



NEWSBRIEFS

James Butler games

The James Butler Spring Games, one of Socorro Independent School District's (SISD) biggest events of the school year, will be held Wednesday, March 25 at the SISD Student Activities Complex (SAC). More than 970 special needs students will participate in track and field events, such as 10- and 25-meter walks, assisted walks, 25-, 50-, 100-, 200- and 400-meter runs. Other events include relay races, wheelchair races with and without assistance, bike races, ball throws and javelin throws. Elementary students will compete from 8:30 a.m. to 1 p.m. and secondary athletes will participate from 2 to 5 p.m. Both sessions will begin with a mini parade of all the athletes participating. The games are named after the late James Butler, a former SISD physical education teacher, athletic coach and an adaptive physical education teacher in the special education department. Butler dedicated his life to ensuring students succeeded in athletics and special education. The Butler games, endorsed by Special Olympics Texas, will allow more athletes from El Paso to compete in Texas Special Olympics statewide competitions.

— Christina Flores-Jones

Clint ISD art exhibit

Artwork from Mountain View High School, Horizon High School, Clint High School, and Clint Early College HS will go on display March 27, 2015. The Friday opening gala will run from 5:30 to 7:30 p.m. at the Crossland Gallery, 500 West Paisano (at Durango). Western Impressions Best of Show Winner, artist Robert Dozal, will judge the students' entries. There are no categories. Eight \$300 general scholarships will be awarded to students for the best artwork. The exhibition continues through April 18, 2015. It is free and open to the public.

— Karla Zanelli

Tell them to get lost

There's no fool like an old fool, the saying goes, and the proof is in the fact that seniors have become a prime target for conmen, reports the Association of Mature American Citizens. So when a so-called IRS agent comes a calling, with a demand

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Take care of your character and your reputation will take care of itself.

— Quips & Quotes

Tiguas ordered to stop all gaming

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – The Tigua Tribe's Speaking Rock and Socorro Entertainment Center are too much like real casinos, consequently they are in violation of the 2001 injunction that prohibits the tribe from hosting gambling activities on its property, so ruled Federal Court Judge Kathleen Cardone recently.

Cardone ordered the tribe to stop all gaming operations within 60 days, or pay a penalty of \$100,000 a day if they don't stop these activities. She also ordered the tribe to pay the Texas Attorney General's Office nearly \$17,000 for inspections they conducted in 2012, 2013 and last year as part of the investigation.

However, Cardone did leave Tigua officials some wiggle room by giving them an opportunity to submit a detailed proposal that would set out a sweepstakes promotion that operates in accordance with federal and Texas law.

The federal judge stated in her ruling that in their present state- with the entertainment centers' rows of sweepstakes kiosks that look like slot machines, dim lighting, and offers of free food and drinks to people using the kiosks- the two establishments simulate a casino-like atmosphere which indicates that their real purpose is to create a place where people stay for a long time and play the sweepstakes for a chance to win uncertain prizes, and not to promote a tribal product.

Tigua officials have consistently

See GAMING, Page 6



— Photo by Alfredo Vasquez

TURN OFF THE GAMES – The Tigua Tribe has been operating sweepstakes machines at its Speaking Rock and Socorro Entertainment Centers since 2001 when a court injunction shut down the Speaking Rock Casino. Since then the Tribe and the Texas Attorney General have disputed the machines' legality. A federal judge recently ruled that the Tiguas are in violation of the court injunction with the sweepstakes machines.

SISD named District of Distinction for new program

By Daniel Escobar
Special to the Courier

The Socorro Independent School District has been nationally recognized for its innovative new teacher mentor program.

District Administration magazine, which reports on education issues and shares best practices and innovative approaches to 21st century teaching and learning, praised SISD for its Building a Friend for the Future (BFF) program that assists new educators in launching a successful teaching career.

"Team SISD is 100 percent committed to supporting all of our teachers to become the best educators, mentors and advocates for our students," said Superintendent Dr.

José Espinoza. "Building strong, one-to-one relationships among teachers and students will inspire a great dynamic that can produce phenomenal results in the classroom."

BFF was implemented two weeks before the 2014-2015 school year. Fifty new educators spent a week learning district policies and procedures and instructional strategies to adapt their college training in education to real-world classroom applications.

In addition, the rookie educators were paired up with a veteran teacher, who provided continuous professional development, guidance and mentorship throughout the school year.

New teachers continue to meet once a month covering areas such as

lesson planning, instructional practice, collaborative learning, and Tier 1 interventions.

The success of the new teacher mentor program can be credited to the team mentality in SISD. Assistant superintendents, directors, and instructional specialists collaborated closely to guide and support the new and veteran teachers in the program. BFF was developed and facilitated by Dr. Maggie Aguilar, School Improvement Officer, and her team of instructional support officers.

"Socorro ISD serves as a model for school leaders across the country," said JD Solomon editorial director at District Administration magazine. "We are pleased to honor Socorro as a District of Distinction."

