



NEWSBRIEFS

New uniforms

Salvador H. Sanchez Middle School cheerleaders will be wearing 36 new uniforms thanks to The Justin J. Watt Foundation. The foundation is spearheaded by Houston Texans' star defensive end J.J. Watt. Sanchez Middle School received more than \$3,500 from No. 99's foundation, which provides funds for after-school athletics for middle-school-aged children. The hope is that students will learn about accountability, teamwork, leadership, work ethic and perseverance in a safe and supervised environment. "We are so grateful and very excited for the donation by Mr. Watt's foundation," said Sanchez Principal Rosy Vega-Barrio. "The old uniforms have been at the school for years. We wouldn't have had new uniforms without the donation. It's wonderful that they are getting a new look. Cheerleaders are representatives of our school and the voice." They learned about the donation through a letter written and signed by Watt's mom, Connie L. Watt. She helps run the foundation. In the letter, she thanked Sanchez Middle School's leadership team for what they do to help students and said they are eager to see the impact the uniforms will have on the lives of the children.

— Christy Flores-Jones

'Let me see what spring is like on Jupiter and Mars'

Billionaire technocrat Elon Musk is determined to colonize Mars and is asking Earthlings to join the "big move," according to the Association of Mature American Citizens. In fact, says AMAC, he estimates that the one-way ticket to the Red Planet on one of his spaceships will cost you about \$200,000. One can only wonder how much luggage you'll be able to take with you. Musk is CEO of SpaceX, the company that builds the rocket planes.

— John Grimaldi

SISD preps staff

Classroom teachers, nurses, librarians, counselors and instructional aides in the Socorro Independent School District (SISD) returned to work on Monday. More than 3,400 SISD educators are busy this week preparing for the 2017-2018 school year at 47 campuses in the district with participation in

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Few things are more difficult for some of us than admitting a mistake.

— Quips & Quotes



— Photo by Alfredo Vasquez

TOLL FREE? – Camino Real Regional Mobility Authority (CRRMA) officials will meet with Texas Department of Transportation (TxDOT) staff in the coming weeks to hammer out the specific details, but it looks like the Cesar Chavez Border Highway toll lanes, above, will be terminated this September.

Tolls on Border Highway may end soon

Camino Real Regional Mobility Authority board votes to move forward with process

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Several issues still have to be ironed out, but it appears that the Camino Real Regional Mobility Authority (CRRMA) board of directors will do away with the toll lanes on the Cesar Chavez Border Highway this September.

The CRRMA board recently directed the authority's staff to figure out exactly how to implement the removal of the toll

lanes system entirely.

The CRRMA board consists of seven members, with the governor of Texas appointing the chair. The remaining six board members are nominated by the mayor of El Paso and appointed by the city council.

Current CRRMA board members are: Susan Melendez, chair; Joseph D. Wardy, vice chair; Les Parker, treasurer; Joe R. Fernandez, secretary; David C. Nemir, alternate secretary; Yolanda Giner, Martha Reyes, and the agency's executive director Raymond Telles.

According to officials, CRRMA has at least 15 agreements with different toll

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Bullard completes TASB training

By Rick Shrum
and Bill Rutherford
Special to the Courier

TORNILLO—Tornillo ISD (TISD) trustee Marlene Bullard has earned the designation of Master Trustee upon completion of Leadership TASB, a program sponsored by the Texas Association of School Boards (TASB). During the fifth, and last session from June 22-24, school board members in the 2016-17 Leadership TASB class made presentations of their team's findings following year-long research. Class participants researched each of the titles in the federal law known as Every Student Succeeds Act. Their research focused on the law's topics that include education for disadvantaged students, English language learners, 21st century schools, training for school leaders, impact aid, and education for



— Photo courtesy TASB

CERTIFIED MASTER – Marlene Bullard received her Texas Association of School Boards (TASB) Master Trustee certification from TASB's Robert Duron on July 23, 2017.

homeless students.

Bullard is in her second term as

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Regional Mobility Authorities' characteristics

The Camino Real Regional Mobility Authority (CRRMA) was created in March of 2007 by act of the El Paso City Council. Since then, the organization has become a partner in developing the transportation solutions necessary for the El Paso region.

- A Regional Mobility Authority (RMA) is a political subdivision of the State of Texas; currently, there are eight (8) RMAs in existence.
- RMAs have the authority to study, evaluate, design, finance, acquire, construct, maintain, repair and operate "transportation projects".
- Transportation projects may include: turnpikes (highways), rail facilities, certain roadways, ferries, airports, pedestrian and bicycle facilities, intermodal hubs, border crossing inspection facilities, air quality improvement initiatives and mass transit systems.
- RMAs may also enter into contracts or operating agreements with other local, state and federal governmental bodies of the United States or Mexico.
- To support a transportation project, RMAs may issue bonds, enter into Comprehensive Development Agreements (CDAs), acquire or condemn property, seek funding from federal, state and local sources, and collect tolls and fares as applicable.
- RMAs may also complete and operate transportation projects that extend into other counties and jurisdictions. In the case of the CRRMA, a project may be acquired, constructed, operated, maintained, expanded or extended into Ciudad Juárez (e.g. a new international bridge) or the State of New Mexico (subject to certain restrictions).

Finances

By Nathaniel Sillin

Save on your summer road trip adventure

Are you packing up your car and hitting the road this summer? You're not alone. According to a survey conducted by AAA, road trips are the most popular type of vacation for families in the U.S. in 2017. In fact, 10 percent more families are expected to take road trips this year than last.

From driving to the tip of Cape Cod, to seeing the Great Lakes all the way to a drive through the Yosemite Valley in California, there are limitless ways to explore on the road. Whether you're going to visit family or taking off on an epic adventure, a road trip can be a great way to make travel about the journey rather than the destination.

Before you hit the road, make sure your car can handle the trip. Before you pack up your car, it's a good idea to take your car to a mechanic and ensure that it's ready for the drive. Having your car inspected and serviced by a mechanic before a road trip can be a worthwhile investment that could both save you money and prevent an untimely breakdown. Looking into a rental car is an alternative you may want to consider if you're hoping to avoid wear and tear that might depreciate your car's value. Consider your options carefully and choose what makes most financial sense for you.

Pack for bumps along the way. A flat tire or dead battery can put a serious damper on your road trip, especially if you're not prepared. Keeping a spare tire in your car and checking your tire pressure and tread should be on your pre-trip checklist. Along with your bags, bring a few items for preventive maintenance measures on the road. Having jumper cables, coolant and engine oil handy can save you time and money.

