



NEWSBRIEFS

Fun states

With summer’s arrival and over two-thirds of Americans planning to take a vacation, the personal-finance website WalletHub has released its report on 2021’s *Most Fun States in America*, as well as accompanying videos. To determine the states offering the greatest variety and most cost-effective options for enjoyment, WalletHub compared the 50 states across 26 key metrics. The data set ranges from movie costs to accessibility of national parks to casinos per capita. Texas was rated 8th in the report, ranking (1-Most Fun; 25-Avg.):

- 1st – Restaurants per Capita;
 - 1st – Movie Theaters per Capita;
 - 17th – Golf Courses & Country Clubs per Capita;
 - 1st – Amusement Parks per Capita;
 - 12th – Performing-Arts Theaters per Capita; and
 - 4th – Fitness Centers per Capita.
- Visit <https://wallethub.com/edu/most-fun-states/34665> for the full report.

– Diana Polk

Gamers

With this year’s video game hardware sales up 81% compared to the previous year, the personal-finance website WalletHub has released its report on 2021’s *Best Cities for Gamers*, as well as accompanying videos. To determine the best places to be a serious gamer, WalletHub compared the 100 largest cities across 22 key indicators of gamer-friendliness. The data ranges from average internet speed to video-game stores per capita. El Paso was ranked 92nd in the report. Other stats:

- Las Vegas, NV has the most video-game stores per square root of the population, 0.031378, which is 26 times more than in Boston, MA, the city with the fewest at 0.001209.
- Irvine, CA has the highest average download speed, 89 Mbps, which is 3.6 times higher than in Buffalo, NY, the city with the lowest at 25 Mbps.
- Gilbert, AZ has the highest share of households with a broadband connection, 95.80 percent, which is 1.5 times higher than in Detroit, MI, the city with the lowest at 64.40 percent.
- Winston-Salem, NC has the cheapest monthly internet cost,

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The strength that comes from confidence can be quickly lost in conceit.

— Quips & Quotes



NO BOTTLE ROCKETS – Portable fireworks stands have been mothballed for a very long time as the pandemic hit this enterprise hard. This year, stand owners will be allowed to sell fireworks just not ones that fly into the sky.

County bans aerial fireworks

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Sale of aerial fireworks, commonly known as sticks and fins, have been banned for this Fourth of July holiday season in El Paso County

once again.

Citing continued drought conditions, El Paso County Commissioner Carlos Leon made the motion to ban the sale of the airborne fireworks, and the rest of the members on the commissioner’s court agreed.

The decision came after a lengthy

conversation about wanting to work with small businesses that sell fireworks and the charities that benefit from the sales, according to Leon. “Ultimately, we have to take into account that the safety of the public comes first,” he stated.

Commissioner Iliana Holguin felt that they did not have much choice but to ban the sticks and fins because they are most likely to cause a fire. She pointed out that El Paso County was listed as being in “extreme drought conditions” for the past few weeks.

According to county officials, drought conditions need to reach at least 575 points on the Keetch-Byram Drought Index to trigger a disaster declaration, which would prevent the sale, possession, and use of all fireworks in unincorporated areas of the county.

With the drought index at 715 as of late May, County Judge Ricardo Samaniego noted that he could have issued a declaration of local disaster and banned all fireworks for 60 hours during the holiday period. El Paso County is the second driest county in Texas, after Presidio at 718 on the index, according to the National Weather Service.

Instead, the county judge said that the court’s plan is to provide both public safety and fireworks business opportunities. “We want to accomplish a balance, making sure the community is appreciative of what we need to do to make it better, but also because a fireworks stand is a business entity, we need to provide some way to balance the business situation,” Samaniego stated during the proposed ban deliberations.

Samaniego stated that it was important to decide on the ban early to give fireworks vendors advance notice about the sticks and fins ban so that they could plan accordingly. El Paso County fire marshal, Chief Roger Esparza, stated in a recent news report that vendors seemed to be on board with the recommendation to ban the sticks and fins.

“I understand they’re businesses, but public safety should be number one,” Commissioner David Stout added.

High school seniors that failed STAAR tests can petition to graduate

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With graduation ceremonies already underway for most local area high schools, seniors who have struggled to pass the required standardized tests were given one more opportunity to demonstrate that they deserve to graduate with the rest of their classmates.

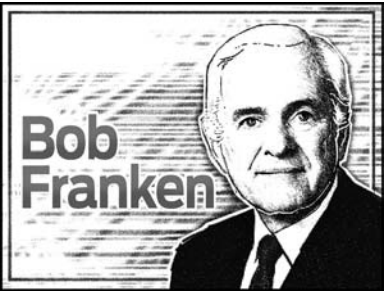
Before ending the latest legislative session – it closed on Memorial Day – state lawmakers approved House Bill 999, which allows a senior who failed any of the required State of Texas Assessments of Academic Readiness (STAAR) exams to petition an individual graduation committee and present alternative work that shows that he or she is deserving of graduation.

The legislation temporarily expands the petition option for current high school seniors because of learning difficulties during the COVID-19 pandemic, according to state officials. Normally, only a high school senior who failed up to two of

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A recently passed state law allows high school seniors, who struggled to pass the STAAR exams, to present a project or previous work to a graduation committee to prove they mastered a subject and be permitted to participate in their classes’ commencement ceremonies.



