



NEWSBRIEFS

First time homes

With July being one of the top months for home sales and nearly 40% of 2018’s single-family home purchases made by first-time buyers, the personal-finance website WalletHub has released its report on *2019’s Best & Worst Cities for First-Time Home Buyers* as well as accompanying videos. To determine the most favorable housing markets for first-time buyers, WalletHub took the pulse of real estate in 300 cities of varying sizes using 27 key metrics. The data set ranges from housing affordability to real-estate tax rate to property-crime rate. El Paso ranked 81st in this report. Other stats:

- Akron, OH has the most affordable housing (median house price divided by median annual household income), with a ratio of 1.83, which is 8.2 times cheaper than in Berkeley, CA, the city with the least affordable housing, with a ratio of 15.04.
- Honolulu, HI has the lowest real-estate tax rate, 0.29 percent, which is 12.9 times lower than in Waterbury, CT, the city with the highest at 3.74 percent.
- Cleveland, OH has the highest rent-to-price ratio, 16.00 percent, which is 6.1 times higher than in Sunnyvale, CA, the city with the lowest at 2.61 percent.
- Shreveport, LA, has the lowest average energy cost per household, \$93.58, which is 4.2 times lower than in Honolulu, HI, the city with the highest at \$388.65.

Visit <https://wallethub.com/edu/best-and-worst-cities-for-first-time-home-buyers/5564/> for the full report.

– Diana Polk

Student debt

With several candidates for the 2020 presidential election proposing the cancellation or refinancing of America’s massive student debt load, the personal-finance website WalletHub today released its report on *2019’s States with the Most and Least Student Debt* as well as accompanying videos. To determine the states that are friendliest toward student-loan debtors, WalletHub compared the 50 states and the District of Columbia across 12 key metrics. The data set ranges from average student debt to unemployment rate among the population aged 25 to 34 to share of students with past-due

See BRIEFS, Page 2

Nobody ever made a law that could prevent people from making a fools of themselves.

– Quips & Quotes



– Photo by Brandon Jakobeit

BIG VISTAS – The Mesa de Anguila trail, recommended for experienced backpackers, offers exceptional views of Big Bend National Park.

Big Bend, Texas’ grandest gift, celebrates 75th anniversary

By Alfredo Vasquez
Special to the Courier

TEXAS – Seventy-five years ago, in the midst of World War II, President Franklin Roosevelt met with a Texas delegation to sign legislation that established what would become Big Bend National Park, thus capping a decades-long effort to preserve a state and national treasure.

“It’s pretty profound that during the D-Day invasion, when the world’s on fire and no one knew what the outcome would be, there were forward-thinking people who knew we would need special places like this once we were through those difficult times,” stated Tom Vandenberg, Big Bend Park’s chief of interpretation and visitor services.

Big Bend State Park, originally called Texas Canyons State Park, was purchased from private landowners by the state for \$1.5 million in 1942 and gifted to the federal government in late 1943. Big Bend was officially declared a national

park on June 6, 1944.

To celebrate Big Bend’s milestone anniversary, park officials are currently showcasing new exhibits at the visitors’ center and interpretative displays of one of the most ecologically diverse national parks in the country, offering visitors sights of plants and animals rarely seen anywhere else in the United States. As a bonus, Vandenberg stated that the significant rainfall this past year is making for a particularly glorious wildflower season.

Big Bend National Park, which is about a five-hour drive from El Paso County, is more than 800,000 acres of public land that encompasses the southwestern border of Texas along the Rio Grande. The park is home to about 430 different species of birds, and other wildlife that includes black bears, mountain lions, and desert bighorn sheep. This year, the park is also experiencing one of its biggest wild flower blooms ever recorded including hundreds of century plants, a kind of agave plant that grows at the mid-elevation of the park.

“Every year it seems like there’s another



exciting sighting,” Vandenberg related. “If you just want to park your car and get out and be surrounded by wide open spaces, it’s the best place to do it.”

Big Bend has a range in environments because of its elevation, which reaches more than 7,800 feet at Emory Peak. That peak is located in Big Bend’s mountain range, the Chisos Mountains, which are home to desert plants, as well as oak and pine trees, and more birds like the lucifer hummingbird and the Colima warbler found nowhere else in the country.

Visitors can also see the park at its lowest elevation, within the canyons around the Rio Grande at the southern edge of Big Bend. Because of the canyons, the desert at mid-elevation, and the Chisos Mountains, Vandenberg said that the park is really like three separate ecosystems in one park. This can be seen in the juxtaposed environment and ecology, such as cacti blooming next to large oak trees and the mountains and shrubbery growing next to the Chihuahuan Desert, according to the park ranger.

There are also scenic routes visitors

El Paso exceeds federal air quality standards

Drive Clean Texas campaign aims to reduce air pollution

By Jeff Salzgeber
Special to the Courier


TEXAS – With summer here, Texans are rolling the windows down and hitting the road for a breath of fresh air. The

Texas Department of Transportation’s (TxDOT) Drive Clean Texas campaign asks all drivers to do their part to make sure that breath is clean and healthy.

