

## NEWSBRIEFS

### Water loan

The U.S. Department of Agriculture (USDA) has approved a loan of \$4.7 million for El Paso County Water Control and Improvement District No. 4 (Fabens), Congressman Silvestre Reyes, D-El Paso, announced today. USDA's Office of Rural Development awarded this water and waste disposal direct loan, which will be used to construct a new wastewater treatment plant. "Everyone deserves access to clean, safe water, and I applaud USDA for providing this loan to El Paso County," said Congressman Reyes. "This infusion of federal funds is important to our community."

### Free workshop

Anthony United Methodist Church will hold a free diabetes workshop on Sat., Jan. 19 from 10 a.m. to noon. The workshop will be conducted in both english and spanish by a nurse practitioner that specializes in diabetes. The church is located at 101 Franklin ST., Anthony, TX.

### Counselor recognized

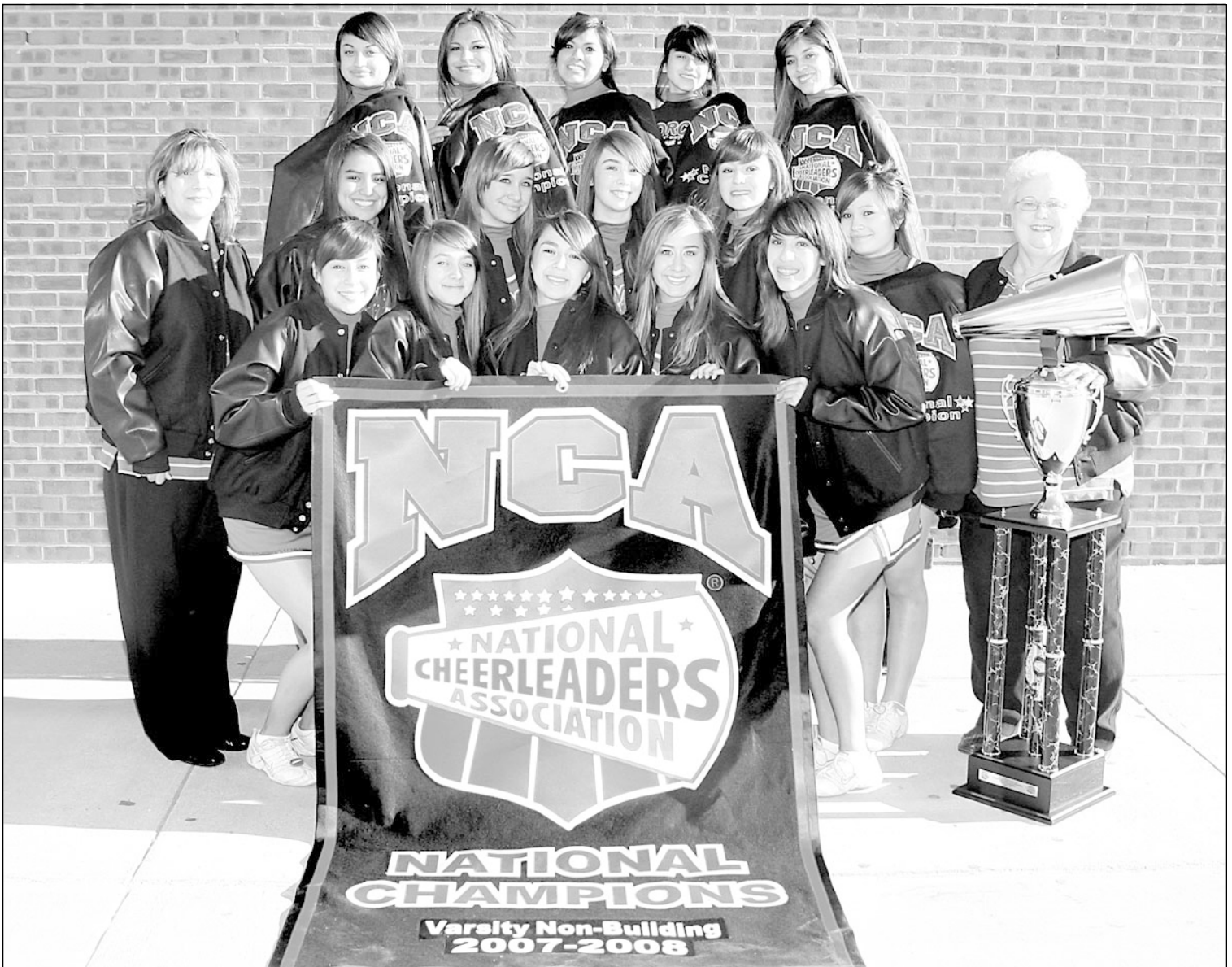
Ernesto Serna School Counselor Tammi Mackaben is one of the ten finalists selected from 300 nominees across the United States for the American School Counselor Association's "Counselor of the Year" award. As a finalist, Mackaben will be going on an all-expenses paid trip to Washington, D.C., in February, where she will participate in high-level discussions about education trends, tour Washington, D.C., and be honored at a black-tie awards ceremony, where the national winner will be selected. Mackaben is the second SISD counselor to receive recognition on a national level for making major contributions to the counseling profession. Lucy Caballero from Socorro High School, was named the Secondary Counselor of the Year last year by the ASCA.

### Osteoarthritis

Nearly 21 million Americans have osteoarthritis — the most common type of arthritis. Osteoarthritis mostly affects cartilage, the hard but slippery tissue that covers the ends of bones where they meet to form a joint. As a result, people with this condition usually experience joint pain, inflammation, and stiffness. Learn more, including available treatment options and helpful exercises, with Handout on Health: Osteoarthritis. This free publication is from the National Institute of Arthritis and Musculoskeletal and Skin Diseases. For your copy, send your name and address to the Federal Citizen Information Center, Dept. 537R, Pueblo, CO 1009. Or call toll-free 1 (888) 8 PUEBLO, that's 1 (888) 878-3256, and ask for Item 537R. And visit [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov) to read or print this and hundreds of other FCIC publications for free.

*A kindness done today is the surest way to a brighter tomorrow.*

— Quips & Quotes



— Photo by Stacy Hendrick/SISD

**CHAMPS —** The Montwood champs are shown from left, front row, Coach Betty Enriquez, Briana Rey, Vanessa Ramos, Audrey Vasquez, Bryana Porras, Amanda Veliz and Head Coach Laura Price. Middle row: Lauren Gutierrez, Kaylee Vasquez, Ariana Castillo, Aleksia Licon and Alexis Arce. Back row: Elijah Garcia, Cindy Chavira, Stephanie Garcia, Alissa Rey and Marissa Diaz - De Leon.

## Montwood cheer squad takes top spot at National Cheer competition

By Irma Flores  
Special to the Courier

When students returned to Montwood High School after the winter break, there was another addition to the school's trophy case. Thanks to the Montwood Varsity Cheerleading Squad, the school is now home to a 4-foot National Cheerleading Association trophy. The 17-member squad spent two days competing in Dallas against 19 teams from Arkansas, Illinois, Ohio, Oklahoma, Tennessee, Texas and Washington. The team took first place in the Varsity Non-Building Division at the 2007 NCA Senior and Junior High School National Championship on Dec. 28 and 29. Coached by Laura Price and Betty Enriquez, the team spent their free time before and after school practicing a routine they designed in September.

"We are very proud of these students and their coaches for bringing national recognition home to Socorro," said SISD Superintendent Dr. Sylvia P. Atkinson. "While the rest of us were on holidays, these students were working hard to make us proud."

"We didn't think our scores were going to be high," said team captain and senior Aleksia Licon. "But the judges liked our performance and gave us an 8.36 in the first round. So we entered the final round in first place. We managed to win without a choreographer against teams that had their own choreographers."

