



NEWSBRIEFS

Ancestors

A tour of El Paso Museum of Archeology's temporary exhibit, titled *Walking with the Ancestors: From Mesoamerica to the Southwest*, will be held beginning at 2 p.m., Saturday, April 13. The free tour will be led by Marilyn Guida, the museum's curator of education. The El Paso Museum of Archaeology is located at 4301 Transmountain Road. For more information call 915-755-4332, send email to guidamr@elpasotexas.gov or visit the museum's website at www.elpasotexas.gov/arch_museum/.

— Alfredo Vasquez

Candidates

Three highly regarded educators have been named finalists for the superintendent's position of the Canutillo Independent School District by the Board of Trustees. After a round of in-person interviews that spanned two days, the board voted unanimously to name the following finalists for the position:

- Dr. Pedro Galaviz, the Director of Secondary Education for the Round Rock Independent School District;
- Ricardo Lopez, Area Superintendent for the Ysleta Independent School District; and
- Dr. James Steinhauser, the Assistant Superintendent for Research and Evaluation for the El Paso Independent School District.

Board members will now move into one last final phase in the superintendent search process by conducting extensive research into the background of each of the three candidates. The research includes further interviews with the candidates and their employers, site visits to their current places of work, and public meetings to give Canutillo stakeholders a chance to vet each candidate. The meetings have been scheduled for 5:30 p.m. on April 18, 29 and 30 at Canutillo High School. "Canutillo is an excellent school district with excellent students and employees. We now have candidates to match," said Board President Armando Rodriguez. "We look forward to learning more about these three educators and know we have a tough decision to make." The Board expects to name a new superintendent in about a month.

— Gustavo Reveles Acosta

Fund raiser

The Friends of NRA will host a banquet on April 19 at 6:00 p.m. at the El Maida Temple (6331 Alabama St.) with a reception that includes games, raffles and a silent auction. The evening will conclude with a live auction and

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Nothing makes time go faster than buying on it.

— Quips & Quotes



SLAM DUNK – New trash cans invite people to use them with catchy phrases.

Texas litter campaign gets new look

EL PASO COUNTY – You might think *Don't mess with Texas* is just a saying, but it's way more. It's a call to action created by the Texas Department of Transportation 27 years ago to stop litterers in their tracks. Today, TxDOT announced the state's anti-litter campaign is getting a makeover. With a new look, *Don't mess with Texas* is designed to appeal to young adults between the ages of 16 and 34 who were very young or not yet born when TxDOT first rolled out its now world-famous litter prevention program.

"*Don't mess with Texas* is an iconic brand and campaign that we want people to be proud of and that helps keep our state clean," said Ted Houghton, Chairman of the Texas Transportation Commission. "It's our shared responsibility to prevent littering and to pick up after ourselves when travelling around our great state."

"We want to remind all Texans and visitors that trash belongs in a trash can and not along our roadways," said Phil Wilson, TxDOT's executive director. "That's why trash barrels are playing a key role in the re-launch of *Don't mess with Texas*, our state's most critical and successful anti-litter campaign."

An estimated 1.1 billion pieces of trash are tossed along more than 80,000 miles of state-

maintained roadways. In an effort to reduce this growing volume of litter that includes fast-food packaging, cigarette butts, candy wrappers, small pieces of paper, plastic bags, and other items tossed from vehicles, TxDOT is taking *Don't mess with Texas* back to its roots by resurrecting the iconic red, white, and blue trash barrels. In the coming months, the "CANpaign" will be visible to Texans everywhere as more than 300 of these barrels will appear across the state at travel information centers, popular tourist attractions, sports venues and other high-traffic locations to remind drivers to properly dispose of litter.

Texas is home to more than 25 million people, and an estimated 1,000 people move into the state

every day that may not realize that littering is

Did you know that litter remains a problem along Texas highways?

• *Don't mess with Texas* is the state's most well-known public service campaign;

• 1.1 billion pieces of trash were collected in 2009;

• Tobacco related litter made up 43 percent of that amount; and

• Highway litter cleanup costs Texas taxpayers \$47 million a year.

• This new CANpaign" is designed to appeal to young adults between the ages of 16 and 34 who were very young or not yet born when TxDOT first rolled out its now world-famous litter prevention program.

against state law. Litterers can be fined up to \$500 for the first offense. Repeat offenders can face fines of up to \$2,000 and 180 days in jail.

"Not only is it our responsibility to pick up our trash, but doing so reduces the amount TxDOT and taxpayers spend on litter prevention efforts," added Wilson. "In fact, our estimates show that these programs are saving TxDOT and taxpayers some \$4.7 million annually."

More information on *Don't mess with Texas* can be found at dontmesswithtexas.org. This website features background on the campaign, research information about litter on Texas roads and highways, and engaging content to help raise awareness about the importance of litter prevention.

— Blanca M. Del Valle

Voter participation – more than just voting

By Robert Grijalva
Special to the Courier

EL PASO COUNTY – The El Paso County Elections Department is dedicated to managing elections to ensure that all voters in the county have an equal opportunity to participate. The department can only manage part of the effort. The voters in the county must be engaged in the process not only by voting, but also assisting the department.

Javier Chacon is the El Paso County Elections Administrator and is in his sixth year in that position. He started as an elections clerk 28 years ago and worked his way to the top position.

"Our biggest focus is maximizing voter

participation in each election," said Chacon. "Every single election is big. We try our best with the resources available to inform the voters of each election, the dates and how to use our voting machines," he said.

According to Chacon, a major challenge in each election is the proper manning of the voting locations. The pool of people available for working the locations is not big. During primary elections, it is even more difficult because each location must have workers from both the Democratic and Republican Parties.

The Department starts working on each election six months before the election date in order to implement new laws or new districts, to publish legal notices of the election and to develop a pool of poll workers who will be

trained prior to the election.

"There have been some instances where a polling place fell short of poll workers at the last minute. If we have a adequate poll of voters who have made themselves available, we can assign an alternate to fill the hole," said Chacon. "I am asking the voters in the county to call our office and provide their services so that no polling place is adversely affected."

According to Chacon, the precincts outside the city of El Paso present a bigger challenge in filling the positions and alternates. This is where he hopes more voters from Socorro, San Elizario, Fabens, Tornillo, Montana Vista, Vinton, Canutillo and Anthony will contact

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Distracted driving is deadly

By Mark Cross
Special to the Courier

TEXAS — It happens every day. You get a text or a phone call and you feel the need to respond immediately, even when you’re driving. But what you may not know is a simple text or call can cost you your life or someone else’s.

