

VOL. 40, No. 43

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

EPCC, Socorro ISD form partnership for Campestre students **NEWSBRIEFS**

Club opening

The long wait for Horizon diners and golfers is almost over. Horizon Regional Municipal Utility District (HRMUD) owns the property formerly named Emerald Springs Golf and Conference Center and has been in negotiations with two groups to run the facility. The freshly renovated clubhouse at the renamed Horizon Golf and Conference Center is set to open November 1. Golfers will need to wait a bit longer. The pro shop and course are tentatively set to open mid November. Nina Piña is opening the Moonlight Bar & Grill on Nov. 1. She says it will be open everyday, breakfast through dinner, with hours to be set. The renewed facility includes a full service restaurant with banquet, dance and conference facilities. "We want this to be a place people want to go to," said Piña. She expects working phones this week. The golf course is still in limbo as negotiations between HRMUD and Delta Horizon, LCC continue. This group includes Philip Crowder, Aaron Means and Matt Pepe. They are seeking a lease with purchase option. The property is located at 16000 Ashford in Horizon City.

- Rick Shrum

Vinton festival

Keep Vinton Beautiful is hosting its first Dia de los Muertos festival on Saturday, Nov. 2, from 1 p.m. to 5 p.m. The event will host local growers and bakers as well as handcrafted items from local artisans, games and free arts-n-craft activities for children. There will be presentations to the public, short story telling, and a retelling of the murder of John H. James, owner of the Vinton Mercantile, in 1932 by Mrs. Rebecca Powers. Mrs. Powers is a Vinton resident and the author of Laura's Children: the Hidden Story of a Chinese Orphanage and the compiler and editor of My Roots Go Back to Loving and other stories from "Year of the Family." She has published over 1000 parenting columns and family interest features in newspapers, magazines, and regional parenting publications, including the El Paso Times, El Paso Scene, The Clinton Herald, Home Life, Grit, Space Coast Parent, and Inland Northwest Family Magazine. Keep Vinton Beautiful promotes sustainability through environmental awareness, solid waste reduction and beautification projects. Vendors are still needed. For more information please call 886-5104. – Jessica Garza

By Paula R. Diaz Special to the Courier

SOCORRO - With more than 600 students, teachers, parents, administrators from both Socorro Independent School District and El Paso Community College and even mascot Tejano Jack looking on, the teal and white EPCC flag unfurled in the cool morning breeze, proclaiming Campestre Elementary School a college bound institution.

The Lower Valley elementary is the first school in El Paso to be adopted by the college.

"We want to create a college going culture here," said Dr. William Serrata, EPCC president, right before the flag-raising ceremony Oct. 21. "Studies have shown that students are deciding in the second and third grades if they are going to college. That is why we need to start at the elementary level."

The College Bound initiative's goal is to get



- Photo by Acavius Largo / Socorro Independent School District

GET THEM STARTED YOUNG – Students – sporting free t-shirts – from Campestre Elementary School celebrate their school being designated "College Bound." El Paso Community College and the Socorro Independent School District celebrated a partnership See COLLEGE, Page 2 that will excite and motivate students about going to college at an early stage.

Quatrini named interim superintendent for Tornillo ISD

By Alfredo Vasquez Special to the Courier

> TORNILLO - Tornillo Independent School District Board of Trustees recently appointed Dr. Mike Quatrini as the new interim superintendent for the district. He takes over for Tornillo High School Principal Margaret Ruybe, who has served as both principal and interim superintendent for the past 11 months.

Quatrini, the former San Elizario ISD superintendent, took over the reins Oct. 14 and is expected to lead the district until a new superintendent is found. Tornillo ISD has been



- Photo by Alfredo Vasquez A FAMILIAR JOB - Dr. Mike Quatrini was named recently interim superintendent for Tornillo Independent School without a permanent leader District. The small, rural district since Paul Vranish resigned serves approximately 1,366 students and employs 179 persons. It is located about 35 miles southeast of El Paso and is one of 12 school districts in the Region 19 Education Service Center area.

her campus.

Quatrini said that he expects to be with the district for about four to six months to afford board members time to conduct a thorough search for a new superintendent. He said that he is not applying for the permanent position. As interim, Quatrini's salary will be pro-rated based on an annual salary of \$117,000.

Vranish, Tornillo's former superintendent, was put on leave in November of last year after a Texas Education Agency (TEA) review showed questionable reimbursements to him and his wife, also a district employee.

Vranish's was officially accepted last December. Since then,

Region

allowed her to go back to were not happy with Region 19's proposed candidates. Also, the board wants to wait for the results of a forensic audit of the district before selecting the new superintendent, according to a recent news report.

> Quatrini said that as far as he can tell, the schools are doing well and the district is financially sound. "I am very impressed with district personnel; staff members are positive and goal-oriented. So, I see my role as preparing the district for the new superintendent, sort of like smoothing out any bumps on the road," said the new interim superintendent.

> Among the things Quatrini said that he plans to do is get an overview of district operations by conducting an effectiveness compliance screening using an out-of-district consultant. "The screening will tell us where we need to improve or confirm that we are doing the right things," he said.

Tornillo ISD, with an annual budget of nearly \$13.5 million, operates four campuses: resignation Tornillo Elementary (Pre K through 3rd grade), Tornillo Intermediate (4th through 6th grade), Tornillo Junior High (7th and 8th

Literary fiesta

El Paso Community College (EPCC) will hold the 5th Annual Literary Fiesta on Saturday, Nov. 9, 2013 at the EPCC

See BRIEFS, Page 3

Never before has the fate of so many been at the whim of so few. Quips & Quotes last school year.

