

NEWSBRIEFS

Crime Stoppers

Crime Stoppers of El Paso is assisting agents from the Federal Bureau of Investigation (FBI) and officers from the Crimes Against Persons Unit (CAP) of the El Paso Police Department in identifying and locating a suspect who committed an aggravated robbery at a downtown bank, making this the "Crime of the Week." On Friday afternoon, Dec. 4, a little before 4:00 p.m., the subject entered the 1st Savings Bank, located at 909 N. Mesa, armed with a black handgun and carrying a black bag. The subject approached the tellers and demanded money. The tellers turned over an undetermined amount of U.S. currency to the subject, who was last seen running north on Mesa Street. The suspect, whose face was covered, is described as a white or possibly Hispanic male, approximately 25-30 years old, 5-foot 9-inches tall, with a slim-to-medium build. He was wearing a Dallas Cowboys baseball cap with a gray hood over the cap, either a scarf or ski mask over his face, dark jacket, blue gloves, and faded blue jeans. He was carrying a black bag that may be the type used to carry a laptop computer. The subject spoke English. If you have any information at all about this crime, 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

Wanted

The hunt is on for Juan Marquez, 26, who is being sought for running a mother (his ex-wife) and her children off the roadway. He is 5'7" tall, weighs 180 pounds and has brown hair and eyes. He sometimes uses the alias Juan Roman. Marquez has a butterfly tattoo on his left wrist. Tattoos on his right shoulder include "ANGEL", "ARI" and "DAMIAN". On Nov. 25, 2009, a mother of three children (ages 2, 3 and 5) frantically called Sheriff's Dispatch telling them her ex-husband had just assaulted her and her three children by running them off the road. She told dispatchers she had just picked up her children from her ex-husband's house. She was driving home with her children in her Nissan Altima traveling westbound on Darrington Rd. towards Horizon when she noticed her ex-husband's Mustang closing distance from behind at a high rate of speed. Marquez then tried several times to ram the victim's vehicle until he successfully struck the her car causing her to



Juan Marquez

See BRIEFS, Page 5

If you simply must make enemies, pick lazy ones.

— Quips & Quotes

High winds take down tree



— Photo by Alyssa Granados

TIMBER — The high winds that swept through El Paso County last week claimed an Italian Cypress that was 40 to 45 feet tall and almost 40 years old according to its owner Joel Granados. Horizon City resident Granados, above, came outside to find his tree laying on top of his neighbors house. "We didn't hear anything except the wind," he said. His neighbors house was not damaged by the tree. Granados faces one more interesting challenge. While he was able to remove the majority of the tree, the main water line to his house had been completely enshrouded by the massive root that had once supported the tree. It will require a plumber to reroute the water line before the large stump can be removed.

Hard work pays off for Horizon High Debate Team

By Laura Cade
Special to the Courier

The Horizon High School Debate Team was the only school from west Texas to compete in the We the People State Debate competition held in Austin on Dec. 12. The team of 18 seniors from the Dual Credit Government class competed against 10 other high schools from Dallas, Houston and Harlingen.

This is only the second year the Horizon High School Debate Team has participated in the competition. Although they did not advance to

the finals, the team did gain the attention of the judges.

"Your school has greatly improved in the competition," said Jan Miller, the competition's director. "It shows what having a year of experience does."

Miller told sponsor Karen Hayes that given the newness of Horizon's program that her students had worked hard in preparing for the competition. The schools advancing to the finals had numerous years of competition under their belts with several having made repeat trips to nationals.

The team prepared for the competition with the assistance of faculty from UTEP Law School Preparation Institute through a grant from the Law School Admission Council. In addition, several senior students from UTEP tutored the Horizon High School team.

"The hardest thing about preparing was how to deal with all the information we acquired through our research," said Genesis Ibanez, Horizon HS student and competitor. "It took hours to condense the material into the time limit, yet prepare for the follow-up questions as well."

In October, the Horizon High School students, in groups of three, were given unit material for the competition. The challenge was in that students could be asked by the three-judge pane any of the three questions as well as follow-up material. The students did not know which questions until competition day. This meant spending long hours doing research and preparing several presentations to meet the four-minute requirement.

"The sacrifice in time was worth it because of the experience of competing on the state level and learning how to work with my classmates on the biggest academic event of our lives," said Horizon HS student and competitor Crystal McDaniel.



— Photo courtesy Clint ISD

PROS AND CONS — The Horizon High Debate Team went to Austin this month to compete in the We the People State Debate competition. The team, coached by Karen Hayes (bottom row, right), was complemented on the progress they made in one year's time by Jan Miller, the competition's director.



Por la Gente By State Rep. Chente Quintanilla

Be safe this season

Hola mi gente. As December winds down and we head toward the festive time of the year, I would like to wish all of you the best of this special time of the year. I ask that all of you be very careful how you celebrate the holidays. Please moderate your celebrations.

Between Christmas and New Years, there is every possibility of celebrating too much and then trying to drive home under the influence of alcohol. Don't do it. Have a friend drive you or call a taxi. Do your part to make this holiday a safe one. It would be a shame to have anyone seriously injured or killed as a result of celebrating the holidays.

Once again, I am hosting a New Years Day Pachanga; this is the

ninth annual event. You and your family are invited to enjoy food and beverages and some dance music from 2:00 p.m. until 7:00 p.m. at the Mission Valley Hall located at Horizon and North Loop. If you get there early enough, you may be able to take home one of the Capital of Texas calendars that

I am providing. There will be 1,000 of them at the front door and they go fast; so be early. Again, from my staff and I, happy, happy holidays, merry Christmas and a prosperous and safe start to the new Year. I remain your friend and public servant, Chente por la gente.

View from here By Howard Rich

No ceiling and the sky Is falling

The irony of the United States' current financial situation is that it would be absolutely impossible for any business or private citizen to ever wind up in such dire straits. It literally couldn't happen, as there are far too many safeguards that would kick in to prevent the sort of uncontrolled, addictive descent into unprecedented debt (and deficit spending) that we currently see gripping Washington D.C.

If companies spent this way they would go bankrupt — their assets auctioned off to repay investors. Private citizens? Their credit scores would be ruined, and no financial institution would ever lend them money again.

Yet as is so often the case, the U.S. Congress is not governed by the fiscal realities the rest of us must face. In fact, whenever Congress needs to borrow more money to fund bureaucratic bailouts, soaring entitlement obligations or new deficit spending, it simply raises its credit limit (or "debt ceiling") to make these new unnecessary line items appear to be legitimate.

Of course, words like "out-of-control" or "unsustainable" don't really cut it these days when it comes to Washington's impending budget disaster.

We are looking at nothing short of catastrophic recklessness — as well as an unmitigated contempt for future generations that is likely to cripple our nation's economy for decades.

