



## NEWSBRIEFS

### Poverty simulation

The United Way of El Paso County (UWEPC) along with the Federal Reserve Bank of Dallas – El Paso Branch will host a “Breaking the Cycle” simulation on Friday, Feb. 26. The event will engage 80 Canutillo High School students, mostly CTE students, to help increase their civic awareness and financial management readiness. The 4-hour long simulation allows students to experience what it’s like to provide basic necessities and shelter for a family facing economic hardships. During the event, students will interact with volunteer-led tables representing services such as a bank, social service agency, an employer, utility company, pawn broker, grocer, state social service office, payday and title loan facility, daycare and school. This role-playing allows students to learn about community resources and budgeting as well as bank and savings services. “United Way’s goal in the community with regards to income is to increase the financial independence of individuals and families,” said UWEPC CEO and President Deborah Zuloaga. “The simulation gives us and our committed partners an opportunity to break down the reality of what it’s like to provide for a family and stress to students how pursuing post-secondary education – whether at a college or a trade school – can improve their self-sufficiency

– Shane B. Griffith

### Take a seat

The older generation likes it when younger folks offer to give up their seats on buses and trains, according to Yagana Shah. Shah, Associate Editor of The Huffington Post, wrote an article recently about the “courtesy” that should be extended not only to pregnant women and persons with disabilities, but to senior citizens, as well, says the Association of Mature American Citizens. Don’t worry that the gesture might seem a little old fashioned. Shah took a make-shift survey of the 50-plus generation and found that most of them thought it was simply the right thing to do. One respondent put it this way: “I think it is very kind for younger people to offer their seats to an older

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*No prejudice has ever been able to prove its case in the court of reason.*  
– Quips & Quotes

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – What happens when someone calls 2-1-1 on their phone?

According to Sue Beatty, director of the 2-1-1 program for the City of El Paso’s Department of Public Health, the call will be answered by a trained information and referral specialist, who will work with the caller to determine the need, then will search through a comprehensive database for relevant referrals. The call is free and the service is available 24 hours a day, seven days a week year-round.

The informational hotline is a program under the auspices of the Health and Human Services Commission. The program is designed to help individuals throughout Texas find information they need about community services and programs.

There are twenty-five 2-1-1 area information centers throughout the state. The one housed in El Paso has its office at the Department of Public Health main location. The local center, known as Rio Grande Area Information Center, is responsible for maintaining the resources in the six counties of far West Texas (Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, and Presidio).

The local staff is prepared to help in various ways. For example, recently the 2-1-1 Rio Grande Center received a call from a veteran who said that he needed help with his utility bill. He was referred to a local agency for assistance, related Beatty.

Subsequently, that agency initiated a home visit and found that the veteran



– Photo by Alfredo Vasquez

**HELP – The Rio Grande Area Information Center is responsible for maintaining the 2-1-1 resources in the six counties of far West Texas (Brewster, Culberson, El Paso, Hudspeth, Jeff Davis, and Presidio). The local center personnel encourages anyone in this region who needs assistance of any kind to simply dial 2-1-1. A trained information and referral specialist is ready to work with the caller to help address his or her needs.**

needed more than just utility bills assistance, she stated. “He needed food, furniture, household goods and clothing. Upon follow-up with 2-1-1, we were able to provide additional referrals that helped him get a mattress so he wouldn’t have to sleep on the floor,” she said.

“When someone talks to a 2-1-1 specialist, he or she will explain how to access specific services needed including providing eligibility information, hours of operation, addresses, and phone numbers,” stated the local director.

In fiscal year 2015, the Rio Grande referral center handled over 81,000 calls, according to Beatty. “Many of those calls were questions about obtaining food stamps or processing Medicaid applications,” she stated. “Other common requests are for rent payment assistance, utility payment assistance, food pantries, child care services, free income tax services, employment, and medical care, among other services,” she explained.

The 2-1-1 network also partners with the Extreme Weather Task Force to register eligible callers for services such as free blankets in the winter and fans in the summer.

“Unfortunately, sometimes the services requested are not available to meet all the needs of our callers. We are constantly looking for additional agencies that provide a health and/or human service in our region to include in our database,” Beatty said.

“Our referrals are only as good as the information we have about our community. When the call specialist encounters an unmet need, they don’t

## Shaughnessy Named EPCC VP

By Jim Heiney  
Special to the Courier

EL PASO COUNTY – Josette Shaughnessy, CPA has been named the Vice President of Financial and Administrative Operations at El Paso Community College (EPCC). She has held the Interim position since March, 2015.

