

# West Texas County

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

**OCTOBER 1, 2015** 

# **NEWSBRIEFS**

#### **Explosive treasure?**

Early reports that a pair of treasure hunters has found the legendary Nazi gold train in a hidden tunnel somewhere in Poland were dismissed at first. But now government officials seem to think the story may be true. The Poles have laid claim to the haul, if and when it is found, acknowledging that the adventurers who say they know where it is would be entitled to a 10% reward. The story goes that as World War II was coming to an end, the Nazis sought to make a getaway with the gold and artifacts they stole over the years from the countries they invaded. It could be a record-breaking finder's fee if, as some say, the train is loaded down with some 300 tons of gold with a current value of nearly \$12.5 billion, says the Association of Mature American Citizens. But, a local official claims the cargo may not be gold, but munitions that, if disturbed, could result in an explosively dramatic end to the story.

- John Grimaldi

#### **Tech savvy seniors**

Technology maven Clara Tsao figures that nearly two-thirds of 65-plus seniors are connected by computers and smartphones and that the number is growing at a rate of six percent a year, reports the Association of Mature American Citizens. That's a good thing for the nations aging population. For one thing, most seniors, nearly 80% of them, live in parts of the country where having a car is essential and many of them don't get around much anymore because the older they get the less likely they are to drive themselves to doctor appointments and the such. So, online access to inexpensive call-a-ride services offers mobility. It also makes it easier to get food and medications delivered to their doors. Older Americans may have been slow to pick up on the advantages offered by 21st Century technology but they have come a long way in recent years. They're using their new found connectivity to do such things as accessing and tracking health and home care providers and keeping in touch with friends and family via social media.

- John Grimaldi

It is possible to learn things from an enemy we cannot learn from a friend.

— Quips & Quotes



- Photo by Alfredo Vasquez

PLENTY TO DO – Although a lot of work is still needed to finish the redesign of San Jacinto Plaza, above, City of El Paso officials said that it is nearing completion and could be open to the public in time for the year-end holiday season.

# San Jacinto Plaza project nears completion

By Alfredo Vasquez Special to the Courier

EL PASO - San Jacinto Plaza,

Christmas holidays roll around, according the project's completion. to Monica Lombrana, Directory of Capital Improvements for the City of El Paso.

Lombrana told city council recently that a defective cable which will hang Downtown El Paso's long-awaited the huge canopy, as well as some change centerpiece, should be ready by the time orders, were the culprits for the delay of

The redesign of the popular placita in the heart of downtown, which is estimated to cost nearly \$6 million once all is completed, was planned to be done

See PLAZA, Page 2

# Canutillo ES receives eco-friendly copier

By Shane B. Griffith Special to the Courier

CANUTILLO – Canutillo Elementary School was named one of the 250 schools across the country to win a free eco-friendly copy machine from Toshiba America Business Solutions. The Toshiba e-STUDIO 360LP and the e-STUDIO RD30 are the world's first eco-friendly system that allows users to recycle previously printed documents, and in turn cut down on toner and paper costs.

"This machine will allow my campus to reduce our carbon footprint, reduce waste, and save money on paper and toner," said Julie Melendez, Principal of Canutillo Elementary School. "At the same time, it is a valuable teaching tool for our students on how to be environmentally friendly. We are implementing new paper recovery strategies in our classrooms so that we can earn the biggest return as possible."

As part of its Sustainable School initiative that launched on Earth Day this year, Toshiba donated the e-STUDIO 360L P and e-STUDIO RD30 valued at \$16,000 to the first 250 schools that applied on a first-come, first-serve basis. Canutillo Elementary School is only one of two schools in the El Paso region to house the new eco-friendly printer set; Loma Terrace Elementary in the Ysleta Independent School District is the other.

The Toshiba e-STUDIO 360LP, the printing device, and the e-STUDIO RD30, the paper-reusing device, work together to use the same piece of paper up to five times. The machine uses a unique blue toner that is completely erased and sorted into one of two bins when fed into the RD30: one for paper in which the eco-friendly toner was removed, and the other for paper that does not have the special toner or was marked up but can still be recycled conventionally. Reusing paper up to five times not only results in significant financial savings, it also reduces

See COPIER, Page 4



Photo courtesy Canutillo ISD

OVER AND OVER - Julie Melendez, Principal of Canutillo Elementary School, operates the new Toshiba e-STUDIO 360LP copy machine. The machine uses an environmentally friendly toner that is erased when inserted into the adjacent e-STUDIO RD30 unit. This process allows the same piece of paper to be reused up to five times.



Photo by Alfredo Vasquez

placed on large concrete pillars that will support the enormous steel-girder rooftop. remaining tables and chairs and reflective pool, officials stated.

# CENTER PIECE - Workers are welding together the parts of the canopy that will be Once the canopy is in place the "Los Lagartos" artwork will be installed, along with the

#### Plaza

From Page 1

in two phases. The first phase of the project involved curb and gutter work and adding 10 feet of about \$165,000.

