



## NEWSBRIEFS

### Good driving

With traffic congestion costing U.S. drivers an average of 51 hours and \$869 during 2022, the personal-finance website WalletHub has released its report on 2023's *Best & Worst States* to Drive in, as well as expert commentary. To determine the most driver-friendly states in the U.S., WalletHub compared the 50 states across 31 key metrics. The data set ranges from average gas prices to rush-hour traffic congestion to road quality. Texas was rated 7th in the report. Other stats (1-Best; 25-Avg.):

- 5th – Auto-Repair Shops per Capita;
- 1st – Avg. Gas Prices;
- 22nd – Auto-Maintenance Costs;
- 2nd – Car Dealerships per Capita; and
- 23rd – Change in Traffic Fatality Rate.

Visit <https://wallethub.com/edu/best-worst-states-to-drive-in/43012> for the full report.

– Diana Polk

### Hit and run

Zack Piller and his dad were fishing for bass and tuna off the coast of New Jersey when suddenly a massive whale breached the waters in front of them. Zack didn't panic; he reached for his cell phone and taped the encounter. Oh yeah, as the behemoth crashed back into the water it tapped their boat. No harm. But they have one whale of a fish story to tell for a long time to come.

– John Grimaldi

### Cost of smoking

With the economic and societal costs of smoking totaling more than \$600 billion per year, the personal-finance website WalletHub has released its report on *The Real Cost of Smoking by State*, as well as expert commentary. To encourage the estimated 34.2 million tobacco users in the U.S. to kick this dangerous habit, WalletHub calculated the potential monetary losses – including the lifetime and annual costs of a cigarette pack per day, health care expenditures, income losses and other costs –

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*Don't ever follow any leader until you know whom he is following and why.*

– Quips & Quotes



– Photos by Alfredo Vasquez

**REMEMBRANCE** – The El Paso Community Healing Garden National Memorial Act, sponsored by U.S. Sen. John Cornyn, R-Texas and U.S. Representative Veronica Escobar, D-El Paso, was signed recently into law. This legislation designates the Healing Garden, above, in El Paso County's Ascarate Park, as the El Paso Community Healing Garden National Memorial in remembrance of the 23 victims of the mass shooting committed on August 3, 2019.

## El Paso Community Healing Garden National Memorial Act signed into law

By Alfredo Vasquez  
*Special to the Courier*

EL PASO COUNTY – El Paso County and Texas State officials recently added the El Paso Community Healing Garden National Memorial to the list of local places worthy of



**OFFICIALS** – This plaque names the sitting Commissioners Court members and Public Works administrator that worked for the park. It is at the right of the entrance.

perpetual preservation. The newly created memorial joins more than a hundred other historical markers, memorials, and plaques that are located throughout El Paso County, with at least 43 of the sites listed on the National Register of Historic Places.

These places – like the Chamizal Memorial, Hueco Tanks, Manhattan Heights District, the Spanish Missions, old Fort Bliss – are officially designated as national treasures under the authorization of the National Historic Preservation Act of 1966.

The county's healing garden will now be included in the National Park Service's National Register of Historic Places. The designations are part of a national program to coordinate and support public and private efforts to identify, evaluate, and protect America's historic and archeological resources.

The healing garden site, which is situated within El Paso County's Ascarate Park compound, was erected recently to honor the victims of the 2019 Walmart mass shooting. The official designation, known as the El Paso Community Healing Garden National Memorial Act, was sponsored in the U.S. Senate by John Cornyn, the Republican senator from Texas. It was co-sponsored by Ben Ray Luján, the U.S. Democratic senator from New Mexico.

Upon the bill's passage in the U.S. Senate, Cornyn stated, "Three years ago, the community of El Paso was forever changed as our neighbors and friends were viciously targeted

See MEMORIAL, Page 3

## Lopez hits the gym for weight training at age 80

By Ismael De La Rosa  
*Special to the Courier*

EL PASO COUNTY – Carmen Lopez is not a traditional student, she is a continuing education student at El Paso Community College (EPCC). At seventy-nine years old Lopez signed up for the Summer I Weight Training course with Kinesiology

Faculty Paulina De Santiago and Maria Sanchez for Summer II. She enjoyed the class so much that she reenrolled in the 16-week Weight Training course, which she finished in December under the direction of instructor De Santiago. She also celebrated her 80th birthday in December.

Lopez's success is in no small part due to her instructors who are experts

at modifying exercises to fit the specific needs of all their students. She began her weightlifting journey under the watchful eye of Kinesiology instructor De Santiago whose care and expertise has contributed to Lopez's success. De Santiago beams with pride and shares, "Carmen started doing curls with two-

See LOPEZ, Page 5



# Trump’s miserable December

Donald Trump had the worst campaign launch since Beto O’Rourke.

Like almost everything else he’s done lately, his early announcement of his next presidential campaign has proved a flagrant political misjudgment.

A move that was supposed to demonstrate his strength is showing his weakness; a move that was meant to keep other candidates out of the race is an invitation to other candidates to get in; a move that was supposed to serve notice of his continued dominance of the party is pointing toward its potential end.

He’s been eclipsed as an internet troll by Elon Musk, and as a vote-getter by Gov. Ron DeSantis.

He’s managed to get the worst of both worlds – he’s been largely invisible at the same time that he’s been involved in several damaging controversies.

His midterms got even worse, with the final thudding defeat of one of his prized political projects, Herschel Walker in the Georgia Senate runoff.

And Trump’s entry hasn’t boosted his poll numbers,

or even stabilized them. He’s continuing to slide versus DeSantis, with a couple of new polls showing him trailing the Florida governor in a hypothetical head-to-head matchup.

In short, it’s hard to imagine how Trump could have had a worse monthlong run. Ordinarily one might say, as a way of exaggerating to emphasize the point, that it only could have been worse if he had had dinner with a Nazi – but, of course, he did that, too.

It’s still early, and premature to count Trump out. Elected Republicans remain scared of him, and we still can’t know if the only potential candidate to show strength against him, DeSantis, will run, or how he’d perform.

If Trump is going to win the nomination, though, it will involve recovering from his disastrous announcement and aftermath.

He clearly believed that the act of announcing in and of itself would be sufficient to cement his status as top dog. That was wrong, and it meant he never thought

through the rather crucial question, “So you’re a candidate – now what are you going to do?”

There’s been no media blitz. There’s been no tour of the country. There’s been no rollout of policy or any unifying theme.

If it’s too early to make too much of the polls, the former president is still in a uniquely vulnerable place. It’s one thing to be trailing if you are a new figure on the national stage that still has room to grow; it’s another if you have universal name ID and everyone already has an extremely well-formed view of you.

It’s going to be hard for Trump to find a second act when his act hasn’t changed since 2015. Besides, even if he purports to have turned a new leaf, who at this point is going to believe him?

He doesn’t have easy levers to use to change the



See LOWRY, Page 7

View from here

By Jane M. Orient, M.D.

## Where are the bodies?

Some Germans who lived through World War II have said that they had no idea about the Holocaust that was going on. Maybe they thought the reports were fake news or enemy propaganda, or that civilized Germans would never commit such crimes. One “denialist” was a bartender whose bar was downwind from the ovens. He claimed to have noticed nothing. The bodies went up the chimney or were buried in mass graves somewhere else.

Humans have an enormous capacity to see no evil.

Holocaust denial might have been more excusable had the deaths been scattered and seemingly random, not concentrated in a vilified ethnic group, and had they resembled

natural death. Sudden death occurs – doctors might say, as some did in my residency program, “We see this from time to time.”

Some who knew full well that Jews were being murdered rationalized it by calling it an essential public health measure, claiming that Jews were the source of the dread typhus epidemic<sup>1</sup>.

We of course are not like them, and nothing could be as evil as the Nazi Holocaust. But consider the possibility that a genuine epidemic might rationalize public health measures that (inadvertently we presume) lead to death. One is not supposed to blame officials or question their policies. Instead, we blame the disease on noncompliant people,

deny them medical care, and even hope that they die.

Bodies are in fact accumulating though not concentrated in an identifiable location. But we are in denial even about the occurrence of excess deaths.

