



— Internet

BIG PLANS – Wiwynn plans to invest at least \$92 million in a manufacturing project that could create at least 514 jobs within three years. The first planned factory by Wiwynn, in the same complex as the building above, will be located at 9220 Socorro Logistics Lane, along Nuevo Hueco Tanks Boulevard.

New Socorro complex plans to make AI equipment

Planned business investment to benefit El Paso County

By Alfredo Vasquez
Special to the Courier

SOCORRO – Plans are in the works to bring a major development to El Paso County that could add hundreds of jobs and millions of dollars to the borderland economy.

A substantial investment was recently announced by the Wiwynn Corp. Wiwynn is a Taiwan-based manufacturer of data-center equipment. Company officials stated that plans are to open a manufacturing complex with 514 jobs in two large buildings at the Socorro Logistics Center industrial park, which is in far East El Paso County.

This is the corporations first manufacturing operation in the United States. It has factories in several other countries, including Ciudad Juárez, where it employs about 5,000 people.

Officials with the Borderplex Alliance, the El Paso-area economic development agency, reported that Wiwynn is prepared to invest about \$152 million in the new complex. The company recently purchased a newly built industrial building, at 9220 Socorro Logistics Lane, for \$59.6 million in the Socorro industrial park, where it will open a factory

early next year.

According to Joseph Hsu, the El Paso-based general manager of Wiwynn’s North American operations, the company is also leasing an adjacent 476,282-square-foot building, located at 9250 Socorro Logistics Lane, for \$71 million over 10 years, and establish manufacturing operations there in 2026.

One El Paso County official indicated that the Wiwynn jobs, which range from product assemblers to engineers, would have an average wage of \$32 per hour. The county official added that the minimum pay must be at least the current county median wage of \$18.21 per hour as per a tax-incentives agreement Wiwynn made with the county.

Hsu stated that hiring for these positions could begin in November and that five percent of Wiwynn’s full-time employees would be Socorro residents as stipulated by the tax incentives agreement with the City of Socorro.

Wiwynn will become the largest private employer in the lower valley community, Socorro Mayor Rudy Cruz Jr. stated in a recent news report. “This is monumental” for the fast-growing city, with a population of about 38,000 people, Cruz declared.

Socorro beat out Dallas and potential expansion in

Juarez for the new manufacturing center, Hsu said. The fact Wiwynn operates the Juarez factories and two El Paso service centers in industrial buildings on the East Side, with about 100 employees, gave this area an edge in the site-selection process, Hsu related.

Jon Barela, Borderplex Alliance chief executive officer, said it also helped that he, other Borderplex officials, and El Paso County Judge Ricardo Samaniego visited Wiwynn officials in Taiwan earlier this year.

Hsu acknowledged that one reason for putting manufacturing in the United States is that the company’s customers want high-end AI (artificial intelligence) equipment for call centers made in the U.S. The Socorro complex will make AI equipment.

Another reason is that El Paso Electric (EPE) agreed to fulfill Wiwynn’s huge electricity needs for the complex, Hsu said. EPE plans to complete a new, \$18 million Eastlake power substation along Interstate 10, near Eastlake Boulevard, by the end of 2025.

EPE also has an agreement with Wiwynn to

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Canutillo ISD Board approves renovation projects

By Gustavo Reveles
Special to the Courier

CANUTILLO – The Canutillo ISD Board of Trustees has approved construction contracts for major renovations at three elementary schools as part of the district’s voter-approved bond program. The total cost of the projects came in under budget.

At its regular meeting Tuesday

night, the board voted 6-0 to approve a guaranteed maximum price of \$14.7 million for upgrades at Childress, Damian and Garcia elementary schools. The projects were originally estimated to cost \$15.5 million.

Jordan Foster Construction, previously selected by the board, will serve as the general contractor for all three schools.

“The goal of the bond is to transform our district and provide

world-class facilities for our students while also respecting our taxpayers’ investment,” said Superintendent Dr. Pedro Galaviz. “Thanks to hard work and a strong partnership with our bond management team at Procedeo, we’re doing both – delivering on our promises and saving money.”

The difference between the guaranteed maximum price (GMP) and the budgeted cost will be added to the project’s contingency budget to be

used in case of cost overruns or other unexpected costs.

The Board approved the GMP for the following scope of work:

Childress Elementary School (GMP: \$5,033,567)

- Security upgrades: secure entry vestibule, new fire alarm, emergency notification systems and

See PROJECTS, Page 2

Demolish D.C.’s brutalist buildings

There’s a reason Nobel created dynamite. The brutalist federal buildings that have blighted Washington, D.C., for decades deserve the same fate as Carthage after the Third Punic War, and the nation’s capital is finally beginning to move on from these concrete monstrosities.

