



NEWSBRIEFS

Fireworks ban

Fireworks have been banned in El Paso County for the fourth straight year by commissioners' court. The ban, which passed 5-0 during a recent meeting, prohibits the sale and use of all fireworks but does not apply to professional shows. Judge Veronica Escobar issued a disaster declaration, and Gov. Rick Perry approved the measure that extends the ban to last until July 5, when fireworks are no longer allowed to be sold in Texas. Commissioners said that the decision was based on El Paso's drought condition, which has a score of 643 on the Keetch-Byram Drought Index. Anything above 575 is considered dangerous. A high drought index score indicates that the area is dry and a chance for brush fires exists.

— Alfredo Vasquez

Planting trees

America's forestland is a prized natural resource, and anyone can help plant trees in these vital areas by joining the Arbor Day Foundation this month. Through the *Replanting Our National Forests* campaign, the Arbor Day Foundation will honor each new member who joins in July by planting 10 trees in forests that have been devastated by wildfires, insects and disease. The cost for joining the Arbor Day Foundation is a \$10 donation. America's national forests face enormous challenges, including unprecedented wildfires that have left a backlog of more than one million acres in need of replanting. The Foundation has worked with the United States Forest Service for more than 20 years to plant trees in high-need forests. Our national forests provide habitat for wildlife, keep the air clean and help ensure safe drinking water for more than 180 million Americans. "Keeping our forests healthy is vital to the health of people and the entire planet," said Matt Harris, chief executive of the Arbor Day Foundation. "By planting trees in our national forests, we will preserve precious natural resources and the benefits they provide for generations to come." To join the Arbor Day Foundation and help plant trees in our national forests, send a \$10 membership contribution to *Replanting Our National Forests*, Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, or visit arborday.org/july.

— Anthony Marek

Wanted

A man is captured on video committing a theft at a Central El Paso retailer and is also believed to be involved in other similar thefts. Detectives from the El Paso Police Department are asking for the

See BRIEFS, Page 5



— Photo by Alfredo Vasquez

EASY TO FIND – Look for the roadside marker to get to the Archaeology Museum. The museum can be recognized easily as the one-story reddish-brown color building on the north side of Transmountain Road, adjacent to the National Border Patrol Museum. The two museums are the only buildings on the north side of Transmountain Road, west of Highway 54, surrounded by the Castner Range open space.

Archaeology museum offers day camp

By Alfredo Vasquez
Special to the Courier

The El Paso Museum of Archaeology will offer Archaeology Day Camps, from 9 a.m. to noon, Tuesday through Friday, July 8-11 for youths, ages 7 to 9 years old (Grades 2 to 4); and July 15-18 for ages 10 to 12 (Grades 5 to 7).

The archaeology museum has been offering the annual day camps on the

museum grounds (4301 Transmountain Road) for the past few years. The program is designed to educate participants about the science of archaeology, its tools, and the prehistory of the Americas, especially the El Paso-Juárez region, from the last Ice Age to European contact.

Activities include learning to identify artifacts and then conducting a survey and a mock excavation. Campers will learn respect and appreciation for prehistoric, historic and contemporary Indian people.

Interested individuals should contact the museum to make a reservation as soon as possible. Registration fee for the camp is \$55 for El Paso Museum of Archaeology members and \$70 for non-members. Registration is accepted on a first-come first-served basis as attendance is limited to twelve students per camp.

For information and the camp registration form, contact George Maloof, museum curator, at (915) 755-4332 or send email to maloofgo@elpasotexas.gov.

Gallego highlights San Elizario during '23 in 1' series

Washington, D.C. – U.S. Representative Pete P. Gallego (D-Alpine) highlighted San Elizario, TX in a "23 in 1" segment – during which he takes viewers and listeners on a quick one minute journey through the 23rd District of Texas. The speeches take place while the House is in session and are broadcast on local C-SPAN channels and on www.c-span.org.

Throughout 2014, U.S. Rep. Gallego will highlight places of interest, traditions, people, towns and cities in the Congressional District – to share with others in the country his joy of representing southwest Texas.

Anyone wishing to submit suggestions for the "23 in 1" series by U.S. Rep. Gallego can email: TX23PressPeteGallego@mail.house.gov.

Below is a full transcript of U.S. Rep. Gallego's remarks:

"Thank you so much, Madam Speaker.

"Today, as we continue our journey through 23rd District of Texas, I'd like to talk about the newest city in the 23rd District, and really one of the newest cities in Texas and that is the City of San Elizario, with a population of about 12,000 people.

Located south of El Paso, it is a small community that incorporated on November the 5th of 2013, after its residents voted to make it a city.

"And recently, on May 10, the people of the



— File photo

HISTORIC BUILDING – An unidentified man walks across the San Elizario Plaza with the San Elicario Mission standing prominently in the background.

City of San Elizario elected their first mayor, Maya Sanchez, and the voters of San Elizario also elected Council Members Leticia Hurtado-Miranda, David Cantu, Miguel Najera Jr., Rebecca Martinez-Juarez and George Almanzar.

"But, while it's a new city, the San Elizario community has been around a very long time. In 1598, Don Juan de Oñate, who was

a Spanish *conquistador* and nobleman who was born in Zacatecas, he led a group of more than 530 colonists and about 7,000 head of livestock from southern Chihuahua to settle the province of New Mexico.

"The group traveled a northeasterly route for

Humor is the lubricating oil of business. It prevents friction and wins good will.

