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MAY 2, 2024

# **NEWSBRIEFS**

### **Working from home**

With a large segment of the workforce working from home at least part of the time, the personalfinance website WalletHub has released its report on the Best States for Working from Home, as well as expert commentary, showing where people can save the most money and be most comfortable while working remotely. WalletHub compared the 50 states and the District of Columbia across 12 key metrics. The data set ranges from the share of workers working from home to internet cost and cybersecurity. The study also considered factors like how large and how crowded homes are in each state. Together, these metrics show how feasible working from home is in terms of cost, comfort and safety. Texas was rated 15th in the report, ranking (1-Best, 25-Avg.):

- 24th Share of Population Working from Home;
- 19th Share of Potential Telecommuters;
- 29th Households' Internet Access;
- 11th Average Home Square Footage;
- 42nd Cybersecurity;
- 27th Average Retail Price of Electricity; and
- 10th Internet Cost.

"Working from home can save people a lot of money on transportation expenses, as well as make their work environment a lot more comfortable and their hours more flexible. However, things like energy costs, internet speed, home sizes and how many people live together can greatly impact people's savings and productivity. While work-fromhome jobs can be done anywhere, certain states make the practice much better than others. New Jersey is the best state for working from home, in part due to the fact that it has some of the cheapest internet prices in the country and very high access to broadband internet. Around 13% of New Jersey's workforce currently works from home, but over 96% of the workforce has the potential to telecommute."

> – Cassandra Happe WalletHub Analyst

# **Expert Commentary**

What is the work-from-home

See BRIEFS, Page 2

Happiness will never come to a person as long as their back is turned away from duty.

– Quips & Quotes

# Socorro ISD interim superintendent aims to restore confidence in district

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - "I've been a part of the Socorro Independent School District (SISD) for 21 of my 29 years in education," stated James Vasquez, the recently appointed interim superintendent for the district. "I'm honored to serve in this role and humbled by the trust that the school board has placed in me to serve during these challenging times."

Vasquez is a home-grown educator. He was born and raised in El Paso County's Lower Valley. He is a 1987 graduate of Riverside High School and attended Hillcrest and Riverside middle schools, as well as North Loop Elementary School.

Upon graduation from the University of Texas at El Paso (UTEP) with a master's degree, Vasquez said that he never considered leaving town. "I love El Paso. You can't beat the weather, the food, or the friendliness of the people. My friends and family are here..."

And as for deciding to be a teacher, Vasquez said that he was inspired by his mother, who was a teacher for over 30 years in EPISD and YISD, and his father, a construction superintendent who oversaw the building of to think I got some of my skills from them," Vasquez said.

Vasquez started his education career in the Socorro district, first as a third grade teacher at Hueco Elementary School, then as instructional coach promoted to the assistant principal position at H.D. Hilley Elementary/El Dorado High School.

School in the El Paso Independent School District, but he returned the following year to SISD to be principal of Horizon Heights Elementary/ Paso Del Norte K-8 School, where he remained for six years.

Afterwards, he again left SISD to become director of student services for over five years and then associate superintendent for a year with the Ysleta Independent School District.

After stints with El Paso and Ysleta school districts, Vasquez returned to the Socorro ISD last October as its deputy superintendent. Now, as interim superintendent, he is charged with bringing stability to SISD and help get the district ready for its next superintendent.

"This is not a broken district by any means," Vasquez asserted in a recent interview. "Academically, we are



FILLING IN - James Vasquez was Socorro ISD's Deputy Superintendent before recently being named interim superintendent by SISD's Board of Trustees. He is a native El Pasoan who graduated from Riverside High School.

high performing. Our scores on the administrators. In spite of everything state assessment are on par or better multimillion-dollar projects. "I like than that of our neighboring districts in most tested areas. Athletically, we've won bi-district and area titles in multiple sports. We have a state that SISD is facing multiple challenges champion wrestler, and two teams who advanced to the Sweet 16 in boys' soccer. In the Fine Arts, we at Loma Verde ES, and in 2004 was have two state champion Mariachi programs, award winning marching bands and accomplished artists and musicians. We are so proud of all the Education Agency to help oversee Vasquez left SISD in 2009 to become great things happening at our schools district operations. principal of Paul Moreno Elementary by our students, teachers, staff, and

# James Vasquez' educational experience

- 1995-2002: 3rd/5th Grade Teacher/ Instructional Coach, Hueco Elementary (SISD)
- 2002-2004: Instructional Coach, Loma Verde Elementary (SISD)
- 2004-2009: Assistant Principal, H.D. Hilley Elementary/El Dorado High School (SISD)
- 2009-2010: Principal, Paul Moreno **Elementary (EPISD)**
- 2010-2016: Principal, Horizon Heights Elementary/Paso Del Norte K-8 School (SISD)
- · 2016-2022: Director of Student Services (YISD)
- 2022-2023:AssociateSuperintendent (YISD) • 2023-2024: Deputy Superintendent
- (SISD) · Currently: Acting Superintendent Of Schools (SISD)

going on, the focus continues to be on what's important – our students," the interim superintendent expressed.

However, Vasquez acknowledged - a \$33 million dollar deficit, the former superintendent placed on administrative leave, the results of two audits which revealed some missteps by the district, and the placement of two conservators by the Texas

"We are currently working on a corrective action plan based on the results of the audits," Vasquez stated. "All of the corrective actions pertain to district policies, procedures, and practices. Most of the areas have already been addressed; nonetheless, we will put mechanisms in place to ensure that these policies and procedures are followed," he noted.

