



NEWSBRIEFS

EPCC goes online only

The El Paso Community College is telling students to stay home. All classes for the rest of the 2020 Spring semester will be conducted online. Students should check their email account or log on the EPCC website for instructions.

— Staff

Schools schedules

The El Paso Department of Public Health has recommended all school districts to close schools until April 6, 2020.

- The Anthony Independent School District is directing students to remain at home and return to school on Monday, April 6. Breakfast (8:00-9:30 a.m.) and lunch (11:00 a.m.-1:00 p.m.) will be available at Anthony Middle School and High School in the cafeteria between March 23 and April 3.
- The Canutillo Independent School District is directing students to remain at home and return to school on Monday, April 6. Breakfast (7:00-9:00 a.m.) and lunch (11:00 a.m.-1:00 p.m.) will be available at Canutillo High School, Bill Childress Elementary, Garcia Elementary and Canutillo Elementary between March 23 and April 3.
- The Clint Independent School District is directing students to remain at home and return to school on Monday, April 6. Lunch will be available for students at all school cafeterias between March 23 and April 3.
- The Fabens Independent School District is directing students to remain at home and return to school on Monday, April 6. For the week of March 23-27, and March 30-April 3, breakfast and lunch will be provided to all students and children 18 years old and younger. Meals can be picked up at the Fabens High School cafeteria between 7:30-9:00 a.m. and 11:00 a.m.-1:00 p.m.
- The San Elizario Independent School District is directing students to remain at home and return to school on Monday, April 6.
- The Socorro Independent School District declared an emergency shutdown for the immediate future. Most employees will work remotely and will set up remote classes so students can attend school from home.
- The Tornillo Independent School

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Sometimes, when we are arguing with fools, they are doing the same thing.

— Quips & Quotes

Vijil honored by Sam Houston State

By Alex Navarro
Special to the Courier

FABENS – Dr. Veronica Vijil, Fabens Independent School District (FISD) Superintendent, has spent her career listening to people to see how she can positively impact their lives. On Sunday, March 8, 2020, it was her turn to listen from some who she has impacted. Vijil was recently named Distinguished Educator of the Year by the College of Education at Sam Houston State University. This is the highest honor that the university can bestow upon its alumni.

“It’s a fantastic honor for both Dr. Vijil and for the Fabens District. It confirms their [board of trustees] instinct and decision to hire a great leader,” said Clifton Tanabe, Dean of the College of Education at The University of Texas at El Paso. “It brings positive attention to Fabens, which is always wonderful. This is an incredible community with amazing kids that deserve a leader like Dr. Vijil. Sam Houston State made a great decision in identifying this leader.”

The award recognizes and honors alumni educators who have made a significant contribution to the field of education demonstrating expertise and outstanding service in the classroom, school, district and community.

“Dr. Vijil has a way of getting people to work at their best. She has a way of making people feel like they are part of the solution,” said Armando Aguirre, Executive Director at the



— Photo courtesy Fabens ISD

Dr. Veronica Vijil was named Distinguished Educator of the Year by the College of Education at Sam Houston State University.

district. I love the people with whom I work,” said Vijil. “They understand that I want to be connected with the students so I walk in classrooms. I see myself as a mentor. What barrier can I remove from the students at Fabens so they can be successful?”

Vijil has previously been named a Jackie Merchant Memorial Leadership Award recipient and a Spring ISD’s Secondary Principal of the Year.

Education Service Center for Region 19. “She is most passionate about her students. Many say they are, but you can tell by her actions that everything she does is based on what’s best for students.”

Superintendent Vijil has created a student advisory committee to provide additional listening opportunities; this time from the students’ perspective.

“Dr. Vijil is not your typical superintendent. She takes the time to talk to us and get to know us even with the position she holds,” said Isaiah Gonzalez, a junior at Fabens High School. “She wants to hear about what’s going in our school and our community. With Dr. Vijil being here, I feel that we have a voice.”

Vijil doesn’t necessarily see herself as a role model but more as a mentor. She believes people can learn from the mistakes she has made because, according to her, she’s made a lot along the way. Her decisions are grounded in what will help others.

Vijil believes in creating and supporting a culture of high achievement, respect, and caring within the district.

“As soon as I got to [FISD], I hit the ground running. It continues to be a flourishing

Census questionnaire assistance now available

By Alfredo Vasquez
Special to the Courier

NATION – U.S. Census Bureau officials

announced recently that they are ready to receive the public’s responses to the census data-gathering process that is being rolled out this month. They also issued out toll-free phone numbers that are available for

anyone who needs assistance.

U.S. Census Bureau personnel disclosed that the Census Questionnaire Assistance (CQA) phone numbers are now available to the public for assistance during the 2020 Census. Toll-free phone numbers are available from 7:00 a.m. to 2 a.m. (Eastern Standard Time), seven days a week, in various languages and are supported by CQA.

The English and Spanish language lines will be available to provide general information about the 2020 Census, including answers to frequently asked questions (FAQs), via an automated Interactive Voice Response (IVR) system, according to Oscar Arriaga, U.S. Census Bureau Media Representative for West Texas. “Activated on March 9, all lines will begin live Census Survey Response (CSR) support providing information about the 2020 Census and assistance with the questionnaire,” he stated.

The CQA IVR and live CSR support on all language lines will end on July 31, 2020, Arriaga stated. “Most residents throughout the country will begin receiving their invitations to respond to the Census starting Thursday, March 12. The invitation will include instructions for



— Photo courtesy of U.S. Census Bureau

THEY WILL COUNT YOU – Households that do not self-respond to the Census questionnaire, after a series of mailing reminders, can expect a visit by an enumerator (census taker) who is tasked with going door to door to collect the vital responses.

See CENSUS, Page 4

The knife contagion

Forget March Madness brackets; the real gambling has to do with Trump Madness. The hottest bet of all: How long will Mark Meadows last as White House chief of staff?

