



NEWSBRIEFS

Hospital gets \$15,000

El Paso Children's Hospital Foundation won third place and \$15,000 in the nationwide Credit Unions for Kids Vote for Miracles online contest. The recent three-week contest urged people to vote online for their favorite Children's Miracle Hospital. This is the second year in a row that El Paso children's hospital finishes third in the contest. Hurley Children's Hospital in Flint, Mich., placed first place and won the top prize of \$50,000 with more than 43,000 votes. Mercy Health Children's Hospital in Toledo, Ohio, won second place and \$20,000 with 37,494 votes. El Paso Children's Hospital had 24,622 votes. El Paso Children's Hospital Foundation officials stated that the \$15,000 prize would go to the Child Life Program.

— Alfredo Vasquez

Growing old in America

It used to be that turning 100 years of age was a big deal. Not so anymore, says the Association of Mature American Citizens. Take Lucy Treccasse who turned 112 recently and celebrated her birthday with family and friends and a half bottle of beer. But, alas, she holds no records, as such. She's only the eighth oldest person in the U.S. In fact, the Centers for Disease Control says that there are more than 72,000 American centenarians today compared with a little more than 50,000 in the year 2000.

— John Grimaldi

Elder abuse

With the share of U.S. adults aged 65 and older expected to more than double by year 2060 and nearly 96 percent of elder-abuse cases going unreported every year, the personal-finance website WalletHub conducted an in-depth analysis that identifies 2017's States with the Best Elder-Abuse Protections. To determine which

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As a man gets older he suspects that nature is plotting against him for the benefit of doctors and lawyers.

— Quips & Quotes



— Photo by Alfredo Vasquez

A large crowd of senior citizens attended the Rio Grande Area Agency on Aging 18th Annual Aging to Perfection expo that was held at the El Paso convention center in the fall. The attendees came to find answers to questions about public and private services, benefits, and support for older adults and family caregivers.

An old perspective for a new year

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – With the advent of a new year, the notion of time makes its presence felt more prominently, especially for those experiencing old age.

“This year sure went by fast,” or “It’s hard to believe that a new year is starting already,” are just a couple of the cursory assertions that are expressed frequently this time of the year.

In particular, for those individuals who are in their advanced years, the passage of time is palpable because getting old is very real. It is as real and natural and sad and depressing as death.

However, when contemplating time’s fleeting moments, old age can also be seen as a gift because it is like a warning to an older adult that death is imminent. Old age is like a traffic sign along the highway of life notifying an elderly traveler that the end of the road is approaching. Consequently, these advanced years give a person the opportunity to ask introspectively, what is he or she going to do about getting old and eventually dying?

Forget the weight remedy, stress remedy, age remedy, pain remedy. What is needed is some illusion remedy. Better than trying to make a picnic out of old age is to face what it is, a challenge... an irreversible, incurable, colossal challenge- as colossal as disease and death.

That fact should be powerful motivation for an individual to get serious about trying to understand what these formidable challenges are and what a person can do about them. One should be asking, “Why do I have to get old? Why diseased? Why die?”

These are the real issues in life, and these are the questions to which a sentient being must ask him or herself. If individuals fail to seek answers to these questions, they may think they are living

life to the fullest; meanwhile, their inner spirits are running sadly close to empty.

It is no wonder that death consistently ranks among the top ten things people fear most, according to recent studies. Among the primary reasons for this fear of death are: death is unknown territory; do not know what to expect; and doubt about being held accountable for how one lived his or her life.

In considering the various types of human reactions to this natural fear, religious belief and/ or spirituality seem to provide the most comforting responses to the fear of death. Indeed, over the last 35 years there have been numerous academic studies on the correlation between the fear of death or death anxiety and religious or spiritual beliefs.

For instance, in a study conducted by R. D. Kahoe and R. F. Dunn in 1976, *The fear of death and religious attitudes and behavior*, and published in the Journal for the Scientific Study of Religion, they found that church-centered religiousness has more efficacy in allaying the fear of death as compared to other types of responses.

People, who are most firm in their faith and attend religious services or follow a spiritual practice regularly, are the least afraid of dying. People who hold a loose religious faith are the most anxious, and people with no faith are intermediate in their fear of death, according to Kahoe and Dunn’s study.

In another report completed in 2006, data showed that traditional, church-centered religiousness and de-institutionalized spiritual seeking are distinct and constructive ways of approaching fear of death in old age. The study, authored by P. Wink and entitled *Who is afraid of death? Religiousness, spirituality, and death anxiety in late adulthood*, surmised that both religiousness and self-seeking spirituality were related to positive psycho-social functioning.

Therefore, an earnest effort of soul

searching for knowledge about death – both in the religious and spirituality contexts – goes right to the heart of calming a person’s fear of the unknown.

