



– Photos by Josh Sustaita

**THE FRONT LINE** – From left, with bows pointed skyward, are Azul Retamoza (Sr.), Mya Orozco (Jr.), Jada Reyes (Soph.) and Yucely Arroyo (Fresh.) backed by the rest of Mariachi los Gatos Salvajes during their winning performance as spectators applaud.

## Fabens musicians place first in TAME competition

By Sofia Maciel  
*Special to the Courier*

FABENS – Fabens High School’s multi-state award-winning Mariachi los Gatos Salvajes have once again made school history, earning 1st Place in their category at the Texas Association of Mariachi Educators (TAME) State Contest on May 2, 2026, at the Somerset ISD Performing Arts Center. This builds on the band’s winning tradition including a February Division 1 rating at State UIL competition.

Representing Fabens on the state stage, Mariachi los Gatos Salvajes showcased the discipline, passion, and excellence that have made the ensemble a source of pride for the Wildcat community.

Senior violinist Azul Retamoza reflected on the deeper meaning behind the group’s success. “Being in mariachi has truly reignited my love for music,” said Retamoza. “I can’t think of a single experience that compares to the joy we get by seeing our disciplined work reflected through our achievements. It’s truly unforgettable hearing ‘Fabens High School’ called at a state competition and knowing we’re representing our community everywhere we go.”

For freshman trumpet player Ismael Estrada, the competition was both a milestone and a statement for West Texas mariachi. “I felt nervous but excited at the same time,” said Estrada. “It was my first state TAME competition, and we were able to show that West Texas is just as good. We

showed that we are one of the best mariachis from program’s success extends far beyond trophies, El Paso, and winning first place made the whole group excited for what’s ahead.”

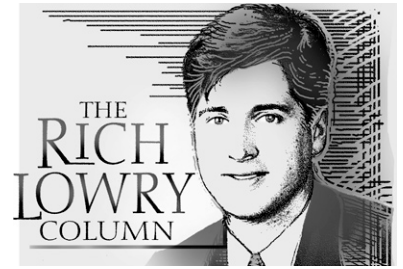
Mariachi Director Natalie Carrasco said the

See FABENS, Page 5



**SAVORING THE WIN** – Mariachi los Gatos Salvajes gathered for picture with their trophy. Mariachi Director Natalie Carrasco stands at the far right.

# Spirit Airlines out of gas, government 'protected' the competition



Regulators no longer have to worry that Spirit Airlines might upset the airline market by merging with the wrong competitor. The now-defunct airline made poor business decisions and had to cope with tough circumstances, but if its demise were an Agatha Christie mystery, the fingerprints of Biden antitrust officials would be all over the crime scene.

These antitrust zealots fought a proposed deal between JetBlue and Spirit, and congratulated themselves on a 2024 court victory that doomed Spirit to likely oblivion. This was wanton economic destruction masquerading as antitrust enforcement.

Sen. Elizabeth Warren, who never met an antitrust action she didn't like, exemplifies the perversity. After the Biden administration got a federal judge to put the kibosh on the JetBlue-Spirit deal in 2024, she celebrated: "This is a Biden win for flyers!"

Last week, as Spirit teetered on the edge of the grave, she expressed dismay: "The Big Four airlines (American, Delta, Southwest, United) control 75% of the U.S. market. Fewer choices = higher prices for you."

Yes, it would be terrific to have a bigger, more serious challenger to the established players, wouldn't it? If only there'd been a way to achieve such an outcome. The federal judge on the JetBlue-Spirit case conceded that "an expansion of all aspects of JetBlue's business - including network, fleet and loyalty program - would allow for more vigorous competition with the Big Four, which carry most passengers in the country."

No matter. For Biden officials, antitrust enforcement was a scholastic exercise where the definition of monopoly had no connection to

reality. If JetBlue had succeeded in gobbling up Spirit, the airline still would have been smaller than the Big Four.

Worrying about JetBlue getting too big is like fretting that Thrifty - the fifth largest car rental car rental outlet in the United States after Enterprise, Hertz, Avis and Budget - is one relatively small acquisition away from establishing dominance in the car-rental market.

As for the fear that the JetBlue-Spirit merger would end Spirit's role as an ultra-low-cost carrier and therefore harm consumers, the airline has now

See LOWRY, Page 7

# Garcia, Esparza named Socorro ISD 2026 Teachers of the Year

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY - The Socorro Independent School District honored its top two

educators at the 2026 Teacher of the Year Gala on May 8 at the El Paso Convention Center.

