



NEWSBRIEFS

Alvarez named coach

Former Socorro Assistant Coach Joe Alvarez was surprised by a group of Socorro ISD administrators and media during a fall practice at Chris Forbes Field earlier this month. Leading the group was Principal Miguel Serrano who announced that Alvarez was selected as the new head coach of the 2009 defending Texas 5A State Champion Socorro Bulldogs. A graduate of Socorro High School, Alvarez has worked with the program since 1999.



Joe Alvarez

— Daniel R. Escobar

Méndez exhibit

An exhibit of watercolors by Atalo Méndez will be on display at the Crossland Gallery through Nov. 17. The gallery is located at 500 W. Paisano in El Paso. The exhibit is called Images of Mexico.

Wanted

The hunt is on for Pedro Jose Estaco, age 31. Estaco is 5'10" tall and weighs 185 pounds. He has brown hair and eyes. Estaco sought for failing to appear in court for a disturbing family violence incident that occurred back in August 2007, where he assaulted a woman and proceeded to step on her throat. Officers met with the woman who told officers she and her common-law husband — who was identified as Estaco — were arguing over family issues. Estaco became irate during the argument and began assaulting her, grabbing her by the arms and throwing her to ground. While she was on the ground, Estaco went on to step on her neck threatening to kill her. Estaco left the residence shortly after and an arrest warrant was issued for him. He was arrested in April 2008 after several months on the run. Estaco bonded out a short time later and has since failed to show for court. The El Paso County Sheriff's office urges anyone who knows the whereabouts or has seen Estaco to please call Crime Stoppers of El Paso at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of the individuals featured.



Pedro Jose Estaco

— Deputy Jesse Tovar

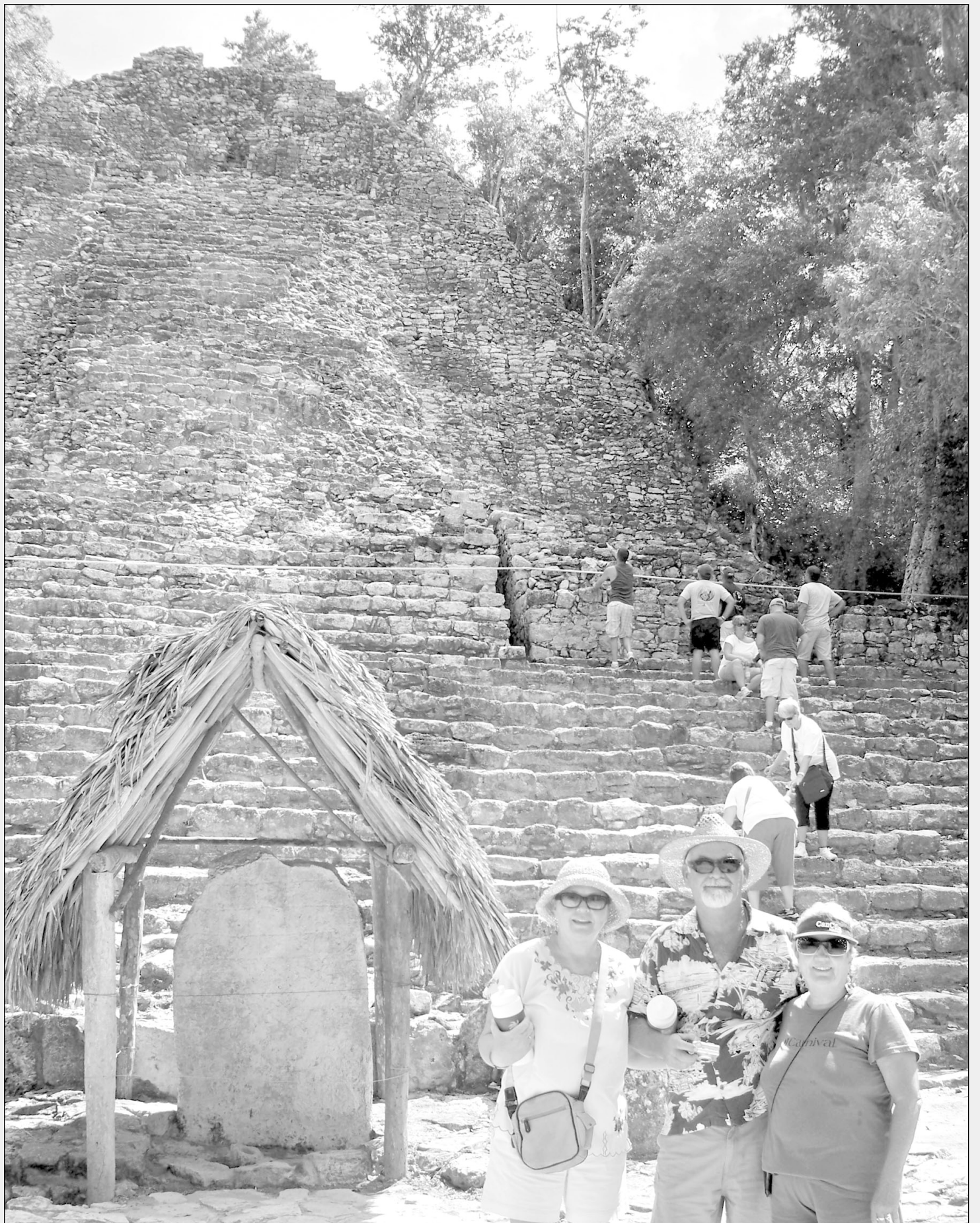
Crime Stoppers

An elderly woman is convinced to

See BRIEFS, Page 5

Love is more easily demonstrated than defined.

— Quips & Quotes



— Photo courtesy Jan Engels

SHE WAS IN CUNCUN — Jan Engels, right, with Kathy and Craig Langerman of Phoenix, AZ stand at the base of the Nohoch Mul pyramid. The pyramid is the tallest in Yucatan and the Cobá site is considered one of the most important archaeological sites in the region. The pyramid was built between two lakes during the Classic Period (600-900 AD) and surrounded at one time by a very large city spread over 80 square kilometers. Nohoch Mul, meaning large hill, is 138 feet tall. Engels' account is on Page 4.

Crime doesn't pay — Crime Stoppers does

By James Klaes
Special to the Courier

At its monthly meeting on Oct. 13, 2009, the board of directors for Crime Stoppers of El Paso, Inc., approved payment of \$2,650.00 in rewards to El Pasoans who have provided anonymous tips about the identify and location of people wanted by the El Paso Police Department and the El Paso County Sheriff's Office.

