



## NEWSBRIEFS

### State CV-19 restrictions

With spikes in COVID-19 leading some states to pause their reopening processes and some local areas to close down, the personal-finance website WalletHub has released updated rankings for the *States with the Fewest Coronavirus Restrictions*, as well as accompanying videos and audio files. To identify which states have the fewest coronavirus restrictions, WalletHub compared the 50 states and the District of Columbia across 18 key metrics. Our data set ranges from whether the state has any penalties for non-compliance with COVID-19 legislation to whether the state has required face masks in public and health checks at restaurants. Below, you can see highlights from the report, along with a WalletHub Q&A. Texas had the 6th most restrictions in the report, ranking (1-Fewest, 25-Avg.):

- 23rd – Requirement to Wear a Face Mask in Public;
- 28th – Workplace Temperature Screening;
- 31st – Reopening of Child-Care Programs;
- 45th – Large Gatherings Restrictions;
- 49th – Reopening of Non-Essential Businesses;
- 36th – Reopening of Restaurants and Bars; and
- 15th – Working from Home Requirements/Recommendations.

*Note: Rankings are based on data available as of 12:30 p.m. ET on Monday, July 20, 2020.*

Visit <https://wallethub.com/edu/states-coronavirus-restrictions/73818/> for the full report.

– Diana Polk

### She likes her work

May Lee, an employee at California’s Department of General Services (DGS), had a work anniversary recently. The 100-year-old financial analyst celebrated her 77th year with the DGS, making her the state’s longest tenured public servant. And it doesn’t look like she has plans to retire anytime soon. As she put it: “I think I did the best I could in this world, both in work and life and with the family. So I’m satisfied with my life. I’m happy.”

– John Grimaldi

*Honest people alter their ideas to fit the truth while dishonest people alter the truth to fit their ideas.*

– Quips & Quotes

## Conserving water during heat, drought

By Jean Schlitzkus  
*Special to the Courier*

TEXAS – There is no doubt that the summertime heat in Texas is the stuff of legend. Many of us have heard of (or maybe even tried) frying an egg on the sidewalk in July. And while it is not likely that a swimming pool ever boiled or an ice cream truck ever melted from the heat, a Texas summer can definitely wreak havoc on the landscape.

Not surprisingly, this summer is shaping up to be dry and hot for most of the state. According to The Texas Water Development Board’s latest Water + Weather Report, June rainfall was generally below average across Texas. In the Panhandle in particular, drought has intensified significantly. At the end of June, about one quarter of the state was suffering from some sort of drought.

The outlook for temperatures this summer is also not surprising. The National Oceanic and Atmospheric Administration has forecasted a hotter-than-average summer across most of the United States. Without significant rainfall, this summer could rank as one of the hottest Texas summers.

High temperatures and lack of rainfall can stress plants and create real challenges for maintaining a healthy



– Photo courtesy Texas Water Development Board

**GREEN FOR GREEN – The average Texas lawn and outdoor water use accounts for 30 percent of household water use and monthly bill.**

landscape. At the same time, outdoor water use can account for more than 30 percent of a home’s total water use. Fortunately, there are water-responsible ways to encourage and maintain a healthy and aesthetically pleasing landscape and lawn. Before you begin soaking your plants with water from the hose and sprinklers, consider ways to maintain your landscaping while making the best

use of precious water supplies.

Visit [www.twdb.texas.gov/publications/brochures/conservationforresources](http://www.twdb.texas.gov/publications/brochures/conservationforresources) and tips on water use and conservation.

### Summer water tips

#### Plant native plants and grasses

Plant water-efficient, well-adapted, and/or native shrubs, trees, and grasses. Choose plants that are drought and heat tolerant and can survive the minimum winter temperatures in your area. In odd-shaped planting areas, use drought-tolerant groundcover instead of grass.

#### Use mulch

Mulch is a protective ground cover that reduces evaporation of soil moisture, helps maintain uniform soil temperatures, reduces soil erosion, controls weeds, and, in the case of organic mulches, enriches the soil.

#### Only water in early morning and at night, and follow local watering restrictions

A good time to water all landscaping is early morning or late evening when winds are calmer and temperatures are lower, resulting in less water loss to evaporation. It’s important to give leaf surfaces time to dry before nightfall to deter disease and decay. Also, be sure to follow your city’s local watering restrictions. The water used to maintain landscaping is the same water that comes out of your faucet, and cities put watering restrictions in place to preserve their water supply.

#### Manage in-ground irrigation

Avoid leaving an in-ground irrigation system on an automatic setting. Instead, adjust the system manually according to rain events and seasonal fluctuations. Ensure that water is being applied where it is needed and in the amount that is needed. A good rule is to wet the soil to a depth of 4 to 6 inches to reach the root system of the plants.

#### Check your sprinkler heads

The best type of sprinkler for lawns is one that produces large drops of water close to the ground. Don’t use a sprinkler that produces a mist or fine spray. Check sprinkler heads regularly to make sure they are working properly and have the right water pressure.

## Aceves believes spiritual renewal needed

By Alfredo Vasquez  
*Special to the Courier*

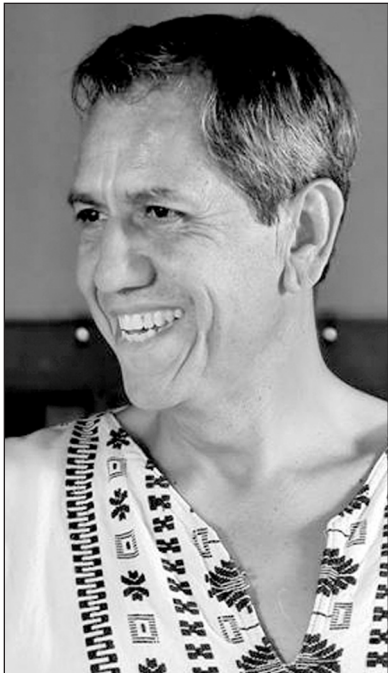
Leading scientists are now warning world governments that mankind’s disruption of the natural conditions of the world, such as climate change, will reach a tipping point within a decade as Earth’s various life-giving networks continue to steadily deteriorate.

