



Borderland towns: How they got their names

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso County and its surrounding region are dotted with communities and townships that have names familiar to Borderland residents – like Clint, Fabens, Canutillo, Alamogordo, and Ruidoso. Understanding the names of these West Texas and Southern New Mexico communities comes from the history and origin of each settlement.

Clues to these designations are found in an array of researched accounts written in the pages of history books, such as *The Handbook of Texas* published by the Texas State Historical Association; *Pass of the North, Four Centuries on the Rio Grande* by C.L. Sonnichsen; *Texas Almanac*; and *New Mexico Place Names* by T.M. Pearce.

Let's start with the name **El Paso**, which comes from the Spanish language, meaning “The Pass”. It refers to the natural path in the region where the Rio Grande River flows. The pass has served as an important crossing point for travelers, traders, and settlers. The first European to recognize the site and name it was Juan de Oñate, a Spanish colonizer, who in 1598 led an expedition north from present-day Mexico.

Heading west from El Paso on Interstate-10, is the community of **Canutillo**, which has blossomed into an inviting place to live with its new outlet shops, malls, and sprawling housing divisions. The original settlement was established near the Rio Grande in 1823 as part of the Mexican Colonization Law. Legend has it that the town's name is a Spanish word that translate to “little cane” and is derived from the word *canatilla* which refers to a type of plant that grew along the riverbanks. Some say that



– Photo by Alfredo Vasquez

LONG STANDING SERVICE – Our Lady of Guadalupe Catholic Church, above, is part of the Diocese of El Paso and serves the vibrant Hispanic Catholic community of Fabens, TX, which rests along the Rio Grande.

it can also be defined as “a bend in the river”, and others add that it could have also come from the Indian word, “Canute”, which means alkali flat.

The next settlement a traveler encounters going west on Interstate-10 is the **Town of Vinton**. The small township sits between I-10 and the Rio Grande. Records show that it was established around 1880 and named in honor of J.C. Vinton, a railroad surveyor.

Continuing westward on I-10, about 20 miles

north of El Paso on the Texas-New Mexico state line sits two **Towns of Anthony** – one in Texas, the other in New Mexico. When the Atchison Topeka & Santa Fe Railroad arrived in 1881, the station was placed on the Texas side and was called La Tuna, in reference to the cactus fruit that grew in abundance in the area. Apparently a Mexican woman named Sabrina had erected a small chapel on the New

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EPCC provides venue for Earth Science Week



– Photo courtesy El Paso Community College

ROCKING IT – From left are Yasmin Mohammadi, Sana Jagmag and Maryam Zarei – representing the Department of Earth, Environmental and Resource Sciences at UTEP – displayed minerals and fossils.

By Beau Bagley
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) held its 5th annual Earth Science Week at the Transmountain Campus mall on October 21. The event brought students, faculty, and community members together to explore this year's national theme – *Critical Minerals for a Thriving Society*.

EPCC students and the community explored our landscape, geology and how to utilize green energy resources through interactive demonstrations, information booths, and talks on environmental awareness. EPCC students also had the chance to participate in various activities, from interactive art activities to special talks on our environment. Engage with science demos with the EPCC Chemistry club and have fun interacting with remote sensing and art at the America View booth.

“I love to see EPCC engaged with the community, bringing collaborations that we have with UTEP, Parks, all these groups alive,” Dr. John Olgin, EPCC Physics and Astronomy Instructor and

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The anti-French revolt in France

“All my life,” Charles de Gaulle famously said, “I have had a certain idea of France.” This, though, was presumably not what he had in mind. France has been wracked by riots targeting public buildings and symbols of the nation, as well as ordinary commercial concerns.

Of course, France has a long tradition of unrest on the streets. If someone isn’t setting a car alight somewhere in the country in protest, you almost wonder what’s gone wrong. In 1968, President de Gaulle himself briefly fled Paris for fear that student protesters were going to topple the government, before finding his nerve.

So, it’s not unusual that things are getting wrecked and burned, but the disorder is portentous all the same. It started as demonstrations against

underfunded schools and has morphed into a red-green campaign of mayhem ranging much more widely.

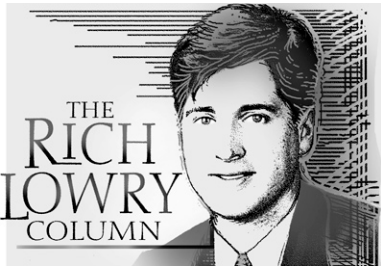
Palestinian flags and the slogan “Free Palestine” are ubiquitous. It’s not clear what either of these things has to do with burning down the elegant, 19th-century town hall building in Limoges or looting a Louis Vuitton store. But the Palestinian banner has become the equivalent of the North Vietnamese flag in the 1970s – a symbol of resistance to the West, and in this case, fierce opposition to Zionism and so-called settler-colonialism.