Our leaders are manipulating the nation's credit limit so that they are able to spend taxpayer money with impunity on a nonexistent "recovery" — or in the case of the latest (and largest) proposed manipulation, money that they have already spent on a nonexistent "recovery."

Rather than coming to grips with this crisis by cutting spending obligations and working toward paying down the deficit, the U.S. Congress is instead moving toward the largest-ever increase of its debt ceiling — less than a year after raising the ceiling to its current level of \$12.1 trillion.

"We ought to pass a debt limit extension that gets us through next year," House Majority Leader Steny Hoyer

said recently. Actually, the House thought it had already done that, which goes to show just how quickly these politicians are blowing through borrowed money.

At the request of President Barack Obama's administration, the House voted earlier this year to raise the debt ceiling to \$13 trillion, but it now appears that even this stratospheric number will prove incapable of containing the coming year's spend-fest — complete with its record \$1.5 trillion deficit.

In fact, the national debt is expected to charge past the \$13 trillion threshold by the middle of next summer, which assumes that the federal government incurs no new obligations — like, for example, a massive socialized medicine proposal.

So how high will Congress raise the ceiling? And here's an even more frightening question — what happens when that credit limit is surpassed?

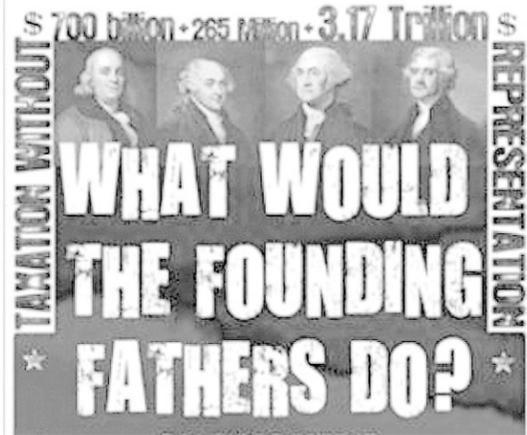
Obviously we don't need a crystal ball to answer the second question. Congress will raise the debt ceiling as often as it wants — by as much as it wants.

For example, after holding steady at \$5.9 trillion from 1997-2002, the debt ceiling has more than doubled over the last seven years according to data released by the White House Budget Office. Of course these automatic votes rarely receive much — if any — publicity. In fact, the provision authorizing the jump to the current \$12.1 trillion limit was buried deep within the federal "stimulus" bill.

As for the size of the forthcoming increase, most estimates put the number at around \$1.5 trillion — which is nearly twice the size of the previous record increase.

That is truly the definition of a limitless reserve — but the unavoidable reality is that every dime of that skyrocketing tab must be paid back by the American taxpayers, who can simply no longer afford to finance Washington's reckless credit card spree.

Howard Rich is Chairman of Americans for Limited Government.



Veterans Post By Freddy Groves

Service to others

Keeping up membership levels in organizations like the American Legion and Veterans of Foreign Wars is a growing problem in many parts of the country. No matter where you go, the story is the same: The oldest members are dying and young veterans aren't joining at a rate equal to that number.

Here is one good reason to join a veterans service organization, no matter what your age: service to others.

Remember the rule of thumb: No matter how bad off you are, there are others in worse condition. The posts of both the American Legion and the Veterans of Foreign Wars are very hands-on in their local communities.

The American Legion, chartered by Congress in 1919, takes care of families while the service members are away, offers sponsorship to Boys State and Boys Nation, has awarded \$9 million through its Child Welfare Foundation, runs a transition program for severely injured service members returning home, participates in the Voluntary Services program at Department of

Veterans Affairs medical centers, and more.

To learn more, visit www.legion.org or call (317) 860-3111 for information on eligibility.

The VFW, founded in 1899, spent more than \$3 million in scholarships, volunteered 13 million-plus hours and spent \$67 million in volunteer efforts for the 2008-2009 year. Additionally, its Operation Uplink allowed 1.3 million calls to be made by service members who were either hospitalized or deployed. It has a Veterans Service Officer to help with VA paperwork.

Get more information at www.vfw.org or call (816) 756-3390 for eligibility requirements.

If you've wondered how the American Legion or VFW can help you, turn the question around: How can you help them?

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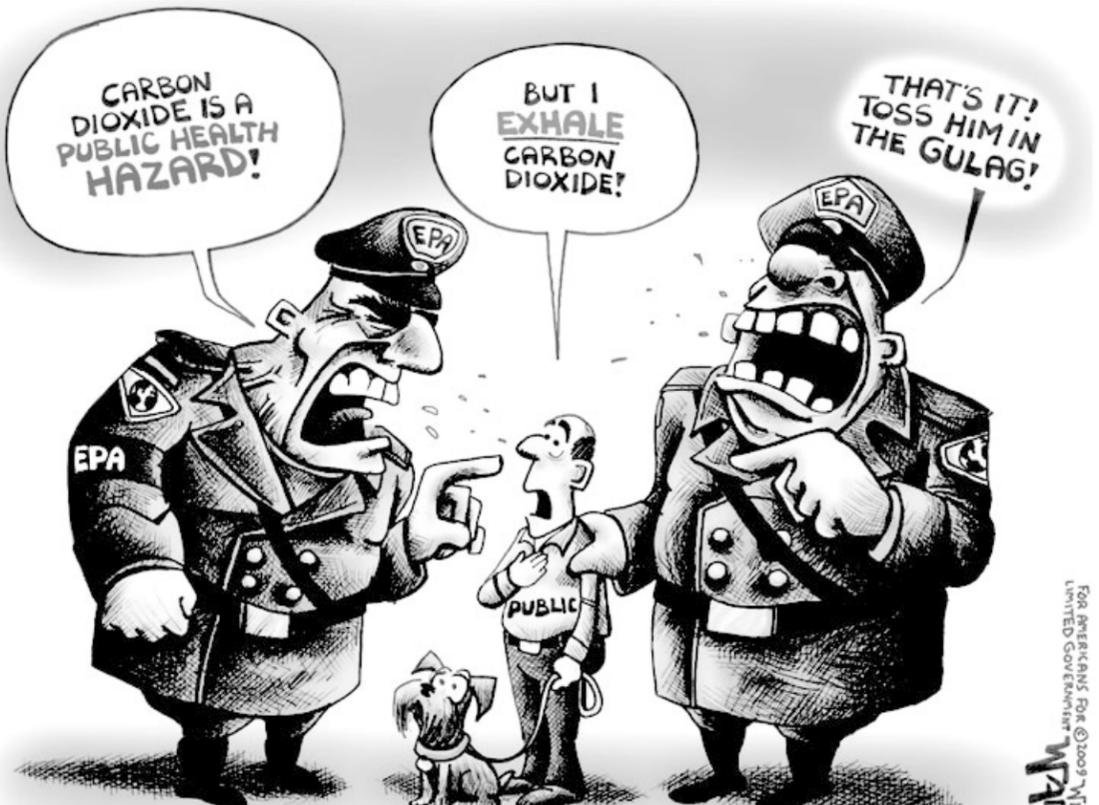
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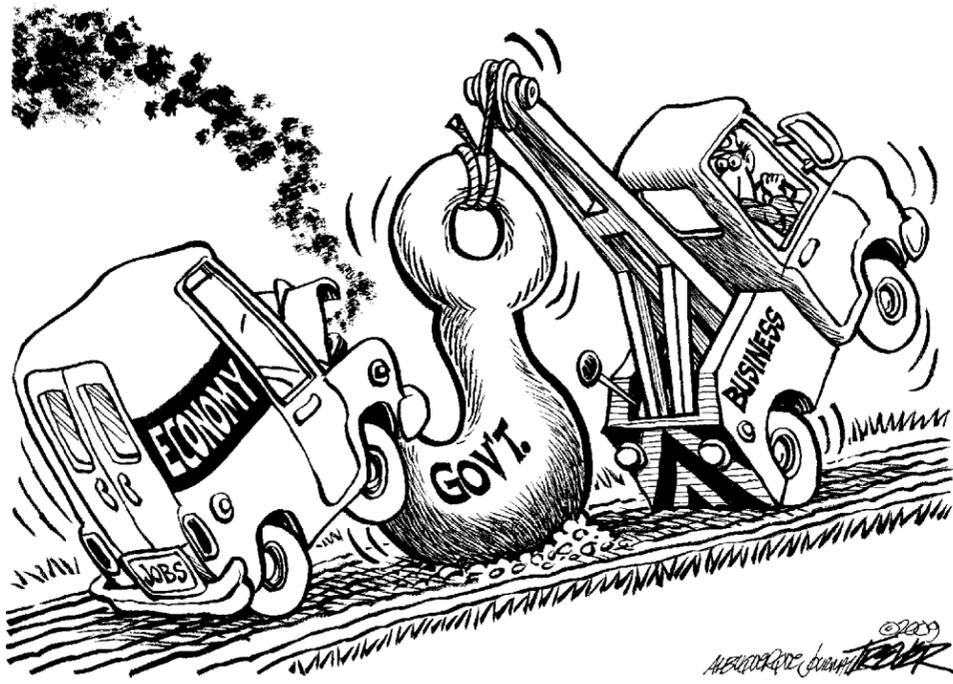
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"...AND THE SCHNAUZER, TOO!"