“Distracted driving is unacceptable, and it’s something that is preventable,” said John Barton, TxDOT’s deputy executive director. “If you reply to or send a text while driving, you are putting your life or someone else’s life at risk.”

It’s a fact – distracted drivers are making Texas roads more dangerous. According to crash data collected by the Texas Department of Transportation, to date, there were 90,378 crashes in Texas in 2012 that involved distracted driving (distraction, driver inattention or cellphone use). That’s an 8-percent increase from 2011. Of these crashes, 18,468 resulted in serious injuries and 453 resulted in deaths. From 2011 to 2012, there was a 9-percent increase in traffic fatalities caused by distracted driving on Texas roadways.

According to the Texas A&M Transportation Institute, almost

half of all Texas drivers in 2012 admit to regularly or sometimes talking on the cell phone while driving. However, 84.9 percent of Texas drivers think driving while talking on a cell phone is a very serious or somewhat serious threat to their personal safety. In another just-completed study, TTI researchers found that 10 percent of Texas drivers are using their cell phone at any point in time during the day. The finding represents the first time that actual cell phone use by Texas drivers has been measured (rather than self-reported use), and was based on observations of drivers at 190 intersections in 22 counties across the state.

TxDOT is launching its Talk. Text. Crash. campaign to coincide with National Distracted Driving Awareness Month. Throughout this month, TxDOT will reach out to Texans through community events, TV public service announcements, and online and outdoor advertising. TxDOT is also partnering with AT&T on this year’s distracted

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PUBLIC NOTICE TOWN OF CLINT, TEXAS

FAIR HOUSING STATEMENT

The Town of Clint hereby declares its support of fair housing practices. It is hereby declared to be the policy of the locality to bring about, through fair, orderly, and lawful procedures, the opportunity of each person to obtain housing without regard to race, color, creed, religion, sex, national origin, physical or mental handicap, marital status, parenthood, or age.

It is further declared that such policy is established upon the recognition of the inalienable rights of each individual to obtain housing and further, that denial of such rights is detrimental to the health, safety, and welfare of the inhabitants of the locality and constitutes an unjust denial or deprivation of such inalienable rights which is within the power and the proper responsibility of government to prevent.

The locality has a Fair Housing Policy that may be examined and copied by interested groups or individuals during office hours. The month of April has been proclaimed “Fair Housing Month”; copies of the official proclamation are available at the Clint Town Hall between the hours of 8:00 A.M. and 5:00 P.M., Monday through Friday.

POLICY STATEMENT ESTABLISHING NONDISCRIMINATION BASED ON HANDICAPPED CONDITIONS

The Town of Clint announces that it has adopted a policy of nondiscrimination based on handicapped conditions concerning access, participation, and benefit of programs and activities operated or conducted by the locality. This policy is in compliance with the requirements of Section 504 of the Rehabilitation Act of 1973, as amended in 24 CFR, Part 8, “Non-discrimination Based on Handicap in Federally-Assisted Programs and Activities of HUD,” dated June 2, 1988. Interested individuals or groups may obtain copies of this policy statement by calling the Town Clerk, who has been assigned to coordinate compliance with this policy and may be contacted at (915) 851-3146.

POLICY STATEMENT ON PROHIBITING THE USE OF EXCESSIVE FORCE BY LAW ENFORCEMENT AGENCIES

The Town of Clint announces that it has adopted a policy prohibiting the use of excessive force by law enforcement personnel within its jurisdiction against an individual engaged in non-violent civil rights demonstrations. This policy is in compliance with Section 519 of Public Law 101-44, 1990, U.S. Department of Housing and Urban Development Appropriations Act. Copies of this policy statement may be obtained by calling the Town Clerk at (915) 851-3146.

COMPLAINT AND GRIEVANCE PROCEDURES

In order to comply with the requirements of the Texas Community Development Program (TCDP) and of 10 T.A.C. Section 178.1 and Section 178.2, the locality has citizen complaint procedures intended to provide a timely written response to all complaints made against its proposed or completed TCDP efforts. Responses to complaints will be made within no more than ten (10) working days. A copy of the complaint procedures can be obtained upon request at (915) 851-3146. The established complaint procedures are an element of the local Citizen Participation Plan, and meet the requirements of USHUD Section 504 (24 CFR) concerning nondiscrimination based on handicapped conditions.

EQUAL OPPORTUNITY / AFFIRMATIVE ACTION STATEMENT

The Town of Clint is an Equal Opportunity and Affirmative Action employer.

Dale Reinhardt
Mayor

West Texas County Courier
April 11, 2013

Veterans Post By Freddy Groves

MRI can verify Gulf War illness

Gulf War illness is not psychological, and scientists can prove it.

Researchers at Georgetown University were able to see the damage to the brain in 31 test veterans with Gulf War illness. The findings, published recently in the PLOS ONE journal, describe how a fast and definitive diagnosis can be produced. Specifically, they looked at brain fibers that process pain. In veterans with Gulf War illness, those fibers never turn off. Pain is constant.

The key here is that researchers (or doctors) can see the actual damage to the fibers with a machine that many hospitals have – an MRI, or Magnetic Resonance Imaging. All that’s needed is special software called fMRI.

Knowing that Gulf War illness is not psychological is not new. Studies have linked it to 1990-1991 exposure to sarin gas, pesticides, oil-well fires, smoke, petroleum, anti-nerve-gas pills and a whole array of vaccinations, including anthrax and botulinum toxoid.

A partial list of illnesses tied to exposure: Chronic fatigue syndrome, fibromyalgia, gastrointestinal disorders such as irritable bowel syndrome, muscle and joint pain, headache, memory problems and skin conditions. What’s been seen in the 250,000 veterans who were exposed is that the illness doesn’t go away. It gets worse as time goes on.

Veterans who meet certain criteria can receive disability compensation, starting with a Gulf War Registry health exam. Enrollment in Department of Veterans Affairs health care is not required to get the free exam. Also available is the full range of VA health care.

However, there is a time limit: Per the VA website, symptoms must be present for at least six months and have appeared during active duty – or by Dec. 31, 2016.

Call the VA Health Benefits Call Center at 1-877-222-8387 for more information.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com. (c) 2013 King Features Synd., Inc.



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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.

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Monday 4 p.m. for Thursday publication.

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\$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.

