



NEWSBRIEFS

Registration open

The El Paso Community Foundation is excited to celebrate the 6th Edition of the Run Internacional on Saturday, March 2, 2024! The Run Internacional – The U.S. – México 10K is more than a race. The only U.S.-México cross border 10K draws runners from all over the world on a course that starts at 333 N. Oregon and winds through the shared downtowns of El Paso and Ciudad Juárez and historical landmarks. Registration is \$25 until February 23rd and it includes a race t-shirt and a finisher medal. Registration is limited to 2,000 runners. There will be a Post Race Award Ceremony and Celebration at 333 N. Oregon (Next to San Jacinto Plaza). Join us for music and food at the Post Race Celebration after you reach the finish line! Awards for the top three runners of each category will be presented. Visit international10K.com for more information.

– Eric Pearson

Castillo heads Damian

The Canutillo Independent School District has appointed Maggie Castillo as principal of Jose H. Damian Elementary School as of Jan. 2, 2024. “I am thrilled to have Ms. Castillo joined our corps of principals and look forward to her leadership making a huge impact in the Damian Community,” said Superintendent Dr. Pedro Galaviz. “She brings with her a passion for education and a deep understanding of what needs to be done in order to further elevate student performance at that storied school.” Castillo currently serves as assistant principal at Congressman Silvestre & Carolina Reyes Elementary School. Her educational career also includes stints as a teacher at Reyes and Santa Teresa Elementary School in the Gadsden Independent School District. A graduate of the University of Texas at El Paso, Castillo received a bachelor’s degree in interdisciplinary studies and a Masters Degree in bilingual education curriculum and instruction – both with magna cum laude honors. Castillo is a Canutillo native and a 1999 graduate of Canutillo High School.

– Gustavo Reveles

Pride hides a man’s faults to himself and magnifies them to everyone else.

– Quips & Quotes

Deer, companion goat showcase wildlife rehabilitator’s mission

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Although Josie Karam has become quite fond of Habib, her four-foot tall mule deer, she still wishes that the person, who found the deer in a nearby mountain valley when it was a fawn, would have just left the little fella alone where he was hiding and waiting for his mother. This was nearly six years ago, and since then Karam has cared for him like her child.

“When the little fawn was brought to our rescue facility, the scared baby deer would not stop crying. He kept crying for his mother,” related Karam, who is one of only two wildlife rehabilitators in El Paso County. “I had to be with the fawn constantly to calm him because when I would leave, he would start crying. I became his surrogate mother, and he would cry, endlessly, when I would go inside,” she stated.

Karam has been caring for wildlife species for nearly thirty years. She is founder and president of the Second Chance Wildlife Rescue, the only organization remaining in El Paso County that rehabilitates injured, immature, and ill wildlife in hopes of returning them back to the wild.

However, because the fawn could not survive alone in the wild, Karam stated that she decided to keep and raise the fawn. “But first I had to do something about his crying,” she related. “I had heard about using goats as companions for horses. So, I thought, why not introduce a female goat to see if she could bond with the baby deer,” she said.

Today, Habib lives at Karam’s residence, an acre of land on the county’s west side, along with his companion goat, named Bella. “And the two animals have become the best of friends,” Karam declared.

Bella is a Nigerian dwarf goat, that, within two days, calmed Habib, and they have been inseparable ever since, Karam said. “They are an odd couple, but watching them play and chase each other and take comfort in each other’s presence convinces me that we made the right decision,” she stated.

“Now, I use Habib as an example of what *not* to do when one thinks wildlife needs help,” Karam noted. She explained that female deer (does) leave their young in safe areas, while they go off to feed, and return at night to protect and feed the baby.

Karam stated that the person who found the fawn thought that the baby deer had been abandoned. So the fawn



– Photo courtesy Josie Karam

NURTURING – Josie Karam has been caring for wildlife birds and mammals in the borderland region for nearly thirty years. She is founder and president of Second Chance Wildlife Rescue, the only organization remaining in El Paso County that rehabilitates injured, immature, and ill wildlife in hopes of returning them to the wild.

was taken home, fed cows’ milk, and allowed the children to play with him. Eventually though, a game warden had to be called, and the officer picked up a very ill fawn and brought him to us. With guidance from the State Veterinarian, Dr. Ken Waldrup, it took us a week to get Habib on his feet and to stop the diarrhea,” she reported.

Karam acknowledged that now Habib is destined to a life of confinement, which could be another 15 years. So, she said that this unfortunate situation is an example of why educating the public about wildlife birds and mammals is so important to her.

Karam said that one of her organization’s most important goals

is community education. “We make presentations to groups, clubs, schools, and other organizations. We see a great deal of importance in educating the public, and we participate in as many events as we can, to promote what we do and share our mission,” she explained.

The Second Chance rescue group has been in operation since 2011, and despite ongoing challenges, they continue to overcome these obstacles to help the borderland’s wildlife. “We survive on donations, fundraisers and grants, and, right now, we really need the community’s help. The cost of

See REHAB, Page 2

The dumbest betrayal

It's possible that Congress can't find a way, despite the support of bipartisan majorities, to continue funding Ukraine in its fight against Vladimir Putin's Russia.

This would have to rank, not necessarily as the worst, but perhaps the stupidest, most senseless abandonment of a U.S. ally ever. We've pulled the rug out from under allied countries desperately fighting to save themselves from communist gulags and killing fields (Indochina), thrown away hard-won military gains (Iraq), deserted vulnerable translators and other allies on the ground (Afghanistan), but these betrayals came after long, costly conflicts.

