



## NEWSBRIEFS

### Who knew?

The painting had been hanging on a wall in a villa in the province of Rome, Italy for many years and when it suddenly fell to the floor it was damaged. So, the owners sent it off to be repaired and cleaned. And that's when they found out that it was no ordinary work of art; it was the long-lost masterpiece, The Adoration of the Magi, painted by Rembrandt in 1632 or 1633. The owners apparently have no immediate intention of selling their newfound treasure, but they do plan to offer it to galleries and museums.

— John Grimaldi

### Who knew II?

Whatever prompted it in the first place, a law making it illegal for barbershops to cut hair in New York on Sunday has been repealed. The law, which had been on the books for more than a century, called for a \$5 fine for a first offense, the equivalent of about \$75 in 2021 dollars. And a two-time loser would have been fined up to \$25 and/or imprisoned for up to 25 days. No one seems to know what prompted the law in the first place, but Republican state Senator Joe Griffo, who introduced the bill to repeal it points out that "Barbershops and salons, like all small businesses, have faced significant, unprecedented and strenuous challenges during the coronavirus pandemic." It's unlikely a barber would be cited by police if caught plying his trade on Sunday.

— John Grimaldi

### The high life

A new hotel in Shanghai, the J Hotel Shanghai Tower, promises a glamorous stay, but if you are acrophobic you may want to book elsewhere. Its lobby is on the 101st floor of a skyscraper that reaches 2,073 feet in height. Oddly, the Shanghai Tower hotel might not be considered to be the tallest hotel in the world. Technically, the Gevora Hotel in Dubai still holds that title although it is just 1,169 feet high because the entire building is used as a hotel while the J Hotel takes up only the top floors of the Shanghai Tower.

— John Grimaldi

### Easy come, easy go

The James family of Baton Rouge, LA became what some might call

See BRIEFS, Page 4

Maybe we wouldn't mind paying income tax so much if we knew it would stay in this country.

— Quips & Quotes



— Internet

**SUPPORT FOR TEACHERS** – While these are challenging times for educators and educators-in-training, initiatives are underway to support current and aspiring teachers (like the high school teacher shown above). Local education leaders are looking for ways to strengthen support for current educators and to cultivate the next generation of teachers.

## Teaching initiative receives funding

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

EL PASO COUNTY – Texas's teacher shortage predicament is real, as fewer college students are choosing to enter the education profession. Between 2014 and 2020 school years, state reports indicate that the amount of newly certified teachers decreased by almost 27 percent.

To help address the concern, the El Paso Teacher Pipeline Taskforce (EPTPT) was formed in 2019 among the nine El Paso County school districts, the University of Texas at El Paso (UTEP), some nonprofit organizations, and other partners. The group's focus is to recruit more college students to the world of teaching.

The taskforce collaboration paid off recently when it was awarded an \$800,000 grant to help the education initiative bolster teacher ranks in El Paso area schools. The financial support came from the Prentice Farrar Brown & Alline Ford Brown Foundation, an investment fund managed by Bank of America. The nonprofit foundation's premise is to build long-term, data-driven strategies to secure Texas' continued prosperity for years to come, especially in the field of education.

The grant announcement was made recently during an education summit that was hosted by taskforce partner organizations the El Paso Community Foundation, UTEP, and the Council

on Regional Economic Expansion and Educational Development (CREEED).

According to taskforce members, the initiative encompasses three unique programs that includes a residency stipend, a mentorship support system, and a teacher placement assistance pathway.

The residency stipend is available through the UTEP Miner Residency program which is designed to put aspiring teachers into classrooms with experienced teachers for a full academic year and get paid for it. The student teachers are under the guidance of UTEP's College of Education instructional staff.

The Miner Teacher Mentorship program is a pilot project in which trained coaches are paired with new teachers to provide mentorship and support that incorporates classroom observation and instructional coaching sessions.

The El Paso Pathways into Teachers program is designed to create pathways into the various K-12 school districts for recruiting and placing candidates in the different teaching positions available throughout the region every year.

This grant is the second major investment the taskforce has received from the Brown nonprofit in the past two years. The taskforce also received a \$1.36 million grant from the foundation in October 2020.

The second round of funding from the foundation will go mostly into the teacher residency program, with the goal

of eventually having all aspiring teachers in UTEP's College of Education classes complete a residency assignment, stated taskforce officials. So far, 183 students have finished or are currently enrolled in this program, according to a recent UTEP news release.

El Paso's three largest public-school districts: El Paso, Socorro, and Ysleta independent school districts are participating in UTEP's Miner Teacher Residency program, and with the start of this spring semester resident teachers will begin at Canutillo ISD.

UTEP is also in the planning stages of starting teacher residencies at Clint, Fabens, and Tornillo ISDs. Currently, Fabens, Tornillo, and Canutillo ISDs are participating in the teacher mentorship program.

"The disruption to our education system caused by COVID-19 has been a historic challenge for the El Paso community. We have witnessed dedicated educators rise to meet this challenge, and we are reminded that it takes a talented person to be a great teacher," stated Dr. Clifton Tanabe, dean of the UTEP College of Education, in a recent news release.

"I have the regular privilege of working with talented individuals striving to become great teachers, every day. The current crisis is undeniably painful, but I am glad to see a new appreciation for the women and men who spend countless hours a week educating and nurturing our children. I hope our community will join me in celebrating the recent investments in our regional teacher pipeline," Dr. Tanabe acknowledged.

# The IOC is a craven handmaid of Beijing

It should be a rule of thumb that the Olympic Games shouldn't be held in countries that operate concentration camps.

If this strikes you as a reasonable demand, you aren't suited to serve on the International Olympic Committee. The IOC has doggedly defended Beijing as the host of the 2022 Winter Olympics even as the Chinese Communist Party pursues its campaign of unrelenting barbarity against the Uyghurs.

The Biden administration just announced a so-called diplomatic boycott of the games, a gesture of disapproval that won't dent the propaganda coup the IOC is handing the most dangerous regime in the world.

The IOC is the World Health Organization of sports. When China disappeared female tennis star Peng Shuai for the offense of making an accusation of sexual assault against a former high government official, the IOC happily assisted in the regime's crisis PR, lest the shocking incident derail the games.

The president of the IOC, Thomas Bach, had a video call with Peng where she said all was well and Bach pretended to take her assurances at face value. Of course, Peng wasn't free to speak her mind, but part of Bach's job now is to look the other way at China's blatant abuses.

China has the great fortune to deal with international organizations – except the Women's Tennis Association, which is suspending tournaments in China – that lack all self-respect.

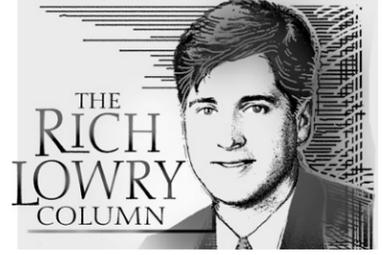
The IOC is following in the well-trod footsteps of corporations, financiers and sports leagues that start out wanting to do business with China and end up complicit in the regime's crimes by staying silent or explaining them away.

