



El Paso County residents could get a break on rising cost of property taxes

By Alfredo Vasquez
Special to the Courier

ELPASOCOUNTY – Steeply rising property taxes and valuations in Texas are currently threatening El Paso County residents’ ability to be homeowners.

Property taxes are pushing some families out of their homes. Senior citizens on fixed incomes are watching their tax bills go up every year while their incomes stay the same. And many young families are having to make choices between paying their property taxes or paying for every day essentials like food, medicine, and utilities.

But it looks like there could be some relief on its way; that is, if Texas voters opt to support Senate Bill (SB) 4 and its companion Senate Joint Resolution (SJR) 2, in this November’s general election. The bills are part of the 2025 state budget that was recently voted on by the state legislature and approved by Governor Greg Abbott.

SB 4 and SJR 2 would raise the homestead exemption to \$140,000 for most homeowners. For seniors and Texans with disabilities, SB 23 and SJR 85 go even further by increasing their exemption to \$200,000.

“Starting in 2025, more than 170,000 homeowners in West Texas will see property tax relief and nearly half of all homeowners could see their school property tax bills drop to zero. That’s a game-



Texas State Senator Cesar J. Blanco, first elected in 2021, represents the people of El Paso, Brewster, Culberson, Hudspeth, Jeff Davis, Pecos, Presidio, and Reeves counties.



Texas Representative Mary Gonzalez was elected in November 2012 to represent House District 75, an area that encompasses much of eastern El Paso County.

changer, especially for working families in rural counties, small towns, and border communities like ours,” Texas State Senator for District 29 César J. Blanco stated in a recent press release.

Blanco also said that families need relief, but not at the expense of their kids’ schools. “That’s why I was proud to help secure \$2.7 billion in immediate state funding to hold school budgets harmless,

along with long-term support through 2030,” he stated.

However, these property tax reforms require changes to the Texas Constitution, which means they’ll appear as two separate propositions on the November 2025 ballot. If approved, the tax cuts will be permanent, and Texans will feel the impact for years to come.

“In West Texas, we believe in hard work, fairness, and taking care of our own. That’s why I was proud to help deliver the relief that homeowners deserve. With your vote in support of these propositions this November, we can make this relief permanent and build a future where living comfortably in your home is a promise we keep,” expressed the West Texas state senator.

Other parts of the recently passed Texas state budget that could have a big impact on El Paso County residents are the additional \$65 million for the Comprehensive Cancer Center at Texas Tech University’s Health Sciences Center and \$50 million for the development of a Psychiatric Crisis Center.

Instrumental in garnering these funds was State Rep. Mary Gonzalez, of San Elizario. She serves on two important legislative committees that worked on the state’s budget. She is vice chair of the House Appropriations Committee and chair of the Subcommittee on Articles I, IV and V, which handles the budgets for agencies dealing

See TAXES, Page 5

Cigarroa earns gold in SkillsUSA competition

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – Lizbeth Cigarroa, a junior at San Elizario Early College High School, has brought national recognition to her hometown and school district after winning first place in Graphics Imaging Sublimation at the SkillsUSA National Leadership and Skills Conference.

Held every June at the Georgia World Congress Center in Atlanta, the national competition draws thousands of the nation’s most talented students in career and technical education (CTE) programs. Cigarroa earned the gold medal, placing ahead of Rocio Flores of California, who took silver, and Corissa Russell of Rhode Island, who received the bronze.

Her win was met with complete jubilation. “We all hugged – it was such a powerful moment,” said Sandra Sanchez, Career and Technical Education Administrator. She recalled telling Lizbeth moments before the announcement: “Go stand where it says ‘Champions,’ in case they call your name.” And when they did, Sanchez said, “It was a very emotional moment for all of us.”

Cigarroa’s gold medal also came with a special prize: a sublimation printer, which was awarded in recognition of her excellence in the field.

Ms. Sylvia Ruvalcaba, Lizbeth’s event sponsor, reflected on the significance of the achievement: “It has been a long time since we’ve had a national champion. Watching Lizbeth receive this recognition was an incredibly proud and emotional experience.”

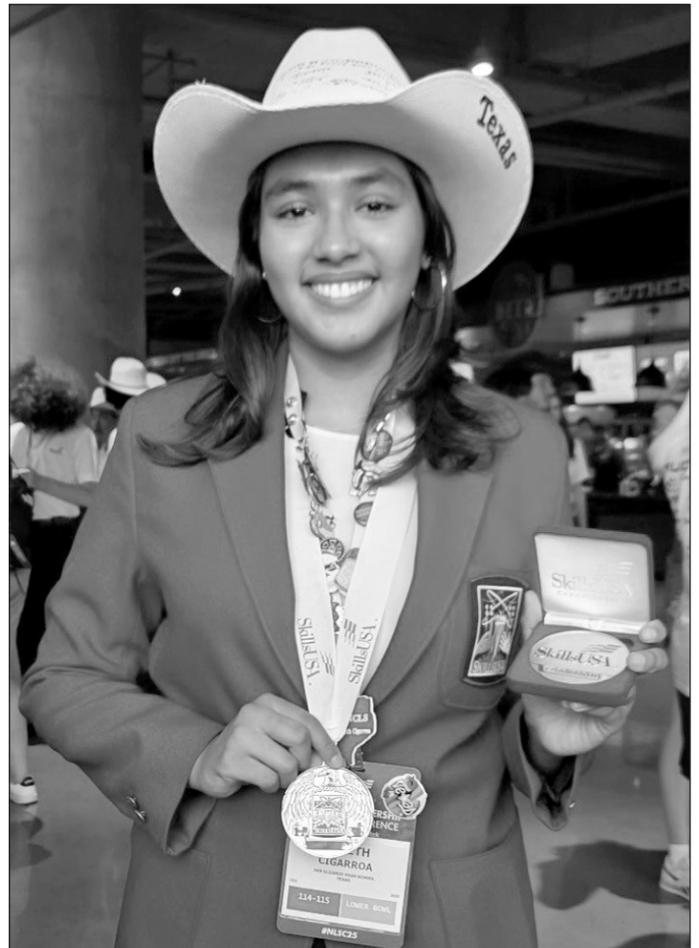
“We are beyond proud – she has worked so hard for this moment,” added Sanchez. “Lizbeth’s victory reflects her commitment and our district’s dedication to providing transformative learning experiences.”

