



WEST TEXAS COUNTY COURIER



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SERVING ANTHONY, VINTON, CANUTILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZARIO AND TORNILLO

SEPTEMBER 30, 2010

NEWSBRIEFS

Travel survey

Some local business and public agencies that utilize commercial vehicles as part of their daily work activities may soon be asked to participate in a travel survey being conducted by the Texas Department of Transportation (TxDOT). Beginning in fall 2010 a pilot survey will be conducted with the remainder of the surveys starting in January of 2011. A contractor hired by the TxDOT will randomly select and contact private businesses and public agencies in the El Paso area to request their participation in the survey. The TxDOT, in cooperation with the El Paso Metropolitan Planning Organization (MPO), is conducting the survey to study the levels and travel patterns of commercial vehicles on area roads and highways. The purpose of the commercial vehicle travel survey is to collect information on the travel amounts and patterns of commercial vehicles. This information, combined with similar data on non-commercial traffic, will be used as input into computerized travel forecasting model that is used by TxDOT and the MPO for planning and evaluating future transportation needs. The commercial vehicle survey, along with the travel model, is a means to analyze existing and future levels of commercial vehicle traffic. The goal is to collect 600 commercial vehicle surveys for use in area travel forecasting models. Information will be collected on the number of trips made and routes used by commercial vehicles over a 24-hour period. Information will also be collected on the type of cargo being transported within and throughout the El Paso area. All sizes and types of commercial vehicles will be requested to participate in the study. A few examples of commercial vehicles that could be randomly selected for the survey include:

- Small delivery vans;
- UPS, FedEx and like-type panel vans;
- Delivery trucks from area businesses;
- Fleet type vehicles from local cities and counties; and
- Large tractor trailer (18-wheeler) rigs.

The survey will be conducted by a contractor hired by TxDOT that specializes in transportation and traffic data collection. The contractor will randomly select and contact eligible businesses, agencies, and individuals to request their participation in the survey. If you are an owner or manager of a business or public agency contacted regarding the survey, TxDOT would like to emphasize that participation is voluntary, but is encouraged and would be greatly appreciated. If you have any questions on this survey, please contact TxDOT's Travel Survey Program Manager, Charlie Hall at (512) 486-5120.

Office open

The West Texas County Courier office will open again on Monday, Oct. 4.

Our five senses are incomplete without the sixth – a sense of humor.

— Quips & Quotes



— Photo courtesy Tornillo ISD

GOOD CHEMISTRY – Both students and teachers like the new, modern lab/classroom in the new high school.

Tornillo merit trips reap real results

By Don Woodyard
Special to the Courier

TORNILLO – Learning is not confined to campus classrooms for students in the Tornillo

Independent School District.

“From sea to shining sea,” learning is as broad as the breadth of our country.

The current school year started out with a trip to the nation's northern borders in Minnesota. This was followed by a tour of

nation's capital, its monuments and museums, in mid-September. Paid for by school district, select groups of academic high achievers embark on these tours the under the guidance of TISD superintendent Paul Vranish and a group of adult sponsors.

Coming on the heels of the Washington excursion was the second September trip, this time to New York City. Up ahead is the coveted trip to Hawaii for those high academic achievers who earn Commended Performance ratings by passing on all four parts of the TAKS (Texas Assessment of Knowledge and Skills) test.

The trips, underwritten by the school district, began during the 2004-05 school year. They are not a lark; they are for learning as Vranish explains.

According to its own documents, the district spent \$124,777 on 11 trips last school year for 332 students.

Is the school district getting a good return on its educational investment? Vranish thinks so.

“I've no doubt that the incentives program is encouraging students to do well on their tests.” He gives these examples.

- For the 2006-07 school year, three out of four campuses were either rated Exemplary or Recognized—the highest percentage in Region 19.

- He says the 2007-08 TAKS scores were “higher yet” with the same three schools.

- The Tornillo district, he points out earned Recognized status in 2007-08, the highest in Region 19.

- The number of students meeting the higher academic standards for the trip to Hawaii. In the first year, 2004-05, there were five students. In 2009-10, that number jumped to 33.

“In Tornillo ISD, we believe that learning should be relevant and fun in that it should relate to experiences our student will encounter in the ‘real world’ when they become adults.

“We also believe that broadening a young person's horizon through new experiences may expand their inner desire to learn more. We seek not just to teach material, but to grow the capacity of our students to learn as well as their desire to teach.”

While some select students are learning in the broader real world classroom, the more

Fields gains D.C. experience

By Julie Najera
Special to the Courier



— Photo courtesy Socorro ISD

LEARNING THE ROPES – Zack Fields, Americas HS senior, was sponsored by Congressman Silvestre Reyes to work as a Page in the U.S. House of Representatives.

Americas High School senior, Zach Fields, was recently honored by the Socorro Independent School District Board of Trustees. Fields participated in the U.S. House of Representatives Page Program. He spent the summer in Washington, D.C. assisting Members of the House with their legislative duties, delivering correspondence and small packages within the congressional complex, answering phones in the Member cloakrooms, and preparing the House Floor for sessions.

