



NEWSBRIEFS

Amnesty on hold

Judges around El Paso County had offered people the opportunity to clear up old case warrants through April 13, 2020. The offer included that the \$50 warrant fee would be waived as well as the failure to appear charge being dismissed with payment in full on the original case. Some fines may even have been reduced. The program is now on hold due to the COVID-19 outbreak and temporary rules calling for closing of all non-essential government services. Justice of the Peace Stephanie Fritze says people should not go to any of the courts at this time because the offices are closed. She added the warrant cases must be handled in person. The "Warrant Amnesty Program" may be revisited once the courts are open for business again.

— Rick Shrum

Off label drugs

Separate studies from a major medical center in France and jointly from South Korea and China have found that inexpensive, readily available anti-malarial drugs chloroquine phosphate or hydroxychloroquine are an effective treatment for COVID-19. But the Federal Drug Administration (FDA) is dragging its feet despite the President's urgings approve the drug for anti-viral use. Drugs that are "off label" are approved by the FDA for other conditions. Chloroquine and hydroxychloroquine are approved by the FDA for malaria, rheumatoid arthritis, and systemic lupus erythematosus. On March 22 the FDA allowed New York (state) to start a trial of hydroxychloroquine and azithromycin (an antibiotic). A study of 36 patients actively ill from COVID-19 by a noted research team from France found of 20 patients treated with hydroxychloroquine alone, 70 percent had no detectable virus within 6 days; those treated with hydroxychloroquine and azithromycin had a 100 percent success rate. Companies are stepping up. Bayer began by donating 3 million tablets to our government. Novartis has pledged a global donation of up to 130 million hydroxychloroquine tablets, pending regulatory approvals for COVID-19. Mylan is increasing production in West Virginia to make 50 million tablets Teva is donating 6 million tablets to hospitals around the U.S. For context, each patient treatment would use up to 14 tablets.

— Marilyn M. Singleton, MD, JD

Why is a virus that wrecks all kinds of havoc so hard to fight when it's so easy to catch?

— Quips & Quotes

Strong immune system may help prevent viral infections

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With the recent coronavirus (COVID-19) outbreak, concerned individuals are looking for ways to avoid this ominous illness; and, if one looks to medical science for answers, studies point to maintaining a healthy immune system as the best defense. By doing so, researchers reported that individuals could boost their chances of fending off malevolent viruses, bacteria, and other pathogens.

COVID-19, an infectious disease caused by the most recently discovered coronavirus, can cause illness in humans and animals. Those who have become sick are reported to have suffered coughs, fever, breathing difficulties and tiredness. In severe cases, organ failure has been reported. For most people who have had the illness, however, symptoms were mild and resolved after several days.

Center for Disease Control (CDC) officials stated recently that the COVID-19 virus is spread mainly from person-to-person, which means those who are in close contact with one another, and/or through respiratory droplets produced when an infected person coughs or sneezes. Those droplets can land in the mouths or noses of people who are nearby and possibly be inhaled into the lungs.

Additionally, CDC officials stated that it is possible a person can contract COVID-19 by touching a surface or an object that has the virus on it, and then touching their own mouth, nose or eyes, but they said this is not thought to be the main way the virus spreads.



— Photo by Alfredo Vasquez

FRESH AND HEALTHY – Specific foods like fruits and vegetables can boost a person's immune system. A strong immune system helps maintain a healthy body.

Infected individuals are thought to be most contagious when they are most symptomatic, that is the sickest. Still, it's possible to spread the disease before showing symptoms, so a person can feel fine and still have it, just as with other viruses. Such cases have been reported, but are not thought to be the main way it spreads, according to a World Health Organization (WHO) report. Most people – roughly 80 percent – recover from the disease without needing special treatment, the report indicated.

Much remains to be learned about the connections between and intricacies of infectious diseases and a person's immune system. An cursory observation is that for a living body to function well, the whole system requires harmony and balance.

Also, no direct links have been

identified between lifestyle and one's immune system, but researchers have investigated the effect of factors, such as exercise, diet, and stress on the response of the immune system.

The immune system consists of organs, cells, tissues, and proteins. Together, these carry out bodily processes that fight off pathogens, which are the viruses, bacteria, and foreign bodies that cause infection or disease.

Thus, the consensus among most experts today acknowledge that the best thing an individual can do to ward-off viruses is to adopt healthy living strategies that will benefit the entire body, especially the immune system.

These strategies include eating a diet

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EPWater suspends disconnections for non-payment

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY – El Paso Water will suspend service disconnections for non-payment on March 18, 2020 until further notice. In 60 days, the utility will reassess the suspension timeline.

"We understand that access to water is essential to prevent the spread of COVID-19," said John Balliew, EPWater President and CEO. "One of the most important safeguards to prevent the spread of virus is handwashing, and this

step will help our customers keep themselves and their families safe and healthy."

Customers will be responsible for the full bill amount accrued until payment is made. Customers are encouraged to pay bills online or by phone. Go to epwater.org for details. EPWater's Customer Service Center has been temporarily closed to limit in-person interactions and protect the health of both employees and customers.

