



Shumate swaps Segundo Barrio streets for degrees

A story of survival and motivation

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Growing up in El Paso’s Segundo Barrio in the 1950s was tough for Dr. Harold Shumate. From the time that he was about six years old to his twelfth birthday, he survived with the help of his friends’ mamas and abuelitas, he recalled as he recently talked about his rise to becoming a psychiatrist.

There were times when he would sleep at his friends’ front porches; sometimes in the wintertime, he even slept in their doghouses, Shumate related. He was pretty much a homeless kid, he acknowledged.

“I had parents, who were from Arkansas and with me and my two younger brothers moved to El Paso to look for work. They settled into a small apartment near the Segundo Barrio neighborhood,” Shumate said. “But I didn’t want to be at home because my parents were alcoholics, and they were always beating me,” he recalled.

“It seemed that I was always getting into fights. I was kicked out of Clardy Fox Elementary School and Guillen School because of it,” he acknowledged. “So, I hung around with guys whom I knew had moms and abuelitas, who felt sorry for me and fed me.”

This was the beginning of a tumultuous upbringing for an individual who would eventually earn five post graduate degrees: an associate’s degree in law enforcement from El Paso Community College (EPCC), a Bachelor of Arts degree in Business Administration & Accounting and a master’s degree in Secondary and Adult Education from the University of Phoenix, a master’s degree in Pre-requisite to Psychology from the University of Maryland, and a doctorate degree in Psychiatry from the University of Houston.

The turning point for Shumate was when his father got a job as a mechanic and moved his family to the Westway colonia in the Upper Valley. The young Shumate was entering junior high school about that time, he said. “I started going to Canutillo schools, and I started playing sports. I played football and ran track. I was especially good at long distance running events.”

At Canutillo High School is where he met Julius

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– Photo by Alfredo Vasquez

BUSINESS ABUZZ – After a successful career, Dr. Harold Shumate, above, likes to spend his retirement promoting his organic raw honey, as well as going camping and hunting. He sells his honey products at weekend farmers markets that are held throughout El Paso County’s Upper Valley.

Distracted driving, speeding, put school children at risk

By Jeff Salzgeber
Special to the Courier

TEXAS – More than 3,200 traffic crashes occurred in school zones or involved school buses in Texas last year – an increase of 12% from 2024 to 2025. As kids across the state head back to school this month, Texas drivers should be paying extra attention in school zones.

School zones can be chaotic places, with people in a rush and children not

always watching for cars while they hop on and off buses or in and out of cars. Drivers can become impatient or distracted, which leads to mistakes.

In 2025, there were 877 traffic crashes in Texas school zones as well as 2,358 collisions involving school buses. Distracted driving and speeding were the most common contributing factors in these crashes. While drivers need to be alert, parents and guardians should teach their kids ways to stay safe when walking or biking to school.

Tips for driving in school zones:

- Look for flashing school zone lights in the morning and afternoon and obey school zone speed limits. Traffic fines increase in school zones.
- Stay alert and put your phone out of reach. Using a handheld electronic device while driving in an active school zone is against the law.
- Stop and yield the right of way to pedestrians and other vulnerable road users in crosswalks. The Lisa Torrey Smith Act of 2021 protects people in crosswalks and enhanced the penalties for failing to follow the law. Seriously

injuring someone who is lawfully in a crosswalk is now a state jail felony.

- Know where to go. Drop off and pick up your kids in your school’s designated areas, no where else.

- Be on the lookout for children gathered at bus stops.

- Watch out for kids who might dart across the street or between vehicles.

Tips for sharing the road with school buses:

- Follow school buses at a safe

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The Iran War is eating Trump’s presidency

An Iran war that was supposed to be brief, and then was supposed to be over, is imposing an increasing price on Donald Trump’s presidency.

We’ve seen a second term of a Republican administration go this way before. There are distinct

echoes of George W. Bush’s Iraq War – the conflict that Trump has long excoriated –in the president’s predicament.

Now, the Iran War is different from Iraq. There is no ground invasion, no regime change, no occupation, no counterinsurgency. The casualties aren’t close to the same scale, and Donald Trump has been fighting Iran for months, whereas George W. Bush was embroiled in Iraq for years (and so were his successors).

Yet, the political trajectory looks similar. Then, as now, an unpopular conflict is putting downward pressure on a Republican president’s approval rating.

Mainstream pollsters routinely have Trump’s approval rating below 40%, and some put it below 35%;

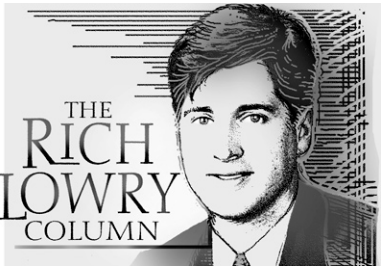
Fox News has him at 39%, while CNN (34%) and AP (33%) are lower.

At this juncture of Bush’s second term, his average approval rating was a comparable 38%, although he had further to fall as the war continued and the financial crisis hit.

If the Iran War is not exacting nearly the same price in blood and treasure as the Iraq War, it is inflicting a direct economic cost on Americans that wasn’t present during the Iraq war.

It was often said of violent clashes in the streets of the U.S. in the 1960s, “The Vietnam War has come home.” Well, the Iran War came home the first time the average price per gallon of gasoline went above \$4. Trump would have much more leeway to engage in a protracted operation to bring Iran to heel if the public could, in effect, forget about the war for a while, but there’s a reminder every day of what’s happening in the Strait of Hormuz on gas signs across America.

