



NEWSBRIEFS

Planting trees

Forests across America are a prized natural resource, and anyone can help plant trees in these vital areas by joining the Arbor Day Foundation this month. Through the Replanting Our National Forests campaign, the Arbor Day Foundation will honor each new member who joins in July by planting 10 trees in forests that have been devastated by wildfires, insects, and disease. The cost for joining the Arbor Day Foundation is a \$10 donation. America's national forests face enormous challenges, including unprecedented wildfires that have left a backlog of more than 1 million acres in need of replanting. The Foundation has worked with the United States Forest Service for more than 25 years to plant trees in high-need forests. Our national forests provide habitat for wildlife, keep the air clean, and help ensure safe drinking water for more than 180 million Americans. "Keeping our forests healthy is vital to the health of people and the entire planet," said Matt Harris, chief executive of the Arbor Day Foundation. "By planting trees in our national forests, we will preserve precious natural resources and the benefits they provide for generations to come." To join the Arbor Day Foundation and help plant trees in our national forests, send a \$10 membership contribution to Replanting Our National Forests, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410 or visit arborday.org/july.

— Woodrow Nelson

Pick a lane

They've found a way to protect students focused on their cell phones as they walk to and from classes on the campus of Utah Valley University (UVU) — a staircase texting lane — reports the Association of Mature American Citizens. In fact the school has set up three lanes marked Run, Walk and Text. Matt Bambrough, UVU's creative director, told the United Press International, "When you have 18- to 24-year-olds walking on campus glued to their smartphones, you're almost bound to run into someone somewhere; it's the nature of the world we live in. But that isn't the reason we did it — we used that fact to engage our students,

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Freedom departs when we are no longer worthy of possessing it.

— Quips & Quotes



— Photos courtesy of Anthony ISD

PUTTING IN THE EFFORT — From left are Anthony High School students Samuel Minjares, Robert Haro and Abel Hinojos as they worked on their senior project, a graduation requirement at Anthony ISD.

National magazine rates Anthony HS among top schools in the country

By Oscar A. Troncoso
Special to the Courier

ANTHONY — The national publication U.S. News & World Report has once again designated Anthony High School (AHS) as one of the country's top-performing high schools. According to their website, the goal of the Best High Schools project "is to provide a clear, unbiased picture of how well public schools serve all of their students — from the highest achieving to the lowest achieving — in preparing them to demonstrated proficiency in basic skills as well as college-level work."

AHS was the only rural high school in the El Paso region to be recognized, earning a Silver Medal distinction. The only El Paso area high school to earn a Gold Medal was Harmony Science Academy charter school. Other El Paso area high schools that also earned a Silver Medal were Maxine Silva Health Magnet, Valle Verde Early College, Northwest Early College, Bel Air, Burges, Coronado, Del Valle, Eastwood, El Paso, J.M. Hanks and Parkland. Four area high schools earned Bronze Medals: Da Vinci School for Science & Arts, El Dorado, Mission Early College and Transmountain Early College.

The data sources used by U.S. News & World Report to calculate the 2015 Best High Schools were the College Board's Advance Placement tests for each high school, International Baccalaureate test data for those schools with IB programs, and each high school's statewide accountability proficiency test results.

It's a great honor but not a surprise that AHS is being recognized with this

prestigious designation. The teachers, staff and students have been working extremely hard for the past few years to establish a culture that promotes academic learning and post-secondary readiness. The faculty and staff care about the success of our students and students say the same thing.

"Anthony High School is, no doubt in my mind, one of the best high schools in the nation due to our high standards of education and unity. We're not just students, faculty and staff. We're all one big family, which is especially rare. Our students, teachers, administration and staff all work very hard to accomplish goals that have been set by the district. After all, hard work pays off in the end," said Genesis Chavarria, a senior and Student Council president for the upcoming 2015-16 school year.

Christina Galvan, a Social Studies teacher who has been at AHS for six years, agrees that hard work is the key. "We have an excellent staff that is committed to excellence because our teachers put in lots of time, offering extra help at different times of the day. Our students work really hard and because of our size we're able to focus one on one with them. We set the expectations very high and don't allow the kids to give any excuses. Failure is not an option," said Galvan, a former AISD Secondary Teacher of the Year.

College readiness is one of the key indicators for high schools that are recognized by U.S. News & World Report. Each year the national publication lists America's top universities and recently the recognition of higher education has filtered down to America's high schools. Anthony's emphasis on preparing its

students for life after high school played a central role in being ranked among the best American high schools.

"All of our freshmen, sophomores and juniors take the PSAT. All of our sophomores take the Texas Success Initiative, which allows them to enter dual credit courses, if they have the qualifying score. If they don't, we provide the opportunity to retake the TSI without cost to the student. Our dual credit offerings have increased a great deal. We're also able to provide all juniors and seniors with the opportunity to take both the ACT and SAT free of charge. Most importantly, our students and teachers work really hard to get results. They deserve the credit of being honored with this recognition," said Fernando Garnica, AHS counselor.

"Our school does so much to promote college readiness. Our counselor promotes the importance of taking our TSI, ACT, SAT and they are all paid for. We are also offered college prep classes, and he also stresses the importance of taking dual credit classes and AP classes so we can be ahead when we get to college. We're at an amazing school," said Jesus "Jessie" Retana, a senior in the upcoming class of 2015-16.

AHS, which had been distinguished before with a Bronze Medal by U.S. News & World Report, is ranked at 199 out of almost 1,869 Texas high schools and 2,226 out of 29, 070 American high schools.

"I love this school and take so much pride in it. That love and pride that we have makes this a special place for education. I enjoy coming to school and learning. I wouldn't want to be anywhere else," said Chavarria.

Finances

By Jason Alderman

What to do if someone files a false tax return in your name

Identity theft is one of the fastest-growing fraud issues at the Internal Revenue Service (IRS). Online thieves have been capturing Social Security numbers and other tax filing data to file fraudulent returns, principally for the purpose of stealing refunds.