Customers who already may have been disconnected and wish to be reconnected during this period can contact the utility via email at customer.service@epwater.org or by phone at (915) 594-5500 to arrange for service to be restored.

Founding president of EPCC dies at 84

By Kerrie Moe
Special to the Courier

EL PASO COUNTY – On March 8, 2020, higher education lost a visionary leader in higher education. Dr. Alfredo de los Santos died in Arizona at age 84. He was born February 20, 1936.

De los Santos was the founding president of El Paso Community College (EPCC) and served from 1971-76. He strived to build a college to serve the students and community. More than a half a century later, his impact on EPCC is still seen today.

David Henry, recently

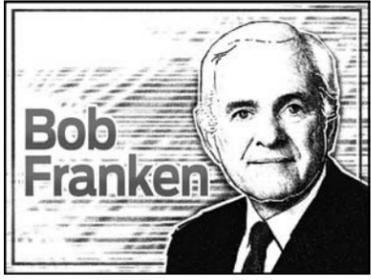


— Photo courtesy EPCC

Dr. Alfredo de los Santos taken during an interview in 2019.

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Testing our society



Admit it. Many of you who heard that President Donald Trump had finally decided to take a coronavirus test were rooting for it to come back positive, meaning he had contracted the disease and at the very least would have to self-quarantine.

That is not acceptable, people. We can't wish harm on anyone – not even Donald Trump, not anyone. Period. The very fact that so many were wishing for

the worst for him is a reflection of how toxic the atmosphere has become in our society, thanks in great part to where he has taken us. But repeat after me: The negative result for Trump is a good thing, like it would be for any human. Unfortunately, too many humans are being threatened by this new pestilence that a malicious Mother Nature has unleashed on an unprepared world.

A few of our leaders have been heroic, but all too often they have not, to put it mildly. Through blithering incompetence they have retreated to wishful thinking, ignoring the warnings of the true experts, like Tony Fauci, who has been around worldwide public health crises for decades as director of the

National Institute of Allergy and Infectious Diseases. (Put him in the heroic category).

In addition, they are saddled with a U.S. health care system that could be charitably described as rickety, made worse by a series of past decisions that were based on politics or budget considerations. As a result of this absence of well-thought-out analysis, future catastrophes were inevitable – like this one, where we are clearly unprepared.

Glossing over these many shortcomings just won't cut it. The lack of tests and hospital emergency equipment are just some of the examples of the current breakdown. Finally, officials are scrambling to catch up. That is inherently difficult, particularly in an environment polluted by self-serving infighting instead of the pulling together that is vital

if we are going to address this problem effectively, before it overwhelms us.

Isn't it clear that the cave-in of the investment markets is really a vote of no confidence in our leaders? Is the latest Fed drop to near zero interest rates enough to ignite a recovery? In desperation, the captains of industry are getting involved. They are following the decisive actions of those who control the sports world, who literally stepped up to the plate by shutting down.

Not only that, but the players with their deep pockets are sharing their wealth with the thousands of anonymous support workers who have no pockets at all, meaning the money they earn by working the games is what pays for their families' food on the table. In some cases, the team owners are following suit. This

kind of good behavior is also contagious.

On the other side we have the sleazebags, who see this situation as an opportunity to run scams. They are out there in cyberspace with their wacky conspiracy theories, such as my personal favorite that this is all really a concoction of the media trying to bring down Donald Trump. Frankly, Donald Trump is bringing himself down. For the most part, we reporters are merely the bearers of the bad news.

So far, the coronavirus has been too much for many of our leaders. Our only hope is concerted action by the rest of our community, in spite of them.

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Food for thought By Rebecca Weber

Hoarders and helpers during the COVID crisis: Be one of the good guys

Watching hoarders as they empty the shelves of supermarkets, grocery stores and pharmacies as COVID 19, the coronavirus pandemic, takes its toll on daily life in our communities, it is easy to assume that a crisis brings out the worst in people. But, the fact is it can bring out the best in us, as well.

Take the story of a pair of brothers in Hixson, TN who sought to corner the market for hand sanitizers, antibacterial wipes and face masks in the early days of the potentially deadly disease. The New York Times reported that during the three days after the first death was

announced on February 29 one of them set out on a 1,300 mile road trip through Tennessee and Kentucky filling a U-Haul truck with the loot. The other brother stayed home listing the stuff on Amazon at exorbitant prices as high as \$70.

As Times reporter, Jack Nicas, put it in his article: "To him, 'it was crazy money.' To many others, it was profiteering from a pandemic."

The good news is that the brothers got their comeuppance. Tennessee's Attorney General was quick to issue a cease and desist order and Amazon quickly shut them down leaving the boys

sitting on nearly 18,000 bottles of hand sanitizer with no way to unload them at a profit.

Meanwhile, there are heartwarming stories of kindness that have begun to emerge throughout the country about neighbors helping neighbors. Many are taking to social media to rouse the good guys to act at this time of crisis.

