



Bill Sybert Language Academy – Student Winners in Americanism Essay and Drug Awareness Video Contests

– Photo courtesy El Paso Elks Lodge #187

El Paso Elks Lodge announces winners of student essay, poster, video contests

Contests engage students in expressing love of country and in sharing drug awareness message

By **Alfredo Vasquez**
Special to the Courier

EL PASO COUNTY – El Paso Elks Lodge #187 recently held its annual essay, poster, and video contests as part of the Elks National Organization’s

youth outreach program. The contests are designed to give elementary and middle school students an opportunity to define the meaning of being an American citizen through an essay writing contest and to explore the consequences of drug abuse by showing what they have learned through a poster design or short video.

The essay contest invited students to write a one page essay on Americanism with this year’s theme being “What does patriotism mean to me?”. The drug awareness contest theme this year was, “Throw Away Drugs, Not Your Future”. The contests targeted

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Anthony High School senior awarded UTEP Excellence Scholarship

By **Adriana Candelaria**
Special to the Courier

ANTHONY, TX – Anthony High School senior Jozef Nava has been awarded the University of Texas at El Paso’s (UTEP) Excellence Scholarship.

The award recognizes students for their academic achievements, leadership, service, and community involvement.

Throughout his years at Anthony ISD, Nava developed skills in school-sponsored fine arts programs and athletics – qualities that stood out to UTEP scholarship officials when selecting future Miners who would bring valuable traits to the university.

UTEP and AISD leaders surprised him with the news during his band class.

“I’m surprised I even got it,” Nava said. “I just thank my mom for pushing me and encouraging me to apply.”

Nava is involved in band, football, cross country, and track. He says balancing different activities has helped him grow as a person.

“In life, you’re going to have to work with a lot of different people,” he said. “Going from band to football,



– Photo courtesy Anthony ISD

From left are Alicia O’Quinn-Dixon, scholarship winner Jozef Nava, AISD Superintendent Oscar Troncoso, Demi Arciniega, Sandra Espinoza, Cody Vega, Destiny Lerma, Janella Saad, Priscilla Aguilar celebrate the UTEP Excellence Scholarship award.

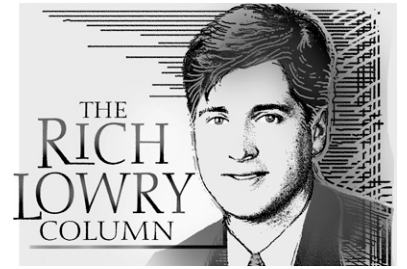
you meet all kinds of people. That helps you in different ways – whether it’s in sports or being creative.”

He plans to study English in college.

The UTEP Excellence Scholarship is

renewable for up to four years as long as the recipient remains a full-time student with a 3.0 GPA or higher.

The rise of Musk on Democrats' to do list



Democrats have finally found someone they hate more than Donald Trump. Elon Musk, who is currently running roughshod over the federal bureaucracy with a sleep-deprived team of brilliant young tech geeks, is the public enemy of the hour.

After a devastating election loss and six weeks into a whirlwind Trump administration, what most animates a leaderless Democratic Party is their collective shock and horror occasioned by Elon Musk and his handiwork.

If Trump Derangement Syndrome has abated somewhat, Musk Derangement Syndrome has arisen to fill the vacuum. Democrats are braying for Musk to get arrested at rallies in the street. They're trying to subpoena him. They want to know if his DOGE team is guilty of breaches of national security.

They are targeting him with a bill they've dubbed,

embarrassingly, the Eliminate Looting of Our Nation by Mitigating Unethical State Kleptocracy (ELON MUSK) Act.

The greatest entrepreneur of our time is bringing a Silicon Valley ethos to the task of pruning and rationalizing federal agencies, a job that Democrats long assumed was so gargantuan and complex that no one would ever dare seriously attempt it, let alone accomplish it.

The German leftist Rudi Dutschke is associated with the idea of "the long march through the institutions," or a slow takeover of society by co-opting political and cultural centers of power. In Washington, Musk is attempting a very short march through the institutions – trying to reorient the federal bureaucracy and ax waste long targeted by Republicans in a matter of weeks.

In the first Trump administration, Trump adviser Peter Navarro boasted of doing things on

"Trump time," or faster than anyone would have thought possible absent the impatient proddings of his boss. "Musk time" is more rapid still.

A common charge against Musk is that he's unelected. "Nobody Voted for Elon Musk," the progressive publication Mother Jones huffed. Well, yes, but no one voted for any other Trump adviser, either. The president is elected to run the executive branch and then relies on myriad people in different positions with varying degrees of power

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Food for thought By Dr. Glenn Mollette

Nursing Homes, Medicaid and DOGE

The average monthly cost of a nursing home in the United States is between \$8,669 for a semi-private room and \$9,733 for a private room. However, costs vary by location, the level of care, and the type of room and amenities.

Factors affecting cost:

- Location: The cost of nursing homes varies greatly by state, with the Midwest and the South generally having the lowest median prices.
- Room type: The type of room you choose, whether it's private or semi-private, affects the cost.
- Amenities: The luxury amenities and services you choose can impact the cost.
- Level of care: The level of care you need, such as 24-hour care, affects the cost.

As of July 2024, 63% of nursing facility residents in

the United States paid for their care primarily through Medicaid. Medicaid is the main source of funding for most nursing home services in the country.

Medicaid is a joint state and federal health insurance program that helps low-income people pay for long-term care.

Most Medicaid-covered residents are also eligible for Medicare. Medicare usually covers the first part of a nursing facility stay, and Medicaid covers the rest.

Medicaid is a critical provider of home- and community-based care, which helps keep seniors at home with their families.

