

NEWSBRIEFS

Culture celebration

The Second Annual “Celebration of our Culture”, part of Native American Heritage Month in the San Elizario Historic District will include historic talks of the Pueblo, Navajo, Apache and others. There will be native dances by various groups along with Native American Arts and Crafts booths, live music, food and more. The Pistoleros de San Elizario will make a special appearance on Sunday. The Celebration and Art and Craft Market will be on Saturday and Sunday, Nov. 16 and 17, 2013 from 11 a.m. to 6 p.m. on Main Street in the San Elizario Historic Cultural District. Call 851-0093 for more information.

— Al Borrego

Art exhibit

El Paso Community College (EPCC) will host the annual K-12 Art Exhibit at the EPCC Administrative Services Center (ASC), Building A, 9050 Viscount. The 1,192 art entries submitted from ten local school districts plus charter, parochial, and home schools will be on display through Tuesday, Dec. 3, 2013. The exhibit is free and open to the public weekdays from 8:00 a.m. to 5:00 p.m., excluding the Thursday and Friday of Thanksgiving week. There were 74 schools with a total of 87 teachers that submitted artwork for judging in the 12th Annual EPCC K-12 Art Exhibit. The art was created by 1,231 students from ranging from kindergarten to high school.

— Jim Heiney

Football tryouts

El Paso’s new semi-pro football team will hold a tryout combine November 16 and 17, 2013 from 8 a.m. to 5 p.m. The Sun Devils who are part of the Crossroads Armature Football. The team is looking to fill a fifty five active player and ten inactive player roster. Cheerleaders and dancers will also have the opportunity to tryout to land a spot on the team. Registration starts at 9 a.m. for the tryout combine. There is no charge for registration but anyone arriving to the combine after 9 a.m. will have to pay a \$10 fine. Owners Lorenzo Gathers, Michael Houston, David Parker and Darryl Parker are all current or former military personnel stationed at Ft. Bliss. Visit www.elpasosundevilsfootball.com for more information.

— Sammy Carrejo

Business course

Small businesses can help keep their business information safe and protect their online information with a new free course from the U.S. Small Business Administration. The course is designed for small businesses, to

See BRIEFS, Page 3

Sixty-five is the age when one acquires sufficient experience to lose their job.

— Quips & Quotes

Sambrano students honors San Elizario veterans

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – Josefa L. Sambrano Elementary School in the San Elizario Independent School District held its 2nd Annual Veterans Day Program on November 7. The campus invited veterans, active military personnel, and their families to the celebration that included poem recitals and songs performed by students and special guests.

Melanie Martinez, a sixth-grade teacher at the school and an Army veteran, stated that the purpose of the event was to recognize the contributions and sacrifices of veterans of San Elizario ISD and those that live in the community in a celebration of thanksgiving. Richard Sambrano who is related to the school’s namesake spoke about the contributions of the pioneers and veterans of San Elizario. Meanwhile, board member and Vietnam veteran Ramon Holguin talked to students about his experiences in the military and encouraged them to be proud of their

See VETS, Page 5



— Photos courtesy San Elizario ISD

PLEASE STAND – First-grade students, from left, Arlette Rodriguez, Brandon Ornelas, Destiny Espinoza, Aylani Almeraz, Alexander Halcy and Ashley Garcia recite the Pledge of Allegiance.

Borderland’s colorful beer breweries covered during archaeologist’s talk

By Alfredo Vasquez
Special to the Courier

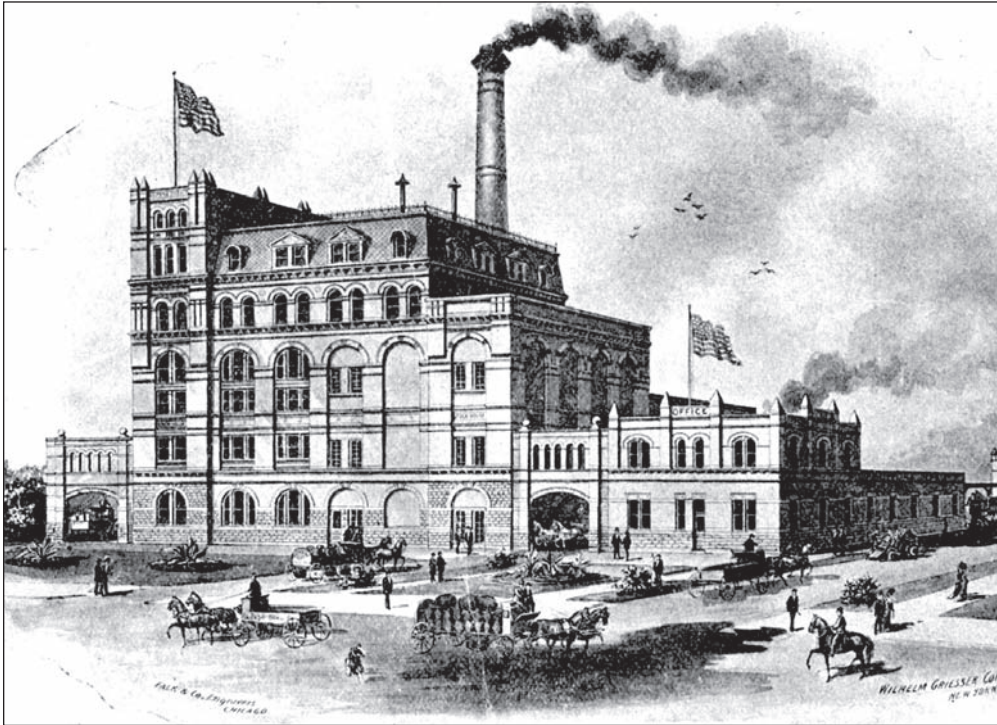
EL PASO COUNTY – El Paso-Juarez share a history that encompasses a variety of stories, one especially interesting yarn is how beer and the breweries came to the Borderland. The public is invited to join “Bottle Bill” as he describes this industry’s colorful past, beginning at 2 p.m. Saturday, November 16, at the El Paso Museum of Archaeology, 4301 Transmountain Drive.

The free event will feature guest speaker Bill Lockhart, who is known as “Bottle Bill” for his focus on historic bottles. Lockhart stated that his presentation is designed to shed light on a little known subject, El Paso and Juarez breweries and



— Photo and images courtesy of William Lockhart

See BEER, Page 5 William “Bottle Bill” Lockhart



THE EL PASO BREWERY – El Paso’s thirst for beer peaked in 1903, when a group of businessmen opened the El Paso Brewery. With the advent of Texas prohibition in 1918, however, the brewery closed. The group reorganized and moved the brewery across the border, where it became the Juarez Brewery.