In the CNN poll, 28% approve Trump’s handling



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Shumate

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Lowenberg, a well-known coach throughout El Paso County and who was Canutillo schools’ athletic director at the time. “Coach Lowenberg took me under his wing and made sure I went to class and showed up for practice. He really was the one who straightened me out. He helped me set goals and taught me the value of hard work,” Shumate said.

Excelling in track at Canutillo High School motivated him to continue running in college. After graduating from high school, he decided to return to Arkansas to live on his grandparent’s small farm and enrolled at the University of

Arkansas at Little Rock. There, he was able to join the track team and performed well enough to qualify for the Olympics training and trials program in Colorado Springs. “I did okay but I couldn’t compete with runners like Jim Ryan and Dave Waddle (both world record holders),” Shumate noted.

After two years in Arkansas and needing to earn a living, he returned to the Canutillo area. He worked at a variety of jobs from picking onions, baling hay, to training horses. Eventually, he enrolled in the law enforcement program at EPCC, where he earned his certification. Soon after that he was hired as a deputy for El Paso’s Sheriff’s Office.

Looking to earn more money, he took a job as an assistant

manager with a truck stop along Interstate-10 in Horizon City and after a few months he became manager. About five years passed, then he was offered a managerial position and more pay with Petro’s El Paso Truck Terminal on I-10 and Airways Blvd.

Meanwhile, Shumate married his girlfriend, Peggy, had a daughter, Connie, and built a house on a five-acre piece of land in the Canutillo community. “I was always working, trying to make as much money as I could, wanting to provide my family with everything,” he stated.

It was about this time that Shumate switched jobs again and went to work for W. Silver, whose metal recycling plant was located in downtown El

Paso back then. At the same time, he agreed to help a business acquaintance run a truck stop located off I-10 in Vado, New Mexico.

Shumate said that while doing both jobs, he learned a lot about running a business. So much so that one of the W. Silver customers enticed him with a job running a similar operation in Ciudad Chihuahua, Mexico. He said that he moved to Chihuahua City and remained there for nearly four years.

Everywhere he went, wherever he worked, Shumate found time to enroll in college courses via the Internet. That is how he completed the University of Phoenix course work for his business and education degrees.

Upon returning from Mexico, he delved into owning a business. First, he started an ambulance service. He ended up turning it over to an investment partner. Then he went into the restaurant business and had two locations in central El Paso. He was able to build up the clientele and sold them for a nice profit, he stated.

Throughout this time, he would take online courses. He was interested in psychology, so he pursued a master’s degree and earned one from the University of Maryland. This led him to complete a doctorate program in psychiatry, which was offered by the University of Houston.

By this time, Shumate was

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1973
53
Years
2026

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Canutillo ISD pursues boosting teacher salaries

By Gustavo Reveles
Special to the Courier

CANUTILLO – More high-performing teachers in the Canutillo Independent School District (CISD) will have the opportunity to earn thousands of dollars of extra pay during the 2026-27 school year, thanks to the renewal and expansion of the District’s Teacher Incentive Allotment program.

The Texas Education Agency (TEA) has announced that CISD’s application to renew and expand its Texas Teacher Incentive Allotment, or TIA, program was approved for the current school year.

TIA rewards outstanding classroom teachers with state-funded compensation based on demonstrated instructional excellence and student growth. Canutillo educators can earn supplemental compensation ranging from approximately \$4,500 to more than \$18,000 annually, depending on their designation level and campus assignment.

The program is designed to recognize, recruit and retain highly effective teachers while ensuring students have access to exceptional instruction.

“This is a win for our teachers and a win for our students,” Superintendent Dr.

Josue Borrego said. “The Teacher Incentive Allotment recognizes excellence where it matters most – in the classroom. We are proud to celebrate educators who go above and beyond every day, and we’re excited that even more Canutillo ISD teachers will now have the opportunity to earn this well-deserved recognition and additional compensation.”

More than 150 Canutillo ISD teachers, representing more than half of the District’s classroom educators, have already earned TIA designations and currently receive additional compensation through the program.

Expansion of the program to include educators of fine arts, world languages and career and technical education means over 90 percent of the District’s teachers are eligible.

Teachers earn a TIA designation by demonstrating exceptional classroom performance through an evaluation system that measures instructional effectiveness and student academic growth. Those meeting the performance standards may receive a state designation that generates additional funding for teacher compensation for multiple years.

“Great teachers change lives,” Borrego said. “Every dollar we can invest in recognizing and retaining exceptional educators is ultimately an investment in the success of our students, their families and the future of our community.”

King Crossword

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Average Solve Time 25 Minutes

ACROSS

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8 Scoff

12 Rx overseer

13 Classic theaters

14 Bohemian

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17 Pinta's companion

18 MSN rival

19 Acapulco native

21 NAACP co-founder

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24 Collection

25 _ Cruz Kayne of

"Barbie"

26 D.C. baseballer

28 Serious

32 Overlook

34 Inherited

36 "Little Caesar" role

37 Group spirit

39 Rug cleaner, briefly

41 Buddy

42 Felon's flight

44 Arctic shoe

46 Bitter orange

liqueur

50 French monarch

51 Unsigned (Abbr.)

52 All-important

56 Male deer

57 Notes after "do"

58 Bird (Pref.)

59 Harboring a

grudge

60 "I'm a klutz!"

61 Napkin's perch

DOWN

1 Cpl.'s subordinate

2 Wyo. neighbor

3 Utensil made from

a gourd shell

4 Sturdy fabric

5 Billboards

6 Euclidean subj.

7 Relaxes

8 Custodian

9 Rocker Clapton

10 Sicilian volcano

11 Vanna's "Wheel of

Fortune" colleague

16 "_-hoo!"

20 Crosses (out)

21 Title for Judi Dench

22 One

23 Droop

27 "Mazel _!"

