



## NEWSBRIEFS

### Canutillo scholarships

Seven graduating seniors from Canutillo High School and Northwest Early College High School received \$1,000 scholarships each from the Canutillo Alumni Foundation for Education (CAFÉ) and the Classes of 1994 and 2006 to attend college. Since 2004, more than \$109,000 has been raised by the group and awarded to about 144 students. The Canutillo alumni association holds an annual golf tournament in the fall to raise funds for the scholarship. The Classes of 1994 and 2006 also raised money as part of their reunion activities. Oscar Moreno, Canutillo High School class of 2006, said that when his class got together for their 10-year reunion, they came up with ways to give to current CHS graduates who are headed to college. "This is a prime example of Canutillo greatness and pride," Moreno said. "These students demonstrate great potential and I know they will be a positive reflection to our community. We are a united community built on humility, honesty, and care, looking to push our future generations to do great things, not only for Canutillo, but for the El Paso community in general."

— Liza Rodriguez

### A royal sideline

It turns out that King Willem-Alexander of the Netherlands has been moonlighting as a co-pilot for KLM Airlines for more than two decades, reports the Association of Mature American Citizens. Holland's ruler recently told the biggest daily paper in the country, De Telegraaf, that he was not keeping his "hobby" a secret. He said it's just that not very many people recognize him as he makes his way through Amsterdam's Schiphol Airport on his way to "work."

— John Grimaldi

### Youth group

Bond Memorial UMC in Clint is sponsoring a Youth Ministries Group. If you are between the ages of 10 to 14 years old, we invite you to come and participate in our 3-D Youth Group: Dedicated, Deter-mined and Driven. The group meets every Sunday evening from 5:00 p.m. to 7:00 p.m. Activities include games, movie night, projects and pizza parties. The

See BRIEFS, Page 4



— Photo by Alfredo Vasquez

**FAST GROWING** – According to U.S. Census Bureau (USCB) figures released recently, Texas' population estimates show that just over half of Texas' population increase since 2010 can be attributed to a rapidly growing Hispanic community and its expanding presence in nearly every corner of the state. Hispanic families, above, enjoy an outing at a local shopping mall.

## Hispanics are large part of Texas population growth

*Hispanics triple the rate of growth versus white residents since 2010*

By Alfredo Vasquez  
Special to the Courier

TEXAS – As of 2016, the Texas population rose to almost 27.9 million residents – up from 25.1 million in 2010. More than 1.4 million of that 2.7 million increase was among Hispanic Texans. Meanwhile, the white population

increased by about 444,000 people.

Texas' population estimates, which were made known recently by the U.S. Census Bureau (USCB), show that just over half of Texas' population increase since 2010 can be attributed to a rapidly growing Hispanic community and its expanding presence in nearly every corner of the state.

This growth is reflected at the county level where Hispanics' share of the

population has increased in all (254 counties) but 11 counties since 2010. Harris County, in which Houston is located, gained more Hispanic residents – 39,600 – than any other county in the country.

Texas also has counties with some of the highest shares of Hispanic residents. For example, Starr County in the Rio Grande Valley had the highest Hispanic share of the population (96.3 percent) in the country. El Paso County, with a population estimated at about 838,000 residents, is more than 82 percent Hispanic, according to USCB stats.

Meanwhile, whites' share of the population has dropped in all but a handful of Texas counties. White Texans remain the largest demographic group in the state, making up almost 43 percent of the population (about 12 million residents), but their growth rate is less than the growth among Texans of color. Hispanics' population in the state has increased to approximately 39 percent, which translates to over 10.8 million residents.

The black community continues to grow in the state, but their share of the population has remained mostly unchanged at about 12 percent, that is nearly 3.4 million residents, according to the USCB reports.

Asians make up a small share of the state's population, about 5 percent (nearly 1.5 million residents), but their communities in the state are growing rapidly. In recent years, demographers identified new immigration patterns that are driven by an increase in the rate of

## EPAS holds annual potluck picnic

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – The El Paso Archaeological Society (EPAS) will hold its annual potluck picnic for members and prospective members, starting at 1 p.m., Saturday, July 15, at the El Paso Museum of Archaeology, 4301 Transmountain Road.

The informal gathering is designed to bring together EPAS members, close friends and relatives, as well as those who are interested in becoming members. "It's a great time to become reacquainted with old friends, make new ones, and join EPAS," stated Marilyn Guida, an EPAS member.

Picnic participants are reminded to bring a main dish, salad, side dish, hors d'oeuvres, or dessert to the afternoon affair. EPAS will provide the plates, napkins, utensils, cups, and iced tea. (If you prefer soft drinks, please bring your own.)

The picnic will be held in the museum's EPAS lab. The entrance door to the lab is to the right of the front glass door of the museum and has the EPAS logo on it.

EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources.

EPAS members have an opportunity to take part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute of Tularosa, New Mexico. JRI's mission is to study the archaeological, ethno-historic, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas and adjacent regions.

More information about EPAS events, including upcoming guest speakers and archaeological outings, may be found on the events section of the EPAS website: <http://epas.com/events.html>.