Peer-based program to address impaired driving problem

By Jim Heiney
Special to the Courier

EL PASO COUNTY – Alcohol-related crashes among college-age El Paso drivers saw a sharp increase from 2011 to 2012. A new peer-based program aims to change that – student leaders at El Paso Community College (EPCC) are starting the U in the Driver Seat (UDS) program, which uses peer-based communication to change driving habits.

Car crashes are the number-one killer of Americans under the age of 25, and alcohol use stands out as one of the most common contributors to these crashes. In an effort to reverse this alarming trend, the Texas A&M Transportation Institute (TTI) developed the peer-driven UDS outreach program focused on this high-risk group. Researchers at TTI analyzed El Paso crash data and found that alcohol-related crashes for drivers age 18-23 jumped from 160 in 2011 to 197 the following year – an increase of 23 percent in only one year.

“UDS is one of the best programs that I have ever worked with. The message that they give to people, and the way they do it is just amazing. Nonetheless the results are breathtaking! It’s a program that I think everyone should be involved with, and the lifelong benefits that come with it are incredible,” said Ilse Vargas, EPCC UDS Student Representative.

More than 8,000 Americans between the ages of five and 24 die every year in traffic crashes – the number-one cause of death, by far, for this age group.

“It is well known that college life often

See DRIVING, Page 4

Veterans Post

By Freddy Groves

Hospitalized vets need holiday cheer

If your veterans service group is planning to make a “Santa” visit to the ward of a local veterans hospital, here is your to-do list to make the process go smoothly.

- Corral your crew and get commitments for time and specific tasks.
- Contact Volunteer Services at the medical center and ask if they’d like you to be responsible for a holiday party for a whole ward, or for a list of veterans who have no local family. Set a time and date. Noon-ish for a pizza party is ideal.
- Locate a real Santa costume and decide who’s going to wear it.
- Your shopping list: service baseball caps (approach recruiters to get those), small boxes of candy (ask nursing staff if it has to be sugar-free for some), playing cards, water bottles, mechanical pencils and puzzle books, small desk calendars – and anything else you can think of. Don’t forget the women veterans, who might like a comb and brush set or bright slipper socks.
- Boxes and tissue paper for the above, as well as wrapping

paper and bows. Have a holiday card for each veteran.

- Set a date for your wrapping party. Have everyone on your crew bring several rolls of gift-wrap, tape and scissors. Be sure everyone signs every holiday card.
- If your budget allows, consider giving each veteran a small (\$5-\$10) gift coupon to the canteen.
- Ask store managers for donations of items for your gift boxes.
- Arrange for the pizzas (and sodas, if allowed) to be delivered at the time of your party. Be sure who is providing plates, cups and napkins, and paying for the pizza delivery.

If gifts aren’t possible, remember that what the veterans want most is your presence and your time.

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.

Finances

By Jason Alderman

Understanding the ‘kiddie tax’

For something whose nickname sounds so innocent, the “kiddie tax” certainly can wreak havoc on unprepared taxpayers’ yearly returns.

Congress first introduced the kiddie tax as part of the Tax Reform Act of 1986 to discourage wealthy parents from sheltering their investment income in accounts under their children’s names, thereby avoiding paying taxes on the amounts. The rules have been tweaked periodically ever since.

Although the kiddie tax once applied only to the unearned income of children under 14 (hence the nickname), it now impacts all children under age 19 (as well as full-time students under 24), provided their earned income does not exceed half of the annual expenses for their support.

Moreover, the kiddie tax is not just a wealthy person’s problem: Any outright gifts parents or grandparents bestow on young children, whether to avoid triggering the gift tax or simply out of generosity, could actually be generate investment earnings that would be subject to the kiddie tax if they exceed a threshold amount.

Here’s a primer on how the kiddie tax works and whom it impacts:

- As it does with adults, the IRS differentiates between income children earn (paper routes, summer jobs, etc.) and unearned investment income they receive such as interest, dividends and capital gains – usually by way of accounts opened in their names by parents.
- Taxation of the first \$1,000 of a child’s unearned income is generally offset by the \$1,000 standard tax deduction for dependents and thus won’t be taxed; the next \$1,000 is taxed at the child’s own income-tax rate (e.g., it’s 10 percent for taxable income up to \$8,925). However, all unearned income over \$2,000 is taxed at the parent’s marginal tax rate, which can be as high as 39.6 percent for married couples with taxable income over \$450,000.

There are two ways to report your child’s investment income to the IRS:

- File a separate return for your child using IRS Form 8615; or
- Include it on your own tax return, using IRS Form 8814 – the latter only works if they had no earned income to report. The tax owed will be the same either way.

Important note: Although including your children’s investment income on your return may be more convenient, doing so could increase your adjusted gross income so much that you become subject to the alternative minimum tax or ineligible for certain income-based deductions and credits. For example, eligibility for the American Opportunity Tax Credit begins phasing out for individuals whose modified adjusted gross income exceeds \$80,000 (\$160,000 for married couples).


Other kiddie tax rules:

- To be considered full-time students, children must attend school full time during at least five months of the year.
- The kiddie tax does not apply to children who: are 19 to 23 and not full-time students; provide more than half of their own support from earned income; are over 24 and still dependents of their parents; or under 24 but married and file a joint tax return. These children are all taxed like adults at their own tax rate.

Remember, gifts themselves are never taxable to the recipient. If a gift generates unearned investment income, however, that’s when taxation comes into play. Also, any gifts over \$14,000 per individual, per year, will trigger the gift tax – although most of us will never come close to the \$5.25 million lifetime gift exemption.

For more details on tax filing requirements for children, see IRS Publication 929, “Tax Rules for Children and Dependents.”

Jason Alderman directs Visa’s financial education programs.



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

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Canutillo ISD receives \$10,000 grant

By Kim Guzman
Special to the Courier

CANUTILLO – ArcelorMittal is one of Canutillo ISD’s biggest supporters and their contributions to the community are of major value. Penny Ledesma, Corporate Responsibility Manager at ArcelorMittal, presented the CISD Board of Trustees with a \$10,000 grant award during last month’s board meeting.

“ArcelorMittal is focused on helping our communities by assisting with education, health and community development. We are pleased to support the Canutillo Independent School District,” said Ledesma.

This year’s grant award will be used to purchase tablets for computer labs at three of the CISD elementary schools: Deanna Davenport, Bill Childress and Canutillo.