Emissions from cars and trucks can

See AIR QUALITY, Page 5

See BIG BEND, Page 7



YOUR Gift
IS A WAY
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LUNG DISEASE

Find out how you can help ...

www.texaslung.org

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

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Tornillo Independent School District PUBLIC NOTICE

The Tornillo Independent School District Special Education Department will be destroying confidential student information on special education students who have graduated, moved or were dismissed in 2009. Parents of these students may come to the Special Education Department located at 19200 Cobb Avenue in Tornillo on Monday through Friday from 8 a.m. to 5:00 p.m. to claim their child’s file. The remaining files will be destroyed as per state directives 30 days from the date of this notice. If you have any questions, please call Georgina Miramontes, M.Ed Special Education/504 Coordinator at (915) 765-3040.

AVISO

El Departamento de Educación Especial del Distrito Escolar de Tornillo va a destruir los archivos confidenciales de estudiantes que estaban en el programa de educación especial que han graduado, se han movido, o fueron despedidos en el año escolar de 2009. Los padres de estos estudiantes pueden venir a la oficina del Departamento de Educacion Especial del Distrito Escolar de Tornillo en 19200 Cobb Avenue, de lunes a viernes de 8:00-5:00 de la tarde a recoger los archivos de sus hijos. Los archivos que no sean recogidos van a ser destruidos como manda el estado en 30 días después de este aviso. Si tienen preguntas, llamen al teléfono Georgina Miramontes, M.Ed Coordinador de Educación Especial/504 al (915) 765-3040.

WTCC: 07-18-19

Food for thought By John Grimaldi

We’re living longer and happier

Life’s happy hour doesn’t occur until we are getting on in years, peaking at about age 70, according to one of the largest studies of its kind. The research was conducted by Harvard Medical School and its affiliate, McLean Hospital and the results of the analysis was reported recently in published in the Journal of Experimental Psychology.

Dan Weber, president of the Association of Mature American Citizens (AMAC), speculates that the healthier regime of senior citizens these days has a lot to do with the fact that it’s getting easier to grow old. “After all, the trend of adopting healthier lifestyles combined with the fast-paced advancements in medicine go a long way toward providing us with reason to be happy.”

Dr. Laura Germine, senior author of the research report, told reporters the study saw “declines in many visual perceptual abilities as we get older, but here we did not see such declines in the perception of happiness. These findings fit well with other research showing that older adults tend to have more positive emotions and a positive outlook.”

The fact is, says Weber, people are living longer than ever before. He cites The Centenarian, which keeps track of longevity statistics and which reports that the country with the most 100-year-olds is the U.S. It is estimated that there are currently more than 72,000 centenarians in America. And, the Web site predicts, “If the population of centenarians continues to increase at its current rate of expansion there could be close to 1 million people of 100 years of age or more by 2050 residing in the US.”

UC Berkeley professor Kenneth Wachter, a leading authority in the field of demographics, says that the extent to which human beings can live is “yet in sight. Not only do we see mortality rates that stop getting worse with age, we see them getting slightly better over time.”

The Boston University School of Medicine boasts that it has been conducting the world’s largest and most comprehensive study of centenarians. It is called the New England Centenarian Study (NECS) and when it was established one person out of 10,000 living in the U.S. Its most recent calculations puts the number of centenarians at one out of 5,000. And, the NECS reports that the number of American supercentenarians is growing as well.

Dr. Thomas Perls, director of the study, says that health related behavior – what we eat, how we exercise, etc. – is responsible for 70% of our aging process, with genetics accounting for 30%. But, he says, for supercentenarians, it’s 70% genetic.

AMAC’s Weber notes that the NCES offers us a chance to calculate our own longevity based on 40 questions about our health and that of family members. “To paraphrase Star Trek’s very own Vulcan, Mr. Spock, live long and be happy.”

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

Briefs

From Page 1

loan balances. Texas was 24th in this report (1-most, 51-least), ranking:

- 33rd – Avg. Student Debt;
- 33rd – Proportion of Students with Debt;
- 24th – Student Debt as % of Income (Adjusted for Cost of Living);
- 27th – Unemployment Rate of Population Aged 25 to 34;
- 12th – Percent of Student Loans Past Due or in Default;
- 35th – Percent of Student-Loan Borrowers Aged 50+;
- 20th – Availability of Student Jobs;
- 4th – Availability of Paid Internships; and

• 18th – Grant Growth. Visit <https://wallethub.com/edu/best-and-worst-states-for-student-debt/7520/> for the full report.

– Diana Polk

Who’s the pigeon?

The slang term, pigeon, is defined as a person who is easily swindled. But, in this case some may see it as the pigeon having the upper hand. A bidder in China recently purchased a Belgian racing pigeon for \$1.4 million at an online auction site. Armando, the pigeon, was described on the PIPA auction Web site as “the best long distance pigeon of all time in Belgium, and perhaps even worldwide.” But, only time will tell if the bird is


worth the price. Until now, the highest price ever paid for a racing pigeon was \$450,000, nearly one million dollars less than Armando’s price tag.

– John Grimaldi

This little piggy

Pigcasso is quite the talented porcine. Fortunately, she was rescued from a South African slaughterhouse when she was just a piglet and handed over to the folks at an animal sanctuary. It was there that her talent for painting was discovered. Her art sells for thousands of dollars reports Reuters. The news agency notes that the money she earns is earmarked for animal welfare causes.

