



NEWSBRIEFS

SISD mobile app

The Socorro Independent School District invites parents, students, staff and community members to take advantage of streamlined communication with Team SISD by downloading the district's free mobile app. The app allows anyone to read the district's news, announcements and school events. It also notifies the public of breaking news, closings and emergencies. The 24/7 information source is available for Apple and Android products. To download it, search for "Socorro ISD" in the App or Google Play Store. The Socorro ISD app was introduced in November 2015 to strengthen home, school and community partnerships, and provide support and resources for parents and students. Users can customize the tech tool to follow a specific school, stay informed about the activity at that campus and set grade and attendance alerts. Both parents and students can access the student's information such as class assignments, grades and attendance from anywhere, anytime. In order to view the information, they must first contact their school to request a user name and password. Team SISD is proud to offer this powerful tool for parents and students to stay connected.

— Christina Flores-Jones

A midnight snack?

They're calling him the "hamburglar" because when he broke into the Five Guys Burgers and Fries restaurant in Washington DC recently he seemed to spend more time deciding on what he wanted to eat and less on what there was to steal. Surveillance footage shows the man busily making himself a couple of burgers to go, helping himself to a chilled bottle of water to wash them down and then heading out the door in the wee hours of the morning, reports the Association of Mature American Citizens.

— John Grimaldi

Bigger in Texas

Things are bigger and better in Texas and the citizens of Bowie, located deep in the heart of Texas, are out to prove it, says the Association of Mature American Citizens. The townsfolk got together and amassed enough money to commission the creation of a Bowie knife that even

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The final test of a gentleman is his respect for those who can be of no possible service to him.

— Quips & Quotes

Vinton family moves into HOME house



— Photo courtesy Village of Vinton

HOME SWEET HOME — "We are beyond happy with our new home. We are thankful to the Village of Vinton and our councilmen and women who support programs like the Housing Program. I would like to encourage all Vinton residents to apply because, despite any opposition or rumors, the Housing Program does work. It is a program that has given my family and I a better quality of living and I know it is and will keep working for all of our community," said new home owner, Abigail Monrreal. The family, above, posed for picture when they were given the keys to the house they will call home on December 9, 2015. They are, in front from left, Paula Monrreal, April Monrreal and Abigail Monrreal. Paulo Monrreal Sr. and Abigail G. Monrreal are behind them. The Village of Vinton has been awarded \$194,800 by the Texas Department of Housing and Community Affairs (TDHCA) HOME Program to build two homes

and rehabilitate others. The HOME Program funds are utilized to rehabilitate homes to address accessibility, energy efficiency, health and safety deficiencies. Since 2010, when the housing program started in Vinton, the Village has helped people in more than 30 homes in different levels of assistance from painting the exterior of the home to new construction. "We've been able to give keys to brand new homes to five deserving families in Vinton, rehabilitated four and more than 20 homes have been assisted with volunteer work and donations," said Anibal Olague. The Village of Vinton has a waiting list of applicants and is presently reviewing applications to select the beneficiaries for the project. For more information on how to join the waiting list please call Vinton City Hall at (915) 886-5104.

— Marina Ramirez

Employment agency announces changes

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — El Paso County residents seeking employment through the local public employment agency now have added assistance to help them find a job, as the Workforce Solutions Borderplex announced recently that it has changed its hours of operation, added new online services, and opened two new offices.

The two new centers, which are now open, include an east side office at 9611 Acer Avenue, which is where Goodwill Industries has its headquarters, and in Socorro at 10321 Alameda Street.

The two new employment agency locations are being referred to as Job-Link satellite centers because they are equipped with computer stations and manned by job-placement specialists.

The changes go into effect this month at all of its employment offices as part of the switch to a new management group. The new contractors who have recently taken over the operation of the centers and job training services are Dynamic Workforce Solutions and Manpower Inc.

The new locations, however, are being operated

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County tax office adds two locations

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — El Paso County Tax Assessor-Collector's Office opened recently two new satellite offices — one on the east side and the other on the west side of the county — to allow residents who live in the outlying areas to have easier access to its services.

The new east side office is located in the East Side County Annex (2350 George Dieter Drive) and the west side satellite office is in the Northwest County Annex (435 Vinton Road).

The hours of operation for both offices are from 8 a.m. to 4:30 p.m., Monday through Friday.

The east side satellite location is in the office space that once housed the county clerk's satellite office. The county clerk's department stopped providing services at the annex last year after being open for only six months because it was not cost effective, explained county clerk office officials.

