



NEWSBRIEFS

Fat cities

With March being National Nutrition Month and obesity possibly tripling the risk of hospitalization due to COVID-19, the personal-finance website WalletHub has released its report on 2022's *Most Overweight and Obese Cities in the U.S.*, as well as accompanying videos and expert commentary. In order to call attention to the communities where weight-related problems are most prevalent, WalletHub compared 100 of the most populated U.S. metro areas across 19 key metrics. Our data set ranges from the share of physically inactive adults to projected obesity rates by 2030 to healthy-food access. El Paso was rated 30th in the report. Other stats:

- The McAllen, TX metro area has the highest share of obese adults, 44.90 percent, which is 2.4 times higher than in Asheville, NC, the metro area with the lowest at 18.50 percent.
- The McAllen, TX metro area has the highest share of physically inactive adults, 36.90 percent, which is 2.7 times higher than in Grand Rapids, MI, the metro area with the lowest at 13.90 percent.
- The El Paso, TX metro area has the highest share of diabetic adults, 16.00 percent, which is 2.6 times higher than in Reno, NV, the metro area with the lowest at 6.20 percent.
- The Jackson, MS metro area has the highest share of adults with high blood pressure, 40.60 percent, which is 1.8 times higher than in San Jose, CA, the metro area with the lowest at 22.80 percent.

What experts say

What are some tips for eating healthy without breaking the bank?

"In this time of organic and farm-raised foods, eating healthy might sound really expensive. However, some of the healthiest foods are not that expensive. The best example is beans. Beans are packed with fiber and protein and are really inexpensive. Other examples are apples, carrots, kale, tofu, bell peppers, squash, lentils, oatmeal, barley, and sweet potatoes. Some of the healthiest foods are pretty inexpensive! If you are not sure how to cook with any of these foods, put the "food" word into a Pinterest search, and tons of

See BRIEFS, Page 5

People must have great patience with diets – especially if it's your mate that's on one.

— Quips & Quotes

Three El Paso County high school seniors win Elks scholarships, advance to national competition

By Alfredo Vasquez
Special to the Courier

EL PASO COUNTY – Three of the five Elks National Foundation Most Valuable Student (MVS) state scholarship winners selected by the New Mexico Elks Association scholarship committee to advance to the national contest are from El Paso County.

The five MVS winners will represent the state of New Mexico in the next round of the Elks MVS judging competition for a chance to earn more scholarship monies. They have already been awarded \$4,000 scholarships for being selected at the state level; now, they will compete with winners from other states for top national money of up to \$50,000. Each state gets certain number of candidates according to its membership count, and there are about 2,000 lodges across the US. The 2022 national scholarship winners will be announced in April, according to its website.

The Elks National Foundation awards 500 four-year scholarships to the highest-rated applicants in the yearly competition. Ranging from \$1,000 to \$12,500 per year, MVS scholarships go to students pursuing a four-year degree, on a full-time basis, in a US college or university.

I encourage current and future high school students to really start looking for and applying to scholarships early, but most of all getting involved with your community and really striving to be the best version of yourself. Colleges and scholarship communities aren't looking for just a perfect score student, rather, students who care about their community, follow a deep passion, and are able to demonstrate resilience and overcome whatever challenge life throws at them. To any student reading this, El Paso needs you to go out and change the world.

— Rodolfo Arzaga
Harmony Science Academy



— Photo courtesy Lilia Martinez

El Paso Elks Lodge 187 scholarship committee chairperson Lilia (Teddy) Martinez, above, stated that in addition to scholarship funds, MVS winners also receive during their college years free Elks Lodge membership which can provide them with a friendly support network. "No matter where they are attending school, there is usually an Elks Lodge nearby since there are over 2,000 lodges across the United States," Martinez noted.

other two winners are Sierra Martin and Ainsley Martin from another lodge in New Mexico. Male and female students compete separately.

The three El Paso area candidates have big plans for their educational future and expressed their appreciation for receiving these scholarships that will help finance their higher education aspirations.

Arzaga plans to major in political science. He said that he has applied to Harvard, Princeton, Rice, UT Austin, Boston College, Boston University, Trinity College, UTEP, and NMSU. "I've always been interested in politics and aerospace, and have pursued these passions through various programs that I am a part of, such as the Civil Air Patrol and Borderland Teen Court. Through my participation, I learned leadership, responsibility, self-discipline, among other important values that would guide me through my course load and social life throughout high school," Arzaga said.

Cromeens has also been awarded a presidential merit scholarship. He said that he plans to attend Texas Tech and major in finance. "I attribute my success in high school to maintaining a balanced life. I go to church, I spend time with my family, I persevere and work hard at school, I had a great time playing on the

Carman chosen to lead Socorro ISD

By Christy Flores-Jones
Special to the Courier

EL PASO COUNTY – The Socorro Independent School District Board of Trustees had a special board meeting to complete the hiring process of the new Superintendent of Schools on March 14, 2022. Dr. Nate Carman was the lone finalist for superintendent for Socorro ISD.

Carman was previously the superintendent of San Benito CISD, where he had served in that role since 2017. Carman's first job as superintendent began in May 2013, in Teague ISD. In all, Carman has nine years of experience as a superintendent in Texas. He also served as the Assistant Superintendent of Curriculum and Instruction for Pine Tree ISD from 2009 to 2013. Prior to that he was a campus and then district administrator in Grand Prairie ISD, and campus administrator in Wilmer Hutchins ISD and Lewisville ISD.

