



Nonprofit advocates for Texas children through an equity lens

Organization works to ensure every child has opportunity to thrive

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Children cannot learn or thrive when basic needs, such as food and shelter, are not met, and in Texas, the likelihood of children lacking basic needs varies based on location, socioeconomic status, and the color of their skin.

For the past 35 years, non-partisan research and advocacy organization, named CHILDREN AT RISK, has dedicated its efforts in trying to identify and address the root causes for these discrepancies.

The CHILDREN AT RISK organization began in 1989 when group of child advocates in the Houston area met to discuss the lack of data on the status of children and the absence of strong public policy support for families in the state of Texas.

Today, the CHILDREN AT RISK group has grown to become statewide organization impacting all children in Texas, with members speaking out and driving change for Texas' most vulnerable youth.

Using the tools of research and advocacy, CHILDREN AT RISK supporters work on broad range of children's issues including education, parenting and family wellbeing, health and nutrition, immigration, and the fight to end human trafficking, according to Linda Corchado, an executive director for the organization.

"We focus our efforts where they are needed most: where significant number of Texas' children

are affected, and where we can enhance, but not duplicate, the work of others," Corchado stated. She added that CHILDREN AT RISK serves as catalyst for change to improve the quality of life for children through strategic research, public policy analysis, education, collaboration, and advocacy.

Now, the non-profit endeavor is taking root in the borderland as its promoters are hosting the first CHILDREN AT RISK event in El Paso. The special luncheon will be held at noon, Wednesday, October 16th, at the Hotel Paso del Norte in downtown El Paso.

"We are excited to invite (community leaders) to CHILDREN AT RISK'S first-ever El Paso event," Corchado stated. The special luncheon is call to action for all stakeholders who are dedicated to improving the lives of children and families in this region, she related. "Together, we'll dive into the challenges facing El Paso's children and explore actionable solutions to help all kids living in the borderland thrive," Nadia Telles, director of the nonprofit organization Corchado declared.

A highlight of the week day event will be an

insightful data presentation that will feature an exclusive view of the organization's recent *State of El Paso Children* report, which offers comprehensive look at the current child well-being conditions in the El Paso region.

"These data-driven insights are essential for shaping effective policies and programs that address the needs of our children," Corchado stated. She added that this report provides snapshot of areas for further study and improvement so that every child in Texas has clear path to achieving their dreams.

Also, the official luncheon event will present discussion by panel of local experts who will help break down key metrics and propose possible solutions to some of the most pressing issues affecting El Paso area youth.

Among the panelists will be Christina Paz, chief executive officer of Centro San Vicente;

Cathy Gaytan, chief executive officer of El Paso Child Guidance Center; Arthur Valiant, manager of Early Matters El Paso, Breakthrough915-El Paso Center for Academic Excellence;

and Nadia Telles, director of the nonprofit organization



– Internet

State Senator Cesar Blanco will be the keynote speaker for the CHILDREN AT RISK luncheon.

See CHILDREN, Page 4

EPCC holds inaugural event for P-TECH students

By Beau Bagley
Special to the Courier



– Photo courtesy El Paso Community College

EL PASO COUNTY – El Paso Community College (EPCC) hosted a Pathways in Technology Early College High School (P-TECH) Student Matching event on Tuesday, September 24, 2024. The event matches students with Information Technology (IT) businesses in El Paso.

The event was made possible thanks to a generous P-TECH Expansion Grant from Educate Texas and support from ESC Region-19 and Workforce Solutions Borderplex. The grant focuses on expanding education-to-career programs that will strengthen the region's workforce.

This is the first event of its kind, and Tonie Badillo, Dean of Dual Credit and Early College High Schools, hopes there will be more to come in the future.

"We realized that school districts needed our support in reaching out to businesses, and the P-TECH Expansion Grant really helped facilitate the communication. It's fantastic to see our hard work come to fruition, and we're happy to see that we

TELL ME ABOUT IT – Avian Lira, front left, from Chapin High School listened to Jacqueline Goodship as she explained what Workforce Solutions Borderplex has to offer its clients.

See P-TECH, Page 4

Bank interest on a loan is so high that if you can afford to pay it you don't need the loan.

– Quips & Quotes

Thank you, Caitlin Clark

I called a long-time friend the other day, a fellow sports fan, to catch up, and we spent the first 20 minutes talking about women's professional basketball.

Neither of us had ever exhibited the slightest interest in the WNBA, but both of us, simultaneously, unbeknownst to the other, had become Caitlin Clark fans.

There are transformational players who change the competitive balance in a league or change how the game is played, but it's rare to come across players who lift an entire league on their shoulders.

There was much knowing chatter when Clark entered the WNBA that she was in for a rude awakening after her historic college career, that she wouldn't look so special against the best women

players in the world. And, yes, there was a period of adjustment, but as the WNBA regular season ends and the playoffs begin, we can say the Clark doubters have been proved categorically wrong.

Infamously, Geno Auriemma, the storied coach of the University of Connecticut women's team, said back in June, "The delusional fanbase that follows her disrespected the WNBA players by saying she's going to go in that league and tear it apart."

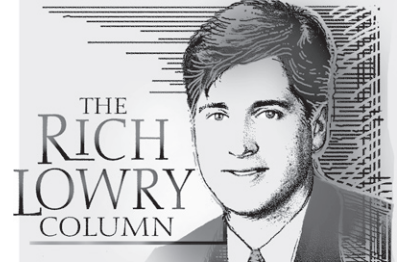
Delusional? Clark has had the best rookie season in WNBA history and turned everything she's touched to ratings or attendance gold.

For all the jealousy and even hostility she's elicited from other WNBA players, Clark is doing them all a favor. The WNBA could have had an unlimited advertising and marketing budget and not

produced anything like the results of simply putting "C squared" on the court.

With Clark, the everyday is extraordinary. For the final game of the season against the Fever, the unremarkable Washington Mystics moved the event to the NBA arena and drew 20,711, the most for a game in WNBA history. The Mystics usually play in an arena with a capacity of 4,200.

The Indiana Fever averaged 17,000 attendees per home game and 15,000 on the road; both are more than any other team by a healthy margin. When the team shows up in an opposing arena, often a lion's



See LOWRY, Page 7

Food for thought By Dr. Glenn Mollette

The Ten Commandments: Surely we are willing to try

In June Governor Jeff Landry of Louisiana signed into law requiring the display of the Ten Commandments in Louisiana's classrooms. This is the first law of its kind in the country since 1980, when a more moderate Supreme Court ruled a similar Kentucky law unconstitutional.

The new law gives schools until Jan. 1 to display the Ten Commandments on "a poster or framed document that is at least eleven inches by fourteen inches" in every classroom. The commandments have to be the display's "central focus" and be "printed in a large, easily readable font," the law says.