Meanwhile, Vasquez explained that he has been visiting each school to have a conversation with faculty and staff on the current state of the district, and what to expect in the weeks and months ahead. He said that he is answering every question to hopefully alleviate some of the uncertainty.

"Socorro ISD has been so good to my family and me. My wife, Laura, taught here for over 20 years before

See SISD, Page 5

# Nothing good comes from Columbia University radicalism

the radical universe.

More than 50 years after anti-Vietnam War demonstrators roiled the Columbia campus in 1968, universities around the country.

In their open support for a terror group, today's demonstrators are more virulent than their 1960s forebears, but they are still the ideological heirs of the New Left – grandchildren in the spirit of the first Morningside Heights revolutionaries.

It's Columbia 1968 – the antisemitic version.

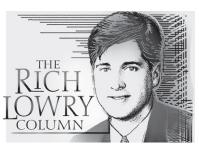
The protests back then were, to be sure, a larger and more violent event. Demonstrators seized buildings and briefly took a dean hostage. The Initiative has urged Jewish students to stay home for

Columbia University is once again the center of take the occupied buildings in the early-morning hours of April 30, 1968, they arrested more than both 700 people and roughed some of them up.

The situation at Columbia today, noxious though is anti-Israel agitators are disrupting the school's it is, would have to get much worse to match 1968's operations, and inspiring similar actions at other mayhem. The protestors have set up an encampment rather than seizing buildings. When police moved in last week to briefly break up the illegal gathering. they arrested about a hundred people. Although the protest has generated national attention (and a welldeserved condemnation from the White House), it's not the cause celebre of 1968, when famous journalists and poets joined the demonstrators in their barricaded buildings.

Yet, the director of the college's Jewish Learning campus shut down. When the police came to refear for their safety, and classes have gone remote.

The argot sets demonstrators largely the 1968. In



the protestors inveighed against the "complicity" of the University in the Vietnam War and its "institutional racism" for wanting to expand a gym in the neighborhood. Decades later, those are still the popular catchphrases.

Israel is to today's radicals what the Pentagon was to 1968's. Just as the protestors back then demanded that the university cut ties with a Department of Defense outfit doing research for the Vietnam War, today's radicals want the university to divest from

See LOWRY, Page 7

### **Briefs**

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#### outlook for 2024 and beyond?

"While many employers are trying to convince employees to return to work, most employees want to work in a hybrid or flexible way. A full return to the office plan does not seem feasible for organizations that are struggling to determine how to divest from physical office space. In other words, work from home is here to stay, and companies should lean into the trend as opposed to trying to return to prior ways of working."

> – Katina Sawyer, Ph.D. Associate Professor University of Arizona

"Work-from-home will only continue to increase in 2024 and

beyond. This is because organizations that allow remote work options will increase the available talent pool for positions and perhaps have a better capacity to attract top talent. Not only that, but organizations are recognizing that remote work and other flexible options can increase employee productivity and performance, engagement, and satisfaction with the organization leading to reduced turnover."

> - Katrina A. Burch, Ph.D. Associate Professor Western Kentucky University

What are the most important advantages and disadvantages of working from home?

"Well, it depends on whether you are referring to the employee or the organization. For the employee, one advantage, of course, is time. With commuting, there is the time spent on the commute, but also the potential frustrations of traffic, and these frustrations can drain people's energetic and cognitive resources that they can put toward work. A second advantage of working at home would be the ability to concentrate without interruptions, which of course can be very beneficial for creative or knowledge workers because it makes it significantly more likely that they will be able to achieve a state of flow, where they are completely immersed in their work. An important disadvantage is that it is much more difficult to build a culture of trust and close personal relationships when employees are completely remote. A closely related disadvantage is that when employees need help with (or advice about) their work, there is a lot more coordination that is required when people are not co-located. What these advantages and disadvantages suggest, of course, is the benefit of hybrid arrangements, because employees have the opportunity to build close relationships when they are in the office, but all the time and concentration-related benefits on the days they work at home."

> - Jerel E. Slaughter Professor The University of Arizona

"From an employee perspective, obviously are advantages, including eliminating lost time commuting and gaining a certain amount of flexibility as to when and how the work gets done. I have worked remotely since 1991, and have found that my productivity has been far higher than it otherwise would have been in a traditional work setting. That is due, in part, to a vast

See BRIEFS, Page 4

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# Yanez marks 50 years at EPCC

By Beau Bagley *Special to the Courier* 

EL PASO COUNTY - Mary Yanez is celebrating 50 years of service, leadership and fun at El Paso of the Spring Arts Festival poster. Community College (EPCC). She Yanez also remembers working has worked in a variety of roles at the institution but is best known for her more than 30 years leading the Senior Adult Program and hosting the EPCC-TV program "Mature Living." Reflecting on her tenure at EPCC and EPCC Presidents. how it's impacted her, Yanez said, "EPCC has taught me never to give up, that there's always something more to strive for, and to be the best you can Manager of the whole Print Shop, be at what you chose to do. I believe before she transitioned to Senior in the power of one, so be that one to Adult Program in 1989. The Senior start something good for your family Adult Program provides educational and for your community. I graduated from the UTEP at age 50 and earned a masters from Webster University at 56. It's never too late to start and diverse community. The program finish. Just go for it!"

celebrating their 15, 20, 25, 30, 35, EPCC, were honored on Friday, April Yanez is the first 50-year employee in through non-credit online classes. EPCC history, which began in 1969.

