



– Photos courtesy Anthony ISD

AWARD WINNING BOT – Anthony High School seniors (from left) Samuel Torres, Aaron Acuna, and Cesar Arreola paused for a picture while conducting their final inspection on the A-Town team robot *Robomate* between competition rounds at the BEST Robotics Texas State Championships in Dallas.

‘Robomate’ earns Qorvo Award for robotics team

By Zabdiel Martinez
Special to the Courier

ANTHONY, TX – The Anthony High School robotics team, A-Town, represented the Anthony Independent School District (AISD) at the BEST Robotics Texas State Championships in Dallas in December. A-Town competed with 99 teams from across the state, marking a milestone for the district’s growing STEM (science, technology, engineering and mathematics) programs. A-Town qualified for State by advancing from a regional competition in New Mexico in October.

BEST Robotics is an intensive eight-week engineering and design challenge in which students receive a materials kit and are tasked with designing, building, programming, and marketing a robot to complete in themed missions. The *Factoids* themed competition centered on artificial intelligence applications. A-Town developed *Robomate*, a conceptual security-assistance robot designed to enhance school safety through facial recognition with direct communication links to security personnel and law enforcement.

A-Town advanced to the Wildcard Round in Dallas for the first time in program history. They earned the Qorvo Award for Most Elegant Robot.

The award recognizes excellence in robot design and engineering. Qorvo Inc. is an American semiconductor company that sponsors the award.

“This was my largest team to advance to state, with 17 students participating,” said Robotics Sponsor Priscilla Terrazas, a middle school science teacher. “What

makes robotics special is that it’s about much more than building robots. Students develop skills in marketing, research, writing, presentation, and teamwork. Many of our students are also involved in athletics, band,

See AWARD, Page 3



SAVORING THE MOMENT – The A-Town robotics team poses outside the competition venue in Dallas following their successful run at the BEST Robotics Texas State Championships.

Minnesota officials should call off the mob

If Minnesota officials don't like President Trump's threat to invoke the Insurrection Act, maybe they should do more to tamp down the insurrectionary activity in their state. After an ICE officer was violently attacked by two illegal immigrants while making an arrest and shot one

assailant in the leg in self-defense, anti-ICE activists – predictably enough – rioted.

In response to the unprovoked attack on the officer, Mayor Jacob Frey blasted ICE. Imagine, he implored, if your city "was suddenly invaded by thousands of federal agents that do not hold the values that you hold dear."

Minnesota elected officials might want to consider whether portraying federal law-enforcement officers as an alien invading force is the best way to convince President Trump that he shouldn't resort to the Insurrection Act. They sound like Confederate officials complaining about, say, the 20th Maine Infantry showing up within the city limits of Richmond, Virginia, circa 1863. But they can't help themselves – this is how they think.

A state representative named Liish Kozlowski thought the new shooting provided more evidence that ICE officers "are not here for public safety

or for fraud or for the well-being of anybody, but to hunt and harm us."

Prior to the latest incident, Gov. Tim Walz implored Trump to "end this occupation." This mindset is why the elected leadership in the state has justified and encouraged a low-grade anti-ICE insurgency. It doesn't involve guns or bombs, but other tools of coercion and intimidation meant to make it impossible for the federal government to enforce the nation's immigration laws in the state.

ICE officers are operating among a hostile population, significant elements of which consider them an occupying force and are determined to expel them. This is "Free Palestine" for the anti-ICE crowd.

Apologists for the agitators say, as Ilhan Omar has maintained, that they are only recording ICE officers and holding them accountable. This is nonsense. The activists almost always have cameras, true, but they are obstructing ICE vehicles, yelling at ICE officers and, if the opportunity arises, trying to "de-arrest" people.

The point of all of this is to create an atmosphere

See LOWRY, Page 7



Food for thought By Dr. Glenn Mollette

Keep doing your best

The best we can do right now is the best we can do.

We can be influencers and voices to those who help and serve us. However, we don't control the government. We can vote and that is powerful. We can let our leadership know how we feel and that is never a waste of time. We can make our contributions to causes that bring about change. We can volunteer in places that make a difference. After that, it's up to those we elected. After we

do and have done all we can do, we have to sit back and wait and watch to see what is going to happen. Sometimes we approve. Sometimes we don't and sometimes we are unsure.

In the middle of conflict and uncertainty, we should never cease to pray for our President and leaders of government. They need our prayers. They also need our support. They need it when we feel they are right and they need it when we

believe they are wrong. Just because we believe leadership may be wrong doesn't mean we withdraw our support. Usually when we feel they are wrong they need our support more but in a different way. That's when we say, "I support you but you need to go at this in a different way." Sometimes those who lead us listen and it seems like often they don't pay any attention to us.

In the middle of all that is going on in America and the world we need to be busy going about our lives as much as possible. We need to work our jobs, take care of our families, pay our bills, plant and raise our gardens and do life as

best as we can. Our country and houses of faith are made up of everyday, hard-working Americans. Hard working Americans of faith have made this country and will keep this country going.

Too often we have albatrosses that are hung around our neck. We've had Vietnam, Afghanistan and Iraq. They were financially crippling and killed thousands of our people. We don't want any more of that insanity but we are wondering if we are bound and determined for more?

What will Venezuela bring to America? What are we getting ourselves into? What

kind of blowback is coming our way? Are we going to plunge head first into Iran and their problems? Here we go again placing ourselves where we don't need to be. Next, there is Greenland, Cuba and Mexico. Where will all this take us and cost us?

Let's pray for Venezuela that they can get their act together and elect their own leadership. If we can help them with their oil and benefit both countries then that would be a win-win.

In the meantime, let's do the good things we know to do. Our communities and towns need us to carry on, even when it seems like the world is trying to fall apart.

Estrada named FISD Athletic Director

By Sofia Maciel
Special to the Courier

FABENS – Mr. Emmanuel "Manny" Estrada has been appointed as the new Athletic Director for Fabens Independent School District. He will officially assume the position on February 6, 2026.