Specifically, looking at both the physical and spiritual laws of the universe can help one gain a better understanding of this phenomenon; such as, in the physical world, Newton’s Third Law of Motion states that for every action there is an equal and opposite reaction, and the First Law of Thermodynamics (the Law of Conservation of Energy) stipulates that energy cannot be created or destroyed, but can change its form.

And in the spiritual realm, the Law of Karma refers to the totality of a living being’s actions and their related reactions in this and previous lives, all of which determine one’s future. The concept of karma is part of the world view of billions of people throughout the world. Also, many people in western cultures or with a Christian upbringing have incorporated the idea of karma as in the Judeo-Christian concept of reaping what you sow (Bible, Galatians 6:7).

Taken together – the assimilation of the physical laws, action/reaction/ conservation/mutation with the spiritual laws of karma (reap what you sow) – helps shed light on the interaction between energy, including all living entities, and the unknown territory of death.

Based upon such a combined application of these laws, it is reasonable to conclude that performing positive actions results in a good condition in one’s experience, whereas a negative action results in a bad effect. And, the consequences may be seen immediately or delayed until later in the future.

In a very practical sense, therefore, applying the physical and spiritual laws of the universe informs mankind that it is up to each individual as to what old age and death holds for him or her. For,

See AGING, Page 4

View from here By John Grimaldi

Net neutrality impedes protections

Eighty-seven percent of the U.S. population regularly use the Internet to stay in touch with friends and family and to do other activities such as conducting business and shopping online, according to the Pew Research Center.

Pew began keeping track of Internet usage in the year 2000 when the Center reported that nearly half of adult Americans said they were not users. "In the intervening 17 years the great majority of us got into the habit, including the country's older citizens," says senior advocate Dan Weber, president of the Association of Mature American Citizens (AMAC).

But, Weber points out, not all the users on the Internet today - particularly elderly users - are

particularly savvy about how it works "and many are confused about the brouhaha that's been stirred up in the wake of the FCC's decision to put an end to what is known as 'net neutrality'. The fact is that it's much ado about nothing."

The decision by the Obama administration to begin regulating the Internet was "baffling," says Weber. "Why fix something that's not broken? The Internet came into existence in 1989 and for more than a quarter of a century it was regulated by the Federal Trade Commission and operated smoothly and without infringing on the rights of those who went online. But, in 2015 the FCC decided to begin treating the Internet as if it were a telecommunications company

subject to government regulation. They wanted to add another layer of so-called protection, which has proven to be unnecessary and restrictive."

The Trump administration's FCC sought to put an end to neutrality because, as Clyde Wayne Crews, Policy director at Competitive Enterprise Institute, put it: "Net neutrality is yet another example of economic regulation that flies in the face of every proper tenet of wealth creation and expansion of consumer welfare."

Weber believes that the FCC's decision to repeal net neutrality will have a beneficial impact on the Internet. He cites an article recently published on AMAC's Web site Net Neutrality: A Primer. The authors explain that: "Despite the rhetoric, the

FCC's decision to return to the light-touch regulation of pre-2015 does not pose an existential threat to the Internet. Ultimately, the net neutrality debate boils down to a discussion about whether existing antitrust law is sufficient to guard against the anticompetitive harm of vertical foreclosure, and if not, whether the FCC's additional prophylactic rules do more harm than good."

Those who stand fast to protect the net neutrality rules argue that it will end protections for consumers who use the Internet. But, the reality is that robust protections remain in place via the Federal Trade Commission. The fact of the matter is that when the Internet was classified as a common carrier in order to enable

net neutrality, it took away the FTC's ability to protect users from unfair and illegal practices, Weber explains.

"The madness is that pro-neutrality protestors appear to be arguing against their own best interests. Internet users will continue to have choices. They will continue to receive full disclosure from their broadband providers as to pricing and priority practices. And, perhaps most important, they will continue to have access to Netflix, Amazon and to the entire information highway."

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.

Village of Vinton, Texas Notice of Special Election Aviso de Elección Especial

TO THE REGISTERED
VOTERS OF VINTON,
TEXAS

A LOS VOTANTES
REGISTRADOS DE VINTON,
TEXAS

Notice is hereby given that the polling places listed below will be open from 7 a.m. to 7 p.m. on Saturday, February 3, 2018 for voting in a Special Municipal Election, to elect Aldermen for Place 2, to fulfill the remainder of a three (3) year term that began in 2016.

Notifíquese, por presente, que las Casillas electorales citadas abajo se abrirán desde las 7 de la mañana hasta las 7 de la tarde el sábado 3 de febrero de 2018 para votar en la elección para elegir el Miembro del Consejo, posición 2, para cumplir el resto de tres (3) años de duración que comenzó en 2016.

