



NEWSBRIEFS

San Eli meeting

The San Elizario ISD Board of Trustees will hold a meeting on Wednesday, May 8 at 5 p.m. in the Administration Offices at 1050 Chicken Ranch Rd. in San Elizario.

Art on display

Metamorphosis Trash to Treasure III, an exhibition of art made from recycled materials will be on display through May 17 at the International Museum of Art (1211 Montana Ave.). The artists created the pieces for the annual contest in a community project spearheaded by El Dorado High School art teacher and event organizer Candace Printz. The event is part of the It's Your World community art project, in which participants create artwork from recycled material and raises awareness about environmental conservation, and Green Hope Project, a new nonprofit that is an offshoot of It's Your World. El Dorado students and community members involved in the project regularly take part in desert cleanups and turn the trash into art. The contest for the Metamorphosis exhibit invited all community members in the El Paso, Las Cruces and Juarez area to enter their artwork created from recycled materials. In addition to promoting the arts and recycling, the Metamorphosis exhibit supports non-profits in the area, such as the Chihuahuan Desert Education Coalition, which helps preserve the local land, and MuttLove Dog Rescue, which helps take care of abandoned or sick animals that the It's Your World community project members have found at the desert cleanups. Proceeds from the sale of select works at the exhibit will go to one of these organizations or Green Hope Project. For more information, e-mail at itsyourworldproject@gmail.com or visit the It's Your World project website <http://itsyourworldproject.wixsite.com/edhs-itsyourworld>.

— Christy Flores-Jones

Scary furniture

The donations manager at a North Carolina thrift store was warned by the donor that the furniture in question was haunted. According to the store's Operations Director, Elizabeth Brady, "he was told 'you don't want those, they're haunted.' And he said 'well, now I definitely want them.'" The buyer, Ricky Scott, gladly paid \$1,000 for the hand carved haunted bedroom suite saying, "maybe it will be a nice ghost."

— John Grimaldi

Influence is like a savings account. The less you use it, the more you've got.

— Quips & Quotes

San Eli soccer team brings home third state title



— Photo courtesy San Elizario ISD

GOOOOAAAL – The San Elizario High School (SEHS) Boys Soccer team is once again Texas champions for a second year in a row. The team defeated the Midlothian Heritage Jaguars in the UIL 4A Soccer State Championship on Friday, April 19 in Georgetown, Texas. It was an intense battle for the state title but in the end, the Eagles took the win with a final score of 1-0 in overtime. Victor Unzueta, junior forward, scored the winning goal of the game off of a rebound attempt from sophomore defender, Jonathan Carrillo. Unzueta was also named the MVP of the tournament. This is the third time in the last five years the SEHS Eagles have won State. The first time they became 4A State Champions was in 2015, followed by 2018 and 2019.

— Hector Gonzalez

Castner Range supporters celebrate campaign

By **Alfredo Vasquez**
Special to the Courier

EL PASO COUNTY – The public is invited to join in a special celebration to recognize the successful campaign that is helping protect Castner Range as a natural open space.

The celebration, which is being hosted by Castner Heights Neighborhood Association (CHNA) in partnership with El Paso's Frontera Land Alliance (EPFLA) and the National Conservation Lands Foundation, will be held beginning at 6 p.m., Saturday, May 4, at the KaBoom Party Hall (4601 Hondo Pass, off Stahala Street). The event will include dinner, music, dancing, and speeches by local dignitaries and Castner Range supporters.

"We are saying 'Thank you!' to our members and the key supporters who helped in the Castner campaign-- folks who signed letters, worked booths, attended events, made donations, or just plain talked with their neighbors about the Range," stated Janae Reneaud Field, executive director of the Frontera Alliance group.

Castner Range, which was an active artillery range from 1926 to 1966, occupies 11 square miles (7,081 acres) on the eastern slopes of the Franklin Mountains. The US Army/Fort Bliss owns the land, and because the potential for unexploded ordnance exists just beneath the surface throughout the range, it is mostly undeveloped today.

Since 1971, local area conservationists, environmentalists, and residents-at-large, have campaigned for the protection of Castner Range from real estate developers. And in 2015, EPFLA, the El Paso Community Foundation, and the Franklin Mountains Wilderness Coalition



— Photos courtesy El Paso Frontera Land Alliance

FIELD OF GOLD – Castner Range provides the Franklin Mountains' greatest concentration of natural springs and contains the most visually striking, complex geology. Floods from El Paso's summer storms are channeled by Castner's canyons and arroyos to native plants. Researchers have identified more than forty archaeological and historical sites on the Range including extensive collections of petroglyphs, remnants of abandoned tin-mining operations, and small stone structures, as well as pottery. In the spring, Castner Range explodes with color when wild Mexican Gold Poppies carpet the rugged desert terrain.

joined forces in what became a huge push to save Castner Range as a natural open area.

"Together, we gathered more than 35,000 individual signatures asking then-President Barack Obama to designate the Range as a National Monument. That didn't happen, but thanks to the efforts of then-Congressman Beto O'Rourke, the 2018 National Defense Authorization Act (NDAA) contains Section 2846 which forbids all construction on Castner Range and therefore conserves and protects its ecological, scenic, wildlife, recreational, cultural, historical, natural, educational,

and scientific resources," Field explained. NDAA is the legislation that funds and governs the United States military.