I sent a dispatch<sup>2</sup> to a few thousand persons that linked to data from the National Association of Statutory Health Insurance Physicians (KBV), which insures 72 million lives. It showed a startling increase (1,000% or more!) in sudden, unexpected deaths in Germany after COVID-19 vaccines were rolled out. KBV denies a causal relationship to vaccination. The cause for the deaths is unknown, but it is not COVID-19. Authorities have not yet done appropriate studies to investigate a possible vaccine connection. Mainstream media did not attend a press event where data analyst Tom Lausen presented the figures, which he calls a “risk signal<sup>3</sup>.”

autopsies – insurance doesn’t pay, and few families can pay a \$5,000 cost out of pocket. The results could in any event be attributed to natural causes. An autopsy of journalist Grant Wahl revealed a ruptured aortic aneurysm. His wife said<sup>5</sup>: “It’s just one of these things that had been likely brewing for years, and for whatever reason it happened at this point in time.” She also said<sup>6</sup>: “His death was unrelated to vaccination status.” Quite possibly true. But she did not say what his vaccination status was. (He had been vaccinated and had received at least one booster.) Dr. Peter McCullough advises patients<sup>7</sup> with prior aortic abnormalities to avoid COVID-19 vaccination because of potential damage from spike protein.

An alternative to an autopsy might be to do an MRI scan and preserve samples of tissue like liver or heart for tests that might become available later.

Soviets, Americans, British, and all Allies used virtually the same methods of prevention and treatment of epidemic typhus.

Why isn’t that happening in America?

Someone posted a link to my dispatch on Linked-in. It was rapidly removed. And so, with no warning, was his account, which had 200 postings and 16,000 followers. All down the Memory Hole.

Financial analyst Edward Dowd presented figures showing an 18% increase in excess deaths across all age groups in Australia<sup>4</sup>, an unprecedented insurance catastrophe. The legacy media is silent.

Even raw numbers from actuaries vanish. But where are the bodies?

Many were cremated. Most were disposed of without autopsy. Hospitals and medical examiners don’t like to do

As it stands, we have an epidemic called Sudden Adult Death Syndrome (SADS). Statistics on the full extent are being suppressed. One prominent physician told me he had never heard of it. The cause is not known, and few dare to suggest a connection with the mass vaccination campaign.

What we urgently need is a neutral scientific inquiry that is not politicized. The typhus epidemic showed that this is possible<sup>8</sup>. Even Germans (aside from some murderous Nazis) became allies of their mortal enemies in the war against typhus-spreading lice. Using apolitical scientific analysis of the objective evidence, Nazis,

**The links in the digital copy of this issue, at [www.wtxcc.com](http://www.wtxcc.com), are clickable.**

1 – <https://aapsonline.org/aaps-news-december-2022-a-trans-world/>

2 – <https://aapsonline.org/covid-19-do-you-have-enough-life-insurance/>

3 – <https://www.extremnews.com/berichte/gesundheit/a0dd18e5def66ec>

4 – [https://twitter.com/SaiKate108/status/1603606146761523200?s=20&t=n9zkEulttNCq2Wh\\_uW1hnQ](https://twitter.com/SaiKate108/status/1603606146761523200?s=20&t=n9zkEulttNCq2Wh_uW1hnQ)

5 – <https://www.cnn.com/2022/12/14/us/grant-wahl-cause-death/index.html>

6 – <https://www.tampabay.com/news/health/2022/12/15/grant-wahl-died-ruptured-aortic-aneurysm-not-covid-19-vaccine/>

7 – <https://petermcculloughmd.substack.com/p/aortic-dissection-after-covid-19>

8 – <https://neutralresearcher.substack.com/p/politicization-of-medicine-lessons>

*Jane M. Orient obtained her M.D. from Columbia University College of Physicians and Surgeons in 1974. She has been in solo private practice since 1981 and has served as Executive Director of the Association of American Physicians and Surgeons (AAPS) since 1989. She is currently president of Doctors for Disaster Preparedness. More than 100 of her papers have been published in the scientific and popular literature on a variety of subjects including risk assessment, natural and technological hazards and non-hazards, and medical economics and ethics. She is the editor of AAPS News, the Doctors for Disaster Preparedness Newsletter, and Civil Defense Perspectives, and is the managing editor of the Journal of American Physicians and Surgeons.*

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Years

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WEST TEXAS COUNTY

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**Briefs**

From Page 1

brought on by smoking and exposure to secondhand smoke. Was rated 22nd in the report. The financial cost and rank of smoking in Texas:

• Out-of-Pocket Cost per Smoker – \$133,502 (20th);

See Briefs, Page 6



From Page 1

because both the House and Senate bills stated that the healing garden national memorial will not be a funded unit of the National Park System; thus, the designation of the El Paso Community Healing Garden National Memorial will not require or authorize federal monies to be expended.

WTCC: 01-19-23

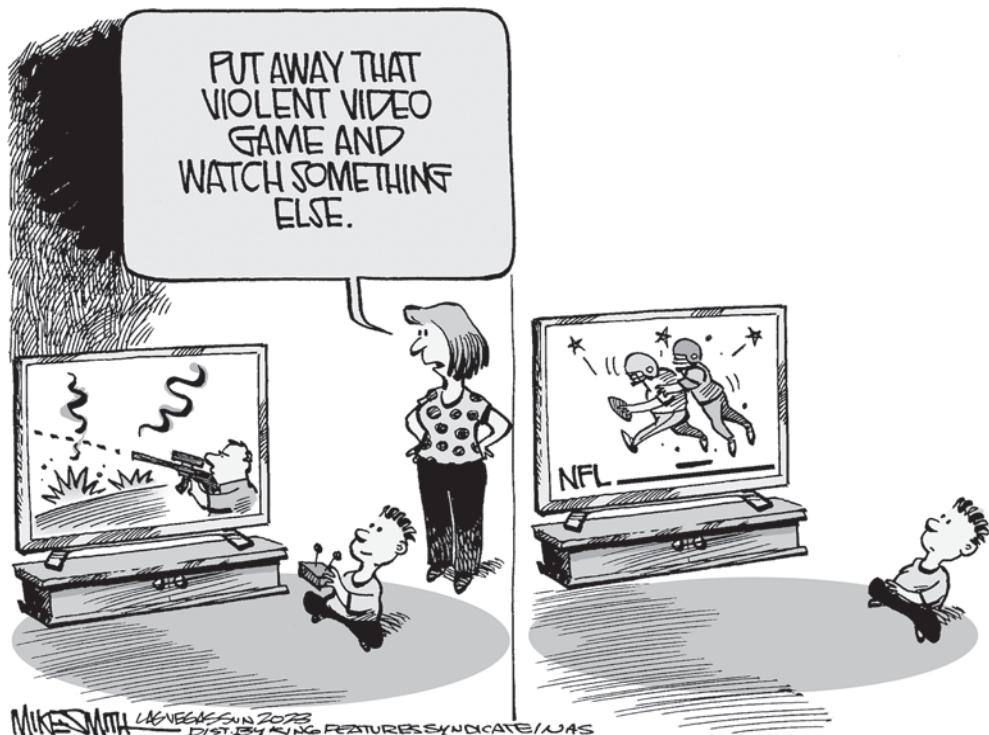
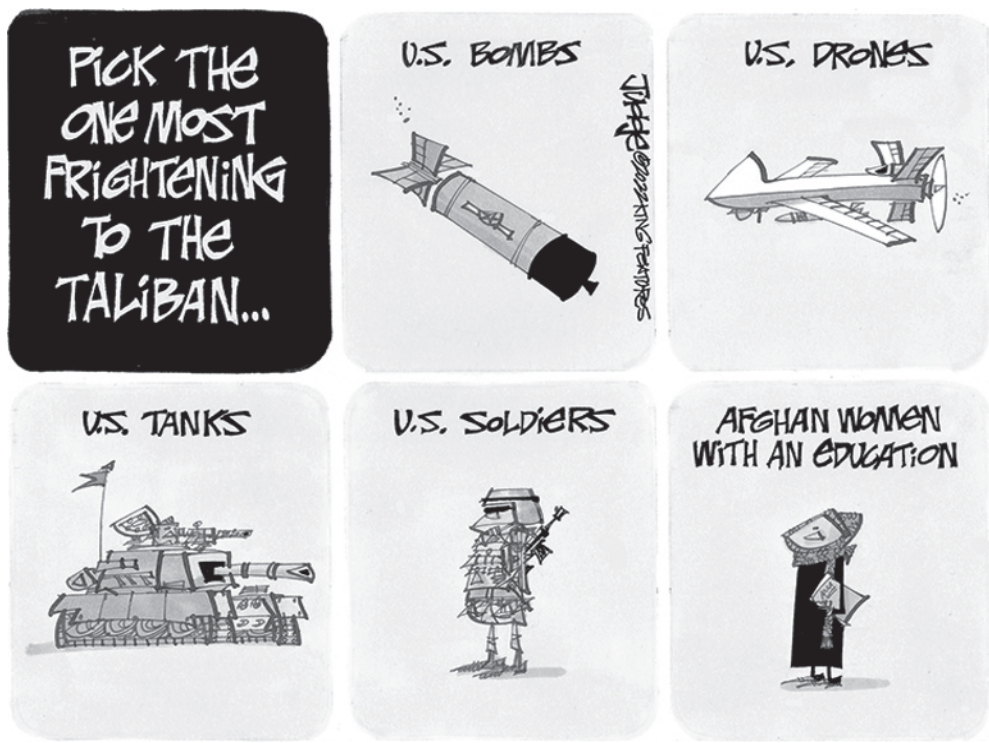
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# CCDC, INC. – PUBLIC NOTICE