– John Grimaldi



1973
46
Years
2019

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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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TexasSure catches drivers without insurance.

The US women are winners, not victims

The women of the U.S. national soccer team are famous for being extraordinary athletes, repeat world champions – and plaintiffs.

The team’s lawsuit alleging pay discrimination against the U.S. Soccer Federation has done much to define its identity. A nearly perfect run through the World Cup has been widely interpreted as vindication of the merits of its case, so much so that fans chanted “equal pay” after the U.S. victory in the final over the Netherlands and booed the head of FIFA, the sponsor of the World Cup, during the trophy ceremony.

It’s not to take anything away from the women’s achievement – they never trailed the entire tournament – to note that the equal-pay complaint is almost entirely bunk.

It is true that the American women, who sweat and practice as much as their male compatriots (perhaps more, given their superior results), don’t make as much. But the women’s game isn’t as popular or profitable, which fundamentally drives pay.

The total prize money for the women’s 2019 World Cup was \$30 million, with the champion taking away about \$4 million.

The total prize money for the men’s 2018 World Cup was \$400 million, with the champions winning \$38 million.

This seems blatantly unfair, until you take into account the completely different viewership and revenue from the two events. FIFA raked in more than \$6 billion from the 2018 men’s World Cup. The women’s 2019 World Cup has been projected, when all is said and done, to make about \$130 million.

The women’s tournament this

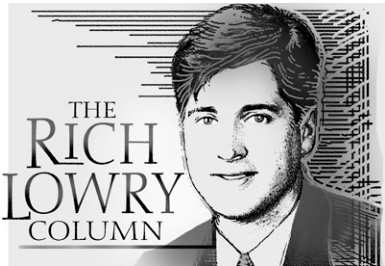
year may have garnered about a billion viewers across all platforms, nothing to sneeze at, but the 2018 men’s World Cup had more than a billion viewers just for the final game.

The lawsuit’s explanation for a smaller audience for the women’s team is what it calls “manufactured revenue depression,” a deliberate effort by the federation to squelch the women’s reach and undercut their ticket prices. Perhaps the federationshouldhavedonemore,

and can do more, to promote the women’s game, but the smaller women’s audience can’t be the work of one organization.

Another element of pay for women’s and men’s players is their play for professional leagues, where the scale of the audiences is, again, vastly different.

The National Women’s Soccer League has two strong teams that average more than 10,000 fans per game, but the other seven teams in the league average



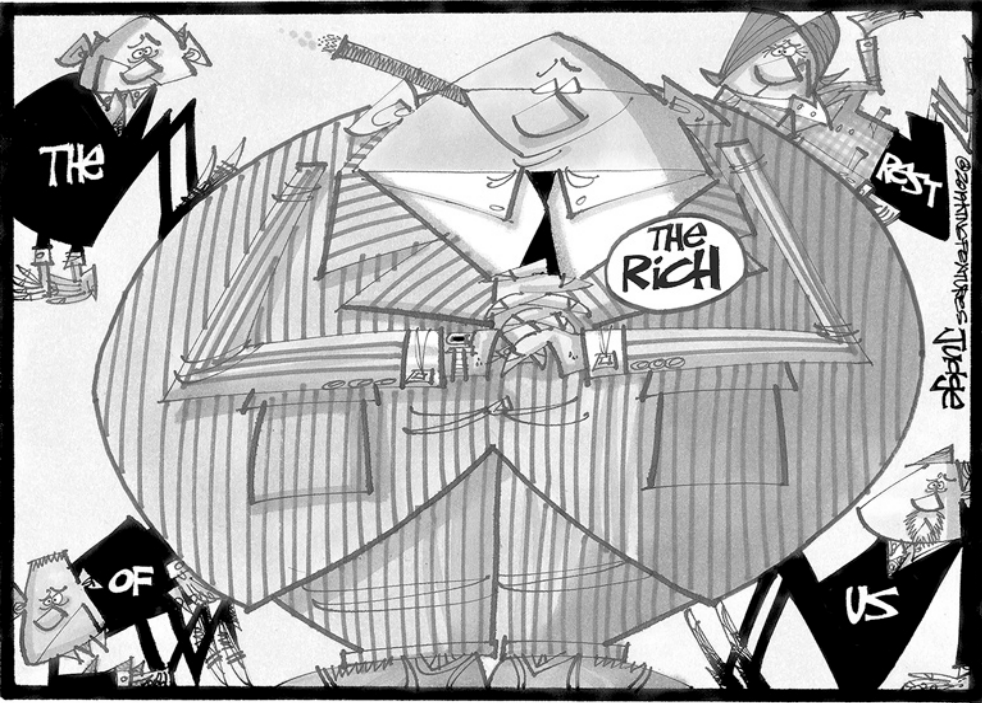
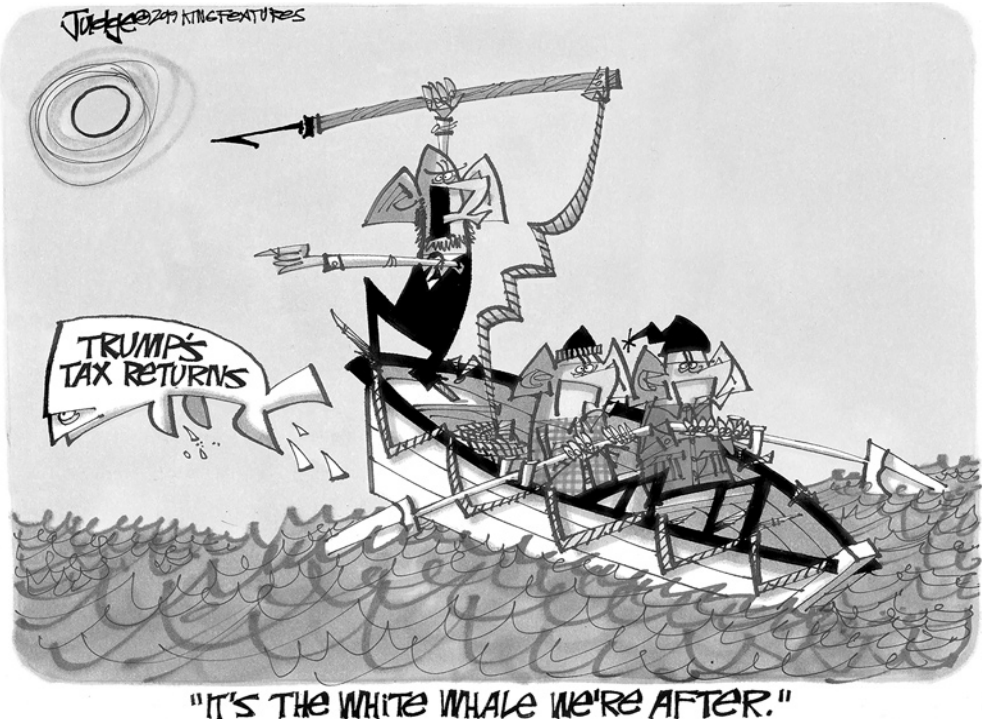
fewer than 5,000. Sky Blue FC, based in Piscataway, New Jersey, averages 1,432.

