

NEWSBRIEFS

Courier closed

The *West Texas County Courier* will be closed Dec. 24, 2009 to Jan. 1, 2010. The next printing of the *Courier* will be the Jan. 4, 2010 issue. Phone messages will be checked periodically.

Club meeting

The Junior Woman's Club of El Paso will be holding a meeting on Saturday January 16th at the Woman's Club clubhouse located at 1400 North Mesa (parking is located across the street). Provisional (new) members will meet at 9:30am followed by the general meeting at 10:30am. During the general meeting Katherine Palafox with Keep El Paso Beautiful will speak. The club will also be working on plans for its upcoming Diamond Jubilee celebration in February. For information contact Ruth (525-8380) or Denise (704-957-5202). Cost for non members is \$10.

— Beth Podol

Crime Stoppers

Crime Stoppers of El Paso is assisting deputies from the El Paso County Sheriff's Office in identifying and locating a suspect who committed an aggravated robbery in Canutillo, making this the "Crime of the Week." On Tuesday night, Nov. 3, just after 9:00 a.m., a black male entered Edgar's Quicky Stop, located at 6844 First Street in Canutillo. As soon as the subject entered, he put on a dark colored handkerchief and sunglasses to cover his face. The suspect then pulled out a handgun, which he pointed at the two clerks in the store, and he stole an undetermined amount of money and Newport brand cigarettes. The suspect fled in a dark colored vehicle driven by another person. The suspect is described only as a black man who is approximately 5'7" and weighs 180 lbs. There is no description of the other person. The vehicle is described as dark colored, possibly bearing Texas license plate PFR-720. 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

Pachanga

State Rep. Chente Quintanilla will host his 8th Annual Holiday Pachanga on New Year's Day (Friday, Jan. 1, 2010) from 2:00 p.m. to 7:00 p.m. The public is invited — no invitation is required. The party will be held at the Mission Valley Ballroom, 10600 N. Loop Rd. in Socorro. Information: 859-3111.

Children need strength to lean on, a shoulder to cry on, and an example to learn from.

— Quips & Quotes

Orange Bowl bound



— Photo courtesy the Strutters

BIG-TIME, HALF-TIME STAGE — The Mountain View Strutters Dance Team will leave for Florida on Jan. 1. The Strutters, along with other dance teams from around the nation, will perform at half-time during the FedEx Orange Bowl matchup between the Iowa Hawkeyes and the Georgia Tech Yellow Jackets. The Jan. 5, 2010 game and half-time show will be aired nationally on FOX at 6 p.m. MST. To prepare for the show, the Strutters will attend workshops conducted by top US choreographers. Making the trip are Sylvia Valdez (Head Captain), Andrew Perez (Captain), Elvira Sanchez (Captain), Jazmin Silva (Officer), Cassie Thill, Edna de la Fuente, DJ Orozco, Joseph Navarrete, Carlos Alvidrez, Cinthia Vazquez, Ivett Benavidez, Alex Barrios, Sujey Aguilar, Adriana Chavez, Anahi Guerrero and Mary Allaire (Dance Director). Chaperones will include Graciela Gonzalez, Samuel Rodriguez and Gladys Vega-Orta. Allaire is so proud of her dancers she had the photo above made into a car wrap for her 1982 Corvette. The team will return on Jan. 6.

COC holds elections, gives crop report

Miller elected to FSA committee

By Jamie Henneman
Special to the Courier

Cotton and pecan farmer Craig Miller was

recently elected to the El Paso Farm Service Agency County Office Committee (COC) at a regular meeting on Dec. 10. Miller replaces former committee member Harvey Hilley Jr. and will serve a three-year term.

As one of the five producers on the COC board, Miller will advise the agency about factors affecting farmers and general farming conditions in the southern portion of Hudspeth

Seniors wanted

Senior Center in Horizon City offers classes, potlucks and more

By Jamie Henneman
Special to the Courier

The Oz Glaze Senior Center may be one of the best kept secrets in Horizon City, but members of the center want that secret to get out so local seniors know there is a place especially for them. The senior center is located at 13696 Veny Webb St. in Horizon City and is hoping to include other seniors in their activities, events and potlucks that happen every month.

"We just want people to know that we are here and that they are welcome..."

"Our center is all run by volunteers and provides an important place for area seniors to meet and socialize," said Audrey Glaze. The senior center is named after Audrey's husband, Oz Glaze, who was an active member in the community and wanted to establish a place for area seniors to gather.

Along with coming to socialize, seniors can also take advantage of the numerous classes that are held at the senior center every week, along with a twice monthly potluck.

Many of the classes, including a computer class, exercise class and knitting class are taught by seniors who have volunteered to share their skills with others. The center also has a kitchen, pool table, large screen tv, computers with internet and seating for up to 80 people. A pottery kiln is also available at the center for personal or class use.

"We just want people to know that we are here and that they are welcome to come," said volunteer Dick Harshberger. "There are some neat things going on here and we don't want people to miss out."

Classes currently being held at the Oz Glaze Senior Center include:

- A class on computer and Internet basics every Monday at 5 p.m.;
- Exercise classes on Mondays at 10:00 a.m., Tuesdays at 11:00 a.m. and Thursdays at 10:00 a.m.;
- A Tai Chi class on Tuesdays at 5:00 p.m.;
- A game night every Thursday at 5:30 p.m.; and
- Potlucks on the 2nd and 4th Wednesdays

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County. Miller was voted in by a 28 to 4 margin by his peers over opposing candidate Richard Stewart. The election was conducted by mail-in ballot and tallied by FSA staff and the COC committee.