Just this past tax season, TurboTax, the leading tax preparation software company, had to stop transmitting state tax returns and introduce new safeguards after a run of suspicious returns. In March,

the U.S. Treasury Department reported slightly over 2.9 million incidents of tax-related identity theft in 2013, up from 1.8 million in 2012. As to dollar loss, in January, the General Accounting Office (GAO) said the IRS had prevented an estimated \$24.2 billion in fraudulent identity theft tax refunds in 2013, but actually paid \$5.8 billion in refunds later determined to be fraudulent.

In terms of damage, tax identity theft is really no different than any other form of identity theft. Thieves illegally obtain your Social Security number through online or other resources and then go to work on your finances and reputation. The first you'll see of it will be on your credit report in the form of unfamiliar (and likely unpaid) accounts or unusual credit inquiries from employers or agencies you've never contacted. The problem may take months or years to straighten out.

Hearing about a false tax return might take time. Many taxpayers find out they've been hacked via a physical letter from the U.S. Postal Service – the IRS never sends (<http://www.irs.gov/uac/Report-Phishing>) taxpayer-specific correspondence via email – indicating that a duplicate return has been filed in the taxpayer's name. That means a significant amount of time might have passed between the hack and the taxpayer learning about the problem. Electronic filers might find out sooner because

their return might bounce if a fraudulent one was successfully filed earlier.

Recent reports quote the IRS as saying it tries to settle such cases within 4-6 months, but news reports have indicated wait times might be longer. This is why anyone dealing with identity theft needs to move fast and be actively involved in containing the damage. Regulators can't do it for you and advertised services that say they can handle everything probably won't. You'll need to investigate and clean up your own records.

If you've been hit, first go to the identity theft action pages on both the Federal Trade Commission (<http://www.consumer.ftc.gov/articles/0008-tax-related-identity-theft>) and the IRS (<http://www.irs.gov/Individuals/Identity-Protection>) websites for immediate ways to deal with the problem. Start with the following immediate steps:

- Order your current credit reports and set a fraud alert on each at the three major consumer credit rating agencies – Equifax, Experian and TransUnion. Follow up to make sure those alerts are active.
- Set up a physical or computer-based file where you can organize, date and file all contacts, communications and paperwork associated with your case and keep track of any fraudulent transactions that occur.
- Create an identity theft report (<http://www.consumer.ftc.gov/>

articles/0277-create-identity-theft-report) with the FTC and your local police department. This will help you document your contacts with regulators and law enforcement if there is an arrest.

- Make a call list for all creditors, banks, investment companies, utilities and your employer to let them know about the breach. If you work with qualified financial and tax experts, inform them too. If you've spotted fraudulent accounts, contact those entities to put a freeze on them and thereby limit potential losses.

If you've never experienced this type of identity theft, don't take your luck for granted. Even if you file your taxes by regular mail, make sure you set up your own personal IRS e-services (<http://www.irs.gov/uac/Step-1-Create-an-IRS-e-services-Account>) account, because reports have surfaced that identity thieves are opening false accounts with stolen taxpayer data. Finally, schedule receipt throughout the year of your three credit reports, which you can receive free once a year.

Bottom line: Anywhere your Social Security number goes, identity thieves follow – this tax filing season proved that. Safeguard your data and check your credit reports several times a year for irregularities.

Jason Alderman directs Visa's financial education programs.

Veterans Post

By Freddy Groves

Air Force vets and AO

The Department of Veterans Affairs has now agreed to provide disability benefits to certain Vietnam-era Air Force veterans who were exposed to Agent Orange in airplanes.

Were you ever on a C-123? Did you work on or around the airplanes? Does the name Operation Ranch Hand ring a bell? That was the operation that sprayed the Vietnam jungle and Korea DMZ area with the Agent Orange defoliant, and the C-123 planes were the ones that did it.

Until now, the VA had regularly denied claims from veterans who were ill with any of the 14 AO-related conditions and who said they were exposed to AO on a plane. The VA said there was no danger, that any AO on the planes would have dried. What they didn't consider was the multiple uses of those C-123s: They also were used by National Guard, medical evacuations, routine cargo and more – for the next 10 years.

What's disturbing is that

the VA has already identified 2,100 Air Force active-duty and reservists who can get compensation. Twenty-one hundred? That's all? It's also pre-identified the locations where those veterans worked, as well as the Tactical and Aeromedical Squadrons. (Note: The lists vary, depending where you look.)

Back in 2013, one veteran pushed hard and was finally given compensation for Agent Orange exposure that came from being aboard C-123 aircraft. In 1994, his plane had been sent to a museum, and there it was discovered that the plane was still "heavily contaminated" with Agent Orange.

Call 1-800-749-8387 for more information or see www.benefits.va.gov and put C-123 Agent Orange in the search box. Don't miss Veterans Exposed to Agent Orange through Duty on Contaminated C-123 Aircraft.