Finances By Jason Alderman

Is your teen ready for a summer job?

For many teens, there's nothing more exciting than receiving the first paycheck from a summer job – a sure-fire ticket to fun and freedom. It's also a great opportunity for parents to encourage proper money management. Parents or guardians need to do some necessary paperwork first.

Working teens will need his or her own Social Security Number (SSN) to legally apply for a job. They will also need a SSN to open a bank account to deposit their paychecks. Depending on state law, children under 18 may have to open bank accounts in their custodial name with their parents or guardians. It is also important for parents to check in with qualified tax or financial advisors about their teen's earned income, particularly if it may affect any investments under the child's name.

After that, it's about encouraging teens to get a jump on their job search. The recent job market for American teens has been tough and investigating particular kinds of openings should start months in advance of summer hire. Networking is also important – teens can reach out to friends, neighbors and other trusted adults about potential jobs in the community. Also, it is never too early for teens to learn resume writing and job interviewing skills. The Practical Money Skills website's Landing a Job (<http://www.practicalmoneyskills.com/personalfinance/lifeevents/work/landingjob.php>) page offers useful background to help teens get started.

Parents can also assist by monitoring job categories their kids are interested in, encouraging them to meet application deadlines and being aware of federal, state and local child labor laws (<http://www.youthrules.dol.gov/know-the-limits/index.htm>) to steer them from unscrupulous employers.

Technology changes quickly, so tech-savvy teens may be ahead of the game when it comes to searching for work online. Leading job search engines are a destination for seasonal job openings, and many allow users to customize searches for specific positions and employers. However, teens may need to be reminded about their social media activity before they begin any job search – anything a teen posts publicly on the Internet may be seen by a potential employer.

Banking is another major step in the life of the working teen, though they don't need to wait for that first job to get started.

Many parents open bank accounts for their children as early as their first allowance – after all, digital banking makes it easier to monitor and transfer money without a trip to the branch or ATM. Paychecks – on paper or via digital deposit – make familiarity with the banking

system an even greater necessity. Check with their bank to see what types of accounts are offered for children and teens – some banks offer a wide variety of custodial accounts where parents can track and assist their child's spending and saving activity.

A teen's first job is a great opportunity to introduce budgeting, saving and long-term investment skills. Your child may be working over the summer to save for a particular desired item – a cellphone or a trip – or more extensive goals like future college expenses. The Practical Money Skills site offers a budgeting tutorial (<http://www.practicalmoneyskills.com/personalfinance/savingspending/budgeting/>) and budgeting calculators (<http://www.practicalmoneyskills.com/calculators/budgetGoals.php?calcCategory=budget>) for a range of purposes.

When the job offer comes, there's one more thing parents can do. Getting hired means a flurry of paperwork that can be confusing; parents can help their children review those documents before signature. Most will apply to tax withholding, but such documents might also include special workplace agreements that might not always be clear to young workers. When that first paycheck arrives, consider sitting down to inspect a teen's first paper or electronic pay stub. Many people don't understand their withholding even as adults, so children can benefit greatly from this lesson at the start of their working lives.

Bottom line: A teen's first summer job is a great way for parents and children to collaborate on job-hunting and money management skills that will produce benefits for a lifetime.

Jason Alderman directs Visa's financial education programs.

Veterans Post By Freddy Groves

Summer sports clinic

The 2015 Veterans Summer Sports Clinic is coming up soon. According to a Department of Veterans Affairs newsletter, all eligible veterans are being encouraged to sign up and participate.

The clinic will be held Sept. 13-18 in San Diego and is for veterans with traumatic brain trauma, poly trauma, loss of limb and spinal-cord injuries. Call it rehab or call it recreation therapy – lives are changed at these clinics when injured veterans learn new skills that lead to a more active lifestyle.

Sports and activities at the clinic will include kayaking and cycling (hand and tandem), track and field, sailing and surfing. Locations for the events include Mission Bay Yacht Club, U.S. Olympic Training Center in Chula Vista, La Jolla Shores and others. Even the accommodations sound posh: the Manchester Grand Hyatt in San Diego.

The deadline to sign up is May 1, 2015. See www.summersportsclinic.va.gov for more information and the

full application packet. (You'll need a medical exam, so don't forget that form.) Be sure to get the checklist, because it has to be sent in as well.

The webpage also includes videos from previous events, as well as a community-based adaptive sports program directory, broken down by state and city.

If the clinic isn't for you but you want to participate in other adaptive sports, see the 2015 national events schedule at www.va.gov/adaptivesports.

There are Golden Age games for older veterans, creative arts festivals, TEE (Training-Exposure-Experience) tournaments that include kayaking, horseback riding and other adaptive sports workshops), wheelchair games and valor games.

For adaptive sports clubs around the country, including Paralympic sports clubs, see www.va.gov/adaptivesports/va_clubFinder.asp and search by state or ZIP code.

