



## NEWSBRIEFS

### Canutillo ISD food

The Canutillo ISD Child Nutrition program will continue to feed students during the academic break. The District is participating in the Seamless Summer Option and meals will be provided to all children 18 and under without charge. Already underway, Canutillo High School, Canutillo Elementary, and Deanna Davenport Elementary will offer meals curbside. The program will be available Monday through Friday, from 10 a.m. to 12 p.m., and continues through June 30. Visit [www.canutillo-isd.org/COVID19/free\\_breakfast\\_and\\_lunch\\_schedule](http://www.canutillo-isd.org/COVID19/free_breakfast_and_lunch_schedule) for more information.

— Liza Rodriguez

### San Eli meetings

Beginning in June, the San Elizario ISD Board of Trustees will be holding their monthly board meetings on the second Monday of the month. The meetings were previously held on the second Wednesday of the month. The June board meeting will be held on Monday, June 8, 2020 at 5:30 p.m. Due to the COVID-19 pandemic, the Board will be meeting virtually. Information will be posted 72 hours in advance and will follow the recommended Attorney General guidelines. Visit [www.seisd.net](http://www.seisd.net) to view the District's virtual board meeting information.

— Jeannie Meza-Chavez

### A fry by any other name?

Did you know that Belgium is the world's largest exporter of potato products – including its famous Belgian Fries. The worldwide coronavirus pandemic has caused havoc for the industry in that country as potato exports have plummeted by as much as 40 percent. And with the precautionary closures of eateries throughout the country, local consumption of spuds is down by 80 percent. As a result, the Belgian potato industry's trade group is now asking the nation's citizenry to come to the rescue and start eating more Belgian Fries. Meanwhile, here's an interesting footnote to this story. It seems that it was, indeed, the Belgians who came up with what is arguably the most popular side dish in

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*Tolerance starts when you practice it, not when you just talk about it.*

— Quips & Quotes



— Photo courtesy of U.S. Census Bureau

**MAKE IT COUNT – Using Statistics in Schools resources, as shown in photo above, helps support efforts to make sure every child is counted in the 2020 Census. The U.S. Census Bureau is encouraging the public to respond – online (at [2020census.gov](http://2020census.gov)), by phone, or by completing and returning the paper form by mail – to help ensure the best count of every community. Visit [www.2020census.gov](http://www.2020census.gov) or [www.census.gov](http://www.census.gov) for more information about the 2020 Census**

## Canutillo schools take the census challenge

By **Alfredo Vasquez**  
*Special to the Courier*

CANUTILLO – Students of Canutillo Middle School (CMS) and Jose J. Alderete Middle School (AMS) competed recently in a 2020 Census Virtual Questionnaire Challenge which was designed to encourage Canutillo Independent School District (CISD) families to self-respond in the government's current census-taking endeavor. By doing so, stated CISD

Superintendent Dr. Pedro Galaviz, they were helping shape a better future for all CISD families.

The competition was supported by the superintendent and middle school principals Christopher Judge (CMS) and Dr. Oscar Rico (AMS), who informed the participating students' parents with details, beforehand, about the 2020 Census challenge.

For the competition, sworn-in U.S. Census Bureau response assistants helped guide CISD students and parents on how

to complete the questionnaire. Also, Spanish-speaking representatives were available during the event.

After a day-long effort, CMS students came out on top reporting that they were able to complete 90 responses through their contacts. CMS English teacher Erika Gamboa was instrumental in helping her students encourage district families to complete the census questionnaire. AMS students were able to complete 44, as AMS science teacher Todd Martin assisted AMS students get the word out about the importance of completing the census survey.

For coming out on top, Canutillo Middle School was awarded \$1,000 for the school's educational programs and technology fund. The recent contest was facilitated by the Census Bureau's Statistics in Schools program, which offers K-12 educators free online activities, games, and other resources to help them bring statistics to their classrooms.

"The importance of the competition was to educate families on how the 2020 Census count impacts the federal funds that communities receive each year for programs and services that are critical for schools, students, and younger children, such as special education, Head Start, after-school programs, classroom technology, food assistance, including free and reduced-price school lunches, and maternal and child health programs," stated Oscar Arriaga, media specialist for this region's Census Bureau operations.

Interested individuals can visit the bureau's website at [www.census.gov/programs-surveys/sis/2020/why-2020-matters.html](http://www.census.gov/programs-surveys/sis/2020/why-2020-matters.html) for more information on why the 2020 Census matters for schools.