The two new satellite tax offices are in addition to the already established branch locations at the Ysleta County Annex (9521 Socorro Road), the Northeast Annex (4641 Cohen Avenue), and the Fort Bliss site, which is situated in the Army base's

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Finances By Nathaniel Sillin

Working out on a budget

It's true – good health really does save money. A Towers Watson survey (https://www.towerswatson.com/en-US/Press/2012/11/research-shows-prevention-is-key-to-reducing-health-care-costs-for-all-employees) noted that employee wellness programs saved employers an average of \$100 in health care costs per worker. So if you're going to get healthy, do it the smart way and make well-researched spending decisions throughout the year. Here are a few tips at the starting line.

community. Check out taxpayer-supported facilities and activities you're already paying for in your community to see what they offer. Community centers are great resources for inexpensive or free classes. You might be surprised how many free public tennis courts, swimming facilities and other recreational spaces are available in your city or town. Also take advantage of any regional, state or national parks that are near you. There's no greater motivation to stay active than getting outside.

Find buddies. You've seen them when walking or driving past a park or other locations around town – people who run together, walk together or dance together. Joining a fitness group doesn't have to cost any money at all; you might make new friends and you'll hopefully challenge and keep each other motivated.

Do a little heavy lifting with your budget first. Whatever your goals, check your overall finances to see what bad health behaviors might be costing you now in terms of immediate everyday costs or long-term impact on medical bills. You might find that a successful fitness plan can return hundreds of dollars – and possibly thousands – to your budget.

Pick a workout you like. If you loved swimming or jogging as a kid, such sports might be a good place to restart your fitness regimen. Restart your fitness habits modestly but consistently with activities you like. If they require a facility, test it out for a few days to comparison-shop. If they're offering specials, read the fine print carefully and try to stay away from long-term membership commitments if you can.

Don't overlook your

automatically walk more to and from your destinations. If you do drive, park at the farthest end of the lot to add a short, cost-free workout into your daily schedule.

Prepare your own meals. Working out is important to getting healthy, but eating properly can help you achieve results faster. One of the most effective ways to improve a diet – and save money while doing it – is resolving to prepare more meals at home (<http://www.practicalmoneyskills.com/calculators/lunch/>). Also, commit to selecting more healthful options whether you are at home or dining out. There are almost limitless resources in libraries and online to learn about quick, healthy food preparation and smart food shopping.

Bottom line: Working out on a budget doesn't always require added expenses. There are many inexpensive or free options to meet both health and financial goals in your neighborhood, at work and many other places.

This article is intended to provide general information and should not be considered legal, tax or financial advice. It's always a good idea to consult a tax or financial advisor for specific information on how certain laws apply to your situation and about your individual financial situation.

Veterans Post By Freddy Groves

Scheduling problems are legion at VA

I've been rooting for little White River Junction, Vermont.

Back when I first started watching the Department of Veterans Affairs medical center there, White River Junction had its hands full with claims overload. Sure, its numbers weren't as bad as places like St. Petersburg, Florida, where 46,366 veterans waited an average 207 days for claims to be completed. For White River Junction to have 969 veterans waiting an average 239 days didn't seem so bad.

The VA Office of the Inspector General paid a call on the facility, as it is doing across the country after all the problems with appointment-scheduling scams exposed in Phoenix. Inspectors interviewed 40 people and reviewed 700,000 records in White River Junction, and the results aren't pretty:

- Half of schedulers entered the appointment date as the patient's desired date 100 percent of the time. Others did that most of the time, making it look like appointments were made within required time frames.

- To keep from exceeding

the 14-day appointment requirement, the mental health unit just sent new patients to its walk-in clinic so they could be seen that day.

- Schedulers in multiple departments were putting information in paper folders to be entered later when appointments came available. That way patients could be scheduled within the 14-day window to make the stats look good. The electronic wait list (computerized scheduling) hadn't been used in 8-10 years.

- At one point, 700 consultations had not been scheduled. When upper management learned of the backlog, the appointments were put in the computer system, with overbooking "up to four times clinic capacity."

In one specialty clinic, appointment times were cut to 15-20 minutes to fit in as many patients as possible – to the detriment of veterans' health when serious illnesses weren't discovered.

I'm disappointed.

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DECISION 2016



View from here By John Grimaldi

Obamacare continues to feel the pinch

More of the Affordable Care Act's non-profit co-ops fail

Mandy Cohen, COO at the Centers for Medicare and Medicaid Services, has admitted that eight of the eleven surviving health care co-ops created under Obamacare might not make it to the end of the year.

Twenty-three co-ops were created under the Affordable Care Act but in short order 12 of them collapsed, including New York's Health Republic co-op, the biggest of them all. That failure left taxpayers on the hook for some \$355 million, according to Dan Weber, president of the Association of Mature American Citizens.

