



NEWSBRIEFS

\$3 billion swindle

Want to know why seniors have become favorite targets for scammers, asks the Association of Mature American Citizens. The answer is simple: the haul is worth more than \$3 billion a year. Identity theft tops the list of rip-offs followed by phony debt collection schemes, according to the Federal Trade Commission.

— John Grimaldi

Service

The yearly community non-denominational Thanksgiving church service will be held at Bond Memorial Methodist Church, 221 McKinney St in Clint on Sunday, Nov. 22, 2015 at 6:30 p.m. All area residents are invited to attend. This service is co-hosted by Clint First Baptist Church. There will be food and fellowship after the service. For information: 851- 3939 851-8144

— Erma Nelson

Workers benefit as they grow old

We’ve all heard the notion that it’s best to keep busy as you grow older, but now a massive study conducted by the University of Miami offers proof, according to the Association of Mature American Citizens. Researchers studied data on more than 83,000 seniors over a period of 14 years and found that those who were idle in retirement were not as healthy as those who worked to one degree or another. In fact, those with demanding jobs were among the healthiest. The research report concluded that: “Older adults who continue working tend to be much healthier across multiple health outcomes, but perhaps providing better workplace accommodations for older adults with functional limitations would allow more of them to join the ranks of their healthier peers.”

— John Grimaldi

Wanted

A vehicle is burglarized at an east El Paso apartment complex and a man is recorded using credit cards taken in the burglary. Investigators from the El Paso Police Department are asking for your help in identify this burglar through the Crime Stoppers. On the

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There is a time when silence is the best way to yell at the top of your voice.

— Quips & Quotes



— Photos by Alfredo Vasquez

OPEN SPACE – The 11-acre Centennial Plaza features several large lawns, drought-resistant plants, arroyos, desert features, and the new hand-carved and hand-painted Lhakhang cultural center, a gift from the Bhutanese people to the United States. The plaza’s landscape uses reclaimed water and plants that require little water.

Centennial Plaza enhances UTEP campus

By Alfredo Vasquez
Special to the Courier

ELPASOCOUNTY—With the widening of Sun Bowl Drive, construction of the Spur 66 flyover bridge (named in honor of the 1966 championship basketball team) that connects Paisano Drive with Schuster Avenue, and the completion of the Centennial Plaza, the University of Texas at El Paso (UTEP) campus has been transformed into a creative, accessible public transport fairway.

The Sun Bowl Drive and Spur 66 projects were designed, specifically, to accommodate UTEP’s plan for an

interior campus with a pedestrian-friendly, open space landscape that was completed this summer. UTEP officials originally wanted the new plaza in time to commemorative the university’s one hundredth anniversary which was celebrated last year (2014).

Nonetheless, taking almost two years to complete, the middle of the UTEP campus has been totally transformed. The old sidewalks and streets have been replaced with arroyos, fire features, drought-resistant vegetation, rock structures, a natural amphitheater and a hand-carved, hand-painted Lhakhang — a Bhutanese temple structure gifted to the people of the United States and the only one of its

kind outside of Bhutan.

The Lhakhang features various hand-painted images and statues that tell a story important to Bhutan’s history. Bhutan exhibited the structure at the Smithsonian Institution’s Folklife Festival in Washington, D.C., and then gifted it to the United States with instructions that it be permanently installed at UTEP.

UTEP officials estimated that the transformation of the 11-acre campus plaza cost about \$22 million.

As for the new roadwork, UTEP President Diane Natalicio credited the Texas Department of Transportation (TXDOT)

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ANOTHER VIEW – The concrete from the old parking lots was reused to make walkways and benches.

Finances

By Nathaniel Sillin

Think twice about spending that bonus

When is a bonus not a bonus? When you fail to think about what that extra income will mean to your overall finances. I don't mean to spoil the fun. Bonuses, particularly if they

recognize your great performance during the year, are rewarding in a number of ways beyond money. It means your work is being noticed and you might rise higher in the organization – always a good thing.

However, in many organizations, bonus compensation has developed and transformed to a new entity, very different from how it was a generation ago. So before you book your dream trip to an exotic beachfront resort, take a closer look.

According to human resources and management consulting firm Aon Hewitt, (<http://www.aon.com/human-capital-consulting/>), some 90 percent of employers have either implemented or are considering something called “variable pay systems” that mean a greater reliance on “incentives, bonuses and cash awards,” to reward high-performing employees.

Employers are signing on because it helps them slow the

growth of overall payroll, which is the biggest fixed cost in any business. It also offers a way to boost performance among workers at all levels.