## HAGAMOS ALGO AHORA (HAGAA) GRANT PROGRAM – STATEMENT OF ACTIVITIES

CCDC, Inc. intends to apply to the El Paso County Notice of Funding Opportunity, for the American Rescue Plan Act grant program. CCDC's intent is to provide low-income, uninsured, underinsured women with necessary cancer care including, outreach education, preventive screening, diagnostic and early treatment through public and private partnerships.

### Who may get this work done?

Adult women who meet all of the following conditions may obtain assistance in the form of prevention education, and breast and cervical cancer care services.

- Low-income, uninsured, underinsured women from Hispanic origin.
- Women must live in the El Paso County.
- Women must be between 21 to 64 years of age.
- Women must be 2 years overdue for mammography and 3 years overdue for Pap-test.

Women must attend individual or group education sessions CCDC, INC., makes efforts to assist potential clients to complete a contact sheet and eligibility form. If an applicant is rejected, the client will be verbally informed at the site with the reason for the rejection. Applicants have the option to appeal a rejection.

### What does low-income mean?

- Low-income – household income at or below 200% of the Federal Poverty Income Guidelines (FPIG).

### What kind of work can be done?

Funds can be used to cover costs of prevention, early detection exams for breast and cervical cancer that contribute to reduce avoidable deaths and suffering and improve survival through the provision of services such as:

- outreach education;
- referral vouchers;
- navigation after education;
- clinical breast exams;
- screening mammograms;
- Pap-smear test;
- diagnostic after abnormal screening; and
- patient navigation and case management to access early treatment.

### How much work will be done?

The amount of the work will be determined based on the needs of each qualifying women, dollars available, severity (urgency) of the situation, and availability of other funds.

## CANCER AND CHRONIC DISEASE CONSORTIUM, INC. NOTICE OF FUNDING APPLICATION 2022 HAGAMOS ALGO AHORA GRANT PROPOSAL STATEMENT OF ACTIVITIES

**(1)Type and Condition for Financial Assistance for HAGamos Algo Ahora (HAGAA) –** Cancer and Chronic Disease Consortium, Inc. (CCDC) is requesting \$993,805.96 El Paso County ARPA-NOFO Grant Funding to provide low income, uninsured women with no cost breast and cervical cancer prevention early detection services. A 2022 El Paso County ARPA-NOFA award will enable CCDC to allocate \$149,774.90 to provide 1,500 cancer screening services and will expend an additional \$44,545.76 to assist women with abnormal exams in total \$194,320.33, leveraged with an extra \$486,416.00 from our own funds to provide 3,600 additional screening and diagnostic services in a two year period. (CCDC has consistently been awarded BCCS funds from the Texas Department of Health and Human Services since 1991.) Assistance will be provided in the form of a grant to fund cancer prevention health related services. We intend to assist 1,700 low-income women with this grant. CCDC will assure and document that applicants meet all program requirements. Prior to providing assistance, CCDC will require the recipients to complete an eligibility form and sign an inform consent statement that they are voluntarily participating in the program and will attend a 1 hour education session. CCDC will not impose any cost to participate in the program. Having worked in this area for more than 30 years and having gained extensive experience and knowledge on the public health field, we do not anticipate any barriers to reach and serve the number of women and services committed in the proposal. CCDC's HAGAA Program will be limited to residents of El Paso County.

### (2) Process for Recruiting Recipients for HAGAA Program

– CCDC will announce the program upon notification of award. The announcement will be posted in prominent places frequented by women such as: recreation centers, supermarkets, health clinics, churches, housing complexes, and other community venues. It will also issue a press release to local media entities. Additionally, CCDC will revisit the Breast and Cervical Cancer Program database pool of clients to identify overdue women not in compliance with the American Cancer Society (ACS) recommended screening guidelines and will visit household neighborhoods door to door. After qualifying applicants complete all paperwork required, they will be assigned to a group or individual session to receive education about breast and cervical cancer screening. Applicants will be considered on a first-come, first-served basis. All recipients will be screened by Community Health Workers (CHW) to meet the eligibility guidelines. Qualifying clients will receive navigation after education and clinic referral vouchers. Patients with abnormal findings and cancer diagnosis will be followed-up by navigators and case managers. Qualifying women will have 30 days to claim cancer screening services awarded in the voucher. Eligible women with expired vouchers will be followed-up within 30 to 45 days to assess and reduce any structural barriers and disqualified after 60 days of initial contact. An applicant not selected for assistance will be given the specific reason(s) for rejection and given the opportunity to have their determination reviewed by the Program Director.

**Determining Service Needs –** In-reach and Outreach will be accomplished primarily through working with our community

partners, but also through the use of CHW. Recruitment will be conducted by CHW either in person or by phone, to determine eligibility and service needs, participants interested in the program will complete an intake survey. After participants complete this process they will be assigned to a group or individual breast and cervical cancer prevention education session. CHW will use small media materials including flip charts and audiovisuals to aid in content delivery, a referral voucher will be delivered as well. From this, CHW's will provide information with next steps to schedule an appointment for screening. (CCDC has an extensive health care provider network to help reduce patient's waiting time to see the doctor). If eligible participants are not interested in the program at this time, they will be asked for authorization to receive a follow-up call or text message within the next 90 days to see if they changed their mind. If the person is not eligible, CHW's will thank them for their time. Eligible service referral vouchers include: Mammography only, Pap-test only, and/or both mammography and Pap-test. A case manager (CM) already available at CCDC will assist patients make their way through the medical system, and one CHW will be cross-trained to help the CM if needed.

**Performing the Necessary Work –** CCDC will accept Bid proposals from Community Organizations working on the front line of Promotores/Community Health Workers (CHW) for three certified CHW for up to two years each contract. The CHW will be supervised by the Health Promotion Director (HPD) with close consultation with the Program Director of the subcontracting organization. The HPD will initially meet daily with CHW to review how the delivery went, to resolve any logistical or educational program issues and answer any questions. The intervention delivery process will be revised if needed. These meetings will then move to weekly and then monthly through the two years of the program. The HPD will continue with daily, direct supervision through the grant period. CHW will be supplied with program cell phones to communicate from the field with program staff, make reminder and follow-up phone calls and for personal safety. Participants will be provided with a phone number to contact HPD for any questions or concerns. To deliver cancer care services, CCDC will solicit current health care contractors who have previously performed satisfactorily other cancer screening programs to deliver services for the project but will also make the Bid announcement with the West Texas County Courier to assure the best service contract terms. Bids will be reviewed by the Program Director to assure that the bids align with the Scope of Work and are reasonable and appropriate. The lowest, most reasonable bid will be awarded the project. Selected contractors will be required to sign a contract that will include specifications, and time for completion.