"MUCH LIKE THE FEDERAL GOVERNMENT, MY WIFE HAS A PLAN TO SPEND US OUT OF DEBT."



What's up, doc? By Albert Balesh, M.D.

Weight-less

Why do we hate fat people? Why do we look at them with disdain, with holier than thou attitudes? We are all guilty of their perceived sin, and, to boot, when blinds are drawn and monitor screens glow, we are the first to type "diet" into search engines of choice. Food companies spend millions of annual dollars hawking the latest miracle aliments promising to lower LDL ("bad") cholesterol, raise HDL ("good") cholesterol, and increase energy, libido, and everything short of our bank accounts. The high-fat, high-protein, low-carbohydrate (HPLC) diet of yesteryear has been touted from its throne on high for years, until recent research demonstrated its hand in promoting plaque buildup in the highways and byways of our bodies, otherwise known as arteries. While it is obvious that becoming "weight-less" is difficult at best, it certainly isn't brain surgery. If the solution to the obesity epidemic, however, is as simple as eating more healthily and being more active, then how do we explain the plethora of unsuccessful fad diets and even crash dives into unnatural decreased calorie intake that can leave our bodies in physiologic starvation modes, eat away at healthy muscle, burden our minds with fatigue, grouchiness, and irritability, and disfigure waistlines with that all-too-common B-word, "binge" eating?

We all know the problem. We've been victims of it time and time again. What can we do about it? In this case, we are not talking about an ounce of prevention. Pounds are the name of the game, with a new lease on life coming at as simple a cost as a change in eating habits, albeit a small change at first. Let this short piece serve as both a primer to our initial foray into the realms of salubrious diet and healthy weight, and as a rematch between ourselves and past New Year's resolutions kicked to the curb. While any good change in diet and eating habits begins with our family doctor, we must realize that the men and women in white simply do not have the time to completely overhaul our current lifestyles. They are underpaid, overworked, and, in many cases, more concerned with drugs and "pharmacologic surgery" of the problem than preventive medicine and patient education. We must become creative ourselves, and look to our own proactivity.

First and foremost, we must examine the good, the bad, and the downright ugly. In other words, we must make a concerted effort to assess our own dietary strong and weak points. Are we eating five to seven servings of fruits and vegetables every single day? Is calcium part of our diet and a plan to preempt brittle bones? Do regular whole-grain, high-fiber foods bring up the rear (no pun intended!), contributing to our regularity and preventing unwelcome house guests such as colon cancer, diverticulosis, and something as inconsequential, yet troublesome, as chronic constipation?

Will we never learn that too much sugar, salt,

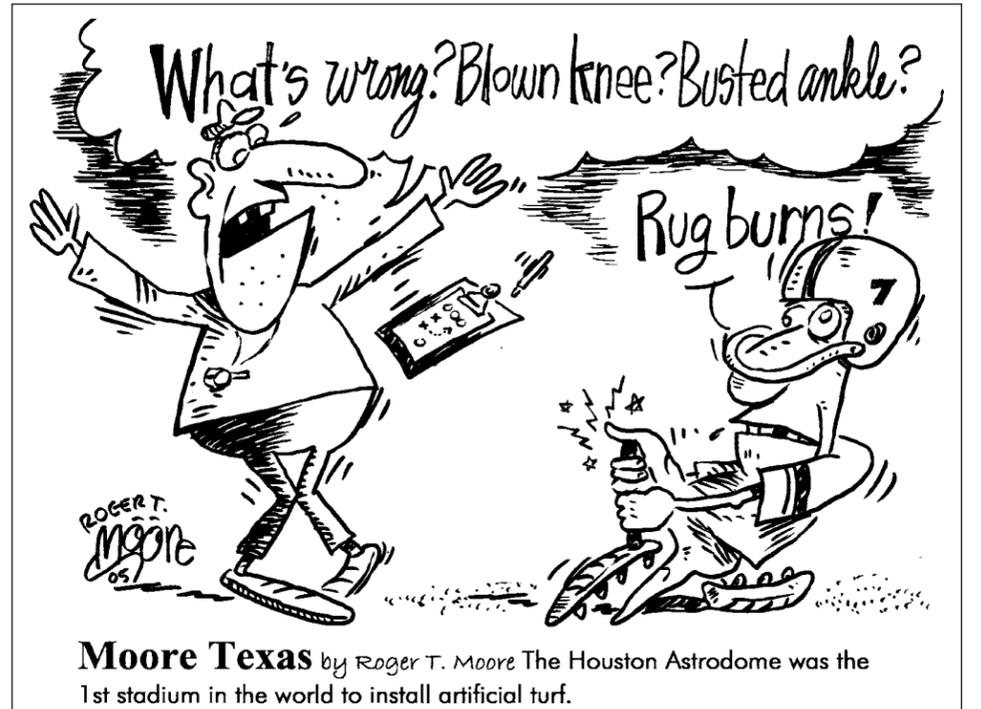
and saturated fat is just plain no good? We've heard ad nauseam that fatty meats, cakes, cookies, potato chips, biscuits, and sweets not only increase calorie counts, obesity, and weight, but also lead to high cholesterol and heart disease. Nonetheless, we desist from limiting them in our diets and making those small changes, such as adding fresh fruit or vegetables to every meal, or getting more fiber in our diets, that would make hospital emergency rooms, cardiologists, and funeral directors quite unhappy. While keeping food diaries to that end is an exercise in persistence and healthy obsession that many of us do not possess, something as simple as a kindly reminding refrigerator magnet can reap untold economic and quality of life-preserving windfalls.

