



– Photos courtesy of El Paso Elks Lodge 187

MIGHT BE A SCHOLARSHIP IN THEIR FUTURE – Canyon Hills Middle School students, flanked by Elks and an advisor, display the recognition awards that they received for their patriotic essays – a recent contest sponsored by Elks Lodge 187.

Elks imagine world where selflessness drives actions

Since 1891, Elks Lodge 187 has served the El Paso community through volunteerism, charitable programs, and civic engagement

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso Elks Lodge members have been showcasing their desire to care for their neighbor without expecting anything in return for over a century. From seemingly simple endeavors – like holding food drives,

offering youth programs, promoting veterans outreach services, to caring for homeless individuals – these acts define the essence of community service.

To encourage more individuals to experience the fulfillment of helping others, El Paso Elks Lodge 187 is inviting the public to commemorate with them 135 years of community service and impact. The celebration will

recognize longtime members, reflect on the Lodge’s lasting legacy, and highlight its continued mission of service.

The local lodge will host a special ‘135th Anniversary Celebration including a Members’ Anniversary Luncheon, Saturday, June 6, at 2278 Trawood Dr., Suite C. The special event will start with cocktails, from 12 to 1 p.m., followed by a luncheon, and then a members recognition ceremony will be held from 2 to 3 p.m.

Founded in 1891, the local lodge has been dedicated to supporting youth programs, education, veterans, and families in need. The El Paso Elks Lodge 187 chapter is an affiliate of the New Mexico Elks Association (NMEA), which is part of the Benevolent and Protective Order of Elks, a national fraternal organization founded on the principles of charity, justice, brotherly love, and fidelity.

For generations, El Paso Elks Lodge 187 has served as a pillar of compassion, fellowship, and civic responsibility. “Celebrating 135 years is not just about honoring our history; it’s about recognizing the lives we’ve impacted and the community we continue to serve. Our members are committed to making a meaningful difference every day,” stated Tori Scott, an Elks Lodge 187 member.

Through its successful Toiletary

See ELKS, Page 3



Elks Lodge Scholarship Program

At the start of each school year, El Paso Elks Lodge 187 representatives reach out to El Paso County high school principals, counselors, and senior sponsors to identify promising seniors who could qualify for the Elks National Foundation (ENF) Most Valuable Student (MVS) scholarship program.

For 2026-27 school year, ENF will award nearly 500 four-year scholarships to students who excel in academics, demonstrate leadership, and show financial need. The national scholarship awards are from \$4,000 to \$30,000. Call or text (915) 503-3067 for more information about applying for an MVS scholarship.



SERVICE – El Paso Elks Lodge 187 members who were recently recognized for their selfless contributions that prioritize the well-being of others include, from left, Henry Davis, Veterans Programs Chairperson; Cheryl Kelly, Secretary; Rosie Pena, Exalted Ruler; Shirley Clere, Youth and Academics Programs Chairperson; Lilia (Teddy) Martinez, Scholarships Program Chairperson; and John Gomez, Veterans Outreach Programs Volunteer.

An autopsy as malpractice

The Democrats couldn't complete their term paper, but handed it in anyway because too many people were wondering what had become of it.

Under pressure, the DNC finally released its autopsy of the 2024 election, after rampant speculation about what it contained and why it hadn't yet been made public. Did it include references to Gaza or didn't it? Why or why not? What explosive revelations were being kept from us?

It turns out that the autopsy is a thoroughly unimpressive, unfinished document that, in the sheer incompetence in its drafting and handling, says more about the low state of the current Democratic Party than any of its analysis.

DNC Chairman Ken Martin maintains that he delayed so long because he didn't want to create a

distraction by releasing a poorly done report, which sounds like a typical Washington excuse for hiding something. Except it wasn't. Once everyone saw the report, they realized Martin was right about the embarrassingly poor handiwork of his own outfit.

At the start, the autopsy contains a disclaimer that "the DNC was not provided with the underlying sourcing, interviews or supporting data for many of the assertions contained herein and therefore cannot independently verify the claims presented."

Then, throughout the document, there are hostile annotations casting doubt on its claims. And the report doesn't have a conclusion. The Democrats would have been better off going with ChatGPT.