Debates and legal challenges are to be expected on Louisiana's decision. Will it stand if it ends up in front of the Supreme court? Probably not because the

Ten Commandments are part of the Bible and our nation threw that out of the classroom a long time ago. We won't have federal support to reinstate The Golden Rule or the Ten Commandments. Other religious groups who don't adhere to the Bible may demand placement of something from their teachings and so therefore the law will most likely be struck down eventually. However, it's interesting that it's up to the states to decide about abortion.

Personally, I would like to see the Ten Commandments placed in every classroom, federal building, and state building in America. If you don't remember them, go the Bible and find the book of Exodus. Go to chapter 20. It's sad that we have to demand that

our schools and teachers do what the homes and churches won't do. How many homes in America have the Ten commandments hanging on a wall? Many of the churches in America don't have the Ten Commandments posted. Walk into any local church in your town and see if you can find them posted anywhere in the church building.

Most of America's young people aren't in church and they aren't paying much attention to mom and dad so I guess we are desperate for America's teachers to do what the parents and the churches aren't doing.

We had The Ten Commandments in some of our classrooms in elementary school. I don't ever remember them being read in class but they were there. We did have

a wonderful lady who taught us the Bible one day a week in elementary school.

It's difficult to have it both ways. Churches and biblical related entities support separation of church and state on certain issues. Especially when it comes to the idea of taxing churches or other religious groups. Such an endeavor would eliminate 80 percent of all religious organizations. However, when it comes to having prayer, Bible reading and The Ten Commandments in the classroom, the idea of separation of church and state becomes a bit muddled in the minds of those who believe in prayer, Bible reading and The Ten Commandments.

In recent years there has been an explosion of Christian and other private schools in our country.

Today, many are crying for answers to school and other

mass shootings. Many are crying for stricter gun laws. The sixth commandment says, "Thou shalt not kill." Some of the other commandments say, "Honor your father and mother," "Don't steal," to name a few.

What if posting The Ten Commandments would stop one school shooting or save one life from being heinously taken? Then it would be worth posting them on every school wall in the country. Surely as a nation we are at the point where we are willing to try.

Glenn Mollette is a graduate of numerous schools including Georgetown College, Southern and Lexington Seminaries in Kentucky. He is the author of "Uncommon Sense" and 12 other books. His column is published weekly in over 600 publications in all 50 states. Learn more at www.glenmollette.com or www.facebook.com/glenmollette.



PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will publish three editions early. The October 17, 24 and and 31, 2024 issues will go to press on Friday, October 11, 2024.

All material for these publications must be submitted to the *West Texas County Courier* no later than Friday, October 4, 2024.

The *West Texas County Courier* office will close beginning Friday, October 11, 2024. The office will open again on Monday, October 28, 2024.

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MAIL SUBSCRIPTIONS: Minimum 50 issues for \$50. Delivery via 1st class mail.

MAIL: 15344 Werling Ct. Horizon City, TX 79928

Phone: 852-3235

E-mail: wtccc@wtccc.com

Website: wtccc.com

Publisher Rick Shrum

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Homesteader News, Inc. Est. 1973

October 5 is World Teachers' Day

With World Teachers' Day this Saturday, and teachers making an average of 5% less per year than they did 10 years ago after adjusting for inflation, the personal-finance website WalletHub has released its report on the *Best & Worst States for Teachers in 2024*. Expert commentary is also included to help educators find places to work with good teaching environments and above-average compensation. WalletHub analyzed the 50 states and the District of Columbia across 24 key metrics, ranging from teachers' income growth potential to the pupil-teacher ratio to public school spending per student. Texas was rated 24th in the report, ranking (1-Best; 25-Avg.):

- 2nd – Avg. Starting Salary for Teachers (Adjusted for Cost of Living);
- 15th – Avg. Salary for Teachers (Adjusted for Cost of Living);
- 29th – Quality of School System;
- 31st – Pupil-Teacher Ratio;
- 47th – Public-School Spending per Student;
- 48th – Teachers' Income Growth Potential;
- 16th – Projected Competition in Year 2030;
- 21st – 10-Year Change in Teacher Salaries; and
- 1st – Existence of Digital Learning Plan.

“Despite having one of the most crucial jobs in America – educating the next generation – teachers are often underpaid and underappreciated. The states that make a teaching career the most rewarding are those that compensate educators well, invest heavily in educational resources, pass laws that improve school-system quality, and provide supportive conditions that lead to low turnover. New York is the best state for teachers, boasting the highest average annual salary for public school teachers after adjusting for the cost of living, at \$82,571. In addition, New York has the highest amount of spending per student in the