"But what appears in one year's NDAA can be changed in another year's, so ongoing vigilance is needed to conserve Castner Range," Field warned. "Public and private sector development of the flatter parts of Castner has long been a threat to this beautiful landscape, and the threat remains to this day," she added.

For more information about the upcoming celebration, contact Field at (915) 351-8352, or send email to Janae@Fronteralliance.org.

Food for thought

64 million people prefer the cheapest car insurance to the best coverage

Car insurance is expensive. The average adult in the U.S. spends roughly \$1,000 per year on coverage, according to the Bureau of Labor Statistics – more than we spend on fruits and vegetables, alcoholic beverages or our pets, for example. That helps explain why 64 million people, or 26 percent of us, say they want the cheapest car insurance rather than the best coverage, according to a new survey from the personal-finance website WalletHub.

A lack of financial literacy also plays a major role in consumers' attitudes toward car insurance. Roughly 54 million people (22 percent of U.S. adults) say they do not understand their car insurance, WalletHub found. In other words, as invested as we are in protecting our wheels, millions of drivers still need a learner's permit when it comes

to their car insurance policy.

Coverage confusion

Part of the reason for consumers' uncertainty is the confusing hodgepodge of insurance companies and regulations that are sufficient to make even a knowledgeable shopper's head spin. "There are at least three areas in which the state in which you live will affect how much you pay for coverage," Douglas Heller, an insurance expert with the Consumer Federation of America, told WalletHub.

For starters, minimum coverage levels vary by state. "Second, each state monitors, or regulates, the insurance industry in different ways," Heller said. "In some states, such as California, before raising or changing rates and pricing practices, insurance companies must go through a strict review by government

actuaries, lawyers, and other experts to ensure that rates are not inadequate, excessive, or unfairly discriminatory." The third reason, according to Heller, is that "states may have different risk profiles related to things like traffic density, road conditions and maintenance, weather, and the cost of injury care and car repair."

This, along with a general lack of subject-matter understanding among consumers, may also help explain why 63 million people, or 25 percent of U.S. adults, have never switched car insurance policies. Picking a policy the first time may have been hard enough, and no one wants to trade down by mistake.

Unfair pricing?

There are also some trends in car insurance pricing that many consumers understand are happening but most do not agree with on the basis of fairness. For example, people with no credit pay an average of 67 percent more for car insurance than people with excellent credit. And two-thirds of WalletHub survey respondents believe it's unfair for credit scores to affect car insurance costs. Yet most drivers don't realize just how much of an impact their credit actually has.

Although just three states – California, Hawaii and Massachusetts – ban the use of credit data in car insurance pricing, "all should," said J. Robert Hunter, director of insurance with the Consumer Federation of America. "It is a proxy for prohibited classes of income and race." In other words, credit data could be a seemingly palatable way for car insurance companies to discriminate against certain groups.

Car insurance companies also factor gender and geography into policy pricing. And while the intent may be similar, consumer opinions on the practices are not entirely consistent. More than 7 in 10 people say it's unfair to

include gender in car insurance pricing, according to WalletHub's survey, but there's a 50-50 split regarding the use of zip codes. It may just be that gender and geography, particularly the latter, have a legitimate role in insurance pricing given their impact on risk.

"A combination of road design, speed limits, enforcement and driving culture," make it more risky to drive in some cities and states than others, said Robert L. Rabin, the A. Calder Mackay Professor of Law at Stanford Law School.

Differences in weather patterns, traffic congestion and crime are key underlying factors, too. "Often variations in rates are impacted by geography (and more specifically) weather," said Susan A. Shaheen, co-director of the Transportation Sustainability Research Center at the University of California, Berkeley. Other important considerations include "city size and traffic congestion (which can contribute to higher accident rates), demographic variations in the average age of a metro area (younger drivers and older adults can be associated with higher levels of risk), and crime (both vehicle theft and vandalism)."

Next steps for drivers and legislators

At the end of the day, it's clear that most drivers could use a refresher course on car insurance. However, our priorities seem to be in the right place, and new tools are making it easier than ever to find the best car insurance at the lowest price.

There are several steps in particular that cost-conscious drivers can take to save on car insurance.

- Take advantage of discounts. You may be able to get discounts if you are a veteran, get paperless statements, have a good driving record, bundle policies, are a student or have an anti-theft system, for example.

Insurance study

With average annual car insurance premiums on the rise, the personal-finance website WalletHub has released its 2019 report on the *States with the Cheapest & Most Expensive Car Insurance*, along with a review of *Texas' Best Cheap Car Insurance Companies*. To determine the cheapest car insurance options in Texas and the U.S. overall, WalletHub obtained 206,974 quotes across 47 states. Texas ranked 36th nationwide for cheap car insurance in this study (1: cheapest; 47: most expensive). Other facts:

- 54 million Americans say they don't understand their car insurance.
- 75% of drivers say they want the best car insurance, not the cheapest coverage.
- 14% of people say they would not buy car insurance if not legally required (millennials are twice as likely than boomers to agree).
- 71% of people say it's unfair for gender to be a factor in car insurance pricing, and 65% feel the same way about credit scores affecting car insurance costs.