What do one-time bonuses or a conversion to a variable-pay system mean for you? Potentially, this could result in changes to your tax situation, the overall value of your employer- and government-based benefits and therefore, your long-term financial picture. Here are some questions to ask:

What kind of bonus is it? Make sure you understand whether a bonus is a one-time award or a shift to an ongoing bonus system. This is a money and a career question. If you are going to be evaluated under new benchmarks and measurements for work you've done every day, you should fully understand these new guidelines and how you can maximize them in your best interest.

Get qualified advice. A one-time bonus or a long-term

change in the way you're being compensated is an important financial event. Consider speaking with a qualified financial planner or tax expert about any bonus news you receive and see how they think you should handle the money. Keep in mind that the Internal Revenue Service generally considers bonuses as supplemental wages that can be taxed at a higher rate. Check IRS Publication 15 for more detail. Keep in mind that your salary level – not extra money you get from bonuses or other incentives – provides the basis for calculating your employee benefits and what a lender might offer for mortgages or other credit. In some cases, it might be better to save or invest that bonus than to spend it outright.

Ask questions. Read any paperwork that accompanies your bonus information, write down questions and take them to your employer's designated human resource representative or manager directly.

Be practical, but don't forget

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Veterans Post

By Freddy Groves

YMCA programs for vets

Have you been to the Y lately? Did you know there are special programs there for veterans?

The alliance between the armed forces and the YMCA goes back to 1861, in Abraham Lincoln's day, when YMCA members provided relief services to the military in local encampments. The Y also offered education scholarships long before that benefit was established for veterans and active-duty personnel. The relationship has continued all these years.

In 1984, the YMCA and the Department of Defense established a Memorandum of Understanding, which was renewed in 2004. And now, the VA and the YMCA have expanded their partnership to promote the health and well-being of veterans and their families.

Who knew? The expanded agreement pairs Veterans Benefits Administration regional offices and Veterans Health Administration facilities with YMCAs to make sure veterans are hooked up with resources in their communities, as well as their families and caregivers.

Not every YMCA site has the veterans program.

The variety of programs is broad. This summer a new program started that provides career opportunities for veterans on public lands protecting natural and cultural resources. Some YMCAs have started scuba experiences for wounded veterans. Others sent the kids and families of veterans to camp.

Typical programs can include health and fitness, aquatics, camping, family, childcare, arts, community development, sports and teens, as well as LIVESTRONG (healthy living and fitness help) and Healthy Kids Day. Some locations have diabetes prevention programs, youth after-school, preschool enrichment, aerobics and indoor track, cross training and more.

To find a YMCA near to you, go online to www.ymca.net/military-outreach, scroll and click on “Find a Y Participating in the Military Outreach Initiative.” Put in your ZIP code and then select “Show only Ys participating in the Military Outreach Initiative.”

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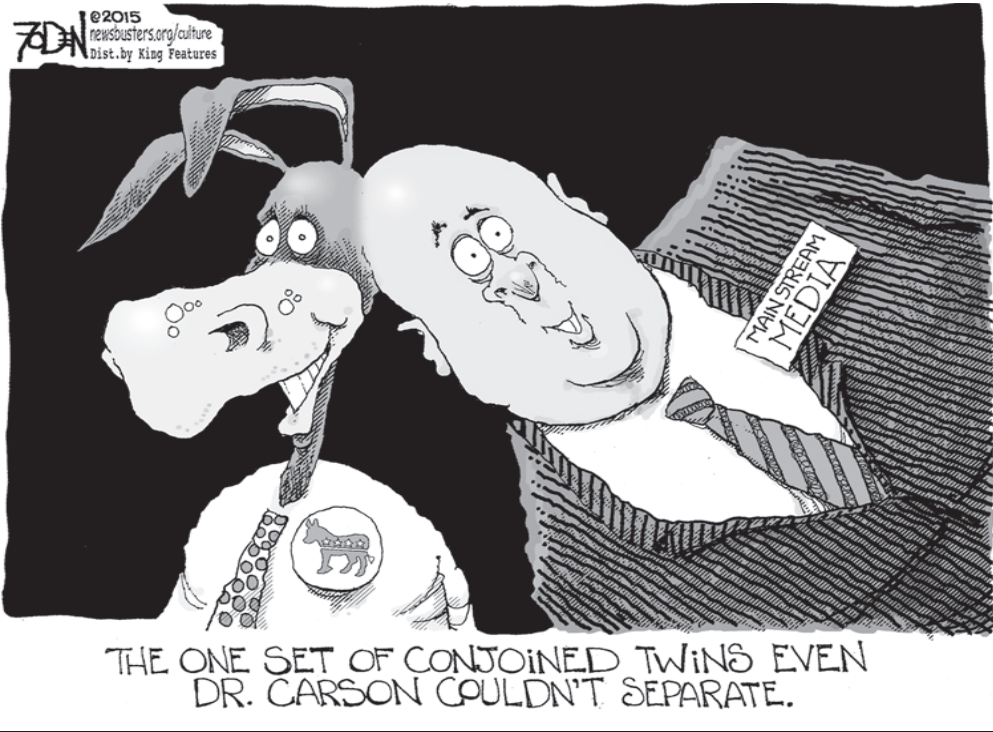
Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Don Woodyard
Steve Escajeda



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– Photo courtesy Fabens ISD

OFFICERS – From left, Gabby Gandara, Julieta Banuelas and Yolanda Aguilar were named to the Fabens HS TSTEM Advisory Board.

