



## NEWSBRIEFS

### Elections

- Martin Lerma is the new mayor in the Town of Anthony, TX. He defeated Benjamin Romero for the office 258-216. Romero retains his Place 3 council position. Shawn Weeks defeated long time council member Rosie Holguin and challenger Eddie Chavez 213-183-62 for Place 2. Joe Garcia ran unopposed for Place 1. 475 voters went to the polls compared to 278 last year. The winners will be sworn in this Friday at 6 p.m.
- Voters in Clint ISD passed a bond issue 510-182. The \$80,000,000 is for construction, renovation, acquisition and equipment for school buildings in the District. It also covers new school buses and the purchase of sites for school buildings.
- In San Elizario ISD Armando Martinez won Place 7, 97-60, over Bernice Barragan. Three other seats were unopposed – Vicente Delgadillo, Jr., Place 4; Antonio Araujo, Place 5; and Irene Jacquez, Place 6.
- In Socorro ISD, Michael Najera bested three other candidates for an at-large seat on the school board. Hector Gonzalez ran unopposed for the District 1 seat.

### EPCC graduations

El Paso Community College (EPCC) will hold its commencement exercises on Friday, May 15, 2015 at the Don Haskins Center. Because of the increasing number of degrees granted, EPCC will hold two ceremonies. Students earning their Associates of Applied Science degree, Associates of Science degree and Certificates of Completion will graduate at 2:00 p.m. Those receiving their Associates of Arts degree will graduate at 6:00 p.m. A total of 1,952 degrees and certificates will be granted. The commencement speaker will be Dr. Diane K. Troyer. Dr. Troyer began her community college career at El Paso Community College as the founding faculty member in Dental Hygiene. She held several associate dean and dean positions at EPCC including allied health, occupational programs, continuing education and business and technology. She was instrumental in expanding career programs for the college and for the planning and launch of the Advanced Technology Center, the Small Business Development Center and

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*The more a man knows, the more inclined he is to be modest*  
— Quips & Quotes

## ‘Operation Paint It Back’ under way

*Canutillo ISD, local veterans start gofundme page to raise funds to repaint flag mural*

By Shane B. Griffith  
Special to the Courier

CANUTILLO—The mission: *Operation Paint It Back*. The objective: Raise at least \$50,000 by May 28. The purpose: repaint a giant mural of the U.S. Flag at the new Congressman Silvestre and Carolina Reyes Elementary School.

The Canutillo Independent School District (CISD), together with local veterans launched a worldwide crowd funding campaign today to raise the funds needed to repaint the large wall located at 7440 Northern Pass Drive El Paso, TX 79932, in red, white and blue by the time this LEED Silver school opens for the first class of Redhawks students on August 25, 2015.

“We have been victorious in seeking the approval of painting the flag mural and now we need the help of Patriots within the community to finish the job,” said Jarred Taylor, a retired Air Force Staff Sergeant who served in Afghanistan and owner of Article 15 Clothing. “I couldn’t be any more proud to be part of such an

awesome campaign.”

Late last year, CISD painted a flag mural that covered 10 percent of the wall’s canvas. However, the developer of Cimarron - the master planned community that surrounds Reyes Elementary, rejected the design by stating the red, white and blue did not match the surrounding neighborhood and issued the order to cover up the flag mural with the orange color in January. Fortunately, the developer reversed its decision last month, paving the way for CISD to repaint the flag mural. The flag wall canvas features 50 stars and waves permanently imprinted into the concrete panels on a canvas that measures 313.5 feet wide by 26 feet tall for a total surface area of 8,151 square feet.

Since the Canutillo ISD taxpayers did not appropriate the necessary funds to



perform this project when they voted for the bond back in 2011, CISD needs to raise at least \$50,000 to cover the painting contract and overhead expenses. As a special incentive, the Canutillo school district will engrave the names of those who donate at least \$250 on a special plaque of recognition, install it next to the flag wall and unveil it to the public during the big grand ceremony on August 13. One hundred percent of *Operation Paint It Back* proceeds will be used toward the painting contract, and all additional funds will be placed in a special Reyes Elementary account to maintain the mural in the future.

Donations can be submitted online to [www.gofundme.com/PaintItBack](http://www.gofundme.com/PaintItBack) while checks made payable to CISD and marked “Reyes Flag Mural” can be sent to CISD at P.O. Box 100, Canutillo, TX 79835.



— Photo by Alfredo Vasquez

**PROVIDING ACCESS** – Matthew Martinez, owner of Dream Chasers Club gallery, is opening up his downtown location to local artists, musicians, and performers who are looking for a place to share their talents with the public.

## Downtown gallery opens doors to local artists, musicians, performers

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – Everybody dreams, but not everybody chases his or her dreams. For an aspiring local artist, chasing his dreams is an integral

part of who he is; and, he wants other artists, musicians, and performers to chase their dreams with him. That is the concept behind the Dream Chasers Club (DCC) gallery, according to Matthew Martinez (aka JAM), owner of the club.

The thirty-one year old Lower Valley

native opened the gallery the first weekend in April right in the middle of downtown El Paso’s revitalized district, near the intersection of San Antonio and Santa Fe streets, catty-corner to the convention center, and two blocks

See GALLERY, Page 5



## Veterans Post By Freddy Groves

# Sexual assault rates

A new RAND study for the Defense Department concludes that cases of sexual assault in the military are down, but that reporting of those assaults is up.

More than half a million active and reserve service members were invited to participate in the Military Workplace Study, and 170,000 responded. The study measured sexual assault, sexual harassment (sexually hostile work environment, sexual coercion) and gender discrimination.

The numbers are bad.

Over 20,000 service members were sexually assaulted in the past year, 10,600 men and 9,600 women. With activity-duty personnel, 90 percent occurred in a military setting or were perpetrated by military personnel. Reserve personnel had lower rates of assault, but 81 percent of assailants were military and it occurred in a military setting 63 percent of the time.

Men experienced "multiple incidents in the past year," were assaulted by multiple offenders during a single incident and

were assaulted at work during duty hours. Men preferred to describe the events as hazing or abuse or humiliation, and were less likely to report the incidents.

