

The

NSC FOGHORN™



Volume 6, issue 9

Our Web Site is at <http://www.nevadaseniors.com>

September 13, 2007

Special points of interest:

Drink store brands rather than national name brand soft drinks if you're watching your caffeine consumption. Auburn University scientists investigated three categories of soft drinks – colas, "pepper-like" beverages and citrus sodas – and compared Coca Cola, Pepsi and Mountain Dew brands against private label brands. Citrus sodas were found to have the most caffeine and diet drinks generally had more than their regular counterparts. A comparison of a few sodas follow. Milligrams per 12 ounces.

♣ Diet Mountain Dew	55.2
♣ Regular Mountain Dew	54.8
♣ Diet Coke	46.3
♣ Diet Dr Pepper	44.1
♣ Dr Pepper	42.6
♣ Pepsi	38.9
♣ Diet Pepsi	36.7
♣ Coca Cola	33.9
Store brands were often much lower	
♣ Wal-Mart's Sam's Cola	12.7

These results caused the researchers to conclude that consumers would benefit from the placement of caffeine values on food labels.

From *Journal of Food Science*, online before print: abstract at dx.doi.org/10.1111/j.1750-07.00414.x
VWP

No Meeting For Two Months

By Ken Mahal, NSC President

OUR DEAR FLORENCE HAS BEEN UNDER THE WEATHER.

Being the tough wonderful lady she is it isn't surprising to see her on her way back. Members you will have heard from her with her telephone calls by the time you see this article. She will be calling all members over a short period of time so be patient.

NEVADA SENIORS COALITION TAKES A BREATH FOR TWO MONTHS.

We will not have a meeting place for the months of September and October so rather than change dates and confuse every one we have decided to not have a meeting in September and October but be back with a bang in November. To the best of my recollection this organization has not missed the monthly meeting since our incorporation. Boulder Station will be having a program under way for a month that will take up the Railhead Lounge and no time is available in the Char-donnay room either. The good news is we will be sending you the Foghorn each month so will be in touch with all of you. For September and October we will take that time to rejuvenate our membership. By that I mean we will do everything we can to increase our membership, make the meetings even more interesting and if any one has any ideas at all you can reach me at 737 1377 or kentajmahal@cox.net. As well as you can reach Vern, Florence or Knight. Let us hear from you with any ideas you have for how we can make NSC even better than it is now. By the way we will be happy to have any volunteers so just call and let us know if you are interested. Help is always welcome.

BE CAREFUL IF YOU HAVE THE NEW PRESCRIPTION DRUG PLAN.

By that I mean there is this thing called the Donut Hole. Who came up with that I think is missing a few nuts, bolts and brains. First of all there is the \$250 deductible and then the Donut Hole after you use \$2500 in prescriptions you pay \$2,501 to \$5,100 and the program kicks in again. So you pay \$2599 before the plan kicks in again unless you pay a bigger premium to begin with to cover the Donut Hole. I had pounded on this as a bad idea before we even knew there was going to be a government plan by having something much more sensible suggested in our proposed prescription plan where none of this deduction thing would ever take place. One way to beat it is to pay more for your prescription plan to begin that covers all of the deductibles. If that isn't done then one learns by doing that you work from the get go with the doctor to be sure the doctor either prescribes generic drugs and if there is none then have the pharmacist work with you and the doctor to find an equivalent formulation that works the way the doctor wants it to work for a lot less money. I have found that you may buy two medicines (*Continued on Page 2*)

Inside This Issue

Please Don't Quote Me	3
Immigration Article	4
Congressional Pensions	5
At the August Meeting	6
Members Page	6
NV Department of Health & Human Services	7
Meeting Information	7
Today in History	8
About NSC	8

(Continued from Page 1) that combined are very similar to the one the doctor wants but costs about \$10 dollars as opposed to about \$100. And in some cases the pharmacist may find a medicine that does what the doctor wants but not quite like the patented one that is so expensive. This does take work and a smart pharmacist. If you are used to getting free medicine (samples) from your doctor to use be sure to keep your eyes open when it come time to buy the prescription that is the sample and can cost hundreds when there are other possibilities. For many this may not be something you would want to do so then the only thing I see is to consider an HMO that covers everything. There aren't many good HMO's to consider and every year we have fewer options. Maybe we will start to elect people to office who will look more at what is right to do not politically right which may be very different.

FOR 2008 LET'S ASK FOR BETTER RESULTS IN WASHINGTON.

