



NEWSBRIEFS

El Paso ranks 35

With July being one of the top months for home sales and more than a third of all home buyers also being first-timers, WalletHub took an in-depth look at 2017's Best & Worst Places for First-Time Home Buyers. To determine the most favorable housing markets for first-time buyers, WalletHub's analysts took the pulse of real estate in 300 cities of varying sizes using 23 key metrics. The data set ranges from housing affordability to real-estate tax rate to property-crime rate.

Best vs. Worst:

- Fayetteville, North Carolina, has the most affordable housing (median house price divided by median annual household income), with a ratio of 1.24, which is 12.7 times cheaper than in Santa Barbara, California, the city with the least affordable, with a ratio of 15.74.
- Honolulu has the lowest real-estate tax rate, 0.29 percent, which is 12.3 times lower than in Waukegan, Illinois, the city with the highest at 3.56 percent.
- Detroit has the highest rent-to-price ratio, 24.8 percent, which is 7.3 times higher than in Sunnyvale, California, the city with the lowest at 3.4 percent.
- Laredo, Texas, has the lowest cost-of-living index, 77, which is 2.9 times lower than in Santa Clara, San Jose, and Sunnyvale, California, the cities with the highest at 223.
- Yonkers, New York, has the fewest property crimes per 1,000 residents, 9.95, which is 9.8 times fewer than in Miami Beach, Florida, the city with the most at 97.17.
- Colorado Springs, Colorado, has the lowest average energy cost per household, \$120.34, which is 3.8 times lower than in Honolulu, the city with the highest at \$455.51.

To view the full report and your city's rank, please visit: <https://wallethub.com/edu/best-and-worst-cities-for-first-time-home-buyers/5564/>

— Diana Popa

Only in New York

New York City subway riders got quite shock recently when they noticed one of their fellow straphangers was a snake, says the Association of Mature American Citizens. There it was wrapped around the pole riders grip when the ride gets bumpy. One passenger said he saw a man kiss the snake before putting it around the pole.

— John Grimaldi

One of the best way to work out is to exercise kindness.

— Quips & Quotes

Meza-Chavez named region's top superintendent, new SEISD leader

By Alfredo Vasquez
Special to the Courier

SAN ELIZARIO – San Elizario Independent School District (SEISD) Board of Trustees recently named Tornillo Independent School District (TISD) Superintendent Jeannie Meza-Chavez as its next top official.

The selection comes just a month after Meza-Chavez was selected Region 19 Superintendent of the Year for 2017. The prestigious award is an annual presentation made by the Region 19 Education Service Center, which includes most public and charter school districts in El Paso and Hudspeth counties. The center provides professional development and support to teachers and administrators throughout the West Texas region.

Last year, Socorro Independent School District Superintendent José Espinoza was named Superintendent of the Year by Region 19.

Meza-Chavez, who has been superintendent of the rural TISD district in far East El Paso County since 2014, will now represent the local region at the statewide Superintendent of the Year competition at the Texas Association of School Administrators/Texas Association of School Board's (TASB) convention in October.

Some of the accomplishments that Meza-Chavez is credited for as Tornillo's superintendent include the passage of a \$10 million bond, which is allowing their 92-year-old district to have a track and turf football field along with HVAC and roofing upgrades, as well as the completion of a \$1.2 million twelve classroom addition at Tornillo High School, according to Region 19 officials.

Meanwhile, Meza-Chavez prepares to take charge of the San Eli district starting July 25. She replaces Superintendent Sylvia Hopp, who retired in June after 17 years with the district.

SEISD board members voted unanimously in June to hire Meza-Chavez. School officials stated that her annual salary will be about \$135,000. Meza-Chavez was one of four candidates who interviewed for the position.

SEISD officials stated in a recent news report that the four applicants who were interviewed came from the Canutillo, Ysleta, Tornillo, and San Elizario school districts.

SEISD board president Irene Jaquez said that they selected Meza-Chavez because of her exemplary performance at the nearby Tornillo school district.

Tornillo has four schools and about 1,100 students, while San Elizario has more than 3,800 students at its six campuses.

Aside from her annual salary, Meza-



— Photo courtesy Tornillo ISD

Jeannie Meza-Chavez has been doing well at Tornillo ISD. Her leadership helped improve TISD and she now heads to a very sound district, according to the San Elizario ISD board president.



— Photo courtesy San Elizario ISD

Sylvia Hopp retired from San Elizario ISD in June after 17 years with the District – the last five as its superintendent.

Chavez will receive a car stipend of \$450 per month, which will be used to pay for gas and maintenance. Hopp, who served as superintendent for five years, received the same stipend, according to the SEISD officials.

Before she joined the Tornillo district, Meza-Chavez was the director of secondary personnel and recruiting at the El Paso Independent School District. She is a graduate of Ysleta



— Photo courtesy of Hispanic Medal of Honor Society
HONORED – U.S. Army Private Marcelino Serna was a World War I hero who moved to El Paso at the end of the war. He died in 1992 at the age of 95.

Tornillo crossing officially named for WWI veteran

TORNILLO – The Tornillo Port of Entry, which is part of a six-lane international bridge that opened in February of 2016 and connects Tornillo, TX with Guadalupe, Chihuahua, Mexico is officially the Tornillo-Marcelino Serna POE. U.S. Representative Will Hurd introduced a bill in May of 2016 into the U.S. House of Representatives to rename the Tornillo POE after Serna. The bill passed the House in July, the Senate in September and was signed into law on September 29, 2016. The dedication ceremony took place this year on April 19.

U.S. Army Private Marcelino Serna is a World War I hero that moved to El Paso at the end of that war and died in 1992 at the age of 95. Serna is most famous for his heroic efforts during two battles in France in which he killed 32 enemy soldiers. On Sept. 12, 1918, he single-handedly captured 24 Germans, in Flirey, France. He was awarded the Distinguished Service Cross later that month by U.S. Army General John J. Pershing. The cross is the second highest military decoration of the U. S. Army to the Medal of Honor. He was also awarded

See CROSSING, Page 6

High School and received a Bachelor of Arts degree in creative writing from the University of Texas at El Paso (UTEP). She went on to earn a Master of Arts degree in education from Sul Ross State University and a doctorate in curriculum and instruction from New Mexico State University.

