

NEWSBRIEFS

EPCC food bank

The Student Government Association (SGA) at El Paso Community College (EPCC) received a check for \$5,000 from PepsiCo to support the Tejano Food Pantry for EPCC students on December 21, 2018 at the EPCC Administrative Services Center. “Kindness has come from the donation from PepsiCo to the Tejano Food Pantry,” Jones Arvis, Director of Student Leadership & Campus Life said. “This will go a long way in fighting food insecurities among our college family.” The Tejano Food Pantry, a service created by a student for the students, is operated by the Student Government Association at EPCC. The Tejano Food Pantry aims to minimize hunger among our students by providing free, accessible and nutritious food. The pantry is located at the Valle Verde Campus, 919 Hunter Dr., in room C102.

– Ismael De La Rosa

A lot of lettuce

She went to the store to buy a head of cabbage and came home with a lot of “lettuce.” But, it wasn’t the kind you eat – it was the kind you spend. Here’s what happened. Vanessa Ward’s dad asked her to run to the store in Groveton, VA to pick up some cabbage for dinner. While there she also bought a Win a Spin scratch-off lottery ticket that wound up being worth \$225,000.

– John Grimaldi

Robotics competition

Socorro Independent School District will have its 5th annual robotics competition, ROBOCOM 5.0, on Jan. 12 starting at 9 a.m. at Pebble Hills High School. Based on the rules of the FLL League (First Lego League), it allows elementary and high school students to immerse themselves in real-world science and technological challenges. This year’s theme is “Into Orbit.” Student groups will create a project that will show how humans can survive in space in the long-term. Fifty-two teams from all elementary, PK-8 and middle schools will participate, and all high schools have students supporting the event. Each round will feature different teams competing. All teams will be recognized at the roll call and winners will be announced at

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What the New Year brings us depends a great deal on what we bring to the New Year.

– Quips & Quotes

Anthony ISD students qualify for area, region bands

By Oscar A. Troncoso
and Alfredo Vasquez
Special to the Courier

ANTHONY, TX – One middle school and three high school band students in the Anthony Independent School District (AISD) made strong showings in the Association of Texas Small School Band (ATSSB) competition that was held recently at Clint High School.

Anthony Middle School (AMS) seventh grade flute player Johanna Romero qualified for both the area and region Middle and High School ATSSB Region 22 Band. Anthony High School (AHS) Senior Keila Macias also qualified as a flutist for both the area and region Middle and High School ATSSB Region 22 Band. AHS sophomores Dasseny Arreola and Marissa Lerma qualified for the 3A All-Area Band on alto saxophone.

From the beginning of the school year in August when AISD first-year Band Director Janella Saad arrived from Wisconsin, she has promoted high



– Photo by Oscar A. Troncoso

PLAY THAT TUNE – Anthony Independent School District band students who excelled in the Association of Texas Small School Band (ATSSB) competition that was held recently at Clint High School were, from left, Johanna Romero, Keila Macias, Marissa Lerma, and Dasseny Arreola.

expectations to her students. “It’s been a very rewarding year. I came in setting high expectations and they’ve met every one of them so far. They have made an immense amount of progress,” Saad stated.

“We have to have a growth mindset. What I expect out of you is what I expect of myself,” said Saad, who holds a bachelor’s

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San Elizario school joins College Bound Program

By Hector Gonzalez
Special to the Courier

SAN ELIZARIO – El Paso Community College (EPCC) welcomed Lorenzo G. Alarcon Elementary School as part of its school adoption program during a proclamation ceremony held at the elementary school on December 6, 2018.

“A student is never too young to learn the importance of going to college,” said Dr. William Serrata, EPCC President. “Reaching out to elementary school students and their parents allows students to learn that higher education is within their reach and we build a college-going culture.”

“It means a lot to us to be given the opportunity of partnering up with EPCC,” said Julissa Esquivel, Principal at Alarcon Elementary. Our daily vision is to give our students the very best we have to offer them to be successful in their academics. We look forward to working with our College-Ready mentors in building upon our literacy focus that will assist us in a systematic alignment towards a secondary education.”

Stephanie Ceballos, a 6th grader at Alarcon Elementary, was among the many students that received a college acceptance letter from EPCC.

“When they handed me the letter of acceptance, I felt super excited,” Ceballos

said. “I had to read it twice because I could not believe what I was reading. To me, going to college is very important because it is the key to success. My dream is to one day become a Sign Language teacher and I know I will make that dream a reality thanks to EPCC.”

The faculty and staff at Alarcon Elementary are the students’ biggest supporters, especially when it has to do with pursuing a college education. Day after day, they remind them that anything is possible with hard work and perseverance.

“I feel so blessed that my students had the opportunity to receive not only recognition, but praise and words of wisdom from important individuals such as the President of El Paso Community College,” said Valeria Lara, 6th grade English & Language Arts teacher. “This has definitely made my students open their eyes to the endless possibilities life can offer you when you set your mind to a college enriched life.”

EPCC is committed to increasing the number of students going to college in the region. By building strong elementary school and college connections through campus tours, workshops, presentations, outreach programs and parental involvement, EPCC is building a college-going culture.

Alarcon Elementary School is the seventh school adopted by EPCC.



– Photo courtesy San Elizario ISD

HIGHER GOALS – Principal Julissa Esquivel, posed with a group of her 6th graders after the event.

View from here By Marilyn M. Singleton, M.D., J.D.

The Healthcare Revolution: More choices, not more taxes

Paris is in flames over a fuel tax increase that would pile 30 cents onto the \$7.06 per gallon price paid by citizens whose average monthly salary is \$2,753. This burdensome “carbon tax” on the middle class is intended to help meet Europe’s commitment to reduce carbon dioxide emissions and thereby halt global warming or climate change. It appears that the 21st century French Revolution has begun. This time, Brussels is sending in tanks to protect the new elite and its agenda.