RAND estimated that 116,000 service members were assaulted in the past year, 22 percent of women and 7 percent of men.

Of women who reported an assault, 52 percent believe there was retaliation afterward. That, however, isn't the reason most didn't report the incident. Instead they wanted to forget it and move on. While the number of assaults has decreased, the rate of retaliation has not.

The Air Force had lower rates of assault than the other branches, where women had 1.7 times the risk of assault and men had 4 to 5 times the risk.

To see the whole study, you can download the four sections for free at [www.rand.org/surveys/rmws.html](http://www.rand.org/surveys/rmws.html).

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## Finances By Jason Alderman

# A first-year money management guide for college grads

A young adult's first months out of college are about personal freedom and finding one's path as an adult. Building solid money habits is a big part of that.

Most grads are managing money alone for the first time – finding work, places to live and if they're in the majority, figuring out how to pay off college loans. For many, these are daunting challenges. If you are a young adult – or know one – here are some of the best routines to adopt from the start:

**Budgeting** (<http://www.practicalmoneyskills.com/budgeting/>) is the first important step in financial planning because it is difficult to make effective financial decisions without knowing where every dollar is actually going. It's a three-part exercise – tracking spending, analyzing where that money has gone and finding ways to direct that spending more effectively toward saving, investing and extinguishing debt. Even if a new grad is looking for work or waiting to find a job, budgeting is a lifetime process that should start immediately.

A graduate's first savings goal should be an emergency fund to cover everyday expenses such as the loss of a job or a major repair. The ultimate purpose of an emergency fund (<http://www.practicalmoneyskills.com/emergencycalc/>) is to avoid additional debt or draining savings or investments. Emergency funds should cover

at least four to seven months of living expenses.

Retirement may seem a distant spot on the horizon after graduation, but success depends on saving and investing as soon as possible. New grads can benefit from the IRS's Withholding Calculator (<http://www.irs.gov/Individuals/IRS-Withholding-Calculator>) to determine the right amount of tax is being withheld from weekly paychecks. From there, he or she can evaluate personal retirement savings options and employer's plans as well – both will be necessary to retire effectively. Signing up for automatic deposits into retirement accounts and personal savings allows money to grow without the temptation of spending it first.

Insurance is crucial. Renter's insurance is important not only to cover personal belongings that are lost, stolen or damaged, but most policies cover living expenses in an emergency and offer liability and medical coverage if someone gets hurt at one's apartment. Auto insurance is the law in many states, and even though disability coverage may be available at work, it is important to determine whether additional individual coverage should be purchased. Finally, the Affordable Care Act has made health coverage a must for young adults. New graduates may stay on a parent's plan until the age of 26 even if they have the option for health

coverage at work. After age 26, health insurance can be bought privately or through federal and state exchanges.

Young adults should get into the habit of tracking their credit reports from the beginning. By law, everyone has the right to receive all three of their credit reports for free (<https://www.annualcreditreport.com>) each year, and it is important to stagger requests from the three credit bureaus – Experian, Equifax and TransUnion – to better check for inaccuracies and potential identity theft.

Finally, for those still having trouble making ends meet, moving home for a limited time period could be an option. New grads should negotiate an affordable rent on a fixed timetable and use those savings to create investment accounts that can pay for major goals like a home, a wedding or graduate school. If you're working with a financial advisor already, ask them to weigh in with additional ideas.

Bottom line: The first year out of college, young adults encounter a range of financial challenges that will shape their money behavior for a lifetime. Embracing budgeting, saving and investing is crucial even with the smallest of amount of resources.

Jason Alderman directs Visa's financial education programs.

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Heart disease is the number one killer of men and women in America. But did you know that just 30 minutes a day of physical activity can improve your health and decrease your risk of heart disease? An easy way to work physical activity into your regular routine is to start walking. For every single hour of regular, vigorous exercise, you can add two hours to your life expectancy.

