



EPCC students show off designs in runway show

By Beau Bagley
Special to the Courier

ELPASO COUNTY—El Paso Community College (EPCC) Fashion Technology Program hosted the Cinématique Runway Show on May 14, 2026, at the Transmountain campus. The event showcased the creativity of the graduating students' designs, fashion collection designs, and apparel production development designs. The overall event was also produced by the fashion promotion class.

"The students in the Fashion Promotion class have been working on this all semester," EPCC Fashion Technology Program Director Irma Villanueva said. "I'm extremely proud and really looked forward to see the technical skill, showcase what they have learned; it's their culminating experience so this is great."

EPCC Cinématique – a fashion show inspired by a cinematic experience for the community. It featured emerging student designers reinterpreting a film festival/Oscars-type atmosphere through a contemporary lens. Every collection unfolded like a scene on the big screen, featuring a runway of EPCC fashion technology students' garments, capturing the excitement, mood, and storytelling associated with cinema.

"I'm nervous and excited for me and my classmates after all of our hard work," Fashion Design student Alicia Flores, who graduate Monday, said. "I had



– Photo courtesy El Paso Community College

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ROUND 'EM UP – EPCC Fashion Design student Naomi Corral, middle, with models Vanessa Valdez, left, and Victoria Soledad in Corral's western wear designs.

Alumni group supports Canutillo ISD graduates with scholarships

By Alfredo Vasquez
Special to the Courier

CANUTILLO – As another school year winds down and high school seniors prepare to participate in the annual graduation rite of passage, most

of them are already eyeing the next step in their educational development which, of course, entails seeking financial assistance.

Canutillo Alumni Foundation for Education (CAFÉ) members are well aware of the financial hardship many of these students face, because they

themselves were once in that same predicament. And that need is what spurred them to find a way to raise funds to help aspiring graduates ease the transition to a higher education whether it be college, university, or trade school.

CAFÉ has been able to provide

monetary assistance to hundreds of graduates from either Canutillo High School (CHS) or Northwest Early College High School (NWECHS) since 2004 because of a core group of individuals who decided to form the alumni foundation 22 years ago.

CAFÉ charter members Sergio Martinez, Sergio Coronado, Lilia (Teddy) Martinez and her husband Chuy Martinez, Armando Rodriguez, Mickey Loweree, Laura Leos, Bobby Simental, and Alfredo Vasquez started it all with nothing more than good intentions.

"Actually, it was then Canutillo ISD Superintendent Charles Hart who approached both me and Sergio Coronado. I co-owned an architect firm at the time, and Sergio Coronado (1978 CHS graduate) had a law firm," recounted Sergio Martinez, himself a 1981 CHS graduate and the current president of the Canutillo ISD board of trustees.

"Mr. Hart pointed out that CISD had outstanding graduates who were not being given the opportunity to pursue a higher education simply because their families lacked the financial means to help them. He is the one who



– Photo courtesy of Canutillo ISD

PLAYING FOR A CAUSE – More than 170 golfers participated in the Canutillo Alumni Foundation for Education (CAFÉ) 22nd Annual Golf Tournament on May 1. Golfers in the tournament included some Canutillo ISD graduates in the photo above.

SCHOLARSHIPS, Page 5

Jackson's campaign against the Supreme Court

The call is coming from inside the house. The Supreme Court's decision in Louisiana v. Callais has made progressives even more determined to delegitimize the Supreme Court, and Justice Ketanji Brown Jackson is among them.

In a dissent involving a post-decision procedural question, Jackson accused the majority of acting out of pure partisanship. Her opinion said that the court "unshackles itself" from all constraint and "dives into the fray" (meaning the partisan fray). In its jurisprudence, "principles give way to power." It is acting with an "abandon" that is "unwarranted and unwise."

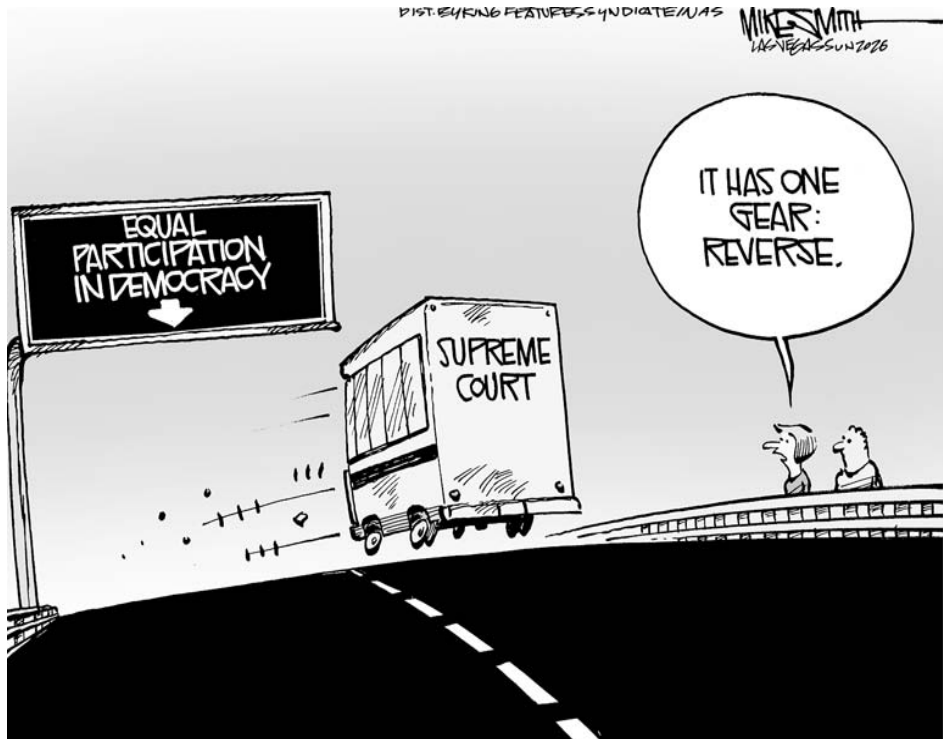
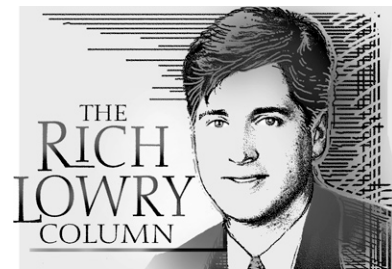
Rule 45.3 of the court; the idea is to allow the losing party time to file a petition for re-hearing. But the rule is flexible, a default "unless the court or a justice shortens or extends the time."