Cristina Garcia, a fifth-grade teacher at Mission Ridge Elementary School,

was recognized as the 2026 SISD Elementary Teacher of the Year. Javier Esparza, an audio and video broadcast teacher at Socorro High School, was named the 2026 SISD Secondary Teacher of the Year.

SISD Superintendent James Vasquez thanked teachers for their remarkable contributions in transforming students' lives. He highlighted the district's achievements, including becoming the highest-scoring district in the region, the largest district in Texas to achieve a postsecondary readiness distinction, a nationally certified STEM school district and a model school district in the region.

"Thank you for your generous heart and your compassion for the craft. It gives me hope and comfort to know we have such an amazing, high-performing team who work so hard for the success of all our students. 'The Next Chapter is Ours' as we move forward together to continue the exceptional legacy of Socorro ISD,"

Vasquez said.

Attended by teachers, administrators, and community members, the evening was inspired by Vincent van Gogh's Starry Night, symbolizing the light and impact educators bring to their students each day. The event highlighted the dedication and passion of SISD educators who make a meaningful difference in both classrooms and the community. The gala recognized all 50 campus Teachers of the Year, along with the Elite 8 finalists.

Garcia has been a teacher for seven years, spending her entire career at Mission Ridge Elementary School. She said the award was not only for her but also for her students and campus, and she was excited to represent SISD at a new level.

"We need to show the world, our state, our country that it's not just teaching that we do, there are many helmets that we wear, even when life gets hard, and the job we do is a lot of hard work. It's not just hard, it comes from the heart. So, if

we have a chance to represent, what we do and how we do it, I'm all for it," Garcia said.

Esparza has spent 12 years in SISD, teaching journalism and English and coaching soccer. He said that he felt blessed to make his family, community and especially his students proud.

"They were rooting for me, and they kept asking me all week, 'Hey, mister, when do you hear about the Teacher of the Year?' And I know they're going to be extremely happy when we bring back the news on Monday," Esparza said.

Both winners were awarded a glass sculpture in the shape of a flame, symbolizing the energy and spirit of curiosity that every student possesses.

The Teacher of the Year award is one of the highest honors that an educator can receive. The winners move on to the regional level, where they have the opportunity to advance to the state level. Garcia and Esparza will represent Team SISD at the Region 19 Teacher of the Year program in the summer.



- Photos courtesy Socorro ISD

Cristina Garcia

Javier Esparza



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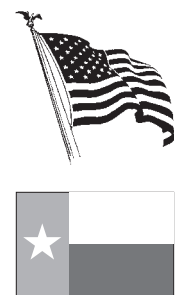
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## Belated, for the Moms: Happy Mother's Day



# Rangel named principal at Canutillo High

By Gustavo Reveles  
Special to the Courier

CANUTILLO – Canutillo Independent School District Superintendent Dr. Josue Borrego has named Casey Rangel as the next principal of Canutillo High School. Rangel will begin his new role on May 21.

Rangel brings 13 years of experience in public education, including extensive work in high school administration and instructional leadership. District leaders say his experience and student-centered approach will complement the strong academic and instructional systems already in place at Canutillo High School.

“I am beyond excited to join the Canutillo Eagle Family and Canutillo ISD. This opportunity to serve a storied community like Canutillo is one I don’t take lightly,” Rangel said. “CHS continues to showcase amazing strengths, and I’m excited to do my part to move the needle forward and help our students reach their full potential.”

Rangel currently serves as assistant principal at Montwood and Pebble Hills High Schools in the Socorro Independent School District. He oversees the master schedule, special populations, graduation requirements, testing, UIL athletics and

campus improvement planning. Prior to this Rangel was a health teacher and athletic trainer at Hanks High School in the Ysleta Independent School District, where he also taught dual-credit history in partnership with El Paso Community College.

Rangel began his career at Anthony High School, serving as a teacher, athletic trainer and student council sponsor. He was named Anthony ISD Secondary Teacher of the Year and was recognized as a Top 10 finalist for Ysleta ISD Secondary Teacher of the Year. He holds Texas certifications in physical education and principalship and earned both his bachelor’s and master’s degrees from The University of Texas at El Paso.

