



NEWSBRIEFS

Health fair

The Oz Glaze Senior Center is sponsoring a Health Fair on Saturday September 26, 2015 from 10:00 am to 2:00 pm. Walgreen's will have vaccinations available and about 20 other vendors will be there to answer any questions you have. Hearing test and eye test will be available, also. Come on by and get information.

— Judi Verslype

EPCC recognized

El Paso Community College (EPCC) has been named the number one grantor of associate degrees to Hispanic students among two-year colleges nationwide by Community College Week Magazine. EPCC granted 2,895 associate degrees to Hispanic students during the 2013-2014 school year. That is up 1% from the previous year. EPCC also ranked nationally in other areas in regards to two-year institutions:

- 9th in overall associate degrees granted;
- 2nd in degrees to all minority students;
- 3rd to all students in the field of Criminal Justice;
- 6th to all students in the field of Education;
- 11th to all students in the field of Business; and
- 30th to all students in the field of Communications.

— Jim Heiney

Car stolen

An elderly man is robbed in alley in downtown El Paso. Detectives from the El Paso Police Department are asking for your help in identifying this robber through Crime Stoppers. On the afternoon of Tuesday, Aug. 4, 2015, at 1:54 p.m. a 75 year old man went to a downtown business, to make a purchase. The man had parked his vehicle in an alley next to a business at 406 E. Paisano and noticed the suspect leaning up against a wall. When the man returned to his vehicle, the suspect rushed at him. The victim was unable to lock his door in time and the suspect violently opened the door and demanded the man's wallet. The suspect threatened to stab the victim and tore his pant pocket to get the wallet. The suspect threw the victim to the ground and fled the scene in man's van. The suspect is described as a Hispanic male, in his 20s or

See BRIEFS, Page 5



— Photo by Alfredo Vasquez

HEAVY METAL – Anthony Independent School District Superintendent Dr. Steven Saldivar shows off the new weight room that is credited with Anthony High School varsity football team's remarkable improvement this season.

AISD superintendent takes on unique role

By Alfredo Vasquez
Special to the Courier

ANTHONY – It is amazing what a weight room can do for a high school athletic program and for a community.

Last February, a variety of weight room equipment was installed in a large room adjacent to the Anthony Middle School gymnasium, which is next to Anthony Independent School District's (AISD) central office. The facility was open to both middle and high school students as they share the same campus, and a weight training program was introduced into the regular Physical Education (PE) classes at both schools.

Today, that weight room is being credited with the dramatic turnaround in the Anthony High School (AHS) varsity

football team. A football team that had not won a game in two years; before this season, the program was on a 19-game losing streak.

Now, to all of their fans delight, the same team started this season with three convincing victories against the same teams that clobbered AHS last year and the year before that. This year's football team allowed only one touchdown to be scored against its defensive squad while the offense scored at least five touchdowns in its first three games this season.

"I have been going to the games for four years. It was a chore to go because I was always afraid we would have injuries," admitted long-time AISD board member Mary Jones. "We never had enough players, in fact, we had more cheerleaders than players," she mused. "One year we only made one touchdown the whole

season. I watched the games with one eye open," she jokingly related.

"With our superintendent working all summer to build our boys up we are now unstoppable," Jones said about this year's varsity football team. "Their size, attitude, and spirit are infectious," she stated. The team's early success has large crowds filling the stands and an excitement in the stadium not felt in a long time.

The need for a weight-lifting facility was identified by AISD Superintendent Dr. Steven Saldivar soon after he took over the district's administration. Saldivar, who was hired in 2013, knew that a high school athletic program needed a physical fitness and conditioning program to help students be successful in their sport.

Saldivar, who is 47 years old, said that

See AISD, Page 5

EPCC Early College is national ranked



— Photo courtesy El Paso Community College

El Paso Community College (EPCC) Transmountain Early College High School (TMECHS) was the third best high school in the nation and first in Texas for "Beating the Odds" by Newsweek Magazine. TMECHS faculty and staff were recognized for the superior work in preparing students for college while dealing with the barriers of low-economic standing. The "Beating the Odds" ranking is a "relative" list of schools weighing performance while accounting for poverty rates. For the complete article, visit <http://www.newsweek.com/high-schools/beating-odds-2015>.

— Jim Heiney

The best safety device ever invented for automobiles is a careful driver.

— Quips & Quotes

Finances By Nathaniel Sillin

Money matters for prospective parents

It costs parents an average of \$245,340 to raise a child from birth to age 18. That figure from the U.S. Agriculture Department is just one reason why prospective

parents are advised to consider parallel financial planning for child-based expenses and retirement. The key is to start doing it as early as possible – in a December 2012 article in The New Republic, adults are starting families later than previous generations. In short, savings needs for childcare, college and retirement seem on a tighter collision course than ever.

For prospective couples or single parents, any discussion of family should begin with the pros and cons of starting a family in terms of personal, lifestyle and career success. In short, the question “Do we want kids?” should come before “Can we afford kids?”

Once family goals are settled, it’s wise to evaluate where current finances stand. While many couples have a thorough money talk (<http://www.practicalmoneyskills.com/moneyquestions>) before they wed, it works for family planning, too. Couples and single parents will benefit from complete financial transparency before pregnancy, adoption proceedings or fertility treatment starts.

Utilize qualified financial and tax advice to fit specific circumstances. Consult trusted family and friends for referrals to qualified financial planning and tax experts. Also check current tax rules for how to handle and potentially deduct certain costs related to adoption or fertility treatments.

Research thoroughly and

bookmark resources online. The IRS website (<http://www.irs.gov/Individuals/Parents>) continually updates its summary of tax issues for parents which can guide overall planning. New authors and bloggers emerge daily on virtually every aspect of parenting; friends, relatives and colleagues can also provide resources.

For prospective parents who are employed, it is a good idea to evaluate benefits well ahead of a pregnancy, fertilization procedures or adoption. Depending on specific circumstances, employees should review health and general benefits for routine and emergency medical coverage, medical leave policy and extras like child care benefits. Couples should compare their coverage to determine who has the best family coverage overall.

