



NEWSBRIEFS

EPCC softball tryouts

El Paso Community College (EPCC) Tejanas softball team will hold a second tryout on Tuesday, July 14 at the EPCC Softball Field, Valle Verde campus, 919 Hunter. Registration for position players starts at 7:15 a.m. with tryouts beginning at 8:15 a.m. Registration for pitchers and catchers starts at noon and tryouts begin at 1:00 p.m. The tryout fee is \$15. All players must bring a copy of a complete physical exam within the past 12 months and their own equipment. For more information, please contact the softball office at (915) 831-2367 or kgutier9@epcc.edu.

— Jim Heiney

EPCC softball tryouts

The Clint First Baptist Church at 200 Main St. in Clint will be holding their annual free Vacation Bible School for students Pre K to 6th grade during the week of July 13-17. All area children are welcome to a fun filled morning all week. Call 851-3939 for more information.

— Erma Nelson

Drive no more

Teens who get behind the wheel of a car are often scrutinized, criticized and in some cases temporarily lose their driving privileges, but they get over it eventually. Older folks, however, can have a hard time when their kids decide it is time to take away their car keys, according to the Association of Mature American Citizens. So, when do you know it is time for your mom or dad to find another way to get around and how do you tell them? The UMass Gerontology Institute explored the topic at a recent meeting held in Boston at which one 85-year-old described how it felt when his family got together and convinced him to give up his car. He said he experienced “a sense of loss” of his identity and independence. But, he said, “then again, you don’t want to be responsible for hurting someone.” Lissa Kapust is a founding clinician of the Center for Cognitive Neurology at the Beth Israel Deaconess Medical Center. She said: “We have occasionally had people threaten to hurt family members who said they were not safe to drive. You get the range of emotions, from

See BRIEFS, Page 5

See that you have a supply of worthy thoughts before you begin to talk.

— Quips & Quotes



— Photo courtesy of Marilyn Guida

TOO MUCH WATER – The archaeology museum grounds have sustained severe flooding damage after the 2006 storm, the 2013 storm, and both 2014 storms. The washed out bridge, above, leads to a popular gazebo on the fairgrounds.

Visitors’ Center planned for Franklin Mountains State Park

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – A new visitors center at the Franklin Mountains State Park will soon be a reality thanks to the efforts of local state representatives, like Marissa Marquez, and state senator Jose Rodriguez. Both avidly advocated for and expertly convinced their fellow legislators to adopt funding to construct it.

Representative Marquez, who is a member of the Appropriations Committee, stated that she worked doggedly during the recent legislative session to educate her colleagues on the tremendous importance of this initiative to the El Paso region and to ensure that these funds were included in the final budget passed by the Legislature before concluding June 1.

The new \$3.5 million Franklin Mountains Visitors Center will be built near the site where the El Paso Museum of Archaeology and the Border Patrol Museum are located, off of Transmountain Road. The center will be built on city land and encompass about 7,000 square feet. Once completed, it will replace the current state park headquarters that was built in 1937 at McKilligan Canyon.

Work is currently being done on the design of the new center, and construction is expected to start soon, stated city officials. The Franklin Mountains, which were designated as a state park in 1979 to prevent the development of the land, is the largest urban state park in the country and part of the largest sustained mountain range in Texas.

Meanwhile, supporters of the nearby

archaeology museum, which is part current flooding concerns that effect the of the City of El Paso’s Museums and museum’s fairgrounds and trails every Cultural Affairs Department, want the visitors’ center planners to also address

See PARK, Page 4

Hopp is Region 19 pick for Superintendent of the Year

By Cynthia P. Marentes
Special to the Courier

SAN ELIZARIO – In a career spanning close to 40 years, San Elizario Independent School District (SEISD) superintendent Sylvia Hopp has devoted herself to working for students. Hopp has served as a teacher, principal, and district administrator and on July 6 earned another title, Region 19 Superintendent of the Year.

“The board is so happy for her (Hopp) of such a well deserved honor,” Irene Jaquez, San Elizario ISD school board president, stated.

Hopp was named a regional winner of the annual Superintendent of the Year (SOTY) program sponsored by the Texas Association of School Boards (TASB). She was nominated for the award by the San Elizario ISD Board of Trustees and will now compete with 17 other regional superintendents of the year for the state award. A state committee in Austin will interview all regional winners on August 14–15. One of five finalists will then be chosen as the winner of the Superintendent of the Year for Texas on October 3.



Sylvia Hopp

Since 2000, Hopp has been working as an administrator at SEISD and was on board to open the doors of the Borrego Elementary School campus. On January 2012, she was named superintendent of SEISD. In the three years that Hopp has served as superintendent, the District has experienced numerous notable achievements. Currently, all campuses are rated as having “Met Standard” under the state accountability system receiving several Distinction Designations and are on track to do so again for 2014-2015. The District’s flagship San Elizario High School has experienced increased student performance on End of Course (EOC) and Advanced Placement (AP)

exams, earned two state titles in boys soccer and cross-country, increased the amount of student scholarships ever received in the school’s history from \$1.3 to \$6.2 million, and was the only campus in El Paso County to be named to the College Board’s AP Honor Roll list. Most telling of Hopp’s impact within the community was the approval of a \$28 million bond in November 2014 that will

See HOPP, Page 5

Finances By Nathaniel Sillin

Building a back-to-school budget

Back-to-school spending isn't just about clothes and markers anymore.

In 2014, Forbes reported that Accenture estimated (<http://newsroom.accenture.com/images/20020/Graphic.pdf>) that nearly half of respondents reported they would spend \$500 or more on back-to-school expenses, including not only clothes and desk supplies, but electronics as well.

Yet there's one more aspect of back-to-school spending that's growing and can add hundreds – and sometimes thousands – to a family's overall K-12 education budget. Since the 2008 economic crisis, many public school systems have tried to make up for funding shortfalls by adding first-time or expanded fees for sports, extracurricular activities and specialized academics.

This means that back-to-school budgeting, even for families with kids in public school, now requires a more holistic, year-round approach to all back-to-school expenses.

Given their potential dollar amounts, parents should examine school fees first. Public education has never been completely free of charge beyond local taxes – parents have traditionally paid extra money to support their kids' participation in sports, music or other extracurricular activities. However, many school systems are adding fees for a broader range of offerings including after-school activities, top-level courses, lab-based instruction and even Advanced Placement (AP) classes. So before you start spending money on clothes and supplies that can be bought off-season, on sale or possibly used, get a handle on how applicable instruction and activity fees might affect your budget. (<http://www.practicalmoneyskills.com/budgeting/>). Parents in financial need may qualify for public aid or grants to cover such fees; if not, choices will need to be made.

