



NEWSBRIEFS

EPCC scholarship

GECU will donate \$10,000 in scholarship funds to El Paso Community College (EPCC). The GECU Scholarship will be for EPCC students majoring in Business, Accounting and Information Technology (IT). The award is for \$1,000 per student, per academic year. Students enrolled full and part time are eligible and must show financial need by completing a Free Application for Federal Student Aid (FAFSA), but not qualifying. For more information on the GECU Scholarship and all EPCC Financial Aid Opportunities, contact (915) 831-2529.

— Jim Heiney

Driver wanted

A man is seriously injured at the hands of a hit and run driver in El Paso's eastside. Investigators from the El Paso Police Department's Special Investigations Unit are asking for your help in finding the driver involved through the Crime Stoppers "Crime of the Week." The crash took place on evening of Saturday, March 22, 2014, just before 8 p.m., on Loop 375 Southbound, just before the Vista Del Sol exit. The victim in this case was driving a blue 2005 Suzuki GSR600 motorcycle, when a black sedan struck the motorcycle from behind. The impact caused the victim to lose control and was thrown from the motorcycle. The hit and run driver partially ran over the motorcycle. Evidence at the scene suggests that the vehicle sustained damage to the undercarriage and to the right front fender area and the area around the passenger door. The suspect vehicle is described by witnesses as a black small four door sedan similar to a Dodge Neon. Anyone with any information on the driver involved in this hit and run crash that left a man seriously injured and caused him to lose a limb 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).

— Javier Sambrano

Thieves sought

Thieves steal two trailers loaded with merchandise from a business in east El Paso County. Surveillance video shows the theft of the trailers taking place, and investigators from the El Paso Police County Sheriff's Office are asking for the public's assistance in identifying those involved. The theft took place during the early morning hours of Saturday, April 25, 2014. The video shows a tractor being attached to one of the stolen trailers and the suspects driving away with the

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You can't keep trouble from coming, but you needn't give it a chair to sit in.

— Quips & Quotes



— Photo by Alfredo Vasquez

The City of Anthony, NM sits on the Texas-New Mexico border in the Upper Valley, along Interstate 10 and adjacent to the Town of Anthony, TX. It is 27 miles south of Las Cruces and 21 miles north of El Paso. The new municipality officially came into existence on July 1, 2010. Its city hall, above, is located at 820 Highway 478. The town encompasses approximately four square miles, between Interstate 10 on the east and the State Highway 478 on the west. The southern border runs along the state line and the northern boundary is O'Hara Road. The 2010 U. S. Census Bureau reported that the city's population was approximately 9,360 residents.

Meeting focuses on Anthony, NM

By Alfredo Vasquez
Special to the Courier

ANTHONY, NM – Officials with the Rio Grande Council of Governments (RGCoG) and the City of Anthony, New Mexico have joined efforts to develop an innovative and proactive strategy to bring good jobs to the area, according to Raul Gonzalez, regional services planner for RGCG-West Texas Economic Development District.

To facilitate the process, the two entities are seeking suggestions from community leaders who represent business, government, education, and neighborhoods, Gonzalez explained.

San Eli ISD earns state finance recognition

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – Recently, the San Elizario Independent School District was recognized with the Platinum Leadership Circle Award by the Comptroller of Public Accounts. This marks the first year that the state office hands out a Platinum Award for the financial transparency efforts of local entities throughout the state.

San Elizario ISD reached the highest level possible in the Texas Comptroller's Leadership Circle Program by excelling in its commitment to provide thorough and quick access to financial information. The District earned 21 out of 22 points based on criteria that weighed what financial

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To discuss the town's possible future developments, a special meeting will be held to bring all interested individuals together. The meeting will be from 5:30 to 7:30 p.m., Tuesday, July 29, at the Anthony NM City Hall Chambers, 820 Highway 478. Persons interested in attending the Tuesday evening meeting should contact Gonzalez, at (915) 533-0998 ext. 137 or send email to RaulG@riocog.org.

Trustee finalizes leadership training



— Photo courtesy of TASSB

SISD trustee Tony Ayub, right, has earned the designation of Master Trustee in June upon completion of Leadership TASSB, a program sponsored by the Texas Association of School Boards (TASB). With Ayub is Robert Duron, Assistant Executive Director for Governance Services at TASB. The Leadership TASSB class met in conjunction with TASB's Summer Leadership Institute in Fort Worth. More than 1,000 new and veteran school board members received extensive training on every facet of effective board governance, heard keynote addresses from renowned education experts, and picked up valuable ideas from district showcases and networking opportunities. There are more than 700 school board members statewide who are Leadership TASSB alumni. Master Trustee is the highest designation recognized by TASB. TASB is a voluntary, nonprofit association established in 1949 to serve local Texas school districts. School board members are the largest group of publicly elected officials in the state. The districts they represent serve more than 4.9 million public school students.

— Bill Rutherford

Veterans Post By Freddy Groves

Burial benefit just got easier

As of July 2014, surviving spouses no longer need to apply for burial benefits after the death of a veteran. It used to be that survivors had to submit receipts and forms after the burial of a veteran, and then wait for the reimbursement check. The amounts were small: \$300 for a non-service-connected death, and \$2,000 if it was service-connected.

Now, as the Department of Veterans Affairs tries to cut back on the number of claims it processes, the authorized amounts will be paid automatically once it's notified of a veteran's death. Unfortunately, the amounts will remain the same.

