

Texas Governor's race historic either way

Hinojosa would be first Hispanic woman; Abbott would get 4th full term

By Alfredo Vasquez
Special to the Courier

TEXAS – Texas has had two women governors in its history – both Democrats. The first was Miriam “Ma” Ferguson, who served twice. She held office from 1925 to 1927 and again from 1933 to 1935. The second was Ann Richards, who was the last woman and the last Democrat elected governor. She served from 1991 to 1995.

Gina Hinojosa, if elected, would be just the third woman to rise to the Lone Star State’s governor’s office. But more significantly she would be the first Texas governor of Hispanic descent.

Since Texas won its independence from Mexico in 1836 and became a U.S. state in 1845, it has not elected a person of Hispanic descent to serve as its chief executive. This fact becomes more relevant with recent population figures showing that Texans of Hispanic descent make up nearly 41 percent of the state’s population, while non-Hispanic white Texans make up about 39 percent with about 12 percent of Black and 7 percent of Asian descent.

Even with a population edge, Hinojosa’s chances of winning are not foregone. Incumbent Gov. Greg Abbott is running for his fourth four-year term in a state dominated by Republicans. Nonetheless, Hinojosa, a five-term Austin lawmaker, is polling within the margin of error. A recent state poll showed that the race was at 46 percent for the incumbent and Hinojosa at 45 percent.

The Democratic challenger has deep ties to Texas and the state’s Democratic Party. She was born in McAllen to mother Crisanta Guerra Lozano and father Gilberto Hinojosa. They moved to Brownsville where she attended public schools. Her father served as chair of the state’s



– Internet
COULD BE LONGEST – The incumbent, Gov. Greg Abbott (R), in a meeting above, took office in 2015. He is running for an unprecedented fourth full four-year term.

Democratic Party from 2012 to 2025.

Hinojosa graduated from the University of Texas at Austin in 1996. She went on to earn a law degree from George Washington University in Washington, DC. Afterwards she married and worked as a civil rights lawyer in Austin.

In 2012, her son’s local public school faced closure. “When it was threatened with school closure, I got mad, and I ran for the school board,” Hinojosa related in a recent interview. She won her

race and saved her son’s school. She also prevented other schools in the district from closing as well during her time on the board.

Then, in 2016, she decided to run for the Texas House and represent central Austin. She was elected on an education platform to ensure that public schools are allocated the necessary resources to educate students across the state.

She has served on several committees during her time in the Texas House. The committees include Public Education, and Land and Resource Management. She has co-written, along with Republicans, bills focused on public education and government accountability.

Hinojosa’s platform in the governor’s race includes addressing the rising cost-of-living by lowering healthcare, grocery and utility costs. And she promises to send Texas households a \$1,500 check drawn from the state’s rainy-day fund if she wins in November.

Hinojosa said she would continue her education agenda. She wants to overhaul standardized testing and halt state takeovers of local school districts. She wants to repeal, in its entirety, the 2025 Texas Education Freedom Accounts (school vouchers).

Hinojosa has also grown increasingly vocal against data centers – an issue that is uniting Texas voters across party lines. Both rural conservatives and urban progressives are worried about the strain data centers put on the electrical grid, water resources, and rising utility bills. Visit www.ginsfortexas.com for more information on her platform.

Gov. Greg Abbott has deep ties to Texas as well. Born and raised in Wichita Falls, Abbott graduated from Duncanville High School. In 1981, he earned a Bachelor of Business Administration in finance from the University of Texas at Austin; in 1984, he earned his Juris Doctor degree from the Vanderbilt



– Internet
COULD BE THE ONE – State Representative Gina Hinojosa (D), during a rally above, could become the first governor of Hispanic descent in Texas history. The state’s top office would be held by a Democrat for the first time since 1990 if she is elected.

Iran exposes an intolerable U.S. vulnerability

Churchill said that “Wars are not won by evacuations,” and sometimes, he might have added, they are simply embarrassing. The U.S. hastily flew its B-1 bombers out of RAF Fairford in the U.K. for fear of a potential Iranian drone attack, the latest in a series of successful Iranian operations to crimp U.S. bases, this time more than 2,000 miles away.

The Trump administration has found – by opening a channel to shipping in the Strait of Hormuz and blockading Iran – a strategy to pressure Iran that may yet produce a favorable outcome to the war. Still, the conflict has exposed glaring U.S. military deficiencies, with our inability to protect our bases in the region high on the list.

Acting Navy Secretary Hung Cao has said the

Iranians “blew the hell out of Bahrain,” referring to the headquarters of the Fifth Fleet in the tiny Gulf kingdom. They have also hit U.S. facilities in Qatar, Kuwait, the UAE and Saudi Arabia. The vast majority of U.S. casualties have resulted from attacks on our bases.

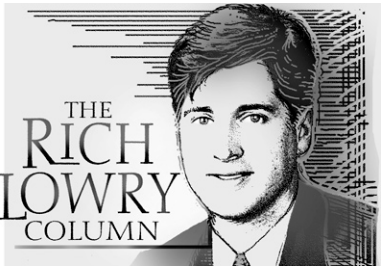
Whereas it once seemed that having so many bases in proximity to Iran was useful to containing the Islamic Republic, when Tehran began firing on these facilities, it became clear that the short distances made them vulnerable targets. Camp Arifjan in Kuwait, where buildings and radar domes were hit, is just over 60 miles away.

