



NEWSBRIEFS

SEISD budget

The San Elizario Independent School District's Board of Trustees voted unanimously to approve the district's 2018-2019 \$41M budget. The approved budget includes:

- A general pay increase of 2% off the calculated mid-point for all employees.
- A one-time lump sum payment of \$500 to each employee that is employed on a full-time basis of \$250 to each employee that is employed on a part-time basis as of October 1, 2018, payable on November 16, 2018.
- A one-time transfer of unassigned fund balance from the general fund to the health fund in order to hold employee premiums at current year levels.
- A one-time retention incentive payment of \$500 for all classroom teachers, librarians, and campus instructional specialists payable on October 26, 2018 to those currently employed in the 2017-2018 school year that return for the 2018-2019 school year.

— Hector Gonzalez

The Fourth

With the Fourth of July just days away, the personal-finance website WalletHub has released its report on 2018's Best & Worst Places for 4th of July Celebrations to go along with interesting stats about the holiday in its 4th of July Facts & Figures infographic. To determine the best places to celebrate the most star-spangled occasion, WalletHub compared the 100 largest U.S. cities based on how well they balance holiday cost and fun. The data set of 19 key metrics ranges from average beer and wine prices to duration of fireworks shows to Fourth of July weather forecast. El Paso ranked 82nd in this study. Visit <https://wallethub.com/edu/best-4th-of-july-celebrations/4651/> for the full report.

4th of July Facts & Figures:

- \$6.9 Billion: Amount Americans plan to spend on 4th of July food.
- 150 Million: Number of hot dogs eaten each 4th of July.
- \$1.6+ Billion: Amount we plan to spend on 4th of July beer and wine.
- \$825+ Million: Amount we're expected to spend on fireworks (68 percent of fireworks injuries occur

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About the time most people learn to make the most out of life, the greater part of it is gone.

— Quips & Quotes



— Photo by Alfredo Vasquez

PEOPLE POWER – Americans of all walks of life – like the individuals shown above protesting last week at the Marcelino Serna Tornillo Port of Entry – are coming together to express their opposition of current U.S. government policies that detain immigrant children and parents separately in warehouses and tents in Tornillo, TX and other locations throughout the U.S.

Separation protests turn to reunification effort

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The outcry is enormous among Americans who are now becoming aware of the harsh immigration tactics currently being implemented by the United States. And, most of these outraged Americans feel helpless.

“I guess the best we can hope for is that everyone who is disturbed by this today, registers to vote and votes in November to help get these perpetrators out of office,” stated a long time resident of El Paso and a retired administrator of the Texas Department of Health and Human Services (THHS). “Meanwhile, people must keep up the pressure on our elected officials to ensure that they do not support the unlawful actions of this administration,” he stated.

Waiting for November election to resolve this situation is too long for these detained children and parents to wait, according to lawyers, doctors, nurses, priests, preachers, and mothers and fathers who have voiced their dismay ever since this debacle was first exposed.

Last week President Donald Trump signed an executive order to stop separating children from their parents at the U.S.-Mexico border. After the signing, protesters' attention shifted immediately to address the handling of the reunification of these detained children with their imprisoned or already deported mothers and fathers.

Government officials have indicated that over 2,300 children were taken from their parents and placed in detention centers since April, while their parents were sent to jail for a misdemeanor

charge of entering the country illegally. Additionally, according to officials, more than 11,000 youngsters have been held in detention centers throughout the nation for months.

Consequently, efforts continue nationally to force the administration and the U.S. Congress to mitigate this

eminent crisis as soon as possible. Several individuals have been motivated to participate in protests held almost daily at the now notorious Marcelino Serna Tornillo Port of Entry and at other detention camps across the U.S. for the

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Elks gather in San Antonio to observe 150th anniversary

By Alfredo Vasquez
Special to the Courier

TEXAS – Delegates of the Benevolent and Protective Order of Elks from throughout the United States and Guam, Puerto Rico, Philippines and the Panama Canal, will converge in San Antonio TX, July 1-4, for their 154th annual national convention.

Headquarters hotel for the Elks delegation will be the downtown Grand Hyatt. Also, large room blocks have been reserved in many of the nearby hotels. All sessions during the conference will be held at the Henry B. Gonzalez Convention Center in San Antonio's downtown district.

During the convention, The Elks will recognize the top winners in the Elks Most Valuable Student Scholarship Program. The top boy and girl will each receive a \$50,000 college scholarship. Annually, the Elks award college scholarships across the nation totaling more than \$4.2 million.

Also, contributions were more than \$40.2 million to more than 300 Veterans Administration medical centers, clinics, and state care facilities last year alone. This year, the Elks Community Investment Program will award nearly \$12 million towards enriching communities across the country, according to a recent press release by the organization.

Members have made more than \$4 billion in donations since they first started 150 years ago, according to Elks officials. Last year, the Elks donated approximately \$675 million in cash, gifts, and time to make American communities better places to live, Elks officials reported.

The Elks group is considered one of the premier patriotic and charitable organizations in the U.S. There are more than 1,900 Elks Lodges across the country with a total membership nearing 800,000. There are 13,416 members from the state of Texas.

For more information about the community service organization, visit its website at www.elks.org.

Effort

From Page 1

past two weeks by thousands of irate citizens.

“Many concerned Americans are just as devastated as the marchers by what they are seeing and hearing regarding the children incarcerated in warehouse facilities and large canvass tents, but they are not able to join a protest march,” suggested James Hartnett, a retired business executive and U.S. Marine veteran who moved back to El Paso about five years ago.

Nonetheless, the consensus expressed among these individuals – concerned about the separation of families at the border but cannot participate in a protest march – is to support the private citizens, organizations, and agencies who are giving of their time, expertise, and compassion to help all those asylum-seeking immigrants currently in the government’s custody.

