EST TEXAS COUN

VOL. 52, No. 46

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, SAN ELIZARIO AND TORNILLO NOVEMBER 13, 2025



FAMILY OF MILITARY TRADITION - Pat Cruz (right), co-chair of the San Elizario parade committee, and her son, Mac Cruz, helped organize this year's Veteran's Day Parade.

San Elizario's Veterans Day parade is a family affair

By Alfredo Vasquez *Special to the Courier*

SAN ELIZARIO – For 29 years, the Cruz family has been instrumental in organizing San Elizario's annual Veteran's Day Parade. Under the auspices Halter, Cyndy Cruz, and Pat Cruz have all played of the San Elizario Veterans Committee (SEVC), the San Eli family has been involved with the tradition. parade and other community events throughout

the years.

It all started with the matriarch of the family, endeavors. Daughters Lupe Sanchez, Alicia organizing the parade for the past 19 years. a role in continuing to support the annual parade Day observance was held on a beautiful Saturday

"We are proud of what my mom helped start

29 years ago, and we continue to stay involved because many of our family members have served Carmen Cruz, now 82 years old and not as active in the military," stated Pat Cruz, who served as as before, but her daughters have stepped in co-chair of this year's Veterans Day Parade along to continue their mother's community service with Ray Borrego, who himself has participated in

This year's 29th Annual San Elizario Veteran's

See PARADE, Page 4

Mendez, EPCC dental program, mark 50 years

By Beau Bagley Special to the Courier

EL PASO COUNTY – 50 years ago, Elia Mendez was admitted to the El Paso Community College (EPCC) Dental Hygiene Program, embarking on a journey that would profoundly shape her professional life. In its infancy, the program found a home at the new Rio Grande campus, also opening its doors in 1975.

Elia Mendez's story is woven into the very fabric of EPCC's history. She earned her Associate of Arts in Liberal Arts in 1975 and soon after entered the newly established Dental Hygiene Program. Two years later, in 1977, she graduated as part of one of the earliest classes of EPCC dental hygienists - a program that has since become a model of academic and clinical excellence.

"When I entered the program in 1975, all the academic and dental hygiene courses were taken together." Mendez recalled. "We shared classrooms with students from other health programs like Medical Laboratory Technology and Respiratory Therapy. It helped us appreciate how all health



NEXT GENERATION - Elia Mendez, center, is a mentor to EPCC Dental Hygiene students Brittany See MENDEZ, Page 3 Ackerman, left, and Andrea Hernandez.

New Jersey's wind debacle

refinery towers.'

If New Jersey Gov. Phil Murphy had gotten his rhapsodize about enormous wind turbines looming on the horizon instead.

Murphy's obsession with wind power is one of the reasons that the state's gubernatorial race is chance to upset Murphy's potential Democratic successor Mikie Sherrill in a much-watched offyear election.

Gov. Murphy brought a European-style energy results. Wind has been as much a debacle for the the highest rates in the country. There is yet more

In one of his classic New Jersey ballads, Bruce Garden State as it has been for Germany, where Springsteen sings of the sun "rising over them Murphy was the ambassador prior to becoming governor of New Jersey.

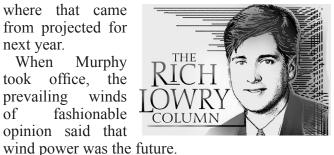
Murphy's idea was to decommission fossil fuel of way, the Boss would need to update the lyric to and nuclear plants and build up wind. It was a rainbow-and-ponies energy strategy, and sure enough, the decommissioning happened, while the wind did not.

If you constrain the supply of something, while competitive and Republican Jack Ciattrelli has a demand for it goes up, prices will inevitably increase. New Jerseyans understandably haven't appreciated this lesson in Econ 101, which has come out of their pocketbooks.

Rates increased by about 20% beginning in June strategy to New Jersey, and got European-style of this year, on top of what were already some of

where that came from projected for next year.

When Murphy took office, the prevailing winds fashionable opinion said that



So, New Jersey set out to become the wind capital of the United States. It was going to get 3,500 megawatts from offshore wind. No, 7,000. Come to think of it, why not make it 11,000? The higher the number, the greater the climate virtue.

At first, New Jersey set a goal of achieving 100% clean energy by 2050, then goosed it up to 2035.