Back in the states, some well-heeled, presumably well-intentioned Medicare-for-All advocates from California, New York, and New Jersey are grouching about how “Trump took away my homeowners tax deduction!” The Tax Cuts and Jobs Act now caps the previously unlimited federal tax itemized deductions for the combined state, local and property taxes at \$10,000. The portion of a mortgage on which interest can be deducted is limited to \$750,000, down from the current limit of \$1 million.

Folks with million-dollar homes who continue to vote for legislators who impose high state

taxes to finance their pet social programs are less sympathetic than the French Yellow Vests – especially when these same elitists want to take away the “crumbs” from the 80 percent of taxpayers who are receiving some relief from the near doubling of the standard deduction.

But everyone will face still more taxes to fund Medicare-for-All. Bernie Sanders’s financing plan would “limit tax deductions for the wealthy,” defined as \$250,000 per household. Sanders also proposes eliminating health savings accounts (HSAs), which allow patients to take charge of their own care. And it won’t stop there – or at the equivalent of 30 cents per gallon.

It’s not just the taxes: it’s the loss of the freedom to choose. The M4A bills prohibit virtually all private health insurance. M4A promises “free” access to “willing healthcare providers” – but robs us of choice. Even existing Medicare offers 11 supplemental insurance programs with options for different premium structures. Purchasers can decide to pay a little more now for a stable premium price as they age, or pay quite a bit less and anticipate

the age-related increase over the years. But, you say there would be no premiums with M4A. Wrong. The “premiums” are increased taxes. And taxes are not optional. You must obey.

We should take a cue from the French (minus the fires and looting). We need a middle-class medical care revolt against the elitists and politicians who think more government through high taxes is The Answer while ignoring community solutions. For example, We Do Better, a humanitarian movement, seeks out solutions to social problems based not on a particular political ideology or lobbyist’s effort, but on what works. In Southern California eight Clinica Mi Pueblo (CMP) clinics accept only cash, have transparent pricing on their website, and their services cost less than half of the price set by third parties. Where the average charge for an X-ray is between \$260 and \$460, CMP charges only \$80. Utah’s Maliheh Free Clinic (MFC) serves low income and uninsured residents who are ineligible for Medicare, Medicaid, or any government subsidized healthcare. The MFC provided free healthcare to more

than 15,000 patients in 2016 at an average cost of only \$56 per patient, and 95% of donations to MFC go to providing medical services. New Jersey’s Zarephath Health Center is a volunteer-run and funded facility for patients who cannot find care “in the system.” Here it costs \$15 to see a patient, versus \$160-\$280 at the Federally Qualified Health Center down the street.

Another increasingly popular model is direct primary care (DPC). Here, patients pay a monthly subscription fee to the practice (between \$40 and \$100 depending on age and family size), which covers all primary care services, certain laboratory tests, and at-cost pharmaceuticals at as much as 15 times less than the price at the pharmacy. The personal relationship with a physician enhances the care to patients with chronic conditions, reducing costly hospitalizations. Catastrophic insurance can cover major medical expenses. St. Luke’s Family Practice in Modesto, California is a DPC non-profit organization. Here, “benefactors” pay the fees for the “recipients” – those who cannot afford the fees.

Then there are many health care sharing ministries where members engage in voluntary sharing of costs for its members’ health needs. One such model, the Christian Healthcare Ministries (CHM), has plans that cost half as much as ACA Marketplace plans. It has more than 279,000 members, and has covered more than \$1 billion in medical bills since 1981.

Americans want authority over our own lives. Our innovative spirit and generosity have created and will continue to create ways to deliver medical care to the most people without sacrificing choice – and at a more affordable cost.

Dr. Singleton is a board-certified anesthesiologist. She is President of the Association of American Physicians and Surgeons (AAPS). She graduated from Stanford and earned her MD at UCSF Medical School. While still working in the operating room, she attended UC Berkeley Law School, focusing on constitutional law and administrative law. She interned at the National Health Law Project and practiced insurance and health law.

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Annunciation House receives \$40,000 grant

By Doug Pullen
Special to the Courier

EL PASO COUNTY — The El Paso Community Foundation, in partnership with the Prudential Foundation, granted \$40,000 to Annunciation House to help pay for the mounting cost of housing

undocumented migrant families seeking asylum in the United States.

Annunciation House has been filled to capacity with mostly Central American migrants fleeing poverty, hunger, and violence in their home countries. Annunciation House works with hotels and motels in the area to house more

people in need, after Immigration and Customs Enforcement officials began leaving hundreds of migrants on the streets of downtown El Paso over the holiday season.

The organization is spending \$150,000 a month for hotel rooms due to a lack of housing

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

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I QUIT!

Sincerely,


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Britain’s Brexit self-abasement

Shakespeare famously wrote of the “sceptered isle” of Britain acting as a moat “against the envy of less happier lands.”

Lately, the less happier lands are winning in a rout.

Britain is suffering a political meltdown as it struggles to make good on a historic vote in 2016 to leave the European Union. The decision for a so-called Brexit was a stirring statement of independence and self-government by a people who have defined themselves down the centuries by their stiff-necked resistance to anyone – whether overweening monarchs or continental tyrants – who would threaten either.

That was before London ran up against the bureaucracy of the would-be European super-state based in Brussels, and before it was led, if that’s the right word, by Tory Prime Minister Theresa May.

Presiding over a divided party, facing a pro-Remain British establishment and negotiating with a hostile EU, May never had an easy task. She has nonetheless not only failed to rise to the occasion but been crushed by it.

She has negotiated abysmally, giving away leverage right at the start when she prematurely invoked Article 50, beginning the process of Britain’s departure with no realistic fallback plan if talks with the EU failed. She ended up with an agreement that would effectively leave Britain within most EU rules, with no means of influencing them anymore. The London Spectator calls the deal “Remain-minus.”

The larger question is whether once the EU has its hooks in a nation-state, will it ever relinquish it? Its officials have treated the Brexit negotiations as an opportunity to teach anyone hoping to follow Britain out of the EU a lesson: Don’t dare try to take back the full measure of your sovereignty, lest we make it as miserable for you as possible. This is the Brezhnev doctrine for Eurocrats.