“I learned a lot about government and the misconceptions people have about it,” Fields explained about his experience living, studying and working in the nation's Capitol. “The underlying integrity of the system is astonishing. Perhaps Americans love to criticize Congress, but fine men and women consistently work twelve, even sixteen hour days to continue in the attempt to legislate for our nation.”

Fields applied for the program during his junior year and received sponsorship from Congressman Silvestre Reyes. While serving the House, he lived at the Page Residence Hall, a few blocks away from the Capitol and attended classes at the House Page School.

“We were brought here to witness the process firsthand and to understand its implications. Essentially, to go home and to hold the constitution high above our heads,” Fields said. “The system works. Period. Disagreements ensue and passions flare, but at the end of the day, apathy does not overwhelm. I am honored to be a part,

See FIELDS, Page 5

See TISD, Page 5

Beguiling guilt

Let's look at something as simple as cursing

Smartphones and multitasking have taken their toll on dog days and downtime. The rat race we run in has become ever more frenetic, as we juggle appointments, sprint errands, and rush to the finish line, all in the name of keeping up with the Joneses and putting away that nest egg for our golden years. While we

While we're having so much fun debunking fallacious assertions and simultaneously ridding ourselves of pent-up guilt, let's throw a few more logs on the therapeutic,

Bad can be good, but only if guilt has seen better days.

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**The office will open again on
Monday, October 4, 2010.**

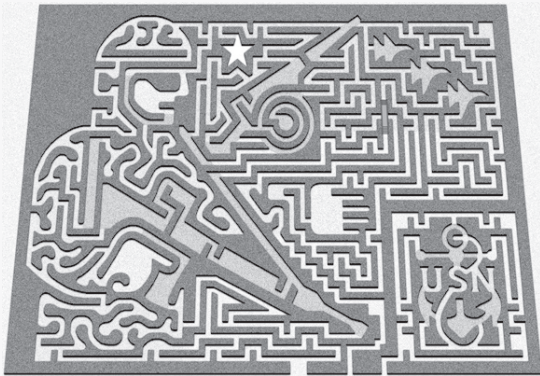
A victory for gun owners

The case stemmed from a legal challenge brought by Otis McDonald, a 76-year-old Army veteran who lives in a high-crime area of Chicago. McDonald wanted to be able to have a handgun at his home to protect his family from the drug dealers who threatened him with violence because of his efforts to clean up his crime-ridden neighborhood. But the city of Chicago had an ordinance that prohibited law-

The city of Chicago contended that Americans' constitutionally

The high court's ruling last month rejected Chicago's argument that cities and towns are above the Constitution and can pass laws that disregard the Second Amendment. The decision marks a victory not only for law-abiding gun owners, but also for the constitutional rights and liberties that our Founders guaranteed to all Americans.

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WEST TEXAS COUNTY COURIER

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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The 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
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Por la Gente By State Rep. Chente Quintanilla

Counties need regulatory authority

Hola mi gente. In previous sessions, one of the issues debated has to do with ordinance-making authority by the county in unincorporated areas. While sometimes getting close to passage, most bills fall short of consensus.

Here in El Paso, the county authority to pass ordinances in unincorporated areas is driven by the need to prevent unsafe neighborhoods to once again flourish. This county, and other border counties, have wanted the authority to control development for the purpose of preventing colonias where people build without water or electricity.

In wealthier counties, Travis for instance, the debate on ordinance authority is driven by the desire of homeowners to have the same protections as they had inside municipalities. When upper middle class or upper class neighborhoods are developed, the buyers save money because the costs don't include typical fees and expenses normal within municipalities.

The desire for ordinance authority in these developments has more to do with nuisances. New residents don't welcome the freedom of others to be as noisy as they please. Also, there are no restrictions preventing the establishment of less desirable entities such as drag strips or adult clubs.

Along the same lines, a bill was passed, setting building codes, last session that gave counties the option to impose a very minimal level of authority outside of municipalities. Originally, the bill was bracketed exclusively to El Paso County. But a last minute amendment weakened the original bill and

affected every county in Texas except one. The new law did not provide any true authority to counties but laid the foundation for some oversight on new home construction. As with any new law, improvements can be made in subsequent sessions.

It just so happened that the El Paso County Commissioners brought this law up for consideration. After much deliberation, the Commissioners voted 3 to 2 against adopting any of the provisions in the building codes bill. The reasons for the failure to adopt were based on two arguments: there is no need for the county to impose its authority outside of municipalities; and the provisions in the bill were not strong enough.

El Paso County was not alone in refusing to adopt the new law. Out of the 256 counties in Texas, only 30 counties have voted to adopt some or all of the provisions for setting building codes and requiring inspections.

I expect to see more legislation that addresses county ordinance authority outside of municipalities. I don't expect those bills to get much traction, however.

The legislature gave 255 counties the opportunity to adopt a minimal amount of authority in the unincorporated areas but only 30 did so. Since the original bill was filed by the El Paso delegation, it was important that El Paso County adopt it; but that was not the case.

Those two arguments will have a big affect on any new legislation proposed for allowing counties any authority outside municipalities.