It's all come a cropper, as wind has been

See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Real personal relationships and critical conversation

few, if you wait for everyone sites. to come to you.

recreation is on their phones.

time on a cellphone than we about what others are doing ever dreamed of doing. I for or going through. Usually, we one do a lot of my vocational have perceptions that are not work on my cellphone, so I look at my phone as much are just like you. They crave are even better. connections and relationships. cellphones through social The

More and more people that people aren't really are living in isolation. Their connecting to other people. friends are on their phones. communication is typically Their church experiences very surface communication. are on their phones. Their We aren't really sharing that much about ourselves nor Most all of us spend more understanding that much completely accurate.

Face to face, personal, as anyone. However, man communication is critical cannot live by phone alone. to the mental and spiritual There has to be more to life health of our planet. We need than a cellphone, tablet or communication and real incomputer. There is a world person talking. Telephone out there. There are people conversations are critical but who live in the world who personal visits, when possible,

Political leaders must sit Most are finding them on their down at the table and talk. government

The sad reality of this is or at least small group love must always be the people? dialogues.

world is their telephone. Their Cellphone or social media critical. People need to feel saved from their heinous

priority. How many terrorist Family gatherings are shooters might have been off too much. We give too connected to family. Your acts if family and possibly a

Your relationships will be media or various Internet accomplish anything without family may be small, but couple of friends could have verbal one-on-one exchanges you need each other and had real connections to those

As parents, we often back

See MOLLETTE, Page 5







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Publisher Rick Shrum

Contributors Alfredo Vasquez Steve Escajeda



Mendez

From Page 1

professions face similar challenges long hours, anxiety, and a commitment to excellence. We supported each other because we understood each other."

The environment, she said, was disciplined yet transformative. Students followed strict clinical protocols – changing into pristine uniforms, adhering to rigorous infectioncontrol standards, and even donning the once-infamous white caps. "We hated them," Mendez laughed, "but the education was excellent. We were fully prepared for the National Board Exam and clinical testing, and we held our own against four-year program graduates across the nation."

After graduating, Mendez's professional path took her through private practice, public health, and even a brief stint as a computer operator for SpaceCom. But education, and EPCC, called her back. She began teaching in the Dental Hygiene Program in 1982, later moving to Dallas to teach at Baylor College of Dentistry before returning home to EPCC in 1993 as parttime faculty. Two years later, in 1995, she joined the Dental Hygiene Program fulltime, and she's been there ever since.

Today, Mendez serves as the Program Coordinator, a role she's held for over 15 years. Under her leadership, the program has expanded enrollment, integrated cuttingedge dental technology, and strengthened required in clinic anymore!" partnerships with institutions such as Texas generations of students and colleagues alike. EPCC Dental Hygiene Program.

"Ms. Mendez has been a driving force behind the program's growth and continued accreditation," Rio Grande campus Dean of Health, Career and Technical Education, Math, and Science Dr. Sourava Hajjar "Her leadership has resulted in said. upgraded equipment and strong community partnerships. Students describe her as nurturing, supportive, and deeply committed to their success. She fosters a learning environment that balances compassion with high expectations, helping students build both confidence and competence as future dental hygienists."

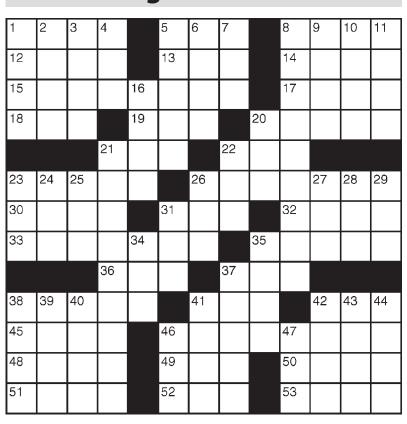
Reflecting on her career, Mendez is both humbled and proud. "If someone had told me in 1971 that I'd spend fifty years at EPCC, I would have laughed," she said with a smile. "But now, I can't imagine my life any other way. This place has given me a home, a career, and a family of colleagues and students who've made every challenge worth it."

Over five decades, she has watched the Rio Grande Campus evolve into a hub of innovation and community engagement, and the Dental Hygiene Program flourish from modest beginnings into a state-of-the-art facility providing exceptional education and patient care.