Estrada brings 20 years of experience in education and athletics, having served as a classroom teacher, coach, and campus administrator. He most recently served as Assistant Principal at Riverside High School, where he oversaw athletics and academic departments and helped lead the campus to an "A" rating from the Texas Education Agency.

Throughout his career, Estrada has held multiple coaching and leadership roles, including Football Coordinator,



Photo courtesy Fabens ISD

Emmanuel Manny" Estrada

Track Coach, and Head Cross Country Coach, guiding student-athletes to district titles and state-level competition while emphasizing accountability, teamwork, and academic success.

Superintendent Dr. Rogelio Segovia welcomed Estrada to the district, saying, "On behalf of the Fabens ISD Board of Trustees and myself, I am thrilled to welcome Emmanuel Estrada to Fabens ISD. He brings energy, leadership experience, and a strong commitment to our student-athletes and coaches, and I am confident he will make a meaningful difference for our amazing students and community."

As Athletic Director, Estrada is committed to strengthening Fabens ISD athletic programs by promoting character, academic excellence, Head and pride in the Fabens community.



Award

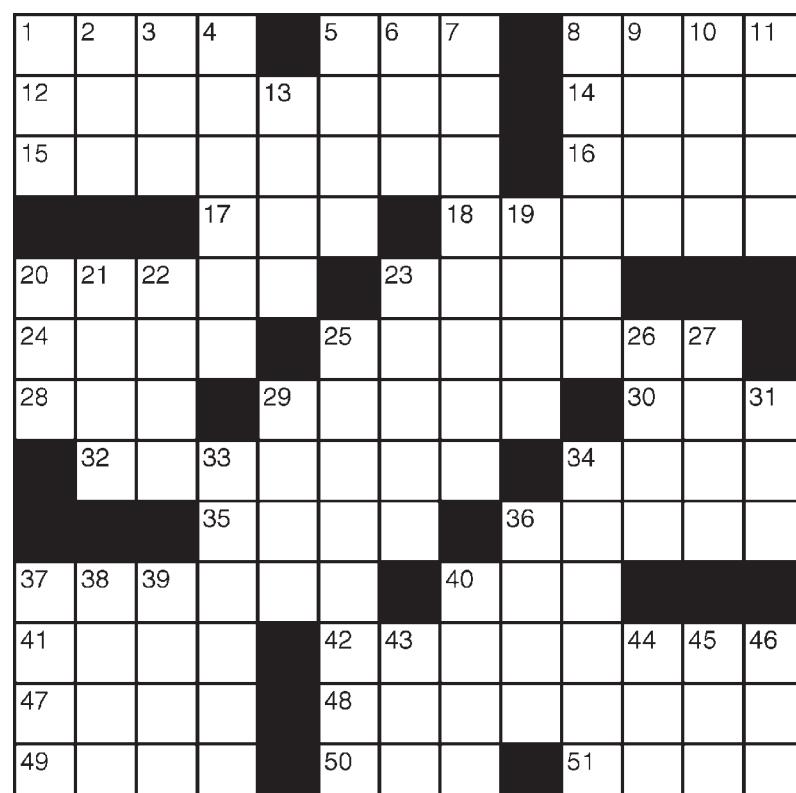
From Page 1

speech and debate, esports, and theater, which strengthens the collaboration needed to succeed in competitions like this," said Terrazas.

AHS seniors said the trip was a meaningful final robotics experience.

"While this is, unfortunately, the last trip I'll get to go on, getting to reconnect with the people I don't have classes with through robotics really is such a beautiful thing that happens on these kinds of trips, and I'll forever miss that," said Cody Vega.

Team captain and Lead Programmer, Cesar Arreola, believed Robotics helped develop his leadership skills. "Being captain of the robotics team, this year has been one of my most fulfilling opportunities in my high school career, especially considering the success of previous years. From collaborating on designing robots, to squashing bugs in our programming, to teaching the newbies how to work the power tools, every task we did came with the immense satisfaction of creating something together. Our hard work culminated in our state trip to Dallas, where we won an award," said Arreola.

King Crossword

**Average
Solve Time
22 Minutes**

ACROSS

- 1 Post-WWII alliance
- 5 Life story
- 8 Quick kiss
- 12 Challenger's words
- 14 Oklahoma tribe
- 15 Misses an opportunity
- 16 Without acting
- 17 Prattle
- 18 Contacts, e.g.
- 20 Vowel group
- 23 "Misbehavin"
- 24 Japanese noodle
- 25 Anthology
- 28 Pvt.'s superior

29 To the third power
30 Green shade
32 Cruised in style
34 Furnace fuel
35 Region (Abbr.)
36 Natural talents
37 Nap
40 Extinct bird
41 "Hulk" star Bana
42 Distributes
47 "Smallville" girl
48 Coffee bar order
49 Org.
50 Two, in Toledo
51 Campus VIP

DOWN

- 1 Zilch
- 2 Hubbub
- 3 Prof's aides
- 4 Salem's state
- 5 Invitation initials
- 6 Debtor's letters
- 7 Summarized
- 8 Unspecified travel destination
- 9 LAX postings
- 10 Natalie or Nat
- 11 Piano pieces?
- 13 Isaac's eldest
- 19 Author Bagnold
- 20 Ger. neighbor
- 21 Jittery
- 22 Speck
- 23 Fossil resin
- 25 Incensed
- 26 Atop

Answer Page 4

**Clint Independent School District
Public Notice**

Clint Independent School District will hold a public hearing to discuss the District's 2024-2025 Texas Academic Performance Report (TAPR) as part of a School Board meeting, which is scheduled for 5:30 p.m., Wednesday, February 10, 2026, at the Clint ISD Administrative Office Board Room, 14521 Horizon Blvd., Horizon City, TX, 79928.

