



## NEWSBRIEFS

### Eastlake closures

Starting January 13, 2017 drivers are encouraged to take alternate routes and plan for additional time to reach their destinations. For the public and the construction workers' safety, motorists are also reminded to obey all traffic signs. Long-term complete closures begin January 18 and run through July 31, 2017.

- Westbound Eastlake Blvd. from Darrington Rd. to Horizon Mesa.
  - Southbound Horizon Mesa from Eastlake Blvd. to Desert Daisy.
- The closures are necessary for:
- The removal and installation of new asphalt paving;
  - The installation of a new storm sewer system, new concrete paving, curbs, gutters and sidewalks; and
  - Installing new traffic signals.

— Adalberto Ordonez

### Kids against greed

Martin Shkreli became the poster boy for greed when bought the rights to an important drug last year and promptly hiked the price for the medication from \$13 per tablet to \$750. The drug, Daraprim, is used to treat infections in people who are particularly susceptible, including patients suffering from Malaria and HIV, according to the Association of Mature American Citizens. A group of high school students in Australia were apparently so upset with Shkreli's greed that they decided to show him up. They produced their own version of the drug in their chemistry lab for just \$2.00 per pill. Unfortunately, their medication cannot be sold in the U.S. because Shkreli controls distribution of Daraprim here.

— John Grimaldi

### Mother-Daughter Conference

All Socorro ISD sixth- through 12th-grade girls and their mothers or mother figure are invited to attend the District's 7th Annual Mother-Daughter Conference. The conference will be held Saturday, Jan. 28, 2017 from 7:45 a.m. to 3:15 p.m. at El Dorado High School (12401 Edgemere Blvd.). The goal is to give mothers and daughters an opportunity to bond while exploring and learning about career to opportunities. More than 1,000 participants are expected. During the one-day event, they

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— Photo by Alfredo Vasquez

**HEALTH CARE** – The new community hospital that is being built in Horizon City will offer the same type of comprehensive health care services that are typically found on a larger hospital campus – and all in one location, stated hospital officials. This includes emergency and nonemergency medical care, labor and delivery services, inpatient care, a wide range of surgical procedures, extensive on-site laboratory and radiology services and other comprehensive multi-specialty services.

## Joint venture brings hospital to Horizon area

By Alfredo Vasquez  
*Special to the Courier*

community hospital in Horizon City, which began in September, is steadily progressing as the project is slated to be completed by next fall, according to the developers.

The new two-story medical center is a joint venture between the Emerus Health facilities developer and the Hospitals of

HORIZON – Construction of the first

See HOSPITAL, Page 3



— Photo courtesy Fabens ISD

**LIFE LESSON** – From left, Aylin Chairez, Metzly Aceves, and Kiara Perez-Ponce demonstrate the harm caused by cyberbullying to middle school students. They will submit their presentation to Area 4 HOSA Conference this week.

## Students highlight effects of cyberbullying

By Denise Peña  
*Special to the Courier*

**FABENS** – On Friday, January 6, three Fabens High School HOSA members presented their Community Awareness Project to students at Fabens Middle School. The goal of this service project is to raise community awareness of a health and/or safety related issue of local,

state and/or national interest. Titled “The Effects of Technology,” the presentation focus specifically on self-esteem and the irreversible damage caused by cyberbullying.

“Using technology in social settings can cause people to isolate, which affects self-esteem,” sophomore Aylin Chairez said. “Students were interested and asking questions. It made me feel good because I got to teach them

something.”

The planning and presentation of the project was documented in a portfolio which will be submitted for competition at HOSA's Area 4 Conference in Canyon, Texas on January 20-21.

“I'm nervous and excited to present our portfolio,” Chairez said. “If we get to advance to State competition, I would feel so honored. But no matter what, I feel proud of the work we did.”

*A habit is something people hardly notice until it is too strong to break.*

— Quips & Quotes

## Finances By Nathaniel Sillin

# Health and wealth: How to make money while working out

The end of the year is a perennial period of self-reflection, and I enjoy partaking in setting a few New Year's resolutions. Unfortunately, I've (more than once) enthusiastically started a year with shiny optimism only to find myself falling short a few weeks later. I know I'm not alone, and I'm encouraged by people who challenge themselves time and time again.

Resolutions related to finances and health, two important components of everyone's life, are especially common. Here are a few ways that you could tie physical activities to achieving your financial goals. Hopefully being able to tackle both resolutions at once can help keep you motivated for the entire year.

**Compete with yourself, or others.** If you're up for a little friendly competition, consider creating or joining a challenge and putting money on the line.

There's an online app that you can use to place a wager on how often you'll work out. At the end of the week, you have to pay your preselected amount for each workout you miss. But if you complete your workouts for the week, you collect a portion of the amount paid out by everyone else.

Some people make an arrangement with a friend where you each agree to work out X times a week and to pay the other person \$5 or \$10 for each workout missed. Or, you could opt to make a donation to a charity of your friend's choice rather than pay each other. The goal is to provide accountability, and the financial aspect can add a sense of urgency and be a great motivational tool.

**Connect an activity tracker to rewards programs.** Several services give you points each time you work out and let you redeem the points for cash, gift cards or other prizes. The real

trick is to use multiple programs and maximize your rewards from every workout. Some employers also provide bonus points to employees that use these programs or have similar rewards programs of their own.

**Make working out your work.** If you're looking to make a serious lifestyle change, and potentially some serious money, consider becoming a personal trainer or fitness instructor. While the certification process can be expensive and time-consuming, afterward you'll be able to charge clients for classes or one-on-one training.

