



NEWSBRIEFS

Water money for Village of Vinton

The USDA Rural Development has approved a water and waste disposal loan in the amount of \$2,909,000 and grant of \$4,805,000 to the Village of Vinton. Rural Development funds will be used to purchase four privately owned water systems. Improvements to these systems include the installation of a looped water system to purchase treated potable water through a wholesale purchase agreement with El Paso Water Utilities. The Village will begin providing service to approximately 249 connections for Phase I. Phase II will include an additional 171 connections. The Village has a population of 1,971. "Having safe and reliable water and waste disposal services is vital to the health of rural communities," said Daniel Torres, USDA Rural Development Texas Acting State Director. "Rural Development is pleased to offer funding to improve water services for the Village of Vinton."

— Erika Archie

Do you have the flu?

It's that time of year when the flu can strike out of the blue. But now there appears to be a quick way to find out if you have a cold or influenza, says the Association of Mature American Citizens. A professor at the University of Texas says he has built of device that can diagnose the flu by analyzing your breath. It works like the Breathalyzers that police use to catch drunk drivers. The inventor, Professor Perena Gouma, is quoted in a UT press release as saying: "This technology could be used by ordinary people to quickly and accurately diagnose illness."

— John Grimaldi

Where's the beef?

Texas and Southwestern Cattle Raisers Association (TSCRA) Special Ranger Ben Eggleston and local authorities are seeking information regarding the theft of 62 head of cattle from a feed yard west of Stratford, Texas. *Operation Cow Thief*, an anti-theft initiative led by TSCRA, along with the Sherman County Crime Stoppers are offering a cash reward of up to \$2,000 for

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Nothing makes a person the boss of the house like living alone.

— Quips & Quotes



— Photo by Alfredo Vasquez

HANGAR HANGOUT – El Paso County Commissioners Court recently approved a lease agreement with the University of Texas at El Paso for the use of the Fabens Airport. The airport's main hanger facility, above, will house the university's initial research projects.

Fabens Airport research center may be economic driver for county

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Can you imagine... an University of Texas at El Paso (UTEP) technology research complex in Fabens, TX where work would be underway on projects for NASA, the U.S. Department of Energy, Lockheed Martin, the Missile Defense Agency, and other aeronautical companies?

Such a development could be possible, and it would be an economic boon for the lower valley communities, according to Pat Aduato, El Paso County's public works director.

Aduato shared her vision at a recent El Paso County Commissioners Court

meeting during which the court approved an agreement between the county and UTEP for use of facilities at the Fabens airport, located in the far east part of the county. (The entrance to the airport is a couple of miles south from the Interstate-10 Fabens exit ramp.)

Aduato projected that the partnership between UTEP and the county could evolve into a great opportunity to expand the airport and promote the economic development of the area by attracting corporations. She said that this is an exciting project for the county because it brings into play the county airport land with the University of Texas system to create a technology research center and to attract big aeronautical companies, like Boeing and NASA. She added that

the project is also intended to encourage students in the county's lower valley schools to pursue careers in science and engineering.

The airport lease contract is for 10 years with two-10 year automatic extensions. UTEP will pay the county \$1,500 a month in rent starting April 1. Under the agreement, however, the county will continue to manage the airport, officials noted.

Running the daily operations of the airport for the county will be Olivas Aviation, the same company that has leased the airport from the county for 40 years. Alfredo Olivas, owner of the company, will be the Fixed-Base Operator (FBO) at the county airport.

In order for counties to qualify for funds from The Texas Department of Transportation's Aviation Division, airports are required to have a FBO- a commercial business that maintains the airport grounds and provides aeronautical services. Commissioners recently authorized county staff to re-negotiate an FBO contract with the Olivas company.

Olivas and his wife, Lucy, are both natives of Fabens. "We grew up in Fabens; our children grew up here, and the airport is a big part of our lives," said Lucy Olivas. She related that together they have been managing the Fabens airport for the past forty years. Lucy takes care of the office. Her husband performs a variety of tasks that include conducting aircraft inspections, providing fuel to transient air traffic, fixing and restoring planes, offering pilot training, and making the runways available for private planes, crop dusters, and government agencies', like the Border Patrol and military, aircrafts.