A number of bases have been fully or partly evacuated, and the effects have been felt on U.S.

operations. One reason that there was so much strain on the USS Abraham Lincoln during its lengthy deployment is that Bahrain was no longer available as a supply hub. We had to rely on facilities in Diego Garcia and Singapore, creating a supply chain thousands of miles long.

The Iranian missile and drone threat to our bases was foreseeable, and yet we didn’t do enough to protect them. One option now is a broad pullback of our presence in the region. But so long as

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Food for thought

By Dr. Glenn Mollette

A fresh season

Fall has arrived. This is not earth shattering news but very welcome news if you have been living in 95 degree plus heat. For those of us who have we are welcoming cooler temperatures. Autumn can be several weeks of happy weather but by the time it ends we know what follows – winter. We aren’t always that excited about winter, but it’s okay, it’s another season.

Mainly, let’s be happy to experience a new season. New seasons bring new days and new opportunities. Life is different in every season of life. Life is filled with seasons. We have weather seasons gut we have life seasons. If we are fortunate we have many seasons. How many Fall seasons have you lived to enjoy? Twenty? Fifty? Maybe even 90 or more. They go by quickly. The long hot days have been

a grind but looking back they passed by quickly.

Life goes by quickly. Soon we will be celebrating Christmas, we hope. We should enjoy each of these rapidly passing seasons. Childhood, young adult life, middle age years and our senior years. We hope to experience them all and stretch out as long as possible.

Enjoy your season of health. Health and our daily peace with God are our most valued resources. Regardless of how much money you have you won’t enjoy it much without you’re your health. We value and treasure our health. Taking care of ourselves must be a top priority. Casting all restraints to the side is not a good idea. Pouring a little sand occasionally in your car’s fuel tank is never a good idea and neither is occasional garbage in our bodies. We

all do it some. Some do it every day and get by with it a long time but none of us can forever.

The seasons of life can change at any given moment. Sometimes life changed with a phone call or just a text message. The news can be good or bad and our entire direction of life is changed regardless if we are ready,

Ecclesiastes chapter three talks about seasons. This biblical passage tells us there are many of them. “To

everything there is a season, and a time to every purpose under the heaven. A time to be born and a time to die. A time to kill and a time to heal, a time to break down and a time to build up. A time to weep and a time to laugh, a time to mourn and a time to dance. A time to cast away stones, a time to gather stones together, a time to embrace and a time to refrain from embracing A time to get and a time to let go; a time to keep and a time to lose; a time to keep and

a time to cast away.” Read the rest of this good chapter sometime today or this week. For reflection and mediation.

Every season has it ups and downs. Take hold of this new season with all that we will learn, experience and enjoy.

Dr. Glenn Mollette is a syndicated columnist read in all fifty states. He is also the author of numerous books and can be heard each weekday morning on XM Radio 131.



1973
53
Years
2026

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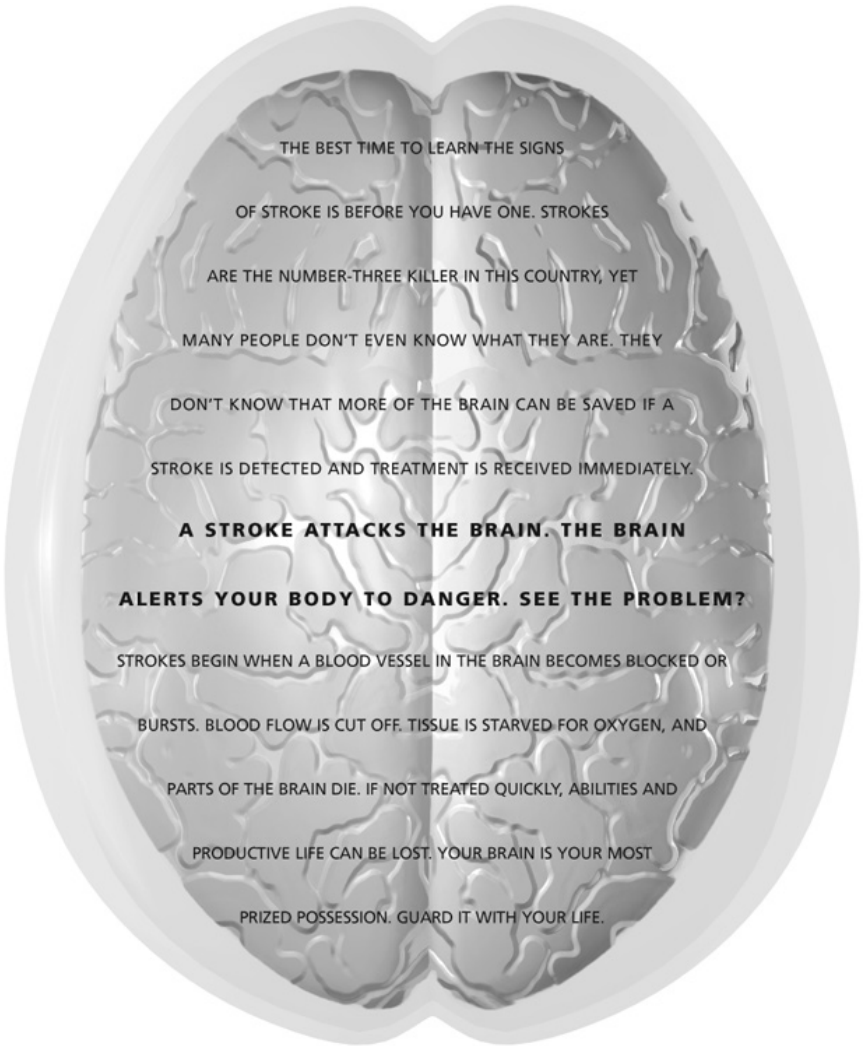
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32 Barrett or Jaffe
33 Pond floater
35 Unclothed
36 Long lunch?
37 Tier
38 Teapot feature
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42 Hiatus
45 Galley gear
46 Legendary gossip
columnist
48 Vicinity
49 Soul, to Sartre
50 Eager
51 Drudge
52 PX patrons
53 Trawler gear

