

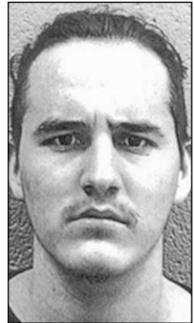
NEWSBRIEFS

Uniform swap

A school uniform exchange will take place on July 18 at American Legion Post 598 (near Horizon City, off Horizon Blvd.) To partipate just bring your new or gently used items to National Self Storage at 490 N. Kenazo in Horizon City, and you will receive a voucher to use the day of the exchange. The exchange program is good for all schools in El Paso County. Any other donations such as school supplies or shoes are also needed and welcomed. For more information e-mail eva.valles@sbcglobal.net or call/text Eva at (915) 790-8358.

Wanted

This week's Manhunt Monday is for a fugitive wanted for a homicide that occurred 5 years ago. The hunt is on for Carlos Urquidi. On Tuesday, January 13, 2004 at 11:04 a.m., 46-year-old Armando Ignacio Hernandez was found stabbed to death in his home at 8601 Coach Westway, TX. Authorities were close in apprehending Urquidi on several occasions that year as it was learned he was making attempts to contact his relatives who live in Anthony, New Mexico. The trail for Urquidi grew cold as it was believed he fled to Mexico to elude authorities. It is believed Urquidi may be once again attempting to return to our area and is on the move between Anthony, New Mexico, El Paso, Midland, Albuquerque, New Mexico, Durango, Colorado, Tucson, Arizona and Chihuahua, Mexico. Urquidi is described as a Hispanic male, medium build, 5' 8" tall, approximately 160 pounds with a "Tribal Wreath" tattoo on his left arm, Face of an Indian on his right arm and a tattoo on his chest which reads "Urquidi". Urquidi is considered armed and dangerous. His bond is set at \$250,000.00. Sheriff's Officials are asking the Public if anyone has seen or knows the whereabouts of Urquidi they are urged to call Crime Stoppers of El Paso at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of the individuals featured.



Carlos Urquidi

— Deputy Jesse Tovar

Crime Stoppers

Crime Stoppers of El Paso is assisting investigators from the Fire Marshals office and the administration of Ysleta Independent School District in identifying the person or persons who committed an intentional act of arson, making this the "Crime of the Week." On Saturday, May 9, about 3:30 p.m., ten units from the El Paso Fire

See BRIEFS, Page 4

Our foreign policy is "speak softly and carry a big wallet."

— Quips & Quotes



— Photo courtesy Canutillo ISD

Canutillo Elementary School (CES) will receive three new reach through refrigerator/warmer units to replace old non-working units similar to those shown in the photo behind CES Food Service Manager, Jesusita Ruiz, who is serving breakfast to children during the food service summer program.

Canutillo ISD Food Service Program receives \$552,000

By Kim Guzman
Special to the Courier

CANUTILLO — Canutillo Independent School District (CISD) received notification recently of its selection as one of the Texas School Food Authorities (SFAs) to be awarded funding under the American Recovery and Reinvestment Act (ARRA) to enhance its food service capabilities.

According to Adele Balesh, CISD Food Services director, Canutillo ISD is scheduled to receive nearly \$552,000 to improve the quality, safety and efficiency of delivering meals to students. The money will be used to replace,

upgrade or update equipment at seven different campuses, Balesh said.

Texas Department of Agriculture (TDA) Commissioner Todd Staples stated that

TDA is working to make sure stimulus dollars are used to benefit Texas school children and Texas schools. TDA received \$11.5 million from the ARRA of 2009 to replace food preparation equipment in schools.

"It is my first priority to ensure any dollars allocated to the Texas Department of Agriculture are used efficiently and have the greatest impact to the eligible recipients," said Commissioner Staples. "Schools can use this money

See FOOD, Page 4

Funds available for public energy improvements

By Allen Spelce
Special to the Courier

AUSTIN — The U.S. Department of Energy has approved Texas' plan to use more than \$218 million in American Recovery and Reinvestment Act (ARRA) funds to assist state and local governments hit by tight budgets and increasing pressure to cut energy consumption and reduce greenhouse gas emissions. The stimulus funds will be administered by the State Energy Conservation Office (SECO) to help state agencies, local governments, school districts, public colleges and universities, public hospitals and municipal utilities pay for energy-saving upgrades and installations.

"This is a tremendous opportunity for agencies in state and local government to move forward with projects that will save valuable taxpayer dollars through energy efficiency and help Texas meet clean air goals and reduce its energy use," said Texas Comptroller Susan Combs, whose agency includes SECO.

Most of the stimulus dollars — \$158.2 million — will go to a revolving loan program similar to SECO's successful LoanSTAR program. SECO will accept applications for loans up to \$10 million, at 2 percent interest, for energy-saving projects such as high efficiency heating, ventilation and air conditioning systems; high efficiency lighting; improving insulation; adding reflective window film; and automating energy management systems and

equipment controls. Borrowers repay the loans with money saved from utility costs. Then SECO uses the repaid money to make more loans.

Projects that save the most energy per dollar spent will receive priority. The state plans to meet the U.S. Department of Energy's goal to save 10 million BTUs of energy annually for every \$1,000 spent. Ready-to-go projects are also leading contenders for ARRA funding.

More information about the revolving loan program and other energy-related programs receiving economic stimulus funds is posted on the Comptroller's SECO ARRA Web site at www.seco.cpa.state.tx.us/arra/. In August, government entities can check this site for loan and grant applications and timelines and sign up to receive updates on SECO ARRA programs.

In addition to the revolving loan program, \$16.9 million in ARRA funds will provide grants for projects such as traffic signal synchronization, replacing signal lights with LEDs, purchasing alternative fuel vehicles and equipping alternative fueling stations for government vehicles. Grants totaling \$30 million will help public entities install renewable energy technology, including solar, wind, biomass, hydroelectric and geothermal. Using \$6 million in stimulus funds, SECO will partner with the Texas Workforce Commission to train workers for jobs in energy efficiency and renewable energy industries. And \$5 million will be spent on energy education and outreach to help reduce Texas' energy consumption.