Consider turning back-to-school shopping into a money lesson. Most kids like to have

certain kinds of clothes, shoes or supplies. Those "wants" can be turned into a discussion about spending priorities, value, choice and comparison shopping. Using the Back to School Budget

(<http://practicalmoneyskills.com/calculators/calculate/backToSchoolBudget.php?calcCategory=family>) calculator with your kids can help them learn how to create a budget before shopping for essentials. As kids get older, the discussion can expand to cover bigger-ticket

purchases like smartphones, computers and fees for special courses and activities they want to pursue. Some of these issues might evolve into a discussion about earning money through chores or a part-time job.

Once priorities are decided, every expense should be tracked, including a child's round trip school transportation, meals, tutoring fees or immunization and healthcare expenses not covered by insurance. And once that budget is set, it means a constant search for smart ways to cut. Some ideas may include:

- Car pooling (track your costs to make sure you're not adding significantly to your overall transportation budget);
- Packing lunches at home;
- Working with school administrators to raise outside donations or grant funding to cover parents' out-of-pocket costs;
- Organizing school supplies in one place to avoid purchasing duplicates;
- Renting equipment, supplies or instruments used until a child's interests are established;
- Scouting garage sales, thrift shops and online marketplaces for used, required-edition textbooks, instruments, electronics, sports equipment, clothes and other supplies you'd otherwise buy new; online resources shouldn't charge shipping or return fees;
- Reviewing school and classroom supply lists before buying essentials;
- Bulk- and group-buying supplies and services with other parents to get volume prices;
- Consolidating back-to-school shopping during tax-free days (if your state offers them);
- Swapping used supplies and equipment with other parents;
- Checking retail memberships for any back-to-school savings they offer;
- Watching for print and online coupons or special discount offers through your school; and
- Listening to your kids – they might spot money-saving ideas faster than you can.

One final secret budget item – rewards. Saving money on back-to-school expenses can help parents meet a number of financial goals, but kids' academic or activity success deserves recognition. Consider setting aside a little of those savings for a reward they can enjoy.

Bottom line: When setting your back-to-school budget this year, think beyond the supplies. Consider every possible fee and expense associated with your child's school year and plan accordingly.

Nathaniel Sillin directs Visa's financial education programs.

Veterans Post By Freddy Groves

The risk of delays in fiduciary exams

The intent of the Department of Veterans Affairs' fiduciary program is to help manage the benefits of veterans who can't handle their own money due to age, injury or disease.

An audit of the program was conducted to determine whether the field examinations were happening according to schedule: the first examination to assess the competency of the veteran, and the second to reassess the veteran's ability to manage finances.

Bottom line: In 2013, approximate 42 percent (45,500) of examinations were late. In the first nine months of 2014, that went up 15 percent.

The reason, the audit concluded, was that staff levels didn't keep up with the expansion of the program. The target was one examiner for every 325 veterans. The real numbers came in at one examiner for every 379 veterans. That left \$848 million in estate values and benefits floating in the wind without

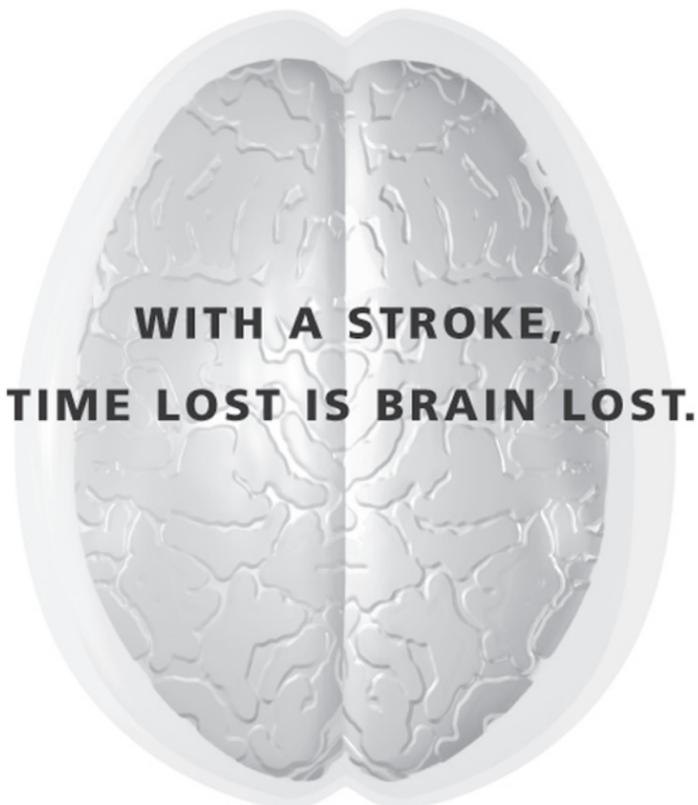
oversight.

Exam times were delayed for months and even years. The first exam is to be completed in 45 days, but some were up to three years late. The second exam should be scheduled within 120 days, but some were almost six years late.

What's at risk here when the second examinations aren't done on time? Everything. More than once they've uncovered fiduciary scams. One involved a fiduciary staffer himself, plus his overseer, who'd been stealing from veterans. I can't help but wonder if there are other scams yet to be revealed.

On the flip side, the VA has caused its own staffing problems by yanking fiduciary power away from competent veterans or their caregivers, and forcing them into a fiduciary situation that they don't want, thereby adding to the workload of examiners.

