



September 2012 Edition

## September Event Schedule

### Joint Labor Day and Mexican "Grito de Independencia" Celebration

Saturday, the 15th of September

The bar opens at 12:30 PM

Lunch served at 1:30 PM.

Taquiza followed by Karaoke

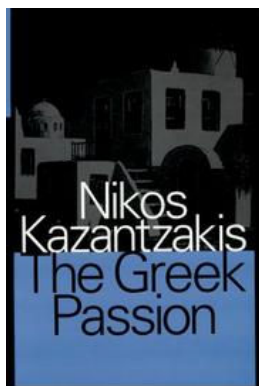
Tickets: members \$90 pesos, guests \$100

☪☪☪

### AmSoc Book Club

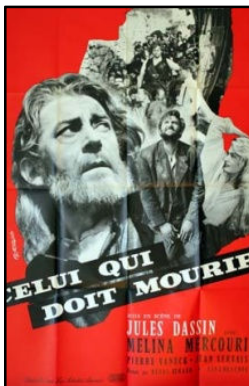
Thursday September at 20:00 a.m.

The Greek Passion by Nicos Kazantzakis



This is a story set in Greece during the last days of the Turkish occupation in the early 1920's. It concerns the attempt of a Greek village community to stage a Passion play.

The movie, He Who Must Die (*Celui que doit mourir*), in French with English subtitles. The movie is based on the book at will be shown at 2:00 p.m. *Everyone welcome.*



I didn't receive much from readers this month, so most of the contents of this issue can be blamed on your editor.

No one sent me any pictures so I used some I took in 2005 when my daughter, Lesley came for a visit and we spent a day downtown. She's the one with sunglasses—the person from whom I'm currently receiving so much help.



The American Society of Jalisco A.C.  
La Sociedad Americana de Jalisco A. C.  
Avenida San Francisco 3332,  
Chapalita, Guadalajara, Jalisco, México  
Tel: (33) 3121 2395  
Email: [amsoc@megared.net](mailto:amsoc@megared.net)

### Contents

Announcements	5
Board minutes	4
Computers & memory loss	4
Drug manufactures - Aspirin	5
Health - headaches	2
How to get rid of flies	3
Humor - Vermin's end	5
Letter from a reader	2
Quotations	2
Supplement - Medicare	6

Editor/Writer: Vicki Wootton  
Email: [Inglesa.37@gmail.com](mailto:Inglesa.37@gmail.com)  
Home: 001-604-855-0875

### Advertising Rates

Members: \$30 pesos/mo. \$300/year.  
Non-Members: \$50/mo. \$500 year  
Half-page one-time Ad \$100

Visit our website for more event photos and lots of other information

Website:  
[www.amsocguadalajara.org](http://www.amsocguadalajara.org)

© The American Society of Jalisco  
All other images from Google Images



## Reader's Letter

From Dan Turnquist

Vicki,

We are spending a delightful summer in our house in Centennial, Wyoming. We live at 8,200 feet at the foot of the Snowy Range and Medicine Bow Mountains which climb to over 12,000 feet. This means the temperature never climbs above 80° [26.7C] and there is snow on the mountains year-round which means we have not suffered from



the heat as so much of the U.S. and prairie Canada. We were off to Aspen, Colorado in June for a niece's wedding. We will be back in Aspen for a week in

mid August for a family reunion and the music festival. In the meantime I hike, fish, horseback ride and canoe while Carolina mostly stays home and feeds her squirrels, birds, raccoons, chipmunks, skunks, foxes, weasels, deer, and even the occasional bear, and a neighbor had a mountain lion on his deck a week ago.

A normal summer for us. We do expect a visit from Franklyn and Alma Donne at the end of August, as soon as we get back from Aspen. We are looking forward to that. And I will be off on a trip to Greece and Turkey the first two weeks in September. We expect to arrive back in Guadalajara in mid October.