29 Scripture-based

30 Beige

31 Castle

33 Singer Knowles

35 Highland hat

38 Pouch

40 Actress Jamie Lee

43 PC shortcut

45 Japanese pond

carp

46 Mama _ Elliot

47 Golden Rule word

48 Den noise

49 Black-and-white

cookie

53 Little rascal

54 Hollywood's

Gardner

55 Sass

Answer Page 4



EL PASO COUNTY
• HOUSING AUTHORITY •

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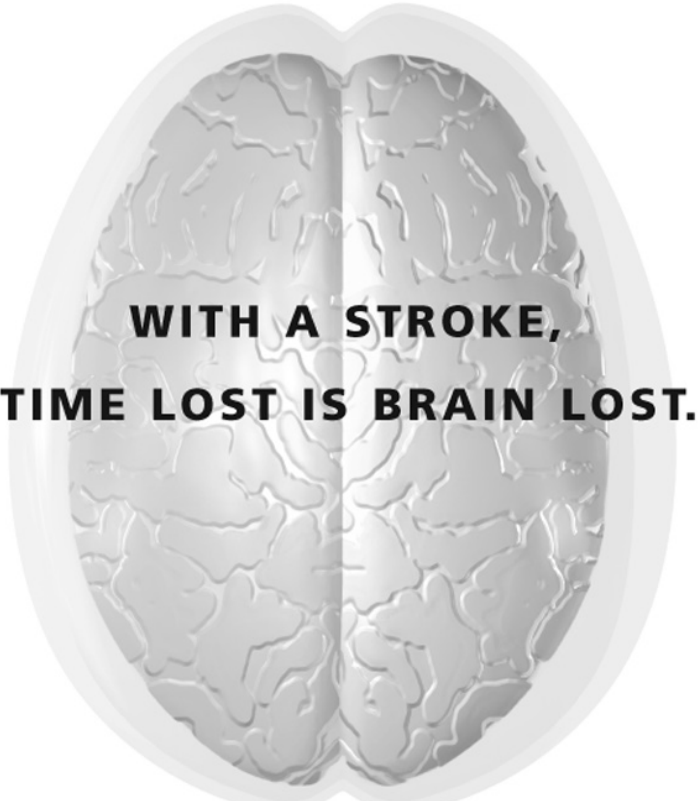
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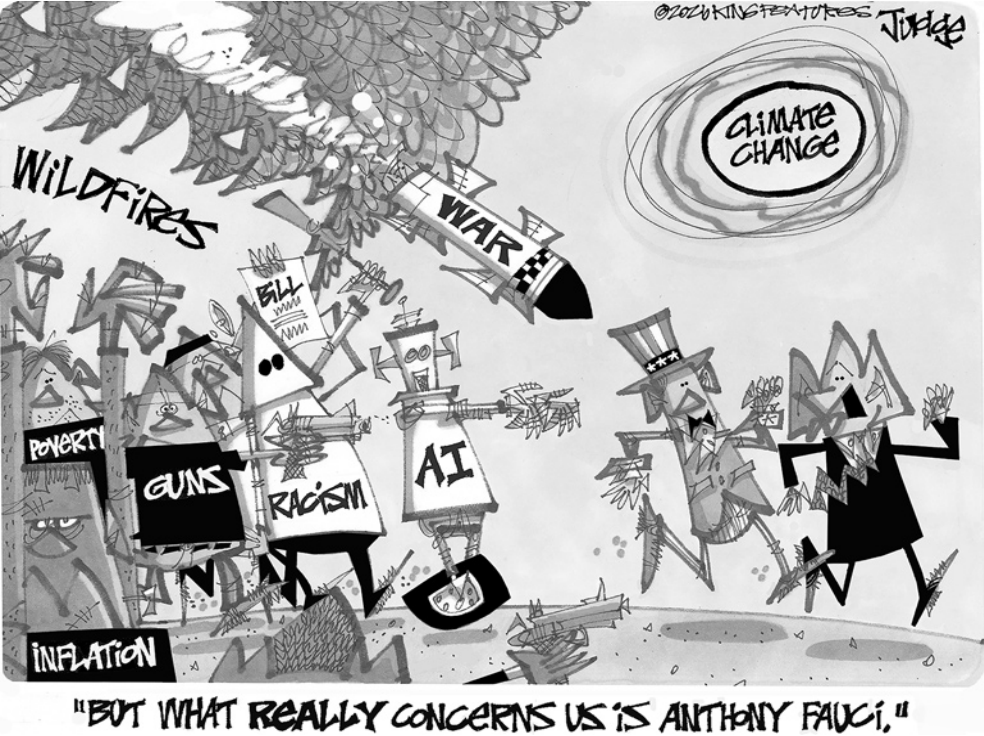
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– Photo courtesy El Paso Community College

HOMAGE – Graduates of the EPCC Vocational Nursing hold lamps as they recite the Nightingale Tribute.

45 EPCC students graduate as nurses

ByBeau Bagley
Special to the Courier

EL PASO COUNTY – It’s a summer of firsts for the El Paso Community College (EPCC) Nursing Program. The program hosted the Summer 2026 Vocational Nursing (VN) and Licensed Vocational Nursing

(LVN) to Associate Degree of Nursing (ADN) Transitions Pinning Ceremonies at the Administrative Services Center. The VN program celebrated 14 graduates, while the new LVN to ADN transitions program celebrated 31 graduates.

“This marks the summit of a mountain you

See NURSES, Page 5

Driving

From Page 1

distance. Remember they make frequent stops.

- Keep an eye out for children exiting the bus and crossing the street.