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Website: wtxcc.com

Publisher
Rick Shrum

Contributors
Alfredo Vasquez
Don Woodyard
Steve Escajeda

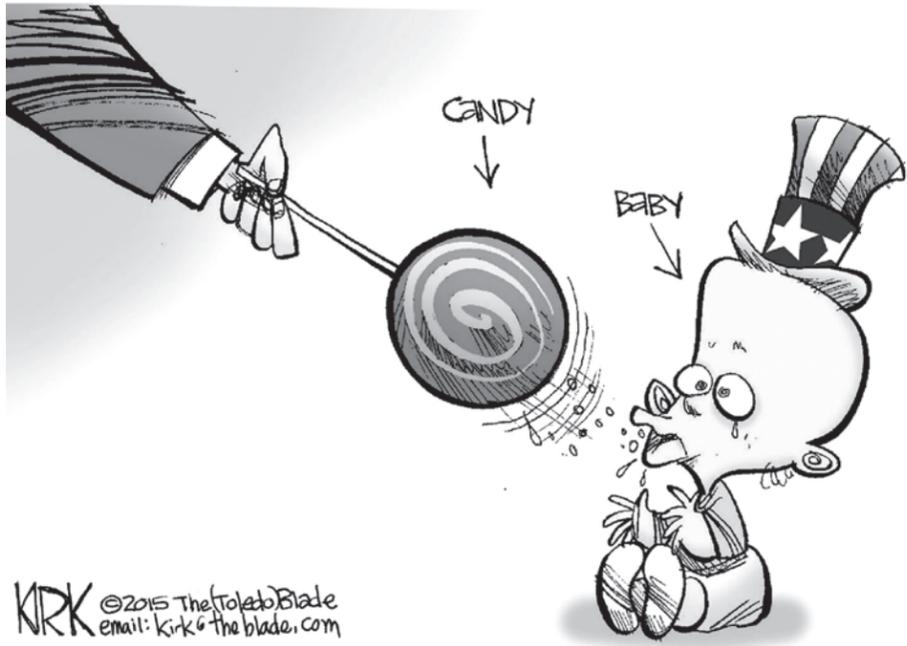


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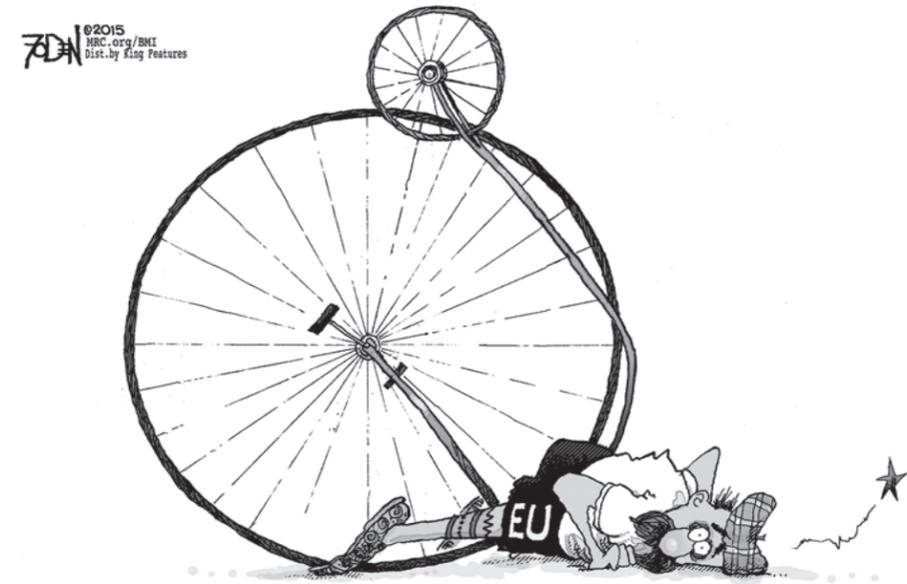


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THE STATE OF THE GOVERNMENT'S DATA SECURITY IN TWO WORDS...



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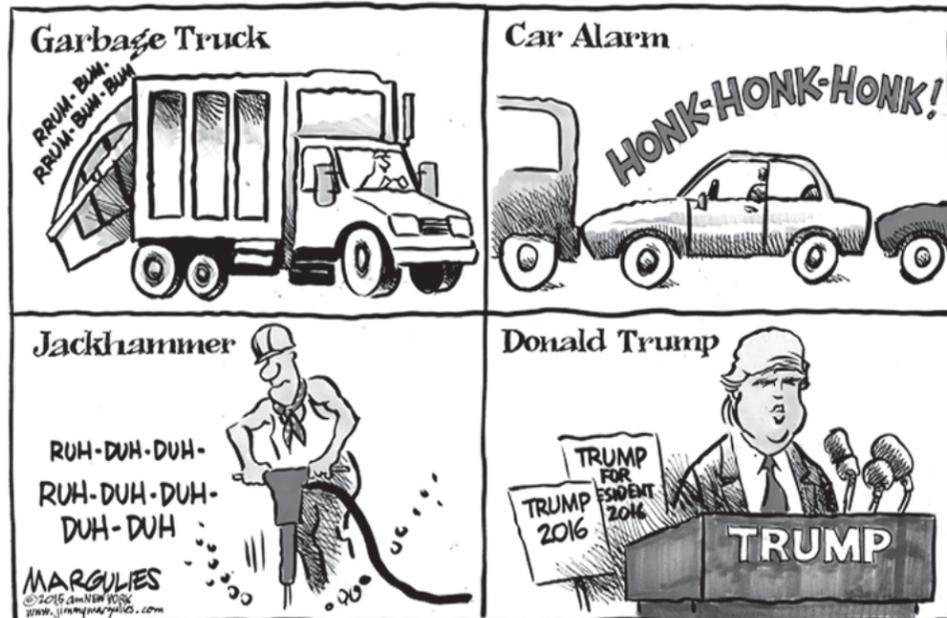
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View from here By John Grimaldi

Income inequality is a political double-whammy resulting from inadequate post-recession policies

The 'gig economy' is a way to make those who can only get part time work feel better

"Income inequality is real," according to Dan Weber, president of the Association of Mature American Citizens (AMAC). He explained that the inequality is between workers who have full-time jobs and those who have given up on looking for jobs or who have had to take part-time jobs to make ends meet.

"And that is a direct result of inadequate, progressive post-recession policies that have left the nation's economy in shambles. In the past the government took steps to revitalize the economy, to create an environment that fosters the creation of jobs [that] provide acceptable livelihoods for workers and their families. This time around the aim was to restructure the economy to allow for more social programs. The result has been consistent, lack-luster job creation and a faltering economy," Weber said.

"It's gotten so bad," he added, "that there's a new term going around. It is the 'gig economy' and it means that more and more people are falling back on contract work to earn a living. Perhaps whoever came up with that nickname thought it would make those who are not adequately employed feel better. It doesn't."

Weber described "income inequality" as a politically expedient catchphrase used by progressive bureaucrats whose real objective is income confiscation. "It gives them license to spawn onerous

regulations and taxation schemes that generate revenue for social programs that, in turn, make the electorate dependent on the current government's generosity come election-day. You might call it a political double-whammy."

The AMAC chief is not alone in his economic assessment. The Manhattan Institute, for example, came to this conclusion when it studied the notion of income inequality: "The central problem facing the economy is that income growth over the past few years has been modest to nonexistent, as a result of the financial crisis, the subsequent recession, and an extremely modest recovery. Moreover, policies that aim only to redistribute wealth-rather than generate real economic growth and opportunity-are unlikely to solve, or even meaningfully address, the slow growth trajectory for wages."

