



## NEWSBRIEFS

### COVID-19 restrictions

With all states having at least partially reopened as new COVID-19 cases have seen a slow decline, the personal-finance website WalletHub has released updated rankings for *the States with the Fewest Coronavirus Restrictions*, as well as accompanying videos. To identify which states have the fewest coronavirus restrictions, WalletHub compared the 50 states and the District of Columbia across 14 key metrics. Our data set ranges from whether child-care programs and restaurants have reopened to the presence or absence of a “shelter-in-place” order. Below, you can see highlights from the report, along with a WalletHub Q&A. Texas rated 15th fewest in this report, ranakaiang (1-Fewest, 25-Avg.):

- 1st – Requirement to Wear a Face Mask in Public;
- 8th – Travel Restrictions;
- 2nd – Large Gatherings Restrictions;
- 7th – Strictness of “Shelter in Place” Order;
- 22nd – Reopening of Non-Essential Businesses; and
- 11th – Reopening of Restaurants and Bars.

Visit <https://wallethub.com/edu/states-with-the-fewest-coronavirus-restrictions/73818/> for the full report.

*Note: Based on data available as of 12:30 p.m. ET on Mon., June 8, 2020.*

– Diana Polk

### Nothing fishy about this fish story

Hawaiian TV producer Kyle Nakamoto and four of his pals went out on a fishing trip recently and landed two humongous tunas. The pair of tasty tunas weighed in at 220 pounds and gave them something to brag about. But these anglers decided instead to make a truly generous gesture in honor of the healthcare workers on the front lines of the fight against the lethal coronavirus pandemic. They figured their catch would make a scrumptious meal for quite a few selfless workers at local hospitals so they had a local seafood distributor clean and cook the fish and turn them into more than 300 palate pleasing plates.

– John Grimaldi

### Debt repayment

U.S. consumers were on track for a record year for debt repayment before the coronavirus pandemic, according to

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*Children need strength to lean on, a shoulder to cry on, and an example to learn from.*

– Quips & Quotes

## Tabor wins 2020 national NCWIT educator award

By Andrew Reynoso  
Special to the Courier

CANUTILLO – Computer science is an emerging field that has flourished in many successful, innovative programs at Northwest Early College High School. Now, one outstanding educator at the Canutillo ISD school is being nationally recognized for continued efforts to encourage high school women’s interest and participation in technology pursuits.

The National Center for Women & Information Technology (NCWIT) Aspirations in Computing announced that Northwest Computer Science Teacher Catherine Tabor has been named the sole recipient of the 2020 National NCWIT Aspirations in Computing (AiC) Educator Award, sponsored by AT&T.

According to the NCWIT

announcement, each year the AiC Educator Award publicly celebrates formal and informal educators who encourage 9th-12th grade students who self-identify as women, genderqueer, or non-binary to explore their interest in computing and technology. Educators are honored for demonstrating an exceptionally strong, consistent, and positive involvement in promoting gender equity in computing.

“Students at Northwest have been gaining recognition in computer science locally and nationally the last few years, and it’s evident why when you look at the inspiring teachers we have,” Canutillo ISD Superintendent Dr. Pedro Galaviz said. “Ms. Tabor deserves this commendation for what she does to help prepare our



– Photo courtesy Canutillo ISD

See TABOR, Page 5 Catherine Tabor

## Morrill, Reyes receive CARES Act package through SBDC

By Keri Moe  
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Culinary Arts Graduates Chef Chris Morrill and Chef Santiago Reyes were doing well with their catering business, Around the World, and their high-end Gallery 3 Kitchen, so they decided to expand with another restaurant: TACO SHOP. After celebrating TACO SHOP’s opening on March 5, 2020, Morrill and Reyes found the momentum to a third successful

venture stopped by the COVID-19 crisis and an order to close all but essential businesses. Around the World catering canceled numerous catering events, Gallery 3 Kitchen closed and TACO SHOP offered a limited menu for takeout and delivery service. Thanks to application assistance from the Small Business Development Center (SBDC), Morrill and Reyes received relief funding through the CARES act, helping them to pay their employees and keep their businesses afloat during a time of

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– Photo courtesy El Paso Community College

COOKING WITH CARE – Christopher Morrill, left, with business partner Santiago Reyes.

## San Eli ISD shifts to technology to teach students

By Jeannie Meza-Chavez  
Special to the Courier

SAN ELIZARIO – In the middle of March just as spring break was getting underway, everything changed. The San Elizario Independent School District (SEISD) found itself preparing to launch distance learning to approximately 3,400 students. Technology is present in normal day to day schooling environments but the district’s closure due to the COVID-19 pandemic, was making way for technology to be used as an inevitable method to provide instruction. While the District prepared and distributed hard copy instructional material for all students in the district, the use of technology by all students was also flourishing.

The COVID-19 changed a lot for many especially in public schools. SEISD Technology Director Horacio Hernandez states, “The COVID-19 pandemic brought a challenge to everybody. In our technology department, the COVID-19 situation meant that we needed to get ready with hardware, software, and internet connectivity in order to accomplish our instructional goal.” In San Elizario, the District had a mobile device distribution where approximately 2100 I-pads, chrome books, and laptops,

See SEISD, Page 4





“No justice, no peace.” Surely we have all heard that chant for decades at various protests... well, all but the most cloistered in their white privilege. One can debate about the justification for violence in the wake of still another police murder of an African American man, this time George Floyd. But there is, in the final analysis, one major reason to go home and shut down the rioting: the sheer numbers and arsenal that the power structure can rely on for brute force.

It is not worth more human

# The case against continued violence

sacrifice to make the point that African Americans, and those whites who support them on the street, have had enough of the police state in which they live. Certainly blacks have. But several governors have already called in the National Guard to supplement heavily armed and armored law enforcement forces. Besides, the support from Americans of goodwill collapses when justified rage is overtaken by hooliganism.

