



NEWSBRIEFS

Retirement states

With 27% of all nonretired adults having no retirement savings, the personal-finance website WalletHub has released its report on 2022's *Best States to Retire*, as well as accompanying videos and expert commentary. To help retirees find a safe, enjoyable and wallet-friendly place to call home, WalletHub compared the 50 states across 47 key metrics. Our analysis examines affordability, health-related factors and overall quality of life. Texas was rated 34th in the report, ranking (1-Best; 25-Avg.):

- 16th – Adjusted Cost of Living;
- 12th – Annual Cost of In-Home Services;
- 39th – WalletHub ‘Taxpayer’ Ranking;
- 47th – Elderly-Friendly Labor Market;
- 48th – Percent of Population Aged 65 and Older;
- 37th – Property-Crime Rate;
- 24th – Life Expectancy;
- 45th – Health-Care Facilities per Capita; and
- 27th – Percentage of Residents 12+ Who Are Fully Vaccinated.

Visit: <https://wallethub.com/edu/best-and-worst-states-to-retire/18592> for the full report.

What experts say

What is the most common mistake that retirees make when choosing where to settle?

“People too often move somewhere based on their health status and preferences at the time that they retire. But it is worth remembering that at the beginning of retirement health is at its best, but it can decline. Retiring to a living situation that will be manageable should health decline – i.e., locations like grocery stores and pharmacies are nearby, master bedrooms are on the first floor, a relative or friend is nearby for assistance – is important. It is also a money saver – if you are somewhere you can live for the long-term, you do not need to go through a process of selling and buying a new home that might be rushed. The good thing is that all states have these sorts of locations within them.”

– Geoffrey Sanzenbacher, Ph.D.;
Associate Professor, Boston College

“Retirees need to consider how close they are to the family. While retiring

See BRIEFS, Page 4

Political economy are two words that should be divorced on the grounds of incompatibility.

– Quips & Quotes



– Internet

PASO DEL NORTE (PDN) – Sunland Park, New Mexico, El Paso, Texas, and Ciudad Juárez, Chihuahua make up most of the PDN population. It is the second most populous twin-city area on the border after Tijuana-San Diego CA. The three PDN cities share an atmospheric basin, making air pollution a common, critical issue.

Legal fight over smog regulations in El Paso drags on

Air quality degradation is a major concern in El Paso, Juarez, Sunland Park

By **Alfredo Vasquez**
Special to the Courier

EL PASO COUNTY – Air pollution in the Paso del Norte (PDN) region – encompassing Dona Ana County NM, El Paso County, and Ciudad Juárez – is a contentious matter with grassroots and nongovernmental organizations on both sides of the border pressing the governments of Mexico and the United States to implement viable solutions.

The PDN community has mobilized around air quality issues for decades, as residents have organized and demanded that the authorities seek solutions to common problems while taking into account the opinions of the local population and the borderland’s physical characteristics.

In response, an agreement between the United States and Mexico on cooperation for the protection and improvement of the border area environment, known as the La Paz Agreement, was signed on August 14, 1983. It laid the groundwork for the creation of the first binational air work group six years later.

In 1990, amendments to the U.S. Clean Air Act (CAA), which authorized the Environmental Protection Agency (EPA) to negotiate programs with Mexico to set air-

quality standards, offered border residents that more than a dozen counties in the Southwest and Midwest had been incorrectly designated as in compliance with ozone standards. El Paso County was one of many counties that the EPA incorrectly designated in ozone attainment during the Trump administration, according to court records.

Consequently, in 2021 the EPA reversed its ruling and added El Paso County to the Doña Ana County, New Mexico, ozone nonattainment area declaration, stating that El Paso ozone levels were too high, that Texas must do more to reduce emissions, and that newly constructed facilities and projects receiving federal funding in the El Paso area would now face stricter environmental assessments.

Now, Texas is pushing back on the EPA’s ruling. The Texas Commission on Environmental Quality (TCEQ) and the Texas Attorney General are petitioning the D.C. Circuit Court of Appeals to get the EPA to review its 2021 decision that El Paso County is

Stagnation

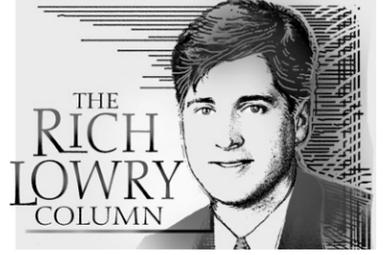
The La Paz Agreement and the environmental institutions that emerged with the North American Free Trade Agreement (NAFTA) in the 1990s entail binational efforts to tackle common concerns. However, several factors have prevented reaching satisfactory outcomes. It seems that institutions have internalized the air problem, through “air programs,” and they have not arrived at any solution.

– The Lone Star Sierra Club

In 2018, local environmental organizations brought a lawsuit challenging the EPA’s 2015 findings that El Paso County was in compliance with federal ozone standards. Additionally, a district court ruling in 2020 specified

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Biden can't embrace COVID normality



Joe Biden was the candidate of normality who hasn't been able to deliver it, particularly on the pandemic.

This is not entirely his fault, obviously. He didn't create the delta and omicron surges, nor did he – or most anyone else – foresee that the vaccines wouldn't prevent infections as advertised.

On COVID, though, as on much else, he has been trapped by a commitment to his political base and by a reflexive opposition to everything associated with Donald Trump into an endless emergency posture that isn't wearing well with time.

Everyone agrees now – after the flameouts of initial efforts to pass Build Back Better and of the attempt to trash the Senate filibuster – that Biden needs a political reset. His looming Supreme Court pick will presumably provide a much-needed win, but is unlikely to move the needle much. It's on the pandemic that Biden has, in theory, an opportunity to change course in a significant way.

By more fully embracing an approach geared to living with COVID and returning to normality, Biden could

usefully play against type, align himself with shifting public opinion, and acknowledge the reality of the third year of the pandemic when vaccines and boosters are easily available to anyone who wants them.

Even the thought of such a tack would, once upon a time, have elicited charges of intolerable recklessness. In certain quarters, it still does. But the public is moving in this direction. A new Monmouth poll found that 70% of the public agrees with the statement that "it's time we accept that COVID is here to stay and we just need to get on with our lives."

Unsurprisingly, 89% of Republicans agree with that view. But so do 71% of independents and nearly half of Democrats.

An NBC News poll on the schools found the same kind of partisan splits. According to the survey, 65% of people were most worried about kids falling behind academically and only 30% most worried about stopping the spread of COVID. Again, Republicans and independents were strongly on one side – 87% and 66% most worried lost learning – and Democrats divided,

with 43% worried about kids losing academic ground.

