



NEWSBRIEFS

Good retirement

With fewer than 3 in 10 workers reporting that they are “very confident” they will have enough money for retirement, the personal-finance website WalletHub has released its report on 2022’s *Best & Worst Places to Retire*, as well as accompanying videos and expert commentary. To help Americans plan for a comfortable retirement without breaking the bank, WalletHub compared more than 180 U.S. cities across 46 key measures of affordability, quality of life, health care and availability of recreational activities. The data set ranges from the cost of living to retired taxpayer-friendliness to the state’s health infrastructure. El Paso was rated 144th in the report. Others stats:

- Pearl City, HI has the highest share of the population aged 65 and older, 25.30 percent, which is 3.2 times higher than in Irving, TX, the city with the lowest at 8.00 percent.
- Brownsville, TX has the lowest adjusted cost-of-living index for retirees, 74.81, which is 2.6 times lower than in San Francisco, CA, the city with the highest at 194.51.
- Plano, TX has the highest share of workers aged 65 and older, 26.94 percent, which is 2.3 times higher than in Gulfport, MS, the city with the lowest at 11.67 percent.
- St. Louis, MO has the most home health care facilities (per 100,000 residents), 77.78, which is 41.4 times more than in Fontana, CA, the city with the fewest at 1.88.

Visit <https://wallethub.com/edu/best-places-to-retire/6165> for the full report

– Diana Polk

Vaccinated states

With vaccines preventing 4 to 5 million deaths per year according to the WHO, the personal-finance website WalletHub has released its report on 2022’s *States that Vaccinate the Most*, as well as accompanying videos and expert commentary. In order to find out which states vaccinate most, WalletHub analyzed the 50 states and the District of Columbia across 17 key metrics, ranging from the share of vaccinated children to the share of people without health insurance to the

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A man gave a woman his seat on the bus; she fainted. When she revived, she thanked him; then he fainted.

– Quips & Quotes

Canutillo ISD will ask voters to approve \$264 million in bonds

By Alfredo Vasquez
Special to the Courier

CANUTILLO – Canutillo Independent School District (CISD) voters will decide on a \$264 million bond referendum during the upcoming November 8 general election. And if approved, district officials contend that the funds will be used to help address critical needs in safety and security, growth, equity, and student programming at every school campus throughout the upper valley district.

The bond issue, *The Every Child, Every School: Canutillo Bond 2022*, includes an array of major projects with hefty price tags. The project list for the bond consists of the following proposals:

- \$14 million for safety and security upgrades at every school and facility in the district, including construction of safety vestibules at every campus and improvements to camera systems and other technology for patrolling.
- The reconstruction of Canutillo Middle School and major deferred maintenance investments to existing elementary schools in the historic Canutillo communities to address facility equity issues.
- The relocation of Alderete Middle School to a new campus in the 79911 ZIP code, as well as a classroom wing addition to Reyes Elementary School to address rapid growth in new Canutillo neighborhoods.
- A classroom wing addition to Canutillo High School to address deficiencies in student programming and instruction in fine arts, career and technical education and athletics.
- \$25 million for the construction of a new classroom wing at Northwest Early College High School.

The bond issue also includes a proposition that, if approved, would provide \$8.4 million to pay for the computers and technology the district purchased to provide each student a

laptop device to take home during the COVID pandemic in 2020, stated Gustavo Reveles, CISD director of communications.

“Canutillo is the highest-performing school district in the region and the work our students and teachers do in our classrooms is evident by the Triple-A rating we received from the Texas Education Agency, as well as the Best Small School District in Texas designation we received from the HEB Foundation,” said CISD Superintendent Dr. Pedro Galaviz.



– Photo courtesy Canutillo ISD

FACING CHALLENGES – Dr. Pedro Galaviz was appointed Superintendent of the Canutillo Independent School District in May 2013. During his tenure he has overseen the completion of \$32 million in capital improvement projects including the Congressman Silvestre and Carolina Reyes Elementary School, the Gymnasium and Fine Arts Center at Alderete Middle School, an Auxiliary Gymnasium at Canutillo High School, and a new cafeteria at Northwest Early College High School.

visit the district’s website, at www.canutillo-isd.org, for more information on the upcoming bond election and its impact on different priced homes.

“If the voters of the district decide to support this initiative, the facilities in our district—which on average are nearly 25 years old—would match the level of instruction that is happening inside our classrooms,” the superintendent added.

Reveles said that the district is coping with fast growth and aging facilities. And if the bond is not supported, the district would have to dip into its already-strained general fund to attempt to address these issues, while maintaining its responsibilities of paying for student academic programming, employee salaries, and other day-to-day operational costs.

“We are at around 6,100 in student enrollment... We are right at capacity at Canutillo High and Canutillo Elementary and overcapacity at Reyes Elementary,” Reveles noted.

According to the district’s website, on an average Canutillo home valued by the Central Appraisal District at \$223,258, the maximum tax difference, if the bond is approved, would be about \$55 a year, or less than 5 a month. Reveles stated that the current tax rate is \$1.30 per \$100 valuation and that, if approved, the rate would increase to up to \$1.33 per \$100 valuation at the height of the bond impact.

Interested individuals may visit the district’s website, at www.canutillo-isd.org, for more information on the upcoming bond election and its impact on different priced homes.

EPCC is HEED Award winner for 10 years running

By Ismael De La Rosa
Special to the Courier

EL PASO COUNTY – El Paso Community College (EPCC) received the 2022 Higher Education Excellence in Diversity (HEED) Award from INSIGHT Into Diversity magazine, the oldest and largest diversity-focused publication in higher education. As a recipient of the annual HEED Award – a national honor

recognizing U.S. colleges and universities that demonstrate an outstanding commitment to diversity and inclusion – EPCC will be featured, with 102 other recipients, in the November 2022 issue of INSIGHT Into Diversity magazine. This is the 10th year in a row EPCC has been named a HEED Award recipient. INSIGHT Into Diversity magazine selected EPCC because of its work to foster and promote cultural awareness and respect not only among employees but also among our

students and the surrounding El Paso community. The target is to educate and disseminate information that highlights and celebrates the numerous cultures that construct and influence our world.

“El Paso Community College has a long history of celebrating and enhancing the diversity of all types. By providing excellent education to all individuals and fulfilling our obligation to work for

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Who says bipartisan cooperation is dead?

Joe Biden and Donald Trump are proving that even sworn enemies can cooperate to promote one another’s political interests.

President Biden, with his criticism, and his Department of Justice, with its search of Mar-a-lago and related investigation, have boosted Trump’s profile to the benefit of both Biden and his party and of Donald Trump.