I have been listening to 'Water for Elephants' while doing my daily walk. I have really enjoyed it and I am sorry I will miss the book group discussion. Our book group here in Centennial is reading 'The Lake in the Woods' this month.

Dan

Wyoming, June - September

*Sounds like a wonderful summer. What a blessing to be able to spend time in unspoiled wilderness! Vicki*

## Quotations

*If you want to make peace, you don't talk to your friends.*

*You talk to your enemies.*

Moshe Dyan

*The two foes of human happiness are pain and boredom.*

Arthur Schopenhauer,

*The ideal education would result in graduates having the ability to think critically, analyze what they see and hear, and to question everything—making them very dangerous to demagogues..*

VW

*I like the English. They have the most rigid code of immorality in the world*

Malcolm Bradbury

*Si quieres convencer a un enemigo, preséntale los mejores rasgos de su carácter; nunca sus defectos.* Mahatma Gandhi

## Humorous Quote

*Making duplicate copies and computer printouts of things no one wanted even one of in the first place is giving America a new sense of purpose.*

Andy Rooney

## Health

### Migraine or Sinus Headache?

By Jennifer Warner

Foreword by Vicki Wootton

The reason I decided to include this article in The Voice is because of what I went through. I hope it will help other sufferers to clarify this problem.

For more years than I care to remember, I was plagued by terrible headaches. They were incapacitating, it wasn't just the pain but the awful discomfort that went along with it, nausea, extreme sensitivity to light, sound and smells, even touch and movement. I couldn't work or take care of my children, and I couldn't get anything to relieve the pain; all I could do was go to bed and hope to sleep it off. Sometimes the headache lasted for days. Finally I saw a doctor who suggested they might be caused by allergies and for the next several years, I stopped eating all my favorite foods because I believed I was allergic to them. Maybe I was; there was a correlation between eating certain things and the symptoms, which I assumed were sinus related.

The pain continued until I went to live in Mexico, then they magically stopped! I can offer no explanation for this, but was thankful I could resume eating cheese, avocados, onions, potatoes, and numerous other good things. I'm still reluctant to try bananas, strawberries and eggs, but they're no great loss.

### The article

Headache pain along with a stuffy, runny nose and itchy, watery eyes. Sounds like a sinus headache, right? Think again.

More than 4 out of 5 people who think they have a sinus headache with symptoms like pain in the head, stuffy nose, and watery eyes actually have migraine headaches.

"It's such a widespread misconception," says neurology professor Peter Goadsby, MD,<sup>1</sup> "It's the size of the problem that stuns me."

Here's why it matters: Treating a migraine like a sinus headache, or vice versa, doesn't work.

### Differences in Symptoms, Causes

Sinus headache and migraine can have some symptoms in common, including:

- Pain in the head, particularly the forehead.
- Itchy or watery eyes.
- Pain associated with movement.

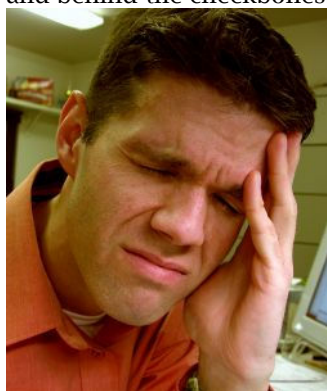
But migraines are often also accompanied by other traits, including:

- Nausea or vomiting.
- Sensitivity to sound or light.
- Severe throbbing pain on one side of the head.

Migraine is usually to blame in people who have frequent, severe headaches, says neurology professor Stephen Silberstein, MD<sup>2</sup> who wrote the American Academy of Neurology's guidelines on migraine diagnosis and treatment.

"If you walk into your doctor's office with disabling headache pain that comes and goes, 95% of the time it's migraine," Silberstein says. "People with sinus infections don't complain of headache first. They say they are sick and have a headache."

Sinus headaches are usually caused by an infection and inflammation of the nasal passages. That leads to congestion. And that causes pain and pressure in the forehead and behind the cheekbones.



