



NEWSBRIEFS

Virtual music camp

The El Paso Symphony Youth Orchestra and El Paso Symphony Orchestra are pleased to present "MUSE" a week-long virtual summer music program taught by the principal players and musicians of the El Paso Symphony Orchestra family to include EPSO Concertmaster Shannon Fitzhenry; Amalia Zeitlin, Principal 2nd Violin; Ian Narlock, EPSO Principal Bass; Cara Luffey, EPSO Principal Bassoon; Richard Lambrecht, EPSO Principal Horn; Leo Valenzuela, EPSO Principal Percussion; Joy Zalkind, EPSO 2nd Flute plus 9 other professional musicians. The camp is open to everyone, recommended ages 10 and up. Cost is \$40 for the week-long camp and is free of charge to members of the El Paso Symphony Youth Orchestra and Orquesta Nueva Escuela Mexico (ONEM Cd. Juarez.) Students will improve their musicianship; gain improvisation, recording, and active listening skills; while building social connections with fellow students in virtual group sessions, classes, faculty recitals and masterclasses. The camp runs from Monday, July 13 through Friday, July 17 from 9:00 a.m. to 5:00 p.m. from the comfort of home. Visit <https://www.epso.org/applyformuse/> to register or for more information about MUSE.

— Rosemary Flores

City efficiency

With local governments' leadership abilities being tested by COVID-19 as well as the recent protests, and the 2020 election approaching, the personal-finance website WalletHub has released its report on 2020's Best- & Worst-Run Cities in America, as well as accompanying videos. To determine the effectiveness of local leadership, WalletHub compared 150 of the largest U.S. cities based on their operating efficiency. For each city, WalletHub constructed a "Quality of City Services" score – comprising 38 key performance indicators grouped into six service categories – that was then measured against the city's total per-capita budget. El Paso was rated 40th in the report. Other stats:

- Casper, WY has the lowest long-term debt outstanding per capita, \$623, which is 35.5 times lower

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It's a problem when people expect to get something for nothing; it's a bigger problem when they succeed.

— Quips & Quotes

Facemask debate rages as COVID-19 cases rise

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Despite Texas government's reluctance to mandate facemask wearing statewide, El Paso County Judge Ricardo Samaniego and City of El Paso Mayor Dee Margo did not hesitate to require businesses to have their employees and visitors wear face coverings.

The recent announcement came as a growing number of communities across Texas moved toward facemask-requirements to curb the alarming spread of the coronavirus. "We will continue reopening our economy in a judicious and proactive manner, while balancing public health and our economy," Margo noted in a prepared statement.

According to the local emergency directive, local businesses are now required to have all employees use a face covering when either in an area or performing an activity where six feet of separation is not feasible. However, people will be allowed to remove their masks while eating or drinking at a restaurant or bar.

As per the directive, businesses must also require visitors – that includes customers, contractors, and vendors – to wear face coverings while on their premises. That includes gyms, except when a person is exercising. Other exceptions are for



TO MASK OR NOT – Texas Governor Greg Abbott issued an executive order in June prohibiting municipalities from imposing fines or criminal penalties on people who refuse to wear masks. But he has not opposed efforts by Texas counties and cities to require businesses to impose facemask rules for their employees. Abbott does recommend wearing a facemask and uses one. Health experts continue to recommend facemasks, keeping your hands clean and social distancing as the best practices for combating the spread of COVID-19.

children younger than two, and for people with health conditions who would be put at risk by wearing a face covering. And, not requiring a face covering could cause a business to be fined up to \$500, city officials explained.

The local mandate is in line with the Centers for Disease Control (CDC)

guidelines that advised people to wear a cloth face covering in places where it's hard to keep distance from others – like the grocery store – as the virus is spread between those in close proximity and because infected people with little to no

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El Paso County to conduct wage survey

Results will aid in setting wages for public construction workers

By Michael Martinez
Special to the Courier

EL PASO COUNTY – El Paso County elected officials and members of the El Paso Prevailing Wage Rate Committee have announced a campaign to update prevailing wage rates for public construction workers in our region.

The process includes conducting a new wage survey of Building and Heavy/Highway Construction projects to establish prevailing wages rates in El Paso County.

Prevailing wages are important because they impact the overall wage rates earned by laborers who work on public-work construction projects. Every time a public entity starts a

The Prevailing Wage Rate Committee is asking those who work in the construction industry to return their completed surveys by July 10, 2020.

construction project, by law the contractors and subcontractors have to pay their employees no less than the prevailing wage for their respective job classifications.

The wage rate established by the survey is the least amount that can be paid for each

labor classification. This "minimum wage" is determined by surveying the wages recently paid to workers in the locality.

By law, prevailing wage rates must be determined for each labor classification that will be utilized on a proposed construction project. The results of the wage rate survey are provided to contractors who are bidding on public construction projects. By updating prevailing wage rates, the participating governmental entities support the local economy and its workforce.

The last County prevailing wage rate survey was adopted in 2016. This time El Paso County is working with several government entities, such as the City of El Paso, Ysleta Independent School District, and University Medical Center Hospital District, to conduct a combined wage survey. By working together, they are eliminating the need for each public entity to perform a separate survey.

The combined wage rate survey will save taxpayers money by consolidating the

different surveys into one and will make it easier for employers to participate by just having to fill out one survey, instead of different ones for each entity.

El Paso County anticipates it will mail approximately 1,000 surveys to companies who worked on any construction project in El Paso County that was on-going and active during any parts of 2018 and 2019. The surveys ask about wages and fringe benefit rates paid in numerous labor classifications.

The Prevailing Wage Rate Committee is asking those who work in the construction industry to return their completed surveys by July 10, 2020. Surveys will also be available online to fill out at: <https://www.surveymonkey.com/r/Heavy-Highway> and <https://www.surveymonkey.com/r/PVW-Building>.

The results of the surveys will be tabulated, and the Committee will have the new prevailing wages ready by September of 2020.

For more information, please contact Lorena Rodriguez in the El Paso County Human Resources Department at (915) 308-0392. Information regarding the El Paso County 2012 Wage Survey and blank survey packets is available at the web site: www.epcounty.com/wagesurvey.htm.



Camouflaging outrage

This is when the follow-up reporting will be the most important part of the stories. I don't know if President Donald Trump and his people were using the "Friday Night Dump" to obscure the news that the administration moved to get rid of Geoffrey Berman from his post of U.S. attorney for the Southern District of New York (SDNY) or whether it was the "Saturday Night Mass Infection" that was supposed to accomplish that.

SDNY is uniquely positioned

to prosecute the most important cases in the country, and Berman had moved fearlessly against several of those close to Trump, including an investigation of the Don's personal lawyer, Rudy Giuliani. Oh wait, perhaps it is Attorney General Bill Barr who is his personal lawyer. He's the one who first tried to fire Berman on a Friday night. The thinking goes that people will not be interested in news as they pursue weekend errands and fun stuff. But Berman gummed up the works by refusing to give up his office, and it was the next evening, after Trump got in on it and backed Barr for the "you're fired" order, that Geoff Berman gave in.