Socorro ISD offers free ESL classes for healthcare workers

By Daniel R. Escobar
Special to the Courier

The Socorro Independent School District's Community Education Department will be registering students for its ESL Healthcare Services class on July 20-23 from 9 a.m.-12 p.m. and 1-4 p.m. at the Community Learning Center, 313 S. Rio Vista Rd. Funded by grants through Texas LEARNS, the 200-hour course is designed to address the specific needs of second language learners with ESL-related courses that will help prepare them for entry-level jobs in Texas' high demand occupations.

Texas LEARNS partners with the Texas Education Agency to help all adults in Texas garner the skills necessary to function effectively in their personal and family lives, in the workplace and in the community. This is the second year the District offers the course for community members interested in entering the health services field. In 2007, the Community Learning Center offered a gateway course for the retail industry.

"The program serves as a stepping stone to help the students prepare for continuing education and entry into the specific fields," said Martha Serna, SISD Director of Community Education Services. "We work to remove the language barrier, which often holds people back, and build the students' confidence in the fact that they can learn and be successful in a professional career."

The focus of the class is to develop the students' English speaking abilities while also addressing basic math, computer technology and other employability skills needed to enter the workforce. The course also teaches students how to access short-term job training programs, which lead to certification for entry-level positions, and job search skills.

"We are proud to offer free adult educational opportunities to our community," Serna continued. "Our goal is to enable adult learners to maximize their educational and personal goals by providing life-long learning opportunities."

The SISD Community Education Department also offers GED and general ESL classes on a regular basis. For more information, please visit www.sisd.net or call 937-1700.

DSHS urges PAM precautions

By Emily Palmer
Special to the Courier

The Texas Department of State Health Services is reminding swimmers and skiers to take precautions to avoid infection from Naegleria fowleri, an amoeba assumed to be present in all rivers, lakes, ponds, tanks and streams.

The amoeba can cause primary amoebic meningoencephalitis, or PAM, an infection of the brain. Though PAM is rare, it is almost always fatal.

The amoeba thrives in warm, stagnant water but may be present in any body of fresh water. A combination of lower water levels, high temperatures and stagnant or slow-moving water

See PAM, Page 5

Veterans Post By Freddy Groves

Camp Lejeune water study inconclusive

A study released by the National Research Council concluded there just wasn't enough data to determine whether those living at Camp Lejeune were harmed by chemicals in the drinking water. Although the water was laced with industrial solvents that leaked from a nearby dry cleaner from the 1950s to 1985 and contaminated the water supply at multiple base housing sites where it was used by a million people for cooking, drinking and bathing, the NRC apparently couldn't decide.

The report goes on to say that any further study is "unlikely to determine conclusively whether Camp Lejeune residents were adversely affected by exposure to water contaminants" and that even if the Agency for Toxic Substances and Diseases Registry goes ahead with its planned research, "the outcome of the efforts is unlikely to determine conclusively whether Camp Lejeune residents were adversely affected by exposure to water contaminants."

As in, don't bother? As in, just take the NRC's word for it and stop looking?

Not everyone is playing along, however.

Senator Kay Hagen, a newly elected senator from North Carolina, is hot under the collar about this. Specifically, she says on her Web site that the NRC report was just a rehash of prior studies, and it left out research that concluded that there is a link between VOCs (volatile organic compounds) and childhood leukemia and other adverse health issues. The report, she says, doesn't even mention Benzene or vinyl chloride (found in the Camp Lejeune water), nor the links between those and adverse health.

In April the director of the Agency for Toxic Substances and Disease Registry said it couldn't stand behind a 1997 report that minimized the risks of cancers from all those chemicals because the report wasn't accurate. The report was yanked from its Web site.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com. (c) 2009 King Features Synd., Inc.



Por la Gente By State Rep. Chente Quintanilla

July 4 trash still a problem

Hola, mi gente. The most celebrated summer holiday,

the Fourth of July, has passed and I hope all of you had a very enjoyable day. Many El Pasoans enjoyed an extra day of festivity because of the weekend occurrence of the 4th.

As has been the case over the past years, my biggest concern about the holiday was the annual invasion of city residents to the unincorporated areas of the county to pop fireworks. The rains that fell just before the celebration were very welcome to the many volunteer fire fighters who stand ready every year for the thousands who line Montana, East Lake and I-10. The brush that was very,

very dry and susceptible to a flash fire was moistened enough to prevent quick spreading brush fires.

According to fire officials, the number of calls was down significantly from last year. Most of those calls were regular Saturday night calls such as intoxication, fights, etc.

The economic downturn may have prevented many from spending on fireworks this year. The crowds just did not seem as large as the previous year.

The day after mess was still quite prominent in every location. Many volunteers in the Montana Vista area picked up the mess on the fifth. Apparently, the amount of garbage picked up in the west area of Montana Vista was less that the year before.

I joined Judge Ruben Lujan on

Monday the 6th in an area further east in Montana Vista to help clean up. The judge allows youthful offenders to contribute community service in lieu of fines or jail time as a means of providing additional cleanup in the area.

However, many areas such as Eastlake and the areas along I-10 were left very dirty. It is a shame that people travel miles from their home to celebrate and fail to properly dispose of the garbage that they leave.

The most important fact about this Fourth of July was that there were no serious injuries or fires in the east El Paso County area. I am very grateful for that fact.

Gracias, mi gente, and I remain your friend and public servant, Chente por la gente.

View from here By Robert Romano

A suicide pact

July 8, at the G8 summit in Italy, the leaders of the world's industrialized nations agreed to control global temperatures with a piece of paper.

That's right, Canada, France, Germany, Italy, Japan, Russia, the United Kingdom, and the United States all agreed to "recognize that global emissions should peak by 2020 and then be substantially reduced to limit the average increase in global temperature to 2 degrees Celsius above preindustrial levels."

And that takes care of that.

Significantly, the G8 leaders also agreed to reduce global carbon emissions by 50 percent by 2050, and by 80 percent the emissions of G8 nations. All in a day's work, you see.

Also at the meeting were developing nations China, India, Brazil, South Africa, and Mexico who were invited to participate in a "Major Economies Forum." However, the developing nations did not come to a wider agreement with the G8 on emissions reductions.

