



## NEWSBRIEFS

### San Eli flu clinic

The City-County Health Department will be in San Elizario to host a community flu clinic, Thursday, October 19, 2006. From 9 - 11:30 a.m., a clinic will be offered in room 600 at San Elizario High School, 13981 Socorro Road. A second flu clinic will be available from 1 - 3 p.m. at Garcia Enriquez Middle School, 12280 Socorro Road. Medicaid, CHIP, and Medicare will be accepted and the cost for each clinic is \$20. Senior citizens will be offered pneumonia shots for \$30.

### SBA assistance

Low-interest loans to assist Texas residents affected by the floods that struck on June 22 are being made available to El Paso, Hudspeth and Culberson Counties, according to Steven C. Preston, Administrator of the U.S. Small Business Administration. The assistance is made available because the region was declared a disaster area. Loans up to \$200,000 are available for homeowners to repair or replaced damaged or destroyed real estate; up to \$40,000 will be loaned to replace damaged personal property; and up to \$1.5 million is available to businesses or non-profits to repair or replace damaged or destroyed real estate, machinery and equipment, inventory and other business assets. Information is available by calling toll-free 1-800-659-2955 or by visiting the 7500 Viscount Blvd., Suite 292, Monday through Saturday, 9 a.m. to 6 p.m. Deadline to apply for property damage is Nov. 28, 2006. Deadline to return economic injury application is June 29, 2007.

### Nonviolence campaign

Counselors at the Jane A. Hambric School in the Socorro ISD have a mission to teach all 1,600 students not to engage in violence, which can be defined in many ways. Counselors Carol McKinny, Karina Cataldi and Ron Reeves are going directly into classrooms to teach life skills of anti-violence, including how to settle conflicts peacefully without foul language, shoving or hitting. Knowing the rules and what to do when they are violated are high on the list.

### Pueblo info

Savvy business people keep up with foreign market trends, but they should also watch out for the latest advance fee business scams. Learn how to avoid losing thousands of dollars with Advance Fee Business Scams, a pamphlet from the Department of State. Find out the telltale signs you're being scammed, types of scams and how they work, and who to contact if you suspect a scam artist's at work. This publication costs \$1.00. For your copy, send your name, address, and a check or money order for \$1.00 to the Federal Citizen Information Center, Dept. 351N, Pueblo, CO 81009. Or call toll-free 1 (888) 878-3256, and ask for Item 351N. Have your credit card handy. And visit [www.pueblo.gsa.gov](http://www.pueblo.gsa.gov) to place your order online or to read or print this and hundreds of other FCIC publications for free.

*The tragedy of war is that it uses man's best to do man's worst.*

— Quips & Quotes

## Taking a load off students' backs

By Irma Flores  
*Special to the Courier*

EAST EL PASO COUNTY — Is your child's backpack too heavy? Is your child wearing it the right way? Coaches and Occupational & Physical therapists at Socorro ISD spent a day at Escontrias Elementary School to answer those questions for fifth graders and their parents.

"We want parents to be aware the impact of wearing backpacks incorrectly and the seriousness of carrying heavy packs and protecting children from unnecessary injuries," says Yvonne Bucher, Occupational Therapist. "This is the first time in the district that OT/PT has done this campaign. We would like to bring it to various campuses."

As part of the National School Backpack Awareness Day, Sept. 20, parents, teachers, and administrators across the nation learned just how much weight kids are carrying. According to the American Occupational Therapy Association, the average student carries a backpack weighing almost one-fourth of his or her body weight.

During Escontrias' weigh-in, nearly 100 backpacks were checked. Some were reported at being at least 10 pounds. Along with the weigh-in, therapists helped adjust backpacks and taught students the proper way to load the heavy items.

"It was beneficial to have the therapists here to show and explain how to properly wear a backpack and how to place books," says Rolaura De Anda, Escontrias PE Coach. "I can tell them,

but seeing the adjustments makes an impact."

This time only fifth graders' at Escontrias were assessed, but Bucher and De Anda hope to bring this awareness campaign to other schools throughout the district. It is recommended that children and parents follow these guidelines to avoid health problems:



— Photo courtesy Socorro ISD

**PACKING IT UP — Jesus Montelongo, Escontrias 5th graders, gets some tips on how to pack and adjust his backpack.**

- Never let a child carry more than 15 percent of his or her body weight. This means a child who weighs 100 pounds should not wear a backpack heavier than 15 pounds.
- Load heaviest items closest to the child's back.
- Arrange books and materials so they won't slide around.
- Both shoulder straps should be worn. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.

For information on backpack safety tips, visit [www.aota.org](http://www.aota.org).

## TxDOT introduces new registration sticker

By Kim Sue Lia Perkes  
*Special to the Courier*

AUSTIN — Thanks to customer comments and suggestions, the Texas Department of Transportation is introducing a new windshield registration sticker expected to be distributed statewide by early 2007.

"We are very excited about the new design," said Rebecca Davio, director of the Vehicle Titles and Registration Division. "We listened to our customers, used their ideas, and believe we have a sticker Texans will be proud to display."

The sticker will debut in Randall County in August, followed by Williamson and Hays counties in September. After that, it will roll out incrementally across the state.

"Texans told us they wanted a sticker with a clean, uncluttered design that was easy to apply, and that is what we have developed," said Mike Behrens, TxDOT's executive director.

The new design features a blue adhesive

border, eliminating fingerprint marks that many customers found unsatisfactory with the translucent border. The blue back is imprinted with a friendly reminder to "Check the date, love your state" to help Texans keep their registration current. For the first time, the sticker features a Web address, [www.texasinyourcorner.com](http://www.texasinyourcorner.com), which offers more information about vehicle registration.

"When Texans register their vehicles they are helping the state and their local county," Behrens said. "Registration fees contribute almost \$1.3 billion dollars a year towards building and maintaining state and county roads."

The white window on the new sticker's front allows the sticker's important information — month and year of expiration, county of origin, license plate number, and part of the vehicle identification number — to be clearly displayed.

"The new design will make it easier for law enforcement officers to immediately identify



**NEW AND IMPROVED — Texas has redesigned the windshield registration sticker that all cars are required to display.**

See **STICKER**, Page 4

## El Paso to receive \$20.6 million in federal funding

EL PASO COUNTY — Several federal agencies have awarded the following funding to the El Paso community, according to Congressman Silvestre Reyes:

The U.S. Department of Defense (DOD) awarded:

- \$13,841,693 federal contract to El Paso's Urban Associates LP. Through this contract, Urban Associates will construct "Crash Fire Rescue Stations" at Holloman Air Force Base.

- \$241,987 to El Paso Community College as a DOD Procurement Technical Assistance Cooperative (PTAC) agreement. This agreement will help provide services and training to over 400 El Paso businesses interested in contracting with the U.S. government.

The U.S. Department of Education awarded:

- \$3,090,000 to the Ysleta Independent School District through the Smaller Learning Communities Program. This program creates small learning environments in large public schools to help ensure all students are prepared for college. YISD will use this funding over three years for Project FOCUS — Focused Outcomes Creating Universal Success, a collaboration between YISD high schools.

- \$395,215 to El Paso Community College (EPCC) through the High School Equivalency Program (HEP). The EPCC HEP will provide community-based academic and support services to 170 eligible commuter students to help them earn a GED and either gain employment or further their education.

The U.S. Department of Health and Human Services awarded:

- \$900,000 to the Region 19 Education Service Center through HHS's Promoting Responsible Fatherhood program. This program funds efforts to empower healthy marriages, foster responsible parenting, and provide economic stability.

- \$500,000 to the El Puente Community Development Corporation. HHS awarded this economic development grant through the Community Services Block Grant Program, which supports efforts to reduce poverty, revitalize low-income communities and promote self-sufficiency among low-income families and individuals.

- \$490,460 to the El Paso Center for Children, Inc. through HHS's Healthy Marriage Promotion program, which aims to help married couples gain voluntary access to marriage education services, where they can acquire the skills and knowledge necessary to form and sustain a healthy marriage.

- \$484,701 to Model Cities — El Paso through HHS's Healthy Marriage Promotion program, which aims to help married couples gain voluntary access to marriage education services, where they can acquire the skills and knowledge necessary to form and sustain a healthy marriage.

