



— Photo by Alfredo Vasquez

**THE BEST SECURITY DETAIL** – Superheroes have the back of Village of Vinton Mayor Rachel Quintana. From left are the Hulk, Batman and Robin, Lady Deadpool, and Spiderman during the village's recent Easter Eggstravaganza event.

## Vinton hosts fourth annual Easter Eggstravaganza

By Alfredo Vasquez  
*Special to the Courier*

VINTON – To the delight of hundreds of Upper Valley children, Village of Vinton officials celebrated

Easter a week early. For the fourth consecutive year, they provided residents with a free Saturday morning Easter Eggstravaganza celebration at Dr. Applegate Park.

The Easter Eggstravaganza featured a visit from the Easter Bunny and highlighted an Easter egg hunt

that was open to children ages 12 and under. The enthusiastic seekers scoured the park in search of the 5,000 Easter eggs that were strewn throughout the park fairgrounds. Children with baskets in tow

See VINTON, Page 5

## Clint ISD musicians compete for scholarships



— Photo courtesy Woman's Club of El Paso

**AND THE WINNERS ARE** – From left are Clint ISD Director of Fine Arts Margarita Mendez, Clint ISD Superintendent Dr. Juan Martinez with scholarship winners Daniel Porras, Jesus Araujo, Montserrat Barrientos, Jana Mercado, Ceaser Kato, Aerin Lea, Marlene Munoz and Andres Lopez. Story on Page 4.

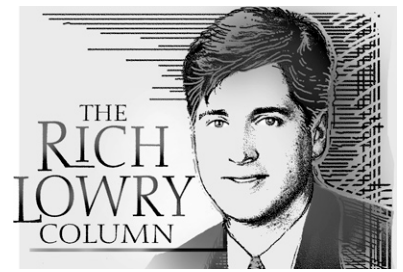
# The Israel hoax

We've long known that Donald Trump drives his critics crazy, and he's now doing it to some critics who used to be friends. The isolationist right is convinced that President Trump is waging the Iran

War in behalf of Israel, which would make him the handmaiden of a foreign power.

That should be a familiar-sounding charge since Democrats and the media spent most of Trump's first term making the same accusation, except the foreign puppeteer was Russia rather than Israel. Now, "Russia, Russia, Russia," as Trump puts it, has become "Israel, Israel, Israel."

shocked to learn that a nationalistic American president had bombed Iran. Trump is just such a figure, and sure enough, has bombed Iran twice now.



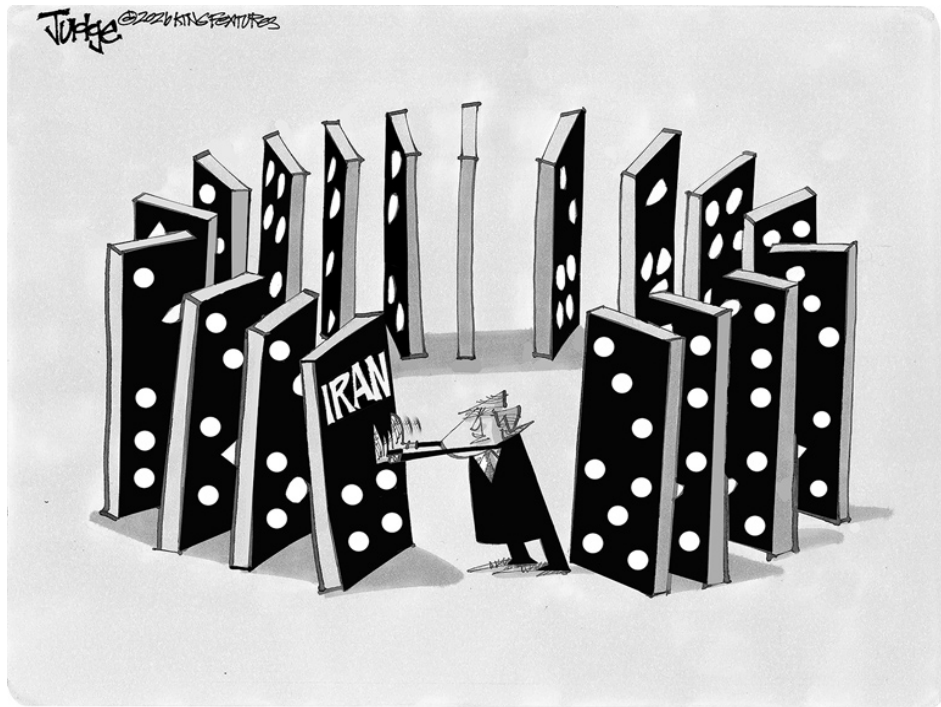
Trump has made bellicose statements about Iran since 1980, and nothing we've heard now suggests anything other than that he genuinely relishes killing Iran's leaders and destroying its weapons.