The so-called Great Recession was officially at an end nearly six years ago but despite the passage of some half-dozen years, a variety of polls still show that a great many Americans feel like they are still in the throes of economic disorder.

"We are bound to hear the term income inequality repeated over and over as we approach the 2016 Presidential election. But it's a battle cry that will increasingly fail to rouse voters. They want and need an equal chance to get a job and use their God-given talents to succeed on their own. They know that in a country where you take from the haves and give to the have-nots, there are no winners and where there are no winners there are only losers."

Company hired to evaluate Canutillo ISD

By Shane B. Griffith
Special to the Courier

CANUTILLO – On June 16, 2015, the Canutillo Independent School District (CISD) selected Jacobs Project Management Company to provide a comprehensive facilities assessment and master planning services to predict future capital needs to efficiently address building conditions and the student enrollment growth spurred by residential, retail and commercial development now occurring across CISD's operational territory. This effort, known as a Facilities Master Plan, is valued at \$398,922 and will be paid using voter-approved bond funds. Currently, CISD has no plans to issue a new bond, and this project will provide CISD with an accurate, prioritized measure of facility needs and enrollment projections that will inform critical District decisions about facility maintenance and growth.

"The facilities master plan is a core component of our strategy to grow strategically together with our expanding neighborhoods by proactively anticipating and meeting the needs of our students to ensure every child receives the highest quality education and support as possible," said Dr. Pedro Galaviz, Superintendent of CISD. "We have sufficient capacity in our existing schools to accommodate growth on a short-term basis due to the construction of our newest campus, the Silvestre and

Carolina Reyes Elementary School, that will open later this August."

According to the terms of the Facilities Master Plan, Jacobs will have 120 days to perform their comprehensive assessment beginning later this summer. The process to assess CISD's current and future needs requires the collaborative involvement and consensus of CISD's internal and external stakeholders from the strategic, political, educational, financial and technical support levels. Once complete, a master document will be adopted that will guide future decisions on how to best invest in the district's existing facilities that include its 10 campuses, central office building, student support services center and transportation headquarters.

"As development continues to expand beyond the City of El Paso's urban core and into the outlying areas of our County, CISD is committed to preserving our beautiful neighborhoods and rural heritage," continued Dr. Galaviz. "At the same time, we are excited about our district's residential, retail and commercial growth as evident with the construction of the new teaching hospital on Transmountain and several thousand new homes on both sides of I-10."

CISD will provide additional details regarding the Facilities Master Plan and invite CISD stakeholders to participate in the collaborative process later this year. For additional information about CISD, please visit www.canutillo-isd.org.

Park

From Page 1

time it rains heavily.

Archaeology museum supporters think this is the opportune time to address concerns that effect the area. They point out that the gazebo on the fairgrounds needs to be repaired; control of storm water flow away from the gazebo, parking lot and museum building needs to be improved; disabled accessibility compliance needs to be implemented, and a plan for maintaining the hiking trails after recurring floods has to be developed.

According to Julia Bussinger, the city's museum director, the archaeology museum grounds suffered severe damage after the 2006 storm, the 2013 storm, and both of the 2014 storms. "What was learned is that the museum structure is about four feet above the arroyos that by 'mother nature's design' channel the runoff during major rain storms. The museum hasn't been impacted by the run-off from these storms, however, the Chihuahuan Desert trails, gazebo, and parking lot have sustained storm water damage with each occurrence," she explained.

An evening meeting with city



- Photo courtesy of Marilyn Guida

NEEDING REPAIR – Supporters of the El Paso Museum of Archaeology want city officials to address flooding issues when planning for the new Franklin Mountains State Park visitors' center, which will be located near the archaeology museum. One of the issues concerns repairs to the popular gazebo, above, that sits on the museum fairgrounds.

officials and museum advocates museum to hear the preliminary new visitors' center and for damage from the storms of the was held recently at the plans city officials have for the addressing the challenges and last couple of years.

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CryptoQuip
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STRANGE BUT TRUE

By Samantha Weaver

- It was 19th-century French journalist, preacher and political activist Jean-Baptiste Henri-Dominique Lacordaire who made the following sage observation: "Neither genius, fame nor love show the greatness of the soul. Only kindness can do that."

- Walt Disney wanted at first to use the name "Mickey Mouse Park" for what we now know as Disney World.

- The first successful human organ transplant occurred in 1950. It was a kidney.

- You might be surprised to learn that manatees have fingernails on their flippers. Flippernails, perhaps?

- Thanks to the schedule of the American school system, U.S. sales of peanut butter increase dramatically in September and suffer an equally dramatic drop in June.

- If you've ever gone to a shoe store and had your foot measured to determine length, width and arch length, you might be interested to learn that the gadget used to make such measurements is called a Brannock device. Charles F. Brannock, the son of a shoe industry entrepreneur, patented his first prototype in 1926, and his invention is still the industry standard. Some early models are even featured in the Smithsonian Institution.

- In India of long ago, it was considered ideal for a man to be three times the age of his wife.

- Those who study such things say that the younger you are, the longer your baths tend to be.

- A friend of Sir Isaac Newton first came up with the symbol we use to represent the concept of infinity, but he originally meant it to mean a very small quantity.

- Until 1836, the river that formed the border between the United States and Mexico was not the Rio Grande; it was the Colorado.

Thought for the Day: "Criticism is prejudice made plausible."

– Henry Louis Mencken

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Montwood High earns T-STEM designation

By Chrstina Flores-Jones
Special to the Courier

Montwood High School (MHS) in the Socorro Independent School District has been designated as a Texas Science, Technology, Engineering and Mathematics (T-STEM) Academy by the Texas Education Agency (TEA) for the 2015-2016 school year. This is the second year in a row that the high school has earned the designation.

Being a T-STEM Academy allows Montwood High School to access professional development, receive technical assistance, and participate in the network of T-STEM Academies.

"Montwood High School believes in always giving the best to our students and teachers. This designation will help us accomplish that," said MHS Principal Rosemary Menchaca. "We will continue to have opportunities to network and learn from other T-STEM academies, enhance our teachers' toolbox by providing them with additional training that will make

their lessons more engaging and relevant in our ever-changing world."

