



NEWSBRIEFS

Good reading

• California’s Yosemite Valley, with its Mariposa Grove of giant sequoias, was a pristine home for native Americans until the Gold Rush of 1849, but – then – thousands of prospectors trampled the environment. By 1864, conservationists were looking for a way to protect the valley’s fragile ecosystem; finally, they urged President Lincoln to come to the rescue, and he put the basin under the protection of a public trust. It wasn’t until October 1, 1890 that Congress, and President Benjamin Harrison – at the behest of concerned environmentalists shepherded by John Muir – officially created Yosemite National Park. Today, there are more than 400 parks, comprising approximately 84 million acres—diffused throughout the country. Read about it in *America’s National Parks* by Ester Tome.

• When Washington DC was founded in 1790, it usurped Philadelphia as the nation’s capital; the new location was more favorable. Two years later, the cornerstone of the White House was laid. Why the “White House?” Perhaps, as History.com put it, “because its white-gray Virginia freestone contrasted strikingly with the red brick of nearby buildings.” The British had set fire to it during the War of 1812, but when it was rebuilt, the structure was painted white. The original White House was designed by the American architect James Hoban, an Irish immigrant, who also supervised its reconstruction, but the nickname did not become official, until President Theodore Roosevelt declared – in 1901 – that it would, henceforth, be known as the White House. Read about it in *The Residence: Inside the Private World of the White House* by Kate Andersen Brower.

• Today we live in the “the space age.” But prior to October 14, 1947, supersonic flight – or even a trip to the moon – was unthinkable. But on that day, World War II ace, U.S. Air Force Captain Chuck Yeager, became the first pilot to break the sound barrier, over the Rogers Dry Lake at Edwards Air Force Base in the Mojave Desert, in southern California. His Bell Aircraft Company experimental rocket plane, the X-1, was attached to the bomb bay of a B-29, rose to an

See BRIEFS, Page 2

A gossip will give you all the details without knowing any of the facts.
— Quips & Quotes

Jeff Davis County may get name change

Political and cultural pressures impact name change

By Alfredo Vasquez
Special to the Courier

TEXAS – Tributes to Confederate soldiers’ names abound in West Texas including Ector, Lee, Jeff Davis, Reeves, Tom Green, Sul Ross, Winkler, and more. For many West Texas residents, however, these namesakes are now out of touch with the prevailing culture and values of this region and America as a whole.

In Jeff Davis County, which is a couple of counties east of El Paso County along Interstate-10, residents and government officials initiated a process for possibly changing the name of their county because, as they stated, its current namesake was a slave owner and fought with the Confederacy to uphold slavery.

So, the Commission for the Renaming of Jeff Davis County was formed recently, and a survey was conducted to gauge public opinion and elicit suggestions for an alternative name for their county, according to a recent news article.

The renaming committee members expressed hope that their remote Texas county’s civic actions would set an example for the hundreds of other schools, roads and landmarks still bearing Confederate names across the nation.

“Frankly, we were blown away by both the ingenuity of the names submitted and the extraordinary number of residents who participated in the voting process,” stated a commission participant.

Commission officials reported that although there were a few objectors, support for updating the county name was overwhelmingly in favor. “Clearly the legacy of Jefferson Davis in no way reflects the values of liberty and self-determination associated with the county’s residents today,” the commission’s report stated.

From the recent survey, the top six candidates for renaming the county include Bey Knowles, Miles Davis, Victorio, NGC 1277, Camel Corps, and Flipper. Why these names? According to the commission’s report:

Bey Knowles County would recognize one of the world’s



– Photos courtesy Texasescapes.com

BYGONE NAMES – Jeff Davis County Courthouse, above, in Fort Davis, TX was originally the county seat of Presidio County, which included what is now Jeff Davis and Brewster Counties. In 1885, the railroad laid tracks through Marfa and Marfa became the county seat. Fort Davis residents organized their own county and it was approved by the legislature in March of 1887, making Fort Davis a county seat again.

best-selling musical artists and a native Texan. Knowles put the county on the global map when she posed in front of the Prada Marfa installation outside of Valentine in 2012.

Miles Davis County would be linked to expediency: a half-name change would save costs, paperwork, and the necessity of changing other “Davis” related landmarks, such as town, fort, mountain range and state park.

Victorio County would pay tribute to the legendary Apache warrior. Chief Victorio was a skilled tactician who, after suffering a wide range of injustices by the U.S. government, carried out settler raids between Fort Davis and El Paso in the late 1870s.

NGC 1277 County would commemorate discovery of one of the largest supermassive black holes ever recorded in the NGC 1277 galaxy by astronomers working at the McDonald Observatory in Ft. Davis. The size of the black hole (the equivalent of 17 billion suns!) revealed a new model in the evolution of galaxies and highlighted this county’s role.

Camel Corps County would pay homage to the formation of the U.S. Camel Corps in 1855. Dozens of camels were brought from the Middle East to Texas to aid in military surveys across the southwest. Fort Davis served as the base of operations for multiple camel expeditions.

Flipper County would honor Henry Ossian Flipper who was born into slavery but went on to become the first Black graduate of West Point and the first nonwhite officer to lead the 10th Cavalry Buffalo Soldiers. In 1880 he was assigned to Fort Davis.

“We know that no single name will satisfy all, but we are proud of our residents for almost unanimously agreeing that a name tied to slavery and the failed Confederacy just plain old doesn’t make sense for a county with such a bright future, especially when there are so many alternatives,” one of the commission members surmised.



This Texas State Historical Survey Committee marker commemorates Jefferson Davis.

Lessons from the 9-month COVID ‘emergency’

WEST TEXAS COUNTY COURIER

SERVING: ARTHURS, VICTOR, CENTERED, EAST MONROVIA, HORIZON, SICOORIA, CLINE, FARMER, SAN LEONARD AND TOWHELE

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Super Crossword

COUNTY EXTENSION

ACROSS

1 Singer Judd

6 1960s war zone

9 Old Glory's country

12 Morse click

15 For each

18 City-related

19 He played Lou Grant

21 Haifa native

23 "Alfie" singer

26 Idyllic spot

27 City east of Syracuse

28 Not inert

29 See 71-Down

31 Longtime porcelain brand

35 Hitler Ripken

38 Fish-fowl link

40 Some linens

41 Desires

42 Typeface option

44 Gave birth to

47 Put _ show

48 Outer: Prefix

51 City on the eastern shore of Lake Erie

55 Pouch near a kettle

60 Aid in crime

61 Mix up

62 "It's my guess..."

64 Workshop

65 Ending for opal

66 "Quantico" network

68 Overwhelm

69 Be inviting to

70 Former Fleetwood

75 Belt holders

77 They often show

DOBs

78 _ chi

79 Not-so-great grade

80 Greek "H"

83 Zagreb native

85 Part of a flight of steps

87 Aesir god

88 Walk shakily

89 Follower of James Buchanan

94 Energize, with "up"

96 Dawn deity

97 You, in Germany

98 Piano exercise

99 Optimal

103 Provide with a new outfit

106 Not-so-great grade

108 La. neighbor

109 Laurel and Hardy

film

114 "Woof!"

