



– Photos by Alfredo Vasquez

**NATURAL HABITAT** – The Rio Bosque Wetlands Park consists of 373 acres of restored wetlands in El Paso County’s Lower Valley off of the Panamerican Road. It is one of the last remaining refuges for migratory birds in the region.

## Critical wildlife habitat in El Paso County under threat

By **Alfredo Vasquez**  
*Special to the Courier*

EL PASO COUNTY – Rio Bosque Park wetlands in El Paso County’s lower valley is alive with birds that rest there after traveling hundreds – sometimes thousands – of miles, with native plants that are steadily reclaiming a landscape that once thrived along the Rio Grande, and with insects and small animals that have been forced out of their natural habitats.

Rio Bosque Park is also where people can visit to reconnect with the peace that only nature can provide, away from municipalities that are rapidly consuming their wild spaces. The park offers tranquil trails that meander through the wetlands, where individuals can watch a variety of birds glide over the marshy water or a family of ground squirrels forage through the vegetation.

But today, this oasis in the West Texas desert stands in the shadow of a major threat. Texas Department of Transportation (TxDOT) officials want to extend El Paso County’s Border Highway further east, all the way to Fabens. TxDOT officials indicated that the proposed Border Highway East (BHEE) extension would cut through or run directly alongside the fragile wetlands ecosystem. Their plans include an elevated, six-lane highway that would run right next to the revived Rio Bosque wetlands.

These plans have many local conservation advocates worried. They voiced concerns that the massive infrastructure would sever wildlife movement corridors; increase air, noise, and light pollution; disrupt fragile wetland systems; permanently alter one of the most important wetland landscapes in the region; and that once the damage

is done, it cannot be undone.

To combat TxDOT’s proposal, local wildlife advocates are calling on all interested individuals to attend two important upcoming public meetings to help shape decisions that could impact on one of this region’s most important wildlife areas.

The El Paso Metropolitan Planning Organization (MPO) will host public meetings to gather input on the region’s long-term transportation plan. Both meetings will be held from 5:30 to 7 p.m. The first meeting will be Wednesday, May 6, at the Rio Vista Community Center in the City of Socorro. The second public meeting will be Wednesday, May 13, at the Nolan Richardson Recreation Center, 4435

Maxwell Ave., in Northeast El Paso.

“These meetings are not routine. They are one of the most important opportunities our communities have to influence what happens next,” stated Rick LoBello, founder of the El Paso Wildlife Conservation Society. “If you care about wildlife, open space, and the future of our natural surroundings, please attend and speak up. If we don’t speak up now, we may lose this place. And once it’s gone, no amount of regret will bring it back,” he added.

Visit [elpasowildlifeconservationsociety.wordpress.com](http://elpasowildlifeconservationsociety.wordpress.com), for more information about how to get involved in Rio Bosque Wetlands preservation issue or about how to join the El Paso Wildlife Conservation Society.



**COME ONE, COME ALL** – Local conservation advocates are urging the public to show up and speak up at the upcoming meetings scheduled from 5:30 to 7 p.m. The first one will be held Wednesday, May 6, at the Rio Vista Community Center, 901 North Rio Vista Road, in the City of Socorro. A second one will be held Wednesday, May 13, at the Nolan Richardson Recreation Center, 4435 Maxwell Ave., in Northeast El Paso.

# The indomitable Trump

Andrew Jackson is the only president of the United States who got the better of his attempted assassin.

The aged Jackson was at the Capitol for a congressional funeral when a crazed man named

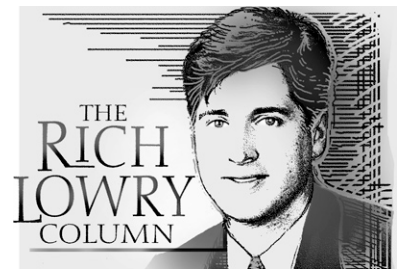
Richard Lawrence aimed a pistol directly at his chest and pulled the trigger. It misfired. Jackson bull-charged his assailant with his cane and, incredibly, Lawrence pulled out another pistol. It, too, misfired.

As bystanders intervened, an enraged Jackson

supposedly yelled, "Let me alone! Let me alone! I know where this came from." Lest we think we live in a uniquely inflamed, conspiratorial moment, Jackson's Whig opponents dubbed him King Andrew, and John C. Calhoun reportedly called him "a Caesar who ought to have a Brutus." Jackson thought the Whigs had orchestrated the attack, and the Whigs thought he had staged it.

Trump isn't a former general or wizened old Indian fighter like Jackson, but he partakes of the same spirit of aggressive defiance. By all appearances, the least

fearful people in the ballroom of the White House Correspondents' Dinner were a random older gentleman from New York who kept eating his dinner during the mayhem... and the presidential target of the attack himself.

