



NEWSBRIEFS

Recycling

The Town of Anthony will officially open its new recycling center with a ribbon cutting ceremony Friday, Jan., 14, 2011 at 1:00 p.m. The Anthony Recycling Center is located at the Anthony Maintenance Yard, 1400 Antonio Street. The recycling center is a partnership between the Town of Anthony, the Texas Commission on Environmental Quality and the Rio Grande Council of Governments. The Town of Anthony was given \$25,000 for construction of the center. Special guest Judge Veronica Escobar will be joined by other local officials at the ceremony to cut the ribbon. The recycling center will be open 1:00 p.m. to 5:00 p.m., Monday through Friday and from 8:00 a.m. to 5:00 p.m. on Saturday.

— Art Franco

Crime Stoppers



Jose Herrada

Crime Stoppers of El Paso is assisting the El Paso Police Department in identifying and locating the person responsible for a fatal hit and run in the south El Paso, making this the "Crime of the Week." On Friday, Aug. 20, 2010, about 8:05 p.m., police officers were dispatched to a collision involving a pedestrian in the 5000 block of Delta. Their investigation revealed that 90-year-old Jose Herrada was crossing the street when a vehicle traveling east on Delta struck him. The suspect vehicle fled the scene. Herrada was taken to University Medical Center, where he died from his injuries on Sunday, Aug. 22. The vehicle that hit him was described as a pearl white or light silver minivan. That vehicle is now believed to be a 1989-1995 Mazda MPV van. The vehicle would have had damage to the front end and, if repaired, it would appear to be newer on one side compared to the other side. If you have any information at all about the identity of the driver or the location of the vehicle responsible for this crime, please call Crime Stoppers of El Paso 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

The best way to slow progress is to form a committee to do something about it.

— Quips & Quotes



— Photo courtesy Clint ISD

STEP RIGHT UP – A Horizon High School cafeteria employee serves food items to students from the "Ballpark Classics" and "Luigis Eatery" section of the line. Students can also choose from "Traditional Cuisine", "Red Dragon", "Adobe Grill", and the all-you-can-eat "Gourmet Greens" sections of the food line.

Clint ISD offers a different kind of cafeteria

By Laura Cade
Special to the Courier

EL PASO COUNTY – The number of students eating in the school cafeteria has increased in Clint Independent School District this year. Why has school lunch become so well liked? The District has implemented a new kind of school lunch program in four of its schools. The District has contracted with an outside

company, Southwest Food Service Excellence, LLC (SFSE) to manage the daily operation of preparing quality healthy meals for the students. Clint ISD is the only school district in the county utilizing this type of program.

A company chef, dietician and staff work with the school cafeteria staff to provide nutritional meals with a culinary flare. The chef works with the cafeteria staff on how to prepare and present meals the students enjoy. Students can select fresh hot items

from serving lines such as the Adobe Grill, Traditional Cuisine and Ballpark Favorites. At Gourmet Greens, which is a big hit with the students, they can eat all they want from the fresh and plentiful salad bar. For breakfast, the students can choose the omelet bar on certain days as well. If the food runs out in a particular serving line, more is made.

"It's all about keeping the kids happy by

See FOOD, Page 5

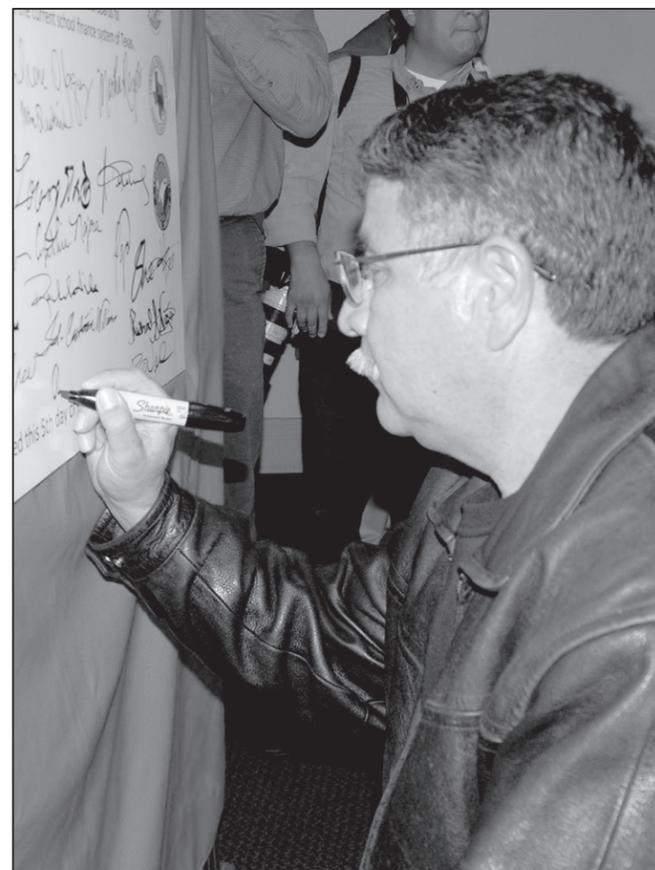
San Elizario ISD joins effort to make education priority

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – San Elizario Independent School District (SEISD) has joined with all other Region 19 school districts in the "Unite to Make Education a Priority" campaign, a statewide grassroots movement to present a united front to protect school funding. At a news conference held on Jan. 5, SEISD Board President Antonio Araujo, Superintendent Dr. Mike Quatrini, and Trustee Irene D. Jaquez signed a proclamation along with other school board members and superintendents to urge state legislators to prioritize school finance during the next legislative assembly.

Jaquez, who also serves as the President of the Far West Texas School Boards Association (FWTSBA), presented a resolution before the SEISD Board of Trustees in December to join the movement, which was passed unanimously. Specifically, the resolution states that the district "joins the priority efforts to protect the pursuit of quality education for all children."

The FWTSBA organized the news conference to kick off the "Unite to Make Education a Priority" campaign in order to make communities and state representatives aware of how state funding cuts will negatively impact students, teachers and schools. The proclamation signed by trustees and superintendent during the event was presented to state legislators as they convened for the 82nd Legislative Session on Jan. 11. The FWTSBA is composed of the following school districts: Anthony ISD, Canutillo ISD, Clint ISD, Dell City ISD, El Paso ISD, Fabens ISD, Fort Hancock ISD,



— Photo courtesy San Elizario ISD

SIGN ME UP – San Elizario ISD Board President, Antonio Araujo signs the "Unite to Make Education a Priority" campaign proclamation on Jan. 5, 2011.