Then it was on to Tulsa,

Oklahoma, for the Trumpster for his first rally since the pandemic, in spite of the fact that the pandemic is anything but over. And in spite of the fact that six of his advance team had tested positive for COVID. Even some of his usually rabid fans decided not to attend, and suddenly Donald Trump had to explain away all the unmistakably empty seats. He did that by blaming some protestors and, of course, the fake news media for scaring some of his supporters away.

But even with the less than full house, someone should do a follow-up on how many in attendance caught the coronavirus and how many they infected after they departed. Actually, it will be impossible to quantify

the number of those who caught COVID as a result of his basking in the adulation heaped upon him by his screaming followers. But you can bet that in newsroom "futures files" there is a note to try to cover the aftermath about two weeks down the road.

Here's the problem with returning to a story that first emerged a couple of weeks earlier: By then several other news developments and outrages will have occurred to overwhelm interest in such old news. With Donald Trump as president that is a certainty. He will have said or done so much atrocious stuff by then that we will be distracted by them. With Trump, two weeks is an eternity when it comes to an ability to perform insensitive

or malevolent acts that would do in a normal politician. But it doesn't seem to affect Donald Trump, particularly with the millions of people in his base, and particularly with Joe Biden running against him.

He is the issue in this election, or re-election, however it happens to go. And if "Sleepy Joe," as Trump calls him, doesn't wake up and run a hot campaign against the Trumpster, the American people, the ones who are not lemmings, will sit on their duffs while Trump is returned to office and feels free to finish the job – to completely dismantle the United States of America.

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View from here By John Grimaldi

President Trump issues a Police Reform Order

Senate Democrats kill motion to create a police reform law

"President Trump's Executive Order for Safe Policing for Safe Communities goes a long way toward the goal of dealing with the 'bad apples' in law enforcement. It sends a message that law and order can and will be maintained in a disciplined manner that protects law abiding citizens while acknowledging the rights of suspects," says Bob Carlstrom, president of AMAC (Association of Mature American Citizens) Action, the advocacy affiliate of the 2.1 million-member Association of Mature American Citizens.

The president's message clearly addresses the concerns of protesters demonstrating, "with vitriolic violence," that America's African-American communities are most at risk from wrongdoing by police, Carlstrom points out.

Meanwhile, on Democrats blocked a Republican effort to achieve police reform legislation led by Sen. Tim Scott (R-S.C.), the only Black GOP senator. Scott described it as "a motion to proceed that you should vote for. If you really want to get into police reform, we will need a vehicle with which to get there."

As Carlstrom sees it, "Senate Democrats, at the behest of Charles Schumer (D-NY), were hell-bent on undermining a sensible bill aimed at codifying police reforms. Apparently, they believe that delaying reform legislation can help bring out the dissident vote in November."

He notes that it was not that long ago that the cop on the beat was greeted with a meaningful "thanks for your service," adding that many of the same people

who uttered those words are now spitting vicious epithets at the cop on the beat.

"Indeed, we must recognize that individual police officers can go rogue and they should, and must, face the consequences of the inappropriate use of force when confronting a suspects whatever the color of their skin. But, we must also recognize the fact that the police are targets who go to work each day with a great big bull's eye on their backs. And, despite the danger to their own lives, we must acknowledge that the overwhelming majority of the men and women of law enforcement remain true to their calling without hesitation, without prejudice and without the intent to do harm."

Carlstrom condemns those who would defund police forces and put onerous restrictions on them. "Were their dreams be fulfilled we would not be facing

disruptive protesters on our streets; we'd ultimately be facing armies of anarchists. AMAC endorses President Trump's Executive Order. We see it as the means of allowing our dedicated police officers to get back to the job at hand: to preserve law and order, to allow us to get on with our daily lives without fear and to provide a safe and productive environment."

He says that perhaps the most honest reaction to the president's order came from "left field," from CNN commentator Van Jones who put it this way: The president "started off with a lot of unity, and then it moved off into politics, and a whole bunch of stuff that people are gonna fight about. All that stuff is classic Trump. It will be gone tomorrow. But what will be in place there is a new floor – a higher floor – for Congress for now to depart from that (which) includes law enforcement support for data, for de-escalators, for better training and against chokeholds. I think progress has been made."

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

Some Black lives don't matter

I grew up in a segregated neighborhood where within three months of our Doberman's death, our house was burglarized 4 times. Thus, a new architectural feature: burglar bars. I can't imagine my old neighborhood with no police to protect us. Our experience reflected the 2016¹ and 2019² studies showing no racial bias in police shootings – what Harvard's Roland G. Fryer Jr. called "the most surprising result of my career."³

Year after year, this Boomer Black woman has seen the country change for the better. It was the ever-present burglar bars that made me appreciate integration all the more. Now I can live in any neighborhood I choose. As Black people moved through an integrated society, negative attitudes changed. While the Great Society's federal poverty programs helped around the edges, the rules for some programs encouraged mothers to jettison their children's father from the home. Fatherless⁴ children are more likely to be high school drop-outs, thus limiting their opportunities for the future. There must be more to social policy than throwing federal dollars at "the underserved." Reliance on government money is the road to a permanent low income. This saps the recipient of dignity and the spirit of achievement.

Welfare programs hurt more than they have helped by marrying the recipients to the government. Black Panther Minister of Information

Eldridge Cleaver⁵ said it well: "What we have to do is organize people in free institutions that can put them to work, and then they can draw their living out of our economy, not out of the federal treasury. ...If we [create projects] through the state like President Roosevelt did with the New Deal, you augment the power of the state. But if you do it through decentralized structures that are controlled by the people, then we maintain our freedom, within a free institution."

Black activists complained that cities were run by White men. For years we've had Black mayors, chiefs of police, and school superintendents. Sadly, little has changed. As of 2013, only 59 percent⁶ of Black males finished high school. High school drop-outs have a 70 percent⁷ chance of going to prison. Black folks cannot partake of the opportunities in front of them without a good education. Many times, the worst teachers are shunted to poor neighborhoods with substandard schools. Meanwhile, "progressives" bow down to the unions and oppose school choice, and paradoxically champion the free flow of illegal aliens for cheap labor thus displacing Black high school drop-outs from these unskilled jobs.

Social Justice Warriors and White teenagers

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Thomas Jefferson must stand

They're coming for Thomas Jefferson.

Protestors in Portland, Oregon used axes and ropes to topple a statue of President Thomas Jefferson. The New York City Council is agitating to remove a statue of the author of the Declaration of Independence from its chambers.

At this rate, the Sage of Monticello will be lucky if the Jefferson Memorial isn't bulldozed and if he isn't effaced from the nickel.

Jefferson is, to use the argot of the day, the most "problematic" of the Founders. The Virginian was a slave owner who, despite his high ideals, never jettisoned an attachment to the slave system that was a hideous injustice and, in the fullness of time, nearly destroyed the country.

But that's not what we honor him for.

