



NEWSBRIEFS

Missing monster

Nessie's gone missing and a reward is being offered to anyone who can find the missing monster, according to the Association of Mature American Citizens. The elusive Loch Ness Monster has not been sighted in eight months and authorities in Scotland are worried. They are asking residents and visitors to keep a sharp eye out in case the creature surfaces again. You can join the search by logging on to the official Loch Ness Monster Web cam. Anyone, anywhere can access the Webcam by logging on at <http://www.lochness.co.uk/livecam/>.

— John Grimaldi

A word to the wise

It was Oscar Wilde who said, "With age comes wisdom." Most of the research on the topic shows there is truth to Mr. Wilde's observation, says the Association of Mature American Citizens. But, there is at least one study that shows seniors may not be that wise, after all. Australian researchers challenged participants in one study to make a set of hypothetical decisions and found that the over-65 participants were more inconsistent than their teenage counterparts. But, then again, as Socrates put it, "The only true wisdom is in knowing you know nothing."

— John Grimaldi

In fashion?

The distressed look is in vogue and so you may want to put on a pair of scruffy old jeans and roll around in the mud to make your own fashion statement. But, reports the Association of Mature American Citizens, you don't have to go to all that trouble. Nordstrom has a sale on fake dirty jeans and for just \$425 you can avoid the muss and the fuss with a pair of jeans smeared with make-believe mud.

— John Grimaldi

Move over Oscar De La Renta

So you bought the dirty jeans splattered with fake mud at Nordstrom's for \$425 but could not find suitable footwear to complete your grungy new look. Fear not, says the Association of Mature American Citizens, Neiman Marcus has just what you need –

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It's easier to beat a bad habit today than tomorrow.

— Quips & Quotes

Davis twins aim high, succeed together

By **Alfredo Vasquez**
Special to the Courier

CANUTILLO – Twenty-one year old twins Michelle and Monique Davis, of Canutillo, are in the final stretch of their exceptional educational journey as they prepare to start medical school in August.

A journey that the twins began in the Canutillo Independent School District, first at Jose Damian Elementary School, continued at Canutillo Middle School, then came to a turning point when they decided to go to Northwest Early College High School (NECHS).

At NECHS, the Davis girls met Counselor Jaime Mercado, and with his guidance and encouragement, they were able to graduate in 2014 with high school diplomas, associate of arts degrees and scholarships to attend just about any college or university in the country.

The girls chose to go out of town for their higher education; they both chose Our Lady of the Lake University (OLLU) in San Antonio.

Michelle said that she was fortunate to receive several scholarships. "I received an academic scholarship from OLLU, the Stars Scholarship, the Nicolasa G. Garza Scholarship, the HACER Scholarship, the LULAC Scholarship, and the Going For Four Scholarship."

Monique received the prestigious Gates Millennium Scholarship and an OLLU academic scholarship, which covered her tuition in full. "We were blessed not to have to worry about paying for college," she stated.



— Photo by Alfredo Vasquez

MIRROR IMAGE – Twins Monique, left, and Michelle enjoyed a full college experience at Our Lady of the Lake University in San Antonio, TX. Michelle served as president of the Saints Medical Society and was a member of the Sigma Zeta Math and Science National Honor Society. Monique served as vice president of the Sigma Zeta Math and Science National Honor society. Both were members of the Gamma Sigma Epsilon Honor Society and Chemistry Club and served as Eucharistic ministers and mass lectors. The girls graduated recently with Bachelor of Science degrees in Biology. Together, they will start medical school in August.

But the decision to leave home for family and home for college, especially college was not an easy one for the twins because Monique and I have been the and their parents, Rachel and Michael only two in our family thus far to go out Davis.

"It took a lot of courage to leave my

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Canutillo ISD designated 6-12 T-STEM district

By **Andrew Reynosa**
Special to the Courier

CANUTILLO – Canutillo ISD announced that the Texas Education Agency has designated Canutillo Middle School as a Texas Science, Technology, Engineering and Mathematics (T-STEM) academy. The middle school joins Canutillo High School, who is in its second year in the same T-STEM designation, making the District one of only a few in the state of Texas to have a sixth through twelfth grade T-STEM track.

T-STEM Academies are rigorous secondary schools focusing on improving instruction and academic performance in science and mathematics-related subjects and increasing the number of students who study and enter STEM careers. Canutillo Middle School was designated based on a rigorous designation process by TEA requiring the campus to meet a number of benchmarks in relation



— Photo courtesy Canutillo ISD

TECHIES – Two Canutillo Middle School (CMS) students work on a small robot. Robotics is part of the T-STEM curriculum at CMS.

gto STEM such as mission-driven better prepared for their transition to the leadership, T-STEM culture and student high school STEM program," Paz said. and teacher retention. CMS Principal "This will also give colleges a good Mark Paz is excited about this (T-STEM) indicator that the students have gone designation.

"This program will help students be

See T-STEM, Page 5

Finances

By Nathaniel Sillin

Keys to outfitting your first apartment on a budget

Moving into a place of your own for the first time is a huge step. I remember my first post-college apartment move. It was nothing special, but it was mine. It came with a few new challenges and responsibilities and all sorts of opportunities.

For the first time, I was able to decide how to decorate an entire living area and turn a blank slate into a home.

even startups creating online marketplaces specifically for furniture, although they’re generally limited to large cities.

high thread counts could be more of a marketing gimmick than an indicator of quality. Try to focus on how the fabric feels, find a weave that you like and you might be pleasantly surprised by the low-cost options at big box retailers. The same test works for towels.