Meadows, the right-wing congressman from North Carolina, is resigning and moving from the Capitol to the White House and replacing Mick Mulvaney, who had been the right-wing congressman from South Carolina before he joined the Trump team and ended up as acting chief of staff. “Mick the Knife” was Mulvaney’s nickname, because of his ruthless campaign to cut any federal expenditures that helped the poor, elderly, disabled or otherwise vulnerable. But now

he’s been stabbed in the back by “Mark the Knife.” Meadows takes over as the fourth chief of staff that blunt instrument Donald Trump has had in the 38 months of his administration – a record, by the way.

Actually, Mark Meadows is way more of a smooth talker than Mick Mulvaney, who had a bad habit of going off message when he spoke in public. History will remember Mulvaney as the one who admitted that Trump had been trying to squeeze the president of Ukraine to investigate the Bidens and his immortal words “get over it.”

Meadows doesn’t make mistakes like that. After all, he had taken the usual career track to the top of Trump’s

world: He looked good on TV as he vigorously defended the Trumpster. He has always had plenty of material.

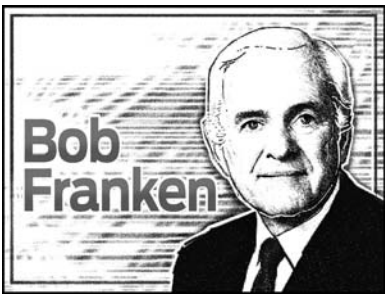
Trump’s latest outrage involves his perennial habit of making things worse, this time during the coronavirus panic. He constantly contradicts the experts as they do their level best to combat an illness they don’t fully understand. Trump regularly makes it clear he doesn’t even comprehend what they don’t understand. He shoots off his mouth misstating facts, in a nutshell, acting like Donald Trump. Not that the experts are covering themselves in glory.

It’s not at all reassuring when the best advice they can give is wash your hands a lot, replace handshakes with elbow bumps and don’t touch your face. In Washington, that last one is a real problem for all of the two-

faced politicians.

All we can really do is plan our staycations. The travel industry is taking a big hit. For that matter, the entire financial structure is teetering, so we probably can’t afford a trip this summer, when the kids are out of school. Of course, the kids might be out of school for an extended period of time and do classwork online. That’s fine for families that can afford computers or mobile devices and fine for those who can afford to feed their children. However, millions of the poor cannot, so the schools are the only places they get basic nutrition.

How do we deal with today’s gig economy where so many workers scratch out a living by going from one service job to the next? Most of them are uninsured, so how do they access whatever health care they need



from the coronavirus or any other conditions? They cannot afford any quarantines, a worst case but plausible scenario.

The disruption scenarios boggle the mind, but President Trump assures us that the dreaded disease will just dissipate. Now he has a new chief of staff, who’s supposed to make it all better while his boss does what he does best – get in the way.

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View from here By G. Keith Smith, M.D.

How to end the lure of socialism

The fascination many young people have with socialism represents an understandable misunderstanding of injustice and its remedies. How can we stem the tide of socialism’s popularity with young people?

Not that long ago, young people cheered this era’s greatest champion of liberty, Dr. Ron Paul, and his ideas of no income tax and an end to foreign wars. Thousands of young people on college campuses found liberty, not collectivism, exhilarating, and they shouted “End the Fed.” But this political season, the complete socialization of medical care, “Medicare for All,” is perhaps the most effective tool used by

demagogues to lure the support of the young. Is it possible to draw young people away from these chilling ideas, and lead them to embrace liberty?

Rather than speculate about why so many of today’s youth are enamored with collectivist ideology, why not inoculate them with a dose of freedom?

One sure way to end the love affair so many young people have with “socialism” would be to stop making them pay for it; why not let them opt out of Medicare (and Social Security for that matter)? Paychecks would swell, and what politician would dare to advocate for reinstating these taxes? It is no wonder so many

of today’s youth are confused when so many of their elders are supporters of “Medicare for Some,” but opponents of “Medicare for All.” After all, if a little socialism is a good thing, why not a full dose?

The most predictable objection to this plan should be: “But what if young people don’t save voluntarily for their old age and future medical requirements?” The most frequent objection, however, goes something like this: “How will that revenue be replaced?” This, of course, is an admission

that current “contributions” to Medicare (and Social Security) by workers are consumed by current beneficiaries, the very definition of a Ponzi scheme. The forced contributions of those beneficiaries were spent the instant they were taken. There is no “lock box,” and no pension plan owned by individual “beneficiaries.”

Recognizing the fraud of Bernie Madoff saved countless individuals from his thievery. No such option or courtesy is currently presented to us by Uncle Sam.

“How will that revenue be replaced” is a consistent theme that permeates the state, as I’ve been told this same question is commonplace amongst district

attorneys facing the relaxation of marijuana laws and penalties. Selfless “angels” with state power are as fictional as the “not for profit” status of hospitals in the U.S., after all.

It would be cruel, of course, to suddenly end or hamstring a government program upon which millions of individuals are hopelessly dependent. How to fund an opt out/phase out has been addressed in the past with recommendations, for instance, that the federal government sell the lakefront property over which it has control, the proceeds funding annuities that would sustain for life those who

See SOCIALISM, Page 7

Food for thought By Dr. Glenn Mollette

Who will decide your death?

After battling multiple sclerosis for twelve years my wife was in the Intensive Care Unit of a hospital. The care had been good and everyone was attentive. The physician in charge of her care pulled me aside one day and said, “Glenn, you know, there comes a time for all of us and your wife has suffered with this disease for a long time. Don’t you think it’s time we let her go on?” He then added, “We can let her go on or we can try to extend her life as long as possible.” “Doc,” I replied, “I want her to live as long as possible.” “Good enough,” he said, “That’s what we will try to do.”

She lived about two weeks or so after that conversation. During those two weeks she spent quality time with family, her sons and I. She had visitors who had conversations with her. Before her death she was able to speak clearly to me and state her thoughts and wishes. I remember the day we had to take her back to the nursing home that she ate one of the better meals that

she had eaten in several weeks. Those two weeks was time that I know she would not have wanted to have given up, nor would I.