The board approved six payments of \$250 each for the arrest last month of persons on the Crime Stoppers "Most Wanted" lists that are

published each week. In addition, the board approved a payment of \$400 for the arrest of four persons at a location of drug activity, \$300 for the arrest of a person who committed three thefts, and \$250 for the arrest of a person wanted by the Police Department for a family violence assault.

This follows two payments last month of \$1,000 each to persons who provided tips on two of the organization's "Crimes of the Week." One tip led to the arrest of the Chubby/Village People bank robber who committed four bank robberies and five aggravated robberies in El Paso over the past year. The other tip led to the arrest of a hit and run driver who

killed a motorcyclist from Anthony.

For the year to date, Crime Stoppers of El Paso has paid rewards totaling \$14,600 for the arrest of sixty-one subjects who committed one hundred three crimes in our community. The arrests resulted in recovery of \$7,830 in narcotics and \$73,000 in property.

Crime Stoppers of El Paso, Inc., is a private non-profit organization that works with every law enforcement agency and every media outlet, together with persons in the community, to solve crime. The organization is credited by law enforcement agencies for El Paso's ranking as the number three safest city in the United States for its size according to F.B.I. crime statistics.



Por la Gente By State Rep. Chente Quintanilla

Tools to prevent sexting exist

Hola, mi gente. In December of 2008, I submitted an article about the subject of sexting. This is where a young man or young lady take an inappropriate picture of themselves and then send it to their special friend. Such an incident took place in the home of a constituent of mine.

The parent of the teen asked that I submit legislation to prevent the sexting from easily occurring. We were eager to assist so that these teens could avoid consequences adverse to their education or to their professional careers. The other more serious aspect sexting is the possession of child pornography by the recipient. Teens tend to be in denial about the fact that the photo could very well end up in the world wide web; that is exactly what happened to the constituent's child.

In the 2008 article, I informed readers that I had submitted a request for a bill draft to address the issue. During the time of submittal and the receipt of the draft, my office had numerous talks with legislative attorneys who advised me that every well meant provision in the bill created other unintended legal consequences.

As part of preparation for filing, I and my staff carried on talks with the private sector upon which the bill would prevail. Needless to say, the cell phone companies were not anxious to see this legislation filed. After our conversations, it was my opin-

ion that their arguments were very legitimate.

There was good reason not to file the bill.

Fortunately, the issue did not die; nor did the effort by the cell phone companies to assist my office in addressing the concerns conveyed to me by the parent. I am especially appreciative of AT&T for their efforts to initiate a public discussion of the problem.

My desire to have some form of public statement about sexting before the end of the session did not materialize. But thanks to AT&T, iKeepSafe (an online safety organization) and the American School Counselor Association, a public meeting with parents and students was scheduled for October 29 at Americas High School. The purpose of the meeting was to prepare teens to protect and manage their digital reputations.

Many times, problems are better addressed by the private sector. Sometimes, as in this case, the private sector precedes actions by lawmakers. Cell phone companies already had in place many tools with which parents and teens could avoid the pitfalls of sexting and other internet dangers. I was not aware of that and I would say most parents are unaware as well.

It is my hope that this community meeting will be the start of a serious dialogue in El Paso between parents and teens on the dangers of sexting. Their opportunities for the best education or jobs may be permanently harmed by careless cyber behavior.

Gracias, mi gente, and I remain your friend and public servant, Chente por la gente.

Veterans Post By Freddy Groves

It starts at the top

I suspect that the level of care you get from the Department of Veterans Affairs medical centers and clinics depends on who's at the top.

Until the situation was exposed, you ran the risk of not getting correct treatment for prostate cancer at one medical center. At another, the equipment for colonoscopies was found to be contaminated.

A third facility sent out scary letters to veterans indicating they'd had a diagnosis of ALS (Lou Gehrig's disease) when it was not true.

But there's always a flip side to the horror stories. A friend of mine says he's had only excellent care at a certain department in the local medical center... AFTER each and every person there was fired and new staff was brought in.

Prior to the sweep, patients were subjected to inept treatment by surly medical and administrative staff and appointments that were either canceled without notice or made for the wrong day. Now, post-sweep, patients can call and get a pleasant person on the phone, get cooperation in the scheduling of appointments, and feel very positive about their care. Another friend who goes to a different department at the same facility can actually get doctors on the phone.

So, what accounts for the differences in the level of care at medical centers and clinics across the country? Since everyone is working from the same VA playbook and manual of instruction, the only variables left are 1) the people who work there, and 2) those who manage them.

The requirements for basic courtesy and competence come from the top. It's just like any other industry: If the boss doesn't respect the clients — in this case the veterans — staff further down the hierarchy won't either.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com. (c) 2009 King Features Synd., Inc.

Peña addresses national geology conference

By Kim Guzman
Special to the Courier

CANUTILLO — Camila “Danielle” Peña, Canutillo High School science teacher and 2008-09 CHS Teacher of the Year was chosen as a guest presenter for the 2009 Portland Geological Society of America Annual Meeting, which was held recently in Portland, Oregon.

According to its website, the Geological Society of America (GSA) is committed to a vision of “Fostering the human quest for understanding Earth, planets, and life; catalyzing new scientific ways of thinking about natural systems; and supporting the application of geoscience knowledge

and insight to human needs, aspirations, and Earth stewardship,” at the same time promoting geoscience through education, public awareness, and public policy.

Peña was chosen to present because of her work at the University of Texas at El Paso in the Geological Sciences Department, as a graduate student. Peña and fellow graduate student Hector Navarro developed an experiment as part of an earth science class for high school science teachers who were instructed to develop lessons



Camila “Danielle” Peña

on density and viscosity that they could use in their classrooms.

“We are extremely proud of her recognition as a leader in the area of science and know that this experience and her expertise will continue to benefit the students and staff of Canutillo High School,” said Jim Fry, CHS Principal. “We look forward to the continued excellence that Danielle brings to her classroom each day and the benefits this opportunity will bring to Danielle and her teaching,” he added.

1973
36
years
2009

WEST TEXAS COUNTY
COURIER

SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FARM, SAN ELIZABO AND TORNILLO

PUBLISHED:
Published each Thursday by Homesteader News, Inc. Appreciation to our many contributors. Office open Monday through Thursday.