Veterans Post

By Freddy Groves

New VA app links to your smartphone

Have a smartphone? You might want to keep an eye on a new app being designed for the Department of Veterans Affairs that will help you get medical appointments and care more quickly.

As part of the Faster Care for Veterans Act of 2016, the VA awarded a pilot program contract to design an app you can use on a computer, smartphone or tablet to get primary or specialty care, as well as mental-health appointments. You’ll also be able to manage your in-person and telehealth appointments, see what appointments are available and get reminders or prompts about follow-up appointments.

The designer, Document Storage Systems, has been in the business for 25 years and has run a successful scheduling program at Roudebush VA Medical Center in Indianapolis. The pilot program will last for 18 months at three Veterans Integrated Service Networks.

The VA currently has an app for booking primary-care appointments at 99 VA

facilities. The Mobile Veterans Appointment Request has good reviews, but this new app has a specific feature the other doesn’t: With the new app you can schedule your own specialty-care and mental-health appointments and see real-time appointment availability slots, instead of leaving a text message for a scheduling clerk to help set up an appointment. (They have five days to reply under the current app.)

Do I sound hopeful? I am. Granted, there’s always the chance of a glitch, but tapping in an appointment choice seems better than waiting five days to learn whether you have your preferred appointment time and date.

Let’s hope the new app can notify you if lab work is needed before your scheduled appointment. The current app doesn’t do that.

Keep an eye on mobile.va.gov to see if your area is part of the pilot program.

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Here’s some advice for finding what you’ll need on a budget and a few inexpensive ideas to make otherwise unimaginative rooms come to life.

Look for hand-me-down and used furniture. Furniture – tables, chairs, bookshelves etc. – often takes up the most space and can be the biggest drain on your budget. You could start by mapping out your home using online floor plan software and determining what might fit where.

When it comes to finding furniture, friends, family members and friends of family members may have something they want to get rid of and simply haven’t had the time or energy to do so. Also consider marketplace websites’ free sections and the nonprofit Freecycle Network™, which hosts message boards where you can find local people giving away their unwanted belongings.

To find used furniture that’s for sale, head to consignment stores, garage and buy-sell-trade social media groups. There are

Get your kitchen in order. Many kitchen essentials, such as silverware, can also be found for cheap at second-hand stores. But if you’re looking for something new, you can save money by shopping at discount stores and online clearance sites.

Avid cooks who want to invest in a few kitchen appliances might consider waiting for large seasonal sales. For instance, standing mixers, slow cookers and other small appliances often go on sale every Black Friday.

Brighten up the place. While your apartment may have overhead lighting, a few standing lamps can set a much nicer mood. The good news is lamps often stay in the corner and won’t necessarily show a lot of wear and tear. In other words, this is another great buy-used opportunity.

Don’t shop second-hand for everything. There are a few things you don’t want to buy used: towels and bedding. Add mattresses to that list as well if you’ll be looking for a new one.

When it comes to sheets, ultra-

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Public Notice / Aviso al Público Canutillo Independent School District

Summer Meal Program 2017/ Programa de Servicio de Alimentos para el Verano 2017

Canutillo Independent School District is participating in the Summer Food Service Program. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the bellow school sites, dates and times as follows:

Distrito escolar Independiente de Canutillo está participando en el Programa de Servicios Alimentos de Verano. Las comidas se proporcionará a todos los niños sin cargo y por igual a todos los niños sin importar raza, color, origen nacional, sexo, edad o discapacidad, y no habrá ningún tipo de discriminación en el servicio de comida. Las comidas se proporcionará en los sitios y horarios siguientes:

Campus/Facility	Address	Dates (weekdays only)
Campus/Instalaciones	Dirección	Fechas (Sólo los días laborables)
Canutillo High School	6675 South Dessert Blvd.	June 9 - July 14 (Times/Horarias)* **
Alderete Middle School	801 Talbot Ave.	June 9 - July 14 (Times/Horarias)* **
Garcia Elementary School	6550 Westside Dr.	June 9 - July 14 (Times/Horarias)* **
Northwest Early College HS	6701 South Desert Blvd.	June12 - July 17 (Times/Horarias)* **

* Breakfast / Desayuno: 7:00 a.m. - 9:00 a.m.

** Closed Monday, July 3 through Friday, July 7, 2017.

* Lunch / Comida: 11:00 a.m. - 1:00 p.m.

** Locations and dates may be amended by the District.

To file a complaint of discrimination, write or call immediately to:

Para presentar una queja sobre discriminación, escriba o llame inmediatamente a:

USDA, Director, Office of Adjudication
1400 Independence Avenue S.W.
Washington, D.C. 20250-9410

Or call toll free (800) 795-3272 or (202) 720-6382 (TTY) USDA is an equal opportunity provider and employer.

O llamar gratis al (800) 795-3272 o (202) 720-6382 (TTY) USDA es un proveedor de igualdad de oportunidades y el empleador.

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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.