A lack of agreement in the area of carbon emissions is actually quite a blessing, since two of the primary causes for the increase in those emissions have been economic and population growth in the Industrial Age. In short, the developing nations took a firm stand against being forever consigned to the dustbin of history.

Since 1750, the world's population has grown from about 720 million to 6.477 billion in 2005, an 899 percent increase. The world GDP (PPP) has grown from an estimated \$371 billion in 1700 to \$55 trillion in 2005, a 1,482 percent increase. And, as a result, during the industrial age, carbon emissions grew from 3 metric million tons in 1751 to 7,985 metric million tons in 2005, a 266,167 percent increase.

What is left unsaid by world leaders who did agree to reduce emissions is that you can't get something for nothing.

Either the U.S. and other nations will decrease their standards of living while allowing their populations to continue to grow, maintain their standards of living and reduce their populations, or somehow magically maintain their standards of living and growth in populations without using oil, coal, gasoline, and natural gas for energy that has sustained that growth to date.

The last time global carbon emissions were anywhere near the 4,000 metric million tons annual range — about the level world leaders desire to return to — was 1970.

Assuming the so-called "Group of Eight" nations were not actually sitting around and working out the technical problems with making solar, wind, and plug-in hybrids as efficient and cheap as their carbon-emitting counterparts, the options are clear for those who wish to engage in this suicide pact.

Either nations forget about growing the economy and creating jobs as emissions are capped, energy prices skyrocket, and the "green" alternatives fail to fuel growth. Or they have to radically reduce the world's population — by whatever frightening means necessary.

The real solution to this non-problem, of course, is to do nothing and just keep emitting carbon since the world's temperatures have been declining since 1998 despite increases in carbon emissions. But leaving that aside, there are some, shall we say, real whackos who actually do view reducing the world's population as the right way to reduce emissions and "save" the planet.

Which, of course, is the logical conclusion to come to when one views his or her own specie's prosperity as unsustainable and its very survival as inherently evil.

For example, in March, Jonathon Porritt, one of Gordon Brown's environmental ministers, advocated reducing Britain's population by 50 percent from 61 million to 30 million. He said, "Each person in Britain has far more impact on the environment than those in developing countries so cutting our population is one way to reduce that impact."

Other writers, like Derrick Jensen, outright view civilization as the problem. In "World at gunpoint," he writes rather cryptically (and chillingly), "What if, instead of asking 'How shall I live my life?' people were to ask the land where they live, the land that supports them, 'What can and must I do to become your ally, to help protect you from this culture? What can we do together to stop this culture from killing you?' If you ask that question, and you listen, the land will tell you what it needs. And then the only real question is: are you willing to do it?"

This is a not-so-veiled call for all but wiping out the human race. But, as noted, he despises civilization. Jensen is a so-called anarcho-primitivist. He views modern industrial society as the primary evil in this world, and would return to the pre-Industrial Age. In "Actions Speak Louder Than Words," he wrote, "Every morning when I awake I ask myself whether I should write or blow up a dam. I tell myself I should keep writing, though I'm not sure that's right."

It's time for a little truth: People that wholeheartedly believe in this ideology — nay, cult — are extraordinarily dangerous. The only things that will prove more dangerous are governments that agree with them. After all, government is the only institution in history to have engaged in mass genocide.

And, just yesterday, the world's leaders agreed to reduce human activity by 50 percent by 2050. Somehow. Let's just say that those who place primacy on the right to live should be more than a little bit worried.

Robert Romano is the Senior Editor of ALG News Bureau (getliberty.org).

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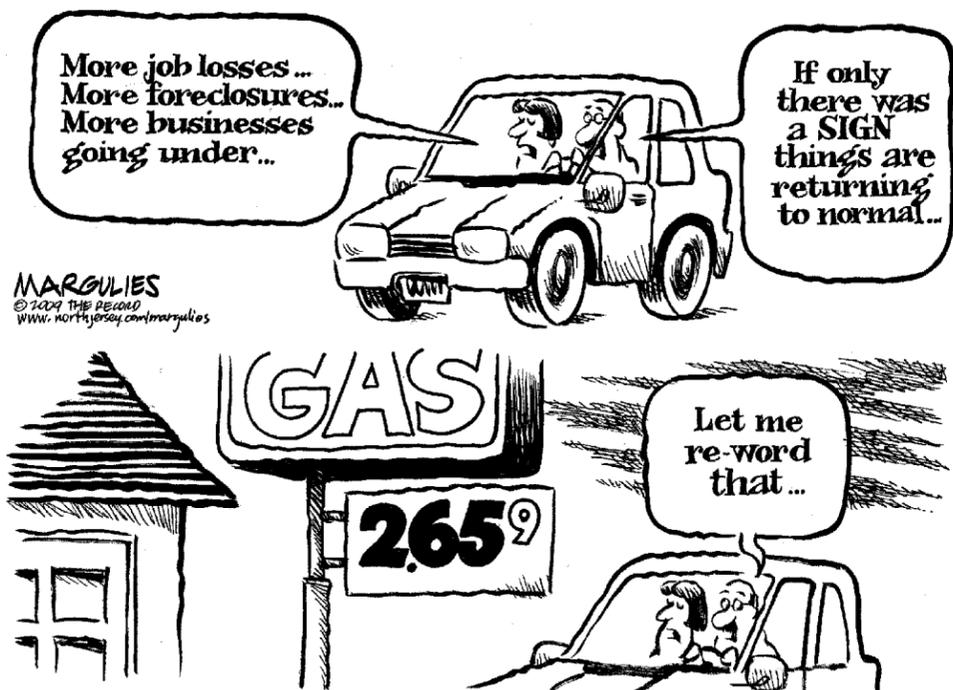
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View from here By Howie Rich

Forgotten founding wisdom

"Sacred and undeniable."
That's how Thomas Jefferson originally described the basic American rights to "life, liberty and the pursuit of happiness." Of course, Ben Franklin changed these to "inalienable" rights, and a printer's error resulted in them becoming "unalienable."

Still, the meaning was clear. Or at least it was 233 years ago — when the U.S. government existed as a "necessary evil" that lived within its means, not a self-perpetuating Orwellian nightmare propped up by trillions of dollars in bad debt.