Fabens HS holds T-STEM meeting

By Emma Perez
Special to the Courier

FABENS – Fabens HS T-STEM (Texas – Science, Technology, Engineering and Mathematics) Academy hosted its first Advisory Board meeting on October 28, 2015.

The support has been overwhelming with numerous organizations and community members involved. Representatives from Boeing, El Paso Electric Co., Ysleta ISD, Clint ISD, El Paso ISD, Fort Bliss, El Paso Harmony Charter School, UTEP, Region 19 as well as local business leaders were in attendance.

The T-STEM designation will expose students to rigorous science, technology, engineering, and math curriculum. Furthermore, the collaboration and guidance from the T-STEM Advisory Board will open additional doors that result in internships, shadowing STEM professions, and collaborating with other STEM schools and higher education institutions. This program is an excellent

pathway to a future employment opportunities by educating students in STEM disciplines.

Fabens ISD and the community have been ready for this journey said FISD Superintendent Poncho Garcia, “We are excited that many want to be involved and join efforts to see our students be successful.”

Orlando Flores, FISD Board President is very excited that Fabens HS was designated T-STEM. Given his professional experience, he also expressed the possibilities of extending the program to agricultural and cyber science experiences that work with STEM. He said he would participate, support and guide any efforts where he could.

Newly selected officers to the T-STEM Advisory Board include:

- Mr. Gabby Ganda, UTEP, Chair of TSTEM Academy;
- Ms. Yolanda G. Aguilar, El Paso Electric, Vice-Chair of TSTEM Academy; and
- Ms. Julieta Banuelas, Fabens HS Teacher, Secretary of TSTEM Academy.

View from here By John Grimaldi

Obamacare co-op failures signal more trouble for the president’s signature law

President Obama may be able to veto attempts to repeal the Affordable Care Act, but the question is: can he forestall the eventual collapse of Obamacare due to financial mismanagement.

News reports [last] week have focused on the enormous economic pressure under which Obamacare is operating, including the announcement by regulators in New York that the state’s Health Republic health care co-op is under investigation.

Regulators there are looking into charges that Health Republic underreported its debt and that it misrepresented its financial viability. The co-op is the largest of 23 such insurance providers that were established across the U.S. under the ACA. Thirteen of these co-ops, including Health Republic, have gone under over the past two years.

“It is estimated that the Health Republic debacle will cost tax payers \$355 million. The Obama administration provided an initial \$265 million for the establishment of the co-op and then an additional \$90 million in emergency funding,” according to Dan Weber, president of the Association of Mature American Citizens. “So much for reducing health insurance costs.”

The co-ops were among the Obamacare insurance companies being touted as examples of the success of the health care

law in providing the kind of competition that would result in lower premiums across the board. Many of them exceeded their enrollment projections and then they failed because they got their customers by low-balling premiums, according to the Wall Street Journal.

“You don’t have to be a bankruptcy specialist on par with Donald Trump to understand that loading up on clients who are consuming health care but aren’t paying close to full freight is unsustainable,” the Journal explained in an article this week.

Weber pointed out that the country, as a whole, will feel the impact of the collapse of the co-ops because taxpayers are picking up the tab. But those dependent on Obamacare for health care coverage will be hit the hardest because the co-op failures are, at least in part, responsible for the spike in 2016 Obamacare premiums.

“Of course, those who purchased health care insurance from co-op providers, particularly the poorest among them, will be hurt the most, despite the claim that the ACA would make health insurance affordable. In the case of New York’s Health Republic, hundreds of thousands of policy holders were told on October 30th that they had just about a month to find a new provider at new rates.”

Plaza

From Page 1

for funding and creating the highway infrastructure and other improvements in and around campus that allowed UTEP to proceed with closing University

Avenue, removing vehicle traffic through campus, and making the campus safer for pedestrians. Before UTEP celebrated its 100th birthday, TxDOT had already started addressing some of the safety issues, such as congestion at Schuster Avenue and Sun Bowl Drive that often

caused traffic on Interstate 10 to back up almost to Downtown El Paso. The state agency also helped UTEP address pedestrian issues. Meanwhile, UTEP pitched in by building more parking garages on the outer edges of the campus. The University of

Texas System also allocated an estimated \$10 million toward the campus transformation. The beautiful Centennial Plaza should help with student recruitment and retention, and should knit the campus together into a unique and appealing environment.

