

VOL. 43, No. 10

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

MARCH 10, 2016

NEWSBRIEFS

EPCC on break

El Paso Community College is observing Spring Break through Sunday, March 13. Classes will continue and offices will reopen on Monday, March 14. Online registration for Spring Minimester and Summer semester are available online.

- Jim Heiney

Schools on break

The Anthony, Canutillo, Clint, Fabens, San Elizario and Tornillo Independent School Districts are observing Spring Break this week. Classes resume Monday, March 14. - Jim Heiney

SISD intersession

Students and teachers in the Socorro Independent School District will be on spring intersession through Friday, March 18. The SISD District Service Center will remain open during this time. Students and teachers return to class on Monday, March 21.

- Christina Flores-Jones

SISD job fair

The Socorro Independent School District (SISD) will hold a job fair on Friday, March 11, 2016 from 8:30 a.m. to 12:30 p.m. at the SISD District Service Center, 12440 Rojas Dr. SISD is looking for Bilingual/ ESL and Special Education certified teachers for all grade levels. Qualified applicants are invited to SISD's Teacher Job Fair. In order to qualify, you must either have a Bilingual/ESL or Special Education certification. Special Education teachers should have a generalist or content-specific certification in addition to their certification in special education. Applicants should bring their resume and be prepared for the opportunity to meet and interview with school principals. Job openings at SISD schools are open due to growth and attrition in the district, offering great opportunities for prospective teachers.



GOING UP - Concrete columns for the Loop 375 Border Highway West extension can been seen from Paisano Drive in West El Paso. The columns are part of the construction project that will extend the Cesar Chavez Border Highway from downtown El Paso at U.S. Highway 54 to Racetrack Drive near Doniphan Drive.

Vehicle registration fee increase helps pay for road projects

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY - Transportation projects worth more than \$112 million are now underway and are expected to benefit El Paso motorists in the county's far-east roadways.

has been ongoing for almost a year and steadily taking shape.

All of this construction work is part of the county's \$400 million mobility plan approved by El Paso County Commissioners Court back in 2013.

To help pay for the transportation projects, commissioners court approved more than two years ago an additional \$10 fee on vehicle registration bills. The county also entered into a funding agreement Meanwhile, west side highway work with the Camino Real Regional Mobility Authority (CRRMA) to help manage the county's mobility plan proposals.

According to county officials the county collects about \$6.5 million every year from the extra \$10 fee since it was adopted in September 2013. In addition to the registration fee increase, other sources of funding for the mobility plan include revenues from the Transportation Reinvestment Zone Number One, as well as allotments from state and federal transportation programs.

Most of the work for the highway projects is being done by the Texas Department of Transportation (TXDOT) with some of the work being completed by the county's public works department with the assistance of the CRRMA.

One of the main undertakings on the county's east side is the construction of the \$5.9 million Mission Ridge Boulevard project, which has already been started. The road work will run from Eastlake Boulevard to Pellicano Drive. Other major east side projects will be the widening of Rojas Drive, from Loop 375 to Eastlake Boulevard, and the widening of Eastlake Boulevard from Interstate 10 to Horizon Boulevard. Construction is expected to last about a year. On the west side of the county, TxDOT has begun construction on the projects that include the Interstate 10 expansion development near Executive Center Boulevard and Paisano Drive and the access roads on both sides of the freeway between Resler Drive and Sunland Park Drive. It has also made visible progress on the Loop 375 Border Highway West extension project, which will link the Cesar Chavez Border Highway from downtown El Paso at U.S. Highway 54 to Racetrack Drive near Doniphan Drive. The west side projects are expected to take about four years to complete, stated TXDOT officials.

Perez to represent West Texas on state education board

By Alfredo Vasquez Special to the Courier

- Christina Flores-Jones

Northwest ECHS recognized

Educational The Results Partnership and the Institute for Educational Productivity

See BRIEFS, Page 5

About the only thing you can get without patience is impatient. - Quips & Quotes

TEXAS – Georgina Perez, of El Paso, will represent District 1 on the fifteen-member State Board of Education (SBOE) after handily beating out the two other candidates who were vying for the position in the recent Democratic primary.

By winning the primary, Perez essentially won the District 1 seat, as no Republican is campaigning for the office that is slated to go to voters in the November general election. Beginning in January 2017, Perez will replace Martha Dominguez, who chose not to run for re-election after serving on the board since 2013.

District 1 encompasses 38 counties including El Paso County and most of the other border counties in West Texas. SBOE members are elected from single-member districts with the governor getting to appoint

> County and most of the other See PEREZ, Page 4 border counties in West Texas.



Board of Education. District 1

has 38 counties including El Paso

Finances By Nathaniel Sillin

Five tips for planning a property-sharing vacation

If you've thought about renting property on vacation, keep in process has moved online, has allowed more people in the property you're considering with renting out-of-town property. mind that it's become a lot easier making the process simpler - and in some ways, harder.

and more accessible. Also, the

Veterans Post By Freddy Groves Upgrades to Crisis and Suicide Hotline

The Veterans Crisis Line is of Veterans Affairs is taking veteran suicides.