Miller will represent FSA Local Administrative Area #4 and serves along side

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Por la Gente By State Rep. Chente Quintanilla

Register to vote

Hola mi gente. It is hard for me to believe that we are already in a new year but here we are in 2010. I hope the new year provides you and your families the best in health, business and prosperity. This year is an important election year. We will be electing state wide

political offices as well as local political offices. In March, the Democratic and Republican primaries will take place on March 2nd. One important date that all of us should be aware of is the last day to register to vote. That date is February 1st; a Monday. Ask your family members, neighbors and friends if they are registered and, if not, have them register by that date.

El Paso and other border communities participate in elections in rather poor numbers. There is no good reason why residents of our community ignore the privilege of voting. The voter turnout in the years which involve presidential elections historically have far greater voter turnout that the years which involve gubernatorial elections. For no good reason, the voter turnout in El Paso county for gubernatorial elections is much less percentage wise than other

parts of Texas; except other border areas. We share certain needs with border communities and the fact that all the border counties have poor voter turnout hurts to some degree. A low voter percentage for a state senate or house seat does not necessarily hurt the senator or representative. Other members of the state legislature do not measure a fellow member based on a low or high voter turnout. The reverse is not necessarily true about the turnout for offices such as governor, lieutenant governor, attorney general or comptroller. In the legislature, each of us members has a vote equal to other members regardless of our voter turnout. Statewide races reveal the apathy in many communities such as ours. When the voter turnout is such a small percentage of the total voters, then those statewide office holders can give greater consideration to communities with greater voter turnout; even if the vote was not in their favor. An office holder can initiate programs that may change those voters. The bottom line is that voter participation by you, your immediate and extended family, and your friends is important. Start now and work toward greater voter turnout. This will not only benefit us locally, it will also have a very important impact on how statewide office holders consider El Paso. I remain your friend and public servant, Chente por la gente.

Veterans Post By Freddy Groves

VA's watchdog

You have to love the Office of the Inspector General for the Department of Veterans Affairs. Its role, among other things, is to conduct audits and investigations, recommend policies to prevent waste and abuse, and to detect crime in VA operations.

In the new semiannual report to Congress, the VAOIG details all of its accomplishments for the period from April 1 to Sept. 30, 2009.

Among the many issues it investigated:

- Medical equipment that put veterans at risk during treatment.
- Personnel who misused their position and hired friends and relatives.
- Overpayments to the tune of \$225 million in the Outpatient Fee Care Program.
- Pre-award review of potential contracts. (Value \$56,406,300)
- Post-award review of contracts. (Value \$12,781,638)
- Arrest of felons
- Investigation of a pharmaceutical manufacturer that now has to pay \$2.3 billion to settle a drug-fraud case.
- Threats to VA employees.

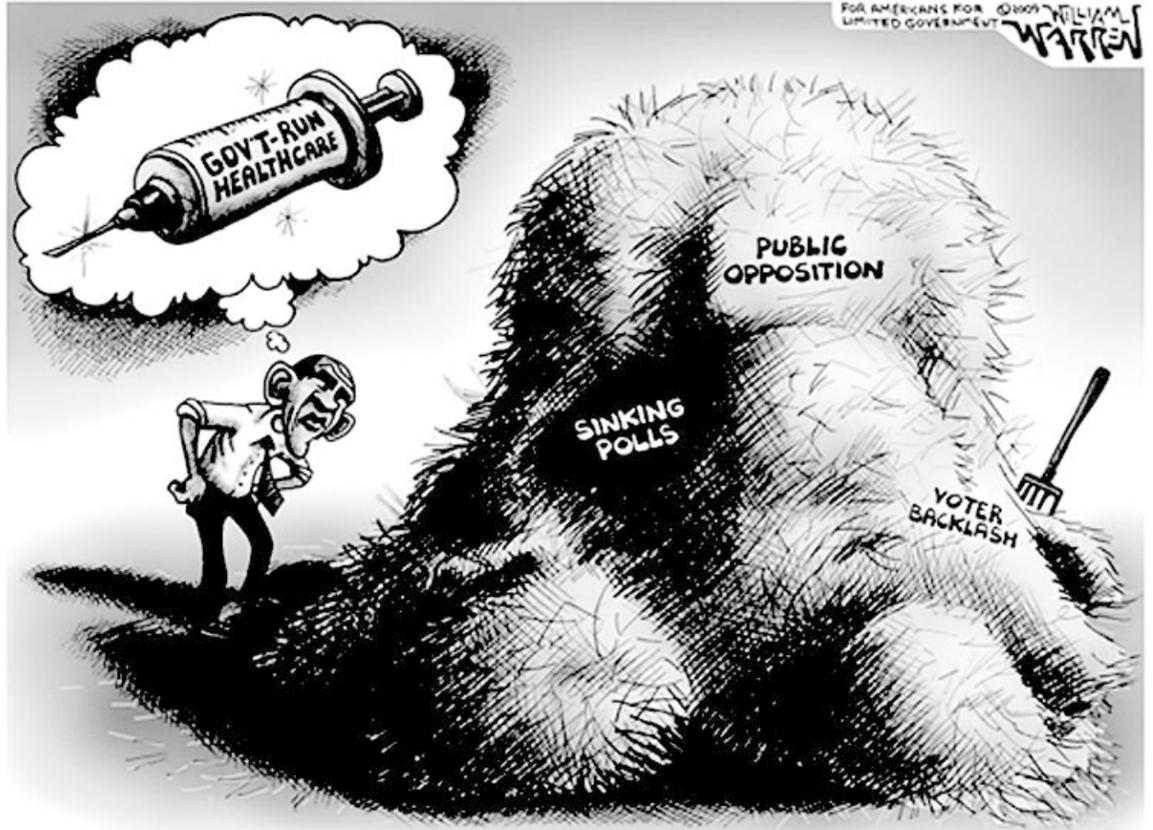
• Audited open-market purchases and suggested changes. (Value \$41,172,031).

