



– Photo courtesy of the Southwest Region of the US Fish and Wildlife Service (USFW)

SETTING LAND ASIDE – The establishment of a refuge in the Eagle Mountains of the Trans-Pecos region is a proactive conservation endeavor aimed at strategically preserving a representative example of the Chihuahuan Desert eco-region currently underrepresented within the National Wildlife Refuge System.

National wildlife refuge proposed for El Paso, Hudspeth, Culberson counties

By Alfredo Vasquez
Special to the Courier

An effort to create the first national wildlife refuge in West Texas and help meet the growing demand for access to nature is slowly picking up steam. Support for the effort is growing where members of local and regional conservation organizations including the El Paso Chapter of the Sierra Club are getting behind the proposal.

“Establishing a refuge within the core of the northern Chihuahuan Desert would not only protect one of the natural treasures of Texas, but preserve the cultural heritage of the region,” stated Rick LoBello, an El Paso environmentalist and ardent supporter of the proposed wildlife refuge.

The Southwest Region of the US Fish and Wildlife Service (USFW) is proposing the new Vista Del Aguila National Wildlife Refuge in the Trans-Pecos region of far west Texas near Sierra Blanca and Van Horn, Texas.

According to the proposal, the refuge would

be a USFW contribution to a multi-agency/multi-landowner conservation partnership in the Trans Pecos area and would support coordinated efforts of resource management activities through strategic landscape-level conservation planning within the northern Chihuahuan Desert eco-region.

In 2010, the USFW signed on to a Memorandum of Understanding (MOU) supporting a new Desert Landscape Conservation Cooperative and President Obama’s America’s Great Outdoors initiative. The MOU between the USFW, U.S. National Park Service (NPS), and the U.S. Geological Survey (USGS) is designed to begin a collaborative effort for research and management activities of the natural and cultural resources in the Rio Grande Basin

and Chihuahuan Desert of the Trans-Pecos region.

The entire Chihuahuan Desert eco-region consists of approximately 148 million acres. The U.S. portion consists of approximately 38.5 million acres within the states of Texas (23.6 million acres) and New Mexico (14.9 million). Currently, less than one percent (or approximately 281,000 acres) of Chihuahuan Desert habitat is protected within the National Wildlife Refuge System, solely on refuges in New Mexico, according to LoBello.

Increased development and population growth in the Trans-Pecos land, especially near urban areas, is reducing large-scale areas of biologically sustainable habitats and creating additional habitat fragmentation, explained LoBello.

LoBello pointed out that the City of El Paso, the nation’s largest border city, is experiencing continued development and population growth. In addition, the Fort Bliss Army Air Base also is experiencing an increase of thousands of soldiers along with their families. And, across the border from El Paso along the Rio Grande, is the rapidly-growing Ciudad Juarez, Mexico, a city of approximately 1.5 million people.

“Given the growth and population trend in the bi-national metropolitan cities of El Paso-Juarez and the surrounding communities of West Texas, pressure continues to be placed on the Chihuahuan Desert ecosystem and its limited resources,” related LoBello.

“In a state where 80 percent of the population lives in urban areas, there is a growing demand for access to lands to experience nature. In addition, there is a need to provide more opportunities for outdoor recreation near major population centers and adequate conservation of the state’s natural regions and cultural heritage,” LoBello stated.

According to the environmentalist, the establishment of the first refuge within the vast expanse of the Trans-Pecos would serve various purposes including to reduce habitat fragmentation by protecting a large expanse of the Chihuahuan Desert not currently

Rosales joins elite orchestra

By Gustavo Reveles Acosta
Special to the Courier

CANUTILLO – The Canutillo High School Eagle Pride Marching Band now had the distinction of having two of its members form part of the most elite youth music programs in the region. Jaqueline

Rosales, a junior at CHS, was admitted into the El Paso Symphony Youth Orchestra (EPSYO) for the 2013-14 season.

Rosales will join about 50 other student musicians from throughout the region to perform in what is considered the highest level of musicianship among

See ROSALES, Page 4

Quarrels would not last very long if the faults were only on one side.

– Quips & Quotes

See REFUGE, Page 5

Veterans Post By Freddy Groves

PTSD getaways

If you have Post Traumatic Stress Disorder (PTSD), organizations around the country have created camps and retreats just for you. In many cases, your family is invited, too.

Here are a few examples:

- In Washington state, Project New Hope Washington (www.projectnewhopewa.org) has a camp-style weekend retreat run by Lions Clubs volunteers. Professional counselors are on hand, and recreation activities are provided that help with coping techniques. The goal is to facilitate re-integration back into the family and community. This camp is free, including meals and accommodations.

- In New Mexico, there are National Veterans Wellness and Healing Center retreats run by the Department of Veterans Services. You must have a diagnosis of PTSD from the Department of Veterans Affairs to attend these are seven-day retreats, which are for individuals and couples (www.dvs.state.nm.us/wellness_retreats.html or call 575-595-1971).

- The Kieve Veterans Camp on the coast of Maine has two mid-winter camps as well as

during summer. In January 2013, there is a women-only camp. The family camp runs in April. (The Vietnam Only camp session in December is already full.) Depending on the season, activities can include fishing, canoeing, hiking, sledding, outdoor games, yoga, pottery, ropes course, climbing, ice-fishing, snowshoeing, cross-country skiing, massage, arts and crafts, woodworking and fireside chats. To apply online, go to kieve.org/veterans and click Application, or call 207-563-5172. (Be sure to ask when you call: It appears that a diagnosis of PTSD isn't necessary.)

To find a camp in your area, go online and Google "veterans retreats PTSD." Then try it again with your state listed.

If you're interested in exploring what a camp or retreat can do for you, contact the camps and ask about services they offer. Don't wait until the last minute.

Write to Freddy Groves in care of King Features Weekly Service, P.O. Box 536475, Orlando, FL 32853-6475, or send e-mail to columnreply@gmail.com. (c) 2012 King Features Synd., Inc.

Finances By Jason Alderman

Becoming the executor of someone's estate

One of the most important decisions you'll make when writing your will is determining who should be named executor of your estate. Even if you're just leaving behind household goods and a small savings account, someone – whether appointed by you or the state court – must settle your affairs.

Some people consider it an honor – or duty – to take responsibility for ensuring that their loved one's final wishes are carried out. But serving as an executor can be onerous and time-consuming, even for those with a strong financial or legal background. In a worst-case scenario, executors who act imprudently or in violation of their duties can be sued by beneficiaries and creditors.

Plus, you'll likely have to deal with the dreaded probate, a court-supervised process of locating and determining the value of the deceased's assets, paying final bills and taxes, and distributing what's left to the heirs.

