



NEWSBRIEFS

Socorro ISD job fair

The Socorro Independent School District is seeking highly qualified individuals to join Team SISD as a substitute teacher or substitute employee health clinic personnel. The job fair will be conducted virtually via Microsoft Teams from 8:30 a.m. to 3:30 p.m. June 10. Participants must register for the job fair by visiting www.sisd.net and clicking on the job fair story by 4 p.m. on June 4. A registration link is provided. For more information regarding the Job Fair, contact Karla Leyva at kleyva06@sisd.net, Amanda Rey Palafox at arey04@sisd.net or Elva Chávez at echave1626@sisd.net.

— Christy Flores-Jones

Socorro ISD holds community meetings

The Socorro Independent School District will be having virtual and in-person community meetings to receive stakeholders' input on the the district's 2021-2022 back to school planning. Parents of students in elementary, middle, and high schools in Team SISD may join the meetings by visiting www.sisd.net and clicking on the community meetings story. Links for each meeting are provided.

— Christy Flores-Jones

Military appreciation

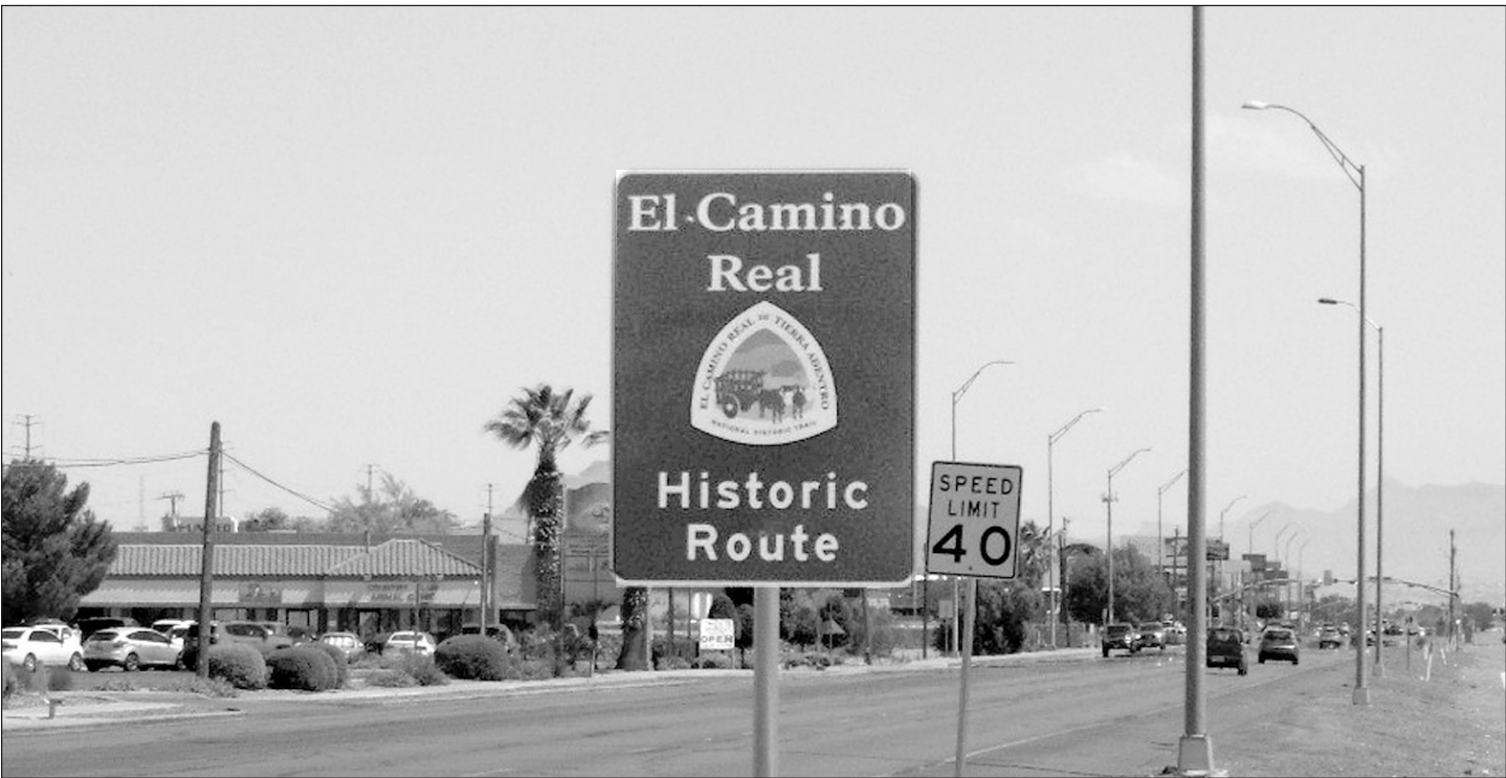
With May being Military Appreciation Month and the U.S. planning to withdraw all troops from Afghanistan this year, the personal-finance website WalletHub has released its report on 2021's Best & Worst States for Military Retirees, as well as accompanying videos, along with its Memorial Day Facts infographic. To help our troops plan their years after service, WalletHub compared the 50 states and the District of Columbia across 30 key indicators of retirement-friendliness toward veterans. The data set ranges from job opportunities for veterans to housing affordability to quality of VA hospitals. Texas was rated 21st in the report, ranking (1-Best; 25-Avg.):