See PRIORITY, Page 4

Veterans Post By Freddy Groves

Education benefits get needed boost

The Post 9/11 Veterans Educational Assistance Improvements Act, also known as S. 3447, has passed the House and Senate. The additional benefits fill in holes left in the first version of the Act. Among the changes:

- The VA will pay fees and tuition for state schools, and \$17,500 for private colleges. Schools on the approved list (the Yellow Ribbon program) will kick in additional funding.
- Active-duty personnel will now get a stipend of up to \$1,000 per year for books, as veterans currently do. That's calculated at \$41.67 per credit, up to the \$1,000, if you are at the 100 percent level.
- Those who choose to get their education via long-distance learning will now be provided a living allowance.
- Those seeking occupation or vocation education will now be covered.
- National Guardsmen who respond domestically to disasters also will get benefits.
- Stipends for living allowance will be correlated to attendance.
- Fees for certification and

licensing tests, as well as national tests, will be covered.

- Active duty members with six years service can transfer benefits to a spouse after agreeing to serve four more years. That's not required for those who are already near retirement.

To be eligible for a portion of your benefits, you must have served for at least 90 days after Sept. 10, 2001 and received an honorable discharge. To get the full benefits, you must have served for three years after that. If you served 30 days and were discharged for a service-connected disability, you'll receive full benefits.

The changes won't go into effect until August 2011, but that gives you time to apply and get organized. Go to gibill.com for more information, including the new Basic Housing Allowance (equal to an active duty E-5). Don't skip the blog.

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) 2010 King Features Synd., Inc.

School districts switch gradually to digital resources

By Alfredo Vasquez
Special to the Courier

The switch to electronic textbooks and web-based instructional materials is gradually taking place as more Texas school teachers use modern technology in their classrooms. For many educators, this signals the beginning of the end for traditional printed textbooks.

For instances, Advanced Placement students at Paris High School, located northeast of Dallas TX, are trial testing an all-digital writing program for one of the country's largest textbook publishing firms. And to use in the process, McGraw Hill School Education Group provided each student with a Flip video camera so students can produce a two-minute journalistic broadcast segment about their experiences with Writer's Workspace and digital learning overall.

"We're excited to introduce our students to Writer's Workspace and present them with a learning assignment that truly embraces the digital nature of the platform," stated Paris HS Dual Credit English IV instructor Connie Dodd.

El Paso County school districts were introduced to the exclusive online textbook program recently when McGraw Hill representatives presented the Writers Workspace writing program to local area teachers and administrators as part of the current textbook adoption process underway statewide.

In Eanes School District, which is located near Austin TX, elementary students are writing book reports as a Twitter message, and an Eanes middle school principal lifted the ban on cell phone use during class

periods for eighth graders.

Eanes ISD is among a growing number of school districts encouraging teachers to make use of technology that has often been forbidden, such as cell phones and social media, particularly in the early grades. Carl Hooker, Eanes' instructional coordinator, said the changes are among the forward-looking innovations the district is testing to bring more technology into the classroom.

And as a sign of things to come, the State Board of Education (SBOE) issued last year a request for supplemental science materials that must consist of online materials only for Science grades 5-8 and high school Biology, Chemistry, Integrated Physics and Chemistry (IPC), and Physics courses.

The adoption of materials under this request is scheduled to occur in April 2011 for high school and July 2011 for grades 5-8. All adopted materials are scheduled to be implemented in schools beginning with the 2011-2012 school year.

Texas is one of 22 states with a process for approval or adoption of instructional materials. SBOE sets aside sufficient money to provide free textbooks for children attending public schools in the state.

Each year a portion of the Available School Fund is set aside by the SBOE to purchase instructional materials. Funds to be expended on instructional materials are appropriated by the Texas Legislature every two years.

Bids for new instructional materials from the publishing industry are solicited with a proclamation issued by the SBOE. The proclamation identifies subject areas scheduled for review in a given year and contains content

requirements.

Publishers provide finished-format review samples to the Texas Education Agency, each of the 20 regional education service centers, and members of the appropriate state textbook review panels appointed by the Commissioner of Education.

Members of the state textbook review panels are charged with evaluating instructional materials to determine coverage of essential knowledge and skills and with identifying factual errors. At the close of the review period, panel members submit evaluations to the commissioner of education.

Texas residents are allowed to file written comments regarding instructional materials submitted for adoption. In addition, a public hearing is held before the SBOE approximately two months before scheduled adoption.

After consideration of evaluations submitted by state review panel members, information provided by publishers, and staff recommendations, the Commissioner of Education submits a final textbook ratings report to the SBOE.

Subsequently, qualifying publishers provide complete official samples of the instructional materials to all school districts and open-enrollment charter schools. Publishers are responsible for all aspects of the shipment and retrieval of sample materials and bear all costs of the sampling process.

Ultimately, the local board of trustees is responsible for determining appropriate local policy for selecting new instructional materials. And now, school districts must anticipate the

See BOOKS, Page 4

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www.texaslung.org

When you lose someone dear to you — or when a special person has a birthday, quits smoking, or has some other occasion to celebrate — memorial gifts or tribute gifts made for them to your local American Lung Association help prevent lung disease and improve the care of those who suffer from it.

1-800-LUNG-USA

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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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Monday 4 p.m. for Thursday publication.

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\$10 for 25 words, \$15 for 40 words. Ad must be in writing and pre-paid. The Courier reserves the right not to print classified advertising it considers inappropriate.

