



NEWSBRIEFS

Grow your own

The City of San Elizario Urban Agriculture Project is launching City-in-a-Box, a condensed version of our City-to-Table program that provides San Elizario residents free materials and training to grow their own desert vegetables. Participating residents will be provided mini crop kits to include: a two-square-foot raised-bed, soil with organic matter, seeds for quick turnaround crops, instructions to grow and starter recipes to use their harvests. They are adaptable to changing seasons and will help supplement their food supplies during this uncertain time. The kits are self-contained and will help San Elizario residents to continue to follow safe, social distancing guidelines. Urban Agriculture Program Manager Octavio Hernandez is available by phone at (915) 303-1134 and email (ohernandez@cityofsanelizario.com) to answer questions or address issues during the growing seasons. The kits are available for delivery or pick-up but residents will need to contact Hernandez to coordinate. Supplies are limited but the program will expand as demand grows.

— Maya Sanchez

They had him dead to rights

A commuter in Arizona takes the cake when it comes to coming up with illegal ways to use HOV lanes. Arizona highway police recently caught a driver who thought he could get away with a skeleton propped up in the passenger seat of his car. Apparently he thought he could disguise the carcass by putting a hat on its head and covering its torso with what appeared to be bandages.

— John Grimaldi

No parking, period

There's a reason there are "no parking" signs in front of a fire hydrant. It's self-evident to most drivers, but one driver in Camden, NJ had to learn it the hard way. No, he or she did not just get a ticket. Instead, firefighters responding to a call simply broke both the passenger's side and driver's side windows and ran their hose through the car in order to deal with a nearby blaze.

— John Grimaldi

It is when we forget about ourselves that we do things that are most likely to be remembered.

— Quips & Quotes

County sees more COVID-19 cases

Doctors push for more testing

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – *Stay Home, Work Safe* orders remain in effect throughout El Paso County, as government officials advise families that any gatherings at city, county, state and federal parks are strictly prohibited, as are house gatherings with others who do not live in the household.

Public health officials also advised residents recently to use face coverings when out performing essential duties or tasks and recommended that the face coverings be cleaned daily. However, they pointed out that face coverings should not be placed on children under two years of age, on anyone who has trouble breathing or is unconscious, incapacitated, or otherwise unable to remove the mask without assistance.

El Paso County's total number of new COVID-19 cases was approaching 300 with two deaths by mid-April, according to the City of El Paso Public Health Department. Positive cases in the county included 139 females and 130 males. Of those, 56 were hospitalized, and 22 of the hospitalized were in ICU, with 33 cases being reported as recoveries.

After the second week in April, health department reports showed the locations of the COVID-19 cases by El Paso County ZIP codes (number of cases are in parenthesis): 79821 (1), 79835 (2), 79849 (3), 79853 (2), 79902 (2), 79903 (5), 79904 (10), 79905 (14), 79906 (1), 79907 (11), 79911 (3), 79912 (25), 79915 (13), 79922 (1), 79924 (15), 79925 (9), 79927 (15), 79928 (23), 79930 (2), 79932 (11), 79934 (15), 79935 (12), 79936 (42), 79938 (32).

"The number of cases has increased and will continue increasing, but we are grateful that we did not have to report any more deaths today, and we remain hopeful that the community heeds our warnings to please stay home and not go out unless absolutely essential," said Dr. Hector Ocaranza, City/County Health Authority. Residents are urged to use social media and internet applications to visit with family and friends virtually instead.

Furthermore, many El Paso doctors say more testing is needed. Health department reports showed that as of April 7, 600 of the county's 840,000 residents had been tested for COVID-19 by the Department of Public Health Lab. Of those, 27 patients were hospitalized, with 18 others having recovered from the virus.

Dr. Alison Days, president of the El Paso County Medical Society, asserted that without more testing, El Paso residents are left with no choice but to flatten the curve of infections through social distancing measures. She stated that a lack of



— Photo courtesy Paso del Norte Health Foundation

"Our community deserves the knowledge, resources, support and environment to live happy, healthy and productive lives throughout the COVID-19 crisis and beyond," stated Tracy J. Yellen, chief executive officer of the Paso del Norte Health Foundation and Paso del Norte Community Foundation. **She has encouraged residents to use the foundation's website (EPcovid19.org) to receive and share information.**

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Who should be tested for COVID-19?

El Paso's Department of Public Health has initiated a step-by-step process for determining who should be tested for COVID-19:

Step 1: All area residents should stay home whenever possible and monitor themselves for flu-like symptoms. This includes cough, fever and shortness of breath. If a combination of all three symptoms does not improve over the course of 72 hours or worsens, they should contact their healthcare provider.

Step 2: If a resident has all these symptoms AND has traveled outside of the El Paso region or if they have had close contact with someone who is a lab-confirmed case of COVID-19, they should contact their healthcare provider immediately.

Step 3: The healthcare provider will assess the patient who is seeking care and should rule out other causes of symptoms, including allergies, and the common cold. Additionally, patients must provide proof of being negative for Influenza and Strep throat.

Step 4: After the healthcare provider rules out other sources of illness, they should contact the Department of Public Health Epidemiology Program for triage, based on the Texas Department of State Health Services guidelines.

Step 5: If approved by the Public Health Epidemiologist, the healthcare provider will receive a "test number" from the epidemiology team. Using proper personal protective equipment, the provider will collect and submit two upper respiratory samples (nasopharyngeal and oropharyngeal swabs), plus a third lower respiratory sample if possible.

Step 6: The healthcare provider will then notify the Department of Public Health Laboratory prior to submitting the sample to the lab. While awaiting results it is important to have the patient self-quarantine at home if they are discharged from care.

Step 7: Once the samples have been analyzed, the results will be sent to the healthcare provider to notify the patient. Positive results will trigger an epidemiological investigation by the Department of Public Health.

Residents who do not have a primary care physician or who do not have insurance should dial 2-1-1 and select option six (6) for a referral to a healthcare provider. There is no cost for the approved test analysis conducted by the Public Health Laboratory. Further information and details are available at www.EPHealth.com.