- Stop for school buses. Do not pass a school bus if you see flashing red lights or an extended stop sign, regardless of which direction you’re headed, unless the bus is on the opposite side of a divided highway. Continue once the bus has moved, the lights stop flashing or the bus driver signals it’s okay to pass.

- Violations can result in a fine of up to \$1,250 for a first offense.

Tips for children walking or biking to school:

- Use sidewalks. If there’s not one, it’s best to walk on the left side of the street, facing traffic.

- Cross the street only at intersections or crosswalks. Wait for the walk signal and look left, right and left again before crossing.

- Pay close attention to crossing guards and obey their instructions.

- Make eye contact with drivers before crossing the street. Never assume a driver

sees you.

- Always wear a helmet when riding a bicycle or scooter.

- Stay alert. Phones or other devices are distracting and can take your eyes and ears off the road.

The information contained in this report represents reportable data collected from the Texas Peace Officer’s Crash Report (CR-3). This information was received and processed by the department as of June 30, 2026. To view additional traffic safety data, visit TxDOT’s Traffic Safety Data Portal online.



Moments in time

THE HISTORY CHANNEL

- On Aug. 10, 30 B.C., Cleopatra, queen of Egypt and the lover of Julius Caesar and Mark Antony, died by suicide – according to legend, by the bite of a poisonous snake – after her forces against Octavian, Rome’s future first emperor, were defeated.

- On Aug. 11, 1984, President Ronald Reagan made a controversial quip while he tested a microphone prior to a scheduled radio address, saying, “My fellow Americans, I am pleased to tell you today that I’ve signed legislation that will outlaw Russia forever. We begin bombing in five minutes.” His approval rating suffered a slight drop, but he went on to serve a second term.

- On Aug. 12, 1964, Charlie Wilson, part of the group responsible for the 1963 Great Train Robbery, one of the biggest thefts of its kind, escaped from the Winson Green Prison in Birmingham, England, with the aid of several men who broke into the facility for that express purpose. He was not recaptured until 1968.

- On Aug. 13, 1995, former New York Yankees star Mickey

Mantle died of liver cancer in Dallas at the age of 63. At the time of his passing, he held many World Series records, including most home runs.

- On Aug. 14, 1585, England’s Queen Elizabeth I refused sovereignty of the Netherlands to avoid a commitment to war with Spain, fearing financial losses and a dangerous precedent of supporting subjects in rebellion against their rightful monarch, Philip II of Spain.

- On Aug. 15, 2021, two weeks before American troops were set to officially withdraw from Afghanistan, Taliban leaders entered its capital, Kabul, and reclaimed power with little resistance. Video footage documented chaos during and after the withdrawal, including scenes of the Taliban celebrating with gunfire and frantic citizens chasing and clinging to departing American military planes.

- On Aug. 16, 1942, a Navy blimp flying over San Francisco Bay, searching for Japanese submarines, crash landed on a street in nearby Daly City. Though rescuers raced to the scene, they found only an empty ship, with no sign of its two pilots. Their disappearance remains unsolved.

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Strange BUT TRUE

By Lucie Winborne

- Masculine features are more attractive to a woman during her ovulation cycle, while softer, nurturing-looking features are preferred at other times.

- NBC’s “Saturday Night Live” has won more Emmys than any other TV show.

- The verb “lynch” is generally believed to have originated with Virginia landowner Charles Lynch, who during the American Revolution conducted unauthorized trials and punishments outside the formal court system.

- According to Greek mythology, the Milky Way formed when the goddess Hera spilled milk across the night sky.

- The irresistible desire to steal books is known as bibliokleptomania.

- In the popular 18th-century “Flying Boy” experiment, English scientist Stephen Gray harmlessly electrified a boy suspended by silk cords, astonishing audiences as the boy’s hair stood on end and sparks flew from his nose.

- Multiplication tables are

also called the “Table of Pythagoras,” after the Ionian Greek philosopher and mathematician.

- Chewbacca’s voice in “Star Wars” was created by mixing the sounds of bears, lions, walruses and badgers.

- The University of Bologna, Italy, which was founded in 1088, is the oldest university in Europe. The term “university” was coined at its creation and it is still considered a leader in European university systems. Its notable alumni include Pope Innocent IX and Copernicus.

- The first acoustic guitars made hundreds of years ago had four, as opposed to six, strings.

- Doctors leave sponges and other medical devices inside of their patients about 6,000 times a year.

- Some critics theorize that zombies gnaw on humans because their warm flesh may have to do with a virus needing fresh DNA or some parasitic microorganism that receives a form of nourishment from live blood cells.

Thought for the Day: “In nothing do men more nearly approach the gods than in giving health to men.”

– Marcus Tullius Cicero

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CryptoQuip Answer

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Nurses

From Page 4

all climbed together; through tears, sweat, and unwavering purpose,” Nursing Assistant Professor, and LVN to ADN Master of Ceremonies, Siobhan Payne, said. “Standing here is more than an achievement; it is proof of your resilience and an enduring commitment to the art of healing.”

“One year ago, we walked into this program, not knowing who we would become,” VN Student Nursing Association President Celeste Potter said. “We traded sleep for study sessions, we questioned ourselves after difficult exams and learned that coffee is technically not a food group, though we treated it like one. Now let’s go make a difference.”

Transition students transferred their LVN courses to the ADN program under the Texas Nursing

Articulation Plan, to become eligible to take the National Council Licensure Examination for Registered Nurses (NCLEX-RN).

“On behalf of the graduating class, we want to express our deepest gratitude to all the instructors and staff,” Nursing Graduate Yarasel Valerio said. “Thank you for believing in us, for challenging us to grow, for leading with compassion, respect and for never giving up on us – even when we wanted to give up on ourselves.”