"It has been a journey filled with joy, love, friendships, and learning," she said. "I'm proud to have been part of an institution that values education, compassion, and community. And best of all," she added with a laugh, "no caps or dress uniforms are

www.epcc.edu/Academics/Health/ Visit Tech's Dental School. Her impact has reached dental-hygiene for more information on the

King Crossword



Average Solve Time 23 Minutes

ACROSS

- 1 Dandies 5 Patient's need briefly
- 8 Small town 12 "Yeah, right!"
- 13 Brazilian city
- 14 Screenwriter James 15 Buyer's offer
- 17 "Pinocchio" fish
- 18 Six, in Milan 19 Devoured
- 20 Dexterity
- 21 "See ya!"
- 22 Knock
- 23 Apiary homes

- magnates 30 "Shake _!" ("Hurry!") 31 Singer Carly _
- 32 Aussie hoppers
- 33 Lend a hand
- 35 Composer Joplin 36 Priestly garment
- 37 "Humbug!" 38 Music category
- 41 JFK Library architect
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- 52 Corp. symbols

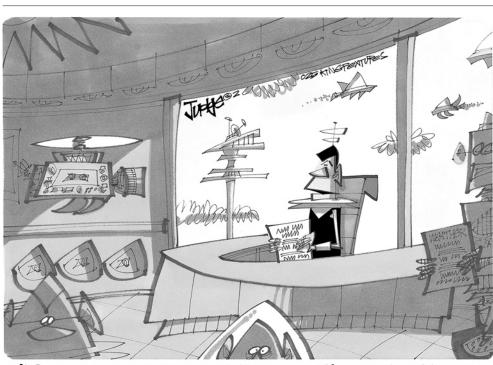
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- 16 Light beams
- 20 Pouch
- 21 "Excuse me?" 22 Deli bread
- 23 "So there!"
- 24 -de-France
- 25 Speed (Abbr.) 26 Make lace 27 Tic-tac-toe win

- "_ so fast!" 29 Retired iet
- 31 Barbeque coating 34 World Cup cheer
- 35 Stated
- 37 Pulsates 38 Wanders
- 39 Send forth 40 Jazz singer
- Simone
- 41 Baby carriage 42 Scrabble piece
- 43 Slanted type (Abbr.)
- 44 Ocular woe
- 46 Crunchy sandwich 47 Soup cooker

Answer Page 4

Archives: www.wtxcc.com





"AND ON THE 1,743,258TH DAY OF THE GOVERNMENT SHUTDOWN..."







- Photos by Alfredo Vasquez

TRADITIONAL DANCE – Danza de Espiritu Santo matachines participate in this year's Veterans Day observance.

Parade

From Page 1

morning, November 10 (Veterans Day is observed nationally on November 11.)

Launching the event were the San Elizario High School marching band, NJROTC cadets, and cheerleaders who displayed their youthful energy as they made their way along the parade route.

Also joining the annual Veterans Day Parade were Clint High School's Army JROTC cadets and cheer squad, Borrego Elementary School cheerleaders, Parkland High School Army JROTC cadets, horsemen, matachines, and a contingent of local area law enforcement personnel, groups of local veterans, and government officials.

Grand Marshal for the 2025 Veterans Day Parade was Marco Antonio 'Tony' Grijalva, an Army veteran from San Elizario. Honorary Grand Marshal was 'Doppler' Dave Speelman, KVIA TV weather forecaster.

Under the pleasant morning sun, parade participants marched their way to the placita that sits in front of the revered



FUTURE SERVICEMEN – Parkland High School Honor Guard, above, leads the Parkland HS See PARADE, Page 5 Army JROTC cadets along the parade route.

See PARADE, Page 3

West Texas County

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CryptoQuip Answer

When Oklahoma residents make humorous mistakes in speech, would people call those Soonerisms?



By Lucie Winborne

- One spark of static electricity can generate as much as 3,000 volts.
- Hockey pucks are frozen before each game to prevent bouncing in and out of play and other potentially dangerous and uncontrolled movements.
- According to the National Turkey Federation, around 88% of Americans enjoy the bird as part of their annual holiday feast each year. That adds up to a belly-busting 46 million-plus turkeys, says the U.S. Department of Agriculture. Yep, we don't call it Turkey Day for nothing!
- The phrase "United States of America" was first published anonymously in the Virginia Gazette newspaper in Williamsburg, Virginia, on April 6, 1776.
- When he was a teenager, physicist Stephen Hawking's friends called him "Einstein" after they created a computer using telephone switchboards, old clock parts and additional items meant for recycling.
- The Atlantic is the saltiest of Earth's five major oceans, primarily due to the Antarctic ice sheet and global mountain ranges.
- Muhammad Ali started boxing at age 12 after someone stole his bike. The tearful boy told police officer Joe Martin that he wanted to pummel the culprit, and Martin, who was also a boxing instructor at a local gym, advised him to learn how to fight.
- American school buses are yellow because the color is easier to see in poor light and bad weather.
- Helium was the first chemical element not initially discovered on Earth.
- On average, Google.com processes about 63,000 search queries every second, or more than 5.5 billion searches per day, and 2 trillion per year.
- A common garden spider can produce as many as seven types of silk, each made up of a different sequence of proteins.