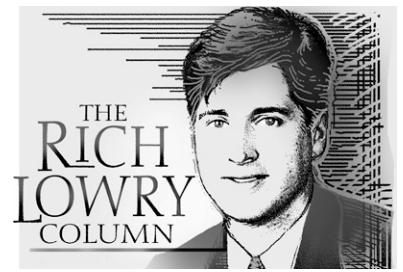
That said, the report acknowledges that Democrats are out of touch and too dependent on the Republicans

making poor candidate choices (something the GOP may be about to do again in its Texas Senate primary with the Trump-endorsed, scandal-plagued Attorney General Ken Paxton).

It notes how Trump's they/them ad hitting Kamala Harris on trans issues was devastating and unanswerable.

It recognizes that Harris didn't do enough to separate herself from Biden and make an affirmative case for herself, rather than relying on voters supposedly considering Trump unacceptable.

On the other hand, it fails to grapple with the



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

You will lose it if you don't use it

Risk is a part of your everyday life.

A drive to the grocery store is risky. Sitting in your recliner too long is risky. Eating too much is risky. Eating too little is risky. Driving too fast is risky and driving too slowly can be risky in certain scenarios.

Moving to another town for employment has risks. Staying put in your same location could be risky. Changing careers is risky. Staying with the same career for the rest of your life might present a different set of risks.

If you put your money in the bank to gain interest there are risks. If you dig a hole and put your money in the hole then there is no risk but no gain.

The only way to have gain in life is with some risk. I am not talking about crazy stuff. I am not talking about wagering your paycheck in a card game at a casino. I am not talking about betting your life savings on a ballgame or a horse race. People who do stuff like that are crazy. The odds are greatly against winning and greatly in favor of losing.

Yet, there are many risks in life. You don't know for sure when you marry someone how it is going to work out. You take the risk. You go forward believing in faith. When you take a job you enter into the arena of risk. You hope the job will be good. You go to work every day in return for an honest day's pay. You trust it will become better and even pay more as you work hard and do your best.

When you buy a car there is risk. You are spending a lot

See USE IT, Page 5



— Photo courtesy El Paso Community College

HELPING HANDS – Diego Gil, left, a work study student at Mission Del Paso campus and fellow student Iran Silva prepare boxes of food for pick up.

EPCC distributes food at its campuses

By Beau Bagley
Special to the Courier

Food Pantries at EPCC campuses around the city of El Paso.

The Mobile Pantry, previously known as the Grocery Pickup, will be on every Tuesday from 10:00 a.m. – Noon, unless there is an alternative time noted in the schedule, at the campuses and dates below until the end of November. EPCC Student Government Association (SGA) and Campus Life please ask that Texas residents bring their own bag and/or wagon and supplies are only available while they last.

Summer and Fall Mobile Food Pantry Schedule

Mission del Paso campus Horseshoe:

July 7, 2026, 10:00 a.m. – Noon
August 11, 2026, 10:00 a.m. – Noon
September 15, 2026, 10:00 a.m. – Noon
October 20, 2026, 10:00 a.m. – Noon

Valle Verde campus, Parking Lot L (Drive Thru):

June 9, 2026, 10:00 a.m. – Noon
July 14, 2026, 10:00 a.m. – Noon
August 18, 2026, 10:00 a.m. – Noon
September 22, 2026, 10:00 a.m. – Noon
October 27, 2026, 10:00 a.m. – Noon

Transmountain campus Parking Lot B (Drive Thru):

June 16, 2026, 11:00 a.m. – 1:00 p.m.
July 21, 2026, 10:00 a.m. – Noon
August 25, 2026, 10:00 a.m. – Noon
September 29, 2026, 10:00 a.m. – Noon
November 3, 2026, 10:00 a.m. – Noon

Rio Grande campus Parking Lot C:

June 23, 2026, 10:00 a.m. – Noon
July 28, 2026, 10:00 a.m. – Noon
September 1, 2026, 10:00 a.m. – Noon
October 6, 2026, 10:00 a.m. – Noon
November 10, 2026, 10:00 a.m. – Noon

Northwest campus Parking Lot A:

June 30, 2026, 10:00 a.m. – Noon
August 4, 2026, 10:00 a.m. – Noon
September 8, 2026, 10:00 a.m. – Noon
October 13, 2026, 10:00 a.m. – Noon
November 17, 2026, 11:00 a.m. – 1:00 p.m.

