



NEWSBRIEFS

Police Academy

The El Paso Police Department will be conducting its next Citizens Police Academy beginning on Thursday, February 9, 2017. The course will be conducted in English and will take participants on a journey that will provide them a greater insight into the operation of the El Paso Police Department. Applicants must be at least 18 years of age and NOT in high school. Class size is limited so applications will be accepted and processed on a first-come, first-served basis. The classes will be held at various police facilities throughout the city however most classes will be held at Police Headquarters located at 911 N. Raynor. Classes will meet in the evening every Thursday as well as a few Saturday mornings. Participants will have an opportunity to experience a ride along with a patrol officer at one of our 5 Regional Commands. Topics discussed will include Patrol Operations, Traffic Enforcement and Accident Investigations, Homicide Investigations, Gang Investigations, Narcotics Investigations, Internal Affairs and Crime scene to name a few. There will also be presentations from our SWAT Team, Crisis Negotiators, Canine and Bomb Squad. Applications can be picked up at all Police Regional Commands as well as at Police Headquarters. You may also download the application packet via the "Newsroom" at www.eppd.org. Completed applications must be forwarded to Det. Mike Baranyay in the Chief's Office at 911 N. Raynor. Application deadline is February 3, 2017. Questions regarding this academy should be directed to Det. Mike Baranyay or Det. Javier Sambrano at (915) 212-4312 or (915) 212-5806; or email at 1687@elpasotexas.gov.

— Det. Mike Baranyay

New deans

El Paso Community College (EPCC) has two new Academic Deans — Joshua Villalobos and Dr. Myshie Pagel. Villalobos, will serve as the Dean of Instructional Programs and Campus Dean of the Mission del Paso Campus. He previously served as Interim Dean and was a nationally recognized Geology faculty member. Pagel will serve as Dean of Education and Career and Technical Education

See BRIEFS, Page 5

Archaeologist focuses on Casas Grandes

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY — About 120 miles south of Ciudad Juarez rests the unassuming town of Nuevo Casas Grandes. Adjacent to it sprawls the maze-like remains of Paquime. This archaeological treasure — also known as the Casas Grandes ruins — was a settlement of about 6,000 inhabitants more than 500 years ago. Today, skeletal, adobe clusters that resemble passageways, apartments, temples, and pyramids preserve the village's memory.

To shed light on the relatively unknown Paquime site, Dr. Roy (Ben) Brown has been invited by the El Paso Archaeological Society (EPAS) to share his findings during its next monthly meeting which is scheduled for 2 p.m., Saturday, January 21, at the El Paso Museum of Archaeology, 4301 Transmountain Road. The presentation is free and open to the public.

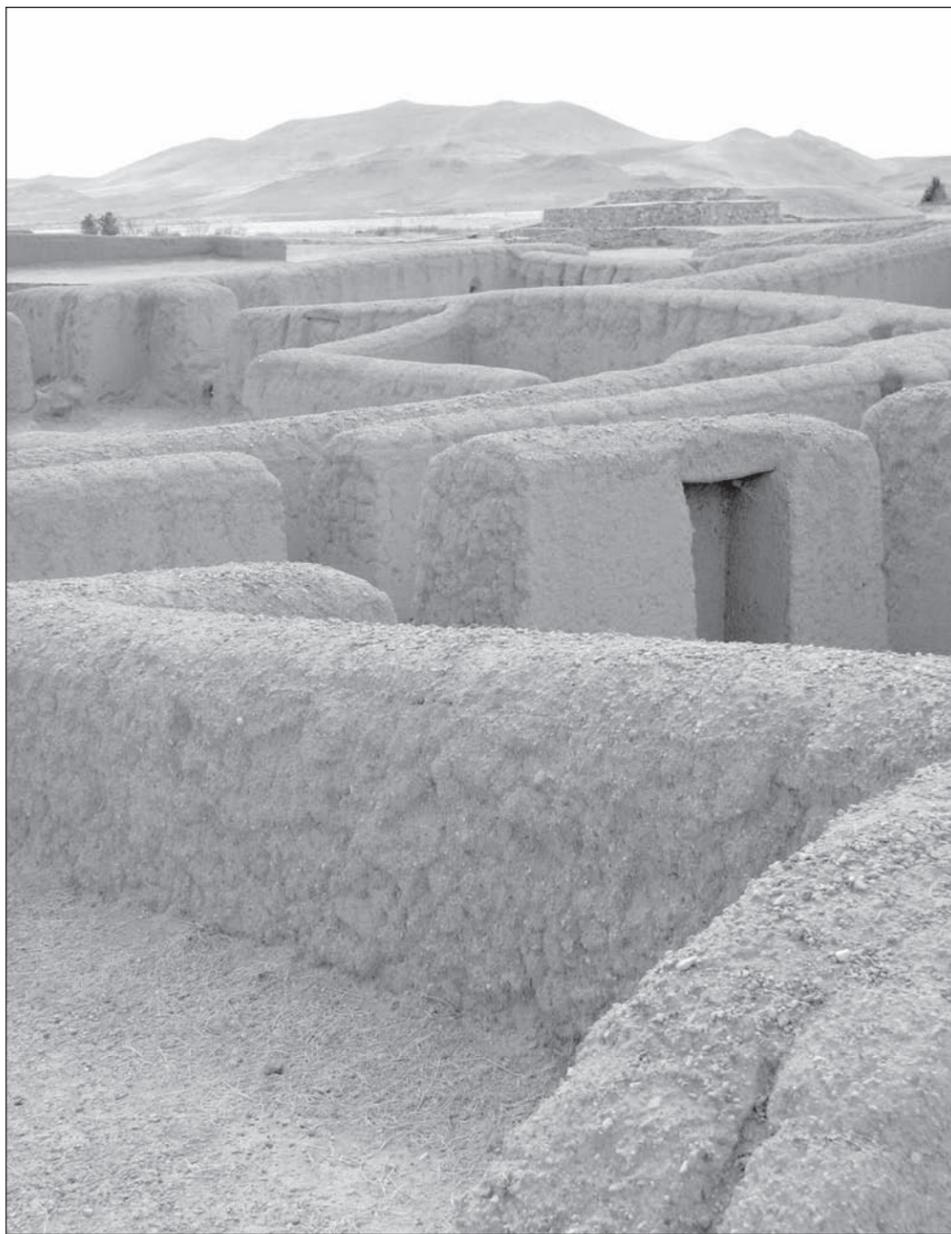
Beginning in 1988 as head of an archaeological conservation project at Paquime, Brown spent more than five years learning all he could about the ruins, and in the process he became an internationally-recognized expert on the conservation of earthen architecture.