Temperamentally, Trump loves exercising power, always wants to do it on his own authority and seeks to preserve his options. It shouldn't be surprising, then, that as commander in chief of the world's most proficient military, he's been drawn to using and threatening force.

Israel didn't talk Trump into conducting his Venezuela raid, or menacing Denmark over Greenland, or looking to Cuba as his next potential target.

One argument, based on a distortion of remarks made by Secretary of State Marco Rubio, is that Israel forced Trump's hand; it was going to attack Iran no matter what, and we knew U.S. personnel

See LOWRY, Page 7



## Food for thought By Dr. Glenn Mollette

# Overcoming fear and moving forward

Life can have some scary moments. We have all been there or may be there at any given time. Sickness scares us. Dealing with a debilitating illness is scary. Cancer is scary. Heart disease is scary. Dying is scary. We fear having enough food, money, housing and transportation. We fear what our children might have to face. We can all name numerous fears that most of us share in some way.

Yet, we can't live our lives in fear. Fear immobilizes us. There is no going forward when we are stuck in fear. It's

difficult to get through the day if we are shaking in fear. Fear often prevents us from moving forward in a career, marriage or even buying anything. When you look at the cost of buying a new house and a 30-year mortgage to pay for it, it can be scary. Having any kind of surgery can be daunting.

A certain amount of fear is healthy. The fear of crashing your car and hurting yourself or someone might prevent you from driving 90 mph. Or, maybe you fear the police pulling you over. This is a healthy fear. Fear of diving

into shallow water is healthy. You might break your neck, so it's better to find a safe place to dive if that's what you want to do. You don't want to just blindly put your hand under a big rock. There might be something there you really don't want to find. Certain fears are healthy and might prevent us and others from being hurt.

We have to live our lives with common sense and with willingness to trust God in faith. Without faith it is impossible to please God. In the parable of the talents Jesus told, the first

two servants were commended because they increased the talents entrusted to them by their master. The third servant was scolded because he was afraid to invest or increase the worth of his talent. His fear of failure prevented him from trying to increase its worth.

There is some risk to everything. You don't know for sure what life will bring when you marry, start a business, have a child or simply drive to the grocery store. If we don't move forward and try we will never know.

We have all heard that it's better to try and fail than to fail without ever trying. If you try you will at least know.

It may be a success or a life learning experience. We have a lot of those life learning experiences. Education is seldom cheap.

Today, move forward and keep this in mind: "If God be for us, who can be against us?" Often our biggest enemy is ourselves. We fret, we worry and we dread. There comes a time when we trust God and move forward.

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.

1973  
**53**  
Years  
2026

**WEST TEXAS COUNTY**  
**COURIER**

---

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLIVE, FARENS, SAN ELIZABO AND TORNEILLO

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

**COPYRIGHT:**  
Entire contents © 2026 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

**LETTERS TO THE EDITOR:**  
Letters must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

**AD DEADLINE:**  
Friday 4 p.m. for the next Thursday.

**PERSONAL CLASSIFIED RATES**  
\$15 for 25 words, \$20 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

**DISPLAY RATES:**  
Open rate — \$40 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

**MAIL SUBSCRIPTIONS:**  
Minimum 50 issues for \$50. Delivery via 1st class mail.

**MAIL:**  
15344 Werling Ct.  
Horizon City, TX 79928

Phone: 852-3235

E-mail: [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)

Website: [wtxcc.com](http://wtxcc.com)

**Publisher**  
Rick Shrum

**Contributors**  
Alfredo Vasquez  
Steve Escajeda

**Homesteader**  
Est. 1973  
**News, Inc.**

A D.E.I.  
INITIATIVE  
EVERYONE  
CAN GET  
BEHIND...

© 2026  
**BRANCH**  
HOUSTON  
CHRONICLE

Archives: [www.wtxcc.com](http://www.wtxcc.com)

# I want a do over

By Rick Shrum  
Special to the Courier

Back in the day, before WYSIWYG\* and digital pressrooms, everything was literally cut and paste. By the time I entered the business, stories were typed into a phototypesetting machine. Then the film canister was removed and the film was sent through a developing solution. It came out wet and smelly and was then clipped on a line to dry. If you were in a hurry, a blow dryer would speed up the drying time and spread the smell faster.