Medicaid eligibility, benefits, and coverage vary from state to state.

Other ways to pay for

nursing home care include long-term care insurance, but relatively few people have it.

Medicaid typically pays 100% of nursing home costs if you meet eligibility requirements. However, the exact amount varies by state and facility.

Eligibility requirements:

- You must require long-term care;
- Your income and assets must fall below certain state-established levels;
- Factors that affect Medicaid payments; and
- Income: Monthly income limits vary by state.

Assets: Countable resources, such as bank accounts, stocks, bonds, and property, must be below certain state-established levels

Facility: The nursing home must be Medicaid-certified and have designated Medicaid beds

Additional considerations include:

- You may be allowed to keep a monthly allowance and a deduction for medical needs;
- The amount of the

allowance varies depending on your living arrangements, type of nursing facility, and state rules; and

You may be able to exempt certain assets, such as your home, car, personal belongings, and savings for funeral expenses.

Over 7 million seniors rely on Medicaid for nursing home care, according to Justice in Aging. Medicaid is the primary payer for more than 6 in 10 nursing home residents.

Medicaid is a public health insurance program that provides health care and long-term care to low-income people.

Medicaid is particularly important for older adults who need help with daily activities, such as eating, dressing, and bathing.

Medicaid also helps millions of older adults pay their Medicare cost-sharing.

Medicaid covers benefits that Medicare does not, such as dental, vision, hearing, and non-emergency medical transportation.

Medicaid is jointly financed by states and the federal government, but administered by states.

With all the good Medicaid does for millions of Americans there is most likely some abuse and fraud of the system. An acquaintance of mine owned a nursing home many years ago. His nursing home falsely billed Medicaid hundreds of thousands of dollars. He was caught and put in prison for over four years. Because there are many who aren't caught, millions of tax dollars are stolen. The Department of Government Efficiency hopefully can provide oversight that will eliminate or stop most of the fraud and abuse.

However, this is a critical service for millions of Americans that would be difficult if not impossible for most to be without.

(Sources KFF.Com and SeniorLiving.Com)

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.glenmollette.com or www.facebook.com/glenmollette.



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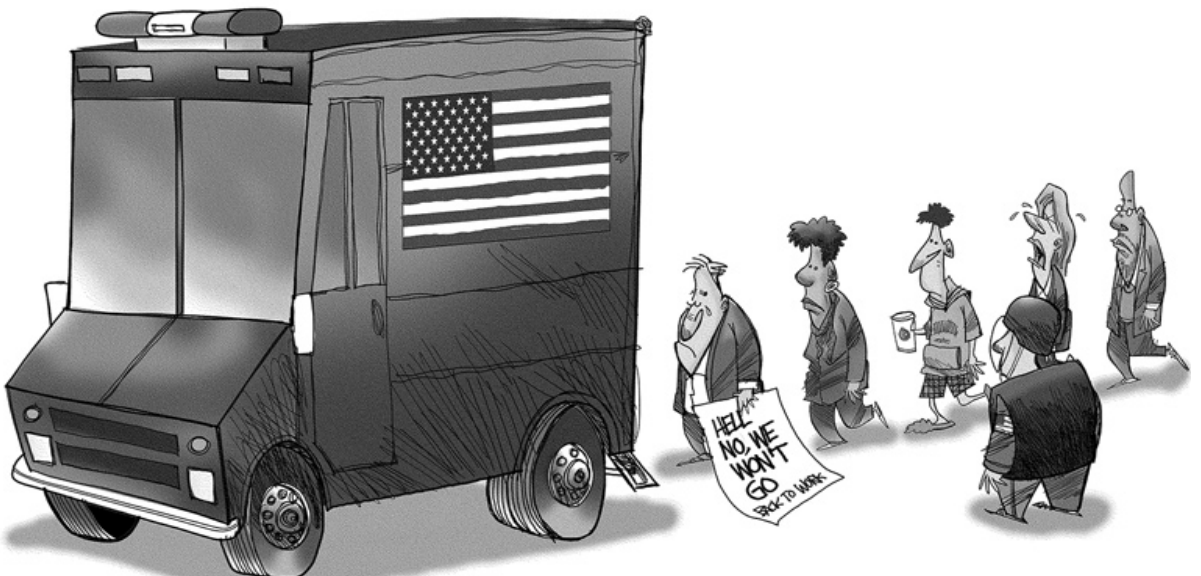
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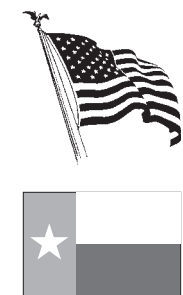
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TRUMP ADMINISTRATION ROUNDS UP WORK-AT-HOME GOVERNMENT EMPLOYEES AND RETURN THEM BACK TO THE OFFICE...



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— Photo courtesy Fabens ISD

NATIONALS – From left, TAFE mentor Juanita Sotelo, with students Skyla Portillo and Ramon Longoria. Mentor Christian Vasquez rounds out the group. Portillo and Ramon will compete in Florida in June.

Fabens High School TAFE finalists go to Nationals

By Sofia Maciel
Special to the Courier

FABENS – Sophomore Skyla Portillo and junior Ramon Longoria will nationally represent the Fabens High School Texas

Association of Future Educators (TAFE) chapter.

“Another successful year! I am proud of the entire TAFE chapter,” said Fabens High School teacher and TAFE mentor Juanita Sotelo. Skyla Portillo said, “Who

did? God did!” while Ramon Longoria added, “I am really glad to have this wonderful experience.”

Portillo and Longoria will represent Fabens ISD in Orlando, Florida on June 26-29, 2025.

