1973 53 Years 2026

West Texas County Courier

VOL. 53, No. 9 | Serving Anthony, Vinton, Canutillo, East Montana, Horizon, Socorro, Clint, Fabens, San Elizario and Tornillo | MARCH 5, 2026

– Photos by Alfredo Vasquez

STYLE – The University of Texas at El Paso (UTEP) has to be one of the most unique campuses in the state – if not the country – with its Bhutanese architectural marvels built atop mountainous terrain, student walkways that meander through desert landscapes, and a distinct Tibetan temple, above, poised amid the rocky campus expanse.

UTEP invests in future of education in Paso del Norte region

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Higher education aspirants are taking advantage of the University of Texas at El Paso's (UTEP) enhanced programs and facilities as evidenced by the new enrollment record set for the 2026 semester. Nearly 25,000 students signed up for Spring classes – the highest in the school's history.

"UTEP's growth this spring shows that students and families see the value of a UTEP education and are persisting to get that degree," UTEP President Heather Wilson stated in a recent news report.

Undergraduate enrollment increased 5.1 percent overall, which builds on the university's recent gains in fall 2025 semester. New master's enrollment is up 6 percent and underscores a sustained interest in advanced study. Also new transfer student enrollment went up 3.1 percent compared to last spring.

"We are so proud that students are choosing UTEP in greater numbers. We know that college degrees are important to many career opportunities and are pleased that so many students trust the quality of UTEP degrees," said Amanda Vasquez-Vicario, Ph.D., vice president for enrollment management. "Much of this spring's record is due to high levels of student persistence, which is supported by our dedicated campus teams," she stated.

> ***"Education is the best path to a better life."***
>
> – UTEP President Heather Wilson

Vasquez-Vicario noted that the focus remains on student success – retention, timely progress to degree and strong career outcomes. "We're committed to ensuring that every student who chooses UTEP has the support and resources they need to thrive academically and professionally."

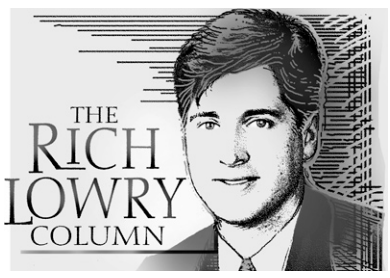
And, that support and resources include facilities. Just recently the University of Texas System Board of Regents approved $65 million

NEW ON CAMPUS – Texas Western Hall, above, was named in recognition of UTEP's founding as the School of Mines and Metallurgy in 1913 and renamed Texas Western College in 1948.

See UTEP, Page 2

Many people suffer poor health, not for what they eat, but from what is eating them. **– Quips & Quotes**

Jack Hughes or Eileen Gu?



The Winter Olympics had its thrills and spills – and a deep philosophical divide represented by two American, or American-born, athletes.

Jack Hughes, the gold medal-winning American hockey player for the U.S. team, gave voice to a patriotic reflex in his heartfelt expressions of love of his country. Eileen Gu, the gold medal-winning American-born freestyle skier competing for China, exemplified a cosmopolitan ideal that floats above mere nationhood.

This difference – between the bloody-mouthed hockey player draped in his own country's flag and the exceptionally talented part-time model resistant to any questions about national loyalty – drives many of the divisions in American society.

Is loyalty to country a matter of choice or an unalterable commitment? Do borders mean anything? Is our common culture essential or dispensable? Is the appropriate attitude toward America one of fundamental gratitude or critical distance?

These types of questions are involved in disputes over immigration policy, over American history and how to teach it in schools, over the status of the English language, and over how much we should care about so-called international opinion.

It was a subtext at the Munich Security Conference a couple of weeks ago when Marco Rubio said that we must fight for Western civilization, while Alexandria Ocasio-Cortez rendered "Western culture" in sneer quotes, as if it were a fiction or contemptible concept.

The right is naturally drawn to the patriotic or nationalistic attitude, whereas the left is more cosmopolitan, tending to believe that attachment to one's own is narrow-minded and patriotic displays are crude and simplistic.

Cosmopolitanism has a long history. As I note in my book "The Case for Nationalism," the term "cosmopolitan" has its root in the Greek word "kosmopolites," or citizen of the cosmos or world.

The fourth-century B.C. Cynic philosopher Diogenes is the first recorded person to use what has now become a cosmopolitan cliche: "When he was asked where he came from, he replied, 'I am a citizen of the world.'"

That was a radical, or even senseless, statement

See LOWRY, Page 7

UTEP

From Page 1

in permanent university funds for UTEP's new Student Success Center.

The new building will bring a range of student-centered benefits together in one place including counseling and psychological services, the career center and other services like the center for military students, as well as modernized food service and event accommodations. It is expected to be completed by 2031.

The anticipated student union building is the next in a series of new facilities that UTEP officials have been able to add to the growing borderland campus. For the fall semester a special ceremony was held to announce the opening of the Texas Western Hall, which encompasses the 124,725-square-foot learning complex that serves as a hub for teaching and campus life.

The $110 million liberal arts building was paid for through $57.1 million in permanent university funds approved by The University of Texas System Board of Regents in 2023 and $52.4 million from the Texas Legislature in 2021.

– Image courtesy of the University of Texas at El Paso

ON THE BOARD – Plans are to build a four-story dormitory, shown in illustration above, to address UTEP's increasing demand for on-campus student housing.

"Texas Western Hall replaces a 1960s-era building with state-of-the art learning spaces," Wilson said. "It is both beautiful – inside and out – and functional."

Texas Western Hall provides 30 classrooms with capacity for more than 1,700 students, including a large 150-seat auditorium equipped with advanced audiovisual technology. The facility also includes 20 collaboration rooms and 3,000 square foot rooftop terrace.

The building features a 2,300-square-foot lobby with 40-foot ceilings and a floor radiant heating system that circulates warm water through tubing embedded in the concrete floor, which will provide consistent temperatures and improved energy efficiency. The exterior reflects UTEP's distinctive Bhutanese architectural style, complemented by landscape architecture that connects the campus with native Chihuahuan Desert plants. The complex also includes amenities designed to enhance campus life, including the Texas Western Café.

