



Student loan payments

Federal changes will affect millions of borrowers

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Very few individuals who want to go to college or a university can afford to pay the rising costs of a higher education. Most have to borrow the money through student loans and repay them with interest once they complete their studies.

After nearly a two-year hiatus, federal student loan payment plans are restarting with changes that will end some payment plans, place new limits for graduate school loans, and increase the cost of payments for millions of borrowers.

With nearly 9 million Americans currently in default on their federal student loans and hundreds of thousands more behind on loan payments and at risk of default, the changes are stark.

“The main concern is the affordability of monthly payments. I think a lot of people are simply going to see their payment increase significantly, and they’re either going to have to stretch pretty significantly to make that payment work, or they’re not going to be able to make the payment,” according to officials with the Institute for College Access & Success.

To help ease the payment increase, Education Department officials stated that borrowers who are enrolled in auto pay plans will now be eligible for a one percent reduction. Borrowers who were previously enrolled in auto pay were already receiving a 0.25 percent interest-rate discount, so their new reduction rate takes off just 0.75 percent. And for all borrowers, the deduction will be temporary, lasting through June 2028.

A popular student loan payment plan that will no longer be offered is the SAVE plan, which was a repayment option with some of the most lenient terms offered by the government. This plan was challenged in court and struck down by the U.S. Court of Appeals for the 8th Circuit. The ruling affected about seven and a half million borrowers who were using the SAVE plan option.

Education Department officials stated that borrowers enrolled in the SAVE plan will be notified that they have 90 days to enroll in another income-driven repayment plan and that if borrowers don’t enroll in another plan before the 90-day deadline, they will be auto-enrolled in one of the standard options.

Another major change is affecting the graduate school loan program. Under the new rule, programs designated as professional degrees now face federal student loan caps of \$200,000, while other graduate programs are capped at \$100,000. Previously, graduate students had been able to take out federal loans up to the full cost of their degrees. The revised plan, however, restores eligibility for students – who are pursuing graduate degrees in nursing, physical therapy, and other medical fields – to take out higher federal student loan amounts. The initial rule had held them to lower limits.

Also, changes to Parent PLUS Loans, which were available to parents of undergraduate students, now limits these borrowers to fewer repayment options under the new guidelines. The new constraints on Parent PLUS loans cap them at \$20,000 per student, and \$65,000 per family. And new Parent PLUS Loan borrowers will not have access to any income-driven repayment plans, only a tiered standard payment plan.

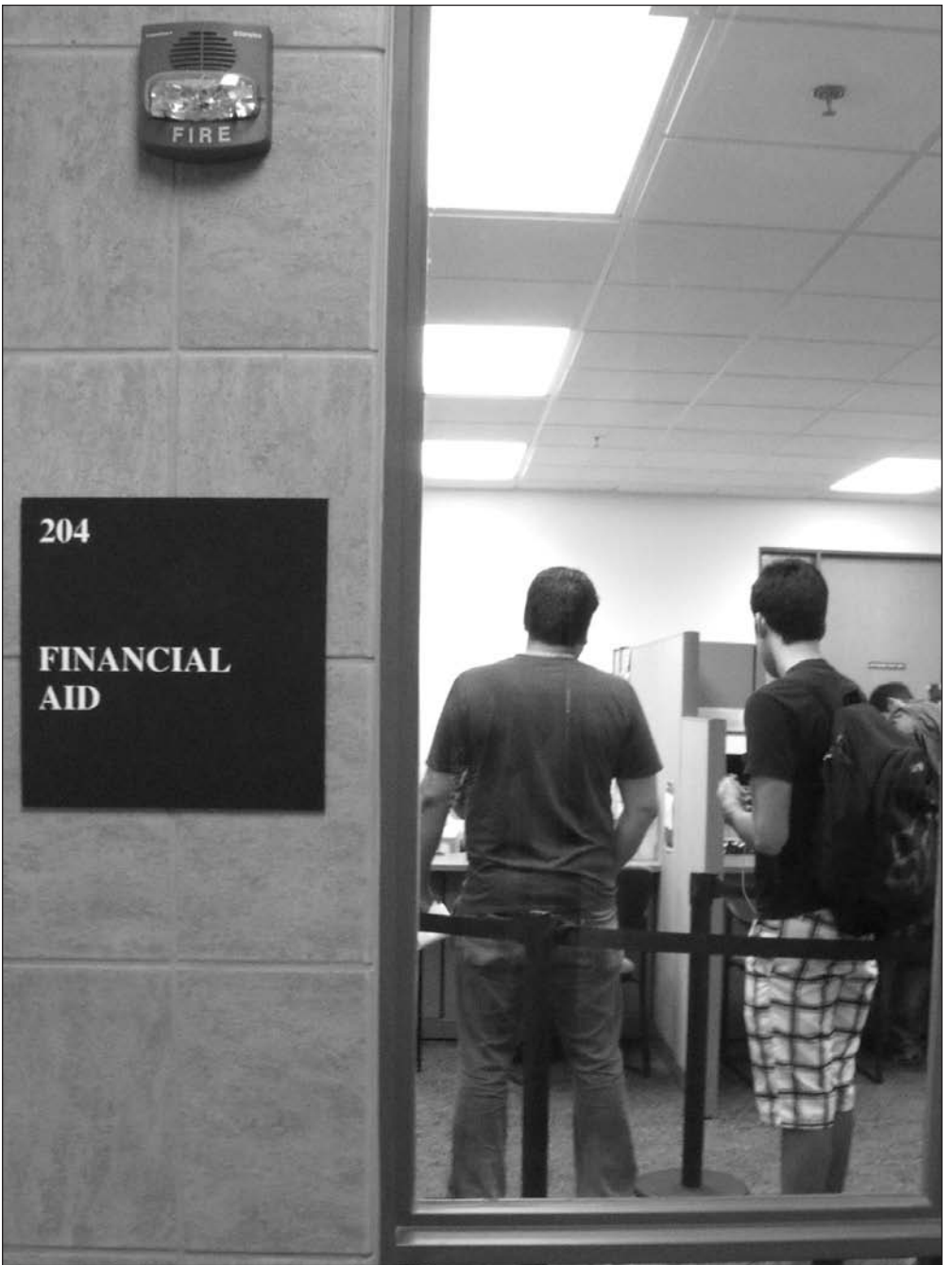
“Going forward, Parent PLUS loan borrowers will only have the standard payment option and there’s not going to be any caveat or any safety net to adjust that based on income, if they have a low income or if they have an income fluctuation or some kind of other hardship,” explained an official with the Institute for College Access & Success.

