



NEWSBRIEFS

New TxDOT campaign

Fatalities from crashes involving pedestrians are on the rise in Texas and now account for nearly one in five of all of the state's traffic deaths. Last year, 668 people died in pedestrian-related crashes in Texas, up by five percent from 2018, and more than 1,300 were seriously injured. Crashes involving bicyclists in 2019 also claimed the lives of 68 people and seriously injured 313. In the El Paso area in 2019, there were 232 traffic crashes involving pedestrians, resulting in 31 fatalities and 37 serious injuries. That same year, there were 78 traffic crashes in the El Paso area involving bicyclists, resulting in one fatality and three serious injuries. Safety officials attribute a primary cause of the increase to people's widespread failure to follow state laws designed to protect pedestrians and bicyclists. To that end, TxDOT is launching a new public awareness campaign this month that urges all Texans to drive smart, walk smart and bike smart.

- Pedestrians should cross the street only at intersections and crosswalks, obey all traffic and crosswalk signals, and always use sidewalks when available. If there isn't a sidewalk, pedestrians should walk on the left side of the street or road, facing oncoming traffic.
- Like drivers, bicyclists are required to obey all traffic signs and signals, including stopping at red lights and stop signs. State laws also dictate that those who ride bicycles must use hand signals when turning or stopping, ride with traffic, use bike lanes or ride as near as possible to the right-hand curb, and when riding at night, make sure their bikes have a white light on the front and a red light or reflector on the back.

— Jeff Salzgeber

She just loves the water

Shades of Gertrude Ederle, the first woman to swim the English Channel at the age of 19. She did it in 1926 and it took her 14 hours and 34 minutes to complete her 21-mile swim and got the nickname, Queen of the Waves. Sixteen-year-old Vera Rivard, who hails from Springfield, NH, was hindered by the tides when she made

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Conscience helps, but the fear of getting caught doesn't do any harm either.

— Quips & Quotes

Initiative aims to boost local teacher recruitment, training and retention

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A promising teacher mentorship program is being implemented at Tornillo Independent School District, Fabens ISD, and Canutillo ISD this school year.

The innovative program, which is under the auspices of the University of Texas at El Paso (UTEP), provides weekly coaching sessions to 60 potential teachers, as well as training for the instructional coaches, mentor teachers, assistant principals, and principals across the three districts.

UTEP's novel teacher residency program was introduced in a couple of schools in the El Paso and Socorro school districts in 2019 with 19 students. This past year, 50 student-teacher residents participated in the program.

Now, UTEP is able to expand the program thanks, in part, to a \$1.3 million grant that was awarded by a local coalition that is supported by the Bill & Melinda Gates Foundation.

Lopez-Waste named Texas Secondary Teacher of the Year

By Liza M. Rodriguez
Special to the Courier

CANUTILLO – The Texas Association of School Administrators (TASA), which facilitates the Texas Teacher of the Year Program has named Texas' top teachers for 2021. Anthony Lopez-Waste, a history teacher from Canutillo ISD, is the 2021



Anthony Lopez-Waste



— Photos courtesy University of Texas at El Paso

Clifton Tanabe, UTEP's Dean of College of Education, oversees an innovative teacher mentorship program that provides El Paso County school districts with educators who are trained in an actual classroom environment for an entire school year.

Texas Secondary Teacher of the Year. The announcement was made during the virtual TASAITASB Convention. Both state-level winners will receive a cash award and a commemorative trophy.

"You just know you have something special in Mr. Lopez," Canutillo ISD Superintendent Dr. Pedro Galaviz said. "We are so proud to call him our own. It should come as no surprise that that our District has some of the finest teachers in the state."

"As a history teacher, I have the opportunity to open the eyes of my students to a world that most of them have never seen. My message to the kids each year is to dream big. Get out and see just how wonderful our world truly is," said Lopez-Waste, who served in the U.S. Army for 20 years prior to becoming a teacher.

"I refer quite a bit to my

See TEACHER, Page 7



"More than 50 percent of teachers in the El Paso region were educated at the University of Texas at El Paso (UTEP)... which means we have a special responsibility, not only to get this right, but to lead the way for the country on how to best prepare teachers for the challenges of the 21st Century," UTEP President Heather Wilson said.

in the El Paso region.

Tanabe stated that despite school closures and delays throughout this past year due to the virus pandemic, the teacher residency program is continuing as planned.

"There is no slow down, all of our teacher candidates will need to do a residency experience. Many of those are going to be working remote or virtual, maybe some sprinkled hybrid, as we see where the virus takes us," Tanabe stated.

Tanabe noted that UTEP typically requires students to complete a semester of student-teaching experience toward a four-year education degree. With the grant, they will be able to make UTEP's Teacher Miner Residency Program a yearlong assignment and offer students a stipend that would open the program to more students in the coming years.

"We knew that experience was a capstone and probably needed to be expanded; and in doing so, we had to basically redesign our program backwards so that final year is a full year on site with a coaching structure," Tanabe said.

The stipend is essential to attracting college students to the teaching profession because "many of the residents told us they were going to have to work night shifts or weekends, and they would not be able to be fully engaged in their residency by having to do that. So, this stipend has allowed them to give 100 percent of their attention and their focus to that experience in the residency," cited Amy O'Rourke, CREEED's Choose to Excel program director. The stipends could total up to \$11,000 based upon student need, she stated.

The grant will also be used as incentive so more high school students want to become teachers. "Those that may have otherwise pursued math or science, or engineering now may rethink that decision and pursue teaching as a profession of choice instead," O'Rourke stated. She added that another crucial goal is to find ways for school districts to fund stipends for students in the residency program to reduce the program's reliance on grant funding.

Stephanie Otero, vice president of operations for the El Paso Community Foundation, stated that EPCF members are part of the coalition because they realize that too many schools open

The coalition is designed to support programs that offer student-teachers with extended in-classroom experience before joining the education workforce, school officials stated.

The coalition is comprised of a task force of K-12 school systems in the El Paso region, in conjunction with UTEP, El Paso Community College, ESC – Region 19, Council of Regional Economic Expansion and Educational Development (CREEED), El Paso Community Foundation (EPCF), and US PREP.

According to Clifton Tanabe, dean of UTEP's College of Education, the university in collaboration with El Paso Community Foundation (EPCF), and CREEED will use the funding to grow the university's teacher residency program initiative

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A rule of thumb: If you have to say that you’re a tough guy, you’re not, and you’re certainly not “invincible” either. But that’s the fantasy President Donald Trump has been peddling. He dodged the coronavirus for months, even though he was endangering himself with his risky behavior, as well as endangering the American people – certainly the 7 million who have been afflicted and the 210,000 who have died in this pandemic.

One would think that catching the infection himself would have put an end to his minimizing the danger. But nooooo. After all, he had a treatment regimen that no other person would get, administered by as many medical practitioners as he needed. Some of them, including the head of his team, top White House physician Dr. Sean Conley, were willing to present misleading reports on his condition... then and now.

It meant that the Trumpster could order his team to selectively release information and prop him up so he could even take a spin in his armored SUV, putting his Secret Service protectors in jeopardy for his joy ride in a hermetically sealed vehicle.

And then to agree to release him from Walter Reed Hospital so he could crow about how he had conquered the coronavirus, even though he had not. He told his gullible followers, “Don’t be afraid of COVID,” as he was whisked away by helicopters to

Fly in the hairspray

return to the White House. There he would take his mask off and preen for the cameras just like the “Superman” he pretends to be. Then he mingled with his staff, who were probably thinking in horror, “Who is that Unmasked Man”? (Sorry, that’s a mixed superhero metaphor.) As the planning discussion was going on, I would have loved being a fly on the wall.

That’s a segue, folks, a particularly shameless one, to pirouette to the vice presidential debate a few days later. The highlight was when that fly landed on Mike Pence’s lacquered hair. He was there for two minutes and three seconds, until he decided the repartee was too boring and took wing into history.