Brown holds a doctorate in Anthropology from the University of Arizona and currently is research professor at the Museo de la Revolución en la Frontera, which is located in Ciudad Juárez. The Juarez museum is operated by the National Institute of Anthropology and History (INAH) and is a decentralized offshoot of the Secretary of Culture's Centro INAH in Ciudad Chihuahua, México.

According to Brown, lessons learned from the excavation of Paquime encompass the search for the best conservation techniques of earthen architecture including the application of soil science, geomorphology, forestry, climatology, and many other natural sciences. "The goal is to provide continual evaluation and re-evaluation over time so that the archaeological ruins may be preserved for future generations," he stated.

Brown explained that in attempting to preserve ancient buildings like the ones at Paquime, which date back to approximately AD 1200 to 1450, preservationists recognize that every action and intervention is destructive. "They cannot always predict the immediate and long term impact of what they do," he stated. Brown added that a second major concern is the sometimes delicate balance between pursuing the scientific search for knowledge and the opportunity to enhance public understanding of the people and technologies of the ancient past.

Since his work at Paquime, Brown's curiosity has led him to study a number of different aspects of the archaeology,



— Photo courtesy of El Paso Archaeological Society

OLD DWELLINGS — Paquime earthen architecture dates from 1200-1450 AD. Paquime is a UNESCO (United Nations Educational, Scientific and Cultural Organization) designated World Heritage site. It was a major trading center, if not the major trading center, in northern Mexico and the Southwestern United States. Paquime was linked to Sinaloa by the presence of sea shells from the coast, to tropical México and the Southwest by the presence of certain birds, and to central Mesoamerica by the presence of I-shaped ball courts. The trade list goes on to include copper, astronomy and more.

history and culture of the border region and beyond. Brown stated that presently his focus has been on the writing of an abbreviated biography of Cástulo Herrera (1878-1957), who lived in the state of Chihuahua and worked in ranching, railroading, and eventually ascending to the military rank of coronel in Francisco Madero's revolutionary army. He added that Herrera spent a large proportion of his time in El Paso and that he was said to be a recruiter of both Mexicans and soldiers of fortune as well as a smuggler of ammunition during Mexico's 1910 revolution.

Brown's upcoming presentation, titled Paquime: La Perla del Norte, Redux, is the next one in a series of distinguished lecturers invited by EPAS as a part of its regular monthly meetings.

EPAS, founded in 1922, is a non-profit group. Membership is open to individuals and organizations interested in anthropology, archaeology, and in the preservation of prehistoric and historic cultural resources. Membership information may be found on the EPAS website <http://epas.com/membership.htm>.

Currently, EPAS members take part in archaeological tours and volunteer field work organized by the non-profit Jornada Research Institute (JRI) of Tularosa, New Mexico. The institute's mission is to study the archaeological, ethno-historic, historic and natural resources of the northern Chihuahuan Desert of Arizona, New Mexico, West Texas, and adjacent regions. For more information about JRI's work, visit its website at [JRIhttp://jornadaresearchinstitute.com/](http://jornadaresearchinstitute.com/).

Paquime played a key role in trade and cultural contacts between the Pueblo culture of the south-western United States and northern Mexico and the more advanced civilizations of Mesoamerica. The extensive remains, only part of which have been excavated, are clear evidence of the vitality of a culture which was perfectly adapted to its physical and economic environment.

— UNESCO.

No one objects to what you say if it's really worthwhile — if you say it in a few words.

— Quips & Quotes

Finances By Nathaniel Sillin

Resolve to replace your bad financial habits

Most people have at least one bad financial habit. Whether it's impulse shopping, forgetting to pay bills on time or putting off building that emergency fund, balancing what you want to do and what you "should" do is never easy. The new year is the perfect time to identify potential financial weak points and replace bad habits with productive ones.

Start by identifying your bad habits. Sometimes a bad financial habit is easy to identify. For example, there might be a growing stack of bills in the kitchen that you willfully ignore. Others may be subtler, or perhaps they've become so ingrained that you do them without thinking twice.

Not sure where to start? Looking through your previous months' expenses can help you identify expensive trends or one-off purchases that are part of a larger theme. Online or paper

bank statements can make this particularly simple. If you have a budget, you likely already compare projected spending with actual spending on a monthly basis, if not, this might be a good time to start.

You might recognize a few of these common bad financial habits in your life:

- Paying bills after the due date.
- Paying only the minimum required on bills.
- Ignoring bills and letting them go to collections.
- Putting off saving for retirement or for a rainy day.
- Impulse shopping or "retail therapy."
- Not keeping track of how much debt you have.
- Taking on debt to pay for something you don't currently need.

Ultimately, all of these lead to spending more than you earn and

in some cases, bad habits can have a cascading effect.

Try to figure out what's driving your behavior. You might need to figure out what triggers your behavior and the reward you perceive afterward before you can change a habit. However, triggers and rewards aren't always obvious.

For example, you might buy big-ticket items when they're on sale because you want to feel like you're accomplishing something by "saving" so much. Perhaps you could foster a similar feeling of accomplishment by investing the money in a tax-deferred retirement account and calculating how much it'll be worth after years of compound interest.

Aim for these healthy financial habits. What habits should you try to adopt? Budgeting is certainly a worthy activity, but also consider the following mix of behaviors and specific objectives that can help keep your finances in order.

• Pay bills on time. In addition to avoiding late-payment fees, making on-time payments is one of the most important factors in determining your credit score.

• Make paying down debt a priority. Rather than accruing interest, make a point to pay down debts as quickly as possible.

• Build and maintain an emergency fund. Having three to six months' worth of living expenses in savings can help cushion the blow from a financial or personal setback. You could start with a goal to put \$1,000 aside and then build towards the full emergency fund.