San Elizario Early College High School Principal Troy Enriquez summed up Lizbeth’s preparation and poise: “Lizbeth prepared like the future professional she is set to become. Students from all 50 states converged on Atlanta, GA, to compete in vocational programming with SkillsUSA.”

Lizbeth expressed heartfelt appreciation in her own words: “Thank you to the San Elizario District for providing this opportunity.”

The SkillsUSA Championships test students’ technical abilities, problem-solving skills, and creative aptitude across more than 100 fields, from health sciences to digital media. Lizbeth’s winning performance highlighted her exceptional command of graphic imaging sublimation.

– Photo courtesy San Elizario ISD
GOLD MEDALIST – Lizbeth Cigarroa



The future of warfare is here

Ukraine may not have “the cards,” as President Trump put it, but it does have drones. They were used to great effect over the weekend in an audacious attack within Russia that has focused the world’s attention on a revolution in warfare.

A badly outmanned and outgunned country just reached far inside its adversary’s territory to destroy or damage hugely expensive, nuclear-capable strategic aircraft with low-cost drones basically indistinguishable from ones available on Amazon.

It’s not quite David versus Goliath, because the Russian giant is not going to be felled by the blow, but the diplomatic and psychological impact of the raid could be profound, as Ukraine seeks to demonstrate to the West its staying power.

For creativity and outsized effect with widely

available devices, the Ukrainian attack is in the same league as Israel’s beeper attack on Hezbollah operatives in Lebanon last year. Both operations also carry a message about new vulnerabilities – to a compromised supply chain and to a surprise drone attack – that should make us take notice.

We’ve just watched the equivalent of aviation legend Billy Mitchell’s demonstration in 1921 when he had U.S. planes sink a former German battleship, in a display of the emerging potency of air power.

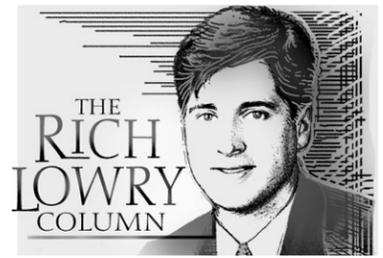
Ukraine’s Operation Spider Web combined Mission Impossible-style intrigue – the drones were secreted within Russia and some of them launched from containers attached to trucks, unbeknownst to the drivers – with clever innovation.

The attacks spanned several time zones and hit

41 Russian aircraft, according to the Ukrainians. The operation was the latest iteration of a cat-and-mouse drone war between Ukraine and

Russia. The Ukraine conflict is essentially a war of attrition, yet it is anything but static, as the means of waging it change almost by the week. Offensive innovation is met with defensive countermove, triggering another change on offense.

Drones are vulnerable to electronic jamming? Then, they’ll be controlled by massive spools of fiber optic cable. Drones threaten supply routes? Then, the roads will be covered with netting. And



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View from here By Dr. Glenn Mollette

Trump had no choice, but how will the serpent reappear?

If Iran had successfully dropped a nuclear bomb on Israel or New York City, the world would have blamed President Donald Trump. People everywhere would have said, “President Trump could have done something about their nuclear building site but he didn’t.” This is something that will never be said. He and our military leadership certainly made an effort last weekend to dismantle Iran’s nuclear bomb building facilities. Let’s hope their ability was completely eliminated.

While we are tired of wars and spending billions of dollars on wars and losing our men and women to wars, we can’t really rest with a growing cancer. We cannot ignore a malignancy. When the doctor says, “You have a very serious malignancy in part of your body”, then the

malignancy must have our full and complete attention. It has to be eliminated. This may be done with radiation, chemotherapy or a surgery. Left alone and ignored, the cancer will only grow to eventually make you sicker and ultimately bring about death.

Sadly, Iran’s program to build a nuclear weapon has been like a growing malignancy with a loudly ringing bell. The warning signs and alarm signals have been increasing for years. American intelligence has been well aware of Iran’s progress. Israel’s Prime Minister Benjamin Netanyahu has been sounding the alarm loudly the last couple of years. Of course, he would be terrified. He is well aware that such a weapon possessed by Iran would soon be squarely aimed at

Israel and would could almost certainly annihilate entire country.

Iran has been the world’s number one sponsor of terror since the early eighties. The events and gangs they have financially supported compile a long list. For many years, their motto has been “death to Israel” and “death to America”.

Unfortunately, the bunker busting bombs dropped on Iran’s research facilities Saturday night probably didn’t end anything. Hopefully, it took away the threat of nuclear attack for a few years.