When in the past countries in Europe have voted the “wrong” way on fundamental EU questions, as Ireland, France and the Netherlands did over the years, they were ignored or made to vote again until they got the right answer. Britain may yet suffer the same pitiful fate. The European Court of Justice just helpfully ruled that Britain can withdraw its Article 50 notification – in other words, forget this whole unpleasant Brexit vote happened.

That’s been the hope of many



Remainers in Britain all along, but the case for the EU hasn’t gotten any stronger over the past two years. What does it say about the European project that exit is almost impossible? And if Britain is a political shambles, it’s not as though the most committed advocates of the EU are doing any better. Given the “yellow vest” protests ignited by his idiotic (since delayed) fuel tax, French President Emmanuel Macron can’t even control the streets of Paris on weekends.

May’s strategy seems to be to ride the current impasse as close to the March 29 Brexit deadline as possible, and force the adoption of her lamentable deal for lack of any alternative. In which case, to return to Shakespeare, “That England that was wont to conquer others, Hath made a shameful conquest of itself.”

Rich Lowry is editor of the National Review. (c) 2018 by King Features Synd., Inc.

DHHS promotes new physical activity guidelines

By Alfredo Vasquez
Special to the Courier

As another holiday season comes to an end, and the new year beckons everyone to resolve to do better in the next twelve months, perhaps it would be foremost to consider one’s health maintenance. For, without good health everything else is a struggle. And, the best place to start is by establishing some kind of daily, physical activity regimen.

As a matter of fact, the U.S. Department of Health and Human Services (DHHS) has been reminding Americans for decades about the benefits of exercising the body every day. It even recently released new guidelines that summarize the amounts and types of physical activity needed to maintain or improve overall health and reduce the risk of chronic disease.

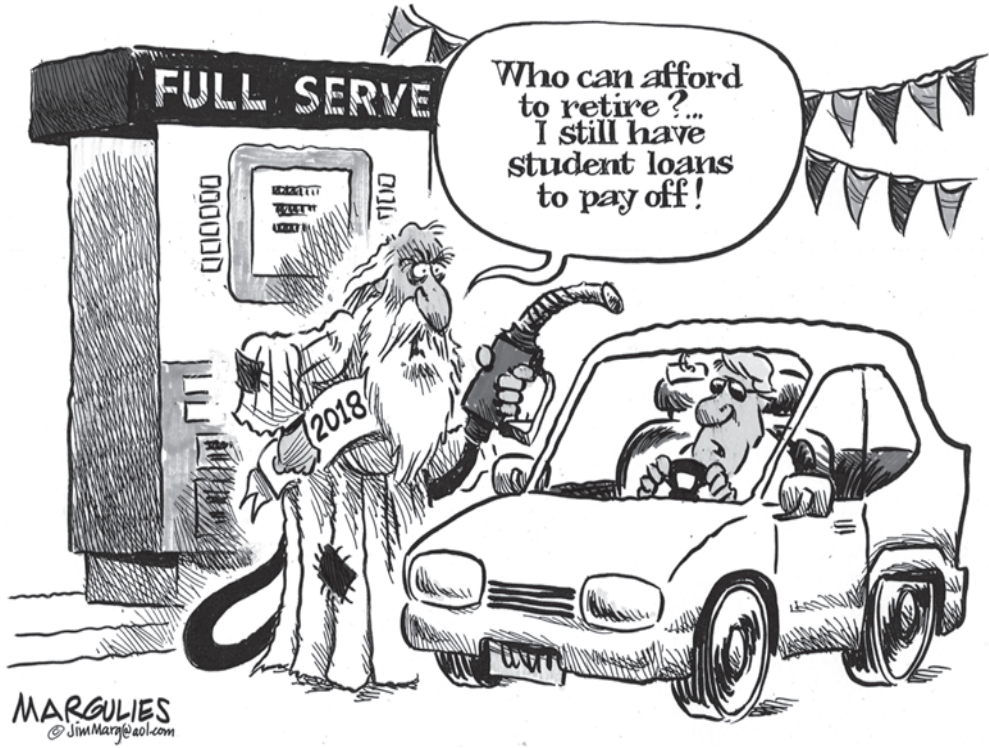
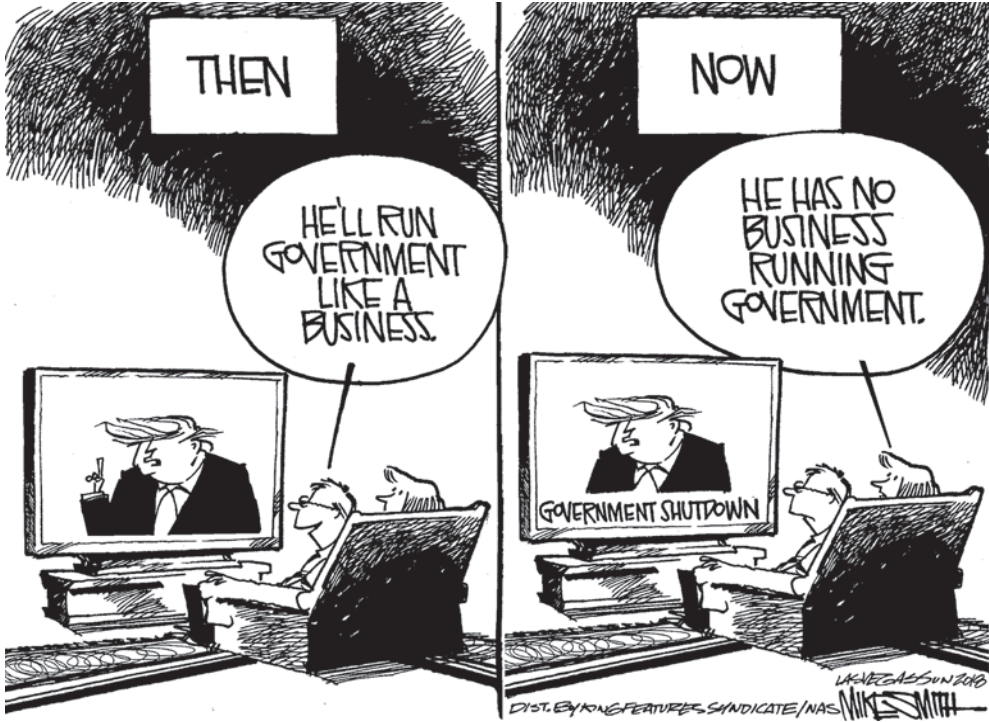
Additionally, the Centers for Disease and Control (CDC) confirmed that being physically active can help foster normal growth and development, reduce the risk of various chronic diseases, and can make people feel better, function better, and sleep better.