COPYRIGHT:
Entire contents © 2009 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

LETTERS TO THE EDITOR:
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The Courier reserves the right not to print letters to the editor or other submitted materials it considers inappropriate.

AD DEADLINE:
Monday 4 p.m. for Thursday publication.

CLASSIFIED RATES
\$10 for 25 words, \$15 for 40 words. Ad must be in writing and pre-paid. The Courier reserves the right not to print classified advertising it considers inappropriate.

DISPLAY RATES:
Open rate — \$25 per column inch. Call for more information or to set an appointment. The Courier reserves the right not to print advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
52 issues for \$35. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235
Fax: 852-0123
E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum
Contributors
Don Woodyard
Steve Escajeda
Jan Engels

Member Texas Community Newspaper Association

Homesteader
Est. 1973
News, Inc.

UTEP FOOTBALL
VS. UAB
OCTOBER 31
1:00 PM

HALLOWEEN
AT THE GAME!
Participate in our Costume Contest or come Trick or Treating at the game!

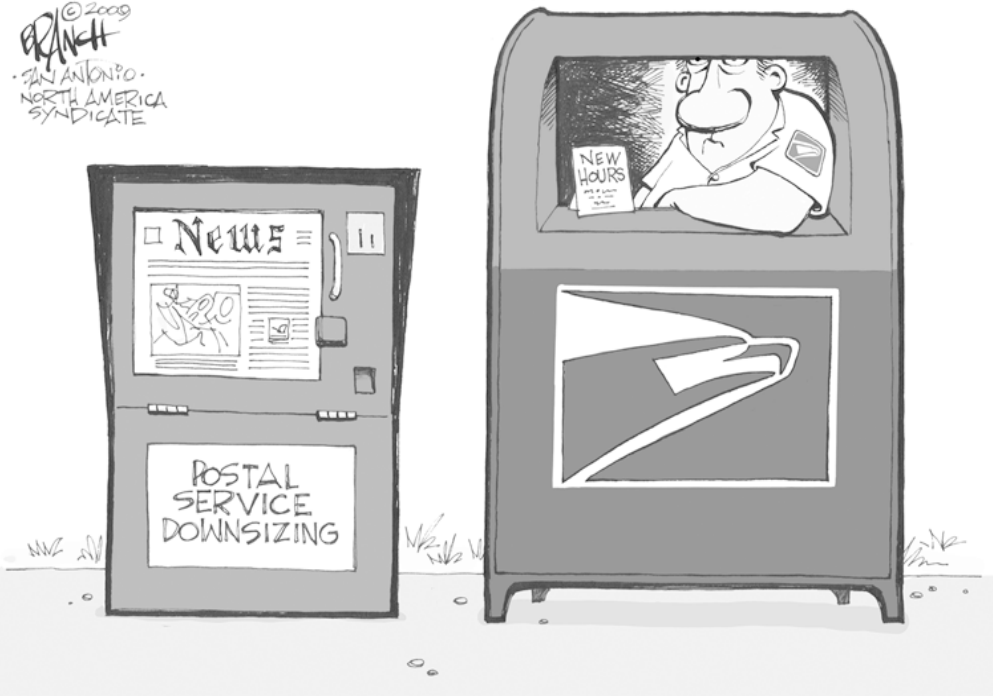
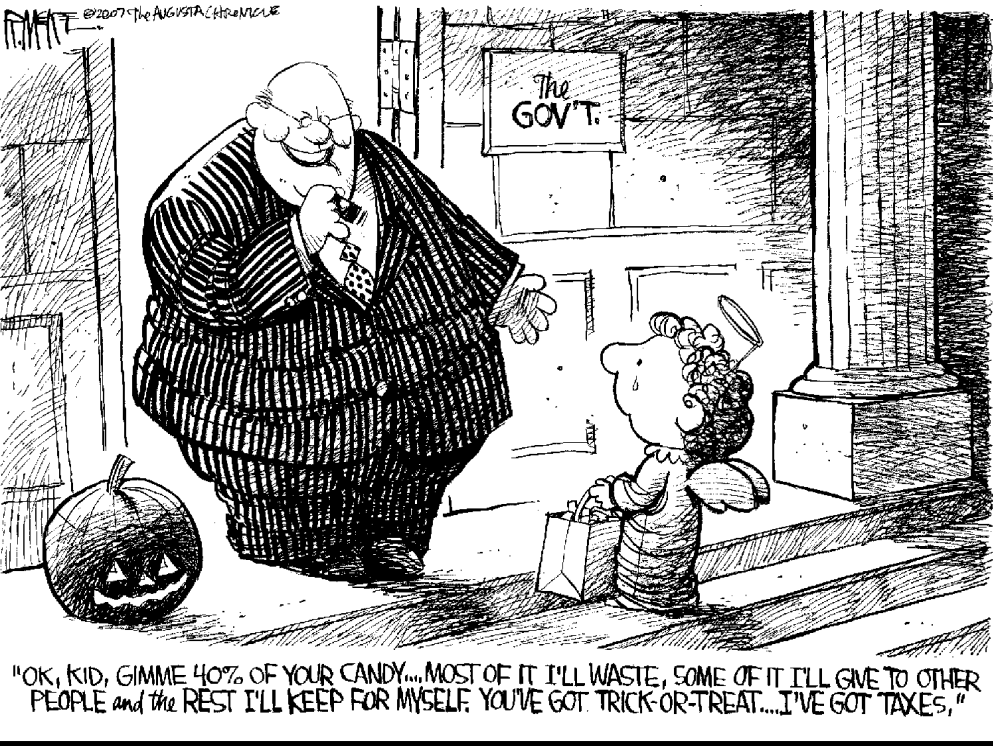
BRING YOUR KID TO THE GAME.
Get a free youth ticket when you buy an adult one.

CANS FOR A CAUSE
Bring in a canned food item to benefit the West Texas Food Bank.

UTEP Basketball Season Tickets On Sale!
Family Packs (2 adult & 2 youth) only \$440!
Call 747.6150

Handgards
KFX 92.3 the FOX
UNIVISION 26

To Advertise Call 852-3235



What's up, doc?

By Albert Balesh, M.D.

