

NEWSBRIEFS

Holiday budgets

With 54% of merchants expecting increased holiday spending in 2020 despite the COVID-19 pandemic, the personal-finance website WalletHub has released its 2020 *Holiday Budgets by City* report, as well as accompanying videos, along with its free tool that calculates personalized holiday budgets for all WalletHub members between now and Dec. 25. To help consumers avoid post-holiday regret, WalletHub used several key metrics, such as income, age and savings-to-monthly expenses ratio, to estimate the maximum spending amounts for consumers in each of 570 U.S. cities. El Paso was rated 472nd in the report. Other stats:

- Cambridge, MA has the lowest debt-to-income ratio, 16.16 percent, which is 4.1 times lower than in Hesperia, CA, the city with the highest at 65.80 percent.
- Palo Alto, CA has the lowest expenses-to-income ratio, 57.90 percent, which is 1.7 times lower than in Albany, GA, the city with the highest at 99.21 percent
- Hoover, AL has the highest savings-to-monthly expenses ratio, 203.78 percent, which is 2.2 times higher than in Hawthorne, CA, the city with the lowest at 93.84 percent.

Visit <https://wallethub.com/edu/holiday-budgets-by-city/16912/> for the full report.

— Diana Polk

Oh boy

How many “tweens” are out there who can do the work of a nuclear scientist? There’s at least one. His name is Jackson Oswalt, he lives in Memphis, TN and he built a nuclear reactor when he was 12 years old. But it took a while for the folks at Guinness to confirm that Jackson, who is now 15, is indeed the world’s youngest person to achieve nuclear fusion. It was no easy task. As Jackson put it: “I was unable to achieve a strong enough vacuum to ‘ignite’ the fusion reaction, but with perseverance I achieved my goal.”

— John Grimaldi

This election went to the dogs

Nothing describes the competitive nature of an election as the term “dog eat dog,” but the town of Rabbit Hash,

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When a diplomat says yes, he means perhaps; when he says perhaps, he means no; and when he says no, he’s no diplomat.

— Quips & Quotes

Twins Aaron and Alvin Jones to lead this year’s virtual Thanksgiving parade

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Sun Bowl Association announced recently that the grand marshals for this year’s Oscar Leeser’s Hyundai of El Paso Sun Bowl Parade will be Aaron Jones, the Green Bay Packers football star running back, and Alvin Jones, a former linebacker with the Baltimore Ravens and currently a free agent.

The virtual Thanksgiving Day parade is set to air at 10 a.m., Thursday, Nov. 26, on TV Channel 9-KTSM, as well as online at www.ktsm.com.

“It is a great honor to have two prominent members of our community lead our parade in the first ever virtual Thanksgiving Day Parade,” stated Bernie Olivas, executive director of the Sun Bowl Association.

The Jones brothers are children of two U.S. Army Sergeants Majors, Alvin Jones Sr. and Vurgess Jones, who showed the boys at an early age the joy of giving back to their community, according to a recent news release.

Besides being named parade grand marshals, the twins also announced recently that they are starting their own foundation called A&A All The Way, which will be dedicated to helping children in El Paso and Milwaukee, Wisconsin, the release stated.

The nonprofit organization will help provide food, clothing, and other items to those who are in need. The foundation also seeks to inspire, educate, and promote unity and diversity to positively impact the



— Photo courtesy University of Texas at El Paso

DYNAMIC DUO – Aaron Jones, left, and his twin brother Alvin excelled as players on the UTEP Miners football team. The two star athletes will be the Grand Marshals for this year’s Oscar Leeser’s Hyundai of El Paso Sun Bowl Parade. The brothers recently started the A&A All the Way Foundation. It is a nonprofit organization dedicated to making an impact on youths through charitable giving and action.

lives of youth, the two brothers affirmed.

“The young children, the youth of our society, are dear to my heart,” said Aaron, who is in his fourth year as a running back with the Green Bay Packers. “I love giving back to the youth. We hope to bring unity and diversity with this foundation. I remember when our parents took us to a homeless shelter to feed the homeless when we just moved to El Paso,

and it meant a lot to both myself and my brother. Ever since then, we wanted to help,” he asserted.