Quatrini, who led the San Elizario district for 15 years and retired in 2011, said that Ruybe did a good job as interim but that she

was needed at the high school, so the board but apparently some of the board members

the district has been in grade), and Tornillo High (9th through 12th search of an instructional grade).

leader. Initially, the board The four campuses earned the designation of "met standard" under the state's new 19 Education Service Center accountability system for the 2012-13 for assistance in its search, school year- the state's most recent student performance ratings.

Anthony ISD observes National School Lunch Week

contacted

Highlights include regional recipes, healthy changes

> **By Alfredo Vasquez** Special to the Courier

ANTHONY - Anthony Independent School District's (AISD) Child Nutrition Department celebrated National School Lunch Week (October 14-18) by highlighting the nutritious regional recipes, ingredients and traditions that make their school cafeteria program unique. During the weeklong observance, AISD cafeteria staff hosted special events with wellness activities for students and information for parents about the healthy changes in the schools' cafeterias that address the new nutrition standards for school meals nationwide.

Throughout the week-long celebration, AISD cafeteria served healthy versions of regional recipes that incorporated local flavors to get students excited about eating school meals, according to Rachel Frayre, director of AISD's Child Nutrition Department.

As part of the event, a fruit and vegetable stand was on display at the school cafeteria entrance for students and visitors to view and realize that several of the foods they eat in the school cafeteria were grown in Texas.

"We pledged participation and are determined to undertake TDA's challenge to schools state-wide of providing meals using Texas-grown products," said Frayre.

The highlight of the week was Wednesday's

See LUNCH, Page 5

Veterans Post By Freddy Groves Who's minding the store?

Affairs' Office of the Inspector the VA paid to have 43 additional General are the folks who classrooms hastily built on the scrutinize all aspects of the VA, site! from care of veterans at the hospitals, to the security risks, to whether VA physicians have up-todate licenses. Until recently, they hadn't focused their laser beam on the VA's spending on Separately Priced Items, aka SPIs, which are an additional \$132,000 paid incidentals purchased to support VA programs and events. When it came to light that the VA spent \$15.5 million on three financialmanagement training conferences, the OIG went to work.

Page 2

Here's what it learned:

Of the \$15.5 million, \$5.3 million was spent on goods and services purchased as SPIs from their prime vendor. They should provide firm fixed prices.

The VA hadn't approved all SPI purchases in advance, nor was fee on the whole cost. Where was there adequate documentation. They'd apparently relinquished control by making the purchases through an interagency agreement with the Office of Personnel Management. The OPM did the purchasing - on the VA's dime.

Instead of picking a new conference location when the Synd., Inc.

The Department of Veterans first was found to be too small.

OIG identified The approximately \$1.1 million that could have been saved via competitive contracting.

Approximately \$697,000 was spent in service fees, with to the Office of Personnel Management in service fees, both inappropriate.

In other words, no one was keeping an eye on this money and where it went. And it's not the first time. The OIG found three previous incidents where the VA handed over control of the money to the OPM.

The problem: Too many have required the vendor to essential components of the project were labeled as incidental. OPM netted a 2.5 percent service its incentive to lower costs?

> 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

Finances By Jason Alderman

Don't ignore tax deduction for moving expenses Whether you're relocating across town or across the country, moving is expensive. By the time you've paid to have your household goods packed and moved, cancelled and reconnected utilities and racked up storage fees, you could easily be out thousands of dollars.

Many people don't realize that if they're moving to start a new job, transferring with a current employer or even returning to the U.S. to retire after working abroad, their moving expenses may be tax deductible. Plus, moving expenses are an "above-the-line" deduction, which means they reduce your adjusted gross income and can be claimed even if you don't itemize deductions.

Two tests generally must be satisfied to claim a moving-expense deduction:

Distance test. The distance between your new job and your former home must be at least 50 miles farther than your previous workplace is from that home. For example, if you used to work 10 miles from home, your new workplace must be at least 60 miles from your old home. If this is your first job or you were unemployed, the job must be at least 50 miles from your old home.

Time Test. Regular employees must work full-time at least 39 weeks during the 12 months after moving, although the weeks needn't be consecutive or for the same employer. (For self-employed people, it's 78 weeks during the first 24 months.)

If you moved this year, you can claim the deduction on your 2013 taxes even if you haven't yet met the time test, provided you expect to during the coming year. If you later fail to meet the time test, you must reverse the deduction, either by including the amount as "other income" on your 2014 tax return, or by filing an amended 2013 return.

Qualified moving expenses include:

• Costs for packing and transporting household goods, personal effects, pets and vehicles.

Fees to disconnect and/or connect utilities.

• Travel costs for you and household members to the

new home. (Meals cannot be charged).

• Use of your car during the move.

 Storing and insuring your possessions for up to 30 days.

• Note: Family members needn't move at the same time nor by the same means of transportation.

Expenses that do not qualify include:

• Expenses of buying or selling a home, including closing costs, mortgage fees, house-hunting expenses, home improvements or new furnishings.

- Loss on the sale of your old home.
- Charges for signing or breaking a lease.

• Fees for new car tags or driver's license in your new locale.

· Expenses incurred on side trips en route to your new home (e.g., sightseeing).