Shaughnessy started at EPCC in 1991 as an accountant and was promoted to Associate Comptroller in 1992 and then Comptroller in 1993. In 1995, she was appointed to the position of Associate Vice President. Prior to her tenure at EPCC, she worked in the private sector in a variety of positions from billing clerk to accounting manager.

Shaughnessy received her Associate’s degree in Accounting from El Paso Community College in 1981, her Bachelor of Business Administration in Accounting and a Master of Accountancy from the University of Texas at El Paso in 1983 and 1995 respectively. She also holds a Certified Public Accountant license from the State of Texas since 1990.



Josette Shaughnessy

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Finances

By Nathaniel Sillin

# Cutting your medical bills via smartphone

What if your next doctor’s visit could happen by smartphone from anywhere in the world? It could happen sooner than you think.

It’s called telemedicine, or telehealth – the use of internet-connected devices to communicate information about diseases, symptoms and other health data. The Patient Protection and Affordable Care

Act (ACA) is driving innovators in healthcare and technology to develop apps and devices that offer greater access to healthcare products and services at a lower cost. In fact, the global telehealth market is expected to grow from \$440.6 million in 2013 to \$4.5 billion by 2018, according to Colorado-based research firm IHS.

How could this affect you? Though apps that measure everything from your daily walk or run to your heart rate are already available, an incredible range of options are coming. Here are some of the current and future product development trends in smartphone and wearable healthcare:

**Physical activity and vitals tracking.** While many major health systems and hospitals allow you to download apps that let you schedule appointments, see lab results and even communicate by email or text with your doctor, such offerings have no diagnostic value... yet. However, the U.S. Food and Drug Administration recently released policy statements on what it calls “mobile medical apps” that will actually allow tracking of vital health data for direct interpretation by trained health professionals.

**GPS Medicine.** Let’s say you need to fill a prescription and you

want to know the cheapest place to buy it within a 10-mile radius of your office. Using technology similar to the restaurant, movie and service-finding sites you probably use now, developers are considering similar models for medical supply and service pricing data that could save you money in real time.

**Diagnosis by selfie.** Who knew taking a selfie could help improve your health? This new technology allows patients to take a photo of a non-life-threatening injury or rash using their cell phones (<http://www.wsj.com/articles/the-future-of-medicine-is-in-your-smartphone-1420828632>). Then, an algorithm processes the image, evaluates it and texts back the diagnosis. Developers are coming up with sensors to collect symptom- and condition-related health data, which could mean that in the future, physicians will have a lot more to work with than a mere photo.

**Virtual appointments.** Healthcare legislation is also expected to spur use of handheld devices to create 24/7, real-time communication between patients and practitioners for the cost of a co-pay – or less. In a 2014 report, consulting firm Deloitte said that there would be 100 million health “eVisits” globally, potentially saving over \$5 billion in costs compared to those incurred by

traditional physician visits.

But before you start downloading this new technology, research the following:

- Who made the app and what do the developers really know about my condition?
- What about privacy? What’s in the app’s usage agreement and how safe is the payment, prescription or medical data required to use the app?
- What does my primary care doctor or my insurer think about me using this app? Could using it affect my coverage in any way?
- What does it really cost to use the app and how might it affect data charges on my smartphone or tablet bill?

**Bottom line:** The ability to manage your healthcare by smartphone is a revolutionary concept. But before you dive in head first, learn as much as you can about the technology and whether your current health professionals and networks support it.

*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.*

Veterans Post

By Freddy Groves

## Blue Water sailor wins Agent Orange benefits

It took six years and an aggressive attorney, but a Blue Water Sailor has finally been given full benefits for Agent Orange exposure.

When the sailor first applied in 2010 for benefits for ischemic heart disease due to AO exposure, the response was typical: The VA said no because he’d been on a carrier out at sea. He continued to appeal. And appeal. And appeal.

The VA finally told him to either go away or go to court. Naturally he chose court and got an attorney. The VA was ordered to take another look at the facts and finally decided that 100 percent disability for ischemic heart disease due to AO exposure was appropriate, backdated to when symptoms first appeared, many years earlier.