TISD board members are now in the process of initiating their search for a new superintendent.

Finances By Nathaniel Sillin

Save money while welcoming a new pet to your home

Whether it's a dog, cat or another furry (or scaly) friend, many people have pets who are more than just animals – they're part of the family.

Pets can be friends, they can offer nonjudgmental companionship when you're feeling down and they can put a smile on your face. To provide the best care for a pet, you'll want to be able to afford their needs, including the basics like food and healthcare. With this in mind, think carefully and review your budget before deciding to welcome an animal into your family.

Choose a pet that you can

afford. While the initial cost of adopting or buying a pet is relatively small compared to the long-term expenses, the type of pet you choose does matter.

Admittedly, you might visit the pound and fall in love with a dog or cat. What can you do? The heart wants what the heart wants. Research is a must if you want to take cost-saving measures, though. For example, larger animal breeds may be more expensive to care for, partially because they simply eat more food. And if you're taking in a dog you'll want to consider the cost of training, which could set you back several hundred dollars.

Lifespan is another consideration. Hamsters, gerbils and some types of fish may only live a couple of years. A pet turtle, on the other hand, could live several decades.

Keep your pet healthy and happy. Health care can be one of the most expensive aspects of pet ownership. As with humans, it's often best to invest in preventative care rather than

treat emergencies.

Follow your pet's recommended vaccination schedule and treatments, spay or neuter cats and dogs and visit the vet at least once a year for a checkup. Finding and dealing with health problems early on isn't only less expensive, you may be able to prevent serious problems and improve your pet's quality of life.

Some types of preventative care don't require a visit to the vet, although you can still ask for recommendations. For example, brushing your dog's teeth (with special toothpaste) can help prevent teeth and gum problems.

Consider pet insurance to cover emergencies. When a pet is part of the family, you'll do anything to help him or her. You may want to have an insurance policy to help cover emergencies that you might not be able to afford otherwise. Particularly if you have a high-risk breed, a pet that tends to escape or you live in an area with a lot of other potentially aggressive animals.

Before buying a policy, read up on how pet insurance works. There can be important differences between pet and human policies.

Save money on nutritious food. Once you bring a pet home, it's your responsibility to provide for them. You can ask your vet for food recommendations (and free samples) based on the pet's type and age. The American Society for the Prevention of Cruelty to Animals has general nutrition tips for dogs and cats, including age-based diet recommendations.

Once you've found a food that you and your pet likes, you may be able to get a discount by signing up for a subscription delivery service online. Or, if you don't mind the workout, consider buying in bulk at a warehouse club.

Have a plan for when you're unavailable. Another responsibility pet owners take on is making sure their pet is looked after while they're away. The least expensive option may be to find a neighbor or friend who also has a pet and exchange free pet-sitting services.

Otherwise, you can look for a well-reviewed doggy daycare center or boarding service. You could try one of the several apps that connect you with someone who can feed, walk or play with your pet. If you're away for several days, the apps can also help you find someone who will spend the night or take your pet to their home.

Bottom line: Taking a pet into

Veterans Post By Freddy Groves

Instead of securing vet's back pay, she stole it

Somebody's going to prison, and I'm cheering. A Missouri woman enrolled as a financial fiduciary through the Department of Veterans Affairs stole \$38,000 from a disabled veteran she was supposed to help, and she did it shortly after she was appointed to the role and discovered all that back pay in his account. Not only did she fail to maintain records and reports, she stonewalled even after being faced with VA Office of the Inspector General auditors who demanded explanations and accounting for the funds.

Eventually she pleaded guilty to one felony count of embezzlement and faces up to 10 years in prison, as well as a \$250,000 fine and required reimbursement of the money stolen. We'll know in September how the sentencing goes.

The VA's fiduciary program was set up a long time ago to help elderly veterans who were unable to handle their finances. At first, someone would be appointed. Then the VA started paying 5 percent of the

veteran's benefits as a fee. That brought out the scammers in the form of allegedly professional fiduciaries who quickly learned to rig the system and steal from the veterans they were supposed to protect.

In 2014, the VA OIG conducted an investigation and concluded that more than \$944,000 had been funneled away from veterans. In addition, in some areas of the country, complaints against fiduciaries in the program were not quickly and properly investigated.

Despite the past problems, if you suspect any form of fiduciary abuse, call the VA Fiduciary Program at 1-888-407-0144. Or call the VA at 1-800-827-1000. The Fiduciary Program will investigate and decide if misuse of funds has occurred, and if it did, the VA will try to replace the missing money. It also will get the OIG to pursue a criminal investigation.

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San Elizario Independent School District Public Notice of Non-Discrimination

It is the policy of the San Elizario Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or disability in the admission or access to programs, delivery of services or employment and to provide equal access to the Boy Scouts and other designated youth groups.

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

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

Notificación Pública

Es la norma de conducta de el distrito escolar de San Elizario prohibir la discriminación a base de raza, color, origen nacional, sexo o deshabilidad en la admisión o el acceso a programas, entrega de servicios o empleo y proporcionar igualdad de acceso a los Boy Scouts y otros grupos juveniles designados.

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

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

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View from here By John Grimaldi

Growing old on the streets isn't easy

There is a pressing need for solutions to homelessness among the elderly

According to a U.S. government study 1.5 million Americans are considered to be homeless. And, while efforts are underway, and in some cases making progress toward reducing the ravages of homelessness, more needs to be done, according to Dan Weber, president of the Association of Mature American Citizens.

And, he says, there needs to be a special focus on the population of elderly men and women with no permanent access to shelter. It's hard enough growing old in the comfort of your own home, but imagine how much more difficult and dangerous it is to age on the streets.