Visit <https://wallethub.com/cheap-car-insurance/> for the full report.

- Build good credit. People with no credit pay 67% more than people with excellent credit on average.
- Drive safely. Safe drivers with no history of accidents, tickets or arrests can look forward to cheaper rates than people who haven't been as responsible.
- Look locally. Plenty of car insurance companies only cater to customers in certain regions or states. These local insurers

See **INSURANCE**, Page 7



Moore Texas by Roger Moore

April 23, 1936: Roy Orbison is born in Vernon. By age 6 he had learned to play the guitar.



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

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Homesteader
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Business provides unique opportunities

By Eric Pearson
Special to the Courier

EL PASO COUNTY — The El Paso Community Foundation (EPCF) and its supporting organization, the Down Syndrome Coalition for El Paso (DSCEP), revealed plans during their The Whole Hog fundraiser for a tasty new business venture designed to employ people with special needs.

They are teaming with Dallas-based Howdy Homemade Ice Cream to bring a franchise to El Paso. Howdy Homemade, which has 13 stores, is known nationally for its emphasis on employing people with special needs. This is just one part of the



EPCF's and the Down Syndrome Coalition's commitment to provide employment to people with special needs.

The larger goal of the EPCF is to provide life and work opportunities for the special needs community. Recently, EPCF teamed with the national Project SEARCH, the Hospitals

of Providence and the Socorro Independent School District to provide internships for those with developmental disabilities.

The Down Syndrome Coalition for El Paso was founded in 2015 to create a brighter path for the future of children with Down Syndrome and learning disabilities. It established Every Little Blessing, a preschool for children ages 18 months to 5 years with Down syndrome. The DSCEP's annual The Whole Hog barbecue is its largest fundraiser.

Eric Pearson is the President and CEO of the El Paso Community Foundation.

Sorry, Democrats, your stars are Socialists



There was Bernie Sanders at a Fox News Channel town hall, not giving an inch in a forum every Democratic presidential candidate has shunned.

His reward was a cataract of good reviews, and monster ratings. Sanders had a solid hour to try to reach people not favorably inclined to his worldview, at the very least demonstrating that he's willing to show up outside his political silo.

Why hadn't any of the other Democrats done it before? Because they lacked the verve and ideological self-confidence of Sanders, as well as the independent streak to buck the Democratic Party's attempt to hold the line against Fox. As a message candidate, Sanders is willing to take his anywhere.

Speaker Nancy Pelosi, miraculously transformed into a relatively moderate Democratic elder stateswoman, has been pushing back against the notion that she leads a Socialist Party defined by a few radicals in the House.

On "60 Minutes," she stalwartly declared: "I do reject socialism as a economic system. If people have that view, that's their view. That is not the view of the Democratic Party." She dismissed the left wing in her caucus as "like, five people."

In sheer numbers this is true,

but it's the wrong way to count. The fact is that the most compelling stars of the party are self-declared Socialists with a knack for generating controversy and media attention, and with committed mass followings. Pelosi might wish it weren't true, but poll numbers, fundraising and follower counts don't lie.

Sanders is reliably second –

sometimes first – in national and state presidential polling. He's outraised everyone else in the field and, with his massive small-donor base, probably can continue to do so for the duration. More than anyone else, he has defined the Democratic Party's current agenda.

It'll be much harder to maintain that the Democratic Party isn't Socialist if it nominates one as its presidential candidate,

which everyone paying attention realizes is a real possibility.

If this happens, it won't be the work of conservatives hoping to negatively brand the Democrats, but of the party's faithful. The same goes for the prominence of Alexandria Ocasio-Cortez. She has been on the cover of Time magazine, Rolling Stone (with Nancy Pelosi), Hollywood Reporter and Bloomberg Businessweek. Annie Leibovitz photographed her for Vogue. She's been

interviewed by "60 Minutes."