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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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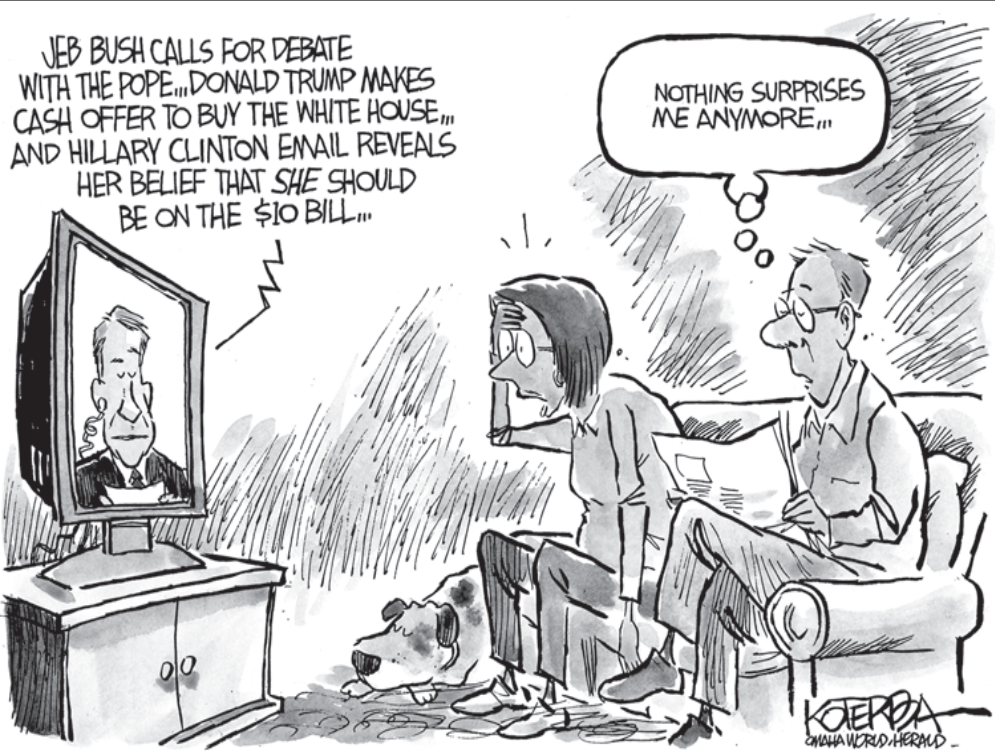
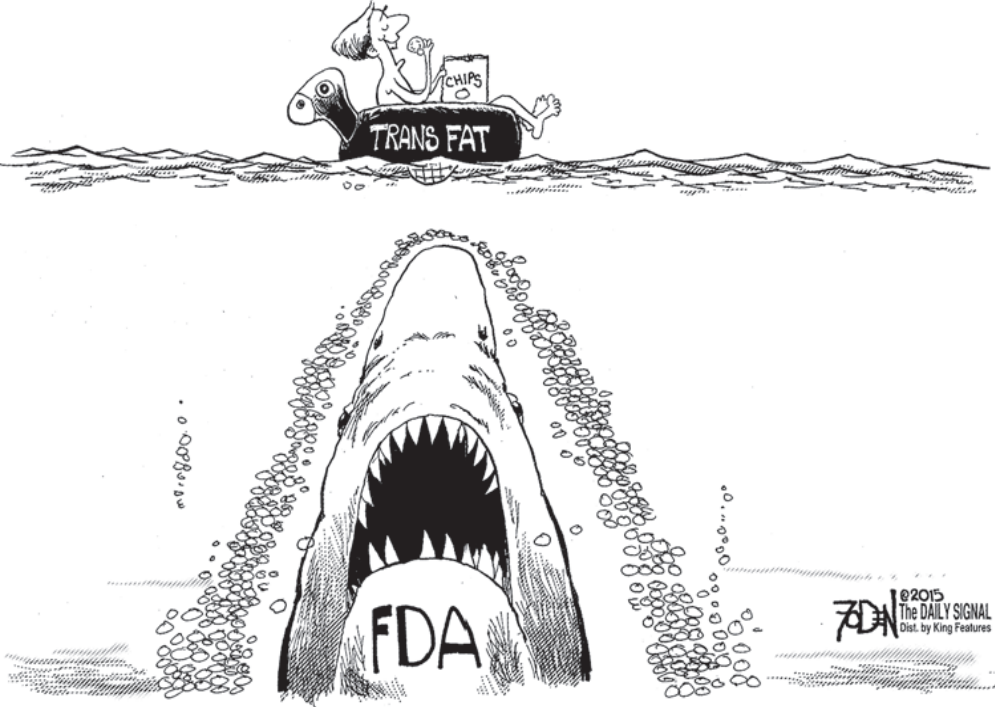
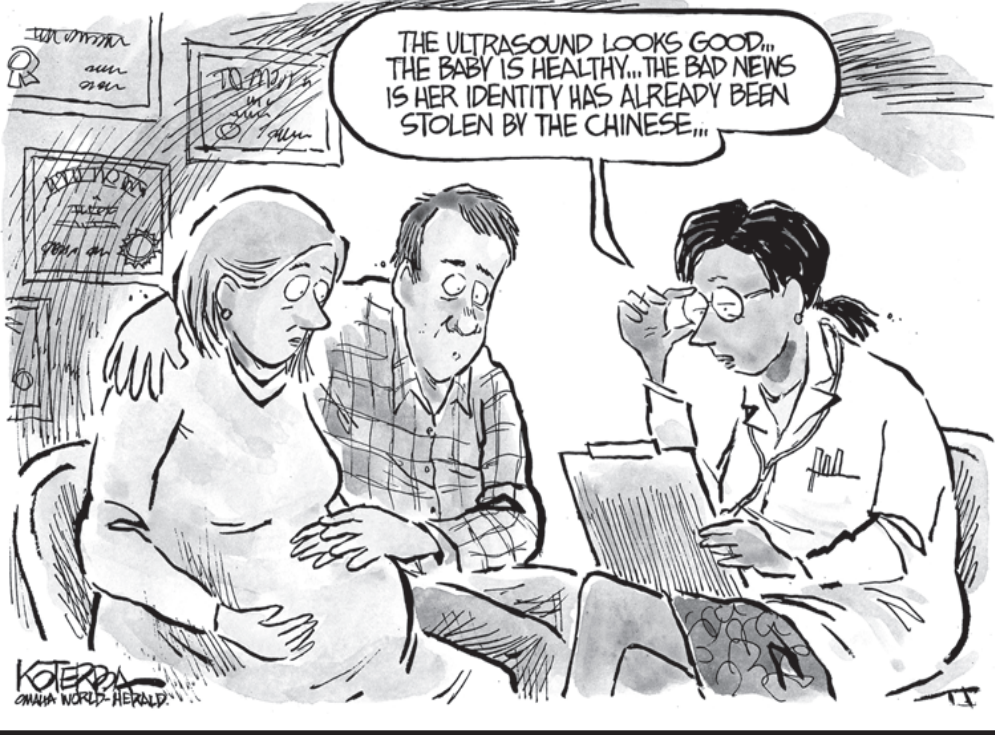


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Americans, of all ages, sketchy on country’s history

By John Grimaldi
Special to the Courier

David Bruce Smith, co-founder of the Grateful American Book Prize, says he is not surprised at how little adults know about the history of America.