Lest we forget portion size and the gentle admonishments of our parents who cajoled the benefits of cleaning one's plate, we may have taken this too far. Current statistics bear this out, and they're not pretty. The American Institute for Cancer Research has reminded us of what we already know to be true, and that being that more Americans than ever are making Jack Sprat proud, by "licking their platters clean." Were that not enough, the public is grossly unaware that we unconsciously consume 56% more calories when we are served larger portions, and that more than 78% of Americans are deluded into thinking that the specific food they eat is more important in losing weight than the amount they ingest. God help us!

With Christmas and New Year's Eve on the horizon, and a change in waistline in the cards unless we act now, here are some "no-brainers" and food swaps that may not trim food expenses in the short term, but will most certainly balance the future medical budget, both personally and nationally speaking. Substituting low-fat, whole breads for white breads, English muffins for doughnuts, baked potatoes for French fries, turkey dogs for regular hot dogs, low-fat cheese for Cheddar, and non-fat for regular mayonnaise may not entirely please the palate, but will certainly keep us around long enough to see our loved ones grow and prosper. And we've saved the best for last, as we urge blind obedience to the eight commandments of clever food choice, and those being: have a healthy side dish with meals; go easy on the butter or margarine; avoid high-fat sauces and gravies; serve fresh fruit with the skin on; eat more fresh fish than beef or chicken; consume five or more portions of fruit and vegetables daily; bake, broil, roast, or steam instead of frying; and, finally, substitute dry beans, peas, or lentils as often as possible for red meat in favorite recipes. Impossible, you say! Start slowly, and build up to a crescendo.

Do as we say, and not as we've done in the past, and we can liberate the term "weight-less" from the exclusive lexicon of NASA.

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Moore Texas by Robert T. Moore The Houston Astrodome was the 1st stadium in the world to install artificial turf.



— Photo courtesy Canutillo ISD

NO DICTIONARY NEEDED — Deanna Davenport Elementary School English Spelling Bee winners, from left, are Felicia Flores, from Lupe Ostos's fifth grade class; Araceli Ramirez, from Micaela Bean's fifth grade class; and Raeleen Villanueva, from Dolores Amero's fourth grade class.

Davenport students compete to qualify for city-wide spelling contest

By Kim Guzman
Special to the Courier

CANUTILLO — Felicia Flores, fifth grade student at Deanna Davenport Elementary School (DDE) in the Canutillo Independent School District, won first place in the annual school English Spelling Bee. Flores will represent DDE at the 2010 Scripps Howard National Spelling Bee on Feb. 19, in El Paso.

Third through fifth grade students participated in the annual spelling bee

contest held recently in the school's cafeteria. Other top finishers include second place, Araceli Ramirez, also a fifth grade student; and third place finisher was Raeleen Villanueva, fourth grade student.

Barbara Barren, DDE teacher and spelling bee sponsor, said that the competition enabled students to participate in a high profile academic event in front of their peers, teachers and parents. "The students increased their knowledge of English words, spellings and definitions by participating in the event," she said.

San Eli students ring in Christmas

By Cynthia P. Marentes
Special to the Courier

Some of the youngest students in the San Elizario Independent School District helped ring in a little bit of the Christmas spirit from Dec. 8-10. Over 600 students from Loya Primary School, ages 3 to 5 years old, performed in the annual Christmas Show held over three nights at the San Elizario High School auditorium. The primary students sang and danced a medley of popular Christmas carols before packed audiences of family and friends.

The traditional Christmas program is coordinated at the Loya campus primarily by physical education teacher Magda Martinez. Loya teachers joined their classes and together helped their students learn song lyrics and dance moves, and design simple costumes for the entire group before the night of

their performance.

The Loya Christmas Show is broken up into three nights to accommodate the participation of all the primary students enrolled in the school's different bilingual and monolingual pre-pre-kindergarten to kindergarten classes. It has become a popular event in the community for the past 14 years thanks to the enthusiastic support of students, teachers, staff, and parents. Loya Primary School Principal George Augustain served as the Master of Ceremonies for the three evenings of the Christmas program. While San Elizario High School teacher Marian Blalack and theater production students provided lightning, sound, videography and other technical assistance.

Christmas cheer will spread to other San Elizario ISD campuses as they each also produce their own holiday programs throughout the week of Dec. 14-18.



— Photo courtesy San Elizario ISD

FA-LA-LA — Over 600 students from Loya Primary School, ages 3 to 5 years old, performed in the annual Christmas Show held over three nights at the San Elizario High School auditorium.

UTEP BASKETBALL

December 18 @ 7pm

Lady Miners vs. Texas St.

City of El Paso Night! Bring your City of El Paso ID or Voucher to get in FREE.

December 19 @ 1pm

Miners vs. Alcorn State.

Meet Santa! Bring your camera and take a picture with Mr. Klaus himself.

December 20 @ 2pm

Lady Miners vs. Alcorn State.

Girl Scouts Night!
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CryptoQuip Answer

Not at all being fond of long goodbyes, she went away without further adieu.

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A sporting view By Mark Vasto

A blessed program

In a season filled with “stories of the season,” none stands out quite as much as Texas Christian University’s rise to BCS-caliber play.

This Fort Worth campus has begun to adjust to the program’s winning ways. Football, already off-the-charts popular in Texas, has been all the rage for the well-mannered Christian student body of 8,600 since 2000 — the same time Gary Patterson took over the reins of the program.