DOWN

1 Wild canine
2 Concept
3 Pocket bread
4 Em halves
5 Ticked off
6 Candy sold in twos
7 Soak (up)
8 Breaking point
9 Final notice
10 Clock reading
11 Swizzle
16 Horse-drawn
carriage
20 Klutz
21 Revolving tray
22 Witty one
23 Bando of baseball
24 "Exodus" hero
25 Up to
26 Massachusetts

cape
27 Fine, to NASA
28 Compass dir.
29 Blue
31 Taxi
34 Impose
35 Eggy drinks
37 Demolishes
38 Daytime drama
39 Rid of rind
40 Sweet sandwich
41 Rock's Hendrix
42 Donate
43 Bickering
44 Profs' degrees
46 Trail the pack
47 "Sheesh!"

Answer Page 4



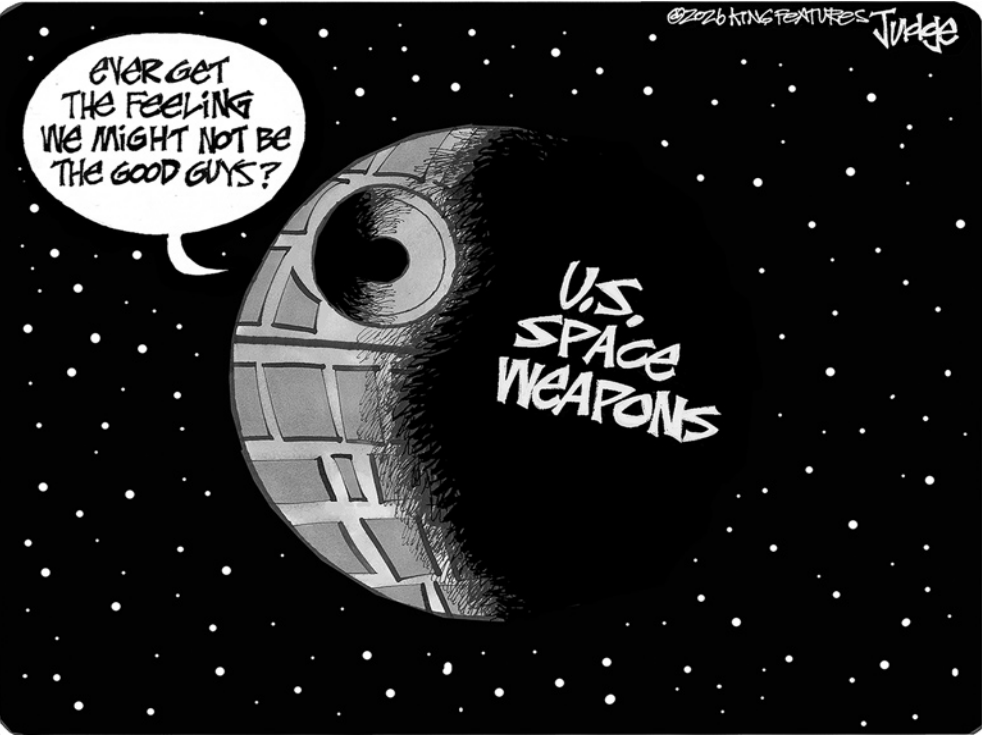
WITH A STROKE, TIME LOST IS BRAIN LOST.

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at [StrokeAssociation.org](https://strokeassociation.org) or 1-888-4-STROKE.

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Saskia, 39, quit for good on the 7th try.

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Strange BUT TRUE

By Lucie Winborne

- In ancient Egyptian mummification, onions were sometimes used to fill body cavities, even serving on occasion as false eyes.
- The term “Indian” originated with Christopher Columbus, who thought he had landed in the East Indies.
- Fijian war chief Ratu Udre Udre holds the rather dubious distinction of being the most active cannibal in recorded history, with a reported consumption of between 872 and 999 people during his lifetime.
- Teenagers naturally experience a biological shift that causes them to fall asleep later than adults.
- The red poinsettia originated in Mexico and is named after Joel Roberts Poinsett, the first United States ambassador to Mexico in the early 19th century.
- Shells and stones on the ritual blades used by the Aztecs symbolized the faces of the gods for which the hearts of sacrificed individuals were intended, with such rituals claiming between 10,000-15,000 people per year.
- Sheep only have teeth in their lower jaw and use a hard upper palate to break down food.

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CryptoQuip
Answer

What might you assume is
the favorite chocolate
candy of cave-dwelling
dwarfs? Tootsie Trolls.