According to local educator, writer, and Chicano Studies expert Carlos Aceves, the world’s current environmental and climate dilemmas can be attributed to Mother Earth’s purification process. He said that man needs to learn how to complement this process, not combat it.

Aceves asserted that the world needs a spiritual renewal that can yield glimmers of hope, like the

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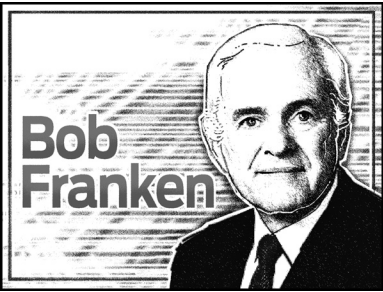
**Carlos Aceves, right, is a bilingual teacher, writer, and presenter who identifies as a human being with Mexican origins. He was born in Mazatlan, Sinaloa, growing up in Juarez and El Paso, and graduated from the University of Texas at El Paso.**



*“Your background/history is important just as your parents and grandparents are important. To know your roots is to honor them, but that is not who you are. Our language, nationality, religion, race is part of our ‘accidental identity’ – we happen to have been born at a particular place and raised a particular way, but who we are lives in the center of our heart, our Teyolia (our Spirit), and was here from the beginning of the universe and will continue – it will carry our memory into the Infinite, let’s make our lives a good memory.”*

– Carlos Aceves





The problem is that young people are love-starved, or whatever term you would like to substitute. As soon as the bars, beaches and swimming pools

# Trump and the other toddlers

were allowed to reopen, they swooped in – 20-somethings, 30-somethings, 40- and 50-somethings, even the teenyboppers with phony IDs – hitting on everybody in sight. Tossing caution to the wind, along with their facemasks, they crammed together in tight spaces. In effect, COVID became an STD, a socially transmitted disease.

And that’s why we’re seeing so many positive results, when these party animals even bother being tested. After they leave their hot spots and return to their families and friends, they create new hot spots in their communities. Each has the potential to become a one-person pestilence.

Deborah Birx, the White House overseer of all thing

coronavirus – almost as famous as Tony Fauci – said the kiddies and kiddie wannabes had been docilely complying with the stay at home orders, except for the militia groups. But when first word came of a relaxing of restrictions, some of them went berserk. Or as Birx more elegantly put it, “When they saw people out and about on social media, they all went out and about.”

lackeys in the Republican party and red state governors have gone along with aggressive efforts to reopen and restart the economy. Now they need to scale back and reverse their reopening, because COVID has erupted like wildfire. Suddenly some cities are once again having to deal with shortages of ICU beds, supplies like protective equipment or even enough hours in the day to fight COVID without dropping from exhaustion. It’s a lethal mess, and now with the U.S. passing

President Donald Trump’s See FRANKEN, Page 7

## Public Notice Canutillo Independent School District Notice of Non-Discrimination in Career and Technical Education Programs

Canutillo Independent School District offers Career and Technical Education programs in Arts, A/V Technology and Communications; Agriculture Science Technology; Business Management and Administration; Exploring Careers; Career Preparation; Health Science; Law, Public Safety, Corrections, and Security; Hospitality and Tourism; Science, Technology, Engineering, and Mathematics (STEM); Human Services and Robotics. Admission to these programs is based on career counseling, interests and aptitudes, age appropriateness, eligibility, and class space availability.

It is the policy of Canutillo Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.

It is the policy of Canutillo Independent School District not to discriminate on the basis of race, color, national origin, gender, age, or disability in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

Canutillo Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and Career and Technical Education programs.

For information about your rights or grievance procedures, contact the Title IX Coordinator, Martha Carrasco, (915) 877-7423, [mcarrasco@canutillo-isd.org](mailto:mcarrasco@canutillo-isd.org) and/or the Section 504 Coordinator, Cary Chambers, (915) 877-7449, [cchambers@canutillo-isd.org](mailto:cchambers@canutillo-isd.org), at 7965 Artcraft Road, El Paso, Texas 79932.

### Aviso al Público

#### Notificación de No Discriminación en los Programas Educativos de Carreras Técnicas y Vocacional

El Distrito Escolar Independiente de Canutillo ofrece programas de Educación en Carreras Técnicas y Vocacionales en las siguientes ramas: artes; tecnología y comunicación arte y visual, ciencias en tecnología agrónoma, administración y gestión empresarial; exploración de profesiones; ciencias de salud; estudios en leyes, seguridad publica y correccionales; hospitalidad y turismo; ciencia, tecnología, ingeniería y matemáticas (STEM, por sus siglas en inglés); y servicios humanos y robótica.

Es la politica del Distrito Escolar Independiente de Canutillo el no discriminar la participación en estos programas por motivos de raza, color de piel, nacionalidad, género, discapacidad o edad en los programas, servicios o actividades vocacionales, tal como lo requieren el Título VI de la Ley de Derechos Civiles de 1964, según enmienda; el Título IX de las Enmiendas en la Educación, de 1972, y la Sección 504 de la Ley de Rehabilitación de 1973, según enmienda.

El Distrito Escolar Independiente de Canutillo tomará las medidas necesarias para asegurar que la falta de habilidad en el uso del inglés no sea un obstáculo para la admisión y participación en todos los programas educativos y Educativos de Carrera y Técnicas y Vocacionales.

Para información sobre sus derechos o procedimientos para quejas, comuníquese con el Coordinador del Título IX, Martha Carrasco, al P.O. Box 100, Canutillo, Texas 79835, teléfono (915) 877-7423, correo electrónico: [mcarrasco@canutillo-isd.org](mailto:mcarrasco@canutillo-isd.org), o el Coordinador de la Sección 504, Cary Chambers, teléfono (915) 877-7449, correo electrónico: [cchambers@canutillo-isd.org](mailto:cchambers@canutillo-isd.org), al 7965 Artcraft Road, El Paso, Texas 79932.

## Food for thought By Elizabeth Lee Vliet, M.D.

### HCQ news that could save your life

Stunning positive news on hydroxychloroquine (HCQ) was released in early July, potentially opening up medical freedom at the time of America’s celebration of our Declaration of Independence from British tyranny 244 years ago.