LOCATION OF POLLING
PLACE FOR ELECTION
DAY VOTING:

UBICACIÓN DE LA CASILLA
ELECTORAL EL DÍA DE
ELECCIÓN:

El Paso County
Northwest Annex
435 E. Vinton Road
Vinton, Texas 79821
7:00 a.m. - 7:00 p.m.

LOCATION, DATES AND
HOURS OF OPERATION
OF POLLING PLACES FOR
EARLY VOTING:

DIRECCION, DIAS Y HORAS
HABILES DE LAS CASILLAS
ELECTORALES PARA
VOTACION ANTICIPADA

Early voting by personal
appearance will be conducted
each weekday at

El Paso County
Northwest Annex
435 E. Vinton Road
Vinton, Texas 79821

from 2:00 p.m. to 5:00 p.m.

beginning Wednesday,
January 17, 2018 through
Sunday, January 28, 2017;
and from 7:00 a.m. to 7:00
p.m. Monday, January 29,
2018 and Tuesday, January
30, 2018.

Para votar anticipadamente
puede acudir en persona
alunes a vienes en

El Paso County
Northwest Annex
435 E. Vinton Road
Vinton, Texas 79821

a partir de las 2:00 p.m. a
5:00 p.m. comenzando el
miércoles, 17 de enero de
2018 hasta el domingo, 28 de
enero de 2017; y a partir de
las 7:00 a.m. a 7:00 p.m. el
lunes, 29 de enero de 2018
y el martes, 30 de enero de
2018.

Applications for ballot may be
emailed to ballotrequests@epcounty.com; faxed to (915) 546-2220 or mailed to:

Las solicitudes para boletas
de votación adelantada
pueden enviarse por email
a ballotrequests@epcounty.com; fax a (915) 546-2220 o por correo a:

The County of El Paso
Elections Department
Early Voting Clerk
500 E. San Antonio, Ste. 314
El Paso, Texas 79901

Applications for ballots must
be received no later than the
close of business on Tuesday,
January 23, 2018.

Las solicitudes para boletas
que se votarán en ausencia
deberán recibirse para el fin
de las horas de negocio el
martes, 23 de enero 2018.

Issued this the 19th day of
December 2018.

Emitida este día 19 de
diciembre 2018.

Manuel Leos
Mayor

WTCC: 01-04-18

Food for thought By Dan Weber

It's a sin to tell a lie

Never in the history of the world has it been easier and faster to find out what is happening in virtually every city on the face of the earth. Nor, has there been a time when news reporting has been so erratic and unreliable.

You don't know what to believe when you read a newspaper, when you listen to the radio, when you watch television news shows or when you access social media. It used to be that reporters and editors adhered to a sacred principle: tell the truth.

But it seems that these days it

is "cool" to insert opinion and innuendo into their reportage. It's gotten so bad that Pope Francis, himself, felt compelled to call out the purveyors of lies in the media. He issued a plain and simple message to them: it's a sin to tell a lie.

The Pope issues proclamations at the beginning of each New Year cautioning those who report the news against committing "grave sin that hurts the heart of the journalist and hurts others."

His message in 2018 will be issued on January 24, 2018 and,

in Francis' own words, will focus on fake news, a term that has become popular in the White House these days.

Journalists perform a mission that is a fundamental principle of democracy. The Pope said in a preview of his 2018 Message for the media and the world; "You shouldn't fall into the sins of communication: disinformation, or giving just one side, calumny that is sensationalized, or defamation, looking for things that are old news and have been dealt with and bringing them to light today."

I believe that there may be some men and women engaged in reporting the news who may take the Pope's message to heart. But, I also believe that those so-called journalists who are more concerned about getting their own selfish viewpoints aired in public will continue to spew untruths.

So how do you tell who is telling the truth and who is not? One way is to look for balanced reporting. If the story is always against someone, chances are you're listening to someone who is biased.

It is up to each and every one of us to discover the most reliable sources of news by doing the research and checking the facts. It is not an easy task because the manipulators of news are good at what they do and what they do is practice the sin of yellow journalism-sensationalized, crudely exaggerated fake news.

The vast amount of information that is available to us in the 21st Century carries with it a warning: let the buyer beware.

Dan Weber is president of the Association of Mature American Citizens.