The difference is that the IOC claims to be acting in support of high ideals. Bach likes to quote the Olympic charter that says Olympism exists "to place sport at the service of the harmonious development of humankind,

with a view to promoting a peaceful society concerned with the preservation of human dignity."

Placing sport at the service of China does the opposite on all counts. China's autocrat, Xi Jinping, has been open about the political importance of the Olympics, "Hosting an excellent 2022 Games is a major task of the Party and the country, and it is a solemn commitment to the international community." Here, the interests of the CCP and the IOC – as well as the corporate sponsors of the games – coincide.

The last time China hosted the Olympics, the Summer Games in 2008, it used the opening ceremony to stage a gigantic and memorable regime-enhancing spectacle. Beijing promised reforms to get awarded the games and



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

# 'Following the science' or the COVID narrative?

Science has undergone a radical metamorphosis. People with M.D. or Ph.D. degrees, who have published hundreds of papers in the scientific literature, have suddenly become "anti-science" – as judged by media personalities, politicians, bureaucrats, and fact-checkers. What does this mean? One clue: chief White House medical advisor Anthony Fauci, M.D., said that anyone who attacked him was attacking "science."<sup>1</sup>

Anyone skeptical of the accepted COVID narrative may be called "anti-science." The articles of faith are that it is an existential threat, and the only solution is universal vaccination and surrender of our freedom to work, assemble, worship, travel, or even go outdoors without the approval of public health

authorities.

One key feature of science that we should've learned in grade school seems to have been forgotten, albeit selectively: experiments need to have a control group.

Ancient or medieval physicians may have said that bleeding and purging cured disease. The only time these cures didn't work was when the patient was too far gone to be saved. The science was settled; no control group needed.

Doctors may like to imagine that we have godlike powers, but in fact we can never know what would've happened had we done something different.

That's the reason why studies of treatment must have a control group. The "gold standard" is a double-blind randomized controlled study (RCT) to correct

for observer bias and the placebo effect. Giving a fake medicine (placebo) sometimes helps.

Any experiment can have two types of error. Type I error "finds" a difference between the treatment and control group just because of random variation. A type II error fails to find a sufficiently large difference to reach "statistical significance" even though one exists. Studies need to be adequately "powered" – have an adequate number of subjects – to minimize type II error. A power of less than 80 percent is generally considered unacceptable. A study that is too small is called "underpowered."

Ideally, there should be a 50:50 allocation of treated and control subjects. If only 30 percent of subjects are in the control group, the study loses significant power. If only 10 percent are in the control group, the power of the study is only 40 to 60 percent, writes Mark H. White, II, Ph.D.<sup>2</sup> At the moment, about 30 percent of Americans have not taken the COVID vaccine. And government keeps trying

to reduce that percentage to as close to zero as possible.

There was a 50:50 allocation in the preauthorization studies of the COVID vaccines. But the blinding has been broken<sup>3</sup>, and those who received placebo are now eligible to receive active vaccine. Thus, there is virtually NO control group for potential late adverse consequences.

A large number of adverse effects<sup>4</sup> are being reported to the Vaccine Adverse Events Reporting System (VAERS), including nearly 20,000 deaths as of Dec 10, vastly more than for all other vaccines combined. Reporting is far from complete. The actual number may be 20 to 41 times higher<sup>5</sup>. As revealed by Project Veritas<sup>6</sup>, reporting may be actively discouraged.

Did the vaccine cause these problems? We have no RCT that specifically looked for them, and a potential control group of only about 30 percent at present. The best we can do is look at "historical controls," the reported past incidence of conditions such as myocarditis. Within 8 weeks of

the public offering of COVID-19 products to 12-to-15 year-olds, the rate of myocarditis cases was 19 times<sup>7</sup> the historically expected number.

Diseases vary over time for many reasons, and historical controls have many pitfalls. The historical natural history of the disease was nonetheless good enough for Anthony Fauci in his landmark 1973 research<sup>8</sup> on Wegener's granulomatosis in 18 (eighteen) patients.

Knowledge of the historical progression of AIDS was, however, NOT good enough for Dr. Fauci<sup>9</sup> to inform physicians of the possibility of using common sulfa drugs to prevent pneumocystis pneumonia (PCP), based on past research. He demanded, but would not fund, an RCT. By the time a privately funded study was complete, 17,000 AIDS patients had died of PCP without the potential benefit of prophylaxis.

The NIH is again following the model of therapeutic nihilism for COVID, suppressing promising treatments on the basis that hundreds of favorable published

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## 1973 49 Years 2022 WEST TEXAS COUNTY COURIER

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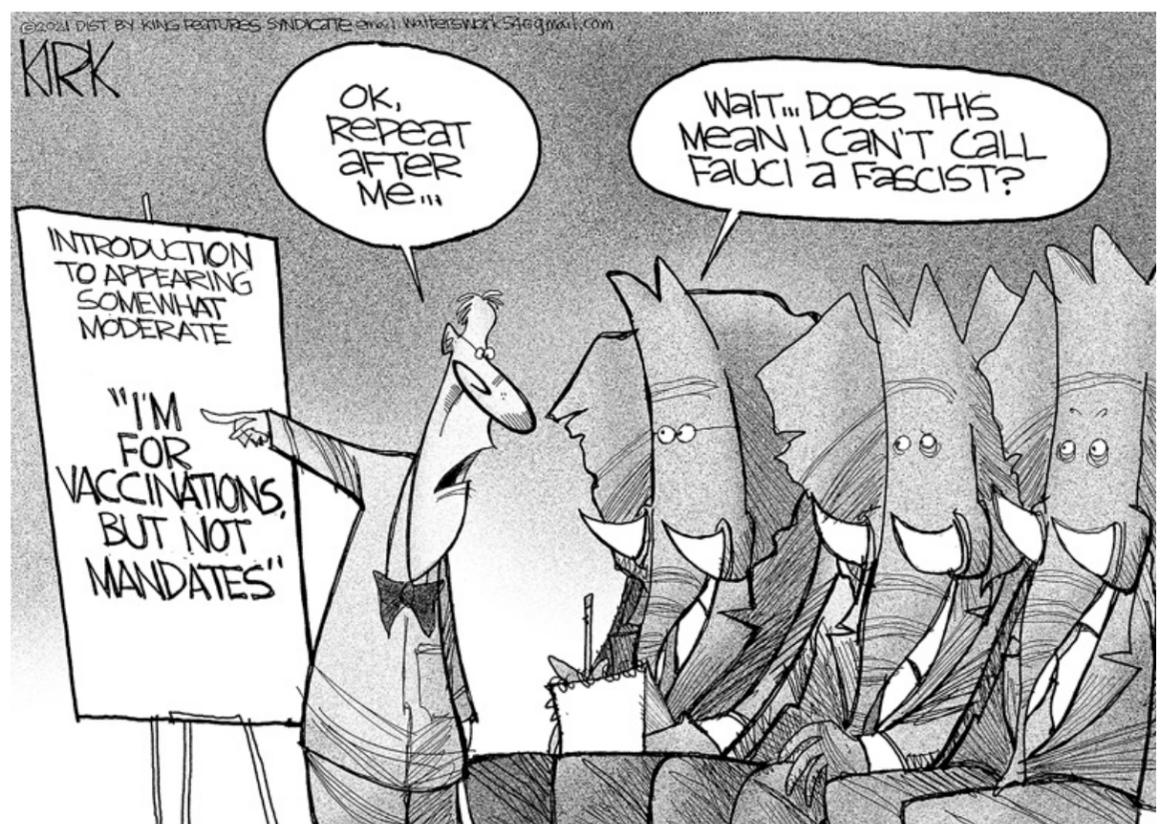
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# Food for thought By Dr. Glenn Mollette