Aaron and Alvin attended middle school and high school in El Paso. While at Burges High School, they participated in sports including football, basketball, and track. After high school, together they played

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Making a difference for McKinney-Vento students

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – The month of November is National Youth Homeless Awareness Month. According to the Child Traumatic Stress Network, “As many as

2.5 million youth per year experience homelessness. Along with losing their home, community, friends, and routines as well as their sense of stability and safety, many homeless youths are also victims of trauma.” In the San Elizario Independent School District (SEISD), there are a combined number of 83

students – approximately three percent district-wide – identified as homeless.

According to The National Center for Homeless Education, the McKinney-Vento Homeless Assistance Act was reauthorized in 2015 by Title IX, Part A of

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— Photos by Teresa Parra and Sylvia Graves

EVERY BIT HELPS – The effects of homelessness include a lack of personal belongings. The items above are a few examples of the things that are included in backpacks given to students classified as homeless in the San Elizario Independent School District.



With the Biden victory in Arizona, aka McCain’s Revenge, the extent of the Donald Trump election rejection is now documented. Nevermind his desperate fantasies of a legal tap dance to victory – can you imagine Donald Trump tap dancing? – there’s no way to soft shoe over the reality of a 5 million popular vote loss to Joe Biden and, more importantly, Biden’s 306 electoral college accumulation. That’s what the Trumpster collected last time around, which he called a

What a mess

“landslide.” No matter how many thousands of his MAGA supporters crowded the streets in a show of support for the delusion that he couldn’t possibly lose the election, he did. And on Jan. 20, one way or the other, Trump will be extracted from the White House. Then what? We know what President Biden will be doing. He’ll be following a really bad act and trying to rebuild a country that was wrecked by the former president. But what about that former president? Besides trying to stay ahead of his legal problems, stay out of jail and avoid financial ruin, what will he be doing during his forced Mara Lago phase? Perhaps he will rename it

Elba Lago. Will Melania Trump follow him to Florida? She perfected her enigma act when she was first lady, and there’s really no telling what she will do or where she will go in her afterlife. But what mischief will Donald Trump get into once he doesn’t have the power to sabotage the transition? What will he do when he’s not meeting with his attorneys? Speaking of attorneys, will Rudy Giuliani continue as his lead lawyer, or will Trump opt for someone who is not as loopy? How will ex-President Trump plot his triumphal return as POTUS in 2024? Will he be so discredited by then that it won’t be possible? In any case, he will need

to contrive how to follow the two pursuits that he cares about most in life: making money and getting attention. Will he be satisfied with doing 1-800 ads on television, hawking Trump-branded products? He will certainly do that. Will there be a ghost-written memoir? Will he make highly paid speeches to supplement his dwindling fortune? Will he go whole hog with his Biden heckle hustle and actually start his own news network? If so, what will it be called? Yes, I know Trump News Network, TNN, is likely. But that’s so obvious. As for President Biden, he will certainly provide plenty of material to mock. First of all, he may be chief executive, but he’s still open-mouth, insert-foot Joe Biden. Not only that, cleaning up the Trumpian mess will be uh, messy, as in politically fraught.

It will be easy to second-guess the dreary steps the new administration will have to take to suppress the coronavirus and return us to a new normal, which will not be much like the old normal. For example, Biden has been invited to throw out the first pitch of the Washington Nationals season. But that assumes there will be another season for Major League Baseball. Will the Republicans play ball with the administration, particularly if they hold control of the Senate? If Donald Trump is still in control of the party and exercising what could be called “Trump’s Revenge,” it could be even less likely.

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EPCC calling on all Class of 2020 graduates for virtual ceremony

By Jim Heiney
Special to the Courier

EL PASO COUNTY – In the best interest of the health and wellbeing of each of our students, their families and our entire community, El Paso Community College (EPCC) will be recognizing this year’s graduates with a virtual ceremony. The virtual commencement for the Class of 2020, to include students graduating in the spring, summer and fall, will be held this December. Graduates will be contacted via email this week and asked to submit a picture and comment for the ceremony. Students who have not been contacted or have questions should email

commencement@epcc.edu no later than November 30. “We know that most of our students have looked forward to crossing the stage and being presented with their degree at the commencement ceremony. This is an incredible moment for them, their family and friends,” Dr. William Serrata, EPCC President, said. “While COVID-19 will change how we celebrate the Class of 2020 graduates, it will not diminish our pride in each and every graduate.”