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

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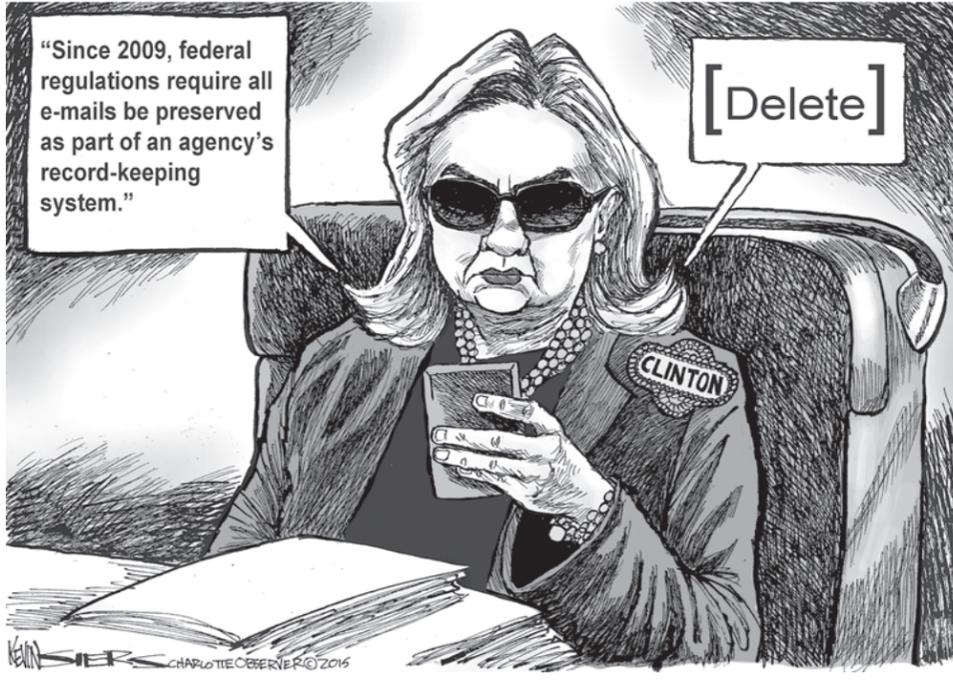
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Texas state lawmakers introduce medical marijuana legislation

Bills introduced in both House and Senate

By Jeronimo Saldaña
Special to the Courier

TEXAS – Texas state lawmakers introduced legislation Friday, March 13 that would allow patients with cancer, seizure disorders, post-traumatic stress disorder, and other debilitating conditions to access medical marijuana if their doctors recommend it.

HB 3785, introduced by Rep. Marisa Márquez (D-El Paso) in the House, and a companion bill that will be introduced later today by Sen. José Menéndez (D-San Antonio) in the Senate, would create a program through which individuals with qualifying medical conditions would receive licenses allowing them to possess limited amounts of medical marijuana if their doctors recommend it. It would also direct the Department of State Health Services to establish a tightly regulated system of licensed marijuana cultivators, processors, and dispensaries.

“The law currently does not reflect marijuana’s legitimate medical use and denies access to patients, such as veterans with post-traumatic stress disorder, citizens suffering with cancer and severe ailments of the aging,” Rep. Marquez said. “By continuing to deny access to patients, we limit the rights

of families to seek the best possible treatment for conditions that do not respond to other drugs or therapies. We should create paths, and not obstacles, in allowing doctors to recommend medicine that has been shown to work.”

The bills differ from previously introduced legislation that would allow access to CBD oils with little or no THC. Many patients have found that THC and other components of whole marijuana are needed in addition to CBD in order to effectively treat their conditions. Some have relocated to states with more comprehensive medical marijuana laws so that they can access whole marijuana and oils that include a more balanced ratio of CBD and THC.

