

## NEWSBRIEFS

### TISD award

The Finance Department at Tornillo ISD has helped the district earn a Transparency Stars Award in the area of Traditional Finances. This award acknowledges government entities that share their financial information in a clear and meaningful manner. After receiving this star, TISD is subject to receive other stars in any order as well as routine audits to maintain the current award. The district's financial information can be viewed on its website [www.tisd.us](http://www.tisd.us).

— Rachel Aguilar

### TISD honored

The Tornillo ISD Board of Trustees is one of five school boards across Texas to be selected as a 2020 Honor School Board. The five Honor Boards were selected by a committee of Texas schoolsuperintendents. The committee was impressed with the involvement of students during Tornillo ISD board meetings describing the board as "all-around innovative". The 2020 Outstanding School Board winner will be announced at the TASA/TASB Convention on October 2.

— Rachel Aguilar

### For all to see

Self-isolation during the COVID crisis can have the side effect of making you lazy when working from home. For example, you realize you don't have to get dressed to go to work when you are working from home. But, be careful; embarrassing mistakes can happen. Take what happened to ABC-TV news reporter Will Reeve, son of the late film star Christopher Reeve. There was Will, delivering a live report from his home for Good Morning America neatly dressed from the waist up. He was operating the camera, himself, so he didn't realize that viewers were seeing more of him than he thought. He claims that he was wearing work-out shorts, but what the heck. As he put it in a tweet after the show, "Hope everyone got a much needed laugh."

— John Grimaldi

### Tortoise on the loose

A Horizon City resident is reporting a wayward African sulcata tortoise in the Manor area. "Tiny" is about 3- to 3.5-inches across the shell. If found, please email this paper at [wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com) and we will reunite Tiny and owner.

— Rick Shrum

*With the world in such a sorry state, it's no wonder babies cry when they come into it.*

— Quips & Quotes

## El Paso VA Health Care System's new westside facility increases vets' access

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – El Paso's Veteran Affairs Health Care System's newest facility is now open for local area veterans, as the agency expands its services to support the growing number of veterans in the region.

According to the new facility's clinic manager, Kraig White, local area veterans represent a larger share of the population than on the state and national levels. Veterans account for 8.2 percent of El Paso County's residents over 18, compared to 7.2 percent in Texas as a whole. White said that the new clinic was needed because there was no more room to grow at the 23-year-old Piedras Street main VA center.

The new clinic, which includes two primary care teams, began operating at 50 percent staff capacity recently and will be available for in-person meetings with patients. However, patients will have in-person appointments with medical staff only when it is deemed medically necessary, White stated. The rest of the appointments will be conducted remotely, he said.

The next phase of the plan will be implemented after data shows a seven-day decline in local COVID-19 cases, White noted. Upon reaching the case decline target, the clinic will be able to conduct in-person appointments at 25 percent patient capacity, he explained.

The new 15,000 square-foot facility, located at 1870 Northwestern Drive, is West Texas and Southern New Mexico's first significant expansion of the system's primary care capacity in nearly a decade, according to VA health care officials.

Cost for the new community-based outpatient center was



— Photo by Alfredo Vasquez

**READY TO SERVE** – El Paso VA Health Care System (VAHCS) recently opened its newest community-based clinic, above, in the Northwest Corporate Center industrial park, near The Hospitals of Providence's Transmountain hospital. The local VAHCS includes the main health care facility located adjacent to William Beaumont Army Medical Center on Ft. Bliss and two VA-staffed Community Based Outpatient Clinics- one in Las Cruces, New Mexico, the second in east El Paso.

about \$2.3 million. Construction of the facility was done by Elevation Companies LLC, based out of Denver, Colorado. Plans are for the VA to lease the building from the construction company for 10 years.

The new center is expected to create 61 new jobs, with priority given to job applicants who are military veterans. El Paso VA Public Affairs Officer Ginette Bocanegra said that the new center will allow the VA Health Care System to care for more veterans at its own facilities.

"We were having to send a lot of patients to the community

See VA, Page 11

## EPCC receives ED grant

By Jessie Arellano  
Special to the Courier

EL PASO COUNTY – The Department of Education TRIO Programs has awarded a \$707,647 federal grant to El Paso Community College (EPCC) for the Student Support Services Program (SSSP). It is the largest award in Texas and the eighth largest in the nation. The objective of the grant is to provide academic and other support services to low-income, first-generation or disabled college students to increase students' retention and graduation rates, facilitate their transfer from two-year to four-year colleges, and foster a supportive institutional climate.

"The EPCC Student Support Services Program team are dedicated to our students' success and strengthening our El Paso community through education," said Lucia Rodriguez, Student Success Director at El Paso Community College.

"The SSSP staff work daily to accomplish great student success results that ensure our students start strong and finish their education."

The SSSP has helped first generation students at EPCC for more than 30 years. As a result of this grant, an additional 600 students will be served each year over the five-year grant program. SSSP Manager, Cynthia Velasco, is excited for the opportunity to continue fostering an institutional climate supportive of student success. "In addition to academic tutoring, students receive advice and assistance in postsecondary course selection, information on financial aid programs and benefits, counseling services designed to improve financial and economic literacy and activities to assist students apply and enroll in four-year programs of postsecondary education. We assist students to develop academically and personally on their

See EPCC, Page 7

## EPWater offers payment assistance

By Christina Montoya-Halter  
Special to the Courier

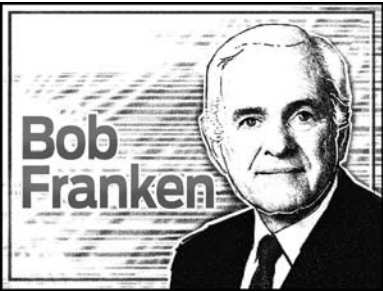
EL PASO COUNTY – Customers who have been financially-impacted by the COVID-19 pandemic can now apply to receive payment assistance to help with past due bills. Visit [epwater.org/covid19assistance](http://epwater.org/covid19assistance) for details of the program and the application.

EPWater received grant funding in the amount of \$500,000 for the COVID-19 Assistance Program. Customers who qualify can receive a credit of up to three months, and no more than \$500, toward past due balances. Customers are encouraged to apply right away since funding is limited.

"When the pandemic forced Texas to shut down in March, El Paso Water had already moved to temporarily suspend

See PAYMENT, Page 7





Haven't we been missing something with our coverage of the political news? Shouldn't we recognize the tweet or sound bite that is so absurd that it makes the rest of us say, "Did he really say that?" Isn't it long overdue that we honor the most Senseless Tweet, Utterance, Pronouncement or Idiotic Declaration, and hand out a weekly STUPID award?

Granted, it's often a difficult choice. The STUPID competitors are tough and have a lot of experience. Not only President Donald Trump, who is in a class

# The ‘Stupid Award’

by himself, or really no class, but also Joe Biden. With Biden's long career in public life repeatedly saying something really boneheaded, he has no peer in the gaffe category. Actually, he's a natural; he doesn't even have to try. The dunderheaded comments just roll from his mouth.

But Trump is the true champion, not only due to his being a pathological liar, but because when he gets revved up he makes the most nasty statements. He does it over Twitter, during speeches or when he encounters reporters... aka "enemies of the people," which was one of his previous STUPID award winners.

But let's not waste any more time. Let's choose this week's winner. It was really no contest.

Once again the STUPID winner is Donald Trump.

It was in Ohio, when the president targeted Joe Biden, who he claimed would "take away your guns, destroy your second amendment. No religion, no anything, hurt the Bible, hurt God. He's against God, he's against guns, he's against energy, our kind of energy."

He really said that. The fact that Biden is a man of strong Catholic faith adds to the tarnish of this STUPID award.

The Trumpster's consistent track record uttering ridiculous stuff day after day is amazing. In just the months of the coronavirus pandemic he has made one STUPID remark after another. Whether it was

dismissing COVID early on as a "hoax," touting useless drugs as magic elixirs, pressuring to reopen the economy prematurely, he has usually overwhelmed anyone else who ventures into dunderhead land.

In the past, he often made his most asinine statements when he held his political rallies. The MAGA crowd really loves it when he goes rabid; the obnoxious remarks just spill out. But for the most part, he hasn't had the rallies lately to goad him into tastelessness after his maskless fans keep dying on him from catching COVID. But still he's managed to keep up with the ignorant rubbish and nastiness, and that makes him a consistent winner of the STUPID contests.

In fact, we should consider renaming the award Donald Trump STUPID, although many

might object to the redundancy.

