



NEWSBRIEFS

Wanna bet?

The Wanna Bet Program will be held from July 11-15 at 1:00 p.m. at the Women's Intercultural Center located at 303 Lincoln Street in Anthony, NM. Do you gamble? Are you in 4th or 5th grade? Come have fun and learn about: Gambling situations, gambling odds and other addictions. Snacks will be provided. Space is limited to 20 participants. For more information or to register please contact Suzie Weber at 575-521-4794 or via email atwebers@wnmu.edu.

— Mary Carter

Thank you

We've just celebrated Memorial Day, but the memory lingers on, according to the Association of Mature American Citizens. As the holiday weekend was getting started this year, The Week magazine featured a set of poignantly appropriate stories. One of the brief articles focused on a young Massachusetts woman who stopped at a local Dunkin Donuts for some refreshment. When she returned to her car there was an envelope under her windshield wiper containing \$40—a token of appreciation from an anonymous admirer. It also contained a note that read: "I noticed the sticker on the back of your car. Take your hero out to dinner when he comes home. Thank you both for serving. Him deployed and you waiting." It was signed, United States Veteran / God Bless. The vet had spotted her bumper sticker noting that "Half my heart is in Afghanistan."

— John Grimaldi

Car thieves

Two men are suspected in an elaborate theft of a classic car and a U-haul vehicle trailer. Auto Theft Investigators from the El Paso Police Department are asking for your help, in identifying these suspects, through the Crime Stoppers. In the early morning hours of Thursday, May 13, 2016 the suspects went to JB Integrity Automotive shop located at 1080 County Club Rd. The men managed to forcefully move a 2016 Ford Escape to gain access to a 1972 Chevrolet Camaro. The men drove the car out of the shop and the vehicle stalled a short distance from the business. The men then went back to the business and stole a U-Haul vehicle trailer.

See BRIEFS, Page 4

All children don't disobey their parents. Some are never taught what to do.

— Quips & Quotes



— Photo By Alfredo Vasquez

TAKING CARE OF THE TRAIL – About two miles of the El Paso Mission Trail Historic Area runs through the City of San Elizario and is currently under El Paso County's jurisdiction. The trail's historic district runs along Socorro Rd. and can extend anywhere from 300 to 600 feet off of the road. As officials of the new City of San Elizario create ordinances that will regulate zoning and planning issues, they would like County Commissioners to give the new town oversight duties of its historic district along the route.

San Eli, county officials look at historic district zoning authority

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO – As the recently incorporated City of San Elizario creates its own ordinances, zoning requirements, and other regulations, it is looking to the county for cooperation in helping the new municipality protect the historic district, which is part of the El Paso Mission Trail.

In 1995, the Texas Legislature granted zoning power to El Paso County to oversee development along the mission trail within San Elizario, which at the time was an unincorporated town. San Elizario became a city in November 2013.

Now, the two entities are considering

ways to work together to come up with a plan for improving the trail that stretches through San Elizario. The cities of El Paso and Socorro oversee development along the El Paso Mission Trail in their respective areas.

The City of San Elizario Mayor Maya Sanchez told county commissioners court during a recent public meeting that her municipality was prepared to take over the mission trail zoning responsibilities that lie within its jurisdiction. She asserted that while zoning regulations along the mission trail were well intended about 21 years ago, they have failed in practice.

"There are a lot of things that have happened over the years that should not have," Sanchez stated. "We are more than willing to take that extra work off your

hands. We do want to see the mission trail preserved," she told commissioners.

County Commissioner Vince Perez, who represents the Lower Valley, said that granting zoning authority to the City of San Elizario is an option that the county will explore, but that nothing had been determined yet.

"We just want to see if the authority we have as a county can assist them in any way and to make sure that the processes that are already in place at the county are consistent with the law," Perez explained.

He said that the county attorneys will need more time to take a look at the statute and to see how the county can collaborate better with the City of San Elizario officials.

Espinoza is Region 19 Superintendent of the Year

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Socorro Independent School District Superintendent José Espinoza has been named the 2016 Region 19 Superintendent of the Year for his achievements and excellence as a public school administrator.

"I am humbled and honored to receive this recognition," Dr. Espinoza said. "This is certainly a result of the great leadership from our outstanding Board of Trustees and great work by our excellent students, teachers, support staff, and administrators over the last four years. I also credit the unwavering support from our dedicated parents, volunteers, Partners in Education, and community members."

Espinoza earned the recognition as part of the Superintendent of the Year program which is underwritten by Balfour and sponsored by the Texas Association of School Boards.

He will go on to represent the region in the state program. The state Superintendent of the Year award will be presented at the 2016 Texas Association of School Administrators/Texas Association of School Boards (TASA/TASB) Annual Convention in Houston.

"Dr. Espinoza is an incredible leader with great vision and tremendous passion to ensure every student succeeds in Team SISD," said SISD Board President Gary Gandara. "The SISD Board is proud of the work he has achieved to take this district to new levels of achievement. We value his commitment, collaboration, and tireless work ethic, which have earned him this prestigious award."