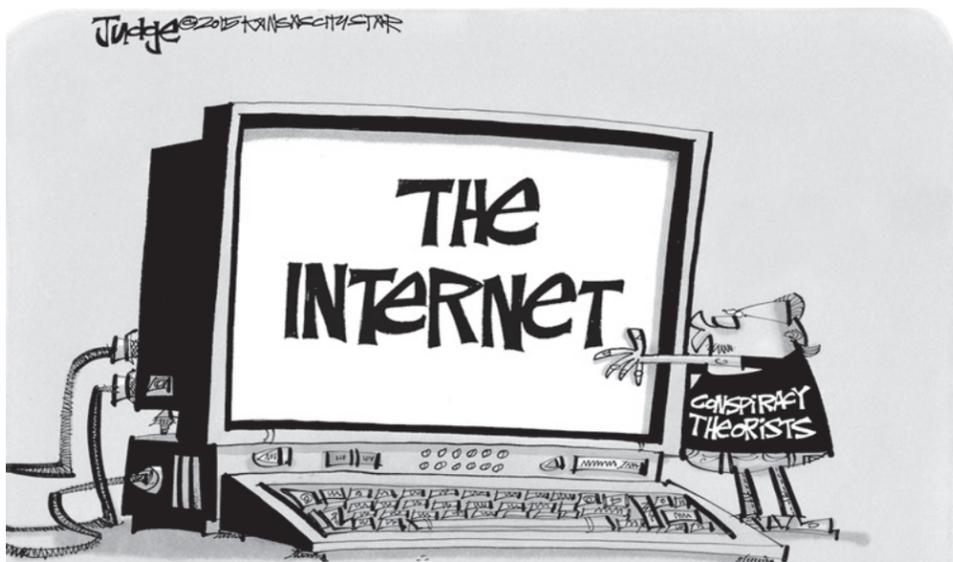
“Since starting treatment with full spectrum cannabis oils [which include CBD and THC], our daughter has not had a single seizure or spasm,” said Dean Bortell, whose family relocated to Colorado so that his 9-year-old daughter, Alexis, who suffers from epilepsy, would have access to medical marijuana. “With prescription drugs, we never had a symptom-free stretch spanning more than 2 days. With cannabis oils, we’ve set a record of 11 days with no end in

See MARIJUANA, Page 5



STANDARDIZED TESTING

INSTRUCTIONS: Fill in the bubbles



THE SAME PEOPLE WHO DON'T TRUST THE GOVERNMENT.

Briefs

From Page 1

for back taxes that you allegedly owe, just brush him off. Despite the fact that the Internal Revenue Service doesn't work that way, the scam is one of the most pervasive and effective con games, bilking unsuspecting seniors out of millions of dollars each year. Then there is the guy or gal who calls a mark purporting to be a health care provider who needs your Social Security number and other personal information. Don't fall for it, says AMAC. These identity thieves use the info for a variety of illegal purposes, including Medicare fraud. The moral of this story is “don't be so ready to fork over money or personal details of your life to just anybody; a little doubt can go a long way toward protecting yourself from fraudsters.”

– John Grimaldi

Canadian politics

An “uncomfortable” member of Canada's House of Commons recently missed a key vote when he was forced to leave a session of Parliament abruptly, the Association of Mature American Citizens reports. When he eventually returned to the House, he asked the Speaker to allow him to cast a belated vote. He explained that his sudden departure was caused by too-tight undies and that he just couldn't sit still. He'd purchased the underwear for half-price and they were a size or two too small, he said. The Speaker allowed him to vote; his fellow

lawmakers chuckled loudly.

– John Grimaldi

Wanted

A masked gunman holds up a Northeast El Paso store. Detectives from the El Paso Police Department are asking for your help in finding the man involved in this robbery. At 8:25 p.m., on the night of Sunday, Jan. 4 2015, two store employees of a the Family Dollar store located at 5120 Fairbanks were by the cash register when they noticed a man with mask opening the front door to the business. As soon as the man walked in he pulled out a handgun and threatened the employees. The man demanded money from the cash register. The suspect quickly fled the scene with an undisclosed amount of money. According to witnesses the suspect was seeing running west on Fairbanks and then north into a residential area. The suspect is described as a male, possibly Hispanic, approximately 5'10" in height. The suspect was wearing a black mask with white skull feature, a dark hooded sweater and black shorts. Anyone with any information on this hold up 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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A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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CryptoQuip Answer

If a girl studies things under a microscope, I suppose you could call her a magnifying lass.

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STRANGE BUT TRUE

By Samantha Weaver

- It was Nobel Peace Prize-winning philosopher Albert Schweitzer who made the following sage observation: "The great secret of success is to go through life as a man who never gets used up. That is possible for him who never argues and strives with men and facts, but in all experience relies upon himself, and looks for the ultimate cause of things in himself."

- In the United Kingdom it is illegal to deface paper money, but it's perfectly legal to burn it.

- Gene Cernan was the 12th – and last – human to walk on the moon, in December 1972. While he was there, he scratched his daughter's initials onto the lunar surface. Those initials, "TDC," are likely to remain there for tens of thousands of years.

- According to the folklore of Wales, fairies prefer traveling on the backs of corgis to any other mode of transport.

- You may be surprised to learn that most Greek and Roman statuary and architecture weren't originally the pristine white we see today. Archaeologists have found evidence that these structures and sculptures were brightly painted in ancient times; the paint has just worn off in the intervening centuries.

- Most muppeteers are right-handed and use their dominant hand to operate their puppets' heads; therefore, most muppets are left-handed.

- If you have kids between the ages of 9 and 11, you might be interested to learn that nearly half of respondents in a survey believe that is the appropriate age for kids to begin helping vacuum the house.

- The White House's first display of fireworks to celebrate Independence Day occurred in 1797 and was hosted by President John Adams.

Thought for the Day: "There are some experiences in life which should not be demanded twice from any man, and one of them is listening to the Brahms Requiem."