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

Native American Arts and Crafts

Festival and Overnight Campout

PLACE
Cougar Park, 10664 Socorro Rd, Socorro, Texas

DATE
October 16-17, 2010 (Saturday & Sunday)

TIME
Saturday 10:00 am - 10:00 pm • Sunday 10:00 am - 5:00 pm

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View from here

By Bill Wilson

A tale of two countries: Why the U.S. is drowning in its own blood while China prospers?

Two unrelated stories in early June show in stark detail why the United States is on an accelerating downward, death spiral while China is continuing to build a solid foundation for economic domination in the decades to come. The actions reported in and of themselves will hardly register on the radar of most Americans. But they portray the crucial errors and arrogance of the Obama regime. They also point to a different path, a way forward out of the morass of ultra-liberal, ideological delusion that is now policy in Washington, D.C.

The first article, appearing in the Washington Post, details Chinese investment in the basket case of Europe, Greece. The Chinese government is investing “hundreds of millions – perhaps billions – of euros” into Greek infrastructure. Not the soft infrastructure that is thinly disguised consumption but in the hard, base platform that will allow both China and Greece to build prosperity.

Greece’s primary port city is Piraeus, a gritty industrial zone

to the west of Athens. China is investing heavily to modernize Piraeus. Why? The answer is simple. The investment is so China will have a port to off-load mountains of Chinese exports to Europe. They are making investments that will enable industry to produce and sell more. And that means they are investing to put their people to work.

China has learned the hard way that control of all elements – what was once called total vertical integration—means maximum profit. Greece is flat on its back. China can get what it wants cheap. The irony of a communist state teaming up with a petty bourgeois neo-socialist government to crush unions allied with a local communist party just to maximize profits is too sweet not to note. But all such theoretical conflicts are of no consequence to the dictators in Beijing when in the

hunt for increased market share.

Contrast the Chinese model with a big announcement made the same day by Barack Obama. Obama committed the United States taxpayers to \$400 million in aid to the Palestinians in Gaza. What will the \$400 million buy? Schools, mortgages for local citizens to buy homes, water treatment facilities and other associated “soft infrastructure” expenditures.

Is there any economic return on this money? None that is readily apparent. Is there any link to U.S. business thereby creating jobs for American citizens? Not unless they are a top-level bureaucrat. What do we get out of it? Good karma, that’s about it.

So, while the Chinese invest in hard things that directly help create jobs in their country, the United States lavishes money on things the locals should be doing for themselves – things that any nation should want to do for themselves from their own savings, investment and hard work.

In Greece, China creates the foundation for the Greek people to do for themselves. In Gaza, the United States practices the toxic, paternalistic enslavement of the welfare state.

Were that all, it would be bad enough. But, of course, there is more. The Chinese are making these investments with saved money, money they have stockpiled. The United States is frittering away \$400 million it doesn’t have. In fact, we are borrowing the money, throwing yet another brick on the backs of our children and grandchildren, unconcerned about their future.

In short, China is building jobs and a future for theirs, while the United States is going deeper in debt.

Whether there is time for America to reverse course is something one can only guess. But the path of enlightened self-interest and national sovereignty practiced so aggressively by the Chinese is clearly the way the U.S. should go. The “World Government” dreamers and Ivory Tower gurus need to be shoved aside and hard-nosed realists put in their place. Just like they have done in China.

Bill Wilson is the President of Americans for Limited Government.

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Clint Independent School District

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- Clint School Board President 1998 - Present
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but only in the first few hours after symptoms begin. Every minute counts.

To learn more about stroke, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

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CryptoQuip Answer

Check out that woman destroying her new watch. Do you suppose she’s killing time?

STRANGE BUT TRUE

By Samantha Weaver

• Of particular interest in these troubled economic times, it was British humor columnist Katharine Elizabeth Whitehorn who made the following sage observation: “The easiest way for your children to learn about money is for you not to have any.”

• The fish known as the electric ray can produce a current strong enough to kill an adult human.

• If you are the parent of a young daughter, you are probably all too familiar with the Japanese export Hello Kitty. A new item has recently been added to the Hello Kitty line, but it is decidedly not for kids: The Super Hello Kitty Jewel doll is on the market for \$150,000. To celebrate the 35th anniversary of the character, Sanrio (the maker of Hello Kitty), Swarovski (known for high-end crystals) and Japanese jewelry maker I.K. have created a 4-inch-tall Hello Kitty of platinum, and studded the doll with 1,939 pieces of white topaz, 403 pink sapphires, eyes of black spinel and a nose of citrine. The whole thing is topped off with a one-carat diamond on its hair ribbon.

• The onion is actually a member of the lily family.

• The next time you have a little bit of food stuck in your teeth, consider this: More Americans choke on toothpicks than on any other object.

• In La Paz, Bolivia, you can find one of the most unusual prisons in the world. At San Pedro Prison, inmates have to purchase their cells. Those who are well off financially can buy private cells with bathrooms, television and kitchens. Those who are less lucky must share tiny rooms.