The flag also speaks to the immigrant component of the riots. France has done a poor job of assimilating immigrants and their children, a large portion of whom are Muslims from North Africa,

thanks to France’s colonial history and, in particular, its incorporation of Algeria into France for a period of time (an insanely unrealistic project).

The problems that France has been creating for itself were foreseeable and, indeed, foreseen. As long ago as March 1959, de Gaulle is reported to have warned: “The Arabs are Arabs, the French are French. Do you think that the French can absorb 10 million Muslims who will tomorrow be 20 million and after tomorrow 40?”

One way to look at these riots is as Frantz Fanon’s revenge. What the great mid-20th century theorist



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

Find, hold on to your motivation

Life becomes more difficult if we give up. Impossible may be a better way to describe quitting. Once we quit then how can we expect to go forward or be successful? We can’t because the runner wins by staying in the race. Only one person wins the race but many finish the race. The race is tiring and grueling but there is a good feeling associated by completing the journey.

There are many obstacles that we face in life. Discouragement is a major one. There are lots of discouragers in life. Bad health can be very difficult and painful to overcome. Sometimes we are fortunate and we can come back to health. Sometimes bad health beats us down until we can’t go on. Pain, disabilities are progressive disease become a battle that takes everything we have to stay in the race and continue the journey. We

should never be sofa coaches when commenting on other persons health struggles. None of us until we personally have our own battle. Yet, we all must do all we can with all the medical means available to win over the challenges that come with health challenges. We all will face them if we live very long.

Another discourager may be the people with whom you associate. Do they make you better or diminish you? Do they see the good in you? Do they build you up? Do they affirm your efforts, work and life? If your only good vibes come from strangers then maybe you need to find some different friends. A true friend will tell you the truth but will not hesitate to applaud your talents, attainments and achievements. This helps immensely with your

life’s race. This is one of the reason we have cheerleaders at ballgames. The players on the field are encouraged by cheering fans. We all need some of that for our daily lives. Be willing to give some of that to others. You need it yourself and thank those who cheer for you along the way of life.

Stay creative. Don’t give up your creativity.

Discouragement often robs us of creative energy. We begin to feel useless, helpless and overwhelmed. We begin to feel life is impossible. We have all had bleak moments. Relationships disappoint us. Careers or business ventures go south. There are always a few failures to throw into the mix of life. We become drained, exhausted and can’t see beyond our situation. This is when we have to stir up our creativity. The first place to start may be going to bed and getting some sleep, but stay there. Get rest and refocus.

Utilize your known resources. This may be your family, friends, church, your faith, your talents, whatever resources you have. If you feel you do not have any resources then ask for help. Pray, talk to a counselor, a minister, a real friend, but someone who can help you to evaluate your life and determine real motivators for pushing forward.



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WEST TEXAS COUNTY
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POLITICAL AD
SURVIVAL GUIDE



KIRK

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Answer Page 4

EPCC

From Page 1

Coordinator for Physics, Astronomy, and Geology, said. "We like to see people get involved and EPCC is on top of that, trying to lead the way in awareness and hope to inspire people to enjoy our outdoors and explore a little more."

Guest speakers included Holli Kohl from the NASA Globe Program and EPCC Geology instructor Perry Houser, who discussed topics ranging from applying remote sensing and satellite data to study environmental science and our community can participate in collecting data for NASA's PACE program. This is all part of a national awareness initiative that the American Geosciences Institute (AGI) promotes annually

The event even included a cornstarch solution that turned hard when moved in your hands, brought by the EPCC Chemistry club. "We have Oobleck, it's watery based when you let it go, but if you kneed it, it becomes hard substance," Sabrina Stogoski, Chemistry club president, said. "It's a chemical reaction. We also have dry ice bubbles, fun things for students to work with."

"This is great, these are things I have never seen that I can teach my children at home," Respiratory Care Tech major Rebecca Rangel said. "Whatever I'm learning I try to take it to them at home too, and how chemistry actually works."

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Notice of Public Meeting To Discuss Fabens Independent School District's State Financial Accountability Rating (FIRST)

The Fabens Independent School District will hold a public hearing at 6:30 p.m., Wednesday, November 18, 2026 in the boardroom of the Fabens ISD Administration Building, 821 NE "G" Avenue, Fabens, Texas.