**Monitoring Work Performed –** PD and Program Tracking Coordinator (TC) adhere to a long time well established Quality Assurance tracking system to ensure all patients receive a full cycle of care through breast and cervical cancer screening, diagnostics, and treatment in a timely manner. TC performs monthly audits to ensure that all providers thoroughly document every woman who underwent screening or diagnostic services through the HAGAA program. In addition, two data entry specialist will input all program clinical and outreach data including cancer screening and diagnostic forms, Comprehensive Needs Assessment (CNA), intake survey, contact sheets, a time log and description of all contacts, voucher delivery date, office visit date and results, breast and cervical screening results. The PD will check the accuracy of data entry of all records inputted. The physical contact sheets and surveys will be kept in a locked filing cabinet. The data entry specialist will run monthly and quarterly reports and will export the data from excel into SPSS for analyses that will be led by the PD and HPD.

### (3) Process for Coordinating with other Housing Rehabilitation Organizations Regarding Preservation of Historic Properties: N/A

### (4) Development Standards

CCDC follows, the Texas Breast and Cervical Cancer Control (BCCS) program standards through the manual of operation which has been structured to provide contractor staff with up to date information needed to comply with program requirements.

### (5) Tentative Time Schedule - See table\*

### (6) Staffing - See table\*\*

**(7) Estimated number of low-income Hispanic women the HAGAA program will assist – if given an award,** CCDC will provide 1,700 CBE's, 850 mammography screenings, 850 Pap-test exams, 425 breast and cervical cancer diagnostic services, 800 reminders for overdue women under existing BCCS, and 1,800 outreach education services. Due to the demographics of the area, we anticipate that all of the recipients will be minority individuals. CCDC will give full and equal consideration to ALL applicants, regardless of their race, color, ethnicity, national origin, age, religion, sex, or disability.

### (8) Geographical Area to be Served – CCDC will implement the HAGAA Program in the El Paso County, TX.

### (9) Program Estimated Budget (Year 1 and 2) \$993,805.96 - See table\*\*\*

### Proposed Schedule of HAGAA Draws and Amounts - See table\*\*\*\*

### (10) Indirect Cost Proposal – Not Applicable

### (11) Description of Accounting System – CCDC uses

### \*\*\*\* Proposed Schedule of HAGAA Draws and Amounts

Y	1	Description	Month 1	Month 2	Month 3	Month 4	Month 5	Month 6	Month 7	Month 8	Month 9	Month10	Month 11	Month 12	Total
E		Hard Cost	36,207.54	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	29,957.50	365,740.04
A		Admin.	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	10,744.48	128,933.76
R		Total	46,952.02	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	40,701.98	494,673.80
Y	2	Description	Month 13	Month 14	Month 15	Month 16	Month 17	Month 18	Month 19	Month 20	Month 21	Month22	Month 23	Month 24	Total
E		Hard Cost	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,903.05	31,902.96	382,836.51
A		Admin.	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.30	9,691.35	116,295.65
R		Total	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.35	41,594.31	499,132.16

QuickBooks accounting software for paying invoices, balancing bank accounts and developing financial reports. It undergoes annual audits as required by law and its grantors. Its accounting policies conform to OMB Circular A- 122 Cost Principles for Non-Profit Organizations. If given an award, a separate bank account will be open to administer the HAGAA funds. CCDC/HAGAA PD and HPD have more than 25 years of experience with government-funded programs. Both Executive Directors and the Board of Directors review both internal financial statements and the annual audit.

**(12) Method of Evaluation –** CCDC will evaluate its effectiveness by having recipients complete a satisfaction survey upon the completion of services. It will also use the information from the quarterly reports to the purchasingARPA@epcounty.com. The program will be considered successful when it meets the number of women described in the Statement of Activities and the majority of recipients provide positive reviews.

**(13) Source and Estimated Amount of Other Financial Resources –** The total amount CCDC will leverage from its own funds for the HAGAA Project is \$486,416.00.

**(14) Use of Program Income –** Not Applicable as no program income will be received, CCDC will not charge any fees to applicants or participants.

### \* A (5) Tentative Project Time Table Schedule

Specific Task	Project Year 1 Months						Project Year 2 Months					
	1	3	5	7	9	11	13	15	17	19	21	23
	2	4	6	8	10	12	14	16	18	20	22	24
Notify Public of award/Develop App.												
Assign existing program staff	•											
Complete scoops of work/bid projects/review bids/select contractors.		•										
Hire and train new staff		•										
Develop an update tracking database.		•	•	•	•	•	•	•	•	•	•	•
Conduct recruitment, education and clinic referrals.		•	•	•	•	•	•	•	•	•	•	•
Deliver screening/diagnostic/navigation & CM services		•	•	•	•	•	•	•	•	•	•	•
Submit Quarterly Reports		•	•		•	•		•	•		•	•
Prepare annual and final report/Close out program.						•						•


### \*\* A (6) Staffing

Title	Responsibilities	Qualifications	%Time on Project
Project Director (PD)	Will oversee the development, implementation, evaluation and dissemination of the program, solicit contractor bids, review, evaluate and give the final approval of applicant bids. She will guide and coordinate the clinical service provision component, will hold regular meetings to maintain contact and communication with all staff and healthcare providers, ensure all timelines are met and prepare quarterly and annual reports	Has been the PD responsible for managing the second largest BCCS program in the State of Texas for over 27 years. She actively recruits and maintains our sub-contract network of health care professionals in the greater El Paso and West Texas areas.	75%
Health Promotion Director (HPD)	Will assist in hiring, training and directly supervise CHW and case managers to ensure that the outreach component is being implemented as planned, secure that all program related forms and surveys are completed appropriately and coordinate outreach data collection. She will meet regularly with PD and all program staff.	Has over 30 years of experience working with CHW and Case Managers delivering evidence based community outreach education programs and ensuring that women diagnosed with cancer have timely access to care.	75%
Billing Specialist (BS)	Will track and process clinic accounts, incoming payments and recording account data in MED-IT. Will prepare and send out bills and invoices, verify billing accounts, facilitate sub-contractor payment invoices, generate reports detailing accounts receivable status, collect and process breast and cervical data reports and financial billing.	Has over 20 years of experience working with billing, assuring all billing is correct for each vouchered procedure.	100%
Tracking Coordinator (TC)	Responsible to track all clinical forms and services provided through a data base and a QA system, send monthly notices to each provider in pending services or lost to follow-up women, enter clinical program data in MED-IT, and conduct monthly audits to provider clinics.	Has over 20 years of experience working as tracking coordinator, working closely with clinical staff, tracking and recalling clients screened or abnormal results.	100%
Case Manager (CM)	Will help participants to navigate through the health care system for all indicated tests and treatment. She will help with scheduling, reminder phone calls, and education about enrollment into health care programs, finding childcare, and assistance with transportation.	Extensive experience with all referral pathways, scheduling systems, common barriers and community resources to address and overcome access barriers.	100%
Data Entry Clerk (DEC)	Will work closely with the PD, HPD, Promotores and other program staff to enter all project data as promotores recruit participants. Will create and maintain a database-model, collect, organize and file all service delivery forms, secure data into a file cabinet, analyze data and generate monthly, quarterly and annual reports.	Minimum of 3 years' experience working with statistical software, data collection and analysis.	100%
Bookkeeper	Will perform general accounting functions, process invoices for payment, supplies and equipment purchase, process payroll, office and clinic payables, and approve travel expenses.	Basic bookkeeping skills and minimum experience of 3 working with Non-profit organizations.	100%
Promotoras (CHW)	Will conduct recruitment and outreach education on breast and cervical cancer in both group and individual sessions at community sites. They will meet all recruitment targets, and distribute referral vouchers and follow up to ensure that women get screened. They will complete all program related documentation, and attend all program meetings.	Must be a CHW Certified by the Texas Department of Health and Human Services with a minimum experience of 3 years.	100%

### \*\*\* A (9) Program Estimated Budget (Year 1 & 2) \$993,805.96

Project Estimated Budget Year 1 & 2	% Direct	Total	%Admin.	Total	Total HAGAA Funds	No HAGAA Funds	Total Cost
Salaries	68.103%	\$317,584.58	31.897%	\$148,741.85	\$466,326.43		\$466,326.43
Fringe	67.612%	\$45,459.27	32.390%	\$21,775.89	\$67,235.06		\$67,235.06
Supplies and Materials	100%	\$12,984.16			\$12,984.166		\$12,984.16
Mileage	100%	\$700.04			\$700.04		\$700.04
Small operating equipment	100%	\$5,550.00			\$5,550.00		\$5,550.00
Professional/ Contracted Serv.	100%	\$366,298.50			\$366,298.50	\$486,416.00	\$862,714.50
Sub-Total		\$748,576.55		\$170,517.64	\$919,094.19		\$919,094.19
Indirect Cost			100%	\$74,711.77			\$466,326.43
Total Direct Cost & Admin. Cost		\$748,576.55		\$245,229.41	\$993,805.96		\$1,480,221.96