Texas Western Hall replaces the current Liberal Arts Building, which will be demolished later this year. Additionally, university officials were able to

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PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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Delivery via 1st class mail.

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15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235

E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

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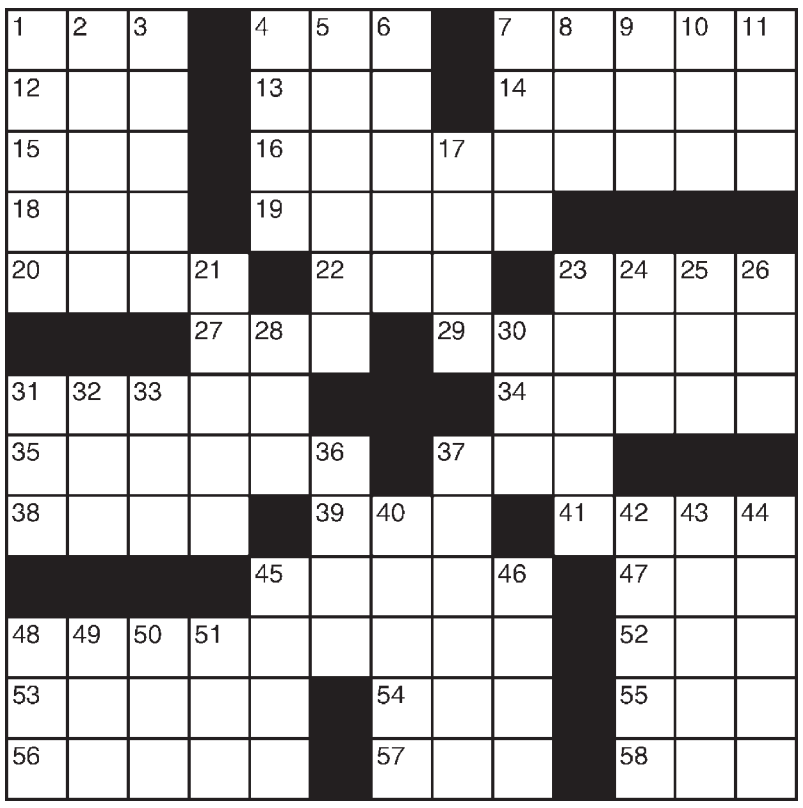
Homesteader
Est. 1973
News, Inc.

King Crossword



Average Solve Time 26 Minutes

ACROSS

1 Lawyers' gp.
4 Radiator sound
7 Explosion
12 Bottom line
13 Ref
14 _ Ababa
15 Hindu honorific
16 Obstruction
18 Work unit
19 Incursion
20 Frog's relative
22 _ Aviv
23 Chumps
27 Fan's shout
29 Owing money
31 Choir member
34 Like anchovies
35 Hour follower
37 Dog's foot
38 Yuletide tune
39 GPS suggestion
41 Lounge about
45 Toe woes
47 Nev. neighbor
48 "Psycho" director Alfred
52 Chemical suffix
53 Petrify
54 "QB _" (Uris novel)
55 Cacophony
56 "One L" author Scott
57 Right angle
58 Mermaid's home

DOWN

1 Plus
2 Small pack animal
3 Spanish girlfriend
4 Ride the waves
5 Suave
6 Memoir by Prince Harry
7 Infant
8 "Bad" cholesterol
9 Commotion
10 Bracketed word
11 Chiding sound
17 Painter Salvador
21 Slobber
23 Shoulder wrap
24 "You've got mail" co.
25 Agt.'s cut
26 Cloud setting
28 Rainbow
30 Code-breaking gp.
31 Great weight
32 Green prefix
33 Mets' div.
36 Ray of McDonald's
37 Writing instrument
40 Treasure stash
42 Lab liquids
43 "The Fraud" author _ Smith
44 Justice Kagan
45 Enjoy gum
46 Power tool brand
48 FDR follower
49 Post-op area
50 Sailor
51 _ -Magnon

Answer Page 4

To Advertise Call 852-3235

– Photo by Alfredo Vasquez

PLEASANT SPACE – The landscape design and maintenance of UTEP's Centennial Plaza offers desert dwellers insights as to what can be done in an arid environment like El Paso.

UTEP

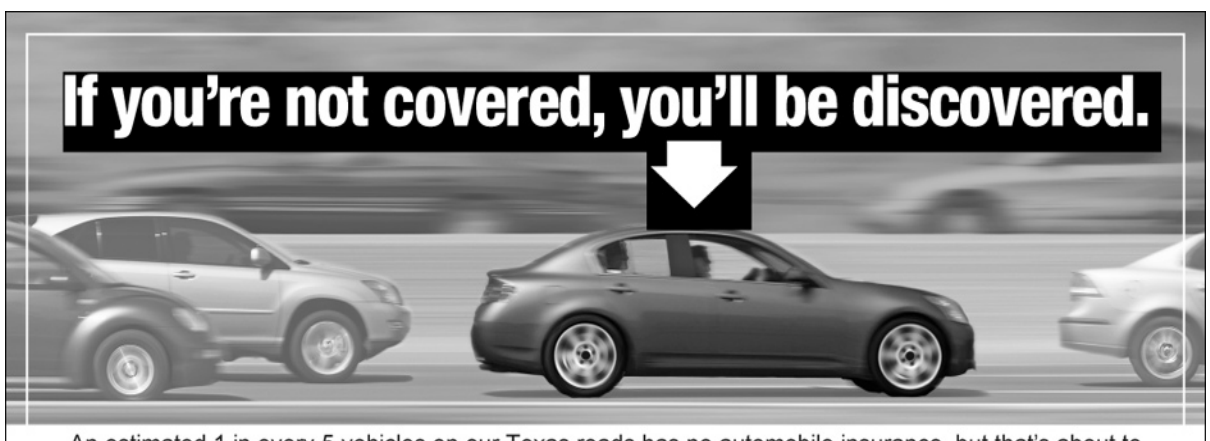
From Page 2

set aside funds from the Texas Western Hall project to restore the nearby arroyo and connect it to the Centennial Plaza.