Several persons, on their own or as part of an organization, have volunteered to help these displaced migrants maneuver their way through the legal system, to provide medical

services, and to assist in reuniting the children with their parents.

Subsequently, the support for the protest can come through in-kind services, like the ones mentioned above, or support can come through monetary donations to organizations and agencies that are currently involved with the pressing immigration problem by providing necessary resources.

One of the leading supporters in this crisis is the Migrant Families Relief Fund (MFRF), which was created by the El Paso Community Foundation to aid local groups that are helping immigrant families. Donations provide for basic needs, shelter, and legal services. In a news release, the foundation said all credit card and administrative fees will be waived, with 100 percent of the donations going to provide direct services. Donations can be made at epcf.org/families.

According to MFRF officials, donations are being distributed to: the Diocesan Migrant & Refugee Services; Las Americas Immigrant Advocacy Center; Annunciation House, which provides shelter for immigrants; and to the Detained Migrant

Solidarity Committee, which helps pay immigration bonds to release immigrants from detention and reunite them with their families.

An agency that has been involved from the start of this situation has been the Refugee and Immigrant Center for Education and Legal Services (RAICES), which provides immigration-related legal services, advocacy and opportunities for educational and social support. The group has set up the Family Reunification and Bond Fund to directly support legal services for detained separated parents and to offer bond money to get parents released. To donate to RAICES, visit its website at: <https://actionnetwork.org/fundraising/bondfund>.

Also, Catholic Charities USA has taken action to provide services to people in need. One of the ministries that it is supporting is the Immigration & Refugee Services program, which provides a wide range of social and legal services that help immigrants get established in the community. In a news release issued June 15, the president and CEO of Catholic Charities Sister Donna Markham, urged U.S. Secretary of Homeland



– Photo by Alfredo Vasquez

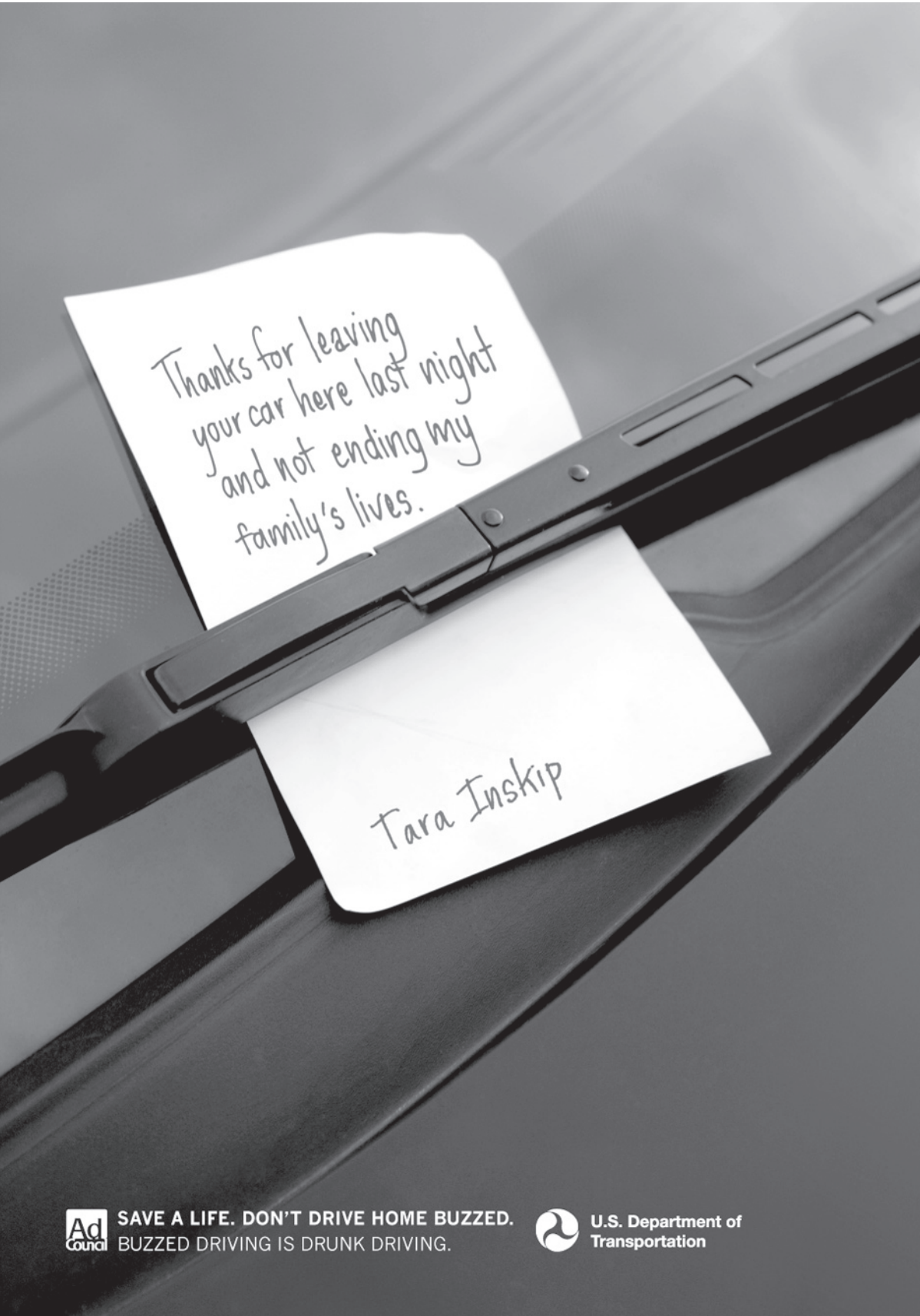
LET’S GET TOGETHER – The Tornillo protest allowed many people to voice their opposition to separating children from parents that seek asylum at the U.S.-Mexico border. The effort now is to reunite families.