The Department of Housing and Urban and Development just announced that it is leaving its awful headquarters in Washington for a less hideous space in Northern Virginia. HUD Secretary Scott Turner has described the structure as “the ugliest building in D.C.,” which is a dubious claim only because there are so many other buildings in Washington that compete for that distinction. He’s not the first HUD secretary to hate the building. Jack Kemp called it “10 floors of basement.”

Meanwhile, the FBI is also departing its HQ,

designated by the U.K. building materials retailer Buildworld as the ugliest building in the United States and the second ugliest in the world.

The moves are in keeping with the spirit of President Trump’s executive order stipulating that federal buildings should “respect regional, traditional and classical architectural heritage in order to uplift and beautify public spaces and ennoble the United States and our system of self-government.”

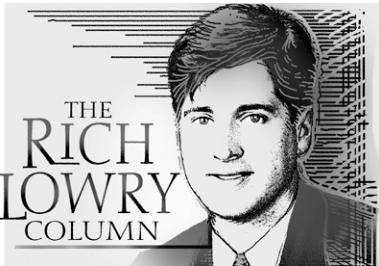
That EO should be considered common sense, but has several trigger words for defenders of the architectural status quo, including “traditional,” “classical” and, perhaps foremost of all, “beautify.” In response, the American Institute of Architects expressed its “strong concerns that mandating architecture styles stifles innovation and harms local communities.”

According to The Nation magazine, Trump’s

initiative is part of an agenda to “make historical architecture on the whole inextricable from Eurocentric white supremacy.” In short, it’s an unforgivable offense to want a government building to look nice.

Brutalism, with its blocky, minimalist structures made of poured concrete, was a creation of a post-war Europe that wanted to embrace the fresh and new and to economize on rebuilding. Although the name “brutalism” perfectly captures the aesthetic effect, it actually comes from the French for “raw concrete,” “beton brut.”

To be sure, concrete is extremely important to



See LOWRY, Page 7

Food for thought

By Dr. Glenn Mollette

How many friends do you have?

How many friends do you have? Possibly more or maybe less than you think.

Your real friends show up when everyone else has walked away.

We have many acquaintances in life but not that many close friends. How many people know you and still love you and want to be around you? So many of our relationships today are surface relationships. People only know your surface. They don’t know your hurts, fears, problems, stresses, failures and so much more.

Most likely your spouse or significant other knows you well and still loves you and is there for you. Most parents are there for their children and grandchildren but they

are family. You don’t really consider them friends because the relationship is deeper and more intimate. However, it’s nice if you feel like you have family who are friends.

A friend will be there regardless of success or failure. They rejoice in your successes and hurt with you in your failures. Real friendship doesn’t hinge on a failure. Friendship supports, helps and communicates. Most of us don’t communicate unless we feel it’s safe to do so. You don’t want to talk to someone who is going to blister you with judgement and condemnation. Although a good friend will listen and try to steer you in the right direction without emotionally debilitating you. No one wants

if you have any. A real friend will not stab you in the back or cut your throat. An old friend of mine who has passed on had this saying about an acquaintance, “He would cut his mother’s throat to get ahead.” Keep this in mind, if someone has stabbed you in the back before they are likely to do it again. If he or she has fooled you once then shame on them. If you allow them to fool you twice then shame on you.

Life can be interesting with the people we encounter along the way. We meet a lot of good people. We meet some who are not so great. It’s critical to our well-being that we are able to know the difference and the sooner the better.

Jesus said, “Greater love has no one than this to lay down one’s life for one’s friends.” John 15:13 He certainly did that.

Give thanks today for your friend, or friends. It’s always good to make a new friend and it’s certainly worthwhile to maintain an old one, if it’s a good one.

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.glennmollette.com or www.facebook.com/glennmollette.

Projects

From Page 1

security cameras;

- Roof maintenance and repairs;
- New HVAC units;
- Network and Wi-Fi infrastructure upgrades; and
- New flooring to replace existing carpeting.

Damian Elementary School (GMP: \$5,322,300)

- Security upgrades similar to Childress;
- Roof maintenance and new HVAC systems;
- Network and Wi-Fi improvements;
- New restrooms and multipurpose space;
- Repairs to interior walls and sealants; and

- Installation of carbon monoxide detectors.

Garcia Elementary School (GMP: \$4,359,485)

- Security and fire safety enhancements;
- Roof and HVAC upgrades;
- Classroom additions and technology improvements;
- New staff restroom, upgraded gym speaker system and water heaters;
- Interior painting and playground canopy replacements;
- New pedestrian gate at Westside Drive; and
- Carbon monoxide detectors.