the early days of the college before Education, said, "Throughherleadership any campuses were built. Instead, of EPCC's Senior Adult Program, Mary classrooms and offices were in converted Army barracks in Logan

Heights on Fort Bliss when Yanez was hired in September of 1973 to be the Duplicating Center Supervisor. In that position, she remembers the original college logo being designed. She printed it and the first color version with other young and enthusiastic administrators as she participated in Planning Charrettes to design and build the college campuses. Yanez has worked under the pleasure of all

Yanez continued to progress in different roles in EPCC printing services, eventually becoming the and cultural opportunities as well as support services to improve the quality of life of senior adults in our assists senior citizens 55 and older Mary Yanez, along with employees with personal enrichment classes or prepares them for employment 40, 45 and 50-year anniversaries with if considering re-entering into the workforce. It also continues to serve 26, 2024 in the EPCC Boardroom at our senior population by contributing the Administrative Services Center. to their wellbeing and quality of life

Blayne Primozich, Associate Vice Yanez began her EPCC journey at President of Workforce and Continuing

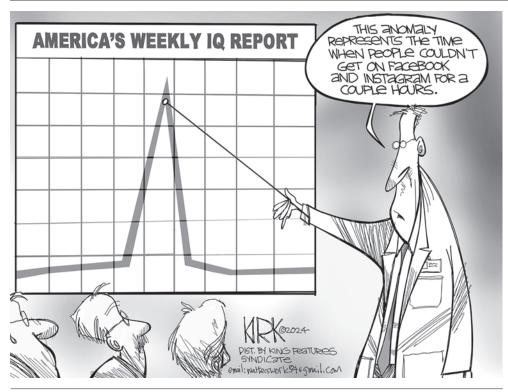
See YANEZ, Page 4



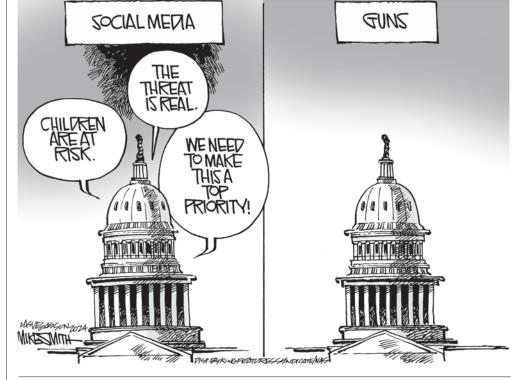
- Photo courtesy El Paso Community College

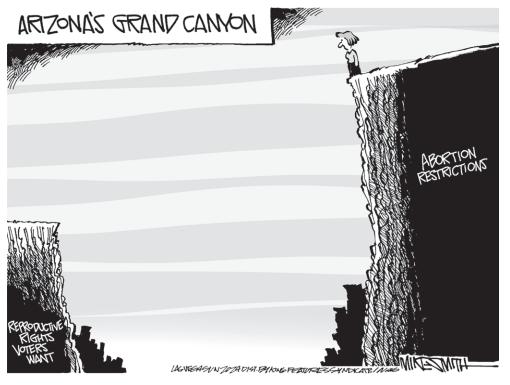
HAPPY FACE - Mary Yanez was all smiles while being recognized as the first 50-year El Paso Community College (EPCC) employee. She began with EPCC in 1969.

# **Archives: www.wtxcc.com**









# Yanez

From Page 3

Yanez established herself as a champion for El Paso's senior adult population. Her work with the TV show Mature Living has been dedicated to ensuring that senior adults are informed, active and engaged within the community."

Danny Mata, Director of the EPCC-TV Living," a new show for the college. Yanez accepted the offer, and more than 30 years later, it's still running and recently recorded its 1500th episode!

and events that are geared towards senior They have shared beautiful, touching adults. Over the years, the show has stories and I will always have that in my featured many notable guests, including memory. The experience of working with television personalities like Lupe the college community and also having Ontiveros, who played Yolanda Saldivar the opportunity to serve my community in Selena and Mexican singer and actress though my job is the greatest." Lucha Villa. Yanez is a passionate advocate for senior adults and loves to I think about the many people I have highlight the contributions they make met, my colleagues here, my students, In 1991, Yanez was approached by to our community by featuring them as the faculty and the thousands in the guests on her show. When considering community whose path we have crossed. station, to co-produce and host "Mature the impact of "Mature Living" on an This educational institution has given episode that was recorded on its 25th me a chance to serve others through anniversary, Yanez said "The legacy that education, be proud to be a graduate of we have built will go on because of the EPCC and God willing am continuing to people that have walked through these be of service after 50 years."

The show focuses on promoting topics doors and have sat on these couches.

"My life improved tremendously as

#### By Lucie Winborne

- It is impossible for a human to sneeze during sleep due to a bodily state called REM atonia.
- For 200 years tomatoes were considered poisonous in Europe. In reality, their acidity was dissolving poisonous metals like lead from plates.
- · Actor Danny DeVito used to be a beautician.
- · Ten thousand years ago, everyone's eyes were brown until someone living by the Black Sea developed a genetic mutation that turned brown eyes blue.
- In 2007, a gorilla escaped from his exhibit, grabbed and mauled a nearby woman, and then attacked a restaurant. Later it was later revealed that the woman had been making eye contact and smiling at the primate several times a week, something zookeepers had warned her not to do.
- · Freelance diamond setter Raffi Stepanian found he could collect enough bits carelessly dropped diamonds, rubies, platinum and gold on the sidewalks of New York City's Midtown Diamond District to earn a living.
- In April of 2018, scientists at the Gladstone Institutes in California completely erased Alzheimer's disease damage in human cells by altering the structure of a single protein.
- The most expensive photograph ever sold, "Rhein II," a basic picture of the lower Rhine river under an overcast sky that had been digitally altered to remove dog walkers and a factory building, was purchased in 2011 for a cool \$4.3 million.
- Research has shown that taller people are happier but shorter people live longer.