During the first six days of July, SIX positive clinical studies of HCQ were released:

- Three from the United States (one from Michigan at Henry Ford Health System, and two from New York state, including one primary care outpatient study by Dr. Vladimir Zelenko; and
- Three from other countries (Portugal, India, and Brazil).

All six studies showed that HCQ given early in COVID-19, alone or with zinc and azithromycin, reduces hospitalizations and deaths, with no serious heart or other adverse events.

Most media ignored these six positive studies, continuing to focus on fear-mongering about HCQ “dangers” from now

discredited, poorly designed and seriously flawed reports on use in critically ill hospitalized patients.

The Henry Ford study showed a 50 percent reduction in the death rate when HCQ was used early in hospitalized COVID patients. Dr. Zelenko’s even earlier outpatient intervention with HCQ, azithromycin and zinc showed approximately 80% decrease in deaths. These extraordinary results show how many lives can be saved with early HCQ treatment.

Henry Ford physicians, researchers, and ethicists have filed an urgent application with FDA Commissioner Dr. Hahn for a new Emergency Use Authorization (EUA) for early, out-patient HCQ use in COVID-19.

Baylor Scott & White Heart and Vascular Institute in Dallas issued an urgent letter in support

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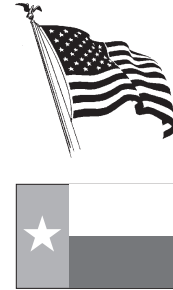
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# New York is not a COVID-19 model

If only the rest of the country could handle COVID-19 as well as New York.

That’s the lament of progressive commentators as coronavirus cases spike in the Sun Belt and the South.

Washington Post columnist Jennifer Rubin hailed New York City the other day after it reported no deaths for the first time during the pandemic. This is what competent government can accomplish, she gushed.

Valerie Jarrett, former aide to Barack Obama, tweeted, “Short term sacrifice saves lives!!!”

This is all perverse given that New York is only now emerging from one of the worst COVID-19 debacles on the planet. There is nonetheless a widespread feeling that New York has been blessed with its exemplary leadership. Gov. Andrew Cuomo, incredibly enough, has sky-high approval ratings.

If New York is going to be held up as the model, every officeholder in the country has a new road map for handling the virus: See a significant percentage of residents of your largest city get infected, barely prevent your hospital system from getting overwhelmed, implement a policy that increases infections and deaths at nursing

homes, suffer more than 30,000 deaths and a higher per-capita death rate than any country in the world – and then, after all that, get hailed as a hero.

In fairness, New York had many factors working against it. It was hit first, while the virus and how to treat it were still poorly understood, and New York City is an international travel hub with densely packed neighborhoods and a heavily trafficked public transit system. Of course it got hammered.

The outbreaks in other parts of the country aren’t anything like what happened in New York, at least not yet. What states like Florida, Arizona, Texas and California are trying to do is avoid New York’s fate, even as they are lectured about the superiority of the Empire State’s approach.

The positivity rate – the percentage of tests coming back positive – has increased in all of these places, and in Arizona has gone above 20%. During the worst of the outbreak in New York, the seven-day moving average for the positivity rate reached an astronomical 50%.

Deaths are going up, too, but the scale so far is completely different. In New York, about 32,500 people have died. In Florida, a state of comparable

population, about 4,300 people have died. In Texas and California, both bigger states, about 3,300 and 7,000 people have died.

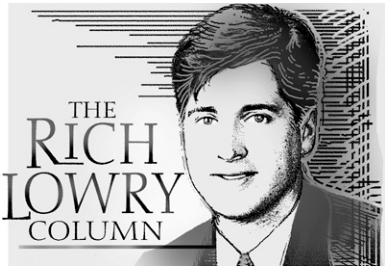
New York should be a watchword, not something to emulate.

It is in a better situation now, but only after the virus burned through much of the city. A state survey found that more than 20% of New York City residents have

antibodies to the virus. This isn’t an experience anyone should want to duplicate.

The fact is that the virus isn’t interested in scoring partisan points or establishing the superiority of red state versus blue state governance. It is highly infectious and now is hitting places it missed earlier in the pandemic as they have started to reopen.

We should wish them the very



best – and fervently hope they don’t suffer the same calamity that befell New York.

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

## HCQ

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of the Henry Ford new outpatient EUA application, based on the remarkably positive outcomes in their own clinical study of prophylactic use of HCQ in their own medical workers.

Baylor’s letter, from one of their cardiologists, showed benefit for a weekly prophylaxis regimen, and described no adverse cardiac outcomes. This directly rebuts the constant media hype about “heart dangers” of HCQ.

Baylor’s report of prophylactic benefits is profoundly important, not only for front-line medical workers, but also for law enforcement officers, paramedics, dentists/dental hygienists, truck drivers, food-processing workers, clergy, behavioral health professionals, factory and grocery store workers, essential distribution centers, and many others.

These respected institutions add further credibility to my Apr 10 letter to President Trump,