During his tenure in San Benito CISD, the SBCISD State Accountability Rating increased 11 points from a 74 to an 85 while increasing the number of TEA Distinctions by double digits,



— Photo courtesy Socorro ISD

Dr. Nate Carman increased the Unassigned General Fund Balance from \$17.9 million to \$41.3 million, passed a \$40 million bond, created an Early College Academy, and established three separate Elementary Academies: STEAM, Fine Arts, and Environmental Academies.

What Putin knew

There are forgivable intellectual and policy errors, and then there's the self-delusion that has driven the West into its dependence on Vladimir Putin's oil and gas.

Russia has long been a major supplier of energy to Europe. The depletion of European natural gas reserves has played a role in Russia's increased significance. Moscow has also benefited, though, from a deliberate choice by Europe to attempt a great leap forward into a green-energy future, especially in a Germany that turned its back on both nuclear and coal.

In taking this route, Europe made a holiday-from-history decision to forget the incredible power of oil, gas and coal – the most reliable and efficient sources of energy the world has ever known – and ignore the inevitable centrality of energy to geopolitics.

Greta Thunberg, the teenage climate activist who has been elevated into an oracle of all that is good and true,

demanded nothing less.

No matter what you've heard, the world hasn't embraced fossil fuels out of hatred of the planet, rather because they are so incredibly useful. If they didn't already exist – thanks to sunlight and plants that lived millions of years ago – we would have to invent them and wouldn't be able to.

Oil is a miracle fuel. Alex Epstein of the Center for Industrial Progress writes that it is "almost eerily engineered by natural processes, not just for cheapness, not just for reliability, not just for scalability, but also for another characteristic crucial to a functional civilization: portability." It powers cars, trucks and jets, without which the modern world as we know it wouldn't exist.

Coal, too, Epstein notes, is affordable, abundant and easy to extract and transport. There is a reason that developing nations invariably use it to power their economic advancement.

So, it's not surprising that fossil fuels are still the leading source of global electricity, with coal accounting

for 36.7% and gas 23.5%. The total fossil fuel contribution, at 63.3%, is down only slightly from two decades ago.

In terms of overall energy, fossil fuels are an even larger proportion, 84.3%.

For its part, green energy – wind, solar and other renewables – account for around 10% of global electricity, and even less of total energy.

Vladimir Putin knew this and understood the power it gave him, even if European policymakers couldn't be bothered to think a tiny bit strategically.

Did they not notice that coal was the mainstay of Britain's rise to global power in the 19th century?

Did they forget the role of oil in World War I and World War II, let alone subsequent 20th-century history?

Petroleum wasn't particularly useful prior to World War I and, by the end of it, had become a pillar of national power. It fueled the motorized vehicles and airplanes that transformed warfare. British foreign minister Lord Curzon famously said at the war's conclusion that the Allies had "floated to victory upon a wave of oil."

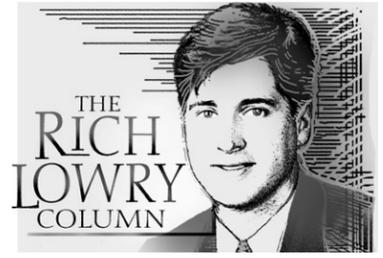
In World War II, the Japanese attacked the United States in part for fear that the American de facto oil embargo would starve its war machine, and one reason the Nazis were defeated was that they ran out of fuel.

Of course, the strategic significance of the Middle East owed almost entirely to its vast oil reserves. The phrase "war for oil" is a cliché and usually a smear, but it is certainly true that no one has ever fought a war for wind.

In light of all of this, Europe still choose to subjugate itself to an anti-Western authoritarian and, even as Russian opera stars are getting canceled, it hasn't ceased purchases of Russian oil and gas.

Some perspective is necessary. While climate change may indeed prove a serious long-term challenge, it is not reducing parts of European cities to rubble or a threat to use a tactical nuclear weapon.

If this horrifying episode hasn't scared the West straight on energy, nothing will.



Rich Lowry is editor of the National Review. (c) 2020 by King Features Synd., Inc.

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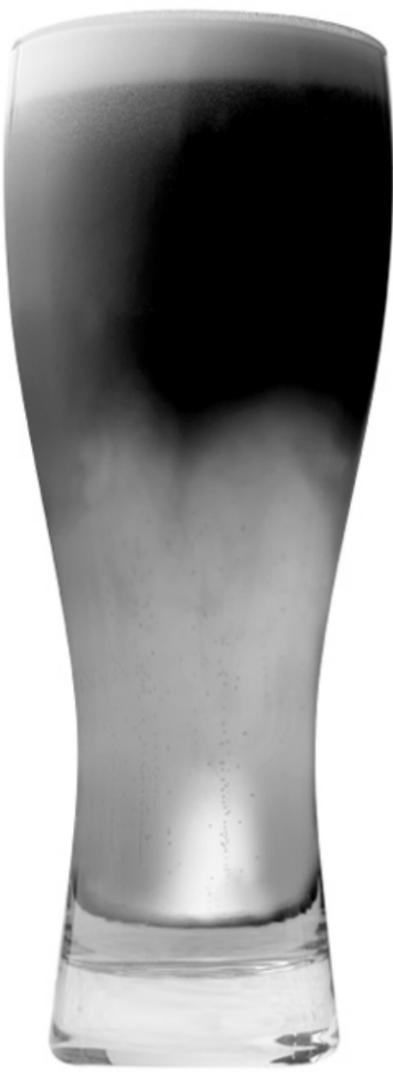
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The "It's Only Another Beer"

- Black and Tan**
- 8 oz. pilsner lager
- 8 oz. stout lager
- 1 frosty mug
- 1 icy road
- 1 pick-up truck
- 1 10-hour day
- 1 tired worker
- A few rounds with the guys

Mix ingredients.
 Add 1 totalled vehicle.

