



NEWSBRIEFS

Horseshoes and bargains

The Oz Glaze Senior Center is having its annual Horseshoe Tournament and Garage Sale September 12, 2015. Garage Sale starts at 9:00 a.m. with set up at 8:00 a.m. Space rentals are \$10.00. The horseshoe contest starts at 10:00 a.m. with trophies for 1st place in the men's and women's division. 2nd place will receive plaques.

— Judi Versllype

Marital bliss

Those ubiquitous researchers are at it again. This time they seem to have found the secret to a happy marriage. It's all about husbands being nice to their wives, says the Association of Mature American Citizens. Experts at Rutgers University in New Jersey, the Universities of Chicago and California and up north at the University of Calgary appear to agree that when the wife is happy, the husband is happy, too. Rutgers' Professor Deborah Carr says it all comes down "to the fact that when a wife is satisfied with the marriage she tends to do a lot more for her husband, which has a positive effect on his life." Calgary's Dr. Susan Boon, an expert on interpersonal relationships, says both spouses need to remain positive if their marriage is to be successful. Sociologist James Iveniuk in Chicago agrees. "Wives whose husbands show higher levels of positivity reported less conflict," he says. And, psychologist Lian Bloch at UC Berkeley noted that his study showed that "a stable union depends on the wife's happiness."

— John Grimaldi

Life sentence?

He told the judge that he punched his girlfriend's ex-boyfriend for insulting her. The judge accepted his guilty plea and told the young man he had the choice of 15 days in jail or marriage. It happened in Texas, reports the Association of Mature American Citizens. The prisoner opted for life with his sweetheart. But the story doesn't end there. Smith County Court-at-Law Judge Randall Rogers came under fire by advocates for the separation of Church and State filed a protest almost immediately after he pronounced his sentence. It is unclear whether they were protesting the marriage option or the fact that

See BRIEFS, Page 5

Be cautious in choosing friends, and be more cautious in changing them.

— Quips & Quotes



— Photo by Alfredo Vasquez

NUTRITIONAL – One-quarter cup of pumpkin seeds contains nearly half of the recommended daily amount of magnesium, which has a wide range of vital physiological functions including creation of ATP (adenosine triphosphate – the energy molecules of the body), synthesis of RNA and DNA, pumping of the heart, proper bone and tooth formation, relaxation of blood vessels, and proper bowel function.

Pumpkin seeds have healthy benefits

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With the advent of another fall season, the pumpkin seems to take center stage this time of the year. And, with it comes its seeds that are truly a gift of nature.

Pumpkin seeds are nutritional powerhouses wrapped up in a very small

package with a wide variety of nutrients ranging from magnesium and manganese to copper, protein and zinc. They also contain plant compounds known as phytosterols and free-radical scavenging antioxidants, which can give a person's health an added boost. (Phytosterols are plant compounds with chemical structures similar to that of cholesterol).

Best of all, because pumpkin seeds are highly portable and require no

refrigeration, they make an excellent snack to keep when one is on the go, or they can be used as a quick anytime snack at home.

Essentially, pumpkin seeds are edible kernels of fruit pumpkin. The squash-like fruit is in the Cucurbitaceae family of vegetables native to Mexico. In the Central Americas, hulled and gently roasted pumpkin kernels are popularly known as Pepitas.

Today, researchers have consistently confirmed that pepitas add to a healthy and balanced diet. Studies show that these seeds are a dietary source of power as it contains sufficient amounts of essential minerals like copper, manganese, potassium, calcium, iron, magnesium, zinc and selenium.

Researchers even claim that pumpkin seeds have the power to alter disease processes in the body because they contain plant compounds, such as phytosterols and various antioxidants that reduce blood cholesterol level, enhance immunity, and decrease the risk of certain cancers.

Furthermore, the bright red/orange color of the pumpkin, researchers point out, indicates the presence of beta-carotene that is a powerful immune stimulant that activates the immune system. Recent studies have shown that beta-carotene can give the human body a boost to fight cancer, prevent DNA damage, and remove the substances that are responsible for cancer.

For a long time, pumpkin seeds have been used as a traditional medicine for

Socorro ISD Board of Trustees named 2015 Texas Honor Board

By Christina Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District (SISD) Board of Trustees has been named a 2015 Texas Honor Board, one of the highest achievements a school board in the state of Texas can earn. Earlier this year, the SISD Board of Trustees won Region 19 Board of the Year, which put them in the running for the honor board achievement.

This is the second year the board has been named Region 19 Board of the Year and the first time they have been recognized as a Texas Honor Board.

"This honor speaks volumes for the hard work, commitment and ethical leadership that our Board of Trustees has consistently delivered for Team SISD," said SISD Superintendent of

Schools José Espinoza. "To be named a Texas Honor Board in a state with more than 1,000 school districts shines the spotlight on an exceptional group of dedicated citizens and their excellent school governance. They truly are serving the students and community in Team SISD with outstanding leadership."

The SISD Board earned the recognition as part of the 2015 Texas Association of School Administrators (TASA) School Board Awards. They were selected as the top school board in El Paso County and as a Texas Honor Board for their commitment to ethics, support of academic excellence, dedication to their constituents and community, and their passion for top-notch teaching and learning in Team SISD.