In a big Kaiser Family Foundation survey, 51% of Democrats described the pandemic as the biggest problem facing the country, whereas only 28% of independents did and 19% of Republicans.

This suggests that the response to COVID is beginning to become a wedge issue – Democrats can play to their base, which is most invested in maintaining restrictions, only at the risk of alienating the broader electorate.

Biden, whose handling of COVID is less and less popular, shows signs of being conflicted. The White House counseled against panic at the outset of the omicron surge, and even talked of a declaration of independence from the virus last summer. But the president hasn't been able to make it unmistakable that he thinks we've entered a new phase in the pandemic. As the heterodox

See LOWRY, Page 7

Lee takes charge at Jose H. Damian Elementary School

By Liza Rodriguez
Special to the Courier



– Photo courtesy Canutillo ISD

CANUTILLO – Canutillo Independent School District has named long-standing elementary school educator and administrator, Dr. AnaElisa Lee, to her new role as Principal of Jose H. Damian Elementary School (JDE). She is glad to join the District and eager to take the helm and lead her campus by manifesting a student-centric culture amongst her team.

"Canutillo ISD has always been a district I admire. I have been amazed at how much current administrators, teachers, and executives advocate for this District, and how happy they are to serve this community," Lee said. "I am pleased to join in this

Dr. AnnaElisa-Lee advocacy for the benefit of CISD students. I am thrilled to serve this community and be part of a

group of professionals who go above and beyond for the sake of students."

Lee began her career as an educator in 2007 as a fourth-grade teacher and later went on to teach third and fourth grade as well as serve as a campus teaching coach. In 2016, she was appointed to her first assistant principal role at Whitaker Elementary for five years. Most recently she served as assistant principal at Tom Lea Elementary.

The latest JDE principal has earned notable accolades for her commitment to her craft as a teacher and administrator. In

2015, Lee was named Teacher of the Year for her campus, and a top-five elementary teacher of the year finalist. Most recently, she was selected as Texas Elementary Principals and Supervisors Association's 2022 Assistant Principal of the Year for Region 19.

Lee received a Bachelor in Business Management from the University of Phoenix and in 2008 earned a master's in education from The University of Texas at El Paso. She went on to further her education by obtaining a doctoral degree in Education Policy, Leadership,

and Management from Walden University and successfully completed a superintendent certification program at UTEP.

"As an immigrant who came to this country at the end of sixth grade, having to learn a new language and a new way of life, I am happy that I get to serve students who might need inspiration and encouragement, just as I did," Dr. Lee said. "I am grateful for every opportunity I have in this profession to make a difference in the lives of children and stir up the motivation to look beyond their scope of vision."

Food for thought By John Grimaldi

Inflammaging

Aging is mostly about inflammatory health issues

As we age we become more susceptible to inflammatory diseases such as Rheumatoid arthritis. Thus a new moniker for the process of growing old has emerged – inflammaging. It makes sense once you consider that the majority of age-related diseases have an inflammatory origin and that aging, itself, is a disease.

The National Institutes of Health (NIH) has weighed in on the discussion arguing that: "Aging as the passage of time and the accumulation of wisdom is not undesirable; the physiological decline that accompanies the process, however, most certainly is... aging is a 'special form of disease' ... Whilst many aging researchers have openly declared that the universality of the aging process means it is not a disease, aging fits the given medical definition of a disease. There is no disputing the fact that aging is a 'harmful abnormality of bodily structure and function.' What is becoming increasingly clear is that aging also has specific causes, each of which can be reduced to a cellular and molecular level, and recognizable signs and symptoms... As aging appropriately fits the definition of disease, there is a shifting consensus that aging should be seen as a disease process in itself, and not a benign progression of age that increases the risk of disease."

Meanwhile, the National Library of Medicine points out that inflammation is a normal bodily response to cell injury; it's part of a natural healing process when one is injured or has an infection. The inflammatory response occurs

when tissues are injured by bacteria, trauma, toxins, heat, or any other cause your body releases chemicals that cause swelling. This, in turn, isolates the injury and attracts white blood cells that help the healing process.

But a runaway reaction can occur when there is no injury or infection. Since there's nothing to heal, the immune system cells that normally protect us begin to destroy healthy arteries, organs and joints, according to the Scripps Clinic Health Website.

And now the folks at Stanford University and the Buck Institute of Research on Aging have come up with a way to use a blood test to determine an individual's so-called inflammatory age – or iAge. Your iAge differs from your chronological age in that it's a measure of the chronic inflammation in our bodies.

Stamford's Dr. Nazish Sayed, who helped develop the iAge blood test, says, "Our chronological age shouldn't matter to us so much. What should matter is how well we age. Our goal should be a healthier old age, one in which we prevent some of the ill health that is all too commonly associated with it... Chronic inflammation is characterized by being low-grade and persistent, and ultimately it leads to collateral damage to tissues and organs. It has been associated with heart disease, cancer, and neurodegenerative diseases. Thus, we hypothesize that by testing for and then working to lower iAge, we can minimize the diseases that

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Food for thought By Dr. Glenn Mollette

You can at least say howdy

“Howdy,” was a common everyday word where I grew up. Raised on old Stidham, now known as Milo road in rural Appalachia, I spent a lot of time at my Grandpa and Grandma Hinkle’s store. People came and went buying gasoline, sandwich meat, snacks or groceries for the week. There were cane bottom chairs in the store. Often people would sit and chat for a while.

Regardless of how many times during the week I walked down the road to that store, the opening salutation was typically, “howdy.”

People were in and out of the Hinkle store doing business. A family member was often coming or going because my grandparents had raised ten children and there were many grandchildren who frequented the Hinkle business. Often, family members were buying a soda pop or just stopping in to say “howdy.”

We grew up on Milo speaking to most everyone who came and went. When a car drove by, we usually waved even though we didn’t always know them. At family or church gatherings we typically talked to everyone for a minute or two and shook hands or hugged a few people.

The only time I can remember

our family being speechless was when fifteen or twenty of us were sitting on the porch and a man from New York City pulled up in an older car. My grandpa had received an advertisement in the mail about a great used car he could buy for \$500. He ordered the car to surprise my grandma and we were all really surprised when this man pulled in front of the store in an old beat up looking car. He had driven the car from New York City, which was a long drive on those roads back then. After being drop jaw stunned silent for a few minutes, everyone loosened up and eventually started talking to the man who was just doing a job but now had to get back to New York. By this time, some of us were chuckling just a little. A couple of the family members took the guy over to Kermit, West Virginia to catch a Greyhound bus to begin his long journey back home.