The purpose of this hearing is to discuss Fabens Independent School District's rating on the state's financial accountability system.

WTCC: 10-29-26

Archives: www.wtxcc.com



From Page 1

The Town of San Elizario

– Photo by Alfredo Vasquez

ONE TIME COUNTY SEAT – Main street in San Elizario, above, retains its historic charm with carefully preserved centuries-old buildings.

About 35 miles southeast of El Paso is the farming community of **Tornillo**, which is a Spanish noun that

The rural community of

Fort Hancock, about 55 miles southeast of El Paso, was originally established as a military post in the 1880s. The post was named for its first commanding officer, General Winfield Scott Hancock. It is

Crossing the state line into New Mexico on U.S. Highway 54 at the western base of the Sacramento

See TOWNS, Page 5

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- On Oct. 26, 1774, the First Continental Congress sent a petition to England’s King George III informing him that if not for the oppressive acts forced upon the colonies by the British Parliament, the American people would be standing behind British rule.
- On Oct. 27, 1975, Bruce Springsteen became the first rock musician to appear on the covers of both TIME and Newsweek magazine in a single week. This feat, which was usually limited to presidents or other world leaders, fueled the energy behind his third album, “Born to Run,” and helped make him a household name.
- On Oct. 28, 1834, a group of European settlers led by the governor of Western Australia attacked a Bindjareb Noongar camp, killing somewhere between 11 and 80 people. The incident became known as the Pinjarra Massacre and was the culmination of escalating tensions between Australian Aboriginal peoples and settlers during the colony’s early years.
- On Oct. 29, 2024, a study published in the journal

- Antiquities revealed the discovery of an enormous, 1,500-year-old Mayan city hidden in the jungles of Mexico’s Yucatan peninsula. It contained more than 6,000 structures, including pyramids like the ones at Chichen Itza.
- On Oct. 30, 1896, the Boston Symphony Orchestra debuted Amy Beach’s “Gaelic Symphony,” the first by an American female composer to garner public attention. Beach cited the “simple, rugged and unpretentious beauty” of Irish tunes as her inspiration for the piece.
 - On Oct. 31, 1961, five years after Soviet leader Nikita Khrushchev denounced Stalinism and the “personality cult” of Soviet rulers at the 20th Party Congress, Joseph Stalin’s embalmed body was secretly removed from the tomb of his predecessor, Vladimir Lenin, in Moscow’s Red Square, and reinterred near the Kremlin wall.
 - On Nov. 1, 1512, Michelangelo’s famous ceiling frescoes in the Sistine Chapel were first exhibited to the general public in Vatican City. Commissioned by Pope Julius II, they spanned thousands of square feet, included more than 300 figures, and took several years to complete.
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Strange BUT TRUE

By Lucie Winborne

- Most commercial airplanes are painted white to reflect solar radiation, which helps keep the aircraft cooler and reduces potential damage to the fuselage. White paint also weighs less.
- Some snakes have hipbones, showing they once had four legs like their lizard cousins.
- More English words begin with the letter “s” than any other.
- According to seasonal relationship patterns in Facebook profiles, autumn is the season in which more singles change their status to “In a Relationship” or “Engaged” than the yearly average.
- It took just three years from the time Thomas Edison began selling his incandescent light bulb for technological advances to allow lamp prices to drop by more than 90%.
- While Plymouth, Massachusetts, is traditionally held to be the site of the first Thanksgiving, at least 12 American locations claim the honor, including places in Texas, Florida, Maine and

- Virginia.
- Becoming a perfumer takes at least 20 years.
 - Mummies were in demand as medicine during the European Middle Ages. One such use involved boiling a mummy and using the oils to treat bruising, stomachaches and a number of other issues.
 - Author Norman Mailer nearly stabbed his second wife to death after she criticized him for fighting guests. During his trial, he described the assault as some sort of artistic experiment.
 - A species of bird called the maleo uses the heat from volcanic sand to incubate its eggs.
 - People in the Persian Empire saved snow in underground keeps called “yakhchal,” later serving it on warm days with grape juice concentrate poured over it.
 - Ancient Roman astrologers used a mnemonic device to remember the long list of different fortunes that had to be given in a horoscope reading.
- Thought for the Day: “Your most unhappy customers are your greatest source of learning.”
- Bill Gates
- ©2026 King Features Synd., Inc.