*People buy insurance for peace of mind and wind up with indigestion when they try to collect on it.*

— Quips & Quotes



Finances

By Nathaniel Sillin

Sporting events on a budget – it’s possible with a plan

Season ticket holder or first timer, watching your team take the field or visiting new teams in a different venue, gripping your seat tightly during the finger-biting last minutes of a close game or cheering on a decisive win – sports can certainly be some of the best entertainment possible.

Whether you enjoy baseball, football, soccer, hockey or

any other sport, the roaring crowd, sights and smells that fill a stadium have something to offer everyone. A little planning can help keep your costs under control, and you can apply the ideas below to almost any sporting event.

tickets to sporting events as a benefit. Government employees and current military members or veterans may also be eligible. However, sometimes you can only choose from a limited list of games.

you’re going with a large group. Carpooling or splitting the cost of a ride from a car-sharing app could be cheaper. If you’re driving, look for off-premises parking lots. You may need to walk a bit, but you’ll also be able to save money and might avoid some of the post-game traffic.

- Join the fan club. Becoming a member of a team’s official fan club can cost \$20 to \$40 a year and could more than pay for itself with discounts on tickets or gear and access to special events.

- Go during the preseason. Preseason tickets can be especially cheap. In 2016, you could buy preseason NFL tickets for less than \$10. You may not get to see your favorite players on the field, but it you could still save money while spending quality time with your kids or friends.

- Try the minor league. A minor league game can be a fun alternative to a major league game. Some of the teams have an enthusiastic and loyal fan base and the stadiums are often smaller, which lets you get closer to the action. The extras, like parking and snacks, are often cheaper as well.

Timing your purchase can also be important. If you suspect a game will sell out, it may be better to buy early than risk having to pay above face value on a reseller site. With less popular games, ticket prices tend to drop as game day approaches.

**Compare transportation options.** Public transportation isn’t a guaranteed money saver if

**Save money on the tickets.** You may be sticking with your home team through thick and thin, but you can still look for ways to save money. Avoiding the most popular games, such as those on the weekends and when you’re playing against big-name teams, can be help. To further maximize your savings, consider the following tips:

- Find tickets on reseller websites. Buying tickets from a scalper could save you money, but it also opens you up to the possibility of getting scammed. Instead, you could look for secondhand tickets on legitimate reseller websites that verify authenticity and guarantee your purchase.

- Connect with a season ticket holder. Try to connect with a season ticket holder who can’t make a game and offer to buy their tickets. Even if they’re going to the game, a season ticket holder might be able to get you a good deal. For instance, Major League Soccer (MLS) season ticket members can sometimes get a discount on additional tickets.

- Check for an employee discount. Some companies offer their employees discounted

Veterans Post

By Freddy Groves

The state of the VA

Department of Veterans Affairs chief David Shulkin gave a 100-days State of the VA address, and he was candid about the problems with the VA and the hopes of correcting what needs to be fixed.

What’s concerning is that there have been 137 different assessments and studies about what’s wrong at the VA. It seems that somewhere along the line, officials would have just grabbed one assessment and started to fix whatever it pointed out, instead of letting 137 of them stack up.

One area of concern is access: how fast veterans can get an appointment. At this point, at all of the VA’s 168 medical centers, veterans can get in the same day for primary and mental-health care. Outpatient facilities don’t fare as well. And wait times and follow-up appointments have been, and continue to be, a major problem.

The Choice Program was heavily pushed as a way to get faster medical care for veterans, but those civilian

medical providers are not getting paid on time and they’re leaving the network. Some \$50 million worth of bills are still outstanding, being six months or older. It doesn’t help providers when the contract has been amended 70 times. Because of confusion on both sides, 20 percent of the bills are rejected outright.

Fourteen VA medical centers have one-star ratings, which means a lower quality of care than is available in nearby local hospitals.

As Shulkin said, some of the problems at the VA have been going on for decades. His honesty is refreshing – and necessary. One area where Shulkin’s goals are going to meet reality is in the time it takes to process disability claims. I wish him well with this and all of his intentions, but the truth is that the claims processing-time goalpost has been moved many times over the years.

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Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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Homesteader  
Est. 1973  
News, Inc.