A part of American culture has been hand shaking and embracing those we know. A part of most American religious gatherings has been shaking hands. One church I attended insisted on everybody hugging each other.

Covid-19 has impacted our

world with death, sickness and business failures. The distancing for many of us continues to be tough. We wear our masks and seldom know who else is in the grocery store. We’re fearful of going to the funeral home to honor and respect the deceased. Shaking hands or embracing anyone anywhere is typically totally unwelcome. Many holiday parties of large gatherings were fewer over the past holidays. People don’t want to be sick and so the distancing continues.

We do have the telephone, social media and email which helps us at least stay connected.

However, please keep in mind, when you do recognize someone at the grocery or any public place you may not feel comfortable embracing or shaking hands, but you can still convey a greeting and kindness by at least saying “howdy.”

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of “Uncommon Sense” and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glenmollette.com or www.facebook.com/glenmollette.

Town of Anthony, TX Public Notice

The Town of Anthony, TX will conduct an election on May 7, 2022 for the purpose of electing the positions of three (3) Alderman for Place Three, Place Four and Place Five for full two (2) year terms.

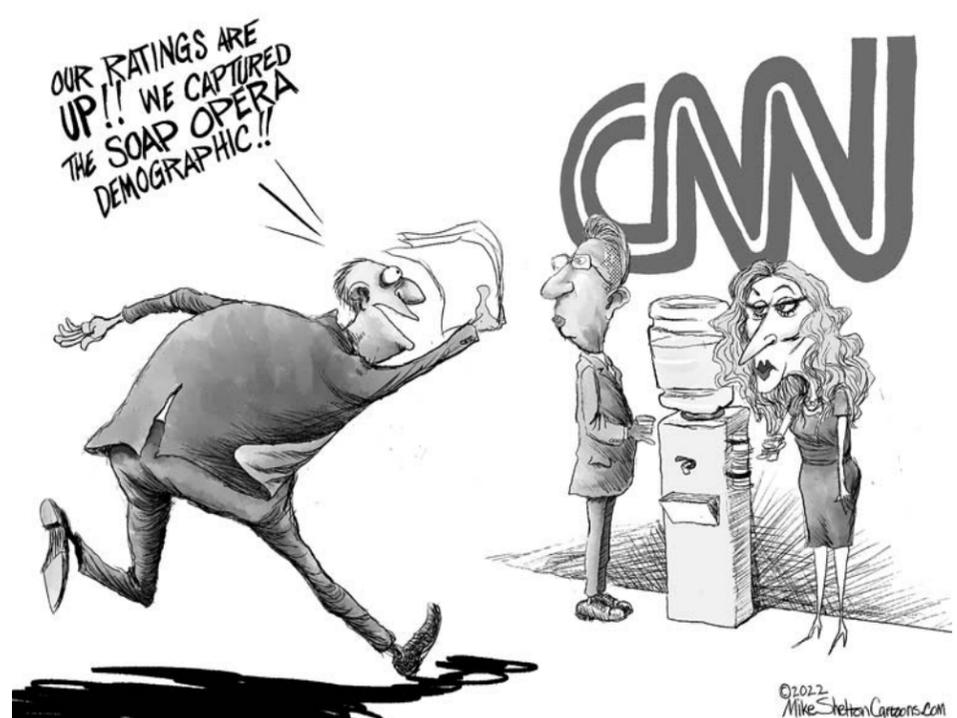
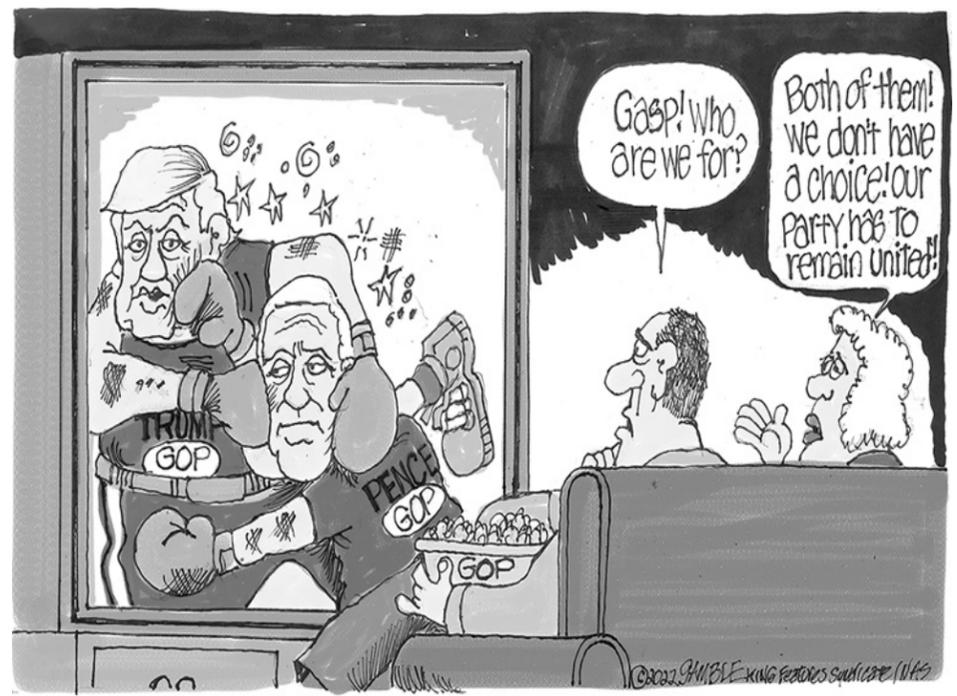
Qualified persons may apply for this position on the Town of Anthony, TX ballot through February 18, 2022 in person at Town Hall, 401 Wildcat Dr., Anthony, TX 79821, Monday through Friday from 8 a.m. to 4 p.m.; or by email to Interim Town Clerk Valerie M. Armendariz at varmendariz@townofanthony.org; or by mail at Town of Anthony, PO Box 1269, Anthony, TX 79821.

El Pueblo de Anthony Texas llevara acabo una eleccion general el dia 7 de Mayo, 2022 con el proposito de elegir a los siguientes funcionarios. Miembros del concilio posicion tres, Miembros del concilio posicion cuatro, y Miembros del concilio posicion cinco por dos (2) años de plazo por cada posicion.

Candidatos interesados en aplicar en El Pueblo de Anthony, TX tienen asta el Febrero 18, 2022 para someter su aplicacion en persona en el Town Hall ubicado en 401 Wildcat Dr. Anthony, Tx 79821 de Lunes a Viernes de 8 a.m. a 4 p.m.; o por correo electrónico a la Secretaria Provisional Municipal en Valerie M. Armendariz at varmendariz@townofanthony.org; o mandar por correo al Town of Anthony PO Box 1269 Anthony, Tx 79821.

