



NEWSBRIEFS

Exhibition extended

El Paso Museum of History has extended the closing date for the Julius Caesar: Military Genius & Mighty Machines exhibition to Sunday, February 15. The interactive exhibition features war machines, transportation machines and civil machines, recreated scaled artifacts, digital files of images and computer animations. "This exhibition brings to life one of the most technologically significant times in the history of mankind and covers an epic period of history, from the triumphant victory of Julius Caesar over the Gaul at the Siege of Alesia in 52 BC to the transformation of Rome from a Republic into the mighty Roman Empire," stated museum representative Barbara Angus. Tickets for the ancient Roman civilization display are \$12 for individuals 6 years old and up; \$8 for Students with ID, Active Military with ID, and Senior (62+); \$6 for groups of 10 people or more; and free for EP Museum of History Members and 5 years old & under. For more information, contact Angus at (915) 351-3588. The El Paso Museum of History is located at 510 N. Santa Fe St. in downtown El Paso.

— Alfredo Vasquez

DIGIE

El Paso Museum of History is inviting the public to celebrate Valentine's Day at its DIGIE (Digital Information Gateway In El Paso) Wall grand opening, from 11 a.m. to 8 p.m. Saturday, February 14, at the museum's entrance (located at 510 N. Santa Fe Street). Dance groups, mariachi, salsa and country bands will be part of the festivities. Also, activities for kids and adults will be available during the day-long celebration. The grand opening event is open to the public and admission is free. Currently, individuals are able to upload photos to DIGIE using the website www.digie.org. Participants are encouraged to share their history, heritage, family, etc. and make them a part of this region's cultural story, stated museum representative

See BRIEFS, Page 2

You should drive your car as if your family was in the other car.

— Quips & Quotes



— Photo by Alfredo Vasquez

DON'T GO HIKING – Franklin Mountain Wilderness Coalition (FMWC) formed in 1978 and was largely responsible in organizing local citizen efforts to create Franklin Mountains State Park in 1979. Today the organization is working with stakeholders across the city in to preserve from potential development the 7,081-acre Castner, above, which was used by the Army for artillery exercises from 1926-1966. Located at the state park's eastern boundary and south of Transmountain Road, the range is currently closed to the public.

Ackerman to talk about Castner Range

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A well-known, local environmentalist is focusing her efforts on preserving Castner Range as a natural open space and will make her case during a special program scheduled to begin at 7 p.m., Wednesday, January

28, at the Chamizal National Memorial Theater, 800 S. San Marcial Street (across from Bowie High School).

Judy Ackerman, one of El Paso's most outspoken environmental advocates and secretary of the Franklin Mountains Wilderness Coalition (FMWC), will present her program, entitled "Conserving Castner Range, Crown Jewel of the Franklin Mountains", to bring attention

to the potential development of the 7,081-acre Castner Range, which was used by the Army for artillery exercises from 1926-1966. Located at the state park's eastern boundary, the range is currently closed to the public.

Ackerman is a full time volunteer and community activist championing a variety of concerns mainly in the environmental and human rights arena. In addition to FMWC, she is an active member of the Friends of the Rio Bosque, Celebration of Our Mountains, Chihuahuan Desert Education Coalition, El Paso Native Plant Society, League of Women Voters of El Paso, El Paso Regional Group of the Sierra Club, and the Trans-Pecos Chapter Texas Master Naturalists.

Ackerman, who is from Pennsylvania, stated that she has been an activist since high school, starting with the first Earth Day. She related that the Army first sent her to Ft Bliss in 1995 and she immediately fell in love with the Franklin Mountains. Subsequently, She retired from the Army in 2007 with 26 years of service, and with her husband of 35 years, Jamie, settled in El Paso.

Sierra Club Executive Committee member Rick LoBello said, "Everyone in El Paso who cares about protecting our environment should meet Judy, she is an inspiration to us all."

The free presentation is sponsored by the El Paso Sierra Club Group and UTEP's Environmental Advocates. For more information, contact LoBello at 915-474-1456, send email to ricklobello@gmail.com, or visit websites Elpasosierraclub.org and facebook.com/sierraclubelpaso.

Benitez stands out

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – San Elizario High School sophomore Josue "Josh" Benitez is a virtuoso in the making. The 15 year-old recently earned a spot to the 2015 Association of Texas Small School Bands (ATSSB) 2015 All-State Band. This is the highest achievement any music student in the state can receive. He will travel to San Antonio from February 11-14 for the Texas Music Educators' Association Convention where he will audition for chair placement at the ATSSB All-State Bands before performing with the



— Photo courtesy of San Elizario ISD
ACCOMPLISHED – Josue Benitez.

concert band. "It (All-State Band) means hard work and dedication to music and I am pleased to have the title," Josh said.

More than 9,000 high school band students from across Texas auditioned in twenty different regions for a place in their respective all-region bands. The top chairs in each region advanced to one of the five area auditions held in early January across the state and only 290 of these 1980 students were selected for all-state honors. San Elizario High School was one of only 148 across Texas with an ATSSB all-state student this year. Josh, who plays the bass

See TOP CHAIR, Page 2

Finances By Jason Alderman

Considering life without owning a car

Most baby boomers couldn't envision their early adult years without a car. However, times are changing and younger commuters are leading the way. According to an October study

(<http://uspirg.org/reports/usp/millennials-motion>) by U.S. Public Interest Research Group (U.S. PIRG) and the Frontier Group, millennials – those born between 1983 and 2000 – are driving significantly less than older Americans. Many post-college drivers swimming in college debt are opting for urban living (<http://time.com/72281/american-housing/>) where walking, biking and mass transit tend to be easier options. Increasingly, those with a temporary need for four-wheel transportation can do so by smartphone.