– George Bernard Shaw

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Marijuana

From Page 3

sight. The most important thing we have learned since arriving in Colorado and starting treatment is how vital it is to have access to the whole cannabis plant. Dosing decisions should be left to doctors and families, not lawmakers."

Three out of four Texans (77%)

think seriously ill people should have the right to use marijuana for medical purposes, according to a University of Texas/Texas Tribune poll released in February 2014.

"Every year, thousands of Texans are diagnosed with cancer, seizure disorders, multiple sclerosis, PTSD, and other debilitating illnesses," said Caitlin Dunklee, campaign director of Texans for Medical

Freedom, which is supporting the legislation. "The suffering that these patients experience is devastating for them and their families. The bill being filed today would allow patients the freedom to access the medicine that can best alleviate their suffering."

Twenty-three states, the District of Columbia, and the U.S. territory of Guam have passed laws that allow people

with qualifying conditions to access medical marijuana if their doctors recommend it.

Texans for Responsible Marijuana Policy is a broad coalition of organizations, activists, and community leaders dedicated to realizing effective, efficient, and evidence-based marijuana policies in Texas. For more information, visit <http://www.TexasMarijuanaPolicy.org>.



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NFL players changing teams around the country

By Steve Escajeda
Special to the Courier

It was just over a month ago that the New England Patriots knocked off the Seattle Seahawks in the Super Bowl thanks to one of the dumbest calls in championship game history.

Anyway, it used to be that when the last game was over we didn't hear much about pro football until the following July when camps opened for the next season.

But now the NFL is a 52-week-a-year enterprise with some kind of news coming from the behemoth on a nightly basis.

News is reported on the league every single day except for deflategate – which kind of fell flat.

Somebody obviously got away with something there, but just like any politician, the Patriots and the NFL know that Americans have the attention span of a mosquito.

And interest in everything disappears when the next crisis arrives.

But the main reason the NFL has been in the news lately is the merry-go-round of players jumping from team to team since trading day started last week.

Fans are literally going to have to check their rosters continuously to see who is still on their team.

And how about all those fantasy football players? Drafting players for next season is going to resemble real NFL general manager meetings.

Free agency has never changed the game from one season to the next like it has this time around.

It appears now that the new starting quarterback for the Philadelphia Eagles is former Rams QB Sam Bradford, who can't stay healthy past a few games.

Former Eagles QB Nick Foles is now the starter for the Rams.

How weird will it be to see Ndamukong Suh in a Miami Dolphins uniform next season?

Then there was the trade of one of the best tight ends in football, Jimmy Graham, to the Seattle Seahawks; as if they needed to get any better.

Of course the biggest change of the year comes from the NFL Offensive Player of the Year, DeMarco Murray, who will now wear the green of the Philadelphia Eagles.

Wow, it's one thing for the Cowboys to lose a player like that, but to have to play

against him twice a year is even more disheartening.

Long time wide receiver great Andre Johnson will now be one of Andrew Luck's favorite targets in Indianapolis.

Along with Murray, the Eagles also signed a backup runner in Ryan Mathews, formally of San Diego.

On again, off again, starting quarterback Ryan Fitzpatrick was signed by the New York Jets.

In another stunner, the champion Patriots decided to let All Pro cornerback Darrelle Revis go, and go he did, back to his former team the Jets.

In an attempt to salvage something at the runner back spot, the Dallas Cowboys signed former Oakland Raiders runner Darren McFadden to a deal.

Only problem is that McFadden, who is a talented runner, often enjoys games from the sideline rehabbing from some kind of injury.

Wide receiver Torrey Smith will now be with the San Francisco 49ers, as if they needed another good receiver for Colin Kaepernick to miss downfield.

Julius Thomas decided not to be a target of Peyton Manning's anymore and rather catch passes in Jacksonville. Of course

some decisions are made solely for the money.

One of the scariest big men in football, former Ravens nose tackle Haloti Ngata, will try to fill Suh's considerable shoes with the Detroit Lions.

For years we've been watching Frank Gore pick up tons of yards for the San Francisco 49ers. Next year he'll be gaining yards for the Colts.

Of course there are still many questions out there and more moves to be made.

Running back C.J. Spiller is still deciding what to, along with the dangerous but volatile Percy Harvin.

And what about Adrian Peterson? The Minnesota Vikings aren't exactly his favorite team in the world right now after what conspired after the trouble concerning his kid.

The word is that Peterson wants to play for another team and the word is that team is the Dallas Cowboys.

But some hoops will have to be jumped before that can happen.

All this movement will make some fans happy and others sad.

But the NFL is delirious because good or bad, everyone will be watching – with a team roster close at hand.

A sporting view By Mark Vasto

There's always this year

Some say that the road to perdition begins at 2330 W. Rio Salado Parkway in Mesa, Arizona. "Perdition" is defined as "a state of eternal punishment and damnation into which a sinful and impenitent person passes after death." It might be too kind a term for the faithful who begin their journey at that address, however, for they are Cubs fans.