He has done so well with his babble, glossing over the fact that there's no there there, that we should as a country look at how he manages to succeed. Not only has he done so in the past, but there's a good chance he will pull off another win, bamboozling the voters, or suppressing the turnout, particularly since the Democrats risk their usual bad habit of forfeiting the election.

If that happens and he stays in office for another term, then it will be us who wins the Doing Unbelievably Mindless Blowing it award, DUMB, for being taken in by such STUPIDity, which will certainly destroy the country.

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## San Elizario Independent School District Public Notice of Non-Discrimination

It is the policy of the San Elizario Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or disability in the admission or access to programs, delivery of services or employment and to provide equal access to the Boy Scouts and other designated youth groups.

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

Inquiries concerning your rights may be referred to Title IX Coordinator: San Elizario ISD Associate Superintendent, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900; or Section 504 Coordinator, 1050 Chicken Ranch Rd., Special Education Office, San Elizario TX 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.

### Notificación Publica

*Es la norma de conducta de el distrito escolar de San Elizario prohibir la discriminación a base de raza, color, origen nacional, sexo o deshabilidad en la admisión o el acceso a programas, entrega de servicios o empleo y proporcionar igualdad de acceso a los Boy Scouts y otros grupos juveniles designados.*

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

*Para información tocanta a sus derechos comuniquese con la Coordinadora de Título IX: Superintendente Asociado de San Elizario ISD, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900; o Coordinadora de Sección 504, 1050 Chicken Ranch Rd., Special Education Office, San Elizario TX 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.*

WTCC: 08-20-20

## Food for thought By John Grimaldi

# The flu shot helps prevent influenza

*It might also reduce your risk of developing Alzheimer's Disease*

The Centers for Disease Control (CDC) says it is particularly important this year that we get our flu shots this year because the coronavirus has put an unprecedented strain on America's healthcare resources. As CDC epidemiologist Mark Thompson put it in a recent article published by NPR: "No year is a good year to get the flu, but this year – with COVID-19 also raging – it's especially bad."

Recalling the deadly outbreak of the Spanish Flu in 1918, the same article described the need to promote the flu vaccine this year as "arguably the most important U.S. effort to prevent influenza's spread among Americans in a century."

"Indeed, there is an extensive list of the benefits of

flu shots, the newest of which is research that shows the flu vaccine and the pneumonia vaccine are linked to a reduced risk of Alzheimer's Disease," reports Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

Weber explains that research reports presented at the Alzheimer's Association International Conference recently show that flu shots may reduce the risk of the disease. She cites an Alzheimer's Association news release that describes several separate studies.

One of the studies was conducted by a team led by researcher Albert Amran at the University of Texas Health Science Center at Houston. They used a nationwide database 9,000 individuals 60 years of age and older and found that those who had a flu shot had at least a 17% lower risk of Alzheimer's.

*No year is a good year to get the flu, but this year – with COVID-19 also raging – it's especially bad.*

– Mark Thompson

Another study carried out at Duke University in Durham, North Carolina by Dr. Svetlana Ukraintseva found the Alzheimer's risk for people between the ages of 65 and 75 who had been vaccinated against pneumonia was reduced by as much as 40%. That study was conducted among 5,146 participants.

The Alzheimer's Association chief science officer, Dr. Maria Carrillo, noted that the research presented at the Association's conference "calls for further studies in large, diverse clinical trials to inform whether vaccinations as a public health strategy decrease our risk for developing dementia as we age."

*The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.*

1973  
47  
Years  
2020

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# The immortal Indianapolis

This summer marks the 75th anniversary of the worst disaster in the history of the United States Navy – the sinking of the USS Indianapolis.

Three hundred men died in the initial catastrophe on July 30, 1945, then the survivors cast into the sea suffered unimaginable horrors, abandoned for days without food or water in shark-infested waters.

As long as tales of the sea move human hearts, the story of the Indianapolis will shock and inspire.

She was a heavy cruiser, in between a larger battleship and smaller destroyer. Sleek, fast and elegant, she bristled with firepower – her 8-inch guns could fire a 250-pound shell 18 miles. Franklin Roosevelt made her his ship of state, and she became the flagship of the Navy’s 5th Fleet.

During World War II, she saw significant action and suffered a debilitating kamikaze strike at Okinawa. Quickly repaired, she embarked on a secret mission to deliver components of the atom bomb dropped on Hiroshima. She then proceeded unaccompanied to Leyte in the Philippines.

A Japanese submarine stumbled upon her on a dark night. It fired six torpedoes, two of which struck the ship in quick succession right after midnight. The ship sank in 12 horrifying minutes.

Nine hundred men made it off, suddenly in the middle of the Philippine Sea at night with their home, their weapon, their mistress gone. Only about half had a life jacket or life vest. They were spread over miles. Many were wounded.

At first, they were hopeful about

a rescue that didn’t come for four excruciating days. The ship’s SOS call was picked up at three places, but the message was ignored. A failure in the Navy’s tracking system meant no one noticed when the Indianapolis didn’t

See INDIANAPOLIS, Page 9



## Paseo del Este Municipal Utility District No. 10 of El Paso County

### Notice of Public Hearing on Tax Rate

The Paseo Del Este Municipal Utility District No. 10 of El Paso County will hold a public hearing on a proposed tax rate for the tax year 2020 on Tuesday, September 1, 2020, at 12:00 p.m. solely by means of using a toll-free conference number 1 (888) 599-1357; Access Code: 8529 and via Zoom videoconference Meeting ID: 871 7797 9295; Passcode: 712645 due to the existence of an emergency related to the coronavirus epidemic making the convening of an in-person meeting at one location of a quorum of the Board of Directors difficult or impossible. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the tax rate that is adopted and on the change in the taxable value of your property in relation to the change in taxable value of all other property. The change in the taxable value of your property in relation to the change in the taxable value of all other property determines the distribution of the tax burden among all property owners.

**FOR** the proposal: **Directors Luis Ortega, Greg Spence, Martin Lettunich and Antonio Gallardo**

**AGAINST** the proposal: **NONE**

**PRESENT** and not voting: **NONE**

**ABSENT:** **Director B.D. Reynolds**

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
	Adopted	Proposed
Total tax rate (per \$100 value)	0.7500/\$100	0.7500/\$100
Difference in rates per \$100 of value	\$ 0/\$100	
Percentage increase / decrease in rates (+/–)	0%	
Average appraised value	\$ 198,675	\$ 197,231
General exemptions available (excluding 65 years of age or older or disabled person’s exemptions)	\$ 0	\$ 0
Average taxable value	\$ 198,675	\$ 197,231
Tax on average residence homestead	\$ 1,490.06	\$ 1,479.23
Annual increase / decrease in taxes if proposed tax rate is adopted (+/–)	– \$ 10.83	
and percentage of increase (+/–)	– 0.73%	

#### NOTICE OF TAXPAYERS’ RIGHT TO ELECTION TO REDUCE TAX RATE

If the district adopts a combined debt service, operation and maintenance, and contract tax rate that would result in the taxes on the average residence homestead increasing by more than eight percent, the qualified voters of the district by petition may require that an election be held to determine whether to reduce the operation and maintenance tax rate to the voter-approval tax rate under Section 49.23603, Water Code.

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.









Strange  
BUT TRUE

Moments  
in time  
THE HISTORY CHANNEL

**By Lucie Winborne**

• There is symbolism in Disney’s Cinderella mosaic. The company says that “guests can see that each of Cinderella’s stepsisters appears with her own special facial tint. One sister displays a red tint to show that she is ‘red with rage,’ while the other sister displays a green tint to show that she is ‘green with envy,’ as they watch Cinderella try on the glass slipper to reveal a perfect fit.”

• Eating more candy in one sitting causes fewer cavities than spacing it out through the day.

• “The Hound of Heaven” poet Francis Thompson is listed as a Jack the Ripper suspect. Although there is no physical evidence to back up this bizarre claim, independent researchers say the imagery in Thompson’s poetry, plus his background as a medical student, are valid grounds for suspicion!

• Sorry, but that cream filling in Twinkies isn’t cream at all – it’s vegetable shortening.

• Due to heat expansion of its iron, the Eiffel Tower can “grow” by up to 6 inches in the summertime.

• Need one more reason to hate Mondays? Scientists have found that even if you maintain a steady weight, you’ll weigh the most on that day of the week.

• High heels came into circulation in roughly 10 B.C. They were worn by men of the Persian Cavalry not as a fashion statement, but to help their boots stay in their stirrups while riding horses.

