



NEWSBRIEFS

Employment recovery

The employment market continued to recover in October, as the latest jobs report shows that the national unemployment rate has fallen to 6.9%, which is 53% below the peak of 14.7% during the height of the COVID-19 pandemic. To provide more context at the city level, WalletHub has released its report on the *Cities Whose October Unemployment Rates Are Bouncing Back Most*, as a follow-up to our report on the *States Whose Weekly Unemployment Claims Are Recovering the Quickest*, along with accompanying videos and audio files. This report uses new data from the Bureau of Labor Statistics, which disclosed that it erroneously didn't count some workers on temporary layoffs as unemployed. Therefore, the real unemployment rate may be around 4% higher than reported, and our report includes both the official rate and an adjusted rate based on this error. El Paso was rated 72nd in the report. Visit <https://wallethub.com/edu/cities-unemployment-rates/73647/> for the full report.

Q&A with WalletHub analyst Jill Gonzalez

What spending tips would you give to people who are unemployed during the holidays?

People who are unemployed during the holidays should focus on making essential purchases, and should shop around for the best seasonal deals to save as much money as possible. It's important for unemployed people to not overspend on presents, as there's so much pressure to buy during the holidays. Some alternative ways to show you care include giving handmade gifts, spending time with people while doing their favorite activities, and volunteering to help out with chores or maintenance to give them a rest. These gestures can be even more meaningful than buying expensive gifts.

How would a reauthorization of the Paycheck Protection Program impact unemployment?

A reauthorization of the Paycheck Protection Program would help guard against an increase in unemployment because it would incentivize businesses to keep employees on the

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Some people veer to the left and some people to the right, but the majority of people are self-centered.

— Quips & Quotes

Hispanic border communities among poorest in Texas

Local partnership initiative offers help to El Paso County struggling families

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Communities with a large Hispanic population, like El Paso County, are among the poorest in the state, according to estimate data that was recently released by the U.S. Census Bureau.

The Census Bureau bases poverty on income and family size, and someone is classified as living in poverty if they make less than \$12,752 a year.

Using the Bureau's numbers, an independent news organization (The Texas Tribune) reported that border communities are the ones with the highest poverty levels. According to their findings, a Hispanic (or black) child in Texas is three times more likely to live in poverty than a white child.

The data showed that Hispanics make up 39 percent of Texas' population; however, they make up more than half of the state's poor population, with 51 percent of Texas Hispanics in poverty. Texas' poverty rate is estimated at 14.7 percent.

The figures pointed out that McAllen has the highest rate of children living in poverty, and that El Paso County has the fourth highest in Texas.

To help families struggling with poverty locally, the Woody and Gayle Hunt Family Foundation is investing \$500,000 in a partnership with the El Paso County and the EPISO/Border Interfaith nonprofit organization.

"Our family has been for 100 years in El Paso and our headquarters of our business is here, and even though most of

our business operations are outside of El Paso, our focus from a charitable standpoint is the Paso del Norte region, which includes Juárez and Southern New Mexico," stated Woody L. Hunt, chairman of the family foundation.

Hunt told reporters that the partnership will allow low-income families within the county but outside the city limits

to get much-needed help, especially during the COVID-19 pandemic.

According to partnership officials, about 1,000 families will be able to access \$500 in cash to cover any expenses or financial obligations and that applications are currently being accepted.

"Families in El Paso are resourceful, innovative, and bring so many assets to the fight against poverty but have lacked the support and investments needed to turn their financial goals into reality," Hunt said in a news release.

Hunt said that the partnership also brings in the Family Independence Initiative (FII), an EPISO/Border Interfaith program, which uses a social platform

to help families connect and reach their financial goals. "My hope is that we'll have some national donors that are willing to continue the FII program, and EPISO/Border Interfaith, the local sponsor, will help identify and deliver the funds to the individual families," Hunt said. "We expect to have all the funds distributed by the end of the year."

Ivanna Neri, the FII partnership director, stated that the program has been in existence since 2001 and had worked with families in 14 states before the COVID-19 pandemic. Since

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COMMUNITY WORK – Reverend Pablo Matta, left, and Woody Hunt head a partnership that brings together one of El Paso's wealthiest family foundations with a border faith organization that works across religious, racial, ethnic, economic, generational, and neighborhood lines.

Defend your Social Security from scammers

By Ray Vigil
Special to the Courier

EL PASO COUNTY – The most effective way to defeat scammers is to know how to identify scams. You should just hang up on any call you're uncertain of and ignore suspicious emails. Scammers are always finding new ways to steal your money and personal information by exploiting your fears.

One common tactic scammers use is posing as federal agents and other law enforcement. They may claim your Social Security number is linked to a crime. They may even threaten to arrest you if you do not comply with their instructions. Just hang up.

As a reminder, you should continue to remain vigilant

of phone calls when someone says there's a problem with your Social Security number or your benefits. If you owe money to Social Security, we will mail you a letter explaining your rights, payment options, and information about appealing.

There are a few ways you can identify a scam call. If you do business with us,

remember that we will never:

- Threaten you with benefit suspension, arrest, or other legal action unless you pay a fine or fee.
- Promise a benefit increase or other assistance in exchange for payment.
- Require payment by retail gift card, cash, wire transfer, internet currency, or prepaid debit card.

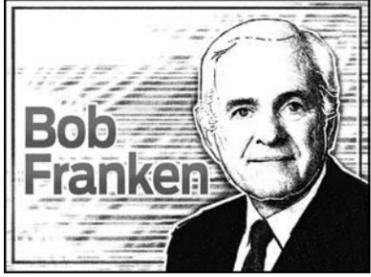
• Demand secrecy from you in handling a Social Security-related problem.

