

VOL. 43, No. 48

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

NEWSBRIEFS

EPAS Christmas Party

El Paso Archaeological Society (EPAS) will hold its annual Christmas Party, beginning at 1 p.m., Saturday, December 17, at the El Paso Museum of Archaeology, 4301 Transmountain Road. Individuals attending the party are asked to bring a main dish, salad, side dish, hors d'oeuvres, or dessert to share. EPAS will provide plates, napkins, utensils, and cups, as well as punch. Members and friends are cordially invited. EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology, and in the preservation of prehistoric and historic cultural resources. Members meet regularly, receive a monthly newsletter, and a copy of the annual publication, The Artifact. The Christmas party is a good time to renew one's membership or become a new member, according to Fernando Arias, EPAS media specialist. For more information visit the EPAS website at http:// epas.com/membership.htm.

- Alfredo Vasquez

Ultimate E-car

The engineers at Chevrolet have built an all-electric car that will allow you to travel far and wide, an EPAestimated 238 miles, on a single charge, according to the Association of Mature American Citizens. The company says it will have a price tag starting at \$37,495 and would be eligible for a Federal tax credit of \$7,500. It's not a concept car. In fact, the Chevrolet Bolt will go on sale in some parts of the country later this year and will have a nationwide roll out in 2017.

Basketball



- Photos by Alfredo Vasquez

HEAVY USE - Traffic is backed up at the intersection of Eastlake Blvd. and Rojas Rd. on a recent Saturday afternoon. Road upgrades are on their way in far east El Paso County to address Eastlake's mounting traffic problems. Area commuters can expect the boulevard's expansion project to go into full-swing early next year.

Eastlake expansion gets green light

By Alfredo Vasquez Special to the Courier

EL PASO COUNTY – Progress on the construction project to expand Eastlake Boulevard between Darrington Road and Horizon Boulevard in Horizon City is expected to accelerate early next year, according to El Paso County officials.

The multi-million dollar development involves a three-party partnership agreement that was ratified recently among the county, Horizon City, and the Camino Real Regional Mobility Authority (CRRMA).

The Eastlake expansion project is Drive); Darrington Road (Pellicano Drive The agreement fast-tracked the project, as the contract allows the county to pay part of the county's comprehensive to Eastlake Blvd); Vista del Sol Drive for the \$19 million project upfront from its mobility plan, according to County Judge (Loop 375 to Cherrington Road); Aguilera vehicle registration fee fund and specifies Veronica Escobar. In December 2013, International Highway Phase II (Alameda that Horizon City will pay \$4.7 million commissioners court, along with Texas Avenue to I-10); and Greg Road (Vista back to the CRRMA with interest over Department of Transportation (TxDOT) del Este to Mike Price)

20 years. The county currently has a pact representatives, developed a \$400 million with the CRRMA which gives the agency the management duties for county projects funded by the vehicle registration fee.

The county's far east project consists of reconstructing and widening Eastlake Boulevard to accommodate six lanes from Darrington Road through Horizon Boulevard. Completion date for the work has yet to be determined.

County officials anticipate that the road expansion will help alleviate commuters' current transportation challenges that are increasing along this stretch of the boulevard due to that area's significant Drive (Loop 375 to Eastlake Blvd); Old population growth.

County Comprehensive Mobility Plan that included numerous projects throughout the county.

The plan, which consists of partnerships with TxDOT and CRRMA, is designed to address long overdue transportation infrastructure upgrades that are vital to the eastside communities' growing needs, the county judged stated.

Besides Eastlake Blvd., the plan's other road construction projects in that area include Mission Ridge Boulevard (Pellicano Drive to Eastlake Blvd); Rojas Hueco Tanks Road (I-10 to North Loop

registration

The El Paso Lobos are a non-profit organization that provides basketball opportunities to areas that are underserved such as Socorro, Clint, San Elizario and Fabens. The Lobos are currently recruiting players for the following age groups: Co-Ed 1st and 2nd Grade, 5th Grade Boys, 5th and 6th Grade Girls, and 8th Grade Boys. All teams will participate in local leagues and tournaments. All practices take place at Socorro

See BRIEFS, Page 3

Wise is the man that fortifies his life with friendships. – Quips & Quotes



UPGRADES COMING - Eastlake Boulevard is slated to undergo major improvements. The boulevard's proposed expansion project is part of the county's comprehensive mobility plan, which will address vital transportation infrastructure needs for this region's rapidly growing communities. The U.S. Census Bureau data show that the population of areas in El Paso County that are outside the City of El Paso's boundaries grew from 113,118 in 2000 to 151,126 in 2010. The jump is nearly double the rate of growth inside the city limits.