"Bear in mind that the homeless are included in the 10,000 Americans who turn 65 years of age each day. So, there is a pressing need for specific solutions to homelessness among the elderly and the need grows more dire with each and every passing day. The issue is particularly poignant for AMAC since reportedly more than 50% of those living on the streets are elderly. The burden of living hand-to-mouth on the streets is particularly difficult for them since they are more susceptible to injuries and illnesses as they age. Efforts to deal with the problem are valiant but thus far have not been able to cope as is evidenced by the growing waiting lists at shelters," says Weber.

Sara Bloomberg, a freelance journalist in San Francisco, recently reported that in 2014 wait times for access to temporary shelter for the homeless in that city averaged 26 days and that currently the wait time has more than doubled. Bloomberg noted that among those recently seeking shelter was a 97-year-old individual and three who are in their 80s.

Sam Dodge, deputy director of the San Francisco Department of Homelessness, told her in an interview that "we do have some carve-outs within our shelter system for elderly and veterans."

But, says Weber, a study conducted by the University of California found that in 27 years ago only 11 percent of the homeless population were older Americans, but that now more than half are age 50 or older so carve-outs are not the answer.

He praised the efforts of officials in municipalities across the country to deal with the needs of those who have no choice but to live on the streets.

"But, as any of us with aging parents or grandparents know, the older you are, the more help you need. One study of homeless individuals whose average age was 58 showed they have more trouble with such simple tasks as getting dressed, keeping themselves clean and eating properly than 80 year olds living in a proper home environment. Bear in mind that as we age we can become more forgetful. We don't see as well as we used to. We can become depressed more easily and we can forget to take medications. And, we become more susceptible to physical injuries," Weber points out.

While temporary shelters fill an important immediate need, there is widespread agreement that we need to design solutions that provide for permanent solutions for those who otherwise have no choice but to live on the streets.

Says Weber, "we need facilities that offer not only a roof over their heads but supportive services, as well. Shelters are a partial solution at best. They provide bunk beds and shared toilet facilities. That's good as far as it goes, but there is overwhelming evidence that such environments can actually increase the risk of injury and ill-health. Furthermore, many shelters require that residents must vacate those shelters during the day. And, that can lead to further dangers as they have no choice but to wander alone on the streets."

Weber cites the work of the Hearth program in Boston. Hearth was established to find ways of preventing and ending elder homelessness. Its focus is on identifying older individuals who are currently homeless or are at serious risk of becoming homeless. It seeks to provide "permanent and affordable supportive" housing.

The AMAC chief called on city officials across the country to seek solutions that offer security, permanence and hope for seniors who can't fend for themselves. "Hearth and programs like it should be the models for municipalities - particularly bigger cities where aging homeless populations are growing at too rapid a pace. What use is it to provide so-called temporary, not so safe havens that exacerbate the distress, depression and physical harm suffered by elderly American men and women, many of whom served valiantly in the armed services?"

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

Finances

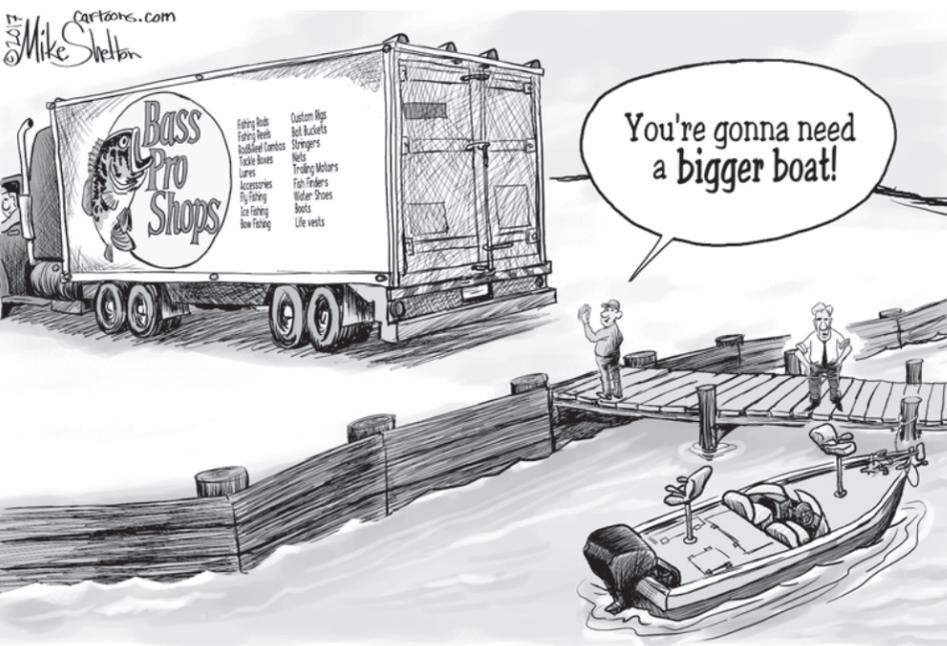
From Page 2

join your family.

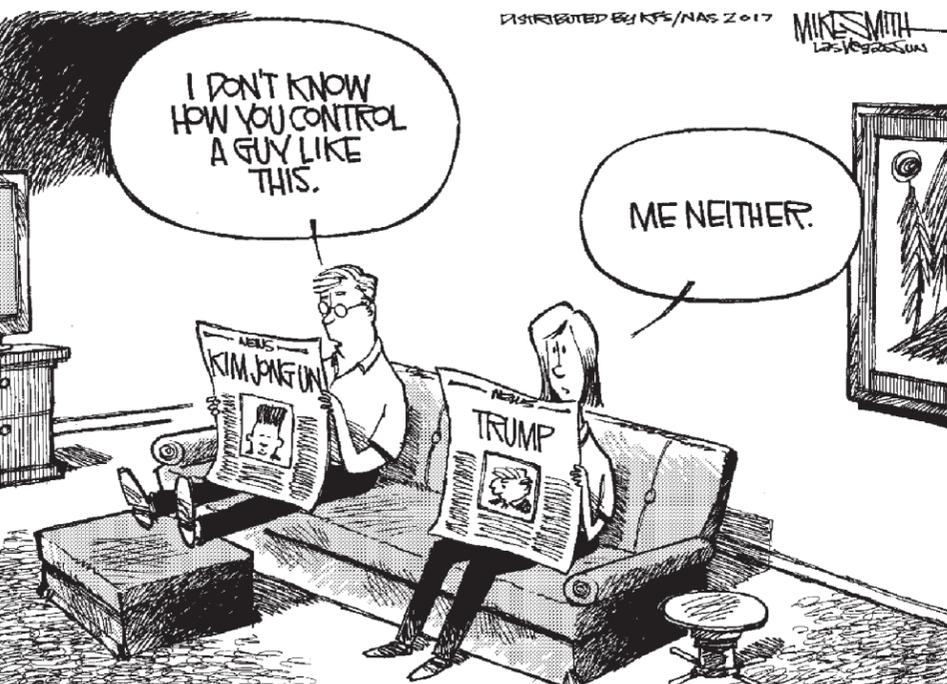
your home and caring for them can be a rewarding and wonderful experience. It can also be life changing. Review the potential immediate and long-term costs to help ensure that you'll be able to provide for a pet once they