— Quips & Quotes

Finances By Jason Alderman

Claim a tax credit for summer daycare expenses

For harried parents, the definition of true panic is realizing in April that you forgot to enroll your kids for summer day camp and now all the slots are filled. Cut to: as the school year ends, you're feverishly trying to find adequate daycare because neither of you can take time off work to watch the kids.

I know of one such couple; with any luck you're more organized than they were. In fact, bonus points if you thought ahead and signed up during last fall's open enrollment for a dependent care flexible spending account (FSA), which allows you to pay for childcare using pretax dollars.

But if you didn't enroll in an FSA or your employer doesn't offer them, there's still a way to get a tax break on your summer daycare expenses (and other dependent care costs throughout the year): the Child and Dependent Care Credit. Here's how it works.

If you pay someone to care for your young child (or other qualifying dependents) so you can work – or look for work – you may be eligible for this tax credit worth up to 35 percent of those expenses. Because it's the IRS doling out the credit, there are a number of qualifying provisions:

- Typically the dependent must be a child in your custody under age 13.

- However, the credit is also available if you paid for the care of your spouse or other dependent who is physically or mentally incapable of self-care and lives with you more than half the year.

- Your tax-filing status must be single, married filing jointly, head of household or qualifying widow(er) with a dependent. If you're married but filing separately, you generally cannot receive the credit.

- You (and your spouse, if married) must be working or

seeking employment when the care was administered. Exceptions are made if one spouse is a full-time student or physically or mentally incapable of self-care.

- The payment must be made to a care provider who is not: your spouse; someone you claim as a dependent; the child's parent; or your child under age 19.

- Typical eligible caregivers include: summer day camps (but not overnight camps); daycare, before-school or afterschool care providers; babysitters or nannies; housekeepers who also provide care for your dependent; and nursing, home-care or other providers who care for a disabled dependent.

- You must provide the taxpayer ID number (usually the Social Security number) of each qualifying dependent on your tax return.

- You also must report the name, address and taxpayer ID number (either the Social Security number

or the employer ID number) of the care provider.

- Employer-provided dependent care benefits could reduce your credit amount – for example, company-provided daycare or money you contributed to a dependent care FSA.

The maximum amount of expenses that qualify for the Child and Dependent Care Credit is \$3,000 a year for one dependent and \$6,000 for two or more. If your adjusted gross income is less than \$15,000 you generally can claim a credit for 35 percent of eligible expenses. The

percentage gradually decreases, the higher your income. It caps out for those earning more than \$43,000, who can claim 20 percent.

To learn more about the Child and Dependent Care Credit, see IRS Publication 503 and Chapter 32 of IRS Publication 17 at www.irs.gov.

Bottom line: If you're paying someone to take care of your kids while you're at work, make sure you're taking advantage of the available tax savings.

Jason Alderman directs Visa's financial education programs.

Veterans Post

 By Freddy Groves

VA health-care fixes

It was a depressing moment when I read a news release from the Department of Veterans Affairs that disclosed one of the steps being taken to fix the scheduling debacle. It hosted an Industry Day to meet with tech vendors about scheduling-system acquisitions. The VA is looking for an "innovative scheduling product" to add to the health records system. The meeting will let officials know what they need to include in an eventual solicitation for the product.

How long will it take to solicit, buy, install and implement?

Then a newer VA news release said it's "now contacted approximately 70,000 veterans across the country to get them off of wait lists and into clinics for medical appointments."

Long pause here... while I parse the careful phrase used. We want to know: Did all those 70,000 veterans get an appointment or just contact? Are the appointments soon? Were some referred out to non-VA medical care?

Here are some new steps the VA is taking:

- Visit sites once a month to review scheduling practices.

- Establish a new patient measurement program to gauge by location the satisfaction of veterans, including ones trying to get health care for the first time.

- Hold senior leaders accountable.

- Order a hiring freeze at VA health's central (VHA) and regional (VISN) offices.

- Do away with the 14-day scheduling goal as part of employees' performance plans.

- Post data twice a month to update the health-care access info.

As I scrolled down the list, I keep looking for the big step that would help prevent these scheduling shenanigans from happening again. And finally, at the bottom, there it was: Suspending Performance Awards – VA has suspended all VHA senior executive performance awards for FY2014.

Bingo.

Freddy Groves regrets that he cannot personally answer reader questions, but will incorporate them into his column whenever possible. Send email to columnreply2@gmail.com. (c) 2014 King Features Synd., Inc.

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

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EPCC concert features 50s, 60s rock and roll

By Javier Sánchez
Special to the Courier

The Senior Adult Program and ¡Qué Bonita Familia! of El Paso Community College, with the support of SunRidge Senior Living, invites El Paso to take a trip through memory lane during the college's annual "Let the Good Times Roll" concert.

The journey through the golden era of rock n' roll will take place from 6-9 p.m., Thursday, July 17 at the Chamizal Memorial Theater, 800 S. San Marcial.

During the concert, seasoned rock and roll musicians will be recognized for their 50 years plus of playing music in El Paso bands. The show will feature local musicians, singers and dancers celebrating the music of the 50s and 60s.

"This is our fourth annual show. The event recognizes and honors many of the local rock and roll pioneers," says Senior Adult Program director Mary Yáñez.

Awards will be presented to the 2014 musicians selected as "Legends of Music" including John Bowles, Tury Chacón, Danny Colunga, Mauro Hernández, Martín Huerta, George Jáquez, Alex Martínez, Víctor Natividad, Jesus Ornelas (posthumously), Henry Peña, Robert Roa, Pete Ruíz, Chuy Sánchez and Gilbert Silva.