Isn't it time that we ask our elected officials to deal with what we need, not what they think would be in their best interests? I wouldn't care how much within reason we paid them if we got qualified politicians elected to office that for a change were in Washington to serve our best interests. I remember a few times when a president of one party had to do business with legislatures of the other party and got a lot done because they had to cooperate or get nothing done. In fact more than once it seemed to me that if the politicians did nothing we would be better off than when we have politicians who are in office to feather their nests. We have a couple ideas on how we should be able to get things done in Washington that meet our needs which would be just great for a change. We aren't even close to voting for anyone or anything and I think most of us are already tired of the news media reporting on their activity. Like it or not there are good things that come from all this activity. It makes jobs for a lot of people, sells a lot of ink, paper and TV time for want-to-bes. I think some one is saying presidential candidates will be spending in the billions in their runs for office. Isn't it awful to spend so much on hot air?

DOES THE MAYOR NEED ARENAS FOR BASKETBALL & HOCKEY?

It seems that now the mayor may have two arenas not just one. Wouldn't two arenas lead to a disaster unless of course his honor will be playing hockey in one arena and basketball in the other arena? How successful could two 20,000 seat arenas for hockey and basketball be in Las Vegas when there is already so much for people to do here like gamble, go to shows, eat, sightseeing and all the other good things available here.

We came here from Minneapolis where hockey was very popular and then died when we built a baseball-football arena. Twenty plus years later Minneapolis wants to spend \$400,000,000 for a football arena and a baseball arena, a city that can't burn up taxpayer money fast enough. How can we ever control such hunger to eat up tax-payer dollars?

OUR NEXT MEETING IS AT BOULDER ON NOVEMBER 8TH @ 10:00AM

As things stand now we expect to see all of you on the 8th of November 2007 and yes in the railhead room at Boulder Station. We expect to also have Mark Schofield our Assessor who will talk to us about what the 2% cap means to us on our home taxes and what we need to do to protect ourselves for the future since this is not something that was carved in stone at the last session of the legislature. Further we will be bringing to you the latest happenings with Sharon Engle's tax initiative for the next session of the legislature.

VERN PERRY OUR VICE PRESIDENT GOES INTO THE HOSPITAL.

Our Vice President and editor of the Foghorn will undergo a repeat surgical procedure that should see him in and out of the hospital in no time at all for a replacement of his defibrillator which has served him well.

DRIVE CAREFULLY AS USUAL. OUR GRANDKIDS ARE IN SCHOOL.

SEEN IN U.S.CHURCH PUBLICATIONS AND ON SIGNS...

The Fasting & Prayer Conference includes meals.

The peacemaking meeting scheduled for today has been canceled due to a conflict.

Remember in prayer the many who are sick of our community.

Weight Watchers will meet at 7 PM at the First Presbyterian Church. Please use large double door at the side entrance.

Miss Charlene Mason sang "I will not pass this way again," giving obvious pleasure to the congregation

Next Thursday there will be tryouts for the choir. They need all the help they can get.

The Rector will preach his farewell message after which the choir will sing: "Break Forth Into Joy."

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

Please place your donation in the envelope along with the deceased person you want remembered.

The sermon this morning: "Jesus Walks on Water." The sermon tonight: "Searching for Jesus."

The ladies of the Church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

The Associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours".

“Please Don’t Quote Me”

Say What?

Question: If you could live forever, would you and why?

Answer: "I would not live forever, because we should not live forever, because if we were supposed to live forever, then we would live forever, but we cannot live forever, which is why I would not live forever,"

-- *Miss Alabama in the 1994 Miss USA contest.*

"Whenever I watch TV and see those poor starving kids all over the world, I can't help but cry. I mean I'd love to be skinny like that, but not with all those flies and death and stuff."

-- *Mariah Carey*

"Smoking kills. If you're killed, you've lost a very important part of your life."

--*Brooke Shields, during an interview to become spokesperson for a federal anti-smoking campaign.*

"I've never had major knee surgery on any other part of my body,"

--*Winston Bennett, University of Kentucky basketball forward.*

"Outside of the killings, Washington has one of the lowest crime rates in the country,"

--*Mayor Marion Barry, Washington, DC.*

"That lowdown scoundrel deserves to be kicked to death by a jackass, and I'm just the one to do it,"

--*A congressional candidate in Texas.*

"Half this game is ninety percent mental."

--*Philadelphia Philly's manager, Danny Ozark*

"It isn't pollution that's harming the environment. It's the impurities in our air and water that are doing it."