Everyone can benefit from adding physical activity into their daily routines, no matter their age, race, or sex. With the new guidelines in mind, the beginning of a new year is a great time to add physical activity into his or her daily routine.

So, grab a friend, family member, or co-worker and get moving by following the new key guidelines that are listed below, to reduce the risk of chronic disease:

- Preschool-aged children (ages 3 through 5 years) should be physically active throughout the day to enhance growth and development.
- Children and adolescents ages 6 through 17 years should do 60 minutes (1 hour) or more of moderate to vigorous physical

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Band

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degree in Music Education from the University of Texas at El Paso and a master’s degree in Music Performance from the University of Wisconsin-Milwaukee. Before returning home to West Texas, Saad taught music at Blair Elementary School in Waukesha, Wisconsin.

Romero, the only AMS middle school band student competing, was nervous about performing in front of judges but agreed that the

band director’s high expectation was the key to her success. “I was very surprised at where I placed. When I pulled my flute out, I couldn’t play at first because I was really nervous. But I think I did pretty well, and we all advanced,” commented Romero, who earned fourth place out of a total of 23 middle school flutists. “We all cried tears of joy. Ms. Saad was really proud of us. She had high expectations,” she added.

AHS senior Keila Macias, who plays the flute in the band is also the drum major of the

high school’s marching band. She was participating in her first all-area and region band competition this year.

Like Romero, Macias admitted that she was also very nervous. “It was my very first time, so I was really nervous and insecure. It was a lot of pressure, but I wanted to do good for our band director. She’s been a really good band director, and she’s helped a lot. She’s been pushing us, and she knows we can do more. No other band director has pushed us this much,” said Macias, who made the All-Region Band by

placing in the top ten.

Saad was also nervous but knew that this experience for the AISD students would be something that the district’s band program can build upon. “They were nervous, and I was nervous. But it was very rewarding. I have been pushing them out of their comfort zone and wanted to see them representing Anthony. This has been a positive experience, and we’ll share this experience with the other band students to get them to also want to participate in competitions. It’s about getting Anthony out there,” Saad stated.

Grant

From Page 2

space at their shelters, according to media reports.

The Migrant Families Relief Fund was created in the El Paso Community Foundation last June after federal agents began separating migrant families on the U.S. side of the border. It has received small gifts from Community Foundations around the country, and a large gift from the Prudential Foundation. The Fund benefits four organizations that assist migrants — Diocesan Migrant & Refugee Services; Las Americas Immigrant Advocacy Center; the Detained Migrant Solidarity Committee; and Annunciation House.

“This is the second distribution

from the Migrant Families Relief Fund, and Foundation staff felt the timing is crucial,” said Eric Pearson, President of the El Paso Community Foundation. “However, the immediacy of this response does not diminish the longer-term needs of these minors and families, offered by all of the organizations named in the Fund. We know that legal support and other services are important as well, and the Foundation wants to be thoughtful.”

The El Paso Community Foundation is waiving all credit card and administrative fees for the fund; 100% of donations will pass through to the four organizations so they can provide direct services.

To donate call (915) 533-4020 or go to epcf.org/families.

Briefs

From Page 1

the awards ceremony. See schedule below. Twenty-five teams will advance to the regional competition organized by UTEP on Jan. 26. That is an increase from previous 10. These teams will go on to compete at a higher level than the El Paso region.

- **Round 1 Competition: 9:00 a.m.;**
- **Round 2 Competition: 11:00 a.m.;**
- **Round 3 Competition: 1:00 p.m.;**
- **Round 4 Competition: 3:00 p.m.;**
- **ROBO Roll Call: 6:10 p.m.;** and
- **Awards Ceremony: 6:30 p.m.**

– Christy Flores-Jones

Old news

Goodwill of Southern New Jersey and Greater Philadelphia received quite the contribution from an anonymous donor – an intact pre-revolutionary war newspaper. The Dec. 28, 1774 edition of the *Pennsylvania Journal and Weekly Advertiser* was appraised at \$18,000. Appraiser Robert Snyder, who authenticated the newspaper, noted that there are three other copies of the same paper at Yale, Illinois State University and Chicago University.

– John Grimaldi

Cyber security

Marriott International has revealed that information of up to 500 million customers worldwide was exposed. The world’s largest hotel chain said an unauthorized party hacked into its Starwood network as early as 2014, gaining access to customers’ names, mailing addresses, phone numbers, email addresses, passport numbers and payment information. With that in

mind, Teacher’s Federal Credit Union is offering the following security tips:

- Look out for scams. Never share your personal information with another party if you did not initiate the call or email. Call that organization directly to verify they need something from you, and then answer their questions.
- Balance your financial accounts. Set a reminder to review your statements each month or sign on to your accounts and look for suspicious activity.
- Regularly monitor your credit. You can get a free credit report from each of the three bureaus here. Set a reminder to check one report every three months (or at least be sure to check all three of them annually).
- Maximize your account security. Tip: In addition to using strong, unique passwords for important websites, use two-factor authentication whenever it’s an option.

Help wanted

Attention all you shutterbugs out there: you may want to apply for this assignment. It seems that a very wealthy British family is looking for a professional photographer who wouldn’t mind a bit of globe-trotting. The job involves visits to some of the most exotic places on the planet. The job description says it includes room and board as well as a fee of 80 thousand pounds (about \$100,000). Better hurry, if you’re interested, the family wants to fill the position before they leave on their whirlwind international sojourn in two months or so.