The veteran still will be eligible for other benefits. A headstone (granite or marble) or marker (granite, marble, bronze) will be provided at no cost, but there is likely to be a cost for placement if it's not a national cemetery. A medallion can be provided to attach to a headstone that was privately purchased at a civilian cemetery. For questions or to check status of headstone applications, you can call 1-800-697-6947.

Survivors also can apply to receive a keepsake burial flag.

This year, the VA estimates it will pay the benefit to 62,000 surviving spouses.

If you're a surviving spouse, a funeral director will typically take on the task of notifying the VA and Social Security, but don't take that for granted. Ask.

To find the nearest VA state or national cemetery, go online to www.cem.va.gov. You'll find more information about burial benefits and eligibility for burial in a national VA cemetery. To reach the National Cemetery Scheduling Office, call 1-866-900-6417. Call 1-800-535-1117 for follow-ups.

A printable .PDF file of information about national cemeteries can be found at the above Web address. Look for IS1_Jan_2011.pdf.

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.

Finances By Jason Alderman

Don't let back-to-school tasks sneak up on you

Parents, if this is your first time at the back-to-school rodeo, let me share a few lessons my wife and I have learned the hard way. Chances are you'll be spending the next few weeks filling out piles of pre-enrollment paperwork, lining up carpools and, of course, taking the dreaded shopping excursions for clothes and school supplies.

If you're a first-timer or simply need a back-to-school refresher course, here are a few suggestions that can help you save time, money and sanity:

Get organized. Maintain a correspondence file from your kid's school for things like registration requirements, report cards, permission slips, required vaccinations, school policies, teacher and parent contact information, etc. Ask whether the school has a website, online calendar or email list you can join. Also, create a family master calendar.

Back-to-school shopping. Between new clothes, classroom supplies and extracurricular activity fees and equipment, many parents end up spending hundreds of dollars per child. Ideally, you've been setting money aside all year. If not, you'll need to determine what you can afford to spend without blowing your overall budget.

Here are a few organizational and money-saving tips:

- Before you shop, make a comprehensive list for each child. Use previous years' expenses as a guide and compare notes with other parents and school officials.
- Engage your kids in the budgeting process. Share how much money is available to spend and get them involved in prioritizing expenses between "needs" and "wants."
- Go through your kids' closets and have them try on everything. Make an inventory of items that fit and are in good shape, and take it when shopping so you don't accidentally buy duplicates. (While you're at it, share, sell or donate unneeded items.)
- Spread clothing purchases throughout the year so your kids don't outgrow everything at once. Many stores hold fall clearance sales to make room for holiday merchandise.
- Review the school's dress code so you don't waste money on inappropriate clothing.

Although shopping online can save money, time and gas, don't forget to factor in shipping and return costs, which could undo any net savings. If your kids are old enough, put them in charge of online comparison shopping and coupon clipping.

Ask which school supplies you're expected to buy. Go in with other families to take advantage of volume discounts and sales.

Find out how much extracurricular activities (athletics, music, art, etc.) cost. Account for uniforms, membership dues, private lessons, field trips, snacks, etc.

Rent or buy used sporting equipment or musical instruments until you're sure they'll stick with an activity.

Know when to spend more for higher quality. Cheaper notebook paper shouldn't matter, but don't buy poorly made shoes that might hamper proper physical development.

Before buying new clothing or accessories, look for "gently used" items in the closets of your older kids and friends, at garage sales, thrift and consignment stores and online.

Clip newspaper and online coupons. Many stores will match competitors' prices even if their own items aren't on sale. Plus, many consolidation websites post downloadable coupons and sale codes for online retailers, including: CouponCabin.com, CouponCode.com, CouponCraze.com, DealHunting.com and Dealnews.com.

Mobile shopping apps let in-store smartphone and mobile browser users scan product barcodes and make on-the-spot price comparisons, read reviews, download coupons, buy products and more.

Follow your favorite retailers on Facebook and Twitter, where many post special savings for their followers.

Bottom line: If you get organized before setting out on back-to-school shopping, you can save money, time and aggravation.

Jason Alderman directs Visa's financial education programs.

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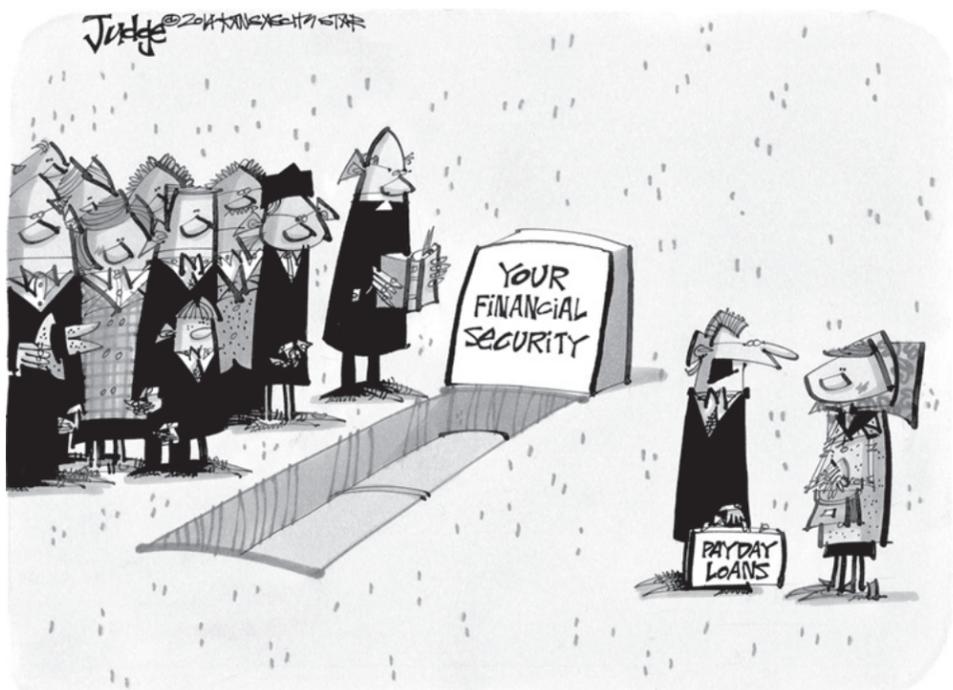
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Going beyond medication to treat chronic pain