A typical day in the Divided States of America: The New York Times is reporting that Donald Trump – in case you’ve forgotten, the previous president – has been telling friends and associates that he will be “reinstated” by August.

“He can simply be reinstated,” Sidney Powell told a meeting of QAnon. “Biden is told to

Trump ‘reinstated’

move out of the White House, and President Trump should be moved back in,” she went on. “I’m sure there’s not going to be credit for time lost, unfortunately, because the Constitution itself sets the date for inauguration, but he should definitely get the remainder of his term and make the best of it.”

Never mind that the Constitution sets a four-year term for the presidency, “reinstatement” is the trending word these days.

“It is my hope that Donald Trump is reinstated, after all the proof comes out, by the end of

August,” said Mike Lindell, the My Pillow Guy, who has strange dreams. By the way, he first made his declaration on Steve Bannon’s podcast. Need I say more?

And Lindell is taking credit for predicting Trump’s triumphant return, although he thinks that Trump would have to go through the judicial process. And never mind that the Supreme Court refused to consider every effort to even hear Trump’s fantasy that the election was stolen from him, a belief he allegedly still holds to

this day. It’s more probable that he’s really too embarrassed to admit he lied about the whole thing.

Whichever it is, one of Trump’s early cast of characters was Lt. Gen. Mike Flynn, his first national security adviser. Flynn didn’t last very long, because he got caught lying to the FBI.

Well, after President Trump pardoned him, Flynn is still rattling around. He spoke at that same QAnon conference and had his own ideas for “reinstatement”... a coup d’etat: “No reason, I mean, it should happen here. No reason. That’s right.” To be clear, he was responding to an audience member who was suggesting a military takeover, like Myanmar’s. After an uproar, including calls for sedition prosecution, Flynn beat a hasty retreat on Parler, one of the only social media platforms available to him: “Let me be VERY CLEAR – There is NO reason whatsoever for any coup in America, and I do not and have not at any time called for any action of that sort.”

Remember that Flynn led the Defense Intelligence Agency from 2012 to 2014, until he was forced to retire from the military. It begs the question

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View from here By Marilyn M. Singleton, M.D., J.D.

COVID-19: Speaking up in black and white

These days more and more apparently intelligent people seem to upspoke. That’s the irritating “Valley Girl” inflection where every sentence sounds like a question. Don’t these people trust their own thoughts and words?

Perhaps upspeakers’ brains are fried after being fed a steady diet of DEI, ESG, and BIPOC. For the uninitiated, these initials stand for “Diversity, Equity and Inclusion”, a corporate stock/investment rating based on Environmental awareness, Social justice and (right-minded) Governance to enhance the lives of “Black, Indigenous, People of Color.” “Privilege” gets the full word. White people must “check their privilege at the door” and shut up under the current era of Stalinesque cancel culture.

Black American slaves used to have some version of Simon Legree¹ as their master. Now the woke white liberals have assumed that role. Even President Biden² views BIPOCs as helpless morons whom only the government can rescue.

Of course, little BIPOCs are the perfect

unsuspecting targets. Despite parental objections, new school curricula include Marxist inspired critical race theory³ that teaches children to hate others based on skin color. Instead of learning the 3 Rs, kindergarteners are encouraged to explore their gender identity⁴ and question the family structure⁵. The latest data⁶ show that only 35 percent of 4th graders are proficient in reading and 41 percent are proficient in math. Instead of learning the necessary skills to race to the top of the ladder of success, they have the tools to win the victim triathlon. The prize: dependency on government resources.

COVID-19 added a new ingredient to the melting pot. Brown-skinned Americans fare more poorly⁷ with COVID than whites. Some reasons are sociological⁸, such as crowded living conditions, working in service jobs that cannot be done from home, and inconsistent access to health care. Some reasons may be physiological. Studies have shown racial differences⁹ in the body’s ACE-2 receptors. These receptors help control

the “spike” protein of the SARS-Co-V-2 virus (that causes COVID-19) enter and infect healthy cells throughout the body. Notably, there may be more ACE-2 receptors in patients with hypertension, diabetes and coronary artery disease – conditions plaguing black Americans¹¹. Moreover, people with brown skin have lower levels of Vitamin D, a factor¹² in the risk of contracting a SARS-Co-V-2 infection and the severity of COVID-19.

Knowing the higher risk, the DEI folks should have launched an education campaign informing BIPOCs about non-prescription supplements like quercetin, zinc, and vitamin D, as well as prophylaxis or early treatment¹³ with inexpensive medications (hydroxychloroquine¹⁴, ivermectin¹⁵, and fluvoxamine¹⁶, among others) that can significantly reduce symptoms and prevent hospitalizations and deaths.

Instead, the public health gurus waited for vaccines. The guise of “vaccine equity¹⁷” drew attention away from legitimate concerns about the shots. Despite the increased susceptibility to COVID-19, black Americans remain skeptical¹⁸ of the shot. Folks still remembered the instances where the underserved were “helped” by the government. The 1932 Tuskegee syphilis study¹⁹ denied a group of black

men treatment for 40 years. Without informed consent, an experimental measles vaccine²⁰ was administered to babies starting in 1987. After too many African and Haitian children deaths to ignore, the program was halted.