Lucy Olivas said that the biggest adjustment that they will have to make, now that UTEP is on-board, is that of

EPCC named top community college for Hispanics in nation

By Jim Heiney
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) was listed first among the Top 25 Community Colleges for Hispanics and was also ranked number one in the nation for granting associate degrees to Hispanic students by two-year schools in the current issue of *The Hispanic Outlook in Higher Education* magazine. The publication annually surveys two- and four-year institutions in their serving of Hispanic students. EPCC ranked

second in enrollment for all students at community colleges.

The magazine's February issue features EPCC on the cover along with a feature story on pages 20-21. The rankings are on page 18 and all can be viewed in the digital edition (https://issuu.com/hohost/docs/digitalho-02-00-2017_).

"The lessons I learned from EPCC and my professors prepared me for the real world. To have that kind of support and see an institution striving for excellence in the Hispanic community, you can't

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Finances By Nathaniel Sillin

Prepare your budget for closing costs when buying a home

Imagine the frustration that would follow if you spent hours planning and narrowing in on a dream home only to find out that you can't afford it when push comes to shove. Starting

with a price range can help you make the most of your search, but you'll need to account for closing costs to create a realistic budget.

A catch-all for the fees and

services that result from the sale of a home, closing costs are generally about 2 to 5 percent of the home's value when you're making a purchase. In other words, you could pay about \$4,000 to \$10,000 on a \$200,000 home.

Estimating your closing costs. Your closing costs and fees vary depending on where you're buying, how much you put down, who helps you with the home-buying process, the type of home you're buying and the type of loan you're taking out.

You can estimate the closing costs of homes you're interested in by using one of the many closing cost calculators online. Also, ask your real estate agent to help you estimate the closing costs of homes in different neighborhoods.

A few of the fees you could encounter when closing on a home. While costs can vary and state laws dictate differences in the closing process, here are a few typical services or fees:

- **Inspections.** You likely want to hire an inspector to make sure the home doesn't need any major repairs and there aren't any wood-eating pest (such as termite) infestations. Many lenders require you get these inspections, but even when they don't it's usually a good idea.

- **Attorney fees.** You could have to pay attorneys to help prepare and review documents for the closing.

- **Survey.** Some states require you to hire a surveyor to verify the size of the lot.

- **Homeowners insurance.** You may need to pay several

months' worth of homeowners insurance premiums up front.

- **Origination fee.** Mortgage lenders, banks or brokers often charge about 1 percent of your loan's value.

- **Property taxes.** Several months' worth of property tax payments could be due at the closing.

You might advertisements for "no-closing-cost" mortgages. While these offers can be enticing, you'll generally pay a higher interest rate on the loan or the closing costs will be wrapped into the mortgage. It might be a good option if you're planning on moving within the next few years. Otherwise, you'll likely wind up paying more in interest over the lifetime of the loan than you would have on the closing costs.

Try to do your own calculations to determine if a no-cost closing makes sense based on your estimated closing costs, increase in monthly payments and how long you plan on staying in the home.

You'll know approximately how much you have to pay before the closing. Mortgage lenders have three business days from when you submit a loan application to give you a loan estimate. The standardized document shows your estimated interest rate, monthly payments, taxes, insurance and closing costs.

The Consumer Financial Protection Bureau has an interactive example of a standard loan estimate form with explanations and definitions of terms. On the second page,

there'll be a list of closing costs, including a breakdown of which services you may be able to negotiate.

You shop mortgage lenders, compare the loan estimate you receive and then continue the process with the lender that gives you the best estimated terms.

Three business days before your scheduled closing, the lender you choose must give you a five-page closing disclosure form with the finalized terms.

Carefully look over the closing disclosure and ask your real estate agent, loan officer or attorney questions. If you don't agree with the new terms of the deal, it's not too late to back out. If you're happy with the terms and the closing goes smoothly you'll be a homeowner soon.

Bottom line: Estimating your closing costs, and budgeting accordingly, can help ensure you're looking for homes within your price range. That's important because you want to be able to move quickly when you find a home you love. However, don't move so fast that you miss out on savings opportunities. Shopping mortgage lenders and service providers could help you minimize your closing costs.

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

Special resources for women vets

Women veterans, mark your calendars for April 21-22, when the 2017 National Women Veterans Summit is held in Dallas.

Women make up 10 percent of all veterans, and that number is expected to rise to 15 percent. The summit will focus on what women veterans need and will offer information, training and guidance in exploring resources both in the Department of Veterans Affairs and out in the community. It will bring together those in public-sector agencies, private government, nonprofits, corporations, researchers... and of course, women veterans. They'll be panels, open forums, lectures and more.