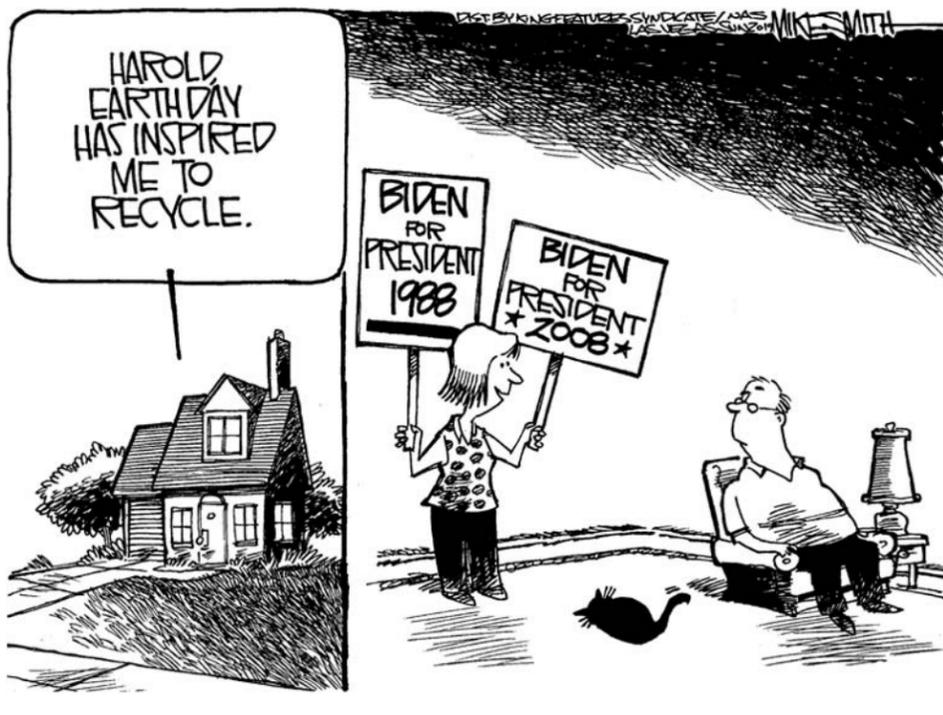
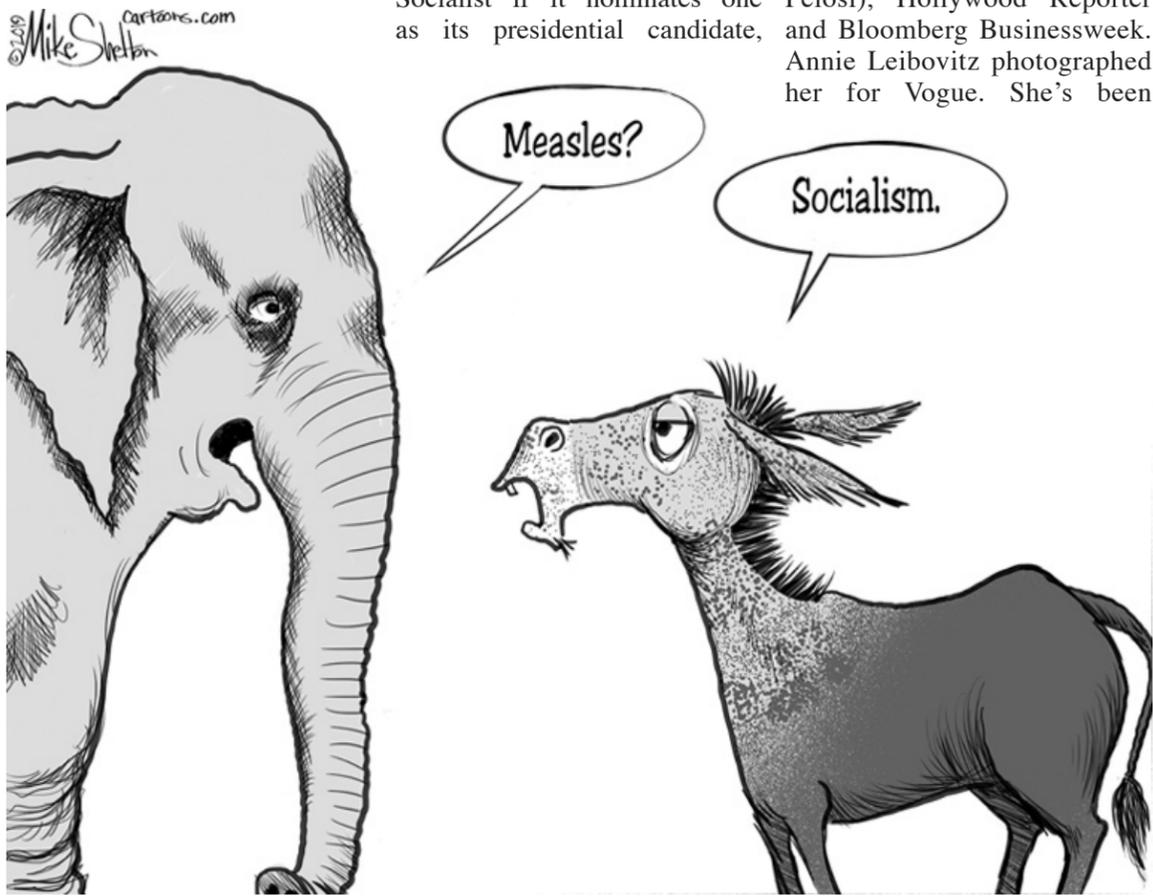
She was among the top 10 House Democrats in fundraising the first quarter, and had the highest percentage of small donors (her ally, Ilhan Omar, also excelled).

It's obviously vexing to Pelosi to see a House majority built by the careful avoidance of ideological extravagance and won in marginal districts hijacked, at least in terms of public attention, by a few freshmen and a 77-year-old Vermont Socialist.

Yes, there are vast numbers of Democrats out there who aren't on Twitter or Instagram. Maybe there are enough of them to nominate Joe Biden, or a Pete Buttigieg can win on a progressive platform clothed in a moderate demeanor.

But the party's stars will have something to say about it. The great Zionist Theodor Herzl maintained, "It is the simple and fantastic which leads men." As Bernie Sanders showed, it's also to be willing to go on Fox News.