• Security deposits (including any given up due to the move).

• Also, you cannot take a moving expense deduction and a business expense deduction for the same expenses

See IRS Publication 521 for all eligible and ineligible expenses and other details about the moving expense deduction. To file for the deduction, complete IRS Form 3903 and attach it to a Form 1040 Income Tax Return. You don't need to complete a Schedule A unless you are otherwise itemizing deductions. (You cannot claim moving expenses on a 1040EZ Form.)

Also note: If your employer reimburses you for any deductible expenses, you must reduce your moving deduction by that amount; and, employer reimbursement for non-deductible expenses will likely be treated as wages on your W-2 Form.

Take a few minutes to calculate whether you qualify for the moving expense deduction - you could save a bundle on your taxes.

Jason Alderman directs Visa's financial education programs.

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Ballroom management pleads guilty

By Elhiu Dominguez Special to the Courier

SOCORRO - Mission Valley Ballroom administrator Donna Cortez Flores and ballroom's manager Ricardo Espinoza were different victims. sentenced last week by County

unsuspecting consumers.

Flores, 47, and Espinoza, also were ordered to jointly pay more justice. than \$76,000 in restitution to 34

Court at Law # 4 Alejandro from September 2008, and up restitution to the residents they Gonzalez after each pled guilty to until January 2011, the defendants five charges of Deceptive Business received thousands of dollars from Practice in 10 separate cases. The dozens of residents who paid them in of how the Deceptive Business charges came the two shut down advance to hold events at the Mission laws can and will protect unethical their party hall business without Valley Ballroom. After closing the merchants when they choose to take notice after taking thousands of ballroom at the beginning of 2011, advantage of consumers," Bernal dollars in advance payments from the defendants failed to return the concluded.

at our school and the community."

money to the victims.

El Paso County Attorney Jo 47, were each sentenced to 12 Anne Bernal explained that, after months probation, complete 150 a prolonged process, the victims hours of community service, and in this case were finally receiving

"In addition to being punished for violating the public's trust, the Police reports indicate that merchants were ordered to pay victimized," Bernal said.

"The case serves as an example

success," she said. "We are our youth here in this area, for their promoting a college-going culture future. I am thankful I get to be a part of it and give back."

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

Rick Shrum

Phone: 852-3235

Contributors Alfredo Vasquez Homesteader Robert Griialva Est. 1973 Don Woodyard News. Inc. Steve Escajeda

students thinking about attending college at an earlier age. EPCC will be actively participating in everything Campestre students do such as providing materials, giving college tours to the children and getting parents involved, said Nita Corral-Nava, director of recruitment and school relations for EPCC.

"We are going to be present at all events," Corral-Nava said. "We are going to come here and read to them, be here for parents night and, even, help with fund raisers.'

For the ceremony, students were given a "College Bound" T-shirt and a backpack with EPCC goodies.

Campestre Principal Nadia De La Rosa said the program is exactly what the school needs.

"What we are doing with this program here is preparing our students for years of academic

Ten-year-old Genevie Maynez, a winner of the "Why it is Important to go to College" essay contest said she has seen what a difference not having a college degree can make in a person's future.

"My mother is working two jobs just to have enough money to pay our bills," said Maynez, a Campestre student. "She has said over and over again that I have to go to college, so that I won't have to work two jobs. If I go to college, I can choose the job I want."

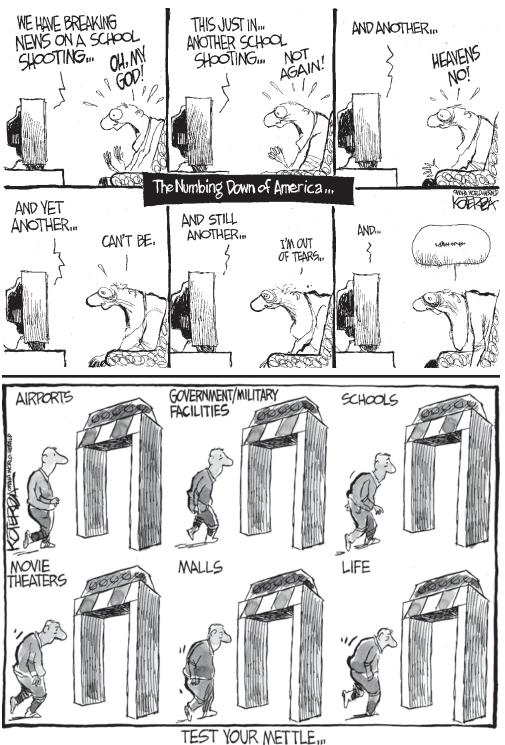
One of EPCC's recruiters who plans to help and encourage Maynez and other Campestre students to attend college is Miguel Reza. The administrative recruitment officer grew up in the Socorro area and is working on a degree in social work. "I wish we had had this kind of program when I was growing up," Reza said. "This is really great for

Luz Valenzuela, mother to kindergartner, Valerie Rios, is eager to see how this college-bound program will help her daughter and her other two children, who will be attending Campestre in the next few years.

"I am so happy about this," Valenzuela said. "I didn't have the chance to go to college. But I want to make sure my children go."

The Socorro resident said her daughter, Valerie, was so excited about this event. She has been talking about it for weeks.

"She told me that I had to be here today because her plan is to go to college," Valenzuela said. "Being here today and hearing all that they have said, gives me hope for my daughter and my other children. Maybe they will get the chance to go to college. That would be a dream come true."