Finances By Nathaniel Sillin

Focus on credit factors, not credit scores

approved for a loan and the knowing the score itself.

Page 2

You should want to know your interest rate you'll get on new credit score. After all, your credit financial products. However, can be incredibly important to understanding the factors that your financial future. It could influence your credit score can impact your likelihood of getting be even more important than

percent of all hospitals in the

Here's what I would like to

• If the VA and SSA are now

working together, will everyone

to have medical information

• What about the medical

who were consulted for VA

• If the outside doctor's

Social Security decision to

provide disability benefits,

will the VA then have to use

that information in its own

• If only an electronic

If you want to know more

about this, go online to www.

included, and how?

the Social Security offices?

Veterans Post By Freddy Groves Social Security, VA join forces

The Department of Veterans secure sharing of medical Affairs is partnering with information that covers 50 Social Security to speed up applications for Social U.S. Security disability by sending personal medical information know: over the Internet. They'll send this information via the Virtual Lifetime Electronic have to sign that consent form Record (VLER) Program. The VA currently sends health info forwarded over the Internet to to 775 hospitals, 427 health centers, 142 nursing homes, 8,441 pharmacies and nearly opinions of outside doctors 12,000 clinics. Social Security now joins the list of recipients appeals? Will those files be of personal health data.

If you ever see a community health-care provider, you'll be opinion was used in the asked to sign a Form 10-0485 giving permission for your information be shared with the VA over the Internet. Here are a couple of Q&As from a decisions? brochure about the program:

• Can I choose to share record at the VA exists, how is only certain part of my health the veteran to see what is being information? No, at least not sent to Social Security? right now.

• Is my information secure? Yes, because it is sent through the Internet using The Sequoia Project's eHealth Exchange.

that influence your credit scores. Fair Isaac Corporation's FICO credit scores are used for most lending decisions in the people start with a secured credit scoring model has a 300 to 850 information in a person's credit report, and the lower the score the more likely the person is to pay late.

Past credit mistakes can stay on your reports for seven to of negative marks diminishes to better credit. over time, the credit-building just as a rising tide lifts all boats, scores over time.

FICO shares the five key factors that you should focus on to build healthy credit and the approximate weighting of each.

percent. A history of on-time payments can help your credit, accounts, bankruptcies or other negative payment-related items could hurt it.

Some types of accounts, such as gets sent to collections, that 10 years. could still hurt your credit.

There are five key factors an account that reports your how many new accounts you payments to the credit bureaus if have, what types of accounts you don't already have one (you they are and recent inquiries into can call the issuer and ask). Some U.S., and the latest FICO base card or a credit-builder loan from when someone requests your a credit union, but consider what credit report to make a lending range. The score depends on the type of account best fits your decision or rental screening. A situation.

> percent. The amount you owe several months, while multiple versus your available credit, inquiries could have a larger known as your utilization rate, is another important factor. A

process can be slow. However, credit card debt, that could quickly improve your utilization improving your core credit rate. Increasing your cards' factors could help raise all your credit limits and keeping credit cards open even when you don't regularly use them could also help.

3. Length of credit history - 15 percent. FICO looks at 1. Payment history – 35 the age of your oldest account, newest account and average age of all your accounts. A longer while late payments, collection history is usually better than a leading up to applying for an short one.

Keeping accounts open, and ideally in good standing, can help you increase your length of utility or mobile phone contracts, credit history. Even when you credit and installment loans, could don't generally report positive close an account it will remain on activity (on-time payments) to your reports and count towards credit bureaus. But if the account your credit history for seven to your credit report.

You might want to open The new credit section considers

your credit.

Hard inquiries generally occur single inquiry will generally drop 2. Amounts owed - 30 your score by a few points for negative impact.

However, credit-scoring 10 years. While the impact lower utilization rate often leads agencies let you shop for a loan without a penalty. Multiple hard If you're able to pay down inquiries for some types of loans, such as auto loans, could count as a single inquiry for creditscoring purposes if they occur within a 14- to 45-day period.

> Soft inquiry, which can happen when you check your credit or a company pre-qualifies you for an offer, don't hurt your credit at all.

> Try not to open new accounts unless you need them and avoid new hard inquiries in the months important loan.

> 5. Credit mix – 10 percent. Your experience with different types of credit, such as revolving impact your score, particularly if there isn't a lot of information in

Having at least one credit 4. New credit – 10 percent. card could help your credit mix, although that's not necessarily reason enough to apply for a card.