For more information:

Email: tejanomercado@epcc.edu
Phone: (915) 831-2077



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Elks

From Page 1

Outreach Program (TTP), the local group has significantly expanded its community reach by providing on-going essential hygiene items to schools, veterans, and local nonprofit organizations. El Paso Elks donated more than \$71,500 in toiletries and essential items and distributed them throughout the El Paso community in 2025.

The local Elks have also provided support to local organizations including children's advocacy groups, veteran services, and family assistance programs and have maintained ongoing partnerships with schools, nonprofits, and community care providers across the region.

Lodge 187 members' impact on veterans and youth programs include the \$83,000 that were procured to help fund various local veterans' programs, such as the Adopt-a-Vet, Welcome Home Kits, Veteran Stand Down, food baskets, and more. And another \$24,000 were raised this past year to support local youth initiatives such as poster drawing exhibits, essay contests, among other projects.

Additionally, in the past decade El Paso's Elks Lodge members have facilitated the awarding of more than \$48,000 in scholarships for several local area high school graduates including several \$4,000 scholarship winners and some \$20,000 scholarship winners.

To complement local lodge's efforts, the national Elks foundation spends more than \$80,000,000 every year for benevolent, educational and patriotic community-minded programs in such fields as benefiting physically handicapped children, scouting, athletic teams, veterans' works, a national "Hoop Shoot" free-throw contest involving more than 3



- Photo courtesy of El Paso Elks Lodge 187

DEVOTED – Shirley Clere, above left, a member of El Paso Elks Lodge 187 for over a decade, was recently presented with the special Elks of the Year award by Glenda Greene, president of New Mexico Elks Association.

million children, physical and occupational therapy programs, and patriotic presentations, according to a recent Elks foundation report.

As El Paso Elks Lodge 187 moves into its next chapter, the organization – with its 170 active members – remains focused on expanding outreach, strengthening partnerships, and inspiring future community leaders. "While we celebrate 135 years; our mission is far from complete. We remain committed to serving El Paso for generations to come," said Scott.

With more than 850,000 members and 2,000 lodges nationwide, Elks Lodge members believe in providing charitable services to help build stronger communities. "We are a generous charitable foundation that each year gives millions in scholarships, supporting youth..." said Teddy Martinez, El Paso Elks Lodge #187 scholarship committee chair.

Individuals interested in attending Elks Lodge's 135-year celebration may call or text (915) 532-4441 to make reservations.

King Crossword

1	2	3	4		5	6	7		8	9	10	11
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45	46					47	48			49		
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53						54				55		

Average Solve Time 21 Minutes

ACROSS

- 1 Detox center
- 6 Gives up
- 12 Swiss metropolis
- 13 Unexpected
- 14 Ingratiate
- 15 Stahl of "60 Minutes"
- 16 Disposition
- 17 "La Bonita"
- 19 Casual shirt
- 20 Third son
- 22 Capote nickname
- 24 Canine greeting
- 27 Furnace fuel
- 29 Branches
- 32 President of South