STRANGE BUT TRUE

By Samantha Weaver

• It was Scottish novelist and politician John Buchan who made the following sage observation: “We can pay our debt to the past by putting the future in debt to ourselves.”

• The general board of the prestigious University of Cambridge has recommended that the institution hire a Professor of Lego. Yep. The lucky academic will head up the Research Centre on Play in Education, Development and Learning. On a related note, Cambridge recently received a donation of more than \$6 million from the Lego Foundation.

• If you happen to have 40 billion Lego bricks lying around, you could, theoretically, build a tower to the moon.

• Single-shot coffee makers like Keurig are increasingly popular, but the inventor of the K-Cup coffee pods doesn’t actually use them himself. John Sylvan says, “I don’t have one. They’re kind of expensive to use.” He added, “It’s not like drip coffee is tough to make.”

• Beloved British author Charles Dickens was forced to go to work at the age of 11, pasting labels on bottles of shoe polish in a boot-blackening factory. Soon after, his father was put in debtors’ prison, and when his mother and siblings went to live with him there; young Charles was left to live on the streets and fend for himself. It’s not surprising, then, that after Dickens achieved the great success he enjoyed as a writer, he was an ardent campaigner for children’s rights.

• If you plan to become a patriotic citizen of Greece, I hope you have a good memory: The Greek national anthem has a whopping 158 verses.

Thought for the Day: “The greatest analgesic, soporific, stimulant, tranquilizer, narcotic and to some extent even antibiotic – in short, the closest thing to a genuine panacea – known to medical science is work.”
– Thomas Szasz

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View from here

By Elizabeth Lee Vliet, MD

Trump is right on illegal immigration

Your medical care is at risk

Donald Trump, the leading Republican Presidential candidate, appeared on Saturday Night Live recently in a comedy sketch including a focus on the problem of illegal immigration. Trump’s stand on illegal immigration has been criticized by both Democrats and Republicans. But the problem of illegal border crossers is no joking matter.

Donald Trump is right about this: illegal immigration is one of the most serious threats to national security, American sovereignty, and economic stability.

Even Trump, however, has not yet addressed the even more serious medical dangers of illegal immigration for Americans. Consider:

- The invisible travelers coming across the border with the people: bacteria like tuberculosis (TB), viruses such as EVD-68 that killed so many US children in 2014, Ebola, West Nile, dengue fever, parasites, and fungal illnesses;
- Delays in access to medical services for Americans with longer waits to see doctors, especially for Medicaid patients; and
- Long waits in Emergency Rooms jammed with illegals waiting for care at US taxpayer expense.

The vastly higher costs for states to cover Medicaid services designed to provide medical care for low-income American citizens, but now expanded to serve those here illegally as well.

Legal immigrants are medically screened. Adequate testing is the cornerstone of protecting our citizens from devastating diseases previously eradicated or unknown in the U.S. Because of our outstanding public health and medical systems, most Americans do not worry much about infectious diseases. But infectious diseases remain the leading cause of death worldwide, and are in the top ten causes of US deaths.

TB in the U.S. is mostly an “imported” disease brought by people coming from countries where it is widespread, unlike the US. CDC data for 2013 showed that 64 percent of the TB cases and 91 percent of all MDR-TB cases in the U.S. occurred in foreign-born people, whose TB rate is 11 times higher than people born in the U.S.

TB is most serious disease threat – both from medical and economic impact. TB is highly contagious – you catch it anywhere around infected people: schools, malls, buses, etc. Worse, the multidrug-resistant TB (MDR-TB) that is increasing across our borders requires a complex, extremely expensive treatment regimen that has serious side effects and a low cure rate.

The staggering cost impact of MDR TB is shown in the Centers for Disease Control (CDC) data:

- *TB Treatment Period: 6-9 months, cost \$17,000;
- *TB Multi-drug Resistant: 20-26 months, cost \$134,000; and
- *TB Extreme Multi-drug Resistant: 32 months, cost \$430,000.

Biological agents like viruses and bacteria are not like radiation-based weapons that decay continually once released, or chemical weapons that are degraded in the environment and require threshold concentrations to be deadly.

Disease-causing agents have doubling times,

not half lives for decay. Disease agents – bacteria, viruses, fungi – continue to exponentially increase the spread of infection as long as there are people to be exposed.