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.

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The Robert Mueller fishing Expedition



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Tornillo Independent School District Public Notice

Special Needs Programs at Tornillo ISD for 2017-2018 School Year

Tornillo Independent School District provides access to identification of children with suspected disabilities who reside within the district beginning on the third birthday through the child's twenty-first birthday. The student may be eligible for services, at no cost, under the Individuals with Disabilities Education Act (IDEA).

Services are available to all eligible children identified with a disability who may be experiencing difficulties in one or more of the following areas: Physical Disability, Deaf or Hard of Hearing, Visual Impairment, Deaf-Blind, Intellectual Disability, Emotional Disability, Learning Disability, Speech and/or Language Impairment, Autism, Other Health Impairment.

In compliance with the Family Educational Rights and Privacy Act of 1974 and Public Law 94-142, parents and adult students have the right to inspect educational records. District policy FL 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, and who is residing within the Tornillo Independent School District please contact: Norma Castillo, Special Education Coordinator, Tornillo ISD, at (915) 765-3000.

Noticia Pública

Aviso de Programas de Necesidades Especiales en Tornillo ISD para el Año 2017-2018

El distrito escolar independiente de Tornillo prove acceso a la identificación de niños con incapacidades que viven dentro del distrito comenzando con el tercer cumpleaños hasta los 21 años de edad. El estudiante puede sere legible para servicios, sin costo alguno bajo el Acto de Individuales con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que esten experimentando dificultades en una o mas de las siguientes areas: Incapacidad fisica, sordo o duro de oido, impedimento visual, incapacidad intelectual o emocional, incapacidad para aprender,ilmpedimento de habla o lenguaje, autismo o cualquier otro impedimento de salud.

Conforme al Acto de Confidencia y de Derechos Educativos de la Familia de 1974 y Ley Publica 94-142, padres y alumnos adultos tienen el derecho de ver los archivos educativos. La Póliza del Distrito FL y FL-E provee acceso a archivos, confidencialidad, y proceso de reclamación.

Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Tornillo que no esta recibiendo servicios educativos. Favor de comunicarse con: Norma Castillo, Cordinador de Educacion Especial, Tornillo ISD, (915) 765-3000.

Tornillo Independent School District Public Notice of Nondiscrimination

It is the policy of the Tornillo Independent School District to prohibit discrimination on the basis of race, color, national origin, gender or any person who has a disability in the admission or access to programs, delivery of services or employment.

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

Inquiries concerning your rights may be referred to Dr. Jeannie Meza-Chavez, Superintendent, P.O. Box 170, Tornillo, TX 79853. Phone: (915) 765-3000. Fax: (915) 765-3099.

Notificación Pública No Discriminar en Tornillo ISD

Es la norma de conducta del distrito escolar de Tornillo de prohibir la discriminación a base de raza, color, origen de nacionalidad, sexo o cualquier persona que tenga una incapacidad en la admisión o el acceso a programas, entrega de servicios o empleo.

El distrito escolar de Tornillo esta comprometido a cumplir con las responsabilidades especificas por el Titulo VI del Acta de Derechos Civiles de 1964, como enmienda, el Titulo IX de la Enmienda de Educación de 1972, que prohíbe la discriminación sexual, la Acta de la Discriminación por edad de 1975 como enmienda, la Sección 504 del Acta de Rehabilitación de 1973, como enmienda, y el Acto de Americanos con Incapacidades.

Para mas información acerca de sus derechos favor de comunicarse con Dr. Jeannie Meza-Chavez, Superintendente, PO Box 170, Tornillo TX 79853. Teléfono: (915) 765-3000. Fax: (915) 765-3099.

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CryptoQuip Answer

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4	x	2	+	6	14
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Strange But True By Samantha Weaver

- It was best-selling author and aviation pioneer Amelia Earhart – the first female pilot to fly solo across the Atlantic Ocean – who made the following sage observation: “The most difficult thing is the decision to act, the rest is merely tenacity. The fears are paper tigers.”

- The elephant is the only animal that can be trained to stand on its head (other than humans, of course).

- Historians of ancient Rome say that a three-man crew was required to handle a war chariot: The rein handler was responsible for managing the horses, and the shooter focused on launching arrows at the enemy. The straphanger, who stayed at the back of the chariot, had the unenviable task of making sure the other two crew members didn't fall out as the chariot bounced over bodies.

- Those who study such things say that your blood is filtered through your kidneys approximately 20 times every hour.

- You surely know what a boycott is – a method of protest entailing the refusal to buy a product or deal with a person or organization. You might not know, however, where we got the word. Here's the story: In 19th-century Ireland, there was an English land agent named Charles C. Boycott. During a time when crops were failing – depriving many farmers of income as well as food – he refused their pleas to lower rents. In retribution, he was ostracized, with many people refusing to do business or even socialize with him.

- Statisticians say that women who marry younger men tend to live longer.