Today, there are many options to conventional car ownership, but it's important to match solutions and their specific costs to your needs. Here's a road map for exploring what's right for you.

Start with the cost of driving. If you already drive and budget carefully, you will have an idea of what driving costs you can incur each year in financing, fuel, fees, maintenance and

insurance. For averages related to a range of vehicles, look to the American Automobile Association's (AAA) latest "Your Driving Costs" statistics. Keep in mind that smart car ownership doesn't always mean "new." Online references like Edmunds.com and Kelley Blue Book can help you spot used vehicles that hold their value and keep operating costs reasonable.

Would leasing be cheaper? The buy-versus-lease question has evolved over the years and many people have strong opinions about which option is better. The answer depends on your personal situation and how you plan to use the vehicle, so consider the pros and cons (<http://www.practicalmoneyskills.com/buyorlease>). Many people like leasing because they can often lease a more expensive car than they could afford to buy with no down payment. But failing to observe lease restrictions can cost plenty. Remember that all

leases can be negotiated and it's important to review the terms and fine print very closely.

Consider ride- or car-sharing. A decade ago, if you asked someone about ride-sharing or car-sharing, most would assume you were talking about carpooling. Two newer commercial options are accessible by smartphone: Ride-sharing matches car owners with passengers who need a ride at a moment's notice, much like a taxi or private car service. Car-sharing is a new spin on the old daily and weekly car rental model. Car-sharers join a service that allows them to reserve and rent a vehicle in their neighborhood for a few hours or extended periods, such as over a weekend. However, keep in mind that some ride-sharing services may adjust fees at peak times and car-sharing companies charge steep penalties if you return rentals late or in less-than-

See FINANCES, Page 5

Veterans Post By Freddy Groves

There's an app for that

Software applications, popularly known as "apps," have come a long way. While they have many uses, the mobile app for cellphones is the most well-known. Topics range widely from exercise, movie locators and restaurant reviews to daily horoscopes, games and reference.

Now there are apps especially for military and veterans.

The Department of Veterans Affairs has its own app store (mobile.va.gov) with applications such as Mobile Blue Button (manage your health care and communicate with your care teams) and Summary of Care (view your medical information, including lab results and medications).

The Claims Coach, designed to help walk you through filing a claim, was designed by the American Legion. The app hooks you up with your service officer during the whole process. Create your to-do list, find a service officer in your area, make appointments and more. Find the app on Google Play and in the Apple store.

One of the most important steps in app development concerns DANA, the Defense

Automated Neurobehavioral Assessment. It's now approved by the Food and Drug Administration to be used as a program to diagnose traumatic brain injury in minutes. Baseline information is input into the device, which can run either a 5-minute, 15-minute or 45-minute battery of tests. These can then be reviewed by doctors, either immediately or later, to determine whether there is psychological or cognitive impairment. See www.anthrotronix.com for details.

Check the play.google.com site for VAPP: The Veterans APP. Designed by veterans for veterans, VAPP will store your files, such as DD214, access your benefits, find veterans discounts in your area and more. Read the reviews, because it's still in Beta.

Before downloading any app, be sure it matches your phone's operating system, be it Android, Apple iOS, BlackBerry or others.

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) 2015 King Features Synd., Inc.

Briefs

From Page 1

Marilú Valenzuela Alemán. Construction of the five-screen wall required global

communication, as City of El Paso project managers worked with designers in New Zealand and manufacturers in Germany to complete some of the components, according to Aleman. DIGIE and the pavilion

which will house it are funded by the 2012 Quality of Life Bonds. For more information, call Alemán at (915) 351-3588 or send email to alemanmg@elpasotexas.gov.

— Alfredo Vasquez

Top chair

From Page 1

clarinet, was the top chair among hundreds of student musicians in both the region and area competitions. Only six students from the El Paso area won places in the ATSSB band this year.

Josh is the son of Diana Ruelas and Jose Benitez. He expressed his gratitude to his parents for

encouraging his musical passion, which enabled him to earn the all-state honor.

"I want to thank my parents for supporting me and listening to me practice late at night," he chuckled.

Josh also credits his San Elizario High School band and music teachers Cristina Barajas and Jessica Lopez for his accomplishments. Under their direction, he added, the

San Elizario High School marching band qualified for area competition last season.

Josh also plays with the El Paso Youth Symphony Orchestra and would like to major in music in college to eventually pursue a career as a band director.

The ATSSB All-State Bands will meet in rehearsals in San Antonio February 11-14 and will present a concert beginning at Saturday, February 14, 2015.