Ukraine hasn't been long or, by any reasonable standard, particularly costly. The roughly \$100 billion we've spent so far is a fraction of the defense

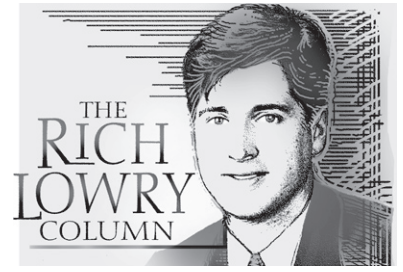
budget and, one would think, the kind of money we're willing to spend to check a hostile power's revanchist designs in Europe.

To dump Ukraine now would be completely gratuitous.

Congress kneecapped our allies in Indochina – and our air campaign to prevent complete Communist victory – by cutting off all military operations in 1973. This made for a dishonorable and disastrous end to the war, but it had been a long time coming.

We were in Vietnam for roughly a dozen years. We suffered more than 58,000 fatalities, and the war cost about \$170 billion, or something like \$1 trillion in today's terms. It deranged our politics and led to protests in the streets, creating a constant sense of crisis.

There is no crisis over Ukraine funding, besides support for it sagging somewhat. (A Reuters poll found that 46% of people supported sending arms to Ukraine in May, whereas only 41% supported it in October.)



President Barack Obama paved the way for the rise of ISIS when he pulled forces out of Iraq in 2011 after we had imposed a semblance of order at great cost in blood and treasure. But we'd been in Iraq since 2003, in a war premised on WMDs that didn't exist. A lightning-fast victory transformed into a grinding war of counterinsurgency. We lost

See LOWRY, Page 7

Rehab

From Page 1

rehabilitating wildlife is expensive, and the need for volunteers is overwhelming," Karam stated.

To help recruit volunteers, the rescue program offers internships to high school and college

students and is accepted as a legitimate community service option because the Second Chance organization is certified by the Texas Parks and Wildlife Service and by the U.S. Fish and Wildlife Department.

The rescue facilities are located at two locations. The home base center is on a one and a half acre spread, at 635 County Club Road, in El Paso County's west side. The other facility is situated on a seven and a half acre plot of land, at 7800 Doniphan Drive, in the upper valley's Vinton community. To operate the centers, Karam depend on volunteers.

Services offered are free and include caring for wild birds and mammals that need human intervention, like immature newborns displaced from their nests or dens, or are injured or ill, Karam said.

Neither the El Paso County animal control department nor veterinarian offices currently provide the type of care that the Second Chance group extends because animal control and veterinarians are allowed to administer medical care but not sustained care. Only a licensed wildlife rehabilitator can legally provide care for protected wildlife, according to Karam.

The rescue program has helped rehabilitate a wide variety of wildlife including birds, raptors, squirrels, rabbits, opossums, foxes, and many more. Last year, over 2,000 injured wildlife birds and mammals from the borderland region received care, and more than 4,000 phone calls regarding distressed wildlife were answered, according to Karam.

"We provide a unique service to our community and beyond. We do not get paid by the city or county, even though we do a job that would become their burden. Our financial support is based on donation, fundraising, and grants," Karam emphasized.

For more information about becoming a wildlife rehabilitation volunteer or to visit with Habib and Bella, interested individuals may contact Karam, at (915) 920-7867, or visit the organization's website, at secondchancewildliferescue.org and its Facebook page at secondchancewildliferescue.org.



– Photo courtesy Josie Karam

THE ODD COUPLE – Habib, a six year old mule deer at caretaker Josie Karam's side, and Bella, a seven year old Nigerian dwarf goat live on an acre of land in El Paso County's west side. The two animals have become the best of friends.

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HITCH



– Photo courtesy El Paso Water

A BIG BUILD – The largest capital project in the budget is a plant expansion for the Bustamante Wastewater Treatment Plant. A new headworks facility, above, is under construction.

El Paso Water seeking rate increase to offset inflation

By John Balliew, P.E.
Special to the Courier

Publisher's note: John Balliew is the President and CEO of El Paso Water.

EL PASO COUNTY – Along with the nation's water utilities, El Paso Water is feeling the weight

of inflation.

For us, the impacts are not across the board but challenging, nevertheless. We previously projected double-digit rate increases for this next fiscal year as EPWater steps up repairs for our aging water and wastewater systems and improvements to stormwater infrastructure.

Instead, we ultimately tightened our Fiscal Year 2024-25 Water, Wastewater and Stormwater budgets