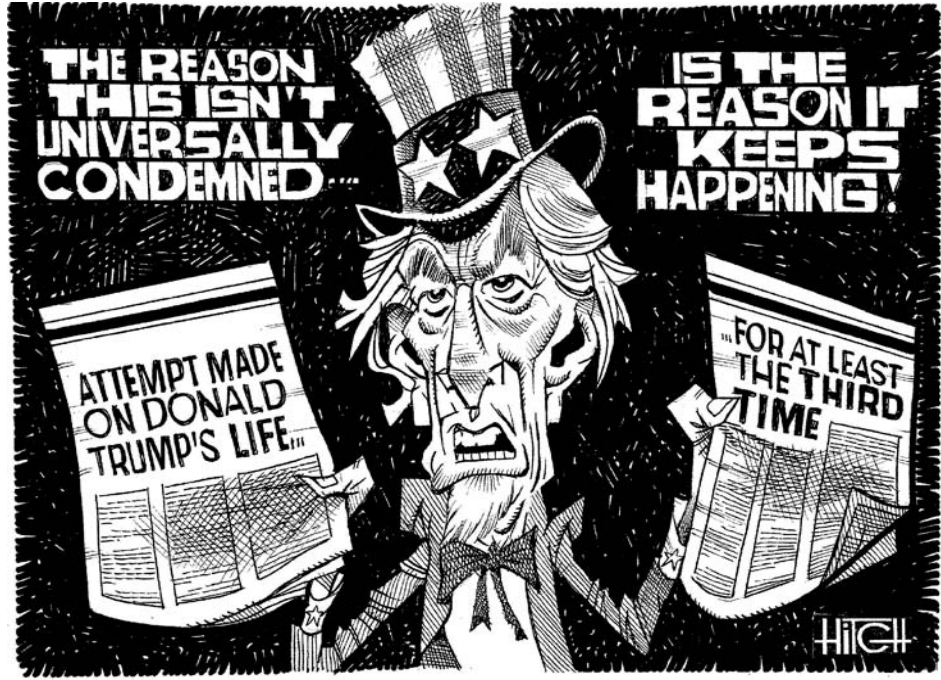


Donald Trump is one of the most indomitable figures in the history of our politics. No matter how much he's mocked or hated, no matter how intense the controversy or how impossible the fix, no matter how dramatic the situation, he never breaks or loses his sense of command.

The ever-ebullient Teddy Roosevelt, who once gave a speech from shot-through notes immediately after an assassination attempt, might tip his cap. (TR takes the cake for badassery in the face of a threat to his life, given that he delivered that 1912 campaign speech while bleeding and with the bullet still lodged in his chest.)

A fundamental part of the Trump ethos is, as he said right after the dinner attack, when everything was still confused, "Let the show go on." For him,

See LOWRY, Page 7



View from here By John Balliew, P.E. President/CEO, EP Water

## 50-year water plan validates hardy city supply

Every five years, El Paso Water updates its 50-year water plan to confirm we have solid supply strategies in place that can endure increased water demands, persistent drought and secure state funding.

All seven counties in our West Texas Water Planning Group Region E lie within the Rio Grande Basin, with about 96% of the region's residents living in El Paso County.

Once approved by the Texas Water Development Board, Region E's 50-year water plan becomes part of the State Water Plan that the legislature uses

to guide strategy and funding for water infrastructure.

### Strong and diverse portfolio

We have come a long way in diversifying our resources since we first completed a 50-year plan in 1991. Our updated 50-year plan that takes us through 2080 features even more water supply strategies.

Conservation: Since the 1980s, El Pasoans have reduced water consumption by 40%. Currently, customers consume 126 gallons per capita per day, but we have a goal to

cut that number even further – to 118 GPCD by 2040.

Water loss audits, leak detection and repair: Through an expanded program on main lines, as well as leak detection and repair using the new advanced metering system and water audits of utility and customer infrastructure, we will further reduce unbilled water.

Expansion of the Kay Bailey Hutchison Desalination Plant: Adding a sixth reverse osmosis skid will boost reliability and increase capacity from 27.5 million gallons a day to 33.5 MGD.

The Pure Water Center will teach the true value of treated wastewater in desert



Photo courtesy El Paso Water

UPGRADING – Expansion of the Kay Bailey Hutchison Desalination Plant is part of the El Paso Water 50-year water supply plan.