One woman on Facebook posted a notice offering to shop for seniors in her community and neighboring communities who are house-bound as a result of the COVID epidemic. Caring messages and posts are showing up throughout the social media world. They offer to provide caregiver services for those who might need it and necessities such as medical supplies.

One out-of-towner contacted a deli in Detroit and put up cash

for a take-out order for a "worthy charity or person [all your call]."

Here are a few things that you can do to help during the COVID crisis:

- There are plenty of elderly neighbors in your communities, individuals and couples who might, for all intents and purposes, be shut ins at a time like this. Check in on them and help them on a regular basis. Offer to help them with chores and shopping, for example.

- If there are neighbors who need medical attention, offer to help them get in touch with a teledoctors via the Internet as in-person visits to medical facilities are being discouraged.

- Schools throughout the country are shutting down in order to contain the virus, schools that were providing meals for their students. Get together with

your friends and neighbors to find ways to ensure the kids get something healthy to eat.

- Help support local food banks and places in your community that provide shelter for the needy. You might also consider helping out neighbors whose employment has been disrupted as a result of the virus by helping them to purchase necessities.

In other words, become a good guy and come to the rescue if you are able. Don't be a hoarder; be a helper.

Rebecca Weber is CEO of the Association of Mature American Citizens – a senior advocacy organization. We act and speak on seniors' behalf, protecting their interests and offering a practical insight on problems they face today.



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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

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15344 Werling Ct.
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E-mail: wtcc@wtcc.com
Website: wtcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda

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Prevent

From Page 1

rich in fruits and vegetables, maintaining a healthy weight, exercising regularly, quitting smoking, drinking alcohol only in moderation, getting enough sleep, avoiding infection through regular hand washing, and reducing stress.

When the immune system comes into contact with a pathogen, it triggers an immune response. The immune system releases antibodies, which attach to antigens on the pathogens and kill them.

And, recent studies are showing that healthful diet and lifestyle habits can help boost the body's natural defenses.

Researchers are finding that eating a low-fat plant-based diet may help give the immune

system a boost. "The immune system relies on white blood cells that produce antibodies to combat bacteria, viruses, and other invaders. Vegetarians have been shown to have more effective white blood cells when compared to non-vegetarians, due to a high intake of vitamins and low intake of fat," one researcher suggested.

Some studies also claim that eating a low-fat diet may work as a protective measure because tests have shown that limiting dietary fat helps strengthen immune defenses. Furthermore, researchers concluded that oil may impair white blood cell function and that high-fat diets may alter the gut microbiota that aid in immunity.

Consequently, researchers have surmised that a big component of attaining a balanced immune system is maintaining a healthy

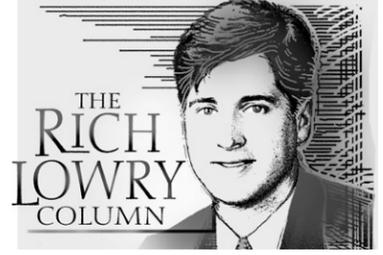
weight; for, obesity increases the risk of catching a virus, like influenza, pneumonia, and other infections such as the corona. And again, following a plant-based diet has been shown to be an effective approach for weight loss; it is rich in fiber without adding extra calories, and fiber helps lower a person's BMI (Body Mass Index), which is linked to an improved immune system, the reported stated.

Studies have shown that fruits and vegetables provide nutrients – like beta-carotene, vitamin C, and vitamin E – that can boost immune function. Because many vegetables, fruits, and other plant-based foods are also rich in antioxidants, they help reduce oxidative stress.

Beta-carotene is a powerful antioxidant that can reduce

See PREVENT, Page 6

Trump didn't dictate coronavirus response



What happens when the supposed dictator won't dictate? This is the conundrum confronted by the harshest critics of President Donald Trump who have gone from warning he is a budding despot to complaining he hasn't done enough to impose his will during the coronavirus crisis.

They can't believe that he didn't urge sports leagues to cancel their seasons, call for school systems to close, or tell bars and restaurants to shutter before this wave of closures began.

As a New York Times report put it, Trump "has essentially become a bystander as school superintendents, sports commissioners, college presidents, governors and business owners across the country take it upon themselves to shut down much of American life."

Ordinarily, tyrants aren't bystanders. They don't give other political players and civic institutions wide latitude to make their own decisions. They don't have to be pushed to declare a national emergency unlocking various powers. They don't have to be lobbied to call out the military to deal with a domestic problem.

Trump has now declared an emergency and issued national guidelines against gatherings of more than 10 people, but his

initial instinct was to urge people to stay calm and carry on.

The problem with Trump's mode of governance isn't that he's a would-be authoritarian. Rather, he has a highly personalized view of the presidency and an abiding belief that he can talk his way out of any difficulty – including, initially, a public-health crisis not susceptible to spin. This deeply flawed approach contributed to his early stumbles in the coronavirus response, but it doesn't make him a falangist.

What we're likely to find is that Trump ends up leading a characteristically American effort against the outbreak. As Yuval Levin of the American Enterprise Institute points out, we usually fumble around in the early stages of a national crisis before bringing to bear massive resources to wrestle it to the ground.