"This team clearly focused on working together and making their strengths work for the benefit of the team," said SISD Board President Charles E. Garcia. "The result is that they are now national champions."

Team members are Alexis Arce, Arianna

Castillo, Cindy Chavira, Marissa Diaz De Leon, Elijah Garcia, Stephanie Garcia, Lauren Gutierrez, Aleksia Licon, Bryana Porras, Vanessa Ramos, Alyssa Rey, Briana Rey,

See CHEER SQUAD, Page 8

## DSHS boosts resources to help people stop smoking

By Emily Palmer  
Special to the Courier

Quitting tobacco use can be difficult but not impossible. And for those trying to give up nicotine in the new year, the Texas Department of State Health Services (DSHS) is more than doubling its resources dedicated to free cessation services provided through the American Cancer Society's Quitline. This year, DSHS will provide \$550,000 for the service, up from \$250,000 provided in 2007.

The toll-free multi-lingual telephone counseling service, at 1-877-YES-QUIT (877-937-7848), is available to all Texans trying to quit smoking or dipping. Calls to the Quitline have increased significantly since DSHS began funding the service in 2001, totaling more than 6,250 calls in the last fiscal year.

A federal Centers for Disease Control and Prevention grant for cessation services and funds from the Texas tobacco settlement provide the DSHS funding directed to the Quitline.

"One of the most important things we can do to improve the health of Texans is to help those who smoke to quit," said Penny Harmonson, DSHS tobacco prevention and control program manager. "Research shows that those who get help through a service such as the Quitline are more successful at break-

ing their nicotine addiction than those who go it alone."

The Quitline provides free, confidential telephone counseling 24 hours a day, seven days a week, with tools and strategies tailored to each individual caller. The service also offers callers self-help booklets and advice about support programs available in their communities. Resources and information to help you quit tobacco use also are available online at [www.yesquit.com](http://www.yesquit.com).

In addition to the Quitline service, your chance of success is even better, Harmonson said, if you talk to your doctor about medications that can help ease cravings and withdrawal symptoms.

The adult smoking rate in Texas dropped below 20 percent for the first time in 2006 with a rate of 18.1 percent, below the national average of 20.2 percent. Still, more than 3 million Texans continue to smoke, and 24,000 of them die from tobacco-related illnesses each year.

The Quitline service is available year-round, but demand usually peaks as a new year begins when many smokers resolve to stop using tobacco.

"The new year symbolizes a fresh start for many people, but help is available anytime," Harmonson said. "The first step is choosing a quit date that's right for you. Mark it on your calendar and make the call."



# One perspective

By Francis Shrum

## Thinking about food

There was a song recorded some years back by the country band *Alabama* entitled *Song of the South*. It's about the deprivation of the Depression years in the deep South, the struggles of trying to raise kids and crops during the prolonged and devastating economic crisis that raked the U.S. The story talks about how "the cotton was short and the weeds were tall, but Mr. Roosevelt was gonna save us all." Life was pretty hard, but it is remembered fondly. At the conclusion, the father and mother, who had worked night and day to keep body and soul together, were finally too tired to go on. The mother was sick, the father "got down," which means his back wouldn't stand up to the strain of hard work anymore. As the song goes, "the county got the farm and they moved to town." The father got a job with the TVA, the Tennessee Valley Authority, which brought electricity and prosperity to the impoverished southland. The couple "bought a washing machine and a Chevrolet." So what does this folksy tale have to do with food? Well, if there hadn't been people like this man and woman during the Depression, and the family farm on which they lived, our nation would have starved to death. How well do you think we're going to do the next time around? The supreme business model of the U.S. is to get bigger, get more. No matter how big your enterprise is in the beginning, it must continue to grow and grow and grow. If it stops growing, and just holds steady, it is called stagnant. If you have a couple of bad years in which you take a loss, the IRS will shut you down. Traditionally, farms and ranches don't make profits every year. What they have done is kept families alive and together, and sent kids out into the world armed with skills, work ethic and thought processes that make them successful in almost any given field they choose to enter. The modern business model of bigger and more didn't really apply to

agriculture because the people who lived and worked the land to produce food and fiber did it because it was a way of life, not just a way to make money. Welcome to our brave new world. The "bigger" business model was introduced to food production, and, in the short term, it works. Make more meat for less in big, concentrated feed lots, chicken warehouses and pig barns where you feed 'em hormones and other artificial growth stimulants — never mind what that meat does to the growing bodies of our young. Grow more vegetables for less by artificially forcing the soil until it becomes useless and sterile. Produce more grain and fiber by mutilating the graceful, hardy seedlings that our Creator gave us into genetically altered plants with unknown capacity to wreck havoc in the fields — the results of which we haven't even begun to reap. There's just one problem. Nobody loves a hormonal hog. No one admires a bloated cow fed with garbage and routinely deprived the opportunity to mother a herd. Nobody loves a chicken that has never seen the sunlight. And when these chickens or cows or fields stops fulfilling the "bigger" requirement, they will be abandoned and the money will go elsewhere. Food production will stop. Industrialized food production is not undertaken for the sake of a family, community or nation. It's for profit, which is a thin and miserly motivation that has never worked, nor will it ever work, in the fundamental world of agriculture. For the sake of profit, we plaster concrete parking lots, highways, malls and houses over precious farmland because that is what fits the "bigger" model. Even families who don't want to sell out to the highest bidder — and these are getting fewer all the time — are taxed off of their precious inheritance because it has become a gold mine in the grip of developers. Now, I'm not talking about issues that haven't been haunting the men and women charged with oversight of this nation's food production. They know something is wrong — dead wrong — and they don't know what to do about it. There is a professor with the University of Mississippi, Dr. John Ikerd, who has produced a lot of pretty good

material involving a concept he simply terms "sustainable agriculture." It has nothing to do with bigger. It has to do with better. He advocates family farms and agricultural ventures that are based on two concepts — they have to be economically viable and socially responsible. In other words, a family has to be able to stay alive doing it without destroying the earth that feeds it. Unfortunately, Dr. Ikerd's ideas and concepts are illustrated by men and women who have revolutionary ideas like "money matters but not above all else" and "success means living a modest and conservative lifestyle within your means." Why, these folks even have concern for the good of their neighbors: "It is important to cooperate rather than to compete, because our individual successes contribute to the success of the whole area." Imagine that. It's a good, solid concept to restore the fundamentals of American agriculture we have so carelessly destroyed. I'm just not sure we have a crop of people ready and willing to work it.

## Smoking targeted by government fire-safety campaign

The U.S. Fire Administration (USFA) announced today a *Smoking & Home Fires Campaign* to put an end to the number one cause of preventable home fire deaths — fires started by smoking materials. The campaign is designed to alert smokers and those who live with smokers about simple steps they can take to stop the fire before it starts in their home. The USFA, which is a division of the U.S. Department of Homeland Security's Federal Emergency Management Agency (FEMA), is encouraging smokers to "Put It Out. All the Way. Every Time." Most smoking-related home fires happen on beds, furniture, or in trash when smokers do not put cigarettes all the way out, toss hot ashes in the trash or fall asleep while smoking. What's important to remember is that smoking home fires can easily be prevented. It just takes a few seconds to light up and a few seconds to make sure that cigarette is completely out. Every year, about 1,000 people are killed in smoking-related home fires.

