



NEWSBRIEFS

Free SISD classes

The Socorro Independent School District's Community Education department will be offering free workforce training certifications classes to adult ESL students from 5:30 to 8:30 p.m. Monday through Thursday, beginning August 8 at three SISD campuses. Adult students who reside in Texas and are at least 18 years of age are eligible for the vocational certifications and basic skill courses being offered, which include security officer, HVAC technician, computer technician, and general office specialist with Microsoft Office software certification. Candidates interested in participating must schedule an appointment with the SISD Community Education department at (915) 937-1700 to attend an information session on July 27. Course placement is limited. All candidates must complete the registration process to be eligible to take a course. Upon successful completion of the program, participants will receive access to the certification exam. Courses and course locations:

- HVAC and computer technician: El Dorado High School, 12401 Edgemere
- Security officer: Socorro High School, 10150 Alameda Ave.
- General office specialist: Options High School, 12380 Pine Springs

— Christy Flores-Jones

The cost of caring

A new survey by the Web site, Caring.com, shows that watching over an elderly relative or friend can have a negative impact on caregivers' working lives, according to the Association of Mature American Citizens. The survey found that the "vast majority of working survey respondents (88%) said caregiving has had a major impact on their day jobs, reporting at least some work-related repercussions stemming from their caregiving responsibilities." In addition, the poll showed that nearly 40% of those who volunteer their time spend more than 30 hours a week on their self-imposed custodial duties. Forty-eight percent of them lay out more than \$5,000 a year and 9% spend \$50,000 or more each year. "Two-thirds (65%) said they're distracted on the job, and more

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America may be the land of the free, but not the debt-free.

— Quips & Quotes



— Photo by Alfredo Vasquez

HONORING A VET – "Naming the Tornillo Port of Entry, above, after U.S. Army Private Marcelino Serna would be a fitting honor for a man who came as an immigrant and bravely defended his new country. The honor is well-deserved and serves as a standing testament to a man who was a war hero and became a citizen of the United States, a country that is grateful to claim him as one of their own," Cmdr. Ruben Carrasco and First Vice Cmdr. Roberto Serna, of the El Paso American Legion Post 36, acknowledged in a recent public statement.

Campaign to name new port for war hero

By Alfredo Vasquez
Special to the Courier

TORNILLO – The name of U.S. Army Private Marcelino Serna, a World War I hero who moved to El Paso at the end of that war and died in 1992 at the age of 95, may soon be added to the newly-constructed Tornillo Port of Entry, which is part of a six-lane international bridge that opened in February and connects Tornillo, Texas with Guadalupe, Chihuahua, Mexico.

Texas's U.S. Representative Will Hurd introduced a bill recently into the U.S. House of Representatives to rename the Tornillo Port of Entry to the Tornillo-Marcelino Serna Port of Entry. The house unanimously approved the bill, and now it must be approved by the U.S. Senate before reaching the president's desk for signing.

Private Serna is most famous for his heroic efforts during two battles in France in which he killed 32 enemy soldiers. On Sept. 12, 1918, he single-handedly captured 24 Germans, in Flirey, France. He was awarded the Distinguished Service Cross later that month by U.S. Army General John J. Pershing. The cross is the second highest military decoration

of the U. S. Army to the Medal of Honor. Serna, who was born in 1896 in a small mining town near the city of Chihuahua, came to the United States looking for work near the beginning of World War I. Once the war started, Serna volunteered in 1917 to serve in the U.S. Army.

Serna is reportedly the only Mexican national known to have received the Distinguished Service Cross during World War I. He was also awarded the highest military honor from the French government and other medals from Italy and Great Britain, as well as having received two purple hearts.

World War I, which was a global war originating in Europe, lasted from July 28, 1914 to November 11, 1918. More than 70 million military personnel including 60 million Europeans were mobilized in one of the largest wars in history. Over nine million combatants and seven million civilians

died as a result of that war.

"The Tornillo-Marcelino Serna Port of Entry will not only honor this extraordinary man's service to our nation, it will serve as a reminder of the countless Mexican-American immigrants that have fought valiantly to keep our nation safe," Hurd stated. "Their contributions will not

be ignored or forgotten. It is a privilege to move forward an initiative which has been overwhelmingly championed by the community."

Additionally, for decades endeavors from state and community leaders have been ongoing to get the U.S. government to posthumously award the Medal of Honor, the nation's highest military honor, to Serna.

According to Hurd, Serna is "currently being reviewed to posthumously be

awarded the Congressional Medal of

See HERO, Page 3



— Photo courtesy of Hispanic Medal of Honor Society

OUTSTANDING SERVICE – U.S. Army Private Marcelino Serna was a World War I hero who moved to El Paso at the end of that war; he died in 1992 at the age of 95.

SISD earns national PR awards for excellence in videos, branding

Video on WIN Academy to be featured at national convention

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Public Relations Department of the Socorro Independent School District has earned five publication and electronic media awards from the National School Public Relations Association for projects produced in the last year.

SISD Public Relations earned two 2016 NSPRA Awards of Excellence, the most among school districts in the region, for

branding materials and a video produced in-house. The PR department won an Award of Excellence for a video depicting the success and impact of the district's innovative WIN Academy. The WIN Academy, which launched last school year, gives extra support and resources to students to ensure all Team SISD children succeed. NSPRA will be featuring the WIN video at the association's national convention this month in Chicago.