Thought for the Day: "The successful warrior is the average man, with laser-like focus."

Bruce Lee

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SCHOOL SPIRIT - San Elizario High School majorettes, above, gracefully sashay along the parade route.

Parade

From Page 4

San Elizario Chapel, where about hundred attendees sat in chairs placed around the large white, wood-framed gazebo located in the center of the treefilled park. There, a ceremony was held in observance of the special occasion.

Masters of ceremony were SEVC officers Norma Reyes and Ray Borrego. Presentation of colors was conducted by the San Elizario Naval JROTC color guard, and the playing of the national anthem was performed by the San the direction of Kevin Elizalde.

Recognized for their military service were veterans Reyes of the San Elizario Genealogy & Historical Society; Army; and Roberto Rivera, U.S. Army.

Guest presenters included Lillian Trujillo, president Grijalva, who gave the invocation.



Elizario High School Eagle Band under KEEPING THE PEACE - El Paso County Sheriff Oscar Ugarte gives a friendly wave to bystanders as he walks along the parade route.

Cruz, U.S. Marine Corps; Kathy Lee Miravalles, U.S. Air Aleisha Reyes, who led the audience in the U.S. and Force; Elizario Rivera, U.S. Air Force; Luis Rivera, U.S. Texas pledge of allegiance; Iliana Holguin. El Paso County Commissioner for Precinct 3; and Deacon Pilar

Mollette

From Page 2

much freedom and too much space. We need to stay right in the middle of our children's lives as much as we possibly can. This means keeping the conversations going. We have to continue to care about what they are doing, where they are going and what is going on in their lives. This becomes very difficult as children grow up and don't want their parents in their business.

Keep in mind that you are still a mom or a dad. You can't treat your 21-yearold like they are ten, but you can still keep reaching out, expressing love, giving encouragement and embracing them emotionally. Of course, even then, some children grow up to choose destructive lifestyles or make horrific life decisions. People have minds of their own. Yet, if parents and family members keep reaching out to each other it might just be enough to keep a loved one on a good path and living a good life.

You and your family should orchestrate and implement this dire initiative.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of "Uncommon Sense" and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glennmollette. com or www.facebook.com/glennmollette.



- On Nov. 10, 1885, German inventor Gottlieb Daimler's teenage son made the first long-distance test run of the world's first motorcycle, the Reitwagen, which featured a wooden frame and wheels, no suspension system and a leather drive belt.
- On Nov. 11, 1984, the bronze "Three Soldiers" statue (also known as the "Three Servicemen") was unveiled near the Vietnam War Memorial. Designed by Frederick Hart to honor the diversity of those who served in that conflict, it also marked the first time an African American was depicted in a sculpture on the National Mall.
- On Nov. 12, 1996, teens Amy Grossberg and Brian Peterson checked into a Delaware motel, where Amy gave birth to their child. The baby was later found dead in a trash container behind the motel, and the couple confessed to the crime after having previously claimed the child was stillborn.
- On Nov. 13, 1953, Mrs. Thomas J. White of the Indiana Textbook Commission called for the removal of references to the book "Robin Hood" from textbooks used by

- the state's schools, claiming that there was "a communist directive in education now to stress the story of Robin Hood because he robbed the rich and gave it to the poor." Her campaign, unlike Robin's, was unsuccessful.
- On Nov. 14, 1941, "Suspicion," a romantic thriller starring Cary Grant and Joan Fontaine and directed by Alfred Hitchcock, made its debut on the silver screen. It would go on to win an Academy Award nomination for Best Picture and a Best Actress Oscar for Fontaine, and marked the first time that Grant and Hitchcock worked together. would collaborate again on "Notorious," "To Catch a Thief" and "North by Northwest."
- On Nov. 15, 1783, John Hanson, the first president of the Continental Congress under the Articles of Confederation, died Maryland. Though he's sometimes referred to as America's first president, the role didn't exist as an executive position separate from Congress until 1789.
- On Nov. 16, 2012, Hostess Brands sparked a panicked hoarding of snack cakes when the company announced it was shutting down, and a 31,000% jump in Twinkie sales on Amazon in only a week.

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I can still remember UTEP's better days

By Steve Escajeda Special to the Courier

I've been covering UTEP sports for about 30 years now and it's no secret that the last decade hasn't been very friendly to the athletic program.