Start planning for childcare expenses as soon as possible. Full- or part-time childcare services for working parents can be surprisingly expensive and difficult to obtain depending on location. In 2015, the White House reported that the average cost of full-time care for an infant was about \$10,000 a year, and a 2014 Boston Globe (<https://www.bostonglobe.com>) report noted state-by-state estimates that were significantly higher. For peace of mind and affordability, it is advisable to tackle the childcare issue as early as possible. Prospective parents might also speak with a qualified tax advisor about whether it is

more advantageous to claim the Child and Dependent Care Credit on their taxes or pay childcare expenses from a Flexible Spending Account at work.

Loved ones can also lend financial assistance to a new family in a variety of ways. Affordable basics include general parenting advice, as-needed babysitting services and sharing coupons and hand-me-downs like clothing, toys and unneeded child-related equipment in good condition. For those willing to lend financial support, such options might include a Coverdell Education Savings Account, 529 college savings plan or a gift of cash or assets to the child subject to IRS rules. Also, anyone can directly pay medical expenses in full for someone they do not claim as a dependent under certain circumstances. If friends or family members offer financial help, encourage them to evaluate options with qualified financial and tax experts.

Finally, prospective parents should become dedicated bargain hunters and savers with an equal focus on handling childcare expenses and supporting retirement goals. Both financial goals are equally important.

Bottom line: It pays to plan early for a family. Evaluate your finances, reach out to friends and family for advice and get help from qualified experts if you need it.

Nathaniel Sillin directs Visa’s financial education programs.

Veterans Post By Freddy Groves

Sharpening focus on women vets

Women veterans haven’t gotten the same level of health care as male veterans. Here are just a few of the obstacles they face in trying to obtain medical care at most of the Department of Veterans Affairs facilities:

No wellness facilities, requiring referrals to other facilities for basics such as mammograms. No GYN staff; no prenatal care; no delivery of babies. Co-ed waiting rooms. Male therapy groups. Prostheses made for men. No separate wards, being put in rooms with men, and no privacy except a curtain.

And the list continues:

No mental-health staff and counseling for women who’ve been assaulted (which is thought to be one in four women veterans). No separate restrooms. Mail that notifies a female she’s due for a prostate exam.

There are over 2 million women veterans who are eligible for VA care. Only a fraction use it. Is it any wonder why?

And then there is Togas VA Medical Center in Maine. Last year it moved

women’s care out of the cramped 5th floor and into a new, separate facility that includes everything needed in one spot: Mental-health counseling for sexual trauma, primary care and even a play area for children.

In Sioux Falls, South Dakota, a women veterans health clinic opened with all-female staff and a mental-health office.

At White River, Vermont, all the women-centered care is available, and there’s even a Women Veterans Program Manager.

If you’re a female veteran who’s avoided VA care, give it another chance. At least make the phone call and ask questions. At this point, with more women-centered facilities opening, you might be surprised.

Or go online to www.womenshealth.va.gov. Put your ZIP code in the Hospital Locator on the left of the screen, and you’ll get a list of facilities near you. Or call 1-855-VA-WOMEN.

(c)2015 King Features Synd., Inc.



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

COPYRIGHT:
Entire contents © 2015 Homesteader News, Inc. Individual authors retain all rights. Pictures, drawings and written material appearing in the West Texas County Courier may not be used or reproduced without written permission of Homesteader News, Inc.

LETTERS TO THE EDITOR:
Letter must not be more than 250 words in length. They should be dated, must be signed and have an address and daytime phone number. Only the name and city will be printed with the letter. The Courier reserves the right not to print letters to the editor or other submitted materials it considers inappropriate.

AD DEADLINE:
Monday 4 p.m. for Thursday publication.

CLASSIFIED RATES
\$10 for 25 words, \$15 for 40 words. Ad must be in writing and pre-paid. The Courier reserves the right not to print classified advertising it considers inappropriate.

DISPLAY RATES:
Open rate — \$25 per column inch. Call for more information or to set an appointment. The Courier reserves the right not to print advertising it considers inappropriate.

MAIL SUBSCRIPTIONS:
Minimum 50 issues for \$45. Delivery via 1st class mail.

MAIL:
15344 Werling Ct.
Horizon City, TX 79928

Phone: 852-3235
Fax: 852-0123
E-mail: wtxcc@wtxcc.com
Website: wtxcc.com

Publisher
Rick Shrum
Contributors
Alfredo Vasquez
Don Woodyard
Steve Escajeda



Homesteader
Est. 1973
News, Inc.

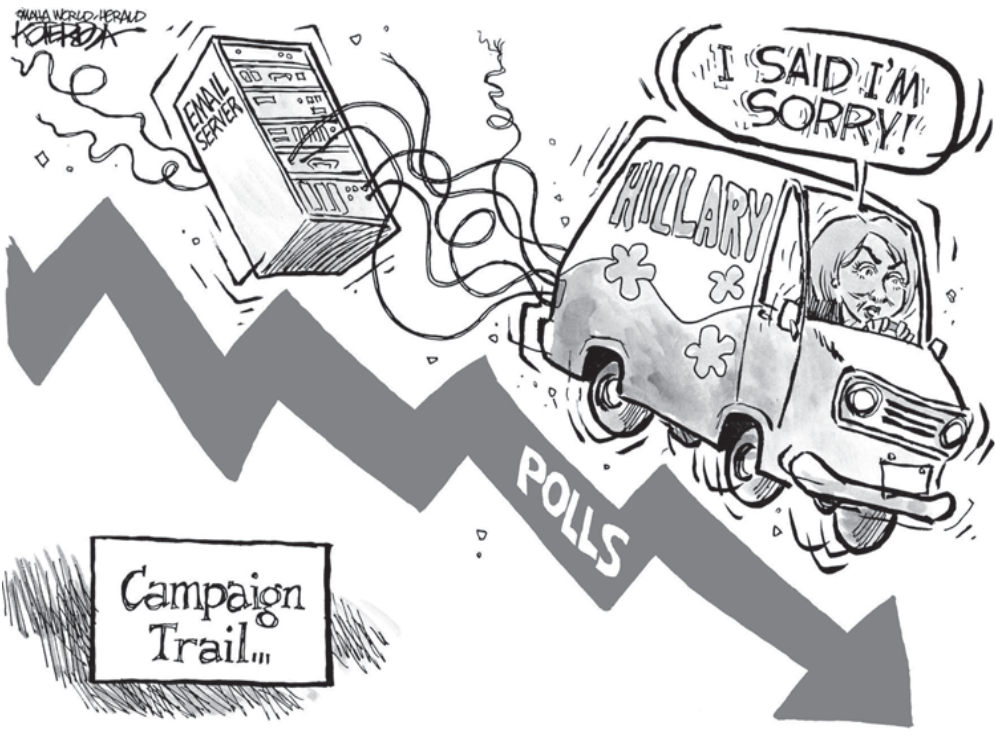
Member Texas Community
Newspaper Association

THE SECRET TO QUITTING FOR GOOD?
NEVER QUIT ON YOURSELF.