“Mr. Rangel is a systems-oriented leader who understands the importance of building strong organizational culture while maintaining a clear focus on student success,” CISD Superintendent Dr. Josue Borrego said. “Throughout his career, he has demonstrated exceptional leadership in both the classroom and at the campus level, consistently advancing instructional excellence and improving student achievement. His commitment to college and career readiness has helped produce outstanding graduation outcomes, and we are excited to see the positive impact he will continue to make in our district and community.”



– Photo courtesy Canutillo ISD

Casey Rangel

## King Crossword

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Average Solve Time  
24 Minutes

ACROSS

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- 5 Have bills
- 8 Wan
- 12 Golden Fleece ship
- 13 Fix illegally
- 14 Final Four gp.
- 15 Speed
- 17 Teri of "Tootsie"
- 18 Actor Estevez
- 19 Looked closely (at)
- 21 Pitcher Maglie
- 22 Bath powder
- 23 Speed (up)
- 26 Poetic contraction
- 28 Period of rule

31 El-Masry of "Star Wars"

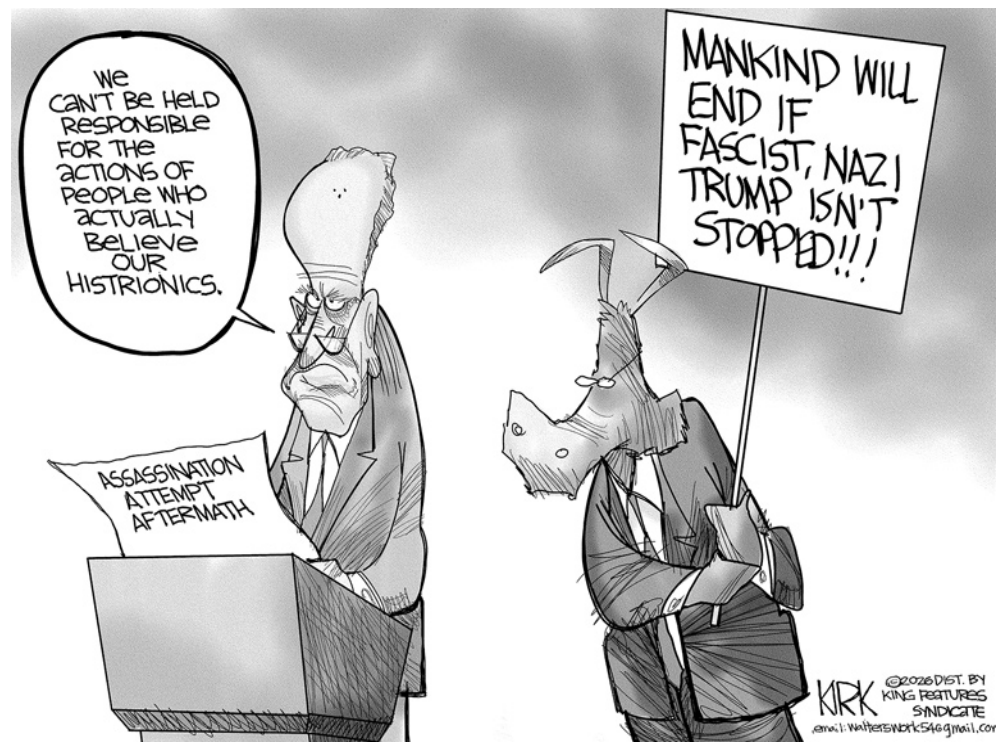
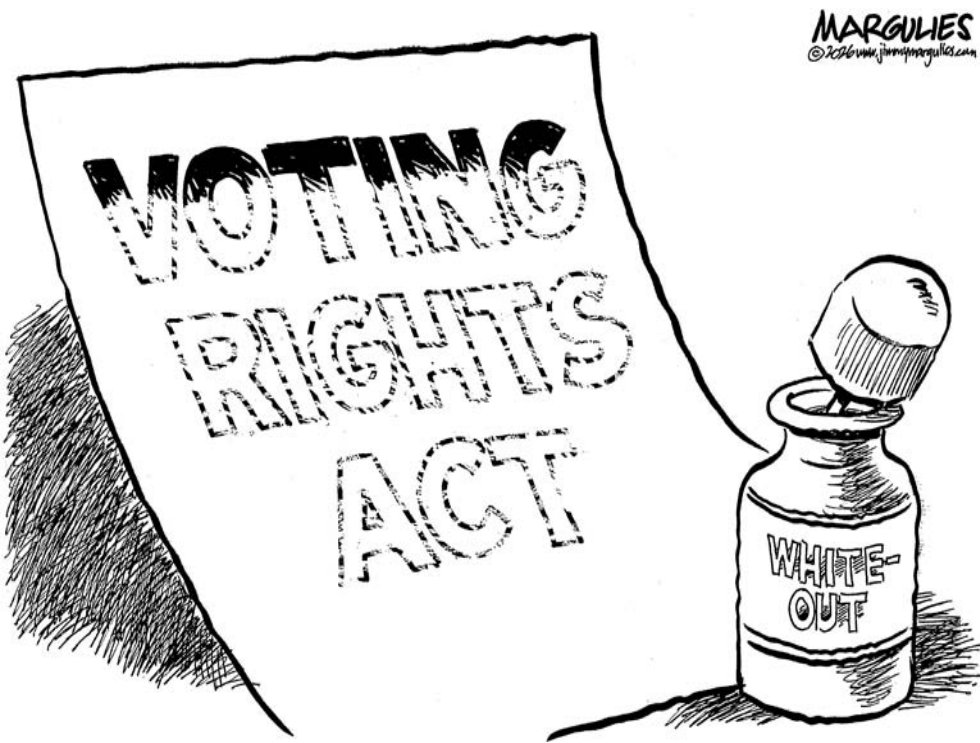
- 33 Bro, maybe
- 35 Stair part
- 36 Deeply touched
- 38 Its cap. is Brussels
- 40 "... outta here!"
- 41 "Dream on!"
- 43 Actor Holbrook
- 45 Locust
- 47 Talisman
- 51 Seethe
- 52 Maximum contents
- 54 Diminutive suffix
- 55 Hirohito's title (Abbr.)
- 56 One-named supermodel
- 57 Sun beams
- 58 Verbalize
- 59 Church section