Another building project that the University of Texas System Board of Regents recently approved is the new $108 million student housing complex. UTEP is currently experiencing a 100 percent capacity in on-campus housing for the past four years, according to university officials.

UTEP officials stated that this building project will create a four-story, co-ed dormitory for freshmen with 456 beds in single and double occupancy rooms. Amenities will include a fitness center, lounges, and a study room. A large dining hall with a built-in dining plan will also be incorporated. The new complex will be located on the north side of Kidd Field and should be open in 2028.

The university said the allocation will be financed through the Revenue Financing System funds, which ultimately will be repaid by UTEP through housing revenue streams. "We intend for this housing complex to be cost-effective and as affordable as possible for future students, and it will have competitive pricing for our region," stated Brendan Gallagher, Ph.D., vice president of business affairs.



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TexasSure catches drivers without insurance.

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CryptoQuip Answer

Very relaxing anti-anxiety drug manufactured in southern California: San Fernando Valium.

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Moments in time

THE HISTORY CHANNEL

• On March 2, 1933, construction officially began on Australia's Sydney Opera House. The structure's first performance occurred in a rather unusual way in 1960, when singer and labor activist Paul Robeson climbed the scaffolding and serenaded workers while they ate lunch.

• On March 3, 1965, more than 30 U.S. Air Force jets struck targets along the Ho Chi Minh Trail, a military supply route running from North Vietnam through Laos and Cambodia to South Vietnam. The route sent weapons, manpower, ammunition and other supplies from communist-led North Vietnam to their supporters in South Vietnam during the Vietnam War.

• On March 4, 1952, Ernest Hemingway finished his short novel "The Old Man and the Sea," writing to his publisher the same day that it was the best writing he'd ever done. Critics agreed and the book not only won the Pulitzer Prize the following year but became one of his bestselling works. It would also be his last significant work of fiction before he died by suicide less than a decade later.

• On March 5, 1989, Michael Anderson Godwin, who'd been sentenced to death by electric chair for a 1980 murder sentence, accidentally took justice into his own hands when he electrocuted himself on his jail cell's steel toilet after biting into a wire while trying to fix a pair of earphones.

• On March 6, 1987, the British Herald of Free Enterprise ferry, an 8,000-ton ship owned by Townsend Car Ferries, capsized after departing Zeebrugge, Belgium, drowning 188 passengers. The tragedy was attributed to poor safety procedures.

• On March 7, 2010, Kathryn Bigelow became the first woman to win a Best Director Academy Award for her film "The Hurt Locker," about an American bomb squad that disables explosives in Iraq. Only three women had previously been nominated for the award.

• On March 8, 1981, a nuclear accident at a Japan Atomic Power Company plant in Tsuruga, Japan, exposed more than 50 workers to radiation when they were sent in to clean things up before the leak could escape the disposal building. Unfortunately, the plan was not successful and 16 tons of waste ended up in the Wakasa Bay.

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Strange BUT TRUE

By Lucie Winborne

• Relative to their body size, barnacles have the largest sex organs in the animal kingdom.

• Great Sand Dunes National Park in Colorado allows visitors to race down all its dunes on custom-made sand boards and sleds.

• During World War II, Charles Richard Drew, a Black physician, developed blood banks for military personnel. However, when he discovered that the military was separating blood donations according to race, he quit working for the Red Cross.

• Some beaches in the Maldives glow in the dark.

• If you have a daily routine, some scientists believe that your dog can tell when you're coming home by the amount of your scent that's left in the house.

• America's first dentist, John Baker, trained Paul Revere to be a dentist.

• As astronauts spend months traveling to Mars, their eyeballs may change shape. Some scientists believe this is due to pressure from fluids that won't drain from their heads, thanks to low gravity.

• Ackwards is an old English dialect word for a creature lying on its back that can't get up.

• Canadians eat more macaroni and cheese than any other nation in the world.

• No matter how badly fingerprints are damaged, they will still grow back in their original pattern.

• Eggnog originated from the medieval hot, milky ale-like drink known as a posset.

• The band name Imagine Dragons is an anagram. Lead singer Dan Reynolds described it as a "phrase that meant something to all of us," but the group has yet to confirm what that is.

• In the popular Roadrunner/Wile E. Coyote cartoons, the latter character shouldn't have been outrun by his desperately hunted prey, since coyotes typically outpace roadrunners by a good 23 mph.

• Women blink about two times less often than men.

• According to a poll of 11,000 Americans, 84% of vegetarians and vegans return to eating meat.

• Members of the Secret Service's Presidential Protection Division always travel with bags of blood in the motorcade in the event a transfusion is needed.

• No American president has been an only child.

• Incas believed that sunflowers were the physical manifestation of their sun god, Inti, on Earth, adorning temples and priestesses with them.

• Detachable heads were used on Roman statues.

• Ever wonder where the term "jaywalker" originated? Back in the day, "jay" was slang for a foolish person. So when pedestrians ignored street signs, to their own peril, they were labeled jaywalkers.

• In many skating competitions, judges can deduct a point if they consider a skater's costume to be overly garish or provocative.

• In Japan, Ronald McDonald is known as Donald McDonald.

• When Angelfire launched in the mid-1990s, it offered medical transcription services as well as web-building tools.

• Cacti aren't native to most deserts.

Thought for the Day: "I do not know what I may appear to the world, but to myself I seem to have been only like a boy playing on the seashore, and diverting myself in now and then finding a smoother pebble or a prettier shell than ordinary, whilst the great ocean of truth lay all undiscovered before me."