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

If you do not have ongoing business with our agency, it is unlikely we will contact you. If you get a suspicious call claiming to be from Social Security, you should hang up and report it to our Office of the Inspector General.



ON GUARD – Social Security officials encourage people to stay vigilant against scams particularly when contacted by phone.



Will he or won't he?

President Trump will attend the inauguration of his successor, Joe Biden. As always, Trump was petulant: "I don't want to say. I know the answer, but I just don't want to say."

How juvenile is that? The Trumpster never scored high on the maturity scale, particularly when he wanted to drag out the anticipation. Well, let's end that suspense by not letting him anywhere near the ceremony. His presence would only extend the embarrassment. Actually, if he was capable of embarrassment,

he wouldn't want to come.

The last time around, you will recall the empty spaces on the mall and the Obamas and so many others from the higher echelons of the U.S. government sitting there stone-faced as the incoming president appalled everyone in attendance by describing their handiwork in dystopian terms, referring to "carnage," as in "This American carnage stops right here and stops right now."

He is oblivious, of course, to the widespread feeling

that he has made the carnage worse, culminating in the deadly debacle of the COVID pandemic, aggravated because he and his people were in over their heads. He cannot accept the fact that the citizens have rejected him as chief executive, as opposed to embracing Joe Biden. He has repeatedly insisted that he lost only because U.S. democracy doesn't work: "You have a fraudulent system. Fraudulent voting and fraudulent votes."

Presumably he and his family will hightail it to Florida by the time his successor takes the oath of office. There they will stew

about how the "fake news," the "enemy of the people," started on day one of his presidency when they underestimated the crowd in attendance. All that those scuzzballs had were pictures and video of the large empty spots and other factual evidence to back up their reporting. They didn't fall in line even after his press secretary, Sean Spicer, wearing an ill-fitting suit, went to the podium and chewed the correspondents out for accurately portraying the crowds as smaller than Barack Obama's.

The reporting had sent Mr.

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

Expert is a four-letter word

The Earth is flat and the sun revolves around the Earth. Settled science.

Liberal icon Supreme Court Justice Oliver Wendell Holmes¹ legitimized the science of eugenics when he ruled that the interest of "public welfare" outweighed the interest of individuals in their bodily integrity. Science intersects with public policy.

Scientific journals have published at least 75,000 peer-reviewed papers since the SARS-CoV-2 pandemic started. Some studies had significant design flaws, and many results are contradictory. Nonetheless, experts have stolen our lives, stolen the smiles from children's faces, and bullied a segment of the population into paralyzing fear. Why? Because someone, somewhere was "following the science." Which science? Only the science that comports with a particular political agenda?

The misinformation began with the dire prediction of one of the world's foremost disease modelers, epidemiologist Dr. Neil M. Ferguson of the Imperial College of London Covid-19 Response Team. He

warned that unless the government did something, the pandemic could kill 2.2 million people² in the United States

Accordingly, channeling Communist China, in March the experts recommended lockdowns to "flatten the curve" of infections. However, a July multi-country analysis³ revealed that the data "did not support a definitive judgment on the effectiveness" of lockdowns, among other public health interventions. A recent 14-day study⁴ involving carefully monitored masked and quarantined U.S. Marine recruits found that the virus can circulate even with the strictest non-pharmaceutical measures. SARS-CoV-2 tests became positive in 2 percent of the recruits.

Mandatory mask wearing is another contentious non-pharmaceutical mitigating measure. Our most vocal expert, Dr. Anthony Fauci, told us we didn't need masks in March 2020⁵. Similarly, in April 2020⁶, WHO reported that "the wide use of masks by healthy people in the community setting is not supported by current evidence." But in June, based on "observational evidence," The

World Health Organization (WHO) recommended⁷ wearing masks to prevent the infected wearer from transmitting the virus to others and/or to protect the wearer against infection.

A long awaited "gold standard" randomized controlled trial⁸ with 6,000 participants found that wearing a mask offered no statistically significant benefit: after one month, about 2 percent of the mask wearers and the non-mask wearers tested positive.

Evidence aside, masks are likely here to stay. Everyone is begging for a "COVID for Dummies" solution. Masks fit the bill: they are highly visible and they tell the world you are a diligent, caring human being.

Realistically, there is no magic prevention bullet. Until we attain community immunity, treatment is the key to keeping COVID at bay. Unfortunately, the focus in the U.S. has been on the treatment of hospitalized patients. After limited research, in April 2020 Dr. Fauci declared that the newly minted drug, remdesivir at \$3,000 per treatment was the "standard of care"⁹. A few short months later, WHO issued a conditional recommendation¹⁰ against the use of remdesivir in hospitalized patients, regardless of disease severity, "as there is currently no evidence" that remdesivir improved survival.

In many cases treatment in the hospital is too little, too late. Early outpatient treatment has been largely ignored by the U.S. media and medical establishment despite good results¹¹ across the world. For example, in 4 months, Honduras went from a fatality rate of 14.5 percent to 2.66¹² percent because of its early treatment regimen, "Catracho": colchicine, anti-inflammatories, tocilizumab, ivermectin, blood thinners, and hydroxychloroquine.

Sadly, an expert politician, Senator Gary Peters, squandered his opportunity to learn from clinicians and professors about several effective outpatient early treatments¹³ with inexpensive generic medications at the November 19, 2020, Hearing on Early Outpatient Treatment: An Essential Part of a COVID-19 Solution¹⁴. Peters spent his time parroting political talking points about "misinformation" and "disinformation" from treating physicians and shifted the conversation to vaccines as "The Answer." Ironically, his expert had never treated a single COVID patient. The \$1,636,714¹⁵ in donations Peters received from the health care and pharmaceutical industry adds a layer of "show me the money" to what should have been an informed debate.