The SISD Board of Trustees is one of

See SISD, Page 5

See SEEDS, Page 5

Finances By Nathaniel Sillin

How the Tooth Fairy can teach your kids about money

When those first baby teeth start wobbling, you and the Tooth Fairy can combine forces to teach your kids about money.

Visa's latest annual Tooth Fairy survey indicates that the average price of a lost tooth is \$3.19 in 2015.

This is the fourth consecutive year that young Americans are finding more than \$3 under their pillows from the fabled fairy. That puts a full set of 20 departing baby teeth around \$63. The survey also found that the most common monetary

gift given by the Tooth Fairy is \$1, and that dads report the Tooth Fairy is more generous, giving nearly 27 percent more than what moms report.

First, how much should parents give? Visa offers a free Tooth Fairy app (www.practicalmoneyskills.com/apps) for iOS and Android devices and an online calculator (www.practicalmoneyskills.com/toothfairy) to help parents determine an appropriate amount for children to receive per lost tooth. While not an endorsement of how much money children should receive, the app and calculator uses Visa's latest survey data and demographic factors such as gender, age, home state, family size, marital status, income and education levels to formulate how much money the Tooth Fairy is leaving in comparable households.

You might consider giving kids a piggy bank – or a series of piggy banks for specific purposes such as spending, saving or investing – to have ready once that first tooth comes out. Talk with your child about the importance of putting some money away when it comes in for various purposes including charity, so he or she learns about the importance of helping those with less.

Here's how the Tooth Fairy can help you guide your kids through their first-time money activities:

Learning to handle coins and currency. Kids need a bit of time to get to know coins and bills – what they feel like, what they're worth and how they're used.

Start by letting them handle a few coins and then start identifying their value – how five pennies make a nickel and two nickels make a dime, and so on. Before a child can save, spend, invest or share, they have to understand the value of money that the Tooth Fairy has left under their pillow.

Making their first purchases. Tooth Fairy money may be a child's first source of income. Teaching your kids about the value of money is an important lesson. It's a chance to balance fun and priorities, wants and needs. Once a certain amount of money is set aside for savings, then head to the store with your kid to look for a small toy or treat. It's important to discuss the item first and to encourage comparison-shopping for the best price. But once the item is selected, put the child in charge of the transaction.

Dealing with other sources of monetary gifts. The Tooth Fairy often provides that first connection between kids and cash, but other money resources usually arrive soon afterward. Starting school means allowances and children may already be getting birthday and holiday gifts of cash from friends and relatives.

With every new source of funds, keep the discussion going on the importance of spending wisely while saving, investing and giving to those in need.

Budgeting. As kids get older and start using money more extensively, introduce them to the concept of budgeting – the practice of tracking, counting and allocating spending. Parents might want to give themselves a refresher course (<http://www.practicalmoneyskills.com/budgeting>) if they're not consistent about budgeting their own money.

Moving from piggy banks to real banks. Kids can keep a piggy bank around as long it's effective, but kids need to see how adults handle money. Regular trips to the bank allow children to ask questions about how banks work and why they're important. Eventually, they'll be ready for their first savings account. See what account savings options your bank provides for young children.

Bottom line: Lost teeth are an educational gold mine for your kid. You and the Tooth Fairy can work together to make each little windfall an important lesson about money.

Nathaniel Sillin directs Visa's financial education programs.

Veterans Post By Freddy Groves

Smoke and mirrors

Allison Hickey, VA's Office of the Inspector undersecretary for benefits at the Department of Veterans Affairs, says the number of backlog disability claims has gone down to 98,535, the first time since 2013 that it's been below 100,000. "Backlog" is the term for claims that are 125 days old or older.

That 98,535 number isn't the total number of claims. That number currently stands at 362,799 disability and pension claims, with an average of 105 days pending. During August 2015, processing was taking an average of 149 days, and all of 2015 averages at 172 days.

How to handle all those claims? Kick it back to the veteran for more information, and label the claim closed? Deny a claim and label it closed until the veteran objects and appeals? Leave boxes of claims unopened so they're not included in the numbers?

Or do a little shredding of veterans' information, as was done in Philadelphia and nine other regional offices. The

VA's Office of the Inspector General is still looking into that. Allegations are that documentation sent in by veterans in furtherance of their claims was dumped in bins for shredding in some offices. That means the info was never added to the files, which could affect claims because they would be incomplete. In at least one office, there hadn't been a records management officer for seven months to oversee any shredding.

The number of appeals pending in the Monday Morning report for June 1, 2015, was 303,724. Within approximately 75 days, that number jumped to 313,338 appeals.

Six years ago the VA wanted to clear the over-125 days backlog by the end of 2015. For three years, claims handlers at the VA have been required to put in 20 extra hours per month to clear the backlog.

Think they'll make it?

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COMANCHE TRAIL PIPELINE

Open House

Energy Transfer Partners invites landowners, local officials and other interested parties to attend an open house from 5:30pm - 7:30pm to meet project representatives who can answer your questions on the project timeline, the proposed route, and the local benefits.

This is part of Energy Transfer's ongoing commitment to maintaining an open dialogue with citizens of El Paso County, aimed at fostering a better understanding of the project and its benefits.

