



Readers Letters

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Don't let certainty close your mind

We all want to feel anchored, especially when the world feels unpredictable. There's something comforting about being sure – even when we're not.

Certainty calms our anxiety. Our brains prefer coherence over chaos; it feels safer, more controllable. Our beliefs aren't just about facts – they're about who we think we are.

But when we become attached to being right, we close ourselves off. We confuse confidence with correctness, and we miss the opportunity to grow. Certainty may win arguments, but humility builds understanding.

This kind of thinking shows up in our most difficult conversations. We see a messy world in black and white, us and them, ignoring the rich spectrum in between. We crave clarity, but most truths reside in the gray.

This weekend is Pride, a celebration of the spectrum of human experience. Sexual orientation, gender, relationships – none of these are black-and-white. They're a rich blend of shades, reflecting our collective diversity. And yet, there are those who want to erase that complexity, reducing people to rigid categorizations, denying their dignity, their rights, and their ability to be fully themselves.

Real confidence isn't a rigid state; it's a flexible one. It allows space for doubt, for change, for curiosity. We can hold strong values and still say, "I might be missing something." Uncertainty isn't weakness – it's wisdom in motion.

Some psychology calls this cognitive dissonance: when we're faced with information that challenges us, we ease our own discomfort by turning away instead of wrestling with it. But when we let ourselves sit in uncertainty, we become more compassionate, more understanding, and more

alive to the complexity of the world.

The world doesn't need more thunderous certainty. It needs quieter courage – the kind that lets us say, "I don't know yet, but I'm willing to learn."

s/Aster Lumen
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MLR's message for Pride Month

As Pride Month affects our local community, this is my contribution. LGBT is against the Natural Law and God's commandments.

"If any one lie with a man as with a woman, both have committed an abomination, let them be put to death, their blood be upon them." (Lev. 20:13)

"For this cause God delivered them up to shameful affections. For their women have changed the natural use into that use which is against nature. And in like manner, the men also, leaving the natural use of the women have burned in their lusts, one towards another, men with men working that which is filthy... They who do such things, are worthy of death; and not only they that do them, but they also that consent to them that do them." (Rom. 1:26-27, 32)

"Neither... the effeminate nor sodomites shall possess the kingdom of God." (1 Cor. 6:9-10)

Remember Sodom and Gomorrah. Repent and convert before it is too late!

See my book God Did Not Create Men to Be Homosexuals at https://www.johnthebaptist.us/jbw_english/documents/books/rjmi/br16_not_create_homosexuals.pdf

See my Homosexual/LGBT Conspiracy page at https://www.johnthebaptist.us/jbw_english/documents/menus/menu_conspiracies_homosexual.htm

For your only hope of salvation, please visit my website at www.JohnTheBaptist.us

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Krystie Wear

typically, when you are beginning your career — you'll want to build a foundation by acting on key issues, such as saving, paying down debts and investing for the future. Here are some suggestions:

Start your emergency fund. Eventually, you'd like to have several months' worth of living expenses kept in a liquid, low-risk account to deal with unexpected costs, such as large medical bills or a major car repair. For now, though, at least try to put away a few hundred dollars or a month's worth of expenses. To make it easier, have some money moved automatically each month from a checking or savings account into your emergency fund.

Take your employer's match. Contribute enough to your 401(k) and health savings account (HSA) to earn your employer's matching contribution, if one is offered.

Pay down your higher-rate debt. Try to pay down as much high-interest, non-deductible debt as you can afford. If possible, refinance debt at lower interest rates.

Milestone 2: Gain a better foothold

Once you've got your financial foundation in place, and you're established in your career, consider these steps to gain an even better foothold:

Continue building your emergency fund. Try to get at least a couple of months' expenses in this

— FINANCIAL FOCUS —

Three Steps On The Road To Financial Stability

fund.

Put away more into your retirement accounts. If you can, try to put anywhere from 10% to 15% of your gross income into your 401(k) or similar employer-sponsored retirement plan.