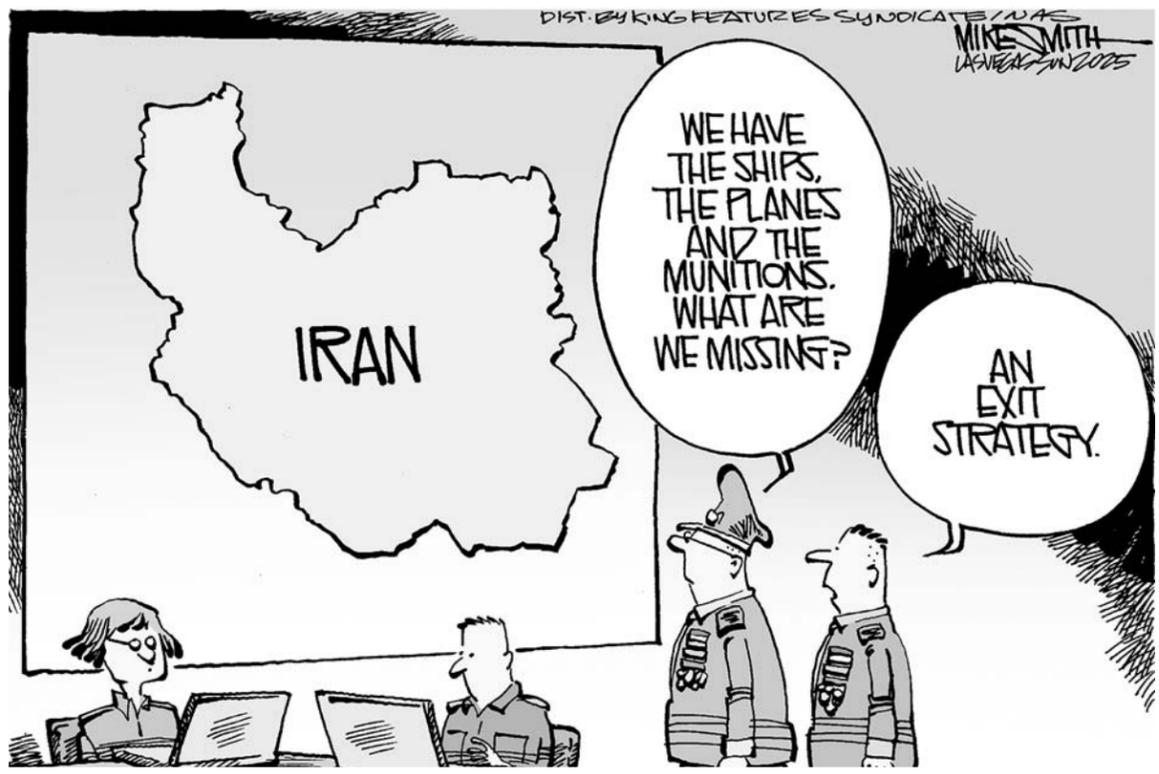
Unfortunately, the poisonous hate within the leadership of Iran is most likely now at an even greater fever pitch.

A few years back my wife and I were walking a mountain trail. She looked down and saw a poisonous copperhead serpent ready to strike at us. She quickly aimed the pepper spray she was carrying and shot the snake right in its face. We leaped forward for several feet. The snake was momentarily stunned and frozen by the spray. Suddenly, the serpent was striking wildly in every direction trying to find us even though it appeared blinded by

the spray. The venom from the bite of that poisonous snake could have been deadly. A few minutes later that snake raced off down the hill, very much alive to strike at someone again.

Iran is stunned, but the poisonous leadership of the country that has sponsored terror groups and spewed hate toward Israel and America is still alive.

Very importantly, there are millions and millions of good hard-working people in Iran. Let’s pray for them and for a change of leadership in this nation.



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Canutillo ISD Board approves balanced budget

By Gustavo Reveles
Special to the Courier

CANUTILLO – After months of cost-saving reviews and budget adjustments to address a projected deficit, the Canutillo Independent School District Board of Trustees on Tuesday night adopted a balanced budget for the 2025-26 academic year.

The \$65.8 million budget includes state-funded salary increases for classroom teachers and other instructional support staff, along with an increase in the district's contribution to employee health care costs.

"The adoption of a balanced budget is a testament to the hard work and tough decisions made by the Board and administration after facing a significant deficit driven by years of inadequate state funding for public education," Superintendent Pedro Galaviz said. "We're proud to show our taxpayers once again that Canutillo ISD is committed to fiscal responsibility, but this has been a journey that required many sacrifices – some we wish we didn't have to make."

The approved budget includes salary increases for teachers funded through the state's Teacher Retention Allotment under House Bill 2. Teachers with three or four years of experience will receive \$2,500 raises, while those with five or more years will receive \$5,000. Teachers not covered under the allotment will also see increases: \$500 for those with zero years of experience, \$1,000 for one year, and \$1,250 for two years.

The Teacher Retention Allotment applies only to classroom teachers and excludes

other instructional roles such as principals, counselors, instructional coaches, librarians and central office administrators.

The district is also providing a 1 percent salary increase from midpoint for staff eligible under the new Support Staff Retention Allotment. Those receiving the pay increase include counselors, instructional coaches, librarians, nurses and hourly support staff such as custodians, aides, cafeteria workers, clerical staff and bus drivers.

Central office administrators are not included in the compensation plan adopted by the board.

The budget also includes a \$100 increase in the district's monthly contribution toward health insurance for all employees enrolled in the district's plan, helping offset rising out-of-pocket costs.

"We're pleased to have approved not only a balanced budget, but also a compensation package that supports the frontline staff who directly impact our teaching and learning efforts," Board President Armando Rodriguez said. "While we understand that educating children is a collective effort by all staff, we're simply not in a financial position to provide salary adjustments for every employee at this time."

"Our goal is to achieve financial solvency and begin rebuilding our reserves so we can eventually fund the initiatives we know our students and employees deserve," he said.