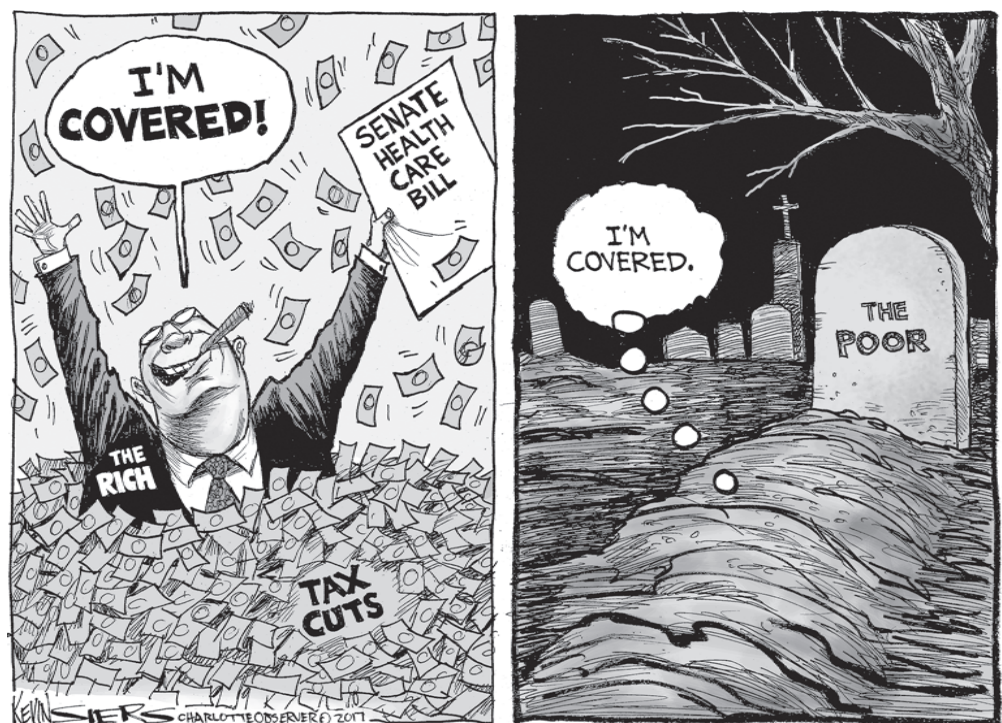
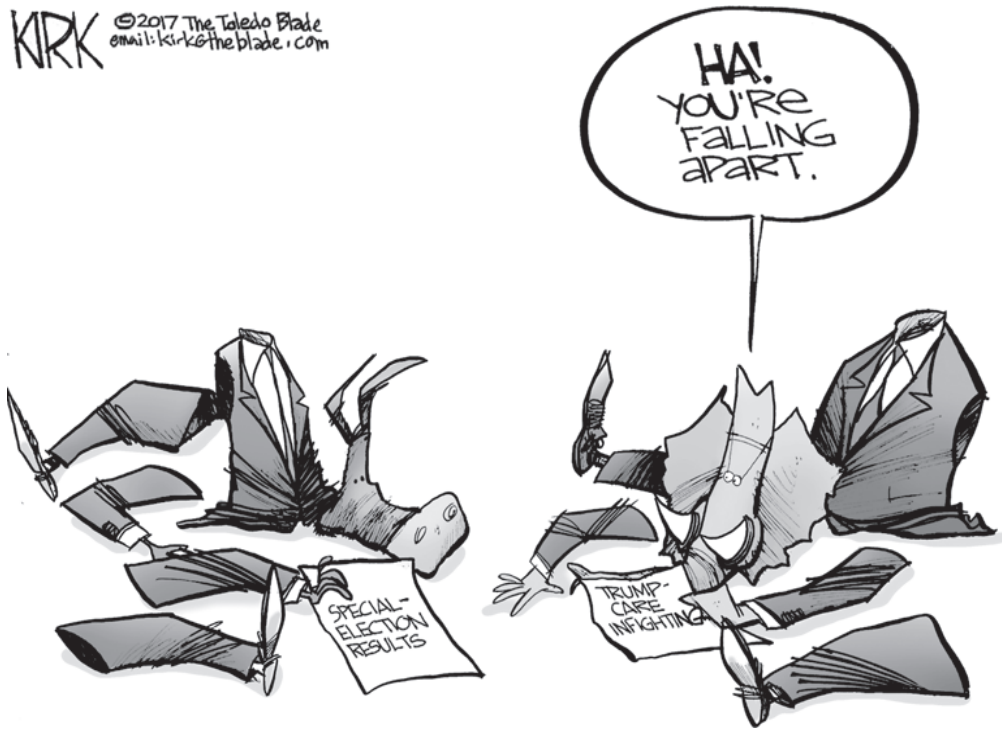