## Socorro ISD earns national award for music education

By **Christie Flores-Jones**  
*Special to the Courier*

EL PASO COUNTY – The Socorro Independent School District has earned the 2020 Best Communities for Music Education Award from the National Association of Music Merchants (NAMM) Foundation. This is the fourth consecutive year that Team SISD has earned the prestigious award, which recognizes school districts who provide access to music education to ensure all students receive a well-rounded education.

SISD is the only district in the region to be recognized as a leader in music education with the national award from NAMM.

"We are extremely proud that our commitment to providing the highest quality music education and the arts is nationally recognized," said Armando

Martinez, SISD director of fine arts. "It certainly is a team effort. I thank our Board of Trustees, administrators, principals for their support, and applaud our music educators for their never-ending work to give our students endless opportunities in band, choir, orchestra, mariachi, and all our music classes."

Now in its 21st year, the Best Communities for Music Education designation is awarded to districts that demonstrate outstanding achievement in efforts to provide music access and education to all students. To qualify for the Best Communities designation, SISD answered detailed questions about funding, graduation requirements, music class participation, instruction time, facilities, and support for the music programs. Responses were verified with school officials and reviewed by The

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## The surrender

majority state legislature.

Horrified mayors and county officials in many urban areas immediately clamped down and extended their own strict security measures. It created a statewide hodgepodge. Gov. Evers went on MSNBC and complained, "We're the Wild West!"

If residents really had to race to their favorite saloons to have their shots and beers but were not allowed to do so where they lived, they could simply drive a few miles and get hammered nearby. One wonders if they drove themselves home, and how many got pulled over for DUI, but that's another issue.

Let's concentrate on those who absolutely needed alcohol and had to demonstrate their "liberation" spirit by not wearing

a mask. Then let's survey those whose hangovers included COVID-19.

It was the worst of politics. President Donald Trump and all of his accomplices are single-mindedly focused on getting reelected, particularly getting him reelected. So, they used the "reopen" gambit to deflect attention from the administration's disastrous public health campaign that allowed the coronavirus to unnecessarily run roughshod over the United States. Now he is willing to risk thousands of lives with careless winding down of sensible restrictions in the face of evidence that the organism is nowhere near ready to go away.

While we're at it, let's keep track of a beauty salon and the

customers who rushed to make an appointment to get styled (by now, shouldn't we have embraced "shaggy chic"?) or get their hair dyed. Let's find out how many died in the quest to cover the telltale gray. We've already heard stories about defiant barbers who trimmed customers' hair and defied shutdown orders and who subsequently tested positive for COVID – and at least one case where the barber lost his life to the coronavirus.

Armed zealots from a rural part of Michigan, a region routinely described as "Trump country," surrounded a barbershop to protect the owner who defied state orders to remain closed. Members of the self-styled Michigan Home Guard, a contingent of "very good people" in President Trump's telling, appeared ready to shoot it out with police who dared to enforce the law. The local sheriff

decided his deputies would not intervene.

The state of Michigan continues to be a hot spot of coronavirus and should be maintaining a strict lockdown for another month or so. Michigan Gov. Gretchen Whitmer doesn't want to give up the fight before it's won. But she's a Democrat. Her detractors definitely are not, plus they are being egged on by a president who has poisoned the atmosphere with politics that is just as lethal as the coronavirus.

What he's actually doing is surrendering in the fight to regain public health, leading a retreat into his personal ambition. He will have to account for it on Election Day. We think.

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### View from here By Jane M. Orient, M.D.

## Vaccine at 'warp speed': Let's all think about that for a minute

The idea of moving at "warp speed" probably resonates with Star Trek fans. A galactic empire is impossible if it takes 100 years for a signal, much less a warship, to move from one system to another at the universal speed limit, 186,000 miles per second, the speed of light

Serious science fiction lovers know that the warp drive does not traverse space at faster-than-light speeds. It warps space, or leaps through another dimension – it takes a massive shortcut.

**So, what's the shortcut for vaccine development?**

- Safety testing? It is impossible to test for long-term consequences without observing recipients for

a long time – not a few days or weeks. If experts are worrying about long-term effects of having the disease, why not about the vaccine? If one consequence might be a massive immune over-reaction to a later exposure to the coronavirus, we'd need to await another outbreak.

- Efficacy testing? One way to test for efficacy is to find an animal model. See whether unvaccinated animals get the disease when deliberately exposed, while vaccinated ones are protected. If this works, you still need to test humans: vaccinate one group, give one group a placebo, and see whether a larger proportion of the unvaccinated get sick. Normally,

you would wait to see how the subjects fare in the real world, where they might get naturally exposed during their usual activities. This takes time. You could speed this up by giving them all a dose of the virus, which might kill some of them. That would be unethical – wouldn't it?

