



NEWSBRIEFS

Closed

County school districts will be closed next week. Anthony, Canutillo, Clint, Fabens, San Elizario, Socorro and Tornillo Independent School Districts will shut down all week (Nov. 19-23) in observance of Thanksgiving. They will open again on Monday, Nov. 26. El Paso Community College will close Nov. 22-23 for Thanksgiving.

Gathering

Clint Community "Thanks-giving" Church Service sponsored jointly by Bond Memorial United Methodist Church and Clint First Baptist Church will be held at 6:30 p.m., Sunday, November 18, 2012, at the Clint First Baptist Church at 200 Main St. in Clint. All areas residents are invited to attend. A donation of canned food for the Clint Community Food Pantry will be appreciated but not mandatory. Refreshments will be served following the worship service. For more information call 851-3939 or 851-8144.

— Erma Nelson

Canutillo ISD board

Nearly 13,000 votes were cast in the Canutillo Independent School District Board of Trustees contest that resulted in the election of three incumbents and one new trustee. Voters in Canutillo, Vinton, Westway, the Upper Valley and Northwest El Paso chose from seven candidates on the at-large ballot to re-elect Leticia "Letty" Gonzalez, Rachel Mendoza Quintana and Armando Rodriguez. They also picked newcomer Adrian Medina to replace outgoing Trustee Monica Cazares, who opted not to seek re-election. The election drew 5,584 of the 11,280 registered voters in CISD — a 49.5 percent turnout. A total of 12,882 votes were cast. Gonzalez, Quintana, Rodriguez and Medina will be sworn into office on Nov. 15. They will join trustees Searls, Patsy Mendoza and Sergio Coronado on the dais to form the governance arm of the District.

— Gustavo Reveles Acosta

EPCC art exhibit

EPCC will host the 11th Annual K-12 Art Exhibit at the Administrative Services Center (ASC), A Building, 9050 Viscount. The 811 art entries submitted from nine local school districts will be on display from Monday, November 12 through Tuesday, December 4, 2012. The exhibit is free and open to the public weekdays from 8:00 a.m. – 5:00 p.m., excluding the Thursday and Friday of Thanksgiving week. There were 55 schools with a total of 68 teachers that submitted art work for judging in the 11th Annual EPCC K-12 Art Exhibit. The art was created by 817 students from grades kindergarten

See BRIEFS, Page 5

True happiness comes not from having much to live on, but from having much to live for.

— Quips & Quotes



— Photo courtesy Clint ISD

YOUR LEFT, YOUR RIGHT, YOUR... — Frank Macias Elementary students held a parade in honor of veterans last Thursday. The parade was part of a daylong schedule of events bringing the students and military personnel into a closer partnership.

501st partners with school to honor veterans

By Laura Cade
Special to the Courier

HORIZON — The Flying Dragons of the Army's 501st Aviation Regiment and the Eagles of Frank Macias Elementary (FME) in Clint ISD spent a day together to meet and pay tribute to veterans and their families. Students, faculty, staff and parents from FME last Thursday officially welcomed the 501st Aviation Regiment as their Partner in Education during the annual Veteran's Day Pep Rally and Parade.

During the morning pep rally, the 501st unit was introduced to those in attendance. Principal Bill Patti presented Lieutenant Colonel Glen

Heape, battalion commander of the regiment, with a very special eagle's feather plaque representing the partnership between the FME Golden Eagles and the 501st Flying Dragons. Following the pep rally, soldiers were invited into the classrooms to get to meet with the teacher and the students as well as participate in the lesson for the day.

"We are overjoyed to have embarked in a partnership with this wonderful group of service men and women. The enthusiasm these soldiers have brought to our campus is tangible in both students and staff and we can't wait to see what great things lie in our bright futures," said Bill Patti.

The partnership between Frank Macias Elementary and the 501st was established in

October and events for the school year were finalized. Some of the events that the campus hopes to involve the unit in are Wellness Wednesday, Helicopter Science, as well as soldiers reading to students.

A Veterans Day Parade was the perfect way to end the special day for both groups. FME students and staff held their annual parade to thank their new partners and all veterans. The Horizon High School Scorpion band, cheerleaders and JROTC unit kicked off the afternoon parade followed by floats by each grade level honoring the 501st and armed services veterans. Because the 501st Aviation Regiment is the Apache Helicopter Battalion,

See PARTNERS, Page 5

Pumpkin is not just for Thanksgiving Day anymore

The orange vegetable is gaining popularity as a health food

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — Since Thanksgiving Day is the traditional time for pumpkin, the opportunity is ripe to explore the health-enhancing benefits of this humble vegetable.

Whether enjoyed in a pie, baked good, soup or simply straight-up, pumpkin is a delicious and nutrient rich addition to any diet.

The exceptional qualities of this familiar orange food include Vitamin A, Vitamin C, Magnesium, Vitamin E, Fiber, Vitamin B5, Potassium, Zinc, and L-tryptophan. Pumpkin is also anti-parasitic and a natural diuretic.

Because of its rich supply of vital nutrients, pumpkin is gaining popularity as a health food. One of pumpkin's main benefits is visible right away, in its clever orange hue. As with sweet potato, carrots and butternut



— Stock photo

HEALTH BENEFITS — Pumpkin's nutritional benefits can help curb disease, according to medical research. Pumpkin has an answer for almost all that ails a person. Blood-sugar imbalance? Eat pumpkin. Bone support? Have some pumpkin pulp. Arthritis? More pumpkin! Enlarged prostate? Try some pumpkin seed oil. Inflammation? There's pumpkin for that!