For current borrowers looking for an income-driven repayment plan, they will be able to apply for the Income-Based Repayment Plan, the Pay as You Earn Plan, or the Income-Contingent Repayment Plan. The payment amount under these income-driven plans is a percentage of the borrower’s discretionary income, and the percentage varies depending on the plan.

Students who are applying for new loans will only have one income-driven repayment plan available to them, the Repayment Assistance Plan, which will include a tiered standard plan to ensure that the loans are paid off within 10 to 25 years.

A critical loan program that was left untouched is the Public Service Loan Forgiveness (PSLF). This program forgives the remaining balance on a borrower’s direct loan after they make 120 qualifying payments while working full-time for an eligible employer.

The PSLF program was created to encourage individuals to enter and



– Photo by Alfredo Vasquez

SMARTS MONEY – The federal student loan programs offered at college and university campuses throughout the country have evolved significantly since their inception. The loan program began with the G.I. Bill in 1944 and expanded through key legislation like the Higher Education Act of 1965, which laid the foundation for today’s student loan system. At the University of Texas at El Paso, above, nearly 75 percent of all students and 88 percent of all freshmen use student loans to pay for their education.

continue in full-time public service employment. It forgives the remaining balance of eligible federal student loans after borrowers meet specific requirements including making 120 qualifying monthly payments while employed by a qualifying employer including federal, state, local, or tribal government organizations, as well as non-profit organizations that provide certain public services, like schools, colleges, and universities.

For borrowers who have student loans in default, collection on those loans presently remains on hold. Education Department officials announced recently that they are delaying plans to withhold pay from student loan borrowers who default on their payments for now. Eventually repayment obligations will be reinstated and if necessary a borrowers’

wages could be garnished and their federal tax refunds withheld.

Borrowers are considered in default when they are at least 270 days behind on payments. Borrowers with loans in default are advised to contact their loan holder to apply for a loan rehabilitation program. Through this program, borrowers are enrolled in a reduced payment plan, and, after five successful payments, wage garnishment ends.

For borrowers who have multiple federal student loans, they can combine them into a single loan with a fixed interest rate and a single monthly payment; to consolidate their loans, an online application for loan consolidation is available at studentaid.gov/loan-consolidation. The consolidation process takes about 60 days to complete.

Workers of the world aren't uniting behind the DSA

What did the country ever do to white college graduates to make them feel so disaffected from its economic and political system? The wave of socialist victories in Democratic primaries is being driven by well-educated white voters who are more extreme than the rest of the Democratic coalition.

The latest evidence is a new poll in the closely watched Democratic primary for a Senate seat

in Michigan. The AOC-endorsed, Israel-hating insurgent, Abdul El-Sayed, had momentum, but is now narrowly trailing the establishment candidate, Haley Stevens. According to a Detroit News survey, Stevens is ahead by about seven points, with demographic advantages that are very telling.

Stevens, a goofy white lady, leads El-Sayed by a 3-to-1 margin among black voters. On the other hand, El-Sayed, a person of color fully vested in the left's Third Worldist agenda, leads among white voters, 51-39%. Stevens, an establishment-aligned, center-left politician, leads among non-college-educated voters, 56-34%, whereas El-Sayed, who has been endorsed by the Working Families Party, is ahead with college-educated voters, 48-41.

The respective strengths of the two candidates run against the grain of what you might expect in a race between a conventional Democrat and a radical, yet line up with

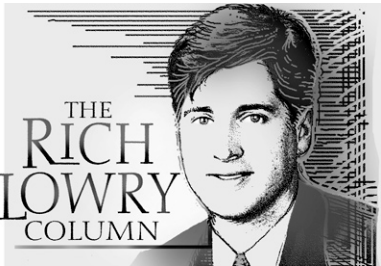
what we've seen in campaign after campaign.

Socialists may imaginethemselves the champions of people of color and of workers, but their movement is, by and large, most attractive to white associate professors of sociology that think they haven't achieved the station in life that they deserve.

It's less a proletarian phenomenon than a project of frustrated Ph.D. candidates and medium-level professionals. Because many socialist candidates have immigrant backgrounds, it can be tempting to consider the movement as fundamentally a function of immigration, when that's not true.

A 2021 survey of DSA members found that they were disproportionately white, at 85%, and disproportionately had college degrees (80%) or a higher degree (35%). This leaves them in a similar predicament to pioneering communists and socialists in Europe who talked up the prospect of a worker revolution, and then looked around the room and saw no workers, only intellectuals and activists like themselves.

The good news for DSA-aligned candidates is



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Food for thought By Dr. Glenn Mollette

Permanent Daylight Savings Time or Tulsa Time?

Anthony Independent School District Public Notice Of Non-Discrimination

It is the policy of the Anthony Independent School District to prohibit discrimination on the basis of race, color, national origin, gender, age or any person who has a disability in the admission or access to programs, delivery of services or employment.

The Anthony Independent School District is fully committed to meeting its responsibilities as specified by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; prohibiting sex discrimination, Section 504 of the Rehabilitation Act of 1973, as amended; the Age Discrimination Act of 1975, as amended; and the Americans with Disabilities Act (ADA).