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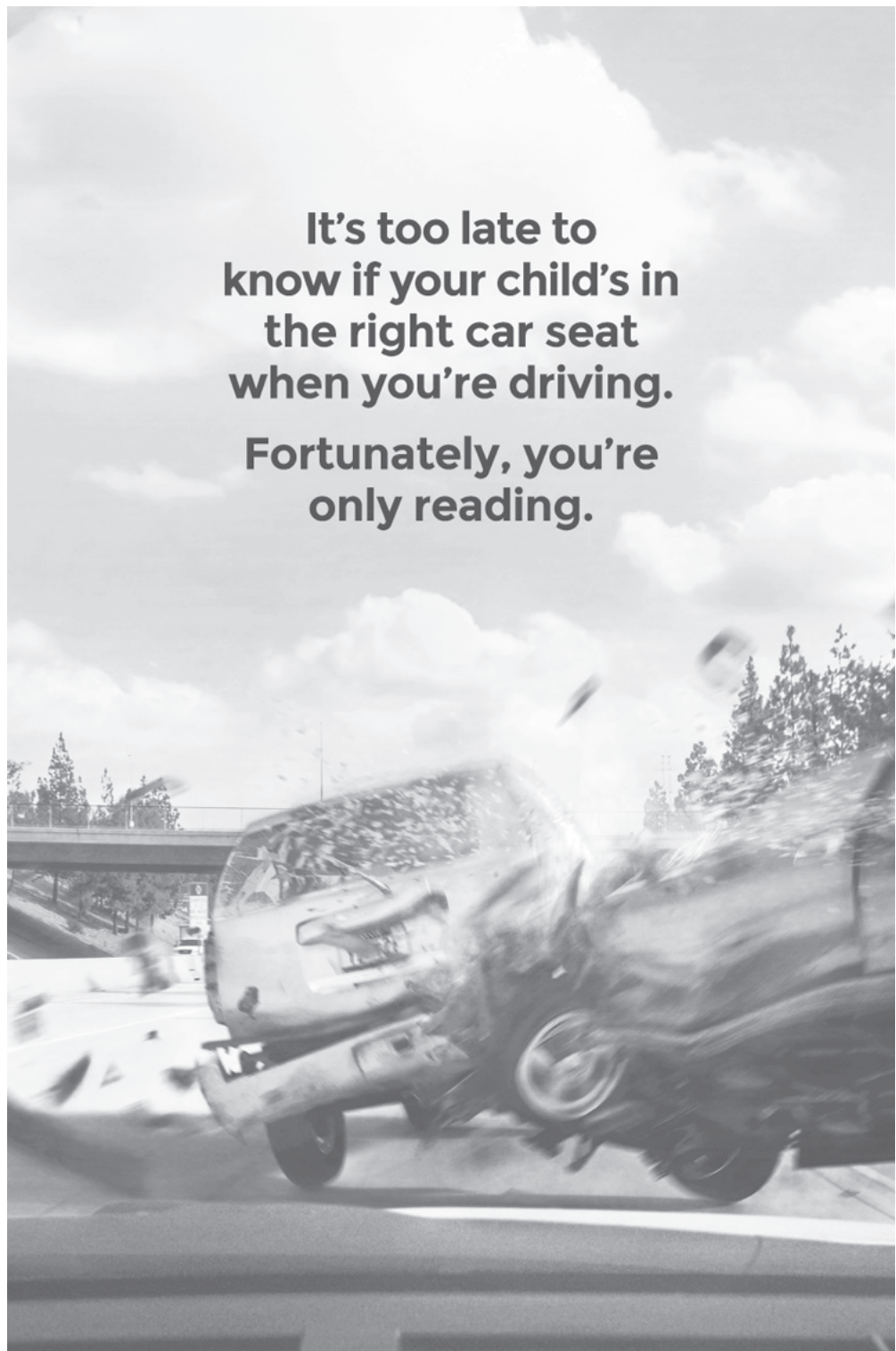
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### By Ray Vigil

**See SECURITY, Page 8**

**It's too late to  
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the right car seat  
when you're driving.  
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only reading.**



Car crashes are a leading killer of children 1 to 13. Is your child in the right car seat? Don't think you know. Know you know.



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Briefs

From Page 1

church address is 201 McKinney (corner of McKinney and Bonito). Please call (915) 851-8144 if you have any questions.

– Rick Shrum

Cavity treatment

Going to the dentist to repair a cavity can be daunting. But, fear not, says the Association of Mature American Citizens. AMAC reports that researchers at King’s College London may have discovered a way to regrow that aching tooth. The procedure, which would not be available until approved by the FDA, uses a drug already available on the market to treat symptoms of Alzheimer’s disease. It helps damaged teeth produce extra dentin, a naturally occurring substance. The dentin fills the cavity without need to drill. The process has worked on experiments with mice and human trials may begin in the not too distant future.

– John Grimaldi

Wanted

A man breaks into a grocery store in Canutillo. Investigators from the El Paso County Sheriff’s Office are asking for the public’s help in identifying this



The perp broke through this door to enter Alayssa’s Little Store.

suspect through Crime Stoppers. On Sunday, June 18, 2017 at 9:18 p.m. a man up to the entrance of Alayssa’s Little Store at 7054 Doniphan. The man broke out the window to the front door to the business, and made his way inside. Once inside of the business the man went to the coolers where beer is kept and took four, 32 oz. bottles of Budweiser beer. The suspect in this case appears to be a short, thin build, Hispanic male, with short hair. He was wearing a white t-shirt, dark color pants and a large belt around the outside of his shirt on the day of the burglary. The suspect also appears to have a tattoo on

his left arm. Anyone with information on the identity of this suspect should call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

Fantastic voyage

There’s an asteroid out there in space with the moniker, 16 Psyche, that is made entirely of a combination of a metal that would reportedly be worth an astounding 10,000 quadrillion dollars, according to the Association of Mature American Citizens. That’s \$10,000 with an extra fifteen zeros and NASA plans on visiting the planetoid. But, there are no plans “cash in” on the mission. The scientists at the space agency believe this extra-terrestrial treasure hunt will provide a trove of knowledge. They say it can help tell us how the solar system was formed. Besides, NASA says, it does not have the technology to mine the asteroid.