Saskia, 39, quit for good on the 7th try.

Most smokers take several tries before they quit for good. Each attempt brings you one step closer to success. Visit us online to see how we've helped more than a million people become ex-smokers.

AMERICAN LUNG ASSOCIATION.
We support the quitter in you.
quittingyou.org



Texas Historical Commission offers app for Hispanic Heritage Month

By Alicia Downard
Special to the Courier

TEXAS – September is Hispanic Heritage Month, and a new online app from the Texas Historical Commission (THC) can help you connect with the Hispanic stories and places that made the Lone Star State great.

The free online tour, “Hispanic Texans: Journey from Empire to Democracy,” is available at TexasTimeTravel.com. Part travel guide, part storyteller, the tour highlights significant places where Hispanic history in Texas was made, and introduces the real stories of Hispanic Texas through engaging multimedia visuals and narratives.

“Texas would not be Texas without the influence of Hispanic leaders and citizens, whose legacies form an essential pillar of Texas history,” said Mark Wolfe, THC executive director. “The tour helps travelers explore Texas and discover their own connections to the diverse and deeply-

rooted Hispanic history of Texas.”

The guide has destinations for all ages and interests, and includes sites highlighting architecture, music, cuisine, internationally recognized artists, and influential politicians. From familiar places like the missions of San Antonio, to lesser-known destinations with intriguing stories, travelers can find hidden gems in their hometown and plan heritage-related journeys as they travel for business or pleasure across the state.

“Hispanic Texans: Journey from Empire to Democracy” is free and can be downloaded at TexasTimeTravel.com. Guides in English and Spanish are also available for order or download as a PDF on the site. The tour joins the THC’s suite of mobile tours that includes “African Americans in Texas: A Lasting Legacy,” “Historic Bankhead Highway,” “La Salle Odyssey,” “Red River War of 1874-1875,” and “World War II on the Texas Home Front,” leading visitors to thousands of historic sites across all 10 regions of the Texas Heritage Trails Program.

**WITH A STROKE,
TIME LOST IS BRAIN LOST.**

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

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

Ad Council
©2004 American Heart Association
Made possible in part by a generous grant from The Bugher Foundation.

American Stroke Association
A Division of American Heart Association

Valle Verde Early College recognized

By Jim Heiney
Special to the Courier

The White House Initiative on Educational Excellence for Hispanics has designated El Paso Community College's (EPCC) Valle Verde Early College High School (VVECHS) as one of its *Bright Spots*. The *Bright Spots in Hispanic Education Initiative* identifies programs, models, organizations, or initiatives that target, address, and/or invest in key education priorities for Hispanics and are helping close the achievement gap – from cradle to career.

VVECHS has been part of

the EPCC's Early College High School Initiative since 2007 through a partnership with the Ysleta Independent School District. VVECHS was recognized in the category of K-12 Education and College Readiness.

As the White House notes, VVECHS was created to increase the number of Hispanics in El Paso with a college degree, especially those from low socioeconomic backgrounds and those who would be the first college graduates in their families. By partnering with El Paso Community College, the high school students at VVECHS begin taking college classes at

the end of their freshman year. Hispanic students at VVECHS score higher than the state average on every test; in some cases by as much as 30% higher. They also double the state percentage in number of students who scored at the college readiness level and were also higher than the state percentage scoring at the advanced level.

For more information on VVECHS, visit <http://valleverdeearlycollege.yisd.net/Home.aspx>. For more information on the Bright Spots in Hispanic Education Initiative, visit <http://www2.ed.gov/about/inits/list/hispanic-initiative/bright-spots.html>.

PUBLIC NOTICE

TO ALL INTERESTED PERSONS AND PARTIES:

The West Texas County Courier office is closed.

The office will open again on Monday, October 12, 2015.

Classified Ads

LEGALS

PUBLIC NOTICE

El Paso Collaborative for Community & Economic Development (EPC), Administrator of HOME Contract for Deed #1002294 & HRA-Persons with Disabilities #1002293, will accept sealed bids for Professional Services for each contract: residential home inspector; licensed residential property appraiser; licensed residential land surveyor; licensed engineer; licensed residential mortgage loan originator; environmental review services; title company services.

a.m. to 3:00 p.m. Submit Sealed Bid Packets at 10935 Ben Crenshaw # 200, El Paso, Texas 79935; by 10/14/15 4:00 p.m. or send via email to lorraine@epcollab.org.

Invitation to Bid

Providers must ensure that employees and applicants are not discriminated against because of their race, color, religion, age, sex, disability, familial status, or national origin.

EPC has a conflict of interest procedure in accordance with 24CFR 92.356 and a Bidders Protest Rights Procedure. EPC reserves the right to reject any bids or to waive any informality in the bidding. Questions: (915) 590-1210 X 111; email lorraine@epcollab.org.

Equal Housing Opportunity/Employer

Bid available 9/23/15 -10/14/15
WTCC: 09-24-15 9:00

IT'S NOT TOO LATE TO PREVENT DIABETES

Take your first step today

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

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

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

DEPARTMENT OF HEALTH & HUMAN SERVICES-USA
NDEP National Diabetes Education Program
small steps big rewards Prevent type 2 Diabetes
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.

STRANGE BUT TRUE

By Samantha Weaver

• It was 20th-century American journalist and cartoonist Robert Quillen who made the following sage observation: "A happy marriage is the union of two good forgivers."