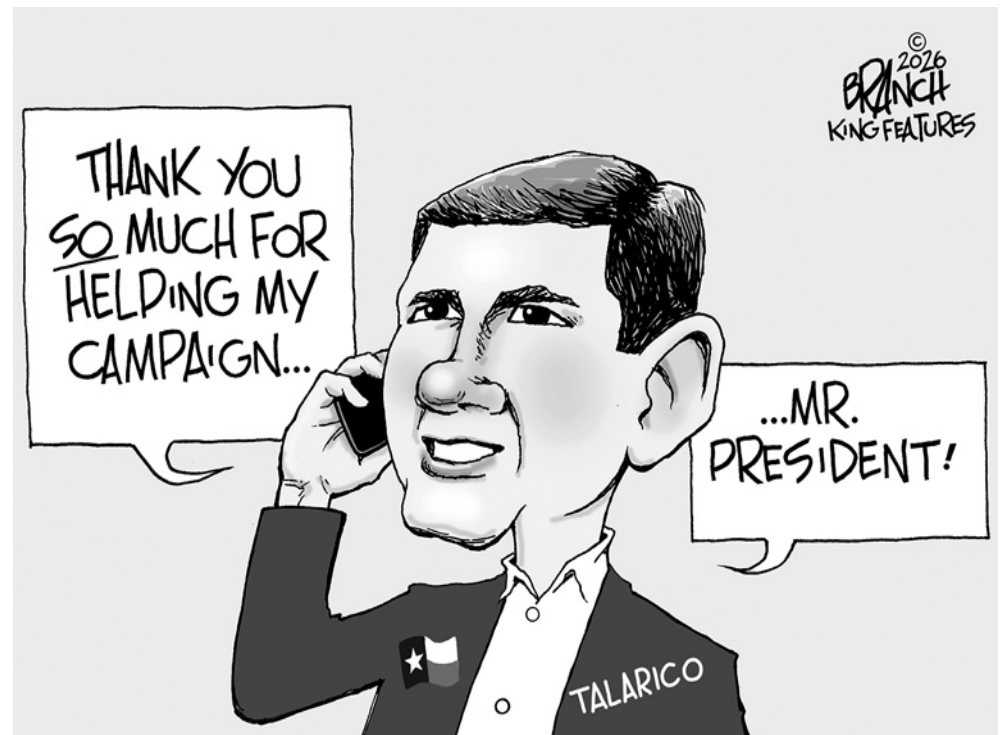
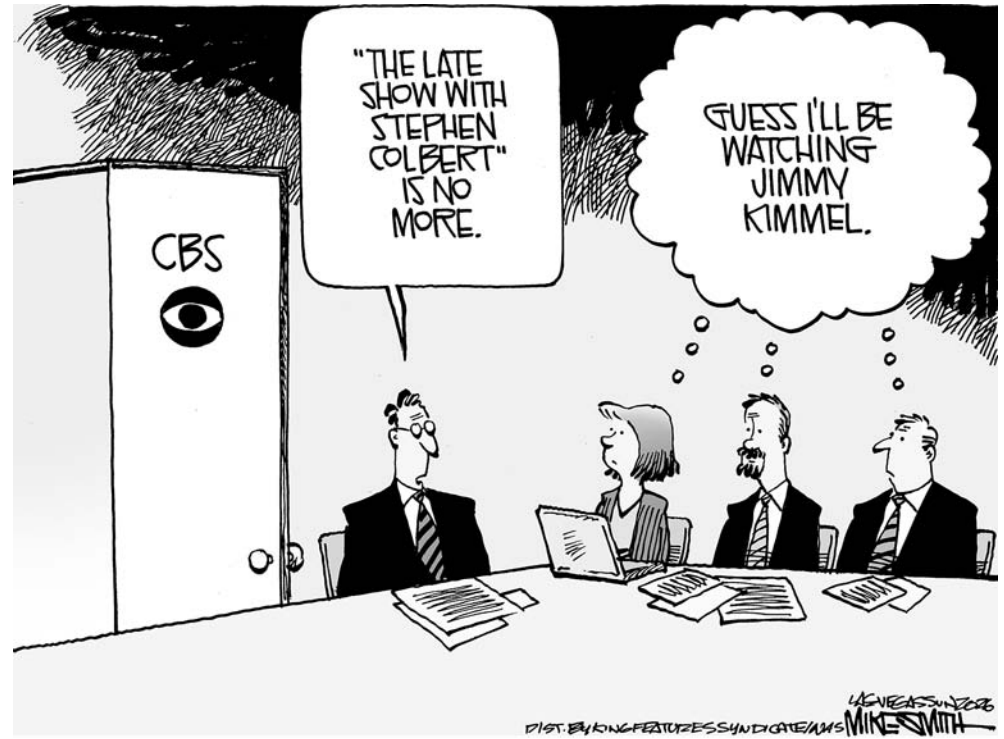
Africa, 1994-1999

- 35 Pronto
- 36 Monumental
- 37 Half dozen
- 38 Fannie _
- 40 Former Laker Lamar
- 42 Sashimi fish
- 44 Neatnik's nightmare
- 46 Jazzy James
- 50 Legislative group
- 52 Camelot king
- 54 Aerie newborn
- 55 Organize an art show
- 56 Pueblo structures
- 57 Recognizes