MAHA NERUD HERALD GOVERNMENT BREAKDOWN ...

View from here By Lisa M. Tatum

Lawyers are uniquely positioned to serve low-income Texans

A woman arrived at the pro bono legal clinic in a desperate state and suffering from severe disabilities. Thanks to the work of attorneys at LyondellBasell, a Houston-based plastics, chemical and refining company, she is getting the legal help she needs. The attorneys, led by chief legal officer Craig Glidden and pro bono coordinator Monica Karuturi, are helping her set up a special-needs trust to manage her disability benefits.

we as corporate lawyers have to contribute to the community's overall prosperity," Karuturi said. "Our work is very matterspecific on a day-to-day basis, and pro bono work gives us a way to contribute to broader social issues and interact with people who really need our help. It also grounds us and gives us a sense of what's really important."

Lawyers across Texas could share similar stories of making a difference in the lives of people who could not afford legal services. The National Pro Bono Celebration, happening Oct. 20-26, is about acknowledging

the value and importance of this work and encouraging more attorneys to get involved.

Lisa M. Tatum

The American Bar Association started the celebration in 2009, after the recession left more people in need of pro bono legal services. The goal is to recognize lawyers' good work while recruiting more volunteers, mobilizing community support, and fostering collaborative relationships. The celebration is nationwide, with a focus on local projects.

The State Bar of Texas encourages Texas attorneys to provide at least 50 hours of pro bono legal services each year, and hundreds of attorneys regularly exceed that goal. Still, while nearly 6 million Texans qualify for legal aid, the state's legal community meets only 20 percent of the need, according to a 2009 Legal Services Corporation study. As attorneys who care about access to justice, we can and should do more.

As president of the State Bar, I am pleased to announce the Care Campaign, a new program designed to further empower Texas attorneys to provide pro bono services. Through the Care Campaign, attorneys can find practical training tools, interpreters for clients with limited English-language abilities, and access to malpractice insurance through a specialized network. The program includes a Care Kit-a box containing all of the resources that local Lisa M. Tatum is president of the State Bar of bar associations and legal organizations need

military veterans who cannot afford or lack access to legal services. One such program, the State Bar's Texas Lawyers for Texas Veterans, develops and assists pro bono legal clinics throughout the state.

"Anyone who needs pro bono work, by definition, is unable to afford legal assistance, but the ones I find the most significant and inspiring are people who have the quietest voice and the greatest need," said Shauna "It's one of those unique opportunities that Wright, partner and pro bono coordinator at

> the Fort Worth law firm of Kelly Hart & Hallman, LLP, which regularly sponsors veterans clinics and also represents families adopting orphans. "We have kids in the community who have been failed by people over and over and over, and the world has let them down. So it's a powerful thing for us to help their new parents give them a forever home and a permanent family. It's truly humbling to be a part of it."

> Marc Vockell's extensive pro bono work includes helping victims of domestic violence navigate family law cases. "You want to make a

difference, and you want to help your clients improve their lives," said Vockell, the head of intellectual property litigation at Dell Inc. in Round Rock who served on the Texas Access to Justice Commission from 2009 to 2012. "I've had clients who were very pleased to get on with their lives and clients who tell me I'm their guardian angel. But I think I get more out of it than my clients because I get to practice law in a way that is very personally fulfilling and rewarding."

Other opportunities to volunteer abound. Attorneys interested in connecting with legal aid providers and pro bono organizations in their communities can find them and other pro bono resources at texasbar.com/atj. If you need an attorney and cannot afford to pay for one, you can contact the State Bar for a referral to a low-cost civil legal service agency in your area by calling (800) 204-2222, ext. 1855.

As attorneys, it is our privilege to be the ones who can help people in this essential way. "A lot of us serve on nonprofit boards or maybe volunteer at a soup kitchen or a homeless shelter, and those are good things to do," said Wright, the Fort Worth attorney. "But pro bono legal work can only be done by lawyers. We are uniquely qualified to do it."

Texas and the founder and owner of LM Tatum,



to easily hold a legal advice clinic in your PLLC, in San Antonio with a practice that community. focuses on corporate, education, employment,

Texas attorneys also continue making a difference through programs that serve U.S.

Briefs From Page 1

Administrative Services Center, 9050 Viscount, Building A. The Literary Fiesta will celebrate writers from El Paso and other nearby areas. There will also be a Mercado with book, food, and craft booths as well as a children's corner with free books for the kids. Events include:

• A "Community Read" of From This Wicked Patch of Dust with Sergio Troncoso from 1:00 p.m. - 2:30 p.m.;

• "Pitchfest!" Toss your book idea to a literary agent with Bree Ogden from 1:00 p.m. - 4:30 p.m.; and

and public finance law. She may be reached

by email at statebarpresident@texasbar.com.

"Spinning a Positive Publicity Web" with Teffanie Thompson White from 4:30 p.m. - 5:30 p.m.

Wrapping up the event at 5:30 p.m., there will be an Awards Dinner celebrating Sergio Troncoso, author of award-winning novel, From This Wicked Patch of Dust, and Free Hole Slam, a local poetry venue. Admission to the Literary Fiesta is free and open to the public.