Pumper for Fire Technology program



– Photo courtesy El Paso Community College

BIG AND SHINY – El Paso Community College (EPCC) Fire Technology Program welcomed their newest pumper during a dedication ceremony for new classrooms followed by the firefighter games last Saturday. El Paso Association of Firefighters Local 51 provided lunch for the Valle Verde campus event. The pumper made its way to El Paso from Colorado and will assist students with learning in EPCC’s Fire Technology program. It went through the traditional wet down, a ceremonial acceptance of the apparatus by washing it down and backing it into quarters. The wet down ceremony dates to the 1700’s when firehouses would wash the horse drawn carriage and back it up into the firehouse. The new classrooms will help the program better serve students, which sits right next to the training ground, once a vision by former Fire Tech program coordinator Richard Bahena, who died in 2024. Bahena’s family and friends were present to witness and celebrate the program’s new additions. “This provides a great opportunity for local firefighters to get a certification – not many places can provide that,” Ysleta del Sur Pueblo Fire Department Chief Steven Cordova, who became Fire Chief in 2014, said. “I brought my firefighters here in 2017 to gain certifications, and approached Richard Bahena, and it was a great experience.”

– Beau Bagley



– Photo by Alfredo Vasquez

WIDE OPEN COUNTRY – U.S. Route 180, also known as the Carlsbad Highway, above, leads out of East El Paso and goes through Carlsbad Caverns National Park as well as the Guadalupe Mountains National Park.

Towns

From Page 4

Mountains lies the **City of Alamogordo**. This name is Spanish for “fat cottonwood tree”. It was named in 1898 by John and Charles Eddy, who were early pioneers of the Pecos Valley and the Tularosa Basin.

Thirteen miles east of Alamogordo is the **Town of Cloudcroft**. It was named by the Southern Pacific Railroad in 1899. The railroad line was built to serve the timber camps in the mountainous terrain. It is said that the name is a salute to the location that sits among the clouds at an altitude of 8,640 feet.

A short drive past Cloudcroft is the **City of Ruidoso**. The mountain-high settlement takes its name from the Spanish word for noisy, which is meant to describe the fast, raucous creeks that stream down the town’s hillsides.

The **City of Carlsbad**, which was founded in New Mexico along the Pecos River in 1888, was originally named Eddy after John and Charles Eddy. But when a mineral spring similar to the

Carlsbad Springs in the old country of Bohemia was discovered nearby, the townspeople voted in 1899 to change the name.

Finally, there’s **Las Cruces**, which is forty-five miles northwest of El Paso. New Mexico’s second largest city takes its name from the Spanish for “the crosses”. Credible accounts purport that in the 1840s a collection of crosses were placed to mark a burial ground. According to one version, Apache Indians attacked a Spanish caravan in 1848, and a search party erected crosses where the victims’ bodies were found. Another version recounts that Indians attacked an earlier caravan of ox carts from Chihuahua and that a second party of freighters later found the bodies and erected crosses.

There are many more towns and communities in the region with unique names – like the Southern New Mexico towns of Deming, Hatch, Lordsburg, Silver City, Roswell, Truth or Consequences. And in West Texas there’s Van Horn, Valentine, Sierra Blanca, Marfa, Alpine, and Fort Davis. They all have an interesting story to tell about how they got their names.

Foreign NFL games beginning to look cursed

By Steve Escajeda
Special to the Courier

Forsomereason,NFLCommissioner Roger Goodell and the rest of the owners aren’t satisfied that they have the most popular sport in the United States – by far.

Whether it’s pee wee, high school, college, or the pros, all of us flock out to the nearest stadium every Friday, Saturday, and Sunday to watch our share of tackles, blocks, kicks and touchdowns.

But even with that kind of support by Americans, the NFL desperately wants to sell its product to the rest of the world.

Over the last couple decades, the NFL has slowly but surely increased the number of games being played outside the United States.

This year, the number has risen to nine. Games will be played in Australia, Brazil, Germany, London (three games), France, Spain and Mexico.

I’ve said many times that I’m not a fan of the international schedule; getting up at 7:30 in the morning on Sunday to watch an early NFL game, along with the ones all day long and into Sunday night.

Let’s be honest. How many people are getting up at 7:30 to watch these games?

But it’s their NFL and these games are going to be played whether I (we) like it or not.

The problem is that the games played outside of the United States aren’t exactly going well this season. Oh, they’re getting played, but not without a ton of controversy.

The first problem was the game played in Brazil on Sept. 27 between

the Dallas Cowboys and the Baltimore Ravens.