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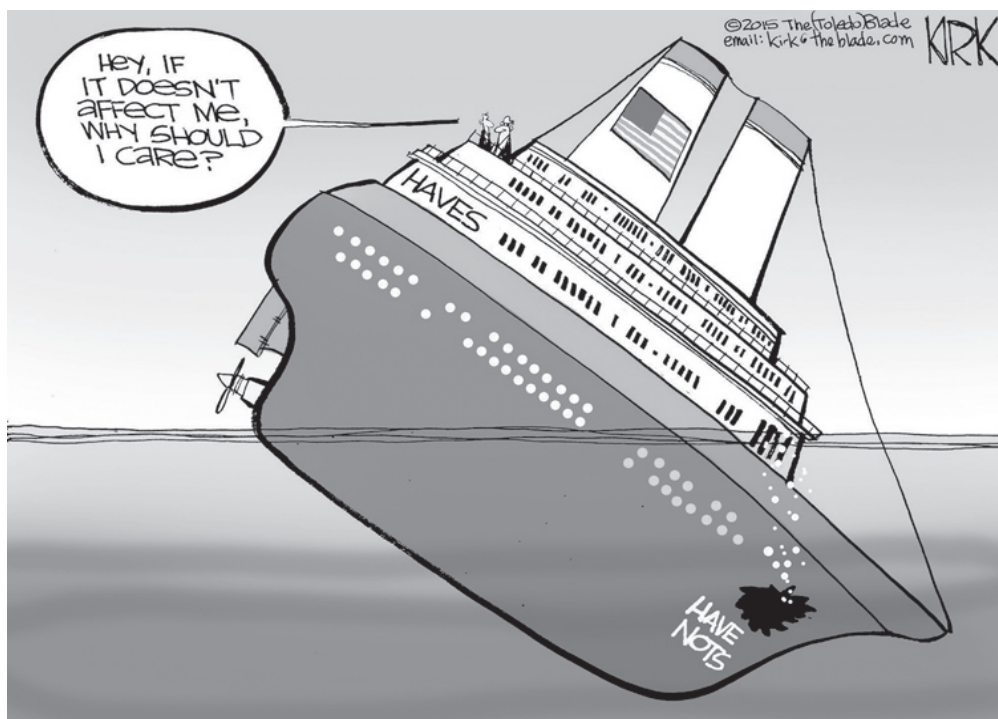
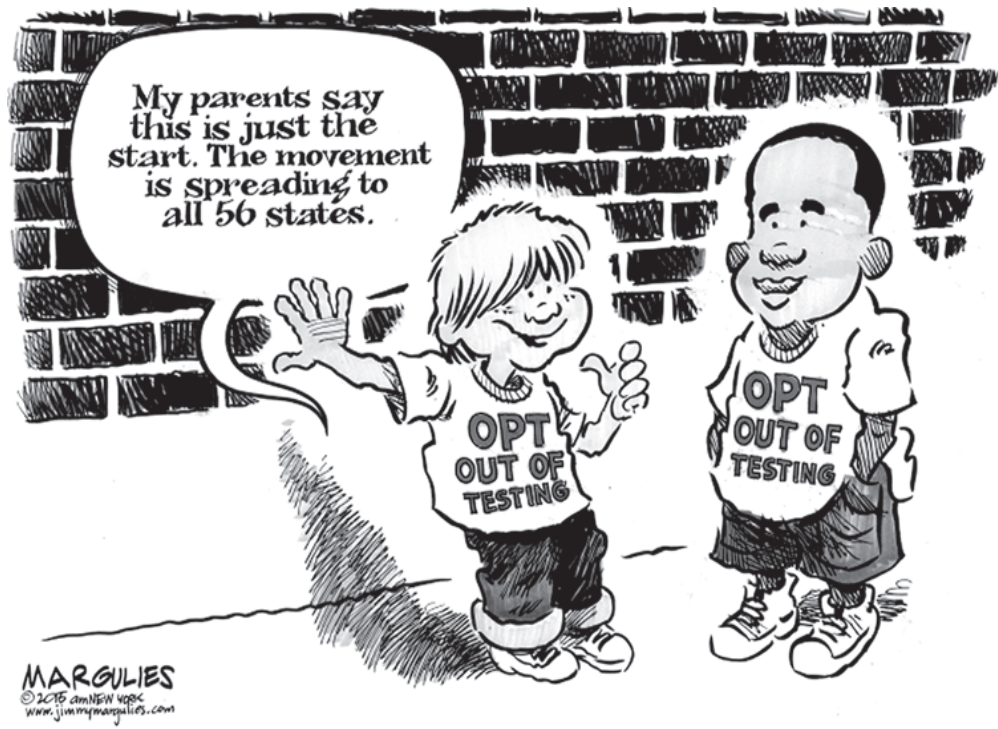
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# Retirement is just a dream for many in the workplace

Six workers out of ten believe they'll never see a Social Security check

By John Grimaldi  
Special to the Courier

America's workers are too busy looking for jobs to think much about the prospects of retiring. One of the longest, slowest and weakest post-recession recoveries has decimated the work force. Record numbers of people have stopped looking for jobs out of despair, skewing government unemployment reports. And, a recent Gallup poll reported that 60% of those currently in the workforce don't believe they'll ever receive Social Security when they come of age.

"It's been a depressing, a tedious and worrisome so-called recovery over the past five years and we're still not out of the woods. Individuals who once had good paying jobs are hard pressed to find employment that allows them to make ends meet, let alone put some money aside for the future. America lost nearly 9 million jobs during the Great Recession that lasted from 2007 to 2009. Statistically the country has regained the bulk of those jobs. But, for the most part, those who have gone back to work are making less money," according to Dan Weber, president of the Association of Mature American Citizens.

Catherine Collinson, president of the Transamerica Center for Retirement Studies, which issued its annual retirement survey this week, pointed out that more than a third of the country's workers expect they'll have to continue working

well past their hoped-for retirement age.

"The long-held view that retirement is a moment in time when people reach a certain age, immediately stop working, fully retire, and begin pursuing their dreams is more myth than reality," she said. The survey showed that only 21% of the workers who were interviewed expect they'll be able to "fully retire" when the time comes. The rest expect to work, full time or part time.

Weber said that many seniors have gone back to work because they can. They are living longer, healthier lives and enjoy the camaraderie of the workplace. But most of them need the jobs in order to get by.

"The net worth of all Americans declined sharply during recession and its aftermath. But seniors have been hardest hit. And, the proof is in the numerous surveys that show there are more post-retirement job seekers out there than ever before."

But for many elderly Americans, finding work to supplement their incomes is not an option. Social Security is what puts food on their tables. "It's their principal source of income, meager as it might be, and they would face cruel hardships if their monthly checks were cut. For them, the fact that Social Security faces major fiscal challenges in the coming years is a scary prospect. That's why it is one of the reasons AMAC has put its primary focus on the fate of Social Security in the association's meetings with lawmakers in Congress," Weber noted.

# Rotary Club seeks entries for July 4 parade

By Alfredo Vasquez  
Special to the Courier

EL PASO COUNTY – Plans are underway for the 19th Annual West El Paso Rotary Independence Day Parade on Saturday, July 4, 2015; and the Rotary club is calling on individuals, schools, and organizations to join in the national celebration.

For nearly two decades West El Paso's biggest parade of the year has been the Independence Day Parade sponsored by the West El Paso Rotary Club. This year's parade with the theme "Fly your American Flag" will be no different, according to parade committee chairperson Jason A. Shaffer, executive vice president of United Bank of El Paso.

Parade Marshal for this year's event will be Benavidez Patterson All Airborne Chapter.

"With the financial support of community parade sponsors like the City of El Paso, United Bank, Hotel Indigo, Lonestar Title, United Blood Services, Pets Barn, Lucchese Boots, Western Refining, Mattress Firm, Village Inn,

Applebee's and Corner Bakery this year's parade promises to be another fun family event," stated Shaffer.

The parade is scheduled to start "at 9 a.m. at the Western Hills Methodist Church (530 Thunderbird Street). The parade route will turn left onto Thunderbird Street, then left at Shadow Mountain Road, right on Mesa Street, and then proceed to Coronado High School.