- 43rd – Veterans per Capita;
- 5th – Number of VA Health Facilities per Number of Veterans;
- 30th – Percent of Homeless Veterans;
- 16th – Veteran Job Opportunities;

See BRIEFS, Page 4

A person can save himself from many hard falls by refraining from jumping to conclusions.

— Quips & Quotes



— Photo by Alfredo Vasquez

MARKED – More than 100 signs, like the one in the photo above, mark the National Historic Trail, known as the Camino Real de Tierra Adentro (The Royal Road of the Interior Land) that traverses across El Paso County.

El Paso County's royal road

Camino Real de Tierra Adentro is one of two National Historic Trails in Texas

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A little noticed and under-appreciated symbol of El Paso County's uniqueness are the road signs that identify the El Camino Real de Tierra Adentro (Royal Road of the Interior Land) as it meanders through this area. For centuries, millions of travelers have passed through this region walking or riding the trail, which extends from San Elizario to San Juan Pueblo, north of Santa Fe in New Mexico.

The historic route was designated a National Historic Trail by the National Park Service (NPS) in 2000; it is the earliest Euro-American trade route in the United States and continues south to Mexico City, Mexico.

Despite the historic trail's significance in the region, however, El Paso County had no signs that marked the unique route until a couple of years ago when county commissioners worked out an agreement with the Texas Department

of Transportation (TXDOT) to have the signs made and installed.

The signage effort, which was led by former County Commissioner Vince Perez, provided about \$1.5 million from the county's vehicle registration fee to pay for the signs and installation. TXDOT installed about 130 signs along the route in El Paso County, according to the former commissioner.

Because most of the sign locations were identified on roadways maintained by TXDOT, El Paso County officials stated that the county had to get TXDOT's approval before they could move on the project, as well as being able to utilize TXDOT's manpower to install the markers.

The county's portion of the route begins at the state line with New Mexico, comes down Doniphan Drive, then turns into Paisano Drive. It passes through Downtown and the Chamizal area and continues onto the César Chávez Border Highway. Then, the winding path turns onto Padres Drive and then Alameda Avenue until it meets Zaragoza Road, near the Ysleta Mission. The trail follows onto

Socorro Road all the way to the border fence in San Elizario.

County officials, at the inception of the sign project, cited that the purpose of the project was to make sure that the trail is functional and that the signs are along the actual path that millions of travelers have been following throughout the centuries.

Prior to its implementation, the project was reviewed by NPS, representatives of the El Paso County Historical Commission, and El Paso Community Foundation. The three partners helped develop the plan, along with TxDOT and the Camino Real Regional Mobility Authority (CRRMA), county officials stated. The project's specifications were managed and developed by CRRMA.

During the proposal phase of the project, Perez said that the placement of the signs is significant because El Paso is where the Camino Real trail begins in the United States. He added that these signs are important not only for heritage tourism but also because the Camino Real pathway is a National Historic Trail that was sanctioned by the U.S. Congress.

NPS officials affirmed that El Camino Real is a symbol of the early cultural interaction between nations and multiple ethnic groups in the Southwest. They noted that the commercial and social exchanges that occurred over the centuries helped create the rich cultural mix that is still present today in the American Southwest.

The United States' segment of El Camino Real de Tierra Adentro spans 404 miles between San Juan Pueblo, New Mexico, and the present-day U.S. border with Mexico at the bustling Juarez and El Paso metroplex. It is the earliest

San Eli ISD names top teachers, employee

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – The San Elizario Independent School District (SEISD) held its second virtual 2021 Teacher and Employee of the Year Awards Ceremony “A Night of Champions” on Friday, May 7, 2021. All

of the outstanding teachers and employees were applauded by colleagues for their dedication to the students of SEISD.