Tony Serrano is the concert's musical director.

Tickets are \$8 and can be purchased at the cashier's office in Building B at the college's Administrative Services Center, 9050 Viscount.

For more information, please call the EPCC Senior Adult Program, at 831-7801.



Athletes earn academic honors

By Jim Heiney
Special to the Courier

The National Junior College Athletic Association (NJCAA) has announced its 2013-2014 academic awards. El Paso Community College (EPCC) is proud to announce the Men's Half Marathon team was named the Academic Team of the Year in the nation for the second year in a row. The team had a combined 3.20 grade point average (GPA).

The EPCC Men's Cross Country Team earned 2nd place in their sport with a combined 3.42 GPA. The EPCC Women's Half Marathon was fifth in their sport with a 3.31 GPA.

Three EPCC Student-Athletes were awarded individual honors:

- Michael Grijalva, Men's Cross Country and Half Marathon, Superior Academic Achievement, 3.89 GPA;
- Steven Robertson, Men's Baseball, Exemplary Academic Achievement, 3.74 GPA; and
- Daniela Rodriguez, Women's Cross Country and Half Marathon, Exemplary Academic Achievement, 3.66 GPA.

The NJCAA has been annually recognizing the academic success of its student-athletes for 31 years. During the 2013-14 academic year, the NJCAA saw 58,446 student-athletes compete on 3,705 teams in 28 different sports. Of those competitors, 3.08 percent (1,799 student-athletes) were recognized with academic awards for their achievements in the classroom.



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NOTICE OF PUBLIC MEETINGS

Border Highway East Planning and Environmental Linkages Study

El Paso County, Texas; CSJ: 0924-06-090, etc.



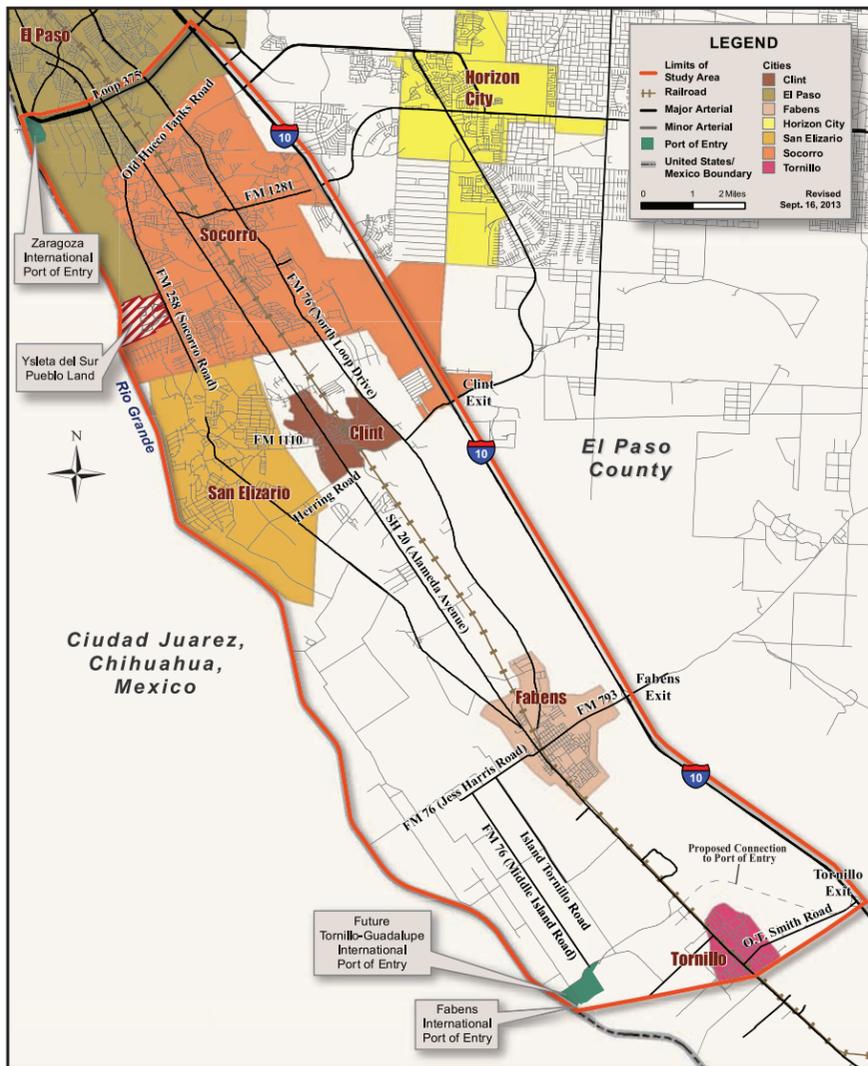
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From Page 1

The Texas Department of Transportation (TxDOT) – El Paso District will host two public meetings for the Border Highway East (BHE) Planning and Environmental Linkages (PEL) Study. The public meetings will be held from 4 p.m. to 7 p.m. at the following locations:

Tuesday, July 15, 2014
Ysleta del Sur Pueblo Education Center
 11100 Santo Sanchez
 Socorro, Texas 79927

Wednesday, July 16, 2014
Borrego Sr. Elementary School Cafeteria
 13300 Chicken Ranch Road
 San Elizario, Texas 79849



The purpose of the public meetings is to present the recommended alternatives/future projects for the BHE study area. The BHE study area begins at Loop 375 (Americas Avenue) near the Zaragoza International Port of Entry (POE) and extends approximately 20 miles southeast to the Fabens International POE (future Tornillo-Guadalupe International POE). In addition, IH-10 and the Rio Grande serve as east and west boundaries respectively.