Everyone wins, except Republicans increasingly worried about the midterms and anyone hoping that the GOP would turn the page in 2024.

Several weeks ago, Republicans were nervous that Trump would announce his latest presidential bid prior to the midterms. Now, it is almost irrelevant – Democrats and the DOJ have effectively announced for him.

Whenever things aren’t going well for a White House or a political campaign, the natural advice is to try to change the subject. This often doesn’t work – the maneuver is too obvious, or the new hoped-for subject can’t possibly compete with the old unwelcome subject.

That’s not the case here. Trump is something everyone wants to talk about: people who love him, people who hate him, journalists whose work gets more clicks and viewership, and of course, above all, Trump himself, who has never found any other topic quite as compelling or

important.

To the extent Republican officials and candidates identify themselves with Trump’s delusions about 2020 and get sucked into debating whether the FBI should exist, they are creating vulnerabilities or distractions where none need exist.

According to a new CBS News poll, 47% of voters say that how they feel about Trump will have “a lot” of influence on how they vote. Independents who say that Trump is a factor for them are voting to oppose him by a 4-1 margin.

All of this is good for Democrats in general and Biden in particular. If the president can define himself as the last, best obstacle to Trump returning to the White House, it helps quell the extensive doubts about him within his own party. Biden is barely above 40% approval in polling averages, a nightmarish position, and yet he’s only down 2.2% in a hypothetical rematch with Trump in 2024, according to RealClearPolitics.

Trump is his life-preserver and comfort blanket, providing a political boost based on the easiest political argument in the world – “See that guy over there obsessed with fanciful theories about the 2020 election? I may not



See LOWRY, Page 7

View from here By Marilyn. m. Singleton, M.D., J.D.

Private medicine should trump private equity

Over the last couple of years, we’ve been living in a frenzied political atmosphere of inflation worries, unaddressed crime, Covid, monkeypox, and a variety of social issues. These are distractions from thinking about the big picture: the march toward government and corporate control over our lives, including absorbing medical practice into the statist-corporate complex.

While many say that COVID-19 brought out the flaws in public health, it has also highlighted the joys and advantages of private

practice medicine. People who are disappointed in the oft-times unscientific public health recommendations and mandates have benefitted from seeking advice from private practitioners¹. Sadly, we are on the road to losing private practice, the heart of good medicine.

A recent article² about a private equity purchase of a small rural hospital chronicled in great detail how the firm ran the hospital into the ground. The residents were left with no hospital in their area. That was

but one example. Until the last 10 or 15 years, most hospitals were owned³ either by mainly religious nonprofit entities or by states and cities, with ties to medical schools. Private equity ventures have quadrupled over the last 10 years, and have spent approximately \$750 billion⁴ during that time period. As Bain Capital put it, 2021 was a “banner year”⁵ fueled by an aging population and more chronic illnesses. Private equity firms now control a large swath of hospitals, physician practices, ERs, nursing homes, and hospice centers.

For years, health policy experts have been warning about the dangers of private equity⁶ and consolidation⁷ in medical services. The focus on return on investment by private equity owners puts profits over patients. One study⁸ found that hospitals increased their prices after being acquired by private equity firms. Additionally, studies in nursing homes⁹ and dialysis centers¹⁰ have found private equity ownership is associated with not only higher prices, but a decrease in quality of care.

Concurrently, consolidation¹¹ has been on a roll. Five for-profit insurers now control 43 percent of the market, more than 60 percent of community hospitals belong to a health system, and less than half of physicians own part of a private practice. A large California study¹² found that consolidation of the hospital, physician, and insurance markets increased prices of services as well as ACA premiums. Broader research shows that hospital mergers increase the average

price of hospital services by 6 percent to 18 percent¹³. One industry group¹⁴ places some of the blame on the increase in government programs with the 55 percent increase in consolidation correlating with the introduction of the Affordable Care Act (ACA) and the Medicare Access and CHIP Reauthorization Act (MACRA).

Of course, consolidation reduces patient choice.

We need more choice but is expansion of big companies into providing health services the answer? Amazon just made a \$3.9 billion agreement¹⁵ to buy One Medical. How ironic given that One Medical is a primary care service offering 24/7 personalized care. This adds to their purchase of PillPack pharmacy in 2018. Walgreens drug stores will now have in-store clinics staffed by VillageMD¹⁶ personnel and ultimately will own 30 percent of VillageMD.

CVS’s new venture is downright scary. CVS is seeking to purchase¹⁷ Signify Health, a managed care company and/or some other primary care provider group by the end of the year. Some even speculate that CVS wants to buy Teledoc, a major telehealth service. Teledoc already is the exclusive telehealth provider for Aetna. Why is this beyond disconcerting? CVS began its expansion by purchasing multiple drug store chains. In 2006 it added “Minute Clinics” to the stores. In 2007 CVS Corporation and Caremark Rx, Inc. merged, creating CVS Caremark, CVS’ own pharmacy benefits manager. In 2018 CVS merged with the health

insurance company, Aetna. (The antitrust judge did rule that as a condition of the approval, Aetna had sold its Medicare prescription insurance plans to WellCare Health Plans). That is called vertical consolidation – one company controls the whole stream of commerce.

Legally, there is not much we can do about it except protest with our feet. Seek out private practices where you are treated as an individual human being, not an income generator. The ideal practice is a cash-based practice¹⁸ or direct primary or specialty care practice¹⁹. With direct primary care, a monthly fee covers all doctor visits, drugs dispensed at the office at wholesale prices, and 24/7 access to your doctor. Odd as it may seem, paying cash to see the doctor or have outpatient surgery can be less expensive than buying insurance with its co-pays and high deductibles. All you really need is hospital insurance (unless you are a billionaire). If there is not such a practice near you, find a second opinion via telehealth²⁰.

It is up to us to save the patient-physician relationship – and just maybe our republic!

The links in the digital copy of this issue, at www.wtxcc.com, are clickable.

- 1 – <https://aapsonline.org/covidpatientguide/>
- 2 – <https://khn.org/news/article/private-equity-rural-hospitals-closure-missouri-noble-health/>
- 3 – <https://www.medicaleconomics.com>

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Food for thought By John Grimaldi

Liberal cities get a glimpse of the illegal immigration crisis

The Mayor of Washington DC, Muriel Bowser, has declared an “emergency” as a result of the nearly 10,000 illegal aliens sent up by the states of Texas and Arizona in the recent months of the migrant crisis. “How can we live up to our values and make sure we have a humane, efficient process to deal with a crisis not of our making,” she declared. The real question is how the border states can live up to the needs of their citizens; they are Americans, and it was the hubris of our Democrats in Washington, including President Biden, the Democrat-led Congress, and people like Mayor Bowser, that triggered the historic masses of illegals in the first place.