Security Kirstjen Nielsen to “stop separating migrant families at the border”.

Additionally, there’s the American Civil Liberties Union (ACLU), which works to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States. The ACLU is a four-star charity according to Charity Navigator. To donate to the ACLU, visit its website at <https://www.aclu.org/donate-aclu>.

There is also the Texas Civil Rights Project, which is made up of Texas lawyers who promote equality and justice in and out of the courts, according to its website. At present, the organization submitted an Emergency Request for Precautionary Measures with the Inter-American Commission on Human Rights on the behalf of five families. To donate, visit its website at <https://texascivilrightsproject.org/families-belong-together-donate>.

Before giving to any organization, however, donors should verify that the organization is real and discloses how the donation will be used. Sites that help verify organizations and charities are Charity Navigator, GuideStar, and the Better Business Bureau’s website, Give.org.



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Harvard’s bias against Asian-Americans

The Harvard University admissions process appears to be an ongoing microaggression against Asian-Americans.

A group called Students for Fair Admissions is suing the school for alleged racial discrimination and has filed documents in federal court making a persuasive case, based on data provided by the school.

Harvard denies it, but one of the imperatives of the affirmative action regime in college admissions is that schools never admit what they are doing.

The great and good at Harvard will insist that Asian-Americans all be called by their preferred pronouns, but they won’t afford them equal treatment in the admissions process. They will upbraid anyone daring to ask an Asian-American where he is from, but will, in effect, hold his ethnic background against him.

And they will do it by relying on the stereotype of Asian-Americans as dull, unrelatable “model students.”

According to the analysis of Duke University economist Peter Arcidiacono, an expert for the plaintiffs, an Asian-American applicant who is a male, is not economically disadvantaged and has, based on his other characteristics, a 25 percent chance of getting in would see his odds markedly increase if he belonged to another group. His chances of admission would be

36 percent if he were white; 77 percent if he were Hispanic; and 95 percent if he were black.

Why is this? Among Harvard applicants, Asian-Americans have the highest average SAT scores and the highest academic index, combining the SAT and high-school performance. Somehow, though, they manage the lowest admission rates.

They supposedly fall down on their personal ratings, which includes the question of whether the applicants have a “positive personality.”

It just so happens that, per Harvard, otherwise high-achieving Asian-Americans are beset by chronically negative personalities. It’s amazing that they somehow manage to do well in school and extensively participate in extracurricular activities despite their glum outlook and downbeat personas. Alumni interviewers who actually meet them tend to rate them highly. No matter.

The Center for Equal Opportunity report notes the contrast between Caltech, which doesn’t have affirmative action, and Harvard, which does. At Caltech, Asian-Americans make up more than 40 percent of undergraduates, a proportion that has grown robustly since 2000. At Harvard, Asian-American representation is now at 22 percent.

A 2013 internal Harvard



analysis, according to the lawsuit, said that Asian-Americans would make up 43 percent of admissions if academics alone were the factor.

If Harvard applied its own standards to Harvard, it would be appalled by how it’s disadvantaging members of a minority group. It would encourage protests. It would refer itself for racial bias training. It would apologize and grovel and hope it all could be a teaching moment. But none of this will happen because it could lead to the admission of “too many Asians,” the scenario that its admissions policies and related subterfuge are designed to prevent.

The lawsuit includes an exchange with a teacher at exclusive Stuyvesant High School in New York City who breaks down and cries when she’s shown data on how much less likely her Asian students are to make it into Harvard. She’s upset by the unfairness of it – would that Harvard felt the same way.

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

How seniors can beat the heat
Tips for staying active, safe, as temperatures rise

By Efrem Castillo, M.D.
Special to the Courier

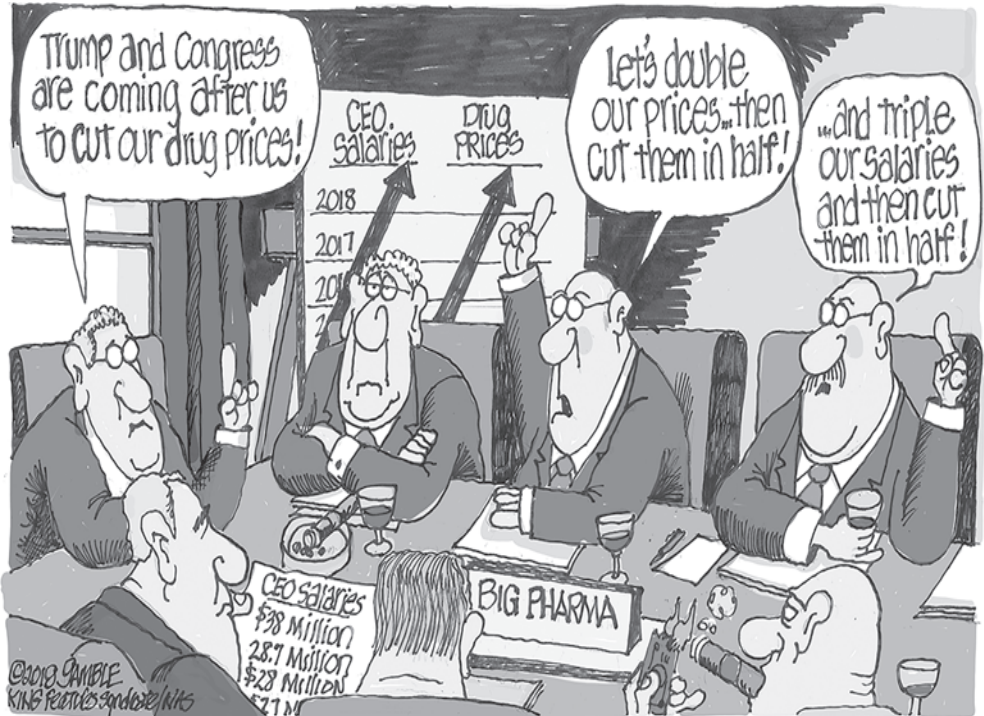
Today’s seniors are more active than ever before. Popular pastimes such as golf, bike riding and gardening provide daily opportunities to exercise and socialize, and there’s no better time to enjoy these outdoor pursuits than the summer months.

