



NEWSBRIEFS

Anthony event

The Town of Anthony is inviting the public to participate in its 12th Annual 4th of July Parade and Celebration. The parade will follow the usual route starting in Anthony, N.M. going south on Main Street into Anthony, Texas and turn east on Franklin Street ending at the Anthony Municipal Park. The parade will start at 9:30 a.m. and this year's theme is "Pride in Our American Flag." This year's parade marshal will be the men and women from Anthony and the surrounding areas that are serving in our armed forces. For information contact the Town of Anthony at 915-886-3944 or fax to 915-886-3115, send an email to francojay@aol.com.

Name that library

The El Paso Public Library Association Board is sponsoring a contest to name the new Eastside Regional Library under construction near the corner of Joe Battle and Pebble Hills. To submit an entry, visit <http://www.elpasolibrary.org> and download an official entry form or visit any neighborhood library branch and pick one up. The entry must conform to the "Naming Policy for El Paso Public Library Facilities and Spaces" included in the entry packet. All entries must be received by June 30, 2005. Judging will be completed and a winner announced before the end of July 2005. If the entry wins, the Eastside Regional Library will be re-named according to the name submitted. For more information call Jack at (915) 351-3606.

In other news

■ The 2005 Texas Reading Club, "Go Wild — Read," provides opportunities for children of all ages to enjoy reading. It begins on June 1 at the El Paso County Library in Fabens. This free program is co-sponsored by the Texas State Library and Archives Commission. Information about the Texas Reading Club is available by calling 764-3635. The program will run from June 1 through July 31, 2005. Hours are Monday, Wednesday and Friday, 10-6, Thursday, 10-7, and Saturday 9-3.

■ New online business classes will be available for small businesses through a cosponsorship between the U.S. Small Business Administration and the Thomson Corp. (Ed2Go), a national provider of online instructor-taught classes, currently offering courses through more than 1,000 community colleges. Small business entrepreneurs may enroll in three of Ed2Go's most popular online educational courses at no cost: creating a successful business plan, customer service fundamentals, creating web pages. Each instructor-facilitated online course is six weeks long. The courses will begin June 15, with the next course start dates on July 20, Aug. 17 and

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Where do kids get all those questions that parents can't answer?

— Quips & Quotes

Americas High school siblings earn international science honors

Planet to be named for Mendoza duo

By Carlos A. Briano
Special to the Courier

EL PASO COUNTY — The next time you gaze at the sky on a clear El Paso night, you should pay special attention. You may be gazing at a planet named after two Americas High School students, senior Priscilla Mendoza and her sophomore brother Gabriel Mendoza.

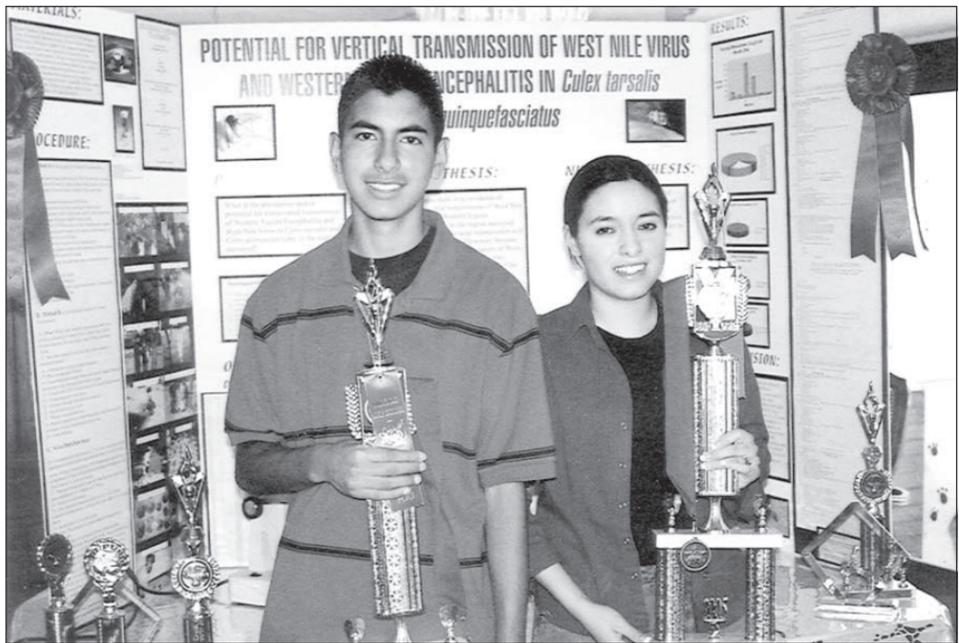
Why would a planet be named after a couple of high school students? This brother and sister team earned that honor by placing second at the International Science and Engineering Fair, where they competed against hundreds of students from the U.S., Japan, Korea, Germany, Russia and the rest of the world.

"They said at the beginning that the first and second place winners would have a minor planet named after them," Gabriel said. "At the time, I didn't really think we had much of a chance."

Perhaps Gabriel was being humble. But according to their teacher and project sponsor, Elizabeth Espinosa, the second place finish was quite an accomplishment.

"Although they have a reputation of excelling in their science fair projects, no one expected that," she said. "It had been a while since someone from El Paso had placed. When they announced their name I thought it was so awesome."

The International Science and Engineering Fair has several categories of competition like botany, chemistry, computer science, microbiology, engineering and zoology, to name a few. In addition, students compete in the team or individual categories.



— Photo courtesy Socorro ISD

STELLAR PERFORMANCE — Gabriel and Priscilla Mendoza won second place at the International Science and Engineering Fair and will have a minor planet named after them.

The Mendozas qualified to the International Science and Engineering Fair by winning the team Sweepstakes Award at the regional science fair, which included all El Paso County schools.

The name of their project was "Potential for Vertical Transmission of West Nile Virus and Western Equine Encephalitis in *Culex tarsalis* and *Culex quinquefasciatus*." For the rest of us, that means the Mendozas came up with a mathematical model to predict if female mosquitoes could pass certain viruses, like West Nile, to their offspring.

"The judges were really interested in our project because the viruses we were working with affect the United States and the world," Gabriel said. "The methods we used can be applied to everywhere in the world."

"We were judged like ten times," Priscilla

added. "There are only six judges scheduled, but more judges can come if they are interested in the project. The judges wanted us to explain the statistics and methods we used."

The results of the project revealed that female mosquitoes are indeed transmitting the viruses to their offspring.

"The number of mosquitoes infected with West Nile Virus increased exponentially," Priscilla said. "And it would increase the threat to humans. We found that there is a potential for this to occur within a few years if we don't use proper methods to control the mosquito population."

Gabriel hopes the results of their research will help biologists combat these diseases.

"A lot of biologists use mathematical models in their work," he says. "And based on our

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Canutillo High bids farewell to 215 in graduation ceremonies

By Alfredo Vasquez
Special to the Courier

UPPER VALLEY — Two hundred and fifteen seniors successfully completed the rigors required to receive their high school diplomas

as Canutillo High School held its graduation ceremony June 1 in the Convention Center Main Hall in downtown El Paso.

Valedictorian Jarod Gonzalez and Salutatorian Carlos Ruiz led the Class of 2005 through the commencement exercise before a packed room of more than 4,000 spectators. Round-

ing out the top ten graduates in ranking order were: Genevieve Baker, Sonia Arroyos, Duane Galindo, Christina Herrera, Luis Ozuna, Hevila (Billy) Ramos, Celeste Moreno, and Zenia Nuñez.

The Class of 2005 garnered nearly \$1 million in scholarships and grants. More than 80 percent of the CHS graduates indicated that they had plans to pursue a post secondary education.

Among the top ten graduates, Gonzalez stated that he will attend the UT-Austin on a four-year scholarship and study engineering. The Salutatorian said that he will use his scholarship awards to major in biomedical sciences at Texas A&M at Galveston. Arroyos and Herrera plan to attend NMSU. Baker, Galindo, Ozuna, Ramos, Moreno, and Nuñez said that they plan to attend UTEP.

Of special note, Ramos is CHS's first senior to graduate under the state's Distinguished Achievement Plan, which requires additional course work beyond the recommended program including demonstrated student performance at the college level, an original research project judged by a panel of professionals, and a high score on the Preliminary Scholastic Assessment Test (PSAT). CHS students graduate under the Recommended High School Program, which encompasses earning a combination of 24 credits in 12 disciplines.



— Photo courtesy Canutillo ISD

TOP 'O THE TENS — Canutillo High School top ten graduates (seated, from left) are Sonia Arroyos, Genevieve Baker, Jarod Gonzalez, Carlos Ruiz, Duane Galindo; and (back row, from left) Christina Herrera, Luis Ozuna, Hevila Ramos, Celeste Moreno, and Zenia Nuñez.



One perspective

By Francis Shrum

Men at war

She came running up to the car, all out of breath and excited. She handed me the folded white piece of paper and dashed away.

I sat there for awhile staring at the pristine card with a funny feeling in my stomach, a lump in my throat from being deeply moved and honored. On the front, just below a deep purple ribbon with a purple and gold heart suspended from it, were the

words "Please join me..."