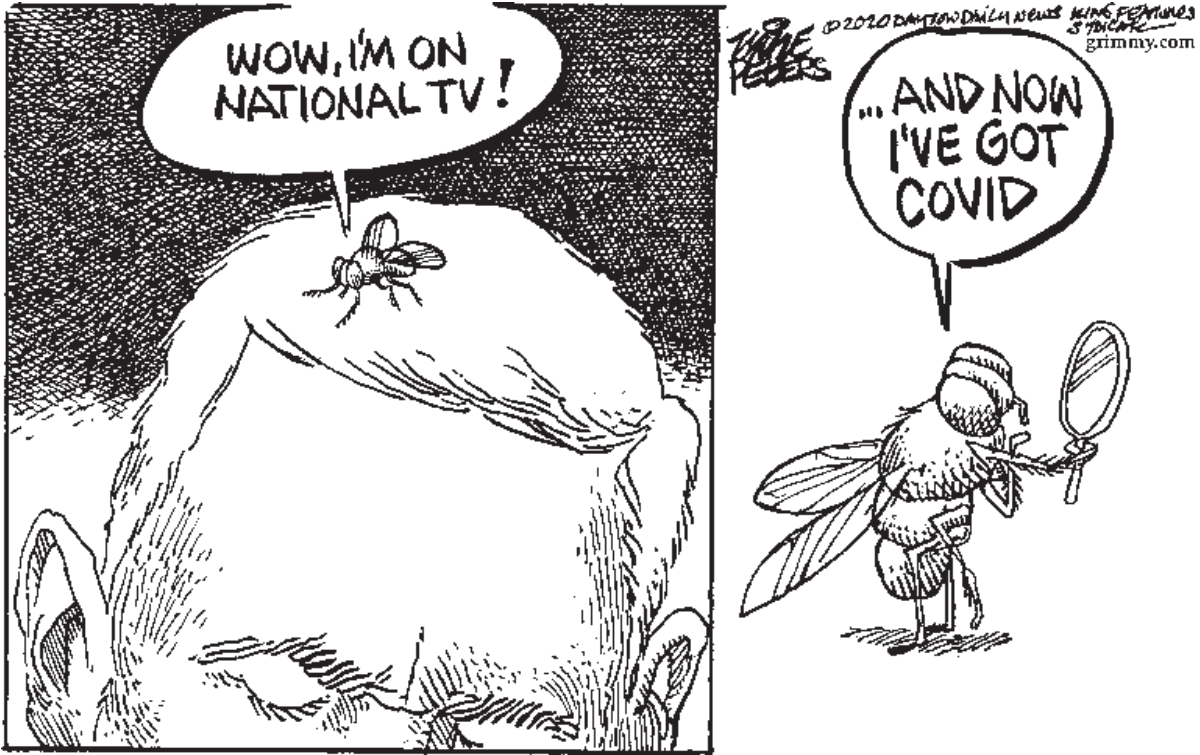
Meanwhile, Trump was even more inconsistent than usual back at Casa Blanca. (The president really doesn’t like it when people speak Spanish in his presence. He much prefers Russian.) On Twitter he veered from suddenly calling off the painstaking pandemic financial rescue negotiations with Democrats, causing the stocks to tank, to resurrecting the possibility that the search for a deal could continue, causing the markets to rebound. That raises so many possibilities. Among them that it was nothing but a cheap shot, time-worn bargaining trick to pretend to walk away from the table, which old pros in Washington could roll their eyes at and scornfully ignore.

In keeping with Trump’s thinking that he’s not going to allow some teeny virus to push him around, he has sent the entire remaining debate schedule into his normal chaos.

Faster than a speeding bullet, he wants to immediately return, in person, to the campaign trail, thereby spreading around his

lethal contamination to all the irresponsible. By the way, no supporters he can who are willing comment so far from the fly. to risk their lives in support of the Super Trumpster.

He may fancy himself (c) 2020 Bob Franken. invulnerable, but lesser Distributed by King Features human beings might call him Syndicate, Inc.



View from here By Dr. Elizabeth Lee Vliet

There is hope and help for treating COVID-19 at home

SARS-CoV-2 virus was virtually unknown when it hit in early 2020. COVID-19, as the disease is known, now has more than 60,000 National Library of Medicine citations, as the internet disseminates information at the speed of light. Recently President Trump was treated early for COVID-19, with rapid success.

What are the lessons learned from the scientific research?

Lesson 1: COVID-19 is not the death sentence we had at first thought. For healthy 74-year-olds who do not smoke tobacco, don’t drink alcohol, and have no serious medical conditions such as heart disease, lung disease, diabetes, kidney disease, or morbid obesity, recovery rate is better than 95%.

Lesson 2: Early treatment at first sign of symptoms is critical. Thousands of frontline physicians in the US and around the world have been saying this from the beginning. Early treatment is the principle that guides almost all medical practice – from heart disease to diabetes to cancer. In viral diseases, early treatment is critical. Patients need antiviral medicines, vitamins, minerals, known immune boosters, fresh air, and sunshine.

Studies confirm early treatment for COVID-19. In more than 130 studies compiled at c19study.com¹, the early-treatment studies using hydroxychloroquine (HCQ) showed a favorable effect of HCQ with other antivirals, with a median improvement of 64 percent. We accept 30-40 percent as a “success” with flu vaccine. Why wouldn’t 64 percent improvement with antiviral medicines be considered a huge success? Even the majority of late treatment studies in very sick hospitalized patients showed around 25% improvement with HCQ.

Lesson 3: Doctors have now learned what medicines work, and when to use them. Many physicians across America – myself included – are using a combination approach to early treatment for COVID, keeping patients at home for treatment with family and loved ones around them helping to implement the physicians’ recommendations.

A peer-reviewed algorithm² by lead author Baylor cardiologist Peter McCullough, M.D. and colleagues from major US and Italian medical centers shows the widely available, safe medicines targeted for each stage of COVID-19 illness. Doctors already use these generic medicines day in and day out for many conditions. They now show impressive success with COVID-19.

Dr. McCullough’s team of experts recommend cheap, safe, FDA-approved medicines³ – hydroxychloroquine (HCQ) with azithromycin or doxycycline, possibly ivermectin or colchicine, inhaled budesonide or the more potent oral prednisone, anticoagulants, supplemental zinc, vitamin C and vitamin D, and home oxygen concentrators.

With the possible exception of mechanical ventilation, almost all the treatment modalities treatment used in hospitals can be implemented at home – faster, better tailored to the individual, at lower risk of other infections common in hospitals, and at dramatically lower cost.

Lesson 4: LATE stage treatment of COVID carries a high risk of ICU admission, mechanical ventilation and death. The failed Fauci model – telling patients to go home, self quarantine, do nothing, and go to the ER if they sicker – exacerbated by the FDA’s statements discouraging HCQ use, has caused the US COVID death rate⁴ to be in the world’s top ten.

Lesson 5: Widespread use of home therapy could prevent thousands of deaths and hospitalizations. The pathophysiological rationale and protocol published⁵ in the prestigious American Journal of Medicine gives much needed hope for physicians and patients around the world. Dr. McCullough is not just theorizing. He is actually treating COVID patients who remain in their own homes.

This is not just theory for me either. I have personally collaborated with Dr. McCullough using this home-based model of care for my own seriously ill COVID patients who live in other states. TeleHealth allows visually checking the patient, remote access to vital signs, and electronic ordering of medications and medical equipment such as oxygen concentrators when needed. In my experience, early aggressive outpatient treatment can usually be handled with oral medicines, but home health services can provide intravenous medicines if necessary. One of my seriously ill

1973

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Years

2020

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Amy Coney Barrett for health care czar?

Amy Coney Barrett has accomplished many things in her career. Becoming an authority or a policy maker on health care isn't one of them.

At Notre Dame, she was a professor at the law school, not at the Eck Institute for Global Health. She's written for the Cornell Law Review, not The New England Journal of Medicine. She's up to replace the late Ruth Bader Ginsburg at the Supreme Court, not Dr. Anthony Fauci at the National Institute of Allergy and Infectious Diseases.

No one would have guessed it, though, from listening to Democratic senators on the first day of her much-anticipated confirmation hearings. They acted as if Barrett has been nominated to become the nation's health care czar, responsible for everything from the fate of Obamacare to the country's coronavirus response.

This tack underlined political themes that Democrats are hammering home in the final weeks of the election, but they have little or nothing to do with Amy Coney Barrett, a judge seeking to sit on the highest court in the land.

The proximate cause of the Democratic assault on health care is the imminent arrival of

an anti-Obamacare lawsuit in the Supreme Court. The Democratic theory is that Barrett is being sent on a not-so-secret mission to destroy the health care law. Sen. Dick Durbin of Illinois says that this is her "assignment." Sen. Sheldon Whitehouse of Rhode Island says that she is a "judicial torpedo" aimed at the Affordable Care Act.