The PEL process, initiated in May 2013, is ultimately intended to help identify the purpose and need for improvements, evaluation methodology, and conceptual alternatives or corridors to address the transportation needs in the study area. The PEL process follows current guidance for linking the transportation planning and National Environmental Policy Act (NEPA) processes. In accordance with federal guidance and regulations, information and products developed in highway planning phases are authorized to be integrated into future Federal Highway Administration (FHWA) NEPA evaluations.

All interested individuals are encouraged to attend one of the public meetings to discuss the BHE Study. Comment forms will be available at the public meetings for individuals wishing to provide input. Public meeting materials will also be available on the TxDOT website at www.txdot.gov, keyword: *Border Highway East*.

Written comments about the study may be emailed to info@borderhighwayeast.com, or mailed to TxDOT-El Paso District, Attn: Gus Sanchez, RE: BHE Study, 13301 Gateway Boulevard West; El Paso, Texas 79928. Comments must be hand-delivered or postmarked on or before Monday, July 28, 2014.

The public meetings will be held in open house format and the same material will be presented at both meetings in English and Spanish. Spanish-speaking team members will be available at the open houses to assist with translation needs. If you have any questions, require other communication needs or special accommodations please call Blanca Del Valle, TxDOT Public Information Officer, at 915-790-4200 at least two business days prior to a meeting to request assistance. TxDOT will make every reasonable effort to accommodate these needs.

weeks and crossed the desert until reaching the banks of the Rio Grande – in present day, yes you guessed it, in present day, San Elizario.

“On April 30 of 1598, the travelers, who were very thirsty, drank the cool water of the river and then celebrated with a Thanksgiving Mass and enjoyed a feast. They ate fish, fowl and deer.

“That is actually considered the very first Thanksgiving ever celebrated in present day United States of America. Mr. Oñate performed a ceremony known as *La Toma*, or the Take – declaring the land a new province of Spain and declaring it a land ruled by King Philip II.

“San Elizario was established around 1760 as a civilian settlement of Hacienda de los Tiburcios, and 1789, the Spaniards established a fort there called el Presidio de San Elizario – the town grew around the fort and took the name San Elizario. The words San Elizario actually come from the Spanish Eliceario. The Spanish Saint known as the, the Roman Catholic saint of soldiers. The patron saint of soldiers.

“The chapel there at the mission of San Elizario, *La Capilla*, is one of three missions in El Paso – Socorro and Ysleta being the other two – and is part of El Paso’s Historic Mission Trail. During the 20th century it served as the center of missionary work throughout the Mission Valley.

“The chapel was moved to its present site in 1789, to protect travelers and settlers along the *Camino Real*, the Royal Highway, which ran from Mexico through Ciudad Juarez, Chihuahua, which was then called Paso del Norte, and on to Santa Fe, New Mexico.

Upon Mexico’s Independence, the presidio fell into ruins, and rebuilding efforts didn’t begin until 1853 with a small church. The present structure completed in 1882, and little has changed since then.

“I invite everyone to visit the City of San Elizario and the historic mission valley of El Paso to learn more about the cultures and traditions of the 23rd District of Texas.

“I congratulate the new city!
 “And Madam Speaker, thank you. And, I yield back the balance of my time.”

– Jose Borjon

U.S. Representative Pete P. Gallego, D-Alpine, represents the 23rd District of Texas, which includes all or parts of 29 counties in southwest Texas, stretching from San Antonio to El Paso. He serves on the House Armed Services and House Agriculture Committees.

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– Photo courtesy StatePoint

DOG LOVER – Russell Van Kraayenburg says great toppings make a hot dog go from so-so to exceptional.

Put some haute in your dog

(StatePoint) Hot dogs are a perennial favorite for Americans, especially in summer. More than seven billion hot dogs are eaten in the three months between Memorial Day and Labor Day, according to the National Hot Dog and Sausage Council.

While traditional preparations and fixings are always a hit, consider packing a little more punch with your dogs this summer. From exotic meat preparations to buns to tasty toppings, there is room for creativity.

“When I think of hot dogs, I see endless possibilities. Toppings are what take a dog from ho-hum to haute,” says Russell Van Kraayenburg, hot dog aficionado and author of the new guide to America’s favorite food obsession, “Haute Dogs: Recipes for Delicious Hot Dogs, Buns, and Condiments.”

Inspired globally, Kraayenburg seeks to reinvent the wheel where this classic is concerned. This

grill season, he offers a recipe for the “Michigan Dog” aka “The Michigander,” a spicy, tomato-heavy take on the chili dog that’s popular all over the northeast and even in Quebec.

Ingredients

- 2 tbs extra virgin olive oil
- 1 large white onion, diced
- 4 cloves garlic, finely chopped
- 1 tsp salt
- 1/4 tsp freshly ground black

pepper

- 1 tbs ground chili powder
- 1 tsp ground cumin
- 1/8 tsp ground cayenne pepper
- 1 lb ground beef
- 1 cup beef stock
- 8 oz tomato paste
- 4 classic buns
- 4 all-beef hot dogs
- Yellow mustard
- Diced white onions
- Hot sauce, optional

Directions

- Prepare the chili sauce: Heat olive oil in a large skillet over

medium-high heat. Add onions and cook until soft and translucent, about eight minutes, stirring occasionally. Add garlic and cook for another two minutes, stirring occasionally. Add salt, pepper, spices and beef. Cook until beef is browned and no trace of pink remains. Reduce heat to medium-low and add beef stock and tomato paste. Stir until evenly combined. Simmer for 30 minutes, stirring occasionally. Set aside.

