



## NEWSBRIEFS

### Police Week

With National Police Week starting on May 12 and the median annual salary for a police officer reaching over \$69,000, the personal-finance website WalletHub has released its report on the *Best & Worst States to Be a Police Officer in 2024*, as well as expert commentary, to help identify where this hazardous but rewarding career is the most worthwhile. WalletHub compared the 50 states and the District of Columbia across 30 key metrics. The data set ranges from the median income for law-enforcement officers to police deaths per 1,000 officers to state and local spending on police. Texas was rated 12th in the report, (1-Best; 25-Avg.):

- 6th – Law-Enforcement Officers per Capita
- 7th – Median Income for Law-Enforcement Officers (Adjusted for Cost of Living)
- 2nd – Median Income Growth for Law-Enforcement Officers
- 39th – Violent-Crime Rate
- 32nd – Percent of Homicide Cases Solved
- 33rd – State & Local Police-Protection Expenses per Capita
- 46th – Police Deaths per 1,000 Officers

*Note: “Law-enforcement officers” includes police and sheriff’s patrol officers, detectives and criminal investigators.*

### Commentary

“Some states make protecting and serving the public in a law enforcement career more appealing than others. The best states for police officers offer competitive compensation, supplemented by solid training that helps minimize the chances of deadly violence between officers and civilians. State-level policies like ‘red flag laws’ or ‘Blue Alerts’ also contribute to a better environment for police. California is the best state to be a police officer, and it has one of the highest per-capita spending on state and local police and public safety. The average monthly starting salary of a police officer in California is a little over \$5,500, the fourth-highest

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*Opportunity occasionally knocks, but most of the time it’s just a salesman.*

– Quips & Quotes



– Photos by Alfredo Vasquez

**STEP ON IN** – The recent Community Health Expo in Sunland Park brought together several participants who set up booths, like the one above, to showcase the different healthy lifestyle services, agencies, and businesses available to borderland area residents.

## Border health efforts reach out to underserved communities

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – To promote health awareness among this region’s underserved population, the Border Biomedical Research Center (BBRC)-Community Engagement Core from the University of Texas at El Paso (UTEP) and the Sunland Park NM Chamber of Commerce recently hosted a Community Expo at the Texas-New Mexico state line, along Sunland Park Drive.

On that breezy Saturday morning, over fifty expo participants set up booths that showcased the different healthy lifestyle services, agencies, and businesses available to borderland area residents. Some displays offered approaches to help reduce serious

health risks, like cancer.

The community expo was held to expose community residents to the various programs and services available to them in the borderland area, according to Fabiola Rodriguez, BBRC community engagement coordinator. “We wanted to show that this entire region – Texas, New Mexico, Mexico – is really one community when it comes to healthy living awareness,” Rodriguez stated.

Ultimately, BBRC’s goal is to develop, grow and sustain an infrastructure and programs that develop health practitioners, especially cancer scientists, to promote high quality research and to translate meaningful findings back to the community, stated UTEP officials.

To encourage public health awareness, BBRC plans are to hold

more community events, like the recent expo, as well as mentoring and pilot programs. It also wants to enhance research infrastructure to promote investigator competitiveness in acquiring outside funding to address regional disease disparities, according to its website.

Moreover, BBRC is working on generating an environment that creates pipelines for undergraduate and graduate students into biomedical careers. And, it wants to serve as an accessible point of entry for Hispanics and other underrepresented minorities into the nation’s biomedical workforce.

With support from the Research Centers at Minority Institutions, UTEP initially created BBRC to address issues of Hispanic health disparities unique to the far West Texas Borderplex.

And, over the past 25 years, BBRC has evolved from leveraging existing

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**HEALTHY CAUSE** – The promotoras de salud, or community health workers, above, helped host the recent Community Expo in Sunland Park. The event was held to provide health awareness information to families living in the borderland region. The Promotoras outreach program is an effective approach to health promotion and disease prevention in the outlying areas of El Paso County, Southern New Mexico, and Ciudad Juarez. They are part of the Texas A&M Colonias Program that has funded health awareness initiatives for more than 25 years in the borderland, and in conjunction with the Paso del Norte Health Foundation and UTEP.

# The anti-Israel delusion

Surely, you've heard of the brutal conflict that has displaced millions of people and killed more than 14,000, while aid convoys have trouble getting where they need to go?

No, the Sudanese civil war hasn't been on your radar screen?

OK, but how about the crisis that has led to more than half the population of a country needing humanitarian assistance amid constant turmoil and war?

You haven't heard much about the conflict in Yemen lately, either?

Perhaps, then, the war that has forced large numbers of people to flee the fighting multiple times, while as much as a quarter of the population is facing hunger or illness?

Actually, the fight between the military and armed opposition groups in Myanmar also isn't

top of mind?

These are terrible situations that garner very little or almost no attention, in contrast to the overwhelming level of focus on Israel's war in Gaza, almost all of it through a hostile lens.

This is nothing new. The Jewish state has long been singled out for opprobrium and held to a standard different than that of other societies. Some of this is justified. As an advanced Western-style democracy and ally of the United States, Israel should be better than whatever armed faction is preying on people in some Third World country – and, indeed, Israel is better.

International organizations, the media and left-wing activists create exactly the opposite impression, though. Given the amount of time and energy devoted to condemning Israel, one would be forgiven

for thinking that the world would be a much more peaceful, just place if only it weren't for the existence of a Jewish state.

There are important distinctions between the war in Gaza and the other conflicts mentioned above. Israel isn't staging a coup or fighting a civil war. It was perfectly content – indeed, in retrospect, much too content – to live with a Gaza controlled by Hamas, until it was subjected to a heinous attack that no other society today or in any other period in history would tolerate.

Israel also fights differently. It seeks to honor the rules of war while operating in a dense urban



See LOWRY, Page 7

## EPWater expresses objections to Border Highway extension options

*Potential construction to impact utility operations, security and Rio Bosque*

By Denise Parra  
Special to the Courier

EL PASO COUNTY – EPWater is voicing concerns and objections to all three options proposed in a study by the Texas Department of Transportation (TxDOT) to extend the Border Highway. From operational impacts to the utility's commitment of preserving Rio Bosque Wetlands Park, EPWater leaders cannot support TxDOT's proposed plans.