• In the 18th century, King George I of England declared pigeon poop to be the property of the Crown because it could be used to make gunpowder.

Thought for the Day: “I slept and I dreamed that life is all joy. I woke and I saw that life is all service. I served and I saw that service is joy.”  
– Kahlil Gibran

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



- On Aug. 17, 1978, the Double Eagle II, with three pilots, completes the first trans-Atlantic balloon flight when it lands near Paris after lifting off from Presque Isle, Maine. The helium-filled balloon had flown 3,233 miles in the nearly six-day odyssey.
- On Aug. 18, 1958, Vladimir Nabokov’s controversial novel “Lolita” is published in the U.S. The novel, about a man’s obsession with a 12-year-old girl, had been rejected by four publishers before G.P. Putnam’s Sons accepted it.
- On Aug. 19, 1960, in the USSR, captured American U-2 spy plane pilot Francis Gary Powers is sentenced to 10 years imprisonment for his confessed espionage. Only 18 months into his sentence, the Soviets released him in exchange for Rudolf Abel, a senior KGB spy who was caught and convicted in the U.S. five years earlier.
- On Aug. 20, 1920, seven men, including legendary football star Jim Thorpe, meet to organize a professional football league. The meeting led to the creation of the American Professional Football Conference, the forerunner to the National Football League.
- On Aug. 21, 1911, theft of the Mona Lisa is discovered. After a two-year search for the painting, former employee Vincenzo Perugia was captured attempting to collect a ransom.
- On Aug. 22, 1933, the notorious Barker gang robs a Federal Reserve mail truck in Chicago and kills Officer Miles Cunningham. Netting only a bunch of worthless checks, the Barkers soon returned to a crime with which they had more success – kidnapping. Their first victim, William Hamm, had earned the gang \$100,000 in ransom.
- On Aug. 23, 1784, four counties in North Carolina declare their independence as the state of Franklin. The counties lay in what would become Tennessee. In defiance of Congress, Franklin survived as an independent nation for four years with its own constitution, Indian treaties and legislated system of barter.

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Newsbrief To:  
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# NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Clint Independent School District will hold a public meeting at 6:00 p.m., Thursday, August 27, 2020 in the Central Office Board Room, 14521 Horizon Blvd., El Paso, Texas 79928. **The purpose of this meeting is to discuss the school district’s budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.**

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed tax rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$1.054700/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.340000/\$100 (Proposed rate to pay bonded indebtedness)

Comparison of Proposed Budget with Last Year’s Budget		
The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:		
Maintenance and Operations	1.83%	Increase
Debt Service	1.33%	Decrease
Total Expenditures	1.48%	Increase

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, tax Code)		
	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 1,974,923,499	\$ 2,030,133,824
Total appraised value* of new property**	\$ 64,349,469	\$ 39,102,232
Total taxable value*** of all property	\$ 1,491,300,141	\$ 1,547,359,512
Total taxable value*** of new property**	\$ 60,415,887	\$ 37,023,261
* “Appraised value” is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.		
** “New property” is defined by Section 26.012(17), Tax Code.		
*** “Taxable value” is defined by Section 1.04(10), Tax Code.		

Bonded Indebtedness	
Total amount of outstanding and unpaid bonded indebtedness* \$159,370,811	
* Outstanding principal.	

Comparison of Proposed Rates with Last Year’s Rates					
	Maintenance & Operation	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year’s Rate	\$ 1.068300	\$ 0.236600*	\$ 1.304900	\$ 1,879	\$ 9,411
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 1.023520	\$ 0.426820*	\$ 1.450340	\$ 1,186	\$10,478
Proposed Rate	\$ 1.054700	\$ 0.340000*	\$ 1.394700	\$ 2,109	\$ 9,637
*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both.					
The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.					

Comparison of Proposed Levy with Last Year’s Levy on Average Residence		
	Last Year	This Year
Average Market Value of Residences	\$102,532	\$103,868
Average Taxable Value of Residences	\$ 77,532	\$ 78,868
Last Year’s Rate Versus		
Proposed Rate per \$100 Value	\$ 1.304900	\$ 1.394700
Taxes Due on Average Residence	\$ 1,011.72	\$ 1,099.97
Increase (Decrease) in Taxes		\$ 88.26
Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.		

**Notice of Voter-Approval Rate: The highest tax rate the district can adopt before requiring voter approval at an election is \$1.417268. This election will be automatically held if the district adopts a rate in excess of the voter-approval rate of \$1.417268.**

Fund Balances	
The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:	
Maintenance and Operations Fund Balance(s)	\$ 60,076,446
Interest & Sinking Fund Balance(s)	\$ 5,188,954
A school district may not increase the district’s maintenance and operations tax rate to create a surplus in maintenance and operations tax revenue for the purpose of paying the district’s debt service.	



# Desrosiers leads Lady Eagles to a balance of success

By Jeannie Meza-Chavez  
*Special to the Courier*

SANELIZARIO—Coach David Desrosiers’ led the 2019-2020 San Elizario High School Varsity Volleyball Team to both athletic and academic success. The team made the playoffs with a group of five seniors, four juniors, five sophomores and two freshmen. The Lady Eagles went undefeated in district play 8-0 and 25-13 on the season winning the 1-4A District Championship.

Recently the team was named a recipient of the 2019-20 USMC/AVCA Team Academic Award, which stands for the United State Marine Corps (USMC) and the American Volleyball Coaches Association (AVCA). The Lady Eagles are one of the 1,315 – of which only 461 teams are high school girls’

See BALANCE, Page 7



– Photo courtesy San Elizario ISD

THE 2019-2020 LADY EAGLES – In the front row, from left, are #3 Victoria Perez, #2 Bianca Sanchez, #5 Destiny Loya, #10 Victoria Lopez, #21 Maryann Torres, #7 Brianna Montero, #12 Joselyn Reyes, #1 Maryanne Tapia and #6 Anissa Chairez. In the back row, from left, are #4 Desiree Morales, #14 Nayeli Ochoa, #8 Catarina Contreras, #15 Camila Contreras, #11 Arlette Becerra, #9 Vanessa Benitez and #13 Nadeen. Early in the season the team won the Championship of the Silver Bracket at Franklin in the Margaret Hussman Varsity Volleyball Tournament.

## Public Notification of Nondiscrimination in Career and Technology Programs at Fabens ISD

- 1) Fabens ISD offers career and technical education programs in Business, STEM-Engineering, Medical, Arts-AV-Technology, Human Services, Computer Science, Automotive, P-TECH, & Diesel Technology. Admission to these programs is based on credits and graduation requirements as well as the endorsement requirements.
- 2) It is the policy of Fabens ISD 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.
- 3) It is the policy of Fabens ISD not to discriminate on the basis of race, color, national origin, sex, handicap, or age 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.
- 4) Fabens ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.
- 5) For information about your rights or grievance procedures, contact the Title IX Coordinator and/or the Section 504 Coordinator at [jsaenz@fabensisd.net](mailto:jsaenz@fabensisd.net), 915-765-2600.

## Notificacion Publica de no Discriminar en los Programas de Educaci3n T3cnica y Vocacional de Fabens ISD

- 1) Fabens ISD ofrece programas de educaci3n t3cnica y vocacional en Negocios, STEM-Ingenieria, M3dico, Arts-AV-Tecnolog3a, Servicios Humanos, Ciencias de la Computaci3n, Automotriz, P-TECH y Tecnologia Disel. La admisi3n a estos programas se basa en cr3ditos y requisitos de graduaci3n, as3 como en los requisitos de aprobaci3n.
- 2) Es norma de Fabens ISD no discriminar en sus programas, servicios o actividades vocacionales por motivos de raza, color, origen nacional, sexo o impedimento, tal como lo requieren el T3tulo VI de la Ley de Derechos Civiles de 1964, seg3n enmienda; T3tulo IX de las Enmiendas en la Educaci3n de 1972, y la Secci3n 504 de la Ley de Rehabilitaci3n de 1973, seg3n enmienda.
- 3) Es norma de Fabens ISD no discriminar en sus procedimientos de empleo por motivos de raza, color, origen nacional, sexo, impedimento o edad, tal como lo requieren el T3tulo VI de la Ley de Derechos Civiles de 1964, seg3n enmienda; T3tulo IX de las Enmiendas en la Educaci3n, de 1972, la ley de Discriminaci3n por Edad, de 1975, seg3n enmienda; y la Secci3n 504 de la Ley de Rehabilitaci3n de 1973, seg3n enmienda.
- 4) Fabens ISD tomar3 las medidas necesarias para asegurar que la falta de habilidad en el uso del ingl3s no sea un obst3culo para la admisi3n y participaci3n en todos los programas educativos y vocacionales.
- 5) Para informaci3n sobre sus derechos o procedimientos de quejas, comun3quese con el Coordinador del T3tulo IX y/o el Coordinador de la Secci3n 504 en [jsaenz@fabensisd.net](mailto:jsaenz@fabensisd.net), 915-765-2600.

