



NEWSBRIEFS

Luminarias by the Lake

Thousands of luminarias will line the paths throughout Keystone Heritage Park on Dec. 4 and 6 from 6:00 p.m. to 9:00 p.m., accompanied by songs of the season. Holiday refreshments will be available for a nominal charge. All proceeds will go to the development of our Keystone Heritage Park. The park is located at 4200 Doniphan. Admission: adults, \$4; seniors and military \$3; and \$1 for children under 12.

— Bernie Sargent

Christmas concert

St. Mark's Methodist Church will host a "Big Band Christmas Concert" on Dec. 6 at 2:00 p.m. The church is located at 5005 Love Road. The concert will feature the Jazz Unlimited Bib Band with:

- Vocalist Judy Day,
- Seasonal music in swing, jazz and contemporary styles, and
- Clarinet soloists Ken Neidig and Nathaniel Berman.

Donations will be accepted. For information, call 637-4569.

— Cecil Douglas

Crime Stoppers

Crime Stoppers of El Paso is assisting officers from the Special Traffic Investigations Unit (STI) of the El Paso Police Department in identifying and locating a suspect who ran down an elderly gentleman on a bicycle, killing him and fleeing, making this the Crime of the Week. On Sunday, June 21, just before 7:00 a.m., S.T.I. investigators responded to assist Pebble Hills Patrol with a traffic fatality. Their investigation revealed that 67-year-old Heinz Duerkop was riding a bicycle south in the 3400 block of George Dieter, when he was struck from behind by a vehicle. Duerkop was thrown from the bicycle and died at the scene. The vehicle's driver failed to stop and render aid, instead fleeing the scene. At this time, the vehicle is believed to be white in color and possibly sustained damage to the front end and hood. The victim came to El Paso as an officer in the German Army, settled here, became a U.S. citizen, and had been a volunteer at Hueco Tanks Historical Site for the past ten years. As a special tribute, the GhostBike Project has placed a bicycle and plaque honoring Heinz Duerkop at the location of his death in the 3400 block of George Dieter. It is the first GhostBike in El Paso, reminding motorists and cyclists alike to be careful and, we hope, prodding the public to submit a tip that will solve this case. If you have any information at all about this crime, call Crime Stoppers of El Paso immediately 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

If you have nothing for which to be thankful, make up your mind that there's something wrong with you.

— Quips & Quotes

El Paso Collaborative receives award



— Photo by Patrick Espinoza

LEARNING TO SAVE — El Paso Collaborative has been recognized for their Best Practice in Wealth Creation. From left, above, are Heather Lopez, Delia Chavez, Joanna Guillen and Lorraine Frias of El Paso Collaborative. They have successfully administered two Individual Development Assets Program that offers matched savings for low and moderate income households that are saving to purchase their first home, develop a small business or continue their post-secondary education. Savings of up to \$2,000 may be matched with two dollars for every one dollar saved, yielding participants a match of up to \$4,000. This program is currently funded through the Department of Health and Human Services - Assets for Independence Act and from Wells Fargo Bank. This program is a perfect example of how families can begin creating their wealth and pass along the tradition of savings to their children. An additional important component of this program is Financial Literacy. Participants are mandated to attend classes provided by El Paso Collaborative staff. To learn more about programs offered by El Paso Collaborative call 590-1214.

Damian second graders teach water conservation

By Kim Guzman
Special to the Courier

CANUTILLO — Students from Jose Damian Elementary School (JDE), in the Canutillo Independent School District, recently presented what they have learned about water and water conservation at the El Paso Water Utilities Water Festival at the Carlos M. Ramirez Tech20 Learning Center.

The Water Festival is a fun hands-on event that promotes water awareness and education that can lead to understanding of the regional water resources and how to help protect them through conservation and pollution prevention, by inspiring thoughtful and proactive stewardship throughout the community.

The JDE students, who are second graders in the Gifted and Talented program, presented what they are learning by demonstrating "How Clouds Form" to students from El Paso ISD. The students designed posters and performed hands on activities using shaving cream to form clouds during their presentation.

"Our GT students were excited to have the opportunity to present to other school districts what they



— Photo courtesy Canutillo ISD

GETTING WET — Second grade students in the Gifted and Talented program at Jose Damian Elementary School demonstrate their cleverly created water molecules during a presentation at the Tech20 Learning Center's Water Festival. (Shown in photo, l. to r.) Elliot Lavis, Alyssa Iracheta, Matthew Ortega, and Antonio Flores.

are learning about water and the importance of water conservation in our city," said Maria Elena

Torres, JDE Advanced Academics teacher. "Investigating and participating in the many activities avail-

able at the Tech20 Learning Center was an added bonus for our students," she added.

Veterans Post

By Freddy Groves

Honor Flights to DC

The youngest World War II veterans are turning 80 years old now, and we're losing about 1,000 of them — per day. Most of them, unfortunately, have not seen the memorial built in their honor in Washington, D.C.

The WWII memorial opened in 2004, some 50 years after the war ended. The very next year, Earl Morse, a retired Air Force captain, set about making sure as many WWII veterans as possible got to visit their memorial. A fledgling group of a dozen veterans from Ohio made the first trip in August 2005. After Morse's group joined with HonorAir in North Carolina, the Honor Flight Network was born.

Since then, they've taken more than 20,000 veterans to visit the memorials in Washington, D.C., but there is still much to do to ensure that every veteran who wants to visit can do so — at no cost. There are 7,000 veterans on the waiting list.

Want to help? Go to www.honorflight.org and check

the schedule of trips from your area. Volunteers, also called Guardians, are needed as escorts, each one taking care of three veterans for the day. Doctors and emergency people are needed, too.