It's an invitation to a ceremony in which a young man will be awarded one of our nation's highest honors, the Purple Heart, for wounds he suffered during Operation Iraqi Freedom. The invitation is from his daughter, a beautiful young girl about 15, a friend of my middle daughter.

They want my family to come.

The invitation is to share a moment of shining glory, of recognition, an acknowledgment — and I want to be there. But I somehow wish this fam-

ily knew that it's not that moment when everything glows, hands are shaken, and backs are patted that I care most deeply about.

It's those other moments I want them to know that I appreciate and honor. It's those fragments of time when the trumpets weren't blowing, the uniform wasn't clean, the acrid smells of combat were burning on men's breath, and the blood was fresh.

It's those moments of endless boredom and gut-wrenching tension, knowing that the enemy lurked unseen in the wide open, that he did his job anyway, well aware that his enemies care as little for their own lives as they do for his — making them a dangerous enemy indeed.

I'd like this family to know that I honor the months, maybe even years,

they spent apart from one another. I'd like her to know that the seemingly endless trips to the store, the drives to school, the long hours she spent trying to find a solution to an insoluble problem, the settling of arguments between kids and the effort to fill their needs both physical and emotional, and are what I honor.

And it is equally commendable that she was there to keep doing it when he came home with damage to his body and in his spirit that only more long hours of endurance can heal. It's not pretty or glamorous. It's hard and grinding and thankless and only the toughest make it through, and I admire them so much for doing it.

I didn't fly my flag on Memorial Day this year. I wasn't home. My offspring and I spent much of last

weekend under a dripping tarp in a rainy campsite with a couple of men who have been there, done that, both bearing scars in their flesh and their hearts from that most insane of human pursuits.

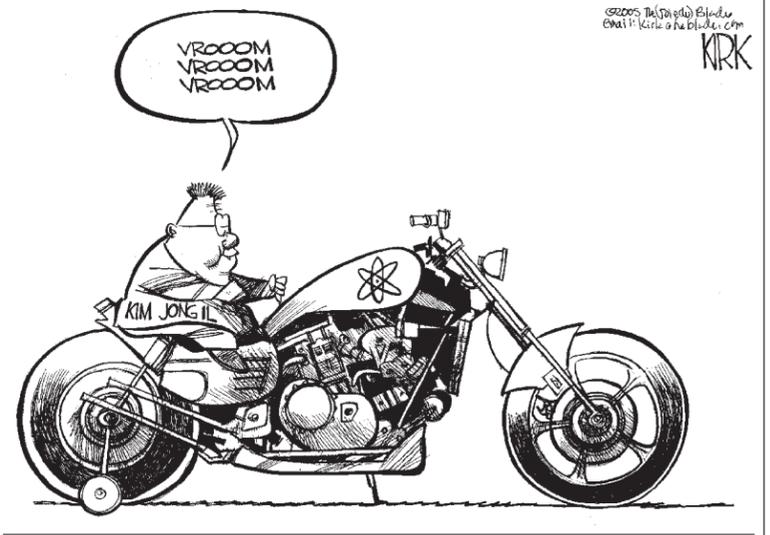
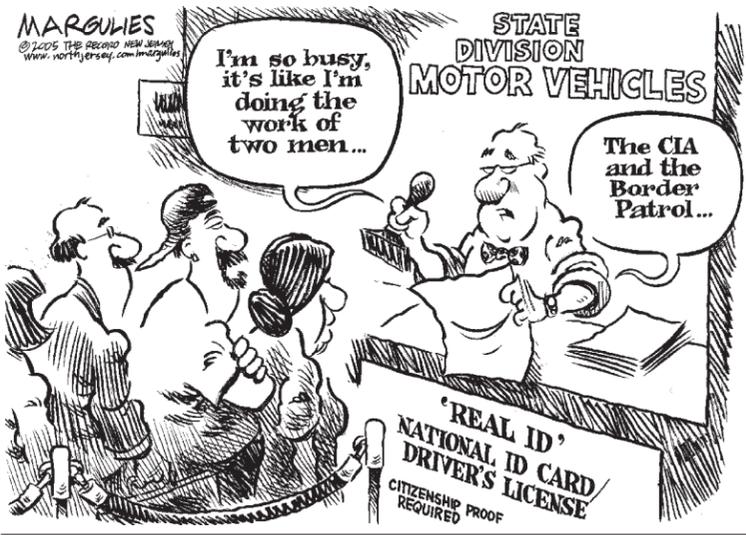
They are veterans of that other war, the one we didn't want to dignify by calling it one, when there weren't too many yellow ribbons and American flags plastered on our cars. But it seems to me that the immediate personal pain, agony, fear or exhilaration, compassion or hatred, isolation or camaraderie, that came of being in harm's way was the same for them all — yesterday, today, and, unfortunately, will be tomorrow — regardless of the politics back home. The mud is still wet, hot and sticky; the sand hot, stinging, and abrasive; the cold as bone-chilling and depressive. Unbearable conditions for men at war.

I'm glad my kids have these adopted uncles to look to, listen to, be picked on and comforted by. These men don't talk much, if ever, about the experiences that give them a kind of distant perspective on life that says you might as well poke fun a little fun because you can't afford to take it too seriously. They know first hand how fragile life is and humans are. It's a lesson they can teach, if we'll listen, and I'd just as soon my kids, and grandkids, learn that lesson second-hand.

I'm so glad they love us and are willing to take the time and effort to share those lessons.

There is so much about the life and lifestyle of a man who risks it all in service of his country that the rest of us can never understand. We try, of course. That's why we have Memorial Day and other ceremonies of recognition in which we try to say thank you. They are paltry efforts, at best, because we haven't felt the fear, the shock, the pain, sometimes even the shame. We can hear the words, if we are lucky enough to be trusted with them, but we can't feel the experience or re-live the terrible memory.

All we can do is feel the love, the appreciation, the honor, and hope that it is somehow enough.



WEST TEXAS COUNTY COURIER

SERVING ANTHONY, VINTON, CASITILLO, EAST MONTANA, HORIZON, SOCORRO, CLINT, FABENS, SAN ELIZABO AND TORNILLO

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ADDRESS: 14200 Ashford Horizon City, TX 79928

Phone: 852-3235
 Fax: 852-0123
 E-mail: wtcc@wtccourier.com
 Website: wtccourier.com

Publisher
 Rick Shrum

Business Manager
 Francis D. Shrum

Contributors
 Don Woodyard
 Steve Escajeda
 Arleen Beard • Jan Engels

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Por la Gente By State Rep. Chente Quintanilla



Congratulations, grads of 2005!

As another school year comes to a close, I want to offer my congratulations to all the graduating seniors in El Paso and throughout this great state of ours. A hearty pat-on-the-back also goes to every parent who has helped a son or daughter graduate.

This demonstrates that our young people — of every group and ethnicity — have the intelligence and the strength to complete four years of education, a necessity in these modern times. Education is a priority for anyone who wants to make a successful transition from student to working adult. But there's more. Now, they must gear up to head for college or university, because a good future depends on it.

I am proud to say that students in our beloved community came through like the champs they are. For example, Socorro High School senior Sarah Martinez received a scholarship worth \$175,000. Martinez plans

to attend Bowdoin College, in Brunswick, Maine, where she will study Biology. In fact, El Paso area seniors have already secured more than \$58 million in scholarships and grants. Of that amount, more than \$31 million was awarded to students in the school districts that I represent — Ysleta, Socorro, Clint, San Elizario, and Fabens.

That's why I want to encourage lawmakers — my colleagues — to not interfere with the effort to reward Top Ten high school seniors with ready admission to any one of Texas' colleges and universities. Some lawmakers want to lower that number to five percent. This will only make it tougher for some students to get into a top-notch college or university.

After all, this Top Ten percentile rate offers an equal opportunity to a student from any group, race, or income. No preferential treatment is being given to Hispanics, Blacks, Anglos, Asians, or any other ethnicity. This process is fair in that it becomes the individual student's own drive and hard work that determines his or her success.

I just don't understand why some people would like to make it even tougher to attend our state universities. My recommendation, as a long-time educator, is to leave it as is. It's not broken.

That said, let me once again say how proud I am. When I was an associate superintendent for the Socorro ISD, I saw many students graduate with top honors and the graduation ceremony always brought a tear to my eye.

By the same token, how can every parent not be proud? To see a son or daughter graduate is the culmination of a life-long dream. We enroll our children in school — sometimes as early as kindergarten — then we watch them as they go through life, staying in school, studying hard, and gaining top honors. They are high school graduates. What's next? University, of course.

Well done, parents and students! But much work needs to be done within our government system to secure an equitable public education for every Texas student. Chente for la gente.

Eye on D.C. By U.S. Rep. Henry Bonilla

Summer food safety: A checklist



The temperature is quickly approaching 100 degrees. Lawn chairs, visors and beach towels are in high demand at the local grocery store. And the neighborhood kids are out of school. All these things could mean just one thing: Summer is here!

Many of you have already fired up the grill. And others of you are in the process of digging through the garage, trying to find the picnic basket. I will admit that I spent some time this weekend looking for my favorite barbecue recipe. If there's one thing I love about summer, it's the joy of outdoor eating. Barbecue just somehow tastes better in the heat of June.