Dr. Espinoza was chosen for his strong leadership skills, dedication to 100 percent student success, maintaining highly qualified and effective staff, and a commitment to parental and community involvement.

He has spearheaded several innovative initiatives in Team SISD to improve academic performance, including developing the WIN Academy to give vulnerable students extra support and resources, Operation College Bound to increase college awareness and activities, and Operation Future Ready, a commitment to invest in digital learning tools for students and training for teachers in the latest instructional technology devices and strategies.



Superintendent José Espinoza

Finances By Nathaniel Sillin

Building a financial emergency kit for your family

What would a sudden financial emergency be in your life? It could be a storm causing massive property damage to your home. It could also be something more personal, like an accident that would cut off your ability to make a living.

Whatever it is, if someone else had to step in to help you in an emergency situation, it's important to have a plan in place so they know what to do.

A financial emergency kit is a crucial component in financial planning. In short, a financial emergency kit involves identifying and planning for potential financial emergencies that could affect you and your loved ones. Building a successful one goes beyond sorting paperwork – it involves looking at a variety of potential situations in your life and then asking, "What's the worst that

could happen?"

You will want to create a kit – a set of physical or digital documents and instructions – that can help you or someone else you trust manage in a crisis. Here are some items you'll likely want to include:

1. Estate documents. Estate planning is really the highest form of financial emergency planning, because it addresses the ultimate personal financial emergencies – medical incapacitation or death. Would your family have easy access to this material if something happened to you? In your family financial emergency kit, estate documents would include copies of current wills (for you and your spouse or partner), your advanced directives (which instruct doctors on end-of-life or other stages in medical care), health/financial powers of attorney (which designate specific individuals to step in to manage your money or healthcare if you cannot do so) as well as other documents that provide additional guidance for operating businesses and managing and distributing other assets you have. Make sure these documents are always current

and that contact information is included for all the qualified experts you used to prepare them – estate or business attorneys, tax professionals and financial planners.

2. Insurance policies. Being able to find home and auto policies in a natural disaster is a no-brainer, but it's important to think a little more broadly. File as much policy and contact detail as you can for any health, disability, business, life and accident coverage you have – and remember that it's particularly important to note or file documentation on this coverage at work, too. Sometimes we sign up rather blindly for work-based benefits only to realize how important they may be in a financial emergency.

3. Tax materials. If a family member dies or becomes incapacitated, tax matters still need to be attended to. If you work with a tax professional, make sure their contact information is in the digital or physical kit (see indexes, contacts and guides, below), but it's also important to keep past returns and relevant supporting data based on your individual tax situation.

4. Investment, savings and retirement documents. If you work with a qualified financial planner or tax expert, you may have access to a particular system that lists and track this information in an organized way that many of us don't have at home. However you plan and track your investments, it should be included in your kit.

5. Indexes, contact sheets and guides. Some people need a little guidance, others need a lot. A family financial emergency kit needs to be usable by all designated family members. Put yourself in the role of a friend or family member who's been called in to help you in a crisis. If you had to step in to settle an estate, healthcare or disaster emergency for a friend or family member and they weren't around to advise you, what information would you need to get started? In any category of information you include in a financial emergency kit, include a separate file or digital instruction that details people to call, account numbers if necessary, relevant online and physical addresses and other key data to advise that person about what's in front of them and what they should do. If you work with qualified financial experts, make sure their contact information is included.

6. Easy access to essentials under lock and key. If you're away from home when damage occurs or if family members need to access vehicles or other spaces, make sure you have keys and access codes locked safely in your emergency kit. You will also want to ensure that your emergency contacts have the necessary access to your emergency kit in order to retrieve these materials. You or loved ones might also need access to funds, particularly cash in an emergency. If you don't have a bank account established strictly for emergencies that allows specific family members to write checks or make cash withdrawals, you should consider it.

Bottom line: Building a financial emergency kit requires some thinking, but it can help you avoid major losses and speed up decision making in a crisis. Work with people you trust to make it accessible and useful to your family and trusted individuals.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.



Public Notice City of San Elizario

Tire Amnesty Day in San Elizario

The City of San Elizario is conducting a Tire Amnesty Day for Residents of the City of San Elizario.

Date: Saturday, June 18, 2016

Time: 8:00 a.m.-12:00 p.m. (or until capacity)

Location: San Elizario Volunteer Fire Department
1425 San Antonio St., San Elizario, TX

- A total of 1000 tires will be collected during designated hours.
- City of San Elizario Residents only – **Driver's License or ID required.**
- No Trailers.
- No tire companies please.
- Only passenger tires will be collected, 17 inches or smaller.
- No commercial vehicle tires accepted: heavy duty/bobcat tires; semi-truck; tractor trailer, or agricultural tires.

More information at info@cityofsanelizario.com or call (915) 974-7037 / 974-8766.

Veterans Post By Freddy Groves

Veteran transitions study is eye-opener

The RAND Corporation has spent a decade researching concerns for veterans, especially when it comes to transitioning to civilian life. It has recently released a study with 10 areas of investigation, and some of the answers are eye-opening. Here are a few of the questions:

How widespread is veteran unemployment?