– John Grimaldi



By Samantha Weaver

- It was English journalist, political essayist and novelist George Orwell, probably best known for his works “Nineteen Eighty-Four” and “Animal Farm,” who made the following sage observation: “Serious sport has nothing to do with fair play. It is bound up with hatred, jealousy, boastfulness, disregard of all rules and sadistic pleasure in witnessing violence. In other words, it is war minus the shooting.”
- Considering their unsavory reputation, you might be surprised to learn that jackals often help raise their younger siblings, even after they’re fully grown.
- If you want to have an especially memorable – and chilly – vacation, consider heading to Finnish Lapland. There, more than 150 miles north of the Arctic Circle, you can stay at the Kakslauttanen Hotel. The quarters aren’t luxurious, but the sights are amazing. All the accommodations are geodesic glass igloos, offering amazing views of the aurora borealis.
- Are you a snollygoster? If so, you’re shrewd – and that isn’t a bad thing, of course. However, it also means that you’re rather lacking in principles, a trait you might not want to advertise.
- The next time you’re tempted to whip out the plastic to make a purchase, you might want to consider this little factoid: The average American spends 20 percent to 30 percent more when using a credit card than when paying with cash.
- The heaviest rainfall in a 24-hour period ever to fall in the United States occurred in Alvin, Texas, in 1979. In that year, a total of 43 inches of rain fell in the space of a single day.

Thought for the Day: “Catch-and-release, that’s like running down pedestrians in your car and then, when they get up and limp away, saying – Off you go! That’s fine. I just wanted to see if I could hit you.”

– Ellen DeGeneres

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CryptoQuip

Answer

Suppose a person is operating Greg Louganis’ vehicle... Could you say he’s in the diver’s seat.

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Moments in time

THE HISTORY CHANNEL

- On Jan. 14, 1943, during World War II, Franklin Roosevelt becomes the first president to travel on official business by airplane. The secret and circuitous journey across the Atlantic began Jan. 11.
- On Jan. 15, 1972, Don McLean's "American Pie" hits No. 1 on the Billboard charts. The song references the 1959 plane crash that killed famous stars Buddy Holly, Ritchie Valens and J.P. "the Big Bopper" Richardson.
- On Jan. 16, 1991, President George H.W. Bush waits to see if Iraq will withdraw from Kuwait by a midnight deadline mandated by the United Nations, or if war will ensue. Just after midnight in the U.S. on January 17, Bush gave the order for U.S. troops to lead an attack on Saddam Hussein's army.
- On Jan. 17, 1916, professional and leading amateur golfers gather in New York City in a meeting that will result in the founding of the Professional Golfers Association. The first annual PGA Championship took place in October. James "Long Jim" Barnes defeated Jock Hutchinson, taking home a silver trophy and \$500.
- On Jan. 18, 1882, A.A. Milne, creator of Winnie-the-Pooh, is born in England. In 1920, his only son, Christopher Robin, was born. In 1925, the family bought Cotchford Farm in Sussex. A nearby forest inspired the 100-Acre Wood where Winnie-the-Pooh's adventures would be set. "Winnie-the-Pooh" was published in 1926.
- On Jan. 19, 2007, Beijing, China, gets its first drive-through McDonald's restaurant. The opening ceremony included traditional Chinese lion dancers and a Chinese Ronald McDonald. Kentucky Fried Chicken first opened in China in 1987.
- On Jan. 20, 1961, John F. Kennedy is inaugurated as the 35th president of the United States. At age 43, Kennedy was the youngest candidate ever elected to the presidency and the first Catholic president.

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Activity

From Page 3

activity daily. Most of the 60 minutes or more per day should be either moderate vigorous-intensity aerobic physical activity and should include vigorous intensity physical activity on at least 3 days a week. As part of their 60 minutes or more of daily physical activity, children and adolescents should include muscle-strengthening physical activity on at least 3 days a week. Additionally, as part of their 60 minutes or more of daily physical activity, children and adolescents should include bone-strengthening physical activity on at least 3 days a week.

- For substantial health benefits, adults should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5 hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week. Adults should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.
- Older adults should do multi-component physical activity that includes balance training as well as aerobic and muscle strengthening activities as part of their weekly physical activity.
- Women, during pregnancy and postpartum period, should do at least 150 minutes (2 hours and 30 minutes) of moderate intensity aerobic activity a week. Preferably, aerobic activity should be spread throughout the week.
- Adults with chronic health conditions and/or disabilities (who are able) should do at least 150 minutes (2 hours and 30 minutes) to 300 minutes (5



– Photo courtesy Fabens ISD

PROUD OF HER – Paola Holguin is sandwiched by her parents Claudia and Lorenzo Holguin at her signing party.

Holguin signs softball scholarship

By Denise Peña
Special to the Courier

FABENS – Senior Paola Holguin of Fabens High School has committed to play softball on scholarship for Trinidad State Junior College. FHS held a signing party on Friday, November 30th. Having played softball since she was 5 years old, Holguin eventually gained notoriety in the El Paso area. Her junior year she was named

El Paso Fastpitch Softball Hall of Fame 4A 2018 Player of the Year.

The signing is the actualization of Holguin's dream. "Ever since I first played, I had always told my parents that I planned to go far with it," Holguin said. "It feels like I'm doing what I am meant to do."

Holguin is also actively involved in extracurricular activities. She is Student Council Historian, National Art


Honor Society President, HOSA Secretary and STEM Academy Senior Class Representative. All this while maintaining a 3.7 GPA. She plans to study physical therapy.

Varsity Softball Head Coach Ismael Salas attributes her success to her diligence not just in sports but in everything she does. "This is a perfect example of how hard work, determination, and leadership pays off at the end," Salas said. "She truly deserves this opportunity."

hours) a week of moderate-intensity, or 75 minutes (1 hour and 15 minutes) to 150 minutes (2 hours and 30 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic activity. Preferably, aerobic activity should be spread throughout the week.

- Adults with chronic conditions or disabilities (who are able) should also do muscle-strengthening activities of moderate or greater intensity and that involve all major muscle groups on 2 or more days a week, as these activities provide additional health benefits.