SISD won an Award of Excellence for branding materials for Purple Heart Elementary, the district's newest

elementary school. The PR team also won an Award of Merit for the SISD Realtor Fact Sheet, which was produced for the district's annual meeting to update real estate professionals on the district's boundaries, enrollment, programs and progress, and the "We are #TeamSISD" video, highlighting the district's achievements and commitment to student success. The Honorable Mention was awarded for Team SISD's #SISDin8 Twitter campaign, featuring SISD students who posted photos and thoughts about their last days as high school seniors.

Finances By Nathaniel Sillin

Six basics to consider before investing with a 'robo' advisor

You're looking to grow your money, but you're not quite sure how to get started.

Should you go robo?

Robo advisor, that is. A robo advisor is a digital investment management service that allows you to input your funds, financial data and investment preferences online and designs algorithm-based recommendations based on your responses. While a human advisor may charge one percent

or more of your invested assets to help you manage your money, robo advisors typically charge only a fraction of that amount in management fees. Some allow you to open an account with only a few dollars, and others don't even require a minimum deposit to open an account.

Major investment firms have entered the growing robo advisor market with their own computerized services. As

new advisor options emerge and evolve quickly, it's a good idea to consider all options carefully. Examine the services

industry experts (<http://www.investopedia.com/articles/personal-finance/011916/5-best-roboadvisors-investors-2016>).

asp) provide to know what you should look for in an advisor.

Here are some considerations to factor into your research on robo advisors as you evaluate whether they are right for your needs.

1. Reasonable management fees and small initial investments. Robo funds often have preset investment choices based on client questionnaires about risk tolerance and investment goals, and they typically charge lower fees than human advisors. Human advisors may charge upwards of one percent of all the money you have in your account, while robo advisor pricing options are typically a fraction of that.

2. The best robo advisor sites are streamlined and simple. Good robo advisor sites provide clearly organized, straightforward advice. For example, one of the leading robo advisor sites makes sure you have an emergency fund in place before you start selecting investments. That's the kind of good financial practice you should look for in an advisor, robo or not.

3. Federal regulators are still evaluating robo advisors. The Securities and Exchange Commission has its own recommendations for investing with robo advisors, but the most important unanswered question is whether robo advisors (and the companies that own them) really exercise fiduciary responsibility by truly putting the needs of the investor first. It's essential to understand the risks involved with entrusting your investments to the robo advisor market, where restrictions and consequences are still not completely clear.

4. As major investment firms and even banks enter the market, it's likely that more diverse options in advisory services and pricing will emerge. As big investment names are starting to offer their own robo advisor options for small investors, different robo advisor providers will likely start to differentiate their marketing, services, and fees. It's always smart to shop around for the best deals and fit for you.

5. Robo advisors are no substitute for a basic personal finance education. It's easy to sign up for a robo fund or even find a fee-only financial planner, but it's still important to cultivate your own financial knowledge. Consider public resources on basic financial topics, the range of money management resources offered on Practical Money Skills for Life, or workshops at your community college or public library. Self-education is the most powerful tool for any endeavor,

Veterans Post By Freddy Groves

VA helps cut rate of veteran suicides

The rate of veteran suicide is down... slightly. For many years, we were losing 22 veterans every single day. By 2014, based on analysis of 3 million records from 1979 to 2014 from all 50 states, that number is down to 20.

The results of the research show that:

- Veteran suicides account for 18 percent of all suicides, but veterans make up only 8.5 percent of the population.
- In 2014, approximately 65 percent of veterans who died from suicide were aged 50 years or older.
- Since 2001, veteran suicides increased 32 percent while civilian suicides rose 23 percent.
- Veterans who used Department of Veterans Affairs services had an 8.8 percent suicide rate increase, while among those who didn't, rates surged 38.6 percent. Broken down by gender, the rates show that male veterans who didn't use VA services had a 35 percent increase in suicides, while the rate among female veterans soared a whopping 98 percent.

Those numbers are staggering and carry a strong message: Say what you will about using the VA for care, but the numbers don't lie. Treatment via the VA helps lower the rate of veteran suicide.

Here are a few of the warning signs of suicide: increasing use of drugs or alcohol, withdrawing or feeling isolated, talking about seeking revenge and displaying extreme mood swings.

For veterans or family and friends of veterans in trouble, the Crisis Line at 1-800-273-8255 (press 1) can help. Or go online to www.VeteransCrisisLine.net or text 838255.

Access to mental-health crisis intervention is immediate when you make contact. The Crisis Line has handled over 2.3 million calls, 289,000 chat room connections and 55,000 texts. It dispatched emergency services 61,000 times.

If you or a veteran you know shows signs of being in danger of suicide, don't hesitate. Get help now.

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San Elizario Independent School District Public Notice of Non-Discrimination

It is the policy of the San Elizario Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or disability in the admission or access to programs, delivery of services or employment.

The San Elizario Independent School District is fully committed to meeting its responsibilities as specified by Title VII of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; prohibiting sex discrimination, the Age Discrimination Act of 1975, Section 504 of the Rehabilitation Act of 1973, as amended; and the Americans with Disabilities Act (ADA).

