

The

NSC FOGHORN

TM



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

February 14, 2013

Special Points of Interest

Knight & Miscellaneous



By President Vernon W. Perry

Knight is at home recovering from a broken right hip. On December 26th he fell while playing catch in his yard with some neighborhood kids.

As we all know injuries sometimes are easy to get but very hard to recover from.

He is at home and can now walk (with the aid of his new walker) two blocks or so but he still can't safely drive his stick-shift automobile.

His right side is his preferred side to lay on while sleeping. His doctor wrongly advised him that it would be okay to sleep on this, the injured side. The morning after he did this he was in tremendous pain but the doctor felt great.

He expects to be able to get around in a couple of months.

I am sure we all wish him a speedy recovery and hope to see him attending the meetings as soon as possible.

The Statue of Freedom

See Page 5

The problems we are having with the Las Vegas Constable and Assemblyman Brooks are ridiculous.

They are directly related to not voting smart.

Inside This Issue

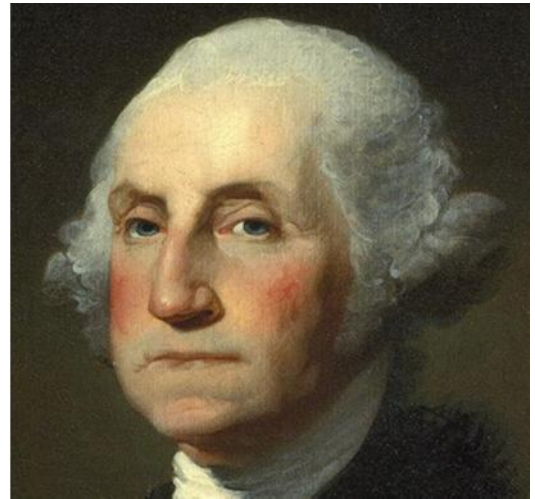
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Are any of you having problems understanding the flashing yellow left turn signals? Take the AARP 55 Alive Course.

I almost forgot my Chinese friends. Gong Xi Fa Ca. Happy 4711



George Washington



Presidents' Day is an American holiday celebrated on the third Monday in February. Originally established in 1885 in recognition of President George Washington, it is still officially called "Washington's Birthday" by the federal government. Traditionally celebrated on February 22—Washington's actual day of birth—the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers. While several states still have individual holidays honoring the birthdays of Washington, Abraham Lincoln and other figures, Presidents' Day is now popularly viewed as a day to celebrate all U.S. presidents past and present.

George Washington – first American president, commander of the Continental Army, president of the Constitutional Convention, and gentleman planter. These were the roles in which Washington exemplified character and leadership, earning the title of "Father of His Country" and a hallowed place in America's national psyche.

When one of his officers suggested that George Washington become king, he firmly put a stop to any further ideas of that sort. Through it all, Washington advocated for civilian control of the military, and at the end of the conflict, he gave up power, by personally resigning his military commission before the Congress.

After his military career, Washington was chosen to lead the Constitutional Convention, which developed the guidelines for a new form of government -- a republic. Elected the country's first president, Washington had to work out this new kind of job step by step, knowing that he was setting precedents for those who would follow him in office.

The Bill of Rights became law during his first term, guaranteeing American citizens protection from an over-reaching federal government. In his second term, Washington personally took to the field to put down the Whiskey Rebellion and show that the federal government had the right to make and collect taxes. He set the precedent of relinquishing office after two terms, underscoring the fact that the presidency was not a life-time appointment.

In private life, he led by example, striving to make Mount Vernon a model of new, science-based agriculture, in order to benefit other farmers. He experimented with crops and fertilizers and continually sought the best innovations. As a businessman, he took advantage of the opportunities provided by his environment, eventually running flourishing fisheries, a gristmill, and the largest distillery in the country.

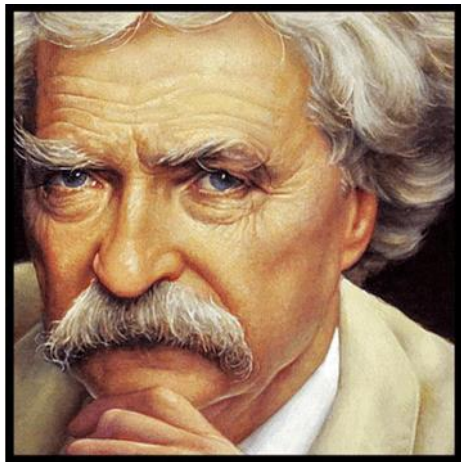
He was a surrogate father for several generations of young people and served for years on the vestry of his church. Among the last acts of his life, Washington tried to influence others, as he made provisions in his will to free all the slaves who belonged to him.