See TEACHERS, Page 4



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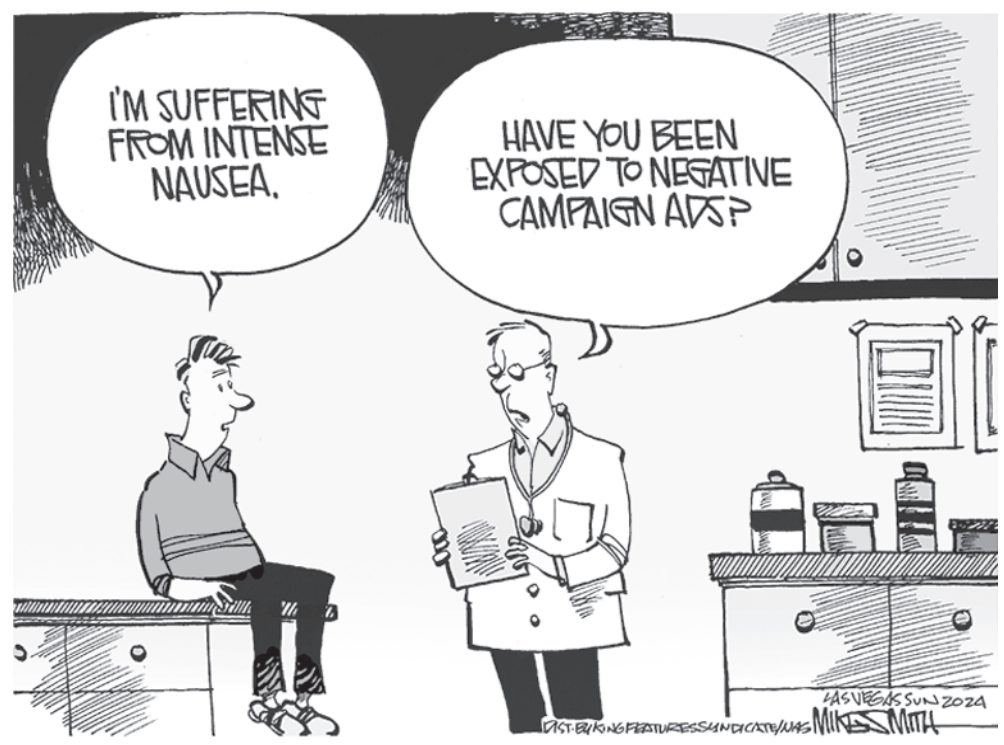
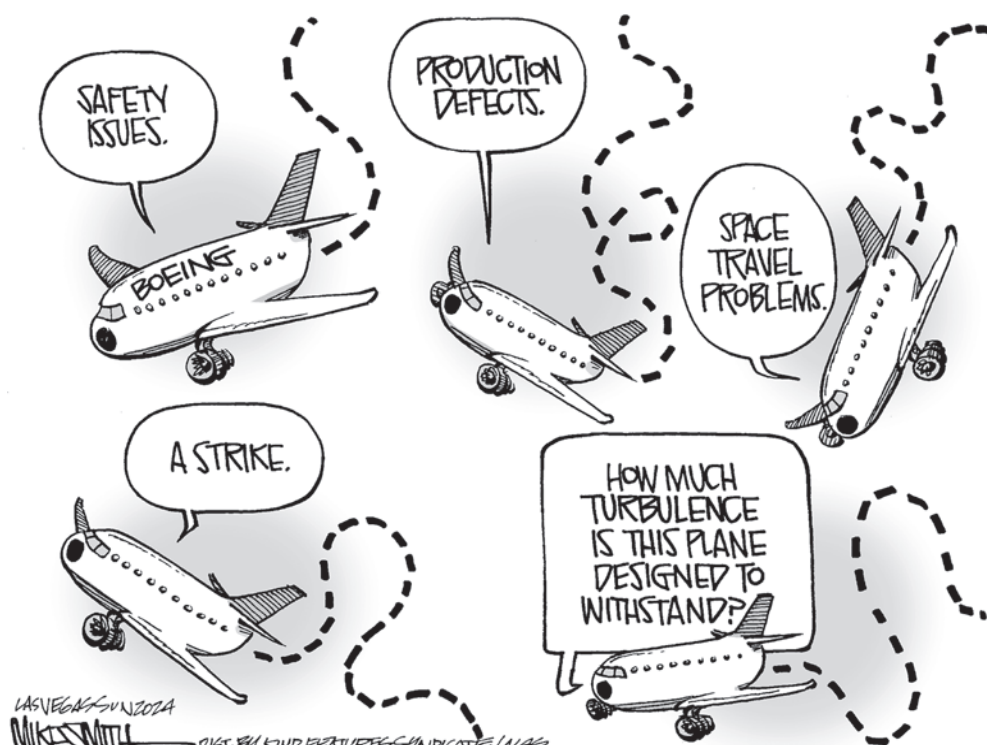
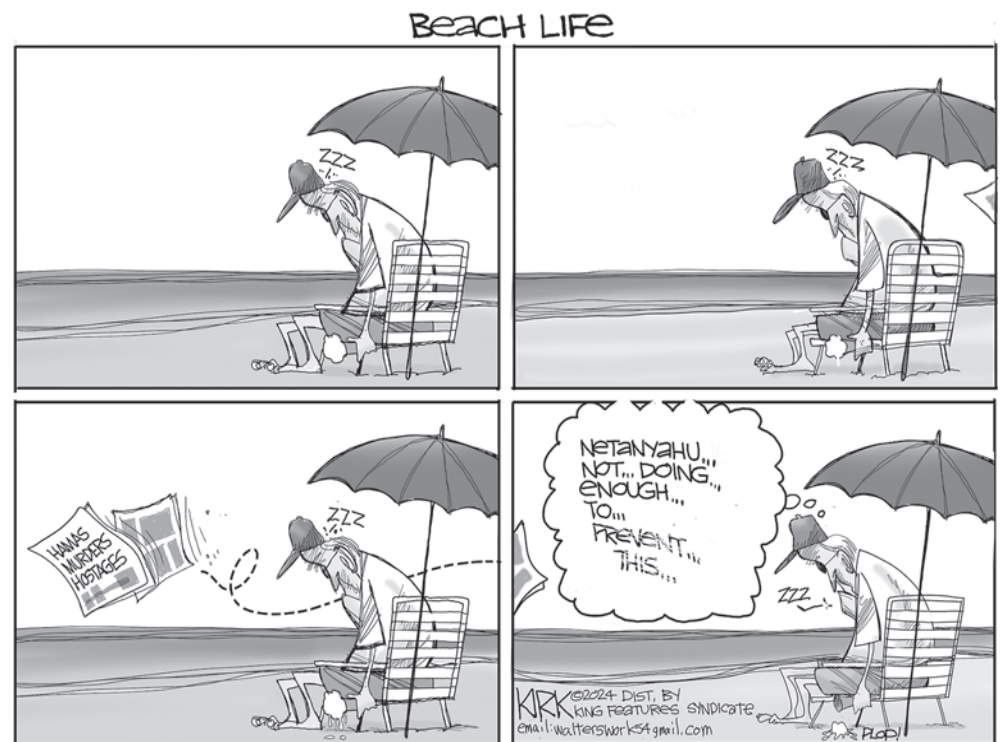
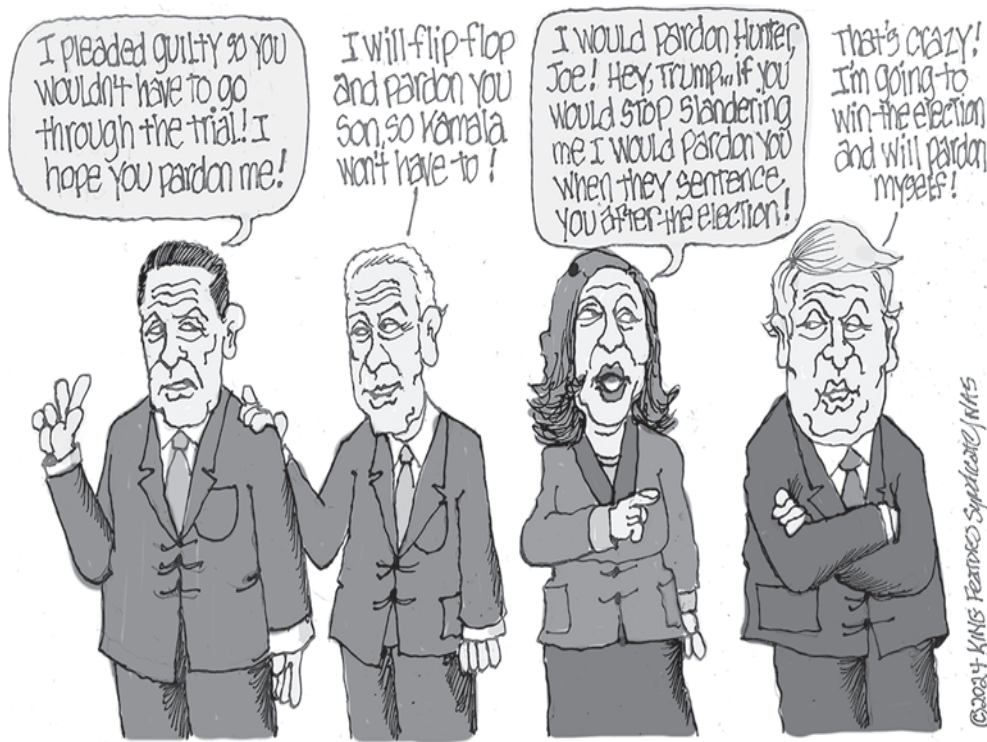
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Visit
childrenatrisk.org
 for more information about
 the upcoming luncheon and
 about the organization.