– John Grimaldi

Wanted 2

A man is seriously hurt after being

struck by a hit and run driver on I-10. Investigators from the El Paso Police Department are asking for the public’s help in finding the driver involved through Crime Stoppers. On the night of Friday, June 23, 2017 just minutes after 9 p.m. a man was driving a 2005 Black Honda CBR1000 motorcycle westbound on I-10. As the motorcyclist was approaching Geronimo, traffic began to slow down. As the victim slowed down, the driver of the vehicle behind him did not slow down and struck the motorcyclist from behind. This caused the victim to lose control and be ejected from the motorcycle. The driver of the other vehicle did not stop and continued driving running over the victim’s legs. Witnesses describe the hit and run vehicle as a gray, Honda Civic, possibly a 2009 to 2011 model. Anyone with information on the identity of the driver involved in this serious collision should call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://www.crimestoppersofelpaso.org) or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

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Moments  
in Time

The History Channel

- On July 17, 1955, Disneyland opens on 160 acres of former orange groves in Anaheim, California. Today, Disneyland hosts more than 14 million visitors a year.
- On July 18, 64 A.D., the great fire of Rome breaks out and destroys much of the city. Despite the well-known stories, there is no evidence that the Roman emperor, Nero, played the fiddle while Rome burned. The fiddle did not even exist at the time, and Nero was 35 miles away when the fire broke out.
- On July 19, 1989, 21-year-old actress Rebecca Shaeffer is murdered at her Los Angeles home by Robert John Bardo, a mentally unstable man who had been stalking her. Schaeffer's death helped lead to the passage in California of legislation aimed at preventing stalking.
- On July 20, 1973, actor and martial-arts expert Bruce Lee dies in Los Angeles at age 32 from a brain edema, possibly caused by a reaction to a prescription painkiller. Growing up, Lee was a child actor who appeared in 20 Chinese films.
- On July 21, 365 A.D., a powerful earthquake causes a tsunami that devastates the city of Alexandria, Egypt. The tsunami wave carried ships over the sea walls, landing many on top of buildings. Some 5,000 people lost their lives.
- On July 22, 2003, Army Pvt. Jessica Lynch, a prisoner of war who was rescued from an Iraqi hospital, receives a hero's welcome when she returns to the U.S. Critics – and Lynch herself – later charged the U.S. government with embellishing her story to promote the Iraq war.
- On July 23, 1918, Della Sorenson kills the first of her seven victims in rural Nebraska. Over the next seven years, friends, relatives and acquaintances died under mysterious circumstances. Sorenson was arrested and confessed, saying, "I like to attend funerals. I'm happy when someone is dying."

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Strange  
But True

By Samantha Weaver

- It was American journalist and political satirist P.J. O'Rourke who made the following sage observation: "No drug, not even alcohol, causes the fundamental ills of society. If we're looking for the source of our troubles, we shouldn't test people for drugs, we should test them for stupidity, ignorance, greed and love of power."
  - If you're like many Americans, you celebrate the Fourth of July by cooking out. In fact, it's estimated that in the United States, 150 million hot dogs and 700 million pounds of chicken are consumed on that single day.
  - Those who study such things say that the milk from a mother hippopotamus is pink.
  - The Declaration of Independence was signed by 56 men from 13 colonies, but only one of them – John Hancock – actually signed it on July 4, 1776. Only two signers went on to become president of the United States: John Adams and Thomas Jefferson. In a striking coincidence, both men died on the same day, July 4, 1826 – exactly 50 years after the adoption of the Declaration. Jefferson died first, at 12:50 p.m., at Monticello, his home in Virginia. At 6:20 that evening, at his home in Quincy, Massachusetts, John Adams died. Unaware of Jefferson's death earlier that day, Adams acknowledged his longtime friend and rival with his final words: "Thomas Jefferson survives."
  - It was once believed that people with the bacterial infection cholera were suffering the wrath of God for their sins. In fact, the disease's name comes from the Spanish word for anger.
  - The typical horse walks at a speed of 3 1/2 miles per hour.
- Thought for the Day: "We all have our time machines. Some take us back; they're called memories. Some take us forward; they're called dreams."  
– Jeremy Irons

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Editor:

The Cruz family of Fabens, TX wishes to express their deep appreciation to family, friends and the community during the loss of their youngest brother, Larry Cruz, on May 18. The thoughtful gestures in the form of prayers, condolences, food, flowers and monetary gifts meant more to us than words can convey. We sincerely thank everyone.

Margarita C. Stallings  
Fabens, TX

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# Looking at MLB halfway through the season

By Steve Escajeda  
Special to the Courier

We’ve just survived the Fourth of July and all the plates of hot dogs and slices of apple pie that come along with it.

Of course America’s Independence Day is also synonymous with fireworks shows and the game of baseball.

And speaking of the game of baseball, the Major League Baseball season is right at its midway point. Although a lot can happen from now to the end of the season, it’s always fun to look at the first part of the year.

The surprising team of the first three months of the season has been the Houston Astros. Not so much because they’re winning games. But it’s the rate at which they’re winning that has taken the league by storm.

Houston has the best record in the league and what makes that even more astonishing is that just four years ago they had the worst record in the league. And were playfully referred to by many as the “Disastros” at that time.

It looks like the American League East

has returned to normal with the New York Yankees and the Boston Red Sox atop the division.

