



NEWSBRIEFS

Road trips
With 75% of U.S. adults saying they will take a road trip this summer, the personal-finance website WalletHub has released its report on the *Best & Worst States for Summer Road Trips* in 2024, along with expert commentary, to help people plan a fun and wallet-friendly trip. WalletHub compared the 50 U.S. states based on 32 key metrics. The data set ranges from the number of attractions to road conditions to costs. Texas was rated 1st in the report. Other stats: 1st – Number of Attractions; 2nd – Lowest Price of Three-Star Hotel Room; 7th – Avg. Gas Prices; 5th – Nightlife Options per Capita; 21st – Vehicle Miles Traveled per Capita; 12th – Scenic Byways; and 27th – Driving Laws Rating. “Taking a summer road trip can be a very exciting way to experience a new place, but with the prices of gas, food and accommodations heavily impacted by inflation, you’ll want to be in a state that makes this type of vacation affordable. Safe roads are also key, and so is having plenty of worthwhile attractions to stop at along the road. The best states for summer road trips therefore are those that keep costs low while providing the best driving experience and most fun activities. Texas is the best state for summer road trips, leading the country when it comes to the number of available attractions, especially things like zoos, botanical gardens and amusement parks. In addition, Texas has over 9,500 miles of scenic byways, the second-cheapest accommodations during mid-July, and a very large number of accommodations and restaurants per capita.”

– *Cassandra Happe*
WalletHub Analyst
Visit <https://wallethub.com/edu/best-worst-states-for-summer-road-trips/4648> for the full report.
– *Diana Polk*

A bird in hand
A pet parrot that goes by the name, Samba, got stranded for three days high in a tree in Lewisville, Texas. Samba survived attacks by predatory hawks before the bird’s owner, Giulio Ferrari, was able to

See BRIEFS, Page 5

Some people will wave the American flag while waiving everything it stands for.
– **Quips & Quotes**



– Photo courtesy Rotary Club of West El Paso

GIDDY-UP – The El Paso County Sheriff’s Posse will ride in the Rotary Club of West El Paso 2024 Independence Day Parade.

Estela Casas is parade marshal for annual Independence Day Parade in West El Paso

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Rotary Club of West El Paso will celebrate its twenty-sixth anniversary of presenting the Independence Day Parade in West El Paso. The community service organization boasts that it is one of El Paso’s biggest parade of the year.

The Rotary Club will sponsor the Thursday, July 4th parade with the financial support of the City of El Paso, Marathon Oil, and other local businesses and organizations.

Parade Marshall for the upcoming

celebration will be Estela Casas, who began her career in broadcast journalism at KTSM four decades ago. She has publicly and openly shared her journey with thyroid and breast cancer to educate families in the El Paso County communities about what it takes to thrive after a cancer diagnosis. She has also written a memoir, titled *A Place to Anchor Journalism, Cancer, and Rewriting Mi Vida as a Latina on the Border*. The book chronicles her journey with bilateral



– Photo by Jennifer Marquez
Estela Casas

breast cancer. This year’s parade promises to be another fun family event, according to Parade Committee Chairperson LuAnn Wieland. She said that the parade will once again start at 9 a.m., at the Western Hills Methodist Church, 530 Thunderbird Street. From its starting point, the parade will turn left onto Thunderbird, then left at Shadow Mountain, go right on Mesa Street,

See PARADE, Page 2

Flores is UIL outstanding musical performer

By Sofia Maciel
Special to the Courier

FABENS – Fabens High School pianist Cesar Flores has been selected as an outstanding performer at the 2024 Texas State Solo-Ensemble Contest (TSSEC). This honor is bestowed by the University Interscholastic League (UIL) upon the top two to three percent of solo performers among approximately 100,000 participants.

This recognition not only celebrates Cesar’s extraordinary musical ability and dedication but also brings a wave of immense pride and unity to the Fabens High School and community. In honor of this significant achievement, Cesar was awarded a draped gold medal, symbolizing the highest musical excellence.

“I felt I would do well at the state competition based on last year’s results. I worked very hard and had a lot of confidence going into that room and reciting my piece,” stated Cesar Flores, Junior.

“This is one for the books. This has never happened before. We’ve done a lot of firsts in the music program, and this is definitely a first. No local student has ever

received this high honor and recognition; this is history in the making,” said Fabens High School Band Director Miguel Soto.

Additionally, Cesar plays trombone, tuba, guitarrón, and the harp.



– Photo courtesy Fabens ISD

MEDALIST – Cesar Flores

The war on contraception that wasn't

We don't know who they are or where they are. All we know is that some place or other, a shadowy group of powerful Republicans is meeting to figure out how to ban contraceptives.

For all we know, they also might be scheming to cover up what really happened at Area 51 and to

obscure the identity of the real assassin of JFK.

If the Bilderbergers aren't involved, they should be. The Democratic charge that Republicans are somehow working to cut off access to contraception is so ludicrously unfounded that it amounts to an outlandish conspiracy theory. Yet this allegation undergirds the Democratic effort to pass a sweeping new "Right to Contraception Act" through Congress.

Sure, contraception is already legal in every state and no one is trying to ban it, but you can't be too careful. The contraception act is supposedly a – ahem – prophylactic measure.

The political play clearly is to offer legislation with numerous provisions that Republicans can't support and then when they vote against it, as all but two Republicans did in the Senate, to say:

"See? We told you so. Republicans hate contraception so much that they blocked the 'Right to Contraception Act.'"