Among the changes:

calls answered promptly by someone who is experienced. click on "Identifying." The Calls pertaining to non-crisis best first way to help a veteran matters will be diverted to who might be suicidal or in other VA resources, freeing up crisis is to learn all you can. the crisis responders.

are being hired, on top of the 8255 and Press 1 or send a text 300 already at the crisis line.

systems to handle increased demand.

As an indication of how self-check quiz. much the upgrades are needed, the crisis line sent emergency responders to intervene with veterans in crisis 11,000 times last year. Do the math: services are available 24 hours That's over 30 veterans per a day, 7 days a week, 365 days day. With the online chat and phone text functions, crisis staffers talked to 300,000 veterans last year.

But they can't do it alone. If forming a closer bond with you know a veteran who might the suicide prevention office be in crisis, either now or in and mental health services, the future, become familiar indicating that the Department with the information at www. veteranscrisisline.net. You'll seriously its role in reducing find information on the warning signs of suicide, suicide and crisis resources, and ways you • Veterans will have their can help. Make your first stop on "The Signs of Crisis" and

If you're a veteran and you • Eighty-eight more staffers need help, call 1-800-273message to 838255. Or go to • Improvements to the phone the web link above and join a chat group. If you're not sure whether you're at risk, take the

> There also is support for homeless veterans, and if you're deaf or hard of hearing. These confidential support a year.

lodging business renting rooms and dwellings. In fact, a 2015 study by consulting firm EY crime or other trouble turns up. notes that in one year alone, the world's dominant online room- rental laws. While it's generally reserve, ask to see all contract sharing company – less than 10 years old – added more listings to its inventory than the largest kind of vacation rental you're as well as proof of insurance on global hotel companies added rooms during the same period.

So vacation rentals are easier than ever, right? Possibly, but you still need to protect your target municipality doesn't have accidental damage to the property money against disappointing choices and possible fraud. Before committing to any kind of property rental or propertyget started:

1. Evaluate your destination fully. The busiest tourist destinations generally have the broadest range of lodging options – from luxury hotels to hostels. Vacation rentals are usually a happy medium, located in desirable neighborhoods call the local tourism bureau, of calling your credit card and with a homey feel and kitchen chamber of commerce, or the travel insurance companies to availability that can make a stay a lot cheaper. However, every destination has certain ways of handling vacation rentals. property-sharing traditional options like vacation services to compare prices and offerings. Also, search the name gov/taxonomy/term/877)

Much of the vacation rental so-called "sharing economy" and address of the vacation extensive updated advice on the words "vacation rental scam" to see if any indication of fraud, **agreements**

> easier to do this domestically information with pricing and than abroad, make sure the scheduling information filled in considering is legal. Check the rental property. You should recent news clips or contact a understand all payment and local tourism bureau or chamber property rules affecting your stay of commerce to see whether your and what might happen if there is legal or zoning restrictions on while you're there. Share these your chosen rental.

3. Verify the personally and with local sign. If a renter hesitates to share sharing vacation, do your experts and agencies. If your this information, you might want homework. Here are five tips to renter is reputable, he or she to consider other options. Also, should be more than willing to review your personal health, have a detailed conversation property and liability coverage about the property, costs, to make sure you're protected financial arrangements and during the trip. onsite rules – including deadbolt locks you can control of the rental transaction. If if you are renting rooms within you're planning to rent vacation their residence. Make time to property, take the extra step local chapter of the Better determine whether they offer Business Bureau (http://www. any particular protections in case bbb.org).

While the newer generation of **renter or the property.** Ask the the full range of protection companies renter for referrals from previous available to you on any outmight be active here, evaluate renters, if possible, and consider of-town trip. And if a vacation the Federal Trade Commission's landlord asks for advance cash property brokers and listing (FTC) Scam Watch travel page payment - particularly wired (https://www.consumer.ftc. for

5. Ask for all completed and liability insurance documentation 2. Check local short-term before paying. Before you documents with your home or **renter** rental insurer for input before you