If you were on a ship near Vietnam, the questions to consider are: If you were assigned to a ship and were flown out to it, where had the plane been? Was the plane contaminated and bringing

AO every time it landed on a carrier? Did you unload cargo from those planes or work on them? Did the ship ever bring on fresh fruits and vegetables? Did the ship ever dock? Did it take on water for distillation inside the 12-mile limit? Did your mail and supplies sit on the runway near the AO storage area in Da Nang?

Meanwhile, the Blue Water Navy Vietnam Veterans Act (HR-969) was recently introduced in the House of Representatives. The legislation will give AO presumptives to sailors and Marines who served in offshore waters of Vietnam.

If you’re fighting the VA, go online to The Veterans Consortium Pro Bono Program ([www.vetsprobono.org](http://www.vetsprobono.org)). You can hook up with a specially trained attorney – for free – who will take your case. You’ll pay nothing unless you win back entitlement.

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WEST TEXAS COUNTY  
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UTEP VS OLD DOMINION  
PLAY FOR KAY / WEAR PINK  
& RECEIVE \$2 ADMISSION!  
FEB. 25 / 7:05 PM

UTEP VS CHARLOTTE  
SENIOR DAY  
SLAM-DUNK SCHOOL DAY  
FEB. 27 / 2:05 PM

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PRO-LIFE SUPREME COURT JUSTICE ANTONIN SCALIA DIES AT 79



Briefs

From Page 1

person... it is a small act of kindness that we all need to be aware of.”  
– John Grimaldi

Wanted

A man is stabbed outside of a discount store in Anthony, Texas after an argument with two men. The El Paso County Sheriff’s Office are asking for the community’s help in identifying the two suspects through the Crime Stoppers. On the evening Thursday, of Jan. 14, 2016 a 16-year-old was involved in an argument with two unknown suspects. The argument took place at the Dollar General Store located at 1801 Antonio St. A short time later the teenager along with his 25-year-old brother found the two suspects at the Family Dollar Store located at 517 S. Main. The two walked in and confronted the men inside of

the store. An argument ensued and the argument escalated to a fight outside of the store. During the fight one of the suspects took out a knife and stabbed the 25-year-old victim. The injuries sent him to the hospital for treatment. The two suspects fled the scene in an older model Honda Civic. Both suspects are described as Hispanic males and appear to be in their 20s. Detectives obtained surveillance footage of the two suspects. Anyone with information on the identity of the men involved in this stabbing is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://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

WITH A STROKE,  
TIME LOST IS BRAIN LOST.

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](http://StrokeAssociation.org) or 1-888-4-STROKE.



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# IT'S NOT TOO LATE TO PREVENT DIABETES



## Take your first step today

**If you have a family history of type 2 diabetes, you are at risk of the disease.**

**It's about small steps:** Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

**For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.**



**[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)**

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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### CryptoQuip Answer

Hoping the exterminator guy would triumph in the contest, I exclaimed “May the pest man win!”

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# SISD honored as Future Ready district

By Cynthia Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – The Socorro Independent School District (SISD) was one of 44 districts nationwide to be recognized by the Alliance for Excellent Education, which promotes Future Ready schools, for its commitment to create

## STRANGE BUT TRUE

By Samantha Weaver

- It was Founding Father Thomas Paine who made the following sage observation: “He who would make his own liberty secure must guard even his enemy from oppression; for if he violates this duty he establishes a precedent that will reach to himself.”
- Most people prefer to kiss with their eyes closed; however, of those who do prefer to keep their eyes open, the vast majority are men.
- It’s well-known that a certain segment of native Londoners speak in a dialect known as Cockney, which makes frequent use of rhyming slang – some classic examples are “dog and bone” for “phone” and “apples and pears” for “stairs.” A more recent addition to the vocabulary is “Donald Trump,” which, for at least the past 15 years, has been used as an equivalent for going to the bathroom.
- If you watch TV or movies at all, you’ve probably seen some variation of the Humane Society disclaimer “No animals were harmed in the making of this program.” You may not have considered that it’s also applicable to insects, but those who make the programs certainly do. In fact, if you see a bug being destroyed in a contemporary movie, it’s a safe bet that the bug was dead before the scene was shot. There are even people who stuff dead bugs with a sort of cream to fill it out – and to ensure a satisfying squish for the camera.
- You may be surprised to learn that many people never even feel it when they’re bitten by a venomous snake. (They certainly experience the aftereffects, though.)