Canutillo ISD plans to hold groundbreaking ceremonies at each of the three schools after the start of the 2025–26 school year, which begins Aug. 4.

Trustee Carolina Ortega abstained from the vote, citing a possible conflict of interest.

1973

52

Years

2025

WEST TEXAS COUNTY

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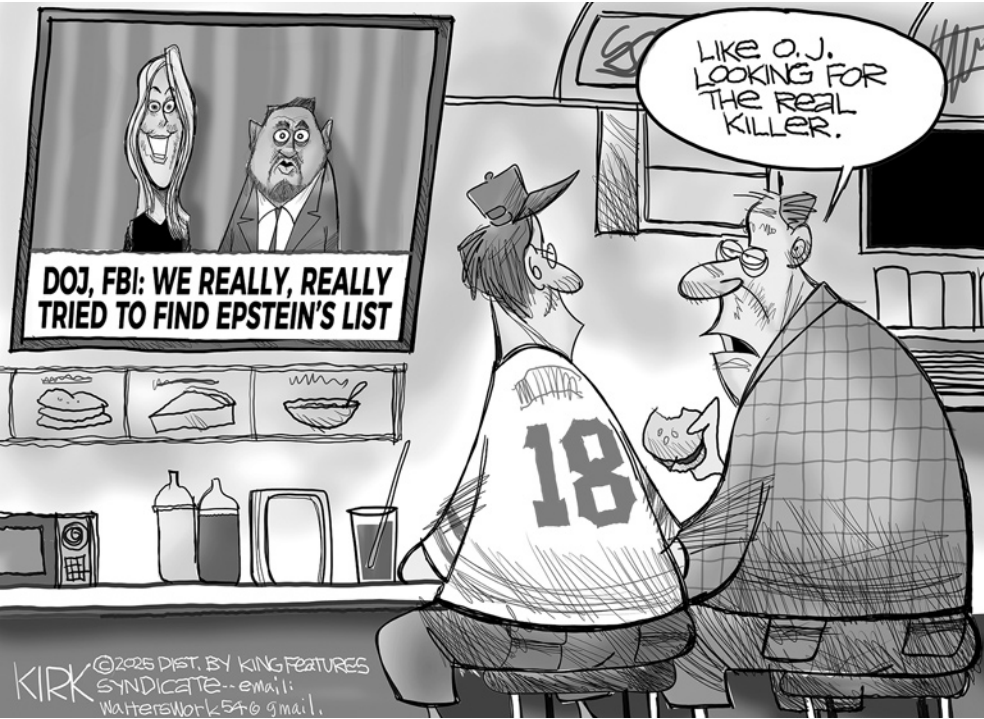
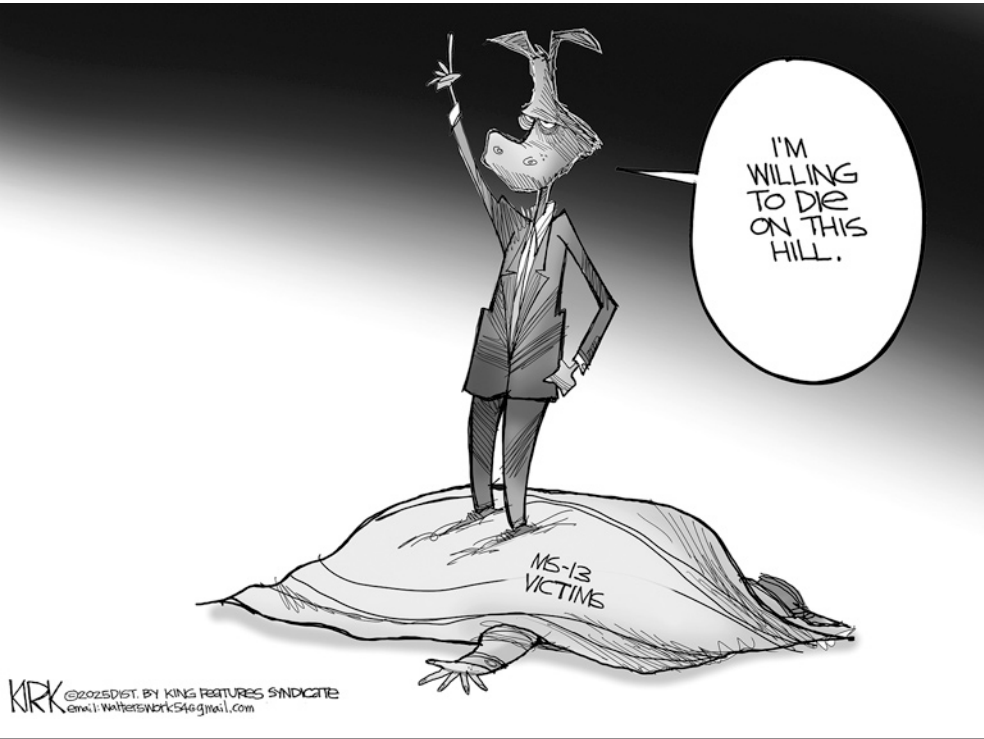
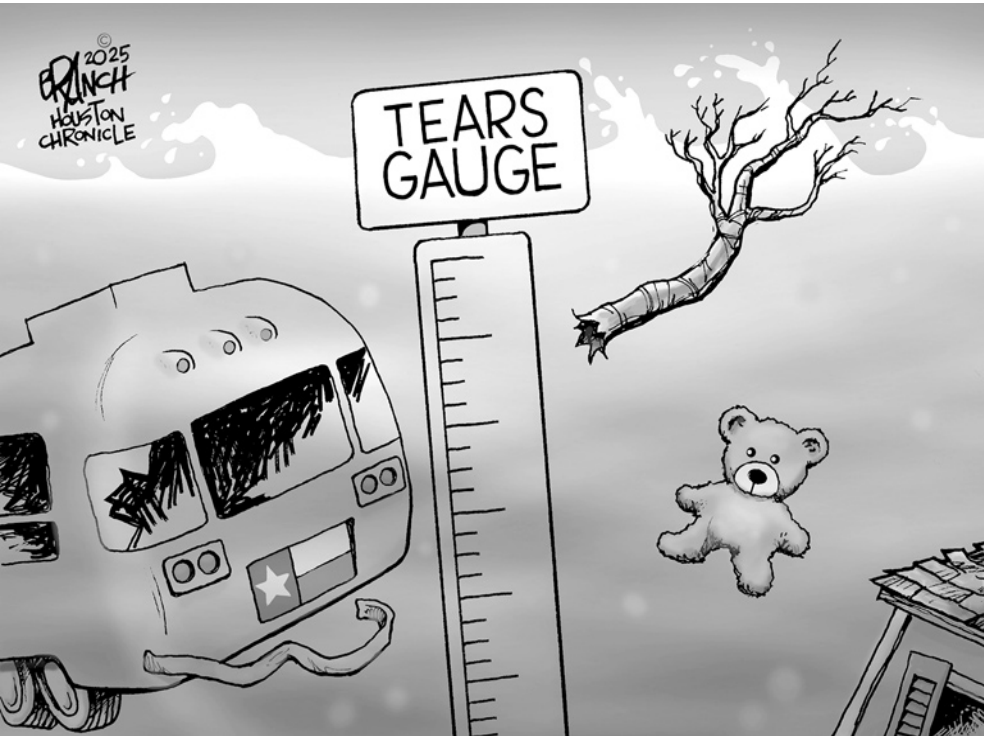
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San Elizario Independent School District Public Notification of Nondiscrimination in Career and Technical Programs