For better or worse, the Great Depression prompted the creation of the largest economic programs in our history after a period of passivity and drift. We responded to the perceived crisis of the Soviet Sputnik launch with the Apollo program that soaked up 4% of GDP. Katrina overwhelmed New Orleans and initially FEMA, before we put an army general in charge of the relief.

The initial indications of a

financial crisis in 2008 were greeted with denial and half-measures. Then, the federal government responded with a historic bailout of the banks and the Federal Reserve undertook an unprecedented program to pump liquidity into the economy.

The outlines of a similar response to the coronavirus are already evident. The move from relative normality to large parts of the country being shut

down was remarkably swift – it happened in the space of about a week. Testing has been slow to come online, but is ramping up now. If hospitals are overwhelmed, we will see the rapid retrofitting of additional space. The Federal Reserve and the federal government are embarking on major stimulus and relief programs.

Such is our robust, multi-layered society and system of

government that much of this doesn't depend on the president, let alone a dictator.

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

SEISD to pay employees during COVID-19 closure

By Jeannie Meza-Chavez
Special to the Courier

SAN ELIZARIO – The San Elizario Independent School District (SEISD) Board of Trustees held an emergency meeting on March 19 to approve a resolution that allows for compensation of employees during the district's closure from March 23rd through April 3rd in response to the COVID-19 pandemic.

"We feel strongly that during this closure, it is essential for our personnel to continue to receive compensation because they have families and homes to care for. We are all in this together and together we will see it through," said Sandra

Licon, SEISD Board President.

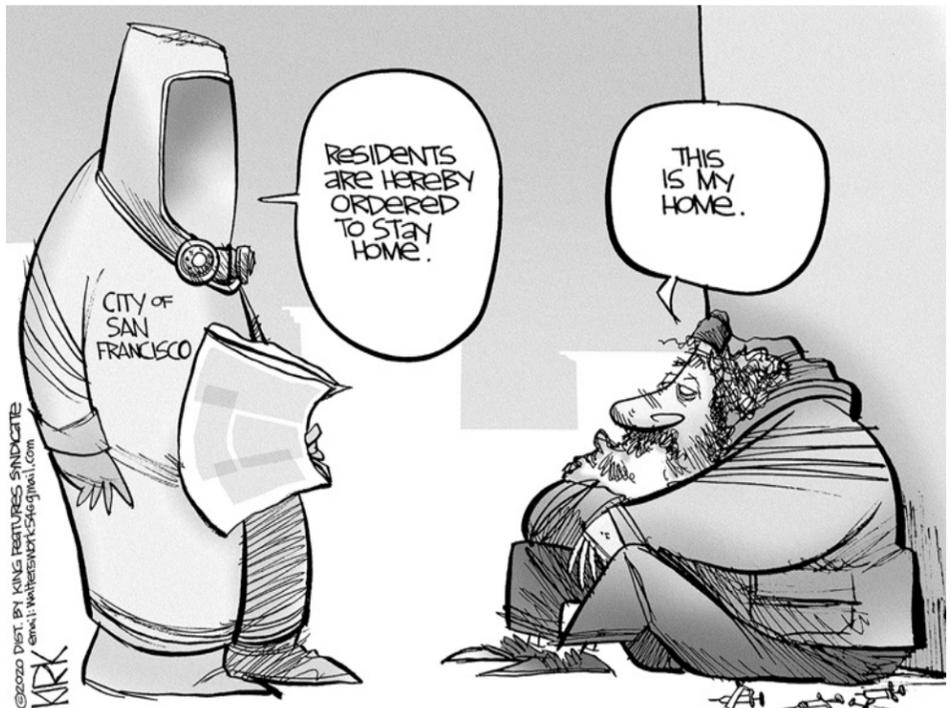
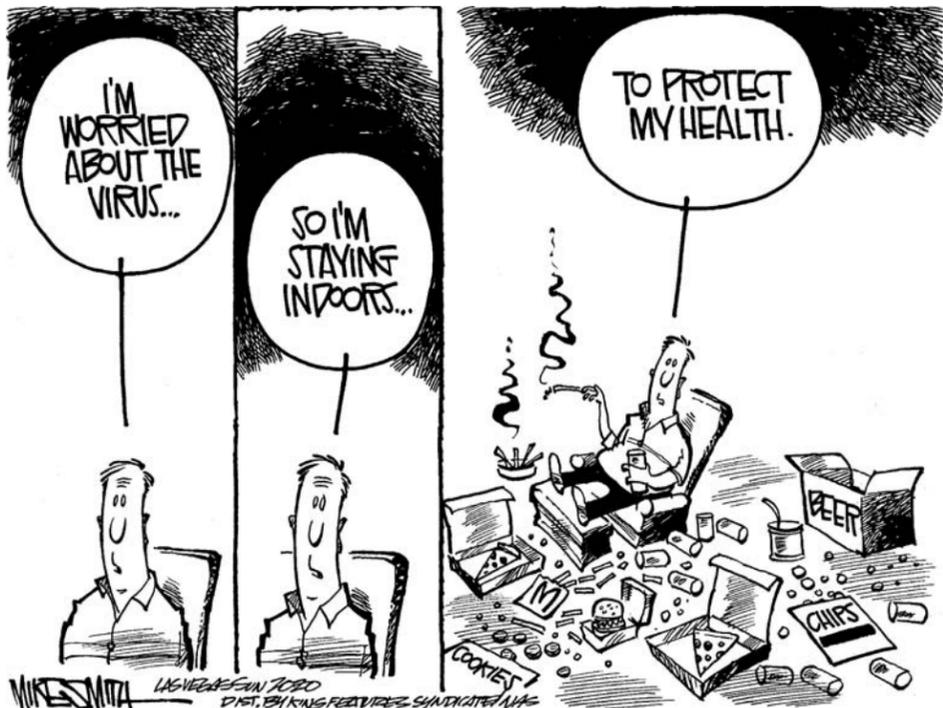
SEISD made the decision to close as soon as the first case of the COVID-19 was confirmed by City of El Paso Officials on March 13, 2020. The decision was made in the best interest of our students, employees and the community of San Elizario.