--*Al Gore, Vice President*

"I love California. I practically grew up in Phoenix."

--*Dan Quayle*

"We've got to pause and ask ourselves: How much clean air do we need?"

--*Lee Iacocca*

"The word "genius" isn't applicable in football. A genius is a guy like Norman Einstein."

--*Joe Theisman, NFL football quarterback & sports analyst.*



Norman Einstein

"We don't necessarily discriminate. We simply exclude certain types of people."

--*Colonel Gerald Wellman, ROTC Instructor.*

"Traditionally, most of Australia's imports come from overseas."

--*Keppel Enderbery*

"Your food stamps will be stopped effective in March because we received notice that you passed away. May God bless you. You may reapply if there is a change in your circumstances."

--*Department of Social Services, Greenville, South Carolina*

"If somebody has a bad heart, they can plug this jack in at night as they go to bed and it will monitor their heart throughout the night. And the next morning, when they wake up dead, there'll be a record"

--*Mark S. Fowler, FCC Chairman*

Elvira Arellano Deportation — Public Relations and Immigration Reform May Go Hand in Hand

Friday , August 24, 2007

By Father Jonathan Morris

On Wednesday, a Mexican Senate committee passed a measure urging President Felipe Calderon to send an official complaint to the United States government for the deportation of Elvira Arellano, an illegal immigrant and activist who found sanctuary from the law in a United Methodist Church in Chicago for almost a year. She was ignoring her deportation order with the intention of staying in the country with her eight-year-old son, an American citizen by birthright. The Senate committee accused the United States of breaking international law by denying Ms. Arellano access to the Mexican consulate in Los Angeles at the moment of her arrest.

The same committee also approved a scholarship fund for Ms. Arellano's son who is now staying in the United States with his godmother.

This action of the Mexican Senate is the latest piece of evidence that immigration reform groups and the Mexican government urgently need a new public relations strategy if they are going to succeed in changing U.S. immigration policy and practice. The strategy they are following now, including the organization or encouragement of marches in major U.S. cities (starring Mexican flags and provocative signs written in Spanish), the seeking of legal sanctuary in left-leaning churches and the creation of martyrs for the cause who, like Ms. Arellano, **already have criminal records**, is not working. Nor will it ever work.

Americans find repugnant the Latin American mentality of apparent indifference to law and order. They are scandalized by populist, illegal methods, no matter how good the objective may be. Mexicans and other immigrants, on the other hand, see the flagrant hypocrisy in our immigration system as moral justification for their actions. They rightly complain that, on the one hand, the U.S. government makes work visas almost impossible to attain, while on the other, it tolerates the offering of work to anyone who can make it across the border. An unjust system, they would say, deserves no respect.

Ms. Arellano's situation is a case in point of this cultural divide in relation to law. If immigration activist groups continue to make her into an icon of government victimization, as they plan to do this weekend with more rallies, featuring the presence of Ms. Arellano's eight-year-old son, they will only garner for themselves more negative sentiment within the political community. But, it is this political community, not illegal immigrants, which will determine the fate of people like Ms. Arellano. Americans will see her son in the march and wonder why she doesn't take him back to Mexico if she wants to be with him so much. When he is grown, if he wills, he can then come to the United States with his valid U.S. passport, they will argue.

To Latin immigrants that type of thinking will sound puritan and unrealistic. But at this point, such philosophical considerations are useless and, in my opinion, should be silenced from within the immigration reform movement. If they are going to advance their cause, leaders of immigrant groups must communicate to their followers that many Americans see the respect of law as the principle threshold for morality and the sine quo non for social justice — first law and order, then, and only then, will Americans consider political proposals.

A revised public relations strategy for immigration groups and the Mexican government that trumpets law and order, the use of English in the public square and a general attitude of gratitude to the host nation, alone will not be enough to turn the tide of justice for all. The United States government must decide to fix our broken immigration system by eliminating all incentives to hire illegal immigrants, even if this crackdown means a short-term economic strain. This will force more efficient processing of temporary work visas in accordance with the demands of the economy. But while the new, more friendly face on immigration groups, which I am suggesting here, alone is not enough, it may be the catalyst for this type of real structural reform. God knows we need it.

God bless, Father Jonathan



Congressional Pensions

Members of Congress pay into Social Security, and have done so since 1984. Like all workers, Members pay Social Security payroll taxes equal to 6.2% of the taxable wage base, and the government (the U.S. taxpayers) covers the other 6.2%. But Members don't pay Social Security taxes on their annual salary. The maximum Social Security taxable wage base is \$97,500 and their annual salary is \$165,200. Thus, by law, Members do not pay Social Security on the \$67,700 in annual wages they receive over the taxable wage base.