Then, Basic IDIQ contractors portion of the project in February from Germany. 2014. The renovation work was supposed to be finished by city official said that everything

the city began assessing \$1,000 daily in liquidated damages.

In her recent presentation to of park area on all sides. City council members, Lombraña officials said that the first phase stated that the contractor was was completed in 2013 at a cost held up because workers could not proceed until they received a special replacement cable for the were hired to work on the second canopy that had to be ordered

Despite the cable delay, the

February, then rescheduled to else is done or is nearly finished. will be installed, along with the image of Downtown El Paso. May, 2015. Nonetheless, after the The completed items include remaining tables and chairs and contractor failed to meet the firm the arroyos, sedimentary walls, reflective pool, officials stated. deadline in May for the project, pedestrian bridges, concrete columns, and some of the city council the electrical panels. The café almost complete.

> currently soldering the pieces together, and the pillars to support the enormous steel-girder rooftop place the "Los Lagartos" artwork

has approved landscaping and relocation of six of them so far for the San dollar San Jacinto project. Jacinto Plaza reconstruction. building and installation of brick The latest change order was for Niland asserted in a recent news pavers for the walking paths are \$110,000 so that the contractor report, "We're going to get it could move electrical service done, but it's going to be to the As for the canopy, welders are equipment underground. City level of the expectations that Engineer Irene D. Ramirez absolutely El Pasoans deserve, recommended the change order because this is our crown jewel approval. She stated that the and it will be fabulous. It's are ready. Once the canopy is in contractor moved the electrical going to knock the socks off infrastructure below ground to of Las Cruces, Van Horn, and align the project with the city's everybody else. It's going to be goal of promoting the visual fantastic."

In the meantime, representatives are asking for the As for the change orders, public's patience as the city works to complete the multi-million

City Representative Cortney



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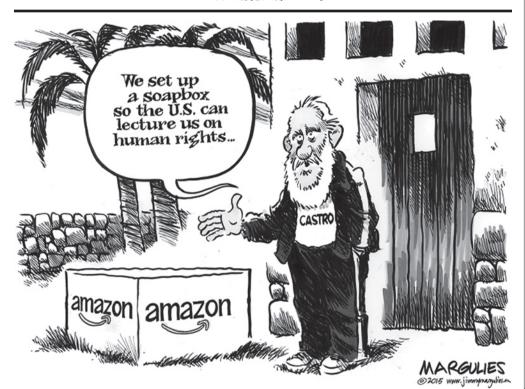
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# BACK TO SCHOOL: CIVICS 101... WHO WANTS TO PLAY THE STATE SENATOR? TODAY, WE'LL LEARN ABOUT STATE GOVERNMENT ... LOBBYIST? WHO WANTS TO PLAY THE ROLE OF VOTER? SPEND RECORD \$





"I SAID, 'WHAT MAKES YOU THINK WE CAN AFFORD TO RAISE THE



## Finances By Jason Alderman

# Are extended warranties worth the additional cost?

Are these costly add-ons worth the expense like the powertrain, corrosion and roadside or simply a sucker bet intended to boost the assistance. seller's bottom line? It depends on whom you

According to consumer watchdog organizations like the Federal Trade Commission and Consumer Reports, extended warranties and service contracts often don't make strong financial sense. However, some people find extended warranties reassuring, especially for large purchases with electronic components that can go awry and are expensive to repair or are easily broken.

Before you buy an extended warranty, do your research and consider these points:

- Does it overlap with the manufacturer's warranty? Don't pay twice for duplicate
- · Many credit cards automatically extend the manufacturer's warranty for up to a year on purchases - for free.
- Before purchasing, check the company's track record with your state's Department of Insurance, the Better Business Bureau and independent reviewers like Angie's List.
- Service contracts might not cover specific product parts or repairs. If the terms don't list a part or function as specifically covered, assume it's not.
- Carefully review the contract for deductibles, limits on the number of allowable service calls, exclusions and clauses that allow the company to deny coverage - for example, if you don't follow their instructions for routine maintenance.
- Ask whether the retailer handles repairs itself. You may be required to mail the product to a repair center, so factor in shipping costs if they're not included.

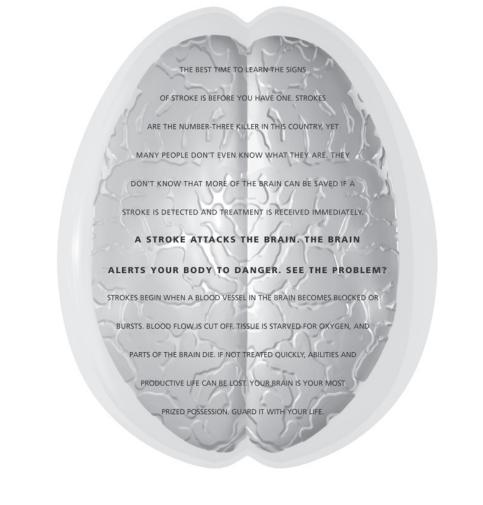
New cars typically come with a basic factory warranty that covers most components for at least 3 years or 36,000 miles (sometimes more), as well as separate warranties for items