Valerie M. Armendariz
Town Clerk

Date Published
February 17, 2022



Aging

From Page 2

are associated with chronic inflammation.”

Sayed explains that they tested blood samples from 1,000 individuals. He said it turned out that some of those blood tests showed that a number of donors with a chronological age of 45 had high levels of inflammation

and an iAge of 65. The iAge factor is essentially a measure of an individual’s inflammatory markers. “Our test isn’t commercially available yet, but we hope it could be used to screen for these inflammatory markers as part of annual check-ups. This could allow for early detection of a variety of chronic conditions including heart disease and maybe even type 2 diabetes and dementia,” he said.



Moore Texas by Roger Moore

In the Roman calendar, March was generally considered the first month of the new year. Ceasar must have been a Texan.

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Briefs

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to a warm, sunny climate has a lot of appeals, being an eight-hour car ride or even plane flight from close family members can be difficult emotionally, financially, and socially for retirees. Retirees also need to consider the cost of living including tax codes. Property tax varies widely by locality. Cost of living includes local access to doctors who accept Medicare and are taking new patients.”

– JoEllen Pederson;
 Associate Professor,
 Longwood University

What are some tips for living on a fixed income in retirement?

“Ideally, households would have set aside enough to maintain a similar standard of living during their retirement years as their working life. If not, working longer can be a good option for those who can. Working longer has two benefits—providing additional income and maybe even savings so you do not have to tap your nest egg so early and allow you to delay claiming Social Security which results in higher monthly benefits. If working longer is not an option, such as due to health reasons, and you have some savings set aside, using those savings to delay claiming Social Security can also help. Claiming Social Security at 70 instead of 62 increases your monthly benefits by 77 percent and claiming at 65 instead of 62 increases your monthly benefits by close to 24 percent.”

– Anqi (Angie) Chen;
 Assistant Director of Savings
 Research, Boston College

“A retiree needs to have better control of retirement spending to address the longevity risk. Dr. David Blanchett coined the famous retirement spending smile curve. The retirement spending smile curve projected retirees tend to spend more when they first retire in the area of travel and leisure. As the retirees’ mobility declines, they tend to not spend as much on travel and leisure. But retirees’ spending will pick up toward medical expenses

as their health declines. Therefore, how much retirees spend depends on what they can afford to do throughout their retirement. The retirees need to control their spending, especially vigilant about scammers and unnecessary financial support to families or friends.”

– Chia-Li Chien PhD, CFP®,
 PMP®; Assistant Professor,
 California Lutheran
 University

The financial impact of the pandemic has many Americans reevaluating their retirement plans. What are some new points of concern for future retirees in considering where to retire?

“States and localities have handled the pandemic very differently and this creates an opportunity for retirees to see how localities may approach other emergency issues. The way localities are handling the pandemic can be an indicator of overall community health and government response to other emergencies. Therefore, while looking for the perfect place to retire, consider how the community and local government approached the pandemic. Does it fit with your personal ideologies?”

– JoEllen Pederson;
 Associate Professor,
 Longwood University

“One clear thing from the Pandemic is that no one can predict what will happen in the future – having more than enough retirement resources help retirees to adapt to the changes greatly. The extra retirement resources (besides the retirement living expenses) can mitigate spending shock risks.”

– Chia-Li Chien PhD, CFP®,
 PMP®; Assistant Professor,
 California Lutheran
 University

– Diana Polk

Unemployment

Texas is struggling to recover from new unemployment claims, with last week’s claims higher than at the start of 2020, according to WalletHub’s updated rankings for the States Whose Unemployment Claims Are Recovering the Quickest,

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Strange BUT TRUE

By Lucie Winborne

- In mid-18th century France, eating potatoes was considered cruel and unusual punishment since they were not only thought of as feed for livestock, but believed to cause leprosy in humans. The fear was so widespread that the French passed a law banning them in 1748.

- Every year, Americans alone create around one-fifth of the world’s trash.

- Some of the boulevard medians in Milwaukee, Wisconsin, have 8- to 10-foot deep bunkers with toilets in them, originally installed in the 1930s as a convenience for city workers who were out and about all day without access to a bathroom.

- According to the head of MI6, if Ian Fleming’s iconic hero James Bond were real, he wouldn’t be allowed to work for British intelligence due to lack of the required emotional intelligence, respect for the law and teamwork abilities.

- Colombian pop singer Shakira was rejected for the choir in her Catholic school because her music teacher thought that her vibrato was too strong and that she sounded “like a goat.”

- Cruise control in cars was invented in 1948 by the blind inventor and mechanical engineer Ralph Teetor. The idea was inspired by his frustration with his driver’s habit of speeding up and slowing down as he talked.

- There is a material called FOGBANK, used by the U.S. Department of Energy, the precise nature of which is classified and so top secret and compartmentalized that the government once actually “forgot” how to make it due to a lack of actual records and dwindling institutional knowledge.

Thought for the Day: “Great thoughts speak only to the thoughtful mind, but great actions speak to all mankind.”
 – Theodore Roosevelt

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CryptoQuip Answer

Guy employed to sort out the confusing info gathered on recon missions: an intel processor.

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Moments in time
THE HISTORY CHANNEL

• On Feb. 14, 1990, 3.7 billion miles away from the sun, the Voyager 1 spacecraft takes a photograph of Earth. The picture, known as the Pale Blue Dot, depicts our planet as a nearly indiscernible speck roughly the size of a pixel. Voyager 1's journey continues.

• On Feb. 15, 1898, a massive explosion sinks the battleship USS Maine in Cuba's Havana harbor, killing 260 crewmembers. A U.S. Naval Court of Inquiry ruled that the ship was blown up by a mine, with Spain the likely suspect.

• On Feb. 16, 1968, the first official 911 call is placed in the United States, but 911 was not standard across the country for many years after its adoption by Congress. By 1987, only half of the nation was using the system.

• On Feb. 17, 1915, after encountering a severe snowstorm, the German zeppelin L-4 crash-lands in the North Sea near the Danish coastal town of Varde. The Danish coast guard rescued 11 members of the crew; they were brought to Odense as prisoners to be interrogated.

• On Feb. 18, 2001, racer Dale Earnhardt Sr. dies in a last-lap crash at the 43rd Daytona 500, the fourth NASCAR driver to die within a nine-month period. Earnhardt, 48, was driving his famous black No. 3 Chevrolet and vying for third place when he collided with another car, then crashed into a wall.

