



NEWSBRIEFS

EPCC closed

El Paso Community College (EPCC) will be closed Friday, Nov. 11, 2016 in observance of Veterans Day. Classes will resume on Saturday, Nov. 12 and offices will reopen Monday, November 14.

— Jim Heiney

It's a dog's life

Eureka! They've found a pill that reverses the aging process in dogs, monkeys and mice, says the Association of Mature American Citizens. According to a published research report, scientists at the University of Washington, University of Missouri, and Fred Hutchinson Cancer Research Center, used an FDA approved organ transplant drug, Rapamycin, to extend the life of mice by as much as 60%. Meanwhile, the University of Washington's Dog Aging Project found that old dogs who were given the drug also responded to the treatment. Sixteen elderly canines were treated and they showed significantly improved coronary function.

— John Grimaldi

Schools recognized

Socorro Independent School District schools have earned eight Texas Education Agency high-performing or high-progress Title 1 designations for 2015-2016. SISD's 2015-2016 high-performing campuses are Mission Early College High School, Elfida Chavez Elementary, Loma Verde Elementary, Dr. Sue Shook Elementary School, and James P. Butler Elementary School. SISD's 2015-2016 high-progress campuses are Mission Early College High School, Elfida Chavez Elementary School, and Loma Verde Elementary School. "This recognition of our high-performing and high-progress schools affirms the high-quality education that Team SISD students are receiving across the district," said SISD Superintendent Dr. José Espinoza. "I applaud our hard-working students, teachers, and principals for their dedication to academic excellence." Title I schools are defined as campuses with a student population of at least 40 percent low-income. A high-performing reward school is identified as a Title I school with distinctions based on reading and

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A well-rounded character is square in all his dealings.

— Quips & Quotes



— Photo courtesy of the Railroad & Transportation Museum of El Paso

TRAINS – The El Paso & Southwestern Locomotive No.1, built in 1857, is scaled against a smaller 1909 steam locomotive in the foreground. Prince McKenzie will speak about the Transcontinental Railroad at this month's El Paso Archaeological Society meeting. The meeting takes place at the El Paso Archaeology Museum on Transmountain Road on Saturday, Nov. 19, at 2 p.m.

Talk highlights railroads' impact on West Texas

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Local historian Prince McKenzie will take archaeology enthusiasts on a journey to the 1880's, as

he recounts the days when the railroads first converged on the El Paso del Norte region and the area was profoundly transforming from meager settlements into flourishing townships.

McKenzie's journey will entail a special presentation, titled *the Cultural*

Impact of the Transcontinental Railroad on the Southwest. As part of the El Paso Archaeological Society's (EPAS) monthly meeting, McKenzie's talk will be held at 2 p.m., Saturday, November 19, at the El Paso Museum of Archaeology (4301 Transmountain Road). The presentation is free and open to the public.

According to McKenzie, before the advent of the railways, the Pass had been a remote crossroad and resupply center for travelers, adventurers, traders, and soldiers for centuries. Travel routes were restricted by climate and terrain and were also limited by the Kiowa, Comanche, and Apache Indian tribes, he explained.

Subsequently, the El Paso del Norte pathway became a major commercial and industrial center in the Southwest during the late nineteenth century. McKenzie stated that trade and commerce accelerated chiefly because of the diverse cultural and racial groups that settled here.

EPAS's guest speaker received a Bachelors of Art degree in History from the University of Texas at El Paso (UTEP). During his career, McKenzie has operated a commercial and forensic photography business and served as the photo crew chief in Texas Archaeological Society field schools.

As an art museum curator, McKenzie participated in the design and installation of the exhibits at the El Paso Archaeology Museum when it first opened in 1977 and has installed several exhibits at the different City of El Paso museum venues. After retirement from the city's Department of Museums, he became the director of the Railroad & Transportation Museum of El Paso in 2001.

McKenzie's upcoming presentation is being hosted by EPAS as part of its monthly guest speaker series. Founded in 1922, the non-profit EPAS membership

See RAILROAD, Page 8

San Eli HS hosts college fair

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – Over 600 students, from San Elizario High School, Clint High School, Fabens High School, and Cotton Valley Early College School, gathered in San Elizario High School's gymnasium to jump-start their college search by meeting with 35 college representatives.

College representatives from UT

Austin, Texas Tech, the University of Mary Hardin-Baylor, and Texas A & M, spent their morning with area students handing out information and answering questions about the college world.

"This a great opportunity for our juniors and seniors to meet face-to-face with admissions representatives from many post-secondary institutions from across the country in order to gain information regarding admissions,

See COLLEGE, Page 2



— Photo courtesy San Elizario ISD

PLANNING AHEAD – Over 600 students from three school districts attended San Elizario ISD's annual college fair. The Texas Association of Collegiate Registrars and Admissions Officers sponsored the event.

Finances

By Nathaniel Sillin

Changes to FAFSA make it easier to apply for student aid

Do you have a high school senior who is knee deep in the college admissions process? Writing essays and filling out forms can be a stressful process for students, just as covering the cost of college can be for parents. This year, the Free Application for Federal Student Aid (FAFSA) submission period opened on October 1 – three months earlier than in previous years.

That extra time to get financial information in order could be a big benefit to many families. Don't put off completing the application, sending the FAFSA in early could increase your financial aid package and give you more time to compare aid offers from different schools.

Understanding this form of student aid. The FAFSA determines your family's expected contribution to the cost of higher education and serves as an application for federal financial aid, such as student loans, work study and the Pell Grant. It's also used by some state agencies and schools to determine aid, including merit-based awards, and some scholarships require applicants fill out the FAFSA.

Current and prospective college students must complete a new FAFSA each year. Dependent children will need their parents' financial information to complete the form, and parents may want to work on the application alongside their child.

Most students complete the FAFSA online at fafsa.ed.gov. While it can be complicated, once you have all the paperwork in order, the application could take less than 30 minutes.

New changes in tax requirements make filling out the FAFSA easier. The earlier submission period isn't the only difference for the FAFSA this year, there's also a change in the tax information you need to submit. You'll now report your income based on the student's and parents' tax return from two years

before the school term begins. Your 2015 tax return for the 2017-2018 FAFSA for example.

You might be able to electronically transfer your tax return information to your FAFSA using the Internal Revenue Service's Data Retrieval Tool. If you're unable or don't want to use the tool and don't have a copy of your 2015 tax return, you can order a free tax transcript of your return online, by mail or by calling 1-800-908-9946.

The 2017-2018 FAFSA requires that applicants use their 2015 tax return information even if there have been significant changes in your financial situation since then. After submitting, applicants can contact schools' financial aid offices to make adjustments.