See PUMPKIN, Page 6

Veterans Post By Freddy Groves

Many vets struggle as college students

A study this summer shows that a large percentage of veterans who use their benefits to go to school are dropping out. There are a number of reasons:

- Peers are different: For veterans who've been in combat, interacting with laid-back students can be stressful.
- Colleges teach in a different way from the military: Topics will be different, in line with civilian life and jobs. There is less structure and certainly less rank-directed respect.
- There are stresses that other college students don't generally have: PTSD, TBI or more subtle brain injuries, or a need for hyper-vigilance.
- Military skills don't easily translate into classroom successes. The more war-oriented the military experience, the harder it is to function in class and study settings.

The Department of Veterans Affairs is acknowledging the military/civilian divide, and it hopes to pair third- and fourth-year student veterans with incoming veterans.

If you're in school and thinking about quitting, don't – not until

you've explored every single opportunity to make it right for you. You worked hard to earn those benefits. The military made you a problem solver, so solve the problem. If something isn't right, figure out what it is and look for a solution. Trouble with a class and need a tutor? Get one. Different frame of mind than your class peers? Ignore them. They haven't walked in your boots.

Go to www.vetsuccess.gov and follow the link to On Campus. Click the map or the link to Campus Locations and Contacts. Ask for help.

Find out if there's a chapter of Student Veterans of America at your school. Call 202-223-4710 or go online to www.studentveterans.org. Also ask about veterans-only classes, or introduction to college programs for veterans.

There's a way to be successful in school. You just have to find it.

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) 2012 King Features Synd., Inc.

View from here By Tom Pauken

Further welfare reform needed

TEXAS – It's amazing how much bad policy gets enacted in the name of the children. For example, illegal immigrants and drug felons currently can collect welfare checks in Texas, even though they are theoretically prevented from doing so.

How does this happen? They collect welfare in the name of their children.

In my time as a Texas Workforce Commissioner, issues have cropped up directly or indirectly in the course of my duties that shout out for reform. For example, fixing the loopholes that allow illegal immigrants and drug felons to collect welfare benefits in Texas should be a part of a reform legislative agenda in 2013.

By law, illegal immigrants cannot collect Temporary Aid to Needy Families (TANF). But a child born to illegal immigrants is a U.S. citizen. Current law allows the parents to apply for welfare in the name of their children and be in control of the money doled out by the government.

Here's what's really nuts about this policy. Normally, any adult TANF recipient must participate in the state's work program. The key word in TANF is Temporary. That program is designed as a short-term bridge to work.

However, an illegal immigrant is ineligible for employment in the United States. So illegal immigrants can get welfare for their kids and not

participate in our work programs. In fact, the time limits the state applies to other recipients don't even apply to those collecting solely for their children.

Similarly, people who commit drug felonies may receive cash on behalf of their children, though they may not receive it for themselves. And, they are free to spend it in any way they see fit. We don't need to be subsidizing drug addicts' habits.

It's time to prohibit illegal immigrants from collecting welfare on behalf of children, or at least put a time limit on it. Further, let's prohibit drug felons from collecting welfare on behalf of their children. There are better ways to benefit needy children.

Another nonsensical policy is one that prohibits drug testing for people on unemployment insurance. In many jobs, it's standard operating procedure to require drug testing before hiring and at random intervals thereafter. Someone abusing illegal drugs is a liability in the workplace. Yet, a person can collect Unemployment Insurance even though their drug habit makes it unlikely that they could re-enter their profession.

There is a common-sense solution to this problem. If a worker were laid off from an industry or firm where drug-testing was commonplace, they should have to take a drug test to continue to receive unemployment benefits.

Public benefits should be a temporary help to people actively trying to find work. I'm glad to see that Senator Jane Nelson has filed Senate Bill 11, which makes many needed changes – including time limits – to the Texas TANF program. I would encourage lawmakers to consider some of the taxpayer-friendly proposals above in addition to the excellent ideas in that bill.

Another form of welfare is the state's contracting preferences for Historically Underutilized Businesses or HUBs. (This is a euphemism for minority- or woman-owned businesses.) Why should someone born in Sri Lanka or Pakistan get state contracting preferences over a native Texan who happened to be born as a white male of European descent? The state should get the best deal, not give out corporate welfare on the basis of ethnicity or gender.

Texas has made substantial progress curbing abuses in welfare and creating a culture that rewards work. Let's apply these common-sense reforms to those who are welfare beneficiaries so that our state continues to encourage work and provides a level playing field for all Texans seeking to do business with the state.

Tom Pauken is the Commissioner Representing Employers at the Texas Workforce Commission and author of Bringing America Home.

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Texas Social Security offices post new hours

By Ray Vigil
Special to the Courier

Texas – Effective November 19, 2012, Texas Social Security offices will be open to the public Monday through Friday from 9:00 a.m. to 3:00 p.m. – a reduction of 30 minutes each weekday. In addition, beginning January 2, 2013, offices will close to the public at noon every Wednesday.

While agency employees will continue to work their regular hours, this shorter public window will allow them to complete face-to-face interviews and process claims work without incurring the cost of overtime. The significantly reduced funding provided by Congress under the continuing resolution for the first six months of the fiscal year makes it impossible for the agency to provide the overtime needed to handle service to the public as it has

done in the past. In addition, on November 23, the day after Thanksgiving, all Social Security field offices will be closed to the public. Like last year, employees working that day will focus on reducing backlogged workloads.