The big need, of course, is funding. It costs approximately \$500 per veteran for each one-day trip, which includes flight, meals and tour bus. HFN is non-profit, and all donations come from companies, clubs, individuals (including children) and groups who do fundraising.

Check the HFN Web site and call to ask how you can help. Its number is 937-521-2400.

For many WWII veterans who want to visit their memorial, there's not much time left. Let's help get them on a plane to Washington.

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.

Por la Gente

By State Rep. Chente Quintanilla



Please be happy and safe

Hola, mi gente. In our last visit, I conveyed the warmest wishes from my family and staff to you for a very Happy Thanksgiving. This week we asked that all of you are very careful this Thanksgiving.

Every November, we read or hear about accidents that occur with deep fryers. While cooking turkeys this way produces a desirable flavor and tenderness, great care must be taken. People have been burned and homes have been lost due to the possibility of a flame out. The deep fryers are bound to have informational booklets or pamphlets; please read and abide by them.

Of course, the consumption of alcohol is the one facet of the celebration that one must be most careful. There are so many ways to be regretful after being careless with alcohol.

Remember that our sheriff and police departments will be out in force for the sole purpose of discouraging driving under the influence of alcohol. The blood alcohol content (BAC) level that can get you in

trouble is .08. It doesn't take a lot of liquor for a person to reach that level. That level of BAC can be facilitated by such things as body mass or lack of food consumption.

What happens if you get stopped and have a BAC above the legal limit?

You will be arrested and taken to jail. That may be the least of your problems. Many first time offenders are given a punishment with consideration of it being the first time. Subsequent violations result in harsher penalties and, after a third violation, results in mandatory harsh sentencing.

Aside from the arrest and immediate legal consequences, there are additional penalties that the state imposes. If a person is arrested for driving with a BAC over the legal limit, there are surcharges in excess of \$1000 that must be paid annually for three years in order for the driver's license to remain in force. Failure to pay the surcharge will result in a suspended license and another possible citation for driving without a valid license. This will also result in additional surcharges that must be paid.

Outside of the legal realm, a vio-

lator will be penalized by higher insurance costs. Many drivers are insured by preferred insurance company policies. These are the best rates available. A violator most likely be terminated from the preferred company with the only alternative being the high risk insurance company. These policies may be thousands of dollars more expensive for households with multiple automobile coverages.

Obviously, there is a very high economic cost of being careless about consuming alcohol and driving.

Another cost is the lives lost as a result of driving under the influence. People are killed, maimed or paralyzed as a result of the drivers who are under the influence. This should be the main reason to be careful during the holidays. Money spent on fines can eventually be replaced. Fatalities or serious bodily injuries are irreversible.

Enjoy the holiday but be careful not to ruin your holiday or that of others.

Happy Thanksgiving!

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

View from here

By Justin Williams

State recessions, big government obsessions

House Majority Leader Steny Hoyer (D-MD) has now announced that it is time for the bankrupt federal government to bail out the various bankrupt states. In the real world, this would be known as absurd. In Washington, it is known as politics as usual.

So, before getting to the more arcane matter of what the various states really need, a quick lesson in Economics 101 is in order.

When recessions hit, Americans all across the country tighten their belts, giving up not only luxury items, but necessities as well. Not only their

wants, but often their needs. And millions of hardworking Americans lose their jobs — especially in the case of the current recession, which has been one of the longest and deepest in history.

Less consumer spending plus more lost jobs equals bad news for the proponents of Big Government. Since government raises revenue by taxing the very things Americans cut back on, when consumer spending falls and job losses rise, tax revenues plummet.

Big Government types like Rahm Emanuel, who famously stated "Rule One: Never allow a crisis to go to

waste," do not let decreasing revenues impair their propensity to spend. Instead, they turn to the Federal Reserve to print money to bailout corporations, without having to noticeably raise taxes on most of the electorate — at least, not immediately.

But there is one area, in which, Big Government proponents are stifled, and that is state tax revenues. Unlike the Federal Government, states can only raise revenue with taxes, because most have standing balanced budget amendments. This means that in order for states to grow government, state politicians must appeal to the electorate and explain why an

increase in taxes will justify the increase in spending.

This may sound simple, but politicians have run into one very serious problem: the vast majority of people understand that they can spend their own money better than the government can.

Sadly, however, the story does not stop there — not when Big Government types in Washington consider the U.S. Treasury a playpen filled with Monopoly money they can hand out willy-nilly to win friends and influence elections.