Map out your trip ahead of time. While just jumping in the car and driving without a set destination can be an enticing idea, the spontaneity will likely result in more expenses. Knowing when and where you'll stop ahead of time, especially for hotels and outings, will help you stick to a budget. If you still crave the more adventurous aspects of a road trip, you can make a general plan for your major excursions and routes, while stopping for unexpected attractions and views as you go.

Comparison shop to keep hotel prices under control. Booking ahead of time and using comparison shopping websites will save you from driving around to find the best hotel deal when you're already tired from a long drive. If you do have to book last-minute, consider using hotel coupon books, hotel-booking apps, group coupon sites or reward points to save a little more. Camping could be another alternative to booking a hotel, which can be particularly cheap if you already have gear like tents and sleeping bags.

Managing your mileage could add up to major savings. Though fuel prices may generally be down, the cost of filling up your tank can still add up. To make this cost more manageable, you can take advantage of apps that help you find the best gas prices in your area. In certain cases, you may also want to consider renting a more fuel-efficient car. You can save even more by mapping your trip ahead of time to avoid road tollways and construction that might slow you down.

Keep kids entertained to

See FINANCES, Page 8

Veterans Post

By Freddy Groves

Transparency at the VA

Once again, I'm impressed with Department of Veterans Affairs boss David Shulkin. He promised transparency in the VA, and it appears he has delivered. Starting recently, a (long) list of adverse employee actions is being posted online by and will be updated weekly as part of the VA Accountability and Whistleblower Protection Act. The list goes back to Jan. 20, the day the new administration went to Washington. The VA is the first federal agency to provide this list.

While the list doesn't contain employee names, it does list the VA region, job title and type of action taken, including demotions, suspensions over 14 days and terminations. It will be adding new categories of actions in future weekly updates.

There are a couple of unexplained things, such as requiring senior-level official signoffs on settlement actions above \$5,000. We're not talking department heads here. Maybe in future installments of the list we'll learn just what kinds of settlements are taking place.

To view the list, go to www.va.gov/accountability and scroll down to the Adverse Actions list.

There's some interesting stuff there. One wonders what a pharmacy technician did to get removed, or why a registered nurse was suspended more than 14 days. In the course of one day at the same location, we see a medical support assistant, hospital housekeeping officer, nursing assistant and supervisory medical supply technician all being removed, while a maintenance mechanic got a suspension. Inquiring minds want to know what happened.

Since the list went up a mere two weeks after President Donald Trump signed the Act, the VA must have been in a bit of a rush. The 27 pages of the list all still say at the top "For Official Use Only. Not for release outside of the Undersecretary and Secretary of Veterans' Affairs Office."

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Public Notice

Anthony Independent School District

Special Needs Programs at Anthony ISD for the 2017-2018 School Year

Anthony 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.

Services are available to all eligible children who are identify with a disability who may be experiencing difficulties in one or more of the following areas: Physical Disability, Dear 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 105-17, parents and adult students have the right to inspect educational records. District policies FL and FL-E provide for record access, confidentiality, and complaint procedures.

If you would like more information, or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, Special Education Director, at (915) 886-6509

Noticia Pública

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

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

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que estén experimentando dificultades en una o más de las siguientes áreas: Incapacidad física, sordo o duro de oído, impedimento visual, incapacidad intelectual o emocional, incapacidad para aprender, impedimento de hable 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 105-17, 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 Anthony que no está recibiendo servicios educativos, favor de comunicarse con: Sandy Honts, Directora de Educación Especial, (915) 886-6509.

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View from here

By Janet M. Orient, M.D.

It’s about control, not health care

As Congress struggles to do something about the ObamaCare disaster, Senators may be getting calls pleading, “Don’t take my healthcare away!” But the more influential voices will be whispering, “Don’t take my ObamaCare dollars away!”

The American Medical Association (AMA), for example, is urging people to call about “cuts” (constrained growth) to Medicaid.

Let’s get the terminology straight: The government cannot “take away” or “give” you health care. Caring for your health is something you do – or don’t do – yourself. It costs practically nothing; in fact, it saves you money. Nonsmokers save thousands of dollars a year. Walking around the block every day is free – and maybe you’ll meet your neighbor. Healthy foods like fresh fruits and vegetables cost something, but less than Starbucks coffee-flavored milkshakes or fast-food lunches. Being faithful to your spouse pays huge dividends.

You can go to a “healthcare provider,” get counseled on smoking cessation, and have all your bad habits, risk factors, and soon probably your DNA and political

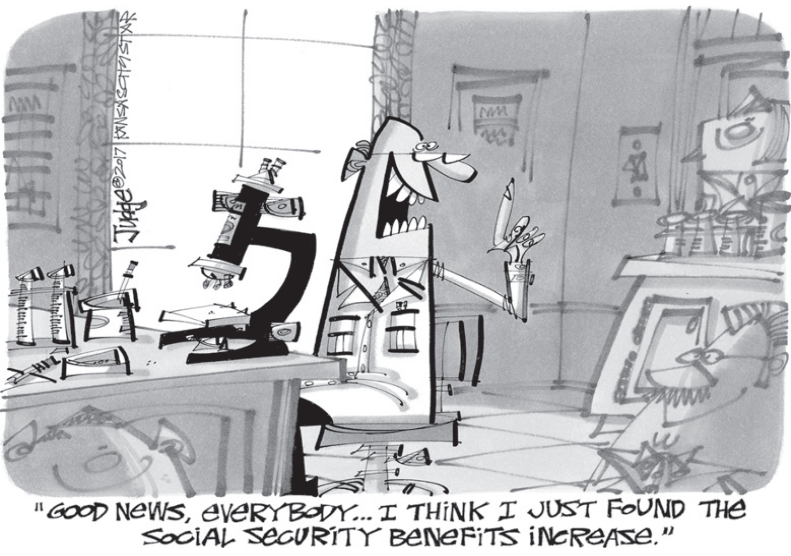
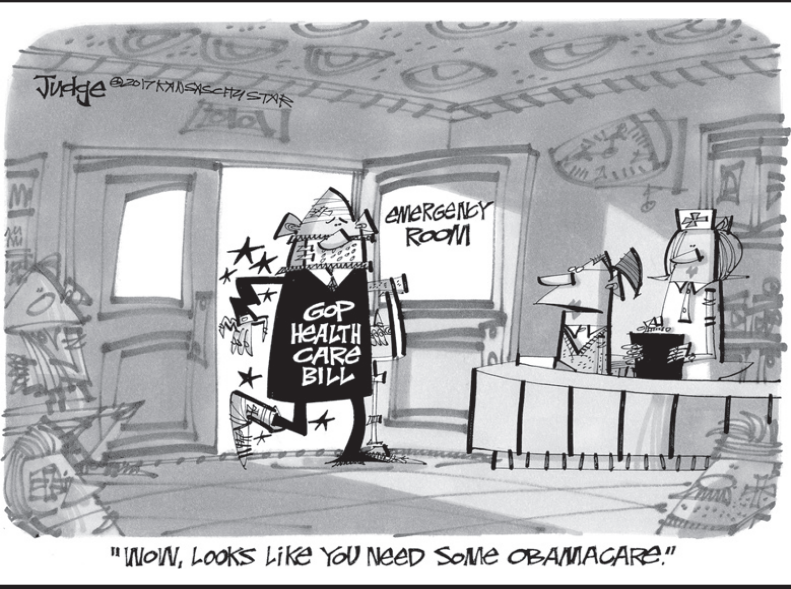
views recorded in an electronic data base, accessible to the government and thousands of other entities. They will constantly score you – on your value to society, eligibility to own a self-defense tool, suitability for a loan or a job, and eventually perhaps your qualifications to have a child.