1973 42 Years 2015 WEST TEXAS COUNTY COURIER

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

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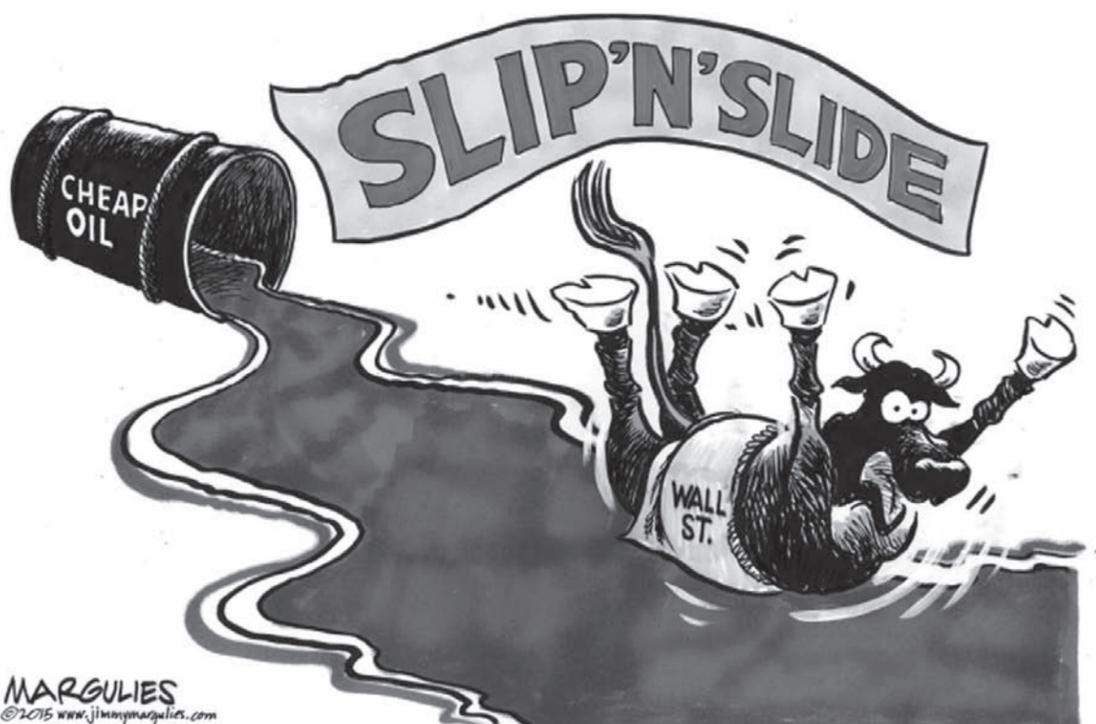
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Homesteader
Est. 1973
News, Inc.



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Just when you thought it was safe to go back on the highway...



THE WASHINGTON POST
KOTERDA

"I CAN'T WAIT UNTIL THEY MAKE A WATCH THAT WILL ALLOW ME TO TIME-TRAVEL BACK TO WHEN I DIDN'T RELY ON SMART TECHNOLOGY..."

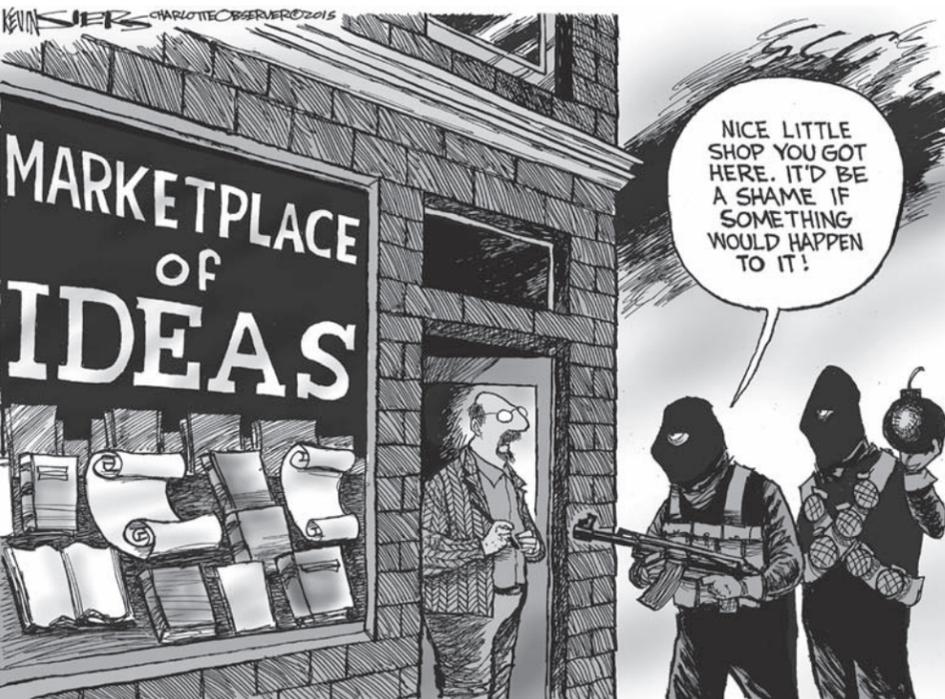


What a waste ... you could've gone to college ...

I DID GO TO COLLEGE!

STUDENT LOAN DEBT

MARGULIES
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NICE LITTLE SHOP YOU GOT HERE. IT'D BE A SHAME IF SOMETHING WOULD HAPPEN TO IT!

View from here By Traci Bruckner, Center for Rural Affairs

Congress slashes conservation

When thinking about the \$1.1 trillion spending bill passed by Congress last month, one might ask, what does Congress have against conservation?

They made huge cuts to conservation programs, such as the Conservation Stewardship Program (CSP) that supports conservation practices on cropland, pastureland and rangeland, totaling \$402 million over ten years. This cut means 2.3 million fewer acres enrolled in the program.