The public is invited to attend. The TAPR report will also be available for review after the hearing at all Clint ISD campuses, the Clint Administrative Office and at www.clintweb.net.

For more information, call 926-4051.

**Distrito Escolar Independiente de Clint
Junta Pública**

El Distrito Escolar Independiente de Clint tendrá una Reunión Pública para informar sobre el "Reporte de Rendimiento Académica de Texas" (TAPR) del año escolar 2024-2025. El reporte sera parte de la reunión de la Mesa Directiva del distrito programada para el miércoles, 10 de febrero del 2026 a las 5:30 p.m. en el cuarto de sala de Clint ISD oficina administrativa, 14521 Horizon Blvd., Horizon City, TX, 79928.

Todos los interesados están invitados a asistir. El reporte TAPR estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas y en www.clintweb.net.

Para mas información, favor de llamar al 926-4051.

WTCC: 01-29-26

**THE GOVERNOR OF MINNESOTA****THE MAYOR OF MINNEAPOLIS****RENEE GOOD'S WIFE****THE ICE AGENT**

NOW PICK THE ONE THE TRUMP ADMINISTRATION ISN'T INVESTIGATING.



San Elizario Independent School District Public Notice of Meeting

San Elizario Independent School District will hold a public hearing to discuss the District's 2024-2025 Texas Academic Performance Report (TAPR). The meeting will be held at 4:00 P.M. on Wednesday, February 11, 2026 in the San Elizario ISD Central Office Board Room, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.

The public is invited to attend. For more information, call (915) 872-3900.

Junta Pública

Distrito escolar independiente de San Elizario celebrará una audiencia pública para discutir el informe de rendimiento académico 2024-2025 Texas del distrito (TAPR). La reunión se celebrará a las 4:00 p.m. el miércoles, 11 de febrero de 2026 en la sala de juntas de San Elizario ISD, 1050 Chicken Ranch Rd., San Elizario, Texas, 79849.

El público está invitado a asistir. Para obtener más información, llame al (915) 872-3900.

WTCC: 01-29-26

Anthony Independent School District
Statement of Revenues, Expenditures and Changes in Fund Balance
Governmental Funds
For the Year Ended August 31, 2025

Data Control Codes		General Fund	Other State Special Revenue Funds	Other Funds	Total Governmental Funds
REVENUES:					
5700	Total Local and Intermediate Sources	\$ 2,070,324	\$ -	\$ 312,948	\$ 2,383,272
5800	State Program Revenues	9,366,888	391,193	95,443	9,853,524
5900	Federal Program Revenues	1,016,836	-	935,289	1,952,125
5020	Total Revenues	12,454,048	391,193	1,343,680	14,188,921
EXPENDITURES:					
Current:					
0011	Instruction	5,503,867	60,469	402,150	5,966,486
0012	Instructional Resources and Media Services	162,238	-	-	162,238
0013	Curriculum and Instructional Staff Development	33,273	223,476	46,278	303,027
0021	Instructional Leadership	168,309	82,114	143,860	394,283
0023	School Leadership	746,759	1,080	4,792	752,631
0031	Guidance, Counseling and Evaluation Services	331,407	-	109,067	440,474
0032	Social Work Services	-	-	239,966	239,966
0033	Health Services	133,560	-	-	133,560
0034	Student (Pupil) Transportation	361,411	-	2,121	363,532
0035	Food Services	961,084	-	-	961,084
0036	Extracurricular Activities	443,695	-	7,423	451,118
0041	General Administration	1,013,124	-	2,415	1,015,539
0051	Facilities Maintenance and Operations	1,442,565	11,845	9,191	1,463,601
0052	Security and Monitoring Services	392,251	-	800	393,051
0053	Data Processing Services	392,177	12,209	-	404,386
0061	Community Services	216	-	4,361	4,577
Debt Service:					
0071	Principal on Long-Term Liabilities	54,014	-	375,000	429,014
0072	Interest on Long-Term Liabilities	6,714	-	97,175	103,889
Intergovernmental:					
0099	Other Intergovernmental Charges	32,269	-	-	32,269
6030	Total Expenditures	12,178,933	391,193	1,444,599	14,014,725
1100	Excess (Deficiency) of Revenues Over (Under) Expenditures	275,115	-	(100,919)	174,196
OTHER FINANCING SOURCES (USES):					
7949	Proceeds of SBITAs and Other Resources	25,945	-	-	25,945
1200	Net Change in Fund Balances	301,060	-	(100,919)	200,141
0100	Fund Balance – September 1 (Beginning)	4,027,874	-	283,116	4,310,990
3000	Fund Balance – August 31 (Ending)	\$ 4,328,934	\$ -	\$ 182,197	\$ 4,511,131



Moments in time

THE HISTORY CHANNEL

public almost two weeks later.

- On Jan. 28, 1777, poet, playwright and British General John Burgoyne submitted a plan to the British government that would isolate New England from the other colonies, which involved an invasion of 8,000 British troops from Canada moving south through New York and taking the Americans by surprise. Its failure that autumn launched severe criticism, and soon after Burgoyne retired from active service.
 - On Jan. 29, 1929, The Seeing Eye, America's first school designed to train guide dogs for the visually impaired, opened in Tennessee. For the benefit of skeptical reporters, co-founder Morris Frank showcased his own dog, Buddy, on busy New York streets.
 - On Jan. 30, 1994, American speed skater Dan Jansen set a new world record of 35.76 at the

World Sprint Championships in Calgary, Alberta, Canada.

- On Jan. 31, 1961, a chimp named Ham became the first hominid in space, after a 16.5-minute suborbital flight, paving the way for the first human in space three months later.
 - On Feb. 1, 1917, Germany returned to the policy of unrestricted submarine warfare it had suspended in response to pressure from America and other neutral countries. The previous day, German chancellor Theobald Bethmann Hollweg had announced that “the destructive designs of our opponents cannot be expressed more strongly. We have been challenged to fight to the end. We accept the challenge. We stake everything, and we shall be victorious.”