DOWN

- 1 Gushing review
- 2 Utah city
- 3 Wrinkled fruit
- 4 Workshop array
- 5 Baltimore
- 6 Humorist
- 7 Pharaoh's land
- 8 The "A" of UCLA
- 9 Shortage
- 10 Fast runner
- 11 Lawn party site
- 16 Pisa farewell
- 20 Jug handle
- 23 Zodiac animal
- 24 Comic Philips
- 25 Liveliness
- 27 Tease
- 29 "My world!"
- 30 "Science Friday"

- network
- 32 Secondhand deals
- 34 "Cheer up!"
- 37 Carried out
- 39 Tibetan monk
- 42 Confronts
- 44 "... di Lammernoor"
- 45 Driver with a handle
- 46 Tiny bit
- 48 Walk unevenly
- 49 LAX guesses
- 50 Broadway actress Daly
- 53 Docs' org.

Answer Page 4



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### Moments in time

THE HISTORY CHANNEL

- On May 11, 1659, the Massachusetts Bay Colony passed a law banning the celebration of Christmas, with a prohibition on “feasting and similar satanic practices” accompanied by a five-shilling penalty. Nearly 40 years earlier, the governor of the Plymouth Colony, in similar Scrooge-like spirit, had actually (and personally) confiscated toys.
- On May 12, 1903, cameraman H.J. Miles filmed President Theodore Roosevelt as he rode in a parade in his honor. The resulting movie, later played on nickelodeons in arcades across the country, was unusual not just because Roosevelt was one of the first presidents to have an official activity recorded in that medium, but because his carriage was escorted by the Ninth U.S. Cavalry Regiment, an all-Black company.
- On May 13, 1920, the Socialist Party nominated Eugene V. Debs as its candidate for president in the upcoming November election, notably undeterred by the fact that he happened to be serving a decade-long sentence at an Atlanta federal penitentiary.
- On May 14, 1973, Skylab, America’s first space station,