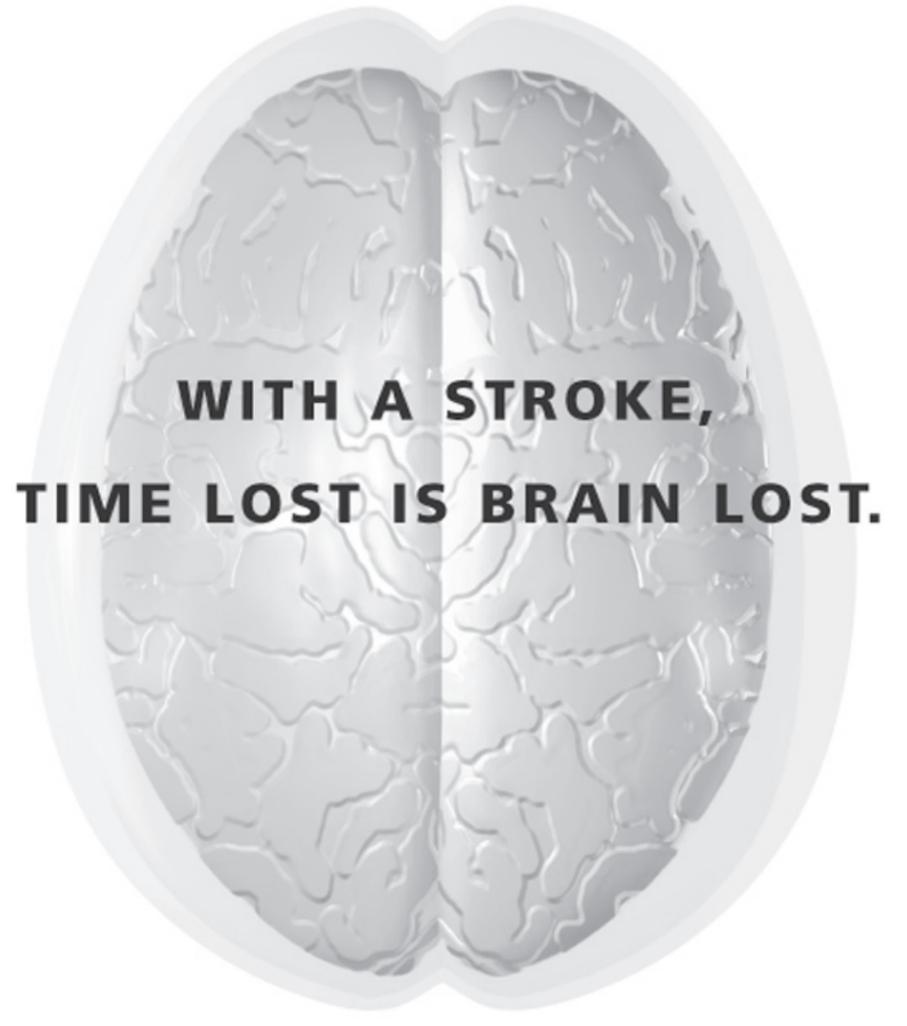
This anti-conservation spending bill also cut the Environmental Quality Incentives Program (EQIP) by \$136 million for this fiscal year.

While the CSP is designed to reward farmers and ranchers who have a history of integrating conservation, EQIP will help them develop a conservation practice for the first time. Both programs support practices such as cover crops, diverse cropping systems, as well as rotational grazing practices on pasture, rangeland, and cropland restored to a grass-based system.

These are the conservation-based farming practices we need more support for, not less. This is especially true in the face of climate change impacts on agriculture, and the increased need to protect and restore water quality.

So while they cut the conservation programs that help farmers and ranchers integrate risk management through conservation-based farming practices, they left intact the unlimited federal crop insurance premium subsidies and farm program payments that encourage risk taking and agriculture consolidation by the nation's largest and wealthiest farms.

This is an anti-farmer, anti-conservation bill that is representative of crisis-driven legislation stemming from a dysfunctional Congress. Join us and fight for annual spending bills that are forward-looking, and create opportunity.



If you suddenly have or see any of these symptoms, call 9-1-1 immediately: Numbness or weakness of the face, arm or leg, especially on one side of the body • Confusion, trouble speaking or understanding • Difficulty seeing in one or both eyes • Trouble walking, dizziness, loss of balance or coordination • Severe headache with no known cause

Learn more at StrokeAssociation.org or 1-888-4-STROKE.



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Made possible in part by a generous grant from The Bugher Foundation.



Brain wave technology helps returning soldiers suffering with PTSD

Treatment may also help Autism and Alzheimer's patients

Post Traumatic Stress Disorder (PTSD) has been the bane of many veterans who fought in the Iraq and Afghan wars, causing insomnia, panic attacks, alcohol abuse and even suicidal thoughts. Until now, there were few, if any, effective treatment alternatives.

But, a new procedure using Magnetic Resonance Therapy developed at the Brain Treatment Center may hold the key to a cure.

Veterans who have successfully undergone the MRT treatment use terms like "miracle," "game-changer" and "waking up" to describe the results they achieved at the BTC facility in Newport Beach, CA.

PTSD, according to the Association of Mature American Citizens, is "what we used to call 'battle fatigue' or 'shell shock' and it manifests itself in variety

of debilitating ways. Returning soldiers are awakened in the midst of war-based nightmares. They experience panic attacks and some harbor thoughts of taking their own lives. One report showed an 80% increase in suicides among soldiers returning from the war fronts in the Middle East during the height of the wars in Iraq and Afghanistan."

AMAC is keeping a watchful eye on the MRT treatment alternative because of its potentially effective use in the treatment of Alzheimer's

disease. "But, the fact that it is helping our wounded warriors to cope with the aftermath of war is an important first focus."

Many of the PTSD treatments to date have focused on the symptoms of the disorder; the MRT procedure appears to concentrate on the workings of the brain, itself. As Dr. Kevin T. Murphy, Vice Chair of the Department of Radiation Medicine and Applied Sciences, UC San Diego Medical Center, put it: "Addressing the core frequency mismatch that occurs in various parts of the brain, and not the patient's symptoms per se, allows this system to be

potentially useful in numerous psychological and neurological disorders, from autism to Alzheimers."

Dr. Yi Jin, medical director of the Brain Treatment Center, is careful in an encouraging way when he describes the successes of the BTC's new therapeutic approach. "We are not claiming efficacy, but we are seeing clinical responses that are positive."

Both Murphy and Jin are believers and intent on proving the efficacy of their approach. As Murphy, whose 10-year-old son is afflicted with Asperger's

See ALZHEIRMERS, Page 8

Classified Ads

LEGALS

TOWN OF ANTHONY, TEXAS

NOTICE OF PUBLIC HEARING

Texas Community Development Block Grant Program, 2015-2016

two days before the hearing, so that appropriate arrangements can be made.