Before purchasing an extended car warranty from the dealer or a third-party vendor, consider:

- If you plan to sell the car before the basic warranty expires, an extended warranty probably doesn't make sense; however, if you'll likely keep the car for many years, it
- Don't feel compelled to buy an extended warranty immediately. Policies can usually be purchased months or years later - although the cost will increase as the car ages.
- If buying an extended warranty through the dealer, find out whether it's backed by the manufacturer (which means you can go to any dealership throughout the country) or by a third party, which could limit your repair options considerably.
- Most carriers sell a variety of plans at varying costs, duration and mileage limits everything from basic powertrain-only policies to comprehensive bumper-to-bumper coverage.
- Ask whether the warranty can be transferred to a new owner - that'll boost resale value.
- Extended warranties are also available for used cars. They're more risky to buy than new cars and thus may be better candidates. However, the older the car, the more expensive and limited – the coverage likely will be.

As an alternative, consider putting the same amount into a savings account. That way, if the product breaks, you'll have enough money on hand to replace it. If not, you'll have a nice chunk of change.

Bottom line: If it will make you sleep more soundly, consider extended warranties for your major purchases. Just do your homework first and realize that peace of mind may cost much more than any repair bills you ultimately need.



WITH A STROKE, TIME LOST IS BRAIN LOST.

Ad

If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body . Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.

American Stroke Association

# Socorro ISD invites former students to return to school

By Christina Flores-Jones Special to the Courier

EL PASO COUNTY - Some 300 Team SISD educators walked the district's many neighborhoods on Sept. 19 to reach out to students who have left school and encourage them to return to school.

The second annual SISD Walk for Success, which included SISD Superintendent José Espinoza, board members, principals, and other staff members, was graduate from high school.

enough to show up at their door and encourage them to return to school," Dr. Espinoza said. "We want them to come back home."

coming to their homes and also connected with many parents who opened their doors to them.

"We contacted a lot of students and parents and we were able to leave them with great information on how to come back to school," said Corey Craft, SISD School Compliance Officer.

Team SISD members were reaching out to 300 students in the walk event. Team members were divided in groups to visit neighborhoods in each high a districtwide effort to recover school feeder area in the district. students who have left and help They made every effort to talk to them re-enroll so that they can the students themselves or family members who may know where "It means a lot to a student the students are, and explain to that someone would care the students how to come back to school and the assistance that Team SISD will provide for

> Victor Escalante, who dropped out his junior year, never expected

Team SISD talked to numerous to find Superintendent Espinoza can't get a better job," said "We're all here to help. It takes students who appreciated them and Eastlake High School Escalante, who wants to be a everybody to come together Principal Gilbert Martinez at his diesel mechanic. "With school, to help our students to be door to encourage him to return to school.

> "I am shocked," Escalante education." said. "Having their support and coming to my house really makes a difference. I never expected

such a positive impact on the young man that he plans to show up at the high school Monday ready to start again.

you find better jobs and better successful." opportunity. I need to finish my

connect with Escalante again and happy that he agreed to come back to school. Students Their inspiring support made need to know to keep working family," she said. "He got hard and that Team SISD is here to support them, he said.

"You have to come back up, back. We were able to help you have to keep fighting, don't "I know without school you ever give up," Martinez said.

Jennifer Chabre, a Paso del Norte School counselor, was Martinez was delighted to able to talk to a young man who had returned to school last year, but then dropped out again.

> "He left again to help his emotional when he saw us because he wants to come

> > See SISD, Page 5



SECOND CHANCE – Victor Escalante, center, agreed to return to Eastlake High School to re-enroll in school after a visit from (left to right) Board President Angelica Rodriguez, Mission Ridge Elementary School Assistant Principal Myrna Lopez-Patti, Eastlake High School principal Gilbert Martinez, Superintendent Dr. José Espinoza, Board Trustees Paul Guerra and Cynthia Najera.

# **PUBLIC NOTICE** TO ALL INTERESTED **PERSONS AND PARTIES:**

The West Texas County Courier office is closed.

The office will open again on Monday, October 12, 2015.

# **Notice of Public Meeting** To Discuss Fabens **Independent School District's State Financial Accountability** Rating (FIRST)

The Fabens Independent School District will hold a public hearing at 6:30 p.m., Wednesday, October 21, 2015 in the boardroom of the Fabens ISD Administration Building, 821 NE "G" Avenue, Fabens, Texas.

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

WTCC: 10/01/15 & 10/08/15

# **Notice of Public Hearing** to Discuss Tornillo **Independent School District's State Financial Accountability** Rating

Tornillo Independent School District will hold a public meeting at 5:30 PM, Wednesday, October 21, 2015, in the boardroom of the Tornillo Administration Building, at 19200 Cobb Ave., Tornillo, Texas 79853.