(StatePoint) Nearly 100 million Americans suffer from chronic pain – that’s more than the number of people living with heart disease, cancer and diabetes combined. Often experienced as pain that lasts over three to six months, chronic pain is a serious and debilitating condition that, if left unmanaged, can negatively impact nearly every aspect of your life.

Chronic pain is the leading cause of long-term disability in U.S. and is a significant burden to the health care economy and society as a whole. It costs as much as \$635 million annually in direct medical treatment costs and low productivity, according to government statistics. Surprisingly, 40 percent of work absences are due to back pain, second only to the common cold.



Zac Cover, a former fire fighter and triathlete, knows the devastating impact of chronic pain. In 2006, the Floridian was hit by a car while cycling and suffered multiple injuries, including broken ribs, a badly injured leg, fractured arm and severed nerve in his broken collarbone.

He underwent seven operations and was bedridden for nearly six months. While the surgeries corrected the physical damage to his body, Cover was left with excruciating pain that lasted for years. His doctor prescribed medication that helped ease the pain but left him foggy-headed, with a poor memory and unable to enjoy activities he loved.

After months of trying other unsuccessful treatments, Cover’s doctor recommended neurostimulation, also known as spinal cord stimulation (SCS) – an advanced therapy option used to manage chronic pain in the arms, legs and trunk, and pain caused by failed back surgery. SCS involves implanting a small device (the size of a silver dollar) along the spinal cord where it emits low intensity electrical pulses that intercept the body’s pain signals before they reach the brain, replacing feelings of pain with a more pleasant tingling sensation.

Dr. Timothy Deer, president-elect of the International Neuromodulation Society, says he has seen an increase in the number of people receiving SCS. “Spinal cord stimulation is an important therapy option for patients who have not been able to alleviate their chronic pain through traditional methods, such as back surgery or pharmacological options,” Deer said. “Studies have shown SCS can reduce pain by 50 percent or more, and patients have the option to try a temporary implant to see if they’re comfortable with the therapy.”

Over time, Cover was able to resume almost all his normal activities – like biking, swimming and running – because he can now better manage his pain. In fact, he was able to draw from this experience and began working as a clinical specialist at St. Jude Medical, the company that manufactured his device. He now works with patients also suffering from chronic pain who have or are about to receive SCS systems.

Cover urges others suffering from chronic pain to talk to their doctor about the best treatment option for them. “Spinal cord stimulation has given me back a life I didn’t think I would have again,” he said. “My pain level is much lower and I’ve been able to stop taking pain medication. It’s dramatically transformed my quality of life.”

San Eli

From Page 1

documents were accessible online. These materials include the district budget, annual financial report, check register and other information for previous fiscal years.

The program is in its fifth year and presents awards of Bronze, Silver, Gold, or Platinum to local governments such as cities, schools districts, and public universities according to how each performs on a self-scoring nomination process. Previously, the highest award given was the Gold Award, which San Elizario ISD also consistently received. In 2014 the Texas Comptroller added the Platinum level as the highest award category possible to spotlight entities

The logo for the Texas Comptroller Leadership Circle Platinum Member. It features a circular emblem with five stars. Below the emblem, the text reads "Texas Comptroller Leadership Circle Platinum Member".

that meet an even higher standard of financial transparency.

Briefs

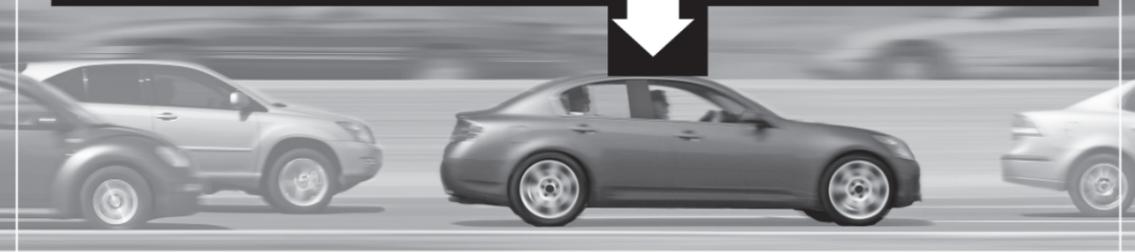
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stolen trailer. The trailers were loaded with computer equipment with a total value of several hundred thousands of dollars. Both trailers had the name “EWO Transports” on the sides. Investigators are certain that someone may have seen these trailers being moved on Saturday, April

26. Anyone with any information on the individuals involved in these thefts 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).

– Javier Sambrano

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TexasSure catches drivers without insurance.