See WATER, Page 4

1973 **53** WEST TEXAS COUNTY **COURIER**

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**View from here** By Dr. Glenn Mollette

**No fame, no notoriety**

Cole Thoms Allen recently tried to kill President Donald Trump. The 31-year-old from Torrance California has been charged with attempted assassination, discharging a firearm during a crime of violence and illegally transporting firearms and ammunition across state lines. Cole rode Amtrak all the way from California to check into the Washington Hilton Hotel where he stayed three nights plotting his attempt to kill.

Fortunately, law enforcement was able to stop Allen but not before he wounded one Secret Service officer who survived because he was wearing a bullet-resistant vest.

Allen now becomes the third assailant who has attempted to kill Present Trump. The other two names have been mentioned enough and I regret even mentioning Allen's name. I suppose assassins will always have their names printed across the country and probably most of the world. They will be remembered throughout history. Lee Harvey Oswald, John Wilkes Booth and others who have made attempts or have been successful at killing high profile people gain worldwide attention.

Tragically, the target doesn't have to be the President of The United States. Too many mentally ill people have carried out school shootings or acts of public violence and had their names smeared all over television and throughout the media.

I supposed it will never stop. Most of the world feel like they have the right to know everything. The media makes huge sums of

money telling people everything. The bad news is what sells. If people are killed or there is an attempted assassination then we all rush to the television or our news feeds on our phones. Someone who is preparing food for hungry school kids after school isn't news but just a good person living their daily life.

Living daily life and doing good things are what most everyday people are doing. We don't hear about the policeman who spent most of his day helping a stranded motorist. We don't hear about the mother who was up all night with a sick child. We don't read about the grandparents who have stepped in to raise children because something bad happened to their parents. We don't hear about the school teacher who doesn't make much money but often covers the cost of school supplies, for an entire class, out of her own pocket. The list of everyday people doing everyday life is endless. Most will live valiant lives and die quietly. You'll never know very much about them.

There surely is a place and time reserved somewhere in eternity when the people who have lived good quiet lives and did their best will hear their names called and a "well done, good and faithful servant."

In the meantime, in this life, we have mentally ill people who are so crazed they will attempt heinous acts in order to have their sick manifestos read on national television. Maybe we could start identifying all such people by some general name like Deranged Idiot 101, Deranged Idiot 102, and so on. Somehow we have to cease promoting the national fame/notoriety associated with such evil acts.

**King Crossword**

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Average Solve Time 23 Minutes

**ACROSS**

- 1 Spruced up
- 5 Comedian Margaret
- 8 Arduous journey
- 12 Taj Mahal city
- 13 Unprocessed
- 14 Conceal
- 15 Buffets with Mexican food
- 17 Rocker \_ Pop
- 18 Yoko from Tokyo
- 19 Astern
- 20 Unravels
- 21 Blaster's need
- 22 Tease
- 23 Neighbor of Chad
- 26 Wilma and Fred's kid
- 30 Piglet's pop

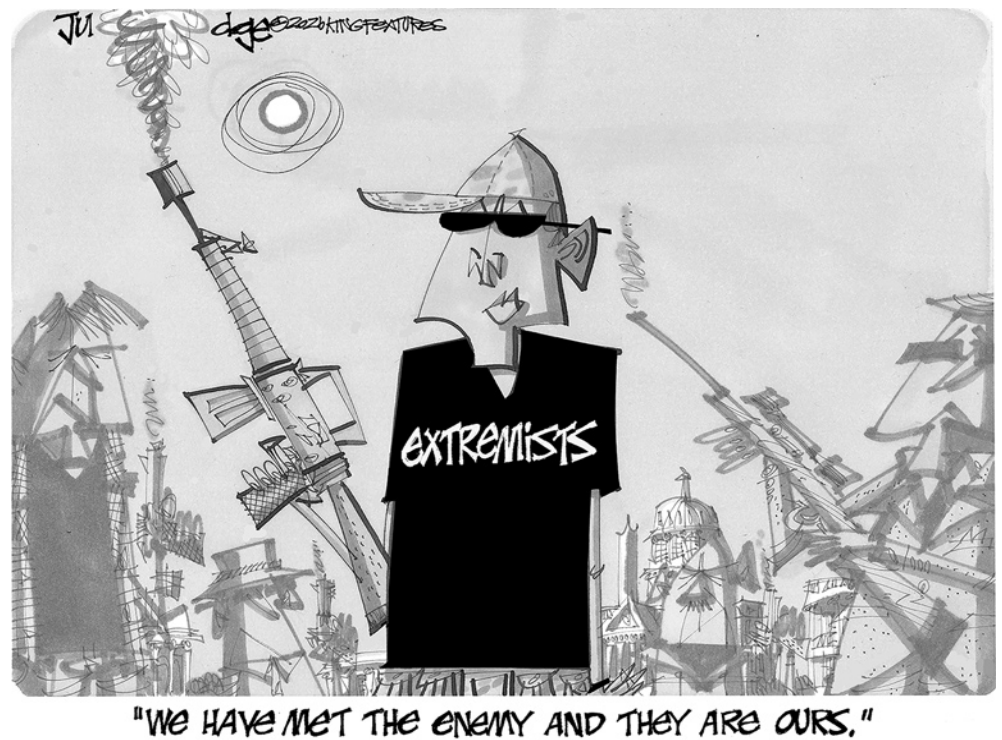
- 31 Author Fleming
- 32 Ethereal
- 33 Rabbi's religion
- 35 Fall bloom
- 36 Buddy
- 37 Canonized Fr. woman
- 38 Prima donnas
- 41 Carnival city
- 42 Co. that created Watson
- 45 Pizza cooker
- 46 Home to the Buccaneers
- 48 Social standing
- 49 Wall St. wheeler-dealer
- 50 Deadly septet
- 51 Picnic invaders
- 52 Pot pie morsel
- 53 Whispered "Hey!"