Before you agree to serve as an estate's executor, make sure you understand what will be required of you. Major responsibilities often include:

- Manage paperwork on behalf of the estate, including the will, trusts, insurance policies, bank, investment and retirement account statements, birth and death certificates, marriage, prenuptial agreement or divorce papers, military service records, real estate deeds, tax records, etc.

- If the estate is complicated or likely to be contentious, you may want to hire a lawyer and/or accountant to help navigate the maze of paperwork.

- File a certified copy of the will with the local probate court, which will determine if probate is necessary.

- If the probate court confirms you as executor, you'll be issued a document called "letters testamentary," which gives you legal authority to act on the estate's behalf, including opening a bank account in the name of the estate to pay outstanding debts (loans, utilities, medical bills, credit card balances, etc.)

- Notify all interested parties of the death. These

might include: government agencies (Social Security, Veterans Administration, Medicare, U.S. Post Office, DMV); financial institutions; creditors; current and former employers; retirement plan administrators; investment firms; insurance companies; doctors and other professionals; landlord or tenants; utilities, etc.

- You'll often need to send a copy of the death certificate to close out accounts, claim insurance benefits, change ownership of assets or accounts to the estate or a beneficiary, so order ample copies through the funeral home or county health department.

- Locate assets, including personal property, bank accounts and safe deposit box contents, and ensure that they are protected until sold or distributed to inheritors. This may involve updating home and car insurance, changing locks, overseeing appraisals of property that must be sold, etc.

- Collect money owed to the estate, such as outstanding wages, insurance benefits, retirement plan benefits and rents.

- Notify heirs about their bequest.

- File the deceased's final federal, state and local tax returns, as well as federal and state estate tax returns, if applicable.

- Once probate has closed, you will distribute the remaining assets to named beneficiaries.

- Because acting as an executor can be very time-consuming (often taking months or years), you are allowed to charge the estate a fee for your time – usually a percentage of the estate's value, as dictated by state law.

In short, both parties should thoroughly understand what's required of an estate's executor to make sure it's a good fit. There's no shame in saying no if it's beyond your abilities, and plenty of professional help is available – and advisable – if you do need assistance.

Jason Alderman directs Visa's financial education programs.

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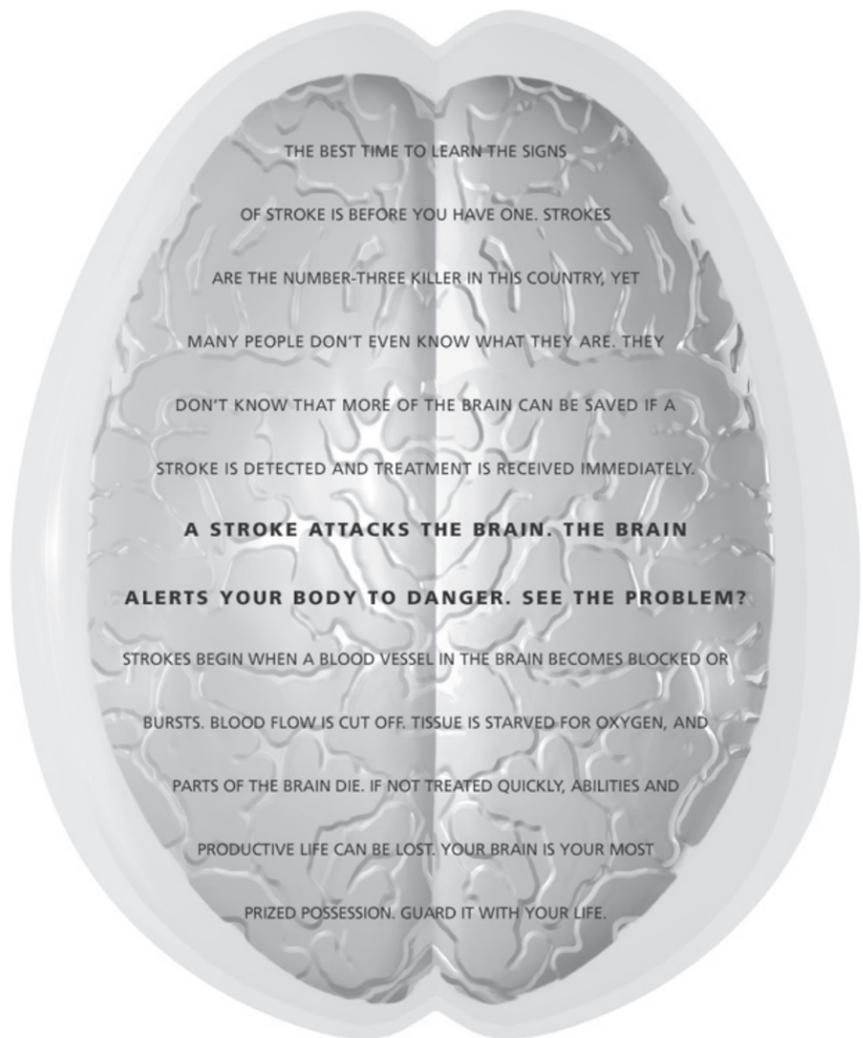
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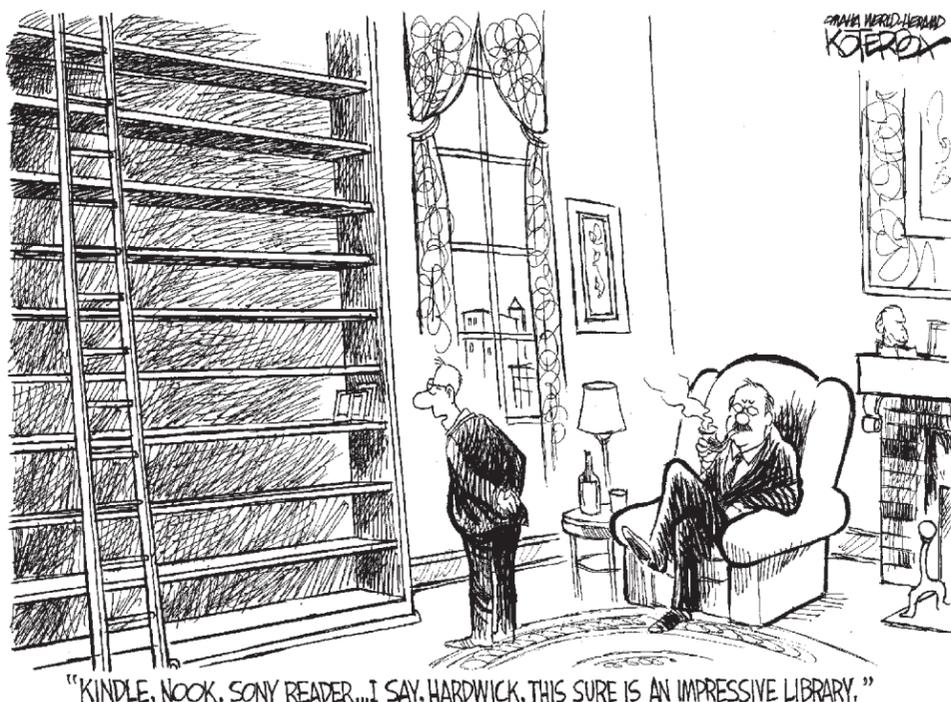
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THE AMERICAN WORKER 2013



What's up doc? By Albert Balesh, M.D.

