

The

NSC FOGHORN™



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

March 13, 2008

Special points of interest:

Cities That Need a Vacation

To find which cities are all work and no play, the following criteria was used: how many residents punch the clock, amount of overtime logged, commute times, rates of high blood pressure and self-reported stress, vacation days not used, stress levels of people when they finally escape.

Most workaholic

1. Manchester, NH
2. San Francisco, CA
3. Denver, CO
4. Orlando, FL
5. Durham, NC
6. Charlotte, NC

32. Las Vegas, NV

Least workaholic

1. Milwaukee, WI
2. El Paso, TX
3. Rochester, NY
4. Corpus Christi, TX
5. Toledo, OH
6. Fresno, CA

From "Men's Health" via WebMd

Bits & Pieces

By Ken Mahal, NSC President

UMC AMBULATORY SURGERY CENTER MAKES ONE THINK OF A WALK DOWN APARTMENT UNIT IN THE RUN DOWN PART OF TOWN.

Don't get me wrong this isn't a run down part of town but the entrance to the Surgery Center is a half flight of stairs below grade, a concrete stairs and steel pipe hand rails that makes one think of something far less than the lobby to an ambulatory waiting room. Remember this is where people go to have day surgery from the not so serious to the dead serious surgery center that doesn't do much for your state of mind. I was struck by it being the outside entrance to a basement of a very ordinary building not the main entrance to the facility for some serious surgery in this part of the building and right on Charleston Boulevard with a teal blue painted canopy to give it a little theatrical sense of the place rather than the medical facility it is. In fact the walk down stairs part is really very scary when you are patiently or not so patiently waiting for some service. I saw a very old couple trying their best to get down those stairs without falling and breaking their backs. Oh yes for those who cannot walk down there is a very small electric lift which you can come down on if you have the courage to figure out how to use the lift. I only saw it used twice during the two plus hours we waited for service and that looked like a scary experience for the couple who brought a couple of little children down on it with one being a baby in a buggy. No help from anyone, you figured it out on your own. By the way this is a main entrance on West Charleston Boulevard which has a fairly expressive entrance under the teal blue canopy. The lobby is something else again that makes you think you are in an unfinished exposed concrete space that ran out of money when it came time to finish the space. Also with all hard surfaced finishes the acoustics are all but unbearable when you try to understand people trying to communicate with anyone under any thing needed to give you some help on what to expect the next day for the appointed time to have your operation. So you can also imagine the trouble to understand anyone trying to communicate with you and in particular if one has a hearing problem, then good luck trying to catch your name when it is called. Speaking of that, most medical offices now have a flat screen TV mounted on the wall and no sound system so when you are being called to follow the nurse you will be lucky if you can hear your name being called. I gotta tell ya that the older we get and the more gadgets in these offices it isn't any wonder that our blood pressure is up 10 points or more by the time we get into the doctors office. Anyway back to our lobby experience it seems that for the umpteenth time we are being quizzed for more information including if our parents had sex when they got married and who knows what else they come up with. Now the next challenge will be parking at

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the day surgery center. They gave me a card authorizing our right to park and, get this, there are about five parking spaces so good luck when I try to park and if push comes to shove there is patient and visitor parking a couple of blocks away so all the good the card will do me is to write notes on the back side of it when I get more instructions. We all know they have some things not working so good in the financial end of the business but as far as we are concerned they are damn well sure that they get their money from us or we don't get to go into the operating room. The only reason we are going there is because of Dr. Zamboni is a top cancer surgeon as well as a top cosmetic surgeon who we are confident will do the very best job on removing the cancer in dear wife Agnes's nose. Poor dear she doesn't need this either. We just didn't think we needed to go to California for a better doctor though like our Chancellor and we wish him the very best and look forward to having him back in the saddle soon. **AND THE GOOD NEWS IS AGNES CAME THROUGH JUST FINE.** She couldn't have better care from everyone in the operating and recovery rooms. Doctor Zamboni and his team at the UMC Ambulatory Surgery Center did just a wonderful job. May God bless them always. Ken

A FEW BITS AND PIECES OF INTEREST FROM ALL OVER THE PLACE.