By way of comparison, the worst of the men’s Major League Soccer teams, the Chicago Fire, averages 11,417. The best-attended team, Atlanta United, has drawn roughly 70,000 people for four home games this season, about the total attendance for all NWSL games so far.

The women and men have two different collective bargaining agreements, and different World Cup hoops to jump through, so making direct apple-to-apple comparisons is complicated. It’s hard to argue, though, with the simple approach the women say that they have proposed in the past – revenue sharing based on how much money they bring in.

There’s risk to this arrangement if the women underperform, but this group is nothing if not self-confident, and so far has always delivered.

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



WHAT OUR ECONOMIC EXPANSION LOOKS LIKE.



True Texas by Roger T. Moore

Jalapeno Jelly was first concocted in Lake Jackson in the late seventies.

Tornillo Independent School District Public Notice

Special Needs Programs at Tornillo ISD for 2019-2020 School Year

Tornillo Independent School District provides access to identification of children with suspected disabilities who reside within the district; eligible students will be afforded a free, appropriate public education beginning on their third birthday and continuing through their 21st birthday, under the Individuals with Disabilities Education Act (IDEA).

Services are available to all eligible children identified with one or more areas including physical disability, intellectual disability, emotional disability, specific learning disability, autism, speech disability, traumatic brain injury, visual or auditory impairment or other health impairment.

In compliance with the Family Educational Rights and Privacy Act of 1974, (FERPA) which governs the access of educational information and records, parents and adult students have the right to inspect educational records. District policy FL provide for record access, confidentiality, and complaint procedures.

If you would like more information or know of a disabled child who is not receiving educational services, and who is residing within the Tornillo Independent School District please contact: Georgina Miramontes, M. Ed Special Education Coordinator, Tornillo ISD, at (915) 765-3040.

Noticia Pública

Aviso de Programas de Necesidades Especiales en Tornillo ISD para el Año 2019-2020

El distrito escolar independiente de Tornillo provee acceso a la identificación de niños con incapacidades que viven dentro del distrito; los estudiantes que califiquen recibirán una educación pública, gratuita, y adecuada comenzando con su tercer cumpleaños hasta el fin de los 21 años de edad, bajo el Acto de Individuos con Incapacidades (IDEA).

Estos servicios son disponibles para todos los niños identificados con una incapacidad y que esten experimentando dificultades en una o mas de las siguientes areas: incapacidad fisica, incapacidad intelectual o emocional, descapacidad de aprendizaje, autismo, descapacidad del habla, daño cerebral por trauma, descapacidad visual o auditive o cualquier otra descapacidad de salud.

Conforme al Acto de Confidencia y de Derechos Educativos de la Familia de 1974, padres y alumnos adultos tienen el derecho de ver los archivos educativos. La póliza del Distrito FL provee acceso a archivos, confidencialidad, y proceso de reclamación. Si usted desea más información o sabe de un niño/niña incapacitado que vive en el distrito escolar de Tornillo y que no esta recibiendo servicios educativos, favor de comunicarse con: Georgina Miramontes, M. Ed Cordinadora de Educacion Especial, Tornillo ISD, (915) 765-3040.

Strange BUT TRUE

By Samantha Weaver

- It was noted 20th-century American poet e.e. cummings who made the following sage observation: “The most wasted of all days is one without laughter.”