The ceremonies included a pinning ceremony, marking the official transition from dedicated student to professional nurse, traced back to Florence Nightingale, who awarded her graduates ‘badges of courage’ to recognize their commitment to the sick and the suffering. Nightingale was nicknamed “The Lady with the Lamp” because each night, she would walk her rounds, her way lit by the gentle glow of her lamp. This wasn’t just about seeing in the dark; it was a quiet act of care, a promise that someone would be there, even in the darkest hours. This was presided over by the El Paso Nurses Honor Guard.

Also awarded was the Daisy Award, a global recognition program established in 1999 by the family of J. Patrick Barnes who were touched by the compassion and clinical excellence shown by nurses who cared for their son, to an ADN faculty member and/or student. The LVN Daisy Award winner was student Grace Arteaga. The ADN EPCC Daisy Award winner was Andria Arreola, nursing instructor, from the faculty. Arreola has dedicated 16 years to serving students at EPCC and will serve as the Vocational Nursing Program Coordinator starting Fall 2026.

Visit www.epcc.edu/Academics/Health/Nursing for more information on the EPCC Nursing program.



– Photo courtesy El Paso Community College

KUDOS – Graduate Grace Arteaga was honored with the Daisy Award during the Vocational Nursing Pinning ceremony.

Shumate

From Page 2

divorced and lived alone in an up-scale Upper Valley home. That’s when a representative with a psychiatric clinic in Phoenix, AZ contacted him and invited him to apply for a psychiatrist position, which he did. Shortly afterwards, he was hired and remained working in Phoenix for the next 10 years until 2024.

Now, at age 78, Shumate is retired and lives with his dog, Nick, on his Upper Valley property. Because he can’t sit still, he said that he immediately began a new venture... this time as a beekeeper. Almost every weekend, he can be found selling his homemade, organic raw honey at farmers markets held throughout the Upper Valley.

Shumate explained that he has about 300 beehive boxes placed strategically along the Rio Grande throughout the Upper Valley. He said that farmers let him place his beehives on their property because the bees help their plants.

On any given Saturday or Sunday, Shumate works at his wild honey stand, ready to extol the health benefits of honey to whoever has time to listen. He has developed his honey products so much so that he offers an array of flavors, like mesquite honey, sunflower honey, red chile honey, and many more.

“Some people look at life’s challenges and say I think I can or I’ll try; usually these individuals fall short. However, there are those who see an obstacle and say I WILL do it, I WILL overcome the challenge; they are the ones who succeed. That has been my mindset all my life. I was motivated to do whatever it took to survive,” Shumate concluded.

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UTEP, 60 years later, goes global for integration

By Steve Escajeda
Special to the Courier

Soccer may rule the rest of the planet, but the world knows that the best basketball players and teams come out of the United States.

Whether it’s the NBA, college or the Olympic Games, when you think of elite basketball you think of names like Jordan, Magic, Bird, Chamberlain, West, Durant, LeBron, Shaq, Barkley, Stockton, Russell, Kobe, and many more.

But over the last 30 years, international players have come into America and made their mark. Players like Duncan, Nowitzki, Ginobili, Olajuwana, Nash, Antetokounmpo, Doncic, Jokic, Ming, Gasol, and a few others, have proven that much of the rest of the world is catching up with the USA.

And that makes the game more exciting for everyone.

Even in the college ranks, schools have taken notice and are plugging into the rest of the world for overseas’ talent.

And one program that is all-in on foreign players is the UTEP Miners.

Joe Golding hasn’t had a ton of success in his five years at UTEP, with an 81-83 overall record and a 39-53 mark in Conference USA games.

Golding’s team at UTEP have all been the same; can play great defense, but can’t shoot and can’t rebound.

With the move to the Mountain West Conference this season, Golding and his Miners have been given more money to play with and have been recruiting more shooters, more

rebounders, and more foreign players.

That’s right, UTEP basketball will have an international flare to it in 2026 with five players coming in from out of town – I mean way out of town.

From Canada to Germany to Poland to Brazil to Croatia, the Miners have scouted the world in an attempt to turn its program around.

The only thing the Miners might need now is an interpreter. This group may not seem as bold or controversial as Don Haskins’ 1966 NCAA champions, but the recruiting has the same goal – winning.

The five new foreign players are 6-7 forward Mikey Kelvin from Kingston, Onterio, Canada; 6-7 point guard Leif Moeller from Wedel, Germany; 6-11 forward Janusz Ratowski from Chotomow, Poland; 6-8 forward Augusto Cassia from Salvador, Bahia, Brazil, and 6-8 forward Ivan Perasovic from Split, Croatia.

As you can see, the UTEP roster isn’t just more international, it’s also taller. Especially when you consider the fact that their likely starting point

guard, Moeller, is 6-7.

UTEP has brought in two 6-11 players, a 6-10 guy and two at 6-8. They’ve also recruited players who can actually make an outside shot consistently.

The Miners are coming off a miserable 11-20 season and are desperate to prove they belong in the MWC but that won’t be easy.

With an entirely new lineup this season, the UTEP roster of 14 new players makes this year’s outcome a bit of a mystery.

Moving into a better conference made up of better players and better teams, the Miners knew they had to do something different than they’ve done the last few years, where they were battling just to stay out of last place in the inferior CUSA.

They won’t be that frantic chase-them-all-around-the-court kind of defensive team we’ve been used to, but if they can play average defense and rebound, they’ll be much improved.

International basketball, especially in Europe, is heavy on fundamentals

and that’s something the Miners desperately need, playing out-of-control basketball too many times on offense over the last few years.

Like in football, the Miners will probably be at the very bottom of all the MWC preseason basketball polls, and why not? Like football, they have to prove it on the court.