- Get out 4 classic buns. Panfry all-beef hot dogs on a flattop. Place the dogs in the buns. Top each with a huge pile of chili, a handful of diced onions, and a thin line of yellow mustard. Add a few drops of hot sauce on top, if desired.

More hot dog recipes and information about the book is available at www.quirkbooks.com/hautedogs.

This grill season, don’t give your hot dogs the short shrift. Take a cue from experts and put some pep in your prep.

Briefs

From Page 1



Do you know him?

public’s assistance in identifying this thief. On the afternoon of Wednesday, June 18, 2014, the man walked into the Target Store located, at 6101 Gateway West, at Bassett Place. The man selected a pair of Bluetooth Technology Speakers, valued at \$300 dollars, and placed in a shopping cart. The

man continued to walk around the store and then proceeded to walk out with the speakers. Loss prevention employees recognized the man as being the same person that committed another theft at the store on June 2. The man is described as Hispanic, in his 30s, 5’11” in height, heavy set about 290 lbs., with a tattoo on the right arm and black hair. The man also appears to have a goatee with no mustache. Anyone with any information on the identity of the man involved on this theft is asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) 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.

– Javier Sambrano

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TEXAS

Boring Spurs become envy of NBA organizations

By Steve Escajeda
Special to the Courier

The National Basketball Association just ended its 2014 season and it will stand out as one of the more memorable campaigns in recent memory.

Let's face it; the league has taken its hits over the last several decades.

Back in the 1970s the league was known more for its drugs and drunks than its dribbles and dunks. It was a wash in domestic abuse cases and violent episodes on and off the court.

Well, as far as drugs, alcohol, abuse, violence and guns, the league still has occasional problems but they pale in comparison to those dark disco days.

The NBA has seen players involved in financial scams, drug trafficking, locker room gun showdowns, physical altercations with coaches and even a couple murders.

There have even been a few referee game-fixing instances.

And the way those guys in the zebra outfits call the game sometimes – it wouldn't be shocking if there were a ton more shady deals going on that haven't been revealed yet.

Anyway, for some reason the 2014 season just seemed a little different.

Aside from Lance Stephenson's childish antics in the playoffs and the bigoted ranting of an old NBA owner, the season appeared to have gone through a transformation.

For years commentators and fans and players made fun of the San Antonio Spurs'

style of play and called it boring.

They said it more resembled a WNBA game, with lots of passes, very little individual artistry and was played below the rim for the most part.

They said you'd never see a Spur's highlight on SportsCenter. The kind of highlights like some guy dribbling through three defenders, getting to the rim and dunking the ball with authority as his teammates stood and watched.

It seems like the selfish brand of basketball of isolating a player on a side of the court to go one-on-one against an opposing player was what the fans and experts wanted. It certainly is what the selfish players wanted.

But after watching San Antonio play this season, after watching the character they showed by coming back after suffering that gut-wrenching loss to Miami in game 6 that cost them the championship in 2013 – opinions of the Spurs started to change.

Always considered the goody-two-shoes of the rough and tough, tattoo-laced, renegade league, the talk concerning the Spurs has gone from "who do they think they are," to "how can we be more like them."

After the team-first display they put on against the Heat in the championship, no one has uttered the word "boring" when describing the Spurs, and it's a bout time.

San Antonio is now considered the blueprint that other organizations want to emulate.

As far as getting into trouble, contract disputes, drug problems and arrests of any kind, the Spurs are the most boring team in the NBA – there is none of that.

And it appears that other teams are beginning to realize that personal character goes a long way. They may also be realizing that it doesn't matter how big a superstar a team has, he can't beat five guys on his own.

Another feather in the league's cap occurred during the NBA draft.

New commissioner Adam Silver hosted his first draft show as the league's main man last week and I think I still have a bit of a tear in my eye.

One college player who was expected to be drafted that night was Baylor's Isaiah Austin, who received the earth-shattering news last week that his playing career was over after being diagnosed with the genetic disorder

Marfan Syndrome.

The NBA invited Austin to the draft anyway and right in the middle of it Silver walked to the podium and announced that the next pick in the draft was going to be made by the entire league – and it was choosing Isaiah Austin.

There were some very large and tough men in that room who were wiping tears from their eyes.

Very classy move by the NBA. Very classy, just like the San Antonio Spurs organization.

It is said that imitation is the sincerest form of flattery.

Let's hope the rest of the league learns from the Spurs and that the NBA's gesture rubs off on everyone – especially young kids.



A sporting view By Mark Vasto

Fielder's choice

We all make decisions in life, reflects the real world, the recent and as the sporting world often talk regarding Carmelo Anthony

and LeBron James' decision to take the "player's option" and opt out of their guaranteed multi-million dollar contracts hit home with me.

It's not the talk about money that intrigued me, it was the talk about career trajectories. When Anthony's agent informed the New York

Knicks, the New York press, Knicks fans and observers that he wanted to test the market, it really sounded like a divorce.

"Carmelo loves being a Knick, he loves the city, and he loves the fans," Leon Rose, Anthony's agent, said. OK... but?