Your health depends on basic necessities not included in the \$3 trillion poured into the “health care system” every year. Lacking a place to stay warm and dry, one homeless person lost his feet to frostbite, while Medicaid was paying someone \$563 every month just to have him on a list of enrollees. Last year, Nevada Medicaid paid managed-care companies as much as \$213 million for more than 30,000 people who received no care at all. Maybe that money was taken from housing or law enforcement.

Does the money given to Medicaid contractors perhaps pay safety-net hospitals to care for the needy who do need care during the year? We don’t really know where all the money goes. A preliminary look at publicly available documents of Arizona’s Medicaid system, allegedly the most efficient in the U.S., revealed that managed-care contractors made more than \$225 million in pre-tax profits in just one year. And in 5 years, nearly \$400 million of Medicaid funding was transferred to other state agencies.

From a basic economics standpoint, it is just absurd to use third-party payment schemes for routine, predictable (hence uninsurable) costs. It doubles or triples

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Anthony Independent School District

Division of Career and Technical Education

Public Notification of Nondiscrimination in Career and Technical Education* Programs

1) The Anthony Independent School District offers career and technology education programs in business, human services including culinary arts and cosmetology, commercial arts, health, industrial programs including air conditioning, refrigeration and heating technology, electronics, computer and automotive professions. Admission to these programs is based on interest and aptitude, age appropriateness, and class space availability.

2) It is the policy of Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act of 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 Anthony Independent School District not to discriminate on the basis of race, color, national origin, sex, handicap 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) Anthony Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all career and technology programs.

5) For information about your rights or grievance procedures, contact Dr. Steven Saldivar, Superintendent, at 840 Sixth Street, Anthony Texas 79821, or call (915) 886-6500.

*These programs are called "Career and Technical Education" in Texas, but the applicable civil rights laws use the term "vocational."

El Distrito Escolar Independiente de Anthony

Sección de Carreras y Educación Técnica

Notificación Publica de no Discriminación en Programas Vocacionales*

1) El Distrito Escolar Independiente de Anthony ofrece programas vocacionales en profesiones de: negocios, servicios humanos incluyeno artes culinarias y cosmetología, arte comercial, salud, industriales incluyeno tecnología del aire acondicionado, refrigeración y de calefacción, computación y profesiones automotrices. Para admisión a éstos programas se basa en edad apropiada, aptitud y habilidad.

2) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos de raza, color, origen nacional, sexo, ó impedimento, en sus programas, servicios, ó actividades vocacionales, tal como lo requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.

3) Es norma del Distrito Escolar Independiente de Anthony no discriminar por motivos raza, color, origen nacional, sexo, impedimento ó edad en sus procedimientos de empleo, tal como requieren el Título VI del Acta de Derechos Civiles de 1964, según enmienda; Título IX de las Enmiendas Educativas de 1972, la Ley de Discriminación por Edad de 1975, según enmienda; y la Sección 504 de la Acta de Rehabilitación de 1973, según enmienda.

4) El Distrito Escolar Independiente de Anthony tomará las medidas necesarias para asegurar que la falta de habilidad en el uso de la lengua inglés no sea obstáculo para la admisión y participación en todos los programas de carrera y educación técnica.

5) Para más información sobre sus derechos ó procedimientos para quejas, comuníquese con el Dr. Steven Saldivar, Superintendente, a 840 Sixth Street, Anthony Texas 79821, ó llame al (915) 886-6500.

*En Texas los programas se llaman "carreras y educación técnica," pero las leyes de derechos civiles utilizan el término "vocacional."

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Bullard

From Page 1

a TISD trustee. She was first elected in November 2012 and then again in 2016. Bullard has been an educator in public schools since 1999. Before that she helped to start an Even Start program (a family literacy program), worked for Texoma Council of Governments in the areas of youth and adult programs and was the Program Director and then the Executive Director of the Girls Club of Sherman (Girls Inc). Bullard graduated from Austin

College in Sherman, TX with a BA in English and Sociology and received her Master’s Degree in Administrative Leadership from the University of New Mexico. “It is a great honor to have had the opportunity to participate in Leadership TASB and receive the Master Trustee recognition. I hope to be able to use my experience and knowledge gained to be a better Trustee for Tornillo ISD and all of the students,” said Bullard. San Elizario Superintendent Jeannie Meza-Chavez was happy for both Bullard and TISD. “I believe that it takes true dedication to follow through

and complete Leadership TASB. Ms. Bullard exemplifies the true commitment that it takes to invest in the future of students. Her successful completion of the Leadership TASB program has awarded her the Master Trustee designation, which is definitely a benefit for students in Tornillo ISD as they now have a true advocate that will work to help them successful.” Meza-Chavez had been superintendent in Tornillo ISD from 2014 until accepting her current position this year. The 2017 Leadership TASB class had 33 school board members. Participants

who completed all required elements of the study program earned Master Trustee status, the highest designation recognized by TASB. After the graduation ceremony on June 23, participants joined the ranks of more than 800 school board members statewide who are Leadership TASB alumni. TASB is a voluntary, nonprofit association established in 1949 to serve local Texas school boards. School board members are the largest group of publicly elected officials in the state. The districts they represent serve more than 5.3 million public school students.

Strange But True

By Samantha Weaver

- It was 19th-century English writer Sir Arthur Helps who made the following sage observation: “Reading is sometimes an ingenious device for avoiding thought.”
- In the state of Texas, it’s against the law to milk a cow that’s not your own.
- You might be surprised to learn that when Walt Disney first released the animated film “Sleeping Beauty,” in 1959, it was a box-office flop. However, the success of the various re-releases – in 1970, 1979, 1986, 1995 – have made it one of the most successful films released in 1959, second only to “Ben-Hur.” The domestic total gross amounts to \$623 million (when adjusted for the inflation of ticket prices), which puts “Sleeping Beauty” in the top-40 films of all time.
- You might be surprised to learn that hyenas are more closely related to cats than to dogs.