ArcelorMittal has given more than \$30,000 over the last three years to fund technology in the District. Their generous donations have



– Photo courtesy Canutillo ISD

CORPORATE SUPPORT – The Canutillo ISD Board of Trustees and Superintendent Dr. Pedro Galaviz – second from left, back row, were grateful for the \$10,000 technology grant from ArcelorMittal. In the front row, from left, are Principal Julie Melendez, Canutillo Elementary; Penny Ledesma, Corporate Responsibility Manager at ArcelorMittal; Principal Marta Strobach, Davenport Elementary; and Principal Elvia Moreno, Bill Childress Elementary.

helped Canutillo schools purchase SmartBoards and Computers on Wheels over the past couple of years. ArcelorMittal is considered the world’s leading steel and mining company with locations all over the world. The ArcelorMittal plant is part of the CISD community, located in Vinton, Texas. The plant was built in 1962 by Border Steel Company, and was acquired by ArcelorMittal in 2007.

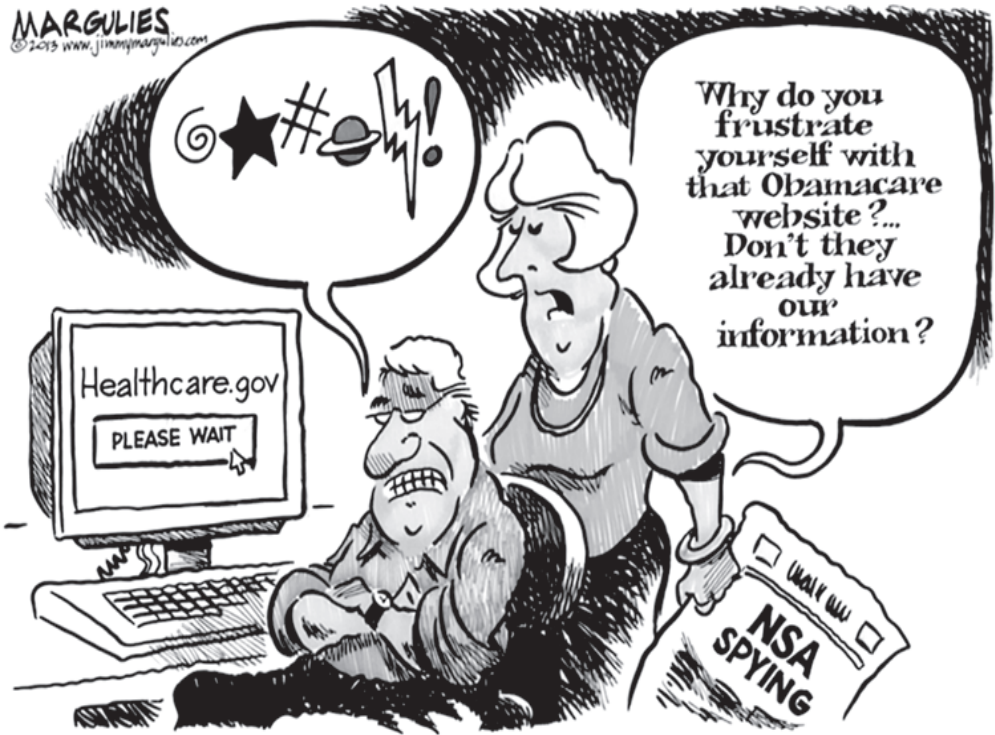
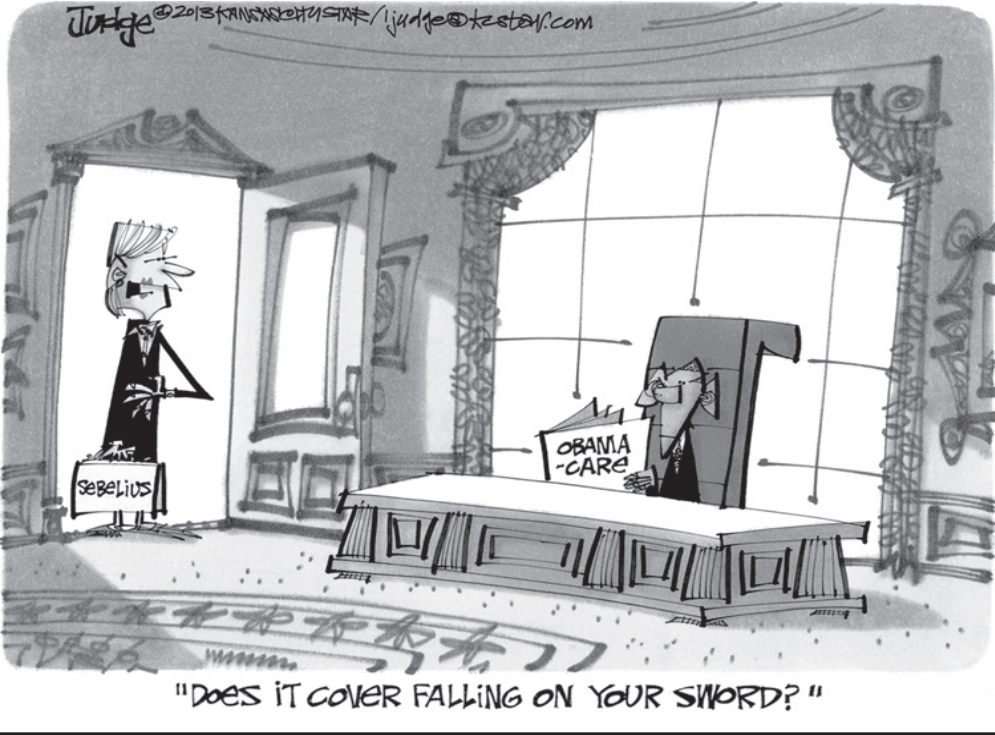
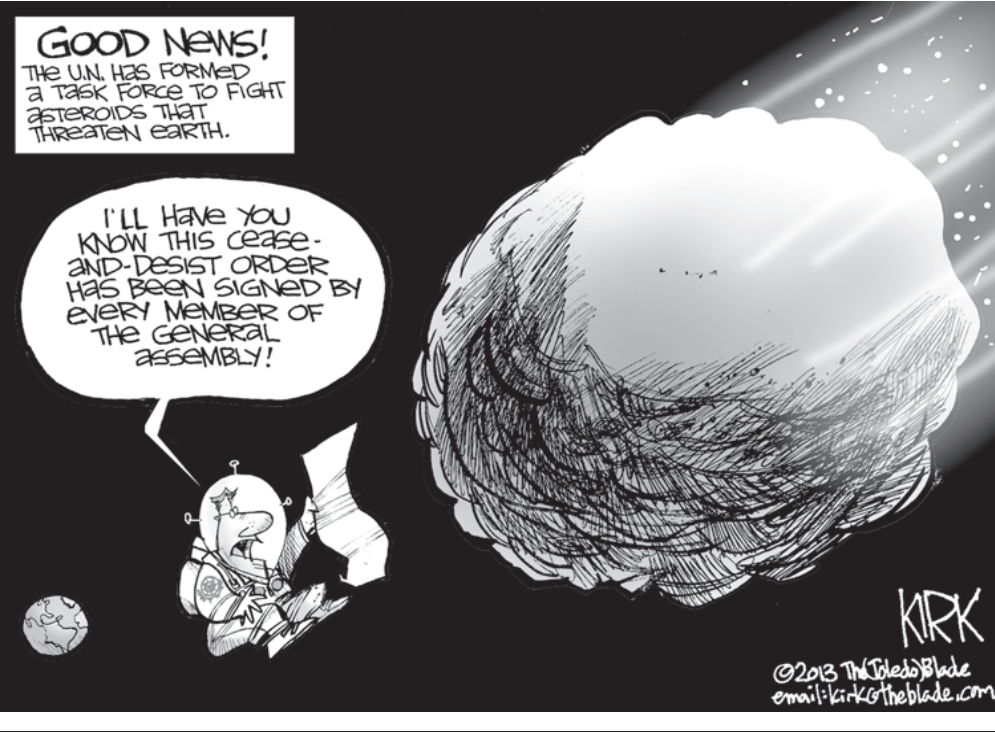