Inquiries concerning your rights may be referred to Title IX Coordinator: Superintendent Sylvia Hopp, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900; or Section 504 Coordinator, 1050 Chicken Ranch Rd., Special Education Office, San Elizario TX 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.

Notificación Publica

Es la norma de conducta de el distrito escolar de San Elizario prohibir la discriminación a base de raza, color, origen nacional, sexo o deshabilidad en la admisión o el acceso a programas, entrega de servicios o empleo.

El distrito escolar de San Elizario esta comprometido a cumplir con las responsabilidades especificadas por el Título VII del Acta de Derechos Civiles de 1964, como enmendado, el Título IX de la Enmienda de Educación de 1972, como enmendado, que prohíbe la discriminación sexual, del Acta de la Discriminación por Edad de 1975, la Sección 504 del Acta de Rehabilitación de 1973, como enmendado, y el Acta de Americanos con Deshabildades.

Para información tocanta a sus derechos comuniquese con la Coordinadora de Título IX: Superintendente Sylvia Hopp, 1050 Chicken Ranch Rd., Administration Building, San Elizario, Texas 79849, (915) 872-3900; o Coordinadora de Sección 504, 1050 Chicken Ranch Rd., Special Education Office, San Elizario TX 79849, (915) 872-3900. Mail: PO Box 920, San Elizario, TX 79849.

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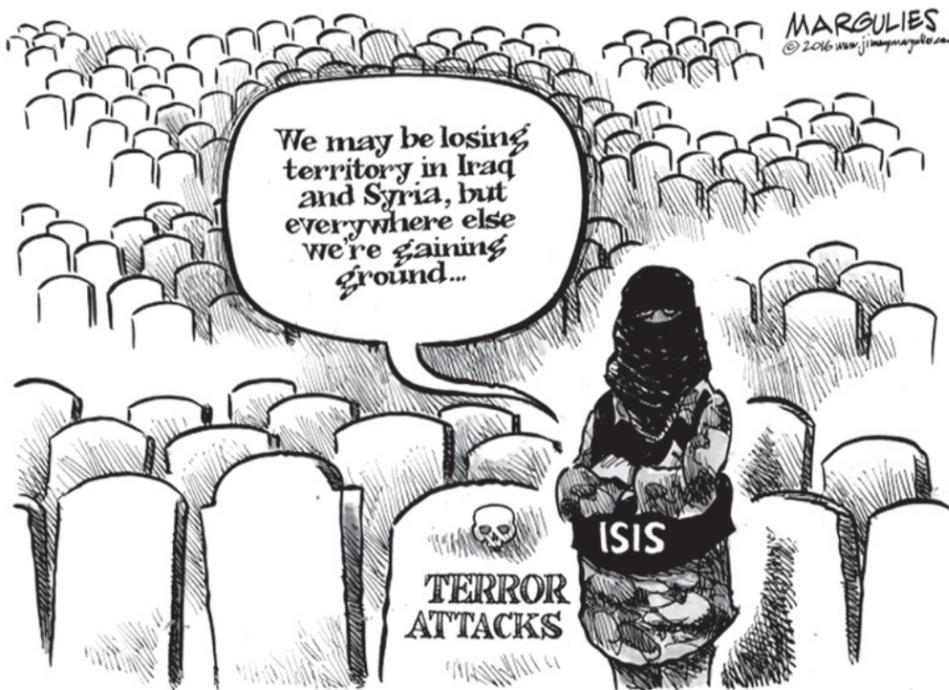


Homesteader
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WEEKLY CHARLOTTE OBSERVER 2016



WILL THE CIRCLE BE UNBROKEN...



"WE'RE SENDING THE WORLD A MESSAGE."



View from here By John Grimaldi

New threats emerge against police in wake of Dallas killing spree

(Publisher's Note: The following opinion was submitted before the July 17 shooting of policemen in Baton Rouge, LA.)

As the nation mourns the horrific murder of five police officers in Dallas last week, police departments across the nation face new threats of anti-police violence via the Internet.

Dallas Police Chief David Brown has told reporters that he and his department are taking an anonymous Facebook threat very seriously. "We're all on edge and we're being very careful."

In Detroit, four men were arrested for making Facebook threats against police in that city. Meanwhile, the FBI has arrested three men in Baton Rouge, LA accused of robbing guns from a pawn shop. One of them allegedly confessed that the weapons were intended to be used against police officers. The search is on for a fourth suspect who got away.

"It's a senseless war on cops that appears to be escalating..."

appears to be escalating and the only way to stop it is for enough people, both black and white, to stand with their police forces in solidarity," says Dan Weber, president of the Association of Mature American Citizens.

Weber cited a study, by the New York Patrolmen's Benevolent Association. It showed that the majority of NYPD officers – 96% of them – feel that the lack of support for the work they do is taking its toll. "But you can bet that when a citizen is faced with a life-or-death situation, your local cops will not hesitate to put themselves in harm's way to protect you regardless of whether you support them or not."

The AMAC chief said that it is up to our elected officials to take the lead in shifting public opinion in support of our police. "I'm not asking them for blind faith as regards the police, but I

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Hero

From Page 1

Honor for his dedication and fearlessness serving the United States of America."