• Those who study such things say that men who tuck in their shirts on a regular basis – and 49 percent of American men do tuck – tend to be happier than non-tuckers. For starters, they earn, on average, 19 percent more. They’re also 22 percent more likely to have an optimistic outlook, are 10 percent more likely to feel that they’re outgoing, and are more likely to report that they date often.

• Marsupials and platypuses are the only mammals that don’t have belly buttons. A marsupial loses its umbilical cord before emerging its mother’s pouch, so a scar never forms. Platypuses are hatched and never have an umbilical cord to begin with.

Thought for the Day: “The great secret of success is to go through life as a man who never gets used up. That is possible for him who never argues and strives with men and facts, but in all experience relies upon himself, and looks for the ultimate cause of things in himself.” – Albert Schweitzer

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Public Notice

Anthony Independent School District

SECTION 504 SERVICES

The Anthony Independent School District provides the following educational services/options to identified disabled students who reside within the district.

- ◆ Child find activities to notify disabled students and their parents of the their rights and the district’s obligation to provide a free, appropriate public education.
- ◆ Referrals to Sections 504 when it is believed the students have a physical or mental impairment that substantially limits one or more major life activities and the students are in need of educational accommodations.
- ◆ Procedural safeguards under Section 504.
- ◆ Evaluations of students to determine eligibility for the Section 504 program.
- ◆ Placement into the Section 504 program, which means the student could receive:
 - ✓ individually planned modifications in the regular classroom,
 - ✓ transportation services to and from school,
 - ✓ health services from the school nurse,
 - ✓ accommodations regarding access to any part of the campus, or
 - ✓ assistance in reading for students with dyslexia in a reading program.
- ◆ Special education services are available to Section 504 students, if the students qualify for one of the specific disabilities under special education.

If you would like more information or know of a child with disabilities who is not receiving educational services, please contact: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

SERVICIOS DE LA SECCION 504

El distrito escolar independiente de Anthony provee los siguientes servicios/ opciones educacionales a los estudiantes con discapacidades identificados que residen dentro del distrito.

- ◆ *Actividades para encontrar a niños para notificar a los estudiantes con discapacidades y a sus padres de sus derechos y de las obligaciones del distrito a proporcionar una educación pública que sea gratuita y apropiada.*
- ◆ *Referimientos a la Sección 504 cuando se cree que el estudiante tiene una discapacidad mental o física que limita substancialmente una o mas actividades vitales importantes y los estudiantes necesitan modificaciones en su educación.*
- ◆ *Derechos legales garantizados bajo Sección 504.*
- ◆ *Evaluaciones de estudiantes para determinar si califican para el programa de la Sección 504.*
- ◆ *Colocación dentro del programa de la Sección 504, lo que significa que el estudiante puede recibir:*
 - ✓ *modificaciones en el salón de educación regular planeadas individualmente,*
 - ✓ *servicios de transporte para la escuela y para atras,*
 - ✓ *servicios de salud por la enfermera de la escuela,*
 - ✓ *cambios que garanticen el acceso a cualquier parte de la escuela,*
 - ✓ *ayuda en lectura para estudiantes con dislexia en un programa de lectura.*
- ◆ *Se ofrecen servicios de educación especial a los estudiantes Sección 504, si los estudiantes califican para una de las discapacidades especificas bajo educación especial.*

Si usted desea más información ó sabe de un niño/niña desabilitado que vive en el Distrito Escolar de Anthony que no esta recibiendo servicios educacionales, favor de comunicarse con: Sandy Honts, 840 Sixth Street, Anthony, Texas 79821, (915) 886-6500.

WTXCC: 07-27-17

Briefs

From Page 1

professional development trainings and conferences. “Team SISD’s highly qualified and effective faculty and staff are the key players behind all of our achievements! I am excited to welcome them back for another successful school year,” said Superintendent Dr. José Espinoza. “Our work to provide endless opportunities for student success is never-ending, so we are hitting the ground running before the school year even begins.” The educators are guided by the district’s strategic directions focusing on: 1.) Safe and supportive learning environment; 2.) College and career readiness; 3.) Highly qualified and effective faculty and staff; 4.) Home, school and community partnerships; and 5.) Accountability for all. – Christy Flores-Jones

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CryptoQuip Answer

I’m kind of overweight just from drinking lots of party fruit juice. Would you say I have a punch paunch?

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Moments
in Time

The History Channel

• On Aug. 7, 1912, former president Theodore Roosevelt is nominated for the presidency by the Progressive Party. Also known as the Bull Moose Party, its platform called for the direct election of U.S. senators, women's suffrage and reduction of tariffs.

• On Aug. 8, 1963, the 15 men involved in the Britain's Great Train Robbery use an ex-British Army truck and two stolen Land Rover all-terrain vehicles to escape with some \$7 million in stolen loot.

• On Aug. 9, 2000, tire manufacturer Bridgestone/Firestone Inc. announces the recall of 6.5 million of its tires after the National Highway Traffic Safety Administration linked at least 46 deaths to problems with tread peeling off the tires.

• On Aug. 10, 1977, postal employee David Berkowitz is arrested and charged with being the "Son of Sam," the serial killer who terrorized New York City for more than a year. Berkowitz claimed that demons and a black Labrador retriever owned by a neighbor named Sam had ordered him to commit the killings.

• OnAug. 11, 1984, President Ronald Reagan, while testing a microphone before a radio address, jokingly announces, "My fellow Americans, I am pleased to tell you today that I've signed legislation that will outlaw Russia forever. We begin bombing in five minutes."

• On Aug. 12, 30 B.C., Cleopatra, queen of Egypt and lover of Julius Caesar and Mark Antony, takes her life following the defeat of her forces against Octavian, the future first emperor of Rome.

• On Aug. 13, 1878, a restaurant owner dies of yellow fever in Memphis, Tennessee, after a man who had escaped a quarantined steamboat visited her restaurant. In the 19th century, it was not known that mosquitoes carried yellow fever, and victims were quarantined in an attempt to prevent its spread.

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Control

From Page 3

the costs, while making services look free or worth \$5 at the time of service. It perpetuates the illusion that somebody else is paying, while managed-care stockholders, administrators, arbitrageurs, and purveyors of ridiculously overpriced drugs or procedures rake in profits.

Of course, there is the risk of a car crash, cancer, heart attack, or other true emergency. I'd like to buy catastrophic

insurance to cover my risk for those things, without buying everybody else's contraceptives, fertility treatments, smoking cessation counseling, drug abuse treatments, and blood pressure pills. Such insurance became very difficult to obtain years ago, and ObamaCare outlawed it.