## Our most difficult decision for 2022

2022 will be over almost quicker than you can say Happy New Year! Just look how fast 2021 sped by us all. Time rarely feels as if it's standing still unless we are waiting on something to happen. Time only drags when we need something to happen like a cure for a disease, a job to open or a relative to come home. When time drags, we make the mistake of wishing it away.

We only have a little bit of time. We all have the same in a day, a week or a year. Every year that we live we are extended the same number of days and minutes. We do all kinds of things with time. We waste time, kill time, try to make up time, lose track of time or don't pay attention to time. Regardless of how we treat time it's only doing one thing moving swiftly through the hourglass one grain or second at a time.

I'm thankful for time. I'm grateful for time with my wife and each family member. I'm grateful for this moment to sit here and type a few words out on my keyboard. I suppose one of my problems is how do I fit all I want to do into my time? I guess I enjoy doing too much. If I only enjoyed doing one or two things then my time spent might be a little easier. Each day and moment I would simply devote my full attention to one particular aspect of life. Actually, that might not be a bad idea. Could I devote 24 hours a day to my family? I could, but they really don't want me in their hair 24/7. I could devote 24 hours a day to prayer and reading the Bible

or reading other good books. But then, I don't want to be an isolated religious person who never enjoys this incredible world or people. I could devote 24 hours a day to my educational work and do a lot of the work that others do. However, institutions are stronger and better when the work is spread around to others. I could spend more time simply writing books or pursuing other hobbies I enjoy.

Somehow, we have to determine what is best. I heard about this farmer who hired a man to sort potatoes. The man's job was to put the bad potatoes in one pile, the good potatoes in another pile and the best potatoes in another pile. The man agreed to the job. At the end of the day the farmer came to see how his new employee was doing and he had not done anything. He was simply standing looking back and forth at two potatoes. The farmer bewildered asked? "Why haven't you done what I asked you to do?" The hired man responded, "I just can't decide between the good and the best potatoes."

Our dilemma in 2022 may not be in deciding between good and bad but between good and best. There are a lot of good things we can do with our time in 2022. Using our time to do the best things may be our most difficult decision.

Learn more about Dr. Glenn Mollette at [www.glenmmollette.com](http://www.glenmmollette.com) or [www.facebook.com/glenmmollette](http://www.facebook.com/glenmmollette).

## COVID

From Page 2

studies<sup>10</sup> including some RCTs are inadequate.

Vaccines, however, are exempt from the demand for scientific rigor. The Biden Administration is calling for all Americans to get vaccinated and boosted, and has pledged to donate 500 million doses<sup>11</sup> of the Pfizer-BioNTech product to low and lower-middle-income countries and the African Union.

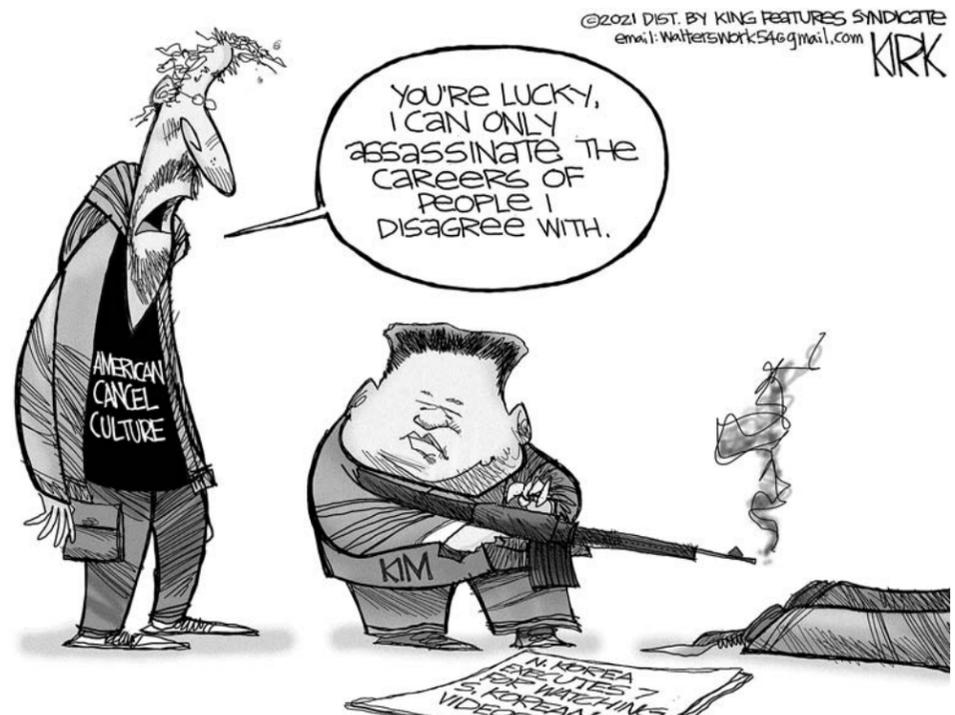
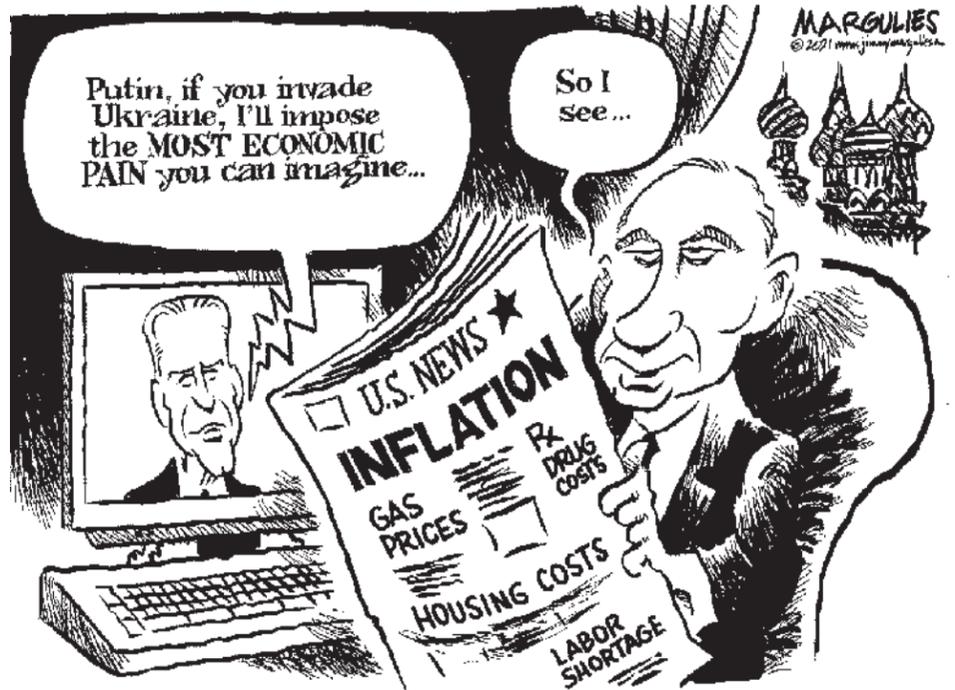
The worldwide, coercive mass vaccination campaign is not a scientific experiment. In addition to a control group, ethical research would require voluntary informed consent, free medical care of subjects who experienced complications, provision to stop the experiment if it is doing harm, and an Institutional Review Board.