The winning side in the case asked to get the decision finalized quickly, since time is of the essence. With the state's scheduled May 16 primaries rapidly approaching (now delayed), Louisiana wants to redraw its maps in keeping with the court's decision.

Jackson's dissent quotes a 2019 decision of the court in *Rucho v. Common Cause* for the proposition that courts should not "risk assuming political... responsibility for a [partisan map-drawing] process that often produces ill will and distrust."

But this was a warning against courts involving themselves in minute questions of partisan gerrymandering. Here, the court has set out a bright-line principle that district lines can't be race-based, but otherwise said that the political authorities are welcome to gerrymander or not.

Jackson also slaps the court for creating "chaos



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Political jobs and all-around nice people

Men and women who run for political offices must be men and women of the people and for the people. Political jobs are jobs for the people. A person who holds a political office must know that he or she is serving a massive number of people.

Holding office comes with a lot of expectation and a lot of pressure. If the kitchen is too hot then get out of the kitchen. Typically, political jobs are hot jobs that often reach boiling temperatures. People get upset

when there are potholes in the road. The price of gasoline and the monthly electric bill are infuriating. People become angry when the water bill and the trash bill are too costly. Somebody has to be blamed for all this, so it's going to be the political leadership. If you are in office don't be so surprised if people are mad at you. They may be mad at you most of your tenure.

The person in political office does have an opportunity to make a lot of friends. People

love a politician who will speak to them, treat them nice and listen to what they have to say. If you do just a little bit of this, your local community will name a bridge after you. They might name a building or road after you. There is usually some type of community response when you try to do a decent job.

Years ago, my dad was approved for federal black lung benefits because he had worked in the mines for over 35 years. Congressman Carl Perkins called him on the telephone to tell him he had been approved for the benefits. It was impressive that a United States Congressman, sitting in Washington D.C., called our little Appalachian house to deliver news that was very welcomed by my dad and mother.

Politicians who become too high and mighty to make phone calls, visit communities, sit in people's homes or respond via email or text are not appreciated. We are all people. We all put our pants on the same way.

When President Lyndon Johnson visited Inez, Kentucky in 1964 he made global news sitting on the porch of a poor East Kentucky family. It was just a photo opportunity to sell his campaign on poverty but it worked. When you visit with people, shake hands, show interest and compassion, people swallow it hook, line and sinker.

The nature of most Americans resonates with politicians who show themselves friendly and act like they care. I want to know what a politician is

going to do and what the goals are during his tenure. There is work to be done. Taxes are too high. The cost of living is too high. There is still work to be done on America's border. The illegal immigrant task is not over. We must strive for peace in the Middle East and so forth.

The point is, we can't elect someone to office because he or she is just a good ol' fellow. Political offices are big jobs and should not be handed to someone who is just an all-around nice person. However, if you are running for office, keep in mind it will not hurt you to be an all-around nice person.

Dr. Glenn Mollette is a syndicated columnist read in all fifty states. He is also the author of numerous books and can be heard each weekday morning on XM Radio 131.

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Years
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Phone: 852-3235

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

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda

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Early voting in Texas primary runoff election is underway

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The March 3 Texas primary election left a few races undecided for the Democratic and Republican parties. In races where no candidate was able to reach 50 percent of the votes, the runoff will decide which candidates will advance to the November General Election.

The Texas primary runoff election is slated from 7 a.m. to 7 p.m., Tuesday, March 26. Early voting is now in progress and will run through Friday, May 22. Visit El Paso County Election Department website for a list of polling site locations.

The runoff features some high-profile races across Texas, such as the Republican U.S. Senate race between incumbent U.S. Sen. John Cornyn and Attorney General Ken Paxton.

El Paso County residents have other races to decide. The primary runoff election is open to all registered voters, but voters are required to vote in the same primary that they voted in during the March 3 primary. Voters who did not vote in the March primary can cast a ballot in either the Democratic or Republican primary. The last day to apply for a mail-in ballot was Friday, May 15.

El Paso County voters will be able to cast ballots on races including:

1) Republican U.S. Senate primary: Cornyn versus Paxton. The winner will face state Rep. James Talarico, D-Austin, in November.

2) Republican U.S. Representative District 16 primary: Adam Bauman versus Manuel Barraza. The winner will face incumbent U.S. Rep. Veronica Escobar, D-El Paso, in November.

