

VOL. 45, No. 19

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

NEWSBRIEFS

Short lived

The Cashier comic strip, after just two months in the Courier, has been cancelled by our syndicate. - Rick Shrum

EPCC expansion

El Paso Community College (EPCC) began its next campus expansion project with a groundbreaking ceremony at the Rio Grande campus on May 4, 2018. As part of its Master Plan, developed in 2013, EPCC is adding six buildings on its five campuses to enhance student experiences and to prepare for future growth. "These campus expansions illustrate our values, our strategic intentions and our steadfast commitment to improving educational opportunities for students in our region," Dr. William Serrata, President of EPCC said. EPCC's Master Plan recommended multiple phases of construction to expand facilities. These important projects will address campus improvement needs and make sure EPCC has the capacity to serve students with additional classroom and laboratory space, state-of-the art learning experiences and improved technology. These projects will enhance student life and experience while providing new and innovative learning opportunities. The Rio Grande campus expansion will add additional classrooms to enhance its healthcare programs. This building will also enable the growth of Emergency Medical Technician and Echocardiography (EMT) programs. Visit http://buildthefuture. epcc.edu to learn more about the EPCC projects.

- Jim Heiney

Tree booklet

The Arbor Day Foundation is offering a handy tree-care booklet designed to help people plant and care for trees. Anyone can receive Conservation Trees, a user-friendly booklet featuring illustrations, colorful photos, and easily understood descriptions, by making a \$3 donation to the Foundation this month. "Conservation Trees is an ideal resource for tree planters," said Matt Harris, chief executive of the Arbor Day Foundation. "Taking care of existing trees is just as critical as planting new ones, and proper care



- Photo by Dave Greenwald (2017)

DIGGING HISTORY – Above is a profile of Feature 56, which is part of the main ditch from the reservoir to the agricultural terraces surrounding the ruins of Creekside Village near Tularosa, NM.

Greenwald to speak about find near Tularosa NM

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - Ongoing

thrived near Tularosa, New Mexico- about and open to the public. a two-hour drive from El Paso.

investigations at Creekside Village by the El Paso Archaeological Society's and Latest Discoveries", will shed light on archaeologist David Greenwald, president (EPAS) next monthly meeting, scheduled of Jornada Research Institute (JRI), and for 2 p.m., Saturday, May 19, at the El

volunteers continue to unearth evidence Paso Museum of Archaeology, 4301 of the complexity of the village that once Transmountain Road. The meeting is free

Greenwald's presentation, titled "The Greenwald will share his findings at Rio Tularosa Project: Current Research

See FIND, Page 2

Valenzuela finds success with EPCC commitment

More scholarships, education earned

By Alejandra Hinojosa Special to the Courier

EL PASO COUNTY - With graduation just around the corner Merari Valenzuela's future in cross-country and therefore college - was uncertain.

In 2016, during her senior year at El Paso High School she had torn her ACL during basketball season and split her meniscus.

Valenzuela was faced with the decision to either go through



See BRIEFS, Page 5

Rejecting things because they are old-fashioned would rule out the sun, the moon, and a mother's love. - Quips & Quotes surgery with the challenge of learning how to walk again before she could tie up her laces again and race competitively in a 5k or wait until basketball season was over.

With a full cross-country scholarship at El Paso Community College (EPCC) on the line she chose surgery in the hopes of being better by the start of the cross-country season. Then, the healing process began and that takes time.

"Most institution usually opted to drop the student athlete, which is within the bounds of the National Junior College Athletic Association policies," said Cross Country Coach Felix Hinojosa. "However, our program takes a different approach. We would rather work with the student athlete." For the first 6 months, Valenzuela could not run, but EPCC honored her scholarship and she was able to complete her education, while being red-shirted on the cross-country team for her first season.

"It was frustrating at times because you want to be with your teammates," she said. "It's like you see them running and you want to go but your leg doesn't let you because it's still trying to recuperate and heal. I had to learn how to

- Photo courtesy EPCC

NEW MEXICO BOUND - Merari Valenzuela has earned scholarships to See VALENZUELA, Page 3 attend New Mexico State University.

Buying democracy

Let's face it – the United States of America's government is not a democracy like the textbook his or her own dishonesty. Rarely, propaganda claims. No matter the intent of the founders, we have evolved into a pay-to-play oligarchy, where money rules.



ON THE JOB – Dave Greenwald has participated in numerous archaeological excavation projects throughout the Southwest U.S. including being on a surveying project in Arizona where this photo was taken.

Find From Page 1

the intricate irrigation systems, terraced fields, and distribution that are now being explored in the rolling hills of southern New Mexico's Mesilla valley.