- Every second, the sun delivers about 173,000 terawatts of energy to Earth, which is more than 10,000 times the amount of power used by humans.
- Although English is the country's most widely spoken language, the United States has never designated an official language at the federal level, though some states have at their level.
- Long before the Nazis adopted it, the swastika was an ancient religious symbol associated with good fortune, spirituality and prosperity. Versions of it have appeared across India, China, Greece and other ancient civilizations for centuries.
- Basketball shorts were short until 1984, when Michael Jordan petitioned the NBA for longer ones.

Thought for the Day:
“Civilizations should be measured by the degree of diversity attained and the degree of unity retained.”
— W.H. Auden

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Moments in time

THE HISTORY CHANNEL

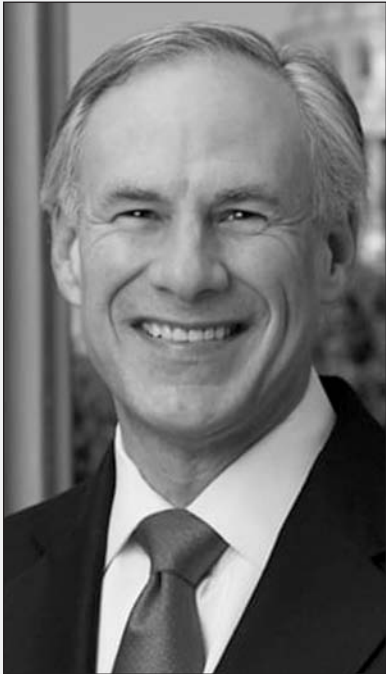
- On Oct. 19, 1216, England’s King John (younger brother to Richard the Lionhearted) died of dysentery at Newark Castle during a civil war with his barons and was succeeded by his 9-year-old son, Henry III, just over a week later. The boy was crowned with a simple golden band belonging to his mother because the royal crown had been lost.
- On Oct. 20, 1910, the cork-centered baseball, invented and patented by Benjamin F. Shibe, executive director and part owner of the Philadelphia Athletics, made its debut in the World Series between the Athletics and the Chicago Cubs.
- On Oct. 21, 1867, the Medicine Lodge Treaty was signed. Consisting of three treaties following talks attended by more than 5,000 prominent chiefs and warriors near Medicine Lodge, Kansas, its aim was to bring peace by relocating Native Americans to reservations in Indian Territory.
- On Oct. 22, 2018, actress Selma Blair revealed that she’d been diagnosed with multiple sclerosis. In her book “Mean Baby: A Memoir of Growing Up,” Blair recounted how the announcement by doctors, after years of incorrectly attributed symptoms, “felt like giving birth” and gave her an overwhelming sense of relief.
- On Oct. 23, 1947, Gerty and Carl Cori became the first spouses to win a joint Nobel Prize in Physiology or Medicine, for their discovery of how the body breaks down, builds up and stores glycogen as an energy source.
- On Oct. 24, 1901, her 63rd birthday, widowed American schoolteacher Annie Edson Taylor became the first person to survive a plunge over Niagara Falls in a barrel, accompanied by her lucky heart-shaped pillow. Sadly, while she wrote a memoir and briefly earned money talking about her experience, she ended up dying penniless and in poor health at age 82.
- On Oct. 25, 1920, Greece’s King Alexander died at age 27 from wounds he received after a Barbary macaque attacked and bit him several times a few weeks earlier, as he walked on the grounds outside the castle with his dog. The monkey had first gone after the dog, and the king had stepped in to separate the animals.

Governor

From Page 1

University Law School. After law school Abbott worked, from 1984 to 1992, as an associate for law firm Butler & Binion. In 1992 he was elected as a state trial judge for the 129th District Court, serving from 1993-1995. Abbott was a Justice on the Texas Supreme Court for five and a half years. He was first appointed by then Governor George W. Bush and then elected to the position twice in 1996 and 1998. Then in 2002, he ran for the Texas Attorney General’s office and won. Abbott served as the state’s top lawyer until 2015 when he was first elected to the governor’s post. Abbott entered this election cycle with well organized resources for his race and others. According to recent reports, the governor’s total campaign funds top \$105 million. In 2026 his campaign has raised over \$28 million. As Texas Governor, Abbott has been instrumental in passing key Republican legislation, such as the school voucher program and the redistricting map.

Who will be the next Texas Governor?



– Internet
Challenger Gina Hinojosa (D) is on the November 3rd ballot running against incumbent Greg Abbott (R). The state’s top officer serves a four-year term. There is no term limit. The annual salary for the Texas Governor is \$153,750. The governor serves as the state’s chief executive and commander-in-chief and is responsible for signing or vetoing legislation, making board appointments, commanding the Texas National Guard, and setting policy priorities.

