



NEWSBRIEFS

Vinton cleans up

The Village of Vinton and Keep Vinton Beautiful invite the public to take part in both community events scheduled for the month of May. The Residential Bulk Waste will take place on May 6 and is open to Vinton residents only. Residents are urged to take their bulk waste to the Village of Vinton Public Works Yard from 8:00 a.m. to 1:00 p.m. in order to dispose of it correctly and to keep their properties clean and clear of debris or waste that may cause harm. Residents must present their ID and sanitation bill at the entrance. Non-Vinton residents are welcome to bring scrap metal, used tires, oil and small electronics for recycling. On May 20 from 9:00 a.m. to 12:00 p.m., volunteers are invited to participate in a Rio Grande River Cleanup. Volunteers will meet at the Vinton Bridge, East Vinton Rd. and Doniphan, to remove litter and debris from the river. Volunteers will be treated to lunch and prizes. To register, or for more information call the Village of Vinton at (915) 886-5104.

— Josh Luna

EPCC foodbank

El Paso Community College's (EPCC) Student Government Association (SGA) celebrated the grand opening of the Tejano Food Pantry on Monday April 24 at EPCC's Valle Verde Campus. The Tejano Food Pantry will be open once a month on the third Monday of each month from the hours of 10 a.m. - 2 p.m. for EPCC students. Students can receive food for a month until they can come again and collect more food. The food pantry will be supplied by student donations, club donations, and SGA funds allocated for this purpose. "In speaking with students and listening to their concerns, we heard that many had dropped out or were contemplating dropping out in order to get a job to provide food for their family," Christal Tucker, President of EPCC SGA said. "SGA saw that food was a drastic need for many students, therefore we contacted other community colleges and began the process of establishing the food pantry." Currently, SGA will open one food pantry that will be located at

See BRIEFS, Page 3

The law of heredity is that all undesirable traits come from the other parent.

— Quips & Quotes



— Photo courtesy El Paso Community College

CRAMPED QUARTERS – El Paso Community College Emergency Medical Technician and Paramedic students have a new tool for "real-life" training. This state-of-the-art ambulance simulator allows the students to practice treatment of critical patients while in transport with all of the restrictions that are associated with working in small, enclosed environments.

Simulator brings new facet to training

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) Emergency Medical Technician (EMT) and Paramedic students have a new tool for "real-life" training. As part of a \$123,000 grant from the Texas Association of Community Colleges – Texas

Success Center, EPCC has installed a \$40,000 state-of-the-art Ambulance Simulator in its classrooms at the Mission del Paso Campus.

"The EMT and Paramedic program is required to train and educate students in a variety of lifesaving treatments and assessment techniques," said Tony Ayub, Program

See SIMULATOR, Page 6

TEA approves Trailblazers Early College

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – Trailblazers Early College, the Socorro Independent School District's fourth early college program, has been designated as an Early College High School for 2017-2018 by the Texas Education Agency. SISD's three other early college programs also were re-designated by the TEA for the coming school year.

The new Trailblazers Early College will be housed at Americas High School, and will welcome 135 students during its inaugural year. Eighth-graders

in the Americas feeder area may apply to the program, which offers students an opportunity to earn an associates of arts in a comprehensive high school environment.

"We are proud to have the official designation for our fourth early college high school program," said SISD Superintendent Dr. José Espinoza. "This new program is another one of the endless opportunities we are offering our students to prepare them for college, careers and life."

Early college high schools are innovative programs that provide dual credit

See COLLEGE, Page 5

Sinclair crowned in San Eli



— Photo by Al Borrego

San Elizario Mayor Maya Sanchez crowned Victoria Elizabeth Sinclair as *Reina del Camino Real de Tierra Adentro* (Miss Royal Highway to the Interior Land) on April 18. The San Elizario Historic District-Festival Committee sponsored the event in conjunction with the San Elizario Genealogy & Historical Society (SEGHS). Sinclair was crowned in front of the *Camino Real de Tierra Adentro* map (Royal Highway to the Interior Land), next to the Old El Paso County Jail Museum. The map shows the *Camino Real de Tierra Adentro* from its start in Mexico City to (San Juan Pueblo) Ohkay Owingeh, NM, near Española. The trail will be a topic of the 2017 Rio Grande Festival and Conference in San Elizario. Sinclair will represent San Elizario on the *Camino Real de Tierra Adentro Historic Trail* for one year and at the 2018 Rio Grande Festival and Conference. This year's event runs from April 28-30. The event will be kicked-off with a release of 10,000 Chinese lanterns around 8:00 in the evening on the 28th. 5,000 lanterns will be released on both sides of the Rio Grande and should be visible for miles around.