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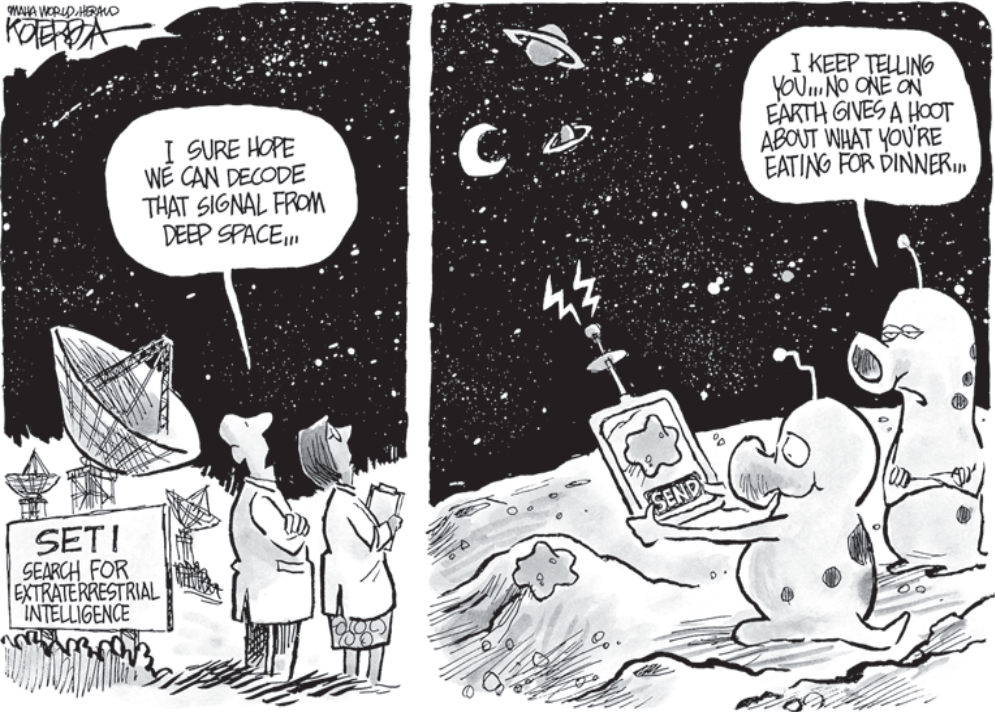

Member Texas Community Newspaper Association

Phone: 852-3235
Fax: 852-0123
E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Steve Escajeda


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View from here By John Grimaldi

The choice: Free market or single payer

Dan Weber, president of the Association of Mature American Citizens, warns that “liberals in Congress will continue to sabotage efforts to repeal and replace Obamacare. They see President Obama’s so-called Affordable Care Act as a first step toward a single-payer system which is, itself, a first step toward the creation of a socialist state here in the U.S.”

Self-declared socialist Senator Bernie Sanders is as outspoken a proponent of single-payer health care coverage as he is a booster of the movement to convert America into a socialist country, says Weber.

However, the AMAC chief adds, neither universal health insurance nor the restructuring of our political system is in the cards. As health policy expert Dr. Timothy Callaghan put it: “Americans, and conservatives in particular, have a strong belief in classical liberalism and the idea that the government should play a limited role in society.”

The argument that single-payer health care works in other countries such as England, Canada and France is bogus, Weber says. There are numerous reports of the failings of their systems. Britain’s Care Quality Commission says that country’s health system is on the verge of collapse. Meanwhile, government spending for healthcare in France is over budget by billions of Euros each year and some say that universal health care there cannot survive.

“So much for the cost benefits of single-payer insurance. What about issues such as the fewer health care options that would be available under universal healthcare,” says the head of America’s most powerful conservative senior advocacy organization. “Choice is important. We don’t want the government to dictate how we receive care, nor do we want the government to tell us how much care we get before it decides to pull the plug.”

Paul Krugman is an economist and a liberal but not so much a supporter of universal health care. He points out that in order to have a single-payer system that might work, we would need to keep costs down. And that would mean we’d have to “say no to patients, telling them that they can’t always have the treatment they want.”

A few years back Michael Tanner at the Cato Institute produced a paper in which he showed that Universal Health Care [is] Not Best Option. First and foremost he noted that “universal health insurance does not necessarily mean universal access to health care. In practice, many countries promise universal coverage but ration care or have extremely long waiting lists for treatment. Those countries that have single-payer systems or systems heavily weighted toward government control are the most likely to face waiting lists,

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NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET

The San Elizario Independent School District will hold a public meeting at 5:30 p.m., Thursday, June 15, 2017 in the SEISD Administrative Office, 1050 Chicken Ranch Rd., San Elizario, Texas.

The purpose of this meeting is to discuss the school district’s budget that will be adopted. Public participation in the discussion is invited.

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	4.41%	Increase
Debt Service	21.90%	Increase
Total Expenditures	5.32%	Increase

Twins

From Page 1

of town for school,” Michelle said. But, “going to San Antonio and attending OLLU was an incredible opportunity for us, and we wanted to take full advantage

Moments in Time

The History Channel

- On June 12, 1920, Man O’ War wins the 52nd Belmont Stakes, and sets the record for the fastest mile ever run by a horse to that time. “Big Red” was the greatest thoroughbred of his generation.
- On June 13, 1381, a large mob of English peasants marches into London and begins burning and looting the city. The Peasants’ Revolt began when Parliament restricted voting rights by raising the poll tax.
- On June 14, 1777, during the American Revolution, the Continental Congress adopts a resolution stating that “the flag of the United States be 13 alternate stripes red and white” and that “the Union be 13 stars, white in a blue field.” The “Stars and Stripes” are commemorated every June 14 on Flag Day.
- On June 15, 1877, Henry Ossian Flipper, born a slave in Georgia in 1856, is the first black cadet to graduate from the United States Military Academy at West Point, New York. Flipper was appointed a second lieutenant in the all-black 10th Cavalry.
- On June 16, 1961, Rudolf Nureyev, the young star of the Soviet Union’s Kirov Ballet, defects at an airport in Paris. Nureyev broke from the company and threw himself into the arms of airport security, screaming, “Protect me!” The high-profile defection was a blow to Soviet prestige.
- On June 17, 1579, during his circumnavigation of the world, Francis Drake anchors his ship, the Golden Hind, just north of present-day San Francisco and claims the territory for England’s Queen Elizabeth I. Drake called the land “Nova Albion.”
- On June 18, 1984, talk-radio icon Alan Berg, the self-described “man you love to hate,” is shot and killed in his driveway. The 50-year-old host had stirred up controversy with his outspoken personality, abrasive approach and liberal views. His story provided inspiration for the 1988 film “Talk Radio.”