Anthony Independent School District Notice of Public Hearing

Anthony Independent School District will hold a public hearing to discuss the District’s 2023-2024 Annual Accountability Report as part of the regular monthly School Board meeting, which is scheduled for 6:00 p.m., Wednesday, March 19, 2025 at the Anthony ISD Boardroom, 813 6th Street, Anthony, TX.

The public is invited to attend. The report will also be available for review after the hearing at all Anthony ISD campuses, central office, and the district website.

For more information, call 886-6506.

Junta Publica

Distrito Escolar Independiente de Anthony

El Distrito Escolar Independiente de Anthony llevará a cabo una audiencia pública para discutir el Informe Anual Reporte de Responsabilidad del Distrito 2023-2024 como parte de la reunión mensual de la Mesa Directiva de la Escuela, la cual está programada para las 6:00 pm el miércoles, 19 de marzo de 2025 en la sala del consejo de Anthony ISD, 813 6th Street, Anthony, TX.

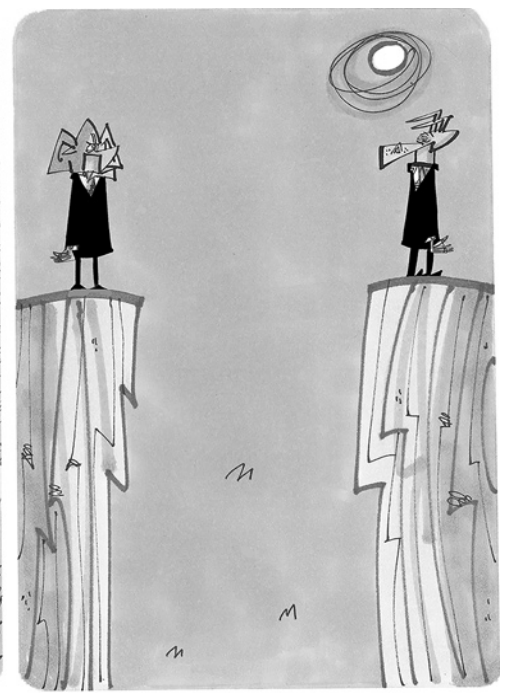
Todos los individuos interesados están invitados a asistir. El reporte estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas, e internet del distrito.

Para mas información, favor de llamar al 886-6506.

WTCC: 03-06-25



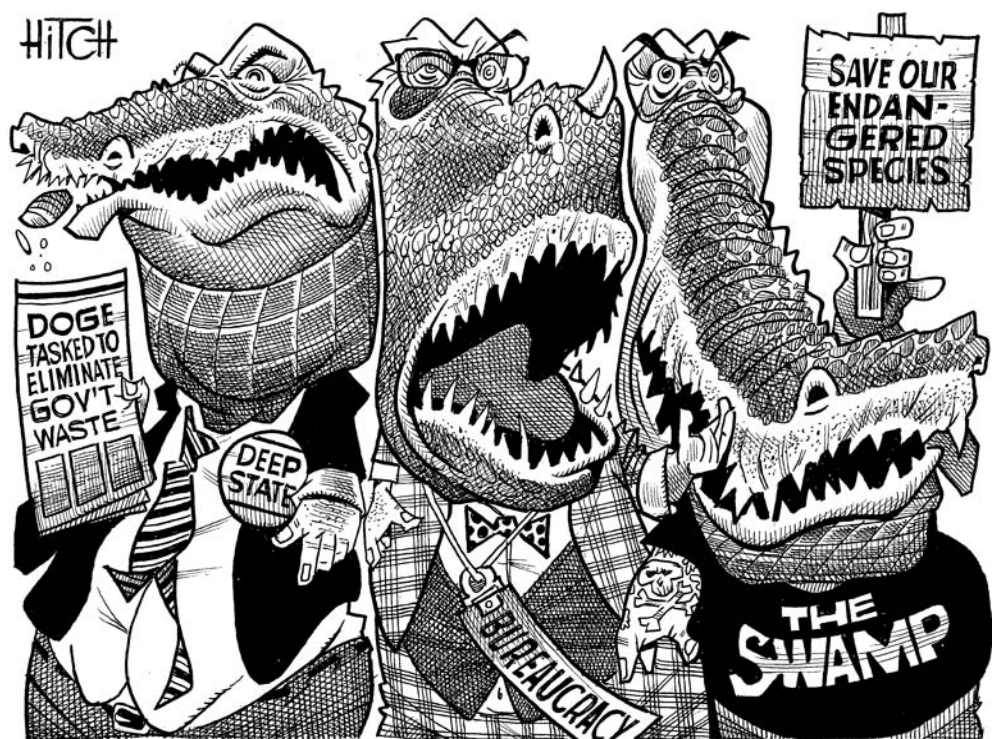
THE GULF OF MEXICO



THE GULF OF AMERICA



"IT'S GOING TO BE A VERY DELICATE OPERATION."





Desert Wind School – Student Winners in Drug Awareness Video Contest

– Photos courtesy El Paso Elks Lodge #187



Davenport Elementary School – Student Winners in Drug Awareness Poster Contest



Jane Hambric K-8th School – Student Winners in American Essay Contest

Contests

From Page 1

different grade levels, and students could choose to write an essay on Americanism or to create a poster or video that depicts drug awareness.

This year, five different schools from three different school districts were invited to participate. The students' entries came from Canyon Hills Middle School, in El Paso Independent School District; Desert Wind Middle School, Bill Sybert Language Academy, and Jane Hambric K-8th School, of Socorro Independent School District; and Deanna Davenport Elementary School, in the Canutillo Independent School District. Altogether, 52 students participated in this year's contests.