6. Weigh all spending risks something goes wrong with the 4. Get details about the rental. It's a good way to review

See FINANCES, Page 8

American Lung

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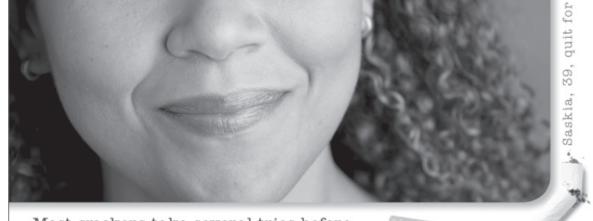
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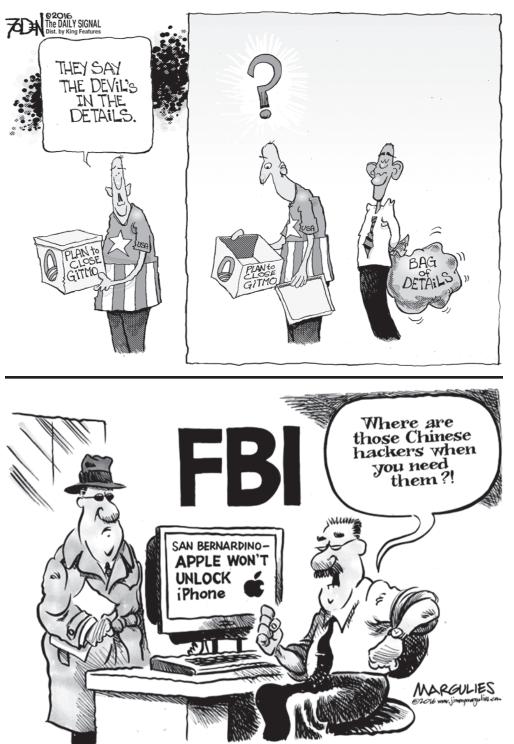


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"EVER GET THE FEELING ITS TIME TO TAKE THIS CLIMATE CHANGE STUFF MORE SERIOUSLY?"

View from here By Traci Bruckner, Center for Rural Affairs

The socialist threat of the 2016 election

"For years polls have shown that Americans have been losing trust in government and it's no wonder when you consider the state of employment these days, the sputtering economy and the out-of-control national debt. We haven't reached the crisis stage as yet, but we're heading for it in a fast and furious manner,"according to Dan Weber, president of the Association of Mature American Citizens.

Weber said that it is easy enough to blame President Obama for the "mess we are in" but there is more to the story than that.

"Americans, in general, have always had a conservative, capitalistic outlook on life, but now we are seeing a disturbing flirtation with socialism. Even such admired Democrats who called the White House their home in the past – people such as Franklin Roosevelt, Harry Truman, Jack Kennedy and Lyndon Johnson – had great respect for the nation's heritage and traditions. They understood that workers need successful business leaders to provide jobs and that by going too far to the left leaves the nation at risk by making it harder to fuel the economy and to provide stability and meaningful employment."

Weber said he was disturbed to learn of a new survey that came out recently indicating the millennial generation, young people under 30 years of age, is being swayed in large numbers by individuals such as Bernie Sanders who unabashedly promote a socialist agenda.

"It took the Soviet Union 70 years to be crushed under the weight of progressive share-the-wealth notions; you can bet that it would take less time than that for the U.S. to succumb to the vagaries of Sanders' Communist-like agenda."

But, the AMAC chief added, don't give up. He said he believes the socialist threat that Sanders' poses is "so scary" that it might just serve to reinvigorate the nation's conservative base. Remember, he noted, the failures in the past of socialist ideologues to foist their liberal agenda on voters, gives the base cause to become more active in the political process going forward.

A British political analyst, Nile Gardiner, perhaps put it best, Weber noted: "Conservatism is thriving in America today because liberty, freedom and individual responsibility are at the heart of its ideology, one that rejects the foolish notion that government knows best. And its strength owes a great debt to the conviction and ideals of Ronald Reagan, who always believed that America's best days are ahead of her, and for whom the notion of decline was unacceptable. As the Gipper famously put it in a speech to the Conservative Political Action Conference in 1988: 'Those who underestimate the conservative movement are the same people who always underestimate the American people'."

The Association of Mature American Citizens (http://www.amac.us) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

> THE BEST TIME TO LEARN THE SIGNS OF STROKE IS BEFORE YOU HAVE ONE. STROKES ARE THE NUMBER-THREE KILLER IN THIS COUNTRY, YET MANY PEOPLE DON'T EVEN KNOW WHAT THEY ARE. THEY DON'T KNOW THAT MORE OF THE BRAIN CAN BE SAVED IF A STROKE IS DETECTED AND TREATMENT IS RECEIVED IMMEDIATELY. **A STROKE ATTACKS THE BRAIN. THE BRAIN**