• On Feb. 19, 1851, an angry mob in San Francisco's business district "tries" two Australian suspects in the robbery and assault of C.J. Jansen, a storeowner. When the makeshift jury deadlocked, the suspects were returned to law-enforcement officials. Local authorities convicted the men at a real court trial.

• On Feb. 20, 1974, Reg Murphy, an editor of The Atlanta Constitution, is kidnapped by William A.H. Williams after being lured from his home. For the next 49 hours, Williams drove Murphy around the city, stopping to phone in ransom demands to the newspaper. The money was finally delivered to Williams and Murphy was released. Williams served only nine years in prison.

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Smog

From Page 1

ozone nonattainment designation.

TCEQ is challenging the EPA's plans to downgrade El Paso County, from marginal to moderate nonattainment, by arguing that ozone emissions from Juárez are driving the problem in El Paso and that Texas should get an exemption.

But a coalition of environmental organizations, including the Sierra Club and Sunrise El Paso, filed comments with TCEQ calling on the agency to improve air quality in El Paso, instead of blaming Mexico. "TCEQ must start regulating these El Paso polluters instead of playing the blame game," said Miguel Escoto of El Paso, an organizer with the nonprofit Earthworks.

"We need strong ozone pollution protections, and we need the EPA Region 6 Administrator... to help to intervene and put an end to this legacy of environmental racism facilitated by TCEQ," said Dave Cortez, the president of the Lone Star Sierra Club.

For the time being, the EPA considers El Paso County a "marginal" area for ozone pollution. In marginal areas, new pollution sources and new permits for existing sources are subject to tighter regulations. Also, new transportation projects funded or approved by the Federal Highway Administration, or the Federal Transit Administration must conform to state plans to reduce ozone emissions. If El Paso does not successfully reduce ozone levels, the EPA could designate the county as moderate, which comes with stricter regulations for existing pollution sources.

failing to meet federal ozone standards. The TCEQ petition, which was filed in January, is asking the EPA to revise the

Briefs

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along with accompanying videos and audio files. Texas was rated 38th in the report. Key stats include:

- Weekly unemployment claims in Texas increased by 8.14% compared to the same week in 2019. This was the 17th biggest increase in the U.S.

- Weekly unemployment claims in Texas increased by 23.83% compared to the start of 2020. This was the 7th biggest increase in the U.S.

- Weekly unemployment claims in Texas decreased by 70.87% compared to the same week last year. This was the 21st biggest decrease in the U.S.

Visit <https://wallethub.com/edu/states-unemployment-claims/72730> for the full

report.

– Diana Polk

How cool is that

Apparently it's cooler sometimes to stash your cash under the fridge than to bank the dough or stuff it under your mattress, at least in South Korea. A fellow who lives on the South Korean island of Jeju purchased a secondhand refrigerator online recently and got a potentially happy surprise when it was delivered – the equivalent of \$130,000 taped to the underside. It turns out that South Korea has a law that requires the finder to try and locate the original owner before he or she can claim a find such as this. The *Korea Times* reports that people started hoarding their cash under their refrigerators some time ago due to record low interest rates.

– John Grimaldi

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**Tornillo Independent School District
Statement of Revenues, Expenditures and Changes in Fund Balance
Governmental Funds
For the Year Ended August 31, 2021**

Data Control Codes	10 General Fund	Other Funds	Total Governmental Funds
REVENUES:			
5700 Total Local and Intermediate Sources	\$ 963,302	\$ 437,795	\$ 1,401,097
5800 State Program Revenues	10,812,451	991,928	11,804,379
5900 Federal Program Revenues	517,676	1,777,934	2,295,610
5020 Total Revenues	12,293,429	3,207,657	15,501,086
EXPENDITURES:			
Current:			
0011 Instruction	5,730,433	633,051	6,363,484
0012 Instructional Resources and Media Services	125,464	18,381	143,845
0013 Curriculum and Instructional Staff Development	225,941	380,107	606,048
0021 Instructional Leadership	162,106	32,931	195,037
0023 School Leadership	789,202	17,264	806,466
0031 Guidance, Counseling and Evaluation Services	327,733	47,031	374,764
0032 Social Work Services	–	25,879	25,879
0033 Health Services	166,925	9,375	176,300
0034 Student (Pupil) Transportation	409,397	58,348	467,745
0035 Food Services	215,699	584,808	800,507
0036 Extracurricular Activities	372,371	–	372,371
0041 General Administration	902,359	14,422	916,781
0051 Facilities Maintenance and Operations	1,450,406	60,234	1,510,640
0052 Security and Monitoring Services	290,255	14,229	304,484
0053 Data Processing Services	546,484	7,120	553,604
0061 Community Services	102,878	50,854	153,732
Debt Service:			
0071 Principal on Long-Term Debt	–	638,640	638,640
0072 Interest on Long-Term Debt	–	663,179	663,179
0073 Bond Issuance Cost and Fees	–	120,435	120,435
Intergovernmental:			
0099 Other Intergovernmental Charges	15,270	–	15,270
6030 Total Expenditures	11,832,923	3,376,288	15,209,211
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	460,506	(168,631)	291,875
OTHER FINANCING SOURCES (USES):			
7901 Refunding Bonds Issued	–	4,290,000	4,290,000
7916 Premium or Discount on Issuance of Bonds	–	420,044	420,044
8940 Payment to Bond Refunding Escrow Agent (Use)	–	(4,588,241)	(4,588,241)
7080 Total Other Financing Sources (Uses)	–	121,803	121,803
1200 Net Change in Fund Balances	460,506	(46,828)	413,678
0100 Fund Balance – September 1 (Beginning)	7,894,929	270,854	8,165,783
1300 Prior Period Adjustment	(136,767)	–	(136,767)
3000 Fund Balance – August 31 (Ending)	\$ 8,218,668	\$ 224,026	\$ 8,442,694

Don't put your football jerseys away just yet, here comes the USFL

By Steve Escajeda
Special to the Courier

Let's be honest, isn't Super Bowl Sunday the best day of the year to spend with family and friends?

I know there's Christmas and birthdays and stuff like that, but at least with the Super Bowl, everyone can get together, have fun, and not have to bring a present – well, maybe a little avocado dip and chips, but that's about it.

Anyway, I hope your party last Sunday was awesome, but that brings me to a sad note – no more football for about six months.

Well, now that I think of it, that's not entirely accurate.

There will be football between now and August, I don't know how good it'll be, but there will be football.

On April 16, the United States Football League will kick off its inaugural season with eight teams and a 10-game schedule.

Some of you out there may remember that there was a USFL back in the 1980s that was pretty successful for a while before it finally folded.

And though this league shares the same name as the one 40 years ago, they are not connected in any other way.