Or, you could try to find flexible and active work that suits your interests and experience. Gardener, referee or dog walker could be good fits to supplement your income.

**Keep exercise-related expenses down.** It can be tempting to buy new workout equipment or sign up for a gym when you're excited about a New Year's resolution. However, there are many ways to get fit without expensive equipment or a large gym.

For example, you can find videos of free instructor-led workouts or yoga sequences online or try an app that creates and leads you through workouts. If you want to take up an activity that requires facilities, look for inexpensive options at local community centers.

**Raise money for a charity with**

**every step.** You may not have a strong desire to earn money but are still looking for a little extra motivation to work out. Similar to the programs that reward you with points, there are apps like Charity Miles that you can use to raise money for your favorite charities while exercising.

You could also sign up for a charity walk, run or ride and know that when you cross the finish line you'll be helping a good cause.

**Bottom line:** By keeping costs down and looking for ways to make money while staying active you can make your budget (and body) more flexible. This approach could help you stay motivated for longer, and you can use the extra money to pursue your other goals for the year.

Perhaps you're trying to save for a down payment or vacation, focused on building your retirement savings or looking to make a significant impact in your community by donating to non-profit organizations. Every extra dollar can bring you one step closer to achieving that goal.

*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

### Surge for homeless veterans

The Department of Veterans Affairs has announced a 30-day surge, a concentrated effort to end veteran homelessness. This is a noble effort, especially since a previous goal was to end veteran homelessness in 2015, using such programs as the Mayors Challenge to End Veteran Homelessness. Still, the statistics say the rate of veteran homelessness came down 17 percent between 2015 and 2016.

VA Secretary Robert McDonald wants to challenge the VA and partners to pull together all their resources to get veterans into permanent housing.

This surge came from an idea used in Tampa, Florida, which held its own "Operation Reveille" with great success. The one-day event sought homes for as many veterans as possible. Tampa modeled its program after the Stand Down, where veterans can access health care, get clothing, ask about support services – and get housing assistance – all in one place.

The goals for this new

surge are to get veterans into permanent housing over the next 60 days; use the HUD-Veterans Affairs Supportive Housing (HUD-VASH) vouchers, which provide for case management and clinical services; be sure all veteran-allocated housing is filled; use all residential program beds; help get veterans off the streets immediately; and approach landlords about veteran housing.

To get housing help either for yourself or a veteran you know, go online to [www.va.gov/homeless](http://www.va.gov/homeless) (use a computer at the library if you don't have Internet access) or call 1-877-4AID VET (877-424-3838).

Attending a Stand Down also can open a lot of doors. If you (or a veteran you know) haven't been to one, go online to [www.va.gov/homeless/events.asp](http://www.va.gov/homeless/events.asp) and view the list of events in your area.

If you can help in any way, check all the info at [www.va.gov/homeless](http://www.va.gov/homeless).