The answer is to leave the streets and organize for the upcoming election. And then, in an overwhelming turnout, vote to remove the unvarnished bigot who is president with clear instructions to Joe Biden. He must make it the priority as

president to untangle the racism that ties the United States of America in knots, starting with police reform that removes the bigoted psychopaths in the ranks. It is a country of broken promises for so many of our citizens, including the pretense of “equal protection under the law.”

President Donald Trump is showing his true colors, which are supremacist white, with his series of tweets and other pronouncements like, “When the looting starts, the shooting starts.” If that sounds familiar, it was part of the repertoire of George Wallace the segregationist, and also for a police chief in Miami in the ‘60s who said, “We don’t mind being accused of police

brutality.”

But back to the Trumpster’s garbage ... he was taken frightened, to his bunker, all the while taunting on Twitter demonstrators at the White House, that if breached the gates, they’d be met with “vicious dogs” and “ominous weapons.” It couldn’t have been an accidental reference to Birmingham, Alabama, Commissioner of Public Safety “Bull” Connor, who turned attack dogs loose on civil rights activists in the Jim Crow convulsions of the ‘60s.

But it’s Donald Trump, as president, who has made bigotry a staple of his administration. Along with incompetence and self-serving politics to answer a crisis. Look no further than the coronavirus pandemic, where blunders by Trump and his gang have accounted for thousands of deaths that could have been avoided, shortages

in the equipment necessary to fight it and an economic disaster where the jobless rate rivals the depression of the 1930s.

In particular, blacks and other people of color have been victimized because of the nation’s racism, which consigns them to second class citizenship. Not only that, but to save his political skin, he has panicked and egged on a “reopening” that is premature, already resulting in more COVID deaths.

Anyone of good will – black, white or other hues – who is sick of his mess and the dirty tricks of Trump supporters must turn out to cast a ballot this November. Not doing so is, in effect, voting to re-elect Donald Trump, and not voting for any hope of justice.

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## Socorro Independent School District PUBLIC NOTICE

### Public Meeting to Review Federally Funded Programs

The Socorro Independent School District will conduct a meeting by teleconference to review the following 2020 – 2021 ESSA Federal Grants:

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Migrant Education Program
- Title II, Part A – Preparing, Training and Recruiting High Quality Teachers, Principals or Other School Leaders
- Title III, Part A – Language Instruction for English Learners
- Title IV, Part A – Student Support and Academic Enrichment

The next regular meeting of the Board of Trustees has been scheduled for Tuesday, June 16, 2020 at 6:00 p.m. This meeting will be held by teleconference. The teleconference audio can be accessed at the following toll free number: 1-866-899-4679 using the access code 165-769-453 and through an audio feed located at <https://youtu.be/pAtU7VRLwQk> . Any member of the public wishing to comment on an agenda item can send the comments to the following email address [board-questions@sisd.net](mailto:board-questions@sisd.net).

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## Distrito Escolar Independiente de Socorro AVISO PUBLICO

### La junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de Socorro llevará a cabo una junta por teleconferencia para revisar los siguientes programas federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte C – Programa Educativo Migrante
- Título II, Parte A – La Preparación, la Capacitación y la Contratación de Maestros, Directores de Escuelas de Alta Capacidad u Otros Dirigentes Escolares
- Título III, Parte A – La Instrucción del Idioma Para Aprendices de Ingles
- Título IV, Parte A – Apoyo Estudiantil y Enriquecimiento Académico

La junta ha sido programada para el martes, 16 de junio del 2020, a las 6:00 p.m. Esta reunión se llevar a cabo por teleconferencia. El audio de teleconferencia se puede acceder al siguiente número gratuito: 1-866-899-4679 utilizando el código de acceso 165-769-453 y a través de una fuente de audio ubicada en <https://youtu.be/pAtU7VRLwQk>. Cualquier miembro del público que desea comentar un punto de la agenda puede enviar los comentarios a la siguiente dirección de correo electrónico [board-questions@sisd.net](mailto:board-questions@sisd.net).

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WTCC: 06-11-20

## Food for thought By John Grimaldi

### Fledgling U.S. Space Force is off to an impressive, if not mysterious start

Off they go *beyond* “the wild blue yonder” – the men and women of the U.S. Space Force, the newest branch of the American armed forces.

The U.S.S.F. officially began its mission on December 20, 2019. The new branch of service is the successor to the U.S. Air Force Space Command, which was established in 1982. It is tasked with protecting “U.S. and allied interests in space and to provide space capabilities to the joint force.” But, there’s much

more to it than that, according to the Association of Mature American Citizens (AMAC).

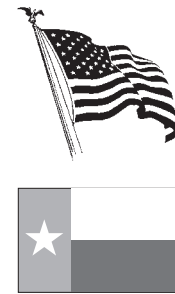
Rebecca Weber, AMAC’s CEO, notes that beyond the military aspects of the Space Force, there are life enhancing benefits to be had. It’s an aspect that is clearly reflected in the message in its first recruitment effort – a 30-second video with this compelling narration:

*“Some people look to the stars*

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# Yes, meet rioters with overwhelming force

Restoring order to America’s cities isn’t a complicated proposition.

All it requires is resources and determination, and a firm rejection of the longstanding progressive fallacy that an overwhelming police presence is “provocative” and “escalatory” and must be avoided.

Out-of-control looting is almost always a failure of municipal resolve or police tactics, and we have seen plenty of just such cowardice and foolishness lately, most notably in Minneapolis, ground zero for this spasm of urban disorder.

In a display of sloppy wishful thinking at the worst possible time, the city’s leaders decided to vacate the 3rd police precinct. Mayor Jacob Frey explained that they believed this would be “a way to both help de-escalate and prevent hand-to-hand combat.” Instead, it allowed for a major escalation, as protestors gleefully torched the police building, in the worst symbol of official abdication of this crisis so far.

During the first couple of nights of violence, Minneapolis barely managed to arrest anyone.

For his part, Gov. Tim Walz of Minnesota hesitated to mobilize the National Guard lest he seem “oppressive,” apparently unaware

that his target audience wasn’t a social justice seminar at Oberlin College, but provocateurs and nihilists who were going to take every inch they were given and make it a mile of broken glass and looted goods.