With 14 new players, it’ll take a little time to get to know one another. Now throw in the fact that you have players from different parts of the world who speak different languages, that makes things that much tougher.

Let’s face it, Golding and his staff have their work cut out for them, but every coach is only as good as his talent. And early practices show that this team can shoot the ball better than any of his first five teams.

It’s safe to say that many of the foreign players will end up being fan favorites.

At this point, all UTEP fans want is to get back to winning basketball, and with a little help from the rest of the world, they’ll get there.

Senior moment By Matilda Charles

Just... do something

“It’s never too late to start.” That’s the word from a health professor at a large university on the topic of health behaviors as we age. Specifically she was talking about habits we need to prioritize in our 60s and 70s. The long-term goal: to maintain mobility and our independence as we age further.

Here are two things they suggest.

- Balance: Long-term studies show that seniors who can stand on one leg for 10 seconds or more had lower rates of mortality and falls.

Take a look at the Mayo Clinic site (www.mayoclinic.org). Do a search for “balance exercises” for good ideas on how to get the most out of this. Mayo recommends aiming for holding the balance position for 30 seconds. The biggest benefits are strengthening the legs, ankles and core.

- Strength training: It was pointed out that it’s too easy

to become weak as we age. Whether we follow the U.S. Department of Health and Human Services guidelines of getting 150 minutes of moderate aerobic exercise a week or we focus on simple at-home exercises combined with daily walking, we just need to do something.

When it comes to how many daily steps we do, that’s going to depend on what “expert source” we read, because they vary. But most agree that if you’ve been very sedentary, try to start with 3,000 to 4,000 steps per day and ease your way up to the 6,000 to 8,000 range. If that seems like too much in a day, break it down into groups of perhaps 10 to 15 minutes at a time. It’s not how many you do all at once; it’s how many you do in a day or a week. It all adds up.

If you’ve been very sedentary, consider checking YouTube for seated chair exercises. Remember, just do something!

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LEAVE AT THE END

- ACROSS**
- 1 Lambastes
7 Poppycock
15 Earth model
20 Larynx locale
21 Tango cousin
22 "Whoopie!"
23 Altered totally
24 For an extended period of time
26 Angry feeling
27 Prefix with chic or tour
29 Papas' mates
30 Grafton's "___ for Evidence"
31 Video game in which players ride in skateparks and splash color around
38 Use a pew
39 "Dino" star Mineo
40 Filmmaker Perry
41 Feature of a carrot-top
43 Views more text, perhaps
46 Salamander
48 Make distress less painful
50 Hype (up)
53 Volcanic stuff
55 Large couch
56 Funnywoman
Boosler
57 Whigs' rivals
60 Wane
63 "Devil Inside" rock band
65 Is completely
- harmless
70 Volcanic stuff
74 Enlarged
75 On terra ___
76 Neighbor of Peru
79 Some dark breads
80 Exactly even division
83 Brilliant feat
85 Med. scan in a large tube
86 Pesto herbs
87 Mythical twin of Pollux
91 They go with oohs
95 Two after uno
97 Cove's cousin
98 Portable boat engine
102 Literary Leon
105 Covert movement
106 Like fatty tissue
108 New, in Italy
112 Atop, to bards
113 Yiddish cries of lament
115 Appetizer made with vegetable "hearts"
117 81-Down
download
118 Guy who's a spin doc
120 Ring great
Muhammad
121 Sinus-probing doc
122 Having paid to be freed from custody
128 Old dog star
131 Not reactive
132 Luminosity
133 Expunges
- 134 Pack-carrying beasts
135 Stopped from wobbling
136 What the last words of eight key answers in this puzzle are slangy synonyms of

DOWN

- 1 Not lenient
2 Sundae topper
3 Difficult experience
4 Bathroom, in Bristol
5 "Dapper" guy
6 Blade metal
7 Make a pick
8 Bathroom, in Bristol
9 "Honest" prez
10 Golfing goal
11 Stuff making a big bang
12 Former NPR talk show host Diane
13 Domains
14 Hand-reading fortuneteller
15 Ob-___ (delivery doc)
16 Time delay
17 "No kidding?"
18 Broth made by stewing
19 Vast periods
25 Old breakfast cereal brand
28 Things rolling in the aisle
- 32 Hankering
33 Mine find
34 IRA choices
35 "So that's your game!"
36 Lummoxes
37 Mambo great
Puate
39 Japanese noodle
42 Match arbiter
44 Kinfolk: Abbr.
45 Stockholm is its cap.
47 Failed to be
49 Toe feature
50 In battle
51 Given to sulking
52 Puritanical type
54 Sly chuckle
58 Bits of land in la mer
59 Fielder Roush
61 Well-muscled
62 "I say!" sayer
64 Russian "no"
66 Cubes in miso soup
67 Give it a whirl
68 Dual radio designation
69 Decent
70 Indy circuits
71 Off-the-cuff
72 "Ta-da!"
73 Dilettantish
77 Prefix with pet or punk
78 D.C.'s home
81 Apple tablet
82 In shape
83 Trendy
- 84 Speechifiers
87 Bus. entities
88 Devices
reproducing signatures
89 Spires
90 Ski lift type
92 Org. for docs
93 "Today" co-host
Kotb
94 Move slightly
96 "The Fisher King" actress Mercedes
99 Rappers and poets, e.g.
100 Make a pick
101 French for "king"
103 Squid's squirt
104 Act litigiously
107 Climbed up
109 City in west Texas
110 Having more climbing plants
111 Best-suited
114 Anwar with a Peace Nobel
116 Greased up
117 Opera tune
118 Butter slices
119 Lymph bump
123 Sooner than, in poetry
124 Actress Vardalos
125 Sinful
126 Folk rocker
DiFranco
127 Cola cubes
129 Exist
130 Devitalize