According to the USFA, one-in-four people killed in home fires are not the smoker whose cigarette caused the fire. In fact, 34 percent were children of the smokers and 25 percent were neighbors or friends of the smokers. Too often, the victim is the firefighter trying to save them. The *Smoking & Home Fires Campaign* will warn the public about the dangers of careless smoking and urges smokers to do it outside if they need to smoke. Inside the home, people should use big ashtrays with a stable base and really put the cigarette out, don't just tap it into the ashtray. People should especially make sure their cigarette is fully out if they are drowsy due to medicine or alcohol. Of the three fire fatalities in the City of El Paso in 2007, two were caused by smoker's carelessness. To demonstrate how quickly a smoldering cigarette can turn into a raging fire log on to: [www.usfa.dhs.gov/smoking](http://www.usfa.dhs.gov/smoking).

— Contributed by Lt. Mario Hernandez

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Reyes Reports

By U.S. Rep. Silvestre Reyes

Nothing in life is free

Beware of abuse tactics

M o s t

Medicare beneficiaries and their caregivers are familiar with the basic Medicare coverage with the option of enrolling in a prescription coverage plan, often known as Medicare Part D. Some seniors might not be aware of another option available, better known as Medicare Advantage, in which additional Medicare benefits can be purchased through a private insurance plan. Additional benefits include discounts on eyeglasses, hearing aids, and dental care, just to name a few.

Troubling evidence is mounting, though, that some are trying to take advantage of seniors through fraudulent sales of the program, and while this can be a beneficial, helpful program, please proceed with caution when enrolling.

The Washington Post reported that insurance companies in at least 39 states are using illegal or unethical tactics to sell private Medicare plans.

In some cases, the companies are "enrolling the dead or mentally incompetent, impersonating Medicare representatives, and using personal information stolen from federal records, according to interviews and documents released to Congress."

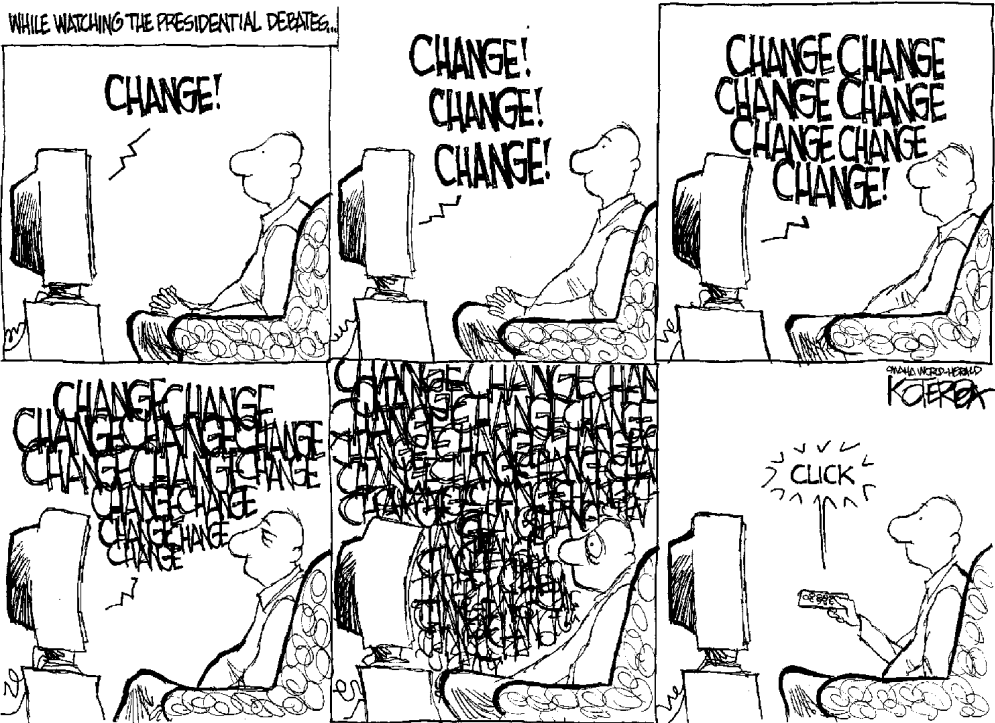
In El Paso, there have been occasions in which Medicare Advantage insurance companies have hosted free lunches for Medicare beneficiaries. Who doesn't like a free lunch? But as my mother always said, nothing in life is free. There is always a reason behind offering something for free, and this instance is no different.

I have been told by constituents that tactics are being used at these "free lunches" in order to lure seniors into sharing their personal information, which is later being used to enroll the individuals in the company's health plan. Others have shared with my office that they have been switched from one health care plan to another without their knowledge or consent. Please keep in mind that while most insurance companies are

reputable, there are a select few who do not have your best interest in mind.

Here are a couple of practical tips: When approached by a health insurance representative, please make sure that the information is presented to you in your primary or preferred language. Do not sign anything without reading the fine print. Be aware that most enrollment events are held in restaurants offering a "free meal." You should not have to sign an enrollment sheet to receive your meal. Finally, do not give any personal information over the phone to anyone.

Medicare is a valuable program for El Paso's seniors, and Medicare's Advantage Plan offers another option for health insurance. It is extremely upsetting that there are individuals who would take advantage of this program to just to make money, but the sad truth is they're out there. Please look into these programs cautiously and thoroughly, and contact my office at (915) 534-4400 with any questions you may have.



What's up, doc? By Albert Balesh, M.D.

The good, the bad, and the downright dangerous

"Hey, little girl, wanna piece of candy?" They come in all shapes and sizes, and all colors of the rainbow. They tempt us. They rape us. They poison us. While we've come a long way since the times of sweets laced with toxic additives such as mercuric sulfide, copper arsenite, and lead chromate, today's food supply may be no less responsible for driving long nails into short coffins.

Let's take a staple as simple and sacred as milk, for example. The next time we or our children have a nice, refreshing glass of that bone builder, we'll also be enjoying the extra added "benefits" of the 50 antibiotics, hormones, blood, and pus contained therein. Cow udders and hooves are infectious vehicles. So, to expect a germless nectar would be tantamount to a belief in leprechauns, elves, and fairy godmothers.

With holsters at the ready, and a quick draw leading to slow agony, the fruit and vegetable gang also patiently awaits a showdown to take us down. We scrub those skins, we peel those orbs, and yet traces of toxic pesticides such as copper sulfate linger on that apple a day. It's no consolation to us that the doctor eats from the very same orchard, reminding us that nutritional research progresses in leaps and bounds, as well as the more than occasional false starts and dead ends.

When we turn our gaze to modern-day Africa and many areas of South America, we see the ravages of malnutrition, scurvy, and folate and thiamine deficiencies. We thank our lucky stars that we were born here in our sanctified Mecca, and protected from an invisible oral assault on our metabolic machinery. That short-lived lure to a false sense of security comes to a screeching halt when we recall history's lessons. Even the culturally and economically advanced, ancient Romans were prey to 1,500 years of malnutrition, under the misguided teachings of the famous physician Galen who strongly advised against consumption of any

form of fruit

When many of us were young, there was a stigma attached to the "Made in Japan" label. Then we grew up, the world evolved, and Hondas were built. Soon, connotations were modified, and the Japanese colossus took flight. We must never forget, however, that it was Japanese food researchers who invented high-fructose corn syrup, an economical soft-drink sweetener that has made most of our acquaintances on more than one occasion. It is six times sweeter than glucose, and, according to some estimates, it has single-handedly breached our pancreas' Maginot Line, taking no prisoners while at the same time increasing rates of diabetes and obesity the world over.