Most Social Security services do not require a visit to a local office. Many services, including applying for retirement, disability or Medicare benefits, signing up for direct deposit, replacing a Medicare card, obtaining a proof of income letter or informing us of a change of address or telephone number are conveniently available at www.socialsecurity.gov or by dialing our toll-free number, 1-800-772-1213. People who are deaf or hard of hearing may call our TTY number, 1-800-325-0778. Many of our online services also are available in Spanish at www.segurosocial.gov.

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"I MISSED THE AMERICAN IDOL FINALS?"

'Tis the season for donating money

By Jason Alderman
Special to the Courier

TEXAS – Like many other economic measures, charitable donations in the U.S. have yet to bounce back to pre-recession levels. According to Giving USA's Annual Report on Philanthropy, charitable contributions totaled \$298.4 billion in 2011 – up 4 percent from 2010, but still 11 percent below 2007 levels.

The vast majority of those contributions (73 percent) came from individuals, demonstrating that even during tough economic times, people still find ways to support organizations that help those less fortunate than themselves.

Because half of all donations typically are made between Thanksgiving and New Year's, this is a good time to highlight precautions you can take to ensure your gift has the biggest possible impact, both on the people you want to help and on your own bottom line. This is also a good time to remind seniors about a tax policy that has changed since last year.

Contribution eligibility. If you itemize expenses on your 2012 income taxes, any charitable contributions you plan to deduct must be made by year's end. That means either charging your credit or debit card or postmarking a check by midnight on December 31, 2012.

You must have a receipt to claim deductions for cash or property, no matter how small. A cancelled check or credit card statement is fine for contributions under \$250, but amounts over \$250 require a written statement from the charity. See IRS Publication 526 for details (www.irs.gov).

Confirm tax-exempt status. For your contribution to be deductible, the organization must be recognized as tax-exempt by the IRS. It's important to note that in recent years the IRS has revoked the tax-exempt status of scores of nonprofit organizations because they didn't file annual reports for three consecutive years,

as required by law. Use the IRS Exempt Organizations Select Check tool to ensure an organization's eligibility.

Get bang for your buck. Make sure any non-profit to which you donate is well-run. Ideally the organization applies at least 75 percent of contributions to programs that serve its beneficiaries, versus spending on salaries, advertising, fund-raising and other administrative expenses.

Study the organization's website, annual report and mission statement, and ask for a copy of its IRS Form 990, which details how contributions are spent. Speak to staff members or volunteers, or volunteer there yourself. Or, if you know someone who has used its services, ask for their impressions of the organization's efficiency and helpfulness to clients.

Other helpful sites: Charity Navigator's "Top 10" lists and "Tips and Resources" sections provide helpful evaluation tools (www.charitynavigator.org). And GuideStar offers helpful questions to ask potential recipients and tips for choosing a charity (www.guidestar.org).

No more direct IRA distributions. A major tax break for senior citizens regarding charitable contributions expired at the end of 2011. Formerly, people over age 70 1/2 could contribute up to \$100,000 from their IRAs directly to charity and have it count toward their annual IRA Required Minimum Distribution. This allowed seniors to avoid having to count the funds as adjusted gross income, thereby reaping a tax advantage even if they didn't itemize deductions.

And finally, if you can't afford a cash donation but still want to help, consider donating your time. Numerous organizations can match you up with local charities that suit your interests, including the government's United We Serve site (www.serve.gov), Network for Good (www.networkforgood.org), and Volunteer Match (www.volunteermatch.org).

Jason Alderman directs Visa's financial education programs.

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

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

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

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

American Heart Association

Fighting Heart Disease and Stroke

9-1-1

HEART ATTACK & STROKE

Read the signs. Raise a flag.

Partners

From Page 1

While the unit is expected to deploy to Afghanistan in February, students will maintain communication with the soldiers assigned to their classrooms through letters. The 501st will return to Ft. Bliss next fall upon completion of their tour of duty in Afghanistan.

the floats, hats and costumes made by the students represented helicopters or flying dragons, the unit's mascot.

Briefs

From Page 1

through high school.

— Jim Heiney

Drug testing

Gov. Rick Perry and Lt. Gov. David Dewhurst have called on the Texas Legislature to enact reforms to the state's welfare and unemployment benefit programs, including authorizing drug screenings for those applying for Temporary Assistance for Needy Families (TANF) and Unemployment Insurance (UI) benefits. State Sen. Jane Nelson has pre-filed a bill for the upcoming legislative session to require drug screening for TANF applicants. "Texas taxpayers will not subsidize or tolerate illegal drug abuse. Every dollar that goes to someone who uses it inappropriately is a dollar that can't go to a Texan who needs it for housing, child care or medicine," Gov. Perry said. "Being on drugs makes it much harder to begin the journey to independence, which only assures individuals remain stuck in the terrible cycle of drug abuse and poverty." "We owe it to Texas taxpayers to structure our welfare and unemployment programs in a way that guarantees recipients are serious about getting back to work," Lt. Gov. Dewhurst said. "It's beneficial to welfare recipients for us to reform and strengthen our job training requirements and require them to be drug-free so that we can help them get back on their feet and back to work." The governor noted that the purpose of TANF and UI is to provide temporary assistance to individuals and families, not a permanent replacement for employment. Drug testing ensures individuals are using these benefits for their intended purpose, and that individuals are ready and available for employment by remaining drug free.