President Donald Trump has been a steady fount of inflammatory and crude statements lately, but when he blasted the “total lack of leadership” in Minneapolis, he wasn’t wrong.

All state and municipal leaders

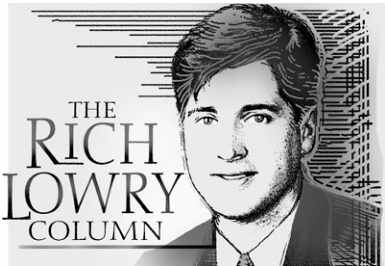
need to know about controlling riots is obvious from a cursory review of the history.

Consider the worst disturbance in recent times, the L.A. riots. They began when about two-dozen cops retreated before an angry crowd after the Rodney King verdicts, some of them literally running away. The mob descended on the intersection of Florence and Normandie, and began beating Anglo and Latino motorists, completely unmolested by the authorities for hours. Some

police reported being ordered to leave the area – and then being ordered not to return.

The rest is history – days of violence, more than 60 people killed and 2,000 injured, and in excess of \$1 billion in property damage. By the end, thousands of federal troops were in the city.

Back in 1970, in his classic book on domestic unrest, “The Riotmakers,” Eugene Methvin identified police absence or pullback as the accelerant on riots. It was a huge factor in the



Watts riots in 1965. The same dynamic held in a Philadelphia riot the year before. In Detroit in 1967, cops retreated and the authorities underestimated the forces they needed as a riot devastated the city.

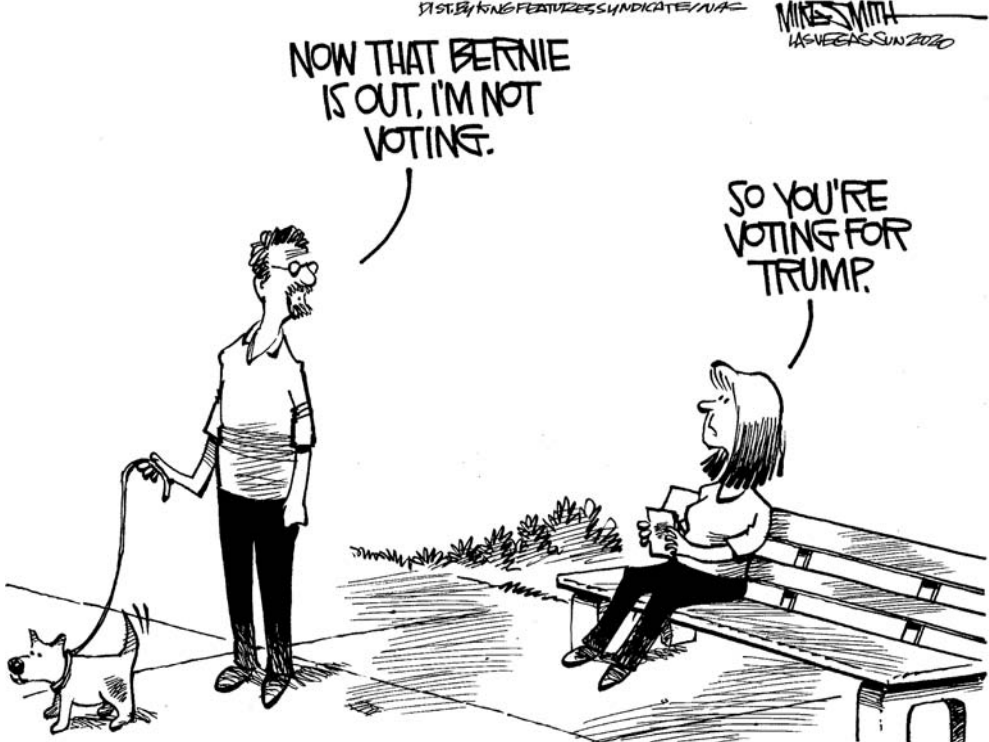
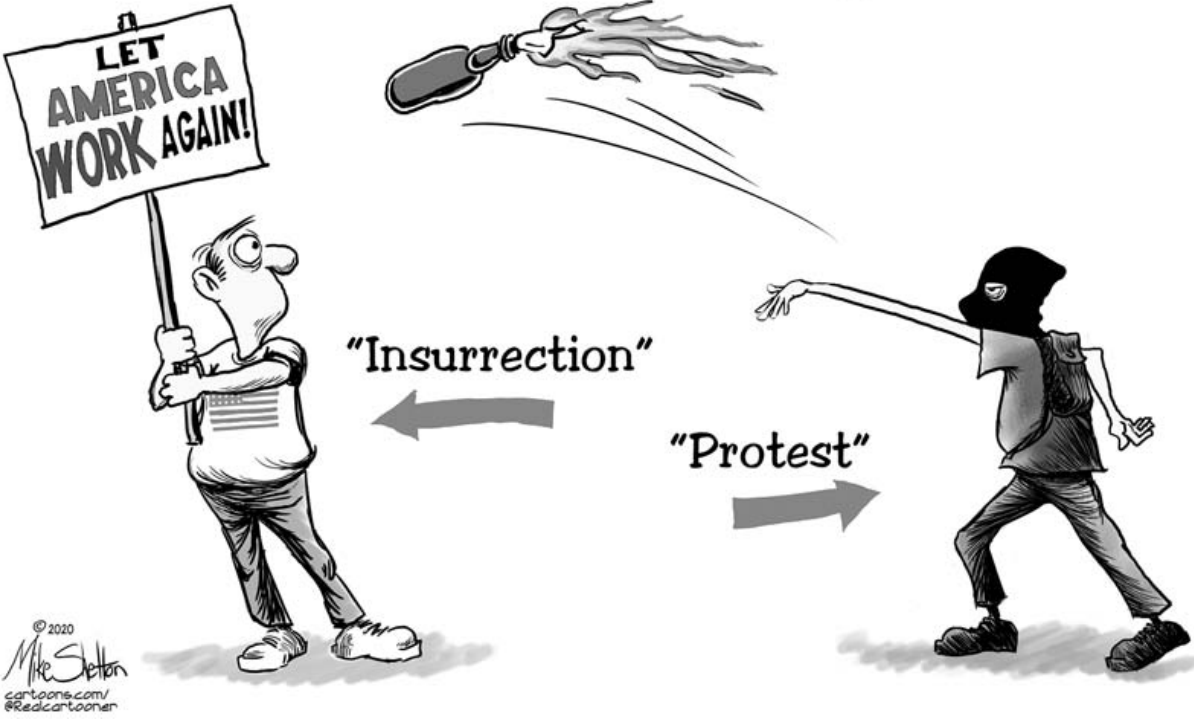
It is simply not true that rioters will be quickly sated if they are allowed to break and burn things freely. Disorder feeds on itself. Looting one store, overturning one police car is never enough.