Thought for the Day: “A man who is ‘ill-adjusted’ to the world is always on the verge of finding himself. One who is adjusted to the world never finds himself, but gets to be a cabinet minister.”
– Hermann Hesse

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Send Your Newsbrief To: wtxcc@wtxcc.com

**Tornillo Independent School District
Public Notice**

2017-2018 School Meal Policy

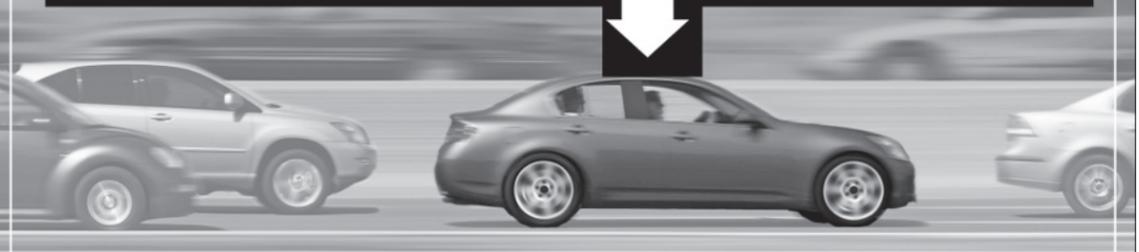
The Tornillo Independent School District serves breakfast and lunch every school day. All children in the district will receive a reimbursable meal at no charge through the academic year of 2017-2018. All children will receive a free breakfast and free lunch regardless of income. In the operation of the child feeding program, no child will be discriminated against because of race, color, religion, gender, disability, age or national origin. For information about your rights or grievance procedures, contact the Title IX Coordinator, Dr. Jeannie Meza-Chavez, Superintendent, and/or the Section 504 Coordinator at P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853, or call (915)765-3000.

Noticia Pública

Póliza de Comida del Año 2017-2018

El Distrito Escolar Independiente de Tornillo servirá desayuno y almuerzo cada día escolar. Todos los niños del distrito recibirán comida sin cobro durante el año escolar 2017-2018. Todo los niños recibirán un desayuno gratis y un almuerzo gratis a pesar de sus ingresos. En la operación del programa de comidas para niños, ningún niño será discriminado por su raza, color, religión, genero, incapacidad, edad u origen de nacionalidad. Para más información sobre sus derechos y procedimiento de agravios, puede ponerse en contacto con el coordinador de Titulo IX, Dr. Jeannie Meza-Chavez, Superintendente, y/o el coordinador de la Sección 504, P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853 o llame al (915) 765-3000.

If you're not covered, you'll be discovered.



An estimated 1 in every 5 vehicles on our Texas roads has no automobile insurance, but that's about to change. • TexasSure Vehicle Insurance Verification matches vehicle registration information to insurance policy data to immediately tell law enforcement officers and tax assessor-collectors who's driving without insurance. • So, if you're not covered, better get insured! • To learn more, visit: www.TexasSure.com

TexasSure catches drivers without insurance.

**Tornillo Independent School District
Public Notice**

Notification of Nondiscrimination in Career and Technology Education Programs at Tornillo ISD for 2017-2018 School Year

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

Noticia Pública

Notificación de No-Discriminación en los Programas Educativos de Carrera y Tecnología en Tornillo ISD por el año escolar 2017-2018

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

There's a kid in all of us – sometimes it's a brat

By Steve Escajeda
Special to the Courier

The other day I attended one of my nephew's flag football games at a local park that was flooded with kids of all ages running around, having all kinds of fun.

Kids were laughing and shouting and behaving... well... like kids should.

As I stood there watching the 10-12-years-olds play the game, I couldn't help but try to remember what it was like to be that young again.

I closed my eyes and tried to recapture the feeling of what it was like not to have a care in the world – when I was excused for my infantile behavior because I just didn't know any better.

But it was all for not.

The harder I tried, the more difficult it was for me, a full-grown adult, to fully imagine what it would be like not be expected to act maturely or without a sense of responsibility.

Then it happened. Right across from me two small kids had a ridiculous argument about a toy. They were both

pulling at it and started calling each other names.

They began shouting at each other and soon they were both crying and making a scene that quickly escalated to full tantrum-mode.

And then it hit me – you can be a kid again. It was possible to regress to that time when your intellect was one-tenth of what it is now.

It was possible to return to a time when you weren't expected to follow all the rules of society because, frankly, you weren't mature enough yet.

How do I know this? I know because I watched some of the Floyd Mayweather-Conor McGregor press conferences last week.

Before I go any further I'd like to apologize to the kids at the park, they actually weren't anywhere as bad as the two boxers that are going to steal a boatload of cash next month.

The two held a series of press conferences last week taking turns insulting the other about things from their physical stature to their courage to their finances and even their wardrobe.

Of course what they actually said was difficult to pick up because of all the bleeping sounds.

It's funny, these two guys couldn't go a single sentence without uttering a single ^%#&% or an emphatic &*\$#@.

These guys were rude, childish, moronic and disgraceful.

The one word I wouldn't use to describe these guys is stupid.

The real dummies are the millions of so-called fight fans who are going to dish out \$100 to watch a circus act.

The promoters of this fight know this is a dog of a contest so the idea is to hype it up so much that they get rich... uh... I mean richer.

So, the two fighters act like morons, insult each other to the point of using a treasure-trove of vulgarities to attract the lowest common-denominator – professional wrestling fans who still have their doubts that the sport is fake.

All the people who enjoy watching a Kardashian lose it by having a bad-hair day, or who enjoy watching the trials and tribulations of Housewives of Wherever, will pay whatever it takes to watch this

spectacle – and then complain about it afterward.

Let's face it, Mayweather came out of retirement because he owes the IRS about \$30 million. McGregor took this fight because he'd like to owe the IRS that much.

I'm not sure what all this hype says about our society.

It's troubling to watch a couple grown men throw gay and racial slurs at each other and have fans seeing it as entertainment.

At one point Mayweather said he was going to beat McGregor like a [bleep], very bad choice of words from a guy who has a history of beating up women.

You have to hand it to these guys though. Nowadays it's more about style than substance.

They've caught on to the fact that everyone loves to watch a train wreck.

