempt to preserve segregation. Although it is most associated with the South, other parts of the country have tried to resort to it as well.

Now progressive cities and states are joining the list. They have no equivalent of John C. Calhoun, the brilliant, if catastrophically wrong, South Carolina statesman who developed a sophisticated defense of the concept. Instead, they want de facto nullification, or nullification as a practical matter rather than a theory.

Los Angeles Mayor Karen Bass has been quite clear about this. "We need to stop the raids," she insists. "The only thing it does is contribute to chaos." Her attitude would take Los Angeles well beyond its status as a sanctuary city, which involves not

affirmatively cooperating with the feds, and make it something else – effectively a no-go zone for immigration officers and a jurisdiction that affirmatively resists them.

Of course, the anti-ICE resistance would reject any association with the massive resistance of yore, arguing that its cause is just, in contrast to the segregationist South. But violent opposition to law enforcement officers acting within their lawful powers is deeply wrong, whatever the underlying cause (and the mass illegal immigration imposes significant costs on our society).

If enforcing our laws is offensive to progressives, they should seek to change the statutes in question and pass a large-scale amnesty, rather than relying on a rioter's veto to dictate what ICE agents can do and where they can go.

Violent mobs have no legitimate part to play in our democratic republic, not in Oxford, Mississippi, in 1962, not in Los Angeles, California, or anywhere else inspired by its sordid example in 2025.

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

Options are available for dealing with kidney stones

DEAR DR. ROACH: I just found out that I have a kidney stone. I'm 77 years old, and I don't want to deal with it. I've heard of potassium citrate and pulverizing it with sound waves. Are these options? – J.M.



When a person gets a kidney stone, the goals are to manage any symptoms, determine if a person's health is at risk (especially from infection or kidney damage), and decide which treatment might be necessary to prevent any new stones.

Extracorporeal sound wave lithotripsy is one way of removing symptomatic stones, as is ureteroscopy with laser lithotripsy. The decision of whether intervention needs to be done is made by a urologist with expertise in stone management, and treatment depends on the size, type and location of your stone(s).

Prevention of a recurrent stone depends on the specific stone type and any metabolic issue the person has. Nearly everyone with stones is recommended to increase their water intake (to a level that is adequate enough to make at least 2 liters of urine a day – and yes, we measure it) and decrease their salt intake (to less than 2,300 mg of sodium a day).

My former professor at the University of Chicago, Dr. Fred Coe, told me that he has seen people with sodium levels in their urine exceeding 25,000 mg a day. A high sodium level strongly favors stone formation.

Potassium citrate is a good choice for people who have calcium oxalate stones (60% to 80% of stones) and low measured citrate in their 24-hour urine tests. A low-oxalate diet may also be appropriate, but you can't make an informed decision without knowing which kind of stone you have and what your metabolism is like.

If you do pass a stone, save it; it will be useful for your doctor. There are several different types of less-common stones, so management can't be tailored for you without this information.

DEAR DR. ROACH: I read that fluoride might no longer be put into drinking water. Is fluoride dangerous? – V.A.M.

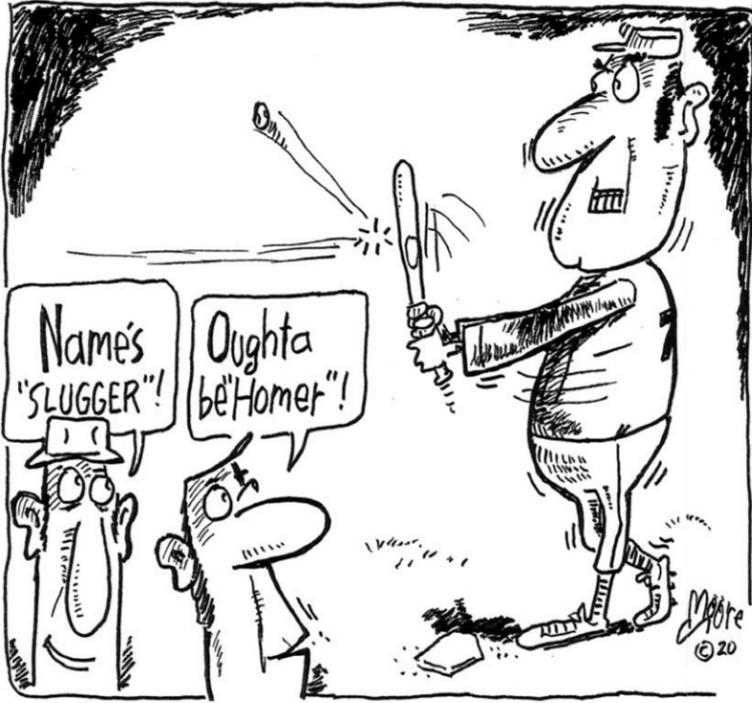
As with all substances (even a naturally occurring mineral like fluoride), the dose is what makes fluoride either a useful way of reducing tooth decay or a risk for side effects. This especially includes fluorosis, which is tooth damage due to excess fluoride during tooth development (up to age 4).

At extremely high levels, far above what is put into the water supply, there is the potential for adverse effects on brain development, which were generally found in geographic areas where naturally occurring fluoride levels are very high. This risk can be avoided by carefully regulating the amount of fluoride in the water supply – as most communities in North America have been doing for decades.