Pay close attention when filling out the FAFSA because some of the questions, such as those pertaining to current assets, are based on when you fill out the form, not your tax return.

Submitting your application early offers several advantages.

The federal deadline for the 2017-2018 FAFSA is June 30, 2018, but don't wait that long to complete your application. States and colleges have deadlines of their own, and your eligibility for aid can depend on meeting these deadlines.

Some states and schools also distribute aid on a first come, first served basis. Submitting your application early can help ensure you'll receive the aid you're eligible for before the funds run out.

Prospective students who

submit the FAFSA early might receive estimated financial aid offers from schools earlier as a result. This gives families more time to compare the offers before making the big decision on which school to attend.

You can list up to 10 schools on the FAFSA, including schools you're considering but haven't applied to yet. Submitting your info holds your place in line for aid, and you can switch out schools later if you want. You'll also receive a Student Aid Report (SAR) after submitting the FAFSA that you can send to additional schools.

Many states require you send your FAFSA to at least one in-state school to be eligible for state grants, and some states require you list a state school in the first or second position to be eligible. The Department of Education has a list of each state's requirements.

Bottom line. The FAFSA's submission period opens up three months earlier than in previous years. Sending your FAFSA in early could increase your eligibility for financial aid and give you more time to compare aid offers from schools.

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.

College

From Page 1

financial aid, course and major offerings, and college life in general," said Paula Hernandez, Counselor at SEHS.

Valerie Gomez is a senior at SEHS and she plans to attend Southwest University (SU) after she graduates from high school. "I want to study and learn everything there is about the Diesel Mechanic field," she said. "The representative from SU provided me with really good information about the school, scholarships, and also about the career I want to pursue. I have made up my mind as to where I want to go to school and SU is the place for me."

Gomez is looking forward to college because she wants to make her family proud and set the example for her younger siblings. "I am excited about going to college next year. Continuing with my studies is very important for me because I would be the first one in my family to ever attend college and graduate."

Veterans Post

By Freddy Groves

Bicycles banned at Arlington

Bicycles will no longer be allowed in Arlington National Cemetery, unless being ridden by people with family passes who are there to visit a loved one's grave. Commuters, weekend exercisers and cycling clubs are no longer welcome.

To which I give a big thumbs-up.

Arlington National Cemetery holds upward of 30 funerals a day. Some of these involve long streams of cars of attendees and escorts; some involve the military band or horses pulling a caisson. The last thing funeral-goers need is to have to navigate around cyclists, or have them whiz by during a funeral service.

Of course, cyclists were upset when the news came out, and they started a petition, claiming they don't disrupt anything. The cemetery's response to that was, "Previous trial periods with bicyclists in the cemetery showed bicyclists did not typically stop for these processions."

Enough said.

Some state veterans' cemeteries seem to ban

bicycles as well, such as the Connecticut State Veterans' Cemetery.

Others aren't as vigilant, with one state suffering from horseback riding, picnics, fireworks and hunting at their veterans' cemetery. Another had to ban bicycles after multiple bike crashes disrupted funerals.

Some places aren't so fussy. There apparently is an annual ride at the Chattanooga National Cemetery in Tennessee. The Willamette National Cemetery in Oregon allows bicycles and is on a list of places to ride, complete with helpful GPS printable maps.

Having buried a grandfather, father, mother, two uncles, a spouse and multiple friends in national cemeteries, I can say this: If you're a cyclist who lives where a national cemetery allows bicycles and you spot an ongoing procession or funeral service, stop. A cemetery isn't just a convenient shortcut for you. It's the end of the line for our loved ones.

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PUBLISHED:
Published each Thursday (minimum 50 issues) by Homesteader News, Inc. Office open Monday through Thursday.

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Est. 1973
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El Paso Community College