— Al Borrego

Finances By Nathaniel Sillin

Flipping houses: It's not like it is on TV

Flipping a house can seem like a walk in the park when it's wrapped into a few montages during a half-hour TV segment. Find a run-down property. Buy it. Take out a few walls, paint, replace carpets, upgrade the kitchen and voilà – you could make tens of thousands of dollars in just a short time. Reality is seldom so straightforward. Flipping a home can be risky, and there's no guarantee you'll profit.

Finding and buying the right house at the right price point can be difficult. The shows often start with the submission of a winning offer on a home. You may not realize that it takes a lot of work to determine what a potentially good flip looks like and find a property to match.

Experienced flippers have learned how to estimate costs and work backward. A rule of thumb in the industry is to take 70 percent of the potential selling price (what's known as the after-repair value, or ARV), subtract the renovation costs and use that as the maximum buying price.

You'll need a lot of background information, including comparable selling prices of

similar homes, to figure out the right numbers. The ability to be honest with yourself while estimating the cost of parts and labor is also important.

For example, if you estimate that you could sell your renovated home for \$200,000, you'd start at \$140,000 (70 percent of a \$200,000). If you calculate that the renovation costs will be \$40,000, you'll arrive at the maximum buying price of \$100,000. The 30 percent margin that remains if everything goes according to plan isn't entirely profit; you may still have expenses like closing costs or reimbursing your investors.

You need a lot of working capital. While paying cash for a home can expedite the sale and increase profits, it might not be an option for beginner flippers. However, traditional lenders don't necessarily offer financing for flips, especially if you're trying to fix up a dilapidated home. Even when they do, you might not be able to borrow enough to cover all your expenses.

Instead, some flippers turn to hard-money lenders, private individuals or companies that

issue short-term loans backed by real assets (such as the home you're buying). With either traditional or hard-money lenders, expect the financing costs to be higher than what you'd pay for a mortgage if you're buying a home to live in.

Keeping an eye on your total budget is essential. If you borrow enough money to make the purchase but don't have cash on hand to pay for the renovations and unexpected contingencies, you'll be stuck before you even start.

In addition to the purchase price, you'll need money for renovations, upgrades, inspections and permits. Also, consider the cost of ownership between the purchase and sale. Carrying costs, including utilities, financing, insurance and property maintenance, can add up each month.

You want to move fast. One thing you pick up from TV is that time is of the essence. In competitive markets, you'll need to move quickly to evaluate a home and put in an offer before someone else buys it.

Successful flippers may have a real estate license or work with a real estate agent to get

access to the multiple listing service (MLS), a directory of homes that are for sale. Others look for homes that are for sale by owner (FSBO) or use direct mail campaigns to reach out to prospective sellers.

Once you buy the home, there's another race against time to complete the work and make a sale. Working with a trusted contractor and real estate attorney could expedite the project. Once you've developed a strong working relationship, you may even want to invite others to join your team and contribute their work in exchange for a cut of the profits.

Bottom line: Flipping homes can be profitable, particularly for those who have professional real estate experience, but don't expect it to be easy money. Months of hard work can go into a flip without any guarantee of success.

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.

Moments in Time

The History Channel

• On May 8, 1945, both Great Britain and the United States celebrate Victory in Europe Day. Both nations, as well as formerly occupied countries in Western Europe, rejoiced in the defeat of the Nazi war machine, when German troops throughout Europe laid down their arms.

• On May 9, 1960, the Food and Drug Administration approves Enovid-10, the world's first commercially produced birth-control pill. Development of "the pill" was first commissioned by birth-control pioneer Margaret Sanger and funded by heiress Katherine McCormick.

• On May 10, 1980, the U.S. Treasury announces the approval of \$1.5 billion in federal loan guarantees for the nearly bankrupt Chrysler Corporation. At the time, it was the largest rescue package ever granted by the U.S. government to an American corporation.

• On May 11, 1864, at the Battle of Yellow Tavern near Richmond, Virginia, a Union trooper fatally wounds Confederate Gen. J.E.B. Stuart, who dies the next day. Stuart's leadership helped the Confederates maintain a superior cavalry force in Virginia for most of the war.

• On May 12, 1932, more than two months after he was kidnapped, the body of aviation hero Charles Lindbergh's baby is found less than a mile from his family's home in Hopewell, New Jersey. Although Lindbergh received two ransom notes, his son had been killed the night of the kidnapping.

• On May 13, 1972, a fire at the Playtown Cabaret in Osaka, Japan, kills 118 people. An electrician three floors below in a department store inadvertently set off a fire that reached some oil-soaked rags in a nearby storage room and climbed the elevator shafts.

• On May 14, 1913, in Sportsman Park, Illinois, Washington Senators pitcher Walter Johnson throws his 54th consecutive scoreless inning. Johnson's record stood for 55 years until Don Drysdale of the Los Angeles Dodgers pitched 58 and 2/3 innings without allowing a run.