Able to read, BIPOCs learned about the serious side effects²¹ that include sometimes fatal blood clots, facial paralysis, possible menstrual problems, heart inflammation²², among others. They wondered why the less effective Johnson & Johnson vaccine²³ was sent to underserved neighborhoods. They wondered why the government had to offer \$116 million in prizes²⁴, trucks, and customized firearms²⁵ to encourage people to get the shot. They wondered why the government was going door to door²⁶ to find BIPOCs to whom to give shots.

In order to swoop in to the rescue, the government-pharmaceutical complex could not allow the 34 million Americans²⁷ who have had documented COVID-19 or a SARS-CoV-2 infection to depend on their natural immunity²⁸. Like a virus escaping from a lab or jumping from a pangolin to infect humans, the government control expanded from BIPOCs to privileged white folks.

What are we to do about the tension between addressing real health disparities and recognizing that racial disparities are

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AD DEADLINE:
Friday 4 p.m. for the next Thursday.

CLASSIFIED RATES
\$15 for 25 words, \$20 for 40 words. Ad must be in writing and pre-paid. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.



DISPLAY RATES:
Open rate — \$30 per column inch. Call for more information or to set an appointment. The West Texas County Courier reserves the right not to publish advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$50. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

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Homesteader
Est. 1973
News, Inc.



The smear campaign against Joe Manchin

Joe Manchin is being pilloried for the offense of being consistent on the filibuster.

Back in 2017, when Senate Democrats were desperate to stop Donald Trump’s agenda, 33 of them, including Manchin, signed a bipartisan letter backing the filibuster in ringing terms.

“We are mindful of the unique role the Senate plays in the legislative process,” they wrote, “and we are steadfastly committed to ensuring that this great American institution continues to serve as the world’s greatest deliberative body.”

Well, the commitment of almost all the Democrats was not quite as steadfast as advertised.

Now that the filibuster is an obstacle to passing Joe Biden’s agenda, the longstanding Senate procedure has been deemed a threat to our system of government and to racial justice that only a naïf or cynic can support.

And that means you, Joe Manchin.

The West Virginia senator has been badgered for months by reporters eager to get him to change his mind on the filibuster, or at least show some flexibility. Now, the pressure campaign from within his own party has ratcheted up to include over-the-top insults

that have an air of desperation about them.

After Manchin reiterated his support for the filibuster and made clear his opposition to HR1, a sweeping Democratic voting bill, in an op-ed that weekend, progressive House Democratic Mondaire Jones from New York unloaded on Twitter. Per Jones, the headline of Manchin’s piece might as well have been, “Why I’ll vote to preserve Jim Crow.”

This is a preposterous smear, and a transparent attempt to bludgeon Manchin into submission by defining his sincere attachment to Senate tradition and belief in bipartisanship as tantamount to racism.

Another New York member of the House, Jamaal Bowman, said on CNN, “Joe Manchin has become the new Mitch McConnell.”

The comparison might make sense if Mitch McConnell had voted with Joe Biden 100% of the time so far, and had supported the Affordable Care Act

and voted twice to impeach President Donald Trump.

Despite the abuse, Manchin is onto something. The current situation illustrates the purpose of the filibuster nicely – it is a guardrail keeping a very slender Senate majority that could easily be wiped out by January 2023 from enacting a far-reaching radical agenda in a fit of partisan passion.

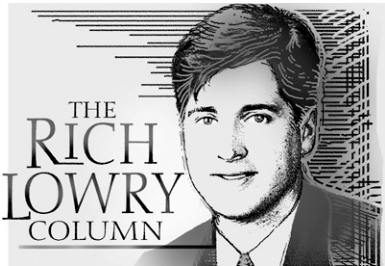
Democrats aren’t mad because they know that support for their agenda will build over time – they are mad because they know that it won’t, and absent Manchin and other recalcitrant Senate Democrats getting on board right away, they will miss their tiny window to get their way through brute legislative force prior to losing one or both chambers of Congress.

They have convinced

themselves that GOP state legislatures are destroying democracy with new voting laws rolling back pandemic-driven innovations and tightening up security, a fevered myth that also won’t stand the test of time.

As for HR1, it is a constitutionally dubious monstrosity that would trample on state voting laws in an enormous step toward the federalization of American elections. Manchin was right to say in his op-ed that it is telling that not one Republican, whether Susan Collins or Mitt Romney, is supporting this partisan power grab.

Manchin isn’t always as stalwart in standing up to his own party as he sounds, but he’s been remarkably firm so far. His role as a senatorial brake on Biden’s left-wing ambitions has certainly made him more popular



back home, and the progressive slanders against him will only boost his political standing. The left will get nowhere if it tries to primary him in 2024 (assuming he decides to run again), and if he did lose to a more progressive Democrat, Republicans would easily win his seat.

Surely, the attacks on Manchin will only get more venomous. Such is the price of refusing to reverse himself on the filibuster and get on board a sprawling travesty of a voting bill.