But as you're making that grocery list for the picnic or scheduling some activities for ball field, I hope you'll add food safety to your checklist. Just because the eating has moved outdoors doesn't mean that we can skip food safety.

Many of us forget that food borne illnesses increase in the summer months. Bacteria are always present in our environment. They're in our soil, air, water, and the bodies of people and animals. But these microorganisms grow faster in the warm summer months. Given the right circumstances, harmful bacteria can quickly multiply to large numbers. When this happens, someone eating the food can get sick. That's exactly why we need to take extra precautions this time of year.

As Chairman of the Agriculture Appropriations Subcommittee, I work closely with the Food and Drug Administration. Each summer, the FDA provides the nation with food safety tips. We use these tips everyday in our house. They're as simple as only packing what you intend to eat.

These tips are easy and will become second nature before you know it. I encourage each of you to clip out this column, stick it on the refrigerator and use it as a reference. Summer's about having fun and enjoying the outdoors. By following these simple tips, we can keep it that way.

KEEP YOUR HANDS CLEAN: Wash your hands with hot, soapy water before handling food and after changing diapers and handling pets.

PLAN AHEAD: When eating away from home, find out if there's a source of clean water. If not, bring water for preparation and cleaning. Or pack clean, wet, disposable cloths or moist towelettes and paper towels.

MARINATE AND REFRIGERATE: Always marinate food in the refrigerator, not on the counter. If some of the marinade is used as a sauce on the cooked food, reserve a portion of it — don't reuse the marinade used on raw meat or poultry unless it's boiled first to destroy any bacteria.

DON'T CROSS-CONTAMINATE: When packing a cooler for an outing, wrap raw meat and poultry to prevent juices from coming into contact with ready to eat food. Wash plates, utensils and cutting boards that held the raw meat or poultry before using again for cooked food. Carry a clean plate out to the grill to hold the safely cooked food.

KEEP COLD FOOD COLD: Cold perishable food like luncheon meats, cooked meats, chicken and potato or pasta salads should be kept in an insulated cooler packed with several inches of ice, frozen gel packs or containers of frozen water.

WATCH THE TEMPERATURE: When cooking outside, take your

thermometer along. Meat and poultry cooked on a grill often browns very fast on the outside, so be sure that they are cooked thoroughly. Check them with a food thermometer.

COOK IT COMPLETELY: Cook hamburger and other ground meats (veal, lamb and pork) to an internal temperature of 160 degrees F and ground poultry to 165 degrees F. Beef, veal and lamb steaks, and roasts may be cooked to 145 degrees F for medium rare. Whole poultry should be cooked to 180 degrees F as measured in the thigh; breast meat to 170 degrees F. All cuts of pork should reach 160 degrees F.

TRAVEL WISELY: When taking food with you on an outing, keep the cooler in the coolest part of the car, in the shade or shelter and out of the sun whenever possible. Chill cold drinks in a separate cooler to avoid constantly opening the one containing perishable foods. Preserve the cold temperature of the cooler by replenishing the ice as soon as it starts melting.

FOLLOW-THROUGH: After your outing, move food immediately into refrigeration. Bacteria multiply rapidly between 40 and 140 degrees F. Never leave food in this "danger zone" more than two hours.

I hope these tips prove handy this summer. For additional food safety information, contact the Food Safety and Inspection Service at (202)690-9113 or check out their website at www.fsis.usda.gov.

I hope each of you has a fun, relaxing and most importantly — a safe summer!

Consumers urged to carefully review insurance policy before signing on

By Linda Anderson
Special to the Courier

COLLEGE STATION — Here's a little quiz: Not only is the cost of medical care in all its forms rising, but so are the costs of health insurance premiums. Maybe your own premiums have risen dramatically. Maybe you've already lost coverage.

- So what are your options?
- (A) Lose sleep worrying.
 - (B) Panic every time one of the kids coughs.
 - (C) Purchase every health insurance offer that comes through the mail.
 - (D) None of the above, said an expert with Texas Cooperative Extension.

Losing sleep and panicking are not really productive, said Nancy Granovsky, Extension family economics specialist.

And as for buying every offer that comes through the mail — that's just not using good judgment, she said.

Some of these offers are for insurance coverage that's so specific it will probably never be needed — for example, plans that only cover accidental injuries.

"If people have regular health benefit plans — if you're already covered — then most of the things that are going to happen are already covered or partially covered," Granovsky said.

Some plans promoted by mail may offer the first month or two of coverage for free, then bill each month on your credit card, Granovsky said.

"If you don't pay the balance off each month, you could pay a high rate of interest and incur expensive finance charges for a plan of questionable value."

Before you agree to any insurance plan, she said, "read it carefully." Make sure you know exactly what you are paying for.

Jim Hurley, director of public information with the Texas Department of Insurance, agreed.

"A lot of these things that come

to people (through the mail) represent themselves as insurance but they are not," he said. "Look at the fine print. Typically they are offering some kind of discount card."

With many families losing their health insurance coverage, many scams are out there, trying to take advantage of the situation.

"People might have lost their insurance and are looking for ways to take care of their families," Hurley said. "It may look like a good deal, but a lot of times it's not."

His advice: After reading the fine print, visit the department's Web site at www.tdi.state.tx.us.

"Our Web site has a place to look up (insurance) companies," Hurley said. "If they are authorized to do business in Texas, it will be listed on our Web site. If they are not listed, they are not authorized to do business in Texas."

Insurance companies wishing to do business in Texas must meet the department's standards, he said. Once authorized, these companies must continue to meet the qualifications.

"We keep close tabs," Hurley said.

If an unauthorized insurance company is doing business in Texas, he said, not only is that illegal but customers of those companies have no consumer protection if their policies fail.

"Do not ever do business with someone who is not authorized to sell insurance," he said.

But authorization to do business doesn't guarantee complete customer satisfaction, he added. For consumer awareness and protection, complaint ratios are also listed for each authorized company.

"If there are a lot of complaints (about a particular company), beware."

For more information on insurance in addition to the Texas Department of Insurance, Granovsky recommended also visiting these Web sites:

- National Association of Insurance Commissioners at <http://www.naic.org>
- Insurance Information Institute at <http://www.iii.org>

Reyes Reports By U.S. Rep. Silvestre Reyes



Social Security reform agenda

Seventy years ago, President Franklin D. Roosevelt signed the Social Security Act into law. Since that time, Social Security has provided Americans with a guaranteed source of income to ensure their quality of life in retirement. Today, 47 million retirees, widows and widowers, people with disabilities, and dependent children receive Social Security benefits, including 49,100 El Pasoans.

Recently, President Bush has offered guidelines for a plan to drastically alter Social Security by making private accounts the centerpiece of the program. I oppose this proposed plan for several reasons.

First, it is important to note that there is no immediate Social Security crisis. According to the Social Security trustees, the program is solvent through at least 2041. Rather than hastily changing a program that has served Americans so well for nearly seven decades, we should strengthen Social Security to ensure its long-term solvency so

that future generations of retirees can continue to enjoy reliable, lifetime benefits.

Second, according to AARP (formerly the American Association of Retired Persons), six out of ten beneficiaries receive more than 50 percent of their retirement income from Social Security, and for low-income retirees, the program provides at least 80 percent of their income. Also, AARP estimates that 65 percent of Hispanic beneficiaries would fall below the poverty line without Social Security.

For most seniors in El Paso and across America, Social Security is their primary or only source of retirement income. To jeopardize that safety net by replacing guaranteed benefits with riskier private accounts should be unthinkable. Instead, I strongly support efforts to provide incentives for Americans to save and invest for their retirement in addition to Social Security, rather than as a replacement for it.

Third, if we allow workers to divert a portion of their Social Security contributions into private accounts, we would actually make the

trust fund insolvent sooner than currently estimated. Taxpayers would be forced to cover the shortfall to the tune of \$4.9 trillion over the first 20 years in order to ensure that older workers and current beneficiaries continue to receive their Social Security benefits.

Finally, we must remember that about seven million Social Security beneficiaries are not retired workers, but people with disabilities, their spouses, and children. It is not clear how these beneficiaries, who often have the greatest need, would be protected from reductions in their benefits under privatization.

In urging passage of the Social Security Act, President Roosevelt said, "There is no tragedy in growing old, but there is tragedy in growing old without means of support." That statement remains true today, and Social Security is as important to today's beneficiaries as it was then. We have an obligation to help workers invest in their own retirement, while also ensuring that the safety net of Social Security will always be there — for us and for future generations of Americans.



TRUE TEXAS FACT by Roger T. Moore June 5, 1837: the Texas Legislature legalizes hundreds of informal marriages that had taken place without the aid of ministers in sparsely populated early Texas.

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El Dorado student council pampers cafeteria and custodial staff

By Carlos A. Briano
Special to the Courier

EAST EL PASO COUNTY — The El Dorado High School student council celebrated their annual "Candlelight for the Cooks" on Friday, May 30 by surprising custodial and cafeteria staff with a catered candlelight dinner. Students also presented the staff with certificates of appreciation. "The staff was really scared be-

cause they thought the meeting was for something horrible," says El Dorado Student Activities Director Monica Bustillos. "When they walked in and realized what it was about, we had a couple of the ladies cry."