According to the TEA, T-STEM academies are rigorous secondary schools focusing on improving instruction and academic performance in science and mathematics-related subjects, with a goal of increasing the number of students who study and enter STEM careers. Designated T-STEM campuses serve students in grades sixth to 12 or freshmen to senior classes.

School districts or open-enrollment charters may apply each year for a campus to be awarded T-STEM designation, if certain criteria are met. Once a campus is designated, professional development and technical assistance are provided to designated T-STEM academies to serve as demonstration schools and learning labs.

Designated academies showcase innovative instruction methods that integrate technology and engineering into science and mathematics instruction. Texas has some 90 T-STEM Academies across the state.

Briefs

From Page 1

people who say they refuse to stop driving, to those who are unhappy but swallow the bitter pill." The great majority of American seniors live in suburbs and rural areas. Many of them have limited access to public transportation and, thus, become dependent on friends and family in order to get around, notes AMAC, adding that for the time being it is a problem with no easy solution.

– John Grimaldi

Wanted

A man holds up a Central El Paso Convenience Store with a knife. Detectives from the El Paso Police Department are asking for your help in finding this violent robber through Crime Stoppers. Just before 5 a.m. on Saturday, May 23, 2015 a man walked into the Circle K located at 5040 E. Paisano. The man made his way to the stockroom, where the clerk was, and threatened the clerk with the knife. The suspect then forced the clerk towards the cash register and demanded

money. The suspect took a small, undisclosed amount of money from the register and two cartons of "Crown" brand cigarettes. The man fled the scene in white pickup truck with a rod iron frame on the bed of the truck. The man was last seen driving eastbound on Paisano. The suspect is described as a Hispanic male, with a light complexion, approximately 25 to 30 years of age, with a height of 5'08" to 5'09", thin build, and was last seen wearing a black hoodie, black gloves, blue jeans, black shoes with a white sole, black bandanna covering the face, and black beanie. Anyone with information on the identity of the man involved in this armed robbery 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

Hopp

From Page 1

greatly change the landscape of SEISD for students and many generations to come.

"Mrs. Hopp is an outstanding

educator and leader and has brought this district together as one family," Jaquez added.

The SOTY program has recognized exemplary superintendents for excellence and achievement in educational leadership since 1984.

Notice of a Finding of No Significant Impact

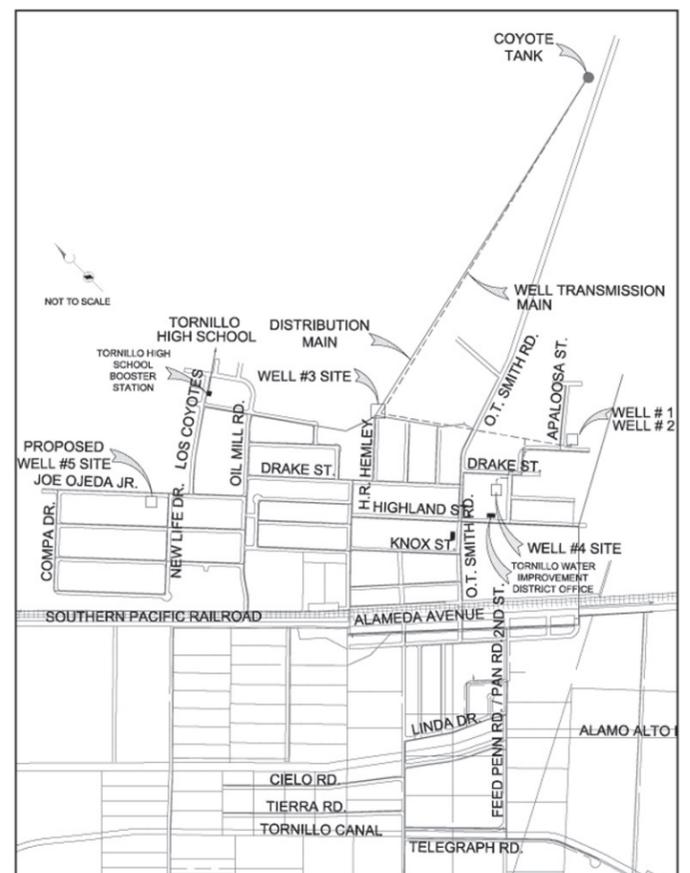
The USDA, Rural Utilities Service has received an application for financial assistance from the El Paso County Tornillo Water Improvement District. The proposal consists of improvements to the water distribution system in the El Paso County Tornillo Water Improvement District area.

As required by the National Environmental Policy Act and agency regulations, the Rural Utilities Service has prepared an Environmental Assessment that evaluated the potential environmental effects and consequences of the proposal. The Environmental Assessment was published on June 4, 2015, for a 30-day public comment period. No comments were received. Upon consideration of the applicant's proposal, federal and state environmental regulatory and natural resource agencies, and public input; the agency has determined that the proposal will not have a significant effect on the human environment and for which an Environmental Impact Statement will not be prepared.

In order to avoid or minimize any adverse environmental impacts, the Rural Utilities Service will require the applicant to incorporate the following mitigation measures into the proposal's design: If cultural materials or human remains are encountered during construction, work must cease in the immediate area; work can continue in the project area where no cultural materials are present. In the discovery area, work must cease, and the contractor must notify the consultant engineer, El Paso Tornillo WID, and both the State Historical Preservation Officer at (512) 463-6100 and the USDA Rural Development State Environmental Coordinator at (254) 742-9789. The alternatives considered to the proposal include the same as proposal with different sizing.

Copies of the Environmental Assessment are available for review at Rural Development, 2306 W. Dickinson Blvd. Ste. 2, Fort Stockton, Texas 79735. For further information contact USDA Rural Development at 432-336-5206 ext. 118.

A general location map of the proposal is shown below.



WTCC: 07-09-15

Unknown underdog dethrones hot dog eating champ

By Steve Escajeda
Special to the Courier

It is often said that in many ways, sports can imitate life.

The similarities come in many forms. There is the jubilation that comes with victory, there's frustration that comes with underachievement, there's heartache that comes with defeat and there's satisfaction that comes with proving the masses wrong... among countless other emotions.

One of the most intriguing reactions people can relate to sports has to do with expectations.

In sports, as in life, competitors are slotted into categories. Some are labeled winners, some losers, other categories include hard-workers, lazy, over-achievers, divas, brown-nosers, selfish and selfless.

So it goes without saying that one of the best encounters in both sports, and life, is when a winner is pitted against someone who isn't perceived to be in the same hemisphere – let alone the same category.

And though 98% of the time the

outcome in these mismatches goes to the heavy favorite, once in a great while the little guy reminds us all that the impossible isn't always so.