To view the complete summary of Physical Activity Guidelines for Americans, 2nd edition, visit https://health.gov/paguidelines/seconddition/pdf/Physical_Activity_Guidelines_2nd_edition.pdf



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1-800-LUNG-USA

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, January 17, 2019, in the Central Office Board Room, 14521 Horizon Blvd., El Paso, Texas 79928.

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

WTCC: 01/03/19

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 6:30 p.m., Wednesday, January 16, 2019 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: 01/03/19

A new year brings new hope for UTEP athletics

By Steve Escajeda
Special to the Courier

The best thing about every new day are the possibilities that come with it.

Included in those possibilities are second chances; second chances to make tomorrow a whole lot better than yesterday.

Now we have an entire new year of second chances to take advantage of.

Yes, we all made it to 2019 and no matter how good or bad 2018 was to everyone, the new year offers a new reality that will hopefully be an improvement over the last one.

Many have said that sports can often imitate life; and in this respect it certainly does. Teams, players, coaches and fans can often be heard uttering those inspirational four words, “wait ‘till next year.”

Well next year is here and there’s a bit of excitement in the air – especially

among El Paso sports fans.

And a lot of that eagerness will take place later in 2019.

Of course there will be the El Paso Chihuahuas, who always seem to have a great season on and off the field. The funny thing about the Chihuahuas is that they don’t have to be good on the field to be successful.

The fans will spend a lot of their summer at the ballpark whether they win or lose, but it’s a little plus that they keep making the playoffs.

The teams who definitely need to start winning to generate fan interest are the UTEP football and basketball teams.

Well, maybe winning is a bit extreme; they have to start showing real improvement and the ability to at least be competitive. It would also be nice if they both started playing an exciting style of play.

We all know that UTEP football has won only one game over the last two

years and for the second straight season were chosen as the worst college team in the country.

If things are on track, Dana Dimel’s second season as head coach should deliver at least three or four wins. Anything over that would be too much to ask for – but fans would take it.

It should be a fun season with the Miners traveling to Texas Tech and then hosting the Nevada Wolfpack in the Sun Bowl.

Did the Miners improve this past season? Yes. They went from no wins in 2017 to one victory in 2018.

Big improvement? No.

But just imagine what slight incremental improvements will look like in five years.

Then there is UTEP basketball; the one sports bright spot fans used to take for granted.

The Miners have fallen from a national champion, to an annual conference champion, to an annual conference contender, to a middle of the road conference finisher, to a lower tier conference participant.

The current Miner squad, the first under new coach Rodney Terry, isn’t very experienced or exceptionally talented. They will struggle through the Conference USA season and probably bow out early in the conference tournament.

But what fans are excited about is the cavalry of players joining the program in 2019.

Talented transfers with experience, size, muscle and talent will be joining the team later this year.

An early indicator of how good the 2019 team really is will be during the Hawaiian Airlines tournament when the Miners compete with the likes of Washington, Boise State, Georgia Tech and Houston.

In the film Field of Dreams, the line, “If you build it, he will come,” is uttered throughout the movie. Of course it was in reference to building a baseball field.

The UTEP football and basketball fans have been conspicuous in their absence at Miners games since the losing began. The Sun Bowl and Don Haskins Center aren’t even half full anymore.

So the feeling is that if UTEP can build a winning program, the fans will come.

Every new year brings with it the hopes and dreams of a better tomorrow. Whether it’s a new job or losing weight or a love interest or building a winning sports program.

The dreams are endless; the realities can be a bit harder to come by.

2019 is expected to be the year separating what UTEP sports used to be, and what it started to become.

San Elizario Independent School District Public Notice

NOTICE OF VACANCY ON THE BOARD OF TRUSTEES

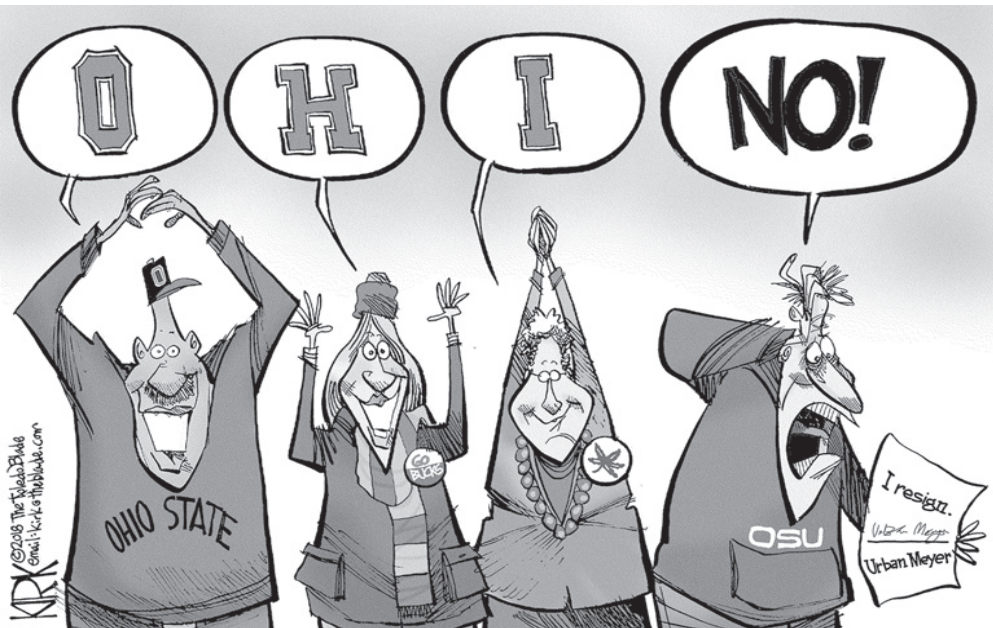
Notice is hereby given that Trustee Place No. 1, an unexpired term, is vacant. All registered voters who are residents of the School District and who are interested in becoming a member of the Board of Trustees should pick up a packet of information in the Superintendent’s Office at 1050 Chicken Ranch Road, P.O. Box 920, San Elizario, Texas 79849-0920.