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Phone: 852-3235
Fax: 852-0123
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Website: wtcc.com

Publisher
Rick Shrum
Contributors
Alfredo Vasquez
Steve Escajeda



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Veterans Post By Freddy Groves

IG uncovers chaos at VA medical center

When the Department of Veterans Affairs issues a press release thanking the Office of Inspector General for a fast health care inspection on one of its medical facilities, you know it's big stuff. Sure enough, the OIG found so many things wrong at the Washington, D.C. facility that it quickly issued an interim report so problems could be addressed immediately.

Here are some of the horrors the OIG found as a result of an initial anonymous tip:

- There was no system to ensure that recalled supplies and equipment were not used on patients.
- It ran out of bloodlines for dialysis patients and had to borrow from a private hospital; 15 days later it ran out again.
- There was no oxygen on a hospital floor during a patient emergency.
- Nursing staff inventoried one storeroom three times a day and continually sent requests for supplies... that didn't arrive. Surgeries had to be postponed; others proceeded without required devices. In at least one case, surgical equipment was

removed because the vendor hadn't been paid.

- Most of the sterile storage areas for supplies were dirty; \$150 million in equipment and supplies had not been inventoried in over a year.

- The lease on a 100,000-square foot storage warehouse was due to expire within weeks, and there was no plan for moving the \$15 million worth of items, which haven't been inventoried.

- Four years ago, the facility got 50 handheld scanners to be used to track inventory. As of the OIG inspection, \$154,876,092 in materials was missing and not reported.

Throughout the inspection, it appears nurses were sending emails to the OIG detailing the problems of missing equipment and supplies. (Picture the nursing staff running from floor to floor and searching for emergency equipment.)

You can read the whole Interim Report at www.va.gov/oig/pubs/VAOIG-17-02644-202.pdf.

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LVWD starts wastewater collection projects

By Rachel Holland
Special to the Courier

EPA provides \$3.1 million in grants for wastewater collection systems in Cuadrilla and Cotton Valley

EL PASO COUNTY – Last week Congressman Will Hurd, U.S. Representative of the 23rd District of Texas, Alex Hinojosa, Acting Managing Director of the North American Development Bank (NADB) along with representatives of the Border Environment Cooperation Commission (BECC) and U.S. Environmental Protection Agency (EPA), visited the communities of Cotton Valley and Cuadrilla, where the Lower Valley Water District (LVWD) is getting ready to start construction on two projects that will provide wastewater collection and treatment services for more than 365 residents in both areas.

Altogether, LVWD is receiving a total of US\$3.1 million in grants for construction of both projects. The funds are being provided by EPA through the Border Environment Infrastructure Fund (BEIF), which is administered by NADB and BECC. A ceremonial signing of the \$1.8 million grant agreement for the Cuadrilla project was held during the visit.

“Making sure that these families have access to sanitary sewer services is critical and urgent. With these federal resources, the Lower Valley Water District will be able to improve wastewater collection and treatment for more than 350 residents and provide a healthier and cleaner environment in the region,” stated Congressman Hurd. “I am proud to have recommended these projects for federal grants, and am confident that the NADB and BECC are looking out for the best interests of El Paso residents.”

“These projects will allow for the proper collection and treatment of wastewater flows for residents in these areas,” stated Mr. Hinojosa. “The projects would not be possible without BEIF funding, which has been instrumental in the development of priority wastewater projects in communities along the U.S.-Mexico border.”

During the visit, LVWD General Manager Jack Alayyan explained that in Cuadrilla, approximately 27 homes are



– Photo by Rachel Holland

DIGGING IN – Wastewater projects in Clint and Socorro broke ground last to provide better services to over 350 border residents. Congressman Will Hurd, center; Alex Hinojosa from NADB, far left; and Lower Valley Water District General Manager Jack Alayyan, far right were on hand as LVWD crews broke ground on the new District projects.

connected to a deteriorated sewer system that conveys collected flows to a small, non-compliant treatment plant that discharges untreated or inadequately treated wastewater to an irrigation canal adjacent to the plant. The project consists of replacing the sewer system and installing a new package plant with the capacity to treat up to 14,000 gallons per day of wastewater.

Mr. Alayyan also provided an update on the project for Cotton Valley, which consists of the construction of a new wastewater collection system to provide first-time sewer service to 78 households, including the decommissioning of their current on-site disposal systems. Construction is expected to begin in late May or early June.

Upon completion, the two projects will eliminate approximately 38,160 gallons a day of untreated or inadequately treated wastewater discharges.

In the water and wastewater sector, as of December 31, 2016, NADB has provided more than US\$927 million in loans and grants for 135 certified projects in the U.S.-Mexico border region.

credit hours saving families more than \$6 million in college tuition in 2015-2016 alone.