The top three winners from each school won cash prizes awarded by the local Elks Lodge members. The first place winners in each category from each grade level are now eligible to participate in district and state competitions with the New Mexico Elks Association (NMEA), as the El Paso Elks Lodge is affiliated with that chapter. Students who win at the district level advance to state and then to the national level to compete with students from across the country, according to Shirley Clere, Elks Lodge 187 contest chairperson.

Through the essay contest, "children have the incredible opportunity to learn about their country, the Bill of

Strange BUT TRUE

By Lucie Winborne

- The Latte Index, which was developed by The Wall Street Journal, compares the price of a tall Starbucks latte in dozens of cities around the globe to estimate which currencies are overvalued and undervalued.

- While Finland refers to itself as the "Land of 1,000 Lakes," it actually contains 188,000.

- Gucci manufactured a pair of jeans named the Gucci Genius Jeans that sold for an astonishing \$3,134.

- In 1859, America was swept by a moral panic over young people playing... too much chess.

- Eighty-five percent of Vakkaru Island in the Maldives is made up of fish feces.

- After Thomas Edison was confined to a wheelchair in his last years, his good friend Henry Ford bought one as well so the two could have wheelchair races around their adjoining Florida estates.

- Fifteen minutes of shivering from cold temperatures can be the metabolic equivalent of one hour of exercise.

- At the age of 104, a fellow by the name of Jack Reynolds became the oldest known person to get a tattoo. He followed that up by becoming, at age 105, the oldest person to ride on a roller coaster.

- St. Nicholas is the patron saint of penitent murderers.

- In 2009, an Italian neurosurgeon had a heart attack in the middle of performing surgery. He powered through it when he realized his patient wouldn't recover if he stopped. Half an hour after finishing the surgery, the dedicated doctor had an angioplasty.

Thought for the Day: "You have enemies? Good. That means you've stood up for something, sometime in your life."
– Victor Hugo

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CryptoQuip Answer

Catchy tune that provides a list of preferred metallic ringing sounds: "My Favorite Tings."

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Moments in time

THE HISTORY CHANNEL

• On March 3, 1877, Rutherford B. Hayes was sworn in as the 19th president of the United States in the Red Room of the White House. Two days later, he was again inaugurated, but this time in a public ceremony.

• On March 4, 2004, Mianne Bagger, a golfer from Denmark, earned a place in sports history at the Women's Australian Open as the first transgender athlete to compete in a professional golf tournament, noting to reporters that it took a while to overcome the anxiety associated with the feat: "I don't know where my swing was... I was pretty numb the first seven holes. I couldn't really feel much below my shoulders."

• On March 5, 1839, "Jane Eyre" author Charlotte Bronte declined a marriage proposal from the Reverend Henry Nussey, informing him that he would find her "romantic and eccentric" and not practical enough to be a clergyman's wife.

• On March 6, 1475, Michelangelo Buonarroti, considered by many the greatest of the Italian Renaissance artists, was born in Caprese. The son of a government administrator, he became an artist's apprentice at age 13. He would go on to master painting, sculpture and architecture, becoming best known for masterpieces like "David" and his ceiling frescoes in the Sistine Chapel.

• On March 7, 2002, the defense rested in the trial of Andrea Yates, a 37-year-old Texas woman who murdered her five young children by drowning them in a bathtub. Less than a week later she was convicted and sentenced to life in prison, but the conviction was later reversed on the grounds of insanity. In 2006, she was committed to a state mental hospital in Texas, where she remains today.

• On March 8, 2014, Malaysia Airlines Flight 370, carrying 227 passengers and 12 crew-members, lost contact with air traffic control less than an hour after taking off from Kuala Lumpur, then veered off course and disappeared. Most of the plane and all on board were never recovered.

• On March 9, 1979, the 26 Major League Baseball teams were ordered by MLB commissioner Bowie Kuhn to allow equal access to all reporters, regardless of sex.

Contests

From Page 4

Rights, the U.S. Constitution, and the essence of patriotism. Through our drug awareness program, we empower them to understand the consequences of substance use, guiding them toward a brighter future," Clere stated. "What better way to increase their awareness of the world around them than to have students themselves write about patriotism, or design a poster or produce a video that encourages their peers to stay away from drugs.

Teddy Martinez, co-chair of the student contest program, said that she would like to thank the participating districts, schools, teachers, counselors, and social workers at each school who promoted the contest and to congratulate each individual



— Photo courtesy El Paso Elks Lodge #187

Canyon Hills Middle School – Student Winners in Americanism Essay Contest

student who took the challenge and the initiative to turn in a contest entry.

For more information about the annual student contests, interested schools

or individual teachers may contact Clere at (915) 532-4441 or (915) 373-1581.

View from here By Dr. Glenn Mollette

Is the Ukraine Deal, really a deal?

America has given Ukraine a lot of money. Does anyone really know? President Trump recently said \$350 billion while other sources say we have spent less than \$200 billion. A billion dollars is a billion dollars. Hundreds of billions of dollars mean Americans across our country are being taxed hard earned dollars to send to another country for the purpose of financially underwriting their war.

The Beatles sang, "Can't Buy Me Love," but apparently you can buy some fake friends for a while. When the money ceases then the love and friendship you bought speedily goes away.

If we don't write big checks to countries like Ukraine then they get mad really quick and for some reason, we become the bad guys. What happens when we totally run out of money? Our national debt is \$36 trillion dollars. Who will rescue us when we go bankrupt and there is no Social Security, Medicare or Medicaid? No one will come to save us.

Approximately 58,220 Americans were killed in the

Vietnam war. This number includes battle and non-battle related deaths. The Vietnam war cost around \$111 billion in 1968 dollars, equivalent to approximately \$800 billion in today's dollars. The war lasted about 15 years. What does our country have to show for \$800 billion and almost 60,000 lives? A lot of graves and a lot of Veterans with PTSD.