- One could test for antibodies, but do they work? Some are asserting that the antibodies that survivors have might not protect them. Why would the vaccine antibodies be better? For one thing, the virus might mutate. Maybe it already has.

**Then what about production and distribution?**

- How about sinking hundreds of millions of dollars into producing various vaccine candidates, just in case they work? Then you could just waste it all if they don't.

- For distribution, why not mobilize the armed forces to

quickly vaccinate 300 million people? Our furloughed medical workers might not be up to the job. Might arms be needed if people resist? Incidentally, if everybody gets the vaccine, there's no control group. Doesn't the scientific method call for one?

Why the hurry?

Experts like Tony Fauci and Bill Gates say we cannot go back to work until there's "a vaccine." (Note that they did not say "a safe and effective vaccine.")

In fact, we could go back today – if the government were not stopping us.

One reason for hurry is that the epidemic might be gone, and the vaccinators couldn't take the credit. We have no vaccine for the "Spanish" flu of 1918, the "Asian" flu of 1958, or the "Hong Kong" flu of 1968, all of which killed far more than the current pandemic, and all of which went away. A speedy vaccine, which

was developed for the predicted 1976 mass extinction/swine flu pandemic that never was, resulted in deaths and Guillain-Barré syndrome.

Humanity survived many waves of far more deadly pestilence before vaccines. The smallpox vaccine may have finally eliminated smallpox, but smallpox lesions were identified in Egyptian mummies from the 3rd century B.C., but not in earlier or later mummies. It re-emerged in the 6th and 7th centuries A.D., disappeared until the 11th century, then after being almost absent for about 300 years re-emerged in the 15th century.

In 2020, much has happened with amazing speed: the flattening of the economy, the suspension of civil liberties, the destruction of medical practices. Censorship of any information that the World

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SOON THE LAST FOOTPRINTS OF THE NEARLY 175,000 TROOPS THAT CHARGED THE BEACHES AND CLIFFS OF NORMANDY WILL BE ERASED BY TIME AND TIDE, BUT THE MARK MADE BY THEIR HEROIC ACTIONS ARE INDELIBLY INGRAINED IN OUR MEMORY FOR ETERNITY.



# We need to make more of our own drugs



A country learns about itself in a crisis, and one revelation in the coronavirus emergency is that we can't make our own penicillin.

The first patient successfully treated with the antibiotic was a woman suffering from sepsis in a Connecticut hospital in 1942. Her treatment took up half the country's supply. Yet in short order we figured out how to mass-produce the medicine, saving the lives of countless soldiers in World War II. Once, factories throughout the country made the stuff.

But that was a long time ago. The last U.S. plant to make penicillin, a Bristol-Myers Squibb operation in Syracuse, New York, shuttered in 2004.

What happened? According to Rosemary Gibson of The Hastings Center and author of the book "China Rx," "Industry data reveal that Chinese companies formed a cartel, colluded to sell product on the global market at below market price, and drove all U.S., European and Indian producers out of business."

Just like that – it's not so easy to simply start up a penicillin fermenter – we were out of the penicillin-production business.

The story of penicillin is the tale of U.S. dependence on China-sourced pharmaceuticals and

active drug ingredients writ large.

From 2010 to 2018, U.S. imports of pharmaceuticals from China increased 75%. China is the second largest exporter of drugs and biologics to the United States behind Canada, and our dependence is even greater, given that China is the source of the active ingredients of many drugs produced elsewhere.

China is a dominant force when it comes to generic drugs in particular, which account for the vast majority of medicines that Americans take. We rely on China for 90% of our antibiotics, and for drugs for everything from HIV/AIDS to cancer to antidepressants.

China is fully aware of its leverage. It notoriously threatened via its state-run media to cut off our supply of drugs (except fentanyl, of course) and plunge the U.S. into "the mighty sea of coronavirus."

Even if China weren't a malign global competitor (it is), a remorseless dictatorship (it is) or a dishonest kleptocracy (it is), there would be risk inherent in having so many of our medications and their components coming from one country. We become vulnerable to any disruption of Chinese production, whether from

disease, political unrest or war.

Beijing is a particularly nasty actor, but the coronavirus has demonstrated that even friendly nations will keep medical supplies from one other if it is in their self-interest to do so.

It is only prudent, then, that the U.S. begin a national effort to produce more of its own medicines.

Unspooling entrenched supply chains won't be simple. The U.S. should create every incentive for

drug companies to at least move out of China into other foreign countries, and ideally come back here (economic incentives clearly matter – when drug companies lost tax preferences to manufacture in Puerto Rico, many of them left for China). Eventually, federally funded health systems, including Medicare, Medicaid and Veterans Affairs, should buy only American-sourced pharmaceuticals.