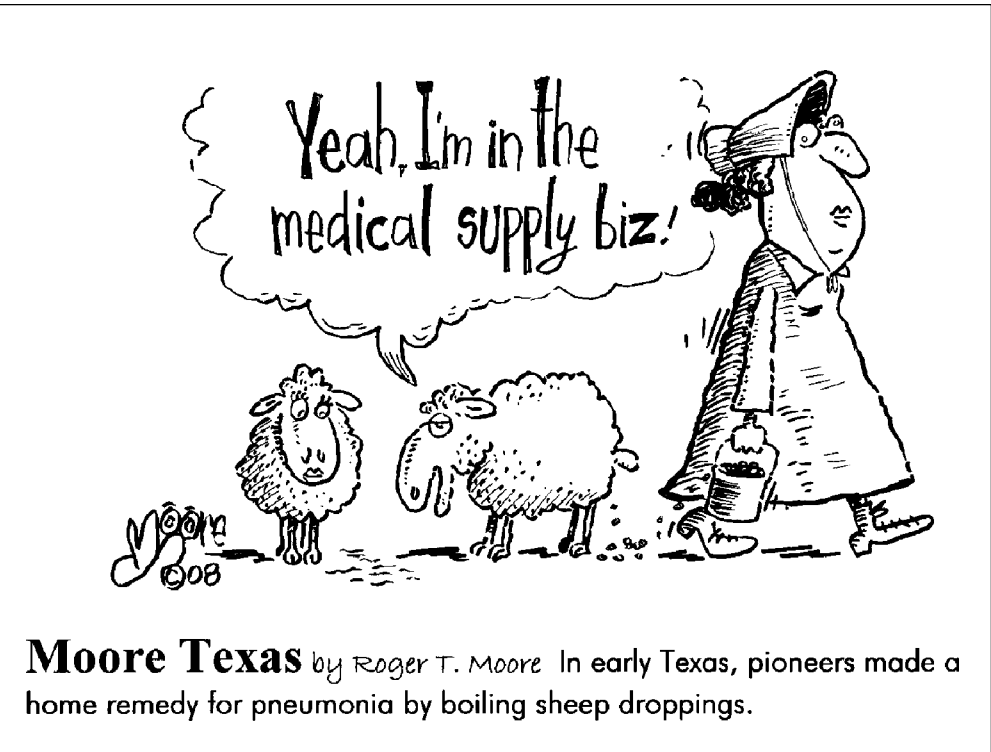
The push-and-pull of the passing of time has nonetheless yielded quite a few successes to accompany the numerous shortcomings in nutritionists' thinking. Three come to mind. Where would we be today were it not for those perspicacious investigators who connected vitamin deficiencies to serious disease? The answer is up to our necks in birth, blood, bone, cardiac, gastrointestinal, gum, and neurologic diseases. The British Admiralty also made its contribution, issuing seamen on ships-of-the-line a regular ration of rum, water, and lemon juice, which prevented the vitamin C deficiency better known as scurvy. And, finally, giving new meaning to the old adage, "you are what you eat," we arrive at the French, who once treated constipation with large, oral tablets of toxic antimony. Back in the good ole days, those excreted metal pills were reused.

Tall tales, you say. Not exactly. Were we to discuss the trans fats, additives, substitutes, fillers, dyes, sweeteners, preservatives, colorings, and artificial flavorings currently employed in the food production industry, noses would by no means grow long

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Moore Texas by Roger T. Moore In early Texas, pioneers made a home remedy for pneumonia by boiling sheep droppings.



# Alderete Middle School holds clean up day

By Alfredo Vasquez  
Special to the Courier

Community service starts at school for Alderete Middle School students, teachers, and staff, as members of AMS student organizations including the Ambassadors, Mother-Daughter, Father-Son, Student Council, and some parents, teachers, and staff personnel came together on a recent Saturday morning to help spruce up the playground area and decorate bulletin boards.

“We wanted to give our students an opportunity to give back to their school as a lesson on community service and, at the same time, clean up our playground area because right now it is limited to one part of our campus due to the construction that is in progress,” said Connie Parker, AMS assistant principal.

One group of volunteers raked, swept, shoveled, and picked up rocks in the playground, while another group designed and decorated bulletin boards in the main entrance hallway with holiday themes.

A cookout was provided for all



— Photo courtesy Canutillo ISD

**KEEPING IT CLEAN — Alderete Middle School Volunteers pick up litter, from left, Christopher Garcia, sixth grader; Jonathan Martinez, seventh grader; and Nellie Sanchez, AMS Instructional Coordinator.**

participants after the four hour clean up project. The cookout was made possible through the donations of several local businesses including Upper Valley Press, Rio Grande Supermarket, Speedy’s Restaurant, Little Diner, Sonic, Photo-Pros, C&J

Printing, and the First Baptist Church.

Coordinating the clean up effort were Jaime Mercado, AMS Counselor; Laura Lopez, AMS office manager; and Jorge Valenzuela, Bilingual Office aide.

# Agencies change names

By Dave Mayes  
Special to the Courier

COLLEGE STATION — Two state agricultural agencies that have served Texans for a combined 224 years are beginning 2008 with new names and renewed missions.

Texas AgriLife Research is the new name for the Texas Agricultural Experiment Station, which annually conducts more than \$150 million in agriculture and life sciences research in such areas as improving food and fiber production, enhancing human and animal health, and conserving water, soils, wildlife and other natural resources.

The Texas AgriLife Extension Service is the new name of Texas Cooperative Extension, which provides Texans in all 254 counties with objective, research-based education programs and services in agriculture and natural resources, 4-H and youth development, family and consumer sciences, and community economic development.

“We are making these changes to better communicate the life-sustaining and life-changing impacts that both AgriLife Research and AgriLife Extension deliver to the people of Texas

and beyond,” said Dr. Mark Hussey, director of AgriLife Research.

Both agencies remain members of The Texas A&M University System, with the same commitment to their partners, clients and mission.

“But we also want to tell our story to a larger audience and a changing state population, attract new resources and build new partnerships, while strengthening our existing ones,” Hussey said. “In this way, we hope to better serve the people of this great state.”

The name changes are part of a re-branding initiative launching this year after two years of study and planning. These efforts were led by former vice chancellor Dr. Elsa Murano, who was named president of Texas A&M University on Jan. 3.

“The re-branding efforts are centered on one foundational message: ‘Agriculture is Life!’” Hussey said. “The central idea is that life itself is the core value that our agencies seek to sustain and enhance.

“People usually don’t realize how much we all depend on agriculture and the life sciences. Discoveries and innovations in these fields directly impact the quality of the food we eat, the clothes we wear, the air we breathe, the water we drink, the homes we live in, and, more and more, even the fuels we pump into our vehicles.”

“This is more than a name change, or even a new logo design,” said Dr. Ed Smith, director of AgriLife Extension. “These new brands will impact not only our marketing materials and signage, but also the way we position and prioritize our programs and work with our federal, state and county partners to serve the state of Texas. It is vitally important to tell our story and that people connect our agencies to the tremendous impacts they have on the state.”

One of the drivers of the re-branding initiative was a market study that showed that the work of the research and extension agencies was not widely known across the state of Texas.


“We hope to help people better understand the vital role that agriculture and life sciences still play in improving the prosperity of their lives,” said Smith. “We believe that if they come to know us better, they will see that connection more clearly, even within a state population that is now 85 percent urbanized.”

AgriLife Research, established in 1887, employs a team of 425 scientists on the campus of Texas A&M University and at 13 centers across the state. Research has made many innovative advances over the years, including development of the Texas 1015 onion and the TAM Mild Jalapeño pepper, which revolutionized the U.S. salsa industry.

Current major research includes the efficient use and conservation of water resources, the development of fruits and vegetables with higher levels of disease-fighting compounds, and the adaptation of crops and other agricultural products for making biofuels.


AgriLife Extension, established in 1915, provides Texans with continuing education programs and services. More than 900 professional educators team with some 90,000 volunteers to serve families, youth, communities and businesses throughout the state. Some 600,000 children annually participate in Extension’s 4-H and youth development programs.