**DOWN**

- 1 Post-WWII alliance
- 2 "The Candy House" author Jennifer
- 3 Not pizzicato
- 4 Eastern "way"
- 5 Make by hand
- 6 Male red deer
- 7 Pained sounds
- 8 Baseball diamond stop
- 9 Latvia's capital
- 10 Jittery
- 11 Lock openers
- 16 "Troy" actor Eric
- 20 Little lie
- 21 "America's Next Top Model" host
- 22 "Community" actor Jeong
- 23 JFK's veep
- 24 Chit

- 25 Abysmal
- 26 Shriver of tennis
- 27 Topsy
- 28 Before
- 29 Aleppo's land (Abbr.)
- 31 Equi-
- 34 1040 org.
- 35 On
- 37 "The Lion King" lion
- 38 TV explorer
- 39 Author Turgenev
- 40 Air outlet
- 41 Scarce
- 42 Nile wader
- 43 Proscribes
- 44 Island in a computer game
- 46 Spigot
- 47 Nile biter

Answer Page 4



# EPCC, SISD celebrate original group of college bound students

By Beau Bagley  
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC), alongside Socorro Independent School District (SISD), held a recognition ceremony on April 30 at Campestre Elementary School for the first group of College Bound Students, a program adopted in 2013 as part of EPCC’s Elementary School Adoption Program.

47 students and parents from the first class in October 2013 at Campestre Elementary were serenaded by the Socorro High School mariachis, cheer and color guard squads. Many participated in the ‘Walk The Halls’ event celebrated at their former elementary school, while also earning a commemorative certificate, cord and medal to wear at graduation.

“When Campestre Elementary was adopted, EPCC’s goal was simple but powerful: college begins in kindergarten,” EPCC President Dr. William Serrata said. “Not as a distant dream, but as a clear path to college. Through campus tours, workshops, outreach programs, and strong family engagement, we set out to show students – and their



– Photo courtesy El Paso Community College

**OLD STOMPING GROUNDS – Socorro ISD high school graduates walked a gauntlet of current Campestre Elementary School students.**

See ORIGINAL, Page 5

## Water

From Page 2

communities. In 2029, this safe, local water supply will add 10 MGD to our water supply.

- Combined use of river water and groundwater at the Upper Valley Water Treatment Plant: Building a river water treatment plant at this location will reduce groundwater pumping at the Mesilla Bolson aquifer.

- Groundwater from the Dell City area (Phase 1): We purchased more than 8,800 acres of land south of U.S. Highway 62/180 many years ago in preparation for this phase, scheduled for 2050.

This phase would import 10 MGD.

### Taking additional steps

Several available alternate strategies include:

- Dell City, Phase 2: We purchased an additional 70,000 acres north of the highway that would follow in 2080 for a larger importation project. However, the groundwater is brackish and would require desalination. Through further analysis, we will determine a firm, sustainable yield of approximately 10 MGD.

- An Aquifer Replenishment Project currently under construction can refresh the Hueco Bolson with up to 9

MGD of available river water

We are also being proactive regarding the Texas/New Mexico Supreme Court lawsuit. We plan to rethink our land use and initiate studies to preserve the Mesilla Bolson, which serves the West Side.

Because water supply projects are lengthy and expensive, constructing 50-year plans has served us well as a planning tool. In our arid region, we strive hard to bring alternative and innovative solutions that benefit our customers. The federal and state funding we receive helps offset project costs for

our customers.

EPWater creates this science-based, 50-year framework to address future water demands, manage drought and secure necessary funding for the benefit of our community. With researched strategies and alternatives, we are prepared to support El Paso.