Where is the science, and where is the anti-science?

The links in the digital copy of this issue, at [www.wtxcc.com](http://www.wtxcc.com), are clickable.

- 1 – <https://justthenews.com/accountability/media/tale-two-media-how-mainstream-press-glossed-over-fauci-emails-while-other>
- 2 – <https://www.markhw.com/blog/control-sizev>
- 3 – <https://aapsonline.org/covid-fauci-nih-et-al/>
- 4 – <https://openvaers.com/covid-data>
- 5 – <https://www.wnd.com/2021/12/4968311/>
- 6 – <https://thetruthaboutvaccines.com/project-veritas-covid-vaxx/>
- 7 – <https://jessicar.substack.com/p/a-report-on-myocarditis-adverse-events>
- 8 – [https://journals.lww.com/md-journal/citation/1973/11000/wegener\\_s\\_granulomatosis\\_studies\\_in\\_eighteen.2.aspx](https://journals.lww.com/md-journal/citation/1973/11000/wegener_s_granulomatosis_studies_in_eighteen.2.aspx)
- 9 – <https://www.foxnews.com/transcript/democrats-and-mainstream-media-push-post-office-conspiracy-theories>
- 10 – <https://c19early.com/>
- 11 – <https://www.forbes.com/sites/roberthart/2021/09/22/us-to-donate-500-million-more-pfizer-vaccine-doses-to-poorer-countries/?sh=5feef68936a4>

Jane M. Orient obtained her undergraduate degrees in chemistry and mathematics from the University of Arizona in Tucson, and her M.D. from Columbia University College of Physicians and Surgeons in 1974. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and nonhazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.



# Rodriguez, 33, graduates with help from San Elizario ISD and SB 463



By Lucie Winborne

- In Germany, you are allowed to drive your car naked, but not get out of it naked.

- A high-school principal once disciplined a student by making him sit in the basement while reading the U.S. Constitution. The punishment must have taken effect, because said student (who also memorized parts of the document) was Thurgood Marshall, who grew up to become the first Black Supreme Court justice.

- Male orb-weaver spiders give back rubs to their mates so they don't get eaten.

- "Mbuki-mvuki" is a Bantu word for the irresistible urge to strip off your clothes while dancing.

- In 2002, Saddam Hussein's campaign theme song for re-election was Whitney Houston's "I Will Always Love You."

- Pule, the world's rarest cheese, is made from donkey milk, something that was widely believed impossible since the liquid doesn't coagulate. However, Serbian cheesemaker Slobodan Simic discovered a solution and now sells his cheese for over \$500 per pound.

- MLB pitcher Turk Wendell, "baseball's favorite oddball," would not only brush his teeth every inning, but at the start of same, would turn and wave to the center fielder and wait for him to wave back before proceeding.

- There are more English speakers in China than in the United States.

- In 1994, a man was arrested for dressing as the Grim Reaper and standing and staring into the windows of a home for the elderly.

Thought for the Day: "The best teacher in the world is someone who loves what he or she does, and just loves it in front of you."  
 – Fred Rogers

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By Lisa Renegar  
 Special to the Courier

SAN ELIZARIO – Senate Bill 463 helped another San Elizario High School (SEHS) student graduate. Former San Elizario High School student Erica Rodriguez enrolled in 2002, expecting to graduate from SEHS in 2006. However, her results on the Texas Assessment of Knowledge and Skills (TAKS) test kept her from being part of the 2006 graduating class.

During her first two years, Rodriguez admittedly did not take high school seriously enough, earning only marginal grades. As graduation drew closer, she buckled down with her studies, and her grades improved. She was earning her credit hours and was proud to be graduating on time. In 2006, passing the TAKS, a State-mandated test, was a requirement to graduate. Rodriguez did her best, but try as she might, she was unable to achieve a passing score for neither the science nor the math portions of the TAKS test after attempting each no less than eight times. She was devastated, when she received the news that her goal of graduating that she had worked toward for twelve years would

not take place. Walking the stage in a cap and gown with her classmates was not feasible because of her TAKS results.

After high school, with no other viable options, she was relegated to work a series of minimum-wage jobs. This path was a temporary and predictable means to an end, but the outcome never gave rise to anything more than dissatisfaction and knowing she would not ever rise to the unfulfilled potential inside her. Her lack of a high school diploma prevented her from one opportunity after another.

The passage of time, combined with life's unexpected twists and turns, saw Rodriguez become a wife and mother. She continued working unsatisfying, low-paying jobs not requiring a high school diploma. Now in her thirties, she was "content" with this phase of her life, but still felt cheated that she never got to graduate despite completing her



Erica Rodriguez

– Photo courtesy San Elizario ISD

required coursework.

As the COVID-19 pandemic spread into the San Elizario area, the virus took a toll on her family's health. Her children became ill, and she did not have the background knowledge to understand what was happening to them. She lost both of her grandparents and felt helpless watching them struggle against the virus. She dreamed of one day having a nursing career in which she would learn the skills to take care of others.

Rodriguez remembered that she had heard

something about a program to help former students graduate who were in her situation. Although she did not know the name, she had heard about Senate Bill 463. She came to the San Elizario Independent School District Administrative offices to get more information. She filled out an application, and her old high school transcript was reviewed. Her test scores were looked at, and Rodriguez contributed an essay and a personal reference to her documentation. The high school held a SB 463 graduation committee meeting and her story was fully heard. It was determined that she met the requirements for graduation under SB 463.