Date : January 27, 2015
Time: 5:00 P.M.
Location: ANTHONY TOWN HALL

El publico esta invitado a asistir a una audiencia para discutir la asistencia que se ofrece del Programa de Desarrollo de la Comunidad del Estado de Texas. La presentacion y las discusiones sobre este programa se haran en espanol para aquellas personas que asi las deseen.

Lee Vela, Mayor
Date published: January 22, 2015

WTCC:01-22-15

El Paso County Housing Authority

Public Notice Job Opening

The El Paso County Housing Authority has an opening for a Family Self Sufficiency Case Worker. Qualifications: Social Work, Housing Counseling Experience, Grant Writing and Bilingual. Salary negotiable. Resumes must be submitted to EPCHA by January 29, 2015, by mail to EPCHA, PO Box 279, Fabens, TX 79838 or email to ed@epcha.com.

The El Paso County Housing Authority is an Equal Opportunity Employer.

WTCC: 01-15-15
01-22-15

The Town of Anthony will hold a public hearing regarding submission of an application to the Texas Department of Agriculture, for a grant from the Texas Community Development Block Grant (TxCDBG) Program. The purpose of this hearing is to allow residents an opportunity to discuss the town's Citizen Participation Plan, local housing needs and community development needs, the amount of TxCDBG funding now available, the activities eligible for TxCDBG funding, and the use of past TxCDBG funds. The Town of Anthony encourages all of its residents to participate in the development of the application to be submitted, and to make their views known at this public hearing. Residents unable to attend the hearing may submit their written comments to the Office of the Mayor at the Anthony Town Hall. Written comments will be accepted until this public hearing is concluded. Residents with disabilities who require auxiliary aids or services in order to attend this hearing should contact the Town Clerk at (915) 886-3944 at least

UTEP WOMEN'S BASKETBALL
TICKETS: 747-5234

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JAN. 22	7 PM
SATURDAY	VS MARSHALL
JAN. 24	2 PM

EPOSG El Paso Specialty Hospital **GECU** UTEP **600 AM** **ESPN EL PASO**

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CryptoQuip Answer

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Finances

From Page 2

desired condition.

Look to your employer. Commuter tax benefits allow you and your employer to save. If you plan to drive to work regularly, check out parking subsidies. If you combine driving and mass transit, check

both parking and public bus or rail subsidies. Talk to your human resources department about these options and refer to Internal Revenue Service Publication 15-B for more information.

Telecommute. Many employers looking to reduce commercial rents and onsite employee costs are increasingly relying on telecommuting options

for their workers. Telecommuting isn't for everyone, but evaluate your employer's program, talk to fellow workers about all the pluses and minuses and see if it's a good fit for you in terms of time use and vehicle cost. A mix of telecommuting days and mass transit or ride- or car-sharing options may make car ownership less crucial.

Bottom line: Getting rid of a

car is a big decision, particularly if you're used to the convenience of having wheels at all times. But between newer forms of mass transit and new technology-driven, transport-on-demand services, now might be the easiest time to consider making it happen.

Jason Alderman directs Visa's financial education programs.

STRANGE BUT TRUE

By Samantha Weaver

- It's not known who made the following sage observation: "The best way to lie is to tell the truth – carefully edited truth."

- In a survey conducted by the Cumberland Farms chain of convenience stores last year, more than half of respondents said they would rather have jury duty for a week than give up coffee for the same length of time. A whopping 69 percent would rather give up alcohol than coffee for a week.

- Finland once banned Donald Duck comics because the title character doesn't wear pants.

- You might be surprised to learn that World War II played an important role in the rise of popcorn as a favorite snack at the movies. During the war, the U.S. was cut off from many sugar-exporting nations, causing shortages and rationing on the home front. The scarcity of sugar resulted in a dearth of candy being offered at the box office, causing popcorn sales to skyrocket.

- If you live in Georgia, keep in mind that it is illegal to have a picnic in a graveyard in that state.

- Given the rise in foodie culture, it's no wonder that there are a plethora of cookbooks available covering every imaginable kind of comestible. However, you might be surprised to learn just how far back the recording of food preparation goes: One of the earliest known recipes was written on cuneiform tablets and has been dated almost 4,000 years ago to around 1700 B.C.

- Those who study such things say that a giraffe can go longer without water than a camel can.

- People who are indigenous to the high altitudes of the Andes have more blood than do people who live at sea level – 3 quarts more.

Thought for the Day: "I love deadlines. I like the whooshing sound they make as they fly by."
– Douglas Adams

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Texas Department of Motor Vehicles
HELPING TEXANS GO. HELPING TEXAS GROW.

NCAA caves in, Penn State back to business

By Steve Escajeda
Special to the Courier

The rules apply, or they should, to everyone

I don't know when it happened; I wasn't notified and I wasn't consulted.

But at some time in this country it was decided that Americans were too sensitive and fragile to deal with the truth.

At some point in our recent history the norm was changed from "nobody owes you anything" to "everybody owes me."

There are many who believe that the harder you work and the more you follow the rules in this country, the less help you get. It's those who break the rules or live beyond their means that get bailed out by government agencies.

Another complaint most Americans have has to do with the rule of law. Many believe the country is starting to go soft on crime.

This has been especially prevalent in the world of sports.

There have been countless cases where athletes have gotten away with heinous crimes because they could hit a baseball,

dunk a basketball or catch a football.

And it doesn't matter whether they were arrested on gun charges, theft, tax evasion, assault or even rape, the American fan is very forgiving they the criminal can lead their team to victory.

But it isn't just the fan. Institutions like major universities are often the first to condone criminal behavior by its athletes if it means more money in the coffers.