We have worked hard to build a sturdy water supply portfolio that many communities in our state lack. No matter the challenge, all these efforts ensure that El Paso will have a strong, uninterrupted water supply for future generations

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## CryptoQuip Answer

Anchor of a longtime cable news broadcast who moonlights as a police officer:  
Anderson Copper.

## Strange BUT TRUE

By Lucie Winborne

- Composer Domenico Scarlatti wrote a piano piece, “Cat’s Fugue,” based on notes his cat walked across.

- Butcher Chris McCabe’s life was saved in a rather unusual fashion when he accidentally shut himself into a walk-in freezer in 2017. The door release button was iced over and McCabe was alone, so he seized a 3.3-pound black pudding and bashed the button until he was able to safely exit.

- Pupaphobia is the irrational and persistent fear of puppets, dummies and marionettes.

- Prior to the creation of antibiotics, some syphilis patients were deliberately infected with malaria, resulting in such high fevers that the syphilis bacteria was often killed off. Once that disease was under control, doctors would then treat the malaria with quinine.

- Michael Phelps’s total of 28 Olympic medals places him ahead of more than 160 nations in the all-time gold medal rankings.

- To celebrate the end of France’s war with Russia, Napoleon organized a massive rabbit hunt. Things backfired when the thousands of animals acquired for the occasion swarmed toward him and his guests upon release from their cages, until even the legendary general was forced to beat a retreat to his carriage.

- A three-dollar bill issued by the Cook Islands features a topless Polynesian woman riding a shark.

- Due to his fear of flying, actor Sean Bean would hike for two hours to the set of “Lord of the Rings: The Fellowship of the Ring” in full costume while the rest of the cast took a helicopter.

- A German word for nightmare is “alptraum,” or “elf dream.” In German folklore, elves were dangerous figures who could control dreams and create nightmares.

- Cuscuta (witch’s hair) is a parasitic plant that lacks chlorophyll and feeds off other plants, using smell to identify the best hosts.

Thought for the Day: “Our greatest fear should not be of failure but of succeeding at things in life that don’t really matter.”

– Francis Chan

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# WEST TEXAS COUNTY COURIER

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• On May 4, 1929, Edda van Heemstra Hepburn-Ruston, the daughter of an English banker and a Dutch baroness who for decades has been better known to her many film fans as the actress Audrey Hepburn, was born near Brussels, Belgium.

• On May 5, 1809, Mary Kies became the first American woman to receive a patent, for her straw-and-silk weaving technique to create hats. The patent was signed by President James Madison.

• On May 6, 1994, former Arkansas state clerk Paula Jones filed suit against President Bill Clinton in the federal court in Little Rock, Arkansas, asking for \$700,000 in damages. The case was just one of four major scandals that combined to threaten Clinton's second term.

• On May 7, 1984, seven chemical companies, including Dow and Monsanto, agreed to pay \$180 million to thousands of Vietnam veterans who'd been exposed to the chemical herbicide Agent Orange during the war. Lawyers for both sides announced the surprise out-of-court settlement on the day jury selection was set to begin.

• On May 8, 2010, "Golden Girl" Betty White became the oldest host of TV's "Saturday Night Live." She landed the job in part due to the hundreds of thousands of her fans signing on to a Facebook campaign rallying for the honor.

• On May 9, 1970, President Richard Nixon made an impromptu visit to a group of anti-war protesters at the Lincoln Memorial – an event that his chief of staff, H.R. Haldeman, dubbed "the weirdest day so far" of Nixon's presidency, going on to record in a diary entry, "I am concerned about his condition... he has had very little sleep for a long time and his judgment, temper and mood suffer badly as a result."

• On May 10, 2002, former FBI agent Robert Hanssen, who intermittently sold state secrets to Russia over the course of two decades, received a sentence of life in prison without the possibility of parole for espionage. Hanssen apologized for his acts, describing himself as "shamed" by them and saying that he had "opened the door for calumny" against his innocent family.

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# Martinez qualifies for UIL State Track and Field



– Photo by Omar Moreno

**MOVING ON** – Alexia Martinez put in a solid run to qualify for Track and Field in the 2026 State UIL meet.

**By Sofia Maciel**  
*Special to the Courier*

FABENS – Alexia Martinez, a junior from Fabens High School, has qualified for the 2026 UIL State Track and Field Meet in the 800-meter run following an outstanding performance at the UIL Regional Meet held Saturday, May 2, in Lubbock.

Martinez earned her place among Texas' top student-athletes after delivering a remarkable race against elite competition, securing her opportunity to represent Fabens ISD on the state's biggest track and field stage.