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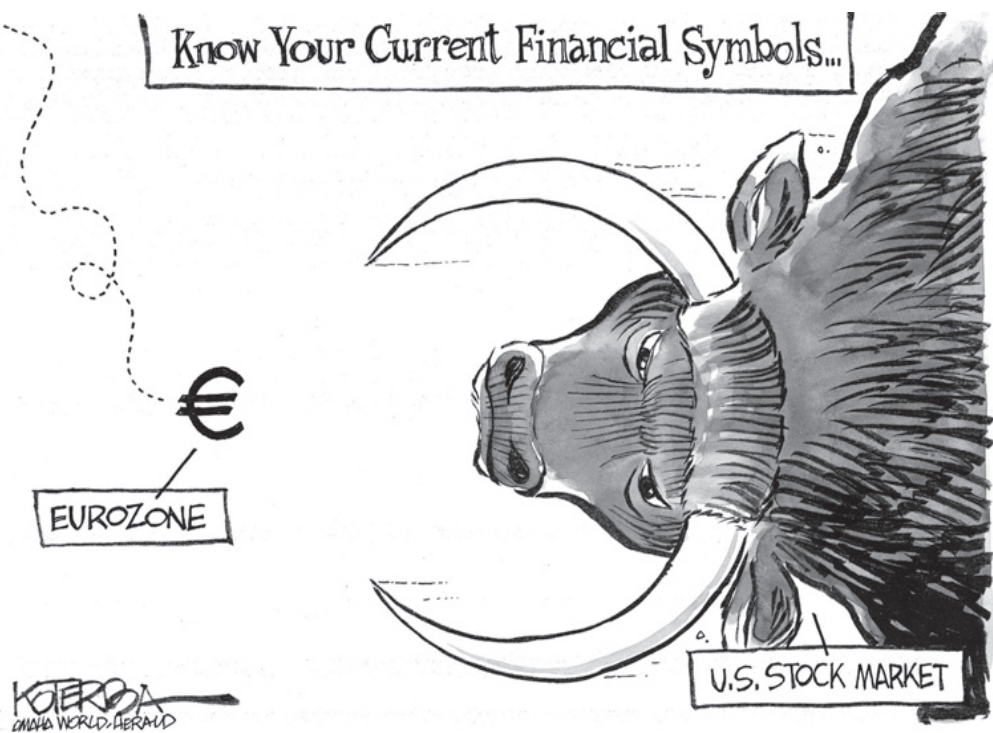
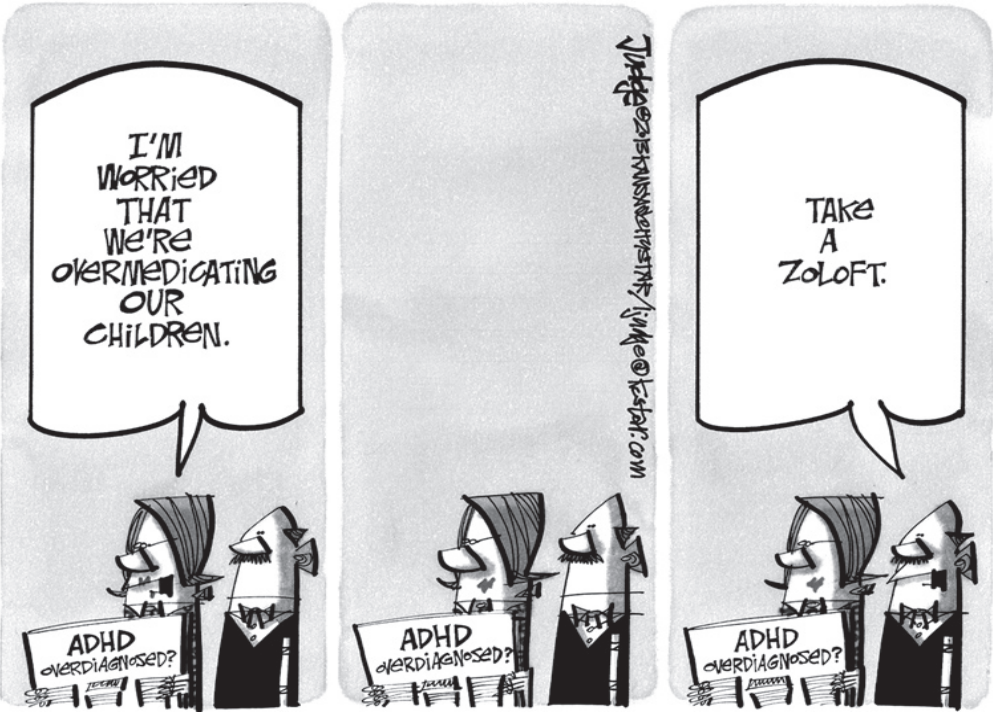
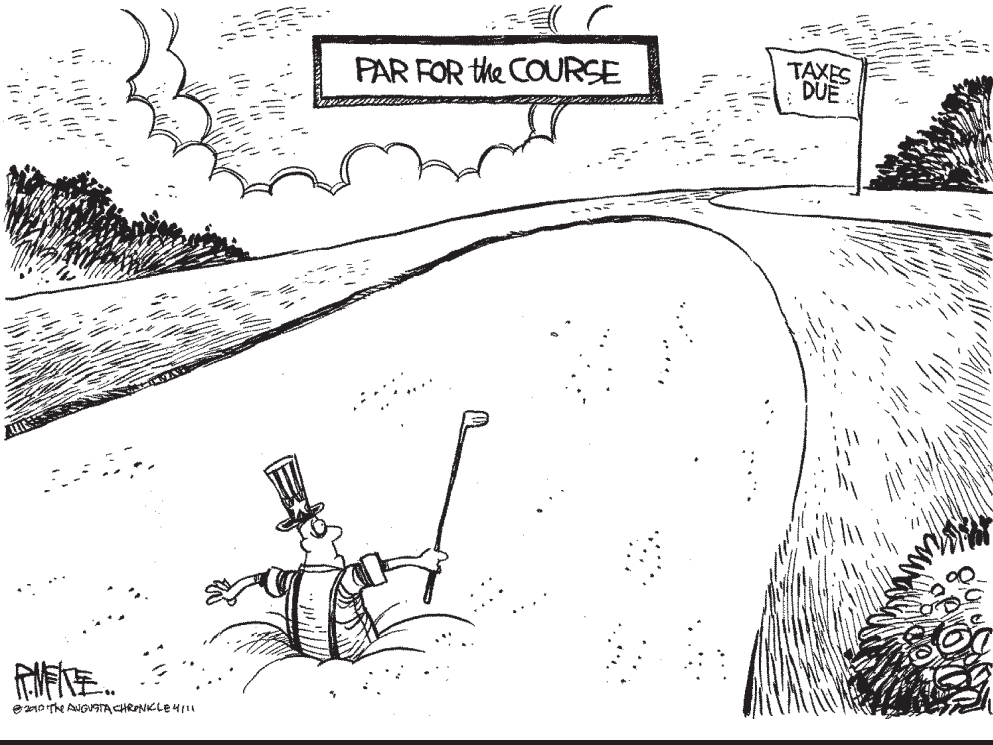
Phone: 852-3235
Fax: 852-0123
E-mail: wtccc@wtccc.com
Website: wtccc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Robert Grijalva
Don Woodyard
Steve Escajeda