Less than three years after leaving office, he died at his Virginia plantation, Mount Vernon, at age 67.

“Please Don’t Quote Me”

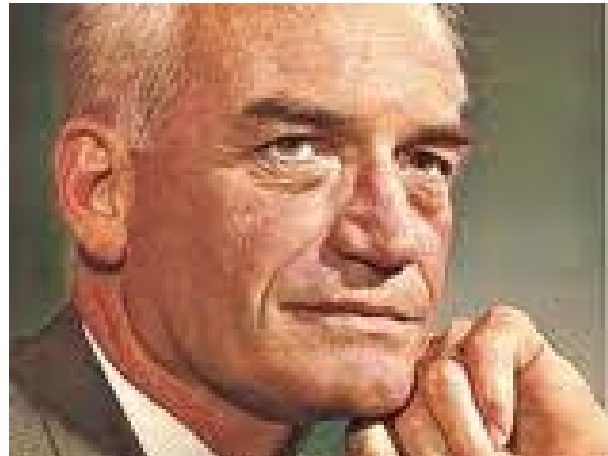
“When there is an income tax, the just man will pay more and the unjust less on the same amount of income.”

— Plato



“The only difference between a tax man and a taxidermist is that the taxidermist leaves the skin.” — Mark Twain

“The income tax created more criminals than any other single act of government.” — Barry Goldwater



“America is a land of taxation that was founded to avoid taxation.” — Laurence J. Peter

If Thomas Jefferson thought taxation without representation was bad, he should see how it is with representation. — Rush Limbaugh

Politicians Spit On Immigration Laws That Worked!

From <http://lastresistance.com>

January 31, 2013 by John DeMayo

Several years back, while the last Immigration Reform pandering exercise was in full force, I was blessed with the wisdom of a man named George—a father and grandfather 15 years my senior—who had immigrated to the United States with his family in 1960 from a divided Germany. His family's story, both their successes and failures is a true testament to the value of strict U.S. immigration laws and a valuable lesson of the paramount importance of immigrant assimilation. This is the short version of his family's immigration story.

After years of waiting for permission to immigrate to the United States and participate in American life, George, George's father (a WWII veteran who served with the German Luftwaffe), mother, brother and sister were granted permission to travel to America and begin the process of becoming a U.S. citizen. Before this permission was granted, George's father had to prove that he had the means to support his family (a legal job), a place to live and the family sponsor had to guarantee George's families financial support—for every member of George's family—throughout the time it would take all of them to qualify to become a U.S. citizen. You see back then, non-citizens were not allowed to live off the American social welfare state like they are allowed to do today. Back then a U.S. citizen in good standing, not the taxpayer, had to promise to shoulder the burden of supporting the family they elected to sponsor while that family earned the opportunity to become U.S. citizens.

After years of F.B.I./ immigration investigations, background checks, observing the law, and compliance with a long list of tasks our government used to require—things like English language proficiency and a proven knowledge of U.S. history and civics—George's family was granted the opportunity to take the U.S. oath of citizenship; formally pledging their allegiance and loyalty to the United States of America and renouncing their loyalties to and citizenship of their former country of origin.

On the day George's family took their oaths, they were sat down by immigration agents and woodshedded—so to speak—on the consequences that would be brought to bear on the entire family if any of them ran afoul of any U.S. laws during their 5 year mandatory probation period. George's family was reminded that any criminal infractions or questionable associations by any family members could result in the entire family being deported back to their country of origin. Remember they had to renounce their former citizenship when they took their U.S. citizenship oaths.

In addition, George's parents were told that they would not be entitled to any U.S. government financial assistance for that very same 5 year probation period and that all their children would be required to attend school and advance academically. In addition, periodic progress checks of the probationary American family would be performed by U.S. immigration agents and all family members were to attend required status meetings at immigrations request. Any infraction, however minor, could and mostly likely would result in the entire family's citizenship being revoked and all would be deported.

Quite a contrast to today's U.S. immigration policies and entitlement smorgasbord the taxpayer funds for illegal immigrants, wouldn't you agree? Yet our elected officials, the very same people who have over decades watered down the significance and necessity of a citizen candidate's loyalty, assimilation into the American culture, and mandatory self-sufficiency are now scrambling to find ways to make it even easier to exploit U.S. citizenship by illegal aliens, not more difficult.

The numbers of illegal aliens who will be granted unearned U.S. citizenship—if Immigration Reform legislation passes—that are currently living off of the American taxpayer are staggering. Costs to our nation's government (both state and federal) have been estimated at over \$150 billion dollars annually for social services rendered to non-citizens. And the American taxpayer is expected to believe that these costs will melt away if illegals are given a path to U.S. citizenship?