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of all the blessings God has given us,” she said.

“The most difficult aspect about leaving home for college was being so far away from my family for the first time. Thankfully, I had my sister by my side,” Monique stated. “The first semester was the hardest, but after that, OLLU became my home away from home.”

Their mother, Rachel, of the Ornelas family in Canutillo, said that “When my daughters decided to leave town for college, it was difficult to accept at first; but the girls and Mr. Mercado convinced me that letting them go was in their best interest and would help them realize their dreams. I didn’t want to hold them back.”

Letting them go was not easy for Dad either. Michael recalled recently that his biggest concern was that he would not be near enough to help them if they needed him. “Who was going to help my girls if they got into any difficulties,” he remembered thinking.

Nonetheless, in the summer of 2014, Rachel and Michael drove their daughters to San Antonio and dropped them off at the OLLU campus. “We were teary-eyed the whole drive back,” both parents admitted.

Three years later – this past Mother’s Day – the twins graduated cum laude from OLLU with Bachelor of Science degrees in Biology. “We sent them to college as our little girls, and they came back amazing, confident young ladies,” their mom said.

Now, Michelle and Monique are headed to Burrell College of Osteopathic Medicine in Las Cruces, NM, next to the New Mexico State University (NMSU) campus.

The twins’ plans are for both of them to become pediatricians. After completing medical school in six years, they want to open a joint pediatric practice

T-STEM

From Page 1

through a rigorous process since the sixth grade.”

With the T-STEM designation, CMS will be provided with professional development and technical assistance to serve as demonstration schools and learning labs to showcase innovative instruction methods that integrate technology and engineering into science and mathematics instruction.

Earlier this month, the middle school was also awarded a Project Lead the Way Gateway grant for \$20,000 made possible

Briefs

From Page 1

\$1,425 sneakers that UPI says “look like a dog ate them.” According to the wire service

somewhere in the El Paso-Las Cruces region.

“We hope to have our own clinic that we can run together,” Monique said. “We are not only best friends, we’d make great work partners, a great team. It would be really fun for our future patients to see two twin physicians,” she said.

Michelle agreed. “I would love that,” she said. “We get along so well. We build each other up. We would provide the best care for our patients. It’s not something you see every day – having you and your twin sister working together.”

The twins also look forward to offering a rare skill set to their patients. They are fluent in English, Spanish, and American Sign Language. “We are thankful to know these three languages,” Michelle said, “as not many physicians might be able to communicate in multiple languages.”

“I knew I wanted to become a doctor before I even knew how to spell the word ‘doctor’. I’ve always wanted to help people and I felt that by pursuing a higher education and treating patients, I would be serving God in the way that He wants me to. I also have my parents and family to thank for all their support throughout my academic career,” Michelle said.

“I don’t believe that I would have succeeded without the love and support from my parents. It was hard for them to let my sister and I go out of town for college, but they never held us back from our dreams, and for that I am beyond grateful,” Monique stated.

“I hope that our story can inspire others to go out and follow their dreams. It might be scary to take the initiative to leave town and start a new chapter in your life, but the journey and the end result is so worth it,” Monique added.

by Verizon Innovative Learning through the 2018-19 school year. Students will have unique learning opportunities in engineering, robotics, computer science, app creator, digital design, programing and coding based coursework provided by Project Lead the Way, a nonprofit organization.

“The Project Lead the Way grant will go a long way to help pay for the course curriculum and teacher training required for the program. Students will eventually graduate with the experience they need to succeed and do something amazing for our community in the future,” Paz added.

report, “The white sneakers have been partially shredded – or, as the product description puts it, they were subjected to “heavy distressing” – to reveal the bright yellow stuffing.

– John Grimaldi

Clint Independent School District SPECIAL EDUCATION SERVICES

Clint Independent School District provides the following educational program/services to identified disabled children who reside within the district beginning on the third birthday through age twenty-one.

- 1) Instructional Program: including Early Childhood (beginning on the third birthday through age five), Resource (grades K-12) and Self-Contained (grades K-12)
- 2) Diagnostic Services
- 3) Transportation Services
- 4) Speech Therapy
- 5) Counseling Services
- 6) Adaptive Equipment Services
- 7) Physical Therapy
- 8) Occupational Therapy
- 9) School Health Services
- 10) Homebound Services
- 11) Dyslexia Services

Services are provided to identified auditorial and visually impaired children who reside within the district from birth through age twenty-one and to private/home school students who qualify for special education services.

In compliance with the Family Educational Rights and Privacy Act of 1974 and Public Law 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-P provide for record access, confidentiality, and complaint procedures.

If you would like more information or know of a disabled child who is not receiving educational services, please contact the Special Education Director at 125 Brown Street, Clint, Texas 79836, or call (915) 851-8383.

SERVICIOS DE EDUCACION ESPECIAL

El distrito escolar de Clint provee los siguientes programas/ servicios educacionales a niños que son identificados como desabilitados que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años.