Inquiries concerning your rights may be referred to Oscar Troncoso, Superintendent, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

Notificacion Publica

Es la norma de conducta del Distrito escolar de Anthony prohibir la discriminación en base de raza, color, origen nacional, sexo, edad ó deshabilidad en la admisión ó el acceso a programas, entrega de servicios ó empleo.

El distrito escolar de Anthony esta comprometido a cumplir con las responsabilidades especificadas por el Título VI del Acta de Derechos Civiles de 1964, como enmendado, el Título IX de la Enmienda de Educación de 1972, como enmendado, que prohíbe la discriminación sexual, la Sección 504 del Acta de Rehabilitación de 1973, como enmendado, la Ley de Discriminación por Edad de 1975 como enmendado, y el Acta de Americanos con Deshabilidades.

Para información tocanta a sus derechos comuniquese con el Oscar Troncoso, Superintendente, 840 Sixth Street, Anthony Texas, 79821, (915) 886-6500.

WTCC: 07-30-26

We have been seeing and hearing news about the possibility of permanent daylight savings time. Will this work better for you?

There is a song called "Tulsa Time". In the song, Don Williams sings about living on Tulsa Time. When he arrived in California, nobody wanted him in the movies and no one would sing his songs so he decided he would set his watch back to it and go on back to Tulsa time.

There are many people who

want to keep their watches set on Daylight Savings Time. They don't want to go back to Tulsa Time or set their watch back one hour in early November.

Many Americans don't like leaving work in the dark. They leave work in the dark and arrive home for a very long evening. They start quoting "Twas the Night Before Christmas," highlighting the line in the poem that reads, "Ma and I had had just settled down for a long winter's

nap." The long winter's nap starts at about 4:20 p.m. in the afternoon when darkness sets in many parts of the Central Time Zone. It's different for everyone, but darkness comes very early in December and the first couple of weeks in January. The hours of daylight are simply much shorter from November until the time changes back in early March.

One problem with making DST permanent is a very long, dark morning. In the Eastern Time Zone, there will be some areas where it will be almost 9:00 a.m. before daylight breaks. In the song title, "You'll Never Leave Harlan Alive," the sun already doesn't break until about 10:00 in the morning. This will be very difficult on the senior adults who want to be at Walmart by 5:00 a.m. Many seniors don't drive in the dark. This means Walmart will be dead until much later in the morning. In some parts of Indiana, daybreak will be at about 8:00 a.m. This is a far cry from June and July when it is very light in the morning by 5:10 a.m. or so.

Many of us would just as soon stay with the time changes. It gives us something to gripe about or to debate twice each year.

Something we ought to seriously think about are the school kids who catch the bus every morning. The potential danger to little children standing on the road waiting for a bus to pull up is something to

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1973
53
Years
2026

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King Crossword

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Public Notice

Anthony Independent School District

Special Needs Programs at Anthony ISD for the 2026-2027 School Year

Anthony Independent School District provides access to identification of children with suspected disabilities who reside within the district, beginning on the third birthday through the child's twenty-first birthday. The student may be eligible for services, at no cost, under the Individuals with Disabilities Education Act.

Services are available to all eligible children who are identified with a disability who may be experiencing difficulties in one or more of the following areas: Physical Disability, Deaf or Hard of Hearing, Visual Impairment, Deaf-Blind, Intellectual Disability, Emotional Disability, Learning Disability, Speech and/or Language Impairment, Autism, Other Health Impairment.

If you would like more information, or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, Special Education Director, at (915) 886-6509.

Noticia Pública

Aviso de Programas de Necesidades Especiales en Anthony ISD para el Año 2026-2027

El distrito escolar independiente de Anthony prove acceso a la identificación de niños can incapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta 21 años de edad. El estudiante puede seré legible para servicios, sin costo alguno bajo de Individuales con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que estén experimentando dificultades en una o más de las siguientes áreas: Incapacidad física, sordo o duro de oído, impedimento visual, incapacidad intelectual o emocional, incapacidad para aprender, impedimento de hable o lenguaje, autismo o cualquier otro impedimento de salud.

Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Anthony que no está recibiendo servicios educativos, favor de comunicarse con: Sandy Honts, Directora de Educación Especial, (915) 886-6509.

WTCC: 07-30-26

A cartoon by Mike Smith. A man in a military uniform points to a map of Vietnam on a screen. He says, "SIR, REGARDING THE WAR WITH IRAN, WE'D LIKE TO GIVE YOU A LITTLE HISTORY LESSON." Two other men in military uniforms stand behind him, looking on. The cartoon is signed "MIKE SMITH" and "DIST. BY KING FEATURES, SAN DIEGO, CA".

A cartoon by King Features. A car is driving on a road. A sign on the side of the road says "WATCH FOR ICE". A speech bubble from the car says "WHY ARE THERE 'WATCH FOR ICE' SIGNS IN THE SUMMERTIME, DADDY?..". The cartoon is signed "© 2026 BRUNCH KING FEATURES".

A cartoon by Hitch. A group of five people are shown. Speech bubbles from them say: "TIM WALZ IS RIGHT WHEN HE SAYS...", "YOU SHOULD NOT JUDGE SOMEONE BY THEIR WORST DAYS...", "BECAUSE IN WALZ'S CASE...", "HIS WORST DAYS...", "LAST FOR YEARS!". One person is holding a sign that says "MINNESOTA DEEP IN CORRUPTION AND FRAUD". The cartoon is signed "HITCH".

A cartoon by Margulies. A person is shown from the waist down, standing in a field. A speech bubble from them says "...But on the bright side, maybe this Canadian wildfire smoke kills the cyclospora stomach bug...". The cartoon is signed "MARGULIES © 2026 www.jimmydouglass.com".

Time

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consider. If it is dark, it presents a more dangerous scenario for everyone. Any change is not worth endangering one child. Maybe we should simply start school later and have one less hour of school time. Most children and staff are beat by

the end of the day. Maybe the kids' attention span would be a little better if they weren't required to sit for such a long day.