There is no alternative to imposing curfews, zealously enforcing them, arresting violators and calling out the National Guard if there’s not enough police manpower for the job. This doesn’t escalate the violence, it stops it.

Over the weekend [Mar. 30-31], Minneapolis finally got more serious about policing itself and saw a drastic diminishment of destruction. Anyone who doesn’t want American cities to burn should take note.

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

## From the Journalist's Style Book...





SEISD

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were distributed at each campus throughout the district. In addition, with the approval of \$141,130.00 by the SEISD Board of Trustees on April 8, 2020, hotspots were purchased and now provide internet services to approximately 500 students.

Dr. Rogelio Segovia, assistant superintendent for SEISD said, “The COVID-19 emergency closure definitely created a sense of urgency to not only transition from a traditional face-to-face instructional delivery approach, to a full online approach that allowed students to access the

technology devices and an effective instructional delivery they deserve.” Technology not only impacted learning for students, it also caused teachers to make immediate turn around decisions on how to better connect with students. According to Hernandez, “Since the pandemic hit us during Spring Break, the district has adopted Google Suite to accomplish our distance learning goal. This included applications like Google Classroom, Google Docs, and Google Meets.”

The technology and instructional teams intensified the collaboration by providing teachers training to prepare to teach and reconnect with students

online. Segovia said, “Fortunately, we have an awesome team of educators, like our instructional officers, instructional specialists, coordinator of instructional programs, instructional technology director, campus leaders and teachers, among others, that have made it happen.”

In terms of hardware, the technology department worked to expedite repairs on teacher laptops. Hernandez said, “COVID-19 disrupted the ‘normal’ way of operating within the district; we had to adapt and adopt to the different needs due to the new norm of distance learning and we had to purchase software and hardware to better support staff, teachers, students, and parents remotely. We also had to embrace the at home concept and think different in ways of providing day-to-day support.” Looking back, he adds, “I am most proud of the support and unity. From principals, assistant principals, administrators, and



Horacio Hernandez



Rogelio Segovia

– Photos courtesy San Elizario ISD

Strange BUT TRUE

By Lucie Winborne

• The first sunglasses were invented in 12th-century China and made from smoked quartz. While providing no protection against harmful UV rays, they did give some relief from the sun’s glare and also served as a valuable tool for Chinese judges, allowing them to seem emotionally detached during interrogations.

• English Romantic poet Samuel Taylor Coleridge (1772-1834) is credited with the first printed use of the words “selfless,” “psychosomatic,” “bipolar” and “bisexual.”

• A study by neurologists showed that some patients suffering from brain trauma and damage on the right-hand side of their brain have a compulsive obsession to tell jokes they find hilarious, while not finding other peoples’ jokes funny at all.

• The hacker group Anonymous once sent thousands of all-black faxes to the Church of Scientology to deplete all of their ink cartridges.

• Sierra Leone is the world’s roundest country and sits not too far from Egypt – the world’s squarest country.

• Nearly 3% of the ice in Antarctic glaciers is composed of penguin urine. Due to the subzero temperature in that area, it can’t evaporate.

• Think you hate going to the dentist? A 12-year-old French boy once faked his own kidnapping to get out of it! After being located in a village 100 miles from his home, the lad lied to police, even describing his kidnapper’s distinctive cheek scar. Only after they had searched for a month and re-questioned him did the boy confess.

• We can thank beloved 19th-century English novelist Charles Dickens for the colorful phrase “eat my hat.”

Thought for the Day: “A clever person solves a problem. A wise person avoids it.”  
– Albert Einstein

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Briefs

From Page 1

a 2020 Credit Card Debt Study from the personal-finance website WalletHub. The study found that consumers paid off a record \$60 billion of their roughly \$1 trillion in credit card debt during the first quarter of 2020. El Paso rated in the 68th percentile of debt repayment, with one percent being the least debt repayment and 99 percent being the most. With unemployment now at record highs, however, WalletHub projects that U.S. consumers will rack up more than \$140 billion throughout the rest of 2020, ending the year with a net increase of \$80 billion in credit card debt. The debt picture is worrisome nationwide, but some areas have bigger payment problems than others. WalletHub compared more than 2,500 cities based on how much residents owe to credit card companies – specifically, how those balances changed in Q1.

Q&A with WalletHub

*How did consumer credit card debt fall when so many people are out of work?*

“The latest credit card figures are for the first quarter of 2020, before the coronavirus pandemic began to really wreak havoc in the U.S.,” said Jill Gonzalez, WalletHub analyst. “It’s common for consumers to pay down credit card debt during the first few months of the year, as this is when many people receive annual salary bonuses and tax refunds. This year’s first-quarter paydown

was just a lot bigger than normal – at least 50 percent higher than anything we’ve seen in the past 20 years, which is what makes it so tantalizing in the context of what we all know came after that.”