Several EPAS members take part in archaeological tours and defined, it would demonstrate the volunteer field work organized by the non-profit JRI. According to organizers, JRI's mission is to study the archaeological, ethno-historic, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West the Mesilla phase in the Tularosa Texas and adjacent regions.

In recent years, JRI's research efforts have been expanded to includeareasupstreamofCreekside

I have to say I appreciate it when someone is so honest about however, is someone so candid as Mick Mulvaney. He now heads the Trump administration's Office of Management and

Village, according to Greenwald; and, although restricted by limited access, some surface observations indicate that the Twin Kiva ditch system extended as far as the reservoir at Creekside Village, he stated. Greenwald explained that researchers currently are focused on the Twin Kiva irrigation community, a sophisticated ditch system that tapped the Rio Tularosa near Bent, NM and carried water downstream from the Twin Kiva Village.

"Studies of the ditches that supplied water to the agricultural terraces provide increasing support for the presence of the- as yet unconfirmed- reservoir through examination of the sediments within the ditches and our efforts to trace them toward the reservoir location,"Greenwald stated. "Over time, mapping has been completed of houses and residential areas in greater detail regarding Loci 2 and 3 (excavation sites to the west of the reservoir's main ridge.)," he asserted.

> "If such associations can be occurrence of inter-community interaction and cooperation contemporaneous between villages, further indicating the level of settlement, land-use, and socio-political complexity during Canyon," Greenwald claimed.

EPAS's guest speaker said that

See FIND, Page 6

County Vest Texas (

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Budget, and even more damagingly, has been appointed by the president, on an interim basis, to head the Consumer Financial Protection Bureau. rubble of the economic debacle in 2008 to, as the name suggests, protect the consumer, particularly against the excesses and outright Over consistent Republican objections, the agency issued regulations that would offer some federal protections against these the monetary system into the ground with their greed.

Until Trump. Donald Trump came into office demonizing regulation, and he certainly has lived up to his campaign rhetoric by gutting the rules that were set out to create a greed shield. Mulvaney is a willing executioner. He had wallow in the self-created muck. unique and certainly not limited already established a harsh record as a South Carolina GOP congressman, a tea party favorite for his limited-government extremism-except when it came In Pruitt's native Oklahoma, can buy." Regrettably, that to protecting the rich, particularly those who threw crumbs of their ill-gotten gains at politicians like him.

he was, speaking to a group of bankers (what else?) when he

took his amazing detour into remarkable candor: Speaking of his days as a congressman, he said that, when it came to scheduling meetings: "If you're The CFPB was formed out of the a lobbyist who never gave us money, I didn't talk to you. If you're a lobbyist who gave us money, I might talk to you."

thievery of the financial industry. it, actually. Like just about every American politician who wishes to get elected and reelected, a huge amount of time is spent fundraising – which is behemoths whose executives ran to say groveling for campaign contributions, which is another way to describe legalized bribes. This corruption saturates our political system. It is bipartisan; Democrats are as guilty of selling their souls as Republicans. It's just that the Trumpsters are more etc). blatant about it.

Scott Pruitt is the latest one to His public life has been lavishly subsidized by energy companies have faced similar accusations. It that don't want to be bothered by where he was a state senator stain covers our entire political and later attorney general, he had a reputation of opposition to anything his private-industry Now in his new role, there benefactors disliked. Naturally (c) Donald Trump picked him to head Distributed by King Features the Environmental Protection Syndicate, Inc.



There's no "might" about Agency, where after being barely confirmed by the U.S. Senate, he has been hellbent on gutting rules long established to protect the planet from corporate profiteering.

> He also has been hellbent on living a cushy life in Washington, financed by these same fat cats (think of his low-cost condo accommodations) and more egregiously, the taxpayers (think of prohibited first-class airfare,

Again, Pruitt and the other Trumpsters' conduct is not to Republicans. The Clintons was Will Rogers who described government limitations. Congress as the "best that money system.

> Franken. 2018 Bob



By Rick Shrum

Neither Dick nor I can remember what exact year we met – whether it was 1993 or 94. At the time he had a windshield repair business called Jiffy Glass Repair. He'd set up shop at busy intersections and fix your glass dings. He came into the office one day to put an in the West Texas County Courier for his glass repair business.

Dick took an instant interest in *Courier* and was always looking for a way to tweak things for the better. We hit it off pretty good and Dick quickly took over delivering the paper for me. He was younger back then than I am now -56 or so at the time. And pretty much every week for around 25 years Dick has been dropping papers off around El Paso County. I've poked at him over the last few years about finding some young 60-year-old to do the job. He'd always say, "No, noooo. I'm not ready to quit."