For more information, see <http://agrilife.tamu.edu/>.



## WOMEN LEAD C-USA (3-0)

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# SISD gifted and talented students go to State

By Irma Flores  
Special to the Courier

Gifted and Talented students from four SISD middle schools will be competing at the state level this spring after earning top honors at the District competition. Teams from Capt. Walter E. Clarke, William D. Slider, Col. John O. Ensor and Paso Del Norte have each earned a slot as one of the top five in the District. They will go on to participate in the upcoming state Team Quest competition. They are also qualified to compete in the city contest.

“It’s wonderful that so many of our GT students will be competing at the state level in spring,” said SISD Superintendent Dr. Sylvia P. Atkinson. “The skills these competitions encourage such as team work and problem solving are the kind of abilities these students will need in life.”

Taking the top spot in the Socorro Independent School District Middle School finals were Clarke students Henry Lujan, Maria Cenicerros, Cristian Orozco, and Samantha

Alcala.

“We are proud of all the students who participated in this competition,” said SISD Board President Charles E. Garcia. “It’s due to the commitment and dedication of the teachers who coordinate this program that these students are achieving success.”

Guiding and coaching the Clarke teams are GT Campus Coordinators Blanca Parra and Brenda Prieto. The students work on various projects such as transporting water from one place to another using only the resources provided to them. The projects test students’ creativity and problem solving skills. Parra who is in her first year with the team is amazed by the work the students do.

“There is no planning for this,” explained Parra. “The students find out what projects they have to complete during competitions. Often you have four leaders on one team and they all have to learn to work together.”

Socorro students will first compete against other El Paso teams in the city competition in the spring which will be followed by the state competition to be held in San Antonio.



— Photo by Stacy Hendrick/SISD

**GIFTED AND TALENTED —** Students (front row, from left), **Alejandro Ramirez, Henry Lujan and Cristian Orozco. Middle row: Rebecca Lopez, Vanessa Granandos, Susie Carillo and Fabiola Nevarez. Back row: Diego Reyes, Maria Cenicerros, Michael Duran, Sarai Cortez and Samantha Alcala.**



— Photo courtesy Clint ISD

**MONEY MOGULS —** From left are teacher **Arturo Escobar III** with students **Oscar Hernandez, Gabriel Higareda, Pauline Dominguez, and Angie Meza.** They “made” over \$100,000 “buying and selling” stocks.

## Mountain View High School students win with stocks

By Laura Cade  
Special to the Courier

Having built a total equity of \$111,894.58 dollars, the Mountain View High School Team won the the Fall 2007 Stock Market Game. The Team of five student investors included Pauline Dominguez, Oscar Hernandez, Gabriel Higareda, Angie Meza, and Jonathan Thome. First year teacher, Arturo Escobar

III guided the students during the 15 week game. “Buy high and sell higher was our strategy”, said Gabriel Higareda during the awards dinner held this month to honor all participating students and schools. The Stock Market Game was sponsored by the Texas Council for Investor Education, the El Paso Times Partners in Literacy, and First Light Federal Credit Union. The game entailed an online simulation where students reviewed current

issues, researched companies, checked stock prices and managed trading accounts. The simulation allowed students to apply their knowledge in math, social studies, economics, language arts, reading, business, decision making and research.

“This is quite an accomplishment, especially for a first time teacher advisor” said Debbie Mackey, Stock Market Game Coordinator.

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# Foot-in-mouth hangs up broadcast journalist for two weeks

By Steve Escajeda  
Special to the Courier

As many of you know, the world of broadcasting can propel an individual to unbelievable stardom.

Take John Madden for instance, he was never this famous when he was the head coach of the Oakland Raiders.

Other announcers, like Pat Summerall, Keith “Whoa Nellie” Jackson, Vin Scully, Al Michaels and Dick Vitale are now household names because of how they’ve brought the world of sports into our living rooms for decades.

But on the other side of the coin are some announcers who were on their way to immortality, just to throw it all away, ironically, with the one part of their body they made a living with — their mouth.

Let’s take a trip down memory lane and he how many broadcast booth blunders you remember.

Remember back in 1983, when Howard Cosell drew a lot of heat during a Monday Night Football game when he described the play of Washington receiver Alvin Garrett, “... That little monkey gets loose, doesn’t he?”

Former Miami Hurricane player turned announcer, Lamar Thomas, was doing a game last year between Miami and Florida International. During the game, the two teams started fighting on the field. Thomas weighed in, “Now that’s what I’m talking about. You come into our house, you should get your behind kicked. You can’t come over to our place talking noise like that. You’ll get your butt beat. I was about to go down the elevator to get in that thing.”

Thomas was fired.

During game three of the 2006 baseball playoffs, Lou Piniella spoke a little Spanish on the air, and stunned analyst Steve “psycho” Lyons tried to be funny by saying that Piniella was “habla-ing some español there, and I’m still looking for my wallet. I don’t understand him, and I don’t want to sit close to him now.”

Lyons was fired.

CBS college basketball announcer Billy Packer once referred to Allen Iverson as a “tough monkey”.

In 1995, PGA golf announcer Ben Wright was fired after saying that, “lesbians in the sport hurt women’s golf,” ... and that women golfers, “are handicapped by having boobs.”

During a broadcast in 1990, former Green Packer player Max McGee said that Herschel Walker ran, “like he’s just stole a watermelon headin’ south.”

Former CBS football commentator, Jimmy “the Greek” Snyder, was fired for making the remarks, “During the slave period, the slave owner would breed his big black with his big woman so that he would have a big black kid — that’s where it all started.”

And then there were the remarks of Dom Imus, describing the Rutgers women basketball players as, “... some nappy-headed ho’s.”

Of course, the I-Man was fired.

There are many more examples of announcer’s “mouths gone wild”, and you would think that today’s broadcasters would learn by the mistakes of the past.

But I guess they don’t

Case in point, last week the Golf Channel’s

## SISD swimmers take first at Odessa Invitational

By Irma Flores  
Special to the Courier

The El Dorado girls swim team brought home the first place trophy from the Odessa Invitational Swim Meet. Held on Dec. 8, both the 20-girl and 16-boy Aztec teams coached by John Haddox Jr., placed in the top five. The girls team won first place after scoring 256 points while boys team placed fourth with 198 points.

“All their practice and discipline really paid off for the Aztecs,” said SISD Superintendent Dr. Sylvia P. Atkinson. “It’s great to see our students reap the rewards for their hard work.”

“Our girls finished first out of ten teams and beat out the second place team by more than 100 points. The boys finished 4th this year. They did really well and I’m proud of them,” coach John Haddox.

Taking first place in their races were Shenti Estrada, Angela Worsham, Marcela Erives, Kimberley Azcarate in the 200 Medley Relay. The team of Marcela Erives, Paula Erives, Kayla Hartford, Shenti Estrada took 1st place in 400 Free Relay and Marcela Erives in the 200 Individual Medley.

“Our last race was really intense,” said Junior Kayla Hartford. “We won by only a touch.”

“The 400 Free Relay team was seeded fourth and was not expected to win,” add Coach Haddox. “This win was a big exclamation point on the tournament.”

Kimberley Azcarte took second place in the 50 Freestyle and third in the 100 Freestyle while teammates Erives took second in the 100 Butterfly and Shenti Estrada took 2nd place in 100 Backstroke. Joel Rodriguez also posted a 2nd place in the 100 Freestyle. The relay team of Paula Erives, Angela Worsham, Kayla Hartford, Kimberley Azcarate took 2nd place in 200 Free Relay.