Congressman Troy Nehls (R-TX-22) had a lot to say about the issue during a recent interview on the Better For America podcast hosted by Rebecca Weber, CEO of the Association of Mature American Citizens. As for Mayor Bowser’s complaint about the 10,000 illegals that were sent her way, Congressman Nehls pointed out that the state of Texas, alone, has been getting 10,000 illegals every single day. He added that he thinks the border states should be sending more busses north.

In addition to Mayor Bowser in Washington, New York City Mayor Eric Adams and Chicago Mayor Lori Lightfoot are also complaining about the illegal migrant buses that have been sent to their cities.

Nehls noted that they “haven’t seen enough busses. Instead of sending five busses, we should be sending 50 busses or 500 busses. Because if you don’t remember, those cities run by those liberal mayors are welcoming cities, their sanctuary cities, bring everybody in [cities]. We sent a few busses and then they start complaining. And here in the state of Texas, we’ve been trying to address this illegal immigration crisis for decades, but specifically for the past 20 months under this administration. Millions of people [are] coming through, causing problems for Texas,

causing serious problems for those southern counties. And so now, they’re going to get a little taste of their own medicine they’re whining about it. Give me a break!”

He went on to point out that under President Donald Trump, America had “the most secure border” in four decades. And then came Joe Biden and Kamala Harris. Harris is supposed to be Biden’s “border Czar,” but she has not visited the border as of yet, says Nehls. He also pointed a finger at Homeland Security Secretary Alejandro Mayorkas who claims our southern border is secure. “It’s all a lie! Mayorkas is a liar,” he declared.

“And now we have a serious problem. We have fentanyl deaths well over 100,000 a year. And it’s coming in from the southern border. And we’ve had well over a few million in – including some 500,000 that got away. Those are the individuals that are avoiding apprehension. They’re avoiding detection because most of the 2 million that have come across wave the white flag. They say, ‘hey, border patrol, here I am, I’m coming across.’ They’re the ones that are the criminals, the ones with a lot of drugs, maybe bringing women over and children for sex trafficking. Those are the ones I’m truly concerned about because we’ve caught terrorists, 66 of them this year, and

it only took 15 to take down our buildings on 9/11. So, we’ve got a serious, serious safety issue.”

Nehls went on to discuss political implications for President Biden going forward. He believes that Republicans will get back control of the House of Representatives, at least. He pointed out that the president is out there in advance of the midterm elections trying to “fire up his base” by calling Republicans “Trumpers” and “semi-fascists.”

In reply, the Congressman said he doesn’t like it when his political rivals call him names. “I was willing to give my life for this country in Afghanistan and Iraq. Be careful what you say about me. Be careful what you say about the 74 million people that voted for Trump/ MAGA Republicans because he’s coming back. Donald Trump is coming back.”

The Association of Mature American Citizens (<http://www.amac.us>) is a senior advocacy organization that takes its marching orders from its members. We act and speak on their behalf, protecting their interests and offering a practical insight on how to best solve the problems they face today.