Back then, for three seasons, the USFL gave the NFL a bit of a scare. TV ratings were solid and the league started gaining the interest from college superstars.

In fact, three consecutive Heisman Trophy winners signed with the USFL instead of the NFL, Herschel Walker, Doug Flutie and Mike Rozier.

Other future NFL Hall of Famers who started with the USFL include Reggie White, Steve Young and Jim Kelly.

So does that mean that this league will be as much of a threat to the NFL as that one was? Probably not.

Other leagues have gone up against the all-powerful NFL in the past, and have always fallen. I expect the same thing to happen this time around.

But for those of you who are interested in a little more football, the USFL will feature four teams in the North, the New Jersey Generals, Michigan Panthers, Philadelphia Stars and the Pittsburgh Maulers.

The South will consist of the Birmingham Stallions, Houston Gamblers, New Orleans Breakers and the Tampa Bay Bandits.

An interesting fact is that at least the TV networks are excited.

The league's first game will feature the Generals against the Stallions and will kick off at 7:30 p.m. ET on a Saturday. That game will air on both FOX and NBC at the same time, making it the first scheduled sporting event to air on competing broadcast networks since Super Bowl I in 1967, which was shown on both CBS and NBC.

What the league has gone out and done

is to hire name coaches like former NFL coaches Jeff Fisher and Todd Haley, along with former NCAA coaches Skip Holtz, Kevin Sumlin, Mike Riley and Larry Fedora.

There hasn't been a lot of information put out concerning rosters but there is something the league is doing for the players and staffers, that make me root for them.

The USFL is partnering with Strategic Education's Strayer University and Capella University to offer a college degree program that is tuition-free and debt-free. USFL players and staff will be able to take classes online through Capella or online and in-person at Strayer.

According to Executive Vice President of Business Operations, Edward Hartman, "Athletic dreams often compete with educational goals, so we are hoping to

reduce the burden by supporting USFL players and staff in their effort to achieve college degrees by proudly offering this free benefit."

That kind of reminds us that these are actual human beings trying to better their lives through playing football. Some may not make it to the big time, so it's good to focus on education just in case.

That already makes me a fan.

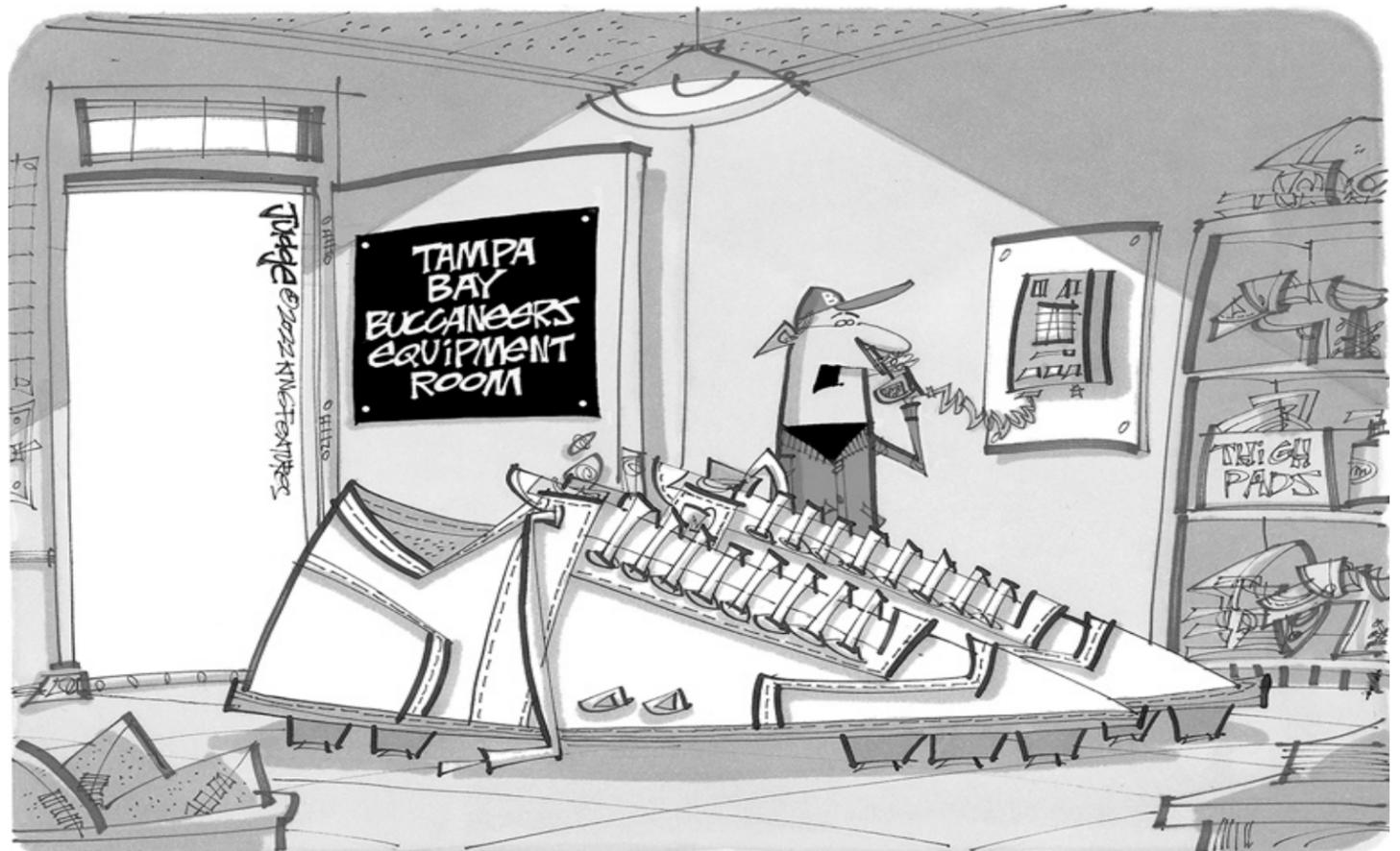
Again, will the football be any good? I don't know, but I'll certainly give it a try – hopefully for an entire game.

Some fans feel that bad football is better than no football.

I just know that a few months off makes the new NFL season so exciting and fresh.

Football after football is like another huge helping of dessert right after you've had a huge helping of dessert.

Sometimes it's just too much, too soon.



"WHAT DO YOU WANT ME TO DO WITH TOM BRADY'S SHOES?"