And that's why Steny Hoyer

See BAIL OUT, Page 5

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

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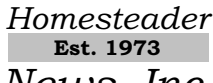
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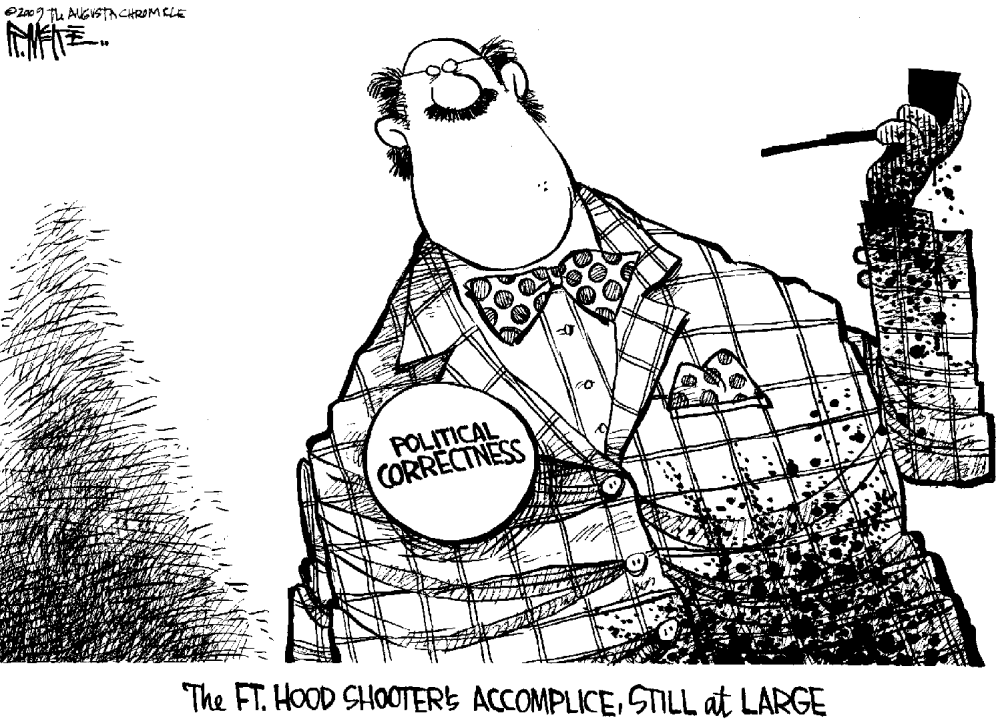
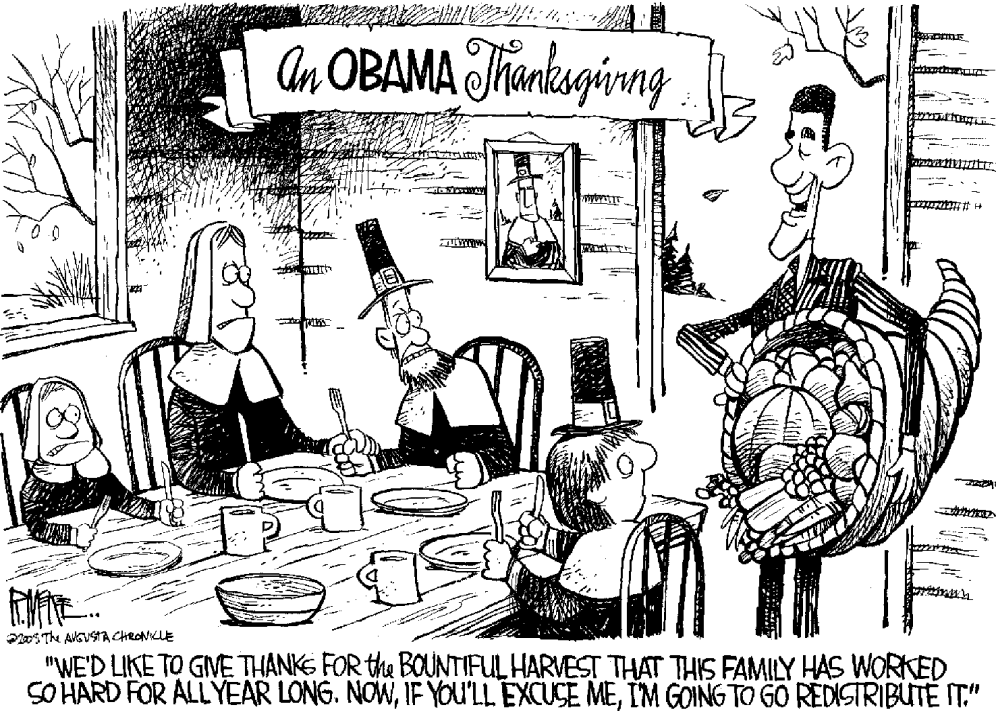


Homesteader
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Horizon City Christmas Parade

Saturday, December 5 at 10:00 a.m.

The parade route will start at Ryderwood and Darrington Rd., go to Horizon Blvd. and finish at Carroll T. Welch Intermediate School.



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

Dying dinero dance

While my medical pieces have heretofore addressed a slew of maladies ranging from acne to zoster, as well as the collective human spirit to preserve life and fight any incursion into our bodies' inner sanctum, sometimes a final number is called in destiny's 50-90-year-old bingo game. When taxes no longer disturb the slumber of a hapless victim, the deceased's family and friends are often left with a reminder of the high cost of dying, in the form of an average funeral bill of \$7,323. Then, as the band engages in a badly timed "funeral fandango," especially in these times of high unemployment, rising medical costs, dashed retirement savings, and freefalling home values, we are left to wrestle with the dilemma of where to find the money to bury loved ones. The Grim Reaper knows no black ink, and the 700 bodies lying unclaimed in the Los Angeles County morgue last July attest to the unsettling reality of sticker shock of the numerous families who can ill-afford to pay runaway funeral costs.

With the price of an average funeral outstripping the cost of living and with funeral directors nonetheless claiming their services a bargain, some good old-fashioned truth is warranted when false prophets, vacillating editorial points of view, and general disbelief in the printed page envisioned by Gutenberg to honestly inform reign. So, let's call a spade a spade. Here are the facts. In 1984, the Federal Trade Commission (FTC) issued the so-called "funeral rule," requiring all funeral homes to provide a general price list of all goods and services and permitting consumers to choose individual items instead of a complete package. Notwithstanding this mandate, in 2004 funeral directors continued to argue that the intensive services they provide accounted for their misunderstood prices, and that most people pay far more for weddings, cars, or one year's college tuition than the average funeral. Obviously, they were steadfast in their convictions when, in 2008, FTC undercover investigators found that a fourth of the funeral homes they visited significantly violated the funeral rule. Hello! We can't even rest in peace. We feel the pinch even in death!