However, as temperatures rise, so do the risks of heat stress. Extreme heat can be dangerous for anyone, but older adults are especially vulnerable to conditions such as dehydration, heat exhaustion and heat stroke due to the body’s natural aging process, underlying chronic conditions and side effects from prescription drugs. Excessive exposure to heat can quickly lead to serious illness or even death in older adults, and today’s seniors could be at greater risk than previous generations as research shows summers are getting hotter over time.

The best defense against heat stress and related illnesses is staying informed, prepared and alert. The following tips can help older adults stay active, healthy and safe when temperatures are high.

- Know the signs. Be alert for common signs of heat exhaustion, which include heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea, vomiting and fainting. Seek medical attention right away if you notice any of these symptoms.
- Stay hydrated. Your body needs more water than you may think – and you need to drink before you are thirsty. Ask your doctor how much you should be drinking if you are directed to limit your fluid intake due to certain medications.
- Time it right and take plenty of breaks. Make the most of early morning and evening hours (before 11 a.m. and after 4 p.m.) when temperatures are cooler to do outdoor activities such as gardening or walking. Take regular breaks from the heat in air-conditioned areas or designated cooling centers, if necessary.
- Take it inside. Don’t let the heat keep you sedentary. When it’s

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Health and fitness tips for Men’s Health Month

By Dr. Marshall Dawer
Special to the Courier

June is Men’s Health Month and serves as a reminder of the many health challenges men face. These include lower life expectancy (76 years for men vs. 81 years for women); lower likelihood of visits to the doctor (76 percent of men had seen a doctor in the last year vs. 92 percent of women); and higher risk of being overweight or obese (nearly 71 percent for men vs. 59 percent for women).

From an economic standpoint, productivity losses related to men’s personal health issues may cost U.S. employers more than \$100 billion annually, according to the Centers for Disease Control & Prevention (CDC).

With that in mind, here are some wellness tips for men to consider:

Prevention is Important: Men are three-times as likely as women to go a year without visiting the doctor, and nearly twice as likely to be without a regular go-to doctor in times of sickness. To reverse these trends, now is the time to schedule an annual wellness visit with your primary care physician, providing an opportunity to take charge of your health and detect any potential health issues or

diseases early.

Reduce the Risk: The medical journal BMJ recently published a study showing that men take more senseless risks than women. This behavior can manifest itself in some unfortunate consequences. For example, men are more likely to be addicted to alcohol and tobacco than women; men are twice as likely as women to binge drink; and men are 80 percent more likely to misuse drugs than women. What’s more, some men are prone to push themselves physically, such as attempting a marathon, triathlon or an extreme sport. It’s a good idea to check with your physician before you engage in any extreme sport and start a slow and steady training routine.

Get Competitive in a Healthy Way: Men who take fewer risks and channel their competitive spirit in a healthy way can enhance their well-being and quality of life. One strategy is to pair up with a workout partner, someone who can hold you accountable and encourage you to achieve your wellness goals. Also, check if your employer offers a wellness program that enables people to earn rewards for achieving certain fitness goals or offers discounts on gym memberships. To help maintain overall health, it’s important for men to “compete

with themselves” and set realistic – and specific – exercise and diet goals.

Remember Behavioral Health: Numerous studies show that men are less likely than women to seek help, particularly for depression and other behavioral health issues. One potential barrier is some men might be embarrassed to ask for this type of assistance. To help with that, men can consider a virtual visit with a mental health provider via a mobile device or computer, a service that may already be available as part of their health care benefits. Virtual care can shorten wait times for an appointment, fit work and personal schedules, and eliminate travel time and expense. And, research shows that outcomes of a virtual visit with a mental health provider may be similar to in-person sessions for multiple disorders.

Following these tips may benefit men – and their families – for years to come. And by better understanding men’s unique health challenges, we can help men live happy and healthier lives.

Dr. Marshall Dawer is a senior medical director for UnitedHealthcare of Texas and Oklahoma.



By Samantha Weaver

- It was popular British romance author Jilly Cooper who made the following observation: “The male is a domestic animal which, if treated with firmness, can be trained to do most things.”
- If you’re like the average human, you blink about 17,000 times every day.
- Filmmaker George Lucas is arguably best known for his “Star Wars” franchise, but he also directed “American Graffiti.” During the making of that earlier film he designated each reel of film with an R before the reel’s number, and each instance of dialog was prefixed with a D. At one point during the sound mixing, the sound designer needed to use Reel 2, Dialog 2, and so asked for “R2D2.” Lucas liked the sound of it so much that he used it for the name of a robot character in his later work.

Briefs

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- within a month of July 4).
- \$5.4 Million: Value of American flags imported annually (mostly from China).
 - 46.9 Million: Number of people who travel 50+ miles from home for the 4th of July. Visit <https://wallethub.com/blog/4th-of-july-facts/22075/> for the full report.

– Diana Polk

Financial Independence

With Independence Day right around the corner, the personal-finance website WalletHub wanted to get a sense of just how free Americans are feeling. Its study of 2018’s *Most Independent States* measured how dependent Americans are on the government and other people for finances, their jobs and personal vices. Texas ranked 39th in this study. In addition, WalletHub conducted a nationally representative *Fourth of July Credit Card Survey*.