- 1) *programa de instrucción: infancia temprana (comenzando con el tercer cumplea–os hasta la edad de cinco años), cuarto de recurso (K-12), y clases contenidas (K-12)*
- 2) *servicios diagnósticos*
- 3) *servicios de transportación*
- 4) *terapia de habla*
- 5) *servicios de consejo*
- 6) *servicios de equipaje adaptivo*
- 7) *terapia fisica*
- 8) *terapia ocupacional*
- 9) *servicios de salud escolar*
- 10) *servicios de clases en el hogar*
- 11) *servicios de dyslexia*

Se provee servicios a niños identificados como desabilitados audible y visualmente que viven dentro del distrito desde nacimiento hasta la edad de 21 años y para estudiantes en clases privadas/en el hogar que califican para servicios de educación especial.

Conforme al Acto de Derechos y Confidencia Educacionales de Familia de 1974 y Ley Publica 105-17, padres y alumnos adultos tienen el derechos de ver los archivos educativos. Polizas FL y FL-P explican los derechos, la confidencialidad, y el proceso para quejarse.

Si usted desea mas información o sabe de un niño/niña desabilitado que vive en el distrito escolar de Clint que no esta recibiendo servicios educacionales, favor de comunicarse con la Directora de Educación Especial en la direccion 125 Brown Street, Clint, Texas 79386, o al teléfono (915) 851-8383.

WTCC: 06-01-17

Trash talking: Some players just can’t chill out

By Steve Escajeda
Special to the Courier

June is finally here and that puts us right in the middle of the baseball season.

The beginning of June also puts us right at the beginning of the NBA Finals with Cleveland and Golden State going at it for the third straight year.

It also means that it’s time for backyard get-togethers, trips to the beach and the breaking out of tank tops and shorts.

In other words, it’s a great time of the year, plus the weather may never be better than it is now.

So why is it that NFL guys are so upset right now?

A guy who never seems to run out of things to say, Washington Redskins’ cornerback Josh Norman said recently that Dallas’ Dez Bryant was “just a guy” and described the Giants’ Odell Beckham like this, “he’s a kid.”

Norman has a history of trying to get into wide receivers’ heads, but hey, it’s June. Football season is still four months away.

Maybe the political climate in D.C. is getting to Norman? Maybe he hasn’t hit anybody in a few months and it’s making him crazy?

Maybe Norman should pace himself and start the WWE-like behavior in August when training camps start.

Another guy who loves to open his mouth and hates to

be out of the limelight is Seattle defensive back Richard Sherman.

It was back on the first day of February in 2015 with 26 seconds left in Super Bowl XLIX, on second-and-goal from the 1-yard line and the Seahawks were on the verge of winning their second straight title.

Then, inexplicably, instead of handing the ball off to the best running back in the league that season, Marshawn Lynch, quarterback Russell Wilson dropped back and attempted a quick pass in the end zone that was intercepted by Patriots corner Malcolm Butler.

And the rest is history.

But Sherman and a few of his defensive teammates will not let history fade away.

Reports have surfaced that there is still a bunch of tension between Sherman and coach Pete Carroll and Wilson because of that play.

Sherman has said that the play cost the Seahawks a chance to become a dynasty and he still holds a grudge for the outcome of the play and the play call itself.

It’s no wonder that Sherman’s name has come up in trade talks. Nothing firm yet, but it’s getting to the point that he’s now becoming a distraction to the team.

I think Sherman needs a quick dip in the pool for a chance to cool off.

Then there’s all this Colin Kaepernick talk about collusion between NFL franchises not to hire him.

You remember Kaepernick – the quarterback that has become more famous for taking a knee to the ground instead of taking a snap from the center.

It was just a few years ago that Kaepernick was considered the future of the NFL and actually led the 49ers to the Super Bowl.

They lost the game, but it was the combination of his running and passing that led everyone to believe he was changing the face of the league and the position of quarterback.

But as has happened to so many before him, after the success and the fame and the money came pouring in, the talent plummeted.

Kaepernick got so bad that he was benched a couple years ago and started last season as the second-string QB.

Then the quarterback decided to protest the National Anthem at games, which in turn, led to others in the league following his lead.

The controversial quarterback became a free agent after last season and no team has come calling.

An organization stood in front of NFL offices last week with members making speeches about how Kaepernick has been mistreated.

I don’t know if Kaepernick isn’t getting any love because of his history of taking a knee, or for his history of not being able to throw a football accurately?

But angry accusations are being tossed about and it’s rather obvious that if he isn’t chosen by any team this could end up in court.

The only person who must be smiling at all this is NFL commissioner Roger Goodell, who for once isn’t the target of all the anger.

A sporting view By Mark Vasto

A big dog on and off the field

I was once told that the day you stop trying to leave a legacy is the day your legacy begins. It has to do with humility and letting your actions speak louder than words.

It’s unlikely that there ever will be a Mt. Rushmore for defensive tackles. Nor is there a good chance that people someday will think about the guy who forced six fumbles over the course of a decade-long football career. They will, however, remember a guy named Cortez Kennedy when they think about what a football

player is supposed to be on and off the field.

“Tez” was the kind of player you couldn’t ignore. A Hall of Famer who spent all 11 years of his career with the Seattle Seahawks during their raucous ‘90s... a graduate of “The U.” A guy universally revered by those who played with him and those who coached him.

It was sad to learn of his death at age 48. At the time of this writing, there was no official cause. The morning of his death, it was kind of striking and weird to actually

read official Twitter accounts that didn’t make you cringe in embarrassment for a change.

Said the Seahawks: “Tez was an NFL Defensive Player of the Year, Pro Football Hall of Famer and Seahawks ambassador, but more than his on-field accomplishments, he was a loyal son, father, teammate and friend to many, possessing a larger-than-life personality and an infectious laugh. ... We are proud to have been represented by such a special person.”