At its inception, American government was created to protect life, liberty and the pursuit of happiness — and yet sadly, today it is more often than not a force against these elemental American rights.

"The powers delegated by the proposed Constitution to the federal government are few and defined," James Madison wrote in Federalist No. 45. "Those which are to remain in the State governments are numerous and indefinite."

Really? Then how are we to explain the unprecedented centralization of power we now see in Washington D.C. — a process fueled by billions in unfunded mandates and strings-attached bailouts? The Tenth Amendment might as well no longer exist in this nation, because what's dictating decisions in state capitols and municipal halls all across America is all too often the promise of federal largesse — or conversely the threat of it being withheld.

For example, take welfare for the poor — another subject on which our founding fathers had some thoughts.

"I am for doing good to the poor, but I differ in opinion of the means," Ben Franklin wrote in 1766. "I think the best way of doing good to the poor, is not making them easy in poverty, but leading or driving them out of it."

How true. And after decades of ignoring this wisdom, our nation finally began to see the light in 1996 when it passed a welfare reform law that incentivized states for reducing — not creating — dependence.

A novel idea, right?
Sadly, fifteen years of progress on welfare reform was undone earlier this year by President Barack Obama's so-called "American

Recovery and Reinvestment Act," which reinstated the failed "bounty system" of the past.

And what about private property rights, which exist to protect the one form of wealth that most Americans get to hand down to future generations? What would our founding fathers think of court cases like *Kelo v. New London*, which granted the government sweeping power to strip individuals of their property?

"The moment the idea is admitted into society that property is not as sacred as the laws of God, and that there is not a force of law and public justice to protect it, anarchy and tyranny commence," John Adams once wrote.

On so many levels, the cost of America's failure to heed its own founding wisdom is staggering. Already saddled with over \$10 trillion in debt, the federal government has spent, lent or pledged an additional \$13 trillion since the beginning of this most recent economic downturn — a scarcely-comprehensible number that has failed to stem the steady tide of job losses.

"The principle of spending money to be paid by posterity, under the name of funding, is but swindling futurity on a large scale," Thomas Jefferson wrote.

Needless to say, this mountain of debt will take generations of Americans decades — if not centuries — to erase, and that's assuming government finally figures out how to stop adding billions to the top of the pile.

So what's to be done? How can we reverse the damage our nation has done to itself by ignoring its founding wisdom?

Ironically, for that answer we must turn to the architect of the strong central form of government — the father of "implied powers" himself, none other than Alexander Hamilton.

"If the federal government should overpass the just bounds of its authority and make a tyrannical use of its powers, the people, whose creature it is, must appeal to the standard they have formed, and take such measures to redress the injury done to the Constitution as the exigency may suggest and prudence justify."

Sounds like a plan to me.
Howie Rich is chairman of Americans for Limited Government (getliberty.org).



John Adams

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Moore Texas by Roger Moore **Karnes Co., 1854: After Father Moczygamba has assured new settlers that Texas is harsh but promising, a rattlesnake falls onto his dinner table.**

Type 2 diabetes: Control it so it doesn't control you

By Russell Smith
Special to the Courier

Chances are you're close to at least one person who has type 2 diabetes.

Almost one in ten Texans has it.

Odds are equally good that you're familiar with people successfully managing type 2 diabetes, including Larry King, Mike Huckabee, Patti LaBelle and American Idol's Randy

Jackson.

Type 2 diabetes often starts as insulin resistance or pre-diabetes, a disorder in which the body's cells don't use insulin the way they should. People with pre-diabetes have blood

sugar levels that are higher than normal, but not high enough to be diagnosed as diabetes. The body may at first produce more insulin to compensate for insulin resistance, but over time loses its ability to keep up with the amount of insulin the body requires.

Type 2 diabetes often is associated with older age, obesity, family history of diabetes, a lack of physical activity and other factors. Warning signs include frequent urination, increased thirst or appetite, dizziness, blurred vision, sores that take a long time to heal or frequent infections. In some cases, type 2 diabetes has no symptoms. You can be diabetic or pre-diabetic and not even know it.

"A lot of people haven't heard of pre-diabetes," says Richard Kropp of the Texas Department of State Health Services. "If you do a risk assessment and find that you have a higher risk for type 2 diabetes, talk to your doctor about being tested. If you have pre-diabetes, simple lifestyle changes can go far in preventing or delaying the onset of type 2 diabetes."

Early diagnosis is crucial because type 2 diabetes can lead to problems such as heart disease and stroke, high blood pressure, blindness, kidney disease, nervous system disease, dental disease and risky pregnancies.

Risk factors for diabetes include:

- Being overweight.
- Being African American, Hispanic, Native American or Asian American / Pacific Islander.

• Having a family history of type 2 diabetes.

• Having high or low blood sugar.

• Not getting enough physical activity.

• Being age 45 or older.

• Having diabetes with pregnancy.

If a blood test shows you're pre-diabetic, a lifestyle change may be in order. Discouragement is not.

"Clinical trials have shown that you don't have to knock yourself out to prevent type 2 diabetes," Kropp said.

Managing Type 2 Diabetes

If you find out you have type 2 diabetes or pre-diabetes, you can help avoid long-term problems by taking good care of yourself:

• Get at least 30 minutes of moderate-intensity physical activity five days a week

• Eat a variety of foods that are low in fat and reduce the number of calories you eat per day.

Other important steps are taking care of your feet, checking for sores on them, having an annual eye exam and getting a flu shot each fall.

"A primary goal of diabetes management is prevention of cardiovascular disease," Kropp said. "Heart disease and stroke account for about 65 percent of deaths in people with diabetes, and people with pre-diabetes are also at an increased risk."