We're moving toward the end-game of single payer, which assures the continued diversion of funds to the Swamp. These funds are no longer available for people to choose to spend. And worse, the System will carefully control the funds that actually provide

care, say by punishing doctors for deviating from government-dictated "best practices." It will allow nothing it calls "snake oil" (things like vitamin D, hormone supplements for aging, or other generally benign items that people find worthwhile but that drain profits from government-approved treatments). Nothing "futile" like experimental treatment for Charlie Gard. Nothing experimental outside the control of the FDA (that might compete with lucrative drugs). Nothing that is not "value based" (such as life-sustaining treatment

including food and water to patients not valuable enough to treat for pneumonia, heart failure, or a bleeding ulcer).

The system is also striving to eliminate nonadherence. Patients will take all their vaccines or lipid-control medicine, like it or not, because the benefit (to "society") is claimed to outweigh the risk (to them personally).

The system wants Americans to trade their freedom for the illusion of "health care." But Americans will soon learn that freedom is of the greatest importance when life is at stake.

Classified Ads


LEGALS

TEXAS

COMMISSION ON

ENVIRONMENTAL

QUALITY



NOTICE OF APPLICATION AND PRELIMINARY DECISION FOR TPDES PERMIT FOR MUNICIPAL WASTEWATER RENEWAL

PERMIT NO. WQ0014529001

APPLICATION AND PRELIMINARY DECISION. El Paso County Tornillo Water Improvement District, P.O. Box 136, Tornillo, Texas 79853, has applied to the Texas Commission on Environmental Quality (TCEQ) for a renewal of Texas Pollutant Discharge Elimination System (TPDES) Permit No. WQ0014529001 which authorizes the discharge of treated domestic wastewater at a daily average flow not to exceed 730,000 gallons per day. TCEQ received this application on March 8, 2017.

The facility is located at 695 Henderson Road, in the City of Tornillo, El Paso County, Texas 79853. The treated effluent is discharged to Tornillo Drain; thence to Rio Grande Below Riverside Diversion Dam in Segment No. 2307 of the Rio Grande Basin. The unclassified receiving water use is minimal aquatic life use for Tornillo Drain. The designated uses for Segment No. 2307 are high aquatic life use, public water supply, and primary contact recreation. All determinations are preliminary and subject to additional review

and/or revisions. This link to an electronic map of the site or facility's general location is provided as a public courtesy and is not part of the application or notice. For the exact location, refer to the application. <http://www.tceq.texas.gov/assets/public/hb610/index.html?lat=31.43454&lng=106.105421&zoom=13&type=r>

The TCEQ Executive Director has completed the technical review of the application and prepared a draft permit. The draft permit, if approved, would establish the conditions under which the facility must operate. The Executive Director has made a preliminary decision that this permit, if issued, meets all statutory and regulatory requirements. The permit application, Executive Director's preliminary decision, and draft permit are available for viewing and copying at the El Paso County Tornillo Water Improvement District, 19225 Highland Street, Tornillo, Texas.

Individual member of the group who would be adversely affected by the proposed facility or activity; provide the information discussed above regarding the affected member's location and distance from the facility or activity; explain how and why the member would be affected; and explain how the interests the group seeks to protect are relevant to the group's purpose.

Following the close of all applicable comment and request periods, the Executive Director will forward the application and any requests for reconsideration or for a contested case hearing to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

The Commission may only grant a request for a contested case hearing on issues the requestor submitted in their timely comments that were not subsequently withdrawn. If a hearing is granted, the subject of a hearing will be limited to disputed issues of fact or mixed questions of fact and law relating to relevant and material water quality concerns submitted during the comment period. TCEQ may act on an application to renew a permit for discharge of wastewater without providing an opportunity for a contested case hearing if certain criteria are met.

EXECUTIVE DIRECTOR ACTION. The Executive Director may issue final approval of the application unless a timely contested case hearing request or request for reconsideration

is filed. If a timely hearing request or request for reconsideration is filed, the Executive Director will not issue final approval of the permit and will forward the application and request to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

AGENCY CONTACTS AND INFORMATION. Public comments and requests must be submitted either electronically at www.tceq.texas.gov/about/comments.html, or in writing to the Texas Commission on Environmental Quality, Office of the Chief Clerk, MC-105, P.O. Box 13087, Austin, Texas 78711-3087. Any personal information you submit to the TCEQ will become part of the agency's record; this includes email addresses. For more information about this permit application or the permitting process, please call the TCEQ Public Education Program, Toll Free, at 1-800-687-4040 or visit their website at www.tceq.texas.gov/goto/pep. Si desea información en Español, puede llamar al 1-800-687-4040.

MAILING LIST. If you submit public comments, a request for a contested case hearing or a reconsideration of the Executive Director's decision, you will be added to the mailing list for this specific application to receive future public notices mailed by the Office of the Chief Clerk. In addition, you may request to be placed on: (1) the permanent mailing list for a specific applicant name and permit number; and/or (2) the mailing list for a specific county. If you wish to be placed on the permanent and/or the county mailing list, clearly specify which list(s) and send your request to TCEQ Office of the Chief Clerk at the address below.

All written public comments and public meeting requests must be submitted to the Office of the Chief Clerk, MC 105, Texas Commission on Environmental Quality, P.O. Box 13087, Austin, TX 78711-3087 or electronically at www.tceq.texas.gov/about/comments.html within 30 days from the date of newspaper publication of this notice.

Issuance Date: July 13, 2017

WTCC: 07-27-17

PUBLIC NOTICE

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 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.

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. 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).

For Sale. Classic 1961 Ford F100 truck; V-8 engine, runs great; standard, clean body with side-steps, newly 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, Village of Vinton complies with all (915) 383-1152.

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

Kugler, UTEP Football, cannot catch a break

By Steve Escajeda
Special to the Courier

When the temperature starts to get a little cooler and the days start to get a little shorter, that can mean one thing and one thing only – football season is right around the corner.

All over the country, high school, college and the pros will soon be on their fields getting ready for another version of the greatest game on the planet.

Though they haven’t enjoyed much success over the last... well... five decades, the UTEP football team at least has this time of the year to call their own.

The limelight may switch to basketball in the middle of October when football is languishing through another forgettable season, but at this time of the year, it’s all UTEP football.

Well, at least that’s how it usually is.

Sean Kugler and his football team have already been put in a difficult situation by only having five home games on the schedule for the second time in three years.

They open the season at Oklahoma, they will venture over to Army and one of their home games is against Arizona.

They just lost probably the best player the university has ever had and they return a passing attack that averaged an anemic 125 yards a game.