DISPLAY RATES:
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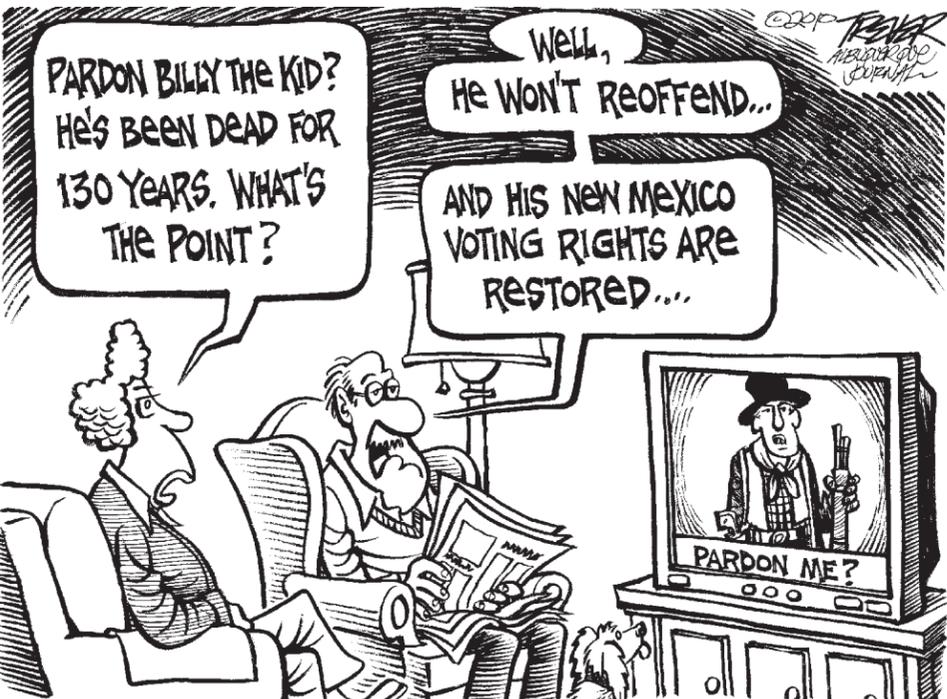
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Por la Gente By State Rep. Chente Quintanilla

The 82nd Session begins

Hola mi gente. It has begun! January 11, the 82nd Session of the Texas Legislature began with the swearing in of the re-elected and newly elected members of the House of Representatives. Although there was anticipation that there would be arguments, this day began orderly and quietly.

For months, there were many in Texas, and outside of Texas, who made loud statements that the Office of the Speaker of the House needed a new resident.

In 2009, a transition took place in the House where Joe Straus took the reins as Speaker directing the session orderly and with respect to all of our districts. Previously it was not sanctioned to vote in any manner other than the party line.

This year, there began a process by special interests where Republican Representatives were being pressured to support another member for Speaker. It began to look like 2003 was coming back. That is when a group of powerful lobbyist called the shots on the floor. There were lots of threats to Republicans by the money people if votes were not in line with their intents.

By the time we gathered for our swearing in, there had already been a vote by Republican members in a private caucus that supported Straus by over two thirds. Even though the members voted to have Straus as the official nominee of the caucus, there was still word that the special interests would continue their efforts to unseat him.

As is turned out, common sense ruled and Representative Joe Straus was re-elected with 132 votes as the Speaker of the House for the 82nd Legislative Session.

This was a good move for too many

reasons to list. This is a very important session with a massive budget shortfall and redistricting. It is very important to begin the work quickly. Because of the Straus re-election, committees will probably get hearings going at an earlier date than if a new speaker was elected.

His re-election is also good for El Paso. The members of our delegation all have had good relations with him or have been very well received by the Speaker. While our needs will not be considered any more important than for other communities, our issues will certainly not be considered any less as perhaps with a different speaker.

What is best about the outcome is the fact that the majority of House Members soundly repudiated the kind of control over the House that started in 2003 under Speaker Craddick. As mentioned earlier, majority members were intimidated by special interests to vote the line pushed forth by Craddick. Those who dared vote different were threatened with opponents.

One example is the story of a long time member who happened to be an educator. He stood up to oppose the Speaker's legislation, which would have done great harm to our schools. That gentleman did get challenged by a speaker-financed opponent and was defeated. The House lost a terrific gentleman and a competent lawmaker who voted for the benefit of his district and with common sense wisdom.

The session will have its moments, but I am much more comfortable going into the session with Speaker Straus.

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

YOUR "TEXAS CORRECT" 2011 CALENDAR IS READY FOR THE ENJOYMENT OF TEXANS AND THE EDIFICATION OF YANKEES AND OTHER FOREIGNERS.

The one and only "Texas Calendar" is right and ready for consumer consumption. The 2011 Bona fide Real Texas Calendar is full of Texas History facts, cartoons, trivia, tidbits, Texas Talk and more! "It's a virtual almanac of all that's Texan in 12 usable, essential, and somewhat humorous pages" says Roger Todd Moore, cartoonist and creator of the Real Texas Calendar.

The calendars are available online at www.texascalendars.com or from Roger Todd Moore his own self at PO Box 155 Merkel Texas 79536 for only \$8.95 each.

\$8.95 shipping/tax included

MARCH 2011

WHOA PARDNER! THIS TEXAS CORRECT CALENDAR BEGINS MARCH 2ND!

Moore Texas by Roger Moore March 26, 1855: A rousing play about the Texan's stand at the Alamo does not go well in Charleston South Carolina... it only lasts 2 performances!

Dang! I'd rather be attacked by the Mexican Army!

BRAAPP! BOO!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			2 Texas Independence Day - Celebrate Texas!	3	4 1868: Jennie Cheholm, famous trailblazer, dies of food poisoning in Oklahoma.	5
6	7	8	9	10	11 1878: State's first all-black college opens (Alta Vista)	12
13	14 1924: Charles Lindbergh starts pilot training at Brooks Field in San Antonio.	15	16	17	18	19
20 1687: La Salle lands in Texas instead of finding the mouth of the Mississippi.	21	22	23 1908: Movie actress Joan Crawford is born in San Antonio.	24	25	26
27	28	29 1925: Football player Earl Campbell is born in Tyler.	30	31		

MARCH 2011

Quantity discounts available!

Get a hundred or so with your company info! Email for special pricing.

Notice of Public Hearing Tornillo Independent School District

The Board of Trustees of Tornillo ISD will conduct a Public Hearing on the annual A.E.I.S. Report (Academic Excellence Indicator System) for Tornillo ISD. The meeting will be held at 6:30 P.M., Tuesday, January 25, 2011 in the Administration Building at 19200 Cobb Ave., Tornillo, Texas.

The 2009-2010 Tornillo ISD A.E.I.S. Report provides information on all the State defined accountability elements which the Texas Education Agency uses to evaluate the academic performance of the District.

Parents of children attending Tornillo ISD schools are encouraged to attend.

WTCC: 01 -13-11

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

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

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

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



– Photo courtesy San Elizario ISD

UNITED – San Elizario ISD Trustee and Far West Texas School Boards Association President Irene D. Jaquez stands next to “Unite to Make Education a Priority” proclamation. Over 400 school districts have united to send a message to the 82nd Texas State Legislature regarding school funding.

Priority From Page 1

SEISD, Sierra Blanca ISD, Socorro ISD, Tornillo ISD and Ysleta ISD.