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

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About six or seven weeks job, Dick said it was time to

find a new man. And then he actually found a young go-getter equipment. Hmm. to take over. His last delivery was a month ago. R.V. "Dick" loved every minute of it. I loved Harshberger called it a day at age meeting the people," he said. 81 – although he did say he still He added that he'd "put a lot of done.

 Photo 	by	Rick	Shrum
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ago, and into his 3rd car on the OFF THE JOB - R.V. "Dick" Harshberger delivered the Courier for 25 years.

I talked to Dick this week. "I

had all of his windshield repair papers out there." I did a little math and figure he delivered around 11 million papers over the years for the Courier.

Thanks Dick, for a job well

Trump's Nobel can wait

Trump crowd 15 months into his presidency would be chanting, "Nobel! Nobel! Nobel!"

inventor and philanthropist who created the prizes, including one for peace. The prize was on the down of Mitt Romney - 1992, minds of Trump fans thanks to developments on the Korean peninsula, where Kim Jong Un has stopped testing missiles and started love-bombing the South.

Donald Trump has a typically modulated view of how much he had to do with this. "Everything," he told his Michigan rally. If that's too boastful, the president deserves credit for breaking with Barack Obama's policy of "strategic patience" that effectively meant accepting North Korea's march toward a its illicit plutonium program in nuclear-tipped ICBM.

Trump tightened up on a sanctions regime. And heundertook a Trumpian pressure campaign consisting of insults, fiery rhetoric, extreme ambiguity about his true intentions and braggadocio about the size of his nuclear button. If many in the United States were freaked out, it stands to reason that Kim took notice.

This is all to the good, but nothing we have seen so far from Kim is inconsistent with the decades-long North Korean diplomatic pattern of himself with Ronald Reagan's

Who would have guessed that a selling us the same fake concessions in exchange for sanctions relief and economic benefits.

Inspiring talk with the South As in Alfred Nobel, the Swedish Koreans about a breakthrough to a new era of peace? To paraphrase Barack Obama's famous put-2000 and 2007 all want their foreign policies back. High-flying joint declarations in each of those years proved meaningless.

Mothballing nuclear facilities as a sign of good faith? Kim is inviting the press to witness the shuttering of a tunnel complex used to test nuclear weapons. His father destroyed a cooling tower in front of the international media in 2008.

Promises to the U.S. to disarm? Pyongyang said it was ending the 1994 Agreed Framework. It said it was giving up "all nuclear weapons and existing nuclear programs" in 2005 as part of the so-called Six-Party Talks. It said in 2007 that it was agreeing to specific steps to follow through on its 2005 commitment. All came to naught.

This is why the ultimate test of Trump's mettle isn't getting Kim to the negotiating table, but being willing to walk away from it.

He'd do well to familiarize



high-wire summit with Soviet leader Mikhail Gorbachev at Reykjavik in 1986. They audaciously discussed eliminating all nuclear weapons, before the Soviets demanded an end to the SDI missile-defense program. Reagan walked away. The summit was considered a failure, but Reagan had convinced the Soviets that we weren't going to give up our technological advantage over them.

Trump should conceive of his meeting with Kim as a continuation of his campaign of coercive diplomacy. Should it (in all likelihood) fail to elicit a credible decision by the North to give up its nukes, it should be the pivot toward an even harsher clampdown on the North.

None of the great and good are going to shower Trump with accolades for being clear-eyed and tough-minded, but that's what his negotiations with Kim require. The Nobel can wait.

Rich Lowry is editor of the National Review. (c) 2018 by King Features Synd., Inc.

Valenzuela

From Page 1

walk again and learn all the basics," Valenzuela said.

"We incorporated multi-joint movement training patterns, water

running, woodway curve treadmill intervals and sport specific strength training," Hinojosa said. With this additional strengthening and conditioning exercises from Cross Country Coach Felix Hinojosa, Valenzuela was able to make a full recovery and run with her teammates in the women's half marathon in 2017.

The team placed second at the National Junior College Athletic Association Championship in Topeka, Kansas.

Throughout her training and healing process, Valenzuela also maintained a 4.0 GPA, which has earned her an Out of State Competitive Award of \$15,579 per academic year at New Mexico State University. Additionally, she was awarded the 1888 Leadership Transfer Scholarship which amounts to \$2,500 per academic year.

"EPCC has helped me maintain a high GPA because our coach emphasizes the fact that we are students before athletes," she said. "He expects us to maintain a high GPA because it opens up opportunities to receive academic scholarships. Having a high GPA allows us to be noticed more when it comes to honor societies as well."

Valenzuela said since she started at EPCC, she decided to major in Biology in preparation for becoming a Neonatologist, or a doctor who works with newborns.