This year the parade will award prizes for the best entries. Prizes include First Place, \$1000; Second Place, \$750; Third Place, \$500; and Fourth Place, \$250. Judging criteria will include special effects, costume originality, theme and crowd pleasing, Shaffer related.

To sign up for the parade go to <http://www.july4parade.com> where you can download the application and either mail it or email it to [westelpasorotary@elp.rr.com](mailto:westelpasorotary@elp.rr.com).

Entry fees this year are on a donation basis and can be paid online with a credit card using PayPal or by mail with a check. The entry deadline is Saturday, June 13 at midnight.

For more information contact Shaffer at (915) 231-2559.

To Advertise Call 852-3235  
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# IT'S NOT TOO LATE TO PREVENT DIABETES



## Take your first step today

**If you have a family history of type 2 diabetes, you are at risk of the disease.**

**It's about small steps:** Lose a small amount of weight by walking or biking for 30 minutes 5 days a week, and by making healthy food choices, to prevent or delay type 2 diabetes. In fact, these small steps work even better for people over 60 than for any other age group.

For free information about preventing type 2 diabetes, visit [www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org) or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.



[www.YourDiabetesInfo.org](http://www.YourDiabetesInfo.org)

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

When people dwelling in a country are largely slow-witted, I'd call that population density.

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**Gallery**

From Page 1

down from the new ball park. Already, the gallery is garnering attention as an independent storefront for creative minds that are seeking a venue to display their artwork, to share their music, or to stage a performance such as a comedy skit or poetry reading.

“I started DCC as a clothing line about four years ago. Initially, I imagined it as being kind of a street movement and depended on my website and other social media outlets to gain exposure,” Martinez said, “but it has evolved into a daily reminder that no dream is out of reach or not worthy of one’s time.”

Martinez explained that the key to this evolution has been networking, that is connecting with other individuals who are interested in showcasing this region’s talent – individuals like Norma Barraza, owner of Manchot gift store; Martha Arzabala, owner of Agave Rosa gallery; and organizations including the Pop Up Mercado at the Union Plaza, the Art Avenue magazine, and the Downtown Market District’s monthly gallery tours, among others.

“Now, I envision DCC gallery becoming a community location for all kinds of local artists and performers to share their talents, to gain confidence, to grow, and especially have a positive experience,” Martinez stated.

Sure, he wants to make some money off of his endeavor, but just enough to keep going, related Martinez, whose gallery motto is chase dreams not money. “I plan to be part of the cadre of young entrepreneurs who are stepping forward to bring life back to downtown El Paso for a long time,” he asserted. And, he is inviting individuals from throughout the area, from Juarez and Las Cruces to Marfa and Alpine to take advantage of DCC gallery’s special offering in downtown El Paso.

Currently, the DCC storefront is open from 12 to 8 p.m., Tuesday through Friday, and 10 a.m. to 5 p.m., Saturdays. The store is stocked with JAM’s clothing line of t-shirts, caps, bandanas, and more; a variety of his paintings, and other crafty creations.

Martinez said that he has scheduled an open mike session from 8 to 11 p.m., the second and fourth Thursday of each month. Serious artists, musicians, performers of all genres are urged to participate, he said.

Another up-coming presentation Martinez announced is a solo art show featuring the works of retro-pop artist Juan Ornelas, a local talent. The exhibit will be held beginning Tuesday, May 26 and run through Saturday, June 13.

For more information about this eclectic gallery, contact Martinez at jam83think@gmail.com or visit his gallery’s website at dccdreamchasersclub.com.

**USDA makes \$30 million available for new products**

*Funding to support beginning, veteran, and socially-disadvantaged farmers and ranchers to expand businesses*

**By Gayle Aubrey**  
*Special to the Courier*

TEXAS – The United States

Department of Agriculture (USDA) is making \$30 million available to farmers, ranchers and food entrepreneurs to develop new product lines. Funding

will be made available through USDA’s Value-Added Producer Grant (VAPG) program.

“Farmers and ranchers are creative people who, with a little help, can put that creativity to work and improve the bottom line for their operations,” said Agriculture Secretary Tom Vilsack. “Value-Added Producer Grants enable them to develop new product lines to grow their businesses and expand their contributions to our nation’s economy. This support is especially important for beginning farmers, military veterans engaging in farming and smaller farm operations participating in the local and regional food system.”

“Investing in the creative ideas of innovative Texans will result in a positive step towards rural economic and community development,” said Paco Valentin, Texas Rural Development State Director. “We are pleased to offer this opportunity to farmers, ranchers and producers whose endeavors will strengthen rural communities and fuel innovation.”

More information on how to apply is on page 26528 of the May 8 Federal Register (<http://www.gpo.gov/fdsys/pkg/FR-2015-05-08/html/2015-10440.htm>). Please direct any additional questions to the Texas

See USDA, Page 8

**Briefs**

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the One-Stop Business and Industry Center. Dr. Troyer is currently a full time higher education consultant for DKT Solutions and the Collaborative Brain Trust.

– Jim Heiney

**Neatness**

Housecleaning has benefits far beyond the obvious. It can help you maintain a healthier mind and body, reports the Association of Mature American Citizens. A study conducted by researchers at Ohio’s Case Western Reserve University found that housework has a positive impact on “physical and mental wellbeing.” Not only is the exercise associated with chores good for you, but keeping your surroundings neat and tidy makes you feel better about yourself.

– John Grimaldi

**Wanted**

The Animal Rescue League of El Paso was broken into and the suspects took more than \$800 in supplies and food. Investigators from the El Paso County Sheriff’s Office are asking for the public’s help in finding the burglars through the Crime Stoppers. The burglary occurred between Monday March 30 and Tuesday March 31. The burglar or burglars are believed to have entered the business through one of the kennel areas and made their way to the storage room where several items including clothing, dog food, and other supplies were stolen. It is estimated that the value of the property taken in more than \$800. Anyone having any information on the suspects involved in this burglary are asked to call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at [www.crimestoppersofelpaso.org](http://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

**STRANGE BUT TRUE**

By Samantha Weaver

• It was noted educator and civil-rights activist W.E.B. DuBois who made the following sage observation: “The theory of democratic government is not that the will of the people is always right, but rather that normal human beings of average intelligence will, if given a chance, learn the right and best course by bitter experience.”