> Bottom line: Learn which factors matter the most to your credit scores, and try to make a habit of practicing creditbuilding behavior. Creating a system that'll help you make ontime payments and only using a small portion of your available credit are good starts.

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



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Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The West Texas County Courier reserves the right to edit or reject letters to the editor or other submitted material it considers inappropriate.

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

Notice of Public Meeting

to Discuss Clint Independent

School District's State

Financial Accountability

Rating

Clint Independent School District will hold a

public meeting at 5:00 PM, Thursday, December

15, 2016, in the Central Office Board Room,

14521 Horizon Blvd., El Paso, Texas 79928.

WTCC: 11/24/16 & 12/01/16

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier will publish its last issue of 2016 on December 15, 2016.

The West Texas County Courier office will close beginning Tuesday, December 13, 2016. The office will open again on Tuesday, December 27, 2016.

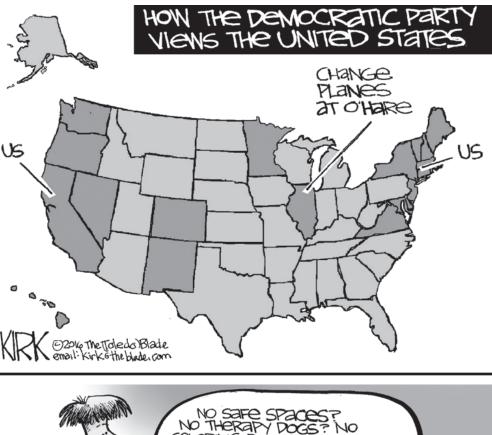








Photo courtesy EPCC

BIG CHECK - Posing with a ceremonial check is Andres Alcantar. He is the Chairman and Commissioner Representing the Public of the Texas Workforce Commission.

Grants for job training awarded

By Laura Rodriguez Special to the Courier

ELPASOCOUNTY-On November 21, 2016 the Texas Workforce Commission presented the 2016 Skills Development Grant Fund Awards to Becton, Dickinson, and Company (BD) and Plastic Molding Technology, Inc., (PMT). BD was presented with a \$335,925 grant and PMT received \$216,523. These companies will partner with El Paso Community College to provide job training and skills development on cutting edge technology and advanced manufacturing. Together these grants will help provide training for 11 new jobs and 198 upgraded jobs for 209 trainees. The partnership between EPCC and these two companies builds on regional efforts to address workforce skills gaps through training, adult education and robust curriculum at local institutions of higher learning.

Beckon, Dickinson and Company Fund for the 2016-2017 biennium.

Briefs From Page 1

High School. Call or text (915) 328-4699 or (915) 276-7856 Deadline is December 31.

- Alfredo Gonzalez

provides the international healthcare industry with the manufacturing of leading infusion pumps and automated dispensing systems. The company employs nearly 700 individuals and has made over 30 million dollars of investments in El Paso operations. PMT produces precision-engineered, injection-molded plastic components in their state of the art facility here in El Paso, which has recently added a 500ton molding machine, 5-ton crane system and a 3D printing area.

The Skills Development Fund Grant Program is the state's premier training program. The fund was initiated by the legislature in September of 1995 and first began awarding contracts the year after. The Skills Development Fund Grants have created or upgraded more than 329,000 jobs throughout the Texas and have assisted more than 4,000 employers with training needs. The Legislature allocated \$48.5 million to the Skills Development

particular, would be willing to pay a hefty price for the ability to travel from New York to London in an hour or less or to Tokyo in two hours or less, for example. "That kind of speed would surely make hypersonic travel a profitable business," notes one observer.

– John Grimaldi

A 'quick trip'

The first supersonic commercial jet, the Concorde, made its inaugural flight 40 years ago and was taken out of service 13 years ago because, although it traveled at twice the speed of sound, it was too slow to be profitable, according to the Association of Mature American Citizens. Now, says AMAC, there's talk from credible sources at NASA and the U.S. House Committee on Science, Space, and Technology of a hypersonic rocket plane that might reach speeds up to seven and half times the speed of sound. There are many who believe business executives, in

Mobile ERs

As older folks grow older conditions may arise that require critical medical attention and, in many cases, getting to an emergency room may be too difficult to manage, according to the Association of Mature American Citizens. So a number of hospitals across the country have devised mobile emergency rooms-fully equipped SUV's manned by specially trained paramedics who can deal with a variety of emergencies in a patient's own home.

– John Grimaldi

Send your event info to: wtxcc@wtxcc.com

West Texas County Courier



An estimated 1 in every 5 vehicles on our Texas roads has no automobile insurance, but that's about to change. • TexasSure Vehicle Insurance Verification matches vehicle registration information to insurance policy data to immediately tell law enforcement officers and tax assessor-collectors who's driving without insurance. • So, if you're not covered, better get insured! • To learn more, visit: www.TexasSure.com

TexasSure I catches drivers without insurance.