Public school districts across the state have struggled to address school finance system deficiencies since 2006 and are bracing for further funding reductions since the state of Texas faces a budget deficit estimated at \$25 billion. SEISD has already initiated the process of reviewing expenditures and

budgeted areas that may be reduced or eliminated in order to prepare for possible budget cuts of 10% to 15% from the state.

The “Make Education a Priority” statewide campaign was initiated

by the Aledo ISD Board of Trustees with over 400 school districts united to send the message to the legislature that education funding should be a priority when it meets to determine the state budget.

Books From Page 2

trends in digital technology and plan for its implementation and support.

According to local area teachers,

the major consideration that needs to be addressed before electronic textbooks can be fully implemented in El Paso County schools is updating district policies and procedures to support electronic textbook use at school and at home for students and teachers.

CHOOSE YOUR RIDE.

Drink. Drive. Go to Jail.



STRANGE BUT TRUE

By Samantha Weaver

• It was beloved American comedian, actor, producer and author Bill Cosby who offered the following advice to new parents: "Always end the name of your child with a vowel, so that when you yell, the name will carry."

• Those who study such things say that it takes one second to vacuum 1 square foot of floor.

• You probably don't realize it – and you certainly don't notice it – but experts claim that the Atlantic Ocean is getting about 1 centimeter bigger every year, and the Pacific Ocean is shrinking by the same amount. It's due to continental drift, they say.

• If you're planning a trip to central Africa, you can pay a visit to both the shortest people in the world (the Pygmy tribes) as well as the tallest (the Tutsi, also known as the Watusi).

• If you're a blood donor, you help to make up a significant minority. In the United States, less than 5 percent of the population donates blood every year.

• It was Nobel Prize-winning Russian author Boris Pasternak who wrote the novel (later adapted to film) "Doctor Zhivago." It was originally published in 1957 in Italy, to great acclaim, but it wasn't published in the Soviet Union until 1988.

• If you took all the Tootsie Rolls produced every year and placed them end to end, there would be enough candy to stretch to the moon and back. Interestingly, the Tootsie Roll isn't actually considered to be chocolate – not according to the definition used by federal officials supervising the candy industry, anyway.

• The world's highest tides are found in the Bay of Fundy, located in Nova Scotia, Canada. There, the difference between high and low tides can be as much as 50 feet.

Thought for the Day: "I am free of all prejudices. I hate everyone equally."

– W.C. Fields

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– Photo courtesy Clint ISD

JAM PACKED – Horizon High School students pour into the cafeteria to pick from a variety of their favorite foods made from healthy recipes. Clint ISD has contracted with an outside contractor to manage the daily operation of preparing quality, healthy meals for its students and is the only school district in the county utilizing this type of program..

Food

From Page 1

providing them fresh, hot out of the oven, quality food," said Chef Charles Dash, Regional Chef for SFSE, who was assisting at Horizon High School during the first week of January as the school launched the program.

"Students are happy and teachers are happy. I have never seen so many teachers come to our lunch line. This is great for everyone," said Maria Grijalva, Horizon High School Cafeteria Manager.

What did this program cost the District? The cost to run the Child Nutrition Program has not increased in Clint ISD with this new program. How much does lunch cost a Clint

ISD student? Nothing. For the past five years, ALL Clint ISD students have been provided breakfast and lunch at no charge.

"Yes, the lines are longer now since everyone wants to eat because the food is better now," said Sandra Duran, a Horizon High School Student.

The program has been underway at Clint High School, Ricardo

Estrada Junior High, Red Sands Elementary since August with much success. The District has hopes to implement the program district-wide next school year.

"We want the students to have the best quality meal possible and give them more choices at the lunch line," said Morris Aldridge, Assistant Superintendent of Operational Services.

Classified Ads

LEGALS

TOWN OF ANTHONY, TEXAS

NOTICE OF REQUEST FOR QUALIFICATIONS FOR ENGINEERING SERVICES, FINANCIAL ADVISOR AND BOND COUNSEL

TEXAS WATER DEVELOPMENT BOARD, DWSRF

The Town of Anthony has applied for and been granted funds from Texas Water Development Board under its Drinking Water State Revolving Fund. Accordingly, the Town of Anthony is seeking to contract for the following:

1) With a qualified Engineer or Engineering Firm registered to practice in the State of Texas to prepare

all preliminary and final design plans, maps and specifications to conduct all necessary interim and final inspections for a municipal wide waster water system;

2) With an individual or firm to provide Financial Advisory services to include strategic planning analysis of market condition, recommend investment of bond proceeds and provide recommendations to the Town for financing or capital projects or refinancing of current debt.

3) With an individual or firm to serve as Bond Counsel to the Town for any capital financing or refinancing as may be necessary.

In order to be considered, proposal must be submitted prior to January 24, 2011.

A complete request for proposals, outlining services required by the locality, submission requirements, and evaluation criteria, has been prepared. Interest parties may obtain copies of this request at :

Town Hall
Town of Anthony
401 Wildcat Dr.
Anthony, TX
79821

915/886-3944 or

cclarke@townofanthony.org.

The locality reserves the right to negotiate with any and all individuals or firms submitting proposals, in accordance with the Texas Professional Services Procurement Act and the Uniform Grant and Contract Management Standards Act, and may choose to retain services for three consecutive funding cycles. The locality

reserves the right to reject any or all proposals.

This contract is contingent upon release of funds from the Texas Water Development Board (TWDB). Any contract or contracts awarded under this Request for Qualifications (RFQ) are expected to be funded in part by a loan from the TWDB. Neither the State of Texas nor any of its departments, agencies, or employees are or will be a party to this RFQ, or any resulting contract. The Town of Anthony is an Affirmative Action and Equal Opportunity Employer and encourages Historically Underutilized Businesses to submit a proposal. This contract is subject to the Environmental Protection Agency's (EPA)

'fair share policy', which includes EPA approved 'fair share goals' for Minority Business Enterprise (MBE) & Women Business Enterprise (WBE) firms in the Construction, Supplies, Equipment and Services procurement categories. EPA's policy requires that applicants and prime contractors make a good faith effort to award a fair share of contracts, subcontracts, and procurements to SMWBE's. Although EPA's policy does not mandate that the fair share goals be achieved, it does require applicants and prime contractors to demonstrate use of the six affirmative steps.