Thought for the Day: "Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind."

- Bernard M. Baruch

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# Briefs

From Page 2

reduction in unproductive meetings, expanded ability to concentrate on work, elimination of commuting time, and a better home life. As for disadvantages for employees, I think the key is: Are you missing out on the personal connections that can help lead to advancement in the company? Meanwhile, employers that welcome working mobile have a major advantage in getting and keeping talented employees. A key challenge that could be a disadvantage is sorting out which employees have the right attitude, discipline, and work ethic to work remotely. That can be difficult. Working remotely is not for everyone. Also, employers have to be able to explain why certain employees are allowed to work remotely, while others need to be in a more traditional work setting."

- Raymond J. Keating Chief Economist Small Business & Entrepreneurship Council

Does working from home affect employee engagement in any way, if any?

"Engagement may be enhanced as a result of the increased autonomy and flexibility associated with working from home. There may also be a chance for greater focus in this environment, without the distractions of an in-office environment. However, social isolation and communication challenges can negatively affect engagement. It may also be the case some employees have more distractions at home than in the office, depending on their circumstances."

- Shannon Marlow, Ph.D. Assistant Professor University of Texas at San Antonio

"For a strong company with engaged workers, working from home should not adversely affect employee engagement. However, for a company that does not have a strong culture in place or is working to build one, working from home may present challenges for employee engagement because of fewer touch points and more impersonal communication channels (email v. hallway conversations). Ultimately successful companies will figure out how to replicate the drivers of employee engagement from the office setting and adapt them to work from home."

- Patrick Flynn Assistant Professor North Carolina State University Visit https://wallethub.com/edu/beststates-for-working-from-home/72801 for the full report.

- Diana Polk

#### **Delinquent loans**

With the rate of auto loan delinquency increasing in all 50 states between Q3 2023 and Q4 2023, the personal-finance website WalletHub has released its new report on the States Where Auto Loan Delinquency Is Increasing the Most, to show where people's risk of credit score damage and vehicle repossession is surging most. In order to identify the states where auto loan delinquency is increasing the most, WalletHub compared the 50 states using its proprietary user data on consumer delinquency rates between Q3 2023 and Q4 2023. Texas was rated 32nd in the report. Other stats:

- · Share of Average Number of Auto Loan Tradelines Delinquent in Q4 2023: 15.30%
- Change in Average Number of Auto Loan Tradelines Delinquent (Q4 2023 vs. Q3 2023): 7.85%
- "When you are delinquent on auto loan debt, try to get your account current as soon as possible to minimize the

consequences. If you pay fewer than 30 days late, your delinquency won't be reported to the credit bureaus, though you'll still likely owe a late fee. If you're more than 30 days late, talk with your lender so they don't start the process of repossessing your car while you figure out how to pay. Ask if your lender has a hardship plan, or try strategies like cutting other expenses or consolidating debt. "Auto loan delinquency is increasing the most in Washington, as the state's residents were delinquent on 12.9% more auto loans in Q4 2023 than they were during Q3 2023. Alaska came in second place, with a 12.5% increase, while Oregon had the third-biggest increase, at 11.7%. In addition, residents in each of the top three states were delinquent on more than 10% of their total auto loans in Q4 2023."

– John Kiernan, WalletHub Editor https://wallethub.com/edu/ Visit states-where-auto-loan-delinquencyis-increasing-most/133674 for the full report.

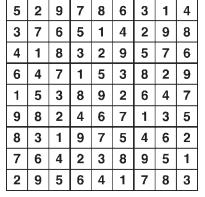
- Diana Polk

### Long odds

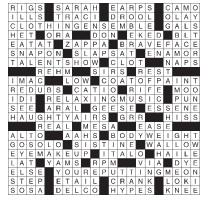
The cow was born with two heads. It happened in Cossinade, LA. The odds were not one in a million, as the saying goes; it was one in 400 million, says Eric and Dawn Breaux who own the cow. The condition is called polycephaly and the experts say most of the time critters are stillborn or live just for a few hours or days. The cow was still alive on day eight when the news of its birth made headlines. At the time, Mrs. Breaux told reporters: "She has trouble lifting her head but is holding it up more and more as she is getting stronger. She is not standing on her own yet so she is unable to nurse on her mom. We have been bottle feeding her from the start."

– John Grimaldi

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# Moments THE HISTORY CHANNEL

- On April 29, 2004, the World War II Memorial opened in Washington, D.C. The granite and bronze monument stands on 7.4 acres on the former site of the Rainbow Pool at the National Mall, between the Washington Monument and the Lincoln Memorial.
- On April 30, 1993, tennis player Monica Seles was between stabbed shoulder blades by Gunter Parche during a match in Hamburg. Parche, a fan of German tennis star Steffi Graf, apparently hoped that by injuring Seles, his idol would be able to regain her No. 1 ranking.
- On May 1, 1963, Gloria Steinem published the first half of "A Bunny's Tale" in SHOW magazine, recounting her brief stint as a Bunny Manhattan's Playboy Club. Steinem's undercover reporting revealed a culture of misogyny and exploitation behind the glamorous facade of Hugh Hefner's empire.
- On May 2, 1924, Patrick Mahon was arrested at London's Waterloo train station on suspicion of murder. He was executed later that year for killing his pregnant mistress, but an important innovation resulted from the

SISD

From Page 1

crime scene: The officers, who had no gloves, were forced to handle the victim's remains with their bare hands. After the investigation, rubber gloves became standard equipment at murder scenes.