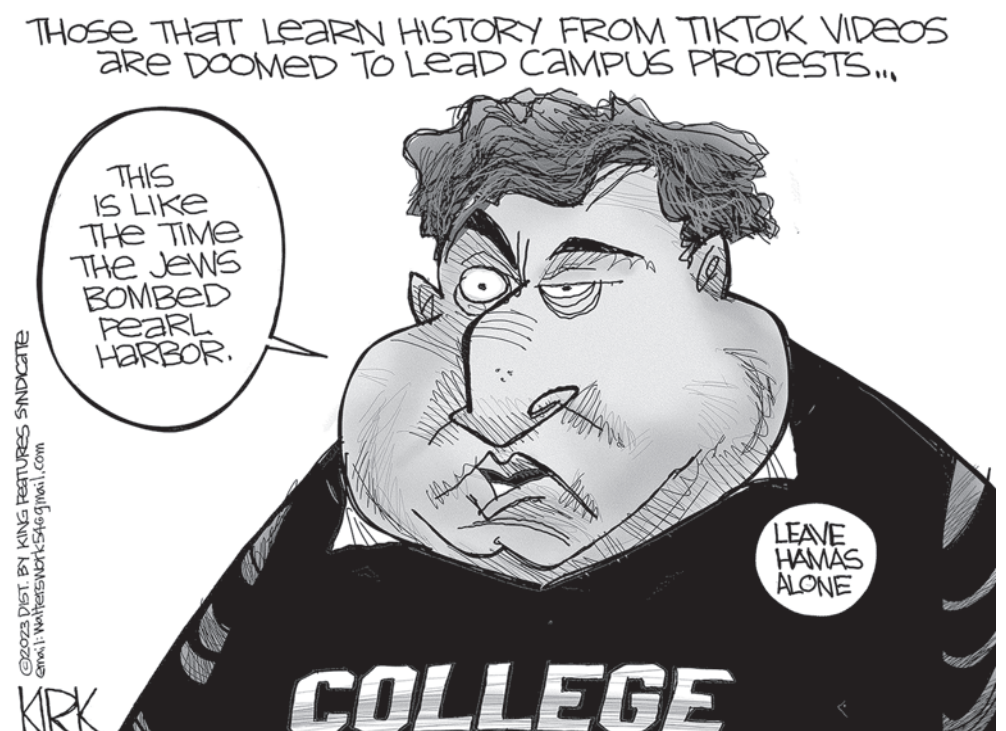
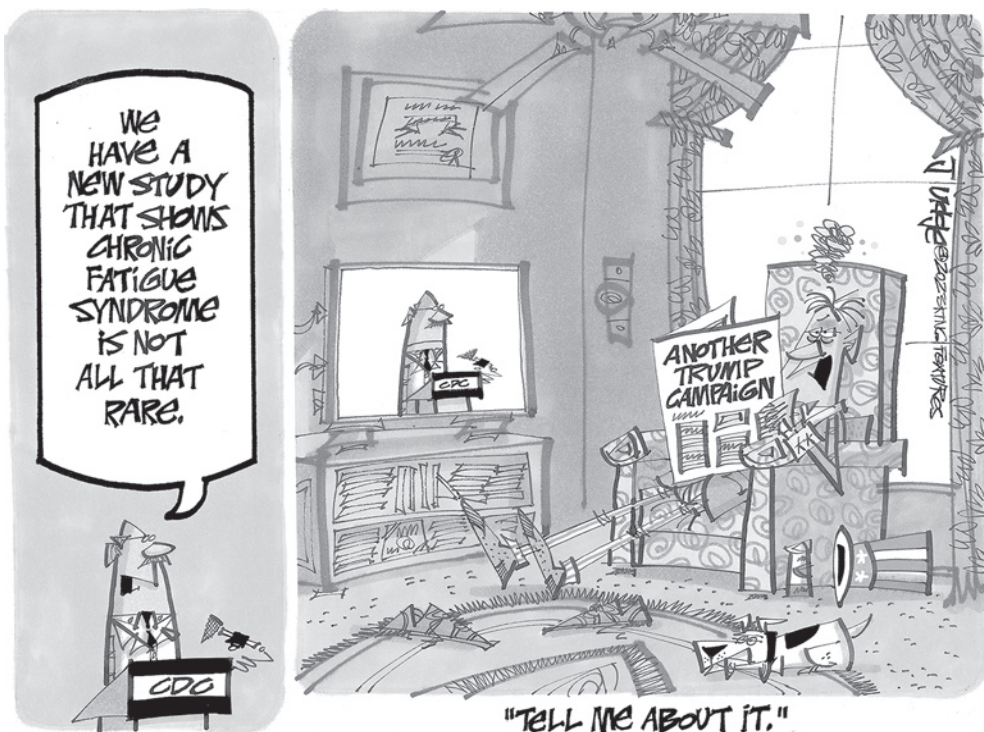
to lessen the impact on our customers.

If approved by the Public Service Board, the typical residential bill will show a 4.7% increase over last year's bill.

Results of inflation

We are sensitive to the inflation frustration that

See **RATE**, Page 4



Senior moment *By Matilda Charles*

Staying healthy at home

I've been lax lately in terms of my health. I admit it. While I haven't been at music concerts among thousands of people or riding packed subway cars, I have been going to stores during the daytime when the aisles are full. This was especially true during the holiday shopping season. It's time to stop that – again – and start staying home, again.

Respiratory syncytial virus (also known as RSV) is on the rise where I live, and likely elsewhere.

It was only a few months ago that the CDC was advising pediatricians to keep the standard RSV shot they usually give children and save it for the babies that

were most vulnerable because supplies were limited. That does not bode well for getting a handle on the spread of RSV. And it's certainly not an illness seniors want.

And then we have Covid... still with us and never really went away, despite the number of people in stores who were not wearing masks. Seniors don't want that one either.

And then there's the regular, garden variety seasonal flu. The version of the flu shot for seniors this year is a high-dose quadrivalent, which covers two A types as well as two B versions. So we should be protected if we have that shot,

they say.

While we were locked down because of the Covid pandemic, flu nearly disappeared. This is because we were staying home, we were washing our hands, we were wearing masks if we had to go out and we were social distancing – all things to protect against Covid, but it also worked to protect against flu.

I for one am going back to my safety protocols. With three viruses out there right now, I'm better off going back to Zoom calls with friends and the delivery of groceries.

Why take a chance?

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Rate

From Page 3

ratepayers are experiencing. EPWater has been pounded by higher material and labor costs. Specifically, the cost of chlorine – used to kill bacteria and viruses – increased 141%. Every drop of drinking water and wastewater we produce

uses chlorine.

Yet, infrastructure remains the main driver of the budget. Funding will help ensure:

• **Reliability - \$363 million:** With an average age of 43 for wastewater pipes and 46 for water, EPWater's pipeline distribution system (5,400 miles) needs upgrading. The Bustamante Wastewater Treatment Plant, which serves

the East Side, is nearing its capacity limit as population growth drives the need for expansion. Haskell R. Street Wastewater Treatment Plant in Central and Fred Hervey Water Reclamation Plant in the Northeast also require rehabilitation investments.