- 1) The San Elizario Independent School District offers Career and Technical Education programs in Audio Video Production, Automotive Technology, Business Administration, Cosmetology, Culinary Arts, Graphic Design and Illustration, Law Enforcement, Robotics, Engineering, Biomedical Technology, Health Science, Science, Technology Engineering and Mathematics (STEM): Engineering Foundations and Engineering Drone (Unmanned Vehicle), and El Paso Community College-Emergency Medical Technician, Certified Nursing Assistant, EKG Technician, Phlebotomy Technician and Patient Care Technician Programs. Admission to these programs is based on course pre-requisites and grade level classifications. For program information call Sandra Sanchez at (915) 872-3900, extension 3844.
- 2) It is the policy of the San Elizario Independent School District not to discriminate on the basis of race, color, national origin, sex or disability in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 3) It is the policy of the San Elizario Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap or age in its employment practices as required by title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 4) The San Elizario Independent School District will take steps to assure that lack of English skills will not be a barrier to admission and participation in all education and vocational programs.
- 5) For information about your rights or grievance procedures, contact Superintendent Dr. Jeannie Meza-Chavez 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.

Notificación Pública de No Discriminación en los Programas de Carrera y Técnica

- 1) El Distrito Escolar Independiente de San Elizario ofrece programas de Carrera y Educación Técnica en Producción de VideoAudio, TecnologíaAutomotriz, Administración de Empresas, Cosmetología, Artes Culinarias, Diseño Gráfico y Ilustración, Aplicación de la Ley, Robótica, Ingeniería, Tecnología Biomédica, Auxiliarde Enfermería, Ingeniería de Tecnología Científica y Matemáticas (STEM): Fundamentos de ingeniería y ingeniería – drones (vehículos no tripulados), y Colegio Comunitario de El Paso – Programas de Técnico en Emergencias Medicas, Certificación de Asistente en Enfermeria, Técnico de EKG, Técnico(a) en flebotomía y Técnico de Atencion a Pacientes. Admisión a estos programas se basa en prerrequisitos del curso y clasificación del nivel del grado. Para más información sobre el programa, por favor comuníquense con Sandra Sanchez al (915) 872-3900, extensión 3844.
- 2) Es la póliza del Distrito Escolar Independiente de San Elizario de no discriminar por causa de raza, color, origen nacional, sexo, o discapacidad en estos programas vocacionales, servicios, o actividades requeridos por el Título IV del Acta de Derechos Civiles de 1964, como enmendada Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, como enmendada.
- 3) Es la póliza del distrito de San Elizario de no discriminar por causa de raza, color, origen nacional, sexo, discapacidad, o la edad en sus metodos de empleo exidido por el Titulo VI del Acta de Derechos Civiles de 1964, enmendada por las Enmienda Educativas de 1972, del Acta de la Discriminación por Edad de 1975, como enmendada, y la Sección 504 de la Acta de Rehabilitación de 1973, como enmendada.
- 4) El distrito escolar de San Elizario tomará pasos para asegurar que la falta de ingles no sea obstáculo para la admisión y participación en todos los programas vocacionales y educativos.
- 5) Para más información de sus derechos y procedimiento de agravios, puede ponerse en contacto con el Superintendente Dr. Jeannie Meza-Chavez, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.

PUBLIC NOTICE / AVISO AL PUBLICO

Canutillo Independent School District

2025-2026 Meal Policy

National School Lunch Program / School Breakfast Program

The Canutillo Independent School District will continue its policy to operate under the Community Eligibility Program (CEP) for the National School Lunch program and School Breakfast Program for the 2025-2026 school year. Schools qualifying to operate CEP serve breakfast and lunch to all children at no charge and eliminate the collection of meal applications for free, reduced-price, and paid student meals. This new approach reduces burdens for both families and school administrators and helps ensure that students receive nutritious meals regardless of income through the 2025-2026 academic year.

For additional information, please contact:
Canutillo Independent School District
Attention: Marco Macias, Director, Child Nutrition Department
7965 Artcraft Rd., El Paso, TX 79932
Email: mamacias@canutillo-isd.org

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible Agency or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, AD-3027, found online at How to File a Program Discrimination Complaint and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

Canutillo Independent School District is an equal opportunity provider.

Política sobre Alimentos para 2025-2026 del

Distrito Escolar Independiente de Canutillo

Programa Nacional de Comidas en las Escuelas

El Distrito Escolar Independiente de Canutillo continuará con su póliza de administrar bajo el Community Eligibility Program (CEP) los programas de almuerzo y desayuno escolar en el año escolar 2025-2026. Las escuelas que califican para operar CEP ofrecen desayuno y comida a todos los niños sin costo alguno y elimina la colección de solicitudes para comida gratis, precio reducido, y pagado. Este nuevo enfoque reduce la carga para las familias y los administradores escolares y asegura que los estudiantes reciban comidas nutritivas sin importar el ingreso familiar durante el año escolar 2025-2026.

Para información adicional por favor comunicarse a:
El Distrito Escolar Independiente de Canutillo
con: Marco Macias, Director, Child Nutrition Department
7965 Artcraft Rd., El Paso, TX 79932
Email: mamacias@canutillo-isd.org

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Para presentar una queja por discriminación en el programa, el reclamante debe llenar un formulario AD-3027, formulario de queja por discriminación en el programa del USDA, el cual puede obtenerse en línea en: <https://www.usda.gov/sites/default/files/documents/ad-3027s.pdf>, de cualquier oficina de USDA, llamando al (866) 632-9992, o escribiendo una carta dirigida a USDA. La carta debe contener el nombre del demandante, la dirección, el número de teléfono y una descripción escrita de la acción discriminatoria alegada con suficiente detalle para informar al Subsecretario de Derechos Civiles (ASCR) sobre la naturaleza y fecha de una presunta violación de derechos civiles. El formulario AD-3027 completado o la carta debe presentarse a USDA por: (1) correo: U.S. Departamento de Agricultura, Oficina del Secretario Adjunto de Derechos Civiles, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; o (2) fax: (833) 256-1665 o (202) 690-7442; o (3) correo electrónico: program.intake@usda.gov.

El Distrito Escolar Independiente de Canutillo es un proveedor que ofrece igualdad de oportunidades.