Of course the Yankees are known as the most successful franchise in league history with a bevy of home run hitters like Babe Ruth and Mickey Mantle, Lou Gehrig, Joe DiMaggio, Alex Rodriguez, Don Mattingly, Dave Winfield and Jason Giambi.

The Yankees are back in the spotlight, with much of the thanks going to their newest Bronx Bomber, rookie Aaron Judge.

Judge has hit the second-most home runs before the month of July than any other rookie in history. Mark McGwire has the record.

It would be special if these two teams can keep things going the way they are through August. That would make for an exciting renewal to the best rivalry in MLB.

After struggling for most of the first half, it appears that the defending American League champion Cleveland Indians are starting to hit their stride.

Cleveland, which took the Cubbies all the way to the seventh game of the World Series last season, hold a slight

lead over the surprising Minnesota Twins, but should pull away as the season rolls along.

The National League has a couple of teams who have separated themselves from the rest and two others teams that are soaring high but still have to prove themselves.

The Washington Nationals and the Los Angeles Dodgers are the class of the league. But the Colorado Rockies and the Arizona Diamondbacks have come out of nowhere to challenge the Dodgers in the West.

The two biggest surprises in the NL are the Chicago Cubs and the New York Mets. The Mets have been terrible and the Cubs have been mediocre at best.

The defending champions have been playing .500 baseball all season and will have to start putting things together soon if they just want to make the playoffs.

As far as the MVP races for each league, the clear frontrunner in the AL is Judge.

It’s just seems too good to be true that the Yankees, so soon after the Derek Jeter-era, have probably already found their next young superstar.

Not only does the 6-7, 280-pounder, hit

the ball about a mile, he actually plays the outfield like he weighs 180 pounds.

In the NL, Washington’s Ryan Zimmerman is having the most complete season at the plate. But teammates Bryce Harper and Daniel Murphy aren’t far behind.

The American League race for the Cy Young award looks like the Astros’ Dallas Keuchel’s to lose. Houston’s ace is 9-0 with an ERA of 1.67.

Kansas City’s Jason Vargas and Boston’s Chris Sale are having outstanding seasons as well.

In the National League, the pitching race is between the Dodgers’ Clayton Kershaw, Arizona’s Zack Greinke and Washington’s duo of Matt Scherzer and Stephen Strasburg.

Baseball’s team and individual races are interesting but the game still needs to change some things.

The game is too slow, some of the rules are outdated and would somebody please bring up the fact that in the year 2017 – coaches wearing uniforms is just not a good look.

Baseball is a great game. It should introduce itself to the 21st century.

## A sporting view By Mark Vasto

### You be the judge

When Patrick Ewing was traded by the Knicks in a four-team, 12-player deal in the year 2000, Michael Jordan shook his head in disdain.

“You shouldn’t treat your legends like that,” Jordan said, referring to Ewing’s Hall of Fame run in New York. Jordan surmised that the franchise would suffer from the trade in both the short and long run. (He was right – the Knicks haven’t done a thing since.)

Things work a little differently in the Bronx. Alex Rodriguez, a 14-time All-Star and three-time MVP, the fourth greatest home-run hitter in history (just four homers shy of 700), was unceremoniously dumped by

the Yankees last August after 12 years in pinstripes. There were no fireworks, no Yankee greats lining up on the infield in blazers handing him gifts and wreaths... no, the Yankees said he would be hired as an advisor and they’d pay him \$27,103,825 to that end.

The Yankees didn’t waste any time filling the gap. After trading away Aroldis Chapman and Carlos Beltran, and with Mark Teixeira announcing his retirement, the Bombers called up first baseman Tyler Austin and right fielder Aaron Judge from Triple-A Scranton/Wilkes Barre. They were told that they were not there to sit – they were there to play.

They didn’t disappoint.

Batting 7th and 8th in the lineup, both Austin and Judge homered in their first major-league at-bats, the first time that has ever happened. And while Austin slipped back down to the minors, Judge won the starting job in right field and won over New York with his bat and demeanor.

At 6-foot-7 and 275 pounds, he is the largest baseball player in terms of body mass ever to play the game. He wears a size 17 shoe. It would seem that his size would be a liability; after all, big body equals big strike zone. While strikeouts were a problem for Judge in the minors, he has buckled down in the majors and has put up historic numbers.

He is the first rookie to hit 13 homers in the first 26 games of a season. The only other player to match that number was Willie Mays in his non-rookie year of 1964. He holds the record for exit velocity – the speed at

which a baseball leaves a bat – and has hit Ruthian blasts to all fields in every field he’s played; his homers average 406 feet, including a 497-foot MOAB he hit in Pittsburgh.

As of this writing, Judge is hitting .330 with an on-base percentage of .440 and slugging percentage of .693, with 26 home runs. Only three other rookies finished a season with slash lines better than .300/.400/.600: George Watkins, Ted Williams and Albert Pujols. Judge is on pace to hit 57 home runs, which would eclipse Mark McGwire’s record of 49, set in 1986.

And much to the chagrin of

Yankee haters the world over, Judge’s approach to the game and his overall humble demeanor has drawn comparisons to St. Derek Jeter himself. Even if Judge were to suffer a massive slump in the second half, his stats still eclipse the rookie efforts of guys like Bonds, Mantle and even Ruth.