Aside from a basic services fee, charged by all funeral homes and which there is no getting around, price negotiations can be conducted on a vast assortment of related

items ranging from the funeral service and public viewing to embalming and the casket itself. The name of the game is to neither be pressured nor "guilt tripped" by funeral directors who prey on frayed emotions by referring, for example, to less expensive coffins as "welfare caskets" or "morgue boxes." A little homework goes a long way, and the Funeral Consumers Alliance, which many of us would be hesitant to join as regular card-carrying members (due to the unpleasantness of its connotation), advises family discussion of funeral plans in advance, in much the same way that weddings, vacations, home purchases, and college tuition are hashed and rehashed in the living room or around the dinner table. Who knows, perhaps participants can arrive at alternatives to the traditional funeral home experience.

Unpleasant, you say, and how dare that man broach such melancholia at this joyous time of Thanksgiving and Christmas merriment! Perhaps you're right, but death is a constant companion that gets no vacation time or annual leave for the holidays. Death of a loved one, while never acceptable, can at least be defused financially if cremation and services at \$1,350, do-it-yourself home funerals at \$250, or "green" funerals are opted for, instead of the simplest of funeral rites at \$5,000 and a grave marker of \$3,000, not to mention the cost of a funeral plot. The facts bear this out. While fifty years ago, cremation accounted for only about 4 percent of funerals, that figure rose to 35 percent in 2007 and is projected to increase to 59 percent in 2025, if we live that long to see it.

No one is implying that family members of the deceased, with the help of a death midwife, should bathe, dress, lay out the body, and preserve it with dry ice in the home for three days, in order to save a few bucks and defray the costs of chemical embalming and a traditional funeral service. That possibility does exist, however. Nor is anyone advocating "green" funerals, with burials in open fields, grave markers made from local rock, and even employment of GPS coordinates instead of the markers themselves. Nevertheless, a failure to reel in funeral costs can turn a funeral fandango into a dance with the devil.

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Moore Texas by Roger Moore **The 1st Thanksgiving ever may have been Juan Onate's feast in 1598 near today's El Paso.**

Perfect Rattlers are Division III champs



— Photo courtesy Clint ISD

CHAMPIONS — The East Montana Middle School 8th grade football team ended the regular season this year with a perfect record. The Rattlers finished the challenging season with 7 wins and 0 losses, a rare accomplishment in any sport. The dedication of the players and coaches led the team to become the 2009 Lower Valley Division III Champions. The Rattlers are coached by Tony Marquez, James Cooper, Robert Rodriguez, Shane Silva and Juan Pinedo.

— Laura Cade



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Best wishes for a safe and happy Thanksgiving

— The Courier Staff

Bail out

From Page 2

announced this week that Democratic leaders are working on a “new job bill” (not a “stimulus,” he hastens to add, knowing that the American people have caught on to the charade). This time, significantly, it includes “state assistance” by the end of the year.

This comes, not surprisingly, on the heels of a trial balloon report from the Center on Budget and Policy Priorities (CBPP) — whose founder has represented in court radical leftist groups like Students for a Democratic Society (SDS) — calling on “fiscal relief to help states.”

In other words: since states can’t print money, CBPP decided that the federal government should do it for them. And, Steny, of course, right on cue, jumped through the hoop.

The Center’s claim is that “without it, states’ steps to balance their budgets could cost [the] economy 900,000 jobs next year.” CBPP claims that balanced budget amendments are the enemy.

The truth, however, is that such amendments have actually prevented profligate states — like California, for example — from falling even more heavily into debt, raising taxes, driving off more industry, and drying up more jobs. Only when faced with a \$42 billion dollar deficit did California’s politicians finally pass a balanced budget.

And what of the 900,000 jobs the CBPP claims could now be lost. Well the CBPP, itself, doesn’t really know. They state that the estimate comes from another economic study from the President’s Council of Economic Advisers “that each percentage point of GDP translates roughly into 1 million jobs.” And, through some convoluted formula that only they know, they translate this into an argument for fiscal responsibility.

But, of course, the exact opposite is true. There is a direct negative correlation between federal, state, and local government jobs and economic growth. Meaning that this is now a good time for state and local government to reorganize and drastically cut the government jobs that pay twice as much private jobs and bankrupt state economies.

In short: it’s time for wayward states to fire public employees.

It’s time for Big Government — at all levels — to stop telling everyone else to tighten their belts while it allows its own employees to gorge themselves at the public trough. Rather than demand that taxpayers nationwide bail them out for their own profligacy, bankrupt states need to bite the bullet and jettison the flotsam.

In California, for example, public sector employees make 46 percent more than private sector counterparts. If the government passed a 12.1 percent pay cut it would save the state \$3.1 billion dollars annually. If the government simply cut 10 percent of the current jobs then they would save about \$5.4 billion dollars annually.

Do both and an overburdened state like California would be able to put a serious dent in their \$42 billion dollar deficit. Not to mention, increase productivity growth.

Another area of reform is to elimi-

nate public employee unions. When recessions hit, private businesses usually have to cut back on pension payments and employees in general. Not so in the public sector. Their unions point to state laws for protection and, as Richard Epstein at Forbes puts it, they believe “the downturn is everyone else’s problem.”

Well, there is one good, sound way to make “everyone else’s problem” the public employee’s problem, too.

Responsible state governments need to help their employees understand that, just as “a rising tide lifts all boats,” a sinking ship sucks everyone down. And since out-of-work private sector workers can no longer afford to employ public sector drones, the only just and equitable

solution is for government to reduce the public sector payroll by precisely the amount the private sector is being culled.

In short, with unemployment now at 10.2% in the private sector, the public sector should be reduced by precisely the same figure. Then, Steny, Nancy, and their fellow wastrels can forget about bailing out the bankrupt states and apply the money towards balancing the budget of the bankrupt federal government.