Children
 From Page 1

CREED; and Nichole Schiff, executive director of Paso del Norte Center for Hope.

Keynote speaker for the inaugural luncheon will be State Senator Cesar Blanco, an advocate for children’s rights and wellbeing. Blanco’s office reported that in his talk the senator would highlight the importance of collective action to secure prosperous future for El Paso’s children.

Corchado stated that the upcoming introductory event is an opportunity to deepen El Paso communities’ understanding of children’s wellbeing in their region and to learn how every little effort that members of community make can cause lasting difference in children’s lives.



Cathy Gaytan



Arthur Valiant



Nicole Schiff

– Internet

The nonprofit organization, CHILDREN AT RISK, is taking root in the borderland. It will host a special luncheon at noon, Wednesday, October 16th, at the Hotel Paso del Norte. During the event, discussion will be led by panel of local experts including Dr. Christina Paz, CEO of Centro San Vicente; Cathy Gaytan, CEO of El Paso Child Guidance Center; Nadia Telles, director of CREED; and Nicole Schiff, executive director of Paso del Norte Center of Hope; and Arthur Valiant, Manager, El Paso Collaborative for Academic Excellence.

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Public Notice

Village of Vinton

Adoption of Ordinance

During a Regular Council Meeting on **Tuesday, September 3, 2024** the Village of Vinton approved the following ordinance(s):

1) Ordinance No. 2024-09-03-8; A Junked Vehicle Ordinance adopting procedures for the abatement and removal from private or public property or a public right-of-way of a junked vehicle or part of a junked vehicle as a public nuisance, providing for criminal penalties and authorizing entry onto private premises

The ordinance provides that maintaining a junked vehicle or a part thereof within the Village

of Vinton that is visible from a public place or public right-of-way is a public nuisance. A violation of the Ordinance is a criminal offense that is punishable by a fine not to exceed \$200 dollars and/or the abatement and removal of the nuisance after service of notice.

The effective date of this Ordinance is immediately upon adoption and publication.

Published by order of the Village Council of the Village of Vinton, Texas.

Copies of the ordinance are available for review at the Village of Vinton, Village Hall, 436 E. Vinton Rd., Vinton, Texas 79927; Monday through Thursday between 8:00 a.m. and 5:30 p.m.

Andrea N. Carrillo
 Village Administrator
 WTCC: 10-03--24

P-TECH

From Page 1

have 30 students and local businesses here for our first attempt, thanks to the grant,” Badillo said.

The Student Matching event featured P-TECH students from EPISD and Clint ISD P-TECH’s, in a five minute ‘speed-dating’ interview session with technological industry insiders. These students are hoping to gain valuable

workforce experience, internships, even jobs after high school. Local businesses included IT departments from GECU, FloWar, Region 19, Workforce Borderplex, Healthcare Corporation of America, Lower Valley Water District, and EPCC’s Student Transfer Services.

“We’re hoping to expand to other P-TECH’s in education, criminal justice, pre-med., etc., but this has been great so far,” Badillo added.

In May, EPCC held another

Information Technology (IT) Business and Education Forum at the Region 19 Starlight Event Center to inform business and industry leaders about how they can support EPCC’s Pathways in Technology (P-TECH) Early College High School students. The forum was an opportunity to connect area school districts, higher education, and business and industry with the support of regional collaborators to develop strong work-based learning opportunities for students.

Teachers

From Page 3

country, at \$31,839; while increased spending doesn’t always lead to better results, the fact that New York has the eighth-best school systems in the country shows that it does matter. It’s no wonder that New York has the lowest teacher turnover rate in the country, at only 4.3%.”

– Chip Lupu
 WalletHub Analyst

Expert Commentary

What are the biggest issues teachers face today?

“The teaching profession has become increasingly complex and challenging, with incrementally more responsibilities being added to the plates of teachers over time, this is despite teachers being continuously underpaid relative to their similarly educated peers. Many of the

ever-evolving advances and issues in broader society get reflected in the classroom. Take for example, the extreme polarization and politicization of numerous topics that become points of conflict with parents and the government in schools – these include but are not limited to reactions to books and courses being banned, mask mandates during the pandemic, remote digital learning, etc. When teachers receive weak support from their school employers and the community, the incentive for them to leave their roles intensifies. This is especially the case when other competing professions may offer less stress, more resources and better pay.”

– Henry Tran
 MPA, SHRM-CP, PHR, Ph.D.
 Associate Professor
 University of South Carolina

How can local officials attract and retain the best teachers?

“Some of the best ways to attract and retain teachers include providing a highly supportive work environment, ample professional development, offering competitive salaries, providing senior mentors for new teachers, and classroom resources so that teachers can concentrate on teaching rather than scrounging for materials. Children are one of our nation’s most valuable assets, and those who teach our children should be treated similarly.”

– Marybeth Gasman, Ph.D.
 Chair in Education;
 University Distinguished Professor, Rutgers
 The State University of New Jersey, Graduate School of Education

What tips can you offer young teachers looking for a place to settle down?

“I would suggest doing a lot of research and homework on the school and community to

ensure that teachers are happy, supported, and have some sense of work-life balance. I would seek out professional opportunities and places that offer long-term growth in the position. Given that teachers’ salaries are not up to par, it is important to find a community with a reasonable cost of living.”

– Marybeth Gasman

“Teachers looking for a place to settle down should consider their own needs concerning what attracts them to a specific locale and be careful not to place too much weight on just the nominal entry level salary amount. For example, some districts may offer higher salaries but may have high cost of living which results in less money left over for groceries and other expenses. Amenity wise, some people are attracted to the hustle and bustle of big city life, while others enjoy the peace and quiet of rural communities. Teachers looking for a place to settle down should think about their own needs and wants, and consider how the different locales can best help complement those.”

– Henry Tran

Visit <https://wallethub.com/edu/best-and-worst-states-for-teachers/7159> For the full report.

– Diana Polk

CryptoQuip Answer

If a roof worker sets down his beverage, I guess the drink will be on the house.