©2026 King Features Synd., Inc.

CryptoQuip Answer

Massive metropolis known for its curious huge population of shaggy baby bovines: New Yak City

A crossword puzzle grid with the following words and a multiplication table:

Across: NAT, TO, BIO, PECK, IDA, REYOU, OTOE, LOSES, OUT, GAB, LENS, ES, AEIOU, AINT, UDON, OMNIBUS, SGT, CUBED, PEA, YACHTED, COAL, TERR, BENTS, SIESTA, MOA, ERIC, GIVES, OUT, LANA, ESPRESSO, ASSN, DOS, DEAN.

Down: N, O, T, O, B, I, O, P, E, C, K, I, D, A, R, E, Y, O, U, O, T, O, E, L, O, S, E, S, O, U, T, G, A, B, L, E, N, S, E, S, A, E, I, O, U, A, I, N, T, U, D, O, N, O, M, N, I, B, U, S, S, G, T, C, U, B, E, D, P, E, A, Y, A, C, H, T, E, D, C, O, A, L, T, E, R, R, B, E, N, T, S, S, I, E, S, T, A, M, O, A, E, R, I, C, G, I, V, E, S, O, U, T, L, A, N, A, E, S, P, R, E, S, S, O, A, S, S, N, D, O, S, D, E, A, N.

Multiplication Table:

8	÷	4	+	9	11
+		×		÷	
2	×	4	+	3	11
×		-		+	
1	×	6	+	7	13
10		10		10	

Strange BUT TRUE

By Lucie Winborne

- Giraffes have no vocal cords but can still communicate with low-frequency sounds.
 - In 1926, Clyde Barrow, of Bonnie and Clyde fame, was arrested with his older brother Buck for possession of a truckload of stolen turkeys.
 - The first recorded cookbook was written in cuneiform on tablets in ancient Babylon around 1700 B.C.
 - Gioachino Rossini's aria "Di tanti palpiti" was known throughout Europe as "the rice aria," since it was composed while he waited in a Venice restaurant for his risotto to cook.
 - Sunsets on Mars are blue.
 - Studies have suggested that the average human attention span is now about nine seconds – shorter than that of a goldfish.
 - In 1820, Missouri imposed a \$1 bachelor tax on unmarried men ages 21-50. The short-lived law was designed to encourage marriage, population growth and family establishment in the new state.
 - A Russian safari park became famous after a tiger named Amur didn't eat a goat that had been placed in its enclosure as live food.
 - The first U.S. submarine was a hand-cranked, pedal-powered wooden craft from the Revolutionary War dubbed "the Turtle."
 - Astronauts sent to space can experience a kind of motion sickness known as space adaptation syndrome, or space sickness, with the most notable case inflicting former senator Jake Garn, whose bout was so disabling that his name became used as an informal measurement for the illness.
- Thought for the Day: "Do not seek to follow in the footsteps of the wise. Seek what they sought."
– Matsuo Basho
- ©2026 King Features Synd., Inc.

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

Save a Life. #SlowDown #MoveOver



Fabens Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended June 30, 2025

Data Control Codes	10			98
	General Fund	Other Funds	Total Governmental Funds	
REVENUES				
5700 Local and Intermediate Sources	\$ 2,526,188	\$ 871,637	\$ 3,397,825	
5800 State Program Revenues	18,941,555	1,815,809	20,757,364	
5900 Federal Program Revenues	1,651,383	2,376,074	4,027,457	
5020 Total Revenues	<u>23,119,126</u>	<u>5,063,520</u>	<u>28,182,646</u>	
EXPENDITURES				
0011 Instruction	12,213,693	2,007,146	14,220,839	
0012 Instructional Resources & Media Services	159,060	-	159,060	
0013 Curriculum & Instructional Staff Development	98,909	26,459	125,368	
0021 Instructional Leadership	507,695	156,524	664,219	
0023 School Leadership	1,327,030	24,115	1,351,145	
0031 Guidance, Counseling & Evaluation Services	738,414	183,622	922,036	
0032 Social Work Services	45,136	53,514	98,650	
0033 Health Services	268,196	1,903	270,099	
0034 Student Transportation	495,659	-	495,659	
0035 Food Services	1,488,434	-	1,488,434	
0036 Extracurricular Activities	829,571	-	829,571	
0041 General Administration	1,569,490	-	1,569,490	
0051 Facilities Maintenance and Operations	3,352,815	509,288	3,862,103	
0052 Security and Monitoring Services	633,742	-	633,742	
0053 Data Processing Services	516,227	-	516,227	
0061 Community Services	28,254	67,530	95,784	
0071 Debt Service - Principal	39,866	1,378,000	1,417,866	
0072 Debt Service - Interest	1,830	327,691	329,521	
0073 Debt Service - Costs and Fees	-	1,550	1,550	
0099 Other Intergovernmental Charges	46,401	-	46,401	
6030 Total Expenditures	<u>24,360,422</u>	<u>4,737,342</u>	<u>29,097,764</u>	
1200 Net Change in Fund Balance	(1,241,296)	326,178	(915,118)	
0100 Fund Balance - Beginning	14,834,488	98,277	14,932,765	
3000 Fund Balance - Ending	<u>\$ 13,593,192</u>	<u>\$ 424,455</u>	<u>\$ 14,017,647</u>	

After decades of misery, Indiana wins it all

By Steve Escajeda
Special to the Courier

Everyone knows that there are the traditional heavyweights in college football.

Some of the football bullies include schools like Alabama and Ohio State and Texas and Georgia and Michigan and LSU and Oregon and Notre Dame and Oklahoma and USC and a few others that are always challenging for a title.

There have been other guys, smaller guys, who have tried to challenge the big guys over the last two or three decades, teams like Boise St. and Central Florida and BYU and Cincinnati and James Madison, but they just couldn't quite accomplish that David vs. Goliath thing.