Never underestimate 'just a few.'
 Buzzed driving is drunk driving.



View from here By Dr. Glenn Mollette

Ukrainian and American pain

We must unplug from Russia and China

America is no longer buying energy or vodka from Russia. Russians can no longer buy a McDonald's hamburger. They can't pay for their gasoline with a Visa, Mastercard or even an American Express card. One thousand Kentucky Fried Chicken restaurants have ceased operations in Russia. How tough can life become?

For a better picture of a tough life watch some of the news clips played daily on most television stations. See what the Russians are doing each day to Ukraine. Hospitals are bombed. Babies are murdered. Cities no longer exist. Tens of thousands have been killed by the Russian army.

Speculations continue to be expressed among politicians and journalists that Russia may be guilty of war crimes. This seems like a bad joke. Russia has been guilty of war crimes from day one. They don't care who they kill or how they kill the innocent people of Ukraine. They will use any kind of bomb or chemical to accomplish President Vladimir Putin's evil whim to bring Ukraine under Russian rule. They will even accept weapons from China.

Hopefully we will never buy another thing from Russia. In the meantime, the remnant still battling the Russian Army needs the full support of NATO in weapons, money and humanitarian aid. Sadly, for the thousands who have already been killed it's too little too late.

While we are unplugging trade with Russia we must act accordingly toward China. China is not our friend. Just like Russia, we have made China rich with billions of dollars in trade each year. Plus, America is in debt, over a trillion dollars, to China. Stores across America must put American businesses back to work by buying

as many American made products as possible. China has been eyeing Taiwan the same way Russia has been eyeing Ukraine. If Russia successfully takes Ukraine and can survive the aftermath look for China to invade Taiwan. China will then control most of the chips made that runs our cars, phones and computers.

The next scenario is what happens to us when Russia and China combine their efforts toward the United States? Are we able to withstand an attack from Russia and China? It's more than we want to comprehend today. This is why we must become energy independent. Why not use our gas, oil and coal until we have the infrastructure in place to run electric cars?

In my local community of 250,000 people, I do not know of one electric car charging station. Local car dealers say it will be two to three years before they will have electric cars to sell. Most American communities are the same and we need time for the infrastructure to catch up. In the meantime, we should use the resources we have to run our country independently.

Gasoline prices and inflation are hurting America but consider what Russia is doing to Ukraine. Americans will survive the pain at the pump if America will go back to our own sources to supply our needs.

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.glennmollette.com or www.facebook.com/glennmollette.



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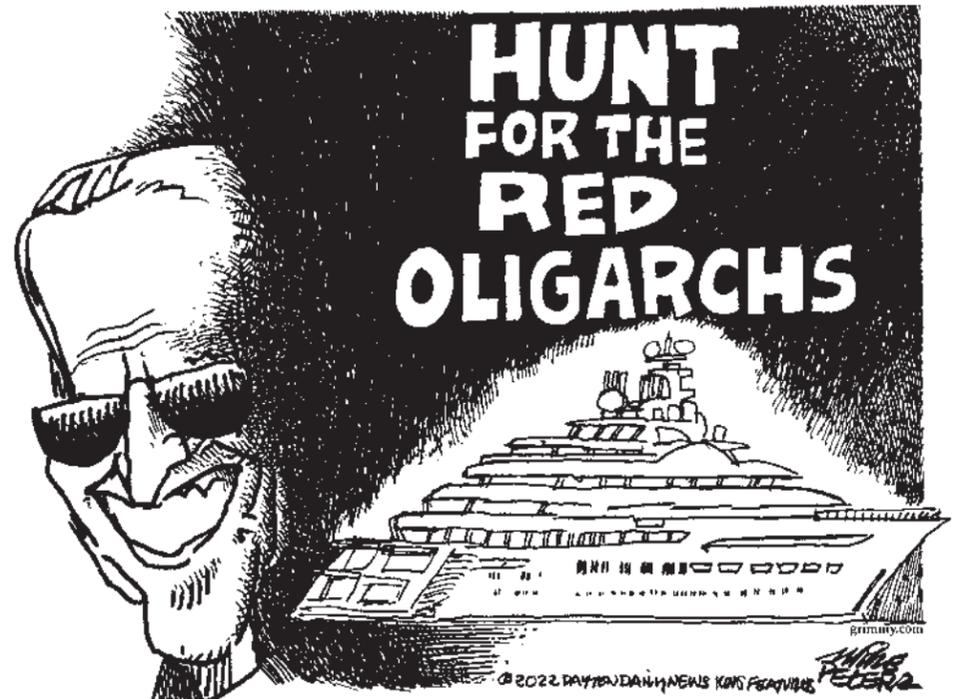
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Elks

From Page 1

varsity basketball team; we even won the district championship. And I have enjoyed volunteering over 490 hours in high school," Cromeens stated.