I have found it interesting looking back now that a couple of the nurses at the nursing home stated to me the day that we got her back to the nursing home, “Glenn, we are so sorry.” It was like they were saying they were sorry about my wife’s death and looking back, that’s exactly what they were talking about. It was like the hospital had said to the nursing home staff, “There is nothing more to be done and it’s time to let her die.” My question all along has been did they let her die, or did they push or move her death along a little faster? It seemed after her meal that she enjoyed, that she suddenly started going downhill fast, became quieter, groggy and eventually lulled into a sleep in which she never woke up and passed away.

A friend of mine had a stroke recently. A lady who I know who used to work in the hospital said,

“After seven days, Medicare will give the hospital an ultimatum. Either she is going to get better or they will tell the hospital to unhook her and let her die.” She had a living will and so the hospital staff used the living will to state, “This is what she wants.”

I’ve taken note lately that every place I go is pushing a living will document at me. I’m going to have one, but I’ll write it. I don’t need an insurance provider or Medicare writing my living will for me. Whose advantage is the living will for if they have written the document and I have merely signed it? It’s more for their bottom line.

Your life is worth more than the bottom line. We all will likely be out of control at the end of life. Don’t make it so easy for those who don’t even know you to take your life away from you.

Visit www.glennmollette.com for information about Dr. Glenn Mollette.

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Years

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Woke-era pandemic

The coronavirus outbreak is the first pandemic of the woke-era, and as such it's not surprising that there is a fierce debate over how to refer to it without offending against social justice.

Republican Rep. Paul Gosar of Arizona lost whatever sympathy he would have garnered in certain quarters over his self-quarantine when he referred to "the Wuhan virus," a perfectly appropriate name that has been deemed grotesque and unacceptable.

Wuhan is in China, a non-Western country, and people of color live there, so Q.E.D., calling the virus by the name of that city must be racist.

Luminaries across the left denounced Gosar. They even accused him of bringing what is technically the SARS-CoV-2 virus to our shores by misnaming it. Democratic Rep. Ted Lieu of California slammed the Republican's reference to the Wuhan virus as "an example of the myopia that allowed it to spread in the U.S. The virus is not constrained by country or race."

Nonetheless, the virus first became known in Wuhan, and the locked-down city has remained the epicenter of the Chinese epidemic ever since. As

of mid-February, the Wuhan area accounted for 86% of all cases in China.

Naming a virus after the location of the outbreak that first brought it to attention is not unusual.

The West Nile virus emerged in the West Nile district of Northern Uganda in the 1930s. It is similar to the St. Louis encephalitis virus, which broke out around St. Louis, Missouri, in 1933, and the Japanese encephalitis virus that began in the 1870s.

Coxsackie in New York state, Marburg in Germany and Hendra in Australia all have viruses named after them.

MERS, caused by a virus first identified in 2012, stands for Middle East respiratory syndrome, or even more offensively, the camel flu.

No one had a fainting fit over any of this, but we live in a more sensitive, and absurd, time.

The WHO issued guidelines a couple of years ago warning against naming diseases after geographic locations, or animals (swine flu, bird flu, monkey pox) or membership organizations or occupations (Legionnaires' disease). With regard to the latest outbreak, the WHO has warned that "certain words and

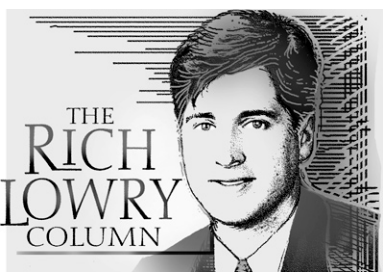
language may have a negative meaning for people and fuel stigmatizing attitudes."

There is no doubt that a raging virus that got its start in China, has shut down all of Italy, and caused disruption and fear around the world may create negative associations around China. This would happen, though, regardless of the name.

Such international contention over the name of a virus or disease isn't new. Syphilis was the Neapolitan disease, the French disease or the Polish disease, depending on who was naming it. The 1918 influenza came to be known as "the Spanish flu," although Spaniards called it "the French flu."

There was no good reason for naming the flu after the Spanish, though. The case of China is different. Its government tried to suppress warnings about the new coronavirus and looked the other way, giving it the room to become a national and then a global crisis.

It deserves to be connected to the virus it did more than its



share to loose on the world, no matter what its foreign ministry or the sensitivity police say.

Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.