• Save for retirement. You can put aside a percentage of your income for retirement and invest the money within a tax-advantage account, such as a 401(k) or IRA. Find a comfortable contribution amount to start with, and then try to increase it at least once during the year.

• Plan your large purchases. To help prevent impulse shopping from draining your budget, resolve to wait at least one day before buying anything that costs over \$100 (or whatever amount makes sense for your budget). If you know there's a large purchase

coming up, start saving early by setting a little money aside from each paycheck.

You might consider asking others for input during this process. Especially if you're having trouble identifying a bad habit or finding the motivation to change, sometimes an outside perspective can help.

Bottom line: Make a resolution to replace your bad financial habits with healthy ones this year. Start by identifying the habits you want to change and trying to figure out the trigger and reward that surround the behavior. Then, try to replace that behavior with something positive. After identifying and trying to change your personal financial habits, you might want to consider the financial practices you share with a spouse or significant other.

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

– CORRECTED NOTICE –

Notice of Public Hearing Tornillo Independent School District

Tornillo Independent School District will hold a public hearing to discuss the District's 2015-2016 Texas Academic Performance Report (TAPR). The meeting will be held at 5:30 P.M. on Wednesday, January 25, 2017 in the Tornillo Central Office, 19200 Cobb St. Tornillo TX.

The public is invited to attend. For more information, call (915) 765-3000.

WTCC: 01 -12-17

Here's a Tip

By JoAnn Derson

• Make your own double boiler by resting an ovenproof glass bowl on top of a pot. Fill the pot 1/4 full with water and boil. Place the glass bowl on top of the boiling water and melt away!

• To loosen the seal on a pickle jar (or other sealed jar with a metal lid) simply tap the edge of the lid with a butter-knife handle. Light taps are all you need. You also can gently tap the edge of the lid directly on the countertop.

– P.P. in Mississippi

• Want to make your own dryer softener sheets? Here's an easy tip: Soak a washcloth in regular liquid softener. Wring out the excess softener and lay flat or hang to dry. This makes a reusable softener sheet. You can get 15 or so uses out of your cloth before it needs to be resoaked.

• When adding flour to your stand mixer, try adding the flour in one batch and covering the top with a towel. Hold in place loosely while the mixer incorporates the flour. You will not get a big dust cloud!

– M.H. in Indiana

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 King Features Synd., Inc.

Veterans Post By Freddy Groves

Crisis Line expansion a lifesaver for vets

The Department of Veterans Affairs Crisis Line recently held a ribbon cutting at a facility in Atlanta that will expand by 600 veterans the number it can help each day, doubling its capacity.

The goal of the VA Crisis Line is to be available 24/7 to veterans who are in crisis and are suicidal. The hotline serves an important link in connecting veterans with Suicide Prevention Coordinators in each VA Medical Center.

The stats are impressive. The Crisis Line began with 14 responders and two health-care technicians manning four phones at a New York VA medical center. Since they began in 2007, responders have:

- Answered 2.6 million calls.
- Sent emergency services to 67,000 locations after crisis calls.
- Forwarded 425,000 referrals to suicide prevention coordinators, ensuring continuity of care.
- Talked to 314,000 veterans or family members in the website chat option.
- Answered 63,000 text

messages since that option began in 2011.

By the end of 2016, crisis calls are automatically transferred to the hotline if the veteran (or family member) calls the local VA medical center and presses 7 during the automatic greeting.

The biggest bonus of crisis-line expansion: The VA is almost to its goal of having zero calls forwarded to a contract responder when lines are busy. It's also down to roughly nine seconds to have a veteran speak to trained personnel.

The number for the National Suicide Prevention Hotline is 1-800-273-TALK (8255). Veterans press 1 to reach the VA responders. For text messages, call 838255. On the website use the chat feature to talk with someone immediately.

Meanwhile, to be prepared in case you ever know someone who needs the information, check out the website at www.veteranscrisisline.net. See what features and information it has. Maybe even take the Self-Check quiz.