Thought for the Day: “We have in fact, two kinds of morality, side by side: one which we preach, but do not practice, and another which we practice, but seldom preach.”

– Bertrand Russell

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TISD

From Page 1

traditional classroom learning environment is not forgotten. That environment is reflected in the spacious new \$14 million Tornillo High School which opened officially at the start of the current school year.

As pointed out by Vranish in a prior Courier article, the new school’s design suits him to a “T.” The Courier was taken on a tour of the high school by Marla Vranish, wife of the superintendent and post secondary readiness counselor, and Blanca Cruz, from the district’s accounts payable department. She wore a souvenir pink Minnesota T shirt, a memento of the recent trip.

The crossbar of the “T” houses administrative offices, classrooms and labs that are in use. The vertical element of the letter is largely hollow, a shell. It is cavernous with a spiderwork of girders and other support beams, concrete floors and an unfinished ceiling. It seems to be about the size of a football field. You enter this area from the classroom of physics and chemistry teacher Norma Vargas who proudly shows off the more spacious accommodations and new lab equipment she has at her disposal.

Marla Vranish explains that the unfinished area will become



– Photo courtesy Tornillo ISD

HOME COURT – The Tornollo Coyotes have a brand new “House” to defend.

additional classrooms and labs when higher enrollment warrants. A temporary wall seals off the area,

but it can be torn down quickly and thereby turning the present short hallway into a much longer one.

Pennants reflecting previous athletic triumphs hang from the ceiling in the new gym. The floor glistens with newness.

The gym is adjacent to the lobby

you enter from the main entrance. You are struck by its large size. The lobby, spare in its appointments, does have two TV monitors to keep an overflow crowd apprised of the progress of the game inside the gym. Off in the corner is a barbecue grill to help feed the crowds.

Fields

From Page 1

if only a small one, of the much larger American Government.”

Back home, Fields is a member of the award-winning Trailblazer Mock Trial team and the National Honor Society, and has launched his own political career by serving as the 2010 Americas High School Student Body President. After graduation, he plans to study law at Harvard to become a lawyer or continue in politics. Regardless of his career choice, Field’s life will forever be impacted by the people he met and the inspiration he received as a Page.

“I was able to hold conversations with many Congressmen as I would hold the door, collect a statement or deliver something to the rostrum,” he said in a letter home during his time in Washington D.C. “Most notably, I held a

quick conversation with Ohio Congressman Dennis Kucinich... I have also ridden an elevator with Texas Congressman Ron Paul, waited in the cloakroom with Massachusetts Congressman Barney Frank and walked down toward the desk with California Congresswoman Nancy Pelosi... Congressman Adrian Smith of Nebraska came to the page school and talked to us about his career and lifetime... he was inspiring, to say the least.”

From the earliest Congresses, Pages have been employed by the House of Representatives to assist Members in their duties. Over time, their principal tasks – carrying documents, messages, and letters between various congressional offices – passed from older messengers to teenage boys and (much later) girls. For more information on the U.S. House of Representatives Page Program, visit <http://pageprogram.house.gov>.

Notice of Public Hearing to Discuss Tornillo Independent School District’s State Financial Accountability Rating

Tornillo Independent School District will hold a public meeting at 6:30 PM, Tuesday, October 19, 2010, in the boardroom of the Tornillo Administration Building, at 19200 Cobb Ave., Tornillo, Texas 79853.

The purpose of this hearing is to discuss Independent School District’s rating on the state’s financial accountability system.

WTCC: 09/23/10 & 09/30/10

Notice of Public Meeting to Discuss Anthony Independent School District’s State Financial Accountability Rating

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Tuesday, October 19, 2010 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss and distribute a financial management report that explains the district’s performance under each of the 22 indicators and the resultant District’s Financial Accountability Rating.

WTCC: 09/23/10 and 09/30/10

Notice of Public Meeting To Discuss Fabens Independent School District’s State Financial Accountability Rating

The Fabens Independent School District will hold a public hearing at 6:00 p.m., Wednesday, October 20, 2010 in the boardroom of the Fabens ISD Administration Building, 821 NE “G” Avenue, Fabens, Texas.

The purpose of this hearing is to discuss Fabens Independent School District’s rating on the state’s financial accountability system.

WTCC: 09/23/10 & 09/30/10

Some people just never, ever, have enough stuff

By Steve Escajeda
Special to the Courier

A lot of the news surrounding sports over the last decade has involved cheating in one way or another.

Whether it’s athletes using human growth hormones, or corking a baseball bat, or illegal recruiting by coaches, or owner collusion – the sports world has been taken over by unscrupulous sorts.

If there is a way to gain an advantage on the system, legal or not, the guys in sports today are going to take it.

It’s gotten to the point that anyone doing things the honest way stands out like a sore thumb.

Things have sunk so low that the cheating isn’t even limited to the field of play. There are even some guys who have left the game but just can’t get that cheating out of their system.

Take former Michigan Wolverine and NBA basketball player Rumeal Robinson, who led his college team to the national championship in 1989.

This guy is one in a million – and that’s a good thing.