In college football, there is no other aspect more important to the game than the coaching staff. It is the beginning and the end, the be-all end-all of the sport. These are the men that walk into family rooms across the country, look mothers and fathers in the eye and say that their child will be taken care of for the next four years. Patterson, a former player himself at Kansas State, excels at the process, developing what others describe as a knack to find “the other” players, the ones bigger programs rou-

tinely overlook.

The philosophy, borne mainly out of necessity, has reaped plenty of rewards. A look at the rolls of many NFL teams show a Patterson player, and they certainly aren’t the type of players that you overlook anymore. LaDainian Tomlinson, Aaron Brown and Jason Phillips are just some of the recent standouts.

And the team keeps reloading. It has 73-27 record (.730), including five bowl wins in eight appearances, and in 2008 posted its highest season-ending national ranking (No. 7). As of this writing, the Horned Frogs are undefeated, ranked No. 4 in the country and headed to the Fiesta Bowl to play this season’s other Cinderella team, Boise State.

Both teams are undefeated. Both teams’ fans think they deserve a shot at the national title, but they won’t get the opportunity. The winner will more than likely end up ranked third, and the winner of the Alabama-Texas

game will be crowned champion. Once again, the setup will bring cries for a playoff system; once again, the president will more than likely be quoted as saying there should be a playoff; and once again the schools will say no because the bowl system brings in too much money.

Regardless, the Horned Frogs are already in contention for the national

championship next season. As the Dallas Star Telegram wrote in a recent editorial, there is precedent: In 2009, Texas won the Fiesta Bowl; in 2010, the Longhorns will play for the national championship. In 2007 and 2008, Oklahoma played in the Fiesta Bowl; in 2009, the Sooners played for the national championship. In 2006, Ohio State won the Fiesta Bowl; in

2007 and 2008, the Buckeyes played for the national championship.

For Texas Christian, it’s secondary to the second coming, but a blessing nonetheless.

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



STRANGE BUT TRUE

By Samantha Weaver

- It was 19th-century German philosopher Arthur Schopenhauer who made the following sage observation: “If we were not all so interested in ourselves, life would be so uninteresting that none of us would be able to endure it.”

- Emmy-nominated actress Debbie Reynolds was fired by Warner Brothers after her first movie.

- Sharks inspire a great deal of fear in most people. However, the keepers of statistics claim that you are much more likely to be killed by a bee than you are to be killed by a shark — 50 times more likely, in fact.

- Growers of coffee beans say that the coffee blossom smells like jasmine.

- When a seal goes to sleep, whether in the sea or on land, it stops breathing. Every 15 minutes or so it will wake up to take a breath, then it will go back to sleep.

- When it comes to irrigated

crops in the United States, you might be surprised to learn that the plant that covers the most acreage isn’t corn, wheat or soybeans; it’s grass. Think about that the next time you’re watering your lawn.

- There’s an interesting story behind the name of the Caribbean island of Curacao. It seems that explorer Amerigo Vespucci had several sailors on his ship who were very seriously ill with scurvy, so he dropped them off on the island, assuming they would die. However, the abandoned sailors feasted on fresh fruit, thereby ingesting the vitamin C that cured the disease and saved their lives. The word “curacao” means “cure” in Portuguese.

- Here’s a disturbing fact for all the arachnophobes reading this: There are more than 34,000 different species of spider.

Thought for the Day: “So long as men worship the Caesars and Napoleons, Caesars and Napoleons will duly rise and make them miserable.” — Aldous Huxley

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Briefs

From Page 1

lose control veering off the roadway. No injuries were reported as a result of the incident but the mother and her children were shaken up. Charges have since been filed against Marquez of San Elizario. A warrant of arrest has been issued for Marquez’ apprehension on four counts (victim and 3 children all under the age of 14) for Aggravated Assault

(Family Violence) with a \$8,500 bond on each count. Marquez is said to remain in the Borderland hiding with friends and/or family. The El Paso County Sheriff’s office urges anyone who knows the whereabouts or has seen Marquez to please 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.

— Deputy Jesse Tovar

HEALTHY EYES

WEAR SUNGLASSES

Every day that you’re outside, you’re exposed to dangerous, but invisible, ultraviolet (UV) sunlight. Left unprotected, prolonged exposure to UV radiation can seriously damage the eye, leading to cataracts, skin cancer around the eyelid and other eye disorders. Protecting your eyes is important to maintaining eye health now and in the future.

Shield your eyes (and your family’s eyes) from harmful UV rays. Wear sunglasses with maximum UV protection.

For more information, visit www.thevisioncouncil.org/consumers/sunglasses.

A public service message from The Vision Council.



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.**

TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

Patriots really need to focus on playoff picture

By Steve Escajeda
Special to the Courier

Did you happen to hear about the incident involving Randy Moss that has caused a rift between New England and the Carolina Panthers?

Everyone knows the Patriots are not the same team they've been over the last few years and it's beginning to tell on some of the players and their head coach.

New England got a win last Sunday over Carolina but the talk after the game wasn't about how good it was to get back on the win column — it was about Randy Moss' fractured feelings.

Seems Moss hasn't been getting the ball a whole lot lately and some have accused the wide receiver of reverting back to his days as an Oakland Raider, taking a number of plays off.

If you'll remember it was Moss who admitted that he didn't go hard every play back then, which caused his stock to go down faster than Lehman Brothers'.

But Moss eventually got his head back on straight and we all know what he's accomplished with the Patriots.

Carolina Panthers' defensive back Chris Gamble said after the game that Moss didn't give much of an effort and took a bunch of plays off during the game.

And who should know better than the guy who was covering him.

Now a few years ago the New England Patriots would not have even given a statement like that a second thought and would have immediately put their focus on the next victim on their schedule.

But this version of the Patriots, without guys like Mike Vrabel, Richard Seymour, Teddy Bruschi and Rodney Harrison, is not the same mentally mature team that is focused on winning games and keeping drama out of the locker room.

But as if he were coming to the aid of a damsel in distress, Patriots' quarterback Tom Brady rushed out to defend his emotionally injured wide receiver in the press a day later.

Why would Brady even give those comments any legitimacy by commenting on them? It's beneath him — well it used to be.

Brady said Moss was one of the favorite guys he'd ever played with and he explained that it's not easy when teams center their defensive game plan around stopping an individual like him.

I'm not sure whether Brady was speaking directly to Gamble about his comments, or directly to Moss on why he hasn't thrown the ball to him very much lately.

And if that wasn't enough, coach Bill Belichick got involved in the war of words and made fun of Gamble as well.

The usually stoic Belichick went out of his way to mention to the media that Gamble sure had a lot to say after his team had just lost another game.

Oooh, I'll bet that one got him. I'm glad

Belichick has put his priorities in order.

Instead of wondering how to keep his team motivated to stay just ahead of the Dolphins for the AFC East playoff spot, he's thinking up ways to hurt Gamble's feelings.