• Before he became famous as the creator of “Star Trek,” Gene Roddenberry was a beat cop for the LAPD. He even wrote speeches for legendary Los Angeles police Chief William H. Parker.

• In a recent article in medical journal The Lancet Psychology, researchers claim that listening to hip-hop music can help alleviate symptoms of depression. It seems that aspirational lyrics that speak of overcoming hardship and picturing a better future, such as owning expensive cars, can provide uplift to listeners.

• The U.S.S. Iowa holds the distinction of being the only American naval ship to have a bathtub.

• You might be surprised to learn that light doesn’t always travel at the speed of light. When traveling through an atomic gas that is approaching absolute zero in temperature, light can move as slowly as 38 mph.

• Domestic diva Martha Stewart has been struck by lightning three times.

• A law in Hawaii forbids a person to put a coin in his or her ear. There’s no word on the legality of performing a magic trick that simply makes it appear that a coin has been put in an ear.

• If you’re one of those people who slows down to see a car accident or can’t resist watching scary movies, you suffer from cacospectomania – the compulsive desire to look at something that horrifies you.

Thought for the Day: “I have not failed. I’ve just found 10,000 ways that won’t work.”

– Thomas Alva Edison

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**Socorro Independent School District  
PUBLIC NOTICE  
Public Meeting to Review  
Federally Funded Programs**

The Socorro Independent School District will conduct a public information meeting to review the following NCLB Federal Grants:

- Title I, Part A – Improving Basic Programs
- Title I, Part D SP 2 – Delinquent Youth
- Title II, Part A – Improving Teacher and Principal Quality
- Title III, Part A – Limited English Proficiency (LEP)
- IDEA-Part B, IDEA Pre-School

The meeting will be held: Tuesday, May 19, 2015, 6:00 p.m. in the Board Room at the District Service Center, 12440 Rojas Drive.

*S.I.S.D does not discriminate against any individual with regard to race, color, national origin, age, religion, sex, marital or veteran status, the presence of a medical condition, disability, or any other legally protected status. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.*

**AVISO PUBLICO**

**La junta Pública para Revisar los Programas de Fondos Federales**

El Distrito Escolar Independiente de Socorro llevará a cabo una junta pública para revisar los siguientes programas federales:

- Título I, Parte A – Mejorando Programas Básicos
- Título I, Parte D – Jóvenes Delincuentes
- Título II, Parte A – Mejorando la Calidad de Maestros y Directores
- Título III, Parte A – Servicios de educación para estudiantes de segundo idioma
- IDEA-Parte B, IDEA Pre-Escolar

La junta se llevará a cabo: martes, 19 de mayo del 2015, 6:00 p.m. en la Sala de la Junta del Distrito del Centro de Servicio, 12440 Rojas Drive.

*S.I.S.D no discrimina a ningún individuo a causa de su raza, de su color, de su nacionalidad, de sus creencias religiosas, de su género, de su estado legal, o de veterano, ninguna condición médica o incapacidad, o ningún otro estado legal. 42 U.S.C 2000e-2(a); 20 U.S.C. 1681: Labor Code 21-051.*

WTCC: 05-14-15



# Taking the air out of the Patriots: Brady suspended

By Steve Escajeda  
Special to the Courier

The NBA playoffs are in full swing, the NHL playoffs are pattering along, the Major League Baseball season is in its second month, we're in the middle of horse racing's triple crown, we just had the century's most boring fight, Tiger Woods is trying to come all the way back and everyone is still evaluating their team's recent NFL draft picks.

With all the stories sports fan have to choose from, the one story that continues to dominate them all is the one concerning oxygen.

Oxygen is important. People need it, animals need it, tires need it, some machinery needs it and maybe most important of all – our footballs need it.

Too much oxygen could be problematic for humans and not enough can be fatal. That's why we need just the right amount.

The same goes for footballs. The NFL has determined that all footballs should have a certain amount of air in them, no less than the minimum and no more than the max.

Now normally, oxygen doesn't make the front pages of the newspaper. But when it concerns the NFL's golden boy, Tom Brady, they stop the presses.

It was determined last week by investigators that Brady more than likely knew of, or asked, New England Patriots employees to illegally let too much air out of the footballs during last season's playoffs in order to give him a better grip on the ball.

As we all know the Patriots went on to win the Super Bowl and it's too late to do anything about that.

But the NFL could make things difficult for the Patriots to repeat as champs by lowering the boom on Brady with some game suspensions next season.

Like Lance Armstrong and Tiger Woods and Alex Rodriguez and Pete Rose and

Ray Rice and Marion Jones and so many others, Tom Brady's name now goes into the mix with all the others who had a good reputation and tarnished it forever.

But don't just blame Tom. Every good caper involves more than one person.

Back in the 1960s, the bumbling Sergeant Shultz made a career of staying out of trouble by belting out the following phrase, "I know nothinnggg."

It worked so well that other famous people have taken the "Sergeant Shultz" thing to a whole new level. Those who have followed his mantra since then include Richard Nixon, Hillary and Bill Clinton, everybody in congress, Lois Lerner, O.J. Simpson and Martha Stewart.

For some it's worked wonderfully, not so much for others.

The scandal, which has been dubbed "deflategate," has produced yet another "Schultz" disciple in Patriots head coach Bill Belichick, who has proven over the years to be the micromanager's poster child.

He claims to "know nothinnggg" about the tampering with the footballs.

This is the guy who pushes the cheating envelop so far that he was fined half-a-million bucks during "spygate" for videotaping practices of his opponents and their signals during the game.

Now Belichick is doing the "nobody tells me nothing" routine, conveniently acting like he's out of the loop.