And on top of all that, the talk around the city is not about the football Miners, it’s about Tim Floyd and the basketball Miners.

Because of a little-known quirk in the NCAA’s scheduling guidelines, the UTEP basketball team was able to book themselves a trip to Costa Rica for a three-game exhibition series – in August!

The Miners will essentially play a bunch of nobodies, but that’s not the point. This trip gives the team a bunch of practices and some live-game situations that will help big time once the season starts.

The basketball team brings back a lot of veterans as well as a bunch of newcomers that have to spend time together on the court to get to know one another.

And this opportunity couldn’t have come at a better time.

The Miner hoopsters will visit Jurassic

Park – I mean Costa Rica – on Aug. 15 and return on the 20th.

Look, the basketball team had a preseason scrimmage on Monday and the football team hasn’t even held a single practice yet.

Oops, see what I mean? I’m talking about UTEP basketball instead of UTEP football.

Unfortunately, most of the city is too.

You’ve got to feel for a football team that is going into a season without much fanfare or attention.

With the scheduling of just five home games... again, it wouldn’t surprise me if a lot of the fan’s sentiment is, “well if the university doesn’t care enough to at least schedule six home games, then why should I?”

Last year the attendance at UTEP football games at the Sun Bowl plummeted as the season wore on.

The PA guy would announce 20,000-25,000 every game and that’s pretty low for a 52,000-seat stadium. But those of us with a press box view could tell that the numbers were actually much lower.

So the point is that the UTEP football

team needs as much press and publicity and word-of-mouth exposure as they can get.

The most dangerous attitude any fan base can have about its team isn’t love or hate... it’s indifference.

It was going to be tough to get El Pasoans fired up in any way about the upcoming football season. But all the talk surrounding the supposedly new-and-improved basketball team and its early start to its season has thrown a cloak of invisibility over the football program.

Prognosticators have the football team winning 3-4 games. Some say those numbers may finish Kugler’s time at the school. But talk about putting a guy behind the eight ball. The college hasn’t done the football coach many favors with scheduling and promoting the product.

And now the Kugler finds himself fighting his own basketball team for attention during what should be his time of the year.

I guess all is fair in love and war and football and basketball.

It just seems a little unfair that the basketball has already stolen the spotlight before football season has even started.

A sporting view By Mark Vasto

Still in the game

Last week we learned that a few things we suspected might be true are, in fact, probably true:

1. OJ says he is responsible for the Vegas theft, and;
2. Roger Federer is the greatest champion that tennis, and maybe all of sport, will ever know.

The Federer story is very hard to dispute. Here’s a kid who came out of Switzerland as a – get this – hothead, and calmed it down to the low burn of just winning the most majors in tennis history. Actually, reading off his list of accomplishments is quite easy

because he’s literally rewritten the record books.

He’s won 19 Grand Slam singles titles. He has been the top-ranked player for 302 weeks, 237 consecutive – both records. He has a habit of winning tournaments without dropping a set. He bookends careers. Remember Lleyton Hewitt and Pete Sampras? Federer ended their reigns. Remember Andy Roddick? Ditto. Now he’s 35 and he’s still running the table, beating guys like Rafa Nadal with stunning acumen.

Even Deadspin writes nice

things about him. One of its recent columns pointed out how Federer endorses products that are way, way out of most people’s pay grade – Rolex, Mercedes-Benz, Credit-Suisse – and yet the guy remains likable.

It’s true. He is a true sportsman, so it’s hard for anyone who likes sports to really root against him. He has a beautiful wife named Mirka, and whenever they cut to her in the box you feel yourself saying “good for you, Roger,” and you don’t quite know why. He has – get this – not one, but TWO sets of identical twins with her. Who does that? Roger Federer does, that’s who.

I’ve always maintained that tennis is one of the least understood and underappreciated sports. It’s always suffered from

an image problem, that of the stuffy, pinky-up, private-club set, when in reality, outside of boxing and MMA, it is the only major sport where you take somebody on one on one (unless it’s doubles or mixed doubles, but you get the point). A tennis player carries his or her own bags, argues their own calls, has nowhere to hide when they need to collect themselves. (A bathroom break is met with howls of derision.)

And while guys like John McEnroe have done remarkable jobs of remaining relevant, we haven’t really met up with a tennis champion quite like Federer. One imagines that Bjorn Borg, had he not suddenly retired at the top of his game, would have approached his greatness, but he did not. Instead, we, as

viewers, have been given the real privilege of watching what some are calling a renaissance of Roger. His stunning win at Wimbledon would seem to be a bookend to his career.

Only it’s not. Federer is still in the game, still winning, still making it look easy, still doing it with class and style. Of all the champions we’ve witnessed over the years – including Michael Jordan – nobody has put on a show like this guy has.

If you’ve missed any of it, take heart... there’s still plenty more to watch.

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

Tolls

From Page 1

operators and toll collection agencies in place that have to be addressed before the toll lanes can be eliminated.

CRRMA’s executive director stated that the CRRMA must also figure out how much money owed by the CRRMA will be taken over by the Texas Department of Transportation (TxDOT). Currently, the CRRMA has used about \$6 million through a loan taken out through TxDOT, according to officials.

Telles stated that although he does not anticipate any problems with getting out of the agreements, there were two other important issues to contend with. He said that, first, any debt that has been created through the operations and maintenance of the César Chávez

toll lanes must be shifted over to the Border West Expressway; and, second, the long-term operations and maintenance expenses of the toll lanes must be transferred to TxDOT.

Fortunately, it seems that El Paso’s State Representative Joe Pickett, who led the effort to do away with the tolls, has already helped solve those issues. During the waning days of the latest legislative session, Pickett was able to add a statute amendment to Senate Bill 312, also known as the TxDOT sunset legislation. That statue will take the financial burden off the CRRMA by giving TxDOT control of the highway; thereby, using the state agency’s funds to maintain and operate the highway.

The toll lanes cannot be removed until after September 1, that is when the TxDOT sunset legislation goes into effect. So, the CRRMA board is expected to

give the final approval that month. Then, the Texas Transportation Commission, which oversees TxDOT, will vote on whether to approve the CRRMA’s agreement to remove the toll lanes.

Pickett, who called CRRMA’s decision a great move for the community, stated that the Border Highway toll lanes made no sense because they were being used by only about six percent of the driving traffic. He added that the tolls were not bringing-in a lot of money.

Meanwhile, Pickett and CRRMA officials will now meet with TxDOT staff to hammer out the details. Telles stated that, until the removal process is complete, the toll lanes will be active and any fees accumulated by motorists will need to be paid. Even after the toll lanes are removed, motorists still will be responsible for any unpaid fees, he added.