We will soon find out which time we will be living in. Will it be Daylight Savings Time or Tulsa Time?

Dr. Glenn Mollette is the

author of 15 books. He is a graduate of Georgetown College, Southern Baptist Theological Seminary, Louisville Kentucky, Lexington Theological Seminary, Lexington, Kentucky, and is the founder of Newburgh Theological Seminary, Newburgh, Indiana. His column is published in over 600 media outlets nationally.

Anthony Independent School District Division of Career and Technical Education

Public Notification of Nondiscrimination in Career and Technical Education* Programs

- 1) The Anthony Independent School District offers career and technology education programs in Information Technology Support and Services; and Business Management. Admission to these programs is based on interest and aptitude, age appropriateness, and class space availability.
- 2) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its employment, vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972, and Section 504 of the Rehabilitation Act of 1973, as amended.
- 3) Anthony Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all career and technology programs.
- 4) For information about your rights or grievance procedures, contact Fernando Garnica, at 840 Sixth Street, Anthony Texas 79821, or call (915) 886-6501.

*These programs are called "Career and Technical Education" in Texas, but the applicable civil rights laws use the term "vocational."

El Distrito Escolar Independiente de Anthony Sección de Carreras y Educación Técnica

Notificación Publica de no Discriminación en Programas Vocacionales*

- 1) El Distrito Escolar Independiente de Anthony ofrece programas vocacionales en profesiones de soporte y servicios informáticos; y gestión de negocios. Para admisión a éstos programas se basa en edad apropiada, aptitud y habilidad.
- 2) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos de raza, color, origen nacional, sexo, ó impedimento, en sus programas, servicios, de empleo, ó actividades vocacionales, tal como lo requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.
- 3) El Distrito Escolar Independiente de Anthony tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglés no sea obstáculo para la admisión y participación en todos los programas de carrera y educación técnica.
- 4) Para más información sobre sus derechos ó procedimientos para quejas, comuníquese con el Fernando Garnica, a 840 Sixth Street, Anthony Texas 79821, ó llame al (915) 886-6501.

*En Texas los programas se llaman "carreras y educación técnica," pero las leyes de derechos civiles utilizan el término "vocacional."

WTCC: 07-30-26



Moments in time

THE HISTORY CHANNEL

- On July 27, 1981, 6-year-old Adam Walsh was abducted from a shopping mall in Hollywood, Florida, and later found murdered. Afterward, his father, John Walsh, became an impassioned victims' rights activist and host of the television show "America's Most Wanted." In 2008, the Hollywood police announced that the case against confessed killer Ottis Elwood Toole was strong enough to close the investigation into Adam's death. Toole had died 12 years earlier.
- On July 28, 1942, Soviet Union premier Josef Stalin issued Order No. 227, aka the "Not one step backward" order, following German advances into Russian territory. The order stipulated that "panic makers and cowards must be liquidated on the spot. Not one step backward without orders from higher headquarters! Commanders... who abandon a position without an order from higher headquarters are traitors to the Motherland."
- On July 29, 1862, Marie Isabella "Belle" Boyd was arrested for the first time by Union troops and held at the Old Capitol Prison in Washington, D.C. A skilled

though teenage spy who provided vital information to the Confederate army during the Civil War, she eventually parlayed her experiences into a book and acting career.

- On July 30, 1956, two years after urging insertion of the phrase "under God" into the Pledge of Allegiance, President Dwight Eisenhower signed a law officially declaring "In God We Trust" to be America's official motto.
- On July 31, 1964, the unmanned U.S. lunar probe Ranger 7 took 4,308 close-up images of the moon before impacting with its surface northwest of the Sea of Clouds. The pictures were 1,000 times as clear as anything previously viewed through telescopes on Earth.
- On Aug. 1, 1782, Caroline Herschel discovered a comet after viewing it through a telescope – the first such discovery credited to a woman. Her brother, astronomer William Herschel, had discovered Uranus the year before. The first professional female astronomer, she would go on to discover seven more comets in 11 years.
- On Aug. 2, 1992, Jackie Joyner-Kersey became the first woman ever to win two consecutive Olympic gold medals in the heptathlon.

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Strange BUT TRUE

By Lucie Winborne

- The "Escape from Alcatraz Marathon," created in 1980, is an annual event designed to show that it is indeed possible to survive an escape from Alcatraz, and includes a 1.5-mile swim to San Francisco, an 18-mile bike ride and an 8-mile run.
- In the seventh century B.C., the North African Berbers played a soccer-like game as a fertility rite.
- Iceland had a cat reality show called – wait for it – "Keeping Up With the Kattarshians," in which four lucky kittens lived together in a furnished house and were filmed around the clock.
- Minority children make up 65% of all non-family abductions.
- Some police forces purposely assign at least one woman to their SWAT teams so their male counterparts will have a "den mother" to counteract some of the men's more violent tendencies.
- The first arrest resulting

from an emergency call occurred on July 8, 1937, at 4:20 a.m., when the wife of John Stanley Beard dialed 999 to report a burglar, Thomas Duffy, outside her home in England.

- It is illegal to ride an ugly horse in Wilbur, Washington.
- Of the roughly 300 million tons of plastic produced each year, half consists of single-use items.
- In France, citizens are automatically registered to vote when they turn 18 years old.
- Over the course of several decades, African American blues musician Daryl Davis made a point of befriending KKK members and questioning them about their beliefs. As of 2017, 200 of those Klansmen had given up their robes as a result.
- People who worked at soda fountains were called soda jerks due to the classic jerking motion they used to pump soda water.
- Thought for the Day: "It takes a moment to tell someone you love them, but it takes a lifetime to prove it."

– Erich Fromm

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CryptoQuip Answer

Apt car bumper sticker
used by a doctor when he
makes house calls:
"Health is on the way!"