3) Republican Texas Attorney General primary: U.S. Rep. Chip Roy, R-Austin,

See VOTING, Page 4



– Photo by Alfredo Vasquez

ONE MORE PRIMARY – The Texas primary runoff election is slated from 7 a.m. to 7 p.m., Tuesday, March 26. Early voting is now in progress and will run through Friday, May 22. Visit El Paso County Election Department's website for a list of polling site locations.

King Crossword

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Average Solve Time 25 Minutes

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- 12 Lay _ the line
- 13 Cold War initials
- 14 Days of yore
- 15 Citrus producer
- 17 Avril follower
- 18 At hand
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- 22 Rid of wool
- 24 Coconut juice
- 27 "Nova" subj.
- 28 Feed the piggy

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- 7 Away from NNW
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- 22 Burn with steam
- 23 LP player
- 24 Goat's cry
- 25 Under the weather
- 26 Throat-soothing drink

- 27 Not all
- 29 Bird doc
- 30 Cain's mom
- 35 Earth Day mo.
- 37 Nabob
- 39 10th U.S. president
- 40 "Gandhi" star Kingsley
- 41 Move, as freight
- 42 Otherwise
- 43 Pop
- 44 Melody
- 45 Sea eagle
- 46 Paradise
- 49 Id counterpart
- 50 Pas' mates

Answer Page 4



"TRUMPED-UP CHARGES."



Show

From Page 1

six garments in the show, four of them inspired by the moon, so I am very happy.”

“This was my last project with EPCC Fashion, so it was exciting,” Fashion Design student Naomi Corral, who is also set to graduate, said. “My brand is western wear for women, because it’s casual and I like to innovate in that area.”

The show featured collections and projects from multiple fashion classes, offering attendees a unique opportunity

to see the range of ideas, styles, and concepts developed by students across the program. Blending cinematic influence with modern design, the show offered a contrast to today’s minimalism-driven fashion landscape.

“To finally be a part of this show, working with everyone from backstage to production is really cool,” Fashion Design student Lars Payan said. “There is a lot of talent in El Paso, and this program does a great job showing the designers we have here.”

Proceeds will benefit the EPCC Fashion Technology Program. Models were found using an open casting call.

The Fashion Technology Program is designed to prepare individuals interested in working within the fashion industry to obtain entry-level employment or advancement in the following fields: Apparel Design, Apparel Manufacture, Wholesale, Retail, Product Display, Sales Promotion, Advertising, Fashion Show Production and Fashion Illustration. The curriculum offers three specialized options: Fashion Merchandising, Fashion Illustration and Fashion Design.

Visit www.epcc.edu/Academics/FashionTechnology for more information on the EPCC Fashion Technology Program.

Strange BUT TRUE

By Lucie Winborne

- More than 80% of the white sand around tropical coral reefs is actually the byproduct of parrotfish excretion.

- Regball, or rugby, is a tough Russian sport combining basketball, wrestling and rugby. As in basketball, players try to shoot a ball through a hoop, but there are no free throws and no need for dribbling. In addition, wrestling and takedowns are part of the action; in fact, there’s relatively little that’s not allowed.

- In the 15th and 16th centuries, jewelers purposely left cavities in some rings so wearers could fill them with aromatic substances to block offensive odors.

- The Dog Bark Park in Cottonwood, Idaho, which until 2024 offered guests the usual hotel amenities in a giant, dog-shaped building painted to look like a beagle dubbed “Sweet Willy,” is now a popular roadside attraction, free museum and gift shop.

- Though Luxembourg has one of the smallest populations in Europe (approximately 500,000), the country’s divorce rate is the world’s highest at 87%.

- A 2015 paper in the Journal of Behavioral Addictions documented the study of a woman named Helen who was addicted to fortune tellers.

- One billion hours of video are watched on YouTube every day.

- The corpse lily blooms so infrequently that when that event finally occurs, it often makes local and even global headlines.

- Netflix is responsible for 15% of the world’s internet traffic.

- Catalan mechanic Enric Marco was a prominent public face of Spanish Holocaust survivors, until his story was discovered to be pure invention at the height of his fame in 2005.

- In four of America’s five largest cities, it’s cheaper to rely on Uber than own a car.

Thought for the Day: “A computer once beat me at chess, but it was no match for me at kick boxing.”
— Emo Philips

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Voting

From Page 3

versus Mayes Middleton.

4) Democratic Texas Attorney General primary: Nathan Johnson versus Joe Jaworski.

5) Democratic 168th Judicial District Court primary: Enrique A. Holguin versus Bernardo Cruz. The winner will face Republican R. Wayne Pritchard in November.

6) Democratic El Paso County Court at Law No. 2: Christina Montes versus Frances M. Maldonado. The winner will appear unopposed on November ballot.

7) U.S. Rep. Tony Gonzales, R-San Antonio, was slated for a runoff in the Republican primary for his seat but has since announced that he will not seek reelection. His withdrawal sends Brandon Herrera to the November General Election where he will face Democrat Katy Padilla Stout.

Archives: www.wtxcc.com

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CryptoQuip Answer

Big southwestern town whose citizens all own a pair of graceful pond birds:
Two-swan, Arizona.

Moments in time
THE HISTORY CHANNEL

• On May 18, 1974, India became the world's sixth nuclear power after successfully detonating its first nuclear weapon, a fission bomb similar in power to the American atomic bomb dropped on Hiroshima in Japan. The test occurred on the anniversary of the Buddha's enlightenment.