He was convicted in federal court this week of borrowing more than \$700,000 for a sham business deal and then spending the money on a condominium, expensive furniture and cars.

A jury found Robinson guilty of 11 counts, including bank bribery, wire fraud, conspiracy to commit bank fraud and making a false statement to a financial institution. He faces up to 30 years in prison and a \$1 million fine on each count.

But that’s not all. This guy makes Michael Vick look like a fairly nice guy.

Turns out that Robinson is also accused of scheming to sell his mother’s home without her knowledge.

Seems Robinson had a buddy at Community State Bank near Des Moines. Brian Williams, a loan officer at the bank, plead guilty to conspiracy to commit bank fraud.

Williams signed off on an initial \$377,000 loan to Robinson for his business. Instead, the money was spent on a condo, plasma TVs and designer furniture.

Robinson put the condo in the name of his girlfriend, listing her as his company’s

marketing director though she actually worked in a strip club.

This guy even duped the mother-in-law of his business partner, telling her she was signing a document to invest in Robinson’s company, but he spent the \$44,000 to buy or lease 10 vehicles, including three Mercedes, two BMWs and five motorcycles. He also spent \$3,000 at strip clubs.

But amazingly, there’s more.

Robinson later obtained three more loans from another bank totaling more than \$111,000 in the name of his girlfriend.

I don’t know if I’ve ever heard of anything this bad from a former athlete. I’ve got a feeling that either Bernie Madoff or Martha Stewart will be calling Robinson and asking him for his secrets.

It’s still up in the air as to how much time this guy will spend in prison, but just for selling his mom’s home behind her back – he should stay in the big house until he can pay back all the money he stole.

If he can’t afford to get out – oh well.

Durant is da Man

The way Kevin Durant dominated the

recent basketball World Championships, don’t be surprised if the Oklahoma City forward emerges as the most dominant player in the NBA this year.

It makes a bunch of sense. Durant led the NBA in scoring last season and the reigning MVP, LeBron James, will share the wealth in Miami with Wade and Bosh.

James’ numbers have got to go down, which will make him very good – but not great.

Kobe Bryant is now well into his thirties and whenever he decides to score 40-50 points, the Lakers struggle because the other guys stop playing and start watching.

Oklahoma City should battle for the best record in the Western Conference this season.

Durant is starting to feel as comfortable in the NBA as he did in college at Texas. Whether it’s near the basket or 25 feet away, Durant has developed the confidence and leadership that very few professionals ever feel.

My prediction is that Kevin Durant will win this year’s NBA MVP award and his team will battle the Lakers in the conference finals.

I have no clue who will come out on top – except for Durant.

6th Annual Graffiti Wipeout Rod and Stock Car Show happens Oct. 10

By Guadalupe Silva
Special to the Courier

More than 100 custom-built low-riders, rebuilt antiques, creatively-decorated pickups, monster trucks and other artistically-enhanced vehicles will participate in the 6th Annual Graffiti Wipeout Rod and Custom Car Show, from noon to 6 p.m. on Sunday, Oct. 10, at Ascarate Park, 6900 Delta Dr.

Special guests at the show will be more than 200 children from

various local crisis centers and other agencies dedicated to helping challenged and disadvantaged children. Sponsored by the West Texas Community Supervision and Corrections Department (Adult Probation), the show will feature cruising cars, volleyball tournaments, live entertainment, games for children, food and drink booths and rides in the Dr. Dooley and Big Daddy monster trucks.

“This show really offers an afternoon of good, clean fun for the whole family,” said Sergio Apodaca,

community service technician for Adult Probation and the show’s coordinator. “It’s a family affair because you see whole families, from the big kids (the fathers) to the little kids (sons, daughters) working together to fix up their classic cars and motorcycles. The show offers them the opportunity to show off their automotive creative and technical abilities.”

Admission to the 6th Annual Graffiti Wipeout Rod and Stock Car Show is free, with proceeds from the food booths and games going

to benefit the Anti-Graffiti Task Force. Registration for vehicles to participate is \$15 for five or more entries; \$10 bikes and \$20 for

single entries. There is no deadline to register vehicles, but the cutoff time is 11 a.m. on day of the show. Information: 771-8510

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: **C** equals **X**

WLYWB JOK KLQK AJEQM
NYCKVJIZMX LYV MYA AQKWL.
NJ IJO COUJJC Y CLY'C
BZGGZMX KZEY?

