

# Shop at Home

Don't have enough time during your workday to do all the business and shopping you need to do before the stores close? Can't make it back up the hill from down below to shop in your own home town?

**STARTING MAY 2**

selected stores will be open until 7 pm every **FIRST FRIDAY** of the month throughout the summer!

Begins May 2 **FIRST FRIDAY** OPEN 'til 7  
IN OLD TOWN YUCCA VALLEY  
760-365-0044 760-365-3632 Fax

## CHOCOLATES FOR BREAKFAST

55735 29 Palms Highway • Yucca Valley • 369.3099

## TAMURA AT HOME

55870 29 Palms Highway • Yucca Valley • 369.3900  
open til 9 pm

## SIGNS BY WANDA

7387 Elk Trl • Yucca Valley • 365.0044

## OLD TOWN MERCANTILE

55727 29 Palms Highway • Yucca Valley • 228.0700

## SOUNDWERKS

55745 29 Palms Highway • Yucca Valley • 365.0031

## THE GLEN REALTY

55709 29 Palms Highway • Yucca Valley • 365-3328

## DANIELLA'S BOUDOIR

55866 29 Palms Highway • Yucca Valley • 228-2277  
open til 8 pm

## THE POTTERY

55838 29 Palms Highway • Yucca Valley

## LAS PALMAS MEXICAN CUISINE

55792 29 Palms Highway • Yucca Valley • 369-7164  
and more to come!

# VETERANS POST

by Freddy Groves

## WWII Vets Claim PTSD Benefits

After World War I, it was called Shell Shock. After World War II, they called it Battle Fatigue. After Korea, it was War Neurosis, and after Vietnam it was called Vietnam Syndrome. In 1980, the DSM-III (Diagnostic and Statistical Manual of Mental Disorders) came out with a new label to describe the anxiety and life-changing stress that comes from combat: Post-Traumatic Stress Disorder, or PTSD.

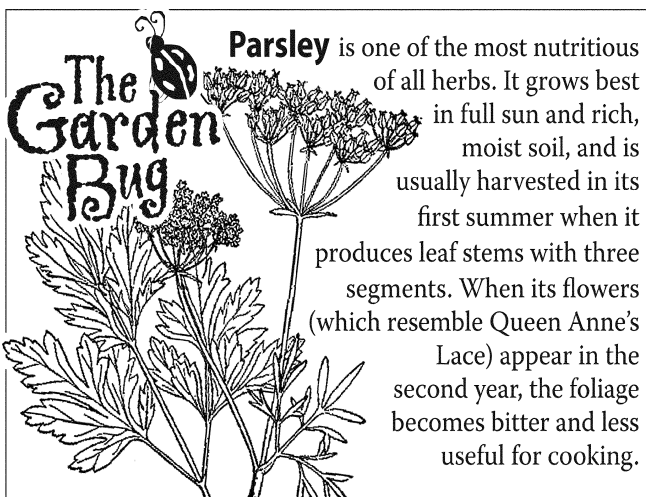
The veterans of World War II came home, marched in a tickertape parade and went to work. They created large families that had to be fed, and what better place to stuff bad memories and feelings than behind a strong work ethic. But now they're in their 80s, the accumulation of life experiences has piled on while they do a life review, and they're stepping forward to seek treatment for PTSD and to file claims for their benefits.

As well they should. As many as one in 20 World War II veterans today could be suffering from undiagnosed and untreated PTSD. For some of them, the stresses get worse watching the war news on television, and that's what brings them in.

A search through the Board of Veterans' Appeals Decisions Results shows that in many cases these claims are being granted — often not on the first try, but at appeal. After all these years, documentation is lost, but much can be gleaned from the details of a DD-214: medals awarded, dates and locations. As of last year, there were more than 24,000 World War II veterans receiving benefits for PTSD. Audie Murphy, one of the most highly decorated veterans of World War II, also suffered from undiagnosed PTSD. He went public and called on the government to give PTSD benefits to veterans long before it was even called that.

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](mailto:columnreply@gmail.com).

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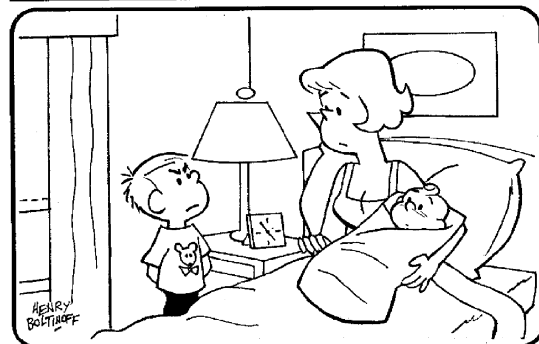
**The Garden Bug**

**Parsley** is one of the most nutritious of all herbs. It grows best in full sun and rich, moist soil, and is usually harvested in its first summer when it produces leaf stems with three segments. When its flowers (which resemble Queen Anne's Lace) appear in the second year, the foliage becomes bitter and less useful for cooking.

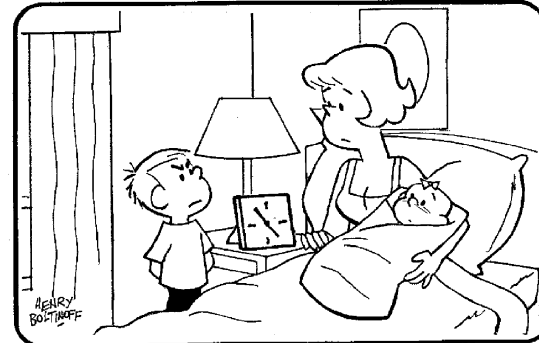
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## HOCUS-FOCUS

BY HENRY BOLTINOFF



Find at least six differences in details between panels.



Differences: 1. Picture is hanging vertically. 2. Clock is big-bow. 3. Picture on boy's shirt is missing. 4. Baby's hair has bow. 5. Drapes are wider. 6. Knob is missing from lamp.

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## Comfort foods

Made fast and healthy



by Healthy Exchanges

## Mom's Barbecued Hamburger Sandwiches

Better than fast food any day. And way cheaper.

- 16 ounces extra-lean ground sirloin beef or turkey breast
- 1 cup finely chopped onion
- 1 (8-ounce) can Hunt's Tomato Sauce
- 2 tablespoons white distilled vinegar
- 1/4 cup Splenda Granular
- 1 tablespoon prepared yellow mustard
- 1 1/2 teaspoons chili seasoning
- 1/8 teaspoon black pepper
- 6 small hamburger buns

In a large skillet sprayed with butter-flavored cooking spray, brown meat and onion. Stir in tomato sauce, vinegar and Splenda. Add mustard, chili seasoning and black pepper. Mix well to combine. Lower heat and simmer for 15 minutes, stirring occasionally. When serving, spoon about 1/3 cup meat mixture between each bun. Serves 6.

• Each serving equals: 192 calories, 4g fat, 18g protein, 21g carbs, 446mg sodium, 15mg calcium, 2g fiber; Diabetic Exchanges: 2 Meat, 1 Starch, 1 Vegetable; Carb Choices: 1 1/2.

Visit Healthy Exchanges at [www.healthyexchanges.com](http://www.healthyexchanges.com), or call toll-free at 1-800-766-8961 for more information about the only national food newsletter for diabetics, heart/cholesterol concerns and healthy weight loss.

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