116 Effective use of language

117 Lascivious guys

119 Cuba's Castro

123 Spanish dances in

3/4 time

124 Race held every

May

128 Let go

129 "Being Julia" star

Bening

130 Diglyceride, e.g.

131 Some inserts

132 Steered

133 Topiary tree

134 Suffix with shepherd

135 English county

(it can be added to the ends of this puzzle's seven longest answers)

DOWN

1 Unclad

2 Bone-dry

3 Certain woodwind

4 Divine food

5 B&B, e.g.

6 Pond dweller

7 "Robin _" (Irish ballad)

8 Senator Rubio

9 Bi-less one

10 Min. division

11 La. neighbor

12 Very varying

13 Designer Mizrahi

14 Fight stopper

15 Pint-size

16 Nine and two

17 Bill add-ons

20 Vacillates

22 Restless

24 Irish money

28 Decompose

30 "To Live and Die _"

(1985 film)

32 Sailor's call

33 Joker Jay

34 Put on

35 Plotters' plot

36 Canbbean island

37 Vital factor

39 Zimbabwe, before 1979

43 Astern

45 Plus

46 Postpones

49 Hub: Abbr.

50 Grow incisors, e.g. Abbr.

52 Nation

53 Jack of "Dragnet"

54 Fuzzy fruit

56 Voyaging

57 Feeling blue

58 Energize, with "up"

59 Figure out

63 Written with a #2, say

65 Foot arch

67 Loir or chop

68 Watchdog breeds

71 With 29-Across, new Apple product of 2013

72 Author O'Brien

73 Coins or bills

74 Pop singer

Halliwel

75 PC monitor type

76 Jorge's gold

81 Diacritical squiggle

82 Attach

84 Great anger

86 Friend in France

87 Mo. #10

90 Paul Anka's "Eso _"

91 Butter-and-flour mixture

92 "Dream on!"

93 _do-well

95 Glorified

99 Diva Streisand

100 Resounded

101 Turtles' tops

102 Private pupil

104 "That kinda thing": Abbr.

105 Rich cake

107 "Piece of cake!"

110 Virtuous

111 It isn't poetry

112 Travel plan

113 Body tubes

115 Smart-alecky

118 Barely earns, with "out"

120 Intro painting

class, maybe

121 Rival of Lyft

122 Old stringed instrument

124 Singer Starr

125 Suffix with ethyl


126 Florida-to-Indiana dir.

127 Moines lead-in

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17		
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128								129						130				
131					132			133			134			135				

Answer Page 11





By Lucie Winborne

• English philosopher Sir Francis Bacon (1561-1626) is believed to have eaten a paste of ground pearls and lemon juice to cure illness.

• Speaking of pearls, the ancient Greeks believed they were the hardened tears of joy from Aphrodite, goddess of love.

• Facebook’s theme color is

blue because Mark Zuckerberg is red-green colorblind.

• Barking Sands Beach in Hawaii is famous for the “woofing” sound the dunes make when built-up sand slides.

• In 2012, the makers of Bubble Wrap-brand cushioning conducted a survey in which respondents said that just over one minute of popping bubbles provided the stress relief equivalent to a 33-minute massage. Don’t have any on hand? No worries! The manufacturer also released an iPhone app that allows you

to pop virtual bubbles all day long.

• Fear of young people is known as “ephebiphobia.”

• The astronomer William Henry Pickering thought that black spots on the Moon were migrating insects.

• Avid readers aren’t normally intimidated by a hefty tome, but they might well pause at what’s been called the largest book ever. Weighing more than 3,000 pounds and measuring 16.40 feet by 26.44 feet, with 429 pages, “This the Prophet Mohamed”

was created in 2012 by 50 people in the United Arab Emirates.

• In Ethiopia, a spot appropriately known as “The Gateway to Hell” is one of the hottest on earth, with air that’s toxic to humans. Scientists have found organisms in its acid pools that are capable of surviving without oxygen.

• A gallon of gasoline contains a whopping 31,000 calories. We don’t expect that you would actually drink it, of course.


• A California man who made a personalized license plate that

said “No Plate” received more than 2,500 parking tickets.

• In 1910, Virginia Woolf and her friends donned costumes and fake beards in order to convince the Royal Navy they were a group of Abyssinian princes, pulling off what became known as the “Dreadnought Hoax” and earning a 40-minute guided tour of the ship.

Thought for the Day: “Today’s accomplishments were yesterday’s impossibilities.” – Rev. Robert H. Schuller

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• On Oct. 5, 1892, the Dalton Gang attempts the simultaneous daylight robbery of two Coffeyville, Kansas, banks, but are surrounded by townspeople, who kill every gang member except for Emmett Dalton. Emmett was convicted and sentenced to life in prison. Paroled after 14 years, he ended up as a screenwriter in Hollywood.

• On Oct. 6, 1926, Yankee

slugger Babe Ruth hits a record three home runs against the St. Louis Cardinals in the fourth game of the World Series. In 1928, in the fourth game of another Yanks-Cards World Series, he knocked three more pitches out of the same park.

• On Oct. 7, 1975, a New York State Supreme Court judge reverses a deportation order for John Lennon, allowing him to remain legally in New York City. The order against Lennon and his wife, Yoko Ono, were based on a 1968 marijuana conviction in England.

• On Oct. 8, 1918, U.S. Army

Cpl. Alvin C. York reportedly kills over 20 German soldiers and captures an additional 132 in France. The exploits earned York the Congressional Medal of Honor.

• On Oct. 9, 1942, Chicago bootlegger Roger “The Terrible” Touhy escapes from prison by climbing the guard’s tower. Touhy, who had been framed for kidnapping, was serving a 99-year sentence. He was recaptured months later.

• On Oct. 10, 1985, the hijacking of the Italian cruise ship Achille Lauro ends when U.S. Navy F-14 fighters intercept an

Egyptian airliner attempting to fly the Palestinian hijackers to freedom. On Oct. 7, heavily armed terrorists had hijacked the ship and 400 crewmembers and passengers.

• On Oct. 11, 1793, the death toll from a yellow fever epidemic in Philadelphia hits 100. By the time it ended, 5,000 people were dead. A vaccine now prevents yellow fever in much of the world, though 20,000 people still die from it every year.

• On Oct. 12, 1997, singer John Denver dies when his experimental amateur aircraft

crashes into Monterey Bay on the California coast. Known for hits like “Rocky Mountain High” and “Take Me Home, Country Roads,” Denver sold more than 32 million albums in the U.S. alone.

• On Oct. 13, 1792, the cornerstone is laid for a presidential residence in the newly designated capital city of Washington. It was called the “White House” because its white-gray Virginia freestone contrasted strikingly with the red brick of nearby buildings.

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Notice of Election – Canutillo Independent School District

To the registered voters of Canutillo Independent School District:

A los votantes registrados del Distrito Independiente Escolar de Canutillo:

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m. on Tuesday, November 3, 2020, for voting in a General Election, to elect 4 (four) School Board Members at Large (each position is a 4 year term).