Say what?

Classic rock star Pete Townshend of The Who once wrote in his youth, "Hope I die before I get old." Perhaps aging rockers like Mr. Townshend, Eric Clapton, Neil Young, and the legions of Baby Boomers who attended their deafening rock concerts are wishing they had all the more, as the occupational hazard of progressive hearing loss closes in on them. Some blame age, others genetics, and then there are those who attribute decreases in auditory acuity to those blaring rock concerts attended by the over 50-somethings in their youth. Whatever the cause, 27 million Americans find themselves cranking up the volume on their television sets, radios, and interpersonal relationships, to the chagrin of children, grandchildren, friends, and acquaintances, in order to attain some semblance of hearing normality on a slippery, downward slope. As is usually the case, history appears to be repeating itself, too, as ear buds, earphones, headsets, and sound systems get larger and more powerful, indoctrinating and baptizing the youth of today in a sonic invasion that has all but sent the "sounds of silence" the way of the dinosaur. If you are a disbeliever or one of the uninitiated, a quick visit to your neighborhood public library or Starbucks Café should suffice as a cold shower.

The 15,000 hair cells of the inner ear, those microscopic inhabitants of the cochlea responsible for the translation of sound vibrations into brain signals, are wishing they were never born, as they die off and fail to regenerate as a result of normal aging or sonic rape. When that occurs, and the years of exposure to loud noises take their toll, the hapless victim to presbycusis, or gradual hearing loss, finds it difficult to not only recognize certain sounds and hear speech clearly, but also to filter out background noise. Quiet conversation then becomes preferable to the hustle and bustle that once made life exciting. While inner ear cells cannot be repaired, damage control is the name of the game, and losses can be cut by limiting exposure to further loud noises. Experts say that listening to just one loud song on the myriad of snug ear devices out there is enough to cause immediate damage to hair cells. Sleek and nearly invisible hearing aids can come to the rescue, reducing vanity and background noise while enhancing clarity of sound bites, but since when does a pound of cure trump an ounce of prevention?

It is not only rock n' roll that has its hands in hearing loss, but the kidney and heart must also bear their fair share, causing greater than average risk of developing presbycusis.

Toxin buildup from poor kidney function and decreased blood flow in cardiovascular disease can damage nerves in the inner ear. And here you thought those organs were but masters of the "dump and pump," respectively! Think, again. While improvement in their function will neither raise the dead nor reverse auditory loss, it will certainly go a long way to prevent worsening of the latter.

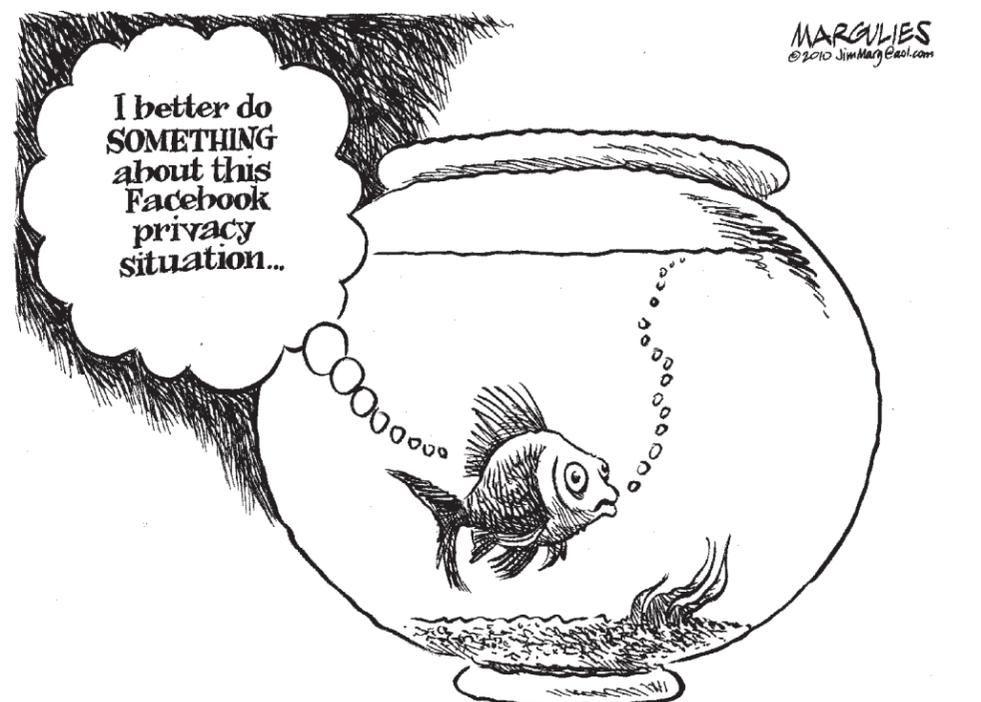
Excess mucus from infection or allergy and accumulation of earwax may also add to a bad situation getting worse, as they block the eustachian tube running from the throat to the middle ear, cause a feeling of fullness, muffle hearing, and pop, ping, or ring (tinnitus) their way to simple annoyance or something more sinister, namely a loss of balance. Have no fear, however, as they can be dealt with in short order. Infections can be eliminated, inflammation reduced by decongestants and antihistamines, and earwax removed by suction, irrigation, or nasal spray. Sparing the Q-tip® will not spoil the eardrum, either. In fact, at the least, it will prevent its perforation.

Were that not enough, in the dog days of summer, when a vacationer's fancy turns to thoughts of cool waters and sandy beaches, hearing loss with accompanying fullness and pain can turn days off into "off" days. Water entering the external ear canal can break down its lining skin layer and provide a breeding ground for bacteria, with subsequent infection and exquisite pain. The condition is called otitis externa, and it is usually treated with antibiotic-containing ear drops. When swelling or fluid buildup is added to the mix, however, the infection can extend to the middle and even inner ear, with hair cell and nerve compromise, and hasta la vista to the sweet sounds of summer. Trying to do good can be bad, too, as high doses of aspirin, IV antibiotics, chemotherapy agents, and diuretics can provoke the same chain of events.