"The co-ops were originally touted as examples of the health care law's early achievements. They were established as non-profit insurance companies that would provide competition in the commercial marketplace—the kind of competition that should have resulted in lower premiums across the board. It didn't happen. As the Wall Street Journal pointed out, many of the co-ops exceeded their enrollment projections at first but then they failed because they were luring customers by low-balling premiums. You can't sell a dollar's worth of health insurance for 50 cents and expect to stay in business."

Of course, those who purchased health care insurance from co-op providers, particularly the poorest among them, have been hurt the most, despite the claim that the ACA would make health insurance affordable. In the case of New York's Health Republic, hundreds of thousands of policy holders were told on October 30th that they had just about a month to find a new provider at new rates.

"AMAC's reporting of the Obamacare co-op debacle last fall predicted that the country, as a whole, would feel the impact of the collapse of the co-ops because taxpayers are picking up the tab. We also

forecast that it would be those individuals and families most dependent on Obamacare for health care coverage that would be hit the hardest because the co-op failures are, at least in part, responsible for the spike in 2016 Obamacare premiums," Weber noted.

2016 premiums are up at least 8% and the Congressional Budget Office is predicting that Obamacare premiums will increase steadily by about 6% or more a year over the next ten years. In addition, private sector insurance analysts believe that the elimination this year of two key Affordable Care Act components – the ACA's risk corridors program and its reinsurance program – increases the potential for financial instability for insurers. It could result in a bigger spike in premiums in 2017.

The collapse of the co-ops further exposes the inadequacies and inefficiencies of the Affordable Care Act, according to Weber who noted that AMAC recently proposed what he calls a "common sense approach to truly affordable" health care coverage for all Americans.

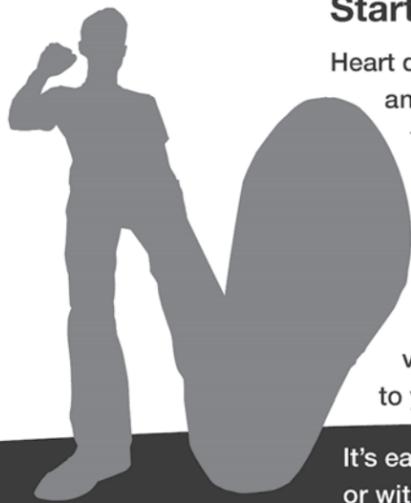
"We call it the B.E.S.T. plan. The acronym stands for Bipartisan, Easy, Simple, Timely and it offers a functional, three-pronged approach to health coverage. It relies on a greatly expanded Health Savings Account program, the creation of a free coverage component for low income households and a modified Medicaid system."

(The full text of AMAC's comprehensive health care proposal is available at <http://amac.us/wp-content/uploads/2016/04/AMAC-Best-3.28.16.pdf>.)

The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

Take the First Step to a Heart-Healthy Life.

Start! Walking. Start! Something.



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

It's easy to Start! whether you're by yourself or with friends, family and co-workers. You'll all feel a difference and live longer, heart-healthier lives.

Join the movement.

heart.org/start





Freda J. Adams

– Photo courtesy El Paso Community College

Adams selected for NASA program

By Jim Heiney
Special to the Courier

EL PASO COUNTY – Freda J. Adams of El Paso Community College in El Paso (EPCC), TX has been selected to travel to NASA’s Johnson Space Center this spring to participate in the NASA Community College Aerospace Scholars project (NCAS). Adams has been selected as one of 216 community college students from across the U.S. to be part of NCAS.

The five-week scholars program culminates with a four-day on-site event at Johnson Space Center and offers students the opportunity to interact with NASA engineers and others as

they learn more about careers in science and engineering. While at NASA, students form teams and establish fictional companies interested in Mars exploration. Each team is responsible for developing and testing a prototype rover, forming a company infrastructure, managing a budget, and developing communications and outreach. The on-site experience at NASA includes a tour of facilities and briefings by NASA subject matter experts.

NASA Community College Aerospace Scholars is a project funded in part by the Minority University Research and Education Program, or MUREP, which is committed to the recruitment of underrepresented

and underserved students in science, technology, engineering and mathematics (STEM) to sustain a diverse workforce.

With this project, NASA continues the agency’s tradition of investing in the nation’s educational programs. It is directly tied to the agency’s major education goal of attracting and retaining students in STEM disciplines critical to NASA’s future missions, which include missions to Mars and beyond.

For additional information, please contact National Community College Aerospace Scholars by email at JSC-NCAS@mail.nasa.gov or by phone at (281) 483-0493. For more information, visit: <https://nas.okstate.edu/ncas/>.

Tax

From Page 1

Welcome Center (Building 505).