All qualified applicants will receive consideration for employment without regard to race, color, religion,

sex, age, handicap or national origin. Bidders on this work will be required to comply with the President's Executive Order No. 11246, as amended by Executive Order 11375, and as supplemented in Department of Labor regulations 41 CFR Part 60. Small, minority, and women owned business enterprises are encouraged to respond. A complete version of TWDB document, "SMWBE State Revolving Fund Program Guidance Document for the Utilization of A Small, Minority, and Women-Owned Business Enterprises in Procurement" is available on line at:

http://www.twdb.state.tx.us/publications/forms_manuals/SRF052.rtf
Art Franco, Mayor

WTCC: 01-13-11

COUNSELING SERVICES

D A M I A N 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.

SELF-HELP

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

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

WTCC: 01-13-11

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CryptoQuip Answer

Because I trim my facial hair in the afternoon hours, do I observe daylight shaving time?

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

Luck walks away from the money to stay in college

By Steve Escajeda
Special to the Courier

I think everybody following college football knew that Stanford coach Jim Harbaugh would leave for the greener (like in money) pastures of the National Football League.

Harbaugh signed on as the new coach of the San Francisco 49ers last week, with sources saying the contract was for five years and \$25 million.

So no matter what happens on the field over the next five years, the young coach will be set for life financially.

The big surprise came when the top-ranked player entering next year's draft, Stanford quarterback Andrew Luck, decided to stay in school to work on his degree.

This set off a fire storm of criticism from sports media types all around the country who chastised the talented quarterback for leaving millions of dollars on the table for something as miniscule as a college degree.

They jumped all over each other saying that Luck is making the absolute wrong decision and that any rational human being would jump on the chance to make all that money as soon as possible.

But Luck has made it clear that even though his coach has left the team, he is definitely going to return for his junior year to pursue his degree in architectural design.

And I applaud him greatly for his selfish decision.

I say selfish because he is doing what he thinks is best for himself, not what's best for the pundits out there who feel they know what is better for Luck than he does.

What really irks me is the way the talk-show hosts are blasting this guy. What happened to the sense of right and wrong?

The guys who make their living by talking on radio and TV have made more of a deal about Luck returning to school, than the Ohio State players who broke rules but were permitted to play in this year's Sugar Bowl.

Everybody talks about players leaving college too soon to join professional sports – but then they get all over this guy when he decides to stay.

Let's pick a side of the argument and stick to it.

And what people forget is that Luck still has two more years of eligibility. If he decides to take them, that is his prerogative.

By the way, how many professional sports washouts have paid dearly for leaving college early? There are tons of horror stories concerning guys who spent their college years majoring in basket weaving or advanced alcoholic intake 101, and then didn't make it in the pros.

Many of them spend most of the rest of their lives either in bars, or behind bars.

Good for you Andrew Luck. You stand out because you stuck to your convictions and dared not to follow the status quo.

Life is about making good decisions and taking advantage of opportunities – and once in a while you also need a little Luck.

Senseless

They say that good deeds affect more people than you can imagine.

Unfortunately, that goes the

same for horrible deeds as well.

Last weekend, a disturbed 22-year-old malcontent went on a shooting spree at a Tucson shopping center.

He senselessly shot a congresswoman and killed six other people.

One of the people killed turned out to be a 9-year-old girl who was in the crowd at the local meet-and-greet event.

The idea that a 9-year-old child who had everything to live for was killed by a worthless loser who had planned to kill himself at the end of his planned madness anyway, is a little difficult to swallow.

But there's more to the story.

The little girl, Christina-Taylor Green, was the granddaughter of former Philadelphia Phillies manager Dallas Green.

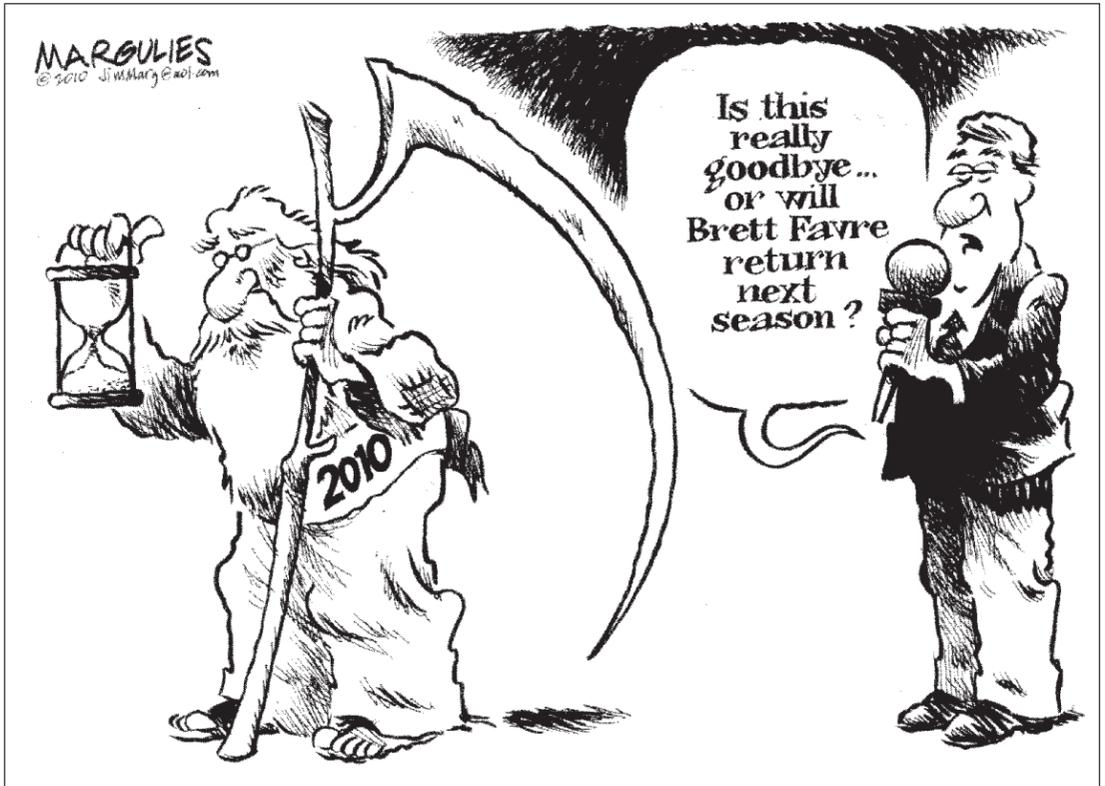
He also once managed the New York Yankees and the New York Mets.

Her father is a scout for the Los Angeles Dodgers.

Christina happened to be born on Sept. 11, 2001 – yes, that Sept. 11.

She had also been featured in a book titled, "Faces of Hope," which was about children who shared that birthday.