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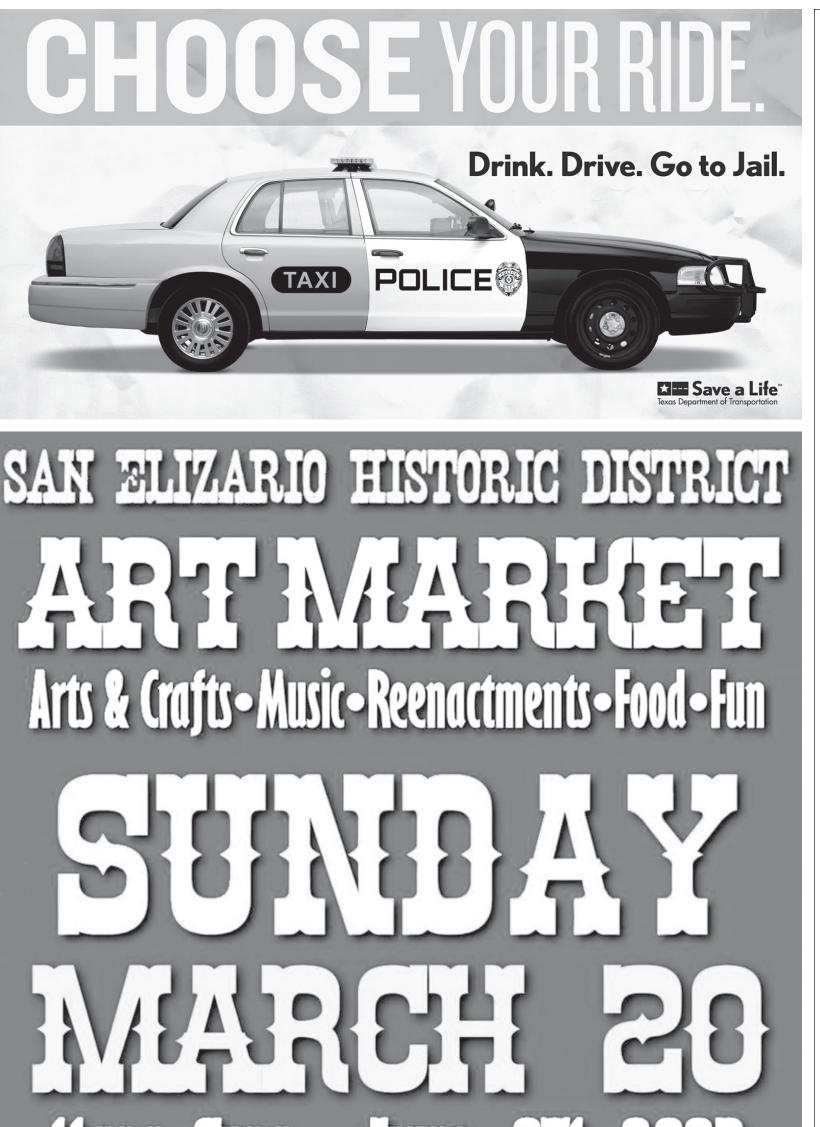
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STRANGE BUT TRUE By Samantha Weaver

• It was British art critic and social reformer John Ruskin who made the following sage observation: "Sunshine is delicious, rain is refreshing, wind braces us up, snow is exhilarating; there is really no such thing as bad weather, only different kinds of good weather."

• After the events of this past winter, you may not be surprised to learn that sales of cakes, cookies and candy spike when a blizzard is in the weather forecast.

• You've almost certainly heard of "M*A*S*H," one of the most popular TV series of all time. One of the main characters on the show, which ran from 1972 to 1983, was Corporal Klinger, played by Jamie Farr. It's interesting to note that in the 1950s, Farr actually served as an enlisted man in the U.S. Army in Korea – and the dog tags he wore on the show were the same ones he wore during his service.

• For reasons that are not quite clear, inventors have created a robot that can solve a Rubik's cube in slightly more than one second.

 In 18th-century France, there was a Parisian printer who employed several apprentices, all of whom lived in the home of the printer's family. The printer's wife was, evidently, a lover of cats - and her cats begged for scraps and screeched at all hours of the night. Finally fed up with the felines, the apprentices took matters into their own hands: While the family was out of town, they held a formal trial, complete with guards, a confessor and a public executioner. After they were pronounced guilty, the accused felines were strung up on cat-sized gallows.

Thought for the Day: "Politics, as a practice, whatever its professions, has always been the systematic organization of hatreds." – Henry Adams

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MOMENTS IN TIME

The History Channel

funds to pay off debts and factory in New York City burns defend the new American down, killing 145 workers. territories won from the French, the British government passes sprinkler systems and take the Stamp Act. It levied a tax other safety measures in case on all materials printed in the they needed to burn down the colonies, from newspapers and pamphlets to playing cards and even dice.

• On March 23, 1937, Craig • On Breedlove, the first person to reach land speeds of up Dr. Jonas Salk announces to 600 mph in a jet-powered that he has successfully vehicle, is born. He designed a tested a vaccine against the three-wheeled, rocket-shaped vehicle powered by a surplus 1952 - an epidemic year for military jet engine and dubbed it the Spirit of America.

 On March 24, 1989, the worst oil spill in U.S. territory begins when the supertanker Exxon Germany launches its last Valdez runs aground on a reef in Alaska's remote Prince William 162 civilians in England and Sound. An estimated 11 million Belgium. The V-2 could carry gallons of oil was released and eventually covered 1,300 miles of coastline.

Perez

From Page 1

one member to chair the board.