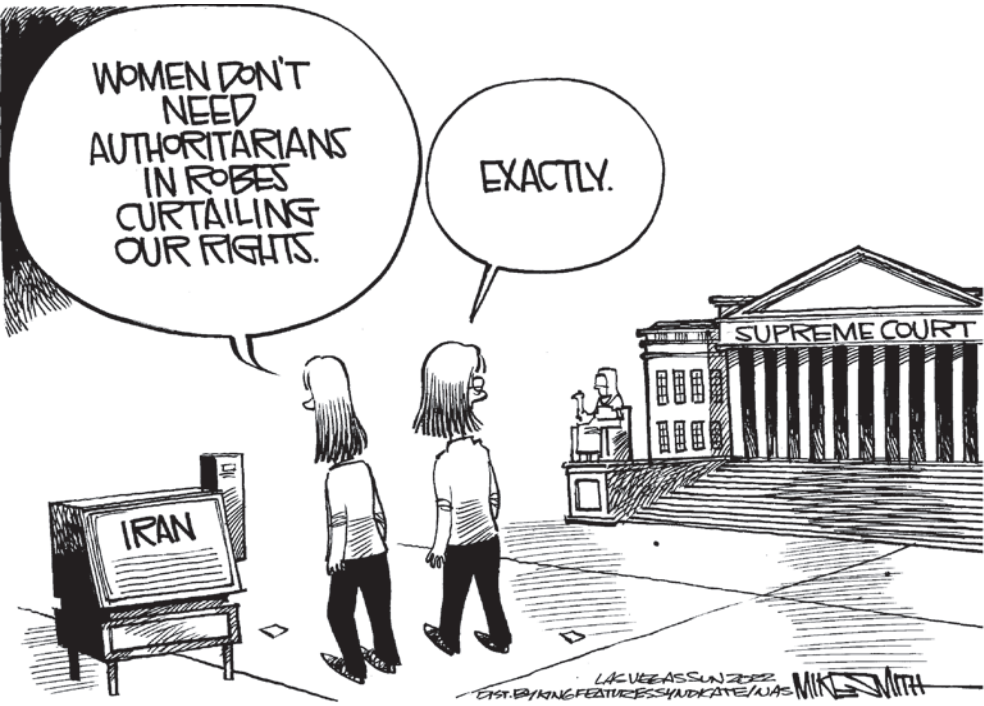
The Democratic maneuver generated the desired headlines all over the media about Republicans opposing a bill to protect contraception.

A key piece of the Democratic fear-mongering is that Justice Clarence Thomas said in his concurring opinion in *Dobbs* that *Griswold v. Connecticut*, which established the constitutional right to contraception, should be overturned. This doesn't mean that Thomas himself is hostile to contraception or supports bans of it – only that he thinks *Griswold* is constitutionally defective.

It's an enormous leap to go from this stray remark to any serious threat to contraception. For the Thomas view to be effected in the real world, the Supreme Court would have to take up a landmark contraception case, which isn't in the offing; he'd have to get four other votes to overturn *Griswold*, when that isn't assured; and the justices would have to not find another constitutional source for a right



See LOWRY, Page 7



Sorvino to appear at PCFF

By Rudy Vasquez
Special to the Courier

EL PASO COUNTY – Academy Award winner Mira Sorvino will appear at the 17th annual El Paso Community Foundation Plaza Classic Film Festival, which runs July 18-28 in and around the Plaza Theatre in downtown El Paso.

Sorvino will appear with Woody Allen's *Mighty Aphrodite* (1995), for which she won the Academy Award for best supporting actress, at 7 p.m. Friday, July 19. She

also will appear with one of her most popular movies, *Romy and Michele's High School Reunion*, at 3:30 p.m. Saturday, July 20. Tickets are \$10 for each screening, on sale at the Plaza Theatre Box Office and Ticketmaster.

Sorvino, daughter of late actor Paul Sorvino, has appeared in numerous films and television series since the early 1990s. Notable film appearances include *Quiz Show*, *Norma Jean & Marilyn*, *Mimic*, and last year's independently released box-office blockbuster *Sound*

of Freedom, which dealt with a topic about which Sorvino is passionate – human trafficking.

A Harvard University graduate, Sorvino has been a passionate advocate for the elimination of human trafficking, sex-trafficking, and slavery. Married with four children, she is a United National Goodwill Ambassador and was named its Global Advocate of the Year. She is part of the #MeToo and #TimesUp movements, being among the first to speak out about studio executive Harvey Weinstein and served as an ambassador for Amnesty International's

Stop Violence Against Women campaign, receiving its Artist of Conscience Award.

Sorvino joins fellow Academy Award winner Sissy Spacek as this year's special guests. Spacek will appear with *Coal Miner's Daughter*, for which she won the Academy Award, at 7 p.m. July 27 in the Plaza Theatre.

The 17th annual El Paso Community Foundation Plaza Classic Film Festival will feature more than 90 movies from July 18-28 in and around the Plaza Theatre. Individual tickets are available at the box office and Ticketmaster. Passes and special events are on sale at plazaclassic.com/tickets.



– Photo courtesy El Paso Community Foundation
Mira Sorvino



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Parade

From Page 1

and then proceeds to Coronado High School. This year, the parade will have cash prizes for the float winners including \$1,000 for first place; \$500 for second place, and \$250 for third place. According to the parade chairperson, the judging criteria will include patriotic music, visual impact, and patriotism.

Late registration is still possible. However, your group must be absolutely ready to go. Visit July4parade.com to sign up to participate in the parade. The application is available at the "entry" tab. Individuals, organizations, and businesses interested in helping to sponsor the parade, can use the "sponsorship" tab.

Entry fees this year are \$40 for businesses. Church and youth groups, non-profit organizations, and military and veteran groups may

participate at no charge.

Businesses can pay online with a credit card using PayPal or by mail with a check. For more information contact Wieland, at wielandlu1953@gmail.com or by text, at (915) 549-9270.


The Rotary Club of West El Paso was established in 1962 and its members have been

actively involved in the El Paso community ever since. According to Club Member Rick LoBello, since 2000, the Westside Rotary Club has donated over \$150,000 to various community projects and has been actively involved in promoting quality of life and youth initiatives throughout El Paso for 50 years.



– Photo courtesy Rotary Club of West El Paso

LARGE FOLLOWING – The annual Rotary Club of West El Paso has bringing together hundreds of people to celebrate America's Independence Day for over two decades. 2023 participants, above, stroll along the Mesa Street parade route.