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Moments in time

THE HISTORY CHANNEL

- On Sept. 30, 1962, African American student James H. Meredith was escorted onto the University of Mississippi campus by U.S. marshals, setting off a riot in which two men died before the violence was suppressed by federal soldiers. The next day, he successfully enrolled and began classes, though the disruption continued.

- On Oct. 1, 1920, Scientific American magazine reported that radio would soon be used to broadcast music, noting that "Experimental concerts are at present being conducted every Friday evening from 8:30 to 11:00 by the Radio Laboratory of the Bureau of Standards. The possibilities of such centralized radio concerts are great and extremely interesting."

- On Oct. 2, 1780, British Major John Andre, an accomplice of Benedict Arnold, was hanged as a spy by U.S. military forces in New York. Andre had asked of both his commander and Gen. George Washington that he be executed by firing squad, which was considered a more "gentlemanly" death, but the request was denied.

- On Oct. 3, 1997, 69-year-

old Gordie "Mr. Hockey" Howe skated the first shift with the Detroit Vipers in their International Hockey League opener, making him the only professional in the sport to have competed during six decades.

- On Oct. 4, 1988, televangelist Jim Bakker was indicted on federal charges of mail and wire fraud and conspiring to defraud the public. The case against him and three aides exploded into scandal after it was revealed he'd had a sexual tryst with former church secretary Jessica Hahn in a Florida hotel.

- On Oct. 5, 1974, Dave Kunst finished the first round-the-world journey on foot, which took him four years and 21 pairs of shoes. His reason for embarking upon the 14,500-mile journey across four continents: "I was tired of Waseca [his home town], tired of my job, tired of a lot of little people who don't want to think, and tired of my wife."

- On Oct. 6, 1961, President John F. Kennedy recommended that American families build bomb shelters as protection from atomic fallout in case of a nuclear exchange with the Soviet Union. He also assured the public that the U.S. civil defense program would soon begin providing such security for every American.

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Strange BUT TRUE

By Lucie Winborne

- Beethoven went out of his way to ensure his morning coffee was made with exactly 60 beans per cup.

- In the hit film "Back to the Future," the time machine was originally an old fridge. According to HuffPost, "Ultimately, it was determined that it probably was not a good idea to use a refrigerator in such a manner as kids might want to reenact the scene."

- Up until the beginning of the 19th century, models were not used to showcase clothes. Fashion companies would use dolls instead.

- Pentheraphobia is the intense and disproportionate fear of your mother-in-law.

- To ensure Queen Elizabeth II received her food on time, clocks in the royal kitchen at Windsor Castle were set five minutes ahead.

- While they might look the same, Jenga blocks have subtle differences in dimensions to make their construction less stable. Each brick is a different size and

weight, so no two games are alike.

- As a souvenir from his trip to the Middle East, French author Gustave Flaubert brought home a mummy's foot and kept it on his working desk.

- Herrings communicate through farts.

- In 1916, Adeline and Augusta Van Buren became the first women to travel across the country on two solo motorcycles. They made it despite frequently being arrested for the "crime" of wearing pants.

- Galileo's middle finger is on display at the Museo Galileo in Florence, Italy.

- In 2009, a team of scientists searched Scotland's Loch Ness for evidence of Nessie. While the fabled monster remained elusive, they at least recovered more than 100,000 golf balls.

Thought for the Day: "Nobody grows old merely by living a number of years. We grow old by deserting our ideals. Years may wrinkle the skin, but to give up enthusiasm wrinkles the soul."

– Samuel Ullman

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Young guns of Andress and Hanks put on a show

By Steve Escajeda
Special to the Courier

In case you didn't know, I've been covering sports in El Paso for about 30 years.

I've written for many local and national publications, including doing live radio reporting of local high school football games for ESPN 600.

Every autumn Friday night for many more Friday nights than I can remember, I've sat in high school press boxes and told El Paso what was going on with their teams.

And in all those years there are certain things that stand out, but last Friday night during the Hanks Knights vs. Andress Eagles overtime game (which Andress won 49-42), something really stood out to me.

I don't remember ever doing a high school game with so many very young players playing at the most skilled positions.

Oh, I've had many games where a young player stood out. But he had a senior or two around him to guide him through.

Not last Friday. Both teams were packed with youngsters, and they were outstanding.

Let's take the Hanks Knights first, who were undefeated at 3-0 coming into the game.

They were led by a sophomore quarterback, Jordan Morales. Morales came into the game averaging 270 yards passing and had thrown eight touchdown passes in his first three games.

Not bad numbers at all. But last Friday night, the sophomore completed 22 of 35 passes for 309 yards and a whopping six touchdowns.

Another sophomore, running back Dean Deucher led the Knights in rushing with 102 yards.

Oh, it gets better; sophomore wide receiver Alex Robles caught five of the six touchdown passes that Morales

threw. Robles caught a total of 10 passes against Andress, for 178 yards.

Then there was the old guy, Deonte Wensel, a junior, who caught eight passes for 102 yards and another touchdown.

Those four young guys, three sophomores and a junior, accounted for nearly 96 percent of the 446 total yards that Hanks gained that night.

Now, let's look at the young studs for the Andress Eagles.

First of all, just like Hanks, the Eagles start a sophomore quarterback; in fact, another JM at quarterback.

Jamari Milton had a huge game as well, completing 19 of his 35 passes for 334 yards and four big touchdown passes.

The sophomore quarterback threw touchdown passes of 33, 39, 39 and 44 yards.

Yet another sophomore, Elijah Cooper, had a big night on defense for the Eagles. Cooper created two

turnovers with a fumble recovery and an interception, to go along with his many tackles in the game.

And if all these guys aren't young enough for you, it was probably the youngest of them all who stole the show.

I told you Andress defeated Hanks 49-42 in overtime. Well, the sophomore quarterback, Milton, completed a 17-yard touchdown pass to win it in overtime – to a freshman.

Yes, freshman wide receiver Avant Clayton caught the winning score to give Andress the win, but that wasn't all Clayton did.

The speedy freshman caught seven passes for 149 yards and three touchdowns. He also rushed for a touchdown on a 1-yard run early in the game.

Clayton also had many big kickoff returns to constantly put the Eagles in good position.

The Eagles are down this year at 2-3, but the future looks bright for the

guys from northeast. The same can obviously be said of the Hanks Knights. With talented sophomores all over the place, how good is this team going to be in a couple years?

Like I said earlier, I don't remember a game when I've seen this many very young players lead their teams.

Well, let me rephrase that, I've seen teams with many young players before, but they were awful, like many young teams are. They need time to grow, to learn, to gain the kind of confidence that assures them that they belong.

What I haven't seen before is this many young players who are already ready for the big stage.

Look out for Hanks and Andress in the coming years. And don't be surprised if all these guys end up playing games on Saturdays in a few years.