Your Medicare Advantage or prescription drug plan right for you?

Medicare's Annual Open Enrollment Period is coming! Know your options.

Whether you are considering a new plan or assessing the benefits of your current plan, we are here to help.

Get personalized health insurance counseling from a licensed insurance agent today. If you want to change plans this year, you must make a decision before December 7th! ¿Su plan Medicare Advantage o de medicamentos recetados es el apropiado para usted?

¡Ya se acerca el Período de Inscripción Abierta Anual de Medicare! Conozca sus opciones.

Ya sea que esté considerando obtener un nuevo plan o evaluando los beneficios de su plan actual, estamos aquí para ayudarle.

Obtenga hoy una asesoría personalizada sobre su seguro de salud por parte de un agente de seguros autorizado. Si quiere cambiar su plan este año, ¡debe tomar una decisión antes del 7 de diciembre!



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Monday - Friday, 10:00 am - 8:00 pm CST de lunes a viernes de 10:00 am a 8:00 pm CST

Strange But True

By Samantha Weaver

• It was noted American playwright and essayist Arthur Miller who gave the following sage advice: "Don't be seduced into thinking that that which does not make a profit is without value."

• In the early 20th century, celebrated racehorse Man o' War won 20 of his 21 career races. Interestingly, his one loss (often attributed to a terrible start and the extra weight he was carrying) was to a horse named Upset.

• Statistically speaking, you probably live within 320 miles of the place you were born.

• Have you ever experienced a social situation in which you have to introduce someone, but you can't quite remember their name? In Scotland, there's a word to describe the hesitation caused by that moment of panic: a tartle.

• According to a poll conducted by outdoor recreation retailer Gander Mountain, almost half of all hunters have some kind of ritual they observe to increase their chances for a lucky hunt. Some hunters go the entire season without shaving, some start each hunt at a particular time, some kiss the first bullet, some do an "anti-rain" dance - the variations are endless.

• Getting married soon, but working with a tight budget? If you're considering cutbacks, you might not want to put the honeymoon on the chopping block. Researchers have found that couples who go on a honeymoon tend to have longer-lasting marriages than those who skip the trip – no matter how much or how little you spend.

Thought for the Day: "If I seem to take part in politics, it is only because politics encircles us today like the coil of a snake from which one cannot get out, no matter how much one tries. I wish therefore to wrestle with the snake."

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. 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.

- Mahatma Gandhi

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Canutillo Independent School District Public Notice

Canutillo Independent School District will hold a public hearing to discuss the District's 2015-2016 Texas Academic Performance Report (TAPR) as part of a regular School Board meeting which is scheduled for 6:00 p.m. Wednesday, December 14, 2016, at the Canutillo Administrative Offices Board Room, 7965 Artcraft, El Paso, TX 79932.

The public is invited to attend. The TAPR report will also be available for review after the hearing at all Canutillo ISD campuses, the central office and at www.canutillo-isd.org.

For more information, call 915-877-7481.

Distrito Escolar Independiente de Canutillo Junta Pública

El Distrito Escolar Independiente de Canutillo tendrá una Reunión Pública para informar sobre el "Reporte de Rendimiento Académica de Texas" (TAPR) del año escolar 2015-2016. El reporte sera parte de la reunión de la Mesa Directiva del distrito programada para el miércoles, 14 de diciembre del 2016 a las 6:00 p.m. en las Oficinas Administrativas de Canutillo en la Sala de Juntas en 7965 Artcraft, El Paso, TX 79932.

Todos los interesados están invitados a asistir. El reporte TAPR estará disponible después de la reunión en todas las escuelas del distrito, en el edificio de las oficinas administrativas y en www. canutillo-isd.org.

Para mas información, favor de llamar al 877-7481. WTCC: 12-01-16

Send your event info to: wtxcc@wtxcc.com

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

The Fabens Independent School District will hold a public hearing at 6:00 p.m., Wednesday, December 7, 2016 in the boardroom of the Fabens ISD Administration Building, 821 NE "G" Avenue, Fabens, Texas.