Team SISD, in partnership with El Paso Community College, offers the most early college high school programs in the region. Mission Early College High School was the first early college high school to open in the region. Socorro Early College became the district’s first campus-based program in 2015. In 2016, the district opened Rams Early College.

Canutillo Independent School District Public Notice

Any interested representative of a non-profit private school or non-profit home school

- operating within the boundaries of the Canutillo Independent School District, or
- operating outside of the boundaries of the District, but serving students who live within the boundaries

is encouraged to call for an appointment to receive information regarding the Consolidated Application for Federal Funding for 2017-2018. The application provides the following programs through the “Every Student Succeeds Act”.

- Title I, Part A – Improving Basic Programs
- Title I, Part C – Education of Migratory Children
- Title II, Part A – Teacher and Principal Training and Recruiting
- Title III, Part A – Limited English Proficient (LEP)

Interested persons should call the office of the External Funding Coordinator at (915) 877-7497 to schedule an appointment. Representatives will need to provide their school’s tax exempt identification number to the District to confirm eligibility. Accommodations for handicapped persons will be made available upon request.

Distrito Escolar Independiente de Canutillo Aviso al Público

Cualquier representante de un colegio privado no lucrativo o que ofrezca educación en casa, que esté interesado, y que

- opere dentro de los límites del Distrito Escolar Independiente de Canutillo, o
- opera fuera de los límites del Distrito, pero que sirva a estudiantes que viven dentro el Distrito

Se le invita a hacer una cita para recibir información sobre la Solicitud Consolidada para el Financiamiento Federal 2017-2018. Esta solicitud provee a los siguientes programas a través de la ley “Every Student Succeeds Act”.

- Título I, Parte A – Mejora de Programas Básicos
- Título I, Parte C – Programa de Migrante
- Título II, Parte A – Entrenamiento y Reclutamiento de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma

Las personas interesadas deben llamar a la oficina del Coordinador de Fondos Externos al (915) 877-7497 para hacer su cita. Cada representante deberá proporcionar el número de identificación de exención de impuestos de la escuela para confirmar su elegibilidad. Habrá adaptaciones adecuadas disponibles para discapacitados, si lo solicita con anticipación.

WTCC: 04/27/17

College

From Page 1

courses at no cost to students; offers rigorous instruction and accelerated courses; provides academic and social support services to help students succeed; increases college readiness; and reduces barriers to college access. Inclusive of its early college high schools, SISD students earned 16,921 college

Sports figures need to be mindful of political stands

By Steve Escajeda
Special to the Courier

The ultimate goal of any team, from peewee football to high school to college to the professional ranks, is to win a championship.

Come to think of it, the ultimate goal in any walk of life should be to be the best you can.

Or why even bother?

It doesn't mean you'll get there, obviously there can only be one "best" in any chosen field. But trying to be the best at anything is a noble feat, whether successful or not.

There are so many perks to winning a championship. Anywhere from trophies, to ribbons, to bragging rights, to money, there's always a reward depending what level you're at.

Even just knowing that you were part of a championship can lift your spirits and give you a boost of confidence for the next venture.

In American professional sports, one of the perks that goes along with winning a title is the opportunity to go to the White

House and meet the President of the United States.

Let's face it, it's an honor for just about everybody to visit the White House and have a glimpse of one of the most important buildings on the planet.

Well, maybe it used to be an honor.

The trend over the last couple of decades is for some athletes to take a political stand and refuse to be seen with a president they didn't like.

They refuse to join their teammates and their coaches and choose to make a political statement.

And in this great country, it is their absolute right to do so.

But the decision not to be seen with a president of a certain political party may say more about the player than the president.

And the trend is spreading throughout the United States with people of all occupations.

It used to be that the norm was to debate issues; to guarantee everyone a chance to voice their concerns and then hopefully come to a compromise.

Or at the very least, agree to disagree.

But now the norm is to shout down

anyone who disagrees; to not allow them the opportunity to even voice their concerns, and to not even be seen in the same photo with a president.

One of the main reasons Americans love sports is because they are a diversion.

Sports are a two-hour vacation from the turmoil and bickering and hand wringing and name-calling and violence and suffering they get from news outlets every day of the week.

Sports give fans a chance to forget about politics. But more and more, athletes are finding ways to interject their personal political opinions into their sport.

Seven New England Patriots players chose not to visit the White House last week, some because of their political differences with Donald Trump.

That's too bad because it's such a small gesture that carried absolutely no weight. The event went on as scheduled.

A real political stand is the one Muhammad Ali took when he stood so passionately for his cause that he gave up his livelihood for three-and-a-half years. Now that's a political protest that comes from the heart and soul.

Refusing to be seen with someone or refusing to talk with someone because they don't believe what you believe, isn't courageous, it's cowardly.

It takes strength and patients and respect to sit and listen to someone else's views. It takes absolutely no talent or effort to shout down those who disagree.