### Different Treatments

For sinus headaches, treatment starts with decongestants, pain relievers, and nasal irrigation to ease sinus pressure and congestion and help drainage.

Antibiotics or nasal steroids are often used as a second line of attack to treat the underlying infection or

chronic disease.

A sinus headache caused by an infection should go away soon after starting treatment.

Migraine treatment isn't just about stopping a migraine once it starts. It's also about preventing them and reducing their frequency, severity, and duration.

Let's say you have a migraine. But you don't know that, and you treat it with pain relievers for what you think is a sinus headache.

That may make matters worse. You might get some temporary relief, but you could wind up with a "rebound" headache afterward.

"A lot of sinus medications contain analgesics [pain relievers]," Silberstein says. "Overuse of analgesics can cause rebound headache."

### Masquerading as a Sinus Problem

It's understandable to first suspect a sinus problem if you have a headache, stuffy nose, and watery eyes.

But your body's pain response may have fooled you.

"If you give a human pain in the head, particularly in the forehead," Goadsby says, "there is a reflex that activates nerves that produce eye watering, itchiness of the eye, stuffiness, and runny nose."

"If you didn't know that all forms of pain do that, then those symptoms are [mistakenly] associated with sinus disease," Goadsby says.

### When to Get Help

If your headaches interfere with your daily life or don't respond to over-the-counter medications, it's time to see a doctor.

"If you are going to take medicine to treat a headache and are not sure what you have, it's a good time to see a doctor," Goadsby says.

Of course, you should seek medical help immediately if you have a headache that:

- Gets progressively worse.
- Is associated with neurological symptoms such as loss of vision or muscle weakness.
- Is accompanied by a fever or stiff neck.

"If you're complaining to a doctor that you've got a headache that comes and goes, it should be considered migraine until proven otherwise," Silberstein says.

<sup>1</sup> Head of the University of California, San Francisco's headache program.

<sup>2</sup> Thomas Jefferson University

WebMD Feature

### Discovery: wikiHow

Vicki Wootton

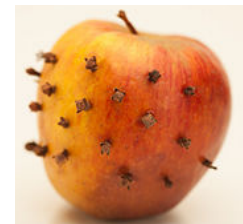
I love the website [wikiHow](http://www.wikihow.com) and keep it on my browser page so that I don't miss any good tips. Some of the entries are a bit silly, for example, *Make a Bacon Grease Fire Starter*, but on the whole it's worth checking out. As I write this, the current How of the Day is *How to Overcome Laziness* but it changes several times a day. I've even contributed my own entry about grouping photos using MS Word. I recently came across a couple of articles that might interest readers, One I will quote in a condensed form because it is so useful and simple:

### HOW TO GET RID OF HOUSEFLIES

Have you ever sat at a picnic table on a nice Sunday afternoon, only to be bombarded by unwelcome flies? The following simple instructions will teach you how to get rid of houseflies using only the subtle scent of cloves, an odor detested by the common housefly.

#### Steps

1. Take a sweet and ripe apple (any kind).
2. Take 20 -30 cloves.
3. Poke the cloves randomly into the apple.
4. Place the newly clove-decorated apple on a plate and place it in the middle of the picnic table.
5. You will be amazed to see how all of a sudden all the flies disappear. They simply hate the subtle smell of



the cloves and will never come again to “share your meal” as long as you have this ornamental clove apple on the table. Enjoy your food.

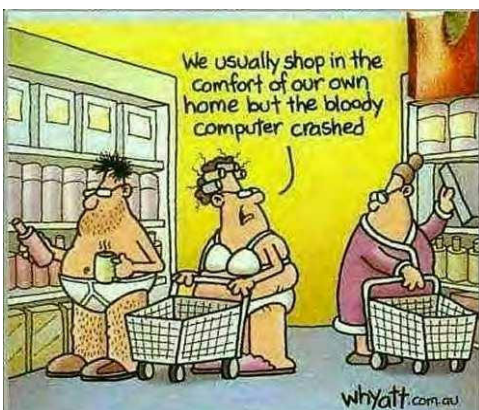
The second is a long article about moving to a new country. It contains heaps of useful information on the subject and would be an invaluable resource to anyone contemplating such a move. Moving to another country:

<http://www.wikihow.com/Move-to-a-Foreign-Country>

## Computers and Memory Loss

Based on a study done at the University of British Columbia, it is apparent that we are becoming increasingly reliant on our computers to find and store information that in earlier times we had to store and retrieve in our own brains. People with access to the Internet find it easier and more convenient to look something up online than to go to a lot of trouble researching it in more traditional and sometimes costly ways. Not only is searching for information much faster and more convenient, but storing it is a snap. All you need to do is bookmark the location, or copy and paste it into a file on your hard drive, and it's there forever, you hope, until you need it again.

This is great when a computer is handy, but what happens when it is not close by? You probably get an anxiety



attack because you can't remember something and start to feel the urge to get back to it. I've been doing this for years, but I find my own memory is suffering from lack of use. I don't remember much of the information

I've retrieved and have to keep going back and looking it up again. I use the Internet so much for gathering information that I often forget where I found some specific detail or fact. Nowadays, when I want to recall the most trivial thing—the name of an actor in a movie I've just watched, for example—my first thought is to look it up online.

In addition, with virtually anyone able to post online, how do we know that the knowledge we are receiving is accurate?

Whether this development is good or bad is debatable, but what if some catastrophe were to suddenly deprive us of our electronic memories and we had to fall back on the brains we have neglected for so long? I used to be an accountant but I can't make the simplest calculations in my head anymore even though I'm taking Omega 3 every day.

## AmSoc Board Meeting Minutes August 14, 2012

### Present:

Ann Whiting, Jerry Dankner, John Griffin, Klif Harrison, Bruce Newby, David Ruiz, Regis Soileau, Alejandra Vielma, Jim Watkins.

The meeting was called to order at 10:35 AM with a quorum in attendance.

### Treasurer's report:

The treasurer was authorized to move up to 75% of the O'Rourke investment into equity funds. His report was reviewed and accepted by unanimous vote.

### Committee Reports:

1. Ann was interviewed by the Guadalajara Reporter as part of the drive for new members.
2. David Ruiz has been able to get enough picture frames for the photos of our AMSOC officers and volunteers and is finalizing the photos and associated wording.
3. The AMSOC Constitution, by-laws and policies are under review by Jerry, Bruce and Jim W. Recommendations will be provide to the board.67

### Old Business:

1. It has been decided to have Karaoke after the meal for the Labor Day/Mexican Independence Day celebration on September 15<sup>th</sup>.
- 2.
3. Front desk personnel may allow EMME, Beatrice, Mary K, and members who are dentists to offer their services in person to members.

### New Business:

1. David did an analysis of spaces used by organizations and personnel for non-AMSOC activities. David and John will discuss the usage and make recommendations to the board.
2. AMSOC received a solicitation to assist an individual with serious health problems. It was reaffirmed by unanimous vote that AMSOC gives to defined charities such as the Salvation Army, Huichols and others, but not to individuals.
3. AMSOC received a card from Alejandro Casarrubias Jiménez, reader promoter, asking people to listen to his suggestions every Saturday morning at 7:50 AM (local time) at [www.notisistema.com](http://www.notisistema.com). This is passed on to all for information because AMSOC does not endorse this person or any other person or service be it in handouts, cards, the minutes or the Voice.
4. Lupita is drafting a letter in English and Spanish reminding the Saturday English conversation group that the session is free for AMSOC members and a \$20 peso donation is solicited from non-members to help cover facility costs.

### Event Schedule:

A joint Labor Day and Mexican “Grito de Independencia” will be celebrated on Saturday, the 15<sup>th</sup> of September. The door and bar will be open at 12:30 PM and lunch will be served at 1:30 PM. David will contact his Taquiza person and there will be Karaoke after the luncheon. The cost is \$90 pesos for members and \$100 pesos for guests.