In an interview with marketing editor Brian Feinblum, he said the problem is “multi-generational. Unfortunately, financial resources for education have been on the decline; teachers are often unqualified or uninterested in history – but told they must teach it – and big business has not absorbed the deficiencies – nor recognized that today’s students are their future employees.”

Smith cited a 2011 survey conducted by the American Revolution Center that sought to measure the country’s “historical literacy.” The results were “distressing,” he said. For example, an alarming “89% of the respondents believed, that the Civil War occurred before the Revolutionary War.

That survey and other similar studies prompted him to establish the Grateful American Book Prize. “History books, particularly text books, are notoriously boring. Our aim is to encourage authors to liven things up. The important thing is to make history books interesting. There are many exciting stories to be discovered about the history of our country, stories that appeal to pre-teens and teens. In most cases, it’s not the stories that fail to engage; it’s the way they are told.”

The Prize recognizes the best children’s books in the genres of historical fiction and non-fiction written for the 7th to 9th graders. “This is the only prize of its kind at the moment. Usually, prizes such as this weigh only the quality of the prose, and ignore the illustrations. This one will consider both – if possible. That ideal “marriage” will depend on the submissions, because I have discovered older fiction has less or no illustrations,” Smith added.

Smith’s list of recommended books for kids includes: Esther Forbes’s, Johnny Tremain; Margaret Mitchell’s Gone With The Wind, The Diary of Anne Frank and Stephen Crane’s, The Red Badge of Courage. “I would also put in Mark Twain’s Huckleberry Finn; most people don’t recognize it as “historical fiction”, but it is.”

Briefs

From Page 1

to catch their attention and to let them know we are aware of who they are and where they’re coming from. The design was meant for people to laugh at rather than a real attempt to direct traffic flow.”

– John Grimaldi

Thieves sought

A group of men, break into an eastside automotive business and take more than \$60,000 dollars in property. Investigators from the El Paso Police Department are asking for your help in finding those involved through the Crime Stoppers. In the early morning hours of Saturday, June 13, 2015 between 1:00 and 2:00 in the morning a group of men broke into the AM Performance Shop located at 9604 Carnegie. The men cut the chain link fence to enter the business. Then they opened the gate and drove in a Ford pickup truck with a trailer. They made

their way into the main portion of the building and took several tools. They also stole a black 1976 Chevrolet Pickup truck with a red racing stripe, and a grey and black 2005 Pontiac GTO. The men also took a set of four tires and two engines. The 1976 truck was found later that night abandon due to mechanical problems. Investigators believed that there were at least six individuals involved in the burglary to the business. The vehicle that was captured on video is described as a blue Ford F-250 or 350 two-door with an extended cab. Anyone with information on the identity of those involved in this burglary is asked to call Crime Stoppers of El Paso at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous, and if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

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STRANGE BUT TRUE

By Samantha Weaver

• It was Italian novelist and philosopher Umberto Eco who made the following sage observation: “Fear prophets and those prepared to die for the truth, for as a rule they make many others die with them, often before them, and at times instead of them.”

• Iconic American rock band the Grateful Dead were originally known as the Warlocks.

• It takes an average of 45 seconds in a microwave to make a Twinkie explode.

• Dedicated experts at the University of Connecticut Alcohol Center conducted a study in which it was determined that light beer is more likely to cause a hangover than dark beer is. Evidently, lighter beers tend to be more highly carbonated, which causes the alcohol to go through the system faster.

• It’s been reported that the Department of Defense has contracted a private lab to come up with a smell that’s so bad, it can be used to control unruly crowds.

• The 1942 film “Casablanca” is consistently considered to be one of the best movies ever made. However, executives at Warner Brothers didn’t expect much from the film and gave the producers an extremely small budget. In fact, they were so strapped for cash that the plane used in the movie’s iconic final scene was no more than a cardboard cutout.

• The original American Express card was not green, but purple. The now almost-ubiquitous green wasn’t introduced until 1969.

• Those who study such things say that if you have bad breath, you’re more likely to be bitten by a bat.

• In the 1970s, there was an epidemic of teenagers sniffing airplane glue to get high. In order to discourage this practice, the glue manufacturers began adding an intense oil of mustard to the formula.

Thought for the Day: “Happiness is good health and a bad memory.”

– Ingrid Bergman

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Fabens ISD Summer Camps 2015

• Boys & Girls Tennis Camp

July 13 – 23
Monday – Thursday
8:00 a.m. – 11:00 a.m.
Cost: \$70
Age Groups: 5 years old – 12th graders
Registration Deadline: July 9

• Football Camp

July 21 – 23
Tuesday – Thursday
9:00 a.m. – 11:00 a.m.
Cost: \$15
Age Groups: 2nd graders – incoming 9th graders
Registration Deadline: July 9

• Girls Volleyball Camp

July 27 – 30
Monday – Thursday
8:30 a.m. – 11:00 a.m.
Cost \$25
Age Groups: 2nd graders – incoming 9th graders
Registration Deadline: July 23

• Boys & Girls Basketball Camp

July 27 – 30
Monday – Thursday
2:00 – 4:30 p.m.
Cost \$25
Age Groups: 5th graders – incoming 9th graders
Registration Deadline: July 23

• Cheer Camp

August 18 – 20, 2015
Tuesday – Thursday
10:00 a.m. – 12:00 p.m.
Cost: \$20
Age Groups: 5 – 12 years old
Registration Deadline: August 13
Brochures can be picked up at the Fabens High School Front of Office or Athletic Department For more information, please call Michelle Ortiz, Athletic Secretary at (915) 765 – 2627.