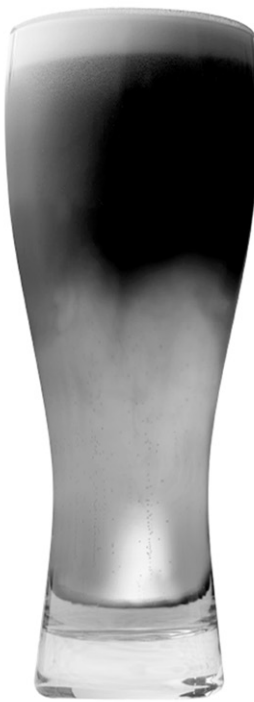
effective helping Republicans maintain key positions throughout Texas political systems and in the courts. Abbott is pulling double duty for the November 3rd election. While he is busy running his own campaign, he has spent time focusing on Texas’ U.S. Senate race. The Senate seat has Attorney General Ken Paxton (R) going up against State Rep. James Talarico (D). The race is currently neck and neck. Texas Republicans do not want to lose their first statewide race in over 20 years. The governor’s race is also highly competitive with the razor thin edge for Abbott and offers unique possibilities. With a higher-than-normal turnout expected this mid-term election cycle there are some questions on the minds of Democrats. What if Hinojosa can pull off the upset? Can she make history as the first Hispanic Texas Governor? On the Republican side, people are wondering if Abbott will return for a fourth term as Texas Governor. Early Voting is already underway with polling places operating through Friday, October 30. Election Day is Tuesday, November 3. For more voting information, visit the El Paso County Elections Department website.

The “It’s Only Another Beer”

Black and Tan

8 oz. pilsner lager
8 oz. stout lager
1 frosty mug
1 icy road
1 pick-up truck
1 10-hour day
1 tired worker
A few rounds with the guys

Mix ingredients.
Add 1 totalled vehicle.



Never underestimate ‘just a few.’

Buzzed driving is drunk driving.





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This event is for any public high school sophomore, junior, senior, or college student in the El Paso region who is seeking college admittance.

Event Details

- Date: Friday, October 23, 2026
- Time: 9:00 AM - 1:00 PM
- Location: SISD Student Activities Complex (SACII), Fine Arts Building, 1300B Joe Battle



Football playoff expansion won’t hurt Sun Bowl... for now

By Steve Escajeda
Special to the Courier

Well, it appears almost certain that the NCAA is going to expand its College Football Playoff format from 12 teams to 24 next year.

The fact that it was going to expand was never in doubt. What was in doubt was how high it would expand. And now that it’s going to 24 teams, don’t be surprised when it jumps to 32 in the near future.

Anyway, there is some good news and some bad news concerning this new playoff scenario.

The Old El Paso Mexican food manufacturer, which just agreed to sponsor the Sun Bowl, did so for just one year.

Why just one year? They were waiting to see how the new playoff system would affect the college Bowl games.

And the answer is, it won’t. That’s good news for the Sun Bowl and hopefully Old El Paso will expand its affiliation with our Bowl game for years to come.

That’s the good news. The bad news is related to the reason it won’t affect the Bowl games.

Everyone loves the NCAA Basketball Tournament because out of the 68 teams involved, nobody plays a home game. It’s fair. I know some teams get to play in their home state or close to their city, but nobody plays on their home court.

Well, the top eight teams in the football playoff get automatic first-round byes.

That leaves 16 teams (ranked 9-24) to play. Team #9 plays #24, team #10 plays #23, team #11 plays #22, and so on until team #16 plays #17.

And in this round, teams #9 through #16 get to play their games at home.

The winners of those eight games then play the eight team that got a first-round bye. And all those bye teams

will play their games at home.

And in the end, the four quarterfinals and two semifinals will be played at the big six New Year’s Eve Bowls, the Rose, the Fiesta, the Cotton, The Sugar, the Orange and the Peach Bowls.

The championship game will be at some big venue and will change from year to year.

It’s great because no “smaller” Bowls, like the Sun Bowl, will not be affected. But the big teams will get all the unfair advantages of playing their games at home. So, teams ranked 1-8, not only get a bye into the second round, then also get a home game.

Who gets to go? There will be five automatic bids, the winners of the Power Four conferences (SEC, ACC, Big 10 and Big 12), along

with the top-ranked team from the other “Group of Six” conferences (American, MWC, Pac-12, Mid-American, Sun Belt and CUSA).

The remaining 19 teams will be chosen by a committee. They will go by their rankings, but we all know there will be a little politics involved. After all, the more teams from a particular conference that qualify, the more money for that conference.

Because of all these changes, the NCAA will announce that the regular season will start a week earlier than it normally does and the playoff title game will take place sometime in January.

Also, this will get rid of the conference title games, which made little sense anyway.

Of course, the playoff will be carried exclusively on ESPN, because in 2024, ESPN and the College Football Playoff system agreed to a six-year, \$6.7 billion deal that ensured the network would keep the rights to televise the event through the 2031-32 season.

The best news is that the Old El Paso Sun Bowl can continue as is, on CBS through 2030. That’s when the current CBS agreement runs out.

With another 12 teams added to the playoffs, that means less teams to choose from for the Sun Bowl. But at least we’ll still have a game.

Things will get worse for the Bowls when this thing eventually grows to 32 teams.

Why will it grow to 32 teams?

Well, they found out that there is way more money that can be made.

But just because they can make as much money as possible, it’s not because the people involved are greedy, it’s because the people involved are... well... okay... it’s because they’re greedy.

Senior moment By Matilda Charles

Keep an eye on grocery prices

If you’ve done your grocery shopping at the same store for a long time, believing that they have the best prices in town, it might be time to revisit that thought. I just discovered that the big box store where I’ve shopped isn’t the lower cost choice I thought it was.

I discovered this when looking at the website of the store to check availability of an item and then looked at the websites for the two other stores in town. I was shocked to see that my store was much higher in price on several of the items on my regular list. I don’t know when this happened, but now that I know.