For these young guys there's only one way to go – and that's farther up the football ladder.

Senior moment By Matilda Charles

Recalls of dangerous foods and products

The recent listeria outbreak in a certain brand of deli meat was most disturbing because it now makes us hesitant to purchase any brands.

Listeria can, and has, caused illnesses so severe that people have died. At this writing, the number continues to grow.

Where the mistrust comes in is at the deli counter itself. If the slicing machines were previously used on the listeria-contaminated meats, and if those slicers weren't sanitized of every tiny listeria molecule, those germs can be transmitted to another type of meat being sliced. Scary.

And when it comes to trust, who would suspect cinnamon of being a problem? But apparently it is, with several recalls due to excess lead in the product.

Then there was the real heartbreaker to read about: Beloved frozen chicken nuggets were found to have foreign matter in them, specifically little particles of metal.

Foods aren't the only items making the recall lists. Lithium batteries have been making headlines, especially when they cause fires. A portable power station, for charging electronic devices and other gadgets, has caused four fires. Another

brand of power station has caused over 170 cases of the batteries swelling and overheating. Even a camera brand had problems with the lithium batteries overheating.

And candles aren't left off the recall list. One lovely tangerine scented candle was recalled because of a fire hazard. A single-serve coffee maker can shoot hot water out of the top of the machine, burning anyone nearby. A lawnmower was recalled because if water gets into the handle, the mower will fail to shut off. Or how about the bicycle that loses its steering?

Check online before you buy, especially consumer products. See www.recalls.gov for a wide selection of product types, and foodsafety.gov for recalled foods – or sign up for alerts.

And be especially wary of that cute retro-look Italian-made refrigerator that's dangerous because the door can fall off.

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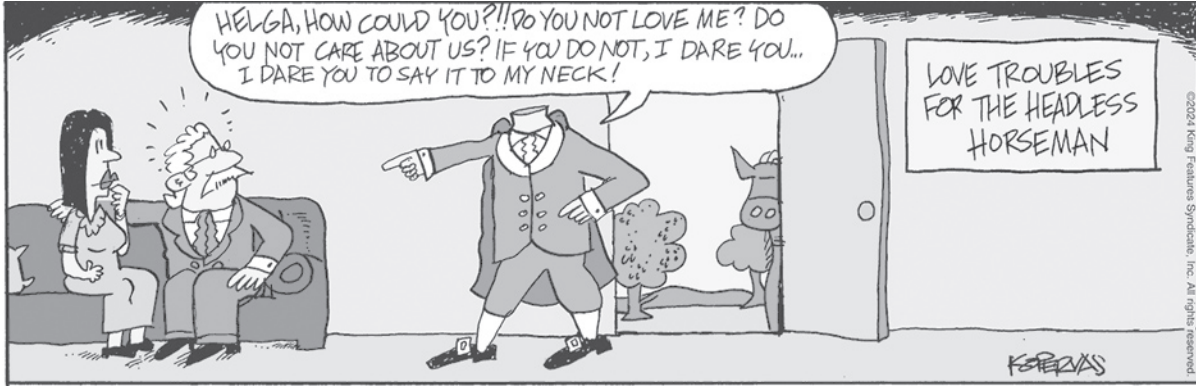
Super Crossword

- | | | | | |
|---|--|---|---------------------------------------|-----------------------------------|
| DISORDERLY CREATURES ACROSS | 54 Pioneering email co. | rodent that's a Bay State college mascot? | 13 Campus mil. gp. | 70 Was keen on |
| 1 Old-time crooner Julius | 55 One-eighty | 108 Large lizard from northern South America? | 14 Zoned (out) | 71 Singer O'Day |
| 7 James _ Garfield | 56 Mini-guitar | 57 Elizabeth _ Browning | 15 Ignited again | 73 "Don't tell _ can't!" |
| 12 Taxing org. | 58 Spiny anteater on a leash? | 112 Dialect suffix | 16 2004-11 Laker Lamar | 75 Singer Coolidge |
| 15 Old newspaper section | 64 Put in very hot water | 113 Penny prez | 17 Bluefin, e.g. | 76 Chi-Town daily paper |
| 19 On cloud nine | 65 Solid ground | 114 Electric circuit component | 18 Unbox, e.g. | 77 Singer Janis |
| 20 Having fine granules | 66 Actor Wallach | 115 Mimicking bird that's predatory? | 22 Schemes | 78 Novelist Tan |
| 21 Refilled to the brim | 67 Seat winners | 119 Classic typewriter brand | 24 With 31-Down, it doesn't bode well | 79 Future atty.'s exam |
| 23 Nocturnal burrower wearing clothes? | 72 Quark's place | 120 TV show blocking device | 29 Like the verb "go": Abbr. | 80 Other, in Oaxaca |
| 25 "Rocky" star | 74 Very small monkey from the red planet? | 121 Text alterer | 31 See 24-Down | 81 Pertaining to |
| 26 French "a" | 79 Rhine siren | 122 Trait carrier "Room" | 32 Humdinger | 86 "Return to reality!" |
| 27 Taking after | 82 "Sliver" writer Levin | 123 Enervate | 33 Aussie birds | 87 SeaWorld whale, once |
| 28 Semiaquatic reptile that's really zealous? | 83 "Emma" has two of these | 124 Latin abbr. meaning "and the following" | 38 "... three men in _" | 88 Leaves |
| 30 Big spotted cat released from jail early? | 84 Slalom, e.g. | 125 Sailor's morning warning | 39 She starred in | 89 Vent vocally |
| 34 Doc treating laryngitis | 85 Whip-tailed marine menace going off course? | DOWN | 40 _ Actress (award for 39-Down) | 90 Sty animals |
| 35 Orig. texts | 90 Bard | 1 Starting boost | 41 Thai currency | 94 Greenish citrus drink |
| 36 Sports official | 91 Composer Khachaturian | 2 Actress _ De La Garza | 42 Serenity | 96 All wound up |
| 37 Interprets | 92 Fix up, as an old house | 3 More scarce | 43 "Hi," in Hilo | 97 "Regency" hotels |
| 39 Antifraud org. | 93 Hard wood | 4 Gambling parlor, in brief | 44 Nonpolluting power source | 98 Pie charts, e.g. |
| 42 1990s Toyota coupe | 94 Actress Blair | 5 "Look here, too," in a reference | 45 Bonnie's pal | 99 Quartz type |
| 45 "McQ" actor | 95 Kid's amuser | 6 Befuddles | 46 _ torch | 100 Easily duped |
| Gulager | 96 Eighth Greek letter | 7 Doc's gp. | 47 Linear, briefly | 102 Presnell of " Fargo" |
| 46 Ready_ (precooked) | 98 Mil. bigwig | 8 Shut-eye site | 48 Sahara's land | 103 Legislate |
| 48 Region | 99 Irish dance | 9 Dust picker-upper | 50 Agent's cut | 104 That girl |
| 49 Tesla's Musk | 100 Waterloo marshal | 10 Take _ of faith | 51 "Say what?" | 105 Petite pies |
| 50 Lobe-finned swimmer turning red? | 101 Wheel-spinning | 11 Actress Loy | 52 Seize | 106 Kindle buy |
| | | 12 "Agreed!" | 53 Spruces up | 107 New attempt |
| | | | 55 Sinful | 108 Sailor's quaff |
| | | | 59 Group of PC gurus | 109 700-mile-long Congolese river |
| | | | 60 Hard wood | 110 "The check _ the mail" |
| | | | 61 Covert org. | 111 Ninth Greek letter |
| | | | 62 Actress Long | 116 Game draw |
| | | | 63 Actress Jillian | 117 Trio before R |
| | | | 68 Fajita meat | 118 Free (of) |