Ms. Marisela Corral from Lorenzo G. Alarcon Elementary School was chosen as the Elementary Teacher of the Year. Ms. Marilyn Gomez from Ann Garcia Middle School was selected as the Secondary Teacher of the Year. And Ms. Blanca Guerrero from Lorenzo G. Alarcon Elementary School was named the District Employee

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See CAMINO, Page 6

1973

48

Years

2021

WEST TEXAS COUNTY

COURIER

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Marisela Corral

San Eli ISD

From Page 1

of the Year. As winners, Corral and Gomez will now advance to represent the SEISD at the local ESC Region 19 Teacher of the Year competition that will take place later in the summer. When asked about her message,

Marilyn Gomez

Corral said, “Speech is our most powerful tool and we need to teach our students to not be afraid of speaking up.”

Corral has served the SEISD and community for six years. She started in 2015 as third grade bilingual teacher and is currently a 5th grade teacher. She sponsors the Garcia-Enriquez Middle School Cheerleaders. She is a graduate of the University of Texas at El Paso (UTEP) with a Bachelor’s degree in Interdisciplinary Studies.

Gomez began her journey in the SEISD in 2015 and is currently a 7th and 8th grade science teacher and sponsors UIL Science.

Blanca Guerrero

Gomez holds an Associate of Arts from El Paso Community College (EPCC) and a Bachelor of Interdisciplinary Studies in Education from the UTEP. When asked what she would want to communicate, Ms. Gomez said, “Sometimes, we just need to breathe and remember who is watching and learning from us.”

Guerrero joined the SEISD in 2019 as a school librarian. She previously held the role of an ELAR teacher and also served as an instructor with EPCC. Guerreros’s message to fellow colleagues is, “We are all part of the same team, and each student success is a win for all of us.”

– Photos courtesy San Elizario ISD

Public Notice / Aviso al Público Canutillo Independent School District

Summer Meal Program 2021/ Programa de Servicio de Alimentos para el Verano 2021

Canutillo Independent School District is participating in the Seamless Summer Option. Meals will be provided to all children 18 and under without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the bellow school sites, dates and times as follows:

Distrito escolar Independiente de Canutillo está participando en el Programa de Servicios Alimentos de Verano. Las comidas se proporcionará a todos los niños de 0 a 18 años sin cargo y por igual a todos los niños sin importar raza, color, origen nacional, sexo, edad o discapacidad, y no habrá ningún tipo de discriminación en el servicio de comida. Las comidas se proporcionará en los sitios y horarios siguientes:

<u>Campus/Facility</u>	<u>Address</u>	<u>Dates (weekdays only)</u>
<u>Campus/Instalaciones</u>	<u>Dirección</u>	<u>Fechas (Sólo los días laborables)</u>
Northwest Early College HS	6701 South Desert Blvd.	June 1 - June 30
Aldrete Middle School	801 Talbot Rd.	June 14 - June 24
Bill Childress Elementary School	7700Cap Carter Rd.	June 14 - June 24
Canutillo Elementary School	651 Canutillo Ave.	June 14 - June 24
Canutillo High School	6675 South Desert Blvd.	June 14 - July 2
Davenport Elementary School	8401 Remington Dr.	June 14 - June 24
Garcia Elementary School	6550Westside Dr.	June 14 - June 24
Jose Damian Elementary School	6300 strahan Rd.	June 14 - June 24
Reyes Elementary School	7440 Northern Pass	June 14 - June 24

Contact (915) 877-7495 for serving times. / Contactar (915) 877-7495 para horas de servicio.

Dates and times may be extended by the District. / Fechas y tiempos puede ser extendido por el distrito.

To file a complaint of discrimination, write or call immediately to:
Para presentar una queja sobre discriminación,
escriba o llame inmediatamente a:

USDA, Director, Office of Adjudication
1400 Independence Avenue S.W.
Washington, D.C. 20250-9410

Or call toll free (800) 795-3272 or (202) 720-6382 (TTY) USDA is an equal opportunity provider and employer.

O llamar gratis al (800) 795-3272 o (202) 720-6382 (TTY) USDA es un proveedor de igualdad de oportunidades y el empleador.

WTCC: 05-27-21

Food for thought By John Grimaldi

The jury is still out on marijuana and aging pains

“More and more states are legalizing the use of cannabis (marijuana) and more and more seniors are using it to deal with the aches and pains of aging. Some have the consent of their physicians while others are tempted simply because ‘they hear it works.’ But, according to medical professionals, its use comes with risks,” warns Rebecca Weber, CEO of the Association of Mature American Citizens (AMAC).