# Moments in time

THE HISTORY CHANNEL

- On Jan. 16, 1547, Ivan IV Vasilyevich (aka “Ivan the Terrible”) crowned himself the first czar of Moscow. But was that nickname really deserved? Yes and no: “Terrible” more accurately meant “strong,” “menacing” and “impressive” in his day, but there’s no denying the ruler had a pretty fierce, and on occasion murderous, temper as well.
- On Jan. 17, 1949, the first Volkswagen Type 1, or Beetle, in the U.S. arrived from Germany. It was designed by Ferdinand Porsche at the request of Adolf Hitler and sold well because it was not just well built, but reasonably priced, soon becoming “America’s budget car.”
- On Jan. 18, 1996, Lisa Marie Presley filed for divorce from Michael Jackson. Speculation as to the cause of the split ran as rampant as the questioning of the rather bizarre coupling in the first place, but Presley herself laid the blame simply on “irreconcilable differences.”
- On Jan. 19, 1977, citizens of Miami received a jaw-droppingly unexpected gift from the sky -- a dusting of snow for the first time in the city’s history. To date, it was also the last occurrence. Well, maybe next year ...
- On Jan. 20, 2010, the Chinese government banned the movie “Avatar,” claiming its plot mirrored the nation’s forced land evictions. Officials feared the fictional indigenous Na’vi race’s revolt could prompt a similar uprising among real-life citizens.
- On Jan. 21, 2014, activist Kanstantsin Zhukouski nominated his pet parrot in a local council election in Belarus. Unfortunately, he never found out whether the parrot could have actually won, as he soon withdrew its candidacy, probably to avoid a penalty after proving his aimed-for point on the uselessness of his country’s politics.
- On Jan. 22, 1930, excavation began for the Empire State Building. Completed just a little more than a year after construction started, at 102 stories it held the record for world’s tallest building until 1972, when it was succeeded by the city’s World Trade Center.

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wtxcc@wtxcc.com



# Strange BUT TRUE

By Lucie Winborne

- A Cornish milkman named Steve Leech was making his rounds in 2002 when he saw a shop on fire. Using 320 pints of milk, he not only extinguished the flames, but saved seven other stores in the process, earning a “Hero Milkman of the Millennium” award from the National Dairymen’s Association.
- An albatross typically spends the first six years of its life flying over the ocean without ever setting foot on the ground.
- In the 1990s, a mysterious soda vending machine dispensing rare and discontinued drinks appeared in Seattle. No one knew who filled it, but sadly, in 2018, it vanished as suddenly as it came, with an explanatory note saying it “went for a walk.”
- The first women’s boots were designed for and worn by Queen Victoria.
- “Ergophobia” is the fear of work or the workplace. Psychologists attribute the condition to a combination of concerns about failing at tasks, public speaking and social anxiety.
- A 59-year-old man with no previous criminal record held up a bank for the measly sum of just \$1. So what was he actually after? A prison sentence, so he could get free health care.
- If diamonds really are a gal’s best friend, she might like to pay a visit to the planet known as 55 Cancri e, which is believed to be principally covered in graphite and diamond. Of course, she would also need to bring enough rocks back home to cover the cost of the \$12 million spaceship she’d need to get there.
- There are more historic artifacts under the sea than in all of the world’s museums.
- During World War II, French actress/dancer Leslie Caron’s wealthy family suffered such severe financial reversals that she was once forced to make shoes out of her grandmother’s opera gloves.
- Sharks can grow up to 50,000 teeth in their lifetime.

Thought for the Day: “I have learned over the years that when one’s mind is made up, this diminishes fear.”  
– Rosa Parks

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– Photo courtesy El Paso Community College

**MOTIVATED – Carmen Lopez knocks out eight pound overhead lifts under the guidance of Paulina De Santiago, right, while an unidentified student works out in the background.**

## Classified Ads

### LEGALS

**Village of Vinton, Texas**

**NOTICE OF PUBLIC HEARINGS**

A public hearing will be held at 6:30 p.m. on Monday, February 6th, 2023, during the Planning & Zoning Commission Meeting at the Vinton Village Hall, 436 E. Vinton Rd., Vinton, Texas.

A second public hearing will be held at 6:30 p.m. on Thursday, February 9th, 2023, during the Planning & Zoning Commission Meeting at the Vinton Village Hall, 436 E. Vinton Rd. Vinton, Texas.

A third public hearing will be held at 6:30 p.m. on Tuesday, February 21st, 2023, during the City Council Meeting at the Vinton Village Hall, 436 E. Vinton Rd. Vinton, Texas.

The purpose of the public hearings is to allow any interested persons to appear and testify regarding the following proposed item:

A request to Re-Zone Lots 2-4, Block 3, Vinton Hills Commercial Park Unit II, Replat “A”, Village of Vinton El Paso County Texas, from C-2 to R-2, to allow for Multi-Family (Quadruplex) development in order to provide a mix of Residential and Commercial uses in the area.

Citizens unable to attend this meeting may submit their views and proposals to Andrea Nichole Carrillo, Village Administrator at the City Hall. Persons with disabilities that wish to attend this meeting should contact City Hall at (915) 886-5104 to arrange for assistance. Individuals who require auxiliary aids or services for this meeting should contact City Hall at least two days before the meeting so that appropriate arrangements can be made.

MEETING WILL BE HELD IN PERSON, BUT THE PUBLIC CAN ACCESS THE MEETING THROUGH THE ZOOM.US PLATFORM AT THE FOLLOWING URL:

LINK: <https://us02web.zoom.us/j/2520023141?pwd=WVRDZDIFR3ZHR3FJVlJuL3ZLWTB6dz09>

THE VILLAGE PROVIDES T W O - W A Y COMMUNICATION FOR MEMBERS OF THE PUBLIC TO COMMUNICATE WITH THE COMMISSION DURING THE

PUBLIC HEARING BY CALLING THE FOLLOWING NUMBER: +1 346 248 7799 AND THEN DIAL IN THE MEETING ID 252 002 3141 AND PASSCODE: 12345

FOLLOWED BY THE POUND SIGN (#). THE MEETING WILL OPEN AT 6:25 PM ON EACH OF THE MEETING DATES SO THAT PEOPLE MAY START JOINING. THE MEETING WILL START AT 6:30 PM.

Andrea N. Carrillo  
Village Administrator

WTCC: 01-19-23

### PUBLIC NOTICE

**CCDC, Inc.**

**Invitation to Bid**

**ARPA Contract Number: 2022-0895**

**Cancer and Chronic Disease Consortium (CCDC) Inc., is a recipient of El Paso County for the American Rescue Plan Act Grant Program Contract from El Paso County for the American Recue Plan Act grant program (ARPA).**

CCDC will accept proposals from Community Organizations

working on the front line of Community Health Workers (CHW) for three certified CHW for up to two years each contract. A Bid packet can be picked up starting January 19, 2023 through February 16, 2023 from 10:00 a.m. to 2:00 p.m. Bid packets or proposals can be picked up from and delivered to Cancer and Chronic Disease Consortium, 6070 Gateway Blvd, East Suite 202, El Paso, TX 79905. Submitted Bid Packets or proposals must have ARPA Contract #2022-0895 written on the lower left hand side of the envelope. A public opening of the packets will take place on March 15, 2023 at 12:00 p.m. at the office of the Cancer and Chronic Disease Consortium. Phone (915) 771-6305. The Community Organization must ensure that employees and applicants are not discriminated against because of their race, color, religion, sex, national origin, age, sexual orientation or disability. CCDC has a conflict of interest procedure in accordance with 24CFR 92356. CCDC has a Bidders Protest Rights Procedure. CCDC reserves the right to reject any bids or to waive

any informality in the bidding.

The Cancer and Chronic Disease Consortium is an Affirmative Action/ Equal Opportunity Employer.