Other stats:

- Montana has the lowest share of private industry workers employed by foreign-owned firms, at 1.9 percent. That’s 4.3 times lower than in New Jersey, the highest at 8.1 percent.
- Pennsylvania has the lowest share of government workers (local, state and federal), at 10.6 percent. Alaska has the country’s highest share, at 25.2 percent.
- New Hampshire has the lowest share of residents in poverty, at 8.5 percent – 2.6 times lower than in Mississippi (22.3 percent). Visit <http://wallethub.com/edu/most-independent-states/36426/> for the full study.
- Fourth of July Credit Card Survey:
 - 39% of 4th of July shoppers will not earn rewards on their purchases.
 - Almost half (46%) of Americans trust their credit card company more than President Trump, Congress and the media.
 - 44% of Americans are prouder of their credit score than their country. The national average credit score is 672.
 - More people would rather declare independence from

- social media (22%) than bad credit (11%).
- 52% of Americans think the government tracks our credit card spending. Visit <https://wallethub.com/blog/4th-of-july-spending-survey/39371/> for more information.

– Diana Polk

Family friendly

With much of the Lone Star State thriving economically and the summer months ranking among the most popular times to move, the personal-finance website WalletHub has released an in-depth analysis of 2018’s *Best Cities for Families in Texas*. To identify the Texas towns best positioned to provide personal and professional happiness, WalletHub compared 117 of the state’s cities across 21 key metrics. Our data set ranges from the number of playgrounds per capita to the violent-crime and divorce rates. El Paso ranked 83rd in this analysis.

Other stats:

- University Park has the highest share of families with young children, 65.44%, which is 2.1 times higher than in Georgetown, the city with

- the lowest at 30.67%.
- Keller has the lowest property-crime rate per 1,000 residents, 5.63, which is 9.2 times lower than in San Antonio, the city with the highest at 51.90.
 - Southlake has the highest cost-of-living-adjusted median family annual income, \$136,291, which is three times higher than in San Benito, the city with the lowest at \$45,046.
 - Murphy has the lowest share of families living in poverty, 1.10 percent, which is 32.5 times lower than in San Benito, the city with the highest at 35.80 percent. Visit <https://wallethub.com/edu/best-places-to-live-in-texas/22419/> for the full report.

– Diana Polk

One tough granny

A rabid bobcat messed with the wrong granny in Hart County, GA. The Association of Mature American Citizens says that when the animal attacked 67-year-old DeDe Phillips recently she fought

See BRIEFS, Page 6

- At 6 feet, 4 inches tall, Abraham Lincoln is the tallest president in the history of the United States.
- I’d be very surprised if you’d ever heard of Bokassa I, former emperor of the Central African Republic. It’s interesting to note, though, that while he was on trial for infanticide, cannibalism and torture, he commented, “Being head of state is an extremely thankless job.”
- If you suffer from ophidiophobia – and, sadly, many people do – you may find the following tidbit to be rather unsettling: There are more than 3,000 different species of snakes.

- Researchers have discovered that humans aren’t the only ones to imbibe alcohol on a regular basis. It seems that the tiny pen-tailed tree shrew makes a habit of consuming naturally fermented palm flower nectar, which has an alcohol content of 3.8 percent – comparable to that of most beers.

Thought for the Day: “An intelligent man is sometimes forced to be drunk to spend time with his fools.”
– Ernest Hemingway

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CryptoQuip Answer

I recently read a motto that a lighting store had been using: “The customer is always bright.”

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Moments in time

THE HISTORY CHANNEL

- On July 9, 1947, in a ceremony at the Pentagon Gen. Dwight Eisenhower appoints Florence Blanchfield a lieutenant colonel in the U.S. Army, making her the first woman in U.S. history to hold permanent military rank.

• On July 10, 1992, the Alaska court of appeals overturns the conviction of Joseph Hazelwood, the former captain of the oil tanker Exxon Valdez. Hazelwood, who was found guilty of negligence for the massive oil spill in Prince William Sound in 1989, argued that he was entitled to immunity because he had reported the oil spill 20 minutes after the ship ran aground.

- On July 11, 1916, President Woodrow Wilson signs the Federal Aid Road Act. Since the mid-19th century, the building and maintenance of roads had been seen as a state and local responsibility.

- On July 12, 1984, Walter Mondale, Democratic presidential candidate, announces his choice of Rep. Geraldine Ferraro of New York as his running mate, the first woman nominated by a major party for the vice presidency.

- On July 13, 1930, France defeats Mexico 4-1 and the United States defeats Belgium 3-0 in the first-ever World Cup soccer matches, played simultaneously in host city Montevideo, Uruguay. The World Cup has since become the world's most watched sporting event.

- On July 14, 1968, Atlanta Braves slugger Henry “Hank” Aaron hits the 500th home run of his career. Aaron retired in 1976 as the all-time leader in runs batted in, extra base hits and total bases. He was named to the Baseball Hall of Fame in 1982.

- On July 15, 1606, Dutch master Rembrandt van Rijn is born in Leiden, the son of a miller. His humble origins may help account for the uncommon depth of compassion given to the human subjects of his art.

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Baseball’s marathon reaches the halfway point

By Steve Escajeda
Special to the Courier

All sports fans know that the Major League Baseball season is more of a marathon than a sprint.

As the days get hotter, the games just seem to come at a faster pace. Would you believe that we’re already approaching the midway point of the season this week?

That means that teams have played around 81 games of their eventual 162.

I can’t think of anything I can do 162 times.

Anyway, with the season advancing at such a rapid pace, it’s time to take a look at where the league is and what to expect for the second half of the year.

First of all, there were six super teams most experts picked to dominate this season. They were the New York Yankees, Boston Red Sox, Cleveland Indians, Washington Nationals, Los Angeles Dodgers and the defending champion Houston Astros.