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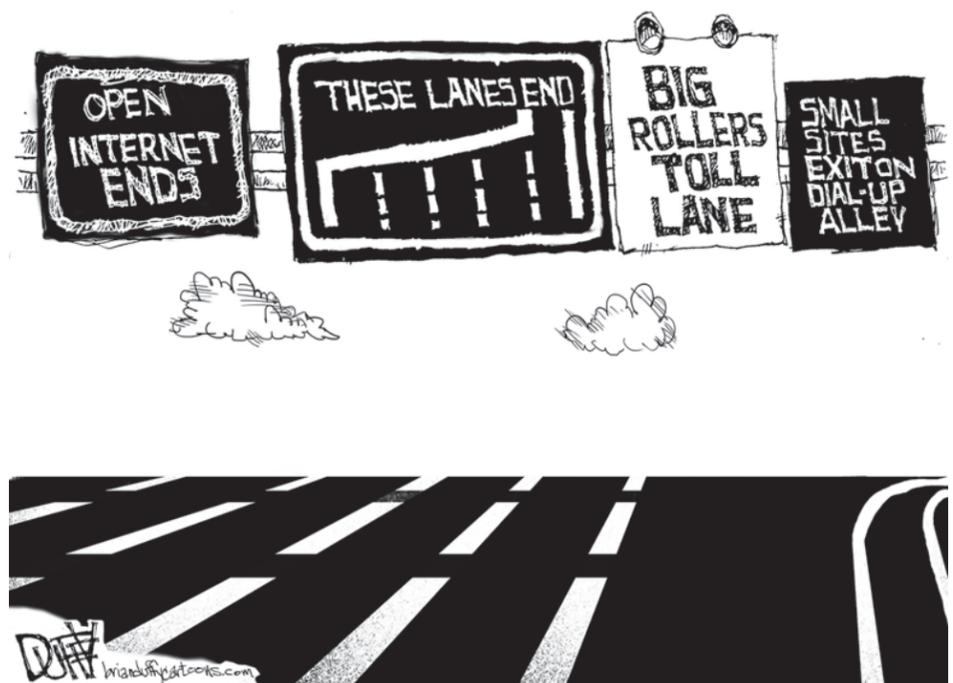
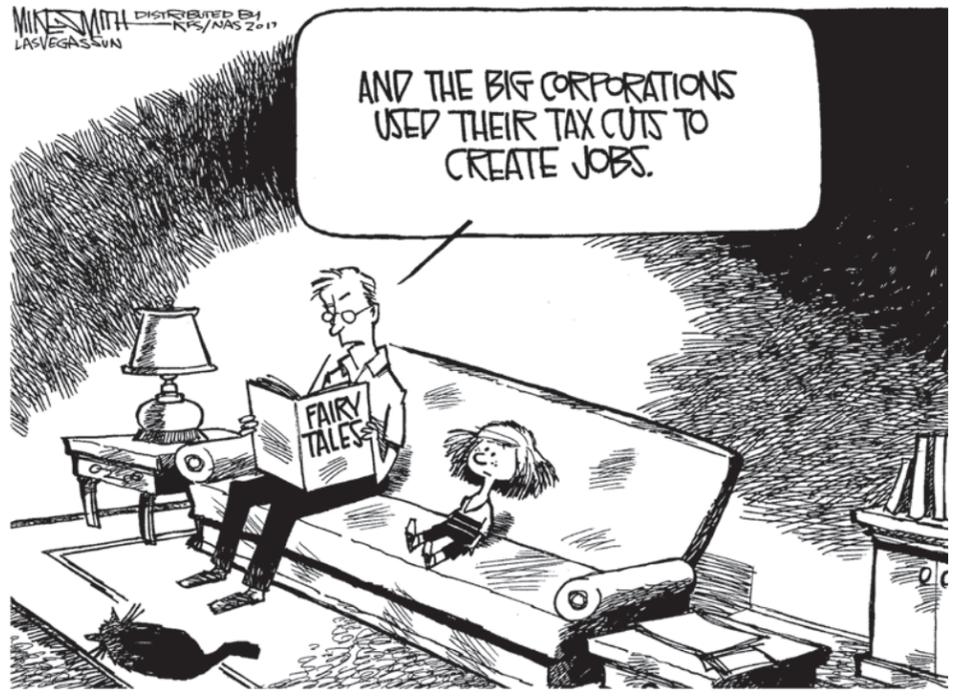
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After years and years of doing the same thing...



Season's Greetings from Chuck and Nancy...



Strange But True

By Samantha Weaver

- The unknown soul who made the following sage observation must have been a keen observer of events: "A politician can appear to have his nose to the grindstone while straddling a fence and keeping both ears to the ground."

- In the 17th century, a Frenchman opened a coffee shop in London and sold chocolate, newly imported from the Americas, for 10 to 15 shillings a pound. That may not sound like much until you learn that at the time, the going price of a pound gold was 20 to 30 shillings.

- Are you interested in pogonotrophy? If you're a woman, the answer is probably no. The word, derived from the Greek word "pogon," or "beard," and the suffix "trophy," or nourishment, refers to the growing of a beard.

- Most people realize that many places in the United States were once known by different names. Here's a sampling: the Potomac River was originally called Conococheague Creek, Camp David was named Shangri-La, and the USA itself was once known as the United States of Congress Assembled.