Thought for the Day: “In the case of good books, the point is not how many of them you can get through, but rather how many can get through to you.”  
– Mortimer J. Adler

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a strategic action plan that incorporates technology in all aspects of the district. The district was one of four in Texas and the only one in the El Paso region to achieve this recognition. The national recognition reaffirms Team SISD’s commitment to investing in technology to develop future-ready, globally competitive graduates. “This is great recognition for our district,” said Miguel Moreno, Team SISD’s coordinator of Instructional Technology. “It shows we are continuously monitoring our progress, reassessing and redefining our plans.” At the beginning of the new year, Future Ready challenged 430 districts, including Team SISD, to complete the five-step planning process on its Interactive Planning Dashboard. The dashboard aligns research-based strategies and practitioner-

tested techniques with each district’s specific needs, allowing school district leaders to create action plans for implementing digital learning opportunities before purchasing additional technology – ensuring a much smoother implementation. Upon completion, districts create a digital learning implementation plan with research-based strategies, including stakeholder input, local context, and district team leadership responsibilities, Moreno said. “Congratulations to the 44 teams,” said Tom Murray, director of Digital Learning Policy and Advocacy Future Ready Schools / Alliance for Excellent Education. “The district teams invested hours of time to complete a series of assessments – both internally and then among stakeholders. They did a great job.” Learn more about digital learning and Future Ready schools visit <http://live.digitallearningday.org/future>.

## Socorro ISD puts food program online

By Cynthia Flores-Jones  
*Special to the Courier*

EL PASO COUNTY – The Socorro Independent School District has launched a newly designed Child Nutrition Services web page giving parents an easily accessible and comprehensive look at the nutritious and delicious meals Team SISD provides for students. Parents and SISD stakeholders can find information on dietician-approved school menus, access to pay for students’ school meals online, a link to provide feedback, frequently asked questions, and photos of meals served at campuses. Visit the Child Nutrition Services webpage and see a video about the service the department provides at <http://www.sisd.net/page/120>. Team SISD is committed to providing nutritious and delicious breakfasts and lunches for all students in the district and offering the best customer service to students, parents and all SISD stakeholders. The Child Nutrition Services Department works diligently to refine school menu items and ensure nutritious options are available for all meals provided. CNS collaborates with a dietician, campus employees, parents and students to learn what meals are favorites and to continue providing healthy and balanced breakfasts and lunches. “Our CNS department has always served meals in compliance with the Texas Department of Agriculture and the United States Department of Agriculture guidelines. In fact, we have earned 100 percent compliance audits from TDA reviews for many years,” said Shelley Chenausky, director of SISD’s Child Nutrition Services. If you would like to attend the next school menu committee meeting to provide input on Team SISD’s breakfasts and lunches, please contact the CNS department at 937-0750.

## EPCC gets risk management program grant

By Levente McCrary  
*Special to the Courier*

EL PASO COUNTY – Texas Mutual Insurance Company has awarded a second \$100,000 grant to El Paso Community College in four months to establish a risk management program, which will provide workplace safety courses for local employers, employees and the general public. On Friday, Feb. 12, Woody Hill, vice president of safety services at Texas Mutual, presented the \$100,000 grant to El Paso Community College President Dr. William Serrata and El Paso Community College Board of Trustees Chair Art Fierro at a ceremony on the El Paso Community College campus. “El Paso Community College is so appreciative of the generosity and support that Texas Mutual has extended to El Paso area employers and employees,” Dr. Serrata said. “We are proud of the all the job training that is available at our college and pleased to focus on workplace safety through this grant. The College looks forward to a successful partnership with Texas Mutual and welcomes the opportunity to make our city and companies – and their employees – safer.” Later this year, El Paso Community College will launch its risk management program to provide training for increased safety awareness and to reduce work-related accidents and injuries. The EPCC risk management committee has proposed a wide range of courses relative to the El Paso area, including restaurant accidents and injuries, home construction accidents and injuries, OSHA courses. For more information about the El Paso Community College Risk Management Program, contact Barry Bogle at 831-7117.