So, when is enough finally going to be enough? While no one is advocating a closing down of rock concerts, moderation becomes the plat du jour when an informed public trains its aim, if not its ears, on sound levels of 85 decibels (dB) or greater. At those levels, hearing loss can become gradual and permanent, regardless of hemlock selection or sonic poison, whether it be shotguns firing, jet planes taking off, ambulance sirens, MP3 players at maximum volume, subway noise, heavy city traffic, or, closer to home, the whirring and loud purring of dishwashers and vacuum cleaners.

Pete Townshend should have quit while he was ahead!

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It's the law By Texas AG Greg Abbott

Grandparent scam steals from senior Texans

Many scams are designed to prey on the elderly, one of which is the family emergency scam – often known as the grandparent scam. Although variations of this scam have been around for a long time, it has become more sophisticated with the proliferation of information online. To add credibility to their calls and emails, con artists are often using personal information gleaned from family blogs, genealogy sites, social networking sites and online newspapers.

The "original" grandparent scam has claimed many victims by taking advantage of a grandparent's natural desire to protect a grandchild. According to complaints received by the Attorney General's Office, Texas retirees and senior citizens typically receive a call from an individual claiming to be their grandchild and then asked for money because the supposed grandchild is in trouble in a foreign country.

To set up the ruse, the caller begins by saying something like "Hi, grandma," or "Hey, it's your favorite grandson." The caller typically claims that he or she has been in an accident, was arrested, is stranded or is in similar trouble and needs money immediately. The "grandchild" also insists that the victim not tell anyone else, including the "grandchild's" parents – which

increases the odds that the fraud will be successful.

If all goes according to the con artist's plan, the senior citizen will wire money to the "grandchild." By the time the senior realizes that the call was fraudulent, the money is long gone and most likely not recoverable.

Senior citizens have become wise to the scam in recent years, so scammers are adapting to make the scheme even more difficult to detect. Scammers have turned to the Internet and social media to research their victims and the loved ones they're impersonating – making their act even more believable. They've also resorted to emails as well as phone calls, and are targeting a wider range of individuals claiming to be the target's niece, nephew or other family member.

Sometimes the callers even claim to be a law enforcement officer or lawyer representing a senior citizen's loved one and ask for the money to be wired to them on the loved one's behalf. Yet another ruse designed to lend credibility to the bogus call is for scammers to team up and call potential victims together. One scammer impersonates a law enforcement officer or lawyer and states that the loved one is in trouble and needs financial assistance, then hands the

phone to a second scammer that impersonates a crying and very upset loved one.

Telephone calls or emails that urgently request money and insist upon secrecy are red flags that a scam is underway. Other signs of detection are callers who claim to be relatives that are currently in Canada, Mexico or another foreign location; callers with unfamiliar voices who claim to be loved ones; and callers who are vague or elusive and get personal details wrong.

To protect themselves from falling victim to the grandparent scam or any other fraud, senior Texans should always exercise some skepticism when they receive telephone calls urgently requesting money. Retirees and senior citizens who receive a telephone call or email from a relative who urgently requests money should verify the caller's identity by asking personal questions a stranger would not be able to answer. Seniors should never "fill in the blanks" for callers. Instead, they should ask callers to identify themselves. Senior Texans may also consider calling back the supposed "relative" using a telephone number they know to be genuine – or simply ignore the caller's wishes and verify the story first with another family member.



Jackie Rosales

– Photo courtesy Canutillo ISD

Rosales

From Page 1

teenagers in El Paso.

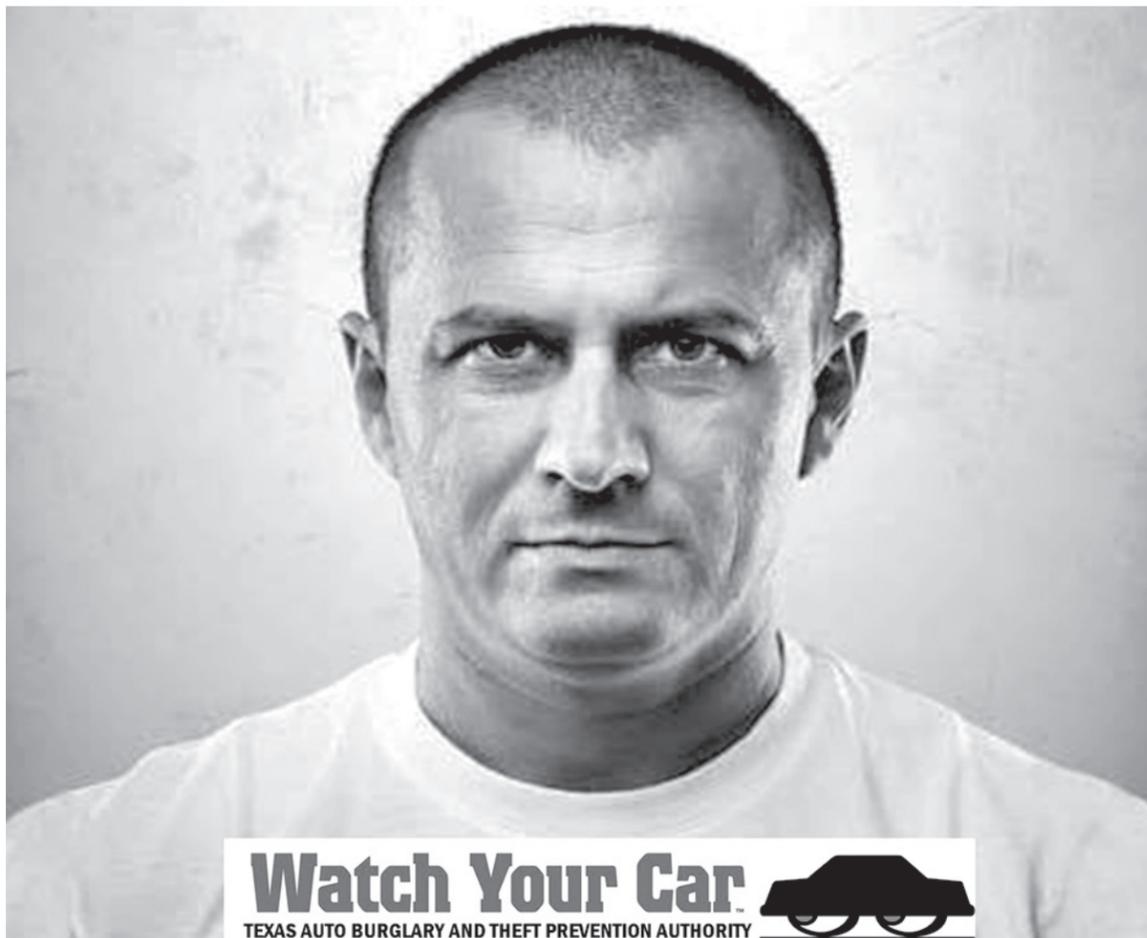
"Jackie is an extraordinarily gifted musician and a leader among her peers," said Regino Ramos, the director of the Canutillo School of Music and the Eagle Pride Band. "Her selection into the youth orchestra is proof positive that music education in Canutillo is thriving."