The Comanche Trail Pipeline is a 195-mile, 42-inch pipeline designed to transport 1.1 billion cubic feet per day of clean-burning natural gas to both sides of the Texas-Mexico border. The project is expected to be in-service by the end of Q1 2017.

Where/When:

Tues, Sept 15, 2015 | 5:30pm - 7:30pm
Clint Community Center
200 N San Elizario Road
Clint, TX 79836



For more information visit www.comanchetrailpipelinefacts.com or call toll-free to 1-800-246-7976.





Workers counting on Social Security despite funding issues

By John Grimaldi
Special to the Courier

NATION – Long-range funding doubts notwithstanding, recent polling shows that more workers than ever before are counting on Social Security as a “major source” of their retirement income, reports Gallup.

The pollsters found that more than a third of the workforce has high expectations about the role Social Security will play in retirement compared to just over a quarter of those surveyed a decade ago.

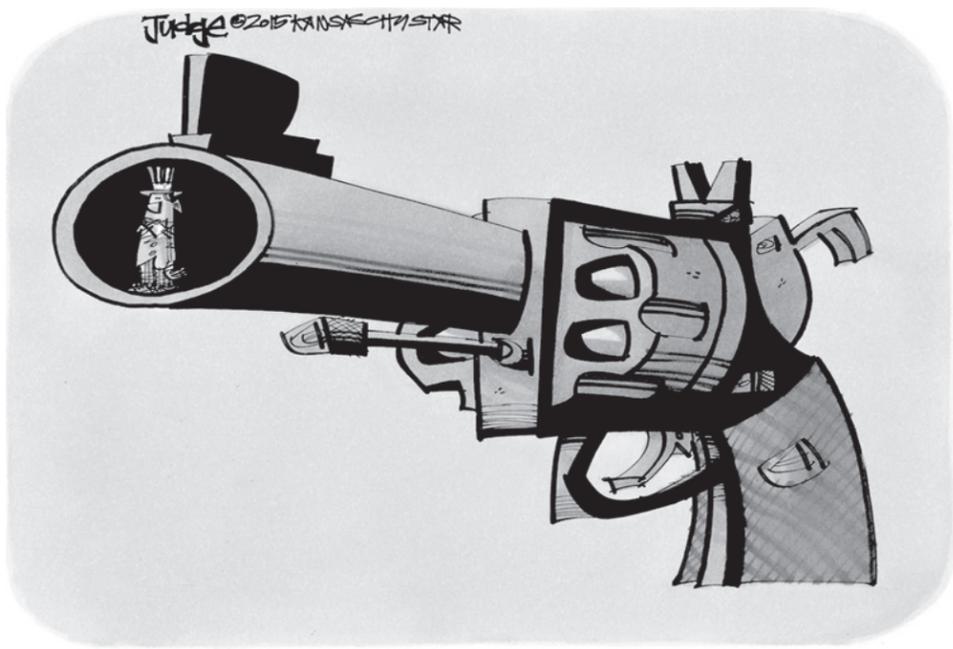
According to Gallup, in addition to the 36% of nonretirees expecting Social Security to be a major source of retirement income, another 48% believe it will be a minor source. Fourteen percent do not expect Social Security to be a source of retirement funds for them at all.

“But unless Congress acts to bridge Social Security’s widening long-term funding gap in a timely and adequate

fashion, those expectations may not be met. In fact, the Congressional Budget Office recently reported that the funding gap is more than four times what it was in 2008. And, the reality is that the Social Security Old Age Survivors Insurance and Disability Insurance funds are in trouble. In fact, the Disability Fund has had five consecutive years of deficits and next year it may be forced to reduce payouts to recipients. The Old Age fund is not in much better shape and could be forced to do the same as early as 2033. So, while the Gallup poll may be an accurate snapshot, it falls short of describing the big picture,” Dan Weber, president of the Association of Mature American Citizens, said.

Weber and his senior advocacy organization have focused on the Social Security dilemma as a top priority. They’ve been holding dozens of meetings on Capitol Hill seeking to make the issue a priority for lawmakers. They have also