Se les notifica, que las casillas electorales citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m., el martes, 3 de noviembre de 2020 para votar en la Elección de 4 (cuatro) Miembros Generales de la Mesa Directiva del Distrito Escolar (cada puesto es por un periodo de cuatro (4) años.

ELECTION DAY November 3, 2020 7:00 a.m. – 7:00 p.m. On Election Day any El Paso County registered voter is eligible to vote at any El Paso County Vote Center. Visit https://epcountytvotes.com/ for all locations or changes. SUBJECT TO CHANGE

DIA de ELECCION 3 de Noviembre el 2020 7:00 a.m. a 7:00 p.m. El día de las elecciones, cualquier votante registrado en el condado de El Paso es elegible para votar en cualquier Centro de Votación del Condado de El Paso. Visite https://epcountytvotes.com/ para todas las ubicaciones o cambios. SUJETO A CAMBIO

The El Paso County Vote Centers in Canutillo on Election Day are:

El Centro de Votación del Condado de El Paso en Canutillo el Día de Elecciones es:

Canutillo Elementary School 651 Canutillo Ave.

Canutillo Middle School 7311 Bosque Rd.

ELECTION DAY November 3, 2020 EL PASO COUNTY COURTHOUSE OPEN 7:00 a.m. – 7:00 p.m. ONLY FOR ADA & 65 YEARS OF AGE AND OLDER SUBJECT TO CHANGE

DIA de ELECCION 3 de Noviembre el 2020 La Corte de El Condado del Condado de El Paso estara Abierta de 7:00 a.m. a 7:00 p.m. Solo para ADA y Personas Mayores de 65 Años) SUJETO A CAMBIO

Paso County Vote Centers:

Centros de Votación del Condado de El Paso:

Alicia R. Chacon International School 920 Burgundy Dr.

Anthony City Hall 401 Wildcat Dr.

Arlington Park Shelter 10350 Pasadena Cir.

Ascarate Elementary School 7090 Alameda Ave.

Austin High School 3500 Memphis Ave.

Bassett Place 6101 Gateway West

Bel Air Middle School 7909 Ranchland Dr.

Benito Martinez Elementary School 2640 Robert Wynn St.

Bill Sybert K-8 School 11530 Edgemere Blvd.

Bonham Elementary School 7024 Cielo Vista Dr.

Bowie High School 801 S. San Marcial St.

Bowling Family YMCA 5509 Will Ruth Ave.

Brown Middle School 7820 Helen of Troy Dr.

Campestre Elementary School 11399 Socorro Rd.

Canutillo Elementary School 651 Canutillo Ave.

Canutillo Middle School 7311 Bosque Rd.

Capistrano Elementary School 240 Mecca Dr.

Carlos Rivera Elementary School 6445 Escondido Dr.

Carroll T. Welch Elementary School 14510 McMahon Ave.

Cedar Grove Elementary School 218 Barker Rd.

Center for Career and Technology Education 1170 N. Walnut St.

Chayo Apodaca Community Center 341 N. Moon Rd.

Cielo Vista Elementary School 9000 Basil Ct.

Clardy Elementary School 5508 Delta Dr.

Clint ISD Early College Academy 13100 Alameda Ave.

Collins Elementary School 4860 Tropicana Ave.

Community Connections Center 5300 Warriors Dr.

Congressman Silvestre & Carolina Reyes School 7440 Northern Pass Dr.

Crosby Elementary School 5411 Wren Ave.

Cross of Grace Church 4700 Leeds Ave.

Del Norte Heights Elementary School 1800 Winslow Rd.

Desertaire Elementary School 6301 Tiger Eye Dr.

Desert Hills Elementary School 300 N. Kenazo Dr.

Desert View Middle School 1641 Billie Marie Dr.

Desert Wind K-8 School 1100 Colina De Paz Dr.

Dolphin Terrace Elementary School 9790 Pickkerel Dr.

Dorris Van Doren Library 551 Redd Rd.

Dowell Elementary School 5249 Bastille Ave.

Dr. Green Elementary School 5430 Buckley Dr.

Dr. Joseph E. Torres Elementary School 10700 Rushing Rd.

Dr. Nixon Elementary School 11141 Loma Roja Dr.

Dr. Sue A Shook Elementary School 13777 Paseo Del Este Blvd.

Eastlake High School 13000 Emerald Pass Ave.

Eastpoint Elementary School 2400 Zanzibar Rd.

Eastwood Heights Elementary School 10530 Janway Dr.

Edgemere Elementary School 10300 Edgemere Blvd.

El Paso Community College-Mission Del Paso 10700 Gateway Blvd E.

El Paso Community College-Northwest 6701 S. Desert Blvd.

El Paso Community College- Rio Grande Campus 906 El Paso St.

El Paso Community College-Transmountain 9570 Gateway N Blvd.

El Paso Community College- Valle Verde 919 Hunter Dr.

El Paso County Ascarate Annex 301 Manny Martinez Dr.

El Paso County Eastside Annex 2350 George Dieter Dr.

El Paso County Northwest Annex 435 E. Vinton Rd. 79821

El Paso County Sheriff's Office CSS 12899 Sparks Dr.

El Paso Tennis Club 2510 N. St. Vrain St.

EP County Colliseum 4100 E Paisano Dr.

Escontrias Elementary School 205 Buford Rd.

ESC Region 19 Head Start Multipurpose Center 11670 Chito Samaniego Dr.

Esperanza Acosta Moreno Library 12480 Pebble Hills Blvd.

Fannin Elementary School 5425 Salem Dr.

Fire Station #15 115 Shorty Ln.

Fire Station #16 3828 Hercules Ave.

Fire Station #2 111 E. Borderland Rd.

Fire Station #20 8301 Edgemere Blvd.

Fire Station #23 5315 Threadgill Ave.

Fire Station #27 6767 Ojo De Agua Dr.

Fire Station #3 721 E. Rio Grande Ave.

Fire Station #7 3200 Pershing Dr.

Franklin High School 900 N. Resler Dr.

Franklin Magnet Center 825 E. Redd Rd.

Fred & Maria Loya Family YMCA 2044 Trawood Dr.

Glen Cove Elementary School 10955 Sam Snead Dr.

Grandview Park Senior Citizen Center 3134 Jefferson Ave.

Hacienda Heights Elementary School 7530 Acapulco Ave.

Hanks High School 2001 Lee Trevino Dr.

Hawkins Elementary School 5816 Stephenson Ave.

Helen Ball Elementary School 1950 Firehouse Dr.

Henderson Middle School 5505 Robert Alva Ave.

Horizon Heights Elementary School 13601 Ryderwood Ave.

Hurshel Antwine Elementary School 3830 Rich Beem Blvd.

Indian Ridge Middle School 11201 Pebble Hills Blvd.

Jane Hambric K-8 School 3535 Nolan Richardson Dr.

Jefferson High School 4700 Alameda Ave.

KEYS Academy 12380 Pine Springs Dr.

Lamar Elementary School 1440 E. Cliff Dr.

Lancaster Elementary School 9230 Elgin Dr.