Head Coach Monica Aguirre praised Martinez's achievement and the dedication that fueled her success. "I'm beyond excited, proud, and happy that Alexia made it to state in the 800m!" Aguirre said. "She truly deserves it after all the hard work and dedication she's put in. This is such an amazing accomplishment, and I can't wait to see her shine even more!"

For Martinez, the milestone reflects years of determination, sacrifice, and unwavering belief. "This means a lot to me," Martinez said. "I've been pushing and working hard since my freshman year to get to this point, proving that I can compete at that top level. The emotions are all over the place. Once I finished that or once I crossed that finish line, I wasn't sure if I made it or not, but once I saw my name pop up, I started crying so hard, because I knew how my hard work and dedication that God gave me the strength to compete."

## Original

From Page 4

parents – that higher education is not out of reach. It is within reach, from the very beginning."

"This is such a meaningful celebration," SISD Superintendent of Schools James Vasquez said. "EPCC believed then and we all still believe now that college begins in kindergarten. 13 years ago, you walked these halls as kindergarteners, learning how to read. You were told something important, that college is not just out there, it's expected, and you would not go through that journey alone. This next chapter is not written for you, it's written by you, because you were prepared for this."



– File

**SISD Superintendent James Vasquez**

EPCC adopted and proclaimed *C a m p e s t r e* Elementary School as a College Bound School during a flag-raising ceremony at the campus on October 21, 2013. The event marked the launch of EPCC's College Bound Elementary School Adoption Program, one of Dr. Serrata's first initiatives at EPCC, which was to build a college-going culture and increase regional higher educational attainment and awareness among elementary students and parents.

Several students, like Emilio Rodriguez, will not only earn a high school diploma this spring, but also an associate's degree from Mission Early College High School.

"I honestly thought I was going to be a regular high school student, I never thought I would have



– Photo courtesy El Paso Community College

**HIGHER GOALS** – Emilio Rodriguez reaches out to shake EPCC President Dr. William Serrata's hand as Serrata presents Rodriguez with his certificate. Rodriguez will earn both his high school diploma and an associate's degree from Mission Early College High School at graduation. He plans to attend UTEP and major in computer engineering.

been able to get a college degree in high school," Rodriguez said. "It feels great, I feel I am prepared for the next step at UTEP majoring in computer engineering."

"To the students: Your journey is just beginning and now you know college is possible. It is part of your story, starting in kindergarten and continuing as far as you choose to go," Serrata added.

Through the Elementary School Adoption initiative, EPCC hosts campus tours, workshops, and activities to show young students that higher education is attainable, aiming to increase future college attendance. Visit: [www.epcc.edu/Academics/DualCredit](http://www.epcc.edu/Academics/DualCredit) for more on the Early College High School program.



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

the show must never stop, and he's always at the center of it.

This is one reason that he had the instinct to pump his fist in the air in Butler, Pennsylvania, after he'd been bloodied and nearly killed by an assassin's bullet, demonstrating fight and lack of fear in an instantly iconic moment.

Anyone inclined to dismiss this trait as that of a mere entertainer should consider how showmanship has always had an outsized role in high-level politics; FDR referred to himself, in a positive way, as one of the top actors in the country.

Trump's belief that he's always going to prevail – and that if he doesn't – he'll find a workaround gives him an invincible self-confidence. It doesn't mean that he won't retreat if necessary, but whether he's being firm or flexible, he's equally upbeat and assured about his position.

He couples this with a hyperactive energy. Just look at Washington, D.C. He's deployed the National Guard to fight crime, cleaned

up homeless encampments and public parks, vowed to make the grass look greener and the water in the Reflecting Pool look bluer, hosted a military parade, brought the coming attractions of an IndyCar race and an enormous fair on the National Mall, started construction of a massive new White House ballroom, and stated his intention to build a 250-foot triumphal arch.

His omnipresence, ambition and willingness to exercise power across two presidencies – spanning 12 years with the Biden interregnum – are going to make him one of the most dominant figures in American political history, up there with the likes of Reagan, FDR and TR in the modern era.

None of this means that he's right or wrong on any given question, and, of course, these characteristics all come with downsides, sometimes considerable ones. But no one can question Trump's resilience, or his preternatural ability to proceed unbowed no matter what the circumstance.

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

**Looking at alternatives for osteoporosis meds**

**DEAR DR. ROACH:** At age 48, I underwent a lumpectomy, chemo and radiation for stage I breast cancer. All is good so far, but I started experiencing osteopenia in my mid-50s, perhaps earlier than I would have because of the chemo and estrogen-blocking meds. My mother also had osteoporosis. For the osteoporosis in my hip, I took alendronate for five years, but it didn't stop the bone loss. I am now on Prolia, which has helped. I am healthy and fairly active. How long can one take Prolia with breaks in between, and what are your thoughts on alternatives? I am concerned about "running out" of strong, effective alternatives to treat my osteoporosis. I walk 3-5 miles most days. – A.M.L.