It's also a good idea to wear or carry something that lets others know

See DIABETES, Page 8

Y'all gather 'round



— Photo courtesy Lutich family

TORNILLO CROWD — The Louie Lutich family hosted the W.T. Russell's 50th Family Reunion at the end of June. W.T. Russell and Esther Elizabeth Russell long time residents of the Ysleta and Socorro area were parents of seven siblings who have continued a tradition of meeting annually to honor their parents. Keeping alive the bonds that bind a family together were 58 family members, each representing each of the siblings from Texas, Arizona, New Mexico, Colorado, California, Ohio, Oklahoma, Nevada and Illinois. Festivities began with a cookout at the Lutich Farm in Tornillo Friday evening and all day picnic Saturday. The scene changed Saturday evening with a Mexican Buffet and Fiesta at the Lancer's Club in El Paso. Completing a weekend of fun and fellowship with a barbecue dinner Sunday at the Cattleman's Steakhouse in Fabens. 21 first cousins sat for the photo above.



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Food

From Page 1

to replace old, worn-out equipment and make sure our children are receiving healthy meals. These funds will go a long way to improving the nutritional offerings in schools," he added.

School districts that participate in the national school lunch program are eligible for the funding, with priority given to schools with a majority of students eligible to receive free or

reduced-cost meals. CISD is a participant in the Federal Universal Free Provision II Program, which provides free breakfast and lunch meals to all students.

"Our application for these funds was a team effort with input from our food service maintenance staff and managers at our schools. It is perfect timing, and we will be able to start the 2009-2010 school year with new equipment," said Balesh. "Our intention is to purchase the new equipment through co-op bids, providing a fast, efficient method to replace our old equipment this summer," she added.

Briefs

From Page 1

Department responded to a fire at Presa Elementary School, 128 Presa Place in the Mission Valley, and found the school's playground fully engulfed in flames. The fire was sending large plumes of black smoke into the air, which caused many calls of concern from area residents. Investigators from the Fire Marshals office determined that the fire was intentionally set. The fire completely destroyed a canopy and more than half the school's playground equipment, causing damage that was estimated at over \$50,000. There were no injuries. Arson is a second-degree felony punishable by 2 to 20 years in prison and/or a fine up to \$10,000. Fire Investigators are asking anyone with information about this school arson to call Crime Stoppers of El Paso immediately at 566-TIPS (8477) or submit your tip online at

www.crimestoppersofelpaso.org. You will remain anonymous and, if your tip leads to an arrest, you may earn a cash reward up to \$1,000.

— James Klaes

Auto theft

El Paso's top stolen vehicles this week include four trucks and a compact car. The top five spots for the most stolen vehicles are:

- Ford F150: 69
- Chevrolet Silverado: 56
- Honda Civic: 33
- GMC Sierra: 30
- Ford F250: 24

These numbers are provided by The El Paso County Auto Burglary and Theft Prevention Task Force and Uniformed Crime Reporting Guidelines are implemented to measure crime. For more information on auto theft prevention contact the El Paso County Auto Burglary and Theft Prevention Task Force at 298-9600. The KEY to stopping Auto Theft is "Keep Em Yours!" Lock your vehicle and take the KEY.

— Darrel Petry

Collecting for a cause



— Photo courtesy Canutillo ISD

PENNIES MAKE DOLLARS — Davenport Elementary School student representatives presented a \$870 check to Animal Rescue League of El Paso in June. The money was raised through an event, titled "Pennies For Pets", was sponsored by the school's Mother-Daughter and Father-Son programs, which are under the supervision of teachers Amanda Scofield and Margarita Reza respectively. Students and staff in the Canutillo Independent School District gave their pennies to reach the \$870 donation. "Students chose the Animal Rescue League for their community project this semester because it has a no kill policy for animals that are brought to the facility. The project united students, staff, and families and instilled a sense of empathy for homeless living creatures in their neighborhood," said Scofield. Shown above are fifth graders, from left, Kassandra Rios, Marissa Huerta, Malonie Fuentes, Ruby Porras, Melina Garos-Warren, of Animal Rescue League; Mark Huitron, and Angelica Esparza, of Animal Rescue League.

— Alfredo Vasquez

PAM

From Page 1

may produce higher concentrations of the ameba.

Infection typically occurs when water containing the ameba is forced up the nose when diving or jumping into the water or when skiing. Initial symptoms of the infection include severe headache, high fever, stiff neck, nausea and vomiting.

The ameba does not live in salt water or in swimming pools and hot tubs that are properly cleaned, maintained and treated with chlorine.

DSHS offers these precautions to reduce the already low risk of infection:

- Never swim in stagnant water.
- Hold your nose or use nose clips when skiing, jet skiing or jumping into any water.

Other dangers associated with lakes and rivers include diving into waters that are too shallow or that may hide rocks and debris. Never leave children unattended around water.

Nine cases of PAM have been reported in Texas since 2000, including one in 2008.

CryptoQuip Answer

The old British nobleman was quite healthy. He always had three squire meals a day.

H	O	L	D
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L	O	B	O
D	R	O	P



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Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

Recognizing the signs of stroke and acting fast may make a difference between life and death. Call 9-1-1 immediately if you experience one or more of these signs: sudden weakness especially on one side of the body; trouble speaking or understanding; dizziness, loss of balance; trouble seeing in one or both eyes; and severe headache with no known cause. New treatments can help reduce damage to the brain

but only in the first few hours after symptoms begin. Every minute counts.

To learn more about stroke, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

American Heart Association

Fighting Heart Disease and Stroke



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TexasSure catches drivers without insurance.

Senator Orrin Hatch to tackle slippery BCS

By Steve Escajeda
Special to the Courier

You don't have to go very far to hear about the problems the United States is going through, it's all over the news every single night.

We hear about the economy and how the bigger corporations get in line to beg the government for bailout money, and how the big automakers have learned that the government will never let them go belly up, no matter how inept their managers are.

We hear about the environment and the apparent global warming problem and what we all should do about making our planet greener — whatever that means.

We hear about problems with crime and immigration and drugs and pornography and political corruption and worldwide conflicts and interrogation techniques and universal healthcare and all the things that can keep a person up at night.

And the people in charge of dealing with all these problems for the most part are the men

and women who fill the halls of congress every day.

Barack Obama can make all the heavenly speeches in the world but unless congress agrees, his words fall like dust to the cold hard ground.

This brings us to one of the more esteemed members of this institution, Utah Senator Orrin Hatch.

Mr. Hatch has tackled about every important problem this country has had to deal with for over 30 years.