In 5 years she hopes to be finished with medical school and starting her residency. Valenzuela credits her success as a runner and as a student to her coach and EPCC. "Here at EPCC, you are close to home, but you are also independent, and athletically it helped me become a new runner and find out what are my strengths and weaknesses."



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











TOP PERFORMERS – San Elizario ISD's top teachers and employees gathered together on May 4. They are, back row from left, Diana Loya, Brenda Jara, Sandra Tinajero (Elementary Teacher of the Year), Guadalupe Sanchez, Soledad Gonzalez and Luz Estela Martinez (District Employee of the

Moore Texas by Roger Moore The Texas Legislature designated the Longhorn as our official large mammal. Their horns are several feet long.



Year). The middle row representatives, from left, are Janie Fernandez, Maria Serrano and Guadalupe Flores. In front from left are Miguel Mendez and Andrew Avila (Secondary Teacher of the Year).

Tinajero, Avila and Martinez receive top SEISD honors

By Hector Gonzalez Special to the Courier

SAN ELIZARIO-San Elizario Independent School District (SEISD) held its 2018 Teacher & Employee of the Year Awards Ceremony to honor six teachers and six employees nominated by their campuses for district-wide honors for their outstanding performance and commitment throughout the school year.

High School was selected as from T.E.A. in 2017. the Secondary Teacher of the Year, and Luz Estela Martinez was named District Employee

of the Year. Tinajero and Avila will advance to the next level in which they will represent SEISD in the Region 19 Teacher of the Year selection process to take place over the summer.

Tinajero has been teaching at Sambrano Elementary for the past three years. She is grateful to be working at the school that received her with open arms when she was a child; she is proud to be from the San Elizario community.

Avila has a total of five years The winners were announced working at San Elizario High Friday evening, May 4th, at the School. He had the privilege Wyndham El Paso Airport Hotel. to work with the Algebra One Sandra Tinajero from Sambrano team, in which they collectively Elementary was chosen as the endeavored to earn the Academic Elementary Teacher of the Year, Achievement in Mathematics Andrew Avila from San Elizario State Accountability Distinction Martinez has been working See HONORS, Page 8



By Samantha Weaver

It was noted Spanish filmmaker Luis Bunuel who made the following sage observation: "Age is something that doesn't matter, unless you are a cheese."

· You might be surprised to learn that we call coffee beans aren't actually beans - they're the pits of the coffee beans.

· Would you believe me if I told you that there were parachutists (better known now as skydivers) before there were airplanes? Yep, it's true! In Paris in the year 1900, a man leaped from the Eiffel Tower and made a safe descent using a parachute. It wasn't until December 17, 1903, that the Wright Brothers made the first controlled, sustained powered flight in Kitty Hawk, North Carolina.

· According to statisticians, about 200 people a year die while watching - not playing - football.

 Of all the stamps that have been used by the U.S. Postal Service, more have featured George Washington than any other person; so far there have been 305 with the likeness of the nation's first president.

• If you ever make a trip to Alaska, you might want to keep in mind the fact that it is illegal there to wake a sleeping bear for the purpose of taking its picture.

· We don't often associate museums with beverages, but it seems that they're fairly popular throughout the world. For instance. museums dedicated to coffee and/or tea can be found in London, Moscow, Paris, Sao Paolo, Zurich and Kyoto, as well as in China, South Korea, Colombia and Angola. Germany has three of them. Coffee and tea must be quite popular in the Netherlands; museums dedicated to the beverages can be found there in five different cities.

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Thought for the Day: "Testing can show the presence of errors, but not their absence."

- Edsger Wybe Dijkstra

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Moments in time THE HISTORY CHANNEL

• On May 21, 1927, American pilot Charles A. Lindbergh lands at Le Bourget Field in Paris, successfully completing the first solo, nonstop trans-Atlantic flight. The flight of the Spirit of St. Louis between New York and Paris took 33-1/2 hours. Six men had died attempting the same flight.

 On May 22, 1958, American singer Jerry Lee Lewis arrives in England as a newly married man, with his pretty young wife in tow. Within days, it was revealed that his new wife, Myra Gail Lewis, was actually only 13 years old and was his first cousin once-removed.

• On May 23, 1934, famed fugitives Clyde Barrow and Bonnie Parker are killed when police ambush their car near Sailes, Louisiana. They died in a two-minute fusillade of 167 bullets.

• On May 24, 1991, the critically acclaimed road movie "Thelma and Louise" debuts in theaters, stunning audiences with a climactic scene in which its two heroines drive off a cliff into the Grand Canyon in a vintage 1966 Ford Thunderbird convertible.