The level of hypocrisy here is embarrassing. At institutions of so-called higher learning, laws are circumvented for the sake of making money. Hmmm, sounds like stealing to me.

The latest episode of institutions going soft on crime occurred last week when it was learned that the NCAA was caving on many of its rulings against Penn State football.

You remember the problems with Penn State football? It was there that long-time assistant coach Jerry Sandusky spent as much time in the showers with little boys as he spent on the football field with young adults.

And while there were many signs and hints and clues that Sandusky was sexually abusing these young boys,

legendary head coach Joe Paterno either, refused to believe, or hid the fact that this was going on.

Either way, Paterno had heard the rumors over the years and did nothing. And because of that, more young boys were taken advantage of by a sick man.

When the NCAA investigated the allegations they came down hard on Sandusky and Paterno and the university for their complicity.

Sandusky sits in a jail cell, the university was placed on probation and Paterno was stripped of 111 coaching victories and his statue was removed from the front of the stadium.

The NCAA had declared that the lives of those abused boys were more important than any statue or football victories.

And they were – for about three years.

In a clear attempt to avoid the cost of going to trial against the Paterno family and Penn State, the NCAA folded like a cheap football jersey.

The collegiate organization has chosen to give back all the wins they took away from coach Paterno, making him the winningest college coach of all time again.

They lifted all the sanctions against the

school a year ago and now there's even talk that Paterno's statue will be put back in front of the stadium.

In a statement by Penn State president Eric Barron after the settlement, he mentioned how grateful he was and how this helped the reputation of the school and its athletic department.

Nowhere in his statement did he mention the young boys and what they went through on the grounds of his institution.

But who cares. Penn State can start recruiting top athletes again and soon the dollars will be flowing in. And after all, isn't that the main goal of any college - to make money off of students who are in and out of trouble and go to class - occasionally?

Is anyone really surprised anymore? Money over morality seems to be the norm these days.

Heck, it wasn't until we saw the actual video of Ray Rice TKOing his girlfriend that anymore made a big fuss.

Hopefully the Ray Rice and Adrian Peterson and Jerry Sandusky fiascos will help to change things for the better.

Oops, I'm sorry... I just spit out my coffee from laughing so hard.

A sporting view By Mark Vasto

All questions answered

So there you go, America... the vaunted NCAA playoff system – part-human, part-computer – was implemented this year, played to conclusion, and as predicted, left everyone completely satisfied. Now we know who the "true" National Champions are.

What's that? You still have questions? Well then, gleaned from actual comment boards from actual Interweb sites, here are an assortment of questions that we at A Sporting View headquarters have taken a crack at answering for you. From the final rankings (TCU ranked third?) to the post-game revelry (Fire!), let's put all doubt to rest.

Q: Was Ohio State really the best team in the country? – Ron

in Lincroft

A: Look, pal... you asked for a playoff system and you got one. You said you didn't want it to be based solely on computer statistics, you wanted a human hand involved, and that's what you got... you got TCU on the outside looking in, and Ohio State running the table once they got the invite. Yes, they are your champion. Deal with it.

Q: How is TCU ranked third to end the season when they weren't in the final four selected for the playoff? – Artie in Middletown

A: Human error.

Q: How is setting fires a form of celebration? Seems like college students should be smart enough to come up with

something more appropriate. – Mary in Columbus

A: Actually, Mary, since the dawn of man, fires have been an integral part of our celebrations... whether providing warmth in the form of a bonfire or firing the grills upon which we are preparing the sumptuous feasts for the occasion. Dancing around a fire is one of our more primal forms of celebration. Seeing that it was 1 a.m., and with temperatures in the mid-teens, college students were smart enough to know that they needed a source of heat.

It would seem to us that college officials would be smart enough to recognize this and provide a safer alternative for students – perhaps bonfires staffed by actual firemen in streets cordoned off by officers of the peace who were there for the students' safety, instead of the way it was handled in Columbus, Ohio, after the big win. No, there they

decided to just attack students with tear gas and threaten their arrest, fanning the flames of riot and civil disobedience. Brilliant!

Q: Just watched the video (of the "riots"). Cammo? Really? It would seem that in confronting a crowd, the goal would be to announce a police presence, not make them blend into the shrubbery. – Reader in Columbus

A: Maybe the Ohio officials were caught by surprise, what with Cleveland and Cincinnati's rich tradition of winning professional championships year-in and year-out. Maybe they figured fans wouldn't care and would just go to bed after

the game. Maybe they thought that Ohio's pristine reputation for coddling students during campus protests – and not in any way, shape or form inspiring protest anthems from Crosby, Stills, Nash & Young – would be enough of a deterrent. Maybe the police were on a mission from the Knights Who Say "Ni"! Was this even a question?

Actually, we may not have all the answers. Great game, though. Congratulations, Ohio State.

Mark Vasto is a veteran sportswriter who lives in Kansas City. (c) 2015 King Features Synd., Inc.



"IN MY PHIL'S CASE, HOWEVER, IT WON'T MATTER IF HE SEES HIS SHADOW WHEN HE EMERGES... FOOTBALL SEASON WILL BE OVER."