Sorcerer's soup

As ghouls and goblins descend upon us in this Halloween season, the annual question of whether one can be scared to death, or "scared stiff," whichever you prefer, must once again be posed. The sorcerer's cauldron froths and boils over, rendering its soup no more toxic than the so-called brain-heart connection. In fact, there is a physiologic basis for strong emotions causing death, when the nervous system becomes so jump-started by serious threat that it can cause heart attack and consequent exitus. Animal studies bear this out. There are also historical precedents to the lethal brain-heart connection, with a Roman emperor, a 13th century pontiff, and American patriots all succumbing to the mortal blows of anger, grief, and elation, respectively.

Both disruptive life events and the chills of Bela Lugosi, Christopher Lee, or Freddie Kruger movie house madness can lead to an inevitable downward spiral in life's course. The palpitations, heartache, and anxiety wrought by Hollywood make believe can easily parallel similar repercussions of real-life calamities such as the death of someone dear, the threat of death to someone close, the anticipation of a difficult examination, the embarrassing loss of self-respect or self-esteem, the unpleasant memories exhumed during an anniversary memorial service, or the threat of imminent harm or injury in battle. Even the jolt of a happy ending can end miserably, with the strength of the emotions elicited weighing heavily on an "animus et corpus" worn down by neuronal, hormonal, and psychic bombardment.

We have all experienced anxiety at some point in our lives. The adolescent on a first date with an unsightly pimple that just sprang up, the college student about to take a first set of final examinations after pulling an "all-nighter," the hapless groom about to say "I do," the postmenopausal woman awaiting biopsy results after a suspicious mammogram, the second-string athlete about to get his chance in the big game, the employee suddenly called in to the boss's office after rampant rumors of pink slips and company lay-offs, and the list goes on and on, indicating that being human entails a certain amount of heart palpitations, taut nerves, queasy stomachs, cold hands, and downright urges to roll up into the fetal position until the all-clear has been sounded. Until now, however, the latter had been considered nonlethal, par for the course, and attributed to simply living life. Now we know that they can kill you! A study of 3,015 70-79-year-olds, in fact, has demonstrated that not only "the good die young," as the saying goes, but the anxious also. The more anxious one is, the more he or she is likely to die, with the added twist that anxiety is a greater predictor of death in blacks than in whites.

And what of the million-dollar shrink's term, "catatonia," theme of horror movies and idle cocktail chatter? Catatonia is a paralysis that has no apparent physical cause and little physiologically concrete to refer to, except that it may be provoked by fear. On any given day, any one of us can become its victim with no advanced notice, and a study conducted in 2004 suggests that it was originally rooted in our collective DNA to protect our species from being eaten by other animals. Unfortunately, we now know that other kinds of fear, anxiety, or feelings of imminent doom, real or imagined, can lead to catatonia.

Passing from a sorcerer's souffl  of Ouija boards, tarot cards, horoscopes, pinned effigies, amulets, potions, elixirs, bloodied chicken corpses, and Santeria, we subsequently navigate the singularly turbid waters of Cupid's domain, where we pose the question of whether one can, indeed, die of a broken heart. Been there, done that, and lived to tell the tale, you say. Perhaps. But consider yourselves fortunate, as failed romance may be just stressful and acute enough to cause heart failure. While people under stress may already have heart disease, who's to say that the stress of unrequited love is insufficient to cause fatal heart failure? After all, acute stress cardiomyopathy, which resembles a heart attack without actually being one, occurs in non-cardiac patients hospitalized after acute physical or emotional trauma, such as grief for the loss of a loved one or fear resulting from an act of criminal violence or involvement in an automobile accident.

Our account of mind over matter would be found deficient, if we were not to contrapose the concrete to the sublime. Why worry about what we don't know killing us, when even the innocuousness of castor oil, rhubarb pie, sunflower seeds, and cherry, plum, and peach stones, to mention a few, can put our short time on earth to an even shorter test? Perhaps we should devote our energies and turn our sights toward what can actually kill us, instead of a witch hunt for sensationalism and magic bullets to fell the monsters inhabiting our psyches since the beginning of our time. Wouldn't resources be better directed at automobile accidents, murder, other accidents, suicide, and cancer in the 15-24-year-old group, cancer, heart disease, and accidents in the 25-45-year-old group, and heart disease, cerebrovascular disease, chronic lung disease, Alzheimer's, pneumonia, diabetes, and accidents in individuals 65 and older than at shadows, figments, and sounds that go "bump" in the night?

Sorcerer's, shamans, medicine men, charlatans, and traveling snake-oil vendors are everywhere, now, at Halloween, and whenever. Calling their bluffs, however, in these times of increased evidence of the brain-heart connection, leaves this writer scared stiff!

© 2009, Albert M. Balesh, M.D.
All rights reserved.

A cartoon by Moore. A woman is crying and saying: "Oh listen! She's crying in Iambic Pentameter!". A man is holding a newspaper and saying: "wahWAHwahWAHwahWAH....". The cartoon is signed "Moore" and dated "©09".

Moore Texas by Roger Moore **Oct 31, 1895:Margaret Edwards**
born in Gatesville.She would become a Texas Poet Laureate.

\$8,000

Rebate*

*** First Time Home Buyers**
Must Close by Nov. 30, 2009

- \$0 Down / \$0 Closing Costs**
On Special Financing Programs
- Low Priced Homes** Starting in the **\$90s**

Villa Victoria Community
On Socorro Rd. just past the San Elizario Mission

(915) 630-4369
Javier Ortega / Broker

YOUR Gift

IS A WAY TO CONQUER LUNG DISEASE

Give the gift that remembers by helping others ...

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

www.texaslung.org

1-800-LUNG-USA

I was there... Cancun packages offer fun, history

By Jan Engels
Special to the Courier

I was there... in Cancun, Mexico with no drug cartels, no swine flu, no hurricanes and no worries. It was beautiful! Warm tropical days and stunning sunsets by nite was the norm. Our Golden Parnassus adult all inclusive Resort and Spa was a quaint, small by most resort standards resort. Only 210 rooms — for which this writer won a prize for guessing the number of rooms in one of the many games played throughout the days. But the service, the ambiance and the friendliness of staff and the other guests made it an outstanding paradise. Our Resort and Spa was located in the middle of the “Hotel Zona” facing magnificent turquoise

sea water, a stunning Caribbean coastline, toe curling velvety sand and perfect year round summer weather. Who could ask for more?

Our days were spent lying on the sand, swimming in the three equian-gular shaped pools, relaxing in the hot tub or the ultra pampering Spa. The deep tissue body massage was to die for! Our evenings were spent in one of the five restaurants dining on scrupulous shrimp, scallops or mouth watering steaks. Entertainment fol-lowed dinners in the Game Room.