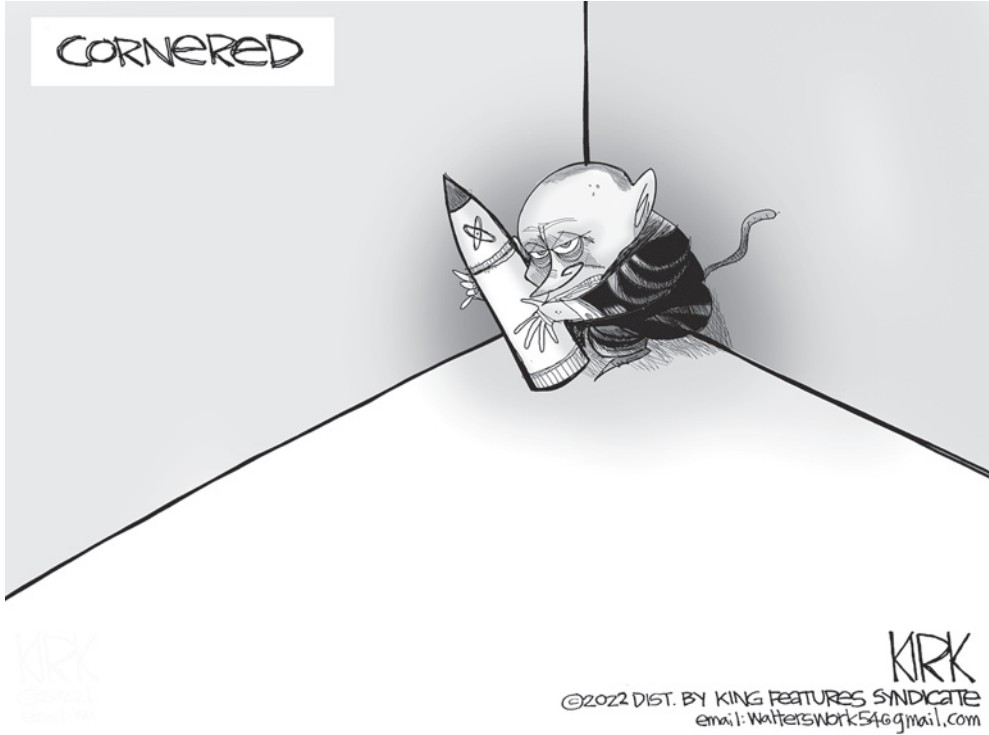
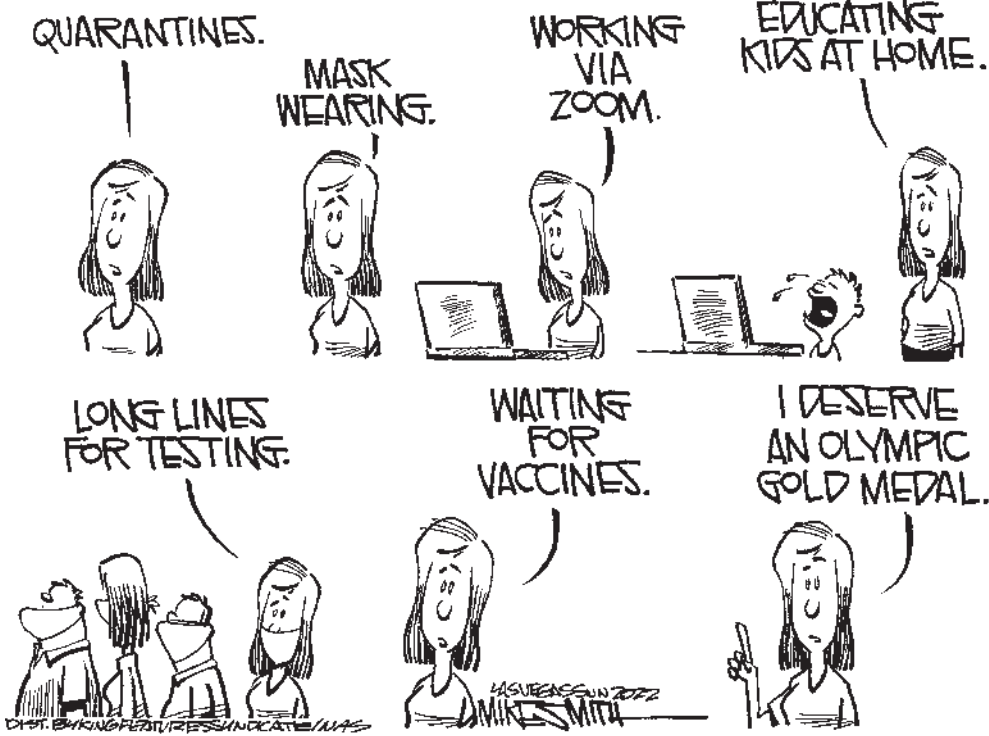
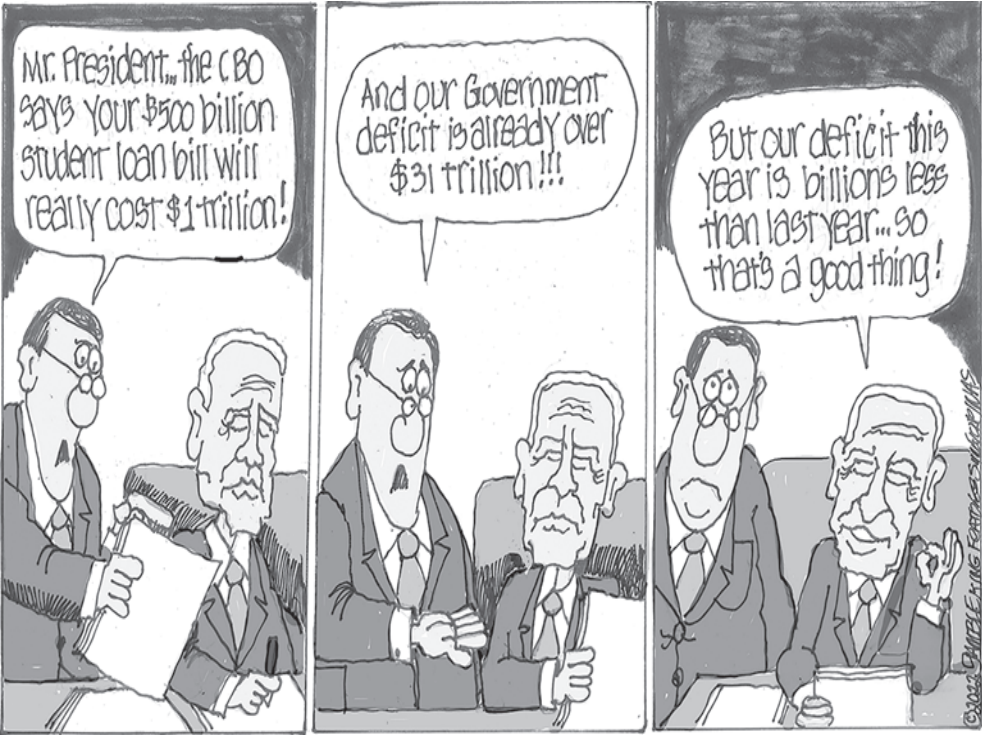
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Briefs

From Page 1

flu vaccination rate among adults. Texas was rated 44th in the report, ranking (1-Best; 25-Avg.):

- 29th–Influenza Vaccination Rate in Children Aged 6 Months to 17 Years Old;
- 31st – Share of Teenagers Aged 13-17 with Up-To-Date HPV Vaccination;
- 22nd – Share of Teenagers Aged 13-17 with MenACWY Vaccination;
- 45th – Flu Vaccination Coverage Rate Among Adults;
- 44th – Share of Adults with Tetanus Vaccination;
- 28th – Share of Adults Aged 60 and Older with Zoster Vaccination;
- 33rd – Share of Children 19-35 Months old Living

in Poverty with Combined 7-Vaccine Series;

- 51st – Share of Civilian Noninstitutionalized Population without Health Insurance Coverage; and
- 48th – Share of Children Under6 YearsOldParticipating inanImmunizationInformation System.

Visit <https://wallethub.com/edu/states-that-vaccinate-the-most/66237> for the full report.

– Diana Polk

Biting tale

An avid, anonymous baseball fan took “a bite” of the history of America’s National Pastime recently when he (or she) took possession of Ty Cobb’s false teeth at auction for \$18,000. When the legendary center fielder for the Detroit Tigers passed away in 1961 Cobb’s biographer, Al Stump, wound up with his dentures. Karen

Shemonsky purchased them at auction in 1999 for \$7,475, telling the New York Post: “This is such a thrill to me to now own a piece of baseball history.” This time around, the auction house, SCP, described Cobb’s choppers as being “well-preserved.”

– John Grimaldi

Riding the wake

The first time around, “Wakesurfer” Lori Keeton set the Guinness world Wakesurfing record for going at it for 8 hours straight. That was in 2021. She outdid herself this time around, breaking her record behind a motorboat for 15 hours, although her goal was to keep Wakesurfing for 24 hours. For those new to the sport, Wakesurfing involves riding a surfboard behind a motorboat without the

benefit of a towrope. She did it to raise money for the nonprofit Wake For Warriors organization that helps veterans access water sports.

– John Grimaldi

He got clipped

A pair of pranksters got their moment of fame, so to speak, when one of them proceeded to give his partner a haircut during this year’s U.S. Open in Flushing Meadows, NY. U.S. Tennis Association Brendan McIntyre told the Associated Press: “When someone saw it, security went to the two individuals. They were escorted out of their seats and then off the grounds for disruption of play. There’s a first time for anything.” But a social media buff managed to get a video of their sideshow.

– John Grimaldi



By Lucie Winborne

- The “Josh Fight,” started in 2021 by Josh Swain after he discovered a number of other folks on social media who shared his moniker, is an event held in Lincoln, Nebraska, in which hundreds of people named Josh duel with pool noodles to crown the “Ultimate Josh.” To date, the event has raised over \$20,000 for charity.
- In the 1970s, American Kitchen Foods, Inc., perhaps inspired by a picky young eater at home, tried disguising peas in a fry-shaped form with a product called “I hate peas.”