The answer depends on the age of the veteran. Older unemployed veterans are on par with civilians, but the younger ones, aged 18-24, have more hurdles to jump, at least for a short period after leaving the service. RAND points out that the media lumps everyone into a group and doesn't account for demographics.

Are tax credits for hiring veterans useful and cost-effective?

Bottom line: Yes. The credits cost \$610 million but increased veterans' income by \$1 billion. It helps that the credit-eligibility rules have changed. It used to be limited to disabled veterans who had to leave the military because of service-related disabilities, but credits now can be used for any disabled veteran who

was recently discharged or unemployed for more than six months.

Do service members and veterans earn less than civilians?

Short answer: No. Veterans earn more than civilians, as do active duty when the benefits are added in. Further, if the veteran worked in communications, intelligence or health care, he or she will earn more as a civilian than other veterans will.

How effective are support services for veterans' transitions?

Bottom line: It depends on the service. But no matter what support service is used, some employers still can't figure out how to translate military jobs into their civilian equivalent.

More questions in the study include: How widespread and costly are mental-health problems among service members and veterans? And is suicide a crisis in the military? To read the whole report, "10 Frequently Asked Questions About Veterans' Transitions," go online to www.rand.org.

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WEST TEXAS COUNTY COURIER

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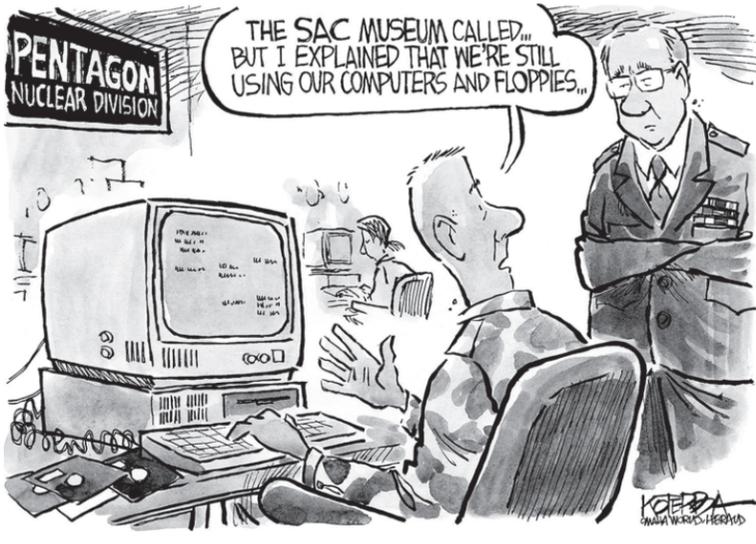
San Eli seniors say farewell with a rose



— Photo courtesy San Elizario ISD

It was a bitter-sweet moment as San Elizario High School (SEHS) seniors gathered in their school's gym one last time for the annual Rose Ceremony. Emotions were high as the seniors came face-to-face with the juniors to say goodbye and to also give up their senior position to them. The Rose Ceremony is a San Elizario High School classic tradition that has been on going since 1984. This is where the seniors hand a rose to the juniors in representation of them becoming seniors in the upcoming school year. Above senior Alex Fernandez, right, gives rose to junior Ulises Cardoza. By accepting the rose, juniors officially welcome the responsibility of representing SEHS as the new leaders of the campus and must serve as positive role models for the other grade levels. During the ceremony all recipients of college scholarships, the Male and Female Athlete of the Year, and 'Aguila Awards' winners were named.

— Hector Gonzalez



NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Socorro Independent School District will hold a public meeting at 6:00 PM. on Tuesday, June 21, 2016 in the District Service Center, Board Room, 12440 Rojas Dr., El Paso, Texas 79928. **The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.**

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed tax rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Maintenance Tax	\$0.976140/\$100 (Proposed rate for maintenance and operations)
School Debt Service Tax	
Approved by Local Voters	\$0.298654/\$100 (Proposed rate to pay bonded indebtedness)

Comparison of Proposed Budget with Last Year's Budget

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

Maintenance and Operations	3.27% Increase
Debt Service	0.83% Decrease
Total Expenditures	2.78% Increase

Total Appraised Value and Total Taxable Value (as calculated under Section 26.04, Tax Code)

	Preceding Tax Year	Current Tax Year
Total appraised value* of all property	\$ 10,981,590,827	\$ 11,699,182,471
Total appraised value* of new property**	\$ 511,315,866	\$ 374,895,135
Total taxable value*** of all property	\$ 8,666,053,414	\$ 9,284,223,310
Total taxable value*** of new property**	\$ 433,551,317	\$ 357,147,101

* "Appraised value" is the amount shown on the appraisal roll and defined by Section 1.04(8), Tax Code.

** "New property" is defined by Section 26.012(17), Tax Code.

*** "Taxable value" is defined by Section 1.04(10), Tax Code.

Bonded Indebtedness

Total amount of outstanding and unpaid bonded indebtedness* \$534,260,096

* Outstanding principal.

Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$ 0.976140	\$ 0.298654*	\$ 1.274794	\$ 2,521	\$ 5,947
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	\$ 0.990450	\$ 0.325520*	\$ 1.315970	\$ 2,636	\$ 5,995
Proposed Rate	\$ 0.976140	\$ 0.298654*	\$ 1.274794	\$ 2,585	\$ 5,947

*The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both.

The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 127,412	\$ 128,144
Average Taxable Value of Residences	\$ 102,264	\$ 103,053
Last Year's Rate Versus		
Proposed Rate per \$100 Value	\$ 1.274794	\$ 1.274794
Taxes Due on Average Residence	\$ 1,303.66	\$ 1,313.71
Increase (Decrease) in Taxes		\$ 10.05

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in the tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 1.329154. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 1.329154.

Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 59,850,499
Interest & Sinking Fund Balance(s)	\$ 12,061,291



– Photos courtesy Canutillo ISD

GOLDEN PIPES – The Canutillo Middle School Honor Band won the 1st Place Gold Award at the prestigious Worldstrides Heritage Music Festival in Anaheim, CA. May 28.

Canutillo ISD music students perform in national festivals

By Andrew Reynoso
Special to the Courier

CANUTILLO – The sound of music is filling the halls of Canutillo schools and taking students to higher notes on the national stage. May 28, the Canutillo Middle School Honor Band and the Jose Damian Elementary Chamber Choir each won the 1st Place Gold Award at the prestigious Worldstrides Heritage Music Festival in Anaheim, CA.

The group of 45 CMS band members was also honored with the Spirit of Anaheim Award given to one group among elementary & secondary; band, choir, jazz bands, and orchestras whose conduct demonstrates professionalism, concert etiquette, best attire, and school pride.

“I’m really proud of all my students. We have worked really hard to earn this accomplishment and we finally did it,” CMS Honor Band Director Christian Rodriguez said. “This would not have been possible without the help and support of all the parents

believing in and supporting their child’s music education.”

In audio comments given to the band, adjudicator Larry White, professor of music in percussion studies at UTEP said, “I’ve been a professor of music at UTEP for 36 years, and I have never heard Canutillo Middle sound this good! Great Job guys!”

The elite Jose Damian Elementary Chamber Choir, directed by Rocio Rodriguez, wife of the CMS director, Christian Rodriguez, won the 1st Place Gold Award for the second time at the festival in Anaheim. In five seasons, the JDE Choir has won many awards and special recognitions such as being recognized by State Representative Joseph Moody in 2013.

“Most of the JDE choir members move on to join choir or band in middle school, and pursue a career in music,” Rocio Rodriguez said.

In fact, two former JDE Choir members, twin brothers Myles and Elliot Lavis from Alderete Middle School will sing at the 2016 Honors Performance Series at Carnegie Hall in New

York City June 25. Myles will perform as Second Alto and Elliot will perform as a Second Tenor at the 125th anniversary season at Carnegie Hall with the Honors Junior Choir.

The Lavis brothers auditioned this past fall for the Honors Performance Series at the recommendation Ms. Alejandra P. Martinez, their Alderete Middle School Choir Director. They both were accepted as finalists into this exclusive group of talented performers and will join other students from across North America and select international schools to study under the masters in New York City and perform in the celebrated venue, Carnegie Hall, which should prove to be an enriching, rewarding and memorable experience.

“This is a dream come true!” Myles said. “I know that some people only dream about performing at Carnegie Hall. That is why I am so grateful to be given this amazing opportunity this summer!”

Elliot added, “It is such an



PERFORMING ON A BIG STAGE – Twin brothers Elliot and Myles Lavis, honor students at Alderete Middle School, were selected to perform at the 125th anniversary season at Carnegie Hall with the Honors Junior Choir in New York City this summer.

honor to have been selected as a finalist and I look forward to meeting the other performers selected who share my passion for music and the arts. I know this will be a life changing experience for me, one that I will never forget!”

Canutillo ISD Superintendent Dr. Pedro Galaviz emphasized the significance of fine arts education.

“We are very fortunate to have

a great tradition of excellence in our fine arts programs here at Canutillo. These students are being honored for their accomplishments and these special experiences enhance their education.”

If anyone would like to support the Lavis brothers’ efforts, contributions can be made to their Bank of America Student account # 488062126201; ABA Routing # 111000025.



REPEAT HONORS – The elite Jose Damian Elementary Chamber Choir won the 1st Place Gold Award for the second time in Anaheim.

Ali was a spectacle in and out of the ring

By Steve Escajeda
Special to the Courier

The very first sports heroes I can remember as a young kid were at the end of their iconic careers.

Names like Mickey Mantle and Bill Russell and Johnny Unitas and Willie Mays and Bobby Orr and Hank Aaron were still around but they were a shell of what they were in their prime.

Still, my father helped me appreciate their achievements on the field and their importance to fans around the nation and the world.

It was the end of an era. It was the end of the post-World War II collection of great athletes who brought normalcy back into the lives of many Americans.

And though I respected the superstars whose careers were coming to a close – these were still my dad's heroes.

One of the first sports heroes I could call my own was a skinny heavyweight with the funny name.

What kind of a name was Cassius anyway?