Tolerance is one of the main virtues Martin Luther King taught during his fight for civil rights. He fought for everyone to be judged by the content of their character – not party affiliation or color of skin.

American athletes are first and foremost, Americans. And they have as much right as anyone to voice their dissatisfaction with their government.

But I can't disrupt my workplace by spewing my political views. I can't go against workplace policy by holding my own personal political protest at the office. I can't refuse to see the boss because he happens to believe in that other political party.

And fans don't want to see athletes voice their political opinions at their workplace. That workplace that we fans happen to pay for, by the way.

A sporting view By Mark Vasto

Five years dead

Five years ago, Aaron Hernandez was one of the brightest prospective players in the NFL, a 22-year-old all-pro tight end out of the University of Florida who had just signed a lucrative five-year, \$40 million contract with the perennial champion New England Patriots.

During that span of time, if Aaron Hernandez had chosen to walk a different path, barring injuries, he would have made the playoffs all five of those years and would be wearing two Super Bowl rings. More than likely, he would be negotiating an extension. On April 19, he'd be joining his teammates at the White House, celebrating their latest Super Bowl victory.

Instead, sometime during the early morning of April 19, Aaron Hernandez hanged himself inside his cell at the Souza-Baranowski Correctional Center in Lancaster, Massachusetts, where he was imprisoned for life for murder, five days after being acquitted in a separate double murder trial.

Think about that for a moment. The man could have made millions... won two Super Bowls as part of the best TE super tandem in NFL history with Rob Gronkowski, lived happily ever after with his pretty fiancée and beautiful daughter in their mansion with in-ground pool, but he thought this was the better path to take:

July 16, 2012: Two men, Daniel

de Abreu and Safiro Furtado, are shot to death in their car as they wait at a red light in Boston's South End neighborhood.

August 27, 2012: Hernandez signs a five-year, \$40 million contract with the New England Patriots.

February 2013: An associate, Alexander Bradley, is shot in the face in Florida. Bradley files a lawsuit alleging that Hernandez shot him after they argued at a strip club.

June 17, 2013: The body of Odin Lloyd, a semi-professional football player who was dating the sister of Hernandez's fiancée, is found about a mile from Hernandez's mansion in North Attleborough, Massachusetts.

June 26, 2013: Hernandez is arrested on a murder charge in

Lloyd's slaying and later pleads not guilty. The Patriots release him hours after his arrest.

May 15, 2014: Hernandez is indicted on two counts of first-degree murder and other charges in connection with the shootings of de Abreu and Furtado.

May 28, 2014: Hernandez pleads not guilty to charges in connection with the deaths of de Abreu and Furtado.

Jan. 9, 2015: Hernandez goes on trial for murder in Lloyd's killing.

April 15, 2015: Hernandez is convicted of first-degree murder; carries a mandatory sentence of life imprisonment.

Feb. 14, 2017: Hernandez goes on trial for murder in the 2012 killings of Daniel de Abreu and Safiro Furtado.

April 7, 2017: The jury begins deliberating.

April 14, 2017: Hernandez is acquitted of murder in the 2012 killings of Daniel de Abreu and Safiro Furtado.

April 19, 2017: Hangs himself at age 27.

This is a bizarre world, and the world of sports is supposed to offer you an escape. I have no words to convey how truly sad I am that Aaron Hernandez turned out to be such a disappointment. May God have mercy on his soul and bless his daughter and family.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.

Simulator

From Page 1

Coordinator Emergency Medical Services Paramedic. "Simulation has been used successfully in a variety of healthcare related training programs as it allows students to practice and test in a realistic environment."

Practice with "real-life" simulators enriches the student's training experience. Accreditation entities recognize and allow the

use of medium and high fidelity simulation for clinical training. Paramedic student Kenya Martinez says the simulator training really enhances the program, "I like to help people; I know I can make a difference in their lives." Ambulance simulators allow the student to practice treatment of critical patients while in transport with all of the restrictions that are associated with working in small, enclosed environments.

The Texas Success Center has launched a statewide strategy

focused on building capacity for community colleges to design and implement structured academic and career pathways at scale, for all students. This project is intentionally designed to dramatically contribute to the state's strategic plan of increasing credentialed young Texans to 60% by 2030.

EPCC drives student success by engaging them inside and outside the classroom to prepare them with marketable skills for gainful employment.

Reform

From Page 3

States than almost anywhere else in the industrialized world-would kick start new investment and job creation. In fact, sensible corporate tax reform can increase growth, lower compliance costs and improve competitiveness, all

without increasing the deficit."

Weber, who founded the Association of Mature American Citizens and turned it into a powerful, conservative voice for older Americans, believes that Mr. Trump is on the right track. By putting a priority on the two most important issues of the day – healthcare and tax reform – the Trump Administration will go a

long way toward reversing the damage caused by the previous administration in two of the most important parts of our lives.