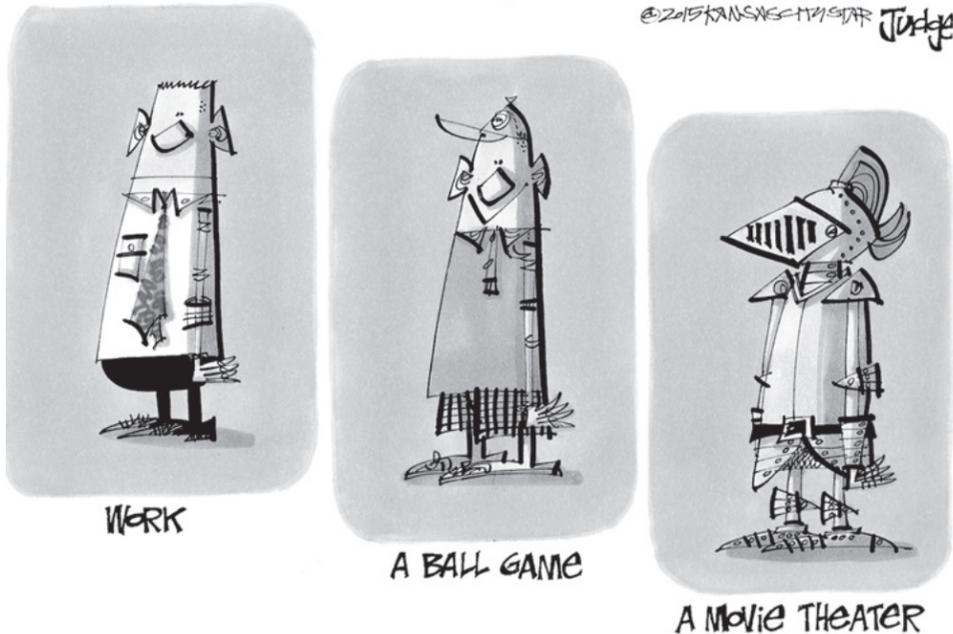
See WORKERS, Page 5



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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 or call 1-888-693-NDEP (6337); TTY: 1-866-569-1162.



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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STRANGE BUT TRUE

By Samantha Weaver

- It was noted author and Nobel laureate Ernest Hemingway who made the following sage observation: "Never think that war, no matter how justified, is not a crime. Ask the infantry and ask the dead." He would know; he volunteered as an ambulance driver on the Italian front during World War I.

- Poets, take note: The words "orange," "month," "purple" and "silver" have no rhyming words in English.

- Historians say that Queen Victoria didn't like knocking at doors; she preferred scratching.

- If you're interested in space, you are probably aware that the second person to walk on the moon was Buzz Aldrin. Most likely, though, you didn't know that his mother's maiden name was Moon. Aldrin kept this fact a secret from NASA – he was evidently concerned that his bosses would think he was somehow trying to gain favor.

- It's been reported that in the early days of the Christian church, forks were considered to be inappropriate.

- Those who study such things say that deep-sea anglerfish mate for life – the male's life, anyway. The female is much larger than the male, and when they mate the male attaches himself to her abdomen – where he remains, living as a parasite, until he dies.

- If you have detected the presence of the paranormal by olfactory means, you've experienced "clairalience."

- The ancient Inca believed that an eclipse was caused when the mood goddess was under attack by a giant snake. Whenever this event occurred, the Inca made lots of noise, believing that the cacophony would scare the snake away.

Thought for the Day: "We now know that memories are not fixed or frozen, like Proust's jars of preserves in a larder, but are transformed, disassembled, reassembled and recategorized with every act of recollection."

– Oliver Sacks

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Workers

From Page 3

set up a dedicated Web site called socialsecurityreport.org to raise awareness. AMAC has gone so far as to propose what it calls a Social Security Guarantee. It suggests the implementation of age setbacks for future recipients, guaranteed cost of living adjustments and the provision for an individual, discretionary retirement savings plan.

AMAC calls the savings plan an Early Retirement Account or ERA, which Weber describes as a way for those paying into Social Security to have some control of how the money is invested. It's similar to an IRA or a 401(k) plan, he says. But, in order to ensure that the ERA users avoid risky investments, half of the money deposited in their ERA accounts would have to be invested in guaranteed interest products such as government bonds or annuity contracts. Workers would be free to invest their balances in any other investment that meets certain suitability standards.

Surveys conducted in recent years suggest a voluntary, personal Social Security supplement such as the ERA would be popular. "It's easy to understand, it's voluntary and it's a logical hedge against the vagaries of the future," Weber explained.

He said that he's "riled by attempts to ignore the facts and to obfuscate the issue by suggesting solutions such as immigration reform on the theory that providing a pathway to citizenship will mean new workers and new funding. What we need is a real, dedicated, long-term solution for Social Security, not pie-in-the-sky theories to avoid making hard decisions."

Weber said that Washington is "waking up to the fact that an ERA is a necessary component of any Social Security solution. Even President Obama appears to agree that it is a good thing, having proposed a baby-step in the right direction that the president calls a MyRA. It's a baby step in the right direction but the MyRA would put the government in control. The president, himself, described his idea as a 'starter savings account.' The ERA we propose would offer even greater benefits and incentives for users and puts control of their plans in their hands, not the government."

Seeds

From Page 1

prostate cancer in many countries. Now, scientists world-wide are finding that the elements in the seeds do help in preventing prostate cancer development, and they attribute it to the phytosterols, mineral zinc, and essential fatty acids that the seeds contain.

Pumpkin seeds are also said to help curb diabetes, one of the fastest growing health problems in the world. Because pumpkin seeds contain large amounts of Nicotinic acid, Trigonelline, and D-chiro-inositol, researchers have reported that Nicotinic acid and D-chiro-inositol help control blood sugar which, in turn, helps prevent diabetes.

To add to the pumpkin seeds' list of natural benefits, they have also shown to improve a person's eye vision. The small seeds are a great source of zinc, vitamin E, vitamin A, beta-carotene, and zeaxanthin which studies show helps improve a person's vision.

According to the American Optometric Association, individuals with impaired vision and cataracts are often deficient in zinc. Zinc enables vitamin A to travel from the liver to eye's retina to create melanin, which is a pigment that protects the eye. Consequently, zinc deficiency can lead to infection in any part of the body, including the eyes. Pumpkin seed are loaded with zinc.

So, next time that you are in the mood for a chewy snack that doubles as a phenomenal health food, look no further than pumpkin seeds.