Remember that one? That was the game that was almost called off because the field was in such terrible condition from all the heavy rainfall, all the heavy soccer use, and structural surface wear, as they described it.

Workers had to scramble in the days and hours before the game to keep patches of sod from separating from the field, and drying the ground so that no player would break an ankle or tear up a knee.

Though the game was played, that’s still a very bad look for the NFL.

Then there was the game in London on Oct. 11 between the Philadelphia Eagles and the Jacksonville Jaguars.

This one didn’t have any trouble with the weather or the condition of the field. It had to do with the condition of a star player.

The Eagles star quarterback Jalen Hurts was cleated in the leg by an opponent during a game a week before

the London game. A couple days later it was learned that he developed a blood clot in his calf.

Team officials and doctors cleared Hurts to travel to England and play in the game.

He played, but after his flight back to the States, Hurts’ blood clot eventually traveled to both lungs, and now he will miss the rest of the season.

Questions have come up to whether the long flight, and clearing him to play, contributed to his health.

The NFL Players Association is now calling for a full investigation on how the Eagles and their doctors handled Hurts’ situation to determine whether they put a potential victory over their quarterback’s health.

Another black eye for the NFL.

Then there was last weekend’s game in Paris between the Pittsburgh Steelers and the New Orleans Saints.

Unless you’ve spent the last two weeks under a very large rock, you’ve heard about the ugly riots going on in

Paris and throughout France.

Hundreds of thousands of people are marching in the streets of Paris, burning buildings, looting businesses and engaged in violent behavior, over their government’s decisions in recent years concerning immigration and cost of living.

The rioting has gotten so bad that the NFL was seriously considering cancelling the game or maybe moving it to another European city.

Like the other two games, the game in Paris was played, but the NFL doesn’t need these kinds of headaches.

But they are doing it to themselves.

The field was terrible in Brazil, the players’ health was in danger and the NFL said play the game anyway.

The stadium was near riots in Paris and the players lives could have been in danger and the NFL said play the game anyway.

There are still games scheduled for Spain, Germany and Mexico City – I’m afraid to look.

Senior moment By Matilda Charles

Saving money is worth the effort

Have you applied for assistance through Low Income Home Energy Assistance, also known as LIHEAP? The program is available in all 50 states and is managed by the states. Therefore, there are different eligibility levels in each state as well as different cutoff dates to apply.

Take a look at their main website (liheapch.acf.gov) and look up the specifics for your state. Click on “State Snapshots” to find information on the minimum and maximum available per person, the total funding for your state and more. While the application process can be cumbersome (lots of paperwork and numbers to provide), it can be worth it.

Have you applied for Supplemental Nutrition Assistance Program (SNAP) benefits for help with buying groceries? At this writing, the work requirements are changing. It used to be that those under age 54 must do some amount of work each month, approximately 20 hours per week. Now it’s changing and the cutoff is age 64 – below that age, you must work or volunteer. It’s worth checking into

because even one person, depending on income, can get approximately \$300 per month.

As is typical with any program, applying can be complicated. Start with the SNAP directory (www.fna.usda.gov/snap/state-directory) to find your state’s information. You’ll likely need documents such as utility bills, proof of identity and more.

Call churches in your area to ask if they have a food bank. (It doesn’t matter if you don’t attend a particular church – they probably won’t ask.)

Take advantage of the loyalty programs at your local grocery stores. Watch the sales flyers to help you decide where to shop each week and keep a small notebook with a list of the prices you usually pay. Find out if your stores have senior hours where groceries can be as much as 10% off.

Saving money can mean a bit of work, but it’s worth it!