Socorro ISD earns 25 state awards

By Christy Flores-Jones
Special to the Courier

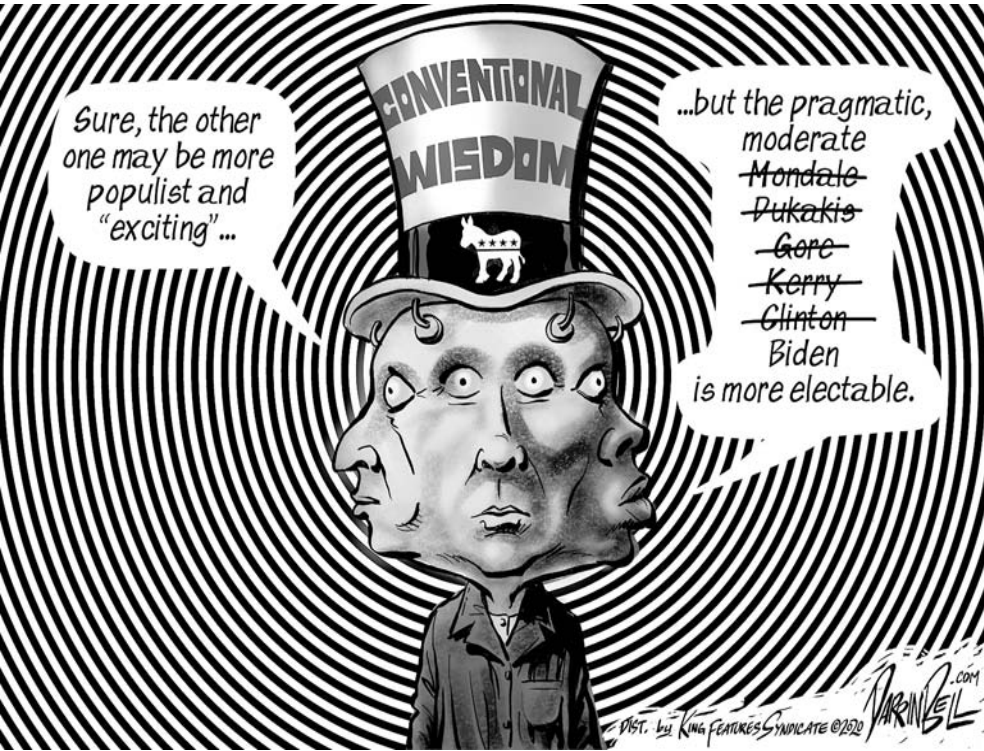
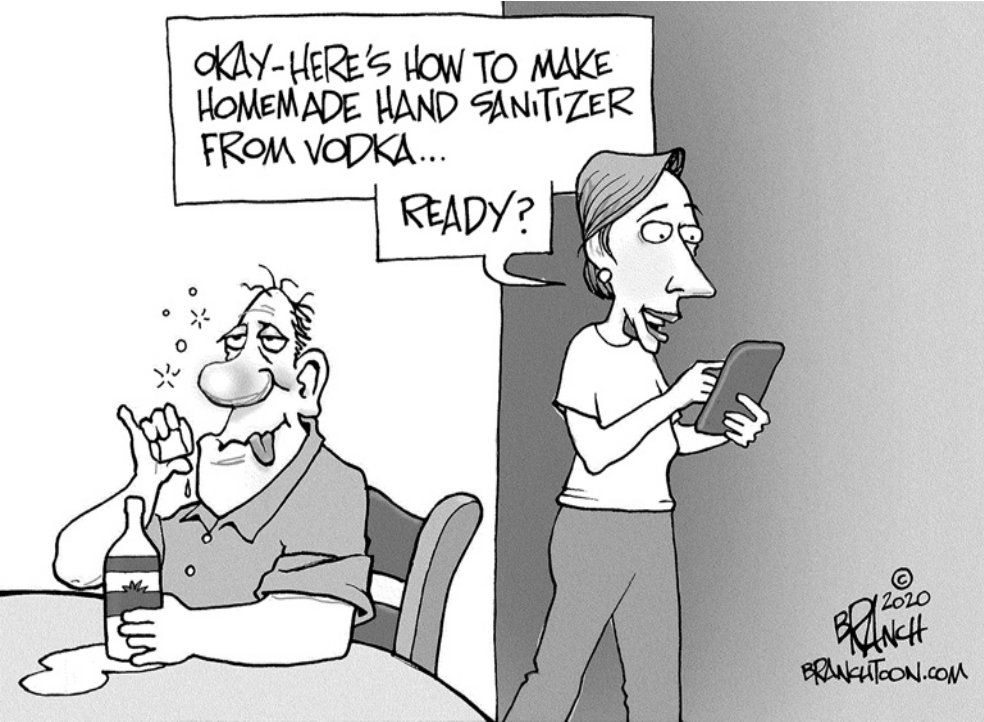
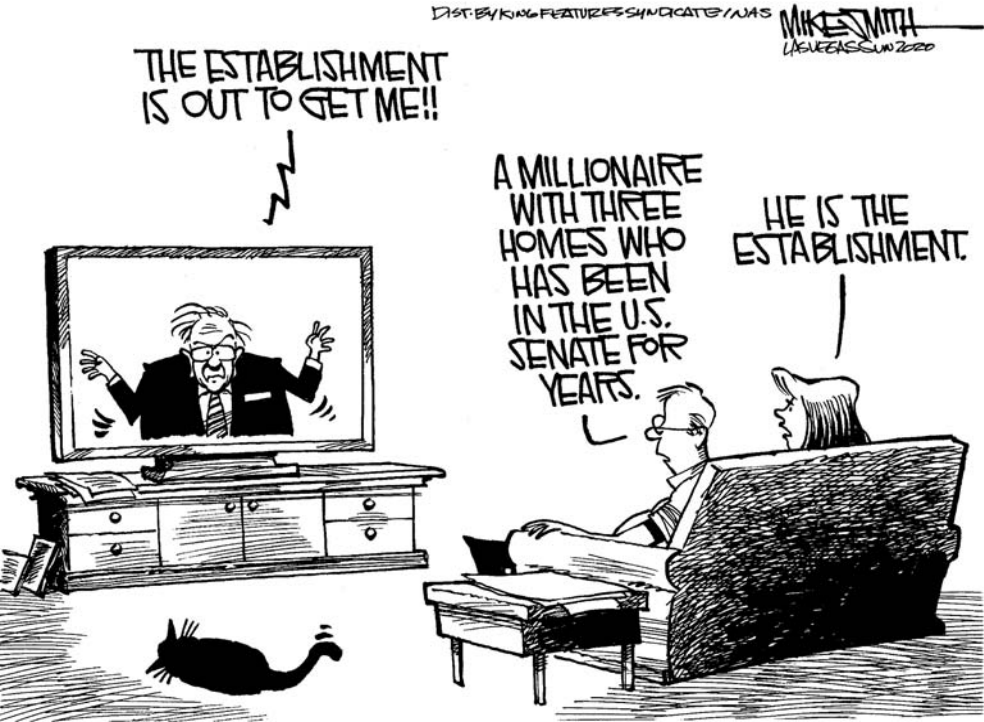
ELPASOCOUNTY–The Socorro Independent School District (SISD) earned 25 awards from the Texas School Public Relations Association (TSPRA) for excellence in public relations and communication. The SISD Public Relations (PR) department received the accolades at the TSPRA Star Awards Celebration Feb. 26 at the 2020 conference in Austin, Texas.

SISD won three Best of Category awards and earned honors as finalists for four Crystal Commendation awards. A Best of Category for writing was awarded for SISD Superintendent José Espinoza's column titled "What public isn't told about charters' 100 percent college acceptance rates," which was published in various newspapers and shared via social media outlets.

The SISD PR department also won 18 awards for outstanding publications, multimedia, and marketing projects executed during the 2018-2019 school year. The SISD PR team won 12 gold awards, four silver awards and 2 bronze awards in various categories.

TSPRA's annual Star Awards recognizes the outstanding education communications and projects of school PR professionals. Entries were submitted from school PR teams across the state. Gold Star Awards recognize entries that achieve its purpose with noticeable creativity, craft and skill, but, in the opinion of the judges, does so in an exceptional way. Silver Star Awards recognize entries that achieve purpose with noticeable creativity, craft and skill.