• **Water supply - \$52 million:** Construction will begin on the Advanced

Water Purification Facility in Mission Valley, with work continuing at the Aquifer Storage and Recovery Project in northeast El Paso. The Kay Bailey Hutchison Desalination Plant expansion will increase production up to 33 million gallons a day.

• **Flood control - \$71 million:** New storage will capture stormwater, and new ponds will reduce citywide flooding, primarily near the Franklin Mountains. With EPWater's increased number of facilities, additional maintenance is also required.

Reducing impact to customers

As always, we remind our customers that conservation saves money. Last fiscal year, we increased the Water Supply Replacement Charge – reduced for those using less than 4 CCFs monthly – from \$12.88 to \$14.04. An average of 50,000 customers per month – one-quarter of our total – received the waiver last year, saving them \$9.6 million annually.

Our conservation team is also ready to help residential and commercial customers save water, and they have a few rebate programs that might help, too.

EPWater has also aggressively chased funding from state and federal agencies to minimize ratepayer costs. So far, our staff has secured \$28 million in grants for infrastructure projects.

The board will vote on the

See RATE, Page 5



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CryptoQuip Answer

Why are most folks who annotate books insignificant? Because their work is usually marginal.

Strange BUT TRUE

By Lucie Winborne

• We should all be so lucky as to have vision like that of the mantis shrimp: Not only do its eyes possess four times as many color receptors as a human's, it can see UV, visible and polarized light as well.

• The rise in global temperatures has led to flowers emitting less scent.

• Lightning hasn't brought down an airplane since 1963, thanks to engineering that allows a bolt's electric charge to run through and out of the aircraft.

• Spinraza, a costly drug prescribed for spinal muscular dystrophy, has a list price of \$750,000.

• By 2018, more than 100 people living in the U.S. owed at least \$1 million in federal student loans.

• A one-euro breakfast featured at an IKEA store in the Netherlands proved so popular that it had to be canceled after it attracted too many customers and even led to highway traffic jams.

• Kellogg's All-Bran cereal is actually 87% bran.

• Heading for the gym in the new year? Be sure to take some hand sanitizer! A report found that a typical gym's free weights boast 362 times as much bacteria as a toilet seat.

• During the Cold War, President Ronald Reagan and Soviet Premier Mikhail Gorbachev agreed to put aside their political differences if Earth was ever invaded by aliens from outer space.

• Nicaraguan Catholics who abstain from meat during Lent include iguanas and armadillos in their diet.

• In 1978, Equatorial Guinea's President Francisco Macias Nguema, widely considered one of history's most brutal, possibly even insane dictators, tempted fate by changing his country's national motto to "There is no other God than Macias Nguema."

• More than four tons of old American paper money is mulched into compost every day.

Thought for the Day: "Your life is your story. Write well. Edit often."

– Lisa Nichols

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Moments in time
THE HISTORY CHANNEL

- On Jan. 1, 2011, the Oprah Winfrey Network (OWN) debuted on television. The "Queen of All Media" had previously described her vision for the network as one that "inspires our viewers and makes them want to be who they are on their best day."

- On Jan. 2, 1919, locksmith and far-right politician Anton Drexler founded the German Workers' Party, the forerunner of the Nazi Party, in Munich, Germany, from a group that met regularly to discuss political matters. Among other things, the party advocated for nationalism and extreme antisemitism.

- On Jan. 3, 1521, Martin Luther was excommunicated from the Roman Catholic Church by Pope Leo X after he failed to recant 41 parts of his Ninety-Five Theses, which started the Protestant Reformation. The pope had called the offending statements heretical, scandalous and offensive to pious ears, though he did not specify exactly which ones fell under that category.

- On Jan. 4, 1957, the Hamilton Electric 500 watch made its public debut. It was the first timepiece to never need winding (though it did need frequent battery replacement) and came in "modern" asymmetrical designs to reflect its revolutionary technology. Production ended 12 years later with the advanced technology of quartz movements that rendered the "watch of the future" obsolete.

- On Jan. 5, 1992, a landslide that occurred near San Francisco killed 33 people and caused the Golden Gate Bridge to close. Heavy rain in the amount of nearly half of the city's average annual precipitation had previously fallen for a straight 36 hours.

- On Jan. 6, 2000, a severe flu outbreak in the United Kingdom caused National Health Service hospitals to be stretched to their limits, leaving many forced to cancel all non-emergency surgeries and facing intensive care bed shortages. The outbreak was blamed on a low rate of flu vaccinations.

- On Jan. 7, 1927, the first transatlantic telephone service was established. A three-minute call between New York and London cost about \$45, which would translate to roughly \$550 today.

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Rate

From Page 4

proposed FY2024-25 water and wastewater budget at 8 a.m. on Jan. 10. Additionally, the stormwater budget vote is scheduled for 8 a.m. on Feb. 14. If approved, the budget, rates and fees will go into effect next fiscal year, beginning March 1.

It's important that we come together to support infrastructure improvement investments for the betterment of our community. EPWater aims to deliver a sustainable water supply, and improved system reliability and flood control to preserve safety and private property.

Please visit www.epwater.org/customer_service/rates_and_fees/proposed_budget_rates, EPWater's budget webpage, for more information. It contains links to the budget presentation and videos.



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From time to time we carry ads from large, well known product and service providers. If you are considering using these products or services, please call them using the phone numbers in the *Courier*. The numbers are associated with an account for the *West Texas County Courier*. Thanks for picking up the *Courier*.