Read about the event at www.va.gov/womenvet. Keep an eye on the site, as the exact location has not been confirmed as of this writing. Registration will be posted on the site.

While you're on the website, The Center for Women Veterans has a full list of resources and programs. Check

out the Veteran Artist Program, which includes collaboration and mentorships in visual art, performing arts, film and video, and interactive media. Look at MusiCorp, a conservatory-level music rehab program, and Operation Encore, showcasing the singer-songwriter talents of veterans and military members. If there's nothing near you, click on Americans for the Arts for a state-by-state directory of art opportunities.

Did you know there's a call center just for women veterans? See www.womenshealth.va.gov. The WVCC staff is specially trained to help women veterans. You can either call them Monday through Friday 8 a.m. to 10 p.m. ET, and on Saturdays from 8 a.m. to 6:30 p.m. ET, or click the Chat button on the right side of the screen. The trained staff members are women as well, and so far, they've helped 33,000 veterans.

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

Publisher
Rick Shrum
Contributors
Alfredo Vasquez
Steve Escajeda



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Briefs

From Page 1

information leading to the arrest and indictment of the person or persons responsible for the crime. Sometime between the months of Oct. and Dec. 2016 an unidentified suspect or suspects made entry into the Cold Water Cattle Feeders facilities outside of Stratford and removed 62 head of cattle. The stolen cattle are steers and heifers weighing from 325 pounds to 775 pounds. The case is being investigated by the Sherman County Sheriff's Department with the assistance of TSCRA's Special Rangers. Anyone with further information leading to the recovery of the items or the arrest of a suspect or suspects should call TSCRA's

Operation Cow Thief hotline at (888) 830-2333 or Special Ranger Ben Eggleston at (806) 852-4741. All information is kept confidential and tips may be provided anonymously.

- Jeremy Fuchs

The smart crook edge

Smart criminals can get a shorter sentence and many of them can beat the rap if a new study proves accurate, according to the Association of Mature American Citizens. Researchers at the University of Texas studied cases involving 115,674 prisoners charged with federal crimes. They found that High School grads were 10 percent less likely to be sent to prison and those that were locked up received 1.4 percent shorter sentences than those without a diploma.

- John Grimaldi



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— Photo by Alfredo Vasquez

MULTI-PURPOSE – Fabens Airport, above, currently provides various services – from being a fueling point for cross country fliers and performing inspections, repairs, and restorations to providing a safe landing strip for private planes, crop dusters, and government agency aircrafts.

Airport

From Page 1

giving the university program use of the main hangar building, which is where Alfredo did all of his work. Nonetheless, Lucy said that if the new agreement helps improve the Fabens community then they are in support of the upcoming changes.

Having a FBO in place and with

a TXDOT aviation division’s satisfactory review, the county could receive about \$150,000 a year from the Federal Aviation Administration (FAA) to support improvements to the airport, county officials reported.

Meanwhile, UTEP officials stated that they will initially use about four acres of land within the airport’s nearly 400-acre property and occupy the main hangar as the basis for their

plans to build a new technology research and acceleration park in the area. They reported that the agreement is part of a new strategic initiative for UTEP’s Center of Space Exploration and Technology Research.

According to Ahsan Choudhuri, chairman of UTEP’s mechanical engineering department and director of the Center for Space Exploration and Technology Research, the Fabens expansion

has a clear intent. “This is to transform the east gateway of El Paso. We want to send a clear message to the rest of the country that El Paso is not a destination if you are looking for low-wage labor, rather this is the place where frontier technologies are being developed and the next generation of engineers and technology are being created,” Choudhuri asserted in a recent interview.

Strange But True

By Samantha Weaver

- It was beloved 20th-century English novelist, journalist and critic Eric Arthur Blair – better known as George Orwell – who made the following sage observation: “Journalism is printing what someone else does not want printed; everything else is public relations.”

- In August of last year, Charles City, Iowa, saw an over-the-top display of irony when a local bar named DeRailed was struck by – you guessed it – a derailed train car.