## 2-1-1

From Page 1

just tell the caller ‘sorry’, instead works with the caller to see what other issues may be occurring in the household and attempt to make referrals for those needs,” the director stated. “For example, if a caller is requesting rent payment assistance, but there are currently

no agencies providing that service, the call specialist may probe to see if utility assistance or employment services might help,” Beatty noted. That is why, “We want to encourage agencies that aren’t currently in our database to contact us. If it meets our inclusion requirements, we will add them to the database and begin making those crucial referrals that will help them find

the clients they need,” Beatty said. stated. “Our mission is to connect people with services, and both parts of that equation are important to the work that we do for the community. We want to encourage anyone in the public that needs assistance of any kind to simply dial 2-1-1. A trained information and referral specialist is ready to work with you to meet your needs,” Beatty

For additional information about the local 2-1-1 center, including an annual report, promotional videos, among other useful content, visit the Rio Grande Center’s website at [www.EPHealth.com](http://www.EPHealth.com) and click on “Programs” then select “211 Call Center”. Individuals may also call a toll-free number, at (877) 541-7905, or visit state’s website at [www.211texas.org](http://www.211texas.org).





# Water and disease dominate Rio Olympic talk

By Steve Escajeda  
Special to the Courier

It may be hard to believe but the 2016 summer Olympic Games are just six months away with the opening ceremonies set for the first week of August.

And the usual questions surrounding any olympics have to do with how dominant the USA basketball teams will be, or can the gymnastics team repeat their performance of four years ago and of course, who will win the overall medal count.

But this time around, nobody is talking about that.

The Rio de Janeiro olympics have been dominated by one topic and one topic only – the water.

Or more precisely, the highly contaminated water surrounding the city.

But this isn’t something that just snuck up on the Brazilian city, it’s been a topic of concern for years. And one of the stipulations for being awarded the games was the promise to clean up the rivers, which are contaminated with sewage.

A seven-year plan was established in 2009 for the country to vigorously clean

up the contamination. But sources close to the effort have said that much more could have been done and that the plan was way too expensive.

Like it is around the world, the country is going through hard economic times and the money just isn’t there to adequately handle the problem. But naturally, high-ranking officials are saying that things are much better than they were.

But the reality is, with such a short time to the start of the games, the amount of filth is still at dangerous levels.

In fact, a confidential U.S. Olympic Committee planning document written in October 2015 was recently released that stated, “The USOC has ongoing concerns over possible existing viral and bacterial contaminants in the water. ... The USOC remains hopeful, but we do not expect to anticipate major reductions in bacterial or viral pathogen levels at the competition venues.”

And now a new danger has made its way into the conversation, the dreaded Zika virus.

Officials are concerned that the virus, which reached Brazil in 2015, could cause additional health risks.

Unfortunately, there’s been more talk

about the chances of getting sick than the chances of winning medals.

As for the dirty rivers, some of them will host rowing and kayak events.

Let’s just hope that when the races are over that competitors are glowing with pride, and not glowing for any other reason.

### Crown up for grabs

Usually, by this time of the year, a clear-cut favorite had established itself in college basketball.

Or if not one team, maybe two or three have pulled away from the pack.

But with the conference tournaments just a few weeks away, it appears that any of about 15 teams can realistically emerge from the big dance as national champs.

For the first time in a very long time, there is no real favorite to hang your hat on this year.

The top-ranked team right now is Villanova, not exactly a name that evokes fear from its opponents. Then there is Kansas, Oklahoma and Iowa.

Again, good teams no doubt, but all with plenty of flaws and hardly great teams.

Other teams who are just as good as

the ones mentioned before are North Carolina, Maryland, Virginia, Xavier, Michigan State, Duke, West Virginia, Miami and Arizona.

Any of those teams can win it all. The real question is, is this a good thing or a bad thing?

Have all the teams gotten better? Or, are all the teams getting weaker because the great players are leaving for the NBA after one season?

One thing is for sure, the basketball has never been worse. The ball handling is terrible in college basketball, shooting percentages are horrible and defense is often played with the reaching of the hands instead of the movement of the feet.

For the fans in certain college basketball cities, the improving chances of the their teams making it all the way to the final four, is exciting.

But for the fans of the sport, not having a dominating favorite to cheer, or boo, is less than thrilling.

There are no heroes without villains.

Let’s hope that something can be done about players leaving the college game high and dry so early. It hurts both the college game and the NBA.

## A sporting view By Mark Vasto

### What’s going on?

# Makes me wanna holler

I wrote a simple column last week about Peyton Manning, and this week I write an even simpler one.

Last week I shared how I first met Manning (behind the Colts’ bench during the first half of a

game versus the Falcons, in a place I was not allowed to be, taking red-eye reduction flash pictures with my trusty Minolta). Also, I opined that he was one of the greatest quarterbacks of all time... top 10 for sure. He is the

QB with the most wins ever, the only QB to win Super Bowls for two different teams, and he holds a host of other passing records that usually surpass QBs with names like Brett Favre and Dan Marino. You get the point.