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Public Notice
Anthony Independent School District
SECTION 504 SERVICES

The Anthony Independent School District provides the following educational services/options to identified disabled students who reside within the district.

- ◆ Child find activities to notify disabled students and their parents of the their rights and the district's obligation to provide a free, appropriate public education.
- ◆ Referrals to Section 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program.
- ◆ Placement into the Section 504 program, which means the student could receive:
 - ✓ individually planned accommodations in the regular classroom,
 - ✓ transportation services to and from school,
 - ✓ health services from the school nurse,
 - ✓ accommodations regarding access to any part of the campus, or
 - ✓ assistance in reading for students with dyslexia in a reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.

If you would like more information or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

SERVICIOS DE LA SECCION 504

El distrito escolar independiente de Anthony provee los siguientes servicios/ opciones educacionales a los estudiantes con discapacidades identificados que residen dentro del distrito.

- ◆ *Actividades para encontrar a ninos para notificar a los estudiantes con discapacidades y a sus padres de sus derechos y de las obligaciones del distrito a proporcionar una educación publica que sea gratuita y apropiada.*
- ◆ *Referimientos a la Sección 504 cuando se cree que el estudiante tiene una discapacidad mental o fisica que limita substancialmente una o mas actividades vitales importantes y los estudiantes necesitan modificaciones en su educación.*
- ◆ *Derechos legales garantizados bajo Sección 504.*
- ◆ *Evaluaciones de estudiantes para determinar si califican para el programa de la Sección 504.*
- ◆ *Colocación dentro del programa de la Sección 504, lo que significa que el estudiante puede recibir:*
 - ✓ *adaptaciones en el salon de educación regular planeadas individualmente,*
 - ✓ *servicios de transporte para la escuela y para atras,*
 - ✓ *servicios de salud por la enfermera de la escuela,*
 - ✓ *cambios que garanticen el acceso a cualquier parte de la escuela,*
 - ✓ *ayuda en lectura para estudiantes con dislexia en un programa de lectura.*
- ◆ *Se ofrecen servicios de educación especial a los estudiantes Sección 504, si los estudiantes califican para una de las discapacidades especificas bajo educación especial.*

Si usted desea más información ó sabe de un niño/niña desabilitado que vive en el Distrito Escolar de Anthony que no esta recibiendo servicios educacionales, favor de comunicarse con: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

WTXCC: 07-30-26

Anthony Independent School District
2026-2027 Meal Policy

The Anthony Independent School District announced today it will continue its policy to operate the Community Eligibility Program (CEP) under the National School Lunch Program and School Breakfast Program for the 2026-2027 school year. Schools qualifying to operate CEP serve breakfast and lunch to all children at no charge and eliminate the collection of meal applications for free, reduced-price, and paid student meals. This approach reduces burdens for both families and school administrators and helps ensure that students receive nutritious meals.

For additional information please contact the following person:

Anthony Independent School District
Attention: Tisha Villalva, Director, Child Nutrition Program
840 Sixth St., Anthony, TX 79821
Phone: (915) 886-6542; Email: tvillalva@anthonyisd.net

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: (1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

Anthony Independent School District is an equal opportunity provider.

El Distrito Escolar Independiente de Anthony
Regla de Alimentos Año 2026-2027

El Distrito Escolar Independiente de Anthony y las escuelas Anthony High School, Anthony Middle School y Anthony Elementary han anunciado hoy que continuará con su póliza de administrar el Community Eligibility Program (CEP) bajo los programas de National School Lunch Program y School Breakfast Program en el año escolar 2026-2027. Las escuelas que califican para operar CEP ofrecen desayuno y comida a todos los niños sin costo alguno y elimina la colección de solicitudes para comida gratis, precio reducido, y pagado. Este enfoque reduce la carga para las familias y los administradores escolares y asegura que los estudiantes reciban comidas nutritivas.

Para información adicional por favor comunicarse a:

*El Distrito Escolar Independiente de Anthony
con: Tisha Villalva, Director, Child Nutrition Program
840 Sixth St., Anthony, TX 79821
Phone: (915) 886-6542; Email: tvillalva@anthonyisd.net*

De acuerdo con la ley federal de derechos civiles y el Departamento de Agricultura (USDA) reglamentos de derechos civiles y políticas, el USDA, sus agencias, oficinas y empleados, y las instituciones que participan en o administran los programas del USDA de Estados Unidos tienen prohibido discriminar por motivos de raza, color, origen nacional, sexo, discapacidad, edad o represalia o venganza para la actividad antes de los derechos civiles en cualquier programa o actividad llevada a cabo o financiada por el USDA. Las personas con discapacidad que requieran medios alternativos de comunicación para la información del programa (por ejemplo, Braille, letra grande, cinta de audio, lenguaje de signos americano, etc.), deben ponerse en contacto con la Agencia (estatal o local) donde solicitaron beneficios. Las personas sordas o con problemas de audición o discapacidades del habla pueden comunicarse con el USDA a través del Servicio de Retransmisión Federal al (800) 877-8339. Además, la información del programa puede estar disponible en otros idiomas además del Inglés.

Para presentar una queja de discriminación en el programa, completar el Formulario de Queja USDA Programa de discriminación, (AD-3027) se encuentra en línea en: http://www.ascr.usda.gov/complaint_filing_cust.html, y en cualquier oficina del USDA, o escribir una carta dirigida a proporcionar USDA y en la carta toda la información solicitada en el formulario. Para solicitar una copia del formulario de queja, llame al (866) 632-9992. Enviar el formulario completado o una carta al USDA por: (1) mail: Departamento de Agricultura, Oficina del Secretario Adjunto de Derechos Civiles, 1400 Independence Avenue, SW, Washington, DC 20250-9410 EE.UU.; (2) Fax: (202) 690-7442; o (3) e-mail: program.intake@usda.gov.

El Distrito Escolar Independiente de Anthony es un proveedor de igualdad de oportunidades.