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Finances

By Jason Alderman

Financially literacy

I'm not sure whether it was intentional or merely a coincidence that several years ago Congress proclaimed April to be Financial Literacy Month. April is also the month when millions of Americans grimly write a check to the IRS and resolve to do a better job managing their money; and when millions of others squander their tax refund without realizing why receiving overly large refunds isn't sound financial management.

In recognition of 2013's Financial Literacy Month, the National Foundation of Credit Counseling just released the results of its seventh annual Consumer Financial Literacy Survey, which tracks Americans' attitudes and behaviors related to personal finance.

NFCC spokesperson Gail Cunningham said, "On a positive note, by certain measures a large percentage of Americans do feel they're getting a better handle on controlling their finances," she said. "On the downside, however, many people give themselves poor grades on their knowledge of personal finance, and worry that they're not saving enough for a rainy day – or for retirement."

Here are some of the survey's key findings:

- 40 percent of adults have a budget and closely track their spending. In other words, 60 percent don't use a budget.

- Only 32 percent of those polled spend less on living expenses now than they did last year – a steady decline since 2009's 59 percent level. At the same time, 27 percent said they now spend more than they did a year ago.

- About 71 percent pay all bills on time and have no debts in collection – a 7 percent improvement from 2012. Similarly, the percentage of adults who do not pay all bills on time has decreased, from 33 percent in 2012 to 26 percent in 2013.

- 37 percent carry credit card debt from month to month – a 7 percent decrease since the question was first asked in 2009.

- Insufficient savings tops the list of financial worries, with 43 percent most worried that

they don't have enough emergency savings, and 38 percent worried they'll retire with inadequate savings. In fact, a whopping 31 percent say they currently save nothing for retirement.

- When asked where they learned the most about personal finance, the largest number (33 percent) said from their parents; yet 78 percent agree that they could benefit from advice and answers to everyday financial questions from a professional.

To me, perhaps the most telling statistic is that 40 percent of adults give themselves only a grade of C, D or F on their knowledge of personal finance. Should we be worried because that many people with a poor-to-middling understanding of money management are likely to be the major influence on their children's financial habits? I think so.

"Fortunately, many financial education tools are available for people of all ages," noted Cunningham. "The challenge is making people aware of them and encouraging them to seek help when they need it."

Helpful financial education sites include: MyMoney.gov (www.mymoney.gov), the government's website dedicated to teaching Americans the basics about financial education.

The NFCC (www.nfcc.org), featuring information on obtaining free or low-cost help from trained, certified credit counselors.

Practical Money Skills for Life (www.pmsfl.com), a free personal financial management program run by Visa Inc., that includes saving and budgeting tips, and interactive video games like Financial Football that engage students while teaching them money-management skills.

Don't let another April pass without taking steps to improve your financial literacy – and that of your kids.

Jason Alderman directs Visa's financial education programs.

Briefs

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winners are chosen from the games, raffles and silent auction. This event helps to provide money to support the marksmanship and firearms safety programs in the El Paso area, such as high school JROTC programs, Boy Scouts, 4-H Clubs, Young Marines, and Eddie Eagle safety program. Tickets are \$25 each. For more information call 227-8617 or 346-1946

– Bob Way

Texting

From Page 2

driving effort.

"In today's tech-connected age, people are relying on text messages and smartphones to stay in touch, but texting while driving is something that carries profound, very real risks. In the United States, someone is killed or injured once every five minutes on average in a crash that happens while a driver is texting and driving. It's time we worked together to change behaviors, attitudes, hearts and minds," said Dave Nichols, President, AT&T Texas. "We can each commit not to text and drive. We can lead by example. That's why we're pleased to join the Texas Department of Transportation in its Text.Talk. Crash. effort and why we continue to raise awareness through our AT&T's own It Can

Wait campaign."

As part of the campaign, TxDOT is asking Texans to do their part by making a simple commitment to focus on driving when they get behind the wheel. Barton notes, "Use of cell phones while driving isn't the only action that can lead to serious injury or death. Other actions, such as reading the newspaper, eating or smoking while driving, are also distractions. Keeping drivers safe is our priority."

Although all age groups are represented in the total number of traffic crashes caused by distracted driving, of the 90,378 traffic crashes in 2012 in Texas, the top two age groups were: 1) 28,443 ages 16-24 and 2) 23,784 over the age of 45. This year's campaign PSAs will demonstrate to Texans how hard it is to complete any simple task – like walking when distracted. The goal is to show that if people cannot text and walk without having an accident, they surely should not text and drive

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Voter

From Page 1

his office to become trained and to become a precinct judge or alternate judge.

The other focus that Chacon works hard to maximize is voter participation. He recognizes one very significant statistic: voter participation drops off in non-presidential elections, such as a election for governor. The 2014 general election will be such an election.

Chacon said, “Voter participation drops off by almost half in the non-presidential years. Perhaps the voters feel that the presidential elections have a more significant impact. Local elections, however, have a more immediate impact on the lives of the voters, especially the statewide elections in 2014.”

In May, there will be local elections for some municipal positions and for school

district positions in almost every precinct in the county. Chacon reminds voters that the property taxes for school districts are the largest portion of the total property tax.

He welcomes any calls from voters willing to participate as poll judges and alternates. The individual must be a qualified voter in the precinct. The telephone number to the elections department is 546-2154.

Chacon is also appreciative of the hard work by his employees. “My hat is off to each of the staff members in this department. I cannot thank each of them enough for the long hours and hard work they do,” he said.

El Paso County Elections Administrator Javier Chacon, left, and Assistant Administrator Antonio Rivera have reviewed changes to election laws. Both encourage the public to vote and to give their service as poll workers.