Rodriguez tapped for national education board

By Liza M. Rodriguez
Special to the Courier

CANUTILLO – Canutillo Independent School District (CISD) Trustee Armando Rodriguez has been elected to serve on the National School Boards Action Center (NSBAC) Board. The mission of NSBAC is to advocate at the federal and national levels for the advancement of public education, local school board leadership, and excellence and equity in our nation's public schools.

"In an ever changing environment, NSBAC is leading with public policy to provide equity and quality public education to all students," said Rodriguez. "Two of our top priorities during this

unprecedented time is the E-rate program to help connect students and teachers displaced by the pandemic, in addition to leading the grassroots effort to reauthorize and fully fund IDEA." IDEA is the Individuals with Disabilities Education Act.

As the situation with the pandemic has proven, broadband connectivity for student learning is as important as ever. NSBAC has asked Congress to provide at least \$2 billion of emergency funding to the E-Rate for home connectivity.

In addition, IDEA is the main federal statute governing special education for children. NSBAC urges the federal government to modernize and fully fund IDEA. They recently launched a new



— Photo courtesy Canutillo ISD

See RODRIGUEZ, Page 5 Armando Rodriguez



The rogue pogue

Pogues – we’ve all experienced them. They’re the bad managers who get in the way of the job getting done. From the feckless supervisor to the CEO, the term pogue is actually scornful military slang, an infantry slur. It means “people other than grunts,” and pogues were best described to me as “those in their air-conditioned offices who make life a living hell for those on the battlefield.”

They certainly also flourish in civilian life. On the battlefield against the insidious coronavirus enemy, for instance, they’ve led

the charge – a charge that, thanks to them, looks oftentimes like a retreat. It starts at the top, with Donald Trump, POTUS – Pogues of the United States. His daily pronouncements have been both feckless and reckless, fatally downplaying the danger until it came crashing down upon us all. All of his administration’s incompetence was described by The New York Times, laid out in a lengthy article called “The Lost Month: How a Failure to Test Blinded the U.S. to Covid-19.”

It describes in painstaking detail how Trump-appointed public health agencies were overwhelmed by the early warnings and engaged in one incompetent miscalculation after another. The nation is now

paying the price as a result, with nearly a quarter-million deaths projected as the best we can do. We are running out of personal protection equipment to shield the valiant medical providers who are trying desperately to treat the victims coming to them in overwhelming numbers.

Meanwhile, the pogue in chief takes full political advantage of the crisis by holding daily briefings, which are mainly devoted to his self-serving pretenses, before he finally turns it over to the heroic experts who he assigns to deliver the bad news after he has completed his dog-and-pony show. Drs. Tony Fauci and Deborah Birx have revealed themselves to be standouts in this mess. They are the anti-pogues, partly

because their statements are such a contrast to the streams of unconsciousness from Trump.

In fact, there are plenty of other anti-pogues who need to be acknowledged, those who have cast themselves in true leadership roles. There are governors from coast to coast who have made the hard decisions to clean up the mess. New York Democrat Andrew Cuomo has millions of fans with his intense advocacy for his state’s interest, as it undergoes monstrous attacks by the killer organism.

Gretchen Whitmer has done the same in Michigan. Like so many females, she has gotten under Trump’s thin skin. He refers to her as “Gretchen Half Whitmer” and more tellingly as “that woman from Michigan.” He’s not only the pogue in chief, but misogynist in chief.

This is a man who leads his

nation by bad example. His administration is not fulfilling its assigned role of coordinating all the logistics, leaving it to the governors to negotiate on their own for protective gear and test kits and making the hard decisions about partial quarantines in their states, along with school shutdowns and the dealings with suddenly unemployed citizens who are swamping their systems.

It’s not enough to say that rescuing the nation is not a job for pogues. Rather, it is a job for pulling together against the common enemy, which, by the way, should be the coronavirus, not a rogue pogue like Donald Trump.

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View from here By Elizabeth Lee Vliet, M.D.

Doctors need freedom to act in war on COVID-19

A recent poll of more than 6,000 doctors from 30 countries found that 37 percent rated hydroxychloroquine (HCQ) as the best treatment for novel coronavirus disease (COVID-19).

Yet, during a recent webinar on COVID-19, doctors across the United States described threats from many governors and state medical boards for prescribing HCQ and azithromycin “off label” for non-hospitalized COVID-19 patients.

It was shocking to hear that our front-line warriors are not only having their medical decisions blocked, but are being threatened with disciplinary actions, and

even loss of license in some states.

The international poll conducted by Sermo highlighted crucial differences between the U.S. and other countries. Many fewer U.S. physicians – only 23 percent – prescribed HCQ, while 72 percent of Spanish physicians used it as their first choice in COVID-19. Also, in the U.S. it was most commonly used for hospitalized high-risk patients with severe symptoms, while in other countries it was equally used for outpatients with mild symptoms at onset of disease.

HCQ has been FDA-approved for malaria since World War II,

and it is now also approved for treating lupus and rheumatoid arthritis.

These findings mean the U.S. lags behind other countries in using HCQ to prevent infection, to reduce the time that a person sheds virus and can infect others, and to keep patients out of hospitals and off ventilators.

Basic science and clinical outcomes studies from more than 10 countries show that HCQ works both before and after COVID-19 enters the cells. It increases zinc transport across the cell membrane, and the two work together to keep the virus from multiplying itself using our own cells’ machinery.

It is the viral multiplication

or replication that triggers the inflammatory cascade, or cytokine storm that damages organs, especially the lungs leading to the acute respiratory distress syndrome (ARDS) and deaths.

Adding the antibiotic azithromycin, or possibly doxycycline for elderly with contraindications, shows a synergistic effect, as reported from France, China, and several clinical outcomes studies in the U.S.

A new 2020 study showed an additional way that HCQ works: it prevents the virus from attaching to host cell surface molecules. The authors conclude:

“Our data do support the use of

chloroquine and preferentially hydroxychloroquine as a first intention therapy for patients infected with SARS-CoV-2 (COVID-19).”