• In a recent survey of parents with adult children, 45 percent of respondents said they would rather stay in a hotel than in the home of one of their kids.

• In 2009, the government of Saudi Arabia established a special Anti-Witchcraft Unit to combat the practice of sorcery. By 2011, there were nine bureaus in cities across the country. The following year, 215 people were arrested for sorcery.

• Those who study such things say that all kangaroos are left-handed.

• When you think of hibernation, you probably picture a bear holing up in a cave for the winter, right? You might be surprised to learn that creatures don't just hibernate to get through the winter months; almost any adverse environmental condition can trigger such a response. For instance, on the island of Madagascar, the fat-tailed dwarf lemur hibernates for seven months during the dry season.

• If you're a fan of Major League Baseball, you're going to pay three times as much to attend a game in Boston as in San Diego.

• Wildlife biologists say that the milk from a mother hippopotamus is pink.

• The size of a nickel represents the halfway point between the size of an atom and the size of the earth. If an atom were the size of a nickel, a nickel would be the size of the earth.

Thought for the Day: "I like the pluralism of modernity; it doesn't threaten my faith. And if one's faith is dependent on being reinforced in every aspect of other people's lives, then it is a rather insecure faith, don't you think?"

— Andrew Sullivan

(c) 2015 King Features Synd., Inc.

To Advertise Call 852-3235 • Archives: www.wtxcc.com

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

H	A	C	K	L	E		
A		A		U			
W	A	N		N			
K		O	U	G	H	T	
	R	E	P			A	
			L			P	
		C	I	P	H	E	R
			N			A	
W	A	K	E	S			

M	E	R	G	E	I	N	G	E	T	O	F	U	O	S	A	K			
A	C	E	R	S	N	O	O	N	A	M	E	N	V	O	W	E	L		
C	O	M	I	C	A	T	O	R	M	A	R	I	N	E	L	A	N	D	
A	L	A	N	V	E	R	D	I	A	R	M	O	U	R	R	Y	E		
W	I	N	D	V	A	N	E	C	A	L	I	N	K	S	M	E	A	R	
B	I	B	S	I	R	S	N	O	S	E	S	S	E	E	A				
B	I	B	V	I	E	J	O	A	S	P	S	A	G	E	N	T			
A	C	E	T	I	C	U	R	L	Y	A	P	S	I	N	F	O			
M	E	G	A	D	E	A	L	I	R	K	C	O	C	A	C	O	L	A	
A	U	T	O	L	I	N	S	E	E	D	T	O	M						
P	O	S	T	A	L	A	B	B	R	E	V	I	A	T	I	O	N	S	
D	E	M	O	M	O	D	E	N	N	E	C	O	A	L	M	I	N	E	
A	T	O	P	W	E	A	R												
B	A	I	T	S															
C	O	N	C	A	R	N	E	R	O	N	C	O	M	E	N	E	A	R	
H	A	I	N	E	I	M	A	N	C	A	I	R	O	T	Y	R	O		
A	R	C	A	D	E	G	A	M	E	A	L	L	A	M	E	R	I	C	A
S	E	A	L	E															
E	D	D	I	E															

CryptoQuip Answer

When two old robbers stealthily broke into the shoe store, would you say they were sneakers?

6	÷	2	+	5	8
+		+		×	
8	-	4	×	1	4
÷		+		+	
7	+	9	+	8	24
2		15		13	

AISD

From Page 1

he comes from an athletic background and that he knows firsthand the benefits of an organized, consistent weight-training program. He said that this type of training benefits students participating in any extra-curricular activity, both boys and girls.

While in college, Saldivar played offensive lineman for Sul Ross State University football team. He said that he earned All-Conference recognition while there. When he started his teaching career, he had the opportunity to coach. From 1991 to 2000, he taught Spanish and coached football and track.

As an assistant varsity football coach at Ganado High School, which is located in Ganado – a small town near Galveston, Saldivar helped guide the team to the 2-A state semifinal playoffs twice. As a high school track coach, he said that he worked with both boys and girls to help them develop their skills.

“I became an administrator, a principal, in 2000, that is when I gave up coaching. But, I’ve always seen myself as a coach, and I still approach my work with a coaches point of view,” Saldivar said.

So, when Saldivar arrived at AISD, he said that he noticed that the Anthony kids were really a bunch of good kids and that he wanted to get more involved with their education. “Sometimes, a superintendent can lose touch with student involvement... and, I knew I missed that,” he stated.

Saldivar said that when weight room training was introduced to the students, he decided to help supervise the weight training activities during the school day. He said that he finds time from his busy superintendent schedule to be in the weight room during the high school students’ PE class, which is the last period of the day, from 2:45 to 3:45 p.m. Middle school students have their PE class the first period of the day.

Saldivar was also with the athletes during the entire summer weight lifting training program. Subsequently, he started helping the varsity football coaching staff during team practices after school, and he has taken on sideline coaching responsibilities on game day.

The superintendent said that he assists head coach Michael Stephenson and assistant coach Mark Montanez with the offensive and defensive line coaching duties. Other coaches on the football staff

are junior varsity coach Rene Hernandez and middle school coaches Robert Nelson, Joel Olivas, and Carlos Contreras. The small upper valley school competes in a 2-A district league.

“We worked with these kids all summer in the weight room, and I saw a lot of improvement. I also saw an increase in the number of students going out for sports. The key was that the improvements gave them confidence. Now, we are seeing that confidence not only in football but also in the other fall sports-volleyball and cross country, plus we have minimized injuries,” Saldivar said.

“When I first came here, I saw no difference in these kids than the ones I worked with in Ganado. To be successful back then, I learned that we had to instill in all students a sense of discipline, commitment, and pride; and to hold them accountable for their actions in and out of the classroom,” the superintendent stated. He asserted that these principles are able to be taught through a well-rounded athletic program and that the same standards eventually have positive effects on a student’s academic performance.

Saldivar said that the self-imposed extra duties have given him a unique relationship with students and staff. “The kids see me as a regular person, as coach. It is all about relationships,” he commented. “The daily interaction with students helps me understand that all facets of my job go back to the kids... Is what we do as administrators in the best interest of the kids,” he explained.