The new Tornillo port, which replaced the Fabens Port of Entry on the U.S.-Mexico border, opened on November 17, 2014. The U.S.'s new crossing is built around a six-lane bridge about 650 feet from the former two-lane Fabens-Caseta International Bridge. The new crossing can accommodate vehicular, pedestrian, and commercial traffic.

Construction of the Tornillo Port of Entry began in July 2011, and the facilities

were ready at the end of 2013. Meanwhile, the Mexican side of the crossing suffered delays due to lack of funding. Serious work on the Mexican side of the new bridge finally began in January 2014, but the Mexican customs inspection facilities and road infrastructure are still pending, according to the most recent reports.

The U.S. side of the port of entry cost about \$133 million with funding from the U.S. General Services Administration, Customs and Border Protection, and El Paso County, as well as state funds. El Paso County alone spent nearly \$75 million in buying land and constructing roads to serve the facilities, according to county records.

USA

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KIDS CLUB

Strange But True By Samantha Weaver

• It was 20th-century Japanese engineer and industrialist – and founder of the Honda Motor Company – Soichiro Honda who made the following sage observation: “If you hire only those people you understand, the company will never get people better than you are. Always remember that you often find outstanding people among those you don’t particularly like.”

• Actress Shirley MacLaine claims that in a past life, she was a gypsy who had an affair with Roman Emperor Charlemagne.

• Unless you live in a snowy mountain town, you’ve probably never heard of skijoring. In what is probably the most popular contemporary version of this sport, a skier is pulled by one or more dogs wearing a harness that allows the dogs to be directed. The racecourse can be short, for sprints, or as long as 270 miles in cross-country competitions. Equestrian skijoring is rather more like water-skiing: A horse with a rider pulls a skier on a towline

through a series of jumps and obstacles. Equestrian skijoring was a demonstration sport at the 1928 Winter Olympics in Switzerland.

• Those who study such things say that honey is the only food that doesn’t spoil. So, next time you run across some 3,000-year-old honey, feel free to chow down.

• At a Mets game at Citi Field, a woman lost a gold tooth down a toilet, and she decided to reach in after it. Unfortunately for her, the restrooms there use a high-vacuum system, and she was pulled in up to her armpit. Unable to extricate herself, she had to spend several hours in this undignified position until a plumber could come to her aid.

Thought for the Day: “There is no greater fallacy than the belief that aims and purposes are one thing, while methods and tactics are another.”

– Emma Goldman

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Threats

From Page 3

am asking them to give credit where credit is due. The vast majority of those who choose to be policemen have the ‘right stuff;’ they care about the people in their communities and are prepared to go to extremes to keep them safe.”

Weber quoted one police officer, Jay Stalien, currently serving in Palm Beach, FL. Previously, he served in Baltimore, MD. He is African-American and he posted a poignant message on his

Facebook page that has attracted tens of thousands of views. In his words, ‘I became a cop because black lives in my community, along with ALL lives, mattered to me, and wanted to help stop the bloodshed.’

The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

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U.S. General Services Administration

Tornillo Independent School District Public Notice

Notification of Nondiscrimination in Career and Technology Education Programs at Tornillo ISD for 2016-2017 School Year

- 1) Tornillo Independent School District offers career and technology programs in Agriculture, Food & Natural Resources, Arts, A/V Technology and Communications, Business Management and Administration, Finance, Cosmetology and Technology Education. Admission to these programs is based on current enrollment in the Tornillo ISD and completion of any necessary prerequisites.
- 2) It is the policy of Tornillo ISD not to discriminate on the basis of race, color, national origin, gender, or disability in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act for 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 3) It is the policy of Tornillo ISD not to discriminate on the basis of race, color, national origin, gender, disability, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 4) Tornillo ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.
- 5) For information about your rights or grievance procedures, contact the Title IX Coordinator, Dr. Jeannie Meza-Chavez, Superintendent, at P.O. Box 170, 19200 Cobb Avenue, Tornillo Texas, 79853 or call (915) 765-3000.

Noticia Pública

Notificación de No-Discriminación en los Programas Educativos de Carrera y Tecnología en Tornillo ISD por el año escolar 2016-2017

- 1) El Distrito Escolar Independiente de Tornillo esta ofreciendo programas de Agricultura, Arte, Comunicaciones, Educación de Negocios y Administración, Finanzas, Cosmetología y Educación en Tecnología. La admisión a estos programas es basada en la inscripción actual en el distrito escolar de Tornillo, y también que se allá cumplido cualquier requisito de antemano.
- 2) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, genero, o incapacidad en estos programas de carreras y tecnología, servicios, o actividades requerido por el Acta de Derechos Civiles Titulo IV de 1964, como enmienda; Titulo IX de las Enmiendas Educativas de 1972; y al sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 3) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, genero, incapacidad, o edad en sus practicas de empleo como esta requerido por el Acta de Derechos Civiles Titulo IV de 1964, como enmienda, Titulo IX de las Enmiendas Educativas de 1972; y el Acta de discriminación a la edad de 1975 como enmienda; y al sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 4) El Distrito Escolar Independiente de Tornillo tomara pasos para asegurar que la falta de ingles no sea un obstáculo para la admisión y participación en todos los programas vocacionales y educativos.
- 5) Para mas información de sus derechos y procedimiento de agravios, puede ponerse en contacto con el coordinador de Titulo IX, Dr. Jeannie Meza-Chavez, Superintendente, PO Box 170, 19200 Cobb Ave., Tornillo Texas 79853 o llame al (915) 765-3000.