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Publisher's comment

By Rick Shrum

The nature of opinion

When I first began learning about running a newspaper it was from a dyed in the wool old school tell it like it is newspaperman. His name was Paul Haney. As political by nature as he was, he strived for balance in his stories. His op-eds were a different animal. If he thought a subject needed to be aired, thought it really needed writing, it was written from his point of view with his personal and political leanings.

We were two different ideologies. But my political beliefs were every bit as strong as his. In 1988 I purchased this newspaper. (Who knew then the Internet would try to wipe us out as it did to many other papers around the country?) My wife and I dove into political issues throughout the, then smaller, El Paso County communities. But only if *we* deemed it worthy. Some issues didn't move us as much as others. It was our opinion as to what we would dive into. That does not mean we ignored the other issues, we just did not dive in all the way.

That is how most people decide different things in their lives. They enjoy some things and loathe others. Some stuff doesn't move their meter in either direction. When a man or woman walks out of their house in the morning they move into a world of people that all have their own way of looking at any given issue. Everybody has an opinion. Sometimes people share an opinion and sometimes not so much.

Over the years my opinions on different issues have changed. How about yours? The more, the longer, I saw the nature of political infighting the more I saw Romulus and Remus. While there may be a segment of service-minded people with integrity in public office, the two main political parties of this country, their leaders, seem bent on destroying each other for power. Two sides of the same coin.

Newspapers, the Internet, also thrive on chaos. Wars, crime, political intrigue and scandal sell well. The longer I published, the more I wanted to get out of that kind of mind set. In fact, *Courier* readers see way more throw back, feel good stories than any other content. Alfredo Vasquez, a contributor for 14 years, balances his reporting. He also does quite a few stories each year focused on the good things in a community, or a person that did something worth writing about.

The *Courier* carries a little of this and a little of that, so a broader range of material can be included each week. To do this, the *Courier*, like almost every newspaper in the nation subscribes to a syndicate for different columns, the comics and puzzles. Our syndicate also provides the third rail of newspaper publishing – political

cartoons and columns. Opinions.

In March of 2018 the syndicate began providing two political columnists, Bob Franken for the left and Rich Lowry for the right. (Thank the French for the descriptors.) The *Courier* ran both and that gave readers equal opportunity to cheer and jeer. Unfortunately Franken became so flagrant with his opinions that they were borderline libelous and the syndicate dropped him in 2021. Our readers were receiving the “don’t want to be sued” version of his column.

The syndicate has not been able to, or will not, provide a replacement lefty columnist. Only the righty – Lowry – remains. Apparently he drives some of our readers to jeer vehemently and others to cheer loudly. Opinions. I am sure some of the political cartoons have the same effect.

The political cartoons, opinions, are sent in batches of eight each week. Half are thrown out for being completely mean-spirited, both left and right. I try to run, balance out, the left and the right. But even so I suspect some readers are rankled and others grin depending on the subject matter.

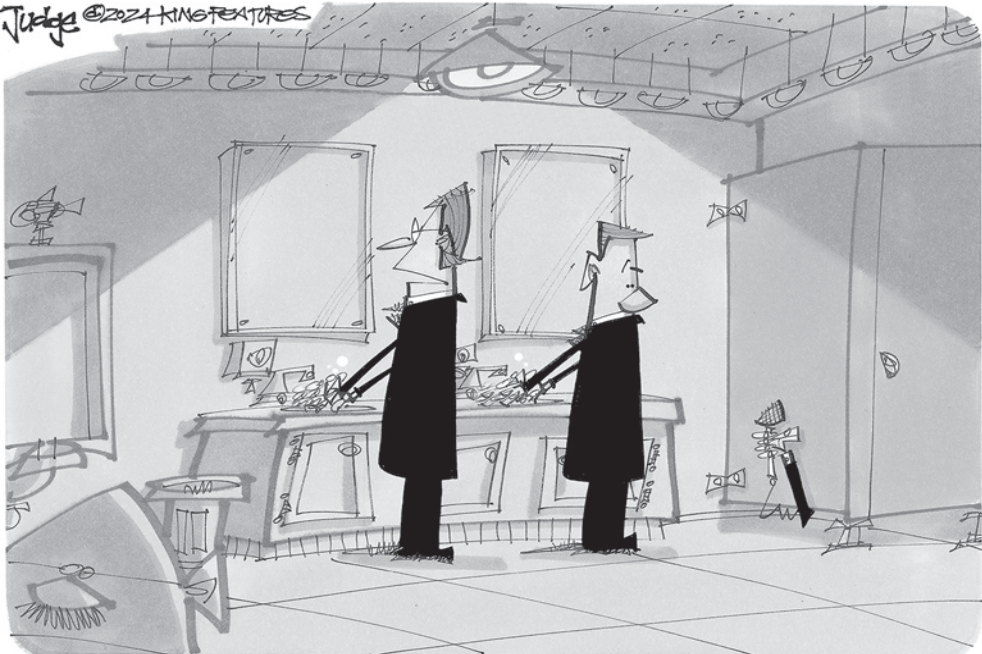
It is not the job of a newspaper, despite what some publishers may think, to tell its readers how to think, how to vote or what is moral. That is what the Bible or other religious writings are for. A newspaper story, in its truest form, is supposed to present unbiased facts and let the reader draw a conclusion. The opinions in a newspaper are by nature provocative because they are opinions, not facts. They may be based on facts, but they are generally biased right or left.

Whether the political cartoons or Lowry make you cheer or jeer, they throw light on issues this country is facing. Readers can learn something even if it makes them steam while they read. For the record: I do not agree with everything I publish. Sometimes I agree with Lowry, sometimes not. Sometimes I agree with a political cartoon, sometimes not. Opinions. My job is to represent different points of view. And I continue to look for a column to counterbalance Lowry. If he makes your blood boil, please ignore him.