The war in Afghanistan cost America approximately \$2,313 trillion dollars from 2001 to 2022. This includes money we spent in Afghanistan and Pakistan but does not account for the cost of lifetime care for veterans. Some estimates suggest the total cost could be higher ranging from \$4 to \$6 trillion when including long-term medical care and disability compensation. Plus, we spent over \$68 million on a second runway at Bagram airfield in 2006 making it the best and strongest runway in that part of the world.

In the 1960s we built the Kandahar International Airport which cost us over \$15 million dollars. Who are the people using these airports today? A lot of Americans have suffered to pay big taxes

while our government plays Santa Claus.

It's a great idea to ask Ukraine to pay back the billions we have given to them. The idea of America having access to their land and vast resource of minerals sounds appealing. Financially

it sounds like it would be worth mega billions and would supply us with badly needed resources. However, how many roads and bridges will we have to build? How big will our military presence have to become to protect American citizens who will go to work the land? A military presence in Afghanistan could only mean the possibility of altercations with Russia's army which would escalate

into America becoming head and shoulders into a full scale war with Russia.

Putin can't be trusted as far as you can throw the car sitting in your driveway. A growing presence in Ukraine by America will eventually mean fighting to protect our interests in that

country. Such a land deal with Ukraine sounds like a good deal but has the potential of becoming a very bad deal.

Unfortunately, after last week's oval office disaster between Zelenskyy, President Trump and Vice-President Vance there may never be a deal.

If Russia eventually topples Ukraine, Putin won't be making any deals, paying anyone anything back and we may be buying our bread from him.

IF YOU THINK PICKING UP DOG POOP IS UNPLEASANT, TRY DRINKING IT.



Pet waste washes into storm drains, polluting our rivers, lakes and drinking water sources. Get the scoop.

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Big Tech getting even bigger in the NFL

By Steve Escajeda
Special to the Courier

It was just a month ago that the Philadelphia Eagles trounced the Kansas City Chiefs in the Super Bowl, officially ending the NFL season.

But as we all know, the NFL goes on 24/7/365.

The NFL Combine was just held in Indianapolis this past week. The combine is where hundreds of college players show up and drill in front of pro scouts and coaches with the intent of ultimately being drafted or signing a free agent contract.

Speaking of being drafted, the NFL Draft is coming up in late April.

Plus, there's always daily reports of NFL players announcing that they signed a contract extension, or have decided to become free agents, or are seeking a trade, have decided to retire, there are assistant coaches and general managers being hired and fired, and schedules being announced.

In other words, the NFL never sleeps.

The big NFL news right now concerns some potential rule changes for next season.

The first features the ever-expanding world of technology. For decades we've seen those two guys run onto the field with a couple poles and a 10-yard-long chain between them to measure whether a team got a first down or not.

Every fan in the stadium or sitting home watching on TV waits for the official to put the second pole down on the ground to see what the verdict is.

Well, it looks like there will be no more waiting or even any arguments in the future because Big Tech will now make the decision.

The league will now measure first downs instantaneously.

The NFL looks like it will start using Sony's Hawk-Eye SkeleTRACK system, which is a 14-camera system that specifically monitors more than two-dozen skeletal points on a player's body.

It doesn't end there; the system comes along with computer chips in the footballs and 18 other specific cameras placed around the stadium that combine to create a fully computerized model that tracks where the ball is when players are down, if someone has achieved a first down or if they have scored.

Another big change is Expanded Replay. You know those times that an official throws a flag on a late hit, and it obviously wasn't. Or when a flag is thrown for grabbing the facemask and the defender didn't

even touch the guy.

Anyway, for missed calls that are ridiculously obvious, an official watching the game in a New York studio can call in and let the official know that they missed the call and to correct it.

I've got to tell you that I love this rule change.

Just know that Expanded Replay is to correct flags that have been thrown, it will not correct a call that wasn't made.

One more potential rule change concerns the way overtime is handled during the regular season.

Which I hate.

You know that dumb rule where a team gets lucky by winning the coin toss, receives the ball, goes down and scores a touchdown and the game is over without the other team ever getting a chance.

In baseball, basketball, soccer, hockey and other team sports, both teams get a chance to score and win in overtime.

In the NFL, if a team scores a

touchdown on its first possession, the game is over. But if the team only kicks a field goal, then the other team gets a chance.

Who thought this was a good idea?

A simple solution is playing another 15-minute overtime quarter. If a team scores a touchdown on its first possession, then the other team gets the ball and tries to match that touchdown.

If they don't, they lose. If they do, then it's sudden death from there; the next teams that scores wins the game.

If they end up tied at the end of the extra quarter, the game ends in a tie, just like it does now.

Can you imagine an NBA overtime game ending when the first team with the ball hits a 3-pointer?

As we all know, change is not always good. But in the NFL's case, these changes will make the game better, and faster.

As a Cowboys fan, the ultimate rule change would be to keep owners from being general managers.

Senior moment By Matilda Charles

Going back to work?

A small recent survey revealed that 51% of the retired senior respondents are considering going back to work, also known as "unretiring." The reason, of course, won't be a great surprise: They need to go back to work because the cost of everything is going up. The amount of money they're trying to earn is \$500 per month on average.

To be considered before you rush into unretirement:

- If you're collecting Social Security and are under full retirement age, your benefit amount might be reduced while you're earning that extra income. After you reach full retirement age, you'll be able to work and not have your benefit amount reduced.
- Your full retirement age depends on your month and year of birth. See the charts on the Social Security website (www.ssa.gov) to determine your full retirement age.
- If you've been retired, consider if you're ready to make that adjustment to your life that returning to work

would bring. It might make the difference between seeking a part-time job as opposed to working full time.