L. B. Johnson Elementary School 499 Cabaret Dr.

Logan Elementary School 3200 Ellerthorpe Ave.

Loma Terrace Elementary School 8200 Ryland Dr.

Lujan-Chavez Elementary School 2200 Sun Country Dr.

MacArthur Elementary/ Intermediate School 8101 Whitus Dr.

Magoffin Middle School 4931 Hercules Ave.

Marty Robbins Recreation Center 11620 Vista Del Sol Dr.

Memorial Park Senior Citizens Center 1800 Byron St.

Mesa Vista Elementary School 8032 Alamo Ave.

Mesita Elementary School 3307 N. Stanton St.

Montana Vista Elementary School 3550 Mark Jason Dr.

Montwood High School 12000 Montwood Dr.

Aviso de Elección – Distrito Escolar Independiente de Canutillo

Myrtle Cooper Elementary School 1515 Rebecca Ann Dr.

Nations Tobin Sports Center 8831 Railroad Dr.

Newman Elementary School 10275 Alcan St.

North Loop Elementary School 412 Emerson St.

Officer David Ortiz Recreation Center 563 N. Carolina Dr.

O’Shea Keleher Elementary School 1800 Leroy Bonse Dr.

Park Elementary School 3601 Edgar Park Ave.

Parkland High School 5932 Quail Ave.

Paul C. Moreno Elementary School 2300 San Diego Ave.

Pavo Real Recreation Center 9301 Alameda Ave.

Pebble Hills Elementary School 11145 Edgemere Blvd.

Pebble Hills High School 14400 Pebble Hills Blvd.

Polk Elementary School 940 Belvidere St.

Putnam Elementary School 6508 Fiesta Dr.

Ramona Elementary School 351 Nichols Rd.

Red Sands Elementary School 4250 O’Shea Rd.

Rio Valle Woman’s Club 521 Mike Maros St.

Riverside High School 301 Midway Dr.

Robert R. Rojas Elementary School 500 Bauman Rd.

Rosa Guerrero Elementary School 7530 Lakehurst Rd.

Ross Middle School 6101 Hughey Cir.

Safety and Health Outreach Center 5415 Trowbridge Dr.

San Elizario Fire Rescue 1415 San Antonio St.

San Jacinto Adult Learning Center 1216 Olive Ave.

Scotsdale Elementary School 2901 Mc Rae Blvd.

Sierra Vista Elementary School 1501 Bob Hope Dr.

South El Paso Senior Citizens Center 600 S. Ochoa St.

South Loop Elementary School 520 Southside Rd.

Spc. Rafael Hernando III Middle School 3451 Rich Beem Blvd.

Stanton Elementary School 5414 Hondo Pass Dr.

Sunland Park Mall 750 Sunland Park Dr.

Tierra Del Sol Elementary School 1832 Tommy Aaron Dr.

Tippin Elementary School 6541 Bear Ridge Dr.

Transition To Life Career Center 7988 Alameda Ave.

Travis Elementary School 5000 N. Stevens St.

UTEP – Don Haskins Center 151 Glory Rd.

Vista Del Sol Elementary School 11851 Vista Del Sol Dr.

Vista Hills Elementary School 10801 La Subida Dr.

W.E. Neill Community Center 19210 Cobb Ave.

Western Hills U.M.C.- Stewart Family Life Center A 524 Thunderbird Dr.

Western Technical College 9624 Plaza Cir.

Whitaker Elementary School 4700 Rutherford Dr.

YISD Central Office 9600 Sims Dr.

Ysleta Pre-K Center 7940 Craddock Ave.

YWCA-East 10712 Sam Snead Dr.

YWCA-Lower Valley 115 Davis Dr.

YWCA - West 313 Bartlett Dr.

Zach White Elementary School 4256 Roxbury Dr.

For early voting, a voter may vote at any of the locations listed in Exhibit A attached hereto.

Para Votación Adelantada, los votantes podrán votar en cualquiera de las ubicaciones nombradas en el Anexo A adjunto al presente.

Applications for ballot by mail shall be mailed to:

Las solicitudes para boletas que se votarán en ausencia por correo deberán enviarse a:

The County of El Paso Elections Department Attn: Early Voting Clerk 500 E. San Antonio, Ste. 314 El Paso, Texas 79901

Applications for ballots by mail must be received no later than the close of business on Friday, October 23, 2020.

Las solicitudes para boletas que se votarán en ausencia por correo deberán recibirse para el fin de las horas de negocio el viernes, 23 de octubre 2020.

Issued this 28th day of July of 2020.

Emitda esta 28 día de julio de 2020.

Armando Rodriguez Presiding Officer Oficial que Preside

EXHIBIT A LOCATION, DATES AND HOURS OF OPERATION OF POLLING PLACES FOR EARLY VOTING:

ANEXO A DIRECCION, DIAS Y HORAS HABLES DE LAS CASILLAS ELECTORALES PARA

VOTACION ANTICIPADA:

October 13, 2020 - October 30, 2020

El Paso County Courthouse 500 E. San Antonio Ave. 3rd Floor, Back Lobby

October 13 to 16, 2020 (Tuesday - Friday) 8:00 a.m. - 5:00 p.m.

October 17, 2020 (Saturday) October 18, 2020 (Sunday) 12:00 p.m. (noon) - 5:00 p.m.

Oct. 19 to Oct. 23, 2020 (Monday - Friday) 8:00 a.m. - 5:00 p.m.

October 24, 2020 (Saturday) 7:00 a.m. - 7:00 p.m.

October 25, 2020 (Sunday) 12:00 p.m. (noon) - 5:00 p.m.

October 26 to 30, 2020 (Monday - Friday) 7:00 a.m. - 7:00 p.m.

OTHER LOCATIONS, UNLESS NOTED*

October 13 to 16, 2020 (Tuesday - Friday) Regular Hours

October 17 and 18, 2020 (Sat. - Sun.) 12 (noon) - 5:00 p.m.

October 19 to 23, 2020 (Monday - Friday) Regular Hours

October 24 and 25, 2020 (Sat. - Sun.) 12 (noon) - 5:00 p.m.

October 26 to 30, 2020 (Monday - Friday) Regular Hours

Arlington Park Shelter 10350 Pasadena Circle 9:00 a.m. - 6:00 p.m. *October 26 to 30, 2020 9:00 a.m. - 10:00 p.m.

Bassett Place 6101 Gateway West, #620 9:00 a.m. - 6:00 p.m. *October 26 to 30, 2020 9:00 a.m. - 10:00 p.m.

Bowling Family YMCA 5509 Will Ruth Ave. 9:00 a.m. - 6:00 p.m.

Canutillo ISD Administratring Facility 7965 Artcraft Rd.

Chayo Apodaca Community Center 341 N. Moon Rd. 9:00 a.m. - 6:00 p.m.

Clint ISD Early College Academy 13100 Alameda Avenue 8:00 a.m. - 5:00 p.m.

Commissioner’s Corner 10700 Montana Ave. 9:00 a.m. - 6:00 p.m.

Dorris Van Doren Library 551 Redd Rd. 10:00 a.m. - 7:00 p.m.