Said New Orleans Saints general manager Manny Loomis: “Many who will read about him in the coming days will read of his success on the field as a great Seattle Seahawk and Miami Hurricane; however,

the full story lies in his loving, fun, positive and giving heart. In my many years working in the NFL, no one better exemplified what it meant to be a great player on the field, and yet that paled in comparison to what Cortez meant to the people who knew him off the field. People of all races, religions and nationalities counted him as a friend – athletes and non-athletes alike. We should all aspire to have as big a heart as his!”

Perhaps the greatest thing I ever read about the guy – and we’ll surely hear more about

his charitable efforts in coming days – came from his first NFL coach, Chuck Knox. He was the guy that gave him number 96 and told him to play defensive tackle... if that was OK with him. Kennedy’s response: “Put me wherever you want and let the big dog hunt.”

Now that is a legacy. Rest in peace, Cortez. You were a killer tackle.

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

Classified Ads

LEGALS

TOWN OF CLINT, TX

Early Notice and Public Review of a Proposed Activity in a Wetland

To: All interested Agencies, Groups and Individuals on 6/1/2017: This is to give notice that the Town of Clint has determined that the following proposed action under the Community Development Block Grant Program contract 7216100 is located in a wetland, and the Town of Clint will be identifying and evaluating practicable alternatives to locating the action in the wetland and the potential impacts on the wetland from the proposed action, as required by Executive Order 11990, in accordance with HUD regulations at 24 CFR 55.20 Subpart C Procedures for Making Determinations on Floodplain Management and the Protection of Wetlands. The Town of Clint proposes a First-time Gas Service project to provide first-time gas access to households in Clint by installing 1,700 LF of 2" poly gas line, gas meters, yard service lines, fittings, pavement repair, and all relatedconnections and appurtenances on Pioneer St west to the dead end, and on Williams St from Pioneer St to Lawson Ave. The projectshallinclude activities within approximately 0.002 acres of the wetland. There are three primary purposes for this notice: (1) People who may be affected by activities in wetlands and those who have an interest in the protection of the natural environment should be given an opportunity to express their concerns and provide information about these areas. Commenters are encouraged to offer alternative sites outside of the wetland, alternative methods to serve the same project purpose, and methods to minimize and mitigate impacts; (2) An adequate public notice program can be an important public educational tool. The dissemination of information and request for public comment about wetlands can facilitate and enhance Federal efforts to reduce the risks and impacts associated with the occupancy and modification of these special areas; and (3) As a matter of fairness, when the Federal government determines it will participate in actions taking place in wetlands, it must inform those who may be put at greater or continued risk.

Written comments must be received on or before 6/16/2017 by the Town of Clint at P.O. Box 350 or 200 N. San Elizario Rd, Clint, TX 79836-0350, (915) 851-3146. Attention: Charles Gonzales, Mayor, during regular business hours. A full description of the project may also be reviewed during regular business hours at 200 N. San Elizario Rd, Clint, TX 79836-0350. Comments may also be submitted via email to Lauren@grantworks.net. Servicios de traducción están disponibles por petición a la Ciudad.

WTCC: 06-01-17

1973
44
Years
2017

WEST TEXAS COUNTY
COURIER

SERVING ANTHONY, VINTOS, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FARNS, SAN ELIZARIO AND TORREILLO

CLASSIFIED AD FORM

25 words - \$10 per week; 40 words - \$15 per week

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13	14	15	16
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21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40
Deadline: Monday, 4 p.m. Please print. Send form and payment (no cash) to:		Contact Information:	
West Texas County Courier 15344 Werling Ct. Horizon City, TX 79928		Name: _____ Phone: _____	

Comix

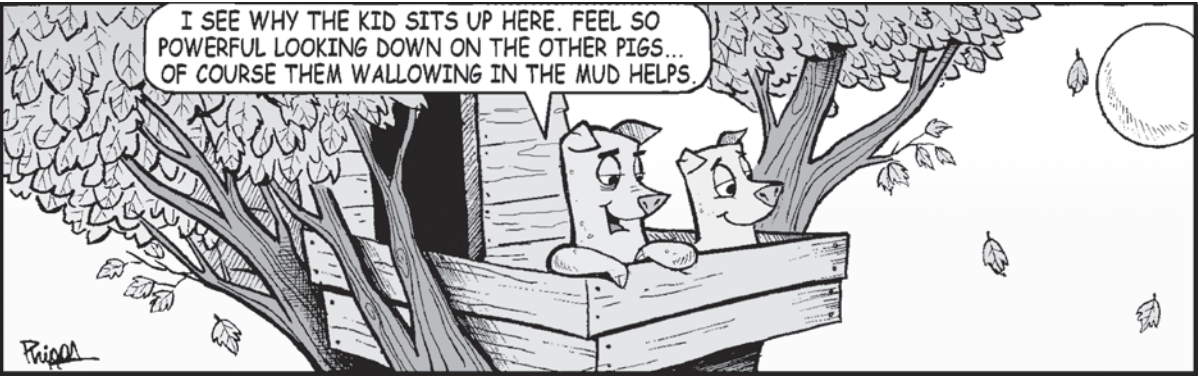
OUT ON A LIMB

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.

DR. ROACH WRITES:

A while back, I asked readers for suggestions on swallowing pills, and I got many helpful answers. I particularly liked this pharmacist’s advice, since it combines physics and common sense:

“Because capsules FLOAT and tablets SINK, two ways are helpful. For capsules this works for me: Place the capsule on your tongue, then take a big swallow of water through a straw, keeping your chin neutral. For tablets, put water in your mouth first, then tilt your head back and drop the tablet into your mouth and swallow.”