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

WTCC: 11/24/16 & 12/01/16

Classified Ads

Mayor

401 Wildcat Drive

Anthony, TX 79821

Proposals

submitted for these

services must be

received by the

Town of Anthony

no later than 4:30

PM on December

12 2016 which

is at least ten (10)

contact dates of

RFP/Q. The same

firm will not be

awarded contracts

to provide both

services. The town

reserves the right to

negotiate with any

and all individuals

submit proposals,

as per the Texas

Professional

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Procurement Act

and the Uniform

Grant and Contract

Management

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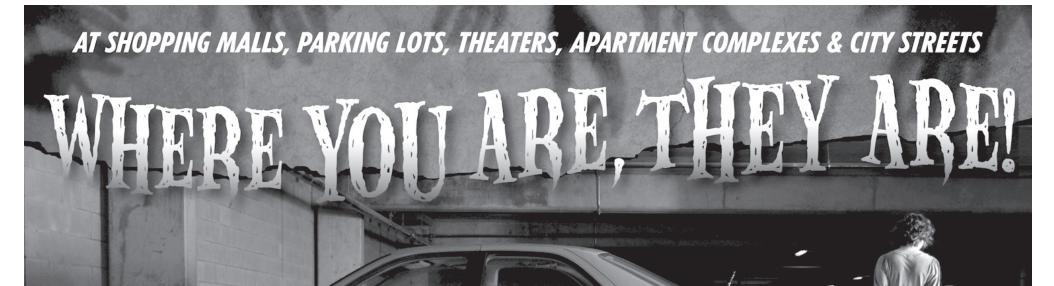
Request For Proposals and Qualifications

The Town of Anthony, Texas, seeks to develop an application to the Texas Department of Agriculture the 2017for 2018 Community Development Fund for eligible activities associated to the Texas Community **DevelopmentBlock** Grant Program. Accordingly, the town is separately soliciting (A) from proposals Administrative Consultants for Application Preparation and Proiect Administration and qualifications (B) from Texas-Registered Engineers to provide engineering services associated to Application Preparation Project and Implementation. and/ Firms individuals or should have past experience with federally funded programs. Please submit a proposal of services and/

encouraged to submit proposals. The Town of Anthony is an Affirmative Action/ Equal Opportunity Employer

of services and/ Cynthia Ramirez or a statement of Town Clerk qualifications to:

WTCC: 12-01-16 Hon. Martin Lerma,



YOU ARE BEING SHADOWED. But you're not the only one. Every year in Texas, car thieves steal close to 100,000 cars and trucks, and burglarize thousands more. Surprised? Don't be any longer. When you leave your vehicle, **HIDE** your things, **LOCK** your car, and **TAKE** your keys. Remember...**YOU HOLD THE KEY.**



Americans should show class and grace in losing

By Steve Escajeda Special to the Courier

I like to think of myself as someone who has the ability, and willingness, to change with the times.

There are things that were considered taboo and unacceptable 40 years ago, that I fully accept as the norm today.

But I have to admit that I'm still not one of those "everybody gets a trophy" guys.

I believe that the harder you work, the better you should be compensated; whether that compensation is money, or product, or grades, or wins, or pride, or even respect.

Through experience, I've always learned more from a defeat or a failure, that they actually may not get their trophy. than from any victory.

Those disappointments taught me life, for everyone, isn't always fair. humility, and tenacity, and clarity, and determination.

It's funny, the only teachers I remember through athletic competition. from my youth are the ones who were the toughest on me - because they always believed I could do better and they pushed me to the point that I thought I hated them at the time.

I was too dumb then to recognize their in Chicago last week. methods; many of which I use today.

I'm kept up to date on today's youth beyond his years.

Of course he joins his generation in lockstep support of Bernie Sanders, and shared in his friends' alarming show of disappointment of Hillary Clinton, and then Donald Trump.

But he also chastises his generation for not being able to take the defeat with maturity. The way he put it was that millennials had never suffered political defeat. They've been handed everything and this sudden setback was an utter shock to the system.

It's like they're coming to the realization For the first time they're realizing that

One of the first instances that young

That is, after they're old enough to compete in the "no trophy for everyone" sports of high school.

One great example is what happened after a high school football playoff game

Fenwick High led Plainfield High 10-7 with four seconds left in the game. They from my millennial son, who is wise had the ball on their own 15-yard line and were looking at fourth down.

> The Fenwick coach, in a great move, had the quarterback run around for a while and then heave the ball down the field as far as he could, eating up all the time on the clock and winning the game.

Well, not really. The officials threw a flag for intentional grounding and awarded Plainfield an un-timed down from that court? same 15-yard line. They connected on the chip-shot field goal to tie and eventually won the game in overtime.

The fireworks started when it was learned that the officials made a mistake and never should have awarded the extra play. In other words, Fenwick should have won.

Officiating mistakes have been people learn this undeniable fact is made since the beginning of organized competition and players know it's a part fair. of the game.