On Mar 28, 2020, the Food and Drug Administration (FDA) issued an Emergency Use Authorization for HCQ to treat COVID-19 – but restricted this approval to hospitalized patients.

That restriction means loss of the critical early window of opportunity to achieve four urgent goals to stop the pandemic: (1) prevent the virus attaching to host cells, (2) reduce viral replication that prolongs time of

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Inspector General warns about new Social Security Benefit suspension scam

By Andrew Saul
Special to the Courier

Today, I am warning the public about fraudulent letters threatening suspension of Social Security benefits due to COVID-19 or coronavirus-related office closures. Social Security will not suspend or discontinue benefits because their offices are closed.

The Social Security Office of the Inspector General has received reports that Social Security beneficiaries have received letters through the U.S. Mail stating their payments will be suspended or discontinued unless they call a phone number referenced in the letter. Scammers may then mislead beneficiaries into providing personal information or payment via retail gift cards, wire transfers, internet currency, or by mailing

cash, to maintain regular benefit payments during this period of COVID-19 office closures.

As of Tuesday, March 17, 2020, local Social Security offices are closed to the public due to COVID-19 concerns. However, Social Security employees continue to work. Social Security will not suspend or decrease Social Security benefit payments or Supplemental Security Income payments due to the current COVID-19 pandemic. Any communication you receive that says Social Security will do so is a scam, whether you receive it by letter, text, email, or phone call.

Social Security will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail

gift card, cash, wire transfer, internet currency, or prepaid debit card.

- Demand secrecy from you in handling a Social Security-related problem.

- Send official letters or reports containing personally identifiable information via email.

If you receive a letter, text, call or email that you believe to be suspicious, about an alleged problem with your Social Security number, account, or payments, hang up or do not respond. We encourage you to report Social Security scams using our dedicated online form. Please share this information with your friends and family, to help spread awareness about Social Security scams.

Learn about Social Security services during the COVID-19 pandemic, by visiting our Coronavirus Disease (COVID-19) page.

Pandemic shows why borders exist

When President Donald Trump announced a restriction on travel from Europe in a mid-March Oval Office address, European Union officials erupted in outrage.

The president of the European Commission, Ursula von der Leyen, issued a joint statement with the president of the European Council, thundering, "The coronavirus is a global crisis, not limited to any continent, and it requires cooperation rather than unilateral action."

Just a few days later, von der Leyen advanced her own proposal to ban nonessential travel into the EU.

We are all restrictionists now. In the coronavirus crisis, everyone realizes the importance of borders, even the people who not long ago were ideologically hostile toward them.

Borders mark off the sovereign territory of one people from another. They are a means – if they can be enforced and defended – for a sovereign state to protect its people from invaders, and unwelcome immigrants and goods. They are a tool almost every nation has used to try to keep the coronavirus from gaining a foothold in its population, and to try to keep it from spreading further.

The lyrics of the treacly

John Lennon classic *Imagine* – recently performed by celebrities organized by actress Gal Gadot as a balm in this time of distress – have never been so absurdly inapt. If there were really no countries and the world were as one, we'd be even more vulnerable to whatever threat arises in a city in central China, or anywhere else on the globe.

Of course, travel restrictions haven't prevented the spread of the disease – there's no such thing as an airtight seal. But restrictions at least bought governments some additional time, and openness to foreign travel from China has been an accelerant on its spread.

Such restrictions are the least of it. Italy has had trouble importing masks because European countries have been working to hold on to medical supplies, indeed to hold on to food. According to the Wall Street Journal, "German officials said their restrictions were partly designed to safeguard supplies at German supermarkets from French shoppers."

So much for a new era of European solidarity dissolving historic, centuries-old political and cultural divisions.

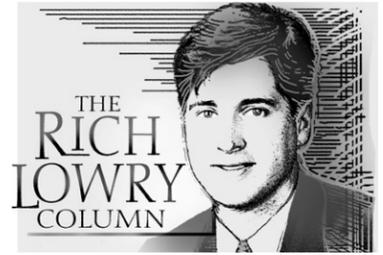
In a crisis, everyone realizes their foremost obligation is to their own.

Of course, Trump is naturally inclined to this view. He imposed travel restrictions even before he was truly seized with the seriousness of this crisis. The pandemic gives new credibility to his dim view of our commercial entanglement with China and, before this is all over, there will probably be bipartisan legislation to minimize our dependence on Chinese-manufactured pharmaceuticals and medical

equipment.