Gallardo said that she plans to attend Texas A&M and major in biochemistry. "I am a daughter of immigrants who moved to the United States looking for a better future and greater opportunities," Gallardo stated. "I was taught from a young age to prioritize my education and to always strive to achieve my goals. Throughout my development in high school, I became well prepared to accomplish my current and future academic, personal, and professional goals," she stated.

"I'd like to offer my sincere congratulations to these scholars for their high school academic achievement and for the legacy they have left behind in their respective high schools. The members of Lodge 187 also applaud and celebrate their accomplishment and want to wish them a successful college career and beyond. Lodge members also want to encourage them to become Elks," said Lilia (Teddy) Martinez, MVS scholarship chairperson for El Paso Elks Lodge 187, after recently receiving an announcement naming the New Mexico Elks Association scholarship winners.

El Paso Lodge 187 has produced two state scholarship winners in the same year twice; this is the first time the lodge has turned out three scholarship winners in one year. The El Paso Elks Lodge joined the New Mexico Elks Association a few years ago because of proximity to the state headquarters in New Mexico compared to the distance to the Elks main offices in east Texas.

"In the few years since the El Paso Lodge has been a part of the SW District of the NM Elks Association; we have been astounded by the level of enthusiasm and volunteerism on the part of the members



— Photo courtesy Rodolfo Arzaga

Rodolfo Arzaga will be graduated from Harmony Science Academy, May 26, ranked 4th in his class with a 4.67 grade point average.



— Photo courtesy Alyssa Yelenia Gallardo

Alyssa Yelenia Gallardo will be graduated from Coronado High School, June 7, ranked 49th in her class with a 4.18 grade point average.

of their Lodge in every priority area. The students and the scholarship applications that came from the El Paso Lodge reflect that same amount of commitment," stated Christine Ortiz, NM Elks SW District Scholarship Chair.

"It is obvious that they spent the time and energy with the students and counselors to ensure the applications were complete and competitive. We commend Lilia Martinez for her excellent leadership as the Lodge Scholarship Chair. Congratulations to these very deserving young people, who exemplify the principles of the Elks organization – Charity, Justice, Brotherly Love, and Fidelity," Ortiz commented.

The Elks Club (the Benevolent and Protective Order of Elks or BPOE) is a civic group, and an Elks Lodge is the building where a local chapter meets. The Elks are a fraternal order with nearly a million members and a 141-year history with a network of about 2,000 lodges in communities all over the country. Each year, the organization gives millions of dollars in scholarships for college students, in assistance for veterans, and to other charitable programs.



— Photo courtesy Colin Cromeens

Colin Cromeens will be graduated from Franklin High School, June 7, ranked 52nd in his class with a 4.15 grade point average.

Strange BUT TRUE

By Lucie Winborne

- Valentina hot sauce was named for the intrepid Valentina Ramirez Avitia, who at 17 posed as a man to join the Mexican Revolution. She made it all the way to the rank of lieutenant before being expelled upon the accidental discovery of her braids.

- American fashion model Jeremy Meeks' police mugshot was so good that he got a modeling contract while still in jail.

- In 1524, a wooden statue of the Virgin Mary at Latvia's Riga Cathedral was accused of being a witch. At its trial by water it was thrown into the Dvina River, where it floated, resulting in a guilty verdict – and burning.

- Missing a remote? Try looking where you last sat: A 2011 study found that 49% of the time it was in a couch, while 8% were found in the bathroom, another 8% in a dresser drawer, 4% in the fridge/freezer (your guess is as good as ours on that one) and 2% turned up outside.

- Twelve-year-old Rhiley Morrison swallowed 54 magnetic balls to see if he could get metal to stick to his stomach, as well as what they looked like when he went to the toilet. He survived the experiment after six hours of surgery and a two-week hospital stay.

- The wood frog can hold its urine for up to eight months.

- Violets can be smelled for only a few moments at a time because their scent comes from ionine, which shuts smell receptors off after stimulating them. After a few breaths, the scent pops up again.

- In 2016, the Swiss city of Lausanne banned "silent disco" events because they were too noisy.

Thought for the Day: "I'm sick of following my dreams, man. I'm just going to ask where they're going and hook up with 'em later."
— Mitch Hedberg

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CryptoQuip Answer

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**Moments
in time**
THE HISTORY CHANNEL

• On March 14, 1950, the FBI institutes the “Ten Most Wanted Fugitives” list. Since its debut, hundreds of criminals on the list have been apprehended or located, many as a result of tips from the public.

• On March 15, 1901, paintings by the late Dutch painter Vincent van Gogh are shown in Paris, causing a sensation across the art world. Van Gogh had died by suicide, and in his lifetime he had sold only one painting.

• On March 16, 1945, the west Pacific volcanic island of Iwo Jima is declared secured by the U.S. military after weeks of fierce fighting. More than 6,000 Marines died fighting for the island, along with almost all the 21,000 Japanese defenders

• On March 17, 1601, the first parade honoring the Catholic feast day of St. Patrick, the patron saint of Ireland, is held in what is now St. Augustine, Florida. The first St. Patrick’s Day parade in New York City was held in 1762.