> painful outcome, Fenwick went to court to have the outcome changed.

The decision on the field was dead fulfilling it is to earn the trophy.

wrong and the wrong team is headed to the Illinois state championship, but the worst decision of all would be to let the outcome of a game be determined by a judge in a court of law.

Can you imagine the ripple effect this could cause?

How many players and coaches and administrators and owners have complained that the officiating cost them the game? You hear about it every single day.

What's to stop everybody from going to

Thankfully, the judge rejected the lawsuit and the devastating precedent it would have set.

There's no doubt it's a hard lesson for those young players to swallow. But swallow it they will, and they'll be better people because of it. It will remind them that in the vast configuration of things, this is football – and no more.

They know now that life isn't always

They will also learn that life evens But this time, instead of accepting the things out and they will get the benefit of the next mistake.

They'll also learn how much more

A sporting view By Mark Vasto Put your money in the bank

and '80s, a car company then- bank, not in the tank." called Datsun used to saturate the airwaves during televised well in today's world of boxing, sporting events. Famous for its too. Last year saw the passing sporty "Z" cars (the 240Z, 260Z of the "Greatest of All Time" and 280ZX), Datsun extolled the (GOAT) and the continued gas-saving virtues of its brand, win streak of "The Best Ever" cheerfully urging

Saturday, Jan. 07, 2017

In the halcyon days of the 1970s drivers to "put your money in the

That admonition would work would-be (TBE). While Muhammad Ali once outside of the "Sugar"

"Money" Mayweather is still in fighting shape at 39 years of age, and he is in possession of what is really the sole marketing gimmick left in professional boxing – an unbeaten record of 49-0.

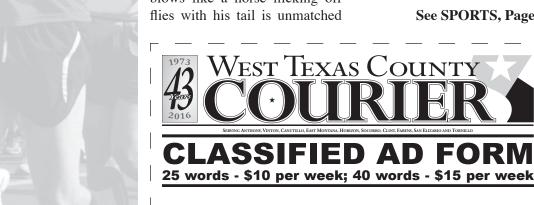
If you were a betting man, you would think that an ego-driven challenged or hit hard more than

can no longer reap the dividends Shane Mosley fight, would like across any era. The problem is from his illustrious career, Floyd the all-time unbeaten boxing that his style is epically boring, record all to himself. He's tied and as boxing continues to look with Rocky Marciano, but your for its next ratings savior, he's bettor's hunch just may prove to not helping. be correct: Mayweather himself has trademarked the term "TBE baddest man on the planet. He 50-0." So conditions appear to holds two UFC belts in two right.

defensive boxer who ever lived. to a boxing record would be boxer who has never really been I've watched thousands of fights, more like 100-3 (factor in that and I have never seen anyone MMA fighters use more of their protect himself any better. Ali body to strike, and the sheer was harder to hit, and he moved overall violence). With the loss around the ring better, but of Rhonda Rousey, he is the most Mayweather's ability to fend off visible and popular champion in blows like a horse flicking off

Enter Conor McGregor, the different weight classes and has a Mayweather is the greatest record of 21-3, which translated

See SPORTS, Page 8





Health Fair

Events and Fees:

1 mile walk \$20.00 by 1/5/2017 5K run \$20.00 after 1/5/2017 5K run \$25.00 1 mile walk \$25.00V

Special Rate for STUDENTS and TEAMS: \$10.00/person

(10 person minimum to qualify as a team and all team member registrations must be turned in together by 1/5/2017.)

Registration:

Stop by either Up and Running store or mail to: Up and Running Store Attn: Race Adventures 1475 George Dieter, Suite O, El Paso, TX, 79936 Checks payable to Clint ISD

Awards:

First 300 registrants receive an official event t-shirt. Trophy to top overall male and female winners LARGEST TEAM! -- Trophy, bragging rights Medals to top 3 male and female age group winners in 5K Run Age groups 0-9, 10-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

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West Texas Con 15344 Wer Horizon City,	ling Ct.	Name:					

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



enzymes

Operator"

offerina)

Your good health By Keith Roach, M.D.

confused about the medical rule not to drink any alcohol that people are more likely to while on antibiotics. After doing Internet research on reputable sites, I found, to my surprise, That's true with or without that the overwhelming medical opinion is that moderate alcohol use does not render DEAR DR. ROACH: I suffered most antibiotics ineffective. from a very painful case of I do understand that alcohol plantar fasciitis for longer than should not be used with specific a year when my husband and I antibiotics, e.g. Flagyl, because (both in our 40s) discovered that of adverse physical reactions. I we were expecting a baby. I was read that the warning not to mix terrified over the prospect for alcohol with antibiotics stems several reasons, including the from doctors fearing patients already painful state of my feet. taking antibiotics to cure STDs It turned out that my plantar would have lowered inhibitions fasciitis was completely cured by and engage in unprotected sex. the end of my pregnancy. Now, Could you please set the record at 47, with a darling 3-year-old, straight for the public on this I'm wondering if there is any way subject? – K.L.