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WEST TEXAS COUNTY COURIER

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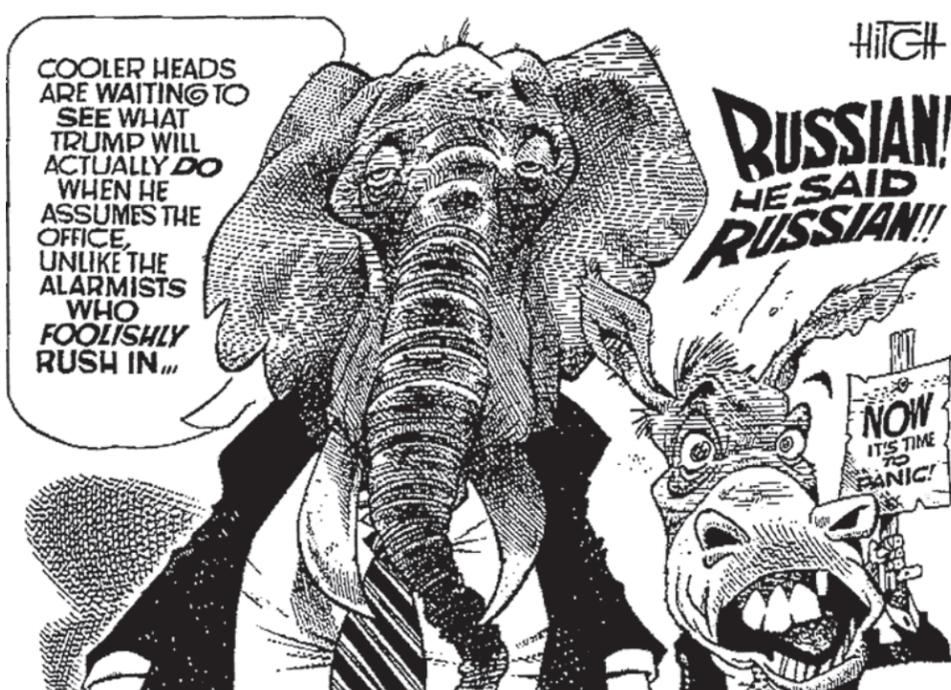
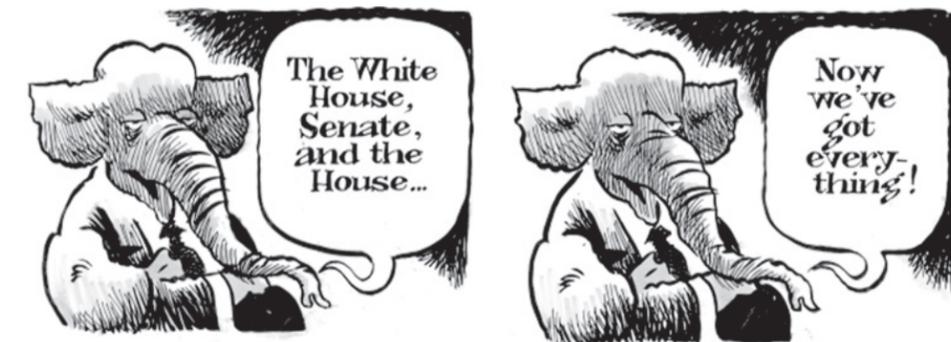
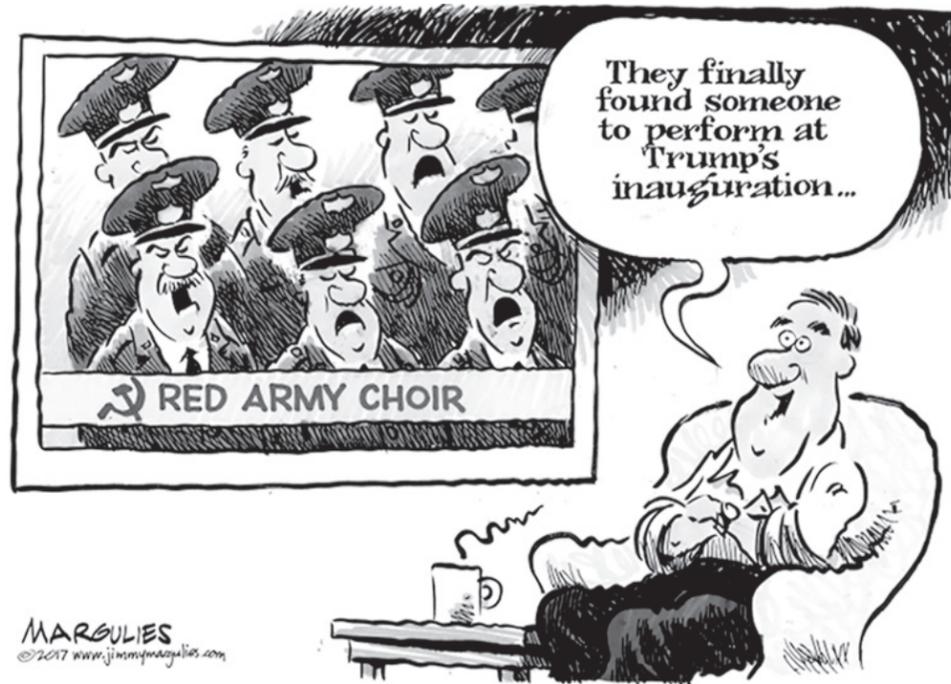
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View from here By Jane M. Orient, M.D.

The case for being uninsured

Republicans say they are going to “replace” ObamaCare, but they will come up with something very similar and at least as bad if they start with the same misguided objective: “universal coverage.”

There are necessities of life, but insurance is not one of them.

Just what good is that little card in your wallet? Once it has expired, it is good for absolutely nothing, even if you have paid \$100,000 or more for it over a period of years.

It might be a ticket to get you into certain medical facilities, but in these days of narrow networks, it will keep you out of others. It by no means guarantees that the facility will provide you with the care you need or want – or even that you won’t get an outrageous bill, especially before you meet the deductible. It will guarantee that you will be paying for a lot of things you don’t need or want. Some will be other people’s medical care, or anti-tobacco lectures, or alcohol rehab (even if you are a teetotaler). You’ll pay for some things just because they are “quality” metrics – hospice evaluation is a newly proposed one. And you will definitely pay for administrators, managers, monitors, clerks, claims processors and re-processors, etc., all of whom get their paycheck or their pension even if your doctor doesn’t.

Many people choose to be uninsured, even if they are a good risk and can afford insurance, and more end up uninsured because they are a bad risk or can’t afford it, or simply choose to use their money for something else. In 1940, less than 10% of the population had health insurance.

You could go your whole life, and never miss that insurance card.

Most people, of course, do need medical care at some point. If they are uninsured, they can go to the doctor and whip out their checkbook, just like your mother or grandmother did, and just like you probably do at the veterinarian’s, the dentist’s, the massage therapist’s, or the mechanic’s.

The best reason for having insurance of course is the unexpected accident or catastrophic illness. Oh how I miss my AAA catastrophic policy that I had for years. It cost about \$250/year and had a \$25,000 deductible but promised to pay about \$1,000,000 above that. They changed the rules and started requiring a “basic” (or “comprehensive” policy), which would cost about \$10,000. So I said no thanks, and increased my automobile policy to the maximum medical coverage.

There’s still the risk of an expensive medical illness. What then?

I have actually bought quite a lot of medical care and paid out of pocket, although I have never filed a medical insurance claim. For one reason or another, insurance probably wouldn’t

have paid anyway. And if you ask, the cash price is often quite reasonable, and the service prompt and courteous.

But what about something really expensive, like surgery or cancer therapy? Options include medical “tourism” abroad or in the U.S. Look for a price online, for example on MediBid.com or Surgery Center of Oklahoma (surgerycenterok.com), or ask in advance at facilities of your choice.

One option is to do without. Sound terrible? Well, it would be the patient’s choice, not President Obama’s deciding the patient would be better off with the “pain pill.” Nor would it be the insurer’s decision that the care was “unnecessary,” “inappropriate,” “not prudent,” or “experimental.” And of course if you decided to do without, you’d still have your money, not having paid it to the insurer in advance in exchange for a worthless promise.