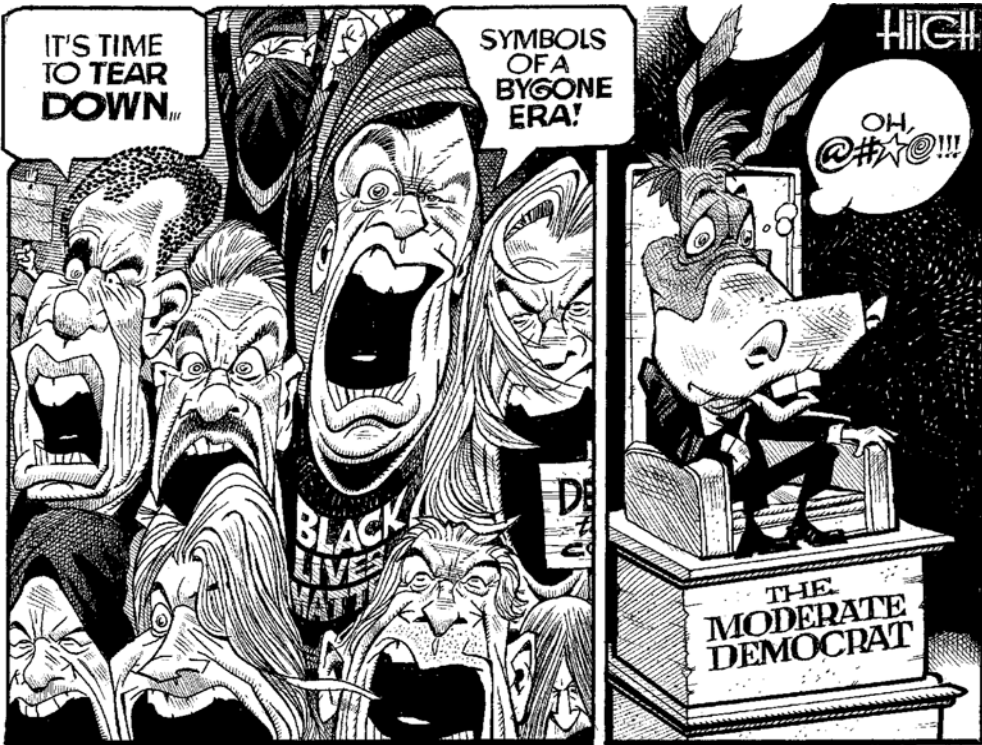
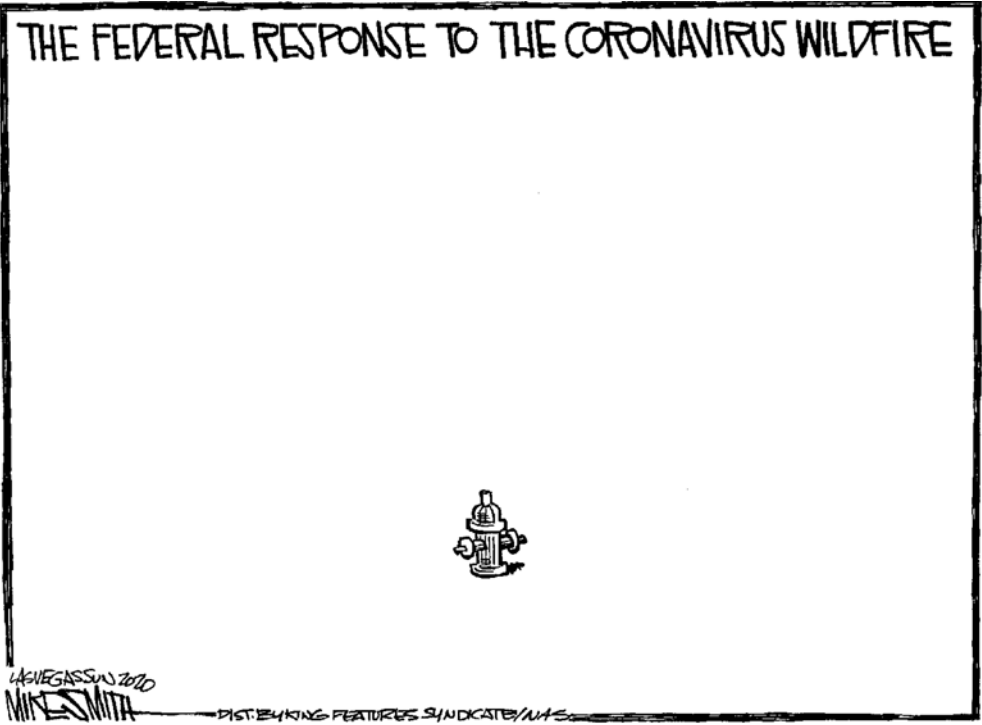
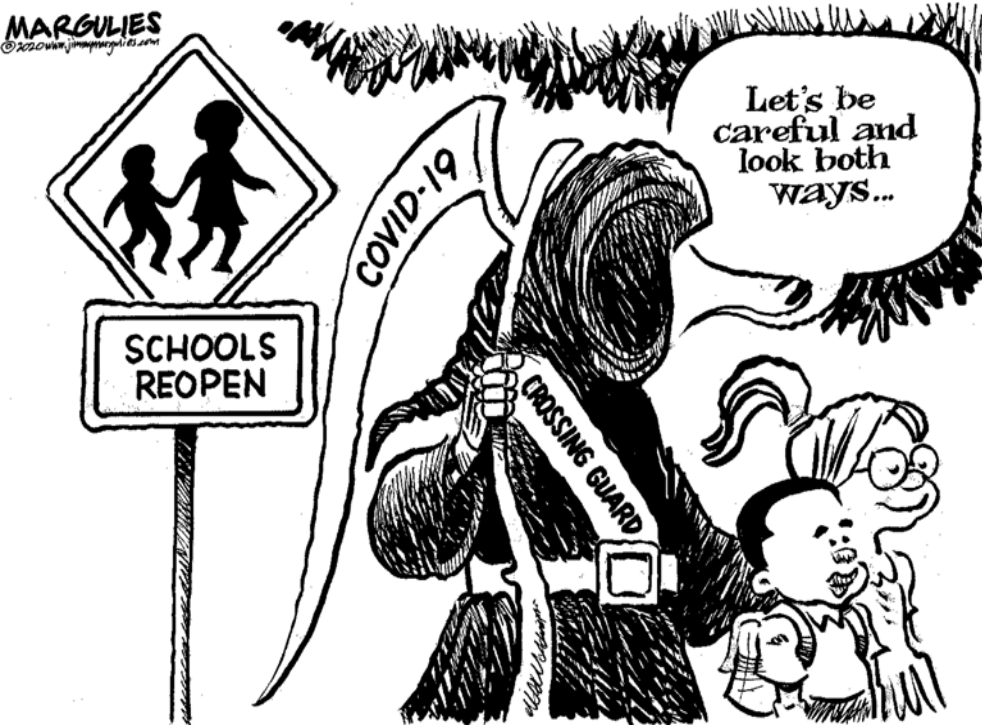
which was signed by 1,305 physicians, medical workers, and concerned patients asking for this new EUA.