Our politicians and experts have

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WEST TEXAS COUNTY COURIER

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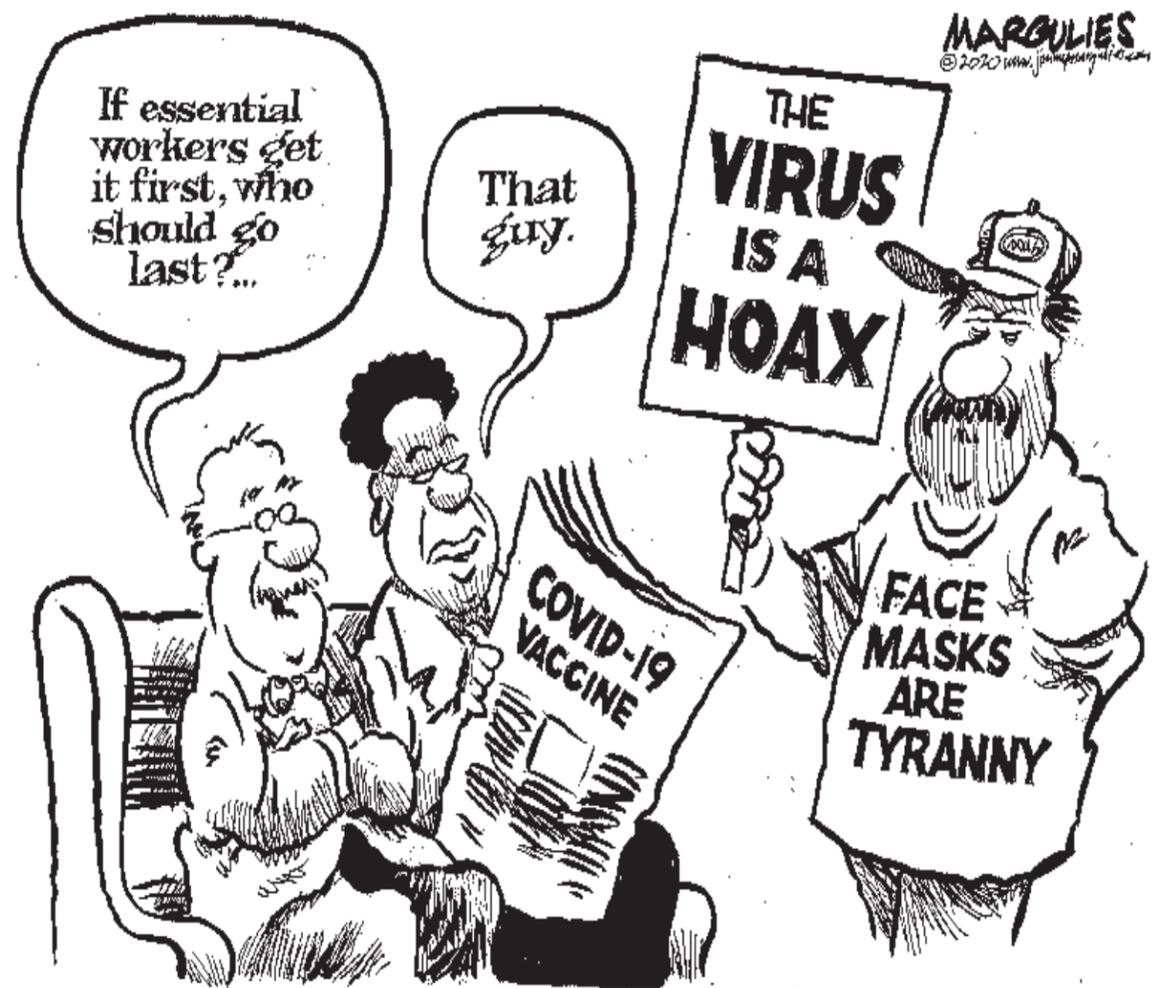
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Biden's radicalism on immigration



One of Joe Biden's first priorities as president will be to risk stoking a new migrant crisis.

After much trial and error, President Donald Trump came up with cooperative arrangements with Mexico and Central American countries that drastically diminished the pressure from asylum-seekers on our southern border.

Biden is pledged to overturn these policies, as well as undermine enforcement and boost immigration numbers across the board. The lie about Biden is that he's "a moderate," when the truth is that he's always been smack in the middle of his party, which is increasingly radical on immigration policy.

The new Democratic Party bristles with contempt for borders and the agents who police them, and its attitude will color everything Biden does.

The migrant crisis that had Trump adopt, then quickly abandon, a zero-tolerance policy that separated children from their parents wasn't of his making. President Barack Obama struggled with the same surge at the border, and many of the photos of children in cages used to condemn Trump date from the Obama years.

Trump only got a handle on the border when he secured deals for help. Mexico agreed to allow migrants seeking asylum in this country to remain in Mexico while their claims were adjudicated. Guatemala, El Salvador and Honduras, meanwhile, signed safe-third-country agreements, meaning migrants seeking asylum could be sent to those countries to pursue their claims rather than doing so in the U.S.

All of this was necessary to try to close effectively an open-border for migrants from Central America. Once they showed up and claimed asylum here, they were waived into the country and rarely, if ever, removed, even if their asylum claims ultimately failed (as the vast majority did).

Biden has promised a 100-day moratorium on deportations, a measure that will keep us from removing illegal immigrants even when they are released from jails after committing crimes. This is presumably a step toward re-instituting the Obama administration's policy of gutting interior enforcement.

He will restore DACA, the amnesty for illegal immigrants who came here as minors that Obama lawlessly imposed by diktat.