• On March 18, 1852, in New York City, Henry Wells and William G. Fargo join with other investors to launch their namesake business. In July 1852, their company Wells Fargo shipped its first loads of freight from the East Coast to mining camps in northern California.

• On March 19, 1916, eight Curtiss “Jenny” planes of the First Aero Squadron take off from Columbus, New Mexico, in the first combat air mission in U.S. history. They flew in support of the 7,000 U.S. troops who invaded Mexico to capture revolutionary leader Pancho Villa.

• On March 20, 1823, Ned Buntline, the “dime millionaire” and discoverer of Buffalo Bill, is born. More than any single writer, Buntline was responsible for creating a romanticized and misleading image of the American West. He once said, “I found that to make a living I must write ‘trash’ for the masses.”

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TxDOT’s campaign urges students to celebrate spring break responsibly

By Jeff Salzgeber
Special to the Courier

TEXAS – Stories behind the data show the true consequences of driving drunk over spring break. That’s why TxDOT is using its *Drive Sober. No Regrets.* campaign to share with college students the real-life experiences of people affected by drunk driving crashes across Texas.

One person in Texas dies every eight hours and 31 minutes in a DUI-alcohol related traffic crash. Last year, 1,029 people in Texas were killed and 2,522 seriously injured because someone chose to get behind the wheel while impaired. Over last year’s spring break, Texas saw 872 DUI-alcohol related traffic crashes. These crashes resulted in 30 fatalities and 107 serious injuries.

“These are disturbing numbers, especially as all of these crashes are preventable,” said TxDOT Executive Director Marc Williams. “Whether it’s transit, rideshare companies or

a designated sober friend, there are several options for students to find a sober ride. We’re hoping these real-life stories show students that deadly consequences can and do happen every year during spring break.”

Drinking and driving is 100% preventable

powerful testimonials of Texans who deal with the daily consequences of drunk driving, either as offenders or survivors. These humanizing stories and drunk driving facts can be found at SoberRides.org.

The *Drive Sober. No Regrets.* campaign is a key component of #EndTheStreakTX, a broader social media and word-of-mouth effort that encourages drivers to make safer choices while behind the wheel such as wearing a seat belt, driving the speed limit, never texting and

**DRIVE SOBER.
NO REGRETS.**

#EndTheStreakTX TxDOT

driving and never driving under the influence of alcohol or other drugs. November 7, 2000, was the last deathless day on Texas roadways. #EndTheStreakTX asks all Texans to commit to driving safely to help end the streak of daily deaths on Texas roadways.

and can have serious physical, emotional and financial consequences that can last for years. Not only can a DWI hurt or kill someone, devastating the lives of victims and survivors forever, it can be expensive and cause significant legal hassles. It can also make it difficult to find or keep a job and can bring a lifetime of regret.

Throughout March, TxDOT’s *Drive Sober. No Regrets.* campaign will conduct outreach events at key spring break designations that are popular among college students. These events will include a video exhibit featuring

The information contained in this report represents reportable data collected from the Texas Peace Officer’s Crash Report (CR-3). This information was received and processed by the department as of March 1, 2022.

Briefs

From Page 1

delicious recipes will appear.”

– Sherry Pagoto, Ph.D.
Professor, University of Connecticut

“Preparing more meals at home can be a great way to improve the nutrient content of meals while also saving money. Explore creative ways to add vegetables to meals such as soups, casseroles, salads, and burrito bowls. Increasing vegetable content will increase the nutrient content and the number of servings from that meal. Canned, frozen, and fresh vegetables are all great options, so choose whichever makes the most sense for your budget and lifestyle. Opt for more plant-centered meals, as animal proteins tend to be some of the most expensive parts of our grocery bill. Some examples of protein-rich plant foods are lentils, beans, nuts, seeds, nut butter, and peas. Canned fish such as salmon, tuna, and sardines are also nutrient-rich sources of protein and healthy fats.”

– Casey Colin, DCN, RDN, LD/N,
CNSC, ACSM-CPT, FAND
Assistant Professor, University of North Florida

What policies should federal and/or state governments pursue to combat obesity and lower the cost of healthcare?

“We have a pretty big evidence base now about social determinants of health and their effects on metabolic health (to which obesity is linked). Reducing barriers to obtaining health care – including dental care – and ensuring a livable wage so that people do not have to work two or three jobs to support their family is where governments of any size can contribute to the health of the population.”

– Jennifer D. Bean MS, RDN/LD
Associate Teaching Professor,
University of Missouri, Columbia

“The federal government should restore

the USDA nutrition standards established by the National Institute of Medicine for government-subsidized school meals. The federal government should lower subsidies for crops intended as forage for farm-raised animals and should increase subsidies for foods that the Dietary Guidelines Advisory Committee has determined Americans need to consume more (e.g., fresh fruit and vegetables). State governments should improve state school nutrition standards to encourage students to adhere better to the Dietary Guidelines for Americans.”

– William J. McCarthy
Adjunct Professor, University of California, Los Angeles

Should employers play a role in helping workers maintain a healthy lifestyle? If so, how?

“Many employers do have employee health programs that provide benefits such as gym memberships, seminars on healthy eating or stress management, and even incentive healthy behaviors. If you have access to these programs, be sure to take advantage of them. Employers have these programs because they benefit when their workforce is healthier. Healthy employees are more productive, miss fewer days of work, and cost less to maintain on a health insurance program.”