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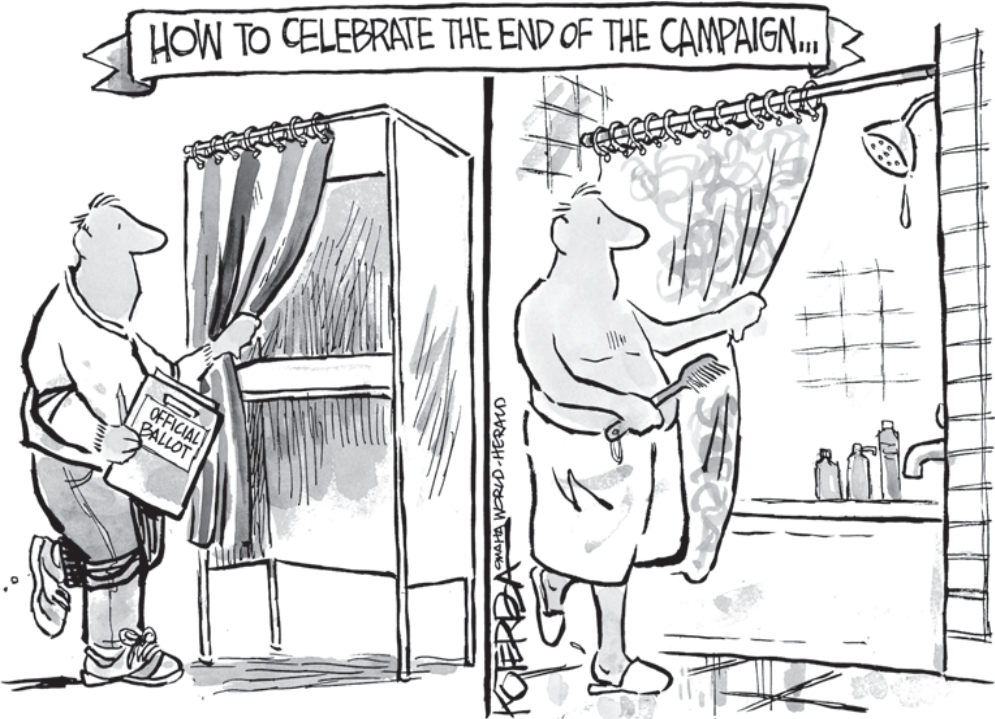
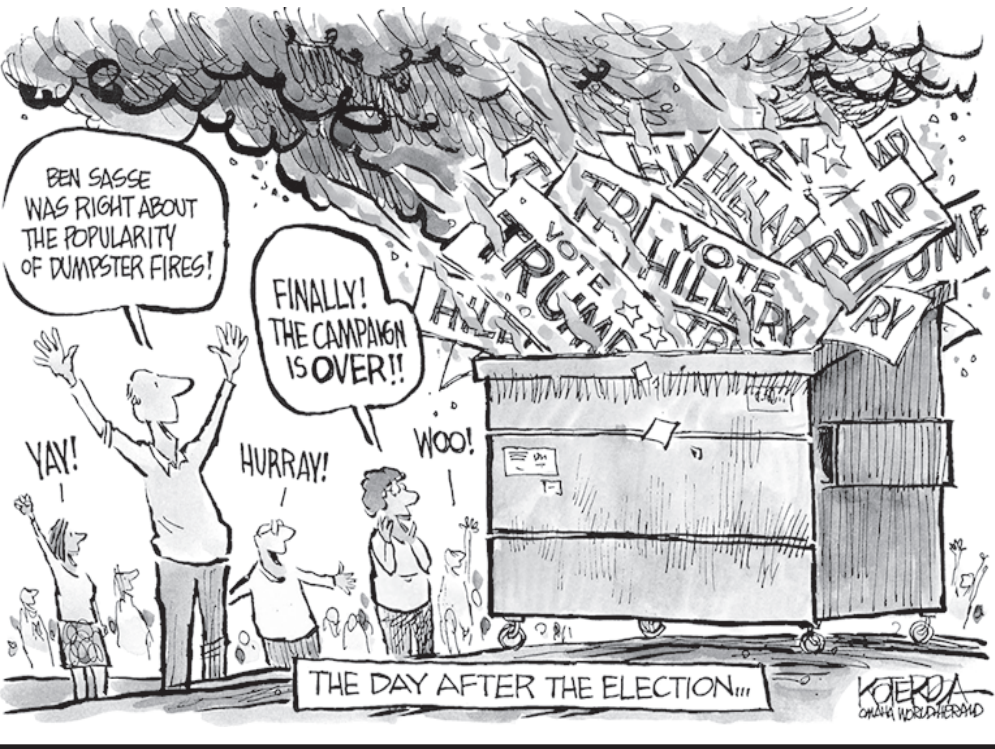
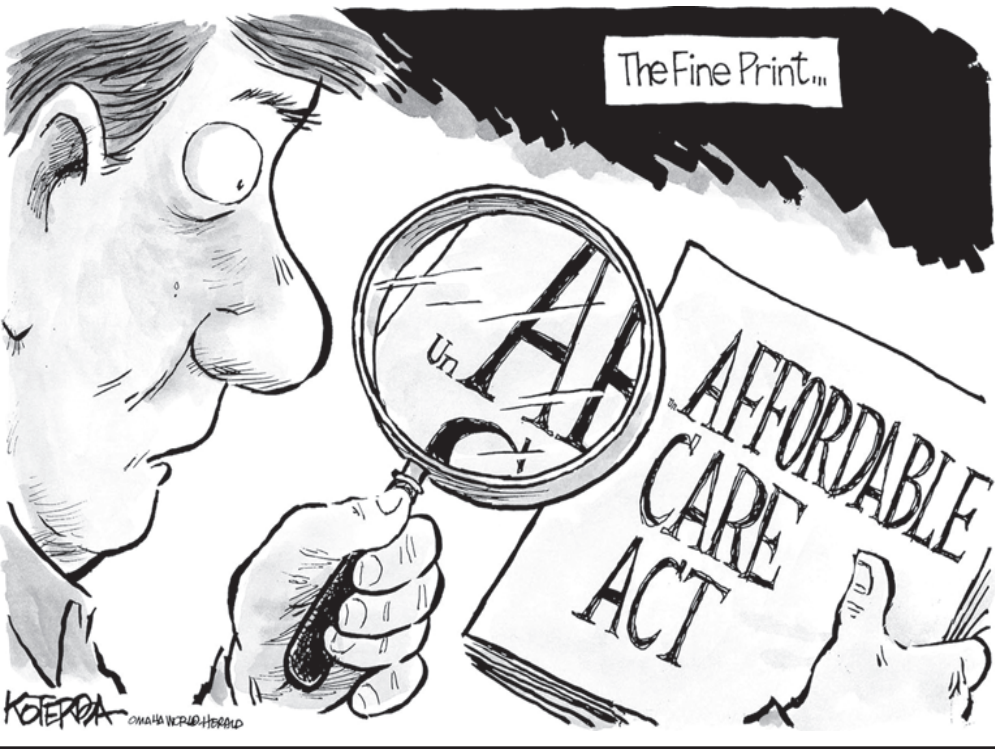
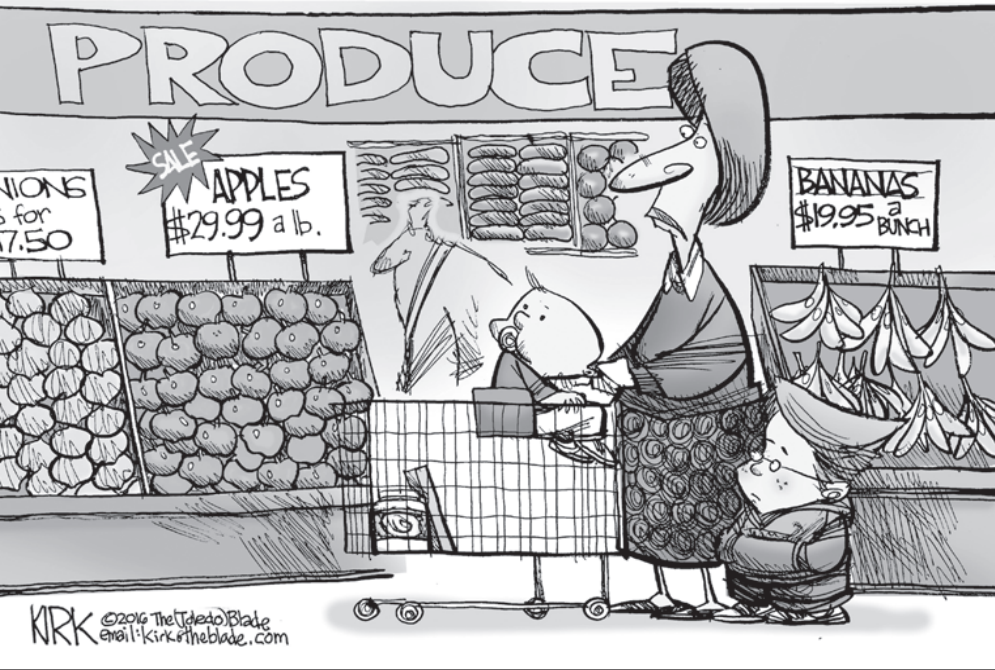
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IF GROCERY STORES HAD THE SAME LACK OF COMPETITION AS OBAMACARE PROVIDERS



View from here By John Grimaldi

Obamacare must go

“Sky-high premiums and exorbitant deductibles may seal the fate of Obamacare. It was force-fed to the American public and now we’re gagging on it,” says Dan Weber, president of the Association of Mature American Citizens.