Prescient commentators have

been warning of our growing dependence on China for medicines for years. After this, there's no excuse for not fixing it.

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

## Food for thought By John Grimaldi

# Stop scammers before they pick your pocket

While more and more Americans are getting laid off due to the coronavirus crisis, fraudsters are working overtime to con you out of your money and your identity, reports the Association of Mature Americans (AMAC).

Earlier this month AMAC's National Spokesman, Robert Charles, issued a warning for seniors to be on alert for cyber-crooks out to rob us at a time when we feel vulnerable. It's a warning we should all heed and for which we should all be prepared, says Rebecca Weber, the Association's CEO.

"It's bad enough that our lives have been upended as a result of the pandemic. Don't let scammers use the disease as a way to rob you, access your credit cards and sell you snake oil," says Weber.

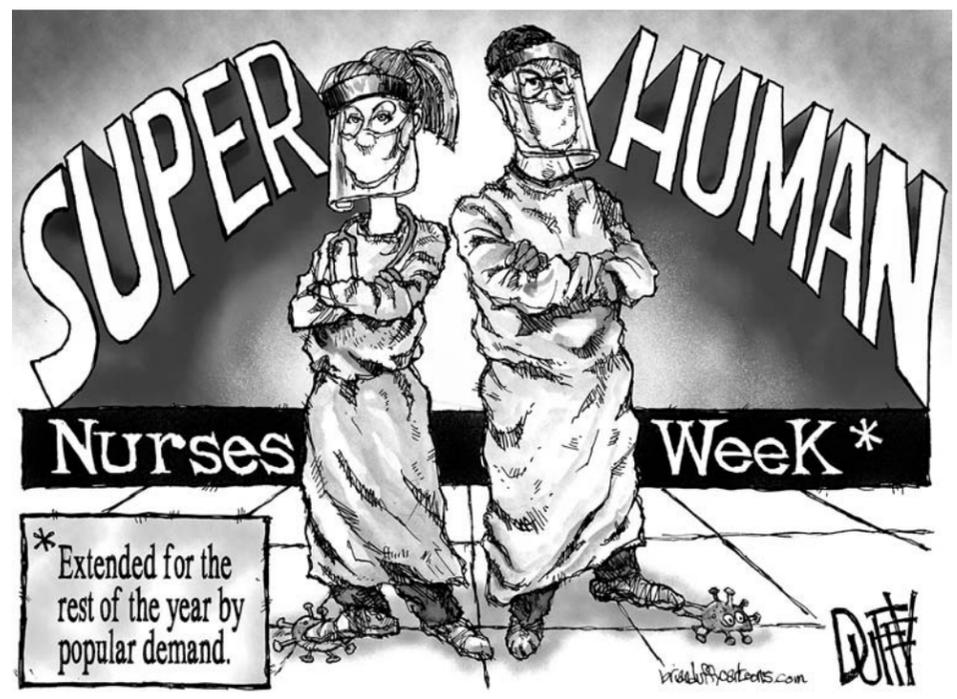
She notes that, as Charles cautioned, the authorities have been sounding the alarm since

the outbreak of the coronavirus in the U.S. And, a report from the Federal Trade Commission shows a particularly worrying "surge" in the number of consumer fraud complaints with a disproportionate percentage of those complaints coming from individuals over 50 years of age.

"Isolation and uncertainty can trigger a need to 'keep current' about the deadly virus and your computer is the easiest way to get the news for which you are searching. But be aware that the bad guys are using the epidemic and computer technology to pick your pocket or worse, to steal your identity," Weber cautions.

The FBI, in fact, has issued a warning to take measures that can protect you when you go online: "do your research before clicking on links purporting

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# EPCC Dual Credit students advance to HOSA conference

By Jim Heiney  
Special to the Courier

EL PASO COUNTY – Teams made up of El Paso Community College (EPCC) Emergency Medical Technician (EMT) Dual Credit students earned an invitation to the Health Occupation Students of America (HOSA) International Leadership Conference. The virtual conference will take place June 24-27. Students from Bel Air and Socorro High Schools placed in the top three in the Texas competition allowing them to advance to the international event.

The team from Socorro High School included Dayra Barron, Jizel Lucero, Adriana Corona, Mariana Frias and Chathrini Kularatne. They qualified for the international conference in the category of Medical Reserve Corps. The focus of their winning project was visiting 24 Socorro Independent School District schools, monitoring and improving the emergency awareness programs. “My students have volunteered countless hours ensuring the schools are well prepared in the event of a mass casualty or medical emergency,” Adrianna Knight, EPCC Emergency Medical Services Instructor, said. “It is a great honor to earn



– Photo courtesy El Paso Community College

**GOING INTERNATIONAL – Socorro High School students, from left, Dayra Barron, Jizel Lucero, Adriana Corona and Chathrini Kularatne along with teammate Mariana Frias (not in photo) will compete in the Health Occupation Students of America (HOSA) International Leadership Conference this June.**

a top three placement in the state competition and advance to the International Leadership Conference in June.”