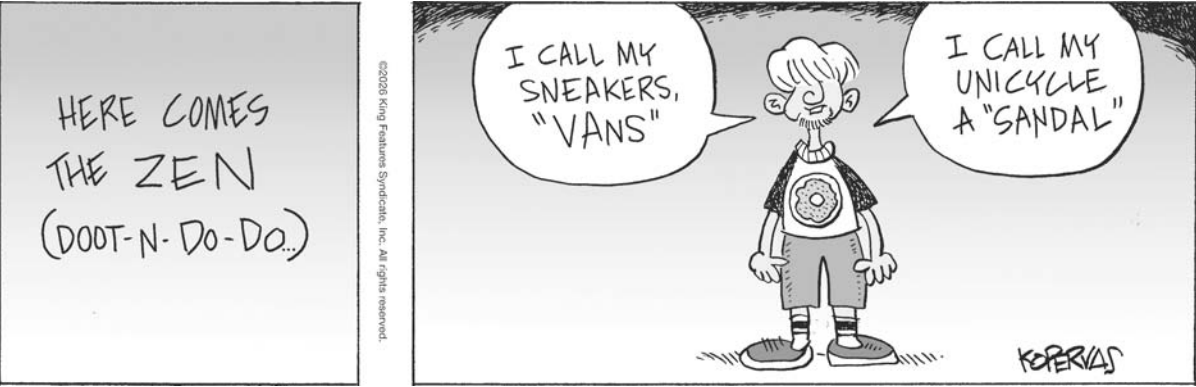
Answer Page 4

Super 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			60	61	62				63	64						
65						66				67	68	69					70	71	72	73
74								75						76	77	78				
79						80	81						82							
				83	84						85				86					
87	88	89	90				91	92	93	94			95	96				97		
98						99					100	101		102		103	104			
105								106					107			108		109	110	111
	112				113		114		115						116					
117				118				119					120					121		
122			123							124	125	126	127			128	129	130		
131						132										133				
134						135										136				

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

of Iran, while 25% approve his handling of inflation and 21% of gas prices. These issues are related. Trump wants his presidency to matter. So, rather than being content with doing whatever he could at the margins to lower prices, he went for big, legacy-defining initiatives—tariffs and the Iran War—that raised prices. In so doing, he forfeited his signature issue of economic stewardship. In the latest Fox News poll, 33% approve of his handling of the economy and 67% disapprove.

When the memorandum of understanding with Iran was signed, Trump boasted about how, by reopening the strait, it would avoid greater economic distress; he said he didn't want to be another Herbert Hoover. Now, the strait is basically closed again. Absent another deal, he's faced with the choice of escalation or an ongoing low-level conflict, neither of which is going to be palatable to the public.

The CNN poll found that nearly three-quarters of Americans think Trump hasn't

paid enough attention to the country's most pressing problems. The fact is that Iran wasn't a priority for the public and there was no attempt by the White House to make it one until after it had already launched the war.

Just as Bush's success in toppling the Taliban created the predicate for the Iraq War, Trump's stunning capture of Nicolas Maduro made it easier to believe that the Iran war would be a cakewalk. The idealistic establishment Republican and the "America First" populist both got lured into overestimating the efficacy of American military power.

We still don't know how the Iran war will end. Perhaps Trump will manage a satisfactory conclusion, and he has more room to bounce back up again politically than Bush did after years of the Iraq War. Still, the next Republican president would be well served to be more prudent and mindful of worst-case scenarios when launching major military operations than either of his two, otherwise very different, GOP predecessors.

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

\$12K shot sounds as harsh as the cancer

DEAR DR. ROACH: About six years ago, I was diagnosed with prostate cancer. I chose to have a high-intensity focused ultrasound (HIFU), which ultimately wasn't successful. I was told that surgery after an HIFU was a high-risk option, so I chose to have radiation therapy to reduce the surgical risk of side effects like incontinence. Prior to the start of the treatments, I was given an injection of leuprolide, presumably to interfere with testosterone production. There's also an injection that's scheduled for a couple of months after the completion of the radiation. I asked if the second shot was necessary and didn't get a definite answer. What's your opinion? Not to mention, the cost of the first shot was \$11,814, most of which was paid for by insurance. It's no wonder that insurance costs as much as it does. It can't possibly cost this much to manufacture the drug. – E.B.



I can't answer your question about whether leuprolide is necessary for you without knowing more about your type of prostate cancer. For men with high-risk prostate cancer, this hormone-blocking treatment significantly improves the possibility of a good outcome.

For men who are at a low risk or a "favorable intermediate" risk, testosterone-blocking drugs usually aren't recommended. I suspect that you have a less-favorable intermediate risk, where four to six months of testosterone-blocking treatment is usually given.

The insurance cost that you were quoted is a retail price, and insurance companies negotiate a price that's usually much lower. In fact, the charges that you see on a hospital bill have a limited relationship with reality. There are also generic versions available for less than \$200. Finally, there's a pill (relugolix) that's cheaper and doesn't produce the pain of the shot. It may work slightly better and faster.

DEAR DR. ROACH: I hear there are benefits to taking turmeric for arthritis. Can you please tell me about it? – F.R.

Turmeric has shown benefit as a treatment for osteoarthritis – the kind that most people get as they age. It isn't a treatment for inflammatory arthritis, such as rheumatoid or psoriatic arthritis, which requires urgent treatment to prevent permanent joint damage. This discussion refers only to osteoarthritis.