Rosales, who is the flute section leader for the Eagle Pride Band, is the second Canutillo High School selected for the program. Earlier this summer, EPSYO officials announced that CHS freshman trumpet player Sergio Gomez had also been selected to be part of the orchestra this season.

Gomez and Rosales will perform with EPSYO in a series of concerts at the Abraham Chavez Theatre and the historic Plaza Theater in Downtown El Paso.



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– Photo courtesy of the Southwest Region of the US Fish and Wildlife Service (USFW)

WIDE OPEN SPACES – The Southwest Region of the US Fish and Wildlife Service (USFW) is proposing the new Vista Del Aguila National Wildlife Refuge in the Trans-Pecos region of far west Texas near Sierra Blanca and Van Horn, Texas.

Refuge

From Page 1

represented in the Trans-Pecos national wildlife refuge system; provide an area within proximity to a metropolitan center for the public to engage in positive outdoor experiences; and establish a link to existing conservation areas to preserve the biological diversity within the Chihuahuan Desert.

“Conservation and heritage education, particularly for the next generation, is vital to the future,” LoBello asserted.

Individuals and organizations are encouraged to offer their support by contacting Dr. Benjamin Tuggle, Southwest Regional Director of the US Fish and Wildlife Service by email at RDTuggle@fws.gov. And, to learn more about how you can get involved in the effort, contact Rick LoBello at ricklobello@gmail.com.



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Notice of Public Meeting To Discuss Fabens Independent School District's State Financial Accountability Rating (FIRST)

The Fabens Independent School District will hold a public hearing at 6:30 p.m., Wednesday, October 16, 2013 in the boardroom of the Fabens ISD Administration Building, 821 NE "G" Avenue, Fabens, Texas.

The purpose of this hearing is to discuss Fabens Independent School District's rating on the state's financial accountability system.

WTCC: 09/26/13 & 10/03/13

Notice of Public Meeting to Discuss Clint Independent School District's State Financial Accountability Rating

Clint Independent School District will hold a public meeting at 5:00 PM, Thursday, October 17, 2013, in the Central Office Board Room, 14521 Horizon Blvd., El Paso, Texas 79928.

The purpose of this meeting is to discuss Clint Independent School District's rating on the state's financial accountability system.

WTCC: 09/26/13 & 10/03/13

Notice of Public Meeting to Discuss Anthony Independent School District's State Financial Accountability Rating (FIRST)

The Anthony Independent School District will hold a public meeting at 6:30 P.M. on Wednesday, October 16, 2013 in the Board Room, 813 Sixth Street, Anthony, Texas 79821.

The purpose of the meeting is to discuss Anthony Independent School District's rating on the State's Financial Accountability Rating System.

WTCC: 09/26/13 and 10/03/13

Notice of Public Meeting To Discuss San Elizario Independent School District's State Financial Accountability Rating (FIRST)

The San Elizario Independent School District will hold a public hearing at 5:30 p.m., Wednesday, October 9, 2013 in the boardroom of the San Elizario ISD Administration Building, 1050 Chicken Ranch Road, San Elizario, Texas.

The purpose of this hearing is to discuss San Elizario Independent School District's rating on the state's financial accountability system. This meeting will be held in conjunction with the scheduled board of Trustees' Meeting.

WTCC: 09/19/13 & 09/26/13

El Paso and the Diablos were a great partnership

By Steve Escajeda
Special to the Courier

Some things in this world just seem to go hand-in-hand.

Let's face it, peanut butter would never be as popular as it is without jelly.

How good would Abbott's "Who's on First" routine be without Costello?

And lightning wouldn't pack nearly as much clout without its buddy, thunder.

Forrest Gump was right, some things just go together, like peas and carrots.

Sadly, a long-time local partnership officially came to an end recently. All El Pasoans, young and old, were touched by this partnership in one way or another.

But as they say, good or bad, time goes on.

This season, 2013, will long be remembered as the final year of the El Paso Diablos and Paul Strelzin.

When I was a kid I remember spending most of my summers at old Dudley Field watching my heroes, the El Paso Sun Kings, play baseball.

My dad would take me, I'd pressure him into buying a game program and I'd get pretty sore when he always wanted to leave in the eighth inning to beat the traffic.

I experienced my first taste of independence when he started driving me and my buddies to the game and leaving us alone there when I was a young teenager.

By then, the team had changed their name to the Diablos and I couldn't help but notice this booming voice coming from what had to be the most uncomfortable press box in organized baseball.

But that voice was part of the show. That voice kept everyone at the ballpark interested even when not much was going on.

Of course that booming voice belonged to Paul Strelzin.

For years the two went hand-in-hand. I remember talking to my friends about how the Diablos did the night before and laughing at the antics of "The Strelz."

Whether it was the sound of his kazoo rallying the team or the whistles of the crowd warning "Mona the Elephant" that a Willie Aikens' home run may be coming toward her home at the El Paso Zoo, every night was memorable.

To this day whenever I watch a game and a team has loaded the bases, I can still hear Strelzin scream that the bases weren't loaded - they were "FOD, Full of Diablos!"

Still unbelievably to me, Strelzin passed away this past April. If ever there was an indestructible El Pasoan among us, it was Paul Strelzin.

Of course I felt the same way

about Don Haskins.

I guess time does go on.

El Paso is entering a new and exciting era next season with the beginning of triple-A baseball. And how can anyone not be thrilled about a new team, a new affiliation and a new baseball stadium?

But something new usually brings the end of something old.

After 40 years, the El Paso Diablos played their final game at Cohen Stadium on Aug. 25.

It's hard to believe that both the Diablos and Strelzin are gone. But it's fitting that they both left together during the same season.