SISD

From Page 1

five Texas Honor Boards chosen by TASA. The 2015 Texas' Outstanding School Board will be chosen from those five honor boards. All regional and honor boards are recognized at the TASA/TASB Convention, that will take place in the fall.

TASA created the School Board Awards Program in 1971 to recognize school boards whose dedication and ethical service have made a positive impact on the schoolchildren of Texas.

"I am extremely proud and honored to be part of this incredible team of board trustees," Espinoza said. "They are the number one reason we are 'Achieving Success as a Team!'"

Briefs

From Page 1

Judge Rogers also ordered the defendant to read the bible and copy verses from the good book.

– John Grimaldi

Wanted

A couple is believed to be responsible for breaking into a home in west El Paso and one of the suspects threatened a witness to flee the scene. Detectives from the El Paso Police Department are asking for your help in identifying these burglars, through the Crime Stoppers, "Crime of the Week." The break in took place just before 4p.m., on the afternoon, of Friday, July

17th 2015. The male suspect approached the front door to a home at the 1100 block of Thunderbird, and broke the glass to the front door. The suspect managed to unlock the door and entered the home. A neighbor who heard the glass break went towards the house and saw both suspects and a vehicle in front of the house. The male suspect yelled at the neighbor to stay back or he was going to hurt him and managed to flee the scene. The suspects are described as a Hispanic male, in his 20s or 30s, he appears to have tattoos covering both arms, and has a heavy build. The female suspect is described as Hispanic, in her middle 20's, with a heavy build, and a light complexion, she

also may have tattoos on at least one of her arms. The vehicle used by the suspect is a purple colored Chevrolet Trailblazer with New Mexico license plates. Anyone with information on the identity of these burglars is asked to call Crime Stoppers of El Paso immediately at 566-8477(TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word "CRIME1" (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

– Javier Sambrano

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Miners' season shouldn't be judged by first loss

By Steve Escajeda
Special to the Courier

It was like a rerun of one of those monster movies.

You know the ones, where no matter what the town's military and police try, the mammoth beast wreaks havoc on everything within a 10-mile radius.

They try everything in their arsenal, they attack on the ground and through the air, but the creature is just too big, too strong, and too nasty.

The monster destroys the city.

Of course, we all know that later in the movie the city's forces will learn from its mistakes and some how, some way, rebound to earn victory in the end.

For the UTEP Miners' football team, which was destroyed by an evil overgrown Razorback last Saturday, their "later in the movie" is still to come.

Yes, the Miners were no match in the opening scene of their season. Arkansas was just too big, too strong and too nasty for the Miners to deal with.

The silver lining after that black cloud

in Fayetteville is that the Miners will have the opportunity to be picked on by teams of their own size for the rest of the season.

Plenty of local fans will start rolling their eyes this week saying "here we go again, another long losing season for the Miners."

But no one should believe that the Miners are ready to compete with Top 25 teams – yet.

I say "yet" because the same was said of Boise State before it became a Top 25 football power. And everyone knows, or should know, that head coach Sean Kugler came from that program as the transition was being made.

And as strange as it may sound, a thorough butt kicking can do a lot for a team. It can remind them of how much harder they have to work, how much harder they have to concentrate, and how much further they still have to advance to be taken seriously.

UTEP's next opponent is another big name on the road, but Texas Tech doesn't have the kind of team it's enjoyed over the last decade or so.

The Red Raiders opened their season a week ago and struggled their way to a 59-45 win over little Sam Houston State.

Texas Tech has always been able to score but their defense gave up a whopping 637 total yards last week and 317 of those were on the ground, which should already have Aaron Jones salivating.

Speaking of Aaron Jones. If the rest of UTEP's players had his heart they'd already be a Top 25 team.

Against the massive cardinal red monster, Jones led the Miners with 83 receiving yards and 70 rushing yards.

And the only touchdown the Miners got last weekend was because the whole Arkansas defense was following Jones as he handed the ball to someone else on an end around.

Fans have to remember that sometimes the opening scene of a movie is created with complete misdirection in mind. Just when things look bleakest, hope tends to rise from nowhere.

The real test for the Miners starts this weekend in Lubbock.

Every team left on the schedule can be beaten. Or at least be looked at eye-to-eye

without having to stand on their tiptoes like they did against the monsters.

A victory against Texas Tech could lead to favored victories over New Mexico State and Incarnate Word. That would put the Miners at 3-1 leading into Conference USA action.

And that first conference game would be in the Sun Bowl against UT San Antonio. Imagine the big crowd they'd have for that one under that scenario.

But we're getting way ahead of ourselves. This kind of thinking will have the Miners at 11-1 at the end of the season.

Fans who are already thinking about jumping off the bandwagon may do so at their own peril.

The season is just beginning and the rest of the schedule is apples against apples. Not apples against the apple-eating creature from the swaps of Arkansas, like last week's movie.

Don't expect any scary sequels.

Like the cinema, a football season is filled with plenty of plot twists.

And usually, for the home fans, it culminates with a happy ending.

A sporting view By Mark Vasto

KC exceptionalism

There is – or was, if you listen to the stylings of Donald Trump – such a thing as "American exceptionalism." I don't really know the textbook definition of that phrase, or its etymology, but I'm pretty sure that American exceptionalism makes it OK if I

don't look it up and just go from the gut on this one.