Across many trials, turmeric has shown to have the equivalent effectiveness of traditional anti-inflammatory medicines, such as ibuprofen or diclofenac (Voltaren). It appears superior to acetaminophen (Tylenol), even in a trial that directly compared the two. Turmeric helped most people with pain, stiffness and activity.

Although there are side effects that are associated with turmeric, they're generally mild. The most common symptoms are gastrointestinal, especially diarrhea, but some people note nausea or an upset stomach. The risk of side effects isn't much different from people taking a placebo (inactive) pill, and turmeric has significantly fewer side effects than anti-inflammatory drugs (and even acetaminophen).

I found a single case report of liver failure that was thought to be attributable to turmeric. Turmeric has been used as a spice for millennia and is generally regarded as safe. The active ingredient in turmeric – curcumin – is often sold as a supplement, usually with another compound to improve its absorption such as piperine (an extract of black pepper).

For my patients who want to try a supplement for arthritis, I feel comfortable suggesting that they try turmeric or its extract, curcumin. In my opinion, at least a two-week trial is needed to see if there's a benefit or if there are any side effects. A pain diary before and after starting the medicine can help a person see if they're really receiving a benefit.

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



Moore Texas by Roger MOORE
August 8, 1865: After the Civil War, General Armstrong Custer marched 18 days from Louisiana to Texas with an occupation force. Mutinies and plots forced him out on February 1, 1866.

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 L

YCWI PKQCI DAB RWEE ICN
KUVAENUI WUVYN OV ICWI WON
QKXNU MD PKVMNCW XKUQ
RCKESONU? MOWI IKIBSN.

Answer Page 4
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Weekly SUDOKU

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

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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Applying for VA health care



by Freddy Groves

I ran into a guy recently, a fellow veteran, who I hadn’t talked to in years. And he was limping, badly. When I asked, he said he needed knee surgery and couldn’t afford it.

I asked if he’d looked into VA health care, and he replied that he’d applied years ago and got nowhere with the VA, so he gave up.

Before we even left the store, I had my phone out and placed a call to the local VSO (veteran service officer). I got the two of them hooked up with an appointment and the VSO is going to walk my friend through all the paperwork.

It should not be this hard for a veteran to get health care.

A big problem is that many veterans tried to deal with the VA years ago, became frustrated and gave up, not realizing that things have changed.

If you were turned down for VA health care, apply again. The PACT Act has changed many things, including expanded locations for exposure to Agent Orange and two-dozen new presumptive conditions. If you got hung up trying to get Community Care, try again. The rules are different now.

Or if you never had VA health care, sign up now. Go to the website (www.va.gov) and search for VA Form 10-10EZ. Check whether you’re eligible for VA health care. Have your DD-214 handy and any other military paperwork you have. The online process takes about a half hour.

If you don’t think you can handle the online application process yourself, look for a local VSO. See www.va.gov/get-help-from-accredited-representative. Or call the MyVA411 information line at 800-698-2411. They’re open 24/7. You can also contact the American Legion near you or the DAV.

A VSO can do a lot of things for you: tell you about the benefits you’re supposed

to get, assemble documents, help with appeals and so much more.

Or call the benefits hotline at 877-222-8387 to ask about enrolling in VA health care by phone.

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- “When I needed a new tire for my truck because I ran over a nail, the shop guy suggested I purchase a slightly used tire that was closer to the age and wear of the others. I spent less on the tire, and the tires will wear evenly. They’re always looking out for me!” – O.E. in Mississippi
- When baby’s teething, try this trick from a grandma: Wet a washcloth and put it in a zip-top baggie in the freezer. When frozen, let the baby chew on it. Its texture and temperature are soothing to little gums, and it can be rinsed and refrozen easily.
- For fresh oil stains, sprinkle with kitty litter and grind into the oil with your foot or a stiff brush. Then sweep up. Repeat as necessary.
- “Hardware stores sell special bladders that can be filled and put inside a toilet tank to take up space, allowing the toilet to use less water per flush. I use a brick. Same effect.” – C.L. in Kansas
- “Dusting shelves with lots of knickknacks can be a real chore. Try slipping a knee-high stocking over the hose of your vacuum wand. You can get very close to the items on the shelf without sucking anything up but dust. If something did get sucked up, the stocking will catch it for you. This also works for toolboxes.” – W.U. in South Carolina
- “Over-the-door shoe racks are perfect for holding a variety of cleaning products and small canisters of wipes. I have everything I need at a glance on the back of the utility-room door. I even store batteries in various sizes there.” – A.A. in Colorado

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2026 King Features Synd., Inc.

GO FIGURE!

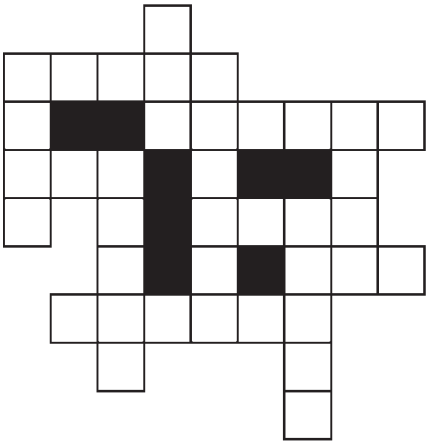
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

Answer Page 4
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	+		-		=	4
+		+		-		
	-		÷		=	1
÷		×		÷		
	+		-		=	5
=		=		=		
17		42		1		
1	2	3	4	5	6	7 8 9



- ♥ WLA
- YEWLEA
- ♥ DEWNA
- ♥ TLHA
- YANCOR
- ♥ ARP
- ♥ ETLA
- ♥ RWEEH
- ♥ OWH
- UNPLET
- ♥ PLAYT
- ♥ HWT A



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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