“With the last days of the 2016 Presidential Election campaigns upon us, the candidates are finally addressing the 800 pound gorilla in the room. Both Mrs. Clinton and Mr. Trump have notions on where we go from here. But the reality is that the Affordable Care Act is damaged beyond repair.”

It’s not just the over-the-top premiums, he says. Those unfortunate enough to live in Arizona, will see premium increases approaching 116%.

“Yes, more people have health insurance than before, but can they afford it? When you have deductibles exceeding \$12,000 a year that must be paid out of pocket before you see any benefit it seems hardly affordable for most Americans, especially for those who are in greatest need. Remember, that’s on top of monthly premiums that are rising in 2017 by an average of 25% to as high as 116%, as it is in Arizona.”

HealthPocket, a healthcare research provider, says that for families enrolled in the Affordable Care Act’s Bronze Plans, which are supposedly the lowest cost health insurance plans in the Obamacare network, the average deductible is over \$12,000 in 2017.

Weber, acknowledges that in Indiana where insurance plans are competing for business, some residents will see a three percent reduction in premiums. He argues that the same king of competition on a national level will help “tame” prices and that allowing the purchase of insurance across state lines, something not provided for in the Affordable Care Act, can make a big difference going forward. It’s a good reason for scrapping Obamacare and starting all over again.

In addition, Weber says that any new healthcare plans created to replace the ACA should include, as a key component, Health Savings Accounts (HSA’s).

Under current law, HSA owners are barred from using HSA funds to cover insurance premiums, direct primary care costs, over-the-counter drugs, and several other commonsense expenditures related to their health.

“Americans, and particularly, senior citizens, should have complete and total control over the purchasing and saving powers inherent in an HSA. We need to expand the provisions of Health Savings Accounts as a means of putting the decision-making power back in the hands of account holders It’s a rational, practical, and forward-thinking approach to help HSAs reach their full and uninhibited potential,” says Weber.

AMAC is supporting legislation that would double the contribution limit of HSAs and allow individuals to determine how much money they need to save for their healthcare, including free-market health insurance.

He calls “an open border” approach to the selection of insurance plans and an expansion of HSA provisions powerful core components of a realistic health care insurance solution.

The Associated Press and the consulting firm Avalere Health did the research and found that 33% of U.S. counties – more than 1,000 counties in 26 states – will have only one health insurance provider available to them in 2017.

The study shows that “five states – Alaska, Alabama, Oklahoma, South Carolina, and Wyoming – have one participating insurer across their entire jurisdictions. Only Wyoming had faced that predicament this year [in 2016]. In addition, Arizona, Florida, Georgia, Missouri, Mississippi, North Carolina, Nevada, and Tennessee have only one participating insurer in a majority of their counties.”

Caroline Pearson, a senior vice president with Avalere, said that “rising premiums get all of the political attention, but lack of choice between insurers could be a bigger problem for consumers.”

Meanwhile, the Gallup polling organization has found that “the American public is, in a general sense, not predisposed to the idea of the federal government running healthcare. The public’s approval of the healthcare law has consistently been below the majority level in recent years, ranging from a high of 48% shortly after Obama won re-election in 2012 to a low of 37% approval in late 2014,” says Gallup.

Even former president Bill Clinton has expressed his disappointment at the failure of Obamacare. Although he has tried to walk his comments back since then, he told a campaign rally in Flint, MI last month: “so you’ve got this crazy system where all of a sudden 25 million more people have health care and then the people who are out there busting it, sometimes 60 hours a week, wind up with their premiums doubled and their coverage cut in half. It’s the craziest thing in the world.”

Weber says that Obamacare has been a critical issue for the Association of Mature American Citizens since its establishment. “No one is laughing at the irony of Obamacare’s official name, the Affordable Care Act, the fact is the ACA is having a significant and dramatic negative impact on the pocket books of anyone who purchases health insurance. This comes at a time when the country is in the hole financially and middle class households are carrying the heaviest burden. How bad do things have to get before we realize that Obamacare has to go. It shouldn’t have been enacted in the first place and needs to be repealed and replaced.”

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.

“... people who are out there busting it, sometimes 60 hours a week, wind up with their premiums doubled and their coverage cut in half. It’s the craziest thing in the world.”

– Former president Bill Clinton

Ag Report

By Orlando Flores

El Paso cotton begins its journey to market

EL PASO COUNTY – With the green fields all over the Borderland erupting in puffy, white blooms, it’s the yearly reminder that cotton is still king in El Paso County.

In October, El Paso County farmers began the process of harvesting the highly sought-after crop. The County is the largest producer of Pima cotton (extra long staple) in Texas.

In fact, the El Paso area has been compared to the Nile Valley because of the high quality cotton produced in the area. Although, known for Pima cotton, El Paso farmers also grow Upland cotton (short staple) as well.

This year, farmers planted 16,242 acres of cotton. That may seem like a lot, but in good water years – when full allotments of water are given – this number can be closer to 30,000 acres of cotton.

With a dry autumn so far, weather conditions have been very favorable for cotton harvest.

Upon harvest, cotton is hauled to a cotton gin where a machine for separates the cotton fiber from the seeds. At one time, cotton gins were nearly as common as gas stations throughout the Borderland and Texas. Some towns played host to three or four gins well into the 1970s.

Today the Valley Gin Company, commonly referred to as the “Super Gin” in Tornillo, is the only gin in El Paso County. The Valley Gin meets the needs of El Paso and Hudspeth County farmers. It has processed cotton from other West Texas counties as well.

Valley Gin General Manager Gil Jones anticipates producing around 40,000 bales of cotton this year. Two-thirds of the bales will be Pima Cotton. A bale of ginned cotton weighs 500 pounds.

The Valley Gin started the ginning process in late October and will gin cotton well into January. El Paso County farmers have earned a great reputation of being “top notch” producers of cotton, and continue to prove it year after year.

Orlando Flores is the County Extension Agent of Agriculture & Natural Resources for Texas A&M Agrilife Extension Service/El Paso County.



– Photo by Orlando Flores

QUICK PICK – A cotton harvester makes fast work out of harvesting cotton at a Ramon Tirres Farm in Clint.

Cancer

From Page 8

Disability Report. At the end of the report, we’ll ask you to sign a form that gives the child’s doctor(s) permission to give us information about the

child’s disability. We need this information to make a decision on your child’s application. The Child Disability Report is available in the Child Disability Starter Kit.