Rich Lowry is editor of the National Review. (c) 2019 by King Features Synd., Inc.



San Elizario ISD names teachers, employee of the year

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – The San Elizario Independent School District (SEISD) held its 2019–2020 Teacher and Employee of the Year Awards Banquet to honor six teachers and six employees nominated by their campus for district-wide honors for their exemplary performance and commitment during the school year.

Cynthia Meza from Sambrano Elementary School was named Elementary Teacher of the Year and Nivia Garcia from Garcia-Enriquez Middle School was selected as the Secondary Teacher of the Year. Meanwhile, Patricia Cortez from Sambrano Elementary was selected as the District Employee of the Year. Meza and Garcia will advance to the next level of competition representing SEISD during the Region 19 Teacher of the Year



– Photos courtesy San Elizario ISD

Cynthia Meza, left, is San Elizario ISD's Elementary Teacher of the Year and Nivia Garcia, center, is the Secondary Teacher of the Year for the District. Patricia Cortez is the District's Employee of the Year.

selection process to take place this summer.

Meza has been with San Elizario ISD for over 12 years and has taught 4th and 5th grade. Before joining the San Elizario team, she was a sign language interpreter

and worked teaching reading and math to deaf adults. While this was an exciting and rewarding job, her heart was always in working with younger students.

Garcia is a 14-year educator. In 2005, she began her teaching experience in working with middle school students. For eight years, Garcia served as a seventh grade math teacher, and for the last six years she has been teaching eighth grade. Garcia serves SEISD proudly, and her educational platform is centered on bringing her expertise in these fields to her students, preparing them for a

future where critical thinking and communication is key.

Cortez has been a member of SEISD for the past 15 years. She started her employment in food services and then went into the classroom as a guest teacher and is now at Sambrano Elementary as a Math and Science Aide. Teachers and staff can always count on her to assist in various ways. She is always willing to lend a helping hand to anyone at the campus.

The awards banquet was held at the Wyndham El Paso Airport Hotel on April 25, 2019.

Strange BUT TRUE

By Samantha Weaver

- It was industrialist Andrew Carnegie, who was born into a poor Scottish family and emigrated to the United States as a teen, who made the following sage observation: "There is not such a cradle of democracy upon the earth as the Free Public Library, this republic of letters, where neither rank, office, nor wealth receives the slightest consideration."

- You might be surprised to learn that the United States Department of Commerce has designated approximately 30 houses across the country as authentic haunted houses.

- Despite the fact that 95 percent of the world uses the metric system of measurement, we in the United States still stubbornly cling to the archaic units of measurement derived from the old British Imperial system. This hodgepodge ranges from the mile (originally the distance a Roman soldier could march in 1,000 double steps) to the foot (originally the length of Emperor Charlemagne's foot, later "standardized" to the length of 35 barleycorns laid end to end) to a yard (the distance between King Henry I's nose to his extended fingertips) to an inch (the length from the tip to the first joint of a man's thumb).

- You probably didn't realize there's a word for it, but a pregnant goldfish is called a twit.

- A man named Robert Boyd entered a lingerie shop and attempted to hold up the store using a Japanese sword. A fan of video games, Boyd claimed in his defense that at the time of the holdup, he believed he was an elf.

- In Switzerland, it is considered to be bad luck to tell anyone your baby's name before it is born.

Thought for the Day: "A man may truly live in his dreams, his noblest dreams, but only, only if he is worthy of those dreams."
– Harlan Ellison

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• On April 29, 1968, the musical "Hair" premieres on Broadway. The show featured a much-talked-about scene in which the cast appeared nude on the dimly lit stage. "Hair" quickly became not just a smash hit, but a cultural phenomenon.

• On April 30, 1945, holed up in a bunker under his headquarters in Berlin, Adolf Hitler commits suicide by swallowing a cyanide capsule and shooting himself in the head. Soon after, Germany unconditionally surrendered, ending Hitler's dreams of a "1,000-year" Reich.

• On May 1, 1991, Oakland Athletics outfielder Rickey Henderson steals his 939th base to break Lou Brock's career record. Henderson would steal a record 1,406 bases in his major league career, almost 500 more than the next closest player.

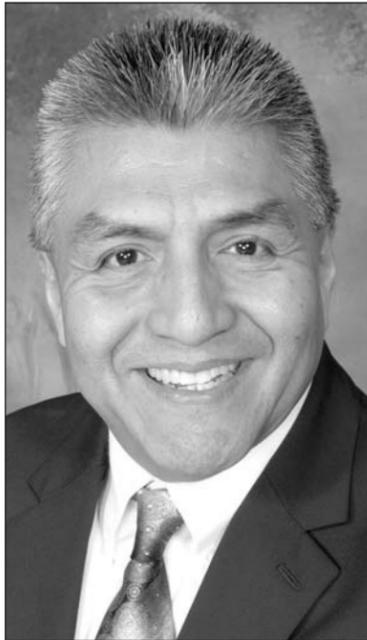
• On May 2, 1933, the modern legend of Scotland's Loch Ness Monster is born when a newspaper reports a couple's sighting of "an enormous animal rolling and plunging on the surface" of the lake. The "monster" became a media phenomenon, and a circus offered a huge reward for the beast's capture.