The first thing that drew me to this young boxer was not his right hand or his footwork or his strong chin... it was his big mouth.

Cassius Clay was loud and brash and bombastic and confident. Most of the adults I knew just hated him and his antics. Of course that made me love him even more.

In those days, athletes (heck anyone for that matter) were not supposed to act that way. Especially black men who should have known and graciously accepted their limited place in society.

I remember being upset when he changed his name to Muhammad Ali and converted to Islam. I wasn't 10 years old yet so I didn't really understand what it all meant – but it sounded bad to me.

I accepted it pretty quickly though, but it seemed like all the adults I knew hated him even more.

To be honest, most of the country turned against him at that time, both blacks and whites. A lot of people felt like this move meant he hated the United States.

But like the black glove salute by John Carlos and Tommie Smith at the 1968

Olympics, it was time for oppressed black citizens to stand up and be noticed.

My mother always told me that the easiest thing in the world to do was to go along with the crowd.

To dare to be different and follow your convictions, no matter how much they conflicted with the accepted norm – that was one of the hardest and most noble things anyone could do.

Muhammad Ali earned his money in the ring by being one of the greatest boxers of all time. But he became a living legend for daring to question and then challenge the authority that tried to limit what he, and others like him, could accomplish outside of the ring.

Whenever Ali was going to fight it was more like an event than a boxing match. On those days, I remember being so nervous for him.

I cared for him so much that it was all I could think of.

And now, 50 years later, all I could think of last weekend was how he influenced my life and the lives of countless others.

Of course, Ali died at the age of 74 last

Friday night after decades of suffering from Parkinson's disease.

There are certain people who I thought were larger than life and could never die. But people like John Wayne and Elvis Presley and Mother Teresa and John Lennon have died and the world goes on.

But the memories and deeds of their lives live on forever.

Ali is another name that can be added to the list, but his legacy will zoom right to the top of those who spent their life here on earth influencing the social agenda.

The sports travesty perpetrated on Ali by the American government was stripping him of his heavyweight championship and sentencing him to five years in jail for refusing to go fight in Vietnam.

Ali once said he had no quarrel with the Vietnamese by saying, "They never called me nigger. They never lynched me. They didn't put no dogs on me."

It takes an unusually courageous person to use such powerful language to convey an ugly truth.

Is it any wonder what he's known as "The Greatest"?

A sporting view By Mark Vasto

Don't go to Rio

Like all great stories, here's one that starts with a girl and ends with a heart attack. And, like many misapplied missives, let's try and apply it to the upcoming Olympic Games at Rio De Janeiro, Brazil.

The year is 1996, and the place

is Atlanta's Centennial Olympic Park, the "commons area" for that year's games. Located just outside the Athletes Village at Georgia Tech and the dorms at Georgia State, and forced into a small, once-barren urban parcel between the Georgia Dome and

CNN headquarters, Olympic Park was a place to grab a beer at the spacious Anheuser-Busch tent, listen to a slate of live bands and queue up for a taxi ride home or shuttle to your car. This was where I spent much of my time, working for a large tech company inside the Athletes Village.

It was a magical Olympics: Ali lit the torch. Kerri Strug landed a vault on a broken

leg. The Dream Team was regulating. And on July 27, after a shift, I decided to celebrate at the Olympic Park and listen to a few bands. At that point, I ran into a girl from days gone by, and consumed with nostalgia, we decided to leave the park to visit with one another. After all, the next band was "Jack Mack and the Heart Attack," and who the heck were they? I had just seen Run DMC play the Olympic Athletes Laundromat and spent the afternoon chilling with Ziggy Marley underneath a tree... I was good.

I also was lucky. Twenty minutes later, a bomb went off in the park, killing two

people and injuring more than 100. Had we stayed, we would have been within 50 yards of the blast, and almost certainly taken a nail or two from the insidious bomb. I went back to work the next day and joined the chorus of volunteers and amateurs who wanted to see the games go on.

That was then; this is now.

It may come as a surprise to you to learn that the mosquito is the most deadly animal on the planet. Each year, the little female of the species bites, drinks from and in so doing infects, millions of people and animals around the

See SPORTS, Page 8

Military families get free entry to Texas historic sites

By Alicia Downard
Special to the Courier

TEXAS – The Texas Historical Commission's (THC) state historic sites will again participate in the Blue Star Museums program, which gives active military personnel and their families free admission to museums and historic sites across Texas and the U.S. Coordinated by the National Endowment for the Arts (NEA), the program began May 30 on Memorial Day and continues through Labor Day, September 5.

From western forts that defended the frontier to grand historic mansions, the THC's state historic sites offer a range of travel destinations where families can connect and experience the most exciting periods of Texas history. Several sites are dedicated to

preserving the memory of military service in Texas, including the National Museum of the Pacific War in Fredericksburg and Fort Griffin in Albany. Many of the sites recently made significant updates, including a new visitors center at Fort Lancaster in Sheffield and complete top-to-bottom renovations at Fulton Mansion in Rockport and Landmark Inn in Castroville.