Henry Ford and Baylor studies add safety data to that accumulated since HCQ was first FDA-approved in 1955, as well as safety reported in 2020 COVID-19 worldwide clinical outcomes, and the safety summaries of HCQ compared to current over-the-counter medicines presented to the Trump Administration May 25.

Americans urgently need to see this new and encouraging information to help relieve anxiety and fear about coronavirus. The mainstream media is still suppressing such information, which can both save lives and help America reopen safely.

Since it was approved more than 65 years ago for malaria, and later for lupus and rheumatoid arthritis, HCQ has been safely used worldwide in hundreds of millions of patients. More than 15 years ago, in the 2002-2003 SARS-CoV-1 outbreak, CDC conducted in-vitro studies that

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# PUBLIC NOTICE / AVISO AL PUBLICO

## Canutillo Independent School District

### 2020-2021 Meal Policy

## National School Lunch Program / School Breakfast Program

The Canutillo Independent School District will provide free meals to students enrolled in the districts at no charge, under the Community Eligibility Provision Program, regardless of income, through the academic year of 2020-2021.

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# Política sobre Alimentos para 2020-2021 del Distrito Escolar Independiente de Canutillo

## Programa Nacional de Comidas en las Escuelas

El Distrito Escolar Independiente de Canutillo proporcionarara alimentos a todos los estudiantes inscritos en el distrito sin costo alguno, durante todo el ciclo escolar 2020-2021 sin importar el ingreso familiar, bajo el programa Community Eligibility Provision.

El Departamento de Agricultura de los Estados Unidos (por sus siglas en inglés “USDA”) prohíbe la discriminación contra sus clientes, empleados y solicitantes de empleo por raza, color, origen nacional, edad, discapacidad, sexo, identidad de género, religión, represalias y, según corresponda, convicciones políticas, estado civil, estado familiar o paternal, orientación sexual, o si los ingresos de una persona provienen en su totalidad o en parte de un programa de asistencia pública, o información genética protegida de empleo o de cualquier programa o actividad realizada o financiada por el Departamento. (No todos los criterios prohibidos se aplicarán a todos los programas y/o actividades laborales).

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Las personas con dificultades auditivas, o con discapacidad del habla pueden contactar al USDA por medio del Federal Relay Service (Servicio federal de transmisión) al (800) 877-8339 o (800) 845-6136 (en español).

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WTCC: 07-23-20

# Aceves

From Page 1

ritualistic ceremonies performed by the Uto-Aztecanspeaking peoples (*Nahuatlaca Nican Tlaca*) in the pre-historic era. (*Nican Tlaca* means Human Being.)

The *Nahuatlaca Nican Tlaca* were the original settlers of the American Southwest, explained Aceves. He said that these tribal ancestors roamed the lands of the Americas, and they faced calamities throughout the centuries. Today, “Mexicans and Mexican Americans are the descendants (genetically and/or biologically) of the *Nahuatlaca* (citizen of the universe) the inhabitants who have populated the North American hemisphere for the last 5,000 years,” he stated.

When faced with difficult challenges, “Our ancestors always relied on the knowledge of world renewal that was constructed since time immemorial,” Aceves stated. “A renewal based on an authentic hope that is born out of deep uncertainty and rooted in the unknown and the unknowable,” he purported.

“Hope is not a belief that everything will turn out well. It is not based on a story of optimism nor pessimism. Hope reflects an understanding that what we do matters even though we may not know how or when our efforts will yield their impact,” Aceves proclaimed.

The history of these indigenous people is filled with stories that depict this communal hope, Aceves pointed out. He said that one is the story of *Cuauhtemoc*, which was revived in 1948 in the town of Milpa Alta (and popularized in the novel *Regina* by Antonio Velasco Pina) and in which Mexico-Tenochtitlan was the capital of Anahuac (a North American Confederation) but was left unfinished because of the invasion of the Spaniards. Also, there is the myth of *Aztlan*, which was revived in 1969 by *El Plan Espiritual de Aztlan*. This treatise gave Mexican Americans, or Chicanos, an opening to an indigenous identity, Aceves related.

For decades, different groups of Chicanos in the U.S. have re-discovered their identity and have promoted different forms of renewal. For example, on a recent warm, sunny July



**By Lucie Winborne**

- Artist Salvador Dalí believed he was the reincarnation of his dead brother, also named Salvador, who died almost 9 months to the day before Dali was born.

- Forget flowers and candy – in Fiji, a tradition known as “tabuas” is the practice of giving a woman a tooth from a sperm whale as the ultimate token of love and commitment.

- Inventor Nikola Tesla was a genius, but he was also dirt-poor. When faced with an overdue hotel bill, he responded by giving the employees a “death beam” in a box. He told employees not to open the box due to the danger, so it was forgotten about. When it was eventually rediscovered and opened, it was found to contain only old, harmless electrical parts.

- On average, a person accidentally eats about 430 bugs in each year of his or her life.

• In order to take the slick factory sheen off and allow pitchers to get a better grip, Major League Baseball wipes down each baseball with mud from an undisclosed location on the Delaware River.

- Denise Mueller-Korenek clocked the fastest speed ever by a cyclist in 2018, setting a new world record of 183.932 mph.

• Are you afflicted with nomophobia? That's the term for a fear of being without mobile phone coverage. Surveys have indicated that more than half of U.K. residents suffer from it. This phobia is triggered by the fear of losing signal, running out of battery or even losing sight of a mobile phone.

- Only 0.006% of the Korean population have the ABCC11 gene, which is the cause of armpit odor. As a result, deodorant is rarely sold in Korea.

Thought for the Day: "A room without books is like a body without a soul."  
– Marcus Tullius Cicero

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DENIM	SWINE	PERSUADED	
SPANIO	MORAY	SPASTAR	

# CryptoQuip Answer

Sitcom that features  
a family full of  
ill-mannered children:  
"The Bratty Bunch."