Jefferson isn't memorialized on the Mall in Washington, D.C., and elsewhere around the country because of the racist things he wrote in Notes on the State of Virginia.

He doesn't have a place of honor in American history because of his (now widely accepted by historians) sexual relationship with one of his slaves, Sally Hemings, who was

the half-sister of his late wife.

He isn't held up as among our most exalted Founders because of his fear of slave revolts and his ever-closer association with the slave South as he grew older.

No, Jefferson is on a pedestal for achievements that still define the country today, and for the better.

He wrote the ringing lines in the preamble of the Declaration that eventually took on world-historical importance and

were used as a rhetorical and philosophical cudgel against the slavesystemandwhitesupremacy by the likes of Abraham Lincoln and Martin Luther King.

He was a theorist, champion and able practitioner of what we know as Jeffersonian democracy, "government of the people, by the people, for the people," as Lincoln famously put it at Gettysburg.

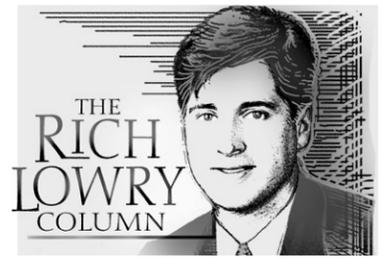
He wrote the Virginia Statute for Religious Freedom that

became a model for the First Amendment, and he worked to abolish feudal relics such as entail and primogeniture.

As president, he doubled the size of the country in a stroke with the Louisiana Purchase.

He was a man of the Enlightenment, with incredibly wide-ranging interests from architecture to natural history and – in addition to serving as president, secretary of state and governor – founded the University of Virginia.

All of this speaks to his greatness, but none of it is to deny

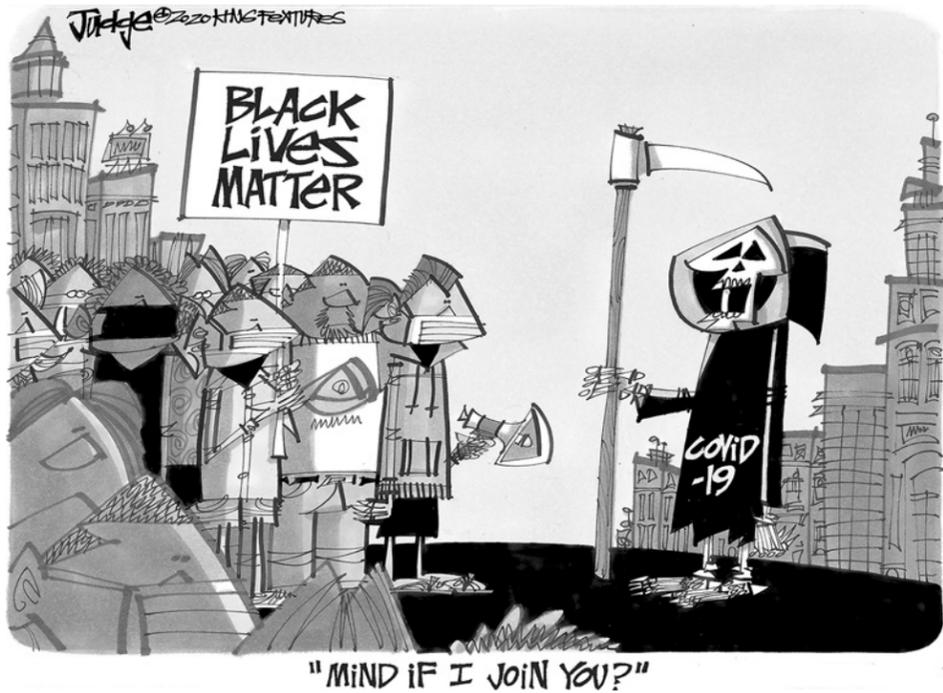
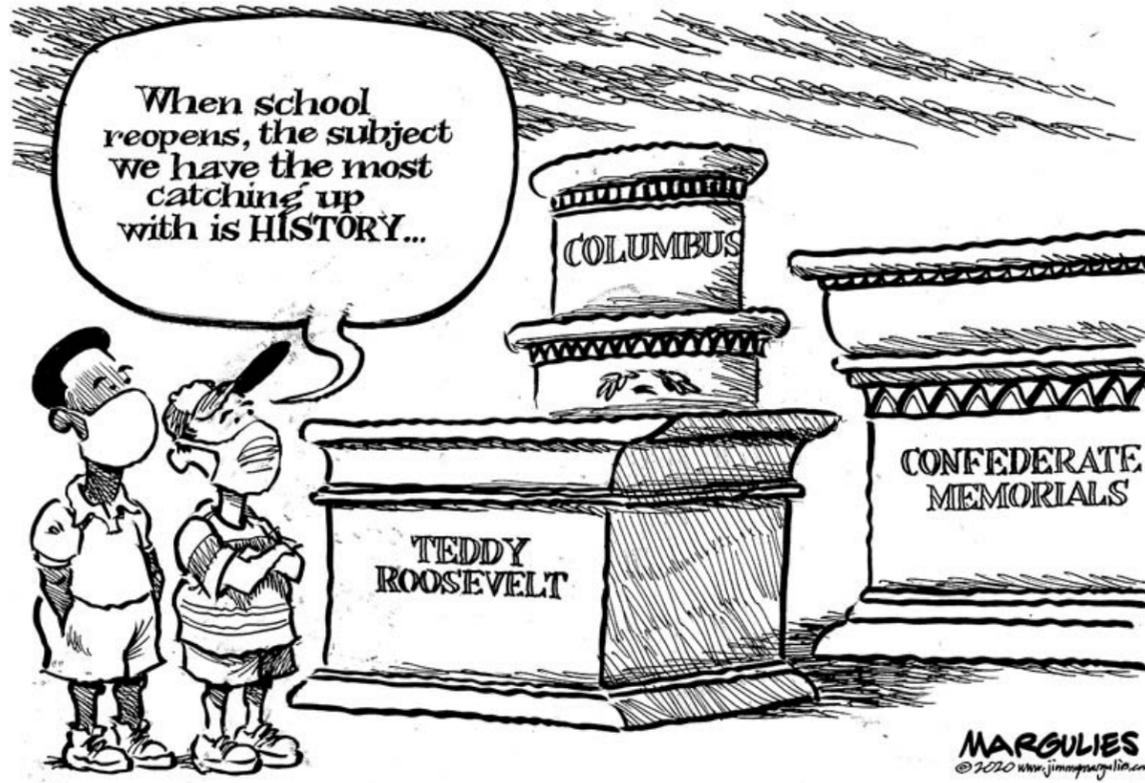


his miserable human failures and his woeful hypocrisy.

That Jefferson was deeply compromised by the slave system and yet rose above his own sectional and selfish interests to enunciate timeless principles should be considered an accomplishment, not a reason to relegate him to the ash heap. He always maintained that slavery was unjust and early in his career, tried to abolish slavery in Virginia and prohibit the introduction of slavery in new Western lands.