SBOE is charged with setting policies and standards for Texas that has provided more than public schools. The primary 30,000 books to students responsibilities of the SBOE and families in rural El Paso consist of setting curriculum County communities. She has reviewing standards, and adopting instructional materials, to advocate for Proclamation establishing requirements, overseeing the publishers to create SBOE-Texas Permanent School Fund, approved culturally sensitive and appointing board members to materials for ethnic studies military reservation and special courses. school districts.

Perez, who received more than campaigning period, 56 percent of the vote, beat out received endorsements from Joe Fierro Jr., of El Paso, and several prominent El Pasoans Lvnn Oliver, a former educator including from Bandera, for the SBOE José Rodríguez and seat. Fierro received about 28 representatives Mary González. percent of the votes, while Oliver César Blanco, and Joe Moody.

• On March 22, 1765, to raise Triangle Shirtwaist Company Owners had refused to install shop to collect fire insurance, a not uncommon practice at the time.

> March 26, 1953, American medical researcher virus that causes polio. In the crippling disease - there were 58,000 new cases reported in the U.S.

> • On March 27, 1945, Nazi V-2 long-range rockets, killing a 2,000-pound warhead and became the precursor of the ICBM of the postwar era.

• On March 25, 1911, the (c) 2016 King Features Synd., Inc.

garnered about 16 percent.

Perez's background includes having taught eighth-grade reading at Parkland Middle School for ten years. She also founded TuLibro, an organization also testified before the SBOE graduation 2017, which is designed to allow

> During the primary Perez state senator state

Briefs

From Page 1

have selected Canutillo Independent School District's Northwest Early School College High (Northwest ECHS) as a 2015 Honor Roll School. Northwest ECHS is one of 713 public schools in Texas to receive this honor as part of a national effort to identify higher-performing schools and highlight successful practices that improve outcomes for students. Schools receiving this distinction from leaders in the Texas academic and business communities have demonstrated high levels consistent student academic of achievement, improvement achievement levels in over time and reduction in achievement gaps among student populations. "We are proud to be recognized by education and business leaders in Texas as an Honor Roll school," said Tracy Speaker, Principal of Northwest ECHS. "Our teachers and administrators work tirelessly to keep the focus on high expectations and student academic achievement and to continuously improve our practices. This hard work and dedication is paying off for all of our students, no matter their background."

– Shane B. Griffith

SISD campuses recognized

Nine Socorro Independent School District campuses were recognized as 2015 Texas Honor Roll schools by the Educational Results Partnership and the Institute for Educational Productivity for their outstanding leadership and student achievement. Team SISD campuses being honored as Texas Star Honor Roll schools are: Dr. Sue Shook, Elfida P. Chavez, Loma Verde and Lujan-Chavez elementary schools, John Drugan School, Col. John O. Ensor, SPC. Rafael Hernando III and Montwood middle schools, and Mission Early College High School. The campuses were among 713 public schools in Texas to receive the title during the 2015 inaugural year. Elfida P. Chavez Elementary was also one of two schools in the region to be recognized with a special STEM designation for its high performance. "Being named a 2015 Texas Honor Roll School is a huge accomplishment earned by the students, staff, and community at each of our nine campuses selected," said SISD Superintendent Jose Espinoza. "It is a well-deserved honor that speaks volumes of Team SISD's unwavering dedication to high student success."

- Christina Flores-Jones

Finders' keepers

The person who found Mr. Flaherty's wallet certainly displayed a "cheeky" sense of humor when he returned the Brooklyn man's credit cards and drivers' license. NBC News reports the individual who found the wallet enclosed a note that read: "I found your wallet, and your driver's license had your address so here's your credit cards and other important stuff. I kept the cash because I needed weed, the MetroCard because, well, the fare's \$2.75 now, and the wallet 'cause it's kinda cool. Enjoy the rest of your day. Toodles, Anonymous." – John Grimaldi

Of mice and men

Authorities in Brussels have had to delay plans to make much-needed repairs to the city's crumbling roadways after mice apparently ate the blueprints, says the Association Mature of American Citizens.

– John Grimaldi

Wanted

A Northeast El Paso business is burglarized in November and the El Paso Police Department is asking the public for help in finding those responsible through the Crime Stoppers. The burglary took place over the night of Sunday, Nov. 8 and the early morning hours of Monday, Nov. 9, 2015 at Media Exchange (9155 Dyer). Once the unknown suspect or suspects gained entry into the business they were able to take several electronic items of value. The suspects searched the store for other merchandise. Thy fled the scene with several thousands of dollars in property. The manager of the store discovered the burglary in the morning. Investigators are certain that someone knows who is responsible for this burglary. Anyone with information on this burglary at the Media Exchange 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

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Cowboys have interesting draft decisions to make

By Steve Escajeda Special to the Courier

It's been a month since the Denver Broncos crushed the Carolina Panthers in Super Bowl 50 and you'd think the NFL would be out of the news for a bit.

But the NFL is the NFL for a reason.

Stephen and LeBron, and a sprinkling about MLB spring training opening up soon, but the NFL still controls most of the sports interest in this country.