• On May 19, 1836, Cynthia Ann Parker, at about 9 or 10 years old, was kidnapped by Comanche, Kiowa and Caddo Native Americans in Texas. She was adopted into the Comanche tribe and later married a chief, by whom she had three children. Parker lived with the Comanches until Texas Rangers recaptured her and forced her to return to live among whites again.

• On May 20, 1506, Christopher Columbus died in Valladolid, Spain, at the age of 55, still erroneously believing that he had reached Asia. His last months were spent in poor health with what modern doctors suspect was Reiter's syndrome, and making futile attempts to recover his titles and wealth from King Ferdinand.

• On May 21, 1994, the Flavr Savr tomato made its first appearance in grocery stores. Engineered to delay ripening, it was the first genetically modified food product approved for human consumption in the U.S. and was priced at 70 cents more per pound than its more conventional counterparts.

• On May 22, 2004, Michael Moore's documentary film "Fahrenheit 9/11," a sharp critique of George W. Bush's foreign policy decisions, won the Palme d'Or, the top prize at the Cannes Film Festival.

• On May 23, 1783, following his own prediction that he would enter eternity courtesy of a lightning bolt, American Colonial patriot James Otis did indeed pass away when lightning found him as he stood in a friend's doorway. According to the Boston Gazette, he "expired without a groan."

• On May 24, 1915, Thomas Edison announced his invention of the telegraph, a device designed to allow businessmen to record telephone conversations by combining a telephone receiver with his phonograph. Though it was highly praised at first, it failed to catch on and was withdrawn from the market.

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— Photos courtesy of Canutillo ISD

RECOGNITION – Canutillo Independent School District (CISD) Board of Trustees honored Canutillo Alumni Foundation for Education (CAFÉ) charter members during a recent board meeting. Front row, from left, are Bobby Simental, charter member; Sergio Coronado, charter member; Alfredo Vasquez, charter member; Jessica Bernal, current CAFÉ member; Mickey Loweree, charter member; Laura Leos, charter member; Teddy Martinez, charter member; Chuy Martinez, charter member. Back row, from left, are Dr. Josue Borrego, CISD superintendent; Mason Gossett, student-board member; Moises Aguirre, student-board member; Carolina Ortega, board member; Cindy Zuñiga, board member; Lucia Borrego, board member; Sergio Martinez, board president and charter member; and Armando Rodriguez, board member and charter member.

Scholarships

From Page 1

suggested that we initiate an alumni association to develop a scholarship fund," Martinez acknowledged.

Martinez related that the charter group came together and decided to start a scholarship fund by holding a golf tournament and inviting local businesses, district friends and families to be sponsors, then they called on golfers to join in the fun by paying a team fee. "It turned out to be a big success. We raised about \$24,000 that first year," Martinez recalled.

This year's golf tournament, which was held May 1, raised \$67,000, according to Teddy Martinez, CAFÉ charter member and a 1967 CHS graduate. She estimated that they have raised about half a million dollars since the foundation's inception and have awarded over 1,000 scholarships to deserving students.

The alumni group has grown to where it now relies on the Paso del Norte Foundation to assist with its financial efforts. All contributions to CAFÉ are routed through the Paso del Norte donation program. The nonprofit also helped the foundation create a viable program whereby it is now possible to establish special scholarships in honor of a business or an individual.

"CAFÉ scholarships allow the recipients to earn some money to get them started, it provides a little bit of a cushion as they start the next phase of their education," S. Martinez added.

Public Notice / Aviso al Público
Anthony ISD Summer Meal Program 2026
Programa de Servicio de Alimentos para el Verano 2026

Anthony 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, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the below school sites, with dates and times as follows:

Distrito escolar Independiente de Anthony está participando en el Programa de Servicios Alimentos de Verano. Las comidas se proporcionará a todos los niños de 0 a 18 años sin cargo y por igual a todos los niños sin importar raza, color, origen nacional, sexo, edad o discapacidad, y no habrá ningún tipo de discriminación en el servicio de comida. Las comidas se proporcionará en los sitios y horarios siguientes:

<u>Campus/Facility</u>	<u>Address</u>	<u>Dates (Mon. - Thurs. only)</u>
<u>Campus/Instalaciones</u>	<u>Dirección</u>	<u>Fechas (Sólo los Lunes - Jueves)</u>
Anthony MS	813 6th St.	May 26 - June 30
Breakfast/Desayuno: 8:00 a.m. - 9:00 a.m.; Lunch/Comida: 12:00 (Noon) - 1:00 p.m.		
Anthony ES	610 6th St.	May 26 - June 4
Breakfast/Desayuno: 7:30 a.m. - 8:30 a.m.; Lunch/Comida: 11:00 a.m. - 12:00 (Noon)		
Enrique Miramontes (Triangle) Park	1015 Franklin St.	May 26 - June 30
Breakfast/Desayuno: 8:00 a.m. - 9:30 a.m.; Lunch/Comida: 11:30 a.m. - 1:00 p.m.		
Torres Altos Park	3009 Bariloche Dr.	May 26 - June 30
Breakfast/Desayuno: 8:00 a.m. - 9:00 a.m.; Lunch/Comida: 11:45 a.m. - 12:45 p.m.		
Wet 'N' Wild Waterworld	8804 S. Desert Blvd.	May 26 - June 30* (1)
Gallegos Park	7361 Bosque Rd.	June 15 - June 30* (2)

*Lunch only/Comida solamente: (1) 12 (Noon) - 1 p.m.; (2) 11:45 a.m. - 12:45 p.m.

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NFL schedule released, tough road for Cowboys

By Steve Escajeda
Special to the Courier

The NFL released its 2026 season schedule last week and if you like games in unusual places and on unusual days at unusual times, this schedule is for you.