Head custodian Robert Rangel admits his staff was worried.

"The staff thought maybe more changes were on the way," he says. "Instead, they shocked us with the dinner. The food was great. They

served us well. It was wonderful, very nice."

Manuel Burrola, student council officer, says it's important to recognize these very important employees.

"We know that we should honor them because of all the hard work they put into keeping the school clean and feeding us," he said.

Jonathan Gutierrez, another student council officer, agrees.

"We want the cooks and custodians to know that we actually do care

about what they do for us," he says.

Rangel said the staff definitely felt appreciated on that happy night.

"Not too many campuses do this

to the custodial and cafeteria staff," he says. "It makes it easier to come back to work the following day and keep doing what you're doing."



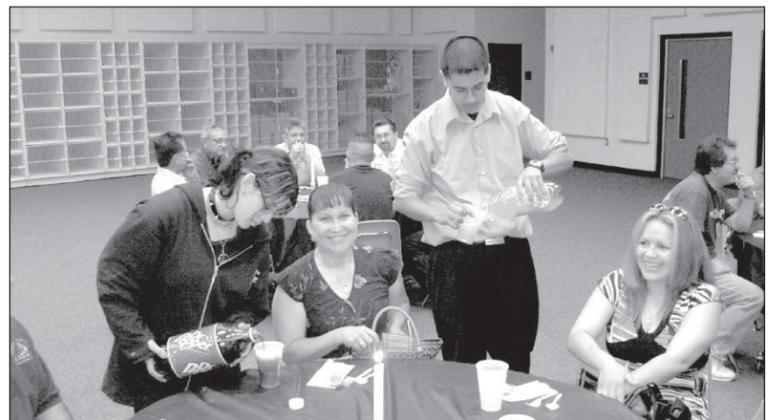
— Photo courtesy Socorro ISD

WINNERS AGAIN — Sanchez Middle School Warriors recently won the Softball Conference Championship in the Socorro ISD for the second consecutive year, according to Coach Larry Payne, who called his team and "overall outstanding group." He said this year's team is made up primarily of players who also played last year, and who will move on to high school next year, so his team will undergo rebuilding next season. Payne is shown far right, assisted by Coach Ismael Piedra, left.



— Photos courtesy Socorro ISD

RETURNING THE FAVOR — El Dorado High School students surprised custodial and cafeteria staff with a catered candlelight dinner.



Clint Independent School District Corrected Public Notice

2005 SUMMER FOOD SERVICE PROGRAM FOR CHILDREN

Clint ISD announces the sponsorship of the Summer Food Service Program. Meals will be provided at the sites listed below. People who are eligible to participate in the program must not be discriminated against because of race, color, national origin, sex, age, disability, religion, or political belief. Anyone who believes that they may have been discriminated against should write immediately to: Director, Civil Rights Office, Texas Health and Human Commission, P.O. Box 13247 Austin, TX 78711, or the USDA, Director, Office of Civil Rights Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, DC 20250-9410. NOTE: Discrimination complaints based on religion or political beliefs must be referred only to the Director, Civil Rights Division, Texas Health and Human Services.

Meals will be available free of charge at the following campuses.

- Surratt Elementary (926-8200) — *Breakfast/Lunch*
- Frank Macias Elementary (852-7143) — *Breakfast/Lunch*
- Desert Hills Elementary (852-4881) — *Breakfast/Lunch*
- Montana Vista Elementary (857-1185) — *Breakfast/Lunch*
- Red Sands Elementary (855-8200) — *Breakfast/Lunch*
- Carroll T. Welch (852-4744) — *Lunch Only*
- East Montana Middle (926-5200) — *Lunch Only*
- Mountain View High School (857-1011) — *Lunch Only*
- Horizon High School (926-4200) — *Lunch Only*

Meal Service: Breakfast: 7:30 am - 7:55 am
Lunch: 11:30 am - 1 pm

Dates of Operation: May 31 thru June 30 Monday to Thursday. **Campuses will be closed every Friday.**

Who are eligible: 18 years old and younger; adults may purchase foods at a la carte prices.

WTCC: 06/02/05

Briefs

From Page 1

Sept. 21. Online registration for the first 2,400 individuals is ongoing at the SBA's Small Business Training Network site at www.sba.gov/training. Go to the free online courses section and click on the "Instructor-Facilitated Courses" button to begin registration.

■ Basic computer skills can be acquired during classes to be held at the El Paso County Library in Fabens, including introduction to computers, internet use and e-mail. For more information or to enroll, contact Samuel Avelar at 764-3619 or Manuela Gandara at 764-3635.

■ The Kiwanis Club of Horizon City will host a special guest speaker from the Casa Hogar Betel, an orphanage in Mexico, on Saturday, June 4, at the Oz Glaze Senior Center, 13070 Veny Webb, at 8 a.m. On June 18, a motivational speaker will discuss service club membership building. The Club meets the first, third and fifth Saturdays of the month at the same time and location. For information, call 434-0033.

■ Congressman Henry Bonilla has announced \$298,000 in funding for El Paso County — \$100,000 for continued work on the El Paso Water Reclamation and Reuse Project and \$756,000 for Corp of Engineers Investigations projects for Northwest El Paso and Sparks Arroyo Colonias. "These projects will mean a safer environment for everyone living in El Paso," said Bonilla. Bonilla

has a senior role on the House Appropriations Committee with oversight of all of the nation's funding. He is now regarded as one of the two most influential lawmakers in Texas and has represented portions of El Paso County since his first election to Congress in 1992. He is also a senior member of the Defense Appropriations Subcommittees.

■ Dr. Robert Durón, Superintendent of Socorro ISD, will give a "State of the District" address on Thursday, June 9, at 11:30 p.m. to the Greater El Paso Chamber of Commerce. He will discuss the 2004 Bond projects and process, programs, academics and more. The address will be in the Judson F. Williams Convention Center, Hall A.

■ The First Annual "Ride for Life" Motorcycle Show will be held at the Coronado High School Stadium, June 10, 7 p.m. to midnight, showcasing all the great bikes in El Paso County for a good cause. For \$12 per bike, riders qualify for an exclusive bike patch, prizes for slowest, best-looking and worst-looking bike, and a variety of other fun and valuable benefits. Sponsored by the American Cancer Society, numerous other entertainment and events will be included. For further information is available at 588-3074, 581-7467 or 581-2204.

■ The El Paso Public Library would like to remind everyone that public libraries are a great way to escape the midday heat this summer. Libraries offer not only heat relief but also a large array of activities for the whole family to enjoy together. Besides books, library patrons can read all the latest magazines, newspapers, revistas

and novelas, play board games and watch movies or DVDs. They can also use the computers there to work on resumes, look for job and health information, get recipes, play online games, send email and much more. All public libraries are open Tuesday through Saturday during midday. Some are open on Sunday and Monday. To find a library near you visit www.elpasolibrary.org or call 541-4106.

■ The Texas Historical Commission's (THC) newly designed Texas Historic Sites Atlas, available through the THC web site, now offers many new features and data. The Atlas became available online in 1997. The improvements include:

- New search capabilities featuring a keyword and an address search;
- New data, including cemeteries, military sites and historic courthouses; and
- New mapping software displaying maps more quickly without plug-ins.

"The improvements are significant and noticeable," said THC Atlas Coordinator Dan Julien. "We will continue to update the Atlas regularly, as we receive more information from our programs and initiatives and integrate new data from field surveys into the Atlas." To use the Atlas, visit the THC web site at www.thc.state.tx.us and click on Atlas in the upper right hand corner of the main page screen, or bookmark [//atlas.thc.state.tx.us](http://atlas.thc.state.tx.us). The Texas Historical Commission is the state agency for historic preservation. The agency administers a variety of programs to preserve the archeological, historical and cultural resources of Texas.

SEHS holds successful career day

By Phillip Cortez
Special to the Courier

SAN ELIZARIO — Representatives from almost 30 organizations gave San Elizario High School juniors and seniors a closer look at the options they have available to them after high school during Career Day on April 29.

Among the more popular booths to visit were those of UTEP and El Paso Community College, where students were able to fill out applications for admission on site.

In order for an event to become so successful, a lot of hard work happens first, especially by the school's counseling department. According to lead counselor Dickie Garza, much of that effort came from Irene Rodriguez. It's important to realize that this sort of event does not happen overnight, he said.

"We started getting ready for this about two months ago, faxing information and networking," Rodriguez said.

Although Rodriguez will lean towards diplomacy when asked which



— Photo courtesy San Elizario ISD

LIVE A LITTLE, LEARN A LITTLE — These representatives from UTEP represented just one of the many organizations that presented to San Elizario juniors and seniors during Career Day on April 29.

of the presenters most interested San Elizario students, one of the bright spots came from the Disabled Student's Services at UTEP, a department that will help San Elizario students with special needs attend college with greater peace of mind that they will have support when they get there.

Overall, Rodriguez said that the goal was to give students a variety.