Even though Manning failed to provide a stellar performance during Super Bowl 50, he grabbed most of the limelight when Denver’s defense deserved more (and as an aside... if Denver was the home team, why

did they opt for the all-white uniforms? How do you not go with the “Orange Crush” unis?). Manning managed to suck all the air out of the room anyway.

It happened just like we knew it would. You could run a soundtrack of Howard Cosell, Bill Grigsby, Pat Summerall, Keith Jackson and all the rest of the great legends who once graced the NFL broadcast booth. Win or lose, Peyton Manning, his arm on a string, the aging legend in perhaps the final game of his career.

Will he retire on top? Will he go to the Los Angeles Rams and reintroduce football to the traffic-

addled city of angels for trillions of dollars? Will he jump into the booth?

Most importantly, will he figure out how to deal with the story that has him sexually harassing a Tennessee trainer during his college tenure? A story that has all but robbed him of any extra glory he was entitled to for his feats on the field?

Here’s my simple conclusion, so easy to understand that even a caveman would grasp it: Stop abusing women.

Manning has already admitted

See SPORTS, Page 8

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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?

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start!

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Years  
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5	6	7	8
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37	38	39	40

Deadline: Monday, 4 p.m.  
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Horizon City, TX 79928

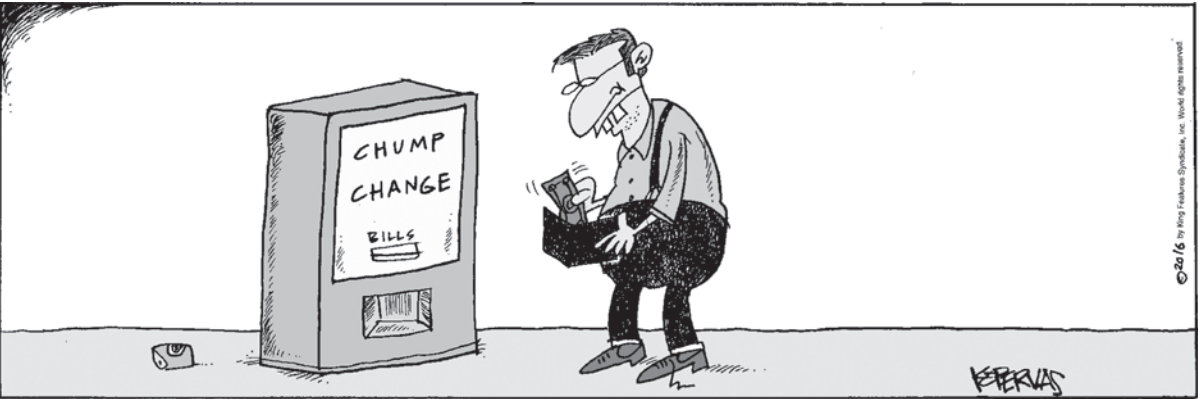
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Comix

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 Keith Roach, M.D.

DEAR DR. ROACH: Could you please discuss the use of ultrasounds during routine pregnancies? How many typically are performed, and are there any possible negative effects on the fetus? Are doctors today performing more ultrasounds (including 3-D ultrasounds) just because they can and because it's exciting for the expectant parents, or is there a medical reason for performing these? My daughter-in-law is in her sixth month and has had two ultrasounds, plus a 3-D session. She is under the impression that she will have at least one more. To my knowledge, this is not a high-risk pregnancy (she's 26 and everything is going fine). I'm just wondering if so many sessions are really needed and what is known about the effects on the fetus. – G.M.

There is some controversy over whether an ultrasound poses risks to the developing fetus. The Food and Drug Administration has noted that there may be some heating of tissues and that any long-term risks are unknown. I did find studies showing that there is no long-term risk of leukemia, hearing loss or abnormal eye development.

A 2013 guideline from multiple groups, including the American College of Obstetricians and Gynecologists, recommended a standard first-trimester ultrasound, and a standard second- or third-trimester ultrasound. Any other ultrasounds would be based on a clinician's concern for a potential problem.