• On May 25, 1935, at Forbes Field in Pittsburgh, Babe Ruth hits his 714th home run, a record for career home runs that would stand for almost 40 years.

• On May 26, 1897, the first copies of the classic vampire novel "Dracula," by Irish writer Bram Stoker, appear in London bookshops. In 1890, Stoker published his first novel, "The Snake's Pass." He would go on to publish 17 novels in all, but it was "Dracula" that eventually earned him literary fame.



EL PASO COUNTY - Over 1,000 people attended the Socorro Independent School District (SISD) 2018 Teacher of the Year Gala on May 5 at the Judson F. Williams Hall in the El Paso Convention Center. The annual event honored its 46 Campus Teachers of the Year and named its top two Teachers of the Year.

Tammy Edwards, from Horizon Heights Elementary School, was named the 2018 SISD Elementary Teacher of the Year. Edwards is a special education teacher and the Gifted and Talented coordinator at her school. She has been teaching for 15 years.

"This is a validation of everything I have been doing for the past 15 years," Edwards said. "This reignites my passion."

Eduardo J. Hinojos, from Americas High School, was named the 2018 SISD Secondary Teacher of the Year. A teacher for 10 years, Hinojos is the Libertas Academy coordinator.

"What an extreme honor it is to represent Socorro ISD," Hinojos said. "This means everything. In looking at the other finalists, it's tough. They all do great things. They all deserve it."

The district elementary and secondary winners will go on to represent SISD in the Region 19 2018 Teacher of Year competition in August.

"Team SISD has the best if they are our very own!"



- Photos courtesy Socorro ISD **Tammy Edwards**



Eduardo J. Hinojos

teachers," said Dr. José Espinoza, SISD Superintendent. "They educate and treat our students as

Briefs From Page 1

ensures communities are able to fully enjoy the diverse benefits of urban forestry." The booklet provides details about the right way to plant and prune trees. It also includes tips on using shade trees and windbreaks to save on energy costs, attract songbirds, and create a living snow fence. To receive the booklet, send a \$3 check along with your name and address to Conservation Trees, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or order online at arborday.org/ conservationtrees. – Danny Cohn

the burden on Women Who Work, particularly moms, WalletHub compared the attractiveness of each of the 50 states and the District of Columbia for a working mother based on 15 key metrics. The data set ranges from median women's salary to female unemployment rate to day-care quality. Texas was 42nd overall, ranking:

• 23rd – Pediatricians per

The annual event included Teacher of the Year and the Elite attendees from all over the 8 finalists were recognized at the district, including the SISD gala. Board of Trustees, teachers, principals, family members and Gonzalez was the master of staff members. Each school's ceremonies for the gala.

Texas State Rep. Mary

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San Elizario Independent School District **PUBLIC NOTICE**

Public Meeting to Review Federally Funded Programs

The San Elizario Independent School District will conduct a public information meeting to review the following SEISD Programs funded by Federal funds:

- Title I, Part A Improving Basic Programs
- Title I, Part C Migrant Program
- Title II, Part A Improving Teacher and Principals Quality
- Title III, Part A Limited English Proficiency (LEP)
- Title IV, Part A Subpart 1

The meeting will be held: Thursday, May 17, 2018, 9:00 a.m. - 10:00 a.m.

Public review of the Federal Application for Educational funding for San Elizario ISD will be in the San Elizario ISD Administration Board Room at 1050 Chicken Ranch Rd., San Elizario, Texas.

SEISD does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C. 2000e-2(a); 20U.S.C. 1681: Labor Code 21-051.

San Elizario Independent School District **AVISO PÚBLICO**

La Junta Pública para Revisar los Programas de Fondos Federales

El Distrito Escolar Independiente de San Elizario llevará a cabo una junta pública para revisar los siguientes programas, fondos federales:

- Título I, Parte A Mejorando Programas Básicos
- Título I, Parte C Programa para Estudiantes Migrantes
- Título II, Parte A Mejorando la Calidad de

• On May 27, 1972, Soviet President Leonid Brezhnev and U.S. President Richard Nixon, meeting in Moscow, sign the Strategic Arms Limitation Talks (SALT) agreements. At the time, these agreements were the most far-reaching attempts ever to control nuclear weapons.

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Mom friendly

With Mother's Day around the corner and more than 70 percent of moms with young children working today, the personal-finance website WalletHub has released its report on 2018's Best & Worst States for Working Moms. In order to help ease Capita; • 23rd - Gender Pay Gap (Women's Earnings as % of Men's);

• 47th – Ratio of Female Executives to Male Executives;

• 21st Female

Unemployment Rate;

• 37th – Parental-Leave Policy Score;

• 49th – Avg. Length of Woman's Workday (in

Hours); and

• 33rd - Percent of Single-Mom Families in Poverty. Visit https://wallethub.com/ edu/best-states-for-workingmoms/3565/ for the full report.