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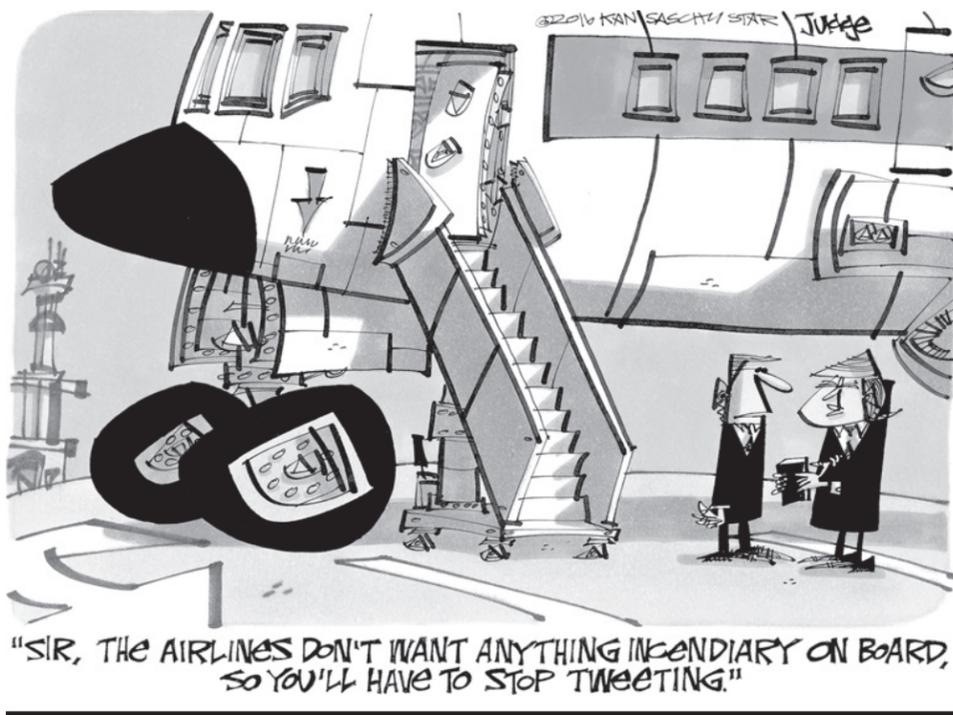
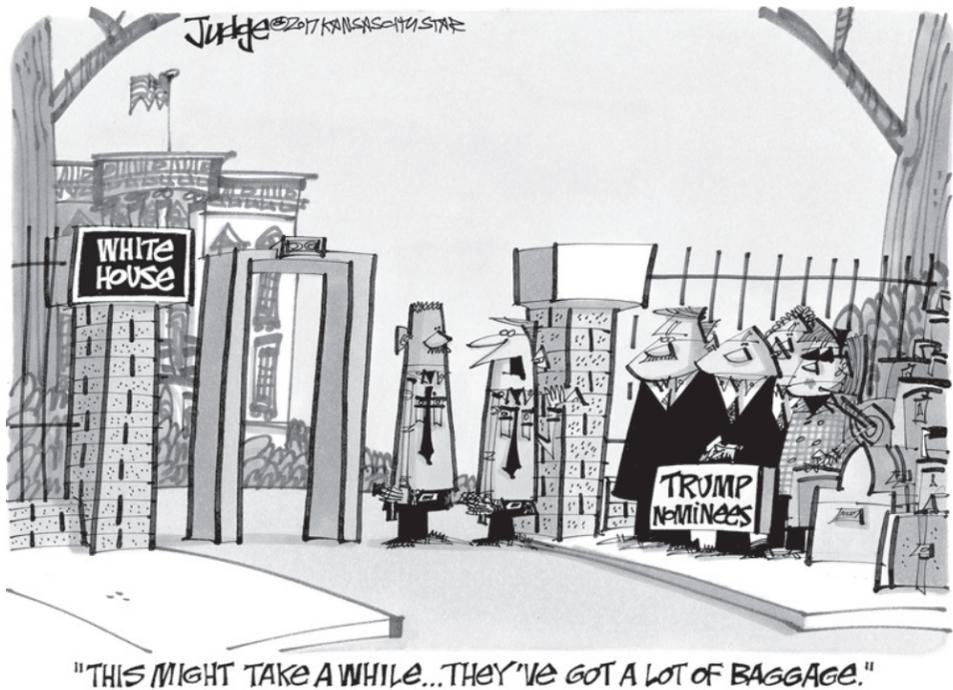
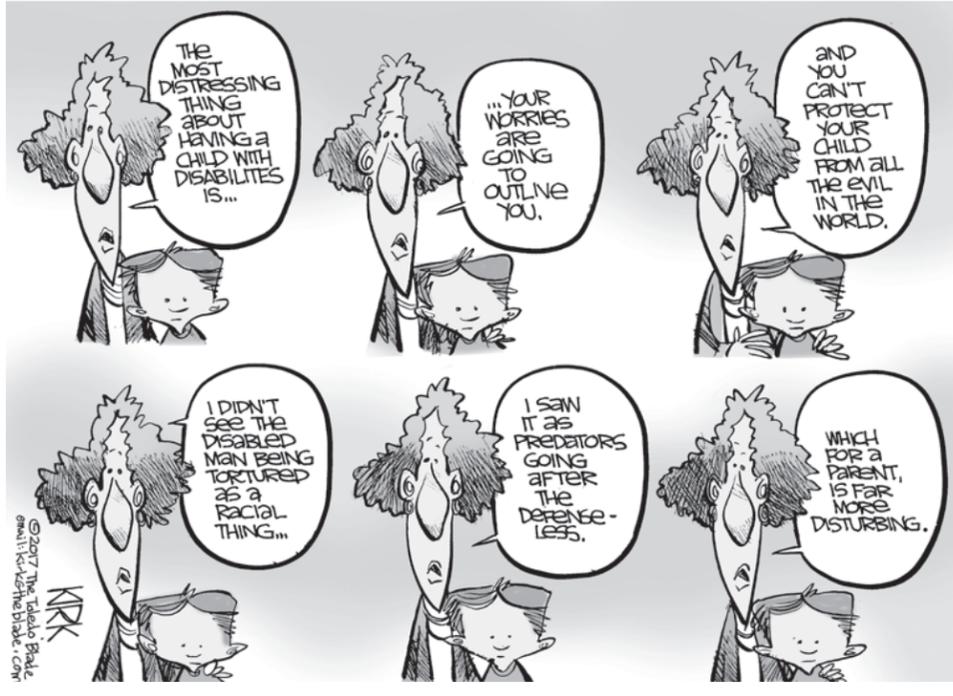
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**View from here** By John Grimaldi

**Lawmakers urged to stay focused on the repeal and replacement of Obamacare**

“One of the principal motivations that inspired the creation of the Association of Mature American Citizens was to overturn the Affordable Care Act and return control of healthcare to we the people. The unilateral creation of Obamacare by Democrats in Congress and their ideological leader, Barak Obama, was an overt attempt to put the way Americans care for themselves firmly in the hands of Big Government and it did just that,” says AMAC president Dan Weber.

Weber adds that the senior advocacy organization has not lost sight of the goal of repealing and replacing of the Affordable Care Act and AMAC is delighted that the new Republican leadership in Washington is now in a position to do just that.

“Despite the naysayers, it can be done, as the Republican Congress proved in 2015 when it actually passed legislation to repeal the most egregious provisions of the law. Our representatives on the Hill knew that President Obama would veto the measure but the legislation gave us hope that it could be done. We are mindful that it will not be an easy process and that it may take longer than we might like to see it happen but now – under the leadership of President-elect Trump – there is real hope.”

Recently, the Conservative Action Project, an organization made up of the CEOs of over 100 organizations including AMAC, sent a clear message to lawmakers calling on Congress to deliver on the mandate the American people gave them in November to repeal Obamacare completely.