"We've already seen how deftly he deals with national security issues. Now, we are about to see how he will put skill at deal making to work for ordinary citizens. He is, after all, the one who wrote the book on 'Art of the Deal'."



Thank You

Please accept my sincere thanks for allowing me to serve on the HRMUD board of directors for the past nine years. Although you will see my name on the ballot for the May 6, 2017 election, I must decline to serve any longer. I have personal health and family business to attend to. I encourage voters to mark their ballots for John Whitaker.

– Benny Davis

NEW HOUSES

Self-Help Built Starting At:

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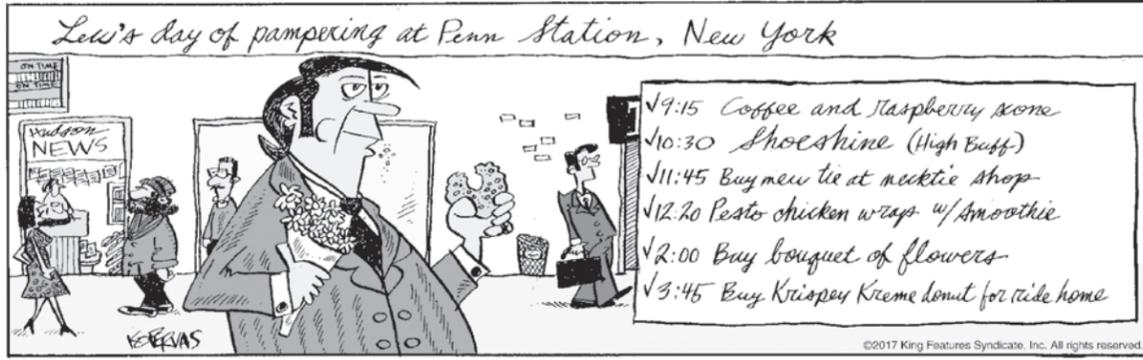
Lower Valley Housing Corporation

590-4511

LVHC is an equal opportunity affordable housing provider and employer that does not discriminate against anyone based on race, color, sex, disability, familial status, national origin, marital status or age.

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 have been contending with blepharospasm for years. I got some relief from Botox for around four years, but then it stopped working and my doctor moved me to Dysport, which was horrible. It did not relax my symptoms, and it made me constantly very uncomfortable (with a feeling that my eyes were swollen all the time). I stopped the treatments and have been able to cope, until the past six months. I am almost unable to read, look at a computer screen or drive. Do you have any suggestions? I use Ativan to try to relax the stress of the blinking, but even that has lost its effect. I have been discouraged from getting a limited myectomy because of the risks. My ophthalmologist said that a neurologist would be a waste of time. I am desperate for another opinion. – B.B.

are the experts in dystonia. The neurologist will have an opinion on trying a different form of botulinum toxin, as well as other treatments.

DEAR DR. ROACH: I'm a 61-year-old woman who was diagnosed with notalgia paresthetica about five years ago. Several years later, my general practitioner told me to use capsaicin, which helps with the tingling feeling, but sometimes it feels like someone is pinching my spine and the skin tingles, bringing on a very uncomfortable feeling. Can you tell me any more about this skin condition? I am beginning to believe that it is getting worse. – Anon.

Notalgia paresthetica is common, but often not diagnosed, and usually causes an itching under one shoulder blade. It sometimes is associated with curvature of the spine (scoliosis). It isn't curable, and often gets better and worse. Capsaicin, lidocaine patch and other creams usually provide some relief. Botulinum toxin and nerve block occasionally are used for people with more severe symptoms who don't respond.

Blepharospasm is an uncontrollable muscle spasm around the eyes, often causing blinking and twitching. It ranges from occasional and mild to the much more severe and disabling condition you report.

Treatment with botulinum toxin is effective for most people. Botulinum toxin, directly injected into muscle, weakens or paralyzes the muscle. There are three types of botulinum toxin A currently available in the United States: Botox, Dysport and Xeomin, as well as botulinum toxin B (Myobloc). I suspect your ophthalmologist changed brands because of the concern of antibodies your body may have developed to the Botox.

I would never say that a neurologist would be a waste of time. Blepharospasm is a limited form of dystonia, and neurologists

DEAR DR. ROACH: I am a 79-year-old male with mild Parkinson's disease and Type 2 diabetes. I can walk about 10 feet before becoming terribly short of breath and weak. I have been this way for several years, and it has become increasingly worse. Can you help me? – K.C.