For now Lowry, to the relief of some and chagrin of others, will continue to run. I will revisit his column's status at the end of the year. Readers are welcome to send an email with the *exact subject line* **Yes Lowry** or **No Lowry** to the *Courier*. No cheating – one per reader. The emails will not be opened or stored, just counted. The subject line must be exact to accurately tabulate the emails. Deadline: July 18.

The *Courier* is always happy to receive well thought out opinion pieces. Receiving is not a guarantee to print. Local is the best. Civility is mandatory. 650 words is the limit. If you have an issue that is community oriented and falls within these parameters by all means email it in attached as a MSWord file. Your name and phone number must accompany your submission. The phone number will not run. And you get a byline.

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Socorro ISD does well on latest STAAR/EOC assessments

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District is proud to announce that students across the district continue to achieve great academic success on the State of Texas Assessments of Academic Readiness and STAAR/End of Course assessments and it has been recognized statewide as an honor roll district.

SISD has been named to the Educational Results Partnership (ERP)

Texas Honor Roll, which recognizes the district as a top performing school district in Texas. This is the ninth year that ERP has completed the Honor Roll, which recognizes top public schools, school districts and charter schools that have outperformed their peers in closing achievement gaps, particularly among higher-poverty and historically disadvantaged student populations.

"We are extremely proud of our student success on STAAR and EOC tests. It is a testament to the hard work and dedication of our

faculty and staff, who never waver from providing excellent instruction and encouragement for our students to excel,” said SISD Acting Superintendent James Vasquez. “I applaud our students’ determination to do their very best and appreciate the support of SISD parents, as we all work together toward academic excellence.”

Socorro ISD is one of only 89 school districts in Texas to make the Honor Roll. Results are based on data of student outcomes on the STAAR from 2019 through 2023. ERP is a non-profit

organization that applies data science to accelerate student success. The honor roll recognition is presented in collaboration with the Texas Business Leadership Council (TBLC).

The program is part of a national effort to engage business leaders in recognizing successful schools and educational systems and promote best practices that improve student outcomes. The Honor Roll shines a positive light on districts that are driving a culture where students learn the fundamental skills that employers value and look for.

Marathon Petroleum funds equipment for EPCC

By Beau Bagley
Special to the Courier

EL PASO COUNTY – Marathon Petroleum staff visited El Paso Community College's (EPCC) Advanced Technology Center (ATC) to test state-of-the-art Virtual Reality headsets for welding instruction. Marathon Petroleum's David Ciriza and Ryan Martinez joined EPCC ATC Dean, Dr. Olga Valerio, EPCC ATC faculty, and Perla Renteria, Coordinator, EPCC Foundation. Marathon Petroleum funded the headsets.

“Thanks to this excellent partnership with

Marathon Petroleum, EPCC is preparing certified professionals to meet industry needs in high-demand fields and in well-paying jobs. Since 2019, the El Paso Community College Foundation and the EPCC Advanced Technology Center have been

proud partners with Marathon Petroleum to prepare the next generation of the El Paso region's skilled workforce," Dr. Dolores A. Gross, Executive Director, EPCC Foundation said.

Marathon Petroleum has provided more than \$440,000 in recent years for high-quality equipment to train welding and machining students at EPCC and

the Ysleta ISD Career Training Center to help the students achieve workforce credentials. Marathon Petroleum has ensured that local students are provided with the latest technology meeting and exceeding industry standards.”



– Photo courtesy El Paso Community College

LOOKY THERE – Unidentified El Paso Community College students can learn things about welding that only they can see in their VR headsets. It helps the learning process without the expense of materials.



Moments in time

THE HISTORY CHANNEL

- On July 1, 1984, the Motion Picture Association of America, which oversees the voluntary rating system for movies, introduced its new rating of PG-13, indicating material that “may be inappropriate for children under 13 years old” and “may contain very strong language, nudity (non-explicit), strong, mildly bloody violence or mild drug content.”
- On July 2, 1992, theoretical physicist Stephen Hawking broke British publishing records when his book “A Brief History of Time” held its place on the nonfiction bestseller list for three and a half years, selling more than 3 million copies in 22 languages.
- On July 3, 1887, Clay Allison, an eccentric gunfighter and rancher who displayed odd tendencies even in his youth, was believed to have died in a freak wagon accident in Texas. When the Civil War began, Allison had joined the Confederate Army but later received a rare medical discharge for a condition doctors described as “partly epileptic and partly maniacal,” which may have been the result of an early head injury.

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- On July 4, 1965, more than

two dozen LGBTQ activists demonstrated in front of Philadelphia's Independence Hall in one of America's earliest gay rights protests. While the "Reminder" demonstration drew little mainstream media coverage at the time, it is now seen as an important predecessor to the broader gay liberation movement.

- On July 5, 1950, near Sejong, South Korea, 19-year-old Private Kenneth Shadrick became the first American reported killed in the Korean War when he looked up to check his aim and was cut down by enemy machine-gun fire.

- On July 6, 1933, Major League Baseball's first All-Star Game, dreamed up by a determined sports editor, debuted at Chicago's Comiskey Park. The event was designed to support the sport and improve its reputation during the bleakest days of the Great Depression.

- On July 7, 2005, suicide bombs were detonated in three crowded London subways and one bus during the peak of the city's rush hour. Thought to be the work of al-Qaida, the explosions killed 56 people, including the bombers, and injured another 700 in the largest attack on Great Britain since World War II.

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CryptoQuip Answer

What would you call actress
Tomlin if her home were
on a narrow side road?
Lily of the alley.

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By Lucie Winborne

- In 1865, William E. Brockway printed a counterfeit \$100 bill that was so perfect, it left the Treasury Department with the sole option of withdrawing all authentic \$100 bills from circulation.
- The official name for Bangkok, the capital of Thailand, is Krung Thep Maha Nakhon, which is an abbreviation of its ceremonial name: "Krung Thep Mahanakhon Amon Rattanakosin Mahinthara Ayuthaya Mahadilok Phop Noppharat Ratchathani Burirom Udomratchaniwet Mahasathan Amon Piman Awatan Sathit Sakkathattiya Witsanukam Prasit." Which is why we just call it "Bangkok."
- Plastic surgery first took place in India around 600 B.C., when it was used with skin from the forehead to reconstruct the noses of criminals that had been

amputated as punishment.