Whether its the retirement of this guy, or the cutting of that guy, or Johnny Manziel, the NFL stands front and center.

The latest talk concerns the NFL draft, which is slated for April 28 in Chicago.

the first pick of the draft, it seems like every talking head out there is more interested in what the Dallas Cowboys are going to do with the fourth pick.

It's easy to remember how bad the Cowboys were last year with all the injuries they suffered, especially at quarterback with Tony Romo.

the year before that when they were just second pick, meaning that the Cowboys a Dez Bryant referee-catch-ruling from will choose whomever the Browns don't. making it to the NFL title game.

Many of the so-called experts are putting their mock drafts together and almost all of them have the Cowboys taking a quarterback with that all-important pick.

They say that Romo is getting older. There is some NBA talk out there about And at 36, he certainly is. But it's more because of the collarbone injuries he went through last year.

> Romo is still one of the more talented passers in the league and can still lead this team deep into the playoffs, but Dallas found out last season that it had no viable replacement at quarterback if Romo goes down again.

And though the Tennessee Titans hold backs out there to consider, Carson Wertz of North Dakota State and Jared Goff of California.

> And though Wertz is not a big name and comes from an itty bitty school like North Dakota State, scouts are saying that he is the real deal and impressed everyone at the NFL combine.

The consensus is that the Cleveland away from the opposing team's offense.

But many forget how good they were Browns will take a quarterback with the

But the real question is whether any of these two guys are good enough to make a real difference down the road.

The Cowboys aren't just looking for a viable backup. They'd rather draft a quarterback who will make a difference for the next decade.

Another thing to consider is the same thing they were considering a year ago. After Demarco Murray left the team for the Eagles, all the talk was about which running back they would draft to replace him.

They didn't.

So the talk is that there are two quarter- McFadden, who had a decent year but has been bitten with the injury bug way more than even Romo throughout his career.

Can the Cowboys, with that talented offensive line, afford to go into the season iffy at tailback?

When the Cowboys had Murray, their offense was their best defense. The object of any defense is to stop, or take the ball

Well the Cowboys kept the ball away from opposing team's offenses by running the ball with Murray and converting first down after first down.

If I were in the Cowboys' draft room on April 28 I'd really consider who I believe is the biggest difference-maker in the draft.

Ohio State running back Ezekiel Elliott's combination of speed and power and his ability to catch the football makes him the guy to get.

He reminds me of a stronger and quicker Emmitt Smith. At 6 feet and 225 pounds, he has the size to take NFL punishment, and he can dish out some.

Some think the Cowboys should go The Cowboys went with Darren for some defensive help and just ask the Broncos, you can never have enough defense.

> But I have reservations about the quarterbacks in this draft. Maybe the Cowboys would be better served by going after a tested veteran who can adapt to any situation if Romo goes down.

But Elliott is the true gem of this draft. Which probably means Jerry Jones will pass him by.

A sporting view By Mark Vasto Going, going, gone!

Legendary New York radio grace and beauty of a perfectly "I saw it on the radio."

radio than any other sport. In red line, passes to the blue line, football, you really need to be back to the blue line, pass stolen watching the sudden movements at the red line, to the blue line, like, say, when a tackle is broken. he shoots, stick save and the like Zack Greinke, in most parts In a basketball broadcast, the puck is kicked back at the blue of the stadium you can't really

sports talk announcer Art Rust executed jump shot or high-flying Jr. used to have a favorite saying: dunk is lost. Hockey broadcasts consist primarily of commentary Baseball translates better on on line colors ("skates past the

Take the First Step to a Heart-Healthy Life.

line ..."), and boxing has lost any semblance of the classic drama created by old-time announcers. But baseball works. In fact, mechanics.

I would argue that baseball is better on radio than it is on TV. Let's face it, the action in baseball comes in 60-, 90-, and 400-foot bursts. During the course of a three-hour game there may be, on average, less than an hour's worth of action. And even if there's a guy with a dramatic curveball on the mound

of a pitch, rarely is it about the

On TV, fans get the familiar centerfield camera view. While attention is on the details. A good this allows you to see the pitch and its velocity and arc, it's really an unnatural view, as most people tradition during a classic baseball have never watched a game from that angle, that far away. And while it lets you see the batter swing, the best way to take in a batter's swing is from the side. Lastly, that view does not allow in the park, and you will better you to see the position of the hear the pop of the ball in the fielders or the lead of the runners. Granted, great production crews will have extra cameras and offer you brief glimpses, but

tell what he's throwing. In the the experience just never really park, the focus is on the outcome clicked with viewers and that, probably more than anything led to football's dominance on TV.

> Not so on the radio, where the announcer - of which there are many-adheres to the storytelling broadcast. They will announce the starting lineups rather than just posting it on your screen, they will describe the details of the uniforms and the atmosphere catcher's mitt, hum of the crowd and crack of the bat. Descriptions

See SPORTS, Page 8

West Texas County 25 words - \$10 per week; 40 words - \$15 per week

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.

start!