And Brady has just refused to answer any questions on the subject, saying that he hadn't had time to digest all the facts.

Well the NFL gave Brady and the Patriots a lot to digest on Monday when it suspended the league's former golden boy four games without pay. The league also took away two future draft picks and fined the Pats \$1million.

There will be those who think this whole incident has been overinflated.

What was overinflated were the egos in New England who figured they'd never get caught.

## A sporting view By Mark Vasto

### Split decisions

The "Fight of the Century" between Floyd "Money" Mayweather and Manny "Pacman" Pacquiao was not the fight of the century, and if it was, it won't be for long. Still, the bout will have long-reaching effects for the future of the sport of boxing.

For one, the sport has taken fire from just about every angle imaginable. There's the health angle: People are all too aware of the life-long consequences

of being punched in the face thousands of times during a short-lived career. The supply of boxers in America will continue to shrink as interest in the sport wanes and legitimate boxing gyms (not the ones in strip malls that you go to for exercise... real boxing gyms) go out of business.

But those aren't direct effects of the Mayweather-Pacquiao bout. What Mayweather-Pacquiao did better than anything was remind

us of how greedy and tone deaf the sport is. Mayweather received a gazillion dollars for the fight. We've all heard how seats at Caesar's Palace were going for the price points of small cars. Pay-per-view was \$100 for a home, several thousand for a bar or public space. And what did people get for their money?

Exactly what we all knew we were going to get: two great boxers, past their prime, mailing it in. Mayweather, as we all knew going in, was possibly the best defensive boxer ever. He was undefeated and unlikely to stick his chin out with Pacquiao.

Those who thought Pacquiao would win were betting on him breaking through that defense and scoring a knockout or at least landing enough to win on the scorecards. It didn't happen.

Some argued that Pacquiao was the aggressor most of the fight, that he threw the most punches and took the center of the ring. So what? He didn't land any of those punches, and Mayweather didn't give the people a show or their money's worth, but he did give a masters-level class in the art of defensive boxing and how to win on points with ease.

Which brings us to another thing about boxing. We still don't know who is responsible for scoring the fight. We don't know their background, what makes them qualified. All we know about the judges is that they're there and they have to use the 10-point must system. Of all major sports, fighting is the only one that does

not let either participants or those watching know who is winning during the course of the match.

Boxers who think they may be down on the score card are encouraged to inflict the most savage of beatings upon the head of their opponents, knowing the only way to win is by way of knockout. Most of the time, those efforts fail and usually just end up with that boxer getting hit all the more by the eventual winner. Is this what you want to gamble on? Pay extra money on your cable bill for?

In the end, Mayweather and Pacquiao gave us the answer as to who was the better boxer, but the question it left looms larger than ever before: What, or who, will save the sport?

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

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## Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

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

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

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

American Heart Association  
Fighting Heart Disease and Stroke

**9-1-1**  
**HEART ATTACK & STROKE**  
Read the signs. Raise a flag.

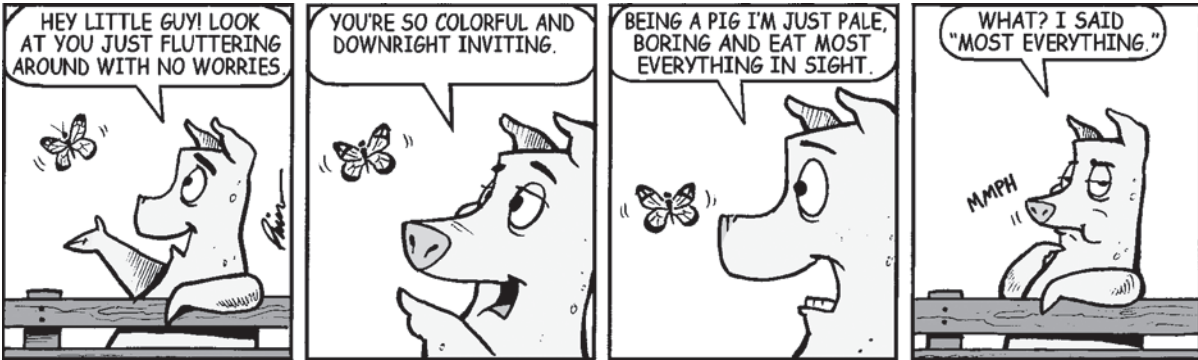


# Comix

## OUT ON A LIMB By Gary Kopervas



## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## R.F.D. By Mike Marland



## Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am a 66-year-old female. Even though I use gym weight machines for upper and lower body three times a week, walk daily for 2 miles and spend 15 minutes on a motion trainer at the gym, I cannot stand up easily after gardening on my knees or getting on my knees on the floor. Is there anything I can do to regain the ability to get up off the floor/ground without a struggle? – S.C.

every time they have a period. Migraines are not daily during that time, but episodic (usually one per period). They do not have migraines except during menses. One daughter was put on estrogen, which has helped her cramping, but she still is getting migraines. The other daughter has been referred to three physicians who all told her there was nothing that could be done but go on estrogen. She is now 49 years old and concerned that if she goes on estrogen at this point, she will simply have the same migraine issues again when she goes off it and wonders if that is actually worth just delaying having to deal with the migraines. Is there any other solution besides estrogen for severe hormonal migraines? – S.S.

It sounds to me that despite your good exercise regimen, you may have weakness specifically in your thighs – what we call “proximal muscle weakness.” There is a very long list of medical illnesses that affect these muscles specifically (my textbook lists 28 different diagnoses), including common conditions such as low thyroid levels and vitamin D deficiency. I would recommend a visit to your doctor for a careful exam of your nerves and muscles to see if my suspicion is correct. Your doctor may suggest a trial of vitamin D.

Estrogen-associated migraine is common. However, it usually is the drop in estrogen that triggers the migraine. That’s the reason many women get migraines around the time of their periods, as estrogen levels normally decline then. For many women, migraines get worse years before menopause – and by “menopause,” I mean when periods stop altogether. As the periods become erratic, and sleep cycles are interrupted by hot flashes, migraines become worse, as they have in your daughters. However, once periods stop entirely, episodic migraines usually get dramatically better on their own. During the erratic time before menses completely stop, estrogen pills, cream or an insertable ring can be used

If no medical cause is found, I would work specifically on strengthening the hip muscles, which extend the thighs. A trainer at the gym can show you those exercises.