Most people believe this Republican is pretty fair-minded and his reputation as a hard worker is known throughout the nation.

But some believe he has lost his bearings a bit. Some might choose to say he's a little off his rocker.

The reason some people are questioning Hatch's grasp on reality is his latest endeavor — the College Bowl Series.

Some of you have that "huh" look on your face.

Yes, with all that's going on in America, Hatch is leading a crusade to overhaul the BCS.

Now before you think Hatch is only upset

because his home team, the undefeated Utah Utes, did not have the chance to play for the national championship last year, that's not why he's mad.

Hatch said what's got all him riled up against the BCS has less to do with action on the field but the money that is distributed off it.

Hatch has asked the Justice Department to investigate the CBS for what he claims are violations of antitrust laws.

He has been quoted as saying, "Frankly, there's an arrogance about the BCS that just drives me nuts. Hopefully this hearing will open the door to have some people reconsider their positions. And if nothing else, the Justice Department ought to be looking at this."

I don't know many people in the sports world who would disagree with Hatch, the only question is whether congress should get involved in the matter of collegiate sports.

This may not be a very popular view but I wish him all the success in the world.

Why, because absolutely nothing will happen unless congress intervenes. Remember Major League Baseball and how both sides of the steroids issue accomplished nothing on their own.

It wasn't until congress got involved that professional baseball finally put some rules into place to try to curb the use of the illegal drug.

Will any of us forget the sight of Mark McGwire, Sammy Sosa and Rafael Palmeiro in front of congress — things are a little different when you're answering questions under oath.

Is there any question that college football is woefully overdue for an eight-team playoff?

And I don't mean a playoff arrangement like the BCS has where only the winners of certain conferences qualify, which resulted in a game like we had last year between #19 Virginia Tech and #12 Cincinnati.

The thing to do is get the top eight teams regardless what conference they're from.

This way Utah and Texas and USC and Penn State and Alabama and Texas Tech all would have joined Oklahoma and Florida with a chance to win it all in an eight-team playoff.

What Hatch is concerned about is that only those certain conferences have a chance to split up the millions of dollars generated by the BCS bowl games.

But the college presidents of those conference schools don't seem to have a problem with things just the way they are.

With all the things Orrin Hatch and his congress mates have to deal with — what's one more?

A sporting view By Mark Vasto

All-sports crazy talk

Right out of the gate, people said ESPN wouldn't, couldn't possibly work.

"An all-sports network? Why, that's just crazy talk!" some opined at the time (this was 1977).

Because, as we all know, sporting events don't traditionally draw large amounts of die-hard fans. Yet some-

how, ESPN (officially titled the "Entertainment Sports Programming Network," for the uninitiated) has managed to stand the test of time.

They've hit more than a few home runs in their time: "SportsCenter," for instance... instant classic. Chris Berman had me at Bert "Be Home" Blylevin. I mean, that was just bril-

liant stuff. Add to that "Jim Rome Is Burning" (the whole deal with Jim "Chris" Everett still ranks as one of the top moments in sports journalism history) and ESPN Classic (because how many times can you watch Cassius Clay beat Sonny Liston?) and you're talking some serious turkey.

In fact, ESPN has been blamed for a sort of "big-market bias." SportsCenter, many believe, is one of the most powerful influences in sports — not sports journalism — sports, period. Want to see a "Web Gem"? You better take ESPN's word for it.

But, of course, even ESPN has had

its share of disappointments. Take "Playmakers," for instance (please!). Silly, terrible, show (even if it was sponsored by my college roommate, Kevin Plank, of Under Armour fame). And they used to air spelling bees and all sorts of indoor soccer league nonsense.

But where ESPN has truly found its calling — aside from SportsCenter — is at the X Games. And for 14 years, it has been bringing the "alternative" sports like skateboarding and snowboarding to the forefront of the sports world.

This year, more than 200 of the world's best action-sports athletes will be competing at X Games 14 for \$1.65 million in prize money. ESPN has increased the prize purse each year of the 14-year event. Globally, the X Games has awarded a total of more than \$18 million in its 14-year history. And the network is proud of that fact.

"ESPN is committed to ensuring

that the best action-sports athletes in the world are properly recognized for their incredible talents and efforts," Rick Alessandri, senior vice president, managing director, X Games franchise, said in a statement. "This increased prize purse allows us to give more money to all those competing in the event."

Yeah, well like, no duh. More money somehow always leads to MORE MONEY.

But that's neither here nor there — tune in during the last week of July and the first week of August and see something you never thought you'd ever miss ... a truly authentic and original sporting event, broadcast on an all-sports network.

I know, I know... that's just crazy talk!

Mark Vasto is a veteran sports-writer and publisher of The Kansas City Luminary. (c) 2009 King Features Synd., Inc.

Classified Ads

LEGALS

TOWN OF HORIZON CITY

Revised Notice

Invitation to Bid

Bid Number: 2009-006

Date Issued: June 24, 2009

Original Bid Opening Date: July 10, 2009

The NEW Bid opening date is July 31, 2009

The Town Of Horizon City is seeking qualified contractors for the construction of Golden Eagle Park. Sealed bids will be received at the Town of Horizon City Hall, 14999 Darrington Rd., Horizon City TX 79928 until noon on July 31, 2009. Bids will be opened on July 31, 2009 at 2:00 p.m. at the Town of Horizon City Town Hall. All bids must be sealed. Bid packets may be obtained at FedEx Kinko's, 1410 N. Lee Trevino Rd., El Paso, TX 79936 at the bidder's expense. Amendments are available. Contact:

Robert Coleman at (915)852-1046 for additional information regarding this bid.

Lynn Arrigoni Administrative Aide to the Mayor Horizon City WTCC: 07-09-09 07-16-09

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 JULY 22, 2009

CONTRACTED SERVICES FOR FOOD SERVICE EQUIPMENT, REPAIR PARTS AND MATERIALS CSP NO. 199-0722-E9061RB ACCEPTED UNTIL 2:00 P.M.

JANITORIAL SUPPLIES CSP NO. 199-0722-E9081 ACCEPTED

UNTIL 2:30 P.M.