The lawsuit emanates from a prior Supreme Court ruling on Obamacare. To keep the law from being struck down over its individual mandate, Chief Justice John Roberts reinterpreted the penalty for not complying with the mandate as a tax. Subsequently, Congress zeroed out the tax. Now, Texas and other states are contending that this tax that no one pays cannot truly be considered a tax, and must be struck down – as well as the rest of the law.

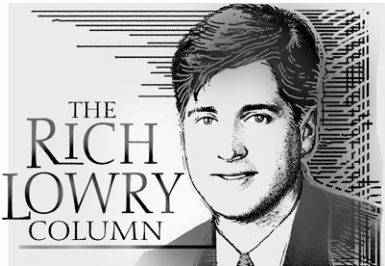
It's hard to see how the suit succeeds. One hurdle is standing. The plaintiffs need to demonstrate a harm, which isn't easy when the offending provision is a tax or penalty of zero. Even if the Court throws out the penalty, it would have to conclude that this unenforced provision is so central to the ACA that the rest of the law has to go, too. This would be a stretch.

If the Democratic case against Barrett isn't landing any blows, it is telling, nonetheless. As always, progressives don't view the Supreme Court as a neutral body devoted to interpreting the Constitution and the law as written, but as a supra legislature that should protect and advance their policy goals.

Barrett has a more modest and appropriate view of the Court's

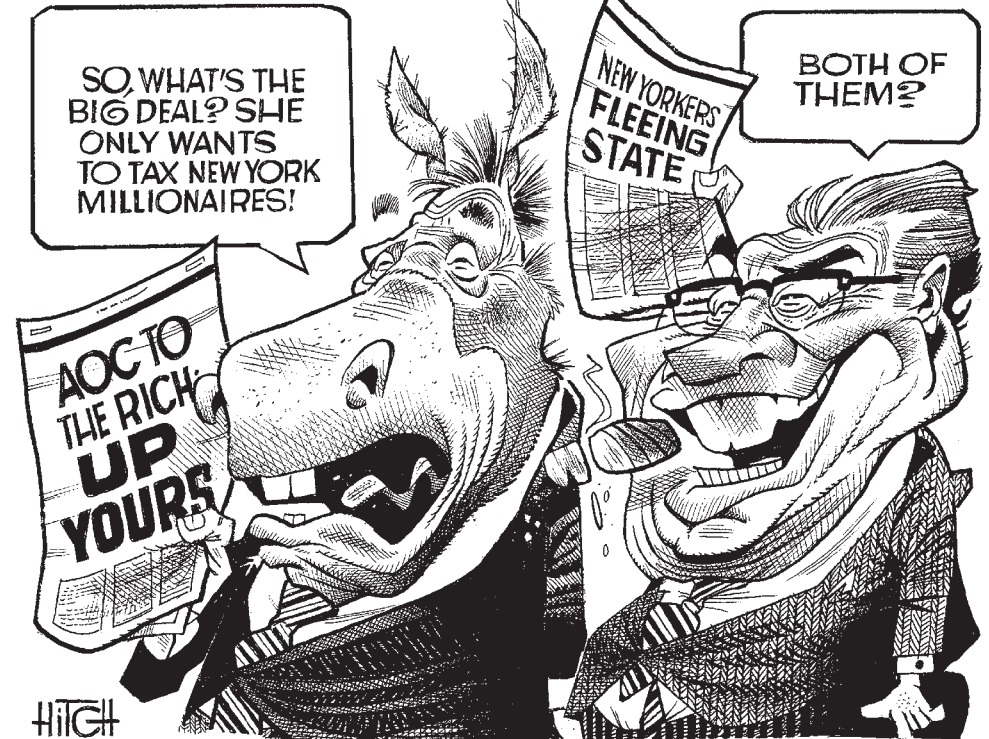
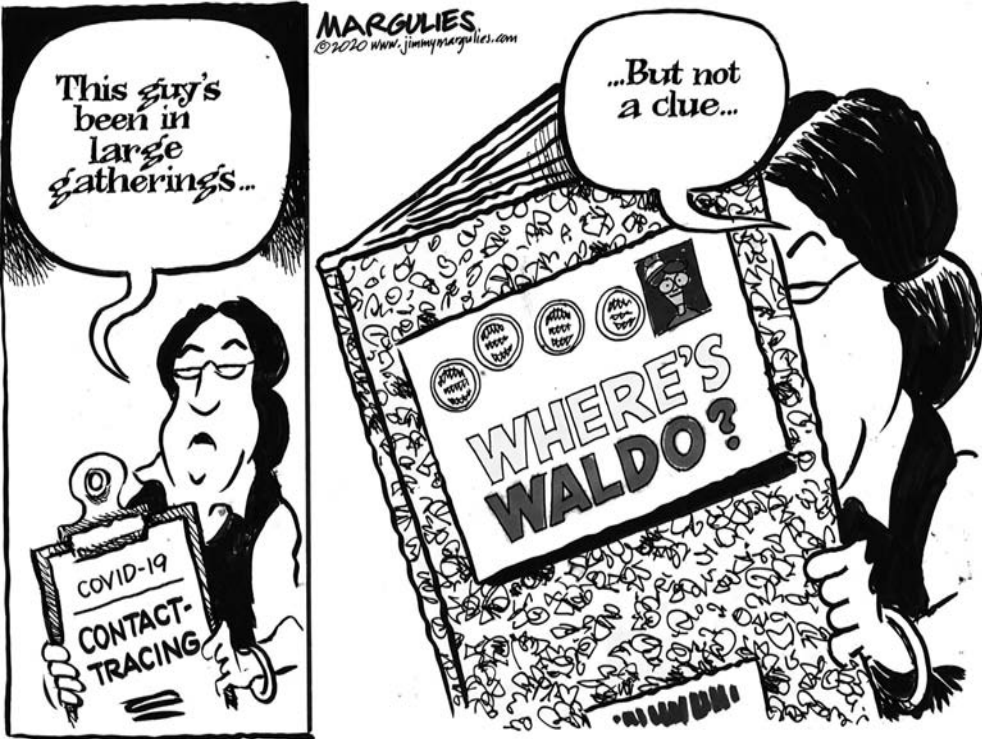
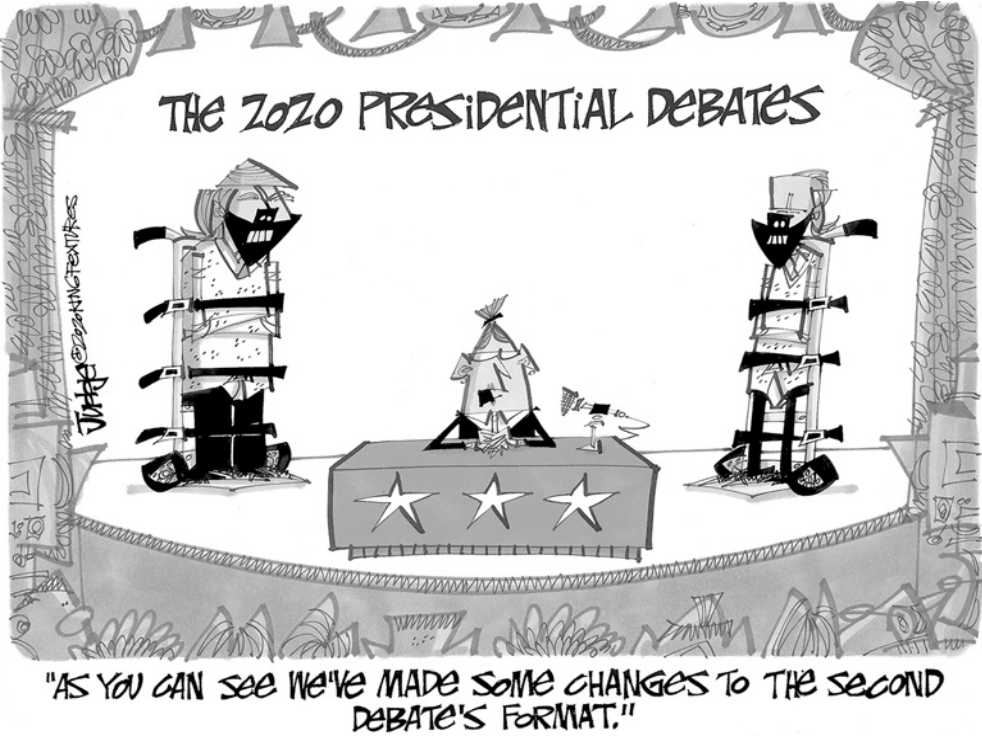
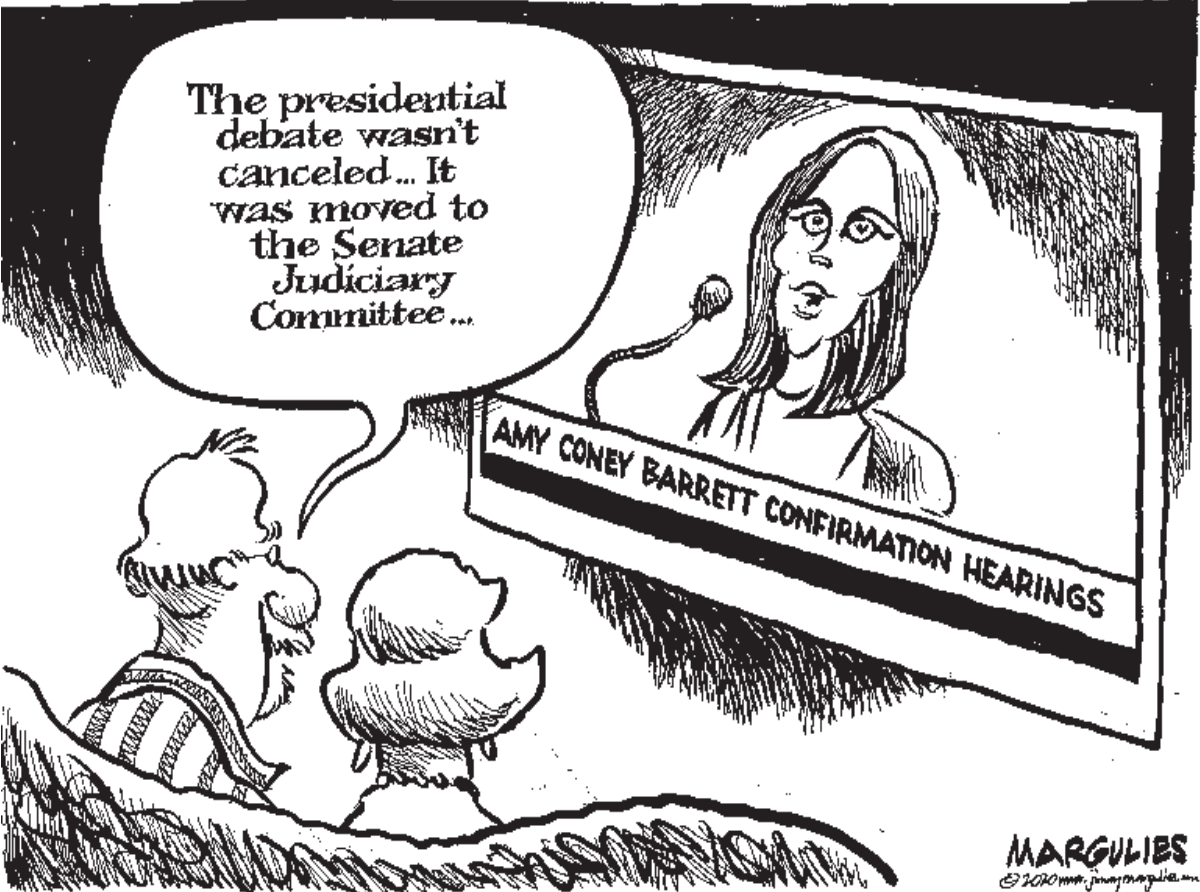
role. After getting lectures for hours about the benefits of the ACA, she rightly said in her opening statement: "The policy decisions and value judgments of government must be made by the political branches elected by and accountable to the People. The public should not expect courts to do so, and courts should not try."