The Diablos went on after Strelzin stopped announcing their games and Strelzin made a name for himself as the UTEP public address announcer and as the principal at Bowie High School.

But for all of us who were fortunate enough to experience the two together, nothing today can compare.

Of course we were younger then and the world didn't seem so big. It was nice and cozy, like Dudley Field.

Kids around today will tell their kids about the time that the El Paso Whatevers' played their first game

at "Whatever" stadium downtown.

They will have their own memories about the birth of triple-A baseball in El Paso. They will see the birth of a new El Paso first-hand.

But I doubt it will match the charm and innocence of those Dudley Field days with the ice cream in the plastic helmet or the good chance of coming up with a foul ball down the left field line or that booming voice coming from that rickety old press box.

Time goes on.

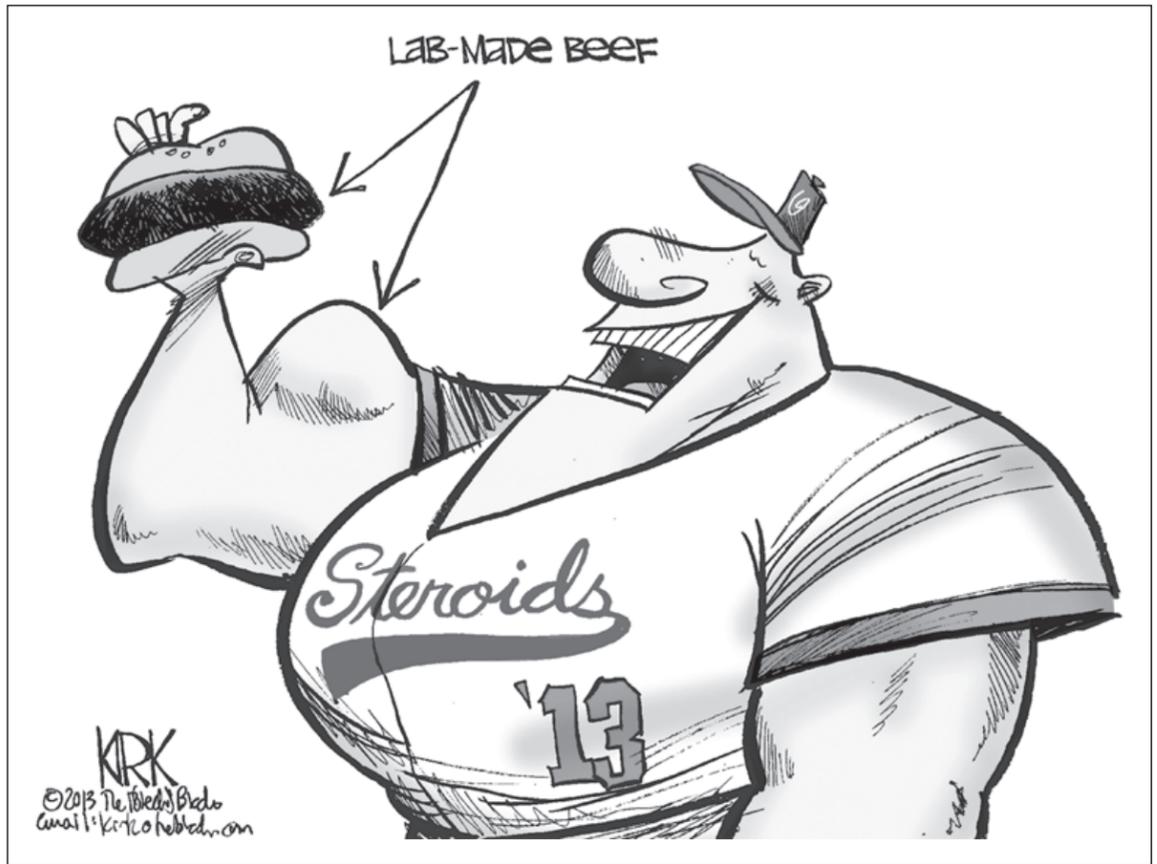
But thank goodness that at least we have our memories. And great memories stand the test of time.

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10.05 | 5:30 PM

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TICKETS: 915.747.5234 | UTEPATHLETICS.COM

Soccer
ALL GAMES LISTED ON UNIVERSITY FIELD
UTEP VS RICE | SEPT. 27 | 7 PM
UTEP VS SOUTHERN MISS | SEPT. 29 | NOON

Volleyball
ALL GAMES LISTED AT MEMORIAL GYM
UTEP VS FLORIDA ATLANTIC | OCT. 4 | 7 PM
UTEP VS FIU | OCT. 6 | NOON

UTEP 100 YEARS THE UNIVERSITY OF TEXAS AT EL PASO

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



Your good health By Paul G. Donahue, M.D.

DEAR DR. DONOHUE: I am 84 years old, and I have spinal stenosis, which is causing me pain. I would like to know more about it. Will you furnish more information? – T.P.

knees lessens pain. A program of physical therapy might help you turn the corner. Ask your doctor for a referral. And finally, the opinion of a back surgeon will let you know if any surgical technique can bring you relief.

Spinal stenosis is a common back problem of older people. It's said that 20 percent of those older than 60 have it. The spinal cord is an offshoot of the brain, and it travels from the brain to the lower back. It's about the width of your little finger and is extremely delicate. That's why nature encased it in backbones – vertebrae. Running through the backbones is a tunnel, the spinal canal that serves to protect the cord.

The booklet on back pain offers other advice for the many conditions causing back pain. Readers can obtain a copy by writing: Dr. Donohue—No. 303W, Box 536475, Orlando, FL 32853-6475. Enclose a check or money order (no cash) for \$4.75 U.S./\$6 Canada with the recipient's printed name and address. Please allow four weeks for delivery.

Spinal stenosis is a narrowing of the tunnel. It happens mostly in the neck and lower-back regions. Thickened ligaments surrounding the spinal cord or arthritic changes of the backbones impinge on the spinal cord or the nerves that spring from it.

DEAR DR. DONOHUE: I just received my grandmother's death certificate. It says: "Cause of death: uterine hemorrhage. Contributing cause: surgical shock." She died in 1931 at the young age of 33. What does all this mean? – J.F.

When the process occurs in the back, pain is felt there and often in the buttocks or thighs. The pain worsens if a person stands for too long. People can ease the pain by bending forward at the waist or by sitting down. Bending opens the tunnel to give the spinal cord some breathing room. The amount of bend that works is the amount of bend a person assumes when pushing a shopping cart.