- On May 3, 1980, 13-yearold Cari Lightner of Fair Oaks, California, was walking to a church carnival when she was struck and killed by an out-of-control car driven by an intoxicated Clarence Busch. Her death led her mother, Candy Lightner, to found the organization Mothers Against Drunk Driving (MADD), which would grow into one of the country's most influential nonprofit organizations.
- On May 4, 1776, Rhode Island, which was founded by the most radical religious dissenters from the Puritans Massachusetts Colony, became the first North American colony to renounce its allegiance to King George III. It would also be the last state to ratify the new American Constitution more than 14 years later.
- On May 5, 1816, the first published poem by John Keats, the sonnet "To Solitude", appeared in the London journal The Examiner. Keats' sadly brief but overall brilliant span of work includes "Ode on a Grecian Urn," "La Belle Dame Sans Merci" and "Ode to a Nightingale."

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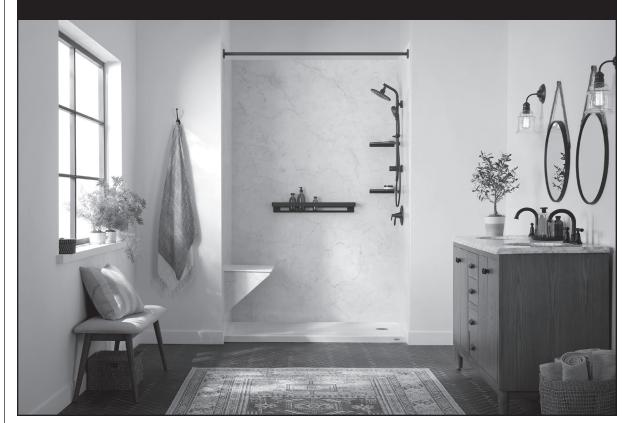
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restore a culture of honesty, integrity, and transparency so that we can begin regaining the trust of the community and its stakeholders. They deserve that. I think they're ready to turn the page and focus on the future of the district," Vasquez surmised.

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# Walden made spring game seem more like an event

By Steve Escajeda *Special to the Courier* 

We're still about four months away from UTEP's 2024 seasonopening football game at Nebraska on August 31.

And until they start practicing in early August, there won't be a whole lot of news coming out of the UTEP football program.

But they did make a big closing statement a couple weeks ago when new coach Scotty Walden brought back the spring intrasquad football game as UTEP's divided orange had ended. swarm took on the blue blaze at the Sun Bowl.

Over the last six years, all the Miners did was hold spring practices and that was it. There was no game the fans could go to for a sneak peek at who would be playing for the team

Scotty Walden is a very different sort of dude. He brought the spring game back on April 20, but it wasn't just a game – he put on a show.

About 3,000-5,000 fans showed up on that Saturday morning for one final taste of college football before the hot days of summer remind us of why it's called the Sun City.

The first thing coach Walden did to spice things up was invite two former Miners to return home and act as honorary coaches for the game. Those two were Will Hernandez of the Arizona Cardinals

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

years in the NFL.

Before the game, Walden, who could have easily been a professional wrestling announcer, introduced both former UTEP players in a way that got all the fans in the stands up and ready for some football.

Once the game started, El Pasoans got a glimpse at the Miners' new style of offense. UTEP is going to go two ways, fast and faster.

quarterbacks had their players ready to go at the line of scrimmage sometimes just 10-12 seconds after the last play

There were quick passing plays, tough runs, big hits on defense, a few trick plays and some long bombs.

But what I think I liked the most about the whole thing had nothing to do with the actual game.

At halftime, coach Walden came out to the middle of the field surrounding But El Paso is learning quickly that by a bunch of other guys. They were all former star UTEP players (including

and Quintin Demps, who spend 10 Aaron Jones) from 10, 20, 30 years players watching them were having a ago. Walden took the time to introduce every single one as if they were about to jump into a Wrestlemania match.

> proud to have their moment in the El Paso sun again.

What may be a little disappointing, between us media guys, is that many of them said this was the first time since they left UTEP, that they team won and who lost. Because on I timed it a few times and the the university to come back and be met old, where fans got to see a recognized.

It took Scotty Walden to do that.

loyalty and the benefit of having former players return and give their heard words like "enthusiasm" support to the program.

But he didn't just have them stand and wave their hands at halftime, Walden made them sweat. He had the guys compete against each other in events like field goal kicking, sprinting, long throwing eventually, a tug of war.

The old guys had a blast, the current to come.

great time and the fans seemed to love the new format.

Then to top off the event, down 35-Every player looked happy and 33 with just eight seconds left in the game, quarterback Cade McConnel dropped back and hit wide receiver Kenny Odom from 40 yards out on the game's final play for a 39-35 win.

In the end, it didn't matter which were contacted by anyone with a day like that, where young players resurrected game, where enthusiasm and excitement were surrounding Walden knows the importance of UTEP football, there were no losers.