You are right that the estrogen-blocking drugs you needed for your breast cancer caused accelerated bone loss and early osteoporosis. Given your family history and young age, it's very important to think about the future. Keeping up your exercise is excellent for your bones, for your overall health, and to reduce your risk of cancer.

Prolia works similarly to alendronate by slowing down the cells that break down bone, called osteoclasts. Unlike alendronate and similar drugs, Prolia stops working as soon as you stop taking it, so people who are on it need to take it continuously.

This is different from alendronate, where people can take "drug holidays" for years sometimes in order to keep the bone from becoming "frozen" and brittle, which can then put them at risk for atypical femur fractures. Between 8% and 10% of people who stop Prolia will get a fracture the following year unless they transition to a different treatment.

Bisphosphonate drugs like alendronate are often the choice for people once they stop Prolia, but they didn't work for you. I'd be concerned about the absorption of the medicine since taking the medicine with any food (even with mineral water) can reduce absorption to the point that it isn't effective.

In addition, you need enough calcium and vitamin D for bisphosphonate drugs (and Prolia) to work properly. But if you've been careful about these issues, it may just be that you are one of the people for whom bisphosphonate drugs aren't a good option.

Anabolic agents like PTH analogues (teriparatide) are another good choice since these directly build up bone. Romosozumab both builds bone and decreases breakdown. However, one option that might be a particularly good choice for you is raloxifene, which decreases the risk of breast cancer and helps keep bones strong. I suggest you ask your prescribing physician about these alternatives.

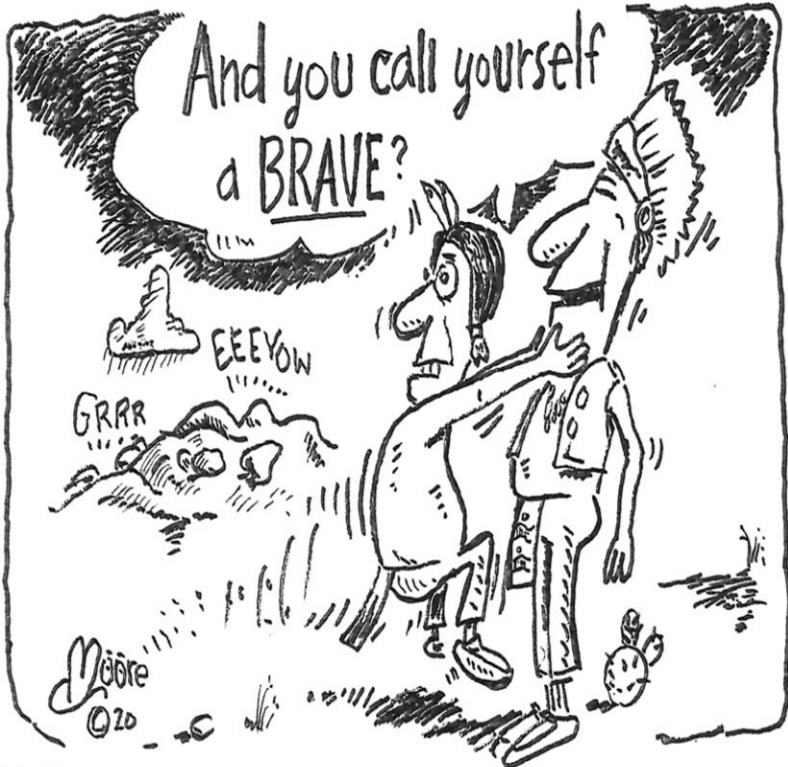
**DEAR DR. ROACH:** I have a high-fiber diet, but I'm also adding specifically psyllium husks to my diet daily. Will this, along with my dietary oats, grains and beans, reduce my LDL cholesterol levels? How much psyllium needs to be taken daily to make a difference with LDL cholesterol? – R.P.

Psyllium is a common supplement to increase dietary fiber. High-fiber foods such as the grains and legumes you mentioned are part of a healthy diet, with many benefits such as the reduction of heart disease and some cancers. Fiber supplementation has been shown to improve gastrointestinal symptoms, especially constipation and diarrhea, but it's also been shown to reduce LDL cholesterol.

In a study from years ago, psyllium husks at a dose of 10 grams per day (approximately 4 teaspoons, but it can vary with different brands) reduced LDL cholesterol levels by 6% to 15% on average. This is a significant drop. For people who take statins, this has about the same effect on their LDL levels as doubling their statin dose.