The commencement will be streamed online and will air on EPCC-TV, so friends and family, near and far, can watch and celebrate your achievement. The graduation airing and streaming date will be announced in early December and we look forward to all graduating students, families and friends participating in this celebration.



– Photo courtesy El Paso Community College

NOT THIS YEAR – Unlike classes of past years the El Paso Community College Class of 2020 will not be able to gather in person for graduation ceremonies. This year the ceremonies will be a virtual event.

1973

47

Years

2020

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Publisher
Rick Shrum

Contributors
Alfredo Vasquez
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The failure of Black Lives Matter

Black Lives Matter came up with the single most effective political slogan of the year.

While no one was likely to be overly impressed with Joe Biden’s line, “Build Back Better,” and Donald Trump’s “Keep America Great” or “Make America Great Again, Again” didn’t have the resonance of the original 2016 version, BLM broke through the clutter with a catchphrase that was memorable, pungent – and utterly devastating to Democrats.

After a surprising Tory victory in the British parliamentary election in 1992, the pro-Tory tabloid The Sun famously boasted, “It’s the Sun Wot Won It.” In the same spirit, it could be said that in this year’s congressional election, “It’s ‘Defund the Police’ Wot Lost It.”

Democrats have an uphill battle to take the U.S. Senate – pending two Georgia run-offs – and suffered shocking setbacks in the House that drastically diminished their majority.

All over the map, Democrats got hammered on defunding the police, which couldn’t have been better designed to extract maximum political pain with zero upside.

Black Lives Matter has been

a stunning success in the elite culture. It won the obeisance of almost every major institution, from corporate America to sports leagues to colleges. It created a powerful, if dishonest, narrative of systemic police racism. It got invested with nearly a holy significance, such that criticizing it is considered at least a sin and perhaps a firing offense.

Much more importantly, at least for a time after the death of George Floyd in police custody in Minneapolis, it won the goodwill of a clear majority of Americans.

To take this position of strength and use it primarily to associate your allies with a politically radioactive position requires extraordinary strategic folly and heedless ideological fanaticism. BLM had both, in ample supply.

The notion of defunding the police had been rattling around the left for a long time, but the George Floyd protests took it mainstream. BLM pushed municipalities to actually act on the proposal.

Whenever someone tried to take the edge off defunding the police by redefining it as simply reallocating some law-enforcement dollars, defenders piped up to say, No, we really mean it. The New York Times ran

an op-ed against incrementalist interpretations, “Yes, We Mean Literally Abolish the Police.”

Predictably, Republicans took the weapon handed to them and used it, as Democrats would have done if a voluble faction on the right called for, say, abolishing child welfare agencies.

The effectiveness of the attack now has Democrats who are otherwise loath to speak ill of BLM complaining about what its catchy slogan did to the party.

After support for BLM surged last spring, positive feelings for it have been declining. A Pew Research report showed support for BLM dropping from 67% in June to 55% in September. Only 45% of white people expressed support for the movement.

Given that BLM elevated the dumbest, most self-destructive slogan in American politics in a very long time, and an even more atrocious policy, its numbers deserve to fall further. Advocates of defunding the police argued that setting out an



extreme position could have a political effect even if it had no chance of enactment.

They proved exactly right – just not how they expected.

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

Briefs

From Page 1

KY apparently figured out some time ago how to keep things civil when election time comes around. The main qualification for mayoral candidates is that they must be dogs – real dogs. This year Wilbur, a French

bulldog, defeated the incumbent Mayor Brynneth Pawltro, a pit bull, who had held the office since her election in 2017. The practice of having dogs serve as mayors goes back to 1988 when the Rabbit Hash Historical Society, which owns the town, decided it would be a great way to raise funds. There are no restrictions on who can

vote. You don’t even have to be a citizen. Anyone, anywhere in the world can cast a ballot, which must be accompanied by a dollar bill. This year the town raised \$22,985, the biggest take since Goofy Borneman-Calhoun, a mixed-breed dog, won the town’s first mayoral race.