This year, more than 2,000 museums in all 50 states are taking part in the initiative, including more than 500 new museums. Blue Star Museums is a collaboration between the NEA, Blue Star Families, and the Department of Defense. The free admission program is available to any bearer of a Geneva Convention common access card (CAC), a DD Form 1173 (dependent ID), or a DD Form 1173-1 ID card. To find participating museums and plan your trip, visit www.arts.gov/bluestarmuseums. For more information on the THC's state historic sites, visit www.texashistoricsites.com.

utepathletics.com

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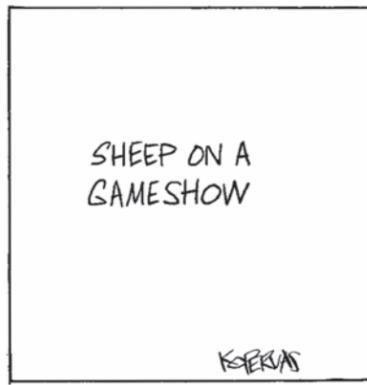
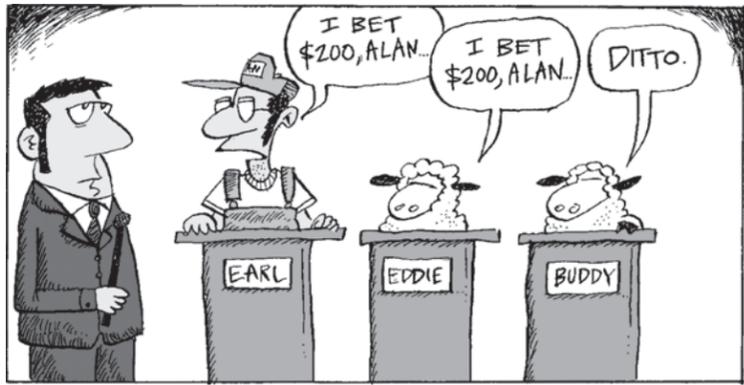
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Comix

OUT ON A LIMB By Gary Kopervas



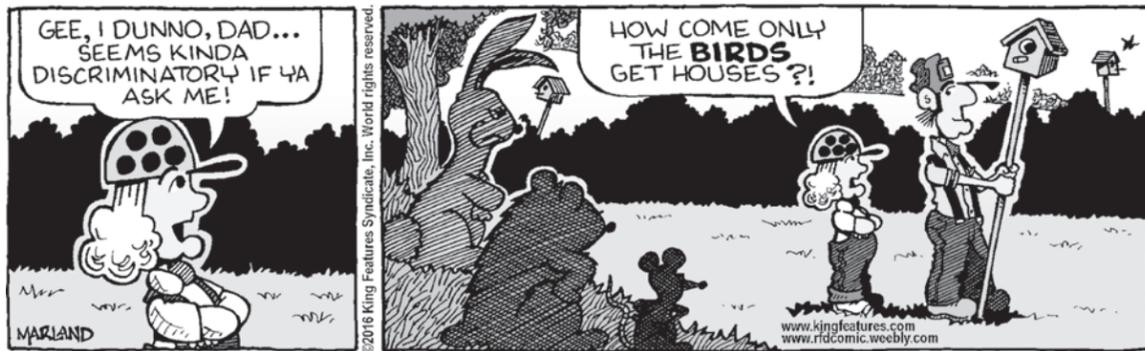
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am a female in my 60s, and for the past couple of months I have been having some discomfort and swelling in my right knee. I am slightly overweight and have osteoarthritis. I have no pain when walking, but when leaning over, I get a tight pain in the front of the leg, below the knee. I saw my orthopedic doctor, who told me that the cartilage is worn away, and said that I would need a knee replacement. I was given a cortisone shot, which helped the pain. Would losing weight help me avoid surgery? I take an anti-inflammatory and rubbed Bengay on the knee, which helped. I went for another opinion from a second orthopedic surgeon, had more X-rays taken and was given the same diagnosis. Is there anything more I can do to avoid having a knee replacement soon? – C.W.

Steroid injections are a good option for some: Hyaluronic acid shots, such as Synvisc, help many as well. Exercise, however, definitely improves both pain and function. Walking a little bit farther each day means being able to walk still more without pain.

A joint-replacement surgery shouldn't be undertaken lightly. Not everybody has a good outcome, and an infection in an artificial joint can be devastating. However, it has been my experience that most people who have gotten a joint replacement wish they had done so sooner, so don't suffer for too long if these treatments aren't helping.

The arthritis booklet discusses osteoarthritis, along with rheumatoid arthritis and lupus. Readers can order a copy by writing: Dr. Roach – No. 301W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Osteoarthritis of the knee can cause permanent loss of the cartilage. Once the cartilage is gone, the knee replacement is by far the best option to reduce pain and improve function. However, there are some things you can do to delay the need for surgery, as well as to feel better. Losing weight is important, if you are carrying more than you should. Your body weight is multiplied when you are going up and down stairs, so losing even a few pounds means much less pressure inside the knee. Anti-inflammatories and Tylenol reduce pain but don't affect the progression of disease. Bengay, topical anti-inflammatories and capsaicin creams help some people.