In summary, VAOIG issued 133 reports on its investigations, closed 530 investigations, made 286 arrests and got 209 convictions, issued 511 administrative sanctions and collected \$1.2 billion in fines and restitution. It recommended (and management agreed to) changes that would save \$99,572,288 and questioned costs to the tune of \$878 million.

All is not well, however. There are still hundreds of recommendations that haven't been implemented, many of them with big price tags attached.

If you ever doubt that there are people who are working for your benefit, scroll through the VAOIG report at www4.va.gov/oig (click on Semiannual Reports).

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.



LIKE TRYING TO FIND A NEEDLE IN A HAYSTACK.



PUBLISHED:
Published each Thursday by Homesteader News, Inc. Appreciation to our many contributors. Office open Monday through Thursday.

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

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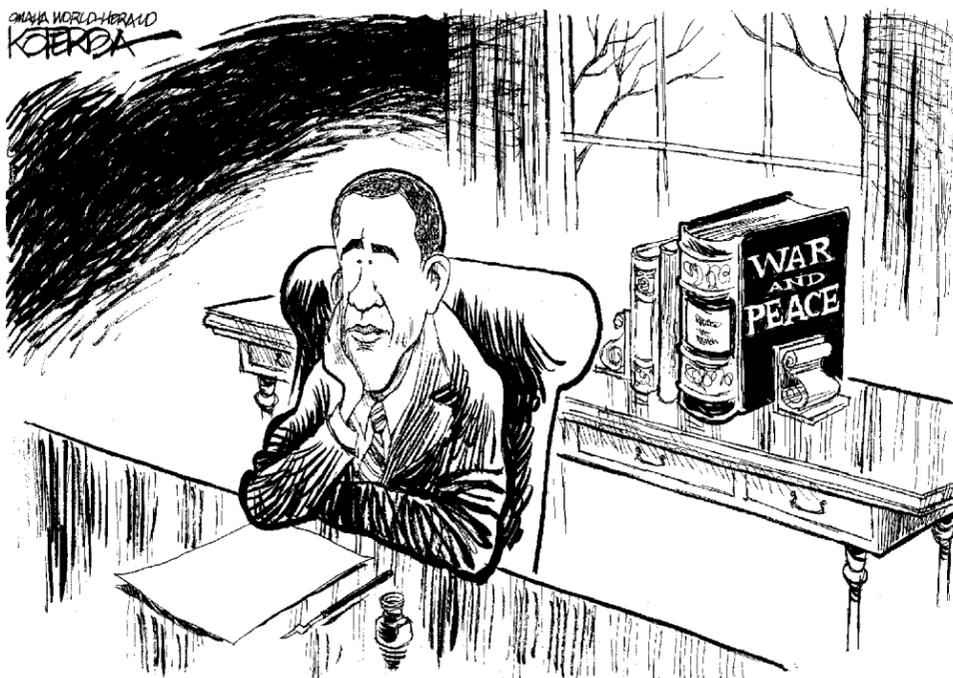
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View from here By Howard Rich

Insanity, defined

One of the oldest clichés in the book defines insanity as doing the same thing “over and over again” and expecting a different result.

In that case, it’s a pity we can’t give our federal and state governments long-overdue lobotomies.

In spite of overwhelming evidence that the \$787 billion bureaucratic bailout passed in February has failed to “stimulate” the economy, President Barack Obama is now proposing that Congress pass a “second stimulus.”

After months of record unemployment and signs pointing to an unprecedented holiday retail disaster, Obama still doesn’t get it.

America must “spend our way out of this recession,” Obama said in a recent speech to the Brookings Institution, reiterating his commitment to a failed interventionist approach that has consumed America policy-making for the last two years — and consumed American prosperity along with it.

In January 2008, the American economy employed 138.1 million people and our nation’s unemployment rate was 4.9%. That’s when a “bipartisan stimulus” totaling \$170 billion was passed, one comprised largely of increased mortgage guarantees for government-backed (now government-run) mortgage behemoths Fannie Mae and Freddie Mac.

By January of this year, 3.5 million Americans had lost their jobs and the unemployment rate stood at 7.6%.

That’s when the forces of “change” in Washington decided to put the interventionist policies of the Bush era on steroids, passing the massive bureaucratic bailout and handing out government cash and loan guarantees to favored special interests like candy.

Since the beginning of the recession in December 2007, the federal government has spent, lent or pledged nearly \$13 trillion — which equates to \$42,105 for every man, woman and child in the United States.

The result of all that taxpayer-funded largesse? Since January of this year, another 3.5 million Americans have lost their jobs, and the unemployment rate has soared to 10%.

Meanwhile, Obama is proposing fresh tax increases on high income-earners (i.e. job creators) to pay for his socialized medicine proposal, and his campaign promise to provide

middle class tax relief has evaporated. In fact, with the national debt fast approaching \$13 trillion (twice what it was six years ago) and a record budget deficit of \$1.5 trillion on tap for the coming fiscal year, it’s becoming increasingly likely that Obama will have to resort to a middle class tax hike in order to cover government’s escalating tab.

Then there’s “Cap & Trade,” a massive new energy tax passed earlier this year by the U.S. House. Disguised as



STIMULUS PACKAGE

an “emissions marketplace,” this backdoor tax hike does nothing but exploit demonstrably fuzzy science in an effort to deprive American families of as much as \$4,000 a year in increased energy costs.

With so much oxygen being sucked out of the American economy (and more deprivation on the way from Washington), it’s amazing that anyone has a job. Anyone not on Uncle Sam’s payroll, at least.