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Briefs

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District is directing students to remain at home and return to school on Monday, April 6. Meals will still be provided. This information is very fluid and subject to change. All of the districts recommend that parents and students look for the latest information on their district’s website and on their district’s social media.

– Staff

Hospital visits

Las Palmas Del Sol Healthcare remains focused on preparedness and response efforts related to coronavirus (COVID-19). For the safety of our patients, visitors, physicians, colleagues and community, along with hospitals across the country, we have implemented visitor restrictions within all Las Palmas Del Sol Healthcare facilities to control the spread of the virus. At this time, visiting hours are restricted to the hours of 6 a.m. to 8 p.m., and we will allow only one adult visitor per patient in the building at a time during these hours. All visitors must be 18 years of age or older. One person may remain overnight with a patient in select areas of the hospital only, including pediatrics, neonatal ICU (NICU), and labor and delivery. We continue to screen everyone entering our facilities. If a visitor doesn’t pass the entrance screening, they are not allowed in the facility. Exceptions may be granted by hospital leadership for extraordinary circumstances, with additional precautions implemented. The health and safety of our patients and caregivers are our top priority.

– David Shimp, CEO, Del Sol Medical Center;
Don Karl, CEO, Las Palmas Medical Center

CV-19 and money

As the coronavirus leaves the economy struggling and the public wondering what to do to protect themselves, WalletHub has come up with a list of tips for keeping your wallet safe.

• Ask your bank for help

Many banks and credit unions have stated they are willing to offer assistance to people who face temporary financial hardship due to the coronavirus. These might include measures like being able to skip a payment, having temporarily lower rates, getting fees waived or having a credit line increase. Make sure to clearly and politely articulate the reasons for your hardship.

• Focus on savings

Most people’s jobs aren’t immune to the coronavirus. So, it’s a good idea to set aside as much money as you can from each paycheck in case coronavirus impacts your ability to work or causes you to have additional medical expenses. Even beyond the current situation, it’s always good to have an emergency fund. Avoid panicking about stocks, too, and just remember that it’s only a matter of time until the virus runs its course.

• Travel insurance, limits

If your travel provider cancels a trip because of the coronavirus, a ‘trip cancellation or interruption’ policy might help you get your money back. Some credit cards offer this benefit for free, though issuers have been cutting back in recent years. Remember, if you cancel your own trip out of fear of the virus, your policy probably won’t cover you unless you have coverage for canceling ‘for any reason’ or doctor’s orders to quarantine yourself.

• Use cards, not cash

Though there’s not much evidence to show that touching cash spreads coronavirus, it’s theoretically possible, and the Federal Reserve has been quarantining bank notes from Asia. China also burned some of its currency that had been circulated through the Wuhan area. Using a credit card’s may give consumers more peace of mind. Credit cards can be used for online purchases avoiding crowded stores. Also, people that decide to stock up on essentials and spend more than usual in the coming months can recoup some of that expense, and get some extra time to pay, by using a rewards credit card.

– Jill Gonzalez



Moments in time

THE HISTORY CHANNEL

bizarre rulings as a justice of the peace in western Texas during the late 19th century.

• On March 17, 1834, Gottlieb Daimler is born in Germany. In 1885, he and Wilhelm Maybach developed a new version of the four-stroke internal-combustion engine, which they attached to a wooden bicycle, creating the world’s first motorcycle.

• On March 18, 1933, American automaker Studebaker, then heavily in debt, goes into receivership. It eventually rebounded from its financial troubles, only to shut down the assembly line and transition out of the automobile business in 1966.

• On March 19, 1957, Elvis Presley puts a down payment on a home for his parents, a southern Colonial mansion on a 13.8-acre wooded estate. With a \$1,000 cash deposit against a sale price of \$102,500, Elvis Presley agreed to purchase the home called Graceland.

• On March 20, 1852, Harriet Beecher Stowe’s anti-slavery novel, “Uncle Tom’s Cabin,” is published. The novel was so widely read that when President Abraham Lincoln met Stowe, he reportedly said, “So this is the little lady who made this big war.”

• On March 21, 1804, the Napoleonic Code is approved in France. The Code strengthened the authority of men over their families, deprived women of any individual rights, and reduced the rights of illegitimate children. All male citizens also were granted equal rights under the law, but colonial slavery was reintroduced.

• On March 22, 1765, in an effort to raise funds to pay off debts, the British government passes the Stamp Act. It levied a direct tax on all materials printed for commercial and legal use in the colonies, from newspapers and pamphlets to playing cards and dice.

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Census

From Page 1

responding to the 2020 Census online, with households in areas less likely to respond online receiving a paper questionnaire that they can return in the mail,” he related.

“By mid-April, all households that have not yet responded will receive a paper questionnaire. The Census Bureau asks that you include everyone who lives in your home as of April 1 and residents are asked to use the Census ID included in the invitation,” Arriaga explained. “You can also respond without it by providing your address,” he added.

Census officials emphasized that El Paso County residents should fill out their Census because the count is used to base the amount of funds communities will be allotted for constructing new roads, building new schools, providing new healthcare facilities, which subsequently attracts more businesses to those communities. The Census count also determines the number of representatives a state sends to the U.S. Congress.

For more information about the Census questionnaire and to get assistance, individuals are encouraged to visit the bureau’s website, at 2020census.gov or census.gov.

CENSUS LANGUAGE LINE TOLL-FREE NUMBERS

- English844-330-2020
- Spanish844-468-2020
- Chinese (Mandarin).....844-391-2020
- Chinese (Cantonese)844-398-2020
- Vietnamese844-461-2020
- Korean844-392-2020
- Russian844-417-2020
- Arabic844-416-2020
- Tagalog844-478-2020
- Polish844-479-2020
- French844-494-2020
- Haitian Creole844-477-2020
- Portuguese844-474-2020
- Japanese844-460-2020
- Puerto Rico (English).....844-418-2020
- Puerto Rico (Spanish).....844-426-2020
- (TDD)844-467-2020

Strange BUT TRUE

By Lucie Winborne

• It was American journalist, author and humorist Don Marquis who made the following sage observation: “Procrastination is the art of keeping up with yesterday.”