Three competitors from Bel Air High School competed in two different categories. Sierrah Bessler and Isabella Canales placed 2nd in the EMT category and Ariadne Falcon placed 3rd in the Clinical Nursing category. They developed and demonstrated knowledge in emergency medical care that included a written exam and a scenario, which required use

of critical thinking skills. “It is fantastic news that our two teams qualified for the HOSA International Conference through the programs we have with EPCC,” Kerry Murray, Bel Air Center for Health Professions, said.

El Paso Community College’s Dual Credit Program offers qualified high school students quality college courses aligned with academic or workforce degrees and/or certificates. Students earn both high school and college credit while receiving

a positive collegiate learning experience.

HOSA is an international student organization recognized by the U.S. Department of Education and the Health Science Education (HSE) Division of ACTE. HOSA’s two-fold mission is to promote career opportunities in the health care industry and to enhance the delivery of quality health care to all people. HOSA’s goal is to encourage all health science instructors and students to join and be actively involved in the HSE-HOSA Partnership.

## Scams

From Page 3

to provide information on the virus; donating to a charity online or through social media; contributing to a crowdfunding campaign; purchasing products online; or giving up your personal information in order to supposedly receive money or other benefits.”

But the bad guys are not just on the Internet. Robocallers are having a field day as well during the crisis. *The Washington Post* reported recently that “As the coronavirus pandemic exploded across the country, so did robocalls: American consumers were bombarded with more than 132 million automated calls a day in March according to *YouMail*, which offers an app that blocks unwanted telecom intrusions.”

Both the Internet fraudsters and the phone scammers are peddling everything from fake self-testing kits to phony medicines and hard to get medical products such as face masks.

It’s easy enough to deal with the robocallers; just hang up on them or block them from calling. Your smartphone provider can help you find an effective call blocking app.

And then there are the person-to-person

pandemic scams. For example, be wary of door-to-door salesmen offering protective devices and access to testing.

“These old school scammers can come up with seemingly ingenious methods of getting their victims to part with their money,” according to Weber.

“Recently, it was reported that conmen in Johannesburg came up with a rip-off that gives new meaning to the term ‘money laundering.’ The crooks knocked on doors claiming to be from the South African Reserve Bank. They used fake credentials and told residents they were collecting coronavirus contaminated banknotes and coins. They even gave their victims vouchers that could be exchanged for ‘clean money.’”

Dealing with such physical threats is also easy; don’t answer the knock at your door and if the hustler is persistent call the police.

The bigger peril during these times is that your personal information might be compromised. The experts say if you believe it’s happened to you, report it as soon as possible to the Federal Trade Commission (FTC), the police and the IRS. You should also report it to your banks and other financial institutions where you have accounts.

It’s also a good idea to do a thorough

check of your credit reports. Look for new, unauthorized activity. Opening new accounts is also recommended as is signing up for credit monitoring and replacing all of your Internet passwords with new, stronger passwords.

You may also want to “freeze” your credit reports and those of other family members. While freezing your credit will prevent you from opening any new financial accounts, it will also prevent hackers from opening fraudulent accounts using your name. You can always lift the freeze on a temporary or permanent basis. It’s easy to do as explained by the FTC on its Website (<https://www.consumer.ftc.gov/articles/0497-credit-freeze-faqs>). In a nutshell, it simply requires you to request that the three major credit reporting agencies place a freeze on your credit report. Once you feel comfortable that your credit report is protected you can simply request that the agencies lift the freeze.

You can contact the agencies by phone or via their Websites, says Weber.

- Equifax: 800-685-1111 or [Equifax.com/personal/credit-report-services](https://www.equifax.com/personal/credit-report-services)
- Experian: 888-397-3742 or [Experian.com/help](https://www.experian.com/help)
- Transunion 888-909-8872 or [TransUnion.com/credit-help](https://www.transunion.com/credit-help)

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### CryptoQuip Answer

New sitcom that chronicles a family guy’s awful fall from grace: “My Three Sins.”