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

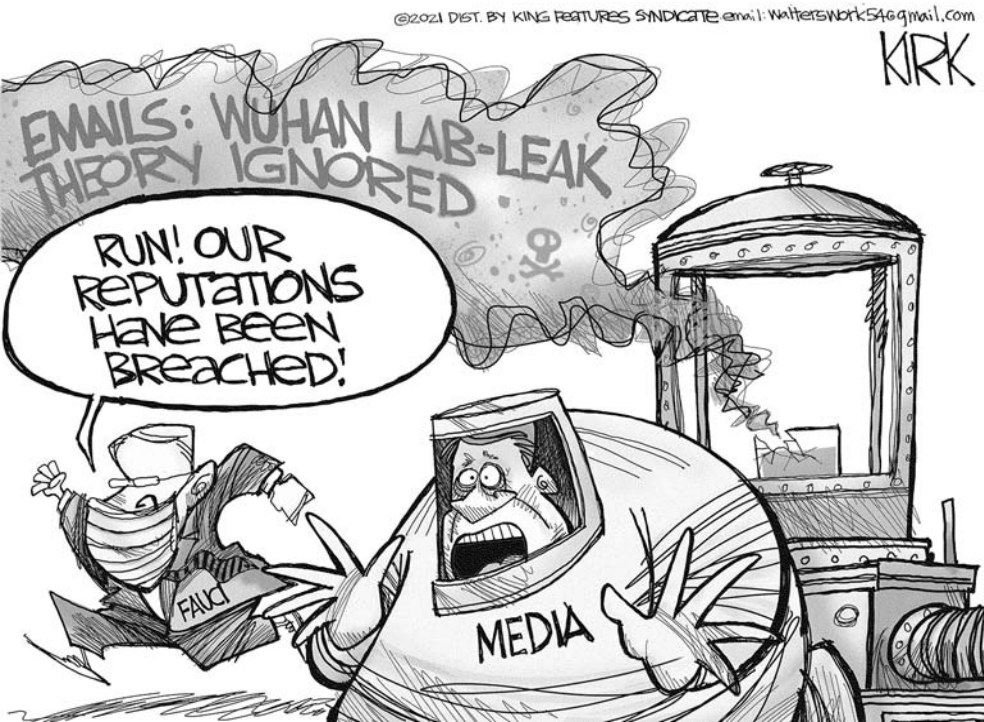
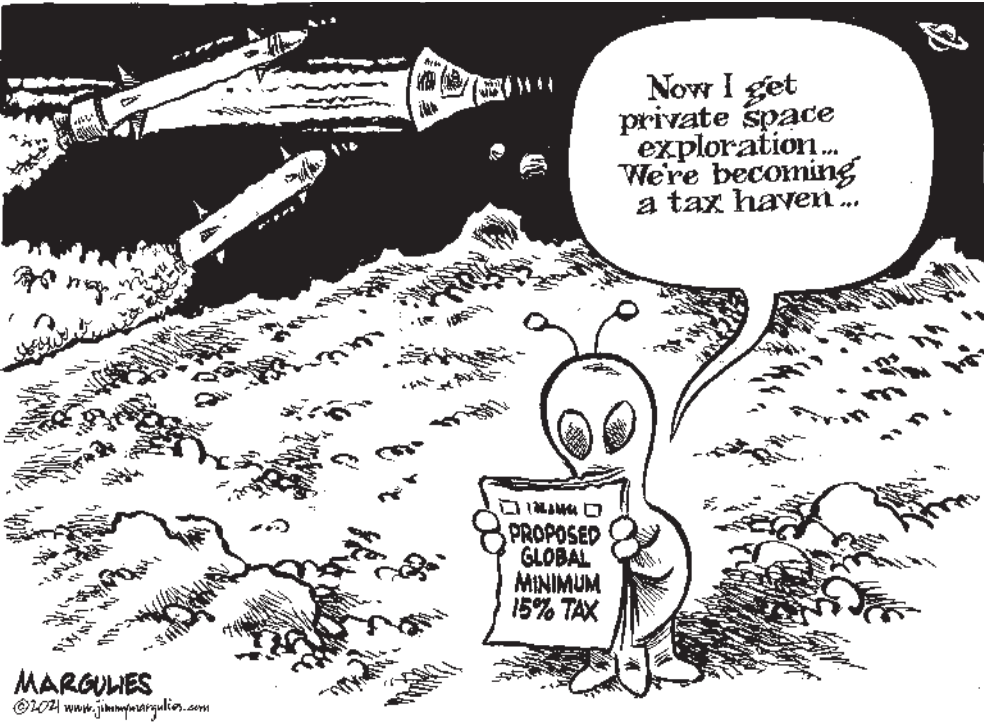
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Moments in time

THE HISTORY CHANNEL

• On June 14, 1968, a Federal District Court jury in Boston convicts Dr. Benjamin Spock of conspiring to violate the Selective Service Act. Spock, a doctor and the famous author of “The Common Sense Book of Baby and Child Care,” supported draft resistance during the Vietnam War.