Eastlake High School 13000 Emerald Pass Ave. 8:00 a.m. - 5:00 p.m.

El Paso County Coliseum 4100 E. Paisano Dr. 9:00 a.m. - 6:00 p.m. *October 26 to 30, 2020 9:00 a.m. - 10:00 p.m.

El Paso County Eastside Annex 2350 George Dieter Dr. 8:00 a.m. - 6:00 p.m. *October 26 to 30, 2020 8:00 a.m. - 10:00 p.m.

El Paso County Northwest Annex 435 E. Vinton Rd. 8:00 a.m. - 6:00 p.m. *October 26 to 30, 2020 8:00 a.m. - 10:00 p.m.

El Paso County Self-Help Center 15371 Kentwood Ave. 10:00 a.m. - 7:00 p.m.

EPCC Administrative Services Center 9050 Viscount Blvd. 8:00 a.m. - 5:00 p.m.

Esperanza Acosta Moreno Library 12480 Pebble Hills Blvd. 10:00 a.m. - 7:00 p.m.

Family Youth Services Center 6314 Delta Dr. 8:00 a.m. - 5:00 p.m.

Sports should stop pretending to be what it isn’t

By Steve Escajeda
Special to the Courier

When I was a little boy growing up I watched cartoons on Saturday morning, I drew pictures of my favorite superheroes and I spent a lot of my time outside playing with my friends.

Like kids do today, I spent my weekdays at school learning my ABCs and my 123s.

And like most kids today – I hated it. I mean who likes to be in school when you can be outside running around, playing with other hyper out-of-control

pre-teens.

In other words, that was my escape from the mono-toned, deliberate, unexciting world of elementary school. Don’t get me wrong, it was good for me, but what did I know – I was 8.

We all need an escape from everyday life. The escape differs depending on the individual.

After all, the saying isn’t, “thank God it’s Monday!”

We all enjoy the weekend because it’s an escape from the workweek grind.

Of course, things are a little quirky right now because of the epidemic, but things will get back to normal.

And speaking of the epidemic, people want to get away from the daily news reports of the virus’ positive case count, and the death count, and the school closings, and the 25% occupancy, and politicians blaming of the opposite political party.

Oh, I almost forgot, another escape I had when I was a kid was sports.

I remember going to bed listening to the end of Houston Astros radio broadcasts. Of course I had to turn the volume way down low because my parents thought I was asleep.

I would watch Nolan Ryan and Hank Aaron and Cesar Ceden0 and Pete Rose

and Roger Staubach and Bob Hayes and Bill Russell and John Havlicek and Nate Archibald and Pete Maravich and countless other heroes every weekend of my youth to escape from boring day-to-day life.

The only pressure about watching a game is the anxiety that your team might lose. But that’s okay – we all know that teams win and lose. We accept that it comes with the territory.

Today, things are a lot more complicated than when I was kid. Well, let me clarify, they really aren’t more complicated –

See SPORTS, Page 9

Sports

From Page 8

we’re making things more complicated.

The virus, police shootings of black men, systematic racism, socialism, cancel culture, increasing murder rates, peaceful protests, riots and looting, politicians, the media, Antifa, BLM and other incidents, real and perceived, have created a view of America never seen before.

Well, at least we have sports to escape to... or do we?

Now, the social justice message has infiltrated the sports world, with players and coaches and media outlets spending time on the subject every day.

There’s no doubt that a lot of people,

including myself, are upset about it. It’s not that fans are not sympathetic about racial justice, it’s that they’re watching sports at the moment. If we wanted the latest on the social justice front we’d switch to CNN or FOX or MSNBC or any number of alphabet networks.

Americans don’t go to CSPAN to learn a good cooking techniques, they don’t go to the Weather Channel to watch upcoming movie trailers, and they don’t tune in to ESPN for politics!

I think most Americans get the fact that the media in this country no longer gives them the truth. All they do is sell their agenda no matter how ridiculous they sound.

But sports was always about a team versus a team, or a player versus a player.

That’s all that mattered. It didn’t matter if players or coaches or fans were black or white or men or women or rich or poor or religious or atheists. Sports always brought everyone together.

In fact, sometimes I wish we’d all watch more sports and less politics.

At least with sports, I can see what’s happening and who won and who lost. In politics, I’m told what to believe, and if I don’t believe it, I’m labeled the loser.

Many people have had enough with sports since it took a turn toward political correctness.

The sports world better get its act together. Haven’t they seen the unpopular poll results of politicians and the media?

Continue to be what you are, sports – or fans will start to escape from you.

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas
County Courier
office is closed.

The office will
open again on
Monday, October
12, 2020.

Notice of Election – Town of Anthony, TX

To the registered voters of
Town of Anthony, TX:

*A los votantes registrados
del Ciudad de Anthony, TX:*

Notice is hereby given that the
polling place listed below will
be open from 7:00 a.m. to 7
p.m. on Tuesday, November
3, 2020 for voting in a General
Election, to elect three (3)
Aldermen to the Town of
Anthony, TX Council: Places
3, 4 and 5 (all places are two
(2) year terms).

*Notifiquese, por las presente,
que la casilla electoral citada
abajo se abrirá desde las
7 de la mañana hasta las
7 de la tarde, el martes, 3
de noviembre de 2020 para
votar en la Elección General
para elegir tres (3) Miembros
del Concilio del Ciudad de
Anthony, TX: Lugares 3, 4 y
5 (todos lugares son por un
periodo de dos (2) años).*

**ELECTION DAY
November 3, 2020
7:00 a.m. – 7:00 p.m.
On Election Day any El
Paso County registered
voter is eligible to vote
at any El Paso County
Vote Center. Visit
https://epcountvotes.
com/ for all locations or
changes.
SUBJECT TO CHANGE**

**The El Paso County
Vote Center in Anthony,
TX on Election Day is:
Anthony City Hall
401 Wildcat Dr.**

**DIA de ELECCION
3 de Noviembre el 2020
7:00 a.m. a 7:00 p.m.
El día de las elecciones,
cualquier votante
registrado en el
condado de El Paso es
elegible para votar en
cualquier Centro de
Votación del Condado
de El Paso. Visite
https://epcountvotes.
com/ para todas las
ubicaciones o cambios.
SUJETO A CAMBIO**

**El Centro de Votación
del Condado de El Paso
en Ciudad de Anthony,
TX el Día de Elecciones
es:
Anthony City Hall
401 Wildcat Dr.**

**ELECTION DAY
November 3, 2020**

**EL PASO COUNTY
COURTHOUSE OPEN
7:00 a.m. – 7:00 p.m.
ONLY FOR ADA & 65
YEARS OF AGE AND
OLDER
SUBJECT TO CHANGE**

**DIA de ELECCION
3 de Noviembre el 2020
La Corte de El Condado
del Condado de El Paso
estara Abierta de 7:00
a.m. a 7:00 p.m. Solo
para ADA y Personas
Mayores de 65 Años)
SUJETO A CAMBIO**

**Paso County
Vote Centers:

Centros de Votación del
Condado de El Paso:**

Alicia R. Chacon
International School
920 Burgundy Dr.