— Catherine Frazier

Crime Stoppers

A child is touched inappropriately by a man in a public restroom who then flees before an officer can catch him, making this the Crime Stoppers "Crime of the Week." On Friday afternoon, October 5, 2012, about 1:00 p.m., a woman shopping at Walmart, 9441 Alameda, let her 3-year-old son enter the public men's room because the women's room was closed for cleaning. The mother waited outside the door and, after a few minutes, called loudly to ask if he was finished. She called twice and got no answer; so she entered the restroom and found the suspect standing behind her son with his hands on the child's hips. The suspect immediately

fled from the store. An officer who was in the store on another matter, responded immediately; and the child reported that the suspect had touched him. The mother told the officer that the suspect seemed to be "slow" mentally. As seen in surveillance video, the suspect appears to be a heavyset Hispanic man, possibly in his 30s, with black hair, wearing a dark blue t-shirt with a small logo on the front and a large round logo on the back, blue jean shorts, and black high-top shoes with white socks. If you have any information at all about the identity of the suspect in this case, contact Crime Stoppers of El Paso at 566-TIPS (566-8477), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word CRIME1 (no space) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

— James Klaes

Wanted

Michael Steven Smith, 27, who also goes by Michael Thompson, is this week's Manhunt Monday Most Wanted Fugitive. He is 5'7" tall and weighs 164 pounds. He has black hair, brown eyes and multiple tattoos on his arms, chest, neck and back. On Friday,



Michael S. Smith

November 9, 2012 just before 7:00 p.m., police officers were called to the area of Country Club and Memory in reference to a three-vehicle accident. Officers arrived and began their investigation when they noticed a strong smell of marijuana coming from one of the vehicles. Contact was made with a male subject identified as Smith who was asked to exit the vehicle. Smith got out of the car and suddenly fled on foot. An officer gave chase and caught up to Smith who began to resist and violently attack the officer. The officer lost his grip on Smith who managed to escape. A search of the area was conducted for Smith but he was not located. He is now wanted for the crimes of Assault on a Public Servant, Resisting Arrest and Evading Arrest. Smith knows he is wanted and is believed to remain in the area. Anyone that has seen or has any information on the whereabouts of Smith can contact Crime Stoppers at 566-TIPS (8477). Callers will remain anonymous and may be eligible for a reward if the information provided leads to the apprehension of Smith.

— Deputy Jesse Tovar

KTB accepting award applications

By Melissa Pecorino
Special to the Courier

TEXAS – Keep Texas Beautiful (KTB) is now accepting applications for the 2013 Governor's Community Achievement Awards (GCAA), one of the most prestigious annual environmental awards programs in Texas. In March 2013, 10 communities will be selected by a panel of judges to share \$2 million from the Texas Department of Transportation (TxDOT), to be used for landscaping projects along local rights-of-way within in their

communities.

The awards recognize the best grassroots environmental programs in the state, and are awarded in 10 different categories, based on population. The winner of the smallest population category, which recognizes communities with up to 3,000 residents, receives a \$90,000 grant, while cities with more than 180,000 residents qualify for \$310,000. Every community in Texas is eligible to apply for a Governor's Community Achievement Award. A community's environmental program is judged on achievements in seven different areas: community

leadership and coordination, education, public awareness, litter prevention and cleanup, illegal dumping enforcement, beautification and property improvement, and solid waste management. KTB will formally recognize and award these communities during its 46th Annual Conference in San Antonio, scheduled for June 17-20, 2013.

Communities interested in applying may download the 2013 application from the KTB website at www.ktb.com or call 1-800-CLEAN-TX to request a copy. Applications are due to Keep Texas Beautiful on Tuesday, February 5, 2013 by 5:00 p.m.

Fair

From Page 4

Jessie Cobos, Laura Mercado, and Paula Hernandez encouraged students to register online in order to avoid having to repeatedly provide their information and also helped them log onto the website so they could each have their barcode ready for the fair.

San Elizario hosts the college fair each year and offers other college readiness events in the spring such as a Free Application for Federal Student Aid (FAFSA) Night. Additionally, college representatives visit the campus throughout the year so that students may visit with them on an individual basis.



— Photo courtesy San Elizario ISD

CHECKING OUT OPTIONS – Belen Valdez, Texas A&M University Regional Advisor, speaks with San Elizario High School junior Humberto Marquez.

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Three teams still in chase for national championship

By Steve Escajeda
Special to the Courier

I don't know why it took so long but I'm so glad that the NCAA will finally decide the national football champion on the field beginning in 2014 with their four-team playoff.

Obviously, the four-team playoff system should be expanded. But having any kind of a playoff for now is just fine.

It looked for a while that we might have had the perfect scenario for a four-team playoff this year with four undefeated teams heading into play last week.

That was until Alabama lost to Texas A&M in a game where they suffered an obvious letdown after that improbable win at LSU the week before.

While we're waiting for the popular playoff system to take place, we have to consider who will play for the national title this year.

There are currently three teams vying for a ticket to the title game at Sun Life Stadium in Miami on January 7.

Oregon, Kansas State and Notre Dame are the only remaining unbeaten teams in the country but only two can advance to the big game.

But which two?

The team that gets most of the attention, whether you love them or hate them, is the Notre Dame Fighting Irish.

They've got a tremendous defense and an average offense but their biggest advantage is their heart.

They just gut out game after game, doing the little things that separate a winning team from a weaker bunch. They don't do it with flash, but they just do it.

As far as the eye test is concerned, there is not any team in the country that is prettier than Oregon.

Whether it's one of their four or five sets of elaborate uniforms or their "don't blink or you'll miss a play," fast-break offense, they are exciting to watch.