• On June 15, 1877, Henry Ossian Flipper, born a slave in Georgia in 1856, is the first African-American cadet to graduate from the U.S. Military Academy at West Point. Flipper was appointed a second lieutenant in the all-African American 10th Cavalry at Fort Sill.

• On June 16, 1738, Patriot printer, publisher and postmistress Mary Katharine Goddard is born in New London, Connecticut. In 1777, when Congress decided to print the Declaration of Independence, they chose Mary Goddard as printer.

• On June 17, 1972, five men are arrested for breaking into the Democratic National Committee offices at the Watergate Hotel in Washington, D.C. Senate investigations eventually revealed that President Richard Nixon had been personally involved in the subsequent cover-up of the break-in.

• On June 18, 1923, the first Checker Cab rolls off the line at the Checker Cab Manufacturing Company in Kalamazoo, Michigan. America’s version of the London taxi would continue to be built until 1982.

• On June 19, 1917, during World War I, as a strong anti-German feeling within Britain causes sensitivity among the royal family about its German roots, King George V orders the British royal family to dispense with German surnames. He changed his own family’s surname from Saxe-Coburg-Gotha to Windsor.

• On June 20, 1980, in a match in Montreal, Roberto Duran outpoints “Sugar” Ray Leonard to win the welterweight title. Yet, five months later in a rematch, with less than 30 seconds left in the eighth round, Duran looked at the referee and famously uttered the words “no mas” or “no more,” giving up.

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Choice

From Page 2

used as a cover for manipulating society? Together we rip off the mask of benevolence. As ethical physicians, we pledge to treat all individuals with dignity and respect. We will explain the risks and benefits of their options and let patients decide. As active citizens, we demand prophylaxis, treatments of our choice, and the freedom to choose to receive or decline the shot. We take advantage of the law. A number²⁹ of courts³⁰ have been on the patient’s side.

Save yourself. Be bold. Speak up.

The links in the digital copy of this issue, at www.wtxcc.com, are clickable.

- 1 – https://en.wikipedia.org/wiki/Uncle_Tom%27s_Cabin#Simon_Legree
- 2 – https://www.dailywire.com/news/biden-black-entrepreneurs-just-as-capable-as-whites-but-they-dont-have-lawyers-or-accountants?%3Futm_source=twitter&utm_medium=social&utm_campaign=dwtwitter
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Cheaters never prosper, unless you play in MLB

By Steve Escajeda
Special to the Courier

There are many in the world of sports that believe cheating of any kind should never be tolerated.

Then again, there are others who have the mentality that if you aren’t cheating, you aren’t trying.

Cheating has been around for as long as humans have been competing against each other.

There have been cheaters in horseracing, cycling, boxing, football, basketball, figure skating, soccer, hockey and almost every Olympic sport you can name.

But the clear winner, when it comes to gaining an illegal edge over the opponent, has to be baseball.

Over the years, Major League Baseball has endured an embarrassingly large number of cheating scandals.

A century ago, in 1919, the Chicago White Sox (aka Chicago Black Sox) took money from gangsters to lose the World Series on purpose. Eight members of the team were banned from the game for life, including their superstar “Shoeless” Joe Jackson.

Of course, there was the Pete Rose gambling fiasco.

How bad is the cheating problem in your sport when the game’s hit-leader and one of the all-time faces of the league is banned from the game for life?

How about the home run leader? Barry Bonds has hit more homeruns than anyone in history, but almost no one recognizes it because of the steroids scandal he

was a part of, including other guys like Mark McGwire, Jose Canseco, Rafael Palmeiro, Sammy Sosa, Roger Clemens and so many others.

Don’t forget the very recent Houston Astros sign-stealing scandals of a couple years ago.

The Astros actually had someone with binoculars spy on the opposing team’s catcher and the sign he would give his pitcher to throw. If a fastball was coming the spy would signal another person near the Astros dugout to bang on a trashcan so the Houston batter would be ready.

Players have been caught inserting cork in their bat to make them lighter so that they can swing faster. They’ve also been accused of using way too much pine tar on the bat to improve their grip.

From the very beginning, players and

managers have looked for every little advantage, legal or not, to win games.

And we all found out last week that the cheating is still going on.

There has been a stunning increase in the amount of strikeouts MLB pitchers are racking up lately. It’s as if either the pitchers have suddenly become superhuman, or the batters have just forgotten how to hit.

It turns out that the pitchers really aren’t superhuman, but they are making the baseball move like it never has before – artificially.

In a classic deer-in-the-headlights moment, New York Yankees pitcher Gerrit Cole was asked if he was using spider tack on the baseball. Spider tack is a sticky paste that helps the pitcher’s grip on the ball, where he can increase the ball’s spin rate. The more the ball spins, the more, and sharper, it curves.

But that isn’t the best thing about the question Cole received – the best thing was his answer.

When asked a simple “yes or no” question on whether he was using spider tack, Cole would have made Richard Nixon proud with his answer.

“I don’t... I don’t know, I don’t know if, I don’t quite know how to answer that, to be honest. I mean, there are customs and practices that have been passed down from older players to younger players, from the last generation of players to this generation of players. And, you know, I think there are some things that are certainly out of bounds in that regard. And I’ve stood pretty firm in terms of that, in terms of the communication between our peers and what not. And again, like I’ve mentioned earlier, this is important to a lot of people that love the game, including the players in this room...”