alcohol shouldn't be taken while make a pregnant woman more on antibiotics, with the exception of metronidazole (Flagyl), the Do you have any ideas about combination of which causes extremely unpleasant nausea and vomiting, headache, shortness of breath and other symptoms. This reaction can happen to a lesser extent with sulfamethoxazole (a component of Bactrim or Septra) as well as other, less commonly symptom is pain with walking, used antibiotics such as tinidazole especially with the first step of and some cephalosporins. The antituberculosis drug isoniazid can cause liver damage in more likely to suffer from combination with excess alcohol.

enough to need antibiotics, it but some blame the hormone is prudent to avoid alcohol, relaxin, which loosens the pelvic and certainly to avoid excess and other ligaments. This can alcohol. But alcohol does not change your gait and cause render antibiotics ineffective. abnormal stresses on the feet, Preventing STDs is much better causing plantar fasciitis. Your than treating them, since not all can be cured. Part of being

DEAR DR. ROACH: I'm sexually responsible is making good decisions. You are correct make unwise decisions with even moderate amounts of alcohol. antibiotics.

of preventing the condition from returning. My OB/GYN guessed I never learned the rule that that perhaps the hormones that "stretchy" are behind my cure. this? -B.R.

> Plantar fasciitis is inflammation in the strong band of connective tissue that runs from the heel to the toes and supports the foot. The major the day.

Pregnant women are indeed plantar fasciitis. Most authorities feel it is the relatively fast weight In general, if you are sick gain of a normal pregnancy,

See HEALTH, Page 8

NOTED PHRASES 66 Add liberally ACROSS 67 Most August 1 Neighbor of Chile newborns 5 Chemist's 69 Popular energy outerwear drink 12 Some captives 73 Anderson of 20 Copies 21 Magic's city

piece)

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eight theme phrases 123 Bel Air resident, e.g. 124 Funicello of the screen 125 Cry in church "WKRP in Cincinnati" 126 Nonclerical 74 Rome's country, in females 128 Veg out, say 76 "Fuer _" (piano 77 Sun, e.g. DOWN 79 Moines, Iowa 1 Cook's spray 80 Prism, cone or 2 Like serials 3 Pick again 82 Beach shoe 4 KGB funder 85 Stands for hot 5 Lav, in Bath 6 Specter in politics 7 Make swollen 87 "Salud!," say 8 Magna 91 Dutch genre 9 _ par with 10 Stick in 92 Port-au-Prince's 11 Moreover 12 Natural home 98 No. on a road sign 13 With 84-Down. 100 Navigator Islands, lunchmeat with pimiento 101 Cry upon release 14 Goal in Zen 102 1991 Denzel Buddhism Washington film 15 Uno plus due 109 Gave a meal 16 French bud 110 Hubbub 17 Knife of TV ads 111 Chiang Mai native 18 Oxalate, e.g. 112 Johnny _ 19 Vermont ski town 24 Wearing a lounge 113 Pool coverer 115 Open ocean robe 118 Parts of it appear 28 Color a little at both the starts and 30 Tibetan priest ends of this puzzle's 32 Ending for

Abbr 84 See 13-Down 86 Shut angrily 88 Structure of a

Super Crossword

33 She sang "Smooth "_ darn tootin'!" 35 4G _ (T-Mobile enaine 36 Retaliate 37 Like some criticism 90 Knotted

plane without the 89 Belfry locales

20 21 23

26

22 25 24 33 34 35 37 36

22	Fearmonger
23	Centennial State
	eant winner
25	Start to chew
	Clinic fluids
	Enjoy a meal
	DVR biggie
	Baste, e.g.
	Text giggle
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	npetitor
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	Member of a noted
	ecar-driving family
	Surplus item
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	Wildlife lair
65	Proverb

Singer Ocns 43 Actor Greene 44 -Z 45 Luc's denial 46 Chilling stuff 48 Camera stand 49 Fixed up 50 Studmuffin 54 West Germany's Ludwig 56 Deprived 57 Not genuine 58 Wheel turner 59 Little jerk 60 Patients' gp. 61 First groups of invitees 62 Snappy reply 63 Net minder 65 California's _ Woods 68 Splinters 70 MBA, say 71 _-ray Disc 72 Feature of the word "go" 75 _-Kit (police tool) 78 Tub traction aids 81 Medit. land 82 "Or _ hear" 83 From way back:

Boomer 94 Spanish for "daddy" 95 Ball caller 96 "Sk8er _" (2002 hit) 97 Chick _-A 99 Hold dear 102 Tai 103 Singer Menzel 104 Drenched 105 1953 Alan Ladd title role 106 Disney mermaid 107 Religious branches 108 Die down 114 Rent-_ 116 Chop down 117 _-mo 118 Animal gullet 119 A. in France 120 '75 TV debut 121 Ang of film 122 Certain M.D.