Answer Page 4

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UTEP VOLLEYBALL

10.03 VS HOUSTON 12PM • 10.08 VS MARSHALL 6 PM
10.9 VS MARSHALL 3 PM

MINER FOOTBALL
HOMECOMING '10

OCTOBER 9, 2010 VS RICE
TICKETS: 915.747.5234

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Capital One

MASCOT

VIDEO CHALLENGE

FEAR KNIGHT

By: rj johnson

CONQUER THE WHIRLED

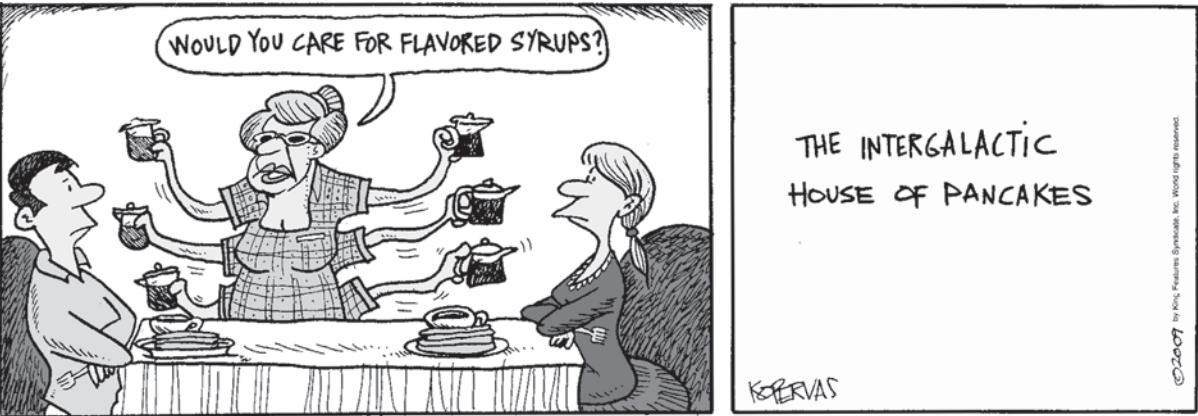
LYF
GANGEM
CREET
♥DETI
LEUF EY
♥DDA
FATD
TALOG
♥OTG
♥NAMODE
♥DENTO
DYGE

Answer Page 4

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

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. Donahue, M.D.

DEAR DR. DONOHUE: I would like to give my 10-year-old grandson some conditioning advice. He loves basketball. It has occurred to me that upper-body strength is helpful in shooting long shots and in positioning for rebounds. In high school, I had a well-developed lower body but a poorly developed upper body. This handicapped me when shooting long shots. I have added pushups to my daily exercises, and this has helped me in shooting three-pointers. My questions are: When is a good time for a boy to start building muscle? Are there any exercises you would recommend for upper-body strength building for a 10-year-old? – J.M.

The sports community, until recently, frowned on strength training (weightlifting, muscle building, resistance exercise) for children who had not reached puberty. They thought that children, before the male hormone surge that takes place at puberty, would not benefit from it. It's been shown that they do, and that children as young as 7 show improvement in strength.

The sports community also feared that weightlifting posed a health threat to young children whose bones are not completely calcified. Young bones have growth plates, sections of bone that have yet to become real bone. Growth plates permit bone elongation. These areas are areas of weakness. A well-supervised, well-designed weightlifting program doesn't injure growth plates. In fact, such a program protects children from common sports injuries. All this applies to girls as well as boys.

Your grandson can do the same exercises you do—with less weight. Your pushups are a good example. Body weight is the weight being hoisted. Chin-ups are another strength-building exercise in which body weight is the stimulus for muscle growth. He also can lift

barbells and dumbbells. He should start with a weight that he can lift 12 consecutive times without straining. When he can perform two sets of 15 consecutive lifts, you can increase the weight by one to 3 pounds and go back to the 12 lifts. Barbell and dumbbell curls and bench presses are good upper-body strength-building exercises.

A visit to the local library will pay off with books that show the details of many strength-building exercises.

The booklet on fitness outlines aerobic exercise (not strength-building exercise) in detail. To order a copy, write: Dr. Donohue – No. 1301W, 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: A TV doctor claimed it is better to eat a big meal at lunchtime. If you eat a big meal at dinnertime, you go to bed without burning it off. I thought weight depended on total daily calorie intake versus total daily calorie burning, without regard for the time of the day. Am I wrong? – B.B.

I'm with you. This advice is similar to the advice not to eat anything after 6 p.m. because those late-in-the-day calories aren't burned when you sleep. Calorie-burning is a round-the-clock business, and calories eaten at 10 p.m. can be burned the next day at 10 a.m.

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.

Super Crossword

GENERIC ZOO ACROSS

1 "It Must Be Him" singer

5 Summoned electronically

10 Svelte

14 " _ Said" ('61 hit)

18 Gallimaufry

19 Madrid month

20 Famed fabulist

22 Word with history or hygiene

23 Kids' TV show?

26 Move like a mouse

27 Studio sign

28 Bouillabaisse or burgoo

29 Clarinetist Artie

31 Security grp.

32 Tidy

35 Put together

38 Author Willa

40 Marx Brothers film?

46 " _ go brag!"

47 Southern constellation

48 O'Hara homestead

49 Datebook abbr.

51 Corn color

54 Director Zoltan

57 Knot

60 "The _ Time" ('65 hit)

62 Cub Scout group

63 Offend

65 Certain heron

66 Prankish

67 Exec's deg.

68 Model Carre

70 Snitch

71 Dog star?

72 Eyebrow shape

73 Norm

76 "The Wind in the Willows" setting?