What is this, the NFL or an episode of Days of Our Lives?

The New England Patriots have got to stop worrying about what opposing players say and start worrying about their play on the field and the attitude of their star receiver. Randy Moss does have a history of "losing it" when he's unhappy.

And when he's not getting the football thrown to him on a regular basis — he gets

very unhappy.

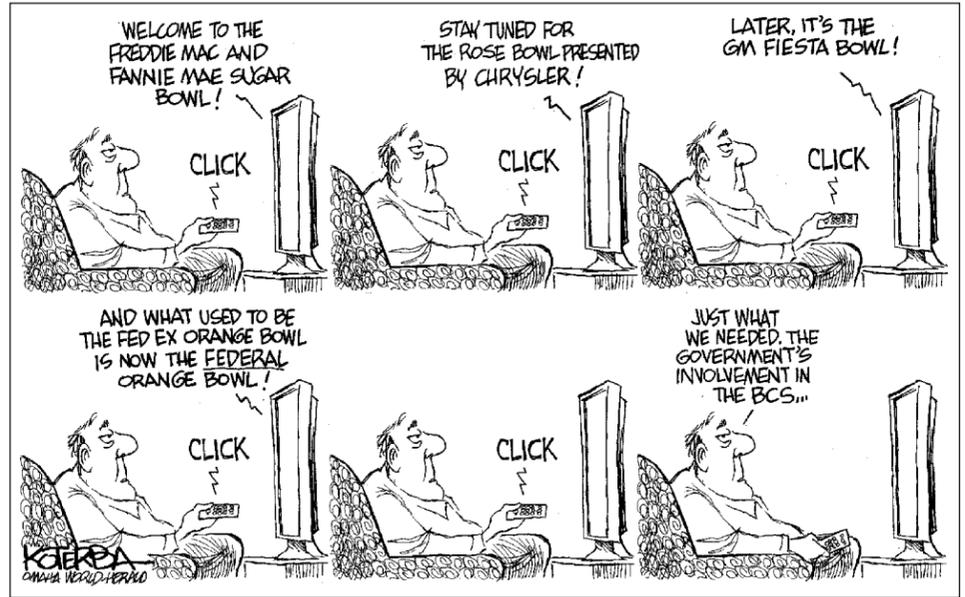
I'm not a huge fan of either, but it is very unsettling to see Brady and Belichick stop what they're doing and get into a war of words with a player no one has ever heard of.

Sticks and stones guys.

Two of the Patriots' last three games are on the road and with a 1-5 record away from home, New England had better start to get its collective mind on the task at hand.

The only way I know to how stop a guy who runs his mouth too much is to ignore him totally or go out and defeat him on the field.

Apparently, the Patriots have forgotten how to do that.



Classified Ads

LEGALS

SAN ELIZARIO INDEPENDENT SCHOOL DISTRICT

SURPLUS SALE
San Elizario ISD will conduct a surplus sale of inventory including computer and audio visual equipment. The sale will begin on **December 19, 2009 at 8:00 a.m.** (while quantities

last). All transactions will be cash. No one individual will be allowed to purchase more than two (2) of any items. Ticket for entry required. Distribution of tickets will begin at 6:30 a.m. outside the L.G. Alarcon Elementary Cafeteria (1349 FM Rd 1110). All sales are final — no refunds, returns or exchanges.

WTCC: 12-10-09
12-17-09

Town of Horizon City

PUBLIC NOTICE

A PUBLIC HEARING will be held at **5:30 p.m. on Monday, December 21, 2009 during a Special Council Meeting** at City Hall, 14999

Darrington Road, Horizon City, Texas. Purpose of the public hearing is to allow any interested persons to appear and testify regarding the following proposed ordinance(s)/ amendment(s):

- 1) 2nd reading of Ordinance No. 0176 — An ordinance for a budget amendment to transfer \$500,000

from the fund balance to FY2009/2010 budget line item 504145 Street Maintenance and to transfer \$54,177 from the fund balance to FY2009/2010 line item contingency 502818.

Those who are unable to attend may submit their views in writing to the City Clerk of Horizon City. Accommodations for handicapped persons will be available and individuals in need of special assistance for attending the hearing are encouraged to contact the City Clerk at 915-852-1046, forty-eight (48) hours prior to this meeting. Ordinances are available for viewing or copying upon request from the City Clerk at the above address or call 915-852-1046, Monday through Friday, 8 a.m. to 5 p.m.

Elvia Schuller
Administrative Aide
to the Mayor for
Karen Ellefson
City Clerk
Town of
Horizon City

WTCC: 12-17-09

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamen-

tary for the Estate of Bernardino Burciaga, Deceased, were issued on November 23, 2009, under Docket No. 2009-P01103, pending in Probate Court No. 2 of El Paso County, Texas, to Lorenzo Burciaga.

Claims may be presented in care of the attorney for the estate, addressed as follows:

Lorenzo Burciaga,
Independent
Executor
Estate of
Bernardino
Burciaga,
Deceased
c/o David Nevarez,
Attorney at Law
1201 N. Mesa,
Ste. D-2
El Paso, Texas
79902

All persons having claims against this estate, which is currently being administered, are required to present them within the time and in the manner prescribed by law.

Dated
By:

Lorenzo Burciaga,
Independent
Executor
of the Estate of
Bernardino
Burciaga,
Deceased

WTCC: 12/17/09

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.

DRIVERS WANTED

Russell Transport
Now Hiring OTR Drivers
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Min. 2 years Exp. required
WE CAN HAVE YOU ON THE ROAD IN 3 to 4 DAYS.
12365 Pine Springs
915-542-1495

HOMES

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

SELF-HELP

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

562-4081 for information.

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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Recruiting Assts.
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- 2: Write a check; then
- 3: Send both to us.

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25 words - \$10 per week; 40 words - \$15 per week

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40

Deadline: Mondays
Please print. Send form and payment (no cash) to:
West Texas County Courier
15344 Werling Ct.
Horizon City, TX 79928

Contact Information:
Name: _____
Phone: _____

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



Your good health By Paul G. Donohue, M.D.

DEAR DR. DONOHUE: I remember reading something you wrote a long time ago about the proper way to breathe for people with chronic obstructive pulmonary disease. I didn't need the information then. I do now. Until recently, I smoked more than a pack of cigarettes a day, for 35 years. It caught up with me all of a sudden. I have COPD. I need you to repeat those recommendations again. Will you? — T.R.

stand or walk.

The booklet on chronic obstructive pulmonary disease explains emphysema and chronic bronchitis in depth, and how they're treated. To obtain a copy, write: Dr. Donohue — No. 601W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Sure. (For readers: Chronic obstructive pulmonary disease, COPD, is emphysema and chronic bronchitis.)