– Jim Heiney

Archives: www.wtxcc.com

Dairy farmers bring mobile classroom to **San Elizario** students

By Cynthia P. Marentes Special to the Courier

SAN ELIZARIO - Students in the San Elizario Independent School District are served milk everyday vet many of them are unfamiliar with how it is produced much less have ever seen a cow in person. On October 17, the milking process came to the Alarcon Elementary campus providing students a real life experience of how milk is packaged into the container sitting on their cafeteria trays. The Southwest Dairy Farmers brought the Mobile Dairy Classroom to the school parking lot providing an interactive and enjoyable presentation featuring a live cow for students and teachers.

The Mobile Dairy Classroom is a traveling milking parlor where a trained instructor demonstrates how to milk a cow, describes how milk goes from the farm to the consumer, and then answers questions from students. Visiting Alarcon Elementary School with Peach the cow was instructor Cody Lightfoot who not only informed students about milking technology and dairy production but also entertained them with fun facts. Lightfoot has been



- Photo courtesy San Elizario ISD

HOW COWS MAKE MILK - Instructor Cody Lightfoot points out the different compartments of a cow's stomach to 2nd grade students from Alarcon Elementary School.

presenting to students for almost 15 Mobile Dairy Classroom since the safety practices. years and regularly travels to the area including New Mexico with the innovative program that brings the dairy experience directly to children. "I really enjoy speaking to the

little ones," Lightfoot added.

Educational materials for teachers are also available as part of the

presentation incorporates math, topics that Lightfoot discussed with students included the anatomy of cows; nutritional content of milk; milking technology and equipment; and modern environmental and food

The Mobile Dairy Classroom science, health and nutrition, and is a division of the Southwest agriculture concepts. Some of the Dairy Museum, Inc., a non-profit, educational program funded by dairymen across the Southwest. It is offered to schools at no cost for students primarily in second through eighth grades.

Communities can apply for **KTB** awards

By Melissa Pecorino Special to the Courier

TEXAS Keep Texas (KTB) Beautiful is now accepting applications for the 2014 Governor's Community Achievement Awards (GCAA), one of the most prestigious annual environmental awards programs in Texas. In March 2014, a panel of judges will select 10 communities to share in \$2 million from the Texas Department of Transportation (TxDOT). The funds are dedicated to landscaping projects along rights-of-way within the communities.

The awards recognize the best grassroots environmental programs in the state and are broken up into 10 different categories based on population size. The winner of the smallest population category is a community with up to 3,000 residents and receives a \$90,000 grant, while the winner of the largest category qualifies for \$310,000 and is a city with more than 180,000 residents. Funds are distributed proportionately to the other eight communities. Every community in Texas is eligible to apply for GCAA. A program

See KTB, Page 5





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KTB From Page 4

is judged on achievement in seven different areas: community leadership and coordination; education; public awareness; litter prevention and cleanup; illegal dumping enforcement; beautification and property improvement; and solid waste management. KTB will formally recognize these communities during its 47th Annual Conference in Austin from June 23-25, 2014, at the Renaissance Hotel.

Communities interested in applying may download the 2014 application from the KTB website at http://www.ktb.org/programs/ awards/governors-communityachievement-awards.aspx or call 1-800-CLEAN-TX to request a copy. Applications are due to KTB on Tuesday, February 4, 2014, by 5:00 p.m.

Keep Texas Beautiful is a statewidegrassrootsenvironmental and community improvement nonprofit that strives to educate and engage Texans to take responsibility for improving their surrounding environment. KTB and its more than 360 affiliates work with the government, businesses, civic groups and volunteers to ensure that every Texan has the opportunity to make Texas the cleanest, most beautiful state in the nation. For more information on programs and events, call 1-800-CLEAN-TX or visit www.ktb.org.

Lunch From Page 1

lunchtime reception for local area dignitaries including AISD board members, State Representative Joe Moody's district director Ana Gonzalez, Anthony TX Mayor Lee Vela, Region 19 Child Nutrition Specialist Ulises Qiuntero, Texas Department of Agriculture School Operations official Marcela Licerio, and Former AISD Superintendent Ron Haugen.

Other lunch week activities included daily student announcements by campus principals about healthy eating habits. Physical education teachers and coaches also got into the Texas-style theme by incorporating activities like country music dancing, roping skills, and horseshoe toss.

Frayre, who has supervised the district's food service program since 2009, said that the small district, which lies on the Texas-New Mexico state line, serves 800 meals daily. With an annual budget of about \$500,000 and an additional \$250,000 for summer program, she said that the district serves meals that meet the federal nutritional guidelines in compliance with the Healthy, Hunger-Free Kids Act (HHFKA).

"AISD's child nutrition program is 100 percent self-sufficient and does not rely on district general funds to operate; instead we are funded 100 percent through federal and state funds and grants, and adult meal sales," stated Frayre, who manages 16 regular school-year employees and up to 40 workers during the



Photo by Alfredo Vasquez

HEALTH SMARTS – As part of the recent National School Lunch Week observance, Anthony Independent School District (AISD) Child Nutrition Program displayed a fruit and vegetable stand of Texas-grown products (pumpkins, cantaloupe, pears, cucumbers, broccoli, strawberries, turnips, bell peppers, apples, celery, spinach, rosemary, oregano, beets, jicama, and watermelon) at the school cafeteria entrance to help students and visitors realize just how much of what the school cafeteria serves is grown in this state. Joining in the observance were, from left, Lee Vela, Anthony TX mayor; Marcela Licerio, Texas Dept. of Agriculture school operations official; Ron Haugen, former AISD superintendent; Adrian Vasquez, student; Edgar Dominguez, student: Oscar Troncoso, Anthony HS principal: Adriana Cuellar, student: Carlos Hernandez, student: Rachel Frayre, AISD Child Nutrition Dept. director; and Ulisses Quintero, Region 19 child nutrition specialist.

summer program.