The film, once it was dry, was then taken to a light table where it was cut into galleys and pasted (waxed) onto a flat. The flat was the size of one page of the paper and ruled in non-repro ink for a guide, unless you need a double-truck (two pages). And it took several people several hours just to do this part of production per couple of pages.

Then the whole staff would start scouring the flats for mistakes. And, you guessed it, if one was found the cut and paste process would begin again. Not the whole galley, but just a couple of lines of text over and under the typo. One Xacto knife, a ruler and some wax – typo fixed.

The next leap was hooking a computer up to the phototypesetter. We used a KayPro that was reliable, but the company refused to adapt, going bankrupt in 1992. You could print on regular paper to proofread before putting the copy on film, but you still had to cut and paste the galleys.

Then Aldus PageMaker came out in 1985 – production software for the Apple Macintosh – that let you see everything on screen, WYSIWYG, before you printed out anything. But you still had to cut and paste, albeit, to a much lesser degree. We were sold and aside from UTEP's *The Prospector*, were the first public paper in El Paso to move all in on digital publishing. Others followed suit.

Today, most every publisher, long ago, has abandoned phototypesetters for computers. The only cutting and pasting is done on the computer. Production time, well, it's like driving a racecar compared to a clunker. It also eliminates the number of people that would look through and proof the paper template before it goes to press. And sometimes I get complacent.

Last week's *West Texas County Courier* was a wreck. I had some rules (lines) on the chart on page five that had moved behind the shading and needed to be reset before I sent the digital file out for printing. Otherwise, the PDF looked great. Having moved the rules in the chart I made a new PDF that was sent to the printer. The fix looked good in pagination, but I did not go back in and check every part of the new PDF. I only took a quick peek at my fix. I'm not sure what happened to the PDF – including the chart, which was perfect in pagination, but what readers picked up was a mess. However, the file online looks great, if you care to look. My apologies and I will, henceforth, check every page of any new PDF carefully. And thank you, readers, for not bringing the issues of spelling and slop to me. I was mortified all on my own.

\* WYSIWYG – What You See Is What You Get

## King Crossword

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15				16					17			
18							19	20				
			21		22	23		24				
25	26	27			28		29			30	31	32
33				34						35		
36				37					38			
		39	40			41		42				
43	44				45			46		47	48	49
50					51	52	53					
54					55					56		
57					58					59		

- Average Solve Time 24 Minutes**
- ACROSS**
- 1 Banner
  - 5 Invoice fig.
  - 8 Experts
  - 12 Earring site
  - 13 Brit's restroom
  - 14 Carry on
  - 15 Capital of Paraguay
  - 17 Slender weapon
  - 18 Rationed (out)
  - 19 Urges forward
  - 21 "La Dolce \_"
  - 24 Granola morsel
  - 25 Luke's teacher
  - 28 Folklore monster
  - 30 Mel of
- DOWN**
- 1 Two-stroke drumbeat
  - 2 Misplace
  - 3 Border on
  - 4 Swiss metropolis
  - 5 Foreman foe
  - 6 Cattle call
  - 7 Author Morrison
  - 8 Venezuelan corn patty
  - 9 Capital of South Africa
  - 10 Daring Knievel
  - 11 Beholds
  - 16 Roman 401
  - 20 Champagne brand
  - 22 Ripped
  - 23 Rep
- Cooperstown
  - 33 "Caught ya!"
  - 34 Welcome
  - 35 Bankroll
  - 36 "Tasty!"
  - 37 Give temporarily
  - 38 Burden
  - 39 Navarro on "The View"
  - 41 Mausoleum
  - 43 Continue
  - 46 Skiers' mecca
  - 50 Bank statement no.
  - 51 Capital of India
  - 54 Close
  - 55 Crime lab evidence
  - 56 Motown genre
  - 57 Bouquet
  - 58 Tofu source
- 25 Candied veggie
  - 26 Resistance unit
  - 27 Capital of Syria
  - 29 Make over
  - 31 Sigma follower
  - 32 QBs' goals
  - 34 Glitzy rock genre
  - 38 Fixate
  - 40 Peculiar
  - 42 Irrate
  - 43 Grate
  - 44 Canyon comeback
  - 45 Concludes
  - 47 Conspiracy
  - 48 Barak of Israel
  - 49 Guitarist Lofgren
  - 52 Rock producer Brian
  - 53 Method
- Answer Page 4

### To Advertise Call 852-3235



"I JUST DON'T UNDERSTAND WHY THE COUNTRIES I'VE INSULTED, BULLIED, THREATENED, RIDICULED, TREATED WITH CONTEMPT AND HAMMERED WITH TARIFFS AREN'T BEING MORE HELPFUL."