"Construction of a highway in the area would cause major impacts to the Jonathan Rogers Water Treatment Plant and the Roberto Bustamante Wastewater Treatment Plant," said Gilbert Trejo, Vice President of Operations and Technical Services.

"Proposed options would require movement of very large diameter pipelines and potentially cause service disruptions, possibly forcing EPWater into non-compliance with the Texas Commission on Environmental Quality."

Water and wastewater facilities, deemed critical infrastructure, are increasingly at risk for security threats. Trejo contends that a highway in close proximity would heighten the vulnerability of security and safety of EPWater plants and employees.

Trejo adds that EPWater's main service center, located on Pan American Drive, houses dozens of fleet vehicles and additional construction and traffic could hinder field crews' response times to water main breaks or other emergencies across the city.

All three options pose serious environmental threats to the nearby Rio Bosque Wetlands Park, Trejo said. "As the owner and trustee of the park, EPWater is committed to protecting the 372 acres of wetlands that have become a sanctuary for biodiversity, providing a habitat for

numerous native plants and wildlife species," Trejo said.

"It is also one of the few and unique public open spaces in the Lower Valley where families can enjoy trails, go bird watching, and learn what El Paso looked like prior to modern development."

EPWater has been working with the U.S. Army Corps of Engineers for several years

on a study of Rio Bosque, and the Corps has committed to \$12 million for park improvements, which could be lost if the highway is built in any of the three proposed locations.

Denise Parra is the Public Information Officer for El Paso Water.

## EPSYO holds final season performance

By Rosemary Flores  
Special to the Courier

ELPASOCOUNTY – The El Paso Symphony Youth Orchestras (EPSYO) conclude its 2023-2024 season on Sunday, May 19, 2024 at 3:00 p.m. in the Plaza Theatre. The concert will open with students from Tocando Music Project performing selections from *Carnival of the Animals* by Camille Saint-Saëns followed by all four groups of the EPSYO led by conductors Nathan Black, Jose Rios, Rodrigo Maldonado and Jennifer Martinez.

The program includes music by great composers to include Dvorak's *Symphony No. 8*, Tchaikovsky's *Swan Lake*, and Stravinsky's *Firebird*. It also includes contemporary works like Jeremy Woolstenhulme *The Great Vikings* and Coldplay's *Clocks*. In addition, Richard Lambrecht (EPSO Principal Horn,) John Groves (EPSO Assistant Principal Horn,) Kathryn Andrade and Raymond Perea will join the EPSYO to perform Robert Schumann's

*Konzertstück for Four Horns and Orchestra.*

"The EPSYO Season Finale is all about celebrating. We're cheering on our graduating seniors as they transition into higher education, and it's the annual time to feature a soloist from our dear friends at the UTEP Department of Music. El Paso music is a closely knit family, and we use this last concert to applaud that," says Nathan Black, EPSYO General Manager.

Tickets are on sale on-line at [epsyo.org](http://epsyo.org), or call the EPSO office at (915) 532-3776. Prices are \$25 and \$15 for children ages 4-12. Tickets can also be purchased at the box office prior to the concert.

This summer the EPSYO will present the second Chamber Music Camp in collaboration with the UTEP department of music. The camp is from June 12-15, 2024 at the UTEP Fox Fine Arts Building and is open to all EPSYO members and non-member young musicians. Applications are due by May 17. Visit [www.epsyo.org](http://www.epsyo.org) for more information and application.



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Phone: 852-3235

E-mail: [wtxcc@wtccc.com](mailto:wtxcc@wtccc.com)  
Website: [wtxcc.com](http://wtxcc.com)

Publisher  
Rick Shrum

Contributors  
Alfredo Vasquez  
Steve Escajeda



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### Briefs

From Page 1

wage in the country. To top things off, California requires officers to take de-escalation training, which reduces the chances of fatalities for both officers and suspects, and it has 'Blue Alerts' which can help hasten the apprehension of suspects who injure or kill police officers."

– Cassandra Happe

*WalletHub Analyst*  
Visit <https://wallethub.com/edu/best-states-to-be-a-cop/34669> for the full report.

– Diana Polk

### Cinephile alert

Die-hard movie buffs are celebrating a flick that was just released – for a second time. It made its first debut just about a hundred years ago featuring that femme fatale of the day, Miss Clara Bow. The film, *The Pill Pounder*, made its

debut in 1923 and then was lost. Gary Huggins of Kansas City found it recently at an antique film fest in Omaha, NE when he purchased a stack of oldies for twenty bucks. He told reporters that "a distributor that had been in Omaha for decades had gone out of business a while ago and this auction house had some of their films. It was the best 20 dollars I've ever invested, for sure."

– John Grimaldi

# EPCC observes Nurses Week 2024

By Beau Bagley  
Special to the Courier

EL PASO COUNTY – El Paso Community College is celebrating National Nurses Week May 6-12, and throughout May. For 2024, The American Nurses Association has selected the theme “Nurses Make the Difference” to honor the varying roles of nurses and their positive impact on our lives. Nurses make a difference as trusted advocates who ensure individuals, families, and communities receive quality patient care and services.

The EPCC Nursing Division kicked off Nurses Week with an appreciation luncheon on May 3 at the Rio Grande Campus, honoring faculty for their outstanding work.

“Join us in recognizing the invaluable contributions of nurses worldwide. Whether you’re a health care professional, a patient, or simply someone who appreciates nurses’ dedication,” said Dr. Hafid Guerrero, Dean of Nursing at EPCC.

Established in 1972, EPCC’s nursing program is the oldest nursing program/school in our community. EPCC



GOTTA LOVE IT – Nursing instructor Sarah Sanchez attended the appreciation luncheon on May 3.

– Photo by Rudy Gutierrez

compassion and care in every health care setting.”

National nurse week was first observed in 1954, marking the 100-year anniversary of Florence Nightingale’s mission to Crimea. In February 1974, President Richard Nixon issued a proclamation marking a week in May as National Nurse Week, May 12th being Florence Nightingale’s birthday.

graduates approximately 175 nurses per year from off of our programs, with 65 full-time and part-time faculty, and will be graduating our 50th class in 2025. “Our graduates work in many roles in our community and beyond, from direct patient care to administration, research, and higher education,” added Guerrero.