• The first recorded newspaper that published on a daily basis was in Rome – in 59 B.C.

• A giant carnivorous plant has been discovered on a remote mountaintop in the Philippines. The second largest pitcher plant on record, nepenthes attenboroughii secretes a nectar that lures insects, frogs and even rats into its trap, where enzymes and acids break down the animal and digest it.

• There has been a lot of debate about whether older drivers should be required to pass driving tests in order to renew their licenses, with failing sight and diminished judgment being cited as reasons for the more stringent requirement. However, statistics tend to indicate that, as a group, teenagers are the more dangerous drivers, with their auto-accident death rate roughly triple that of seniors.

• The men’s formal attire known as the tuxedo takes its name from the Tuxedo Park Club in New York, where the clothing first became popular. The word itself is derived from the Algonquian word for wolf.

• The Zagat restaurant rating system recently conducted a survey of Americans’ tipping habits. The results? It seems that residents of Philadelphia are the most generous tippers in the nation, leaving an average of 19.6%. The average across the country is 19%.

• President Benjamin Harrison was 25 years older than his wife, Mary – and he also was her uncle.

Thought for the Day: “People who have no weaknesses are terrible; there is no way of taking advantage of them.” – Anatole France

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

CryptoQuip Answer

I guess the world’s second-best writing implement could be called the pen ultimate.

3	×	9	−	2	25
+		÷		×	
2	+	1	×	8	24
×		+		+	
5	×	6	−	4	26
25		15		20	

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Coronavirus scare gives us a chance to reveal our better selves

By Steve Escajeda
Special to the Courier

Oh what a crazy couple of weeks it’s been.

I never thought I’d sit down to write a sports column missing the essential ingredient needed to form my thoughts – sports!

The COVID-19 virus, or coronavirus, has affected all walks of life all around the world.

You can’t go to any store, or restaurant, or business, or any place where at least two people are congregating, without the topic of discussion being related to the virus.

And the virus has now firmly embedded itself in the sports community, as it has almost everywhere else.

Last week saw a bevy of postponements, suspensions and cancellations of local sports programs that will affect

athletes from the very young to the very seasoned.

You’ve got to feel for the UTEP women’s basketball team, which won its opening-round Conference USA basketball tournament game, only to hear that the event would be cancelled the next day.

UTEP announced soon afterward that all spring sports would be suspended.

The only UTEP sport that hasn’t been affected is football, which is continuing with spring drills. The spring game scheduled for April 11 is still up in the air though.

The El Paso Rhinos, after posting a 43-4 win-loss record, were scheduled to start the playoffs last week in the quest for their third straight Western States Hockey League championship.

A day before the playoffs were to start, they got the word that there would be no playoffs.

The El Paso Locomotive were scheduled

to play their first home game last week at Southwest University Park.

The United Soccer League announced it has suspended all games for 30 days and then re-evaluate.

The El Paso Chihuahuas, perhaps the city’s favorite and most successful franchise, announced last week that they will be delaying their season by two weeks.

El Paso Community College was in the middle of its baseball and softball seasons.

Those programs have been shut down but it’s still a little unclear whether there’s a chance they’ll start up again later if things improve.

Even high school sports have been affected.

The UIL (University Interscholastic League) announced the suspension of all Texas high school sports until further notice.

One sporting event that is going on is

the Sunland Derby.

El Paso’s biggest horserace is scheduled to take place on March 22 at Sunland Park Racetrack.

Only one difference, when the horses are riding around the backstretch and heading for home – it’ll be as if no one was there – because no one will be there. The race will be run with no fans in attendance.

No games anywhere.

I’ll admit that the last week has been a little strange, with no scores, or stats, or wins or losses, or controversies, or highlights to watch, listen to, or read about.

So now it comes down to realizing what is really important – in life.

At first, sports junkies will cower in the fetal position for a week, then they might begin to realize there’s a whole other world out there.

Initially, I was convinced that this scare was totally overblown. And though I still believe it is over-hyped – even if it was just “hyped” – that would still be dangerous.

COVID-19 has killed thousands around the world, but if there is a silver lining in all this, it may be the fact that while all these closings and cutbacks are going on, we take the opportunity to get back in touch with our friends and loved ones.

Maybe we can put our TV remotes and cell phones down for a second and just talk, eye to eye.

There’s no doubt that some people are starting to freak out over all this. But we can either help each other or hurt each other.

It’s during times of crisis, that a person’s true nature is revealed.

How about this, instead of hoarding water and toilet paper and hand sanitizer – we share it.

This virus will blow over, just like the Ebola, SARS and swine flu did in my lifetime. The question is, how long will it take?

The way I look at it, we shouldn’t fear this virus, but we should respect it – and each other.



Super Crossword

MULTIPLE LISTING ACROSS

- 1 Nightclub show
8 "Sweet Rosie _" (Betty Grable film)
14 Floating with no control
20 Surplus amount
21 Greek Muse of astronomy
22 Pointy beard
23 Cough-quelling tablet
24 Cowboys' toppers
26 Like old teams that ferried borax
28 Luau garland
29 Knife incision
30 _-mo replay
31 Big serving spoon
34 Big record label, once
37 Suffix with serpent
38 Long-term home loan option
45 Javelin's path
48 Ending for seior
49 Small musical band
50 The "A" of ETA: Abbr.
51 Mem. of the family
52 1979 Nick Nolte film
59 L-P center
60 More silver-haired
61 Dispatched in the direction of
62 Hold up

- 64 Pianist's challenge
66 Rajah's mate
68 With a leg on each side of
70 "Apollo 13" org.
71 1994 Erica Jong memoir
76 Unlucky time for Caesar
77 Cold Lipton offering
79 _-am (touter of green eggs and ham)
80 Food fish
81 Gp. to call after a stall
82 Deft
86 King in "The Lion King"
89 State south of S. Dak.
90 Flying on foot
93 Ill. in modern Rome
94 Ex-Texas governor Richards
95 F a t - r e m o v a l procedure, for short
96 Chou En_- (former Communist leader)
97 Old JFK lander
98 Philadelphia election-monitoring group
106 Santa -, California
107 This moment
108 French for "daughter"
109 M e d i t a t i o n