On August 18, 2021, Erica Rodriguez finally became an official San Elizario High School graduate. On September 27, 2021 she started nursing school. Her children are most definitely proud, and she proved at age thirty-three that it is never too late to start a career or make a long-held dream come true. Rodriguez said, "I want my children to learn from me that it's never too late to start a career. I want them to be proud of me."

The San Elizario ISD held a special ceremony to honor Rodriguez on December 16, 2021 at the district office where family, friends, and district personnel acknowledged and celebrated her perseverance.

Senate Bill 463 was signed into law to help former students in similar situations. Graduation might be possible under this law if you, or someone you know, meet these criteria:

- Entered ninth grade before the 2011-2012 school year;
- Successfully completed the curriculum requirements for high school graduation (as applicable when the student entered ninth grade); and
- Did not perform satisfactorily on a State-mandated test (TAKS or EOC) and has taken the test(s) at least three times.

Visit [www.seisd.net/Page/419](http://www.seisd.net/Page/419) for the SB 463 application and additional information.

Please help our family of San Elizario Eagle alumni grow by spreading the word about SB 463. Your encouragement might just be someone's ticket to a better life!

## Briefs

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filthy rich overnight, beyond imagination, when they received their latest bank account statement, which showed that they had a balance of \$50,000,000,000. It was obviously a case of easy-come-easy-

go. Four days later, their bank cancelled the erroneous deposit, and they lost their fortune. But they couldn't cancel the lasting memory of having been billionaires for a few days. As Darren James put it: "It was crazy just to see what it looks like because I've never seen that many zeros in my life."

– John Grimaldi

## How to Get Help from Social Security

Social Security is here to help. We want you to know how to get the service you need and to be prepared so we can help you as quickly and safely as possible.



### What to Know if You Must Visit an Office:

- You must have an appointment to visit an office.
- Masks are required for all office visitors and employees, regardless of vaccination status.
- Visitor capacity is limited to follow physical distancing requirements. This means you may need to wait outside, so plan for cold or bad weather.
- We ask that you come alone unless you require help with your visit. If you require help, we can only permit one person to accompany you.

We appreciate your patience and understanding.

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## CryptoQuip Answer

When the people ignored his two commands, the livid monarch gave them the third decree.

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**Moments in time**  
THE HISTORY CHANNEL

• On Jan. 3, 1990, Panama's Gen. Manuel Antonio Noriega, after hiding at the Vatican embassy in Panama City, surrenders to U.S. military troops to face charges of drug trafficking and is flown to Miami. In 1992, the former dictator was convicted and sentenced to 40 years in prison.

• On Jan. 4, 1847, Samuel Colt rescues his faltering gun company by winning a contract to provide the U.S. government with 1,000 of his .44 caliber revolvers. Though never cheap, by the early 1850s, Colt revolvers were inexpensive enough to be a favorite with Americans headed westward during the California Gold Rush.

• On Jan. 5, 1945, Japanese pilots receive the first order to become kamikaze, meaning "divine wind." They needed little training to take planes full of explosives and crash them into ships. At Okinawa, they sank 30 ships and killed almost 5,000 Americans.

• On Jan. 6, 1759, a 26-year-old George Washington marries Martha Dandridge Custis. Historical documents have revealed that Martha may not have been the great love of his life. Washington wrote cryptic yet passionate love letters to Sally Fairfax, the wife of a friend.

• On Jan. 7, 1959, six days after the fall of the Fulgencio Batista dictatorship in Cuba, the U.S. government believes it can work with Fidel Castro and protect American interests in Cuba. Less than two years later, the U.S. severed diplomatic relations and launched the Bay of Pigs invasion.

• On Jan. 8, 1962, at the National Gallery of Art in Washington, D.C., Leonardo da Vinci's masterpiece, the Mona Lisa, is exhibited for the first time in America.

• On Jan. 9, 1493, Christopher Columbus, sailing near the Dominican Republic, sees three "mermaids" and describes them as "not half as beautiful as they are painted." They were in reality manatees. Mythical mermaids have existed in seafaring cultures since the time of the ancient Greeks.

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**Food for thought** By John Grimaldi

**Can adaptogens help relieve the stresses of the COVID pandemic?**

The world has been in a state of extreme stress for nearly two years now since the breakout of the COVID pandemic. Sadly, there appears to be no end in sight. We may not be able to do anything about the cause but, perhaps, there is a way to deal with the effects by adapting to the stressors, not in a psychological way; rather by ingesting aptly named herbal medicines called adaptogens. **Of course, before you begin self-medicating, whether the drug is a natural medication or a chemical-based medicine, it's important that you consult your healthcare provider.**

Lest you think somebody came up with the "adaptogens" moniker to mask a 21st Century version of snake oil, think again. Or, at least, consider how the experts at the National Institutes of Health came to the conclusion that they might just be what the doctor orders in dealing with stress: "Adaptogens were initially defined as substances that enhance the 'state of non-specific resistance' in stress, a physiological condition that is linked with various disorders of the neuroendocrine-immune system. Studies on animals and isolated neuronal cells have revealed that adaptogens exhibit neuroprotective, anti-fatigue, antidepressive, anxiolytic, nootropic and CNS stimulating activity. In addition, a number of clinical trials demonstrate that adaptogens exert an anti-fatigue effect that increases mental work capacity against a background of stress and fatigue, particularly in

**Before you begin self-medicating, whether the drug is a natural medication or a chemical-based medicine, it's important that you consult your healthcare provider.**

tolerance to mental exhaustion and enhanced attention."

In other words, adaptogens are not some new concoction. In fact, its origins date back thousands of years and "is a traditional herbal medicinal product consisting of a fixed combination of [plant] extracts." And, according to the Healthline website, they can increase your resistance to stress, help you deal with exhausting situations and, as a bonus, they may also help you deal with weight gain.

Leslie Korn, PhD, a Harvard Medical School-trained traumatologist, was consulted on the use of adaptogens for the Healthline report and she says that they can enhance our "ability to come into balance" – a condition that the Mayo Clinic describes this way: "Balance problems can make you feel dizzy, as if the room is spinning, unsteady, or lightheaded. You might feel as if the room is spinning or you're going to fall down."

The Healthline report provides an example of how adaptogens work: "When we face a stressor, whether physical or mental, our bodies go through what's called general adaptation syndrome (GAS). GAS is a three-stage response: alarm, resistance, and exhaustion. Adaptogens help us stay in the resistance phase longer, via a stimulating effect

that holds off the exhaustion. Instead of crashing in the midst of a stressful moment, task, or event, we attain equilibrium and can soldier on." The report goes on to suggest that you can take adaptogens as "herbal supplements in capsule form, added to smoothies as powders, or concocted into teas or soups." **But it warns that you should consult with your doctor before taking any medications.**

Here are a few the host of adaptogens that are available and what conditions they may serve:

- American ginseng (Panax quinquefolius): Boosts working memory, reaction time, calmness, and immune system;
- Ashwagandha (Withania somnifera): Reduces stress and anxiety;
- Eluethero root (Eleutherococcus senticosus): Improves focus and staves off mental fatigue; and
- Tulsi/Holy basil (Ocimum sanctum): Reduces physical and mental stress, stress-related anxiety, and depression.