– Isaac Newton

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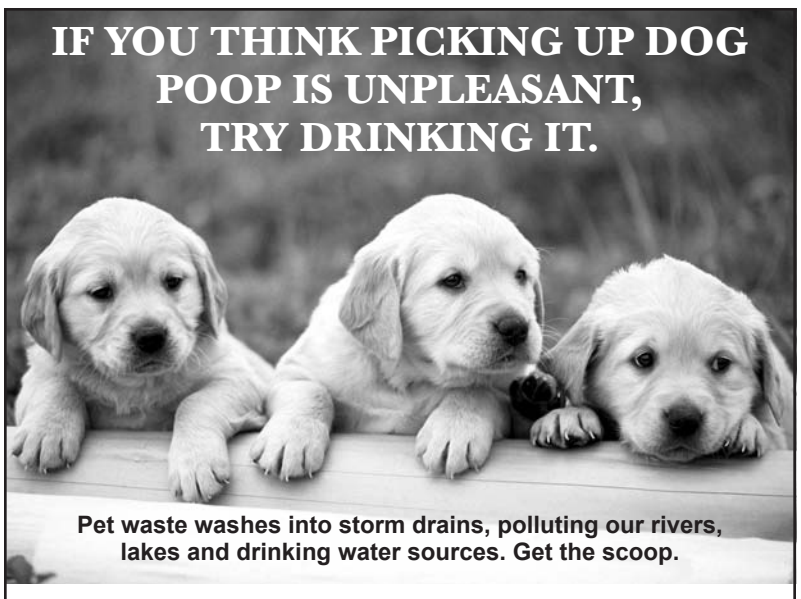

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Town of Horizon City Storm Water Management Program
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San Elizario Independent School District

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

Data Control Codes		10 General Fund	ESEA I, A Improving Basic Program	Other Funds	Total Governmental Funds
	REVENUES:				
5700	Total Local and Intermediate Sources	$ 3,081,683	$ –	$ 717,696	$ 3,799,379
5800	State Program Revenues	31,383,754	–	1,700,320	33,084,074
5900	Federal Program Revenues	3,584,154	2,157,416	1,363,767	7,105,337
5020	Total Revenues	38,049,591	2,157,416	3,781,783	43,988,790
	EXPENDITURES:				
	Current:				
0011	Instruction	18,833,575	1,195,982	1,329,554	21,359,111
0012	Instructional Resources and Media Services	49,521	357,243	25,683	432,447
0013	Curriculum and Instructional Staff Development	809,169	305,547	309,256	1,423,972
0021	Instructional Leadership	686,031	–	21,119	707,150
0023	School Leadership	2,074,879	100	8,050	2,083,029
0031	Guidance, Counseling and Evaluation Services	1,458,724	–	41,937	1,500,661
0032	Social Work Services	54,168	107,396	2,675	164,239
0033	Health Services	472,395	1,342	1,005	474,742
0034	Student (Pupil) Transportation	1,347,515	–	–	1,347,515
0035	Food Services	3,426,509	–	–	3,426,509
0036	Extracurricular Activities	1,121,861	–	114,549	1,236,410
0041	General Administration	1,830,145	–	–	1,830,145
0051	Facilities Maintenance and Operations	5,080,070	–	311,799	5,391,869
0052	Security and Monitoring Services	1,406,934	–	–	1,406,934
0053	Data Processing Services	1,432,113	–	–	1,432,113
0061	Community Services	11,732	189,806	1,519	203,057
	Debt Service:				
0071	Debt Service - Principal on Long Term Debt	172,188	–	775,000	947,188
0072	Debt Service - Interest on Long Term Debt	38,220	–	848,707	886,927
0073	Debt Service - Bond Issuance Cost and Fees	–	–	1,000	1,000
	Capital Outlay:				
0081	Facilities Aquisition and Construction	351,175	–	–	351,175
	Intergovernmental:				
0099	Other Intergovernmental Charges	41,841	–	–	41,841
6030	Total Expenditures	40,698,765	2,157,416	3,791,853	46,648,034
1100	Excess (Deficiency) of Revenues Over (Under) Expenditures	(2,649,174)	–	(10,070)	(2,659,244)
	OTHER FINANCING SOURCES (USES)				
7912	Sale of Real and Personal Property	27,261	–	–	27,261
1200	Net Change in Fund Balances	(2,621,913)	–	(10,070)	(2,631,983)
0100	Fund Balance – July 1 (Beginning)	16,807,887	–	1,089,368	17,897,255
3000	Fund Balance – June 30 (Ending)	$ 14,185,974	$ –	$ 1,079,298	$ 15,265,272

The NCAA, players, find a new arena – the courtroom

By Steve Escajeda
Special to the Courier

In almost every conflict there is a winner and a loser.

In sports, at the end of every game there is a winner and a loser. At the very worst, sometimes there will be a tie.

In most business deals, one side gets most of what they want and the other side doesn't.

In any election, the voters decide who the winners are and who the losers are.

But there is one group of people who always win. No matter what the outcome is in any dispute, argument or ruling, the ones who are always on the winning side are known as … attorneys.

Whether they win the case or lose it, the lawyer always gets paid the big bucks.

As many predicted long ago, the attorneys have been called in to represent both sides in several NCAA NIL (name, image and likeness) cases where sheer greed has taken over.

For those of you who may not know, NIL is the nickname used to explain the fact that colleges can pay athletes for playing sports at their school.

It was supposed to work this way, an athlete would get paid for sharing his name, his image, or his likeness on billboards, commercials, apparel, signs, or anything promoting the university.

That lasted for a little while, but it has morphed to the point that the contracts these athletes are signing have nothing to do with NIL, they are simply being paid to play at the school, which was never the intention of the ruling.

But let's be honest, it's always been about the richer schools going out and offering the best players the most money to play at their school.

And that has been the case, but what happens when a player is offered more money to leave a school that he's signed a contract with?

Well, two quarterbacks are finding out.

Texas Tech had a fantastic season in 2025, making the 12-team NCAA Football Playoff. The biggest reason for their success was quarterback Behren Morton.

But with Morton graduating, Tech needed a new quarterback for next year. Enter transfer Brendan Sorsby.

Sorsby has transferred to Tech from Cincinnati, giving them a great QB to keep the winning going.

The only problem is that Sorsby signed a contract to play at Cincinnati for the 2025 and 2026 season. His contract has a buyout clause, in which he'd owe the school $1 million within 30 days if he left.

It's been well over 30 days since Sorsby transferred and he hasn't given Cincinnati a penny. Sorsby's agent has said the QB will fight the lawsuit, calling it "misguided."