Tornillo Independent School District Public Notice

2016-2017 School Meal Policy

The Tornillo Independent School District serves breakfast and lunch every school day. All children in the district will receive a reimbursable meal at no charge through the academic year of 2016-2017. All children will receive a free breakfast and free lunch regardless of income. In the operation of the child feeding program, no child will be discriminated against because of race, color, religion, gender, disability, age or national origin. For information about your rights or grievance procedures, contact the Title IX Coordinator, Dr. Jeannie Meza-Chavez, Superintendent, and/or the Section 504 Coordinator at P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853, or call (915)765-3000.

Noticia Pública

Póliza de Comida del Año 2016-2017

El Distrito Escolar Independiente de Tornillo servirá desayuno y almuerzo cada día escolar. Todos los niños del distrito recibirán comida sin cobro durante el año escolar 2016-2017. Todo los niños recibirán un desayuno gratis y un almuerzo gratis a pesar de sus ingresos. En la operación del programa de comidas para niños, ningún niño será discriminado por su raza, color, religión, genero, incapacidad, edad u origen de nacionalidad. Para más información sobre sus derechos y procedimiento de agravios, puede ponerse en contacto con el coordinador de Titulo IX, Dr. Jeannie Meza-Chavez, Superintendente, y/o el coordinador de la Sección 504, P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853 o llame al (915) 765-3000.

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All the air finally let out of 'Deflategate'

By Steve Escajeda
Special to the Courier

It comes with great pleasure that I am able to announce that our long national nightmare is finally over.

No, not Donald and Hillary, unfortunately they're still around. No, not Independence Day II – and save your money. And no, not Pokemon Go – which has transferred our indoor non-thinking robot youth into outdoor non-thinking robot youth.

The national nightmare I'm talking about, of course, is the merciful end of *Deflategate*.

After a year-and-a-half of accusation, deliberation, condemnation, retaliation and litigation, it seems as though Tom Brady finally had a realization.

His setback in the courts left the New England Patriots star quarterback with one last option, the Supreme Court.

After a summer of hearing cases on immigration and affirmative action and abortion clinics and voting districts and presidential overreach, I think Brady realized the largest court in the land had more important things to worry about.

The result, in case you hadn't heard

because you've been busy chasing Pokemon characters, is that Brady will be suspended for the first four games of 2016.

Before any Brady fans start to panic, don't forget that the Patriots play in the notoriously weak AFC East with the likes of the New York Jets, Buffalo Bills and Miami Dolphins.

Those three teams have combined to beat out the Patriots twice in the last 15 years.

The real story here has been the fury with which Brady has defended the indefensible. Does anyone really believe that the Patriots' equipment guys took air out of Brady's footballs without their own quarterback's knowledge?

In the grand scheme of things, Deflategate will always be thought of with more humor than distain; but rules concerning tampering with equipment must be withheld.

If letting air out of the footballs is allowed, it will lead to bigger things in the future.

Many believe the big losers in this whole debacle are Brady and NFL Commissioner Roger Goodell, who acted like a couple of tennis players swatting allegations and counter-allegations back

and forth at each other.

But I think the person who looked the most foolish was Patriots' owner Robert Kraft.

On many occasions he acted more like Brady's bewildered grandpa than the owner of an NFL franchise.

He spent plenty of time talking about the immaculate integrity of his quarterback and the professionalism of his Patriots.

Of course, this is the same Deflategate franchise that made the term *Spygate* famous when it was leaned that the Patriots were illegally videotaping NFL opponents from 2002-2007.

Coach Bill Belichick received a \$500,000 fine of that one.

There are many other reasons they get no remorse from NFL teams that range from Brady's "tuck rule" non-fumble to the Raiders in the playoffs, to clearing a path in the snow with a snowplow for a game-winning field goal against the Dolphins, to Ravens coach John Harbaugh accusing them of using illegal formations during games.

And we haven't even brought up Aaron Hernandez.

Legendary Hall of Fame coach Don Shula thought the Patriots' antics were so unprofessional that he once referred to

the coach as *Beli-cheat*.

The one thing Deflategate did accomplish was keeping the NFL in the news even during the non-football months – if there are any.

As far as what is going to happen on the field, it appears as though the seldom-used Jimmy Garoppolo will start the first four games of the season in Brady's absence.

The Patriots will open at the Arizona Cardinals, followed by three straight home games against the Miami Dolphins, Houston Texans and Buffalo Bills.

Garoppolo threw just four passes last year, so to say he is seldom used is an understatement.

But there's no doubt that the early schedule does help the Pats with those home games.

Brady's first game is scheduled to be at the Cleveland Browns, who are so bad they could be ranked below a few college teams.

At least we can all put Deflategate behind us and wait patiently for the next Patriot's controversy.

Because as sure a bet it is that they will make the playoffs this year, it's inevitable that *Beli-cheat* and his boys will be up to some insidious behavior very soon.

A sporting view By Mark Vasto

Duncan is one of a kind

Tim Duncan was the best power forward I've ever seen, and I've been watching since his days at Wake Forest.