*How has the Q1 2020 credit card debt paydown affected people’s ability to withstand the coronavirus shutdown?*

“People with credit card debt made the rest of the year much simpler for themselves by repaying a total of more than \$60 billion in amounts owed during the first quarter of the year. Less debt means less stress, which is key at a time when our mental and physical health are already under unique strain. Debt is also a barrier to economic recovery. Having \$60 billion less in credit card debt waiting for us means we’re \$60 billion closer to having a thriving economy again,” said Gonzalez.

*What can we expect from credit card debt levels during the rest of the year?*

“Credit card debt will increase by \$140 billion from April through December, leaving us with a net increase of \$80 billion for the year. Those are big numbers, but it could be a lot worse, had it not been for Q1’s strong economy,” said Gonzalez. “Credit card debt levels may not rise quite as sharply as some people think given the near-record unemployment rate because credit card companies have tightened their underwriting considerably in the face of so much uncertainty regarding consumers’ ability to pay.”

– Diana Polk

CARES

From Page 1

Small Business Administration (SBA), is providing vital services and support to small businesses during this critical time. So far, the SBDC has helped more than 25 local businesses in receiving over \$1,500,000 emergency funding through the CARES Act, and they’re continuing to help others. The El Paso SBDC is a field office of the South-West Texas Border SBDC Network. The lead office is located at the University of Texas at San Antonio.

The EPCC Center received an additional SBA grant under the COVID-19 CARES Act in the amount of \$237,000. The money will be dedicated to provide confidential no-cost consulting in finance, human resources, operations, marketing, and business and strategic planning with the goal of winning back and finding new customers. The Center will also provide weekly on-line workshops on various topics that are relevant to the future success of small business. We expect to be able to assist over 500 small businesses in the recovery effort. Those businesses that choose to accept SBDC assistance should be able to be more sustainable and resilient for years to come.

The CARES Act is a federal program offered by the Small Business Administration with support from the Department of the Treasury. The program offers small businesses assistance in paying employee payroll and interest on mortgages, rent and utilities. Accessing this program has become vital to small businesses trying to survive during the Coronavirus pandemic; the SBDC has been integral in helping their local business clients to apply for it.

Joe Ferguson, Director of the SBDC, explains: “The SBDC is the largest management and technical assistance program for small businesses in the United States. Our purpose is to help small businesses be successful. Now, more than ever, the support we offer is vital in helping small business owners navigate the unprecedented difficulties their facing in light of COVID-19. In doing so, we aren’t just supporting them, but we are also helping our local economy. Our COVID related services are at no-cost.”

economic shutdown and record unemployment.

The SBDC, housed at EPCC in partnership with the United States

CryptoQuip Answer

If a judge is buying shampoo and toothpaste, maybe he’ll just prefer trial-size tubes.

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# Moments in time

THE HISTORY CHANNEL

• On June 8, 1949, George Orwell's novel of a dystopian future, "1984," is published. The novel's all-seeing leader, known as "Big Brother," becomes a universal symbol for intrusive government and oppressive bureaucracy.

• On June 9, 1973, with a victory at the Belmont Stakes, Secretariat becomes the first horse since Citation in 1948 to win America's coveted Triple Crown. Secretariat won the Belmont by a record 31 lengths.

• On June 10, 1935, in Akron, Ohio, Bill Wilson and Dr. Robert Smith, two recovering alcoholics, found Alcoholics Anonymous (A.A.), a 12-step alcohol rehabilitation program. Today there are more than 80,000 local groups in the U.S.

• On June 11, 1982, the science-fiction classic "E.T.: the Extra-Terrestrial" is released. The film captures the story of the wise, kind and cuddly alien botanist who is stranded on Earth and needs the help of

a sensitive boy, Elliott, to get back home.

• On June 12, 1994, Nicole Brown Simpson, ex-wife of football player O.J. Simpson, and her friend Ron Goldman are brutally stabbed to death outside her Los Angeles condominium. Simpson became the chief suspect. Although the evidence against him was extensive, a jury acquitted Simpson on two counts of murder in trial that lasted 11 months.

• On June 13, 1966, the Supreme Court hands down its decision in Miranda v. Arizona, establishing the principle that all criminal suspects must be advised of their rights when in custody and about to be interrogated.

• On June 14, 1789, English Captain William Bligh and 18 others, cast adrift from the HMS Bounty seven weeks before, reach the East Indies after traveling nearly 4,000 miles in a small open boat. On April 28, they were set adrift with 25 gallons of water, 150 pounds of bread, 30 pounds of pork, six quarts of rum and six bottles of wine.

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Archives: [www.wtxcc.com](http://www.wtxcc.com)

## Tabor

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students for success in life and career.”

According to Tabor, since 2009, the percentage of women computer science undergraduates in the United States has declined from 20.7% to 18.7%. The Texas Advanced Computing Center at the University of Texas at Austin profiles students in computer science across the state. In a 2018 study, the Center found that only about 24% of students enrolled in computer science courses are female. But, female computer science students at Northwest are bucking the trend at about 52%.

In a statement to NCWIT, Tabor said that in her five years of teaching at Northwest, Computer Science education has expanded from zero classes to multiple courses, two clubs and an Honor Society. Since receiving her dual credit certification, she also teaches college level, credit bearing CS

courses to her majority non-white and predominantly Latinx high school students.

“I am lucky that my school has decided to dedicate an entire position to Computer Science,” Tabor told NCWIT. “While I used to be torn between three disciplines, I am now able to teach all Computer Science.”

At Northwest, Tabor sponsors extracurricular opportunities for women, such as hosting a Girls Who Code club, supporting a GirlsGoCyber team, and taking a group of students to a Google eCSR symposium. In March, for the first time, a Canutillo ISD student was named a national honorable mention for the 2020 NCWIT Award for Aspirations in Computing. Of the 21 girls who were local affiliate winners in El Paso, six were Northwest students.

Recently, Northwest students were given a challenge to help protect employees during the public health situation. With Tabor’s help, they created face shields using the school’s 3D printers for the

district’s child nutrition workers and bus drivers who deliver meals daily to the community.