If the assembled masses at Sloan Park, where the Cubs train during the spring, knew they didn't have a shot at winning, perhaps some of their suffering would be alleviated. Travels through time, however, tell us this will not be the case.

The last time the Cubs were in the World Series, 1945, pockets

of Nazis were still fighting in France, and Americans were eagerly awaiting the end of shoe rationing. The last time they won a World Series, 1908, women didn't have the right to vote in America, Mount Rushmore was a pile of rocks, and there were only 46 states.

But hey, this year promises to be different, right? The good folks at Grays, publisher of Grays Sports Almanac, have the Cubs winning the World Series.

There are, of course, holes in the theory. For one, it implies that the flux capacitor, a Y-shaped set of three incandescent lamps set in a box that makes time travel possible, has been invented, and that Marty McFly has successfully harnessed the

power of lightning, traveled both forward and backward in time and imparted this knowledge to us.

But at least we know that the robot vacuum kind of works. Even the hover board seems plausible, more plausible than a team stocked with confident rookies announcing their plans to win the National League Central. Even their new manager, the astute Joe Maddon, has taken to calling the Cubs' spring training "Cub University."

They can be like Royals, they say. You know, young and optimistic. They can win it all if they want, history be damned.

"Hey, that's what we expect and that's what we believe," Cubs first basemen Anthony

tribe violated state law by illegally operating gambling establishments. State officials argued that the tribe allowed "games of consideration, chance and prizes" in casino-like atmospheres at Speaking Rock and the Socorro Entertainment Center.

Meanwhile, state lawmakers announced recently that a new effort has been initiated to restore legal gaming to the Tigua (Ysleta del Sur Pueblo) Tribe and the Alabama Coushatta Tribe in Livingston (near Houston). They are two of the three federally recognized tribes in Texas that lost their right to operate casinos, unlike the Kickapoo Traditional Tribe of Eagle Pass.

The Tiguas and the Alabama Coushattas had been operating casinos until 2001, when the Fifth Circuit Court of Appeals in New

Rizzo told reporters this spring. "And that's what we're going to do," he adds.

And that's where the road ends. For the past five years, it's led to fifth place. Maybe this year, with guys like Jon Lester on the mound, a proper sense of history will take hold. Lester, born in the '80s and a party to the Red Sox exorcism, averages 16 wins per year, and that's usually how far out of first place the Cubs are.

Vegas has them at 14-1 odds. Marty McFly's Cubs were listed as 100-1 longshots. Of course, they were said to have

beaten Miami in a five-game sweep, something pretty much impossible to do today, but as they say, tomorrow never knows, and when you're at a Cubs game this summer, sitting back with an Old Style and a "sassage," you won't care where the road leads... perdition be damned.

From Mesa to the Northside you don't need roads. The Cubs are eternal winners in the mind's eye.

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

Gaming

From Page 1

asserted that proceeds from the sweepstakes games at Speaking Rock and the Socorro Entertainment Center are intended to help pay for college tuition, day care and health care for tribe members, and programs that have helped revitalize the tribe's language and culture.

The tribe's attorney Randolph Barnhouse told reporters that they were happy with the latest decision, because the judge's ruling doesn't mean the tribe did anything illegal but instead that the tribe should have asked permission before starting up the sweepstakes games.

Last October, state officials petitioned the court to shut down the Tigua-owned entertainment centers with claims that the

See GAMING, Page 8



CLASSIFIED AD FORM

25 words - \$10 per week; 40 words - \$15 per week

1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
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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 enjoyed your informative article on spinal stenosis. I also have acute and chronic pain in my lower back. I am 75 years of age and have had vertebroplasty on seven vertebrae. I realize that my back will not be normal again. I am currently working with a doctor who uses osteopathic manipulation. He is suggesting prolotherapy in conjunction with the manipulation. I have tried the prolotherapy previously without any relief of pain. What is your assessment of prolotherapy therapy, or would you advise me to go to a pain clinic? The pain level in the lower back usually is about 6 or higher on pain scale of 1 to 10. I walk 3 miles every day in a grocery store using a small grocery cart. I am trying other exercises, even working on a balance ball. But it just does not seem to improve. I would greatly appreciate any advice you could give me. — D.R.

non-narcotic medications that may be of help, in combination with your continued exercise.

However, I think that an experienced physical therapist may be able to guide your exercises more effectively.

DEAR DR. ROACH: My husband drinks tonic water with quinine every day because he was told that it will help alleviate his leg cramps. He drinks as much as 1 1/2 quarts a day. Is that much safe? If not, what is a safe amount? — D.V.

Many people have found that quinine relieves leg cramps. However, the Food and Drug Administration banned sales of quinine for leg cramps due to unproven effectiveness and the possibility of side effects. Quinine in large doses can cause abnormal heart rhythms, blood problems and even organ failure.