8	÷	4	+	3	5
−		+		×	
6	−	5	×	4	4
×		×		−	
2	×	1	+	9	11
4		9		3	





# Moments in time

THE HISTORY CHANNEL

- On July 20, 1865, Pierre Lallement, a Frenchman, arrives in the United States carrying the plans and components for the first modern bicycle. Although he built and patented the first bicycle, Lallement received no recognition and failed to acquire enough funds to open a factory. He sold the rights to the patent in 1868 and moved back to France.
- On July 21, 1973, “Soul Makossa” is the first disco record to make the Top 40. It is now best remembered as the source of the rhythmic chant that appears in Michael Jackson’s “Wanna Be Startin’ Somethin’” in 1982.
- On July 22, 1934, outside Chicago’s Biograph Theatre, notorious criminal John Dillinger – America’s “Public Enemy No. 1” – is killed by federal agents. In a year-long bank-robbing spree, Dillinger and his associates robbed 11 banks for more than \$300,000, broke jail and narrowly escaped capture multiple times, and killed seven police officers and three federal agents.
- On July 23, 1888, Raymond Chandler, creator of detective Philip Marlowe, is born in Chicago. During the Depression, Chandler began writing to support himself. He published “The Big Sleep” in 1939, followed by “Farewell My Lovely” and “The Long Goodbye.”
- On July 24, 1911, American archeologist Hiram Bingham gets his first look at Machu Picchu, an ancient Inca settlement in Peru. Machu Picchu is believed to have been a summer retreat for Inca leaders.
- On July 25, 1898, during the Spanish-American War, U.S. forces launch their invasion of the island of Puerto Rico. With only seven deaths, U.S. troops under Gen. Nelson Miles were able to secure the island by mid-August.
- On July 26, 1943, Rolling Stones front man Mick Jagger is born in Dartford, Kent, England. Michael Philip Jagger attended the London School of Economics but left without graduating in order to pursue a career in music.

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Send Your Newsbrief To: [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)

# HCQ

From Page 3

showed HCQ was a potent anti-viral agent. Since the SARS-CoV-2 virus, initially recognized in China, has been spreading around the world, HCQ has been widely used in dozens of countries as a safe and effective treatment for the novel coronavirus causing COVID-19.


In all reports, including the CDC findings published in 2005, HCQ’s most important effect is to block viral entry into the cells and viral replication IF given within the first 5 days of symptoms. Restricting HCQ use to only critically ill hospitalized patients has been one of the reasons for the high U.S. COVID death rate compared to countries using it prophylactically and early in the viral illness. ALL viral illness we treat respond best to anti-viral medication begun early, not late when patients are critically ill.

The U.S. situation is out of control, with people dying and businesses shut down because of FDA roadblocks and governors’ restrictive orders illegally overriding normal FDA regulations that allow physicians to prescribe ANY FDA-approved medication (including HCQ) however they deem medically appropriate. Physicians in many states also face threats of investigation by their state medical boards for prescribing HCQ for COVID-19, and state pharmacy boards direct pharmacists to refuse to dispense HCQ for COVID patients. Such political interference with doctors’ ability to treat patients has never happened before in my medical career.

At some point, the Trump Administration has to take charge of this interference with effective medical treatment that is costing lives, and rein in the FDA and the state-by-state bureaucratic HCQ restrictions.


We need a massive grassroots effort to speak up on the FDA and White House websites in support of this new EUA Application from Henry Ford and Baylor physicians. We must push for

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### Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov). You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



U.S. General Services Administration

White House officials to see the urgency we physicians, patients, and our country are facing.

Our health, our freedom, and our very lives are all at stake.

Elizabeth Lee Vliet received her M.D. degree and internship in Internal Medicine at Eastern Virginia Medical School, and completed specialty training at Johns Hopkins Hospital. She is a past Director of the Association of American Physicians and Surgeons (AAPS) and member of the AAPS Editorial Writing Team onhealthcarereform.Vliet speaks as an independent physician, not as an official spokesperson for any organization or political party. She has no financial ties to any health care system or health insurance plan.

# Clint Independent School District

## Public Notice

### 2020-2021 School Meal Policy

The Clint Independent School District and Clint High School, Clint Early College Academy, Clint Junior High School, W.D. Surratt Elementary School, Horizon High School, Ricardo Estrada Middle School, Horizon Middle School, C.T. Welch Elementary School, Desert Hills Elementary School, Frank Macias Elementary School, Mountain View High School, East Montana Middle School, Montana Vista Elementary School and Red Sands Elementary School announced today a change to its policy for serving meals to children served under the National School Lunch Program and School Breakfast Program for the 2020-2021 school year. Schools qualifying to operate the Community Eligibility Provision (CEP) provide breakfast and lunch to all children at no charge and eliminate the collection of meal applications for free, reduced- price, and paid student meals. This new approach reduces burdens for both families and school administrators and helps ensure that students receive nutritious meals.

For additional information please contact:

Rocio D. Salinas, General Manager SFE, CISD Child Nutrition  
14521 Horizon Boulevard, El Paso, TX 79928  
Telephone: 915-926-4980; Email: [rocio.salinas@clint.net](mailto:rocio.salinas@clint.net)

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Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the responsible State or local Agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information is available in languages other than English.

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

**The Clint Independent School District is an equal opportunity provider.**

## Notificación Pública

### Póliza de Comida del Año 2020-2021

*El Distrito Escolar Independiente de Clint y las escuelas Clint High School, Clint Early College Academy, Clint Junior High School, W. D. Surratt Elementary School, Horizon High School, Ricardo Estrada Middle School, Horizon Middle School, C. T. Welch Elementary School, Desert Hills Elementary School, Frank Macias Elementary School, Mountain View High School, East Montana Middle School, Montana Vista Elementary School y Red Sands Elementary School ha anunciado hoy un cambio en la póliza para servir comidas a los niños atendidos bajo los programas de National School Lunch Program y School Breakfast Program en el año escolar 2020-2021. Las escuelas que califican para operar el Community Eligibility Provision ( CEP) ofrecen desayuno y comida a todos los niños sin costo alguno y elimina la colección de solicitudes para comida gratis, precio reducido, y pagado. Este nuevo enfoque reduce la carga para las familias y los administradores escolares y asegura que los estudiantes reciban comidas nutritivas.*

Para información adicional por favor comunicarse con:

Rocio D. Salinas, Gerente General SFE, CISD Child Nutrition Program  
14521 Horizon Boulevard, El Paso, TX 79928  
Telefono: 915-926-4980; Email: [rocio.salinas@clint.net](mailto:rocio.salinas@clint.net)

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Las personas discapacitadas que requieran medios alternos para que se les comunique la información de un programa (por ejemplo, braille, letra agrandada, grabación de audio, lenguaje de señas estadounidense, etc.) deberán comunicarse con la agencia estatal o local responsable de administrar el programa o el TARGET Center del USDA al (202) 720-2600 (voz y TTY) o comunicarse con el USDA a través del Servicio Federal de Transmisión de Información al (800) 877-8339. La información del programa también está disponible en otros idiomas además del inglés.