Weber cites a report in Medical News Today, that lists those risks, not the least of which is using “unregulated” cannabis that might be available in legalized marijuana shops simply because the “weed,” as some call it, can be contaminated. Meanwhile, there is the danger that its use can impair your judgment, affect your immune response, cause memory loss and even cause testicular cancer, not to mention gum disease.

According to the National Institute on Drug Abuse, which is an arm of the National Institutes of Health: “Marijuana is the most commonly used addictive drug after tobacco and alcohol.” And, in addition to the dangers listed in the Medical News report, it can make you grouchy, cause sleepless nights, impair your appetite and cause anxiety.

Doctor Marc Agronin, chief medical officer at the MIND Institute at Miami Jewish Health, recently wrote a special report on the growing use of marijuana based products among the elderly. And, in conclusion Agronin said “The bottom line is that more rigorous scientific study using randomized controlled trials is needed to substantiate the proposed benefits of cannabis and more fully understand the range and impact of common adverse effects.”

He noted since the legalization of marijuana started spreading across the country, merchants and distributors have sought to increase sales by hyping its benefits. But he says, some of the claims that are made may have some basis in fact. He cites a study that found the use of a THC and CBD oral spray for peripheral nerve pain “was well tolerated (by users) and showed a trend toward improvement in pain and sleep.” (THC and CBD are two

Archives: www.wtxcc.com

See AGING, Page 4

No, Israel is not an apartheid state

The charge of apartheid is the new blood libel.

As Hamas rains rockets down on Israel, members of the Squad in Congress and other left-wing enemies are using the occasion to amplify their accusation that Israel is an “apartheid state.”

This is a transparent attempt to delegitimize – and isolate and ultimately destroy – the Jewish state by associating it with a racist regime that the world united to squeeze out of existence.

Rashida Tlaib, the Democratic congresswoman from Michigan, says that Israel is “promoting racism and dehumanization” under an “apartheid system,” and Rep. Ilhan Omar of Minnesota refers to “Israel’s apartheid government.”

The charge is given a patina of legitimacy by Human Rights Watch, which recently issued a 213-page report devoted to the allegation, and other anti-Israel organizations that understand the accusation’s potential power to define Israel out of the circle of advanced democracies.

It doesn’t take much moral discernment to understand, even if one takes a harshly critical view of how Israel conducts itself, that it is nothing like an apartheid regime in South Africa that depended on a rigorously

enforced system of racial repression.

The Arab minority in Israel (about 20% of the population) may face obstacles, but it is not treated like black South Africans.

Rep. Alexandria Ocasio-Cortez of New York and her ideological compatriots tweeted the other day, “Apartheid states aren’t democracies,” which nailed the point, just not the way they intended.

Israel is a democracy that affords its Arab citizens full rights. They vote in elections and Arab parties sit in parliament. These parties obviously have a profoundly different worldview than the Zionist parties, which has been a barrier preventing cooperation between them. But this year, in a first, Arab parties were part of the negotiations over forming a new government before they broke down.

Arab Israelis are full participants in Israeli society. There are Arab justices on the Supreme Court. About 20% of doctors in Israel and about half of pharmacists are Arab. Roughly 17% of students seeking an undergraduate degree are Arab, a number has roughly doubled over the last decade.

As Steve Kramer of The Times

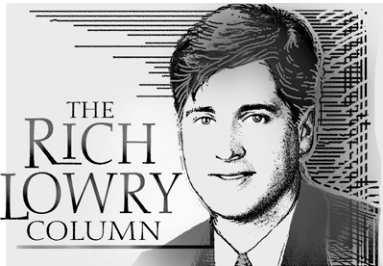
of Israel puts it, “They arguably are the most free Arabs in the Middle East.”

Then, there are the Palestinian territories, where there is a marked lack of democracy courtesy of the Palestinians themselves.