Earlier this spring, district officials warned of a projected \$6 million deficit for the upcoming school year, citing reduced average daily attendance, rising costs and

King Crossword

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Average Solve Time 22 Minutes

ACROSS

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- 5 Snitch
- 8 Utah ski resort
- 12 Impetuous
- 13 Adam's mate
- 14 Acquires
- 15 "Zip-_-Doo-Dah"
- 16 Beer purchases
- 18 Fawcett of '70s TV
- 20 Speeder's punishment
- 21 Chanteuse Edith
- 23 Chap
- 24 Edible pod
- 28 "Auld Lang _"
- 31 Blunder

Average Solve Time 22 Minutes

- 32 _Croat
- 34 Texas tea
- 35 Scrambled wd.
- 37 Brazilian city
- 39 Dad on "Black-ish"
- 41 San _ Obispo, Calif.
- 42 Thelma's buddy
- 45 Brother's son
- 49 Ink-loaded accessory
- 51 Continental coin
- 52 Carry
- 53 Rage
- 54 Family
- 55 Beholds
- 56 Scoundrel
- 57 To-do list item

DOWN

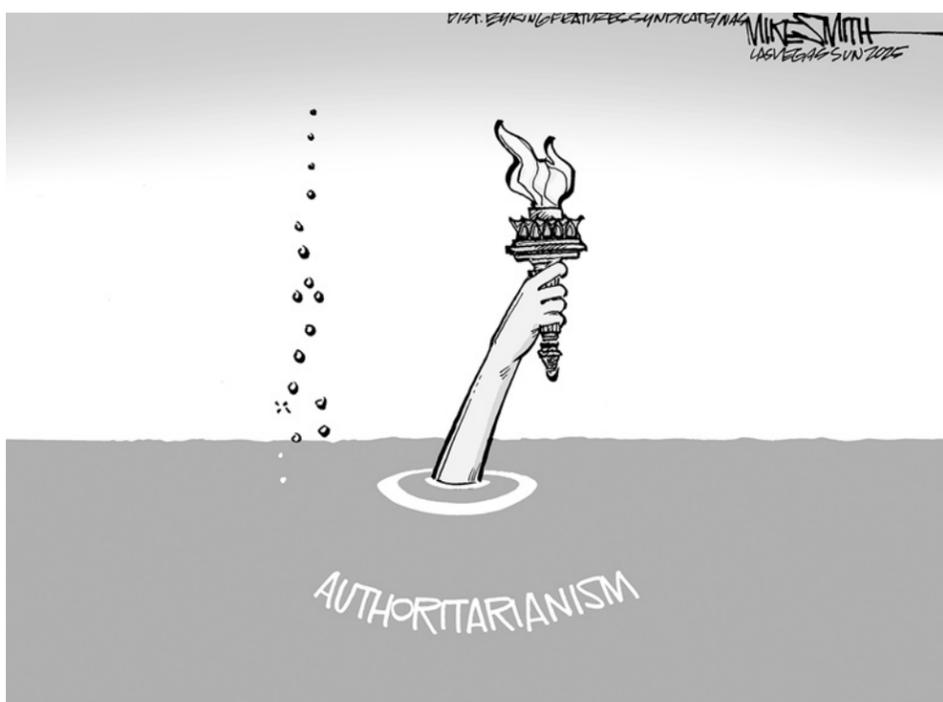
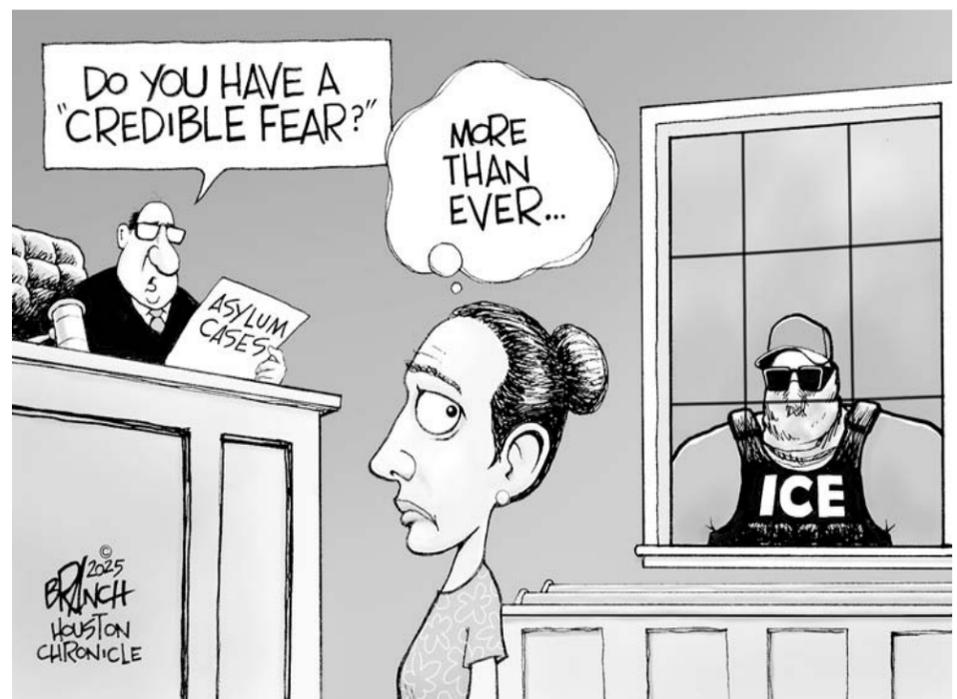
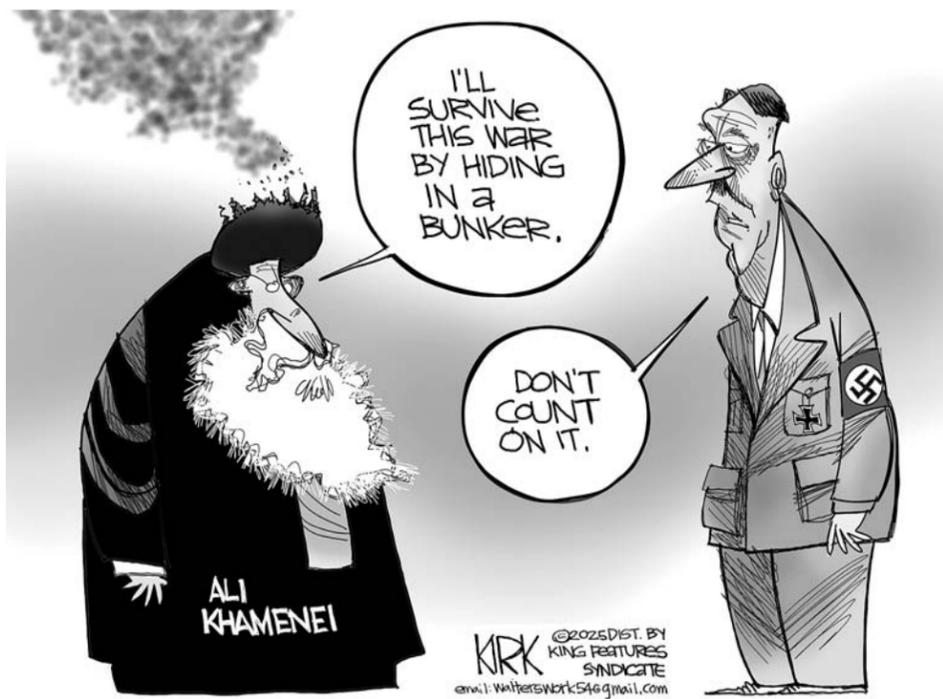
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- 5 Molds anew
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- 7 Libretto
- 8 You can count on it
- 9 Comment to a jackpot winner
- 10 Youngster
- 11 CEO's aide
- 17 Farm squealer
- 19 Melodies
- 22 Untamed
- 24 Salty expanse
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- 26 School alumnus
- 27 Was plentiful