WTCC: 01-19-23

**PUBLIC NOTICE**

**CCDC, Inc.**

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**ARPA Contract Number: 2022-0895**

**Cancer and Chronic Disease Consortium (CCDC) Inc., is a recipient of El Paso County for the American Rescue Plan Act Grant Program Contract from El Paso County for the American Recue Plan Act grant program (ARPA).**

CCDC will accept proposals from licensed Health Care Providers to deliver clinical services for up to 566 breast and cervical cancer screenings and 141 diagnostic services each contract. A Bid packet can be picked up starting January 19, 2023 through February 16, 2023 from 10:00 a.m. to 2:00 p.m. Bid packets or proposals can be picked up from and delivered

to Cancer and Chronic Disease Consortium, 6070 Gateway Blvd, East Suite 202, El Paso, TX 79905. Submitted Bid Packets or proposals must have ARPA Contract #2022-0895 written on the lower left hand side of the envelope. A public opening of the packets will take place on March 15, 2023 at 12:00 p.m. at the office of the Cancer and Chronic Disease Consortium. Phone (915) 771-6305. The Health Care Providers must ensure that employees and applicants are not discriminated against because of their race, color, religion, sex, national origin, age, sexual orientation or disability. Health Care Providers must be certified and have a minimum of 3 years of experience. CCDC has a conflict of interest procedure in accordance with 24CFR 92356. CCDC has a Bidders Protest Rights Procedure. CCDC reserves the right to reject any bids or to waive any informality in the bidding.

The Cancer and Chronic Disease Consortium is an Affirmative Action/ Equal Opportunity Employer.

WTCC: 01-19-23



# The struggling UTEP basketball team could use a little luck

By Steve Escajeda  
*Special to the Courier*

Have you ever gone through a time in your life when everything seemed to be going your way?

A time when you finally got that pretty girl’s phone number and then won that large sum of lottery money and then scored the winning run in your weekend softball league championship game – all in the same week.

Most people would define that as being lucky.

And if there is such a thing as luck, then the opposite would have to be true as well.

I haven’t visited any scientists or statisticians or fortune tellers, but I truly believe that the UTEP Miners are the unluckiest basketball team in America.

Don’t get me wrong, this team still has a winning record at 9-8, but it could very easily be 14-3 and they could be first place in the Conference USA standings.

Instead, they are tied for next-to-last.

The Miners have lost five of their last six games, which sounds pretty bad. But

it’s not the five losses that’s the story, the story is how they lost those games.

They lost a game by one point, they lost two games by two points, they lost one game in overtime and they lost another game in double overtime.

What makes this especially frustrating is that UTEP should have won all five games.

In the game that started all this unluckiness, the Miners took a 46-45 lead over Kent State with less than a minute to play in the championship game of the WestStar Don Haskins basketball tournament.

The Miners even got the ball back to add to their one-point lead but never scored again.

Kent St. hit two free throws with 18 seconds left and UTEP lost 47-46.

A week later the Miners traveled to Alabama-Birmingham to take on one of the favorites to win the league title.

After blowing an 11-point second half lead, UTEP still managed to hold a one-point lead with four seconds left, but an unlucky foul was called on the Miners on UAB’s desperate jumper. They hit one free throw to send the game to

overtime.

After blowing a five-point lead in overtime, UTEP still managed to enjoy a two-point lead with 26 seconds left and two potential game-clinching free throws awaiting their best free throw shooter, Shamar Givance – he missed them both.

UAB tied the game with 5.9 ticks left and eventually ran away with a 79-73 double overtime win.

Just two days later, Rice came to El Paso. They enjoyed a 15-point second-half lead and appeared to be coasting to victory.

But the Miners put together a furious rally to cut the lead to 62-61 with just one second left on the clock.

UTEP’s Calvin Solomon was fouled and went to the free throw line with a chance to make two free throws and seal the huge come-from-behind victory. He made the first one to tie the game, and as luck would have it, he missed the second one and the Miners would go on to lose in overtime, 72-67.

A week later, UTEP traveled to Louisiana Tech, a place where the Miners haven’t enjoyed a whole lot of luck over

the years.

But this time around the Miners had a chance.

With 25 seconds left to play, La Tech had a 60-58 lead, but UTEP had the ball late and Tae Hardy, the Miners’ best shooter, took the potential game winning 3-pointer with 8.8 seconds left.

I don’t think I need to tell you what happened. The Miners lost 60-58.

And that brings us to last Saturday and UTEP’s second game against Rice, this time in Houston.

Rice appeared to be on its way to victory with a 81-76 lead with 30 seconds left. But the Miners forced a couple of turnovers, cutting the deficit to 81-80 and had Tae Hardy at the free throw line with six seconds left in the game.

Miraculously, he hit both free throws and the Miners led 82-81.

Luck was finally on their side.

And it was – bad luck – Rice hit an off-balance jumper at the buzzer to give the Owls an 83-82 win.

I think El Pasoans should create a GoFundMe account and send the Miners all the four leaf clovers and rabbit’s feet they can find.

## Senior moment

By Matilda Charles

# Goals for 2023

I didn’t rush to create my goals for 2023, but the time has come...

One year ago I made two goals: to buy weekly food donation cards at the grocery store to give to the food bank and to continue to pick up weekly groceries for three elderly neighbors. I made it three-quarters of the year on both of those.

Food prices just got too high for me to continue to buy a donation card each week. And picking up groceries for the three elderly ladies was no longer necessary once I introduced them to the food bank. Now I have new goals for 2023.

I’m going to continue with “Growing Stronger,” the free 126-page strength-training book for seniors on the Centers for Disease Control and Prevention website (cdc.gov). I’ve reprinted new, blank pages for the charts, such as Long-Term Personal Goals and How Fit and Strong Are You Now? I’m just

about ready to buy a pair of slightly heavier hand weights. If you decide to start the “Growing Stronger” strength program, ask your doctor first if it’s appropriate for you. And remember: Start slowly, with low weights.

In the tech category, my goal is to successfully set up a personal Wi-Fi hotspot. (A hotspot is letting your phone’s cellular service serve as Wi-Fi.) This desire comes after a day with no power during a storm. No power meant no computer, but I did have cellphone service. Had I been able to set up a hotspot, I would have been able to access the internet on my tablet. If you decide to try this, be mindful of security.

As a final goal for the year, I’m going to have a banana each and every day. Whether it’s sliced over cereal or put in a smoothie, I’ll get my fiber, magnesium, potassium and vitamins B6 and C... like it or not.

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## Super Crossword

### WHAT IN THE WHAT?

- ACROSS**
- 1 "Pet" annoyances
- 7 Dance click
- 13 Extreme right-wing doctrine
- 20 Polio vaccine developer
- 21 2008 presidential campaign coinage
- 22 Caine/Ustinov adventure film
- 23 SKILgintLET
- 25 Scorn
- 26 Poem with six stanzas
- 27 PUsmackSS
- 29 Boob tubes
- 31 Born, to Luc
- 32 Arab ruler
- 33 COsimianRE
- 44 "Certainly"
- 45 Open with a click
- 46 "Star Trek" crew woman
- 47 43rd U.S. pres.
- 49 Prairie preyer
- 50 FORchildEST
- 57 Pursues prey
- 58 ISP with a butterfly logo
- 59 Be in the hole
- 60 Like wickerwork
- 61 Hobbit enemy
- 62 Actress Lupino
- 64 Tabriz native
- 68 Thin iPod
- 69 LAcobraWN
- DOWN**
- 1 Shareable PC files
- 2 Writer \_ Stanley Gardner
- 3 Those, to Juanita
- 4 Enormous
- 5 For grades 1-12, in brief
- 6 Factor influencing a dermatologic treatment
- 7 Blaster's stuff
- 8 Circusgoers' cries
- 9 Swiss watch brand
- 10 Spanish appetizer
- 11 "Do I need to draw you \_?"
- 12 Grilled sandwiches
- 13 Went without food
- 14 Novelist Sholem
- 15 Oxford, e.g.
- 16 \_ latte (espresso variety)
- 17 Extreme disrepute
- 18 Doll who is
- 19 Bishops' headwear
- 24 Peaceful "Avatar" race
- 28 Outlaw Kelly
- 30 Gives the cold shoulder
- 33 Many, informally
- 34 "Time is \_ side"
- 35 "Girlfriend" boy band
- 36 Lace snarl
- 37 Has dinner at home
- 38 Less \_ stellar