- \$300,000 to the United Way of El Paso County for HHS's Communities Empowering Youth program. This program improves organizations' abilities to provide social services, develop and/or diversify funding sources, and create effective collaborations to better serve our disadvantaged youth.

- \$250,000 to the El Paso chapter of AVANCE, Inc. through HHS's Promoting Responsible Fatherhood program. This

See **FUNDING**, Page 5



## One perspective

By Francis Shrum

### A good read

He had me from the first line.

"I need the earth-life, the ordinary countryside moment..."

With a line like that, who needs a publicist or a promotion machine? It just kind of hangs there and you can't get past it without thinking about it. And then you do get past it and he comes up with another one.

One of the perks of this job is that publishing companies want you to write about their books, so they send them to you, free of charge, betting the price of a volume that you'll give them some publicity.

I seldom do.

It's not that there is something wrong with the book or that I don't appreciate the fact that they packaged it up and sent it in a neat bubble-lined envelope with my name on it.

There's some satisfaction in that.

Some of the stuff that gets sent to me is just not my kind of stuff. In fact, some of it probably isn't anybody's kind of stuff and I wonder briefly how it even made it into print.

Some of it is pretty good, though, and I just don't have time to read everything that comes my way. This is because I'm usually already reading something that was published years ago and was really successful and surely doesn't need me to promote it now. Half the time the author

is a dead guy and I'm a grateful fan he gained posthumously.

So many books, so little time.

But back to this guy with the great opening line. He's still living and he's already famous, so why did his publishing company send me his book? I don't have a clue, but I'm sure glad they did.

His name is Elroy Bode. He lives in El Paso. He has authored eight other books besides the one I received and has things written on the dust cover by other successful authors who say things like "Bode is not a writer. He is a natural resource." Or "...brilliantly insightful book by a writer long appreciated as a Texas treasure..."

Now, I've heard of Elroy Bode for years, heard people talk about his insight. I've even heard him compared to Ralph Waldo Emerson. But I'd never got around to getting one of his books.

After that opening line I knew I was going to read this thing cover to cover

but I couldn't help myself so I just opened the book at random and read: "I remember the first time I sat down and tried to think. It was not easy. I decided that I had never done any genuine thinking and that what I had always called thinking was probably something else: talking or listening or reading or daydreaming or just being intent on some task or other. I had been mentally occupied, sure, but I had probably never, ever, thought."

Now, how is it, I ask you, that this man could have stumbled onto this fabulous secret that seems to escape all leaders of the free and not-so-free world? Imagine if this one paragraph could be read and understood by the captains of industry, leaders of the world's major religions, and a dictator or two? It would probably change the course of human history. It would certainly improve our media coverage if this single concept was honestly considered by the folks who put together the content of what we are forced to accept as news.

Bode's book is a four-part series of numerous essays, the first part being dedicated solely to El Paso, in which, as an extension of my home region, I had special interest. Over some 44 pages, he has captured a snapshot of all that I know and love about El Paso County, from the cruel and cleansing heat at two o'clock in the afternoon to the way it feels to sit alone in a car and absorb the still-rural community of Clint.

Word of warning, however. In the closing chapter of his book, Bode shares the stark and unvarnished story of his son, Byron — the tragedy his life became after such a promising beginning, his disappearance, and finally, his resting. For any parent who has felt the helplessness of their child's affliction, this passage is both comforting and heart-rending.

The book is called *In a Special Light*. It's published by Trinity University Press out of San Antonio.

Don't give this book to anyone unless you love them.

## Teens, cars and a dose of reality

### Andrea Aker

Sweet 16 signals "vroom, vroom" for many youngsters, yet the road to freedom comes with a lot of financial responsibility. Just how much may surprise teens and parents alike.

Mike Sullivan, director of education for Take Charge America, a national nonprofit credit counseling agency, says the cost of a car is only part of the picture.

"Additional insurance premiums for a young driver can put a financial strain on parents who are living paycheck-to-paycheck," he said. "Premiums for another vehicle can be very high, especially when the primary driver is a new, young driver. Even if the teen driver doesn't have his or her own vehicle, there is still the added cost of gas and maintenance on the family vehicle from the additional use."

According to the 2005 Autoextra.com "Kids' First Car Survey," 76 percent of students aged 16

to 22 have their own cars. About 54 percent of those students paid \$10,000 or less for their vehicle. Sullivan says some teens may need help putting that cost into perspective.

"Many students work minimum wage jobs. It would take more than 1,900 hours of work — an entire year at a full-time job — just to purchase a \$10,000 car on that wage," he said.

Sullivan describes five "must-discuss" financial issues for parents and their teens who want a chance to get behind the wheel:

### New or Used

Regardless of whether you buy used or new, it's important to do your research and shop around for the best price. Keep in mind that the total price of the car is generally higher than the ticket price. Consider gas mileage and maintenance costs as you make your decision. Don't forget to call your insurance agent to get

quotes for coverage on the vehicle before you buy; the differences in insurance cost for different vehicles can be surprising. If you decide to buy used, research prices in the Kelley Blue Book. The Web site, www.kbb.com, allows you to compare new and used car values by make and model. Lower miles on used cars are better if you plan to resell and you may still be covered for some maintenance under the warranty. You also need to research how the previous owner treated the vehicle. You can do this by requesting a report from www.carfax.com. When making a deal, get everything in writing — you don't want any surprises that could force you to pay out even more cash for repairs or new parts. It is always a good idea to have a trusted mechanic look over a used car before you buy.

### Loans

Car loans are an effective way to build credit, yet most companies will require a co-signer for teens, because the age group generally lacks credit history and collateral. If the loan is

in the teen's name and the teen can't afford to make the payments, the person who co-signed is responsible. Parents and their teens need to discuss who will make the payments and the importance of making payments on time in order to avoid negative credit ratings for both the teen and the co-signer which can, in turn, prevent both parties from qualifying for credit cards and other loans.

### Gas/Maintenance

The U.S. has been battling record gas prices for more than a year. Lengthy commutes to school or work can suck up cash quickly. Sharing your ride and the costs of gasoline with other commuters can lighten the burden. The type of vehicle you drive is only part of the gas mileage equation; good gas mileage is also dependent upon proper maintenance. Low tire pressure and improper oil levels decrease gas mileage, which can cause you to shell out even more money in gas. Regular maintenance is vital to keeping the car in good condition for years to come, so be sure to include the costs of maintenance in determining your car budget. In order to avoid un-

necessary or "trumped up" car maintenance costs, be a well-informed consumer. Read your car manual to better understand required maintenance. Establish a relationship with a mechanic if possible for regular maintenance. Get several bids for any major repairs and check with the Better Business Bureau and related agencies before you turn your car over to just any auto repair shop.

### Insurance

Shelling out \$2,000 for insurance a year isn't uncommon for teens with their own cars — and that figure could already include discounts for good grades and driver education courses, which are musts for teens who want to get behind the wheel. (Note: driver education courses cost about \$100.) If a teen will be sharing the family car, there is the option of being added to a parent or guardian's existing insurance policy. Regardless, it won't be cheap. Piggy-backing off an adult's policy can cause the premiums to double, depending on your location. Insurance rates will rise if a teen owns a high-performance sports car, or a vehicle that lacks safety features. Young males also pay more per year than their female counterparts. Choosing a higher deductible will lower insurance premiums but if a teen gets into an accident, he/she will be forced to pay much more money out of pocket to get the problem fixed.

### Not Just a Ticket

One little ticket can lead to huge financial burdens, especially for young males who are more likely to get into accidents, according to the insurance industry. Excessive speeding or reckless driving can cause premiums to soar hundreds of dollars a year. While one ticket may be covered by defensive driving school in some states, insurance companies may drop drivers with multiple tickets and/or accidents.

*Founded in 1987, Take Charge America, Inc. is a nonprofit organization headquartered in Phoenix, Arizona. TCA offers a variety of services including financial education, credit counseling, and debt management. To learn more about TCA or its programs please call 1-800-823-7396 or visit: [www.takechargeamerica.org](http://www.takechargeamerica.org).*



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

**AD DEADLINE:**  
Monday 4 p.m. for Thursday publication.

**CLASSIFIED RATES**  
\$5 for 15 words, \$10 for 35 words. Ad must be in writing and pre-paid. The Courier reserves the right not to print classified advertising it considers inappropriate.