Excuse me?

I’m not positive, but I think by the time he finished his answer his pants actually were... on fire.

The commissioner of baseball has said he is going to develop a plan to crack down on this latest scandal.

If he hurries, he might fix this cheating scandal just before the next one starts.



Canutillo ISD approves stipend for employees

By Liza Rodriguez
Special to the Courier

CANUTILLO – Employees of the Canutillo Independent School District (CISD) received an unexpected and welcomed monetary surprise on June 10.

“We all knew this would be an unprecedented school year and it would take great effort to meet the needs of our students, parents and staff, and I am proud of the job our employees did to make this school year a success,” said Board President Sergio Coronado.

Superintendent Dr. Pedro Galaviz and the school board said that CISD would issue a one-time retention stipend for the 2020-2021 school year. The stipend is funded by COVID-19 relief dollars distributed by the federal government.

The CISD Board of Trustees unanimously approved a board resolution authorizing a stipend during a June 10 special board meeting. It provides qualified employees \$2,000 in additional pay in June. Retaining quality current employees will help mitigate the learning gap for the 2021-2022 school year.

“I am pleased to announce that all employees will receive a \$2,000 stipend from COVID relief funds,” said Galaviz. “I appreciate the courage and fortitude displayed by all of our team members during these trying times. It is hoped that this additional compensation will help make life easier as we transition back to a new normal.”

Super Crossword

SCHOOL-HOUSE
DARK ROCK
ACROSS

1 Beethoven's Third, popularly

7 Biblical twin

12 "-Ca-Dabra" (1974 song)

16 Math calculation

19 Fred Astaire, e.g.

20 Piano challenge

21 Get out of the field

22 Year, in Portugal

23 Start of a riddle

25 Security datum

27 Cockpit guess, briefly

28 Math calculation

29 Woolen cloth

31 Many a roof edge

32 Riddle, part 2

38 Costume part, perhaps

39 Future jr.

40 Maine college town

41 Riddle, part 3

50 Debt slip

51 "Annie" star Quinn

52 Home of the Bay of Pigs

53 Mr. America's pride

56 Sensed

60 Great serves

61 It has limbs

62 Bit of a lot

63 Cow catcher

66 Diner dish

68 Riddle, part 4

73 Home of Ikea

74 Virtual bread?

75 Elliptical

76 Like saints

77 Not had by

79 Turns away

84 With 55-Down, totally ready

85 Mrs., in Berlin

86 SOS signals

89 "So cool!"

90 Riddle, part 5

95 "Heidi" author

Johanna

98 A juror takes one

99 Corn-on-the-cob unit

100 End of the riddle

109 Intro studio class

110 "- Gold" (Fonda film)

111 Author Sarah _ Jewett

112 Gun rights org.

114 Stunning with a gun

116 Riddle's answer

121 Suffix with polymer

122 Town near Santa Barbara

123 Everything, in

Latin

124 Ill-advised

125 Decimal base

126 New York City river

127 "Zounds!"

128 Notes with hashtags

DOWN

1 Falco of "The Sopranos"

2 Balsa transports

3 Tavern sign

4 Freud's "I"

5 So-so mark

6 Call into court

7 Tiara shiner

8 Best players

9 Bad dog

10 Exalting poem

11 Really criticize

12 The Little Mermaid

13 Moisten, as grass

14 Gl's time off

15 Clerk at TV's Kwik-E-Mart

16 Actor Antonio _ Jr.

17 Asymmetric

18 Oscar winner Rita

24 Laundry room brand

26 London length unit

30 Actor Ken

33 "Oh, gross!"

34 LI doubled

35 Even _ speak

36 Score unit

37 Itty-bitty bit

41 Little drink

42 Bladed tool

43 "They're playing _ song"

44 Courtroom mallet

45 Go hastily

46 Dated

47 Razor-inventing philosopher

48 Chalked stick

49 Remit, as sins

53 Musician Guthrie

54 Bone to pick

55 See 84-Across

57 Tea box

58 Latin "Lo!"

59 Mined find

60 Year-_ glance

61 Green car?

63 Zenith rival

64 "TGIF" part

65 Hearth residue

67 Spiteful

68 Like a missing GI

69 Tony winner Carter

70 Subside

71 Start for friendly

72 Aplomb

73 "Na Na" lead-in

78 Scot's refusal

79 Bible boat

80 Tripod part

81 As well

82 Really long time

83 Hen or nanny

85 Govt. money guarantor

86 It lacks a heel

87 Wood strip

88 Throb

90 Shaw of jazz

91 Presage

92 Ration

93 Mineo of films

94 Three, in Rome

95 Try to hit, as a gnat

96 Coined thing

97 China's Sun _

101 Mystical board

102 Lower arm bones

103 Kosher

104 Like plow-pulling oxen

105 Lock of hair

106 Neither Rep. nor Dem.

107 Many a bellybutton

108 Lovers' meeting

113 Firefighters' tools

115 Sushi eggs

117 "Can u believe it!"