In short, if she wanted to create health care policy, she would



have gotten into a different line of work.

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



DEA holds 19th National Prescription Drug Take Back Day

How to dispose of unwanted, unused prescription drugs during pandemic highlighted

By DEA Public Affairs Office

NATION – The Drug Enforcement Administration (DEA) is holding its 19th National Prescription Drug Take Back Day on Saturday, Oct. 24 at locations across the country. The nationwide event aims to provide a safe, convenient, and responsible means of disposing of prescription drugs, while also educating the general public about the potential for abuse of medications.

Rates of prescription drug abuse in the United States are alarmingly high, as are the number of accidental poisonings and

overdoses due to these drugs. Studies show that a majority of abused prescription drugs are obtained from family and friends, including from the home medicine cabinet.

Collection sites will adhere to local COVID-19 guidelines and regulations in order to maintain the safety of all participants and local law enforcement.

“The initiative – now in its tenth year – addresses a vital public safety and public health issue,” said DEA Acting Administrator Timothy Shea. “Medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Together with our partners, we are not only holding National Prescription Drug Take Back Day, but offering

other ways to dispose of unwanted, unused, and expired prescription medications.”

“Last spring we asked the public to secure their medications until we were able to hold another DEA Take Back Day,” said DEA Special Agent in Charge Kyle W. Williamson. “That day has come, and this Saturday we urge you to bring those medications to a nearby location for proper disposal. In doing so, you will help prevent abuse and accidental overdose.”

Given the ongoing COVID-19 public health emergency, DEA wants to ensure that the public is aware of other ways they

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Hope

From Page 2

COVID patients in Virginia, a 63-year-old health care worker, is alive today and avoided hospitalization because of early treatment at home following Dr. McCullough’s algorithm.

But patients and physicians suffer as the FDA continues to erect barriers to early home-based treatment for COVID-19. FDA refuses to retract its negative statements on HCQ or release the national stockpile of HCQ donated by Big Pharma to help save American lives.

In a letter delivered August 19

to FDA Commissioner Stephen Hahn, Sen. Ron Johnson (R-WIS), Chairman of the Senate Oversight Committee on Government Affairs and National Security, with Sen. Ted Cruz (R-TX) and Sen. Mike Lee (R-UT) requested the FDA’s data⁶ used to claim HCQ given within the first seven days of COVID symptoms might be harmful in outpatients. The FDA’s reply deadline was August 25.

The FDA stonewalled until October 6, when the Senators finally received a response letter that completely ignored the questions asked by the Senators. FDA failed to produce any data at all that showed use of HCQ for

early outpatients had no clinical effect or caused harm.

Whom is the FDA protecting by stonewalling, using a false narrative of outpatient harm with HCQ – that even the FDA itself cannot support with its data? Are they preserving profits for Big Pharma with new high-cost medicines still on patent – for example, Gilead’s costly experimental drug remdesivir, or Regeneron, another high cost experimental drug given to President Trump?

Americans have the right to know why low-cost medicine, widely used for other conditions for decades, are suddenly too “dangerous” to be used for COVID-9 so people can stay at home to be treated and get well quickly.

Enormous financial conflicts exist within NIH, CDC and FDA – and all receive payments from pharmaceutical companies and vaccine manufacturers, as well as income from patents on new vaccine adjuvants and processes. Dr. McCullough’s editorial⁷, “The Great Gamble of Covid-19 Vaccine Development,” explained this multibillion-dollar financial incentive to preserve vaccine windfall profits in wealthy countries.

Print Dr. McCullough’s article⁸. This can save your life. Learn your options before you get sick. Make a copy for your doctor. This entire model of care can be implemented by your local physician, in your own home, with minimal cost, and gives you the best chance of rapid recovery.

I know these doctors are right from my own experience treating patients. If you get admitted to hospital, you will likely be a prisoner with no visits from

family, clergy, or the doctor of your choice – and at high risk of complications and death. For most patients, hospitalization is unnecessary.

Patients and physicians must take the initiative from the start, use the home-based methods that work, instead of trusting in FDA-promoted no-treatment “standard of care,” waiting in fear for a vaccine magic bullet.

- 1 - <https://c19study.com/>
- 2 - <https://aapsonline.org/mccullough-protocol-3-page.pdf>
- 3 - <https://www.medrxiv.org/content/10.1101/2020.07.16.20155531v3>
- 4 - https://www.worldometers.info/coronavirus/?utm_campaign=homeAdvegas1?#countries
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- 7 - <https://thehill.com/opinion/healthcare/512191-the-great-gamble-of-covid-19-vaccine-development>
- 8 - <https://www.sciencedirect.com/science/article/pii/S0002934320306732>

Dr. Vliet has been a leader in patient centered, individualized medical care. Since 1986, she has practiced medicine independent of insurance contracts that interfere with patient-physician relationships and decision-making. She speaks as an independent physician, not as an official spokesperson for any organization or political party. Dr. Vliet has no financial ties to any health care system or health insurance plan. Her allegiance and advocacy is to and for patients.