It's been reported that Cincinnati paid him $875,800 for the 2025 season and of course, would have paid him again for 2026.

And though that is awfully good money, Sorsby received the most lucrative deal of the portal period (from Texas Tech), which was a reported $5 million.

The courts, and those money making-attorneys, will eventually help decided whether Sorsby owes Cincinnati the money.

In another case, El Pasoans got to see a great Tony the Tiger Sun Bowl game this year as Duke knocked off Arizona State in a thriller, 42-39. The MVP of that game was Duke quarterback Darian Mensah, who threw four touchdown passes.

Soon after the game, Mensah entered the transfer portal, and Duke sued him for breach of contract. They said he signed for two years and that his second year he would get about $4 million.

In the end, Mensah and Duke University settled out of court, and the QB has transferred to Miami.

Then this past December, the University of Georgia sued former edge rusher Damon Wilson for $390,000 in damages after transferring to Missouri following the 2024 season.

Wilson then countersued Georgia, saying the Bulldogs were penalizing him in an unenforceable way to "punish Wilson for entering the portal."

Wilson transferred to Miami after playing one season for the Tigers.

This case is still in litigation.

What a mess.

The NCAA is looking into establishing penalties for future violations, but this is what you get when you change an entire system without instituting solid rules.

But a broken system isn't totally bad – at least the lawyers are happy.

www.wtxcc.com

Senior moment By Matilda Charles

Keep track of food recalls

If you've been keeping an eye on recent food recalls you know that salmonella has been in the news, because salmonella has been in our food.

We have Moringa superfood capsules, the powder of which comes from the leaves of plants in India and Africa, an organic food known for containing healthful antioxidants, protein and minerals… except it can make us very ill if we get the wrong capsule and salmonella is present in the powder.

Then there are the organic chia seeds with salmonella. And the pouches of super greens supplements that promote health via kale, barley grass and parsley – with salmonella. And the chocolate candy bars – with salmonella. And the dog biscuits – with salmonella.

But salmonella isn't all that's been discovered in our food recently. We have plastic in baby biscuits, specifically in the flour used to make those biscuits for toddlers. We have significant levels of lead in cookware that can cause lead toxicity. We have mold in nasal spray. And there are defective lids on cans of tuna that allowed the food to be contaminated, potentially leading to food poisoning in those who eat the tuna. The current recall on these cans of tuna is a re-do: The cans were in storage because they were already recalled once, a year ago, and the quarantined product was accidentally released to stores.

Several cheese products sold at a number of major locations have tested positive for listeria, as have tamales, burritos and chicken fillets.

Part of taking care of ourselves is to stay on top of these food recalls to be sure we don't have those items in our home. Make it a point to start your week on Mondays by going to the government's food safety website. Go to www.foodsafety.gov and click on "Recalls & Outbreaks." Or see the food safety website at www.fsis.usda.gov/recalls.