1973
42 Years
2015

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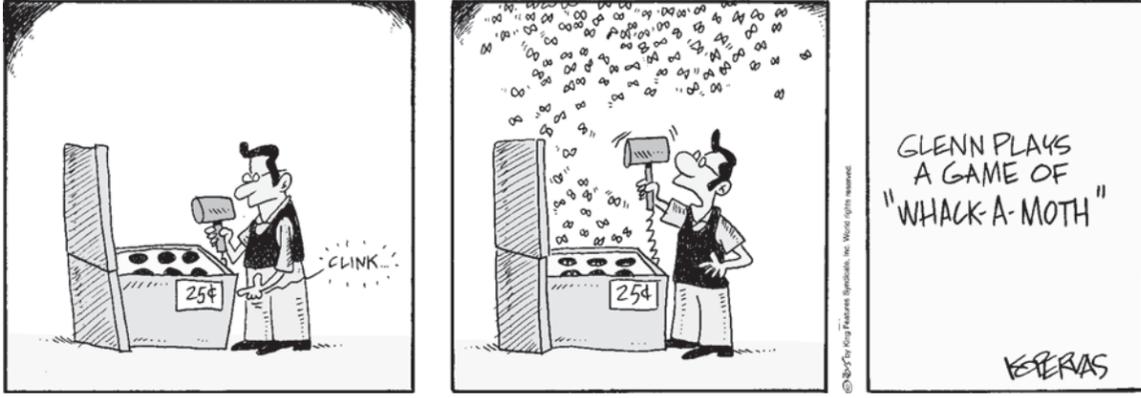
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Comix

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 went to a walk-in clinic because I had chest pain. They did an EKG and saw extra beats (PVCs). They recommended I go to a cardiologist, and he put me on a heart monitor, which showed that I had 5,000 extra beats within 24 hours. He had me come back in two weeks and did an echocardiogram (heart muscles are perfect) and heart monitor (still extra beats). He did a stress test, and it was normal. He has no idea why I have extra beats. I have a feeling they have been going on for a long period of time, because when the nurse asked me if I could feel them while she was doing the echo, it felt like a flutter, and I had been feeling them for at least a year (I didn't know what it was). He has me coming back to see him in three months. Can you give me some insight? – D.J.

work, radio waves can be used to stop the areas of the heart where the extra beats arise.

The booklet on abnormal heart rhythms explains atrial fibrillation and the more common heart-rhythm disturbances in greater detail. Readers can obtain a copy by writing: Dr. Roach – No. 107W, 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.

Premature beats are very common, almost universal, and come in two types: premature atrial beats (PACs) and premature ventricular beats (PVCs). These can happen in people with perfectly normal hearts, but your cardiologist did exactly the recommended tests, including an EKG, echocardiogram and stress test. This is to be sure your heart function and blood flow are normal. Since they are, you don't need to do anything about it unless the fluttering sensation is bothering you.

DEAR DR. ROACH: About two years ago, I had terrible pain on the top part of the left side of my head. It also felt very warm. I went to my doctor, who diagnosed it as shingles and treated me with gabapentin. I can't recall how long I took the pills, but eventually he told me to wean myself off of them. My question is: Did I really have shingles? I had the pain, but no sores or blisters. – T.K.

There is a condition called zoster sine herpette, which means "zoster without the blisters." I have seen cases where the pain precedes the blisters by months – once by 18 months – but I haven't personally seen a case where the blisters never show. Still, given your history, I think there's a very good chance that your doctor was right.

There are several mechanisms for PVCs. The electrical system of the heart can develop a kind of short-circuit, called a re-entry loop, which is the most common cause. Individual heart muscle cells also can trigger a premature beat.

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) 2015 North America Synd., Inc. All Rights Reserved.

If you desire treatment, the usual treatment is a beta blocker, which can reduce symptoms. Other medications also are used. In cases where medications don't

Super Crossword

- ACROSS**
- 1 Appear on the scene
 - 7 Mystery writer Christie
 - 13 Sister of Snow White
 - 20 Canadian dollar coin
 - 21 As well
 - 22 Retired female prof
 - 23 Mischievous snake?
 - 25 Capitol Hill bigwig
 - 26 Bicycle part
 - 27 Like Saturn
 - 28 Ink-filled tool
 - 29 Blend
 - 30 One of the Musketeers
 - 32 Graceful bird
 - 34 Touchy_ (overly emotional)
 - 35 Greets with a head bob
 - 37 What there is when a snake is inside a keg?
 - 42 Sioux tribe member
 - 43 Beetle bride Yoko
 - 45 Golfer Palmer
 - 46 Vienna is its cap.
 - 47 Study of snake vision?
 - 50 Bottom line
 - 52 HP or Dell products
 - 55 Confused
 - 56 Noble act
 - 57 St. Louis Arch architect Saarinen
 - 58 Canoe variety
 - 60 Skeletal axis
 - 62 Snake with a talk show?
 - 65 1980s TV's "Remington _"
 - 68 "Crash" actor Koteas
 - 69 Peaceful
 - 70 Snake's relatives?
 - 73 Arcade game pioneer
 - 75 TV prizes
 - 76 See 81-Down
 - 77 Union foe
 - 78 Billfold filler
 - 82 Org. fining polluters
 - 83 1:50, e.g.
 - 85 Noodles shaped like knotted snakes?
 - 88 Emerald, e.g.
 - 89 Symbol of a team
 - 91 Camera type, for short
 - 92 Frying vessel
 - 93 Thing that hones a snake's skills?
 - 98 Part of TLC
 - 100 Gather up
 - 101 Treater's phrase
 - 102 Sobbing soul
 - 104 Sour
 - 105 Tit-for_
 - 106 "Pretty nice!" Strawberry
 - 24 Prefix with cycle
 - 28 Infamous box opener
 - 31 Lyric poems sung by single voices
 - 33 Newswoman Barbara
 - 34 "As I Lay Dying" novelist
 - 35 Star burst
 - 36 Big elevator producer
 - 38 Incursion
 - 39 Curve part
 - 40 Connections
 - 41 Lamb's call
 - 44 Frank
 - 48 Pass gingerly
 - 49 Golf ball supporter
 - 51 Pull along
 - 52 Funeral pile
 - 53 French city on the Orne
 - 54 _ terrier (dog breed)
 - 57 Internet auction site
 - 59 Ghana's land
 - 61 Wall coatings
 - 62 Film snippet
 - 63 Petroleum
 - 64 Actress Huppert
 - 65 "Peter Pan" pirate
 - 66 Pack down tightly
 - 67 Actress Stone
 - 68 Where some very big birds are raised
 - 71 Goldfish part
 - 72 Superhero insect
 - 73 Put-on
 - 74 Mai_ (rum drinks)
 - 77 Surfeit
 - 79 Hopefuls
 - 80 Jazzman Kenton
 - 81 With 76-Across, quit, informally
 - 84 "Jimmy" has two
 - 85 Pre-A.D. abbr.
 - 86 Suffix with ball or bass
 - 87 Suggestion
 - 88 Body signal
 - 90 Unthrifty type
 - 93 Mete (out)
 - 94 Actress Seyfried
 - 95 30-year late-night host
 - 96 Raspy
 - 97 Kigali's land
 - 99 Rome's Via _
 - 103 Tokyo, once
 - 105 Tightly strung
 - 107 Polish river
 - 108 Prefix with byte
 - 109 Boone of baseball
 - 111 "Gotcha"
 - 112 Pay to live in
 - 114 Filming locale
 - 115 Pal of Tarzan
 - 116 "Go On" network