And I mean almost every sport has suffered. Both men's and women's basketball, track and field, soccer, golf for the national championship last years averaged out to 7-4 seasons. and believe it or not, even football is losing.

about UTEP losing football games. But really, other than volleyball, the Miners have been struggling in every sport they offer.

And I remember how everyone thought we would dominate the nearly 17 points a game for his career inferior Conference USA league we at UTEP. He was named the CUSA moved to in 2005.

Of course, that never happened.

But at the UTEP-Jacksonville State game in the Sun Bowl last Saturday, something gave me some memories of better times.

Oh, and UTEP lost the football game, by the way.

Anyway, it wasn't because of the game, it was because of halftime. During halftime, UTEP announced its 2025 Hall of Fame class and two of the names were Randy Culpepper and Jordan Palmer.

Many young people may not know the names Randy Culpepper and Jordan Palmer, but they were a part of the UTEP athletic program when things were going much better.

Culpepper was one of the most unique basketball players UTEP as ever had. First of all, he was very small. At least, among basketball players.

Though Culpepper was listed as 6-feet tall, there was no way he was any taller than 5-9 then.

He played for the Miners from 2007 to 2011. In those four seasons, UTEP had a combined record of 93-45 and qualified for postseason playoff action all four years (1 NCAA, 1 NIT, 2

out of last place and qualify for its own 1968 is 197-471. That averages out to CUSA tournament.

During those four years, the Miners defeated teams like Oklahoma, Michigan, St. Mary's, SMU twice, Memphis twice, Texas Tech twice, and the University of Houston six times.

You do realize that Houston played

Okay, I'm being a little silly talking Jacksonville St., Kennesaw St. and Sam Houston. These are teams the Miners would never have wasted their time with back in the Culpepper days.

And that was just 14 years ago.

As for Culpepper, has averaged Player of the Year after his senior mediocre-to-bad quarterback play. season and is the team's secondleading all-time scorer with 2,338 Palmer threw for 9,914 yards and 81 points. He also scored 45 points in one game and 39 in another.

The UTEP football program has

enjoyed just eight winning seasons in yards and had 15 touchdowns, which Now-a-days, UTEP struggles to stay the last 58 years. Their record since is pretty typical for the last decade. a 3-8 annual record.

> Jordan Palmer played quarterback for the Miners from 2003-2006.

> (2004-2006), the Miners were 21-15 and qualified for two bowl games (Houston & GMAC). Those three

Under head coach Mike Price, Last year, UTEP lost to Utah Valley, Palmer and his Miners pulled off wins just over 5,000 and football was just over Houston, Tulsa, San Diego St., SMU twice, Tulane twice and NMSU all three times.

> to Southern Utah, Middle Tennessee, Sam Houston, Louisiana-Monroe, Kennesaw St. and NMSU.

And they've struggled with

During those starting touchdowns. That averages out to 3,304 yards and 27 TD passes a season.

Last year the Miners threw for 2,400 the good old days.

Remember, Palmer was last here 19 years ago, not 100.

It really wasn't that long ago that Culpepper and Palmer were playing During his three years as a starter in the Sun Bowl and Don Haskins Center. In those days UTEP basketball averaged over 11,000 fans in Culpepper's last year and over 42,000 in Palmer's last year.

> Last year, UTEP basketball averaged over 19,000.

So, what's happened?

UTEP athletics can barely complete In the last two years, UTEP has lost in the awful CUSA and now are moving up to the more respectable Mountain West Conference. How can things get any better?

> I don't have the answers for the past, but the future will depend on one thing - money.

It's sad to see how far our athletics department has fallen, but at least for one halftime – it was nice to remember

Senior moment By Matilda Charles

Options for giving gifts this year

A show of hands, please: How many of us are already order pizza. Or ask the local bowling alley about a family in a panic about just how we're going to give holiday price for a few hours of lane time. gifts to our family and friends this year? With the costs of everything seeming to go up by the day, how are we coupon book you've made, good for a special outing, a going to manage to stretch our budgets to include gifts?

And why do we want to, given our circumstances? Because we always have. Because it's expected. Because relationships we've had.

Whatever our reasons for wanting to give gifts, it's of thought.

If you search on the internet for "gift giving on a budget," you'll find thousands of ideas. Most of them seem to fall into one of three categories: experiences, time and love.

A family movie night can be an experience the grandkids long remember. Borrow a selection of age appropriate movies from the library, make popcorn, buy drinks and

Then there's the gift of time. Give a personalized home cooked meal, gardening help in the spring or hours of child care.