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Super Crossword

REPTILIAN EMPIRE

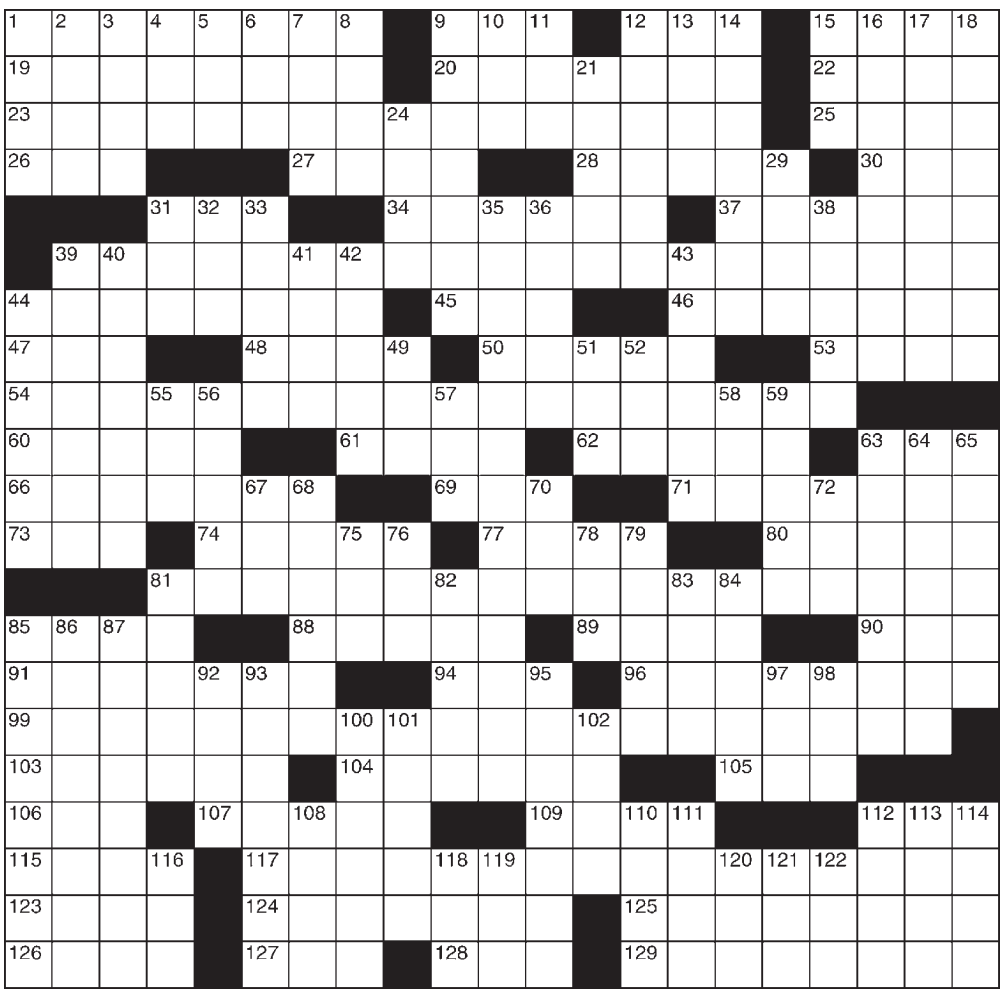
ACROSS

1 Soft drink giant
9 Pappy
12 "Botch-_" (old hit song)
15 Masticate
19 Oval wind instruments
20 Took too far
22 Put concrete on
23 Start of a riddle
25 Partially
26 Heir, often
27 Penta- plus one
28 Spitting beast
30 Everything
31 Unusual
34 "Our Gang" novelist Roth
37 Actress Peet of "Trust Me"
39 Riddle, part 2
44 Leonardo of "Titanic"
45 Curvy letter
46 Given a permanent post
47 Cereal grain
48 Computer menu option
50 Prefix with chemistry
53 Curiosity's planet
54 Riddle, part 3
60 Palatable
61 Computer menu option
62 Revise, as a manuscript
63 Yank's home
66 Try to be like
69 A couple of
71 Mice, e.g.
73 House divs.
74 Kinda
77 And higher, as in price
80 Perfect
81 Riddle, part 4
85 Dalai _
88 Contaminate
89 Big burden
90 Sports draw
91 Paper-folding craft
94 Part of BTW or OTC
96 "Allow me to assist"
99 End of the riddle
103 Allergy sufferer's device
104 White swan in "Swan Lake"
105 Audit org.
106 Spy's device
107 With 112-Across, "Hold on!"
109 Sneak attack
112 See 107-Across
115 Akron's state
117 Riddle's answer
123 Painter Vincent van _
124 Fastening feature of many a face mask
125 Ultimate consumers of products
126 With 83-Down, Italian veal dish
127 'Zine staffers
128 Antis' votes
129 Occupied, as an inn

DOWN

1 Female whales
2 Eight, in Peru
3 "Misery" actor James
4 Prado display
5 102, to Nero
6 Walk-_ (small roles)
7 Plastering strip
8 Arthur of tennis
9 Troy of "A Summer Place"
10 Gardner or DuVernay of film
11 Biden's party: Abbr.
12 Basketball coach Rupp
13 Re-sol linkup
14 Boiled, salted soybeans
15 1040 pro
16 Dance similar to the tango
17 Unsaintly soul
18 Marshy habitats
21 Holy artifact
24 Trade show
29 "So true!"
31 Fertilizable cells
32 Chip go-with
33 Actress Bo
35 "The risks outweigh the benefits"
36 Intense beam
38 Some reunion-goers
39 U.S. women's soccer star at the Atlanta Olympics
40 Living ink squirter
41 Assistant
42 Idaho's capital
43 Person doing penance
44 One searching for water with a divining rod
49 Tariff
51 Sporty truck, in brief
52 Daiquiri base
55 "Cool" cash amount
56 Very little, as of salt
57 Tantrum
58 Brian of electronica
59 Give as a bonus
63 Like wasted food
64 In a theatrical manner
65 Snoozing
67 Shoe tip
68 Like Nin's writings
70 "Mind Train" singer Yoko
72 Baseball great Roush
75 Old Pan Am competitor
76 "Shy" singer DiFranco
78 ETs' craft
79 Fail to keep one's cool
81 Return to base after a fly ball
82 _ nous
83 See 126-Across
84 "Likewise"
85 African capital on the Gulf of Guinea
86 Wyoming tribe members
87 Small swine breeds
92 Several
93 Plant-eating sea mammal
95 Catches in a snare
97 "Planet Money" airer
98 Includes
100 People lugging things
101 Politician Mo, Mark or Tom
102 Ship's rigging
108 "If only _ known!"
110 _ of March
111 Taboo thing
112 Litigated
113 Poet Pound
114 "_ la vie!"
116 "Well well!"
118 Charged atom
119 Animal park
120 Rx watchdog
121 Dude
122 Suffix of enzymes