He will propose to Congress a broader amnesty for more than 10 million illegal immigrants. If the Senate balks, as is likely, Biden will be tempted to follow Obama's (and Trump's) example and implement as much as possible through his own authority.

He will boost the number of refugees to more than 100,000 a year, the highest level in 30 years.

Trump's signature failure on immigration was missing the opportunity to pass significant legislation reflecting his priorities through Congress

when Republicans controlled both chambers. But, as Steven Camarota of the restrictionist Center for Immigration Studies notes, the net growth of the immigration population still declined markedly.

Despite all of Trump's incendiary rhetoric, the upshot of his approach was entirely reasonable—levelsofimmigration shouldn't inexorably increase, and immigration policy should be subject to a rigorous test of national interest.

Biden represents a return to the old status-quo assumption that more immigration is, ipso facto,

a good thing, at the same time he leads a party that is more zealous on the issue than ever before.

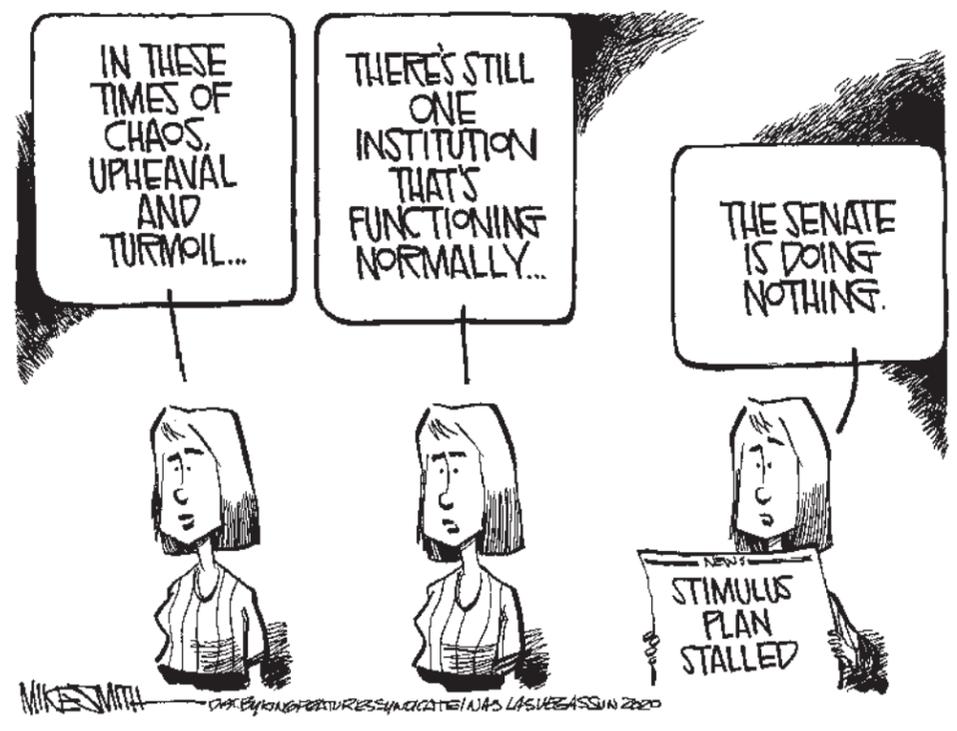
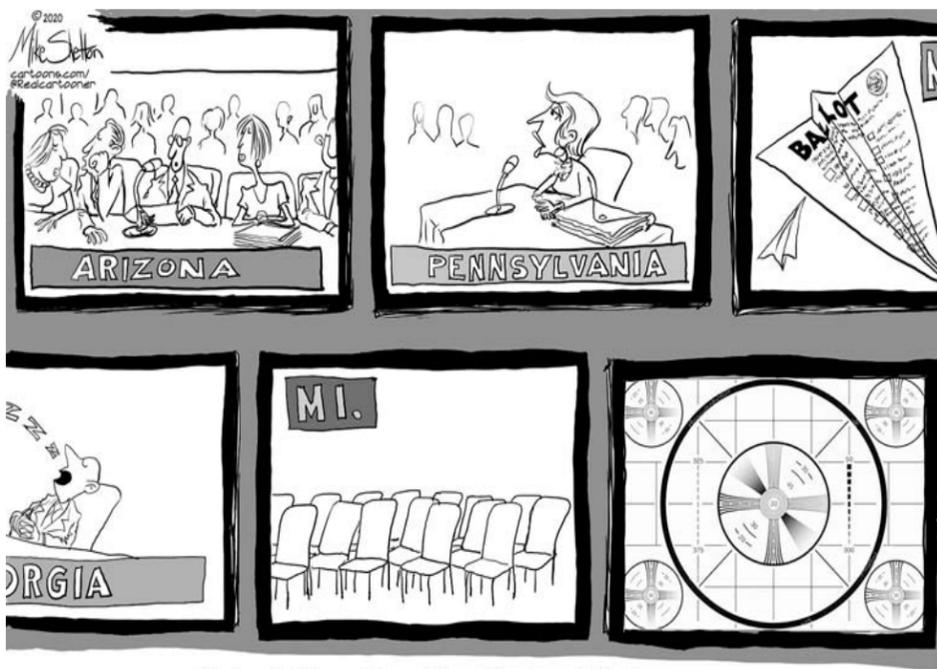
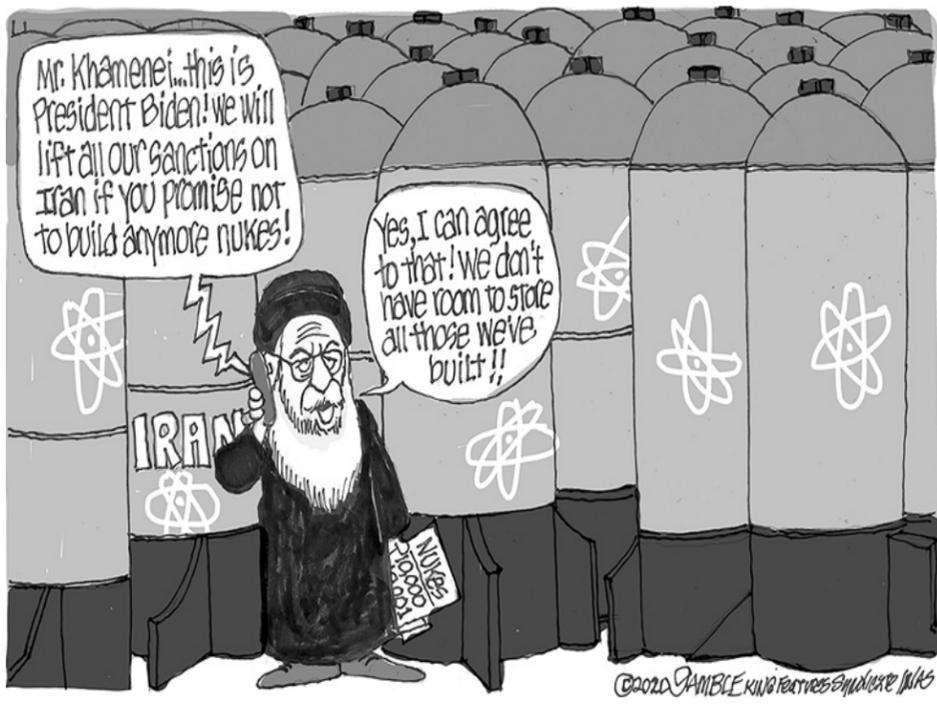
Democrats aren't much interested in immigration controls, and it's entirely possible that, soon enough at the border, it will again be uncontrolled.