DOWN

- 1 Nevada city
- 2 Within (Pref.)
- 3 Obeys
- 4 "Selma" director DuVernay
- 5 Male singing voice
- 6 Humpty's perch
- 7 Skip _ (flutter)
- 8 Tax-collecting org.
- 9 Birds of prey
- 10 Duel tool
- 11 Ocular woe
- 12 Tiara jewel
- 18 Rug cleaner
- 21 _friendly
- 23 "Awesome, dude!"
- 24 Navarro of "The View"
- 25 Scale members
- 26 Pink wading bird
- 28 Relaxed
- 30 Roman 1051
- 31 Coltrane's instrument
- 33 Aromatherapy spot
- 34 Sgt., e.g.
- 39 Lauder of cosmetics
- 41 Paris subway
- 42 Cruising
- 43 Lettuce unit
- 45 Reply to "Shall we?"
- 47 Spring meltdown
- 48 Mild rebukes
- 49 "How _ you?"
- 51 Cleric's tunic
- 53 Scamper

Answer Page 4





Moments in time
THE HISTORY CHANNEL

• On June 1, 1926, Norma Jeane Mortenson, who would later become famous as the voluptuous, platinum-blond actress and sex symbol Marilyn Monroe, was born in Los Angeles, California.

• On June 2, 1985, Leonard Lake was arrested near San Francisco, California, ending one of the rare examples of serial killers working together. Lake and his partner, Charles Ng, committed a number of brutal crimes against young women in the 1980s. Lake committed suicide by ingesting a cyanide capsule while in custody, but Ng has remained on death row at San Quentin State Prison since 1999.

• On June 3, 1754, Lieutenant Colonel George Washington began construction of the makeshift Fort Mifflin, designed to defend his forces from French soldiers angered by the killing of Ensign Joseph Coulon de Jumonville by Washington's Native American ally while he was in Washington's custody. A month later, the French, led by Jumonville's half-brother, succeeded in getting Washington's surrender and signed confession (in French, which he didn't read) to the murder.

• On June 4, 1972, Angela

Davis, an activist and former UCLA philosophy professor, was acquitted on charges of conspiracy, murder and kidnapping. She had been accused of supplying weapons to Jonathan Jackson, who had stormed a courtroom in an effort to take hostages he hoped to exchange for his brother, a radical incarcerated at San Quentin. Jackson died in the subsequent police shootout.

• On June 5, 2004, Ronald Reagan died, a decade after his announcement that he had been diagnosed with Alzheimer's disease. Nicknamed the "Great Communicator" and one of America's most popular presidents, he had lived out his final years on his beloved ranch with his wife, Nancy, and was laid to rest at the Ronald Reagan Presidential Library in Simi Valley, California.

• On June 6, 1933, eager viewers parked at the very first drive-in movie theater, the Camden Drive-In, in Pennsauken, New Jersey, to watch the English comedy "Wives Beware," starring Adolphe Menjou.

• On June 7, 1692, a massive earthquake destroyed the town of Port Royal in Jamaica, killing thousands. Aftershocks discouraged the possibility of rebuilding, and the city of Kingston was constructed instead.

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Use it

From Page 1

of money in hopes that the car will function and meet your traveling needs. Hopefully you will be satisfied but there are occasions when you will not be happy with the performance of the car. We buy in faith that it will meet up to our expectations and what has been promised.

You have no guarantees when you buy stock that you are going to make money. You have to look at the past performance of the stock. You have to look at how much money is already invested into the stock. Sometimes people buy stock because they believe in the company. Costco, Tesla, General Motors or whatever may garner your support because of your interest in their products. Yet, with any stock you never know for sure how it will go.

In Matthew chapter 25 Jesus told the story about talents or bags of gold. Two servants took the risk of investing their master's money and doubled the money. The third servant dug a hole and hid the money entrusted to him in the ground. When the master later returned and asked for an accounting the third servant had to admit he had done nothing. His master called him lazy, wicked and worthless. The master took the man's talent from him and gave it to one of the other servants who had done something with his talents.

If you don't use it, you will lose it. Keep stepping out on faith. Make good decisions. Think about it, pray, analyze and contemplate but then move forward. Doing nothing results in nothing. You have not if you try not.