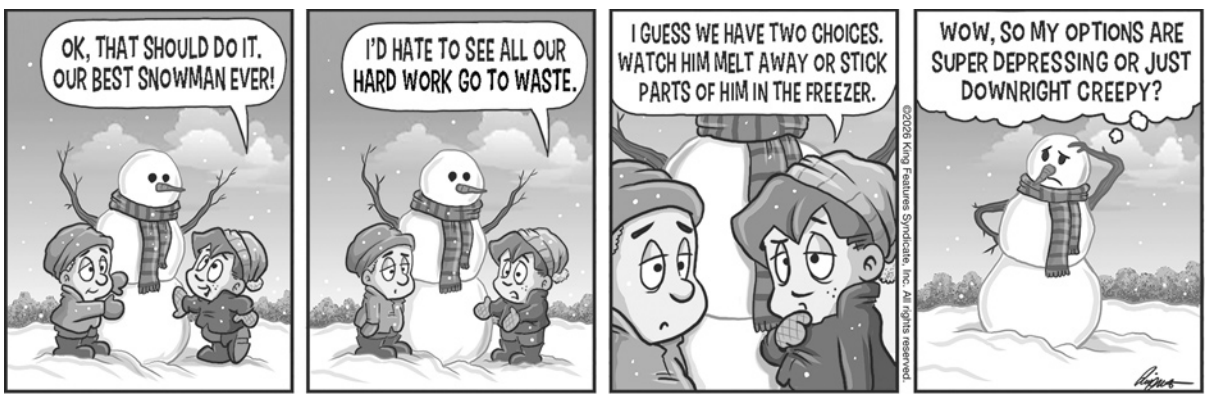
Answer Page 4



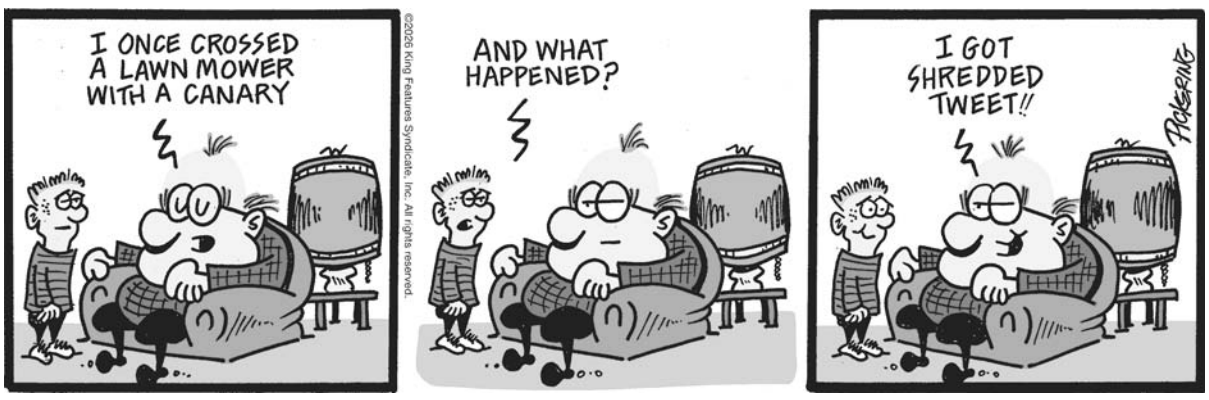
Comix

OUT ON A LIMB By Gary Kopervas

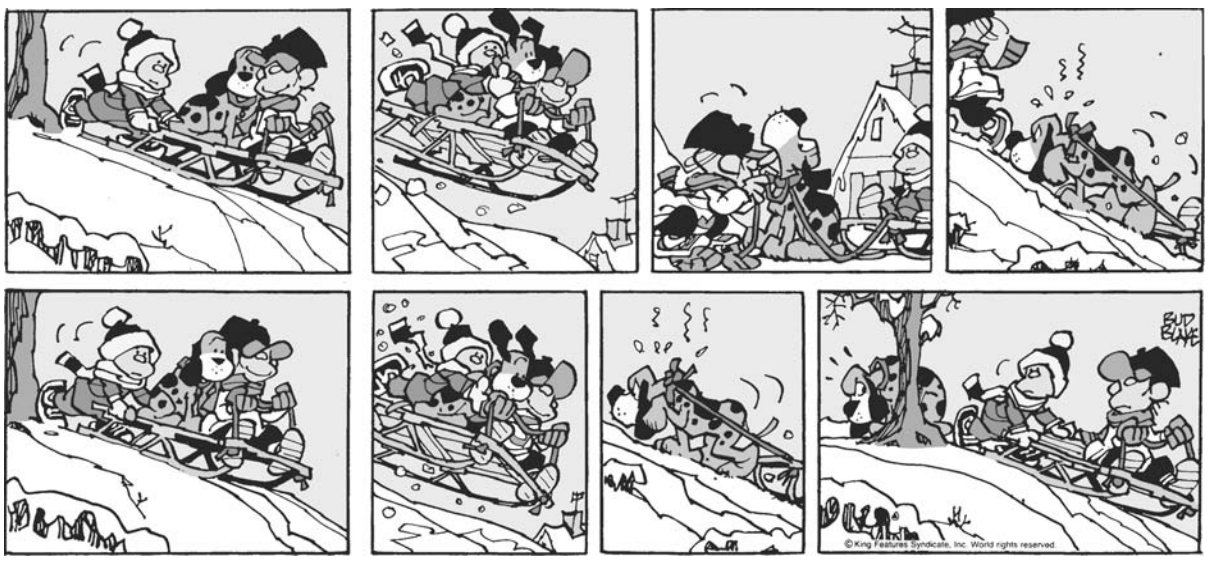
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

since the Greeks considered citizenship possible only through the polis, or city. During the Enlightenment, the cosmopolitan idea was expressed in the notion of Weltburger, or world citizen.

This tendency has been given stark expression by the likes of the novelist Virginia Woolf, who urged the rejection of "pride of nationality," and the titanic Russian writer LEO Tolstoy, who thought it "obvious that patriotism as a sentiment is bad and harmful; as a doctrine it is stupid."

Cosmopolitanism has always been open to the charge that – whatever its real or purported idealism – it cultivates a disregard for what's near, immediate and tangible in favor of what's far off.

Behind cosmopolitanism is what the British writer Paul Gilroy has called "the principled and methodical cultivation of a degree of estrangement from one's own culture and history."

The problem is that no one is really a citizen of the world, rather of particular nations that have formed us in obvious and subtle ways. Yes, people emigrate and there are literary and intellectual exiles, but most of us have an attachment to home that feels natural and important.

One reason that people were so moved by the U.S. hockey team was the palpable bonds of the players – to one another, to their country, to the memory of their tragically deceased former fellow player Johnny Gaudreau. These weren't bonds that were chosen, so much as accepted and embraced; they were true to their teammates and nation.

In contrast, Eileen Gu claims to be true to herself. If asked if she is proud of the accomplishments of her countrymen, she might have to ask, "Which countrymen?"

It is certainly the case that the Olympics bring athletes around the world together, but the Games themselves are testament to the enduring power of patriotism. It was, after all, a unique kind of sports joy to witness the triumph of our boys in red, white and blue.

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

Problems with IBS extend to drug costs

DEAR DR. ROACH: After a month of testing from my gastrointestinal doctor, I have been diagnosed with irritable bowel syndrome (IBS). I have been sick for several months and have lost 12 pounds. (I'm now down to 100 pounds.) I have been prescribed Xifaxan. The cost from my pharmacy is $811. Normally, I never have a co-pay. I checked around, and there are no discounts with any other pharmacies. I read many chats about the medicine, and 50% of people in these chats believe that it does not work well and is very hard to digest for the two weeks that you have to take it. I am meeting with a nutritionist to increase my weight, but every couple of days, I get so sick due to the IBS and can't gain weight. What are your thoughts on taking this medication? – V.H.

IBS is a functional disease of the intestine. The cause is not certain, and there are several factors involved in IBS, including abnormal movement of the intestine; changes in pain sensitivity; unhealthy bacteria in the gut; and often sensitivities to certain foods. The hallmarks of IBS are changes in bowel habits (diarrhea, constipation or both) and abdominal pain, which is often but not always improved after a bowel movement.