• All Sports Speed Camp

July 6 – 9;
July 13 – 16; or
July 20 – 23
Monday – Thursday
7:30 – 10:30 a.m.
Cost: Free
Age Groups: incoming 7th graders – 12th graders
Fabens Athletics offers athletes of all sports to learn basic techniques to develop speed, strength and agility work. All sessions located at the Amador Villalobos Field House. Wear workout clothes, tennis shoes and bring water bottle.



– Photo courtesy El Paso Community College

SMART RUNNERS – The EPCC Men’s Half Marathon team was recognized by the National Junior College Athletic Association for their combined GPA – the best in the nation in their sport. From left are David Colmenero, Aaron Daly, Ricardo de Santiago, Daniel Gonzalez and George Yator.

EPCC athletes shine in classroom

By Jim Heiney
Special to the Courier

EL PASO COUNTY – The National Junior College Athletic Association (NJCAA) has announced its 2014-2015 academic awards. El Paso Community College (EPCC) is proud to announce the Men’s Half Marathon team was named the Academic Team of the Year in the nation for the third year in a row. The team had a combined 3.11 grade point average (GPA).

The EPCC Women’s Half Marathon was sixth in their sport with a 3.14 GPA. For the first time in school history, Men’s Baseball had a combined GPA over 3.00 (3.01). That placed them 61st out of approximately 400 schools.

Two student athletes were awarded Superior Academic Achievement (3.80-4.00 GPA) and five were awarded Exemplary Academic Achievement:

- Ricardo de Santiago, 3.90, Cross Country and Half Marathon;
- Gregory Popylisen, 3.80, Baseball;
- Jose Galaviz, 3.74, Baseball;
- Manuel Ortiz, 3.74, Cross Country;
- Shannon Luevano, 3.61, Cross Country and Half Marathon;
- Colburn Wade, 3.64, Baseball; and
- Derek Thompson, 3.61, Baseball.

Since 1993, the NJCAA has recognized the team with the highest overall grade point average for their sport and gender with the NJCAA Academic Team of the Year Award. Teams that qualify with an overall GPA of at least a 3.0 receive honorable mention recognition. Nominations are submitted by each team’s respective institution.

EPCC to hold summer job fairs

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College’s (EPCC) Career Services Department welcomes students and the community to attend two summer job fairs – each offering a variety of employment opportunities.

The first fair will take place at the EPCC Transmountain Campus mall area, 9570 Gateway North, on July 15 and the second fair will be held at the Northwest Campus cafeteria, 6701 South Desert Blvd., on July 16. Both fairs will run from 10:00 a.m. – 1:00 p.m.

Some expected employers are: Texas Department

of Criminal Justice, Southwest Staffing, GC Services, Sonno Sleep Center and more. This event is free and open to the public. Job seekers should dress professionally, bring copies of their resume and be ready to interview on the spot.

The Career Services Department at EPCC promotes career exploration, lifelong career management, and professional development. EPCC students and graduates can visit the Career Services Department at their nearest EPCC Campus prior to the Job Fairs for job readiness assistance. For more information, visit www.epcc.edu/careerservices or HireATEjano on Facebook, Twitter and Instagram. Press may contact, Carla Cardoza, Director of EPCC Career Services at (915) 831-2636.

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All-Star voting runs amok in Major League Baseball

By Steve Escajeda
Special to the Courier

In the United States, we are so lucky to live in a democracy where citizens are free to participate in the election process. We go to the ballot box and choose the person we believe is the best for the job. And the best thing about it is that no matter who we vote for, there’s no fear of losing one’s head over it or having one’s family member taken against their will in the dead of night. That doesn’t mean that our system is flawless. There are cracks in the armor just like in any other facet of life. For decades now, Major League Baseball fans have taken part in another type of election process. They have the honor of filling out ballots which determine the All-Star game starters. The league that wins the all-star game also gains home-field advantage in the World Series but that’s a topic for another time. With the popularity of the game free-

falling over the years, the baseball heads thought it would be a good idea to give the fans more of a say in who competes in the star-studding game. It’s hard to say whether interest in the game, especially with young Americans, has improved, but the process has gone on for a while with little controversy. But like with anything, the longer something goes on, the more chances something will eventually go wrong. There will always be those fans who have no business filling out an all-star ballot because, either they have no clue who deserves to be in the game, or like any good Republican or Democrat, they just vote a straight ticket for every player on their favorite team. But even if some fans do that, the millions of other voters will even things out with their opposing votes. And that’s always been the case - except for this year. The Kansas City Royals had suffered through three decades of losing baseball prior to last season. They came out of nowhere to make it to the World Series and they’re in first place this season.

Needless to say, fans in that part of the country are ecstatic. So much so that the fans are stuffing the ballot boxes to the point that eight of the American League starters are Kansas City Royals. Not even Vladimir Putin gets those kinds of results. Don’t get me wrong, I like what they’re doing in Kansas City, but when I tune in to the All-Star game I want to see stars from different teams on one field at the same time. I don’t want to see an episode of Kansas City versus the World. The voting deadline is July 2 and there’s very little time to do anything about watching the American League side of the field dominated by the blue uniforms of the Royals. So the question obviously arises of what to do about the fan voting? Should it be limited in some way? Should it eliminated completely? Should the All-Star game have nothing to do with who hosts the World Series? Oops, sorry, an argument for another day. Here’s something they can change.