“I want to be a superintendent who just doesn’t sit in his office, but is involved and a bigger influence in a student’s education,” Saldivar said. “I love what I do, and these kids are my lifeline. They help me keep things in perspective.”

After football season, Saldivar said that he plans to continue helping in the weight room throughout the school year. He said that although the extra work makes for a long day, he doesn’t mind it. “I am high energy. I like staying busy, and my wife works here in the district also. So, she and my son and two daughters are very supportive,” he said.

Saldivar noted that the goal is to implement a complete athletic program district-wide including seventh through twelfth grades, in that way students will know what to expect. The revitalized AHS Wildcats football team is demonstrating that the superintendent-coach is on the right track.

Briefs

From Page 1

30s, spoke only in Spanish, was wearing a white shirt, dark blue jeans, with a black baseball cap, dark colored tennis shoes with white soles and a red bandana around his neck. The suspect was also

described as having a tattoo on the side of his face. The stolen vehicle is a grey colored, 2001 Chrysler Voyager, with Texas plates TJS667. It also has two religious stickers on the back window. Anyone with information on the identity of this carjacker 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).

– Javier Sambrano

Records

From Page 8

replacement card.

To open your free my Social Security account, you must be at least age 18 and have a:

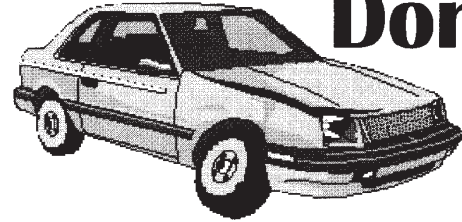
- Valid email address;
- Social Security number; and
- U.S. mailing address.

It only takes a few minutes to sign up, and it’s easy to do. There’s an informative video and frequently asked questions on our website to help you.

So, go to www.socialsecurity.gov/myaccount and open your own, secure my Social Security account today. Then you can join the millions who can plan, invest, and save for a secure retirement with confidence.

AMERICAN LUNG ASSOCIATION®
of Texas

**Don’t Trade It,
Donate It**



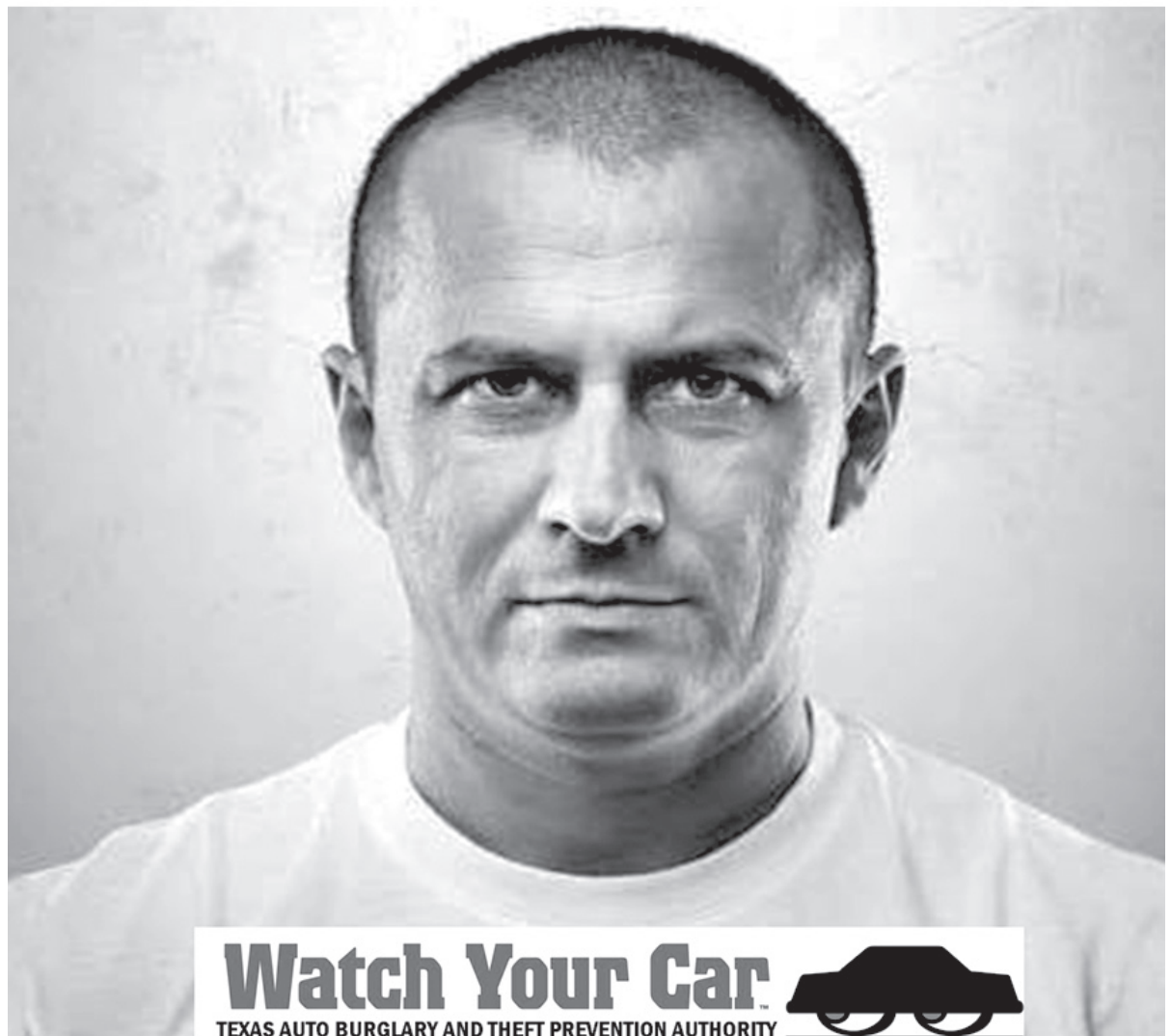
Receive **FREE** towing
Receive a tax deduction
Avoid the hassles of selling

www.texaslung.org

1-800-ALA-LUNG



CALL 1-800-CAR-WATCH TO REQUEST A FREE VEHICLE CRIME PREVENTION INFORMATION PACKET



The fix needs to be fixed at Rutgers

By Steve Escajeda
Special to the Courier

Over the last couple of years the National Football League has been haunted by its over-reaction and then under-reaction to player behavior.