Is he the next great Yankee legend? Aaron’s bat will be the final arbiter and judge, and we have been called to witness.

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



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# Comix

## OUT ON A LIMBBy Gary Kopervas



## AMBER WAVESBy Dave T. Phipps



## THE SPATSBy Jeff Pickering



## R.F.D. By Mike Marland



# Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: Ten years ago, I had many episodes of rapid heartbeats, diagnosed as atrial fibrillation. My cardiologist put me on a medication, which I took for a couple of years, but the A fib came back. The doctor changed my medication to sotalol, but that didn't help either. I read that low magnesium could be a cause of atrial fibrillation, and I started taking calcium, magnesium and potassium, and have not an episode of rapid heartbeat for four years. I went back to my doctor, who told me it was a crazy idea. I haven't seen him in four years. It seems a shame that we hear of so many treatments for A fib when it might be stopped with a simple supplement. – S.Z.

heart rate is persistently normal. I also would try to find a physician who is willing to work with you on combining “alternative” treatments like magnesium with traditional therapy if needed. READERS: Atrial fibrillation is quite common, affecting some 2 million Americans, and becomes more common with age. To learn more, order the booklet on Heartbeat Irregularities by writing: Dr. Roach – No. 107W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Can. with the recipient's printed name and address. Please allow four weeks for delivery.

DR. ROACH WRITES: I wrote a column awhile back about a man who kept falling, whose doctor wasn't able to find the cause after a thorough search. I had suggested checking his vitamin D level, but many readers wrote in to tell me about conditions that were missed in themselves or in a loved one. I thought that a few of these were worth sharing.

Many people wrote that a physical therapist (and perhaps an occupational therapist as well) would be important, and I fully agree. I have found physical and occupational therapists to be among my most treasured but underappreciated colleagues, and almost always, they are able to improve people's function.

Other suggestions included looking for low oxygen levels, and checking whether the blood pressure drops too much upon standing. One person wrote in to note that walkers and wheelchairs can decrease

Well, it certainly isn't a crazy idea, but low magnesium isn't the only cause of atrial fibrillation, and supplementing magnesium and other electrolytes will not stop atrial fibrillation in most people. However, low blood magnesium levels are a recognized risk factor for developing atrial fibrillation, and giving magnesium during heart surgery reduces the risk of developing A fib afterward in some (but not all) studies, so there certainly is something to it. Also, oral magnesium can make other medications for A fib work more effectively. Since oral magnesium is safe and cheap, I think it is reasonable to try.

However, I am concerned because atrial fibrillation can go on in some people without their being aware of it, and the major risk of A fib is blood clots. I would recommend that you continue to get evaluated periodically to make sure your

See HEALTH, Page 8

# Super Crossword

- SEVENTH HOLE

ACROSS

1 Diamond shape

8 Swank

14 Hit on the bean

20 "Winnie-the-Pooh" author

21 Crescent-shaped

22 Have a thought

23 Bishop, e.g.

24 Apparel

25 It's hung and hit at fiesta

26 Start of an instruction

29 "Anne of Green Gables" novelist Lucy \_ Montgomery

30 "\_ have thought it?"

31 Instruction, part 2

39 Reindeer herders' region

45 Burrow

46 Scottish estate owner

47 1976 title film role for Robby Benson

48 Gin-and-lime cocktails

50 Weeper of Greek myth

52 Kitchen appliance brand

53 Everything considered

54 Instruction, part 3

59 Catholic bigwigs

60 Huge time unit

61 Elf

62 With 41-Down, town near New London, Connecticut

63 \_ about (near)

64 Have \_ (know someone with clout)

65 Weak type

69 Terrif

70 NFL goals

71 See 97-Down

72 Instruction, part 4

79 Steamers, e.g.

80 Barbera's partner in cartoons

81 Artist Rousseau \_ Montgomery

82 Onion's kin

84 Proceeds

87 Coffee option

90 Plaza Hotel girl of kid-lit

91 Venus, just before dawn

92 Instruction, part 5

94 \_ Field (Mets' home)

96 One all, e.g.

97 End of the instruction

109 Team novice

110 Warrant

111 Actor Gary

113 Bee or ant

114 More timid

115 Put to use

116 Mall stands

117 Shines and

smooths

118 Vended

DOWN

1 Musical talk

2 Mata \_

3 It's a sign

4 Vibraphonist

Jackson

5 Ho-hum

6 Inopportune

7 Shilly-shally

8 Model Schiffer

9 Skating jump

10 Animated bug film

11 Go via sea

12 Scattered, as seeds

13 "For cryin' out loud!"