- was successfully launched into orbit around the earth. Eleven days later, astronauts Charles Conrad, Joseph Kerwin and Paul Weitz rendezvoused with the station, repaired a jammed solar panel and conducted scientific experiments during their 28-day stay aboard it.
  - On May 15, 1982, the Paul McCartney and Stevie Wonder duet “Ebony and Ivory” grabbed the coveted top spot on the Billboard Hot 100, holding it for seven weeks and eventually becoming the biggest hit record of McCartney’s post-Beatles career.
  - On May 16, 1985, three scientists from the British Antarctic Survey announced, in the scientific journal “Nature,” their detection of abnormally low levels of ozone over the South Pole. Within two years, 46 nations signed the Montreal Protocol, pledging to phase out substances known to cause ozone depletion.
  - On May 17, 2004, Marcia Kadish and Tanya McCloskey of Malden, Massachusetts, tied the knot at Cambridge City Hall in Massachusetts, becoming the first legally married same-sex partners in the United States. That same day, 77 similar couples wed across the state, while hundreds more applied for marriage licenses.
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## Public Notice / Aviso al Público

### Canutillo Independent School District

#### Summer Meal Program 2026/ Programa de Servicio de Alimentos para el Verano 2026

Canutillo Independent School District is participating in the Seamless Summer Option. Meals will be provided to all children 18 and under without charge and are the same for all children regardless of race, color, national origin (including English proficiency), religion, sex, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA, and there will be no discrimination in the course of the meal service. Meals will be provided at the sites listed below, dates are as follows:

*Distrito Escolar Independiente de Canutillo está participando en el Programa de Servicios Alimentos de Verano. Las comidas se proporcionarán a todos los niños menos de 18 años sin cargo y por igual a todos los niños sin importar raza, color o país de origen (incluyendo dominio limitado del inglés), religión, sexo, discapacidad, edad, estado civil, estado familiar / parental, ingresos provenientes de un programa de asistencia pública, creencias políticas, represalias o venganza por haber participado anteriormente en actividades relacionadas con los derechos civiles en cualquier programa o actividad llevado a cabo o financiado por el USDA y no habrá ningún tipo de discriminación en el servicio de comida. Las comidas se proporcionará en los sitios siguientes:*

Campus/Facility	Address	Dates (weekdays only)
Campus/Instalaciones	Dirección	Fechas (Sólo los días laborables)
Alderete Middle School	801 Talbot Rd.	June 1 – July 10
Canutillo Middle School	7311 Bosque Rd.	June 1 – June 12
Davenport Elementary School	8401 Remington Dr.	June 1 – July 10
Reyes Elementary School	7440 Northern Pass Dr.	June 1 – July 10
Northwest Early College HS	6701 South Desert Blvd.	May 26 – June 25

Contact your school for serving times. / Contactar su escuela para horas de servicio.  
Dates and times may be extended by the District. / Fechas y tiempos puede ser extendido por el distrito.

**To file a complaint of discrimination, write or call immediately to:**  
**Para presentar una queja sobre discriminación, escriba o llame inmediatamente a:**

USDA, Director, Office of Adjudication  
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Washington, D.C. 20250-9410

Or call toll free (800) 795-3272 or (202) 720-6382 (TTY) USDA is an equal opportunity provider and employer.

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## CryptoQuip Answer

When country singing celebrity Roy attended black-tie affairs, did he wear Acuff-links?

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# Socorro ISD asks for community feedback

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – Socorro Independent School District (SISD) began its Stakeholder Experience Survey on May 11. The survey ends on May 22, 2026. SISD would like students, employees, families, and community members to provide feedback about their experiences across the district.

The survey is designed to help the district better understand what is working well and where improvement may be needed. Feedback will be used to identify strengths, highlight opportunities for improvement, and support district and campus planning efforts.

The survey includes separate question sets for elementary students, secondary students, employees, parents/guardians, and community members. Responses are anonymous and will be reviewed in summary form only.

“We want to hear directly from our students, staff, families, and community,” said SISD superintendent James Vasquez. “This feedback will help us better understand experiences across our schools and continue improving how we serve our students.”

Students in grades 3–12 will complete the survey at school on a designated day and class period within the survey window. Parents/guardians, employees, and community members may complete the survey online

during the survey window.

Parents who do not wish for their child to participate may contact their child’s school prior to the campus survey administration date.

Community members who live in the district, but do not currently have a student enrolled in the district are encouraged to participate in the community survey.

The survey takes approximately 5–8 minutes to complete and will be available on the district website during the survey window. Visit [www.sisd.net/stakeholdersurvey](http://www.sisd.net/stakeholdersurvey) for more information.

## Strange BUT TRUE

By Lucie Winborne

- An 1898 book predicted the Titanic’s sinking 14 years before it happened.

- During the 1904 Tour de France, Maurice Gerin jumped on a train and caught a ride between cities to get ahead of the other cyclists.