BEVERAGE AND SNACK PRODUCTS — PART II CSP NO. 199-0722-E9080 ACCEPTED UNTIL 3:00 P.M.

Proposals will be received at the Financial Services Dept., 12440 Rojas 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.

Proposals and detailed specifications are available and can be retrieved and submitted electronically through the district e-bid website: <https://ebid.sisd.net>

WTCC-07/16/09

SOCORRO INDEPENDENT SCHOOL DISTRICT

Invitation to Bid/Respond:

Sealed bids/proposals/CSP to furnish the District with the following prod-

ucts and/or services will be accepted at the following times:

FRIDAY JULY 24, 2009

PAPER SUPPLIES CSP NO. 199-0724-E9095 ACCEPTED UNTIL 2:00 P.M.

PA AUDIO EQUIPMENT CSP NO. 199-0724-E1011 ACCEPTED UNTIL 2:30 P.M.

Proposals will be received at the Financial Services Dept., 12440 Rojas 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.

Proposals and detailed specifications are available and can be retrieved and submitted electronically through the district e-bid website: <https://ebid.sisd.net>

WTCC-07/16/09

COUNSELING SERVICES

DAMIAN MAUREIRA, LCSW - Professional Counseling/Therapy: Youth, Adults, Marital, Family, Health insurance and FEE SCALE ACCEPTED. Medicare, Medicaid and CHIP. 657 Winn Rd. in Socorro, Texas. Call 858-3857 for appointment.

HELP WANTED

ACE Hardware — Fabens, TX. 117 N. Fabens Street. Bilingual Associate/Cashier. Must be able to lift 95 pounds. Apply in person only.

HOMES

12748 Quijano, \$87,600 reduced to \$84,000. Carlos Aguilar, (915) 269-1251. Broker.

New homes available in Horizon, Anthony and San

Elizario. Prices starting from the 90s. USDA program available for ZERO down payment and ZERO percent closing cost. New homes also available in other areas. Call Pete at 633-6179.

SELF-HELP

Persons who have a problem with alcohol are offered a free source of help locally. Alcoholics Anonymous - call 562-4081 for information.

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

STORAGE

National Self Storage BRAND NEW UNITS

Specials - Climate Control Units: 5x5 and 5x10 just \$1 first month. Regular 5x10 and 12x30 units just \$1 first month. Call Blanca - 852-8300.

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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



Transform me

By Taprina Milburn

It's late, and I'm having a bout of insomnia. I flip through the television channels — golf, reruns, a bizarre interview with Richard Simmons and infomercials for any product imaginable.

And this is where I end up stopping: in the land of "This product will transform your life."

For \$19.95 my culinary skills could be enhanced with a new set of knives. My tummy could be flatter with a slimming suit that somehow makes fat rolls vanish.

But I stop, as many women do, on the commercial hosted by a supermodel who amazingly doesn't look as if she's ever stayed up too late, nursed two children, stepped into the sun without sunscreen, had adult acne, bad hair, bloating, too many trans fats or, quite frankly, a bad day.

She talks about how the product has given her perfect skin. Her dermatologist comes on and testifies to the way the product has turned back time for this model, who is my age but looks 10 years younger. I believe her. She looks so serene and happy. I hate to admit this, but I have spent the past few months trying to get used to the changing 40-something face and body I see reflected in the mirror. My friends and I are seeing changes happen faster than we can control with products guaranteed to un-dimple, un-wrinkled and un-age.

So when Supermodel smiles and gives her stamp of approval, I fall for it. I call the toll-free number and sign up for the product, which arrives on my doorstep a couple of days later. I'm to try it "risk free" for a few weeks.

But, you guessed it, after a few weeks I don't have the

Supermodel's skin. The same 40-something face I've watched change over the past few months is still there each morning. The next box arrives on my doorstep and I mark "Return to Sender."

Maybe I'm a little tired of having "target marketing" tell me that what I see in the mirror isn't good enough. We age. Why should we be made to feel insecure for aging? I'm tired of marketing that tells me I need to be different or have more to be OK.

"Only in growth, reform, and change, paradoxically enough, is true security to be found," said Anne Morrow Lindberg.

This growth, reform and change that Lindberg talks about isn't going to be found in a bottle that takes away wrinkles, a pill that diminishes fat, a show house, a fat bank account, an Ivy League education or the perfect black dress.

The change begins in the heart. It's when we can stand in front of the mirror and in front of people and accept them and ourselves just as we are. It's when we stop looking for things outside of ourselves to fill us up (perhaps the state of our economy can be blamed partially on this quest to look for things outside of us to transform us). It's when we tell our creator, "Well, God, we are in this together. Help me to accept where I am."

Then we really let God do the job of growing, reforming and changing us — rather than consumerism.

Write to Taprina Milburn in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475. (c) 2009 King Features Synd., Inc.