Eligibility for Social Security benefits applies to Members of Congress the same way it applies to everyone. However in addition to receiving Social Security benefits, Members also receive generous Congressional pensions. They are eligible at age 62 for a Congressional pension with as little as five years of service. To receive Social Security, an age 62 a worker must have paid into the system for at least 10 years to become "fully vested."

The amount of Social Security benefits a worker receives is based on a Social Security benefit formula that uses 35 years of highest earnings to determine the average earnings. Congressional pensions, however, depend on the number of years served and the highest three years of salary, which yields a much higher initial retirement amount.

Members can't retire with "full salary." The starting amount of a Member's retirement pension may not exceed 80% of his or her final salary. Under Social Security, Members would receive an initial benefit that's about 30% of their average earnings.

And even convicted Members of Congress continue to draw handsome pensions while in jail at the taxpayers' expense. Pensions can only be taken away if a lawmaker commits treason or espionage. Former Representative Cunningham was sentenced to more than eight years in prison after pleading guilty to conspiracy and tax evasion and admitting to accepting \$2.4 million in bribes, not to mention a Rolls Royce. According to The National Taxpayers Union, which tracks Congressional pensions, Cunningham who is 65 and served eight terms in the House, could receive about \$64,000 a year.

Recently the Senate and the House approved, grudgingly, major ethics and lobbying reform legislation that would deny pensions to Members of Congress convicted of crimes such as bribery, perjury and similar crimes.

Sources: "Retirement Benefits For Members Of Congress," Patrick J. Purcell, CRS, February 9, 2007, RL30631. "Salaries of Members of Congress," Paul Dwyer, CRS, March 29, 2007, 97-1011 GOV. "House Strips Convicted Members Of Pensions," Associated Press, January 23, 2007.

At the August Meeting



Rita Bonilla from America4Americans and NSC President Ken Mahal

Thanks



Thanks to all of you who contributed to NSC last month. We really appreciate it.

NSC is an all volunteer group and we always need help. The same people have been doing all the work for years. Please contact any NSC officer or director to volunteer.

Membership

Renewing Members

Anna Loghofer
Alma McGraham

Thank you for your continued support

New Members

Tony Badillo
Rita Bonilla

Welcome

Please help increase our membership. Tell your friends about our meetings and bring them with you.

Recruit new members.

HELP NSC GROW!!!



Your membership anniversary date is on the Foghorn Mailing label. If the label is **RED**, please renew your membership, either by mail or at the next meeting you attend. Your name is removed from the membership list 90 days after expiration. Membership dues are \$8.00 per person.



The Nevada Department of Health and Human Services promotes the health and well-being of Nevadans and visitors to Nevada through the delivery and facilitation of essential services. Their goal is to strengthen families, protect public health, and assist individuals in achieving the highest level of self-sufficiency. The staff consists of some 5200 employees.

Among the programs of interest to seniors that come under this department are:

Senior Rx, Nevada's plan to provide Nevada seniors relief from the high cost of prescription medicine. Senior Rx provides assistance with Medicare Part D expenses for members who ARE eligible for Part D and a cost-sharing benefit for members who are NOT eligible for Part D.

Senior Rx is funded with a portion of Nevada's share of tobacco settlement funds and was passed into law during the 1999 legislative session. Senior Rx provides up to \$5,100 in benefits per year depending on the member's situation. Many of the program's benefits are administered through a contracted pharmacy benefit manager called Catalyst Rx. Other benefits are coordinated directly with the Medicare Part D plans that serve as the first prescription drug resource for enrolled members.

Effective July 1, 2007, the maximum annual household income for singles is \$24,561, and the maximum annual household income for married couples is \$32,742.

Senior Rx Enrollment for Nevada's Senior Rx prescription program is open and there is no waiting list.

For an application or additional Senior Rx information call toll free 1-866-303-6323.

Nevada Disability Rx. Effective January 1, 2007, the state of Nevada began providing assistance with the cost of prescription medicines to qualified individuals with disabilities. Eligibility requirements are:

- Age 18 through 61 with verifiable disability
- Nevada resident continuously for at least the last 12

months

- Annual income no more than \$24,561 for singles and \$32,742 for couples

Based on funding availability, the benefits are...