National Nurses Week is celebrated yearly, between May 6, which is National Nurses Day, and May 12, which is the birth date of Florence Nightingale, the founder of modern nursing. This week is celebrated in healthcare facilities, nursing schools, and anywhere where nurses work.

The American Nurses Association has set the celebration’s theme for the year as “Nurses Make the Difference,” to “Honor the incredible nurses who embody the spirit of

## Classified Ads

### LEGALS

#### TOWN OF ANTHONY, TX

#### PUBLIC NOTICE

#### ORDINANCE NO. 2024-06-0422

#### AN ORDINANCE AFFECTING TRASH PICK UP FEES WITHIN THE TOWN LIMITS OF THE TOWN OF ANTHONY, TX

The Town of Anthony, TX will hold a Public Hearing on May 13, 2024 on Ordinance No. 2024-06-0422. This ordinance allows:

1. The Town of Anthony, TX (Town) to contract with El Paso Disposal, Inc., for the pick up and hauling of residential and commercial trash for clients within the Town’s municipal limits;
2. The Town to set rates charged for the trash services provided by El Paso Disposal, Inc. to Town residents based on the rates charged to the Town by El Paso Disposal, Inc.;
3. The Town to

adjust rates when advised by El Paso Disposal, Inc., of a rate increase to the Town that will require the Town to increase the rates charged to the residential and commercial trash clients within the Town’s municipal limits;

4. The Town to increase rates by 4% on April 1st of each year;

5. The Town to publish the rates for residential and commercial trash clients within the Town’s municipal limits in the general section of this newspaper.

This ordinance shall be published and shall take effect on the 13th of May, 2024.

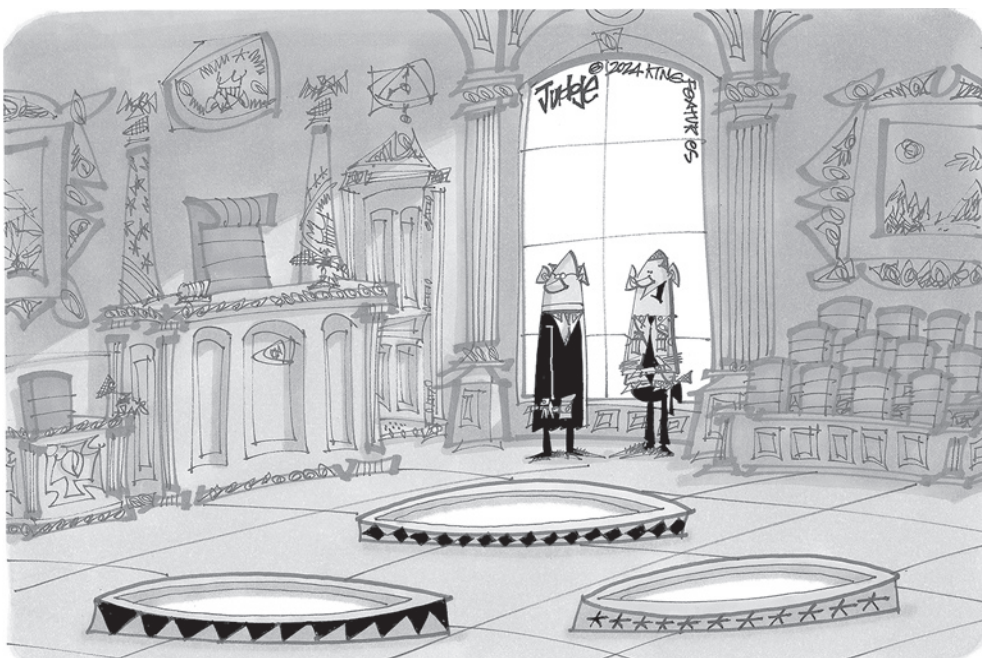
Passed and approved the 22nd day of April, 2024.

If you should have any questions regarding the above, please contact the Town Clerk at (915) 886-3944.