Best of all might well be the gift of love when you it makes us feel good. Because we want to maintain the make your gifts: a platter of holiday treats, inexpensive glass jars filled with homemade candies, winter hats you knitted, a small bundle of favorite recipes you've printed going to be tough this year. But it can be done with a bit on 3x5 cards. The dollar store offers many ideas such as picture frames you decorate and fill with family photos or artwork. Look for items to create themed gift baskets.

So, gift giving can be done – unless this is when you finally decide to say, "I can't do it this year."

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RINGING-IN TUNE **ACROSS** Protestant denom.

- 6 Command 11 Duel weapon 16 Blind _ bat 19 Fiji neighbor
- 20 Acai, for one 21 Peel remover 22 Scanned ID on a
- 23 "Is that something
- that ought to worry me?" 25 Rembrandt or
- Rubens 27 Arafat's gp. 28 Thurman of the screen
- 29 With it, once 30 "I Got a Name" singer Jim 31 Patient information
- document 38 Be a thespian
- 39 Discount vouchers 40 ER "PDQ!" 41 Wanna-_ (copycats)
- 43 Coll. dorm 45 Spanish "a" 46 Young miss
- 48 "I'm stepping away for just a sec" 52 Actress Bingham 55 "... boy _ girl?"
- 58 Gut-punch response 59 On the whole 60 Embarrassed

- oneself while singing, in a way 63 Rubs clean
- 64 Spinning archaically 65 Peru's _ Picchu 66 Suffix with 29-Down
 - 67 Fifth-cen, pope 68 What "etc." means 72 City sections 77 Oversee
 - 79 Android, e.g. 80 Some steel girders 81 Wise up
 - 85 Always the wrong way to go about it 89 With 49-Down miraculous biblical
 - staff 90 Singer Yoko 91 Science advocate
 - Bill 92 Spa treats for feet for short

periodontist

100 Pigs' hangout

101 Female pig

102 Slithery fish

108 In what way

116 Lyricist Kahn

117 Slugger Maris, to

110 More so

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pals

- 93 Felled 96 Tip of a boot 98 Org. for a
 - 10 Bread type 12 "Where's ?" 13 Munic, law
- 14 Sleep-stage acronym 105 Left on one's plate for short 16 Dictators
 - 17 Striking thing to 18 Unit of area
- 118 Actor Stephen task 119 Psyching-out 26 Span. lady

- activities 122 Time to sing the tune suggested by the starts of 10 long answers in this puzzle 127 Co. name abbr.
- 128 Lott of politics 129 Highly skilled 130 Sporty car roofs 131 Stretch (out)
- 132 Threescore 133 Harbors 134 Perception DOWN
- 1 Twisty letter 2 Oom-_ band "I think," to a texter 4 Add juice to, as an engine
- 5 Peruvian city near 6 Honshu sash 7 Mow again
- 8 Serious plays 9 Straying
- 11 Do a satire of 15 Storied vampire,
- 24 Carrying out the

- 29 Falling star 31 Prefix with puncture 32 Bend out of shape 33 Bicker 34 Hush-hush govt. org. 35 Hailed ride
- 36 1993-2020 Supreme Court justice. for short 37 Dr. Oz's first name 42 Over the entire
- shop, as a sale 44 "The _ the limit!" 47 Lindsay of "Get a 49 See 89-Across
- 50 Stipulations 51 Youth org. with 53 "Permit Me Voyage" author James 54 Food dyes 56 Shipping dept.
- 57 "Horton Hears _!" 60 Notes after mis 61 Tax evasion agt. 62 Very unusual 66 Analogy part
- 69 Tooted thing 70 Online auction site 71 Thesaurus compiler 73 Place (participate on 70-Down)
- 74 Glow with joy 75 German city 76 Org. issuing nine-
- digit IDs 78 Final result 81 Chatters idly 82 Alternative to AOL or NetZero 83 Unit equal to about 31 grams 84 Astros, on scoreboards 85 Tacit "yes" 86 Rocker Brian 87 People taking oaths 88 From 1968 on, for tennis 94 A pair of 95 Born, in Nice 97 "Days of Lives" 99 Pantry pest 103 Texas city of song 104 One packing things away 106 Puts forth 107 One little bite 109 Nuke, e.g. 111 Intermediary 112 Like hurricanes 113 Cairo's land 114 Lady friend, in Le Havre 115 Mil. bigwigs 120 Meyers of "Dark Horse" 121 Tex-

122 Brief sleep 123 Martians, e.g. 124 History unit 125 Corp. execs 126 Suffix with Siam Answer Page 4

Super Crossword 19 20 21 22 25 45 46 63 64 65 66 68 78 82 85 89 90 92 93 100 102 103 104 106 107 108 109 111 112 119 120 121 124 | 125 | 126 122 127 129 128 130 133 131 132 134

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps









THE SPATS By Jeff Pickering







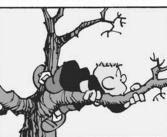
TIGER By Bud Blake















Lowry From Page 2

administration regulatory hostility to wind didn't help, but the basic problem is that wind is uneconomical, even with the feds and the state showering wind companies with lavish subsidies and credits.