If Not Medicare Eligible:

- No monthly premium
- No deductible
- Co-payments of \$10 for generics or \$25 for preferred brands
- Annual coverage limit of \$5,100

If Medicare Eligible:

- Help with monthly premiums for Medicare Part D Prescription Drug Plan (if not qualified for maximum help from Medicare with that expense)
- Help with prescription costs after reaching the Medicare Part D coverage limit

Effective July 1, 2007, the maximum annual household income for singles is \$24,561, and the maximum annual household income for married couples is \$32,742.

Nevada Disability Rx Information call toll-free 1-866-303-6323

Established by executive Order in February 2006, the Nevada 2-1-1 Partnership was created to implement a multi-tiered response and

information plan in the state of Nevada.

2-1-1 is an easy to remember telephone number that, where available, connects people with important community services and volunteer opportunities. Contact information on essential services ranging from finding an after-school program to securing adequate care for a child or an aging parent can be provided by the 2-1-1 operator. United Way of America is the primary sponsor of the 2-1-1 program, which has as its goal the inclusion of this vital information line in every corner of the United States.

Web Site Address: <http://dhhs.nv.gov>

Next Meeting

There will be no meeting in September or October



After the meeting why don't you eat and play, and stay all day?



The Next NSC Meeting Will Be November 8, 2007

NEVADA SENIORS COALITION, INC.

4754 East Flamingo Road, Suite 416
Las Vegas, NV 89121-4709

Ken Mahal President

Phone: 702.737.1377

Fax: 702 .446.5534

e-mail: info@nevadaseniors.com

Vernon Perry Vice President

Directors:

Belle Chohanin	Finance
Florence Petris	Records
Vernon Perry	Membership
Knight Allen	Legislation
Richard Thomas	Communications
Vernon Perry	Issues
Ken Mahal	Liaison

Today In History, September 12, 1918

On August 13, 1918, the U.S. First Army established a separate front facing the Saint-Mihiel salient to prepare for the long-planned assault, intending to make a push through Metz across the Rhine River into Germany. Pershing hoped to bring the war to an end in 1919, but he did not expect to defeat the German Army as early as November.

In planning the assault, the United States military had a new weapon, the armored tank. General Pershing created the U.S. Tank Corps, committed for use in support of the Infantry, under the command of the brilliant and aggressive young lieutenant, **George S. Patton**. Patton had been training the tank brigades throughout the summer of 1918. In the St. Mihiel offensive, the American Expeditionary Forces utilized with resounding success the armored fighting tank brigades as a substitute for the cavalry.

On **September 12, 1918**, the American Expeditionary Forces under commander in chief General John J. Pershing launched their first major offensive in Europe as an independent army. General Pershing had placed the first American troops to land in Europe completely at the disposal of Marshall Ferdinand Foch, commander in chief of the French forces. Foch required immediate reinforcement of his troops in the Aisne-Marne region to halt the German Army's move towards Paris.

On **September 12, 1918**, the tanks began to move forward, ploughing over the trenches, with the infantry close behind. The bad weather which followed in the next few days proved a more formidable enemy than the German Army. Torrents of rain turned the fields to mud and the trenches to water-filled ditches. A number of tanks were stuck. The Germans turned the situation to their advantage by creating more "water tank traps" to stop the advance. In spite of these adverse conditions, the



The Nevada Seniors Coalition, Inc (NSC) is a nonprofit, nonpartisan organization. No person is excluded on the basis of race, sex, religion or national origin.

The organization's purpose is to promote the physical and social welfare of senior citizens, their children and grandchildren.

The organizations' goals and objectives are:

- Improvement of political and governmental institutions and processes on local, state and federal levels.
- Identify legislative trends at all levels and set NSC priorities.
- Support domestic policies responsive to the needs and will of the Nevada senior population.
- Work to involve more seniors in government. to assure government is open, responsive and accountable.
- Keep members and the general public informed on current issues affecting them. Encourage them to make their voices heard at all government levels.
- Work with other organizations in a common endeavor when their issues and programs coincide with those of NSC.

First Army's attack on both faces of the salient succeeded. By September 16, 1918, this area of France was liberated from German occupation.

Following the successful purging of the Saint-Mihiel salient, the American forces shifted to a new front to participate in the Meuse-Argonne offensive, again using the U.S. Tank Corps. The combined Allied offensive successfully forced the German retreat. By October, the defeat of the German Army was certain. The "Great War" came to an end with the signing of the Armistice on November 11, 1918.



U.S. World War I Tank used in the battle