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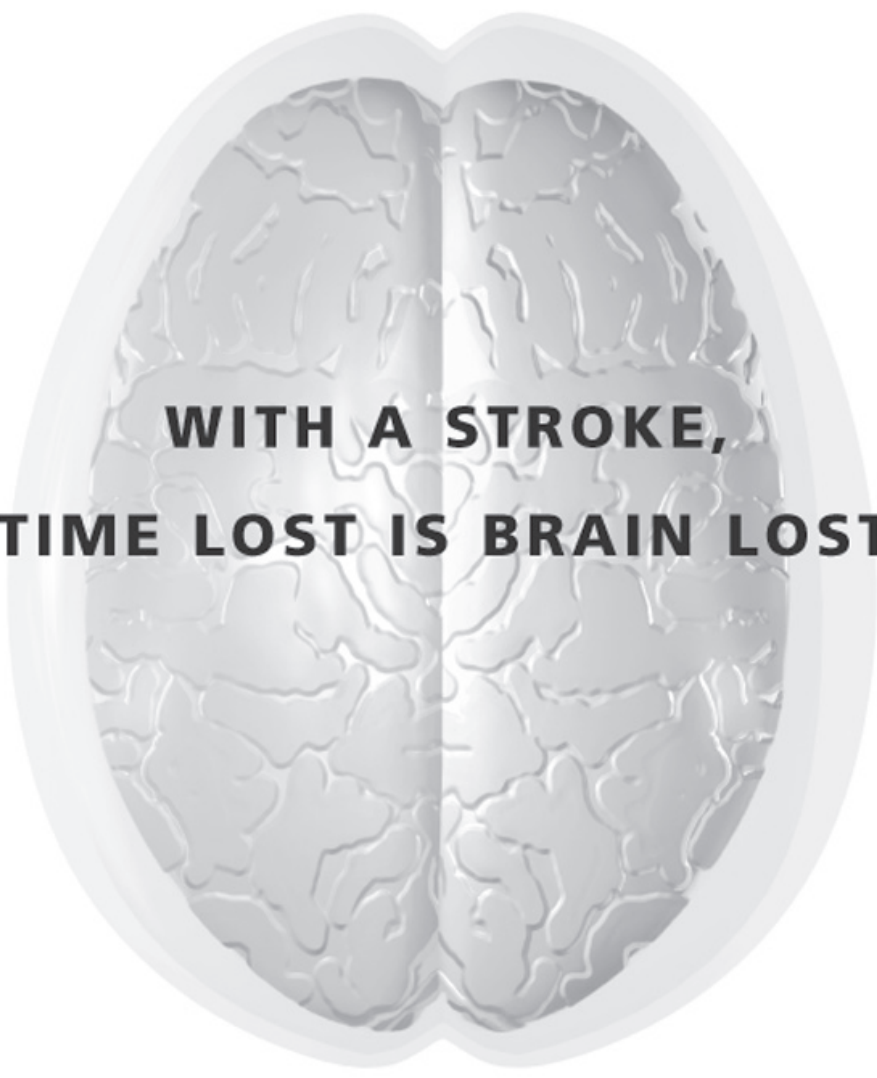
Briefs

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provide an overview on how to secure business information, identify security threats and guard against cyber-attacks. *Cybersecurity for Small Businesses* will help business owners safeguard their information from computer attacks and determine their readiness against security breaches. The course, available at <http://www.sba.gov/tools/sba-learning-center/training/cybersecurity-small-businesses>, teaches best cybersecurity practices and protection against cyber threats for the nation's small business community. The protection of sensitive data such as business invoices, payroll records, client and employee data and other proprietary information is essential to a company's success. A computer failure or other system breach could undermine a company's reputation, expose it to costly recovery

expenses, and disrupt the business' overall operation. Small business owners will learn the types of information that should be secured, how to protect themselves from intentional attacks or unintentional damage, guard themselves from decreased productivity caused by security breaches and evaluate the needed security tools and techniques. The course also gives useful and practical steps to take to protect a business' operations. *Cybersecurity for Small Businesses* is self-paced and also offers best practices for guarding against cyber threats, potential computer weaknesses and the corrective actions for risk management. Course participants completing the online course can earn a certificate of completion from the SBA. The SBA Learning Center offers free courses covering topics such as Starting, Managing, or Financing a Business, and can be found at <http://www.sba.gov/sba-learning-center>.


– Aimee Rodriguez



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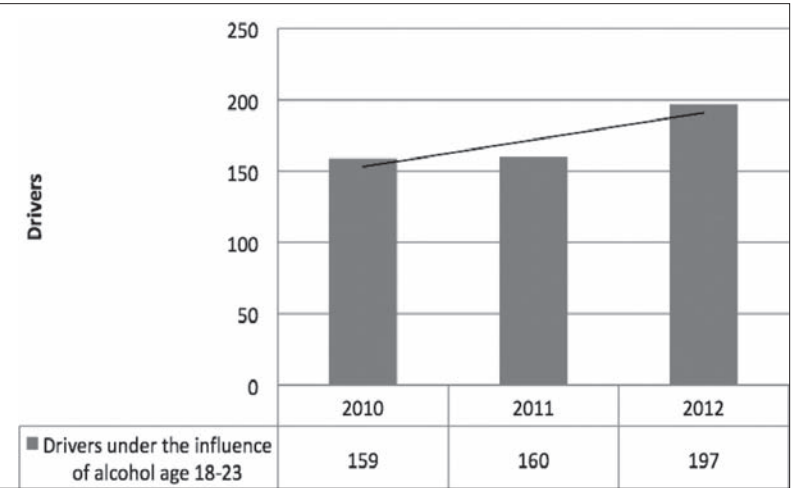


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The UDS program is funded by the Texas Department of

And the program enjoys support at the highest levels.