Social Security also has an obligation to provide benefits quickly to applicants whose

medical conditions are so serious that they obviously meet our strict disability standards. Social Security’s Compassionate Allowances program enables us to quickly identify diseases and other medical conditions that invariably qualify under the listing of impairments based on minimal objective medical information. The Compassionate Allowances list allows Social Security to identify the most seriously disabled people for allowances based on objective medical information that we can obtain quickly. Compassionate Allowances is not a separate program from the SSI program. Learn more at www.socialsecurity.gov/compassionateallowances.

Social Security is here to provide benefits for the most vulnerable members of our society — including children with severe disabilities. If you or anyone in your family needs assistance, visit www.socialsecurity.gov/disability.

For more information on this article, 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.

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CryptoQuip

Answer

Since I happen to revere noted movie actress Miles, would you say that I hallow Vera?

Strange But True

By Samantha Weaver

- It was 19th-century British historian and politician Thomas Babington Macaulay who made the following sage observation: “The measure of a man’s real character is what he would do if he knew he would never be found out.”
 - Until nylon came to the fore, the most popular material used on the business end of toothbrushes – starting way back in 16th-century China – was hog bristles.
 - Among other artifacts, archaeologists found a bronze razor in King Tut’s tomb. It was reportedly still sharp enough to use for shaving.
 - Those who study such things claim to have found the best way to climb stairs: Evidently, you should exhale before you begin the ascent, inhale for the duration of the first two steps, exhale during the next two steps, and repeat until you’ve reached the top. Of course, it’s interesting to note that what “best” means in this situation isn’t clearly defined.
 - According to pollsters, when divorced people take surveys, women are much more likely than men to report that they’re happy about the breakup.
 - The hyoid, found in your throat, is the only bone in the human body that is not connected to any other bone. Its purpose is to anchor the muscles of your tongue.
 - There are 12 sovereign nations in South America, and Brazil shares a border with all but two of them: Chile and Ecuador.
 - Founding Father Benjamin Franklin’s final public act was to write a letter to Congress urging the abolition of slavery.
- Thought for the Day: “It’s good to have money and the things that money can buy, but it’s good, too, to check up once in a while and make sure that you haven’t lost the things that money can’t buy.”
- George H. Lorimer

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FMWC presents Castner Range update

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Franklin Mountains Wilderness Coalition (FMWC) will hold its next public forum, from 6:30 to 8 p.m., Wednesday, November 16, at the Memorial Park Garden Center,

3105 Grant Ave, in central El Paso.

On the agenda for the meeting are an update on the Castner Range National Monument effort and the release of findings from a recent archaeological and historical background study of the local range.

According to FMWC officials,

the coalition has long advocated for the preservation of Castner Range because of its importance as natural open space. The range occupies 11 square miles on the eastern slopes of the Franklin Mountains. Today, Castner Range is in nearly pristine condition, thanks to the stewardship of the US Army which owns the land,

they stated.

A key advocate for the special designation has been U.S. Congressman Beto O’Rourke, who has been leading a major effort in Washington D. C. to conserve Castner Range as a national monument, which would protect the mountain terrain from commercial development.

Also on FMWC’s agenda for the upcoming meeting will be discussion of the Castner Range Celebration that is planned for November 19. Additionally, members will share information on the annual joint meeting with the Friends of the Rio Bosque organization, which is tentatively scheduled, from 6 to 9 p.m., January 18, at the El Paso Club.

FMWC consists of individuals

and organizations that are united in their concern for the Franklin Mountains that span through Texas and New Mexico. Group members stated that the coalition is dedicated to protecting the mountains’ scenic beauty and wilderness including the ecosystem’s plant and animal resources, as well as encouraging recreational, scientific and educational uses of the mountains.

FMWC’s current board members are: Scott Cutler, president; Judy Ackerman, secretary; Pat White, treasurer; and at-large members Raul Amaya, Richard Teschner, and Christi DeBates. For more information about the coalition, visit its website, at <http://www.franklinmountains.org>.



– Photo courtesy Castner Range National Monument/Frontera Land Alliance

NATURAL BEAUTY – Among the many unique features within Castner Range is the spectacular marble rock that is exposed by the cuts in the mountain terrain along Transmountain Road.

Classified Ads

VILLAGE OF VINTON, TX

PUBLIC NOTICE

Request for Qualifications

RFQ# 2016-10-20: Grant Administration

The Village of Vinton has applied for and been granted funds from Untied States Department of Agriculture under its Housing Preservation Program. Accordingly, the Village of Vinton is seeking to contract with a qualified individual or firm to administer the contract.

RFQ# 2016-11-18: Architectural Services

The Village of Vinton is applying for grant funds from the United States Department of Agriculture under its Community Facilities Program. Accordingly, the Village of Vinton is seeking to contract with a qualified individual or firm to provide an architectural feasibility study

To be considered, qualifications must be submitted prior to 4:00 PM on the 18th day of November, 2016. A complete request for qualifications,

outlining services required by the locality, submission requirements, and evaluation criteria, has been prepared. Interested parties may obtain copies of this Request on the city's website: <http://www.vintontx.govoffice2.com> or by contacting:

Jannette Monrreal
Village of Vinton
436 Vinton Road
Vinton, TX 79821
(915) 886-5104
jmonrreal@vintontx.us

The locality reserves the right to negotiate with any and all individuals or firms submitting proposals, in accordance with the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards Act, and may choose to retain services for three consecutive funding cycles. The locality reserves the right to reject any or all proposals

The Village of Vinton is an Affirmative Action/Equal Opportunity Employer.

Madeleine Praino
Mayor

WTCC: 11-03-16
11-10-16

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Medicare has neither reviewed nor endorsed this information. Golden Outlook Insurance Services, TX License # 1707502, is a licensed insurance agency that works with Medicare enrollees to explain Medicare Advantage, Medicare Supplement and Prescription Drug Plan options.

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Medicare no ha revisado ni ha aprobado esta información. Golden Outlook Insurance Services, TX Licencia # 1707502, es una agencia de seguros que trabaja con las personas inscritas en Medicare para explicarles las opciones de Medicare Advantage, Suplementos de Medicare y Planes de Medicamentos Recetados.

Too many cooks in Golden State’s kitchen

By Steve Escajeda
Special to the Courier

Every gambler alive started making their bets when the Golden State Warriors announced they had signed superstar Kevin Durant – on which team would finish second.

The addition of Durant to one of the NBA’s best teams ever, which includes Stephen Curry, Klay Thompson and Draymond Green, just solidified Golden State’s second title in three years.

It took last year’s Warriors’ team 20 years to eclipse the Chicago Bulls regular season record, set back in 1995-96.

The big question is whether this team would break last year’s all-time best record of 73-9 – just one year later?

It all seemed like a foregone conclusion. How could it not be? You take one of the best players in NBA history and combine him with two of the best shooters in NBA history, on a team that came so close to winning the last two NBA championships.