Exclusions were offered every day. One such was to Isla Mujeres — small legendary island where pirates used to hide their treasures a short distance by ferry from Cancun. An exotic paradise day was filled with eating their delicious sea catches and lounging on their luscious beaches.

One used golf cars to get around the island. A stop at a turtle farm proved very interesting. One saw the hatching of turtles and the vari-ous progressing and transporting of turtles to various tanks to complete the end results of a full blown sea turtle in motion!

Another exciting day was spent traveling by van to Coba, an ancient Mayan city. One could only imagine the ancient Hispanic civilization that existed thousands of years ago while walking in the lush jungle and climb-ing Nohoch Muul, the tallest pyra-mid in all of the Yucatan. Visiting with descendants of a Maya family who are trying to preserve their cul-tural and natural heritage provided a rare insight to their history. The thatched roof and the bareness of their home made a person thankful for their USA dwellings.

Many guests were repeat vacation-ers because of the size of the Golden Parnassus Resort and Spa. There were travelers from all over the United States and the world I have met on or more one occasions made the stay even more enjoyable.

We were even lucky enough to be treated to a Mexican wedding, which took place in the beautiful decorated gazebo in the middle of the resort.

Pool volleyball and aqua aerobics were offered every day.

To anyone who is thinking of va-cationing in Cancun, the all inclusive package is the most “bang for your buck” way to go.

Jan Engels is a regular contributor to the Courier. She has covered na-tional political conventions, title fights, and the Super Bowl along with her travel logs.

2009-2010 Socorro ISD census

The Socorro ISD will started its annual Impact Aid Census on Oct. 27. The census is the way in which the District files its claim each year for Impact Aid funds allowed for under Public Law 103-382, Title VIII. This law allows for partial replacement funding for lost prop-erty tax revenue due to military in-stallations and other federal prop-erty in or near the District. Students whose parents work on federal property (i.e. a Border Patrol sta-tion, Indian casino, Fort Bliss, La Tuna Federal Correction Institute, etc.) or are active duty military ei-ther living in non-military housing or military housing will have forms that qualify for funds.

Identifying federally connected

families is possible only by surveying each student’s parents, collecting the data and submitting the qualifying forms to the Federal Government.

“We are asking all of our parents to complete the census forms and return to their child’s school by No-vember 6th,” said Patrick O’Neill, Assistant Superintendent for Ad-ministrative Services. “We want to make sure that we receive the maximum benefit from this effort.”

Impact Aid funds received by the District are added to the general fund and are used in accordance with local and State requirements. Some Impact Aid funds must be used for specific purposes outlined by the Federal Government.

— Daniel R. Escobar

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!

YOU ARE BEING SHADOWED. But you’re not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don’t be any longer. When you leave your vehicle, **HIDE** your things, **LOCK** your car, and **TAKE** your keys. Remember... **YOU HOLD THE KEY.**

Watch Your Car TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

STRANGE
BUT TRUE

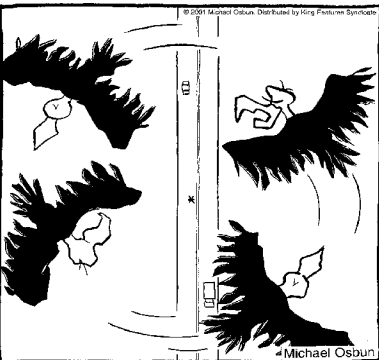
By Samantha Weaver

- It was American columnist Franklin Pierce Adams who made the following sage observation: "Seeing ourselves as others see us would probably confirm our worst suspicions about them."
- If you're like the average human, your heart will beat 100,000 times today.
- Before Humphrey Bogart became a famed star of the silver screen, he was famous for another reason. Bogart's mother painted a portrait of little Humphrey as a baby, and that portrait was used as a trademark for Mellin's baby-food company.
- John Quincy Adams was the first U.S. president to be photographed.
- If you're a stargazer — or a night owl — you might already be aware of the fact that you can see about five times as many shooting stars after midnight as you can see before.
- Lexicographers claim that "queue" is the only word in the English language whose pronunciation does not change when the last four letters are removed.
- Only about 5 percent of the salt produced every year winds up on the dinner table to be used as a seasoning. And you might be surprised to learn the diverse purposes for which the other 95 percent is used: packing meat and feeding livestock, of course, but also building roads, tanning leather and manufacturing such items as soap, ash, detergents and glass.

• Here's a fun experiment: Pour a glass of champagne, then drop in a raisin. The carbonation in the drink will cause the raisin to bounce up and down continuously until the wine goes flat.

Thought for the Day: "There are two things to aim at in life; first to get what you want, and after that to enjoy it. Only the wisest of mankind achieve the second." — Logan Pearsall Smith

(c) 2009 King Features Synd., Inc.



Briefs

From Page 1

withdraw an undisclosed amount of money from her credit card (a cash advance) in a scam. Now Crime Stoppers and the El Paso Police Department are asking for help from the public in locating the suspects involved before they strike again, making this the "Crime of the Week." On Thursday, October 8, between 2:00 and 4:00 p.m., the 73-year-old victim was pumping gas at Viscount and Hawkins when she was approached by a woman who said she had inherited \$200,000 and needed the victim's assistance to

distribute the money to charity. The Victim was asked to provide an undisclosed amount of "good faith" money in order to assist with the distribution of the money the female offender had inherited. The victim subsequently provided thousands of dollars in cash to the offenders who then disappeared. The suspects are believed to be the same individuals who scammed other elderly people in El Paso a year ago, but disappeared afterwards. It is believed they are traveling around the country and are now back in town and committing the same type of crimes, all against the elderly, before they leave again. Last year these suspects took many thousands of dollars from their victims. The woman who did the talk-

ing is described as a black female, approximately 35-45 years of age, 5'8" tall, thin build, and loose curly hair hanging down past her shoulders. Her male counterpart is described as a light-skinned black male, 5'6" tall, short parted hair, with a medium build, large hands, and no facial hair. He was wearing prescription glasses. If you have any information at all about this crime, please call Crime Stoppers of El Paso at 566-TIPS (8477) or submit your tip online at www.crimestoppersofelpaso.org. You will remain anonymous and, if your tip leads to an arrest, you may earn a cash reward up to \$1,000.