The School Nutrition Association (SNA) helped schools recognize a national, non-profit professional National School Lunch Week with an official campaign theme, suggested menus and recipes, promotional resources and more to and its members are dedicated to raise awareness of the importance of making healthy school meals and McCormick for Chefs. the National School Lunch Program, which feeds over 31 million of

America's students each day.

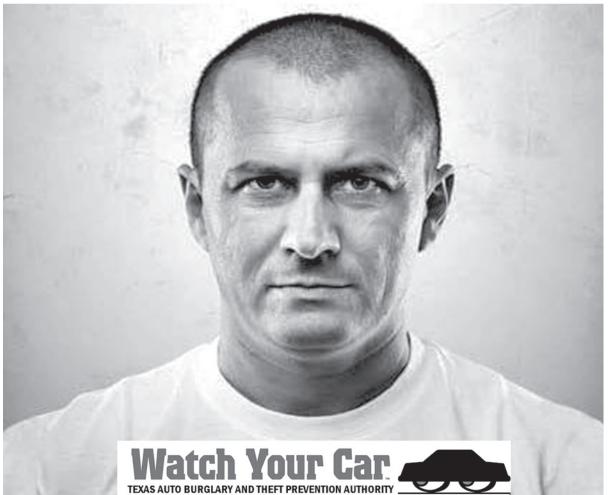
According to its website, SNA is students. organization representing 55,000 school nutrition professionals across the country. Founded in 1946, SNA

nutrition education available to all

This year's "School Lunch across the USA" campaign was sponsored by the non-profit SNA along with the Milk Processors Education Program (MilkPEP) and



CALL 1-800-CAR-WATCH TO REQUEST A FREE VEHICLE CRIME PREVENTION INFORMATION PACKET



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Classified Ads

The the public hearing is to allow any interested persons to appear and commentregarding this hearing. the following:

contact the City Description: Section 31, Block Clerk at 915/852-1046. forty-eight (48) hours prior to

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NFL offense: Team names that make people unhappy

By Steve Escajeda Special to the Courier

During this time of the year everybody seems to have an opinion or two concerning whatever's going on in the National Football League.

But lately, a lot of the talk surrounding the NFL has had nothing to do with Peyton Manning and his record-breaking start to the season; or the surprising undefeated Kansas City Chiefs; or even the shocking disappointment that the New York Giants have become.

Most of the talk has surrounded the team in Washington.

But it has had nothing to do with the physical trials and tribulations of their fine young quarterback Robert Griffin III - it's all been about their team name, the Redskins.

There are some in the Native American community who find the name to be offensive and a slur.

I don't know a whole lot of Native Americans but of the few that I've asked, none has a problem with the name and frankly, never even considered it one way or another.

Most polls show that the majority of Native

Americans are not offended by the nicknames but there are still plenty who are.

Through the years, a few college teams have changed their names from Native Americanrelated nicknames to something that those who were offended found more palatable.

Over the years, Stanford, Dartmouth, Siena, Arkansas State and Louisiana Monroe dropped their mascot of Indians. Others who changed were the St. Johns Redmen, Marquette Warriors, North Dakota Fighting Sioux and Miami (Ohio) Redskins.

Some schools who received complaints kept their nicknames because the tribes gave their blessing. Those were the Illinois Fighting Ilini, the Florida State Seminoles, Utah Utes and Central Michigan Chippewas.

I've never had a problem with the names because I always saw them as a celebration of the brave men who dedicated their lives to the tribes they represented. All those names reminded me of a proud people who were receiving nothing but respect from those teams.

Think about it, what college or pro team would call themselves something they felt was a slur or a sign of weakness or a source of ridicule?

What scares me the most about this trend of

doing away with the Native American names is that nowadays, these are the only daily references that young people hear concerning the tribes.

It's like there's a rush to erase all references to all tribes in this country. At least if these names are still out there they is a constant reminder of their existence.

NBC's Bob Costas brought up a good point over the weekend that gave me pause.

He made the point that if you don't consider the Redskins to be offensive, what if a team were called the Blackskins, or the Brownskins, or the Yellowskins or the Whiteskins?

I have to agree that there would be an uproar, and that they would be offensive.

But on the flipside, if this trend continues, where does it end?

We all know that the United States is chock full of people who make a living at being offended about something.

Some could make the argument that Native Americans should probably be more offended about nicknames like Cowboys (who fought and killed many in the old west) and the Patriots or Capitals (didn't this government basically rob them blind).

What other names can be considered

offensive?

The Vikings plundered and killed; the Packers and Steelers represent the days of unfair labor practices; the Saints, Angels and Padres bring religion to the mix; the 49ers and Nuggets represent greed and a lust for gold; the Buccaneers, Raiders and Pirates glorify those who stole, raped and killed for their booty; the Giants and Titans don't consider the fragile feelings of short people; the Heat and Rockets can be considered dangerous weapons; the Jets and Pistons represent man's contribution to pollution; the Wizards and Magic may lead our innocent children toward sorcery; the Twins are an obvious reference to overpopulation and the Brewers promote alcoholism.