I know I'm not the only Maryland Terrapin who remembers standing outside Cole Field House in freezing cold weather for hours, just to make sure we got great seats to watch a Wake Forest team with the best big man in the ACC. We were surprised he stayed at Wake Forest for four years – he would have been a first round pick any year – and it didn't take a genius to figure he'd play well in the NBA.

It's safe to say that he exceeded

expectations.

He's played for only one team, for one coach. He was the only person to win a championship in three different decades. College player of the year, rookie of the year, All-Star MVP, regular season MVP (three times) and NBA Finals MVP (twice). Only Michael Jordan and Larry Bird can say they did something like that. Only Kareem Abdul-Jabbar and Robert Parish have won more games. He and Kareem Abdul-Jabbar are the only players in NBA history with 26,000 points, 15,000 rebounds and 3,000 blocks

Fifteen times, he was an all-

star. Every one of his seasons ended with the San Antonio Spurs going to the playoffs. Five times, his team took the crown – including one time from the King himself, the year that San Antonio avenged their loss in the previous year, picking themselves up and beating Miami. With the exception of the lockout season, the Spurs won more than 50 games each season. There are 20-year-old Knicks fans vomiting tears when they hear that.

He was 42... of course we knew that he was going to retire. But look at the way he did. He simply said nothing. No press conferences, no season-long adulation tour, no victory lap. He isn't even going to attend the press conference regarding his retirement. That

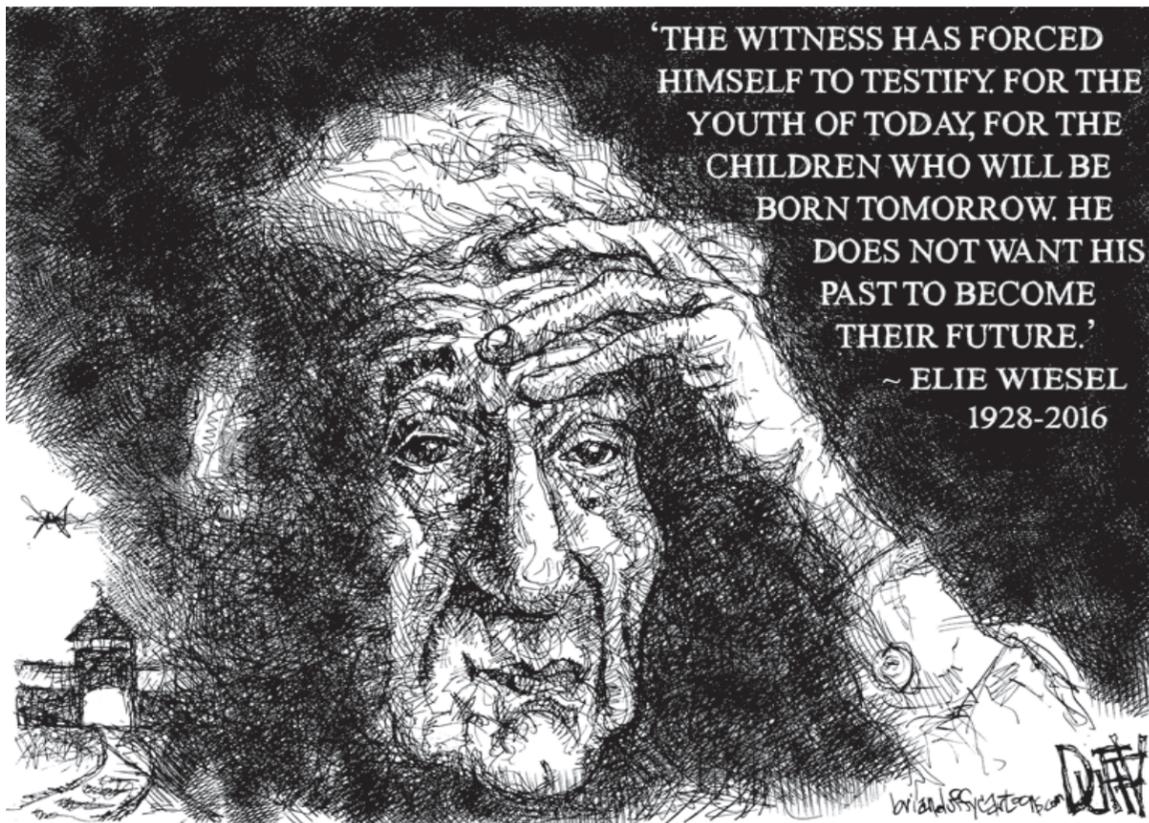
is an instant classic. Contrast the way he left the game and the way Kobe Bryant left. The Lakers were a joke last season, but Kobe scored 60 in his final game and made sure everyone knew just how proud he was of himself. Not Duncan. "The Big Fundamental" was trying to win another championship.

He didn't have a clothing collection; there were no collectors' item shoes, no commercials of him driving a Buick. None of that. You know what else there was none of? No tirades about being late for practice, no holding out for an outrageous raise, no

temper tantrums if he wasn't the guy chosen to take the last-second shot. I scoured the Interwebs, looking for a story about how Tim Duncan once saved somebody's life... and found nothing of the sort.

When you look at a guy like Tim Duncan, you say to yourself, "They just don't make players like that anymore." They really don't. He was one of a kind.