It may not have been Buster Douglas' shocking knockout of Mike Tyson, or the USA's "miracle on ice" upset of the Russians, or even Texas Western's coming from nowhere to beat powerful Kentucky in the 1966 NCAA title game, but in the gluttonous world of competitive eating – it was a gut-wrenching shocker.

Eight-time reigning champion Joey Chestnut had been used to raising the mustard-yellow belt signifying his domination as the world's #1 hot dog eater – in bulk, of course.

Chestnut had won the annual Fourth of July Nathan's Famous Hot Dog Eating Contest every year for nearly a decade – until last Saturday. His personal best, and the record, is 69 hot dogs.

While most of the competitive eaters at this year's event looked the part, diminutive challenger Matt Stonie, all 130 pounds of him, definitely looked like he had bitten off way more than he could chew.

But in one of those defining "I remember where I was" moments that occur quite

rarely, Stonie pulled the upset of upsets, out-devouring Chestnut 62 hot dogs to 60.

To put the caloric consumption into perspective, that's 62 hot dogs in 10 minutes. That comes out to over six hot dogs per minute – for 10 minutes!

How many hot dogs did you have on the Fourth of July before you waved the red, blue and white flag and uttered the words, "no mas?"

To his credit, Chestnut was gracious in defeat and admitted that he just had a bad day. With 60 hot dogs in this system, he probably had a bad night and next morning as well.

The understated Stonie was his usual quiet self after the victory, thanking everyone who helped him gobble up the competition.

And at 130 pounds and thin as a rail, one couldn't help but wonder where all those hot dogs went?

In a performance that would have made David Blaine wonder in disbelief, Stonie made the hot dogs disappear one-by-one into thin skin.

It was kind of like watching a video of one of those Boas inhaling an animal much larger than itself – only at a feverish

pace. Watching all those guys drench their hot dogs in water to help them slide down the gullet wasn't the most attractive of sights – in fact, it probably drummed up another emotion humans can relate to – disgust.

And still another emotion average citizens share with sports is the whole idea of revenge.

Chestnut said after the contest that he would work harder than ever to take back his title next year.

Work harder than ever?

Other than an expansive surgical procedure, I don't know how anyone can work harder to expand their stomach to make way for even more hot dogs. But if it's humanly possible, I guess Mr. Chestnut will find a way.

As for Stonie, who is just 23 by the way, the challenge will be not to become satisfied now that he sits at the top of the food chain.

Like fellow champions Tom Brady, LeBron James, Peyton Manning, Derek Jeter, Roger Mayweather, Michael Phelps and Tiger Woods, hot dog's top dog will have to avoid complacency.

But until then, frankly speaking, Stonie should relax and relish his victory.

A sporting view By Mark Vasto

A Rose by any other game

After two consecutive years of rather nice "farewell tours" for Mariano Rivera and Derek Jeter, baseball fans have been treated this year to a different spectacle altogether with Alex Rodriguez and Pete Rose.

For Rodriguez, his is a series-by-series walk of shame. With every legendary name he passes in the record book – Roberto Clemente, Willie Mays, Frank Robinson – it becomes more and more apparent that what

you are watching is not some great sporting feat, but rather an asterisk in action. His name will never be enshrined in Cooperstown, and although he is the greatest Yankee third baseman of all-time in terms of statistics, his face will never adorn a monument out in center field.

What you are seeing with A-Rod is how a fan base is

willing to forgive a player of his past sins as long as he can still hit, and for everyone else he is still good enough to be a worthwhile foil. His career will be over soon, and he will fade into history quicker than most people would have you believe. There are enough highlights to fill the reels many times over in the baseball archives. His feats will not be missed.

The reason why people suspect we may be talking about Rodriguez is largely due to Pete Rose. Rose – Charlie Hustle – the guy who bowled over Ray Fosse in an All-Star Game in

order to score a measly run in an exhibition; the guy who slid head first, and played any position you told him to play without complaint. Rose... the last of the old-time baseball players, the link to the 1960s for the '80s generation, the last player-manager and the game's all-time hits leader. Rose... the guy who is banned from baseball for betting on its games.

Rodriguez won't be banned from the game. He'll still come back to old-timer's games. So will Roger Clemens and Barry

See SPORTS, Page 8

FOOTBALL IS BACK

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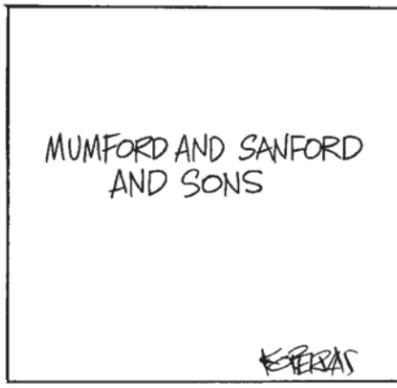
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Comix

OUT ON A LIMB By Gary Kopervas



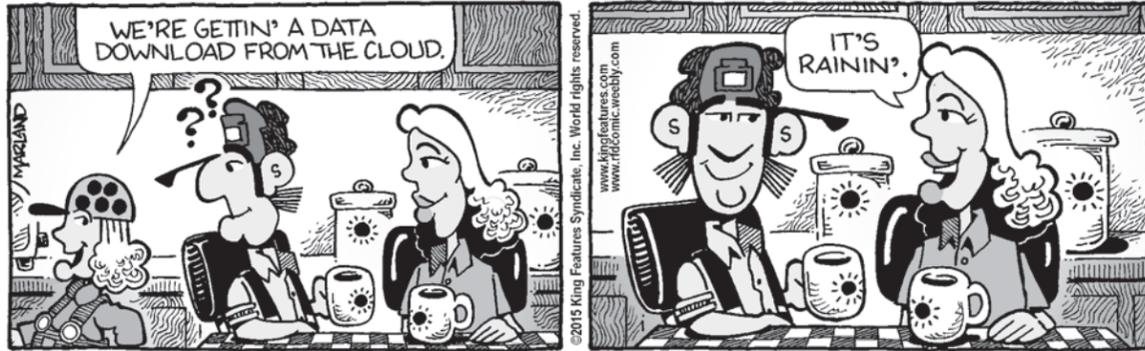
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I am a 56-year-old female. I recently have been having terrible pain in my joints. It is so bad at night that I can't sleep. Mainly the pain is in my neck, ribs, elbows, knees and wrists. My finger joints have hurt for years. I recently went to a rheumatologist because I had an elevated rheumatoid factor (it wasn't extremely high). I was told I have arthritis and a high risk for rheumatoid arthritis. I was then diagnosed with fibromyalgia. I was shocked and embarrassed! I had always thought that fibro was not a real disease. I feel bad and tired almost every day, and I am so sick of it! - S.S.

other way around. Before making the diagnosis of fibromyalgia, your rheumatologist had to exclude other possible causes, such as rheumatoid arthritis, restless leg syndrome and thyroid disease. This isn't always easy or straightforward, and requires experience. My opinion is that it is better to have a diagnosis of fibromyalgia because, even though fibromyalgia isn't completely understood, it is a starting point for understanding and treating chronic pain. Tricyclic antidepressants are the most common initial treatment of fibromyalgia, because they affect the way pain is processed. They are usually started at far, far below the effective dose for depression. Feeling a sense of control over the pain, continuing to work and exercising more are all associated with a better outcome in fibromyalgia.