It looks like we’re going to have to keep a constant eye on pricing to keep as many of our dollars as we can. Here are a few suggestions:

Compare the websites for all the stores near you. Make a little chart of the items you normally buy and see who really is the cheapest. Check your list every month.

When you do go, shop from a list. Don’t let yourself be tempted to impulsively buy extra items unless you spot a great deal on an end-of-aisle display and can stock up a bit.

Try the store brands. In many cases store brands are actually made in brand name facilities.

Sign up for loyalty cards. The rewards from those can add up. Sometimes you’ll get coupons sent via email.

Buy in bulk, if it makes financial sense to do that. And, if it makes sense, make large batches of meals you can freeze. Do the math.

And (although many of us don’t like to do it) use the food bank. Let them give you what they will, and fill in the blanks with your own shopping.

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Super Crossword

JOURNALISTIC SET ACROSS

1 Principal part of a ship's rigging

9 Glucose and dextrose

15 Want greatly

20 Phrase before a memoir co-author

21 Result of iron deficiency

22 Opponent

23 Question to someone barking orders

26 Wriggly fish

27 Extinct bird

28 Swerving billiards shot

29 Teeny

30 Suspenseful NFL periods

33 CIA worker

35 PC fixer, e.g.

37 "Hey, amigo"

39 Highest price customers are amenable to paying

47 "Less filling" Miller beer

48 Prefix similar to "equi-"

49 Vaccination fluids

50 Neighbor of Monterey Park, Calif.

51 Connections

53 Maximum

56 Rustic hotel

58 Lean- (simple huts)

59 Time to steel oneself and power

through

66 Congregated

67 Goes past the time limit

68 Cold shoulder preventer?

69 A humidifier moistens it

71 Suddenly blazing stars

73 Pungent salad veggie

77 Lhasa _ (small dogs)

80 Official assisting a referee

83 "Rapa-_" (1994 Esai Morales film)

84 Classic Maurice Sendak book

89 Cabinet dept. focused on homes

90 "_ culpa"

91 Wedge for filling a gap

92 Show fatigue reflexively

93 Mother on "Bewitched"

97 Aruba, e.g.

100 Steal from

102 Medicine bottle

104 Jesus' words after "My God, my God," in Matthew

109 "You bet!," in Baja

110 Favorite cereal of a "silly rabbit"

111 "I'm _ loss for words"

112 Pub barrel

113 "La-la" lead-in

116 "Jay _ Garage"

119 Best draft status

121 Business mag

123 Response upon hearing about an astonishing feat

130 "Aida," e.g.

131 Dogs from Japan

132 They often get mashed

133 Stopwatch button

134 Despotc ruler

135 They begin this puzzle's long answers

DOWN

1 Greedy gullet

2 Fire residue

3 Figure skater

Midori

4 Central point

5 Superlatively sneaky

6 University on Long Island

7 "_ be an honor"

8 Put freight in

9 Less happy

10 Opens with a key

11 "Well, I'll be!"

12 Radio toggle letters

13 Actress Hayworth

14 Gives a quick greeting

15 Disney villainess

De Vil

16 Chest bone

17 State boldly

18 Rose holder

19 Otherwise

24 _ bene

25 "_ Mio"

30 Hooting bird

31 Toward there

32 Feeling of fullness

34 Sycophantic guys

36 Bray syllable

38 Crunches tone them

40 High schooler, e.g.

41 Some rock band synthesizers

42 Calc prereq

43 Subsidies

44 Caesar's final reproach

45 Bump on _

46 Unduly quick

52 Zebra feature

54 Shortly

55 Resort town near Rome

57 High degree

59 H-bomb, e.g.

60 "Lummox" author

Fannie

61 "A Town Like Alice" author Shute

62 Large pianos

63 Clingy wrap

64 Like a banjo's sound

65 On in years

70 Bern's river

72 Comic Rogen

74 Very shortly

75 "Smith" is the commonest one in the United States

76 Hasten

78 Resistance unit

79 Understand the point

81 Bake, as an egg

82 Brunch cocktail

84 "Close call!"

85 "Come again?"

86 Water swirl

87 Do laundry

88 Goalie's goal

94 Elle King's "Ex's & _"

95 Lambastes

96 Valuable trait

98 Auction unit

99 Former Volkswagen seven-seater

101 "Freedom" singer Jon

103 Shin's place

105 Soldier's steel helmet

106 Best in quality

107 Yaks, e.g.

108 Wichita site

113 Thunder god

114 Lasso, e.g.

115 Stupefies

117 Tasting of wood, as wine

118 Move a bit

120 Session with a dr., e.g.

122 _ Field (Mrs. Met's home)

124 Deep anger

125 Greek vowel

126 "La-la" lead-in

127 Fight like Ali

128 Actor Ayres

129 Snaky letter

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

hydrocarbons power the modern economy, this is a nonstarter. The Gulf states would have an incentive to look elsewhere for strategic partners, most worryingly to Russia or China, and might conclude that they should do more to accommodate an Iran that would have effectively chased us from the Persian Gulf.