- Good news for the not-so-neat among us: Making your bed could be bad for you. A study done in the United Kingdom at Kingston University showed that the linens of an unmade bed retain less moisture, therefore making them less attractive to dust mites.

- Evidently it's not just humans who associate a deeper voice with maturity (and desirability) in males. It seems that male owls try to appear more macho and attract females by lowering the tone of their hoots.

Thought for the Day: "The cult of individual personalities is always, in my view, unjustified. To be sure, nature distributes her gifts variously among her children. But there are plenty of the well-endowed ones too, thank God, and I am firmly convinced that most of them live quiet, unregarded lives."
 — Albert Einstein

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 Newsbrief To:
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Counting down the top sports stories of 2017

By Steve Escajeda
Special to the Courier

Well, 2018 is finally here and as always, most of us are thinking about resolutions and plans for the new year.

But before we start breaking our new-year promises, let's take a last look at the top ten most influential sports stories of 2017.

10 – Even though most Americans have been very slow to include soccer in their sports-watching schedule, they do manage to tune in during the World Cup.

But Americans won't have the chance to root for the USA in 2018 because of the Red, White and Blue's shocking loss to Trinidad and Tobago during qualifying.

9 – Kevin Durant had a lot of success with Oklahoma City, but just couldn't get past the Golden State Warriors in the playoffs.

So instead of accepting the challenge of trying to get better and knock off the Warriors, Durant decided to take the easy way out and join the enemy instead.

And whatever you think about his decision, it paid off as Durant and his new teammates won the 2017 NBA title.

8 – Though this is still a developing story, 2017 saw a significant scandal hit the world of college basketball.

These sleazy allegations involved corrupt agents and shoe companies and coaches and illegal recruiting practices and dirty money and athletic directors and college boosters and athletes on the take.

The biggest name to fall so far is former Louisville head coach Rick Pitino. But 2018 could catch up to many others.

7 – The Atlanta Falcons had the Super Bowl in their nest, up 28-3 at one time.

The Patriots looked old and slow and it appeared that a dynasty was coming to an end. But the veterans Brady and Belichick did it once again and rallied for an incredible 34-31 win.

6 – It gets hot in the summer, cold in the winter and UConn always wins the women's national championship, right?

Wrong! Mississippi State upset UConn in the final four, ending the Huskies 111-game winning streak.

Making the upset even more astounding was the fact that UConn beat Miss. St. a year earlier in the NCAA Tournament 98-38.

5 – Some say it's NFL collusion and some say he just doesn't have it anymore. Whatever the reason, Colin Kaepernick was in the news quite a bit for a guy who spent zero minutes on the football field.

The former 49ers quarterback, who is now more famous for starting the "take a knee during the national anthem" movement than leading San Francisco to the Super Bowl, saw team after team pass him by whenever a quarterback opening came up.

4 – The Alabama Crimson Tide is college football's version of Goliath.

They seemed invisible when they went up 14-0 early and led 24-14 in the fourth quarter of the national title game, but it was quarterback Deshaun Watson's heroics that led Clemson to a stunning 35-31 upset.

3 – It wasn't the prettiest thing in the world, in fact, it was downright ugly.

But the Conor McGregor-Floyd Mayweather Jr. fiasco – I mean fight – was indeed one of the biggest stories of the year.

One was over-the-hill and the other had no boxing skills, but together they conned a fair chunk of the world to buy the pay-

per-view rip-off.
2 – NFL popularity appears to be taking a nosedive.

Whether it's the kneeling, the concussions, ticket prices, officiating, rule changes, over-paid athletes or over-saturation of games, the once mighty NFL is taking a beating in the ratings.

1 – By far, the best story of the year was the over-achieving Houston Astros, who put baseball back in the national spotlight.

America's favorite little guy, Jose Altuve helped lead the Astros to a thrilling playoff series win over the Yankees, and then a historic World Series victory over the favored Dodgers.

The World Series was the first ever for the Astros, the same team that lost over 100 games in 2011, 2012 and 2013.

The timing of the win was significant, coming a couple months after Hurricane Harvey devastated the Houston area.

As far as the local story of the year: Keitha Adams, Sean Kugler, Tim Floyd and Bob Stull started 2017 on the UTEP payroll, but each decided to leave for one reason or another.

Wow, talk about starting new in 2018.

A sporting view By Mark Vasto

The flying wedge

As a student at Harvard University, a young Theodore Roosevelt championed "the vigorous life," and the burgeoning sport of American football was something he clearly supported. When he became president, the game often figured in his

landmark speeches.

"In life, as in a football game, the principle to follow is: hit the line hard; don't foul and don't shirk, but hit the line hard!"

His mood changed a few years later, however, when his young son Theodore Roosevelt Jr. enrolled at Harvard and joined the football team. The annual Harvard-Yale game had become the nation's top sporting event by this time, and football had become far more violent than the "masculine game" Roosevelt knew from his time in college. This was the era of the "flying wedge."