WTCC: 08/20/20

## Fabens Independent School District Public Notice of Non-Discrimination

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

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

Inquiries concerning your rights may be referred to Executive Director of Special Programs, Jorge Saenz, P.O. Box 697, Fabens, TX 79838. Phone: (915) 765-2600. Fax: (915) 764-3115.

## Notificion Publica

Es la norma de conducta de el distrito escolar de Fabens prohibir la discriminaci3n a base de raza, color, origen nacional, sexo, edad o deshabilidad en la admisi3n o el acceso a programas, entrega de servicios o empleo.

El distrito escolar de Fabens esta comprometido a cumplir con las responsabilidades especificadas por el T3tulo VI del Acta de Derechos Civiles de 1964, como enmendado, el T3tulo IX de la Enmienda de Educaci3n de 1972, como enmendado, que proh3be la discriminaci3n sexual, la Secci3n 504 del Acta de Rehabilitaci3n de 1973, como enmendado, la Ley de Discriminaci3n por Edad de 1975 como enmendado, y el Acta de Americanos con Deshabilidades.

Para informaci3n tocanta a sus derechos comuniquese con Director Ejecutivo de Educaci3n Especial, Jorge Saenz, P.O. Box 697, Fabens, TX 79838. Phone: (915) 765-2600. Fax: (915) 764-3115.

WTCC: 08/20/20



## EPCC

From Page 1

way to graduation.” Velasco said. “I don’t know where I would be without all the wonderful help from SSSP,” said Cody Brady, a non-traditional student at EPCC. “The staff are a blessing, always willing to help no matter what issue may arise. After being out of school for almost 20 years, the Student Support Services Program has been a key element in helping me thrive in school.”

Students participating in SSSP also benefit from online services. Sebastian Arroyos who has been in the program for four semesters said the program has been extremely helpful and he is grateful for the assistance. “The tutors are magnificent; they help us out (the students) with any homework we may need help on. SSSP has been especially helpful now that EPCC transitioned to online courses,” Arroyos said. “The services given to the students are wonderful. Joining the Student Support Services Program is the greatest decision I have made while being in college.”

For further information about El Paso Community College Student Support Services Program call (915) 831-2128 or visit <https://www.epcc.edu/Services/SSSP>.

## Balance

From Page 6

teams – in the country who have earned this honor. This is the fifth year the team has received the award.

In a recent e-mail announcing the team’s recognition, Alice Rogers, the Membership and Awards Specialist, for American Volleyball Coaches Association, said, “This award honors teams who have matched their dedication to the sport of volleyball with excellence in the classroom. Meeting the award standards is an accomplishment.” Rogers’ press release, in part, read, “The award honors volleyball teams that maintain a year-long grade point average of 3.30 on a 4.0 scale or 4.10 on a 5.0 scale.”

“Receiving the AVCA

Team Academic Award is an expectation I have for my team. I have always understood that we work with student-athletes. Most of our girls will not play sports at the next level but most will study at the next level. Our job is to prepare them to have a chance to do both. While I do not talk directly with the girls about the recognition we do talk almost daily about getting it done in the classroom,” said Desrosiers.

The San Elizario ISD Board of Trustees honored the team at its recent regular meeting that was held online on Monday, August 10, 2020.

“Good students make good athletes. Time and time again I have seen the top ten graduates and the top ten percent consist of San Elizario student-athletes. Get your players to class and stay on top of their grades,” said Desrosiers.

## Payment

From Page 1

service disconnections for nonpayment to provide short-term relief for our customers who are experiencing financial hardship amid the pandemic,” said President and CEO John Balliew. “Five months later, we are assessing a timeline for resuming service disconnections as our community continues

to reopen. Through it all, we remain committed to supporting our customers.”

To be eligible, you must:

- be a residential customer and live within El Paso city limits;
- meet the household low income thresholds;
- show loss of income as a result of COVID-19;
- have an active and verifiable account with EPWater; and
- not be receiving any other

assistance for payment of your water bill.

Many customers will continue to have outstanding balances, and these will remain the customer’s responsibility. EPWater is also offering extended payment plans. These plans are available to all customers, whether or not they qualify for the grant assistance.

Email any questions to [Customer.recovery@epwater.org](mailto:Customer.recovery@epwater.org) or call (915) 263-4444.

### Fabens Independent School District SPECIAL EDUCATION SERVICES

The Fabens Independent School District has the following instructional arrangements available to eligible students.

1) Early Childhood Special Education (ECSE); 2) Mainstreaming; 3) Inclusion; 4) Fundamental Living Skills; 5) Behavior Development Unit (BD); 6) Homebound; 7) Resource; 8) Transitional Learning Class (TLC); 9) Program for Academic and Vocational Skills (PAVS); 10) Vocational Academic Program (VAP); 11) Content Mastery; and 12) Speech Therapy.

The district also provides the following services to eligible students:

1) Teacher for the Visual Impaired; 2) Physical Therapy; 3) In-Home Training; 4) Occupational Therapy; 5) Counseling Services; 6) Adaptive Physical Education; 7) Special Transportation; 8) Extended School Year Services (ESY); 9) Extended Educational Programming (EEP); 10) Nursing Services; 11) Personal Care Services; 12) Adaptive Assistive Devices; 13) Psychological Assessment Services; and 14) Auditory Impairment Teacher.

Services are provided to identify auditory and visually impaired individuals who reside within the district from birth to age twenty-one.

In compliance with the Family Educational Rights and Privacy Act of 1974 and Public Law 105-17, parents and adult students have the right to inspect educational records. District policy FL provides information for record access, confidentiality and complaint procedures.

If you would like more information or know of a child with disabilities who is not receiving educational services, please contact: Executive Director of Special Programs Jorge Saenz, PO Box 697, 603 NE Camp St., Fabens, TX 79838, (915)765-2690.

### El Distrito Escolar de Fabens SERVICIOS DE EDUCACION ESPECIAL

El Distrito Escolar Independiente de Fabens tiene las siguientes disposiciones y servicios de instruccion para aquellos estudiantes que sean elegibles.

1) Programa de Instruccion: infancia temprana (ECSE); 2) Classes Convencionales; 3) Clases Inclusivas; 4) Clases de Habilidades para vivir; 5) Clases para desarrollar comportamientos (BD); 6) Instruccion en el hogar; 7) Clases de Recursos; 8) Clases de Aprendizaje transicional (TLC); 9) Programa de preparamiento Academico y Vocacional (PAVS); 10) Programa Academico Vocacional (VAP); 11) Clases de Dominio de contenido; y 12) Terapia del Habla.

El Distrito tambien ofrece los siguientes servicios a estudiantes elegibles:

1) Maestro para estudiantes con problemas visuales; 2) Terapia fisica; 3) Entrenamiento en casa; 4) Terapia Ocupacional; 5) Servicios de Consejeria; 6) Educacion fisica adaptiva; 7) Transportacion Especial; 8) Servicios de Año Escolar extendido (ESY); 9) Programa de Servicios extendidos (EEP); 10) Servicios de Salud; 11) Servicios de cuidados personales; 12) Aparatos de Asistencia Adaptiva; 13) Servicios de Asesoramientos psicologicos; 14) Maestro para estudiantes con problemas auditivos.

El Distrito tambien ofrece servicios para identificar niños con desabilidad auditiva o visual que vivan dentro del Distrito desde el nacimiento hasta la edad de 21 años.

Conforme al Acto de Derechos y Confidencia Educacional de Familia del 1974 y la Ley publica 105-17, padres y alumnos adultos tienen el derecho de revisar sus archivos educativos. Poliza FL explica los derechos, la confidencialidad, y el proceso de alguna queja.

Si usted desea mas informacion o sabe de un niño/niña con alguna desabilidad que no este recibiendo servicios educativos, favor de comunicarse con: Director Ejecutivo de Educación Especial, Jorge Saenz, P.O. Box 697, 603 NE Camp St. Fabens, Texas 79838, (915) 765-2690.