– John Grimaldi

PUBLIC NOTICE

TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will not publish the last two weeks of December. The first issue of 2021 will be January 7.

The *West Texas County Courier* office will close beginning Wednesday, December 16, 2019. The office will open again on Monday, January 4, 2021.





– Photo courtesy Sun Bowl Association

OUT IN FRONT – The 84th edition of El Paso’s Sun Bowl Parade will be a virtual affair and will air on the KTSM television station as well as online, at ktsm.com, beginning at 10 a.m. (MST), on Thanksgiving Day. For over 40 years KTSM has partnered with the Sun Bowl Association to televise the annual parade and bring the family tradition into homes of residents in El Paso County and beyond. Oscar Leeser’s Hyundai of El Paso car dealership is helping continue the tradition by providing financial support. Above, Leeser walks in front of a float along last year’s parade route.

Parade

From Page 1

for the University of Texas at El Paso Miners. Alvin, a linebacker, spent a season with the Baltimore Ravens’ practice squad and is currently working out with other professional football teams including the Packers.

“If we can help reach someone, if we can help change the life of a young kid, that’s what matters,” Alvin said. “Not everyone is dealt the same hand. This project means a lot to me and my brother.”

Aaron stated that the family had talked about starting the foundation for a long time.

“Now, we have a focus to what we want to do. Both of us enjoy helping others and helping make people’s lives better,” he noted.

The Jones brothers are well known in El Paso for their community service. In recent years, they have held free youth football camps, donated bikes to local clubs, and worked with special needs children.

“One of the great thrills I get is to see kids from all over coming to our camp and getting a chance to learn the game and be around myself and the other campers,” Aaron said. “Working with the Special Olympics is unique; it is special. The people are amazing, and I learn so much from them,” he added.

“To be able to give back to the community

is important and means a lot to us, to our family. We have been so fortunate in our lives. We just try to help others as much as we can,” Alvin said. So, when the invitation was offered to be part of this year’s extraordinary virtual Sun Bowl parade, the twins gladly accepted.

The El Paso Sun Bowl Parade

The first Sun Bowl Parade was organized by The El Paso Downtown Lions Club in 1935. The parade was held on New Year’s Day from 1936 until 1978, that is when the event was rescheduled for Thanksgiving Day. The holiday pageant is planned, coordinated, and produced by volunteers and draws a crowd of over 250,000 spectators annually. The Sun Bowl Parade is the largest community event in the West Texas, New Mexico and Mexico area and brings together service clubs and civic organizations as well as various sectors of the business and industry communities.

Because of the pandemic, the Sun Bowl Association came up with a way to continue the 80-plus-year tradition of the Oscar Leeser’s Hyundai of El Paso Sun Bowl Parade, which runs on Thanksgiving morning.

Oscar Leeser stated that he considers the Sun Bowl parade an iconic El Paso event and that he remembers it as a kid and always loved it. “This year, with COVID-19, most parades across the country have been cancelled. I’m making sure the Sun Bowl Parade tradition continues by sponsoring the first ever Oscar Leeser’s Hyundai Of El Paso’s Virtual Parade, so our kids and families will get to enjoy it in safety... it’s worth every penny,” stated Leeser, whose Hyundai of El Paso company became the title sponsor in 2019 after being the title sponsor of the Sun Bowl football game for 10 years.

The theme for the 2020 parade is “Fan Favorites” and will feature units that will be invited from past parades. This year, the parade entries are by invitation only for all parade units due to the limited time available on the broadcast, parade officials explained. Units will include marching bands, floats, and specialty units- like Mariachis, Six Gun Shady Ladies, Sherriff’s Posse, and the Shriners.

“Due to the uncertainty with COVID, we want to give the El Paso community something to look forward to and continue an 84-year-old El Paso tradition,” said Sun Bowl Association President Natalia Flores. “The parade will go on for all to view in the comfort of their own homes. Thanks to Oscar Leeser and KTSM that will help make this a reality.”