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## Town of Anthony PUBLIC NOTICE

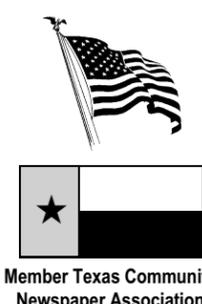
A PUBLIC HEARING will be held at 7:00 p.m. on Tuesday, October 24, 2006 during the Regular Town Council Meeting at Anthony Town Hall, 401 Wildcat Dr., Anthony, Texas. Purpose of the public hearing is to allow any interested person to appear and testify at the hearing regarding the following proposed ordinance(s):

- 1) Ordinance No. 437. An ordinance amending Ordinance No. 423 — Adjusting Water and Sewer Fees within the Town of Anthony, Texas.

Ordinances are too extensive to print. Ordinances are always available for viewing or copying upon request from the Town Clerk at the above address. Those that are unable to attend may submit their written comments to the Town of Anthony, P.O. Box 1269, Anthony, Texas 79821. Persons in need of assistance to attend are encouraged to contact the Town Clerk at 886-3944.

Myriam P. Uribe  
Town Clerk

WTCC: 10/19/06



BRAD KIRK RICHMOND TIMES DISPATCH



HIGH-SPEED CHASE RIDE-ALONG



Telemarketers?  
ROGER T. MOORE ©06

Moore Texas by Roger T. Moore Aug. 21, 1879: Texas' first telephone exchange opened for business in Galveston.

## NOTICE TO PUBLIC OF NO SIGNIFICANT IMPACT ON THE ENVIRONMENT AND NOTICE OF INTENT TO REQUEST RELEASE OF FUNDS

Town of Anthony  
P.O. Box 1269  
Anthony, Texas 79821  
(915) 886-3944

October 9, 2006

TO: All Interested Agencies, Groups and Persons:

Seventeen (17) days after this publication, the Town of Anthony intends to request that the Office of Rural Community Affairs (ORCA) of the State of Texas release federal funds under Title I of the Housing and Community Development Act of 1974 (PL 93-383), for TCDP FY 2006 Project No. 726011.

### Texas Community Development Program Contract #726011 Sewer System Improvements Project:

Installation of approximately 1,500 linear feet of 15" outfall sewer line (or pipe burst) to replace a portion of an undersized transmission line along SH 20/US 280 (Doniphan Street) and the installation of manholes and related appurtenances. The project also includes reconnections for thirty (30) existing households.

(See project map.)

Construction Cost: \$194,000

### Finding of No Significant Impact

It has been determined that such a request for release of funds will not constitute an action significantly affecting the quality of the human environment and, accordingly, the town has decided not to prepare an Environmental Impact Statement under the National Environmental Policy Act of 1969 (PL 91-190). The reason for the decision not to prepare such a statement is based upon the fact that all environmental concerns could either be minimized or mitigated.

The Town has made an Environmental Review Record for the proposed project, which documents the environmental review of the project and more fully sets forth the reasons why such a statement is not required. The Environmental Review Record is on file at Town Hall and is available for public examination and copying, upon request, between the hours of 9:00 A.M. and 4:30 P.M., Monday through Friday.

### Public Comments on Findings

All interested agencies, groups, and individuals disagreeing with this decision are invited to submit written comments for consideration by the town at the address set forth above. Such written comments must be received at the address specified within sixteen (16) days after this publication. All such comments so received will be considered and the town will not request the release of funds or take administrative action on the project prior to the date specified in the preceding sentence.

### Release of Funds

The Town of Anthony will undertake the activities described above with funds from Texas Community Development Program Grant No. 726011 issued from Community Development Block Grants Funds under Title I from the 2006 Program Year, under the provisions of the Housing and Community Development Act of 1974. The Town of Anthony is certifying to the ORCA that the Honorable Art Franco, in his official capacity as Mayor of the Town of Anthony, consents to accept the jurisdiction of the federal courts if an action is brought to enforce responsibilities in relation to environmental review, decision-making, and action; and that these responsibilities have been satisfied. The legal effect of the certification is that, upon its approval, the town may use the Block Grant funds and it will have satisfied its responsibilities under the National Environmental Policy Act of 1969. The Office of Rural Community Affairs will accept an objection to its approval only on one or more of the bases and the procedures described in 24 CFR Part 58.75. Objections are to be addressed to the Office of Rural Community Affairs, P. O. Box 12877, Austin, TX 78711.

Objections to the release of funds on bases other than those stated above will not be considered by the Office of Rural Community Affairs. No objections received later than thirty-three (33) days after this publication will be considered by the Office of Rural Community Affairs.

Art Franco, Mayor  
Town of Anthony

Date Published:  
October 19, 2006

# Understanding your pharmacy benefit can be beneficial

If you and your loved ones are like many Americans, you probably take at least one prescription drug. Given the costs of these drugs and our need for more medicines as we get older, it's important that you're making the best use of the benefits offered by your health insurance plan.

Learn what you can do with the free Pharmacy Benefit package from the U.S. Food and Drug Administra-

tion, the National Pharmaceutical Council, and the Federal Citizen Information Center. It features helpful hints on how to effectively use your benefits to pay for the medicines you need to stay healthy.

Whether your health insurance is through an employer or the new Medicare prescription drug coverage, it most likely requires a year-long enrollment. So if you're having prob-

lems getting your prescriptions filled or your plan won't cover your medications, it's important you know what to do regarding that plan. First, talk with your doctor to find out if a different medicine or a generic version will work for you. Find out more about generic drugs with this informative package, including how they work like brand-name drugs in dosage, safety, and effectiveness.

However, if your doctor feels a specific medication is necessary for you, you have the right to appeal to your insurance provider. Get useful tips on how to file an appeal in the Pharmacy Benefit package. There's

even a sample appeal letter that you can use as a guide.

Getting the most from your plan not only involves troubleshooting problems that may arise, but also managing the benefits and risks of your medicines. Before starting a new prescription, ask your health care professional when, how, and how long to use it; what to do if you miss a dose; and what side effects and interactions to watch out for. It's also a good idea to keep an up-to-date list of all the medicines that you're taking and share it with your doctor and pharmacist. Use the handy chart in the free Phar-

macy Benefit package to help you record this information.

Be an informed consumer by ordering the free Pharmacy Benefit package today. There are three easy ways to get your free publications: Send your name and address to Pharmacy Benefit, Pueblo, Colorado 81009.

Visit <http://www.pueblo.gsa.gov/rc/n45pharmacybenefit.htm> to place your order online.

Call toll-free 1 (888) 878-3256, weekdays 8 a.m. to 8 p.m. Eastern Time and ask for the Pharmacy Benefit package.

Get even more information and take advantage of online government resources at <http://www.FirstGov.gov> and <http://www.Espanol.gov> — your official English and Spanish web portals to the Federal government.



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## Sticker

From Page 1

whether a sticker is valid or in compliance," said Commander Jesse Flores of the Motor Vehicle Theft Division for the Texas Department of Public Safety.

A small outline of the state with the Texas flag highlights the white window on the sticker's front. "Texans told us they wanted a state symbol placed somewhere on the sticker's front," Davio said.

However, she added, many state residents found the current Texas flag sticker a little overwhelming. "They also told us the sticker's flag colors appeared faded and looked unattractive on their vehicles," Davio said.

The new sticker, which is a third smaller than the current one, also gives Texans something else they wanted. "We eliminated the punch tab so you can easily peel the sticker off from any corner on the back of the registration receipt," Davio said.

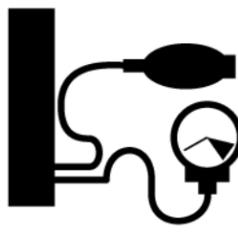
Texas places two stickers on a paper sheet, and then completes the one for your type of vehicle while "voiding" the other. The windshield sticker is for passenger vehicles while the smaller sticker applies to other modes of transportation, such as motorcycles, trailers and farm equipment.

New instructions make it clear the sticker marked "VOID" on the registration receipt should be thrown away.

TxDOT introduced this customized registration process in 2004, which allows stickers to be printed on demand. It replaced pre-printed sticker books that forced the state to estimate how many stickers it would need each year. The sticker books created a cumbersome inventory control system, and the state's 254 tax assessor-collectors were held personally liable for the value of the stickers — more than \$1 billion. At the end of each year, excess stickers were destroyed.