- Thanks to Peter Jackson’s films, you’re probably familiar with J.R.R. Tolkien’s “Lord of the Rings” series, even if you haven’t read the books. There’s been quite a lot of scholarship about the novels. Most of the research focuses on literary analysis and historical analogies, and understandably so; a work of fantasy doesn’t seem to lend itself to scientific analysis. However, the Journal of Interdisciplinary Science Topics recently published an article titled, “Simply Walking into Mordor: How Much Lembas Would the Fellowship Have Needed?” In it, Skye Rosetti and Krisho Manaharan make public their calculations of the caloric intake that would have been necessary for the Fellowship to walk 92 days to Mordor: precisely 1,780,214.59.

- A survey from retailer Long Tall Sally found that 40 percent of American women own shoes that they know they can’t walk in, but wear them anyway. The average woman claims she can last two hours in painful shoes.

- You probably know that “fuzz” has been a common slang term for police, but did you ever wonder why? It began in the United Kingdom, where police officers in London sometimes wore fuzzy hats.

Thought for the Day: “There is nothing wrong with America that cannot be cured by what is right with America.”
– William J. Clinton.

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Old TV series about a family hopelessly trapped among flavor-enhancing substances: “Lost in Spice.”

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Moments in Time

The History Channel

- On March 13, 1781, astronomer William Hershel discovers Uranus, the first new planet to be found by use of a telescope. In 1986, the spacecraft Voyager 2 visited Uranus, discovering 10 additional moons to the five already known.

- On March 14, 1879, Albert Einstein is born in Germany. Einstein's theories of relativity drastically altered man's view of the universe, and his work in particle and energy theory ultimately helped make the atomic bomb.

- On March 15, 1972, "The Godfather" – a three-hour epic chronicling the lives of an Italian-American crime family led by the powerful Vito Corleone (Marlon Brando) – is released in theaters. "The Godfather" was adapted from the best-selling novel by Mario Puzo.

- On March 16, 1926, in Massachusetts, American Robert H. Goddard successfully launches the world's first liquid-fueled rocket. The 10-foot rocket traveled for 2.5 seconds at a speed of about 60 mph.

- On March 17, 461 A.D., Saint Patrick – Christian missionary, bishop and apostle of Ireland – dies in Ireland. Much of what is known about his legendary life comes from the "Confessio," a book he wrote during his final years. The first St. Patrick's Day parade was held not in Ireland, but in New York City in 1762.

- On March 18, 1852, businessmen Henry Wells and William Fargo join with other New York investors to create Wells, Fargo and Company to serve and profit from the economic boom in California. The discovery of gold at Sutter's Mill in 1849 spurred a huge demand for shipping.

- On March 19, 1916, eight Curtiss "Jenny" planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. The squadron flew in support of U.S. troops who invaded Mexico to capture Mexican revolutionary Pancho Villa.

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– Image courtesy El Paso Community College

NATIONAL NEWS – The photo used for the front cover of the February issue of *The Hispanic Outlook in Higher Education*, above, was taken by El Paso Community College's Fernie Garcia.

EPCC

From Page 1

help but feel a sense of pride," said Sean Diaz, EPCC graduate who successfully transferred to and attends Western Kentucky University.

Since the first degrees were awarded in 1972 until December 2016, EPCC has granted 70,842 degrees. Hispanic students earned nearly 80 percent or close to 55,000 of those degrees.

"EPCC is focused on engaging students, growing community partnerships and fostering a culture of excellence with measurable outcomes," said EPCC President, Dr. William Serrata. "We are proud to be a nationally-recognized leader in

getting students on a pathway to graduation."

This is the tenth year in a row that EPCC has been recognized as

the top associate degree grantor for Hispanics. For more than 25 years, *The Hispanic Outlook in Higher Education* magazine has

been a top information news source and the sole Hispanic educational magazine for the higher education community.

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Miners showing heart, playing inspired basketball

By Steve Escajeda
Special to the Courier

Back in 1980, Al Michaels asked the world if it believed in miracles. And then he answered the question.

Let's face it, the guy was right. On the days leading to the election, how many of you gave Donald Trump any chance at all of winning the presidency?

Down three games to one, how many of you gave the Cleveland Cavaliers a chance to win the NBA title over Golden State?

In the third quarter, how many of you gave the New England Patriots a chance to come back and win the Super Bowl?

Not only do we believe in sports miracles, on rare occasions, we've actually witnessed them.

And El Paso sports fans are in the midst of witnessing one of those sports miracles as we speak.

There was a time this season that a strong argument could be made that the UTEP men's basketball team could be the worst in the nation.

Think I'm over exaggerating?