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Strange BUT TRUE

By Lucie Winborne

• In March 1980, multiple female students at Southern California universities complained that someone had surreptitiously painted their toenails while they studied in the library. The perp, dubbed “Leonardo da Toenail,” was caught but released, since police hadn’t discovered him in the act. Apprehended again a year later, he was ordered to a hearing at the city attorney’s office but didn’t show up and was never seen again.

• There are 12 times more trees on earth than there are stars in the Milky Way.

• Academically gifted actress Sharon Stone skipped both kindergarten and first grade, entering second grade at age 5.

• In the early ‘90s, Pepsi owned 17 submarines, a cruiser, a frigate and a destroyer, due to a deal with the Soviet Union in which they exchanged soda for military equipment.

• The oldest known pet cat existed 9,500 years ago.

• Ever find yourself nodding off in a boring meeting? You might want to invest in a box of “Sleep Safe Tape,” a half-inch roll of transparent tape with pictures of eyes along its length that, as one source put it, allows users to “get the shuteye they need while appearing to be wide awake.” Of course, the game is up if you start to snore... .

• Abraham Lincoln was a skilled wrestler and was honored with an award from the National Wrestling Hall of Fame in 1992.

• At least six ravens are kept at the Tower of London at all times, due to an old superstition that says: “If the ravens leave the Tower, the Kingdom will fall.” The birds even have part of a wing clipped so if they do decide to fly around, they won’t get very far.

Thought for the Day: “The glow of one warm thought is to me worth more than money.” – Thomas Jefferson

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Moments in time

THE HISTORY CHANNEL

- On Nov. 23, 1966, Elvis Presley's 22nd film, "Spinout," in which Elvis played a singing-racecar-driver, opens in theaters.
- On Nov. 24, 1971, a hijacker calling himself D.B. Cooper parachutes from a Northwest Orient Airlines 727 into a raging thunderstorm over Washington state. He had \$200,000 in ransom money and was wearing only wraparound sunglasses, a thin suit and a raincoat. No trace of Cooper was ever found, but in 1980 a child found \$5,880 of the ransom money.
- On Nov. 25, 1990, after a howling wind and rainstorm on Thanksgiving Day, Washington state's historic floating Lacey V. Murrow Memorial Bridge slowly breaks apart and sinks to the bottom of Lake Washington. News crews captured the whole thing on camera.
- On Nov. 26, 1922, in Egypt's Valley of the Kings, British archaeologists become the first souls to enter King Tutankhamen's tomb in more than 3,000 years. Inside were several thousand priceless objects, including a gold coffin containing the mummy of the teenage king.
- On Nov. 27, 1868, Lt. Col. George Armstrong Custer leads an early-morning attack on a band of Cheyenne in Oklahoma. Custer did not attempt to identify the group of Cheyenne, or to make even a cursory reconnaissance. Had he done so, he would have discovered that they were peaceful people and the village was on reservation soil.
- On Nov. 28, 1582, William Shakespeare, 18, and Anne Hathaway, 26, pay a 40-pound bond for their marriage license in Stratford-upon-Avon. Six months later, Anne gives birth to their daughter, Susanna, and two years later, to twins.
- On Nov. 29, 1942, coffee joins the list of items rationed in the United States during World War II. Butter, sugar and milk had been rationed earlier. By the end of the year, cars were limited to 3 gallons of gas per week.

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Difference

From Page 1

the Every Student Succeeds Act (42 U.S.C. § 11431) and it establishes the definition of homeless used by U.S. public schools, and the educational rights to which children and youth experiencing homelessness are entitled. Thus, the McKinney-Vento 42 U.S.C. § 11434a(2) defines homelessness for children and youth to be as follows:

A. means individuals who lack a fixed, regular, and adequate nighttime residence...; and;

B. includes:

i. children and youths who are sharing the housing of other persons due to, economic hardship, or a similar reason; are living in motels, hotels, trailer parks, or camping grounds due to the lack of alternative adequate accommodations; are living in emergency or transitional shelters; or are abandoned in hospitals;

ii. children and youths who have a primary nighttime residence that is a public or private place not designed for or ordinarily used as a regular sleeping accommodation for human beings;

iii. children and youths who are living in cars, parks, public spaces, abandoned buildings, substandard housing, bus or train stations, or similar settings; and

iv. migratory children...who qualify as homeless for the purposes of this subtitle because the children are living in circumstances described in clauses (i) through (iii).