With 3rd place wins are Kayla Hartford in the 100 Butterfly, Shenti Estrada in the 500 Freestyle, and Angela Worsham in the 100 Breaststroke. For the boys team, Jesus Hernandez, Oscar Lopez, Eric Rosales, and Joel Rodriguez took 3rd place in the 200 Free Relay.

“We are a young team, we are only in our 5th year in program. We have a lot of freshmen and sophomores,” said Coach Haddox. “They have improved a lot and they are one of the best teams in El Paso.”

“It’s really good to see our

See SWIMMERS, Page 8



— Photo by Stacy Hendrick/SISD

**400 FREE RELAY WINNERS — From left are Paula Erives (fr.), Marcela Erives (sr.), Shenti Estrada (fr.) and Kayla Hartford (jr.) from El Dorado High School.**

Kelly Tilghman was on the air with Nick Faldo, and she was trying to come up with a solution so that the other golfers on the tour could compete with the great Tiger Woods, and she actually came up with one.

In her infinite wisdom, she said maybe they could “lynch him in a back alley.”

Now she and Tiger are friends and I’m sure she didn’t mean it quite the way it sounded.

She was trying to funny by stating that the only they can beat him consistently is to get rid of him. But she obviously could have put it another way.

She could have said they could lock him in a room, or they could give him the wrong tee time, or they could switch out his clubs.

But to choose the word “lynch” in describing what to do with a black man? That is the height of stupidity and bigotry.

How does that word even enter her mind?

Tilghman was suspended for two weeks, and if you ask me she got off light. She is very lucky to still have a job.

There’s absolutely no doubt that we live in an age where people are way too sensitive, and many are just waiting to be offended. But comments like that are just plain ignorant.

So please, to all you broadcasters out there, even those of you who were chosen more for your looks than the amount of brain matter between your ears, think very carefully before you speak — it could save your job.

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The Town of Anthony, Texas will receive bids for housing rehabilitation of three homes with Owner-Occupied Housing Assistance program under Contract #100298 until 4:30 p.m. Daylight Savings time and Mountain Time on Monday, January 25, 2008 at the office of the Town Administrator, 401 Wildcat Dr., Anthony, Texas 79821 at which time and place all will be opened and read aloud.

Bids are invited upon the several items and quantities of work as follows: Three homes will be rehabilitated including, roofs, walls, doors, ceilings, plumbing, electrical, flooring and related items.

Contract items, including drawings and technical specifications are available at the office of the Town Administrator, Town of Anthony, Texas 79821.

Copies of the Contract Documents may be obtained at the Town of Anthony for each set of documents.

Building contractors are to submit a statement of qualifications including at least two years previous experience with housing rehabilitation projects, Texas Residential Construction Commission (TRCC) license, insurance and bonding if available and required. At least three references

from previous homeowners, subcontractors and suppliers will be required to allow the town to review qualifications.

The Contractor must ensure that employees/applicants for employment are not discriminated against because of race, color, sex, or national origin.

The Town of Anthony is an Affirmative Action and Equal Opportunity Employer and encourages Historically Underutilized Businesses to submit proposals.

The Town of Anthony reserves the right of reject any or all bids or to waive any informality in bidding.

Published this Wednesday, January 16, 2008

Art Franco, Mayor

#### Town of Horizon City

##### PUBLIC NOTICE

During the Regular Council Meeting on Tuesday, January 8, 2008 the Town of Horizon City Council approved the following ordinance(s):

**ORDINANCE NO. 0163  
AMENDMENT NO. 006**

Section I

WHEREAS, an ordinance was enacted on the 25th day of September, 2007, which adopted a budget for the fiscal year of October 1, 2007 to September 30, 2008 for the Town of Horizon City, and

WHEREAS, it is now necessary to amend said budget for items not previously considered,

BE IT ORDAINED BY THE TOWN COUNCIL OF THE TOWN OF HORIZON CITY, TEXAS,

THAT:

The following funds are to be transferred as follows:

From: Acct. # 400615  
Prior Year Excess \$200.00

To: Acct. # 400605  
Miscellaneous Revenue \$200.00

Explanation: To record previous years unspent allocated amount for the 2006 Christmas Party.

The following funds are to be transferred as follows:

From: Acct. # 400615  
Prior Year Excess \$352,938.00

To: Acct. # 500818  
Contingencies \$352,938.00

Explanation: To record the prior year difference between expense amounts budgeted and expenses actually spent.

Ordinances are always available for viewing or copying upon request from the City Clerk at Town Hall, 14999 Darrington Road, Horizon City, Texas, Monday through Friday from 8 a.m. to 5 p.m. or call 915-852-1046.

Karen Ellefson  
City Clerk  
WTCC: 01-17-08

#### SOCORRO INDEPENDENT SCHOOL DISTRICT

##### Invitation to Bid/Respond:

Sealed bids/proposals/CSP to furnish the District with the following products and/or services will be accepted at the following times:

**FRIDAY  
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CSP NO.  
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Proposals will be received at Business Services Dept., 12300 Eastlake Drive, El Paso, Texas 79928 until the specified times. Detailed specifications are available from the above office between 8 a.m. and 4 p.m. Mondays through Fridays. WTCC-01/17/08

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experience, computer literate, customer service oriented. Please apply at Lower Valley Water District, 1557 FM 1110, Clint, TX 79836.

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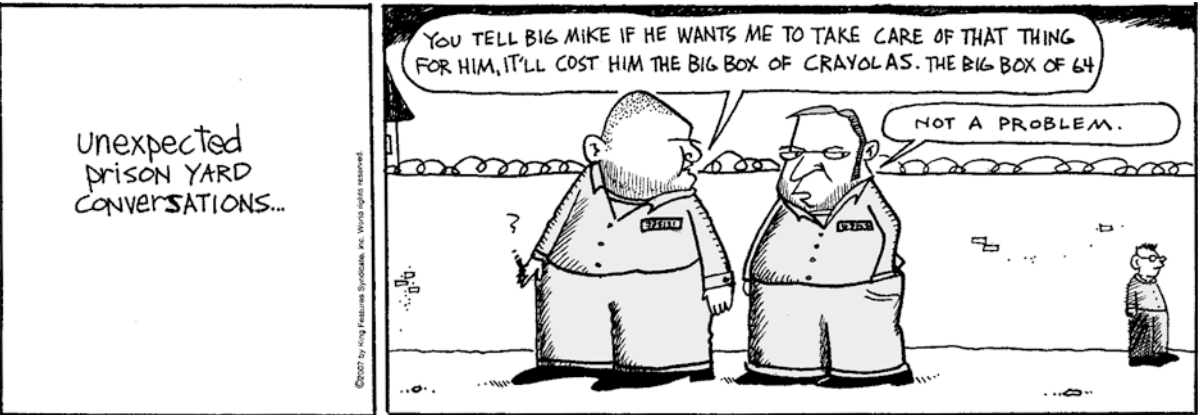
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By Gary Kopervas



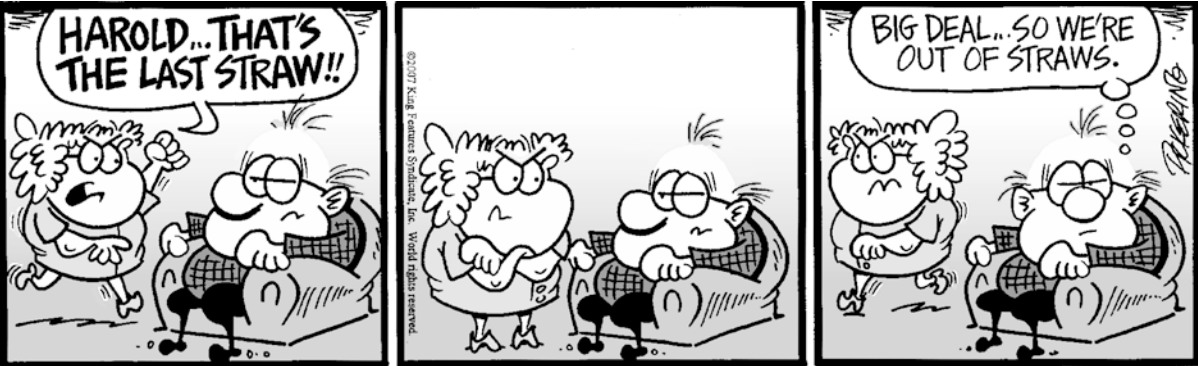
AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Here's to good health and bad fat

By Don Flood

A new study says that men are now happier than women. Women will say: Of course, they have us. Men will say: Hey, it's not our fault women aren't happy. They have us. But I wondered about why men are happier.