Neither Parkinson's disease nor Type 2 diabetes explains terrible shortness of breath on

See HEALTH, Page 8

Super Crossword

X MARKS THE SPOT ACROSS

- 1 Between
- 6 Cartoon thud
- 9 Snively cries
- 15 Film format
- 18 Chat session
- 20 The Bruins' Bobby
- 21 Author _ de Balzac
- 22 Aussie leaper
- 23 "You only have so much time"
- 26 Ron of "Tarzan"
- 27 Quaint suffix with poet
- 28 Virgil's 61
- 29 "How sad"
- 30 Entwine anew
- 32 Den furniture
- 33 Swimmer also called a blueback
- 36 Scheduled mtg.
- 39 "+" or "-" atom
- 41 Take _ (cab it)
- 42 Wee child
- 43 Boggy area
- 45 Possess
- 47 Campbell's product, in Spanish
- 49 Netherlands cheese
- 52 Forts made of squared timbers
- 55 Any "50" time
- 58 Slo- _ fuse
- 59 One of the Greys on "Grey's Anatomy"
- 60 Emailer's "incidentally"
- 61 Gun of Israeli design
- 63 "The Waste Land" poet
- 65 Suffix with trick or hatch
- 66 New Nintendo system of 2012
- 68 Bingham of "Baywatch"
- 70 Proverbs
- 71 Where all eight X's appear in this puzzle
- 74 "No _ , Bob!"
- 77 Greek island near Paros
- 78 "Time _" (1990s sci-fi series)
- 79 Blabber
- 82 Trunk gunk
- 84 Actress Farrow
- 85 Pronounce
- 86 Bella _ (British Columbian native)
- 88 CPR-trained pro
- 89 Be dozing
- 91 Has a frank discussion
- 94 Heavy hammer
- 96 Old Pontiac muscle cars
- 98 TV scientist Bill
- 99 On deck
- 100 Turnip, e.g.
- 103 Regal crown
- 105 Sis or bro
- 107 Royal name of Norway
- 108 "Gravity" actress
- 112 _T-Pak (Wrigley's gum unit)
- 114 Worry-free
- 115 Nerve cell

DOWN

- 1 Part of a French play
- 2 _ scale of hardness
- 3 Individuals
- 4 16-team grid gp.
- 5 Noted family name in wine
- 6 _ choy
- 7 Opera solos
- 8 "Entertaining _" (Joe Orton play)
- 9 Cat food brand
- 10 Ad _
- 11 Pen filler
- 12 Bete _
- 13 Borgnine of film
- 14 Self-balancing two-wheeler
- 15 Had lofty aspirations
- 16 Saab rival
- 17 Senior group member
- 19 Puffer's cousin
- 24 "Bye now!"
- 25 Savoir-faire
- 31 Sommer of the screen
- 32 Actress Keanan
- 34 Unusual foreign objects
- 35 "Criminy!"
- 36 Stroll along
- 37 Gondola guider
- 38 Authorized substitute
- 40 Sign banning 180s
- 44 Statistical asymmetry
- 46 Compass pt.
- 48 Toiling insect
- 50 Salve plant
- 51 Verbal gems
- 53 Big Apple stage award
- 54 Tunic worn over armor
- 56 Port of Japan
- 57 Annual PGA Tour event
- 62 Drummer Starkey and screenwriter Penn
- 64 Secular
- 67 Perfect
- 68 Poison: Prefix
- 69 Entry points on pipes
- 71 Suffix with press
- 72 Kerosene
- 73 Abstainers from alcohol
- 74 Flower stalk
- 75 " _ la Douce"
- 76 Address that bounced email is delivered to
- 79 Rustic sort
- 80 Vega of "Spy Kids" films
- 81 Cable shows, e.g.
- 83 Tent securer
- 85 Clever
- 87 "Smoking _?"
- 90 Reproach to Brutus
- 92 Big boa
- 93 Resembling a vat
- 95 Ore deposit
- 97 Low bows
- 101 Toothache relief brand
- 102 City near Seattle
- 104 Old Big Appletheater
- 106 Apple tablet
- 108 _ Arabian
- 109 Garret
- 110 Vikki Carr's "It Must _"
- 111 Knots on tree trunks
- 113 Digital book, e.g.
- 117 As to
- 118 Dole (out)
- 119 "Hey, you"
- 122 Dir. 135 deg. from 46-Down
- 123 Sea, in Caen
- 124 Sales _
- 125 Hedge bush

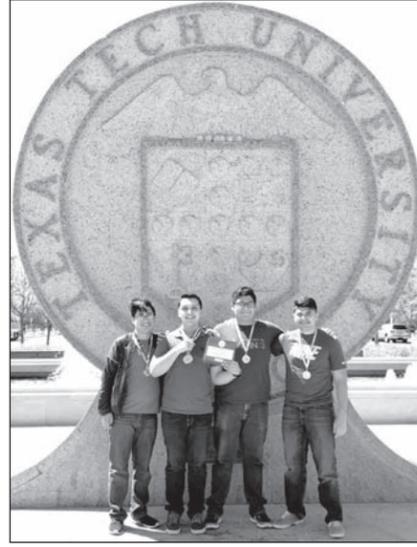
Answer Page 4

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				30			31				
			32				33			34	35							
36	37	38		39		40		41				42						
43				44		45	46		47		48		49		50	51		
52					53			54		55			56	57		58		
59					60			61	62			63			64			
65				66	67			68			69		70					
			71				72					73						
74	75	76				77					78				79	80	81	
82						83	84			85			86	87				
88				89		90		91	92			93						
94			95		96		97		98				99					
			100		101	102		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	