– Diana Popa

Maestros y Directores

• Título III, Parte A – Servicios de educación para estudiantes de segundo idioma

Título IV Parte A – Parte 1

La junta se llevará acabo: Juevez, 17 de Mayo, 2018, 9:00 a.m. - 10:00 a.m.

La Revisión Pública de la Solicitud Federal para Fondos Educativos para el Distrito de San Elizario se llevará a cabo en el Salón de Juntas en las oficinas administrativas localizada en 1050 Chicken Ranch Rd.

SEISD no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051. WTCC: 05-10-18

Witten leaves a large hole on and off the field

By Steve Escajeda Special to the Courier

It's inevitable, every young player who is thrilled and scared to death on their first day walking through the doors of their new NFL team, will endure a difficult and tearful goodbye on their way out.

Some will do it right away, some will do it on unhappy terms, and some very fortunate ones will do it after a long and successful career.

very fortunate player last week.

Jason Witten called it quits after 15 years of wearing that white and blue star on the side of his helmet.

The 11-time Pro Bowl tight end finished his career with 1,152 catches for 12,488 yards and 68 touchdowns. He is fourth on the NFL's all-time list for total number of receptions.

All that remains is his eventual induction his native Tennessee. into the NFL Hall of Fame.

Witten will take his career in a new direction as a commentator on Monday Night Football broadcasts. It's good they had it last year with several guys

money with a lot less bruises.

Now I wouldn't call Witten, who has always avoided the limelight, the most me, I've seen his post-game interviews and his Albertson's commercials.

But like everything else in his life, I wouldn't be surprised if he ends up joining his former teammate Tony Romo by hitting this announcer gig right out of the park.

legacy with all the crushing blocks, the clutch third-down catches and the The Dallas Cowboys said goodbye to a touchdowns he scored, his actions off the field are just as legendary.

> In 2012, Witten received the Walter Payton NFL Man of the Year award, which has absolutely nothing to do with any touchdowns or catches.

> He won it for the humanitarian work his SCORE Foundation does by creating outreach programs and projects for victims of domestic abuse in Texas and

And let's be honest, the Cowboys have certainly had their troubles in the "bad boy" department over the years. Heck,

missing games with suspensions for drug and he will be sorely missed on the field and domestic abuse.

At times over the years, the drug thing charismatic person in the world. Believe had gotten so bad in Dallas that the Cowboys were jokingly referred to as "South Americas's Team."

> Instead of going with the negative flow, Witten stayed true to his values and set a good example for players to follow.

But he didn't just lead with his words; While Witten leaves a tremendous he let his play on the field do the talking.

> There was that 53-yard reception in 2007 against the Philadelphia Eagles when Witten was hit so hard that his helmet flew off his head. While most other players would have gone down right there, Witten just kept running fearlessly down the field, head exposed, until he was tackled.

team, not much more will.

Then there was the time in 2012 when he played a game with a lacerated spleen. I'm not sure I'd be able to get up and make pancakes with a lacerated spleen. I feel a little queasy just saying lacerated spleen.

But that's the kind of person Witten is

CLEVELAND

INDIANS

INDiA

LOGO Judge @2018 the Textures

I REFUSE TO SUPPORT

A TEAM WITH AN OFFENSIVE

MASCOT LIKE CHIEF WAHOO

and in the locker room.

So the question is raised, how are the Cowboys going to replace a legend - especially on the heels of releasing another star receiver in Dez Bryant.

They were both huge on the field though Dez wasn't exactly the team leader that Witten was.

While Dallas is hoping to fill Bryant's very talented shoes, it'll be almost impossible to replace Witten's leadership and poise. Something every sports locker room needs when things are looking bleak.

The Cowboys have been very lucky with the tight end position over the years; guys like Jay Novacek, Billy Joe Dupre and Doug Cosbie have starred there.

Even the legendary Mike Ditka caught If that kind of effort doesn't fire up a a touchdown pass in the 1972 Super Bowl during his four-year stint with the Cowboys.

> Maybe there's someone out there who will soon step in and take over for the next decade.

> Not only will it be difficult to fill those huge shoes, it'll be almost impossible to fill that enormous heart.

> > SO WHO WILL

YOU SUPPORT

instead?

THe

FIGHTING

RiSH.

CLEVELAND

INDIANS

Find From Page 2

future plans for conducting investigations at the reservoir will be outlined in his talk including confirmation of its existence, function, and associated tie with the Twin Kiva community ditch.