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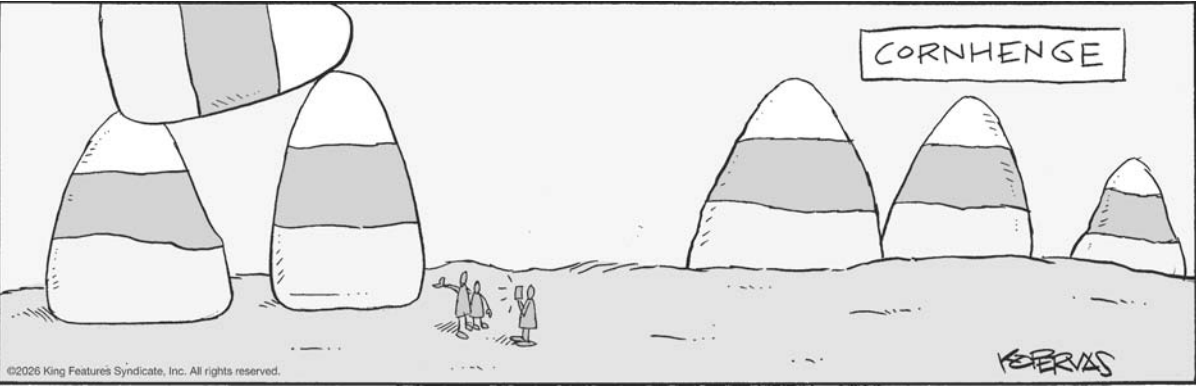
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- 26 Kyoto coin
- 27 Actress Longoria
- 28 Astern
- 29 Diameter halves
- 30 Middle of riddle #1
- 37 Star of "10"
- 40 Foe of Spinks
- 41 Most polar
- 42 End of riddle #1
- 48 Second-rate
- 49 Suffix with glob or duct
- 50 Spicy
- 51 V-shaped cut
- 55 Hand-talking syst.
- 56 90 degrees from
- 58 Intend to do
- 61 Great sorrow
- 62 "That's it"
- 65 Answer to riddle #1
- 69 Humility
- 72 Mensa stats
- 73 Performs in front of
- 74 Start of riddle #2
- 79 Casino stake
- 80 Flaky dessert
- 81 Unit of a sentence
- 82 Tell _ story (try to evoke sympathy)
- 84 Undergrad degs.
- 87 Drinking aid
- 90 Part of ENT
- 91 Actress Ortiz
- 92 Actor Skeet or drummer Lars
- 95 Middle of riddle #2
- 100 Warship fleet
- 103 "I'll take that as _"
- 104 Civil War general
- Grant
- 105 End of riddle #2
- 111 Kicked in seed money
- 112 Bottom line
- 113 Chum
- 114 Crunches work them
- 117 Injure badly
- 118 Answer to riddle #2
- 125 Hotel chain
- 126 Greek
- 127 Ate lunch or dinner
- 128 Former rival of
- Nintendo
- 129 Tranquil and carefree
- 130 "Yes, it's true, alas"
- DOWN**
- 1 Like many wet
- 2 "This _" (telephone response)
- 3 Arch across
- 4 Pic on a chest, maybe
- 5 Mom's bro
- 6 Jumping Aussie critter
- 7 Feature of a cloudless day
- 8 Balm
- 9 Secret agent
- 10 As well
- 11 Very tall bird
- 12 Praline ingredient
- 13 1957-91 king of Norway
- 14 "Affliction" star
- Nick
- 15 Course for U.S. immigrants
- 16 "Scarface" star
- 17 Strip of pasta
- 18 Neatens up
- 19 Refuse to yield
- 24 Pappy
- 29 Puerto _
- 30 Te- (giggles)
- 31 Municipal laws: Abbr.
- 32 Yeshiva teacher
- 33 Scarce
- 34 Styled after
- 35 Victory
- 36 Fruit drink brand
- 37 _ Raton
- 38 Avian hooters
- 39 Genetic structure with "rungs" of base pairs
- 43 Novel writer, e.g.: Abbr.
- 44 Pooch pest
- 45 Gabfest
- 46 Charged atoms
- 47 Sink as low as
- 52 Drill attachments with spiraling grooves
- 53 Paint layer
- 54 Sub in a deli
- 57 Reaping tools
- 58 Arouse
- 59 Misplaced
- 60 Pittsburgh Steelers' org.
- 63 Whack down
- 64 Burning residue
- 66 Waterways, to Mexicans
- 67 "_ Four" (Beatles)
- 68 Dark deli bread
- 69 Atlas features
- 70 Handling the matter
- 71 Strike gently
- 75 Part of UAE
- 76 Uncovered
- 77 Sharp pain
- 78 Morales in movies
- 83 Horn for taps
- 85 Nagging pain
- 86 "_ Out of My League"
- 88 The universe of universities
- 89 Walked through water
- 91 After a while
- 93 Distance unit in astron.
- 94 Optimistic
- 96 Road gunk
- 97 On the _ (escaping)
- 98 Yoko of art
- 99 Roast that may include chopped cashews or almonds
- 100 Los _ New Mexico
- 101 Title anew
- 102 Beating at chess
- 106 When many a driver stops
- 107 Touchy- _
- 108 To any extent
- 109 Jungle beast
- 110 Sister of Malia Obama
- 114 On a mattress, say
- 115 Squeezing snakes
- 116 WWII battle site in Normandy
- 118 X, to Greeks
- 119 _ Aviv
- 120 Kin of mono-
- 121 _ room (Ping-Pong place)
- 122 Prez #32
- 123 Car club inits.
- 124 Stat involving wt. and ht.