The answer to the threat to the bases is the same thing that created the threat in the first place—innovation. We’ve long had bases in the Gulf, including a naval command headquarters in Bahrain since 1948, but the purpose and the nature of the presence has changed over time. As Kristian Alexander writes in an analysis for the Stimson Center, during the Cold War we didn’t have a large land presence at bases. After Saddam Hussein’s 1990 invasion of Kuwait, that changed.

Today, the question is how to reconfigure our presence again to make it more defensible and sustainable. “U.S. bases,” Alexander writes, “remain indispensable for intelligence collection, command and control, maritime

security, air and missile defense, logistics and long-range power projection.”

One option is to locate more facilities in Israel. Elliott Abrams of the Council on Foreign Relations points out that the Jewish state is much further away – more than 1,000 miles from Iran –and would impose fewer restrictions on our access and overflight rights.

But we still require bases in the Gulf. We're going to need to disperse them, harden them (including with more underground elements) and build in more redundancy. The air defense needs to be more robust and layered, and less dependent on expensive missiles that are in short supply.

The war with Iran was supposed to represent a short, sharp defanging of the Iranian regime. Instead, it has dragged on and served as a lesson in key shortcomings of U.S. military power that must be addressed, lest they bite us again in a conflict with a much more powerful adversary.

Rich Lowry is editor of the National Review.
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Cancer monitoring and MRIs are reasonable

DEAR DR. ROACH: I'm writing to seek your perspective on a diagnosis that has caused me significant anxiety. A recent incidental finding on an MRI, followed by an endoscopic ultrasound, revealed a cluster of several small cysts (3-7 mm) in my pancreas. They're suspected to be branch-duct intraductal papillary mucinous neoplasms (IPMNs). My main pancreatic duct is mildly enlarged. My doctors have recommended an MRI/MRCP with and without contrast in six months, followed by ongoing monitoring every six months to two years. I've been told that IPMNs are precancerous but usually don't progress to cancer. The thought of frequent, lengthy MRIs and long-term cancer surveillance is overwhelming. Is this intense level of monitoring truly necessary for cysts that are this small, or is it overly aggressive? Are there any safe alternatives such as shorter, non-contrast scans to help me manage the burden of testing? I'd deeply appreciate any guidance you can provide on how to balance medical safety with peace of mind. — J.D.



As you say, IPMNs can progress to pancreatic cancer, which is why your doctors want to keep a careful eye on them. There are several guidelines on the management of these cysts. The main risk factor in a person developing cancer is the size of the cyst; however, a dilated main pancreatic duct is also a worrisome feature, according to the guidelines.

Because of the dilated duct, the risk for developing cancer in the next five years is about 10%. Even though this means that 90% of the time you won't develop cancer, doctors can find and potentially cure one person for every 10 people who agree to a careful follow-up.

CT scans aren't as accurate and have the downside of ionizing radiation. I do understand that MRIs do take a long time (and can be very noisy), but your risk is high enough that I'd add my recommendation to your doctors' to get the follow-up scans.

You should also get CA19-9 blood testing. If the main pancreatic duct enlarges over time (by more than 2 mm per year), then it's time to consult a surgeon. It's your body and your choice; however, an MRI is a time-consuming but safe way of checking the stability of these cysts.

DR. ROACH WRITES:

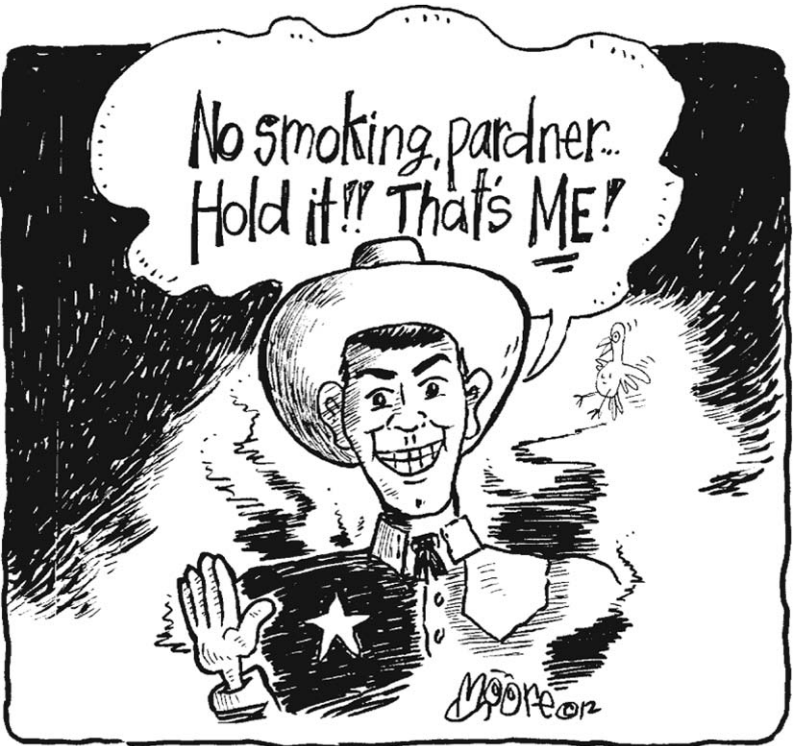
A recent column on vertigo led many readers to question whether the reader had Meniere's disease, rather than benign paroxysmal positional vertigo (BPPV). The information provided wasn't enough to be sure, but the reader noted that a BPPV diagnosis had been confirmed.