Not only did the Miners start the season with a 2-13 record, they lost 12 in a row at one stretch. And not only did they lose 12 in a row at one stretch, four of those losses came against the likes of Southeastern Louisiana, Northwestern State, Northern Arizona and Maryland Eastern Shore.

Of course the prevailing thought was that if they couldn't beat those cupcakes, the Miners would certainly be eaten alive once Conference USA play started.

And that was the case. UTEP started 0-3 in the league and the calls for head coach Tim Floyd's head got louder and louder.

The angry mob started bringing their signs to the games. The signs called for the school to fire Floyd.

The mob inundated local sports radio talk shows with the chants of "fire Floyd."

But then it happened.

On a cold Thursday night in January, the Miners were on the verge of ending their 12-game slide with a 14-point lead over Florida International with just seven minutes to go.

But sometimes when things are going bad, there seems to be no end in sight.

The Miners blew their lead and the game went to overtime.

Then it went to a second overtime.

Down by four with 46 seconds left, the the Miners were looking squarely at #13 in a row. But then Al Michaels' voice could faintly be heard among the crowd.

And Dominic Artis hit a fade away jumper as the buzzer sounded and UTEP came away with a miraculous 88-87 victory.

Two nights later, the Miners went to overtime again and outlasted Florida Atlantic 66-65.

And since then, the Miners have been the hottest team in C-USA winning 11 of their last 13 games.

The team that couldn't beat teams that few had even heard of is now sitting in a tie for third place in the conference at 11-5.

With just two games left in the regular season, both at home this Thursday and Saturday, the Miners could actually be one of the four teams that receive a first-round bye in the league's postseason tournament.

What makes things especially exciting is the fact that the Miners are tied with

Old Dominion for third place, and that's the team they play this Thursday night at the Don Haskins Center.

We've seen UTEP teams rebound from a bad season before. But this is the first time that we've seen such a 180 in the middle of the season.

The way things were going, this team and coaching staff could have packed it in weeks ago and called it a season – a miserable season.

But to their credit, they've never stopped believing and they've never stopped working.

And it's amazing – the signs and calls for Tim Floyd's firing have completely disappeared.

I guess it goes to show that the thousands of so-called experts around the city have some more studying to do.

I personally hope that the usual 6,000 fans who show up for the home games will be joined by another 6,000 to fill up "The Don" this week.

People need to come out and thank these players and coaches for rising up against such incredible pressure and ridicule.

And then a packed house can answer Al Michael's question all at once – YES!

A sporting view By Mark Vasto

NOPE

I have a friend who runs a high-end retail business. Every day, one of the things she does is check the rungs inside of the clothes racks. Occasionally, she will find an article of clothing stashed behind, say, a rack of dress shirts. The next time the sneaky person goes to check on the item, there's a post-it note with the word "NOPE" in its place.

Major League Baseball is sneaky, too. It's the only game

where you're allowed to steal – the other manager's signals, the catcher's signals... an actual base or two – not to mention all of the even sneakier stuff some guys try to pull. Vaseline under the cap, nail files in their back pocket, spit and rosin, to name a few. But nothing is more egregious than when baseball tries to sneak in a new rule.

Home-field advantage being decided by the winner of the All-Star Game? Stupid, when it's a game based upon mutual participation and can theoretically

end in a tie. The new one-game play-in playoff games? The worst. The designated hitter – good idea in theory, kind of worked out for guys like David Ortiz, Reggie Jackson, Jim Thome and Edgar Martinez, but really hasn't made watching games any more enjoyable. The most exciting plays in baseball are the defensive ones anyway.

But now they've come up with a real doozy. The proposed rule change would affect extra-inning ballgames. The proposed idea is start an extra-inning game with a runner on second base, in scoring position. Now just think about how idiotic that rule would be for a second.

The Sabremetric guys will tell

you that with no outs and a man on second, a team has a very good probability of scoring a run. With nobody on base, your chance of scoring drops to about 40 percent. That's a pretty big swing... except it isn't a swing at all. The player never earned the right to be on the field.

So the manager picks a player, more than likely his preferred base-burning pinch runner. Does he get a hit for that? A walk? No. That's not fair to the pitcher. Does it affect his on-base percentage? It would have to... how would you account for the run? And why should the pitcher be given such a handicap? If that guy scores, is it an unearned run? Hey, why not just have ghost runners?

And get this: The smart people at Forbes just did the math and figured out it would shorten only about 6 percent of extra-inning games.