– Kathleen Davis, Ph.D., RDN, LD
Assistant Professor, Texas Woman’s University

“The typical working-age adult spends one-third of their waking moments at the workplace, so employers should make sure that whatever food is available on worksite premises include a good range of healthy options, particularly fresh fruits and vegetables. They should also provide the time, space, and opportunity for employees to stretch and take exercise breaks during the workday. Employees who eat well and exercise regularly tend to be more productive and less prone to absenteeism. Employees who see their employer as caring for their physical and emotional wellbeing report higher employment satisfaction.”

– William J. McCarthy
Adjunct Professor, University of California, Los Angeles

Visit <https://wallethub.com/edu/fattest-cities-in-america/10532> for the full report.

– Diana Polk

The wishing well

A Sri Lankan man who goes by the name of Mr. Gamage hired a worker to dig a well in his back yard. It turned out it must have been a wishing well that he was digging, because the dig was halted when the digger struck pay dirt in the form of a cluster of pale blue sapphires that weighed in at 510 kilograms or 2.5 million carats worth about \$100 million. By the way, Mr. Gamage is a third-generation gem trader.

– John Grimaldi

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CHOOSE YOUR RIDE.

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UTEP basketball looks like it'll be in good hands for years to come

By Steve Escajeda
Special to the Courier

After last week's disappointing, but impressive, second-round overtime loss to Middle Tennessee in the Conference USA Tournament, the thought was that UTEP had played its final basketball game of the season.

Not so fast Miner fans.

After the Middle Tennessee loss, coach Joe Golding was asked if the Miners would accept a bid to a lesser postseason tournament, said he didn't think so.

But as some of us will do from time to time, he and the rest of the UTEP athletic department decision-makers made the decision to accept a bid after all.

So the Miners hosted an opening-round game of the Basketball Classic postseason tournament Tuesday.

Today's column was written before Tuesday's game so I have no clue who won, but this column isn't about the postseason tournament – it's about where this program is going.

The improvement UTEP basketball took this season was totally unexpected.

The fact that UTEP took the top seed in the East (Middle Tenn.) to overtime shows how far the Miners have come.

But for the program, it's even more than wins and losses. Golding has injected the players, the school and the city with a sense of confidence and togetherness that can only lead to better things.

Whatever happens in the postseason tournament, the first installment of the Joe Golden-era at UTEP has concluded and for every Miner fan out there, it was a complete success.

Oh, it didn't end with a Conference USA championship or a trip to the NCAA

Tournament, but none of those things were realistic goals.

What coach Golding did do was lead the team to a winning regular season, a winning record in the conference, a victory in the C-USA tournament and a return to basketball respectability.

And none of that happened a year ago, before he inherited the team.

It took the players some time to catch on to his system. The Miners started the season 8-8 and were about to fall to 8-9, trailing Old Dominion by seven points with just 1:08 left in the game. But somehow UTEP rallied to tie the game and eventually win it in overtime.

That turned the entire season around as the Miners went 11-5 the rest of the way.

Golding reminds El Pasoans so much of a young Don Haskins, preaching stubborn defense just like "The Bear" did. At the end of the season, these

Miners played a lot like those NCAA tournament teams of old; guarding and frustrating their opponents into mistakes and turnovers.

Because of the way this season ended and with the improvement the team showed, there's little doubt local fans will flock to the Don Haskins Center next year in greater numbers.

But the fact still remains that this season has ended, and it's time for Golding and his coaching staff to start focusing on 2022-23.

So what do the Miners have to do to get to that elusive next level?

The very first thing is obvious, UTEP has got to get bigger and more athletic under the basket. In other words, they need bigger dudes.

The Miners were dead last in the conference in rebounding and it cost them dearly in many games. Time after time, the guys in orange and blue would see the opponent grab rebound after rebound that led to a ton of second-chance points.

The ironic thing is that the two big guys UTEP lost from year's team, Bryson Williams (6-8, 240 pounds) and Efe Odigie (6-9, 240), were each named to the first team of their respective conference teams.

What UTEP has plenty of is good guards. Scheduled to return are C-USA leading scorer Souley Boum, along with point guard Jamal Bieniemy and do-everything guard Keonte Kennedy.

I say "scheduled" to return because due to the NCAA's transfer portal, it's anybody's guess whether a player returns or not. And in recent years, good players have left UTEP.

If the Miners can land a couple of 6-6 to 6-8 forwards who can dribble the basketball and get their own shot, they'll be a handful for any team in the country.

But all that sounds nice, now Golding and his staff will have to make that a reality.

Based on what we all saw this season, does anyone doubt Golding anymore?

As AMERICAN as...