The memo reads, in part: “For the last six years, Americans have endured extraordinary hardship under Obamacare, a thousand-page law of broken promises and failed policies. Sadly, millions of families and individuals have had their insurance plans cancelled and access to their doctors and drugs limited. And they have lacked affordable insurance options. Those Americans who are stuck with Obamacare are facing skyrocketing premiums, soaring deductibles, and shrinking health care networks. Tragically, many of our most vulnerable citizens, who were participating in safety-net health programs long before implementation of Obamacare’s Medicaid expansion, must now wait interminably to see overwhelmed health care providers – and some of those people die while they wait. It is true, of course, that some people have benefitted from the President’s law, but given the money spent, it would be extraordinary if there had been no benefit at all.”

Weber notes that the Senate, the House and Mr. Trump have put Obamacare at their top of their to-do list.

“Congress and President-elect Trump have a daunting task ahead of them, but we are confident that they will be able to overcome the many challenges they face. The Affordable Care Act is loaded with landmines, but we know where they are and with a little ingenuity they can – and they must – be disarmed. What’s at stake here is not the promises of repeal that helped the GOP regain the reigns of government; it is the future of our nation. Obamacare not only did great damage to the healthcare infrastructure of America, it put the entire economy of the country at great risk.”

Weber concludes by saying, “Despite the mistake by the Supreme Court in allowing this law- calling it a tax- the fact remains the Constitution never intended for the federal government to control our individual freedom by dictating how we may provide for our health care”.

*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.*

**Hospital**

From Page 1

efficiency and productivity, and build a collaborative, team-based approach to medicine, the report stated.

Providence network. Emerus is one of the largest operators of micro-hospitals and has partnerships with several health systems across the nation.

To address consumers’ needs, “community hospitals bring health care services out into the community where they live and work. These new facilities give them more convenient access to the highest quality, cost-effective medical services and right in their own neighborhoods,” stated the report.

The new 40,000 square-foot hospital lies on a four acre plot of desert land on Horizon Boulevard, less than a mile south of the Darrington Road intersection. The complex was designed by Philo Wilke Partnership and is being built by Vaughn Construction Company. Electrical contractor for the job is Longhorn Electrical Services, Inc., and the mechanical contractor is T-Dyne Contractors, LLC.

The new Hospital of Providence in Horizon City will provide a variety of services including an emergency department, inpatient unit, laboratory and imaging services; and it will have seven ED exam rooms, eight inpatient beds, and one triage room, stated Richard Bonnin, director of communications for Emerus. The second floor will be used for medical offices for physicians and other health care providers. The hospital will be fully licensed and will be open 24 hours a day seven days a week, he added.

The community hospital is intended to offer benefits to both health care providers and consumers/patients, according to an Emerus report. One of the major benefits for providers is that expert help is available to address the recently-instituted Patient Protection and Affordable Care Act (PPACA) mandates, which require providers to reduce costs, enhance staff

The new medical facility is one of an

**Briefs**

From Page 1

can explore topics such as career choices, college opportunities, self-esteem and self-confidence workshops. Presenters also will talk about domestic violence, law enforcement opportunities, college and career readiness, advanced courses and appropriate dress for school and work. The conference also offers fun events, such as an obstacle course, firefighter physical skills and other activities. Breakfast and lunch will be provided. The event is free, but donations of canned goods and non-perishable food for the less fortunate will be accepted at the door. For more information, contact Fernando Vasquez at 937-1609 or fvasqu02@sisd.net. Participants can register for the event by clicking on the Mother-Daughter Conference link under the Parents tab on www.sisd.net.

— Christy Flores-Jones

**Free trees**

El Paso residents can ring in the New Year with 10 free flowering trees by joining the Arbor Day Foundation any time during January 2017. By becoming a part of the nonprofit Arbor Day Foundation, new members will receive two Sargent crabapples, three American redbuds, two Washington hawthorns, and three white flowering dogwoods. “These beautiful trees will beautify your home with lovely flowers of pink, yellow and white colors,” said Matt Harris, chief executive of the Arbor Day Foundation. “These trees are perfect for large and small spaces, and they will provide food and habitat for songbirds.” The free trees are part of the Foundation’s Trees for America campaign. The trees will be shipped postpaid at the right time for planting, between February 1 and May 31, with enclosed planting instructions. The 6- to 12-inch tall trees are guaranteed to grow or they will be replaced free of charge. Members will also receive a subscription to

the Foundation’s bimonthly publication, Arbor Day, and The Tree Book, which includes information about tree planting and care. To become a member of the Foundation and to receive the free trees, send a \$10 contribution to TEN FREE FLOWERING TREES, Arbor Day Foundation, 100 Arbor Avenue, Nebraska City, NE 68410, by January 31, 2017. People can also join online at arborday.org/january.

— Danny Cohn

**HEB award**

The Socorro Independent School District (SISD) is a finalist for the second year in a row for the H-E-B Excellence in Education District Award. The district is once again the only school district from West Texas to be named a finalist in the awards program that was opened last year to school districts across Texas outside of H-E-B markets. The 16th annual 2017 H-E-B Excellence in Education awards program spotlights best practices and celebrates the passion and creativity of Texas public school educators. It is one of the largest monetary awards programs for educators in the state. As a finalist, SISD will receive \$5,000 that it will invest again in Operation Future Ready and WIN Academy initiatives. A panel of H-E-B Excellence in Education judges will visit SISD on Feb. 20. The site visit will include a tour of two SISD campuses, an informal meeting with the superintendent, and lunch with representatives from the District. After visiting the five finalist districts, H-E-B will announce the winner in May. The large school district winner will receive \$100,000.