WTCC: 08-20-20

### Fabens Independent School District Public Notice - Child Find

The Fabens Independent School District has a duty to identify, locate, and evaluate all children with disabilities ages 3-21 who reside within the district, including those attending private schools. This process is called Child Find, and all eligible students may receive services, at no cost, under the Individuals with Disabilities Education Act (IDEA). For additional information, please contact Executive Director of Special Programs, Jorge Saenz, P.O. Box 697/821 NE “G” Avenue, Fabens, TX 79838, (915) 765-2690.

### Noticia Pública En Busca de Niño

El distrito escolar independiente de Fabens tiene que identificar, localizar y evaluar todos los niños con deshabilidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 anos de edad, incluso niños que asisten escuelas privadas. Este proceso se llama Busca del Nino, y todos los estudiantes elegibles pueden recibir servicios, sin costo bajo el Acto de Individuales con Incapacidades (IDEA). Para información adicional, favor de comuniquese con Director Ejecutivo de Educación Especial, Jorge Saenz, Director de Educación Especial, P.O. Box 697/821 NE “G” Avenue, Fabens, TX 79838, (915) 765-2690.

WTCC: 08/20/20





**Moore Texas** by Roger Moore  
In 1900, 82% of Texas’ population was rural.

## Socorro ISD launches Parent Education and Support Call Center

*District to provide prompt response to questions, concerns*

By Christy Flores-Jones  
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District (SISD) has developed a new Parent Education Support and Communication Call Center to provide timely responses and reliable customer service for SISD parents during this unprecedented school year.

The call center, which will be launched on the first day of school on Aug. 17, will enable the district to expediently assist parents who have questions or concerns. Calls will be taken from 9 a.m. to 3:30 p.m. Monday through Friday and emails will be accepted 24-7. The call center number is 937-PRNT (7768) and the email address is parent-help@sisd.net. Parents can call for follow-up, guidance, support, help, assurance, service and answers on any number of topics, See SISD, Page 9

### Haciendas del Norte Water Improvement District Notice of Public Hearing on Tax Rate

The Haciendas Del Norte Water Improvement District will hold a public hearing on a proposed tax rate for the tax year 2020 on September 1, 2020 at 13931 Sagebrush Circle, El Paso, TX 79938 at 7:00 p.m. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the tax rate that is adopted and on the change in the taxable value of your property in relation to the change in taxable of all other property. The change in the taxable value of your property in relation to the change in the taxable value of all other property determines the distribution of the tax burden among all property owners.

**FOR** the proposal: **Joseph McCandless, Daniel Diaz, and David Lincoln**

**AGAINST** the proposal: **NONE**

**PRESENT** and not voting: **NONE**

**ABSENT:** **Ed Brown and George Gibson**

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	\$ 0.210709	\$ 0.214680
	Adopted	Proposed
Difference in rates per \$100 of value	\$ 0.003971	
Percentage increase / decrease in rates (+/–)	+ 1.885%	
Average appraised value	\$ 219,513	\$ 219,017
General exemptions available (excluding senior citizen’s or disabled person’s exemptions)	\$ 0	\$ 0
Average taxable value	\$ 219,513	\$ 219,017
Tax on average residence homestead	\$ 462.53	\$ 470.19
Annual increase / decrease in taxes if proposed tax rate is adopted (+/–) and percentage of increase (+/–)	+ \$ 7.66 + 1.66%	

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.

### El Paso County Tornillo Water Improvement District Notice of Public Hearing on Tax Rate

The EL PASO COUNTY TORNILLO WATER IMPROVEMENT DISTRICT will hold a public hearing on a proposed tax rate for the tax year 2020 on August 27, 2020 at 19225 Highland St., Tornillo, TX 79853 at 6:00 PM. Members of the public may view the public meeting via the following link: <https://stream.meet.google.com/stream/48359373-4871-405b-b4b3-d388b0024565> and may participate by emailing [epcwid@yahoo.com](mailto:epcwid@yahoo.com) no later than 5:00 PM, Wednesday, August 26, 2020. Your individual taxes may increase at a greater or lesser rate, or even decrease, depending on the tax rate that is adopted and on the change in the taxable value of your property in relation to the change in taxable value of all other property. The change in the taxable value of your property in relation to the change in the taxable value of all other property determines the distribution of the tax burden among all property owners.

**FOR** the proposal: **Eliberto Nuñez, Nancy Tarin, Eusebio Villa, Jr., Loretta Aguilar and Jose A. Zavala**

**AGAINST** the proposal: **NONE**

**PRESENT** and not voting: **NONE**

**ABSENT:** **Jorge Aguirre and Anel Lujan**

The following table compares taxes on an average residence homestead in this taxing unit last year to taxes proposed on the average residence homestead this year.

	Last Year	This Year
Total tax rate (per \$100 value)	0.110000	0.110000
	Adopted	Proposed
Difference in rates per \$100 of value	0.000000	
Percentage increase / decrease in rates (+/–)	0.00%	
Average appraised value	\$ 67,716	\$ 69,864
General exemptions available (excluding senior citizen’s or disabled person’s exemptions)	\$ 0	\$ 0
Average taxable value	\$ 67,716	\$ 69,864
Tax on average residence homestead	\$ 74.49	\$ 76.85
Annual increase / decrease in taxes if proposed tax rate is adopted (+/–) and percentage of increase (+/–)	+ \$ 2.36 + 3.17%	

The 86th Texas Legislature modified the manner in which the voter-approval tax rate is calculated to limit the rate of growth of property taxes in the state.



## SISD

From Page 8

including attendance, bilingual education, calendars, meal service, counseling, curriculum, social and emotional support, military-connected student needs, safety, schedules, special needs, technology, textbooks, transfers, and tutoring. “Working together, and with this outstanding new parent

call center, we will help our students continue to succeed academically, emotionally, and socially,” said Marivel Macias, Assistant Superintendent of Administrative Services. “We are eager to strengthen our partnerships with parents as we launch this helpful resource to assist our families during this unique school year.” In addition to answering questionsandaddressingconcerns, the parent call center will support

## Indianapolis

From Page 3

show up at Leyte. Day by day, hundreds more men died. During the day, the sun tortured them. The salt water weakened them. Thirst agonized them. Their life jackets began to give out. They died of exposure and exhaustion. They died from the nightmarish attacks of circling sharks. They died from the terrible temptation of drinking salt water. They died from madness. They died from sheer despair, giving up and sinking beneath the waves. Still, somehow, at the extreme edge of human endurance, 317 men survived when a plane on a surveillance mission finally came across them.

For Capt. Charles McVay, a new agony began. As the Indianapolis sank, he had considered going down with the ship before getting swept away by a wave. At first separated from his men, he had the horrifying thought that he

alone might have survived. The Navy court-martialed him for not having zigzagged to evade attack, even though his orders only made it mandatory during the day, even though the maneuver was of dubious effectiveness, even though the captain of the Japanese sub said he assuredly would have sunk the Indianapolis anyway. There was a much stronger case that McVay had been let down by the Navy, since he wasn’t apprised of reports of Japanese subs operating in his vicinity and the Navy, shockingly, lost track of his ship. Yet McVay was found guilty. A broken man, he took his own life in 1968, and the Navy didn’t expunge his record of wrongdoing until 2001. It’s another tragedy associated with a ship whose drama, heartbreaking and astonishing, will never leave us.

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

family/school partnerships by to share education thoughts, offering weekly opportunities to concerns, and ideas meet other parents, form friendly Until volunteers can return virtual workshops in partnership child-centered relationships, safely to serve in our schools, with campuses for volunteers and keeping parents actively involved the call center will become the connect parents with community in the district, and offering a forum hub for communication and or district resources.

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### Public Notice

### Fabens Independent School District

### SECTION 504 SERVICES

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

- ◆ Child find activities to notify students with disabilities and their parents of the their rights and the district’s obligation to provide a free, appropriate public education.
- ◆ Referrals to Sections 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program, and periodic re-evaluations or more often as needed.
- ◆ A manifestation determination evaluation.
- ◆ Placement into the Section 504 program, which means the student may receive:
  - ✓ individually planned accomodations in the regular classroom,
  - ✓ health services from the school nurse,
  - ✓ accommodations regarding access to any part of the campus, or
  - ✓ assistance in reading for students with dyslexia in a reading program which meets the state’s standards for a dyslexia reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.
- ◆ Nondiscrimination protections of 504.

If you would like more information or know of a disabled child who is not receiving educational services, please contact Executive Director of Special Programs, Jorge Saenz, P.O. Box 697/821 NE “G” Avenue, Fabens, TX 79838, (915) 765-2690.