The packet must be submitted to the Superintendent’s office by: Friday, January 18, 2019 at 5:00 p.m. The School District reserves the right to waive any formalities or extend the deadline for this information.

The Board of Trustees will consider all applicants and reserves the right to conduct interviews of some or all of the applicants before making a decision. The person appointed by the Board to the vacant position shall serve to fill the unexpired term until the election held in May 2021.

For additional information please contact the Superintendent’s office at (915) 872-3900 Ext. 3515.

WTCC: 01-03-19



Super Crossword

THIS IS REALLY BIG ACROSS

- 1 He drew "Li'l Abner"
7 Stands up to
13 Disdainful lip-curler
20 Roving vacuum cleaner
21 Delphi diviner
22 Liltng song syllables
23 Big mollusk of Antarctic seas
25 Birds such as emus
26 Box gently
27 Golf stroke
28 Ending for enzymes
30 Cue or clue
31 From quite a distance
32 Big tree of California
37 Per routine
41 Super-slow
42 Red-haired biblical twin
43 Big dissimilarity
46 Rarely
51 "Bam!" chef
Lagasse
52 Choler
53 Nashville's Grand Ole _
55 Gutter place
56 Work over
57 Big fuss
- 58 Trump's wife after Ivana
60 One laying down asphalt
61 Big project
66 "I've got it!"
69 Motor oil brand
70 Actress Meyers
71 W-2 org.
72 Boise-to-Las Vegas dir.
73 Big military counterstrike
80 Author Loos
81 Revolt
82 Cloud setting
83 Jazzy singer _ James
87 Coke, e.g.
88 Deviate
89 Boxing legend
90 Knocks off
92 _ Nevadas
94 Big job
98 "Nay" caller
100 Slaughter of baseball
101 Categorizes
102 Big pickup in an exhibition
107 Pot builder
108 See 86-Down
109 Yank's home
110 Nativity scene trio
111 Gulf country
115 Facial looks
118 Big home loan
123 Hillary's peak
124 Kindle

DOWN

- 1 Pop-up paths
2 Lariat end
3 Coke, e.g.
4 Love, in Peru
5 "NewsHour" network
6 Two-choice grading system
7 Melancholy
8 Once, in the past
9 E-help sheet
10 Hosp. section
11 Drug mogul Lilly
12 Biggish car
13 PTSD part
14 Big D.C. lobby
15 Dig into
16 Former state secretary Root
17 Secant, e.g.
18 1985 Kate Nelligan drama
19 Worshiper of Jah, in brief
24 "Two and _ Men"
29 Church part
31 Q7 carmaker
32 "Friday the 13th" staple
33 Eisenhower, informally
34 Objectivist Rand
35 Unhurried
- 125 More greasy
126 Snuggles
127 Robbing jobs
128 Requisite
- 36 " _ Sera, Sera"
37 State firmly
38 Unaltered
39 Well-trodden
40 Thurmond of politics
41 Ross of politics
44 Classic canine name
45 Power strip attachment
47 Plumbing problem
48 Bette of film
49 Cakes bake in them
50 Form a union
54 Infrequently seen thing
57 Coulomb per second
58 Big wall painting
59 Deep blue dye
60 El _ , Texas
62 Big continent
63 "Scream" network
64 Totally dislike
65 Prefix with oxide
66 Heap up
67 Capital northeast of Vientiane
68 Parenthetical remark
74 Symbol on many flags
75 Gives off again
76 River in Spain
77 Rizzoli's TV partner
78 Similar (to)
- 79 "Nifty!"
84 Russian ruler of yore
85 PSAT part
86 With 108-Across, demands much (of)
88 Fan blade
89 Hectically
90 Skillet alloy
91 Apart from that
93 Squealer
95 Opposite of old, in Ulm
96 Pop's bro
97 Dance that "takes two"
99 Believes (in)
102 Master
103 Antipasto bit
104 Snouts, e.g.
105 Opening
106 Kingly Indian
107 Willie of "Charles in Charge"
110 Over half
111 Stare at rudely
112 _ of honor
113 "A Death in the Family" writer James
114 Uncool type
116 Salon stuff
117 Suffix of dialects
119 Ending with script
120 Me, to Fifi
121 Greyhound fleet unit
122 Game draw

Answer Page 4

1	2	3	4	5	6		7	8	9	10	11	12		13	14	15	16	17	18	19	
20							21							22							
23						24								25							
26					27							28	29				30				
				31					32	33	34				35	36					
37	38	39	40					41					42								
43							44					45			46		47	48	49	50	
51							52					53		54			55				
56						57				58	59					60					
				61	62	63				64					65						
66	67	68		69					70					71				72			
73			74				75	76				77	78				79				
80						81						82					83	84	85	86	
87						88					89					90	91				
92				93			94		95	96				97							
				98		99				100					101						
102	103	104	105						106					107							
108							109						110					111	112	113	114
115					116	117			118	119	120	121					122				
123									124							125					
126									127							128					

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



Rare cardiomyopathy ends football season

DEAR DR. ROACH: My 18-year-old grandson has just been informed that he has left ventricular noncompaction cardiomyopathy. He has been VERY active his whole life, playing football, baseball, basketball and soccer all through high school. He had no symptoms. This was found when getting a physical for college, where he was supposed to play football, and he has been told that is now out of the question. The doctors are saying it's a very rare condition, and they want to put in a defibrillator ASAP.

– Anon.



Leftventricularnoncompaction is a cardiomyopathy (disease of the heart muscle) that is rarely diagnosed, but it probably has been under-recognized. It can run in families, so it's recommended to examine relatives for the condition. It is diagnosed by echocardiogram, and some cases can be identified through genetic analysis. LVNC can lead to heart failure, arrhythmias and stroke. There is no specific treatment for LVNC, so people with the condition are treated for the manifestations of their disease. For people with heart failure, this means they are treated with the appropriate medications, which hopefully will prevent or at least slow down any damage to the heart. Management also can include an automated internal cardiac defibrillator (AICD) if the heart muscle is seriously weakened. People with LVNC and a history of serious arrhythmias should get an AICD as well. Since arrhythmias are very common in LVNC, AICDs may be used more frequently than with other causes of heart failure. Also, it is likely that your grandson's doctor has more expertise than I in managing this condition, and certainly has more knowledge about his heart, so I would take the recommendation for AICD very seriously. It is strongly recommended he avoid competitive endurance sports and weightlifting.