Check your debt-to-income ratio. Divide your monthly debt payments by your monthly gross income to calculate your debt-to-income ratio. If you're paying a mortgage, try to keep this ratio to 35% or less. Without a mortgage, try for 20% or less.

Milestone 3: Keep moving forward

As you move into your middle years — and beyond — it's time to further solidify your financial situation and keep making progress toward a comfortable retirement. These moves can help:

Maintain your emergency fund. By now, you should be able to keep up to six months' worth of expenses in your emergency fund. A sizable emergency fund can help you if you need to switch jobs, and enable you to meet larger expenses without dipping into your long-term investments.

Review your retirement goals. At this stage of your life, you should review your retirement goals regularly to determine whether you're still on track toward meeting them. If you aren't, you may need to adjust your investment strategies. Of course, your goals may have changed over time, and this, too, may require adjustments on your part. You may want to work with a financial professional who can suggest appropriate moves to help you on your way.

Reaching all these milestones will take diligence and commitment — but it will be worth the effort in helping you on your journey toward financial stability.

[This article was written by Edward Jones and provided by Krystie Wear, your local Edward Jones Financial Advisor, 405 North Date St. T-or-C, NM, 575-894-9054.]

Edward Jones, Member SIPC

Dear Boss



How about the heat? It seemed like it had been unusually cool and then all of the sudden the heat got intense. Like our sign in front of the office says, "I'm glad it finally got hot enough to complain about how hot it is."

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Last week I touched on a local entity who seems to be a little high on their horse lately, and of course was contacted by several to ask who I was talking about. I learned there are several groups who are acting in ways that may be pushing the boundaries of the laws and at least one entity who is refusing to speak to constituents "at the advice of their legal counsel." Doesn't seem wise, or the way to stay in office, but when you're dealing with someone who understands the rules it makes sense why those who are not following them, wouldn't want to talk. Again, not a great

way to generate confidence by the voters, or stay in office. Time will tell whose right on this one. In the meantime, I'm gaining docu-

ments.

I hope you have a great week friends. Stay hydrated and inside if possible. Be kind. FL

Obituaries

The Sentinel publishes paid obituaries but offers brief death notices free of charge. For more information contact the Sentinel at 575-894-3088 or sentinel@gpkmedia.com

ARMIJO

It is with deep sadness that we announce the passing of Ricky Armijo, born on November 14, 1963, and passed away on June 14, 2025. He was a devoted partner, brother, father, and grandfather.

He was preceded in death by his mother, Connie Rivera Carr; his father, Cristobal Armijo; his stepmother, Elsie Armijo; his siblings, Rita Armijo and Robert Armijo; and many aunts and uncles.

Ricky is survived by his partner of 18 years, Mercedes Murphy; his brother, Cris Armijo (Cindy); his children: Dashanta Armijo, Aerick Armijo (Alexandra), Clint Armijo, and Mahala Armijo (Ashley); his stepchildren: Katrina Terrazas (Jonathan) and Joseph Sedillo; his grandchildren: Deandra Montenegro, Aevin Armijo, and Arreana Lara; as well as numerous aunts, uncles, nieces, nephews, and cousins.

Rick was a proud member of the Moose Lodge. He never met a stranger and was always willing to lend a hand to those in need. He worked hard and loved even harder. He will be deeply missed by all who had the pleasure of knowing him.

Services will begin with a visitation on Tuesday, June 17, 2025, from 4:00 p.m. to 7:00 p.m. at Kirikos Family Funeral Home. A Rosary will be recited on Wednesday, June 18, 2025, at 10:00 a.m., followed by a Mass at Our Lady of Perpetual Help Catholic Church, officiated by Rev. Michael Williams.

Ricky will be laid to rest at Vista Memory Gardens Cemetery following the services.

Arrangements are by Kirikos Family Funeral Home, Inc., 303 N. Cedar St., Truth or Consequences, NM 87901, 575-894-2574. For online memorial messages please visit www.kirikosfamilyfuneralhome.com.



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