There’s the risk of a bona fide emergency, with no time to think about the cost. Fortunately, these days you’ll still get the care in the U.S. If you have assets, you might have to sell them to settle your hospital bill. But consider this: would you rather buy a nice car and risk having to sell it to pay a bill, or pay the insurance company the same amount and never get to drive the car? If you have to borrow money to pay a bill, the interest is likely less than the amount it costs to funnel the money through a third party. And charity or cost-sharing ministries help a lot.

If most bills were paid directly instead of through a third party, medical care would cost far less. Wouldn’t that be better for everybody?

Everybody – except those who profit from gaming the system.

Cancer patients’ stories are featured. But they would probably be worse off with universal third-party payment.

Too much “insurance” (third-party payment) is the problem – not the solution.

The right to be uninsured is a necessary safeguard – not a threat to the system.

Jane M. Orient, M.D. is the author of YOUR Doctor Is Not In: Healthy Skepticism about National Healthcare, and the second through fourth editions of Sapira’s Art and Science of Bedside Diagnosis published by Lippincott, Williams & Wilkins. She authored books for schoolchildren, Professor Klugimkopf’s Old-Fashioned English Grammar and Professor Klugimkopf’s Spelling Method, published by Robinson Books, and coauthored two novels published as Kindle books Neomorts and Moonshine. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.

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IT'S NOT TOO LATE TO PREVENT DIABETES



Take your first step today

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

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

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



www.YourDiabetesInfo.org

A message from the National Diabetes Education Program, sponsored by the National Institutes of Health and the Centers for Disease Control and Prevention.

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CryptoQuip Answer

People like it when the clown is heckling swimmer Williams. They enjoy watching the jester pester Esther.

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Strange But True

By Samantha Weaver

• It was American linguist, philosopher, historian and social critic Noam Chomsky who made the following sage observation: "Students who acquire large debts putting themselves through school are unlikely to think about changing society. When you trap people in a system of debt, they can't afford the time to think."

• If you were to choose a perfectly average snowflake and count up the number of water molecules that make it up, you'd find 180 billion of them.

• Someresearchersestimate that, if left to their own devices, a single breeding pair of cats could produce a whopping 354,294 offspring within five years.

• It's been reported that saloons once offered free lunches – and made sure those lunches were heavily salted in order to encourage patrons to buy more beverages.

• The word "dandelion" comes from the French phrase "dent de lion" – supposedly so named because the jagged edges of the plant's leaf resemble a lion's teeth.

• You've probably never heard of Roman emperor Elagabalus; he served for only four years – from 218 to 222. Among his contemporaries he was known for his decadence and eccentricity. For example, he was notorious for hosting elaborate banquets, then putting the ancient Roman equivalent of whoopee cushions on guests' seats.

• Those who study such things say that a woman's sense of smell is enhanced just before and during ovulation.

• If you had a billion dollars, you could spend \$1,000 every day for nearly 3,000 years before you ran out of cash.

Thought for the Day: "As any honest magician knows, true magic inheres in the ordinary, the commonplace, the everyday, the mystery of the obvious. Only petty minds and trivial souls yearn for supernatural events, incapable of perceiving that everything – everything! – within and around them is pure miracle."

– Edward Abbey

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View from here By John Grimaldi

Older Americans swell population

The world belongs to the young at heart

Big changes are in store for America's older citizens in 2017 and beyond, says Dan Weber, president of the Association of Mature American Citizens.

"It used to be that the world belonged to the young when in fact it has always belonged to the young at heart. And, with more people living longer than ever before, the older generations have an opportunity to show our worth. The stereotypes of the past are slowly but surely giving way to a new way to look at the so-called 'older generation' as more and more of us embrace active retirements and even the establishment of new business

careers." according to Weber.

Recently, the Milken Institute's Center for the Future of Aging shed light on the importance of recognizing the nation's aging population as an invaluable asset. At a summit convened to stress the importance of the contribution the older population can make in the nation's future, participants focused on the need for "reframing perceptions of aging in the 21st century."

Among their conclusions: we must change our perceptions of growing old. A report issued at the conclusion of the Milken summit stated that: "Today it is socially unacceptable to

ignore, ridicule, or stereotype someone based on their gender, race, or sexual orientation. So why is it still acceptable to do this to people based on their age? Ageism creates a negative reality of aging. It's bad enough that ageism can influence public policy, employment practices, and how people are treated in society, but what's worse is that we accept the ageist behavior ourselves and start acting it out. Older people are as multidimensional as any other group in our society. We need to show the multidimensionality of their passion."

The Census Bureau estimates that America's population aged 65 and over will be nearly 84 million people or nearly 20% of the nation's expected population.

"What's more important," says Dan Weber, "is the fact that the majority of them will be active

citizens, playing a transformative role in society. The miracles of modern medicine will contribute to the 'new look' of old age, but it will be the self-determination that we express today that will make the difference. There's a lot of knowledge we carry around in our old brains and it is time to put that knowledge to good use by becoming role models and mentors. It's a New Year's resolution befitting the knowledge we have amassed over the years.

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.

Briefs

From Page 1

at the Valle Verde Campus. Pagel is a former faculty member in ESL. "While both Dr. Pagel and Mr. Villalobos will be missed in the classroom, their passion for teaching and student success will now benefit our students and faculty in a different capacity as Deans," said Steven Smith, Vice President of Instruction and Workforce Education. "EPCC is committed to providing strong leadership to support student success."

– Ismael De La Rosa

NCUST finalists

Americas and Eastlake high schools were selected as finalists for the 2017 America's Best Urban Schools Award by the National Center for Urban School Transformation. The Socorro ISD (SISD) campuses were two of 32 schools nationwide and the only schools in El Paso chosen for the award after meeting rigorous criteria including high achievement, arduous curriculum, excellent instruction and enthusiastic student engagement. "I'm very proud of the excellent work that our teachers, administrators and staff at Americas and Eastlake high

schools are achieving," said SISD Superintendent Dr. José Espinoza. "They work hard, as a team, to offer all children a world-class education and endless opportunities. It is an honor for our schools to be recognized again for this prestigious award and it is indicative of the great teaching and learning going on in Team SISD." The 32 finalists will receive site visits from NCUST representatives to analyze the school's strengths and positive culture that supports the learning of every student. The visits will help the NCUST officials to determine which of the finalists will be named the 2017 bronze, silver, or gold award winners in March. This is third time Team SISD schools has been recognized for this award. Last year, Mission Early College High School won the Silver Award and SPC. Rafael Hernando III Middle School won the Bronze Award. Escontrias Elementary was given a bronze award in 2014.