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

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Virtual Education: The Electoral College

Anthony Independent School District Notice of Public Hearing

Anthony Independent School District will hold a public hearing to discuss the District's 2019-2020 Annual Accountability Report as part of the regular monthly School Board meeting, which is scheduled for 6:00 p.m., Wednesday, December 16, 2020 at the Anthony Middle School Library, 813 6th Street, Anthony, TX.

The public is invited to attend. The report will also be available for review after the hearing at all Anthony ISD campuses, central office, and the district website.

For more information, call 886-6506.

Junta Publica

Distrito Escolar Independiente de Anthony

El Distrito Escolar Independiente de Anthony llevará a cabo una audiencia pública para discutir el Informe Anual Reporte de Responsabilidad del Distrito 2019-2020 como parte de la reunión mensual de la Mesa Directiva de la Escuela, la cual está programada para las 6:00 pm el miércoles, 16 de diciembre de 2020 en la sala de juntas de la biblioteca de la escuela secundaria de Anthony, 813 6th Street, Anthony, TX.

Todos los individuos interesados están invitados a asistir. El reporte estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas, e internet del distrito.

Para mas información, favor de llamar al 886-6506.

WTCC: 12-10-20

Anthony Independent School District Public Notice

Anthony Independent School District will hold a public meeting to discuss the District's Innovation Plan for the 2021-2025 school year. The meeting will be held on Wednesday, December 16, 2020, at 5:45 p.m. in the Anthony Middle School Library, 813 6th Street Anthony TX.

Notificacion Pública

Distrito Escolar Independiente de Anthony llevará a cabo una Junta pública para discutir la Innovación del Distrito Planear para el año escolar 2021-2025. La junta Se llevará a cabo el miércoles, 16 de agosto 2020, a las 5:45 p.m. en la biblioteca de la escuela secundaria de Anthony, 813 6th Street, Anthony, TX.

WTCC: 12-10-20



By Lucie Winborne

- The weight of all the ants on earth is greater than that of all humans.

- Doctors who perform laparoscopic surgery, which involves inserting a tiny camera into a patient's body through a small incision, have better coordination if they play video games at least three hours per week. According to a 2003 study, gamer surgeons made 37% fewer errors and worked 27% faster than those whose only "video game" experience was the surgery itself.

- The ancient Romans used swan fat or donkey milk to soften wrinkles, while sores and freckles were treated with the ashes of snails.

- Eskimos use refrigerators to stop their food from freezing.

- Disney's musical fantasy comedy "The Princess and the Frog" led to an unexpected salmonella outbreak in the United States. More than 50 children were hospitalized after the film's release when they attempted to free handsome princes with a kiss from what turned out to be perfectly ordinary, definitely non-prince frogs.

- Redheads produce more vitamin D than other hair colors.

- Bao Xishun, a Mongolian herdsman, saved the lives of two dolphins by using his incredibly long arms to remove plastic from their stomachs. Bao stands nearly 8 feet tall and each arm extends more than 3 feet. All other attempts at saving the dolphins had failed.

- Watermelons may be a tasty treat today, but that wasn't always the case. Originating in Africa, they were first cultivated solely for their water content – their flavor was very bitter!

Thought for the Day: "When I was young, I admired clever people. Now that I am old, I admire kind people."
– Abraham Joshua Heschel

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LEGALS

PUBLIC NOTICE

TOWN OF ANTHONY, TX

COMMUNITY DEVELOPMENT BLOCK GRANT

The Town of Anthony invites all citizens to a public hearing at 6:30 p.m. on December 14, 2020, at City Hall located at 401 Wildcat Drive in Anthony, Texas to review the performance and obtain comments regarding its completed 2018 Texas CDBG Program Community Development Contract 7218001. The meeting is open to the public.