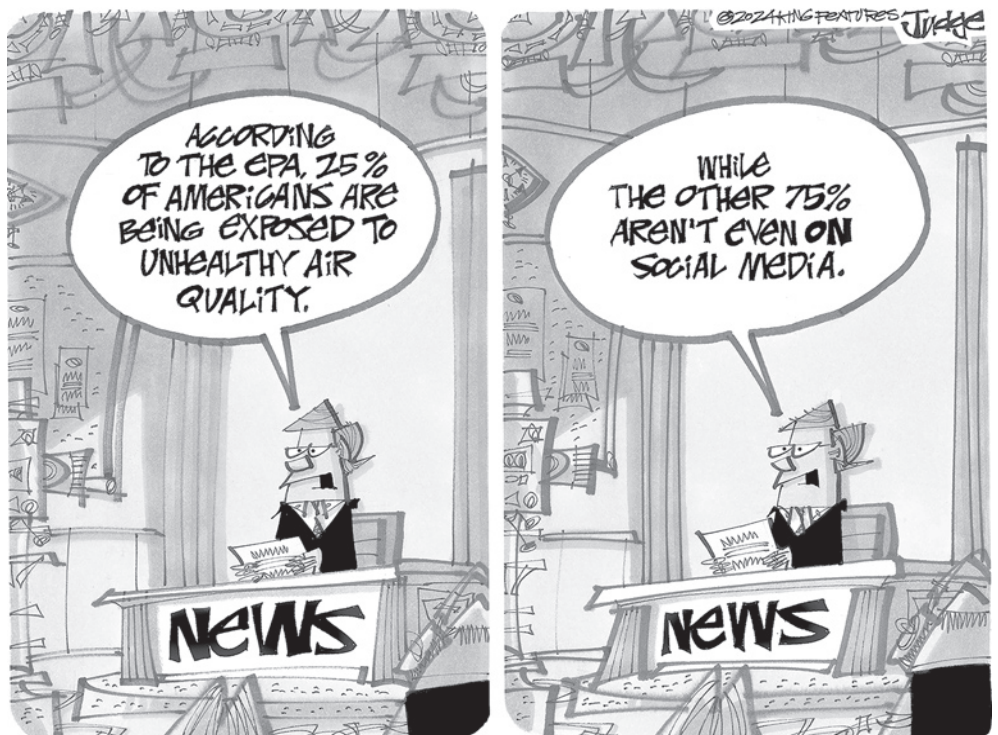
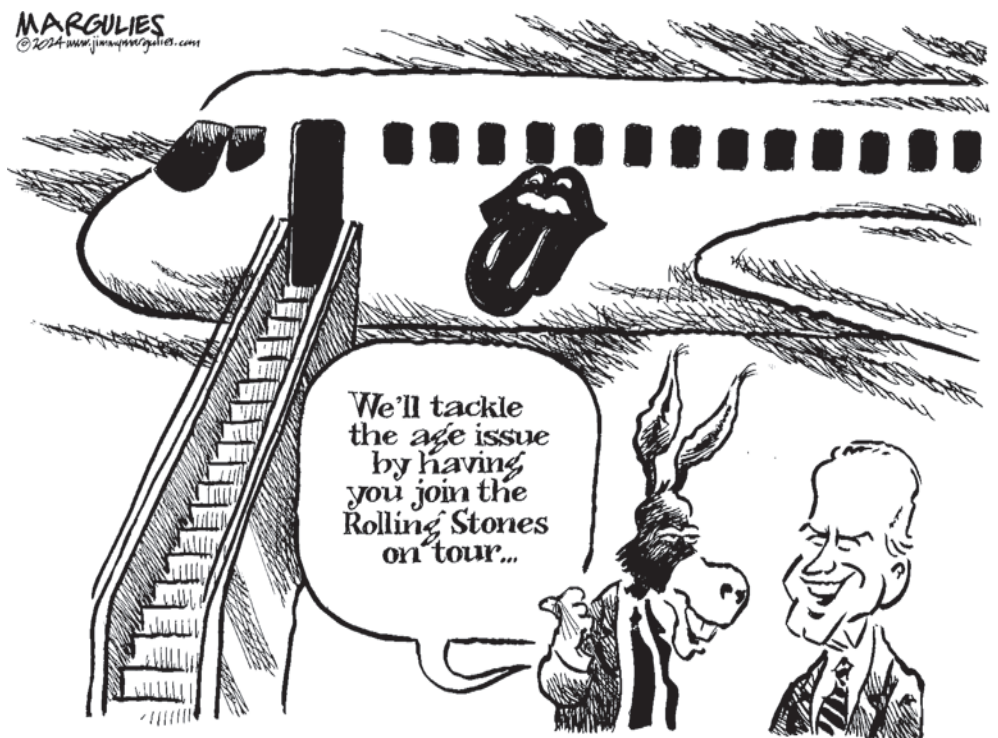
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WTCC: 05-09-24

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"CONSIDERING IT'S A DONALD TRUMP TRIAL, A 3-RING COURTROOM SEEMED APPROPRIATE."





— Photos by Alfredo Vasquez

**HEALTH CARE AND KITE FLYING – UTEP research indicates that cancer-related health issues among Hispanics in this region are disproportionately high. The Border Biomedical Research Center (BBRC) is working to enhance the connection of minority and disenfranchised communities to new health advances. Above left, a mobile unit offered free vaccinations while one young man, right, took advantage of spring winds for entertainment.**

### Health

From Page 1

physical and intellectual resources to promoting and supporting translational research to reduce health disparities in the region and across the country.

Today, the university has an extensive core of collaborators consisting of experts from regional academic, medical, and community partners whose goal is to address the cancer health disparities that permeate among this area’s majority Mexican American population.

BBRC officials stated that its mission

now is to synergize and coordinate multidisciplinary teams at UTEP and community partners who will help gather information to gain new knowledge about the social, behavioral, cultural, environmental, and genetic determinants for the cancer cases disparities in the El Paso-Juarez region.



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### Border Biomedical Research Center (BBRC) Objectives

(Edited)

1. Contribute to cancer research through innovative studies within this region’s geographically isolated and underserved Mexican American population and to an increased emphasis on epidemiology and collaborations with clinical and public health specialists.
2. Strengthen research infrastructure and, thereby, capabilities of BBRC investigators through enhancement of extant multi-user core facilities for research related to proteins, DNA, cell culture, biorepository, biostatistics and bioinformatics.
3. Recruit experienced faculty members to pursue cancer research.
4. Facilitate the professional development and mentoring of BBRC investigators including training, pilot grant programs that focus on cancer project themes, and addressing health disparity issues through interdisciplinary research.
5. Promote meaningful community partnerships by recruiting and engaging participants in research studies, by outreach and dissemination efforts through community events, discussions, seminars, and by participating in international symposia for scientific professionals to share findings and best practices.

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## Strange BUT TRUE

By Lucie Winborne

- The Aztec death whistle produces a horrifying sound sometimes described as “the scream of a thousand corpses.”

- “Miracle” berries stop human taste buds from discerning sourness for about 30 minutes.

- Beginning in June of 1979, as Skylab’s re-entry approached, many American newspapers jokingly proposed “Skylab insurance,” which would pay their subscribers for death or injury caused by flying orbiter fragments.

- There’s a territory in Costa Rica called Territorio de Zaguates, or Land of the Strays, which is basically a huge, no-kill dog shelter where one can hike for free with the canines.

- And while we’re on the subject of dogs: “Dogfooding” is the term for using a company’s product to gain the trust of customers. It’s said a dog food company president ate a can of the firm’s food in a shareholders meeting to demonstrate that “if it’s good for me, it’s good for your dog.” We’ll take his word for it, thank you.

- The fertilizer used by the tobacco industry is radioactive.

- In 1970, actor Bill Murray joked to a fellow airline passenger that he had two bombs in his bag. The jest backfired when U.S. marshals searched his luggage, discovered \$20,000 worth of marijuana, and arrested him.

- The Black Diamond is a rare (and expensive) apple, with its jet-black hue, sweeter-than-honey taste, and crispness unmatched by any other apple. But don’t look for it in your local grocery store; you’ll only find this gem in Tibet.

Thought for the Day: “Don’t spend time beating on a wall, hoping to turn it into a door.”

— Coco Chanel

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### CryptoQuip Answer

Popular web reference work filled with articles about the world’s various evils: Wicked-pedia.