- In 1928, the German engineer Herman Sorgel proposed increasing Europe and Africa's land mass by slowly draining the Mediterranean Sea, via a dam across the Strait of Gibraltar. Unsurprisingly, the idea never made it past the drawing board.
- Jean-Baptiste Lully, the first documented conductor, was the first musician to use a baton – a six-foot-long staff that he pounded on the ground in time to the music. Sadly, he accidentally stuck the staff into his foot during a concert, developing fatal gangrene as a result.
- The 13th day of the month falls on Friday than on any other day of the week.

Thought for the Day: "One doesn't discover new lands without consenting to lose sight of the shore for a very long time."

– André Gide

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Briefs

From Page 1

get the bird he loves down from a tree. As he put it, "It's like my soul has reentered my body. When this happened, my soul left my body for three days. I haven't been sleeping well, I haven't been eating. It's been tough. I'm exhausted, physically and mentally." All's well that ends well.

– John Grimaldi

To be a kid again

A pair of daring women in Florida are

determined to make it into the Guinness Book of World Records by hopping into their cars for a 500-mile ride from Jacksonville to Key West. It doesn't sound like a daring challenge but they are making the drive in two toy cars. No one has done it before, according to the Guinness judges. In an interview with reporters at WJXT-TV, the ladies explained that the idea came to them because they had toy cars when they were youngsters. "We used to ride around with toy cars as kids and have always wanted a Guinness World Record attempt. So, we're like, this would be a fun way to kind of honor our childhood."

– John Grimaldi

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.

WTCC: 07-04-24

Tornillo Independent School District Public Notice

Notification of Nondiscrimination in Career and Technical Education Programs at Tornillo ISD for 2023-2024 School Year

- 1) Tornillo Independent School District offers Career and Technical Education programs in Business Marketing & Finance, Education & Training, Health Science, Information Technology, Law & Public Service, Manufacturing, STEM and Transportation, Distribution & Logistics. 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 of race, color, national origin, sex, or handicap in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act 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, sex, handicap, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 4) 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/Section 504 Coordinator, Lizeth Carroll, Human Resources Manager, at P.O. Box 170, 19200 Cobb Avenue, Tornillo Texas, 79853, carrolll@tisd.us, or call (915) 765-3000.

Noticia Pública

Notificación Publica de No Discriminación en Programas de Educacion Tecnica y Vocacional en Tornillo ISD por el año escolar 2023-2024

- 1) El Distrito Escolar Independiente de Tornillo ofrece programas de Educación Técnica y Profesional en Mercadotecnia y Finanzas de Negocios, Educación y Capacitación, Ciencias de la Salud, Tecnología de la Información, Derecho y Servicio Público, Manufactura, STEM y Transporte, Distribución y Logística. La admisión a estos programas se basa en la inscripción actual en Tornillo ISD y la finalización de los requisitos previos necesarios.
- 2) Es política de Tornillo ISD no discriminar por motivos de raza, color, origen nacional, sexo o discapacidad en sus programas, servicios o actividades vocacionales como lo requiere el Título VI de la Ley de Derechos Civiles de 1964, como enmendado; Título IX de las Enmiendas a la Educación de 1972; y la Sección 504 de la Ley de Rehabilitación de 1973, según enmendada.
- 3) Es política de Tornillo ISD no discriminar por motivos de raza, color, nacionalidad, sexo, discapacidad o edad en sus prácticas laborales, según lo requiere el Título VI de la Ley de Derechos Civiles de 1964, según enmendada; Título IX de las Enmiendas a la Educación de 1972; la Ley de Discriminación por Edad de 1975, según enmendada; y la Sección 504 de la Ley de Rehabilitación de 1973, según enmendada.
- 4) El Distrito Escolar Independiente de Tornillo tomará las medidas necesarias para asegurar que la falta de habilidad en el uso del inglés no sea un obstáculo para la admisión y participación en todos los programas educativos y vocacionales.
- 5) Para mas información de sus derechos y procedimiento de quejas, comuníquese con la Coordinadora del Titulo IX y del Programa 504, Lizeth Carroll, Directora de Recursos Humanos, P.O. Box 170, 19200 Cobb Av. Tornillo, TX 79853. carrolll@tisd.us, o llame al (915)765-3000.

WTCC: 07-04-24

Jones continues to shine on and off the field

By Steve Escajeda
Special to the Courier

It isn’t often that El Paso produces a top-quality athlete. And by top quality, I mean an athlete with the type of talent that makes them one of the best in the world.

Many great athletes have come out of the El Paso high school ranks and made a name for themselves in college, but getting to the next level is a lot harder.

Recently, athletes like Ricardo Pepi, who grew up in San Elizario, and Ivan Melendez, who played baseball at Coronado, have been in the spotlight.

Pepi is climbing up the ladder of being considered an elite worldwide soccer player, while Melendez is quickly making his way through the minor leagues toward the majors.

Another El Paso athlete was thrown into the mix last week when former Burges Mustang Tristen Newton, who was drafted in the second round by the Indiana Pacers of the NBA.

Newton, who averaged 37 points a game his senior year at Burges, led UConn to two straight NCAA national championships.

Newton was the point guard for those UConn teams and I have a feeling he’ll be an even better pro that a college player.

Of course, Alvin Jones Jr. had a great career at Burges high School before racking up tackles at UTEP. Alvin went on to play for the Baltimore Ravens

of the NFL. He’s hoping to get back in the league someday but there’s no doubt he made an impact with El Paso sports fans.

Many cities around the country get to brag about their hometown stars who leave the local high school to see if they can make their dreams a reality.