– Photo by Alfredo Vasquez

DOLLARS AND CENTS – Motorists on the Cesar Chavez Border Highway may not see this toll sign after September.

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



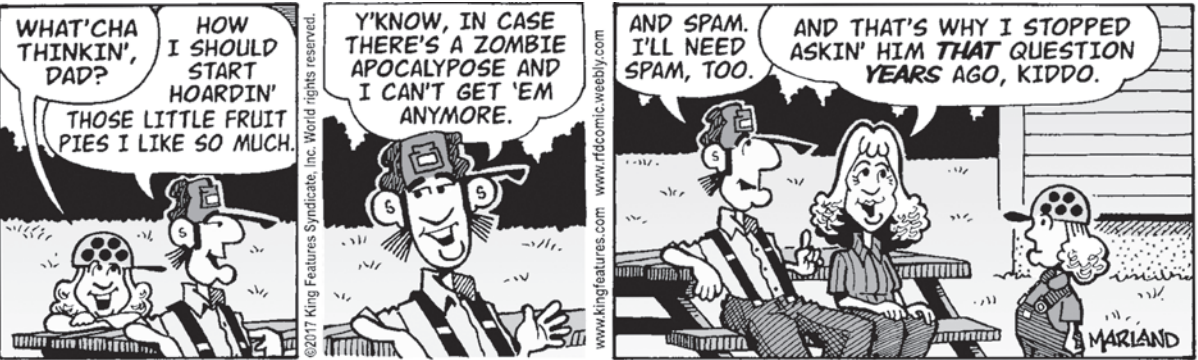
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: I am 90 years old and take many medications. I am having many different dreams at night. Can medications cause this? – A.C.

Pretty much whenever I get the question, “Can medications cause this?” the answer is “yes.” In your case, it’s very clear that some medications cause unusual dreams in many people who take them. Antibiotics, antidepressants, blood pressure medications and even sleeping medications can cause remarkable dreams. Some people hate this side effect; others enjoy it. Knowing that medications could be causing them often is a source of relief.

I would caution you not to stop your medications suddenly or without talking to your doctor. You should go over your list of medicines and try to discover which are the most likely to be the source. Sometimes, a medicine can be stopped if the dreams are very bothersome.

DEAR DR. ROACH: I am a 62-year-old man who likes to ride his bicycle for exercise. I ride on paved trails and streets, approximately 10 miles at a time with an eye on extending the length of my rides. I own a road bike, but currently I ride a bike that provides a more upright seating position. In either case, the seat is narrow and firm. My body is in a forward-leaning position while riding. Should I be concerned with my prostate gland or any other body parts in that general area? I wear padded bicycle shorts when riding. I have annual physicals, and I am not aware of any problems. I do have an older brother who is going through

radiation treatment for prostate cancer, and he used to ride to and from his work. His rides were not extreme. I have read cautionary reports from the bike community about such things, but they seem to focus on the more exposed body parts. Lance Armstrong comes to mind in this regard. – Anon.

There is research looking at three areas of men’s health with regard to cycling: prostate, sexual dysfunction and testicular cancer. The results suggest no or very small increased risk in prostate cancer or sexual dysfunction. However, some bike saddles and riding positions do put pressure on the nerves and arteries that supply the penis. Finding a comfortable saddle that doesn’t cause numbness, avoiding very long rides and standing up periodically on the pedals can prevent problems. Biking shorts help most people.

Although some early studies did link cycling with testicular cancer, most authorities now believe there is no such link. In fact, regular exercise reduces risk of both testicular and prostate cancer.

DEAR DR. ROACH: I am 73 years old, with osteoporosis and scoliosis. Can scoliosis be corrected? – W.E.W.

Osteoporosis is loss of strength of the bones, and scoliosis is a curvature of the spine. They may or may not be related. The osteoporosis should be treated, but the scoliosis usually does not need to be treated. Muscle strengthening exercises are important, and braces and

See HEALTH, Page 8

Super Crossword

CRUCIAL CATEGORY ACROSS

- 1 Overbrim
- 5 Lowercase letter with a dot
- 11 Deg. for a future exec
- 14 Be snoozing
- 19 Magic incantation starter
- 20 Add more criticism
- 21 OPEC supply
- 22 Big blood vessel
- 23 Old Cougar carmaker, for short
- 24 Sci-fi author Isaac
- 25 Cry in a party card game
- 26 Great fear
- 27 Table in a dictionary
- 31 Tension
- 32 Pew, for one
- 33 “Neon” tank fish
- 37 Dessert akin to cobbler
- 38 Smartphone buy
- 41 It may be true-false
- 44 Book with many maps
- 48 Word in a Doris Day song title
- 49 Oh-so-sentimental
- 50 Big bother
- 51 Chief Pontiac’s people
- 53 Wall St. manipulator
- 55 “_ Abner”

- 56 Pro opposite
- 57 Tidy
- 58 Printed symphony, e.g.
- 63 Twistable treat
- 65 Dol. units
- 67 Pantheon member
- 68 Really happy
- 69 Dunking site
- 75 The Chiffons’ “He’s _”
- 78 Ambience
- 79 Hither and _
- 80 Ship pole
- 84 Jailer
- 88 Flaky mineral
- 91 U.S. 66, e.g.
- 92 Rustic stopover
- 93 Spam may be in it
- 94 Plunder
- 96 Period in history
- 97 Cowgirl’s rope
- 100 Agenda, informally
- 103 Concert Steinway, say
- 105 The West Indies, e.g.
- 108 Brainpower stats
- 109 In need of medical care
- 110 From that place
- 111 Olds oldies
- 113 Brain twister
- 116 Theme of this puzzle
- 122 Mark-leaving swordsman
- 125 Utterance of amazement
- 126 Time of

- DOWN
- 1 Packs firmly
- 2 Roger of film reviews
- 3 Often messing up
- 4 Lehrer’s old PBS partner
- 5 Arches over
- 6 Various items: Abbr.
- 7 Et _ (and others)
- 8 Golf’s “Champagne Tony”
- 9 Plunders
- 10 Visible
- 11 Canadian cop
- 12 Singer Crosby
- 13 Matty or Felipe of the diamond
- 14 Makes glum
- 15 Actress Swit
- 16 Previous to
- 17 Theta lead-in
- 18 Hip home
- 28 Applied to
- 29 Scull needs