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**Moments in time**  
THE HISTORY CHANNEL

• On May 6, 1979, more than 65,000 anti-nuclear power demonstrators marched on the U.S. Capitol in protest against more nuclear power plants. Consumer advocate Ralph Nader had described nuclear power as “our country’s technological Vietnam.” The group was formed after the accident at the Three Mile Island nuclear plant.

• On May 7, 1934, the Pearl of Lao Tzu, almost 10 inches around and weighing about 14 pounds, was found by a diver in a giant clam in the Palawan Sea. Gemologists did not consider it to be a true pearl, however, as it did not have the iridescence of true pearls.

• On May 8, 1988, Stella Nickell, who put cyanide in Excedrin capsules, including her husband’s, as well as five additional bottles she placed on store shelves in the Seattle area, was convicted of her husband’s murder and that of Susan Snow, who had ingested one of the capsules and died instantly.

• On May 9, 2005, the Thorp processing plant in Sellafield, U.K., experienced a leakage of about 20 tons of nuclear material via a cracked pipe. While the leak was contained and didn’t impose a risk to the public, the estimated cost to repair the damage was expected to fall heavily on taxpayers.

• On May 10, 1899, singer/actor/dancer Fred Astaire was born in Omaha, NE. Widely considered the most influential dancer in the history of film, his stage and subsequent movie and television careers spanned a total of 76 years.

• On May 11, 2006, a Chinese website called Baidupedia was launched in China. The American website Wikipedia had been growing in popularity in China until the government banned it in 2005. Baidupedia was set to feature a similar format of a user-created encyclopedia, though it would be subjected to far heavier self-censorship in order to remain in good standing with the country’s government.

• On May 12, 1981, following the death of IRA hunger striker Bobby Sands on May 5, a second striker, 25-year-old Francis Hughes, died of starvation in Northern Ireland’s Maze Prison.

**Eastlake, El Dorado student-athletes sign letters of intent**

Eleven Socorro Independent School District student-athletes signed letters of intent with universities around the country.

**Eastlake High School**

• **Alyssa Alba**, a center midfielder on the girls’ soccer team, signed her letter of intent with St. Mary’s University, where she plans to study business and law. Alba is a 2020-21 and 2023-24 District 1-6A and bi-district champion. She is a First Team All-City soccer player, and she received the Eastlake Soccer Coaches Choice Award and was named Eastlake Athlete of the Year. Lozano also has earned TASCO Academic All-State honors.

• **Michael Ayala**, a striker on the boys’ soccer team, signed his letter of intent with the University of Houston-Victoria, where he intends to study business and finance. Ayala has been a First team All-District player multiple times. He is a top goal scorer in the city and has earned TASCO Academic All-State honors. Ayala has been selected to play in the state All-Star game on May 11, 2024, in San Antonio Texas.

• **Gael Barragan**, a midfielder on the boys’ soccer team, signed his letter of intent with Western Texas College, where he intends to study business and marketing. Barragan has played varsity soccer for three years. He has scored key goals in the playoffs and helped lead the Falcons to another Sweet 16 playoff appearance. He is a First Team All-District soccer player.

• **Lucas Brandon**, a shooting guard on the basketball team, signed his letter of intent with the United States Coast Guard Academy, where he intends to study government and business management. His accolades include 2023-24 Second team All-District and 2022-23 All-District defense Team. He was named Eastlake basketball’s Offensive MVP.

• **Logan Duran**, a defensive lineman on the football team, signed his letter of intent with New Mexico Highlands University, where he plans to study interdisciplinary studies. Duran is a First Team All-District defensive lineman and El Paso Times Second Team All-City defensive lineman. He has earned 1-6A District Academic Honors.

• **Diego Floriano**, a midfielder on the boys’ soccer team, signed his letter of intent with St. Mary’s University, where he expects to study business information. Floriano has played varsity soccer for three years. He was instrumental in helping the Falcons return to the playoffs year after year and to another Sweet 16 playoff appearance. He is a First Team All-District soccer player, Second Team All-Region soccer player and he has earned TASCO Academic All-State honors.

• **Milynda Lozano**, a center midfielder on the girls’ soccer team, signed her letter of intent

with Texas A&M International University, where she plans to study nursing. Lozano is a 2020-21 and 2023-24 District 1-6A and bi-district champion. She also earned honorable mentions in 2022-23 and 2023-24 and TASCO Academic All-State honors.

• **Juan Quezada Jr.**, an offensive lineman on the football team, signed his letter of intent with New Mexico Highlands University, where he intends to study sports medicine. Quezada is a First Team All-District offensive lineman. He earned the El Paso Times All-City offensive

lineman honorable mention.

**El Dorado High School**

• **Leyda Martinez**, a utility softball player, signed her letter of intent with Dallas Christian College, where she plans to study business management and law. Her accolades include 2022 bi-district championship and 2023 Second Team All-District athlete.

• **Deaven Medina**, a football offensive lineman, signed his letter of intent with Eastern New Mexico University, where he plans to study business management. Medina is the El Dorado football team’s captain.

His accolades include 1-5A All-District Team, two-time 1-6A All-District Team and captain of the 2023 El Paso Football Senior Showcase All Star Game.

• **Jackie Schmidt**, a softball shortstop and centerfielder, signed her letter of intent with Texas A&M University Texarkana, where she expects to study nursing. Schmidt is a 6A co-offensive MVP, First Team El Paso Times All-City athlete, 6A All-State player and 5A-6A Red/Blue All-Star Game player. She is in the top 10% of her class and four-time 5A/ 6A All-Academic Team.

– Christy Flores-Jones

**Town of Anthony, TX Public Notice**

The TOWN OF ANTHONY, TX is contracting with El Paso Disposal, Inc., to pick up and haul away residential and commercial trash for clients within the TOWN’S municipal limits.

The TOWN OF ANTHONY, TX approved Ordinance No. 2024-06-0422 on April 22, 2024 to establish rates for residential and commercial trash clients. A Public Hearing for the ordinance will be held on May 13, 2024.