It's amazing how many people are affected by the acts of others – unfortunately, even the most innocent among us.



A sporting view By Mark Vasto

Michael Vick and the Eagles

"It's Kevin [Kolb's] team," said Michael Vick at the beginning of the season, just after a game where he had just came off the bench to electrify the Philadelphia faithful and the team to a win.

Quarterback controversy? One look at the game film and coach Andy Reid's faith in the former felon was clearly rewarded. Vick was back – and better than ever. He still had the speed, he still had an arm capable of throwing from one end of the field to the other, and his head was on straight... two years in a federal prison will do that to a guy, apparently.

This year he put on two performances for the ages – the

thrashing of the Redskins at their park, and the final-quarter comeback that seemingly destroyed the Giants' will to ever play football again. These were not only the two best singular performances of the NFL season, they were the best moments any quarterback has ever put on, period.

If he doesn't mention the word "dog" anymore at press conferences (or Kolb for that matter), his resurgence will make the Eagles perennial contenders. No matter what the voters say, Vick was the NFL MVP this year, hands down.

The "Decision"

The dean of sports columnists,

Frank Deford, crankily lamented that really, not much happened in the world of sports during the past year. While I disagree, it's hard to argue that the top stories of the year revolved around decisions – most of them extremely poor ones. Tiger Woods decision to step out on his wife (and it was a very large staircase), Brett Favre's decision to send more text messages than touchdown passes during his brief season as a Jet two years ago, Rex Ryan's decision to upload movies about tootsies years before taking over the head slot in New York (that's OK ... NY isn't a place known for media scrutiny). But, no, it was "The Decision," LeBron James' monument to narcissism, an hour-long press-conference-cum-reality-show where he treated Cleveland like the loser on a '70s game show. Disgraceful as it was distasteful.

Fair Weather Mayweather

He's the guy with the private jets, the guy who likes to make it rain in strip clubs and gambling parlors, the guy who rides a Segway up and down the halls of his house. He's Floyd Mayweather, and he managed to stay in the spotlight this past season, but when he held all the

cards to what should have been the fight of the century so far – a duel with Manny Paquiao – Mayweather folded, complaining about the hand he'd been dealt in terms of drug testing. Farewell, Floyd.

More next week...

Mark Vasto is a veteran sportswriter and publisher of *The Kansas City Luminary*. (c) 2011 King Features Synd., Inc.

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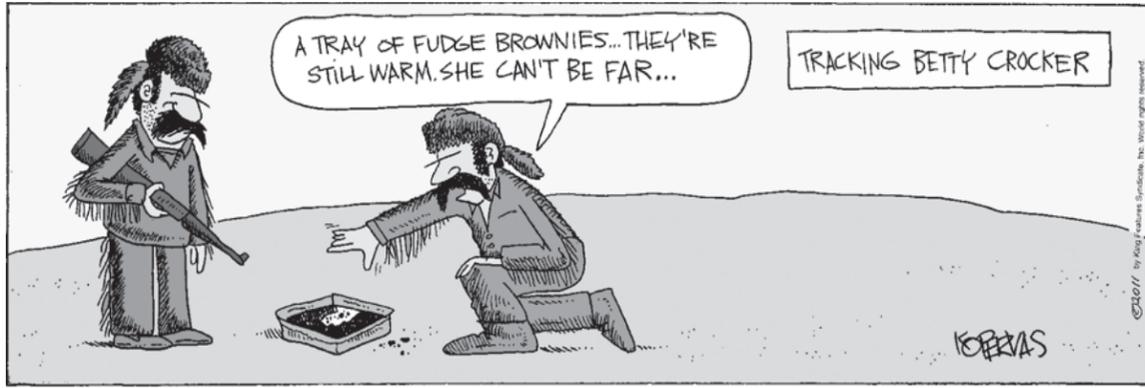


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Comix

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. Donohue, M.D.

DEAR DR. DONOHUE: My 28-year-old daughter, who has been healthy all her life, was recently diagnosed with lupus. Will she be able to live a full life, including having children. Is there a cure? How about exercise and diet? — R.K.

information and for becoming acquainted with other patients in your town. The website is www.lupus.org, and the phone number is 202-349-1155.

In the 1950s, a diagnosis of lupus carried only a 50 percent chance of living for five more years. Sixty years later, the chance of living for at least 20 more years is 90 percent, and the majority of lupus patients have a normal life span.

Readers interested in learning more about lupus can order the booklet on it and rheumatoid arthritis by writing: Dr. Donohue — No. 301W, 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.

Pregnancy is definitely possible. Doctors tell their lupus patients to delay pregnancy until the illness has been inactive for six months. That kind of delay in disease activity occurs in almost all lupus patients.

DEAR DR. DONOHUE: I am 66. I had been a heavy smoker, and I had a brother who died of an abdominal aneurysm. My doctor insisted I have an ultrasound of my abdomen to find out if I had one. (He thought he felt one.) It turns out I don't have an aneurysm, but I do have a porcelain gallbladder. The doctor wants me to have surgery right away. I have no pain. I feel good. He says it's a cancer threat. Is this so? — M.Z.

Lupus is in the same class of illness as rheumatoid arthritis. It's an autoimmune disease, one brought on by the immune system attacking many body organs and tissues. Joints and muscles are targets. The wrists, hands, elbows, knees and ankles are the joints most often involved. Skin rashes are common. One rash is often mentioned. It's a redness on both cheeks connected by a red bar over the bridge of the nose. This is the "butterfly" rash of lupus, seen less often than it is talked about. The kidneys, heart and nervous system can be affected.

It is so. A porcelain gallbladder must be removed because of the high risk of cancer.

The outlook for an individual lupus patient depends on how many organs are involved and how well the patient responds to treatment. There isn't a cure. There are many control medicines. Lupus typically has periods of worsening and periods when the illness goes into remission. Medicines make remissions longer and longer.