118 _ roll (lucky)

119 Nashville-to-Chicago dir.

120 Have debts

Answer Page 4

1	2	3	4	5	6		7	8	9	10	11		12	13	14	15		16	17	18
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125					126					127						128				

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



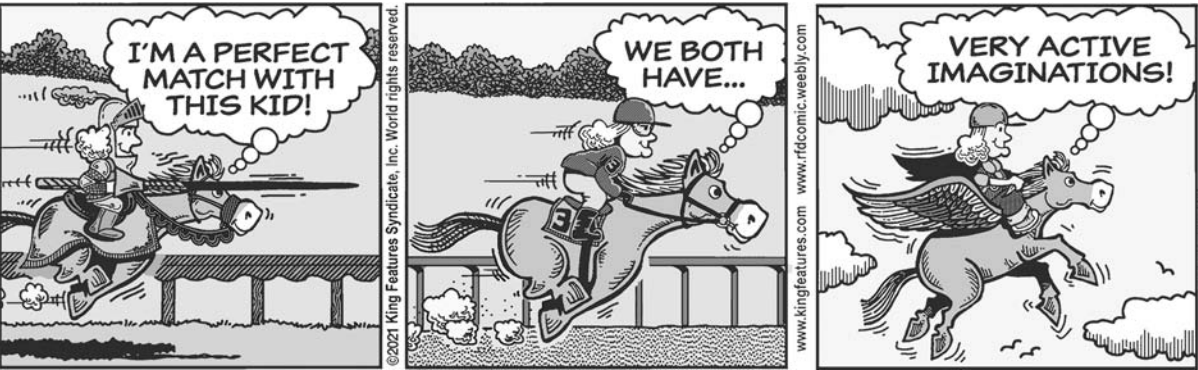
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



TIGER

By Bud Blake



Franken

From Page 2

why he headed the powerful agency for two years during the Obama administration. But in 2016, he declared his allegiance to Donald Trump. His main function at Trump rallies was to whip the supporters into a

frenzy, charging Hillary Clinton with all manner of crimes and leading the crowd in chants of “Lock her up!” Don’t worry; there is no evidence that Donald Trump will be “reinstated” by this August, or any other August through 2024. First of all, his successor Joe Biden enjoys a 54% job approval rating in the polls. Secondly, the

job is methodically cleaning up the mess created by the Great Divider. Trump’s support, meanwhile, is slipping even among Republicans, who are possibly puzzled by the changing stories of their congressional leaders. For instance, they blocked an investigation into the Jan. 6 insurrection at the Capitol, which

Meniscal tear in knee might not need surgery

DEAR DR. ROACH: While chasing my cat, I dove to the ground and both my knees took a beating. They were bruised but felt fine. A few days after this, my left knee started to bother me. I put on a brace to see if that would help (as it usually does), but it didn’t. I went to my chiropractor a few days later and had an adjustment and deep tissue massage. The next day, I was walking my dog and had to stop, as I couldn’t move my knee. About 13 years ago, I had a torn meniscus in the same knee, and it healed without surgery with the assistance of my chiropractor, massage therapist and acupuncture. I called my doctor’s office, and he was out of town. His nurse suggested that I go to an urgent care facility to have an X-ray of my knee, which I did. The doctor said that nothing was broken but that I should follow up with an MRI. I saw my doctor a few days later and brought my X-ray, etc. He said I don’t need an MRI. I am not looking for knee surgery, but wouldn’t an MRI indicate if it is a torn meniscus, pulled ligament, osteoarthritis, etc., so I could get the proper treatment? What would that be? – R.Z.



The menisci are ring-shaped cartilage structures that sit on top of the tibia and provide stability and shock absorption to the knee. Given the mechanism of injury and your prior history, a meniscal tear is a very likely possibility. Symptoms that support a tear in the meniscus would include a locking of the knee or a giving sensation while walking, often associated with pain. A careful physical exam can usually make the diagnosis of a meniscal tear. A suspected meniscal tear does not usually require an MRI, as most will heal with conservative management. (I refer nearly all to physical therapy rather than the treatments you used, but I won’t argue with your success.) I reserve the MRI for people in whom surgery would be contemplated. Since surgery is no better than placebo for many people with a torn meniscus (based on a fascinating 2017 study from Finland), I am particularly careful to refer only people who have not gotten better with a good trial of conservative management.

DEAR DR. ROACH: I have an affected nerve in my back causing long-term, persistent pain. Years ago, I damaged a sacroiliac nerve in a fall. This was treated by steroid injection. Could this nerve also be injected with a steroid? – J.D.

Injection of local anesthetics and steroids are done for several different types of back pain syndromes. However, the nerves themselves are not injected with steroids: It’s the area around a nerve that is injected. That area may be inflamed, and the shot is given with the hope of reducing inflammation and thus reducing compression on the nerve and therefore pain. It does not always work, and when it does, the pain relief usually lasts a matter of months. The injections can be repeated if helpful; however, injecting steroids has its own risk of complications. Serious complications are rare, but infection and bleeding are possible. All injected steroids can predispose to osteoporosis. Injection for back pain is done most often by pain management specialists when appropriate.