The Major Leagues should have stopped when they got it right: banning the spitball and the infield fly rule (the game's only flaw). If you want to shorten games, you make the batter stay in the batter's box, period. You're up there to hit. If the pitcher takes too long to throw, you give him two warnings, and the third time he stalls you boot him from the game.

But trying to ruin the game with that sneaky little second-base runner rule? Nope.

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

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Contact Information:
 Name: _____
 Phone: _____

Maybe It Wasn't That Heavy Shopping Bag.

Weakness On One Side May Mean A Stroke.

Recognizing the signs of stroke and acting fast may make a difference between life and death. Call 9-1-1 immediately if you experience one or more of these signs: sudden weakness especially on one side of the body; trouble speaking or understanding; dizziness, loss of balance; trouble seeing in one or both eyes; and severe headache with no known cause. New treatments can help reduce damage to the brain

but only in the first few hours after symptoms begin. Every minute counts.

To learn more about stroke, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

American Heart Association
 Fighting Heart Disease and Stroke

HEART ATTACK & STROKE
 Read the signs. Raise a flag.

Classified Ads

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Applications accepted until 3-17-17.

Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



Your good health By Keith Roach, M.D.

DEAR DR. ROACH: An MRI showed that I have severe stenosis of my C6 vertebrae. I have pins-and-needles sensations that often go down my right arm and in the neck area of my left shoulder. I saw an orthopedic surgeon, who stated that he could "cure" my stenosis with a laminectomy surgery. Based on his recommendation, I have completed a six-day pack of prednisone and four weeks of physical therapy, with little diminishment of my symptoms. I am now taking Celebrex daily. I have spent hours going through the various medical journals online, but could not locate any journal article that summarizes the prognosis of this surgery. Do you know of any research that discusses the degree to which symptoms are reduced and what percent of patients require further surgical interventions? It would be informative to know if there are any other options if PT has provided little benefit. — J.N.U.

observational trials have shown significant improvement in pain and movement after surgery. The real problem is that a population doesn't go to see a doctor about neck pain — an individual does, and studies that examine population outcomes can't give precise information about outcomes. Further, these studies don't even apply to some people. For example, progressive weakness is a clear indication for surgery, and people with that complaint wouldn't be considered for the trials. You still require an experienced surgeon to give you the best information he or she can about your condition. It stands to reason that the more severe the pain and restrictions on activity, the more likely surgery is to help. Back surgery really should be contemplated only by people with moderate to severe symptoms, and those who recognize that, despite the best care, sometimes surgery does not help and, rarely, can make things worse.

As physicians, we like to practice evidence-based medicine, but the sad fact is that evidence to help guide us often is lacking, so we are left with our own education, training and clinical experience to make those decisions. In this situation, we have a few studies to help us. The most-cited one, an analysis of two randomized, controlled trials, showed a faster improvement from surgery, but no difference in symptoms one or three years after surgery in the operation group, compared with the medication and physical therapy group. Several more-recent

DEAR DR. ROACH: I have heard of a number of different things to help acid reflux. Does raising the head of your bed fit into that category, and if so, by how much? — T.E.D.

Yes, raising the head of the bed can reduce symptoms of acid reflux. The traditional method is a brick or two under the head of the bed, but a wedge-shaped pillow works too. Using lots of regular pillows usually does not. When we sleep, any acid that gets passed backward (refluxed) from the stomach into the esophagus stays there for a long