Tabor was previously selected as the 2018 NCWIT AiC Greater El Paso Affiliate Educator Award Winner, she has engaged her school as an NCWIT AspireIT partner, and hosted an AspireIT program run by AiC Community members. She is pursuing a PhD in Computer Science, where she is studying the prevalence of linguistic bias in the instruments of Computer Science assessment.

“People are finally interested in what we do and teach, and everyone wants to be a part of it,” Tabor stated. “It is an exciting time in CS education. And, who wouldn’t want to be a computer scientist? I get to solve puzzles all day long.”

Send Your  
Newsbrief To:  
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# SPOT A STROKE

# F.A.S.T.

Ad Council American Heart Association American Stroke Association Together to End Stroke

StrokeAssociation.org



# LIVING SHOULDN'T REQUIRE A MEMBERSHIP.

### Why should a service like air medical require a membership?

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# NBA set to restart its season – with a few changes

By Steve Escajeda  
*Special to the Courier*

It’s such a welcomed site to see businesses opening again.

Seeing parking lots half full at restaurants, gyms and malls gives us all hope that things will return to normal sooner than we thought. Though I’m still not used to wearing a mask, I’ll gladly do it if it means getting

us a little closer to the way things used to be.

During this three-month lockdown, we all turned to our TV sets to watch Netflix and Hulu and Sling and Amazon Prime. Thank goodness for all those streaming networks, but to be honest, I’ve run out of interesting things to watch.

I think we all have, or at least we’re tired of sitting on the sofa, collecting extra pounds while staring at the tube.

I mean seriously, how many times can we re-watch Game of Thrones, Breaking Bad or The Office?

Well, it appears as if there will be something new to watch pretty soon, and it won’t be a rerun.

The National Basketball Association announced its plan to restart its regular season and eventual playoff schedule.

The league is scheduled to start again on July 31. The plan is to end the playoffs no later than October 12.

How all this is going to work is a little complicated.

Only 22 of the 30 teams are going to be a part of the reopening; eight teams at the top of each conference, and the next six teams with the best records.

All the teams involved will continue with the same records they left off with back in March, and they’ll play eight more games.

All of this is going to take place at the Disney World Resort in Orlando, Florida.

So every team will have the same record they had, play eight more games and seeding for the playoffs will follow. The top eight from the Western and Eastern conferences will make up the 16-team playoff.

Well, actually... the top seven teams in each conference will qualify for the playoffs. If the eighth-place team leads the ninth-place team by over four games, it qualifies for the playoffs. If #8 is four games or less ahead of #9, then the two will battle for that final spot.

It’ll be a best-of-two series. In other words, #9 will have to beat #8 twice to get in, while #8 just has to win one of the two to advance.

And I thought trigonometry was confusing.

Once the 16 playoff-teams are decided, everything will continue as in the past. All four rounds of the playoffs will consist of 4-out-of-7 series.

The decision whether or not there will be fans in attendance is still up in the air, though commissioner Adam Silver has said it would be unlikely.

Is your favorite team among the 22 that will compete?

The list is as follows: The Milwaukee Bucks, Toronto Raptors, Boston Celtics, Miami Heat, Indiana Pacers, Philadelphia 76ers, Brooklyn Nets, Orlando Magic and Washington Wizards from the Eastern Conference. The Los Angeles Lakers, LA Clippers, Denver Nuggets, Utah Jazz, Oklahoma City Thunder, Houston Rockets, Dallas Mavericks, Memphis Grizzlies, Portland Trail Blazers, New Orleans Pelicans, Sacramento Kings, San Antonio Spurs and Phoenix Suns from the Western Conference.

But all this will lead to another dilemma. Because of the delay, this new schedule will end just as the 2020-21 season would be starting.

So the plan is to delay next season’s start until December. We’ve heard anywhere from December 1 to December 25.

Of course the restart of the season will include numerous preventative measures for the Covid-19 virus.

The NBA will work with infectious disease specialists, public health experts and government officials to establish a program to limit any risks, including regular testing and stringent safety practices.

It’s going to be a little different, but it’s live sports on TV.

Sorry Netflix and Hulu, you guys did a great job when we needed you, but we need something more, and the NBA is about to provide it.

With a little luck, hopefully the NFL and the NCAA will follow suit.

It would be nice to know what a real weekend feels like again.

## NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET

The Canutillo Independent School District will hold a public meeting at 10:00 a.m., Tuesday, June 23, 2030. The public may watch the livestream of this meeting at <http://www.youtube.com/c/CanutilloISDPremier>.

The purpose of this meeting is to discuss the school district’s budget that will be adopted. Public participation in the discussion is invited.

### Comparison of Proposed Budget with Last Year’s Budget

The applicable percentage increase or decrease (or difference) in the amount budgeted in the preceding fiscal year and the amount budgeted for the fiscal year that begins during the current tax year is indicated for each of the following expenditure categories:

Maintenance and Operations	5.24%	Decrease
Debt Service	0.95%	Decrease
Total Expenditures	4.76%	Decrease

WTCC: 06-11-20

## Super Crossword

### SELF DESCRIPTIONS ACROSS

- 1 Completed
- 4 Tea leaf readers, e.g.
- 9 Title for Macbeth
- 14 Places to pitch tents
- 19 Transgress
- 20 Bow go-with
- 21 Dignity
- 22 Largest city in Nebraska
- 23 Arthur of TV
- 24 White of TV
- 25 Writer Dillard
- 26 Prohibited acts
- 27 Gougiers charge them
- 30 Warrants
- 31 Sioux division
- 32 Just OK
- 33 Papa Doc’s country
- 35 First-aid flora
- 36 No-see-ums
- 38 Symptom of mumps
- 41 Tumult
- 44 Air safety gp.
- 45 1492, e.g.
- 46 Pesto ingredient
- 51 Portable enplaning bridge
- 56 \_ Banos, California
- 57 All tangled up
- 58 Friable soil
- 61 \_ degree or
- 62 Arthur of tennis
- 64 Home of Iowa State
- 65 Organisms of a region
- 66 Chew the scenery
- 67 Hand-softened “superfood” dish
- 71 “1492” director
- 73 Pierces
- 74 Condé \_
- 75 Cyberjunk
- 78 More ticked
- 79 A Great Lake
- 80 Turns back to 000
- 82 Sci-fi hoverer
- 83 Like paradise
- 85 Result of dropping a bushel, maybe
- 88 Plant “pet”
- 91 45s’ relatives
- 92 Flimsy pancakes
- 93 What a great ad campaign leads to
- 99 Plant pest
- 101 Grimm nasty
- 102 Pan-fry
- 103 Lane of song
- 105 Gymnast
- 109 Encore-eliciting cries
- 111 What many shards are
- 114 Handle the party food