> And when was the last time you and "excitement" used in the same sentence with "UTEP football?"

> Anyway, UTEP will only have five home games this season and seven on the road, including at Nebraska, Tennessee and Colorado State.

So don't expect much this season but expect much more in the years

# Senior moment By Matilda Charles

# Spring-cleaning and safety

It's time to begin my annual spring-cleaning, and date. I'll need to pull out every single thing and check concentrate on safety.

admit I probably should have one. I'll hire a handyman studs so it won't come out.

New batteries in the smoke and carbon monoxide detectors: While the handyman is here, I'll have him have to go. install them because, yes, I've given up ladders.

Small rug: The little rug I have in front of the kitchen sink has to go. It has a curled corner, and while I've managed not to trip on it, I need to remove it.

The pantry: After stocking up on extra items for the last few years because of the Covid pandemic, it's time to be sure I didn't let any items slip past their expiration

this year it's going to be a bit different. Instead of just the dates. This will include olive oil, spices, rice and all sticking with the window cleaning, closet organizing and canned goods. In the laundry room this will include bleach, dryer vent vacuuming type of activities, I'm going to which can go stale and lose potency. (I'll need to look up the production codes to see when it was manufactured. Grab bar in the shower: I'm going to bite the bullet and After one year, it's probably degraded.)

Clutter: Yes, I've let certain things accumulate. I let to make sure it's done right with the screws put into the myself get lazy over the winter about taking stacks of magazines to recycling (mostly because of the ice that always surrounds the recycling bins downtown). But they

> Drugs: Expired drugs will need to go to the drop-off for disposal so they don't end up in a landfill.

Consider whether you want to add these ideas to your own spring-cleaning list this year.

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## **APPLICATION PROCESS**

- **ACROSS** 1 Big trucks 5 "Serial" podcast
- host Koenig 10 Brothers Wyatt,
- Virgil and Morgan 15 Like GI garb, often
- 19 Woeful things 20 Bingham of
- "Baywatch 21 Slobber 22 Nivea rival
- 23 Outfit 26 Lasses 27 All upset, with "up"
- 28 "... flaw \_ feature?" 29 Actor Knotts
- 30 Wrung (out) 32 Deli classic
- 33 Bother a lot 35 Frank of rock 38 Outward display of
- courage 40 Attachable with a click
- 42 Hits, as a fly 44 Fill with love 45 "The X Factor,"
- e.g. 47 Congeal 49 Short sleeps
- NPR 51 Gentlemen
- 53 Breather 56 Apple option
- 59 Cow sound
- 117 Ethiopia's \_ 50 Diane once of Selassie 118 Ovid's lang. 119 Tubers often candied 120 Engine speed meas. 121 By way of 62 Primer for a wall. e.g.

- 67 Names anew 70 Outdoor enclosure for a tabby 72 Abundant 73 Cow sound
- 74 Despot Amin 75 It's often played during a massage 78 "Let us spray," e.g
- 79 Recognize 80 Central Asia's Sea
- 81 Honking birds 82 Old Jewish ascetic 84 Snootiness
- 87 Cur's warning 89 Snake's warning 90 Not bogus
- 91 Small plateau 93 Give relief to 96 Choir female 99 Responses to
- massages 101 Something revealed by a scale 107 Fly without a co-
- pilot, e.g. 110 Like a famed Vatican chapel 112 Roll around in mud or dust
- 113 Mascara, e.g. 115 Writer Calvino
- 15 Tooth on a gearwheel 16 A Gulf state 123 Tattooist's supply 17 Patroller around a

- 124 Otherwise food court 126 What eight 24 Sweltering answers in this puzzle might say if they could summer day
- talk? 131 Increase, with "up" 132 Internet sales 133 Increase, with "up" 134 Villain in "The
- Avengers" 135 609-homer
- Sammy 136 AC\_ (big name in auto parts) 137 Promotes heavily 138 Leg joint

#### DOWN 1 Most wealthy

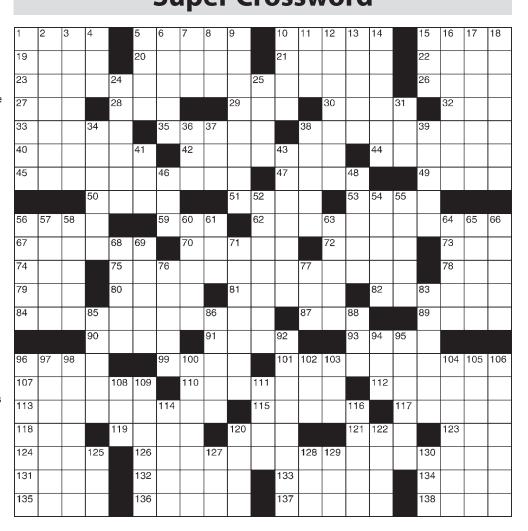
- 2 Actress Douglas who starred in "Grace of My Heart"
- 3 Pertaining to an opening of the larynx 4 Former iet to JFK 5 Mix. as batter 6 Desi of Desilu
- Studios 7 Sleazy paper 8 King topper
- 9 Furry feet in back 10 Biblical utopia 11 Shirt part 12 Clemente of baseball
- 13 Oompah band genre 14 Shirt part