Justin Williams is the Senior Commentary Editor of ALG News Bureau.



www.wtxcc.com

Hola mi gente y...



...Happy Thanksgiving

Please give thanks this holiday for the men and women that serve our country and protect this nation.

Pray that our fellow Texans and all the other fine men and women of this great nation giving service will come home safely.

— Chente Quintanilla
State Rep., District 75

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Adams’ fancy finger fandango is financial faux pas

By Steve Escajeda
Special to the Courier

From the “money can buy anything” department, did you hear what Tennessee Titans owner Bud Adams did over the weekend?

Before we go into that, let’s review what the classless gentleman did to make the news a couple weeks ago.

When the Titans were blowing out the Buffalo Bills, Adams could be seen in his lavish owner’s box at the stadium flipping the bird to the Buffalo fans.

And this guy didn’t just raise his finger in defiance — he went into a fully choreographed series of hand gestures that rivaled those of the “Macarena” or the “Hand Jive.”

In response to Adams’ colorful message to the fans, the NFL fined him \$250,000. Now that’s certainly more than most of us have sitting in our savings account, but it’s chump change to Mr. Adams.

Any way, back to the “money can buy anything” aspect of these thoughts.

The 86-year-old Bud Adams must have felt bad about his antics and figured out how he could make good on his bad behavior.

Adams dipped into his rather immense wallet and bought a full-page color ad on the back cover of a Buffalo newspaper wishing the Bills good luck this week.

The ad shows the Bills in formation ready to snap the ball with text under the photo stating, “We wish the Bills and their fans good luck today and for the rest of the season.”

The touching ad is signed by Bud Adams and the Tennessee Titans.

Somehow I don’t believe the ad is going to have the desired affect on the Buffalo fans.

I never begrudge anyone who has gone out, worked hard, and made millions or dollars in their business. But I do resent those who have elevated themselves to the category of “the rich” and feel their money can fix any problem.

It’s funny, nowhere in Bud’s ad are the words, “I apologize for my stupid actions.”

I think the fans would have appreciated that a whole lot more than the transparent wishes of good luck.

Bud Adams may own millions and he may own the Titans, but the loftier goals of integrity, dignity and class — are priceless.

A lot of people are feeling the pinch of these tough economic times. That includes new businesses and established organizations.

More money woes

Also hit hard by the economic downturn is the world of sports, especially Major League Baseball.

Turns out professional baseball’s attendance dropped by almost seven percent in 2009.

The average attendance per game dropped from 32,528 in 2008, to 30,350 this past summer. And I’m sure a lot of you remember the New York Yankees slashing ticket prices early in the season at their new stadium when fans were staying away in droves.

Professional sports have got to understand one simple fact, Americans are spending less on everything these days. And what many of the players are going to have to realize is that they may have to settle for just \$11 million contracts instead of \$15 million deals.

Why are we talking about the players? This

Friday is the opening of free agency for MLB.

This is the time of year that players sit back and let their agents find the highest bidder for their services. Only this year the teams are going to have to think long and hard how much money they can afford to spend.

There’s no reason to believe attendance figures won’t fall again next season. Less revenue, less money to spend on players who clearly think they are worth a whole lot more than they really are.

Some of the players looking for a bigger paycheck are Garret Anderson, Jason Bay, Johnny Damon, Carlos Delgado, Chone Figgins, Troy Glaus, Vladimir Guerrero, Matt Holliday, John Lackey, Hideki Matsui, Brad Penny, Gary Sheffield and Billy Wagner.

That’s a lot of players who are used to making a lot of money — and I don’t think any of them are looking to take a cut in pay.

So what is going to happen? Some owners are going to have to do what our politicians never will — make some tough decisions and cut spending.

Just like you and I have to do everyday.

A sporting view By Mark Vasto

The Madden play

If you’ve ever had the opportunity to play “Madden Football” — the ridiculously popular video game produced by video-game manufacturer EA Sports — you know that everything about the game is incredibly realistic... everything, that is, except the play-calling.

Field goals are only used in last-second win scenarios and there is no such thing as a punt. It doesn’t make a difference if your squad is planted

on their own 10 yard line facing a 4th and long; you do not punt. You go for the conversion.

During the course of the past few NFL seasons, a new term has entered the vernacular of even the most casual of football fans: “the Madden play.”

I remember the first time I personally saw one. It’s a crisp autumn afternoon at the University of Maryland’s Byrd Stadium, some-

time in the early ’90s. The Terrapins are facing off against No. 1 ranked Florida State — a squad that has knocked them into oblivion their last few meetings. The Terps are guided by the strong-armed Scott Milanovich (who would later be the trivia answer for the question, “Who was the first player drafted by the XFL?”), a prodigy who has the Old-Line State gleefully talking about “Quarterback U.” again.

The pass-happy Terps score within about 50 seconds. On the Seminole sideline, stands a poker-faced Bobby Bowden. He doesn’t look angry, but he is chewing his gum a little faster. After the extra point, the Terps line

up and try for an onside kick, which the Seminoles promptly recover. Maryland fans sigh a collective “WTF?” while Bowden grins and shakes his head.

“Why can’t we play football, like, the regular way?” my friend asked. “I wouldn’t have done that even if we were playing Madden.”

It used to be that you’d go for it on 4th and inches if you were on the opposing team’s goal line, a field goal wouldn’t do and time was running out. Last season, I can think of at least two occasions where a team went for it on 4th down to win a game outright rather than tie. This season, I have routinely watched teams go for it on 4th down inside their own end

of the field.

But nothing has ever come closer to being a “Madden play” than the stunt Bill Belichick pulled in Indianapolis a few weeks ago, going for it with two minutes left in the game, up by four on the road and on their own 30 yard line. (To the cavemen among us, it backfired.)