Palestinian president Mahmoud Abbas, who is still serving a

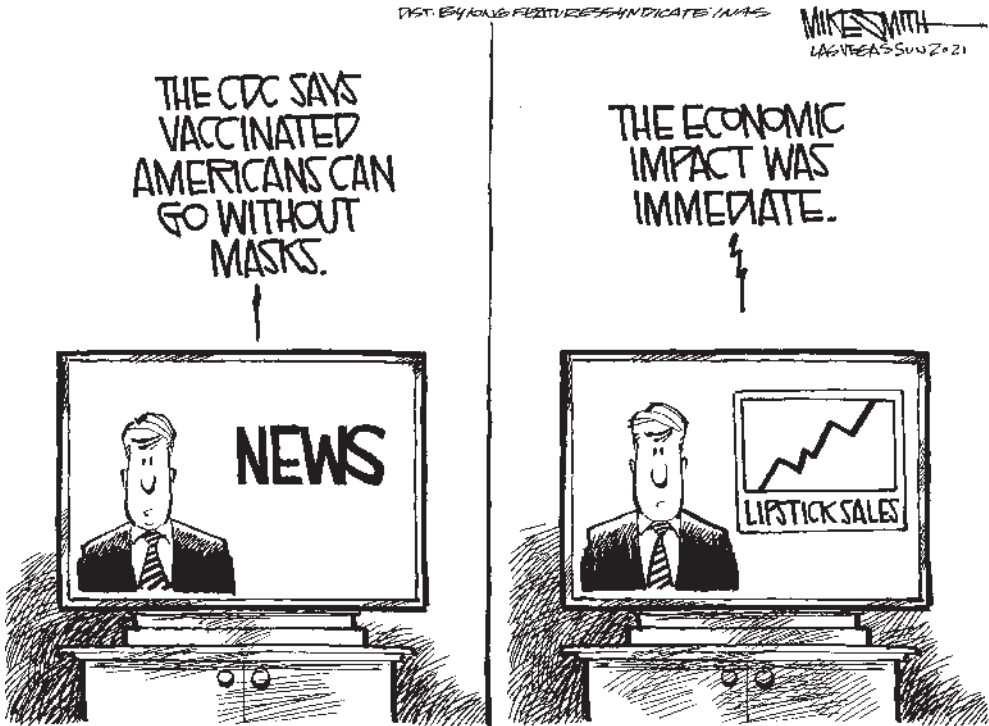
four-year term that began about 15 years ago, cancelled new elections scheduled for May 22. He found a way to blame Israel for this move, of course, but the bottom line is that his party, Fatah, feared Hamas would win, as it did in the last Palestinian election back in 2006.

The Palestinians have made



postponing elections into a high political art, in keeping with the lack of democratic accountability

See LOWRY, Page 7



CLINT ISD WILL SERVE UP GOOD NUTRITION FOR LOCAL CHILDREN THIS SUMMER

CLINT ISD SERVIRÁ UNA BUENA NUTRICIÓN PARA NIÑOS LOCALES ESTE VERANO

Bringing healthy summer meals to the Clint, Horizon, and Montana Vista areas ensures kids have a healthy summer break and return to school ready to learn.

Llevar comidas de verano saludables a las áreas de Clint, Horizon y Montana Vista asegura que los niños tengan unas vacaciones de verano saludables y regresen a la escuela listos para aprender.

This summer, the Clint Independent School District will connect children 18 and younger and enrolled students with disabilities up to 21 years old with healthy, no-cost summer meals. The Summer Food Service Program (SFSP) is a U.S. Department of Agriculture nutrition program administered in the Lone Star State by the Texas Department of Agriculture (TDA). For the children who rely on school meals during the academic year, these meals offer a source of good nutrition when school is out during the summer months.

Este verano, el Distrito Escolar Independiente de Clint conectará a los niños de 18 años o menos y a los estudiantes matriculados con discapacidades hasta los 21 años con comidas de verano saludables y sin costo. El Programa de Servicio de Alimentos de Verano (SFSP) es un programa de nutrición del Departamento de Agricultura de los EE. UU. Administrado en el estado de Lone Star por el Departamento de Agricultura de Texas (TDA). Para los niños que dependen de las comidas escolares durante el año académico, estas comidas ofrecen una fuente de buena nutrición cuando no hay clases durante los meses de verano.

“The Clint, Horizon, and Montana Vista area children need good nutrition year-round, so they can learn, grow and succeed in life,” said Rocio D. Salinas, SFE General Manager. “With nearly 2 million food-insecure children living in Texas, these healthy meals are vital to nourishing young Texans during the summer vacation.”

“Los niños del área de Clint, Horizon y Montana Vista necesitan una buena nutrición durante todo el año, para que puedan aprender, crecer y tener éxito en la vida”, dijo Rocio D. Salinas, Gerente General de SFE. “Con casi 2 millones de niños con inseguridad alimentaria viviendo en Texas, estas comidas saludables son vitales para nutrir a los jóvenes tejanos durante las vacaciones de verano.”

CLINT AREA

ÁREA DE CLINT

Clint High School
13890 Alameda Ave., Clint, TX 79836
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 p.m.

Junio 7-18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21 a Julio 3 Y Julio 13-16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

Clint Junior High School
12625 Alameda Ave., Clint, TX 79836
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 pm.