Meanwhile, New Jersey took out coal, natural resolve of Winston Churchill vowing to resist the Nazis on the beaches and landing grounds. The governor fought the PennEast natural-gas pipeline project – which would have connected is the author of an asinine, entirely predictable Luzerne County, Pennsylvania, to Mercer County, New Jersey, along a 116-mile route – all the way to the Supreme Court. The governor lost, yet PennEast gave up in frustration anyway.

Democratic governor, is a notable contrast. true, or is it something worse?" It actually decommissioned more coal-fired plants than New Jersey did, but didn't suffer shortfalls in capacity because it readily Rich Lowry is editor of the National Review. embraced natural gas as an alternative rather ©2025 by King Features Synd., Inc.

than chasing an energy will-o'-the-wisp.

Murphy's make-believe plan was that by 2050, New Jersey's power mix would be 34% wind, 23% solar, 16% nuclear and 6% biogas, with a no-show. The pandemic and Trump another 21% from out-of-state wind and solar.

> Here, back in reality, after eight years of stupendous clean-energy exertions, New Jersey still gets 90% of its energy from natural gas and nuclear. Only about 8% comes from renewables, largely solar.

New Jersey was a small net exporter of gas and nuclear plants without replacing them, energy when Murphy took office, and now it and the governor fought pipelines with the is a large net importer. It contributes less to the regional grid than when Murphy started.

Energy is a dominant issue in the gubernatorial race and deserves to be. Murphy policy failure that directly affects the welfare of residents of his state. If Murphy is capable of introspection, he might want to contemplate the question asked in another Springsteen song Neighboring Pennsylvania, also with a long ago: "Is a dream a lie if it don't come

Calculating the value of statins for cholesterol

DEAR DR. ROACH: A cardiologist recently suggested that I should consider taking a statin because of my "borderline"

cholesterol level. So, I took a dive into the details of statin therapy. I learned that although statins are thought to reduce the chance of a cardiovascular event by up to 50%, the actual reduction is very small. I presented this information to the cardiologist and decided to forego statin therapy, which he endorsed. A better



understanding of this difference would be very valuable to your readers. – T.G.

The amount of absolute risk reduction from a statin in a person without known heart disease depends mostly on a person's absolute risk of heart disease. This depends on the person's risk factors such as age, sex, blood pressure, cholesterol level, smoking status, family history, and others. (When a person already has known heart disease, then the benefits of a statin are so large that this kind of analysis isn't generally done.)

The relative risk reduction from a statin depends on the potency and dose of a statin, but a typically used number is about a relative risk reduction of 20%. (A 50% relative risk reduction isn't achievable with the current medication.)

I normally go through this analysis with every patient when considering a statin, and it starts with estimating their absolute risk prior to treatment. There are several calculators to give an estimate; I usually use tinyurl.com/ PREVENTCalc and adjust it for any risk factors that are not considered by the calculator. (I should add that some people have difficulty understanding these numbers and simply ask me about my opinion, which is fine, but I prefer to work collegially.)

For example, a 75-year-old man who has a cholesterol level of 220 mg/dL and an HDL of 45 mg/dL with a blood pressure of 140/80 mmHg (all of which might be considered "borderline"), the calculator gives an estimated absolute risk of 19.4%. This is the risk of this person developing any kind of obstructive heart disease, including a heart attack or death, during the next 10 years.

With a statin, a reasonable guess would be a drop of about 20% of the absolute risk (19.4% in this case), meaning a drop to 15.5%. The relative risk reduction is 20%, but the absolute risk reduction for this person is 3.9%.

A second example is a 50-year-old woman with the exact same numbers who has an absolute risk reduction of 3.6%. She would get the same 20% reduction, but this is only a 0.72% drop for a new absolute risk of 2.88%.

Clinicians and epidemiologists use another number called the "number needed to treat" (NNT), which is a function of the absolute risk reduction. In the examples above, about 26 75-year-old men would need to be treated for 10 years to prevent a case of heart attack or death, while 139 50-year-old women would need to be treated to prevent one case.