Anthony City Hall
401 Wildcat Dr.

Arlington Park Shelter
10350 Pasadena Cir.

Ascarate Elementary
School
7090 Alameda Ave.

Austin High School
3500 Memphis Ave.

Bassett Place
6101 Gateway West

Bel Air Middle School
7909 Ranchland Dr.

Benito Martinez Elementary
School
2640 Robert Wynn St.

Bill Sybert K-8 School
11530 Edgemere Blvd.

Bonham Elementary School
7024 Cielo Vista Dr.

Bowie High School
801 S. San Marcial St.

Bowling Family YMCA
5509 Will Ruth Ave.

Brown Middle School
7820 Helen of Troy Dr.

Campestre Elementary
School
11399 Socorro Rd.

Canutillo Elementary
School
651 Canutillo Ave.

Canutillo Middle School
7311 Bosque Rd.

Capistrano Elementary
School
240 Mecca Dr.

Carlos Rivera Elementary
School
6445 Escondido Dr.

Carroll T. Welch Elementary
School
14510 McMahon Ave.

Cedar Grove Elementary
School
218 Barker Rd.

Center for Career and
Technology Education
1170 N. Walnut St.

Chayo Apodaca Community
Center
341 N. Moon Rd.

Cielo Vista Elementary
School
9000 Basil Ct.

Clardy Elementary School
5508 Delta Dr.

Clint ISD Early College
Academy
13100 Alameda Ave.

Collins Elementary School
4860 Tropicana Ave.

Community Connections
Center
5300 Warriors Dr.

Congressman Silvestre &
Carolina Reyes School
7440 Northern Pass Dr.

Crosby Elementary School
5411 Wren Ave.

Cross of Grace Church
4700 Leeds Ave.

Del Norte Heights
Elementary School
1800 Winslow Rd.

Desertaire Elementary
School
6301 Tiger Eye Dr.

Desert Hills Elementary
School
300 N. Kenazo Dr.

Desert View Middle School
1641 Billie Marie Dr.

Desert Wind K-8 School
1100 Colina De Paz Dr.

Dolphin Terrace Elementary
School
9790 Pickerel Dr.

Dorris Van Doren Library
551 Redd Rd.

Dowell Elementary School
5249 Bastille Ave.

Dr. Green Elementary
School
5430 Buckley Dr.

Dr. Joseph E. Torres
Elementary School
10700 Rushing Rd.

Dr. Nixon Elementary
School
11141 Loma Roja Dr.

Dr. Sue A Shook Elementary
School
13777 Paseo Del Este Blvd.

Eastlake High School
13000 Emerald Pass Ave.

Eastpoint Elementary
School
2400 Zanzibar Rd.

Eastwood Heights
Elementary School
10530 Janway Dr.

Edgemere Elementary
School
10300 Edgemere Blvd.

El Paso Community
College-Mission Del Paso
10700 Gateway Blvd E.

El Paso Community
College-Northwest
6701 S. Desert Blvd.

El Paso Community
College-
Rio Grande Campus
906 El Paso St.

El Paso Community
College-Transmountain
9570 Gateway N Blvd.

El Paso Community
College-
Valle Verde
919 Hunter Dr.

El Paso County Ascarate
Annex
301 Manny Martinez Dr.

El Paso County Eastside
Annex
2350 George Dieter Dr.

El Paso County Northwest
Annex
435 E. Vinton Rd. 79821

El Paso County Sheriff's
Office CSS
12899 Sparks Dr.

El Paso Tennis Club
2510 N. St. Vrain St.

EP County Colliseum
4100 E Paisano Dr.

Escontrias Elementary
School
205 Buford Rd.

ESC Region 19 Head Start
Multipurpose Center
11670 Chito Samaniego Dr.

Esperanza Acosta Moreno
Library
12480 Pebble Hills Blvd.

Fannin Elementary School
5425 Salem Dr.

Fire Station #15
115 Shorty Ln.

Fire Station #16
3828 Hercules Ave.

Fire Station #2
111 E. Borderland Rd.

Fire Station #20
8301 Edgemere Blvd.

Fire Station #23
5315 Threadgill Ave.

Fire Station #27
6767 Ojo De Agua Dr.

Fire Station #3
721 E. Rio Grande Ave.

Fire Station #7
3200 Pershing Dr.

Franklin High School
900 N. Resler Dr.

Franklin Magnet Center
825 E. Redd Rd.

Fred & Maria Loya Family
YMCA
2044 Trawood Dr.

Glen Cove Elementary
School
10955 Sam Snead Dr.

Grandview Park Senior
Citizen Center
3134 Jefferson Ave.

Hacienda Heights
Elementary School
7530 Acapulco Ave.

Hanks High School
2001 Lee Trevino Dr.

Hawkins Elementary School
5816 Stephenson Ave.

H.D. Hilley Elementary
School
693 N. Rio. Vista Rd.

H.E. Charles Middle School
4909 Trojan Dr.

Helen Ball Elementary
School
1950 Firehouse Dr.

Henderson Middle School
5505 Robert Alva Ave.

Horizon Heights Elementary
School
13601 Rydenwood Ave.

Hurshel Antwine
Elementary School
3830 Rich Beem Blvd.

Indian Ridge Middle School
11201 Pebble Hills Blvd.

Jane Hambric K-8 School
3535 Nolan Richardson Dr.

Jefferson High School
4700 Alameda Ave.

KEYS Academy
12380 Pine Springs Dr.

Lamar Elementary School
1440 E. Cliff Dr.

Lancaster Elementary
School
9230 Elgin Dr.

L. B. Johnson Elementary
School
499 Cabaret Dr.

Logan Elementary School
3200 Ellerthorpe Ave.

Loma Terrace Elementary
School
8200 Ryland Dr.

Lujan-Chavez Elementary
School
2200 Sun Country Dr.

MacArthur Elementary/
Intermediate School
8101 Whitus Dr.

Magoffin Middle School
4931 Hercules Ave.

Marty Robbins Recreation
Center
11620 Vista Del Sol Dr.

Memorial Park Senior
Citizen Center
1800 Byron St.

Mesa Vista Elementary
School
8032 Alamo Ave.

Mesita Elementary School
3307 N. Stanton St.

Montana Vista Elementary
School
3550 Mark Jason Dr.

Montwood High School
12000 Montwood Dr.

Myrtle Cooper Elementary
School
1515 Rebecca Ann Dr.

Nations Tobin Sports
Center
8831 Railroad Dr.

Newman Elementary School
10275 Alcan St.

North Loop Elementary
School
412 Emerson St.

Officer David Ortiz
Recreation Center
563 N. Carolina Dr.

O'Shea Keleher Elementary
School
1800 Leroy Bonse Dr.

Park Elementary School
3601 Edgar Park Ave.

Parkland High School
5932 Quail Ave.

Paul C. Moreno Elementary
School
2300 San Diego Ave.

Pavo Real Recreation
Center
9301 Alameda Ave.

Pebble Hills Elementary
School
11145 Edgemere Blvd.

Pebble Hills High School
14400 Pebble Hills Blvd.