# Women's Club of El Paso awards scholarships

By Lynn Cordova  
Special to the Courier

EL PASO COUNTY – The Woman's Club of El Paso hosted band and choir soloists from Clint ISD (CISD) on March 24 to award \$6,750 of scholarships during an Awards Banquet and Recital. It was the Woman's Club first Music Scholarship Event as part of their Fine Arts and Literature Initiative. The scholarship opportunity was created specifically for CISD. The music students – seniors – were chosen based on their solo performances during Division 1 UIL Solo and Ensemble competition on March 7.

Scholarship winners performed for Woman's Club members, donors, sponsors, district administrators, music directors, parents and family members attending the event. Three First Place scholarships of \$1,000, three Second Place scholarships of \$750 and three Third Place scholarships of \$500 were awarded to the CISD students. The scholarships were made possible by the generosity and donor support of El Paso area foundations and individuals

"We are grateful to the Women's Club of El Paso for their vision, generosity, and commitment to our students. Providing this level of support and recognition exclusively for our district made a meaningful and lasting impact on our Fine Arts programs and community," said a CISD administrator.



– Photo courtesy Woman's Club of El Paso

**MAN IN THE MIDDLE** – Woman's Club President Jody Kotys, left, with First Place Band Soloist – on the marimba – Daniel Porras and event organizer Sarah Long.

## Classified Ads

**LEGAL**  
**ANTHONY HOUSING AUTHORITY**  
**PUBLIC HEARING NOTICE**

Operating Funds and \$56,670.00 for Capital Funds. All residents are encouraged to attend this hearing.

**ANNUAL PLAN SUBMISSION**

**Date:** Wednesday, June 3, 2026

**Time:** 5:30 PM (MT)

**Location:** AHA Board Room, 1007 Franklin St., Anthony, TX 79821

Acopy of the Annual Agency Plan will be available for review from 8:00 a.m. to 5:00 p.m. from April 3, 2026, through May 20, 2026, prior to the public hearing at the address below. Persons can also submit written comments prior to the public hearing to:

The purpose of the hearing is to obtain input from the city residents in reference to the Annual Plan Submission to be submitted to the U.S. Department of Housing and Urban Development for fiscal year 2026.

Anthony Housing Authority 1007 Franklin Street Anthony, TX 79821

For further information please call Eluterio Alfaro, Executive Director at (915) 886-4174.

Eluterio Alfaro  
Ecutive Director

Total funds being allocated for this year are estimated at \$162,603.00 for

WTCC: 04-03-26

## Scholarship Recipients

**1st Place – \$1,000**

- Daniel Porras**  
Horizon HS Band
- Jana Mercado,**  
Horizon HS Choir
- Montserrat Barrientos**  
Horizon HS Choir

**2nd Place – \$750**

- Jesus Araujo**  
Horizon HS Band
- Lucia Valdez**  
Mountain View HS Choir
- Ceaser Kato**  
Horizon HS Choir

**3rd Place – \$500**

- Andres Lopez**  
Mountain View HS Band
- Marlene Munoz**  
Mountain View HS Choir
- Aerin Lea**  
Mountain View HS Choir

F	L	A	G	A	M	T	A	C	E	S
L	O	B	E	L	O	O	R	A	V	E
A	S	U	N	C	I	O	N	E	P	E
M	E	T	E	D	I	M	P	E	L	S
		V	I	T	A	O	A	T		
Y	O	D	A	O	G	R	E	O	T	T
A	H	A	G	R	E	E	T	W	A	D
M	M	M	L	E	N	D	O	N	U	S
		A	N	A	T	O	M	B		
R	E	S	U	M	E	A	S	P	E	N
A	C	C	T	N	E	W	D	E	L	H
S	H	U	T	D	N	A	S	O	U	L
P	O	S	Y	S	O	Y	S	T	D	S

M	Y	N	A	S			
O	E						
B	R	O	G	A	N	M	
			T	A	K	E	R
			I	A			
		G	R	A	V	E	L
B	O	Y	E				
		L	E	A	R	N	
F							

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

6	-	4	x	5	=	10
+		+		-		
7	+	1	+	3	=	11
+		-		x		
9	-	2	+	8	=	15
=		=		=		
22		3		16		

### CryptoQuip Answer

When I stretched my arms toward the church singers, you might say I was reaching to the choir.