It all starts on a Thursday night just like it has for the last 25 years, right? Wrong.

This year's traditional opener with the featured Super Bowl champion is on a Wednesday.

That's right, the Seattle Seahawks and the New England Patriots, who played that uber-boring championship game last February, will start the season off in Seattle on Sept. 9.

There will still be a game on Thursday night, the San Francisco 49ers will take on the L.A. Rams in Melbourne, Australia.

The NFL will host a record nine international games, and you're going to have to set your alarm clock for six of them that will start at 7:30 a.m. locally. And for most, that's only if you have the NFL Network.

The first Monday Night game will feature two of the better quarterbacks in the league as Bo Nix and the Denver Broncos travel to Kansas City to take on the Chiefs and Patrick Mahomes.

The one national game sandwiched between all of these will happen on Sunday night as the new-look Dallas Cowboys travel to New York to meet the rival Giants.

And when I say, "new look," of course I'm talking about the defense, which was horrific last season.

The big question everyone is asking is whether the Cowboys are a Super Bowl contender now that the defense is supposedly fixed.

We all know the offense is among the best in the league.

Well, let's just wait and see if this new defense and new 34-year-old defensive coordinator Christian Parker can live up to the hype. Parker has never been a coordinator before and is the youngest DC in Cowboys' history.

Anyway, after suffering its second straight losing season a year ago (7-9-1), Dallas is hoping to get back to the playoffs against a fairly tough schedule.

Dallas will be featured in six prime time games this season, tied for the most in the league (three Sunday, two Monday and one Thursday), and that doesn't even include the annual Thanksgiving Day game. This year Dallas will host the Eagles in what

should be a great one.

The Cowboys will play eight games at home and eight games on the road, that 17th game will technically be a home game, but it'll played in Rio De Janeiro, Brazil in week three against the Baltimore Ravens.

Of the 17 games, Dallas will play nine games against teams that made the playoffs last year and eight games against teams that didn't.

Some of the games to highlight include a stretch of four games in 22 days against four 2025 playoff teams. The Cowboys are at the Houston Texas on Oct. 4, home to the Tampa Bay Bucs on Oct. 8, at the Green Bay Packers on Oct. 18 and at the Philadelphia Eagles on Oct. 26.

Then the Cowboys have a real chance to solidify their playoff chances with four of their next five games at home. Dallas will entertain the Arizona Cardinals, the 49ers, the Tennessee Titans and the Eagles.

The only road game during that stretch is at the Indianapolis Colts.

The month of December is going to

be a tough one with all three games against playoff contenders. The Boys will open at defending Super Bowl champion Seattle on Dec. 7, then after a bye week they are at the Rams on Dec. 20 and close out 2026 at home against the Jacksonville Jaguars on Dec. 27.

Dallas ends the regular season with winnable games at home against the Giants and at the Washington Commanders.

With games against the Seahawks, the Rams, the 49ers, the Packers, the Texans, the Jaguars and the Eagles (twice), it's going to be difficult for the Cowboys to come out of the season with a winning record.

But in the end, it all comes down to the defense.

Last year the Cowboys and the Seahawks each averaged 28 points a game. But while Seattle gave up just 17 points a game, Dallas gave up 30.

It's true, defense does win championships.

And so does what hopefully will be a friendly Cowboys' schedule.

Senior moment By Matilda Charles

Two minutes of exercise

For years we've heard that getting 150 minutes of exercise per week was necessary for health, and many of us didn't even try. Working out (or walking, dancing, doing anything moderately aerobic) was beyond us and we felt like failures.

Then there was the added confusion caused by differing opinions about just how long and how many daily steps... not to mention the mammoth study that concluded the best health benefits were to be had with 700 minutes of exercise per week. (That's over 11 hours!)

But, how do you feel about two minutes? It turns out that two little minutes of exercise can actually have an impact and help us live longer.

There was the study that showed reduced risk of cancer and heart disease was possible by just moving for two minutes three times a day, and t

he study that showed two minutes of walking after

meals can prevent spikes in blood sugar, and so on.

There are many easy, small ways to be more active:

Take the stairs when they're available. If you're feeling especially strong, go up and down a few times.

Do some strength training exercises (push-ups, squats, knee lifts) that target the major muscle groups, 30 seconds each of several types.

Aim for short, intense movement: Walk briskly to the mailbox (this will also release endorphins). Cycle quickly on your exercise bike for one minute. Jog or walk in place during a TV commercial.

And what happens when we shoot for two minutes of exercise instead of a half hour that we know we can't do? We often decide that yes, we can do a few minutes more, and suddenly that two minutes turns into five or 10.

To quote a professor of cardiology medicine, "It turns out that anything is better than nothing."