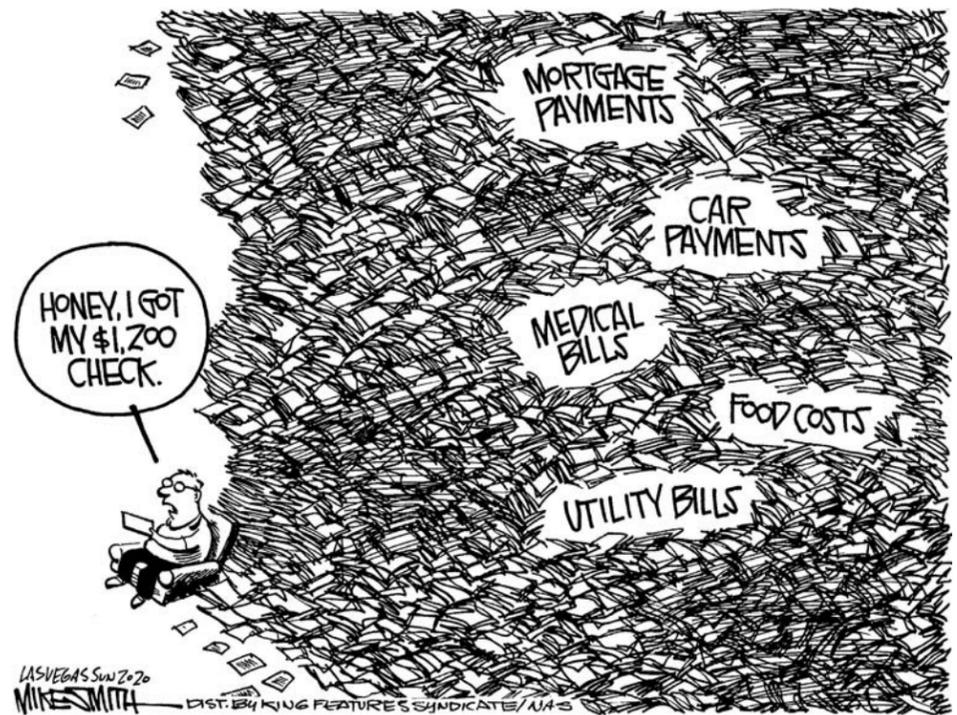
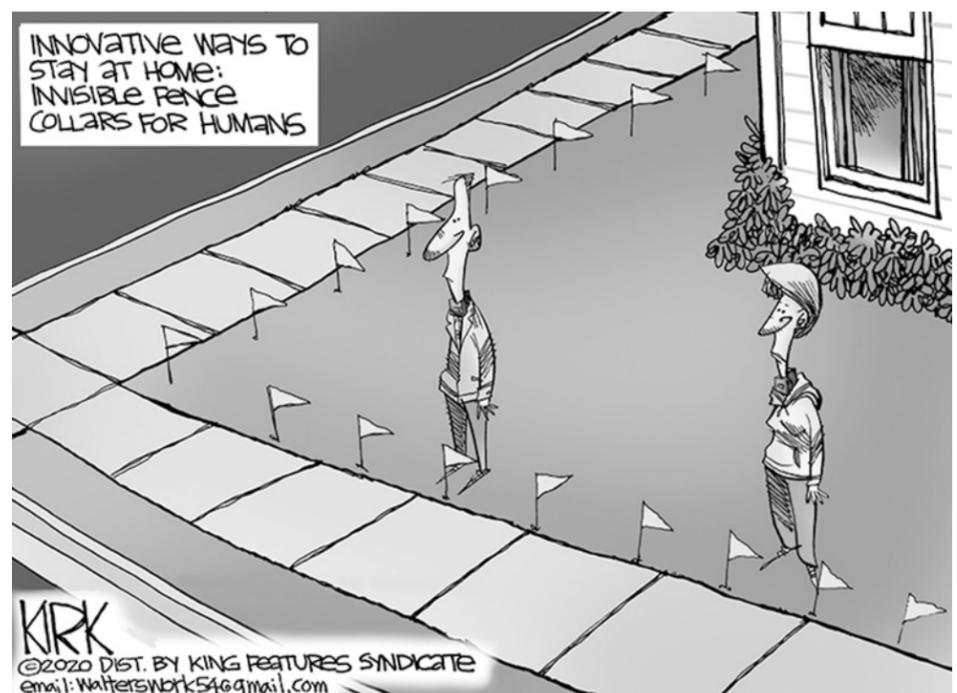
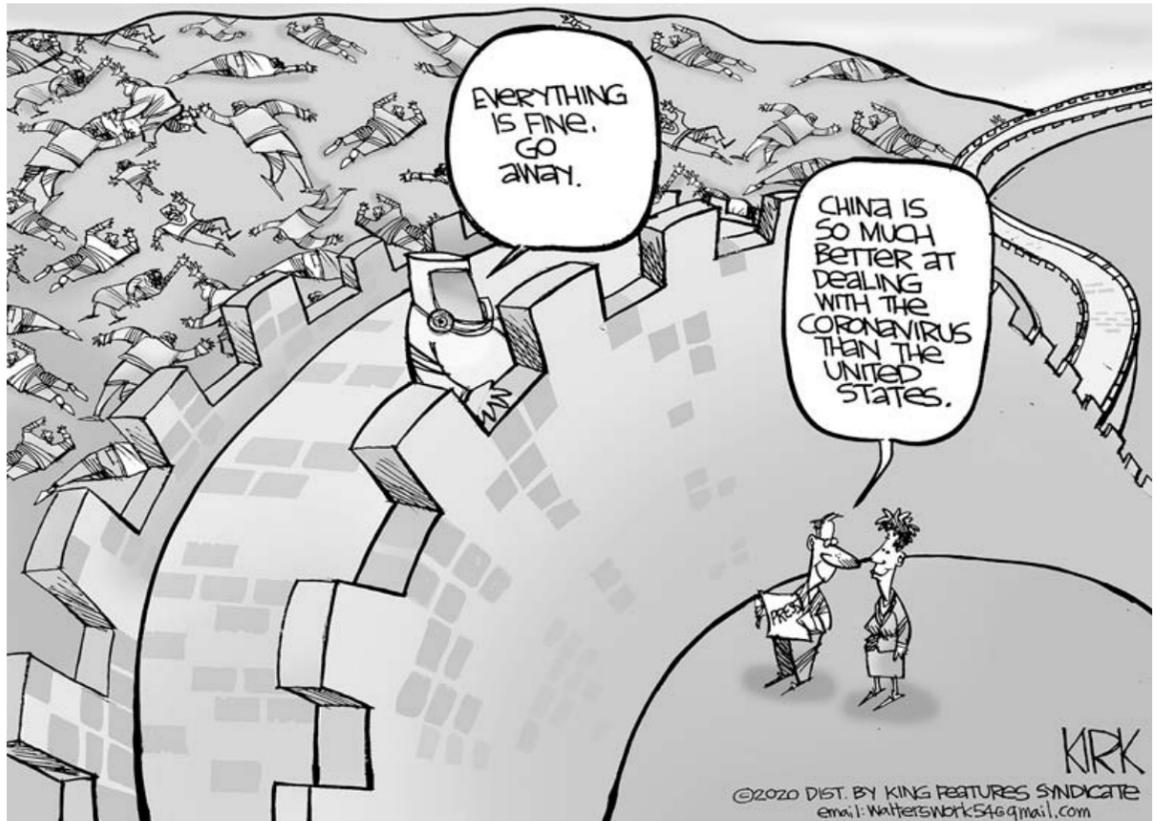
None of this means that we shouldn't wish other countries well, help them if we can, and share research and technologies. But borders exist for a reason. All peoples have their own governments that, if they are doing their jobs, put the health, safety and welfare of their own people first.