However, the amount of quinine in tonic water is quite small, compared with quinine tablets. One common brand has 17mg in a liter, so your husband is getting about 25mg. The quinine tablets formerly prescribed for leg cramps were 200mg. Toxic effects are unlikely at the dose in quinine water. Some people are allergic to quinine, in which case even the small dose in tonic water could potentially cause problems.

Your husband can keep on as he's been doing if he finds that it helps.

Prolotherapy is the injection of an irritant solution into a space, designed to stimulate healing and reduce pain. However, if it hasn't worked for you in the past, it is unlikely to work for you again. On the other hand, some studies have shown prolotherapy to be modestly effective when combined with spinal manipulation.

A pain clinic has several modalities available, including steroid injections and pain medications. Unfortunately, steroid injections have been shown to be ineffective in back pain that is due to spinal stenosis lasting beyond six weeks.

It sounds like you are doing what you can with exercise. I think continuing with the manipulation and prolotherapy as a trial of six weeks or so is reasonable, and at that point you can continue if it begins helping. If not, you can try a pain specialist, as there are effective

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.

Super Crossword

- SOUL RESCUER ACROSS**
- 1 Sop up
 - 7 Liquor
 - 14 Spins
 - 20 "Amen to that!"
 - 21 Actress Hudgens
 - 22 Abate
 - 23 Start of a riddle
 - 25 Batter's miss
 - 26 Do wrong
 - 27 Pol with a six-yr. post
 - 28 Me, to Michel
 - 29 Riddle, part 2
 - 31 Pinchpenny
 - 33 Sue Grafton's " _ for Noose"
 - 35 Steak order
 - 36 Riddle, part 3
 - 42 Food holder
 - 46 Goddess with a cow's head
 - 47 McCartney of fashion
 - 48 Kailua Bay locale
 - 50 Scam
 - 51 Agree (with)
 - 54 "Yoo-!" ("Hey!")
 - 55 Paintball need
 - 57 Circus clown _ Kelly
 - 59 Riddle, part 4
 - 63 Big-top star
 - 64 DiFranco of folk rock
 - 65 More spiteful
 - 66 "We need assistance!"
 - 69 Used a daggerlike
- DOWN**
- 1 "Even _ speak..."
 - 2 Atom studier Niels
 - 3 Movie draw
 - 4 Meal leftover
 - 5 Putin's land
 - 6 Command
 - 7 "Law & Order: _"
 - 8 Hand part
 - 9 _-European languages
 - 10 Another name for vitamin A
 - 11 Suffix with fool or owl
 - 12 Fearsome fly
 - 13 "Don't _ didn't warn you!"
 - 14 Inventor Nikola
 - 15 Radiator hoses may lead to them
 - 16 Haifa's land
 - 17 Harness part
 - 18 Leia's twin
 - 19 Spurt out
 - 24 "No _ to blame"
 - 30 " _ little kindness"
 - 31 Capital of Oman
 - 32 Alternative to a 401(k) or a Keogh
 - 34 Envision
 - 36 [not my error]
 - 37 "Time _ the essence"
 - 38 Rake part
- letdowns**
- 131 Red _ (many Republicans)
 - 132 Modus operandi
- 39 Inert element**
- 40 Pipe problem
 - 41 Ringing sound
 - 43 _ acid (vinegar flavorer)
 - 44 Added (up)
 - 45 Not broken
 - 49 Zeus' sister and wife
 - 52 Stage actress Hagen
 - 53 Pirate's quaff
 - 56 Syllabus segment
 - 58 Gym floor covering
 - 60 Put in a different sack
 - 61 Mortgage-issuing inst.
 - 62 Ewoks' forest moon
 - 66 "El Cid" co-star Loren
 - 67 Five _ shadow
 - 68 Person eyeballing
 - 70 Pirate chant starter
 - 71 Artist Georgia
 - 72 Ultimately reach
 - 75 Author Rand
 - 76 From Hanoi
 - 77 See 92-Across
 - 80 Lightning _
 - 81 Heady drink
 - 82 "We need assistance!"
 - 84 Small branch
 - 85 Ending for major
 - 86 Yankees slugger, to fans
- 87 It's often preheated**
- 88 Nonflowering plant
 - 93 Sun setting
 - 96 Sortie, say
 - 98 Most musty
 - 99 Fishtank pest
 - 102 Speaks bombastically
 - 104 Recite ritually, as a spell
 - 105 Large sofas
 - 106 Air Force pilot, in slang
 - 108 Three-piece pieces
 - 111 Ringing sound
 - 112 Choir range
 - 113 Slum vermin
 - 114 "Pretty _ pretty does"
 - 116 Notion, to Jean-Luc
 - 117 "Deutschland - alles"
 - 119 Landed (on)
 - 120 Cut and run
 - 121 Time in office
 - 124 By the agency of
 - 125 Football field units: Abbr.
 - 126 Letter for Superman

Answer Page 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	
20							21						22						
23						24							25						
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36	37	38					39	40				41		42		43	44	45	
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74			75	76	77			78				79	80	81	82				
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89							90			91			92					93	
94				95	96			97	98			99			100				
101			102			103		104					105	106					
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111	112	113					114			115	116	117		118			119	120	121
122							123		124				125				126		
127							128							129					
130							131							132					

MOORE TEXAS

by Roger Todd Moore

San Angelo bills itself as the MOHAIR Capitol of the world.