At the low levels used for supplementation of water, there does not seem to be any increased risk of brain injury, but the risk of tooth decay is substantially less. Communities that stopped water fluoridation found worsening of people's dental health community-wide. They also noted a large increase in dental visits for cavities, a greater incidence of anesthesia used for dental treatments, and an increased need for antibiotics due to tooth infections.

My review indicates that the benefit in the prevention of dental problems greatly outweighs the potential harms, which can be avoided by careful attention to community fluoride water levels. For people in communities that have stopped the fluoridation of water, alternatives include daily fluoride supplements, fluoridated toothpastes, and fluoride varnish that gets provided by dentists at regular dental visits.

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
 July 11, 1920: "Slugger" Clark of Corsicana hit 8 straight homers in a game against Texarkana.

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: P equals W

MO Z JNCGHJ MC
 ZEENQMEBRQ ENMCQ PFHGFHJ
 PZRLMEB ONJPZJS NJ IZYL PZJS,
 MG YJNPC INGF PZQC.

Answer Page 5

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Weekly SUDOKU

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

◆◆◆ HOO BOY!

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Keep your cash in your wallet



by Freddy Groves

Besides the occasional "Thank you for your service," there are any number of ways people and companies express gratitude for you having served your country, for having made that commitment and for the sacrifices you made.

One of the biggest acknowledgments for veterans are discounts given by companies. Your mission: Find those discounts and ask for them.

- If you're old enough for AARP, join for a reduced price of just \$11 per year with a five-year membership.

- Look for big discounts on cellphone lines at T-Mobile, where you can get unlimited text, talk and data on four lines for only \$25 per line per month.

- Carhartt apparel offers a 15% discount either at their stores or online. Duluth Trading Company offers a 5% discount on their Duluth

gear.

- For vacations, there is a wide variety of discounts available. Hilton hotels offers a family discount, and Disney Resorts hotels offers discounts during selected blocks through the end of the year. You can find discounts on car rentals, theme parks, airfare and much more.

- Many states offer free or reduced-cost hunting and fishing licenses. Once you have that, load up on your gear at Bass Pro Shop or Cabela's.

To find discounts that apply to you, search online for veteran discounts and the category you're interested in. Get as detailed as you like in your search. Yes, you can get veteran discounts on televisions and appliances. Check Dish for their Stars & Stripes Pack. Check AutoZone or Advance Auto Parts for car parts. See Home Depot or Lowe's for power tools. Stock up at Costco, Sam's Club and BJ's Wholesale Club.

Veteran discounts can be found in more places than you might imagine. Whenever you're about

to buy something, order something or go somewhere, ask if a veteran discount is available. While an individual discount might not seem like much, if you do this consistently, it will add up to significant cash that stays in your wallet.

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- The best way to get a bloodstain out of clothing is by dousing the stain with hydrogen peroxide and washing as usual. For clay stains, you absolutely must have a Fels-Naptha bar. It looks like a bar of soap, and you wet the material and rub in the soap. It's magical. This, coming from a softball mom whose daughter loves to slide. — A.A. in Florida

- It's easy to make your own spreadable butter. Simply whip 1 pound of softened butter and 1/2 teaspoon of salt. Slowly add 1 cup of olive oil. Beat up to 5 minutes to add air and increase volume. Pour into two 1-pint containers and refrigerate. It's economical, spreads like soft margarine, tastes great and you get the benefits of olive oil in a natural product.

- "Before I go to the beach, I freeze an ice-cube tray full of lemonade. Then, we use the cubes in our travel cups. It keeps the lemonade cool, and as it melts (which tends to be quickly), it doesn't water down the drink." — K.H. in South Carolina

- To save money on electricity costs, hang jeans and other heavy clothing to dry first. White or light towels and garments especially love the sun. When it is mostly dry, pop it in the dryer to fluff.

- When sales are running on children's clothing, it might be a good idea to buy a size up. Sometimes, I buy up to a year in advance for my kids if the deals are really good. Just be sure that the clothing is the right season when your child will be able to wear it. — M. from New Mexico

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.

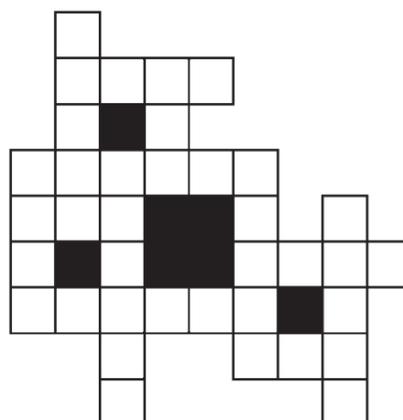
	+		-		= 2			
+		+		+				
	-	5	×		= 21			
-		÷		÷				
	+		+		= 17			
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3		1		5				
1	2	3	4	5	6	7	8	9

Answer Page 5

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- CSI
- ♥ NEODIP
- URTAL
- HACT
- ♥ SCORUC
- ELD
- ♥ PISL
- ♥ IDELT
- APH
- URNDAT
- ♥ AHL SO
- COLD



Answer Page 5

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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