A Harvard alumnus and war historian noted that the game's strategy closely mirrored military maneuvers. Even though he never played a down of football, he designed the flying wedge – a play that mimicked the tactics of Napoleon's army by concentrating a large number of men and pointing them like an arrow at the weakest part of the opponent's line.

Harvard unveiled the play in 1892 against Yale, and people literally stood in awe when they saw the team take the formation. Shaped like a "V" with the ball carrier nestled inside, fans watched as most of the Harvard players linked arms and moved forward, completely obliterating the hapless Yale defender who stood in their way.

The play helped spark interest in the game. Parke Davis, an early sports writer, commented that the play energized fans. "Sensation runs through the stands at the novel play, which is the most organized and beautiful one ever seen upon a football field."

Pundits estimated that a flying

wedge weighed more than a quarter-ton. Every resulting pileup from a play lent itself to anticipation: Was somebody crushed?

The answer, sadly, was often yes. In 1905 alone, the "flying wedge" play resulted in 22 deaths and an estimated 149 "serious" injuries. Newspapers printed body counts and took out full-page editorials calling for reform. Ever the hands-on president, Roosevelt called on the leading institutions to visit the White House. There, he used his "bully pulpit" to spur the creation of what is today called the National Collegiate

Association of Athletics (NCAA) – a body that began in the name of safety for college athletes.

The flying wedge was outlawed as a result, but the play does exist today in a reduced form. Returning teams are allowed to form a "wedge" for the kick returner, and defenders who take on the formation are called "wedge busters." Look for it next time you watch a game, and marvel as nobody dies.

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

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TOWN OF ANTHONY, TX

PUBLIC NOTICE

ORDINANCE NO. 2017-1023

The purpose of this ordinance is to 1) improve and protect the public's health by eliminating smoking in public places and places of employment, and certain outdoor areas; 2) guarantee the right of nonsmokers to breath smoke-free air; and 3) recognize that the need to breath smoke-free air shall have priority over the choice to smoke.

It shall be unlawful for an owner, manager or other person having control of an establishment regulated by this chapter to fail to comply with all of its provisions, except for violations noted in Subsection C of Section 18.18.120. It shall be unlawful for any person to smoke in any are where smoking is prohibited by the provisions of this chapter. Any person who violates any provision of this chapter shall be guilty of an infraction punishable by a fine not exceeding one hundred dollars;

1. Any person who violates any provision of this chapter shall be guilty of an infraction punishable by a fine not exceeding two hundred dollars;

2. Any person who violates any provision of this chapter receiving a fine under Subsection C.1. above, shall be guilty of an infraction punishable by a fine not to exceed two hundred dollars;

3. Any person who violates any provision of this chapter within one year of receiving a fine under Subsection C.2., shall be guilty of an infraction punishable by a fine not to exceed five hundred dollars.

This ordinance shall be published and shall take effect on 11th day of January, 2018.

Passed and approved the 23rd day of October, 2017.

Mary Carter
Town Clerk

WTCC: 01-04-18

1973-2018 45 Years

WEST TEXAS COUNTY COURIER

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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: I would like to know if you have ever heard of a person being allergic to psyllium fiber? My doctor suggested I take Metamucil for constipation, as opposed to stool softeners. However, when I took it, my face and eyes began to itch, I began to wheeze and I coughed until I vomited it up. My doctor stated he had never heard of anyone being allergic to it. As a side note, my husband has used Metamucil for years, and I have had a couple of episodes of wheezing and shortness of breath that could be attributed to inhaling some of the powder when he mixed it. – J.G.

good health. He has been falling for no apparent reason for the past three years. He has had MRIs and X-rays, been to neurologists and ENTs – no one has an explanation. He has walkers and an electric wheelchair, but there are times when he has to stand and/or walk a little. My parents' apartment looks like a war zone. Almost all of the furniture has been broken, not to mention the cuts and bruises on my dad. Is there anything you can think of that might cause this? – J.G.

I haven't seen any cases either, but it can happen, rarely – most often to people who have allergies to grasses or dust. It is possible that inhaling some of the powder started the allergy. I would be careful to stay away from the area where your husband is mixing his, as allergies sometimes worsen over time.

Unfortunately, you will have to find another source for fiber. Good dietary sources include wheat bran, prunes and prune juice. If you need a supplement, you may try methylcellulose (such as Citrucel), wheat dextrin (like Benefiber), and calcium polycarboxylate (Fibercon). Be sure to get enough fluid, and start with a low dose and then slowly increase.

The booklet on constipation explains this common disorder and its treatments. Readers can order 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./\$5 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

DEAR DR. ROACH: My father is 86 years old and in generally

If multiple doctors haven't helped with the benefit of a complete history, exam and labs, I'm not likely to. However, vitamin D supplements have been shown to improve strength and reduce falls in the large number of people who have low levels.