– Christy Flores-Jones

Microenterprise

Project Vida, a program that helps stabilize and strengthen low- and moderate-income microenterprises, was recently awarded \$5,000 from Guerra Investment Advisors and \$2,500 from BBVA Compass Bank. The \$2,500 from BBVA brought the bank's

total contribution to \$7,500 in calendar year 2016. The contributions brought Project Vida's Microenterprise Technical Assistance Program (MTAP) County Expansion to \$38,667 towards a goal of over \$60,000 for the program's fiscal year 2017. MTAP County Expansion has served communities in far east El Paso County for three years. The program seeks to expand efforts in west El Paso County in 2017. For more information on MTAP County Expansion, contact Bill Schlesinger at (915) 533-7057, ext. 207, or w.schlesinger@pvida.net

– Bill Schlesinger

Good night

Better kiss and make up before falling off to sleep say neuroscientists. The Association of Mature American Citizens says It's one of the secrets to getting a good night's rest. An article in the journal *Nature Communications* presents scientific evidence that couples who argue before bedtime and make no effort to resolve their issues could spend the night tossing and turning.

– John Grimaldi

School board

January is "School Board Recognition Month" and the San Elizario Independent School District (SEISD) is

joining other school districts across the state to honor and recognize local leaders for their dedication to serve as advocates for public schools. The Board of Trustees serve as advocates for school children and are committed to improving public education in the San Elizario community. Much of their time is spent to making sure children receive a high-quality education that will make them lifelong learners and prepare them for success. "Our Board is an extraordinary group of individuals who is very united," said SEISD Superintendent Sylvia Hopp. "They believe in the students and the administration and they generously give of themselves to ensure that the San Elizario community has a voice in the decisions that directly affect all of our schools. As a district, we are making a special effort this month to show appreciation to our board members, but it is important to note that their dedication and commitment is evident throughout the year." Each elected member of the SEISD Board serves four-year terms without pay. They work closely with the district's Superintendent to improve teaching and learning throughout the campuses.

– Hector Gonzalez



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TEXAS

UTEP's Aaron Jones heads to NFL combine

By Steve Escajeda
Special to the Courier

They say that timing is everything. And on New Year's Eve, it was Aaron Jones' time.

He felt the timing was right to forego his final season at UTEP and bet on himself by entering the 2017 NFL Draft.

That day was an emotional one for Aaron and his family. A new chapter in their lives was beginning while another, more personal one, was ending.

Aaron said he has been going back and forth in his mind about the decision; weighing all the options and the timing of his choice.

There are many football fans who wanted him to stay for his senior year but let's be honest, what more could he have done, or proven to NFL scouts?

He already has all the school records. Nationally, he finished fourth in rushing yards, third in yards per carry and yards per game and tied for tenth in rushing touchdowns.

The writing is on the wall. There is so

much money to be made at the next level that, 1) you want to start making it as soon as possible, and 2) you don't want to risk any injury that would keep you from making that money.

It's simple, if you have more to be prove you stay in school. If you've proved your worth, you take a chance.

And Aaron Jones is taking a chance.

At the current time he's not at the top of any draft projections. In fact, most rate him as a possible sixth rounder. But everything is going to hinge on how he does at the NFL Combine in Indianapolis starting on Feb. 28.

Just remember – if no team picks him before that – he wasn't heavily recruited coming out of Burges High School and everyone knows how that turned out.

Anyway, going back to the day of his announcement. Jones made it especially clear that the hardest part about his decision was to leave his twin brother Alvin, who is UTEP's best defensive player and a second-team All-Conference USA linebacker.

Alvin will be returning for his senior

season at UTEP.

Aaron left for the EXOS NFL Draft training facility in Carlsbad, Ca., and has been gone for a week. In their lifetime, the most the twins had been away from each other before was two days.

It'll be difficult in the beginning. Aaron's mother told me that the first day he was gone he and his brother sent more texts to each other than they ever had before.

In covering his decision, there is one quote that stands out to me. UTEP head coach Sean Kugler said, "What NFL teams know they're getting in Aaron is what they see on film. What they don't know they'll be getting is the outstanding character, the work ethic and the heart this young man has."

Truer words were never spoken.

I remember covering him as a kid at Burges and I was immediately struck by how humble he was and how every sentence he uttered included a "yes sir" and "no sir" and "thank you sir."

Unfortunately, that kind of respect stands out today when it used to be the norm.

Yes, it's true. Aaron made a big mistake about a year ago and was charged with a misdemeanor DWI. How many of us did the same thing at 21 and luckily, never got caught? I know I did.

The great thing is that Aaron hasn't repeated the mistake and has conducted himself in the same exemplary manner he always has.

Going back to his timing, some may say he should have waiting a year because this is one of the best running back drafts in many years.

And because of that, he's gotten a little lost in the shuffle.

But his agent Leigh Steinberg reminded me that there is a long list of running backs who were taken in the middle rounds who became stars in the league.

It's going to be tough for Aaron to make the NFL. The odds are against him. He isn't very big and he doesn't come from an elite program.

But one thing is certain, he'll have the entire weight of the whole city behind him at the combine.

And maybe, just maybe, he'll have the time of his life.

A sporting view By Mark Vasto

It's on you, Jed York

In October 2010, after a close loss to Philadelphia, ESPN's Adam Schefter received not so much a text as a bold proclamation. The message was from Jed York, the 30-year-old CEO of the 0-5 San Francisco 49ers, and it simply stated "We're going to win the division."

The message was ridiculed. The 49ers under Mike Singletary – a head coach who mooned his team – looked to be careening out of control, far removed from the stately grace of Bill Walsh or precision play the team used to execute under Joe

and great philanthropist, Jed fit the mold of the rich kid who didn't earn his spot... the kid born on the opponent's one-yard line who thinks he just ran back a kickoff for 99 yards. He had a BA from Notre Dame, he was captain of his high-school baseball team, but he spent only one year in the work force before his family brought him into the family business, owning one of the premier franchises in sports.