The guideline specifically states: "Fetal ultrasound should be performed only when there is a valid medical reason, and

the lowest possible ultrasonic exposure settings should be used to gain the necessary diagnostic information." I don't have enough information to know why your daughter-in-law has had more ultrasounds than is usually recommended for a normal pregnancy. Perhaps her obstetrician has a low-level concern she hasn't shared with her, or your daughter-in-law with you.

While not the case for her, I am concerned about the growing trend of so-called keepsake ultrasounds that are not performed for valid medical reasons, such as those done in shopping malls. These might not be administered with the same degree of expertise and safety as a medical ultrasound.

DEAR DR. ROACH: I am 78 and have had urinary tract infections continually for the past eight or nine months. My urologist prescribed methenamine for six months, then a month of cephalexin, then back to the first prescription. Why is it so hard to get rid of UTIs? What would you recommend? – A.C.S.

Frequent urine infections are common. However, it is important to find out if this is the same infection that hasn't ever gone away, or a series of new infections. An infection that doesn't go away needs an evaluation for something abnormal in the urinary tract, such as a kidney stone. Your urologist is treating you with medication to prevent new infections. Methanamine is a urinary antiseptic, and cephalexin

See HEALTH, Page 8

Super Crossword

- REMAKING "THE LONGEST DAY" ACROSS

1 Escape key's position

8 Schoolroom with easels, maybe

14 Not very new

20 Spur on

21 Big name in luxury watches

22 Darius' land

23 Biceps with more sweat?

25 Rang, as bells

26 Hosp. triage sites

27 El Cid, e.g.

28 Puerto \_

30 Troll's home

31 Zest

32 Running specialists' outfits?

38 Actress Kerr

42 Whoopi's "The Color Purple" role

43 Fruit coverer

44 Shut down skiing peaks again?

47 Flinches or blinks, say

51 Check beneficiary

52 In order (to)

54 "I figured it out!"

55 With 78-Down, Coke Zero, e.g.

56 Lipstick flaw

60 Breaks loose

64 Vanquish

67 Put cicadas under

water?

70 Sleep like \_

72 Assume as fact

73 "... to market, to buy \_ pig"

74 Most inferior shoe bottoms?

79 Fasteners

83 Zippy chip dip

84 Railroad station

86 Afghanistan's Tora \_

87 Application

88 \_ Minor (Little Dipper locale)

91 Altercations

94 Hound type

98 Never-forgotten four-letter words?

102 Like sharp cheese

104 After, in Amiens

105 Filamentous

106 What a store manager likes to see on faces?

111 FedEx or DHL rival

112 "No" voter

113 Roo's friend

114 Norwegian hub

116 Bee product

119 Sea robber

121 June event

126 "remade" six times in this puzzle

127 GPS suggestions

128 Hard money

129 Less trustful

130 Aim

131 Atoll part

132 Sam-I-am's creator

DOWN

1 Proctor's cry

2 \_ about (around)

3 Omegas' precursors

4 33 1/3 rpm discs

5 "Doesn't matter which of the two"

6 Ticket given gratis

7 The "T" of NWT: Abbr.

8 \_ Dhabi (emirate)

9 Toys \_ (kids' haven)

10 "Creep" trio

11 IM snicker

12 Not at all fond of

13 Fundamental

14 Enemy

15 "Life of Pi" director

16 Biting Count

17 Hajji's faith

18 Food strainer

19 Pluto's realm

24 Pop idol?

29 Perp catcher

31 Groups of athletes on horseback

33 Hosp. area with IVs

34 Sci-fi writer

35 Stanislaw \_

36 "How the Other Half Lives" author Jacob

37 With 41-Down, tittering laughs

38 "Judge \_" (1995 Stallone film)

39 "\_ Meenie" (2010 hit)

40 A-G linkup

41 See 37-Down

45 Long hauler

46 Stuffing stuff

48 Raven cries

49 "I heard \_!"

50 Expresses

53 Ward of "CSI: NY"

57 Pre-\_ (replace)

58 "\_ 'n' Andy"

59 Put new turf on

61 Miso soup ingredient

62 Labor pain?

63 Motor coaches

65 \_ mater

66 Labor

68 Really peeve

69 Scale interval

71 Central figure of Christianity, in Florence

74 Bait fish

75 Santa \_, CA

76 Some Pac-12 athletes

77 Indian wrap

78 See 55-Across

80 Plenty o'

81 Cornered, as a raccoon

82 Smart-alecky

85 Pinball no-no

89 Bad wrecks

90 Clock radio toggle

92 Pulitzer-winning composer Gunther \_

93 Reasons

95 Surfeit

96 Psyche part

97 Big storm

99 "... \_ quit!"