In 1993, Texas switched from a plate to a windshield sticker for passenger vehicles to deter license plate theft. In one year alone more than 150,000 rear license plates with registration stickers were stolen in the state.

"The windshield sticker reduced license plate theft," Davio said. "The new windshield sticker process makes it more difficult to steal your car and get away with it."

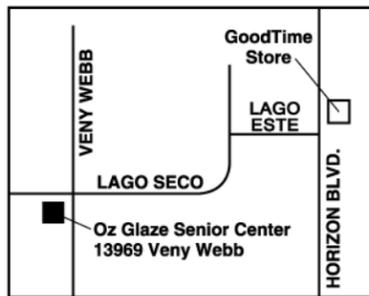


# Horizon City Health Fair

**SPONSORED BY**  
Horizon City Lion's Club, Socorro Lions Club,  
Oz Glaze Senior Center and  
Del Sol Medical Center

**SATURDAY, OCT. 28, 2006**  
**8 A.M. - 12 NOON**

Oz Glaze Senior Center  
13969 Veny Webb  
852-0062



### FREE SCREENINGS

- Blood Sugar\*
- Blood Pressure
- Vision
- Cholesterol
- Wound Assessment
- Hearing and Speech

\* Participants are encouraged to wait 2 hours after eating before they have their blood sugar tested.

### FLU AND PNEUMONIA SHOTS

- Provided by Pro Action
- Cost is \$20.00 (Medicare accepted)

### INFORMATION

- Cancer
- Sleep Disorders
- Weight Loss Surgery
- Maternity
- Women's Services
- Rehab Services
- Hip, Knee, and Shoulder Pain
- Diagnostic Services
- Children Finger Printing

### Children's Health Insurance Program (CHIP) Registration

FOR MORE INFORMATION:

Horizon City Lion's Club  
**852-3538**  
Del Sol Medical Center  
**594-5938**

## Door Prizes!



# Properly working thyroid necessary for health

By Kay Ledbetter  
Special to the Courier

AMARILLO — About 27 million Americans have overactive or underactive thyroid glands, said Andrew B. Crocker, Extension gerontology health specialist, but more than half of those are undiagnosed.

Of those diagnosed, 80 percent are women. Underactive thyroid is an age-related condition: by 60, as many as 17 percent of women and 9 percent of men are affected.

“In short, if the thyroid does not work properly, neither do you,” Crocker said. “If left untreated, thyroid disease may cause elevated cholesterol levels and subsequent heart disease, infertility, muscle weakness, osteoporosis and, in extreme cases, coma or death.”

Part of the body’s endocrine system, the thyroid gland is located just below the Adam’s apple, he said. The thyroid hormone influences nearly every organ, tissue and cell in the body.

The most common diseases of the thyroid are hyperthyroidism (overactive) and hypothyroidism (underactive), Crocker said. The gland’s activity level is related to the amount of hormone it produces.

Sometimes the thyroid can become

enlarged, he said. An enlarged thyroid gland is often called a ‘goiter,’ he said. Patients also may develop lumps or masses in their thyroid glands, which may appear gradually or very rapidly.

A health care professional should evaluate all lumps or masses associated with the thyroid gland.

Symptoms of hyperthyroidism are: heat intolerance, sweating, weight loss, altered appetite, frequent bowel movements, changes in vision, fatigue and muscle weakness, sleep disturbances and tremors.

Common symptoms of hypothyroidism are: fatigue, forgetfulness, depression, dry coarse hair, mood swings, weight gain, hoarse voice, dry coarse skin and constipation.

While thyroid disorders are easy to diagnose, signs and symptoms may be overlooked because they resemble so many other conditions, Crocker said.

The diagnosis of a thyroid abnormality is made through physical examination and medical history, he said. Specifically, a health provider will examine the neck and ask the patient to lift up his or her chin to make the thyroid gland more prominent.

“You may be asked to swallow during the examination, which helps to feel the thyroid and any mass that may be in it,” Crocker said.

Other tests a health provider may order include:

- An ultrasound examination of the neck and thyroid.
- Blood tests to determine the level of thyroid hormone in the blood.
- A radioactive thyroid scan

“If a lump in your thyroid is diagnosed, your health provider may recommend a fine needle aspiration biopsy,” Crocker said. “This is a safe, relatively painless procedure. This test gives the health provider more information on the nature of the lump in your thyroid gland and specifically will help to differentiate a benign from a malignant thyroid mass.”

Abnormalities of thyroid function are usually treated with prescription medications, he said. Insufficient production of thyroid hormone may require a supplement.

Hyperthyroidism is treated mostly by medicine, but occasionally it may require the surgical removal or inactivation of the thyroid gland, Crocker said.

“It is a good idea to have your health provider check the thyroid hormone level in your blood on your next office visit,” he said. “If he or she does not mention it specifically, be sure to ask about it.”

More information can be found from the American Thyroid Association: <http://www.thyroid.org>.

## Funding

From Page 1

program funds efforts to empower healthy marriages, foster responsible parenting, and provide economic stability. Funding will be used for AVANCE-El Paso’s Strengthening Marriages Program.

- \$50,000 to the Child Crisis Cen-

ter of El Paso through the Targeted Capacity Building Program for Youth help, which provides funds for at-risk youth, help for the homeless, marriage education and preparation services, or social services to those living in rural communities.

The U.S. Department of Housing and Urban Development (HUD) awarded:

- \$33,136 to Project BRAVO, Inc. through the HUD Housing Counsel-

ing Program. Through this program, counselors provide guidance and advice to help families and individuals improve their housing conditions.

“This significant investment of federal dollars in the El Paso community emphasizes the success of our efforts,” said Reyes. “I applaud our community for its hard work and thank the federal government for recognizing the potential in our community.”

# Fabens High students prepare for trip of a lifetime

By Alex Varela  
Special to the Courier

FABENS — Fabens High School English teacher Regina Arcides will take her students to discover the magic of Greece on an EF educational tour. Arcides said that she will take seniors and juniors from her advanced courses.

The nine day tour includes a stop in Athens on a cruise with other ports of call at Aegina, Poros, Hydra, Delphi, Olympia, Epidaurus, and Cape Sounion. Adryana Marquez, 17, a former student of Arcides’ English III class, said she thought they were kidding when first told about the trip.

The students of Fabens High School are asking for community donations to help raise funds for their trip. These donations will be used to help students who may have shortage of funds and to help pay for lunches and tips to tour guides and bus drivers, a usual practice on these types of tours. For more information, contact Edna Peña at [epena@fabensisd.net](mailto:epena@fabensisd.net) or Regina Arcides at [garcides@fabensisd.net](mailto:garcides@fabensisd.net). Any help is greatly appreciated, organizers said.

[www.wtccourier.com](http://www.wtccourier.com)