It isn’t often, but some do go out and succeed amongst the big boys.

But even rarer still, is when a local kid goes out and succeeds in college, and then makes it to the pros, and then stars in the pros, and all the while - never forgets where he came from and acknowledges his hometown whenever he can, wherever he is.

Naturally, I’m talking about Aaron Jones.

The former Burges Mustang and former UTEP Miner is now a former Green Bay Packer. Jones will be running past defenders and scoring touchdowns for the Minnesota Vikings this season.

And much of El Paso will be buying up Aaron Jones-Vikings jerseys this football season.

What makes Aaron Jones so popular with El Pasoans is not only how much we love him – it has to do with how much he loves El Paso.

We’ve all seen the 9-1-5 sign he flashes to the cameras almost every time he scores an NFL touchdown. We’ve all seen how he comes back to town several times a year.

And it’s the time he spends with the community that stands out.

This past week, Aaron (along with twin brother Alvin) hosted their third annual all-star celebrity softball game. The game itself is a lot of fun, but let’s not forget that the proceeds go to their A&A All the Way Foundation, which provides much-needed help to the children and families of the area.

And if all that isn’t enough, the next day Aaron and his brother held their annual football camp for the kids of the city.

Oh, and by the way, the camp was free to all the kids. Just another way he tries to include all the kids.

It’s no surprise that Aaron Jones was nominated as the Green Bay Packers’ Man of the Year in 2023. The NFL’s Man of the Year award goes to players who go out of their way to help communities by giving back in the way of hosting various charitable causes.

Aaron seems to have found the secret for happiness – helping others. When’s the last time you saw Aaron Jones with a frown on his face? The man has never forgotten his family, his friends, his fans or his roots.

Nowadays, that’s pretty rare. Celebrities seem to always be in it for themselves. But for Aaron, and his brother, their celebrity grows because of what they keep giving back.

It’ll be different to see Aaron Jones in Vikings’ purple this season. But the one thing that never changes is the enormous heart and soul of the former Burges Mustang.

Senior moment By Matilda Charles

Handling the rising cost of living

“There are only so many big box stores around here,” said an acquaintance as we sat around chatting with our group. The topic was finances and how seniors are scrambling to stay afloat (and stay fed). Hence the interest in taking on a part-time job, possibly as a door greeter somewhere. “It’s not like we’re suitable for stocking shelves,” she said. And we all nodded.

A recent AARP survey said that 70% of us are concerned about prices going up faster than our income. If there’s one thing we’re all getting good at, it’s math. Calculation of dollars in and dollars out are second nature now, and figuring out how many sandwiches can be made from various loaves of bread is easy math.

One of the group shared the result of the most recent survey of consumer finances by the Federal Reserve Board: The average 70-year-old senior has \$60,000 tucked away in checking and savings accounts. We laughed, but in a sad way as we contemplated having that much cash to rely on.

But no one laughed when one of the group shared that her landlord is trying to increase her monthly rent by \$300.

I did a poll of our little group, with the question being: How do we survive this constant rise in prices of everything?

The answers were varied. If you have a job and are thinking of retiring, keep working. Pay off all debts while you still have income, especially credit cards and cars.

If you’ve already retired, sign up for every assistance program you can, including help with utilities and rent. Use the food bank or Meals on Wheels; call about community meals at churches or SNAP benefits. Look into drug discounts, perhaps at GoodRx.

But the biggest suggestion was this: Try not to take Social Security until your full retirement age, which depends on your year of birth.

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SINISTER SQUIRT

ACROSS

1 Biblical figure slain for being a 69-Across

8 G.P.'s gp.

11 Dangerous snake

14 Detest

19 Actress Bertinelli

20 Throw slowly in a high arc

21 Cola-cooling cubes

22 Novelist Zora _ Hurston

23 Start of a riddle

25 Blemish

26 Gave hints to

27 With 15-Down, no higher than

28 Skating feats

30 "Jolly old" saint

32 Riddle, part 2

37 "Hello, sailor!"

38 58, to Nero

39 Viral gene material

40 Silvery metallic element

44 Moseying

47 TV "dog whisperer" Millan

49 Riddle, part 3

51 Sneaky

52 Knitters' supplies

53 Greek herald of the gods

54 Perilous thing to live on

58 Big antelope

59 Position while batting

61 Bristly swine

62 Always, to bards

63 Riddle, part 4

68 Academic URL ender

69 Person not telling the truth

70 Liam of "Schindler's List"

71 Above, to bards

72 Dangerous snakes

74 Met, as the challenge

76 Jargon

78 Pro vote

79 Riddle, part 5

82 Up one's auction offer

85 Starting charge, as on a utility bill

86 Enters warily

87 Master pilot

88 Former

89 Dark blue dye

90 End of the riddle

99 Completely destroy

100 "Reckless" actor Quinn

101 Above

103 Flaring dress

104 Noise from a beehive

106 Riddle's answer

110 Country east of Fiji

111 Geisha's sash

112 Old sitcom cousin

113 Opening in some helmets

114 Unsettled feeling

DOWN

1 Brand of sneakers

2 U.S.-Can.-Mex. treaty

3 Choir parts

4 First prime minister of India

5 Fury

6 Breathed-in stuff

7 Catch a glimpse of

8 Soccer Hall of Famer Lalas

9 Prized mushroom

10 Clear as _

11 Intention

12 Reading digitally

13 18th-century powdered hairpiece

14 _ chili (pepper variety)

15 See 27-Across

16 Transporting trucks

17 David Mamet play or film

18 Antares or Arcturus

24 Like some permed hair

29 _ Mae (loan provider)

31 The Windy City, for short

33 Tylenol targets

34 Barak of Israel

35 CD-_ (PC inserts)

36 Political columnist Molly

40 "Wahoo!"

41 Awful event

42 Detached roughly

43 Accumulate, as debts

44 "Well, _ you special!"