They've also taught us a thing or two about being a kid again. If you kick and scream and shout enough, even if you're doing it for no apparent reason – somebody will eventually give you some attention.

A sporting view By Mark Vasto

Still worth the watch

This time it didn't matter – and nobody cared.

The Major League Baseball All-Star Game has long been considered the best all-star game of all professional sports in America. While the NBA has carved out a nice little niche with the slam dunk competition, baseball's midsummer classic, with its fan voting, home run derby and representation of players from every team, has managed to remain relevant during a day and age where it takes a straitjacket to get somebody's attention.

They've played the game 88 times, and each league, the American and the National, has won 43 times and split two ties. The All-Star Game used to carry considerable weight back in the days before interleague play, which began in 1997. Up until then, you never got to see your favorite players square off, save for spring training or the World Series. While interleague play became a necessity out of common sense – the fans in St. Louis wanted to see the Yankees play at Busch Stadium more than once a generation – people were

sure the All-Star Game would lose its luster.

Perhaps it was that fear that led to making the game "count" after the disastrous 2002 game, which was called a tie after 11 innings due to lack of pitchers. The powers that be championed a decision that had the winning league get home-field advantage in the World Series. It was a decision that was almost universally panned. For one thing, managers didn't necessarily play to win the game anymore. They were more interested in getting the most participation from their bench. So baseball, nimble as ever, decided to revert back to making the game a simple exhibition again (after 13 years).

And what did this year's

classic teach us? That baseball is almost impossible to not play seriously. Every player seemed to be giving his all... the pitchers were bringing the heat (the average speed of a fastball in the game was 97 mph), fielders were diving after balls in the outfield and batters were hacking away at first pitches. In classic fashion, the game was won in extra innings when Robinson Cano hit a laser into the bullpen leading off the 10th. The night previous, Aaron Judge, the guy that everyone is pinning their hopes on being the next great player, hit 47 home runs in the derby... in the game, he went 0-3, striking out once, just like 23 others did that night.

Sports Illustrated did the math. In the AL's 2-1 win, 79 players came to bat and 31 of them either struck out, walked or hit a home run, meaning 39 percent of the time, the ball wasn't even put in play. That's the way today's game is played... every pitcher seems to throw 100 mph, every home run is of Ruthian proportions. In the end, just like this year's All-Star Game, it didn't matter: baseball is still something worth watching.

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

Classified Ads

LEGALS

4:00 p.m. (local time) on August 15, 2017, at the Village of Vinton Administration Building located at 436 E. Vinton Rd. Vinton, Texas 79821.

Bidder may submit bid for anyone or all of the units to be assisted under project.

All bids will be publicly opened and read aloud on Tuesday August 15, 2017 at the Village of Vinton Administration Building located at 436 E. Vinton Rd. Vinton, Texas 79821 at 4:30 p.m. (local time).

an Affirmative Action and Equal Opportunity Employer. Small, Minority and Female Owned firms are encouraged to submit Bids for this project.

upholstered. Call (915) 881-7824.

FURNITURE

Waterbed frames. King w/6 drawer base, \$750; and queen platform, \$500 w/ or w/o 9" memory foam mattresses (medium-firm) Email rick15344@gmail.com

for photos. Reasonable offers considered. Include phone number for call back.

FOR RENT

2-bdrm home for rent. Clint area, fenced yard with refrigerated AC. Very nice, very clean. Call (915) 383-1152.

VILLAGE OF VINTON, TEXAS
INVITATION TO BID
The Village of Vinton, Texas has received funding through the United States Department of Agriculture Housing Preservation Grant and will be receiving bids for the rehabilitation of (3) residential units in the Village of Vinton, Texas. Bid Packets will be available at the city's Administration Building as of July 21, 2017 from 9:00 a.m. to 6:00 p.m. Monday through Friday (excluding holidays), until

Interested Bidders must attend a pre-bid conference on August 2nd at 2:00 p.m. at Village of Vinton Administrative Building.

All bid submittals must be sealed in an envelope and should be plainly marked in the lower left corner; "IFB FOR USDA HPG" ATTN: HPG HOUSING PROGRAM" and clearly mark Bid Project Address, Company Name, and return address on the envelope.

The Village of Vinton, Texas reserves the right to reject any or all Bids or to waive any informality in the bidding. The Village of Vinton complies with all federal, state and local procurement regulations.

The Village of Vinton, Texas is

WTCC: 07-20-17 07-27-17

CARS

For Sale. Black 2000 Jeep Wrangler-Sport; 6 cylinder, 4.0 L engine; A/C, CD player. Must see and drive to appreciate. Call (915) 881-7824.

For Sale. Classic 1961 Ford F100 truck; V-8 engine, runs great; standard, clean body with side-steps, newly

Drivers

Drivers CDL-A:

- Excellent benefits! 401k!
- Paid Vacation, Good Home Time!
- Local, Regional, OTR
- Age 23, w/Tank End. Req. **855-349-5097**

Drivers-Class A! Extra Incentives+Bonuses = \$\$\$ Benefits! Sign-On bonus! Home Weekly! Owner Ops welcome! **888-300-9935**

Crossing

From Page 1

the highest military honor from the French government and other medals from Italy and Great Britain, as well as having received two purple hearts.

"The veteran community has been championing this issue for many years, and it is an honor to deliver on their wishes after two years of working in Washington to make this happen," said Hurd. "Today (April 19, 2017) we honored

a man who immigrated to the United States and risked his life repeatedly to protect the safety of his fellow soldiers. The Marcelino Serna Port of Entry will not only honor this extraordinary man's service to our nation, it will serve as a reminder of the countless Hispanic-American immigrants who have fought valiantly to keep our nation safe. It brings me great joy to celebrate with his daughter Gloria and the rest of the Tornillo community."

– Alfredo Vasquez and Rachel Holland

† AMERICAN LUNG ASSOCIATION
of Texas

YOUR Gift IS A WAY TO CONQUER LUNG DISEASE

Find out how you can help ...