See HEALTH, Page 8

Super Crossword

- FILM SPLICING ACROSS**
- 1 Earth Day's month
 - 6 Maned antelope
 - 9 Large gulf
 - 14 Tons
 - 19 Excludes
 - 21 Dribble
 - 22 Sign off on
 - 23 1940 thriller drama; 1942 romantic drama
 - 25 Four-stringer
 - 26 Hop-_-thumb
 - 27 Horse morsel
 - 28 Enjoy dinner
 - 29 Really digging
 - 31 Homer, e.g.
 - 32 1982 horror; 1939 western
 - 38 One with adoring fans
 - 40 Moray, e.g.
 - 41 Filmom's Mrs. Victor Laszlo
 - 42 Expend
 - 43 1996 neo-noir crime drama; 1990 crime drama
 - 49 Titled man
 - 51 Wedding day destinations
 - 52 Fiendish look
 - 53 D-Day city in France
 - 55 Takes too much, briefly
 - 58 Pie-mode link
 - 60 1979 comedy-drama; 1982 musical
 - 63 2007 comedy-drama; 1946 spy thriller
 - 69 Many rented homes: Abbr.
 - 70 Zenith
 - 71 Make _ of (jot down)
 - 72 "This guy walks into _..."
 - 73 Irene of "Fame" fame
 - 74 Bone, to Fido
 - 75 "-_" in an analogy
 - 76 Braggarts' displays
 - 77 2005 historical drama; 2002 musical
 - 79 2000 neo-noir thriller; 1982 comedy-drama
 - 82 Certain sow
 - 83 Poetic "prior to"
 - 84 See 85-Across
 - 85 With 84-Across, diver's gas cylinder
 - 88 "But _ I know?"
 - 93 21st Greek letter
 - 94 1980 spoof comedy; 1976 satirical drama
 - 96 "Waterloo" quartet
 - 99 Chop cut
 - 102 Gold, in Leon
 - 103 Major rtes.
 - 104 1931 horror; 2010 sci-fi thriller
 - 111 Get spoiled
 - 112 Cookie with creme
 - 113 La.-to-Mich. dir.
 - 114 Vast stretch
 - 115 _pitch
 - 118 Break in, e.g.
 - 120 1963 historical drama; 1950 period drama
 - 125 Locale
 - 126 "Skyfall" singer
 - 127 Alaskan port
 - 128 Civic's make
 - 129 Aired again
 - 130 Norma _ (film heroine)
 - 131 Pea piercers
- DOWN**
- 1 Word form for "height"
 - 2 Haiku, e.g.
 - 3 Deep red wine
 - 4 Serpent tail?
 - 5 USMC rank
 - 6 Having a bit of a beard
 - 7 13th Greek letters
 - 8 Hagen with three Tons
 - 9 Old politico
 - 10 Spoiled kids
 - 11 O'er there
 - 12 Gregarious
 - 13 Argots
 - 14 Chaos
 - 15 Biblical priest
 - 16 Luau hellos
 - 17 NYPD part
 - 18 Mown strips
 - 20 Ella's singing
 - 24 Cell insect
 - 30 China buys
 - 33 Gymnast Korbut
 - 34 Bout arbiters
 - 35 Valley
 - 36 "_ a pity..."
 - 37 Your and my
 - 38 "_ tree falls..."
 - 39 NFL's Cowboys, on scoreboards
 - 44 Speak grandly
 - 45 Fjord city
 - 46 Loris' cousin
 - 47 Meadows
 - 48 Prince Valiant's son
 - 50 _ bit (soon)
 - 53 Italian island
 - 54 Affix
 - 55 _ year (annually)
 - 56 Yankee Joe, informally
 - 57 Ensure
 - 59 Spanish region
 - 61 Cole _ (shoe brand)
 - 62 Antidrug cop
 - 63 Actress Pressly
 - 64 Indy great Al
 - 65 Phrase of denial
 - 66 Siouan tribe
 - 67 Former Apple laptop
 - 68 Brewery kiln
 - 73 Prepare for playing, as a tape
 - 74 With 119-Down, position Mike Ditka played
 - 76 Online store
 - 77 Tiny: Prefix
 - 78 Gordie of hockey
 - 80 Highest degree
 - 81 Fed. stipend program
 - 86 Alliance
 - 87 River of Bern
 - 89 "Horton Hears..."
 - 90 City native
 - 91 Not moist
 - 92 Signs off on
 - 93 Stove item
 - 94 Kitchen pest
 - 95 Zero relaxation
 - 96 Over again
 - 97 Mustang
 - 98 _ down the hatches
 - 100 Like a small garage
 - 101 Tristan's lady
 - 105 Split country
 - 106 _ Gay (WWII B-29)
 - 107 Way to sign a contract
 - 108 Tchr.'s gp.
 - 109 Reggae artist Peter
 - 110 _ water (up the creek)
 - 116 Theater box
 - 117 Single bills
 - 119 See 74-Down
 - 121 Muskiet tip?
 - 122 Black goo
 - 123 Biochem strand
 - 124 "Either you do it _ will"

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18				
19					20				21					22							
23								24						25							
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43				44	45			46	47	48				49	50						
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128									129							130				131	

Moore Texas by Roger Moore

March 2, 1836, Washington on the Brazos: The first draft of the Texas Declaration of Independence was so full of errors that a new copy had to be signed the next day.