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

of anti-colonial resistance called “the wretched of the earth” are living in the downtrodden suburbs of Paris and, in effect, seeking to colonize the colonizers.

Make no mistake, though – white radicals, too, have taken a large hand in the disorder. Jean-Luc Melenchon, the leader of an ascendant left-wing party, has participated in the protests and condemned police for their supposedly brutish tactics. He celebrates the “creolization” of France and views immigrants and their children as part of a potential “bloc de rupture” that can revolutionize French politics and shift it radically to the left.

What’s ultimately in play is French identity. The country has traditionally had a universalizing mission (whether advancing Christianity or evangelizing for enlightenment values, depending on the regime) joined to a deep pride in the French nation. The rioters, who are illiberal and unpatriotic, aren’t much interested in either. Melenchon has said French identity cannot be “a tradition,” but is

“a creation in permanent evolution.” And here, as has often happened in France’s history, it is evolving in the streets.

The unrest also serves as a warning that should the French public reject this left-wing vision and turn to the nationalist Marine Le Pen in next year’s election, the country will be made ungovernable. With the disorder spreading elsewhere, other Western European countries will also have to take note.

A key element of de Gaulle’s “certain idea of France” was its inherent greatness. His beloved France, though, is already a second-rank power. Its debt-to-GDP ratio is 120%, while much of the public apparently believes it is living under intolerable austerity and there is no political will to pull back on spending. An overmatched President Emmanuel Macron, presiding over a restive country, represents an exhausted center that has done much to bring the nation to this point.

Whatever France’s immediate future, greatness is not going to be part of the picture.

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

Cancer complicates selecting which type of dialysis is best

DEAR DR. ROACH: My daughter, age 44, has had chronic kidney disease since she was 10 years old. She had a renal transplant at 23, then another at 32. The second graft started gradually failing a year back. In January, she was diagnosed with ovarian cancer. This past month, she had a total hysterectomy, along with the removal of malignant tumors and nodules. She’s since been on hemodialysis without any output of urine. What are the possibilities with peritoneal dialysis? Will this enable her to have a near-normal life? – R.S.



Peritoneal dialysis uses the immense lining of the abdominal wall (the peritoneum) to act as a kind of kidney. A special dialysis fluid is instilled into the peritoneal space through a catheter. Excess potassium and acid, along with metabolic toxins that are normally removed by the liver, get diffused into the peritoneum and the dialysis fluid. The fluid is then drained through a second catheter, which removes these unwanted chemicals from the body.

This may be repeated multiple times at night through an automated machine (continuous cycler peritoneal dialysis, or CCPD). It can also be done manually throughout the day (continuous ambulatory peritoneal dialysis, or CAPD). I’ve asked many kidney experts which type of dialysis they’d want if they needed it, and most preferred peritoneal dialysis to hemodialysis. (The only ones who didn’t prefer peritoneal dialysis wanted home-based hemodialysis.)

The main issue for your daughter is the surgical scarring from her ovarian cancer surgery. Scars greatly reduce the amount of peritoneal tissue for fluid to diffuse across and limit the effectiveness of peritoneal dialysis. Furthermore, some women with ovarian cancer have cancer disease within the peritoneum itself, which would make peritoneal dialysis a bad option due to concerns with the cancer treatment and the risk of infection.

Experts recommend a peritoneal catheter via laparoscopic surgery, which would allow the surgeon to see if she’s a good candidate for peritoneal dialysis. Her cancer surgeon and kidney specialist need to discuss this.

DEAR DR. ROACH: My granddaughter, who’s only 18, experiences crashes with her blood pressure. She has to put on compression hose before she even gets out of bed, and she also requires a very strict diet. I know she gets these IV drinks that have something to do with salt. I also know she had a lot of tests done, and a tilt table test showed postural orthostatic tachycardia syndrome (POTS). I’m not sure which medicine they’re giving her; is this something that you can look into? – R.W.

POTS has been more frequently diagnosed within the past five years, and experts believe that it’s a frequent result of COVID infections, especially in younger women. Different people may have different major symptoms with POTS. For people who have low blood pressure, like your granddaughter, compression stockings as well as plenty of salt and water are the first-line treatments.

A graded exercise program helps many people but can be a problem for some. Medication isn’t always needed, but midodrine and fludrocortisone are sometimes used symptomatically. However, these need to be used with caution. Most people will gradually improve, but there’s a subset of people who may continue to have symptoms for even longer than a year.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. ©2026 North America Synd., Inc. All Rights Reserved.