WTCC: 07-30-26

Watch out Knicks, Thunder and Spurs...

76ers make the move from pretenders to contenders

By Steve Escajeda
Special to the Courier

Last year’s NBA season was one of most interesting the league has enjoyed in quite a while.

Everybody went into the season believing that the defending champion Oklahoma City Thunder would have little trouble winning it all again.

But the young San Antonio Spurs had other things in mind and upset the Thunder in the Western Conference playoffs. And while fans around the country knew that 7-4 center sensation Victor Wembanyama was a great player; they finally got to see it with their own eyes on the league’s biggest stage.

But in the end, it was the veteran New York Knicks who won the title for the first time in 52 years. And just like the Spurs’ Wemby, everyone got to learn the name of Jalen Brunson, the little man who led the Knicks to the title.

Don’t get me wrong, the Thunder will still be title contenders next year along with the Spurs and Knicks, but could there possibly be another team to challenge these guys next season?

Well, NBA fans had better get ready for another team that hasn’t won the title in decades.

The last time the Philadelphia 76ers won a championship (42 years ago), players like Julius “Dr. J” Erving, Moses Malone, Maurice Cheeks and Bobby Jones led the team.

Oh, and in case you didn’t know, all four are in the Hall of Fame.

Though they’ve had some good teams since then, Philadelphia fans have been waiting a long time for a realistic chance at celebrating another NBA title.

A few weeks ago, the 76ers made a big splash by trading for Boston Celtics superstar Jaylen Brown. That

move alone made the team an instant contender next season.

As if that wasn’t good enough, well, apparently the 76ers weren’t satisfied.

With the announcement last week that LeBron James would join the team for his final two years in the league, the 76ers now have a lineup that rivals that 1983 title team.

Philadelphia’s new roster is made up of LeBron (4 NBA titles, 4 MVP’s, 22 All-Star games), Joel Embiid (1 MVP, 7 All-Star games, 2-time scoring leader), Jaylen Brown (1 NBA title, 1 Finals MVP, 5-time All-Star) and Tyrese Maxey (2-time All-Star, averaged over 25 points a game over the last 3 years).

Now throw in the second tier of VJ Edgecombe (16pts. a game last season), Anfernee Simons (14 pts. a game) and Dean Wade (3-point marksman). They really have a solid bench to go to when the superstars need a breather.

Naturally, there are other teams

who play great basketball, like the Boston Celtics, Detroit Pistons, Cleveland Cavaliers, Denver Nuggets, Houston Rockets and the Minnesota Timberwolves.

But this addition of Philadelphia to the top of the league, with the Knicks, Thunder and Spurs, will make the 2026-27 season just that more interesting.

The question is whether the Thunder, who have the league’s two-time MVP in Shai Gilgeous-Alexander, but have lost key role players like Luguentz Dort, Aaron Wiggins and Isaiah Joe, will drop a bit.

The Knicks have done better, keeping almost everyone including Brunson, but they did lose their best rebounder in Mitchell Robinson, who signed with the rival Celtics.

The Spurs, who are one of the youngest teams in the league, have everybody returning for another crack at the title.

And they also added 15-year veteran Tobias Harris. The 34-year-old Harris, who has averaged 16 points a game in his NBA career, gives the young Spurs some veteran leadership they desperately needed during the Finals when they lost to the Knicks.

Still, the talk of the league in a few months will be the meshing of all the great players in Philly. Too bad there is only one ball.

It’ll be interesting to see how Brown and Maxey and James, who always want the ball in their hands, will do in the “unselfish teammate” department.

If they can develop specific roles and stick to them, they have a chance to be awesome.

And let’s be honest, Brown did take a backseat to Jayson Tatum in Boston, and LeBron did play Robin to Luka Doncic’s Batman in L.A., so it could happen.

During our nation’s 250th birthday, why not the 76ers?

Senior momentBy Matilda Charles

Avoiding Covid... still

“It’s gone! There is no more Covid!”
“It’s completely gone!”
Well, no.

I heard this exchange in the store today and had to step in. I’m probably the only one who is still, after six years, tracking local cases of Covid on a weekly basis. And the truth, as I explained to the two ladies in the store, is that Covid is still out there.

As of this writing, Covid is launching again in three states, declining in 34 states, and remaining the same in 12 states, while actually circulating to some degree in all 50 states.

It’s not likely that a worldwide pandemic will explode again like it did in 2020. After all, so many people have taken the vaccines and still have a tiny bit of immunity left over from that.

The keyword there, however, is tiny. And that immunity is waning more by the month.

In other words, it is possible to get Covid now, despite prior shots and despite there not being a huge number of cases at the moment. It’s summer, people are traveling and the three states with the growing number of cases are tourist hotspots.

While we don’t need to monitor our potential exposure every single minute like we did when Covid was raging around the world, we do need to acknowledge that over 800,000 seniors died of Covid – and take care of ourselves. Some steps:

- Identify which stores are likely to have test kits in stock should you need to replenish your supply;
- Wear a mask if you’re going to be in a crowd;
- Ask your doctor if you need a booster; and
- Wash your hands and use hand sanitizer.

According to WHO (the World Health Organization), in the past four weeks there have been 246 Covid deaths around the world; 202 of them were here in the United States.