Still, in spite of the unambiguous failure of these interventionist policies, Obama and his allies are now proposing yet another “stimulus” — this one to be funded essentially by loan repayments from the TARP bailout that are legislatively-mandated to go toward deficit reduction.

Where does Obama want to put this money instead?

“State and local government — first,” says former Treasury Secretary Robert Reich, a participant in one of Obama’s recent economic development-themed photo opportunities.

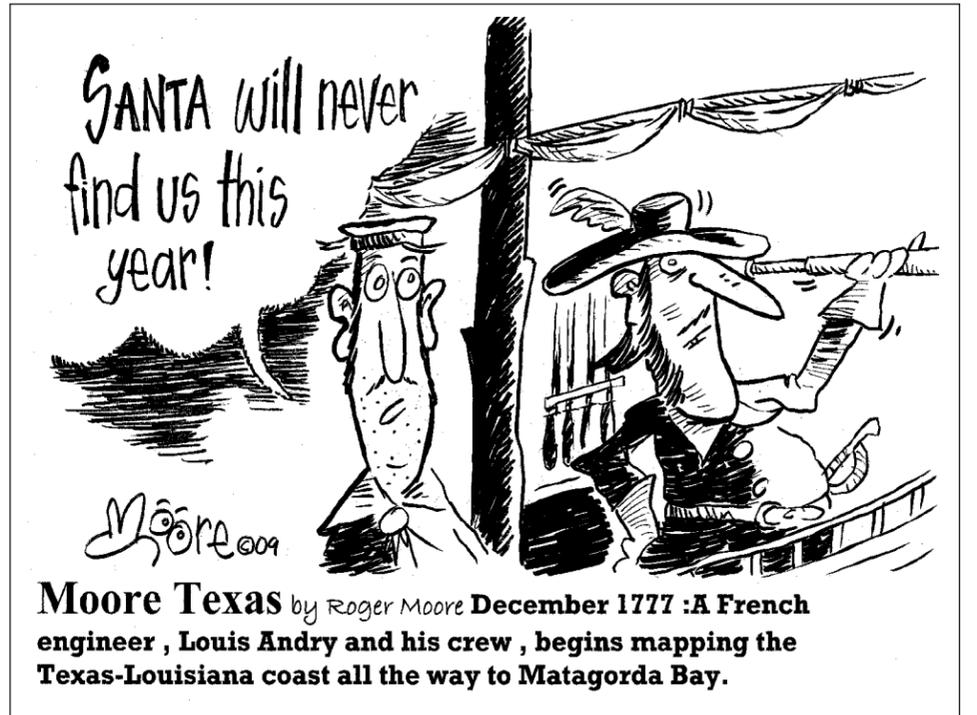
In other words, Obama’s plan is to continue pouring taxpayer money into the same old unsustainable bureaucracies.

“What needs to be said is that there is no reason that we as a nation have to accept 10 percent unemployment or 18 percent underemployment,” Reich says. “We have the ability to bring that number down.”

On this point, Reich is absolutely right. We don’t have to accept it — and we certainly can bring that number down.

Of course, doing so would require a complete reversal — not a continuation — of our government’s failed interventionist policies.

Howard Rich is Chairman of Americans for Limited Government.



Report

From Page 1

producers Craig Ivey, James Chavez, Randall Strachan and Lane Brewster. Farmer Mark Grijalva serves the committee as an advisor.

Crop reports look sound

Crop harvests in the El Paso, Hudspeth and Culberson counties looked sound this year according to the COC committee who reported average yields in cotton, peppers, corn and grain sorghum.

However, the weather has occasionally thrown a sucker punch at producers unused to volatile conditions.

"It has been a wild year," said cotton farmer Randy Strachan, referencing the hailstorm in September, hail and rain in October and the recent December snowstorm. Strachan and other farmers were

also rebuffed in their efforts by the 80 mph windstorm this month that gave any unharvested cotton a beating.

Farmers hoping to harvest pecans are also about two weeks behind schedule due to the weather, according to farmer Craig Ivey.

"Once the frost dropped the leaves off the pecan trees, it was obvious that the actual harvest is going to be 10 to 15 percent less than expected," he said. "We are also about two weeks behind due to the weather and most farmers are just now able to harvest."

Pecan farmers are banking on the mild temperatures in the forecast to help preserve the quality of their nuts, with 50 to 60 degrees during the day being optimal picking weather.

"Once it gets up into the 70s and higher, the hot weather can really degrade the nuts," said Ivey.

On average, the greater El Paso area harvests 27.5 million pounds of pecans that are consumed both locally and abroad.

Operation Angel of Warmth visits Canutillo Elementary



— Photo courtesy Canutillo ISD

CANUTILLO — One hundred and fifty pre-kindergarten through fifth grade students at Canutillo Elementary School (CES) were warmly surprised recently when they received new jackets. The generous gift, which was dubbed "Operation Angel of Warmth" by school personnel, came just in time to help students through the recent cold temperatures and snow. Two truckloads of jackets were donated anonymously for the school's neediest students.

— Kim Guzman

STRANGE BUT TRUE

By Samantha Weaver

- It was Soviet-born American professor and science-fiction author Isaac Asimov who made the following sage observation: "The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom."

- If you ever travel to the British territory of Bermuda, you might want to stop off in Ely to see the world's smallest drawbridge. Somerset Bridge is less than 20 feet from one embankment to the other, and when the draws are raised, there's barely enough room for a single small sailboat to pass.

- Early in its history, the Catholic Church decreed that imbibing coffee was sinful. It was Pope Clement VIII who, in 1592, declared it to be a Christian drink.