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Notice of Public Meeting to Discuss Anthony Independent School District's State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:00 P.M. on Wednesday, January 17, 2024 in the Anthony Middle School Library, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District's rating on the State's Financial Accountability Rating System.

WTCC: 01-04-24

PUBLIC NOTICE
TOWN OF ANTHONY, TX

RESOLUTION 2023-21-1211 DESIGNATING MEETING DATES OF THE TOWN COUNCIL FOR THE 2024 CALENDAR YEAR FOR THE TOWN OF ANTHONY, TEXAS.

BE IT RESOLVED, in accordance with the Open Public Meetings Act, Texas Government Code 551, and to comply with Section 551.043(a), the Regular Meetings of the Town Council of the Town of Anthony, Texas shall convene on the Second and Fourth Mondays of each Month (except as noted with * in schedule below) at **5:30 PM** at the Anthony Town Hall, 401 Wildcat Dr Anthony, Texas for the following:

2024 MEETING DATES

January	Mon., 8th	Mon., 22th
February	Mon., 12th	Mon., 26th
March	Mon., 11th	Mon., 25th
April	Mon., 8th	Mon., 22nd
May*	Mon., 13th	Tues., 28th
June	Mon., 10th	Mon., 24th
July	Mon., 8th	Mon., 22nd
August	Mon., 12th	Mon., 26th
September	Mon., 9th	Mon., 23rd
October*	Tues., 15th	Mon., 28th
November*	Tues., 12th	Mon., 25th
December*	Mon., 9th	Mon., 16th

BE IT RESOLVED, that all Town Council Meetings shall be open to the public and public participation will entertained at all Town Council Meetings. There will be a limited period of public comment at the beginning of every meeting where speakers will be limited to two (2) minutes The total time for public speaking at the beginning of the meeting is limited to one half-hour (30 minutes) to provide the Governing Body sufficient time to complete its work.

BE IT FURTHER RESOLVED that all Notices required by the Open Public Meeting Act shall be published in the West Texas County Courier, and, if needed, in alternate newspapers.

PASSED AND APPROVED THIS 11 DECEMBER 2023.

Valerie M. Armendariz, MPA
Town Clerk

WTCC: 01-04-24

It would be nice to see the Sun Bowl full on a regular basis

By Steve Escajeda
Special to the Courier

I've been attending football games at the Sun Bowl since the 1970s.

I attended games when it held 30,000 fans, after it was expanded to hold 52,000, and when it was renovated with special box sections that lowered the overall capacity to today's 46,000.

Over the last 50 years I've attended games holding my father's hand, with my high school buddies, with a girlfriend or two, holding my kids' hands and finally, as a reporter in the press box over the last 30 years.

And in all those seasons I've watched a lot of losing football. If you've been a UTEP fan as long as I have, you know what I'm talking about.

It's been rare when I've enjoyed a winning UTEP game. It's even more rare when I've seen the stadium filled up to the brim.

Those times are special. You see fans having a great time tailgating hours before kickoff and a deafening roar when the game gets underway.

That's exactly what we had at this year's Tony the Tiger Sun Bowl game. Sure, it wasn't much of a game with the Notre Dame Fighting Irish crushing the Oregon State Beavers 40-8.

But the atmosphere was loud and wild and it certainly felt like everything

was different. Everything was bigger, everything was bolder, everything was better.

Having the Sun Bowl overflowing with fans was a sight to behold. And it's a sight I think all El Pasoans would like to get used to.

Everyone knows it's easy to fill the Sun Bowl when a team as legendary as Notre Dame comes to town. It doesn't matter who they're playing, everyone wants to see the Leprechaun, the band playing the Irish's fight song, and all those golden helmets running onto the field.

Again, filling the stadium for a famous team isn't very difficult at all.

But what about filling it for the local team? What about filling it for the UTEP Miners?

I know we've all been busy with the holiday season and the start of 2024, but don't forget that UTEP fired football coach Dana Dimel at the end of the season and replaced him with Scotty Walden.

How can I describe Scotty Walden? If you thought UTEP basketball coach Joe Golding was excitable, Walden

looks like he can start break-dancing at any second.

And according to the 34-year-old Walden, that's how his teams at UTEP are going to look, hyper and exciting.

UTEP's last two coaches, Sean Kugler and Dimel, ran very boring, two-runs-a-pass-a-punt-and-repeat offenses.

They took their sweet time running plays and tried to run the ball down their opponents' throat. Heck, if it weren't for Aaron Jones, the Miners would have been nearly unwatchable.

In other words, UTEP wouldn't just lose the game, they did it in a very boring fashion. Two big reasons attendance was so low.

Back in the days of Mike Price, even when the Miners lost at least the games were fun to watch. Nobody wants to lose, but I'm sure fans would rather see the Miners lose 42-34 than 47-7.

What makes this football coaching hire so different is the style of play Walden will bring to the Sun Bowl. He described his style in three words, fearless, fast and physical.

His team at Austin Peay was ranked fourth nationally in passing efficiency (162.17), ninth in scoring offense (34.1 ppg), 11th in passing completion percentage (.667), 13th in passing offense (274.1 ypg) and 15th in total offense (426.8 ypg).

Walden says he plans on running a play every 12 seconds or so, which is the fast-break style of play fans have been wanting here for years.

Heck, his little Austin Peay team trailed mighty Tennessee (at Tennessee) by just 23-13 midway through the fourth quarter last season, before losing 30-13.

I'm not saying Walden is going to turn the Miners into instant winners in year one, but I know ticket sales are already higher than they usually are this time of year and Walden is the reason why.

Will any UTEP games be played before a filled Sun Bowl this season? Probably not.

But if Walden comes through in the next couple years, you'd better get your season tickets, and your popcorn, early.