Para presentar una queja por alegada discriminación, complete el formulario de quejas por discriminación del programa del USDA, AD-3027, que podrá encontrar en línea en [http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish\\_Form\\_508\\_Compliant\\_6\\_8\\_12\\_0.pdf](http://www.ocio.usda.gov/sites/default/files/docs/2012/Spanish_Form_508_Compliant_6_8_12_0.pdf) o en cualquier oficina del USDA o escriba una carta dirigida al USDA que incluya toda la información solicitada en el formulario. Para solicitar una copia del formulario de presentación de quejas, comuníquese al (866) 632-9992. Envíe su formulario o carta completos al USDA por correo: (1) mail: Departamento de Agricultura, Oficina del Secretario Adjunto de Derechos Civiles, 1400 Independence Avenue, SW, Washington, DC 20250-9410 EE.UU.; (2) Fax: (202) 690-7442; o (3) e-mail: [program.intake@usda.gov](mailto:program.intake@usda.gov).

**Esta institución ofrece igualdad de oportunidades.**

WTCC: 07-23-20







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



Franken

From Page 2

the 3 million mark in COVID cases, many of the public health experts are having a hard time not saying “I told you so.” It’s not only Trump’s ignorance that has gotten in the way, but his ego. He is addicted to supporters roaring their approval of him. That emotional need has

fed the deadly crisis. It turns out that even the puny crowd in Tulsa a couple weeks ago could cause a COVID spike. That’s in the “I told you so” category too, as it appears the 6,500 or so in the 19,000 capacity Tulsa coliseum went forth to infect the community. Most of them didn’t wear masks, apparently thinking that their MAGA caps would provide protection. What’s really galling is that there is such a simple solution: All that the Trump

re-election campaign organizations would have to do is distribute MAGA masks and the problem would be solved. Trump has attached himself to a new issue to demagogue. He and Education Secretary Betsy Devos are pressuring local officials around the country to reopen schools. He clearly views it as a chance to appeal to parents who would like their little tykes out of the house. The problem is that the kiddies could get ill with this

highly contagious “invisible killer” and, in a worst-case scenario, they could bring the virus home or even die. Donald Trump is desperate to be re-elected. Desperate enough to do and say foolish things. Come to think of it, that’s not really anything different. (c) 2020 Bob Franken. Distributed by King Features Syndicate, Inc.

Raw or roasted, go nuts for nuts

DEAR DR. ROACH: I have seen numerous articles extolling the advantages of eating nuts because they are a good fat. I often have wondered if it matters whether the nuts are raw or roasted. Would you please explain the difference and the impact on one’s health? – D.O.



Scientists believe that nuts are healthy for us based on three different types of evidence. One is called “epidemiological”: People who eat nuts live longer and have less heart disease than people who don’t eat nuts. This suggests nuts are good for you, but it’s not definitive. People who eat nuts may do other healthy things, which could be the real reason they live longer (this is called “confounding”).

A second line of evidence comes from watching what happens to factors that we believe are related to disease. People who add a reasonable amount of nuts to their diet often have improvements in their cholesterol levels. They also help some people lose a few pounds, possibly because the fat and protein in nuts makes them more filling than the (often processed) starches many people eat. This is also not definitive, because there are treatments that lower cholesterol but don’t make people live longer or improve health.

The third is evidence from a large, interventional study on diet. A group of people were randomly assigned to either add more nuts to their diet, or to make no change (or some other change) in their diet. At least one study showed that when people changed their diet to include more nuts and seeds (but also more fruits and vegetables, more healthy oils, like olive oil, and less meat), they had less heart attacks than the group that did not change their diet. This evidence is strong, but it’s not clear whether it’s one change in the diet (just nuts) or all the changes in the diet that are responsible for the observed benefit.

In none of these kinds of studies were raw nuts compared against roasted. However, the composition of the fats does not change in nuts and seeds when roasted, and most experts believe it does not make a difference. So, I recommend partaking in nuts however you like them best.

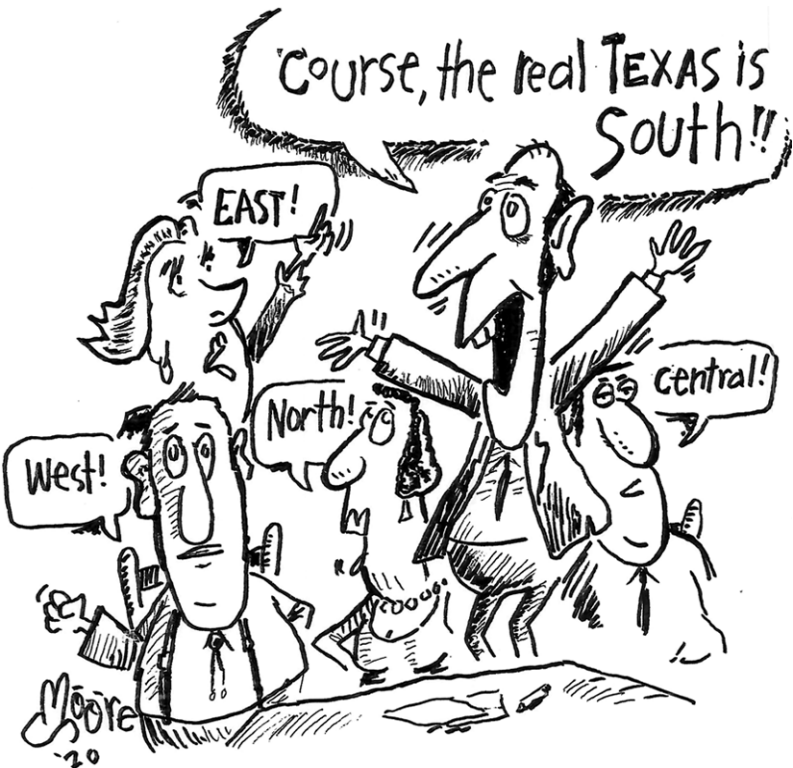
Just one serving a day (30 grams or an ounce) makes a difference. They are quite high in calories, so it’s wise not to overdo it. If you don’t like nuts (and obviously for those allergic), not eating them is not a major risk for developing heart disease.