DEAR DR. ROACH: I'm 40 and was diagnosed with sarcoidosis recently. It was found in my left eye when my eye doctor noticed inflammation. I also was having vertigo and face pain. It wasn't until I had a PET scan and they biopsied a lymph node that I got the diagnosis. I am on steroids and recently started taking methotrexate. I'm having horrible side effects (mostly mouth sores and losing my hair), and my original symptoms are coming back. I feel like my doctors don't know how to treat this

See HEALTH, Page 8

EVERN WHEN IT'S JUST AROUND THE CORNER.

NEVER GIVE UP UNTIL THEY BUCKLE UP.

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Ad Council

Health

From Page 7

disease. I have been told that it is rare in my area. Where can I learn more about this disease and see if there are better and more current treatments? – J.O.

Sarcoidosis is a multisystem disease with an unknown cause. It most often affects younger people and women of African descent. The most commonly affected organs are the eyes and lungs, and lymph nodes are commonly enlarged. The severity can range from quite mild to life-threatening. The diagnosis is confirmed by biopsy. Initial treatment usually consists of steroids, and methotrexate is often used. However, mouth sores and hair loss are both

common complications. To find an expert with special expertise in treating sarcoidosis, I would start with your closest teaching hospital. Even though you haven't told me about any lung disease, pulmonologists tend to have expertise in treatment of sarcoid, even when it affects organs other than the lungs. Most large hospitals have websites where you can search for doctors with expertise in a certain disease.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. (c) 2018 North America Synd., Inc. All Rights Reserved.

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 S

KVUURKX L UXZKRF MK
RUXZLSMFW WZXW IRVWLFMK'
HXPMQIX ... QRVIN GRV KLG
PX'K MF SPX NMHXZ'K KXLS?

Answer Page 4
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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ♦♦

♦ Moderate ♦♦ Challenging

Answer Page 4 ♦♦♦ HOO BOY!

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New GI Bill fiasco leaves vets in debt



by Freddy Groves

The Forever GI Bill, which expands education benefits for veterans and their families, was supposed to take effect Aug. 1, 2018. It didn't happen.

Due to computer problems, hundreds of thousands of veterans either didn't get their money or didn't get the correct amount, leaving many of them in hock, with the landlord knocking at the door. But, said the Department of Veterans Affairs, all the missing money would be paid retroactively.

Meanwhile, Congressional staffers heard rumors that the VA would not be making those retroactive payments, period. It wouldn't be possible to look at hundreds of thousands of claims to make sure veterans got all of their money. It would be too much work for too little benefit. Under Secretary for Benefits Paul Lawrence, in a sit-down with Congress, said the same thing. Instead of August 2018, they're looking

at December 2019 to kick off the program. He blamed the computer system.

VA Secretary Robert Wilkie had to immediately step up and tell Lawrence to "reset" their efforts to get the IT going, which would include soliciting bids from vendors. Wilkie further announced that veterans would indeed get all of their new and retroactive benefits "once VA is in a position to process education claims in accordance with the new law." In other words, once the IT is up and running.

Once again, the devil is in the details... and in the parsing of sentences.

The VA hasn't had a chief information officer all year. This summer the president nominated a highly qualified 20-year Marine Corps veteran to fill the post. The nomination hasn't been confirmed.

I honestly don't know it there's truly an unfixable computer problem, or if it's political. Think about that. Sometimes all you have to do to bring down a computer system is trip over the power cord.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

	+		×		13
-		÷		+	
	×		-		20
×		+		÷	
	+		-		11
10		10		3	

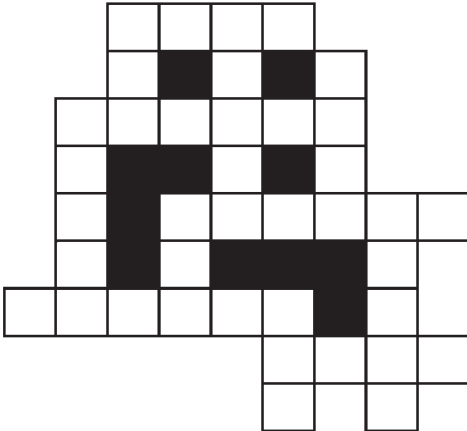
1 3 4 5 6 7 7 8 9

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Answer Page 4



ICT
♥HOECER
♥TACLE
♥LWFO
♥HERWIT
♥EOW
♥NTRE
RAWTE
♥RFO
♥ENCART
HEWNI
♥HTWA



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Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.



• "I save individual milk jugs from my kids' fast-food meals. They're the perfect size for packing milk in a lunchbox, and also for taking a bit of coffee creamer for the office fridge – not too big, and easily portable."
– D.L. in Maine

• Got extra mittens? Then you'll love this tip: If find yourself with several mittens without matches, simply use them to dust around the house. Slip on a glove and dust away! They work perfectly.

• Removing sticky residue, five ways: 1) Rubbing alcohol; 2) WD-40; 3) Vinegar; 4) Nail polish remover (not for use on glossy surfaces – spot test first); 5) Dish soap.

• P.H. in Pennsylvania writes: "Got non-washable plush toys? Freshen up by spraying with women's dry shampoo, and then rub with a dry cloth."

• To clean spills in the oven, cover with baking soda and let cool. Then scrape out as much as possible with a metal spatula. Use damp steel wool for thick messes, or a plastic scrubbie for small jobs.

• Don't forget to open and close all windows regularly, just to keep the tracks free of obstructions and clean. It might not be a big deal now, but in the spring, if you want to air out your home, you might find yourself with a stuck window.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2018 King Features Synd., Inc.

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