The Ducks score touchdowns in bunches and are usually up about 27 points before their opponents get on the scoreboard.

But while Oregon's offense may put up

numbers rivaling what their basketball team will score, their defense is not exactly the strength of the team.

Oregon has scored at least 42 points in every game this season and have topped 50 on seven occasions. But they've allowed 34 to Arkansas State, 25 to Fresno State, 26 to Washington State and 51 to USC.

Of the three, the most complete but most overlooked team in Kansas State.

The Wildcats can also score points at an alarming rate but they also have a defense that can shut down an opponent.

They've scored over 50 points in five of their 10 games, but other than the 30 points they allowed high-scoring Oklahoma State, the most points the Wildcats have allowed in a game this season is 24.

In fact, they've kept six teams to scoring in the teens or lower.

So knowing the backgrounds of these three teams, who will be in the championship game if all three remain tied?

Notre Dame has two games left to play, at home against Wake Forest and then a real tough game at Southern Cal.

And you know that rival USC would love to be the team that knocks the Irish out of the title game, especially when the Trojans were predicted to be in that game at the start of the season.

Oregon has a couple of tough games left against Stanford (8-2) and at rival Oregon State (7-2).

Things shouldn't be so easy for the Ducks in these last two games, but if they put up 50 points again against these two opponents, that could go a long way toward being selected to play in the title game if the other two teams win out.

Kansas State also has a couple of tough games to close out the season. They'll be at Baylor, who has scored at least 40 points six times, and finish at home with the always strong Texas Longhorns (8-2).

So a lot can happen between now and when the all-knowing BCS computer is cranked up and spits out who has earned the right to play for a championship.

Whoever is fortunate enough to make it all the way to Miami, it's just good to know that a viable playoff system is on the way... finally.

A sporting view By Mark Vasto

The Terrible Turk vs. Goofy

There's only so much "Mickey Mouse Funhouse" a father can take. Desperate, I download a Spiderman story to the iPad for my 3-year-old son, an auto-turning storybook narrated by none other than Stan Lee.

But as I listened, the story arc went in a way I wasn't expecting from a child's book. You know... at that age, they kind of gloss over the stuff about inner-city murders. In

this story, Spiderman decides to use his new powers for greed. His first stop is the local coliseum, where he takes on a wrestler offering anyone \$100 if they can last 15 minutes in the ring. Spiderman easily wins the fight, goes to collect his earnings and demands to be paid in cash. Then the cashbox is stolen at gunpoint and Spiderman lets the burglar go, because it's not his problem, right? He's counting the money.

Well, later that day, Spiderman's uncle is murdered... shot in the streets. An enraged Spidey finds the murderer, and what do you know? It was the burglar from earlier, yada yada yada, and the takeaway of the story being, kids bitten by radioactive spiders should not be greedy and use their powers for prizefighting or their uncle will get shot. (At least that's how I explained it.)

The prizefighting thing... did people actually do that?

So I went to the history books and came face to face with a 300-pound mustachioed wrestler named Youssof, "The Terrible Turk." And

something told me Stan Lee was familiar with the man, too.

The Terrible Turk barnstormed America during the late 19th century. Unlike the "productions" we get to see now, in Youssof's day, wrestling was about two guys going into a ring and ripping the other guy apart, literally. Youssof was a national sensation. He brought a carnival atmosphere to town with him and, yes... if you had the guts, you could win \$100 (\$1,000 at today's inflation) if you could last 15 minutes in the ring with him. Legend has it that he never lost.

Youssof was greedy. He demanded to be paid in gold coins before every match. He would put the coins in a money belt around his waist, concealed by one of those sarong-type belts, and go wrestle. When he hit \$10,000 in coins, he

announced his retirement and sailed for home... until a storm hit and the order came to abandon ship. Youssof reached the deck as the ship began to keel over, and was out of range of the lifeboats... he'd have to swim.

Only he didn't have a life preserver around his waist... he had a money belt filled with gold coins! In seconds, he was dragged under to his death.

The takeaway being to always use traveler's cheques and wear a life preserver... at least that's what I told my kid as we both sat down to watch Goofy learn to count gold coins in order to get past the large, mustachioed bad guy Pete.

The story never ends.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2012 King Features Synd., Inc.

MINER ORANGEVILLE MEN VS. NMSU
NOVEMBER 28
DON HASKINS CENTER AT 7 P.M.
FREE FOAM PICKS FROM
Walgreens

TICKETS: 915.747.5234

UTEP VS. RICE
SURPRISE WORLD RECORD ATTEMPT AT HALFTIME
NOVEMBER 24 AT 5 P.M.

WOMEN VS HOUSTON BAPTIST
BOY & GIRL SCOUT NIGHT
NOVEMBER 16 AT 7:05 P.M.

WOMEN VS ARIZONA STATE
KIDS 12 AND UNDER GET IN FREE
NOVEMBER 18 AT 2:05 P.M.

verizon

92.3 The Fox
UNIVISION 26

Pumpkin

From Page 1

squash, this coloring occurs thanks to the presence of large amounts of carotene.

As building blocks of Vitamin A, alpha-carotene and beta-carotene help to keep a person's eyes healthy and vision clear and guard against cataracts and degeneration. Research shows that more than twice the daily recommended serving of Vitamin A can be found in just one cup of cooked, mashed pumpkin.

The carotenes, along with the many other antioxidants found in pumpkin, also help in the general maintenance of numerous other bodily functions - from strengthening the immune system, to the prevention of cancer, and cardiovascular disease.