A	L	E	C	S	F	I	R	S	A	P	P	O	F	L	A	T	E	
M	U	C	H	O	A	N	E	W	S	H	O	W	P	I	E	C	E	S
A	B	O	I	L	D	O	N	E	H	I	P	H	E	N	A	T	E	S
P	E	N	C	A	P	N	E	A	P	S	T	A	R	S	H	I	N	E
O	K	R	A	E	R	R	O	L	A	T	A	J	I	A	N			
M	A	M	A	T	O	F	U	L	I	P	B	I	T	E	R			
A	M	I	D	R	Y	E	S	A	S	S	F	I	R	E	H	A	T	
R	I	C	E	M	I	L	L	S	R	A	H	S	O	R	I	E	L	S
D	E	A	L	L	O	E	B	A	T	T	N	N	A	P	E			
C	H	E	T	I	N	S	R	E	D	W	O	O	D	E	D	I	T	
C	O	C	A	N	O	W	M	A	O	C	R	U	D	I	N	S		
L	O	L	S	E	D	O	U	A	R	D	K	E	M	P	N	E	E	
A	V	I	S	A	E	O	N	P	O	E	M	B	A	N	G			
M	E	N	T	A	L	P	I	L	L	C	A	L	O	R	I	F	I	C
P	R	E	S	I	D	E	T	A	U	O	R	A	D	C	O	R	D	
T	R	E	E	F	E	R	N	S	K	O	R	E	R	A	S			
Y	A	M	S	L	O	A	G	A	P	E	O	O	N	A				
E	X	O	T	I	C	I	S	M	F	C	H	T	P	R	E	F	A	B
R	E	G	I	M	E	N	T	E	D	M	E	D	S	B	L	A	S	E
B	L	U	E	A	N	G	E	L	S	E	R	I	E	E	L	L	I	E
A	S	L	A	N	T	R	O	T	S	E	P	T	D	Y	L	A	N	

## Strange BUT TRUE

By Lucie Winborne

- Adding bubbles to your bath keeps the water warm for a longer amount of time.
- To perform Kermit's early swamp scene in "The Muppet Movie," Jim Henson had to spend a day in a 50-gallon steel drum under a pond.
- Wakes were originally held in case the apparently deceased returned to life.
- The word "love" or "zero" in tennis possibly derives from the French word "l'oeuf," meaning "egg," which may represent the figure zero.
- Giraffes have the highest blood pressure of any mammal.
- Because the speed of Earth's rotation changes over time, a day in the age of dinosaurs was 23 hours long.
- The Pyramid of Khufu at Giza, the largest Egyptian pyramid, weighs as much as 16 Empire State buildings.

- A stork shot by a hunter in Germany in 1822 was found with a Central African spear piercing its throat, providing scientists with the first evidence for long-distance bird migration.
- Soccer stars Cristiano Ronaldo and Lionel Messi were born 869 days apart, and their respective eldest sons were also born exactly 869 days apart.

- The SkyWheel in Helsinki is the only Ferris wheel in the world featuring a sauna in one of its gondolas.

- "To Have and Have Not," starring Humphrey Bogart and Lauren Bacall, was made into a movie after director Howard Hawks told Ernest Hemingway he could make a great film from what Hemingway called his worst book.

- Peru is the only country whose English-language name can be typed on a single row of a standard QWERTY keyboard.

- Pulmonary arteries are the only ones in the human body that carry deoxygenated blood.

Thought for the Day: "An optimist stays up until midnight to see the new year in. A pessimist stays up to make sure the old year leaves."

– Bill Vaughan

©2026 King Features Synd., Inc.



**Moments in time**  
THE HISTORY CHANNEL

- On March 30, 1858, Philadelphia inventor Hymen Lipman received a patent for the first pencil with an attached eraser. Years later, however, the U.S. Supreme Court erased the patent, ruling that his combination of two existing devices made Lipman's invention unworthy of a patent.

- On March 31, 1995, pop star Selena Quintanilla Perez was shot to death in a Corpus Christi, Texas, motel by the president of her fan club, Yolanda Saldivar, who then engaged the police in a nine-hour standoff in the motel's parking lot until her arrest. She was tried and convicted of murder and sentenced to life in prison.