EPCC plans to incorporate U in the Driver Seat program into college events throughout the school year.

Learn more about the program at
U-driver.com.

Classified Ads

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Clerk (915) 858-2915, forty-eight (48) hours prior to this meeting. Copies of ordinances are available for review at City Hall, 124 S. Horizon Blvd., upon request.

Sandra Hernandez
City Clerk

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CryptoQuip Answer

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Museum holds desert plant seminar

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – El Paso Museum of Archaeology will present an insightful workshop on plants found in the desert region that are used for food, medicine and other applications, from 9 to 11 a.m., Saturday, November 16, at the museum (4301 Transmountain Dr.).

The free presentation will feature Alex Mares, an expert on plants used by the ancient people of the desert southwest. Participants will explore the Chihuahuan Desert plants found on the museum’s grounds and then go into the museum to see both original and replica artifacts made

from those same plants.

Mares is involved with the American Indian Program of NMSU and Indigenous Nations for Community Action of Las Cruces. He has served as a state park ranger in both Texas and New Mexico, is current chairperson of the Chihuahuan Desert Education Coalition, and is a member of the Friends Group of the El Paso Museum of Archaeology.

Mares’ presentation is co-sponsored by the Las Cruces Chapter of the New Mexico Native Plant Society and the El Paso Museum of Archaeology.

Interested participants should contact the museum at 915-755-4332 or send email to guidamr@elpasotexas.gov.



Vets

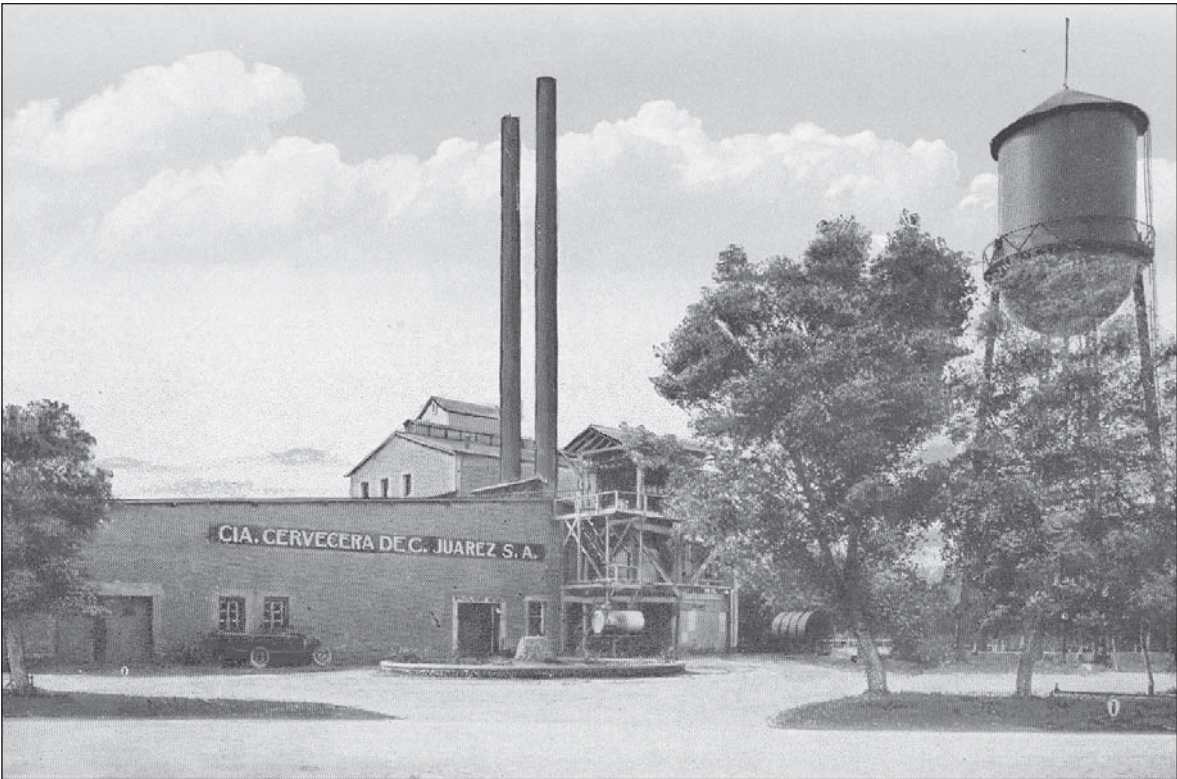
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culture no matter where life leads them in the future.

Several students performed patriotic pieces during the assembly including fourth grader John Koesler who recited the poem “The Bravest Man I Know” and dedicated it to his dad, Staff Sergeant Koesler. Other performers included Tristan Fournier and Ernesto Salcido. Salcido sang a touching tribute to moms of military veterans that were in attendance at the event.

This is the second year in a row that the San Elizario campus welcomes veterans and service men and women who are family members of students, faculty, staff, and employees of the district to the special celebration.

FATHER AND SON – John and his dad SSG Koesler.



ACROSS THE RIVER – The Juarez Brewery.

Beer

From Page 1

how to identify their bottles.

According to Lockhart, prior to the arrival of the railroads, the main source of alcohol in El Paso was wine. The railroads brought beer – and beer bottles. El Paso’s thirst for beer peaked in 1903, when a group of businessmen opened the El Paso Brewery; with the advent of Texas prohibition in 1918, however, the brewery closed, he stated.

“The group reorganized and moved the brewery across the border, where it became the Juarez Brewery. With the return of drinking in 1933, Harry Mitchell, owner

of a Juarez bar and restaurant, organized a corporation that built the Harry Mitchell Brewery on the foundation of the old El Paso Brewery. The firm sold to the Falstaff Brewing Association in 1956, but Falstaff closed the plant in 1967. The building currently houses apartments, offices, and art studios,” Lockhart explained.