– Photo by Robert Grijalva

NOTICE OF CONFIRMATION ELECTION, DIRECTOR ELECTION, BOND ELECTION, REFUNDING BOND ELECTION, OPERATION AND MAINTENANCE TAX ELECTION, AND SPECIAL CONTRACT ELECTION

TO THE DULY QUALIFIED RESIDENT ELECTORS OF PASEO DEL ESTE MUNICIPAL UTILITY DISTRICT NO. 9 AND TO ALL OTHER INTERESTED PARTIES:

Notice is hereby given that Paseo del Este Municipal Utility District No. 9 (the “District”) will hold an election within the District on Saturday, the 11th day of May, 2013, between the hours of 7 a.m. and 7 p.m., at 1050 Darrington Road, El Paso County, Texas 79928, Texas, for the purposes of submitting propositions for confirmation of the creation of the District; electing five (5) members of the Board of Directors of the District; authorizing the levy and collection of a maintenance tax; authorizing the issuance of bonds of the District and the levy of a tax to pay the bonds; authorizing the issuance of refunding bonds of the District and the levy of a tax to pay the refunding bonds; and authorizing the levy of a tax on taxable property within the District for the purpose of making payments related to a special contract between the District and Paseo del Este Municipal Utility District No. 1.

The election is being held by order of the Board of Directors of the District. Voting in said election shall be by the use of paper ballots which shall conform to the requirements of the Texas Election Code. The boundaries of the District are hereby designated as and shall constitute one election precinct and the following persons are hereby appointed officers of said election:

Presiding Judge:	Kathy Parry
Alternate Presiding Judge:	[To be named, if possible]
Clerk:	[To be named, if possible]

Early voting in the election by personal appearance shall occur on each day from April 29, 2013, through May 7, 2013, which is not a Saturday, a Sunday, or an official State holiday. The early voting clerk shall be Kathy Parry, and the place at which early voting shall be conducted is 1050 Darrington Road, El Paso County, Texas 79928, Kathy Parry is appointed judge of the early voting board and he/she may appoint two clerks to assist.

The early voting clerk’s mailing address to which ballot applications and ballots to be voted by mail may be sent is to Freeman & Corbett, 8500 Bluffstone Cove, Suite B-104, Austin, Texas, 78759. The early voting clerk shall keep the early voting place open from 2:00 p.m. to 5:00 p.m., on each day for early voting which is not a Saturday, a Sunday, or an official state holiday.

The election shall be held and conducted and returns made to the Board of Directors of the District in accordance with the Texas Election Code, as modified by Chapters 49 and 54, Texas Water Code.

All qualified resident electors of the District shall be entitled to vote in the election.

BY ORDER OF THE BOARD OF DIRECTORS.

WTCC: 04-11-13

AVISO DE CONFIRMACIÓN DE ELECCIÓN, ELECCIÓN DE DIRECTOR, ELECCIÓN DE BONOS, ELECCIÓN DE REEMBOLSO DE BONOS, ELECCIÓN DE IMPUESTOS DE OPERACIÓN Y MANTENIMIENTO, Y ELECCIÓN DE CONTRATO ESPECIAL

A LOS VOTANTES CALIFICADOS, RESIDENTES DEL DISTRITO DE SERVICIOS PÚBLICOS MUNICIPALES Nro. 9 DE PASEO DEL ESTE Y A TODAS LAS DEMÁS PARTES INTERESADAS:

Se notifica por el presente que el Distrito de Servicios Públicos Municipales Nro. 9 de Paseo del Este (el “Distrito”) celebrará una elección dentro del Distrito el sábado 11 de mayo de 2013 en el horario de 7 a.m. a 7 p.m., en 1050 Darrington Road, Condado de El Paso, Texas 79928, con el fin de presentar las proposiciones de la confirmación de la creación del Distrito; elegir cinco (5) miembros de la Junta Directiva del Distrito; autorizar la imposición y recaudación de un impuesto de mantenimiento; autorizar la emisión de bonos del Distrito y la imposición de un impuesto para pagar los bonos; y autorizar la emisión de bonos de reembolso del Distrito y la imposición de un impuesto para pagar los bonos de reembolso; y autorizar la imposición de un impuesto sobre la propiedad gravable dentro del Distrito para efectuar pagos en relación a un contrato especial entre el Distrito y el Distrito de Servicios Públicos Municipales Nro. 1 de Paseo del Este.

La elección es celebrada por orden de la Junta Directiva del Distrito. La votación en la elección dicha será mediante el uso de boletas votación de papel cumplirán con los requisitos del Código Electoral de Texas. Por medio del presente se establecen los límites del Distrito como un y constituirán un precinto electoral y las siguientes personas son designadas oficiales de dicha elección:

Juez Presidiendo	Kathy Parry
Juez Sustituto Presidiendo	[A ser nombrado, si es posible]
Secretario	[A ser nombrado, si es posible]

La votación anticipada en persona en la elección será todos los días desde el 29 de abril de 2013 hasta el 7 de mayo de 2013, inclusive, excepto sábados, domingos y días festivos del estado. La oficial de votación anticipada será Kathy Parry, y el lugar donde se llevará a cabo la votación anticipada es 1050 Darrington Road, Condado de El Paso, Texas 79928. Kathy Parry es designada juez del consejo de votación anticipada y podrá designar dos funcionarios para brindar asistencia.

La dirección postal de la oficial de votación anticipada a la cual se pueden enviar las solicitudes y las boletas para votar por correo es Freeman & Corbett, 8500 Bluffstone Cove, Suite B-104, Austin, Texas, 78759. El oficial de votación anticipada deberá mantener abierto el lugar de votación anticipada de 2:00 p.m. a 5:00 p.m., todos los días de votación anticipada, exceptuando sábados, domingos o días feriado oficiales del estado.

La elección se celebrará y realizará, y los resultados serán entregados a la Junta Directiva en conformidad con el Código Electoral de Texas, según modificado por los Capítulos 49 y 54 del Código de Agua de Texas.

Todos los residentes electores habilitados del Distrito podrán votar en la elección.

POR ORDEN DE LA JUNTA DIRECTIVA.

WTCC: 04-11-13

College athletics doesn’t look so good these days

By Steve Escajeda
Special to the Courier

A bunch of people will tell you that they enjoy the sanctity of collegiate athletics more than the lurid world of professional sports. They feel that young athletes epitomize what athletic competition should be – individuals or teams competition solely for the love of it. And despite the inconsistencies of the NCAA, fans still flock to college venues, paying big dollars for a chance to go nuts over their favorite sons and daughters. But the world of college athletics took a bit of a public-relations hit last week. The antics, scandals, incompetence and corruption surrounding the college game made North Korea’s tubby tyrant Kim Jong-un almost appear somewhat decent. First let’s go to the PAC-12 Basketball Tournament. Ed Rush, the former long-time NBA referee is now the former head of officiating for the conference. Seems officiating is going the way of politics and journalism; there is less and less objectivity in it everyday.