The coronavirus has acted as a solvent on a decade or more of clichés about the arrival of a globalized world where old lines drawn on a map no longer



matter. In a crisis, everyone turns to borders as a first line of defense.

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



Doctors

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infectivity and spread, (3) reduce the number of hospitalizations and need for intubation and mechanical ventilators, and (4) reduce risk of multi-organ damage and death or permanent lung impairment after recovery.

At the Apr 4 Corona Virus Task Force Briefing, reporters continually focused on the potential shortage of ventilators, yet no one was asking about using effective medication approaches to keep patients from becoming so critically ill that they need mechanical ventilation.

When World Health Organization and U.S. experts say there is “no evidence that any medicine can prevent or cure” for COVID-19 they correctly mean, “*We don’t yet have a randomized, placebo-controlled, double blind clinical trial (RCT).*” But designing, setting up, conducting, and analyzing any RCT takes years. And that is only one form of evidence in medicine. Case studies (pejoratively called “anecdotes”) and decades of safe use worldwide provide other valid sources of clinical outcomes evidence, which have guided physicians for more than 2,000 years.

As a matter of historical record,

we had no RCT “proving” that smoking caused lung cancer, but that did not stop common-sense recommendations by the Surgeon General and physicians who advised patients to stop smoking cigarettes, based on clinical outcomes showing higher lung cancer and heart attack deaths in smokers.

We have no time for an RCT. We can’t wait months for a vaccine. People are dying every day. Staggering numbers of people have lost jobs, incomes, and ability to live life normally. We cannot ignore the well-known fact that times of massive unemployment lead to lost lives, from drug addiction, depression/

suicide, domestic violence, and losing access to medical care. These losses could exceed those from the virus if the country remains shut down for a prolonged period. This is real damage, not just theoretical, and it is escalating every day.

In this war against the invisible virus, doctors – our soldiers on the front line – simply must be free to use the medicines at hand, to the best of their ability and judgment for each patient, free of politicians and bureaucrats’ second-guessing and threats.

Doctors must be able to prescribe, pharmacists to dispense, and patients to take already-approved drugs for this novel use against a novel enemy. About 20 percent of all prescriptions are for “off-label” uses. The FDA may restrict pharmaceutical companies marketing for off-label uses, but it has no authority to interfere with doctors’ prescribing them off-label. That is called the practice of medicine. It is unprecedented – and lethal – for state governors and medical boards to forbid the freedom to prescribe long-approved and safely used medications.

America urgently needs a Presidential directive to remove the FDA’s red tape and state political obstacles to save lives, reduce the rate of spread of COVID-19. Hospitals must quickly be fully opened to treat patients with urgent medical and surgical needs beyond COVID-19 to avoid losing hospitals and medical staff. We should. Consider India’s approach with a national recommended guide for physicians. Stop this patchwork quilt of governors’ arbitrarily deciding what prescriptions can and cannot be used in each state.

In a war to save lives and our country, we must fight with all the weapons we have at hand, even if not yet “proven.”

Dr. Elizabeth Lee Vliet has been a leader in patient centered, individualized medical care. Since 1986, she has practiced medicine independent of insurance contracts that interfere with patient-physician relationships and decision-making. She has no financial ties to any health care system or health insurance plan. Vliet is a past Director of the Association of American Physicians and Surgeons (AAPS); and a member of the AAPS Editorial Writing Team on healthcare reform.



The City of San Elizario’s Urban Agriculture Program is looking for residents to participate in **City-in-a-Box** a free program to help during these uncertain times.

- Grow your own food
- Fresh food in 30-days
- Materials and recipes included

Contact Octavio Hernandez
 ohernandez@cityofsanelizario.com
 915-303-1134



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CryptoQuip Answer

To some waggish people, press censorship might be described as writer’s clamp.

Strange BUT TRUE

By Lucie Winborne

- Ever wondered why those athletic lace-ups on your feet are called sneakers? The moniker came about in the late 1800s, from their rubber soles that allowed people to walk or “sneak” around without a sound.
- Laura Ingalls Wilder’s “Little House” books were once used as post-World War II propaganda. Gen. Douglas MacArthur’s occupation headquarters chose “The Long Winter” as one of the first American books to be translated into Japanese, in an effort to boost the morale of defeated, starving citizens. German translations soon followed, with a similar goal.
- During the mid-1970s, author Anne Fine walked by a shop selling jewelry and old furs, the proprietor of which was a Madame Doubtfire. Fine recalled the name in 1986 when she wrote her novel “Madame Doubtfire.” Her one request to makers of the film starring Robin Williams and Sally Field was that they “not make the children bratty, and they did indulge me in that.”
- Believing he had been cursed for killing two canines, a man in India married a third as an act of atonement.
- Michelangelo, renowned painter of the Sistine Chapel and brilliant sculptor to boot, was surprisingly averse to personal hygiene. He also rarely changed his clothes. One of his servants remarked that the artist would spend so much time in his shoes that when he finally did take them off, “the skin came away, like a snake’s, with the boots.”
- Zebras are responsible for more injuries to U.S. zookeepers than any other animal.
- Your left lung is smaller than your right to make room for your heart.

Thought for the Day: “Books can be dangerous. The best ones should be labeled ‘This could change your life.’”
 – Helen Exley

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Moments in time
THE HISTORY CHANNEL

- On April 13, 1870, the Metropolitan Museum of Art is officially incorporated in New York City. The city stipulated that the collection be kept open to the public year-round and free of charge. The first object the Met acquired was a Roman sarcophagus.
- On April 14, 1818, Noah Webster, a Yale-educated lawyer with an avid interest in language and education, publishes his American Dictionary of the English Language. Webster's dictionary was one of the first to include distinctly American words, introducing more than 10,000 "Americanisms."
- On April 15, 1959, new Cuban leader Fidel Castro visits the United States. President Dwight Eisenhower, however, had no intention of meeting with the communist revolutionary and instead went to the golf course.
- On April 16, 1881, on the streets of Dodge City, famous Western lawman and gunfighter Bat Masterson fights his last gun battle.