- Those who study such things claim that a single teaspoon of ordinary soil contains more living creatures than all the humans on the planet.

- Albert Einstein's final words are lost to history. He spoke his last words in his birth tongue, German, and it seems that the nurse who was attending him during his last moments spoke only English.

- Other than the fact that they were all famous writers, what did Charles Dickens, Edgar Allen Poe, Mark Twain, Louisa May Alcott, James A. Michener and Leo Tolstoy have in common? They all were adopted.

- The monkfish, a species of anglerfish found primarily in the northwestern Atlantic Ocean, has an enormous head. Really, really enormous. The monkfish's head is so large, in fact, that it makes up three-quarters of its body.

- It's been reported that country singer-songwriter Willie Nelson believes he's had numerous previous lives, including at least one as a Native American.

- In an anthropological study once conducted in Papua New Guinea, it was found that one in three adult deaths was the result of homicide. And it seems that those murdered were often targeted because they were suspected of practicing sorcery.

- If you've ever worn a tuxedo, you know what a cummerbund is, but you probably don't know the origin of the word. It comes from a Hindi word meaning "waistband."

Thought for the Day: “Writers have two main problems. One is writer’s block, when the words won’t come at all, and the other is logorrhea, when the words come so fast that they can hardly get in the wastebasket in time.”
– Cecilia Bartholomew

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Moments in time

THE HISTORY CHANNEL

- On July 15, 1965, the unmanned spacecraft Mariner 4 passes over Mars at an altitude of 6,000 feet and transmits the first close-up images of the red planet. The 22 pictures revealed a barren wasteland of craters, dismissing 19th-century speculations that an advanced civilization might exist there.

- On July 16, 1999, John F. Kennedy, Jr., his wife and her sister are killed when the single-engine plane he was piloting crashes into the Atlantic Ocean off Massachusetts. Kennedy had turned down an offer from a flight instructor to accompany him, saying he “wanted to do it alone.”

- On July 17, 1941, New York Yankees center fielder Joe DiMaggio fails to get a hit against the Cleveland Indians, bringing his historic 56-game hitting streak to an end. DiMaggio also lost the \$10,000 promised to him by the Heinz ketchup for matching the number “57” featured on its labels.

- On July 18, 1986, new close-up videos of the sunken ocean liner Titanic are released. The wreck was found in 1985 off Newfoundland, 13,000 feet down on the ocean floor. The Titanic sank in 1912.

- On July 19, 1884, President Chester Arthur issues a proclamation that grants him and the federal government the power to quarantine persons entering the U.S. to avoid the spread of “pestilence” (tuberculosis).

- On July 20, 1972, a two-year study by the U.S. Department of Transportation concludes that 1960-63 Chevrolet Corvairs are at least as safe as comparable models of other cars. In his book "Unsafe at Any Speed," Ralph Nader had targeted the rear-engined Corvair due to its tendency to roll over.

- On July 21, 1959, Elijah Jerry “Pumpsie” Green makes his Boston Red Sox debut, becoming the first African American ever to play for the Red Sox, the last team in the major leagues to integrate.

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CryptoQuip Answer

Do you suppose the factory that manufactures sleeping pills might be designated a slumber mill?

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Air quality

From Page 1

make up close to half of the air pollution in some parts of the state. There are four areas – Houston/Galveston, Dallas/Fort Worth, San Antonio and El Paso – that do not meet federal clean air standards as established by the Clean Air Act. Additionally – Austin, Victoria, Tyler/Longview, Beaumont/Port Arthur and Corpus Christi – are close to exceeding healthy levels of air pollutants.

That’s why TxDOT developed the Drive Clean Texas campaign, designed to demonstrate how simple changes in driving behaviors can have a big impact on vehicle emissions and air quality.

“As Texans hit the road this summer, Drive Clean Texas is asking everyone to help reduce vehicle air pollution,” said Texas Transportation Commissioner Jeff Austin III. “Making simple adjustments to the way we drive and maintain our vehicles can help us all get where we need to go and reduce

air pollution along the way. It’s a win-win for our families and our wallets.”

TxDOT will be taking the hands-on, educational Drive Clean Texas Road Trip Challenge Game to cities around the state where air quality is an issue. The game is a fun, interactive way to learn about reducing harmful vehicle emissions by taking a Drive Clean digital road trip on a large smartphone. Each time a wrong answer is selected, a puff of harmless “smoke” – representing vehicle emissions – is released into a giant, clear bubble encasing an actual sports car. Participants get hands-on training in basic tips in vehicle maintenance for optimal clean driving.

Drive Clean Texas suggests the following simple steps to help protect the state’s air quality:

- Keep vehicles well-maintained and inflate tires to recommended air pressure levels.
- Properly fuel vehicles by tightly sealing the gas cap.
- Stop at the click when fueling your vehicle. Overfilling

the tank releases harmful fumes into the air.

- Drive smart by obeying speed limits.
- Avoid idling the vehicle for extended periods of time.
- Avoid aggressive driving with rapid starts and stops.