Elderly, children, immunosuppressed cancer-patients, and patients with chronic lung disease or congestive heart failure will be hardest hit by exposures to difficult-to-treat diseases from other countries. Everyone is at risk, however, especially from MDR-TB. Based on CDC cost data, a large-scale outbreak of MDR-TB in the US could lead to a public health crisis plus loss of employee productivity that could cost billions of dollars. Our medical systems are already hard-pressed to serve American citizens, and are likely to be overwhelmed by the surge in illegals.

The tsunami of illegals has not caught the government unaware. Shelley Kais, candidate for Arizona Senate, said: “What most Americans don’t yet understand is that the arrival of tens of thousands of Central Americans along the Southwest border is no surprise: not to the president, not to the federal government’s Office of Refugee Resettlement (ORR), not to the many other federal agencies whose budgets have increased in recent years in preparation for it, and not to Congress, which approves those budgets. I reached this conclusion following a thorough analysis of budgets for the Department of Health and Human Services and discovered compelling evidence that our president, executive agencies – even Congress – knew about and planned for the illegal immigrants now flooding our border.”

Illegals still impact Arizona and Texas first, but they are rapidly being dispersed across the country into your state, at taxpayer expense. There is almost no tracking of who is going where, or what diseases they may be carrying, or how communities will have resources to identify and pay for treatment of these diseases.

Trump is right. If we add the medical threats to the economic and national security threats he has raised, we see a “perfect storm” being created that can collapse the medical system with new demands that cannot be met and will jeopardize medical care for millions of Americans.

Illegal immigration is not a victimless crime. All taxpayers – and all patients – are its victims. Diseases don’t stop at borders. Diseases don’t discriminate based on political affiliation.

Donald Trump is not joking. He is spot-on correct in identifying the dangers to Americans from illegal immigration.

**Source: CDC website.*

Elizabeth Lee Vliet, M.D., Dr. Vliet is Chief Medical Officer of Med Expert Chile, SpA, an international medical consulting company based in Santiago, Chile whose mission is high quality, lower cost medical care focused on preserving medical freedom, privacy, and the Oath of Hippocrates commitment to individual patients. She also has an active US medical practice in Tucson, AZ and Dallas, TX.

Briefs

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morning of Monday, Oct. 26 2015, the victim found that his car had been burglarized and various items, including a wallet and a duffel bag were missing. The incident is believed to have happened between, Sunday night Oct. 25, and the early morning hours of Monday, Oct. 26, 2015 at the High Ridge Apartments located at 9353 Viscount. On that same day, the victim’s credit cards were used at various businesses in El Paso’s Mission Valley including the Love’s Truck Stop at I-10 and Horizon Blvd. and the Walmart in Horizon City. The suspect recorded using credit cards is described as a Hispanic male, in his 30s or 40s, heavysset, wearing dark colored hooded sweatshirt with a logo on the front. The suspect drives a gold or silver 1990s model Honda Accord. Anyone with information on the identity of this burglary is asked to call Crime Stoppers of El Paso immediately 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

Finances

From Page 2

the fun. Consider treating your bonus like your paycheck – evaluate what essential needs should to be addressed first and figure out what you can spend for fun.

Make a change if you need to. As more employers adopt variable pay and performance grading systems, consider issues beyond the money. For example, if you are doing work you love, will meeting new performance targets change how you feel about your job? Are you ready to take on the challenges of a workplace where you’re graded and evaluated in a different way than you are used to? In some environments, new employee compensation methods can be liberating and financially rewarding; in others, it can make it tougher to stay. See where you stand, and if changing jobs might be worthwhile, consider looking for a better opportunity (<http://www.practicalmoneyskills.com/personalfinance/lifeevents/work/landingjob.php>).

Bottom line: The way workers are being paid is changing. It’s important to understand how one-time or annual bonuses might affect your long-term finances.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It’s always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

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Sports world, unfortunately, returns to 1972 extremism

By Steve Escajeda
Special to the Courier

For many, the chance to attend sporting events is a way of taking a rest from the daily stresses of everyday life.

It's a chance to get rid of frustrations for two hours. Cheering, booing, standing, sitting, clapping and yelling, it can be a real workout.

It's a chance for parents to pack up the kids and take them to a sporting event that can be both entertaining and instructional. The lessons in the rewards of hard work, and the acceptance of defeat, can be applied to all walks of everyday life.

Attending a sporting event as a community can bring great multitudes of people together who otherwise probably wouldn't have much to do with each other.

The chance to get away from the real world and watch athletes compete in a game is one of the great releases and passions on this big blue planet.

Unfortunately, so are death, destruction and mayhem.

And both of those worlds came crashing

together last Friday in Paris, France.

While the French and German national soccer teams were going at it in an international friendly match at the Stade de France, explosions could be heard from inside the stadium about 15 minutes after the game started.