Rush offered his officiating crew \$5,000 or a trip to Cancun if they targeted Arizona coach Sean Miller during his team’s play at the league tournament. He told his zebras to nail him with a technical foul or throw him out of the game the first chance they got. A group of referees admitted that Rush had given out those instructions and though Rush later said he was kidding, at least one official came forth to say he was serious. So was Rush fired? No, but he resigned (under pressure of course). Then there was the news coming out of Auburn that shouldn’t have surprised no one. Remember all the scandal rumors surrounding the program during Cam Newton’s run to the national championship? Let’s just say that at the NCAA, justice moves at a snail’s pace, or even at Manti Te’o 40-yard dash time’s pace. Anyway, it’s now coming out that players on that 2010 team received money, were involved with drugs and even had their grades changed so that they could remain eligible to play. And this doesn’t even touch the fact that Newton’s father was busy trying to sell his son to the highest college bidder.

They expect us to believe that he ended up at Auburn, a program that has been devastated by its corruption, without receive a single penny. Let’s investigate what happens when you invite an environment of deception into your football family. Since winning the championship in 2010, Auburn has gone through a slew of NCAA investigations, two former players have been killed and another current player shot. Four players were involved in an armed robbery and they’ve gone so far as to hire a private security firm to make sure players make curfew. And I’ll bet you thought the Sopranos were a nasty group. It may have taken the NCAA a while, but Auburn’s football program may go the way of the Penn State program. Hope all the cheating and cover-ups were worth it guys. And now we come to a college basketball coach who makes Bobby Knight look like a direct descendant of Mahatma Gandhi. Mike Rice used some very unusual methods to motivate his Rutgers basketball team. He grabbed them, pushed them, kicked them, cussed at them, called them homophobic slurs and threw balls at their bodies and heads.

This guy would have been a great interrogator. Unfortunately, he’s a lousy basketball coach. And he was fired last week. But the story doesn’t end there. Months ago, Eric Murdock, the team’s director of player development, told the school’s administration about the coach’s disturbing antics and Rutgers acted immediately – it let go of Murdock. After seeing the video footage of the coach mistreating his players, the school’s athletic director decided that it warranted just a three-game suspension and a \$75,000 fine. The A.D. has resigned. In the monkey-see-monkey-do segment of this saga, Rutgers assistant coach Jimmy Martelli was also seen on video doing the same thing to the players. He resigned. Now Rutgers president Robert L. Barchi is under fire for saying that he only fired Rice a week ago because that was the first time he’d seen the video. I’m sorry – I just sprayed my drink everywhere – the *first time* he’d seen the video? Why is it that the smartest guys in the room always act the stupidest when things go wrong?

A sporting view By Mark Vasto

Hot in Syracuse

It’s cold in Syracuse... but not in March. Watching the NCAA tournament this year, I remembered thinking, “You know who I like? Jim Boeheim.” Mr. Boeheim, for the uninitiated (and why are you reading a sports column if you are?), is the second-winningest coach in NCAA history, second only to Mike Krzyzewski, but with a surname that’s slightly easier to spell. He’s guided the Orangemen to 28 NCAA tournaments, three title games and one

championship. Records aside, what I really like about the guy is his overall demeanor. He wears a suit and tie in a decidedly non-suit-and-tie world. He demands that his players show respect to media and fans at all times and excel in school. Sure, sometimes it doesn’t work out, but those kids aren’t around for long when they don’t “get with the program.” Also, I love the fact that he straight out tells you what his team is going to do before the

game. “Here’s our zone defense, try and beat it. Bet you can’t.” That’s a winner’s mentality. You have to respect that attitude. Anyway, it’s almost impossible to dislike Syracuse. For thinking people, it’s always in the top ten (20 if you’re really smart) of colleges you’d like to apply to. It’s a “big” school. It has “big time” basketball, football, lacrosse and various other dominant programs (which may or may not be true, but I didn’t feel like looking it up and didn’t want some Syracusan gymnast sending me angry emails). The Carrier Dome is iconic, and looking at its list of accomplished alumni (which I did look up) is dizzying.

Syracuse is in New York, but anyone that lives north of Hudson on the Hastings considers it to be a province of Canada. No matter... if that’s the truth, then the best running back of all-time, Jim Brown, is a Canadian football star. (He also played lacrosse, but that’s another column.) Syracuse is a college town. To show you how old I am, I saw Bruce Springsteen play the Carrier Dome when I was in college... and he was considered old then. I saw the concert with a friend and the obligatory friend of the friend. He had a crush on his female

roommate and confided to us that he was going to try and kiss her when Springsteen sang “Thunder Road,” and at the exact moment he sang “You ain’t a beauty but hey, you’re alright.” My friend and I strenuously advised against that strategy. “What would Jim Boeheim do?” we asked in a jocular – yeah... but no, seriously – manner. And I think you know how that worked out: It’s cold out there in Syracuse. *Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2013 King Features Synd., Inc.*

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but only in the first few hours after symptoms begin. Every minute counts.

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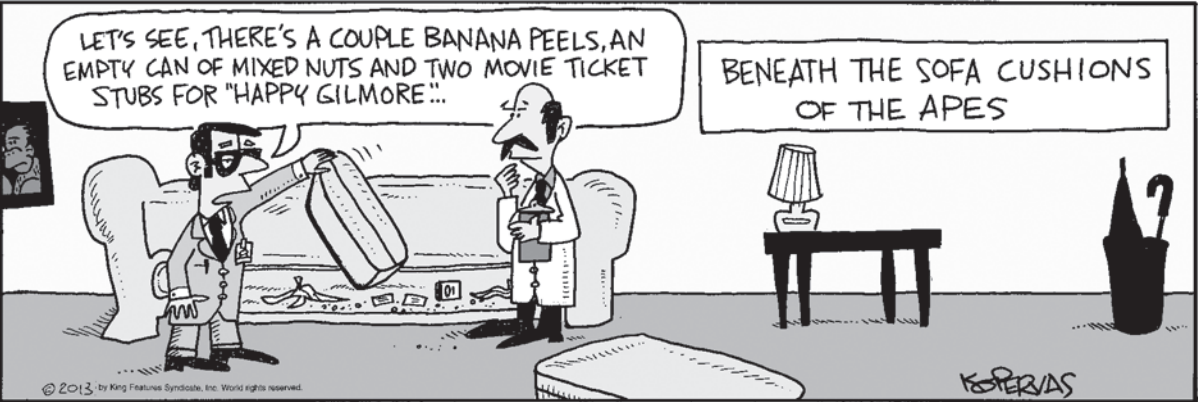
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Comix

OUT ON A LIMBBy Gary Kopervas



AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Paul G. Donahue, M.D.