- Antarctica is the world’s largest desert, as it is a polar ice desert with very low precipitation.

- As a young, poor artist, Pablo Picasso once burned his own paintings to keep warm.

- The naked man orchid, aka the hanging man orchid, resembles – yes, you guessed it – a nude dude. Native to Mediterranean regions, it’s also classified as threatened, possibly due to its popularity as an antidiarrheal, antifatulent and aphrodisiac.

- Pretzels were originally created by monks around 610 A.D. to reward children for learning prayers, with their shape designed to resemble arms crossed in prayer.

- Snake wine, a traditional alcoholic beverage found in Vietnam, China and Southeast Asia, is created by infusing whole, often venomous, snakes in rice wine or grain alcohol for months. The high alcohol content denatures the venom, making it safe for consumption, though the drink is banned in some areas.

- In 2018, scientists at Caltech played a microscopic game of tic-tac-toe built from DNA.

- The dirt on Mars is made up of dust particles just 4% the width of a human hair and contains toxic metals and other harmful compounds that can cause hormonal imbalances and serious disease.

- Feeding pigeons in Venice, Italy, is prohibited to protect historical monuments.

Thought for the Day: “You build on failure. You use it as a stepping stone. Close the door on the past. You don’t try to forget the mistakes, but you don’t dwell on it. You don’t let it have any of your energy, or any of your time, or any of your space.”

– Johnny Cash

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**MEMORIAL DAY WEEKEND EVENT 2026**  
HONORING OUR HEROES

**EVENT HOURS**  
 FRIDAY, MAY 22: 12:00 PM – 5:00 PM  
 SATURDAY, MAY 23: 10:00 AM – 5:00 PM  
 SUNDAY, MAY 24: 10:00 AM – 3:00 PM

**WREATH LAYING CEREMONY**  
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 Honor and remember those who gave the ultimate sacrifice.

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## San Elizario Independent School District PUBLIC NOTICE

### Public Meeting to Review Federally Funded Programs

The San Elizario Independent School District will conduct a public information meeting to review the following SEISD Programs funded by Federal funds:

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Education of Migratory Children
- Title I, Part C - Perkins V: Strengthening Career and Technical Education for the 21st Century
- Title II, Part A – Supporting Effective Instruction
- Title III, Part A – English Language Acquisition (ELA) and Immigrant
- Title IV, Part A – Subpart 1 Student Support and Academic Enrichment
- Special Education Grant – IDEA-B Formula and IDEA-B Preschool

The meeting will be held:

**Tuesday, May 26, 2026 at 9:00 a.m. in the Administration Offices, Board Room. 1050 Chicken Ranch Rd. San Elizario, TX 79849.**

SEISD does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C. 2000e-2(a); 20U.S.C. 1681: Labor Code 21-051.

## San Elizario Independent School District AVISO PÚBLICO

### La Junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de San Elizario llevará a cabo una junta pública para revisar los siguientes programas, fondos federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte C – Educación de niños migrantes
- Título I, Parte C – Perkins V: Fortalecimiento de las carreras y educación técnica para el siglo XXI
- Título II, Parte A – Apoyando la instrucción eficaz
- Título III, Parte A – Adquisición del idioma inglés (ELA) e inmigrante
- Título IV Parte A – Subparte 1 Apoyo estudiantil y enriquecimiento académico
- Beca de educación especial – IDEA-B formula y IDEA-B preescolar

La junta se llevará acabo:

**Martes, 26 de mayo del 2026 a 9:00 a.m. en el salón de juntas en las oficinas de administración. 1050 Chicken Ranch Rd. San Elizario, TX 79849.**

SEISD no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.

WTCC: 05-14-26

## Fabens

From Page 1

mariachi has created for students and the Fabens community.

“As a teacher, creating a safe place for students is one of the most critical foundational pillars,” said Carrasco. “Students will not only flourish with confidence but will be motivated to chase their dreams while building the tools to successfully achieve them. In just four short years, these students have not only gained state titles, but celebrated their culture and roots, combated hatred, and paved a pathway for generations to come – all while building a positive and powerful source of community with the beautiful music of mariachi. I am so proud of my students and of our community. Once a Wildcat, always a Wildcat. Puro Fabens, sí señor.”