- 115 Lake - Vista, Florida
- 116 George who played Sulu
- 117 Suffix with neat
- 118 Love to bits
- 119 Scourges
- 120 Sister of Fred Astaire
- 121 Blasting aid
- 122 Car rollers, in London
- 123 Actor Gable
- 124 Jewish ritual meal
- 125 Something associated with the first words of this puzzle’s seven longest answers

### DOWN

- 1 Credit’s opposite
- 2 2011 hurricane
- 3 Air current
- 4 Safari sites
- 5 Part of QED
- 6 “Marty” star
- Borgnine
- 7 Sonata parts
- 8 Exchanges
- 9 Hot cuisine
- 10 Bigwig
- 11 Heat to prevent stress
- 12 In a racket-filled way
- 13 Prior to, in poems
- 14 Pylon shape

- 15 Indifferent to ethics
- 16 Capital of the Philippines
- 17 Light particle
- 18 Wised off to
- 28 Corporate symbols
- 29 Nun’s beads
- 30 Rapper Nicki
- 34 Driving range peg
- 37 Concert sites
- 39 \_-Mart
- 40 Sister of Hansel
- 41 Sch. near Beverly Hills
- 42 Experts
- 43 Mount with presidents’ heads
- 44 Bone of the lower chest
- 47 Bring harm to
- 48 Mendel of genetics
- 49 Skater Kulik
- 50 Fonz’s quality
- 52 “Traffic” actor
- Milian
- 53 Fiber for newsprint
- 54 Wee colonist
- 55 “\_-haw!”
- 59 “Relax, GI!”
- 60 Assembled as one body
- 63 All gone, as dinner
- 65 Bible divs.
- 68 Not lax at all
- 69 Elk’s kin
- 70 Fasten
- 71 Reno-to-Riverside dir.

- 72 Chowder fish
- 76 For \_ (not gratis)
- 77 Peat source
- 80 Tries to shred
- 81 More elastic
- 84 Fischer’s skill
- 86 Suffix with glob or duct
- 87 Apt rhyme for “treadle”
- 89 Lupino of film
- 90 Like always
- 93 Lynx variety
- 94 “Hellcats” actress
- Gail
- 95 Expert talker
- 96 Intense
- 97 Goddess with an owl
- 98 Less fat
- 99 Chafe
- 100 Snuck a look
- 104 Test models
- 106 “Purgatorio” poet
- 107 “Of Thee \_”
- 108 Invite to join at
- 110 Mined finds
- 112 Duty
- 113 Editor’s strike-out
- 115 Telly giant

1	2	3		4	5	6	7	8		9	10	11	12	13		14	15	16	17	18	
19				20						21						22					
23				24						25						26					
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31							32					33			34			35			
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122																					
122																					

Answer Page 4



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



USSF

From Page 2

and ask, ‘what if?’ Our job is to have an answer. We have to imagine what would be imagined... plan for what’s possible while it’s still impossible. Maybe you weren’t put here just to ask the questions; maybe you were put here to be the answer. Maybe your purpose on this planet isn’t on this planet.”

The Space Force recruitment video may sound somewhat mysterious, says Weber. “If it is, it certainly is not as mysterious

as what seems to be the Space Force’s first spaceship: the X-37B spaceplane—the ‘world’s only reusable space vehicle.’ Last month the unmanned rocket ship blasted off on its sixth mission. The last time it spread its wings it stayed in orbit for an impressive 780 days – more than two years – and safely returned to earth on October 27, 2019. How long its newest voyage will last is anybody’s guess.”

The message from space command is that what we do in space improves our capabilities here on earth not just as they pertain to military endeavors. We’ve had

these capabilities since the Cold War era, providing peace time and war time aid, according to the U.S.S.F.. It’s Website notes that our abilities in space assisted in such military operations in the aftermath of 9/11 and in Desert Storm. It also offers the means of placing new scientific research satellites in orbit and aiding agencies such as NASA and the Naval Research Laboratory (NRL) conduct experiments with the potential to enrich life on earth. There is speculation, for example, the NRL may be prepared to test ways to “capture” solar energy and send it

back down to our planet.

AMAC’s Weber adds that “the potential benefits to life on earth that this endeavor provides are as limitless as space itself. Consider the health and medical achievements that we’ve developed in space – such medical miracles such as implantable heart monitors, cancer therapies and treatment procedures and much more. And then there are the practical, non-medical advancements such as efficient solar panels, enhanced computer capabilities, new technologies and, of course, new job opportunities.

He can’t find relief for itchy ear canal

*DEAR DR. ROACH: I just turned 68. For the past couple of months, my ear canals have been very itchy. Also, my wife was constantly cleaning earwax out of my ears. Now for some reason I no longer produce earwax, but my ears itch a lot. Do you have any idea what may be causing this? How do I stop the itching? I have tried olive oil. It seems to work but not really that well. A doctor looked in my ear and said the ear canals look fine. – R.K.*



Itching in the ear canals is common, but usually an exam is able to lead the examiner to at least suspect a diagnosis. An incipient ear infection is one common reason, but your issue has been going on for months. Skin conditions that itch, such as eczema, is another common one. The doctor might have seen this, but sometimes the findings are subtle. Just having dry skin is a common cause, especially in winter, and olive oil is one treatment, but if it isn’t working it’s time to stop.