By Lucie Winborne

- The first staplers were invented in the 18th century for King Louis XV of France, though the word “stapler” wasn’t commonly used until 1901. These early devices were cumbersome and often required force to operate, with some even needing a hammer or mallet.
- Animals with smaller bodies and faster metabolism see in slow motion.
- Occupational therapy techniques date to 100 B.C., when a Greek physician named Asclepiades used them to treat mental illness.
- The tradition of playing loud music at an Irish wake originated with the belief that it would ward off evil spirits. Wakes also provided the opportunity to watch over the deceased to see if they would awaken.
- The Firefox logo isn’t a fox, but a red panda.
- If your hat falls off during a tennis match, your opponent has the option to declare it a “hindrance” and redo the stroke.
- In 2019, a British woman married her dog. Her motive? After four failed engagements, 220 dates and a general range of unsatisfying experiences in the search for Mr. Right, she had given up on men but felt she and her dog had saved each other.
- “Crab mentality” refers to the “If I can’t have it, neither can you” line of thinking, due to the fact that when a crab in a bucket attempts to escape, its fellow crabs pull it down.
- A flute is technically any open tube that one blows into to produce sound – even, for example, an empty Coke bottle!
- Marion Donovan created the first practical disposable diaper in 1950 by using shower curtains for plastic covering and layers of tissue as the inner absorbent material.
- Red hair is the thickest hair color by strand.
- Trypophobia is the fear of closely packed holes.

Thought for the Day: “I don’t believe you have to be better than everybody else. I believe you have to be better than you ever thought you could be.”

— Ken Venturi



Moments
in time
THE HISTORY CHANNEL

- On July 21, 365, a powerful earthquake off the coast of Greece caused a tsunami that devastated the city of Alexandria, Egypt. While no measuring tools for it existed at the time, modern scientists estimate that it consisted of two successive tremors, the largest of which is thought to have had a magnitude of 8.0.
- On July 22, 2003, Qusay and Uday Hussein, sons of Iraqi dictator Saddam Hussein, were killed in Mosul, northern Iraq, after a three-hour firefight with U.S. forces. Both men were believed by many to be even more ruthless than their father, and news of their deaths was met with widespread celebration.
- On July 23, 2021, the Cleveland Indians baseball team announced its name change to the Cleveland Guardians, as a gesture of respect to Native Americans. The team had retired its “Chief Wahoo” logo three years earlier, banning it from future National Baseball Hall of Fame and Museum plaques and merchandise sold outside of Ohio.
- On July 24, 1901, William Sydney Porter, better known to literature fans as O. Henry, was released from prison after serving a three-year jail term for embezzling from an Austin, Texas bank. He had previously hidden from authorities in Honduras but returned to America when his wife was diagnosed with a terminal illness, and supported his young daughter from prison by writing stories.
- On July 25, 1953, New York City issued its first subway tokens, which were used for 50 years before being replaced by the MetroCard.
- On July 26, 1972, singer Johnny Cash met with President Richard Nixon to lobby for prison reform. Cash was never an inmate himself, though he did spend a few nights in jail for minor offenses, but often performed at prisons.
- On July 27, 1794, Maximilien Robespierre was overthrown and arrested. As the leading member of the Committee of Public Safety from 1793, he had encouraged the execution, primarily by guillotine, of more than 17,000 enemies of the French Revolution. The day after his arrest, Robespierre and 21 of his followers met their own fate at the guillotine in front of a cheering mob at the Place de la Revolution in Paris.

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

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modern life, but no one has ever said, “Oh, it’s so elegant and uplifting.” The brutalist buildings in Washington were largely built between the late 1960s and mid-1970s, an era of grievous architectural mistakes, including cookie-cutter multiple-purpose baseball stadiums and modernist Catholic churches. The buildings never had a heyday, but were hated when they were erected and are still hated now.

The seedbed of the trend was a Kennedy administration commission that advocated contemporary designs and said – laughably, in retrospect – that federal architecture should “reflect the dignity, enterprise, vigor and stability of the American national government.”

Instead, the brutalist buildings speak of a lumbering bureaucracy with no regard for the sensibilities or priorities of ordinary people. They are about what you'd expect if a DMV were headquartered in a maximum-security prison or in a massive pillbox.

The buildings could easily be used as stage

sets for docudramas about East Germany. They are a tribute to soulless monumentality and a gut punch to the human spirit. If they don't eventually get a well-deserved appointment with a wrecking ball, they should be donated to North Korea.

The original justifications of brutalism no longer apply. The buildings aren't new anymore, and aren't cheap. They haven't aged well in any sense, not aesthetically or functionally. The FBI building is literally falling apart, and the expense of maintaining the HUD building has become ruinous.

Defenders of the brutalist buildings say that they are now part of our heritage and should be preserved as such. That's not fair, though, to the people who have to work in them, or who walk or drive by them every day. They are a net subtraction to the D.C. landscape and to human happiness. If one of them has to be kept for historical reasons, it should be made into a Smithsonian museum devoted to idiotic fads that were indulged for much too long.