So much for the new era: Vince Lombardi — even John Madden for that matter — never would have pushed the button. They didn’t play that sort of game.

Mark Vasto is a veteran sports-writer and publisher of The Kansas City Luminary. (c) 2009 King Features Synd., Inc.

Social Security Q&A By Ray Vigil

Help for the homeless

Social Security administers several programs that pay benefits to qualified individuals, including those who are homeless. These programs include retirement, disability and survivors insurance, as well as Supplemental Security Income (SSI), which is a needs-based program for people who are blind, disabled or age 65 or older. If you know someone who is

homeless, and you want to learn more about how Social Security might help, a place to get information is at www.socialsecurity.gov/homelessness.

For example, there is a link to our Benefit Eligibility Screening Tool, or BEST. Based on answers to various questions, this tool helps determine the benefits someone might be eligible for

and gives information about how to qualify and apply. Go directly to BEST at www.socialsecurity.gov/best.

The Spotlight on Homelessness is a page designed to help the homeless apply for SSI. It’s available at www.socialsecurity.gov/ssi/spotlights/spot-homeless.htm.

There are links to information on health care for the homeless, institutionalization, advocacy groups, reports on homeless outreach, and even links to other websites like the U.S. Interagency Council on

Homelessness, disabilityinfo.gov, govbenefits.gov, and HUD.

You can help us help the homeless. If you know someone who is homeless, take a look at our Service to the

See SSQ&A, Page 8

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CryptoQuip
Answer

If a fish could work
as a waiter, I suppose
it would like people
to tip the scales.

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D	E	S		G	O	D		P	O	D		H	E	A	R		P	E	Z			

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Tiene problemas con el alcohol? Hay una solución. Informacion: 838-6264.

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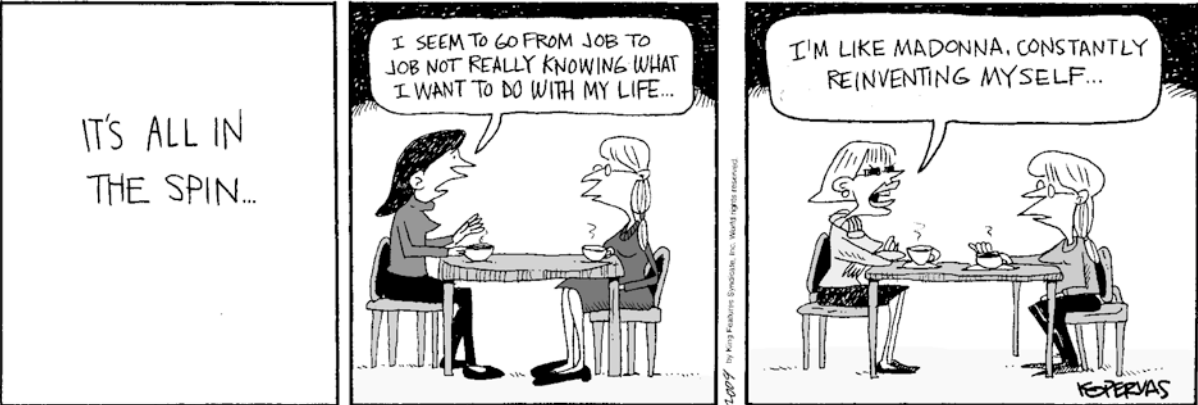
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OUT ON A LIMB

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: I play basketball — a lot. My right knee has started to hurt. It hurts the most when I start to play, and then it eases off. My coach and dad say it is jumper's knee. My coach says I should rest it. What do you say? — B.J.

Give me a break. What do you think I'm going to say? I side with your dad.

At the start of every basketball season, I get many letters asking about jumper's knee. It's a common malady of that sport, but it affects players in many other sports, like volleyball. The forces on the knees and the knee tendons when a jumper lands on the ground can be greater than nine times body weight. That's a great deal of force.

Jumper's knee is an inflammation of the tendon that runs from the bottom of the kneecap to the top of the lower leg bone. The inflammation comes from too much use with too little rest. It gradually builds up over two to three weeks before a player starts to complain. Early on, the knee hurts the most when a player starts to move around and gradually lessens as he or she continues to play. If you don't let the inflammation quiet down, the pain will worsen and last longer. At its worst, it is present even when you're sitting.

If you press on the area beneath the kneecap, you'll find it is tender if you have jumper's knee. A week or two of rest is all that's needed in the early phases. Combining rest with Aleve, Advil or Motrin can speed the healing.

When you get back to playing, apply heat to the knee for 10 or 15 minutes before you start. After you play, ice it for the same amount of time.

I respect both your dad's and your coach's diagnostic abilities, but, if things don't turn around shortly, I'd have a doctor examine your knee. Too many other things cause similar pain.

DEAR DR. DONOHUE: When you are obese and then lose weight, how does fat leave your body? Does it go through the digestive system? Does it pass through your gallbladder, liver or kidneys? I recently lost quite a bit of weight through hard work. I have had two attacks of digestive distress since I began to lose the weight and wonder if they were gallbladder attacks. My husband says the fat fairy puts weight on and takes it off. I was looking for a more scientific explanation. — M.B.

Fat is a fuel, just like the gasoline in your car's gas tank. When we need energy to power physical movement, much of the energy for it comes from fat. Carbon dioxide is one byproduct of fat-energy burning, and we exhale that. Other byproducts leave in the urine. We also burn stored fat when we reduce our calorie intake.

Rapid weight loss can lead to gallstones and gallbladder attacks. How quickly did you lose the weight?

I like your husband's explanation. It's poetic and mystical.