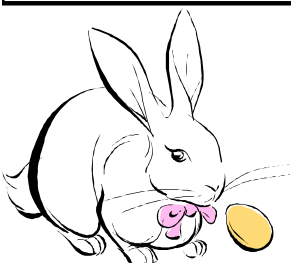
Bill Gates of Microsoft falls to the third richest man of the world behind Buffett of the US and Carlso Slim Helie of Mexico. Poor Bill Gates dropped to third place when his stock soared to only \$58 billion while Buffett soared to \$62 billion. It happened when Gates got greedy and went on an unsolicited buying binge to take over Yahoo thinking that Microsoft would do a better job than Yahoo. I do not feel one bit sorry for Mr. Gates.

\$35 Billion Air Force Tanker Deal goes to European Aeronautic & Northrop Grumman contract for 179 in-flight tanker deal over 15 years. This will replace Boeing built KC-135 tankers which are on average 47 years old. For longevity I find it hard to beat Boeing. Boeing shares went up .94 cents or 1.2%. Tells you what the market thinks about doing business with Uncle Sam, doesn't it?

PLAN "D" prescription drug program saves on average \$ 6.00 per month to the tax paying seniors. And with the Wal-Mart/Sams Club card selling generic drugs at \$ 4 per monthly supply I find it hard to even think one should pay the \$ 22 monthly premium that is charged by Humana.

LAS VEGAS VALLEY WATER DISTRICT screws the small water users as one might expect. Example we use 3,000 gallons of water per month. Why because we have had desert landscaping for 24 years. Now our service charge will increase 50% which means another \$ 24 bucks a year right out of the chute. I didn't waste my time going to testify before a 14 member hand selected so called advisory group which takes the heat off of Mulroys back as well as the elected politicians so they can blame this board for the dastardly change. Well give us a break we don't buy this business of these advisory boards doing the bidding of the people above mentioned who are paid or elected to do this work but now the advisory clunks do the dirty work for the people who really should be doing it. If you are frugal as they want you to be you can no longer get your bill to Zero. If you use no water we are going to get 50% service charge increase while the heavier users get by on a much smaller rate of increase. How is that fair? I suspect it also hits the older people the hardest because we tend to have to save more. Most of us living on fixed income have a base in most cases that goes back some 25 years so we have been living on a fixed income much longer but the politicians and bureaucrats make us pay a much per rata higher percentage cost. What kind of c--- is this? Maybe it is time we finance retirees for office and nail those on current income from present day salaries. with much larger increases for services and see how they like it for a change.

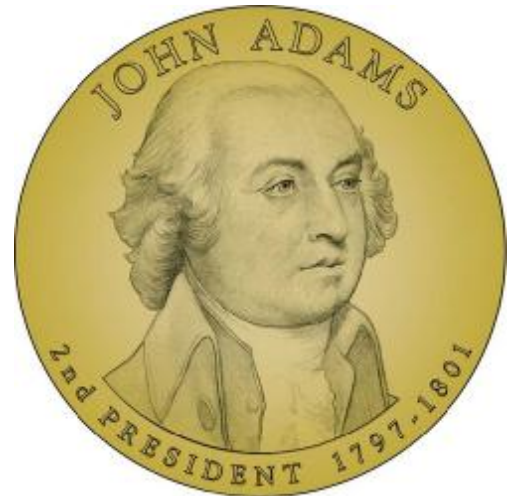
ISN'T IT TIME THAT WE RETIREES STAND UP AND FIGHT BACK? WHEN MORE SPENDING IS DEMANDED SHOULDN'T THE BUREAUCRATS AND POLITICIANS LOOK TO THEIR CONTEMPORARIES WITH THEIR POT OF GOLD? I FOR ONE THINK THE WORKING FOLKS SHOULD PAY THE PRICE AND GIVE WE OLE TIMERS A BREAK. ISN'T IT TIME WE HAVE A ROLE REVERSAL? RETIREES WE LOVE ALL OF YOU AND ASK THAT YOU GIVE YOUR ADRENLIN ONE MORE SHOT AND TURN THE TABLES? LET THE YOUNG GOLDEN POT EARNERS PAY NOW.



**Happy
Easter**

“Please Don’t Quote Me”

Great is the guilt of an unnecessary war.



Born October 30, 1735
Died July 4, 1826

The happiness of society is the end of government.