Using a straw was the most frequent advice I heard. Thicker liquids were the key for other readers, while one reminded me that an inexpensive pill crusher can turn a pill to powder, which can then be mixed into yogurt or applesauce. However, always check with your pharmacist, since some pills, such as long-acting formulations, should not be crushed, and a few should not be mixed with foods. Another person found that swallowing some ice chips for a few minutes prevented the gag reflex that kept her from swallowing medicines.

DEAR DR. ROACH: My father read your recent column pertaining to kidney stones. He recently passed a kidney stone and was wondering if there is a lab that he could send his stone to directly to be analyzed? Unfortunately, he prefers not to visit an internist or urologist. – L.P.

It depends on the state, but most laboratories require a professional’s order to perform

testing. I have mixed feelings about this; however, I generally agree, since a physician or other provider should provide individualized recommendations on the appropriate changes in diet, medication and fluid intake, based on the stone type, medications taken, diseases or conditions present and other factors. There are services available on the Internet that will perform laboratory testing without an order (by having a medical director in a given state order the lab), but I don’t recommend it for the reasons above.

DEAR DR. ROACH: I have to take levothyroxine in order to obtain an acceptable TSH number. I have read that some doctors are stating that there is a relationship between hypothyroidism and gluten intolerance, possibly even celiac disease. Is this proven to the point where a patient should alter his or her diet and give up the basic foods of bread and cereal? – R.K.

People with celiac disease have a much higher risk of autoimmune thyroid disease (especially Hashimoto’s, the most common cause of low thyroid) than expected, to the point where everyone with celiac disease should have a blood test to look at thyroid levels. Celiac disease, or intolerance of gluten in general, may have few or subtle symptoms, and it might be worthwhile to consider testing for celiac disease in people with autoimmune thyroid disease. However, I would not recommend a drastic change in diet for people

See HEALTH, Page 8

Super Crossword

PEOPLE OF THE PAST ACROSS

1 Ousts

7 Fig. on a new car sticker

11 Isle of Minos

16 Pro music providers

19 Lost lady in "The Raven"

20 "That clarifies it"

21 Saabs, say

22 Use scissors

23 Enron scandal

figure was inactive?

26 Suffix of fruit drinks

27 _ Pie (cold treat)

28 Sternward

29 Lucas of film

31 By way of, briefly

33 "Three's Company" actor started dozing?

38 See 82-Across

40 Money owed

41 Floral wreath

42 Pappies

43 Lyric writer

Gershwin

44 Lyric work

47 Toe part

49 "Lulu" composer

Berg

52 Watergate whistleblower had anxiety?

59 Island near Molokai

60 _ for "apple"

61 Charles of CBS

News

62 "CSI" actress Elisabeth

65 Solar system members

69 Ending for pent- or hex-

70 Citi Field stat

71 Reds great met a tough challenge?

76 Santa _ (hot desert wind)

77 Unveil, in poetry

78 Swiss resort lake

79 Greek mountain

80 "Is there an echo _?"

82 With 38-Across, they have film bloopers

83 "This _" (fighting words)

86 Teen sleuth noted the subtle difference?

94 "Gladiator" actor

Davis

95 Mrs. Addams, to Gomez

96 Bygone flight inits.

97 "Aquarius" network

98 Chilly

101 Hereditary helices

103 Small needle case

105 Have one's cake and eat _

107 "The Ward" actress hallucinated auditorily?

113 Te_ (giggles)

114 Blueswoman

Smith

115 Fuzz figure

116 Machine for sowing

118 Become old

119 "The Great Ziegfeld" figure caused a road jam?

126 UNLV part

127 Valuable store

128 River of Pisa

129 Not coastal

130 Pack carrier

131 Targeted

132 In order

133 States of change

DOWN

1 Bugling beast

2 Winning sign

3 Cochlea site

4 Relative of an attache

5 Trying trip

6 Take effect

7 What to call an English nobleman

8 Retirees' fund org.

9 Marina del _

10 Like a smug know-it-all

11 OPEC, e.g.

12 Mai tai liquor

13 Sked guess

14 Pacific island nation

15 Actor Will

16 U.S. capital and environs

17 Deemed

18 Infuses

24 Wellness gp.

25 Awry

30 Horse-track has-been

31 Slim and fit

32 Greek Juno

34 Eatery card

35 Impose _ on (forbid)

36 Pages (through)

37 " _ & Stitch"