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

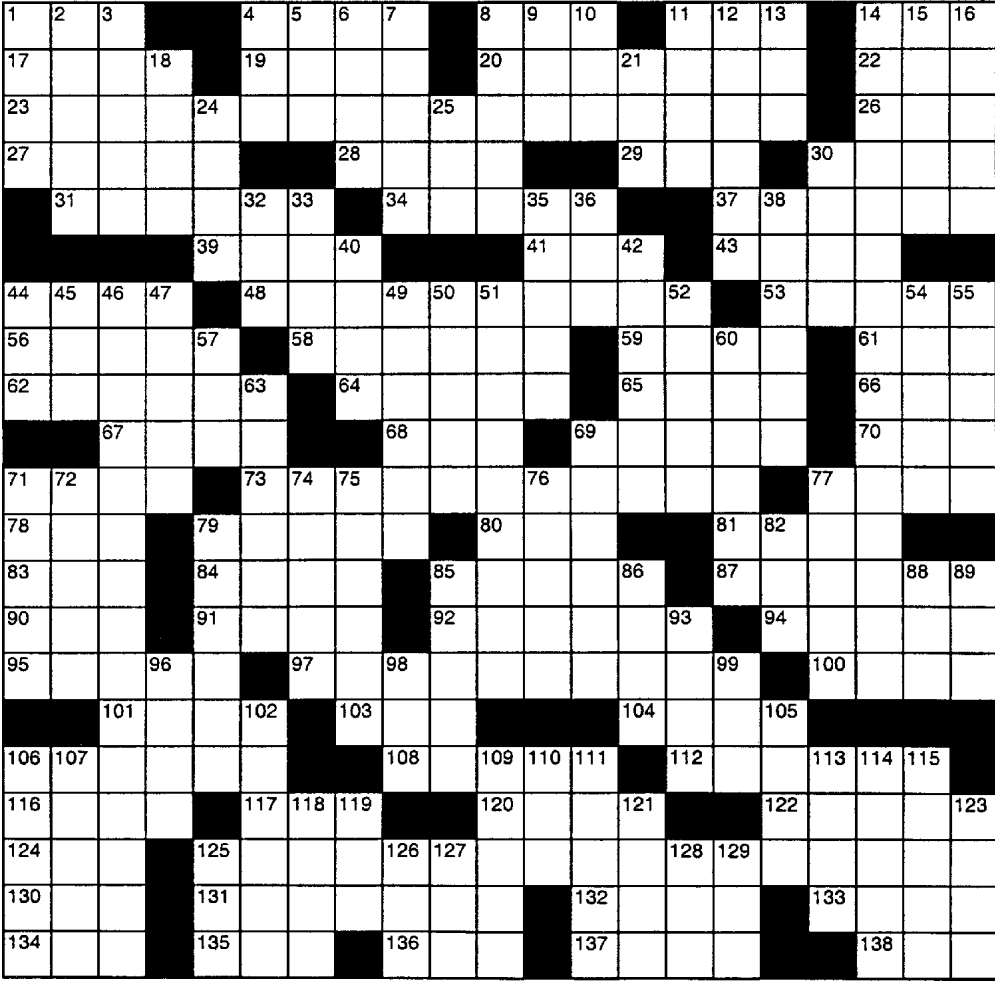
MOVING PICTURES

- ACROSS**
- 1 Korean car
- 4 Colt
- 8 No. cruncher
- 11 Pecs' partners
- 14 Monk's title
- 17 TV's " _ Living"
- 19 Therefore
- 20 What's left
- 22 Actor Ayres
- 23 Meryl Streep film
- 26 Indeed
- 27 Driving hazard
- 28 Lamented
- 29 UN figure
- 30 Exploit
- 31 Holy _
- 34 Peel's partner
- 37 Danish port
- 39 " _ Lisa"
- 41 See 118 Down
- 43 Safecracker
- 44 Kedrova of "Torn Curtain"
- 48 Jane Fonda film
- 53 Zenith's opposite
- 56 What i.e. stands for
- 58 Napa business
- 59 Actor McGregor
- 61 Smeltery stuff
- 62 Seat cover?
- 64 Construction material
- 65 Stubbs or Strauss
- 66 Certain cyst
- 67 Reject
- 68 Humorist George
- 69 Marner or Lapham
- 70 Vane letters
- 71 Acquire
- 73 Joe Don Baker film
- 77 Prepare prunes
- 78 Stocking mishap
- 79 Contradict
- 80 Anaconda, for one
- 81 Conductor
- Klemperer
- 83 _ foo yung
- 84 Cain's nephew
- 85 Diva Nellie
- 87 Like some escapes
- 90 Sushi candidate
- 91 Be bombastic
- 92 Threat words
- 94 Augusta's state
- 95 Texas talk
- 97 Bing Crosby film
- 100 "Norwegian _" ('65 song)
- 101 Jib, e.g.
- 103 "Unforgettable" name
- 104 Bogosian or Stoltz
- 106 Geological feature
- 108 Sherpa site
- 112 Meager
- 116 Explorer Tasman
- 117 "Platoon" extras
- 120 Neighbor of Can.
- 122 Falsetto Frankie
- 124 " _ deal!"
- 125 Sean Penn film
- 130 Mrs. Morgenstern
- 131 Repeat
- 132 Banish bacteria
- 133 "The Rape of the Lock" poet
- 134 _ Peres, MO
- 135 Deity
- 136 Pea holder
- 137 Enjoy Elvis
- 138 Dispenser contents