DOWN

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- 33 Mayberry boy
- 36 Tony-winner Tammy
- 38 Phase
- 40 "Sixth sense"
- 42 D-Day carriers
- 43 Oklahoma tribe
- 44 Grand tale
- 46 Luau dance
- 47 Historic times
- 48 Policy expert
- 50 Notre Dame coach

Answer Page 4

See BUDGET, Page 4



Plaza named Garcia Elementary principal

By Gustavo Reveles
Special to the Courier

CANUTILLO – Janeth Plaza has been named the new principal of Gonzalo and Sofia Garcia Elementary School in the Canutillo Independent School District. She will begin her new role on July 7, following the summer break.

Plaza currently serves as assistant principal at Garcia Elementary and has spent most of her career in education with Canutillo ISD.

“I have every confidence she will take Garcia Elementary to the next level of academic excellence,” said Superintendent Dr. Pedro Galaviz. “Ms. Plaza is proof that Canutillo grows its own leaders and prepares them for

great success.”

Plaza began her career in 2005 as a classroom teacher at Jose Damian Elementary School, where she served until 2021, with the exception of one year teaching abroad with the Department of Defense Education Activity in Germany.

She later served as an instructional coach and assistant principal at Damian from 2021 to 2024 before transitioning to Garcia Elementary.

Plaza earned a bachelor’s degree in interdisciplinary studies with honors from the University of Texas at El Paso and a master’s degree in educational administration from Texas A&M University.

She will succeed current



– Photo courtesy San Elizario ISD

Janeth Plaza

principal Maria Alarcon, who is set to retire at the end of June.

Budget

From Page 3

stagnant state funding as key factors.

In response, the district implemented several cost-saving measures, including reductions to operational

department budgets, the restructuring of services and programs, elimination of some contracted services and a reduction in force. Those efforts significantly closed the funding gap, and additional revenue from House Bill 2 helped eliminate the remaining shortfall.

Trustees on Tuesday also adopted the District’s debt service and child nutrition funds, both of which were balanced.

A tax rate for the upcoming fiscal year will be set by trustees later this year.



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25 words - \$15 per week; 40 words - \$20 per week

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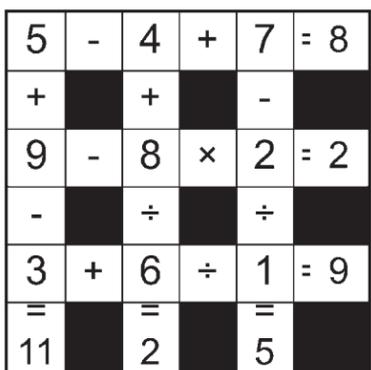
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Horizon City, TX 79928

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CryptoQuip Answer

The aging dry cleaner was a white-collar criminal, infamous for money laundering.

Strange BUT TRUE

By Lucie Winborne

• Dorothy Straight was just 4 years old when she wrote and illustrated “How the World Began” for her grandmother. It was officially published two years later.

• Worms make up the majority of a robin’s diet, but it won’t mind if you leave out a dessert tray as well. In fact, robins are partial to pastry dough, fruit cake and coconut cake.

• Flowers placed at a grave were originally brought to promote good will with the spirit of the deceased.

• Movie director Guillermo del Toro owns a house containing a room with an endless rainstorm projected onto all its windows and audio to match. He often uses this room to write in.

• Chock full o’Nuts coffee does not contain nuts. It’s named for a chain of nut stores that the founder converted into coffee shops.

• On his deathbed, Steve Jobs asked for five different oxygen masks so he could choose the one with the best design.

• The silhouette on the official NBA logo is Los Angeles Lakers guard Jerry West.

• Tsutomu Yamaguchi was in Hiroshima for work when the first A-bomb hit, made it home to Nagasaki for the second, and lived to be 93.

• M&Ms were invented exclusively for American soldiers in World War II.

• Lake Hillier in Western Australia stays a striking deep pink color all year long. Some scientists believe its hue is due to high salt levels combined with a salt-loving algae, *Dunaliella salina*, and a pink bacteria called halobacteria.

• In 1996, two neighbors in Devon, England, hooted at each other for an entire year while believing they were actually communicating with owls.

• Tribal African tongues and other languages describe blue and green as different shades of the same color.

Thought for the Day: “Only two things are infinite, the universe and human stupidity, and I’m not sure about the former.”

– Albert Einstein



Moments in time

THE HISTORY CHANNEL

• On June 30, 2015, Misty Copeland, who only started ballet at 13 but was receiving both awards and professional offers a mere two years later, became the first African American woman promoted to principal dancer in the 75-year history of the American Ballet Theatre.