Tornillo Independent School District Public Notice

Notification of Nondiscrimination in Career and Technology Education Programs at Tornillo ISD for 2014-2015 School Year

- 1) Tornillo Independent School District offers career and technology programs in Agriculture, Food & Natural Resources, Arts, A/V Technology and Communications, Business Management and Administration, Finance, Cosmetology and Technology Education. Admission to these programs is based on current enrollment in the Tornillo ISD and completion of any necessary prerequisites.
- 2) It is the policy of Tornillo ISD not to discriminate on the basis or race, color, national origin, gender, or disability in its vocational programs, services, or activities as required by Title VI of the Civil Rights Act for 1964, as amended; Title IX of the Education Amendments of 1972; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 3) It is the policy of Tornillo ISD not to discriminate on the basis of race, color, national origin, gender, disability, or age in its employment practices as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.
- 4) Tornillo ISD will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.
- 5) For information about your rights or grievance procedures, contact the Title IX Coordinator, Dr. Jeannie Meza-Chavez, Superintendent, at P.O. Box 170, 19200 Cobb Avenue, Tornillo Texas, 79853 or call (915) 765-3000.

Noticia Pública

Notificación de No-Discriminación en los Programas Educativos de Carrera y Tecnología en Tornillo ISD por el año escolar 2014-2015

- 1) El Distrito Escolar Independiente de Tornillo esta ofreciendo programas de Agricultura, Arte, Comunicaciones, Educación de Negocios y Administración, Finanzas, Cosmetología y Educación en Tecnología. La admisión a estos programas es basada en la inscripción actual en el distrito escolar de Tornillo, y también que se allá cumplido cualquier requisito de antemano.
- 2) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, genero, o incapacidad en estos programas de carreras y tecnología, servicios, o actividades requerido por el Acta de Derechos Civiles Título IV de 1964, como enmienda; Título IX de las Enmiendas Educativas de 1972; y al sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 3) Es póliza del Distrito Escolar Independiente de Tornillo no-discriminar según la raza, color, origen de nacionalidad, genero, incapacidad, o edad en sus practicas de empleo como esta requerido por el Acta de Derechos Civiles Título IV de 1964, como enmienda, Título IX de las Enmiendas Educativas de 1972; y el Acta de discriminación a la edad de 1975 como enmienda; y al sección 504 de la Acta de Rehabilitación, de 1973 como enmienda.
- 4) El Distrito Escolar Independiente de Tornillo tomara pasos para asegurar que la falta de ingles no sea un obstáculo para la admisión y participación en todos los programas vocacionales y educativos.
- 5) Para mas información de sus derechos y procedimiento de agravios, puede ponerse en contacto con el coordinador de Título IX, Dr. Jeannie Meza-Chavez, Superintendente, PO Box 170, 19200 Cobb Ave., Tornillo Texas 79853 o llame al (915) 765-3000.

Classified Ads

LEGALS

El Paso County Tornillo Water Improvement District

PUBLIC NOTICE

REQUEST FOR PROPOSALS FOR ENGINEERING SERVICE

Notice is hereby given that the El Paso County Tornillo Water Improvement District (TWID) is seeking to enter into an engineering service contract with a state-licensed engineer. Engineers are to prepare all project-related engineering services for two projects. The first project (PN-001-14) includes the planning, design, bid, and construction management services for the installation of wastewater improvements in seven subdivisions in the Town of Tornillo, Texas. This project will include installation of new sewer lines of various sizes,

tie-in to the existing system, and decommissioning of existing on-site sewage facilities. The second project (PN-002-14) will include predesign, design, bid, and construction management services for the installation of a ground storage reservoir, drilling and equipping a groundwater well, and installation of a potable water transmission main. All Request for Proposals submitted will be evaluated using the Texas Civil Statutes, Professional Services Procurement Act, Texas Government Code Chapter 2254. Copies of the Request for Proposal may be obtained at the TWID Office, 19225 Highland Street, Tornillo, Texas 79853, email: epctwid@yahoo.com. One (1) Original Proposal with seven (7) copies must be submitted

in sealed envelopes to the TWID for each project. The sealed envelopes must be marked "Sealed Proposal" with proposal number on front lower left hand corner of envelope as follows:
PN-001-14 Proposals for Engineering Services for the Northeast Tornillo Wastewater Collection System Improvements Phase II project in Tornillo, Texas. PN-002-14
Proposals for Engineering Services for the Water System Improvements project in Tornillo, Texas. Proposals can be either hand delivered or mailed to the following locations:
**Ms. Francelia M. Vega, Business Manager
El Paso County Tornillo Water Improvement District
19225 Highland St., Tornillo, Texas 79853
Mailing address:**

**P. O. Box 136,
Tornillo, Texas
79853**
One (1) Original Proposal and seven (7) copies must be delivered no later than 2:00 P.M. (MST), August 7, 2014. Late proposals will not be considered. For additional information contact TWID at (915) 764-2966, epctwid@yahoo.com.
The TWID reserves the right to reject any and all proposals or to select the proposal that is in the best interest of the TWID.
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Tornillo Independent School District Public Notice

2014-2015 School Meal Policy

The Tornillo Independent School District serves breakfast and lunch every school day. All children in the district will receive a reimbursable meal at no charge through the academic year of 2014- 2015. All children will receive a free breakfast and free lunch regardless of income. In the operation of the child feeding program, no child will be discriminated against because of race, color, religion, gender, disability, age or national origin. For information about your rights or grievance procedures, contact the Title IX Coordinator, Dr. Jeannie Meza-Chavez, Superintendent, and/or the Section 504 Coordinator at P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853, or call (915)765-3000.