DOWN

- 1 Baby butters
- 2 Writer Calvino
- 3 Ed of "JFK"
- 4 Marsh
- 5 Part of NATO
- 6 Gelatin substitute
- 7 Yoga position
- 8 Uncouth
- 9 Tighten the tent
- 10 Gray matter?
- 11 Singing Ant
- 12 Diner employee
- 13 Where the gulls are
- 14 Fred Astaire film
- 15 Staggers
- 16 Vigilant
- 18 Served well
- 21 _ nutshell
- 24 Article
- 25 Permit
- 30 Word form for "great"
- 32 Mythical bird
- 33 Chilly powder?
- 35 Alcohol base
- 36 " _ volente"
- 38 He's a menace
- 40 Author Martin
- 42 Aviatrix Earhart
- 44 Cover
- 45 Palindromic dictator
- 46 Nicolas Cage film
- 47 Colorado resort
- 49 Entry point
- 50 " _ say more?"
- 51 Baseball's "Hammerin' Hank"
- 52 Tom of "State Fair"
- 54 Worth or Dunne
- 55 Extend a subscription
- 57 _ offensive
- 60 Arthurian island
- 63 Mrs. Ivanhoe
- 69 In a reliable manner
- 71 Midas' sin
- 72 Boring thing
- 74 " _ Comes Mary" ('66 song)
- 75 Heavyweight Sonny
- 76 Yiddish automaton
- 77 " _ Dogs" ('71 film)
- 79 "Cabaret" setting
- 82 Scottish cap
- 85 _ Carlo
- 86 " _ forgive those..."
- 88 Yoko _
- 89 Tie the knot
- 93 Head set?
- 96 Keen
- 98 Bannen or Ballantine
- 99 Puppy bark
- 102 Smoothly, to Schubert
- 105 Spelunker's spot
- 106 Beyond zealous
- 107 Stomach
- 109 Manhandled
- 110 Campbell of UB40
- 111 Gate feature
- 113 Interstate exit
- 114 Cutter kin
- 115 Rush to the judge
- 118 With 41 Across, summer quencher
- 119 Officer's appellation
- 121 Andrew of "Melrose Place"
- 123 Don Juan's mom
- 125 Fix a fight
- 126 Velvet feature
- 127 Former Pontiac model
- 128 _-la-la
- 129 "Tell - About It" ('83 song)

Answer Page 6



SSQ&A

From Page 6

Homeless website and look through the information. Tell anyone you know who is homeless or threatened

STRANGE BUT TRUE

By Samantha Weaver

• It was American actress and dancer Charlotte Greenwood who made the following sage observation: “Temperament is temper that is too old to spank.”

• If you happen to own a Rolls Royce and want to swank it up a little bit, a mink jacket to fit the hood ornament is available for purchase.

• San Francisco’s iconic cable cars are the only mobile national monument in the United States.

• You might be surprised to learn that, according to the Guinness Book of Records, the largest swimming pool in the world isn’t found in one of the large industrialized nations as you might expect, but in the relatively small South American country of Chile. Built by a mega-resort on the ocean, the pool covers 20 acres, is more than 1,000 yards long and holds a whopping 66 million gallons of water. Construction took five years and cost more than \$1.5 billion, and the estimated annual maintenance cost is more than \$3 million.

• Those who study such things say that lightning travels at one-third the speed of light.

• American comedian and actor Jack Benny originally entered the family business of haberdashery. However, he was so bad at it that his own father fired him.

• According to legend, it was shepherds in Ethiopia who first noticed the effects of caffeine. It seems that the goats they herded would become exceedingly frisky after eating the berries of the coffee plant.

• In order to come up with the cash to start Apple Computers, Stephen Wozniak sold his programmable calculator and Steve Jobs sold his Volkswagen microbus.

• An experienced florist will never put daffodils in a bouquet; the flower is toxic to other blooms.

Thought for the Day: “Surrender is essentially an operation by means of which we set about explaining instead of acting.” — Charles Peguy

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with homelessness to use the Benefit Eligibility Screening Tool, to visit our Service to the Homeless page, and to check out the different types of benefits and assistance they may be eligible to receive. Spread the word about the help available to the homeless.

Every American should have a place to call home. Visit www.socialsecurity.gov/homelessness to learn more.

Q: Do I have to pay income tax on

my Social Security benefits?

A: You will have to pay federal taxes on your benefits if you file an individual federal tax return and your total income is more than \$25,000. If you file a joint return, you will have to pay taxes if you and your spouse have a total income that is more than \$32,000. For more information, call the Internal Revenue Service (IRS) toll-free at 1-800-829-3676 (TTY 1-800-829-4059) and ask for IRS Publication 915, Social Security and

Equivalent Railroad Retirement Benefits, available online at www.irs.gov/publications/p915/index.html.

For more information on any of the material 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, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

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.

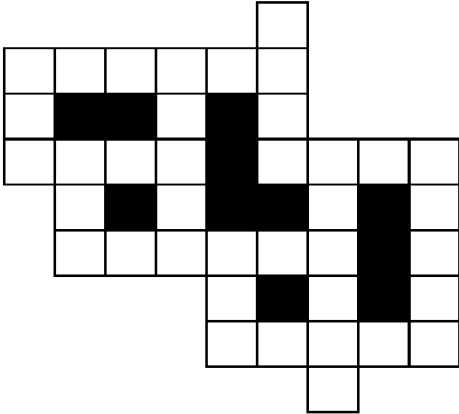
Clue: M equals P

QU H UQWY ITCKZ ETBP HW H
EHQLRB, Q WCMMTWR QL
ETCKZ KQPR MRTMKR LT LQM
LYR WIHKRW.

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UJG
FROUNF
GOATN
♥RPGI
NARJOT
♥TFA
MAND
OGEDD
♥GDO
ROGITE
FEGFA
♥RDPO



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Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string’s word either across or down to knot all twelve strings together.

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