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# 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

gone away anyway, only in a more disorderly fashion. JetBlue might wonder what Biden regulators had against it. As the website View From the Wing points out, JetBlue got approval during the first Trump administration for a partnership with American Airlines to expand in New York. Then, the Biden team showed up and killed the partnership on grounds that directly contradicted its rationale for nixing the JetBlue-Spirit deal.

"The Biden administration fought the American Airlines-JetBlue partnership," View From the Wing notes, "calling JetBlue a pro-passenger disruptor who drives down prices. Then they turned around and claimed that JetBlue was a monopolist who would drive up prices if they bought Spirit."

JetBlue itself is struggling, but at least the airline is still with us. Spirit had a good run based on its initial disruption of the industry. The airline's idea was to make a basic fare extremely cheap, and then charge passengers fees for everything taken for granted at other

airlines (drinks, carry-on bags, etc.).

The customer experience was terrible, though. And Spirit got buffeted by changes during the pandemic, while more established airlines matched its fares with basic economy. Spirit stopped making money in 2019.

With the JetBlue deal blocked, it couldn't get an alternative merger done. It declared bankruptcy in 2024, and then again in August 2025. The recent spike in jet-fuel prices pushed it over the edge.

Elizabeth Warren was quick to say "Trump's war was the nail in the coffin for twice-bankrupted Spirit Airlines." Well, yeah. But its vulnerable state underlines how foolish it was to keep it from getting the lifeline it so desperately needed from a merger.

Ronald Reagan said the most terrifying words in the English language are, "I'm from the government, and I'm here to help." The Spirit fiasco shows that perhaps equally frightening are the words, "I'm with the DOJ antitrust division and I'm here to protect consumers."

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

# Cancer is challenging, so always be proactive

DEAR DR. ROACH: I read your column every day. In a recent column, you wrote: "Since age is the major risk factor in getting cancer, it's likely that some people who were cured of their original cancer will later succumb to a different one." This statement terrified me as I fall into this category. I had a lobectomy in 2009 to remove stage IA lung cancer that hadn't spread and for which I wasn't prescribed chemo or radiation. Annual



CT scans since then have all been negative except for a pulmonary embolism in 2014, which resulted in a blood thinner prescription. I'm told that I will need to be on the blood thinner for the rest of my life. Two years ago, my oncologist said that I could opt out of the scans and yearly visits since my chance of a recurrence was "less than 1%." (I think this was the percentage, or maybe I'm confusing it with something else she said.) Nevertheless, I decided to continue the scans and visits just to be on the safe side. I rarely think about this cancer until it's time for a scan and a visit. However, your column shed new light on the situation, and as I said, now I'm scared to death. My first question is: Was it really necessary for you to include this statement since it was bound to frighten a great many people like me, who may not routinely worry about a 15-year-old cancer but will now most certainly worry? My second question is: What can you say about my situation that may assuage my fears? – J.G.

I'm sorry to scare you. Every cancer survivor does know that cancer can come back. However, this risk goes down over time. How much and how quickly the risk goes down depends on the type of cancer. Your oncologist is right that for non-small cell lung cancer (I'm making an assumption), the risk is very low after 18 years. You should continue to follow her advice about follow-up scans.

What I was really referring to is that a person who's had cancer is more likely to get a new and separate cancer than the average person (who has about a 25% to 30% chance of dying from cancer). So, a cancer survivor should be diligent about following recommended screenings for other cancers, such as a mammogram, colonoscopy or PSA test (as appropriate for their age and sex).

Not all people (especially women) with lung cancer are current or former smokers, but those who are or were smokers should have careful exams of their mouths and throats. Lifestyle changes can also make a big difference with cancer risk, especially diet. A mostly plant-based diet reduces the risk of many cancers, and regular exercise helps as well. This is good advice for everyone – but especially those who have had cancer. Alcohol should be minimized or avoided entirely.

All of us live with the knowledge that we will die someday. Many people don't like to think about it, but physicians need to so that we can give our patients the best advice on how we can help them. For cancer survivors, this means being diligent about living wisely and getting the appropriate screening. It doesn't mean being obsessed with the possibility of an old cancer returning or a new cancer appearing.

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](mailto:ToYourGoodHealth@med.cornell.edu). ©2026 North America Synd., Inc. All Rights Reserved.

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**Moore Texas by Roger Moore**

May 1693: Don Gregorio Varona, after exploring, concludes Tejas is unsuitable for development.