DEAR DR. DONOHUE: I am 79 and have congestive heart failure with some high blood pressure. Please give the information you have on my illness. – F.W.

Congestive heart failure is a common illness in older people. Up to 10 percent of those older than 65 have it or have had it. The meaning is that the heart has become so weak that it can't pump enough blood to support all body organs and tissues. You can call it just heart failure. The "congestive" word confuses people.

The signs of a weakened heart are breathlessness when trying to do even relatively easy physical tasks, along with a feeling that all energy has left the body. A third sign is swelling, most often of the feet and ankles. The lungs also fill with fluid from backed-up blood, and that adds to the breathing difficulty. The lungs are congested with fluid.

Clogged heart arteries, heart-valve problems, a previous heart attack, a former viral heart infection and uncontrolled high blood pressure are some of the causes of heart failure. Aging is a major cause. The heart is beginning to wear out.

This sounds hopeless; it isn't. Plenty can be done. For one, reduce the amount of salt and salty foods that you eat. Salt causes fluid retention in the body. Water pills (diuretics) remove excess body fluid, and they're a constant part of treatment. Drugs called ACE inhibitors not only regulate blood pressure, but they also ease heart failure. This is only a sample of the drugs that are useful for the treatment of this condition.

Once under treatment, you ought to be breathing with ease and feel a return of pep. An exercise program is then possible and an essential for treatment. The program is one that should be

devised by your doctor. Walking is an excellent way to strengthen both body and heart muscles. The booklet on congestive heart failure provides detailed information on the condition and its treatment. Readers can order a copy by writing: Dr. Donohue – No. 103W, 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.

DEAR DR. DONOHUE: My eyes are colored dark brown. I am a 57-year-old female. Around the edges of my brown eyes is a blue border – something new. The eye doctor said it means my cholesterol is high. My family doctor said it is fine, and it happens with age. Have you heard of this? What causes it? – D.E.

I believe you're describing an arcus senilis. It's an off-white (bluish or gray) circle looping around the colored iris. Actually it's a deposit of fat and cholesterol in the cornea, the clear covering that lies over the iris and pupil. At one time, it was thought to indicate high blood cholesterol; it doesn't.

It's one of those many adornments of aging that come for no good reason. If you start looking at the eyes of older people, you'll find that you are far from the only one with arcus senilis.

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) 2013 North America Synd., Inc. All Rights Reserved.

Super Crossword

ONE TO CROW ON ACROSS

- 1 Ding-dong producer
5 Olympics chant for the Dream Team
11 Super Bowl six-pointers
14 "Thou _ not...
19 No more than
20 Hoi _ (common folk)
21 Like sashimi
22 More robust
23 Indicate person using scissors?
25 Manning of the gridiron
26 Unanimously
27 Dwellings
28 Drive-_ window
29 Output of an artisan using animal pelts?
31 Clothed for the radio broadcast?
34 Run-down urban areas
35 Pre-CIA org.
36 U.S. broadcaster overseas: Abbr.
37 From the beginning
40 Symbol on a musical staff
42 What a loudmouthed person leads?
49 Writing of recollections
52 Like a desert

- 53 Unlike a desert
54 Shoot for
55 Brie ready to be shipped?
59 Ponch player on "CHiPs"
61 What a DJ speaks into
62 Abject fear
63 King _ tomb
66 Mend
67 Not fatty
69 Furrow between the upper and lower arm?
72 Scatters seeds
75 "The Wiz" star
77 Bloke's "Well, well!"
78 _ Gay (bomber)
80 Poseidon's purview
81 Do away with
84 Long to be sick?
87 Related to the kidneys
88 Gold, to Juan
91 80-Across, to Cousteau
92 Last quarter
93 What one has while watching an Eastwood film?
97 Republican
98 Private plane producer
99 " _ for Outlaw" (Sue Grafton mystery)
100 "Spring forward"

- abbr.
103 It opens many locks
108 Course of medication for an inflamed throat?
113 Rabbit paw print, for Mr. Fudd?
116 Gaga over
117 "Where's Poppa?" co-star George
118 Bufferin rival
119 "... _ daily bread"
120 Elegant gaze?
122 Capital of Oregon
123 Superhero name
ender
124 Military raid
125 Part of AMA: Abbr.
126 _ nous
127 Cab alternative
128 Closest to the center
129 Roves, with "about"
- DOWN
- 1 "L.A. Law" co-creator Steven
2 Signs up
3 Alpacas' kin
4 Dissolved, as cells
5 Scannable product ID
6 Lower than, on a map
7 Tennis great
Gibson
8 Extreme sort
9 French for "sister"

- 10 Tune
11 Long slog
12 Big name in surrealism
13 Election decider, perhaps
14 Divvy up
15 Lays into
16 Into the air
17 Slowly, to a maestro
18 Hank of hair
24 Retired flier
29 Arise (from)
30 _En-lai
32 Don too many duds
33 See 39-Down
38 At present
39 With 33-Down, frozen potato brand
40 Simple bed
41 Told a big fib
42 Doctrines
43 Caustic stuff
44 Fill totally
45 Turkish cash
46 1964 Beatles song
47 Vogue
48 Airport info
49 Cato's 1,950
50 Euclid's lake
51 Edible tubes
52 Abu _
56 Toon unit
57 Stripper Lili
58 U.K.'s home
60 Oyster, e.g.
64 Idiot box
65 Less crazy