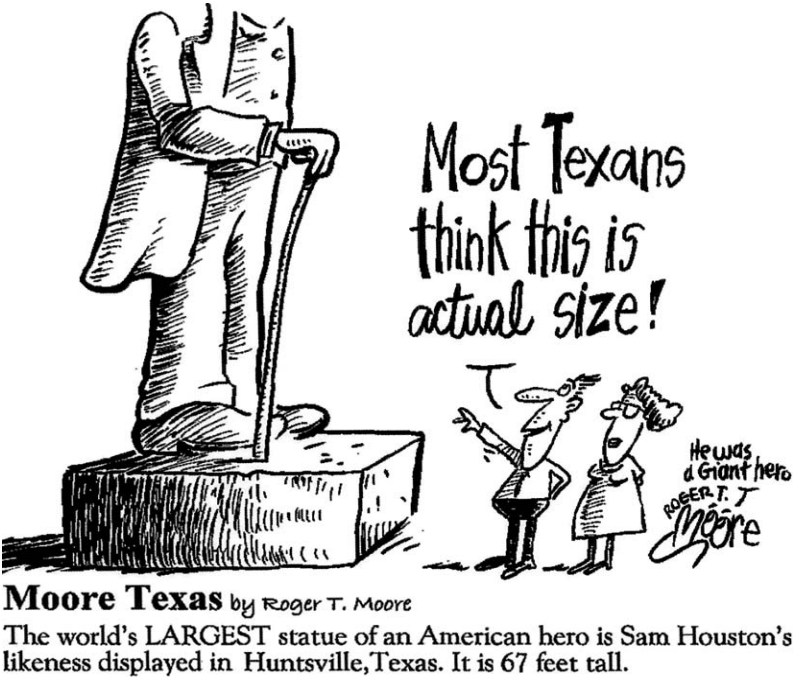
To learn more about “Drive Clean Texas,” visit drivecleantexas.org.

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Tornillo Independent School District Public Notice

Notification of Nondiscrimination in Career and Technical Education Programs at Tornillo ISD for 2019-2020 School Year

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

Noticia Pública

Notificación de No-Discriminación en los Programas Educativos de Carrera y Tecnología en Tornillo ISD por el año escolar 2019-2020

- 1) El Distrito Escolar Independiente de Tornillo esta ofreciendo programas de Agricultura, Arte, Comunicaciones, Educación de Negocios y Administración, Finanzas, Cosmetología y Educación en Tecnología. La admisión a estos programas es basada en la inscripción total actual en el distrito escolar de Tornillo, y también en el cumplimiento de los requisitos de las clases.
- 2) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, género, o incapacidad en los programas de carreras y tecnología, servicios, o actividades asi como es requerido por el Acta de Derechos Civiles Titulo IV de 1964, como enmienda; Titulo IX de las Enmiendas Educativas de 1972; y la sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 3) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, género, incapacidad, o edad en sus practicas de empleo como esta requerido por el Acta de Derechos Civiles Titulo IV de 1964, como enmienda, Titulo IX de las Enmiendas Educativas de 1972; y el Acta de discriminación a la edad de 1975 como enmienda; y la sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 4) El Distrito Escolar Independiente de Tornillo tomará medidas para asegurar que la falta de destreza en el idioma ingles no sea un obstáculo para la admisión y participación en todos los programas vocacionales y educativos.
- 5) Para mas información de sus derechos y procedimiento de agravios, puede ponerse en contacto con la coordinadora del Título IX, Lizeth Carroll, Directora de Recursos Humanos, PO Box 170, 19200 Cobb Ave., Tornillo Texas 79853 o llame al (915) 765-3000.

Tornillo Independent School District Public Notice of Nondiscrimination

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

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

Inquiries concerning your rights may be referred to Lizeth Carroll, Human Resources Director, P.O. Box 170, Tornillo, TX 79853. Phone: (915) 765-3000. Fax: (915) 765-3099.

Notificación Pública No Discriminar en Tornillo ISD

Es la regla del distrito escolar de Tornillo prohibir discriminación basada en raza, color, origen de nacionalidad, sexo o cualquier persona con discapacidad en la admisión o acceso a programas, entrega de servicios o empleo.

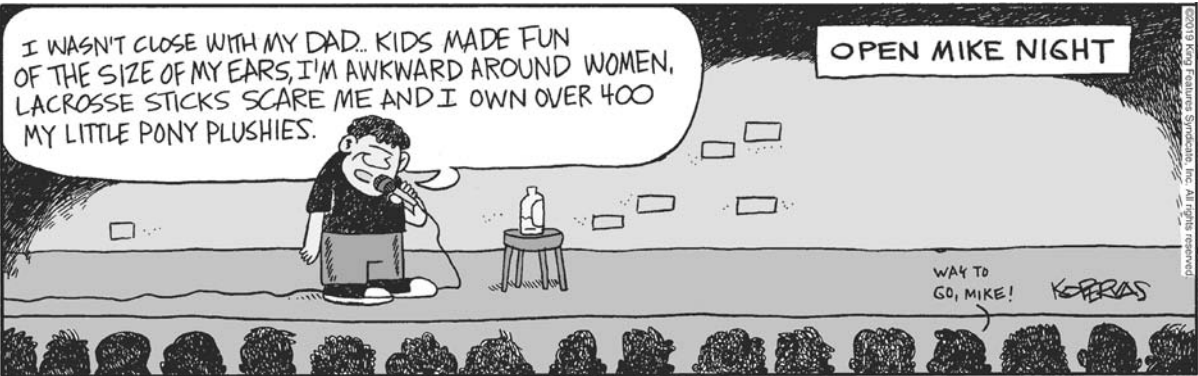
El distrito escolar de Tornillo esta comprometido a cumplir con las responsabilidades especificadas en el Título VI del Acta de Derechos Civiles de 1964, como enmienda, el Titulo IX de la Enmienda de Educación de 1972, que prohíbe la discriminación sexual, la Acta de la Discriminación por edad de 1975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

Para mas información acerca de sus derechos favor de comunicarse con Lizeth Carroll, Directora de Recursos Humanos, PO Box 170, Tornillo TX 79853. Teléfono: (915) 765-3000. Fax: (915) 765-3099.

Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



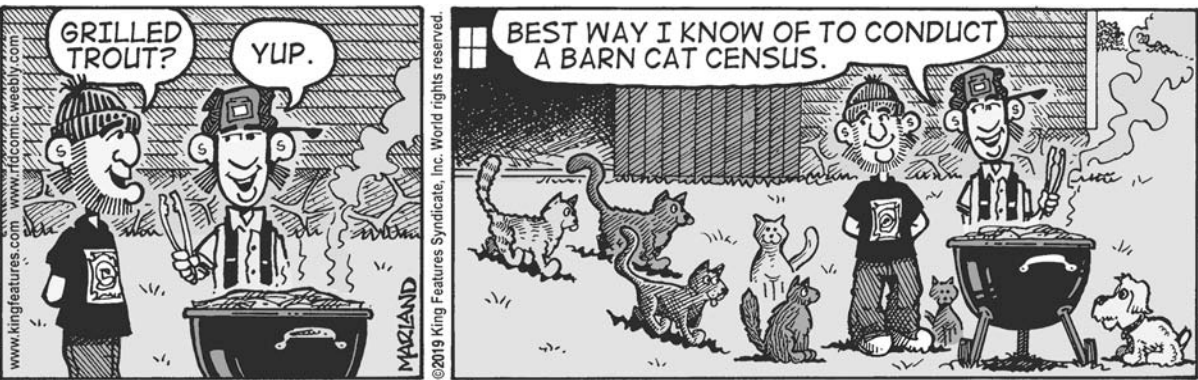
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Persistent underarm odor can be minimized

DEAR DR. ROACH: I have underarm odor. I wash daily, use deodorant and change my shirts daily. I use mostly cotton shirts and undershirts. I launder my shirts with soap mixed with bicarbonate sodium (baking soda) to eliminate odor. In spite of all this, deodorants seem to work for few hours and then fade away. What other solutions do you have for this problem, whether it's what to use for the underarm or what to wash the clothes with? Thanks. – N.I.



Body odor comes mainly from bacteria that grow in the moist areas, like axillae (armpits). Keeping them dry and minimizing bacteria are then the ways to minimize body odor.

Antiperspirant, rather than deodorant, is effective at keeping the axillae dryer. Applying at nighttime after shower or bath may be more effective. Occasional use of a topical antibiotic to the axillae can keep bacteria growth down as well.

Diet can have a role, too. Sulfur-containing foods like garlic, along with onions and many curries, can cause a strong odor.

As far as washing clothes, most detergents do a very good job of removing the odor-causing bacteria.

DEAR DR. ROACH: I went in for an annual examination with my primary-care doctor, and she took my blood tests in the laboratory. She told me that I have high potassium, 5.5, and had me retake it. I did, and the test came back with a much lower level of 4.3! What could have caused the level to go up so high? Was this due to eating a lot of avocado and yogurt on a daily basis? I was eating a whole avocado in the a.m. for breakfast and a yogurt with apple and peach. Should I be seeing a specialist to recheck it? Please describe potassium and its job, and advise what I should do. – A.V.R.

Avocados and yogurt are high-potassium foods, and peaches and apples are medium-potassium foods. However, most people can take in high amounts of potassium without worry, since the kidney is very good at getting rid of potassium if the body doesn't need it. I more often see low potassium levels, from poor intake or from medications, such as diuretics, which can cause the body to lose potassium. However, some people with kidney disease (especially severe kidney disease) need to carefully

See HEALTH, Page 8



– Photo by Brandon Jakobeit

OLD HOMELAND – For centuries, Native Americans lived in the far west Texas terrain bordered by the Rio Grande, and surrounded by the Chisos Mountains. It wasn't until 75 years ago, on June 12, 1944 that the 801,163 acres that encompass Big Bend was established as a national park.

Big Bend

From Page 1

can take just in their vehicles, such as the Ross Maxwell Scenic Drive, which goes west through the Chisos Mountains and through the desert. And, visitors can also use kayaks or canoes to ride the Rio Grande through the canyons of Big Bend.

“That’s a cool way to see the canyons and kind of forget you’re in this huge desert,” VandenBerg said.

One reason Big Bend is so special is because it’s all public land, which is uncommon in Texas, VandenBerg explained. All of the land up to the border of Big Bend is privately owned, and so was the land of Big Bend before the state of Texas purchased it from ranchers in the late 1930s and 1940s, he stated.