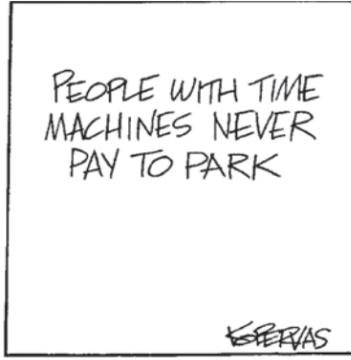
www.texaslung.org

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.

1-800-LUNG-USA

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: An MRI shows that I have spinal stenosis. I have not improved with chiropractic care, electrical stimulation, medication (including hydrocodone, tramadol and a pain patch), physical therapy or three spinal injections. After the third injection did not help, I told the surgeon I would need back surgery, but he said I am too old. I am 76. Am I too old? – H.S.

The overall health of the person is more important than age. Younger people may be a bit more likely to see better improvements in walking after surgery.

Back surgery shouldn't be undertaken lightly at any age. Get a surgical opinion – and probably a second opinion – before making a decision. Only the surgeon, with access to your MRI results and having completed a careful history and exam, can make an informed recommendation about your personal situation.

Spinal stenosis is a back condition in which the spinal cord or nerve roots are compressed due to bony abnormalities. The pressure on the nerves can cause pain, loss of reflexes and numbness. Spinal stenosis is most common in the lower back, but it can happen in the neck and mid-back as well. It is seen more often in people over 60 and is the most prevalent reason for back surgery in people over 65.

The booklet on back problems gives an outline of the causes of and treatments for the more-common back maladies. Readers can order a copy by writing: Dr. Roach – No. 303W, 628 Virginia Drive, Orlando, FL 32803.. Enclose a check or money order for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

The MRI usually shows the compression on the spinal cord or nerve roots; however, the decision for treatment is made based on the symptoms, not necessarily how the back looks by MRI. You have had the recommended nonsurgical treatments, including several medications, physical therapy and injections. Consideration of surgical treatment is reasonable.

DEAR DR. ROACH: Has the use of white powder, monatomic gold nutritional supplement been verified by the medical profession? Are the claims of mental clarity, long life span, disease cures, etc., accurate? – D.S.C.

When considering any therapy, the physician must consider the potential benefits and risks. The benefit of surgery is that it is more likely to relieve pain and improve function. There is a small risk of a serious bad outcome (death, worsening of pain or weakness). In general, the older a person is, the more risky the procedure. However, there is no absolute age cutoff of who can and can't get the

I thought I knew supplements pretty well, but hadn't heard of monatomic gold. Monatomic gold is supposed to be an "orbitally rearranged monoatomic element." In fact, these don't exist chemically, and anyone selling a product like this and claiming health benefits is deliberately scamming you or is confused. Metallic gold is inert and has no effect in the body.

See HEALTH, Page 8

Super Crossword

- BROADWAY OPENINGS ACROSS**
- 1 China's Mao
 - 4 Thumb locale
 - 8 Cries of unveiling
 - 13 Spanish fleet
 - 19 Post-bender headache
 - 21 Poetry Muse
 - 22 One-sided views
 - 23 Old stage actress
 - Duse
 - 24 "Things go by so fast!"
 - 26 "As far as I'm aware..."
 - 28 Brunched, e.g.
 - 29 Kwik-E-Mart clerk
 - 30 Writer Seton
 - 31 Iris locale
 - 32 Pres. advisory gp.
 - 34 New _ (Yanni, e.g.)
 - 35 Become king after being a prince, say
 - 43 Quirk of behavior
 - 46 _ Schwarz (toy retailer)
 - 47 Kuwaiti royal
 - 48 A third of IX
 - 49 Totally up the creek
 - 55 Semi section
 - 58 Witty writer
 - Bombeck
 - 59 Hornswoggle
 - 60 Actress Swenson
 - 61 Hill's partner
 - 62 Nose partition
 - 65 Piece for two
 - 67 Paid no heed
 - 70 "We've been raking in the profit"
 - 75 Advance markdown
 - 77 Requirement
 - 78 Church decrees
 - 81 Painter of melting watches
 - 82 Camera varieties, for short
 - 86 Vientiane's country
 - 88 "My Country" author Abba
 - 89 Hole-poking tool
 - 90 Phrase just before an act is introduced
 - 95 Pouchlike body part
 - 96 Incantation opener
 - 97 River of Bern
 - 98 Veer off course
 - 99 What Thomas became, in kid-lit
 - 107 Alone
 - 108 See 102-Down
 - 109 Love-letter "hugs"
 - 110 Former toy company
 - 114 Alley-_ (court play)
 - 115 Juicer
 - 117 Overdoing the effort
 - 123 Writer of the Tony-winning musical featured in this puzzle
 - 126 Flavored with a certain spice
 - 127 Introduced acts, e.g.
 - 128 Lenya of "Cabaret"
 - 129 IRS part
 - 130 Tallies again
 - 131 Arctic people
 - 132 Central part of a church
 - 133 Star site
- DOWN**
- 1 Greek letter
 - 2 Perm place
 - 3 Foe
 - 4 Toot
 - 5 Bristol's river
 - 6 Pianist Peter
 - 7 Party to a financial transaction
 - 8 Giggled
 - 9 Yank with a #13 jersey
 - 10 Hip-hop bud
 - 11 "Listen up!"
 - 12 "... lied!"
 - 13 Help do bad
 - 14 Plentiful
 - 15 Bad start?
 - 16 Cheese in an Italian deli
 - 17 Intensify
 - 18 Make certain
 - 20 Some Spanish paintings
 - 25 Spiked staff
 - 27 Harsh cleanser
 - 33 "I dunno" gesture
 - 34 Financier Onassis
 - 36 ET ship
 - 37 Avis rental
 - 38 Unemotional
 - 39 Vietnamese New Year
 - 40 Actor Katz
 - 41 Dusk-dawn linkup
 - 42 Move quickly
 - 43 Rail supports
 - 44 Pertaining to
 - 45 Singer Glen
 - 50 Fad dance of the 1960s
 - 51 Bro
 - 52 Sonata, e.g.
 - 53 Honoraria
 - 54 Actor Scott
 - 55 Payload area
 - 56 Bitter brew
 - 57 Part of B&B
 - 61 One of Santa's reindeer
 - 63 Old Glory's nation
 - 64 Wire measure
 - 66 "Sn" element
 - 68 Sierra maker
 - 69 Actress Peeples
 - 71 Lark's home
 - 72 _-confident
 - 73 Boyfriend
 - 74 Hound's clue
 - 75 High-tech "appt. book"
 - 76 Uncooked
 - 79 Zippo
 - 80 Winter drifter
 - 83 _ apso
 - 84 Pat of the
 - 85 Ride a wave
 - 87 Antler sporter
 - 90 _-Mart (retail chain)
 - 91 Unemotional
 - 92 Greek letter
 - 93 "Bali _"
 - 94 Suffix with southeast
 - 95 Wily
 - 99 Worker on a housetop
 - 100 Huge, in French
 - 101 Camel kin
 - 102 With 108-Across, of acceptable quality
 - 103 Department in northern France
 - 104 Near-eternity
 - 105 Noodle
 - 106 Erstwhile anesthetic
 - 111 Spun tales
 - 112 Floorboard sound
 - 113 Curiously
 - 115 Lineup 121-Down: Abbr.
 - 116 REO part
 - 118 Post-Q string
 - 119 Himalayan legend
 - 120 Funny Fey
 - 121 Showing via the idiot box
 - 122 Arch with a double curve
 - 124 Composer Rorem
 - 125 Manning of football