Some of my colleagues still doubt it, but I think that fibromyalgia certainly is a real disease. There is no doubt that there are a large number of people with chronic pain in the muscles and soft tissues who meet the diagnostic tests for fibromyalgia, which are all based on history and exam - there's no blood test or X-ray for fibromyalgia, but that doesn't mean it isn't real. The current thinking is that fibromyalgia is due to alterations in the perception of pain by the central nervous system. The most common symptom is aching in the body, usually in the muscles and joints. Although there are specific commonly tender spots that clinicians look for on exam, the diagnosis of fibromyalgia can be made without them. Fatigue and poor-quality sleep also are nearly universal in fibromyalgia. Depression is highly prevalent in people with fibromyalgia, and in my opinion, the depression is more likely caused by the chronic pain and fatigue than the

DEAR DR. ROACH: My brother-in-law was prescribed warfarin several years ago after a stroke. He claimed that it was made from rat poison and refused to take it. Is it, in fact, made from rat poison? - D.K.

Yes, warfarin (Coumadin) was used as rat poison. Some rat poisons are still relatives of warfarin. However, that doesn't mean he shouldn't take it. The difference between a medicine and a poison is often one of dosing. Warfarin is reasonably safe when used correctly, and it can significantly reduce the risk of a second

See HEALTH, Page 8

Super Crossword

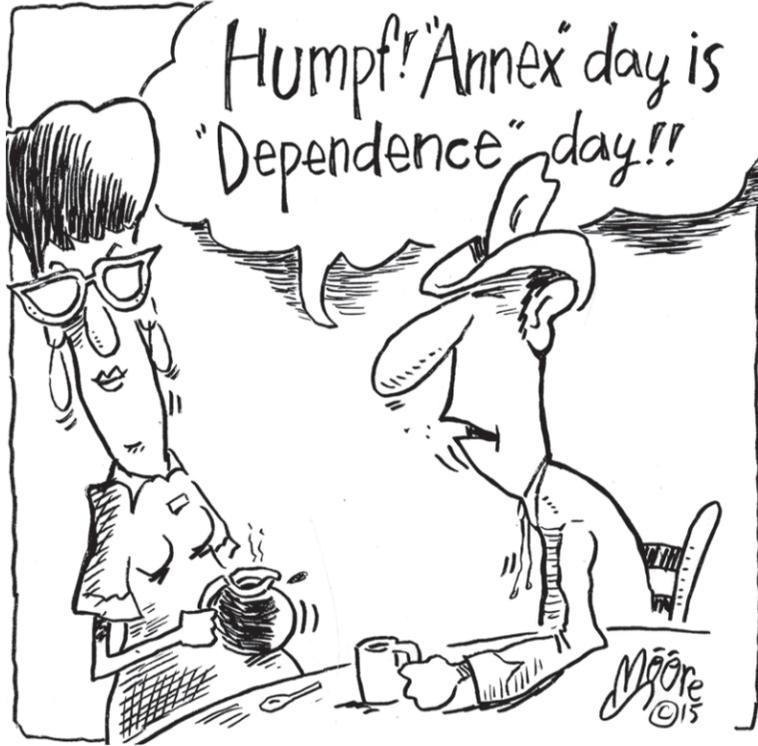
- BUG-INFESTED ACROSS**
- 1 Subject to quizzing
 - 9 Analyzed, as ore
 - 16 A little of a lot
 - 20 Not positive about
 - 21 Placards and posters
 - 22 Scheme
 - 23 Insect from East Sussex?
 - 25 Bucket
 - 26 Mechanical twisting
 - 27 Singer Young
 - 29 Thurman of "Bel Ami"
 - 30 Cato's 2,002
 - 33 Ho-hum grades
 - 34 Insect enjoying a novel?
 - 38 Tiny charged thing
 - 39 Had life
 - 40 Plains tent
 - 42 Diner activity
 - 43 Think it's terrific when insects wed?
 - 48 Iowa, for one
 - 49 Bell sounds
 - 50 It's "just a number"
 - 51 Form a bloc
 - 53 Use a couch
 - 54 Use a bed
 - 55 Fire-starting stones
 - 58 Puppy bites
 - 62 Joins, redundantly
 - 65 Insect with a shiner?
 - 67 Low_ graphics
 - 68 _Jima
 - 69 Opposite of everybody
 - 70 " _ Blu Dipinto di Blu" (1958 hit song)
 - 71 USSR's Cold War foe
 - 72 Insect mailing a package?
 - 75 Stabs, so to speak
 - 77 Baseballer
 - 78 Chides
 - 79 Cry to a matador
 - 80 Alternate spelling of a wd.
 - 81 Remove from a mailing list, informally
 - 83 All _ sudden
 - 84 Oater bar
 - 87 See 105-Across
 - 90 More sizable lake swimmer, from an insect's perspective?
 - 95 Triple Crown town on Long Island
 - 97 Chicago air hub
 - 98 Iowa college
 - 99 Grafton's _ for Evidence"
 - 100 Don't notice an insect?
 - 103 Martha of old comedy
 - 105 With 87-Across, Jerry Stiller's wife
 - 106 Laugh half
 - 107 Faith faction
 - 108 Mortars' mates
 - 110 _ for the long term
 - 112 Insect that's an agent to celebrities?
 - 119 "Ixnay"
 - 120 Ductile
 - 121 Mends
 - 122 Increase
 - 123 Turn traitor
 - 124 Having vowel rhyme
 - DOWN**
 - 1 Bathing spot
 - 2 Charlotte-to-Raleigh dir.
 - 3 Erie-to-Raleigh dir.
 - 4 " _ Frutti"
 - 5 Guthrie of folk
 - 6 Bar recyclables
 - 7 Least tense
 - 8 Escort in "The Hunger Games"
 - 9 Slippery _ eel
 - 10 Auntie, to Dad
 - 11 USMC NCO
 - 12 Singer DiFranco
 - 13 One-named New Ager
 - 14 Urged (on)
 - 15 Craving
 - 16 Angry Birds, for one
 - 17 Supermodel
 - 18 Apparel
 - 19 Increase
 - 24 Kidnappee, at times
 - 28 Slightest
 - 30 "1%" drink
 - 31 Europa, e.g.
 - 32 Buys, as stock
 - 34 Mar. follower
 - 35 Architect I.M. from China
 - 36 "... from man, made _ woman": Genesis 2:22
 - 37 Go to
 - 39 Racecar driver
 - 41 Previous to
 - 44 Tahari of fashion
 - 45 Chief
 - 46 Icky stuff
 - 47 Multination cooperation
 - 52 "The best _ to come"
 - 54 Pride baby
 - 55 See 57-Down
 - 56 Lang of Smallville
 - 57 With 55-Down, frozen floating sheets
 - 59 Advil is a brand of it
 - 60 Irking insect
 - 61 A whole lot
 - 62 Once, once
 - 63 Longtime soda brand
 - 64 _ chard
 - 65 Fearless
 - 66 Give a lift to
 - 69 Pro Bowl gp.
 - 73 Add abundantly, as salt
 - 74 Desert in east Asia
 - 75 Jai tail?
 - 76 St. _ (resort near Rennes)
 - 79 Bidding one
 - 82 Some iPods
 - 83 Bobby of the NHL
 - 84 Barefoot, perhaps
 - 85 Actor Ken
 - 86 NASDAQ counterpart
 - 87 Fitting together
 - 88 The Beatles' Darrell
 - 89 Italian explorer
 - 90 Vespucci
 - 91 URL ending
 - 92 J preceders
 - 93 Ending for ether or arbor
 - 94 Crop loppers
 - 96 Dweebs
 - 101 Collège or université
 - 102 Net sales?
 - 104 "Ad _ per aspera"
 - 105 _ Martin (James Bond's car)
 - 108 Shelley, e.g.
 - 109 This, in Peru
 - 111 Triple-A job
 - 113 Hitter Ripken
 - 114 "Girls" ainer
 - 115 Winter bug
 - 116 Parseghian of football
 - 117 " _ and Stimpj"
 - 118 Onetime JFK jet