Remember, democracy never lasts long. It soon wastes, exhausts, and murders itself. There never was a democracy yet that did not commit suicide.

The essence of a free government consists in an effectual control of rivalries.

The right of a nation to kill a tyrant in case of necessity can no more be doubted than to hang a robber, or kill a flea.

There is danger from all men. The only maxim of a free government ought to be to trust no man living with power to endanger the public liberty.

While all other sciences have advanced, that of government is at a standstill - little better understood, little better practiced now than three or four thousand years ago.

Our Constitution was made only for a moral and religious people. It is wholly inadequate to the government of any other.”

Utah Working On Illegal Immigration



By Jennifer W. Sanchez The Salt Lake Tribune

Lawmakers introduced about 20 proposals related to immigration - the highest number ever brought forward on the issue - but only a handful will end up on the governor's desk.

Proposals that passed included: a comprehensive immigration bill that would allow some officers to enforce immigration law and that would force some employers to verify that their workers can legally work in the United States; a bill that would slap stronger restrictions on driving-privilege cards for undocumented immigrants; and a measure that would mandate that the state seek reimbursement from the federal government for costs tied to illegal immigration.

Ronald Mortensen, a spokesman for Utah Coalition on Illegal Immigration, comprised of seven anti-illegal-immigration groups, said "we're very pleased" that lawmakers took a strong stand on the issue, including cracking down on identity theft.

"It puts Utah on the map," he said, "by saying Utah doesn't plan on being a magnet state for illegal immigration."

SB81, sponsored by Sen. Bill Hickman, R-St. George, incorporated several measures already introduced by lawmakers and, after a few amendments, won veto-proof majorities in the House and Senate. Among other things, it would make it a class A misdemeanor to conceal, harbor, transport or shelter undocumented immigrants but an amendment was made to exempt charitable or humanitarian assistance. It would take effect July 2009.

HB171 would bar people who sell alcoholic beverages from accepting driving-privilege cards as evidence of a person's age and gun dealers from accepting them as a form of identification. It also would require the Driver License Division to suspend a driving card if a person's vehicle registration is revoked.

Rep. Glenn Donnelson, R-North Ogden, attempted to repeal driving-privilege cards (HB239) and in-state college tuition for eligible undocumented students (HB241). Both bills passed the House but faltered in the Senate.

Lawmakers also created a task force to investigate current and proposed federal and state laws and policies on illegal immigration.

And the Legislature backed two resolutions urging Utah's congressional delegation to oppose amnesty but pass "effective and meaningful immigration reform."

jsanchez@sltrib.com

Looking Behind the CPI Curtain

FEW THINGS IN ECONOMICS ARE AS WIDELY misperceived as inflation. Last week, when the price of oil topped \$100 a barrel and the consumer price index was reported to have risen 4.1% in 2007, the baleful events were widely described as harbingers of inflation.

They would be better understood as results of inflation, not as causes of it. As the value of the dollar declines, the dollar price of everything tends to rise.

A second misperception is that the inflated price of oil has to ruin the U.S. economy. Indeed, the monthly average price of oil in December 1979 was \$38 a barrel -- about \$102 a barrel in current dollars, but there are mitigating factors. Interest rates were much higher in 1979 than they are now. Inflationary expectations had been locked in over a decade of profligate policies. And energy absorbs a smaller share of larger household budgets than it did in 1979.

A third misperception is that inflation is bad for everybody. The falling dollar is a problem for those who want to buy. But for American producers, who want to sell abroad, the current round of inflation is improving their competitiveness without any investment or managerial effort on their part. We see this in export volume, up more than 12% in the past year. Imports also rose, but only by 6%, and more because of higher prices than because of higher volumes. Eventually, inflation will do for our balance of trade what our politicians could not do.

Another misunderstood aspect of inflation is the way the consumer price index market basket doesn't necessarily follow changes in the price of dollars. The 4.1% change in the CPI is certainly not good news, but it masks better news and worse news among the components of the market basket.

Prices rising substantially more than the headline number included those of eggs, up 32%; bread, up 10%; tomatoes up 19%; gasoline, 29%; air fares, 10%. (How about milk? VWP)

Prices actually falling included those of household furnishings, -0.7%; apparel, -0.3%; televisions, -18%; photographic equipment, -7%; new cars, -0.4%; personal computers, -13%; computer software, -6%.