Junio 7-18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21 a Julio 3 Y Julio 13-16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

William D. Surratt Elementary School
12675 Alameda Ave., Clint, TX 79836
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 -18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

HORIZON AREA

ÁREA DE HORIZON

Horizon High School
14651 Horizon Blvd., El Paso TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 p.m.

Junio 7-18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 3 Y Julio 13-16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

Horizon Middle School
400 North Kenazo Drive, El Paso, TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

Ricardo Estrada Middle School
851 South Darrington Rd., El Paso, TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

Desert Hills Elementary School
300 N. Kenazo Drive, El Paso, TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 p.m.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 3 Y Julio 13-16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

Frank Macias Elementary
14400 Golden Eagle Dr., El Paso, TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 a Junio 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21 a Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

Carroll T. Welch Elementary School
14510 McMahon Ave., El Paso, TX 79928
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

MONTANA VISTA AREA

ÁREA DE MONTANA

Mountain View High School
14964 Greg Dr., El Paso, TX 79938
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for

meals. Visit a nearby school for meal pick-up.
Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

East Montana Middle School
3490 Ascension Rd., El Paso, TX 79938
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 p.m.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 3 Y Julio 13-16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

Red Sands Elementary School
4250 O’Shea Rd., El Paso, TX 79938
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 16, 2021 – Campus will be closed for meals. Visit a nearby school for meal pick-up.

Junio 7 - 18, 2021- Habra entrega de comida en el autobús – Rutas disponibles en el sitio web de Clint ISD
Junio 21- Julio 16, 2021 – Esta escuela estará cerrada para las comidas. Visite una escuela cercana para recoger la comida.

Montana Vista Elementary School
3550 Mark Jason Dr., El Paso, TX 79938
June 7-18, 2021 – Bus meal delivery. Meal routes available on the Clint ISD website.
June 21 - July 3 & July 13-16, 2021 – No bus meal delivery. Campus pick up of grab-and-go meal from 10:45 a.m. to 12:15 p.m.

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Junio 21- Julio 3 Y Julio 13 - 16, 2021- No se entregarán comidas en el autobús. Comida disponible en está escuela para llevar a casa de 10:45 a.m. a 12:15 p.m.

Note: Clint ISD Early College Academy, 13100 Alameda Ave. Clint, TX 79836, will be closed for summer meals. Meals will be available at surrounding Clint campuses. All Clint ISD campuses and offices will be closed July 5-9, 2021.

Nota: Clint ISD Early College Academy, 13100 Alameda Ave. Clint, TX 79836, estará cerrada para las comidas de verano. Las comidas estarán disponibles en las escuelas cercanas. Todos las escuelas y oficinas de Clint ISD estarán cerrados del 5 al 9 de julio de 2021.

For more information about Clint ISD summer meals, please call (915) 926-4980.

Para obtener más información sobre las comidas de verano de Clint ISD, llame al (915) 926-4980.

Clint Independent School District is one of the nonprofit organizations partnering with TDA to serve meals across Texas. Families are encouraged to use these three tools to find a meal site anywhere in the state:

- Call 2-1-1 to speak to a live operator
- Visit www.SummerFood.org for an interactive site locator map
- Text FOODTX or COMIDA to 877-877

Clint ISD” es una de las organizaciones sin fines de lucro que se asocia con TDA para servir comidas en todo Texas. Se anima a las familias a utilizar estas tres herramientas para encontrar un sitio para comer en cualquier parte del estado:

- Llame al 2-1-1 para hablar con un operador en vivo
- Visite www.SummerFood.org para obtener un mapa de localización de sitios interactivo
- Envíe un mensaje de texto con FOODTX o COMIDA al 877-877

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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