Answer Page 4

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Moore Texas by Roger Moore

Won!

Nov. 1918: Annie Webb Blanton becomes the first woman elected to statewide office - Supt. of Public Instruction.

Social Security Q&A By Ray Vigil With a new year come new changes

Monthly Social Security and Supplemental Security Income (SSI) benefits will see a slight including the Substantial Gainful increase in 2017.

take effect in January of each Student Exclusion. year are based on the increase in average wages. Based on that changes for 2017 is available increase, the maximum amount of earnings subject to the Social Security tax (taxable maximum) will increase to \$127,200 from be partially or completely \$118,500. Of the estimated 173 million workers who will pay Social Security taxes in 2017, about 12 million will pay more provides for how the Cost of because of the increase in the LivingAdjustment is calculated. taxable maximum.

Thresholds for will change slightly next year Activity (SGA), SSI Federal Some other adjustments that Payment Standard, and SSI

> Information about Medicare at www.Medicare.gov. For some beneficiaries, their Social Security increase may offset by increases in Medicare premiums.

The Social Security Act To read more, please visit www.

When you lose someone dear

benefits socialsecurity.gov/cola.

Learn more about the resulting changes at our fact sheet on the subject: www.socialsecurity. gov/news/press/factsheets/ colafacts2017.pdf.

Sports From Page 6

the fight game.

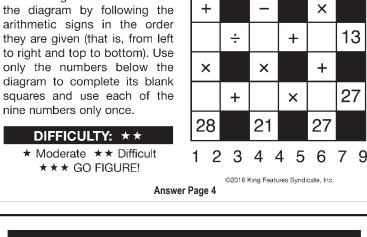
Also, he is game to fight Mayweather. Let's face it, Mayweather has nobody to face who would command the ninefigure payout he is demanding. Nobody is going to fall for another pay-per-view disaster like Mayweather-Pacquio II. A fight against McGregor would more than live up to the hype, if only to showcase the merits of boxing as a fighting style as it continues to lose mindshare to MMA.

Also, it would be an easy fight for Mayweather. Vegas oddsmakers already have the fight at -2250/+980 in favor of Mayweather (meaning you'd have to wager \$2,250 on Mayweather to win \$100, \$100 on McGregor to win \$980), but you don't need to be an expert to call this one. Keep your money in the bank - McGregor won't tank, but Mayweather has plenty of gas left in his. It would be the greatest upset in sports history and certainly worth watching... that much you can bet. Let's get it on.

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

Health From Page 7

obstetrician is suggesting that relaxin is acting on your alreadyexisting plantar fasciitis, which I haven't heard of, but it is an interesting thought. For prevention, regular stretching of the calf muscles, wearing shoes with good support and maintaining a healthy weight can help prevent recurrence.



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+

Weekly SUDOKU

GO FIGURE! by Linda Thistle

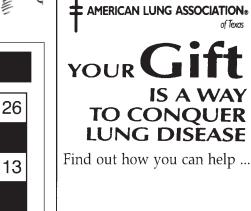
The idea of Go Figure is to arrive

at the figures given at the bot-

tom and right-hand columns of



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		3	4					9



www.texaslung.org

to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate --memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA

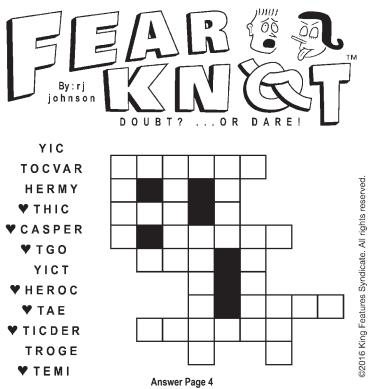
This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

CryptoQuip

Clue: E equals I

E RWXL F TPTKEND LEDV DLCKGC GCVETKCN XS QESSCMCWD NEHCN. CGCMPOXQP TFKKN ED F OERCM'N





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: •



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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.

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Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions 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.