King Super Crossword

- | | | | | |
|------------------------------------|----------------------------------|-------------------------------------|---------------------------|----------------------------|
| SWEET | 66 Redact | 129 Cartoonist Charles | 28 Hockey legend | 86 Window dressing? |
| GNAW-THINGS | 67 "The Bartered Bride" composer | 131 Writer Charles | 30 Urban transport | 87 McCarthy's trunkmate |
| ACROSS | 70 Serenade accompaniment | 133 Fictional rodent? | 33 Sugar amts. | 89 West. alliance |
| 1 Pugilistic poke | 72 TV's "South _" | 135 Rink rental | 35 Barbecue | 92 Brace |
| 4 Silenced a squeak | 74 Road curve | 136 List ender | 37 Christmas visitors | 95 Asta's mistress |
| 9 Fuel source | 75 Rodent's educational level? | 137 "Peer Gynt" composer | 39 Voting venue | 96 Snarl |
| 13 "Turandot" tenor | 79 Dit's cousin | 138 Psychic Geller | 40 Turn of phrase | 97 Banned pesticide |
| 18 Heady quaff | 82 Read quickly | 139 Veronica of "Hill Street Blues" | 41 Sib's kid | 98 London district |
| 19 Savanna sight | 83 Actress Vima | 140 Surrender | 42 On the _ vive (alert) | 102 Shake up |
| 20 Lhasa _ | 84 Peepers protectors | 141 Big revolver? | 43 Summer coif | 104 Actor's actor? |
| 21 Arbus apparatus | 88 Oomph | 142 Sticky stuff | 44 Tristan's tootsie | 106 Spassky's game |
| 22 Rodent's favorite Monkees tune? | 90 Tokyo, once | DOWN | 46 Actress Skye | 107 Pillbox, e.g. |
| 24 Lost in thought | 91 Like some cellars | 1 Secure spot | 50 Take the honey and run | 109 Bit of a beach |
| 25 Nuclear | 93 It may suit you | 2 _ mater | 52 Mayberry town drunk | 110 Medical grp. |
| 26 Brimming | 94 Closet freshener | 3 Rosary part | 53 "Why don't we?" | 111 TV's "Eight Is _" |
| 27 Join up | 96 Calculator features | 4 Speak freely | 56 Sadistic | 112 About to sink |
| 29 Take into account | 99 Winter hazard | 5 Roth _ | 57 In the saddle | 113 Screwdriver ingredient |
| 31 Hook's mate | 100 Trattoria treat | 6 Exist | 59 Saying | 118 Spouse |
| 32 _ reaction | 101 TV chef Martin | 7 Temptation | 60 Cheerful | 120 Composer Wilder |
| 34 Diva Ponselle | 103 "_ Shuffle" ('77 song) | 8 Earl - Biggers location | 62 Bk. convenience | 122 Prod |
| 36 Moon crawler | 104 Seaweed product | 9 Living room | 63 Neighbor of Thailand | 123 Binchy's "_ Road" |
| 38 Relative of -ator | 105 Bobby's flashlight | 10 Antipollution grp. | 68 Used the microwave | 124 Tend the sauce |
| 39 Rodent cheesecake? | 108 Rodent's Olympic motto? | 11 "The _ Jungle" ('50 film) | 69 Digression | 126 Wallop |
| 45 Laundry problem | 112 Broad st. | 12 Carry | 71 Prose piece | 127 Architect Saarinen |
| 47 Frigga's fellow | 114 "Gotcha!" | 13 Purrfect pet? | 73 Boat bottom | 128 Small combo |
| 48 Young boxers | 115 Article | 14 Grandpa McCoy | 76 Atlanta campus | 130 Gibson or Tillis |
| 49 Relished a roast | 116 "_ Night" ('58 hit) | 15 Rodent refreshment? | 77 Indentation | 132 Unbalanced |
| 51 "Taras Bulba" author | 117 Apt rhyme for squirm | 16 Pisces follower | 78 Mintz or Whitney | 134 Wager |
| 54 Emulate Pinocchio | 119 "L_, c'est moi" | 17 Sapphire side | 79 Johnny of "Chocolat" | |
| 55 Brandy cocktail | 121 Matches | 21 Future officer | 80 Soap additive | |
| 58 Protect with plastic | 125 Inception | 23 "We've Only Just _" ('70 hit) | 81 City of rodents? | |
| 61 Resident | | | 85 Architect Jones | |
| 64 "Yours, Mine and _" ('68 film) | | | | |
| 65 Keatsian creation | | | | |

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Social Security Q&A By Ray Vigil

Divorce doesn't separate you from Social Security

If you are divorced, there are several things you should know about Social Security.

A divorced spouse may be eligible for benefits on more than one work record — such as one's own record and an ex-spouse's record. This applies to both divorced men and women. If you have never asked Social Security about receiving benefits based on your ex-spouse's work, you should consider it.

Some divorced people may get a higher benefit based on their ex's work.

If your ex-spouse is living, you can receive benefits based on his or her work if:

- Your marriage lasted 10 years or longer;
- You are unmarried;
- You are age 62 or older;
- The benefit you are entitled to receive based on your own work is less than the benefits you would receive on your ex's work; and
- Your ex is entitled to Social Security retirement or disability benefits.

If your ex-spouse is deceased, you can receive benefits:

1) At age 60, or age 50 if you are disabled, if your marriage lasted at least 10 years, and you are not entitled to a higher benefit on your own record; or

2) At any age if you are caring for your ex-spouse's child who also is your natural or legally adopted child and younger than 16 or disabled and entitled to benefits. Your benefits will continue until the child reaches age 16 or is no longer disabled. In this case, you can receive this benefit even though you were not married to your ex-spouse for 10 years.

When you apply, you will need to give your ex's Social Security number. If you do not know his or her number, you will need to provide your ex's date and place of birth, and parents' names. When you apply for benefits, Social Security will be happy to figure out if you are due a higher amount based on your ex-spouse's record.

Once again, these same rules apply for both ex-husbands and

ex-wives.

For more information, visit our website at www.socialsecurity.gov. You may want to take a look at our online Retirement Planner at www.socialsecurity.gov/retire2.

Weekly SUDOKU

by Linda Thistle

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

DIFFICULTY THIS WEEK: ★★ ★

★ Moderate ★★ Challenging

Answer Page 5

★★★ HOO BOY!

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CryptoQuip

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

Clue: D equals E

EMD AKV OBSESTM
GAOKDUYG HYT PCSED
MDYKEMI. MD YKHYIT
MYV EMBDD TPCSBD
UDYKT Y VYI.

Answer Page 5

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Across & Down

by Donna Pettman

Rearrange the letters in each group to form a word. Place the words into the diagram so that the same words read both across and down. The first word across is the same as the first word down, the second word across is the same as the second word down and so on. The letter groups are not necessarily placed next to the row of the diagram in which they go.

BOLO
ORDP
DLHO
RODO

Answer Page 5

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Diabetes

From Page 4

you have diabetes and tells them how they can help in case of an emergency.

"Diabetes is a serious disease, but along with the help of your health care team, there are things you can do to control it," Kropp said. "It doesn't have to control you."

Resources:

- Texas Diabetes Council: www.texasdiabetescouncil.org
- National Diabetes Education Program: www.ndep.nih.gov or call 800-438-5383
- American Diabetes Association: www.diabetes.org

AT SHOPPING MALLS, PARKING LOTS, THEATERS, APARTMENT COMPLEXES & CITY STREETS

WHERE YOU ARE, THEY ARE!

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

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