The woke philistines who are targeting him are incapable of thought or discernment and want to jettison much of the country's heritage. A historian once said, "If Jefferson was wrong, America is wrong." Those who want to grind his memory to dust clearly accept both parts of that formulation – and indict not just Jefferson, but the America he helped define.

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



Masks

From Page 1

symptoms can still spread the virus to others.

Before announcing the local facemask-wearing order, Margo and other large city mayors had asked Governor Greg Abbott to proclaim a statewide order requiring masks. Abbott's response was that masks are needed to prevent the spread of coronavirus but that individuals should not be penalized for not wearing one. He asserted that he wanted to ensure that "... individual liberty is not infringed upon by government, and hence government cannot require individuals to wear masks." He wears a mask.

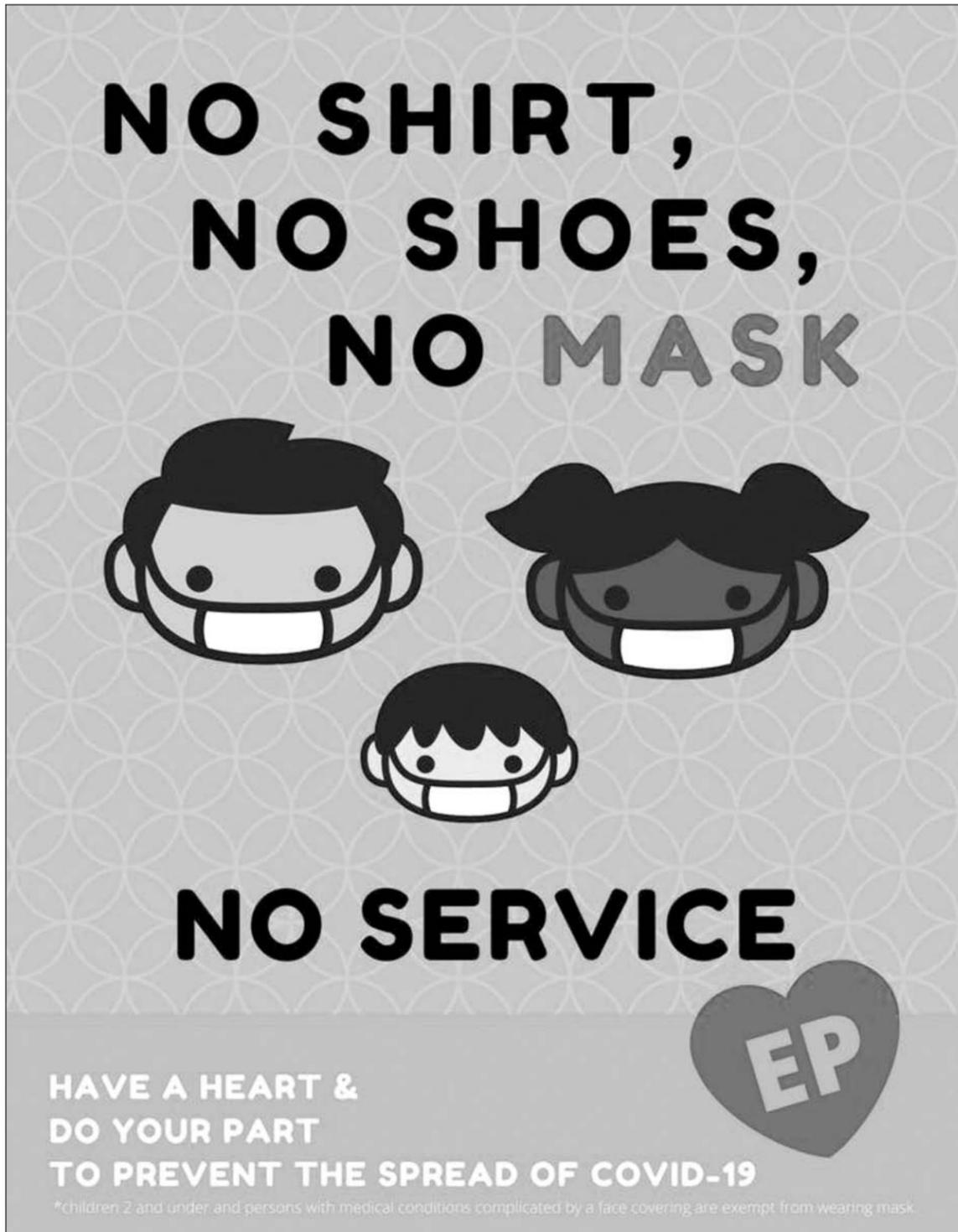
However, the governor left the door open for a mask-wearing directive by informing the mayors that local governments can order stores and businesses to require mask wearing. He told them that they have the opportunity and the ability, just like they can require people to wear shoes and shirts...

So, county and city leaders in El Paso saw the need and acted swiftly to help curb the rising coronavirus pandemic in the borderland. Texas had more than 140,000 confirmed cases of COVID-19 and had exceeded 2,300 deaths, with El Paso County reporting over 5,300 cases and more than 125 deaths from the virus by the end of June.

It seems though that regardless of the growing number of virus infections, many Americans are still ambivalent about wearing a facemask, mainly because federal government officials have been inconsistent with their messaging about the pandemic.

Early on, as the first known COVID-19 infections were identified in the United States, top public health officials insisted masks should be reserved for front-line workers only. Later, the CDC issued its recommendation for cloth face coverings in public settings where other social distancing measures were difficult to maintain, but the president undercut that guidance by flatly stating that he would not be following it. He also asserted that some people wore masks simply to show that they disapproved of him.

Consequently, the mixed signals have added up to a murky message about one of the



PUT IT ON – Many businesses are now requiring customers to wear a mask to enter and are posting notices like the poster above. The notice does make exception for children under two-years-old and people with a medical condition that makes wearing a mask prohibitive.

critical tools in the fight against the coronavirus pandemic. And the politicization of the to-wear-or-not-to-wear debate was made clear in recent public polling.

While most other protective measures – such as social distancing and hand washing – get broad bipartisan support, Democrats are more likely than Republicans to admit that they will wear a mask when leaving home, 76 percent to 59 percent, according to a recent poll by the Associated Press-NORC Center for Public Affairs Research.

The “anti-maskers” claim that they are protesting policies that require face coverings because it impinges on their freedom, while others question the science behind it. Also, the messaging disconnect from Washington was evident recently, when Vice President Mike Pence defended Trump’s decision to stage two

big gatherings in states with big surges in infections.

The conflict over facemasks has unnerved public health experts as studies suggest that the coverings could have a dramatic impact on limiting the virus’ death toll. “The public health community, I think, has been very clear that facemasks can help reduce the spread of the virus,” stated Ayaz Hyder, an epidemiologist at Ohio State University. “The problem is you send mixed messages when the person at the top of the federal government is saying, ‘Nah, I’m OK.’”

To be clear, the CDC recommends that people wear cloth face coverings in public settings where other social distancing measures are difficult to maintain. Additionally, a recent study from UK researchers showed that requiring people

to wear facemasks all the time could be enough to contain an outbreak... no lockdown necessary. The more people wore masks, the researchers found, the closer a community could get to containing its outbreak.