Polk Elementary School
940 Belvidere St.

Putnam Elementary School
6508 Fiesta Dr.

Ramona Elementary School
351 Nichols Rd.

Red Sands Elementary
School
4250 O'Shea Rd.

Rio Valle Woman's Club
521 Mike Maros St.

Riverside High School
301 Midway Dr.

Robert R. Rojas Elementary
School
500 Bauman Rd.

Roberts Elementary School
341 Thorn Ave.

Rosa Guerrero Elementary
School
7530 Lakehurst Rd.

Ross Middle School
6101 Hughey Cir.

Safety and Health Outreach
Center
5415 Trowbridge Dr.

San Elizario Fire Rescue
1415 San Antonio St.

San Jacinto Adult Learning
Center
1216 Olive Ave.

Scotsdale Elementary
School
2901 Mc Rae Blvd.

Sierra Vista Elementary
School
1501 Bob Hope Dr.

South El Paso Senior
Citizens Center
600 S. Ochoa St.

South Loop Elementary
School
520 Southside Rd.

Spc. Rafael Hernando III
Middle School
3451 Rich Beem Blvd.

Stanton Elementary School
5414 Hondo Pass Dr.

Suniland Park Mall
750 Sunland Park Dr.

Tierra Del Sol Elementary
School
1832 Tommy Aaron Dr.

Tippin Elementary School
6541 Bear Ridge Dr.

Transition To Life Career
Center
7988 Alameda Ave.

Travis Elementary School
5000 N. Stevens St.

UTEP – Don Haskins Center
151 Glory Rd.

Vista Del Sol Elementary
School
11851 Vista Del Sol Dr.

Vista Hills Elementary
School
10801 La Subida Dr.

W.E. Neill Community
Center
19210 Cobb Ave.

Western Hills U.M.C.-
Stewart Family Life
Center A
524 Thunderbird Dr.

Western Technical College
9624 Plaza Cir.

Whitaker Elementary
School
4700 Rutherford Dr.

YISD Central Office
9600 Sims Dr.

Ysleta Pre-K Center
7940 Craddock Ave.

YWCA-East
10712 Sam Snead Dr.

YWCA-Lower Valley
115 Davis Dr.

YWCA - West
313 Bartlett Dr.

Zach White Elementary
School
4256 Roxbury Dr.

For early voting, a voter may
vote at any of the locations
listed in Exhibit A attached
hereto.

Para Votación Adelantada,
los votantes podrán votar
en cualquiera de las
ubicaciones nombradas
en el Anexo A adjunto al
presente.

Applications for ballot by mail
shall be mailed to:

Las solicitudes para boletas
que se votarán en ausencia
por correo deberán enviarse a:

The County of El Paso
Elections Department
Attn: Early Voting Clerk
500 E. San Antonio, Ste. 314
El Paso, Texas 79901

Applications for ballots by
mail must be received no later
than the close of business on
Friday, October 23, 2020.

Las solicitudes para boletas
que se votarán en ausencia
por correo deberán recibirse
para el fin de las horas de
negocio el viernes, 23 de
octubre 2020.

Issued this 24th day of
February of 2020.

Emitda esta 24 día de febrero
de 2020.

Norma Gonzalez
Presiding Officer
Oficial que Preside

**EXHIBIT A
LOCATION, DATES AND
HOURS OF OPERATION
OF POLLING PLACES FOR
EARLY VOTING:**

**ANEXO A
DIRECCION, DIAS Y HORAS
HABILES DE LAS CASILLAS
ELECTORALES PARA
VOTACION ANTICIPADA:**

**October 13, 2020 -
October 30, 2020**

El Paso County Courthouse
500 E. San Antonio Ave.
3rd Floor, Back Lobby

October 13 to 16, 2020
(Tuesday - Friday)
8:00 a.m. - 5:00 p.m.

October 17, 2020
(Saturday)
October 18, 2020
(Sunday)
12:00 p.m. (noon) - 5:00 p.m.

Oct. 19 to Oct. 23, 2020
(Monday - Friday)
8:00 a.m. - 5:00 p.m.

October 24, 2020
(Saturday)
7:00 a.m. - 7:00 p.m.

October 25, 2020
(Sunday)
12:00 p.m. (noon) - 5:00 p.m.

October 26 to 30, 2020
(Monday - Friday)
7:00 a.m. - 7:00 p.m.

OTHER LOCATIONS,
UNLESS NOTED*

October 13 to 16, 2020
(Tuesday - Friday)
Regular Hours

October 17 and 18, 2020
(Sat. - Sun.)
12 (noon) - 5:00 p.m.

<



Moore Texas by Roger Moore
Oct. 3, 1981: Gov. Bill Clements declared the armadillo the official mascot of Texas.

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: S equals G

R'DH WHYRPRMHEO JHHP

SNRPS JTEW ETMHCO. MN

JH GNPHIM, R YRPW MGTM

DHXO WRI-MXHIIRPS.

Answer Page11

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 11

♦♦♦ HOO BOY!

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OnStar help available for veterans in crisis



by Freddy Groves

We’ve all seen the ads for OnStar gadgets in vehicles that provide instant help for people who are in wrecks. Press the button and an emergency certified adviser is right there, ready to help. The Department of Veterans Affairs has hooked up with OnStar to provide suicide prevention help to veterans.

Quick access to suicide prevention help while in a car? I had to think about that for a minute before I got it. Think about it, and you’ll get it, too.

OnStar has a number of features. If your vehicle has been stolen, it can pinpoint its location for police. If there’s been a bad wreck in a rural area, they can give GPS coordinates to rescue personnel. If it’s something as simple as running out of

gas or having a flat tire, make a quick call to OnStar and help is on the way.

Now, with this added feature through the VA, veterans in crisis have another way to get help.

If your vehicle is OnStar capable and you’ve never signed up, consider doing it now. Check the website onstar.com to verify that your vehicle is eligible. Get the app (OnStar Guardian) and put it on your phone. It works while you’re in any vehicle.

For veterans with suicidal thoughts, the ability to instantly and easily reach out to someone could be a life changer. OnStar personnel have been trained to ask a few fast questions and provide immediate access to the Veterans Crisis Line. These few seconds matter: There’s no fumbling through the phone and looking for the crisis line number. Just press the OnStar button and help is there.

I like this. I mean, I really like it. It seems that lately the VA

has come up with some good ideas to help our vulnerable brothers and sisters, and this is one of them.

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• Cooking a recipe with garlic and onions to start? Invite me to dinner! But first, remember to let the onions cook to nearly translucent before adding the garlic, which cooks much faster. If you put both in at the same time, the garlic will burn before the onions have a chance to deepen their flavor.

• Automatic toilets are great for not having to touch the handles, but they can be scary for kids – and some adults too, if I’m being honest. Try putting a sticky note over the sensor so that it will not flush until you take it off, giving you some control.