It almost didn’t seem fair to the other

“normal” NBA teams.

But something interesting has happened at Golden State. Over the first couple of weeks of the NBA season, the invincible Warriors have looked... well... vincible.

Okay, “vincible” is not really a word but I think you get my drift.

The Warriors were pummeled by 29 points in their first game of the season at home by the San Antonio Spurs. But being it was their first game together that could be expected.

A few games later they were beaten by the Los Angeles Lakers – by 20 points. That game was in L.A., but it was still against the Kobe Bryant-less Lakers, who were terrible when he was on the team.

So what does all this mean? Could it be that the Warriors may not be the best thing since sliced raisin bread?

Could it be that they actually won’t rewrite every record in the book?

Let’s look at some early season facts.

Last year’s Warriors didn’t lose their first game until their 25th try. This year, it just took them six games.

They lost a grand total of two home games during the regular season, 39-2.

This year, they’ve only played two home games and already lost one.

Last year, they lost only nine games during the regular season. At the rate they’re going so far, the Warriors will lose at least 20 games this year.

So the question still remains, why?

One of the biggest problems for any team with an abundance of talent is that the game is still played with just one basketball.

And there are far more Kevin Durant’s and Carmelo Anthony’s and James Harden’s out there than there are LeBron James’ and Kawhi Leonard’s.

Guys who need their allotment of shots no matter the outcome of the game.

And for the Warriors, how do you ask a two-time defending NBA MVP to step back and take a secondary role to Durant?

Curry says all the rights things and still wears a smile to games. But it’s got to be eating at him.

It’s not like the Warriors needed Durant to make them better. They just set the all-time wins record without him!

But now you’re asking for Curry and

Thompson to take less shots and for Green to play a diminished role.

These millionaires have big egos.

Just six games into the season a trend has already started. Both Curry and Thompson are averaging seven points less a game than they did last year.

And Durant leads the team in scoring and shot attempts per game.

Can you hear that munching sound? It’s eating at them.

Another problem with an abundance of superstars is the salary cap. This year, of their 15-man roster, Durant, Curry, Thompson and Green make a combined \$70.5 million.

The other 11 guys will make a combined \$28 million. Which means the bench will suffer when the stars need a rest.

My father taught me a long time ago that if something isn’t broken, you don’t waste your time and effort trying to fix it.

There’s no doubt that the Warriors will still have a formidable team and will finish with one of the best records in the league.

But, deep inside... before every game... it’s eating at them.

A sporting view By Mark Vasto

The way things ought to be

With everyone racking their brains about the perceived problem of shrinking NFL TV ratings, we now get to shift our focus to the flawed NCAA playoff rankings. But why stop there? There are plenty of things in the sporting world that need to be addressed. Here are a few I will toss out there:

1. Tim Tebow needs to try out for every major sport. This is a no-brainer. Everyone knows that Tim Tebow is a superior athlete and a virtuous Christian. That is why he must always be set up for martyrdom, so we can talk about how teams don’t understand the righteous talent they are sitting

on. It doesn’t matter that he’s only hitting .149 for the Mets’ fall instructional league team, he probably sells more jerseys than most of the Mets big-league players combined. Surely he could be a center on the Blue Jacket’s checking line, or a power forward for the Brooklyn Nets. It might hurt to watch, but that means it’s working.

2. Every NFL team has to wear black (or pink). Studies show that teams wearing black are more aggressive. That study, no doubt commissioned by the circa 1970s tangerine-orange mustachioed Tampa Bay Buccaneer, has taken hold of the league because

black keeps creeping into color schemes. The only exception can be made for the Eagles, but only if they switch their color back to Kelly Green. Philadelphians shouldn’t be made to wear Forest Green, sorry.

3. Nick Saban needs to trash every other team’s offensive scheme at press conferences, then destroy that team by mastering the offensive scheme he just trashed. It started with the run option, but something tells me that Saban would win if he ran nothing but wildcats or fake punts on every first down. This is a good thing, because Saban’s idea of a perfect game would be Alabama scoring every quarter and beating LSU 8-0, all safeties.

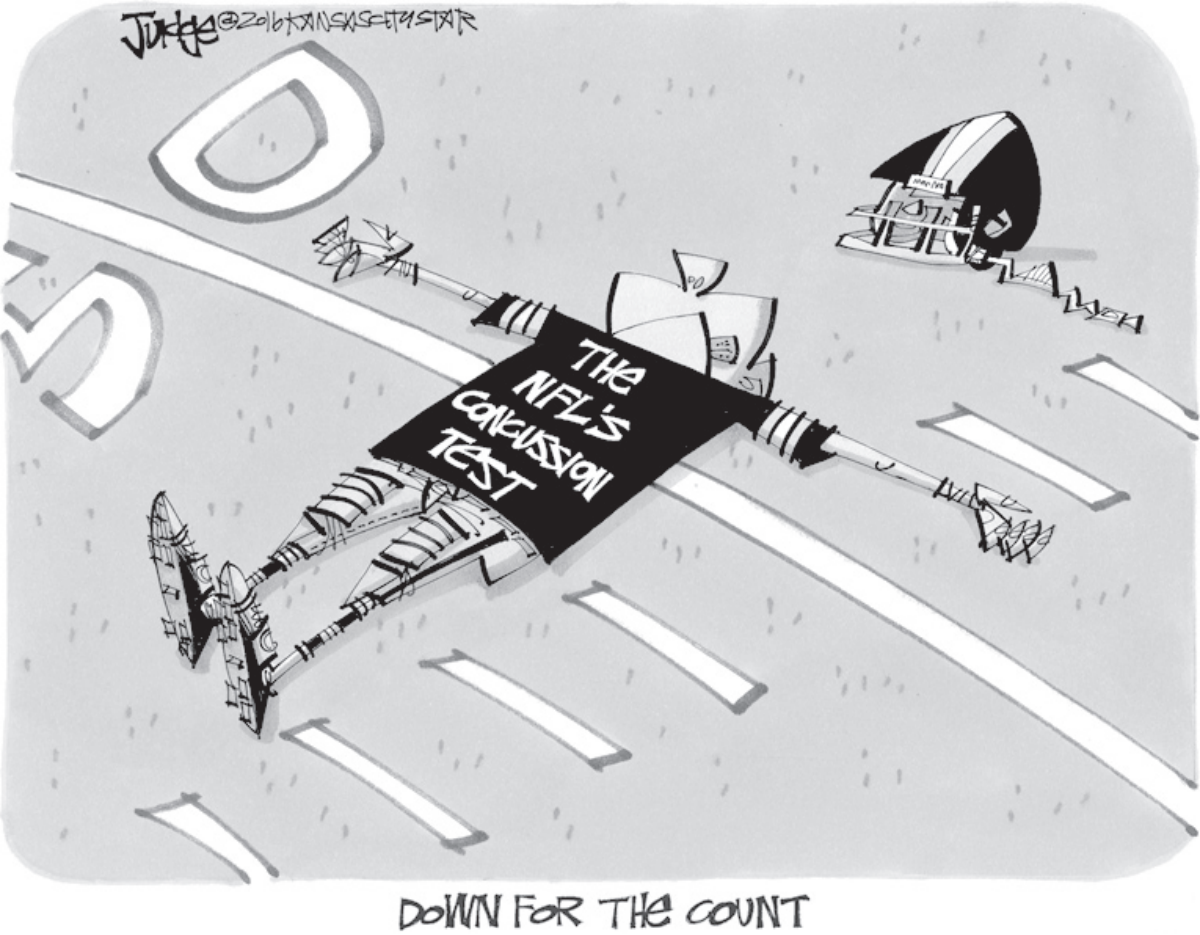
4. Pete Rose and Alex Rodriguez need to do postgame