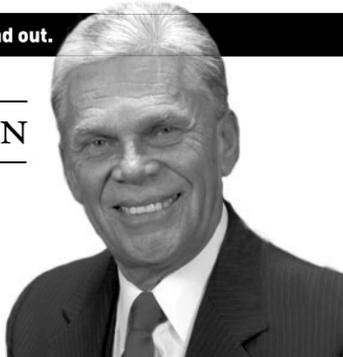
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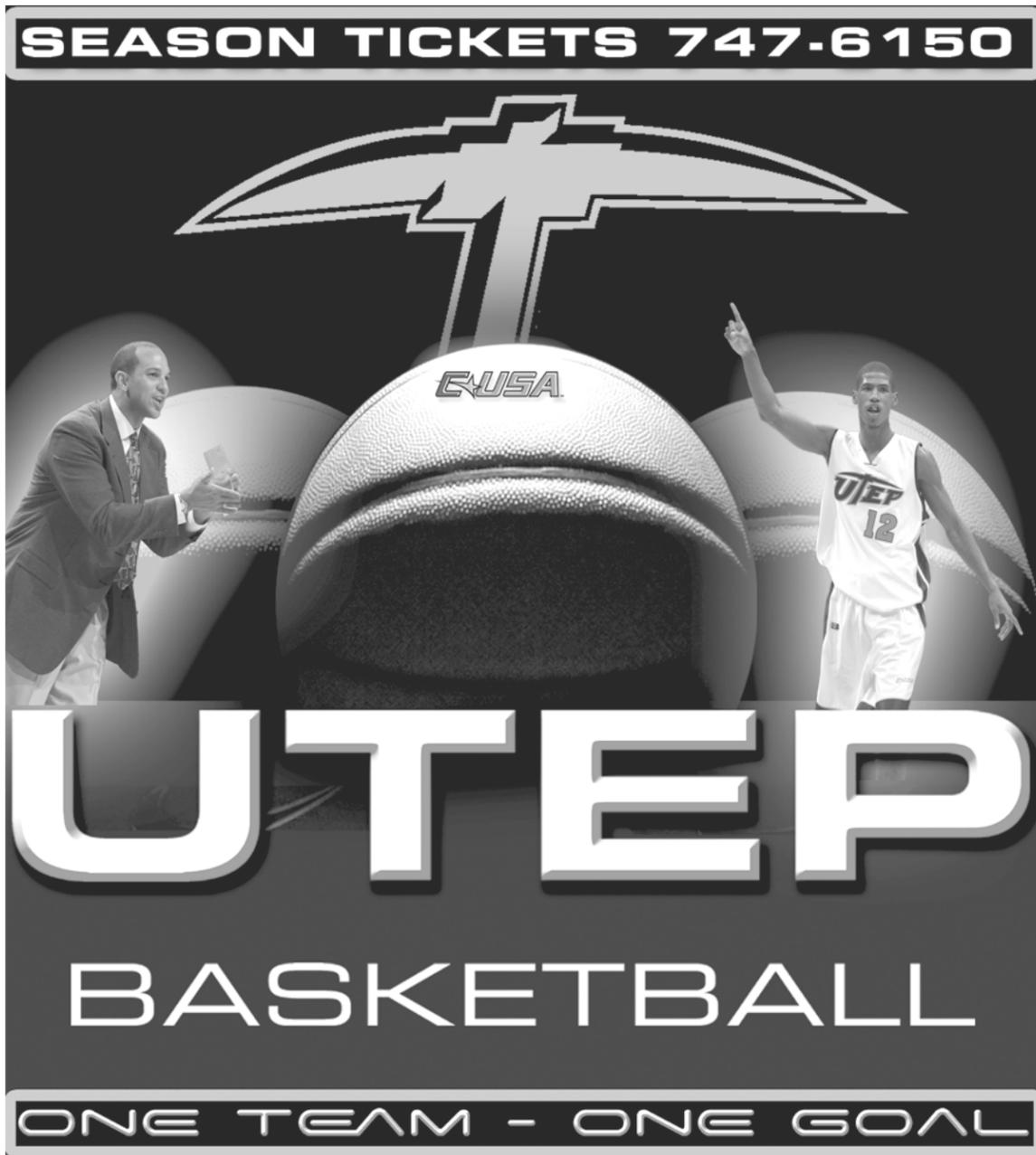
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# Maybe the oxygen is too thin in Arenas' world

By Steve Escajeda  
Special to the Courier

It's no secret that if you can make it in New York, chances are you can make it just about anywhere.

And that's the way it is, some places set the tone for success. It's the same in sports. If you can compete at a higher elevation, like in Colorado, you have a distinct advantage over other athletes who train at sea level.

With the air being so thin, athletes run out of gas before they know it. So training at high altitude gives athletes greater endurance.

But not every athlete can enjoy the benefits of this thin air training because they don't live near the thin air.

And that was a problem for Washington Wizards guard Gilbert Arenas. Arenas trains in Washington D.C., which though may be full of hot air, is a long way from the thin air.

But Arenas thought, no thin air — no prob-

lem. He figured since he couldn't go where the thin air was, he thought he'd bring the thin air to him.

At a recent training camp practice, Arenas told reporters, "I'm having my house converted to the Colorado altitude, so I am always above sea level."

Excuse me. Did I hear that correctly?  
Yes, I'm afraid I did.

Seems Arenas has hired a company to simulate that thin air environment in his home.

Arenas feels that by simulating the high altitude environment in his house, it will give him more endurance during the season and greater strength in the fourth quarter when other players begin to slow down.

Now I'm not sure whether Arenas has really got something here or has not gotten enough air to his brain lately. All I can say is that the guy is a little bit eccentric and seems to be walking on the wild side again.

We won't know whether his new "thin air" plan will pay dividends until late in the season. But we do know one thing, his interior decorator is about to have a fit.

## MLB pumps up

The recent information released by Major League Baseball about the players that former Arizona Diamondback pitcher Jason Grimsley said he saw take human growth hormones, has had numbing effect on the fans.

Names like the great Roger Clemens and Miguel Tejada have now been thrown into the mix with the likes of Barry Bonds and Jose Canseco and Mark McGwire and the finger-pointing Rafael Palmeiro.

I think that with each passing day the fans are slowly becoming immune to the whole thing. It's like now they're beginning to feel that the 90s were an even playing ground because every player was juicing.

Even Pete Rose made the admission that he took certain things while he was playing. Rose recently said that he took "greenies" back in the day.

Of course, "greenies" is another word for amphetamines. Rose said he took them as a little pick-me-up during spring training.

Yeah, I'll bet! Oops, sorry Pete.

Things are bad enough for Pete Rose right now. This is no time to start admitting that he was a druggie while collecting all those hits.

Doesn't he realize the world's perception of him is hovering around Richard Nixon level?

If I were he, I would keep my mouth shut and help as many little old ladies across the street as possible.

As for Clemens and Tejada, each denied Grimsley's charges — kind of.

Each said they had never failed a test for steroids. Of course that's all they said. Neither said they had never taken anything to enhance their ability on the field.

And besides, the whole Grimsley thing had nothing to do with steroids. His problem was with human growth hormones. And by the looks of Clemens and Bonds, growth in muscle size and girth has not been a problem.

So baseball has received yet another black eye, and it won't be the last.

It's just a shame that the heroes we grew up with are turning out to be frauds. Almost makes you believe that Charles Barkley was right — athletes are not role models.

## Bike lanes reduce danger for both drivers and bicyclists

AUSTIN — By studying the interactions of drivers and bicyclists on Texas roads, transportation engineers at The University of Texas at Austin have confirmed that having painted bike lanes on streets and roads helps both commuters stay in safer, more central positions in their respective lanes.

"Without a marked bike lane, there appears to be a lot of uncertainty about how much space each person needs — even when adequate road space is provided," said Randy Machemehl, the Nasser I. Al-Rashid Centennial Professor in Transportation Engineering and director of the university's Center for Transportation Research (CTR), where the study was conducted.

The Texas Department of Transportation (TxDOT) provided \$114,000 for the study conducted on two- and four-lane roadways where bike lanes had been added. The results are posted at the CTR's Web site at: [www.utexas.edu/research/ctr/pdf\\_reports/0\\_5157\\_1.pdf](http://www.utexas.edu/research/ctr/pdf_reports/0_5157_1.pdf).

Cities such as Austin, Houston and San Antonio where the study was conducted are considering how to increase bicycle lanes as part of meeting federal requirements of the Clean

Air Act. Before the study, little was known about the best approach for adding bike lanes to existing roadways for commuter comfort.

TxDOT follows recommendations from the American Association of State Highway and Transportation Officials to have five-foot-wide bike lanes. However, existing roadways can be too narrow to retrofit that way.

By studying videos of thousands of passing events involving 31 paid, volunteer cyclists, and combining that with data from other studies, CTR researchers determined the best approach for narrower, retrofitted roadways.

Often, four-lane roadways provide 24 feet for traffic moving in one direction. The surface could be re-striped to provide a 10-foot-wide motorists' lane and a 14-foot-wide, outside lane that is unmarked for shared use. Or the outside lane could be marked to clearly show bicyclists have the outer four feet.

Ian Hallett, a CTR graduate research assistant, and David Luskin, a former CTR research scientist, found that cyclists on a road that provided an unmarked, four-foot lane tended to hug the curb dangerously

close. Safer cyclist behavior occurred with a striped lane the same width.

Motorists in the outside, 10-foot-wide lane generally behaved similarly. Without a marked bike lane, they veered away from bicyclists, crossing into the next motorist lane nearly nine out of 10 times.