Hemorrhage is massive bleeding. She bled from her uterus either during an operation or from a tumor, a twisted fibroid or an infection. Surgical shock isn't a term used these days. Shock means that the bleeding was so great, her blood pressure dropped. Not enough blood could circulate to her organs, including her brain and heart. In those days, such a catastrophe almost always resulted in death.

Have you tried Tylenol (acetaminophen) for pain? It's safe when used as directed on the label. Nonsteroidal anti-inflammatory medicines such as ibuprofen (Advil) and naproxen (Aleve) also are helpful. They can cause stomach upset and stomach bleeding, so follow directions given for their use. Hot packs or cold packs might work. Try both, and see if either gets the job done.

I'm guessing at the meaning of surgical shock. I take it to mean that the bleeding occurred during surgery.

At night, lying on your side in bed with a pillow between your

Dr. Donohue regrets that he is unable to answer individual letters, but he will incorporate them in his column whenever possible. Readers may write him or request an order form of available health newsletters at P.O. Box 536475, Orlando, FL 32853-6475. (c) 2012 North America Synd., Inc. All Rights Reserved.

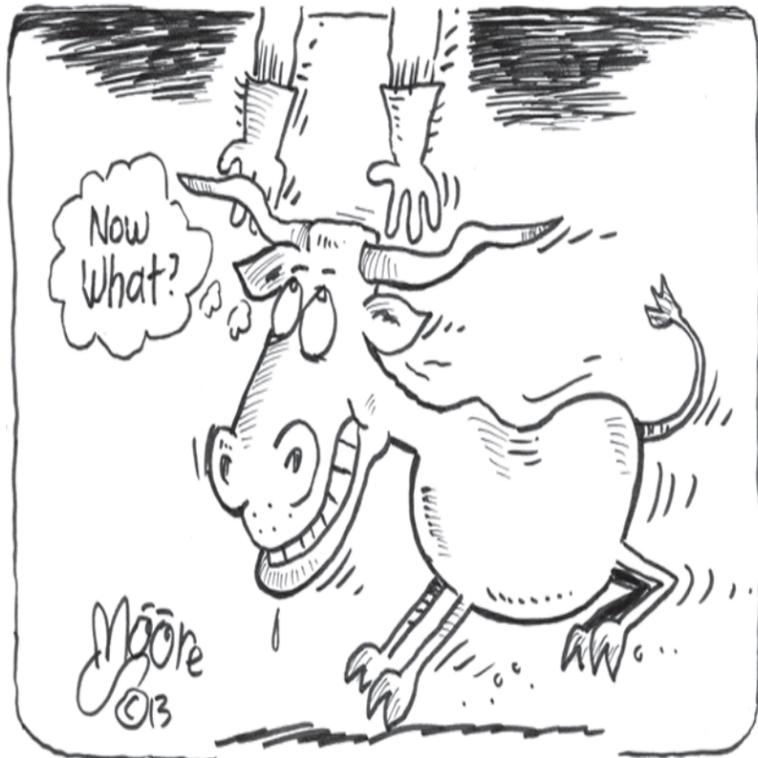
Super Crossword

- NOTHING IN BETWEEN ACROSS**
- 1 Examine by touching, as for medical diagnosis
 - 8 Florida resort port
 - 13 Assemble again
 - 20 New York Indians
 - 21 Like a vine-covered wall
 - 22 Top celeb
 - 23 What an ivory tickler's hands are on
 - 25 Kind of onion
 - 26 _ Reader (bimonthly digest)
 - 27 Blokes
 - 28 Jolly Roger
 - 30 Bamboo-eating cutie
 - 34 Domination, in slang
 - 35 Hi_
 - 36 Gene-splicing need
 - 37 Army meal buddy
 - 43 Siren-sounding vehicle
 - 50 Politico Ross
 - 51 Shows at the Met
 - 52 Actor Mickey
 - 53 "Dallas" wife
 - 54 Flax fabric
 - 55 FedEx or fax
 - 56 World Cup
 - 59 Cookbook pest
 - 60 Query
 - 62 In the past
 - 64 Actor Ethan
 - 65 With 40-Down, highway snooze site
 - 67 Orca
 - 71 Talks to a beat
 - 75 Port near Nazareth
 - 77 Connection
 - 78 "For" vote
 - 80 Prohibition
 - 81 Chaplin movie, e.g.
 - 86 Cato's 559
 - 88 _ Magli (shoe brand)
 - 90 Inflammation of the ear
 - 91 Stella _ (lager brand)
 - 93 Liquor lover
 - 94 _'s razor ("keep it simple" maxim)
 - 95 Cryptogram alternative
 - 98 Synonym books
 - 100 Scale notes
 - 101 Charged bit
 - 102 Rouse
 - 104 Pet that looks like it's wearing a mask
 - 110 Often-twisted treat
 - 115 Author Rand
 - 116 City in Colombia
 - 117 Breakwater embankment
 - 118 Descriptive of 10 answers in this puzzle
 - 123 Vienna-born
 - 125 Longing person
 - 126 Marital state
 - 127 Campfire residue
 - 128 Professions
- DOWN**
- 1 High fly ball
 - 2 Baker of soul
 - 3 "Blue" singer
 - 4 Longed
 - 5 Kerfuffle
 - 6 "And we'll - a cup o' kindness yet...": Burns
 - 7 WNW opposite
 - 8 Italian river
 - 9 Bard of _
 - 10 Hamm with a simple" maxim)
 - 11 Suspects' humiliating escorts
 - 12 Include as a bonus
 - 13 Devastating damage doer
 - 14 High classes
 - 15 _ one's time
 - 16 Flyboys' org.
 - 17 "_ never fly" segment
 - 18 Twin of Luke Skywalker
 - 19 Lag behind
 - 24 Sumac from Peru
 - 29 "_ Lama Ding Dong"
 - 31 Secret things
 - 32 They sting
 - 33 Psychic "gift"
 - 34 _ about (close to)
 - 36 Hard laborer
 - 38 Kindle
 - 39 Person in the club
 - 40 See 65-Across
 - 41 Parkway fee
 - 42 And the like: Abbr.
 - 43 Arctic
 - 44 Offer views
 - 45 Pre-Easter times
 - 46 State of rage
 - 47 "Right you _"
 - 48 Concerning musical pitch
 - 49 Corp. kingpin
 - 53 Fly-catching bird
 - 55 Light boat
 - 57 Third of a dance move
 - 58 Flower part made up of sepals
 - 61 Comedy bits
 - 63 Meal crumb
 - 66 Letters before iotas
 - 68 Chou En_
 - 69 Surviving wives
 - 70 Sun: Prefix
 - 72 Activity-filled
 - 73 Comic strip
 - 74 Sleep loudly
 - 76 Life principle
 - 79 Teem (with)
 - 81 Flue buildup
 - 82 Have a yen
 - 83 Pet pests
 - 84 China's _tzu
 - 85 Famous Amos rival
 - 87 Loc. of 75-Across
 - 89 Peri's role on "Frasier"
 - 92 Bygone ruler
 - 93 Fraternal lodge org.
 - 95 Some Louisianans
 - 96 Jeopardy
 - 97 Ten, in Dijon
 - 99 Letter-shaped fasteners
 - 103 Leg bone
 - 104 Small kids
 - 105 A, in Spain
 - 106 Earthy hue, to a Brit
 - 107 "Alfie" star Michael
 - 108 Adjust
 - 109 Theater rows
 - 110 Norwegian capital
 - 111 Bridle part
 - 112 Soothe
 - 113 Actor Wilson
 - 114 Oscar winner Blanchett
 - 115 Four roods
 - 119 Jacuzzi sigh
 - 120 TriBeCa site
 - 121 Narcs' agcy.
 - 122 Do battle