Right now fans are allowed to turn in 35 ballots each. What’s that about? How about letting every fan turn in one ballot and one ballot only. This isn’t a March Madness bracket. It’s not like the fans have a chance to win any money. One ballot only. This way the fans can take their time and make that one ballot count. I’m not in favor of dictatorship regimes, but if this continues, the league may have to remove the fan voting and take over the process. Nobody, except for the Kansas City fans, wants to see any All-Star game without the All-Stars. Because of the voting this year, many deserving players will not be in Cincinnati because the roster allows for only so many participants. That is bad for baseball, bad for All-Star game ratings and bad for the fans that don’t take advantage of the voting system. Watching all those Royals on the field is just as bad as the game determining the home field for the World Series... oops.

A sporting view By Mark Vasto *A tradition like any other*

Fans of golf are familiar with CBS broadcaster Jim Nantz’s signature phrase used to describe The Masters: “A tradition unlike any other.” They may be less familiar with the catchphrase employed by members of the FOX broadcast

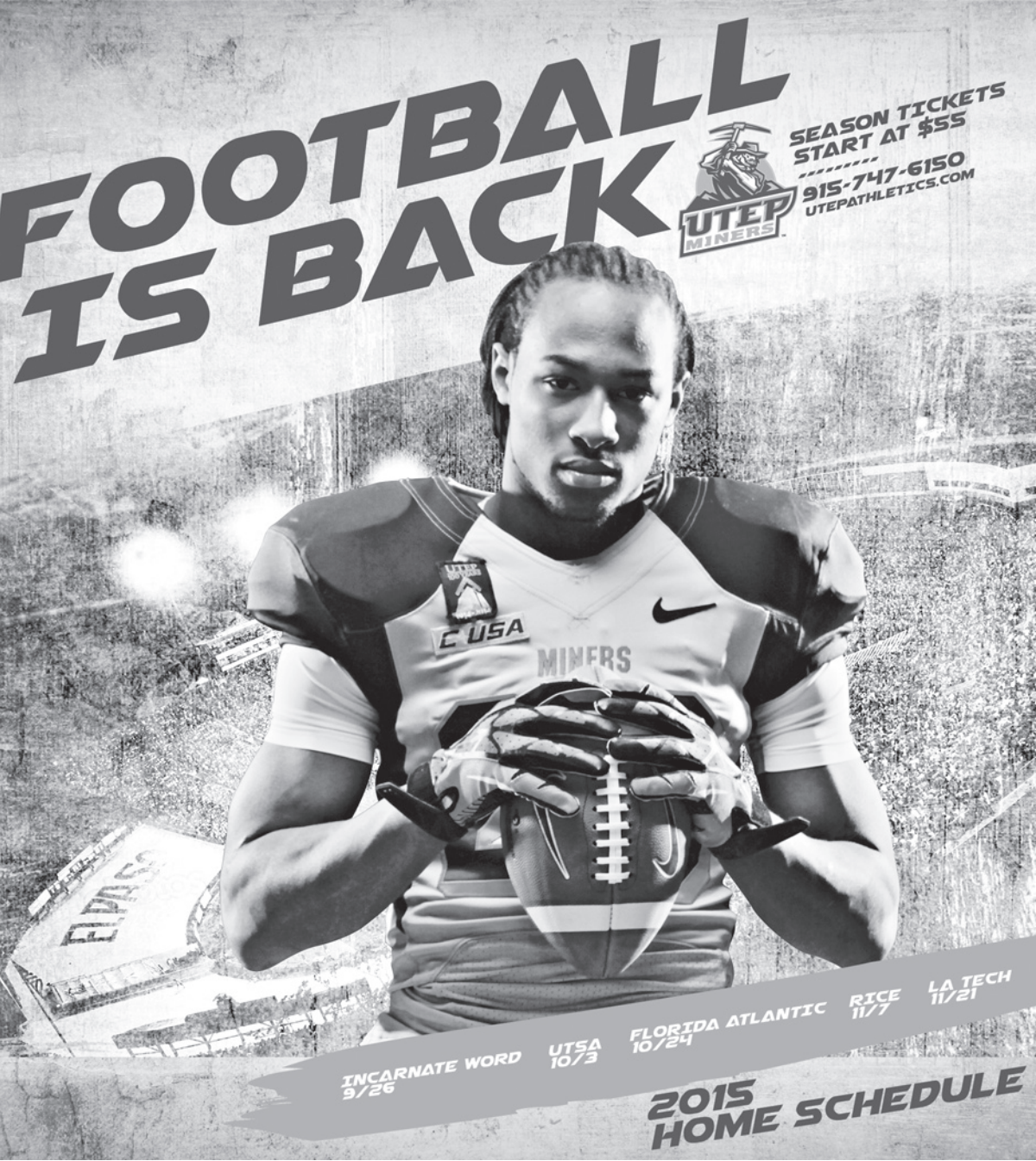
team, whose coverage of the 2015 U.S. Open at Chambers Bay was universally panned. This is because they don’t really have one yet. This was, as most viewers were painfully aware, the network’s first stab at covering a golf major, and it was a very

messy stab, the kind that didn’t kill but left the victim staggering in pain for hours... kind of like the way FOX made viewers wait around to watch a minute’s worth of a golfer waiting to strike an approach shot. Here are a few potential gems, however: “It is what it is.” – Tom Weiskopf “I never watch golf [on TV].” – Greg Norman “It’s actually a tragedy.” – Gary

Player (from the Golf Channel) But don’t think that this wasn’t a perfect follow-up to The Masters. It was. The Masters is where Americans get it right and don’t complain. The U.S. Open was a reflection of the rest of our culture which, sorry to say, is steeped heavily in the tradition of complaining about things. We got our start complaining about taxes and the price of tea, and today we complain about taxes and the prices at Starbucks. The next tournament of note will be in Great Britain. They won’t complain about course conditions in Scotland. They won’t complain about the food,

they won’t complain about anything – except the foreigners. But they’ll manage to carry on, just like they did during the war. When a Nazi bomb fell on the course of the Richmond Golf Club in Surrey, England, during the Battle of Britain, they didn’t complain about it – they penalized themselves one stroke if they had to play another ball due to exploding bombs. These were their rules: Richmond Golf Club, Temporary Rules, 1940 1. Players are asked to collect Bomb and Shrapnel splinters to