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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NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The San Elizario Independent School District will hold a public meeting at 5:30 P.M. on Tuesday, June 16, 2026 in the SEISD Administrative Office, 1050 Chicken Ranch Rd., San Elizario, Texas. **The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.**

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed tax rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$0.715600/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.203500/\$100 (Proposed rate to pay bonded indebtedness)

Comparison of Proposed Budget with Last Year's Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and Operations	0.57%	Increase
Debt Service	0.13%	Increase
Total Expenditures	0.56%	Increase

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, Tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 644,267,807	\$ 699,475,390
Total appraised value* of new property**	\$ 9,243,860	\$ 8,980,819
Total taxable value*** of all property	\$ 313,340,310	\$ 340,151,931
Total taxable value*** of new property**	\$ 7,261,760	\$ 7,947,206

* "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.
** "New property" is defined by Section 26.012(17), Tax Code.
*** "Taxable value" is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness* \$22,035,000

* Outstanding principal.

Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$ 0.715600	\$ 0.169700*	\$ 0.885300	\$ 1,096	\$ 12,771
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 0.695100	\$ 0.203500*	\$ 0.898600	\$ 1,221	\$ 12,731
Proposed Rate	\$ 0.715600	\$ 0.203500*	\$ 0.919100	\$ 1,202	\$ 12,892

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both.

The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 155,874	\$ 165,093
Average Taxable Value of Residences	\$ 0	\$ 2,715
Last Year's Rate Versus		
Proposed Rate per \$100 Value	\$ 0.885300	\$ 0.919100
Taxes Due on Average Residence	\$ 0	\$ 25.00
Increase (Decrease) in Taxes		\$ 25.00

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Voter-Approval Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$0.900200. This election will be automatically held if the district adopts a rate in excess of the voter-approval rate of \$0.900200.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 9,842,366
Interest & Sinking Fund Balance(s)	\$ 341,499

A school district may not increase the district's maintenance and operations tax rate to create a surplus in maintenance and operations tax revenue for the purpose of paying the district's debt service.

Visit Texas.gov/PropertyTaxes to find a link to your local property tax database on which you can easily access information regarding your property taxes, including information about proposed tax rates and scheduled public hearings of each entity that taxes your property.

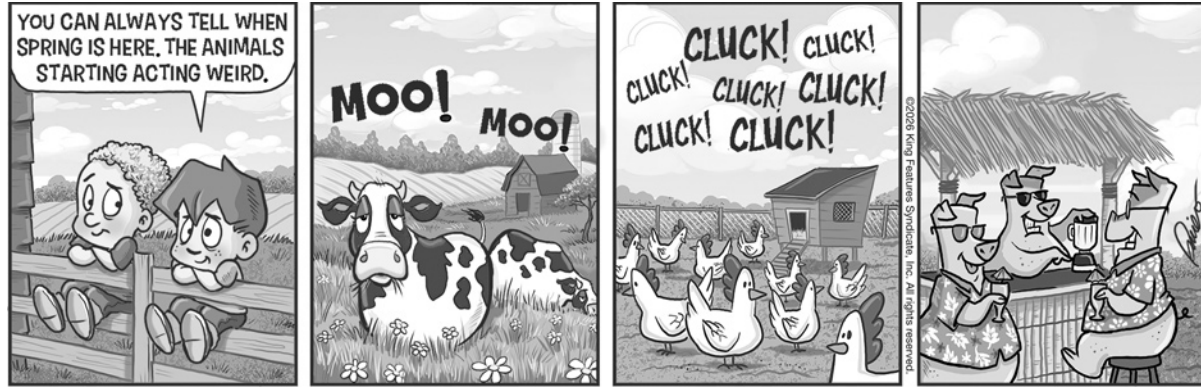
The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the State.

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

issues of inflation and immigration (except to complain about Harris being given a role with some responsibility over the border). These were the two biggest substantive issues in the election, while the autopsy also whiffs on Biden's age and his catastrophically poor judgment in trying to run for reelection. (It also doesn't mention Gaza, bitterly disappointing the anti-Israel left.)

Yet, our expectations for such documents shouldn't be very high. What was the report going to say? That Democrats disgraced themselves by pretending that Biden was fit for a second term, and only shifted course when he got exposed in the first debate, and then had no alternative but to turn to a charmless nonentity as a last-minute substitute?