DEAR DR. ROACH: Both of my daughters are in their 40s and going through menopause (according to their doctors, so they are not guessing about this). Both daughters are having such severe migraine headaches that they are missing work (and both are practically workaholics who usually are able to tough it through physical problems). The migraines occur almost

See HEALTH, Page 8

# Super Crossword

- APPELLATION TRUNCATION ACROSS**
- 1 Duelist's weapon
  - 5 Club (retail chain)
  - 9 Weds on the sly
  - 15 Swine food
  - 19 Carter of "Gimme a Break!"
  - 20 "Stat!"
  - 21 Film director George A. \_
  - 22 Bluish hue
  - 23 Cruel Curry in a London borough?
  - 26 Kitty chip
  - 27 The real \_
  - 28 Skirt's edge
  - 29 Give Mason the ax?
  - 31 Make do with Paul?
  - 34 " \_ a Letter to My Love" (1981 film)
  - 35 Road goop
  - 36 Song syllable
  - 37 Acne care brand
  - 38 Physics prize of note
  - 42 Show penitence
  - 44 College founded by Hagen?
  - 51 Heredity determiner
  - 52 Attired
  - 53 Flummoxed
  - 54 Mrs. in Bonn
  - 55 Question for Knotts when he's holding a package?
  - 60 Bygone space station
  - 61 Extreme joy
  - 64 Arcing tennis shot
  - 65 Second letter addendum: Abbr.
  - 66 Singer with the 2011 album "21"
  - 68 Goes by car
  - 69 Came in first
  - 71 Sculpting aid
  - 72 Not too tasty
  - 73 " \_ a Rock" (1966 hit)
  - 76 "Ni-i-ice!"
  - 78 Semis, say
  - 79 Go bad
  - 80 Return Shearer's phone call?
  - 84 Operatic solo
  - 86 Running shoe brand
  - 87 Traffic sound
  - 88 Billion : giga- :: trillion : \_
  - 92 Anthony championing personal liberties?
  - 96 \_ noires (bugbears)
  - 97 January, in Spain
  - 98 Coll. dorm supervisors
  - 99 \_-haw (donkey's sound)
  - 101 Moose kin
  - 102 With 111-Down, connect two dots, maybe
  - 106 Battling it out with Murdoch?
  - 109 Put Arthur on mood-stabilizing medication?
  - 113 Regatta tool
  - 114 Poet John
  - 115 Exclude
  - 116 "Whew, such a relief that Kahlo arrived!"
  - 120 Area
  - 121 Samplings
  - 122 Kin of beige
  - 123 Prep school on the Thames
  - 124 Tram loads
  - 125 Ukrainian port city
  - 126 Exclude
  - 127 Unit of force
- DOWN**
- 1 Sheffield loc.
  - 2 Pervade
  - 3 It's negatively charged
  - 4 Vote in
  - 5 Twain's Tom
  - 6 " \_ live and breathe!"
  - 7 Very virile
  - 8 Nearly globe-shaped
  - 9 Palindromic "before"
  - 10 Lounges idly
  - 11 All: Prefix
  - 12 Lab's - dish
  - 13 Great Lakes tribesmen
  - 14 Northern French river
  - 15 Commence
  - 16 Monocle, e.g.
  - 17 Pledge
  - 18 Answer from the accused
  - 24 "Warrior" co-star Nick
  - 25 2,065, in old Rome
  - 30 Year, in old Rome
  - 31 Fawn's father
  - 32 Defective
  - 33 Uvea's organ
  - 39 Cat breed
  - 40 Virtual marketer
  - 41 Victors' wreaths
  - 43 Sir Isaac -
  - 45 Slangy negative
  - 46 Shaft of light
  - 47 Call a halt to
  - 48 "The jig \_"
  - 49 Turner and Kennedy
  - 50 Ming of basketball
  - 52 Elliot of the Mamas & the Papas
  - 56 Feature of "gum" but not "gem"
  - 57 Pledge
  - 58 Download for a Kindle
  - 59 Bible book before Habakkuk
  - 61 Give a hug to
  - 62 Fill with a crayon
  - 63 Not dynamic, as a verb
  - 67 Expand
  - 70 " \_ so much"
  - 71 Lug
  - 73 "Who's there?" answer
  - 74 Make \_ deal out of
  - 75 Speed-of-sound ratio
  - 77 Scorching
  - 78 "The \_ Coochi Coo" (1961 hit)
  - 81 Musicality
  - 82 Winter hrs. in Wichita
  - 83 "... iron bars a cage"
  - 85 When shows are broadcast
  - 89 Forever
  - 90 Had faith in
  - 91 Inquires
  - 93 Bereft
  - 94 \_ Lanka
  - 95 Myopic "Mr."
  - 96 "I \_ You" (hit for Elvis)
  - 100 Concludes
  - 103 Hard \_ follow
  - 104 "I thought \_ a deal!"
  - 105 Humble
  - 106 Phonies
  - 107 Fast one
  - 108 One way to mark losses
  - 109 Clown name
  - 110 Love deity
  - 111 See 102-Across
  - 112 Sinus docs
  - 117 Cookie-pushing org.
  - 118 Hexa- halved
  - 119 Hex- ending