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- | | | | | |
|---|---------------------------------|---|---------------------------------|-------------------------------------|
| TRAPPED WATER | terminus | 139 Be inactive | 38 Sci-fi writer | 92 Maritime rescue gp. |
| ACROSS | 70 Clean air org. | 140 Frolicked | Frederik | 93 Drink quickly |
| 1 Spot's foot | 73 Loyalty program | 141 What remains if you remove all the consonants from 13 long answers in this puzzle | 39 "E pluribus _" | 94 Baby foxes |
| 4 Motorcycle maker | 78 Duet number | | 40 Cosmic cloud | 97 Makes ready, informally |
| 10 ATM output | 79 Rover's rope | | 45 Fun activities, in brief | 101 Fictional belle Scarlett |
| 14 Baffle | 82 Hugs, in texts | | 46 White wine aperitif | 102 Disallow |
| 19 Driving hazard | 83 "Carte" start | | 48 Lacks being | 104 Pudgy |
| 20 Region in Spain | 86 "Super work!" | | 49 "I call that as mine!" | 105 Educ. inst. |
| 21 Actress Falco | 89 1985 Kentucky Derby winner | DOWN | 51 Taxing gp. | 107 Coils |
| 22 Country singer Tucker | 95 Like some questions | 1 Photos | 52 Lifesaving pro | 108 Biological subdivisions |
| 23 Kiting, e.g. | 96 Bug's feeler | 2 Hanker (for) | 55 Carter of sitcomdom | 109 Like live balls |
| 25 Is discovered doing a misdeed | 98 "_ found it!" | 3 Yard eyesore | 58 Hard hit | 111 Deity ruling the heavens |
| 27 Roomy auto | 99 Japanese fish dish | 4 "Capeesh?" | 59 Rival of lams | 113 Brought up |
| 28 Bungle | 100 Door fixture | 5 Whelp's yelp | 61 Special glows | 114 Language of Islamabad |
| 29 Kind of pear | 103 Overindulges | 6 She-horse | 62 Needlefish | 116 How clothes are tailored |
| 30 U.S. Shakers founder | 106 Director's cry | 7 Petri dish gel | 64 Sorority "T" | 117 Follower of "You'd think so..." |
| 31 Driving hazard | 107 _ Fridays | 8 Part of mph | 65 Just _ (equally undesirable) | 118 1986 Indy 500 winner Bobby |
| 33 What a cyclist signals with an arm extended straight out | 110 Partakes of | 9 Plus | 68 Wedding vow | 119 Pick _ pace |
| 35 Attacked boxer-style | 112 Bluegrass banjo pioneer | 10 Implore | 70 Nervous | 123 BLT addition |
| 41 Boise is its cap. | 115 Was ruined financially | 11 Partake "that is" | 71 Sweat source | 124 Bit of news |
| 42 Canon camera line | 120 That woman | 12 Nutlike Chinese fruit | 72 Ripens | 125 "PDQ!" |
| 43 French assent | 121 Copious arrival | 13 The, in Tours | 74 "C_ _ la vie" | 127 Suffix with exist or differ |
| 44 Been shut down, as a theater | 122 Talks shrilly | 14 Tolerate | 75 Pummel | 128 Final Four gp. |
| 47 Dropped a bit | 123 Hamm on a soccer field | 15 Tease | 76 Distress call | 129 By way of, informally |
| 50 Actor Davis | 126 Make _ in (do some work on) | 16 Detach by dissolving an adhesive | 77 Xerox product | 131 Lead-in to cycle |
| 53 Focal point | 127 Hamm on a soccer field | 17 Cry to a rescuer | 80 Gangly | 132 Cochlea site |
| 54 Pull back (in) | 128 Hamm on a soccer field | 18 Eucharist-holding plates | 81 Alma mater of Wills | 133 "See ya!" |
| 56 Disney lion | 129 Hamm on a soccer field | 19 Plus | 84 "Deck the Halls" syllables | |
| 60 Insulated drink cup | 130 Not educated by others | 20 Implore | 85 _ Dhabi | |
| 63 Bovine captured by Hercules | 132 Downs an omelet, maybe | 21 Latin "that is" | 87 "Deck the Halls" syllables | |
| 66 Actor Erwin | 133 Subway unit | 22 Nutlike Chinese fruit | 88 Winter illness | |
| 67 Chou En_ | 134 Ark builder | 23 The, in Tours | 90 Dastardly | |
| 69 Railroad or bus | 135 "Will do, cap'n!" | 24 Bistro's kin | 91 Ensnared | |
| | 136 "Will do, cap'n!" | 26 Gondola path | | |
| | 137 Subway unit | 29 "The View" co-host Joy | | |
| | 138 Direct at, as a remark | 30 Implore | | |
| | | 31 Comic's joke | | |
| | | 32 Certain PC readout | | |
| | | 33 Paid spots | | |
| | | 35 Horn honk | | |
| | | 36 "Be silent!" | | |
| | | 37 Escalate | | |

Answer Page 4

Super Crossword

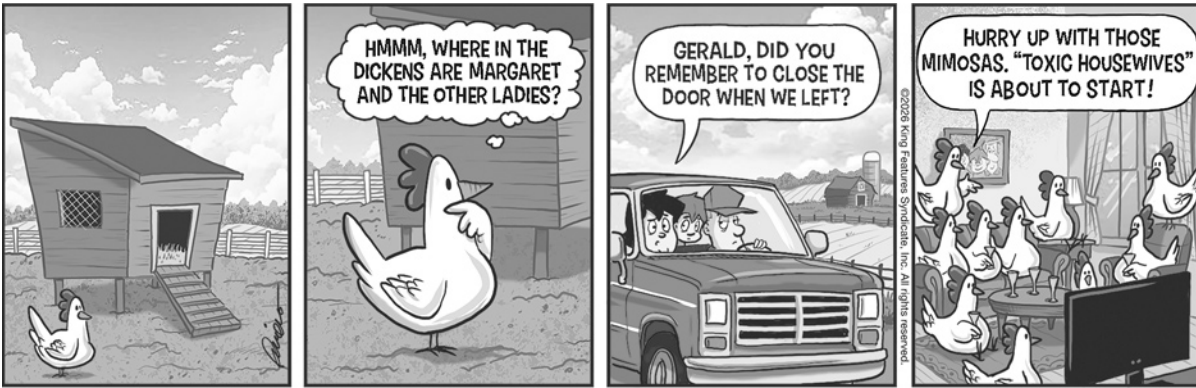
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138							139					140								141

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

in the State of Louisiana.” This is quite rich given the history.