"At this stage of his career, he just wants to explore his options."

Ah, right... the old "it's not you, it's me" line. Anthony didn't even say it to New York's face... he used a proxy. I'm not sure what's worse – the way Anthony went about it or the way LeBron James did when he announced "The Decision" after a one-hour, live broadcast TV special.

Ironically, Anthony, who is notorious for failing to share the ball with teammates, is not going through a selfish phase. He stood to make more with the Knicks if he re-signed, by about \$30 million. No, for Anthony it's a career move. He wants to win a championship. James, apparently driven by narcissism, appears to want more affection and play the field.

In baseball, players often are given contract options, but they also have a play called the "fielder's choice." That's when a fielder has multiple ways to put somebody out. My favorite fielder's choice however was executed by a guy named Cecil... Cecil Fielder, to be exact. In the mid-'80s, Cecil was at a point in his career with the Toronto Blue Jays where he had to make a decision: Would he languish

his huge body on the bench behind Toronto's sluggers, or would he go a different route?

His answer arrived in the form of a million-dollar, one-year contract with the Hanshin Tigers of Japan. Fielder jumped at the opportunity, moved his family to Kobe and flourished. When he returned to America he ushered in the Home Run Era, a time when people trying to emulate his stadium-shattering blows resorted to drug use. In 1996 he won a championship.

Cecil has been having a hard time of it of late and a lot has been written about his estrangement from his son, Prince. I'm not going to speculate about that, but I will make a prediction about Anthony: He's staying put.

Anthony always has been up front about exploring free agency, but he exposed a lot about himself last season when he spent the bulk of an interview talking not about his career, money or his aspiration for a championship. No, instead he talked about his son. He worried about moving his family, and how his kid would adjust to a new school district. He had moved as a kid and hated it, he revealed, and his son loves New York.

Play the field or stay at home, where your heart clearly remains... it's your choice to make.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2014 King Features Synd., Inc.

THE SECRET TO QUITTING FOR GOOD?
NEVER QUIT ON YOURSELF.

Saskia, 39, quit for good on the 7th try.

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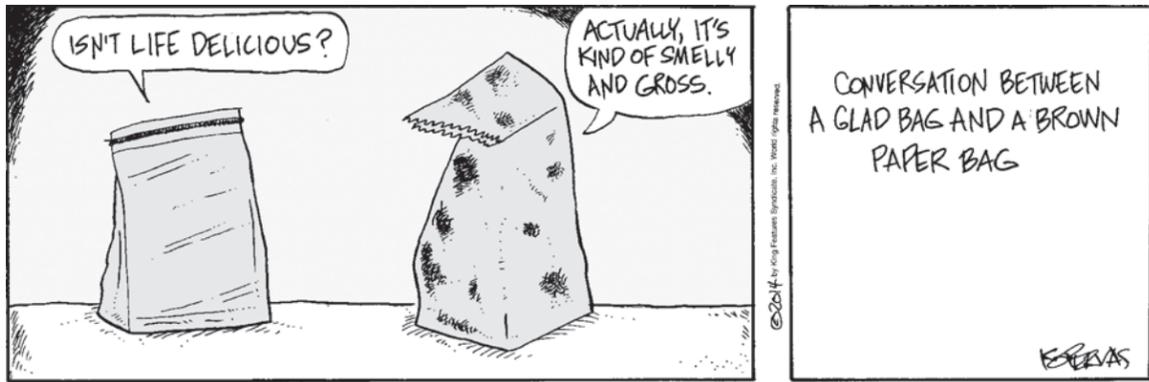
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Comix

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 Keith Roach, M.D.

DEAR DR. ROACH: I am 85 and in fairly good health, but I am in my ninth year of extremely painful post-herpetic neuralgia. Instead of diminishing, the pain is increasing. It could be that the gabapentin (600 mg, three times daily) is wearing off. I tried Lyrica, but stopped when it hurt my eyes. The pain can be excruciating, even from the touch of a shirt. A relative suggested cutting the affected nerve. What would you recommend? – F.S.

Post-herpetic neuralgia is a syndrome of pain due to inflammation of the nerves after an infection with herpes zoster. The older you are, the more likely you are to get this complication, and the longer the pain tends to last – but nine years is much longer than normal.

Treatment for post-herpetic neuralgia is often with several medications. Gabapentin (Neurontin) is one, but the effective dose is sometimes quite high, as high as 1,200 mg three times daily. Many people get very fatigued at that high a dose. A much older medication, nortriptylene, is more effective in some people and may be worth a try.

Capsaicin cream provides relief for many people, although it can cause some burning when first applied. I recommend starting with the regular, not high-potency, strength.

Unfortunately, surgery – at any level, from the end of the nerve to the brain – has not been consistently effective and carries the risk of permanent nerve damage. A neurologist can advise you on other treatments, including injection of steroids around the spinal cord in extreme cases.

Fortunately, this complication can be largely prevented with the use of the shingles vaccine, which most people over 60 should get, even if they have had shingles before.

DEAR DR. ROACH: I recently

heard on the news that eating nuts reduces the risk of pancreatic cancer. Is this true? – Anon.

The data is now pretty solid that all kinds of nuts not only reduce heart disease risk, but also cancer risk, including pancreatic cancer. A recent study in the New England Journal of Medicine showed a reduction in all cancers. I wouldn't eat nuts just to reduce pancreatic cancer risk, but it's a good way to improve overall health. Nuts have healthy fats, proteins and micronutrients that may be responsible for the lowered risk of disease. Nuts also make you feel full and less likely to eat snacks that are less healthy.