By Lucie Winborne

• Some adult details made it into the final cut of the PG-rated film “The Santa Clause.” In one scene, Tim Allen’s character jokes that his wife’s number is “1-800-SPANK ME.” It turned out, however, that was a real line that you could call and hear some naughty stuff – as many overly curious children found out. The line was removed from future releases of the film.

• According to Hasbro, the tallest Jenga tower ever was 40 levels, plus two additional blocks on top.

• There have been more than 300 different Kit Kat flavors in Japan, including soy sauce, “European cheese” and wasabi. Some of them are limited or regional editions. Because the candy bar’s name coincidentally sounds like the Japanese expression “Kitto Katsu,” which translates to “You will surely win,” it is a popular good-luck gift for students ahead of their university exams.

• Astronauts cannot cry in space, as the tears need gravity to flow. They also lose their sense of smell in space.

• The fingerprints of a koala bear are so indistinguishable from those of humans that they have on occasion been confused at a crime scene.

• Winston Churchill had a doctor’s note permitting him to drink “unlimited” amounts of alcohol while visiting the U.S.

• Speaking of beverages, in 16th-century Turkey, a woman could initiate a divorce if her husband didn’t pour coffee for her.

• The Anglo-Zanzibar War (August 1896), between the United Kingdom and the Zanzibar Sultanate, is the shortest war in recorded history, clocking in at a mere 38 minutes.

Thought for the Day: “Every strike brings me closer to the next home run.”
– Babe Ruth

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CryptoQuip

Answer

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+		+		+	
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• On Oct. 19, 1781, hopelessly trapped at Yorktown, Virginia, British Gen. Lord Cornwallis surrenders, effectively bringing an end to the American Revolution. He surrendered 7,087 officers and men, 900 seamen, 144 cannons, 15 galleys, a frigate and 30 transport ships. Pleading illness, he did not attend the surrender ceremony.

• On Oct. 20, 1947, the notorious Red Scare kicks into high gear in Washington, as a Congressional committee begins investigating Communist influence in Hollywood. Some witnesses – including studio honcho Walt Disney – gave the committee names of colleagues they suspected of being communists.

• On Oct. 21, 1988, “Mystic Pizza,” a romantic comedy starring Julia Roberts, Annabeth Gish and Lili Taylor as three young women who work at a pizza parlor in Mystic, Connecticut, opens in theaters. Matt Damon made his big-screen debut in the film.

• On Oct. 22, 1934, Charles “Pretty Boy” Floyd is shot by FBI agents in Ohio. Floyd, who had been hunted for four years, used his last breath to deny his involvement in the infamous Kansas City Massacre, in which four officers were shot to death at a train station.

• On Oct. 23, 1921, in France, American Sgt. Edward Younger selects from four caskets the body of the first “Unknown Soldier” to be honored among the approximately 77,000 U.S. servicemen killed during World War I.

• On Oct. 24, 1775, a British naval fleet of six ships sails up the James River to destroy the town of Norfolk, Virginia. Expecting the Patriots and local militia to come charging and to engage in open combat, the British were surprised to come under fire from expert riflemen, who began striking down British troops at a distance.

• On Oct. 25, 1973, President Richard Nixon vetoes the War Powers Resolution, which would limit presidential power to commit armed forces abroad without Congressional approval. Congress passed the law over Nixon’s veto.

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Food for thought

By John Grimaldi

Lonely elders hit hard by the rigors of social distancing and self-isolation

It’s no secret that America’s elderly population is among the hardest hit by the COVID pandemic. Not only are they at higher risk of infection, those who live alone are more likely to succumb to the loneliness of precautionary self-isolation, says Rebecca Weber, CEO of the Association of Mature American Citizens [AMAC].

How bad is it for our senior population? “Bad enough that desperate residents of a long-term care facility in Greely, CO, sick and tired of COVID-19 restrictions, recently staged a protest. Many of them were in wheelchairs and holding signs that read ‘Rather die from COVID than loneliness,’ ‘Prisoners in our own home’ and ‘Give us freedom,’” says Weber.

She notes that Pew Research recently found that 27% of adults ages 60 and older live alone in the U.S. Meanwhile, the Centers for Disease Control reports that many of them are socially isolated or lonely in ways that

put their health at risk. In fact, the CDC cites studies that show:

- Social isolation significantly increased a person’s risk of premature death from all causes, a risk that may rival those of smoking, obesity, and physical inactivity.
- Social isolation was associated with about a 50% percent increased risk of dementia.
- Poor social relationships (characterized by social isolation or loneliness) was associated with a 29% increased risk of heart disease and a 32% increased risk of stroke.
- Loneliness was associated with higher rates of depression, anxiety, and suicide.
- Loneliness among heart failure patients was associated with a nearly 4 times increased risk of death, 68% increased risk of hospitalization, and 57% increased risk of emergency department visits.

“Those of us who have what we might call normal lifestyles feel lonely when we haven’t seen our friends and family in more

than a couple of days. Imagine not having friends and family in the best of times and now that the world is dealing with the deadly coronavirus your norm is solitary confinement,” says Weber.

Below are some websites that may provide you with ideas on how to overcome the perils of loneliness if you, a neighbor or a loved one are exhibiting the rigors of self-isolation and masked faces.

- <https://www.volunteermatch.org/virtual-volunteering>
- <https://www.verywellmind.com/how-to-cope-with-loneliness-during-coronavirus-4799661>
- <https://www.priorygroup.com/blog/ways-to-cope-with-feeling-lonely-in-coronavirus-self-isolation>
- <https://www.commonwealthfund.org/blog/2020/solutions-around-world-tackling-loneliness-and-social-isolation-during-covid-19>
- <https://www.scientificamerican.com/article/how-to-prevent-loneliness-in-a-time-of-social-distancing/>

Classified Ads

LEGALS

TEXAS
COMMISSION ON
ENVIRONMENTAL
QUALITY



Texas
Commission on
Environmental
Quality

COMBINED
NOTICE OF
RECEIPT OF
APPLICATION
AND
INTENT TO
OBTAIN WATER
QUALITY PERMIT
(NORI)

AND

NOTICE OF
APPLICATION
AND
PRELIMINARY
DECISION
FOR TPDES
PERMIT FOR
MUNICIPAL
WASTEWATER

REVISED

PERMIT NO.
WQ0015414001

APPLICATION
AND
PRELIMINARY
DECISION

Town of Anthony, 401 Wildcat Drive, Anthony, Texas, 79821, has applied to the Texas Commission on Environmental Quality (TCEQ) for a renewal of Texas Pollutant Discharge Elimination System (TPDES) Permit No. WQ0015414001, which authorizes the discharge of treated domestic wastewater at a daily average flow not to exceed 565,000 gallons per day. TCEQ received this application on March 2, 2020.

This combined notice is being issued to correct the mailing address and public viewing location as stated

in the NORI.

The facility is located approximately 0.35 mile southwest of the intersection of State Highway 20 and Wildcat Drive, in the Town of Anthony, El Paso County, Texas 79821. The treated effluent is discharged to La Tuna Agricultural Drain, thence to East Agricultural Drain, thence to Rio Grande Above International Dam in Segment No. 2314 of the Rio Grande Basin. The unclassified receiving water uses are minimal aquatic life use for the La Tuna Agricultural Drain and limited aquatic life use for the East Agricultural Drain. The designated uses for Segment No. 2314 are primary contact recreation, public water supply, and high aquatic life use. All determinations are preliminary and subject to additional review and/or revisions. This link to an electronic map of the site or facility's general location is provided as a public courtesy and is not part of the application or notice. For the exact location, refer to the application.

<https://tceq.maps.arcgis.com/apps/webappviewer/index.html?id=db5bac44afbc468bbdd360f8168250f&marker=-106.610833%2C31.99&level=12>

The TCEQ Executive Director has completed the technical review of the application and prepared a draft permit. The draft permit, if approved,

would establish the conditions under which the facility must operate. The Executive Director has made a preliminary decision that this permit, if issued, meets all statutory and regulatory requirements. The permit application, Executive Director's preliminary decision, and draft permit are available for viewing and copying at Anthony City Hall, 401 Wildcat Drive, Anthony, Texas.