Of course we all know now that the commotion heard by the soccer fans was just one of many attacks on Paris by Islamic terrorists.

The attacks, which were the deadliest on French soil since going back to World War II, left at least 129 dead and the world stunned and struggling for answers again.

Answers to questions like what is it that makes human beings act as barbarically as that? What can be done to stop this behavior? What can be done to protect citizens from attacks like this at a heavily populated venue?

A question that should never even be considered is whether it's going to be safe at the football, baseball, basketball, or whatever game anyone is attending anywhere in the world.

The whole goal of terrorism is not to kill or injure, that is just a process that gets to the actual goal. The real goal to

enact change and the most efficient way to enact unwanted change is through fear.

In this case, changing because of the fear that this sort of thing can happen in your area.

One of the most chilling realities about these particular attacks is that they almost achieved the unthinkable.

It turns out that at least one of the terrorists had a ticket to the soccer match and was in line waiting for his turn to get in. Fortunately, it was discovered that he was wearing a suicide vest and authorities tried to apprehend him.

Unfortunately, the coward was able to detonate his explosives before he could be subdued.

That was undoubtedly one of the explosions the crowd in the stadium heard.

But can you imagine what the scene would have been like had he been able to access the stadium and then detonate his bomb in the crowd.

Video cameras and cell phones would have captured the carnage from different angles and distances, which of course would serve the objectives of the terrorists.

The more coverage, the better.

Let's face it – the time when something like this happens at an American stadium is inevitable. It's impossible to keep 100 percent of the people safe, 100 percent of the time.

Living in a free society makes it that much easier for bad guys to accomplish their deeds.

So what's next? What can friendly nations do to protect themselves from groups of people who have no respect for their own lives, let alone those of their sworn enemies?

Once the United States totally changes its way of doing business does it then cease being the United States?

There was a time that sports venues were off limits to this kind of incident. But I guess all that ended in Munich in 1972. Now, as long as it's high profile and full of potential targets – anything goes.

What happened in Paris last week was a disgrace and another clear illustration of what man is capable of doing to his fellow man.

It's a travesty and unless there's a miracle in the works, this deadly behavior appears to be just beginning.

A sporting view By Mark Vasto

Fight Tiger

When it came to the demands of a graduate student on a hunger strike and a football team on a general strike, exactly what did University of Missouri system President Tim Wolfe not know, and when did he not know it?

By now, you cannot be pardoned if you are unaware of the continued racially motivated unrest that appears to be occurring in Missouri on a regular basis. Ferguson, a satellite city of St. Louis, for instance, has managed to appear in the news once or twice during the past few years. Did you know that Ferguson is the birthplace of former Doobie

Brother Michael McDonald? No, you probably didn't. That's because the lame-stream media chooses to focus on the negatives, narrowly focusing on the fact that the city also happens to be the death place of former black resident Michael Brown.

But let us give credit to Tim Wolfe for being both color blind and tone deaf. There were racially motivated incidents on the University of Missouri campus in Columbia. Wolfe allegedly was a direct participant in one of the incidents. When he resigned, he said he did so out of "love" and he looked genuinely

shocked at the level of concern. There was a kid STARVING himself to death on campus for eight days by that time, and the entire Missouri football team was about to surround the chancellor's residence at Providence Point. How clueless was this guy? Who was his adviser? Rasputin? Did he pose for one last picture with his family in the basement?

Missouri is lucky in the fact that it has a solid governor in Jay Nixon. Nixon, who sent the tin soldiers into Ferguson to quell violence and unrest while napalming CNN's Don Lemon – a time-tested, fail-proof tactic that always leads to de-escalation and hugs all around in riot situations – approved of Wolf's resignation.

Echoing the words of former United States President Richard

Nixon, who once famously resigned office in order to "hasten the start of that process of healing which is so desperately needed in America," Gov. Nixon (no relation to the former president) wrote that Wolf's "resignation was a necessary step toward healing and reconciliation [in] Missouri" while outside, on campus, students literally were singing "We Shall Overcome." The only thing missing was Crosby, Stills, Nash and Young.

Say what you will about Missouri, but make sure to give credit to the students there (I studied at UMKC myself

for a time) and to the athletic department. In an intolerant world, this is the program that supported LGBT rights by supporting Michael Sam, and they have become, as far as I know, the first football team to ever kick a sitting university president out on his ass.

Keep up the fight Tigers... right behind you... everyone is with you.