– Photos courtesy Fabens ISD

STIFF COMPETITORS – Multiple students advanced to the regional level competition after Fabens High School secured the title of UIL Academic District 4A Champions for the eleventh year in a row on March 21-23. In total, Fabens brought home 25 medals, 12 ribbons and 6 first place team plaques.



ON THE ROAD – UIL Current Issues and Events team get in a photo-op in front of Texas Tech University in Lubbock.

Here's a Tip

By JoAnn Derson

- “To keep light bulbs from sticking in the socket, apply petroleum jelly to the base of the bulb before screwing it into the fixture.”
– B.D. in Virginia

- “Use the liner of cold cereal boxes as wax paper. It is much stronger than regular wax paper, and it doesn't fall apart when it gets wet.”
– S.S. in Minnesota

- Replace your pricey dryer sheets with a reusable alternative. To a jar with a wide mouth and tight-closing lid, add two to three dish sponges, and a 50-50 mix of liquid fabric softener and water. Cap jar and shake to distribute. When the washing is done and you have your clothes in the dryer, pull out a sponge, squeeze excess liquid back into the jar and pop the sponge into the dryer. When the clothes are dry, put the now-dry sponge back in the jar for the next time. Refill liquid as needed. This really extends your fabric softener!

- “I always keep a ‘toilet tote’ in my car when I travel. Inside the tote bag I put disposable gloves, a can of disinfecting spray, a container of bathroom wipes and a roll each of toilet paper and paper towels. This tote has helped me deal with all kinds of bathroom situations in gas stations and restaurants as well as hotels/motels.”
– D.K. in New Jersey

- “When your baby goes from the bottle to a sippy cup, don't throw away the bottle brush. It works great for the sippy cup as well.”
– S.W. in Arkansas

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

Health

From Page 7

mild exertion. Severe shortness of breath can come from serious heart or lung problems (many types) or severe anemia. I can't help: Get to your doctor right away.

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) 2017 North America Synd., Inc. All Rights Reserved.

Fabens' students have strong UIL season

By Denise Peña
Special to the Courier

FABENS – At the UIL Academic Regional Meet held in Lubbock on April 6-7, the UIL Current Issues & Events Team

Classified Ads

Drivers CDL-A:
• Local, Regional, OTR
• Insurance (family avail!!),
• Paid Vacation, Good Home Time!
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swept the championship title to advance to state competition. The team consisted of senior Rodrigo Estrada who individually placed 1st, senior Julian Espinoza who placed 5th, Josue Flores and Uriel Santillana. Rodrigo is also advancing for top science score in Biology and for Social Studies after placing 1st. He went on to

State competition in Austin over April 21-22.

“I was fortunate enough to lead such a strong team of first-

time UIL competitors as captain of the Current Issues and Events Team,” Estrada said. “I'm immensely proud of them.”

place 4th in Social Studies at

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		18
x		x		÷	
	+		+		13
-		-		+	
	x		+		15
13		17			11

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 3 3 4 5 6 7 8 9

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Answer Page 4

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: E equals L

XGDNEC MF ZCBTZC VYTBV
STQYTGW NDTM T VDGM CZ MF
XQC, T'Z QDU T VDQ ICDEEU
SEFXGZCITGW DIFXGZ.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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!

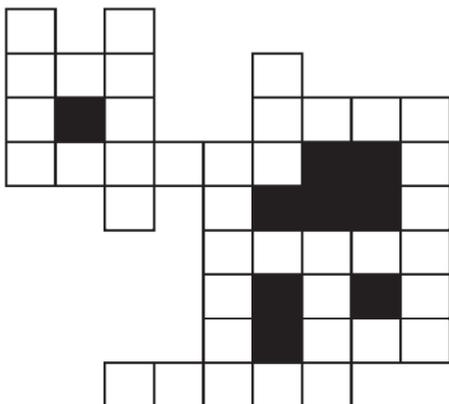
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FEAR KNOT

By: rj johnson

DOUBT? ... OR DARE!

- ♥ RER
- ♥ VOLESH
- ♥ RHEEW
- ♥ ELWA
- ♥ HARTLE
- ♥ RCA
- ♥ VEOR
- ♥ NORSA
- ♥ WLO
- ♥ SWORCE
- ♥ CHOLT
- ♥ SEAC



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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