Moore Texas by **Roger MOORE**
Texas is the 4th leading state for the production of pumpkins.

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: B equals S

LIECUEAZ BRQJLRJQW MERP
QJAZB RPFR QWLWEKWB
OFUJIVJB QWKEWMB:
F IFTTWQ VO
QWLVC CWATFREVA.

Answer Page 4
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Check on your buddies



by Freddy Groves

Grab your calendar, including the new one for 2027, and on the 22nd of every month through the year, make a note for that day: Buddy Check.

Why?: Veteran suicides.

The VA has taken major steps to address veteran suicides. Last year alone they fielded 1.3 million chats, texts and calls to the Veterans Crisis Line. They’ve launched Risk ID, a program that evaluates veterans and spots the red flags for at-risk veterans. They’ve spent millions on grants for suicide prevention programs.

But they can’t do everything.

Buddy Check 22 was started years ago as a reminder that the rate of veteran suicides was shockingly high – the latest report indicates that we’re still losing 17 veterans per day to suicide – but we can

do something about it. And that includes you.

The note on your calendar will be your reminder to reach out to another veteran and check in. It’s not hard. You can give them a call and ask how they’re doing. You can send a text message saying you’re thinking about them. You can invite them out for coffee or lunch. You can stop by and take a tray of coffee and donuts to snack on while you get caught up.

Pull in your friends, too. Enlist their help in expanding the list of veterans that are contacted every month.

If something doesn’t sound (or feel) right when you check on a fellow veteran, you can provide resources for help.

To learn more about Buddy Check 22, see www.militaryveteranproject.org/buddycheck22.

Take a look at the American Legion’s Buddy Check information (www.legion.org/advocacy/be-the-one/buddy-check). Learn how to spot the danger signs and what to do about it.

Keep this information

below in your wallet for when you need to support another veteran:

- VA Crisis Line number: Dial 800-273-8255, then press 1. (Or dial 988.) Open 24/7.
- Veteranscrisisline.net: Chat online or send a text to 838255.

As a reminder, you don’t need to be enrolled in VA healthcare to get help there.

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• When you make a chicken in the crockpot, use this trick to have it come out moist and delicious: Prepare the bird as normal, rinsing and patting dry, then seasoning. Ball up six to eight wads of aluminum foil. Enough to cover the bottom of the crockpot. Put the bird in breast side up on top of the foil balls. The chicken should not be touching the sides of the pot. Cook on low for 6-8 hours for a succulent dinner!

• To help kids in both becoming responsible for the food choices they make and being a helpful member of the household, encourage them to choose a family meal each week, and to help prep or even cook the meal according to his or her ability. Experts say this is a good opportunity to talk about nutritional choices and the impact of different food-preparation techniques.

• “If you purchase sodas or other drinks that are linked together with plastic rings, do the little critters a favor: Cut open the loops with scissors so that there are no rings for animals or sea life to get caught in.” – A.A. in Florida

• When you are zesting or juicing oranges, lemons or limes for a recipe, go ahead and do several at a time. Freeze the citrus zest and juice in an ice-cube tray. You can pop out the cubes and use them in recipes later on.

• Lightly squish your toilet paper roll as you put a new one on. It will not spin as freely but still functions, meaning less waste.

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.

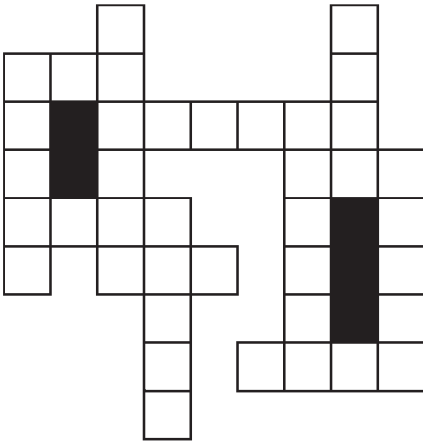
Answer Page 4

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	+			-			= 9	
+			-		-			
	-			+			= 8	
-			+		×			
	+			÷			= 8	
=			=		=			
5			11		2			
1	2	3	4	5	6	7	8	9



- WPA
- HAMSPI
- ♥ELTSI
- ♥ITLA
- ♥HERTWI
- ISK
- ♥ENSW
- ARKTA
- IRP
- RWPLAS
- ♥ANLIP
- ♥AKEL



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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Weekly SUDOKU

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

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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