Super Crossword

SLICK MIDDLE ACROSS	64 Chute-deploying jumper	127 Face-off area in hockey (or what's found in eight answers in this puzzle)	29 "No worries, dude"	82 "-haw!" (rodeo shout)	1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18
1 Musical McEntire	65 Goth foe	129 Article in Germany	30 Catch red-handed	85 Bad deed	19
5 Bank acct. underwriter	66 Fixed fashionably	130 Yamaha products	33 Here, to Yves	86 Swindle	20
9 Skate parts	68 Dollar part	131 "_ girl!"	37 Pulitzer-winning novelist Jennifer	88 "Doggone!"	23
15 Church seats	70 Author _ Rogers St. Johns	132 The Bradys' Alice, e.g.	38 Ltr. extra	90 Penne _ vodka	24
19 Students at Yale	71 Taj Mahal locale	133 Elk relative	39 Uncanny	92 Mental haze	25
20 _ avis (one of a kind)	73 Person on a most-wanted list	134 Sharply focused	40 Wets a bit	93 "You're oversharing," in texts	27
21 Actor Shaw	77 Geraint's patient wife	135 Low in pitch	41 "Ew, gross!"	97 They may run Windows	28
22 Take one's leave	78 Averse (to)	136 Poker cost	46 Marina del _ California	98 Some trig functions	29
23 Photoelectric cells used for iDing	80 Swanky	DOWN	48 PC screen type	100 Like "penne" and "graffiti"	30
25 Title heroine of a 2001 French film	81 Diplomat	1 Sends back into custody	49 Frigate, e.g.	101 Seek pleadingly	31
26 Onetime rival of Nintendo	83 Suffix with ethyl	2 Euphoria	51 Ralph of "The Karate Kid"	102 Go ahead of	32
27 Charges to get some quick cash	84 Strong coffee	3 Female honcho	52 Duel weapon	103 Went uphill or downhill	33
28 Property of a body in motion	87 Suffix with fact	4 "You wish!"	53 Govt. med approver	104 Baseballer Mays	34
31 Vardalos of the screen	89 One frosting a cake, e.g.	5 Most liberated	54 Bona _	105 "Who's interested?"	35
32 Morales of "Bad Boys"	91 All-out attempt	6 Go on a brief yacht outing	55 Smoothed (out)	106 Tone down	36
34 Roman 1,501	94 Potentially shocking fish	7 Furious state	56 "My Heart Will Go On" singer Dion	107 Have dinner	37
35 Noisy tot toy	95 Discontinued iPod	8 Wine vessel	57 Brokerage employee	109 Liam of film	38
36 Principles of household management	96 Rock concert equipment	9 Marlon of film	58 Alpine abode	110 Author Hemingway	39
42 Rooted (in)	99 Speak like Daffy Duck	10 Chinese noodle dish	59 "The Raven" co-star Bela	111 Australia's main airline	40
43 Hidden obstacle	103 Hits, as a fly	11 Aid in wrongdoing	60 Absorbed	112 Force along	41
44 Kitchen flooring, to a Brit	108 Imaginary band on the earth's surface	12 Sandwich shop	61 Academy URL ending	114 Kid-lit's Longstocking	42
45 Sullen	113 Form a single file	13 Actor Bana of "Munich"	62 Writ for court appearance	119 Uppercut landing area	43
47 Gore and Pacino	115 "_ tu" (Verdi aria)	14 Control the course of	67 Arafat's gp.	120 Part of QED	44
50 Humorous impact	116 Healing sign	15 Pre-euro Spanish money	69 Dayton-to-Toledo dir.	121 Windmill part	45
58 Tightens, as one's fist	117 Drink in a schooner	16 Puts forth	72 Trac II successor	122 Healing sign	46
63 Track circuit	118 Luge, diving and biathlon	17 Move like a hula dancer	74 "Time _ essence"	124 Columnist Bombeck	47
	123 Saintly	18 Didn't leave	75 Team VIP	128 Socrates' "H"	48
	125 Sit heavily	19 Ho-hum grades	76 Olden times		49
	126 Clause's cousin		79 Clucking bird		50

Comix

OUT ON A LIMB By Gary Kopervas



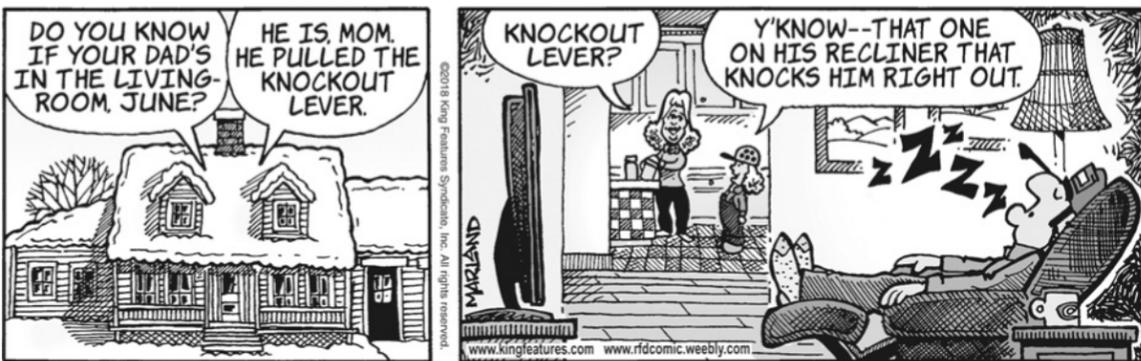
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Lowry

From Page 2

center-left writer Matthew Yglesias points out, the Biden administration may believe that it has embraced normality but what it's really done is only make "the most extreme public health people mad at them."

If the administration wants to make a statement, it could decisively turn against the

teacher unions on the issue of keeping schools open, siding with parents and kids over a Democratic interest group. It could relax its indefensibly sweeping guidance on school masking and instantly pave the way for local school districts to lift their mandates. It could end the federal mask mandates on travel.

But any of these measures would mean crossing progressives; enduring the

scolding of one-dimensional public-health experts; and courting comparisons to Donald Trump, or even worse, Glenn Youngkin and Ron DeSantis.

And so President Biden, as conditions change, can't change with them, putting normality on indefinite hold.

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

Late recurrences are possible with breast cancer patients

DEAR DR. ROACH: I just read another sad story about a woman who had breast cancer, fought it and seemed to win, but after five years, it came back and took her life. The same sequence of events happened to my wife two years ago. She fought the second round of cancer for a year and a half, but it was just about everywhere. What is this connection between the initial breast cancer occurrence and it coming back five or six years later even more widespread throughout the body? Is screening stepped up during that period? – Anon.



I am very sorry to hear about your wife. With most cancers, no evidence of disease five years out from diagnosis usually means a cure, that the person will not have a recurrence of that particular cancer, although people who've had one cancer are at a higher risk of developing a second, unrelated cancer. Breast cancer is one of the exceptions. Late recurrences (after five years) are possible, even very late recurrences. I have seen 20 years afterward, and there are reports of even longer.