It has gotten into trouble for being too lenient on a player who punches a female and then too harsh with a player who has taken a little air out of footballs.

The thought is that it shouldn't be that difficult to deal out punishment for certain violations. The bigger the violation, the bigger the punishment.

But over and over, the NFL has had its punishments overturned. And its mistakes have been as high profile as can be, with every unsavory blemish being reported on national TV and radio.

So with all that free unpopular publicity, you would think that other entities would have learned by the NFL's mistakes. Especially any entities involved with the game of football.

But evidently not.

The next best thing to the NFL is college football, the "NCAA" to be exact.

And anyone who follows sports knows that not a day goes by without the news of some college under NCAA investigation.

It's gotten to the point where it's become commonplace.

But the NCAA will have a high-profile decision on its hands very soon.

It appears that Rutgers football coach Kyle Flood was caught trying to talk an instructor into changing the grade of a player so that he could remain eligible to play football.

To make matters worse, in a move that would make Hillary Clinton blush, Flood sent an email from his personal account to the instructor.

In another email to a school academic advisor, Flood explains that he wants to keep the correspondence off the official school email so that it wouldn't be subject to any public open records request.

Wow, let's review, coach Flood tries to have a player's grade changed, he tries to hide the email contact, and he actually states in the email why he's trying to hide it.

To top everything off, the coach goes on to say that he had no idea that it was an NCAA violation to try to have a players'

grade changed.

That's like some poor dude to trying to explain to the motorcycle cop that he thought those speed limit signs were like just suggestions.

So to the average sports fan out there these allegations – fixing a player's eligibility and trying to cover it up – look pretty serious.

Well, Rutgers University stepped up and took action against the coach. The school fined him \$50,000 and suspended him for three games.

I'm surprised he didn't have his jelly-of-the-month-club membership revoked.

A three-game suspension for what the coach did is laughable. When a coach stoops that low he should be shown the door and not allowed to coach for a set number of years,

And as far as the \$50,000 fine, the coach made a million bucks last year.

So now the NCAA has a decision to make. Even if a school takes the initiative to punish one of its own for rules violations, the NCAA can still take some action.

What schools try to do is levy some kind of "pin prick" punishment so that it

can say to the NCAA, "look what we did, we took immediate action, nothing more to see here."

And then they cross their collective fingers and toes hoping that the NCAA will say, "Thanks for being so diligent self-policing school, keep up the good work."

But if there were ever a time for the NCAA to step in and set a tone, it would be now.

The atmosphere surrounding the football program at Rutgers is as toxic as any around the country with no less than six players being arrested for home invasion, burglary and assault.

I'm not saying that the coach led the way to the home invasion, but the constant news of bad behavior from the football program certainly reflects on the guy at the top.

And Rutgers is trying to sweep it under the rug.

This would be a good chance for the NCAA, which is languishing somewhere between lawyers and politicians on the popularity scale, to do the right thing and show that this kind of blatant behavior will not be tolerated.

A sporting view By Mark Vasto

The Skins game

If you ever need to look up the phrase in a dictionary, there are many available on the Internet. There is Dictionary.com, Merriamwebster.com, the Urban dictionary, even Wikipedia operates as a dictionary in some respects. Either way, I

can save you, dear reader, a lot of time by just telling you here: The textbook definition of "wasting your time" is debating the Washington Redskins' nickname with a Redskins fan at a chain pizzeria in Alexandria, Virginia.

For one thing, the argument is over before it even starts. Here's a quick multi-question diagnostic test for anyone wanting to play along at home:

1. Are you a Native American?
2. If yes, are you offended by the term "Redskin"?
3. If no, are you the owner of the team who has vowed to never change its name?
4. If yes, are you of Jewish

heritage and do you sue people for libel, claiming to be outraged over anti-Semitic attacks?

5. If yes, you are Dan Snyder? And really, the excuse that you will have to change a few T-shirts and that it will cost too much is wearing just about as thin as the burgundy and gold, non-official, much-too-snug for 2015 "Redskins Hog Heaven 1995" T-shirt the guy defending the Redskins chain pizzeria.

Louis C.K. makes the correct observation that late in the 15th century, a bunch

of dudes took a boat ride from Europe and thought they landed in India.

"You guys are Indians, right?" they asked.

"No," the natives replied. "We're like, totally different people."

Armed with that knowledge, six centuries later, not only do we continue to persist in calling the indigenous people of this continent names more suited for the peoples who live on a sub-continent bordering THE INDIAN OCEAN, but in our nation's capital, we use the

See SPORTS, Page 8

UTEP FOOTBALL HOME OPENER
SEPTEMBER 26 | 6 PM

UTEP MINERS VS UIW

UTEP VS INCARNATE WORD
TICKETS: 747-6150/UTEPATHLETICS.COM

Logos for UTEP Miners, UIW, and Incarnate Word are visible.

1973 **42** Years 2015
WEST TEXAS COUNTY COURIER

CLASSIFIED AD FORM
 25 words - \$10 per week; 40 words - \$15 per week

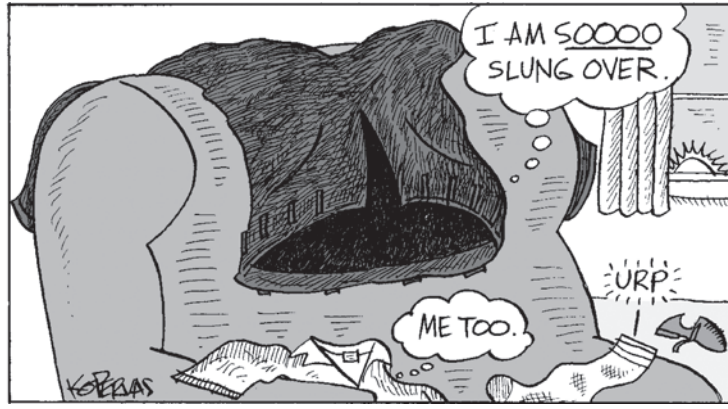
1	2	3	4
5	6	7	8
9	10	11	12
13	14	15	16
17	18	19	20
21	22	23	24
25	26	27	28
29	30	31	32
33	34	35	36
37	38	39	40