- Sea urchins acquired their name from hedgehogs, which were known as urchins until about the 15th century... meaning, of course, that sea urchins are therefore essentially ocean hedgehogs.

- Before you embark upon a detox regimen, you might consider this: In 2007, an advocacy group called Sense About Science reached out to the manufacturers of 15 so-called detox products and discovered that not one could come up with a definition of what they really meant by “detox.”

- Titanic director James Cameron drew that famous nude sketch of Rose in the film. (Kate Winslet wore a swimsuit for the scene.)

- The Hair Museum of Avanos, located beneath Chez Galip’s pottery shop in Cappadocia, Turkey, is filled with hair samples from over 16,000 women from around the world.

- Dolly Parton once offered 7th- and 8th-graders in her hometown of Sevierville, Tennessee, a gift of \$500 if they graduated from high school, reducing the dropout rate from 30% to 6%.

- “Poecilonym” is a synonym for the word synonym.

Thought for the Day: “If life were predictable it would cease to be life, and be without flavor.”

– Eleanor Roosevelt

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CALL FOR APPLICATIONS
Public Redistricting Committee for
El Paso Community College

The Board of Trustees for the El Paso County Community College District is currently seeking individuals to serve on its Public Redistricting Committee in order to receive public input and recommendations on proposed redistricting.

Responsibilities of the members will include:

- Attend and participate in multiple required meetings at various locations throughout the college district
- Raise awareness for the redistricting process
- Encourage residents to participate in the process and inform them of opportunities for public input
- Work with redistricting consultant to prepare proposed redistricting plans for public input
- Collect public input on proposed plans
- Evaluate and objectively discuss proposed plans
- Submit recommendations and proposal for redistricting plans for adoption by the Board of Trustees

Eligibility:

- Registered Voter
- Reside in the El Paso County Community College District

Applications are due at noon on October 4, 2022.

For application and more information, visit:

go.epcc.edu/redistricting



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Medicine

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com/view/private-equity-healthcare

4 – <https://publichealth.berkeley.edu/wp-content/uploads/2021/05/Private-Equity-I-Healthcare-Report-FINAL.pdf>

5 – <https://www.bain.com/insights/year-in-review-global-healthcare-private-equity-and-ma-report-2022/>

6 – <https://www.medpagetoday.com/special-reports/exclusives/95022>

7 – https://www.hopkinsmedicine.org/news/media/releases/johns_hopkins_researchers_sound_off_on_the_dangers_of_hospital_consolidation

8 – <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2769549>

9 – <https://www.nber.org/papers/w28474>

10 – <https://www.nber.org/papers/w27274>

11 – <https://www.beckershospitalreview.com/healthcare-information-technology/get-ready-for-a-future-of-rampant-healthcare-consolidation.html>

12 – <https://petris.org/consolidation-in-californias-health-care-market-2010-2016-impact-on-prices-and-aca-premiums/>

13 – https://www.ncci.com/Articles/Pages/II_Insights_QEB_Impact-of-

Hospital-Consolidation-on-Medical-Costs.aspx

14 – <https://www.admere.com/amr-blog/consolidation-in-the-healthcare-industry>

15 – <https://www.cnn.com/2022/07/21/tech/amazon-one-medical/index.html>

16 – <https://www.villagemd.com/press-releases/walgreens-and-villagemd-to-open-500-to-700-full-service-doctor-offices-within-next-five-years-in-a-major-industry-first-0>

17 – <https://www.fiercehealthcare.com/retail/cvs-eyeing-ma-primary-care-end-2022>

18 – <https://aapsonline.org/direct-payment-cash-friendly-practices/>

19 – <https://mapper.dpcfrontier.com/>

20 – <https://www.telehealth.com/>

Marilyn M. Singleton Singleton is aboard-certifiedanesthesiologist and Association of American Physicians and Surgeons (AAPS) Board member. She graduated from Stanford and earned her MD at UCSF Medical School. She attended UC Berkeley Law School,focusingonconstitutional law and administrative law. She teaches classes in the recognition of elder abuse and constitutional law for non-lawyers.

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Moments in time

THE HISTORY CHANNEL

- On Sept. 19, 1995, a manifesto by the Unabomber is published in the hope that someone will recognize the person who, for 17 years, killed and maimed innocent people by sending homemade bombs through the mail. David Kaczynski linked the writing style to that of his older brother Ted, who was later convicted of the attacks.
 - On Sept. 20, 1988, at the Summer Olympics in Seoul, South Korea, American diver Greg Louganis wins the gold medal on the springboard despite nearly knocking himself unconscious during a qualifying round dive the previous day. Bloodied and dazed, he received five stitches from a doctor before returning to the board.
 - On Sept. 21, 2008, the last game at historic Yankee Stadium – “The House That Ruth Built” – is played. In the finale, the New York Yankees beat the Baltimore Orioles, 7-3, as future Hall-of-Famer Mariano Rivera closed the game with a perfect ninth inning.
 - On Sept. 22, 1776, in New York City, Nathan Hale, a captain in the Continental Army, is executed by the British for spying. Before being executed, legend holds that Hale said, “I only regret that I have but one life to lose for my country.” There is no historical record to prove that Hale actually made this statement.
 - On Sept. 23, 1846, German astronomer Johann Gottfried Galle discovers the planet Neptune at the Berlin Observatory. The blue gas giant has a diameter four times that of Earth and completes an orbit of the sun once every 165 years.
 - On Sept. 24, 1975, “Three Days of the Condor,” a political thriller starring Robert Redford, opens. In the film, Redford played a low-level CIA employee being stalked by an assassin. The film was based on the novel “Six Days of the Condor” by James Grady.
 - On Aug. 25, 1835, the first in a series of six articles announcing the discovery of life on the moon appears in the New York Sun newspaper. “The Great Moon Hoax” described evidence of life forms including unicorns and winged humanoids resembling bats.
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EPCC

From Page 1

equity college-wide, EPCC is strengthening our community,” Dr. William Serrata, EPCC President said. “Receiving the HEED Award for the 10th year in a row is an honor we are proud of and it recognizes EPCC’s commitment to diversity that is carried forth by our faculty, staff and administrators every day.”

INSIGHT Into Diversity magazine selected EPCC because of its work to foster and promote cultural awareness and respect not only among employees but also among our students and the surrounding El Paso community.

The target is to educate and disseminate information that highlights and celebrates the numerous cultures that construct and influence our world.