Often, they veered so far in an apparent effort to avoid a collision that they swerved a full four feet into the next motorists' lane.

"You could put a whole car between the bicyclist and them," said Hallett, an avid bicyclist who's logged thousands of miles in Austin.

With a striped bike lane, six of 10 motorists swerved, but those who swerved only encroached about 40 percent as far.

To ensure that the study findings would be broadly applicable, the CTR engineers chose volunteer cyclists of different ages, gender and cycling experience to observe during more than 8,000 passing events. The videotaping occurred last year between February and March.

Taking advantage of Luskin's statistical expertise, the pair then combined the behavioral information from

the 120 hours of video with results from a national study of a similar mix of cyclists. That 1998 study for the Federal Highway Administration involved asking hundreds of cyclists how safe they would feel in various road situations shown on film.

"We went out in the field and actually observed what cyclists do out there, and what the situation was for motorists as well to expand on others' work," Luskin said.

The researchers have provided the study's combined results on computer software to inform transportation officials' decisions about bikeway changes.

Previous studies had suggested other benefits of marked bicycle lanes. Some had shown that bicyclists stop at intersections more often and obey general traffic rules better when roadways are marked to include them.

Bicyclists are also less likely to ride on sidewalks when on-street bike lanes

exist. When they ride on sidewalks, studies have shown that it increases their accident risk 25 times. This occurs primarily because motorists pulling onto roadways tend to focus on street traffic. As a result, a driver may fail to see sidewalk bicyclists and collide with them when the cyclists cross a driveway where motorists are merging into roadway traffic.

"Bike lanes reinforce the concept that bicyclists are supposed to behave like other vehicles, and make life safer for everyone involved as a result," Hallett said.



## Classified Ads

### LEGAL

**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:

**WEDNESDAY, OCTOBER 25, 2006**

**GLASS REPLACEMENT SERVICES CSP NO. 199-1025-7005 ACCEPTED UNTIL 2:00 P.M.**

**PAPER**

**SUPPLIES CSP NO. 199-1025-7010 ACCEPTED UNTIL 2:30 P.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 ISD website: [www.sisd.net](http://www.sisd.net). WTCC-10/19/06

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

**THURSDAY, OCTOBER 26, 2006**

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tween 8 a.m. and 4 p.m. Mondays through Fridays and on the Socorro ISD website: [www.sisd.net](http://www.sisd.net). WTCC-10/12/06

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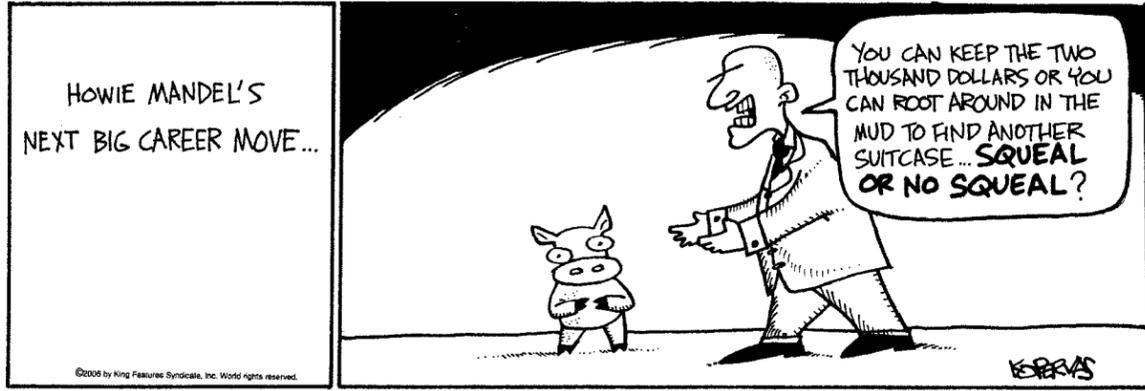
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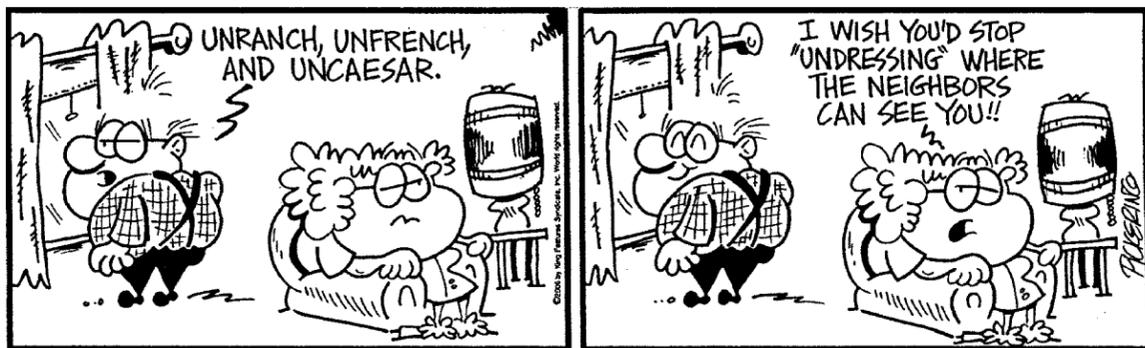
## OUT ON A LIMB By Gary Kopervas



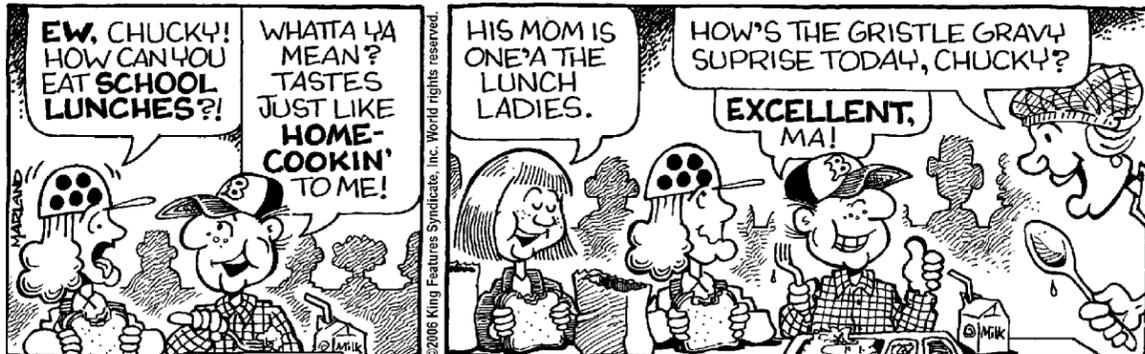
## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## R.F.D. By Mike Marland



# End is near — Mel Gibson says so

By Don Flood

Well, in case you were wondering, it's official: We're going downhill.

Or as the Drudge Report subtly put it: MEL GIBSON BLASTS IRAQ WAR, SAYS AMERICAN CIVILIZATION ON DECLINE.

This was in BIG TYPE, the kind many journalists are reserving for your larger-than-average news events, such as the Second Coming.

And for good reason. When it comes to the decline of American civilization, "Mad Mel" probably knows what he's talking about.

Besides, if Gibson says anything, it's news. He's one of America's leading philosophers and teachers.

This past summer, for example, Gibson was stopped for drunk driving. Most people wouldn't see an arrest as a forum to instruct others, but Gibson immediately launched into a discussion of global politics, specifically who was responsible for all wars — quite a useful thing to know.

And at a time when others might be cursing their bad luck, the big-hearted Gibson took the opportunity to comment in graphically favorable terms on a female police officer's bosom, no doubt concerned about her poor body image. When Gibson talks, we need to listen, and I'm sure the Drudge Report will keep us supplied with important news updates:

MEL GIBSON SAYS LITE BEER 'LESS FILLING.'

MEL GIBSON SAYS: 'TIME TO BEAM UP TO THE MOTHER SHIP.'

Actually, Gibson's comment on the decline of American civilization angle was the good news.

Speaking at an event to hype his new movie, Gibson also said, "I don't mean to be a doomsday guy,

but the Mayan calendar does end in 2012, boys and girls."

(Note: Father Mel really did say that, including the "boys and girls" part.)

Gibson's right. The Mayan calendar does end in 2012. (On Dec. 21 — no Christmas shopping that year, folks.) There are various theories about why, with the most likely being they ran out of swimsuit models. (That's the downside to sacrificing all those young girls.)