Could it be that men, as a whole, have matured; that they have learned to take a calmer, more reasoned approach to life — an approach that focuses more on their spiritual and psychological needs rather than the emptiness of chasing material possessions?

Or could it be those cool new flat-screen TVs? And don't get me started on HD TV. It's just incredible... and another perfectly acceptable path toward enlightenment.

The study also noted that men might be happier because "since the 1960s, men have gradually cut back of tasks they dislike."

Women, on the other hand, "are spending more time doing things they don't enjoy." Well, duh! What are men supposed to do if women refuse to help themselves?

As that TV pitchwoman used to say (actually, shout): "Stop the Insanity!" Another area of American life where insanity rules is eating. (No, really?)

Consider this real-live headline from Men's Health: "What if bad fat isn't so bad?"

According to the article, no one's ever proved that saturated fat causes heart disease. Are you kidding me?

This is like the surgeon general calling a press conference, lighting up a smoke and announcing, "You know, no one's actually proven a link between cigarettes

and lung cancer." I know this because I lived through the Great Saturated-Fat Popcorn Scare of 1983. Younger readers may be shocked, but I recall a time when movie theater popcorn wasn't considered junk food. I'd polish off a tub or two and congratulate myself on my healthy eating habits.

Then came word that movie theater popcorn was so bad for you, so incredibly unhealthy, that it was a wonder that heart surgeons didn't hang out at the Cineplex handing out business cards.

To back up its heretical headline, the article discussed the men of the Masai tribe in Kenya, who live on a diet of red meat, whole milk and enormous tubs of movie theater popcorn.

OK, scratch the popcorn part, but the rest is true. They live on a diet so bad by the standards of America's health experts that you could get arrested for serving it in San Francisco.

(True fact: San Francisco's mayor recently advocated charging a fee to stores that sell sugary sodas as a way, as The New York Times put it, "to trim the city's waistline," which has gotten bigger and now spills over the city's belt. Also, the city's collective butt is looking pretty big too.)

And yet the Masai are close to physical perfection, tall and lean with some of the "lowest levels of cholesterol ever recorded and were virtually free of heart disease."

Obviously, American men have something very important to learn from the Masai men — namely how we can we can eat the food we love and stay healthy while attaining a state of spiritual oneness with our flat-screen TV.

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King Super Crossword

TOWNS-PEOPLE

ACROSS

1 Beauty spot

5 Relative of PDQ

9 Wattle's partner

13 Grating

18 Schipa solo

19 Actor O'Shea

20 One of "The Three Sisters"

21 Kind of roof

22 Pianist from Maine?

25 Pearl harbor?

26 Assert

27 Lascivious look

28 Leatherworker's tool

30 \_ Cat (winter wheels)

31 Cover

33 Talk-show host from Colorado?

39 Nineveh native

44 Tibia

45 Miami's county

46 Railroad dep.

47 \_ rug

49 Verve

51 Kim of "True Grit"

55 Singer from Arkansas?

59 Hamlet's home

62 "There's \_ Out Tonight" ('61 hit)

63 Smidgen

64 "Heaven's \_" ('80 film)

65 Distress

66 Philosopher Blaise

69 Deadly septet

72 Antipollution grp.

73 Sportscaster Allen

74 Actress from Alabama?

79 "Pshaw!"

82 Lennon's lady

83 Trifling

84 Pencil production

87 Orthodoxists' org.

88 Helicopter sound

89 Link letters?

91 Western lake

93 Friday's rank

95 Pitcher from Ohio?

99 Crow's toe

100 Sign of sainthood

102 Parent

103 Sundial numeral

104 Eliot's " \_ Bede"

107 Emulates Simon

109 Lost one's balance

112 Drummer from Virginia?

117 Finished first

118 Mary of "Sons and Lovers"

119 Start to cry?

120 Provokes

123 Specks

127 Theater district

130 Actor from Pennsylvania?

135 Poet Sidney

136 Depend (on)

137 What have you

138 Anita Loos

comedy

139 Satin quality

140 Wagon part

141 Say it isn't so

142 RN's workplace

DOWN

1 Cohn or Connelly

2 Spoken

3 Tenor Luis

4 Far and away

5 Brenneman or Linker

6 Doorway part

7 Opposite of aweather

8 Might

9 John \_ Passos

10 Cockpit fig.

11 Actor Tognazzi

12 Trite

13 Flicka's food

14 Jarreau and Jolson

15 Role for Dustin

16 Pool person

17 Biblical tyrant

21 Lively dance

23 Kuwaiti kingpin

24 Author Murdoch

29 Cotton clump

32 Anthropologist

Fossey

34 "The Way of Love" singer

35 Metric measure

36 \_ bind

37 Rocker Van Halen

38 Estrange

39 Hammett hound

40 "The Bristol \_" ('61 hit)

41 Apia's locale

42 Exist

43 Tree house?

48 Embarrass

50 Mideastern desert

52 "... where the buffalo \_"

53 Cheeseboard choice

54 Roar

56 Actor Mostel

57 Formerly

58 Abhorrence

60 \_ lazuli

61 Celery serving

67 Hilo hello

68 Russian

revolutionary

70 Vane dir.

71 Get sidetracked

75 Jay of "Dennis the Menace"

76 Murcia mister

77 "Why don't we?"

78 "L \_ c'est moi"

79 Express

80 Notion

81 Hindman or Holliman

85 Cathedral feature

86 Comedian Mandel

88 Darling child

90 Chad and Jeremy

song, e.g.

92 "Idylls of the King" character

94 Stimulus

95 Burrowing critter

96 Jerky toy?

97 Angus' uh-uh

98 Expanded

101 Hibachi residue

105 Shady spot

106 "O Sole \_"

108 Cut a cuticle

110 Taj Mahal, for one

111 TV's "Eight Is \_"

112 Knots

113 Bathsheba's first husband

114 Patriot Silas

115 Mongoose foe

116 Like a prune

121 Kitchen addition

122 Loony Laurel

124 Bananarama, e.g.

125 Souffle ingredients

126 Freightor or ferry

128 Taradiddle

129 Decimal base

131 King's handle?

132 Herriot title start

133 Salon supply

134 Furtive

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Answer Page 3

## Social Security Q&A

By Ray Vigil

*Q: I have worked the loading dock all my life. But recurring back problems have become so bad that I cannot lift the heavy boxes any more. Can I apply for Social Security disability benefits?*

A: Yes. You can qualify for disability benefits for any impairment or combination of disabling conditions if they are found to be so severe that they keep you from doing any substantial work for at least a year, or if they are expected to result in death. But while you can apply for benefits, you also should know that for Social Security, your disability must be so severe that it prevents you from doing any kind of work you’re suited to. If there is other work that you can do, your claim might not be approved. Learn more by visiting our website at [www.socialsecurity.gov](http://www.socialsecurity.gov), or call us at 1-800-772-1213 (TTY 1-800-325-0778).