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Comix

OUT ON A LIMBBy Gary Kopervas



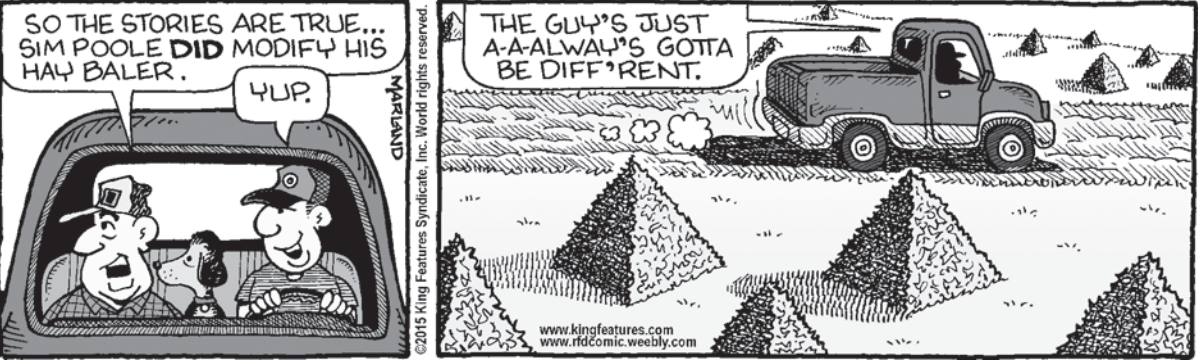
AMBER WAVESBy Dave T. Phipps



THE SPATSBy Jeff Pickering



R.F.D. By Mike Marland



Your good healthBy Keith Roach, M.D.

DEAR DR. ROACH: I had surgery late last year on my right wrist for carpal tunnel syndrome. The numbness in my fingers has not changed. Now I'm faced with the same problem in my left hand. I'm going to forget surgery, seeing as it wasn't successful in my right hand. I decided to go to an acupuncturist for laser treatments. I also had a cortisone shot. Neither of these has helped. Do you know of a solution for my problem? – P.M.

found any evidence that laser treatment is effective. My advice is to first be sure of the diagnosis. An EMG test is a study of nerve function, which can confirm the diagnosis and may be able to predict how much damage there is and provide guidance on treatment. If damage is not too severe, other treatments such as splinting, medication, yoga or ultrasound may be helpful. If advanced, surgery done quickly still may be your best bet.

Carpal tunnel syndrome is caused by compression on the median nerve, as it runs down the arm through a “tunnel” of bone and connective tissue deep in the wrist. It may cause pain, numbness and weakness of the wrist and hand. The thumb and middle three fingers are most often affected. In advanced cases, the hand muscles may become atrophied. The sooner the pressure on the nerve is relieved, the more likely there will not be permanent nerve damage.

It sounds to me like the first surgery was not done soon enough to prevent damage. If that's the case, then surgery on your left hand, done sooner after the onset of symptoms, might prevent the long-term numbness present in your right hand. However, it's possible that the diagnosis was wrong or that the surgery might not have been effective, even if done promptly.

Lipedema is indeed a rare disease, although it may be underdiagnosed. It almost always is found in women, and is suspected when there is marked fat deposition symmetrically between the waist and ankles. The areas affected often are tender or painful to the touch. It is not the same as lymphedema, fluid increase due to poorly functioning or damaged lymph vessels, although people with lipedema can develop lymphedema.

Treatment includes compression garments or manual lymph drainage, often combined with surgical treatments such as liposuction.

Only about 15 percent of people with lipedema have a family history. It's not surprising

See HEALTH, Page 8

Super Crossword

- "CAN'T YOU SEE I'M DIZZY?!"

ACROSS

1 Bar mitzvah language

7 Its capital is Montgomery

14 Old jazz buff

20 Henry II player

Peter

21 Horse feed

supporter

22 106-Down on Cal Ripken's cap

23 Amaze a Sherlock Holmes portrayer?

25 _ acid (corrosive liquid)

26 _mo

27 Brighton brew

28 12-month famine?

30 Trendy berry in juices

33 Shire of film

34 Goddess of the dawn

35 Singer Brown got dressed?

42 Gridiron gains: Abbr.

43 Pen giant

45 Make reparations

46 Cosa _ (Mafia's kin)

48 Areas of expertise

51 Provides party platters

53 Determine which team scored?

57 Supper scrap
- 58 "Egypt _ up like a flood": Jeremiah 46:8

60 "NO TURN _" (traffic sign)

61 Octa- plus one

62 Relative of a résumé

64 Judge on the bench, e.g.

65 Bee creation

66 Fact about a consolidation loan?

71 Two-spot

74 University in Atlanta

75 In _ (owing)

79 Old science magazine

80 Balance pan

81 Pittsburgh's Carnegie _ University

84 Instructors' org.

85 Sub-shop blaze?

88 Relative key of B minor

90 Michelangelo work

91 California wine region

93 Old Greek market

94 Erwin of old films

95 "The Tell-Tale Heart" tale-teller

98 Moola earned by a love god?

100 Blocks from the freezer

102 Is up against

104 School in Berkshire
- 105 Road named after singer Deanna?

110 Seeded loaf

112 _ Alamitos, California

115 Thinking the world of

116 What to do to socks that tear every 24 hours?

120 Appear

121 Asinine

122 Late actress Brennan

123 Hot- _ (drag racer)

124 Turn from a straight line

125 Say "no" to
- DOWN

1 Mortar trays

2 List-ending abbr.

3 TV clown

4 "Frasier" woman

5 Jazz singer Fitzgerald

6 Li'l fellow

7 Gasteyer of "Mean Girls"

8 Truckload

9 Deadly pale

10 Neuwirth of "Frasier"

11 "If I Had _" (Lyle Lovett song)