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

WTCC: 10/01/15 & 10/08/15

## Copier

From Page 1

the system's CO 2 emissions 57 percent, according to Toshiba.

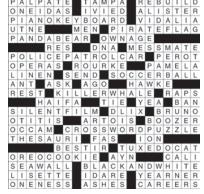
Besides being able to recycle toner and sort the paper to be reused, the copy machine has additional features including the digitalization of the content printed on a page, a USB flash drive port for direct printing, a touch screen display and printing speeds of up to 30 pages per minute.

Andrea Cortez, CISD Public Information Intern, contributed to this story.

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# **CryptoQuip** Answer

If a gecko became a whiz at black magic, would you refer to his skills as lizardly?

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### SISD

From Page 4

school. We showed him how as SISD counselors and school

HERE'S A TIP

When making pastry,

· "Keep rolls or breads

warm at the table with this OLD trick: Line your bread

basket with foil, shiny side

out. Drape a towel over that,

and snug the bread inside."

Want to know the secret

to great biscuits? Handle

the dough gently. The

more you mess with it, the

tougher the biscuits. If you

use a cutter, dip it in water

for each press, and DON'T

twist: You'll create a seal on

the edges that will hinder the

biscuit from rising, making it

"Got a dome on your cake?

Measure your ingredients well. Use a pan that is

big enough. And if all else

fails, use a thermometer to gauge whether your oven is

too hot. These things more

than any others will make a

cake pop up in the center."

· Here's a fun way to spend a weekend morning:

waffles! Make a double (or triple, or more) batch, and

make several varieties

blueberries, chocolate

chips, bananas, walnuts, strawberry, even pumpkin!

Lay them out in layers and

let cool. Stack separated

with freezer paper in

the freezer. They can be microwaved or toasted in minutes for an easy

· Self-rising flour or allpurpose? There's actually a

pretty easy way to tell which

is which. Self-rising flour has baking soda added to

it, which tastes salty. If

you're facing a canister of flour and the recipe calls for

all-purpose, give it a taste.

If it's self-rising, omit any

baking soda added to your

Send your tips to Now

Here's a Tip, c/o King

Features Weekly Service,

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JoAnn at heresatip@yahoo. com. (c) 2012 King Features

recipe.

Synd., Inc.

weekday breakfast.

E.A. in Mississippi

Making pancakes

denser.

- G.R. in Wisconsin

By JoAnn Derson

life."

and guide him to return to for Success began on Aug. 29

- start with cold ingredients; when making cakes and It was beloved American cookies, the ingredients should be room temperature. If you stick with this rule, you'll have lovely, flaky pastry and pleased." warm, fluffy cake!
  - Half of the Earth's surface is covered by the Pacific Ocean.
  - · Need more evidence that portion sizes in America are getting larger? In the 1964 edition of the iconic "Joy of Cooking," a recipe for chocolate chip cookies was said to vield 45 servings. When the cookbook's 1997 edition was published, the same recipe was said to yield 36 servings.
  - · The original name of the city of Melbourne, Australia,
  - · In the original calculations made by NASA experts, a landing on the moon was thought to have only a 5 percent chance of success.
  - two third-grade students in a one-room schoolhouse became sweethearts. At the end of the school year, Lorraine Beatty and Mac McKitrick lost touch with each other. This story would be unremarkable, except for what happened 87 years later. In 2009, their brothers, who had become friends, brought the couple back together again. Shortly thereafter. the married and moved in with each other in a retirement
  - The 12th president of Taylor, let his horse graze on
  - in 1610.

candy. Sentimentalists think They don't. They just want

F. Scott Fitzgerald

## STRANGE **BUT TRUE**

By Samantha Weaver

actress Katharine Hepburn who made the following sage observation: "If you always do what interests you, at least one person is

- was Batmania.
- In rural Wisconsin in 1921, couple home.
- the United States, Zachary the White House lawn.
- The oldest government building in the country actually predates the nation: The Palace of the Governors in Santa Fe, N.M., was built

Thought for the Day: "Youth is like having a big plate of they want to be in the pure, simple state they were in before they ate the candy. the fun of eating it all over again."

(c) 2012 King Features Synd., Inc.

he could do both: go to school and district staff conducted a or out-of-town. More than 500 school year. and work and be successful in call-out to reach out to students. phone calls were made during As a result of the call-outs, nine the call-out event. A precursor for the 2015 Walk students have re-enrolled in SISD schools.

enrolled in schools in the area Walk for Success graduated last give up on them."