The public may also participate virtually by calling Norma Gonzalez at (915) 886-3944 or by emailing ngonzalez@townofanthony.org before 12:00 pm on December 14, 2020. Disabled persons or those who require auxiliary aids or services who wish to attend this meeting should contact City Hall at 915-886-3944 at least two days before the meeting to make arrangements.

AVISO PUBLICO

PUEBLO DE ANTHONY, TX

SUBVENCION EN BLOQUE DE DESARROLLO

COMUNITARIO

La ciudad de Anthony invita a todos sus ciudadanos a una audiencia pública el 14 de diciembre del 2020, a las 6:30 p.m. en la sala municipal localizada en 401 Wildcat Drive en Anthony, Texas, para evaluar el desempeño y obtener comentarios sobre el contrato CDBG del 2018, numero 7218000. La reunión está abierta al público. El público también puede participar virtualmente llamando a Norma Gonzalez a (915) 886-3944 o enviando un correo electrónico a ngonzalez@townofanthony.org.

org antes de las 12:00 pm del 14 de diciembre. Las personas discapacitadas interesadas en atender a la audiencia pública que requieren de acomodaciones o servicios especiales, deben comunicarse con la ciudad a 915-886-3944 no menos de dos días antes de la junta para hacer arreglos necesarios. Residentes que necesitan un intérprete deben comunicarse con la ciudad por lo menos 24 horas antes de la audiencia pública.

Norma Gonzalez
Town Clerk

WTCC: 12-10-20

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PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier will not publish the last two weeks of December. The first issue of 2021 will be January 7.

The West Texas County Courier office will close beginning Wednesday, December 16, 2019. The office will open again on Monday, January 4, 2021.



Moments in time
THE HISTORY CHANNEL

- On Dec. 7, 1787, in Dover, Delaware, the U.S. Constitution is unanimously ratified by all 30 delegates to the Delaware Constitutional Convention, making Delaware the first state of the modern United States. Government under the U.S. Constitution took effect on March 4, 1789.
- On Dec. 8, 1941, Jeannette Rankin, the first woman elected to Congress and a lifelong pacifist, casts the sole Congressional vote against the U.S. declaration of war on Japan. She also had voted against U.S. involvement in World War I.
- On Dec. 9, 1921, an engineer at General Motors discovers that when he added tetraethyl lead to gasoline, it eliminated the knocking sound of internal-combustion engines. In the 1970s, the Environmental Protection Agency phased out leaded gasoline due to health concerns.
- On Dec. 10, 1690, a near-mutiny forces the

- Massachusetts Bay Colony to issue the first paper currency in the Western Hemisphere. Soldiers were typically paid in coins, but shortages forced armies to temporarily issue IOUs – in one case, in the form of cut-up playing cards.
- On Dec. 11, 1978, a half dozen masked robbers raid the Lufthansa Airlines cargo building at JFK Airport in New York, making off with more than \$5 million in cash (\$20 million in today's dollars) and almost \$1 million in jewelry.
 - On Dec. 12, 1989, Leona Helmsley, nicknamed the "Queen of Mean," is sentenced to four years in prison, 750 hours of community service and a \$7.1 million tax-fraud fine in New York. Helmsley once quipped that "only the little people pay taxes."
 - On Dec. 13, 2003, in Seattle, the iconic Hat 'n' Boots Tex Gas Station is hauled away from the spot where it had stood for almost 50 years. The 44-foot-wide Stetson hat had perched atop the filling station's office, while the 22-foot-tall cowboy boots housed the men's and the women's restrooms.
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Expert

From Page 2

flaunted the science upon which they rely to impose authoritarian measures on the little people. True believers would not put multiple families at risk by breaking quarantine to visit their married mistress¹⁶, going to hairdressers¹⁷ maskless, walking through an airport¹⁸ maskless, having \$350 per plate maskless indoor dinners¹⁹ with lobbyists, or attending a baseball game²⁰ maskless with folks from different households. Worse yet, pre-election basement Joe Biden displayed photos socializing with his extended family²¹ while many had their Thanksgiving dinner for one.

Early treatment provides an alternative to lockdowns and unproven vaccines. Experts' behavior demonstrates their disdain for the lumpen proletariat. They are not interested in our health but in our acquiescence to deprivation and loss of control over our own lives. Dr. Fauci finally blurted out the core of the matter: "it's time to do what you're told²²."

The links in the digital copy of this issue, at www.wtxcc.com, are clickable.

- 1 – <https://supreme.justia.com/cases/federal/us/274/200/>
- 2 – <https://www.imperial.ac.uk/media/imperial-college/medicine/sph/ide/gida-fellowships/Imperial-College-COVID19-NPI-modelling-16-03-2020.pdf>
- 3 – [https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370\(20\)30208-X/fulltext#%20](https://www.thelancet.com/journals/eclinm/article/PIIS2589-5370(20)30208-X/fulltext#%20)
- 4 – <https://www.nejm.org/doi/full/10.1056/NEJMoa2029717>
- 5 – https://www.realclearpolitics.com/video/2020/05/12/flashback_march_2020_fauci_says_theres_no_reason_to_be_walking_around_with_a_mask.html#
- 6 – <https://apps.who.int/iris/handle/10665/331693>
- 7 – <https://apps.who.int/iris/handle/10665/332293>