100 Clergyman's field: Abbr.

101 Mao \_-tung

103 "In excelsis \_"

106 Old Ford

107 Grant's side

108 Swagger

109 TV actress Portia de \_

110 Salt's "Help!"

115 Sotheby's cry

116 2012 Nintendo console

117 Deck quartet

118 Children of boomers

120 "Taps" hour

122 Blanc of many voices

123 Onetime big record label

124 One, in Berlin

125 M&M color

126 Three, in Bari

1	2	3	4	5	6	7		8	9	10	11	12	13		14	15	16	17	18	19
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74	75	76						77						78		79			80	81
82														84				86		
83														85						
87							88		89	90				91		92	93			
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				102				103		104						105				
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112							113								114	115				116
117																			117	118
119						120				121		122	123	124	125				126	
127										128										
130										131										



True Texas Facts by Roger T. Moore  
Feb. 26, 1888- The less than beautiful Goddess of Liberty is placed atop the state Capital.



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!

	÷		+		13
+		+		÷	
	×		+		11
-		×		+	
	×		-		11
11		10		11	

1 1 3 4 5 6 7 8 9

Answer Page 4

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Social Security Q&A By Ray Vigil

Q: My neighbor, who is retired, told me that the income he receives from his part-time job at the local nursery gives him an increase in his Social Security benefits. Is that right?

A: Retirees who return to work after they start receiving benefits may be able to receive a higher benefit based on those earnings. This is because Social Security automatically re-computes the retirement benefit after crediting the additional earnings to the individual's earnings record. Learn more by reading the publication, *How Work Affects Your Benefits*, at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

Q: How do I apply for Social Security disability benefits?

A: There are two ways that you can apply for disability benefits. You can:

- Apply Online at [www.socialsecurity.gov](http://www.socialsecurity.gov); or
- Call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778), to make an appointment to file a disability claim at your local Social Security office or to set up an appointment for someone to take your claim over the telephone.

Q: I own a small business. How can I verify employees' Social Security numbers?

A: Employers can use our Social Security Number Verification Service to verify the names and Social Security numbers of current and former employees for wage reporting purposes. For more information, go to [www.socialsecurity.gov/employer/ssnv.htm](http://www.socialsecurity.gov/employer/ssnv.htm).

For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://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

to some manner of vulgar action in the incident that happened a quarter century ago. The story came back to haunt him at the worst possible time, as often happens in life when you think you're on top of the world. The world is like a pot of crabs... there will always be those that want to drag you down.

The solution is simple: apologize. Own it. Give the woman another million or whatever it is she wants if you're guilty enough. You made a bad decision, now move on.

For the rest of the NFL, the idea rings clear, too: Hit a woman, hit a cop, hit anybody off the field, you're out of the game. Simple enough for you?

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2016 King Features Synd., Inc.

Health

From Page 7

is a broad-spectrum antibiotic. You didn't tell me if you are a man or a woman. Men with recurrent infections should be evaluated for prostate issues. Women with recurrent UTIs frequently are affected by atrophic vaginitis. There are many other causes. It's worth discussing further with your urologist.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.

Weekly SUDOKU

by Linda Thistle

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

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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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: S equals I

LHRSEV ALB BMABTQSEDAHT

VKZ OHKFI ATSKQRL SE ALB

XHEABNA, S BMXFDSQBI

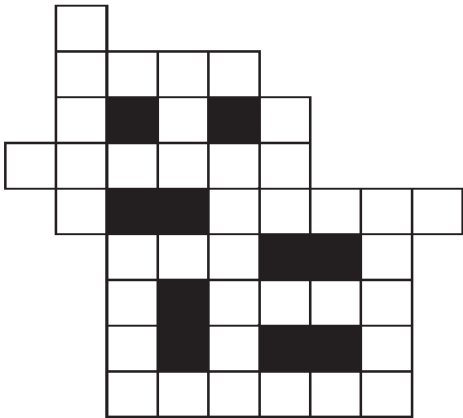
“QDZ ALB RBNA QDE OSE!”

Answer Page 4

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- GEG
- GARNIO
- ♥ NELMO
- ♥ EDEG
- ♥ NELGAM
- ♥ ROF
- ♥ MEIT
- TENIF
- ♥ GLA
- GLUCON
- LEGIA
- ♥ ELFE



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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