The meeting adjourned at 11:45 AM.

# Ads and Announcements

## Weekly Calendar

Monday, Wednesday & Friday

Light exercise 10 a.m. - 11a.m.

AA Meeting 6 p.m.

Thursday

Lunch 12:30 p.m.

Games 11-4 p.m

Saturday

English conversation 2 p.m. - 4 p.m.

## Recovery Corner

Alcoholics Anonymous - Chapalita

Friends of Bill W. AA Group have their meetings in the main AmSoc building.

**Monday, Wednesday & Friday from 6:00 PM to 7:00 PM.**

**Lunch and Meeting Group - Open Meetings**

Annex of San Antonio de Padua Church

Lázaro Pérez 1410, between Escorza and Rayon

One block south of Niños Héroe and one block east of Enrique Diez de Leon. **Tuesday, Thursday and Saturday from 12 noon to 1 p.m.**



### English-speaking Dentist

*Dra. Olga C. Sanchez Vergara*

*Cleaning \$450p - Filling \$550*

*X-Ray \$70 - Crown \$1,200*

Calle Juan Alvarez 672

2½ blocks east of Federalismo

Tel: 614-3890 - Cell: 044-33-1220-2715

## Drug manufacturing antics

I recently concluded that a single aspirin will cure most of my ills, so I went to an ordinary drugstore recently to buy some and was greatly confused by what was on the shelves.

It used to be possible to buy a bottle of 100 250 mg tablets for around \$6. But now you can't even find 250 mg tablets. All they sell is 81mg! I pondered the problem a while, trying to make speedy calculations in my head. You could get 200 81 mg tablets for between \$13 and \$20+, but I ended up buying 180 for around \$11. I'd just have to take two or three tablets instead of just one.

After I got home, I calculated the difference in pricing just to find out what sort of a shell game the drug companies are playing. These figures are very rough due to the variations in pricing but I concluded that \$1 used to get

you about 5000 mg of ASA, whereas the same dollar will now buy about 1350 mg. How's that for clever marketing? An almost 30% increase in price.

## Dentist Dr. Rod Navarro

has moved to a new office at

*Niño Obrero 508 Suite 6*

(Near Lazaro Cardenas)

Please call for appointment

*Tel: 3647-5153*

## Salud Integral

Ubicación: Club de AmSoc

Stress Management

Physiotherapy · Massage Therapy

Rehabilitation · Sciatica · Sprains

Reflexology · Bioenergetics

Pain Management · Post-surgery Therapy

Rehabilitación post-cirugía

Masaje relajamiento · Manejo del dolor

Reflexología · Depilación laser

*Emergency house calls*

Terapeuta: Leticia (Lety) Rodriguez

Tel: 044-333-103-2528

San Francisco 3332 Chapalita

## Vermin's End

In retrospect, lighting the match was my mistake. But I was only trying to retrieve my son's rat." Dick Stone told doctors in the severe burns unit of San Francisco City Hospital. Admitted for emergency treatment after an attempt to retrieve the rat had gone seriously wrong, he explained, "My son left the cage door open, so his rat, Vermin, escaped into the garage. As usual, it looked for a good place to hide, and ran up the exhaust pipe of my motorcycle. I tried to retrieve Vermin by offering him food attached to a string, but he wouldn't come out again, so I peered into the pipe and struck a match, thinking the light might attract him.

At a hushed press conference, a hospital spokesman described what had happened next. "The flame ignited a pocket of residual gas and a flame shot out the pipe igniting Mr. Stone's mustache and severely burned his face. It also set fire to the pet rat's fur and whiskers which, in turn, ignited a larger pocket of gas further up the exhaust pipe which propelled the rodent out like a cannonball." Stone suffered second-degree burns, and a broken nose from the impact of the pet rat. His son was grounded for 6 weeks.