• On July 1, 1867, the autonomous Dominion of Canada – a confederation of Nova Scotia, New Brunswick and the future provinces of Ontario and Quebec – was officially recognized by Great Britain with the passage of the British North America Act. July 1 would later become known as Canada Day.

• On July 2, 1992, the one-millionth Chevrolet Corvette rolled off the assembly line in Bowling Green, Kentucky. Though it met the wildly unexpected fate of being swallowed by a sinkhole there in 2014, the car was rescued and restored to its former glory.

• On July 3, 1952, the ocean liner SS United States departed from New York on her maiden voyage to Le Havre, France, eventually breaking the speed record for an eastbound Atlantic crossing. On her return trip, she earned further distinction by breaking the westbound record as well.

• On July 4, 1971, a baby western lowland gorilla made her earthly debut at the San Francisco Zoo. Originally christened Hanabiko (“fireworks child” in Japanese), she was soon known as “Koko.” Animal psychologist Francine “Penny” Patterson taught her sign language and the primate became celebrated for her personality and intelligence, as well as her pet cat she named All Ball, appearing in numerous articles and documentaries until she died at age 46 in 2018.

• On July 5, 1852, Frederick Douglass delivered what would become his most celebrated speech – What to the slave is the Fourth of July? – to an audience of about 600 at the Rochester Ladies Anti-Slavery Society during an Independence Day celebration in Rochester, New York.

• On July 6, 1921, Sergeant Stubby, a bull terrier mutt, received a gold medal from America’s World War I commanding general John Pershing for “heroism of highest caliber” in 17 battles. Stubby’s intrepid achievements included nabbing a German spy by biting his legs.

Taxes

From Page 1

with general government, the judiciary, and public safety and criminal justice.

“The Cancer Center and the Psychiatric Crisis Center will transform health care for the people of West Texas,” Gonzalez said in a news release. “Our neighbors will not have to travel to other parts of Texas to get state-of-the-art treatment. Having family close during a health care

crisis greatly benefits patients emotionally. Being treated nearby eliminates physically difficult travel and saves money,” Gonzalez asserted.

Also included in this year’s state budget is \$5 million for the El Pasoans Fighting Hunger Food Bank, which has had trouble establishing additional food storage areas as demand continues to rise. Current data indicates that about one-in-three people in the El Paso area are facing food insecurity, a number likely to rise as the Trump

administration is trying to cut Medicaid and Supplemental Nutrition Assistance Program (SNAP) benefits.

“Our food bank has done a tremendous job providing people with food through COVID and recent inflation,” Gonzalez said. “It has taken extraordinary creativity to meet demand because the food bank doesn’t have the same facilities as other food banks in Texas,” she added.

Other local economic development projects that are earmarked for funding in

the upcoming budget include \$2 million in funds for the restoration of Rio Vista Farms in Socorro; \$20 million for the University of Texas at El Paso (UTEP) Mining Engineering program, as well as \$8 million for UTEP’s NASA collaborative.

Additional funding for the El Paso region will be \$7 million for the Wyler Tramway renovation project; \$14 million for the El Paso Water Augmentation Project; and \$10 million for the I-10 Deck Park Plaza (pending approval).

Classified Ads

LEGAL

PUBLIC NOTICE

Alliance of Border Collaboratives

Invitation to Bid

Alliance of Border Collaboratives (ABC) a recipient of the

Amy Young Barrier Removal Program Contract #1003758

from the Texas Department of Housing and Community Affairs.

ABC will accept proposals from licensed General Contractors/Builders for up

to 50 Single Family Home Barrier Removal modifications for each contract. A Bid packet can be picked up starting **July 3, 2025, through July 31, 2025, from 9:00 a.m. to 1:00 p.m.** Bid packets or proposals can be picked up from and delivered to:

Alliance of Border Collaboratives 1528 Yandell Dr. El Paso, TX. 79902

Submitted Bid Packets or proposals must have

Amy Young Barrier Removal Program Contract #1003758

written on the lower left-hand side of the

envelope. A public opening of the packets will take place on **August 1, 2025, at 3:00 p.m.** at the office of Alliance of Border Collaboratives (phone 915-851-0272).

The General Contractor/Builder must ensure that employees and applicants are not discriminated against because of their race, color, religion, sex, national origin, age, sexual orientation, or disability. General Contractor/Builder must be licensed with El Paso County and the City of El Paso, TX. General Contractor/Builder must also know current El

Paso County Construction of Single-Family Homes Codes with a minimum of 3 years of experience.

ABC has a conflict of interest procedure in accordance with 24CFR 92356. ABC has a Bidders Protest Rights Procedure Alliance of Border reserves the right to reject any bids or to waive any informality in the bidding.

Adults and Youth United Development Association Inc. is an Affirmative Action/Equal Opportunity Employer.

WTCC: 07-03-25

Tornillo Independent School District Public Notice

Notification of Nondiscrimination in Career and Technical Education Programs at Tornillo ISD for 2025-2026 School Year

1) Tornillo Independent School District offers Career and Technical Education programs in Business Marketing & Finance, Education & Training, Health Science, Information Technology, Law & Public Service, Manufacturing, STEM and Transportation, Distribution & Logistics. Admission to these programs is based on current enrollment in the Tornillo ISD and completion of any necessary prerequisites.

2) It is the policy of Tornillo ISD not to discriminate on the basis of race, color, national origin, sex, or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act for 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

3) It is the policy of Tornillo ISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

4) Tornillo ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

5) For information about your rights or grievance procedures, contact the Title IX/Section 504 Coordinator, Lizeth Carroll, Human Resources Manager, at P.O. Box 170, 19200 Cobb Avenue, Tornillo Texas, 79853, carrolll@tisd.us, or call (915) 765-3000.