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MOORE TEXAS

by Roger Todd Moore

July 4, 1845: Texas accepts annexation into the U.S.A. A proud independent republic becomes a state.



Social Security Q&A

By Ray Vigil

Q: Often, I need assistance with day-to-day tasks. My daughter offered to help me with my Social Security claim and wants to represent me. Is that okay?

A: You can choose to have a representative help you when you do business with Social Security. We'll work with your representative in the same way we would work with you. Select a qualified person, because this person will act for you in most Social Security matters. First, you will need to fill out the Appoint a Representative form at www.socialsecurity.gov/forms/1696.pdf. Keep in mind that an attorney or other individual who wants to collect a fee for providing services in connection with a claim must generally obtain our prior authorization.

call us toll free at 1-800-772-1213 (TTY 1-800-325-0778) to schedule an appointment with a Social Security representative. When you meet with a representative, bring the items listed in our online publication, Supplemental Security Income (SSI), available at www.socialsecurity.gov/pubs. Even if you do not have all of the things listed, apply anyway. The Social Security staff in your local office can provide guidance to help you get the information you need.

Q: I was turned down for Supplemental Security Income (SSI); can I appeal the decision?

A: If you disagree with a decision made on your SSI claim, you can appeal it. Learn more about appealing a decision, including how to submit your appeal online, at www.socialsecurity.gov/disabilityssi/appeal.html.

Q: If I have a question about my Medicare bill, who should I contact?

A: First, contact your provider. If you are unable to get your question answered or the problem resolved, then contact

1-800 MEDICARE (1-800-633-4227). For more information about Medicare benefits, visit www.medicare.gov.

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.

Sports

From Page 6

Bonds. Mark McGwire will still be a coach in the league. Rose, however, will always be the guy on the outside of the fence, desperate and longing for one brief glimpse of what lies on the other side. No other disgraced athlete has captured our imagination in much the same way as Rose, and there have been plenty of disgraceful athletes. No, it's Rose's lifelong campaign to end his lifelong ban that keeps him alive in our minds.

Rose will be allowed to participate in the All-Star Weekend this season, and as in every other year, there will be talk about lifting the ban so he can enter the Hall of Fame. Rose will point at A-Rod and the dopers of the game and say his crime wasn't any worse, and he will try again for reinstatement to the game he loves.

Don't bet on it, Pete. If it was any other game, you'd have that shot, but baseball keeps two sets of books, and you'll always be in the wrong one.

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

Health

From Page 7

stroke. There are also some newer options, such as Pradaxa and Xarelto. Your brother should reconsider the risks and benefits.

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 Pamphlets, 628 Virginia Drive, Orlando, FL 32803. (c) 2015 North America Synd., Inc. All Rights Reserved.

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.

	÷		+		9
-		-		-	
	-		×		5
+		×		÷	
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6		5		1	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 5 6 7 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

	1		7	3				5
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		5		6			1	8
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Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ★

★ Moderate ★★ Challenging

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: H equals E

NHDOZX QHUQYLIDWYDN BHQ
XJMDN GIGX, Y BHIQW OBH
LJOBHQ HZHUBIDO PBJMOYDN

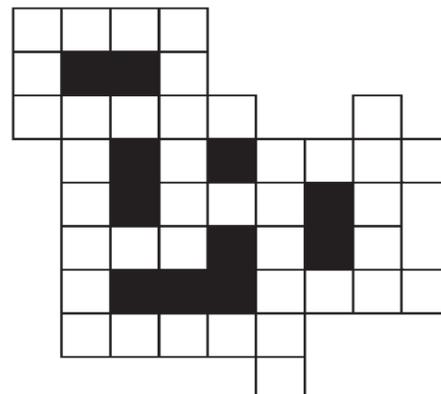
"OMPA OMPA!"

Answer Page 4

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- THU
- ♥ CRETEN
- IMPER
- ♥ OSST
- PHACUB
- MUC
- SAPH
- ♥ SERET
- ♥ EUS
- RUMSIP
- RHIDT
- UBRC



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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