"There are far-reaching implications regarding not only the overall organizational elements of Creekside Village but the manner and degree of community development that existed along the Rio Tularosa some 1,400 years ago," Greenwald maintained.

Greenwald, who has been engaged in the archaeology of the Southwest for over 45 years, related that he spent much of his early career in excavation projects at numerous Hohokam sites in the Salt-Gila Basin in and around Phoenix, Arizona. There, he said that he studied settlements from the household level to entire communities, including extensive documentation of canals and water management systems.

In addition to conducting surveys over vast areas of New Mexico and Arizona, Greenwald also worked for several years in the Mesa Verde region on Basketmaker III and Pueblo I settlements in the Rio Puerco and Little Colorado drainages of Arizona. He stated that these sites represent the shifting frontier between the Mogollon and Anasazi tribes in the southern Chuska Valley of New Mexico.

Greenwald's upcoming presentation is part of EPAS's lecture series that is part of its monthly meetings. The non-profit group, which was founded in 1922, is open to individuals and organizations interested in anthropology, archaeology and in the preservation of prehistoric and historic cultural resources. More information may be found on the EPAS website, http://epas.com/membership.htm.

Super Crossword

FLEET GROUP ACROSS	63 Charlton Heston	123 Element in antiseptics	33 Lawn tools 34 Not much, as of	79 Wheedle 80 Leg on which a	1 2	2 3	4	5	6		7 8	8 9	1	0 11	12	13		14	15	16	17	18	19
1 Ones doing stand-	64 Harry at Hogwarts	125 Wish for getting	salt	cello rests	20		_	_			21				_	_		22					
	67 Cornmeal mush	better	35 DVD drive	82 Wimpy type	20						_							~~					
7 Dancer's bodysuit	69 Starting on	129 Shells out	36 Wrongdoer	83 Tapers off	23					24						-		25					
14 Roosevelt's	71 Jim-dandy	130 Australian	37 "Mamma Mia"	86 Hip-hop headwear																			
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Toro	87 See 56-Down	3 See 124-Down	50 Old TV's "_ Three	101 Slogging-in-mud																			
28 Here, to Yves	88 China's Sunsen	4 It accrues	Lives"	sound		64	65				66	6	7				68						
29 _ carte (not prix	91 Keeping up	5 Summa _ laude	53 Info to input	102 A moon of Jupiter														1					
fixe)	contact	6 Dilapidated	55 Like college	103 Less harsh	69 7	70				71		72			73					74			
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31 Beams	95 Without risk	8 State north of Kan.	56 With 87-Across,	109 Sorts	75			76	77			7	8 7	9 80)	81		82	83				
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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps









Eating leaves a sour taste in mouth

DEAR DR. ROACH: My wife, age 70, complains frequently of a sour taste in her mouth soon after eating. I thought she had esophageal reflux, but I did not find that sour taste is one

of the symptoms. She has no heartburn, but the taste occasionally improves after taking an antacid. – B.P.

Gastroesophageal reflux disease can have no symptoms, or many. Sour taste is, in fact, a common symptom. This is the "reflux" of the condition's name, since it refers to the backward movement of



stomach acid – all the way into the back of the throat or even into the mouth. Heartburn is perhaps the most common symptom, but so is difficulty swallowing. This is more common in people with longstanding symptoms.

Antacids neutralize the acid in the stomach but do not prevent the reflux of stomach contents. Widely prescribed medications, including H2 blockers like Zantac or Pepcid ("H2" is a type of histamine receptor, a stimulus for acid production) and proton pump inhibitors (like Prilosec or Nexium, which directly reduce acid secretion), also act on the acid in the stomach, and do not reduce reflux.

In order to reduce reflux, I recommend eating smaller meals, not reclining for two to three hours after eating, losing weight if appropriate and avoiding products that weaken the lower esophageal sphincter, the valve-like muscle at the bottom of the esophagus. Alcohol and tobacco are the biggest offenders.

Raising the head of the bed (traditionally with a brick, but foam wedges also are good) uses gravity to help the refluxed acid get out of the esophagus. Reducing reflux or acid at night is most important. While the body is in a horizontal position, the acid can stay longer in the esophagus and cause damage.