DOWN

- 1 Male foal
2 States bluntly
3 G e m s t o n e mounting
4 "Am so!" retort
5 Vent vocally
6 Like omelets
7 Be rife (with)
8 Money spent
9 Gluttonous
10 Managed
11 Director Lee
12 Oven knob
13 Ivy League school
14 In past time
15 With 74-Down, longtime morning radio host
16 Match cheers
17 Napoli locale
18 Throwing a big party for
19 Student being

- quizzed
25 VIP's ride
27 Final: Abbr.
32 _ smile be your umbrella"
33 British peers
35 Artsy_-
36 Basically
39 Door part
40 "Do _ else!"
41 _ avis
42 Provoke
43 Mournful cry
44 Pound sound
45 Iran neighbor
46 Avis offering
47 Inspector in "The Pink Panther"
53 Supermodel Banks
54 Use the ears
55 '62 Bond film
56 RBIs, e.g.
57 Some fishing spears
58 Some Alpine singers
63 Safest option
65 Father
67 Conditions
69 Tumbler top
71 Was a tributary of
72 Bring home
73 Renown
74 See 15-Down
75 Cartoon skunk _ La Fume
78 It gives red wine its color
80 _ isn't so!"

- 83 Eye flirtatiously
84 Nastase of the court
85 _ the iceberg
87 Car shaft
88 Marvel's Lee
91 "Platoon" zone, briefly
92 Ex-U.N. head Annan
98 Brief sleep
99 City east of Syracuse
100 Way
101 Having no depth, briefly
102 Rains down ice pellets
103 Actress Cuthbert
104 Really chill, with "out"
105 "Hey, bro!"
110 Singer Callas
111 Comedian Wanda
113 Editing mark
115 Total revision
116 Ripened
118 Circle dance
119 Horse pace
120 Cry of pain
121 Spanish muralist José María _
123 Foil material
124 Up to now
125 "Norma _"
126 Trauma ctrs.

Answer Page 4

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19
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23								24						25						
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	90			91							92								93	
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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					

Comix

OUT ON A LIMB By Gary Kopervas



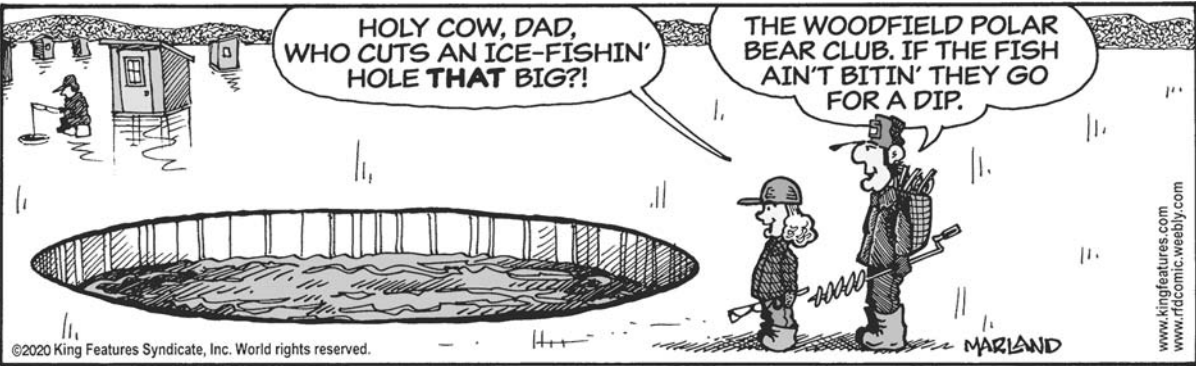
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Socialism

From Page 2

depend on these federal entitlements. If Uncle Sam can't stomach selling assets, perhaps the D.C. machine could consider the unthinkable and spend less, say on foreign aid or war.

I rarely find someone, regardless of age, who would not gladly forgo any future benefit from Medicare or Social Security, and just write off their past "contributions" (tax payments)

in return for freedom from paycheck-destroying future "contributions." It is not uncommon, after all, for the Medicare and Social Security paycheck deduction to exceed all other paycheck deductions combined, particularly when the undisclosed employer "contribution" (which is the employee's earnings, after all) has been considered.

All Millennial-bashers who want to stop the surge of young people's fascination with socialism should consider promoting an opt out of these programs for people of all ages, so they can see the effect a

lack of socialism has on their take-home pay. Medicare for All will then be the last thing any beneficiaries of such an opt out will tolerate, much less want.

The least we can do is extend at least a portion of the tax-exempt status many giant U.S. hospitals enjoy to today's and tomorrow's young, about whom we claim to care so much, whose ideas will shape the future.

Dr. G. Keith Smith is a board certified anesthesiologist in private practice since

No screening test for bile duct cancer

DEAR DR. ROACH: A family friend has just been diagnosed with bile duct cancer. She is a breast cancer survivor and is 75 years old. The tumor is said to be the size of a quarter, and it was discovered after she complained of heartburn symptoms. Are there screening tests that could have detected the condition before the heartburn symptoms? Are there things that she could have done to avoid the cancer? My family members are frightened and want to avoid her condition. – Anon.



Cholangiocarcinoma, cancer of the bile ducts, is a rare cancer that is, unfortunately, associated with a high mortality rate. There are no symptoms in most people until it is advanced. Since the cancer is in the bile ducts, the most common symptoms are caused by obstruction of the bile ducts: jaundice (yellow in skin/eyes), generalized itching, dark urine and light-colored stools. Abdominal pain, fever and weight loss are other symptoms.

Cholangiocarcinoma is not a disease that's amenable for screening; it is rare in North America (it is more common in East Asia, where there are screening programs). Further, the available screening tests, such as blood tests and imaging studies, are not very sensitive, meaning the tests will miss cases. And they are not very specific – a positive result on the screening test does not necessarily mean cancer. For these reasons, screening is not currently recommended for people at average risk, although it may be considered in people at high risk, such as people with primary sclerosing cholangitis, a chronic liver disease that puts people at high risk for cholangiocarcinoma.