According to County Tax Assessor-Collector Ruben Gonzalez Gonzalez, the satellite offices provide all the services available at the County Tax Assessor-Collector’s Office’s headquarters, which was moved last year from its former downtown location to its new permanent facility which is inside the revamped Ascarate County Annex (301 Manny Martinez Drive).

Some of the services that the Tax Assessor-Collector’s Office handles are vehicle registration, title transfers, alcoholic beverage taxes and permits, as well as occupational permits. An added feature that is planned to go into effect in the near future at the satellite places are automated kiosks, which will accept child support and court-ordered payments, county officials related.

The kiosks, which will look like ATMs, will allow individuals who have outstanding debts to make payments at the satellite locations instead of having to travel to the county courthouse

in Downtown El Paso, county officials stated. The planned kiosks will make it possible for motorists who are unable to obtain or renew their vehicle

registration stickers because they have outstanding moving violation warrants or fines that have not been paid to the county, officials stated.

Town of Horizon City

In an effort to provide a safe, healthy and clean environment the Horizon City Code Enforcement Department asks that all residents please follow property maintenance requirements. Visit www.horizoncity.org for complete Ordinance requirements about the following topics and more:

- **Yards and Trees** – keep yards, including parkways and gutters, clear of weeds and debris; trees shall be trimmed to maintain proper clearance
- **Stagnant Water** – items such as tires shall not be stored on properties in order to prevent mosquito growth; up to 5 tires may be brought to City Hall
- **Outdoor Storage** – do not store indoor furniture/appliances outside
- **Illegal Dumping** – violators will be prosecuted to the fullest extent of the law
- **Vehicle Parking** – only allowed on approved parking surfaces; do not park on yards
- **Garage Sales** – maximum of 4 per year with a permit
- **Signs** – illegally placed signs will be removed; contact City Hall for further clarification

Notice of Violation

Individuals or property owners must comply with a Notice of Violation.

If the property is not brought into compliance, the City may request a court order that would give the City authorization to access the property and correct the violation; all associated costs will be billed to the property owner.

Call 915-852-1046 with any questions and/or to report violations.

Agency

From Page 1

by Goodwill, which is a subcontractor for Dynamic Workforce Solutions, a Wisconsin-based workforce

training, management, and consulting firm.

In January, Dynamic received a \$6.9 million annual contract from Workforce Solutions Borderplex’s board of directors to operate its employment centers and the various job programs, including \$720,000 for Goodwill to help run the centers, an agency official reported.

Also in January, Manpower Inc., received an annual \$2.5 million contract from the agency’s board to oversee the job training programs.

Under the new contractors, Workforce Solutions will offer online training, virtual workforce-service tours, online workshops, and career exploration tools, agency officials stated.

With the additions, the local employment agency now has five regular job centers in El Paso County, the two new Job-Link locations, an office in Presidio, and one in Alpine.

The three regular centers in El Paso and the one in Presidio are now open from 8 a.m. to 5 p.m., weekdays. They had been open from 7 a.m. to 6 p.m. during the five-day work week. The Alpine center will continue to operate from 8 a.m. to 5 p.m., weekdays.

The two Job-Link locations are open from 8 a.m. to 4:30 p.m., weekdays. The Fort Bliss and Fabens employment offices changed their hours and are now serving clients from 7:30 a.m. to 4:30 p.m., weekdays.

The centers and job training programs had been operated by Virginia-based Serco Inc., according to agency personnel.

Public Notice

Clint Independent School District

Pre-K and New Kinder Pre-Registration

Clint Independent School District will conduct a Pre-registration for students entering Pre-Kinder and new students to Kindergarten for the 2016 - 2017 school year from April 25th to May 6th from 9 a.m. to 11 a.m. and from 1 p.m. to 3 p.m. Please visit the elementary campus in your area.

Additionally, a required registration for only Pre-K students will be held on August 1 - 12, 2016 at the respective campuses.

Please contact your area elementary campus for more information.

- Desert Hills Elementary 915-926-4500
- Frank Macias Elementary 915-926-4600
- Montana Vista Elementary 915-926-5300
- Red Sands Elementary 915-926-5400
- WD Surratt Elementary 915-926-8200
- Carroll T. Welch Elementary 915-926-4400

Noticia Pública

Distrito Escolar Independiente de Clint

Pre-Inscripción de Pre-Kinder y Jardín de Niños

El Distrito Escolar de Clint tendrá pre-inscripciones para alumnos que van a empezar Pre-Kinder y alumnos nuevos al Jardín de Niños para el año 2016 - 2017 del 25 de Abril al 6 de Mayo de las 9 a.m. a la 11 a.m. y de la 1 p.m. a las 3 p.m. Favor de visitar la escuela primaria en su zona de residencia.

Además, habrá una inscripción requerida solo para alumnos de Jardín de Niños que tendrá lugar Agosto 1 - 12, 2016 en los respectivos planteles.