DEAR DR. ROACH: I have worn a sterling silver chain and cross for years. Over time, I have noticed that it's gone from shiny to dark. I have never polished it. Right now it is almost black. Is it something in my body chemistry that does this? – V.S.

The black discoloration is tarnish, an oxidation of the metal. Even sterling silver can tarnish, and some people's body chemistry can indeed make tarnishing more likely. Some people will complain of the dark discoloration if the tarnish rubs off on the skin. More-acidic sweat, and more traces of sulfur, will cause more tarnish.

This is very different from nickel allergy, which can cause mild but occasionally more severe skin reactions. Sterling silver does not contain nickel.

Dr. Roach regrets that he is unable to answer individual letters, but will incorporate them in the column whenever possible.

Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmamall.com, or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2014 North America Synd., Inc. All Rights Reserved.

Super Crossword

AN ADDED BONUS ACROSS

- 1 City in Florida
- 6 Ship spines
- 11 Give out
- 15 Doll's call
- 19 End the mission early
- 20 Blunder
- 21 Three x three
- 22 Memorable times
- 23 Pessimistic black cow?
- 25 Sticking stuff
- 26 Damsels
- 27 Feudal laborer
- 28 Butyl or propyl ender
- 29 Promotional connection
- 30 Org. fighting for rights
- 31 Motto of a group opposing a national song?
- 37 Disinclined
- 40 Walked with heavy steps
- 41 Richard who played Barzini in "The Godfather"
- 42 Make a move
- 43 Car club abbr.
- 46 Prefix with directional
- 47 Briny quality
- 50 Hairdressing cherub?
- 54 Solemn promises
- 55 "The Simpsons" shopkeeper

- 56 Jump the _
- 57 Neighbor of Minneapolis
- 59 Stitcher's line
- 63 Going gray
- 65 Hellish performance of a slowish piece?
- 70 Scene
- 72 LP or CD
- 73 Cold Italian treat
- 74 Claws and fangs?
- 79 Lacquer ingredient
- 80 Atoll unit
- 81 It's north of Manhattan
- 82 Put away
- 84 Frat letters
- 85 Mete (out)
- 86 British prince gawks?
- 92 Forerunner
- 97 "... good witch _ bad witch?"
- 98 Enjoy Aspen
- 99 Pitcher's stat
- 100 Staff anew
- 101 Leftover bit
- 104 Twain piece
- 106 Positive pole attached to an ornate Athenian vase?
- 111 Head, to Fifi
- 112 Sonata ends
- 113 Pre-U queue
- 114 Pull firmly
- 118 Tease in fun
- 119 And others, briefly
- 120 Lightheaded Quito native?

- 124 Good Friday's time
 - 125 Minnesota pol Carlson
 - 126 Take out _ (do some borrowing)
 - 127 Coat fabric
 - 128 Perimeter
 - 129 Suffix with 121-Down
 - 130 Mel of many voices
 - 131 Came to be
- DOWN**
- 1 Gift labels
 - 2 Not inept
 - 3 Heathland
 - 4 Make money
 - 5 \$\$\$ spitter-outer
 - 6 Hollywood's Reeves
 - 7 Hemingway or Gallo
 - 8 Work unit, in physics
 - 9 R&B's Rawls
 - 10 They're nearly grads
 - 11 Purring car parts
 - 12 "Kind of Blue" jazzman
 - 13 Indigenous Alaskan
 - 14 "Lady T" singer Marie
 - 15 Explosive power unit
 - 16 Athena turned her into a spider
 - 17 Gavels, e.g.

- 18 Adopts
- 24 "You bet"
- 29 Sirloin part
- 32 Resident of Bangkok
- 33 Give _ for one's money
- 34 Crew
- 35 Lady friend, in Lille
- 36 Long-running CBS military law series
- 37 _ Palmas
- 38 Stop sign shapes
- 39 Abnormal
- 44 Film director _ Lee
- 45 Water, to José
- 48 TV actress Anderson
- 49 Nashville sound?
- 51 Shaped like a crescent
- 52 Sothem of film
- 53 Ease off
- 58 Sample model
- 59 Actress Gomez
- 60 Correctors' smudges
- 61 Snakebite medications
- 62 Earth circler
- 63 Jai _
- 64 Mop & _
- 66 Sunrise
- 67 "Spy Kids" co-star Vega
- 68 Hawks' org.
- 69 Not "agin"
- 71 Feature of a dying fire
- 75 Roth _ (tax

- shelters)
- 76 Denver dwellers
- 77 Formerly surnamed
- 78 Tree topplers
- 83 Kin of "Tut!"
- 85 Saharan hill
- 87 Not even one
- 88 Famous vampire, for short
- 89 Indian queen
- 90 Stadium row
- 91 Announce
- 92 Babble
- 93 Gave fresh life to
- 94 Overacting
- 95 Middle-school Girl Scout
- 96 Entertains sumptuously
- 102 _ Fields cookies
- 103 Jane's ape-man
- 105 Tom of old late-night TV talk
- 107 Sailing site
- 108 _ Dame
- 109 "Pop" boy band
- 110 Hagen of Broadway
- 115 Shaped to reduce drag
- 116 Hectors
- 117 Pant leg part
- 120 Dollop
- 121 Below par physically
- 122 Suffix with proto-
- 123 Hush-hush U.S. org.