*Q: I’ll be visiting my parents. They’ve been asking me to help them with their retirement plans. I know Social Security will be closed, but is there*

*any way I can help them out over the long weekend?*

A: Yes — our website, [www.socialsecurity.gov/online services](http://www.socialsecurity.gov/online services), is ready to assist you. You can visit our online retirement planners to help them find out their full retirement ages and information to help them determine when the time is right to apply for benefits. And if that time is now, you can even help them complete and submit their application for retirement benefits online. There are a number of things you can do using our online services, including ordering a Social Security Statement and finding the nearest Social Security office. Just visit [www.socialsecurity.gov/online services](http://www.socialsecurity.gov/online services) to get started.

*For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://www.socialsecurity.gov) or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 11111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.*



— Photo by Jennifer Huber/SISD

El Dorado wrestler Carlos Anguiano uses the “Guillotine” to subdue his opponent.

## El Dorado wrestlers win tourney, go to State

By Irma Flores  
Special to the Courier

El Dorado High School’s wrestling team practiced through the holidays to prepare for their first trip to the state wrestling tournament this month. The 20-member team surprised area wrestlers by taking first place in the El Paso Dual Championship. El Dorado seniors also received top honors by taking first place in their respective divisions. Team captains Carlos Anguiano and Andrew Aguilar are ranked first in the 135 and 189 weight classes.

“It’s no surprise to us that the El Dorado wrestlers are going to state,” said SISD Superintendent Dr. Sylvia

P. Atkinson. “Their determination will serve them well against the top teams in Texas.”

The team’s first round match was against the undefeated Hanks Knights which were ranked first city-wide. After defeating Hanks 42 to 32, the Aztecs went on to defeat Chapin 36 to 33 and then defeat Eastwood 41 to 33. Going into the competition, the El Dorado team was seeded last.

“It was a great tournament for the kids,” said Coach Freddy Flores. “We wrestled against Hanks in the first round and it was the toughest round for us, but the kids stepped it up and won.”

“The most important thing is the winning attitude of the students and their coach,” said SISD Board Presi-

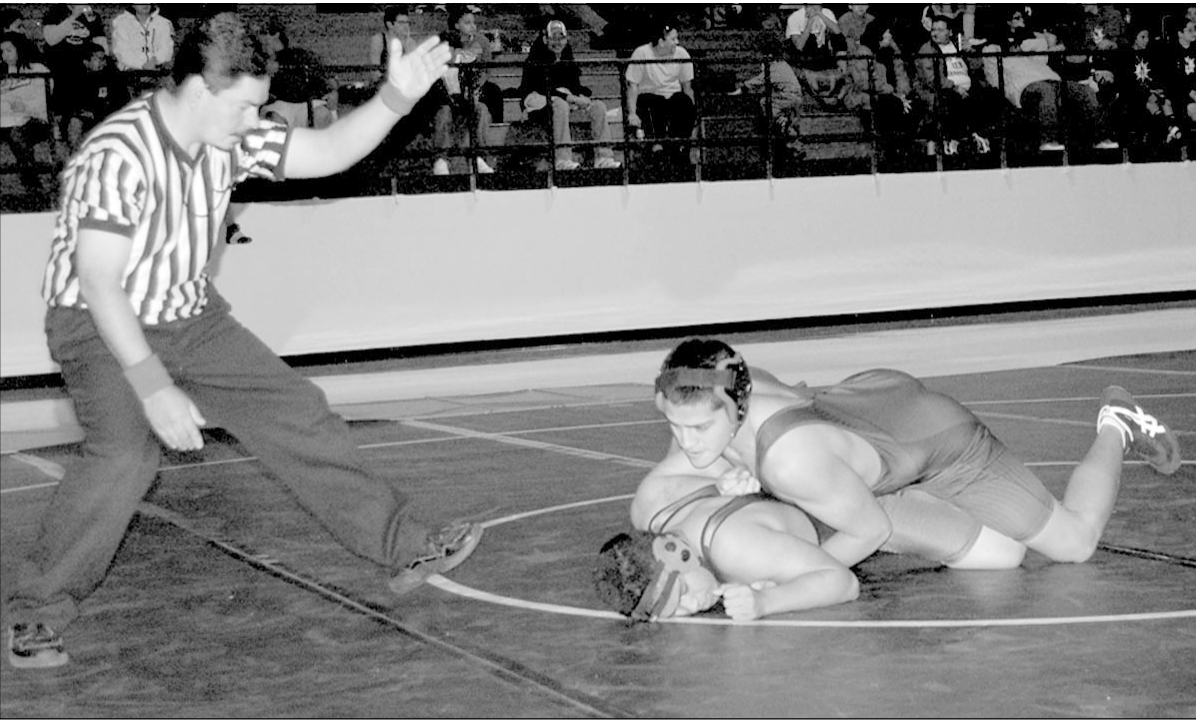
dent Charles E. Garcia. “I wish them well in Dallas.”

Flores said the team will head to Dallas to participate in the state tournament on Jan. 18 and 19. For Anguiano and Aguilar, the final results and new rankings caught them off guard.

“I expected to be in the top three, but not really expecting to be ranked first,” said Anguiano who will be making his first trip to the state competition. “It was really competitive, but we all pulled through.”

“I didn’t expect to be ranked, but I had to try,” said Aguilar. “It feels good to be going to state. I hope to go far and take first place.”

Anguiano and Aguilar have been in the wrestling program at El Dorado for all four years under Coach Flores.



— Photo by Stacy Hendrick/SISD

El Dorado wrestler Andrew Aguilar took control of his opponent at the Andress wrestling tournament.

## Weekly SUDOKU

by Linda Thistle

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

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

Answer Page 3

DIFFICULTY THIS WEEK: ★★

★ Moderate    ★★ Challenging  
★★★ HOO BOY!

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## Cheer squad

From Page 6

Audrey Vasquez, Kaylee Vasquez and Amanda Veliz.

“It was awesome,” said senior Bryanna Porras. “It was kind of shock. We went through a lot of little challenges to get here.”

“It was a great experience and a great way to top off our senior year,”

said Marissa Diaz-De Leon.

It’s really a tribute to our seniors who worked so hard,” said Price of the six seniors who make up the team. “The entire team’s enthusiasm was overwhelming. This is something they wanted and worked hard for. They are an amazing group of young ladies.”

The Americas High School Cheerleading team also participated in National Cheerleading Competition and took third place in the Varsity Non-Building category. Team

members are: Ashlie Mena, Clarissa Acosta, Magaly Tarango, Kelsey Rivera, Desiree Grajeda, Pamela Najera, Adriana Chavez, Andrea Moore, Jasmin Duque, Isabel Villalva, Vanessa Gonzalez, Alex Dom”nguez, Desi Lopez, Carlee Barton, Stephanie Dominguez, Lauren Blackwell, Danika Romero, Kimberly Guzman, Sarah Simental, Heather Paz, Janene Rojas, Marisol Vasquez, Michael Morales, Marcelo Manriquez, Tomas Rivera, Matthew

Lopez and Jesse Bustamante. They are coached by Aida Mata.

“All team members worked many long days as we prepared for this competition. We worked extra hard to improve every skill and learn a high skill level routine. With heart and determination we accepted every challenge that came our way,” said Mata. “We are proud of our accomplishments and wish to congratulate Montwood High School on a job well done!”

## Swimmers

From Page 6

SISD teams winning in so many different sports,” said SISD Board President Charles E. Garcia. “These athletes are top notch and their coaches deserve a pat on the back for the time and effort they put into helping these kids succeed.”