Noticia Pública

Póliza de Comida del Año 2014-2015

El Distrito Escolar Independiente de Tornillo servirá desayuno y almuerzo cada día escolar. Todos los niños del distrito recibirán comida sin cobro durante el año escolar 2014-2015. Todo los niños recibirán un desayuno gratis y un almuerzo gratis a pesar de sus ingresos. En la operación del programa de comidas para niños, ningún niño será discriminado por su raza, color, religión, genero, incapacidad, edad u origen de nacionalidad. Para más información sobre sus derechos y procedimiento de agravios, puede ponerse en contacto con el coordinador de Título IX, Dr. Jeannie Meza-Chavez, Superintendente, y/o el coordinador de la Sección 504, P.O. Box 170, 19200 Cobb Street, Tornillo, Texas, 79853 o llame al (915) 765-3000.

Woods won't just roll over and play tame on tour

By Steve Escajeda
Special to the Courier

After his kitty cat performance last week at the golf tournament formally known as the British Open, it is widely believed that Tiger Woods is no longer a threat to win any more majors.

The perception is that Tiger has simply lost his battle with Father Time and any chances he had of catching Nicklaus' 18 major championships passed him by a while ago.

It's been a while now, 2008 to be exact; the last time Tiger won a major. Remember that U.S. Open that he miraculously won on one leg?

Back then everyone thought there was no way Jack's record would stay in tact.

But then "the incident" occurred. Tiger escaping with his life from the clutches of a woman scorned. Most of us guy's know what that's like and we all agree that there may be no more frightening experience the male species can encounter.

And you thought Shark Week was scary. Ever since Tiger almost had a 7-iron wrapped around his neck courtesy of his ex-wife, he's failed to win a major title.

In fact, since then he's fallen from the ranks of the invincible. Remember how many tournaments he won by simply being near the top of the leaderboard?

Players would see his name lingering and they would cringe.

Tiger's pure intimidation factor was one of the main reasons he won so many tournaments.

And like a certain American president, the mojo has disappeared.

Other golfers now see Tiger as just one of the guys. Instead of a golfer that doesn't falter at crucial moments, Tiger is now almost expected to do something to cost him a chance to win.

Who ever thought that would be the case?

But the mistake many sports analysts make is counting Tiger out as a major contender.

The notion that he no longer has what it takes to put together four excellent rounds of golf against the other top players in the world

is laughable. Wasn't it just last year that Tiger led all golfers with five victories and earned the Golfer of the Year honor?

That was less than 12 months ago.

There's no doubt that Tiger is no longer the dominant golfer he once was. It is clear that other golfers don't fear him like they once did.

But over the last six years Tiger has finished in the top-6 at the majors on nine occasions. With a different bounce here or the break of a putt there, he could have easily added two or three titles on his major chase.

But the bottom line is that he didn't.

However, the thought that he cannot, like Mike Tyson would say, "is ludicroussssss."

Remember, Tiger has gone through a number of shoulder, knee and back operations in recent years and that takes a toll.

He just got back (pardon the pun) from major back surgery. You would think it would take him at least 6-8 months to rehab his way back to elite athlete status.

Tiger came back in less than three.

It'll take him a little time to get back in the

kind of shape he needs to put that much torque on the human spine and still feel comfortable.

Right now Tiger possesses all the experience in the world. All he needs is to get his health back. When you combine that kind of mindset with all that experience and throw in a totally healthy body, you have a championship golfer.

Will Tiger ever win another major title? Yes, I have absolutely no doubt that he'll win a couple more. I don't know if he can win four more and catch Jack, but he'll definitely threaten the record.

Nicklaus won his final major tournament at the age of 46. Tiger is 38 and has 30 more chances to win a major by the time he reaches Jack's age.

In those 30 tries do you really believe he has no chance?

Remember, the guy was beginning to resemble the old Tiger before his recent surgery.

Don't make the mistake of thinking that Tiger is dead. He's just caged right now.

And all of you know what tigers do once that cage is opened.

A sporting view By Mark Vasto

Top two life lessons from Derek Jeter

These days it is commonplace to say that people simply don't notice important things in life. We suffer either from a disorder that creates deficits in our attention span (as if our attention was a quantifiable asset or readily measurable commodity) or from some sort of soul-numbing apathy.

Presumably, this is due to the several layers of varnish our society has lathered upon us through various

technologies and social mediums. Words like "personal brand," "search optimization," "trolling" and "clickbait" have entered our vernacular. If we're not finding the top 10 tips to hack our lives, best seven-minute workouts or best slow cooker recipes, we're falling behind. Certainly, we're not getting ahead, right?

Leave it to a guy from Kalamazoo, Michigan, a guy who swung a stick

at a ball for the better part of two decades, to put it all in perspective. Derek Jeter refutes the notion that people simply don't notice the standout performances in our lives. This 40-year-old man has put together a stellar, Hall of Fame-worthy career on the field, and as the All-Star Game – a singular event – proved this year, people do notice the little things.

The top two lessons we learn from

Derek Jeter are summarized with one word: respect – 1) respect for yourself, and 2) respect for others.

If the New York Yankee shortstop teaches us anything about life, it certainly has come by way of his actions and not by way of his mouth. He was not an Ali or Reggie... ask him and he will say he is "not great." When asked about what he prided himself in, it was "consistency." To be consistent, Jeter had to respect himself. He treated himself right, knew his limitations and took pride in his appearance and his performance. Until snapping his ankle last season, he was a picture of consistency. A slump here and there over his career, sure ... but never when it mattered, like say, in October with a championship on the line.