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**LEGALS**

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**PUBLIC NOTICE**

**El Paso County Emergency Services District #1**

**El Paso County Emergency Services District #2**

**Notice of Location**

**Notice of Location**

The El Paso County Emergency Services District #1 (Horizon Fire Department) is located at 14151 Nunda Ave., Horizon City, TX 79928. Phone (non-emergency): (915) 852-3204; EMERGENCY: 911; Fax: (915) 852-8400.

The El Paso County Emergency Services District #2 is located at 16001 Socorro Rd., (mail: PO Box 265), Fabens, TX 79838. Phone (non-emergency): (915) 851-0304; EMERGENCY: 911; Fax: (915) 851-9000; Ambulance (county): (915) 779-2111.

Katherine Ames  
Fiscal Administrator

Mariana Navarrete  
District Administrator

WTCC: 01-06-22

WTCC: 01-06-22

**Fabens Independent School District Public Notice of Meeting**

Fabens Independent School District will hold a public hearing to discuss the District's 2020-2021 Annual Report. The meeting will be held at 6:30 P.M. on Wednesday, January 19, 2022 in the Fabens Independent School District's Board Room at 821 N.E. "G" Avenue, Fabens, Texas.

The meeting will also be available virtually. Please visit Fabens ISD website [www.fabensisd.net](http://www.fabensisd.net) to access the meeting under Fabens ISD announcements.

The public is invited to attend in person or virtually (online or by phone). For more information, call (915) 765-2600, x2102.

**Junta Pública**

El Distrito escolar independiente de Fabens celebrará una audiencia pública para discutir el informe anual 2020-2021. La reunión se celebrará a las 6:30 p.m. el miércoles, 19 de febrero de 2022 en la sala de juntas de Fabens ISD, 821 N.E. "G" Avenue, Fabens, Texas.

La reunión también estará disponible virtualmente. Visite el sitio web de Fabens ISD [www.fabensisd.net](http://www.fabensisd.net) para acceder a la reunión bajo los anuncios de Fabens ISD.

Se invita al público a asistir en persona o virtualmente (en línea o por teléfono). Para obtener más información, llame al (915) 765-2600, x2102.

WTCC: 01-06-22

**Send Your Newsbrief To:**  
[wtxcc@wtxcc.com](mailto:wtxcc@wtxcc.com)

# Sun Bowl will hopefully set the tone for 2022

By Steve Escajeda  
Special to the Courier

The best thing about waking up on January 1st, 2022, was the fact that 2020 and 2021 were finally behind us.

It'll be hard to explain to our grandkids what the past two years were like. In fact, it's hard for a lot of us to remember what things were like before the pandemic hit and changed our lives back in March of 2020.

Of course, the virus has hit the sports world very hard with postponements and cancellations and players having to sit out games. This has gone on at the high school, college and pro level all around the country.

And locally, we had to watch entire seasons be delayed or lost altogether.

But there was a glimmer of hope at the end of 2021.

In almost every case over the last couple of years, whenever COVID's tentacles reached an event, it was like Bill Paxton yelling in the movie Aliens, "Game Over Man!"

And that was the threat hanging over the 2021 Tony the Tiger Sun Bowl on New Year's Eve.

Several bowl games across the nation were cancelled at the last minute because one team or another was hit so hard by the virus that they couldn't fill enough of a roster to field a team.

And the same thing happened to the Sun Bowl when the University of Miami announced less than a week before kickoff that they weren't going to be able to make the trip to the Sun City for the same reason.

That left Sun Bowl officials scrambling to find a suitable replacement to face Washington State, or have the game cancelled for the second consecutive year.

And just when COVID was about to claim another victim, Central Michigan, who saw its bowl game cancelled in Tucson, took on the challenge of changing all its plans and come to El Paso instead.

To put it simply, Central Michigan saved the Sun Bowl.

Sure, the day of the game was dark and dreary and windy and rainy and two hours earlier than usual, but miraculously - there was a game.

Now to be honest, the Chippewas from the MAC conference, were pretty big underdogs to the Pac-12's Washington State Cougars.

But to start the game, it appeared that Central Michigan was as happy to be in the Sun Bowl and the Sun Bowl was to have them.

The Chippewas jumped out to a 21-0 lead and held on for a 24-21 upset victory.

But the real winner in this game was the city of El Paso and the Sun Bowl Association.

In a city that seems to cave in to the virus at every turn, Sun Bowl officials finally decided that enough was enough. They did not cancel the game, they did not mandate masks and social distancing at the game, and they proved that the virus could be defeated - even if just for one important event.

And though COVID couldn't stop the Sun Bowl, the weather did its best to cause trouble. The rain and wind made it uncomfortable for fans at the stadium, but they still showed up.

The official attendance was announced at 34,540 - and no doubt that included the number of tickets sold. There were not that many people in the Sun Bowl, there was probably about half that, and considering the conditions, that wasn't bad at all.

Watching the bands perform, and

watching the halftime show, and watching the two teams put on a great show was about the best way to close out 2021.

And that could be a sign that better days are ahead for all of us. Sure, the omicron strain of the virus is making its way across the world, but fortunately, it has turned out to be a wimpy little brother to COVID-19.

Every time a new year comes around, it brings with it new expectations, new confidence, new goals, and a new normal.

It would have been easy for the Tony the Tiger Sun Bowl to just give up and wait for next year.

But it found a way to survive. Let's hope that starting in 2022, our "new normal" is not to cower in fear, but to party like it's 2019.



"AND NOW WE'LL INTERVIEW THIS WEEK'S BIG WINNER IN THE NFL."