Other risk factors for cholangiocarcinoma are mostly beyond a person's control: other liver diseases, parasites and genetic conditions. There is some evidence that obesity and diabetes increase the risk of this cancer; however, it does no good for you or your friend to look backward. Never blame the victim. She should concentrate on getting treated. I don't have enough information to comment on her prognosis, but the fact that it was diagnosed early – apparently before obstruction of the bile ducts – and with a tumor only the size of a quarter, are favorable. Treatment may include surgery and chemotherapy (before or after surgery).

DEAR DR. ROACH: My 22-year-old daughter was diagnosed with overactive bladder at the end of June. She tried medications, but they made her sick. She was given a prescription for a physical therapist to work with her for her condition. Unfortunately, she has hit dead ends. How can she find a physical therapist to work with her? – A.F.

Physical therapists, like most other health care professionals, have individual skill sets. Pelvic-floor physical therapy requires a level of expertise that not all physical therapists have. I suspect she may have just been calling physical therapist offices near her and not finding a therapist with that expertise. A quick internet search found a good number of specially trained therapists in the area where she lives.

There are many online reviews of physical therapists, just as there are reviews of doctors and dentists. They have some value, but I would be cautious about both overenthusiastic and overly negative reviews.

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. (c) 2020 North America Synd., Inc. All Rights Reserved.

1990. In 1997, he co-founded The Surgery Center of Oklahoma, an outpatient surgery center in Oklahoma City, Oklahoma, owned by over 90 of the top physicians and surgeons in central Oklahoma. Dr. Smith serves as the medical director, CEO and managing partner while maintaining an active anesthesia practice. His most recent effort is the launch of the Free Market Medical Association which provides a platform where those seeking to obtain high quality and affordable health care can find free market-minded providers, both physicians and facilities.



Moore Texas by Roger Moore
March 3, 1836: Sam Houston is named Commander in Chief of the Texas Army.

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: O equals S

C VKIOO UDI TAYEF'O
OILAPF-HIOU TYCUCPV
CBGEIBIPU LAKEF HI
LXEEIF UDI GIP KEUCBXUI.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Answer Page 4

♦♦♦ HOO BOY!

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K2 - The black goo



by Freddy Groves

Were you stationed in Uzbekistan shortly after 9/11 until 2005? The place, Karshi-Khanabad, was called K2 and the ground was covered in black goo. Signs warned of radiation hazard, and the area frequently flooded. Pond water glowed green.

Were you there? How’s your health?

Various sources peg the toxic goo as asbestos, uranium and chemicals left over from a former Soviet air base. So far 61 veterans have come down with cancer, and they point to working in that location as the cause. There are documents, from as early as 2001, showing that the military knew the place was toxic.

Many of the veterans with cancer, or the families of the ones who have already died, have had problems getting the Department of Veterans Affairs to cover medical costs, honor

claims or to consider illness from serving at K2 as a presumptive.

If you were there or are the surviving family of a deceased veteran who served there and died from cancer, there is hope.

Senators on the House Committee on Oversight and Reform sent requests to the VA and Department of Defense demanding documents about hazardous substances. They cited a 2015 Army study that says the Army found that veterans who served in K2 were five times as likely to develop cancer. The VA responded that there was no indication of increased cancer rate among those who served at K2.

VA Secretary Robert Wilkie has stated publicly that veterans at K2 may have been exposed, and they want you to come forward to get help. He specifically said, “File the claims. Come speak to us. This is not your grandfather’s VA where the paperwork is going to last 10 years.”

Take him at his word. It’s not a guarantee of K2 exposure being a called a presumptive, but it’s a start. If you were

affected, or are related to anyone who was, make noise.

Meanwhile look online for www.scribd.com/document/440490525/K2-Contamination-Documents.

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• “If there is only a light snow on the ground, you can use your leaf blower to clear walkways or a deck.” – D.E. in Minnesota

• You might think your dishwasher cleans itself every time you use it, but it could use a hand. Run this cleaning cycle monthly: Fill a two small bowls with white vinegar, and put one each on the upper and lower racks. When the clean cycle is done, sprinkle a cup of baking soda on the bottom and run again.

• Cooking Tip: After you have rotisserie chicken for dinner, throw the carcass in a pot and make a quick stock. All you need are: a quartered onion; two carrots and two celery stalks, roughly chopped; a bay leaf and other spices you enjoy; a bit of salt; your rotisserie chicken carcass; and enough water to cover. Boil and let simmer for up to two hours. Strain and store.

• If you need to chop bacon for a garnish or slice chicken or beef for fajitas, freeze the meat before you chop. It will make it much easier to get the slices uniform because it doesn’t slide around.

• “Look closely at extra-large size boxes of cereal. I was surprised to find that the bulk size of my favorite was actually costing me more per ounce. Now I always check the per-unit price, which is often found on the price tag.” – J.C. in Oklahoma

• “If you get gum stuck in your hair, try massaging it with a little dab of butter. The fat breaks down the gum, and it’s easier to separate the strands. Just go slow and it will come out.” – K.R. in Indiana

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2020 King Features Synd., Inc.

GO FIGURE! by Linda Thistle

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.

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

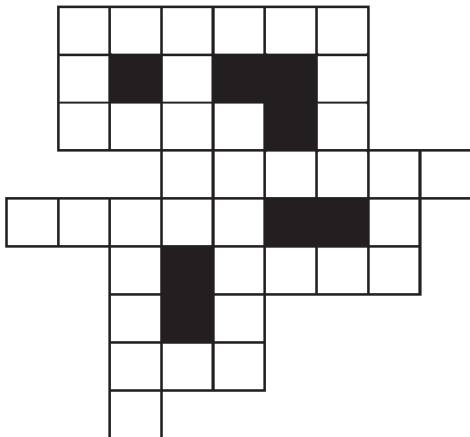
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1 2 2 3 4 5 6 8 9

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ESE
PELAPA
EVTAL
♥OLPO
CAVEOT
OWW
♥ALRI
♥PESLA
♥PSA
♥WACSLR
♥EPSUL
♥EWNA



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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