# Supplement

## Medicare and the Election - Frequently asked questions

By Jeff Levine, WebMD Health News

Reviewed by Louise Chang, MD

Mitt Romney's selection of Rep. Paul Ryan (R-Wis.) as his running mate on the Republican ticket focuses new light on the congressman's plan to restructure Medicare -- the program that provides health care to 47 million elderly and disabled Americans. Although Democrats accuse President Obama of wanting to end Medicare, Republicans say that Obama's health reform law would add hundreds of billions in costs to the existing program.

In an effort to clear up the confusion, here are some answers to common questions about both plans and the future of Medicare.

### **Will Paul Ryan's budget plan really end Medicare?**

Not now, but under Ryan's approach traditional Medicare will be just one option in a newly created competitive marketplace. Everyone aged 55 and older would be grandfathered<sup>1</sup> into traditional Medicare.

### **How does Paul Ryan's plan work?**

Seniors would get a fixed amount of money, called "premium support," to pay for their health care. One option for that care would include traditional Medicare. Other insurance plans would also bid for Medicare business, offering consumers other options for their coverage.

### **Would seniors get the same amount of coverage?**

Under today's Medicare, the government sets the premiums. Under Ryan's premium support plan, health plans would submit bids and the federal contribution would be based on the proposals.

If beneficiaries want more expensive coverage than the premium support amount, they would pay the difference. If they select a cheaper plan they could possibly get a rebate.

### **Would seniors pay more under Ryan's plan?**

Experts differ on how premium support would impact the quality and cost of Medicare.

Opponents like Marilyn Moon, PhD, a former Medicare trustee who heads up the health program at the American Institutes for Research, says the approach will drive up premium costs.

Moon says Medicare will ultimately price itself out of the market. It will be "trivialized" as a last refuge for the sickest—and costliest—patients. Over time, for-profit plans are more likely to win most of the business, since premium support probably won't cover the increasing expense of traditional Medicare.

On the other hand, Ryan's plan could empower consumers to choose options best suited to their needs and their pocket books.

Gail Wilensky, who ran the Medicare and Medicaid program under President George H.W. Bush, offers Medicare's prescription drug plan as an example of how this system could work. It allows consumers to choose among different coverage plans, depending on their needs.

According to the House Budget Committee, chaired by Paul Ryan, costs per beneficiary in 2010 were 22% lower than the Medicare trustees originally projected.

Moon and Wilensky both say that today's Medicare must change.

### **Is it true that \$716 billion will be cut from Medicare under the Affordable Care Act (ACA)?**

That all depends on the meaning of the word "cut." The law does slow the rate of Medicare growth by that amount, primarily by trimming reimbursement rates to medical providers like doctors, hospitals, and managed care plans. At the same time, the law encourages innovations that make care more efficient. A newly created institute will make high-level recommendations about which treatments work best for the money. So proponents argue some of the reduced funding will be offset by incentives to create a more efficient system.

### **Will the health reform law result in less coverage for seniors?**

In the short run the ACA provides extra benefits, like shrinking the insurance coverage gap in the Medicare prescription drug plan and covering preventive services like an annual wellness exam and mammograms. What happens over time depends on how successful the ACA's new cost control mechanisms rein in Medicare's current growth trajectory. Decreasing reimbursements may discourage some doctors from taking Medicare patients.

### **Will health care costs for seniors go up under the health reform law?**

Even with the cost control measures built into the new law and the increased emphasis on prevention, Medicare's history suggests program costs and patient premiums will continue to go up over time. Although the health reform law puts much of the financial burden on providers, beneficiaries will share some part of the expense.

<sup>1</sup> Note: *Regarding paragraph 3 (Paul Ryan's...), I was confused by the verb "to grandfather" so I looked it up and found it means "exempted from new legislation". But in the context used in this article, the writer states that "... 55 and over would be "grandfathered" into traditional Medicare. If the verb means "exempted from", by being exempted into traditional Medicare, will they be left out or included? See what I mean about confusing and the need for speaking in plain English instead of clever-sounding neologisms? Bruce? VW*