- If you plan on going back to work and need to provide a resume, don't use a resume you created years ago. Have a resume service do it for you, if possible.
- If you do it yourself, don't list everything you've ever done. Go back a maximum of 15 years and don't detail your work history with every date. Instead, go for broad categories such as your experience, qualifications, skills and accomplishments in previous jobs. If you're especially skilled with technology, be sure to say so. Leave out the dates of any degrees and awards.

For ideas and hints, search online for "resumes for seniors going back to work" or "resumes for retirees." Look at the National Council on Aging (www.ncoa.org) for their resume writing guide and AARP (aarp.org) for information on writing a resume after the age of 50.

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Send Your News To:
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ICKY ENDING	"Dracula"	tentacles	18 _ faire	76 Macpherson or
ACROSS	61 Steal from	116 Chicago airport	20 Soggy	Fanning
1 Brief ad	62 Liking a lot	117 Unlatch, e.g.	24 Pat gently	77 Gets hitched
5 Resistance units	64 Overly crooked?	118 Baseballer Rod	28 "Let's Get Loud"	79 Protective shoe tip
9 Circular paths	66 Quite dry	when not using a	singer, familiarly	80 "_ and the Night
15 Imprison	68 Stock debut, for	chauffeur?	30 1996 presidential	Visitors"
19 Starch-yielding	short	122 Indian bread	candidate Bob	84 Oscar _ Hoya
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21 They may disturb	71 Often-twisted	afterthought	debut	88 Galvanizing
sleep	cookie	124 Great skill	33 Salon service	element
22 _-Seltzer	72 Long-billed	125 Small vortex	34 "We have the OK"	90 Cary Grant played
23 Nut acquired with	wading bird that loves	126 Literary journalist	35 Japanese "energy	a male one in 1949
great effort?	perching on flexed arm	Gay	healing"	91 Radius or ulna
25 Nail salon job, in	muscles?	127 Syringe fluids	36 Thereabouts	92 S.O.S or Brillo
brief	78 Testing stage	128 "Iliad" city	39 Egyptian beetles	product
26 _ box (TV)	81 Early 1960s atty.		40 Dietary unit	93 Very helpful tip,
27 Cathedral in	gen.	DOWN	41 Coffee type	informally
London	82 Navy engineer	1 Polite title for an	42 Ave. crossers	95 Pigeon sound
28 R&B's Brown	83 Made airtight, say	Indian man	44 Old Italian money	99 "Bonjour, _ amis!"
29 Prohibits	85 Liken (to)	2 Luxury handbag	45 Stops	100 Fashion frill
30 Erfurt article	87 Joan of folk	label	46 Look for	102 Michael formerly of
31 Sprinkle sofa	89 Climate that	3 Longtime senator	48 U.S. naval base in	Disney
shams with water	promotes the growth of	Hatch	Cuba, for short	104 Word on Winnie-
drops?	powdery fungus?	4 Big fusses	50 Crazy caper	the-Pooh's pot
35 Calf-roping event	91 Pale-looking	5 "... Mac _ PC?"	51 Small bird	105 Total overhauls
37 Link with	94 "Get 'em, Fido!"	6 Goofed (around)	53 Lav, to Brits	106 Suit fabric
38 Casino cube	96 Model X carmaker	7 Quebec city	56 Sailor's mop	107 Wallach of film
39 "Boo!" shouter	97 Runs after	8 Stair unit	58 Victory cries	109 Intone
43 French city on the	98 Aussie leaper	9 At just the right	59 Lacking frost	110 Less typical
Rhone	99 Grand house	time	60 Snug-fitting	111 "Am not!" retort
47 Tax org.	101 "You're _ pal!"	10 Author Dahl	necklaces	112 Full of the latest info
48 Stan of jazz	103 Class teaching the	11 Actress Jacqueline	63 Artistic work	115 Spacewalks, in
saxophone	techniques of Civil War	12 "Kinda sorta"	65 "Riverdale"	NASA lingo
49 Catholic dignitary's	photographer Brady's?	13 Golf peg	network	116 Mo. #10
vigorous strength?	108 Marcel Marceau's	14 Detroit-to-Memphis	67 "You Light Up My	118 Tennis unit
52 West African	clown	dir.	Life" singer Boone	119 Air quality gp.
country	109 _Cherry (Ocean	15 Crawford of the	69 City in Utah	120 _ Mama (rapper)
54 Juneau native	Spray flavor)	NBA	73 Stir-fry tidbit	121 School stat
55 Directives	113 Pretty good grade	16 In style	74 Teeter-totter	
57 Like Stoker's	114 Antennae and	17 "Told ya so!"	75 Cafe au _	

Answer Page 4

Super Crossword

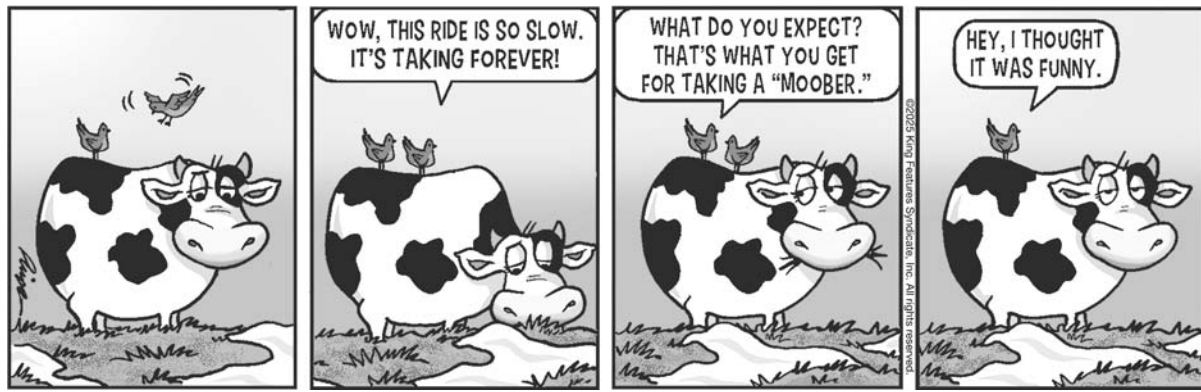
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122							123						124							
125													127							128