– Photo courtesy EPCC

Dr. William Serrata

“The HEED Award process consists of a comprehensive and rigorous application that includes questions relating to the recruitment and retention of students and employees – and best practices for both – leadership support for diversity, campus culture and climate, supplier diversity, and many other aspects of campus diversity and inclusion,” said Lenore Pearlstein, publisher of INSIGHT Into Diversity magazine. “We take a detailed approach to reviewing each application in deciding who will be named a HEED Award recipient. Our standards are high, and we look for institutions where diversity and inclusion are woven into the work being done every day across their campus.” Visit insightintodiversity.com for more information about the 2022 HEED Award.

PUBLIC NOTICE TO ALL INTERESTED PERSONS AND PARTIES:

The *West Texas County Courier* will publish two editions early. The October 13 and October 20, 2022 issues will go to press on Monday, October 3, 2022.

All material for these publications must be submitted to the *West Texas County Courier* no later than Thursday, September 29, 2022.

The *West Texas County Courier* office will close beginning Friday, October 4, 2022. The office will open again on Friday, October 21, 2022.

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Medicare’s Annual Enrollment Period starts on Oct. 15th

Baseball is stealing some of the NFL’s thunder

By Steve Escajeda
Special to the Courier

Usually, football dominates the sports calendar, even during the offseason. Fans like keeping up with football even when there’s no football being played. That just demonstrates how popular the game is, whether it’s high school, college or the NFL. But now that we’re in the middle of football season, believe it or not, there’s another sport that is gaining the interest of even avid football fans. Major League Baseball is headed

down the home stretch of its season and teams are positioning themselves for the upcoming playoffs. That should be exciting enough, but the reason people are starting to notice baseball is because of Aaron Judge and Albert Pujols. Both players are approaching home run milestones at the same time. It’s rather exciting to see if they can each achieve history with the season winding down. At least as of last weekend, the New York Yankees outfielder Aaron Judge had hit 57 home runs. At least as of last weekend, the 42-year-old St. Louis Cardinals designated hitter

Albert Pujols had hit 698 career home runs. There are a couple weeks left in the regular season. Judge is looking for five more home runs to break Roger Maris’ American League record of 61 home runs in a season. Pujols is looking for two more home runs to reach 700 for his career before he retires at the end of this season. For both sluggers, it’s not only a milestone, but it’s an end-of-the-season race to reach a milestone. We all know that Barry Bonds holds the official record with 73 home runs in a season, and that Mark McGwire hit 70 and Sammy Sosa 66. We also know that these home run records are tainted because they were all achieved in the steroid era of baseball.

Did the steroids help? Well, let’s put it this way, the most home runs Bonds ever hit in any of his other 21 years in the league was 49. That is why there are many fans that believe New York Yankees slugger Roger Maris’ total of 61 is still the real record. Maris hit his 61 back in 1961 long before players started taking drugs to enhance their strength and speed. So if Judge reaches 62, some will believe he is the true home run king. Others will say no, he still trails Bonds, McGwire and Sosa. One thing is for certain. If Judge does reach 62, he will break the American League record. Bonds, McGwire and Sosa all played in the National League. Albert Pujols is nearing the end of his 22nd and final baseball season.

His bat speed isn’t what it used to be, he can’t run as fast and he’s put on a few more pounds. But what he’s done over the last couple months has been amazing. In the first three months of the season, he hit just five home runs. It looked like he wouldn’t come close to joining the 700 club. But since July, Pujols has hit 14 homers and at times has looked like the Pujols of 20 years ago. What does it mean to reach 700 home runs? Well, only three guys in history have done it, Barry Bonds (762), Hank Aaron (755) and Babe Ruth (714). So every night, fans are now checking out the St. Louis Cardinals to see if Pujols, who is one of the classiest and most admired men in the league, can reach that coveted mark. Whether you love or hate the Yankees, everyone is checking out New York every night to see if Judge will catch fellow Yankee Roger Maris. It’s nice to see that baseball is capturing a bit of our interest in the middle of football season. I know baseball gets a bad rap for being dull, too slow and lacking interesting star players, but it shows that good play and good stories will gain anyone’s interest. Can you imagine networks cutting away from an NFL game to show Judge or Pujols batting if either one is just one home run away from their respective goals? Baseball needed this in the worst way. Let’s hope both Judge and Pujols get it done. Hey, you never know, they might do it on the same night.

Senior moment

By Matilda Charles

Build muscles with strength training

Strength training is one of the best things we can do for ourselves to maintain strong bones, increase muscle strength and improve mobility, balance and coordination. Those things in turn reduce our risk of falling and help maintain our independence. Many of us, however, don’t know where and how to start. The Centers for Disease Control and Prevention, in conjunction with Tufts University, has a free 126-page book titled “Growing Stronger: Strength Training for Older Adults” (www.cdc.gov/physicalactivity/downloads/growing-stronger.pdf). If you can’t download the book, call the CDC at 800-232-4636, and it can be mailed to you. Start using the book (either reading it online or having it sent to you) by completing the test to see if you need to run the program by your doctor, especially if you’ve had any surgeries for your knee or hip. Your second step should be to read the section on getting motivated, because yes, some of us need coaxing to start exercising. Take a look at www.cdc.gov/physicalactivity/basics/older_adults/

[index.htm](#) for additional information on senior exercise from the CDC. For an additional source of help, consider investing in two sessions with an exercise coach who specializes in seniors. Things they’ll be able to teach you include how to do each exercise and how to use hand weights without straining joints. At the second session you’ll be able to ask any question that came up and verify that you’re still doing the movements correctly. It’s hard to know what information to trust these days, but one source I’ve always trusted is Consumer Reports. When not testing the items they review, they go straight to good, solid sources for information. Search consumerreports.org for “Strength Training Tips to Live Longer and Better.” And while you’re looking around the Consumer Reports website, consider signing up for their weekly email newsletters. They’re free, and you can chose between cars, health, home, smart buying, money, food and more.

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Send Your
Newsbrief To:
wtxcc@wtxcc.com

Super Crossword

POD-TIME WORK

ACROSS

1 Picture dish

6 Lo _ (Chinese)

10 Eyes, to bards

14 Step heavily

19 Like zebras' necks

20 Author Sarah _ Jewett

21 Beet or yam

22 Womanizer, perhaps

23 Spotted steed

25 Womanizer, perhaps

26 Bacteriology gels

27 Some sporty trucks, briefly

28 Jai _

29 Illegal boxing blow

31 Superhero with a magic ring

34 Fruit such as a peach or plum

35 Chicks' hangouts

36 Heavy horn

37 Baldwin of "Drunk Parents"

38 Rascally sort

41 Moniker for Lincoln

44 Royal Dansk treat

48 Speaker's stand

52 Cash caches requiring PINs

55 Wingtips' tips

56 Impassioned

57 Bee or Em

58 Neighbor of Burkina Faso

60 Off. helper kids

63 The clear, open outdoors

66 Epps of "Juice"

68 City in southern California

69 Stephen of "Angie"

70 A tyrant rules with one

74 Prefix with skeleton

75 Common chamber group

77 Conductor Solti

80 Capital of Peru

82 Painter Dufy

83 TV's _ May Clampett

84 Annie player

86 Ankle-length skirt

88 Caused to propagate

89 Airline to Tel Aviv

90 Spur-of-the-moment choice

93 Federal benefits org.

95 "Yoo-hoo!"