Here's a story: There was a great restaurant in Kansas City, long since gone because maybe it wasn't all that great, but one day the restaurant was pretty packed. In the door

walks a notorious Kansas City football team executive and his exceptional new wife. He wants a table. His reservation, he is informed, isn't for another 20 minutes. He flicks his left arm out as if he's pulling a switchblade, but it is not. It is an exceptional timepiece... it's Swiss, not American, but exceptional nonetheless.

"Yeah, well according to my \$20,000 watch," he says to the hostess, "it's right now."

The hostess blinks, so I cannot say that she did not bat an eyelash because she did. And she had long, black eyelashes. I'm guessing they were fake, but her response was pretty genuine classic.

"Well... I don't have a watch on, and I can tell you that it's always RIGHT NOW. And your table will be ready in 20 minutes. You're welcome to wait at the bar."

He narrows his eyes and growls like cartoon villain, but he deserved that and so he retreats to the well-appointed bar. The football executive orders a Chardonnay. His wife looks at the cocktail board and inquires

about a few of the drinks and their ingredients.

"What is triple sec?" she asks the bartender. His name is Sean. He is the best in the business. Truly exceptional.

"It's three times the amount of normal sec," he responds.

The executive narrows his eyes again and purses his lips. The wife is bemused, waiting for the real answer I would think, but Sean doubles down.

"Single sec is very weak. We won't carry it here."

She gets the Cosmopolitan, and they both begin talking to other married couples, keeping Swiss

See SPORTS, Page 8

UTEP FOOTBALL HOME OPENER
SEPTEMBER 26 | 6 PM

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UTEP VS INCARNATE WORD
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Comix

OUT ON A LIMB By Gary Kopervas



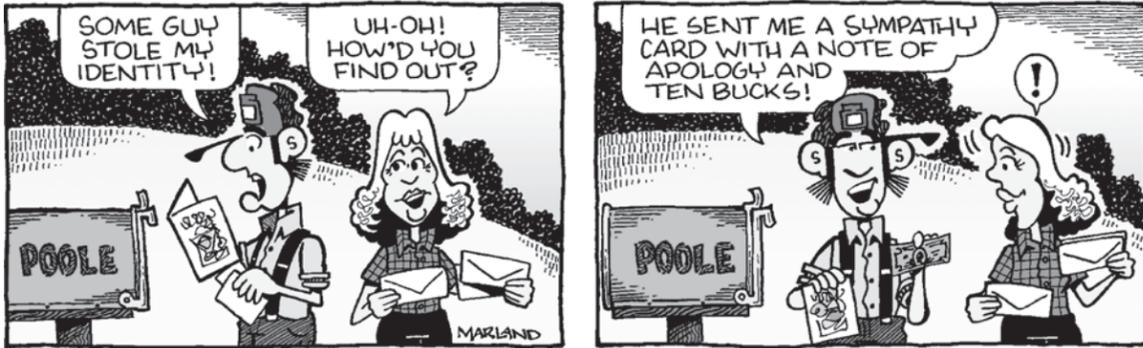
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: Last year, I told my doctor that I no longer wanted to take a statin drug. I had read so much about statins and am on meds for cholesterol and high blood pressure. I am 73, and other than having arthritis in my knees, I am not having problems. My doctor put me on fenofibrate. I am due for my yearly checkup in a few months and don't really know yet how this is working on my cholesterol. I was wondering what your feelings are about this drug. – RS

Learn more about high cholesterol and how to control it in the cholesterol booklet. Readers can order a copy by writing: Dr. Roach – No. 201W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: I am 81 years old and in good health. I am 5 feet, 11 inches tall and weigh 168 pounds, the same as in 1950. My blood pressure and cholesterol are good on treatment, and my pulse is 62. I drink an energy drink three or four times a week after the noon meal, when I don't take a nap and need to keep going. I am a farmer, and am active every day. Are these energy drinks harmful to me? – L.M.W.

I've written a lot about statins, which have been proven to save lives and reduce heart attacks in people with heart disease and also in some people at higher-than-average risk for heart disease. In contrast, although non-statin medications reduce cholesterol, they have not been proven to do what they are really intended to do, which is to prevent heart disease and death.

I suspect that medications like fenofibrate do have a small benefit in protecting the heart; however, I would not use them unless the side effects of statins made it impossible to take one. Often, people intolerant of one statin do well on another. For people at high risk, such as those with previous heart attack or known blockages, I would try a different class of medication. For people at lower risk, I would work on a diet proven to reduce heart disease risk, such as the Mediterranean diet, and encourage regular exercise and use medications such as fenofibrate sparingly or not at all.

Another medication, ezetimibe (Zetia or Ezetrol), also lowers cholesterol but without convincing proof that it lowers heart disease risk. It may be that the mechanism by which statins reduce heart risk is not just through lowering cholesterol.

The caffeine in one energy drink is about 160 mg per 16-ounce can, which is the equivalent of somewhere around a cup or two of regular coffee, depending on how strong you make it. That much caffeine doesn't cause problems for most people, especially for those who are used to it. However, it also has 52 grams of sugar – about 14 teaspoons. My advice is to stick with coffee. You will save money and reduce your sugar intake a lot.