Comix

OUT ON A LIMB By Gary Kopervas



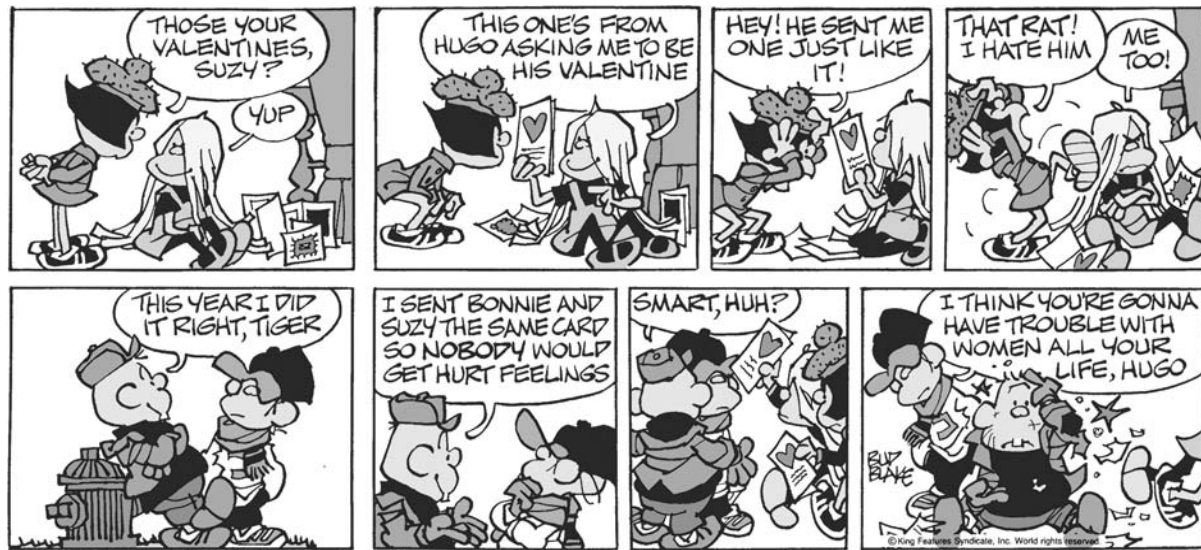
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

and influence – none of whom are elected – to do it.

There is a long history of presidents tapping informal advisers to assist them. The originally derisive term, “kitchen cabinet,” dates back to Andrew Jackson in the 1830s.

It is also rich to complain about Elon Musk’s unelected status when no one in the vast federal apparatus that he’s grappling with was elected, either. The difference is that Musk is operating with the approval of a newly elected president.

Of course, the legalities matter. Musk is a so-called special government employee, which makes him more than just a billionaire who’s walked in off the streets, but his powers are limited. As long as federal officers are acting on his advice rather than Musk issuing orders directly, his influence should pass legal muster.

In general, Musk’s DOGE would be well-advised to take account of potential legal obstacles and “move less quickly than it might like and break things,” rather than “move fast and break things” and get blocked by the

courts. One way or the other, though, the Trump administration’s vision of executive power is on a collision course with the congressional spending power that will inevitably create politically fraught, highly consequential litigation.

As for the Democrats’ campaign against Musk, they may well succeed in making him a hate figure. If the Democrats take the House, presumably their first act will be to launch an investigation of Musk and issue a 1,000-page report with an hour-by-hour account of the moves of every 23-year-old working for him on DOGE. But, by then, Musk already may have made meaningful changes to how the federal government works and be on to his next project – say, mining meteorites or making cold fusion practical.

In the meantime, becoming such an enormous lightning rod that he diverts some of the political heat from Trump himself is another one of Elon Musk’s seemingly impossible achievements.

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

Dose of gabapentin is high but not unheard of

DEAR DR. ROACH: Am I a doomed man? When I was 25, I survived a battle with testicular cancer. The good news is that 45 years later, after two kids and three grandkids, I’m in good health. The only medicine I take is gabapentin for peripheral neuropathy that was caused by the chemotherapy drugs I received during the cancer treatment. One or more of these drugs caused neuropathy in my feet. A neurologist prescribed 800 mg three times a day, and I took this for about 15 years. As I got older, it became 800 mg four times a day for the past 20 years. As I talk to people, they seem shocked that I’m still alive after taking so much gabapentin. But I’ve never experienced any known side effects from it. I have read that the long-term use of gabapentin can increase the chances of dementia. Are there specific things that I should have my regular doctor test me for because of my long-term use of gabapentin? – C.P.



Testicular cancer is one of the most curable cancers because it is sensitive to both radiation and chemotherapy. However, both of these modalities can lead to problems years after the treatment was successful.

For many years, platinum-based chemotherapy has been one of the mainstays for advanced testicular cancer. Painful peripheral neuropathy, especially in the hands and feet, is a common side effect. Gabapentin is a commonly used medication to relieve pain from damage to the peripheral nerves that occurs in diabetes or with chemotherapy.