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



- MAKING 20 OUT OF 9 ACROSS**
- 1 Pueblo dweller
 - 5 Sound of an "air kiss"
 - 9 Forensic facility in Quantico, for short
 - 15 Gig hookups
 - 19 Refined finds
 - 20 Civil rights leader
 - Parks
 - 21 In an uncivil way
 - 22 Lawn mower brand
 - 23 Parts of wholes
 - 25 Key related to G major
 - 26 "Jurassic Park" dino
 - 27 "Billions" channel, in brief
 - 28 Some boxing blows
 - 30 Horn blowers
 - 32 Person whose name consists entirely of the letters in
 - 23-Across
 - 37 Los Angeles neighborhood
 - 38 "I knew _ along!"
 - 39 Old Nissan brand
 - 40 Stephen of "Angie"
 - 41 Humongous
 - 44 Foot, in verse
 - 47 Tattered
 - 48 Novel whose name consists entirely of the
- letters in 62-Across
- 54 Others, in Oviedo
 - 55 Last letter, in Leeds
 - 56 Trig function
 - 57 Arab nation
 - 60 Titanic sinker
 - 62 Didn't type or text, perhaps
 - 67 Relating to an eye layer
 - 71 Corn, to a Brit
 - 73 Neighbor of Latvia
 - 74 Relatives of terraces
 - 76 Silent performer
 - 78 Consumer
 - 79 Coup d' _
 - 80 Attain
 - 81 Exit
 - 85 Film whose name consists entirely of the letters in 74-Across
 - 93 Verve
 - 94 Words of woe
 - 95 Desert haven
 - 96 Sch. founded by Thomas Jefferson
 - 97 December mall temps
 - 100 Consumer
 - 103 Very talented
 - 105 Setups whose name consists entirely of the letters in
 - 117-Across
 - 110 Some legumes
 - 111 Lindsay of "Liz & Dick"
- DOWN**
- 1 Great athletes are enshrined in it: Abbr.
 - 2 Bobby in the Hockey 1-Down
 - 3 Leguminous side dish
 - 4 Low pelvic bones
 - 5 Hosp. test in a big tube
 - 6 "Mrs. Dalloway" novelist
 - 7 Ed of "Lou Grant"
 - 8 Is trustful
 - 9 Citrusy diet soft drink
 - 10 Idling type
 - 11 Cruel Amin
 - 12 Slower than andante
 - 13 Socially distant
 - 14 Side street
 - 15 Give proof of
 - 16 Novelist Toni
- 17 Strong-arm
 - 18 Boston Red _
 - 24 This evening
 - 29 Building-blasting stuff
 - 31 Bag-screening org.
 - 32 Gotten sight of
 - 33 Attempter
 - 34 Fibber's admission
 - 35 Cabbage side dish
 - 36 Little hotel
 - 37 Playtex item
 - 42 "Ugly Betty" actress Ortiz
 - 43 Crash-probing agcy.
 - 45 Little plateau
 - 46 Pickle liquid
 - 49 Bubbly mixer
 - 50 Blogging pundit Klein
 - 51 Prescribed diet, say
 - 52 Finishes up
 - 53 Swamp wriggler
 - 57 Round body
 - 58 "Call _ taxi"
 - 59 Ocean east of Mass.
 - 61 Inits. on an ambulance
 - 62 Tailor's edge
 - 63 City on the Seine
 - 64 Put- _ (joke pranks)
 - 65 Knot up
 - 66 Part of a jug
 - 68 Yuletide song
 - 69 Opposer
- 70 Climbing vine
 - 72 Rigatoni's kin
 - 75 Ingrain
 - 77 Filmom's Kazan
 - 80 Shimmer
 - 82 Golfer Ernie
 - 83 Even up
 - 84 Out-of-towner
 - 85 "Shane" star
 - 86 Teased one another playfully
 - 87 International alliances
 - 88 Harbinger
 - 89 Medieval Scandinavian
 - 90 Group's activity in the community
 - 91 Crooner Burl
 - 92 Frowny-faced
 - 93 Suffix with Vietnam
 - 98 Aesthetic interest
 - 99 Sewing unit
 - 101 Bank job
 - 102 "Neroli" musician Brian
 - 104 Least
 - 106 Maui greeting
 - 107 Contrarian's retort
 - 108 Nile capital
 - 109 Come next
 - 113 Short history
 - 115 Park oneself
 - 116 Cooler cubes
 - 118 Divs. of dollars
 - 119 Scot's turndown
 - 120 Give it a whirl

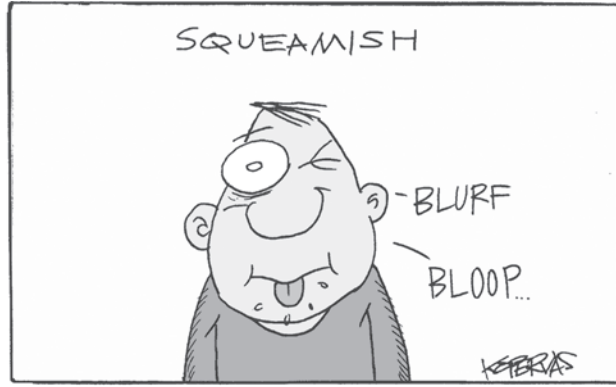
Answer Page 4

Super Crossword

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19				20				21						22				
23			24					25						26				
		27			28			29			30			31				
		32			33				34	35							36	
37							38						39					
40			41		42	43			44		45	46			47			
48			49					50	51				52	53				
			54					55				56						
57	58	59					60	61			62				63	64	65	66
67				68	69	70		71			72		73					
74						75			76		77			78				
				79					80			81	82	83	84			
		85	86	87					88			89				90	91	92
93						94					95					96		
97					98	99			100		101	102			103	104		
105						106	107						108	109				
		110									111				112			
113						114			115	116			117				119	120
121						122							123				124	
125						126							127				128	