When it comes to overall skin health, the properties of pumpkin are highly effective. It's a good source of Vitamin C, which facilitates collagen production, increasing the elasticity of skin. It also reduces damage (wrinkles and other signs of premature aging) caused by free radicals, as might occur with sun damage or pollution.

Pumpkin seeds, especially, contain plenty of beneficial zinc, which may help to regulate the hormones responsible for acne, as well as fatty acids, which support skin repair, increase moisture and improve flexibility.

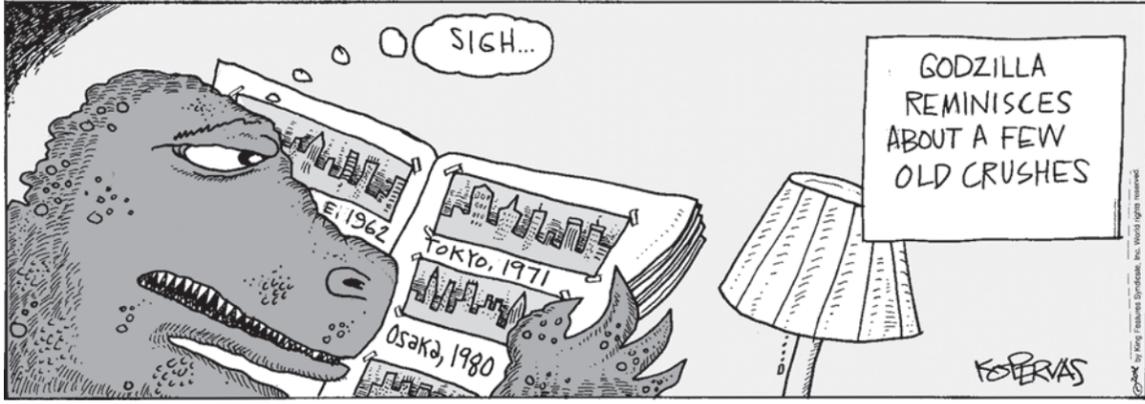
Additionally, pumpkin can also help to balance one's mood, because its seeds contain large quantities of tryptophan- an amino acid involved in the production of serotonin, an individual's "feel-good" neurotransmitters.

And, because pumpkin is low in calories and high in fiber, it is a holiday indulgence you can enjoy without the guilt. Diets rich in fiber have been shown to help people lose weight by causing them to feel fuller for longer.

As you can see, it's easy to reap the health benefits of pumpkin every day; no need to wait for Thanksgiving Day.

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: Three or four months ago, the ring finger on my right hand started making popping noises when I bent it. Now it's still doing that, and it catches in a bent position from time to time. I work as a carpenter, and I can't afford to take time off. What do you think this is? – R.B.

My cousin, whom I hadn't seen in 10 years, has bulging eyes. Her mother – my aunt – told me it was due to a thyroid problem. I'd never heard of a thyroid problem affecting the eyes. Does it? – G.D.

My guess is trigger finger. The tendons that bend the fingers travel from the forearm into the palm and then onto each finger and the thumb. On their way to the fingers, a sheath of tough tissue encircles them.

It can. An overactive thyroid gland can lead to deposits of material in the eye sockets, which causes the eyes to protrude. There are treatments for this complication of hyperthyroidism. I'm sure this cousin is under the care of a thyroid specialist and an ophthalmologist.

Repetitive movements of the fingers irritate the protective tendon sheaths, and they swell. The swelling squeezes the tendon, and the popping noise you hear is the tendon freeing itself from its swollen sheath. That snapping noise sounds like the noise heard when cocking a gun's trigger.

The booklet on thyroid disorders explains the many conditions arising from a malfunctioning gland. To order a copy, write: Dr. Donahue – No. 401W, 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.

As time goes by, the finger might become locked for some time in the bent position.

DEAR DR. DONOHUE: Can hair grow on the lips if a person shaves very close to the upper and lower lips? Some informed individuals say no. – L.G.

You don't want to hear this, but rest is essential to permit the tendon to move smoothly. If you must work, padded gloves afford some protection for the finger. Gripping a tool like a hammer is particularly hard on the tendon and its sheath. Tools with a larger-than-normal handle are less of a problem. The best protection is wearing a metal splint so that the finger can't move.

Never in my life have I seen hair on people's lips. Lips have no hair follicles. You even could shave the lips if you felt so inclined (but please don't try this), and hair would not grow on them. If you have evidence to the contrary, let me know.

Your doctor can give you a cortisone injection into the problem area, and that often reduces the swelling quickly. You must rest your finger after the injection for at least three days.

Dr. Donahue 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) 2012 North America Synd., Inc. All Rights Reserved.

If two injections fail to free the finger, then you need to consult an orthopedic surgeon for an opinion on surgical release of the tendon.

DEAR DR. DONOHUE: This past summer, I got the shock of my life at a family get-together.