“Bottle Bill”, a New Mexico State University sociology professor at the Alamogordo campus, is a historical archaeologist who specializes in glass containers. He has written numerous articles and several books on bottles and the bottle-related industries of El Paso, Southern New Mexico, and Juarez.

Lockhart’s latest book, *Breweries*

and Beer Bottles at El Paso, Texas, is about the history of the El Paso brewing industry and its bottles. He has written magazine articles for the El Paso Archaeological Society on local or regional glass bottles. She said that she also plans to complete a history of bottles in the El Paso dairy and drug store industries.

The Saturday afternoon beer and breweries program is sponsored by the El Paso Archaeological Society program in partnership with the El Paso Museum of Archaeology.

For more information, contact Marilyn Guida, education curator for the archaeology museum, at 755-4332 or send email to guidamr@elpasotexas.gov

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TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

Mentoring, hazing or bullying: The NFL culture is violent

By Steve Escajeda
Special to the Courier

The NFL is reaching the point of the season where teams are beginning to separate themselves from the pack.

The better teams are putting a little distance between themselves and the pretenders and the pretenders are already thinking about next year’s potential draft picks.

But even with all that jockeying going around the hottest topic among professional football followers is the Miami Dolphins’ fiasco between teammates Richie Incognito and Jonathan Martin.

There’s little doubt that the two words most uttered in 2013 have been “Obamacare” and “bullying.”

And while Obamacare isn’t much of a concern for these multi-millionaire athletes, the whole idea that bullying may be going on in NFL locker rooms may pose a problem.

Unless you’ve been on your computer 24/7 trying to access the Obamacare website, you’ve heard of the incident that caused Martin to storm out of the Dolphins facility and not return.

It turns out that Martin had been receiving what his attorney has called harassing treatment from other Miami players, especially Incognito, who is the NFL’s answer to Charlie Sheen – or maybe at least that drunken-stupor Toronto mayor guy.

Anyway, Martin, who is 6-5 and 312 pounds, decided to leave the team after a prank they played on him in the lunchroom area.

According to Martin’s lawyer, that was the last straw.

Now I have never condoned bullying and never would. But you have to admit that the definition of bullying in this country has been stretched to include what I was always taught in that simple “sticks and stones” saying.

That words are just sounds coming out of some moron’s mouth.

They don’t physically harm you, they don’t change a single thing about you, they don’t carry any weight at all – unless you give them weight.

And in this culture of overdependence, many Americans have forgotten what it’s like to be confident and tough and resilient and independently strong.

There used to be a very popular phrase we

had in American about not sweating the small stuff. Now it appears there is no stuff that is too small.

The big debate going around is what the NFL should do about the way players treat each other behind the scenes.

First of all, one of the biggest problems this country has is the big brother attitude, which gives higher-ups the idea that everyone has to be taken care of.

There’s a tendency to believe that everyone must live under the same rules and that everyone must behave the same way. While that sounds like a rational idea, it’s not realistic – at all.

Good, bad or indifferent, NFL players, military personnel, policemen, fire fighters and other high testosterone groups cannot be expected to act like accountants, college professors, psychiatrists and artists.

It doesn’t mean one group is better than the other; they’re just different. Like men and women are different.

In academia, if a professor is having problems in his methodology, a superior may ask a colleague to make him aware of the error of his ways.

In the NFL, if a player isn’t pulling his

weight, a coach may ask one of his teammates to toughen him up.

They both are doing the same thing; they’re trying to solve a problem that will bring them success in the long run.

The biggest problem of all is the way Incognito went about toughening up Martin, whom he considered a little brother of sorts.

The toughest thing for Martin is that he went to Stanford and his parents are both attorneys. Many NFL players have no idea what it feels like to have two parents.

Martin has the brain of one of those professors or accountants with the body of an NFL athlete.

Maybe this kind of turmoil is the result of trying to mesh the two cultures into one.

We complain that the NFL is getting too soft but then get upset when players act like foul-mouthed raged gladiators.

We always want it both ways.

In my opinion, what Martin should have done with the bully is what always seems to work on bullies – just punch him in the nose. Cowardly bullies just hate that.

Instead, Martin did what he knows – he hired an attorney.

A sporting view By Mark Vasto

Role models

Charles Barkley likes to say he wasn’t a role model, but as one the country’s biggest basketball superstars and deodorant hucksters, it was always going to be a tough sell to the American public.

No, Charles seemed like somebody you would want to emulate on the court if you were into scoring and rebounding. Off the court, it would seem to most that there could be a lot to learn from the man if one wanted

to be a spokesperson or in-studio announcer. Even baseball manager Terry Francona cites Barkley and Michael Jordan as role models for the decision to shave their heads, hence paving the way for other follically challenged athletes, coaches and fans.

But Barkley and Jordan and plenty of others like them did not feel every part of their life warranted media coverage. They were wrong,

of course... people were still interested in their eating habits, the car they drove, the restaurants they owned. What Barkley was really saying was, “Hey, I say that I am not a role model because I am just being me, good or bad. Use your head... go to your parents or family or friends for real advice on how to model your life, no matter what role any of your favorite stars may appear to play out for you on television.”

The joke commercials at the time would have superstars in all sports running around incognito – in costumes and disguises to avoid the public eye as they still continued

to do the things they loved to do. I’m not judging, but for whatever reason, it involved a lot of dressing in drag.

Today, incognito is back in the news, and it ties in neatly with one of the social epidemics facing school-age children and their parents. The subject of hazing and bullying, never far from the mind of any parent or school-age child, has reared its ugly head in yet another series of school shootings, mall shootings and, perhaps most bizarrely, by Miami Dolphins Guard Richie Incognito.

Incognito played college football for the University of Nebraska, a successful program with a spirited student body, but a program that seems to put forth a Christian Peter- or Richie Incognito-type player each decade or so. Peter’s problems were largely off the field and dealt more with sexual

abuse. Incognito is now being accused of rampant bullying and cheap shotting both teammates and opponents. According to ESPN and USA Today’s sources, Incognitos victims were always rookies or people smaller than him. His cheap shots were pinches and spitting at the bottom of piles when referees couldn’t see. He allegedly hid behind Twitter to make racist, physically threatening statements to his teammates... one who actually quit the team. As a professional, I have never heard of such a thing before.

Incognitos days are over, it would appear. But that leads us to another conclusion regarding role models: Some role models are bad role models.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2013 King Features Synd., Inc.

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By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Paul G. Donahue, M.D.

DEAR DR. DONOHUE: The thought of colon cancer makes me cringe. My father died of it. Colonoscopy wasn't done in those days. I'm interested in learning all the ways to diagnose colon cancer in its early stages. Can you give me the rundown? – N.C.