The benefit of a statin or any other treatment to reduce heart disease depends on how much risk a person has to begin with. Whether this benefit is "worth it" to any given person depends not only on the absolute benefit, but also on their aversion to medicine and their level of worry about heart disease.

The cost of a statin (\$5 or \$10 a month) isn't a big consideration for most. Serious side effects to statins are rare, but if they occur, there are alternatives.

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. ©2025 America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger Moore

November 12, 1839: President Lamar recommends the Alabama-Coushatta Indians be guaranteed permanent occupancy of their reservation lands.

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: T equals M

MEPL QSIJEQTJ BPFHZPLXF TJSP EYTQBQYF THFXJSPF HL FDPPWE, MQYIZ DPQDIP WJII XEQFP FQQLPBHFTF?

Answer Page 4

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Weekly **SUDOKU**

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

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 ♦ ♦ ♦ HOO BOY! Answer Page 4

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The shutdown

by Freddy Groves

weeks into the government shutdown, the VA has not of it. We don't know how VA is doing all it can for maintenance. not being left in the lurch.

pension benefits. medical clinics, hospitals and Vet Centers remain open. Burials continue, as do the processing of the shutdown might well applications for burial be over. We can only hope. benefits, markers headstones. (Call them moment things open up, it 800-535-1117 scheduling.) continue on your case. The up again. main phone number is still manned (800-827-1000), a member of a veterans and so is the crisis line service group such as (988, Press 1). Support the American Legion or

prevention and homeless you to pitch in locally. Keep services continues.

Which is great.

But that's only part of the are veterans with families situation. There are many things you can't do or get hospitals that might not get At this writing, several right now, or that aren't being a visitor. handled.

Regionalbenefits offices are where you can. been immune to the effects closed. There is no placement of permanent headstones at long it will go on, but the the cemeteries, nor grounds Pre-need veterans. While you won't burial applications aren't be able to access all of being processed. There is their services as long as the no career counseling right shutdown continues, you're now. Call centers for the GI Bill are closed. The VA You'll still get your CentralOfficeisn'treaching education, housing and out to state, county, tribal, The municipal, faith-based community-based and partners.

> By the time you read this, and But even if it is, from the for will likely take time for all Appeals the parts and pieces to gear

Meanwhile, if you're for caregivers, suicide Veterans of Foreign Wars,

you can help. Check in and see what they're doing. Perhaps there's a way for in mind that the holidays are nearly upon us. There to support and veterans in

Hang in there, and step up

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- · "Save plastic bags that cannot be recycled and use them to collect food scraps that cannot be composted or flushed." - B.M. in New York
- Keep your hard-boiled egg yolks from crumbling by wetting your knife between slices.
- "To soften the butter without melting it, warm a bowl that is bigger than the butter stick and invert it over the butter on a plate. It's nice before a meal because it makes a hard stick of butter easier to spread on bread rolls, but not so soft that you use too much." - T.G. in Indiana
- Save the peel on oranges and grapefruits. You can toss them on a fire for a nice smell.
- "Hard water stains in the toilet are no match for denture tablets. Simply drop one in the toilet and let sit overnight. A quick scrub and a flush in the morning should do it." – P.S. in Washington
- · Make a holiday cheese ball simply: Combine a package of cream cheese with a cup of finely shredded cheese (your choice) and 1/3 cup sour cream or plain Greek yogurt. Form into a ball, roll in coating of your choice (dried fruit pieces, chopped nuts, spices, etc.) and chill. Wrap in a pretty cellophane bag and bring with pita chips, crackers or pretzels as a hostess gift.

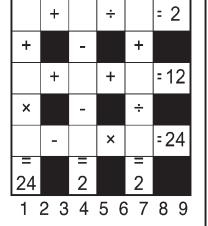
Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2025 King Features Synd., Inc.

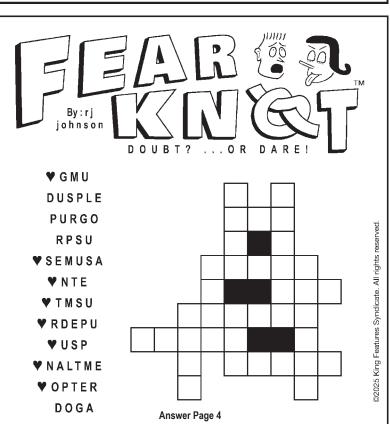
GO FIGURE!

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

Answer Page 4

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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 (f v) 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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