- 18 Bivalve mollusks
- 25 Ivory, e.g. 31 Lion's hideout 34 Fast glance 36 Burnt residue 37 Gp. once led by
- Arafat 38 Raft wood 39 Soda brand 41 Utmost 43 Dickens' miser
- 46 Opposite of Ige. 48 Three to Fifi 52 Slippery road condition 54 "The Hunger Games" escort
- 55 Blueprint data, in 56 From Dublin or Cork 57 Jason's wife, in
- myth 58 "Ta-ta!." in Tours 60 Central Florida city 61 Crayon stuff 63 Less of a lie
- 64 Louvre Pyramid architect 65 Adjectives modify them 66 Message-leavers'
- 68 Astronomer Tycho \_ 69 Mattress brand 71 Fierce female feline
- 76 1972 Eric Clapton

- 77 Chinese menu letters 83 Aussie girl 85 Newlywed man
- 86 "Got it, man" 88 San Luis 92 Slightly excessive 94 "How cute!" 95 Ugly foe of Popeye
- 96 Never-ending 97 Not deserting 98 Frightful flies 100 Like always 102 "Ode \_ Grecian Urn" 103 Costa \_ Sol
- 104 Use as a skating surface 105 Mount \_ College (Elaine Chao's alma 106 12-year-old kid,
- say 108 Set in place 109 Gave the nod 111 \_ City (Ohio town named for William Henry Harrison's moniker)
- 114 Theatricalize 116 Like sheep 120 Move, to a Realtor 122 Tattooist's supplies 125 Green ora. 127 Ocasek of The
- Cars 128 Endeavor 129 Spying setup 130 Big name in civ. riahts

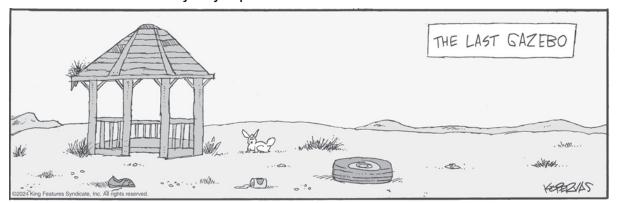
Answer Page 4

# **Super Crossword**



# **Comix**

## **OUT ON A LIMB** By Gary Kopervas



### AMBER WAVES By Dave T. Phipps









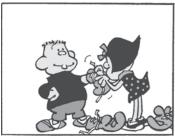
# THE SPATS By Jeff Pickering







TIGER By Bud Blake

















# Lowry

From Page 2

Israel. The essential argument is the same – imperialist war.

surprised to learn that student demonstrators does briefly mention "Israeli imperialism.") acting in the tradition of 1968 have been too, though, there are connections to 1968, at least its more extreme elements.

is a bilious attack on America's influence in the world.

in the world today is between U.S. imperialism and the national liberation struggles against it." The fact is, according to the manifesto, that "every other empire and petty dictator is in the long run dependent on U.S. imperialism, which Rich Lowry is editor of the National Review. has unified, allied with, and defended all of the ©2024 by King Features Synd., Inc.

reactionary forces of the whole world." That's why "we determine who are our friends and who are our enemies according to whether they help U.S. imperialism or fight to defeat it."

The same logic animates today's radicals. that Columbia bears moral responsibility for Hamas is their equivalent of Che Guevara crimes against humanity committed in an or the Viet Cong, and Israel an expression of Western imperialism that must be opposed at Yesteryear's agitators might have been all costs. (The Weather Underground statement

A key difference between 1968 and today is discomfiting and harassing Jews and expressing that protestors then were revolting against an support for a horrific terrorist assault. Here institution dominated by traditional liberals, whereas the radicals have steadily taken over the universities since. Today's protestors are The famed Columbia protest leader Mark only crudely expressing the attitudes and tropes Rudd went on to become part of the violent that they hear in many of their classrooms. A Weather Underground. The group's manifesto large contingent of Columbia faculty walked out to protest the arrests of the agitators.

Columbia 1968 is widely seen as a hugely It contends that "the main struggle going on influential event in the direction of academia. It will be a calamity if Columbia 2024 is eventually viewed the same way.

# Paralyzed vocal cord needs fresh look by ENT

DEAR DR. ROACH: My daughter, 45, has had a paralyzed left vocal cord for about a year now. We have been to an

ear, nose and throat (ENT) doctor who ran at least a half dozen tests, including several scans. These didn't show a reason for the problem, and everything else appeared to be normal. She had a cold before this happened, and we were treating her for a lingering sore throat. The doctor has told us that there is nothing



to be done to unfreeze the vocal cord. I would love your opinion on this matter, as she has a lot of pain associated with it, and she coughs trying to get out what feels stuck in there. -K.P.

Paralysis of the vocal cord is often the result of damage to the nerve that leads to the vocal cord; there's one on each side. The left side is particularly vulnerable and may be damaged during surgery (especially thyroid surgery), but a big fear is that a mass (especially a cancerous one) can damage the nerve and cause paralysis of the vocal cord. This is why her doctor did a CT scan.

There are other less-common causes, such as nerve damage from other occurrences (stroke and multiple sclerosis); inflammatory diseases (lupus and others); and infections (such as Lyme disease). It sounds like the ENT doctor looked for other possibilities such as these. (But if not, then it should be done.)

When a cause can't be found, we call it "idiopathic unilateral vocal cord paralysis." This often seems to happen after a viral infection, and it sounds like your daughter might have had one. Many people with this condition get better by themselves during the first year, but now that it has been about a year for her, she isn't likely to get better without treatment.

I am not an expert in treatment, but ENT surgeons have several types of surgical interventions to improve hoarseness, cough and discomfort. It's time to go back to her ENT doctor or get referred to an expert in the surgical treatment of this condition.