I don’t often see doses as high as you are taking, but they are certainly used. In a seminal trial on pain following a shingles infection (post-herpetic neuralgia), the target dose of gabapentin was 900 mg four times daily. It often takes weeks or months to build up to this dose so that people can tolerate it, but it is very effective. The most common side effect is sedation, but increasing the dose slowly reduces this effect.

The evidence of gabapentin and dementia is mixed, with two studies that looked at hundreds of thousands of people and came to completely different conclusions. In the study suggesting that there was a dementia risk, it was strongest in younger people.

I conclude that you aren’t doomed. While most authorities don’t suggest screening tests for dementia, there are some memory and cognitive tests that are easy to do for people who have concerns about their memory, or those whose doctors are concerned about a possible change in function. If there are abnormalities, a person can then be referred to a memory expert.

DEAR DR. ROACH: In a recent column, you discussed IBS-C (irritable bowel syndrome). I have IBS-D and had very serious episodes for several years. The cramping was enough to keep me in bed for two to three days. The episodes started happening more frequently three years ago and occurred every three to four weeks. I read that yogurt can help, so I began to eat plain yogurt every day (although I added fruit and granola). I haven’t had an episode in two-and-a-half years! Why isn’t this suggested by doctors? The change has been amazing. – K.V.

I am very pleased that you had such great results. Yogurt is often recommended due to the live bacteria in it, which is thought to be beneficial for the gut. Unfortunately, my experience (like most trials) has shown that it doesn’t help the majority of people. The lactose (milk sugar) is problematic for many IBS sufferers as well.

Still, it may be worth a try, and I agree with eating plain yogurt.

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



Moore Texas by Roger Moore

March 2, 1910: The first military flight in the U.S. is at Ft. Sam Houston. Orville and Wilbur Wright are the flight instructors.

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: R equals T

JERJVK RTPL RVER SOXYBGLW
 E HBWR XU SOLULoolG
 FLREHHBJ OBPCBPC WXTPGW:
 "FK UEYXOBRL RBPCW."

Answer Page 4

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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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Create your own Veterans page



by Freddy Groves

The Department of Veterans Affairs has just expanded the use of the Veterans Legacy Memorial (VLM) – the online digital platform dedicated to the memory of veterans who have passed away. Until now, a page for a veteran was created, usually by family, after that veteran died. Now the new feature – “Your Story, Your Legacy” – means that living veterans can create their own page, to be activated after their death.

This is a great addition to the project, especially for veterans who have no family who would create the page. The veteran can submit all the information in advance and have it just the way he or she wants. The VLM will hold the information until they’re notified of the death and burial.

There is one caveat: The veteran needs to have

advance approval for pre-need eligibility for burial in a VA national cemetery.

Have you seen the Memorial? At this point there are 10 million Legacy pages. (The VLM automatically creates a generic page when there is a burial in a VA national cemetery.) Go online to www.vlm.com.va.gov and explore the various ways the memorial pages have been done. Standard information includes the dates of birth and death, rank and branch of service, decorations, plus the location of burial (including a satellite photo of the location) and a photo of the marker.

But you’ll also find a variety of ways that veterans have been memorialized by additions from friends and family, with photos, bio, historical documents, stories and more. You can create your page any way you’d like – after you’ve been approved for burial in a national cemetery.

For pre-need approval for burial, you’ll need several documents, including DD-214, and the completed

application VA Form 40-10007. (Download the form at va.gov/find-forms/about-form-40-10007.) If you need help with the paperwork, call the National Cemetery Scheduling Office at (800) 535-1117.

For more information about the creation of your Legacy page, see vlm.com.va.gov/livingveteranhome or call them at (866) 245-1490.

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- Smartphones and computers are notorious for viruses – but I’m thinking of the kind that can make YOU sick. These devices are touched by us constantly. And then we stick them right to our faces! Take the time daily to clean off your device with an alcohol wipe to decontaminate it. Your respiratory and digestive systems will thank you.

- Use secure networks to transfer data. When out and about, if you are using free Wi-Fi hotspots, choose ones that encrypt data. You can check the web address and look for a padlock icon, or addresses that begin with <https://>. The “S” means “secure.”

- “Sign out of all accounts when you are using someone else’s computer. I can’t tell you how often I have used the computers at the library and went to sign into my webmail only to find that the previous user’s email comes up. Navigating away from a page usually doesn’t work, closing the browser sometimes doesn’t work, but logging off ALWAYS works. The same for shopping sites, like Amazon. If you don’t log off, because these sites use “cookies” to remember you, someone could potentially use your account.” – M.L. in Florida

- Lock your device! Just as you wouldn’t leave your door unlocked, so too should you not leave your phone unlocked, particularly if you have applications on your smartphone that can be easily accessed. Lock it up, and be smart.

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.

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

	+		×		=	30		
+		+		+				
	+		-		=	2		
÷		÷		×				
	+		-		=	2		
=		=		=				
10		1		84				
1	2	3	4	5	6	7	8	9

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HNT

GALENT

RTMUS

♥ERPO

HEGTLN

♥PSA

ASEN

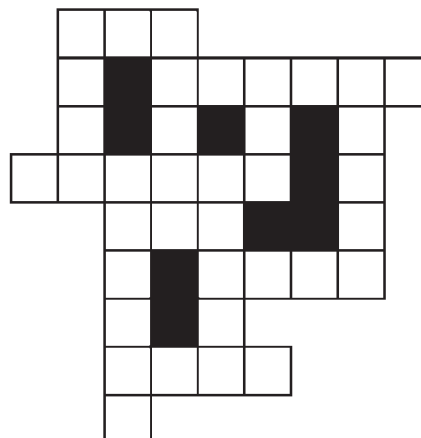
♥NAPLI

♥NTA

HIFSET

♥HETSE

♥UPML



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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