— Christy Flores-Jones

**Wanted**

A couple is captured on video burglarizing laundry room at a Canutillo mobile home complex and causing thousands of dollars in damage to equipment. Detectives from the El Paso County Sheriff’s Office are asking for the public’s help in identifying these thieves though Crime Stoppers. On Monday, Oct. 17, 2016 a couple is seeing

going into the laundry facility of the Gaslight Square mobile home complex at 500 Talbot. Once inside one began to burglarize the coin operated machines while the other acted as lookout. The thieves caused more than \$2,000 of damage to the equipment and took an undetermined amount of money. The male suspect is described as Hispanic, approximately 5’9” in height, 160 pounds, with a medium complexion, and long black hair. The female suspect is described as Hispanic, 5’4” in height, 120 pounds, long hair, appears to have a tattoo on her right back shoulder. Investigators are certain that some residents at the complex know the couple. Anyone with information on this burglary should call Crime Stoppers of El Paso immediately at 566-8477 (TIPS), on-line at www.crimestoppersofelpaso.org or you can send a text message by entering the key word “CRIME1” (no space and include the quotation marks) plus your tip information, and text it to CRIMES (274637). You will remain anonymous and, if your tip leads to an arrest, you can qualify for a cash reward.

— Javier Sambrano



Can you identify these two laundry vandals and thieves?



**Moments in Time**

The History Channel

- On Jan. 30, 1835, in the House chamber of the U.S. Capitol, President Andrew Jackson survives the first attempted assassination of a U.S. president. A man fired two pistols at Jackson at close range, but incredibly, both failed to discharge.
- On Jan. 31, 1971, Apollo 14 is successfully launched from Cape Canaveral, Florida, on a manned mission to the moon. After suffering some initial problems in docking, astronauts Alan B. Shepard Jr. and Edgar D. Mitchell made the third U.S. moon landing on Feb. 5.
- On Feb. 1, 1790, the Supreme Court of the United States meets for the first time, with Chief Justice John Jay of New York presiding. The Constitution granted the Supreme Court ultimate jurisdiction over all laws.
- On Feb. 2, 1996, dancer, actor and choreographer Gene Kelly dies at age 83. Kelly graduated with a degree in economics during the Great Depression, but with finance jobs scarce, he got his start by working at a dancing school partly owned by his mother.
- On Feb. 3, 2002, the New England Patriots stun the heavily favored St. Louis Rams, 20-17, for their first Super Bowl victory. Pats’ kicker Adam Vinatieri made the winning 48-yard field goal as the clock expired.
- On Feb. 4, 1961, “The Misfits,” starring Marilyn Monroe, Clark Gable and Montgomery Clift, is released. The film about four rootless losers trying to survive in the modern-day West was largely ignored until Gable and Monroe both died shortly after its release.
- On Feb. 5, 1777, Georgia becomes the first state to abolish the inheritance practices of primogeniture and entail. Primogeniture ensured that the eldest son inherited the largest portion of his father’s property. Entail guaranteed that an estate remain in the hands of only one male heir.

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**Strange But True**

By Samantha Weaver

- It was American philosopher George Santayana who made the following sage observation: “Language is like money, without which specific relative values may well exist and be felt, but cannot be reduced to a common denominator.”
  - If you’re like me, you find it hard to resist a good book, and their abundant availability presents a problem: Good books are being published faster than they can be read. This leads to an extensive TBR (to-be-read) list, much of which is stacked on the bedside tables of readers the world over. (The introduction of ebooks has only worsened the problem; now the books stack up with no visual reminder of how many there are.) I don’t have a solution, but it may help to know that the Japanese have a word to describe this behavior. “Tsundoku” means “the acquiring of reading materials followed by letting them pile up and subsequently never reading them.”
  - Polar bears can grow to be massive, weighing more than 2,000 pounds as adults. However, when they’re born, polar bear cubs weigh no more than a pound.
  - In January of 1914, the Ford Motor Company doubled workers’ wages, to \$5 per day, stating, “We want those who have helped us to produce this great institution and are helping to maintain it to share our prosperity.” Describing this unprecedented move, The Wall Street Journal opined “[Ford has] committed economic blunders, if not crimes.” Confounding critics’ expectations, Ford doubled its profits within two years.
  - Religious scholars know that they’ll find no mention of peanuts, cashews, pecans or macadamias in the Bible; the only nuts mentioned in that book are almonds and pistachios.
- Thought for the Day: “The walls of books around him, dense with the past, formed a kind of insulation against the present world and its disasters.”

— Ross Macdonald

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**CryptoQuip Answer**

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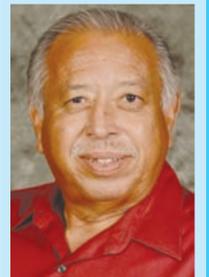
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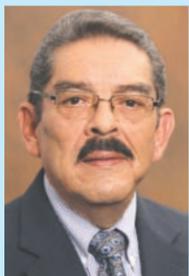
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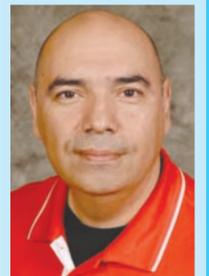
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Superintendents

## Thank You For Serving

# NFL seems bent on moving teams to LA market

By Steve Escajeda  
Special to the Courier

Over the last decade or so, the NFL has received about as much bad press as any organization could stand.

In fact, if it wasn't the powerful NFL, the bad publicity would have crushed this business long ago.

But like John Gotti in his prime, none of the potentially devastating actions have taken hold. The league is stronger than ever despite its blundering ways.

And the landmines the league set for itself are many.

There was the whole concussion issue with hundreds of former players, some in need of help and some just jumping in on the money grab, being compensated millions for their injuries (current and future).