## Strange BUT TRUE

By Lucie Winborne

- Chickens can see and dream in full color. They also can taste saltiness, but not sweetness.
- Albino lobsters are the only variety that doesn’t turn red when cooked. But don’t count on testing this anytime soon, as the odds of catching one in the wild are estimated at one in 100 million!
- In 1834, American physician John Cooke Bennet added tomatoes to ketchup, which previously consisted of fish or mushrooms. As tomatoes contain a healthy dose of vitamins and antioxidants, Bennet then branded his sauce as a cure for diarrhea, indigestion, jaundice and rheumatism.
- Japanese high schools often enforce strict conformance when it comes to hair. Half of Tokyo’s schools require students whose locks aren’t naturally black to prove it with baby pictures, while in 2017, a Japanese student sued her school after being forced to darken her hair with dye.
- Contrary to what you’d likely expect, this juicy citrus fruit wasn’t named for its bright hue. Instead, the word “orange” came to us from a transliteration of the Sanskrit “naranga,” which was in turn derived from the Tamil “naru,” meaning “fragrant,” which describes its blossoms.
- The first vending machine was invented by Greek mathematician Hero of Alexandria and dispensed holy water after a coin was inserted. Hero also came up with the first steam engine and the first wind-powered machine – a whopping 2,000 years before the Industrial Revolution.
- Russian author Vladimir Nabokov composed most of his major novels on index cards, storing blank ones under his pillow in readiness for a visit from the muse.

Thought for the Day: “The most wasted of days is one without laughter.”  
– e.e. cummings

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**Moments in time**  
THE HISTORY CHANNEL

- On May 25, 1977, Memorial Day weekend opens with an intergalactic bang as the first of George Lucas' blockbuster "Star Wars" movies hits American theaters.
- On May 26, 1927, Henry Ford and his son Edsel drive the 15 millionth Model T Ford out of their factory, marking the famous automobile's official last day of production. The "Tin Lizzie" averaged about 17 mpg and could travel up to 45 mph.
- On May 27, 1939, a ship carrying 937 Jewish refugees is turned away from Cuba. The ship sailed close to Florida, hoping to disembark there, but a State Department telegram stated that the asylum-seekers must first "await their turns on the waiting list and qualify for and obtain immigration visas." After appeals to Canada also were denied, the ship was forced to sail back to Europe.
- On May 28, 1902, Owen Wister's "The Virginian" is

published. It was the first "serious" Western. The book became a sensation almost overnight, selling more than 1.5 million copies by 1938 and inspiring four movies and a Broadway play.

- On May 29, 1953, Edmund Hillary of New Zealand and Tenzing Norgay, a Sherpa of Nepal, become the first explorers to reach the summit of Mount Everest. News of their achievement broke on June 2, the day of Queen Elizabeth II's coronation.
- On May 30, 1899, amateur bandit Pearl Hart and her boyfriend Joe Boot hold up an Arizona stagecoach. After taking \$421 in cash from three passengers, Hart took pity on them and handed each back \$1 so they could buy something to eat when they arrived in town.
- On May 31, 1962, in Israel, Nazi SS officer Adolf Eichmann is executed for his crimes against humanity during World War II. Following the war, Eichmann had fled to Argentina, where he was found by Mossad agents.

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# CAFÉ cancels annual golf tournament

*Alumni seek support for awarding scholarships*

**By Andrew Reynoso**  
*Special to the Courier*

CANUTILLO – Due to complications caused by the public health situation that persists in the El Paso area, the Canutillo Alumni Foundation for Education has suspended its annual golf tournament this year. However, the alumni are planning to award college scholarships despite the cancellation of their largest fundraiser and are asking for support.

The 2020 golf tournament, sponsored by Charlie Clark Nissan, was already postponed to July 17 from its original date in

May, and CAFÉ hoped to hold it at Butterfield Trail Golf Club. The permanent closure of Butterfield Trail also added to the misfortune.

CAFÉ, a fund under the Paso Del Norte Community Foundation, believes that to protect the health and safety of the event participants, it is best to call off the event this year and plan for a date in 2021. But, the group is determined to do all that it can to sustain its scholarship program.

"We are disappointed that we could not hold this important event that provides much-needed assistance for our Canutillo and Northwest students," Armando Rodriguez, CAFÉ Golf Tournament organizer said. "But, we are hopeful that through the generous support of our regular dedicated tournament sponsors

and the community, our students will get the help they need to go to college."

Anyone interested in contributing any amount to the scholarship program is encouraged to visit <https://pdnfoundation.org/give-to-a-fund/canutillo-alumni-education-foundation>. Donations of \$1,000 or more will have the opportunity to have a scholarship acknowledgment in the name of their choice.

CAFÉ also has a monthly and annual giving membership program where members make regular automatic contributions with a credit card or payroll deduction for Canutillo ISD employees. Visit [www.canutilloisd.org/CAFE](http://www.canutilloisd.org/CAFE) to learn more and join CAFÉ.