**Residential and Commercial Solid Waste Rates for Polycarts**

POYCARTS	BASE FEE	TAX	TOTAL
Residential	\$24.19	2.00	<b>\$26.19</b>
Seniors	\$21.23	1.75	<b>\$22.98</b>
Commercial	\$59.34	4.90	<b>\$64.24</b>

**Commercial Rates by the Yard (Yd.)**

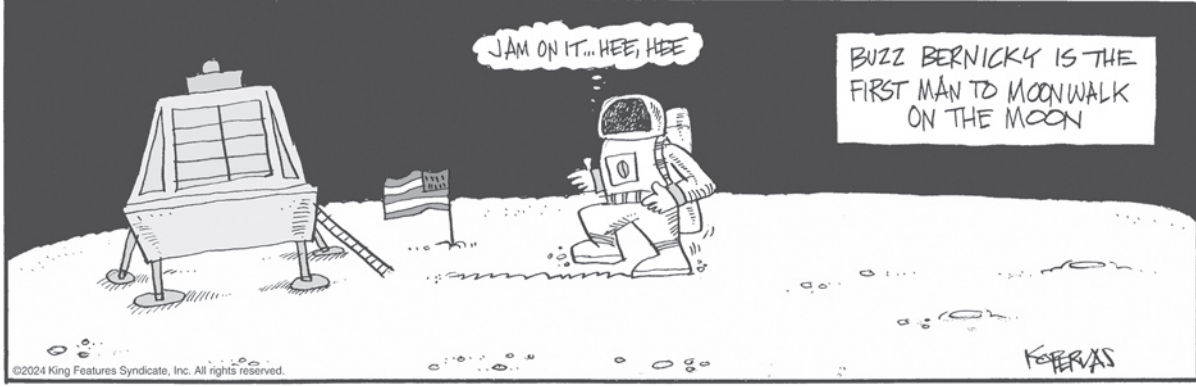
	1X	2X	3X	4X	5X	6X
<b>2 Yd. Fee</b>	\$87.45	\$156.80	\$226.45	\$298.35	\$365.29	\$435.23
<b>Tax</b>	<u>7.21</u>	<u>12.94</u>	<u>18.68</u>	<u>24.61</u>	<u>30.14</u>	<u>35.91</u>
<b>Total</b>	<b>\$94.66</b>	<b>\$169.74</b>	<b>\$245.13</b>	<b>\$322.96</b>	<b>\$395.43</b>	<b>\$471.14</b>
<b>3 Yd. Fee</b>	\$111.19	\$198.63	\$280.24	\$369.44	\$2.00	\$26.19
<b>Tax</b>	<u>9.24</u>	<u>16.39</u>	<u>23.12</u>	<u>30.48</u>	<u>1.75</u>	<u>22.98</u>
<b>Total</b>	<b>\$121.23</b>	<b>\$215.02</b>	<b>\$303.36</b>	<b>\$399.92</b>	<b>\$4.90</b>	<b>\$64.24</b>
<b>4 Yd. Fee</b>	\$133.99	\$243.06	\$339.08	\$440.16	\$536.45	\$627.51
<b>Tax</b>	<u>11.05</u>	<u>20.05</u>	<u>27.97</u>	<u>36.31</u>	<u>44.26</u>	<u>51.77</u>
<b>Total</b>	<b>\$145.04</b>	<b>\$263.11</b>	<b>\$367.05</b>	<b>\$476.47</b>	<b>\$580.71</b>	<b>\$679.28</b>
<b>5 Yd. Fee</b>	\$153.85	\$271.89	\$399.84	\$493.71	\$606.50	\$719.85
<b>Tax</b>	<u>12.69</u>	<u>22.43</u>	<u>32.99</u>	<u>40.73</u>	<u>50.04</u>	<u>59.39</u>
<b>Total</b>	<b>\$166.54</b>	<b>\$294.32</b>	<b>\$432.83</b>	<b>\$534.44</b>	<b>\$656.54</b>	<b>\$779.24</b>
<b>6 Yd. Fee</b>	\$173.34	\$301.09	\$418.78	\$528.82	\$654.07	\$761.60
<b>Tax</b>	<u>14.30</u>	<u>24.84</u>	<u>34.55</u>	<u>43.63</u>	<u>53.96</u>	<u>62.83</u>
<b>Total</b>	<b>\$187.64</b>	<b>\$325.93</b>	<b>\$453.33</b>	<b>\$572.45</b>	<b>\$708.03</b>	<b>\$824.43</b>
<b>8 Yd. Fee</b>	\$255.96	\$399.70	\$546.52	\$686.02	\$835.14	\$979.13
<b>Tax</b>	<u>21.12</u>	<u>32.98</u>	<u>45.09</u>	<u>56.60</u>	<u>68.90</u>	<u>80.78</u>
<b>Total</b>	<b>\$277.08</b>	<b>\$432.68</b>	<b>\$591.61</b>	<b>\$742.62</b>	<b>\$904.04</b>	<b>\$1,059.91</b>

OTHER FEES	BASE FEE	TAX	TOTAL
<b>Recycle Service</b>	\$104.17	8.59	<b>\$112.76</b>
<b>Rolloffs (All) Delivery</b>	\$70.62	5.83	<b>\$76.45</b>
<b>Rolloffs (All) Hauling</b>	\$220.65	5.83	<b>\$76.45</b>
<b>Landfill 20 Yd.</b>	\$275.88	22.76	<b>\$298.64</b>
<b>Landfill 25 Yd.</b>	\$344.86	28.45	<b>\$373.31</b>
<b>Landfill 30 Yd.</b>	\$413.84	34.14	<b>\$447.98</b>
<b>Landfill 40 Yd.</b>	\$551.74	45.52	<b>\$597.26</b>
<b>Compactor 20 Yd.</b>	\$482.82	39.83	<b>\$522.65</b>
<b>Compactor Cleaning</b>	\$145.08	11.97	<b>\$157.05</b>
<b>Compactor Rental</b>	Varies by size of equipment		
<b>Compactor Repair</b>	Varies by size and type of repair		
<b>Locks</b>	\$10.13	.84	<b>\$10.97</b>
<b>Extra Pickup</b>	\$91.47	7.55	<b>\$99.02</b>
<b>Trip Charges</b>	\$158.32	13.06	<b>\$171.38</b>
<b>Overflows</b>	\$31.20	2.57	<b>\$33.77</b>
<b>Delay Charges</b>	\$40.00	3.30	<b>\$43.30</b>
<b>Liner</b>	\$60.00	4.95	<b>\$64.95</b>
<b>Overweight Load</b>	Varies by weight		
<b>Frontloaders</b>	Varies by size of equipment		