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



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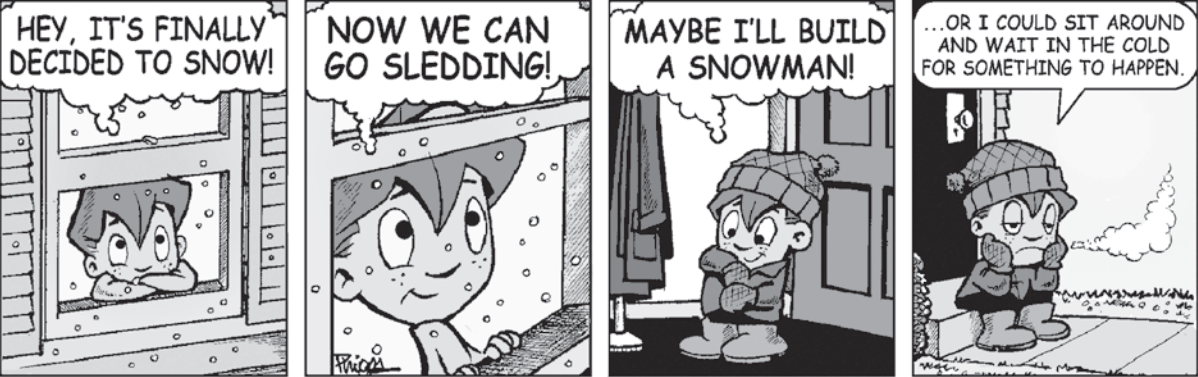
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: I'm 87 and have an enlarged prostate. When I get the urge to urinate, which is often, I have to go at once. Do you think that taking a bladder-control medicine would interfere with the Cardura (doxazosin) I'm taking to keep my urine duct (urethra) open? It's getting to be a big problem. Hope you can help me. – CB

systems that deteriorate with age could benefit from eating nuts. Unfortunately, eating nuts or peanuts results in constipation that can last for days. Foods with dairy or egg components give me the same problem. Do I do myself a disservice by not eating nuts? Should I consider episodes of constipation worth the benefits? – J.M.

Both men and women can have urinary urgency (the sensation of needing to go right away), and sometimes this can lead to accidents. In women, the problem usually is attributed to bladder spasm, and in men it may be attributed erroneously to the prostate. Of course, it is possible to have both prostate problems like benign enlargement of the gland and bladder spasm, but oftentimes the problem in men is solely the bladder.

Some people need treatment for both, and there are no interactions I could find between doxazosin and bladder spasm agents like Detrol (tolterodine) or Ditropan (oxybutynin).

The booklet on men's health discusses prostate gland enlargement. Readers can obtain a copy by writing: Dr. Roach – No. 1001W, 628 Virginia Drive, Orlando, FL 32803. 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. ROACH: I read and hear of great health benefits attributed to eating nuts. I have a very healthy heart, but no one can consider himself beyond the specter of cancer. Also, possibly my neurological or other

I have carefully read the new studies on nuts, and they confirm previous studies showing that nut consumption is associated with a lower risk of heart disease and overall death and, as you note, reduced cancer risk as well. However, this doesn't prove that eating nuts reduces those risks. It is possible that people who eat nuts have other behaviors that are really responsible for their lower risk of disease. However, the authors of the study did as good a job as possible to reduce that possibility.

In your case, I would think of nuts as a medicine. You have to consider the benefits (possibly lower risk of cancer and other diseases) against the side effects (constipation, which can be very unpleasant and reduce quality of life). One estimate is that nut consumption may increase lifespan by as much as a year. You may have less benefit than other people from nut consumption because of your healthy heart. That would make me less likely to recommend nut consumption for you. If your constipation were more than mildly annoying, I probably wouldn't "prescribe" nuts. Similarly, people with nut allergies, which are increasingly common, cannot enjoy the