Pursed-lip breathing is one technique that helps. Draw your lips into the whistling position when you breathe out. The lips are in the right position if the outgoing air makes a hissing sound as it passes through them. Pursed-lip breathing keeps the airways opened so all stale air is emptied from the lungs. In people with COPD, on exhalation, the airways collapse. That leaves them partially filled with old air containing little oxygen. By getting all the oxygen-low air out of the lungs, fresh air fills them and a person isn't shortchanged on oxygen.

DEAR DR. DONOHUE: I worry about my daughter. She is on her own at age 25 and works a demanding job that requires lots of overtime. She seems to catch every illness that comes along. I think her immune system isn't working. Can you suggest a food, supplement or vitamin that could build it up? — C.R.

Exhale slowly, twice the length of time it takes to inhale.

You have to train yourself to use your diaphragm to its maximum capacity. The diaphragm is the horizontal muscle that separates the chest from the abdomen. It's the principal breathing muscle. When the diaphragm moves downward, air rushes into the lungs.

The immune system is often referred to and often misunderstood. White blood cells are part of it. Some white cells attack incoming germs. Others make antibodies that coat germs and lead to their death. Lymph nodes, the spleen and the liver trap germs and inactivate them. These are some of the parts of the immune system.

To make sure you're using your diaphragm, lie on your back with your hands on your abdomen. Breathe normally. When you breathe in, your hands should move out as the diaphragm descends. You have to consciously use the diaphragm with each inhalation until it becomes second nature for you.

I don't know of a vitamin, a supplement or a food that bolsters the immune system unless the body has a specific vitamin deficiency. A well-balanced diet, banal as that advice is, keeps immunity in top performance. Your daughter sounds like she could stand some rest. Constant stress weakens immunity.

Another trick that makes more room for air in the lungs is to bend a bit forward at the waist when you

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2009 North America Synd., Inc. All Rights Reserved.

King Super Crossword

TOOTH PASTE

- ACROSS**
 1 Self-confidence
 7 Lady of the house
 12 Pacific archipelago
 16 Fit _ fiddle
 19 Not as affluent
 20 Let up
 21 "East of Eden" character
 22 Negligent
 23 Start of a quip by Ogden Nash
 25 Massachusetts
 27 "Kind _ Drag" ('67 hit)
 28 Little fox
 29 Does some cobbling
 31 Jannings or Gilets
 32 "Pequod" captain
 34 Whippet or wolf
 37 Raptor feature
 39 Dugong, for one
 42 Salon offering
 43 Faint
 44 Fashionable
 Emilio
 45 Part 2 of quip
 51 Agatha's colleague
 52 Hardly popular
 54 NASA affirmative
 55 _ vera
 56 Revolt
 58 Prop for Figaro
 61 Make murky

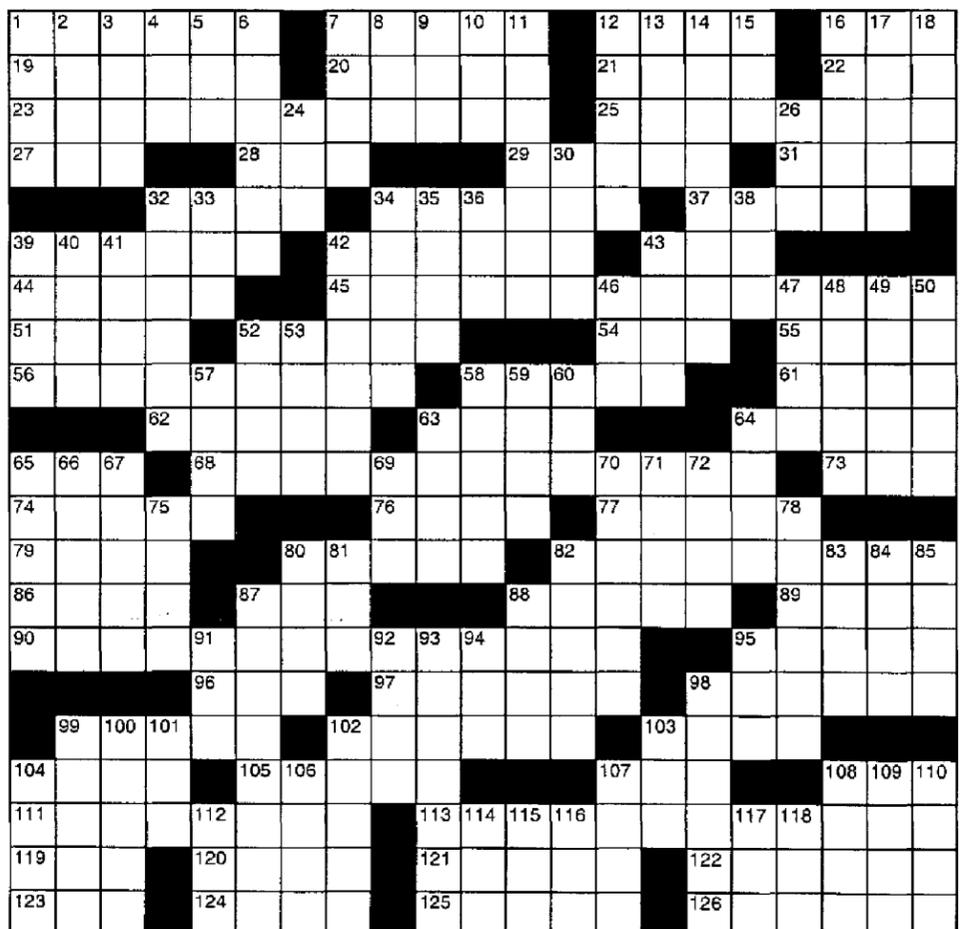
- 62 Alpine area
 63 Soccer superstar
 64 Gounod opera
 65 "Fantasia" frame
 68 Part 3 of quip
 73 Narcs' org.
 74 Old Testament character
 76 Jet-setter's need
 77 Spine-tingling
 79 Middle Eastern money
 80 Play ground?
 82 Cajole
 86 Cry of dread
 87 _ Na Na
 88 Tuscan town
 89 Surfeit
 90 Part 4 of quip
 95 Prepare the champagne
 96 Vintage
 97 62 Across sight
 98 Grown-up grub
 99 Cumin or coriander
 102 Pieces
 103 Noisy birds
 104 Tibia
 105 Walker's "The _ Purple"
 107 Kennel feature
 108 Catchall abbr.
 111 Flirt
 113 End of quip
 119 Burmese statesman
 120 TV's " _ Life"