Walk for Success initiative last to get all 300 students back to The phone calls also helped year, Team SISD recovered 74 school," Dr. Espinoza said. "No identify and locate many other students. Five students who matter what has happened in students who already have came back through 2014's their lives, we are not going to

"In my opinion, as long as we get one student back we were Throughout the district's successful, but we are aiming



Start! Walking. Start! Something. Heart disease is the number one killer of men

and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease? An easy way to work physical activity into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

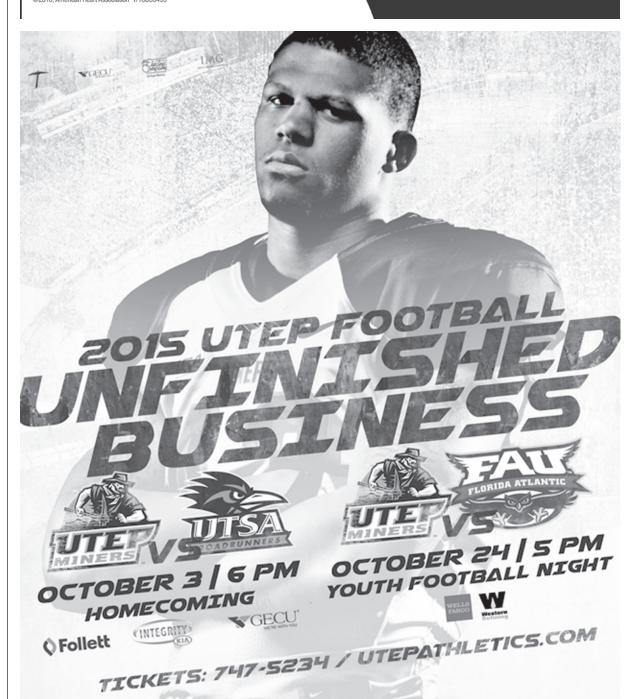
It's easy to Start! whether you're by yourself or with friends, family and co-workers. You'll all feel a difference and live longer, heart-healthier lives.

Join the movement.

heart.org/start



American Heart Association Learn and Live



# NCAA turns young athletes into business

By Steve Escajeda Special to the Courier

There's been a lot of talk lately about Donald Trump and the chances that he could actually become president.

There's no doubt that his popularity keeps growing, even after he says something controversial.

Polls have shown that one of the reasons Trump has resonated is because he's not a politician. He's a successful businessman who takes no prisoners, tells it like it is, is unapologetic and sticks to his guns.

You'll find all those qualities in business and none of them in politics.

How refreshing.

Trump is a brand that is known for success and innovation.

Another well-known American brand that has been around for decades is the NCAA.

The NCAA (a non-profit organization which generated nearly a billion dollars a year ago) has been the ruling body for college athletics for over a century.

Just going by those figures you'd think the NCAA was a well-oiled machine setting standards other entities couldn't wait to emulate.

Not so fast.

It's no surprise to anyone who follows college sports that the NCAA is the laughing stock of American megacorporations.

Every business has to sell something. And to sell something a business needs to build whatever it sells. And to build whatever it sells a business needs raw materials.

In the case of the NCAA, the raw materials are student athletes.

have the Final Four Tournament in football, or the College Baseball World Series, or March Madness, or any number of national championship events or tournaments.

And all those events and tournaments, as well as all the games leading up to those events, are what the NCAA sells – and for a lot of money.

works less and less like a business and more and more like government.

And wherever you find government, corruption is not far away.

From students, to professors, to coaches, to college boosters, to athletic directors, to college presidents and at times to actual politicians, everybody is always looking for ways to work the system.

It's simple, you hide something in your house and it's pretty easy to find. You hide something in a huge warehouse with thousands of boxes stacked one on top of the other - much more difficult.

In fact, so difficult you often say, "forget it," and eventually stop looking.

That's how big college athletics has become.

The only time anyone gets caught cheating the system is because a disgruntled member (who often didn't get theirs) turns the others in.

Aside from the blatant corruption, the NCAA is also known for its decisionmaking - which does not get good marks.

The organization makes money off the athletes, who receive pay in the form of getting thousands of dollars every semester that is used to pay their tuition.

Athletes also receive housing and food. But there are some who believe the addition to the free school.

The trouble the NCAA has caused is their ruling that makes it very difficult for rules. athletes to work outside of the school.

A scholarship athlete can earn \$2,000 in an academic year from outside work. That comes out to \$5.55 a day.

Things have gotten so bad that Northwestern University players fought expect from a politician. But as time has gone by, the NCAA to give college athletes the power to form a union.

> That idea, which probably would have destroyed college athletics, was shot down in the courts.

But the frustration level has grown to that extent.

Then there is just the sheer stupidity in college sports, like in August coming

Without the athletes the NCAA cannot athletes should receive a paycheck in out of Virginia Tech, where defensive coordinator Bud Foster brought up the idea of fining players money for breaking

> The NCAA and its universities cringe at the idea of paying players but Foster, and a few others who have since spoken out, think fining a player is a viable option.

Which is the kind of thinking you'd

There's no doubt that the idea of fining student athletes, whom the NCAA says are not employees in the first place, will quickly fade away.

But other than the college football playoff system, I can't remember the last time the NCAA had a good idea.

If Trump were here he'd tell them all, "you're fired."



"BUT WHATS WRONG WITH THE CURRENT SYSTEM?"