• On May 3, 1951, the Senate Armed Services and Foreign Relations committees begin hearings into the dismissal of Gen. Douglas MacArthur by President Harry Truman. The American public liked MacArthur's tough stance on communism, and he returned home to a hero's welcome.

• On May 4, 1886, a peaceful labor protest in Haymarket Square in Chicago turns into a riot, leaving more than 100 wounded and eight police officers dead. Seven of the eight fatalities and the most of injuries were caused by shots fired by fellow officers.

• On May 5, 1821, Napoleon Bonaparte, the French military leader who once ruled an empire that stretched across Europe, dies as a British prisoner on the remote island of Saint Helena in the southern Atlantic Ocean. His body was returned to Paris in 1840.

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— Photos courtesy Socorro ISD

Perla Lozoya, left, is Socorro ISD's Elementary Teacher of the Year and Luis Iturriaga is the Secondary Teacher of the Year for the District.

Socorro ISD names top teachers

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District celebrated its 2019 Teacher of the Year Gala on April 27 at the Judson F. Williams Hall in the El Paso Convention Center. SISD honored its Campus Teachers of the Year and named its top two Teachers of the Year at the annual event.

The 2019 SISD Elementary Teacher of the Year is Perla Lozoya from Dr. Sue A. Shook Elementary. She is a fourth-grade teacher and has 14 years of teaching experience.

"I'm honored and humbled by this because there are so many outstanding and amazing educators in SISD," Lozoya said.

The 2019 SISD Secondary Teacher of the Year is Luis Iturriaga from Spc. Rafael Hernando III Middle School. He is a seventh- and eighth-grade Gateway to Technology teacher and has 24 years of teaching experience.

"This is a great honor. The responsibility is immense because now I am not just representing my campus, now I'm representing the entire district. But I am ready to accept the challenge and move forward," Iturriaga said.

More than 1,100 attendees from all over the district attended the annual celebration, including the SISD superintendent, board trustees, teachers, principals, family members, Partners in Education and staff. KTSM Channel 9 News Anchor Natassia Paloma was the master of ceremonies for the gala. The Teacher of the Year from each school and the Elite 8 finalists were recognized at the gala.

"You are heroes in the classroom and the number one reason why our district is extremely successful," said SISD Superintendent José Espinoza, Ed.D. at the gala. "You are the heart of the Team SISD!"

The district elementary and secondary winners will go on to represent SISD in the Region 19 2019 Teacher of Year competition in August.



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LEGALS

Village of Vinton, Texas

PUBLIC NOTICE

A public hearing will be held at 6:30 pm on Tuesday, May 21, 2019 during the Village of Vinton Council Meeting at Vinton Village Hall, 436 E. Vinton Road, Vinton, Texas.

The purpose of the public hearing is to allow any interested persons to appear and testify regarding the following item:

- 1) A request to Re-Zone Lot 8, Block Number 4, Tract 1 of the Rancho Estancias Subdivision (also known as 7960 Doniphan Dr.) from TC to C2.

Those who are unable to attend may submit their views in writing to the Village Administrator at 436 E. Vinton Road, Vinton, Texas 79821. Persons with disabilities that wish to attend this meeting should contact City Hall at (915) 886-5104 to arrange for assistance. Individuals who

require auxiliary aids or services for this meeting should contact City Hall at least two days before the meeting so that appropriate arrangements can be made.

Andrea N. Carrillo
Village Administrator

WTCC: 05-02-19

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 I, Part C - Carl D. Perkins Career and Technical Education Act Grant Application
- Title II, Part A – Improving Teacher and Principals Quality
- Title III, Part A – Limited English Proficiency (LEP)
- Title IV, Part A – Subpart 1
- Special Education Grant (IDEA B – Formula and IDEA B Preschool)

The meeting will be held:
Wednesday, May 15, 2019, 9:00 a.m. and 5:00 p.m.

Public review of the Federal Application for Educational funding for San Elizario ISD will be in the Central Administration Building 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 I, Parte C – Carl Perkins Acta de carreras y educación solicitud de beca
- Título II, Parte A – Mejorando la Calidad de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma
- Título IV Parte A – Parte 1
- Beca de educación especial (IDEA B-formula y IDEA B preescolar)

La junta se llevará a cabo:
Miércoles, 15 de Mayo, 2019, 9:00 a.m. y 5:00 p.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 directivas, localizado en 1050 Chicken Ranch Road, San Elizario, Tejas.