I strongly recommend starting slowly and building up the dose over weeks. Most people will experience bloating and discomfort if they start at such a high dose.

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.



**Moore Texas by Roger Moore**

The eerie moaning caused by temperature changes made Indians sure Enchanted Rock near Llano was haunted.

**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 C

CMBGJT JP C SJMXVHUO  
 BCDSO MOLF DTJCEBCFV  
 LGJ UJJMSHXGVF CF C  
 IJSHBO JPPHBT:  
 CMEOTFJM BJIOT.

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**Weekly SUDOKU**

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

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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**Supporting the Honor Flights**



by Freddy Groves

Honor Flights for 2026 are in full swing now, with veterans from around the country making the trip already this year.

Honor Flights (www.honorflight.org) are free trips to Washington, D.C., for veterans to visit all the memorials (Tomb of the Unknown Soldier, Korean War Memorial, World War II Memorial and others) and be honored at special ceremonies.

Part of the success of each flight is due to the volunteers who step up. Whether it's pushing a wheelchair, managing logistics, aiding with visits to memorials and meals, helping with buses and elevators, maneuvering through airports – they are crucial to the success of each trip. Click on the "Find a Hub" link on the website and navigate to your state. You'll find your local groups there with all of the contact

information.

Honor Flight trips are free for the veterans, and a lot goes on behind the scenes. Sponsorship, for example, is what pays for the trips and hotel stays. Check the list of corporate sponsors on the website.

Want to donate as an individual to a worthwhile Honor Flight program? Read about the TLC flights, trips meant for seriously ill veterans who have one year left to live. Sponsorship covers a three-day trip to all the memorials for the veteran and a caregiver. Think about that.

You can donate in others way besides a cash donation. If you have a Southwest Airline account, you can donate your rewards points. If you're sailing on a Norwegian Cruise Line trip, a portion of each stateroom is donated to Honor Flight.

Since the beginning, there have been 339,000 veterans who have been able to make the Honor Flights. And, at this point, there are in excess of 37,000 veterans who are on a wait list.

To learn more about the Honor Flights, see the website, contact them at 937-521-2400 or email them at info@honorflight.org.

Charity Navigator gives Honor Flight a 4 out of 4-star rating.

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• "If you add a teaspoon of sugar to your biscuit mix or to the dough for rolls, it will help them to brown well and they will come out of the oven with golden tops." – J.R. in Michigan

• Two ways to save money on laundry expenses: First, spring and summer are an excellent time to get into line drying clothes – especially towels and jeans, which take longer to dry thoroughly in a dryer. Then, clean out and shorten your dryer's vent hose to make machine drying more energy efficient. It cuts down drying time, too, saving you time AND money.

• "Got an odd job coming up? Before you go out and purchase an expensive limited-use tool, check with your friends and neighbors to see if you can borrow instead of buying. Check with local hardware stores to see if it's cheaper to rent it, too." – S.L. in Kentucky

• Add a small bit of boiling water to a glass of iced tea to clear it up if it is cloudy. You can do this to a pitcher just before serving.

• "Call and schedule your chimney service for a date in the next couple of months. Prices drop during the summer and the sweeps are not as busy." – C.C. in New York

• "I have pets that leave hair and dirt on the couch. When I wash my cushion covers, one thing I always do is put them back on the pillows when they are not quite dry. They stretch better when they are a little bit damp. I had a terrible time a few years ago, when I let them dry all the way and couldn't get them back on!" – H.P. in Arizona

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.

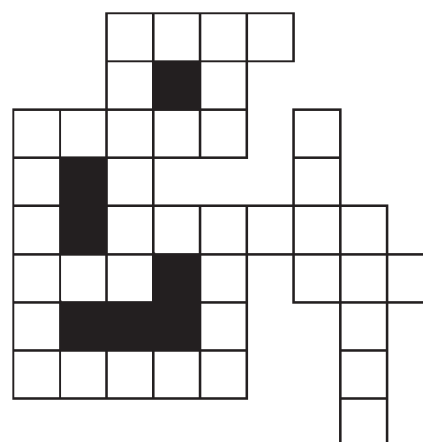
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	-		×		= 10			
+		+		+				
	+		÷		= 7			
-		-		÷				
	+		÷		= 8			
=		=		=				
4		1		3				
1	2	3	4	5	6	7	8	9



- DHI
- EPTCID
- CAGRI
- APCI
- GAPOAD
- ♥ PSA
- ♥ HMCU
- ♥ ERMAD
- ♥ RCA
- ♥ HADSEC
- ETDIM
- ♥ APML



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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