- 39 Central area
- 40 Prior to, in poetry
- 41 \_ tai
- 42 Size above med.
- 43 "How icky!"
- 48 Helpful things
- 51 Nada
- 52 Little branch
- 53 One listening
- 54 Reproductive gametes
- 55 Wildcat's lair
- 56 Lead-in to cone or Caps
- 58 Reach a goal
- 63 Pappy
- 64 Elected group
- 65 U.S. Hwy., e.g.
- 66 "Caught you!"
- 67 "Rambo" setting, for short
- 69 More reasonable
- 70 Per person
- 71 Concept, in Cannes
- 72 Crackling radio noise
- 73 Very close pal, for short
- 74 Onassis or Fleischer
- 75 Jam holder
- 78 Prefix with task
- 79 Non-earthling
- 80 Gawk rudely
- 82 Pizazz
- 84 Unexciting
- 85 Winona of
- "Stranger Things"
- 87 Quick sprint
- 89 Casual refusal
- 90 "Anna and the King" actress \_ Ling
- 91 Suffix with southeast
- 92 Fate
- 93 "Caught you!"
- 97 Fate
- 98 Gas in fuel
- 99 Ray of "GoodFellas"
- 101 Westerns, in old slang
- 102 Univ., e.g.
- 103 Louise's film cohort
- 104 Over 50%
- 106 Hogs' homes
- 110 Concerning
- 111 \_do-well
- 112 "Buenos \_" ("Good day," in Granada)
- 113 Prefix with tank
- 114 Enjoy a novel
- 115 Toy flown on a windy day
- 117 \_ Strauss
- 118 Exercised
- 119 Child's plea
- 120 "Bus Stop" playwright William
- 121 Fruit-flavored drinks
- 124 "One Mic" rapper

Answer Page 2

## Briefs

From Page 2

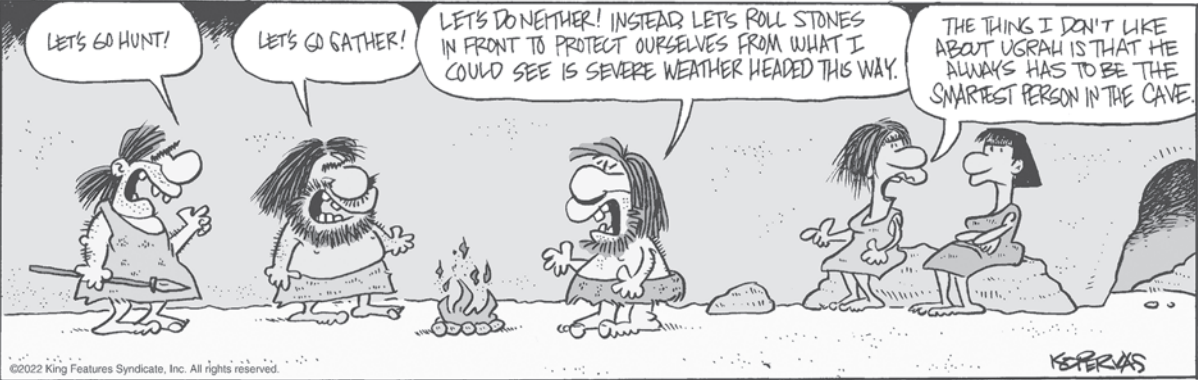
- Financial-Opportunity Cost per Smoker – \$1,786,814 (20th);
  - Health-Care Cost per Smoker – \$152,675 (14th);
  - Income Loss per Smoker – \$551,457 (30th);
  - Total Cost Over Lifetime per Smoker: \$2,642,461; and
  - Total Cost per Year per Smoker: \$55,051.
- Visit <https://wallethub.com/edu/the-financial-cost-of-smoking-by-state/9520> for the full report.
- Diana Polk



Comix

OUT ON A LIMB

By Gary Kopervas



AMBER WAVES

By Dave T. Phipps



THE SPATS

By Jeff Pickering



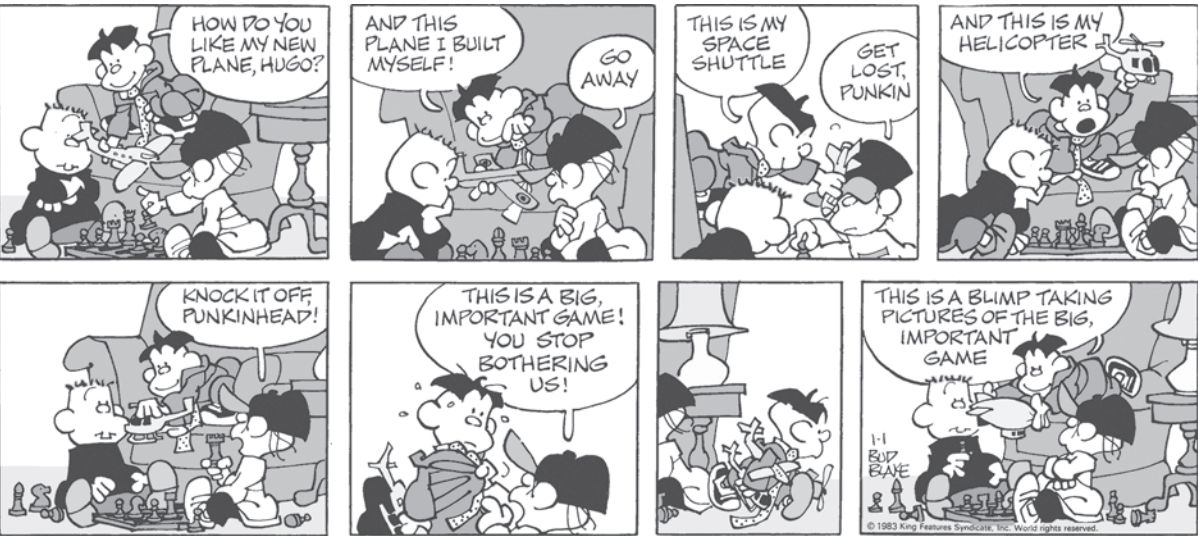
R.F.D.

By Mike Marland



TIGER

By Bud Blake



Lowry

From Page 2

narrative. It’s not as though he can have a good legislative session next year like the governors who are thinking of running or use his executive powers to pick useful fights.

There probably aren’t even exciting new events he can hold to grab the attention of voters or the media. His signature, of

course, are his rallies. They were fresh and new in 2015 and 2016, and quite powerful throughout his presidency and immediately afterward. Now, they are as old and familiar as a Rolling Stones concert.

What’s been most damaging to Trump is that association with him in general and “Stop the Steal” in particular proved politically toxic in the midterms. Other Republicans can try to achieve distance in the future.

But obviously Trump can’t.

These things would have been true even if he hadn’t announced already, but if he hadn’t gotten in, people would have wondered if he’d instantly look stronger once he was actually in the race. Now, he’s answered that question for his adversaries decidedly in the negative.

Rich Lowry is editor of the National Review. (c) 2023 by King Features Synd., Inc.

Supplements taken at lower doses won’t adversely affect health

DEAR DR. ROACH: I am a healthy 46-year-old woman who exercises daily for health, strength, and stress relief. I also want to stay relatively lean. In order to maintain muscle mass and control fat, I’ve been advised consistently (by a Ph.D. nutritionist and a couple of “nutrition coach” trainers) to take 1g of protein per pound of body weight daily. They also have advised leucine and L-carnitine supplements. I usually have 1 scoop of whey protein (about 25g) and 1/2 to 1 scoop of plant protein daily. I take about 1g of leucine per day. My L-carnitine supplement is 500mg. My question is, are any, or all, of these supplements safe for long-term use and are there any concerns or possible side effects I should be concerned about? I have read plenty that recommend them, but the goals for taking them are usually short-term.

Other than having extra protein, my diet is slanted away from sugar and toward whole foods and lots of vegetables. I work out seven days a week, including four to five “hard” days of cardio and weightlifting and two to three “light” days of easy cardio. I also stretch and get at least seven hours of sleep daily.

I want to have health, mobility and strength as long as possible and want to make sure I’m not inadvertently hurting the long goal by using supplements now. – M.



Understanding advice on nutrition and supplements for exercise is difficult because the evidence is often poor-quality and conflicting, probably due to the fact that what is effective for one person may be ineffective for another.