Of course you could throw the Chicago

Cubs and Arizona Diamondbacks into the mix as well.

Well, the Yanks, Sox and Astros have been killing it since opening day. Those three teams have easily played the best baseball in the league. All three teams have won at least 20 more games than they’ve lost and are the only teams to do so – so far.

The Yankees are doing it with the long ball. When you have the two of the most feared homerun hitters in the league – Aaron Judge and Giancarlo Stanton – it isn’t surprising to learn this year’s Yanks are on pace to break the all-time MLB team homerun record.

The Red Sox are doing it with pitching and timely hitting. And the acquisition of MVP-candidate J.D. Martinez, to go along with their other MVP candidate – Mookie Betts – means Boston should battle the Yankees for the AL East crown all season long.

The Astros did it with an explosive batting lineup a year ago. Players like George Springer, Carlos Correa and reigning MVP Jose Altuve seemed to

come through every time they had to in 2017. All that hitting is back, but the ‘Stros have added something extra this season – they lead MLB in pitching with a ridiculous team ERA of just 2.83.

The Indians and Nationals and Dodgers all have winning records but have disappointed so far. They’re all hoping to turn it on during the second half of the year and hopefully carry that momentum into the playoffs.

And those other two teams, the Cubs and D-Backs also have winning records, but will have to pick up the pace to ensure postseason play.

Sometimes it’s more fun to look at the surprise teams and so far the biggest shock has come from the Seattle Mariners, who have been battling neck-and-neck with the Astros in the AL West all season.

After a losing season in 2017, Seattle has come out of nowhere to become one of the better stories of 2018.

The surprising other team, who has led the NL East for nearly the entire first half of the season, has been the Atlanta Braves. Though no one expects them to

still be around at the end of the season, the Braves haven’t shown any signs that they’ll wilt under the pressure – but don’t forget – it is a marathon.

Maybe the biggest disappointment so far has been the Los Angeles Dodgers. Going into last weekend the Dodgers were 39-35 and just 2.5 games behind the Diamondbacks for first place.

But don’t forget L.A. had the best record in the league last year (104-58) and took the Astros to game 7 of the World Series. The Dodgers were also the favorite to win this year’s World Series.

We also shouldn’t forget about the NL Central-leading Milwaukee Brewers. It’s true, they had a winning season a year ago (86-76) but were expected to come down to Earth this season. They haven’t.

The Astros and Dodgers and Yankees and Red Sox did so much to put baseball back on the map a year ago. The World Series between Houston and L.A. may have been the best ever.

I don’t know how they could possibly top that this year – but it should be fun watching them.

San Eli is primed for a breakout football season

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – There is a new kind of energy in the air in San Elizario,

Texas. This time it comes in the form of high school football, something the San Elizario High School (SEHS) Eagles have not had an opportunity to be excited about in a long time. The Eagles, who finished with a 0-10 record in 2017, are surprisingly

optimistic for the 2018 season.

It starts with the hiring of a new head football coach, Ray Aguilar Jr. Coach Aguilar has instilled a set of core values that are posted just about everywhere you look in the hallways of the new Vicente Delgadillo, Jr. Field House.

“When my kids or coaches are asked about SEHS Football, they will tell you about the core values. It is the backbone of this program – it is who we are,” said Aguilar. The core values are: Energy, Accountability, Grit, Love & Family, and Effort.

Since Aguilar’s arrival in May 2018, the Eagles have seen some major changes including record numbers in student participation, a new culture of positivity amongst athletes and coaches, the development of a freshman football team, the hiring of a well experienced coaching staff, success in the 7 on 7 passing league, and even a new logo. The change in culture combined with the return of several starters could lead to a winning

season for the eagles.

The defense will be led by their talented senior safety Nathan Guerrero. The offense returns some serious fire power in running back Ray Acevedo who will line up behind a young but powerful offensive line. Senior Quarterbacks Jacob Lopez and Chris Olvera will compete for the starting job.

“We’ve been working really hard this offseason to win a district championship,” said Acevedo. “The talent and energy is here we just need to give our best effort. Our coaches are helping us get 1% better every day and when the season is here we will turn it around.”

It is evident that Coach Aguilar has the Eagles believing in change. With all the effort, excitement, and change that is evident in San Elizario, it would no surprise to see the Eagles win their first district championship since 1999.

The Eagles will kick-off their season at home versus Riverside High School on August 31st at 7:00 PM.



HARDWARE AND VALUES – Senior DB Nathan Guerrero.

– Photo by Desiree Campos

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Heat

From Page 2

too hot for your usual outdoor jog or bike ride, explore indoor-based activities at the gym or your community center. Many Medicare Advantage plans cover gym memberships, so be sure to brush up on your benefits to get the most out of your plan.

- Use the buddy system. If you choose to do an outdoor activity when it’s hot, bring a friend. Besides enjoying each other’s company, you can help each other stay alert to any signs of heat stress or get help if necessary.
- Skip the stove. Cooking can heat up your living space quickly, so avoid turning on the stove or oven when it’s very hot. Cold foods like salad, fresh fruit and yogurt can be healthy, convenient and refreshing options when the mercury rises.

For more information about staying safe in the summer heat, check out this AARP article, or search for “heat safety” on AARP.org. You can find additional health and wellness information and tips for healthy living at newsroom.uhc.com.

Efrem Castillo, M.D., is the chief medical officer of UnitedHealthcare Medicare & Retirement.

Briefs

From Page 4

back. She suffered numerous bites and scratches but managed to grab the cat by the neck, strangling it to death with her bare hands. “It caught me slightly on my face, but I got him before he could do much damage there,” she told reporters. Ms. Phillips had just put a bumper sticker on her truck when the incident occurred. It read: “Women who behave rarely make history.”