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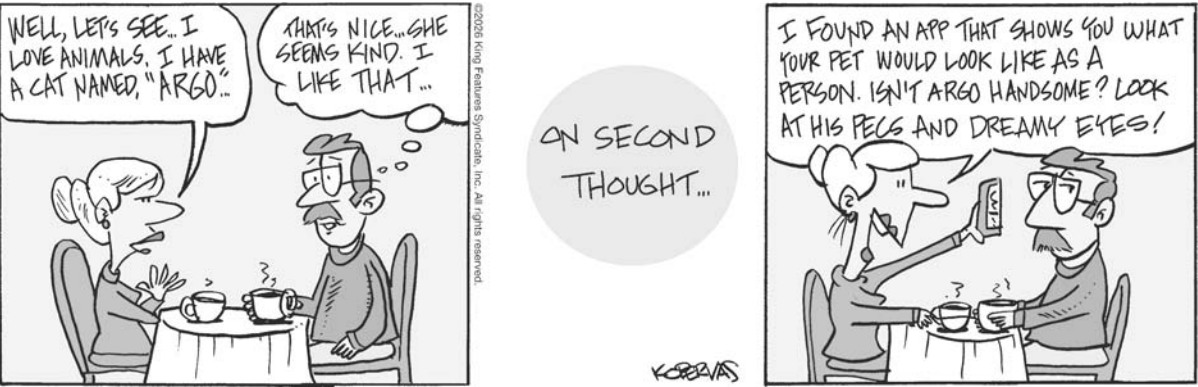
CHARGING JOE			ACROSS		
1	Reserves of stock	61	Check cashier, e.g.	sum of	Hall University
9	Person applying a mail stick-on	62	Pre-2001 space station	122 Thief's activity	35 Smaller than large
16	Understands	63	With 45-Across, informed on the latest	123 Uno + dos	38 Lens aperture setting
20	Actress Palicki of "Friday Night Lights"	67	Lacking living organisms	124 Some tax cheats	39 Russo of "The Intern"
21	Popcorn personage Redenbacher	69	Shampoo brand	125 Lays out for proofing	40 Hi-tech movie effects
22	Out of the wind, nautically	71	Vidal _ (shampoo brand)	DOWN	
23	Start of a riddle	73	Some till bills	1	Cries loudly
25	Watson of "Little Women"	74	Helium, e.g.	2	Like a one-off committee
26	Was bested	76	Dot in the ocean	3	Fail suddenly
27	Rug threads	78	Fife sound	4	Purring baby
28	Emo of zany comedy	79	Riddle, part 4	5	Precept
30	Crafty plans	82	Pong producer	6	"Warzone" singer
34	Amaz of "I Love Lucy"	86	Tart's cousin	7	Wildbeest
35	Have in mind	87	Capote, to his pals	8	Narcissist's love
36	King, in Paris	88	"The First 48"	9	People crying loudly
37	Riddle, part 2	89	Ricky Martin's old boy band	10	Maple fluid
41	Unhappy	91	"Sir," in colonial India	11	Greed for wealth
44	Almonds, e.g.	95	"Hey there, tiger!"	12	Russian-built fighter jets
45	See 63-Across	97	Wee child	13	Arafat's gp., once
46	Jamaican music genre	98	End of the riddle	14	Formed a secret union?
47	Alpine climber's tool	102	Yoga chants	15	Ginger's trait
49	Extra NFL periods	103	Loosen up	16	Scottish Celt
51	Actress Long of "Missing"	104	Tolkien trilogy initials	17	Suburb of Phoenix
53	Nobelista Bohr	105	To some degree	18	Pertaining to time
54	Riddle, part 3	109	Popular rum brand	19	Ocean coasts
60	"The Taking of _ 123" (2009 film)	111	Swindling guy	24	"White Flag" singer of 2003
		113	Really ruin	29	Have in mind
		114	Scraped (out)	31	Tailless feline breed
		115	Riddle's answer	32	Aussie bird
		120	Give for a while	33	New Jersey's _
		121	Determines the		

Super Crossword																		
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67							68		69				70		71		72	
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98							99						100				101	
102					103					104					105			106
109				110					111					112			113	
114						115		116							117	118	119	
120							121							122				
123															125			

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

that college-educated white people are very reliable voters who can make a big difference in the kind of low-turnout primaries where anti-establishment, left-wing candidates thrive. A recent analysis in The New York Times noted that Zohran Mamdani-endorsed socialist Darializa Avila Chevalier defeated Rep. Adriano Espaillat in a marquee New York City congressional primary while winning high-education and higher-income areas; Espaillat, in contrast, won in majority-Hispanic and lower-income areas.

Another Mamdani pick, Brad Lander similarly wiped up in high-income and high-education areas while crushing Rep. Dan Goldman, whose strong performance in low-income parts of the district didn't save him. Socialistic economics may have appeal to working-class voters in theory, but the DSA couples its economics with extreme views on cultural issues that have very little appeal with non-college-educated voters. Tax the rich? Sure. Transcend the gender binary? No,

thanks – whatever that means.

That the average black Democrat is more moderate and pragmatic than the average white Democrat may prove the ultimate check on whether an AOC-type candidate can claim the big prize of the Democratic presidential nomination in 2028. It's one thing to appeal to the so-called Commie Belt in New York City, the young, highly educated, diverse neighborhoods in Queens and Brooklyn that so strongly backed Zohran Mamdani; it's quite another to win over the older, religious African American voters in, say, South Carolina's I-95 Black Belt.

In the 2020 primaries, Bernie Sanders ran a campaign of great verve and ideological energy, while Joe Biden stumbled from one early setback to another – yet, black Democrats decided that the former vice president was the safer choice, and that was the end of Sanders. In short, the workers of the world may one day unite, but not behind a socialist vessel for the grievances of ideologically exotic, college-educated white people.

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

Hemicrania continua is often missed by doctors

DEAR DR. ROACH: My future son-in-law was diagnosed with hemicrania continua several weeks ago by a neurologist and is responding to indomethacin. Could you provide a prognosis for this illness? The internet says that it can take anywhere from weeks to months to years. Is this likely the case? -- M.I.L.



Hemicrania continua is an unusual type of headache syndrome. It's often misdiagnosed, with 50% of people not receiving a correct diagnosis for eight years. The pain is on one side of the head (hence "hemicrania"), and the pain severity can be high, with over 70% of sufferers describing the pain as "excruciating."

Although the pain can come and go, most people have or develop continuous unrelenting pain (hence the "continua"). In some people, these episodes of continuous pain can last for weeks or months and are followed by a pain-free period. This condition is usually diagnosed and managed by a neurologist.