- Early 20th-century ballet dancer and choreographer Vaslav Nijinsky is considered to be one of the most gifted dancers in history. Despite his talent and his fame, though, he was fired from the renowned Mariinsky Theater because one of his performances offended the Russian Dowager Empress Maria Feodorovna. It seems Nijinsky appeared onstage wearing tights, but without the so-called modesty trunks commonly worn by male dancers at the time.

- When George Eastman sold the patent to his Kodak camera, he received only \$5,700.

- The world's best long-distance swimmers are Alaskan seals. In order to avoid the brutal northern winter, every fall these aquatic mammals leave their calving grounds on islands off the coast of Alaska and don't return until spring. For eight months they remain in the ocean, never touching land and sometimes traveling more than 6,000 miles before returning home as the weather warms.

- Ancient Egyptians believed that jackals would lead human souls to the afterlife.

Thought for the Day: "My own business always bores me to death; I prefer other people's." — Oscar Wilde

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Hola mi gente y...



...Merry Christmas!

8TH Annual Holiday Pachanga

New Year's Day • Friday, January 1, 2010

◆ Festivities from 2:00 p.m. to 7:00 p.m.

Please Join Us • No Invitation Required

Mission Valley Ballroom

10600 N. Loop Rd.

Socorro, Texas

Information: 859-3111

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— *Chente Quintanilla*
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Center

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of the month at 11:00 a.m. For the month of January, there will be a potluck on Jan. 13 and Jan. 27.

Classes are available to members. A one-year membership is only \$5 and helps support center activities. The building is also available for rent upon request. For more information, call 852-0062.

HAND CRAFTED — Local senior and knitting class instructor Betty Austin (right) shows paper-mache Christmas decorations to friends, from left, Audrey Glaze, Margie Little-Lujan, Dick Harshberger and Mary Leyva at the Oz Glaze Senior Center.



— Photo by Jamie Henneman

People know Pueblo for its...



Famous Hot Salsa?

In Pueblo, the free government information is also hot. Spice up your life by dipping into the Consumer Information Center web site, www.pueblo.gsa.gov. You can download all the information right away. Sorry, salsa not available through our web site or Catalog.



U.S. General Services Administration

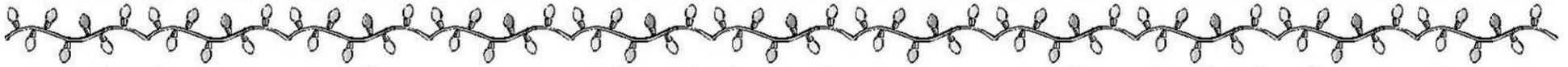


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TEXAS AUTO BURGLARY AND THEFT PREVENTION AUTHORITY

El Paso sports fans get great holiday presents

By Steve Escajeda
Special to the Courier

It's turned out to be quite a holiday season for the Sun Bowl Association this year.

I guess the members of the association were especially good.

First the Bank of the West came to the rescue of the new and improved "Bank of the West Don Haskins Sun Bowl Tournament" after the 48-year-old event took the season off in 2008.

And then the Sun Bowl game landed the Stanford Cardinal and the Oklahoma Sooners. How cool is that?

It's no secret that recent visitors like Missouri and Oregon State and Pitt and South Florida and Northwestern haven't exactly lent much star quality to the event.

How in the world can you go wrong with Oklahoma? The Sooners were ranked third in the country during the preseason and are seen on national TV all year long against the likes of Texas, Texas Tech, Oklahoma State and Nebraska.

Stanford hasn't played in a bowl game in

eight years but were watched by national TV audiences when they knocked off Southern Cal and Notre Dame.

The game has a couple of great coaches in Bob Stoops of Oklahoma and Jim Harbaugh of Stanford.

The only thing that didn't go quite right for the Sun Bowl was the absence of a Heisman Trophy winner — when they could have had two.

Of course the Sooners have Heisman quarterback Sam Bradford, but he's injured and won't play in the game. And Stanford has running back Toby Gerhart, who just finished second in the closest Heisman vote in history.

But aside from that, the game should be exciting. Both teams can score in bunches and neither has a shut down defense.

The Sun Bowl time slot (noon on New Year's eve) has very little competition. The only games that will be on at some point during the El Paso game are the Bell Helicopter Air Forces Bowl (Houston vs. Air Force) and the Texas Bowl (Navy vs. Missouri).

Everything is looking great for CBS, which should enjoy a healthy rating.

Naturally, most of the country will be tun-

ing in to see Gerhart, who has a running style like former Tampa Bay Bucs' bruiser Mike Alstot, only with speed.

The Sun Bowl guys are just as excited about the basketball tournament which features first round games between UTEP and Norfolk State and then Air Force and Niagara.

It's not Tennessee, UCLA, North Carolina, UConn, Kentucky or Kansas, but any three teams are good to see after having no tournament a year ago.

With only one win in the early going, Norfolk State shouldn't be much of a challenge for the Miners — which will make El Pasoans happy.

The exciting game will be between Niagara and Air Force. Niagara was 26-9 last season and has made the NCAA Tournament two of the last four years. Air Force had a tough season a year ago but has also been a normal fixture in postseason play.

The dream matchup in the championship game would be between UTEP and Niagara, but fans wouldn't mind a UTEP-Air Force title game that would bring back WAC memories.

And adding to the tournament is the addition of center Derrick Character to the Miners'

lineup.

Character could be the one guy who puts the Miners over the top, from being a good team to a very good Top-25 caliber team.

It just feels more like Christmas time in El Paso with shopping, the lights, the cold winter air and the Sun Bowl festivities.

But this year there is more in the air. Better football teams and the return of the basketball tournament has made the end of the decade a little more special.

El Pasoans can be proud of what they are going to show the rest of the country. The football game is already very close to being sold out and that will mean that the locals have a good chance of also enjoying the game live on TV.