14 Two-footed

15 Aesir god

16 Confined, with "up"

17 Jack of early late-night TV

18 Bluesy James

19 Merger, e.g.

27 Knitting stitch

28 E. \_ (gut bacteria)

31 Band

32 Couscous alternative

33 Opens, as a gas tank

34 Sock variety

35 Film units

36 Baseball's Martinez

37 Shamrock's land

38 Revered one

40 Dinner piece

41 See 62-Across

42 Open a bit

43 Taboo thing

44 Unhearing

47 Carlisle of the Go-Go's

49 Awful smell

51 Indirect route

55 Tobacco pipes

56 Get clothed

57 Is

58 Material for some cans

63 Alley- \_

65 Lambaste

66 Rome's land, in France

67 Acacia relative

68 Badger

69 Incline

71 Resell tickets

72 Mississippi senator

Cochran

73 "Mary \_ Little Lamb"

74 One of the deadly sins

75 Santa \_ (some winds)

76 Lead-in to spore

77 67-Down, for one

78 Personal quirks

83 Article-preceding summary

85 Marks of

distinction

86 Cat Nation tribe

88 Pollination organs

89 Pate de \_ gras

92 Truck fuel

93 Vessel with a bag, maybe

95 Streetcars

97 With 71-Across, French avant-garde composer

98 TV actress

Anderson

99 Ho-hum

100 \_ out (barely earns)

101 Lit candle bit

102 "Hmm... yes"

103 Zap, as leftovers

104 Arduous hike

105 Lost traction

106 Solder, say

107 Jannings of old films

108 Demolish

112 Actor Romero

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19
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**Moore Texas** by Roger Moore  
July 6, 1923: Dr. Pepper is officially incorporated. It was concocted in 1885 in Waco. Of course, in Texas, all soft drinks are called "cokes".



### 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!

	-		x		25			
÷		x		+				
	x		x		32			
+		+		x				
	+		x		30			
17		18		26				
1	2	3	4	5	6	8	8	9

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Answer Page 4

## Weekly SUDOKU

by Linda Thistle

1			8	5				9
	5				2		6	
		6	3			1		
	8			9			7	1
9				2	7		3	
		3	4			5		
2					4			3
	9			6			4	
	6	5	2			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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**Growth**  
From Page 1

immigrants moving to Texas from Asia.

The estimated population growth among Texans of color, particularly Hispanics, sets up the state to face significant political and economic repercussions in the coming years.

The rapid growth among Hispanics and Asians comes as the state is approaching its next redistricting cycle when, after the 2020 census, state lawmakers will be required to re-configure boundaries for congressional and legislative districts in response to population growth.

The emerging diversity in the state, particularly among younger Texans, will also play into the development of the future workforce. A large majority of the youngest Texans are people of color who also make up most of the student population in the state’s public schools.

The educational achievement gap, however, between students of color and white students persists. And, demographers have warned that the state’s failure to close those gaps could hurt the competitiveness of the state’s workforce as those students become of age.

Nationally, Texas is also leading in terms of Hispanic growth even among states with the biggest Hispanic communities. For instance, California still beats Texas for the largest Hispanic population in the country, but Texas had the largest numeric increase among Hispanics since the last census. And, from 2015 to 2016, Texas gained the most Hispanics – 233,100 residents- compared to 176,198 in California, according to the most recent USCB data.

**Security**  
From Page 3

Whether you’re vacationing or on a staycation, Social Security’s online services are at your fingertips. With an easy-to-access *my Social Security* account, you can use our multiple online services while barefoot on the beach. You don’t even have to put your lemonade down at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

current status of the application or appeal;

- The location where your claim is being processed; and
- Scheduled hearing information for appeals.

## 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: Q equals T

ML ZJT ATFNBYRH MUAHFLHNQ  
UHFNBKRWYH ZJT JTXBQ QJ XHQ  
R FHLTKW — JF YJUHQBМКX QJ  
QBRQ WHLHNQ.

Answer Page 4  
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## FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

TWE  
TEALPA  
ORGLA  
YIPT  
SAYGER  
♥WAL  
♥ITLA  
APISE  
LYP  
GITNEW  
WROEP  
♥ESLA


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](http://rbmamall.com)

## Here’s a Tip

By JoAnn Derson

- If the clinking and clacking your dog’s tags are driving you crazy, wrap one of them in clear packing tape. Cut off excess and the tags can hit each other all night without making a sound.
- “You can keep salad dressing from coming out so fast if you use a knife tip to poke several holes along one side of the foil safety covering on a bottle of dressing. This works for oil and vinegar based ones, but not as well for creamy ones. For those, just remove half of the foil by cutting it with the knife tip. It’s much better to control the flow!”  
— M.R. in Idaho
- “I use baking soda to scour my kitchen sink. Then I rinse it down with a little vinegar. It cleans up really nicely and leaves the drains fresh.”  
— J.C. in California
- Here’s a great tip for cooking a baked potato in the microwave. You may have heard to pierce the potato with a sharp knife or the tines of a fork, but you also can use four toothpicks to give it some legs to stand on. This allows the air to circulate all around the potato, therefore ensuring even cooking! Plus, it looks cute.
- Using an online recipe? Slip your tablet or phone into a plastic zipper-top bag so that it will be ingredient free when cooking time is over. You can still use the touchscreen through the bag, but no mess!
- Clean a coffee grinder with a cup of uncooked rice. Process it through, then dump the contents.

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

activity and lead to loss of strength and balance. Another recommended looking for hidden infections, such as in the urine. These should have been checked for.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com). (c) 2017 North America Synd., Inc. All Rights Reserved.