• “For chores, I write tasks on sticky notes and put them up on our family board. The kids choose the things they want to do, and when they are done to my satisfaction I sign their ticket. At the end of the week, they can bring me the tickets to pay out. This is for extra money, so they don’t have to do it; I don’t have to chase them, and I don’t have to keep track of it either.” – E.L. in Montana

• Every so often, use a very diluted bleach solution to rinse out your reusable water bottles. Put them on a bottle rack to air dry completely before sealing them back up.

• “I use the same grip tape that my son uses for his baseball bat on my hand tools, like my hammer and pry bar. I also have used it on my lawn tools. It makes a nice barrier that stays put.” – C.R. in South Carolina

• Things you should wash with soap and water more often than you think: hairbrushes, eyeglasses (and sunglasses) and keychains. Think about how often they get handled and how infrequently they get cleaned.

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

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



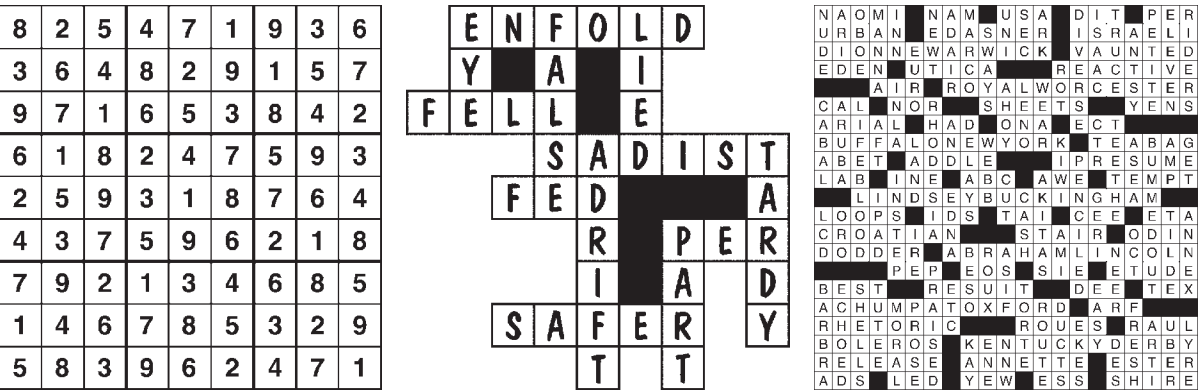
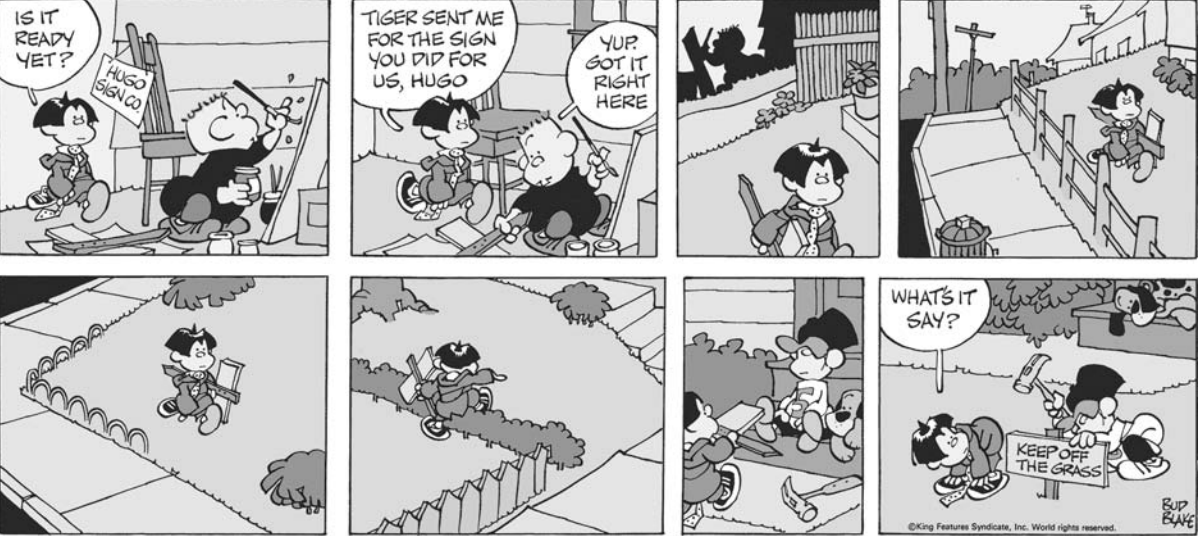
THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Diet is powerful tool to boost heart health

DEAR DR. ROACH: I have a strong history of premature heart disease in my family, and I have been having some unpleasant side effects of blood pressure medicine. I decided to try a completely plant-based diet: grains, vegetables, legumes, fruit, seeds and nuts. After about a month on the new diet, my total cholesterol dropped 44 points to 159, and the other numbers went from borderline to normal, as measured by my cardiologist. My blood pressure, which was often high in the mornings (typically 150+/90), was 118/68 this morning. I've only lost about 5 pounds in the past couple of months, and I'm probably still 8-10 pounds overweight. I am pleased with the results, but why didn't any of my doctors recommend this? – J.S.B.



Diet is a powerful tool for improving overall health, especially heart health. I believe it is underemphasized by most physicians.

Changing from a meat-based diet to a mostly plant-based diet often prompts improvements in blood pressure, cholesterol and weight. Your results are better than most, but by no means unheard of. You haven't said how you feel, but many people feel more energetic as well. Many others are able to come off of some (occasionally all) of their medications, which of course reduces side effects.

Why don't physicians recommend it? I think it's a combination of reasons. Some doctors don't realize how powerful the effects of dietary change can be. A good deal of patients are highly resistant to making changes, so physicians are used to their dietary advice failing. Also, taking the time to get an accurate diet history is hard, personalizing dietary advice is harder, and writing a prescription is easy.

It is not necessary to have a 100% vegan diet like yours to experience a benefit. A mostly plant-based diet has substantial benefits. It's easier for some people to make incremental changes.

DEAR DR. ROACH: I've been taking Viagra for several years, with good results for my wife and me. Recently my prescription drug coverage administrator has begun restricting my access to 12 pills every 30 days. I've requested an explanation from the company, without success. My prescription is written by my heart doctor, and he is not aware of any reason to restrict my access to Viagra. Is there some danger in taking Viagra (sildenafil) on a regular basis? The literature supplied with the prescription, from Pfizer, does not indicate a limit on use. I'd appreciate your feedback on this, as it will affect my wife's and my happiness. – J.R.

The insurance company isn't worried about your safety: Sildenafil (Viagra) and similar drugs are safe for daily use in most people, and your cardiologist is certainly the right person to make that determination, not your insurance company. Instead, the drug limits are there to save money for the insurance company. People can make up their own minds about whether that is reasonable or not, but it is a near-universal finding now. One way many patients get around this (if they are taking 25 mg or 50 mg) is to get the larger-size tablet and cut it in half (a pill cutter can do this well), since the limit is on the number of tablets, not the number of milligrams.

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

CryptoQuip Answer

I've definitely been going bald lately. To be honest, I find that very dis-tressing.

6	–	1	×	3	15
+		×		×	
7	–	4	×	8	24
×		+		–	
1	×	5	+	9	14
13		9		15	

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