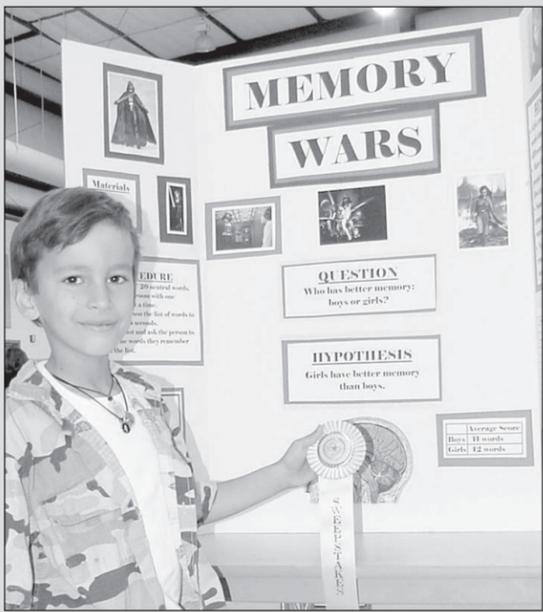
"We had UTEP, EPCC, Our Lady of the Lake but we also had a judge and an attorney present," she said. "We wanted them to get a feel of the working world from the voice of the community."

And the winners are...



— Photos courtesy Canutillo ISD

CANUTILLO — Canutillo ISD's Thirteenth Annual Science Fair selected a Sweepstakes Winner in the fourth-sixth grade division from four elementary campuses, which was Jessica Sapien, Canutillo Elementary School sixth grader.



Sweepstakes winner in kindergarten-third grade division was Juan Carlos Rivera, a Jose Damian Elementary second grader.

Jose Damian Elementary's PAL project goes commercial

By Kim Guzman
Special to the Courier

UPPER VALLEY — Jose Damian Elementary (JDE) School's Peer Assistance Leadership (PAL) students are beaming with pride because their 60-second commercial is currently being aired on KVIA Channel 7 as a public service announcement.

Margaret Sanger, JDE lead technology teacher and PAL program advisor, reported that the PAL program participants are fifth and sixth grade students who have good grades and good behavior. She has worked with the students all year on various projects to accomplish their goals.

The students spent three months working on team building skills before formulating a schedule to complete their goals, which included tutoring first through third graders; conducting a toy drive; and organizing an anti-drug egg hunt and kite contest. Their biggest goal was to make a commercial to show how proud they are of their school.

PAL participants met with Adrian Medina and John Ross from KVIA,



— Photo courtesy Canutillo ISD

IT'S ALL ABOUT THE TEAM — PAL Program participants, shown from left, first row, are Yesica Gandara, Alexis Mendoza, Leslie Martinez, Beverly DeLaO, Ulises Calvillo, and Victor Cardiel; second row, Joseph Lopez, Yvette Rios, Alyssa Dorado, Priscilla Terrazas, Kendra Jordan, Desiree Dominguez, and Cristian Esquivel

who helped develop the students' ideas into a script. Arturo Dorado, also from KVIA, worked with the students to prepare for the video taping of the commercial.

"Arturo was heaven sent because he worked with the students, the script, and me for three weeks," said Sanger. "The JDE PAL's pride truly shines through in this project," she added.

After six months of hard work, the students' commercial was shown on

KVIA's morning newscast as well as presented to the Canutillo Independent School District Board of Trustees during their regular monthly meeting in May. The commercial will continue to air as a public service announcement on KVIA.

"Doing the commercial, I learned to cooperate with other people and if you don't have a plan your entire goal can fall apart. It's all about teamwork," said Joey Lopez, sixth grade student in the PAL program.

Congress approves bill to stop release of Other-than-Mexican illegals

WASHINGTON, D.C. — The U.S. House of Representatives has approved Congressman Henry Bonilla's legislation to halt the Capture and Release Program. Bonilla secured \$690 million for custody management in the Department of Homeland Security (DHS) Appropriations Subcommittee bill. A portion of this funding, coupled with the pending War Supplemental legislation, will add nearly 4,000 beds to detention facilities to allow Border Patrol agents to detain illegal immigrants until they can be deported, versus the current Capture and Release Program.

Bonilla also included language in the legislation that calls for Immigration Customs Enforcement (ICE) to support more widespread implementation of the Expedited Removal Program. ICE is the bureau responsible for detaining Other-Than-Mexican (OTM) subjects. The language also withholds \$50,000,000 from the bureau until a comprehensive national detention management plan has been established.

During a speech to fellow members of the U.S. House of Representatives Bonilla said: "Expedited Removal would allow the Depart-

ment to save money while addressing the OTM problem. I would also add that taking such enforcement action would help deter OTMs from attempting to immigrate illegally in the first place."

The current capture and release agenda has become such common practice that many non-Mexican illegals freely give themselves up to the Border Patrol and often actually seek out the agents so that they can receive their Own Recognition (OR) papers to move freely about the country. Although they are told to appear for a court hearing following their release, less than 30 percent of them do. The weeks of freedom provide the opportunity for them to acquire false identification, network with other illegal aliens and disappear into American society.

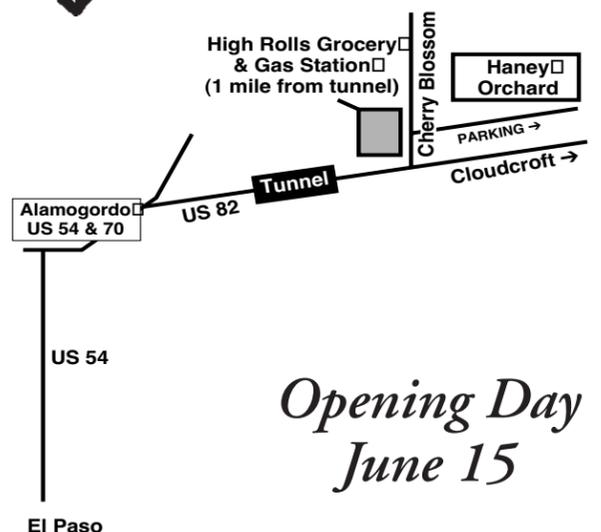
"Border Patrol Agents are doing their job by capturing illegal immigrants. But once captured they are almost immediately set free because there is no room for detention. Today's legislation will stop this practice and allow our immigration system to do its job by detaining, adjudicating and removing the illegal immigrants," said Bonilla.

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Opening Day
June 15

Lacrosse goalie comes out of the closet in the men's locker room

By Steve Escajeda
Special to the Courier

Most of us have gone through that uneasy feeling of not being accepted at some time in our lives.

Whether it was that moment we let go of our mother's hand and first set foot in our kindergarten classroom as a child, or those times we prayed to be chosen for kickball teams during P.E., but stood there as we saw classmate after classmate rush to the sides of their new teammates after their names were called.

Maybe it was something more serious. Maybe it was the time you felt the eyes of people, who looked different from you, looking at you suspiciously just because you looked different from them.

Whatever the reason, that feeling of isolation and rejection is a feeling all of us have come to know at various times in our lives and most of us wouldn't wish the experience on anyone.

But there are still people out there who have no problem whatsoever labeling a segment of the population as social outcasts.

They are homosexuals — especially gay men — especially gay male athletes.

The epitome of the macho, testosterone-laden, steroid-infected, no-gays-allowed place in American society is the men's locker room.

Especially the men's locker room of an organized sports team.

The men's locker room is a sanctuary to the types of male bonding rituals that embarrass even the dumbest among us. The only group of people more hated in a male locker room than the opposing team's players is the dreaded gay guy.

The G-word (gay) and the H-word (homosexual) are slung around more times in the guy's locker room than profanity at a Chris Rock standup performance.

But just remember back when you weren't accepted for who you were — it hurt didn't it?

Imagine the hurt that Andrew Goldstein felt every day.

Goldstein is the Dartmouth University lacrosse goalie who came out to his teammates, school and city.

A gay athlete in a team sport? Unheard of! Didn't he consider what making that kind of announcement could do to a team?

Yes, he did. After agonizing for years, Goldstein finally decided to quit living a lie and told the guys he was closest to in the world,

his teammates.

Goldstein, who received All-American honors in 2003, said recently that he was very surprised when all his teammates stood beside him, and as far as they were concerned, he was the same person he was before his revelation.

In fact, it was many of his teammates who apologized to Goldstein for the dozens of inappropriate comments they must have made over the years in the locker room about gays, without realizing that one of their teammates had to listen to it all.

There's no doubt that Andrew Goldstein is a bright guy, he attends Dartmouth for goodness sake. He is a gifted athlete with yet another virtue in his corner — he has courage.

It must take unbelievable courage to come out and tell the world that you are different from most people, and yet also try to convince them that you're the same as everyone else.

Maybe a day will come when a person's personal choice isn't a headline maker.

Hey, don't get me wrong. Before I come off as some all-accepting, Oprah-loving, anything-goes kind of guy, I've always felt the practice of homosexuality was an unnatural act, based on physiology alone.

Is it something for me? No! But that has ab-

solutely no bearing on my feelings, respect or acceptance of someone who is.