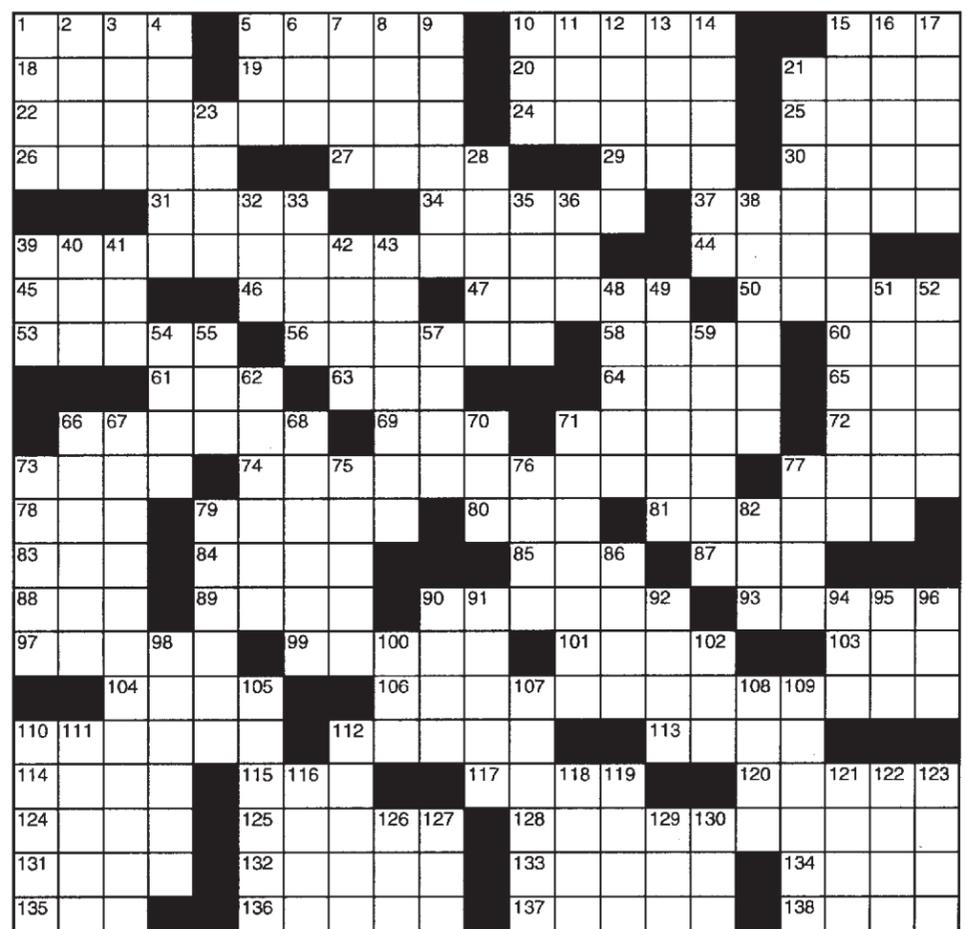
This kind of gallbladder got its name because calcium infiltrates its wall. The wall is inflamed, and gallstones are often the cause of the inflammation. Even though you might have no gallstones and even though you have no pain, you need to have the gallbladder taken out, so great is the threat of cancer developing.

Lupus has no special diet. Exercise is encouraged when the illness is in remission. You or your daughter can contact the Lupus Foundation of America for more

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) 2011 North America Synd., Inc. All Rights Reserved.

Super Crossword

- | | | | | |
|-------------------------------|------------------------------|---------------------------|-----------------------------|------------------------------------|
| BOVINES ACROSS | 66 Mystical | 120 Entangle | 35 '68 US Open winner | 90 Eager |
| 1 Enjoys an enchilada | 69 German city | 124 Puzzle direction | 36 Exploit | 91 Castle or Cara |
| 5 Cargo crane | 71 Electronic device | 125 Chutzpah | 38 Small mall | 92 "How _ Is Your Love" ('77 hit) |
| 10 Circus employee | 72 Say please | 128 Bovine publisher? | 39 Hydrotherapy site | 94 Deface |
| 15 Hilarious Howard | 73 "Beat it!" | 131 Ages | 40 Actor Hunter | 95 Supper scrap |
| 18 What you used to be | 74 Bovine outlaw? | 132 Church law | 41 TV Tarzan | 96 Slangy denial |
| 19 Mennonite group | 77 Satiare | 133 Brinks | 42 Franco of "Camelot" | 98 Stockings |
| 20 Cheer | 78 _ Aviv | 134 Bananarama, e.g. | 43 Drop | 100 TV listing abbr. |
| 21 Planted | 79 Free-for-all | 135 Actress Susan | 48 Salad type | 102 Big _ , CA |
| 22 Bovine jazzman? | 80 Word with sister or story | 136 Endangered animal | 49 Spongelike | 105 Shade of meaning |
| 24 Famed fabulist | 81 Costume sparkler | 137 Adjust a watch | 51 Bright inventor? | 107 Ecclesiastical title |
| 25 Geometric figure | 83 Actor Kjellin | 138 Time to evolve? | 52 Like Lincoln | 108 Sage |
| 26 Chrissie of The Pretenders | 84 Learn fast? | DOWN | 54 Splinter group | 109 Put the match to |
| 27 Warts and all | 85 Spare tire | 1 Decorate glass | 55 Alphabet sequence | 110 Portended |
| 29 Actress Munson | 87 Johnny Yuma, for one | 2 Nautical cry | 57 Ingratiating | 111 "That's _" ('53 tune) |
| 30 "May I interrupt?" abbr. | 88 Mythical bird | 3 Wilder's "Our _" | 59 Silo stuff | 112 Loy or Blyth |
| 31 Certain Semite | 89 Periodic table | 4 Dairy treat | 62 Victoria's husband | 116 "A Face in the Crowd" actress |
| 34 Rocker Cassidy | 90 Gave someone a smack | 5 Smidgen | 66 It's spotted at zoos | 118 Discourteous |
| 37 Pay | 93 Writer Runyon | 6 Internists' org. | 67 Bovine bandleader? | 119 They're often beaten |
| 39 Bovine auto racer? | 97 Rise | 7 Jet-setter's need | 68 Louisiana university | 121 Curly coif |
| 44 Fit | 99 Go in | 8 Egyptian deity | 70 Geographical abbr. | 122 Equine accessory |
| 45 Crony | 101 Beholds | 9 Religious belief | 71 "Clair de Lune" composer | 123 Aphrodite's son |
| 46 Director Ferrara | 103 Southern constellation | 10 Bristol brew | 73 Celebrities | 126 " _ Ryan's Express" ('65 film) |
| 47 Rock's _ Trick | 104 Sue of "Lolita" | 11 Bristol brew | 75 Car bomb? | 127 Remnant |
| 50 Yellowish brown | 106 Bovine actress? | 12 Jocular Jackie | 76 Grabs all the goodies | 129 TV's " _ Haw" |
| 53 Chasm | 110 "Cat _" ('65 film) | 13 School founded in 1440 | 77 Neighbor of Hispaniola | 130 Presidential monogram |
| 56 Adams or Astor | 112 Exodus edible | 14 Meal | 79 Bob of basketball | |
| 58 Couch | 113 Prudish one | 15 Bovine boxer? | 82 Proof letters | |
| 60 Maris of "Nurses" | 114 Melville work | 16 Proprietor | 86 Rock hound? | |
| 61 LAX letters | 115 " _ Day Now" ('62 hit) | 17 " _ Mine" ('85 film) | | |
| 63 Kimono closer | 117 To be, to Baudelaire | 21 Justice Antonin | | |
| 64 Jab | | 23 St.-to-be | | |
| 65 Noisy racket | | 28 Astound | | |
| | | 32 Chicken _ king | | |
| | | 33 Iceberg's kin | | |



Moore Texas by Roger Moore Jan. 8, 1925:
The first ever all female State Supreme Court is appointed. Reckon they always got along?



GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		11
×		+		÷	
	×		-		23
+		×		+	
	-		×		20
15		21			14

DIFFICULTY: ★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 1 2 3 4 5 6 7 9

Answer Page 5

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★

★ Moderate ★★ Challenging

Answer Page 5

★★★ HOO BOY!

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Social Security Q&A By Ray Vigil

Q: Can I delay my retirement benefits and receive benefits as a spouse only? How does that affect me?

A: It depends on your age. If you are full retirement age or older when you first apply, and your spouse is receiving Social Security benefits, you can choose to file and receive benefits on just your spouse's Social Security record. This way, you could delay filing for benefits on your own record in order to receive delayed retirement credits. By filing only for benefits as a spouse, you may receive a higher retirement benefit on your own record later based on the effect of delayed retirement credits. You can earn delayed retirement credits up to age 70 as long as you do not collect your own benefits. Since the rules vary depending on the situation, you should talk to a Social Security representative about the options available to you. To learn more, visit www.socialsecurity.gov or call us at 1-800-772-1213 (TTY 1-800-325-0778).

an eligible couple. This amount may be reduced if you have other income. Many states supplement SSI payments. Go to www.socialsecurity.gov to view electronic leaflets about these state supplements. To get SSI, your financial resources (savings and assets you own) cannot exceed \$2,000 (\$3,000 if married). If you are married and only one person is eligible, a portion of your spouse's income may be counted. You can be eligible for SSI even if you have never worked in employment covered under Social Security. Generally, to be eligible for SSI, an individual also must be a resident of the United States and must be a U.S. citizen or a noncitizen lawfully admitted for permanent residence. In addition, some noncitizens granted a special immigration status by the Department of Homeland Security also may be eligible. For more information, you may want to read SSI (Publication No. 05-11000). You also may want to read our introductory material in the booklet, Understanding SSI. Both are available at www.socialsecurity.gov.

Q: What is Supplemental Security Income (SSI)?

A: The SSI program provides monthly payments to people with limited income and financial resources who are age 65 or older, blind or disabled. In 2010, the maximum federal SSI payment is \$674 a month for an individual and \$1,011 a month for

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.

Texas physicians urge patients to quit smoking in '11

By Brent Annear
 Special to the Courier

Smoking is, without a doubt, unhealthy, and new evidence reinforces that fact. Now it's more important than ever for smokers to make quitting smoking a top goal in 2011, Texas Medical Association (TMA) physician leaders say.

A recent report by the U.S. surgeon general says the conclusion is clear: Cigarettes are a deadly threat, and even small amounts of smoke can have serious health effects.

"This is a 'no-brainer' for me - I advise my patients to quit smoking for themselves and for their loved ones," said Susan R. Bailey, MD, TMA's president and an allergist. "Let's start now; make quitting smoking your top goal in 2011."

Tobacco use remains the single largest preventable cause of death and disease for both men and women in the United States. According to the report, "Tobacco smoke damages every organ in the body and causes disease and death." The report notes that cigarettes kill more than 1,000 people every day, and one-half of all long-term smokers are killed by smoking-related diseases - typically heart attacks, chronic lung diseases, and cancers. But even if tobacco doesn't kill you, it'll make you sick: For every person tobacco kills, 20 Americans suffer from tobacco-related illnesses.

Secondhand smoke kills, too. The study reported, "There is no safe level of exposure to tobacco smoke." Annually, secondhand smoke kills thousands of nonsmokers via heart disease and lung cancer, and forces hundreds of thousands of children to suffer from respiratory infections. That is because anyone who inhales cigarette smoke, either directly or secondhand, inhales more than 7,000 chemicals, hundreds of which are hazardous including at least 69 that are known to cause cancer. The body quickly absorbs these chemicals, which begin to damage the person's cells, wreck the immune system, and cause disease.

TMA supported legislation to ban smoking in all public places and workplaces in the past two legislative sessions. Texas doctors again voiced their concern over tobacco use in the association's latest physician survey: More than two-thirds of physicians (68 percent) support a statewide ban of smoking in workplaces and public places, calling the issue very or somewhat important.

"I know it is difficult to quit smoking. But how many things can you do that can certainly improve and extend your life? The benefits are well worth the struggle to quit," added Dr. Bailey.

"If patients want to quit smoking, they should first talk to their doctor. Today, there are resources available to help patients quit smoking, from education to counseling to new medications that curb the nicotine craving," said Dr. Bailey. Patients also can call the American Cancer Society's free and confidential telephone Quitline at (877) 937-7848 (877-YES QUIT) for support and information on how to quit using tobacco, or visit the American Cancer Society website.

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: P equals O

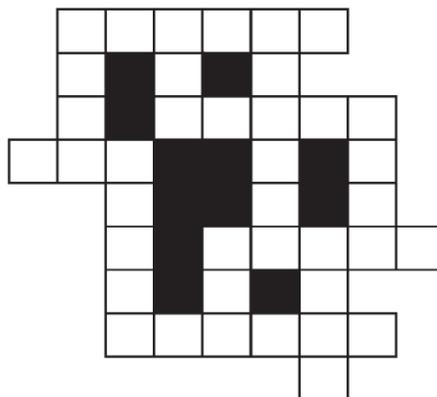
ZVQEGJV S IWSY YL BEQSEO
 XESW SC EBIVWCPPC XPGWJ, NP
 S PZJVVUV NELOSAXI
 JXEUSCA ISYV?

Answer Page 5

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- SHO
- FRONCE
- PESTE
- ♥TURS
- ♥CASTEN
- ♥TBU
- HUSC
- ORNOH
- ♥SHA
- LUPFOT
- ♥HOBRT
- SOUN



Answer Page 5

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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