“These results are striking in that the benefits accrue to the facemask-wearer as well as to the population as a whole,” the researchers wrote. “There is, therefore, a clear incentive for people to adopt facemask-wearing,” they concluded.

Subsequently, medical professionals are clamoring that, as coronavirus cases jump up and evidence continues to mount in support of mask wearing, there is no more room for this debate. They affirm that Americans across the country must wear masks within 6 feet of one another, or risk endangering more lives.

Strange BUT TRUE

By Lucie Winborne

- In the 1st century AD, Roman men as well as women used cosmetics – lightening their skin with powder, applying red pigment to their cheeks, and painting their nails, though you’d hardly want to use their form of nail polish today – a nasty mixture of pig fat and blood. They also painted their heads to camouflage bald spots!

- Princess Leia’s “Star Wars” hairdo, which she referred to as “hairy earphones” and a “hair don’t,” was inspired not by bagels but women of the Mexican Revolution.

- Pound cake got its name from its original ingredients: a pound of butter, a pound of eggs, a pound of flour and a pound of sugar.

- Beat author William S. Burroughs’ novel “Naked Lunch” was supposed to be called “Naked Lust.” He decided to change the title after fellow Beat writer Jack Kerouac mispronounced the original one.

- In 2009, 59-year-old Italian neurosurgeon Claudio Vitalae had a heart attack in the middle of performing a brain surgery. He powered through it when he realized his patient would never recover if he stopped, despite the urging of his staff and his chest pains worsening. Half an hour after finishing the surgery, Mr. Vitale had an angioplasty, later telling the press, “I’m not a hero, I only did my duty.”

- Alcatraz was the only prison to offer its inmates hot showers, but don’t make the mistake of thinking that had anything to do with showing kindness to the prisoners. Rather, the assumption was that if they were used to hot shower water, they’d be unable to cope with the frigid waters of the San Francisco Bay and deterred from an escape attempt.

Thought for the Day: “I cannot teach anybody anything. I can only make them think.”
– Socrates

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CryptoQuip Answer

If a tombstone is about to fall over and hit you, you might say you're in grave danger.

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2	x	9	+	6	24
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Moments in time
THE HISTORY CHANNEL

• On June 29, 1995, the American space shuttle Atlantis docks with the Russian space station Mir to form the largest man-made satellite ever to orbit the Earth. It marked the 100th human space mission in American history.

• On June 30, 1974, Soviet dancer Mikhail Baryshnikov defects from U.S.S.R. after four years of planning. While touring in Canada, Baryshnikov evaded his KGB handlers at the end of a performance, disappearing into the crowd outside. He hid until he was granted political asylum.

• On July 1, 1984, the Motion Picture Association of America introduces a new movie rating, PG-13. The action film "Red Dawn" became the first-ever PG-13 movie.

• On July 2, 1937, the Lockheed aircraft carrying American aviator Amelia Earhart and navigator Frederick Noonan is reported missing in the Pacific. No trace of Earhart or Noonan was found. However, photos taken years later in the Marshall Islands were believed to be of Earhart and Noonan.

• On July 3, 1958, President Dwight Eisenhower signs the Rivers and Harbors Flood Control Bill, which allocates funds to improve flood-control and water-storage systems. The bill was introduced in the wake of disastrous hurricanes that hit the U.S. in 1955.

• On July 4, 1776, in Philadelphia, the Continental Congress adopts the Declaration of Independence, which proclaims the independence of a new United States of America from Great Britain. The declaration came 442 days after the first shots of the American Revolution.

• On July 5, 2003, the World Health Organization (WHO) announces that all person-to-person transmission of Severe Acute Respiratory Syndrome (SARS) has ceased. In the previous eight months, the disease had killed 775 people in 29 countries. The first cases of SARS, caused by the SARS coronavirus, appeared in China in November 2002, and soon spread around the world via air travel.

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Lives

From Page 2

from well-heeled neighborhoods seem to think there were no successful Black folks until the SJWs decided to rescue us. My grandfather graduated from a White medical school in 1905. My mother's "big sister" became a dentist in the 1940s. Repeat: Black female dentist, 1940s.

Oh yes, the SJWs lovingly suggest you read self-flagellating books about how every White person is a racist. Why don't they ever suggest 1950s tennis trailblazer Althea Gibson's "I Always Wanted to Be Somebody." Or "Why Should White Guys have All the Fun" by Reginald Lewis, a poor Black kid who attended college on a scholarship and Harvard Law School, worked his way up in the financial world of leverage buy-outs, and in 1987 bought Beatrice International for \$985 million.

Predictably, the SJWs find an excuse for why some Blacks are able to make something out of their lives and are eager to blame faceless White devils for the failures of Black folks. Tell this to a regular guy from Twitter⁸: "I'm a 33 year old Black male and I have NEVER been oppressed. . . I can buy a car, I can buy a home, I can obtain a passport, I can WORK. I love this great country and proud to be an American..." Of course, he was labelled with the obligatory Uncle Tom moniker.

Democrats had the presidency, the House, and the Senate for 2 years during Barack Obama's presidency. It's curious that there were no mass nationwide protests under Obama's watch, even with police-involved

deaths. Did the civil rights advocates think he was actually doing something for Black people? Was he given a pass because he is Black? Of course, giving Black people a pass is so racist; it implies that Black people are not up to the task. What is going on now is beyond protesting. It is sick, cult-like behavior. White people kneeling in front of Black people⁹ professing their brokenness and begging forgiveness. For what? The immutable trait of their skin color? What about the descendants of Black slave owners? If you can find them, they should probably be thrashed. I would have not a scintilla of respect for anyone who knelt before me and apologized for being alive.

Let's stipulate that some people (both Black and White) are actual racists. Tarring all people with the same brush is a dangerous road to travel and risks the loss of good will. While protesters say they want a conversation about race, why would anyone converse with a disdainful overlord wannabe who has determined that you are lower than a worm's belly at the outset? This is a recipe for a race war, not peace.

As a physician, I cannot ignore the plain fact that the people who champion social distancing and mask shaming are silent about the current large gatherings of protesters standing shoulder-to-shoulder. This must be one smart virus that can tell the difference between anti-economic lockdown/let me feed my family protesters and Black Lives Matter protesters.

And why do only some Black lives matter? Nineteen persons were killed in Chicago during the last weekend of May as the Black Lives Matter protests rolled on. With its Black superintendent of police and Black

mayor, from January 1 to June 1, 2020, Chicago had 236 homicides, 165 of whom were known to be Black. None were killed by the police. Most were under 30 years old. Where are the national television stories and public vigils? Read these names¹⁰ and weep.