DEAR DR. ROACH: What do you know about Himalayan salt? Is it harmful to take every day? I am told that it can help lower blood pressure, because it has minerals and trace elements. – M.S.

Himalayan salt, though it has a pretty pink color and trace minerals, is still almost all table salt – sodium chloride – and salt raises blood pressure for most people. Keeping sodium intake down is likely to reduce risk of heart disease

See HEALTH, Page 8

Super Crossword

CIRCULAR THINKING ACROSS

- 1 Typo, e.g.
- 8 Having two of each chromosome
- 15 German-born writer Hermann
- 20 Of the king of beasts
- 21 Improve
- 22 Fungal spore sac
- 23 Its sheets have holes in them
- 25 Used all of
- 26 90 degrees from norte
- 27 Tax org.
- 28 Posed
- 29 Not dismissive of
- 30 Hasty flight
- 32 Suffix with confident
- 34 Follow through with
- 36 Get in return, as profits
- 37 It's raised in some opening ceremonies
- 42 They may be attached to fobs
- 44 Brazil's _ Paulo
- 45 Educ. org.
- 46 Hose flaw
- 48 "Yond Cassius has _ and hungry look": Caesar
- 49 Lie next to
- 51 Added wing
- 53 Overcrowd
- 55 Rotating subway gate
- 59 Germany's

- Adenauer
- 61 Gorilla, e.g.
- 63 Mobiles, e.g.
- 67 Group jargon
- 68 CBS hit
- 69 European country
- 70 Tool _
- 71 Learning centers with many mats
- 76 Stat for Ruth
- 78 Pizza topping
- 79 Co. bigwig
- 80 Turbaned believers
- 83 Big top
- 86 Moo_ shrimp
- 87 New hand distribution
- 88 Get _ on the wrist
- 89 Big truck
- 91 Start for law
- 93 Other, to José
- 94 Revelation nation
- 98 Little boys
- 100 H lead-in
- 102 "_ Sharkey" ('70s sitcom)
- 103 Stump, e.g.
- 107 Bling seller
- 110 Circle dance
- 111 Rome home
- 113 Pluralized -y
- 114 Doc treating tinnitus
- 115 Made a barking noise
- 117 The "SI" of WYSIWYG
- 119 "_ for Alibi"
- 121 Rakish guy
- 125 Spitz's kin

- 126 Theme of this puzzle
 - 129 Uncle Ben's products
 - 130 Lease
 - 131 Salts
 - 132 About to cry
 - 133 Conceives
 - 134 Unfavorable
- DOWN**
- 1 Vogue competitor
 - 2 1910s-'20s autos
 - 3 Plant part
 - 4 11th-century Italian theologian
 - 5 Game draw
 - 6 With no restrictions
 - 7 Physics Nobelist
 - Simon van der _
 - 8 Dict. info
 - 9 Maintaining equilibrium
 - 10 Letters after upsilons
 - 11 Sri _
 - 12 Next up
 - 13 AriZona drink
 - 14 German "the"
 - 15 Padlocked fastener
 - 16 Language devised in 1887
 - 17 First division of an act
 - 18 Catch a few rays
 - 19 Prevents, in legalese
 - 24 "Likely story"
 - 29 As soon as

- 31 Galaxy extra
- 33 Gore and Green
- 35 Olive of old funny pages
- 37 Honshu metropolis
- 38 Part of AFL
- 39 Wee miss
- 40 "Iron Man" Ripken
- 41 Needle-nosed fish
- 43 With 96-Down, discuss in detail
- 47 Spanish for "cats"
- 50 "Iliad" locale
- 52 Old dog star
- 54 Kind, decent person
- 56 Rough pen drawing
- 57 Hawaiian garland
- 58 D.C. winter hrs.
- 60 Bread box?
- 62 Mountain climbing aids
- 64 Tie, as Nikes
- 65 Canyon sound
- 66 Jack-a-_ (hybrid dog)
- 68 "White Men _ Jump"
- 69 Show hosts, for short
- 72 Votes against
- 73 Chip brand
- 74 Ending for many sugars
- 75 _ deck (part of a cruise ship)
- 76 Rival of JVC
- 77 "Encore!," in
- 111-Across
- 81 Brother of