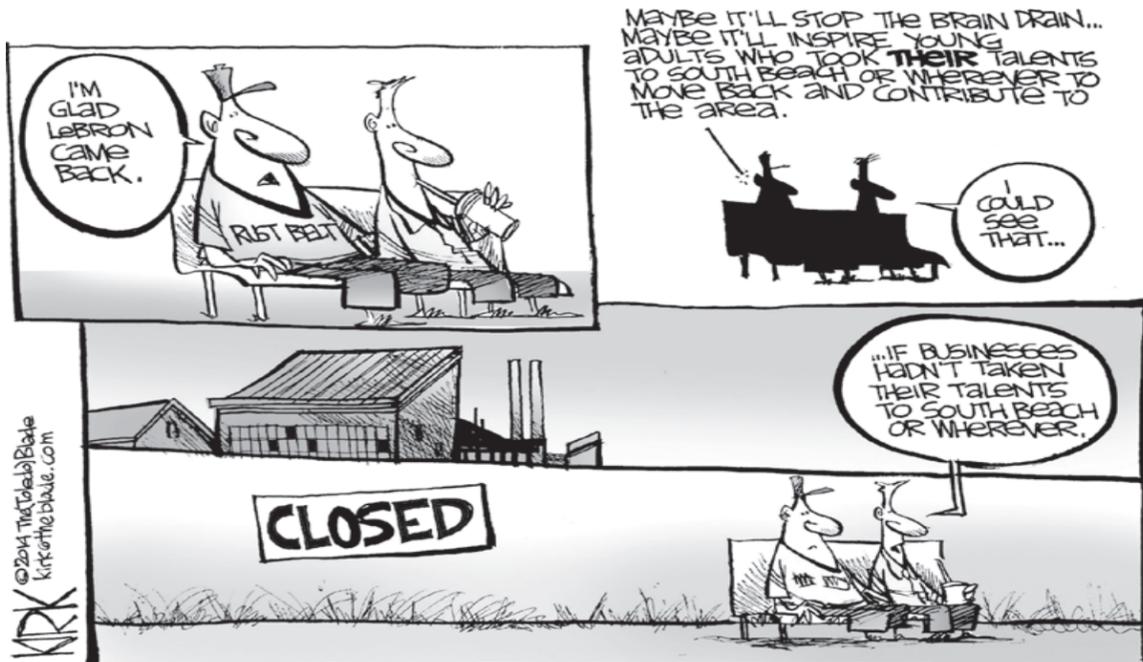
Guys like Jeter know that the difference between a .270 hitter and a .300 hitter over a hundred at bats is three hits. Stay consistent, and they fall more often than not. Think chicks dig the long ball? Jeter's best home-run total came last century, in 1999,

when he hit 24 homers during the heart of the steroid era. Yet there he was dating Jessica Biel, Jessica Alba, Mariah Carey, Scarlett Johansson.

People say he was a tough interview, but he wasn't inaccessible... just the opposite. He was always cooperative with the media. He respected them and he, in turn, received their respect. That's why he was able to live a normal life while dating women like that... people respected him and accorded him boundaries.

And so, as Derek Jeter leaves our television sets, radio broadcasts, sports columns and gossip columns, and goes on to reside as a memory, perhaps the greatest thing we're reminded of when considering the man's larger-than-life consistency and legendary presence is, perhaps most fittingly and honorably, his absence.

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



1973
41
Years
2014

WEST TEXAS COUNTY COURIER

CLASSIFIED AD FORM
25 words - \$10 per week; 40 words - \$15 per week

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Horizon City, TX 79928

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Phone: _____

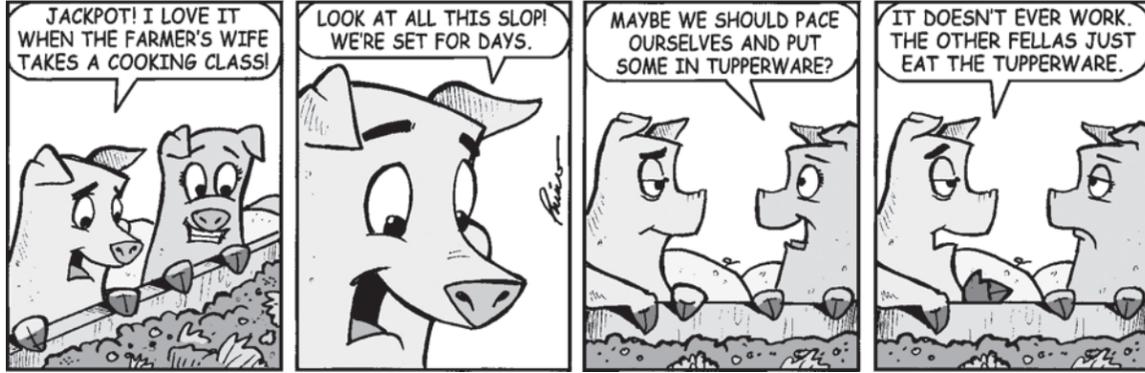
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Comix

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 hope you can help me. I am 67 years old and have been sweating profusely from my head for about six years. I believe it is secondary hyperhidrosis. No one in my family has this problem. The sweating seems to happen at all different times, but not at night. The moisture runs in rivulets from my scalp anytime from morning to evening, but mostly in the morning. I tried stopping my water pill, but it still happened. It happened when I stopped vitamins and took only my medications for physical problems. My doctor tested my thyroid, and it was fine. Please help me, as it is an embarrassing ailment, and it happens no matter the season or what I have eaten. I do drink tea and coffee, but not soda. There are people who have said I should take Botox, but I have little faith in the product, as it can cause serious health problems and death. — M.E.

the U.S. and Canada). The scalp is a harder place than most to apply it, but after applying, you can dry with a hair dryer, and use a plastic shower cap to keep the medicine on at nighttime. Occasionally, oral medications such as clonidine are used. Botulinum toxin (Botox) is usually quite safe in expert hands. A last resort is surgery to remove the sympathetic nerves to the scalp, a procedure that's very effective.