— James Klaes

People know
Pueblo for its...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



U.S. General Services Administration

£

L&S CONSTRUCTION SERVICES

COSTUMER SATISFACTION IS JOB ONE

➤ COMMERCIAL ➤ CUSTOM RESIDENTIAL

Welding Structural Steel Oriental Steel
Concrete Metal Studs Drywall Painting

Fax: 915-849-1172
Email: lpena8@elp.tx.com

915-219-0305

LOCALLY OWNED AND OPERATED — SE HABLA ESPAÑOL

TOWN OF HORIZON CITY
Storm Water Management Program



MS4 — PERMIT NO. TXR 040057

"Acceptance of the Storm Water Management Plan went before the Town of Horizon City, City Council of February 12, 2008. With a quorum present, the Council voted, unanimously, to approve the "ratification" of the final Storm Water Management Plan and submit to the Texas Commission on Environmental Quality (TCEQ). With the acceptance of the plan and a recipient (City) of an integral part of the storm water management program, for the purpose of "preparedness," the City must forego a series of strategies before full implementation, of the program, is achieved. "

One major part: to educate the public on how to help in preventing ground water contamination. A series of newspaper articles will be published, targeting residential, commercial, construction, agricultural, and industrial segments of the city.

There will be issues of concerns that will affect both, the residential community and the business sector. Enforcement issues will also be addressed to assure compliance once code regulations are implemented. Administration does not consider the change to be "burdensome," to the citizens of our town, considering that other counties, cities and communities are already in the full implementation-stage of the program; feed back received from such entities have been favorable and considered to be a program that will be beneficial in the long run.

For more information, call the Town of Horizon City at 852-1046, or stop by the office, 14999 Darrington Rd., and review the Notice of Intend (NOI) application, Storm water Management Program, and a copy of General Permit Number TXR040057, Factual Sheet.

Karen Ellefson
Town Clerk, Horizon City

Published
WTCC: 10-29-09

TOWN OF HORIZON CITY
Storm Water Management Program



MS4 — PERMIT NO. TXR 040057

The following article was provided by the Environmental Protection Agency (EPA), addressing aspects of runoff water.

"After the Storm"

What is Stormwater Runoff?

Stormwater runoff occurs when precipitation from rain or snowmelt flows over the ground. Impervious (non-penetrable surface) surfaces like driveways, sidewalks, and streets prevent stormwater runoff from naturally soaking into the ground.

Why is Stormwater runoff a problem?

Stormwater can pick up debris, chemicals, dirt, and other pollutants and flow into a storm sewer system or directly to a lake, stream, river, wetland, or coastal water. Anything that enters a storm sewer system is discharged untreated into the water bodies we use for swimming, fishing and providing drinking water.

The effects of pollution

Polluted stormwater runoff can have many adverse effects on plants, fish, animals and people.

- Sediment can cloud the water and make it difficult or impossible for aquatic plants to grow. Sediments also can destroy aquatic habitats.
- Excess nutrients can cause algae blooms. When algae die, they sink to the bottom and decompose in a process that removes oxygen from the water. Fish and other aquatic organisms can't exist in water with low dissolved oxygen levels.
- Bacteria and other pathogens can wash into swimming areas and create health hazards, often making beach closures necessary.
- Debris — plastic bags, six-pack rings, bottles, and cigarette butts which when washed into waterbodies can choke, suffocate, or disable aquatic life like ducks, fish, turtles, and birds.
- Household hazardous wastes like insecticides, pesticides, paint, solvents, used motor oil, and other auto fluids can poison aquatic life. Land animals and people can become sick from eating diseased fish and shellfish or ingesting polluted water.

Polluted stormwater often affects drinking water sources. This, in turn, can affect human health and increase drinking water treatment costs.

Karen Ellefson
Town Clerk, Horizon City

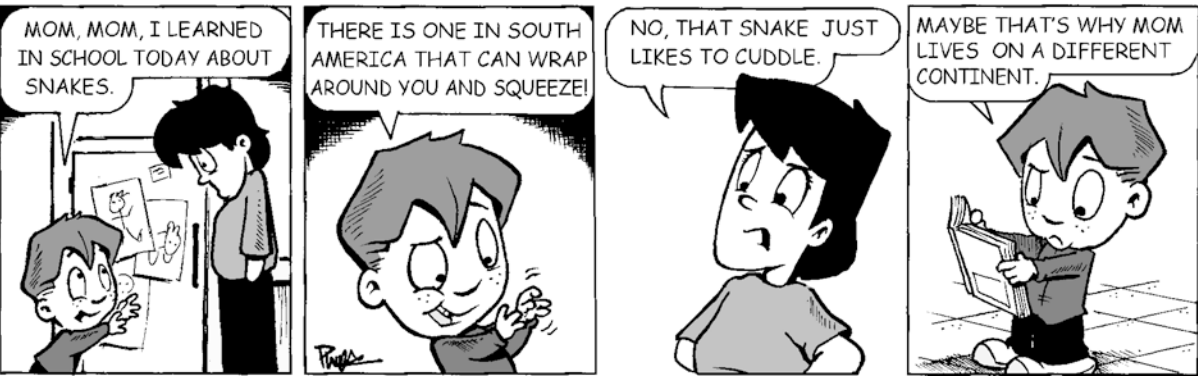
Published
WTCC: 10-29-09

Comix

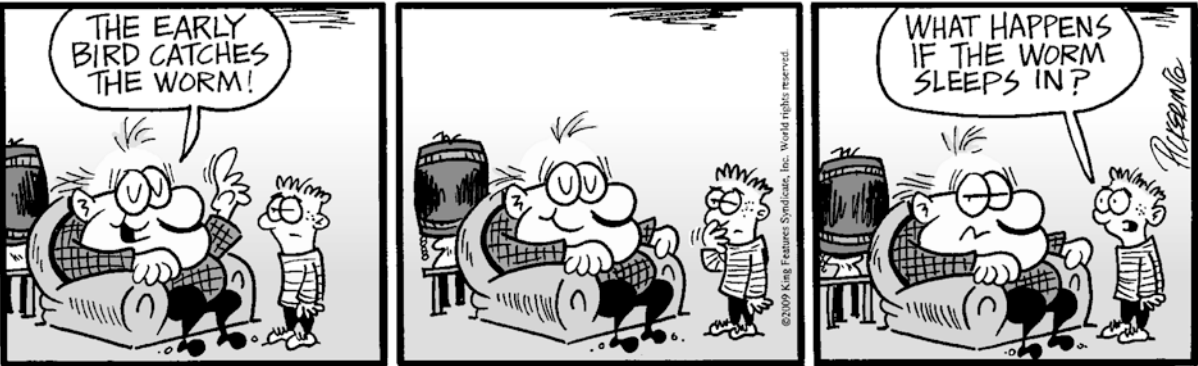
OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: My 31-year-old son-in-law is 6 feet tall, weighs 185 pounds and is in good physical condition. His concern is triglycerides. His measure more than 600. His cholesterol is just a bit high. He eats very healthily, with little fast food. He drinks only diet soda and skim milk. He uses sugar substitutes in his coffee. He eats much Indian food. Any help is appreciated. — B.W.