Comuníquese con la escuela primaria de su zona residencial para más información.

- Primaria Desert Hills 915-926-4500
- Primaria Frank Macias 915-926-4600
- Primaria Montana Vista 915-926-5300
- Primaria Red Sands 915-926-5400
- Primaria WD Surratt 915-926-8200
- Primaria Carroll T. Welch 915-926-4400

Gordon, Manziel, make more news off field than on

By Steve Escajeda
Special to the Courier

Athletes all over the world are judged first and foremost by their physical ability.

And those who achieve stardom either work harder or are blessed with more of what most experts call "God given talent."

Whatever the case, athletes in every sport have to dedicate themselves and their bodies to maintain a competitive edge.

Whether it's weightlifting or cardio or diet, athletes are constantly keeping their bodies in the best shape possible.

Another all-important, but hardly ever talked about, aspect of the athletes' arsenal can be found between the ears.

Yes, contrary to some fans' popular belief, athletes have to be able to think on their feet to be successful.

In many cases, athletes who may not be as talented physically as their opponent, gain an advantage by out-thinking their foe.

There's no doubt about it, along with physical ability, athletes rely heavily on

their brains to get to the next level.

With that being the case, there are some athletes who are unable to get to the next level because of their lack of brainpower.

A great example of this can be found in one organization, the Cleveland Browns.

Just a couple years ago people were salivating about the prospect of quarterback Johnny Manziel throwing touchdown passes to wide receiver Josh Gordon.

What a great combination. These two guys were going to keep the Browns viable for a decade. We're talking about a flamboyant Heisman Trophy winner and one of the best young receivers in the NFL.

What could go wrong?

Now don't get me wrong, both players keep making national news fairly regularly. But unfortunately for Cleveland it has absolutely nothing to do with anything taking place on the football field.

Gordon emerged as one of the best pass-catchers in the league in 2013, just his second year in the NFL. He caught 87 passes for 1,646 yards and nine touchdowns.

And the irony is that he accomplished all that after being suspended the first two

games of the season for substance abuse.

Talking about a preview of things to come.

A year later Gordon was suspended again, this time for a year and for the same thing - drugs.

He was then suspended by the Browns for breaking team rules. He was suspended for another year in January of 2015 for alcohol abuse after being arrested for driving while impaired.

I think anyone reading this can see a pattern developing. It became apparent that Gordon's priorities had little to do with playing football.

But still, the Browns have given him every reason and chance to get his life together and rejoin the team.

And he was scheduled to - until he failed yet another drug test a month ago.

The other half of Cleveland's fallen heroes is Johnny Football, as Manziel is known.

It didn't matter whether you loved the guy or hated the guy, everybody wanted to see him on the field to see if he could work the same magic in the NFL that he performed in college.

For the most part he didn't. But there were flashes of brilliance that got fans

excited for the future.

But just like Gordon, Manziel's priorities haven't had much to do with the game of football.

It's no secret that Manziel has a problem with alcohol and drugs. So much so that his own father has said that if he didn't get help soon, he may not be around very much longer.

His constant partying led the Browns to letting him go recently and now it's up to some other franchise to take a chance on him.

The only thing worse for these two individuals is for them to join forces. And they did.

It turns out that they spent a weekend together last month in a rented million-dollar home in Los Angeles. So naturally when you put these two knuckleheads together nothing good is going to come out of it.

And naturally, after a couple nights of partying, drugs and alcohol, they and their buddies caused about \$32,000 worth of damage to the rental.

It's too bad that two guys with such enormous physical talent can't transfer the gifts they carry in their arms and legs to the gray matter between their ears.

A sporting view By Mark Vasto

Spieth no evil

This is a story about "The Good Ones," the greatest team you've never heard of. And you can't be blamed for that, since The Good Ones flew under the radar and only played intramural softball at the University of Maryland.

The team played great ball, and if the magnificent-looking captain, a former freshman ballplayer with an alleged .314 career average, hadn't been injured in a freak fall down the basement stairs orchestrated by his cat, they probably would have taken home the trophy.

The rest of the team was rounded out by other luminaries, including a few superstar Terp

football players, ACC champion wrestlers and club hockey players. And as hard as it is to believe, this shabbily dressed group of athletic ragamuffins also featured Kevin Plank at first base. Plank, some of you stockholders, sports junkies and financial-publication readers may know, is the founder and CEO of sportswear giant Under Armour. One now surmises that The Good Ones would be a very well-attired team should they ever reform for an old-timers' game.

So this team used to actually draw a bit of a crowd, even if most of the fans were their girlfriends. Maybe that's why

the aforementioned captain of the team tried to argue a call in his last game. Maybe he felt he had to show some tenacity.