Social Security Q&A By Ray Vigil

Women's history and Social Security

March is Women's History Month – a time to focus not just on the past, but on the challenges women continue to face. Nearly 60 percent of the people receiving Social Security benefits are women, and in the 21st century, more women work, pay Social Security taxes, and earn credit toward monthly retirement income than at any other time in our nation's history. Knowing this, you can be the author of your own rich and independent history, with a little preparation.

Social Security has served a vital role in the lives of women for over 80 years. With longer life expectancies than men, women tend to live more years in retirement and have a greater chance of exhausting other sources of income. With the national average life expectancy for women in the United States rising, many women will have decades to enjoy retirement. According to the U.S. Census Bureau, a female born today can expect to live more than 80 years. As a result, experts generally agree that if women want to ensure that their retirement years are comfortable, they need to plan early and wisely.

You can start with a visit to

Social Security's *Retirement Estimator*. It gives you a personalized estimate of your retirement benefits. Plug in different retirement ages and projected earnings to get an idea of how such things might change your future benefit amounts. You can use this valuable tool at www.socialsecurity.gov/estimator.

You should also visit Social Security's financial planning website at www.socialsecurity.gov/planners. It provides detailed information about how marriage, widowhood, divorce, self-employment, government service, and other life or career events can affect your Social Security.

Your benefits are based on your earnings, so you should create your personal *my Social Security* account to verify that your earnings were reported correctly. Your account also can provide estimates of your future retirement, disability, and survivors benefits.

If you want more information about how Social Security supports women through life's journey, Social Security has a booklet that you may find useful. It's called *Social Security: What Every Woman Should Know*. You can find it online at www.socialsecurity.gov/pubs/10127.html.

Here's a Tip

By JoAnn Derson

- Use coffee filters to separate snacks in a dish, or to separate plates in a stack, particularly ones with gold paint or a raised pattern.

- "For pin holes in the wall, many people know the old renters trick to use white toothpaste to fill. Did you know that you also can use toothpaste to level slight dents? Apply toothpaste to the wall, filling the dent. Scrape a spatula or flat plastic card over the dent to remove any excess paste, leaving a flat spot. Wait for it to dry, and reapply if needed. This only works for small dents, like, say, the one left behind by a doorknob (oops!)." – M.W. in Washington

- To make your own freezer gel packs, simply mix one part rubbing alcohol to two parts water. Use a freezer-safe plastic bag, add the mixture and close, being careful to release all the air from the bag. Take that bag and put it in another freezer-safe bag, and seal (in case the first bag leaks). Freeze and enjoy. You could use it for a lunch bag, or slip inside a small sock to ice boo-boos.

- It's spring-cleaning and summer insulation time! Forty-four percent of home energy dollars are spent on heating and cooling costs. Check for leaks in windows, doors and the chimney. But don't forget outlets, plumbing fixtures, power boxes and the attic. If you felt it over the winter, you'll likely feel it in the heat of summer, too. Prepare now.

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		25
x		+		x	
	x		-		26
20		10		8	

DIFFICULTY: ★★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

1 2 3 4 5 5 6 7 8

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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: D equals S

BQX CN DSUFSD MIBLC M AMOFQV

GBYSQSDDQV CUMYYSX MOBWJ

AQMNBU-SWGMWKFJWJ DLIDCMWKSD:

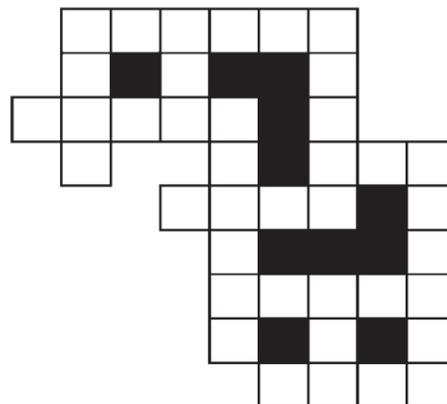
"QBDC FW DYFKS."

Answer Page 4

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- NPU
- ♥ STAMLE
- ♥ ESDIA
- ♥ TLSA
- ♥ ARPNEW
- ♥ NDE
- ♥ EDLI
- P METT
- M DO
- E LENE D
- ♥ DANME
- ♥ AWST



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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Health

From Page 7

time, since neither gravity nor the swallow reflex helps it down. With the head elevated, there is some gravity acting against reflux and getting it back into the stomach.

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