In what was an outstanding NCAA football season, the Indiana Hoosiers won the national championship with a 27-21 win over the Miami Hurricane.

Let's try to understand exactly what this Indiana team has just accomplished.

Now I wouldn't quite say that Miami is Goliath, but they are former champions, and I do know that Indiana has never had the talent to be David.

A lot of people know about the Hoosiers of coach Bobby Knight and the five NCAA basketball championships they own. Some may also know that this is the 50th anniversary of the 1976 Indiana team that won the title and finished undefeated.

Oh, and by the way, they are the last team to ever do that.

Well, Indiana's basketball success hasn't exactly trickled down to its football program.

Let's put their football team into the kind of perspective only a UTEP football fan can understand.

Since 1969, the UTEP Miners have enjoyed just eight winning seasons, and we're about as far away from a

championship as any team can be.

Well, since 1969 and prior to the last two seasons, the Indiana Hoosiers had just 11 winning seasons. That's just 11 winning teams in the last 55 years.

And their all-time total of 715 losses makes Indiana the second-worst team in NCAA history. Only Northwestern, with 718, has lost more games than Indiana.

Heck, even UTEP has less losses with 655.

Which only goes to show you that anything is possible, except dribbling a football of course.

Anyway, the Hoosiers not only won this year's national title, they are the first team to finish a season 16-0. It all started a year ago when the Hoosiers shocked everyone by going 11-2.

That makes them 27-2 over the last two seasons, but in the three years prior to that, Indiana was a combined 9-27.

Heck, once again, over the same last

three years UTEP is 8-28.

Does that mean the Miners are about to explode onto the scene with 11 wins next year and challenge for a national championship in 2027?

Don't bet on it.

But what Indiana did proves that there's always hope for a team that has been a perennial loser. Who says things have to stay the way they've always been?

In this day and age, all a team needs to do is to hire a good head coach, hire a good coaching staff and convince enough big-dollar-donors to funnel enough money to the university so that it can go shopping for enough high-caliber players to change the program's culture.

And then do it again year after year.

Ask schools like Texas Tech and Vanderbilt how they've suddenly turned into title contenders in almost every sport.

Indiana not only shocked the

world by winning a title, it knocked off Illinois, Iowa, Oregon (twice), Michigan St., UCLA, Penn State, Wisconsin, Ohio State, Alabama and Miami, on the way to winning it.

No one can accuse this team of taking the easy road to a championship.

Of course, it doesn't hurt when you hire a coach like Curt Cignetti, who no one had ever heard of, but did lead little James Madison to a 19-4 record in his two seasons there.

Cignetti has only been a head coach for four years (two at Indiana), his record is an astonishing 46-6.

It also doesn't hurt to have the Heisman Trophy winning quarterback, Fernando Mendoza.

That's the starting formula, a coach, a player and money. Every program in America is searching for that winning combination.

There are a few rich treasures and former players associated with El Paso and UTEP.

Who knows, maybe even UTEP can start being David.



Senior moment By Matilda Charles

Avoiding the flu

There are some good tips out there for avoiding the flu this winter, and given the nature of the beast this time, it's to our benefit to pay attention.

If you've listened on the news, you know that the flu this year is worse than usual, arriving a month early and launching like a rocket. This one is an influenza A virus, but not the one they were predicting. The vaccine was created for H1N1, but surprise, surprise, what quickly emerged was the H3N2 mutation (also called subclade K), which the vaccine isn't geared up to tackle because it was created for H1N1. Hence the higher than expected number of cases. For the first time in years, the CDC is calling this a high severity for all age groups flu season. During December, in one week alone 19,000 people were admitted to the hospital.

Our job is to avoid the flu this year. Here is the advice from the CDC:

- Get your flu shot. Even though the vaccine isn't aimed

at the H3N2, it will still offer a bit of protection.

- Wash your hands – all the time. Scrub for 20+ seconds or use a hand sanitizer that has at least 60% alcohol if there is no soap.

- Wear a good mask if you go out.
- Don't touch your face. If there are germs on your hands, that's how it will infect you.
- Eat right, drink fluids, get enough sleep.

Get out those sanitizing wipes and disinfect the door knobs, kitchen cabinet handles and surfaces, everything that gets touched in your house.

Run your air cleaner, if you have one.