Due to the public health and safety concerns caused by the global COVID-19 pandemic, the Town of Anthony has limited accessibility at the Anthony City Hall to the public. The permit application, Executive Director's preliminary decision and draft permit are now posted online at:

<https://townofanthony.org/government/documents/tceq-domestic-wastewater-permit-application/>

and are available for viewing and downloading. When the Town of Anthony reopens the Anthony City Hall, 401 Wildcat Drive, Anthony, Texas, the permit application, Executive Director's preliminary decision and draft permit will be available for viewing and copying at the city hall.

PUBLIC
COMMENT /
PUBLIC
MEETING

You may submit public comments or request a public meeting about this application. The purpose of a public meeting is to provide the opportunity to submit comments or to ask questions about the application. TCEQ holds a public meeting if the Executive Director determines that there is a significant degree of public interest in the application or if requested by a local legislator. A public meeting is not a contested case hearing.

OPPORTUNITY
FOR A
CONTESTED
CASE HEARING

After the deadline for submitting public comments, the Executive Director will consider all timely comments and prepare a response to all relevant and material, or significant public comments. Unless the application is directly referred for a contested case hearing, the response to comments will be mailed to everyone who submitted public comments and to those persons who are on the mailing list for this application. If comments are received, the mailing will also provide instructions for requesting a contested case hearing or reconsideration of the Executive Director's decision. A contested case hearing is a legal proceeding similar to a civil trial in a state district court.

TO REQUEST

A CONTESTED CASE HEARING, YOU MUST INCLUDE THE FOLLOWING ITEMS IN YOUR REQUEST: your name, address, phone number; applicant's name and proposed permit number; the location and distance of your property/activities relative to the proposed facility; a specific description of how you would be adversely affected by the facility in a way not common to the general public; a list of all disputed issues of fact that you submit during the comment period; and the statement "[I/we] request a contested case hearing." If the request for contested case hearing is filed on behalf of a group or association, the request must designate the group's representative for receiving future correspondence; identify by name and physical address an individual member of the group who would be adversely affected by the proposed facility or activity; provide the information discussed above regarding the affected member's location and distance from the facility or activity; explain how and why the member would be affected; and explain how the interests the group seeks to protect are relevant to the group's purpose.

Following the close of all applicable comment and

request periods, the Executive Director will forward the application and any requests for reconsideration or for a contested case hearing to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

The Commission may only grant a request for a contested case hearing on issues the requestor submitted in their timely comments that were not subsequently withdrawn. If a hearing is granted, the subject of a hearing will be limited to disputed issues of fact or mixed questions of fact and law relating to relevant and material water quality concerns submitted during the comment period. TCEQ may act on an application to renew a permit for discharge of wastewater without providing an opportunity for a contested case hearing if certain criteria are met.

EXECUTIVE
DIRECTOR
ACTION

The Executive Director may issue final approval of the application unless a timely contested case hearing request or request for reconsideration is filed. If a timely hearing request or request for reconsideration is filed, the Executive Director will not issue final approval of the permit and will forward the application and request to the TCEQ Commissioners for their consideration

at a scheduled Commission meeting.

MAILING LIST

If you submit public comments, a request for a contested case hearing or a reconsideration of the Executive Director's decision, you will be added to the mailing list for this specific application to receive future public notices mailed by the Office of the Chief Clerk. In addition, you may request to be placed on: (1) the permanent mailing list for a specific applicant name and permit number; and/or (2) the mailing list for a specific county. If you wish to be placed on the permanent and/or the county mailing list, clearly specify which list(s) and send your request to TCEQ Office of the Chief Clerk at the address below.

All written public comments and public meeting requests must be submitted to the Office of the Chief Clerk, MC 105, Texas Commission on Environmental Quality, P.O. Box 13087, Austin, TX 78711-3087 or electronically at

www14.tceq.texas.gov/epic/eComment/

within 30 days from the date of newspaper publication of this notice.

INFORMATION
AVAILABLE
ONLINE

For details about the status of the application, visit the Commissioners' Integrated Database at:

www.tceq.texas.gov/goto/cid

Search the database using the permit number for this application, which is provided at the top of this notice.

AGENCY CONTACTS AND INFORMATION

Public comments and requests must be submitted either electronically at:

www14.tceq.texas.gov/epic/eComment/

or in writing to the Texas Commission on Environmental Quality, Office of the Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Any personal information you submit to the TCEQ will become part of the agency's record; this includes email addresses. For more information about this permit application or the permitting process, please call the TCEQ Public Education Program, Toll Free, at 1-800-687-4040 or visit their website at:

www.tceq.texas.gov/goto/pep

Si desea información en Español, puede llamar al 1-800-687-4040.

Further information may also be obtained from Town of Anthony at the address stated above or by calling Mayor Benjamin Romero at (915) 886-3944.

Issuance Date: September 30, 2020

WTCC: 10-22-20

NFL rises to the occasion despite all the distactions

By Steve Escajeda
Special to the Courier

With Halloween right around the corner, it’s a fact now that this all-too-strange year of 2020 is finally approaching the home stretch.

With just over two months remaining in this year, there is still plenty that has to be decided.

We’re all wondering if a vaccine will be available for the virus by year’s end. We also still have a president to elect.

The one industry that seemed doomed since last March was collegiate and professional sports.

But after having three major sports league’s shut down in the middle of the season, the NBA, NHL and MLB were able to get back up and finish out the season.

In the National Hockey League, the Tampa Bay Lightning knocked off the Dallas Stars to claim the Stanley Cup.

In the National Basketball Association, though almost nobody watched, the Los Angeles Lakers defeated the Miami Heat for the title,

In Major League Baseball, the championship hasn’t been decided yet, but the World Series will start this week.

But no matter which baseball team joins the Lightning and the Lakers as the next professional champs, the interest level won’t even come close to the number of people who watch regular season NFL games.

The hockey, basketball and baseball playoffs came at a time when we really needed it. But did we find something else out at the same time?

Did we really need it? Did we really miss it?

The thought was that Americans were going to flock back to sports on TV after all that time without it.

Fans were tired of sitting at home watching Netflix all day long and were clamoring for some live sporting events.

But something strange happened. We got our live sports. We got our live sports on TV with very little competition from anything else. And still, the ratings have been horrible.

Was it because there was still too much focus on the coronavirus? Was it because of all the race-related social messaging all over the field and on the players? Or was it simply that when you really put things in perspective, sports doesn’t carry nearly as much weight as it thought it did.

Maybe it’s a combination of all three.

But no matter how good or bad things are, the NFL is still having fans check in every Sunday and Monday.

With teams like Brady’s Bucs, and Big Ben and the Steelers, and of course, Patrick Mahomes, Lamar Jackson and the Chiefs and Ravens, there are many great stories out there.

There’s also Aaron Rodgers and the Packers, and you can’t forget about the Tennessee Titans and the Buffalo Bills.

Now the question of how far can the Cowboys go without Dak Prescott at quarterback has made things a little more interesting.

The Cowboys made a great move in picking up former Cincinnati Bengals quarterback Andy Dalton over the offseason as their new backup.

And don’t forget that Dalton was no slouch with the Bengals. And the fact that the Cowboys are located in the worst division in the NFL, gives them a really good chance to make the playoffs even without Dak.

The Los Angeles Rams are beginning to play the way they did a couple years ago when they made it all the way to the Super Bowl.

There’s still talk about the New England Patriots and whether they can make the playoffs without Tom Brady.

Another of the biggest surprises has been the Cleveland Browns. Quarterback Baker Mayfield is taking care of the football much better than he had been and suddenly the Browns are challenging the Steelers for the AFC North.

Very quietly, the consistent but not-so-exciting Seattle Seahawks are undefeated and could very well be the best team in the NFL this year.

Briefs

From Page 1

her channel crossing recently. But, although her route was 33 miles, Rivard beat Ederle’s time, clocking in at 14 hours and 10 minutes. She already circumnavigated the island of Manhattan, a swim of 28.5 miles, and now has her mind set on swimming the 20 miles from the coast of California to the island of Santa Catalina, garnering

what is known as the “Triple Crown” of long-distance swimming
— John Grimaldi

Treasure or hoax?