Inflation means a lot more than just high prices.

Editorial from Barron's February 25, 2008.

Suggested by Knight Allen.

So is inflation a problem for you? Well, in which area do you spend the most money? — Knight

When I went to lunch today, I noticed an old man sitting on a park bench sobbing his eyes out. I stopped and asked him what was wrong. He said, "I have a 22 year old wife at home. She rubs my back every morning and then gets up and makes me pancakes, sausage, fresh fruit and freshly ground coffee."

I said, "Well, then why are you crying?"

He said, "She makes me homemade soup for lunch and my favorite brownies, cleans the house and then watches sports TV with me for the rest of the afternoon."

I said, "Well, why are you crying?"

He said, "For dinner she makes me a gourmet meal with wine and my favorite dessert and then makes love with me until the wee hours"

I said, "Well, why in the world would you be crying?"

He said, "I can't remember where I live!"



At the February Meeting



Nevada State Senator Bob Coffin, N.S.C. President Ken Mahal and Nevada State Senator Bob Beers

Membership

Renewing Members:

- *Belle Earl Chohanin*
- *Jerome Citron*
- *Vivienne Kerns*

Thanks for your continued support

New Members:


- * Senator Bob Beers *
- * Senator Bob Coffin *
- * Jack Lipsman *
- * Albert Maurice *

Welcome, Welcome, Welcome, Welcome



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



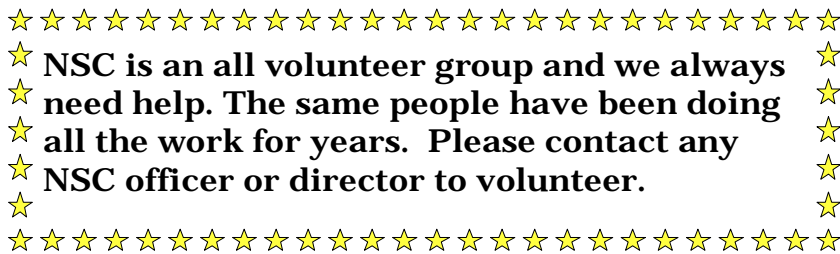


 Please help increase our membership. Tell your friends about our meetings and bring them with you.



Recruit new members.

HELP NSC GROW!!!



 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.



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.

Note: Membership dues are now \$10.00 per person.

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
Ed Moreira Special Projects

This Day In History, March 13, 1865

Confederacy Approves use of Black Troops

On this day, the Confederate States of America reluctantly approve the use of black troops as the main Rebel armies face long odds against much larger Union armies at this late stage of the war.

The Confederate situation was bleak in the spring of 1865. Large swaths of southern territory had been captured by Union forces, General William T. Sherman's Union army was tearing through the Carolinas, and General Robert E. Lee was trying valiantly to hold the Confederate capital of Richmond against General Ulysses S. Grant's growing force. Only two options were available to Lee and Confederate president Jefferson Davis. Lee had to unite with General Joseph Johnston's army in the Carolinas and use the combined force to take on Sherman and Grant one at a time. The other option was to arm slaves, the last source of fresh manpower in the Confederacy.

The idea of enlisting blacks had been debated for some time. Arming slaves was essentially a way of setting them free, since they could not realistically be sent back to the plantation after they had fought. General Patrick Cleburne had suggested enlisting slaves a year before, but the idea was rejected by the Confederate leadership, since slavery was the very foundation of southern society. One politician asked, "What did we go to war for, if not to protect our property?" Another suggested, "If slaves will make good soldiers, our whole theory of slavery is wrong." Lee asked the Confederate government for help. "We must decide whether slavery shall be extinguished by our enemies and the slaves be used against us, or use them ourselves." Lee asked that the slaves be freed as a condition of fighting, but the March 13th bill that passed in the Confederate Congress did not stipulate freedom for those who served.

The measure did nothing to stop the destruction of the Confederacy. Several thousand blacks were enlisted in the Rebel cause, but they could not begin to balance out the nearly 200,000 blacks that fought for the Union.



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.



Black Confederate Soldier 1865