DEAR DR. ROACH: In a recent column, you wrote, "Some people can't absorb fructose." I'd like to know more about that. What are the side effects of the inability to absorb fructose? How does that happen? — I.N.

Fructose is a sugar naturally found in fruits, but also in sweeteners, especially honey and high-fructose corn syrup. Other sugars, such as glucose, improve fructose absorption. Few people get symptoms just from natural foods, because these contain the other natural sugars that improve fructose absorption. On the other hand, sorbitol (a "sugar alcohol") decreases fructose absorption.

"Hyperhidrosis" simply means "too much sweat." I think you probably have primary hyperhidrosis, meaning that the sweating is the only problem, as opposed to secondary, which means it's due to something else. Other conditions that can lead to secondary hyperhidrosis include the thyroid disease your doctor looked for, and medications (which it also doesn't seem to be). Other rare causes, such as tuberculosis and lymphoma, surely would have produced other symptoms by now. The most common sites for hyperhidrosis are the palms, armpits and soles of the feet. Nearly everybody sweats in those places, but with hyperhidrosis, the amount of sweat is much greater than normal and can have serious emotional, professional and social effects.

Almost half the population cannot completely absorb fructose, and the more fructose people take in, the greater the risk of the symptoms of malabsorption, including diarrhea, gas and bloating.

I recommend against HFCS for many reasons, but this is another one. For people with symptoms of malabsorption, I recommend a trial of reducing fructose and sorbitol.

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

- GAME-TIME DECISION ACROSS**
- 1 Serves onto a plate
 - 10 Feeling blue
 - 13 Poultry parts
 - 20 She played Gwen Stacy in "The Amazing Spider-Man"
 - 21 Quick _ flash
 - 22 Quickly, in music
 - 23 Cakewalk
 - 25 Mud thrower, say
 - 26 Subjects of Genghis Khan
 - 27 Pod animals
 - 29 Gunpowder ingredient
 - 30 Pianist Rubinstein
 - 31 1983 Bryan Adams hit
 - 35 Take steps concerning
 - 38 They might sit next to coffeepots
 - 39 Adult fellows
 - 40 Wind ensemble instrument
 - 44 Building tops
 - 46 Never, in German
 - 47 Pal of Ernie
 - 48 One of a trio in a tub
 - 53 Puzzle cube creator Rubik
 - 54 They roll as films finish
 - 55 Connection
 - 56 "I never _ Purple
- DOWN**
- 1 Sorority letter
 - 2 "To clarify..."
 - 3 Brainy
 - 4 Couldn't help but
 - 5 Seville's land, to Sevillians
 - 6 Agitate
 - 7 Klutz's cry
 - 8 "A," in Nice
 - 9 Private eye, informally
 - 10 Least nutty
 - 11 Three-sharp musical sequence
 - 12 Bright garden flower
 - 13 Krypton, e.g.
 - 14 Not healthy
 - 15 Loses a stare-down
 - 16 Old Soviet premier
 - 17 equivalent
 - 113 Neck-to-waist areas
 - 114 Get ready
 - 116 Rejection
 - 119 Theme of this puzzle
 - 122 Direct route
 - 123 "Mad Men" cable chan.
 - 124 Cleared by jumping
 - 125 Left in, to a proofreader
 - 126 Tell untruths
 - 127 Hateful ones
 - 17 Cook's hourglass
 - 18 It has fronds and a trunk
 - 19 Italian port
 - 24 Suffix with Marx or Mao
 - 28 Malodorous mammal
 - 31 Geezer
 - 32 Not qualified
 - 33 Some Native Americans
 - 34 "It's the end of _"
 - 36 King Minos, for one
 - 37 Chucked
 - 40 Transpires
 - 41 Not fertile
 - 42 Big name in flatware
 - 43 Center fielder
 - 45 _fi
 - 47 Gal's sweetie
 - 49 Defames in print
 - 50 Follower of Eisenhower
 - 51 Cats' prey
 - 52 Santa _ (California winds)
 - 57 Christmas door hanging
 - 60 _ and reel
 - 62 Coaching great
 - Parseghian
 - 64 Part of SSN
 - 65 Mocks
 - 66 Brand of taco kits
 - 69 Tined utensil
 - 70 Sheriff Andy Taylor's son
 - 71 Sunset color
 - 72 A zodiac sign
 - 75 Cost per day, say
 - 80 It merged with Sears
 - 81 Not drunk
 - 83 Avian hooter
 - 84 Brother, in France
 - 86 See 115-Down
 - 87 Pithy sayings
 - 88 Post-hiking problem
 - 89 Nominal charge
 - 91 Sextet plus a trio
 - 92 Pulitzer-winning critic Richard
 - 98 Catches on
 - 99 Open assertion
 - 100 Fa lead-in
 - 101 _Lorraine (French region)
 - 103 Incidents
 - 105 Burial area
 - 106 Big gun
 - 108 Disney World park
 - 109 Burn soother
 - 110 More factual
 - 111 Crystal ball gazers
 - 114 Jr.-year exam
 - 115 With 120- and 86-Down, what centenarians live to
 - 117 Meth-ender
 - 118 Conducted
 - 120 See 115-Down
 - 121 Formerly, name-wise

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MOORE TEXAS

by Roger Todd Moore

Reportedly Houston is first in the nation when it comes to the frequency of eating out.