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Super Crossword

PROGRAM FINALES

- ACROSS**
1 Sci-fi zapper
10 "Flashdance" star Jennifer
15 1,152, to Caesar
20 Stateside
21 U-shaped bend in a river
22 Protest shout
23 Gave spirit to
24 Chicago airport
25 See 42-Across
26 Bad grade
27 Causes wonder in
28 Subcompact car of the 1980s
30 Naughty kid
31 Saroyan's "My Name Is _"
32 Mex. miss
33 Abate
34 HarperCollins or Simon & Schuster
40 _ Antonio
41 Suffix with Brooklyn
42 With 25-Across, Czech tennis great
43 Crude dude
44 Gallery stuff
46 Film director
Preminger
47 Holiday song
49 Optimistic attitude
55 Give and take
57 False appearances
58 Flaky dessert
59 Restricted entry
62 USMC rank

- 63 Frat dude
66 Soon-to-be adolescents
67 Inquire into
69 One of 100 in D.C.
70 Monk's title
71 Stuff applied to the wall of a room
76 School org.
77 Certain Ukrainian
78 Fine riverbed sand
79 Athlete's advantage
84 1836 Texas siege site
87 Abbr. on a phone dial
88 Sgt., e.g.
89 Must-have
91 In a bit, to bards
92 "_ a snap!"
93 Took a chair
95 Features of many limos
100 Sue Grafton's "_ for Noose"
101 Movie-rating org.
103 Defendant's opponent
104 Part of LAPD
105 "Necktie,"
"bathrobe" or "jumpsuit"
108 College bigwig
110 Furry foot
113 Taken together
114 Great values
115 Subsequent stage
117 Coup _
118 Omit, as a syllable

- 119 Balsam or turpentine
120 Blissful spots
121 Doles (out)
122 Maker of the eight programs that are the theme of this puzzle
- DOWN**
1 Told a fib
2 Hathaway of "Ocean's 8"
3 Store lure
4 Bygone U.K. record label
5 Make over
6 Bar with beermaking facilities
7 Berlin article
8 Masters
9 Ticked off
10 "Awright!"
11 Dig out from the ground
12 Impose _ on (outlaw)
13 Some nobles
14 Affirms solemnly
15 Suburb of D.C. in Virginia
16 Wheat _ (cereal)
17 Judge of the O.J. Simpson trial
18 Owing
19 "Don't worry, things are going to work out"
28 60-min. periods
29 "Give _ whirl"
30 "You're preaching

- to the choir"
31 Lung cell
34 Pen maker
35 Egg cells
36 Boat-rowing guys
37 Style of jazz
38 Bathtub sponges
39 Great reviews
45 Scale notes after dos
46 Bullring cheer
48 Library penalty
50 Old railroad
54 Food fish from Africa
56 Eye squintingly
59 A DJ might spin them
60 Furiousness
61 Gene stuff
62 Co. big shot
63 Gold-winning figure skater Brian
64 Hotfoot it
65 Slugger Mel
67 Burned a bit
68 Sentimental pop songs
71 Dostoyevsky novel, with "The"
72 Ida. neighbor
73 China's Lao_
74 Suffix with Brooklyn
75 Comedian Gilda

- 76 "Ask Me Another" ainer
77 Available without an Rx
79 Occur at the same time
80 Acquired the film rights to
81 Army meal companion
82 As a team
83 "So yucky!"
85 Do some lawn work
86 Add_ (peripherals)
90 Pupil-widening drug, e.g.
93 Young salmon and sea trout
94 Clerk on "The Simpsons"
96 Tristan's love
97 Surgery assistants
98 TV magnate Turner
99 Olympic athlete, e.g.
102 She sang "Hello"
106 Strategize
107 Stand by
108 Sub shop
109 Part of 62-Down: Abbr.
110 El _ Texas
111 Almost like
112 Departed
115 _ de plume
116 " _ So Shy"

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Comix

OUT ON A LIMB By Gary Kopervas



AMBER WAVES By Dave T. Phipps



THE SPATS By Jeff Pickering



R.F.D. By Mike Marland



TIGER By Bud Blake



Truth about fasting before blood tests

DEAR DR. ROACH: My daughter is a registered nurse, and tells me that when getting blood tests, it is not necessary to fast eight to 12 hours even though my doctor says to do so. Four hours is enough, she claims. Is this true, or is my daughter trying to be a doctor, if you know what I mean? – L.C.



I probably agree with your daughter the nurse more than I do with your doctor in this case. Most routine blood testing does not require fasting. There is controversy about whether cholesterol testing is best done fasting or not: Most recent evidence suggests that fasting is not necessary. However, many physicians still continue to use fasting levels, as that is what they are used to. Nonfasting numbers may reflect the true state of risk to the arteries more so than fasting levels.

A few seldom-ordered tests, such as insulin levels, may need to be drawn precisely a certain period of time after feeding to be able to interpret them. In most cases, your daughter is probably right that prolonged fasting is unnecessary. I still recommend following your doctor's orders.

Your daughter is providing you with up-to-date medical knowledge. Any nurse or doctor should do the same.

DEAR DR. ROACH: Is it true that all orange juice is dangerous except organic? I heard on a radio show something about food's having been contaminated by Roundup. The man said, "It's in our orange juice." It was said (I think) that only organic was safe. What do you think about this orange juice issue? – J.J.V.S.

I read the report showing that all orange juice brands tested positive for glyphosate, a commonly used herbicide, but one that is never applied to trees, in organic or conventional farming. The levels in the report, which was not published in a peer-reviewed journal, are extremely low, 3 to 17 parts per billion. The Environmental Protection Agency allowable level in citrus fruit is 500 parts per billion.

The risk from glyphosate in orange juice is negligible. I don't recommend large amounts of any type of fruit juice due to sugar content, which is a bigger threat than glyphosate, in my opinion. Stick to a glass a day.