96 _ Hashana

97 2006 Nintendo debuts

100 Taj _

105 Bursts in space

107 Figure at Madame Tussauds

110 Former Seabee, say

114 Scottish island

115 Agts. going after tax evaders

116 Banishment

117 Fix up text

118 What someone who completes this puzzle does?

120 "Daniel" singer

121 Solemn act

122 The Beatles' "Let _"

123 Arm bones

124 School VIPs

125 Luminary

126 Warty critter

127 Actress Sharon

DOWN

1 Challenge as questionable

2 _ d'

3 French for "years"

4 Prepare

5 Tokyo, once

6 Dough

7 Off-course

8 As originally found

9 Once called

10 Hatch of Utah

11 Large crucifix

12 Unlimited

13 Wheel turner

14 Von _ family ("The Sound of Music" group)

15 Rascally sort

16 Arab country

17 Bygone Ford div.

18 Sumptuous

24 TV's Linden

29 "Sauer" hot dog topping

30 New Mexico's flower

32 Top-secret govt. org.

33 Fade away

37 "This is only _"

38 Swedish retail chain

39 Floss flavor

40 Furry adoptees

42 " _ Cafe" (old Whoopi Goldberg sitcom)

43 Drinking alcohol

45 Exactly

46 Leia's last name

47 Unscented

48 Smidgens

49 Halo effect

50 Hip to

51 Florida or Ohio pol, e.g.

53 Poet Angelou

54 NBC fixture since '75

59 Short-hop plane

61 Rotational forces

64 Doggoned

65 Berlin loc.

67 Gives shape to, to a Brit

70 Humpbacked lab helper

71 " _ do you good"

72 Actress Ward

73 "Gotta go," to a

texter

75 Pulverize

76 Catch

77 Deep cut

78 Article in Augsburg

79 Big name in skin cream

81 "That went right by me"

85 Chutzpah

87 Cedar Rapids native

91 Paint appliers, e.g.

92 Veto

94 Sound box at a concert

98 Really digs

99 Floor-washing robot

101 "Insomniac" comic Dave

102 Showing benevolence

103 Sports spots

104 Contacts, e.g.

105 Floss fiber

107 Sea filler

108 Single

109 _ Vegas

110 Necessity

111 Wheel turner

112 "La Dolce _"

113 Hayworth of old films

118 Set of parts to be assembled

119 Ant or beetle

Answer Page 4

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

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

be a very good president. But at least I'm not him." Meanwhile, the Trump phenomenon has always been a form of political jujitsu, using the force deployed against it as a source of strength. The more Trump is called names and investigated, the better. Not to make light of it, but if the FBI

had shown up at Mar-a-lago with an armored vehicle and a couple of helicopters, Trump's lead over Florida Gov. Ron DeSantis, which had dwindled before jumping back up after the search, would be all but insurmountable. If Trump is bolstered by Biden's hostility, he also benefits from his weakness. Trump's favorable rating is about 40%, a poor showing that would be enough to make him the underdog

against any president who hadn't been cratering over the past year. Trump doesn't just narrowly beat Biden in prospective 2024 polling, he handily defeats Vice President Kamala Harris. There's being fortunate in your enemies, then there's hitting the jackpot. So Trump and Biden compensate for one another's weaknesses, and they are effectively working together to get Trump nominated – which Trump wants because it's the

Different drinking water is not the cause of diarrhea while traveling

DEAR DR. ROACH: While reading one of your recent columns, I learned that all water, except for distilled, contains electrolytes. I wondered if there are differences in the amount of each electrolyte in drinking water in different places in Canada, and if so, whether that might explain why I experience cramping and diarrhea while visiting another place? Through experience, I have been able to avoid the problem by drinking only bottled mineral or distilled water when I am away from my home. In cases where I have been on lengthier holidays, after I lived through the initial distress, eventually, my gastric system calmed down and seemed to accommodate the new source of water. I felt that my malady might be some sort of domestic version of Montezuma's Revenge, but the analogy is inapt because the water I have consumed away from my home was not contaminated. – M.T.



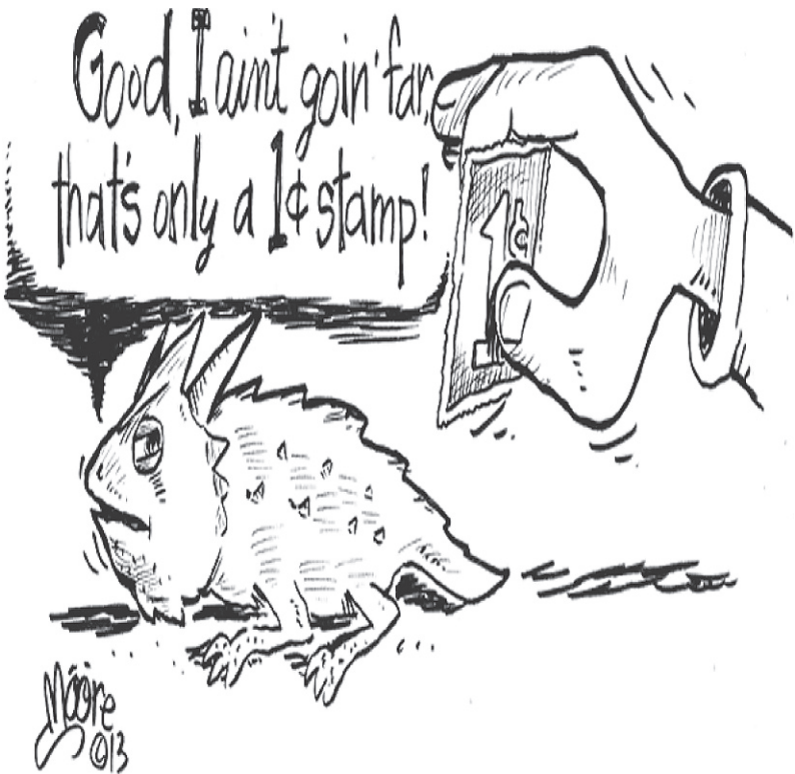
“Montezuma's Revenge” is an (insulting) term for traveler's diarrhea, specifically in reference to Mexico, where drinking water may be contaminated with bacteria. I don't think the answer to your diarrhea while traveling is in the water. The quality of drinking water in nearly all of Canada and the United States is outstanding, and bacterial contamination is exceedingly rare, as you say. Similarly, electrolytes are kept at very low levels in most parts of North America, although some water softeners do put a fair bit of sodium into the water in exchange for other ions, such as magnesium and calcium. Still, none of these trace minerals are likely to cause diarrhea. Some people develop diarrhea with stress. Other people are more likely to drink alcohol while traveling, and excess alcohol can cause diarrhea. I can't explain why drinking bottled or distilled water seems to prevent the problem.