- 8 – <https://www.acpjournals.org/doi/10.7326/M20-6817>
- 9 – <https://www.medscape.com/viewarticle/929685>
- 10 – <https://www.who.int/news-room/feature-stories/detail/who-recommends-against-the-use-of-remdesivir-in-covid-19-patients>
- 11 – <https://c19study.com/>
- 12 – <https://www.prnewswire.com/news-releases/honduras-treatment-for-covid-19-stands-out-worldwide-301139390.html>
- 13 – <https://www.sciencedirect.com/science/article/pii/S0924857920304258>
- 14 – <https://www.hsgac.senate.gov/hearings/early-outpatient-treatment-an-essential-part-of-a-covid-19-solution>
- 15 – <https://www.opensecrets.org/industries/recips.php?cycle=2020&ind=H>
- 16 – <https://www.nationalreview.com/news/coronavirus-pandemic-neil-ferguson-top-uk-government-scientist-resigns-after-violating-his-own-lockdown-guidelines/>
- 17 – <https://www.cnn.com/2020/09/02/politics/nancy-pelosi-hair-salon/index.html>
- 18 – <https://nypost.com/2020/09/29/tucker-carlson-reveals-photos-of-unmasked-feinstein-in-dc-airport/>
- 19 – Page disabled
- 20 – <https://nypost.com/2020/07/24/anthony-fauci-denies-hypocrisy-after-watching-game-without-mask/>
- 21 – https://amp.cnn.com/cnn/2020/11/26/opinions/joe-jill-biden-most-important-thanksgiving-tradition/index.html?__twitter_impression=true
- 22 – <https://www.cnn.com/2020/11/12/fauci-says-us-has-independent-spirit-but-now-is-the-time-to-do-what-youre-told.html>

Marilyn M. Singleton is a board-certified anesthesiologist. She is the immediate past President of the Association of American Physicians and Surgeons (AAPS). 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.

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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Franken

From Page 2

President into such a rage that when he visited the CIA the next day, he was still steaming. "We had a massive field of people. You saw them. Packed. I get up this morning, I turn on one of the networks, and they show an empty field. ... And they said, 'Donald Trump did not draw well.'"

Actually, Donald Trump might take comfort at the size of the crowd this time, because Joe Biden is planning a much more modest event, making huge allowances for the lurking coronavirus. Trump, who by now is so easy to figure out, will be gloating about the smaller gathering, not thinking, even for a moment, about the "American carnage" that resulted from what history will call "Trump's virus."

Joe Biden will spend most of his first period in office undoing what he can of the mess the previous administration left. Donald Trump will be making sure no one forgets him, in his quest to return in 2024. The best thing that could happen to him is that he is forgotten.

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CBD recommendation awaits more research

DEAR DR. ROACH: I have a friend whose daughter has an egg allergy. She said her daughter will break out in a rash if she eats anything that even has trace amounts of egg in it. Another friend of hers told her to use CBD oil to prevent reactions, but I am skeptical. I cannot find anything credible to support the claim. What are your thoughts? – E.B.P.



Almost every day I hear another claim that cannabidiol, the major nonpsychoactive component of cannabis, is effective for some medical condition. Unfortunately, the evidence of effectiveness of CBD is very limited.

The sole Food and Drug Administration indication for CBD is for the treatment of two uncommon childhood seizures: Dravet syndrome and Lennox-Gastaut syndrome. There is preliminary evidence that CBD may be useful for anxiety disorders, some types of sleep disorders and chronic pain. There is active research on other conditions, including asthma, multiple sclerosis and contact dermatitis. I believe it is likely that CBD will be proven effective for other conditions, but until there is better evidence of effectiveness, I cannot make a recommendation to use CBD (outside of the two forms of childhood epilepsy for which it is indicated).

Although there are laws in all 50 states legalizing CBD, the federal government's position is still that cannabis extracts are Schedule I controlled substances, although they do not seem to be enforcing action against CBD at present. Unfortunately, independent laboratory analysis of available CBD products show that about a quarter of them have less CBD than advertised, and another quarter contained the psychoactive component THC.

For food allergies, I would recommend strongly against using any unproven treatment. Egg allergies have a broad range of severity in children, from mild rash to life-threatening airway swelling and anaphylaxis. Although many children outgrow egg allergies, your friend should listen to her daughter's doctor, not her CBD-supporting friend.

DEAR DR. ROACH: I recently changed primary doctors, and I saw the report of my echocardiogram. It said I have "mild left ventricular hypertrophy with some diastolic dysfunction." Could you tell me what this means and if it is serious? – C.B.

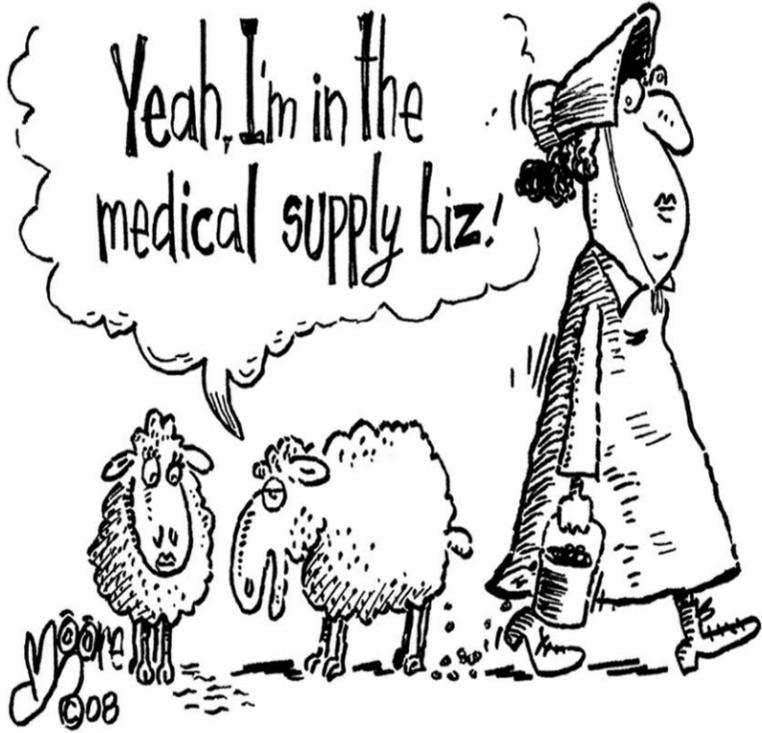
An echocardiogram uses sound waves to take precise images of the heart. The cardiologist interprets those images to make statements about the anatomy of the heart, including thickness of the walls of the heart, as well as its function.