Deadline: Mondays
 Please print. Send form and payment (no cash) to:
West Texas County Courier
 15344 Werling Ct.
 Horizon City, TX 79928

Contact Information:
 Name: _____
 Phone: _____

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: Could you write about the effect that angina, stopped quickly by nitro, has on one's system? My husband takes Imdur (30 mg) twice a day to control angina, although he still experiences it several times a week, necessitating a nitroglycerin pill. Sometimes angina comes from exertion, such as climbing stairs a few times or doing home-maintenance chores. He is 89 and in relatively good health. He has had bypass surgery and several catheterizations, with eight stents. He doesn't need a cane or use oxygen. His cardiologist suggested EECF, which my husband does not want to endure, believing the medicines are working fine. His quality of life is good – angina does not interfere with going out and enjoying himself. Is he taking angina too lightly because he can stop it by popping a nitro? – M.W.

Medications like isosorbide (Imdur) and nitroglycerine work by dilating the blood vessels in order to increase supply. These medicines also dilate veins, which reduces the demands on the heart. Stents are designed to keep blockages open. Nonetheless, there are many people who continue to have angina despite what can be done with medicine and stents.

EECF (enhanced external counterpulsation) is a new technique. Cuffs wrapped around the legs are synchronized with the EKG and squeeze strongly when the heart is at rest. This forces blood backward through the arteries and into the blood vessels of the heart. It may work by making some blood vessels larger, but the exact mechanism isn't clear. EECF is used for people with stable angina. It takes 35 hours of EECF over four to seven weeks to get benefits, and about 70 percent of people had improvement from severe angina to mild or none. EECF is a big investment of time, and is usually reserved for people whose angina is more disabling than your husband's.

Angina pectoris literally means "chest pain," but in my experience people with angina due to blockages in the arteries of the heart are more likely to complain of pressure or tightness than actual pain. Angina occurs when the heart's demand for blood oxygen exceeds the supply. This usually means during exercise. If the blood supply is fixed due to a blockage in the heart, the heart simply can't get enough oxygen above a certain level of exercise. If the person with angina stops exercising, the demand for oxygen goes back down below what can be supplied, and the angina goes away. Stable angina is associated with a low risk for heart attack.

At 89, your husband certainly is entitled to say he is doing fine the way he is and not wanting further treatments.

Coronary artery disease can go unnoticed until you have a heart attack. The booklet on the disease explains its causes, symptoms (such as angina) and treatment. Readers can order a copy by writing: Dr. Roach – No. 101W, 628 Virginia Drive, Orlando, FL 32803. Enclose a

See HEALTH, Page 8

Super Crossword

- | | | | | |
|--|--|---|----------------------------|---------------------------------------|
| COALITION OF STATES ACROSS | 56 Kennel barks | retailer) | 18 Catkin-bearing tree | 82 _ majesty |
| 1 Integrate | 59 Data, briefly | 125 Nile city | 83 Strike lightly | 83 Zeta-theta linkup |
| 6 Pulitzer winner William | 60 Million-dollar contract, e.g. | 127 Novice | 24 Great greed | 85 Me, in Paris |
| 10 Cubes in miso soup | 62 Gall | 128 Ms. Pac-Man, for one | 26 A-bomb, e.g. | 86 Of the eye |
| 14 Honshu hub | 65 Barq's maker | 130 Like some elite U.S. athletes (or an apt alternate title for this puzzle) | 32 Very intense | 87 Teacup part |
| 19 Stellar tennis servers | 67 VW or BMW | 132 Bobby of the Chicago Eight | 34 "Hugo" star Butterfield | 90 Military mother |
| 20 Midday time | 68 Flax product | 133 Re-sol linkup | 36 Penn & Teller's field | 91 Sierra _ |
| 21 Revival shout | 71 Cruise of film | 134 Chicken chow _ | 38 Fish-fowl connection | 94 Cup edge |
| 22 Y, at times | 72 State short forms strung together in 12 long answers in this puzzle | 135 Bows | 39 Bug planter | 96 Meas. of engine speed |
| 23 Funny film star | 79 ER neighbor | 136 Rocker Van Halen | 41 Crimson Tide, briefly | 99 Bus rider with no seat |
| 25 "Dolphin adventure" park in Florida | 80 "I _ agree more!" | 137 Beggar's cry | 42 Glaze over | 101 Eye layers |
| 27 Author Paton | 81 Finger's end | 138 Exam for H.S. juniors | 43 "I _ differ!" | 102 Excitement |
| 28 "Il Trovatore" composer | 83 Device setting for store display | 139 Spawn | 45 Chef Child | 104 Scenting substance |
| 29 Frankfurter brand | 88 Madrid-to-London dir. | DOWN | 47 Air cell, e.g. | 107 One of the "Desperate Housewives" |
| 30 Deli loaf | 89 Pitman's workplace | 1 Cockatiel kin | 49 English rocker Brian | 108 It's a mystery |
| 31 Weather station pointer | 91 Above | 2 Bacteria in the gut | 50 Vikings' org. | 109 Staring at |
| 33 Prez Coolidge | 92 Tucker (out) | 3 Staff again | 51 Burn _ crisp | 110 Use a tent |
| 35 Calligraphy mishap | 95 Joanne of "Drango" | 4 Crushes up | 53 New Mexico art colony | 112 Main order |
| 37 Passé letter opener | 97 Keanu of "Speed" | 5 "Get out" PC key | 55 Capital of Portugal | 113 Hurry after |
| 38 Sniffers | 98 Fish lures | 6 Sweet smoke | 57 Starchy food | 114 Propelled a boat |
| 40 "I _ bad moon rising" | 100 Costa _ | 7 Our, in Paris | 58 Kilt sporter | 115 Battery type, briefly |
| 41 Din-din tie-on | 103 Teaser ad | 8 Tasty | 61 Refer (to) | 116 AOL memos |
| 44 Mission _ (Orange County city) | 105 Lamb bearer | 9 With 12-Down, Manhattan Project physicist | 63 Show over | 118 Paramecium propellers |
| 46 Nile vipers | 106 "What'll _?" | 10 Tex-Mex treats | 64 Overturned, with "over" | 119 Staring at |
| 48 Go-between | 109 Piece of PC hardware | 11 Epps of "The Mod Squad" | 66 Pal, to Yves | 120 _ Triomphe (Paris attraction) |
| 52 Like the acid in vinegar | 111 Bit of force | 12 See 9-Down | 69 "Dateline _" | 121 Be very hot |
| 54 Cyber-address | 113 Popular way to have chili | 13 Partnerships | 70 Netflix item | 124 Radio toggle letters |
| | 117 Film director Howard | 14 Across the pond | 73 Pol Pawlenty | 126 Bexley brews |
| | 118 Approach | 15 Seville sun | 74 "Don't have _!" | 129 Old Frazier foe |
| | 122 "Bali _" | 16 Mindful | 75 Rack up | 131 Abate |
| | 123 _ Marcus (luxury | 17 African nation | 76 "You can count _!" | |
| | | | 77 Unworldly | |
| | | | 78 Bone-muscle connector | |