But whatever the reason, it does mean the end of the world. I know this to be true because I was able to verify this information on the Internet.

This is a major bummer, especially if you've been putting away money in a 401(k).

But it's one thing to know the world's going to end in 2012, it's quite another to adjust your financial priorities.

Here's a sampler of tips from Mel Gibson's End Times Financial Planning Guide:

401(k) plans — Who cares?

Annuities — Yeah, right.

Saving for kids' college fund — Take a vacation instead.

Fixing the roof — It'll last a few more years.

Tires — For now it still makes sense to buy good tires, but switch to a cheaper brands around 2010.

Don't blame me if the end comes and you've got lots of unneeded tread.

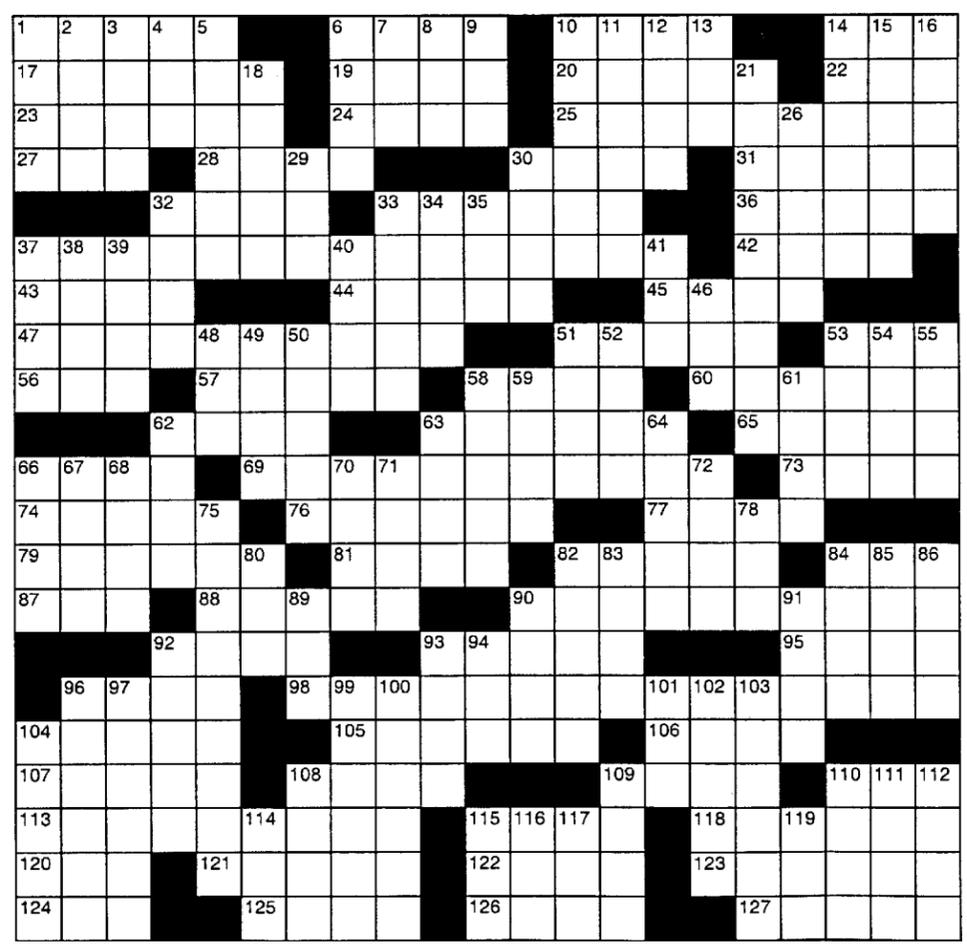
Truth in column-writing notice: Some folks say 2012 will instead be the beginning of a golden age, sort of the like the Age of Aquarius that the Fifth Dimension sang about, except better because now we have big screen TVs and iPods.

But, really, who are you going to believe, Mel Gibson or a bunch of nutballs?

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# King Super Crossword

- WHAT A REELIEF!**
- ACROSS**
- 1 Brno bloke
  - 6 " \_ Show" ('94 film)
  - 10 Ferber or O'Brien
  - 14 Hum bug?
  - 17 Buy back
  - 19 Till
  - 20 Approaches
  - 22 \_ \_Locka, FL
  - 23 Luanda's land
  - 24 " \_ fixe"
  - 25 Start of a remark
  - 27 Curly poker?
  - 28 Way out
  - 30 Actress Sorvino
  - 31 Donizetti's "L'elisir d' \_"
  - 32 Tizzy
  - 33 French novelist
  - 36 Sell out
  - 37 Part 2 of remark
  - 42 Richard of "Love Me Tender"
  - 43 Wine valley
  - 44 Cabinet wood
  - 45 Pack the freight
  - 47 Upset
  - 51 Panache
  - 53 Weldon or Wray
  - 56 Horatian creation
  - 57 Christened
  - 58 Role for 80 Down
  - 60 Ida of "High Sierra"
  - 62 Wear out the carpet
  - 63 Vaccaro or Lee
  - 65 Barbara's rank
  - 66 Holler
  - 69 Part 3 of remark
  - 73 Sausage segment
  - 74 Knock for \_ (astonish)
  - 76 Ran amok
  - 77 Dashboard feature
  - 79 Explosive mixture
  - 81 No pleasure trip
  - 82 Complains
  - 84 You can retire on it
  - 87 "Casualties of War" setting
  - 88 Pigeonhole
  - 90 Resilience
  - 92 Carpenter's tool
  - 93 Celebrations
  - 95 "Rule Britannia" composer
  - 96 Unadorned
  - 98 Part 4 of remark
  - 104 Mr. Hiss
  - 105 Paradisiacal
  - 106 Romain de Tiroff
  - 107 Nero's instrument
  - 108 From the top
  - 109 Big rig
  - 110 Deity
  - 113 End of remark
  - 115 George of "Scarface"
  - 118 Journalist Fallaci
  - 120 \_ Na Na
  - 121 Sharon of Israel
  - 122 Comrade
  - 123 Expire
  - 124 Shorten a skirt
  - 125 Valuable
  - 126 Linen in the beginnin'?
  - 127 Rhythm of life
- DOWN**
- 1 Learn fast?
  - 2 Paradoxical philosopher
  - 3 Maugham's "The Razor's \_"
  - 4 Corporate VIP
  - 5 Actress Bonham Carter
  - 6 Pack it in
  - 7 Sturm \_ Drang
  - 8 "Graph" ending
  - 9 Caldwell or Akins
  - 10 Don a uniform
  - 11 Want
  - 12 Astronauts' agcy.
  - 13 School subject
  - 14 Columbia's capital
  - 15 Screenwriter Nora
  - 16 Consumed
  - 18 Adage
  - 21 Percussion instrument
  - 26 PR concern
  - 29 Robert of "Quincy, M.E."
  - 30 "The Ghost and Mrs. \_" ('47 film)
  - 32 Nab a gnat
  - 33 Heaped
  - 34 Funnyman Foxx
  - 35 Be obligated
  - 37 \_ -European
  - 38 "You \_ it!"
  - 39 Chartres part
  - 40 Ming thing
  - 41 Pie \_ mode
  - 46 Feel awful
  - 48 Genetic info
  - 49 Apiece
  - 50 Daub
  - 51 Ward (off)
  - 52 New Jersey borough
  - 53 Pacific archipelago
  - 54 Shortly
  - 55 Michael of "Cabaret"
  - 58 Stream
  - 59 Expect back
  - 61 Damper
  - 62 Conspire
  - 63 Eight bits
  - 64 Llama turf
  - 66 James of "Brian's Song"
  - 67 - mater
  - 68 Corn Belt soil
  - 70 Core
  - 71 Skin feature
  - 72 Present
  - 75 Cartwright ranch
  - 78 "Just \_ thought!"
  - 80 Ms. Taylor
  - 82 Mont \_
  - 83 Relaxation
  - 84 Logroll
  - 85 Sicilian smoker
  - 86 Stained
  - 89 Middling mark
  - 90 Morlocks' prey
  - 91 Rib \_
  - 92 Amphitheater feature
  - 93 Expanded
  - 94 Writer Rand
  - 96 "Hail to thee, \_ spirit!"
  - 97 Massachusetts city
  - 99 Thin covering
  - 100 Swimmer
  - Gertrude
  - 101 Elf
  - 102 Strong suit
  - 103 Foment
  - 104 Simian
  - 108 Saucony rival
  - 109 Charon's river
  - 110 Sheffield slammer
  - 111 Burden
  - 112 Granola fruit
  - 114 Rink legend
  - 115 Brit. fliers
  - 116 Dryden's " \_ for Love"
  - 117 Neighbor of Ga.
  - 119 Shiba \_ (Japanese dog)



Answer Page 6

# Social Security Q&A By Ray Vigil

**Q:** I work long hours and haven't been able to visit my local Social Security office. I wondered if there are ways to do business with Social Security on nights or weekends?