¹<https://www.nber.org/papers/w22399.pdf>
²<https://www.pnas.org/content/pnas/116/32/15877.full.pdf>
³<https://www.dailywire.com/news/new-study-no-racial-bias-police-involved-shootings-james-barrett>
⁴<http://fathers.com/statistics-and-research/the-consequences-of-fatherlessness/2/>
⁵<https://reason.com/1986/02/01/an-interview-with-eldridge-cle/>
⁶<http://blackboysreport.org/national-summary/#>
⁷<https://www.blackenterprise.com/black-men-who-drop-out-of-high-school-prison/>
⁸<https://twitter.com/James78141017/status/1269390763147681793>
⁹<https://www.rt.com/usa/490431-houston-white-begging-black/>
¹⁰<https://graphics.suntimes.com/homicides/>

Marilyn M. Singleton is a board-certified anesthesiologist. She is the immediate past President of the Association of American Physicians and Surgeons. She graduated from Stanford and earned her MD at UCSF Medical School. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

Briefs

From Page 1

than in Washington DC, the city with the highest at \$22,127.

• Warwick, RI has the fewest violent crimes (per 1,000 residents), 0.91, which is 22.1 times fewer than in Detroit, MI, the city with the most at 20.08.

• Provo, UT has the lowest unemployment rate, 6.30 percent, which is 7.1 times lower than in Flint, MI, the city with the highest at 44.80 percent.

• Fremont, CA has the lowest share of the population living in poverty, 4.80 percent, which is 8.4 times lower than in Flint, MI, the city with the highest at 40.40 percent.

Visit <https://wallethub.com/edu/best-run-cities/22869/> for the full report.

– Diana Polk

Improved health

With states' reopening progress dependent on public health, WalletHub has released updated rankings for the *States with the Biggest Health Improvements During COVID-19*, along with accompanying videos and audio files. In order to determine where Americans' health is recovering or worsening the most from the COVID-19 pandemic, and thus where reopening efforts can accelerate, WalletHub compared the 50 states and the District of Columbia across 13 key metrics. Those include the COVID-19 death rate, hospitalization rate and the rate at which people test positive. This report focuses on the latest developments

in each state rather than which states have been hit the hardest throughout the pandemic. Texas was rated 35th in the report. Texas' health during coronavirus (1-Most Improved; 25-Avg.) ranked:

- 18th – Death Rate This Week (June 22-28);
- 49th – Positive COVID-19 Testing Rate This Week;
- 46th – COVID-19 Current Estimated Transmission Number*; and
- 31st – COVID-19 Hospitalization Rate This Week.

*Estimates the average number of people to whom an infected person will transmit COVID-19.

Visit <https://wallethub.com/edu/states-health-covid/75222/> for the full report.

– Diana Polk

Unemployment claims

New unemployment claims last week were 78% below the peak during the COVID-19 pandemic, according to the latest jobs report. To help add some context to that statistic, WalletHub has released updated rankings for the *States Whose Unemployment Claims Are Recovering the Quickest*, along with accompanying videos and audio files. To identify which states' workforces are experiencing the quickest recovery from COVID-19, WalletHub compared the 50 states and the District of Columbia across three metrics based on changes in unemployment claims. Texas was rated 35th in the report. Some changes in Texas' unemployment claims (1-Quickest Recovery, 25-Avg.) include:

- 515.71% Change in Unemployment Claims (Latest Week vs Last Year)

– 89,241 the week of June 15, 2020 vs. 14,494 the week of June 17, 2019

– 26th quickest recovery in the U.S.

- 621.61% Change in Unemployment Claims (Latest Week vs Start of 2020)
- 89,241 the week of June 15, 2020 vs. 12,367 the week of January 1, 2020
- 12th slowest recovery in the U.S.

- 1,369.84% Change in Unemployment Claims (Since Start of COVID-19 Crisis vs. Last Year)

– 2,583,467 between the week of March 16, 2020 and the week of June 15, 2020 vs. 188,596 between the week of March 18, 2019 and the week of June 17, 2019

– 19th quickest recovery in the U.S. Visit <https://wallethub.com/edu/states-unemployment-claims/72730/> for the full report.

– Diana Polk

The show must go on

Pandemic or no pandemic, the folks at Nathan's Famous Hot Dog Eating Contest have announced that its annual competition will take place, as it has since 1916. To be sure, the organizers of the event are taking precautions. The contest will take place at a secret location with no audience in attendance. And, social distancing rules will apply, so there'll be only five contestants in both the men and women's competition instead of the usual 15. And they will all be tested for the coronavirus before participating. Workers will wear masks and gloves but it is assumed that the hungry contenders will forego the facemasks, which would obviously limit the amount and speed of consumption.

– John Grimaldi

With Dak signed, Cowboys are looking to ride high

By Steve Escajeda
Special to the Courier

Fans are excited about the start of the upcoming National Football League season.

However, there are obvious questions still surrounding the start of play.

Will the season start on time? Will fans be allowed to attend games? Will there be any games to attend at all?

It's all really up in the air right now. With the recent spike in coronavirus cases, I'm sure the suits in NFL offices are taking a second look at the safety risks of getting back to business.

But let's say the league does start the season on time, we can actually get back to talking about Tom Brady and the Tampa Bay Bucs; the Raiders and the city of Las Vegas; rookie quarterback Joe Burrow and the Cincinnati Bengals; Patrick Mahomes, Lamar Jackson, the league's expanded playoff schedule and a thousand other football-related topics.

Other than Tampa Bay fans, I think Dallas Cowboys backers are the most excited for the new season to start.

They especially got a boost of confidence when Dak Prescott signed his franchise tag last week.

Signing the tag means that Prescott will definitely be a Cowboy this season and will get paid a little over \$31 million.

Not too shabby for a guy who was picked in the fourth round of the draft and was by no means a lock to even make the team.

But make the team he did, and Prescott has compiled a 40-24 record in his four years as a starter. He's averaged 24 touchdowns, 9 interceptions and 3,944 yards per season in his short career.

And though Dak is signed through next season, that doesn't mean he still can't sign a long-term deal. He's got until July 15 to sign a 4- or 5-year deal with the Cowboys.

I think the Cowboys should take care of that now because I believe this is going to be an amazing season for the quarterback. And if it is, it will only drive up his stock next year.

And when you look at the toys Prescott has to play with, no wonder fans are excited.

Most NFL teams have a mediocre running back at best. The Cowboys aren't just fortunate enough to have a great runner, they have two.

Ezekiel Elliott is obviously one of the best ball carriers in the league. But don't forget about backup Tony Pollard, who only averaged about five carries per game as a rookie, but rushed for 455 yards, and gained over 100 in a game twice.

How about targets for Dak's arm?

Dallas may have the best receiving corps in the league.

The Cowboys have two 1,000-yard receivers in Amari Cooper and Michael Gallup. Both combined for 145 catches, 2,296 yards and 14 touchdowns.

Now throw in CeeDee Lamb, a rookie who was probably the best receiver in college football, and tight end Blake Jarwin, who will take over the position now that Jason Witten has moved on. Jarwin will remind everyone of another tight end who was instrumental during the Super Bowl years – Jay Novacek.

Of course, before Dak can throw any passes, or before Zeke can break a big one, or before Cooper makes a touchdown catch in the back of the end zone, they need an offensive line.