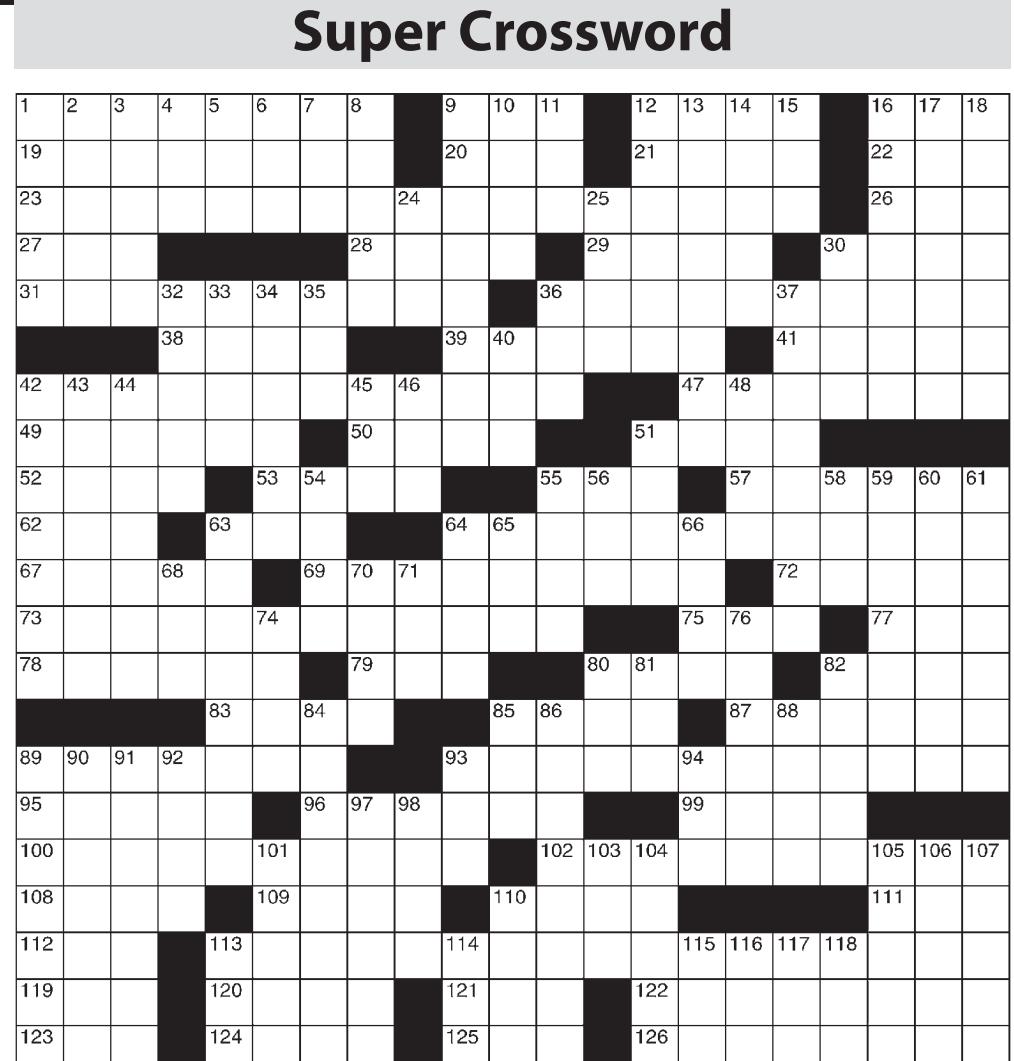
- Stay away from sick people. Flu likely spreads via droplets in the air when sick people cough or sneeze or talk. On a scary note, people can have (and pass around) the flu a whole day before they even have symptoms.

Stay healthy!

©2026 King Features Synd., Inc.

Super Crossword

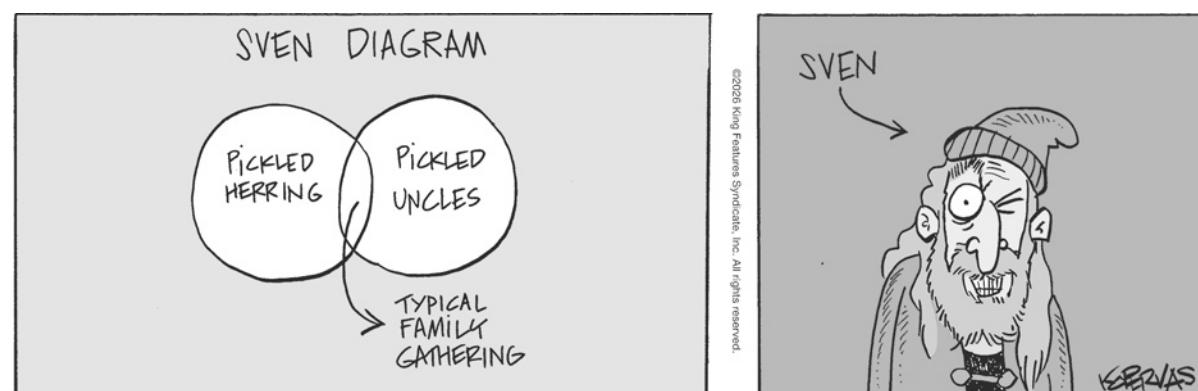
APT OMISSION		ACROSS															
1	Easy to carry	57	Turks and Islands	110	Polite request starter	16	Settle a score	shines	68	Actor Gerard	1	2	3	4	5	6	
9	CFO's deg., perhaps	62	Olive of "Popeye"	111	Pro-gun gp.	17	"Let me say it again..."	70	Orderly	20	21	22	23	24	25	26	
12	Hacks off	63	Grill residue	112	Soft & _	18	Southern Italian city	71	Rams' org.	27	28	29	30	31	32	33	
16	U.S. soldiers	64	Like a cream-colored skeleton?	113	Feature of this puzzle (hint: string together the letters omitted from the starts of 10 long answers)	24	Very tall bird	74	"_ chic!"	34	Positions	35	36	37	38	39	
19	Priest, at a baptism	67	Make flush	25	Letters after pis	76	Rent payer	80	Suet, e.g.	40	Coiffures	41	42	43	44	45	
20	Alley-	69	Enclosed bill of fare?	30	Flag holder	81	Roadie's load	82	Suez, e.g.	46	Drivers' licenses, e.g.	47	48	49	50	51	
21	Pendant gem	72	Showed on TV again	32	"... unless I'm wrong"	84	Hi-_ picture	85	Hi-_ picture	49	52	53	54	55	56	57	
22	Period	120	Notion, in Nantes	33	City in Texas	86	Steps onto a subway, say	88	"River" New Age artist	50	56	57	58	59	60	61	
23	Medical operation led by a wizard?	73	Actor Silver	34	"Star Trek: The Next Generation" actor Jonathan	91	TV show created by Barbara Walters	92	Rob of "The Stand"	63	64	65	66	67	68	69	
26	Phone no.	121	Banquet dispenser	35	Cereal grass	93	Edition: Abbr.	94	_di-dah	70	71	72	73	74	75	76	
27	Crusty treat	122	Irredeemable	36	Singer Ocasek	97	Dissertations	98	Actress Garr	79	80	81	82	83	84	85	
28	Harbinger	123	Boise-to-Fresno dir.	37	Swift pirate ships	99	Actor Penn	101	Digression	84	85	86	87	88	89	90	
29	Make sharp	124	Scottish loch	40	Border	102	"Life of Pi" director Lee	103	Author Rand	93	94	95	96	97	98	99	
30	Toon skunk Le Pew	125	Mil. draft org.	42	In a plane, e.g.	104	Relief sounds	105	Patella sites	101	102	103	104	105	106	107	
31	Bow shooter's attention?	126	With 55-Down, "My treat"	43	Gymnast Retton	106	Artist Max	107	"Midnight Cowboy" role	109	110	111	112	113	114	115	
36	Manhole lid, e.g.?	127	And the like: Abbr.	44	Dyemaking compound	116	Big speech	117	Nov. follower	120	121	122	123	124	125	126	
38	_ avis	128	Face-off participant	45	"_ So Shy"	118	Sign off from a computer	119	Speaks well	124	125	126	127	128	129	130	
39	Sad, to Sartre	129	Elev.	46	Ear: Prefix	120	Sign off from a computer	121	Whittled	125	126	127	128	129	130	131	
41	City in western New York	130	Kismet	47	Like many '90s albums	126	When la lune	127	128	129	130	131	132	133	134	135	
42	Muscat native who regularly attends Mass?	131	152, to Cato	48	See 75-Across	128	129	130	131	132	133	134	135	136	137	138	
47	Kia crossover SUV model	132	Remainder sign	49	Dark bread	130	131	132	133	134	135	136	137	138	139	140	
49	_ of the North" (1922 documentary)	133	500-sheet paper unit	50	Done it!"	132	133	134	135	136	137	138	139	140	141	142	
50	Derivation of a word: Abbr.	134	Comic Kevin Lee	51	"Life of Pi" director Lee	134	135	136	137	138	139	140	141	142	143	144	
51	Tax IDs	135	Roster in a mob film	52	Gas grill meas.	136	137	138	139	140	141	142	143	144	145	146	
52	London or Leeds native	136	Prepared to install a steam outlet?	53	Maui wreath	137	138	139	140	141	142	143	144	145	146	147	148
53	Onetime Texaco rival	137	One-off, as a committee	54	Hosp. trauma pro	138	139	140	141	142	143	144	145	146	147	148	149
55	Mined stuff	138	Sort who doesn't think before speaking?	55	Nothing" (1996 "Simpsons" episode)	139	140	141	142	143	144	145	146	147	148	149	150