12 American avant-garde artist

13 Antediluvian

14 Toyota rival

15 Iroquois foe
- 16 Falafel bread

17 Amendment

18 Samuel of justice

19 PC whizzes

24 Intel mission

29 Hi- _ (stereos)

31 Positive pole

32 Atlas feature

35 Son of Isaac

36 Video game name

37 Catchphrase

38 Phenyl ender

39 Saw-toothed

40 Ingrain

41 Soft & _

43 Jazz genre

44 Limonite, e.g.

47 Worship

48 Nursed, say

49 Kin of -ess

50 Don't depart

52 Uses a stool

54 Writer Blyton

55 Grove plant

56 Kind of tea

59 _ Field (Mariners' stadium)

63 Most chancy

64 " _ will be done"

65 Very irate

67 Arabian Sea country

68 Actor's part

69 Long lock of hair

70 Stomped

71 Tip, as a hat

72 Arab bigwig

73 Frank and open

76 Pear variety

77 Corp. shuffling
- 78 Mother of Isaac

80 _-cone

81 List of dishes

82 Get hitched on the fly

83 Maximum

86 Post-OR area

87 OR worker

89 Before now

92 Prettify

95 "NerdTV" network

96 Bested

97 Online investing site

99 Tom of "Tomorrow"

100 Slacking sort

101 Pataki's predecessor Mario

102 Make furious

103 Font flourish

106 Nest builder

107 "Picnic" dramatist William

108 Organic compound

109 Head, to Gigi

111 Falco with four Emmys

112 In _ of (rather than)

113 Jai-alai cries

114 "Auld Lang _"

117 Amp plug-in

118 Masquerade

119 Furry TV alien

1	2	3	4	5	6		7	8	9	10	11	12	13		14	15	16	17	18	19	
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115								116					117	118				119			
120								121								122					
123								124								125					

MOORE TEXAS

by Roger Todd Moore

Beginning in 1917 all vehicles in Texas were required to have license plates... it's been tax, tax, tax ever since.



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!

	-		x		27
+		+		-	
	-		x		25
+		x		x	
	÷		x		28
23		14		28	

2 3 4 5 6 7 8 9 9

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Weekly SUDOKU

by Linda Thistle

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

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

Q: I'm retired and the only income I have is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings?" Could they reduce my monthly Social Security benefits?

A: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. For more information, visit our website at www.socialsecurity.gov or call us toll free at 1-800-772-1213 (TTY 1-800-325-0778).

Q: I'm getting ready to start filling out my disability benefits application online, but I'm concerned I will need to stop before I can finish it. Can I stop before completing the application and come back to finish it later?

If so, how do I return to my online application to finish it when I have all the information I need?

A: Applying for disability is a multi-step process that may take one to two hours to complete, depending on your situation. You can save your application as you go. This allows you to come back and finish later. When you start your application, you will receive a "Re-entry Number." You will need this number to return to your application to complete it. You can go back to the online application at <https://secure.ssa.gov/iClaim/dib>. After you're finished and have submitted your application, we'll contact you with any updates or questions we may have about your information. You can also use our application status page to check on the status of your completed application online at <https://secure.ssa.gov/apps6z/IAPS/applicationStatus>.

For more information on any of the questions listed above, visit our website at www.socialsecurity.gov or call us at

1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

Sports

From Page 6

save these causing damage to the mowing machines.

2. In competitions, during gunfire, or while bombs are falling, players may take cover without penalty for ceasing play.

3. The positions of known delayed-action bombs are marked by red flags placed at reasonably, but not guaranteed safe distance therefrom.

4. Shrapnel and/or bomb splinters on the Fairways, or in Bunkers within a club's length of a ball may be moved without penalty, and no penalty shall be incurred if a ball is thereby caused to move accidentally.

5. A ball moved by enemy action may be replaced, or if lost or destroyed, a ball may be dropped not nearer the hole without penalty.

6. A ball lying in a crater may be lifted and dropped not nearer the hole, preserving the line to the hole without penalty.

7. A player whose stroke is affected by the simultaneous explosion of a bomb may play another ball from the same place. Penalty, one stroke.

If the Brits can deal with bombs at home and carry on, we can deal with Joe Buck at a golf tournament... it's not nearly as bad as dealing with our carry-on luggage. Now, that's something to complain about.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2015 King Features Synd., Inc.

Health

From Page 7

that you can't find relatives with it.

More information is available at several support groups, and at www.curelipedema.org/lipedema/.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2015 North America Synd., Inc. All Rights Reserved.

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 P

MLV EMNSJWM RHEGJE EKHS

"GJBBV, IHDJ ATHWDHAKB

EKBQVW, QKX LJ GKIJ K QHWWVL

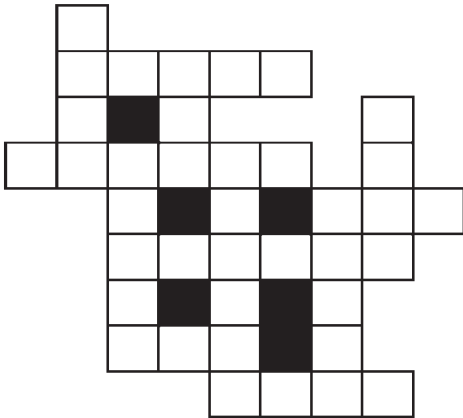
VR XVNT MHQJ?"

Answer Page 4

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EPI
WONDAR
♥ HESSO
♥ ONEP
♥ PENWAR
♥ EWD
♥ RANE
PNWAR
♥ PSA
RASNEW
♥ DERDA
DAIC



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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