To be honest, I just don't care whether someone is gay or straight. I care whether someone is kind and gentle and respectful and thoughtful and tolerant.

I care to hear whether a guy is gay as much as I care to hear whether a guy is straight — I emphatically don't care!

At some point in the very near future, the news of someone being gay will have as much impact as someone being African American, both regular members of society. But we all know how blacks were treated in this country at one time.

Let's hope people don't take long to figure out that there are more important things to worry about than who a person happens to like.

If we spent more time liking human beings and less time killing each other, imagine how this world would be — would we even recognize it?

Goldstein made one other revelation recently when he said his favorite saying comes from Theodore Geisel, also known as Dr. Seuss, "Be who you are and say what you feel because those who mind don't matter and those who matter don't mind."

Siblings

From Page 1

mathematical models you can tell things about populations and make predictions. With those

predictions, you can plan prevention."

The Massachusetts Institute of Technology (MIT), which owns the naming rights to planets they discover, will soon be immortalizing Priscilla and Gabriel Mendoza.

In the meantime, Priscilla will attend the University of Notre Dame to study micro-

biology in the hopes of becoming a researcher. Gabriel still has two years of high school left, but will consider the many university interest letters now coming as a result of their work.

"These two kids are going some place," said Americas High School Principal Mary

Ross. "We are going to be reading about them. They are very dedicated to science research and have brought some great acclaim to Americas High School."

But if you aren't into reading scientific journals, you could just look up and be reminded of them.

Classified Ads

LEGALS

NOTICE OF PUBLIC HEARINGS

The Far West Texas Water Planning Group (Region E) will conduct two public hearings to receive comments on the initially prepared regional water plan for Region E. Region E includes the counties of Brewster, Culberson, El Paso, Jeff Davis, Hudspeth, Presidio and Terrell.

Copies of the initially prepared regional water plan will be available by June 6, 2005 in each of the County Clerk's offices of the counties listed above and in the following public libraries: Alpine Public Library, 203 N. 7th Street; Van Horn City-County Library, 410 Crockett Street; El Paso Public Library, Cielo Vista Branch, 8929 Viscount; Horizon Public Library/Horizon High School, 14651 Horizon Blvd.; Grace Grebing Public/

School Library, 110 N. Main, Dell City; Fort Hancock/Hudspeth County Public Library, 100 School Drive; Jeff Davis County Library, 3 Woodward, Fort Davis; Marfa Public Library, 115 E. Oak; City of Presidio Library, O'Reilly Street; Terrell County Public Library, Courthouse Square, Sanderson; and in the US Post Office, Terlingua. The plan is also available online at the Far West Texas Water Planning Group's website: <http://www.riocog.org/ENVSVCs/FWTPG/publish.htm>.

Public hearings will be held at the Texas A&M University, El Paso Research Center, 1380 A&M Circle, El Paso, Texas, on Thursday, July 14, 2005, at 11:00 a.m. (MDT); and at the Sul Ross State University, Pete P. Gallego Center, Room 129, East Highway 90, Alpine, Texas on Thursday, July 21, 2005 at 1:00 p.m. (CDT).

Written and oral comments will be accepted at these hearings on the information contained within the initially prepared regional water plan. Written comments will also be accepted until noon (MDT) on Friday, September 23, 2005 at the Rio Grande Council of Governments offices. Written comments are to be directed to the following:

Mr. Tom Beard, Chairman

Far West Texas Water Planning Group

c/o Rio Grande Council of Governments

1100 N. Stanton Street, Suite 610

El Paso, Texas 79902

Requests for additional information are to be directed to: Ms. Barbara Kauffman, Far West Texas Water Planning Group, Rio Grande Council of Governments, 1100 N. Stanton Street, Suite 610, El Paso, Texas 79902. Telephone: 915-533-0998, ext. 121 or barbarak@riocog.org. WTCC: 06-02-05

FABENS INDEPENDENT SCHOOL

DISTRICT

Invitation to Bid/Respond:

Sealed bids will be received by the Fabens Independent School District until 2 p.m. local time, Monday, June 27, 2005, for bid number 05-06-01, Cafeteria Non-Food Bids. Bids will then be opened and read aloud at the Fabens ISD Central Administration Building in the Board room, located at 821 N.E. "G" St., Fabens, Texas 79838, (915) 764-2025. Bid packets may be picked up at the Fabens ISD Central Administration Office. Bid awards will be awarded by the Fabens Board of Trustees at their regularly scheduled board meeting in July 2005. WTCC-06/02/05

PUBLIC NOTICE

As per Article V, Sec. 5.05(a), all owners and lienholders have ten (10) days from this date to reclaim their vehicles at South West Wrecker, 1401 Darrington Rd., 855-1900, 851-2091-fax, or it will be sold at public auction for charges: VIN - IFMRUI769WLB20023, 1998 Ford Expedition XLT, 4-door, New Mexico license CFD 181

VIN - 2HSFMAHRISCOI4015, 1995 International Eagle Tractor, Indiana license WTCC-06/02/05

SOCORRO INDEPENDENT SCHOOL DISTRICT

Invitation to Bid/Respond:

Sealed bids/proposals/CSP to furnish the District with the following products and/or services will be accepted at the following times:

FRIDAY, JUNE 10, 2005

DISTRICT MULTI-COMMUNICATIONS EQUIPMENT CSP NO. 199-0610-0629 ACCEPTED UNTIL 10 A.M.

Proposals will be received at Business Services Dept., 12300 Eastlake Drive, El Paso, Texas 79928 until the specified times. Detailed specifications are available from the above office between 8 a.m. and 4 p.m. Mondays through Fridays and on the Socorro Independent School District's website: www.sisd.net. WTCC-06/02/05

BARGAINS

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FINANCIAL

Paga su Casa Sobre CONTRATO DE VENTA (Contract of Sale) ¡Quiza ya no debe, o debe menos o se le debe dinero a Usted! (Consulta Gratis, Llame 778-7878 Abel Pichardo) 6/2

REAL ESTATE

House for Sale. 12328 Niccolite in Clint. 1 acre with irrigation, fruit trees, and 8ft.fence. 2 kitchens, 4 bedrooms, 4 restrooms, 2 carports. For more information call 851-3295. Email: Tortillitas@aol.com. 6/16

• VALLEY FARM LAND
• FREEWAY LAND
• COMMERCIAL LAND
• RESIDENTIAL LOTS
Valley Homes With Pecan Trees
10604 Sparks Circle
11423 Alameda
APODACA LAND CO.
915-859-5472
6/2

HOUSE ON FIVE ACRES for sale near Fabens Farm Rd. 76. Call for more information, 746-2802. Se vende casa en cinco acres cercas de Fabens. Para mas informacion, llame, 764-2802. 6/2

SELF-HELP

Persons who have a problem with al-

cohol are offered a free source of help locally. Alcoholics Anonymous - call 562-4081 for information.

Tiene problemas con el alcohol? Hay una solución. Informacion: 838-6264.

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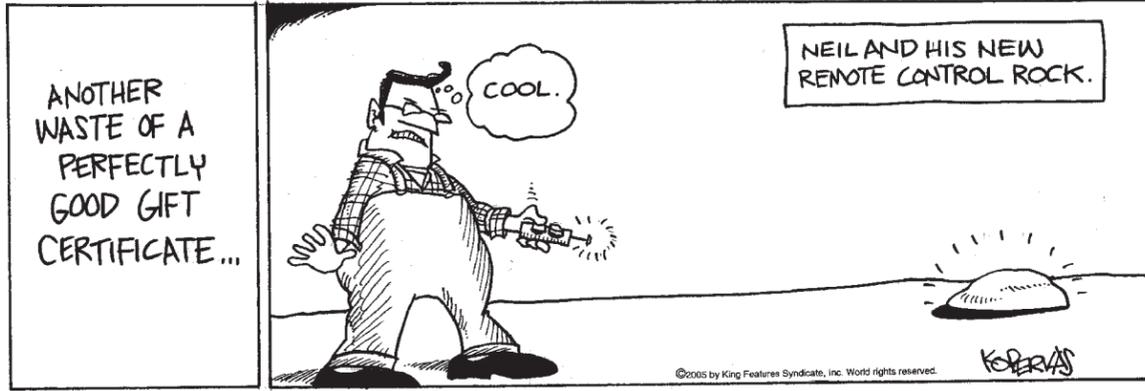
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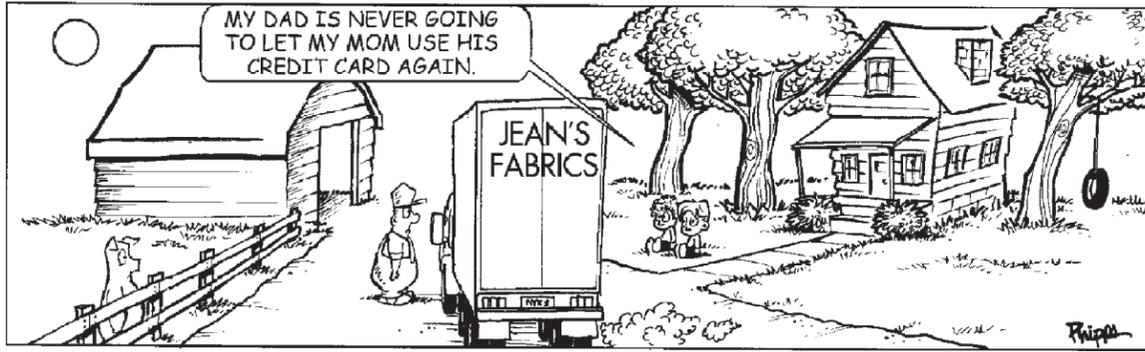
Deadline: Mondays

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



Here's the week that was

By Don Flood

For years, the federal government has been exhorting citizens to lead a healthy lifestyle, and now it's finally starting to pay off.