OK, so the captain was me. This has been bugging me for a long time. Hang with me, here. I was thrown out at second but was safe by a Maryland mile. I tried to argue the call, but my body didn't play ball. My headfirst slide looked more like a sputter into a gutter that knocked the wind out of me, and when I yelled at the ump, it sounded like I was having a seizure. I got kicked out of the game and came off like a bad sport, which I was.

Fast-forward to 2016. Golfer Jordan Spieth is the same age as I was when I got booted from that softball game. And wouldn't you just know it? He is sponsored by Under Armour, so I feel a certain kinship. Not just because of the

apparel angle, but the loss of cool.

A friend once told me that "He who loses their cool first, loses." As we now know, young Master Spieth quadruple bogied at The Masters, and the naysayers are gunning for him like a mosquito at sunset.

"He didn't shake his hand"; "He never congratulated him"; "He told the cameras to step off"; and blah, blah, blah. Some have even said this loss will somehow hurt Under Armour, as some Wall Street pundits downgraded the stock.

While I never returned to the

field, you can bet that Jordan Spieth will be back. He's 22, and he had a bad hole. If he merely bogied on No. 12, he'd have won his second Masters. No matter what anyone tweets or memes about the kid, no matter what they've heard, trust me... Spieth is no evil villain here. Put it in context, like my slide into second, to understand I guess you just had to be there.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2016 King Features Synd., Inc.



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Comix

Your good health By Keith Roach, M.D.

OUT ON A LIMB By Gary Kopervas



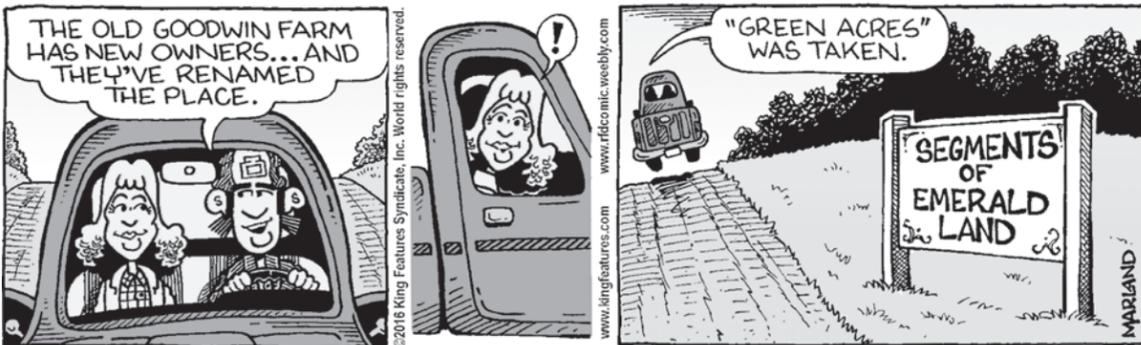
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THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



DEAR DR. ROACH: I know you're not a psychiatrist, but I hope you can help. My dad was a single parent raising us kids, and he was always clean when it came to housework. Every room in our house was almost spotless. But lately, we have noticed him becoming a hoarder and being more disorganized. By that, I mean keeping weeks-old newspapers on the floor, the kitchen table, everywhere, and he gets upset if we try to help him clean. He's 79. Could it be a sign of senility or Alzheimer's disease? - R.S.

DEAR DR. ROACH: A year ago, my internist prescribed Evista for mild osteopenia, but my gynecologist said she would not have put me on medication yet. Two of my friends also have osteopenia, but they have not been prescribed medication. I stopped taking Evista last month, because of my fear of developing blood clots. What is your view on this? - N.S.

Hoarding behavior can have several psychiatric causes, and, indeed, a psychiatrist may be necessary to make the diagnosis. However, odds are that your dad always had some form of obsessive-compulsive disorder, and with age has become worse.

There are other possibilities. Fronto-temporal dementia, a type of dementia that is distinct from Alzheimer's disease, has a variant in which personality and behavior changes are prominent, but given the history of what sounds like unusual cleanliness habits, I would suspect that OCD is the most likely diagnosis. There usually is a long delay from the time symptoms begin until the time the diagnosis is made.

A diagnosis needs to be made before treatment - be it medications, psychotherapy or some combination - can begin. Treatment can improve not only the hoarding behavior but also the distress your dad is feeling. A psychiatrist or psychologist is the expert in making the diagnosis and for treatment.

The booklet on Alzheimer's disease details the symptoms of this common illness. Readers can obtain a copy by writing: Dr. Roach - No. 903W, 628 Virginia Drive, Orlando, FL 32803. 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.