analysis for every baseball game. When A-Rod isn’t name-checking Andy Pettite (which almost never happens) or using multi-syllabic words, Pete Rose is there to make fun of him or tease him about Derek Jeter’s inspiring play. The matchup of those two plus Frank Thomas is a thing of beauty. You can just picture a bunch of drunken FOX execs coming up with the idea... “No! Wait! Pete Rose has to wear a bow-tie!” then still going with the idea the next morning.

5. The Cubs needed to lose the World Series. The world needed the Cubbies to lose. They were the last team clinically proven to break hearts. Look at what

happened to Red Sox fans. They used to be the quirky losers, now they’re just obnoxious without the charm (Fenway Park notwithstanding). Look at how miserable hockey fans are having been robbed of the joy that was chanting “1940” to Ranger fans. Oh well, Wrigley Field is still only place where singing “take me out to the ballgame” in the vocal style of Daffy Duck can be considered cool (but only when Bill Murray does it).

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



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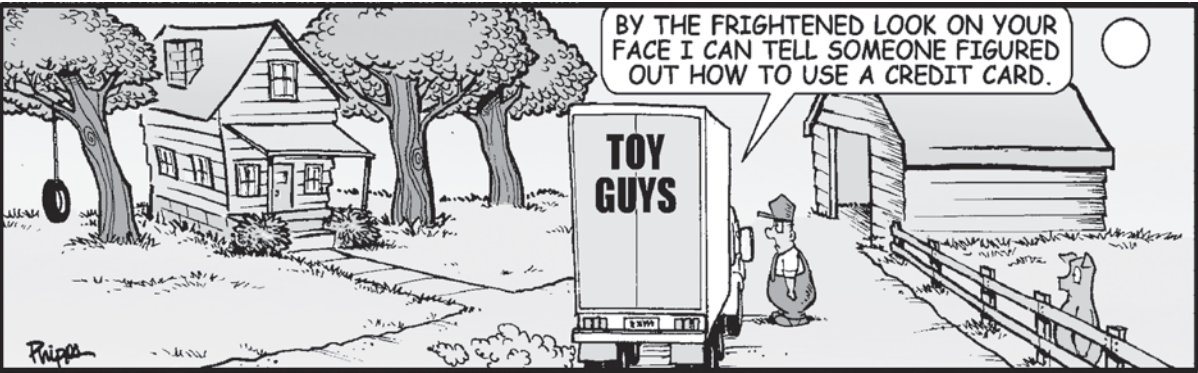
OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



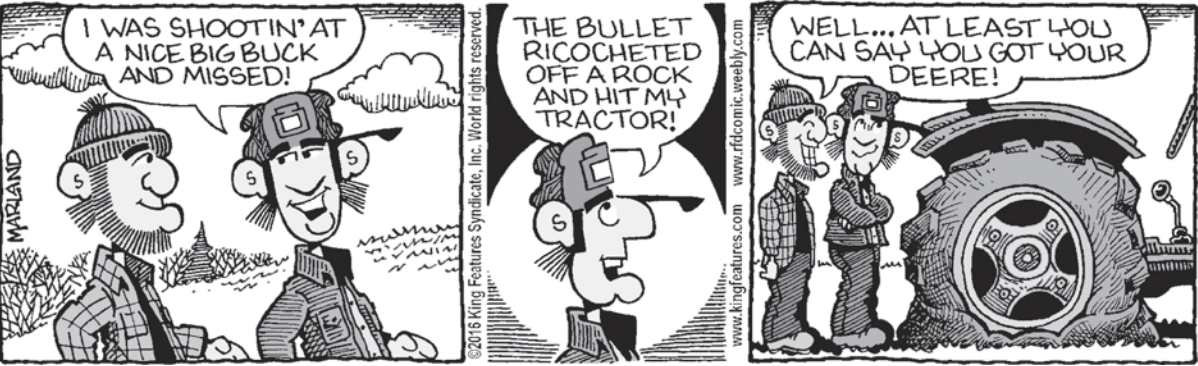
THE SPATS

By Jeff Pickering



R.F.D.

By Mike Marland



Your good health

By Keith Roach, M.D.

DEAR DR. ROACH: Would you please comment on chelation therapy? A urine test for mercury, lead and arsenic was done that showed abnormal elevations after I was given DMSA. I also was prescribed a long list of vitamins and supplements. This testing and treatment have caused me great confusion. – Anon.

Chelation is the process of using a medication to rid toxic chemicals, especially the heavy metals you mention, from the body. DMSA is a chemical that binds to mercury and lead, and is then excreted into the urine.

We all have some amount of these metals in our bodies, because they are present in the environment, but few people have toxic amounts. Toxicity happens mostly in people with industrial exposure to the heavy metals. Toxic levels usually, but not always, are associated with symptoms.

The DMSA you took before the urine test will cause these small amounts to be rapidly excreted by the kidney. The problem I have with this type of testing is that comparing your urine toxin levels after DMSA with urine toxin levels in healthy people who have not had DMSA is not valid, and I would not recommend treatment based on this faulty analysis. Unfortunately, the analysis you had is commonly done, so that nearly everybody tested will show falsely abnormal results. Thus, I recommend strongly against testing without a clear reason to do so, and never using this method.

Chelation treatment of heavy metals is appropriate only if there are symptoms and a history of

exposure, and if blood levels not obtained after administration of a chelating drug are high (or urine, for mercury). An occupational medicine physician has expertise in this area and would be a good consultant if you still are confused.

DEAR DR. ROACH: My relative is a 69-year-old who has smoked for 55 years. She has a terrible cough. I want her to cover her mouth with a hankie or tissue when she coughs. The coughing can go on for a few minutes. She insists that she is not sick, and that it's just allergies. I say she is spraying her sputum, and I might catch what she doesn't know she has. – S.B.