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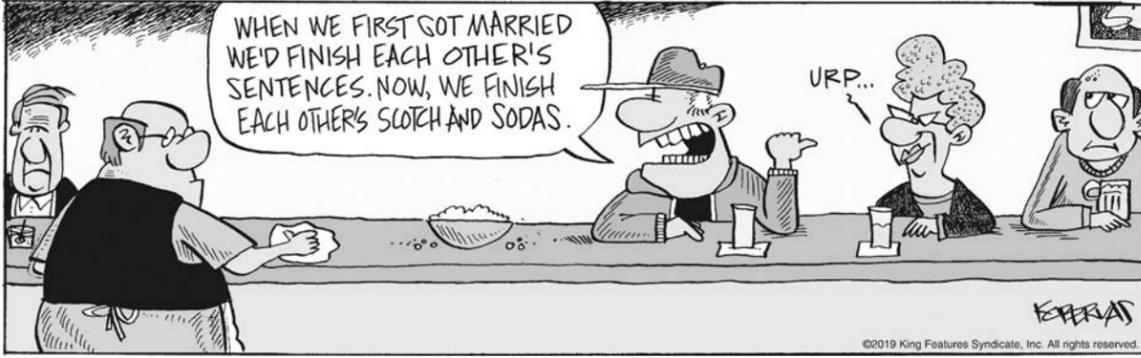
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Comix

OUT ON A LIMB By Gary Kopervas



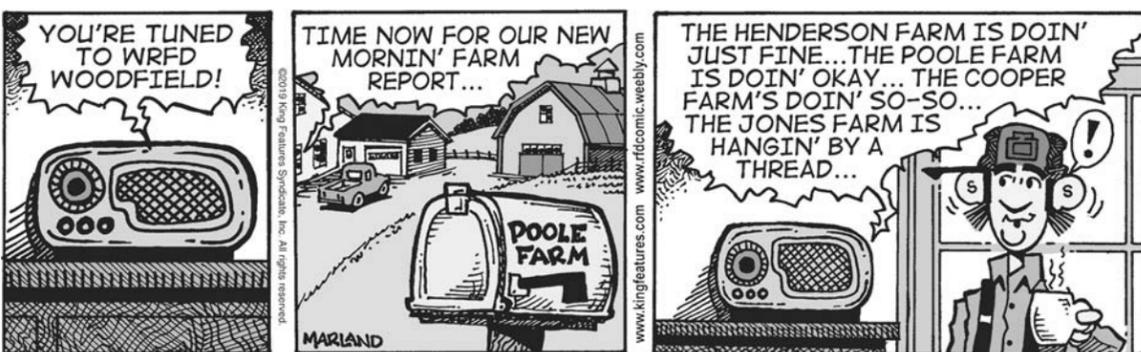
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Insurance

From Page 2

may provide lower rates but are often overlooked. Make sure to include them in your comparison, at least.

- Choose a higher deductible. An insurer may lower your monthly rates in return for a lower deductible – the amount you personally have to pay when you make a claim. This approach makes the most sense for infrequent drivers.

- Consider pay-per-mile plans. You don't always have to pay a set amount per month. There are also plans based on how much you drive. The insurance company will place a device in your car that tracks your mileage. It may also track things like your speed and braking, which could affect your rates positively if you're a safe driver and negatively if not.

Consumers are not the only ones with room for improvement, however. There

are plenty of things state and local governments can also do to improve the car insurance landscape for their constituents.

“The most significant thing a state can

do to promote inexpensive car insurance is require insurance companies to justify their rates and practices before they can raise prices on drivers,” said Douglas Heller of the Consumer Federation of America.

“Since governments require that drivers purchase auto insurance, the government has a special obligation to ensure that prices are fair and affordable.”

– Diane Polk / WalletHub

B-12 shot paralyzes arm

DEAR DR. ROACH: Two years ago at my yearly physical, my doctor said I was low on vitamin B-12 and that the only way to increase it was through a shot in the arm. I received my first shot that day, and my arm was paralyzed for four days. I went in a week later for my second shot, only to have the same thing happen again. I didn't get any more shots. It still hurts to this day, even though an MRI shows nothing wrong. The specialist says it was just coincidence. I cannot hold my arm over my head or stretch it out. What's your take? – D.R.



Well, I don't believe it was just coincidence. Nerve damage following injection is extremely rare, but it sounds like what you are describing. This can be due to direct trauma to the nerve by the needle, or by an inflammatory reaction. The treatment is physical therapy, but unfortunately for you, it works best if begun right away. I still think it is worth your while, however.

Also, vitamin B-12 deficiency absolutely can be treated with oral vitamin B-12. Although pernicious anemia, the most common form of vitamin B-12 deficiency, is due to poor B-12 absorption, this can be overcome simply by giving much more B-12 than the body usually needs. A dose of 1 mg daily by mouth is a safe, inexpensive and effective treatment for vitamin B-12 deficiency. Many of my patients still want the injection, however, even though it seems inexplicable to me.

DEAR DR. ROACH: Yesterday, while walking barefoot in my back yard, I stepped on a bee. This has happened to me before, and it seems that each time the results are a little worse. After I removed the stinger from the underside of one of my toes, I put ice on the sting and took a Benadryl. Since this happened in the evening, I was able to elevate my leg for the rest of the night. In the morning, the area was swollen, red, hot and painful. Now, after my usual three-mile morning power walk, the swelling and soreness is spreading up my foot. I am notorious for going barefoot and stepping on bees. I just know this will happen again. Do you have any suggestions for what might help prevent a bee sting from going “viral”? – Anon.

Your best bet is not to get stung in the first place, which for you means not stepping barefoot where bees might be. It's particularly important for you, as local reactions to bee stings do tend to get worse over time. Fortunately, they do not usually

See HEALTH, Page 8

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



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

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Health

From Page 7

predict the life-threatening anaphylactic reaction.