Noticia Pública

Notificación Pública de No Discriminación en Programas de Educacion Tecnica y Vocacional en Tornillo ISD por el año escolar 2025-2026

1) El Distrito Escolar Independiente de Tornillo ofrece programas de Educación Técnica y Profesional en Mercadotecnia y Finanzas de Negocios, Educación y Capacitación, Ciencias de la Salud, Tecnología de la Información, Derecho y Servicio Público, Manufactura, STEM y Transporte, Distribución y Logística. La admisión a estos programas se basa en la inscripción actual en Tornillo ISD y la finalización de los requisitos previos necesarios.

2) Es política de Tornillo ISD no discriminar por motivos de raza, color, origen nacional, sexo o discapacidad en sus programas, servicios o actividades vocacionales como lo requiere el Título VI de la Ley de Derechos Civiles de 1964, como enmendado; Título IX de las Enmiendas a la Educación de 1972; y la Sección 504 de la Ley de Rehabilitación de 1973, según enmendada.

3) Es política de Tornillo ISD no discriminar por motivos de raza, color, nacionalidad, sexo, discapacidad o edad en sus prácticas laborales, según lo requiere el Título VI de la Ley de Derechos Civiles de 1964, según enmendada; Título IX de las Enmiendas a la Educación de 1972; la Ley de Discriminación por Edad de 1975, según enmendada; y la Sección 504 de la Ley de Rehabilitación de 1973, según enmendada.

4) El Distrito Escolar Independiente de Tornillo tomará las medidas necesarias para asegurar que la falta de habilidad en el uso del inglés no sea un obstáculo para la admisión y participación en todos los programas educativos y vocacionales.

5) Para mas información de sus derechos y procedimiento de quejas, comuníquese con la Coordinadora del Titulo IX y del Programa 504, Lizeth Carroll, Directora de Recursos Humanos, P.O. Box 170, 19200 Cobb Av. Tornillo, TX 79853. carrolll@tisd.us, o llame al (915)765-3000.

WTCC: 07-03-25

Tornillo Independent School District Public Notice of Nondiscrimination

It is the policy of the Tornillo Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or any person who has a disability in the admission or access to programs, delivery of services or employment.

The Tornillo Independent School District is fully committed to meeting its responsibilities as specified by Title VI of the Civil Rights Act of 1964, as amended: Title IX of the Education Amendments of 1972; prohibiting sex discrimination, the Age Discrimination Act 1975, as amended; Section 504 of the Rehabilitation Act 1973 as amended; and the Americans with Disabilities Act (ADA).

Inquiries concerning your rights may be referred to Lizeth Carroll, Human Resources Director, P.O. Box 170, Tornillo, TX 79853. Phone: (915) 765-3000. Fax: (915) 765-3099.

Notificación Pública No Discriminar en Tornillo ISD

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WTCC: 07-03-25

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

drones will be attacked by other drones. What the siren of the Stuka dive-bomber was to the Blitzkrieg – an unmistakable herald of a new way of waging war – the high-pitched whirr of the drone is to the Ukraine war.

Estimates are that drones now inflict about 70% of casualties on both sides, and there are literally millions of them. Russia deployed roughly 4 million drones last year, and Ukraine about 1.5 million. We have much to learn from all this. After last weekend, every commander of a U.S. base should be thinking anew about potential vulnerability to drone attack, and it's not hard to imagine the Chinese utilizing drones to execute a wide-ranging strike in the Western Pacific if Beijing goes after Taiwan.

Once a leader in drone technology when its Predators were taking out targets in the War on Terror, the U.S. hasn't kept up with the adaptations happening in the Ukraine war. Inevitably, our own bureaucratic processes are our worst enemy.

As head of the U.S. National Drone

Association, Nathan Ecelbarger, writes, the system for acquiring drones "remains deeply flawed, overly bureaucratic and resistant to innovation."

We'll have to focus more on defenses, too, from early detection to counter-drone capabilities. The problem with using missiles to defeat drones is the asymmetry in expense – an SM-2 missile costs millions, whereas a Houthi drone costs thousands. And drone swarms could overcome a battery of missiles.

This is the reason why the work of next-generation defense firms like Epirus, which has developed a scalable, high-power microwave technology platform that can knock a swarm of drones from the sky, is so important.

What's happening in the Ukraine war is the norm in human conflict. It's adapt or watch your castle get reduced to rubble, your fleet get sent to the bottom of the ocean or a leg of your nuclear triad get assaulted by, essentially, a plaything of hobbyists.

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

Supplements for lowering heart risk are not backed by evidence

DEAR DR. ROACH: I recently had a CT scan, and my score was 184. My cardiologist put me on 40 mg of Lipitor, which I reluctantly took for three weeks until I developed severe pain in my feet and hands. I stopped taking it, and the pain went away. I'm a 64-year-old male in excellent shape. I'm currently taking a chelation supplement, vitamin K2 (MK-7), and red rice yeast with CoQ10. Do you have any suggestions for the treatment of my issue? – A.D.



I'm sorry to say that I disagree with all of your choices. Lipitor is a reasonable choice for the prevention of heart attacks and strokes in a person at an increased risk, such as a 64-year-old man with a coronary calcium score of 184. (I can't give a better assessment of your risk without knowing a lot more about you, such as your blood pressure and cholesterol.)

Muscle aches are not uncommon with statin drugs like Lipitor, but research has shown that in most people with muscle or joint aches who take statins, the medication is not the underlying cause. (In one study where a person didn't know whether they were taking a statin, the symptoms disappeared. In another, a person who changed from a statin to a placebo every two months was very likely to have no more pain on the placebo than they would on the statin.)

Nonetheless, there are other statins that might not cause pain, as well as alternatives like ezetimibe and bempedoic acid, which do not increase the risk of muscle aches and have been proven to reduce heart risk.

A recent large trial on chelation using powerful intravenous infusions did not show any improvement in hospitalizations for heart disease, heart attack, stroke or death compared to a placebo. I don't recommend an unregulated oral supplement.