Answer Page 4

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

of violent intimidation and make every step ICE takes in the city as painful as possible.

If this is the work of "legal observers," as the euphemism has it, the Proud Boys at the Robert E. Lee statue in Charlottesville in 2017 were just "historic preservationists."

Jacob Frey says that the activists are protecting their city and looking out for their neighbors. In no other context, though, would the mayor make this claim.

If, say, the FBI arrests gangbangers in Minneapolis, it's not an assault on the Twin Cities – in fact, the opposite. As for neighbors, anyone arrested for any crime is someone's neighbor. Just because the guy stealing hub caps or dealing drugs lives in a neighborhood doesn't mean he gets legal immunity, or his neighbors get to try to prevent law enforcement from going after him.

Often, the "neighbors" that the activists are supposedly protecting, by the way, are other activists who have interfered with ICE and

been detained.

In Trump's first term, "the resistance" was an over-the-top term that applied to the fervent opposition to Trump, including massive street protests that were obnoxious, but lawful. In Minnesota today, "the resistance" is a more apt phrase.

That's why the Insurrection Act is in play. It is an antiquated law with a vague trigger, allowing the president to use active-duty military forces and federalized National Guard troops to quell "unlawful obstructions, combinations or assemblages."

If Trump goes there, it would be a big deal. It would be better, first, to try to provide more protection for ICE officers with other law-enforcement assets and, better still, if Minnesota could turn off the anti-ICE insurgency.

Jacob Frey famously told ICE to "get the [expletive] out of Minneapolis." Now, he should tell the agitators to get the [expletive] off the streets.

Rich Lowry is editor of the National Review. ©2026 by King Features Synd., Inc.

A1C level a good measure barring other blood issues

DEAR DR. ROACH: I had an eye issue last year that led to blood tests resulting in an elevated A1C. I said that it wasn't my blood; I am plant-based, exercise regularly, and don't drink sodas or alcoholic beverages. Of course, they wanted to start me on medication for prediabetes, but I opted to see if I could fix it with dietary changes first. I was told to limit bread, pasta and rice, among other things that vegans eat, and proceeded to lose a lot of weight. (I don't have much to spare.) During my recent blood test, my A1C was still high at 6.1%. Looking into it a bit further, my physician's assistant realized that low iron can impact A1C readings, and I have always had low iron. I take a supplement almost daily with an orange. Please tell your readers about this so as not to scare them into taking medicine that they might not need. There still may be something going on with me, and I will be getting more tests to be sure that this can be corrected. But I am somewhat relieved that it is not prediabetes. – M.K.



The A1C level measures the amount of sugar that is found on red blood cells. For most people, it's an excellent indication of how high their blood sugar has been over the past few months. Half of red blood cells die after 60 days in most people, so the normal ranges of A1C are appropriate for people who have red blood cells that live a normal life.

Several conditions lead to red blood cells that live much shorter than this. Sickle cell disease, autoimmune hemolytic anemias, and severe heart valve disease are among the diseases that have markedly shortened the lifespan of red blood cells. This can cause a person's A1C level to be falsely low. A person with poorly controlled diabetes may have a normal A1C because the red blood cells don't live long enough to accumulate as many sugar molecules on them.

People with iron deficiency have slower red blood cell turnover or longer-lived red blood cells. This means that there is more time to accumulate sugar and a falsely elevated A1C level. Before we had the A1C test, we had blood sugar levels and glucose tolerance tests to make the diagnosis of prediabetes and diabetes. In people with abnormalities in their red blood cells, these are more reliable than the A1C level.