Xifaxan (rifaximin) is an antibiotic that is not well-absorbed in the body, so it only kills the bacteria in the gut. It is intended to preferentially kill harmful bacteria in the gut, improving the microbiome and decreasing bacterial products that cause symptoms of bloating and diarrhea. I have several patients who take it occasionally when other therapies aren't working, and their experience has been favorable.

When used wisely, it can help people with their symptoms. Of course, patients in whom it doesn't work aren't going to use it again, but it does work well for some people. The $811 cost with insurance is much better than the $2,500 to $3,200 cost for a course of treatment without insurance.

People do not take it for a long time; my patients typically take a course one to four times per year. If it helps you, I hope you find it worth the expense, but I don't know whether you are fortunate to have this much money to spend on prescriptions that are over and above your insurance costs.

Severe weight loss with IBS is not common and should be considered an alarming symptom. I have seen many patients who were diagnosed with IBS, sometimes for years, before another comprehensive evaluation is performed. This sometimes lead to the diagnosis of inflammatory bowel disease (Crohn's disease or ulcerative colitis). If you have not had a recent evaluation, including an endoscopy and/or a colonoscopy as well as stool studies, it may be time to repeat these.

DEAR DR. ROACH: What are the benefits of washing your hands? – W.L.A.

Not getting sick is the main one. Regular handwashing reduces respiratory illnesses (colds, flu and pneumonia) by about 20%. Handwashing reduces foodborne gastrointestinal illnesses by about 30%.

You also reduce the likelihood of passing on germs to others. People are the most contagious right before symptoms start for most respiratory diseases. Health care professionals wash their hands (or use hand sanitizer) before and after every patient. It only takes 20 seconds for it to be effective.

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.

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Moore Texas by Roger Moore

March 2, 1836: Texas' Declaration of Independence is final when officials sign documents at Washington-on-the-Brazos.

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: **N** equals **V**

NFQV QFEOHGIS OICG-OIHGFCV AQTS BOITJOMCTQFA GI RWTCYFQI MOEGJWQIGO: ROI JFQIOIAW NOEGTB.

Answer Page 4

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Weekly SUDOKU

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

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Answer Page 4

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Rate increase for Veteran Directed Care

VETERANS ★ POST ★

by Freddy Groves

Veterans with very serious and complex medical conditions will see a hefty increase in the amount of money paid for their home care.

Specifically, those veterans will now have their community and home care costs covered at a rate that is 100% of what would be charged at a VA Community Living Center – a nursing home.

The benefit here is that veterans will then be able to stay home and take advantage of adult day care, skilled home health, a home health aide and Veteran Directed Care (VDC). This last is the most valuable for veterans as it targets veterans who need help with daily tasks (eating, bathing, grocery shopping, anything for daily living) and keeps them out of nursing homes.

Instead of being given staff and helpers by the VA, veterans and their families can choose who they want as care providers, including family members or friends chosen by the veteran (and respite services for the primary care provider), even interviewing and selecting the desired staff. And those helpers are paid.

Eligibility for VDC status requires that the veteran be enrolled for health care with the VA, have a VA primary care provider, meet eligibility criteria and need nursing home level services. Eligibility is not determined by specific medical conditions, but rather by the actual help and services that a veteran requires.

Veterans, if you're in danger of needing placement in a nursing home and would rather stay home, your first step is to talk to your primary care provider at the VA.

You should be directed to the Veteran Directed Care Coordinator, who will act as liaison to assist with analyzing goals and developing a plan, working out a budget, hiring helpers and monitoring the situation.

If you haven't signed up to receive Veteran Directed Care benefits because of the low payments (65% of what would be charged at a VA Community Living Center), this increase to 100% should help significantly. Work with the Coordinator on a budget to be sure it's manageable for you.

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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.

	+		÷		= 2
+		-		+	
	+		×		= 45
×		÷		-	
	+		×		= 36
= 56		= 4		= 11	

1 2 3 4 5 6 7 8 9

Answer Page 4

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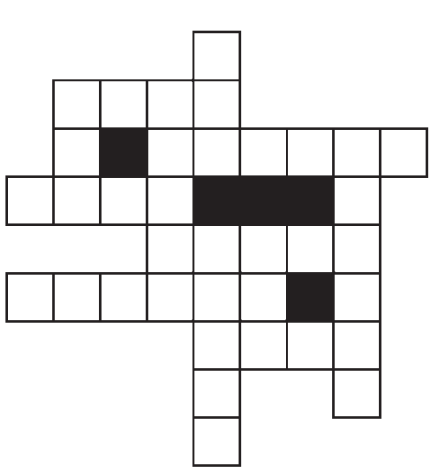
FEAR KNOT™

By: rj johnson

DOUBT? ...OR DARE!

ICH
♥ ESTNAC
TANCE
♥ ASRC
♥ RAMNIA
♥ NDE
♥ NHAK
DECMI
♥ RCA
AHNEMU
AKMRA
NOAN



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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• "I purchased a roll of reflective tape to mark our basement stairs. It reflects the light from the open doorway at the top of the stairs, and I can turn the downstairs lights off before heading up. I had some leftover, so I put a strip on my dog's collar. When I let him out at night, I can shine a flashlight and spot him instantly, since the tape is more visible in the night." – V.R. in Pennsylvania

• "I am an avid craft sewer. One trick I have used that was passed down from my mother is to save the bar soap when it gets to a sliver. Then I use it to trace patterns on cloth. I like it better than chalk. It makes a clear mark that 'sticks.' But it will wash right out when you are done." – I.W. in Kansas

• Use an old vegetable peeler in the shop to sharpen pencils.

• "Diaper rash hurts. The best medicine, in my opinion, is a little diaper-free time for baby. But there are times when it's not practical to let the little one go about pants-free. When you just can't air-dry an angry baby bottom, you can help dry the skin up with a couple minutes of warm air from a hair dryer." – P.M.

• Wrap the metal end of your paintbrush with masking tape before painting. Then you can peel it off and there's no stuck-on paint.

• Store plastic wrap in the refrigerator or even freezer to keep it from sticking to itself.

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