- On April 1, 1970, President Richard Nixon, who was known to enjoy the occasional cigar himself, signed legislation officially banning cigarette ads on television and radio. The last such TV ad aired during "The Tonight Show Starring Johnny Carson" on Jan. 1, 1971.

- On April 2, 1917, President Woodrow Wilson asked Congress to send U.S. troops into battle against Germany in World War I. In his address to Congress that day, he called it "a fearful thing to lead this great peaceful people into war." Four days later, Congress obliged.

- On April 3, 1876, following a public fistfight the previous day between policeman Wyatt Earp (who won) and William Smith, a candidate for Wichita, Kansas, county sheriff, Earp was fined \$30 and fired from his position.

- On April 4, 2007, syndicated talk radio host Don Imus incited a nationwide storm of criticism after making racially disparaging remarks about the Rutgers University women's basketball team, insulting their appearance, tattoos and, most infamously, dubbing them "nappy-headed hos." He apologized on his show two days later but lost his job and a number of sponsors, though he was ultimately able to save his career.

- On April 5, 1945, U.S. Pvt. 1st Class Sadao S. Munemori destroyed two German machine gun nests and fell on a live hand grenade to save his comrades. He became the first Japanese American awarded the Congressional Medal of Honor, posthumously.



— Photos by Alfredo Vasquez

**IT'S ON** – Kids dash through the park, above, as they try to pick up as many Easter eggs as they can during the festive Easter party hosted by the Village of Vinton.

**Vinton**

From Page 1

hastily collected the eggs that were filled with a treat or a raffle ticket that was redeemable for a special prize.

During the Saturday morning event, a variety of other activities were provided for families to enjoy such as games, crafts, face painting, music, inflatable rides, and a drawing. Also available were food truck snacks and an array of vendor specialties.

"We're proud to continue this growing tradition that brings families together for a fun, safe, and memorable celebration," said Village of Vinton Mayor Rachel Quintana. "Events like the Easter Eggstravaganza highlight the strong sense of community that makes Vinton such a special place," she added.

This year's Village of Vinton Easter festivities were made possible with the support of various sponsors including Vinton Steel, JOBE, and El Paso Health, according to Josh Luna, Village of Vinton's media relations official.



**MAKING A MEMORY** – The Easter Bunny was on hand to pose for pictures with children that participated in the Saturday morning egg hunt.



**LEAVING A MARK** – Children line up to get their faces painted, above, one of the free activities available during the Village of Vinton's recent Easter Eggstravaganza celebration.

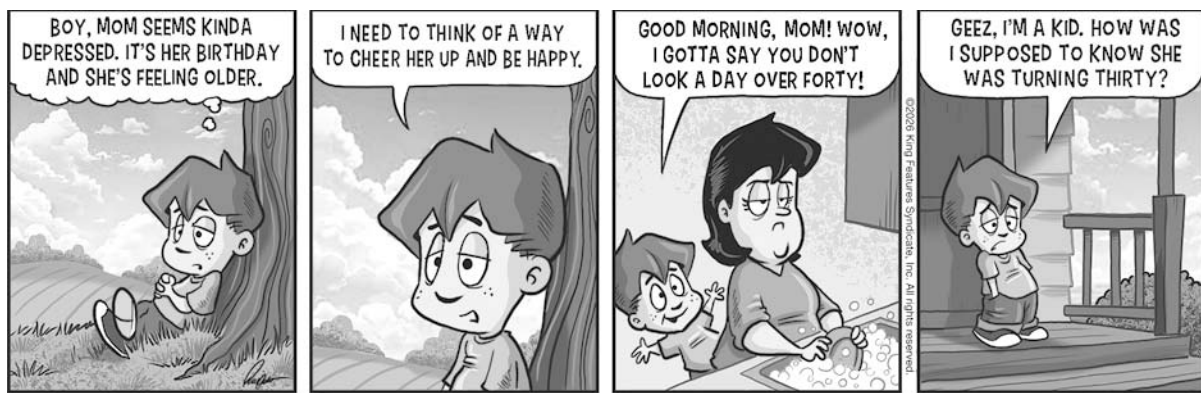


Comix

**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

would be hit by Iran in response and would be particularly vulnerable if we didn't hit Iran as well.

Check and mate, Bibi Netanyahu.