– John Grimaldi

Lemon aid

School’s out for the summer and you can bet that there will be kids setting up their lemonade stands all across the country. You can also bet on hearing and reading stories of how some local officials are fining the kids for setting up shop without a permit. But, says the Association of Mature American Citizens, this year young entrepreneurs have a patron who will pay the fines for them. The makers of Country Time Lemonade have announced a program they call Country Time Legal-Ade. It will cover any such fine up to \$300 that may be imposed on kids up to 14 years of age.

– John Grimaldi

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



Genetic screening may help some

DEAR DR. ROACH: I am a 62-year-old female who weighs 97 pounds and is 4 feet, 10 inches tall. I'm a non-smoker, non-drinker. I'm a mother of three, take no medications and have no medical issues except acid reflux. My brother died of Ewing sarcoma at 6. My 10-year-old sister died of dysgerminoma. Mom was diagnosed with colon cancer at 47 and died at 52. Dad died of pancreatic cancer at 81 after being in remission from prostate cancer for five years. On Mom's side, her sister and aunt also had colon cancer. What screenings do I need? What screenings are needed for my two daughters, ages 41 and 43? My daughters' paternal grandmother died of breast cancer at 72. My other siblings, a 56-year-old brother and 68-year-old sister, are healthy. – G.T.



With so many cancers in your family, I would strongly suggest a visit with a genetic counselor. The combination of colon, pancreatic and prostate cancer suggests a genetic syndrome, such as Lynch syndrome and BRCA 1 or 2, although your history isn't classic for either of these. There are many less-common familial syndromes that increase the risk for various cancers, and we are gradually increasing our knowledge of them. Some of the cancers you mention are not associated with any known syndrome, such as Ewing sarcoma, a primary bone cancer, and dysgerminoma, a rare type of ovarian cancer. It's possible that your family has just been very unfortunate. Still, I would recommend getting more knowledge about any genetic risk you may have. With this information, you can learn the right screening strategies for yourself, as well as obtain information that could potentially be valuable to your siblings and children.

DEAR DR. ROACH: At first the doctors thought my wife had myasthenia gravis. After a series of tests, it was determined that she did not have that disease. However, the neurologists now think she has mitochondrial myopathy. Can you tell us a little more about this disease, please? – R.R.

Mitochondrial myopathies are a group of disorders of the mitochondria, which are responsible for the production of energy inside the cell. Almost all cells contain mitochondria, but muscle cells are loaded with them. Since they do so much of the energy consumption, muscles are most affected. These disorders used to be considered rare, but it is now thought

See HEALTH, Page 8

Super Crossword

LESSON IN TOLERANCE

ACROSS

1 Putting game

5 Graham of football

9 Train lines, e.g.:

Abbr.

13 Minnesota's capital

19 Hollywood's Sharif

20 Apparel

21 "Got it," facetiously

22 _del Fuego (island group)

23 Occur

25 Grizzly catcher's activity

27 Solidarity

28 Stock value

29 Florida resort

30 Moist

31 First part of an act

34 Lacking any amenities

38 Repulsive

43 Product's ultimate application

44 Pub mug

45 Nanny, e.g.

46 Captivity

48 Scholastic stat

49 Up vote

50 Digit with a relatively large nail

52 Fourth scale steps

53 Bubbling, as hot water

55 "I read you"

57 Not reveal one's

pain

61 Athletic shoe brand

63 Outward flow

64 Swenson of the screen

65 Sacred sites

67 Adam's mate

68 Minor deities

72 Other, to Jose

73 Tennis' Graf

75 Fed head Janet

76 Play fair

81 Towel off again

82 Sophia of the silver screen

83 Heckler's cry

84 Facial hair

86 In thing, temporarily

87 "Is" pluralized

88 Bewilder

91 Movie genre

92 Totally fulfill

93 Tiny nation in Europe

96 Be a sentinel for

99 Oppressive

101 Like pre-1991 Russia

102 Funny Philips

103 Code name

105 Ring count

106 Current flow measures

110 "It's Just a Matter of Time" singer of 1959

114 What the first

words of 23-, 25-, 38-, 57-, 76-, 96- and 110-Across can all mean

116 Bodega site

117 Major- (steward)

118 Author Oz

119 "Boyl" or "girl!" lead-in

120 Selected

121 Utah city

122 Thanksgiving side dish

123 "Sure thing"