The Cowboys have had one of the best offensive lines for many years; this year shouldn't be any different. It's true, they lost center Travis Frederick, who retired,

but they still have pro-bowlers Zach Martin and Tyron Smith. They also have La'el Collins, Joe Looney and Connor Williams, who have been solid.

Of course every team has a weakness; the place where the Cowboys are vulnerable is on defense.

They aren't bad, they're probably middle of the pack.

The linebackers are solid with Sean Lee, Jaylon Smith and Leighton Vander Esch. It's the ability to rush the passer and defend in the secondary that has to be improved.

If the Cowboys can play solid defense this season, there's no doubt they'll have one of the best records in the league.

But it appears their toughest opponent is still that stubborn virus.

Let's hope our scientists can also come up big defensively.



Super Crossword

"HOW ABOUT HAT!"

- ACROSS**
- 1 Big appliance brand
 - 6 Bursting, as a balloon
 - 13 Houdini feat
 - 19 Only
 - 21 New York senator
 - Chuck
 - 22 Sudden floods
 - 23 Device used in saltwater aquariums
 - 25 Spanish conquistador
 - Hernando
 - 26 Filter slowly
 - 27 Cagney or Lacey: Abbr.
 - 28 Seed case
 - 29 Tennis' Navratilova
 - 30 Took a 46-Across, e.g.
 - 32 "For Me and My Gal" director
 - 35 Marine ink squirters
 - 38 Welsh dog
 - 39 Tic-tac-toe row
 - 40 Some Web site banners
 - 41 Person paid for getting strikes
 - 46 Airport idler
 - 47 Apian abode
 - 48 Try to get
 - 49 Online party summonses
 - 53 Madonna musical
 - 55 The Once- ("The Lorax" character)

- 56 Gradually slowing, in music: Abbr.
- 58 Legislate
- 59 Cozy room
- 60 Florida school near Daytona Beach
- 66 Dimple locale
- 67 Like Capp's Abner
- 68 Parable, e.g.
- 69 1977 pact signed by Carter and Torrijos
- 76 Son of George Bush
- 79 Painstaking, for short
- 80 Academic e-mail suffix
- 81 Tirana's nation: Abbr.
- 82 Brain holder
- 84 Hedy of film
- 86 Just _ on the map
- 89 Diminutive suffix for "part"
- 91 Mrs. Victor Laszlo, in film
- 92 Collectible Happy Meal miniatures
- 96 Nine-digit ID issuer
- 99 Vienna's land: Abbr.
- 100 Made a boat move
- 101 Most twisted, as humor
- 102 Annual May race
- 106 Stimulate
- 107 Artist Renoir
- 108 Gold, in Italy
- 109 With 50-Down, rum cocktail
- 110 Hits with high

- DOWN**
- 1 Some snakes
 - 2 Further
 - 3 Healing plant
 - 4 Bottom line
 - 5 Bristol brew
 - 6 Furtive "Looky here"
 - 7 Suffix with bull or hill
 - 8 Frat letter
 - 9 Fills up the tank, maybe
 - 10 Not budging
 - 11 In poverty
 - 12 Fido's threat
 - 13 Endive type
 - 14 Hybrid utensil
 - 15 À la _
 - 16 Hun name
 - 17 Flattened by hammering
 - 18 Thoreau writings
 - 20 Like "kvetch" or

- "schmear"
- 24 Once called
- 29 Fluffy's cry
- 31 Not closed, in verse
- 32 Many miffed fans, vocally
- 33 Catering hall vessel
- 34 "Oh, God! _" (1980 film sequel)
- 35 Made a pick
- 36 Want badly
- 37 Venom, e.g.
- 38 Spotted, musky cat
- 42 Hush
- 43 Swiss capital
- 44 Brothers Phil and Don of pop/rock
- 45 Wash cycle
- 50 See 109-Across
- 51 Outer: Prefix
- 52 Hogs' place
- 54 Actor Shawn of "X-Men" films
- 57 Stand for an idiot box
- 61 Hollywood's Carrere
- 62 Ending for pay or Motor
- 63 Not any
- 64 Last: Abbr.
- 65 Have brunch
- 66 Gem weight
- 69 Jim Bakker's old ministry, familiarly
- 70 Finder's cry
- 71 _ de plume
- 72 Fresh as -

- 73 Naked
- 74 Early blues singer
- Ma -
- 75 Spanish national hero
- 76 Singer Andrews
- 77 "That's someone - problem!"
- 78 Explosion
- 83 Unwelcome advice givers
- 85 Atomic piles
- 87 Certain wind insert
- 88 Flowers named for their scent
- 90 "Charlotte's Web" author
- 93 H-bomb, e.g.
- 94 Wall St. manipulator
- 95 Add up to
- 96 Singer Ricky
- 97 Painter Georges
- 98 Mohair goat
- 103 -frutti
- 104 St. Paul-to-Fargo hwy.
- 105 Lorna - cookies
- 106 Huge battle
- 109 What docs prescribe
- 111 Quarreling
- 112 Magnet end
- 113 1974 CIA spoof movie
- 115 Hunk
- 116 " _ of little faith!"
- 117 Critter doc
- 118 " _-haw!"

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122									123								124				

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



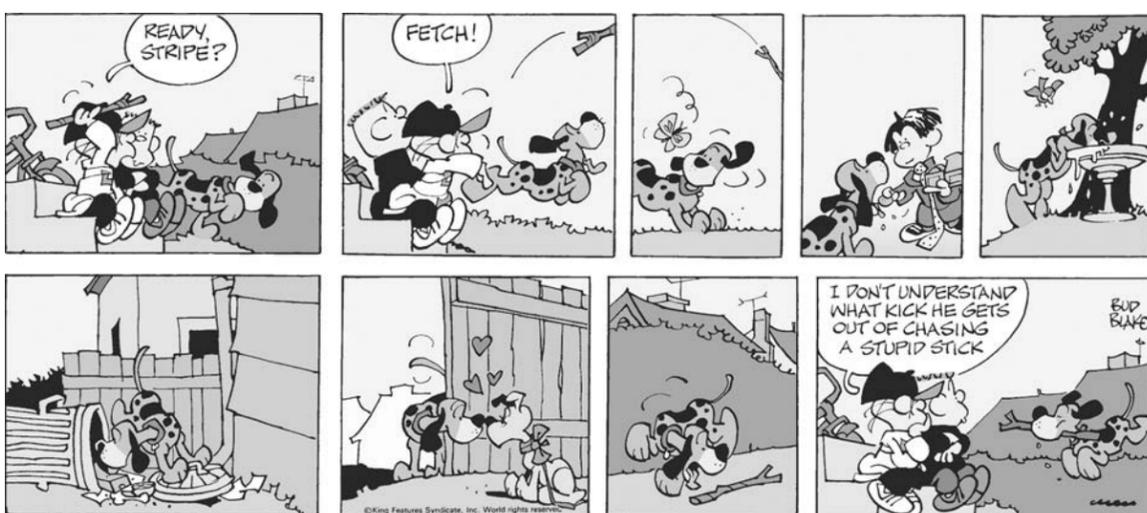
THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Morning stiffness is sign of osteoarthritis

DEAR DR. ROACH: I'm a 67-year-old black female who's been diagnosed with "a little arthritis" in my right hip. Now retired from a desk job, I unfortunately still am not getting enough exercise. My issue is that after sitting for a length of time, I'm in excruciating pain and can't stand up at all. Once I straighten up and get moving, the pain subsides. I've been told "you're getting old," but I'm not old! I'm about 30 pounds overweight. Also, when I stand for any length of time, my lower back aches. Would taking a morning walk and a yoga class alleviate this problem? I'm so embarrassed when I get out of my car or get up from the dinner table. – S.H.