SEISD continues to work hard to assist students to obtain what they need to be academically successful. On November 20, 2020, SEISD social workers put together a drive-through to help families and students with backpacks filled with school supplies and personal hygiene products. Social worker Sylvia Graves said, "The primary goal of the McKinney-Vento Program with the San Elizario District is to ensure that

each student has the same access to free appropriate public education as any other student, and to remove barriers so students can receive the help they need."

Each backpack includes several school supplies such as folders, dividers, pens, pencils, erasers two packs of notebook paper, a pocket dictionary and thesaurus, sharpeners, highlighters, glue, colored markers, colored pencils, scissors, two spiral notebooks, a journal and at least one binder and books. The personal care product bags also include toiletries such as shampoo and conditioner, deodorant, lotion, soap, a comb and brush and a toothbrush and toothpaste. As a result of the pandemic, hand sanitizer was included in the bags. Social worker Teresita Parra said, "Each child needs their supplies. There are so many uncertainties about the future. Because of the pandemic, we have many parents who have lost a job or income so right now, it is important to get these supplies to students." About 78 backpacks have been filled so far.

Canutillo Independent School District Statement of Revenues, Expenditures and Changes in Fund Balance Governmental Funds For the Year Ended June 30, 2020				
Data Control Codes	10 General Fund	50 Debt Service Fund	Other Funds	Total Governmental Funds
REVENUES:				
5700 Total Local and Intermediate Sources	\$ 26,451,875	\$ 8,829,446	\$ 540,311	\$ 35,821,632
5800 State Program Revenues	34,827,435	184,144	1,183,428	36,195,007
5900 Federal Program Revenues	7,014,358	–	4,356,830	11,371,188
5020 Total Revenues	68,293,668	9,013,590	6,080,569	83,387,827
EXPENDITURES:				
Current:				
0011 Instruction	35,823,094	–	1,896,671	37,719,765
0012 Instructional Resources and Media Services	770,900	–	188,747	959,647
0013 Curriculum and Instructional Staff Development	723,390	–	754,091	1,477,481
0021 Instructional Leadership	840,200	–	306,722	1,146,922
0023 School Leadership	3,407,859	–	641,542	4,049,401
0031 Guidance, Counseling and Evaluation Services	2,257,201	–	79,735	2,336,936
0032 Social Work Services	184,273	–	5,573	189,846
0033 Health Services	968,504	–	49,970	1,018,474
0034 Student (Pupil) Transportation	2,266,130	–	885,352	3,151,482
0035 Food Services	4,533,875	–	19,698	4,553,573
0036 Extracurricular Activities	1,485,182	–	206,295	1,691,477
0041 General Administration	2,681,567	–	517,871	3,199,438
0051 Facilities Maintenance and Operations	6,599,583	–	538	6,600,121
0052 Security and Monitoring Services	890,074	–	–	890,074
0053 Data Processing Services	1,740,219	–	261,059	2,001,278
0061 Community Services	24,177	–	432,705	456,882
Debt Service:				
0071 Principal on Long Term Debt	311,869	4,455,000	–	4,766,869
0072 Interest on Long Term Debt	90,058	3,419,868	–	3,509,926
0073 Bond Issuance Cost and Fees	–	368,246	–	368,246
Capital Outlay:				
0081 Facilities Acquisition and Construction	634,665	–	715,551	1,350,216
Intergovernmental:				
0099 Other Intergovernmental Charges	396,711	–	–	396,711
6030 Total Expenditures	66,629,531	8,243,114	6,962,120	81,834,765
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	1,664,137	770,476	(881,551)	1,553,062
OTHER FINANCING SOURCES (USES):				
7911 Refunding Debt Issued	–	22,980,000	–	22,980,000
7912 Sale of Real and Personal Property	1,277,886	–	–	1,277,886
7916 Premium or Discount on Issuance of Bonds	–	1,086,508	–	1,086,508
8949 Other (Uses) Placed in Escrow for Refunded Bonds	–	(23,691,681)	–	(23,691,681)
7080 Total Other Financing Sources (Uses)	1,277,886	374,827	–	1,652,713
1200 Net Change in Fund Balances	2,942,023	1,145,303	(881,551)	3,205,775
0100 Fund Balance – July 1 (Beginning)	19,155,641	6,847,623	1,779,576	27,782,840
3000 Fund Balance – June 30 (Ending)	\$ 22,097,664	\$ 7,992,926	\$ 898,025	\$ 30,988,615