There are two ways to find out. You either can have the vitamin D level checked by a doctor, and use vitamin D if it is low; or, you can try a daily dose of vitamin D for a month or so and see if it helps. Most authorities recommend 400-800 IU daily. Personally, I have found that 1,000-2,000 IU often is needed. This dose is unlikely to do harm if taken for only a month trial, and may be necessary for those whose levels are deficient and have symptoms.

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.

Super Crossword

- SUMMUS UP THE NEW YEAR ACROSS**
- 1 _ law (computer industry rule)
 - 7 WWII prez
 - 10 Argus-eyed
 - 15 Turn sharply
 - 19 Haul in
 - 20 Mendacity
 - 21 Nerve
 - 22 Caucus state
 - 23 Luau libation
 - 24 Hearth waste
 - 25 Slight residue
 - 26 Again
 - 27 *Ad Council bloodhound
 - 31 Et _ (plus more)
 - 32 Roly-poly
 - 33 "I knew it!"
 - 34 Good tidbit
 - 38 Colleague of Trotsky
 - 40 *They don't have qwerty layouts
 - 46 Pen's tip
 - 48 String after Q
 - 49 Have _ of hope
 - 50 Gp. for fillers and drillers
 - 51 *At a short distance
 - 56 *Metro section manager
 - 59 Deadeye's skill
 - 60 TCBY treats
 - 61 Bloom holder
 - 62 PC pictures
 - 63 Fetus feeder
 - 65 Kottler of TV
 - 66 Juan's "this"
 - 68 Henry VIII's third Catherine
 - 69 *Tool whose teeth rotate
 - 72 Costello and Holtz
 - 76 Baseballer
 - 78 Brogan part
 - 79 Sloping
 - 81 Bacon piece
 - 84 Gone
 - 85 Antsy feeling
 - 86 Color tone
 - 87 *It may show acidity
 - 90 *Divorcee in 1991 news
 - 92 Min. segment
 - 93 Segment
 - 94 Suffix with 114-Down
 - 95 Chargers
 - 96 *Yale, e.g.
 - 102 Tips, as a cap
 - 106 Chilling
 - 107 Golfer Trevino
 - 108 Batter
 - 110 Taxi readout
 - 111 What the double-digit Roman numerals at the starts of the answers to the starred clues add up to
 - 118 Mud in a cup
 - 121 Haikus, e.g.
 - 122 22nd letter
 - 123 Goody camp treats
 - 124 All tied up
 - 125 Shul scroll
 - 126 Be off
 - 127 Unseat
 - 128 Like paraffin
 - 129 Lacking pity
 - 130 Negatives
 - 131 First phases
- DOWN**
- 1 Fox or ox
 - 2 Prophester
 - 3 Derivation
 - 4 Teaches new skills
 - 5 Biblical twin
 - 6 Rigidly formal
 - 7 Thin-screen boob tube
 - 8 Plate
 - 9 Practice
 - 10 Giant in train travel
 - 11 Petty of film
 - 12 Quiz's kin
 - 13 Paella base
 - 14 Ticked (off)
 - 15 Pfizer drug
 - 16 Many eras
 - 17 She bleats
 - 18 Bitingly cold
 - 28 In thing
 - 29 Chin-wag
 - 30 Native Nebraskan
 - 35 Sister of Cleo
 - 36 Rider, e.g.
 - 37 Old rulers
 - 39 Jenna Bush, to Jeb
 - 41 NBA and NRA, e.g.
 - 42 Crusty roll
 - 43 Big name in Art Deco
 - 44 "We did it!"
 - 45 "See you"
 - 47 Wild horse
 - 51 Cartoonist Al
 - 52 Oscar winner
 - 53 Sharif of "Funny Girl"
 - 54 No voters
 - 55 On or about
 - 56 Coup group
 - 57 Morse "E"
 - 58 "That's what _ service!"
 - 61 One paid to park cars
 - 64 Sweet filling
 - 65 Event invitee
 - 66 Sup at home
 - 67 Try to hit, as a fly
 - 70 Snow-pure
 - 71 Epic story
 - 73 Aloha Stadium site
 - 74 "One," on a U.S. coin
 - 75 Process unit
 - 77 Coll. in Lower Manhattan
 - 80 Filled up
 - 81 Cow of ads
 - 82 Kitchen filter
 - 83 Burlesque dancer
 - 84 Llama locale
 - 85 2004 Chevy debut
 - 88 Mudbath site
 - 89 "It" game
 - 90 Feeling bliss
 - 91 Vane locales
 - 94 Freezes
 - 97 Church chant
 - 98 "Icky!"
 - 99 Full of melting snow
 - 100 Fiats
 - 101 Spanish plural article
 - 103 _ Islands (Danish chain)
 - 104 Least limited
 - 105 Has a feeling
 - 109 Botch
 - 112 Goes (for)
 - 113 Blow a horn
 - 114 Saving sort
 - 115 Arab nation
 - 116 Drusilla divorced him
 - 117 Marvel mutants
 - 118 Shul-goer
 - 119 Gardner of "The Bribe"
 - 120 Nettle