There are many types of arthritis, and the answer to your question varies a bit depending on type. I think you probably have the most common form, osteoarthritis, so I'm going to answer you assuming that's the case.

Stiffness in the morning, quickly relieved by exercise, is a hallmark of osteoarthritis. It's common, treatable and not something to be embarrassed about.

Exercise is an effective treatment for osteoarthritis. It can be difficult to get started, but the more people exercise, the more they are able to do. Walking and yoga both are excellent ideas, but the best exercise is the one you will want to keep doing.

Osteoarthritis affects a fair number of 67-year-olds, but it's important to remember that it's not your age that is causing the pain: It's the arthritis. Although we know of no treatments that can reverse the course of osteoarthritis, medications (including a few supplements), exercise and physical therapy all can ease symptoms and improve function. Losing weight takes stress off the joints and is recommended, but is not easy.

Finally, severe arthritis can be treated surgically, with a joint replacement. That's not a procedure to take lightly or have done too early.

DEAR DR. ROACH: I'm 85 years old. I have numbness in my hands – sometimes the right, sometimes the left; sometimes both hands or not at all. It lasts only a while. My doctor feels that it's a pinched nerve in my neck. Can you give me any advice? – J.B.

A pinched nerve in the neck becomes more prevalent as people age. The nerve can be compressed by bony structures in people with osteoarthritis in the neck (this is spinal stenosis), or by disk material in someone with a herniated disk. Having symptoms on both sides is less common than having symptoms consistently on one side only. A careful physical exam can give clues that this is the case, but an MRI or other imaging study is the best way to be sure of the diagnosis.

Hand numbness also may be caused by the nerve being "pinched" in other locations: in the carpal tunnel in the wrist or in the cubital tunnel in the elbow. An EMG test can help sort out where this is coming from. It's certainly possible to have carpal tunnel syndrome on both sides.

My best advice is not to rush into surgery at any age, but especially not at age 85. Physical therapy can prevent many people from needing surgery. However, if numbness progresses to weakness, it's time to reconsider

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.



Send Your Newsbrief To:
wtxcc@wtxcc.com

SPOT A STROKE

F.A.S.T.



StrokeAssociation.org



Moore Texas by Roger MOORE
June 8, 1911, Post: "Rain Battles" begin. Dynamite is exploded in the atmosphere to induce rain.

CryptoQuip

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

Clue: V equals N

WT U JRDMIJRVQ WI UMROJ

JR TUA A RSQC UVK PWJ

HRO, HRO DWFPJ IUH

HRO' CQ WV FCUSQ KUVFQC.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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 OIG finds pattern of deficiencies



by Freddy Groves

The Office of the Inspector General for the Department of Veterans Affairs has been busy following up on allegations and conducting inspections and investigations.

The OIG was asked to investigate deficient staffing and competencies in sterile processing at one of the VA's health care facilities. The end result: For six years the facility hadn't followed manufacturer instructions for sterilization. Specifically, medical staff reassembled gadgets before sterilizing. No patients were harmed, the OIG determined. But that same facility failed to follow guidelines for having a certain level of staff in the assistant chief position.

At another facility, the OIG's inspection determined that the cardiac care of five patients was deficient. Specifically, a cardiologist didn't follow up with a patient and didn't tell the

patient's doctor about the results. The patient died. In another assessment a cardiologist failed to provide follow-up care and did not correctly read electrocardiograms for four patients.

Another facility was found deficient in mental health care. A homeless veteran received 90 days of in-house mental health care, at which time he was released. The psychiatrist requested an extension of care beyond that 90 days. The request was denied because the patient had Medicaid and the VA could transfer his care elsewhere. The VISN Chief Medical Officer was not notified (as is required).

The physical and IT infrastructure upgrades at one VA facility were found to be deficient. The telecommunications rooms were not going to be completed until four months after the scheduled start date. Some 31% of end user devices hadn't been upgraded. And authorization from the DOD to connect to the new health record system hadn't been received. The OIG's opinion: The VA committed to the

start date without asking the facility about the status of the center. A year before that, the VA had announced a start date without assessing facility infrastructures.

Did you notice the pattern in the cases above? The word for the day: deficient..

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- Window frames can be tricky to clean. And they are a magnet for dust and dirt, or worse – condensation that can lead to mold. To get into the crevices, employ a toothbrush sprayed with a tiny spritz of furniture polish. It works!

- "Firing up the grill? Don't get hasty. Preheat. Cooking times are based on an even cooking temperature, and you'll get that good sear on your steaks or chicken. Use a grill thermometer and you'll know when just the right time is to put dinner on the grill!" – T.E. in South Carolina

- Ever wonder how long your peanut butter will last? On the pantry shelf, you can expect it to hold for 7-12 months if stored in a cool dark place. After opening, it will last 3-4 months in the fridge.

- Smudged mascara? Remove it on the fly with a little bit of lip balm. Simply run your finger over the lip balm, then carefully remove the smudge. You also can put a bit of the lip balm on a tissue and use that instead.

- "I dropped a glass in the kitchen, and there were a ton of small pieces. After I swept up, I wiped the area with a piece of bread, which picked up all the small shards." – W.C. in Kentucky

- When arranging your fridge, keep the better choices at eye level and easy to grab.

- Stick-down carpet tiles are great for making a path from where you park your car in the garage to the door. It makes a nice nonslip surface." – R.T. 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

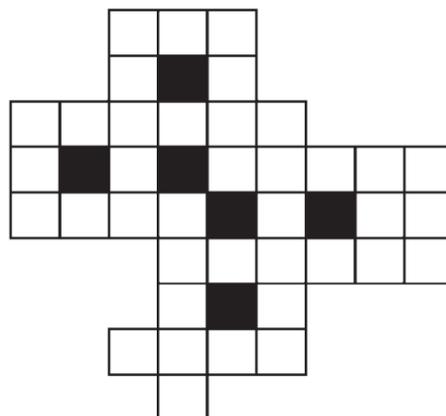
	-		x		27
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1 2 3 4 6 7 8 9 9

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- ♥ DMI
- DREMPO
- ODTUB
- ♥ DUBA
- BREDOT
- PZA
- ♥ ATEM
- DILTA
- ♥ UBD
- MEDPIE
- ♥ AZBER
- LDPO



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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