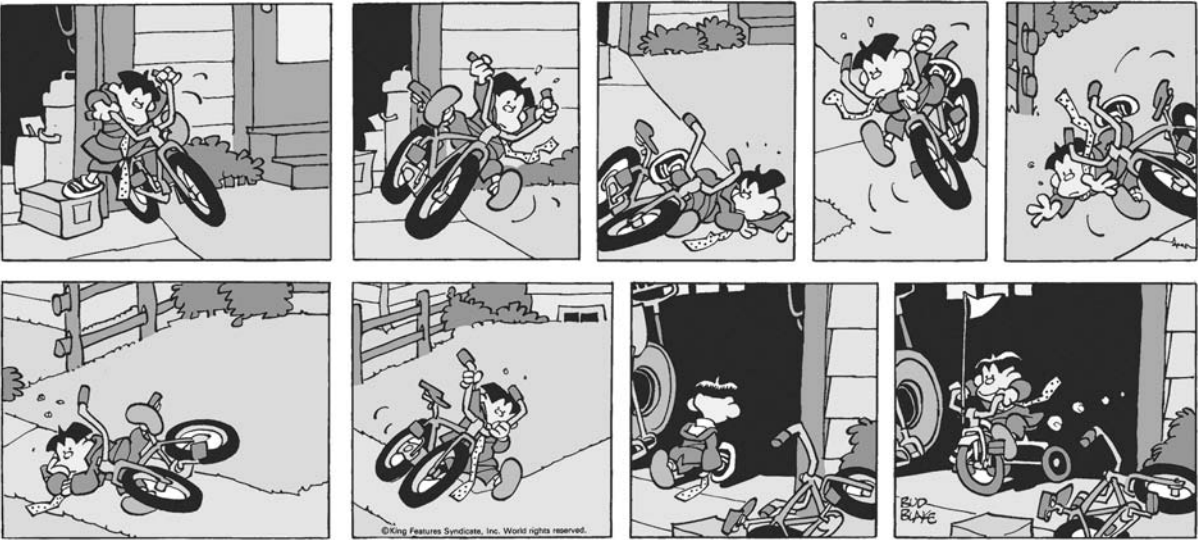
THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 3

in other neighboring Arab states. How Israel should handle the threat of another terror state devoted to its destruction arising on its borders is, any fair-minded person should concede, an inherently difficult question.

It has offered the Palestinians a state twice, in 2000 and 2008, to no avail. Israel evacuated the Gaza Strip entirely in 2005. It can't be blamed for Hamas winning the elections in 2006, taking over Gaza in a coup against Fatah a year later, and misgoverning the territory ever since, with an emphasis on using it as a base from which to

wage war against Israel. Much is made of its border controls in Gaza and the West Bank, but a border isn't a denial of citizenship rights, rather a demarcation between two societies. If the Palestinians would ever accept the right of Israel to exist and embrace a program of peaceful development, they'd get their own sovereign state.

Myasthenia gravis hits nerve/muscle juncture

DEAR DR. ROACH: What can you tell me about myasthenia gravis? My dear friend was diagnosed with it and hospitalized for eight days. She is able to walk and move about, but now, six weeks later, she is still on a liquid diet and unable to move any of her facial muscles. – I.M.



Myasthenia gravis, from the Latin and Greek for “serious muscle weakness,” is an autoimmune disease that attacks the connection of nerves to muscles. Specifically, the body attacks the acetylcholine receptor or its associated proteins, where nerves connect to skeletal muscles. This causes weakness of the muscles and increased susceptibility to fatigue.

The diagnosis of MG is suggested by typical symptoms, the most common of which are eye symptoms like double vision or droopy eyelid (ptosis). A smaller number of people will have symptoms that involve eating and chewing – this sounds like your friend’s primary problem – and a few will have weakness in the limbs, neck or face, or of the breathing muscles. The diagnosis is usually confirmed by blood testing, but a few people will need more sophisticated testing, such as an electrical muscle stimulation test.

MG commonly affects women under 40 and men over 60, but it can occur in any age group. The thymus, an immune organ that is located in the upper chest behind the sternum (breastbone), is an important origination point for MG, and 10% to 15% of people with MG have tumors of the thymus. Surgical removal of the thymus is often performed to improve symptoms.

In addition to removal of the thymus, there are three other types of treatment for MG. The first is medicines that help the nerve-muscle receptor work better, such as pyridostigmine. This starts working within minutes. The second is treatments to get rid of the antibodies attacking the receptor. Plasmapheresis, the physical removal of antibodies, takes a few days to start working; intravenous immune globulin takes a week or two to work. It’s not clear exactly how these work in MG. The third type, anti-immune system drugs, take much longer: a few weeks for prednisone but several months at least for others, such as cyclosporine and mycophenolate.

Your friend is in a period where many of the treatments have not had time to work yet, and I expect that she will get better as the treatments take hold. Her doctors may be talking to her about removing the thymus, but she needs to be well controlled before surgery. Some experts use plasmapheresis or immune globulin to get good control quickly before surgery, especially in people whose symptoms involve eating and facial functions.

You can read more at www.tinyurl.com/NIHmyasthenia.

DEAR DR. ROACH: I read that people are not being paid for donating blood anymore. Is this true? – R.F.T.

Yes. Blood donation is not compensated. Plasma donation, on the other hand, often is compensated. Plasma, which contains the proteins in the blood, can be highly purified so that there is no risk of infection, as opposed to blood – every precaution is taken to reduce infection, but it can never be brought to zero.

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) 2021 North America Synd., Inc. All Rights Reserved.