Rich Lowry is editor of the National Review.
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T-score continues to worsen despite treatment

DEAR DR. ROACH: I am an 80-year-old Asian woman. Each day, I walk 4 miles and do 30 minutes of stretching, as well as 1 hour of cardio, strength or balance exercises by following videos provided by my health insurance. Also, my brother and sister who are in their 60s and 70s have weak bones and muscles. It seems to run in my family.



In 2000, with a T-score of -1.9, I was diagnosed with osteopenia and commenced three episodes of treatment. For the first treatment, I took Fosamax in 2001, then started Actonel in 2002 for a total of six years. My T-score was -1.7. Three years later, my T-score was back to -1.9, so in 2009, for the second treatment, I restarted Actonel but switched to Boniva in February 2010 for a total of four years. My T-score was -1.4.

Then, after four more years, my T-score was -2.2. For my third treatment, I restarted Boniva and took it from 2018-2025. My T-score is now -1.4. My primary care doctor has me on a “pill vacation” for one year, and I’m awaiting further treatment until a bone density test at the end of 2025. But I fear that without treatment, my aging bones are only getting worse.

I try to eat right, stay active, and have started doing yoga pose videos that claim to strengthen my bones. Will they? Which shots or other treatments might help me avoid further deterioration of my bones? – R.M.H.

Osteoporosis is a condition of bones that predisposes someone to getting a fracture. Anyone can get osteoporosis, but white and Asian women are at the highest risk.

Treatment of osteoporosis includes lifestyle adjustments such as quitting smoking, reducing alcohol intake (if appropriate), and regular exercise. Both muscle-building and weight-bearing exercise are important. Yoga and stretching probably do have some additional benefit on top of your stamina-building (“cardio”) and strength exercises. Even though the evidence isn’t very strong, most people with osteoporosis are treated with calcium and vitamin D.

I use the FRAX score to decide whether medication therapy is indicated for a patient. In men and women who are at a high risk of fracture, medicines in the bisphosphonate class – such as alendronate (Fosamax), risedronate (Actonel) and ibandronate (Boniva) – are the most commonly used first-line treatments.

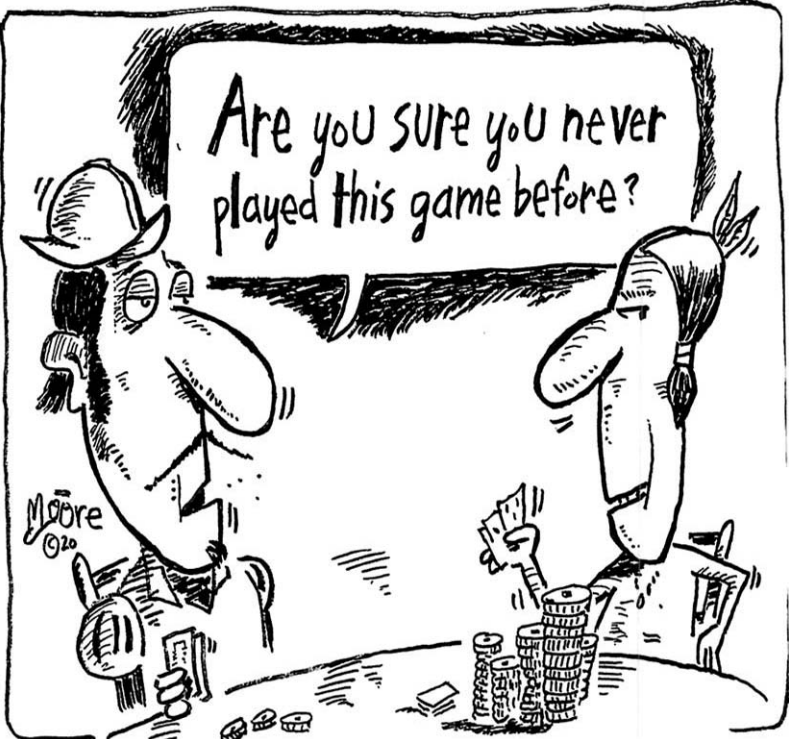
Bisphosphonates last for a long time in the body's tissues. We don't want to use them for too long since they suppress the normal amount of bone breakdown that is key to maintaining healthy bone. Treatment for too long can lead to atypical femur fractures. A "drug holiday" is a common strategy, and given how long you have taken various bisphosphonates, I wouldn't worry too much about the year off.