The decision to extend the closure was cemented upon attending a meeting with the Department of Public Health on the evening of March 14 where a memo from Public Health Director Robert Resendes and Medical Director Hector Ocaranza, stated, "We are directing school districts to have students return from Spring Break on April 6, 2020." This recommendation is

an effort to "flatten the curve" and practice social distancing in order to minimize the spread of COVID-19.

The resolution indicates all employees to include substitutes and tutors who were earning wages and on the district's payroll as of January 1, 2020 will continue to be paid. Human Resources Director, Ms. Blanca Cruz, states, "Substitutes will be paid an average of their January's and February's pay."

During the district closure, a non-exempt employee who is required to report to duty by their supervisor and contacted by the Human Resources Department to report will receive premium pay as indicated under policy DEA.



CryptoQuip Answer

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Strange BUT TRUE

By Lucie Winborne

“Titanic” is the only movie to be available both in theaters and on VHS at the same time.

You won't be surprised to learn that the most dangerous device that is common in the modern world is the automobile. You might be surprised to learn, though, that the second most dangerous is the stair step.

- Ever notice how the taste of artificial banana flavoring and artificial banana-flavored products doesn't greatly resemble the real thing? That's because it's based on a type of banana that was wiped out by a plague in the 1950s.
- The national animal of Scotland is the unicorn.
- Nail polish is considered to have been invented in China about 3,000 B.C. It was made of egg whites, beeswax, colored powder and gum Arabic.

- At any given time, 0.7% of the world is drunk.
- The Procrastinators' Club of America newsletter is called Last Month's Newsletter.

Astronauts cannot burp in space. There is no gravity to separate liquid from gas in their stomachs. They also can't cry, because without gravity their tears can't flow.

The first color photograph was taken in 1861 by British physicist James Maxwell.

The gastric acid in your stomach is so powerful that it is able to eat away an iron table in about 5 minutes.

Belmont University once offered a course entitled “Oh, Look, a Chicken! Embracing Distraction as a Way of Knowing.”

Thought for the Day: “Lord, when we are wrong, make us willing to change, and when we are right, make us easy to live with.”
— Peter Marshall

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Moments in time

THE HISTORY CHANNEL

On March 23, 1983, Barney Clark dies 112 days after becoming the world's first recipient of a permanent artificial heart. The 61-year-old dentist spent the final four months of his life attached to a 350-pound console that pumped air in and out of the aluminum-and-plastic implant.

On March 24, 1996, U.S. astronaut Shannon Lucid transfers to the Russian space station Mir from the space shuttle Atlantis for a planned five-month stay. Her return to Earth was delayed more than six weeks because of last-minute repairs to Atlantis' booster rockets and then by a hurricane.

On March 25, 1911, the Triangle Shirtwaist Company factory in New York City burns down, killing 145 trapped workers within minutes. Only one elevator was operational, one of two exit stairways was locked from the outside and the inside fire hose was rotted and its valve rusted shut.

On March 26, 1953, American medical researcher Dr. Jonas Salk announces that he has successfully tested a vaccine against poliomyelitis, the virus that causes the crippling disease of polio. In 1952 there were 58,000 new cases reported in the U.S., and more than 3,000 people died.

On March 27, 1939, the University of Oregon defeats Ohio State University to win the first-ever NCAA men's basketball tournament, now known as “March Madness.”

On March 28, 1979, a pressure valve in a nuclear reactor at Three Mile Island in Pennsylvania fails to close, setting off the worst accident in the history of the U.S. nuclear power industry. Safety devices would have prevented the crisis, but human operators misread readings and shut off the emergency water system.

On March 29, 1929, President Herbert Hoover has a phone installed at his desk in the Oval Office of the White House. Previously, Hoover had used a phone in the foyer outside the office.