Social Security Q&A

By Ray Vigil

Q: I was wounded while on military service overseas. What are the benefits for wounded warriors, and how can I apply?

A: Through the Wounded Warrior program, Social Security expedites processing of disability claims of current military service members or veterans disabled while on active duty on or after October 1, 2001. Also, service members and veterans who have a Veterans Administration compensation rating of 100% Permanent and Total (P&T) may receive expedited processing of applications for Social Security disability benefits. Keep in mind, this expedited process applies to only the application for benefits. To be eligible for benefits, you must meet Social Security's strict definition of "disability," which means:

- You must be unable to do substantial work because of your medical condition(s); and
- Your medical condition(s) must have lasted, or be expected to last, at least one year or to result in death.

You can apply online at www.socialsecurity.gov/

applyfordisability or call our toll-free number, 1-800-772-1213 (TTY 1-800-325-0778).

You can find more information for veterans at www.socialsecurity.gov/people/veterans.

Q: I have been receiving my Supplemental Security Income by direct deposit for years, but I need to change my bank account. How can I do that?

A: The most convenient way to change your direct deposit information is by logging in to your personal my Social Security account at www.socialsecurity.gov/myaccount. This is the safest and most secure method for updating and verifying your information. And, it's more convenient than visiting a local Social Security office. With your account, you can also track your earnings, estimate future benefits, and get a letter with proof of your benefits. Think of my Social Security as your hub for all Social Security-related information.

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.

Gaming

From Page 6

Orleans ruled that they were ineligible to do so. The court pointed out that there were only two ways they could become eligible – amend federal law or the Texas Constitution.

Subsequently, identical resolutions have been filed in the Senate and House that would put a constitutional amendment to allow the tribes to operate gaming activities on the November ballot.

State Sen. José Rodríguez, D-El Paso, is sponsoring the resolution in the Senate. He said that when the Tiguas received a court order to stop operating their casino, it dealt a financial blow to the tribe and the surrounding region.

State Representatives Cesar Blanco, D-El Paso, and Senfronia Thompson, D-Houston, are sponsoring the gambling resolution in the House. Thompson stated that she cast the ability to operate casinos as a matter of fairness to the tribes. Blanco said that when the Tigua Tribe was able to operate a casino unemployment there was one percent and that the Tigua casino generated 2,200 jobs and \$55 million a year for that area's economy.

The amendment proposal must now be approved by the Republican-dominated House and Senate, whose leaders have regularly blocked any legislation to allow casinos in Texas. A similar resolution two years ago was not approved by lawmakers and current Texas Governor Greg Abbott is opposed to casinos, according to his office spokesperson.

Nonetheless, supporters of the measure said that because it would put the matter to the voters, they hoped it would meet a better reception from their colleagues. They said a requirement that five percent of net revenue from the casinos go to the state should act as a further inducement.

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.

	x		-		19
+		+		-	
	÷		x		12
x		x		x	
	+		x		25
13		20		10	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 4 5 6 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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

DIFFICULTY THIS WEEK: ★★★

★ Moderate ★★ Challenging

Answer Page 4

★★★ HOO BOY!

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CryptoQuip

This is a simple substitution cipher in which each letter used stands for another. If you think that X equals O, it will equal O throughout the puzzle. Solution is accomplished by trial and error.

Clue: K equals Y

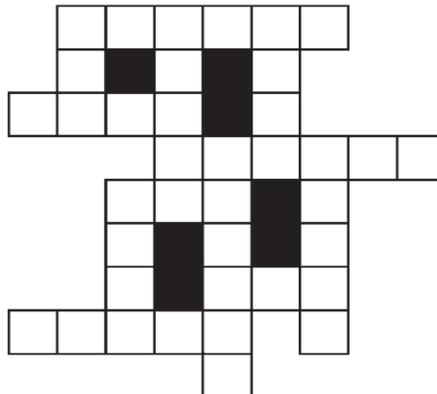
SR M TSXH CQJGSYC QDSWTC
JWGYX M LSIXFCIFZY, S CJZZFCY
KFJ IFJHG IMHH DYX M
LMTWSRKS WT HMCC.

Answer Page 4

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- CSA
- SMAHFI
- NEALK
- ♥ REFA
- THECKS
- ICH
- ESKA
- ♥ ERCAT
- EEF
- ♥ ISRESK
- ♥ RASHM
- ♥ AKSC



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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