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



'THE WITNESS HAS FORCED HIMSELF TO TESTIFY FOR THE YOUTH OF TODAY, FOR THE CHILDREN WHO WILL BE BORN TOMORROW. HE DOES NOT WANT HIS PAST TO BECOME THEIR FUTURE.'
~ ELIE WIESEL
1928-2016

1973
43
2016
WEST TEXAS COUNTY
COURIER

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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: Can a person who has AIDS cook for his or her family and loved ones without fear of getting them sick? How long does it take to die once you are diagnosed with AIDS? How does someone with AIDS die? – D.R.

HIV, the human immunodeficiency virus, is acquired usually through sexual contact, exposure to contaminated blood or passed from mother to child. There has never been a reported case where a person was infected through casual contact, such as sharing eating utensils or using the same bathroom. HIV has never been reported as being transmitted through saliva, tears or sweat. It isn't transmitted by insects, either. However, it's not recommended to share razors or toothbrushes, since these can be contaminated by blood.

The progression of disease caused by HIV is highly variable. There often is a fever and flulike symptoms at the time of first infection. Most people will test positive by the usual blood test within a few months of becoming infected. People with HIV often remain without symptoms for years; however, the virus continues to replicate and destroy CD4 cells, a key regulator of the immune system, during this time. The term "AIDS" is reserved for advanced HIV infection with a specific, defining illness, such as Pneumocystis pneumonia; or a CD4 count below 200 (normal is around 1,000).

As far as prognosis goes, the most important single factor is whether a person with HIV infection is prescribed (and properly takes!) appropriate treatment. There certainly are many people who have had HIV for over 20 years

without getting AIDS. With very advanced HIV infection, the immune system is unable to fight off infections, but also, the body cannot fight off cancer. Since people with HIV can live so long, heart disease and any other cause is possible. Very often, people die with, not from, their HIV.

For people living with HIV and who haven't told their family, I recommend doing so. I know it's complex, and it may not be right for everybody, but it will help relieve stress for most.

DEAR DR. ROACH: My husband has Meniere's disease. We cannot find anyone who can help him. Is there any medication for this? – L.M.

Meniere's disease causes episodes of vertigo, tinnitus and eventually hearing loss. It is caused by swelling in the organ of balance in the inner ear, but the reason for the swelling isn't clear.

Before being seen by a doctor, your husband can try to identify triggers for the attacks. Common triggers include a high-salt diet, tobacco, alcohol and stress. A low-salt diet can dramatically reduce episodes.

ENT doctors are usually expert in treating Meniere's disease. A diuretic such as hydrochlorothiazide often is used if diet alone doesn't help.

The booklet on vertigo explains this disruptive condition in detail and outlines its treatment. Readers can order a copy by writing: Dr. Roach – No. 801W, 628 Virginia Drive, Orlando, FL 32803. Enclose a check or money

See HEALTH, Page 8

Super Crossword

WHERE DID IT GO? ACROSS

- 1 Cover again, as a gift
- 7 Slyly spiteful
- 12 The "E" of NEA: Abbr.
- 16 "Hulk" director _ Lee
- 19 R&B singer Keys
- 20 Degrade
- 21 Bite-size Nabisco treat
- 23 Actress Swank comes next?
- 25 "That's been canceled"
- 26 Large truck
- 27 Singer _ James
- 28 Sign of good or ill
- 29 Disobeys established rules on how to make and serve meat sauce?
- 37 Shaped like a bagel
- 38 "What _!" ("How dull!")
- 40 Donkey serving morning meals?
- 45 Biblical land with a queen
- 50 "Say it _ so, Joe!"
- 51 Cuts into small cubes
- 52 Chi preceder
- 55 Landfill woe
- 56 Classic autos
- 57 Made in the

- 115 Thing influencing the decision to use whitewash?
- 123 Aardvark lookalike
- 124 Bring to mind
- 125 Bit of ado
- 126 Part of UCLA
- 127 Ship's left
- 128 Keyed in
- 129 Biting writing