Osteopenia simply means "too little bone," and it is a risk factor for developing osteoporosis. Most experts would treat osteopenia by ensuring that you are getting adequate calcium and vitamin D, and seeing that there are no other causes for your osteopenia, such as low thyroid level or medications that can lower bone density, such as cortisone. Although there may be reasons to treat osteopenia before osteoporosis develops, medicines like raloxifene (Evista) are reserved for the more serious condition of bone loss, osteoporosis. Raloxifene does decrease the risk of fractures. Raloxifene has risks: It increases the risk of blood clots by about 1 person per thousand over five years. However, it decreases the risk of breast cancer. Thus, See HEALTH, Page 8

Super Crossword

- BIG MIX-UPS ACROSS**
- 1 Place a call incorrectly
 - 8 "Alley _!"
 - 11 _ toe in the water
 - 15 Spat
 - 19 1979 Michael Caine film
 - 20 Sergeant's inferior
 - 22 Arab leader
 - 23 Had a different opinion
 - 25 Court plea, for short
 - 26 " _ the Greek" (1964 film)
 - 27 Average mark
 - 28 French department
 - 29 Ax parts
 - 30 Mel of the old Giants
 - 31 1954 hit song with a biblical title
 - 35 Cyberspace letters
 - 37 Sigh of satisfaction
 - 38 Lott of football
 - 39 Valued highly
 - 42 "The Thing" star Russell
 - 43 Lose vigor
 - 45 Ship out
 - 46 Career-completion celebrations
 - 51 Canadian station name
 - 52 Spanish arena cry
 - 53 A _ (slightly)
 - 54 Haughtiness
 - 58 "So it's you!"
 - 59 Bank offering for creditworthy customers
 - 66 Focuses in college
 - 68 Kochi sash
 - 69 Quarterback Troy
 - 70 Like some high-quality models
 - 77 "I'm cold!"
 - 78 Bidding site
 - 79 180 degrees from SSE
 - 80 _ Lingus
 - 81 Film director Kazan
 - 82 Formation of new areas of oceanic crust
 - 89 Mane locale
 - 93 In the past
 - 94 Minimal tide type
 - 95 Sudden pain
 - 96 Oblong pastry
 - 98 Bards' dusks
 - 99 Weight revealer
 - 101 Trainers looking for pins
 - 105 Clumsy ship
 - 108 Ticket details
 - 109 Regular pay
 - 110 Stable scrap
 - 111 "Along _ spider..."
 - 113 With 11-Down, settled for
 - 114 Takes a defensive position
 - 118 New _ (Enya type)
 - 119 Kiss
 - 120 Divert
 - 121 Actors Beatty and Sparks
 - 122 Bodega, e.g.
 - 123 Profs' helpers
 - 124 Any of four long pairs featured in this puzzle
- DOWN**
- 1 Seder bread
 - 2 " _ the Sheriff"
 - 3 Terse
 - 4 Paint crudely
 - 5 Sitcom actress Swenson
 - 6 NCAA part: Abbr.
 - 7 Nutlike Chinese fruit
 - 8 Band of eight
 - 9 Sound of awe
 - 10 Med lead-in
 - 11 See 113-Across
 - 12 Dubliners, e.g.
 - 13 1990s Toyota
 - 14 Bar brew
 - 15 Bone attachments
 - 16 Coca of comedy
 - 17 Enters one following another
 - 18 Iced
 - 21 Like some even distributions
 - 24 Eye, to Yves
 - 29 Inflated self
 - 31 Walk in shallow water
 - 32 _ monde (high society)
 - 33 Old West's Wyatt
 - 34 Hankering
 - 35 Italian opera singer Pinza
 - 36 Debussy's "La _"
 - 39 Piece of audiophile equipment, briefly
 - 40 Divvy up again
 - 41 "This pays the rent, at least"
 - 42 Leg part
 - 43 Sirius, say
 - 44 Adjutant
 - 47 "Li'l ol' me?!"
 - 48 Shade tree
 - 49 Artery: Abbr.
 - 50 Composer Erik
 - 55 Nettle
 - 56 " _ Rose" (Nat King Cole hit)
 - 57 Eyeballing
 - 59 Victimized, with "on"
 - 60 Blog feed inits.
 - 61 Electrojet bit
 - 62 Heat's org.
 - 63 Up to, informally
 - 64 Downcast
 - 65 Anger greatly
 - 67 One _ kind
 - 71 Hose hitch
 - 72 Lowdown
 - 73 Barn hooter
 - 74 Shocked reaction
 - 75 Sales staffer
 - 76 Opp. of departure
 - 81 Falco of "Oz"
 - 83 English peer
 - 84 Amoeba composition
 - 85 Wine: Prefix
 - 86 Tabula _
 - 87 Greek vowels
 - 88 Pointed tool
 - 89 Ted Koppel, for one
 - 90 Area of a plot of land
 - 91 Petitioned
 - 92 Events after Lents
 - 97 Cheez- _ (crackers)
 - 98 Breakfast china item
 - 99 Old Iranian VIP
 - 100 Et _ (and so forth)
 - 102 "In my dreams!"
 - 103 Stupor: Prefix
 - 104 Fowl sheds
 - 105 "My Cherie _"
 - 106 Oscar de la _
 - 107 Casey of countdowns
 - 111 Irene of "Fame"
 - 112 Awestruck
 - 114 Trig function
 - 115 Have chow
 - 116 RR depot
 - 117 _ Ho Lee (scientist in 2000 headlines)