- DOWN**
 1 Lhasa _
 2 Magic-show sound
 3 _ Linda, CA
 4 Zinc or copper
 5 Ran into
 6 NBC newsman
 7 Actor Damon
 8 _ Dhabi
 9 Historic org.
 10 Had some halibut
 11 Handel oratorio
 12 Tale
 13 "Dies _"
 14 Control lever
 15 Officeholders
 16 Battle site of 1836
 17 Fancy fabric
 18 Salchow kin
 24 Spare part?
 26 _ Aviv
 30 " _ in America" ('63 tune)
 32 Say yes
 33 _ polloi
 34 Proofreader's mark
 35 Sailed through
 36 Tang
 38 Orthopedists' org.
 39 Detailed

- description
 40 Continental currency
 41 Bill of Rights grp.
 42 Femme _
 43 Couturier Christian
 46 _ Vicente, Brazil
 47 Zhivago's love
 48 Audibly
 49 Din
 50 Actress Burke
 52 Long lunch?
 53 Mighty mite
 57 Satellite _
 58 Witherspoon of "Legally Blonde"
 59 Soprano Gluck
 60 Zuider _
 63 Bluenose
 64 Move like a hummingbird
 65 Chocolate substitute
 66 Yale or Root
 67 Inclined
 69 Palindromic name
 70 Most modern
 71 MTV viewer
 72 Precinct
 75 Story line
 78 Decorates glass
 80 Wearing saddles
 81 Author Amy
 82 Places
 83 Came down to earth
 84 Droop
 85 Howard or Petty

- 87 Chose
 88 Bacteriologist
 Jonas
 91 Ad _ committee
 92 Repeat
 93 Mitty's creator
 94 Harrison's "Star Wars" role
 95 Dodger Ron
 98 Good name for a raccoon
 99 Radiated
 100 Stimulate
 101 Shiba _ (Japanese dog)
 102 Weather word
 103 Roast beef au _
 104 Move quickly
 106 Football Hall of Famer Jim
 107 Puerto _
 108 To be, to Baudelaire
 109 Forbidden
 110 Overcharge
 112 Inflatable item?
 114 Lennon's widow
 115 Canterbury can
 116 "I've been _!"
 117 Ike's domain
 118 Sister

Answer Page 4



Social Security Q&A By Ray Vigil

Deck the halls, hold the calls

The holiday season is here, and many people will be singing along with their favorite seasonal songs.

So go ahead & sing your Jingle Bells and ring your Silver Bells. But hold your calls if your business can wait until after the holidays.

For years, Social Security has told the public that the busiest time for our field offices and for our toll free telephone number is early in the week and early in the month, so if your business can wait, it's best to contact us at other times. The same advice applies to the holiday time, especially the week between Christmas Eve and New Year's. So if you must do business with Social Security during the holidays, you may experience more busy signals and longer wait times.

As an alternative, we suggest you consider going online to www.socialsecurity.gov, where we have a wealth of information and online services available. You can apply online for retirement or disability benefits, or check on the status of your pending application. If you are already a Social Security beneficiary, you can go online to change your address, phone number, or your direct deposit information, get a replacement Medicare card, or request a proof of income letter.

If you get an opportunity to visit our website at www.socialsecurity.gov, you may save yourself a call or a trip altogether. But if you do need to speak to a Social Security representative, we'll be there for you.

Q: How much can I earn and still get Social Security retirement benefits?

A: Starting with the month you reach your full retirement age, you will get your full benefits with no limit on your earnings. Social Security uses the formulas below, based on your age, to determine how much your benefit may be reduced:

- If you are under your full retirement age: when you start getting your Social Security payments, \$1 in benefits will be deducted for each \$2 you earn above the annual limit. For 2009, that limit is \$14,160. The earliest age you can receive Social Security retirement benefits remains 62, even though the full retirement age is rising.

- In the year you reach your full retirement age, \$1 in benefits will be deducted for each \$3 you earn above a different limit, but only counting earnings before the month you reach full retirement age. For 2009, this limit is \$37,680.

Keep in mind that although your benefits may be reduced due to earnings, you may receive a higher benefit later. After you reach full retirement age, we will recalculate your benefit amount to give you credit for any months in which you did not receive a benefit because of your earnings. In addition, as long as you continue to work and receive benefits, we will check your record every year to see whether the additional earnings will increase your monthly benefit. Find out your full retirement age at www.socialsecurity.gov/pubs/ageincrease.htm. Learn more by

reading our publication, How Work Affects Your Benefits, at www.socialsecurity.gov/pubs/10069.html.

Q: I am a noncitizen and I lost my Supplemental Security Income (SSI) because my seven-year eligibility period expired. Will I benefit from the new law, the SSI Extension for Elderly and Disabled Refugees Act (Public Law 110-328)?

A: It depends. This law provides for

up to two years of additional benefits for certain SSI recipients who had their benefits terminated due to the seven-year time limit. The seven-year SSI eligibility period for refugees, asylees, and certain other humanitarian immigrants (including victims of human trafficking) is extended up to two years, or three years for certain individuals during the period October 1, 2008, through September 30, 2011. To qualify, otherwise eligible noncitizens are required to sign a declaration indicating that they have made a good faith effort to pursue U.S. citizenship unless they are under age 18 or have an application for naturalization that is pending or has

been approved. If all SSI eligibility requirements are met, the two-year extension may apply retroactively to noncitizens whose SSI previously ceased due to the expiration of the seven-year period, but not earlier than October 1, 2008, even if all eligibility factors are met. To learn more, visit our new page about the temporary SSI extension at www.socialsecurity.gov/immigra-

[tion/extension.htm](http://www.socialsecurity.gov/immigra-tion/extension.htm).

For more information on any of the questions listed above, visit our website at www.socialsecurity.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

Weekly SUDOKU

by Linda Thistle

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

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
 ★★★ 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.

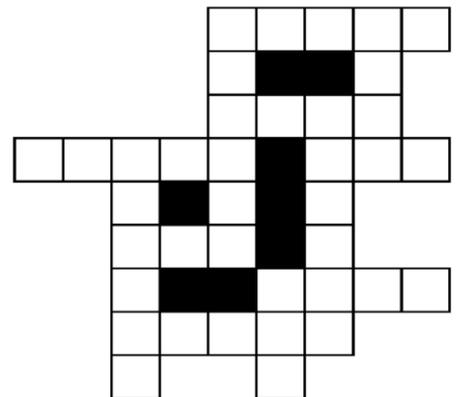
Clue: T equals O

VTS YS YJJ GHNZ ETVI TE
 JTVZ ZTTIGRHU, UDH OHVS
 YOYR ONSDTFS
 EFBSDHB YINHF.

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- ASL
- EPAGUL
- DEUNE
- RUUG
- GROVIA
- OQU
- ♥DEAI
- STAIV
- ♥UNG
- LUQES
- PDIVA
- ♥EPRA



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

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If you're not covered, you'll be discovered.



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

TexasSure  **catches drivers without insurance.**