DEAR DR. ROACH: You have mentioned diseases of the blood marrow before, but what does the bone marrow actually do? – T.S.B.

The main job of the bone marrow is to produce the different blood cells: red blood cells to carry oxygen; white blood cells to fight infection and cancers; and platelets to stop bleeding. Diseases of the bone marrow can cause problems by making something abnormal (such as leukemia cells), but also by failing at its job and not making what it is supposed to. Low red cell counts lead to anemia; low white cell counts increase risk of infection; and low platelet counts contribute to abnormal bleeding. Bone marrow diseases sometimes can be treated directly, but often treatment involves replacing blood products, and possibly using growth factors to make the bone marrow work better

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2020 North America Synd., Inc. All Rights Reserved.





**Moore Texas** by Roger Moore  
Texas can legally be split into 5 states.

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: N equals L

HJEXBV ERWE ZAWETMAH  
W ZWVJNQ ZTNN BZ  
JNN-VWDDAMAC XRJNCMAD:  
“ERA FMWEEQ FTDXR.”

Answer Page 4  
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Weekly SUDOKU

by Linda Thistle

8				3		6		
		6			4		2	
	7		8					9
	1		4		7		3	
	5	2	3			4		
3				6				1
	9			1		5		
4					3		8	7
		3	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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No summer vacation?

Time to get creative



by Freddy Groves

With the coronavirus still raging, it looks like none of us are going away on a summer vacation this year. If we go anywhere, it will be local day trips, somewhere that doesn't involve crossing state lines or getting on an airplane or cruise ship. Still, we've got to do something to break up the monotony.

Before you do anything, check your state's department of health for the current movement status. Are you still on home quarantine? If you're basically free to roam around your state, do that. Think: be active, be outside.

Prowl your town looking for lawns to volunteer to mow. Head for the town's senior garden plots and offer to pull weeds.

Are you near any isolated, crowd-free water (river, beach,

lake)? Take a folding chair and a book (or a fishing pole), plus a cooler of ice, water and sandwiches, and spend the day outside. Stay away from others.

Scour the internet for drive-in movies in your area. Many of them have opened up.

Walk around your town with a camera and a map.

If there's a drive-up food bank near you, volunteer to hand out bags and boxes.

Look up all the veterans memorials in your area. Visit each one. Leave a small flag. Take a photo.

If you're tempted to travel to another state, remember that many states have blocked visitors from coming in unless they agree to a two-week quarantine. Some states require returning residents to quarantine if they've been out of state for 24 hours.

And, if we're feeling sorry for ourselves, consider: If active duty personnel had their travel slammed shut, sometimes in the middle of a duty station move, with the family already sent

on ahead and their belongings in a van, you know that our concerns are much smaller.

No matter where you go, take a mask, hand sanitizer and gloves. Be safe.

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• Items in the freezer are more likely to get freezer burn if there's water present, so make sure you pat down or otherwise carefully drain meats, fruits and veggies before popping them in the freezer.

• “Nothing is more soothing – and delicious – than plain yogurt on a sunburn. Slather it on thickly to sunburned skin, wait for about 15 minutes, and rinse off in room-temperature water. It feels much better afterward, and it gives immediate relief when it goes on cold.” – C.L. in Texas

• Save your tuna cans. You can use them to cook an egg over a campfire, or you can put one under the legs of your camp table and add water. Ants won't be able to climb up the legs of the table to get to your food.

• “If you've never used Skin-So-Soft to repel mosquitoes, you should. It does an excellent job at that task and smells so good my whole family uses it. I also use it to wipe down the outside of my door to keep bugs from buzzing all over the entrance.” – A.A. in Florida

• If barbecue is on the menu, try putting out a few small bowls of water with a lemon slice. You can use it to rinse off your fingers as you eat or when you are done eating. It leaves hands with a nice smell, not a sticky smoky mess!

• “I love to spice up a simple dip by serving it in a green pepper. I just wash it and cut off the top. Then, I core it and spoon in the dip. The top can be set next to it and filled with extra dip, or just used as a garnish. It's fun and makes an attractive presentation.” – J.L. in New Mexico

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

	÷		+		5
–		+		×	
	–		×		4
×		×		–	
	×		+		11
4		9		3	

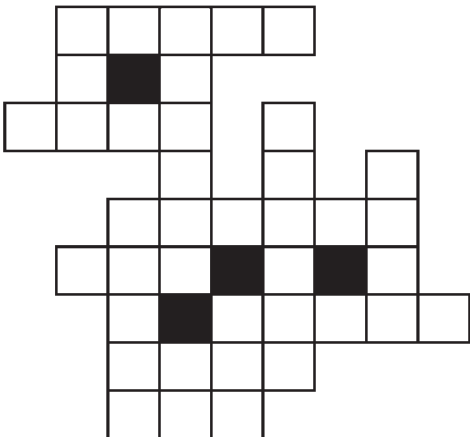
1 2 3 4 4 5 6 8 9

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TFI

♥ DOFWEL  
♥ PLEAM  
♥ NAYM  
♥ TINPOO  
IPE  
♥ ADLI  
♥ LERFA  
♥ DNA  
TOYMLE  
WRPLO  
♥ TWES



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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