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*2018 data. Average out-of-pocket costs vary slightly by state. Get the facts at airmethodsNMR.com



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Despite virus, NFL players are still changing addresses

By Steve Escajeda
Special to the Courier

With the world going through this coronavirus scare, sports have suddenly taken a back seat to common everyday life.

All the social distancing, and all the presidential press briefings, and all the rationing of certain store items, have temporarily become a new way of life

The idea of players hitting a baseball, or kicking a ball through a net, or connecting on a 30-foot jumper, sounds so irrelevant right now.

But sometimes when things look bleak and the stress level is higher than normal, a good diversion can do the trick.

And in the world of sports, there were some games being played this past week.

Oh, I don't mean games on the field, but I mean the give-and-take of NFL players, agents, coaches and general managers, playing the league's free agent market.

The NFL had plenty of news to report last week, with several big-name players changing teams.

Of course the biggest name of them all was Tom Brady, who will look a little funny (at least for a little while) in a Tampa Bay Bucs uniform.

After 20 years and six Super Bowl championships with the New England Patriots, Brady decided to do the unthinkable – leave Robert Kraft and Bill Belichick.

Two questions immediately come to mind, how much will Brady's presence improve the Bucs, and how much will his departure hurt the Patriots?

This also means that Jameis Winston is no longer with Tampa Bay. But after a year in which he threw 30 interceptions, he may not be missed much.

Another big name changing teams was running back Todd Gurley, who will now play for the Atlanta Falcons.

Gurley was released by the Rams last week, but reports about his fragile knee have swirled for a while.

How about quarterback Philip Rivers, who will now lead the Indianapolis Colts. The long-time Chargers QB signed a one-year contract

with the Colts.

The Chargers lost another big name when running back Melvin Gordon signed with the Denver Broncos.

Philadelphia Eagles wide receiver Nelson Agholor signed with the Oak..., I mean Las Vegas Raiders.

In fact, the Raiders will look very different next season after also acquiring former Titans' quarterback Marcus Mariota, former Dallas Cowboys' Jason Witten and Maliek Collins, as well as former Rams linebacker Cory Littleton.

After a great season with the 49ers, wide receiver Emmanuel Sanders will now be catching passes from Drew Brees and the Saints.

Two veteran defenders signed with the Cowboys. Defensive back Ha Ha Clinton-Dix and defensive tackle Gerald McCoy should help the new-look Cowboys.

Former Eagles and Jaguars quarterback Nick Foles is now with the Chicago Bears. It isn't that long ago that we saw Foles lead the Eagles to a Super Bowl victory.

In one of the feel good stories of the year, after it was assumed that his career was over due to injury, quarterback Teddy Bridgewater did a good job of subbing for Brees when he was out of the lineup because of an injury.

Because of this, Bridgewater will try to resurrect his career by signing with the Carolina Panthers.

The Chicago Bears acquired former Cowboy's pass rusher Robert Quinn.

Talented Green Bay linebacker Blake Martinez is now with the New York Giants.

A Cowboy for one season, receiver Randall Cobb signed with the state's other team, the Houston Texans.

Former big-time Minnesota Vikings wide receiver Stefon Diggs was signed by the Buffalo Bills.

Tight end Jimmy Graham is leaving the Packers and joining the archrival Chicago Bears.

Former Cowboys' defensive back Byron Jones is now a Miami Dolphin.

In a trade, the Arizona Cardinals sent running back David Johnson to the Texans. The Texans sent one of the best wide receivers in

the league, DeAndre Hopkins, to the Cardinals.

Of course, there were many other signings and trades, but these are some of the higher profile deals.

There are still some questions to be answered. Like where will quarterbacks Joe Flacco, Jameis Winston, Mitchell Trubisky, Cam Newton and Jacoby Brissett end up?

Again, football isn't exactly a top priority with all that is happening around the world, but it's a comfort that we can look ahead to when things return to normal.

Classified Ads

LEGALS

Village of Vinton, Texas

PUBLIC NOTICE

A public hearing will be held at 6:30p.m. on Monday, March 30, 2020, during the Planning & Zoning Commission Meeting at the Vinton Village Hall, 436 E. Vinton Rd., Vinton, Texas.

A second public hearing will be held at 6:30p.m. on Tuesday, April 7th, 2020, during the City Council Meeting at the Vinton Village Hall, 436 E. Vinton Rd. Vinton, Texas.

The purpose of the public hearing is to allow any interested persons to appear and testify regarding the following proposed item:

take action on request for Special Permit to allow the installation of a mobile home on 260 Zinc Rd., Vinton, Texas, 79821.

Citizens unable to attend this meeting may submit their views and proposals to Andrea Nichole Carrillo, Village Administrator at the City Hall. Persons with disabilities that wish to attend this meeting should contact City Hall at (915) 886-5104 to arrange for assistance. Individuals who require auxiliary aids or services for this meeting should contact City Hall at least two days before the meeting so that appropriate arrangements can be made.