DOWN

- 1 Rally cheer
- 2 _ Lilly
- 3 Wheaton of TV and film
- 4 Blu-ray player brand
- 5 Ill from flying
- 6 Check endorser
- 7 "Pipe down!"
- 8 Crunchable muscles
- 9 Upsilon preceder
- 10 Mao _tung
- 11 "It's true"
- 12 Gives forth
- 13 Quaint paper copies
- 14 Hazardous
- 15 Org. in "Homeland"
- 16 Eatery lure
- 17 Israeli desert
- 18 Stupid or thuggish _ about (circa)
- 22 _ about (circa)
- 24 Mime duo?
- 27 Fancy jug
- 29 Fishing rowboats
- 30 Before this time,
- 31 Royal decrees
- 32 Abhorrence
- 33 Fades away
- 34 Coach Holtz
- 35 Part of ETA: Abbr.
- 36 Sedan liquid
- 37 Some ski lifts
- 41 Rx org.
- 42 Bring pain to
- 43 Neck cover
- 44 Make a pick
- 46 Neighbors of Navajos
- 47 Ideal garden
- 48 Tennis' Bjoern
- 49 Military force
- 53 Cat sound
- 54 Really liking
- 58 "Hiya"
- 59 _ Reader (alternative magazine)
- 60 De _ (anew)
- 61 Cur's sound
- 64 Other, to Tomas
- 65 Great asset
- 67 Sideways up
- 68 Dad's bro
- 69 Wrench, e.g.
- 70 "This one's _" ("I'll buy")
- 71 "The battle _"
- 72 Rotated
- 73 Expect
- 74 Emollient plant
- 76 "Maid" of Robin Hood
- 77 Kin of leeks
- 78 Gets off the bottle
- 80 Faux follower
- 82 H.S. class
- 83 Winter mo.
- 84 San _ (Bay Area city)
- 87 Yemen city
- 88 "Of course, Senor!"
- 91 Spanish for "south"
- 93 Skin feature
- 94 Grade A item
- 95 Slice of history
- 96 "Star Wars" queen
- 98 Rum cocktail
- 99 Xanax maker
- 102 Tennis' Rafael
- 103 Maine university city
- 104 Pond creatures
- 105 Window part
- 106 Open to view
- 107 Divided into districts
- 108 Batting stat
- 109 Slight fights
- 114 Enervate
- 115 "_ me go!"
- 116 It climbs walls
- 117 Do a floor job
- 118 "I Like _" ('50s slogan)
- 119 Abridge
- 120 Angle lead-in
- 121 Bobby of the rink
- 122 Dark deli loaf

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True Texas Facts by Roger T. Moore
 July 25, 1882-Judge Roy Bean opens his first
 saloon West of the Pecos



Social Security Q&A By Ray Vigil

Social Security turns 81

Look who's over the hill! In August, we will be celebrating the 81st anniversary of Social Security. Although Social Security's overall structure remains the same, it's impossible to overlook the changes in the economy and advancements in technology that made it necessary to transform our programs into what they are today.

In 1935, President Roosevelt signed the Social Security Act, which gave birth to Social Security, (almost) as we know it today. The program was created primarily as a response to the growing rate of poverty within the elderly population. Here we are in the future, and Social Security has come a long way from 1940, when Ida May Fuller became the first person to receive a benefit check. In 2015 alone, almost 60 million people received Social Security benefits.

The number of beneficiaries is growing daily, and Social Security is developing ways to make conducting business with us easier and more secure. With several services available

online, including my Social Security, you might never have to visit a field office. This is especially beneficial for the aging community or those living in remote areas, as traveling to field offices may be difficult.

Choosing when to retire is an important decision. At www.socialsecurity.gov/estimator you can get an estimate of your future benefit amount. You can use "what if" scenarios to see how your benefit amounts will change with different retirement dates and future earnings estimates.

With 37 percent of the American workforce teleworking and almost 70 percent of Americans doing most of their shopping online, we have evolved into a society of convenience. Not to be outdone, like a hip grandma, Social Security has adapted to the times. Below is a list of a few of the services currently available from the convenience of your computer. Online you can:

- Request a replacement Social Security or Medicare

- card;
 - Apply for Social Security benefits;
 - Get your Social Security Statement;
 - Appeal a decision;
 - Find out if you qualify for benefits;
 - Estimate your benefits; and
 - Get your SSI and Medicare verification letter.
- Join us in wishing Social Security a Happy birthday and utilize these online services by visiting www.socialsecurity.gov/myaccount.

Finances

From Page 2

but it's especially essential to handling your finances.

6. Robo advisors aren't capable of providing truly personalized investment advice.

An algorithm can't ask countless questions about your long-time financial goals and values or answer all of your queries during a major market change. Though robo advisors provide a low-cost way to get started in investing, you won't have someone who can give you personal advice when unexpected situations arise. Before you sign up, take some time to consider how much personal assistance you think you'll need.

Bottom line: Like most computerized services, automated financial advise and investment planning will probably get more sophisticated with time. But while robo advisor services allow lower initial investments and fees, it's important to study the pros and cons first.

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.

Health

From Page 7

order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

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.

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.

	+		×		20
×		÷		+	
	-		×		20
+		+		+	
	+		×		17
27		15		7	

DIFFICULTY: ★
 ★ Moderate ★★ Difficult
 ★★★ GO FIGURE!
 1 1 2 3 4 6 7 8 9
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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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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: Y equals L

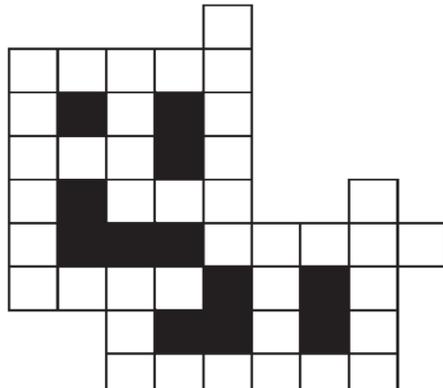
SWHO MI H SHF OE BMRZYF
 OZYY H VZQIEB WZ WHI SHOZQ
 GQEVYZOI EB WMI YHSB?
 SMOW HYH GZS QZIVZRO.

Answer Page 4

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- GLU
- CLIPBU
- ♥ LOHSA
- ♥ NATU
- BOTLEG
- ♥ IBN
- TUCL
- CLEAP
- UTA
- SINUGE
- ♥ CATTI
- ♥ AHLU



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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