### SERVICIOS DE LA SECCION 504

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

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

Si usted desea más información o conoce a niños con discapacidades que no estan recibiendo servicios educativos, por favor comuniquese con Director Ejecutivo de Educación Especial, Jorge Saenz, P.O. Box 697/821 NE “G” Avenue, Fabens, TX 79838, (915) 765-2690.

WTXCC: 08/20/20



# McCarthy, Cowboys should enjoy a special season

By Steve Escajeda  
Special to the Courier

After months of speculation and uneasiness, the National Football League opened its training camps last week.

Because of the pandemic, it was unclear whether the league would get off the ground this season.

Professional baseball, basketball and hockey have proved that sports could be played during these difficult times, though it hasn't always been easy.

But let's face it, while having those sports again has been nice, nothing compares to the popularity of the NFL.

No other sport in America even comes close.

And speaking of America, it wouldn't be professional football if we didn't take a close look at America's team, the Dallas Cowboys.

So if there really is going to be an NFL season, we might as well talk a little football.

Last season the Cowboys underachieved with a mediocre 8-8 record.

The Cowboys blew out every team they were supposed to, and lost almost every close game they played in almost every way imaginable.

So in my humble opinion, and I'm not alone on this, it mostly came down to coaching.

Don't get me wrong, in the "nice guy" department, I think Jason Garrett is a class act. But it takes more than a bunch of butt slaps to get players motivated and in the right position to win.

Enter new head coach Mike McCarthy, a no-nonsense take-charge leader who coached the Green Bay Packers to a Super Bowl victory.

And he's brought with him with a bunch of veteran assistants who know what the heck they are doing.

This all means that Dallas Cowboys fans aren't just happy we're having football this season, they just might have a legitimate Super Bowl contender to

cheer for.

And maybe except for the defensive secondary, which isn't horrible, the Cowboys appear loaded at every position.

Let's start with quarterback. Though Dak Prescott spent the summer wondering whether his agent and the Cowboys could get together on a long-term deal, he'll be at the helm at least for this season and that's good news for the team.

A year ago, Prescott was second in the league in passing yards, fourth in touchdown passes and fourth in quarterback rating.

What Dallas has this season that they haven't had in several years is a talented backup in former Bengals starter Andy Dalton.

At running back, the Cowboys have one of the best in the league in Ezekiel Elliott. They also have a backup who could start for many other teams in Tony Pollard.

What Dak will especially enjoy this year is the number of quality receivers he can throw to.

Returning are 1,000-yard receivers Amari Cooper and Michael Gallup. The Cowboys also drafted the very talented CeeDee Lamb out of Oklahoma. And don't forget tight end Blake Jarwin, who is expected to have a breakout season.

And of course the Cowboys still have one of the best offensive lines in the league. They lost center Travis Frederick to retirement, but Zach Martin, Tyron Smith, La'el Collins and Joe Looney are there to cover the loss.

On defense, Dallas improved its line by adding run-stoppers Gerald McCoy and Dontari Poe, along with pass-rusher Everson Griffin, to join defensive end DeMarcus Lawrence.

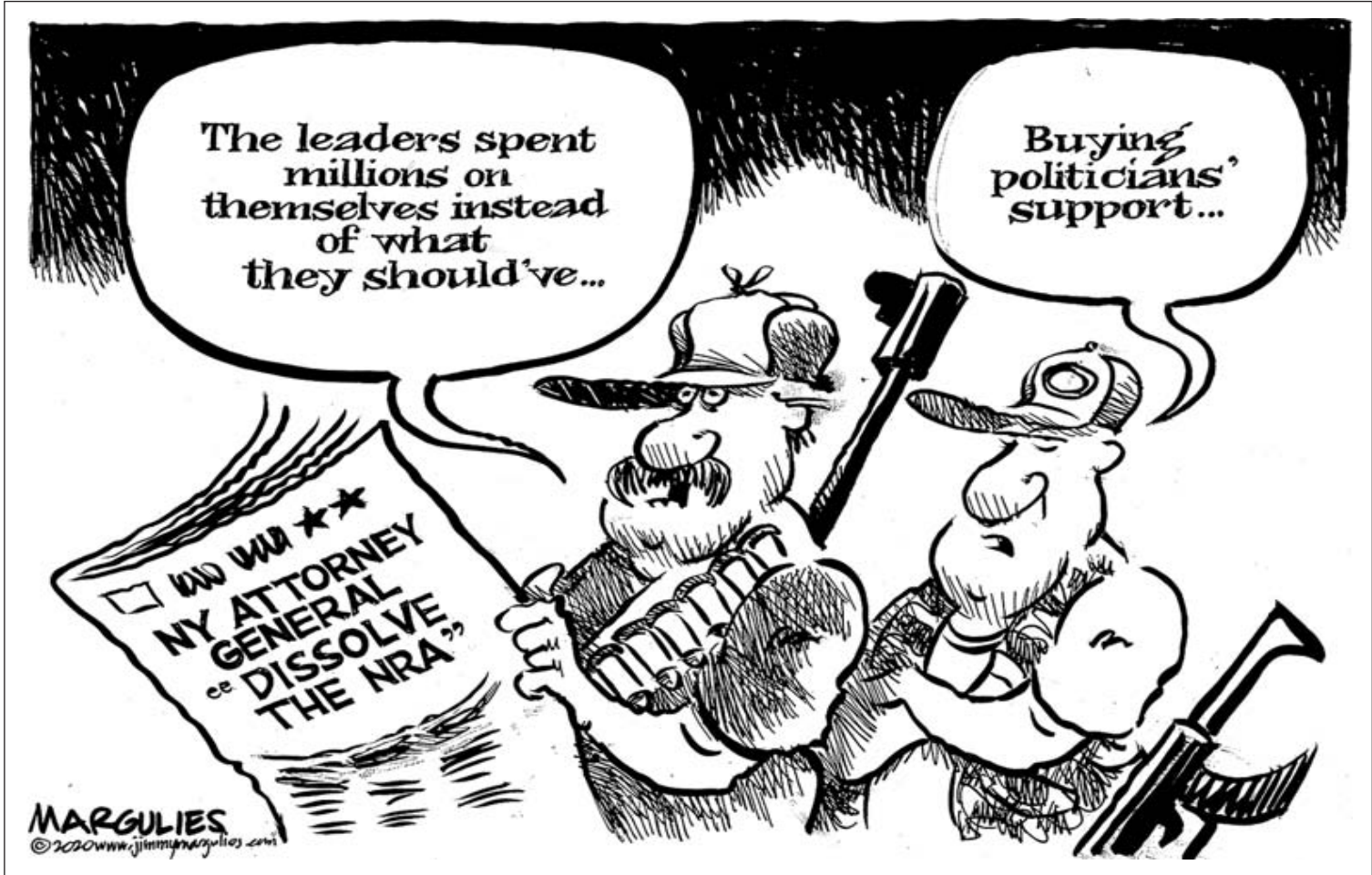
At linebacker, the Cowboys are set with three of the best in the league, Sean Lee, Leighton Vander Esch and Jaylon Smith.

The only question here is that all three have a history of injuries. If they can all stay healthy, any of them could make the Pro Bowl.

As far as the secondary, Dallas did add veteran Ha Ha Clinton-Dix, along with drafting Trevon Diggs. But the Cowboys have a bunch of unproven young guys who are going to have to step up quickly. The best of the returners are probably Jourdan Lewis and Xavier Woods.

Dallas will have a solid veteran kicker in former Ram Greg Zuerlein, but return one of the worst punters in the league in Chris Jones.

Even with all this talent, the Cowboys' most important addition won't play a single down. McCarthy's experience, especially his decision-making late in games will prove to be the biggest adifference. And for the first time in a decade, the players won't have a "buddy" to lead them, they'll have a proven head coach.