Join the movement.

heart.org/start

American Heart Association

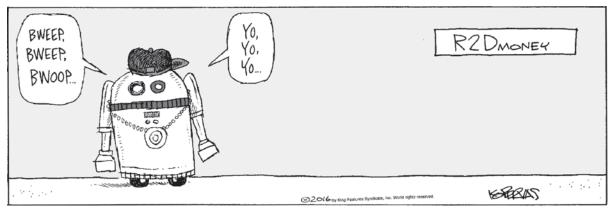
Learn and Live

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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



24

30

Your good health By Keith Roach, M.D.

blood pressure cause blood clots, left side. Since then, I have had blindness and strokes? Or is quite a lot of pain. I had an this caused by taking the wrong combination of blood pressure of the gluteus medius muscle. I medicines? – Anon.

months or years causes damage and talk to another surgeon. My to the lining of blood vessels. This can indeed predispose a and weight-bearing activities. person to a stroke. Reducing blood pressure gradually reduces risk of stroke.

Blood clots also can cause strokes, but these usually are not linked to blood pressure, high or low, and instead are linked to conditions that affect the blood itself or that affect the rhythm of the heart. Some medicines, such as estrogen, make blood clots more likely.

In people with very high blood pressure, lowering it too much, too quickly can cause strokes. The blood pressure needs to be reduced gradually, which usually can be done as an outpatient. There are still a few times when people with extremely high blood pressure are admitted to the hospital, where blood pressure can be brought down very slowly in a controlled environment.

of the most common ailments for the general population. The new surgical techniques, and booklet on it describes what you want an experienced it does and how it's treated. Readers can order a copy by writing: Dr. Roach – No. 104W, at the very least can make you 628 Virginia Drive, Orlando, more confident that the surgery FL 32803. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with require six weeks of crutches the recipient's printed name or other assistive device, and and address. Please allow four another six weeks in a hip brace, weeks for delivery.

DEAR DR. ROACH: Can high 2013, I fell and landed on my MRI that showed I have a tear was advised to have a surgical repair done as an outpatient. My High blood pressure over family doctor wants me to wait pain is aggravated by pressure What is your suggestion? I'm 77 and in pretty good health, and I walk my dogs several times per day. – M.C.

> Gluteus medius tears are an increasingly recognized cause of hip pain. The gluteus medius muscle helps hold the hip in place during walking. They often are treated conservatively, with injection and physical therapy. They can be mistaken for trochanteric bursitis, but persistence of pain despite treatment should make the physician consider alternate diagnoses, and an MRI usually makes the diagnosis.

In your case, you have been suffering for two years, and I agree that it's time to consider surgical repair. However, I also have to agree with your family High blood pressure is one doctor that a second opinion may be wise. There are several surgeon operating on you. Talking to a second surgeon is necessary.

Postoperative recovery may although the exact recovery

See HEALTH, Page 8

A DOZEN TO CHOOSE FROM ACROSS Stinging box jellyfish 8 Salvador of surrealism 12 NFL three-

55 7/21/69 New York Times headline 61 Strong desire 62 Say "I do" to 64 Having a sleek design 65 Snatched 66 1978 Mava Persia 71 Shot _ (ice 123 Most lax ockey statistic) 124 In time past, in 74 Not of the clergy time past 75 Bit of Aspen gear 125 Hogs' home 126 Rolling _ (rich) 76 Feedbag bit 79 Y2K 127 Apply messily 33 Nosy comic limmy? DOWN 36 Sebastian of Arty NYC area 1 England 2 Lengthy reigns, 37 Kind of poem say 38 III-lighted 3 Proficient 90 Pestle's partner 4 Wheaton of the Nine-item groups screen 5 Volume 1 heading 95 "Fallin' " singer starter (eys 78 Tale twisters 6 "Black Beauty" author Anna 99 Dress fussily 01 Dessert at a 7 First names, in ropical-themed party, France 8 Disallow navbe 03 1928 Eddie 9 Fuse box unit Cantor song 10 Lucy of the screen 07 Reel drum 11 Philosophy 12 Bluff one's way 08 Samuel on the Supreme Court through 09 Drop the ball 13 Decorative grating 10 Mosque chief 14 Wd. in Roget's 11 Kick fuss 15 Talk with 16 Franz Joseph _ 14 Strong desire

115 It uses only the 12 letters A, E, H, I, K, L, M, N, O, P, U and W (like eight long answers in this puzzle) 121 "The Wizard of Oz" farm hand 122 Present-day