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.

	÷		+		14
×		+		+	
	+		-		10
÷		÷		×	
	×		+		7
15		3			13

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 1 2 3 4 5 6 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

1	5		6				2	
		4			1	3		
	8			4				7
2				1		6		
		6	7					9
	9				3			8
7					5	2		
		2		8				7
	4		1					8 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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Social Security Q&A By Ray Vigil

Q: My dad receives Supplemental Security Income (SSI) benefits. He soon will be coming to live with me. Does he have to report the move to Social Security?

A: Yes. He should report any change in his living arrangements within 10 days. The change may affect his benefit amount. Also, we need his correct address so we can send correspondence when needed, even if he receives his payments electronically. He can report the change by mail or in person at a Social Security office. Or, have him call Social Security at 1-800-772-1213 (TTY 1-800-325-0778). Changes must be reported promptly or a penalty may be charged and held from future benefits. For more information about the kinds of changes that need to be reported, read the publication *What You Need To Know When You Get SSI* at www.socialsecurity.gov/pubs.

Q: My uncle is interested in the Medicare Part D prescription help, but he has about \$10,000 in the bank. Would he still be eligible?

A: Based on his resources, yes. However, there are other factors to consider. This year a person's

total resources are, in most cases, limited to \$13,440 (or \$26,860 if married and living with spouse) to qualify for *Extra Help* with Medicare prescription drug costs. Resources include the value of the things he owns, such as real estate (other than the place you live), cash, bank accounts, stocks, bonds, and retirement accounts like IRAs or 401(k)s. There are exceptions. To learn more, go to www.socialsecurity.gov.

Q: My neighbor said my kids, 8 and 15, might be eligible for survivors' benefits since their mother died. Are they?

A: Maybe. Their mother must have worked and earned the required number of Social Security credits. If she did, both you and your children may be eligible for benefits. Apply promptly for survivors benefits because benefits are generally retroactive only up to six months. You can apply by calling Social Security's toll-free number, 1-800-772-1213, between 7 a.m. and 7 p.m. on Monday through Friday. People who are deaf or hard of hearing may call our toll-free TTY number, 1-800-325-0778. For more information, read

our publication *Survivors Benefits* available at www.socialsecurity.gov/pubs.

For more information on any of the questions listed above, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

STRANGE BUT TRUE

By Samantha Weaver

- It was Flannery O'Connor, noted American writer of novels and short stories, who made the following observation: "Everywhere I go I'm asked if I think the university stifles writers. My opinion is that they don't stifle enough of them."

- In Saudi Arabia, there is an entire police unit dedicated solely to the pursuit of crimes of witchcraft.

- Lee DeForest, known as the Father of Radio, said in 1926, "While theoretically and technically television may be feasible, commercially and financially I consider it an impossibility, a development of which we need to waste little time dreaming."

- Eleanor Ritchey was the granddaughter of Philip John Bayer, founder of Quaker State Oil. She was the sole inheritor of her grandfather's fortune, and she had no children of her own. When she died in 1968 she was worth \$12 million. Other than some shoes (1,700 pairs) and stationery (1,200 boxes) that she left to the Salvation Army, her entire estate was used to create a trust for the 150 stray dogs she had adopted. The pets lived in luxury, dying of old age one by one, until 1984, when the last one – the richest dog in the country – also succumbed. The remainder of the inheritance then went to Auburn University.

- If you're planning a trip to Syracuse, N.Y., you might want to take a detour about 35 miles east to the small town of Verona. There you can visit the world's smallest church – but don't plan to go in and have a seat. Cross Island Chapel is only 6 feet by 3.5 feet. The minister can stand inside, but everyone else has to stay outside.

Thought for the Day: "If you can't get rid of the skeleton in your closet, you'd best teach it to dance."
– George Bernard Shaw

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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: N equals T

FWDU C IROCDOM RBGOF NW

FBDU ZVOD VO'F MOCPOQ NW

NCIGRO PBMNQ PMOFFOF:

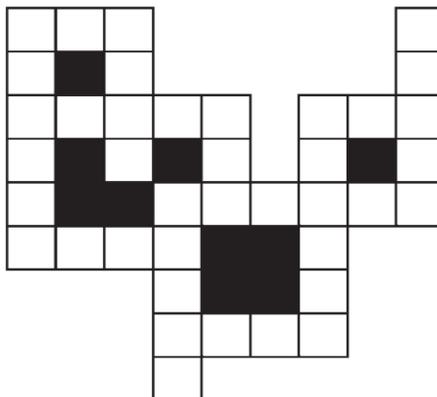
"FODP BD NVO UWZDF."

Answer Page 4

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- BIF
- CYPIOM
- CROIB
- ♥CREA
- PODICE
- HYT
- ♥BYUR
- ♥TAMYE
- RCU
- CAROFT
- ♥RATCE
- ♥NTDE



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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