Super Crossword

- HABITAT EXPANSION ACROSS**
- 1 Building front
 - 7 Tube commercials
 - 12 Selective breeding site
 - 20 Dreamy guy
 - 21 Opponent
 - 22 Waters off Buffalo
 - 23 Honor given by a mayor
 - 25 1953 Frankie Laine hit
 - 26 _ Island (old immigration gateway)
 - 27 Not _ bet
 - 28 Rock music subcategory
 - 29 "ER" actress Laura
 - 30 Year's 365
 - 31 Hillary Clinton, e.g.
 - 36 Ball caller
 - 38 Port of Cuba
 - 39 "_ now or never!"
 - 40 Lower back's area
 - 44 Sty dwellers
 - 46 Phi follower
 - 49 Yoko of "Milk and Honey"
 - 50 98-Down's partner in comedy
 - 51 Mama's other half
 - 52 Is sorry about
 - 53 Walesa of Solidarity
 - 55 Those elected
 - 56 More ogreish

- 58 "And I mean fast!"
- 59 Age-old
- 61 Western film for which Burl Ives won an Oscar
- 64 Isn't able
- 65 Magic-using illness curers
- 66 Kilt wearer
- 67 1951 Cesar Romero film
- 70 Iroquois tribesmen
- 73 Falco or Sedgwick
- 74 Heard things
- 75 "How about that!"
- 76 Craps cubes
- 77 Ward (off)
- 78 Make fun of
- 79 Astronauts' garments
- 82 Whodunit cry
- 83 Grid six-pointers
- 84 Salmon hue
- 85 "Cats 101" channel
- 88 Mu _ pork
- 89 Unemotional
- 90 Internet access
- 91 Hit Nintendo game for the Wii
- 97 Captain of the Pequod
- 101 Bara of silent films
- 102 Continuity interrupter
- 103 Yale Daily News reader

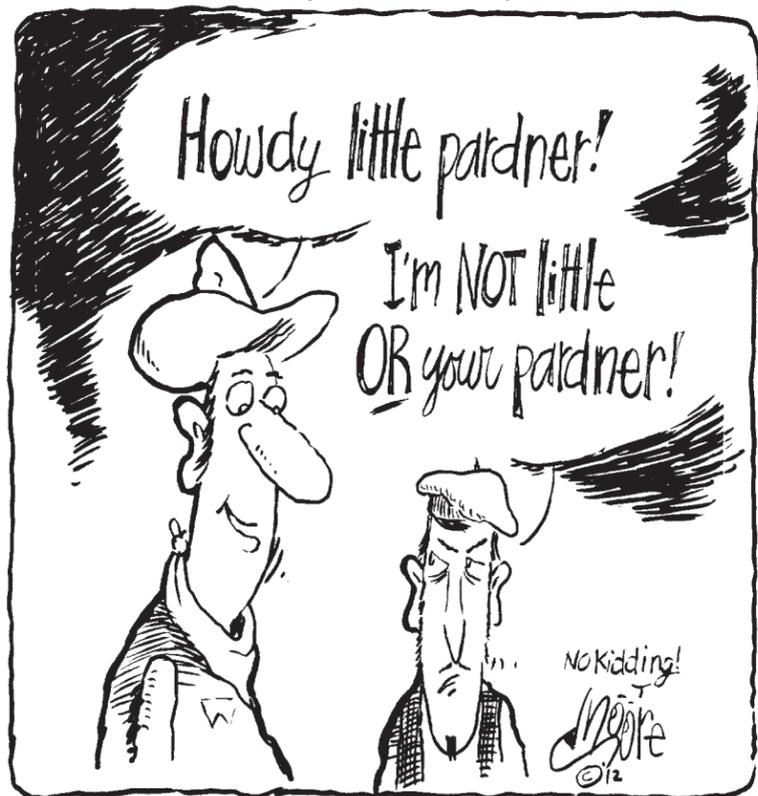
- 104 Cybernotes
 - 105 Like Russia
 - 107 Big annual beauty contest
 - 111 Contacts via a letter
 - 112 Ready if required
 - 113 Intrude
 - 114 Vending guys
 - 115 Fry a bit
 - 116 Appealed to God
- DOWN**
- 1 Simulated
 - 2 Writer _ Rogers
 - St. Johns
 - 3 In a shy way
 - 4 Used against
 - U-boats, e.g.
 - 5 Spanish for "God"
 - 6 SC hours
 - 7 Ditchdiggers
 - 8 Church officer's residence
 - 9 Prefix for the birds?
 - 10 "What's up wit _?"
 - 11 Foxy
 - 12 Like sludge
 - 13 Forbidden
 - 14 Island guitar
 - 15 Removes from a roster
 - 16 Deceptive moves
 - 17 Sporting site
 - 18 Bolt variety
 - 19 Edwin of the Reagan cabinet
 - 24 Weeding tool

- 28 Period in history
- 31 Ankle injury
- 32 Sinful
- 33 Chinese "way"
- 34 Novelist
- Brashares
- 35 Mozart's "The Marriage of _"
- 37 _ de mer
- 40 "Whatever _ wants..."
- 41 Not in cipher
- 42 Heelless slip-ons
- 43 Litter's littlest
- 44 Is suspended
- 45 Oily org.?
- 46 Caretaker
- 47 Grief
- 48 Early Cosby TV series
- 51 Palette filler
- 52 Rotten
- 54 Implied subtly
- 56 Internet _ (viral phenomena)
- 57 "My People" author Abba
- 60 Plus others: Abbr.
- 61 Get ideas
- 62 Finger locale
- 63 Draw on
- 65 In a rut
- 67 Remaining
- 68 Heavy metallic element
- 69 1200 hours
- 70 Eye, in Nice
- 71 Salary after taxes
- 72 See 99-Down

- 75 Texas river or county
- 79 _ monster (lizard type)
- 80 Looks upon with a grin
- 81 _-mo (replay option)
- 84 Sentence units
- 85 _ Z (the gamut)
- 86 Holiday quaff
- 87 Shady walk
- 88 Calm down
- 89 Tiny drink
- 91 Fricassees
- 92 "Star Trek" role
- 93 Risk
- 94 Quartz used in marbles
- 95 Babbled
- 96 Mark, as a ballot box
- 98 50-Across' partner in comedy
- 99 With 72-Down, air passenger's preference
- 100 Be in need of sutures
- 104 _popular
- 106 Doctrine
- 107 Apr. and Jul.
- 108 _ sense
- 109 R followers
- 110 Devilish kid