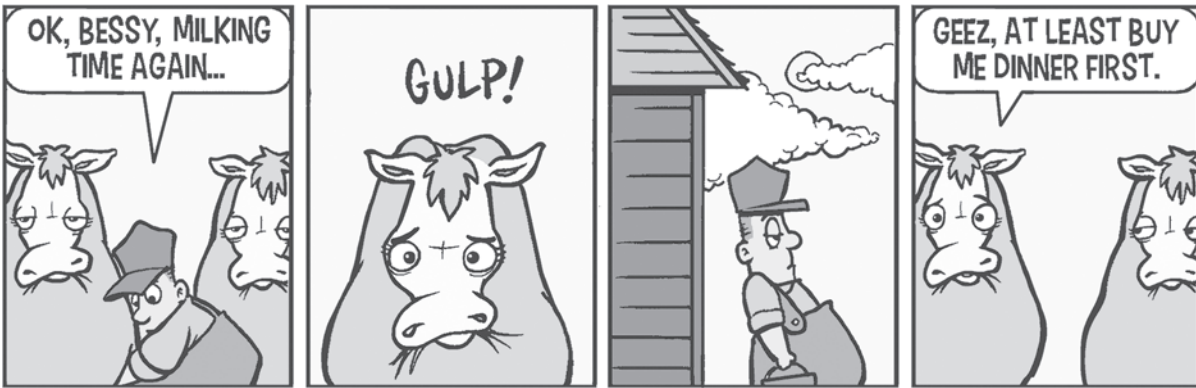


# Comix

## OUT ON A LIMB By Gary Kopervas



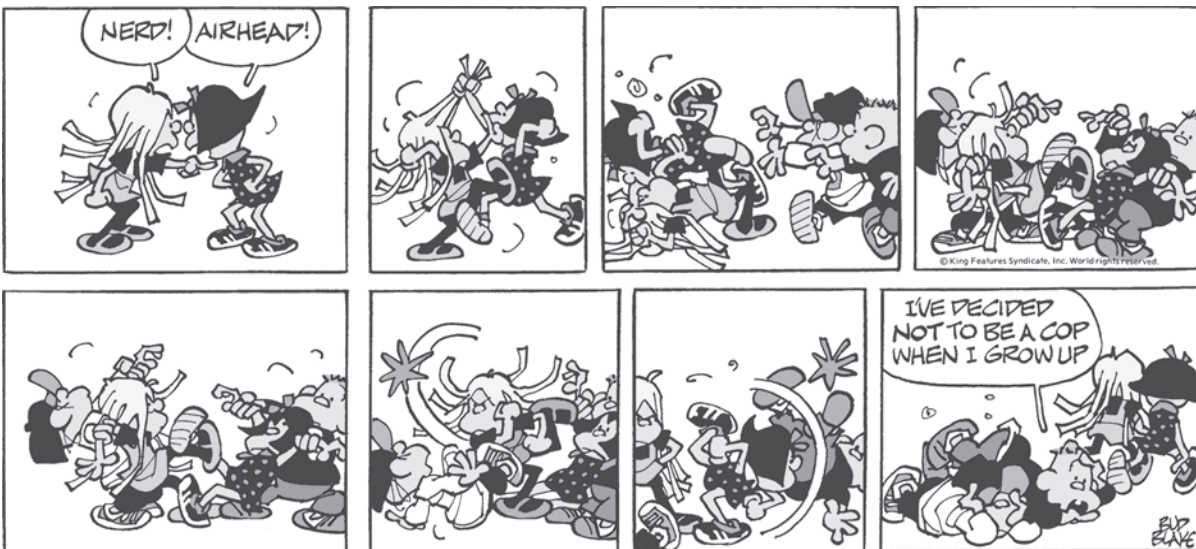
## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## TIGER By Bud Blake



## Lowry

From Page 2

environment against a merciless enemy that wants as many civilians to be killed as possible. In other conflicts around the world, there are no rules. In Myanmar, people aren't just fleeing the fighting, but "executions and killings, forced recruitment, torture, arbitrary detentions, enforced disappearances and persecution," according to the European Union.

Nonetheless, it is Israel that is accused of committing genocide. The people braying about Israel's alleged crimes against humanity apparently never spare a thought for the Uyghurs, subject to a massive ongoing campaign of repression by the Chinese government; or the Rohingya people, viciously targeted by the government of Myanmar; or the Baha'i in Iran, the Hazaras in Afghanistan or the Armenians in Nagorno-Karabakh.

There are all sorts of candidates for a list of the most oppressive countries in the world, from North Korea to Equatorial Guinea, from Turkmenistan to Venezuela, from Russia to China. Yet, practically all we

hear about is Israel.

The old Soviet Union was long at the forefront of propagandizing against Israel, a cause readily taken up by the so-called non-aligned countries and the left around the world. This tendency has been rife with antisemitism and hypocrisy, exemplified back in the 1970s by the brutal tinpot dictator of Uganda, Idi Amin, denouncing Israel at the United Nations.

Since then, the names and the players have changed, but the tendency – to single out Israel for special obloquy and lie about and obsess over the world's only Jewish state – has remained the same.

A common lament in commentary about other conflicts is that they aren't getting enough attention. An official with the World Food Programme lamented recently, "The people of Sudan have been forgotten." The EU noted, "In a world of growing humanitarian emergencies and fleeting media attention, Myanmar is getting ignored."

There's a reason for that.

*Rich Lowry is editor of the National Review.*  
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# Looking at the causes behind mobility issues

*DEAR DR. ROACH: I am 79 and can move around without any problem. I walk five days a week, and my weight is normal. However, it seems to me that many people – some younger than I am – have mobility problems. I wonder what causes this problem. Is it lack of exercise, genes, weight, etc.? – E.G.*



Be very grateful that you can move around without a problem, as most people in their late 70s do have mobility issues. The most common reason is osteoarthritis, but there are many causes, such as neurological diseases, cardiovascular issues and other types of arthritis. While it is true that not exercising can lead to poor mobility, most of the time, it isn't a person's fault that they have difficulty with mobility. Arthritis can happen to a person of any weight and at any level of exercise.