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MOORE TEXAS

by Roger Todd Moore

Soft drink **BIG RED** was first produced right here in Texas in the late 1800's... wonder how it got its name?



Social Security Q&A By Ray Vigil

Q: What is the earliest age that I can begin receiving retirement benefits?

A: You can get a reduced benefit as early as age 62. The 1983 Social Security Amendments raised the full retirement age for people born in 1938 and later. But it did not change the minimum age for retirement. Keep in mind that your monthly benefit amount could be about 33 percent higher if you wait until your full retirement age and about 76 percent higher if you defer payments until age 70. Visit our *Retirement Estimator* to find out how much you can expect to receive depending on the age at which you want to retire. You can find it at www.socialsecurity.gov/estimator.

Q: What is the difference between the disability application and the disability report? Do I have to complete both?

A: Yes, you will need to complete both when you apply for disability benefits. To receive Social Security disability benefits, you must file a disability application.

A disability report provides information about your current physical or mental condition, and we need this to process your disability application. You should complete a disability application, a disability report, and an authorization for release of your medical records to file a claim for disability benefits. You can do all of this online. To learn more, and to apply online, visit www.socialsecurity.gov/applyfordisability.

Q: How can I calculate my own retirement benefit estimate?

A: We suggest you use our *Retirement Estimator* at www.socialsecurity.gov/estimator. Our Retirement Estimator produces estimates based on your actual Social Security earnings record, so it's a personalized, instant picture of your future estimated benefit. Also, you can use it to test different retirement scenarios based on what age you decide to start benefits. For example, you can find out your estimated monthly payments if you retire at age 62, 70, or anytime in between. Visit www.socialsecurity.gov/estimator.

socialsecurity.gov/estimator.

Q: How do I know if I have enough work to get Social Security disability benefits?

A: The easiest way to find out is by reviewing *my Social Security* to see how many credits you already have. If you don't have a *my Social Security* account, you may create one at www.socialsecurity.gov/myaccount. To get benefits, you must have worked long enough – and recently enough – under Social Security to qualify for disability benefits. Social Security work credits are based on your total yearly wages or self-employment income. You can earn up to four credits each year. The amount needed for a credit changes from year to year. In 2014, for example, you earn one credit for each \$1,160 of wages or self-employment income. When you have earned \$4,640, you've earned your four credits for the year. The number of work credits you need to qualify for disability benefits depends on your age when you become disabled. Generally, you need 40 credits. Twenty of the 40 must have been earned in the last 10 years, ending with the year you become disabled. However, younger workers may qualify with fewer credits. To learn more, see our *Disability Planner* at www.socialsecurity.gov/dibplan.

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.

	+		×		13
÷		×		+	
	×		-		16
+		÷		+	
	÷		+		11
11		12		10	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 2 3 4 6 7 8 9

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Weekly SUDOKU

by Linda Thistle

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

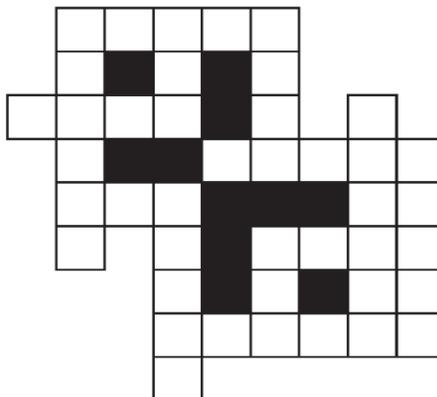
Clue: R equals T

VCZR UAGKDINKIR WQGQOQAI
VZRYCKO SAD OTMQIU
ZYRQGQRQKO? RCK WKTZDRNKIR
AS RCK RDKZYCKDM.

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- DFA
- LEFTIU
- ♥ ROVTE
- EDTU
- ♥ LARDEO
- OYT
- ARYF
- ♥ ERTAS
- ♥ ODT
- RYVIFE
- ♥ FYIDE
- ORTO



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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Alzheimers

From Page 4

syndrome, told Richard Leiby, a senior writer at the Washington Post: "Right now it's like we're selling snake oil. It's hard to believe, and if I hadn't had my own son treated, I wouldn't have believed it."

The child underwent months of therapy and has shown extraordinary improvement as a result.

Likewise, Iraqi war veteran Jon Warren says he recovered from acute PTSD after he was treated with Magnetic Resonance Therapy. He no longer suffers from the extreme combat flashbacks and nightmares that made him dysfunctional. They set "my [brain] frequencies right" and his life is returning to normal.

— John Grimaldi