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								
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90								91	92					93						
94							95	96						97						
98							99			100				101						
						102			103			104	105				106	107	108	109
110	111	112	113	114							115								116	
117									118	119					120	121	122			
123									124						125					
126									127						128					

Moore Texas by Roger Moore Plainview 1920:

A fella named Matt Hinkle reportedly bulldogged a steer from an airplane. Ain't Texas grand?



Social Security Q&A By Ray Vigil

Q: Does Social Security provide special services or information for people who are blind or visually impaired?

A: Yes. Social Security offers a number of services and products specifically designed for people who are blind or visually impaired.

Special Notice Option: If you are blind or visually impaired, you can choose to receive notices and other information from Social Security in ways that may be more convenient for you. To find out more about this service, go to our page, *If You Are Blind Or Visually Impaired - Your Choices For Receiving Information from Social Security*, at www.socialsecurity.gov/notices. In addition, if you have a question about a Social Security notice you receive, you may call our toll-free number, 1-800-772-1213, from 7 a.m. to 7 p.m., Monday through Friday, or call or visit your local Social Security office and ask us to read it to you.

Public Information Materials: Many of our publications, such as brochures and fact sheets, are available in Braille, audio cassette tapes, compact disks, or in enlarged print. Our publication, *If You Are Blind Or Have Low Vision - How We Can Help*, and other publications in alternative formats can be obtained by calling, toll-free, 1-800-772-

1213, Monday through Friday, 7 a.m. to 7 p.m. If you are deaf or hard of hearing, you may call our TTY number, 1-800-325-0778.

For more information, check out our public information materials in alternative media at www.socialsecurity.gov/pubs/alt-pubs.html.

Q: If I receive Supplemental Security Income (SSI) disability, what is the effect on my benefits when I take seasonal work?

A: Even a small amount of earned wages can cause a deduction in your SSI payment. However, it takes substantial work to make your benefits stop. In 2013, a person who receives SSI can earn up to \$1,505 a month and still continue receiving some SSI payments. In many cases, we will deduct approved work expenses to determine your SSI payment amount. In most cases, you can continue to receive your medical coverage for up to two years after you begin working. We have several publications on SSI, including *Reporting Your Wages When You Receive Supplemental Security Income*, available at www.socialsecurity.gov/pubs. For more information, call us toll-free at 1-800-772-1213 (TTY 1-800-325-0778) or visit our website at www.socialsecurity.gov.

For more information on any of the preceding questions, visit our website at www.socialsecurity.gov or call us at 1-800-772-1213. If you have any questions that you would like to have answered, please mail them to the Social Security Office, 1111 Gateway West, Attn: Ray Vigil, El Paso, Texas 79935.

STRANGE BUT TRUE By Samantha Weaver

- It was beloved American actress Katharine Hepburn who made the following sage observation: "If you always do what interests you, at least one person is pleased."

- Half of the Earth's surface is covered by the Pacific Ocean.

- Need more evidence that portion sizes in America are getting larger? In the 1964 edition of the iconic "Joy of Cooking," a recipe for chocolate chip cookies was said to yield 45 servings. When the cookbook's 1997 edition was published, the same recipe was said to yield 36 servings.

- The original name of the city of Melbourne, Australia, was Batmania.

- In the original calculations made by NASA experts, a landing on the moon was thought to have only a 5 percent chance of success.

- In rural Wisconsin in 1921, two third-grade students in a one-room schoolhouse became sweethearts. At the end of the school year, Lorraine Beatty and Mac McKittrick lost touch with each other. This story would be unremarkable, except for what happened 87 years later. In 2009, their brothers, who had become friends, brought the couple back together again. Shortly thereafter, the couple married and moved in with each other in a retirement home.

- The 12th president of the United States, Zachary Taylor, let his horse graze on the White House lawn.

- The oldest government building in the country actually predates the nation: The Palace of the Governors in Santa Fe, N.M., was built in 1610.

Thought for the Day: "Youth is like having a big plate of candy. Sentimentalists think they want to be in the pure, simple state they were in before they ate the candy. They don't. They just want the fun of eating it all over again."

- F. Scott Fitzgerald

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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.

	-		x		25
+		+		+	
	÷		+		11
÷		x		+	
	x		-		14
4		25		19	

DIFFICULTY: ★

★ Moderate ★★ Difficult
★★★ GO FIGURE!

2 3 4 5 5 6 7 8 9

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Weekly SUDOKU

by Linda Thistle

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

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 5 ★★ HOO BOY!

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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: U equals D

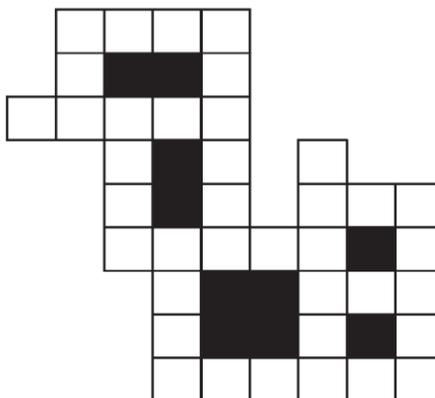
SX ETB'QG XTQMGU LT
QGHSNF XQTW ETBQ
UGHSNFZLGU OTHL, S'U MZCC SL
Z USH-ZOOTSFLWGFL.

Answer Page 4

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- EET
- PESCIL
- ♥ YUTDS
- ♥ MUPL
- PESPET
- ♥ NSI
- ♥ ESIT
- LESLP
- DPA
- SYRIEM
- VEEEP
- ♥ ESKE



Answer Page 5

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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