Carnitine is found naturally in muscle and is important in moving fat into the mitochondria, where it can be used as energy. Carnitine supplementation has been shown to improve exercise tolerance and increase use of body fat stores for energy. It can also improve blood and oxygen flow to the muscle if taken with large amounts of carbohydrates (the study authors used 4 ounces of simple sugar in water – more than it sounds like you take in, and perhaps more than optimal for good health). Carnitine is safe at the dose you are taking: At doses six times that high, it may cause nausea, vomiting and diarrhea.

Leucine, like valine and isoleucine, is a branched-chain amino acid. They are “essential,” meaning they cannot be synthesized in the body. They are found in red meat and dairy products. They are also found in legumes, nuts, grains and seeds, but a person on a strict vegan diet needs to be careful to mix these appropriately, to get all the essential amino acids they need.

Some claim that branched-chain amino acids reduce fatigue, improve endurance, provide fuel for working muscle and reduce muscle protein breakdown and soreness from exercise, but there is no high-quality evidence that they are effective. A chicken breast contains the equivalent of seven average branched-chain amino acid supplement tablets. Leucine in the dose you are taking should have no adverse effects.

The standard guideline recommends that individuals consume 150g of protein-rich foods daily, for a 2,000 calorie diet. You may be burning more than 2,000 calories with exercise, but you are certainly getting all the protein you need. Excess animal protein may worsen kidney function, but plant protein does not seem to cause that issue.

In my opinion, your diet and exercise, which are remarkable, are much more likely to achieve your goals than your supplements, but I do not think the supplements are harming you.

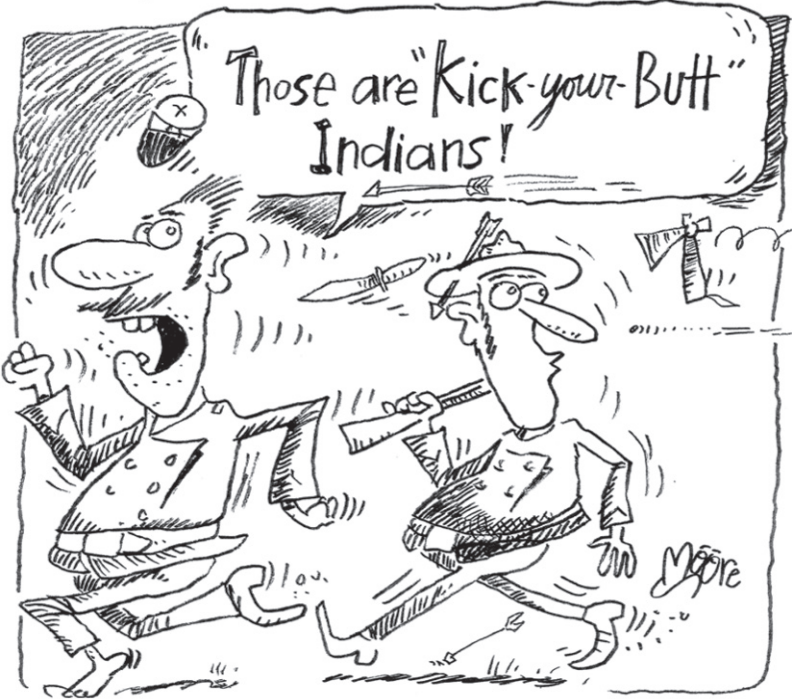
Dr. Roach regrets that he is unable to answer individual questions, but will incorporate them in the column whenever possible. Readers may email questions to [ToYourGoodHealth@med.cornell.edu](mailto:ToYourGoodHealth@med.cornell.edu). (c) 2023 North America Synd., Inc. All Rights Reserved.

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



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: H equals B

KUJL'X LUO HOXL HYOKOB  
HOMOYJIO LP BYFAZ KUOA  
KYFLFAI LUO SFYXL MOYXFPA  
PS J KPYZ? BYJSL HOOY.

Answer Page 2

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Weekly SUDOKU

by Linda Thistle

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

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 2

♦♦♦ HOO BOY!

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Benefits of direct deposit



by Freddy Groves

If you’ve ever had anything stolen out of your mailbox, or if a check has just failed to show up, you know the angst, trouble and problems that follow because of that missing money.

The Department of Veterans Affairs has a way to safeguard the benefit money that comes to you. The Veterans Benefits Banking Program, for veterans and beneficiaries, will do a direct deposit into your account.

According to the VA, if receiving a paper check, you’re 16 times more likely to have it lost or stolen. You’re 22 times more likely to have it go missing altogether and need to file a claim for it, which of course takes time. They say that since many veterans are using direct deposit, fraud has gone down by 93%.

And with direct deposit, you’ll get your money faster.

It suddenly just appears in your account, on time, every time, not making its way through the postal system.

Through the banking program, there are 43 banking institutions that have signed up to provide low or no-cost checking and savings accounts. You can find those banks here: [veteransbenefitsbanking.org/financial-institutions](https://veteransbenefitsbanking.org/financial-institutions). (Don’t miss the FAQ. A lot of questions are answered.) Scroll down to the list of banks. (I’m a fan of USAA.) If you already have a bank account (or credit union) and you like them, you can set up a direct deposit right into your account. Call the VA at 800-827-1000 and find more information at [www.va.gov/change-direct-deposit](https://www.va.gov/change-direct-deposit).

It can take a little while to think about this kind of change if you’ve never had direct deposit. But it can be rather disconcerting to have a neighbor from a block away show up at your door with a check that was mistakenly delivered to them.

You can eliminate a big source of worry and potential

problems if you consider signing up for direct deposit for your benefit payment.

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• To make a nice ice pack, enclose several ice cubes in a plastic, sealable baggie, then wrap in a bandana. You can tie the ends together to keep the cover from slipping. When you want to refreeze, put the baggie in the freezer, and hang the bandana to dry. It will dry very quickly and can be reused soon.

• Want to get the most bang for your buck at the takeaway salad bar? Load up on bacon, walnuts, cheese, meats and dried fruits; go light on green beans, cucumbers, hard-boiled eggs, celery, radishes and chickpeas, which were marked up 200% to 300%.

• “When you clean out your fish tank, recycle the used water by pouring it on your house or garden plants. I don’t know what it is in the water, but it makes shrubs and flowers grow like crazy.” – Patti in Orlando, Florida

• “The all-time best remedy for a runny nose or sore throat doesn’t cost hardly a thing: It’s plain old saltwater. Mix a half-teaspoon into a cup of hot water and gargle twice to three times a day. If the taste is off-putting, try swishing a bit of mouthwash in your mouth just before you gargle with the saltwater. This works so well, and even my doctor thinks it’s a great idea.” – F.L. in Michigan

• Use salt to clean out your garbage disposal. Kosher salt has larger grains that work very well. Dump a half-cup in the disposal, run the cold water and hit the switch. The grains scour the inside, leaving a better smelling drain.

• “Here’s a great after-workout drink I just found out about: chocolate milk. The trainer at my gym prefers it over the fancy and costly “post-workout” drinks at the gym’s smoothie bar.” – I.E. in Oregon

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2023 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.

DIFFICULTY: ★★

★ Moderate ★★ Difficult

★★★ GO FIGURE!

Answer Page 2

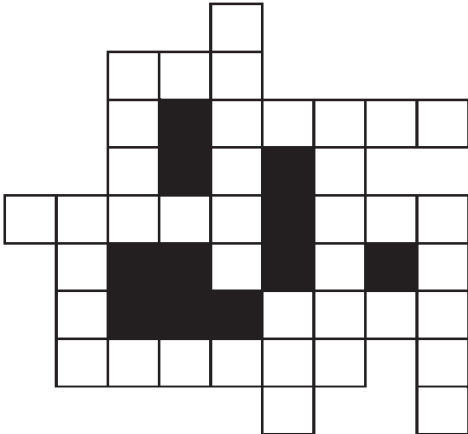
	x		+		12
+		x		-	
	+		+		19
x		-		x	
	x		-		10
20		11		8	

1 2 4 5 6 7 8 9 9

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OMM  
PIMAGE  
♥HESDI  
♥TDSU  
PIDUSE  
♥IPH  
♥UMLA  
♥DATPE  
♥ISP  
TANIME  
ALMDO  
PEHA



Answer Page 2

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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