“Unless you live on some huge ranch or something like that, the ability to just go and roam and head out through some big landscapes doesn’t really exist unless you come to a place like this, which is really neat,” VandenBerg asserted.

Visit <https://www.national-park.com/welcome-to-big-bend-national-park> for more information about the park.

Health

From Page 7

watch and limit oral potassium intake.

By far the biggest reason for a potassium blood test to come out abnormally high relates to the lab itself. Samples that sit around a long time or that are shaken will have broken blood cells, which release high levels of potassium into the serum, causing false elevations in the lab. If you didn't change your diet between the two tests, there is no reason to worry at all. Your primary doctor is the right person to see.

I have heard that, too, but can't find any evidence that it's true. The rash of chickenpox certainly will come, even in darkness. Sunlight can worsen scarring from chickenpox, and the affected skin is more susceptible to burning, so those with chickenpox rash should be kept out of the sun. Chickenpox is also very contagious; restrict contact with anyone who hasn't had it or the vaccine.

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.

DEAR DR. ROACH: Does sunlight make chickenpox blisters appear more quickly? – S.V.A.

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: K equals L

RD UDT YTIIDYV FXV MGZFDHU
FXGF JGPTMGZFTHVY YKVVIEPW
IEKKY JEWXF AV RVEWPGFVR
G YKTJAVH JEKK?

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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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Freeport Flag Ladies retiring 9/11 tradition



by Freddy Groves

The Freeport Flag Ladies – Carmen Footer, Elaine Greene and JoAnn Miller – haven't missed a single Tuesday morning in 18 years, standing with U.S. flags on a corner in Freeport, Maine. Rain, snow storms, icy wind, heat and humidity, it didn't matter. The Ladies were always there, waving at the hundreds of honking cars that passed. They were often joined by others who came to stand and wave flags.

And now they're retiring from their Tuesday mornings. It all started when the plane hit the second tower on Sept. 11, 2001. Not knowing what else to do to honor the lives lost, they grabbed a flag and went to a corner on the main street in town, waving the flag. Cars honked in response, and they promised to be there every week for one year to help with our nation's healing.

They stayed on to support the service members who were then placed in harm's way. That was 18 years ago.

They've been busy, despite their advancing years. (Elaine Greene, age 74, is the youngest of the three.) They've made appearances at Honor flights, candlelight vigils, parades, deployments from National Guard centers, homecomings, flag retirements and much more, always in support of service members, veterans and first responders.

There were all the airport greetings with service members coming and going, with thousands of photos being snapped and loaded on their website (www.freeportflagladies.com). Those last-minute airport photos are most treasured by the families who couldn't be there. And then there are the lucky pennies, each placed in a tiny envelope with a card designed by the Flag Ladies and handed out at airports to departing service members.

While they'll continue some of their activities, the Tuesday flag days will end in

September.

Consider sending the Ladies a postcard just to say thank you: Freeport Flag Ladies, 17 School St., Freeport, ME 04032.

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- If you have a small bedroom with room for only a little bedside table, try hanging a lamp over it or using a wall-mounted lamp. It will free up space on your nightstand.
- Give kids small laundry baskets to race around the house collecting things that don't belong where they are. Then sort items and separate the misplaced items back into the baskets. Have kids deliver them to the right place. Older kids can collect any dirty dishes from around the house using a dishpan, and return them to the kitchen.
- "We add about an inch of kitty litter in the bottom of our kitchen trash can. If the can liner were to leak any liquids, they would be absorbed, and the litter does a great job of keeping smells in check."
– Y.J. in Ohio

• Here's a great idea: Use a three-ring binder or an accordion folder to store manuals for appliances or electronics. An accordion folder is especially useful if the appliance comes with a small tool necessary for adjustments or any extra pieces that would be helpful to have on hand.

• "I have a zip-close baggie in my purse for trash. This way I can prevent small wrappers, unnecessary receipts, gum or other such litter from floating around my bag. I simply empty the bag from time to time and reuse it."
– C.D. in Utah

• Use an old shower curtain as a ground liner underneath kiddie pools to protect the vinyl from twigs or rocks that might puncture your pool. You should always check the ground first, but a little extra protection doesn't hurt.

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

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.

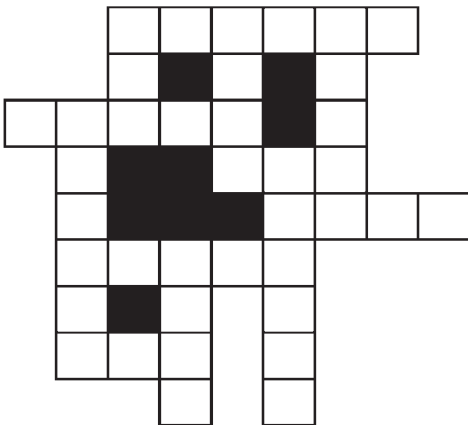
DIFFICULTY: ★
★ Moderate ★★ Difficult
★★★ GO FIGURE!

	–		×		25
÷		×		×	
	×		+		15
+		÷		–	
	×		+		17
16		18		27	

1 2 3 4 5 6 7 9 9
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Answer Page 4



ENK
TEKAIN
NELOA
♥ACLO
TRENIE
XTA
AKMR
♥SOTCA
♥RAE
MOCTTA
♥EXIRM
TENX



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