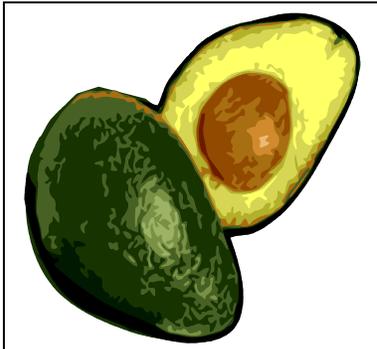
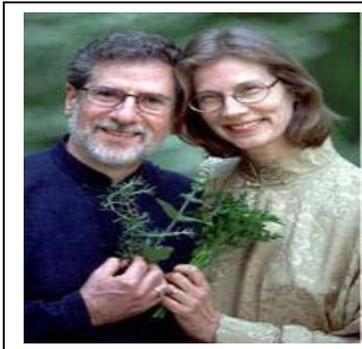


REPRESENTATIVE ROBERTO R. ALONZO'S capitol report



For more information concerning these topics or to schedule an appointment please call (512) 463-0408 or visit www.house.state.tx.us



Avocados Can Help Lower Cholesterol *

Recently, a reader wrote to People's Pharmacy columnists, Joe & Teresa Graedon (at www.peoplespharmacy.com) raving about avocados for improving cholesterol counts. The reader stated that he had had high cholesterol for many years, mostly around 335, and that in the past he had taken statin drugs to lower it but didn't like the side effects. The reader goes on to say that he had heard about avocados and lowering of cholesterol so decided to give it a shot. So for two months he ate an avocado every week. Later, when he had his blood work done, the doctor even called him at home in the evening to give him the exciting report results, and amazingly, he was thrilled at how well he was doing, stating that his cholesterol count had gone down from 335 to 215. And of course, the reader states that the doctor advised him to keep it up.

In responding to the reader, the Graedon's inform him that seven months previously, they had also heard from another reader that eating an avocado every week had also helped lower his cholesterol from over 200 to 176.

According to the columnists, research in rats has shown that adding avocado to the diet can improve desirable HDL cholesterol (*Archivos de Cardiologia de Mexico*, Mar. 2007). There don't seem to be many studies in humans, but one demonstrated that an avocado-enriched diet could help lower total and LDL cholesterol while it raised HDL cholesterol (*Archives of Medical Research*, Winter 1996).

Avocados are rich in mono-unsaturated fatty acids, the same type found in olive oil. You seem to have found a delicious way to control your cholesterol. For other ideas, see the Graedon's [Guide to Cholesterol Control and Heart Health](#).

[* This information provided courtesy of www.peoplespharmacy.com and health columnists, Joe & Teresa Graedon, 2011, July 25. This is not intended to be health medical advice.]

QUEST Program Provides Workforce Development Training; Seeks 80 Qualified Applicants

As a community-based workforce development program, QUEST: Dallas/Collin County (Quality Employment through Skills Training) **is pushing to get 80 qualified participants** into a 1-year certification program in areas such as construction (electrician, carpenter, plumber, construction site supervisor, etc.) as well as diesel mechanic, computer technology, and logistics management. Rep. Alonzo was among lawmakers who supported efforts at the state level to get funding through JET funds (Jobs, Employment & Training) last year and to keep funding this year. The QUEST program also secured funding through city council and private sources. The QUEST program's mission is to provide comprehensive, long-term training opportunities to economically disadvantaged adults in Dallas and Collin Counties. The goal is to help bring people out of poverty and into jobs where they can support families. It is a locally funded workforce training initiative created by Dallas Area Interfaith where participants receive long term (1-2 years) training in Dallas County Community colleges for high demand jobs that require high skills and pay minimum of \$16/hour with benefits and career path.

The QUEST Program will provide overview, orientation, and informational sessions on the following dates and times:

Tues, Aug 9, 2011 from 9:00 am - 10:00 am at Central Dallas Church
1950 Washington St. Dallas, TX 75204

Sat, Aug 13, 2011 from 9:00 am - 10:00 am at City Square
409 N. Haskell, Dallas, TX 75246

Tues, Aug 23, 2011 from 9:00 am - 10:00 am at City Square
409 N. Haskell, Dallas, TX 75246

Participants MUST RSVP to attend. For more information, and get more details about the program, or to sign up to attend, e-mail or call the following:

E-mail: questcasemanager@gmail.com or

PH: (214) 821-2252.

Facebook: Success with QUEST Dallas.



Rep. Alonzo Honors Area Valedictorians/Salutatorians on Mon, Aug 1

As he has done in previous years, on Mon, Aug 1, at El Fenix Restaurant, Rep. Alonzo (*far right in picture above*) hosted a special reception honoring the distinguished academic achievements of all valedictorians and salutatorians from area public high schools in House District 104 in Dallas. In addition to the honorees, also in attendance at the event were the parents and administrators/educators for the campuses where the students attended high school.