Exercise helps the vast majority of people improve their mobility, but there are exceptions. Many people with myalgic encephalomyelitis/chronic fatigue syndrome are intolerant of exercise, and overdoing it can lead their condition to worsen. This syndrome has also been known as systemic exertion intolerance disease. Well-meaning physicians, friends and family might have recommended exercise to a patient, which could have caused them to have a flare-up.

Although being very overweight increases the risk of arthritis, having a normal weight doesn't prevent its development. Genetic influences are very complicated, but they also have a role in the development of osteoarthritis. Osteoarthritis can also come about as a result of significant trauma to a joint.

*DEAR DR. ROACH: I am an 80-year-old woman who recently had a right hip replacement. Shortly after surgery, I required around-the-clock oxygen support at home. I am able to go without supplemental oxygen all day and only occasionally use the spirometer. But how do I go about not needing oxygen at night? Is there something more I could be doing? When I use the spirometer, I can bring the oxygen level up. Is this all I need to do when the oxygen level drops? – S.R.*

This is very concerning to me, and I am worried that something might have happened at the time of surgery. A sudden change in the ability to breathe or maintain your oxygen level at the time of joint replacement surgery is suspicious for a pulmonary embolism – a blood clot to the lungs. With great care, the risk for this has decreased to about 1 in 200 people.

Pneumonia is always a concern after surgery, and in 80 year olds, the common symptoms of fever, cough, or shortness of breath are sometimes absent. You need an evaluation for both of these possibilities (and other less-common causes of post-operative low oxygen that I don't have the space to go into).

However, the fact that your oxygen level goes up when using the spirometer (a device that encourages deep inhalations) suggests part of the problem is a collapse of some of the tiny air sacs of the lung.

You should start with a visit to your regular doctor right away.

*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. ©2024 North America Synd., Inc. All Rights Reserved.*

† AMERICAN LUNG ASSOCIATION of Texas

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**1-800-LUNG-USA**



**Moore Texas by Roger Moore**

May 7, 1955: Texas' two-millionth phone is installed in the Governor's mansion.

**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

QNQDOVC PXM CXGXCXRKX  
 PNCZ GYOOXF PYLT VCLYKOXW  
 VMNDL LTX PNCOF'W SVCYNDW  
 XSYOW: PYKZXF-QXFYV.

Answer Page 4

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**Weekly SUDOKU**

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK: ♦♦**

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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**Stolen valor, stolen benefits**



by Freddy Groves

How, one wonders, does something like this happen? How does a civilian collect \$146,000 in VA benefits for allegedly having been wounded and held a prisoner of war in Iraq when he's never even served in the military?

It's one thing to walk around with fake military medals pinned to your chest or to tell tall tales in a bar, but how does all the rest slip by? And for so long?

The story: A civilian has been charged with taking education, health and disability benefits after he claimed to be a Marine who was wounded in combat and held as a prisoner of war in Iraq. He claimed to have been wounded in an IED (improvised explosive device) attack and was then captured. He claimed he'd been awarded the Purple Heart, Prisoner of War medal and several others.

To apply for all those benefits and cash, he would have needed a DD214 as well as other paperwork. To keep from delaying the handing out of benefits and cash, the VA lets veterans use their own documents when they submit applications.

Sometimes people lie and turn in fake documents. Over time he turned in a pile of those fake documents, including the DD214 and certificates for his stack of alleged medals.

But that's where this criminal's story should have fallen apart. I can see accepting a veteran's initial documents to get him started on the benefits, but to let the fraud go on for five long years? Surely someone could have looked up the details to verify the Purple Heart and prisoner of war status? Did no one bother to check to see if he'd even been in the military?

Eventually the criminal got greedy and applied for educational benefits on top of the cash he received each month for his alleged physical injuries, receiving

monthly subsistence payments and payments to the university.

If that wasn't enough, he then applied for an increase in the disability payments.

How is it no one spotted this fraud long ago?

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- It's tough to eat home-cooked meals as a single eater. Most recipes are geared for multiple portions, and you probably don't want to eat the same thing for five days straight. Try this: Get together with some friends and have a potluck. Each guest brings an entree and at least two side dishes, in extra-large portions, and his or her own leftovers containers. Split the food up amongst the guests, packaged as meals. Everyone can cook once and eat for a week.

- "If your baby gets very rashy on her backside, try to give her some 'air time' each day. Just an hour a day with no diaper has made a big difference in my baby girl's rash." – H.P. in Illinois

- "Leftover dry erase calendars make good bingo card bases. Cut out a five by five section, and use a permanent marker to fill the squares with small random numbers. Make matching call cards from the unused squares. Place the call cards in a sandwich baggie and the rest in a larger plastic bag. Include a couple dry erase markers, and you have a set that can be used anywhere (ours is in the car) over and over again." – E.W. and S.D. in Oregon

- Did you have too much summer fun last year? Be ready to soothe that sunkissed skin this year with frozen aloe vera. Use an ice-cube tray to freeze aloe vera gel, and let the soothing begin!

- Control kids' artwork with a digital photo album. Take photos of the best pictures of the month, then arrange them in a scrapbook template and print them out. Keep the pages in a three-ring binder. Label with the child's name.

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!

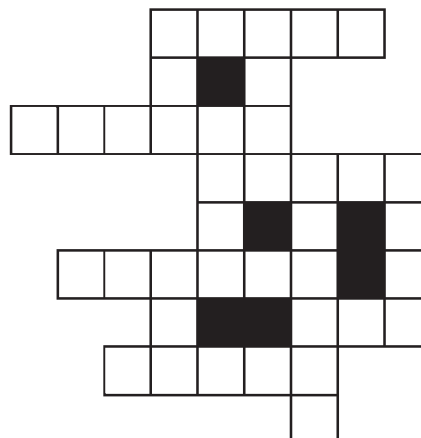
Answer Page 4

	-		×		= 18			
-		-		+				
	-		×		= 20			
÷		÷		×				
	+		+		= 13			
=		=		=				
1	1		90					
1	2	3	4	5	6	7	8	9

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- OE H
- MATSLO
- EFTRO
- ♥ ETRI
- ♥ TRALEH
- GRI
- ♥ HSGA
- LEOHL
- ♥ RFO
- ERFTOG
- ♥ ERAGE
- ♥ GEOL



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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