17 In _ surgery 18 Flung 21 Expel forcibly Draws forth 29 Light fog ' no clue' 31 Playwright Jean 32 Gate joint

Super Crossword

71 In time past 72 Sign gas 73 Stefani of pop music 76 At the ready 77 Early arcade biaaie 78 Laconic 80

DEAR DR. ROACH: In March



	iters: Abbr.	A
15	Seal off	7
19	Satellite, to its	h
plan	iet	7
20	Envoy	7
22	Course	7
23	Jack-o'-lantern	7
	One gazing	8
26	Ending of sugars	J
27		8
28		E
	Mother, in Madrid	8
30		8
32	1986 #1 hit for	9
Whi	tney Houston	9
36	Colonel on	9
"Ho	gan's Heroes"	K
40	See 52-Across	9
41	Tibetan or Thai	9
42	Weighted fishing	1
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43	How butter is	m
ofte	n eaten	1
47	Gave gas to in a	С
gara		1
49	Start to fall	1
50	ER lifesaver	S
52	With 40-Across,	1
196	0s fad dance	1
53	Christmas star's	1
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33 34 Month divs. 35 Jeremy of basketball 36 Like toads 37 River to the Rhone 38 Pep (up) 39 Neeson of "Taken" 44 All-inclusive 45 Brogan, e.g. 46 Be inclined 48 Thrive 50 Track legend Lewis 51 Rototills, e.g. 54 Hogs' home 56 Country/folk singer Griffith 57 "Aren't _ pair?!" 58 Densest stable element 59 Tchr.'s org. 60 Hour div. 63 Portioned 66 Toy dog breed, briefly "Bali _" 67 68 Shaggy locks 69 German "a" 70 Didn't nix

81 City near Venice 82 Prey for owls Rich kid in "Nancy" 84 85 Israel's Sharon 89 Noxious vapor Sobriquet 92 93 Tuscan river 94 Dawn beads 95 Tablet buy 96 in wait 97 Horrifies 100 Oslo's land 102 Item for a cheerleader 103 Corn. to Brits 104 Amend 105 Boots 106 Algerian city 110 Tech sch. 111 Super, slangily 112 Mexican coin 113 Fax abbr. 115 That fellow's 116 20% of XV 117 Scottish "John" 118 Singer DiFranco 119 Farm tool 120 Solid _ rock

Answer Page 4

			30	31					32	33	34				35					
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MOORE TEXAS

by Roger Todd Moore

31 days after getting his ankle shattered by a bullet at San Jacinto, Sam Houston sees a surgeon in New Orleans.



FIGURE! by Linda Thistle GO

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: **

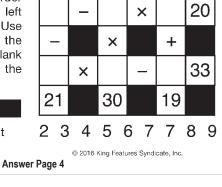
★ Moderate ★★ Difficult

8

3

24 +× × X _ 20 _ × + × 33 × 21 30 19 2 3 4 5 6 7 7 8 9

*** GO FIGURE!



9

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Social Security Q&A By Ray Vigil

Q: Is there a time limit on collecting Social Security disability benefits?

A: Your disability benefits will continue as long as your medical condition does not improve and you remain unable to work. We will review your case at regular intervals to make sure you are still disabled. If you are still receiving disability benefits when you reach full retirement age, we will automatically convert them to retirement benefits. Learn more by reading our publication, Disability Benefits, at www. socialsecurity.gov/pubs.

Q: What is substantial gainful activity?

A: We use the term "substantial gainful activity," or "SGA," to describe a level of work activity and earnings. Work is "substantial" if it involves doing significant physical or mental activities or a combination of both. If you earn more than a certain amount and are doing productive work, we generally consider that you are engaging in substantial gainful activity. For example, the monthly SGA amount for 2015 is \$1,090. For statutorily blind individuals, that amount is \$1,820. You would not be eligible for disability benefits. You can read more about substantial gainful activity and if your earnings qualify as substantial gainful activity at www.socialsecurity.gov/oact/ cola/sga.html.

For more information on any of the questions listed above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 11111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

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: K equals E

NCDAKQW ZP DZFLNCJ AOKDK OQIW FZJNY HIZXFKVD CZG, GK YOZDK AZ DQLK AOKV PZI Q XIQNCE WQE. Answer Page 4

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Finances

From Page 1

money – be very cautious. Many travel scams begin with wired cash.

Bottom line: Planning an upcoming vacation? Before you commit to a vacation rental, vet the owner and the property thoroughly.

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.

Sports From Page 6

of the play are far more intense, and your imagination can add flourishes to mundane plays you've seen a thousand times. Best of all, you can multi-task (my preference being a beer and a porch).

I'm no shill, but I have to recommend the MLB At Bat application for both Apple and Android phones to all baseball fans - particularly those on the go. The app costs \$19.99 for the season, \$4.99 monthly, and gives you access to every radio broadcast in the country plus being able to see video highlights of key plays if you wish. Other Internet radio sites offer some broadcasts, but MLB At Bat is well worth the money.

Check it for yourself and remember... yesterday is a canceled check, tomorrow is a promissory note, but today is all the time you have, so spend it wisely.

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

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

4

6

2

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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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 (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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

Health From Page 7

depends on you and the type of surgery performed.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions ToYourGoodHealth@med. to cornell.edu. To view and order health pamphlets, visit www. rbmamall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.