If you think all that is bad, imagine if PETA voiced their concerns about the nicknames Eagles, Dolphins, Bengals, Ravens, Jaguars, Eagles, Lions, Bears, Panthers, Falcons, Rams, Cardinals, Bulls, Hawks, Orioles, Tigers and Marlins.

The only team that is going to reap all the benefits from this hypersensitivity is all the teams of lawyers who will handle the complaints in court.

I think they're called the Sharks.

A sporting view By Mark Vasto

'Get Loud' is getting old

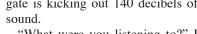
frontmen for the rock band KISS and the new Los Angeles KISS Arena Football Team like to remind anyone within listening range that in both of his ear canals. (For that they "Love It Loud." They also matter, so does Roger Daltry, The like to declare that if "it's too loud, you're too old." The Who were, at Book of World Records with having played the loudest rock concert ever.

Paul Stanley and Gene Simmons, realize that Paul Stanley was born deaf in one ear and Who guitarist Pete Townsend is self described as "stone deaf" and wears hearing aids Who's lead singer).

I bring this to your attention one time, credited in the Guinness because the kid sitting next to me on the flight into Kansas City has passed the time by incinerating his inner cochlea with earphones twice And that's all pretty cool, until you the size of those being worn by the

guy on the Tarmac standing next to the spinning turbine of a jet engine. Tomorrow, The Kansas City Chiefs fans at Arrowhead Stadium will set ask the kid. the Guiness Book of World Records for the loudest outdoor stadium noise level ever recorded in a win over the r-r-rotten R-r-r-raiders of Oakland.

According to the Guinness judge (personally flown in from England by Chiefs owner Clark Hunt, who made no secret of the teams concerted effort to break the previous record recorded earlier this year at Seattle), Chiefs fans registered 137.5 tics on the decibel scale. To put that into perspective, the plane flying 100 feet over our heads as we taxi to our



"What were you listening to?" I

of the earphones.

"No, that's what you were you were listening to!"

"We... we were listening to Insane Clown Posse," he says. "Why, you could hear it?'

"Roger that," I nod. His earphones carry a decal that says they pump out 120 decibels, 17.5 decibels lower than 80,000 Boulevard Beer and barbecue-fueled Chiefs fans maniacally screaming in unison.

"It's gonna ruin your hearing," the girlfriend says.

stadium noise have taken their toll who lives in Kansas City. (c) 2013 on my hearing, that's for sure. I King Features Synd., Inc.

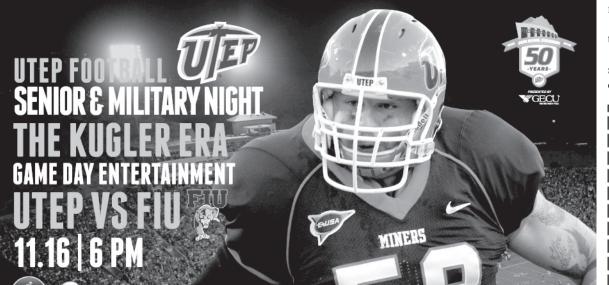
gate is kicking out 140 decibels of carry earplugs in my wallet now. You can judge me, but I'm not losing any more of my hearing so I can prove to C.C. Deville and He answers with the brand name Bret Michaels (both near deaf) that I can endure their guitar solos. Anyway, doctors say that nearly listening with," his pink-faced and 30 percent of teens have already perturbed girlfriend interjects. She suffered permanent hearing loss raises her voice for emphasis and of some kind due to loud noises clarity and says, "He asked what being directly pumped to eardrums by headphones.

> "Out of control!" Chiefs game-day sound engineer Zach Aaron would go on to say after the game. "We had constant obliterating loudness!"

> The Raiders were flagged 11 times for noise-related penalties, courtesy of the insane Chiefs posse.

> "Things they do look awful c-ccold... hope I can hear any of it before I get old."

Decades of rock concerts and Mark Vasto is a veteran sportswriter





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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps





R.F.D. By Mike Marland



loss in

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

where my big toe joins my foot turned red and felt hot. It was painful. I decided it must be gout. To play it safe, I saw our doctor, who agreed with my diagnosis but insisted on some lab tests and withdrawing fluid from the joint. The tests came back positive for gout. He put me on indomethacin, and the pain stopped almost overnight. I'd like to know more about gout. Will you supply some information? My wife thinks I need a special diet. Do I? – R.B.

Gout is an overproduction of uric acid due to the daily breakdown of cells that release DNA and RNA, the molecules of life. DNA and RNA are further degraded into uric acid. As blood levels of it rise, it diffuses into and around joints. Uric acid crystals are shaped like needles. Crystals in and near joints kick off the pain of gout. The skin over the joint DEAR DR. DONOHUE: After turns red and becomes warm. brushing my teeth this morning, Although the big-toe joint often is I got a glimpse of my tongue. It's the first joint affected, the middle coated black. It doesn't hurt. I'm of the foot, the ankle and the knee writing you to see what this is. also can attract uric acid crystals. If nothing is done to lower blood uric acid, a second attack occurs in about 11 months.