The left ventricle is the chamber of the heart that pumps blood to all of the body, having received oxygenated blood from the lungs. Consequently, it is the thickest of the chambers. "Hypertrophy" means "too much growth" – that the wall is too thick. "Diastole" is the part of the cardiac cycle where the ventricles fill up. This should happen at very low pressures. In diastolic dysfunction, which commonly accompanies left ventricular hypertrophy, the left ventricle requires higher pressure to fill that thickened and stiffer wall.

LVH and diastolic dysfunction are most commonly results of high blood pressure. Some of the many medicines we use to control high blood pressure are good at helping the heart fill at lower pressure. Not everybody with these findings on an echo needs treatment. The key word in your report is "mild," which generally indicates no need for treatment beyond careful blood pressure monitoring.

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.

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Moore Texas by Roger T. Moore
In early Texas, pioneers made a home remedy for pneumonia by boiling sheep droppings.

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: S equals T

MFUO XBY MOFDJ SMFS
SMO UFKJFGH JOHSDBXOJ
DBFJ HQTKH, NYGGQKT
BYS FGG SMO HSBNH?

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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911 will partner with VA Crisis Line



by Freddy Groves

We all know to call 911 when there's an emergency – car crash, burglary, need of an ambulance – but we'll soon be getting an additional number. Starting in the summer of 2022, we'll also have 988 as a direct line for suicide prevention and mental health crises.

It's been in the works since last summer, giving telephone companies time to set things up. The U.S. Department of Health and Human Services Substance Abuse and Mental Health Services Administration, the Department of Veteran Affairs and the North American Numbering Council all have been working together, and this summer the FCC adopted rules to designate this number – 988.

The National Suicide Prevention Lifeline will still

be working at 1-800-273-8255 (1-800-273-TALK). As different parts of the country come online, those calling the new number will be transferred over to the crisis line, but the old number will continue to work.

Veterans who call either number should press 1 after dialing to reach the Veterans Crisis Line. They also can chat online at www.veteranscrisisline.net or text 838255. There's also support for the deaf or hard of hearing at TTY 1-800-799-4889.

When you read the nationwide stats, you know how important the crisis lines are. Two years ago, the hotline answered over 2 million calls, averaging over 180,000 calls per month. Chats are used as well, averaging 8,500 per month.

On the Veterans Crisis Line, there is a network of 400 suicide prevention coordinators at VA facilities around the country. After a completed call to the crisis line, within a day, one of those coordinators will hook up

with the caller as follow-up.

The support for veterans in crisis is free. The crisis line serves all veterans, service members, National Guard and Reserve, as well as family members and friends. Go online to www.veteranscrisisline.net to see the signs of crisis. Then make the call if needed.

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- "At a home center recently, I saw a zip-up bag to store artificial Christmas trees in. This bag looked like luggage, with wheels on one end. I have purchased two, and I use them under my bed to store off-season clothes. I can pull the handle and they wheel right out, and I no longer have to get down on the ground and tug them out as I used to do. It's a back saver." – I.W. via email

- If you get a scratch in a white enamel sink or other white enamel surface, try touching it up with white fingernail polish.

- "Try soaking an ink stain in rubbing alcohol for a few minutes before putting the garment in the wash." (Test first on a scrap.) – B.D. in Virginia

- "If you have a picture frame that just won't stay straight, cut the eraser tip off of a pencil and glue the flat (not the domed) side to the back of your frame at the bottom. For stubborn frames, use one at each corner. Then re-hang. Once you situate it on the wall, the erasers keep the frame from slipping to either side. It works great." – R.I. in California

- Don't just move dust around with that feather duster. Reserve it for dusting delicate items in a designated space (outdoors, preferably). Get a microfiber cleaning cloth instead. It catches dust and holds it.

- To make your own special flavor of coffee creamer, use a pint of fat-free or low-fat half and half and add the extract or spices of your choice. Some ideas: peppermint extract, chocolate syrup, almond extract, cinnamon, nutmeg or vanilla extract.

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

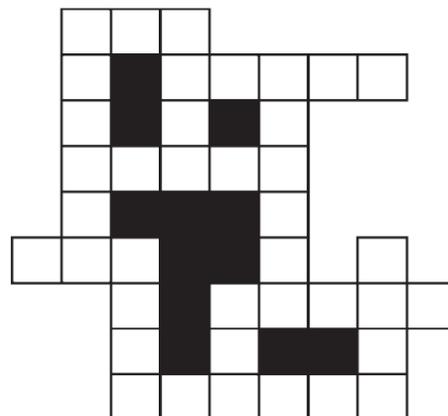
	-		x		9
+		+		x	
	+		÷		2
÷		÷		-	
	x		÷		2
5		1		12	

1 2 3 4 6 7 8 9 9

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- ONC
- OSHCUL
- ♥ VOSLA
- HIWS
- TASIES
- TES
- ♥ ANLE
- SELIA
- ♥ WLA
- DALNEH
- ♥ PHACE
- ♥ ITLA



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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