I often see people make their problem worse by using inappropriate therapies, especially peroxide, and also by putting objects in the ear to scratch it. This can lead to abrasions, lacerations and worse that I won’t horrify you with.

I would get the ear looked at again, and if there still is nothing to see, one treatment is a mild prescription steroid drop for a period of time. Your regular doctor or an ear/nose/throat specialist would be a good choice.

*DEAR DR. ROACH: Are net carbs really a thing? I understand low impact on blood sugar, but not measuring net carbs. – H.C.*

The “net carbs” number is normally calculated by taking the grams of total carbohydrates and subtracting the grams of fiber and sugar alcohols. It’s an attempt to look at the effect on blood sugar, and it has modest informational benefit. It can be misleading, because some sugar alcohols (ending in “-ol,” like maltitol and xylitol) do increase blood sugar somewhat, though not as much as sugars (which end in “-ose,” like glucose and sucrose).

I don’t recommend using the term “net carbs.” I think it’s more important to look at ingredients. Avoid large amounts of added sugar and processed starches. Make sure the carbohydrates you take in come mostly from vegetables, fruits, legumes and whole grains. These are the foundations of a healthy diet, and you don’t need to count numbers.

*DEAR DR. ROACH: I recently was diagnosed with kidney disease and was advised to drink eight glasses of water daily. I can only get down three glasses. Is it OK to drink tea instead? Would vitamins help? – E.K.*

From the standpoint of your kidneys, tea and coffee count as water. Having adequate fluid intake is important for your kidneys, but most people who aren’t exercising or living in hot or dry environments don’t need eight full glasses a day. Vitamins are not necessary for kidney health; however, people with very advanced kidney disease often need a special form of vitamin D called calcitriol.

*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.*





**Moore Texas** by Roger Moore  
**June 5, 1836: 100 Cincinatti area volunteers sign up to help Texas fight for Independence.**

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: R equals L

WI H SVOUC WE QVAWTU  
EKHYFMM HTO JMMJKFHEJC,  
YHAQC KC'RR SVEJ FPCICP  
JPWHR-EWBC JVQCE.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Stressed: There’s an app for that



by Freddy Groves

These are stressful days. Some of us were living under tough circumstances in the best of times, and nowadays the daily news just ratchets it up.

There are two Department of Veterans Affairs smartphone apps that might be of help to you.

Tactical Breathing Trainer, or Tactical Breather: Created by the National Center for Telehealth & Technology, the phone app can teach you to get control over your responses to stress, both psychological or physiological. While initially created for soldiers in combat, the breathing exercises will allow you to stay in the moment, to relax and find peace. It includes exercises, practice and charts of your progress.

Telehealth Mood Tracker, or T2 Mood Tracker: This app is for anyone with anxiety,

PTSD, brain injury or stress. Use it to monitor your moods and track them over time. Record medications and treatments, daily events – anything that can alter your mood. The information can be saved to help your medical professional help you, or just for your own knowledge to see how you’re doing.

The VA has a few other helpful apps as well. Look for CBT-I Coach if you’re battling insomnia. Try Stay Quit Coach if you’ve quit smoking and need help staying quit. MOVE! Coach is an app for weight management, with lots of information and places to store your results. See Life Armor for help on 17 different topics, such as relationships, PTSD, depression and more. Use it to track your symptoms.

Cruise over to the Apple store for Apple products or the Google Play store for Android and check the apps. You can find more information about them on VA.gov.

Meanwhile, if you’re hunkered down and feeling the stress of it all, take things

slowly, one day (or even one hour) at a time. We’ll get through this and come out the other side, proud of how we handled things.

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by Jo Ann Derson

• “I found a small waste basket that fits right between the wall and my dryer. There’s a gap that’s about 8 inches wide. The lip of the basket keeps it from sliding down to the floor, so it’s easy to clean out the lint trap and put the waste in the basket. Also, I used a strip of hook-and-loop tape to attach a tissue holder box vertically to the wall. I stick a box of fabric softener sheets in it, and they, too, are right where I need them.” – T.K. in Nevada

• “To keep the kitchen garbage can from smelling, I put spoiled food items in a bread bag, and then put it in the freezer until it’s time for the garbage collector. I also have a friend with a compost bin, and I am doing the same with vegetables, fruit and peelings. I plan to bring the whole mess when I get to visit. The compost bin won’t care if it’s been defrosted!” – E.L. in Virginia

• “Place recipes inside of a plastic bag so that they can be handled while cooking, but not dirtied. This is especially necessary with heirloom recipes. For myself, I have made photocopies of recipes handed down from my grandmother, so the originals are safe in the cookbook. I like handwritten recipe cards because it’s like the writer is there with you.” – T. in Ohio

• Clogged drain? Don’t use chemicals. “If you do encounter a full clog, try hot water and baking soda first. If that doesn’t work, try a mixture of baking soda and vinegar. Avoid plumbing snakes, which can scratch the interior of your pipes, and commercial chemical cleaners, which are caustic and a health hazard, even when used according to instructions.” – Colepepper Plumbing in California

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

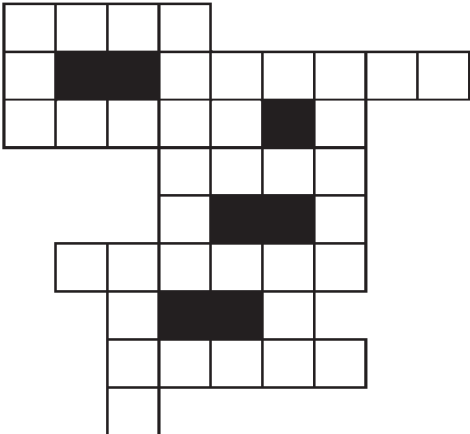
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1 2 3 4 5 7 8 9 9

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PKI  
ROBIAS  
♥CPKSE  
OILK  
♥KOSERT  
♥OSD  
♥ATRS  
KERBO  
KSI  
CRETKI  
♥PDATE  
♥ITDE



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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