Andrea N. Carrillo
Village Administrator

Consider and WTCC: 03-26-20

Prevent

From Page 2

inflammation and boost immune function by increasing disease-fighting cells in the body. Excellent sources include sweet potatoes, carrots, and green leafy vegetables.

Vitamins C and E are antioxidants that help to destroy free radicals and support the body's natural immune response. Sources of vitamin C include red peppers, oranges, strawberries, broccoli, mangoes, lemons, and other fruits and vegetables. Vitamin E sources include nuts, seeds, spinach, and broccoli.

Research shows vitamin D and the mineral Zinc may reduce the risk for viral infections, including respiratory tract infections, by reducing pro-inflammatory compounds in the body. Increased vitamin D in the blood has been linked to prevention of other chronic diseases including

tuberculosis, hepatitis, and cardiovascular disease. Food sources of vitamin D include fortified cereals and plant-based milks and supplements. Zinc sources include nuts, pumpkin seeds, sesame seeds, beans, and lentils.

Finally, to feel healthy an individual needs sleep to rest and recharge. Without a sufficient amount of sleep, the risk for developing serious health problems increases – like obesity, heart disease, and Alzheimer's. Adding healthful fruits, vegetables, grains, and beans to one's diet – a diet rich in fiber and low in saturated fat – can lead to a deeper, more restorative sleep, according to recent studies.

So, a good, healthy approach for dealing with this present virus pandemic seems to be to eat a diet rich in fruits and vegetables and complement it with exercising regularly, quitting smoking, drinking alcohol only in moderation and getting enough sleep.

Super Crossword

- A STEP BACKWARDS ACROSS**
- 1 Sol, la or ti
 - 5 Low-pitched
 - 9 Salt Lake City resident
 - 14 Ahead by a single point
 - 19 Otherworldly glow
 - 20 Admit openly
 - 21 Spanish appetizers
 - 22 More sensible
 - 23 Datum for a hard drive
 - 26 Brand of fake fat
 - 27 Geriatrics topic
 - 28 Vegetable in Cajun cuisine
 - 29 Beach birds
 - 31 St. Patty's land
 - 32 Gains' opposites
 - 34 Australian avian
 - 35 Defunct figure-skating show
 - 37 Robin's place
 - 39 Woven together
 - 41 Take one's turn after all others
 - 42 Actress married to Steven Spielberg
 - 47 Develops an affinity for
 - 48 Strong glue
 - 49 MGM lion
 - 50 Sling mud at
 - 54 Mushy food
 - 55 Itinerary info
 - 56 Morgenstern of

- 106 Skinny
 - 107 Epsom _
 - 108 Redding with a Grammy
 - 110 Flynn of early films
 - 111 Classic tune
 - 113 Snapshot go-withs
 - 116 Edmund of "Miracle on 34th Street"
 - 117 Apple messaging software
 - 118 Like men
 - 119 Ovid's 2,002
 - 120 Swamp plant
 - 121 Bête _
 - 122 Multitude
 - 123 Word hidden backwards in this puzzle's eight longest answers
- DOWN**
- 1 Vocally twangy
 - 2 Expenditure
 - 3 Three, in Lille
 - 4 Deserves
 - 5 Bit of luggage
 - 6 Chevrolet hatchback
 - 7 Collection for a wrench
 - 8 Hive cluster
 - 9 Actress Hagen
 - 10 Maneuver
 - 11 Each
 - 12 Strong dislike
 - 13 "It's Gonna Be Me" band

- 14 Mil. hangout
- 15 Sierra Nevada brew
- 16 New York tribe members
- 17 Least distant
- 18 Cuba's Guevara
- 24 Part of CIA
- 25 Cook Deen
- 30 Continuing dramas
- 33 See 85-Across
- 36 Kitty
- 38 Snowball impact sound
- 40 Extend _ welcome
- 42 Beer cask
- 43 Galore
- 44 Moniker for TV's Tim Taylor
- 45 Make amends for
- 46 Sod-busting tool
- 47 _ II (Gillette razor)
- 51 Stole's kin
- 52 _ stick (jumping toy)
- 53 Utopia
- 55 The "D" of CD
- 58 Fate who cut the thread of life
- 59 Secondary option list
- 60 Heat to 212 degrees in advance
- 61 As of now
- 63 Old Toyota
- 64 Prefix with 39-Across
- 65 "It will come _ surprise...

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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97						98				99	100			101		102	103	104	105
106						107					108			109		110			
111						112			113					114					
116									117					118				119	
120														121					123