By Steve Escajeda
Special to the Courier

Answer Page 4

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



CPAP could help with sleep apnea

DEAR DR. ROACH: How are sleep apnea, sighing and heart failure related? Recently, I was told that I have severe sleep apnea and that I must use a CPAP machine. I have noticed that during the day I frequently take a spontaneous deep breath. Is that sleep apnea while awake? I have coronary heart disease and have three stents. Will the CPAP machine help me in any way? – A.P.



It's complicated. By far, the most common type of sleep apnea is obstructive sleep apnea. This happens in people who are overweight, or in people whose neck anatomy predisposes them to the condition. During sleep, the upper airway collapses, preventing proper inspiration. This can be noticed by a sleep partner as choking, gasping or just not breathing for a prolonged time. The person eventually will wake up enough, due to lack of oxygen, to be able to take in a good breath, but will then fall back asleep. The process may happen hundreds of times a night, with the person often unaware.

Sleepiness during the day (from never sleeping properly at night) and snoring are the most common symptoms of obstructive sleep apnea. A CPAP (continuous positive airway pressure) machine, which uses high pressure to keep the airway open, is the most common initial treatment for obstructive sleep apnea.

In severe sleep apnea, the oxygen level in the blood can be so low for so long that the heart and lungs can be damaged, eventually leading to a type of heart failure of the right side of the heart.

However, the situation is even more complex. People who have other kinds of heart failure, such as from repeated heart attacks, can develop the less common form of sleep apnea, central sleep apnea. Although this also may be treated by CPAP, it is critical to treat the underlying heart failure as well. Your doctor can tell you whether you have central or obstructive sleep apnea.

Spontaneous deep breaths, sighs, are a part of normal human physiology. Sighs have several purposes, but the most important is to help keep the lungs properly expanded. Sighs might be more common in people with heart failure, but I do not know of any correlation with sleep apnea.

DEAR DR. ROACH: Are deodorants containing aluminum safe to use? The brands that do not contain aluminum are much less effective. I am concerned about absorbing the aluminum from the deodorant and its effect on the brain. – D.M.

That's a myth. The amount of aluminum in antiperspirants is negligible. Deodorants that aren't also antiperspirants don't contain aluminum. The aluminum mechanically blocks the sweat glands in the armpit, and 99.99% of it is not absorbed into the body. Long-term studies of people taking aluminum-based antacid (which is also poorly absorbed) have shown no increased risk of dementia. The body has several ways of removing the small amounts of aluminum we absorb, mostly via the kidneys. Aluminum toxicity IS a potential problem for people with kidney disease on dialysis, but the small amounts of aluminum in antiperspirants is too small to worry about even in those cases.

There is absolutely no reason to be concerned about the health effects of aluminum on the brain..

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.



Buckle up every rider for every trip. State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com





Moore Texas by Roger MOORE
In 1862, 1,500 California volunteers known as “the California Column” marched to Texas to fight Confederates.