The idea, though, that Trump was too sheepish to stay Netanyahu's hand if the Israeli prime minister was about to launch a military operation that Trump opposed and was going to jeopardize American lives is preposterous.

Trump has been happy to say "no" to Netanyahu before. He pressured the Israeli leader into turning back planes at the end of the 12 Day War last June.

By alleging that Israel forced the U.S. into war, the isolationists think they are making a harsh criticism of the Jewish state, but they are really damning Trump. What worse offense can a president of the United States commit than subjugating his own nation to a foreign power? It's a treasonous act that deserves impeachment and removal.

This is exactly why the Russian obsessives so delighted in believing that Trump was a

tool of the Kremlin.

Most of the right-wing dissenters blanch at following their own logic. An alternative tack – seen in intelligence official Joe Kent's resignation letter – is to argue that Trump was fooled. Kent said there was "a misinformation campaign" that created an echo chamber "to deceive" the president.

This argument is still a stinging condemnation. It paints Trump as an easily manipulated naif, and on a consequential matter of war and peace. In reality, there was no broad-ranging media drumbeat for war and no wave of popular support. This, again, emphasizes how the decision was Trump's, and his alone.

The Russian hoax was, in part, driven by the left's shock at Trump's victory in 2016. Likewise, the isolationists are having trouble processing the fact that the president whom they invested so much in launched a major Middle Eastern war. But Trump was not owned by this faction of the right, any more than he is owned by Israel.

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

**Vitamin K2 does not prevent osteoporosis**

DEAR DR. ROACH: I'm a 68-year-old female who is in good health. I currently take vitamin D3, and the only prescription that I'm on is rosuvastatin. It has been brought to my attention by my cousin, who is a devout vegan, that taking vitamin D3 with K2 is much better than just taking D3 alone. If this is true, I'm wondering why my doctor hasn't recommended it. When I mentioned this to my friends, they had never heard of D3 and K2 either. Do you see an advantage to switching over to this supplement? I had a bone density test done this past year, and the doctor said that there were no problems. – W.R.



In my opinion, supplements can be a way of treating symptoms and some medical conditions. But there are very few situations in which a supplement is proven to be effective at preventing problems for a person who feels well.

Vitamin D3 may be one exception as it is important to prevent and treat osteoporosis for those who are at risk. While I often hear that vitamin K2 is effective for osteoporosis (probably based on a Japanese study), several studies in the United States failed to show any significant benefit of it over a placebo. So, I do not recommend vitamin K2 for people with osteoporosis, nor do I recommend K2 to prevent it. Since you don't have osteoporosis based on your bone density test, you would be taking it for prevention.

Vitamin K2 is being evaluated for helping to reduce heart disease risk, but the evidence isn't strong enough to recommend it yet. Vitamin K2 is very safe, and I don't object to people using it, although they are likely wasting money.

DEAR DR. ROACH: Outside of limiting your salt intake, avoiding potassium and phosphates, and hydrating properly, is there anything that one can undertake to stop or reverse declining kidney function? – H.M.

The answer depends on the underlying reason for the chronic kidney disease (CKD) and how far the disease has progressed. Limiting sodium, potassium and phosphates is good general advice for most people with CKD. It's also important to avoid drugs that stress the kidney. The most important classes of drugs to avoid are anti-inflammatory drugs (like ibuprofen and naproxen) and the many prescription drugs in the NSAID class.

Medical procedures with dye should be avoided if possible, and some antibiotics are problematic. So, it's important for all your doctors to know about your kidney disease.

Blood pressure control is important for everyone with CKD. Some medicines for high blood pressure (such as ACE inhibitors and angiotensin receptor blockers) are more protective of the kidney than others, so it's worth asking your regular doctor or kidney specialist if your medicines are optimal. People with diabetes should also keep their blood sugar in the optimal range as much as possible.

For people with CKD and high levels of protein in their urine, the use of SGLT2 inhibitors (such as dapagliflozin or empagliflozin) has been proven to slow the progression of kidney disease by almost 30%. People with CKD who smoke should stop. Modest protein restriction remains controversial, but I advise it for my patients with CKD.

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

**To Advertise Call 852-3235 Archives: www.wtxcc.com**



**Moore Texas by Roger Moore**

March 29, 1901: Texas Legislature appropriates \$50 a month pay for the Texas Rangers.

**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: C equals E

JDCE G LUPCUADCK OW IPOL  
 USJIPK UDC ADZPAD LGEHCPL,  
 WSZ OGHDU LIW G JIL  
 PCIADGEH US UDC ADSGP.