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.

could be considered the start of either, particularly while his Flynn’s coup. legal status is so precarious. It’s Donald Trump’s role in tough making a comeback while that debacle is still debated. you’re being prosecuted. Meanwhile, his participation in the Trump Organization’s alleged scams and what transpired during his presidency probably won’t lead to his “reinstatement”

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Moore Texas by Roger Moore
June 16, 1838: John Quincy Adams began a 3 week filibuster in the House of Representatives against the annexation of Texas.

CryptoQuip

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

Clue: V equals H

HG Z XDUGHXVUT XYVDRHMI
RZNVDRZNHYHZM HX YVHUUT,
H XKSSJXD VD'X YJUC ZMC
YZUYKUZNHMI.

Answer Page 4

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Homeless vets study



by Freddy Groves

A recent Department of Veterans Affairs press release about a study of homelessness among veterans said it found “issuesrelatedtofinancialstrain are significant risk factors for becoming homeless.” Those types of financial strain, it said, are debt, unemployment, lower income and financial crisis.

Color me confused. A study was done that concluded those four types of financial woe could lead to homelessness? I think that anyone who’s paying for their first apartment could have come up with those same reasons.

The press release went on say that the study recommended the VA integrate financial education with VA services for housing crisis help. Job retraining, financial support services, debt management and vocational rehab all can help to reduce the risk of future homelessness, the study said.

Most of the press release, however, touted the VA’s National Center on Homelessness Among Veterans, tasked with finding solutions to veteran homelessness and assessing programs. It should be noted that the head of the center also happens to be the lead researcher on the quoted study.

Nowhere in the press release did it mention the main focus of the study: the link between mental illness, financial strain and homelessness, and the author’s call for a national longitudinal study into whether those three are tied together.

Days later, another press release popped up, this one a joint communique between the VA and the Department of Housing and Urban Development announcing that they are aligning their efforts, thanks to the \$10 billion American Rescue Plan. Ending veteran homelessness will be their first priority, and information and materials will be analyzed during their quarterly meetings.

If you’re in danger of becoming homeless, call the National Call Center for

Homeless Veterans at (877) 4AID-VET (877-424-3838) for help. Or call your closest regional VA medical center, but don’t go there unless you’re actually homeless (or at risk of it), they’re careful to warn, due to the problems of COVID. Call in advance.

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• With the start of barbeque season, here are two tips straight from my local butcher about grilling meat: First, let meats come to room temperature before cooking. It allows the meat to cook more evenly, and you won’t end up with a cold center and a burnt outside. Secondly, when your meat comes off the grill, give it time to rest before serving. This allows the juiced to redistribute throughout the cut of meat, and you’ll end up with juicy goodness in every bite. – JoAnn

• “Bring a distinctive towel to a pool party so that you will know where your towel is. You can make an extra-large towel by sewing two smaller towels together, too.” – U.A. in New York

• “For a really fun take on kebabs, use fruit instead of meat. The kids especially love fruit on a stick. If you have some neat cookie cutters, use them to cut watermelon into different shapes.” – M.M. in Michigan

• The best outdoor tablecloths, especially on a windy day, are fitted single sheets. Simply fit the sheet over a standard picnic table, and it’s in place and ready. The elastic at the corners keeps it from flying away. You can look at thrift and discount stores for fun patterns or just plain colors!

• To keep ants from invading your patio, draw a thick line of chalk (sidewalk chalk works great!) as a boundary. Ants don’t like to cross a chalk line and will leave your patio party alone.

• “Frozen grapes are the best summer snack for the kids, plus they are the perfect wine ice cube ever.” – J.R. in Oregon

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

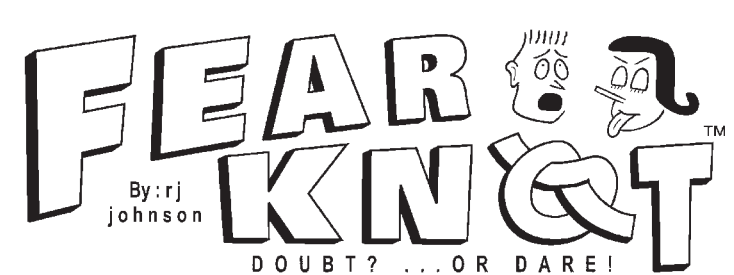
★★★ GO FIGURE!

Answer Page 4

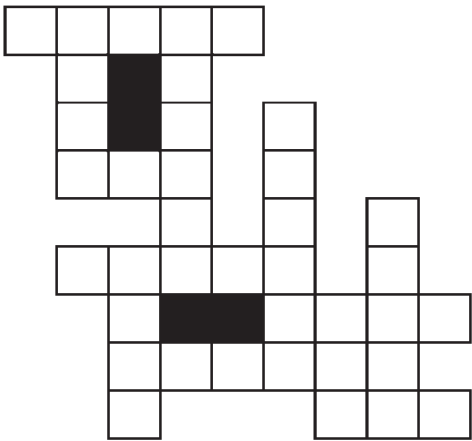
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Answer Page 4

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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Weekly SUDOKU

by Linda Thistle

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

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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