DEAR DR. ROACH: If exercise helps new arteries to grow, would it also help new veins to grow and alleviate varicose veins? -M.D.

It's a good thought, but unfortunately, exercise does not make the body grow new arteries, which are the large blood vessels that bring oxygen-rich blood to our organs and muscles. Exercise increases the size of the arteries and can help keep them from getting stiffer with age. Exercise in combination with a good diet can also help keep them from getting blocked.

In addition, exercise can help with varicose veins, but once again, it isn't because the body grows new veins. Varicose veins are dilated veins that occur due to damage in the tiny valves inside the veins. Without those valves, the venous blood can pool under the effects of gravity, causing the veins

Exercise helps because of the pump effect of the intermittent muscle contraction, which forces blood back into the large veins and ultimately back into the heart. Exercise, compression stockings and elevation are among the most important lifestyle changes for varicose veins.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to To Your Good Health @med.cornell.edu. ©2024 America Synd., Inc. All Rights Reserved.

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# Moore Texas by Roger Moore

The Texas Legislature designated the Prickly Pear cactus as the official state plant.

# 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 Y

ZHS FKORRZ WYHSRCQ'U CDWFKJOFC UYKWK PDQK LKHLRK PFHN UYK LDQK UFKK WUOUK. NDQC ZHSF NODQKFW! **Answer Page 4** 

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# Weekly **SUDOKU**

by Linda Thistle

	2				6	3		
		6	5	1				8
4				2			7	
6					3			9
	5		8				4	
	8	2		6		1		
		1	9				6	2
7					8		5	
	9			4		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:** ◆

Answer Page 4

♦ Moderate ♦ ♦ Challenging

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◆◆◆ HOO BOY!

# Service-related compensation

by Freddy Groves

Service-connected injuries to how much compensation the compensation.

The Department rating you are assigned after being approved is partially on that and partially 100% disability. on whatever else might increase that compensation, if given, can be temporary such as having a family or a (until disabled spouse, or if you've clears up or gets better) suffered severe disability or or permanent if given for loss of limbs.

even more complicated.

It's possible for your those severe conditions is

if your condition worsens, legal websites across the but even when combining internet are devoted to that multiple ratings (conditions) it's nearly impossible to reach 100% disability.

Increasing your final rating disability and conditions for which you by combining smaller ratings ratings and benefits, go can receive compensation (for multiple conditions) is to can be either physical or difficult because there are compensation/rates-index. mental. But there's no one- rules, charts and math to size-fits-all when it comes consider. There is combining numbers, converting, you can receive. Whether it's rounding up or down to the disability/about-disabilityhearing loss or depression, nearest 10. For example, you or cancer or PTSD, each one can't take a 20% rating and has a different rating, which a 60% rating and come up results in a different level of with an 80% rating. In this case, the actual combined of rating equates to 68%, but it's Veterans Affairs disability rounded up to 70%... because the chart says so.

Combining three or more based on the severity disabilities is even more of your condition. Your complicated. And nowhere compensation will be based on that chart is a rating of

A 100% disability rating, your condition severe conditions such as And from there it gets blindness or loss of limb. But reaching that level without

rating to change over time difficult enough that whole one effort: getting a 100% disability rating.

To wade through the compensation www.benefits.va.gov/ asp#howcalc.

The ratings calculator can be found at www.va.gov/ ratings.

The VA is currently taking 158 days to make decisions about claims.

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- · "My roses really look beautiful. When I am cutting stems to put in a bouquet, I use a clothespin to grip the stem. It saves me from getting pricked by thorns, because it has a bit of reach to it." - L.E. in Georgia
- For even distribution in sowing seeds for your garden, use a saltshaker for tiny seeds. You can get a cheese shaker for larger seeds, if necessary.
- To keep your brick walkway clear of grass and weeds, sprinkle salt in the cracks.
- "If you have to cut a nylon cord or shoelace, you can use a flame to melt the end into a nub that won't run or fray. Use a little heat and press it together on a hard surface very briefly. It works fast!" - R.S. in Maine
- "Cars are getting so big these days. I use a string mop to wash the top and back of my van. I can reach everything better, and it does a great job." - S.C. in Nevada
- To get shower doors squeaky clean, use a paste of baking soda and water to scrub stubborn water stains, then rinse the whole thing with straight white vinegar. Put the vinegar in a spray bottle and spray well, then rub off with a sponge. Rinse with plain water.

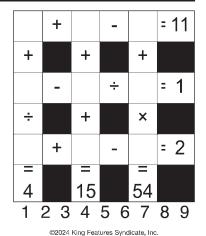
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 King Features Synd., Inc.

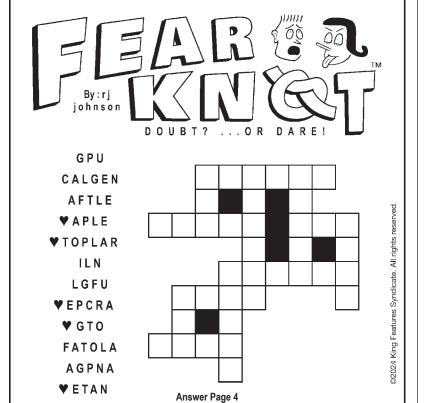
# **GO FIGURE!**

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.

#### DIFFICULTY: \*\*\*

\* Moderate \* ★ Difficult ★★★ GO FIGURE! 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.