Comix

OUT ON A LIMB By Gary Kopervas



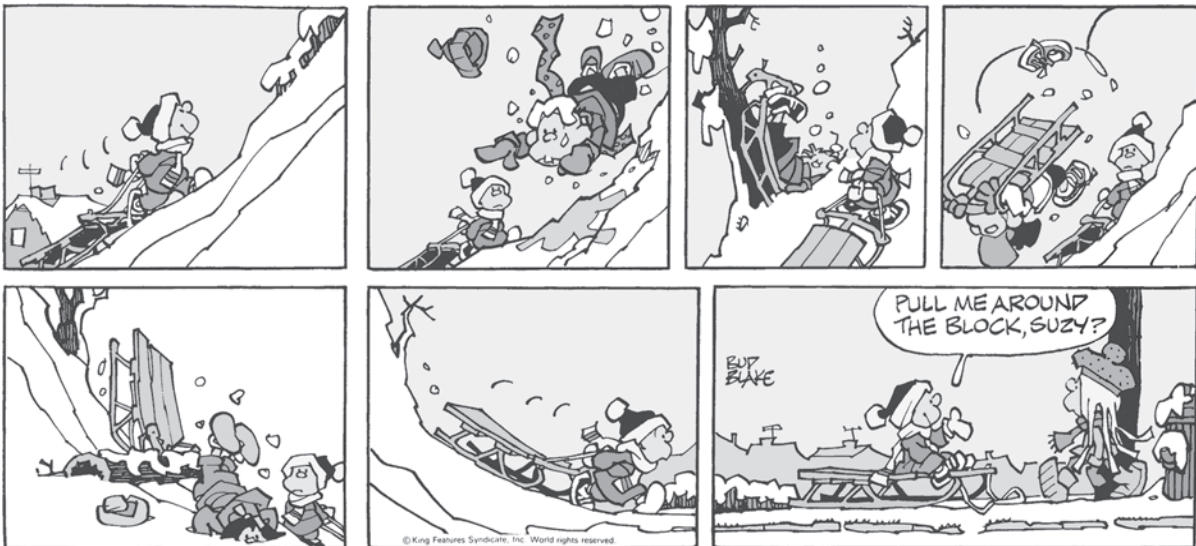
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

4,400 men and women.

Not one U.S. service-member has died in Ukraine.

President Joe Biden pulled out of Afghanistan in 2021, a decision that nearly instantly handed the country over to the Taliban. We'd been in the country for 20 years, though, without an end in sight and without being able to set up a self-sustaining Afghan government or military.

The current iteration of the Ukraine conflict has been going on since February 2022.

In Ukraine, we have a committed and capable ally that is fighting hard without the direct assistance of U.S. troops. It is battling an unambiguous enemy of the West whose leader is open about his anti-Americanism. Russia's military has been significantly degraded by Ukraine's resistance. The support we are giving Kyiv is taxing our supplies of weapons, yes, but it is also being used to catalyze a long overdue revitalization of the U.S. defense industrial base.

This doesn't add up to a picture that demands the immediate cessation of U.S. aid. Americans are infamously impatient; still, we have to have more staying power than a little less than two years. It's true that the Ukraine counteroffensive has been a disappointment, yet the Russians remain bottled up in the Eastern part of the country, again without direct Western involvement in combat.

The critics say there's no plan for victory. It's true that Ukraine is unlikely ever to vanquish the Russian threat once and for all, and the best that can probably be hoped for is an eventual armistice. Sometimes geopolitics doesn't offer neat, easy solutions. Does Israel have a plan for total victory against Islamic extremism – not just Hamas, but Hezbollah, Iran and other enemies? Does South Korea have a plan to finally defeat North Korea?

That the answer is "no" doesn't make these allies less worthy of support. The same is true of Ukraine. To cut it off now wouldn't be a crime, but an incredibly self-defeating blunder.

Rich Lowry is editor of the National Review. (c) 2024 by King Features Synd., Inc.

For PCB, osteoporosis use supplements and exercise

DEAR DR. ROACH: I am a 60-year-old female who was diagnosed with primary biliary cholangitis (PBC) in 2020. At the time, I had a bone density scan that showed osteopenia of the left femoral neck with a T-score of -1.3. My 10-year risk of any fracture was 6.9%, while my risk for hip fractures was 0.5%. My hepatologist wants me to take a calcium supplement, even though my calcium level has always been normal. I have always been overweight and led a very sedentary way of life. I had vitamin D tests done yearly, but the deficiency was, negligently, never addressed by my doctors. So my first question is, do I really need to take this supplement? I am concerned that too much calcium may do more harm than good, and my osteopenia may not have been caused by my PBC. The other question is, would taking vitamin K2 along with vitamin D and calcium help absorb vitamin D better so that it would not accumulate in my kidneys and damage them in the process? – R.Z.



PBC is an autoimmune disease where the body attacks the bile ducts. Without treatment, it can cause loss of the bile ducts, eventually leading to cirrhosis and liver failure. Since ursodeoxycholic acid has been available, fortunately the majority of people with this condition have a normal life expectancy. Few develop cirrhosis.

A lesser-known complication of PBC is osteopenia and osteoporosis. There are several theories as to why this occurs, including decreased growth factors and toxicity to bone-producing cells. Low vitamin D and, possibly, vitamin K2 may play a role as well.

It's important for all people with osteopenia or osteoporosis to have adequate calcium in their diets. Calcium blood tests are not a reliable indicator of calcium stores in the body, since inadequate calcium intake will cause the body to take calcium out of the bones so that the blood levels remain normal. You can be severely deficient in calcium and dangerously osteoporotic with normal calcium blood levels.