Total cholesterol, LDL cholesterol (the bad kind) and HDL cholesterol (the good kind) have star billing when it comes to artery hardening and heart disease. The spotlight has begun to shine on triglycerides, and now they are sharing billing with cholesterol. Triglycerides are fats. The whitish, yellowish stuff you see in a cut of meat is triglycerides. Guidelines tell us that a triglyceride level below 150 mg/dL (1.7 mmol/L) is ideal; levels between 150 and 199 (1.7-2.2) are borderline bad; levels from 200 to 499 (2.2-5.6) are bad, and anything over 500 (5.6) is very bad. Your son-in-law is in the “very bad” category.

For overweight people, weight loss is the first step in bringing down triglycerides. This doesn’t apply to your son-in-law. He should severely limit rapidly absorbed carbohydrates, like sugar. They raise triglycerides. He also should cut back on red meat and full-fat dairy products. He has to steer clear of trans fats, found in some commercially prepared foods, particularly baked goods and many fast-food deep-fried items. He has to limit alcohol. Your son-in-law is doing all this, but his levels still are too high.

Three hours of weekly exercise can lower triglycerides. If this doesn’t get the job done, then he should consider the medicine route. Niacin and gemfibrozil can bring down the triglyceride reading.

Diabetes, a low output of thyroid hormone, kidney disease

and some medicines like beta blockers and thiazide diuretics raise triglyceride levels.

Very high triglyceride levels can inflame the pancreas — pancreatitis. Your son-in-law is at the threshold of that complication.

The cholesterol booklet explains triglycerides and their link to heart disease. Readers can obtain a copy by writing: Dr. Donohue — No. 201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient’s printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: I need to know what is considered normal when it comes to menstrual cycles. Please tell me. — R.K.

Most women have cycles that last from 21 to 35 days. For 90 percent of menstruating women, bleeding lasts seven days.

A little more than 1 ounce of blood (30 to 35 ml) is lost with each cycle. That amount of bleeding requires three to five pads a day.

DEAR DR. DONOHUE: I have diabetes, and a while back lost 25 pounds almost overnight. I cannot gain it back. What can I do? — Anon.

A sudden, unintended loss of 25 pounds demands an explanation. If your diabetes was out of control, that might explain it. All the same, you must report this to your doctor right away so a search for a cause can begin.

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2009 North America Synd., Inc. All Rights Reserved

King Super Crossword

- ON GUARD ACROSS**

1 Cook clams

6 Civvies

11 It came from Montana

15 Part of PST

18 Tom's temptation

20 Looked like Lothario?

21 _ Rios, Jamaica

22 She's a sheep date

23 Plummer or Pays

24 Riddle: Part 1

27 Encountered

28 Caddie competitor

30 Flicka's food

31 Cliff hanger?

32 The Chipmunks, e.g.

33 Houston athletes

37 Covenants

38 Riddle: Part 2

43 Pindaric poetry

44 Libertine

45 Lo mein land

46 Culp/Cosby series

48 "Three Times a Lady" group

52 Competent

54 _ standstill

57 High peak

58 Paris' prize

59 Adulterate

61 Singer Campbell

62 Hard to find

63 Certain horse
- 64 "Rats!"

66 That's no bull!

69 Riddle: Part 3

73 Stadium

74 Diva Maria

76 Stroll

77 Miami's county

79 Hunky-dory

80 Warns

82 Plankton

connoisseur

84 Insert dialogue

87 Pro _ (for now)

88 Sunflower st.

89 "Utopia" author

91 Self-smitten

93 Broadcast

95 Gymnast Korbut

96 Grouch

98 Riddle: Part 4

104 Celts

105 Pack up the tent

106 Boot part

107 Cross words?

108 Indian export

109 Hockey's Kolzig

110 Health club

113 Answer to riddle

119 Type of embroidery

121 Porgy part

122 Room without a view?

123 Common contraction

124 622 event

125 Poseidon's domain
- 126 Model Macpherson

127 Share knowledge

128 Acts like a grandparent

DOWN

1 Con game

2 Subdue Simba

3 "L'-, c'est moi"

4 Sheridan or Sothern

5 Violin virtuoso

6 Trims the turf

7 "Not spinach again!"

8 Neighbor of Ga.

9 Asian holiday

10 A mean Amin

11 Fertilizer

ingredient

12 Sore

13 Haggard heroine

14 Fountain offering

15 Tenor Jan

16 Expects

17 Turns over

19 Michael of Monty Python

25 Tell's partner

26 Prepared

29 Westminster winner

32 Swarm (with)

33 Wan

34 Goes downhill fast?

35 Decimal base
- 36 Nutritional abbr.

38 '77 Richard Harris film

39 Mislead

40 Speed _

41 "God's Little _" ('58 film)

42 Art medium

47 Ooze

49 "Butterfield 8" author

50 Strauss' _

Rosenkavalier"

51 Couturier Cassini

52 Busy as _

53 Comic Roseanne

54 _ vera

55 "American Bandstand" viewer

56 Novelist Seton

59 Gorp ingredients

60 Narcissus' nymph

61 Skirt shaper

62 Depend (on)

63 "Yo!" at the library

65 Brother of Zeus

66 Glasgow guy

67 Daily receipts

68 Jack of "Rio Lobo"

70 Dentist's directive

71 Head set?

72 Cheeseboard choice

75 Literary pseudonym

78 Chicken _ king

81 k.d. of country

82 Baby beagle
- 83 Wolf wail

84 Barbie, Ken, or Chucky

85 Prod

86 Bracelet bit

89 Mine car

90 Burrowing critter

91 Ruark's "Something of _"

92 " _ makes the heart..."