There have been all the run-ins with the police involving guns and drugs and assaults and drunkenness and corruption and even murder.

Then there were the domestic abuse cases. Not that there haven't been abuse

allegations before – but when one of them was finally captured on videotape, that changed everything.

And though I think he gets too much of the blame, NFL Commissioner Roger Goodell, who was originally applauded for his “there’s a new sheriff in town and I’m going to clean things up” attitude, has clearly been inconsistent with his decisions.

Then there are the inconsistencies regarding all the rule changes made for the safety of players, while at the same time asking them to play on Thursday nights on just three days’ rest.

These decisions defy logic. But who needs logic when you’ve got an ever-growing bank account.

For some reason the league feels the rest of the world is clamoring for the great American game. It isn't.

The NFL feels the need, again against the wishes of the players, to play games in Europe and Mexico City. Why? All this does is take away a home game for the fans of some team.

And if you want to watch that game on TV you have to get up at 7 a.m. It's

Sunday! We all want to sleep in a little bit before we gorge ourselves on football the rest of the day.

The one thing the league seemed to get right was also very confusing, it had no football in Los Angeles. I know it sounds weird not have have professional football in the country's second-largest market, but L.A. is a little different.

For a couple decades, there was no NFL in LaLaLand and nobody cared. While fans in Pittsburgh and New York and Green Bay were bundled up in several layers, braving 10-20 degree temperatures at the stadium, fans in L.A. were enjoying an ice-cold beverage on the beach.

So, because nobody cared about having an NFL team in Los Angeles, the NFL naturally moved a team there. In fact, they moved a team back to L.A., the Rams, who left L.A. 20 years earlier.

Of course, in the early 1980s the Oakland Raiders moved to Los Angeles. That lasted a whole 12 years before the team moved back to where it belonged – Oakland.

Now, in a move that defies the laws of physics, common decency and possibly

Einstein's theory of general relativity, a second team is relocating to Los Angeles.

There's a reason they call L.A. the city of angels and not the city of football.

After 50 years in San Diego, the Chargers are also moving to Los Angeles. Now there will be two teams that Los Angelenos can feel indifferent about.

This move was done so hastily that the Chargers will play their home games the next two years in a Carson, CA soccer stadium that seats 27,000. That's half as much as the Sun Bowl holds!

And since nobody in L.A. cares about the Chargers, it'll be interesting to see if they'll be able to fill the whole 27,000 seats.

In a city of 4 million, the Rams had trouble selling out the L.A. Coliseum for its home games this season.

What in the world gave the NFL the idea that two teams will thrive in city that doesn't need the one they just got?

I don't give either franchise a snowball's chance in Los Angeles to succeed. But then again, what do you expect from the league that made under-inflating footballs a crime?

## A sporting view By Mark Vasto

### Clemson, won and done

Chances are, if you ever spend a little time at Angelo's Fairmount Tavern in Atlantic City, you will run into the odd Dallas Cowboys fan. They can be found at the bar or found in the restaurant proper, drinking house wine and shoveling in plates of pasta underneath the watchful eyes of all the sports memorabilia on the walls.

"I've always been a Cowboys fan," is the familiar refrain. Nobody knows why this is, however. Is it because of Roger Staubach? Tom Landry? The handsome star on their helmets? The cheerleaders?

What is it about this team that makes guys like Gov. Chris Christie go to their home games at the taxpayers' expense and hug on Jerry Jones while wearing orange sweaters?

Atlantic City is the kind of place that will forgive you if you are a Philadelphia fan. They may even forgive you if you like the New York Mets. But when you're rooting for teams from South Carolina and Alabama, is that where you draw the line?

Here's a guy from Galloway who changed his Facebook profile picture to the Alabama

Crimson Tide logo. Why?

"I love Nick Saban," he says. OK. What does he love about jolly ol' Nick?

"He's on the Bill Parcells coaching tree," he responds. Turns out the guy is a high-school football coach. The whole coaching tree thing is a popular trend for fans, and apparently, coaches these days. So really, Coach? The love of Parcells extends all the way to Alabama? Have you ever visited that state? Ever left Atlantic County?

"Never thought of it like that," he says, deleting his profile picture. "Yeah... kind of weird that a whole place is cheering on South Carolina and Alabama."

Not to be a contrarian, but I disagree again. We're not so much cheering on South Carolina

as we are cheering on a great game.

"And this is a great game," he says in agreement. One day removed from the Giants' kind of lame loss to Green Bay (yes, he's wearing a jersey), it's as if college football made everything right in the world again.

The game goes into the waning minutes, and it's like the best heavyweight fight you've ever seen. Clemson scores. Alabama scores. There's one second left on the clock and Clemson is on the 2-yard line. Every single person is in rapt attention, all eyes on the TV screen. Deshaun Watson wins the game. He is the living embodiment of "Rocky

II." The entire restaurant erupts in exhilaration. We have seen football future, and its name is Deshaun. This kid can flat out play.

The tabs start getting paid. Vegas, it is said, took a huge loss on the game. Nobody feels bad... they're already looking forward to the next game.

"Think Dallas can beat Green Bay?"

That's why they play the game, right?

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



— Photo by Alfredo Vasquez

**LOCAL CARE** – Emerus officials note that their community hospitals, like this one being built in Horizon City, are part of the partnership's strategy of expanding health care to growing regions and providing residents with cost-effective medical services, greater convenience, and "an enhanced patient experience".

## Hospital

From Page 3

emerging trend of a new type of community hospital, sometimes referred to as a micro-hospital. These hospitals are smaller and

are often located in convenient suburban areas.