The history of party retrospectives like this isn't good. Donald Trump won the presidency in 2016 by taking the recommendations of the GOP autopsy after its 2012 election defeat and often doing the opposite in substance and tone.

Democrats may be rudderless and increasingly extreme, but that doesn't mean they won't have a good election night this coming November. Usually, a party that has just lost the White House rises or falls in the midterms based on the incumbent president's job approval rating, rather than its own political creativity or inherent appeal.

As for retaking the White House, that typically depends on nominating someone who is charismatic and fresh, who has an unexpected approach to politics, and who develops a new coalition – think Barack Obama in 2008, or Donald Trump in 2016.

None of this comes about by having a political strategist talk to a bunch of people about the immediate past election and write a long report about it. Needless to say, Democrats should be grateful that the stakes of their autopsy are so low – otherwise, they would have had to endeavor to actually finish it, and grapple with truths about the 2024 election conveniently passed over in the just-released document.

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

Physicians prohibited from profiting on prescriptions

DEAR DR. ROACH: Your recent column said that the law prohibits doctors from getting money from prescriptions. However, they get perks from pharma reps like dinner, golf, etc., and many push supplements on TV. Many "doctors" across the country make their income from prescribing supplements to patients for chronic fatigue syndrome or COVID. – D.K.



There are statutes that prevent physicians from directly profiting from prescribing certain medications. The Stark Law prevents doctors from referring their patients to entities where the physician has a financial interest. The Federal Anti-Kickback Statute prevents any remuneration (including not only cash but dinners, trips, flights on private planes, and anything else of value) for referrals or for generating business of any sort that is payable by Medicare or Medicaid. While it's possible that some physicians may be doing so illegally, the potential penalties include large fines and prison time.

However, drug companies do sponsor educational meetings, which often include free food and travel. They also pay the speaker's fees for the lecturers. By law, these payments must be disclosed, and Medicare allows the public to look up these payments by the individual provider, teaching hospital or drug company (OpenPaymentsData.CMS.gov). As I believe that these meetings do have the potential for conflicts of interest, I don't participate, but many physicians do. Medical ethics guidelines don't permit the acceptance of cash gifts.

A recent research letter in the Journal of the American Medical Association used the previously mentioned website to identify \$1.28 billion in industry payments to physicians. The median general internist received \$30 in payments, but the top 0.1% of orthopedic surgeons received an average of \$4.8 million each over the 10-year duration of the study.

I also don't agree with physicians who make an income through advertising, marketing, or directly selling supplements (in office or through their website). To me, there's a clear conflict of interest in doing so. Physicians are supposed to put their patients' interests above their own (including financial interests).

DEAR DR. ROACH: I have recently been diagnosed with pan-disaccharidase deficiency. I was referred to a dietitian. She was familiar with the disorder but never actually had a patient with it. I've been relying on AI for advice. Where do I turn? – M.K.

Most people have heard of lactose intolerance, which is caused by the loss of the enzyme lactase. Lactose is a type of sugar that is found in milk, and it's a disaccharide, meaning that it's two simple sugars put together (in this case, glucose and galactose). The body has an easy time dealing with simple one-ring sugars, but some people don't have the enzyme to break the disaccharide into its two components.

There are three other major disaccharides (sucrose, maltose and palatinose), and all of them need to be broken down into two. There are also deficiencies in the enzymes that break down each of them. A person with pan-disaccharidase deficiency lacks all the enzymes to break down disaccharides, so this person will have more symptoms such as abdominal pain, bloating, diarrhea and weight loss.

The hardest part of managing a pan-disaccharidase deficiency is making the diagnosis. One critical person to help you manage these symptoms is a registered dietitian who has extensive training. Even if your dietitian hasn't seen this rare condition before, she should be able to help nonetheless. Of course, a dietitian who does have experience with this deficiency is ideal, but I still recommend a trained human being who can confirm or refute the advice that is given to you by AI.

While there are sucrose and lactase tablets, there aren't enzyme replacements available for maltase and palatinase, so dietary restriction is the key to treatment.



Moore Texas by Roger Moore

June 5, 1837: Nacogdoches becomes the first incorporated town in the Republic of Texas.