## Super Crossword

GOOD-LOOKING BEGINNERS ACROSS

1 Farm output

5 Mosey along

10 Father

14 Verbal tests

19 Despise

20 Slow \_ (Asian primate)

21 Spoil

22 Bo of "Bolero"

23 Magnetic pull

26 Certain Arab

27 Place for online small talk

28 Author Dinesen

29 One of Nixon's daughters

30 Hack down

31 Crow cry

32 Clear skies and 70 degrees, say

35 Smell \_ (suspect something)

37 Novelist Zora \_ Hurston

39 Stopover site

40 Santa Fe-to-Denver dir.

41 Horned viper

44 Annex

45 Sanctify with oil

48 SFO posting

49 What a happy couple makes together

54 Suffix with journal

56 Liberal arts subj.

57 With 90-Down,

totally mistaken

58 Creepy quality

60 Rented living spaces: Abbr.

64 Screening airport org.

65 Appear to be

67 Fit snugly

68 Target rival

69 Notions that an imp might get

72 Habanero, for one

74 Pays mind to

75 Infant bed

79 Brand of nonstick cookware

80 Org. for drs.

81 Admin. aide

82 Like rhythmic verse

84 Mag bigwigs

85 Thither

86 Victory sign

88 Big sum given for finding a lost pet, perhaps

91 Conan's TV home

94 Understood by very few

96 Roth \_

97 Uvea's organ

98 Granola tidbit

99 "Law & Order" spinoff, informally

100 Italian port

102 Low pair in poker

106 It's painted to make something seem better than it is

111 A Stogie

114 Inclined (to)

115 Oscar winner Helen

116 Emu relative

117 Food symbolizing America

119 Ed with Emmys

120 Equitable market practices

123 Thieve

124 News bit

125 Brother, in Paris

126 Slaving away

127 Not on time

128 Shot callers

129 Mended

130 Pot tops

DOWN

1 Ballroom dance

2 Quite

3 Ontario city

4 Saucy

5 Big maker of food cans

6 Label for the Jackson 5

7 Hat's edge

8 Actress Tyler

9 Suffix with journal

10 Non-poetry

11 Of hearing

12 Finicky

13 Ending for meth substances

15 Send, as payment

16 Weaver of

mythology

17 Lax

18 Place for downhillers

24 Oval part

25 Bill depicting Lincoln

29 Lendl's sport

32 Soup scoop

33 Fathers, informally

34 Nintendo console

36 Greek "T"

38 Water, to Yves

42 Condition of equilibrium

43 Heaped up

45 Sale proviso

46 Fraction of about 11%

47 Forest cat

49 "You \_" ("Oh yeah!")

50 Comes after as a result

51 Swirly marbles

52 Shorn wool

53 Suffix with script

55 Pack tightly

59 Fixed price

61 Tropical fruit

62 Aftershock

63 Hair bit

66 Actress Plimpton

68 Actor Grammer

70 1999 Ron Howard satire

71 Clear kitchen wrap

73 Father, in Madrid

76 Have supper

77 PC readout of a sort

78 Not as tough

82 "Quo Vadis" director \_ LeRoy

83 TV producer Michaels

87 Like trade winds

89 China's \_ Zedong

90 See 57-Across

91 Certain rigging support

92 Coffee shop employee

93 Less lax

95 Quart fourth

100 Avocado dip, for short

101 Measure of current flow

103 American elk

104 Sedating substance

105 Blood vessel openers

107 Walk (on)

108 Furious

109 Part of CEO

110 Tenures

112 Decided

113 Part of REO

117 Highest point

118 Plus others: Abbr.

120 Pine relative

121 A bit askew

122 Hosp. body scan

Answer Page 4

1	2	3	4		5	6	7	8	9		10	11	12	13		14	15	16	17	18	
19						20					21						22				
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127								128					129					130			



Comix

OUT ON A LIMB

By Gary Kopervas



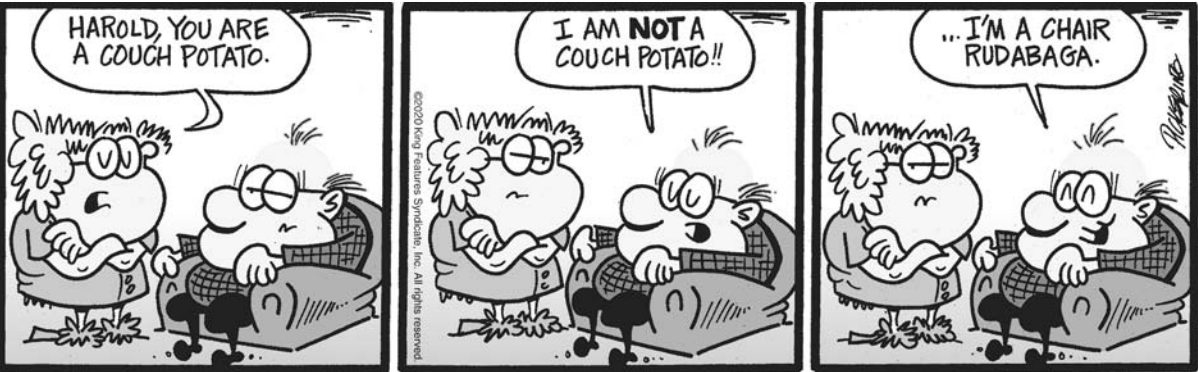
AMBER WAVES

By Dave T. Phipps



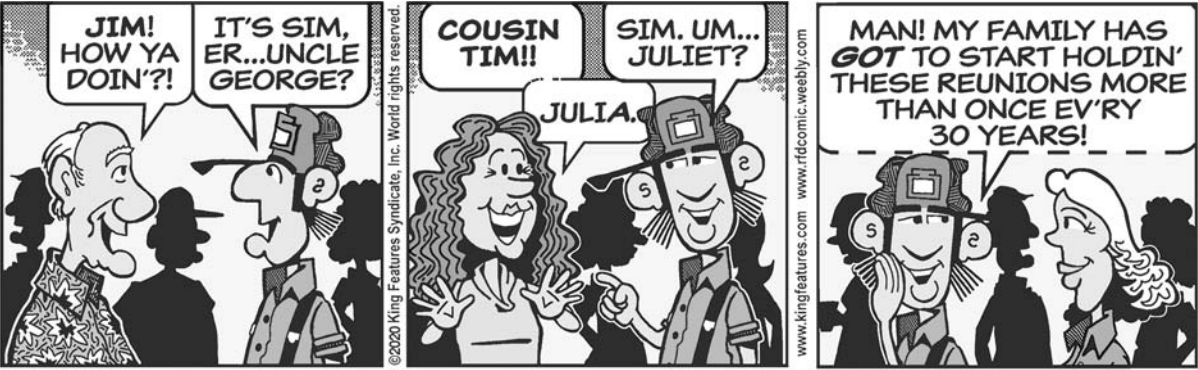
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



TIGER

By Bud Blake



VA

From Page 1

providers, because our goal is to have them not wait beyond 30 days from the day, they request an appointment,” she said. “So, with this center, we get to welcome veterans back into our own VA clinics.”

Michael Amaral, director of the El Paso VA Healthcare System stated that the northwest

facility is VA’s first opportunity to expand the primary care capability in the El Paso market. He said that the new clinic is going to add three new primary care teams, when it becomes fully operational, which should give El Paso’s VA healthcare system about 4,000 new patient capabilities.

According to officials, the new clinic will be able to offer area veterans a variety of services including physical therapy,

prosthetics, audiology, mental health care, social work, women’s health, lab, and telehealth.

The VA currently operates a 10,000-square-foot primary-care clinic inside the Hospitals of Providence East Campus’ medical office building, at 2400 Trawood Drive in East El Paso.

Italsooperatesa12,500-square-foot primary-care clinic in Las Cruces, which is also part of the El Paso VA system. The Las Cruces clinic is located at 1635

A healthy diet includes omega-3 and omega-6

DEAR DR. ROACH: It seems that eating a healthy diet with an emphasis on nuts and seeds, fruits, vegetables and grains is the best choice for anyone.

It’s been well-documented that omega-6 is inflammatory, whereas foods containing omega-3 are not. It seems to me that we should be consuming foods that have more omega-3 in them. The only problem is that, from my research, all nuts and seeds with the exception of chia and flaxseeds have a much higher ratio of the omega-6 to the omega-3. This appears to be the case with most foods, no matter which food group they are in. How can any of the healthy foods be beneficial when so much more of the “bad fats” are being ingested? – Anon.



Dietary fats are categorized into four groups: monounsaturated, polyunsaturated, saturated and trans-saturated. It is accepted that monounsaturated fats have a healthy effect, reducing heart disease risk, while trans-saturated fats are clearly harmful.

The effect of saturated fats on health is mixed, but those that come from processed meat increase heart disease and diabetes risk. Saturated fat overall has little effect on heart disease risk, but swapping saturated fat with unsaturated fats (both polyunsaturated and monounsaturated) appears to reduce heart disease risk.