The bad news for your future son-in-law is that most people have this condition not merely for months or years but for the rest of their lives, so they need indefinite therapy. The good news is that people who respond to indomethacin tend to keep responding to it.

Almost 50% of people were able to decrease their dose of indomethacin -- a potent but somewhat toxic anti-inflammatory drug that can affect the stomach and kidneys. Many people need medicine (such as ranitidine) to protect their stomachs. People who can't tolerate indomethacin have other options such as melatonin, the anti-seizure drug topiramate, or nerve blocks.

DEAR DR. ROACH: I read your recent column on dry age-related macular degeneration (AMD) and the AREDS2 vitamin and mineral supplement. I'm taking a generic version of them, even though my ophthalmologist (who's a board-certified retina specialist) says that mine's in the early stages and that AREDS are only useful in later stages. But he says that there's no harm in taking AREDS before then, and perhaps it'll do some good. I'm also taking a saffron extract, which appears to be the only thing that clinical studies have found to help during the early stages. I wonder if you have any thoughts on this. -- B.S.

There was a randomized, controlled trial on saffron for mild to moderate AMD in 2019, and saffron did show modest but statistically significant improvements compared to a placebo. People who took saffron had small improvements with visual acuity (both people who were and weren't taking AREDS supplements benefited from saffron), as well as improvements with sophisticated measurements of retinal activity.

Since there weren't any significant side effects, and there's an added benefit on top of the AREDS supplements, saffron is a reasonable treatment. The dose that was studied was 20 mg per day, and I found it easily available at reasonable prices.

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.



YOUR Gift

IS A WAY TO CONQUER LUNG DISEASE

Find out how you can help ...

www.texaslung.org

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA



Moore Texas by Roger MOORE
July 28, 1933: W.E. Morris becomes the first farmer to get paid for plowing up his crops.

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: E equals T

VSE WVL OPUSDL REFWGDL
PRDM OH V MJWEJL XCDT CD
UVGDR CJPRD WVQQR:
“CDVQEC FR JT ECD XVH!”

Answer Page 4

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Weekly SUDOKU

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging
♦♦♦ HOO BOY!

Answer Page 4

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Getting community care



by Freddy Groves

The VA spent over \$36 billion on community care in fiscal year 2025, and it appears to be money well spent.

The expenditures were courtesy of the 2018 MISSION Act, which lets veterans get their care out in the community from non-VA health care providers – with the VA picking up the tab. Added to that in 2025 was the Dole Act (more specifically, the Senator Elizabeth Dole 21st Century Veterans Healthcare and Benefits Improvement Act), which lets veterans seek care in the community without frequent medical reviews or permissions from VA medical staff.

It used to be that veterans had to get a new referral every 90 to 180 days to keep getting care out in the community. Now, for 30 categories of care – pulmonary, dermatology,

podiatry and endocrinology, as a few examples – new referrals will only be needed once a year.

Veterans in three states in particular benefited from that money: Texas at \$3.3 billion, Florida at \$2.8 billion and California at \$2.1 billion.

If you’ve already been getting community care, find out from the community care office at your VA medical facility where in the permission and referral cycle you are so you know in advance when the next one will be required. Since most of the medical categories will only need a yearly referral, get your schedule in writing so there isn’t a problem at the last minute with an expired authorization.

If you need medical treatment that the VA doesn’t provide, or if the wait times at your local VA hospital are too long, or if the driving time to your VA hospital is too long, you might qualify for community care. To get specifics, call the community care office for

an initial referral. If you already have a community care provider in mind, find out whether they are part of the VA network before you get care from them to be certain the VA will pay for it.

To learn more about getting medical care in your own community, go to department.va.gov/vha/community-care.

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• To keep the kids’ sight word skills fresh over the summer, we are playing sight word bingo practically every day now. It was really easy to make and laminate bingo cards. And I use the flash cards we got from school to “call” the words. Bingo is a win-win!

• “Potluck parties and leftovers: Is there too much food left at the end of the party? When throwing a potluck, make sure you remind your guest to bring some take-home containers. Havethemfixafewcontainers of “seconds” and store them in a big cooler by the front door. Hang a few take-out bags on the doorknob and your pals won’t forget to take their goodies home!” – M.W. in Florida

• Kids clamoring about whose turn it is? No fear. You’ve got the solution in your desk drawer. Simply write each child’s name on a self-stick note, and stack them. The kid on top takes the first turn, and then peels his or her name off and moves it to the bottom. Easy peasy.

• Going on a road trip this summer? Check your tire pressure to save money. Maintaining the correct tire pressure can have a direct effect on how many miles you get to the gallon. It can save you in everyday driving, but it really adds up when traveling longer distances. Check your car’s manual for the correct pressure. Or, some cars have a sticker in the door well or glove box with that information.

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.

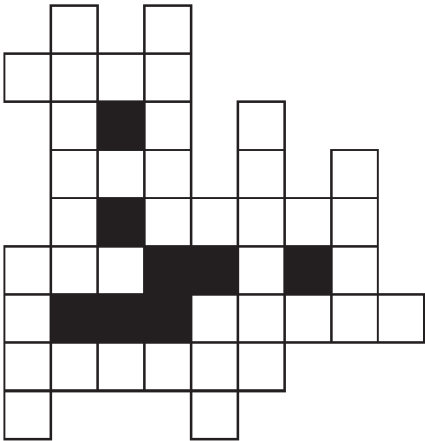
Answer Page 4

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	+		-		= 7			
+		+		+				
	+		×		= 42			
-		÷		×				
	+		×		= 72			
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3		13		45				
1	2	3	4	5	6	7	8	9



- EOJ
- APEKYD
- ♥ASKET
- KAOR
- DISOAR
- ♥ITP
- RJKE
- ♥UPEQI
- ♥EDO
- SUTRUA
- PLUJE
- ♥EPAS



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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