Once stung by a bee, remove the stinger, within seconds if possible, since the venom can continue to be released for several seconds. The local reaction usually lasts less than a day in most people, but it can last up to five days.

The reason the swelling and soreness spread after your walk is that the exercise and increased blood flow to the area allowed

the venom to move to different areas, and the inflammatory response also progressed. I would recommend that you continue cold compresses and avoid your power walks for at least another day or two after a sting.

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. (c) 2019 North America Synd., Inc. All Rights Reserved.

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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: Z equals F

ESXAAOE ZOSH XGKVJ JUI
 UXMWEPXZJOMN KZ X ZOMI
 OMWOXM AJPOMNIW OMAJPDHIMJ:
 "X AOJXP OA GKPM."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ◆◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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Taking a veteran's name in vain



by Freddy Groves

Why is it some people have such a sense of entitlement that they think it's OK to steal from veterans? Worse, why is it that the crooks think they're not going to get caught?

A handful of government departments – notably the Department of Veterans Affairs Office of the Inspector General, the Defense Criminal Investigative Service's OIG and the FBI – banded together to nail yet another person who claimed that his small business was owned by a disabled veteran. In this case, the suspect took in nearly \$12 million in construction contracts from 2007 to 2015 while working on a few VA medical centers. The person he claimed was the disabled veteran didn't actually work for the company.

Per the Service-Disabled Veteran-Owned Small Businesses program, at least 51 percent of a company claiming

disabled veteran status has to be owned by the veteran. Part of that program is to give at least 3 percent of all contracts to service-disabled veteran-owned small businesses. More specifically, per the program requirements, the small business must "have one or more service-disabled veterans manage day-to-day operations and also make long-term decisions." In other words, you can't just lend your name to a business.

Inquiring minds want to know, however, how something like this can go on for so long. The fast track to discovery of a scam like this seems so simple: Once a year send a form to the disabled veteran owner and ask that it be signed in front of a notary to verify that he/she is indeed still involved in the day-to-day operations of "X" business. Lying would put their benefits at risk.

At this point the guy has only been indicted. But he did plead guilty to one of the accessory charges.

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GO FIGURE! by Linda Thistle

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

DIFFICULTY: ★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

	-		x					14
+			x			÷		
	÷			x				14
x			+			+		
	+			x				18
13		14				7		

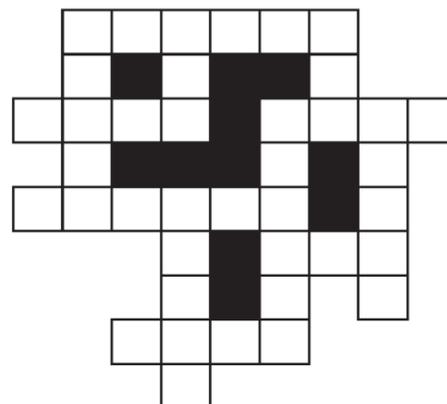
1 2 3 4 5 6 7 8

Answer Page 4

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- OSL
- ♥TEGNIS
- ♥KESAN
- G CAR
- ♥SKIHER
- ♥UNR
- ♥EPKE
- SELIA
- ♥RKI
- APTCUS
- ♥ERTEG
- ♥NELA



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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 (♥) 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.

Answer Page 4



• "Large dogs can benefit from a raised water and food bowl. Why not make it pretty at the same time by putting a stainless-steel bowl into a decorative planter? Find a planter and bowl that have the same size opening. Your pup will thank you."
 – I.B.B. in Georgia

• The secret to avoiding stains on your carpet is to get to spills right away. If you have a liquid spill, remove as much of the liquid as you can, then spray the stain with a solution of half vinegar and half water. Let it sit for two minutes, then blot with a towel. If it's solid food, try using a plastic card to scrape it up from underneath so it doesn't get ground in. Then follow the same steps as for a liquid stain.

• "It's better to use a dry, lint-free cloth to clean your DVD player and other electronics. Moisture will damage your electrical circuits, so no spray cleaners. But there is one thing you can spray into those cracks to help you clean: canned air! It's is a great alternative for dislodging dust from vents without risking your tech. While you have it out, you might try 'dusting' the headphone and charging ports on your cellphone, too."
 – M.F. in Oregon

• Replace your pricey dryer sheets with a reusable alternative. To a jar with a wide mouth and tight-closing lid, add two to three dish sponges, and a 50-50 mix of liquid fabric softener and water. Cap the jar and shake to distribute. When the washing is done and you have your clothes in the dryer, pull out a sponge, squeeze excess liquid back into the jar and pop the sponge into the dryer. When the clothes are dry, put the now-dry sponge back in the jar for the next time. Refill liquid as needed. This really extends your fabric softener!

• "Need sliced mushrooms for your salad or recipe? They are hard to cut, but you might have the perfect tool for doing the job already in your kitchen. If you have an egg slicer, get it out. It works very well for mushrooms, and it's easier to use than trying to cut those slices yourself."
 – J.R. in Utah

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2019 King Features Synd., Inc.