Bernie Olivas, the association's executive director, is walking around a little taller these days and who can blame him.

It's Oklahoma and Stanford and UTEP basketball and the Heisman Trophy and Bob Stoops and Niagara and Jim Harbaugh and a sellout and CBS and Air Force and Character and a dancing Christmas tree.

The Sun Bowl Association dudes must have been awful good this year.

A sporting view By Mark Vasto

We're just here to cover the game

Being a sportswriter has its privileges. You get free parking and good seats for the game, although the food is crummy and you can't drink beer or cheer if it's your favorite team. And you can bring a "professional camera" and your laptop, so you can get your work done, too.

There used to be a time when the sportswriter would go home with the team on the team bus, rented train car

or chartered jet. There used to be a time when they'd hang out in the hotel bars or hit the town with the players after a night game (and head back in the wee small hours of the morning with them, too). There was even a time when the teams themselves paid the beat reporters.

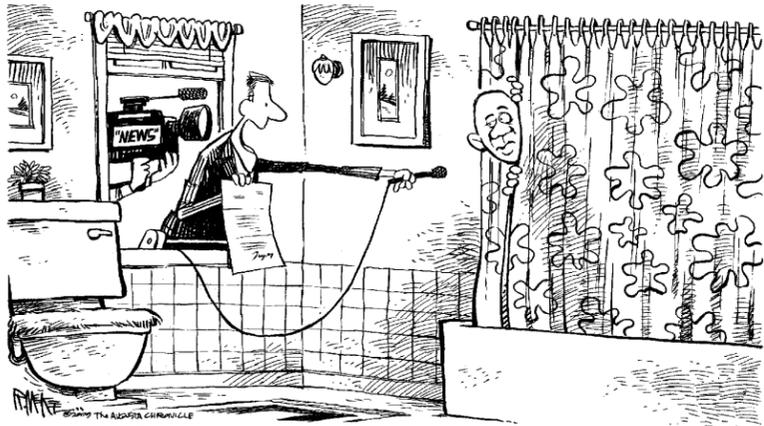
I'm reminded of all this as I try to avoid the Tiger Woods media bunker, which has proven to be impos-

sible, by the way. Headlines are "pushed" into my Google reader; every newspaper has a story on page one, even my fourth-grade girlfriend has a comment post about it on her Facebook page.

The general consensus is 1) He's pathological; 2) He's screwed; and 3) He was enabled by his entourage and the media.

I can't address the pathological issue. As a married man myself, I think I can affirm, with certainty, issue No. 2. The enabling part, well that's the part that gets a little muddy.

There's an old saying among revelers in New York City: Nothing



good happens after 2 a.m., meaning, unless you are working the night shift or are in the hospitality industry, in general, you're going to be around a lot of vice. And where there's vice, there's a good chance you'll end up in trouble, or face to face with someone bent on causing trouble — the marshmallow salesman meets Billy Martin sort of thing.

Tiger's entourage would have pro-

tected him from physical harm, but I'm guessing they were in his entourage because they didn't block him from physical pleasure. That's why they're his entourage.

And as far as that coddling media? The sports media hadn't a clue. Seriously... the Washington Post's Leonard Shapiro, a 40-year veteran

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Classified Ads

LEGALS

NOTICE TO CREDITORS

Notice is hereby

given that original Letters Testamentary for the Estate of Antonio Diaz, Deceased, were issued on December

7, 2009, under Docket No. 2009-P01145, pending in Probate Court No. 2 of El Paso County, Texas, to Antonio

Diaz, Jr.

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

as follows:

Antonio Diaz, Jr., Independent Executor Estate of Antonio Diaz, 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: 12-24-09

By:

Antonio Diaz, Jr., Independent Executor of the Estate of Antonio Diaz, Deceased

WTCC: 12/24/09

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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.

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1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
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37	38	39	40

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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



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

DEAR DR. DONOHUE: I am a 42-year-old male who has had high blood pressure for the past two years. I have been on many medicines, but my pressure doesn't go much lower. I don't smoke or drink. No one else in my family has high blood pressure. I am about 25 pounds overweight. My doctor mentioned that I might have secondary high blood pressure. What is that? — R.B.

your doctor arranges them for you. Readers interested in ordinary high blood pressure can order the pamphlet on this common condition by writing: Dr. Donohue — No. 104W, 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.

Ordinary high blood pressure, or hypertension, is essential hypertension — high blood pressure that comes on its own. Secondary high blood pressure is an elevation of pressure due to another process.

DEAR DR. DONOHUE: I have jogged for many years. It's kept my weight down, and I do feel really fit. Twice I have sprained an ankle by stepping in a pothole I couldn't see. What's the right way to treat a sprained ankle? — G.R.

A leading cause of secondary high blood pressure is a narrowed kidney artery. Because of the narrowing, the kidney thinks body's blood pressure is too low. It begins to turn out large quantities of renin, a kidney-made chemical that raises blood pressure. This kind of high blood pressure is known as renovascular hypertension. It can be cured by relieving the blockage in the kidney artery.

I can't improve on the time-honored RICE recipe.

Adrenal gland tumors, Cushing's disease and a very unusual tumor called a pheochromocytoma are other causes of secondary high blood pressure.

"R" is for rest. Don't put weight on a joint whose pain increases by so doing.

The bright side of secondary high blood pressure is its curability when the "secondary" process is treated.

"I" is for ice. A good way to apply ice is to put it in a plastic bag and then put a thin towel between the bag and the injured joint. Keep the ice in place for 15 minutes. Repeat the icing three or four times in the first day or two. Then switch to hot packs.