There are several ways that a clinician can help separate these two diagnoses. In people with BPPV, vertigo is usually triggered by a change in head position; whereas with Meniere's, vertigo is spontaneous. Attacks last for seconds to at most 1 minute in BPPV, but with Meniere's, they can last anywhere from 20 minutes up to 12 hours.

In addition, Meniere's disease causes hearing loss, which isn't always noticed by the patient. Tinnitus and a sense of fullness in the ear are common with Meniere's. Maneuvers that are done by clinicians in the office can also help separate the conditions.

People can also have both BPPV and Meniere's, which complicates things. When I'm not certain, I often order audiology testing or send my patient to an expert in the diagnosis and treatment of vertigo. Another reader wrote in to tell me that I should've mentioned that neurologists and ENT physicians often have expertise in managing cases of dizziness, if the problem can't be solved by the primary physician. Receiving the right diagnosis is essential to getting the right treatment.

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
October 19, 2012: The longtime “greeter” at the State Fair Of Texas, the 52 foot giant BIG TEX is destroyed by fire.

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: T equals M

VYEJ TZSYJ OQA EUUATG ZU
JYG REXQKZJG NYQNQBEJG
NEICO QR NEXG-CVGBBZIS
CVEKRU? JQQJUZZG JKQBBU.

Answer Page 4
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Weekly SUDOKU

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

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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Insurance premium holiday



by Freddy Groves

Here’s an early holiday gift for 457,000 veterans – three months of no payments due on their life insurance policies.

Those veterans who have policies under the Veterans’ Group Life Insurance program (VGLI) will not have to make their payments in November, December and January, freeing up that cash over the holidays.

The policies under the VGLI program can be a good deal and carry over after a veteran leaves the service, as long as they keep making the payments.

The policies themselves range from \$10,000 to \$500,000. Here are two examples of the monthly premium amounts: A \$200,000 policy for a 30-year-old veteran is \$16 and a \$250,000 policy for a 55-year-old veteran is \$125 per month.

Are you eligible for

VGLI? There are varying requirements, but at the top of the list is whether you had Servicemembers’ Group Life Insurance (SGLI) while you were active duty AND you’re within one year and 120 days of being released from an active duty period that ran for 31 days or more. Then if you sign up within 240 days, you don’t have to prove you’re in good health. After that 240 days, you need to prove it.

Check the complete details at www.va.gov/life-insurance/options-eligibility/vgli for information on eligibility, premiums, changing beneficiaries and more.

For all the information on the premium holiday, see www.benefits.va.gov/insurance/vgli_premium_holiday_faqs.asp. It covers important facts like how to handle it if you have auto pay for the premium or if the payments come out of your disability compensation pay. If you’ve paid in advance you’ll have the opportunity to get a refund or have a credit applied to your account. One note:

You won’t be eligible for the premium holiday if either you cancel your coverage or it lapses on or before Oct. 31, 2026.

Keep an eye on your mail and email for notification about the premium holiday.

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- “Apply petroleum jelly to the panes of your windows before painting the trim. This works better than masking tape in many ways. It is easily removed, and even large paint flecks come right off.” – P.S. in Illinois
- For easy-cleanup pancakes, use a turkey baster to “squirt” the batter in the frying pan. No drips, and it usually results in a pretty good circle, too!
- When you are able to pick up extra meat at a great price, you want to be sure that while it’s frozen, it maintains its best taste. Use this tip to vacuum seal your meat without any special equipment! Add meat pieces to a plastic, zipper-top bag. Fill a large pot several inches deep with water. Seal the bag, but leave an inch or so unsealed. As you lower the bag into the water (zipper top up) the air will escape through the unsealed portion. When no air remains, seal the bag and then remove from the water.

GO FIGURE!

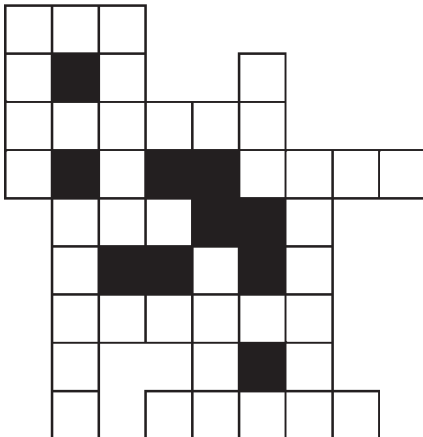
The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each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

Answer Page 4
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	+		-		=	4		
+		+		+				
	+		+		=	11		
÷		×		+				
	+		+		=	18		
=		=		=				
1		36		14				
1	2	3	4	5	6	7	8	9



YMG
LANTIE
AYGNT
♥ ELSA
RINAUT
♥ LPA
UMNE
♥ PEMLA
♥ ETN
RYSTUE
REPGU
RMPI



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.

Answer Page 4

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- “Have you tried this single-serving blender hack using a mason jar? Most standard size blender blades can be screwed on to a pint Mason jar. If you’re one of the lucky ones, you can make single servings of smoothies to blend and go.” – T.U. in South Carolina
 - After you’ve cooked your chicken whole, remove the meat and throw the bones and remaining carcass in the slow cooker with 3-4 cups of water. Let it cook on low for several hours for a spectacularly flavorful broth. Send your tips to Now Here’s a Tip, 1800 Pembroke Dr., Suite 300, Orlando, FL 32810.
- Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2026 King Features Synd., Inc.