45 Take part in a parade

46 Via

47 Deaf school co-founder Laurent

48 Body blinker

50 "Why Can't I?" singer Liz

51 "Hey Deanie" singer Cassidy

54 Hurry-scurry

55 Protects

56 18th-century English king

57 Have it wrong

59 French river

60 "_ not to be"

61 Particle in quantum mechanics

63 Lively spirit

64 Sir Andrew _ Webber

65 Irk

66 Knot anew

67 Linen fabric

73 "Bali _" (show tune)

74 Put new turf on

75 Mafia's code of silence

76 Glove thread

77 Have

79 Major train terminals

80 Rowlands of "Hope Floats"

81 Hurt badly

82 Initial input to be processed

83 Level of command

84 Having a big smile

85 Apply with a bristly tool

88 Luau paste

89 Singer Murray

91 Salad bar utensil

92 Gripper on a shoe bottom

93 "Start playing the song!"

94 Revises

95 Crimean resort port

96 Kind of yoga

97 "Some Like _"

98 Cash, informally

102 Corp. honcho

105 Soccer Hall of Famer Hamm

107 Marks, as a ballot box

108 Philosopher _tzu

109 Big vase

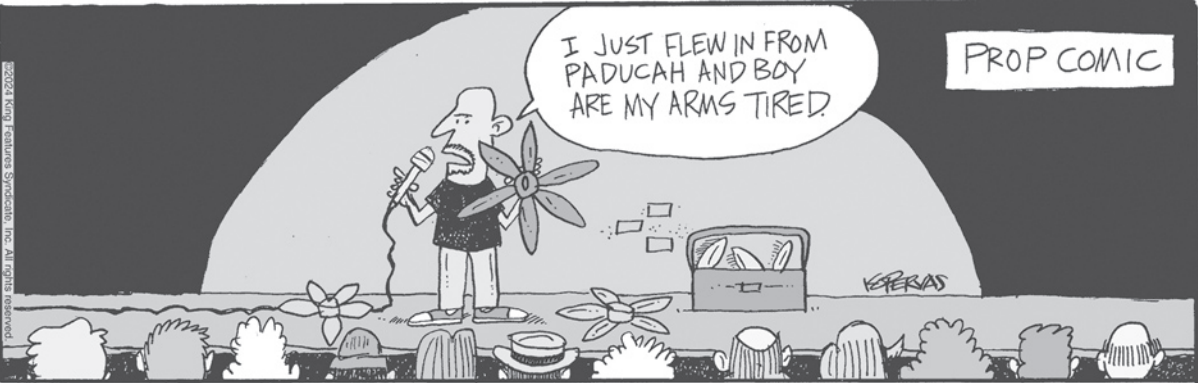
Answer Page 4

Super Crossword

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													
52							53							54				55	56	57
	58					59	60						61					62		
63				64							65	66					67			
68				69						70							71			
72				73				74	75							76				77
				78				79							80	81				
82	83	84				85								86						
87						88							89							
90				91	92						93	94	95					96	97	98
99										100								101		102
103							104		105		106				107	108	109			
110							111				112				113					
114							115				116				117					

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

to contraception, even though Thomas himself held that out as a possibility.

All that said, let's assume against all expectations that the Griswold decision is rendered a smoking ruin by Thomas and his colleagues sometime soon. Where in these United States would a serious Republican official propose to restore Connecticut's Comstock law that was at issue in that 1965 case and prohibit anyone from using "any drug, medicinal article or instrument for the purpose of preventing conception"?

Even if Republicans are quietly harboring an intention to do this they'd be swiftly and decisively rebuked by voters if they ever tried to act on it. And that'd be the end of the war on contraception.

Again, though, all that is theoretical, not to say utterly fantastical. In reality, even the Trump administration spent roughly \$1.8 billion on domestic family planning in fiscal year 2020.

The source of the GOP opposition to the Democratic contraception legislation is sincere

and doesn't reflect any secret agenda. Republicans consider the bill, correctly, a Trojan horse (no pun intended, really) for radical measures that couldn't pass on their own. The legislation would wipe away conscience protections, make it impossible to cut off contraception funding to organizations like Planned Parenthood that provide abortions, and define contraception so broadly that it could cover abortifacients.

With Senate Democrats desperate to make the most of their post-Dobbs political advantage on abortion and related issues, there's no room for good-faith objections. No, it's all demagoguery, all the time. "Thanks to Donald Trump and the right-wing MAGA Supreme Court, Americans now have to question whether or not they'll have access to something as basic and widely supported as birth control," Democratic Majority Leader Chuck Schumer said.

Of course, they don't have to question any such thing, but Democrats want them to question it, based on innuendo and shoddy, politically motivated reasoning.

Rich Lowry is editor of the National Review.
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Steriods may offer some 'sciatica' relief

DEAR DR. ROACH: I am wondering what the best treatment is for sciatic pain. Would a steroid shot help? The pain is behind my knee, down the outside of my leg, and now on my foot. – J.F.



"Sciatica" is a general term for a process that compresses the nerve roots, which causes symptoms such as pain, numbness, tingling, and a loss of reflexes. The sciatic nerve supplies much of the innervation to the leg. The area that you describe is most likely the first sacral nerve (S1), and pain here is most frequently caused by disc herniation at the L5-S1 space. This can cause acute symptoms that are often quite severe.

Initial treatment is usually conservative, consisting of anti-inflammatories and avoiding activities that worsen pain. While bed rest was sometimes prescribed, it is seldom necessary for more than a day or two, and many people actually feel better when they are up and about. After a week, most people are able to do light activity, and I tell my patients neither to push themselves to do more than they can, nor force themselves to rest if they feel OK with light activity.

Steroids have certainly been used in this situation. They are injected into the epidural space by an expert who uses imaging. Although there is a slight improvement in pain around three months among those who are treated with epidural steroids, there was no longer a benefit found around six months. This means that you get better only a little faster than normal at the cost of a small risk from the injection.

If a person isn't recovering well within a few weeks, I often refer them to physical therapy. If they aren't getting benefit at all (or they are getting worse), then it is time to find out what the cause is with an MRI and a referral to an expert.