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Comix

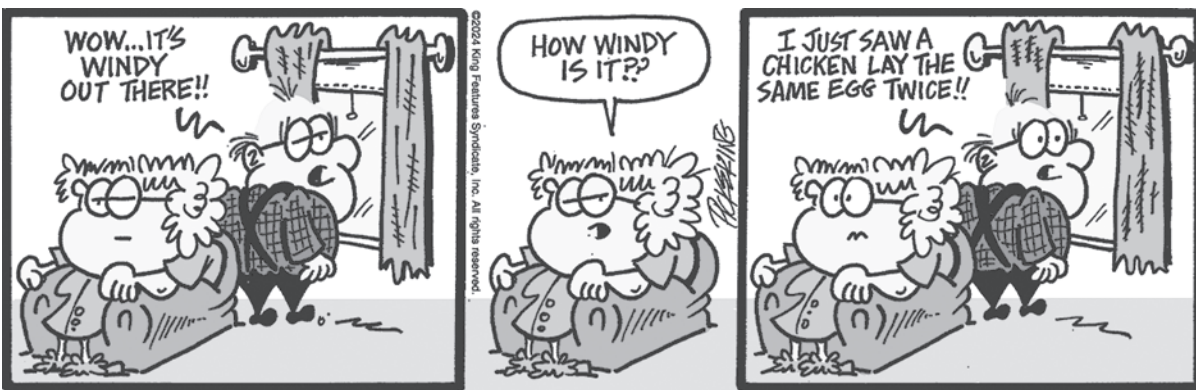
OUT ON A LIMB By Gary Kopervas



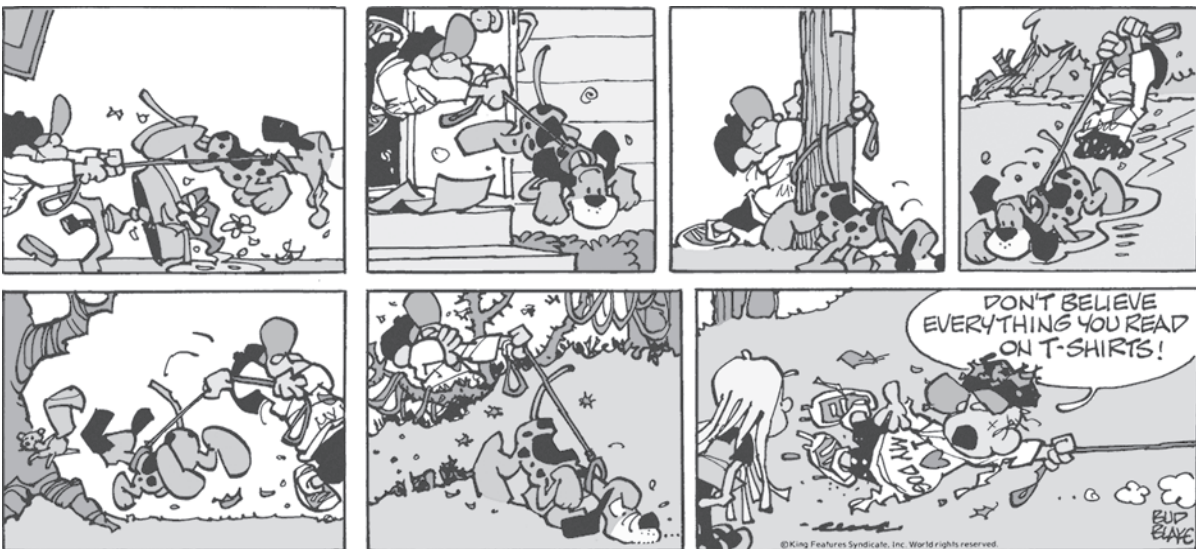
AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



TIGER By Bud Blake



Lowry

From Page 2

share of the fans are rooting for Clark, not the home team.

The Ion network, which broadcasts WNBA games, saw its ratings increase 133% from a year ago, to 670,000 per game. It benefited from broadcasting seven games with more than a million viewers, all involving the Indian Fever. Notably, viewership among men ages 25-54 increased 181%.

Clark finished the season tied for seventh most points per game and led the league in assists per game. She set rookie records for total points in a season, assists per game and three-pointers made. She's the only rookie ever with a triple-double – and she did it twice.

She scored the second most three-pointers ever in a season, falling just short of the all-time record.

WNBA legend Sheryl Swoopes, who has never sounded overly enamored with Clark, recently said that the Fever star wasn't yet "dominating" the league. Perhaps, but Clark's numbers match or eclipse those

that Swoopes amassed in her MVP seasons. Swoopes, for instance, averaged 18.5 points, 3.3 assists and 4.9 rebounds per game in 2002. Clark averaged 19.5 points, 8.4 assists and 5.7 rebounds per game this year – and, again, she's a rookie.

Clark is a fierce competitor on the court and a modest voice off it, constantly expressing – and showing – deep gratitude for her rock-star-like following. She's a role model in every way for her young fans, and her older ones can marvel at her skills while appreciating her class.

The Fever are making their first playoff appearance since 2016, after starting the season with a woeful 1-8. They might be bounced quickly, but, after an incredible post-Olympic-break surge, who knows?

Regardless, for sports fans along for the thrilling ride and WNBA players and executives benefiting from the boost to their business, the universal sentiment should be, "Thank you, Caitlin Clark."

Rich Lowry is editor of the National Review. ©2024 by King Features Synd., Inc.

Discuss pros and cons of surgery with doctor

DEAR DR. ROACH: I'm an 85-year-old man. I'm in good health, and I exercise and swim at the gym for 3 hours every other day. I am not overweight, and the only prescription I have is a nose spray. I do have mild idiopathic neuropathy, but I'm still quite agile and mobile. I have a hernia in my lower abdomen. I had one just like it on the right side that was repaired 35 years ago. My family doctor seems to think that having surgery at my age could be riskier than living with the hernia. The pain isn't terrible, but it is frequently uncomfortable. Should I consider surgery? – C.E.K.