According to a recent report, 97 percent of Americans are following guidelines beneficial to their health, which just goes to show, if you get people the right information they will react intelligently and...

Sorry to interrupt you, Don, but that's not quite right. Actually, it's backward — it's 3 percent of Americans who are following a healthy lifestyle. The other 97 percent are doing what they've always done — which is not much besides long couch workouts in front of the TV.

Oh, that sort of changes where I was going with that.

Just a little.

No problem. Also in the news is a time-travel seminar, which is going to be held at MIT.

Listen, Don, the time travel event is over. Your readers have already missed it.

Not if they're time travelers.

Oh, I see. So you're writing this for the benefit of time travelers who traveled back to 2005, just so they could read your column.

It's possible.

So are flying elephants. Let's keep moving.

Britney Spears says she's enjoying eating for two.

What else is new?

But now she really is eating for two. She's pregnant...

Big wow.

... And she's now starring in a reality show that will include, according to UPN, "exclusive, never-before-seen private home videos they shot themselves during their courtship, engagement and wedding."

How can they call them "private" if they were made for TV?

That's how stars lead private lives these days — on TV.

You may actually have a point. What else you got?

Prince Harry smoked a cigarette. *What's next? A cup of coffee?*

I don't know, but it was reported as a story, so I thought it might be of interest to someone.

You thought wrong.

Well, they're making hamburgers now that weigh 15 pounds. According to rumors, one hamburger joint is planning the "nuclear option" — an entire cow slapped on a bun.

As long as it's cooked medium rare, somebody will try to eat it. Are we caught up yet?

Not quite. Cher has finally wound up her Farewell Tour.

The one that started in 1705?

Yes, and this is the Final One. As she said at the last concert, "This is truly it."

So reports of her hooking up with Keith Richards for a brief 50-year tour are true?

Looks like. Also, judging by recent news stories, finger food is making a comeback.

Yes, fingers are showing up everywhere, chili, custard...

Which brings up this week's Classy Guy Award, which goes to the man in Wilmington, N.C., who kept the finger he found in his custard rather than give it back to the man who lost it so it could be reattached.

But what about the guy who made his affair with Paula Abdul public to sell a book?

No one said this job was easy, though scientists did report recently that everyone can read minds.

And I bet we're finished here, right?

Amazing!

(c) 2005 King Features Synd., Inc.

King Super Crossword

- BY ANY OTHER NAME**
- ACROSS**
- 1 Bert of "Rose Marie"
 - 5 Decorate glass
 - 9 Tight
 - 14 Oven feature
 - 19 Hodgepodge
 - 20 "Star Trek" navigator
 - 21 Really big star?
 - 22 Florida city
 - 23 Legendary drummer?
 - 26 Boxer Roberto
 - 27 Alpha opposite
 - 28 Use the microwave
 - 29 Pan Alley
 - 31 Cable channel
 - 32 Vote in
 - 34 Use a dagger
 - 38 Shadowy site?
 - 41 "La Traviata" tenor
 - 44 Musty
 - 45 Family car
 - 46 Dutch painter
 - 47 Spine start
 - 49 Fountain order
 - 51 Shoe measurement
 - 54 "Xanadu" rockers
 - 55 Revolutionary War hero?
 - 59 Nest egg
 - 60 Madame Curie
 - 62 Gelid
 - 63 Rock's Maiden

- 64 Word form for "center"
- 65 Wrapped up
- 68 Gymnast Korbut
- 71 Overdo a tan
- 72 Caravansary
- 73 Safe place?
- 75 Syndicated film critic?
- 78 Tizzy
- 79 Circle section
- 80 Paella ingredient
- 81 Wordy Webster
- 82 Actor Reeves
- 84 Sprawl on the sofa
- 85 Computer image
- 86 "Winter of Artifice" author
- 88 Terra
- 91 Aspin or Paul
- 92 "It's Too Late" singer?
- 98 Letters of credit?
- 99 Move through mud
- 101 Part of NB
- 102 Literary contraction
- 103 A real Swede guy
- 104 Nick of "Cannery Row"
- 107 "The Man" ("72 song)
- 109 Most laconic
- 111 Vietnam's Van Thieu
- 112 Painter Paul
- 113 Baker's appliance
- 114 Taradiddle

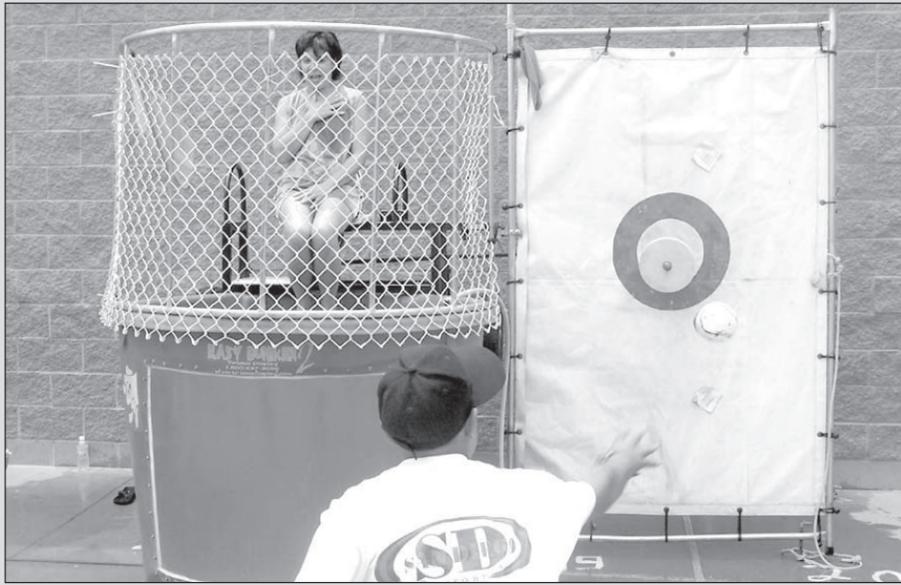
- DOWN**
- 1 Timber wolf
 - 2 Grad
 - 3 Lie low
 - 4 Hammerstein's partner
 - 5 Seer's gift
 - 6 Arnold or Brutus
 - 7 Influence
 - 8 Clean your ears?
 - 9 Alphabet sequence
 - 10 "Ben-"
 - 11 Funnyman Philips
 - 12 Be adjacent to
 - 13 Pocket flowers?
 - 14 Director Browning
 - 15 Hosp. area
 - 16 "Captain Ron" star?
 - 17 Serengeti springer

- 18 Be bombastic
- 24 81 Across's alma mater
- 25 Gnat or brat
- 30 Comic Louis
- 33 St. Vincent Millay
- 35 Rpm indicator
- 36 South African plant
- 37 Composer Bartok
- 39 "The Perfect Fool" comic
- 40 Chou En-
- 41 "Excuse me"
- 42 Tra-
- 43 Famous nurse?
- 44 Manatee or dugong
- 48 Sweater letter
- 50 Cover story?
- 52 Singer Lopez
- 53 Common contraction
- 55 "Waking _ Devine" ('98 film)
- 56 Synthetic fabric
- 57 Jack's place
- 58 Mob
- 61 Squid's squirt
- 66 Author Jong
- 67 Furnishings
- 69 Moo _ gai pan
- 70 Hersey town
- 73 "Great _ of Fire" ('58 hit)
- 74 Sharon of Israel
- 76 Vacuum-tube gas

- 77 Say neigh
- 78 _Cat (winter wheels)
- 80 In full measure
- 83 Rhine whine
- 87 Angus' uh-uh
- 89 Stocking stuffers?
- 90 Cousin's mom
- 93 Canal feature
- 94 And more of the same
- 95 Lion's pride
- 96 Solo performances
- 97 Essence
- 100 Old French coin
- 103 Potsdam pastry
- 105 _ Aviv
- 106 Make feasible
- 108 Graceful ruminant
- 110 Melodious
- McEntire
- 111 Safecracker's tool
- 113 Syrup source
- 114 Feed a fire
- 116 Celt
- 118 Sheep's shaker
- 120 Location
- 121 Punta del -
- 122 1492 or 1776
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- 125 Kensington quaff
- 127 Pound a portcullis
- 128 Undergarment
- 129 Writer Rand
- 130 Deli loaf

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Going, going...



... gone!