# A sporting view By Mark Vasto

# Havana daydreaming

Outside overlooking the library of Middletown High School South, and said, "Now, when I ask you, a daydreaming student in Ileanna how to ask me in Spanish 'where capture a glimpse of the football remember?" field and the concession stands particular day she stopped and looked out the window, too, then told a story.

our class made all of the students line up against the wall and turn our backs. She then told us to pray to God to give us ice cream. now, is no longer a closed-off So we prayed. Then she said turn nation for America. We just ran around. And there was no ice cream. Some of us started to cry. I was 6 years old."

You know how a good story can quiet a room? The normally rowdy class was silent.

"Our teacher, she told us to turn around a second time, facing around, there was an ice-cream life and defecting in order to Synd., Inc.

window, stand waiting for us."

With that, she looked at me,

So, Yasiel Puig, when everyone that form a neat ring around was heckling you in the outfield the perimeter. On most days, that one afternoon in Kansas and 1988 Olympic Games. They she would offer you some sort City, now you know the full would have loved to have seen of rebuke, "mira!" but on this story and reason as to why that one person eating an ice-cream cone in the bleachers, that guy who made you stop, turn around "One morning, the teacher in and look up in bewilderment, velled out "Hev Yasiel! Donde esta la biblioteca?'

Cuba, if you haven't heard by up our flag there a couple weeks ago. To most Americans, when we think about Cuba, we think about Kennedy and the Bay of Pigs. The Cuban Missile Crisis. Very good cigars and rum. Airlifts. Gitmo. Little Elian.

For Cuban athletes and Cubanthe wall. She then told us to ask Americans, thoughts of Havana Mark Vasto is a veteran Fidel Castro for ice cream. And dredge up far different feelings. sportswriter who lives in New we did. And when we turned For some, it meant risking your Jersey. (c) 2015 King Features

play baseball in America. Think about the stress you would feel facing a Major League hitter or pitcher on your best day. Now think about it with the thought that your family left behind may be in severe trouble because of your decision.

There's a heartbreak there Laurarri's Spanish class could is the library,' are you going to for many Cubans that is hard to understand. Their love of country is great, but they would have loved to participate in the 1984 the late, great Teofilo Stevenson fight Muhammad Ali. It almost happened, but Stevenson turned the fight down, saying the millions of dollars offered him was not worth losing the love of the millions of Cubans in Havana.

Well, now there will be plenty of things off the field to settle between America, Cuba and Cuban Americans. But finally, at long last, it doesn't mean people will have to risk their lives in order to play a game, and everybody can have an obscenely overpriced ice-cream cone.

# West Texas County

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## **Comix**

#### **OUT ON A LIMB** By Gary Kopervas



## AMBER WAVES By Dave T. Phipps









## THE SPATS By Jeff Pickering







## R.F.D. By Mike Marland











# Your good health By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I am (Aleve) also are helpful. They 84 years old, and I have spinal can cause stomach upset and pain. I would like to know more directions given for their use. about it. Will you furnish more Hot packs or cold packs might information? - T.P.

Spinal stenosis is a common older than 60 have it. The spinal the lower back. It's about the nature encased it in backbones – vertebrae. Running through the backbones is a tunnel, the spinal DEAR DR. DONOHUE: I just

of the tunnel. It happens mostly regions. Thickened ligaments surrounding the spinal cord or arthritic changes of the backbones impinge on the spinal cord or the nerves that spring from it.

the back, pain is felt there and stands for too long. People can ease the pain by bending forward at the waist or by sitting down. Bending opens the tunnel to give room. The amount of bend that works is the amount of bend a always resulted in death. person assumes when pushing a shopping cart.

(acetaminophen) for pain? It's safe when used as directed on the label. Nonsteroidal antiinflammatory medicines such as (c) 2012 North America Synd., ibuprofen (Advil) and naproxen Inc. All Rights Reserved.

stenosis, which is causing me stomach bleeding, so follow work. Try both, and see if either gets the job done.

At night, lying on your side back problem of older people. in bed with a pillow between It's said that 20 percent of those your knees lessens pain. A program of physical therapy cord is an offshoot of the brain, might help you turn the corner. and it travels from the brain to Ask your doctor for a referral. And finally, the opinion of a width of your little finger and is back surgeon will let you know extremely delicate. That's why if any surgical technique can bring you relief.

canal that serves to protect the received my grandmother's death certificate. It says: "Cause Spinal stenosis is a narrowing of death: uterine hemorrhage. Contributing cause: surgical in the neck and lower-back shock." She died in 1931 at the young age of 33. What does all this mean? -J.F.

Hemorrhage massive bleeding. She bled from her When the process occurs in uterus either during an operation or from a tumor, a twisted fibroid often in the buttocks or thighs. or an infection. Surgical shock The pain worsens if a person isn't a term used these days. Shock means that the bleeding was so great, her blood pressure dropped. Not enough blood could circulate to her organs, including the spinal cord some breathing her brain and heart. In those days, such a catastrophe almost

I'm guessing at the meaning of surgical shock. I take it to mean Have you tried Tylenol that the bleeding occurred during surgery.