He would live another 40 years. Masterson had his first shootout in 1876 in Texas over the affections of a dance hall girl named Molly Brennan.

- On April 17, 1945, U.S. Lt. Col. Boris T. Pash commandeers over half a ton of uranium at Strassfurt, Germany, in an effort to prevent the Soviets from developing an A-bomb. Pash headed a group searching for German scientists to prevent the Soviets from capturing them.
- On April 18, 1983, the U.S. embassy in Beirut, Lebanon, is almost completely destroyed by a suicide car-bomb explosion that kills 63 people, including 17 Americans. The terrorist attack was carried out in protest of the U.S. military presence in Lebanon.
- On April 19, 1897, John J. McDermott of New York wins the first Boston Marathon, a measured distance of 24.5 miles from the Irvington Oval in Boston to Metcalf's Mill in Ashland. The marathon's distance was changed in 1908 to its current length of 26 miles 385 yards.

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Rodriguez

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initiative to highlight this critical need and help ensure students with disabilities receive the access and support they need to succeed.

Rodriguez aims to represent the interests of Canutillo ISD and the region during his service on the board, while bringing back knowledge gained to advance excellence and equity at the local level. He is serving his fourth term on the CISD Board

People know Pueblo for its...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



of Trustees.

Rodriguez is also involved in a variety of education and community boards, including the Mexican American School Board Association where he served as President, the Texas Association of School Boards where he serves as the Region 19 representative on the Board of Directors, Chair

of the National School Boards Association Hispanic Council of School Board Members which automatically allows him to be on the NSBAC Board of Directors, the National Association of Latino Elected and Appointed Officials Board of Directors, and a past President of the Far West Texas School Board Association.



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25 words - \$15 per week; 40 words - \$20 per week

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LIVING SHOULDN'T REQUIRE A MEMBERSHIP.

Why should a service like air medical require a membership?

During an emergency, is this the first thing on your mind? What if the membership service is not the closest? What if they don't have the necessities that our flying ICU can provide? What if these differences could save your life?

Air Methods doesn't have memberships. And we have you covered in Texas. We concentrate on working with your insurance company to manage your out-of-pocket costs. When you consider how often you use air medical, the savings become very apparent. We think it's a better model for everyone, especially you.

Stop paying for an air medical membership you really don't need and start living.

Details at AirMethodsNMR.com

Average out-of-pocket cost for Texas patients using Air Methods:

\$197*

(includes co-pays and deductibles)

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



Some sports are still going on – you can bet on it

By Steve Escajeda
Special to the Courier

Although we are all still in the middle of this surreal coronavirus way of life, good news makes its way out of our TVs, radios and social media sites on a daily basis.

We hear about the generosity of people coming to the aid of those in need. We hear about people who are still showing up to work each day to take care of the rest of us. We hear and see the funny videos put out by anyone and everyone, just to give us a reason to smile and laugh out loud.

And though we appreciate the good news, there is still a large part of the population going through sports withdrawals.

There is nothing out there for the sports fan – no baseball, basketball, football, soccer, hockey, boxing – nothing at all.

It's bad enough for the average fan that spends his or her weekend watching the games. It's even worse for the fanatical game-watcher who not only catches the game on the tube, but has some money riding on it.

A lot of gamblers are going nuts right now with no games to bet on. Even all the casinos across the country are closed.

But I did say there were no games to bet on? I didn't say anything about horse racing. I guess horses don't have to stay six feet apart from each other.

Last Saturday, there were 13 races held at Gulfstream Park in Hallandale Beach, Florida.

One bettor decided to play it very safe and put down a 50-cent bet on picking the

winner of the first five races of the day.

The winning horses for the first five races were No. 8 Freddy Soto, No. 4 Union Lane, No. 1 He's a Babe, No. 3 Enzoexpress and No. 6 Lashara.

Guess what? The guy picked every race correctly and turned his two quarters into \$524,966.50.

What makes this even more bizarre is that his first winner, Freddy Soto, was a 73-1 long shot. Nobody in their right mind would have picked that horse.

But what do I know? I'm sitting here typing in my pajamas and he's got half a million dollars in his bank account.

Miners get two new transfers

Last week's column listed the number of UTEP basketball players who had entered the NCAA transfer portal since

their season ended.

No less than four Miners said adios to the program after what was considered a disastrous 17-15 season.

Guards Nigel Hawkins, Jordan Lathon, Deon Stroud and Anthony Tarke, have all decided to continue their college careers elsewhere.

While Hawkins and Lathon were in their second years with the Miners, Stroud and Tarke competed here for just one season.

While the transfer process has been cruel to the Miners over the past month, it was a little kinder over the last week.

Well, sort of.

Two players actually transferred to UTEP.

Guards Christian Agnew and Adam Hess will soon be wearing the orange and blue.

Hess can play right away. How soon Agnew can step on the Don Haskins Center court will depend on what the NCAA does concerning its new transfer rule, which could make transfer players eligible immediately.

Agnew led Northern Alabama in scoring (12.8) as a sophomore last season, so you know the Miners are getting a quality player. Hess played at Salt Lake Community College and hit nearly 44 percent of his 3-point shots as a freshman.

It's good that the Miners are getting guards, but they aren't getting what they need – a point guard. In fact they need a couple of point guards because they don't have a single one on the roster.

Souley Boum can score but he's not a point guard. He committed way too many turnovers last season just handling the ball and trying to draw charges.

There has to be a Fili Rivera-Julien Stone-Bobby Joe Hill-Eddie Rivera-Dominic Artis-type somewhere out there.

UTEP struggled mightily last season because they didn't have anyone who could get them into an offense. An offense that was ranked 278th in scoring, 216th in assists, 245th in assists-to-turnover ratio and 253rd in shooting percentage.