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							124				

MOORE TEXAS

by Roger Todd Moore

April 10 1937: LBJ wins his first election for Texas Rep.



Social Security Q&A By Ray Vigil

Q: How do Social Security benefits and Supplemental Security Income (SSI) payments differ?

A: The two programs are financed differently and have different eligibility requirements.

Workers and employers fund Social Security retirement, survivors, and disability insurance through taxes on workers' earnings. Generally, we pay Social Security benefits to eligible workers and their families based on the worker's earnings. Meanwhile, general taxes fund the SSI program, which serves the needy. SSI eligibility depends largely on limited income and resources. Please visit www.socialsecurity.gov for more information.

• How quickly we can get your medical evidence from your doctor or other medical source;
 • Whether it is necessary to send you for a medical examination; and

• Whether we review your application for quality purposes. If you would like to apply for disability benefits, you can use our online application. Applying online for disability benefits offers several advantages:

- You can start your disability claim immediately. There is no need to wait for an appointment;
- You can apply from the convenience of your home, or on any computer; and
- You can avoid trips to a Social Security office, saving you time and money.

For more information, go to www.socialsecurity.gov/disability.

Social Security and both meet all other eligibility requirements to receive retirement benefits, lifetime earnings are calculated independently to determine the benefit amounts. Therefore, each spouse receives a monthly benefit amount based on his or her own earnings. If one member of the couple earned substantially less than the other or did not earn enough Social Security credits (40) to be insured for retirement benefits, he or she may be eligible to receive benefits as a spouse. To learn more, visit www.socialsecurity.gov/retirement.

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.

Q: How long does it take to get a decision after I apply for disability benefits?

A: The time it takes to get a decision on your disability application can vary depending on:

- The nature of your disability;

Q: My husband and I are both entitled to our own Social Security benefits. Will our combined benefits be reduced because we are married?

A: No. When each member of a married couple works in employment covered under

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.

	÷		+		7
+		-		+	
	÷		+		13
÷		×		×	
	×		+		16
3		15		15	

DIFFICULTY: ★

★ Moderate ★★ Difficult
 ★★★ GO FIGURE!

1 2 3 5 6 7 7 8 9

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: S equals T

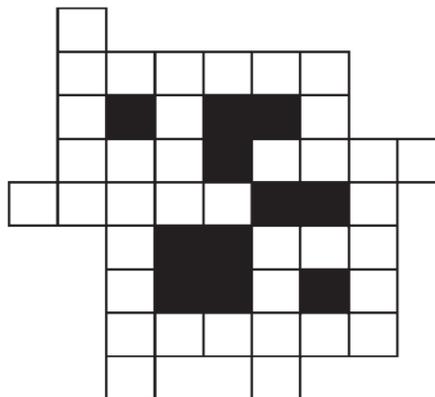
IOKZM IWPMWKM BTLMRG
 IRYIQML PG NYSOW BMZROKMB,
 O ITNNWIM SQYS'I Y ZTS SW
 SQM ZQYOIM.

Answer Page 4

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- HET
- LOAPER
- ♥ RHOTE
- ♥ TRAS
- CANHUL
- ♥ EAL
- LEPT
- ♥ HASLE
- ♥ PTO
- MERITH
- HOTAL
- ♥ OLEN



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 rbmall.com

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Briefs

From Page 1

the legendary hero of the Alamo would have had trouble wielding. One and a half tons of stainless steel was used to craft the 20-foot long replica of Jim's trusty blade. The citizens of Bowie are planning a big dedication ceremony in June to officially unveil the knife of knives. And, to make sure that this monumental monument gets the recognition it deserves, they've invited the Guinness Book of World Records to bear witness. You can be sure, says AMAC, the eyes of Texas will be upon them.

- John Grimaldi

Health

From Page 7

raloxifene is a poor choice for someone with an increased risk of clots, but a very reasonable choice for women who need treatment for osteoporosis and also have an increased risk for breast cancer.

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.rbmall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2016 North America Synd., Inc. All Rights Reserved.