# **Super Crossword**

#### **NOTHING IN** BETWEEN **ACROSS**

- Examine by touching, as for medical diagnosis
- 8 Florida resort port
- 13 Assemble again New York Indian
- 21 Like a vinecovered wall 22 Top celeb
- What an ivory tickler's hands are on 25 Kind of onion
- Reader (bimonthly digest) 27 Blokes
- 28 Jolly Roger Bamboo-eating cutie
- 34 Domination in slang 35 Hi-
- 36 Gene-splicing need 37 Army meal buddy
- 43 Siren-sounding vehicle
- 50 Politico Ross Shows at the Met 51
- 52 Actor Mickey 53 "Dallas" wife
- 54 Flax fabric FedEx or fax World Cup
- bouncer 59 Cookout pest 60 Query

- 62 In the past 64 Actor Ethan
- 65 With 40-Down, highway snooze site 67 Orca
- 71 Talks to a beat 75 Port near Nazareth
- 78 "For" vote
- 80 Prohibition 81 Chaplin movie,
- 86 Cato's 559 88 \_ Magli (shoe brand)
- 90 Inflammation of the ear 91 Stella \_ (lager
- brand) 93 Liquor lover 94 's razor ("keep it simple" maxim)
- 95 Cryptogram alternative 98 Synonym books
- 100 Scale notes 101 Charged bit 102 Rouse
- 104 Pet that looks like it's wearing a mask 110 Often-twisted treat
- 115 Author Rand 116 City in Colombia 117 Breakwater embankment 118 Descriptive of 10
- 17 Skywalker answers in this puzzle 123 Vienna-born Dona'

- photographer Model 124 "\_ you!" (cry of challenge)
- 125 Longing person 126 Marital state 127 Campfire residue
- 128 Professions
- 1 High fly ball Baker of soul 3 "Blue" singer
- Rimes 4 Longed 5 Kerfuffle
- 6 "And we'll \_ a cup o' kindness yet...": Burns
- 7 WNW opposite 8 Italian river 9 Bard of \_
- 10 Hamm with a 56-Across 11 Suspects' humiliating escorts
- 12 Include as a 13 Devastating damage doer 14 High classes
- 69 one's time 16 Flyboys' org. "\_ never fly" 73 Comic strip segment
- 18 Twin of Luke 19 Lag behind 24 Sumac from Peru 29 "\_ Lama Ding

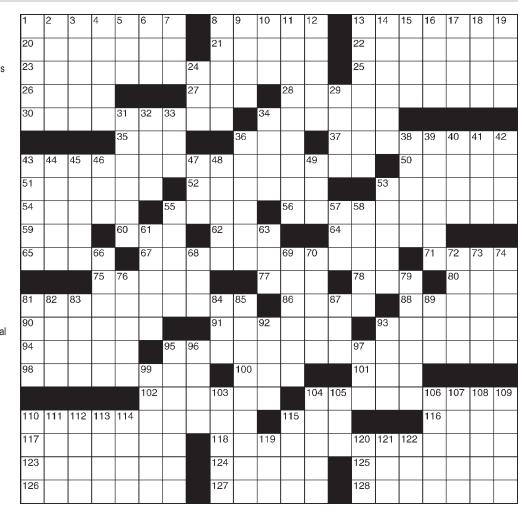
- Secret things 32 They sting Psychic "gift" 33
- about (close to) Hard laborer 38 Kindle
- 39 Person in the club 40 See 65-Across
- 42 And the like: Abbr. 43 Arctic
- 44 Offer views Pre-Easter times 46 State of rage
- "Right you \_!" 47 48 Concerning musical pitch
- 49 Corp. kingpin 53 Fly-catching bird 55 Light boat
- 57 Third of a dance move 58 Flower part made up of sepals
- 61 Comedy bits 63 Meal crumb 66 Letters before iotas 68 Chou En-\_
- Surviving wives 70 Sun: Prefix 72 Activity-filled
- 74 Sleep loudly 76 Life principle 79 Teem (with)
- 81 Flue buildup 82 Have a yen

- 83 Pet pests China's -tzu 85 Famous Amos
- 87 Loc of 75-Across
- 89 Peri's role on "Frasier 92 Bygone ruler
- org. 95 Some
- Louisianans 96 Jeopardy 97 Ten, in Dijon 99 Letter-shaped
- fasteners 103 Leg bone 104 Small kids 105 A, in Spain 106 Earthy hue, to a

Brit

- 107 "Alfie" star Michael 108 Adjust 109 Theater rows
- 110 Norwegian capital 111 Bridle part 112 Soothe 113 Actor Wilson 114 Oscar winner
- Blanchett 115 Four roods 119 Jacuzzi sigh 120 TriBeCa site
- 121 Narcs' agcy. 122 Do battle

**Answer Page 4** 



#### MOORE TEXAS

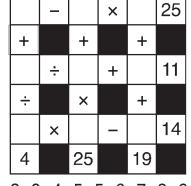
by Roger Todd Moore

The folks of UNCERTAIN, TEXAS are absolutely uncertain about the origin of their town's name...really.