Answer Page 4

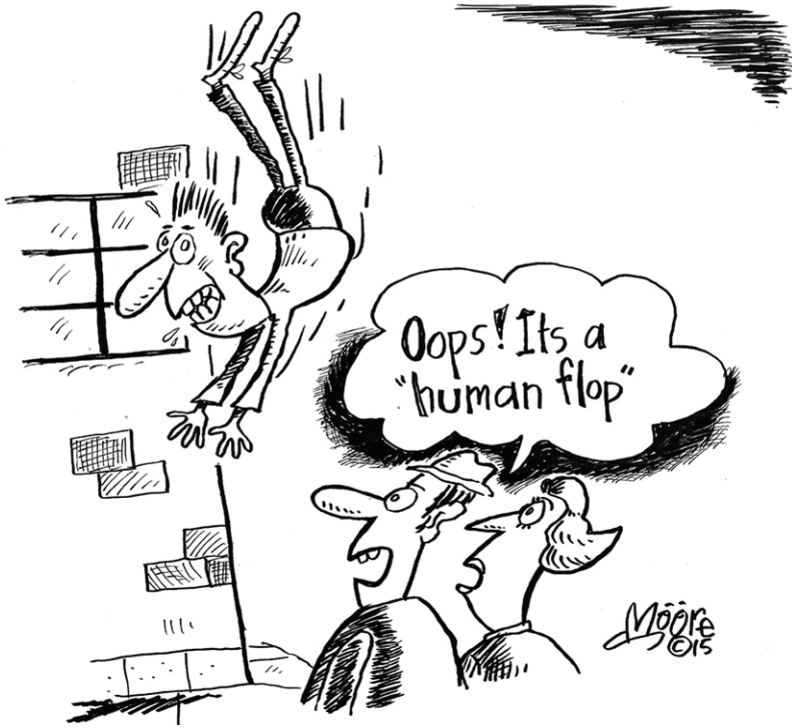
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
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92						93				94	95				96			
97										98			99	100			101	
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109	110	111							112			113			114			
115						116						117			118			119
120								121					122				123	
124													126					127



# MOORE TEXAS

by Roger Todd Moore

In bygone Texas, towns would have visits from a "human fly" who scaled downtown buildings at the behest of local merchants hoping to draw a crowd.



## 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.

	+		×		27
-		-		×	
	+		×		24
×		×		÷	
	+		+		20
28		18		6	

DIFFICULTY: ★★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

1 2 3 4 4 5 7 8 9

Answer Page 4 © 2015 King Features Syndicate, Inc.

## Weekly SUDOKU

by Linda Thistle

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

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:** What are some of the documents Social Security will accept as proof of identity for a child?

**A:** While you can use a birth certificate to prove age or citizenship, you cannot use it as proof of identity. Social Security needs evidence of the child's existence after birth. An acceptable document must show your child's name, identifying information, and, preferably, a recent photograph. Your child must be present unless the picture ID also shows your child's biographical information (i.e., age, date of birth, and parents' names). We generally can accept a non-photo identity document if it has enough information to identify the child (such as the child's name and age, date of birth, and parents' names). We prefer to see the child's U.S. passport. If that document is not available, we may accept the child's:

- Adoption decree;
- Doctor, clinic, or hospital record;
- Religious record (e.g., baptismal record);
- Daycare center or school

record; or

- School identification card.

All documents must be either originals or copies certified by the issuing agency. We cannot accept photocopies or notarized copies of documents. To find out more, visit [www.socialsecurity.gov/ssnumber](http://www.socialsecurity.gov/ssnumber). There, you can also find out what documents you need, fill out and print an application, and then bring or mail the needed information to Social Security. You may also want to read the publication, *Social Security Numbers For Children*, available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

**Q:** What is Supplemental Security Income (SSI)?

**A:** SSI provides monthly income to people with limited income and financial resources. People who never worked at a job that withdrew Social Security tax won't qualify for Social Security, but may still be eligible for SSI. To be eligible, an individual must be a citizen and resident of the United States or be a noncitizen lawfully admitted for permanent residence. There are, however, some noncitizens granted

a special immigration status that are also eligible. To get SSI, an individual's financial resources (savings and assets) cannot be more than \$2,000 (\$3,000, if married). Recipients must be age 65 or older, or blind or disabled. For more information, please read *SSI or What You Need To Know When You Receive Supplemental Security Income*. Both are available at [www.socialsecurity.gov/pubs](http://www.socialsecurity.gov/pubs).

For more information on any of the questions listed above, visit our website at [www.socialsecurity.gov](http://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.

## USDA

From Page 5

USDA Rural Development State Office at (254) 742-9780. The deadline to submit paper applications is July 7. Electronic applications submitted through [grants.gov](http://grants.gov) are due July 2.

VAPG grants can be used to develop new product lines from raw agricultural products or additional uses for already developed product lines. Military veterans, socially disadvantaged, and beginning farmers and ranchers; operators of small- and medium-sized family farms and ranches; farmer and rancher cooperatives; and applicants that propose mid-tier value chain projects are given special priority in applying for VAPGs. Additional priority is given to group applicants who seek funding for projects that "best contribute" to creating or increasing marketing opportunities for these type of operators.

## Health

From Page 7

to maintain a more constant estrogen level, which usually improves the headaches. This can be slowly tapered off when the periods could be expected to be finished.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to P.O. Box 536475, Orlando, FL 32853-6475. (c) 2015 North America Synd., Inc. All Rights Reserved.

## 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: Y equals L

VWMK UMXUYM ZVMYYQKP QK J

TXRKOLI JLM YJLPMYI

FYXV-VQOOMZ, Q'Z TJYY OWJO

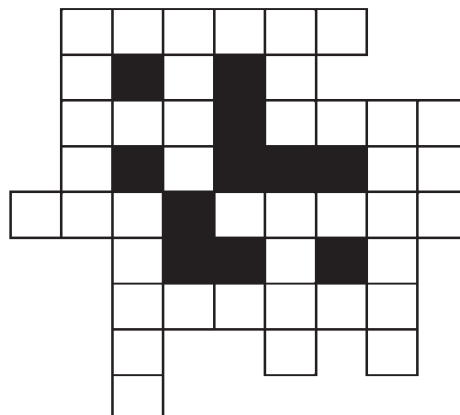
UXURYJOQXK ZMKFQOI.

Answer Page 4

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- RAO
- BELIOM
- ♥ LOEWB
- ♥ EGRA
- ♥ ROWBEL
- EWB
- EGBI
- MOGOR
- GLO
- LAWGEN
- OSOEM
- ♥ LUBR



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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