80 Boxing expert

81 Saperstein or Lincoln

82 La _ Tar Pits

83 Squirrel's snack

84 Astronaut

Armstrong

86 Apex

87 Cassandra or Merlin

88 Continental

currency

90 Wheel features

94 Absent

95 Bloomsbury buggy

96 Labor leader

George

97 Chef Jeff

98 City on the Mohawk

100 Compact _

102 Not _ many words

105 Milne creature

106 Canal feature

108 Poe short story?

113 Shortstop Reese

115 Sphere starter

116 Connecticut campus

117 Where to find an incus

118 Moss or Mulgrew

121 "Eugene Onegin" character

124 Striped stone

128 Urban problem

130 "Joy to the World" rockers?

135 Caesar's cohort

136 It makes candy dandy

137 Future officer

138 Algerian port

139 Black

140 Actor McClure

141 Declare

142 "Peter Pan" pooch

DOWN

1 James of "Murder by Death"

2 One of the Osmonds

3 Philbin's co-host

4 Pasta type

5 JFK Library architect

6 Magnuson or Dvorak

7 Tiffany treasures

8 Part of Q.E.D.

9 Sounds of music

10 Kind of cross

11 Sophisticated

12 Egyptian deity

13 Japheth's father

14 TV's "The _ Squad"

15 Comic book hero?

16 One of the Osmonds

17 Hitching post?

21 Locale

24 Locale

25 Long-necked bird

30 Cordiality

33 Pangolin's morsel

34 TV-listing abbr.

36 Worked in Vegas

37 Kreskin's letters

39 Carrere or Mowry

40 Scottish storyteller

41 Blood component

42 "Invaders from _" ('53 film)

43 Press

44 Malaga quaff

45 '84 Daryl Hannah film

50 Kilt material

52 African equine

53 Pass into law

55 Couple

56 Utah resort

58 Fine steed

59 Cortège

61 Libra's symbol

64 Lumberjack's cry

69 Peanut butter or jelly

71 38 Across heroine

73 Couturier Jean

74 "It's _ time!"

75 Elton John hit?

77 Loner

78 Atmosphere

79 They're often glossed over

85 Actor Herbert

87 Sissy of "In the Bedroom"

88 Host

89 Out of _ (incompatible)

91 Soprano Te Kanawa

92 007's school

93 Be a farrier

99 Bull's beloved

101 "Quiet!"

103 Overhead item?

104 "Birds _ feather..."

107 Colleague of Shelley

109 Coll. hotshot

110 Whitman's bloomers

111 Panache

112 Multitude

113 "GoodFellas" Oscar winner

114 De Valera of Ireland

119 Heavy blow

120 As a result

122 Aerial annoyance

123 "O patria mia" singer

125 Taj town

126 Comparative word

127 Sicilian volcano

129 Merry

131 _ Claire, WI

132 Unit of work

133 Lepidopterist's need

134 When Satie sweltered

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| 117 | | | | | | | 118 | | 119 | 120 | | | 121 | | 122 | 123 | | 124 | |
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Answer Page 5

Social Security Q&A

By Ray Vigil

Q: What is the difference between disability report? Do I have to the disability application and the complete both?

Weekly SUDOKU

by Linda Thistle

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| 4 | | | 1 | 3 | | | 2 | |

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging

Answer Page 4 ★★★★★ HOO BOY!

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A: Yes, you will need to complete both when you apply for disability benefits. To receive Social Security disability benefits, you must file a disability application. A disability report provides information about your current physical or mental condition and we need this to process your disability application. You should complete a disability application, a disability report, and an authorization to release medical records to file a claim for disability benefits. To learn more, and to apply

online, visit www.socialsecurity.gov/applyfordisability.

Q: I am 65 and my wife is 62 and receiving spouse’s benefits. When will she qualify for Medicare?

A: Most people must wait until age 65 to apply for Medicare. Some people can get Medicare at any age. This includes people who: have been getting Social Security disability benefits for 24 months; have kidney failure and require

dialysis; have had a kidney transplant; or receive disability benefits because they suffer from amyotrophic lateral sclerosis (also known as Lou Gehrig’s disease). As someone who already receives retirement benefits, your wife will be enrolled automatically for Medicare coverage when she becomes eligible at age 65. Some people choose to delay filing for Medicare. Such people can now apply online at www.socialsecurity.gov by selecting the “Retirement/ Medicare” bar in the center of the page.

Q: What happens to my Medicare coverage if my Social Security benefits stop because I go to jail?

A: If you were getting Medicare and monthly Social Security benefits before you went to jail, your benefits will stop but your hospital insurance (Part A) coverage will continue. To keep your medical insurance (Part B) coverage, you must pay the premiums. If your coverage ends while you are in jail because you did not pay your Medicare premiums, you will be able to enroll again during the next General Enrollment Period (January through March of each year). Your coverage will start again in July of the year you reenroll. If you do reenroll, you will be responsible for any unpaid past-due premiums and your ongoing premium may be higher.

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.