Like conventional inpatient medical center, micro-hospitals are independently licensed and recognized by the state and the Centers for Medicare & Medicaid Services, which means they qualify

for government reimbursement. They are staffed by board-certified physicians, are open 24/7, and offer an extensive range of emergency and nonemergency services and inpatient and operating room capabilities, according to an official report.

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5	6	7	8
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# Comix

## OUT ON A LIMB By Gary Kopervas

1979: Eddie and Donny Sarfetti discover the Park Roll mines of New Jersey ...



## AMBER WAVES By Dave T. Phipps



## THE SPATS By Jeff Pickering



## R.F.D. By Mike Marland



# Your good health By Keith Roach, M.D.

DEAR DR. ROACH: I 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.

detailed presentation 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.

DEAR DR. ROACH: In discussing treatment of nail fungus, you did not mention newer laser treatments that I see advertised by podiatrists in my area. Are they effective? - J.F.

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.

We don't really know if they are effective, since well-done studies haven't yet proven it; however, preliminary evidence is suggestive. This would be a great addition to treatment, since the only currently accepted highly effective treatments are oral medications, which have risk of liver damage. Even more exciting is the idea of combining a topical antifungal agent, amorolfine, with laser. This medication is not available in the U.S., but a study in Korea showed a 50 percent effectiveness rate (which is pretty good for this difficult-to-treat condition).

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.

Since I last wrote about this condition, I heard from a lot of readers. Some mentioned cures from Vicks Vapo-Rub, but the only study I found on that showed a 22 percent cure rate. One person asked about surgery, but since the fungus gets into the nail bed, the infection often recurs after removing the nail. Listerine and white vinegar mixed half and half cured one couple, and several people had success with

The new booklet on Alzheimer's disease gives a

See HEALTH, Page 8

# Super Crossword

### FOR FANS OF GORE

- ACROSS**
- 1 Ditzzy types
  - 9 Stains, as with blood
  - 16 Yearn (for)
  - 20 Hellish
  - 21 Powder from chili peppers
  - 22 Drive\_
  - 23 Meat-curing company?
  - 25 Look as though
  - 26 "\_ Fideles" (Yule carol)
  - 27 Inning divisions
  - 29 Form of jazz
  - 30 R&B singer with the 1965 hit "Hold What You've Got"
  - 33 Last time you'll ever pull into a garage?
  - 39 Gerund ending
  - 40 Angsty music genre
  - 43 Placed (down)
  - 44 Tasting rich and sweet
  - 45 Messenger bringing news to cows?
  - 50 See 13-Down
  - 51 "It's the end of \_!"
  - 52 Lance of the O.J. trial
  - 53 Real bargain
  - 55 Observe
  - 58 "Let's hear it"
  - 60 Ger.'s home
  - 62 Stephen of

- "Citizen X"
- 64 Croft of video games
- 65 "The Catcher in the Rye" author's tune penner?
- 71 Old crone
- 74 Lav in a pub
- 75 Build \_ (make one's home)
- 76 Geller of psychic acts
- 77 Lamb suckler
- 78 Obsolete provider of stability?
- 83 Slangy suffix with buck
- 84 Vehicle-towing org.
- 85 Cong. member
- 86 Looked hard
- 90 Turf again
- 92 Division of Islam
- 96 Trunk bone
- 98 Very brief time
- 99 Movable kayak fin
- 101 "You already know the answer is 'team spirit,' right?"
- 104 Large arboreal snake
- 107 Russian city
- 108 Co. suit
- 109 Paver's goo
- 110 Shoes worn in the Sahara?
- 113 In recent days
- 116 "My life" book
- 117 Eight, in German
- 118 Practically
- 121 Edison's middle name

- 123 Piece from "The Domestic Oratorio"?
  - 131 NY Met, e.g.
  - 132 Came
  - 133 #1 Bruce Springsteen album of 1980
  - 134 Emmy winner
  - 135 Not unfeeling
  - 136 Blood vessel to the heart
- DOWN**
- 1 Belittle, informally
  - 2 \_ fix (stuck)
  - 3 Eagles' org.
  - 4 Insinuate
  - 5 Groom's counterpart
  - 6 Added on
  - 7 Dogs' jinglers
  - 8 ATM feature
  - 9 Cold dessert
  - 10 Scratch, e.g.
  - 11 Off \_ mile
  - 12 On Social Sec., say
  - 13 With 50-Across, workers' advocates, for short
  - 14 Sufficient
  - 15 Summoned
  - 16 "\_ true!"
  - 17 Nickname of Boston's locale
  - 18 Louisiana cuisine style
  - 19 Like camels
  - 24 Liveliness
  - 28 Bone-to-muscle joiner

- 30 Holy war
- 31 Bridge bid, briefly
- 32 White heron
- 34 Styled after
- 35 Some vermin
- 36 Chanteuse Eartha
- 37 Sit in neutral
- 38 Language for a Sherpa
- 41 Me, to Gigi
- 42 Many a time
- 46 Warlike god
- 47 Refrain syllables
- 48 Puma
- 49 Be worthy of
- 54 Boost
- 56 Flight staff
- 57 Tortoise rival
- 59 Novelist Mario Vargas \_
- 61 Casino city
- 63 "That's \_!" (film-set cry)
- 66 Greek I's
- 67 Sleep cycle part
- 68 Old fast fliers, briefly
- 69 People who aren't you
- 70 Meet, as the challenge
- 71 I-beam relative
- 72 River in Switzerland
- 73 Gives short shrift to
- 79 "Well, \_ here!"
- 80 Man-goat god
- 81 Computer of the 1940s
- 82 N. Mex., before