93 Wine word

94 _ -la-la

96 Stephen King book

97 "Salve _"

99 Swimmer Gertrude

100 Tide type

101 Fashion monogram

102 Teach a tackle

103 Noyes or Nobel

104 Fish hooks

108 Commuter's charge

109 Promise

110 "M*A*S*H" Emmy winner

111 Fifi's father

112 Cry of concern

114 Dolores _ Rio

115 Milliner's creation

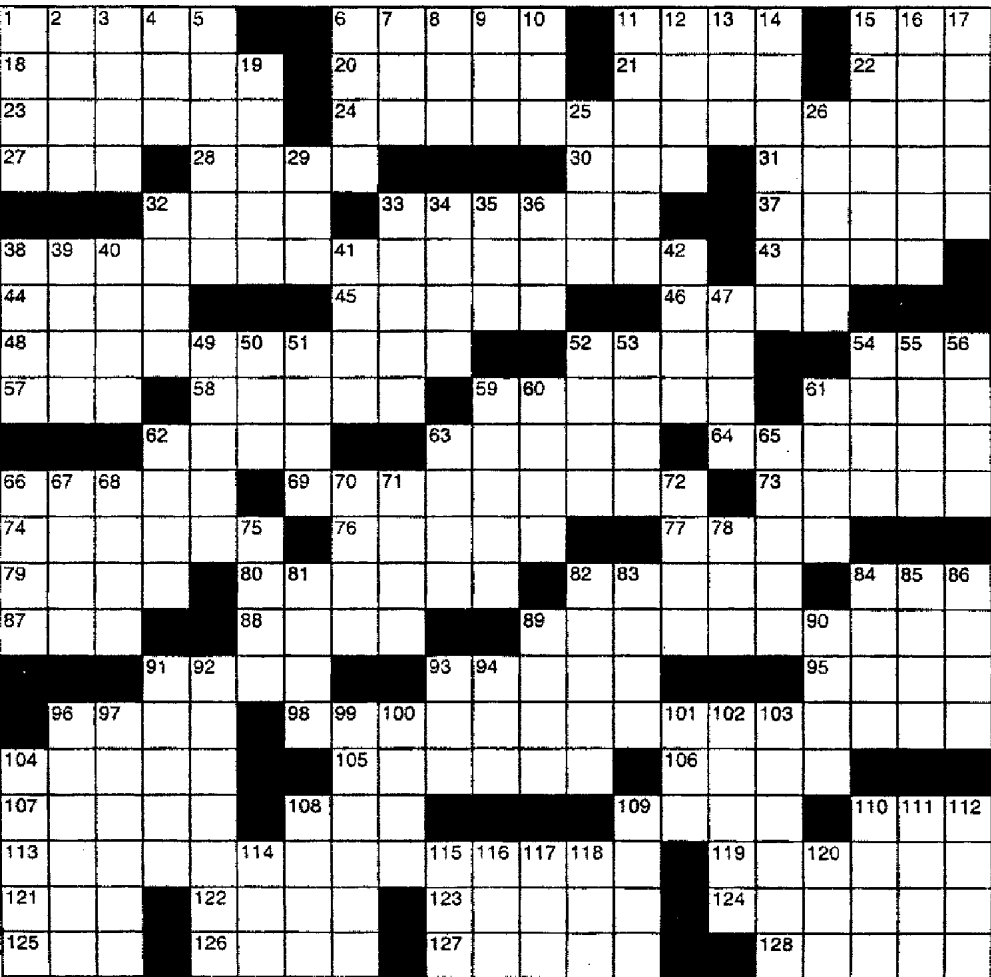
116 Bonanza material

117 Arthur of "Maude"

118 Stateside Ltd.

120 Inflatable item?

Answer Page 6



Social Security Q&A

By Ray Vigil

Q: I am getting Supplemental Security Income (SSI). Can I get other kinds of help?

A: You may be able to get other assistance. For example, in most states, SSI recipients also get Medicaid. You should contact your medical assistance office. SSI recipients also are generally eligible for social services provided by the state, city or county where they live. These may include arrangements for meals or transportation. SSI recipients also may qualify for “food stamps” in many states. More information is available at your local public assistance office.

Q: Do I have to give my Social Security number out whenever I’m asked?

A: No. Giving your number is voluntary, even when you are asked for the number directly. If requested, you should ask why your number is needed, how your number will be used, what law requires you to give your number and what the consequences are if you refuse. The answers to these questions can help you decide if you want to give your Social Security number. The decision is yours. However, keep in mind that requestors may not provide you their services if you refuse to provide the number. For more detailed information, we recommend you read the publication Your Social Security Number And Card, available at www.socialsecurity.gov/pubs/10002.html.

Q: I’m thinking about getting disability protection from a private company. If I become disabled and have a private policy, would it reduce my Social Security disability benefit?

A: No. Your eligibility for Social Security disability benefits is not affected by any private insurance you

may have. But, you may be interested to know that workers’ compensation and certain other public disability payments may affect your Social Security benefit. You can learn more and even apply for disability benefits online at www.socialsecurity.gov/

disability.
For more information on any of the questions listed above, visit our website at 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.

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging
Answer Page 6 ★★★ HOO BOY!

© 2009 King Features Synd., Inc.

archives: www.wtxcc.com

CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals E

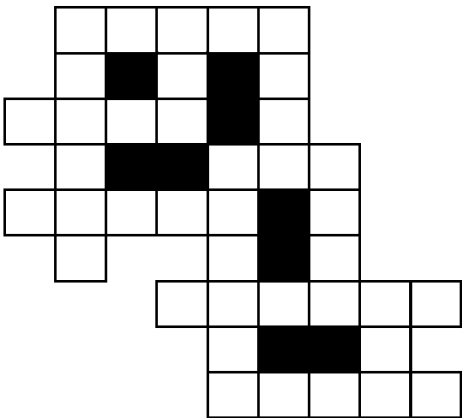
GKVJWPK QB XHKVMWPI
HALMKOHKAIP YKMK GTWLCI
YCTRKPJRK,
BTW QHLCI PJB H'EK
VMHQXKO JAO PJEKO.

Answer Page 6

© 2009 King Features Synd., Inc.



YEK
GYNHUR
HOGUS
♥SAHM
SUIDOO
♥MGU
VYNE
GRUDE
HOS
♥MONSLE
MOUHK
ESUL



Answer Page 6

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.

© 2009 King Features Syndicate. All rights reserved.

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



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

TexasSure catches drivers without insurance.