DEAR DR. ROACH: I recently read some comments stating there are studies indicating that metoprolol can cause Raynaud's. I have been taking 25 mg of metoprolol daily (to control palpitations, not for high blood pressure) for about eight years, and last year, I was diagnosed with Raynaud's. Are these comments accurate? I do not have any known autoimmune diseases that would indicate secondary Raynaud's. – H.B.

Raynaud's phenomenon (RP) is an accentuated physiological response to cold. When the known diseases that cause RP aren't found, we call it primary RP.

Drugs that constrict blood vessels can certainly precipitate RP. Decongestants, amphetamines, some cancer chemotherapy drugs, and cocaine are more likely on the list than beta blockers like metoprolol. But what you read is correct. Metoprolol, even at the low dose you take, can sometimes cause RP. However, it's also possible that you just have primary RP and metoprolol has nothing to do with it.

It's worth rethinking whether you need metoprolol. Palpitations can happen in healthy people without any pathological heart issues. If you have a known reason for the palpitations, ask your cardiologist (or whomever is prescribing the metoprolol) whether it would be possible for you to take a calcium blocker. Some calcium-channel blockers are vasodilators and are the first-line treatment for primary RP.

Unfortunately, calcium blockers with antiarrhythmic properties are not effective with RP, so it's possible that you may need both.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. ©2024 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger Moore
July 6, 1923: Dr. Pepper is officially incorporated. It was concocted in 1885 in Waco. Of course, in Texas, all soft drinks are called “cokes”.

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: E equals W

ETSI EZLQN KZL YSQQ SYIXHUU
IZRQPW PJ THX TZRH EHXH
ZW S WSXXZE UPNH XZSN?
QPQK ZJ ITH SQQHK.

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

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
♦♦♦ HOO BOY!

Answer Page 4
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Accessible mental health care



by Freddy Groves

Veterans no longer have to pay the copays for the first three outpatient visits for mental health and substance use disorder care during each calendar year ... until the end of 2027. If any copays were paid going back to June 27, 2023, those costs will be reimbursed automatically.

There is a rule however: The outpatient appointment has to be with a mental health professional at the VA or someone in the VA’s approved network of community providers.

For new patients at the VA, the waiting times for appointments have decreased over the past year with primary care falling 11% percent and mental health visit wait times coming down 7%. That’s quite an accomplishment, since last year the VA provided over 116 million health care visits, which was 3 million more than

the previous highest year. At the same time, over 400,000 veterans enrolled in health care in the past year, and the Crisis Line fielded over 1 million calls, up 15% over the previous year.

An important note: Any veteran in acute suicidal crisis can go to any health care facility for emergency care, whether it’s a VA or non-VA facility. This rule has been in place since Jan. 17, 2023, but too many don’t know about this option. The veteran is eligible for up to 30 days of inpatient care or up to 90 days of outpatient care. Being signed up in the VA health care system is not required, and there is no cost to the veteran, including for ambulance transportation.

There are a couple of rules to make sure the VA ends up paying for this care. The facility must be an emergency department at a full medical facility like a hospital. An urgent care facility doesn’t count. The VA must be notified within 72 hours. Ideally, it’s the facility that will call VA at 844-724-7842, but a

friend or relative can call as well. See www.va.gov/COMMUNITYCARE/providers/info-EmergencyCare.asp for more information.

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• To clean out your coffee grinder in order to use it for spices, add about a half-cup of white rice, then pulverize it. Repeat until scent is gone and rice powder comes out clean.

• It’s food-smart to separate utensils and cutting boards used for veggies, meats, poultry, etc. Here’s a handy chef’s trick: Color code. Paint a different color stripe down the edge of cutting boards and around the handle of utensils for each variety: green for veggies, yellow for poultry and red for beef.

• Line the bottom of your dog’s food dish (underside) with silicone caulk. Use a crisscross pattern in the center. This will keep the dish from sliding around when your pet eats.

• “If you are painting your ceiling and are bothered by drips, try protecting your eyes with an old pair of swimming goggles. They will keep your eyes safe from drips and splatters, and fumes will be much less bothersome.” – E.G. in Virginia

• “I needed a hot water bottle for my legs, but I couldn’t find mine anywhere. My husband suggested filling a soda-pop bottle (the two liter kind) with hot water and wrapping a towel around it. It worked magically, and I think better than the regular bottle.” – C.C. in Iowa

• Want quick-cooking meatloaf? Use your muffin tins. The same meat mixture and flavor cooks in half the time and is in a cute, easy portion. I also make mashed potatoes as “frosting” for these dinner “cupcakes”!

• “Percussive maintenance” is the technical term for hitting something until it works.

Send your tips to Now Here’s a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 King Features Synd., Inc.

GO FIGURE!

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: ★

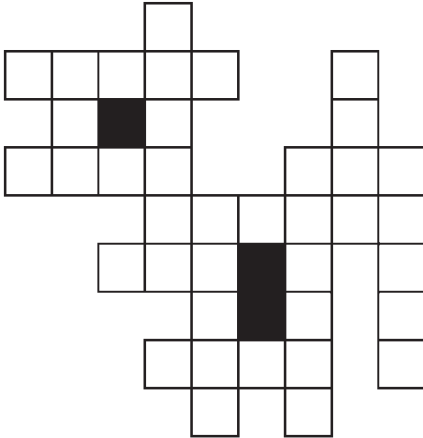
★ Moderate ★★ Difficult
★★★ GO FIGURE!
Answer Page 4

	-		+		= 8			
+		+		+				
	+		+		= 21			
÷		×		+				
	+		+		= 14			
=		=		=				
5		24		23				
1	2	3	4	5	6	7	8	9

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ALD
HOLSWI
♥NORSA
♥ENSW
♥VALSIA
VAO
NITA
♥DERLI
♥ANW
♥WEVERI
♥REWSA
♥EVDI



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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