County

From Page 1

testing makes it difficult to identify and contain the coronavirus. "Without more widespread testing it remains hard to know how many people actually have the virus," she stated.

El Paso's U.S. Representative Veronica Escobar also agreed recently that it was really impossible for the country to understand exactly the situation in terms of how widespread this is because there have been a limited number of tests. "Until we begin to test the vast majority of the population, we won't have a clear idea," she stated.

Locally, to help county residents deal with the virus's impact on their everyday lives, the Paso del Norte Health Foundation has created the El Paso COVID-19 Information Hub, an Internet website that is available at EPcovid.org.

The bilingual website is designed to serve as a community center of local resources and provide information

for parents, veterans, employers and employees. Some of the resources address issues regarding mental health, food insecurity, home schooling, physical activity, and more. Many of the resources are free and available from home, either online or by phone.

Also, nonprofit organizations are encouraged to submit information about resources they have available to info@EPcovid19.org or by going to EPcovid19.org and clicking on the "Submit Community Resources" button in the upper right corner. Nonprofits can share their needs for donations or volunteers.

"Our commitment to creating and maintaining this site will remain a priority for as long as the current public health crisis persists. We created this site not to add to the chatter of news and information or to compete with other important local resources but rather to act as a centralized hub of information of community-based information in the Paso del Norte region," stated Tracy J. Yellen, CEO of the Paso del Norte Health Foundation and Paso del Norte Community Foundation.

"In fact, we're working hand-in-hand with the city of El Paso's Department of Public Health and the El Paso City-County Office of Emergency Management, which are leading the public health response," Yellen stated in a recent news column.

"We have worked with them to create a bilingual suite of public service announcements featuring some of the most trusted, recognizable voices in our region, including Estela Casas, Jon Teicher, Rosa Guerrero, Omar Salgado and Felipa Solis. Those PSAs drive home the community importance of social distancing, heeding orders from health authorities and working together to get through this unprecedented event," Yellen explained.

Individuals looking for ways to help, should contact the foundation's sister organization, the Paso del Norte Community Foundation, which is coordinating four separate funds: the El Paso COVID-19 Response Fund; the El Paso COVID-19 Medical Equipment and Supply Fund; the El Paso Food and Beverage Workers Fund; and the Juárez COVID-19 Response Fund.

Super Crossword

- OUT OF THE ORDINARY ACROSS**
- 1 It may begin "Here lies..."
- 8 Like fables with morals
- 15 Sprayed like a firefighter
- 20 Composer Saint-Saëns
- 21 Maui tourist town
- 22 Wash away
- 23 Like overly harsh punishment
- 25 Consolidate
- 26 Suffix with prophet
- 27 Calc prereq
- 28 Hosiery hitch
- 30 Transmission option
- 31 Coil of yarn
- 33 1985 hit for Sheila E.
- 37 Female graduates
- 40 Middle: Abbr.
- 41 Cello bow rub-on
- 42 Monkey of kid-lit
- 46 Upholstered footstool
- 50 Country singer Travis
- 51 Inits. on a navy vessel
- 52 Neighbor of Ger.
- 54 Apple pie _ mode
- 55 Just makes, with "out"
- 56 1965 Marvin Gaye hit
- 63 Dial-up alternative, for short
- 64 Fall away
- 65 Cube inventor
- Rubik
- 66 Feeble
- 67 Noncircular paths around bodies
- 72 Homeland, affectionately
- 75 Big name in dog food
- 76 108-card game
- 77 Toque or fez
- 80 1967 hit for the Doors
- 85 Infrequent
- 86 "Star Trek" rank: Abbr.
- 87 Pilfer from
- 88 Singer Yoko
- 89 Leaks slowly
- 90 To no extent
- 94 Mismatched collection
- 99 Knife of old infomercials
- 101 _ Kippur
- 102 Stream of electrons
- 103 Witches in "Macbeth"
- 107 Cantaloupe or honeydew
- 108 Body gel additive
- 109 "There's _ haven't heard!"
- 110 _ prayer for
- 111 Univ. Web site suffix
- 114 Beach hills
- 116 "77 Sunset Strip"
- Abbr.
- 36 Acne spot
- 37 Performed on stage
- 38 Lies in wait
- 39 Apocryphal archangel
- 43 With 115-Down, nervous and apprehensive
- 44 Part of i.e.
- 45 "... wife could _ lean"
- 47 Injure badly
- 48 Jai _
- 49 DEA agent
- 53 "Shape _ ship out!"
- 56 Alphabet opener
- 57 "May _ of service?"
- 58 Burglar's job
- 59 Missile's path
- 60 "Deathtrap" star Michael
- 61 "For _ us a child is born"
- 62 Guitarist Paul
- 64 "Green" sci.
- 67 Sci-fi power
- 68 Robert De _
- 69 1990s exercise fad
- 70 Bldg. units
- 71 Virus, e.g.
- 72 Not closed
- 73 Jay of NBC
- 74 Biblical verb
- 77 Belittling frat brother
- 78 Circus venue
- 79 Touchy
- 81 Bohemianism
- 82 Meanders
- 83 Question's opp.
- 84 Turndowns
- 85 Like Brutus
- 89 Prince _ von Bismarck
- 91 Go along with
- 92 Christie's cry
- 93 _ many words
- 95 Coloring stuff
- 96 Camera _
- 97 Ones toeing the line
- 98 Tag anew
- 100 In the habit of
- 103 Crossed a ford
- 104 Get by
- 105 Like a charged atom
- 106 Cyclical, at the beach
- 107 _ tai (drink)
- 110 "The _ the limit!"
- 111 Markey of Tarzan films
- 112 Nixing mark
- 113 Stalin's land
- 115 See 43-Down
- 117 English dramatist Thomas
- 118 Lyrical verse
- 119 Bruin Bobby
- 120 Peru's Sumac
- 121 Campaigned

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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



How effective are essential oils?