DEAR DR. ROACH: When I lay down, my toes tingle. This has been going on for several years. I've read that this is a sign of diabetes, but my annual physical shows that my sugar level is normal. – B.Y.

Tingling toes are a common symptom of neuropathy, but there are many types of neuropathies. So, it isn't a diagnosis as much as it is a description of a nerve problem. While diabetes is among the most common types of peripheral neuropathies, it isn't the only one.

Since both legs are affected, it is less likely due to the direct compression of the peripheral nerve, which normally occurs on one side. The fact that it only occurs when you are laying down does suggest that there may be compression higher up, possibly in your spinal cord.

Other neuropathies that normally affect both sides of the body include vitamin B12 deficiency and thyroid disease. Some medications can do it, but sometimes no cause is ever found. A neurologist is the ideal specialist to help diagnose this condition, especially one who specializes in neuropathy.

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. ©2026 North America Synd., Inc. All Rights Reserved.

To Advertise Call 852-3235
Archives: www.wtxcc.com



Moore Texas by Roger MOORE

January 26, 1833: Birth date of Elizabeth Ney. The rebellious "sculptor laureate" of Texas often worked in a knee length skirt that shook up the stodgy Austinites of the day.

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: H equals S

VPHHSDK VKUWICITSH ZJIQJ
YIW SUH ORWSIRH MREK
CICRTPUSIJ IY HMPEEX NPNX
NIDSJKH: JKQ XPZ OSUX.

Answer Page 4

©2026 King Features Synd., Inc.

Weekly SUDOKU

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

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 5

♦♦♦ HOO BOY!

© 2026 King Features Synd., Inc.

Expansion of veterans cemeteries

VETERANS POST

by Freddy Groves

The VA awarded \$77 million in grants for 20 veteran cemeteries across the country during fiscal year 2025. These grants will allow the establishment of the first state veterans cemetery in Alaska (to serve 12,000 veterans) and the expansion of 19 others.

Besides the establishment of a veterans cemetery in Alaska, the grants will allow expansions of existing veterans cemeteries in Arizona (2), Arkansas, Kansas, Kentucky (2), Massachusetts (2), Montana, New Mexico (2), North Carolina (3), Tennessee, South Carolina, Texas, Virginia and Wisconsin.

In fiscal year 2025, more than 43,000 veterans were buried in grant funded cemeteries, with 124 cemeteries supported since the program began in 1980. Over the years, grants have provided over \$1 billion to

these state cemeteries. The goal: to provide burial access within 75 miles of home to 94% of all veterans.

As an added benefit, veterans who are buried in VA grant cemeteries are also included on the Veterans Legacy Memorial site (www.vlm.cem.va.gov).

The VLM is an online memorial with the records of over 10 million veterans who are buried at VA National Cemeteries, VA grant funded cemeteries such as the ones receiving grants this year, U.S. Park Service National Cemeteries, and many others. The Legacy page for each veteran is a place for family members, friends and former military comrades to add their own memories of the veteran.

To find a veteran's page, do a search on the VLM website. You need the veteran's first and last name, but you can fine-tune your search by adding year of death, the cemetery you want to search, the branch of service and other information.

If you want to add details to your veteran's legacy

page, first look around at other pages to get an idea of the possibilities. You can add awards and decorations, career details, a military timeline, a biography, PDF documents that can include newspaper clippings, photos and much more.

Visit www.cem.va.gov/burial-memorial-benefits for more about the VA's burial and memorial benefits.

©2026 King Features Synd., Inc.



by
Jo Ann
Derson

- Making your own flavored yogurt is cheap and much better for you. You can avoid a lot of added sugar. Start with plain, unflavored yogurt and add: pureed fruits, toasted oats, honey, vanilla or almond extract, plumped-up raisins (add enough hot water to cover a tablespoon of raisins and let sit for a minute or two). Yummy.

"My son was allergic to something in store-bought toothpaste, and the ones at the health-food and specialty stores seemed so expensive. I got a "recipe" to make toothpaste and it works so well that we all use it now. Just mix 1/2 cup of baking soda with a pinch of sea salt and some peppermint oil. A few drops at a time and stirred in. I keep it in a jar with a tight-fitting lid. Shake a bit into a little cup and dip your toothbrush into it. It scrubs off stains and is refreshing. The salty taste takes some getting used to, but it feels really clean for hours. Love it!" – K.S. in Florida

"A pinch of salt tossed in the coffee grounds will cut the bitterness in lower-quality coffee. This is especially useful if you get a good deal on a can of coffee that's not your normal brand." – P.L. in New Jersey

You can easily extend the amount of ground meat you have with lentils or oatmeal. They maintain a meaty texture and take up some of the flavor of the meat. There's a reason Grandma used oatmeal in her meatballs, too: It helps the meat retain moisture.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2026 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!

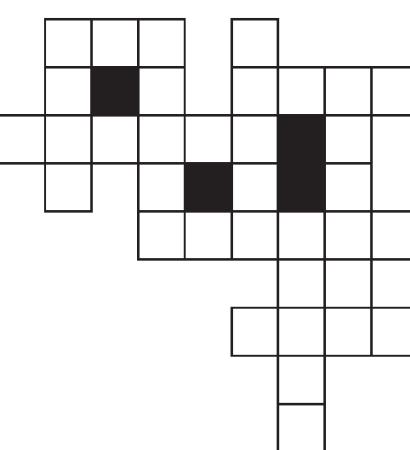
Answer Page 4

	÷		+		11
+		×		÷	
	×		+		11
×		–		+	
	×		+		13
10		10		10	
1	2	3	4	6	7
8	9	10	11	12	13
2	3	4	5	6	7
6	7	8	9	10	11

© 2026 King Features Syndicate, Inc.



SMI
AMPIOT
PETUS
TAIFI
PACINT
UEM
NOTI
INHEG
TPU
ENASTO
CAMNI
OPMR



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.

© 2026 King Features Syndicate. All rights reserved.