You have had less of a response than most of my patients have had to bisphosphonates, and many experts would change the class of drugs if you remain at a high risk via your FRAX score. Should you need further treatment, a different type of medicine like teriparatide (Forteo) or romosozumab (Evenity) might be considered. At this point, you should be seeing an expert such as an endocrinologist who specializes in the treatment of osteoporosis.

Finally, although celiac disease has been thought to be less common in Asians, it often leads to poor absorption and osteoporosis, so it's worth considering a test. Symptoms of celiac disease can be very subtle.

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.

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Moore Texas by Roger MOORE
The Spanish explorers tried teaching the Jumani indians their games and contests.

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: V equals L

GTGXSVNLNTPD VSZOVSB FSZGB
BT US RNDBXNUPBSR BT Z
VZXLS GPFUSX TO ISTIVS:
Z DSAPVZX ANXAPVZX.

Answer Page 5

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Disability benefits scammers



by Freddy Groves

You know it’s a scam when they want you to pay for their help in filing Department of Veterans Affairs disability benefits claims. Then when you receive the benefits, they make you give them a percentage of the money.

Ten thieves were recently nailed for defrauding the VA. The grand jury came back with 49 counts of conspiracy and fraud, including wire and mail fraud. Unfortunately, the ringleader was a VA employee in charge of claims clerks. He was able to give certain claims to certain clerks who could follow his instructions to assign false medical conditions to specific veterans to help get fraudulent disability benefits. Those ratings clerks were able to grant or deny disability claims – per the orders of their boss.

One of the thieves, while not working for the VA, was in a position to be able to

find veterans who were not 100% disability rated.

Then, unfortunately, some of the thieves involved were veterans who were pulled into the scam. There was a veteran who was a police officer. There was a veteran who was an airline pilot. There was a veteran who was with the Department of Homeland Security, and several more. They even dragged a wife, mother and sister into the fraud.

In exchange for cash upfront, the veterans were all able to receive high disability ratings after being told what to put on their paperwork and what to say during medical exams.

Of course they’re all going to pay. Some of them, if convicted, could get up to five years in prison, and some could receive up to 20 years if convicted of the crimes that included mail and wire fraud.

Remember: You never have to pay for help in filing for benefits. You never have to give someone a percentage of what you get. Free help is available from

various Veterans Service Organizations such as the American Legion, the Veterans of Foreign Wars and even the VA itself. Don’t let yourself be used in a scam against the VA.

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• Honey has amazing properties, and one of them is its antiseptic powers. You can use it on pimples, even. Just a tiny dab will help keep bacteria responsible for breakouts from taking over.

• Here’s a workout tip: Rotate among a few pairs of running shoes to get the best life out of them. Rotating gives them a chance to dry out between wearings, and runners who practice this have a 39% lower chance of injury, according to a Luxembourg research firm.

• Got poison ivy? The maddening itch might find relief from coffee grounds or a cooled cuppa. It contains anti-inflammatories.

• “Need to remove fruit or food coloring stains on your hands or your countertop? White vinegar will clean it off. It’s good for so many things.” – R.N. in Washington

• “Lemon juice can bring out the flavor of mushrooms. I keep a little spray bottle that I found in the travel section of the drugstore to keep lemon juice accessible in the kitchen. I find it’s good for all kinds of things, like avocadoes and apples. I spray the cut side to keep them from browning. It’s also great for salad greens.” – T.T. in New Jersey

• “The liners from cereal boxes work really well to store pies in the freezer. They can be stapled shut.” – Y.L. in Indiana

• “Polish wall tiles in the bathroom using car wax. They will repel water really well. Just be sure that you cover the floor before you apply any wax. You do not want to polish your tub, as that is a safety hazard for sure!” – M.W. in Missouri

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.

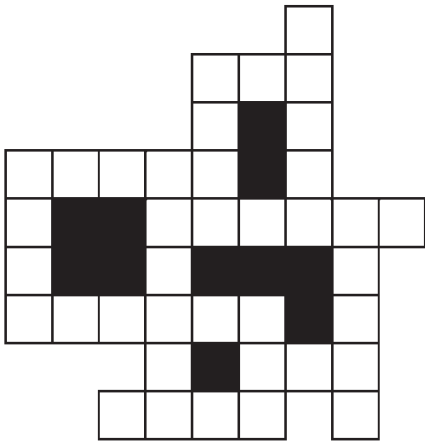
Answer Page 5

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	+		÷		= 6			
-		+		+				
	+		+		= 15			
+		×		-				
	+		×		= 55			
=		=		=				
5		28		3				
1	2	3	4	5	6	7	8	9



NIO
NUVIAC
UFALO
ARFI
FUNGLE
FOF
♥DAEI
♥RENUI
RIF
FIXNUL
LEVIA
EXNO



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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Weekly SUDOKU

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

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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