Your young age and the fact that your pressure doesn't respond to the drugs well are two factors that suggest a secondary process might be going on

"C" stands for compression. An elastic wrap does just fine.

Even though you didn't ask, you can help yourself by losing the extra 25 pounds of weight you carry. Diet and exercise do work. You also can do yourself good by reducing greatly the amount of salt in your diet.

"E" is for elevation. If it's the ankle that's injured, the leg should be propped up. All these steps are done to prevent bleeding and swelling during the first two days of an injury.

Proof of secondary high blood pressure involves some complicated tests, so don't be surprised if

Use pain medicine as needed. Tylenol is a good choice.

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

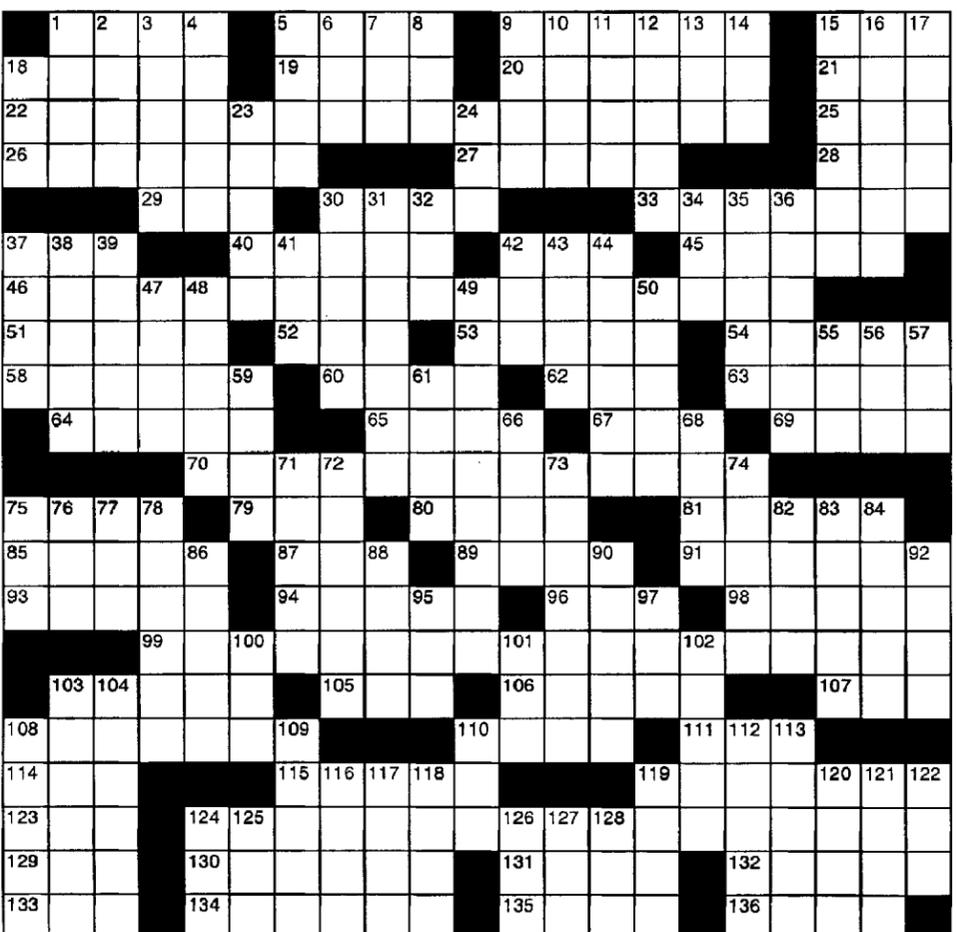
COMPLETE THE THOUGHT ACROSS

- 1 Skilled
- 5 1492 vessel
- 9 Proclaimed pompously
- 15 With 103 Across, present-day Ceylon
- 18 Flynn of films
- 19 Tart
- 20 Texas city
- 21 Flat hat
- 22 If at first you don't succeed...
- 25 Actress Gardner
- 26 Long-running Western
- 27 Ed of "Lou Grant"
- 28 Actor Young
- 29 Turner or Cole
- 30 "Yo!" at the library
- 33 Triangle type
- 37 _ Na Na
- 40 Build
- 42 Cartoon cry
- 45 Nitrous _
- 46 Save the whales...
- 51 Conductor Dorati
- 52 Maglie or Mineo
- 53 " _ the Sheriff" ('74 hit)
- 54 Spiked the punch
- 58 Keanu of "Speed"
- 60 Forsaken
- 62 Erwin or Gilliam
- 63 Night noise
- 64 No-nonsense
- Athenian
- 65 Musical finale
- 67 Poem of praise
- 69 "My Favorite -" ('82 film)
- 70 He who laughs last...
- 75 Type of pear
- 79 Mine find
- 80 Act like a Crabbe
- 81 Sample the souffle
- 85 Activist Medgar
- 87 Unwell
- 89 Italian rumbler
- 91 California town
- 93 Robert of "The Citadel"
- 94 Insomnia cure?
- 96 Tiriack of tennis
- 98 Tales
- 99 A penny saved is...
- 103 See 15 Across
- 105 Maestro de Waart
- 106 More appealing
- 107 It may be white
- 108 Grisham _ characters
- 110 " _ Shame" ('70 song)
- 111 Excellent
- 114 Citrus cooler
- 115 Eventual oak
- 119 Returns from a trip
- 123 Sundial numeral
- 124 Honk if you...
- 129 "Cheers" prop
- 130 Negative terminals