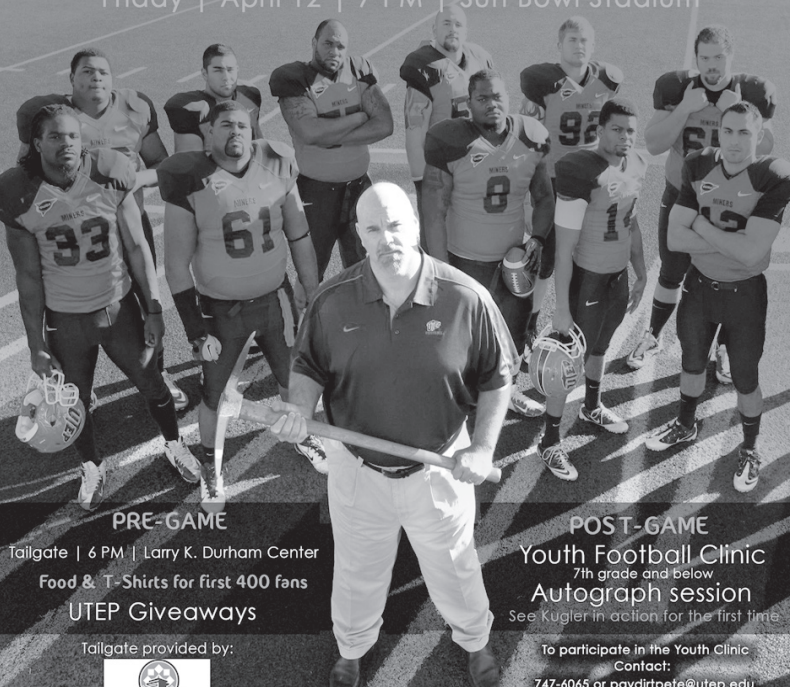
- 68 Pitcher Ryan
70 WWII female
71 "... or _ thought!"
73 Part of NNW
74 Waistband
76 Riverbed buildup
79 Gazillions
81 Curved bit
82 _ canto
83 It's bee-built
85 Irving of film
86 Litchi, e.g.
89 ACLU focus: Abbr.
90 Sounds of surprise
94 Bumps off
95 Suffix with refer or exist
96 Unit of corn
97 Basic cell division
99 Decides one will
100 Explorer Vasco _
101 Dealt leniently with
102 First family of the 1840s
103 " _ porridge hot...
104 Singer Sherman
105 Fuse, as ore
106 Lop off
107 Krispy _
109 Pour _ troubled waters
110 Divest of weapons
111 Snaky letter
112 Label anew
114 Kauai feast
115 Large vases
120 CBS hit
121 To this point


Answer Page 4

1	2	3	4		5	6	7	8	9	10		11	12	13		14	15	16	17	18
19					20							21				22				
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122						123				124							125			
126						127				128							129			

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FREE ADMISSION

GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	÷		+		11
-		-		×	
	÷		+		2
÷		×		-	
	+		÷		2
1		5		2	

1 2 2 3 5 6 7 8 9

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging
★★★ HOO BOY!

Answer Page 4

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Social Security Q&A By Ray Vigil

Q: I've been turned down for disability benefits. How do I appeal?

A: Visit www.socialsecurity.gov and click on the "Appeal a disability decision online" link in the left-hand column. This is the starting point. There you can ask us to review our medical decision. There are two parts to the Internet appeal process: 1) An Appeal Request Internet form; and 2) An Appeal Disability Report, which gives us more information about your condition. You can complete both forms online. To appeal online, the only form you are required to submit is an appeal request (Part 1). However, we encourage you to submit an Appeal Disability Report (Part 2) because it will give us more information about you and help us process your appeal more quickly. The place to start is www.socialsecurity.gov.

Q: I got a notice from Social Security that said my Supplemental Security Income (SSI) case is being reviewed. What does this mean?

A: Social Security reviews every SSI case from time to time to make sure the individuals who are receiving payments are still eligible and should continue to receive

those payments. The review also will make sure you are receiving the correct amount in benefits. We could be paying you too much or too little. To learn more about SSI, visit www.socialsecurity.gov/ssi.

Q: I applied for my child's Social Security card in the hospital but have not received it. How long must I wait?

A: On average, it takes about 4-5 weeks from the time you apply in the hospital until you receive your child's Social Security card in the mail. However, it can vary depending on the State where you live. If you have not received your child's card within six weeks, please visit your local Social Security office. Be sure to take with you proof of your child's citizenship, age and identity as well as proof of your own identity. And remember, we cannot divulge your child's Social Security number over the phone.

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, 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: A equals P

RVTK ATGAYT SGFFIKNSMPT DNM

JNZK YMKZIMZT, N RGIYU JME

PVTE'OT OTSTNDNKZ JNZKMYJ

UNZNPMYYE.

Answer Page 4

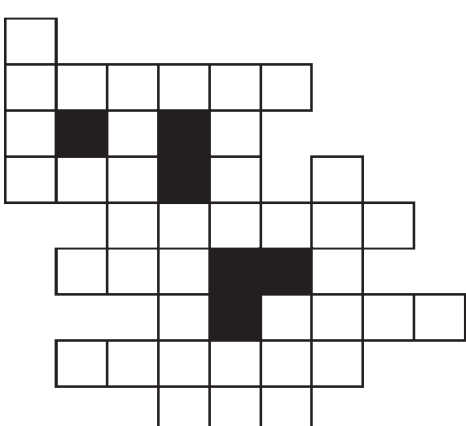
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FEAR KNIGHT

By: rj johnson

CONQUER THE WHIRLED

ALB
TABLOE
♥NOACE
♥AWST
HARLOC
♥EEW
♥ANLE
♥TASLE
♥OTN
KWITCE
♥LEWBO
♥ARLE



Answer Page 4

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

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STRANGE BUT TRUE

By Samantha Weaver

- It was pioneering science-fiction author H.G. Wells who made the following sage observation: "Moral indignation is jealousy with a halo."
- In a match between a 200-pound mountain lion and a 20-pound porcupine, the lion is likely to be the loser – and will probably die if it tried to take a bite of the desired prey.
- In an odd coincidence, President Abraham Lincoln had a secretary named Kennedy, and President John F. Kennedy had a secretary named Lincoln. Kennedy the secretary told Lincoln the president that he shouldn't go to Ford's Theatre the night he was shot; Lincoln the secretary tried to convince Kennedy the president not to go on a trip to Dallas, where he was shot.
- Those who study such things say that Americans watch more television during the months of January and February than at any other time during the year.
- Strawberries have more vitamin C than oranges.
- You may not realize it, but you've probably seen pictures of the French village of Mont-St.-Michel. It's a picturesque place, a tiny islet in the English Channel with an 8th-century abbey at the top of a high hill, surrounded by stone houses and cobbled streets. It wasn't always an islet, though; the hill on which the abbey sits was once surrounded by an oak forest, and the shore was miles away. That all changed in the year 725, though, when an earthquake struck the region. A tidal wave washed over the forest, leaving a vast tidal plain in its wake. Ever since, twice a day, 40-foot tides completely surround Mont-St.-Michel.

Thought for the Day: "The fundamental cause of trouble in this world is that the stupid are cocksure while the intelligent are full of doubt."
– Bertrand Russell

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