The turnaround occurred when Jim Harbaugh took over the reins. Harbaugh, a fierce competitor and brilliant football mind with the abrasive personality to match, took the team to a Super Bowl. Allegedly, Harbaugh and Jed clashed behind the scenes, and Harbaugh had insulted him in front of the team. Apparently

unable to stomach the slight, Jed took every opportunity to point out shortcomings in Harbaugh's game plan. Harbaugh left for Michigan after being fired amid a slew of stories that were obviously leaked by Jed and then-49ers GM Trent Maalke.

There would be some who would (wrongly) point out parallels between him and George Steinbrenner III. George used to love talking about how he was captain of the high-school football team. He too was keen on firing coaches and leaking damaging information to the press. The comparison stops there, as Steinbrenner had true business acumen and after a fan

revolt, mellowed enough to find the right set of winners.

After firing Chip Kelly, an uncharacteristically brazen press started asking Jed questions about his future as CEO. Fans and columnists in the Bay Area alike are calling for his removal, a move that would seem likely if the team plans on getting any head coach with substance to take over the job and carry the once-great team back to the heights of success.

Mark Vasto is a veteran sportswriter who lives in New Jersey. (c) 2017 King Features Synd., Inc.

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DEAR DR. ROACH: I went in for an annual examination with my primary-care doctor, and she had my blood tested at a laboratory. She told me that I have high potassium, 5.5, and had me retake it. I did, and the test came back with a much lower level of 4.3! What could have caused the level to go up so high? Was this due to eating a lot of avocado and yogurt? I was eating a whole avocado for breakfast and a yogurt with apple and peach. Should I be seeing a specialist to recheck it? Please advise what I should do. – A.V.R.

works for me. Years ago, I went to my doctor, and he said that I could use MiraLAX and use it for the rest of my life. It has worked! Now my new doctor wants me off of it, wants me to incorporate fiber into my diet. I already do this. Plus I drink a lot of water in a day. I start my day with 24 ounces of water every morning before anything else. Is there anything wrong with taking MiraLAX every day? I do not take the full dose. – V.B.

While I recommend non-drug treatments, such as increased water intake, high-fiber diet and exercise, as treatment for constipation, that doesn't work for everybody. In that case, using a medication as recommended by your doctor makes sense. Polyethylene glycol (MiraLAX) is a generally safe treatment that works by increasing fluid in the bowel. It's a good idea to use it as little as is needed to keep the stool from getting uncomfortably hard.

READERS: The booklet on constipation explains this common disorder and its treatments. Readers can obtain a copy by writing: Dr. Roach – No. 504W, 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 4-6 weeks for delivery.

By far the biggest reason for a potassium blood test to come out abnormally high relates to the lab itself. Samples that sit around a long time or that are shaken will have broken blood cells, which release high levels of potassium into the serum, causing false elevations in the lab. If you didn't change your diet between the two tests, there is no reason to worry at all.

Your primary doctor is the right person to see.

DEAR DR. ROACH: I have chronic constipation, and have had this most of my life. I have used most of the bulking (husk) things that are out there. Nothing

Dr. Roach regrets that he is unable to answer individual letters. Readers may email questions to ToYourGoodHealth@med.cornell.edu. To view and order health pamphlets, visit www.rbmanall.com, or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.

Super Crossword

CENTRAL ZOO ACROSS	62 " _ really help if..."	113 Semicolon's cousin	32 Just about	81 Rodent's last meal, maybe
1 Separates by a boundary	64 Day to "beware"	117 Out of port	33 "N'est ce _?"	82 Gregarious sort
9 Rues	65 Suffix with Benedict	118 Hiragana or katakana, in a sense	34 Ingests too much of, informally	83 Gem mineral
16 "Mamma Mia!" group	66 Ford bombs	123 Injury, in law	35 180-degree turn, informally	84 "The Raven" poet's initials
20 Perennial Italian encore	68 They're hidden in the centers of this puzzle's eight longest answers	124 Dessert style	36 Break out of	85 _ Hill (R&B quartet)
21 Place to spend drams	71 Tabloid "monster"	125 Ticketmaster specification	37 Fended (off)	87 Bill's film bud
22 James Brown's style	75 Kilmer or Guest of film	126 Payment to play cards	38 Voices below altos	91 Faith forsaker
23 Arriving where there's no outlet	76 Descartes of rationalism	127 Sorcerers	43 Not at all advanced	94 Geller of mentalism
25 Kind of wrestling	77 Homeboys' howdies	128 Exits	44 Grazing spot	95 City area, for short
26 Weak in the _	79 Moral lapses	DOWN	45 Hi- screen	96 Rorem of art songs
27 One more than bi-	80 Marked with a very cold iron, as cattle	1 Taunt	46 Suffix with 40- or 50-Across	98 Form a thought
28 Tight spot	86 Picnics, e.g.	2 "I love him like _"	47 Oh-so-prim	99 BYOB part
29 Baggins of "The Hobbit"	88 In an unstrict way	3 "The Eternal City"	49 Latvia was one: Abbr.	100 Neighbor of Colombia
30 "Calm down!"	89 Elongated fish	4 _ light (filming lamp)	52 All that _ bag of chips	101 Key with one sharp
36 Ga. hours	90 _ Sea (Asian body)	5 Touch, e.g.	53 Biographer Leon	104 Persona non _
39 Any of les Antilles	92 Problematic plant swelling	6 Texter's "Wow!"	54 Top-rate	105 Bolivian city
40 Works in a gallery	93 Old Giants great Mel	7 Hissy	55 Toyota of the 1980s	106 Horse relatives
41 Stem (from)	94 Vase variety	8 Boots, e.g.	57 Cotton thread type	107 Witness
42 One the Blessed Virgin's titles	95 Shout just before flying	9 Bike spokes, say	59 Pointed a firearm	108 Earthy hue, to a Brit
47 "Gangnam Style" rapper	97 Small monastery	10 Before, in poetry	60 Knife in old infomercials	109 Pothole sites
48 Sit-ups work them	100 During each	11 Key with one sharp	63 "Noah" director Aronofsky	114 Suits' degs.
50 River vessel	102 Bullfight yell	12 Stinging insect	64 Sluggish	115 Portion (out)
51 Unrefined metals	103 Decade divs.	13 Military foe	69 "Hud" co-star Patricia	116 Comic actor Roscoe
52 Like sports cars, briefly	104 Celebrity advocate for UNESCO	14 Baking pan	70 Rural hotels	118 Maxilla locale
54 Common lot sizes	110 Torn apart	15 Unhappy	72 Wiry	119 Former boxing king
56 Assertions	111 DiFranco of folk rock	16 Home of St. Francis	73 Film director Bergman	120 Reds great Roush
58 Instruction in force indefinitely	112 Play scenery	17 Broad street	74 Elia pieces	121 Sawmill item
61 Web programming language		18 Stinging insect	78 "Fa-a-ncy!"	122 Big name in water filters
		19 Chilly	80 Mel's brassy waitress	
		24 Airport landing: Abbr.		
		29 "It's chilly!"		
		31 Avila aunt		