Classified Ads

LEGALS

Texas Commission on Environmental Quality



NOTICE OF RECEIPT OF APPLICATION AND INTENT TO OBTAIN WATER QUALITY PERMIT AMENDMENT

PERMIT NO. WQ0014005001

APPLICATION. Clint Independent School District, 14521 Horizon Boulevard, El Paso, Texas 79928, has applied to the Texas Commission on Environmental Quality (TCEQ) to amend wastewater disposal Permit No. WQ0014005001 to authorize: the replacement of the existing sludge system with an activated sludge plant and an increase in the disposal of treated wastewater to a volume not to exceed

a daily average flow of 13,000 gallons per day. The wastewater treatment facilities and disposal site are located just north of Montana Avenue on O'Shea Road, approximately 3.3 miles east-northeast of the intersection of Zaragosa Road (State Highway 659) and Montana Avenue (U.S. Highway 62/180) in El Paso County, Texas 79927. TCEQ received this application on March 12, 2010. The permit application is available for viewing and copying at the Clint Independent School District Administrative Offices, 14521 Horizon Boulevard, El Paso, Texas.

ADDITIONAL NOTICE. TCEQ's Executive Director has determined the application is administratively complete and will conduct a technical review of the application. After technical review of the application is complete, the

Executive Director may prepare a draft permit and will issue a preliminary decision on the application. **Notice of the Application and Preliminary Decision will be published and mailed to those who are on the county-wide mailing list and to those who are on the mailing list for this application. That notice will contain the deadline for submitting public comments.**

PUBLIC COMMENT / PUBLIC MEETING. You may submit public comments or request a public meeting on this application. The purpose of a public meeting is to provide the opportunity to submit comments or to ask questions about the application. TCEQ will hold a public meeting if the Executive Director determines that there is a

significant degree of public interest in the application or if requested by a local legislator. A public meeting is not a contested case hearing.

OPPORTUNITY FOR A CONTESTED CASE HEARING. After the deadline for submitting public comments, the Executive Director will consider all timely comments and prepare a response to all relevant and material, or significant public comments. Unless the application is directly referred for a contested case hearing, the response to comments, and the Executive Director's decision on the application, will be mailed to everyone who submitted public comments and to those persons who are on the mailing list for this application. If comments are

received, the mailing will also provide instructions for requesting reconsideration of the Executive Director's decision and for requesting a contested case hearing. A contested case hearing is a legal proceeding similar to a civil trial in state district court.

TO REQUEST A CONTESTED CASE HEARING, YOU MUST INCLUDE THE FOLLOWING ITEMS IN YOUR REQUEST: your name, address, phone number; applicant's name and proposed permit number; the location and distance of your property/activities relative to the proposed facility; a specific description of how you would be adversely affected by the facility in a way not common to the general public; and, the statement

“[I/we] request a contested case hearing.” If the request for contested case hearing is filed on behalf of a group or association, the request must designate the group's representative for receiving future correspondence; identify an individual member of the group who would be adversely affected by the proposed facility or activity; provide the information discussed above regarding the affected member's location and distance from the facility or activity; explain how and why the member would be affected; and explain how the interests the group seeks to protect are relevant to the group's purpose.

Following the close

of all applicable comment and request periods, the Executive Director will forward the application and any requests for reconsideration or for a contested case hearing to the TCEQ Commissioners for their consideration at a scheduled Commission meeting.

The Commission will only grant a contested case hearing on disputed issues of fact that are relevant and material to the Commission's decision on the application. Further, the Commission will only grant a hearing on issues that were raised in timely filed comments that were not subsequently withdrawn.

MAILING LIST. If you submit public comments, a request for a contested case hearing or a reconsideration of the Executive Director's decision, you will be added to the mailing list for this specific application to

receive future public notices mailed by the Office of the Chief Clerk. In addition, you may request to be placed on: (1) the permanent mailing list for a specific applicant name and permit number; and/or (2) the mailing list for a specific county. If you wish to be placed on the permanent and/or the county mailing list, clearly specify which list(s) and send your request to TCEQ Office of the Chief Clerk at the address below.

AGENCY CONTACTS AND INFORMATION. All written public comments and requests must be submitted to the Office of the Chief Clerk, MC 105, TCEQ, P.O. Box 13087, Austin, TX 78711-3087 or electronically at www.tceq.state.tx.us/about/comments.html. If you need more information about this permit application or the permitting process,

please call TCEQ Office of Public Assistance, Toll Free, at 1-800-687-4040. Si desea información en Español, puede llamar al 1-800-687-4040. General information about TCEQ can be found at our web site at www.tceq.state.tx.us.

Further information may also be obtained from Clint Independent School District at the address stated above or by calling Dr. Edward Gabaldon at (915) 926-4051.

Issuance Date: September 3, 2010
WTCC: 09-30-10

COUNSELING SERVICES

D A M I A N MAUREIRA, LCSW - Professional Counseling/Therapy: Youth, Adults, Marital, Family, Health insurance and FEE SCALE ACCEPTED. Medicare, Medicaid and CHIP. 657 Winn Rd. in Socorro, Texas.

Call 858-3857 for appointment.

DRIVERS

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SELF-HELP

Persons who have a problem with alcohol are offered a free source of help locally. Alcoholics Anonymous - call 562-4081.

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