## Briefs

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the world – especially when served with a hamburger. But, it seems that American soldiers stationed in Belgium during World War I took a liking to the tasty side dish cooked up by Belgian soldiers and because French was the official language of the Belgian army they came

up with the moniker, French Fries.

– John Gramaldi

## Film festival

The World's Largest Classic Film Festival will present "pop-up" drive-in movies at several locations in the El Paso area, and will stream other movies in a managed digital environment from July 30 to August 9, 2020. Social distancing measures and other precautions will be used

during the drive-in movies. Plaza Classic staples, such as the popular Local Flavor local film showcase, documentaries and newer movies, will be screened digitally on the film festival's website, [plazaclassic.com](http://plazaclassic.com). More details will be in the coming weeks. Updates will be posted on the festival's website, [plazaclassic.com](http://plazaclassic.com), and its Facebook and Twitter pages.

– Eric Pearson

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**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](http://airmethodsNMR.com)





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



**Think**

From Page 2

Health Organization (WHO) doesn't like, for example about potential game-changers like vitamin D and high-dose vitamin C. The declaration of a new drug remdesivir as the "standard of care" after an underwhelming study was prematurely stopped. The sequencing of the coronavirus genome. Revolutionary

experimental DNA and RNA vaccine technologies. Those who were seemingly prescient about the potential of coronavirus – Bill Gates holds a 2015 patent on a coronavirus created with recombinant gene technology, and the Gates Foundation held a crisis simulation modeled on a coronavirus in October 2019 – did nothing to shore up preparedness measures such as equipment stockpiles.

Fear spreads at the speed of light. After 70 years and 100 million users of antimalarial drugs with remarkable safety, FDA is inspiring fear of heart problems from using hydroxychloroquine or azithromycin for COVID-10 – but don't worry if it's for lupus, rheumatoid arthritis, or malaria. We need an immediate return to letting doctors practice and letting people work. They need accurate information, so they can make prudent decisions

**'Have you ever smoked'**

DEAR DR. ROACH: I have a question that I'd love to see answered in your column sometime. My husband recently had major surgery. Before the surgery, they asked if he has ever smoked. (Husband is 77.) He answered that when he was 9, he smoked a cigarette. He is now in the computer as an ex-smoker, and the nurse told us she is "required by law" to provide him with information on quitting. When physicians ask, "Have you ever smoked?" do they really want to hear about one cigarette, smoked almost 70 years ago? Is this meaningful information, in medical terms? – S.S.



There are very important reasons to know a person's smoking history, especially when someone is about to undergo surgery. Current smokers should know that quitting well before surgery can reduce risks of surgical complications. The anesthesiologist can be extra-vigilant for breathing issues. Some of these points are valid for ex-smokers who have recently quit or who were very heavy smokers.

Of course, one cigarette at age 9 is meaningless, and anytime I hear "required by law" I wonder if it's really true. In this case, I doubt it: Why give ex-smokers information on quitting? It makes no sense.

Primary care providers like me ask about smoking because a significant history of smoking increases heart disease risk, so I might be more likely to recommend treatment to reduce that risk (for example, in a person with elevated blood pressure or cholesterol who otherwise doesn't quite meet criteria for drug treatment). Also, people who smoked more than 1 pack per day for 30 years, or the equivalent, should have a discussion about whether screening for lung cancer is appropriate.

Finally, it's easier to answer if you have never been a smoker. Some people who smoke socially don't consider themselves smokers but would still benefit from advice to stop.

DEAR DR. ROACH: I took a sleep study and slept on my back all night because I was wired up and couldn't sleep on my side. After a couple of hours, I was told that I have moderate sleep apnea. I snore when I'm on my back, but not when I'm on my side. Do you think I really have sleep apnea? – T.M.

Obstructive sleep apnea very often goes unrecognized. It is caused by the soft tissue in the neck obstructing the airway; the muscles relax while you are asleep, closing the airway. This is indeed much more likely to happen when lying on the back (we use the anatomical term "supine"), and generations of spouses have learned that turning a snorer on the side is a good way to get him or her to quit snoring. Snoring is caused by the very same process that leads to sleep apnea; in fact, snoring is a significant risk factor, with up to a third of snorers having the condition.

I believe the sleep study. While I am sure you would have demonstrated less obstruction if you could sleep on your side, you still are likely to have some obstruction during the night, especially since we frequently change position while sleeping without knowing it. However, there are many different treatments for sleep apnea, and you should talk with your doctor about which is right for you. You need not jump to the most aggressive treatments.