DEAR DR. ROACH: A recent column commented on liquid bandages for a home first aid kit. What else should be in a home first aid kit? – K.L.

Depending how large a family you have, how active you are, how often you travel and what types of activities you enjoy, your ideal first aid kit might vary a bit from standard guidelines. I found one pretty complete list from U.C San Diego at tinyurl.com/kitforfirstaid. Most of the kit is for care of minor lacerations, but there are some additional types of supplies as well. The list includes several medications: If you use those, be sure you replace them after expiration. Several well-stocked first aid kits are available for sale online, some for as little as \$25.

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. (c) 2022 North America Synd., Inc. All Rights Reserved.

Click It or Ticket.



Even in the back seat.

Buckle up every rider for every trip.

State law now requires both adults and children to be buckled up in the front or back seat. A child less than 8 years old, unless taller than 4 feet 9 inches, must ride in a child safety seat. Most children between 4 and 8 years old will need a booster seat to be safe and comply with the law. Fines range from \$25 to \$250, plus court costs. TexasClickItorTicket.com





Moore Texas by Roger Moore
 Big Spring, 1932: A California tourist is cited by local police for "indecent exposure" for wearing shorts.

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: M equals L

SJJM SGJJ HN JFTNQ HZJ
 ZJPMHZSAM KGPWHLWJ NS
 GJPBLFO MJBNFV NG NGPFOJV,
 LS QNA VN TALWJ.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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VA expands services for senior veterans



by Freddy Groves

Services for senior veterans have been expanded, including home-based primary care, veteran-directed care and medical foster homes. The plan is to make these services – 75 home-based primary care teams, 58 medical foster homes and 70 veteran-directed care programs – available at all Department of Veterans Affairs medical centers in the next few years.

The purpose of these programs is to allow senior veterans to either delay going into a nursing home and select the care environment that they prefer, or to age in place at home. What they've discovered is that veterans who use these services have fewer trips to the emergency room, fewer hospital admissions and fewer stays in nursing homes.

Medical foster homes are what you'd imagine: private homes

where there is a trained caregiver 24/7. While living at one of these homes, the veteran receives home-based primary care. See www.va.gov/geriatrics/pages/Medical_Foster_Homes.asp for a list of the available medical foster home programs by state.

Home-base primary care is medical services supervised by a VA physician. Typically, the veteran has complicated health needs and is unable to keep medical appointments because of illness or perhaps has a caregiver who needs help because of the responsibility for medical care. See www.va.gov/GERIATRICS/pages/Home_Based_Primary_Care.asp for more information.

Veteran-directed care lets veterans receive both the home and community-based services they desire, like choosing from a menu. Veterans often need help with activities of daily living, or there is a caregiver who needs help. Daily living activities can range from dressing, eating and taking a shower to grocery shopping and more. Each veteran is

given a budget for those services, which is managed by either the veteran or the veteran's representative. This menu of services lets veterans stay in their own homes. See www.va.gov/geriatrics/pages/Veteran-Directed_Care.asp for more information.

For a full menu of services for senior veterans, see www.va.gov/GERIATRICS/index.asp. Caregiver information, fitness and rehab, brain health, advance care planning... it's all there.

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• "Snow will better slide off a shovel that has been sprayed with furniture polish." – T.L. in Minnesota

• Here's an old tip, but a good one: Before going away on vacation, put a couple of ice cubes in a plastic baggie, and set it at the front of the freezer. When you return, if there is any evidence of melting, you will know you lost power while you were gone. If the bag is one big, flat cube, you lost power long enough to suspect all your refrigerator items of being spoiled.

• To temporarily get a winter frost effect on a window, use this fun recipe: Dissolve 4 to 6 tablespoons of Epsom salts in a beer. When the salt is dissolved, dip a clean rag in the mixture and wipe it on your windowpane. As it dries, crystals will form, creating a frost effect. This is a great solution for a window you don't want to be clear but also don't want to permanently alter. The effect washes off with soap and water.

• "If you get a residue inside your coffee cups when they go through the dishwasher, it might be time to give your machine a once-over. In the meantime, spray the insides of the coffee cups with a bleach-based cleaner like 409 just before your turn it on. That should help." – E.T. in Michigan

• Cut your kitchen sponge in half, or even thirds. You can clean just as well with a smaller sponge, and you will extend its life, saving you money. A smaller sponge dries out more quickly, too.

Send your tips to Now Here's a Tip, 628 Virginia Drive, Orlando, FL 32803. (c) 2022 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 4

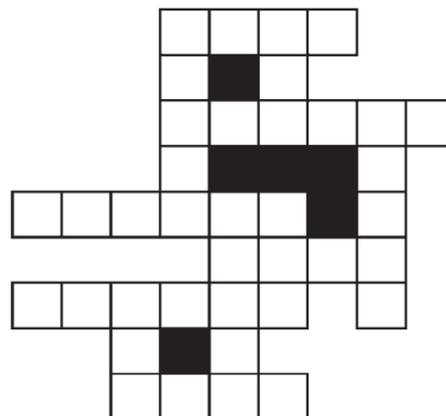
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- DCU
- GALEWN
- GILON
- EHGU
- CRINTI
- ♥ INT
- GDNU
- ♥ RWEEH
- ♥ UGN
- ♥ NECADO
- ♥ ALIDE
- ♥ ELTA



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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