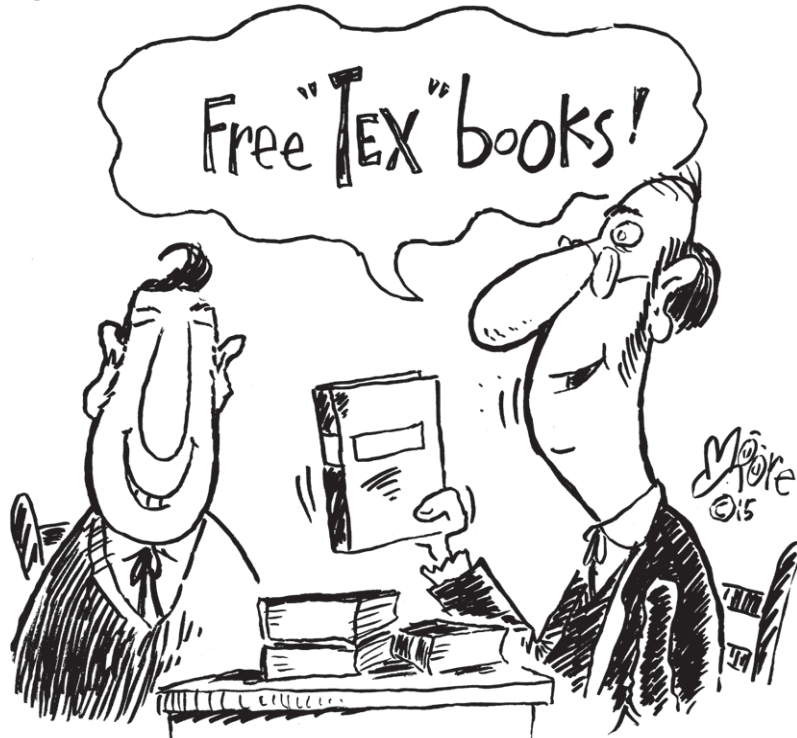
See HEALTH, Page 8

Super Crossword

SUPER DUPER MOVIE	57 Submission encl.	111 Actresses West and Clarke	17 Eastern Turkey native	74 Canada's Trudeau
ACROSS	58 Elaine on "Seinfeld"	112 How-to part	18 VIP vehicle	76 Giants great Mel
1 Army vehicle	60 Blood type, briefly	113 Operate	19 Motor oil additive	80 Japanese poem
5 Outlines of plans	62 Mount, as a jewel	116 Chile's _ Desert	24 Sgt.'s inferior	81 Colorful carpet with a cut pile
13 Peyote-producing cacti	63 Full of a certain grain	118 Riddle's answer	29 Thirds of thirds	82 Part of a U.S. election map
20 Climax	65 The "sum" of Descartes	123 Russian ruler before Anna	32 Lab gelatin	83 Cyber-junk
21 Makes a call to a radio talk show, e.g.	66 Total change	124 Ship overseas again	33 Sagan and Sandburg	84 Llama kin
22 "No, really!"	67 Riddle, part 4	125 Downhill gear	34 Swedish retail giant	85 Politico Palin
23 Start of a riddle	71 "Do I need to draw you _?"	126 Market before officially launching	35 Happen on	86 _ Canals
25 Tanning booth fixture	75 Future man	127 Poet _ Rich	36 _-pedi	90 "Movin' _" (old sitcom theme song)
26 "Help!," asea	77 Sanctioned	128 Regarding	37 Tryouts	91 Agony
27 _sci (college maj.)	78 Pointy tool		38 Key with two sharps	92 Nuptial band
28 "_ be silly!"	79 1958's Best Picture and Best Song	DOWN	39 Dee Dee or Joey of punk	93 Ex-senator Sam Floodgates
30 Latin jazz great Puente	80 Nun's garb	1 Spielberg film	44 Nest egg fund, briefly	101 _ the dirt (gossiped)
31 Riddle, part 2	83 Totally fulfill	2 Tunnel effect	45 Acts indifferently	102 Actress Anjelica
38 Prescription specification	85 Pumps, e.g.	3 Deprived of strength	46 Lamprey hunter	105 Terrify
40 "_ Whoopee" (1929 hit)	87 Coll. senior's test	4 Home animal	48 Quite _ off (far)	106 Neon _
41 Three R's org.	88 Rock's Rose	5 Tape holder	51 Information	107 Strict
42 "When all _ fails..."	89 Riddle, part 5	6 _ Vista, California	52 Swedish port on the Baltic	108 Entertainer Midler
43 Feeling of vague illness	94 Don of talk radio	7 "Not just the physical" medical philosophy	53 Start-up loan org.	109 Mo. in spring
47 Stimp's TV pal	96 Short slumbers	8 Cut off	59 Net 'zine	114 "MADtv" bit
48 Env. notice	97 Balloon filler	9 Intersected	61 Asian desert	115 Non-U.S. gas brand
49 Muckraker Jacob	98 More thickset	10 Blond shade	63 In tune	116 iPad extra
50 Riddle, part 3	99 Richard of "Moonraker"	11 Linked (with)	64 Veneration	117 Plastic film thickness unit
54 Busy little insect	101 Shore of "Up in Arms"	12 "Did _ that make sense?"	65 Most inactive	119 Suffix with rocket
55 Note hastily	103 The Big Board: Abbr.	13 Plant to kiss under	68 Wee bits	120 Nero's 1,011
56 Relative of a gazetteer	104 End of the riddle	14 Tall bird	69 Hilary of the violin	121 Lemur's kin
	110 Bic Round _ (pen brand)	15 Actress Berger	70 "Star Wars" critters	122 "When _ good time?"
		16 Gun barrel statistic	72 Anaheim's NHL team, formerly	
			73 Concur	

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The first free Texas schoolbooks were issued by San Antonio schools in 1828.



Answer Page 4

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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.(c) 2015 North America Synd., Inc. All Rights Reserved.