When Louisiana created a congressional map after the 2020 census with just one majority-minority district, it got sued for not sufficiently taking race into account; a judge ordered it to make a second minority district. When Louisiana complied by manufacturing a monstrosity of a district stretching 250 miles to randomly scoop up black voters, it got sued again — this time, for taking race too much into account — and the case made it to the Supreme Court.

It is a sign of how weak the Jackson dissent is that the other progressives haven't joined it, not even Sonia Sotomayor. It certainly would have been much better if this case had been decided sooner, but Alito drops a suggestive footnote in his rejoinder to Jackson. He notes that the constitutional question was “argued and conferenced nearly seven months ago.” This implies that the case was effectively decided right after oral arguments in October of last year, and that the dissenters slow-walked it.

Now, Jackson wants more delay — it serves the partisan interests of Democrats to preserve unconstitutional race-based congressional districts as long as possible.

The reaction to Louisiana v. Callais has been so incandescent on the Left because it believes that unless black voters have black representatives, they are disenfranchised. But this is not how representative democracy works. Were white voters in Georgia disenfranchised in the 2022 Senate race when two African-American candidates, Democrat Raphael Warnock and Republican Herschel Walker, ran against each other? Were the voting rights of Christians in New York City crimped in 2025 because a Muslim man won the mayoral election?

All indications are that a commitment to some version of court-packing will be orthodoxy among 2028 Democratic presidential candidates. They will seek to make the highly isolated and wholly unpersuasive Justice Jackson part of a new court majority imposed by political fiat.

Rich Lowry is editor of the National Review.
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Removing triggers may help alleviate migraines

DEAR DR. ROACH: I read your recent column about migraines and strokes. About 40 years ago, I began having occasional visual interference episodes with zigzags, blurry central vision, and more that lasted for about 30 minutes. My doctor described them as ocular migraines. When I read about migraines, the first possible cause that was listed were preservatives, so I started reading labels. My episodes only occurred after eating food with added nitrites and sulfates. It was very consistent, so now I read labels and avoid them. And thanks to the fact that more foods are now being made without them, at 85, I haven't had an episode in many years. It has made me a more careful and healthy eater. Would I still be more likely to have a stroke? Is this a common cause of these auras, or do causes vary in people? I would hope that others would find a sure cause and solution like I did. — D.W.



Food additives, especially nitrites but also sulfites and sulfates, are known triggers of migraines in people who are susceptible. Finding and eliminating the triggers for migraines can be helpful, but not everyone is able to identify their triggers.

Red wine (which contains trace amounts of sulfites, even if more aren't added) is one of the most common food triggers, but caffeine (and caffeine withdrawal) are another common cause. Poor sleep, excess stress and hormonal changes (especially in menstruating women) are also commonly reported.

Some perceived triggers may actually be an early part of a headache. Chocolate cravings can be part of the prodrome of a headache, so people may think that chocolate caused a headache when, in fact, the headache was already on its way.

Headache with aura can be confused with a stroke. My column from this past January tried to point out that positive findings like zigzag lines make a migraine with aura very likely, while transient ischemic attacks and strokes are exceedingly unlikely.

However, there is an increased risk of stroke in people who have migraines with aura. This is particularly the case in younger women. I suspect but cannot prove that having fewer migraines after removing the triggers (as you have) probably does mitigate the small increased stroke risk.

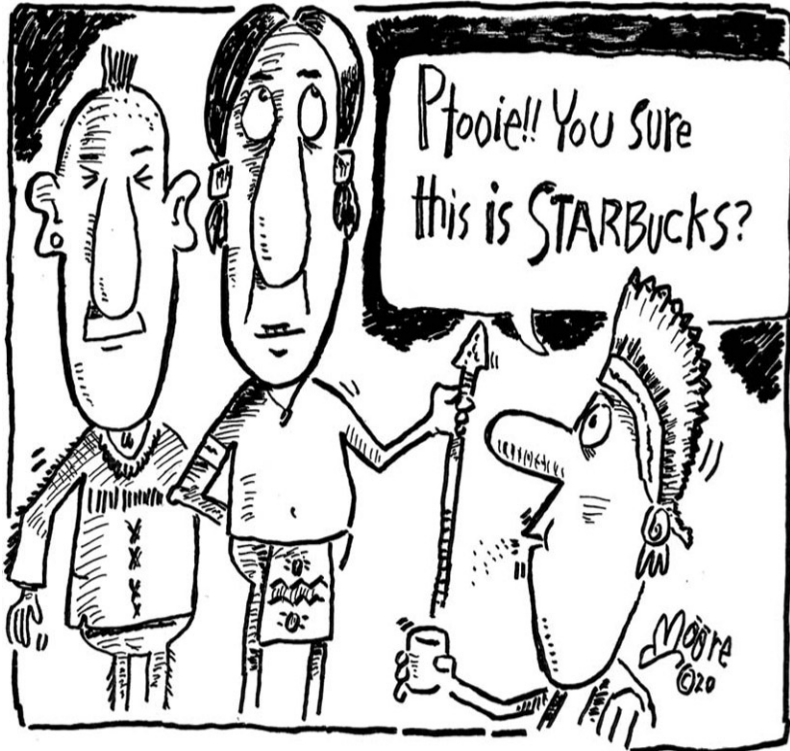
Still, it is important for all people with migraines to do what they can to reduce their stroke risk through a healthy lifestyle. Elevated blood pressure and cholesterol might be worth treating, even if they're fairly mild. Diabetes should be as well-controlled as possible. Finally, with strong evidence showing that the shingles vaccine reduces stroke risk, I'd recommend that you make sure you've had the two-dose shingles vaccine.