You don't need to be worrying about yourself. Although it is possible that she has pneumonia, most pneumonias are not transmitted from person to person, so the risk to others is low.

You need to be worrying about your relative. With this degree of cough, it is very likely that she has chronic obstructive pulmonary disease. What's worse, a small number of smokers with a cough like this have lung cancer. In all probability, she is fooling herself that she has only allergies. She needs to quit smoking, now, and also get evaluated.

The booklet on COPD explains in detail both emphysema and chronic bronchitis, the two elements of COPD. Readers can obtain a copy by writing: Dr. Roach – No. 601W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6

See HEALTH, Page 8

Super Crossword

- CHAIN LINKS ACROSS

1 Neaten (up)

7 Lab compounds

16 Terrific, slangily

20 Talented talker

21 Thinks up something

22 Witchy sorts

23 Furniture chain, literally

25 Prime draft classification

26 Many times, in verse

27 "What _ I tell you?"

28 Bygone rival of Delta

29 Using an Rx, say

31 Restaurant chain, literally

37 Synchronize

40 One in sales, briefly

41 Big letters in fashion

42 Strong coat fabric

43 TV pioneer Jack

44 "_ For" (1995 Nicole Kidman film)

46 Wildly

49 It carries a small charge

50 Dog chain, literally

56 Swivel about an axis

57 Tan shade

58 Baseball great

Casey

61 Cry a river
- 64 "It's my turn to go"

66 Kipling's Rikki-tikki-_

68 "_ pity" ("Alas")

69 Mountain chain, literally

76 Jewish month

77 Arouse

78 Skin opening

79 Beer belly, e.g.

80 It's not a pretty sight

84 Casts forth

87 Give a summons to

89 Food chain, literally

95 Native Coloradan

97 Pop's Stefani

98 Jeans giant

99 Nastase of tennis

100 _Croatian (language)

102 "BTW" part

105 Gigi's refusal

106 NFL lineman

108 Island chain, literally

113 Pedal pusher

114 Badger

115 "It's so cold!"

116 OS computer

119 Stephen King's rabid dog

120 Watch chain, literally

126 Time period

127 Asbestos, e.g.

128 Sean Penn film

129 "Woe _!"
- 130 Celebrities of daytime dramas

131 Clear record holder
- DOWN

1 Merely OK

2 U. lecturer

3 Finn's craft

4 Thespian Hagen

5 Police line

6 Otter relative

7 Tai _

8 Bit of a laugh

9 Legal rider?

10 Damon and Dillon

11 Somewhat

12 Cubans, e.g.

13 Sweetened drink

14 "Bad" Brown

15 Camille Saint_

16 Lisa's role on "Friends"

17 Excessive display of distress

18 Way in the past

19 Org. with bag screeners

24 Curious

30 Large pike, for short

31 Copies a happy cat

32 Slangy ending for switch

33 Copy over, as a soundtrack

34 Offer a view

35 "Kapow!"

36 Deep desire
- 37 Android extra

38 T on a frat tee

39 Recess game

44 It's led by a Sec'y-General

45 Think piece

47 Postgrad degs.

48 Hitler Mel

51 Double-_ (tourney type)

52 Arizona tribe

53 "I got _ in Kalamazoo"

54 Impose, as a tax

55 Opposed to

59 Jacob's wombmate

60 Cafe au _

61 _Ball

62 Unctuous

63 Certain fruity spread

65 Sleeping garb

67 Wee demon

70 Rick's love in a classic film

71 Kong's kin

72 _ roast

73 Hocus-_

74 Author Leon

75 Actor Rogen

81 Like many hockey shots

82 Unvarnished

83 Dir. from L.A. to K.C.

85 Rocker Reznor

86 Revel in

88 Writer Jong

90 Echidna food
- 91 Lollobrigida of Hollywood

92 Type

93 .001 inch

94 Split second?

95 Kind of port for a PC

96 Servers in saucers

101 Flagship U.K. TV network

103 Ended a phone talk

104 In-box fillers

106 Like the Tatar language

107 To another continent

109 Hero shops

110 University of Maine's city

111 Strain at _ (fuss pettily)

112 Hitting stat

116 Flat-topped hill

117 "What _!" ("Such fun!")

118 Attended

119 Hit CBS drama

121 Secret govt. group

122 Flight deck guess, briefly

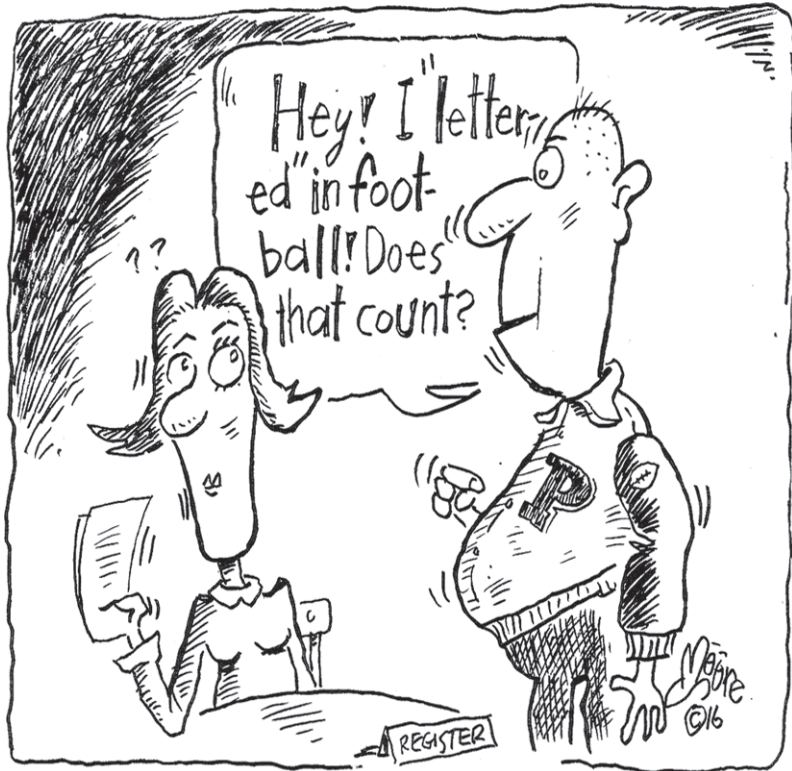
123 University sisters' org.

124 Triage sites, for short

125 Ovid's 2,100

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Nov. 9, 1936: The Texas Institute of Letters had its first meeting.



Answer Page 4

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See CANCER, Page 4

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