DOWN

1 Set out for

2 Arab land

3 "A Prairie Home Companion" town

4 Rival one is amicable with

5 Night hooters

6 4:00 socials

7 Tic-toe linkup

8 Refinery rock

9 Paco of fashion

10 Regarding that matter

11 That, to Jose

12 Collate, e.g.

13 Tough one

14 Metal cake container

15 Besieger's bomb

16 Jackie's "O"

17 Sizable vase

18 Not keep up

24 Gp. against bullfighting

26 Includes

28 Diem lead-in

31 Many busts

32 Sever

33 Stymied

35 Yank at

36 Savory jelly

37 Tennis' Fraser

38 Glassy looks

39 Camry, e.g.

40 Special FX graphics

41 Boars, say

42 FBI worker

47 Davis of "Get on the Bus"

50 Composer Benjamin

51 Devitalized

53 Casbah city

54 Small hound

56 Cipher

58 Young moray, say

59 Lamentable

60 Part of IMO

62 Rein in

66 Perhaps

68 Becomes extinct

69 Long-loved item

70 Lower the value of

71 Gary of beat poetry

73 Yells

74 Projecting flat collar

76 Thrifty rival

77 Element #5

78 Actress Jacob

79 Male turkeys

80 LaBeouf of "I, Robot"

85 Botch it up

88 Straight whiskey type

89 Island that's Principe's partner

90 Poison

92 By one means or another

94 Knights' suits

95 Oreo, e.g.

97 Loud noise

98 "Chocolat" actor Johnny

100 Compass pt.

104 Within: Prefix

106 Molecule unit

107 Touse

108 Blues singer _ James

109 Pahlavi, e.g.

110 Telly channel

111 Cheer word

112 Gold, to Jose

113 Blue Jays, on scoreboards

114 Cough up

115 Actress Thurman

1	2	3	4		5	6	7	8		9	10	11	12		13	14	15	16	17	18
19					20					21					22					
23				24						25				26						
27									28				29							
			30					31	32				33		34			35	36	37
38	39				40	41						42		43						
44					45					46			47					48		
49					50					51			52			53	54			
55				56			57				58	59			60					
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76	77	78						79						80		81				
82																		83		
87																				
93																				
99																				
110	111	112																		
116																				
120																				

Answer Page 4

Health

From Page 7

that 1 in 10,000 people may have one of these disorders (which makes it uncommon, but not rare). Mitochondria come almost completely from the mother, and as a result, a family history of muscle problems in the maternal line suggests this diagnosis.

Mitochondrial myopathies range dramatically in severity. They are diagnosed with a combination of blood testing, EKG (since some can affect heart muscle), EMG (a test of the electrical activity of muscle), muscle biopsy and genetic tests of the mitochondria.

Unfortunately, I can't give you

any details at all about prognosis or treatment, which require a specific diagnosis. Most of these have no specific treatment, though L-carnitine, coenzyme Q10 and creatine often are tried. Your wife's neurologists will give you more information.

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) 2018 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: U equals T

B LDTDQUAC LDFX F RVUUV
UIFU F ABEIUBQE YUVLD IFX
WDDQ NYBQE: "UID TNYUVRDL
BY FAJFCY WLBEIU."

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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VA slashes backlog of claims appeals



by Freddy Groves

The Department of Veterans Affairs has announced a major reduction in the number of disability claim appeals that had piled up. This year it managed to clear 53,000 decisions, which is 86 percent more than the 28,000 the VA cleared during the same time last year. Its goal is to review 81,000 claims by the end of September.

How did the VA manage to finish so many claims when it couldn't manage it before? Part of the answer lies in the \$42 million that was used to hire 200 lawyers to write decisions, as well as 24 law judges.

One wonders how many lawyers they originally had, before adding the 200. One also wonders, unfortunately, about the qualifications of the 200 lawyers they hired, and who reviewed their employment applications.

To avoid having your initial claim denied, get help with your first application. Start with a veterans' service organization. Look at www.benefits.va.gov/vso/varo.asp and click on your state for a list of organizations at your local Regional Benefit Office. The list includes the organizations, their location at the benefit office and their phone number.

To avoid being denied again during an appeal, your best bet is to get a lawyer, but beware. Be sure your lawyer is up to the task. Ask other veterans for references if they've gone the appeal route. Then ask the potential lawyer a lot of questions, like: How long have they done veteran appeals? Are they VA accredited?

Since you'll no doubt pay a hefty fee (a portion of your benefits after you win) to a lawyer, be sure you're getting a good one. If you're getting years of back pay, that could add up to a lot of money you're handing over.

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Archives: www.wtxcc.com

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!

	×		-		26
+		-		+	
	÷		×		24
×		×		+	
	×		+		11
26		25		15	

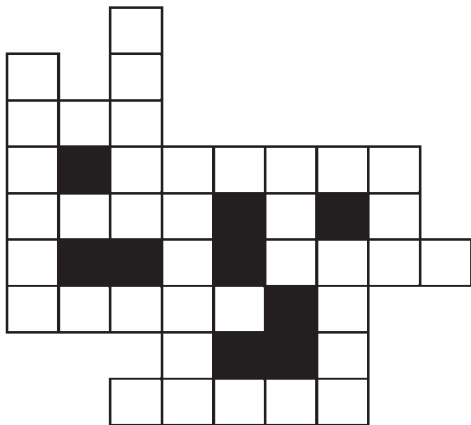
1 2 3 4 5 6 8 8 9

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Answer Page 4



NNO
GLALEE
TREEN
♥ALER
♥YEMNAL
♥GLE
♥NETR
LEAMT
♥RMA
NEGCAL
♥NEGLA
♥OLEN



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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• Moving tip: Put books into suitcases, which often have wheels and good handles, in order to transport them. Books placed in boxes can get unbalanced when they don't fill the box efficiently. It makes them hard to carry and hard to stack, since you risk the corners crushing. But suitcases are easy to carry right to the shelf before unloading.

• Finding a bandage to cover a skinned knee or elbow is almost impossible. These can be a large or irregular area that doesn't fit under even the most generous of bandages, and adhesive bandages just don't stick well over a joint. Here's a tip for that: Apply antibacterial ointment generously, then cover the knee or elbow with a regular gauze pad. Then add a "sleeve" cut from a pair of tights. It moves with the joint without bunching up the way an ACE bandage does, and it stays in place.

• "After the kids decorated cupcakes one day, I found that the counter and floor were covered with little spilled sprinkles. They were the ball kind, and they were hard to pick up. Rather than sweeping them up (which made them go flying), I used a lint roller, which worked perfectly."
— S.I. in New York

• "To save money on electricity, hang jeans and other heavy clothing to dry first. When it's mostly dry, pop it in the dryer to fluff. Do the same with towels. The dryer softens it, but the sunlight dries it well, and I think it smells better too."
— U.F. in Ohio

• Some facts about cantaloupe, now in prime season: Choose fruit that is smooth and round, with a depressed, soft scar on the stem end. Look for netting on the skin that is even and yellow, not green. One cantaloupe will get you about 50 melon balls or 4 cups of fruit when diced.

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

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