Ensuring adequate dietary calcium then becomes of the utmost importance. If you aren't getting 1,000-1,200 mg of calcium in your diet, then changing your diet to add more or taking a supplement is recommended. Kidney stones are a complication of calcium supplementation, and there is controversy surrounding whether the calcification of blood vessels is more likely in people who take calcium supplements. For these reasons, dietary calcium is preferred, if possible.

Many people with osteoporosis need supplemental vitamin D to keep their blood levels in the recommended range, which is 30-48 ng/mL (75-120 nmol/L) for a person with PBC and osteopenia, in my opinion. Although studies in Japan have shown benefit when using vitamin K2 supplementation in people with osteoporosis, I don't generally recommend it, based on multiple other studies that failed to produce a benefit.

However, for bone disease associated with PBC in particular, K2 is reasonable for those who wish to try it. Vitamin K2 works through its mineralization effect on the bone itself. By carefully monitoring vitamin D blood levels, you can avoid the unusual complication of vitamin D excess.

Finally, becoming less sedentary will help, even if it's walking an extra 10-20 minutes a day.

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. (c) 2024 North America Synd., Inc. All Rights Reserved.



Moore Texas by Roger Moore
Many classes at Texas A&M - Galveston are held aboard ship.

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: I equals S

VLJ DYM WNIG UNOTI
VLN DPPNGDGM ANNTI
HPIHFPHUHSDPG? AMSDBIM GLMHY
VNYT HI BIBDOOJ WDYFHPDO.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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 6

♦♦♦ HOO BOY!

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VAOIG keeps nabbing thieves



by Freddy Groves

The Office of Inspector General for the Department of Veterans Affairs is always busy, and that's a good thing. Here's what they've been up to lately.

A surviving spouse in Florida lied to the VA and collected benefits he wasn't entitled to receive... for 30 years. As the surviving spouse of a deceased service member, he collected DIC benefits (dependency and indemnity compensation) to the tune of nearly \$365,000 before it was all over. During all those years he remarried twice and was no longer legally eligible to receive the benefits. When nabbed, he pleaded guilty. He's looking at 10 years in the pen, as well as forfeiting all the stolen money.

Another case is a double whammy. A woman not only lied to get a VA home loan but then lied to an arms dealer about being the

purchaser of firearms when she wasn't. She's nailed with wire fraud for using email to the VA and the lender about the loan. Then, at a gun store, she stated that she was the gun purchaser while in the company of someone that chose the weapons she should buy. He wasn't allowed by law to purchase firearms. Three years in prison and a \$177,000 fine doesn't seem like enough.

A pair of house cleaners attracted the attention of several agencies, including the VAOIG, Homeland Security and the Post Office, for their scams against clients. Specifically, they stole personal information by having the mail rerouted from clients' homes and using the info to open lines of credit, get loans and credit cards and steal identities. (Clue to thieves: When you want to steal mail, don't have it rerouted to your home address.) One of the pair is looking at 22 years in prison and a half-million-dollar fine.

And then there was the VA employee who took

bribes to approve disability benefits applications. This included extortion of monies and then when he suspected the game was up he added witness tampering.

The VAOIG never rests.

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- It might be hard to get or stay motivated for exercise once we've dipped into shortened days and lower temperatures. Exercise is so important to your health, so get it any way you can. One half-hour snowball fight can burn 100 calories? Get out there and enjoy the winter weather! – JoAnn

- When you want to sear meat, make sure you pat it dry using either paper towels or a kitchen cloth specifically for that purpose. Any moisture on the meat will cause it to steam cook.

- If you frequently face snow in your area, invest in a pair of running shoes that are designed for trail running. They have deeper cleats for better traction. Some are even waterproof. This will encourage you to run when it's been snowing!

- To help your sneakers dry faster, remove the laces and sock liner and hang separately. Stuff them with newspaper to draw out moisture. Hang them to dry on a sturdy hook or line, but not too close to a heater, as it's possible to break down the support materials that way.

- "If you are outdoors on freezing days, you know to dress in layers. When you exercise outside, you do that too, but be prepared to strip off a layer if you get overheated. I have a carabiner clip on my waistband, and I can clip my outer light jacket to it, or even my fleece, through a button hole." – P.S. in Virginia

- A laundry basket can make a fine sled in a pinch for a small, sturdy kid – especially if you are blessed with surprised snow! If you attach a rope or belt to one side of the basket, it's easy to pull the kids along.

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

GO FIGURE! by Linda Thistle

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

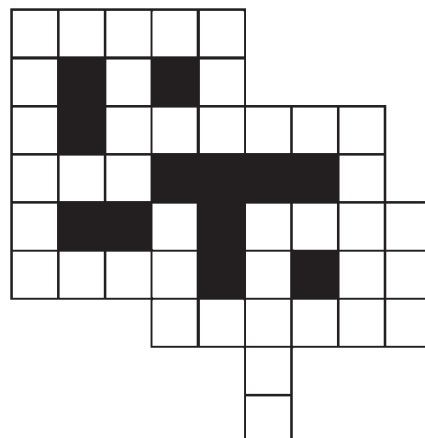
	÷		+		13
+		×		-	
	+		×		13
÷		-		÷	
	×		-		13
5		7		4	

1 2 2 3 5 6 7 8 9

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- SEY
- LEH SOA
- GYNIL
- ♥ ITNH
- ♥ SPIDLE
- ♥ ATF
- ♥ AEDF
- ♥ OSHT E
- ♥ NEO
- THURGO
- FYTHE
- ♥ ASFO



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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