— Photos courtesy Socorro ISD

Principal goes into the drink for the sake of a little fun

EAST EL PASO COUNTY — Elfida P. Chavez Elementary fourth grader Armando Baez dunks Principal Michelle Aube on the last day of school, a “fun day,” a time to unwind after a long school year. Students took turns leaving class for one hour to enjoy trying to dunk administrators, counselors and other volunteers. They also enjoyed face painting, tug-of-war games, volleyball, jumping balloons and several forms of races. “First I got wet,” said Sergio Armendariz, a fourth grader. “Now I am getting a scorpion on my face. This is fun.”

— Submitted by Carlos A. Briano, SISD Communications

Lifestyle choices can contribute to healthier aging

By Emily Palmer
Special to the Courier

Fact: Waves of baby boomers are turning 65, making a dramatic impact on the shape of America’s health.

Fiction: As people reach age 65, their physical and mental health quickly and inevitably deteriorates.

“People are living longer,” said Dr. Eduardo Sanchez, Commissioner of the Department of State Health Services (DSHS). “We have increased life expectancy from 47 years in 1900 to 77 years today. And 25 of those 30 years of increased life expectancy came from advances in public health — immunizations, safer and healthier food, clean water and improved sanitation.”

Now, Sanchez notes, “we need to look at the quality of these years as well as the quantity.”

The leading causes of death for people 65 and older are heart disease, cancer and stroke. “But the three actual causes of death are chronic problems — tobacco use, poor diet and lack of exercise, and alcohol abuse,” Sanchez said. “And chronic illnesses have a major impact on quality of life.” About 80 percent of people age 65 and older have at least one chronic condition, and 50 percent have at least two.

The magnitude of these issues also can be seen in the sheer numbers of older adults. In Texas in 1900, people age 65 and older made up 2.4 percent of the population; 100 years later, the percentage was 9.9 percent. Forecasts for 2030 point to a potential population of seven million people age 65 and older, just over 15 percent of the state’s projected population.

“Everyone, including older adults, can improve their lives by making healthy lifestyle choices, getting regular screenings and taking advantage of prevention measures,” Sanchez said.

“First, practice healthy living to help prevent health problems,” Sanchez said.

The 2004 Texas Behavioral Risk Factor Surveillance System (BRFSS) survey shows that nearly a third of the states’ adults 65 and older rated their general health from fair to poor. Nearly 30 percent reported their physical health

not good for five or more days a month. And more than 30 percent of this population said they had no leisure time physical activity in the past 30 days.

According to the U.S. Centers for Disease Control and Prevention (CDC), healthy lifestyles are more influential than genetic factors in helping older people avoid the deterioration usually associated with aging. Among the recommendations are:

- Eat a healthy diet;
- Do not use — or quit using — tobacco;
- Limit alcohol intake;
- Be moderately physically active for half an hour five days or more a week; and
- Maintain a healthy weight.

“Second, get screenings to detect illnesses early,” Sanchez said.

Last year, about 92 percent of women age 65 and older reported having ever had a mammogram to screen for breast cancer, and 87 percent of older men reported having ever had a prostate-specific antigen (PSA) test and/or a digital rectal exam to detect prostate cancer, according to BRFSS data.

But only about 58 percent of those 65 years and older have ever had a sigmoidoscopy or colonoscopy to screen for colorectal cancer, which is the second leading cancer killer in the United States following lung cancer. Other routine screenings recommended for older adults include those for diabetes, high blood pressure, glaucoma and other vision problems and osteoporosis.

“Immunizations against influenza and pneumococcal disease are a third way for older adults to reduce their risk for serious illness and death,” Sanchez said. Older adults should get a flu shot yearly. Those who have never had the pneumonia vaccination should get one. In Texas in 2004 about a third of those 65 and older had not had a flu shot within the past year or had a pneumonia shot ever. Also, all adults need a tetanus booster shot every 10 years.

“There are growing numbers of people both old and young with diabetes, heart disease, high blood pressure and depression,” Sanchez said. “We can do something about these chronic conditions. And for many older Texans, it is not too late to take the steps necessary to be healthy.”

WEATHER

AccuWeather.com

SEVEN-DAY FORECAST FOR EL PASO

THURSDAY	THUR. NIGHT	FRIDAY	SATURDAY	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
▲ 92°	▼ 66°	▲ 90° ▼ 66°	▲ 92° ▼ 68°	▲ 94° ▼ 66°	▲ 94° ▼ 65°	▲ 92° ▼ 62°	▲ 90° ▼ 60°

UV INDEX Statistics for noon.

The higher the UV Index, the greater the need for eye and skin protection.

Thursday	10	Very High
Friday	10	Very High
Saturday	10	Very High
Sunday	10	Very High
Monday	10	Very High
Tuesday	10	Very High
Wednesday	10	Very High

REAL FEEL TEMP®

The exclusive AccuWeather composite index of effective temperature based on eight weather factors.

Thursday	88°
Friday	82°
Saturday	84°
Sunday	86°
Monday	87°
Tuesday	86°
Wednesday	86°

AGRICULTURE

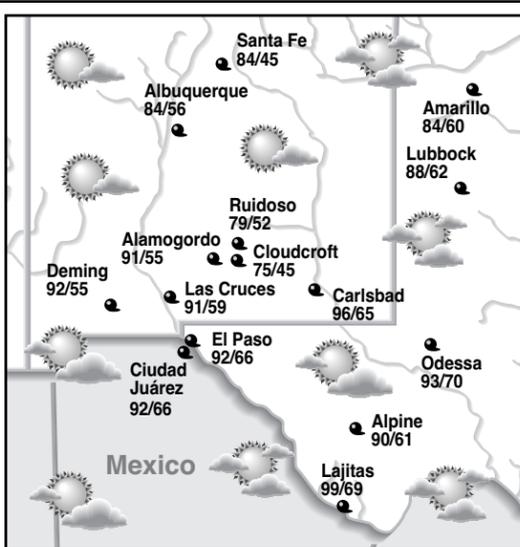
Mainly dry weather will be the rule across the region as a ridge of high pressure will bring sunshine through most of next week. There is a slight chance for a thunderstorm farther eastward toward Odessa Thursday or Friday. High temperatures will be mainly in the 90s and lows in the 60s.

All forecasts and maps provided by AccuWeather, Inc. ©2005

TEXAS WEATHER

Anthony	93	64
Canutillo	93	65
Clint	93	66
E. Montana	92	66
Fabens	93	66
Horizon	94	67
San Elizario	95	66
Socorro	94	66
Tornillo	93	66
Vinton	93	64

Shown is Thursday's weather. Temperatures are Thursday's highs and Thursday night's lows.



TRAVELERS CITIES

City	Thur. Hi/Lo/W	Fri. Hi/Lo/W	Sat. Hi/Lo/W	Sun. Hi/Lo/W	Mon. Hi/Lo/W
Albuquerque	84/56/s	84/56/pc	84/57/pc	86/60/t	90/56/s
Atlanta	78/64/t	83/65/t	87/69/pc	84/67/pc	84/63/t
Atlantic City	70/50/c	75/56/c	76/63/pc	84/64/pc	80/59/pc
Austin/San Antonio	89/71/pc	90/72/t	91/71/t	92/72/pc	92/72/c
Baltimore	70/56/t	78/60/sh	83/64/pc	86/66/pc	82/61/c
Boston	73/54/pc	76/56/pc	77/58/pc	80/62/pc	76/60/pc
Chicago	76/56/sh	78/60/pc	82/62/t	80/62/t	78/58/pc
Dallas/Ft. Worth	89/70/pc	87/69/t	87/71/t	87/71/t	89/70/c
Denver	78/52/pc	78/50/t	78/46/pc	75/49/t	78/42/t
Flagstaff	74/42/s	68/38/s	70/40/s	74/40/t	72/37/s
Houston	90/74/pc	90/72/t	90/74/t	90/74/pc	90/74/t
Kansas City	82/67/pc	84/64/t	86/62/t	82/63/t	82/58/t
Las Vegas	92/70/s	88/66/s	90/70/s	91/70/s	91/68/s
Miami	88/78/t	86/78/t	88/78/t	88/78/t	88/76/pc
Minneapolis	78/60/pc	80/61/t	82/61/t	77/58/t	72/54/c
New Orleans	88/74/t	88/74/t	90/73/t	92/73/t	87/72/t
New York City	72/58/pc	78/62/pc	80/65/pc	84/66/pc	81/64/pc
Philadelphia	72/56/c	78/60/c	83/65/pc	86/65/pc	83/64/c
Phoenix	98/72/s	94/72/s	96/74/s	97/73/s	98/68/s
Portland	62/50/sh	64/50/pc	68/50/pc	68/52/pc	72/50/pc
San Francisco	69/53/s	70/52/s	67/52/s	68/53/s	70/57/s
Seattle	58/48/sh	62/48/sh	66/50/pc	64/52/pc	65/47/c
Tucson	98/66/pc	94/64/s	94/64/s	96/66/s	96/60/s
Washington, DC	72/60/t	77/62/sh	83/65/pc	89/69/pc	84/65/r

Weather (W): s-sunny, pc-partly cloudy, c-cloudy, sh-showers, t-thunderstorms, r-rain, sf-snow flurries, sn-snow, i-ice.