DEAR DR. ROACH: I am very concerned about my 81-year-old sister. She is 4 feet 10 inches tall and weighs 78 pounds. This is a new low weight for her. She recently had bloodwork done and was told she has an underactive thyroid and should take medication for it. She also has a colon problem and COPD. I thought that with an underactive thyroid, you gained weight, not lost. Can you explain the difference between underactive and

See HEALTH, Page 8

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Page 8

May 10, 2018

Health From Page 7

overactive thyroid? – C.K.

produces thyroid hormone, which affects every tissue in the body. People with an underactive and needs further evaluation and gland (called hypothyroid) tend treatment. to gain weight, may have dry skin, and slow bowel movements, and can be lethargic or sluggish. Dr. Roach People with overactive thyroid *individual* (hyperthyroid) usually are the incorporate opposite: full of energy, thin and *column* intolerant of heat. The diagnosis Readers may email questions to is confirmed by blood tests of ToYourGoodHealth@med.cornell. thyroid levels.

hyperthyroidism be lethargic All Rights Reserved.

to the point of apathy. Weight gain or loss isn't inevitable with thyroid disease.

However, with severe COPD, weight loss is almost universal. The COPD may be a bigger The thyroid gland in the neck contributor to her weight loss. But with a body mass index of 16.3, she is dangerously underweight

cannot answer letters. but will them the in whenever possible. edu. To view and order health However, these common pamphlets, visit www.rbmamall. conditions occasionally look com, or write to Good Health, 628 very different from the normal. Virginia Drive, Orlando, FL 32803. I have seen people with severe (c) 2018 North America Synd., Inc.

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: M equals C

GY DUU PYC LQMP DGHKMPR

NKHVI H MYQIGKR VD QDVIN,

CYQXB RYQ MHXMQXHGU VGD

MYIDQLUK KVMU VIBUS?

Answer Page 4 ©2018 King Features Synd., Inc.

Weekly SUDOKU



9					2	5		
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		2		9				7

More than a headstone



by Freddy Groves

cemeteries across the country, veterans are honored with ceremonies and the day to honor those who died veteran's birthday. in service to our country. Now, with the generous donations much. Check your local bigof Worcester Wreath and the non-profit Wreaths Across America, tens of thousands of veterans' graves also are decorated at Christmas... as they should be.

you.

We all live near a cemetery or two. Small cemeteries country, and many of them don't get the attention they well nor visited often.

My challenge to you is this: Investigate a local cemetery challenge to others. It's the and identify the graves of a right thing to do. half-dozen veterans. The older the grave, the better, as there

visits. Note the names and dates of birth of those halfdozen veterans (as well as the locations, should the cemetery be large).

Take the graves of those veterans into your care. Visit Twice a year in national each grave at least twice a year, and not on the days that others will - Memorial Day and visits. during the Christmas season. Memorial Day has long been Pick another day, as well as the

This project needn't cost box or craft stores for small flags, perhaps 4 by 6 inches, on sticks. Or look online for sites such as www.united-statesflag.com (877-734-2458). Its flags are made in the U.S.A. But I have a challenge for The 4-by-6-inch flags on 10inch wooden sticks cost as low as 15 cents each.

Take along a pair of clippers dot communities across the and trim around the headstone. Take the kids or grandkids along, if you wish, and deserve. Some are not tended teach them about honoring veterans.

Then, issue the same

will not likely be family that (c)2018KingFeaturesSynd.,Inc.



· Take a picture of the size of your air filter and keep it on your phone. No guessing when you get to the store and all those numbers start sounding the same.

· "My husband plays golf a lot, and he's always got a stock of little pencils from the club. The kids made a photo frame for him for Father's Day by gluing many of these pencils together in a pattern rectangle. It's so creative and we printed a photo of him and the kids to go in it." - J.G. in Florida

· Protect your razor and your fingers in your shower kit with this neat trick. Clip an extralarge binder over the razor head. Fold the prongs along the razor handle and secure with an elastic hair tie.

· Kids running around the house? To make sure they don't run into the sliding glass door, hang something at eye level. It could be as simple as a sticker, or a cute suncatcher. Nobody likes to go face first into a glass door that's closed.

• "I have a lovely painted mailbox. The house number is painted on, but it never occurred to me that it's not very visible in the dark. We had a heart scare recently that involved an ambulance being called. They did make it to our place, but standing in the driveway as they left, I realized that we needed something more obvious. I have a solar-powered lamp light up house numbers now." - A.O. in Idaho

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.



Bv:ri

Answer Page 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: • • •



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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 (V) letter string as each unscrambles into more than one word (ex. **VRATHE** 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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Honors From Page 4

for the district as a bus monitor for the past four years. She has a great connection with district faculty and staff, but what she loves most about her job is the children. She believes that working with children is her true calling.

Presenting the winners with their awards the night of the banquet were SEISD Board President, Irene D. Jaquez; Board Trustee Sandra Licon; Board Trustee, Becky Romero, Board Trustee, Armando Martinez; Associate Superintendent, Ruben Cervantes; and Superintendent, Dr. Jeannie Meza-Chavez.