DEAR DR. ROACH: I'm a 75-year-old female who's hoping to keep her hair from falling out. I currently use minoxidil, but I'm not seeing any improvement. What else would you suggest? — G.E.

Most women in their 70s lose some of their hair. The most typical pattern is a general thinning that is somewhat worse on the crown. I recommend seeing a doctor about this to be sure of the diagnosis. There are other patterns of hair loss, some of which are related to thyroid disease and — less frequently — serious systemic diseases.

If the diagnosis is confirmed as female pattern hair loss, then in addition to minoxidil (which can be used either topically or as a low-dose oral pill), spironolactone (or another antiandrogen) would be the other first-line treatment. Some physicians use prostate medicines like dutasteride, and ketoconazole shampoo can be helpful. These drugs are usually used in combination with each other.

Finally, laser or low-level light therapy, microneedling, and platelet-rich plasma have some benefit, although these are much more expensive options. A dermatologist is the expert when it comes to diseases of the hair and scalp.



Moore Texas by Roger Moore

May 1875: Kiowa chief Kicking Bird is given poisoned coffee by tribesmen who thought he collaborated with the US Army.

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: P equals W

XMC RISOGPHROHYJ OIPJ
 PGIRH FMOMQHJR TWW IPJ T
 ETMY IU CYTFHUSW EIJZ XMYZR:
 OPI-RPTJ, TYMQIJT.

Answer Page 4

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Weekly SUDOKU

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

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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Abusing the loan program



by Freddy Groves

It sounds like there was a lot of money to be made from Covid, at least according to investigation reports from the VA's Office of Inspector General. Unfortunately for certain thieves, however, the OIG was all over them when the scams were revealed.

The head thief in one case was a part-time pastor who was nailed on four counts of wire fraud for Paycheck Protection Program (PPP) scams. He devised a scheme to apply for loans that were supposed to be used for payroll and business expenses during the Covid downturns. Not only that, but he approached and then coached church members (one of them a VA employee) on how to apply for the "free money" funds, including pretending they had actual businesses to run.

He then taught them

how to apply for loan forgiveness (which was a bonus of the program if funds were actually used to pay employees) so they wouldn't have to pay the money back. All they had to do, it seems, was to follow his instructions. It helped that he worked for a Small Business Administration-approved lender... and split the money with him.

Part of their downfall came from inflating income figures from a real tax return – which did not indicate that there was any kind of business income at all, not realizing that it would be a simple matter for one government agency to speak to another agency to verify facts. Another mistake was leaving a paper trail of emails wherein he instructed one of his church members on the steps to take to apply for the loans.

When sentenced, the pastor could get 20 years for each count of wire fraud. One coconspirator (who did not own a business) could get 60 years – 20 for

each of three counts. The other (who also did not own a business but had a great paper trail of how-to instruction emails for applying for the fraudulent loans) is cooperating and likely won't see any jail time.

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• Last month's Earth Day got me thinking about how many plastic bottled beverages my family goes through. I have found six glass reusable bottles that can be run through the dishwasher, and I store them in the fridge in a cardboard six-pack holder. I still want the convenience of grabbing a bottle of water from the fridge, but I feel better that I'm not contributing to a plastic problem.

• "If you love to burn candles as much as I do, consider storing them in the fridge for a day or so before you burn them. I swear, it makes them burn evenly. Someone told me this once, and I tried it and have been doing it ever since. No more crooked candles." – J.L. in Tennessee

• "When traveling for more than a few days, stick your plants into the bathtub with a little bit of water. They soak it up, and you don't have to have someone come over and water your plants. This will only work for a week or less, though." – J.M. in Louisiana

• Kitchen remodels can be expensive, but when your kitchen isn't usable, that's even more of an expense. Plan by setting up an alternate kitchen to save money instead of opting for takeout food. Microwave, toaster oven, coffee pot and a small dorm-style fridge can take care of a lot of your needs in the short term.

• If you are planning on putting in some new plants or sprucing up your garden, check with your town's yard waste recycling center for free mulch or compost details. Many facilities offer these to their residents.

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.

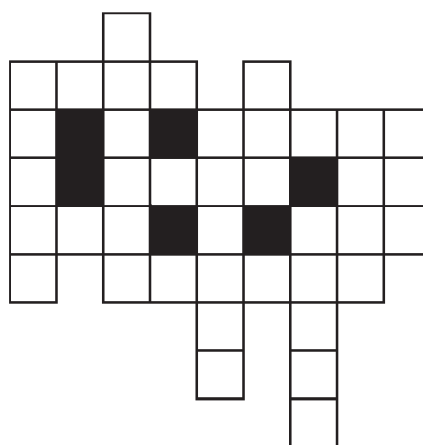
Answer Page 4

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	-		×		=	12		
+		+		+				
	+		+		=	17		
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- PZA
- EPORIC
- ZERGA
- RYGA
- ♥ALFRUC
- URC
- ♥UPGL
- ♥GECDA
- ♥AGB
- PIRAYA
- CAPEL
- HPCO



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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