Colon cancer makes everyone cringe. It's the third most common cancer in men, being surpassed only by prostate and lung cancer. It's the third most common cancer in women, with breast and lung cancer coming in first and second place.

Colonoscopy, the inspection of the colon with a telescope-like device, has greatly reduced deaths from colon cancer. Not only does this exam give doctors a comprehensive view of the colon, but it allows them to biopsy suspicious areas and suspicious polyps. Almost all colon cancers start out as polyps. A polyp looks a bit like a small plant breaking through the soil.

A simple test for colon cancer is examining a stool specimen for occult (hidden) blood. Even early cancers can cause minor bleeding. Another stool test is FIT, fecal immunochemical test, a way of detecting hidden blood by a different method. Both of these tests are done yearly.

A test that detects altered DNA – cancerous changes in colon cells – is a third test done on feces. It is constantly being fine-tuned.

Double-contrast barium enema was the chief test for colon cancer detection until colonoscopy was widely adopted. It's still a useful test. Barium is introduced into the colon through the rectum, and then the barium is drained. What's left is a thin coat of barium on the colon wall. Next, air is passed into the colon. The result is a clear picture of the colon lining and a clear picture of any incipient cancer.

CT (computed tomography) colonography, also called

virtual colonoscopy because the procedure produces pictures similar to what's seen by the naked eye in a colonoscopy, is a scan after air is pumped into the colon.

If you're deciding which test is most appropriate for you, depend on your doctor's judgment.

The pamphlet on colon cancer treats this subject in detail. Readers can order a copy by writing: Dr. Donohue – No. 505W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. DONOHUE: In order to play college sports, my son was required to have a physical, which included an EKG. According to my son, everything was fine, and the examining doctor put no limitations on what he could do. According to the EKG report, a copy of which was sent to us, he has sinus bradycardia. Does this have any bearing on his playing college-level sports? – E.F.

Sinus bradycardia is a slow heartbeat, one less than 60 beats (some say 50) a minute. If the doctor found nothing else wrong and if your son has no symptoms, sinus bradycardia isn't a health concern.

Athletes, almost as a rule, have a slow heartbeat. Their conditioning has made their hearts more-efficient pumps. They eject more blood with each heartbeat, so they need fewer beats.

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

- BODY HITS

ACROSS

1 Ill-chosen

6 See 126-Across

13 Grand _ (sporty Pontiacs)

16 Tattoo fluid

19 Port south of Milan

20 Milan opera house

21 "Citizen X" star Stephen

22 "Oh, give _ home...

23 1988 hit for Breathe

25 LAX letters

26 Poor review

27 Co. kingpin

28 1972 hit for the O'Jays

31 Water color

34 Answer an invite

38 Dot-__

39 Invention's origin

40 1974 hit for John Denver

47 "Evita" star LuPone

48 "Sugar, Sugar" group, with "the"

49 Parts of dols.

50 1975 hit for America

54 Machines near mice

57 Provide relief

58 See 59-Across

59 With 58-Across, guys-only

60 Kansas town

61 Moves on ice

63 Cordial

68 Take a dip

69 Jazzy Horne

70 1982 hit for the Alan Parsons Project

74 Funny Jay

75 Eons

76 Absorption process

77 Mafia's code of silence

79 Overly quick

80 "Spring forward" hrs.

81 _ Beach (Atlantic coast city in Florida)

83 " _ Dieu!"

84 Raised trains

85 2000 hit for Creed

92 Sue Grafton's " _ for Undertow"

93 Statistic in a used-car ad

94 Mentions John and Kiki Dee

102 Gulf country

103 Lago feeder

104 " _ I say!"

105 Assassinate

106 1994 hit for Boyz II Men

112 Biblical suffix

114 Cotillion girl

115 Always, in a sonnet

116 1985 hit for Tears for Fears

123 Before, in a sonnet

124 Brow's curve

125 Goddess of the hunt

126 With 6-Across, "All Shook Up" singer

127 Barrett of rock

128 Mao follower?

129 One who's hardly saintly

130 Tickle a ton

DOWN

1 "Disgusting!"

2 Museum-funding org.

3 Raggedy _

4 Web feeds

5 Stun with a charge

6 Fatah's gp.

7 Cheering cry

8 Jargon suffix

9 Antiunionist

10 Volcano flow

11 Certain util.

12 Pull sharply

13 Retort to "Am not!"

14 Brand of fiber powder

15 Swedish car

16 Hamper

17 Not so far

18 Olathe locale

24 "Crucify" singer Amos

29 Learning inst.

30 Offers

31 Cleo's doom

32 Somewhat within the law

33 Messy state

35 Copy a cur

36 Border (on)

37 A little, in music

41 Blackjack request

42 Bruins' gp.

43 Prefix with life or wife

44 " _haw!" (rodeo yell)

45 IRS form info

46 Piece of mail: Abbr.

51 Tranquility

52 Linden and Prince

53 Supermodel Wek

54 Hard rock subgenre

55 Most of the 1990s, politically

56 Person from Pago Pago

57 Harshly bright

60 Dot in a lake

62 Bit, as of salt

63 Point a rifle

64 Trio before P

65 "TGIF" part

66 Yellowfin tuna, on some menus

67 Wanna-__ (imitators)

71 Baseballer Eddie or Footballer Fielding

72 Book before Job: Abbr.

73 Long ago

78 Be a sponge

80 Ailments

81 Actor Mortensen

82 Abnormal plant swelling

85 Freak (out)

86 "Botch-_" (1952 hit)

87 Narrow estuary

88 Jan. b'day honoree

89 Six, in Italy

90 Mage's stick

91 Lower pastry crust

92 _ Reader (bimonthly magazine)

95 Hog's place

96 Some electron tubes

97 Really testy

98 Hauled in

99 Satirical dictionary writer Ambrose

100 Diviner's tool

101 Belgian river

107 Not messy

108 Genghis _

109 Stout's Wolfe

110 "... could _ horse!"

111 Blissful plot

113 Fare-well link

117 Texter's "Wow!"

118 "C'est la _!"