*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.*

about protecting themselves and their loved ones. We need an immediate end to the dictatorial influence of a few long-entrenched "experts" or media giants, and investigations of conflicts of interest with all deliberate speed. What we do NOT need is panic-inspired warping of safety testing. Jane M. Orient obtained her

undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She is currently president of Doctors for Disaster Preparedness. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.



**Moore Texas by Roger Moore**  
Nacogdoches becomes the first incorporated Texas town in 1837.

## 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: C equals T

UMZ ETCKWR CYLC

KYQWUTKVM L BLRTVG PXG'E

LZBXV BLVV BQWR PQLKM:

"RG CYQMM ETUE."

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

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

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

**DIFFICULTY THIS WEEK:** ◆◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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# VA's emergency preparedness



by Freddy Groves

Did you know the Department of Veterans Affairs has a disaster preparedness team? They do, and it's called the Disaster Emergency Medical Personnel System (DEMPS).

Part of DEMPS is the National Emergency Medical Response Teams: medical and nonmedical volunteers on call for two months at a time who are able to deploy within 48 hours after either the VA requests help or there is a Presidential Disaster Declaration. Whether it's a flood, earthquake or other natural disaster, once a Presidential Declaration is issued the Federal Emergency Management Agency (FEMA) or the Department of Health and Human Services (HHS) jump in. That's when the VA's DEMPS programs can be activated.

The VA isn't just helping

veterans during this coronavirus crisis. Per its fourth mission (to support the country in emergencies), the VA started up its 3D printing network to test designs of medical equipment. Along with the National Institutes of Health (NIH) and the Food and Drug Administration (FDA), it's creating 3D prototypes of face shields, masks and ventilators.

Additionally, at the request of FEMA, the VA has made 1,500 beds available across the country for nonveterans who need acute and intensive care. In some places it's sent additional medical staff to state veterans homes, given clinical support to the homeless, loaned a pharmacy trailer to a medical center and built a hospital with 1,000 beds. As of this writing, DEMPS has moved into Louisiana to help with the explosion of coronavirus cases, and the VA is seeking medical professionals to help with intensive care units as well as biomedical technicians with ventilator experience.

If you have a nonessential medical need, call your VA facility and talk to them. You

might decide to postpone your visit for a little while. Or perhaps you can be seen via Telehealth, either on your tablet or computer.

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• "If you seal your jelly jars with wax, here's a good tip: Place a small piece of string into the wax before it hardens. Then, you'll be able to pull on the string to remove the wax when you are ready to enjoy your homemade goodies!" - U.L. in Maine

• Get your charcoal grill to light quickly by sacrificing a handful of Doritos in a paper bag. Light the bag and get ready to BBQ!

• "I had a pair of tights that had a run, so I was getting ready to toss them, but I cut off the leg and tied a travel size bar of soap in the middle, right about where the knee would be. I knotted it on either side so the soap would stay in place. I use it as a self-foaming back scrubber, and it really works well." - P.B. in North Dakota

• "If you have an item that must be cooked in the oven, see if there's any other foods you can prep cook with it. Better to have the oven on a couple days of the week instead of every day, and you can reheat a quick dinner another night." - B.J. in Pennsylvania

• Use melted ice cream in place of cream in recipes for sweets. I use it as my own secret weapon when making frosting for cupcakes.

• "My husband just loves homemade meatballs, because they are juicier than bagged and frozen ones, which can turn out very dry. To hold the moisture, I use lightly ground oatmeal in place of breadcrumbs. I just toss a cup of oatmeal in the blender and give it a whirl. It doesn't need to be fine. The oatmeal really retains moisture and makes them so good!" - J.J. in Florida

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

## GO FIGURE! by Linda Thistle

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

**DIFFICULTY: ★★**

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 4

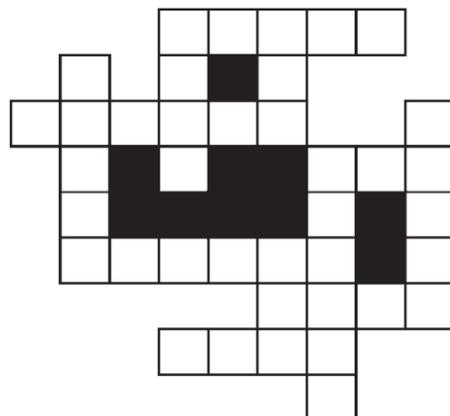
	÷		+		11
+		×		÷	
	×		-		8
÷		+		+	
	-		×		14
5		7		9	

1 2 3 3 4 6 7 8 9

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- ORP
- ♥ STROCE
- FOIMT
- LOFO
- TROFOG
- ♥ TRA
- ERTS
- CLOAF
- TOP
- ♥ STOPIA
- ♥ SOTRA
- TAIN



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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