You should consider it to the point where you consult a surgeon. The operative risk is relatively small, and despite your age, it sounds like you are in good shape. However, after consulting with a surgeon, you may decide against surgery. The most important factor is how much the pain from the hernia bothers you. In general, we recommend surgical repair for symptomatic hernias, as the pain tends to gradually increase over years.

No surgery comes without a risk, and your family doctor is right that it is riskier to have the surgery than it would be to live with the pain. But the risk is not enormous, so if the pain is to the point where the hernia is bothering you a lot, it is certainly worth discussing the risks and benefits of surgery with an expert surgeon.

DEAR DR. ROACH: I saw a post somewhere saying that we should throw away all vitamins or supplements with magnesium stearate, titanium dioxide or microcrystalline cellulose. This means I would need to discard vitamins, antacids, and even my glucose tabs that I occasionally need for reactive hypoglycemia. Do you have any guidance on this? – L.D.

In 1538, a Swiss physician with the pseudonym "Paracelsus" articulated the basic premise of toxicology: The dose makes the poison. This remains critical today.

Magnesium stearate is commonly used in food, cosmetics and medicines. It is generally regarded as safe at doses below 175 grams for an average-sized adult. A typical supplement might contain as much as 20 mg. It would take well over 8,000 doses at once for a person to reach a dangerous level.

Titanium dioxide is used as a food coloring, in sunscreen, and in medications like styptic pencils. It has long been considered safe in the United States and Canada. But its status in Europe has recently been changed, so it is no longer recommended as a food additive. The tiny doses of it in medications and dietary supplements are very unlikely to cause harm, but many manufacturers in the U.S. are beginning to stop using it, more due to perception than proven harm (which there is no evidence for).

Microcrystalline cellulose is simply an indigestible fiber source made from wood pulp. It is not absorbed. It is used in many foods and as a filler in tablets and capsules. You can also buy it as a supplement or use it as a thickener in cooking.

I don't have any concerns with magnesium stearate or microcrystalline cellulose at the kinds of doses used in pharmaceuticals and supplements. I also don't have any concern with food-grade titanium dioxide as a coloring agent in food or supplements.

Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to ToYourGoodHealth@med.cornell.edu. ©2024 North America Synd., Inc. All Rights Reserved.

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Moore Texas by Roger MOORE

Up until the end of the Civil War, most big farmers had their own gin for processing cotton.

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: W equals H

GM S KNNM XNKIFK BFYB
ONXR WGB HFJFKSQF, G
QCFBB YWF OKGRI XGUU
HF NR YWF WNCBF.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

4		9	2				7	
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5				8			3	
8				6				1
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		5	9					4
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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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Do you trust the VA?



by Freddy Groves

Two recent surveys ranked health care at the Department of Veterans Affairs as better than civilian care in two specific areas.

The star rating of the Centers for Medicare & Medicaid Services Hospital Consumer Assessment of Healthcare Providers and Systems (CMS) gave four or five stars to 58% of VA facilities for hospital quality. Civilian facilities only saw 40% in that star range.

In a patient satisfaction survey, that same CMS star system saw 79% of VA facilities receiving four or five stars, while only 40% of civilian facilities reached that rating.

A recent medical journal article looked at 26 studies that ranked VA hospitals in areas such as patient experience, safety, quality and access, and determined that non-surgical care was rated better in 15 of the

studies. With surgical care, the report showed that 11 out of 13 studies ranked VA care as comparable or better.

A stroll around the internet, checking in on sites where veterans praise/condemn the VA for their care, reveals a wide range of responses. Yes, you have to be careful about believing what you read on the internet, but many of these comments and notes are so heartfelt it's difficult to imagine they aren't true. Some say the VA saved their life. Some say the best thing that ever happened was getting approved for CommunityCare and finding a civilian doctor. Some who have moved to different areas of the country claim there are huge differences from one facility to another.

If you're one of the hundreds of thousands of veterans who are sent a "trust" survey in an email after you have an appointment, fill it out and send it back. They need your input to keep the numbers accurate in their quarterly reports. The survey will come from the Veterans

Signals (VSignals) program in the Veterans Experience Office. They'll use your data to make adjustments so your VA experiences are smooth and easy.

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• "To clean the TV remote in my home, I dip a cotton swab into rubbing alcohol, shake off any excess and use it to gently clean the surface. I do this weekly during cold and flu season." – M. in Minnesota

• To keep track of rolls of tape or other rolled items in your shop, hang a length of chain from two "S" hooks on your pegboard. They will be readily accessible, and you can tear off what you need.

• "If you use those little plastic key-ring cards for store rewards accounts and discount programs, you can keep them easily organized in a small photo brag book. These books can be found at drugstores and big box retailers, and are meant for a small collection of wallet-size pictures. However, if you put your cards in one, it's easy to flip through to find the correct card to scan." – R.I. in Arkansas

• Fill an easy-to-use hand soap dispenser with body wash or shampoo for kids to use in the bath or shower.

• "Here's a fun idea for place cards at Thanksgiving (coming up in Canada): Scan in and print out a photo of each guest as a child. Laminate it and attach it to a pretty piece of ribbon with a glue gun. Use the ribbon to tie up a napkin and/or utensils. Guests will have a good time trying to guess who's who and reminiscing about days gone by." – P.D. in Ontario, Canada

• When working with juicy items (lemons, watermelon, etc.) on a cutting board, try placing the board on a kitchen towel. When the juices run over the edge, they will be caught by the towel. Cleanup will be easy!

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. ©2024 King Features Synd., Inc.

GO FIGURE!

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.

	+		÷		=	1		
+		-		-				
	-		÷		=	2		
×		÷		×				
	-		×		=	40		
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1	2	3	4	5	6	7	8	9

DIFFICULTY: ★★

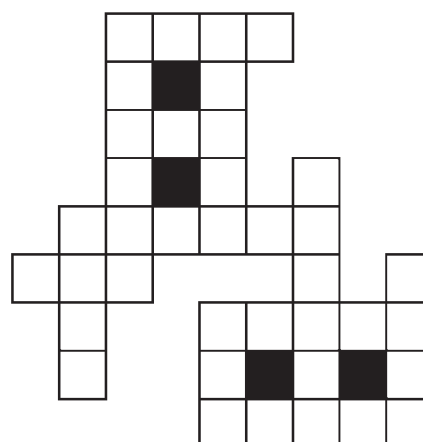
★ Moderate ★★ Difficult
★★★ GO FIGURE!

Answer Page 4

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- ENE
- ASRIFA
- ♥ HIFEC
- SMTI
- ♥ SCIFLA
- ACS
- ENRI
- ♥ ESALT
- IFT
- CAMNIA
- ♥ LOTNA
- ESFA



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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