39 Long couch

45 Room with a 39-Down

46 Pass

48 Hate

50 Horse to bust

51 All mixed up

53 Abstract artist Paul

54 Scrabble pick

55 Tight-fisted type

56 Karloff of film

57 Timber wolves

58 City near Minneapolis

62 Seville locale

63 Hair dye

64 Fan of the Jazz, usually

66 Attorney or heir follower

67 Nutty candy

68 Misc. abbr.

69 Nails the test

72 Actors Culkin and Calhoun

73 Pages for think pieces

74 Handling the matter

75 Kind

81 Schools, to the French

82 "Hero" co-star Davis

84 NYC-to-Seattle dir.

85 Berry from Brazil

87 Bike, e.g.

88 Weight-loss strategy

89 Narrow strip of land: Abbr.

90 Feng _

91 Russian news agency

92 Penetrating woodwind

93 Sarges, say

98 Jewish mystical tradition

99 Last letters

100 Dwell (on)

102 Like insteps and rainbows

104 Hip place

106 Winter bug

108 Gaucho rope

109 "The Dance" artist

Matisse

110 Female goat

111 Fetch

112 Sans _ (font style)

117 Pioneer Boone, to townsfolk

120 _ de plume

121 Hail, to Ovid

122 Rap's Dr. _

123 A, in Italy

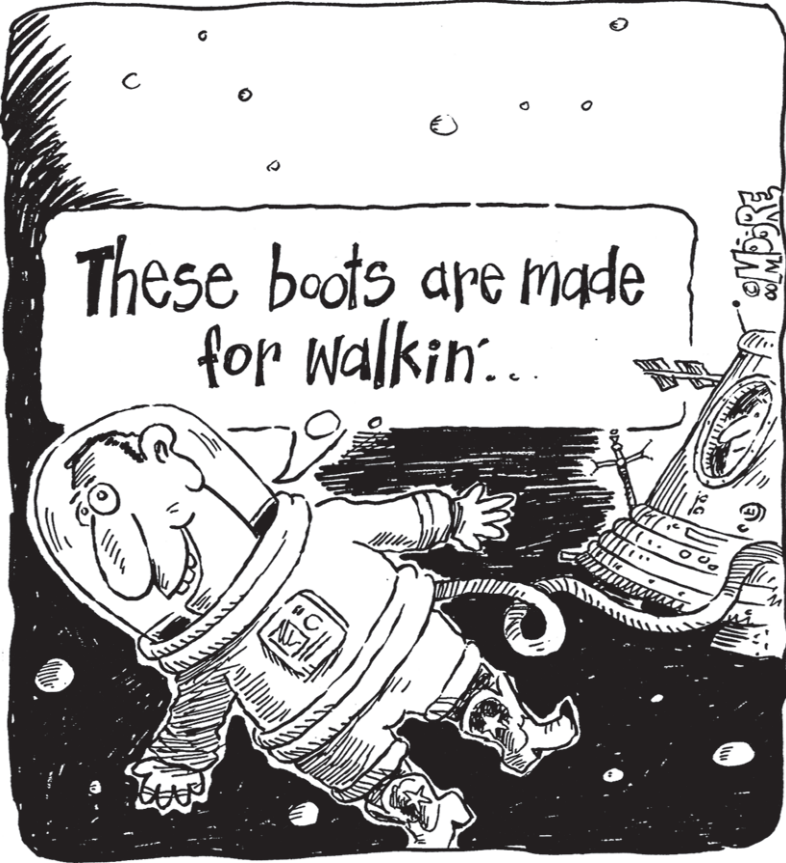
124 Opal ending

125 LPs' successors

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Answer Page 4

True Texas Facts by Roger T. Moore
June 3, 1965 - Texan Ed White takes first American space walk.



GO FIGURE!

by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	-		×		21
-		×		+	
	×		-		35
×		+		×	
	+		÷		3
24		19		20	

1 2 3 5 6 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Finances

From Page 2

a cover-up treatment as well, but rather than spending a lot of money on brand new blinds you can get curtains that add color or a pattern to your room.

An area rug can help tie a room together, but they can also be prohibitively expensive. This is another item that you might not want to buy used unless you know the seller. Luckily, home good stores and some big box retailers usually have at least a few inexpensive options.

Congratulations on the move. Outfitting a new apartment doesn't happen overnight. Especially if this is the first time you get to pick what to buy, it can take time to find your style and items to match. However, even with a limited budget, there's a lot you can do to make a space your own.

This article is intended to provide general information and should not be considered health, 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.

YOUR Gift

IS A WAY TO CONQUER LUNG DISEASE

AMERICAN LUNG ASSOCIATION of Texas

Give the gift that remembers by helping others ...

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

www.texaslung.org

1-800-LUNG-USA

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: I equals P

ILIEGDS LGM TDODVVDZ BEZQ
DRLEB NVZEXWEGQ LSZDNQZBX
BTDB DSQ XTLOJ DZM WTQDI:
“BVZJ RDERGQX.”

Answer Page 4
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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

♥ AGT
MUDTIC
♥ GNOAM
LIGL
ROWLEG
♥ WOT
UNTE
♥ ADELM
♥ TCA
♥ TARCLE
♥ OGWNR
♥ RAWD

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

Here's a Tip

By JoAnn Derson

- Picnic cooler 101: Frozen juice cartons make awesome slushies once they start thawing. You'll also want to pack your cooler with water and lots of healthy snacks like cheese sticks, apples, sliced oranges and grapes. Remember that your kids will likely make friends at the beach or park, so bring extra.
- M.B. in Texas writes: "I have a fairly small bathroom, and storage was a problem. Here's how I solved it: I bought a large over-the-door shoe hanger. Mine has 24 pouches to hold shampoo, body wash, combs, brushes, hairspray, hair clips, etc. I cleared off my sink and countertop! When the bathroom door is closed, all my essentials are at my fingertips."
- Here's how to give your cat a pill when all other efforts fail: "Place pill in a plastic baggie and crush (make sure crushing is OK) with a hammer. I lace it into a hairball cat salve, spread thin and thoroughly onto cat's paws, and they'll always lick them clean."
— K.N. in Illinois
- If you suffer from chapped, cracking dry hands, try this tip: At bedtime, apply a generous coating of petroleum jelly. If you have spots, apply only to spots and cover with bandages. If it's all over, apply to your whole hand and slip on either a pair of cotton gloves or a pair of cotton socks if you don't have gloves. Leave on overnight, or as long as you can stand it! Do this for at least a week. It should make a big difference.
- S.H. in Minnesota advises: "Put dryer sheets in waste baskets to smell good under the bag."

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

with thyroid disease if there are no symptoms.

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.