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: A equals O

BD H KARY ADDBXN
LEJPNV VAIP, B KJNREWN
BY IAETV TAAF TBFN
H XHRN AD LTHXFWHBT.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

		7			1		6	
4			3					1
	6			8		5		
	8		5	6			3	
		3			4			2
9			1			8		
		2			5	7		
7			4				5	
	1			2				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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Blue Water sailors and Agent Orange



by Freddy Groves

Blue Water sailors, heads up. The Department of Veterans Affairs has now made it easier for you to file a claim for Agent Orange exposure. Starting Jan. 1, 2020, The Blue Water Navy Vietnam Veterans Act of 2019 (PL 116-23) extends coverage to those who weren’t inland but were shipboard. The difficulty has been gathering all the records and logs required to prove your location.

Now the National Archives and Records Administration has digitized declassified Navy and Coast Guard deck logs (aka ship or captain’s logs) from 1956-1978 and put them online to make it easier for veterans to validate their claims. This includes the hospital ship USS Sanctuary.

Some particulars:

• If you were within 12 nautical miles of the coast of Vietnam from Jan. 9, 1962 to May 7, 1975, or in the Korean

Demilitarized Zone between Jan. 1, 1967 and Aug. 31, 1971, you qualify.

• If you have any of these medical conditions, you qualify: AL amyloidosis, chronic B-cell leukemias, chloracne, diabetes mellitus Type 2, Hodgkin’s disease, ischemic heart disease, multiple myeloma, non-Hodgkin’s lymphoma, Parkinson’s disease, peripheral neuropathy, porphyria cutanea tarda, prostate cancer, respiratory cancers and soft tissue sarcomas.

• If you’ve never filed, go ahead and do it quickly. Use VA Form 21-526EZ, Application for Disability Compensation and Related Compensation Benefits. If you did file and were turned down, try again, and use VA Form 20-0995, Decision Review Request: Supplemental Claim. Payment is retroactive to when you first filed. Priority is given to those with a terminal condition.

For more information, go online to www.benefits.va.gov/benefits/blue-water-navy.asp and click on everything. Go to va.gov (put blue water navy in the search box). See the

digitized records at catalog.archives.gov.

Remember: Agent Orange was in the water you drank onboard and the shower water you stood under. It was in your coffee, your laundry... even if your ship had a water supply system to convert seawater.

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• Yard sales sponsored by churches and other charities can be a great source of bargains, especially at this time of year. Since they are a fundraiser, usually with donated items, they are motivated to sell, even if it’s at a lower price. Oftentimes you can get items that still have tags, which make great gifts.

• “If your toothpaste is almost done, just snip off the top and dip your brush in the container. There’s usually more in the tube.” – T.D. in Kentucky

• If someone has written on your dry erase board with a permanent marker, try writing over it with a dry erase marker. Sometimes this works to remove the permanent marker.

• “If you are inundated by paper, here are some things you can do to at least stem the tide: First, if you can’t bear to shred something because you think it might be important, scan it first. If you’re the kind of person who prints out and saves things like online bill payment receipts, print to PDF and save it electronically.” – W.L. in Illinois

• “It’s really annoying when I put a shirt on or take one off and I get foundation on the collar. When that happens, I use shaving cream to remove it. After removing the garment, I squirt a dollop of shaving cream on the stain and rub it in. Sometimes I try to use a paper towel to remove some of it before I put it in the washer. Always check it before you put it in the dryer!” – L.M. in Washington

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

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

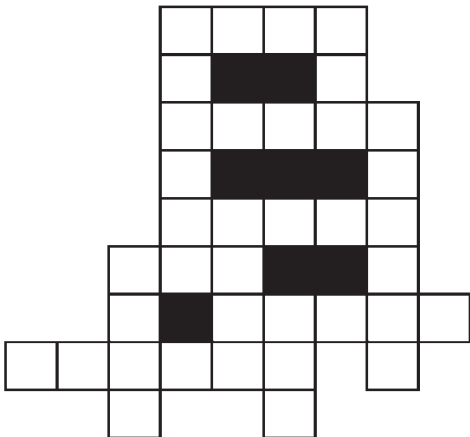
	x		-		29
+		x		x	
	x		-		17
x		+		+	
	+		x		15
28		17		26	

1 2 3 4 4 5 6 7 8

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IRF
TEDOHM
LOMBO
♥ASMH
KALLIA
ELY
♥AVLE
TOFOA
OMO
BYSWUA
VATRE
♥EKLA



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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