- ### DOWN
- 1 Singer Guthrie
 - 2 Fiber source
 - 3 Theatrical salesman
 - 4 Actress Verdugo
 - 5 Out-of-this-world org.
 - 6 Hosp. area
 - 7 Pen point
 - 8 Commotion
 - 9 Auto pioneer
 - 10 Eaves dropper?
 - 11 "Rule, Britannia" composer
 - 12 "The _ of a Clown" ('70 song)
 - 13 PA hours
 - 14 Buck's beloved
 - 15 Put on
 - 16 Deep gorge
 - 17 Persona
 - 18 Peter out
 - 23 Montezuma, for one
 - 24 "The Wind in the Willows" critter
 - 30 Pansy part
 - 31 Junk
 - 32 Sault _ Marie, MI

- 34 _ Cob, CT
- 35 Jumps on the ice
- 36 Catalogue
- 37 Trauma aftermath
- 38 Sharpened a skill
- 39 Change
- 41 Certain linemen: abbr.
- 42 Surprised sounds
- 43 Reacts to fireworks
- 44 "Martha" composer
- 47 89 Across output
- 48 Vote in
- 49 Like some beaches
- 50 Practice piece
- 55 Runner Sebastian
- 56 Age
- 57 Augsburg article
- 59 Manhattan area
- 61 Writer MacDonald
- 66 Disembarked
- 68 Punta del _
- 71 Coming from Cork
- 72 Nervous _
- 73 Literary collection
- 74 Roberts or Tucker
- 75 You can retire on it
- 76 "Ab _" (from the start)
- 77 DC figure
- 78 Nook's companion
- 82 Strikebreaker
- 83 Innsbruck's locale
- 84 Boredom
- 86 Tend the fire

- 88 Expect back
- 90 Major artery
- 92 Word form for "bone"
- 95 Conceit
- 97 Dundee denial
- 100 Pine product
- 101 UN Day month
- 102 Splendid
- 103 "Good Night _" (1853 song)
- 104 USNA anthem word
- 108 First dog in space
- 109 Relish
- 110 Claire or Balin
- 112 Alphabet sequence
- 113 Neighbor of Oahu
- 116 Surrender
- 117 Ready for business
- 118 Be still
- 119 Component
- 120 Pres. Bush, e.g.
- 121 Converse competitor
- 122 Pig's digs
- 124 Fold over
- 125 "Sat _ tuffet..."
- 126 Machine part
- 127 Language suffix
- 128 Tackled a taco



Social Security Q&A By Ray Vigil

There are no 'holiday hours' for online help

If you are one of the many Americans who may have to conduct business with Social Security over the holiday season, it is good to know that you can use our online services without having to worry about opening or closing times. That means you can handle your holiday shopping and planning with one less time constraint or worry — and one less "shopping line" to wait in.

Some of the services available online at www.socialsecurity.gov include:

- Applying for retirement or disability benefits;
- Checking the status of your pending application;
- Getting an instant, personalized estimate of your future retirement benefits using the Retirement Estimator; and
- Applying for extra help for Medicare prescription drug plan costs available to some beneficiaries.

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.

Social Security's online services are available each work day from 5 a.m. until 1 a.m.; on Saturdays, from 5 a.m. until 11 p.m.; and on Sundays from 8 a.m. until 10 p.m. And the online services are available even on federal holidays — including Christmas and New Year's Day — from 5 a.m. until 11 p.m. So if you have business to take care of on the holiday, our online services are here for you. All times are Eastern Standard Time and some online services have extended hours. You can find the individual operating hours for different online services at www.socialsecurity.gov/onlineservices.

Woods

From Page 6

of the golf beat, had no inkling. Neither did any of the other golf beat reporters. In their interviews, every one of them said Tiger was always seen on the course and since he rarely gave interviews, that was that insofar as interaction. No, the reporting on Woods' private life is being handled by the entertainment reporters now and the golf reporters can't help — all they did was write about him as a golfer and nothing else.

As I said... being a sportswriter has its privileges.

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



www.socialsecurity.gov.

So remember: while banks and other offices in the private sector and in government are closed for the holidays, Social Security's online office is open and ready to assist you. To see a complete list of the online services available, visit www.socialsecurity.gov/onlineservices.

Q: I am receiving Social Security disability benefits. Will my benefits be affected if I work and earn money?

A: Social Security wants to help you go to work if that's what you'd like to do. We offer work incentives that will

help you keep your cash benefits and Medicare coverage while you test your ability to work. For example, there is a trial work period during which you can receive full benefits regardless of how much you earn, as long as you report your work activity to us and continue to have a disabling impairment. For more information about work incentives, we recommend that you read Working While Disabled — How We Can Help. You'll find it online at

www.socialsecurity.gov/pubs/10095.html.

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

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

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

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging

Answer Page 4 ★★★ HOO BOY!

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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: W equals S

H NJV PJI VJTJ MUWDCWWUIF
 RKV ZJWB BK MUF H VJEE,
 ZCB BRJ BKQUD VHW BKK

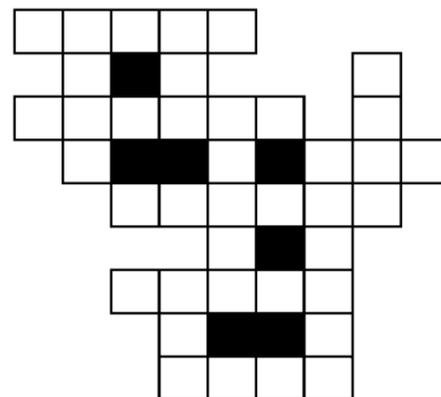
MJJQ NKT PJ.

Answer Page 4

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- DHO
- ♥ SENTIC
- HILIC
- USHE
- OSAFIC
- ♥ SPU
- OLRI
- HESIN
- EEN
- SIRSIC
- ♥ PREAD
- ♥ TUSD



Answer Page 4

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

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TexasSure catches drivers without insurance.