**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: L equals U

MWDG NZLGBOP FTGYTGY  
 NDEDCOTBP OZP KBBDGHDH  
 CEKNS-BTD KVVKTOF, HTH WD  
 MDKO KNLVV-ETGSF?

Answer Page 4

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**Weekly SUDOKU**

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

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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**Two VA grants**



by Freddy Groves

Two of the grants recently announced by the VA will have wide-ranging benefits for veterans.

The first, a \$16 million set of grants, supports organizations that provide adaptive sports programs for veterans and service members. Over time, the program has awarded \$160 million in grants. Whether it's for hunting, skiing, cycling or any of the dozens of sports and recreation activities (including art), the programs foster independence and a better quality of life.

The Adaptive Sports Grant Program (department.va.gov/veteran-sports/grant-program) provides the funding for non-federal entities who are experienced in running programs that include instruction and competition in adaptive sports, assistance to the coaches and recreation

therapists, and so much more. Paralympic athletes can receive a monthly training allowance, and seniors have their own Golden Age games.

If your organization wants to apply for a grant, look for VA Form 10096 Adaptive Sports Grant Application and see the Grants.gov website.

If you're a veteran or service member who wants to participate in the sports or art, see department.va.gov/veteran-sports. Don't wait too long – many of the events take place in the summer.

Second, the Highly Rural Transportation Grants (HRTG) program gives free VA health care appointment rides to veterans who live in very rural areas with fewer than seven people per square mile. The VA has announced grants totaling \$7 million for organizations (Veteran Service Organizations and State Veterans Service Agencies) who provide the transportation.

Seven people per square mile – that's extremely rural and sparsely inhabited. The areas served include portions of Alaska, Maine, Montana,

Nevada, New Mexico, North Dakota, Oregon, South Dakota, Texas, Washington State and Wyoming.

If you're a veteran who lives in the rural parts of those states and you need transportation to VA medical appointments, go online to [www.va.gov/HEALTHBENEFITS/vtp/highly\\_rural\\_transportation\\_grants.asp](http://www.va.gov/HEALTHBENEFITS/vtp/highly_rural_transportation_grants.asp) and see the list of contacts for your state. There is no cost to you for the transportation.

If your organization wants to apply for grants to become a transportation provider in a rural area, see [www.va.gov/HEALTHBENEFITS/vtp/grant\\_applicants.asp](http://www.va.gov/HEALTHBENEFITS/vtp/grant_applicants.asp).

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• It's better to be a butterfly. Did you know, the more social you are, the better your health, researchers say.

• Plastic grocery bags always come in handy. Try storing them in empty tissue boxes for the car or bathroom, or use an empty 12-pack soda box for more under your kitchen sink or in the garage.

• "Another great use for baby powder (or corn starch): If you have a deck of cards that are stuck together, simply place them in a baggie and add a tablespoon of powder. Seal and shake, getting the dust in between the cards. When you remove the cards, shuffle them over a kitchen towel and they will be like brand new." – R.D. in Texas

• You can fill a mop bucket with a dustpan? Yes! Use the large end of the dustpan as a funnel from the faucet over the side of the sink, where your mop bucket is waiting to catch the waterfall. The handle acts as a spout.

• You can substitute black bean puree for flour when making brownies, and it tastes so good! It's an even swap. Just make sure you rinse the canned beans well to remove added sodium, and run them through a food processor to puree.

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

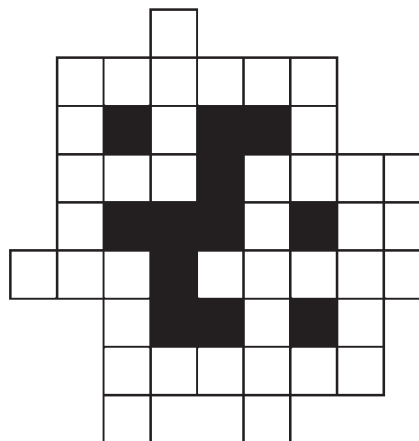
Answer Page 4

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	+		÷		=	17		
+		+		+				
	+		+		=	14		
+		-		+				
	+		-		=	9		
=		=		=				
17		9		7				
1	2	3	4	5	6	7	8	9



- ♥ WRA
- WUCREF
- GOWAL
- ♥ EWNH
- ♥ SECTHA
- ♥ NSI
- ♥ ERCA
- ♥ ERTWO
- ♥ EEW
- EGHTUS
- ♥ HANIC
- ♥ AGSR



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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