DEAR DR. ROACH: I have been prediabetic for almost 20 years. Through diet and a prescription of metformin, I've been testing in the 115-120 mg/dL range for several years. Recently, I started eating fresh pineapple. I noticed that if I ate a few small pieces in the evening, my morning glucose would be in the 98-105 mg/dL range. This morning, it was 95 – a double-digit range I haven't seen in years. How can there be warnings that pineapple raises blood sugar levels, but in my case, it's lowering my fasting glucose? – K.G.

Fresh pineapple has a lot of fiber, which slows absorption of sugar and minimizes the increase of blood sugar that consumption of any sugar can cause. Canned or dried pineapple usually has lots of added sugar, along with the naturally occurring sugar, so avoid those. Increased fiber can help improve sugar levels. I wonder if you are eating pineapple instead of something else that might be raising your sugar more. For many people with diabetes, a small snack before bed can keep the blood sugar from getting too low. If your blood sugar is too low at night, the body responds by releasing hormones that raise your blood sugar (called the Somogyi effect). It may be that a little snack is keeping that from happening. The key may be that you can have just a few small pieces. I wouldn't recommend more.

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.

first step back to the White House and Biden wants because Trump would be the riskiest GOP candidate in a general election. It's not the most edifying relationship. Indeed, it's a de facto partnership toward a demoralizing re-run of 2020. But neither Trump nor Biden is as likely to get where they want to go without the other. Rich Lowry is editor of the National Review. (c) 2022 by King Features Synd., Inc.



Moore Texas by Roger MOORE
A Texas Horned Toad named “Big Jim” was mailed to 38 cities in 1938.

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: Z equals R

FN E LZEKH DN OMFKEPEZU
FB JKDPK RD LU ZUBFBREKR
RD LZUEJFKC, FR MEB
E CDDH OZEOJ ZUODZH.

Answer Page 4

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Weekly SUDOKU

by Linda Thistle

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

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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Burn pits and the PACT Act



by Freddy Groves

The Promise to Address Comprehensive Toxics Act, also known as the PACT Act, is intended to provide benefits and health care to veterans who were exposed to toxins and the subsequent illnesses from those toxins. We’re talking about burn pits and other airborne substances.

The list of presumptive illnesses will expand over the next several years to include brain cancer, gastrointestinal cancer of any type, glioblastoma, head cancer of any type, kidney cancer, lymphatic cancer of any type, lymphoma of any type, melanoma, neck cancer, pancreatic cancer, reproductive cancer of any type, respiratory (breathing-related) cancer of any type, asthma that was diagnosed after service, chronic bronchitis, chronic obstructive pulmonary disease (COPD), chronic rhinitis,

chronic sinusitis, constrictive bronchiolitis or obliterative bronchiolitis, emphysema, granulomatous disease, interstitial lung disease (ILD), pleuritis and pulmonary fibrosis, and sarcoidosis.

“Presumptive” means that if you have those conditions, and if you served in the designated locations during the specific time periods, it’s understood that your service caused the illnesses. You don’t need to prove it.

The act adds additional locations for Agent Orange exposure for Vietnam-era veterans, including American Samoa, Cambodia, Guam, Laos, Thailand and Johnston Atoll, all during specific dates. Remember: Sometimes just being on a ship that called at those locations will qualify you.

If you were a post-9/11 combat veteran, your eligibility to enroll in Veterans Affairs health care is extended from five years to 10 years.

And, in a big move, the act requires the VA to do a toxic exposure screening on each and every veteran using VA health care.

Go to www.va.gov/resources/the-pact-act-and-your-va-benefits for more information about eligibility for care under the PACT Act. You’ll find eligible locations listed there.

You can also call 800-698-2411 or file online at va.gov using VA Form 21-526EZ.

Even if you think you don’t qualify for PACT benefits, enroll anyway in VA health care. Get a record going so it’s there in the future should you need it.

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• This week we offer a hodgepodge of tips. Here’s one of my favorites: Use kitchen tongs to retrieve an item that is stuck behind a heavy piece of furniture. It is much easier than trying to move the couch. – Jo Ann

• “To save money on going out to eat, we purchase gift cards at the local warehouse club we belong to. It’s usually 10% or 15% below face value, but that helps with the tip and tax.” – E.S. in Missouri

• “Old suitcases (hard-sided ones) are really fun holders for craft supplies. You can use hook and loop tape to secure smaller containers to the inside lining. This has worked well for my scrapbooking supplies. They are easy to carry from room to room.” – L.A. in Georgia

• “We attached an over-the-door plastic shoe organizer to the back of our pantry door. The slots that are reachable by the kids hold healthy, single-serving snacks for the morning, to include in lunches or for after-school snacking. It’s easy and the kids have choices!” – M.M. in West Virginia

• Trying to lose weight? Many of us eat portions that are waaaaay too much. Try using a smaller size plate, or one with a border around it. Studies show that people who do so serve themselves less food and still feel satisfied.

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

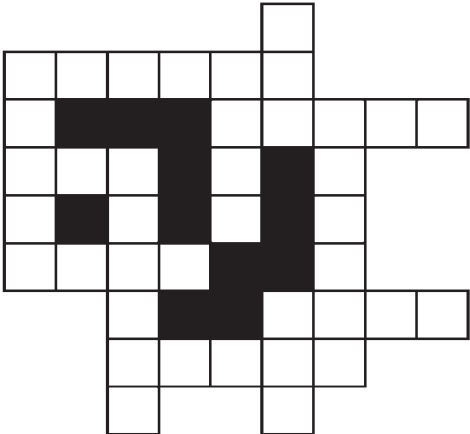
	÷		-			4
-		×		-		
	-		×			4
×		-		×		
	+		×			5
6		4		1		

1 1 2 3 4 5 6 7 9

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DOL
OURTEQ
♥ENWIS
♥NTWO
WANDIR
♥RAE
♥ESRU
♥ROTTU
♥EWN
WADPLE
RAWDA
♥DRIA



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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