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

Super Crossword

DISORDERLY NEW YEAR ACROSS

- 1 Not live, as a TV show
- 6 Flight in a building
- 12 Nature lover's prefix
- 15 Service station fixture
- 19 Old Olds
- 20 Chicken of _ (tuna brand)
- 21 Digressions
- 23 "The Cosby Show" wife
- 24 Wild-animal tracking aid
- 25 Tree-planting observance
- 26 Try to find a figure of a person carved in oak?
- 29 Goad
- 30 Architect I.M. _
- 31 Ending of sugar names
- 32 Key next to F1
- 33 Chou En_
- 36 Avid fan of German computer programs?
- 42 _ effect on (impacts)
- 44 Divine being
- 45 Compass pt.
- 46 Singer Paula
- 47 Jurist's org.
- 48 Really bug
- 51 One fibbing
- 54 R&B producer

- Gotti
- 56 Ballerina's jump
- 57 Promoter of Texas' largest city was obsequious?
- 62 Foot support
- 63 "That's show _!"
- 64 Butte's kin
- 65 Pt. of SSN
- 66 Not lenient
- 68 Sound of rebuke
- 70 Zsa Zsa's sister
- 73 Relievable by scratching
- 77 It's south of Can.
- 79 Eyes a bull's-eye, say
- 83 Fess (up to)
- 85 "Of _ I Sing"
- 86 Hapless thugs caught in the rain?
- 91 Prioritize
- 93 Mauna _
- 94 Sweet-talk
- 95 Like Bashful
- 96 Writer Harper _
- 97 French ecclesiastics
- 99 Drama part
- 101 _ Newton
- 103 Active types
- 105 Nonlocals visited by ghosts?
- 111 Mil. bigwig
- 112 Viral gene material
- 113 Light blow
- 114 Myrna of film
- 115 "... _ extra cost!"
- 118 New year of which there are five

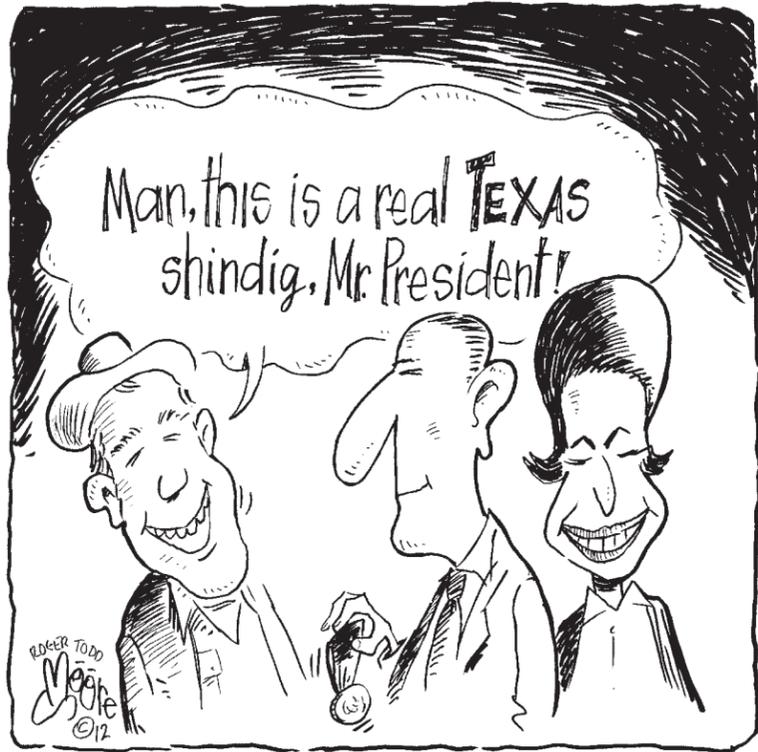
- anagrams in this puzzle
 - 124 More eerie
 - 126 Liken
 - 127 Buenos _
 - 128 Promotion at the top of a Web page
 - 129 Sled feature
 - 130 "Johnny B. _"
 - 132 Sullivan and O'Neill
 - 133 Detects
 - 134 Pitch-dark
- DOWN**
- 1 RPM gauges
 - 2 "To sum it _..."
 - 3 Option for pad thai
 - 4 African republic
 - 5 Tim Conway's _ on Golf"
 - 6 Audio system
 - 7 French
 - 8 Sleekly designed
 - 9 "What _ be done?"
 - 10 Learn about via print
 - 11 Most sapient
 - 12 LGA guesses
 - 13 Period after Ford's presidency
 - 14 Safety at first or second
 - 15 Lima's locale
 - 16 Not duped
 - 17 NYC bus insignia

- 18 _ Ops
- 22 "You fell for it!"
- 27 Choose, with "for"
- 28 The latest
- 34 "What are you, some kind of _?"
- 35 Not in use
- 37 Army squad
- 38 By oneself
- 39 Hatred
- 40 "Not likely!"
- 41 Disapprove of
- 42 Responses to puns
- 43 End a mission early
- 49 Lowe of "Breakaway"
- 50 Purl's partner
- 52 Munched
- 53 _ ipsa loquitur
- 55 Beetles and Golfs, briefly
- 58 Shriveled up
- 59 Shih _
- 60 Singer Carly - Jepsen
- 61 With 119-Down, "Absolutely not!"
- 67 Bounced check abbr.
- 69 Greek letter
- 71 Wedding part
- 72 Blows away
- 74 Egg yolks are high in it
- 75 "Napoleon Dynamite" star Jon
- 76 Positive RSVPs
- 78 ISP of note
- 80 Mag with an