#### 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!

5 5 6 7 8 9

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Answer Page 4

# Weekly **SUDOKU**

by Linda Thistle

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

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

### **DIFFICULTY THIS WEEK: ★**

★ Moderate ★★ Challenging \*\*\* HOO BOY! Answer Page 4

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## Social Security Q&A By Ray Vigil

# Social Security Matters

Social launched a new blog in August, organized sections. This way Social Security Matters, we think Social Security Matters. This is our location for engaging with you are looking for. you by answering questions and interactive way. This is in articles that explain how our conversation is growing every where you'll see the latest Social Security news, like added helpful tips about retirement and help us serve the public more and a big part of that is listening other benefits, and much more.

updates that affect retirement, the important work we do. survivors and disability benefits, user-friendly - tags categorize updates."

recently the topics you care about into you will always find the answers of you with every new post. Our

and concerns in a more sharable us to speak to a broad audience questions of us to address. The programs and services affect you. And the blog lets you provide features to my Social Security, meaningful feedback that can effectively. The blog will also to what you have to say. Come Think of the blog as a be a platform for interviews with see what matters to you at blog. dashboard for the latest news and experts and a way to spotlight socialsecurity.gov.

You know how much we matter veterans, the chronically ill, to our beneficiaries. We'd like For more information on any and anyone entitled to our you to share that news. Social of the subject above, visit our broad range of services. We Security Matters lets you share website at www.socialsecurity. already communicate with you our posts on social media with gov or call us at 1-800-772using Facebook and Twitter. a click of a button. Additionally, 1213. If you have any questions This new blog is a meaningful you can subscribe to our blog that you would like to have enhancement to our social and get Social Security news answered, please mail them to media outreach. Social Security as it happens. Simply select the Social Security Office, 11111 Matters is easy-to-navigate and the blue button titled "Get blog Gateway West, Attn: Ray Vigil,

You matter to us, and with comment section allows you Social Security Matters allows to voice your thoughts and ask day. No matter what, we want to know that we are doing our

absolute best to serve you,

El Paso, Texas 79935.

## MOMENTS IN TIME

The History Channel

Mason and Jeremiah Dixon well as areas that would become

On Oct. 18, 1767, Charles Pennsylvania and Maryland, as
On Oct. 21, 1797, the USS

boundary at a northern latitude of 39 degrees and 43 minutes.

#### Constitution, a 44-gun U.S. complete their survey of the Delaware and West Virginia. The Navy frigate built to fight Barbary boundary between the colonies of Mason-Dixon line created the pirates off the coast of Tripoli, is launched in Boston Harbor. During the War of 1812, the Constitution won its enduring nickname "Old Ironsides" after witnesses claimed that the British shots merely bounced off the Constitution's sides.

#### • On Oct. 19, 1931, David Cornwell, later known as spy novelist John le Carre, is born in Poole, England. He published his first spy novel, "Call for the Dead," in 1961. The novel, like his second, "A Murder of Quality" (1962), featured spy George Smiley.

 On Oct. 15, 1946, Herman Goering, commander in chief of the Luftwaffe and head of the Gestapo, dies by his own hand. He was found guilty at Nuremberg and committed suicide by swallowing a cyanide tablet he had hidden from his guards.

#### On Oct. 20, 1968, 21-yearold Oregonian Dick Fosbury wins gold medal and sets an Olympic record when he highjumps 7 feet, 4 1/4 inches at the Mexico City Games. It was the international debut of Fosbury's unique jumping style, known as the "Fosbury Flop," which, according to one journalist, "looked like a guy falling off the back of a truck."

• On Oct. 17, 1973, the Arabdominated Organization of Petroleum Exporting Countries (OPEC) announces a decision to cut oil exports to the United States. In December, a full oil embargo was imposed, prompting a serious energy crisis and gasoline rationing in the United States.

# 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.

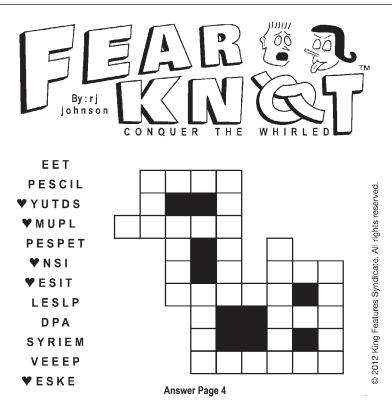
Clue: M equals A

ZN M DXRVC GXRMIX M YWZL MK GTMRV IMDZR, YCHTP UCH EXNXE

KC WZJ JVZTTJ MJ TZLMEPEU?

Answer Page 4

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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 ( f v ) 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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