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18		
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124											126				127				
128											130								131

MOORE TEXAS

by Roger Todd Moore

July 5 1956: Slats Rodgers, the first man in Texas to get a flying license, died on this day.



Social Security Q&A By Ray Vigil

Social Security honors veterans

In the United States, people do a lot to recognize and honor the heroes who serve in the Armed Forces and those who paid the ultimate sacrifice. July is an appropriate month to recognize veterans and wounded warriors, as we celebrate our nation's independence.

On July 12, 1862, President Abraham Lincoln signed into law a measure to award the U.S. Medal of Honor "to such noncommissioned officers and privates as shall most distinguish themselves by their gallantry in action, and other soldier-like qualities during the present insurrection." The first Medal of Honor went to Private Jacob Parrott during the Civil War for his role in the Great Locomotive Chase. According to the Congressional Medal of Honor Society, a total of 3,487 medals have been awarded.

Such recognition is important, but perhaps just as important is awarding Social Security benefits to veterans as well. Earnings for active duty military service or active duty training have been covered under Social Security since 1957. Social Security also has covered inactive duty service in the Armed Forces reserves (such as weekend drills) since 1988.

In fact, more than one out of five adult Social Security beneficiaries has served in the military. Veterans and their families make up 35 percent

of those receiving Social Security.

If you served in the military before 1957, you did not pay Social Security taxes, but you received special credit for some of your service.

You can get both Social Security benefits and military retirement. Generally, there is no reduction of Social Security benefits because of your military retirement benefits. You'll get your full Social Security benefit based on your earnings.

If you served in the Armed Forces and you're planning your retirement, you'll want to read our publication, *Military Service And Social Security* at www.socialsecurity.gov/pubs. If you are disabled and can no longer work, you may also want to read our publication, *Disability Benefits For Wounded Warriors*, available at the same web address. Note that Social Security offers veterans expedited processing on their applications for disability benefits.

Another reason July is significant to veterans: on July 3, 1930, Congress signed a bill to authorize the President to issue an executive order establishing the Veterans Administration, or VA. President Herbert Hoover signed Executive Order 5398 to create the VA on July 21 of that same year, 84 years ago. Learn more about the VA and types of benefits it provides at www.va.gov.

Also, you can learn more about military service and Social Security benefits by visiting the *Military Service* page for wounded warriors and veterans at www.socialsecurity.gov/retire2/veterans.htm. Social Security thanks you for your service, and we hope we can now be of service to you.

STRANGE BUT TRUE By Samantha Weaver

- It was civil-rights leader Martin Luther King Jr. who made the following sage observation: "Nothing in the world is more dangerous than sincere ignorance and conscientious stupidity."

- In 1811, London became the first city in the world to reach the milestone population of 1 million.

- If you're like one-third of American men, you'd like a shot at hosting "The Tonight Show."

- You might think that hot dogs are a relatively recent food offering, but you'd be wrong. The first sausages were created more than 3,500 years ago when ancient Babylonians began stuffing spiced meat into the intestines of animals.

- If you hear the word "Bilbo" you might think of a famously adventurous hobbit, but a bilbo also is a finely tempered Spanish sword.

- Elvis Presley reportedly was worth \$10 million when he died in 1977.

- In Western medicine in the 19th century, experts believed in a phenomenon called "maternal impressions," which posited that what a pregnant woman looked at could influence the appearance of her child. This belief set off a rush of pregnant Parisian women heading to the Louvre to gaze at the lovely artworks, hoping to give birth to attractive babies.

- If you were at a certain street corner in Manitowoc, Wisconsin, on a certain day in 1962, you would have seen a startling thing: After plunging through the atmosphere, a 21-pound chunk of the Soviet Sputnik IV spacecraft made impact at the corner of Park Street and North 8th Street.

- Half of first-time marriages in Kentucky involve teenagers.

- Those who study such things say that after Paul Revere made his famous midnight ride, he billed the Massachusetts state house 10 pounds, 4 shillings to cover his expenses.

Thought for the Day: "A mathematician is a device for turning coffee into theorems."
— Paul Erdos

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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.

	÷		+		10
+		×		÷	
	-		×		6
+		-		+	
	-		×		15
17		8		8	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

2 2 3 4 5 6 7 8 9

Answer Page 4 © 2014 King Features Syndicate, Inc.

Weekly SUDOKU

by Linda Thistle

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

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: I equals S

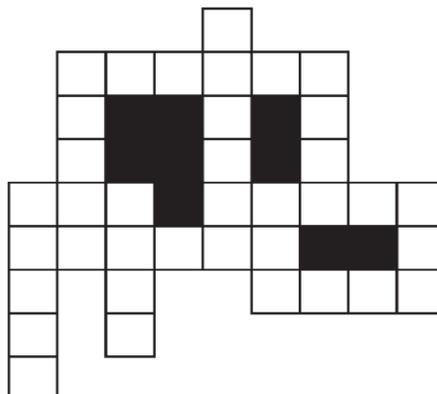
WJDIIRW YPOUJ DVPBL D
VBCCRYX DWLTUII DYC FUT
RYWTRZRYDLRYX ZRIIROU:
"LFU ILDTJUL JULLUT."

Answer Page 4

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- ♥ TSI
- HOWNRT
- WAQUS
- ♥ NESD
- ♥ HASPOT
- ♥ AWS
- ♥ SSTO
- UPIAL
- ♥ NSU
- ATUNIQ
- ♥ NEWDI
- NARW



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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