Answer Page 8

Comix

OUT ON A LIMB By Gary Kopervas



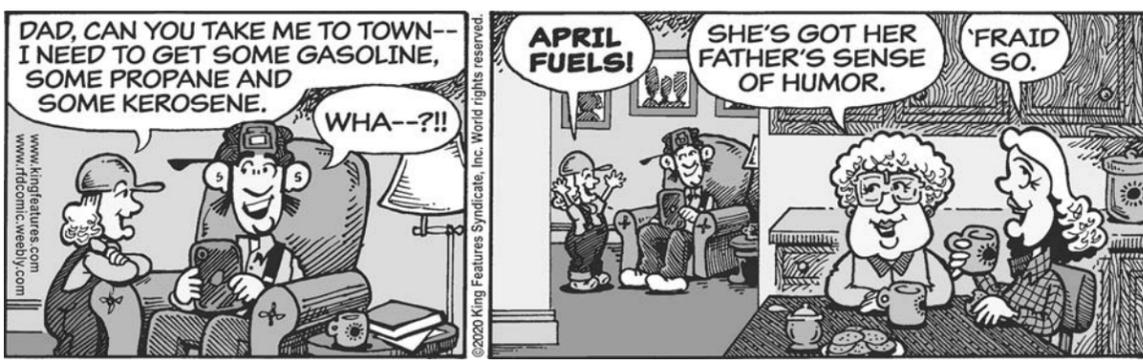
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



EPCC

From Page 1

retired EPCC English Faculty, gives de los Santos credit for creating a shared governance model of leadership and emphasized a college focused on student success that still exists today. "Through his great force of character, Dr. de los Santos directed every aspect of the birth and infancy of the college. He interviewed all new administrators and faculty, looking to see if they shared his vision," Henry said.

When reflecting on EPCC during the college's 50th Anniversary in 2019, De Los Santos said, his original

vision for EPCC had been fulfilled in three ways: "On a broader scale, EPCC has helped educate thousands of individuals in El Paso County who might never have the opportunity. As well, many of the students who began their higher education at El Paso Community College have transferred to The University of Texas at El Paso. Thirdly, the community college has helped to prepare the work force that has helped employers – and has helped to drive the economy."

Dr. de los Santos was proud of his work at El Paso Community College. "It would be almost impossible to measure to positive impact that El Paso Community College has had on thousands of El Paso students over the years. Working to found the institution was an interesting

'Cotton-ball' sensation is a sign of neuropathy

DEAR DR. ROACH: I'm a 63-year-old male diagnosed with chronic myelogenous leukemia, Type 2 diabetes and coronary heart disease. I am 5 feet, 11 inches and weigh 240 pounds.

I have two stents and take Sprycel for the CML. My levels are good, and the coronary disease is under control. For a few years I've had what feels like "cotton balls" under the skin in the area of the balls of my feet. Now it feels like it's migrating to the arch. While not too uncomfortable, it is almost impossible to walk barefooted. Some type of foot covering is needed to keep from noticing the feeling. My doctor says it's the diabetes, and to lose weight or see a podiatrist. Other than losing the weight, do you have any opinion about this? – N.M.



Cotton-ball sensation is one way that many people describe the beginning of neuropathy, a general term for a variety of different conditions that affect the nerves of the body.

In a person with cancer (like CML, chronic myelogenous leukemia, a cancer of the bone marrow) and a new symptom, it is always wise to consider whether it could be due to the cancer, the treatment for the cancer or from something else. In your case, usually CML is not associated with neuropathy. However, the medicine you are taking, dasatinib (Sprycel), has been associated with a severe kind of reversible neuropathy. I read the case reports of this condition carefully, and I doubt that is what is going on with you, as the symptoms you have are different from those reported.

People with longstanding diabetes frequently develop a particular disease of the nerves, diabetic neuropathy. This almost always begins with sensation changes in the feet. I agree with your doctor that diabetes is the most likely cause.

Seeing a podiatrist is absolutely a good idea. He or she can test you for this condition (usually a careful physical exam will make the diagnosis), in addition to looking carefully for any early signs or risk factors for injury or infection. You also should learn how to do a daily inspection of your feet and recognize the signs, so you can get to medical attention promptly should any damage to your feet occur. The podiatrist will make sure you have appropriate footwear.

Many people with diabetes benefit from weight loss, but the important thing is to be sure your diabetes is under good control. This is achieved through good diet, regular exercise and medication, if needed, in addition to weight loss in people who are overweight.

DEAR DR. ROACH: Due to cancer, my prostate was removed about seven years ago. My PSA reading has increased since 2012 from 0.09 to 0.304. Should I be concerned? I am 78 years old and in relatively good health. – B.D.

PSA readings can go up and down, but a threefold increase could mean that the cancer is coming back, and you should see the specialist taking care of your prostate cancer to discuss getting additional testing.

Not having disease for seven years after treatment is a good sign, but the PSA test is pretty specific for cancer recurrence if two separate readings are above 0.2. You may need additional therapy, but only further investigation will show how concerned you need to be.

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.

adventure," de los Santos said in a 2019 interview. "I still have clear memories of working with groups of people in the community, hiring the administrators and the faculty playing basketball with the students – full court on the outdoor at Logan Heights – the hundreds of individuals who provided help and support."

EPCC mourns the passing of Dr. Alfredo de los Santos, our college's first President. "Dr. De Los Santos was a trailblazing leader who was among the first Latino community college presidents in the nation," Dr. William Serrata, EPCC's current president said. "He is known for his lifetime commitment to higher education and for his visionary leadership at EPCC. We are grateful for his legacy and impact. Our thoughts and prayers are with his family."