Residents of the community of Barre, NY have a mystery on their hands. It seems that one day recently there suddenly appeared a very large safe in a field belonging to farmer Kirk Mathes. No one seems to know how it got there; nor does anyone know who put it there. But attached to it was a note that read,

“If you can open this, you can have what’s inside.” It caused quite stir as trespassers swarmed the Mathes farm trying to open the 500 pound strongbox. The police were called and farmer Mathes relocated the safe to an unknown location, telling WHAM-TV: “If you open it, the show is over. In these times, with the virus and the politics, it might get people a chance to set their problems or troubles aside and have a lot of fun talking about it.”
— John Grimaldi

Drugs

From Page 4

can dispose of unwanted prescription drugs without having to leave their homes. Both the U.S. Food and Drug Administration and the Environmental Protection Agency have tips on how to safely dispose of drugs at home.

In addition to DEA’s National Prescription Drug Take Back Day, prescription drugs can be disposed of

at any of the 11,000 DEA authorized collectors at any time throughout the year. For more information, visit: <https://apps2.deadiversion.usdoj.gov/pubdispsearch/spring/main?execution=e1s1>.

DEA also encourages the public to reach out to their local law enforcement to find out if they have any permanent drug disposal locations throughout their local community.

DEA and its partners will collect tablets, capsules, patches, and other solid forms. DEA will also accept vape pens or

other e-cigarette devices from individual consumers, only after the batteries are removed from the devices. If the battery cannot be removed, individual consumers can check with large electronic chain stores who may accept the vape pen or e-cigarette devices for proper disposal. Liquids, including intravenous solutions, syringes and other sharps, and illegal drugs cannot be dropped off. This service is free and anonymous, no questions asked.

Visit www.deatakeback.com to find a collection site near you.

Quarterback Russell Wilson is challenging Mahomes and Jackson for the league MVP race.

In other words, there are plenty of exciting reasons that fans are still tuning in for NFL games even though they stayed away from all the other sports.

There’s little doubt that the NFL is till the king of the sports hill.

It’s satisfying to know that someday soon coronavirus will be passed us, but the NFL will always be around.

Super Crossword

ANALGESIC APPEAL

- ACROSS**
- 1 Along the shore
- 8 Terra_
- 13 Best Picture of 2014
- 20 Ancient city of Palestine
- 21 Willow used in wickerwork
- 22 The teensiest bit
- 23 Start of a riddle
- 26 Midler of “The Rose”
- 27 Brand of sunglasses
- 28 Christie of mysteries
- 33 Tatty garb
- 35 Weasels’ cousins
- 40 Riddle, part 2
- 44 Frenziedly
- 45 Roof supports
- 46 Cupid, to Greeks
- 47 In a crafty way
- 48 Brewer’s supply
- 49 Riddle, part 3
- 55 _ Lingus (Irish carrier)
- 57 Actor Erwin
- 58 Not any
- 59 Attraction
- 62 Less long-winded
- 66 Form anew
- 71 Favorable
- 72 Riddle, part 4
- 75 Scads
- 76 Secret group in
- “The Da Vinci Code”
- 78 Needlework
- 79 High point
- 81 _Z (old Camaro)
- 83 _Aviv
- 84 Cut off
- 85 Riddle, part 5
- 93 Clay target sport
- 97 Vietnamese capital
- 98 This, in Lima
- 99 Island of southern Japan
- 101 Totals
- 102 End of the riddle
- 107 Wheat or cotton grown to sell, e.g.
- 109 See 38-Down
- 110 Types in
- 111 Actress Elizabeth
- 114 1990s ABC sitcom
- 116 Riddle’s answer
- 126 Cooking style
- 127 Employ again
- 128 Narrator in “Moby-Dick”
- 129 Air Force noncom: Abbr.
- 130 Judge’s cry
- 131 Gloria of Ms. magazine
- DOWN**
- 1 2000-15 CBS series
- 2 Lunkhead
- 3 G.P.s’ gp.
- 4 Lunkhead
- 5 Quattro minus uno

- 6 Home for fighter jets
- 7 Cut with light
- 8 Brand of cold and flu medicine
- 9 Port city near Syracuse
- 10 1-1 or 2-2
- 11 Yukon, for one: Abbr.
- 12 Purview
- 13 Tiny mistake
- 14 Forming two equal pieces
- 15 Meet with the old class
- 16 Barely lit
- 17 Unruly throng
- 18 Ocean east of Va.
- 19 Anti’s vote
- 24 Other, to Juanita
- 25 Enters via a keyboard
- 28 Highbrow
- 29 Richard of “The Dinner”
- 30 Hue of blue
- 31 Madame _ (wax museum)
- 32 Prynne in “The Scarlet Letter”
- 34 Litigious type
- 36 Metropolis in Colombia
- 37 _ nitrite (angina treater)
- 38 With 109-Across, like “1-800-” numbers

- 39 “The _ the limit”
- 41 Recipe amt.
- 42 Lead-in to law or med
- 43 “Ur hilarious”
- 47 CIA spoof film of 1974
- 50 About
- 51 List details
- 52 Surgery aide
- 53 Merit
- 54 Turn into ice
- 56 Directs attention (to)
- 59 In days past
- 60 Cut off
- 61 Hitter Gehrig
- 63 Farm mother
- 64 Sends out
- 65 Begin afresh
- 67 Make manually, as socks
- 68 Boxing’s “Greatest”
- 69 Pan’s cousin
- 70 Old verb ending
- 73 Street scene
- 74 Eye up
- 77 503, in old Rome
- 80 Navy officer
- 82 At little cost
- 85 _-A-Mole (carnival game)
- 86 “If I _ Hammer”
- 87 Additional stipulations
- 88 Daniel with a Comedy Central show
- 89 Va. hours

- 90 Dough spitter-outer
- 91 Innocent sort
- 92 Mug, e.g.
- 94 Gutter locale
- 95 Fancy vase
- 96 Converts into leather
- 100 Most astute
- 102 Making level, with “up”
- 103 Big wasp
- 104 Garage gunk
- 105 “Catch-22” novelist
- Joseph
- 106 Be a snitch
- 108 Tennis’ Evert
- 112 Architect Saarinen
- 113 Belgian river to the North Sea
- 115 Greek deity of discord
- 116 Play a part
- 117 “7 Women” co-star
- 118 Selfie, say
- 119 Sort of: Suffix
- 120 Cabinet dept. concerned with homes
- 121 Revolutionist
- Guevara
- 122 Former U.K. record label
- 123 Holm of films
- 124 22nd letter
- 125 Majestic tree

Answer Page 4

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129								130							131					

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



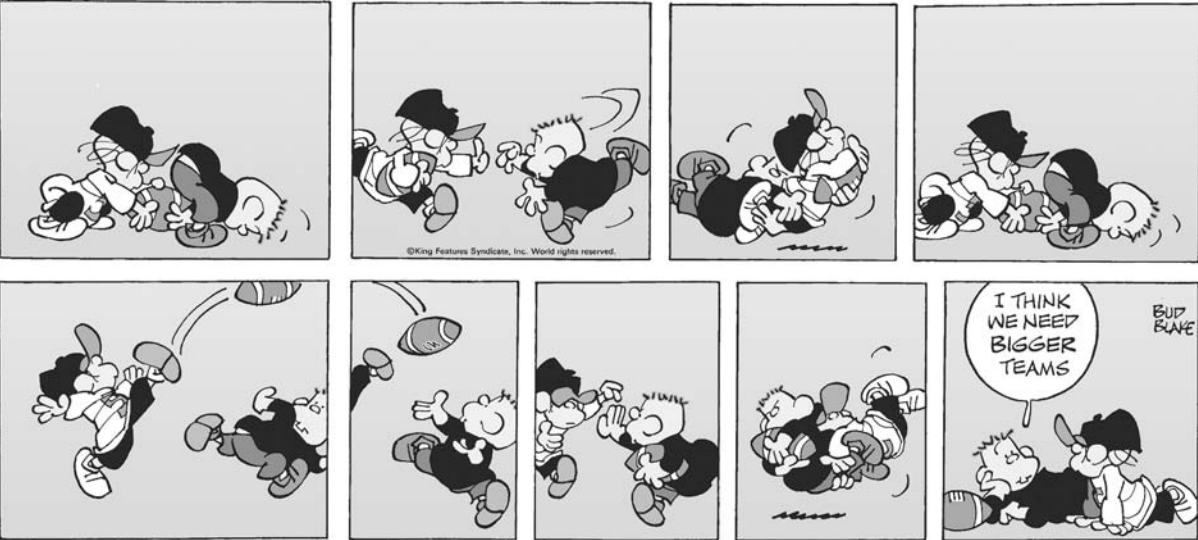
R.F.D.