Moore Texas by Roger Moore

A secretary named Bette Nesmith from Dallas changed the office world when she created LIQUID PAPER in 1956.



Social Security Q&A By Ray Vigil

Social Security evolves

Social Security is always evolving to meet the needs of the American public. We're optimistic about the future and the limitless possibilities for progress.

Much of the progress we've made together, as a nation, is through the shared responsibility of paying Federal Insurance Contributions Act (FICA) tax. This federal payroll tax funds Social Security – programs that provide benefits for retirees, the disabled, and children of deceased workers. You help us keep millions of hard working Americans out of poverty.

Without your contribution, wounded warriors wouldn't receive the benefits they deserve. Children who have lost parents would have no social safety net. Millions of elderly people would be destitute. In the same way that we take great pride in helping people who need it, you should take pride in making this country stronger. You can see the many ways our retirement benefits help your loved ones and neighbors at www.socialsecurity.gov/retire.

The strength of our nation relies on cooperation and the empathy to understand each other's unique struggles. Similarly, Social Security has an obligation to provide benefits quickly to applicants whose medical conditions are so serious that their conditions obviously meet disability standards.

Compassionate Allowances offer a way of quickly identifying diseases and other medical conditions that invariably qualify under the Listing of Impairments based on minimal objective medical information. This also lets Social Security target the most obviously disabled individuals for allowances based on objective medical information that we can obtain quickly.

You can view the list of Compassionate Allowances at www.socialsecurity.gov/compassionateallowances.

Our diversity is an asset that can bring us together, making us stronger as a nation. Visit www.socialSecurity.gov to empower your future, for today and tomorrow.

Moments in Time

The History Channel

- On Jan. 23, 1849, Elizabeth Blackwell is granted a medical degree from Geneva College in New York (now known as Hobart College), becoming the first female in the U.S. to be officially recognized as a physician.

- On Jan. 24, 1908, the Boy Scouts movement begins in England with the publication of the first installment of Robert Baden-Powell's "Scouting for Boys." By the end of April, the serialization of Scouting for Boys was completed, and scores of impromptu Boy Scout troops had sprung up across Britain.

- On Jan. 25, 1968, the Israeli submarine Dakar, carrying 69 sailors, disappears. The exact fate of the boat remains a mystery. The Dakar last radioed its position as it passed the island of Crete. It was never heard from again.

- On Jan. 26, 1838, the first Prohibition law in U.S. history is passed in Tennessee, making it a misdemeanor to sell alcoholic beverages in taverns and stores.

- On Jan. 27, 1888, the National Geographic Society is founded in Washington, D.C. The 33 men who originally met and formed the National Geographic Society were a diverse group of geographers, explorers, teachers, lawyers, cartographers, military officers and financiers.

- On Jan. 28, 1777, British general John Burgoyne proposes an ill-fated plan to isolate New England from the other colonies by invading from Canada with 8,000 British troops. The plan failed, and Burgoyne surrendered his remaining 6,000 British forces to the Patriots at Saratoga.

- On Jan. 29, 1922, as a blizzard dumps more than 2 feet of snow on Washington, D.C., snow buildup on the flat roof of the Knickerbocker Theatre collapses the building, and tons of steel and concrete crash down on 300 theatergoers attending a Saturday night movie. One hundred and eight people were killed.

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GO FIGURE! by Linda Thistle

The idea of Go Figure is to arrive at the figures given at the bottom and right-hand columns of the diagram by following the arithmetic signs in the order they are given (that is, from left to right and top to bottom). Use only the numbers below the diagram to complete its blank squares and use each of the nine numbers only once.

	÷		+		11
-		×		-	
	+		÷		11
×		+		×	
	×		+		29
20		22		30	

1 2 3 4 5 6 7 8 8

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: F equals I

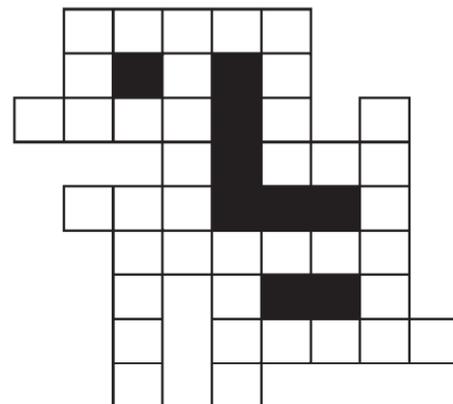
UTJUAT AFIT FR EVTX RVT HAJEX
FK VTHIAFXL KEFCCTD EFAAFGCK.
RVTB TXMJB EGRHVFXL RVT MTKRTD
UTKRTD TKRVTD.

Answer Page 4

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- NYI
- KATLEN
- ♥ HONTR
- NTKI
- YONNEA
- HES
- ♥ ESTN
- RIVYO
- ♥ ONT
- ♥ SAVTLE
- ♥ PAKSN
- ♥ YERL



Answer Page 4

Unscramble these twelve letter strings to form each into an ordinary word (ex. HAGNEC becomes CHANGE). Prepare to use only ONE word from any marked (♥) letter string as each unscrambles into more than one word (ex. ♥RATHE becomes HATER or EARTH or HEART). Fit each string's word either across or down to knot all twelve strings together.

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