- 30 Suffix with Wyoming
- 34 Scheme anew
- 35 Shoot for, with “to”
- 36 Fashioned
- 38 Invasion
- 39 River through Nebraska
- 40 Bear’s foot
- 42 Gillette _ II razor
- 43 Scarlett O’Hara’s plantation
- 44 Texas city
- 45 Bad smell
- 46 Had grub
- 47 Golfer Snead
- 52 Sweetened
- 54 Chicken cordon _
- 59 Name for 130-Across
- 60 In a lazy manner
- 61 Camera type, for short
- 62 “Cool” guys
- 64 Honshu sashes
- 66 130-Across is one
- 70 “I’ll take that as _”
- 71 Emailed, e.g.
- 72 Wish
- 73 Onetime big name in PCs
- 74 Hamburger toppings
- 75 Demon, e.g.
- 76 Dean of 102-Down books
- 77 Composition conclusion
- 81 Middle-school math class

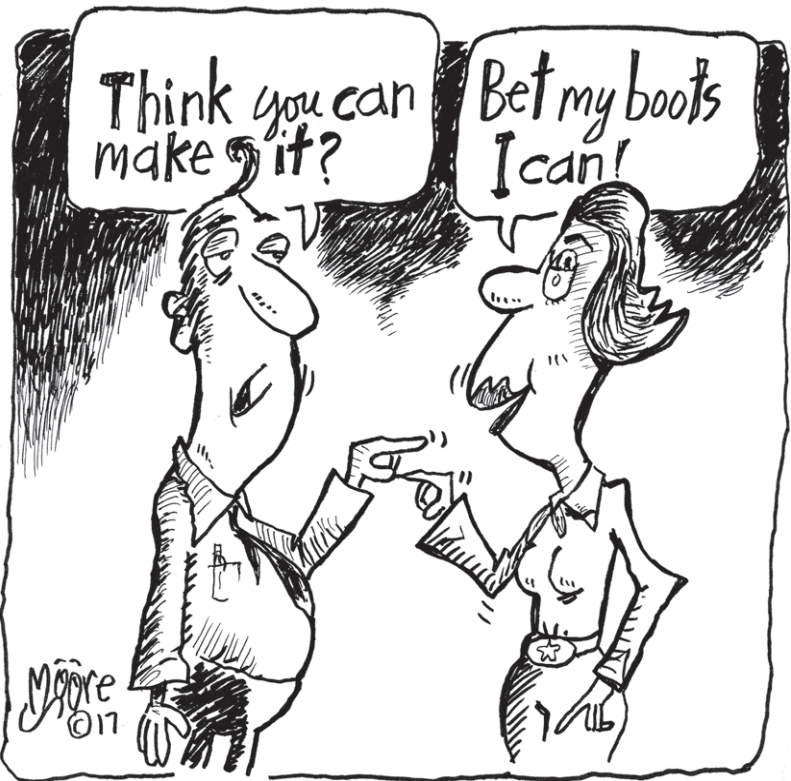
- 82 Gobs
- 83 City near Lake Tahoe
- 85 Ill. neighbor
- 86 Egyptian symbol of life
- 87 Minus: Abbr.
- 89 El _ (hero of Spain)
- 90 Like Swiss mountains
- 95 _ Lankan
- 98 Childish fit
- 99 Affixes firmly
- 101 Range of hearing
- 102 Food intake
- 104 “That pleases me”
- 106 Agnus _ (Mass part)
- 107 Perfect-game feature
- 112 Comic actor _ Baron Cohen
- 113 Makes uniform
- 114 “Oops, sorry”
- 115 Stubborn animals
- 117 Caroling tune
- 118 Full of energy
- 119 Harry Potter, for one
- 120 “... why _ thou forsaken me?”
- 121 Water, in Cuba
- 122 Nose flaw
- 123 Indivisible
- 124 LG rival

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Moore Texas

by Roger Moore

July 29, 1947: Enid Justin broke ground for her Nocona Boot facility near Nocona.



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!

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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	8				4	1		
		1	9				4	

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦
♦ Moderate ♦♦ Challenging
Answer Page 5 ♦♦♦ HOO BOY!

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Finances

From Page 2

avoid unnecessary stops. Kids tend to get antsy in the back seat, which can lead to more frequent stops and a few impulse buys if you're not prepared. Packing snacks and meals ahead of time can help you avoid making extra purchases at the gas station, and will often be cheaper.

Also have a plan for keeping your kids entertained. Let them choose a few activates ahead of time, like preparing a road trip playlist or making a game like road trip bingo with sights you'll be seeing along the way. If you have a tablet or phone, downloading free games, podcasts or movies can be another great option.

Protect your home while you are away. One other way to save on your road trip is to ensure that your home is protected while you're gone. If you can, ask a trusted neighbor, friend or family member to keep an eye on your house. If you can't find someone to help, you can call US Postal Service to hold your mail while you're away. Double check that you've locked all doors and windows, including the garage door, and that you've set your alarms and put your lights on a timer.

Bottom line: Road trips can be an adventurous and inexpensive way to see the country, but costs can add up if you're underprepared. Planning your stops and packing to anticipate your needs could help you enjoy the ride rather than worry about the expenses.

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.

Send Your Newsbrief To:

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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: D equals P

O'S ROGI LW LXUFYUOHJV QNBV
WFLS IFOGROGH TLVB LW DZFVE
WFNOV QNOKU. YLNTI ELN BZE O
JZXU Z DNGKJ DZNGKJ?

Answer Page 4

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FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

EHR
DOTLIS
HASPI
♥ENBA
HIFSTE
♥RTA
♥ITNH
SYTTE
♥RAB
EBADRY
ERRIT
♥OSHT

Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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Here's a Tip

By JoAnn Derson

- "To loosen grime in the shower, run the shower hot for a few minutes and then use a cleaner. The heat and steam make it easier to clean. Or you can clean up the shower just before you clean up yourself."
— T.G. in Texas
- When moving, pack a suitcase or two with essentials for a few days: toiletries, clothing, medicines, etc. This way, the pressure is off to everything set up right away.
- "To make sure you don't get any slipped stitches when you're interrupted while knitting or crocheting, just clip the work at the needle with a clothespin. It stays put, and you can pick it right back up after you are done taking a break."
— C.C. in Arkansas
- If you use cold water to clean all of your clothes, you can save about \$40 a year in electricity costs. Your clothes will last longer, as well. And consider a clothesline for air-drying items like towels and sheets on nice days. That saves electricity too.
- Be sure to get and check references for any home-service professional you hire. Get estimates in writing, and make sure the estimates list what is included – and what is not.
- "My 3-year-old wants to help with EVERYTHING these days, so when I clean house, I give her a spray bottle with plain water and a large, clean cloth. She's responsible for 'cleaning' the sliding glass door, which she does very well and safely. I also have her dust shelves and fold washcloths."
— R.V. in Arizona

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

injections may be used. Surgery is reserved for very severe cases, particularly in adults.

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.