By Mike Marland



TIGER

By Bud Blake



Initiative

From Page 1

with unfilled teacher vacancies every year. She stated that in the next six years, teaching will have the fastest growth average of all the professions in the state of Texas.

According to Otero, a key goal of this initiative is to ensure all new teachers hired in El Paso County school districts would be trained in sustainable programs, would be effective on their first day, and would be retained by districts.

Program officials stated that their intent is to work with student-teachers who have already completed an education preparation program and to focus on providing quality teachers to smaller school districts. Plans are to provide weekly coaching for these teachers in their first three years of the profession.

Coalition members hope that through the residency program, they will be able to build up the internal capacity within a school district, so that it can eventually carry on this type of intensive coaching and support on its own for its new teachers in the years that follow, O'Rourke added.

Diabetes not limited to only two main types

DEAR DR. ROACH: Last year, at 57, I was diagnosed with Type 1 LADA diabetes. Initially I was put on insulin to get my blood sugar within the normal range. Then I was just on metformin until the “honeymoon period” was over. My endocrinologist is great. I now am back on insulin (six units at night). I walk anywhere between 3 and 8 miles about three times a day. My blood pressure is excellent. I initially lost about 18 pounds after diagnosis, so my weight is good. When looking at Google, it says my life expectancy has been cut by 20 years! Yikes, I JUST retired and if I go by their gauge, I’ll be passing around age 68! Is this based on someone who has had diabetes for many years, since Type 1 is usually diagnosed much earlier? The doctor said even though my initial sugars were over 500 when diagnosed, I was very healthy and that’s why nothing was “destroyed.” My vision was off for about a month but no permanent damage was done. Any reassurance would be appreciated! – M.W.



Most people are familiar with Type 1 diabetes, with a typical onset in childhood and at a normal weight. It is caused by an autoimmune destruction of the insulin-making cells in the pancreas. People also know about Type 2 diabetes, usually adult-onset and usually diagnosed in someone who’s overweight; it’s caused by resistance to insulin. But there are other subtypes of diabetes, including latent autoimmune diabetes in adults (LADA).

In the U.S. and Canada, it accounts for a small fraction of diabetes cases, but is more common in Scandinavian countries. It has some characteristics of both Type 1 and Type 2 diabetes, but the autoimmune nature and the usual progression to insulin need makes most experts feel it is closer to Type 1 than to Type 2. A recent paper has outlined a potential new classification of diabetes types.

The change in life expectancy from diabetes relates to how long you have had diabetes and how well-controlled it has been. With outstanding diabetes control (normal or near-normal blood sugar levels), the effect on overall mortality is modest, at best. In one model, the reduction in life expectancy is less than a year. However, it certainly is possible to have life expectancy drop by 20 years with very poorly controlled, longstanding diabetes. For people with diabetes, to a very large extent, their potential to live longer (and healthier) can be improved by better blood sugar control.

For new-onset autoimmune diabetes (both Type 1 and LADA), early and aggressive blood sugar control with insulin may reduce the amount of autoimmune damage and improve long-term prognosis. Studies are in progress to evaluate this.

DEAR DR. ROACH: I am a female, 16 years old. My white blood cell count is 16.6. I am suffering from so much weakness and pain in my legs, arms and shoulder area. I also have a cough and cold. Is it dangerous? What should I do for it? – K.C.

I don’t have enough information to help much. A white blood cell count that high suggests an infection. At your age, those symptoms are most likely a viral infection, but acute mononucleosis and even pneumonia are possible, so you need to see your doctor.

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.

Teacher

From Page 1

own experiences. Many of the experiences that I am able to use as examples come from my military experience and from the fact that the Army gave me the opportunity to travel the world. The kids are always interested in my perspective, especially when they realize that I’ve been to most of the

places we are covering. I think it excites them to know that their history teacher can actually tell them about places because I’ve been there, not because it’s in a book,” added Lopez-Waste.

Eric Hale, a kindergarten and first-grade teacher from Dallas ISD, is the 2021 Texas Elementary Teacher of the Year and was chosen to represent the State as Texas Teacher of the Year in the National Teacher of the Year competition.



Moore Texas by Roger MOORE
The famous Texas 1015 sweet onion is named for its optimum planting date, Oct.15... 10-15.

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: J equals D

CX PRRMLHPCM EMPT
PVXSC P RXY FPTLMGC,
VSRV ZTXYMTG ZPLM P
GCPCM-XE-CFM-XIHXI PJJTMGG.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

Answer Page 4 ♦♦♦ HOO BOY!

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COVID cancellations



by Freddy Groves

Between March 15 and May 1, the Department of Veterans Affairs canceled 7.3 million medical appointments.

The VA’s rationale at the time was to protect staff and veterans from the COVID-19 virus and to conserve their supplies.

For the veteran, however, it could mean that a minor medical problem becomes a major one if not attended to.

The VA’s Office of Inspector General waded in and examined all those vanished appointments. It looked at whether the facilities were digging out those old records and making new in-person appointments, canceling for good if the veteran went somewhere else, converting appointments to video telehealth... something, anything to get those veterans the care they’d originally sought.

The results:

• Almost one-third of cancellations showed no follow-up or tracking for primary, mental health or specialty care. There was no way, per the OIG report, for the facilities to track canceled appointments.

The VA quickly rigged up a tracking system for those appointments and told facilities to review all cancellations. Some appointments were either followed up or conducted by phone or video – but not necessarily rescheduled.

• There were “mass” cancellations, groups of 10 or more, totaling 350,000 appointments, indicating that the veterans likely had not been called.

• For a time, all cancellations were labeled as being at the request of the patient, whether or not they actually were. This is a potentially huge problem: If it looks like a patient canceled an appointment, the wait time for a new appointment might be different.

• Certain medical care such as labwork, X-rays and ultrasound were not counted because they aren’t considered “an occasion of service” by

the VA. The OIG, however, counted those canceled appointments.

By June 15, 11.2 million appointments had been canceled.

If you had an appointment that was canceled, call them back. You’re probably on a to-do list somewhere. Get someone on the phone and get the attention you need.

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• For a little extra visibility in the basement, try applying glow-in-the-dark or reflective tape on the edges of the stairs.

• “Peppermint is a wonderful cure for indigestion. To make a quick peppermint tea, use a rolling pin to smash three to four peppermint candies. Add them to a glass of water and microwave for a minute and a half. Stir to melt the candies completely, and drink slowly.” – G.L. in California

• Don’t stop reading just because it’s hard to get to a library! Many public libraries are offering delivery services these days. My local library will let you reserve books online for quick pickup, renew your due date or even have books delivered to your home. Some have regular seminars on all kinds of topics – and many of them are done virtually.

• If you are replacing a hinge to re-hang a door and you need to use the same holes, make sure you add grip by placing a matchstick or toothpick in the hole before rescrewing the attachments. Just break it off flush with the frame. It will add some security to the hole so it won’t be as loose.

• Maintain a list of all drugs you take – both prescription and over the counter – and when you fill a new prescription, give a copy to your pharmacist to check for interactions. Also, if you have multiple or complicated medical issues, it might help to patronize a single pharmacy. That way, the pharmacist can advise you of any interactions or complications.

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

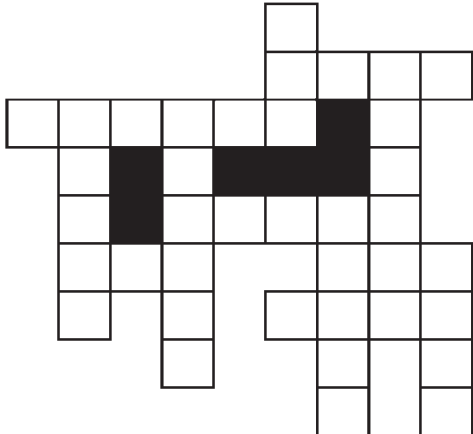
	+		÷		1
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9		7		3	

1 2 3 4 5 6 8 9 9

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RYW
MAYLUS
♥ NEMAS
♥ PRSA
BESRUP
♥ PTO
LYPE
POWSO
♥ AMR
♥ ELMDIP
♥ EMTOS
♥ BREO



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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