- 1912
- 87 Calf catcher
- 88 Showiness
- 89 Plow maker
- 91 "Smash" star
- Messing
- 93 A noble gas
- 94 Egghead
- 95 Brain gain
- 97 "Farewell!"
- 100 Entrapments in lies, e.g.
- 102 In bad health
- 103 Small aquatic rail
- 104 Financial co. for which the Boston Celtics' arena is named
- 105 Comic Charles Nelson \_
- 106 On dry land
- 111 Done to \_ (well-cooked)
- 112 NBC fixture since '75
- 114 Plant life
- 115 Tune's text
- 119 1999 Ron Howard film
- 120 Feel sore
- 122 Noted coach
- Parseghian
- 124 Family gal
- 125 A Gabor
- 126 Riled, with "up"
- 127 Keats poem
- 128 A Gardner
- 129 O.T. book
- 130 Pitching stat

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19		
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110								111				112			113	114	115			
116					117							118	119	120						
121				122			123			124	125	126	127					128	129	130
131							132								133					
134								135							136					

# Moore Texas by Roger Moore

300 Confederates and State militia were soundly whipped by Kickapoo Indians near San Angelo on Jan. 8, 1865.



## Social Security Q&A By Ray Vigil

### Social Security continues to innovate with new features

Social Security is always innovating and improving our technology to better serve you. In an effort to meet our goal to deliver innovative, quality services, we are improving how you can check the status of your Social Security benefit application online.

Placing the "Application Status" feature behind our *my Social Security* portal provides a secure service delivery channel that will allow the Agency to provide detailed status information without requiring a confirmation number.

Our first service improvement will include status information for Social Security and SSI benefits initial claims and appeals, but future modifications will allow you to check the status of medical and non-medical redeterminations.

With the new Application Status, you will see:

- The Re-entry number for in-progress online applications;
- Detailed information about the current status of the application or appeal;
- The location where your claim is being processed; and scheduled hearing information for appeals.

Log into *my Social Security* to see what other personalized features are available to you at [www.socialsecurity.gov/myaccount](http://www.socialsecurity.gov/myaccount).

## Here's a Tip

By JoAnn Derson

• "For troublesome-to-open jars – pickles and such – use a pair of standard dishwashing gloves. It's a great gripper, especially if your hands are the least bit moist." – D.L. in Indiana

• "I keep coffee filters between my frying pans so I can stack them without their scratching one another. Potholders work well, too." – V.I. in Wisconsin

• Ready to tackle those closets? Turn all your hangers to face the opposite way. When you use an item, return it to the closet with the hanger facing normally. At the end of each season, assess the clothing that has not been used. You likely need to donate it!

• Hang your handbags on the inside of your closet door. You will be able to see which one you want instantly. Not enough room? Hang larger bags on the very top of your closet walls, and include photos of them mixed in with the smaller bags hanging on the door. – C.A. in California

• "If you need to get a bottled or canned beverage cold fast, wrap it in a wet paper towel and put it in the freezer for 10 minutes. Icy cold refreshingness!" – A.G. in New York

• Use an inverted wine glass to cut out biscuits from rolled dough. They are just the right size.

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

## 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.

	-		x		15
÷		+		x	
	-		x		14
+		x		-	
	x		-		10
10		10			13

1 2 3 4 6 6 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult  
★★★ GO FIGURE!

Answer Page 4

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## Weekly SUDOKU

by Linda Thistle

	4		9					5
2					5			3
		1		7		4		
	6		1			9		
5					3			1
		8		9				7
6			4			8		
		3			1			7
	1			5				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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### NEW HOUSES

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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: I equals J

JF WQANML RTX IKXS  
 GDNQRVNZJAMBZF DGSNL GKS GW  
 GWWAYN. FGK JABVS YTZZ SVTS  
 NZNYSAGM NINYSAGM.

Answer Page 4

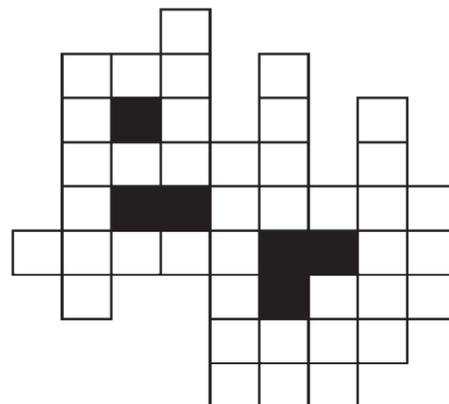
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## FEAR KNOT

By: rj johnson

DOUBT? ...OR DARE!

- OBS
- CUEIMP
- ♥ ABDER
- RUSP
- CUBTAD
- IPP
- ♥ OLTC
- ♥ ALMRO
- ♥ SPU
- ♥ TOPRUS
- ♥ TADCE
- ♥ LEAB



Answer Page 4

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

NEW! 30 Fear Knot puzzles \$3.50 • Six Volumes • Order at [rbmamall.com](http://rbmamall.com)

## Health

From Page 7

Dr. Paul's Piggy Paste, which also is vinegar-based. None of these has good data to support its use, but all likely are safe.

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](mailto:ToYourGoodHealth@med.cornell.edu). To view and order health pamphlets, visit [www.rbmamall.com](http://www.rbmamall.com), or write to Good Health, 628 Virginia Drive, Orlando, FL 32803. (c) 2017 North America Synd., Inc. All Rights Reserved.

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