- annual "500"
- 81 "Little Red Book" author
- 82 Work crew
- 84 Utmost
- 86 Loosens, as some shirts
- 87 Future path
- 88 Saltlino snack
- 89 Take off
- 90 Jekyll's antithesis
- 91 School cheers
- 92 All that and _ of chips
- 98 Hit from a 102-Down
- 100 Ballerina's skirt
- 102 Links peg
- 104 Formal talk
- 106 Not partial
- 107 Electroshock weapons
- 108 Not transparent
- 109 Romantic hopefuls
- 110 Big Apple sch.
- 116 "... remind you that...?"
- 117 Advent
- 119 See 61-Down
- 120 Municipal laws: Abbr.
- 121 U.S. Senate alumnus Sam
- 122 Marino and Rather
- 123 Prego rival
- 124 Fed. loan agency
- 125 Mas' mates

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Moore Texas by Roger Moore Sept. 14, 1964:
President Johnson, a Texan, presents J. Frank Dobie, a Texan, with the prestigious Medal of Freedom.



Social Security Q&A By Ray Vigil

Q: Can I refuse to give my Social Security number to a private business?

A: Yes, you can refuse to disclose your Social Security number, and you should be careful about giving out your number. But, be aware, the person requesting your number can refuse services if you don't give it. Businesses, banks, schools, private agencies, etc., are free to request someone's number and use it for any purpose that doesn't violate a federal or state law. To learn more about your Social Security number, visit www.socialsecurity.gov/ssnumber.

Q: How can I check the status of a pending application for retirement benefits?

A: If you applied for retirement or disability benefits online, you can check the status of your application at www.socialsecurity.gov by selecting "Benefits" and "Check Application Status" under "Apply." You will need to enter your Social Security number and the confirmation code you

received when you filed online. Your application status will show:

- The date we received your application;
- Any requests for additional documents;
- The address of the office processing your application; and
- If a decision has been made.

Q: What do I need to report to Social Security if I get Supplemental Security Income (SSI) payments?

A: You need to report any changes that may affect your payment amount. This includes changes in your income or resources. You must report changes of address, changes in your living arrangements, and changes in your earned and unearned income. To learn more about SSI, visit our website at www.socialsecurity.gov/ssi.

Q: How do I appeal a decision on my application for disability benefits?

A: When we make a decision on your application, we'll send you

a letter explaining our decision. If you don't agree with our decision, you can ask us to look at your case again, or appeal it. You must appeal within 60 days from the date you get our decision letter. You can:

- File a disability appeal online with our new, improved process and electronically provide documents to support your request, even if you live outside of the United States; or
- Visit your local Social Security office.

For more information, call us at 1-800-772-1213 (TTY 1-800-325-0778), Monday through Friday from 7 a.m. to 7 p.m. To learn more about Social Security's disability programs, visit our website at www.socialsecurity.gov/disability.

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.

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.

	+		×		11
×		÷		×	
	×		-		16
÷		+		+	
	×		-		13
21		10		13	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 4 5 6 7 8 9

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Weekly SUDOKU

by Linda Thistle

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

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: U equals F

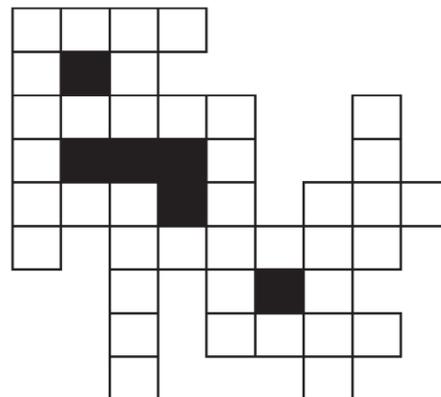
ZFB HDBTPKPCQ JUUPXBD JU
ZFB XJNNBQB'T UOSJAT
TFORBTHBODB XNAL MOT RCJMC
OT ZFB XFOPDSOC JU ZFB LODK.

Answer Page 4

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- LUF
- MUCLON
- MYILD
- ♥ARIL
- FAMLUR
- BLA
- FALC
- TUFIR
- ♥ADM
- MONFIR
- RAIBL
- ♥MABL



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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Sports

From Page 6

time. Another bartender, Ally, is making a bright-red drink and conjuring up a name from Chiefs lore.

"What's that?" asks the football executive.

"It's the Len Dawson Cocktail," replies Ally. "It's one of our signature drinks."

"The Len Dawson!" the football executive narrows his eyes again. If he keeps that up, they're gonna stay that way permanently.

"Yep," she says, dipping a straw into the pint glass, extracting a sample and offering it up to the football executive, who leans over in a tentative manner.

"It tastes just like Len Dawson," she promises.

The bar has exceptional marble floors. They're Italian. It's funny how you don't notice them when you walk in, because you're looking up, but when a football executive pushes backward on his barstool really fast, you can actually hear the difference in the quality of flooring. They don't even scratch.

Timing is everything. Waiting for him at the end of the screech is the hostess, two menus in hand. No doubt, an exceptional time was had by all.

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