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: V equals G

HX MTFHXN MTDQ VTZPF, BQTI
 HF IQP APTFI TZNYXI JPNJAP
 TDP NCAHVTIPO IN CPI?
 ZHXHYZ BTVPD.

Answer Page 4

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Weekly SUDOKU

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

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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Reducing veteran suicide rates



by Freddy Groves

The VA has gone a long way toward addressing the epidemic of veteran suicide. Just recently they reported that they've now set a record for the number of veteran suicide prevention screenings and evaluations completed.

In one recent month alone, of all veterans who'd received VA care over the past year, 88% had an annual suicide risk screening.

Of those veterans who were at risk for suicide, 96% had a comprehensive evaluation and a support plan put in place within 24 hours.

It hasn't always been this way. Statistics were grim in the past: 60% of veteran suicides weren't getting VA care.

In 2024 the VA's Office of Inspector General issued a report showing that there had been a systemic failure to follow up with veterans at risk for suicide. After a national review of the VA's

suicide risk screening and evaluation training, as well as adherence to the program and oversight, they concluded that staff training for suicide prevention screening was severely lacking.

For one thing, not all staff were trained in using the Columbia-Suicide Severity Rating Scale (aka Risk ID). Not only does the scale identify people at risk, but also the severity level and how to interpret it. The big problem, it seems, was that while the training was available, it was optional. Additionally, there was no system to follow up to ensure staff had taken the training.

The VA OIG made several recommendations, and apparently those are working.

One positive step the VA has taken is to connect with veterans who haven't been enrolled in VA health care. Now, in 2026, they've enrolled over 125,000 veterans – who will get the risk evaluations.

If you're in trouble (or know a veteran who is),

reach out to the Veterans Crisis Line. People are there 24/7. Just dial 988 and Press 1. Or text 838255. Or chat online at VeteransCrisisLine.net. You don't need to be receiving VA health care or benefits to get help.

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- Need a patch for old woodwork? Try mixing paint (whatever color you are using) and flour. Make a paste, fill in the holes and let dry. It's hard like cement, and can be sanded into shape if necessary.

- When you get near the end of a roll of paper towels, save it to put in your car. Put together a kit to keep in the car with the following items: a small bottle of Windex or other cleaner, a squeeze bottle of water, some wet wipes and the short roll of paper towels. You will always be ready for a quick on-the-road cleanup.

- You can use baking soda to scrub away stuck-on food on your grill. Sprinkle it on the metal brush, and scrub away. If your grate is beyond the power of fire and baking soda, remove it and lay it on the ground on some newspaper. Spray with oven cleaner and let sit (keep pets and kids away from it). Rinse with a garden hose and replace on the grill.

- "I have a plastic cup that changes color when the drink is hot. Oddly enough, it changes at the perfect temperature for a baby's bath. So, I fill the tub and toss in the cup. When the cup starts to change back to its original color (blue), I know the bathwater is not too hot." – P. in Idaho

- Sprinkle baby powder in dish gloves to help them slide on in an instant.

- "To remove muffins or rolls from a pan, set it on an old, damp towel for a minute. The steam must loosen the bottoms, because they just slide right out. I thank my mom for this tip." – Janey R. via email

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.

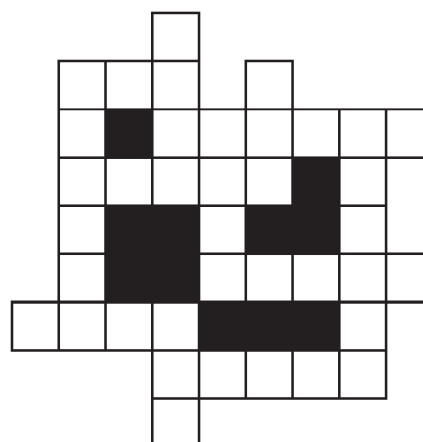
	+		-		=	3		
+			-		+			
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=		=		=				
21		1		22				
1	2	3	4	5	6	7	8	9

Answer Page 4

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- BLO
- LIRYIA
- ♥ UTTSR
- ♥ ESIL
- DIOBLI
- ♥ TRA
- EUBA
- REEYI
- ♥ EUS
- ♥ TESNEA
- DOOTU
- LAAN



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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