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				
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62					63	64				65				66			67	68	69				
			70								71			72	73	74							
75	76																78			79	80		
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99	100	101						102						103	104	105					106		
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114								115	116									120	121	122			
123				124														126					
127										128								129					
130																							133

TRUE TEXAS FACTS by Roger Moore

July 18, 1979: Gale Burr of Irving claimed the record for the longest moustache - 2 feet.



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		+					14
+		x		-				
	x		+					19
x		-		x				
	x		+					14
16		18						12
1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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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Moments in Time The History Channel

- On July 31, 1975, James "Jimmy" Hoffa, one of the most influential American labor leaders of the 20th century, disappears in Detroit, never to be heard from again. Though he is popularly believed to have been the victim of a Mafia hit, conclusive evidence has never been found.
- On Aug. 1, 1981, "MTV: Music Television" goes on the air for the first time, with the words (spoken by one of MTV's creators, John Lack): "Ladies and gentlemen, rock and roll." The Buggles' "Video Killed the Radio Star" was the first music video to air.
- On Aug. 2, 1934, Chancellor Adolf Hitler becomes dictator of Germany under the title of Fuhrer. Hitler assured his people that the Third Reich would last for a thousand years, but Nazi Germany collapsed 11 years later.
- On Aug. 3, 1949, the Basketball Association of America and rival National Basketball League merge to form the National Basketball Association. By the 1954-55 season, only eight teams remained in the NBA. That year, the league transformed the game with the creation of the 24-second clock.
- On Aug. 4, 1753, George Washington, a 21-year-old Virginia planter, becomes a Master Mason, the highest rank in the secret fraternity of Freemasonry. Washington soon would command his first military operation as a major in the Virginia colonial militia.

• On Aug. 5, 1858, after several unsuccessful attempts, the first telegraph line across the 2,000-mile Atlantic Ocean is completed, often at a depth of more than 2 miles. It ceased functioning a month later. In 1866, a British ship succeeded in laying the first permanent telegraph line.

• On Aug. 6, 1926, on her second attempt, 19-year-old American Gertrude Ederle becomes the first woman to swim the 21 miles across the English Channel, besting the time of the five previous male channel swimmers.

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: Y equals E

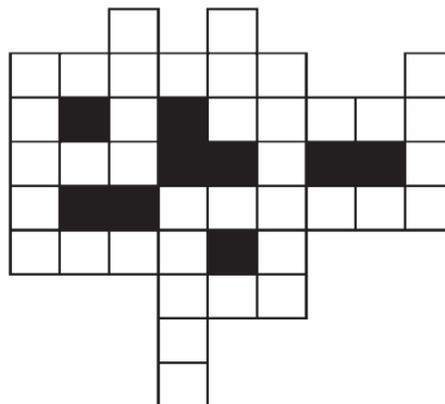
SJYC L VHCOHBOKHCKXO ZYVHNYX
NKUUYA HB ERXYO, SHEFA IHE XLI
JY'X BYLFFI ZYCO HEO HU XJLRY?

Answer Page 4

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- RIA
- VALSNY
- FYINT
- ♥ ELDA
- ♥ ERDLIA
- INF
- RUET
- ♥ TALSE
- YEE
- DEVFRI
- ♥ ERFDE
- NYCA



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

• Want to save money on both appliance repair costs and your power bill? Do yourself a favor and stay on a filter replacement schedule for your air conditioner unit. Dirty filters make the machine work harder and less efficiently, costing you money!

• "When grandparents live out of town, set up a phone call between them and your kids a week or so before visiting. They can talk about what the kids might like to do. It gives the grandparents time to prepare, and it gives kids a chance to build excitement before the trip."
— G.R. in Ohio

• If you have cloudy glassware, you can try to bring it back to clear with a vinegar soak. Warm vinegar in the microwave and fill the glass or soak in a tub.

• "Line the inside of a closet door with a fabric-backed memo board. They are great for tucking in pictures and notes. I use one in my office closet solely for storing business cards for contacts. It's easy to see them and to grab one if I need it."
— A.V. in Massachusetts

• Smelly dog bed? It's baking soda to the rescue. Simply shake baking soda liberally on the surface of your pet's pillows. Rub or brush into the fabric. Let it sit while you vacuum your carpets and tidy up, then use the wand attachment to vacuum it up.

• A nuisance papercut can be sealed up with regular household glue. Just dab a bit on the cleaned and dried papercut, and let it dry.

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

as opposed to gold salts, which are powerful and potentially dangerous medications, now seldom used for rheumatic diseases. Avoid "monatomic gold" supplements.

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.

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