Treatment aims at quickly remedying the pain and more slowly reducing acid. Nonsteroidal antiinflammatory drugs like your indomethacin (Indocin) are effective at abolishing pain and inflammation. If they don't get the job done, prednisone (a cortisone drug) nips gout in the Dr. Donohue regrets that he is bud quickly. When colchicine unable to answer individual was readily available in the letters, but he will incorporate United States, it was a reliable them in his column whenever anti-gout medicine. For the long possible. Readers may write term, once the acute attack has him or request an order form cooled, then drugs that rid the of available health newsletters body of uric acid are begun. at P.O. Box 536475, Orlando, Allopurinol (Zyloprim) and FL 32853-6475. (c) 2013 North probenecid are popular choices. America Synd., Inc. All Rights Newer drugs like Uloric and Reserved.

DEAR DR. DONOHUE: The skin Krystexxa are held in reserve if the standard treatments fail.

> The gout diet is simple, not like it was in the days before effective medicines came on the scene. Cut back on your intake of red meat, seafood and fish. Poultry is fine. Reduce the consumption of highfructose corn syrup, a sweetener found in many soft drinks. Go very easy on beer. You are better off eliminating it. Distilled liquor is less likely to induce a gout attack, but it may. Wine in moderation causes little trouble.

> The booklet on gout explains this illness in greater detail. Readers can order a copy by writing: Dr. Donohue - No. 302W, 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.

> Please help. – A.M.

Most likely, it's black hairy tongue, an elongation of the tiny papillae that stud the tongues surface. Sometimes antibiotic uric use brings the problem on. Most of the time, it's something that just happens. Brush your tongue three times a day with toothpaste and a soft toothbrush. It should go away.

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Answer Page 4

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Supplemental Security Income (SSI)

major programs that pay disability

benefits. Social Security Disability

Insurance (SSDI) payments are

based on your work and earnings,

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disability?

Moore Texas by Roger Moore Texas' first bank, Texas National, opens Oct.21, 1822.

Page 8



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!
- ÷ + ÷ 9 × ÷ +÷ 3 X 11 1 11 © 2013 King Features Syndicate, Inc

Answer Page 4

are based on financial need. Both disability programs require that you need to see original documents have a severe medical impairment or combination of impairments that prevents you from working for at • Age; and

in death. Social Security taxes are paid by workers, employers, and selfemployed persons. These taxes fund disability benefits under SSDI. To be must be either originals or copies eligible for a Social Security benefit, certified by the issuing agency. you must earn enough credits to be insured. We pay disability benefits to notarized copies of documents. blind or disabled workers, widow(er) s, or adults disabled since childhood accept, visit www.socialsecurity. who are otherwise eligible. We base gov/ssnumber. monthly disability benefits on the the insured worker.

Security taxes. We pay SSI disability income and resources, meet the living arrangement requirements, Vigil, El Paso, Texas 79935.

Q: What is the difference between and are otherwise eligible. For more Social Security disability and information, visit our website at www.socialsecurity.gov.

Q: I applied for a Social Security A: Social Security administers two card for my baby at the hospital, but the card came back with the wrong name. What do I do?

A: This is very rare, but if it does while SSI disability payments happen, go to your local Social Security office or card center. We proving your child's:

- U.S. citizenship;

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: D equals H

CDAU AVWRXWUN HZU DXBD

JZHXUB O RHXOE, CWZEJ

YAWYEA KEOXV RDOR RDAHA'N

"OHJWH XU RDA KWZHR"?

Answer Page 4

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Social Security Q&A By Ray Vigil

• Identity.

If you corrected the child's birth certificate, we will want to see that. We also will need to see a document proving your identity. All documents We cannot accept photocopies or To learn what documents we will

Social Security earnings record of For more information on any of the questions listed above, visit our SSI is a program financed through website at www.socialsecurity.gov general revenues, not Social or call us at 1-800-772-1213. If you have any questions that you would benefits to adults or children who like to have answered, please mail are disabled or blind, have limited them to the Social Security Office, 11111 Gateway West, Attn: Ray



 It was British author George Bernard Shaw who made the following sage observation: "If all the economists were laid end to end, they'd never reach a conclusion."

· If you're planning a trip to Hollywood next summer, you might want to make a stop at the Hollywood Forever Cemetery. Not only can you visit the graves of such stars as Rudolph Valentino, Jayne Mansfield and Douglas Fairbanks (both Sr. and Jr.), but in the summer you also can picnic there while watching classic movies.

· You might be surprised to learn that eggplants have fairly high levels of nicotine.

 You may have heard that painting your kitchen red or yellow can help stimulate your appetite, while painting it blue can help suppress it. The kitchen isn't the only living area in which color research has been done, though; those who study such things say that those who sleep in yellow bedrooms get an average of 7.7 hours of sleep per night, while those in purple bedrooms sleep only 5.9 hours per night on average.

· Penn Jillette, of the magic team of Penn and Teller, has a son named Zolten Penn Jillette and a daughter named Moxie CrimeFighter Jillette.

· Those of you who are pregnant might want to take note of some old superstitions: It was once thought that hiding a knife under the mattress of a laboring woman would cut the birth pains. Also, unlocking all the doors in the house and tying knots in the curtains were believed to guarantee an easy delivery. (Just don't try these in the hospital.)



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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 $\star \star \star$ HOO BOY! Answer Page 4

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word (ex. VRATHE becomes HATER or EARTH or HEART). Fit each

string's word either across or down to knot all twelve strings together.

· Thought for the Day: "Half of the harm that is done in this world is due to people who want to feel important. They don't mean to do harm, but the harm does not interest them."

– T.S. Eliot

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