Answer Page 4

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

Moore Texas by Roger T. Moore Jan. 18, 1892: Birthdate of rodeo star, Wild West Show performer and World Champion Trick Roper Chester Byers. The World's authority on fancy ropin' died in Ft. Worth in 1945.



Veterans Post By Freddy Groves

Good for you and others

Have you broken your New Year's resolutions yet? It's not too late to try again. But this time, why not go with just two? One for you, and one for others.

Here are a few for you:

- Give the local American Legion or Veterans of Foreign Wars a try if you're not a regular member. You'll get out of it what you put in. Participate in the events and help with their goals, especially if they involve helping other veterans.

- Organize your paperwork so that when the time comes, your final wishes will be known. See a lawyer and make a will, then gather your military paperwork, and let someone know where it is. Include your DD-214.

- Ask questions to be sure you're getting all the benefits you're entitled to. Home loans, education and medical are just the tip of the iceberg.

And a few for others:

- Plan a visit to the closest Department of Veterans

Affairs hospital to see how you can help. Contact voluntary services and see what they need. If you're not near a medical center, search online for "veterans helping veterans."

- If you served during a war period, look into adding your story to the Veterans History Project. The stories of veterans are valuable (and so is yours) and can be told in many ways. Go online to www.loc.gov/vets/ and see how you can participate.

- Decide to be a monthly Secret Santa and anonymously send a grocery store gift card to a veteran you know is struggling, especially if there are kids in the family.

If it seems like some of the ideas above are a combination of good for you and good for others too, you're right. Sometimes doing for others actually benefits us as well.

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Here's a Tip

By JoAnn Derson

- If you're redecorating, take this tip into consideration: To make a space feel more modern, mix metal accents – for instance, brass hardware with stainless steel appliances! To make a room feel bigger, use a contrasting color on the trim wood to draw the eye up and down. Mirrors multiply light in any room, and open shelving is the ticket in a narrow space, rather than closed cabinets.

- "If you have little kids and are ordering pizza, ask them to double cut the slices. Kids like to have many slices, and it doesn't really matter how big they are. This way, there's less waste."

– T.Y. in New Hampshire

- Hair looking faded and dull? Try brewing a cup of chamomile tea! Let it cool and use it to rinse your hair post-shampoo. Don't rinse out.

- "I buy a nice, but plain smelling lotion from the discount store because the price is great and it leaves my skin feeling soft. I dress it up with a few drops of perfume and essential oils. This saves me a ton of money, and I get it exactly how I like it!"

– F.E. in Kentucky

- Keep a small microfiber cloth in the car. It's super handy for wiping your eyeglasses off or the inside of your windshield if it gets foggy.

- "Ice-cube trays come in many colors and can be used to tame your junk drawers. Just think, a dozen tiny compartments to sort any items you need."

– W.A. in Mississippi

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		16
+		÷		-	
	+		x		12
x		x		x	
	+		x		25
20		21		10	

1 1 2 3 5 6 7 8 9

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

Place a number in the empty boxes in such a way that each row across, each column down and each small 9-box square contains all of the numbers from one to nine.

DIFFICULTY THIS WEEK: ◆

◆ Moderate ◆◆ Challenging

Answer Page 4

◆◆◆ HOO BOY!

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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 C

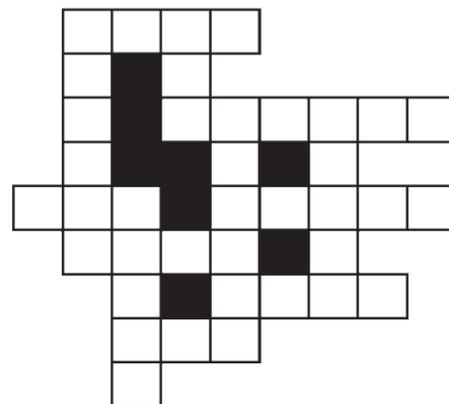
YV B TEMOYMP FBHORRM PEG
CAHA CYSW BJREO FTRFRSBOA
FBMWG, CRESW TA JA MBQAW
ASQAH VEWPA?

Answer Page 4

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- ASC
- CRIDEP
- ♥ ASPRE
- TINO
- ♥ PIRADE
- PFO
- TERS
- ECTFL
- ETP
- ♥ CRUIST
- SEETA
- FATD



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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