Although people who take menaquinone-7 (also called vitamin K2) have a lower heart disease risk than those who don't, a randomized trial to prevent calcification of the aortic valve found no benefit. I did not find a trial showing that treating people with vitamin K2 led to a reduced heart risk.

Red yeast rice contains the same active ingredient as the statin drug lovastatin, but at such a low dose that cholesterol levels were not substantially lowered in a recent trial. CoQ10 has been repeatedly shown to be no better than a placebo at reducing statin side effects.

In addition to medication therapy, it's important not to underestimate the effects of a healthy, plant-based diet and regular moderate exercise.

DEAR DR. ROACH: I read your recent column on stevia. It was interesting and helpful, but what I did not see mentioned was the fact that stevia side effects "might include bloating." Boy howdy! We're talking gas city when I ate some sugar-free chocolates that contained stevia instead of sugar. The flatulence resulting from these stevia chocolates lasted for hours. Stevia produces worse gas than refried beans, onion rings or Brussels sprouts. My advice for anyone eating any food supplemented with stevia is to make sure that you stay home during the hours following ingestion so you can pass gas in private. – Anon.

Stevia itself doesn't cause gas in most people. But when I looked up the brand of sugar-free chocolates you mention (the name of which I'm not going to print), I found that they have a large amount of maltitol and sorbitol. These are sugar alcohols that are sweet, do not get absorbed, and are very well-known for causing bloating, gas and diarrhea.

Not everyone will get these side effects, but I am almost sure it was the sugar alcohols, not the stevia, that caused your symptoms.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. ©2025 North America Synd., Inc. All Rights Reserved.



Moore Texas by Roger MOORE

July 5, 1873: Margret Borland dies after leading a trail drive from Texas – the first woman to do so.

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: **D** equals **R**

P W S H N W S V R H N Z S Y R D M Q S
 R D M X H Y R T R D D M M V O S R N
 R H Y Q X A A S Y Z N T S W Z H Y W Z V,
 Z N P R O R N M P S Y O N M M A.

Answer Page 4

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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4

♦♦♦ HOO BOY!

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Kudos to whistleblower pharmacists



by Freddy Groves

Imagine working for a company that pressures you to act illegally, or at the very least to dance around the edges of the law. Imagine also that in your job you have people's lives in your hands. That's what a well known pharmacy did for many years, and now they're going to pay the price – \$300 million, to be exact.

The large chain pharmacy in question has been nailed for filling millions of unlawful prescriptions for opioids in violation of the False Claims Act and submitting claims for reimbursement from several government agencies, including the Department of Veterans Affairs. Worse was when they forced their pharmacists to not bother checking to see if the prescriptions for opioids were legit, to just keep cranking out the prescriptions.

And even worse was that they continued to force

these prescriptions to be filled despite there being evidence that the prescriptions had problems. Specifically, the prescriptions were filled in excessive quantities or were in dangerous high-risk combinations. To add to this, they withheld information from the prescribers, which kept them from being able to warn other pharmacies. In short, the pharmacists were pushed to just get the products out.

The company denied the allegations, of course, issuing at least one rather snippy news release saying that the "rules" don't exist and seeming to lay the blame for the problem on the pharmacists.

Thank heaven for brave whistleblowers. Now, with a new agreement between the pharmacy chain and the government, the pharmacists will have backing and oversight when it comes to having the information needed to verify suspect prescriptions for controlled substances, they'll receive training about their obligations and they can do

their job correctly without pressure to push through every prescription without regard for its legality – or safety.

And now I understand, several years after the fact, why my own pharmacist bailed out and went to work for a very small mom-and-pop pharmacy. He was a good guy. I hear he's much happier now.

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- Add a cinnamon stick or softener sheet to your vacuum bag when you change it. While you clean, you will distribute the good smell throughout your home.

- "Instead of baking soda, I use three or four charcoal briquettes in a bowl to control odor and moisture in my refrigerator. I place the briquettes in a shallow dish, then cover the top of the bowl with a small piece of cheesecloth and secure it with a fat rubber band. The best thing is that I can still use these briquettes on the grill. In the summer, they get changed very regularly." – M.L. in Virginia

- When it comes to fruits and vegetables, five a day is nice, but more matters. Try setting aside time after you come home from the grocery store for prepping fruits and vegetables. Pre-bag snack sizes of carrots, celery, strawberries, grapes, cantaloupe and apples. Pre-cut veggies for meals to make later in the week. Slice tomatoes and onions for sandwiches, and tear and separate lettuce for salads. They all make great, healthy treats, and it makes it easier to get your recommended servings!

- Have a stained coffee pot but don't want to use a harsh chemical cleanser to scrub that stain off? For gritty cleaning power, try using a tablespoon of milk and a tablespoon of salt. The salt gives you scrubbing power, and the milk's acids help gently dissolve the stains.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2025 King Features Synd., Inc.

GO FIGURE!

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

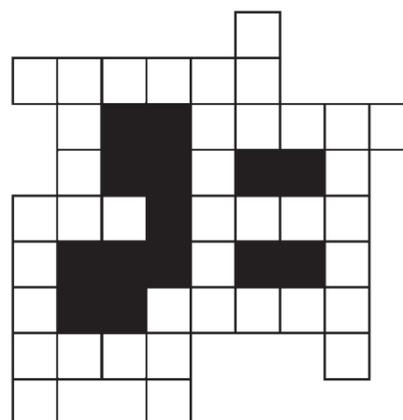
	-	4	+		=	8		
+		+		-				
	-		×		=	2		
-		÷		÷				
	+		÷		=	9		
=		=		=				
11		2		5				
1	2	3	4	5	6	7	8	9

Answer Page 4

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- ASE
- ZAREST
- DWEAP
- ♥ SKRI
- QUILCE
- ♥ EWD
- OKOC
- RSTKI
- ♥ KAS
- NIPKLU
- HWTAC
- ♥ AKEL



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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