Instead, they want to wipe Israel from the map, and are getting an assist from purveyors of the malicious lie that Israel is morally indistinguishable from the old, racist South Africa.

Rich Lowry is editor of the National Review. (c) 2021 by King Features Synd., Inc.

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



Moore Texas by Roger Moore
May 26, 1900: The Frontier Battalion of the Texas Rangers is dissolved!

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: O equals N

FL UTD I.S. YDWD UM RM
YFGI MO UTD SMA, F PBHHMPD
TD EMBGI AD PHFOOFOR
MBU ML EMOUWMG.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆◆

◆ Moderate ◆◆ Challenging
◆◆◆ HOO BOY!

Answer Page 7
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VA vaccine clinic gets a thumbs-up



by Freddy Groves

I wasn't the only one walking down the street toward the Department of Veterans Affairs pop-up vaccine clinic. In fact, there were about six guys who were doing the same thing I was: scoping out the situation before actually getting in the drive-up line for the vaccine.

I'll say it right off the top here: The VA did this right. They did a good job on the logistics and execution. Here in town, they'd selected a location with lots of space outside. There was an army of volunteers of all kinds, laying out a traffic cone grid in the parking lot, directing cars along the rows, nurses with tablets taking information, VA medical staff giving shots through car windows. There was even an observation area where cars would park

afterward (with medical staff there) in case a veteran had a bad reaction.

"Looks pretty good," said one guy as we hovered on the sidewalk and watched. A few others chimed in, agreeing. One muttered something about an expected SNAFU, but there was none of that to be seen. We stopped a couple of cars with veterans leaving after getting their shots and queried them about how it had gone. SITREP: It was great.

Now that everyone age 16 and up is eligible for the vaccine, and now that SAVE (Strengthening and Amplifying Vaccination Efforts) has opened up a long list of veteran-related people who are eligible, if you want to get the vaccine, make an appointment now. If you wait too long, the demand for vaccines will eventually slack off, and these nearby pop-up clinics will be gone.

Keep an eye on the news for VA pop-up clinics in your area. Judging by how this drive-thru clinic was run, I

have confidence that the VA is doing just as well in other areas where they're giving vaccines: medical centers, community clinics, outreach centers, mobile units – and even rural parking lots.

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- We heard from J.D. in Northern Colorado about a recent tip on egg carton use. He wanted to remind me that while Styrofoam egg cartons may be easily recyclable in some places (I take them to my local grocery store), that's not true for all states. Thanks for the reminder, J.D., and for being a reader. Maybe it's time to lobby our grocery chains to switch to cardboard cartons.
- "I put dryer sheets in any size wastebasket. One can put three or four folded out to stand up and put a bag in the basket for a fresher smell. Change dryer sheets as often as you like." – S.H. in Minnesota
- B.H. in Washington has an interesting tactic to keep ants off her hummingbird feeder, which hangs from a pole. "Cut a small hole out of the bottom of a grocery sack, thread the hole on the pole, slide down about two-thirds of the way, tape the edges to the pole tightly, and let the sack hang down like a bell. You will never have another ant climbing up your feeder pole."
- Get lots of extra bathroom storage by hanging an organizer over the back of the door. Look online and you'll find fancy versions made with drawers and hooks, or just use a good old-fashioned plastic shoe organizer that you can pick up at your local big box for less than \$10.
- To remove a persistent smell from a lunchbox, wash thoroughly with baking soda and dish soap, then hang to dry. Stuff the lunchbox with crumpled up newspaper and seal for a day. Remove the newspaper, and hopefully the smell with it.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2021 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

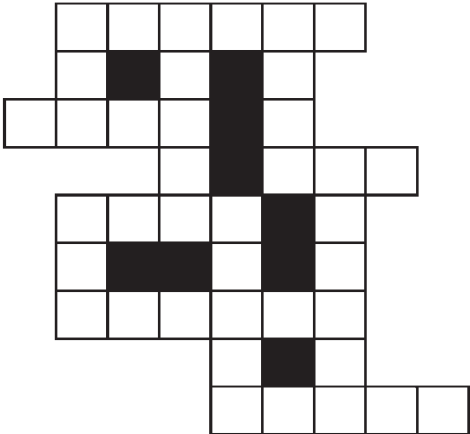
	×		-		22
×		×		÷	
	×		+		14
-		+		+	
	×		-		12
17		18		13	

2 3 3 4 5 6 7 8 9

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GFI
SUDFEE
♥LURGE
DEFN
IGHSAR
UDD
RSFE
♥GREDI
EGE
♥NETDIN
DELNA
RGDE



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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