## Super Crossword

ENGLISH QUINTET

- ACROSS**
- 1 Tribal carving
  - 6 Beatle Ringo
  - 11 Depict with bias
  - 15 Ellipsoidal
  - 19 Earthy tone, to a Brit
  - 20 Magazine release
  - 21 Irene of "Fame"
  - 22 Central point
  - 23 He played Jim Dial on "Murphy Brown"
  - 26 Kazan with three Tonys
  - 27 Carp in a garden pond
  - 28 Football's Manning
  - 29 "\_ my way!" ("Scram!")
  - 30 Cathedrals' main areas
  - 31 Necklace of 12-Down
  - 32 Strong product-selling influence
  - 36 Toon skunk Le Pew
  - 39 Nonstick cookware brand
  - 41 Ending for priest
  - 42 In-favor vote
  - 43 Partly joking
  - 46 Shabby hotels
  - 51 Striped stone
  - 52 "Are you \_ out?"
  - 53 Currency of Belgium
  - 55 Dormant
  - 56 Able to feel
  - 58 Taking a rolling pin to

- 62 Period
- 63 Add\_- (extras)
- 65 Brings a civil action
- 66 Snare loops
- 67 What the Australian Open is played on
- 72 Druids, e.g.
- 75 Burn soother
- 76 Bruins' Bobby
- 77 Purpose
- 80 Black Protestant denom. since 1821
- 84 Have coming
- 87 Green shade
- 88 Blood-related
- 89 Daddy
- 91 Pond buildup
- 92 Expected saviors
- 95 Gave a worthy effort
- 97 \_ray Disc
- 98 Long-headed antelope
- 100 Florence's river
- 101 Pod items
- 102 Franz Liszt piano piece in 3/4 time
- 108 Purpose
- 110 In regard to
- 111 Conga relative
- 112 Standoffish
- 113 Animal kept in the house
- 116 Feudal VIP
- 117 Crossing during a journey
- 122 Balladeer Burl
- 123 Green shade

- 124 Ho-hum feeling
  - 125 Volunteer's offer to be sent
  - 126 Disaffirm
  - 127 Male tabbies
  - 128 Regards as
  - 129 Sequence found in this puzzle's nine longest answers
- DOWN**
- 1 Tick follower
  - 2 Eight, in Madrid
  - 3 Bangkok resident
  - 4 Fumble
  - 5 Rumble
  - 6 "Yes, yes!," in Mexico
  - 7 "For shame!"
  - 8 "Just \_ suspected!"
  - 9 Bit of hearsay
  - 10 Reprimands
  - 11 Actors Baio and Wolf
  - 12 A Hawaiian Island
  - 13 Work unit, in physics
  - 14 Sound of a crying baby
  - 15 Ryan of "Love Story"
  - 16 Swedish vehicle make
  - 17 Ta-ta, to Tati
  - 18 Most minor
  - 24 Aristocratic
  - 25 Numbered hwy.s
  - 30 Scholastic sports org.
  - 31 Some turns and

- jabs
- 32 Principal
- 33 Standoffish
- 34 Tarp material
- 35 "I didn't know that!"
- 36 Period
- 37 Avid
- 38 First strategy
- 40 Buddy
- 44 Viking locale
- 45 E-address
- 46 Plaster painting
- 47 Archie Bunker, e.g.
- 48 Hubbubs
- 49 Model binder
- 50 U.S. Open units
- 53 Sewing case
- 54 Beehive State college team
- 57 Bodily trunk
- 59 Ed of "Roots"
- 60 Habituate (to)
- 61 Negative conjunction
- 64 Neat piles
- 67 Visibility reducers
- 68 DiFranco of song
- 69 Pre-coll., in education
- 70 Pluralizable word
- 71 ApPOINT to holy office
- 72 Oahu tree
- 73 French gal pal
- 74 Tiara stones
- 77 Have a tiff
- 78 She divorced Donald
- 79 Intersects
- 81 Bible book after

- Micah
- 82 Tax form pro
- 83 Went to town on
- 85 Plant pouch
- 86 Run off to tie the knot
- 90 Cuzco locale
- 93 "Likely story!"
- 94 "Thrilla in Manila" boxer
- 95 Spoke indistinctly and softly
- 96 Put one's finger on, say
- 98 "R.I.P." sites
- 99 City in Alaska
- 102 Legitimate
- 103 Superior to
- 104 Sophia of "Two Women"
- 105 Froth-filled
- 106 Pious song
- 107 "Common Sense" writer Thomas
- 109 Aleppo locale
- 112 Possible reply to "That so?"
- 113 Hungarian sheepdog
- 114 Kellogg's waffle brand
- 115 Holier-than\_
- 117 Blast source
- 118 Grande
- 119 Dir. from Little Rock to Chicago
- 120 Juicy Fruit, e.g.
- 121 Bullring yell

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# Comix

## OUT ON A LIMB By Gary Kopervas



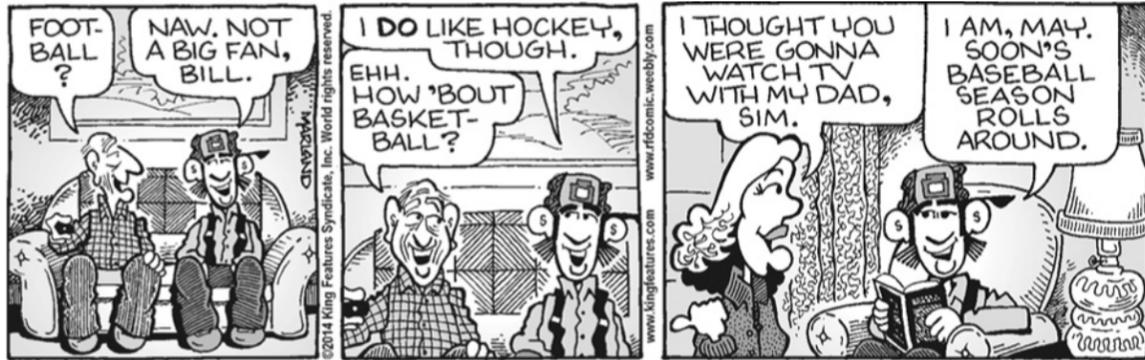
## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## R.F.D. By Mike Marland



## TIGER By Bud Blake



## Lowry

From Page 2

then, true to form, engaged in yet more heavy-handed repression.

If the 2008 Beijing Games were ill-advised, next year's Winter Olympics are a complete travesty. The atrocities in Xinjiang province are a matter of public record and the quashing of Hong Kong

proceeds apace. No one who crosses the regime is safe from imprisonment or worse. China openly menaces Taiwan with an invasion. Indeed, China could conceivably be in a shooting war with the United States within a year or two of using the presence of our athletes, among others, to enhance the rule of its dictator-for-life.

Bach insists that the IOC must always be politically neutral. As Michael Mazza

of the American Enterprise Institute points out, though, the IOC banned apartheid-era South Africa from the games. There is no such thing as neutrality when dealing with an all-encompassing police state for which politics is a life-or-death matter. The games aren't being hosted by Switzerland or Norway – nice, law-abiding countries with good ski slopes – but a revanchist power that tramples on human dignity and is a clear and present

danger to international peace.

The IOC could have taken an off-ramp from these games at any point. Instead, its attitude is going to be, "Enjoy the snowboarding, never mind the concentration camps."

Rich Lowry is editor of the National Review. (c) 2022 by King Features Synd., Inc.

# Dumping syndrome and obesity

**DEAR DR. ROACH:** A friend was given a test to see how long food stayed in her stomach after eating. She was told that it stayed only a short time before continuing its journey, a much shorter time than the average person. This was given as a reason for her obesity, that she experienced hunger sooner than most people. Does this really happen, and is there a way for her to manage it so that she can lose weight? – G.J.