119 Class for aliens: Abbr.

120 Longoria of the screen

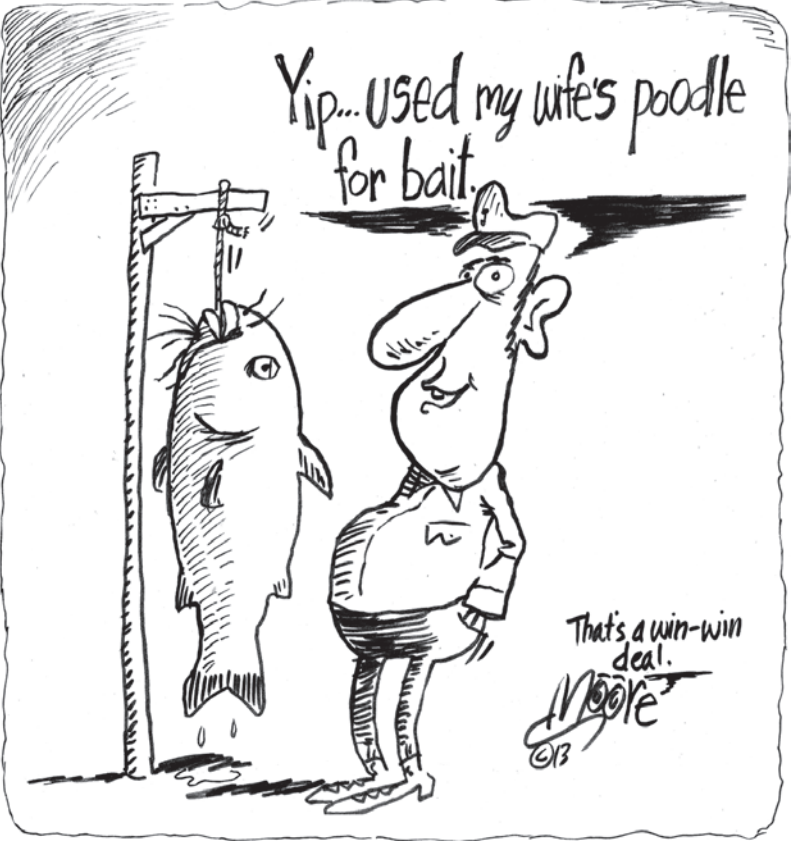
121 Kindled

122 Vane abbr.
- Answer Page 4

1	2	3	4	5		6	7	8	9	10	11	12		13	14	15		16	17	18	
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127					128			129								130					

Moore Texas

by Roger Moore In 1976, Charles Booth landed a 114 lb. Catfish in Lake Livingston.



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.

	+		÷		3
÷		×		÷	
	-		×		10
+		-		+	
	+		÷		2
5		5		7	

2 3 4 5 5 6 7 8 9

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

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Answer Page 4

Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Serving those that served

On November 11, we honored our Nation’s veterans for their service to America. What better time than now to tell you – and for you to help spread the word – about the many benefits and wealth of information Social Security has available for veterans and military personnel?

Social Security recognizes those who put their lives on the line for our freedoms. Members of the armed forces receive expedited processing of their Social Security disability applications. The expedited process is available for any military service member who became disabled during active duty on or after October 1, 2001, regardless of where the disability occurs. Some dependent children and spouses of military personnel may also be eligible to receive benefits.

Visit our website designed specifically for our wounded veterans: www.socialsecurity.gov/woundedwarriors. There, you will find answers to a number of commonly asked questions, as well as other useful information about disability benefits available under the Social Security and Supplemental Security Income (SSI) programs. Please pay special attention to the fact sheet available on that website, *Disability Benefits for Wounded Warriors*.

You’ll also find a webinar that explains the faster disability process available to wounded warriors. The program covers general information about Social Security disability benefits as well as topics unique to wounded service members. The online video is less than three minutes and a great introduction to disability benefits for veterans and active duty military.

On the same webpage, you’ll also find links to useful Veterans Affairs and Department of Defense websites. The requirements for disability benefits available through Social Security are different than those from the Department of Veterans Affairs and require a separate application.

Military service members are covered for the same Social Security survivors, disability, and retirement benefits as everyone else. Although the expedited service is relatively new, military personnel have been covered under Social Security since 1957, and people who were in the service prior to that may be able to get special credit for some of their service.

To learn more about Social Security for current and former military service members, read *Military Service and Social Security*. It’s available in our digital library at

www.socialsecurity.gov/pubs. But first, take a look at the wounded warrior page at www.socialsecurity.gov/woundedwarriors. The webinar, factsheet, and pertinent links will brief you on everything you need to know to “maneuver” your way through the Social Security process.

STRANGE BUT TRUE

By Samantha Weaver

• It was noted wit Oscar Wilde who made the following sage observation: “Every saint has a past and every sinner a future.”

• It seems that having blond hair was popular in ancient Rome, too. Those not naturally blessed with golden hair, though, had to go through a bit of an ordeal to change their natural color. The treatment of choice was pigeon droppings. Messy, perhaps, but effective.

• Those who study such things say that dung beetles use the Milky Way as a navigational aid.

• In June 2009, the town of Cave Creek, Ariz., was faced with an electoral tie in the race for a city council seat: Each candidate received exactly 660 votes. According to the state constitution, such ties can be broken by a game of chance. After some discussion, the candidates agreed that they would each pull a card at random out of a deck, and the one with the highest card would be declared the winner of the election. Thomas McGuire drew the six of hearts, then waited while his opponent, Adam Trenk, took his turn. Trenk pulled the king of hearts, securing his city council victory.

• You may be surprised to learn that clams can live to be 200 years old.

• If you’re of a morbid inclination and have some time to kill in Chicago, head to that city’s Graceland Cemetery. Find the monument known as “Eternal Silence” – a tall figure in robes – and look into the statue’s eyes. It’s said that if you do that, you’ll have a vision of your own death.

Thought for the Day: “I arise in the morning torn between a desire to improve the world and a desire to enjoy the world. This makes it hard to plan the day.”

– E.B. White

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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: L equals H

FD T LFHIG NEB OIGJ WEUB FZ T
ZTBFEZTW DEGIUB, LI’X LTOI
BE GIWJ EZ BLI HFZXZIUU ED

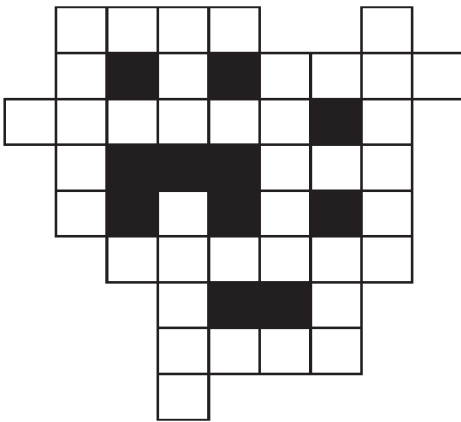
GTZNIGU.

Answer Page 4

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OCY
KIDBNO
LAKUC
YPOL
WRAYLE
♥NEO
CEKD
PYVRI
♥RKI
NAYNCO
♥REDPA
♥EILV



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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