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19				
20							21					22										
23						24						25										
26						27				28				29								
30						31			32	33	34			35								
				36	37			38						39								
40	41	42					43					44	45				46	47	48			
49				50							51						52					
53			54		55					56	57						58					
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					64												66					
67						68	69						70	71					72			
73							74						75				76					
77																	81		82			
83																			87			
91	92	93							94	95						96			97	98	99	100
101									102						103				104			
105							106												110			
111																						
114																						

Moore Texas by Roger Moore Texas is bigger than France...and way more friendly.



Social Security Q&A By Ray Vigil

Q: How do I earn coverage for Social Security?

A: You earn Social Security credits, sometimes referred to as quarters of coverage, when you work and pay Social Security taxes. The credits are based on the amount of your earnings. In 2012, you receive one credit for each \$1,130 of earnings, up to the maximum of four credits per year. Each year, the amount of earnings needed for a credit goes up slightly as average earnings levels increase. Generally, a person needs 40 credits to be eligible for retirement benefits. There are special rules for the self-employed. Read more about self-employment and Social Security in our online publication, If You Are Self Employed, at <http://socialsecurity.gov/pubs/10022.html>. To learn the amount required for Social Security credits for prior years, see Quarter of Coverage at www.socialsecurity.gov/OACT/COLA/QC.html.

Q: How can I get a copy of my Social Security Statement?

A: If you are age 18 or older, you may get your Social Security Statement conveniently online at any time after creating an account at www.socialsecurity.gov/mystatement. The Statement provides estimates for retirement, disability and survivors benefits, as well as a way to determine whether your earnings are accurately

posted to your Social Security record. Social Security sends paper Social Security Statements in the mail only to people age 60 and older and, beginning July 2012, to workers the year they turn 25. If this applies to you, you should receive your Statement about two to three months before your birthday. Also, you can get an instant, personalized estimate of your future retirement benefit using our online Retirement Estimator at www.socialsecurity.gov/estimator.

Q: I'm retired and the only income I have is from an Individual Retirement Account (IRA). Are my IRA withdrawals considered "earnings"? Could they reduce my monthly Social Security benefits?

A: No. We count only the wages you earn from a job or your net profit if you're self-employed. Non-work income such as annuities, investment income, interest, capital gains, and other government benefits are not counted and will not affect your Social Security benefits. Most pensions will not affect your benefits either. However, your benefit may be affected by a government pension from work on which you did not pay Social Security tax. For more information, visit our website at www.socialsecurity.gov or call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778).

For more information on any of the questions, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions, please mail them to the Social Security Office, 11111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

STRANGE BUT TRUE
By Samantha Weaver

- It was American bridge expert Phillip Alder who made the following sage observation: "We are born with talents, but we acquire skills."

- The inventor of Life Savers was Clarence Crane (incidentally, he was also the father of poet Hart Crane). In 1913, a year after coming up with the recipe for the candy, Crane sold the patent for his sweet treat for \$2,900. Seems like a paltry recompense for creating a pop culture icon that is still going strong after 100 years.

- Do you suffer from arachibutyrophobia? If so, you probably refuse to eat PB&J sandwiches, for fear that the peanut butter will stick to the roof of your mouth.

- There are 120 drops of water in a single teaspoon.

- In 1976, John Moore, a California man, had his spleen removed at the UCLA Medical Center in order to treat his cancer. The operation was successful – in more ways than anyone anticipated. It seems that the doctors, upon studying the removed organ, found certain cells that had unique cancer-fighting properties. The discovery led to a new – and profitable – treatment. When Moore found out that his spleen had led to this discovery, he sued the Regents of the University of California for a share of the profits. In 1990, 14 years after his cancer was cured, he lost his court case.

- Those who study such things say that ants stretch and yawn when they wake up.

- If you're like 43 percent of the American population, you refuse to ever try eating snails, regardless of the fact that they're regarded as a delicacy in other parts of the world.

Thought for the Day: "The fear of becoming a 'has-been' keeps some people from becoming anything."
– Eric Hoffer

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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.

	+		÷		5
-		÷		+	
	x		-		3
x		+		-	
	÷		-		3
8		5		7	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 5 6 7 8 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: A equals D

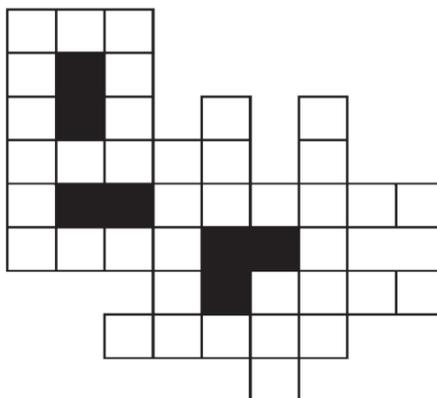
TZ NLPHWLAX TN RHKYMTMO
SDH KYS LZ PLBMSKTM
IRTPWTMO, AL SDHX NSBAX
SDHTY IRTZZ MLSHN?

Answer Page 4

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- NME
- GANROJ
- ♥ AMGAM
- EMRO
- REBIUM
- ♥ RBO
- UNON
- ♥ NEREG
- AJM
- GIROIN
- RIMON
- REMB



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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