DEAR DR. ROACH: I have a relative who sells one of the popular brands of essential oil products and related equipment. She sends out many social network postings about the benefits of these products, including sharing postings from others who sell the products. I do not purchase these for several reasons. I am sensitive to many airborne scents and have a scent-free home, but my primary concern is that she seems to be practicing medicine by claiming what I believe to be unproven health benefits. These are very costly and, at a minimum, harm is done by persuading people to spend a great deal of money for products that may not do what they are claimed to do. I am also concerned that families with young children seem to be using these products – my relative has even sent some to her children's school for use in the classroom. Can you please comment on possible benefits/harm from these products? – J.R.



Essential oils from plants have been used to scent the air for millennia. There are certainly many claims about purported health benefits, but there is little evidence to support their use for those purposes. Health claims for aromatherapy should be taken with skepticism. One exception is that several reviews have found that some aromatherapies can reduce anxiety levels, and possibly some symptoms of depression.

As I frequently note, however, the placebo effect is powerful, and if you expect that a treatment, such as aromatherapy, will help your symptoms, it very well may. As such, I have no objection to people who want to use them for mild symptoms. I do object when people forgo potentially effective treatment for serious illness.

Your point about cost is a real issue, but essential oils do not have to be very expensive.

Harm from aromatherapy is generally limited to allergic or non-allergic irritation of the nose and skin. Essential oils are not to be taken internally, and even topical use can lead to problems, as they can be absorbed into the body directly through the skin.

DEAR DR. ROACH: Why are there two names for every drug? In a recent article, for example, you mention fluoxetine (Prozac) and bupropion (Wellbutrin). Clearly the name in parenthesis is the common name people use. Why does the other name exist, and why is it used at all? This adds unnecessary complexity and confusion. For example, a nurse asked me about Efudex, and I didn't know what she was referring to, as the label on the medication I had reads "fluorouracil." – C.P.

Every drug has at least three names: a chemical name, a generic name and a brand name. The chemical names are so complex that nobody (but chemists) uses them. I prefer using generic names, since they are the same regardless of country, and generic names often give a clue to the type of medication. Generic names are lowercase.

Brand names (capitalized) are the ones most often known (drug companies often try to find easy-to-remember brand names and hard-to-remember generic names), but not always. In the example you gave, Efudex is one brand name (Aducil and Carac are others), and fluorouracil (or 5-fluorouracil, often abbreviated 5-FU) is the generic name.

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.

Click It or Ticket.



Even in the back seat.

Buckle up every rider for every trip.

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





Moore Texas by Roger MOORE
Grand Saline Texas is built over a salt deposit big enough to supply the world for 20,000 years.

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: U equals T

UX VXGN EIYYQVD
LNXLJN, LANVV ZNTVXAVDQL
GQYDU KN RNVZAQKNR
IV EAQUNA'V ZJIGL.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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VA to suspend schools that abuse GI Bill



by Freddy Groves

The Department of Veterans Affairs plans to stop the enrollment of veterans under the GI Bill at a number of universities due to "erroneous, deceptive, or misleading" practices involving enrollment, advertising and sales. The Federal Trade Commission and various state attorneys general took a close look over the past five years and determined that the schools' actions were in violation of U.S. laws. The enrollment suspensions begin on May 9, 2020.

Those schools with suspended GI Bill certifications include: Bellevue University, Temple University, University of Phoenix, Colorado Technical University and American InterContinental University.

Current students can stay in their programs if they have been continuously enrolled, but the schools won't be allowed to give enrollment certifications

to new students or any student who is coming back after a break. The schools have 60 days to take corrective action and provide proof of that to the VA, should they want to fight the suspensions.

The VA isn't the only entity that could take steps. Individual state departments that approve the courses might take actions of their own. If a state steps forward and withdraws approval for courses, the VA would no longer pay benefits to enrolled students who choose to continue.

At the end of a five-year investigation, in August 2019, Career Education Corp. (parent company of Colorado Technical University and American InterContinental University) paid \$30 million to settle charges levied by the FTC that it claimed to be affiliated with or recommended by the U.S. military or could help with job searches. In December 2019, the FTC went after Phoenix University to the tune of \$191 million for deceptive advertising aimed at military and Hispanic students, and false impressions of jobs at major companies such as

Microsoft and Twitter. Current GI Bill recipients have been notified by the VA. For more information, contact the VA's Education Call Center at 888-442-4551.

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• "Having a fancy dinner where you'll serve wine? You can pour box wine into a glass decanter. It will look and taste better because decanting aerates wine." – O.D. in Washington

• Set a timer to remember to add softener to your load of laundry, and another for when the load is done. Buzzers can't always be heard, and it's best to not let your wet laundry sit.

• For oven spillovers, saturate a washcloth and lay over the mess when the oven has almost cooled. The heat will couple with the moisture to loosen it!

• To loosen dirt in window tracks, try this trick: Sprinkle baking soda along the track, and use a detail brush to loosen stuck dirt. Vacuum out debris, and then dust with a lightly damp rag. Should be clean!

• "Do you still watch DVDs? I do, and when they get a scratch, you can try this trick: Rub the surface with a little clear lip balm. Buff from center to edge in a straight line. The balm fills the cracks, making it watchable." – F. in Georgia

• Dollar stores and other discount chains are great places to pick up cleaning supplies, paper goods and school supplies on the cheap. They carry national brands that can save you a bundle.

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

GO FIGURE! by Linda Thistle

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

	x		-					31
+			-					
		-		x				28
x			x			x		
	x			x				42
26			21					35

DIFFICULTY: ★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

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IXN

SAGNIE

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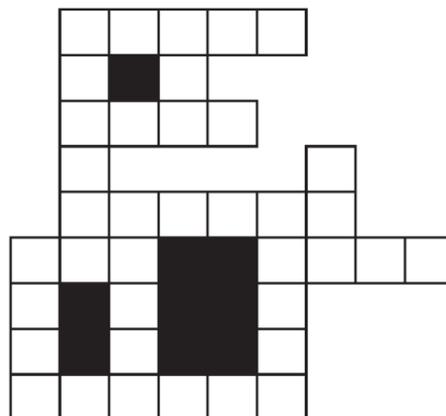
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Answer Page 4

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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