**A:** Generally speaking, Social Security's normal office hours for conducting public business are Monday through Friday. However, most Social Security business today also can be conducted either on the Internet or over the phone. The website at [www.socialsecurity.gov](http://www.socialsecurity.gov)

lets visitors apply for benefits, use retirement planners, change address, sign up for direct deposit and much more. Information is available online 24 hours a day. Most online services are available weekdays from 5 a.m. to 1 a.m., Saturday from 5 a.m. to 11 p.m., and Sunday from 8 a.m. to 11:30 p.m. The Social Security toll-free number at 1-800-772-1213 (TTY 1-800-325-0778) has representatives available from 7 a.m. to 7 p.m. on business days. And Social Security also has automated telephone options

which can allow callers to transact business by phone 24 hours a day.

**Q:** I worked as a teacher for 27 years in a school system that had its own pension plan and that did not require staff to pay Social Security taxes. But I also worked during the summer months for all those years at a job covered by Social Security. Can the Windfall Elimination Provision (WEP) eliminate all of the monthly Social Security benefit I should be entitled to?

**A:** No. While Social Security benefits are usually lower because of WEP, they are never totally eliminated. For example, this year the maximum re-

duction under WEP is \$328 per month, and the reduction is often less (the average reduction is \$198

**Q:** My niece recently gave birth to a baby born a few months prematurely. Is it true that SSI can provide financial help in caring for the baby?

**A:** Social Security provides SSI disability benefits to certain low birth weight infants, whether or not they are premature. A newborn who weighs less than 1200 grams (about 2 pounds, 10 ounces) can qualify for SSI on the basis of low birth weight, if otherwise eligible. A child who weighs between 1200 and 2000

grams at birth (about 4 pounds 6 ounces) and who is considered small for his or her gestational age may also qualify. Even if a child who was born prematurely does not fall into one of the "low birth weight" categories, he or she may still qualify for SSI if he or she meets the definition of disability for children for another reason.

For more information visit your local Social Security office, see [www.ssa.gov](http://www.ssa.gov) or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

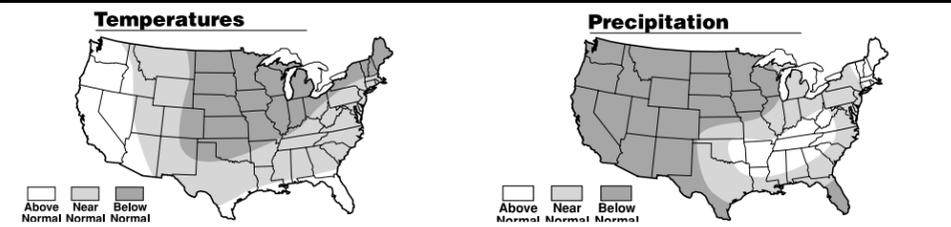
## 7-DAY FORECAST FOR EL PASO, TX



Thursday	Thu. night	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday
75°	49°	79° / 54°	76° / 51°	73° / 48°	78° / 54°	80° / 56°	82° / 55°
RealFeel 77°	RealFeel 45°	RealFeel 78° / 53°	RealFeel 77° / 49°	RealFeel 76° / 47°	RealFeel 79° / 54°	RealFeel 82° / 58°	RealFeel 80° / 45°

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### WEATHER TRENDS THIS WEEK



### IN THE SKY

Sun	Rise	Set	Moon	Rise	Set	New	First
Thu.	7:12 a.m.	6:29 p.m.	Thu.	4:55 a.m.	5:15 p.m.		
Fri.	7:12 a.m.	6:28 p.m.	Fri.	5:49 a.m.	5:39 p.m.	10/21	10/29
Sat.	7:13 a.m.	6:27 p.m.	Sat.	6:43 a.m.	6:05 p.m.	Full	Last
Sun.	7:14 a.m.	6:26 p.m.	Sun.	7:40 a.m.	6:33 p.m.		
Mon.	7:15 a.m.	6:25 p.m.	Mon.	8:38 a.m.	7:06 p.m.	11/5	11/12
Tues.	7:15 a.m.	6:24 p.m.	Tues.	9:39 a.m.	7:44 p.m.		
Wed.	7:16 a.m.	6:23 p.m.	Wed.	10:40 a.m.	8:30 p.m.		

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### REGIONAL CITIES

City	Thursday			Friday			Saturday			Sunday		
	HI	LO	W	HI	LO	W	HI	LO	W	HI	LO	W
Abilene, TX	68	52	pc	78	59	c	73	49	s	64	43	pc
Albuquerque, NM	63	40	pc	67	45	pc	64	43	s	64	43	s
Amarillo, TX	65	42	pc	75	45	pc	62	37	s	57	36	pc
Austin, TX	74	46	pc	71	61	c	81	53	t	72	48	c
Brownsville, TX	79	65	t	80	73	c	89	73	t	80	63	c
Dodge City, KS	66	39	pc	72	42	pc	52	34	s	53	30	pc
Jackson, MS	71	45	t	71	47	pc	77	56	s	68	49	s
Laredo, TX	77	61	c	80	67	c	88	68	t	77	58	c
Little Rock, AR	66	43	pc	69	51	pc	69	48	t	65	42	pc
Lubbock, TX	67	44	pc	78	48	s	71	41	pc	61	39	pc
Memphis, TN	69	43	pc	70	49	s	72	53	t	64	44	s
Midland, TX	71	53	pc	77	54	pc	77	48	s	65	44	s
Pueblo, CO	65	28	pc	70	37	s	54	29	s	49	25	pc
Roswell, NM	71	41	pc	80	48	s	75	45	s	63	42	pc
St. Louis, MO	60	40	pc	63	48	s	60	46	pc	55	37	pc
San Antonio, TX	74	52	pc	75	67	c	85	59	t	73	53	c
Texarkana, AR	68	44	pc	70	55	pc	73	50	t	63	44	s
Waco, TX	72	49	pc	72	64	c	76	52	t	70	47	pc
Wichita, KS	62	43	pc	71	47	pc	55	38	pc	55	37	pc

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

### U.S. CITIES

City	Thursday			Friday			Saturday			Sunday		
	HI	LO	W	HI	LO	W	HI	LO	W	HI	LO	W
Atlanta	87	49	pc	66	47	pc	68	53	s	68	47	t
Boston	67	53	pc	60	44	r	57	43	s	60	47	pc
Chicago	47	37	c	53	43	c	57	41	pc	50	36	c
Denver	58	35	pc	61	31	c	45	25	pc	42	23	sh
Detroit	58	39	sh	53	40	c	56	42	c	55	37	r
Houston	73	51	t	76	61	pc	79	60	t	73	53	c
Indianapolis	58	37	c	57	42	pc	59	46	c	55	35	c
Kansas City	59	41	pc	66	45	pc	52	34	r	53	32	pc
Los Angeles	80	56	s	77	57	s	74	59	s	74	57	s
Miami	88	76	pc	90	76	pc	89	75	t	87	75	r
Minneapolis	48	34	pc	50	36	pc	46	31	c	45	31	c
New Orleans	77	57	t	74	59	c	79	67	t	80	59	s
New York City	65	55	pc	59	46	sh	59	49	s	60	49	pc
Omaha	56	36	pc	62	42	pc	50	33	pc	52	32	pc
Phoenix	84	58	s	85	60	s	86	61	s	85	61	s
San Francisco	73	53	s	74	53	s	73	53	s	72	53	s
Seattle	60	47	r	58	43	c	59	44	s	60	43	s
Washington	74	53	pc	58	44	pc	62	47	s	62	50	pc

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