A gastric emptying study is usually used to look for delayed gastric emptying, also called gastroparesis. It can be the result of several different types of nerve diseases, but especially diabetes. An abnormally rapid gastric emptying is also called dumping syndrome, and is often a problem after some types of gastric bypass surgeries.

I did find a paper from the 1980s suggesting that obese people have shorter gastric emptying times. This was confirmed in a trial from 2015 looking at the diabetes drug exenatide (Byetta), which is sometimes used to help people lose weight, even if they do not have diabetes. Interestingly, exenatide was more likely to cause people to lose weight if they had faster gastric emptying times.

I do not mean to suggest that fast gastric emptying is the only reason for your friend's (or anyone else's) weight problems. Obesity is a complex problem with no single cause or solution in most people. I am glad you wrote. I did not know about this research before, and it may be worth it for your friend to discuss a trial of exenatide with her doctor.

**DEAR DR. ROACH:** I have thin skin on my arms and lower legs due to aging, sun damage and blood thinner (warfarin). My skin is constantly bruised and unattractive. Is there a body lotion you can recommend to help reduce the impact of trauma to my skin? The slightest "thump" leaves its trace. I'm very active, so I always look as if I've been in a wrestling match and lost! – J.M.A.

Easy bruising is a common problem with many potential causes. Warfarin, which prevents the body from making some blood clotting proteins, is certainly a cause, but many older adults have this problem. Occasionally it can be a serious issue, so it is worth a discussion with your doctor, who may get some blood tests to help eliminate concern of leukemia and von Willebrand's disease, among other diagnoses. Fortunately, it's much more common for problems to be benign.

As people age, they do get drier, thinner skin, which can bruise more easily. If your bruises are found most often on the tops of your forearms, that's a common place for senile purpura. "Senile," in a medical context, just means older. The term "senile dementia," a nonspecific term formerly used to mean Alzheimer's disease, was sometimes shortened incorrectly to "senile." "Purpura" are dark, purple/brown marks on the skin.

If there is no specific cause for the bruising, and the appearance of the skin is consistent with senile purpura, then this advice may be helpful: Keeping the skin out of the sun can prevent future damage. Regular moisturizers can help with dry skin. An oral supplement of bioflavonoids was successful in one study. For more severe cases, some dermatologists use topical vitamin A derivatives to combat the skin atrophy (these are by prescription).

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](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2022 North America Synd., Inc. All Rights Reserved.



**Moore Texas by Roger Moore**  
 San Antonio, 1932: Elmer Doolin buys the FRITO recipe for \$100.

## CryptoQuip

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

Clue: C equals T

TJRB CJR WRWAR XHBMGRF  
 JXO CTM IMNDBFO, CJR  
 AXLXF NMBDGIJ HDLR CJRN  
 CJR CJXGF FRIGRR.

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

		2		4		8		
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	9			5				4
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		7			5			9
9			8					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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# Veterans Village opens



by Freddy Groves

We were all there the day Veterans Village officially opened: Sarge, the older veterans brought out in a van borrowed from the senior center, the dormitory crew and even the mayor came, along with a few members of the press and a photographer.

The gravel road had been smoothed, several lots had been cleared and two tiny homes had been installed, complete with a few shrubs and potted flowers next to the steps of both homes. A communal brick barbecue grill, surrounded by a concrete patio and lawn chairs, had been inaugurated into its first service to cook piles of burgers and hot dogs. Voluntary Services up at the Department of Veterans Affairs hospital had sent baskets of household stuff like dinnerware and detergent to get the two veterans started.

And Sarge's granddaughter had skipped school to be there and to sing "America the Beautiful" as part of the opening ceremony.

And it was a ceremony. Short speeches were given by those who had never done any of the work, but David, the homeless veteran whose idea Veterans Village had been, gave the shortest speech of all. He merely turned to the two veterans who would now live there and said, "Welcome home."

With input from social services in town, a list of other interested veterans had quickly grown, leaving Sarge and David to wonder just how many homeless veterans there were in town.

"This could end up being pretty big, almost beyond my capabilities," David said later, looking around the acreage, his voice shaky until he felt Sarge's hand on his shoulder.

David took a deep breath and let it out. "OK, I guess I better hustle up a few more homes," he said, pulling a folded site plan out of his back pocket and a pencil from behind his ear.

Sarge smiled, patted David's shoulder and sauntered over to the grill to grab a burger before they were all gone.

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- You can cut the bitterness in some varieties of greens by soaking them in ice water for roughly an hour before serving. Use a salad spinner to get all of the water off.

- "Place an ice cube (or ice chips) in carpet divots left behind by furniture legs. This will help the fibers "plump up," and the spot will disappear!" – A.I. in Utah

- Remove the annoying sticky residue from price tags with WD-40 or baby oil. This is for use on hard surfaces only. If you are unsure, test in an inconspicuous spot first to make sure the oil doesn't leave a stain where the tag was.

- "To help repel the dust on baseboards between cleanings, wipe with a used dryer sheet. To make this even easier, you can put the dryer sheet over a Swiffer-type floor cleaner. This way, you don't even have to bend down." – M.E. in Alabama

- Felt circles are great for putting under small appliances on the kitchen counter. They are easier to move around, and they won't scratch the countertops. You can find them at the hardware store, or make your own by cutting out what you need from a piece of felt and attaching it to the bottom of your appliance with double-stick tape... or even a drop of glue!

- Use this trick to freshen your stuffed animals. Dust with baking soda and put several together in a large paper grocery bag until it's half full. Fold the top of the bag down and shake vigorously. Remove the stuffed friends and shake off any excess baking soda. For good measure, put the dusted-off toys in a low- or no-heat dryer cycle for 10-15 minutes.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 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!

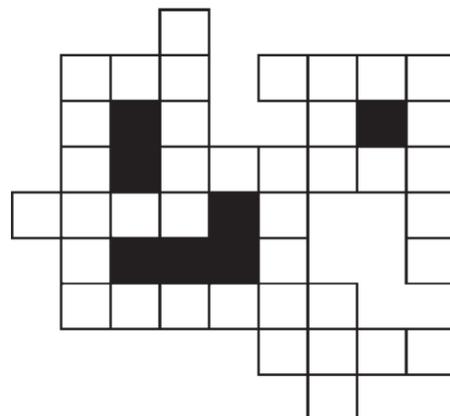
Answer Page 4

	+		×		22			
×		×		×				
	÷		×		16			
-		+		+				
	+		×		16			
21		25		17				
1	2	3	5	6	6	7	8	9

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- PAH
- HOSNIP
- ♥ EHLSA
- FOUT
- LICELO
- WSO
- DHNA
- PEDUN
- ♥ WLO
- ♥ HEWSIN
- TICEW
- ♥ OSHE



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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