Answer Page 4

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	
19					20				21				22					
23				24					25			26						
27				28					29							30		
31				32				33	34			35				36		
			37				38			39		40						
41	42	43		44			45		46			47		48		49	50	51
52			53				54		55			56		57	58		59	
60							61		62	63	64		65			66		
67							68		69			70		71				
	72			73	74							75				76	77	78
				79				80								81		82
83	84	85	86				87		88			89		90	91			
92							93		94		95	96		97				
98				99			100		101	102		103		104			105	
				106		107	108		109			110		111		112		
113	114	115					116		117			118				119	120	121
122				123					124			125	126			127		
128			129									130				131		
132							133					134				135		
136							137					138				139		

Moore Texas by Roger Moore Sept. 17, 1875:
A deadly hurricane in Indianola kills 900. Although rebuilt another storm in 1876 finished it off.



Social Security Q&A By Ray Vigil

Social Security records online

With today's technology, you may never have to go to an office or even make a phone call to do your business with Social Security. Current workers and people who receive benefits can join the millions who already interact with the agency by computer or tablet by opening a free my Social Security account. It's easy, safe, and, most of all, secure. You'll only need a few minutes at www.socialsecurity.gov/myaccount to sign up.

You are never too young to start thinking about your financial future. A my Social Security account is very valuable for younger people who don't receive benefits yet. Young workers can use the best free retirement and financial planning tool available. Once you open a my Social Security account, you can have access to and – at the same time – download your Social Security Statement. With your Statement you can review:

- Estimates of your potential future retirement and disability benefits;
- Estimates of survivors benefits for your spouse and children, if you should die;
- Your earnings record to confirm the accuracy; and
- The estimated Social Security and Medicare taxes you've paid.

If you already receive Social Security benefits, with a my Social Security account you can:

- Get a benefit verification letter;
- Change your address and phone number;
- Start or change direct deposit of your benefits payment;
- Get a replacement SSA-1099 or SSA-1042S for tax season; and
- If you're signed up for Medicare, order a Medicare

See RECORDS, Page 5

Sports

From Page 6

slur variation of their name as a mascot.

And this isn't about the guy who lives in his parent's basement, who comes up for air long enough to flirt with the bartendress and defend his beloved team's honor over a personal deep dish. Nor is this an opportunity for somebody to spout some ridiculous nonsense about political correctness run amok, and that's why we need to vote for a guy who used to own the New Jersey Generals. For one thing, I agree. Political correctness is kind of anti-productive at times. Why should we be tiptoeing around the tulips of somebody's idiocy just because we are afraid of a fight?

Change the name. I don't care if you grew up with a bunch of John Riggins posters on your walls. The Native Americans don't like the name. They're offended. That should supersede your love of Mark Rypien and Joe Theisman jerseys. Change the name. Times are different now. O.J. Simpson is a killer; Bill Cosby is a serial rapist; the guy who used to be on the Wheaties box is now a girl, and he's against gay marriage; and the guy who lost weight eating subs is a pedophile.

We're talking about a football team, not genocide or bulletin boards in high school or your favorite flavor of pudding pops. We're talking about a national embarrassment in our nation's capital (if we were to relocate our capital to Landover, Maryland) that extends well past the team's pitiful performances on the field year in and year out.

Change the name. It's time.

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

Health

From Page 7

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.

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.

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.

	÷		+		8
+		+		×	
	-		×		4
÷		+		+	
	+		+		24
2		15		13	

DIFFICULTY: ★★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 4 5 6 7 8 8 9

Answer Page 4 © 2015 King Features Syndicate, Inc.

Weekly SUDOKU

by Linda Thistle

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

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!

© 2015 King Features Synd., Inc.

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: C equals E

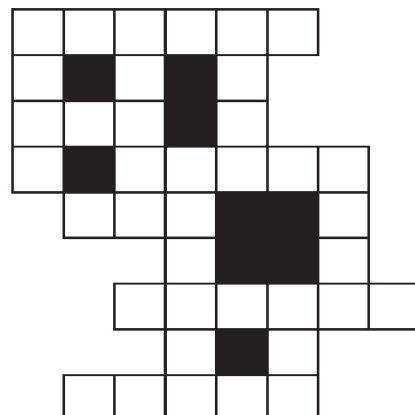
TBCV MTA ADZ GAFFCGN
NMCRDMBQDU FGAJC QVMA MBC
NBAC NMAGC, TAKDZ UAK NRU
MBCU TCGC NVCRJCGN?

Answer Page 4

© 2015 King Features Synd., Inc.



- ♥ ERP
- PRECHI
- ♥ GUTHO
- WHAK
- KALECH
- ♥ SHA
- ♥ ETPA
- ♥ ONECA
- ♥ WNA
- KULNIP
- ♥ SWEAK
- NUGL



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.

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at rbmamall.com

© 2015 King Features Syndicate. All rights reserved.