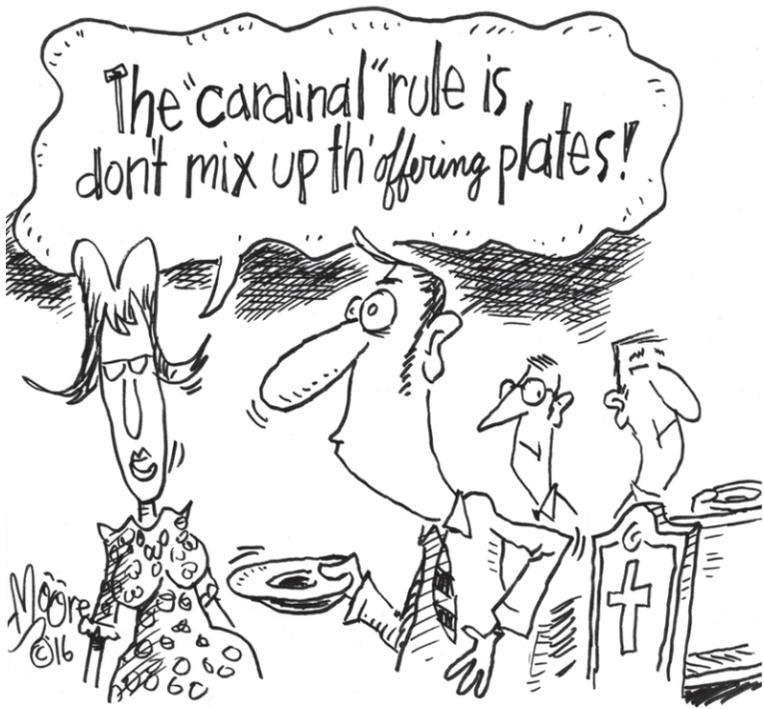
- Groucho
- 82 One-master
- 84 Followed
- 85 Wake _ the crack of dawn
- 86 Tangential topic
- 87 Energized
- 90 USAF rank
- 92 Minister's study: Abbr.
- 95 Graph paper pattern
- 96 See 43-Down
- 97 Ground, as grinders
- 99 Eur. country
- 101 Ob-_ (delivery doc)
- 103 Impede
- 104 Team newbie
- 105 Beethoven symphony nickname
- 106 Mozart's "Eine _ Nachtmusik"
- 108 Morales of "Mi Familia"
- 109 Large step
- 112 Gossip girl?
- 116 Not taxing
- 118 "_ it!" (fielder's call)
- 120 "_ girl!"
- 122 about
- 123 Boho-chic boots
- 124 Livy's "to be"
- 126 Prefix with centennial
- 127 Scale amts.
- 128 Toyota acronym before "4"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19				
20							21							22								
23							24							25								
26					27			28					29									
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67						68				69							70					
			71						73						74	75						
76	77					78					79			80			81	82				
83			84	85					86			87										
88								89	90			91	92			93						
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103	104	105						106	107			108					109					
110						111			112		113			114								
115					116				117			118			119	120		121	122	123	124	
125							126					127				128						
129								130									131					
132									133													

MOORE TEXAS

by Roger Todd Moore

San Juan Texas once had a church that accommodated 23 denominations.



Inspiring others



- Photo courtesy Fabens ISD

Senior celebrations at Fabens High School kicked off on Thursday May 27 with a visit to where their educational journey began: Fabens Elementary. Graduating seniors walked the campus halls in their regalia and gave out high-fives as the elementary children chanted, "I don't know, but I've been told, graduation is our goal!" The parade not only served as a memorable celebration for seniors but also as an inspiration for the younger Wildcats. "The elementary students were excited to see the seniors parading the halls. They look up to them," Student Council advisor Juanita Martinez said. "The expression of the graduates was that of pride and accomplishment, knowing that their hardships throughout all their years of education was finally paying off."

- By Denise Peña

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		21
x		-		+	
	-		x		10
+		x		x	
	-		x		12
17		10		20	

1 2 3 4 4 5 6 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Sports

From Page 6

world, killing more than even we

humans do.

This year's Olympics are to be held in Brazil. They are not ready, nor are they prepared to

deal with the ramifications of the

Zika virus, a virus we are just beginning to understand, a virus that deforms babies and can be transmitted sexually.

That last part has me the most worried: Athletes are proud of their bodies. They actually made the hookup app Tinder a household name due to its handiness in the last Athletes Village. The World Health Organization is calling for a delay. Rio is in disarray. We should heed its advice. This is how outbreaks occur, and for what? We can still play the Games, but we can't be stupid. Zika is for real, and figuring out how to handle this threat is as serious as any Jack Mack and the Heart Attack.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2016 King Features Synd., Inc.

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: D equals T

EF HFS GSCCFGM XFORMOG TD
DQM BTAEH-JTRKAZ YTBDFOH
JKZQD XTAD DF DTRM T VOKMY
DFYYMM VOMTR?

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

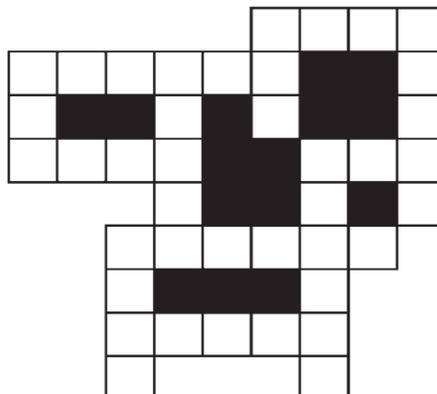
Answer Page 4

◆◆◆ HOO BOY!

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- FOF
- LIRFRE
- ♥ PLYPO
- LOMI
- LOOIER
- TRO
- ♥ TAFE
- PEMLI
- RYF
- TIMSCY
- FHETT
- ♥ ATPR



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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

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Health

From Page 7

and stroke. Generally, people with a healthy diet get all the trace minerals they need. Most studies on multivitamin and mineral supplements have shown no benefit.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.