Polyunsaturated fats are categorized into the omega-3 family and the omega-6 family. I also have read in many places that omega-6 fats are “bad fats,” causing inflammation. The best evidence, a 2014 review of all controlled trials published, showed that omega-6 fats are NOT inflammatory and that they DECREASE risk of heart disease compared with meat-based saturated fats.

We should be consuming both omega-3 and omega-6 polyunsaturated fats, mostly from plant sources. The data support that nuts and seeds are foods we should be eating more of, but we also should be eating good sources of omega-3, including fatty fish, the chia and flaxseeds you mentioned, as well as walnuts and canola oil. Most people have to work harder to get omega-3 oils but get plenty of omega-6.

DEAR DR. ROACH: I have recently started transitioning to a plant-based diet for preventative health reasons. While discussing the benefits of nuts and seeds with a dietitian, they had a disclaimer that flax seed can interfere with medications and to eat them two hours before or one hour after taking medications. I would not sit down and eat a handful of flax seeds, but now I am afraid to use them in the meals I prepare at all. Can you help me make a good decision in using them? – J.E.

For people eating reasonable amounts (like a handful or two) of flax seeds as part of a meal, it is unlikely that they would interfere with medications enough to cause any significant problem, for most medications.

There are two situations that might merit concern: In powerful anti-clotting agents, such as clopidogrel, flax seeds might prompt increased activity. Secondly, flax seeds may lower blood sugar a small amount. In combination with insulin or oral diabetes drugs, the blood sugar could possibly dip lower than expected. I doubt either of these interactions is likely to cause harm, but it is reasonable to discuss with your doctor if you are on one of the classes of medications mentioned..

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.

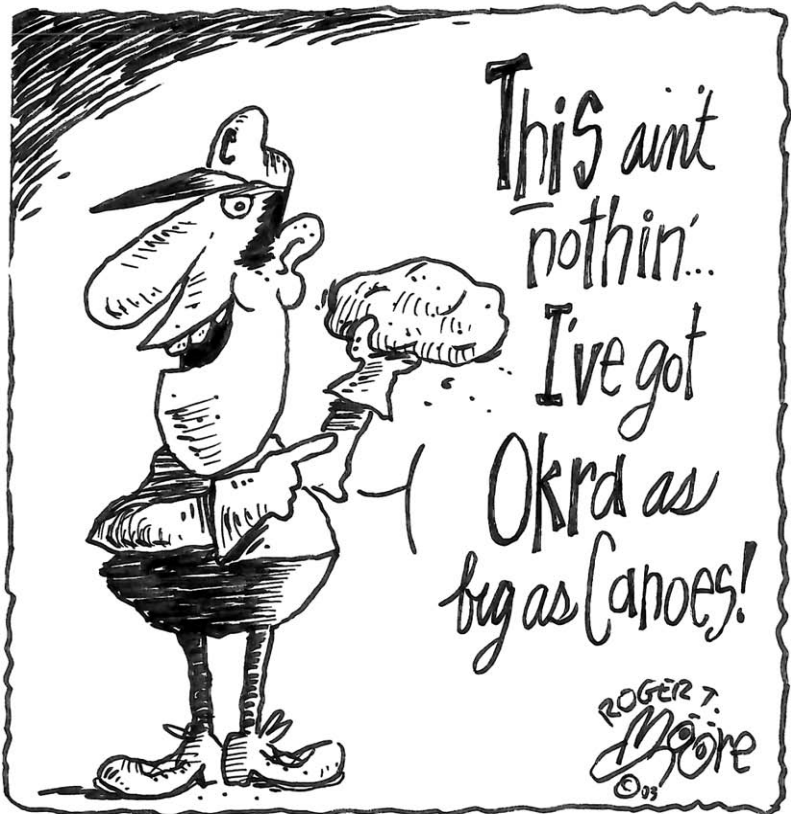
S. Don Roser Drive.

The VA also moved last year most of its mental health services from its main medical center, located next to William Beaumont Army Medical Center, to the new Medical Center of the Americas (MCA) wellness center in south-

central El Paso.

Additionally, plans are in the works for the VA to renovate two historic buildings inside Fort Bliss to provide nearly 13,000 square feet of administrative offices, Amaral stated. The VA will have a 50-year, no-cost lease on the buildings, he added.





**Moore Texas** by Roger MOORE  
In 1975, Herb Vinson of Coleman grew a 10 lb. 2 oz. sweet potato.

## 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 M

CY S KGSISDG PRSBTP  
DR HDZP DY BISBTFIP CR  
NFJ, ECHH EF FRJ WK  
ECZG S BIWONM OWOOM?

Answer Page 4  
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## Weekly SUDOKU

by Linda Thistle

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

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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## Scam pharmacist sentenced



by Freddy Groves

Most of us are locked down due to the coronavirus, but apparently the wheels of justice keep on turning.  
A few months ago I wrote about a Houston pharmacist, his wife and their pal who scammed the government out of \$21 million in fake pharmacy orders. The guy and his wife have now been sentenced.

Their scam was to whip up medicinal creams and gels that they would mail to injured state and federal employees, then send the bill to the government after their pal created fake prescriptions. The Feds got them for a laundry list of charges, including conspiracy to commit health care fraud, conspiracy to pay and receive kickbacks, 11 counts of health care fraud and three counts of wire fraud dating back to 2009. Many government

departments were involved, including the Department of Veterans Affairs.  
The pharmacist, age 75, won't see daylight again for 10 years, and he has to pay back \$12 million in cash and forfeiture. The wife, however, is somehow getting off light. She's 68 and has to pay back pay \$950,000 in restitution and forfeiture, but will serve a mere 30 days in home confinement.

How does that work, one wonders. Due to the pandemic, nobody is going out. Thirty days at home doesn't seem like much punishment since we're all doing it anyway. She pleaded guilty to one charge. Does that play into it, that she admitted her role? And did he get 10 years because he argued against the charges and tried to pass off the medications he was sending out as marketing materials. Then again, maybe her portion of the "forfeiture" had to do with giving up that (very) upscale house in Houston.

Their accomplice is still on the lam. Anoop Kumar Chaturvedi, age 48, is a legal

permanent resident from India. The government wants to find him. If you know where he is, call the Office of Inspector General of the U.S. Post Office at 1-888-877-7644.

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- Here's a great tip when making creme brulee: Make sure you use a wide, shallow dish. The size is important, because if it's too deep, the center won't set, and if it's too small you won't get that great cracking top!
- "Have long nails? Stuff a piece of a cotton ball in the fingertip of your gloves to keep your nail from piercing the gloves. Just a tip for staying safe and germ-free." – I.R. in Georgia

- If you have a screw that is stuck, try giving it a blast with a hair dryer. The heat can sometimes help to loosen it up.
- Beginning sewers can practice on a piece of Styrofoam from a meat tray (clean) or a takeout container. You can find large plastic needles at a craft store.
- "If you want to remove fat from your broth, simply set a bowl filled with the broth in the fridge for a few hours. As the liquid cools, the fat will separate to the top and harden, making it easy to scrape off." – W.L. in Minnesota

- "To whiten my yellowed tablecloth and napkins, I sliced several lemons and put them in a big pot of boiling water. I removed the water from the stove and soaked the cloths. After the water cooled, I rinsed them and hung them to dry in the sun. They are like new." – A.C. in Missouri
- A hanging shoe rack is a handy place to keep office supplies and school supplies for the whole family. Pencils, markers, assignment cards, and even papers. You can give each person a row, or label the pockets.

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

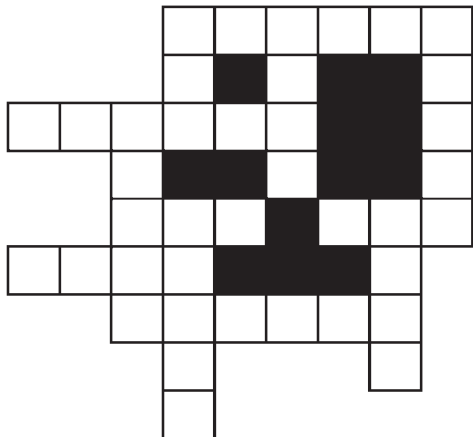
	-		x		21
+		x		+	
	+		+		21
x		+		x	
	+		x		22
30		17		26	

1 2 3 4 6 6 7 8 9

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ODM  
SAMPAL  
♥ DRANO  
♥ ENDE  
DRYEON  
♥ SPI  
♥ RASO  
♥ DAMIE  
♥ YAN  
MONOID  
OYMEN  
♥ OSAD



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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