Answer Page 4

©2026 King Features Synd., Inc.

**Weekly SUDOKU**

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

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

©2026 King Features Synd., Inc.

**Fake prescriptions scam**



by Freddy Groves

How much would you trust a prescription cream compound that was whipped up in a back room by a bunch of untrained teenagers? Sounds dangerous, and it turned out to be just that by patients who used the fake cream and ended up with painful rashes. It was a real moneymaker for some scammers however: Have some kids mix up \$15 worth of ingredients in the back of a pharmacy, and then charge the government \$16,000 for each prescription.

The VA Office of Inspector General (VAOIG) was one of a handful of agencies who investigated a doctor who was part of this \$145 million scam, as well as his pharmacist pals. Besides the VA, the Department of Labor, the Post Office and the IRS were involved. There were bribes and kickbacks paid by unscrupulous pharmacy owners, unnecessary

prescriptions written by the doctor (an orthopedic surgeon) and, of course, thieves don't pay taxes on their ill-gotten millions.

The operation was a well-oiled machine devoted to making money. Special prescription pads were provided to the doctor that referred patients to a specific pharmacy, and the doctor's staff were instructed to write prescriptions for each patient seen that day, whether or not they even needed the compounded cream. One of the pharmacists checked several times a day to see how much had been billed that day. If out of the office, staff would text him the amount of money made.

The doctor was sentenced to eight years in prison and has to pay back \$13 million in restitution. One pharmacist was sentenced to 17 years in prison and will repay \$115 million in restitution. The other pharmacist will serve 15 years in prison. Together with his thief pharmacist buddy, they will forfeit \$405 million in seized assets.

So there is some justice

here. None of them will be out of prison quickly, and when they are out, their fancy homes and cars won't be there, and neither will the millions they stashed in multiple accounts and shell companies.

©2026 King Features Synd., Inc.



• When you make a meringue, be sure to spread it all the way to the crust on all sides. If you do, it won't shrink.

• "Newspaper bags are handy hand covers in many situations. Keep them close if you are painting, doing a DIY art project, working in the shop with sticky or greasy materials or baking and working with dough. If you are interrupted, simply slip a bag over your hands to answer the phone or door, etc. It's much quicker than washing and drying your hands, and you can go right back to it once you have dealt with the interruption." – W.A. in Oregon

• "To clean burned-on bits from your cast iron skillet, scrub with a plastic scrubbie and salt as an abrasive. Dry immediately and rub with oil to keep moist." – R.T. in Ohio

• Metal shower hooks can be used in the sewing basket to hold safety pins. They can be used in a jewelry box to corral costume rings as well.

• "Line the edges of a plastic shower curtain on both sides with duct tape. Then snip out a few holes through the tape edging. You can use the holes to tie the plastic stretched out between trees for a wind break or as a quick shelter from the rain. You can tie bagged sand to the corners as a car cover. Stake it to the ground under your blanket to avoid ground moisture. Lots of possibilities." – F.C. in Georgia

• After your dishwasher has run its course, open up the door and let the dishes air-dry. On cold days, there's the added bonus of humidifying the house with the steam that escapes.

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.

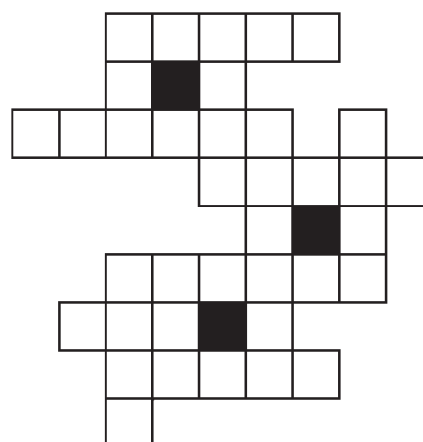
	-		×		= 10			
+		+		-				
	+		+		= 11			
+		-		×				
	-		+		= 15			
=		=		=				
22		3		16				
1	2	3	4	5	6	7	8	9

Answer Page 4

©2026 King Features Syndicate, Inc.



- ERY
- ARNGOB
- SYMAN
- ♥ LGFO
- ♥ IRVNEA
- OMO
- ♥ ETAN
- ♥ ALNER
- OBY
- VERGLA
- ARTEK
- ♥ ALEM



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.

©2026 King Features Syndicate. All rights reserved.