Although the reasons why breast cancer seems to hide for many years are not known precisely, we do know some risk factors for recurrence: Larger tumors are more likely to recur. Those with positive lymph nodes are at high risk, and women with estrogen receptor positive, progesterone receptor positive and HER2 negative tumors are more likely to experience recurrence.

Screening is absolutely appropriate in women who have had breast cancer. There is not a consensus about the type and frequency of screening, but many experts choose yearly mammography. Breast MRI has been considered, but it has not been proven to be better in women with a history of breast cancer.

A healthy lifestyle, including regular exercise, a diet with plenty of fresh fruits and vegetables, abstinence from smoking and minimal alcohol intake, has been shown to reduce cancer risk in women with a history of breast cancer.

DEAR DR. ROACH: I have had stage 4 kidney disease for several years now. My doctors have said there is not much else they can do for me. I have been told by an alternative health care practitioner that asparagus and watermelon eaten approximately three times per week could have a beneficial effect. Any comments or suggestions you have would be appreciated. – R.A.

Chronic kidney disease is not a single entity. Any condition that can cause long-term damage to the kidney will cause reduced kidney function, measured by the glomerular filtration rate. It is graded on a scale of 1 to 5, based on how well the kidneys can filter blood. A normal GFR is above 90; CKD 1 is kidney disease with a normal GFR, while CKD 2 is a GFR of 60-89; CKD 3 is 30-59; CKD 4 is 15-29; and CKD 5 is below 15. At this point, people are usually contemplating dialysis.

Occasionally, kidney experts can find a reversible cause of poor kidney function, such as poor blood flow to the kidneys. Most of the time, the damage is largely irreversible.

I dearly wish that asparagus and watermelon could reverse kidney damage. It cannot. The main goal in someone with chronic kidney disease is to take steps to slow the decline. A plant-based diet does that, and some people, especially those with protein in the urine, may benefit from an ACE inhibitor to slow kidney damage.

A nephrologist is the expert in CKD and should be consulted early in the course of the disease. You can read much more on the National Institutes of Health's excellent site: <https://tinyurl.com/y6gekvqo>.

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) 2022 North America Synd., Inc. All Rights Reserved.



Moore Texas by Roger MOORE

At the end of WWII, bombs were attached to balloons and set adrift towards America by the Japanese. Two such devices touched down in Woodson and Desdemona, TX.

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: **K** equals **G**

KXW TCVOFWTJ IF GFDI FXI
 IQT SFBYXGHBK HBYF KPIQTDTJ
 FB DTSFB CHGGHFBG:
 PB HBITO VDFSTGGFD.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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The VA versus COVID



by Freddy Groves

The Department of Veteran's Affairs has been battling COVID-19 from the very beginning of the pandemic. The recently released Coronavirus Disease 2019 Response Report Annex B tells just how they've done. The facts are impressive.

So far they've vaccinated 4.3 million people.

The VA was the first federal agency to issue a mandate requiring all VA employees who work in health care to be vaccinated. They beefed up telehealth for veterans at home and those who live in rural areas. This resulted in 2,500% increase of telehealth care visits.

The VA carried out 43 Fourth Mission assignments, improving preparedness on the national, state and local levels. These assignments ranged from admitting 630 civilians to VA medical centers

to providing 937,000 pieces of personal protective equipment such hand sanitizers, wipes, plexiglass isolation stations, webcams, air machines and so much more. Personnel were deployed to all 50 states to provide support at all levels and in all types of capacities, from hands-on medical to logistics to grocery delivery to homebound veterans.

They have processed between 70,000 and 90,000 COVID tests per week.

The VA published over 300 COVID studies, including: a comparison between the Moderna and Pfizer vaccines (Moderna was better), vaccination rates between minorities and white patients (minorities received more vaccines in the VA system while white patients received more vaccines in the civilian population) and Baricitinib plus remdesivir was better than remdesivir by itself, among many other studies.

The VA pulled together pulmonary experts to study long COVID, the long-term symptoms after a COVID infection. It moved early

to administer monoclonal antibody therapy and genome sequencing in labs.

If you want to look at the whole 199-page Annex B report, go to www.publichealth.va.gov/n-coronavirus/COVID_19_Response_Reports.asp. Annex B is the second addendum to the original Response Report.

What is clear is that VA left no stone unturned in its battle with COVID-19. States and local communities could learn a lot from what the VA has been doing.

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- File this one under safety and energy smarts: Clean the dryer vent after every load. Clean the dryer vent screen monthly with a gentle soap and water bath. Rinse well and dry thoroughly before inserting back into your dryer.

- I used to struggle with plastic wrap every time I tried to use it. But now, it's a breeze since I learned to do these two things: One, keep plastic wrap in the freezer. It unrolls evenly, not one side or the other. Two, use a serrated knife to cut it instead of relying on the metal strip down the side of the box. You lay it out on the counter, and just run the knife down the edge you want to cut. Works like magic, and it's no longer frustrating. – G.S. in Georgia

- "Make a cream lipstick last longer and stay cleaner by using a makeup brush to apply. Your skin picks up more of the lipstick than necessary, one reason why we blot our lips afterward. But the brush uses only what you need. And there's less bacteria transfer." – Y.R. in Massachusetts

- Studies have shown that you spend more and make worse decisions when grocery shopping at peak hours. To be a saver on the family food bill, pick a time to shop when you're not rushed; have a list; know the sales ahead of time; and eat before you go.

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.

	x		-			19
-		+		÷		
	x		+			21
x		+		x		
	-		x			24
25		14			18	

1 2 3 4 5 6 7 9 9

DIFFICULTY: ★

★ Moderate ★★ Difficult

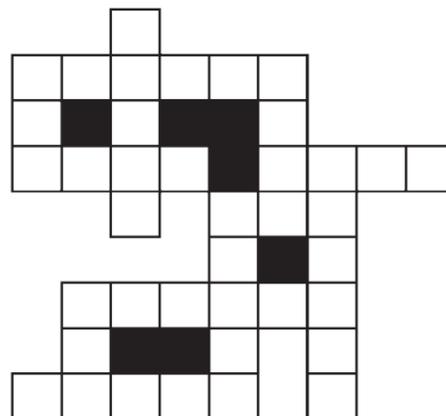
★★★ GO FIGURE!

Answer Page 4

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- EPP
- ♥ HARBET
- ♥ NAWSI
- ♥ ALEN
- PICEST
- ♥ BNE
- LEBA
- ♥ PERTI
- EWS
- HEACAP
- TEPNA
- ♥ APEN



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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