It also bears mentioning that each "would be" U.S. citizen will continue to possess citizenship in their country of origin as most countries in the world (with the exception of the U.S.) now recognize dual citizenship. Now consider that our laws do not exclude anyone from holding office in our state legislatures as well as the U.S. House of Representatives who possess dual citizenship and proposed Immigration Reform/Amnesty takes on a whole new significance. Remember Arnold Schwarzenegger, the dual citizenship holding former Governor of California? It's frightening to think how many of our elected representatives currently share loyalty with another country especially when you consider the volume of Islamists that have come to our nation over the past ten years. And this is considered sound U.S. immigration policy?

After hearing George's story and doing a little research to verify his assertions, I have come to the conclusion that former U.S. immigration law worked just fine. What idiot or idiots decided it needed reshaping, and why, is what America should be discussing not Amnesty. What specifically was wrong with our former laws—immigration laws and policies—that took a former enemy of America and transformed him and his family into loyal, productive, and committed generations of English-speaking Americans? Perhaps somebody should ask Senators McCain and Graham about that?

The Statue of Freedom

What stands atop the U.S. Capitol Dome in Washington D.C. – the colossal (19½ feet tall, 15,000 pounds) Statue of Freedom. The final section of the bronze Statue of Freedom was placed there on December 2, 1863 to a salute of 35 guns (the number of states including those in rebellion) answered by the guns of the twelve forts surrounding Washington at the time.



She is a female allegorical figure holding the hilt of a sheathed sword in her right hand and a laurel wreath of victory and the Shield of the United States in her left. The shield is the same as in the Great Shield of the United States with thirteen stripes, except the chief has thirteen stars. She wears a chiton (the basic dress of ancient Greeks, both men and women) secured by a brooch inscribed “U.S.” which is partially covered by a heavy fringed blanket (Native American style) thrown over her left shoulder. The statue faces east towards the main building entrance and the rising Sun. A military helmet with stars and an eagle’s head which itself is adorned with crest of feathers. The statue stands atop a cast-iron globe encircled with the national motto E pluribus Unum. Fasces and wreaths decorate the lower part of the base. To protect the statue from lightning, ten bronze points tipped with platinum are attached to her headdress, shoulders and shield.

The Capitol’s cast-iron dome was authorized in 1855 and a statue appeared in the original drawings of architect Thomas U. Walters. The drawing only showed a statue’s outline representing the goddess Liberty.

American sculptor Thomas Crawford was commissioned to create the statue. He proposed an allegorical figure of Freedom Triumphant in War and Peace. He made a plaster model in Rome, Italy. Mississippi Senator and Secretary of War Jefferson Davis (yes THAT Jefferson Davis) was in charge of the Capitol construction and its decorations.

Unfortunately Crawford had added above the crown a liberty cap, an old Roman symbol of an emancipated slave. Davis exploded with rage. They had already clashed over a liberty hat in the design of interior of the Capitol. Davis ordered the cap removed and it was replaced with military



Statue maintenance workers circa 1900

style helmet with an American eagle head and crest of feathers. Today many people think the statue represents an American Indian.

The story of the problems of getting the statue’s mold to the United States and the remarkable way in which the statue was cast is extremely interesting but will not be included in this issue.

But I want to include a little about a slave, Phillip Reid, owned by foundry owner Clark Mills. Mills was awarded the commission to cast the statue. He was paid \$1.25 a day (free laborers got \$1.00 per day) to help in the casting and worked seven days a week. But the rules at that time were that he got paid only for Sunday. His owner got the rest of the money. Between July 1, 1860 and May 16, 1861 he was paid \$41.25.

On April 16, 1862 Lincoln signed a bill, previously passed by Congress, that ended slavery in the District of Columbia. This was nine months before the Emancipation Proclamation. Phillip Reid’s master received \$300.00 for the slave.

At the January Meeting



Las Vegas Review Journal Editor Michael Hengel gave his usual splendid update at the January meeting.

Thank you Mr. Hengel. See you next year.



Thanks to all members who have contributed their time and money to NSC especially Ted.

Members

Renewing Members:

Marie Manendo

Mark Manendo

Thanks for your continued support.

New Members:



LouJanice Perry

Happy Valentine's Day

From

the

NSC Board


















 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 \$10.00 per person.
 



























































































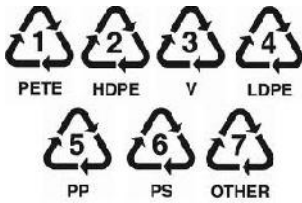




2013 BIRTHSTONE CALENDAR 2013



The Numbers on Plastic Bottles



Have you ever wondered what the numbers or recycling symbols mean at the bottom of plastic bottles and containers? Did you know that, while the use of all plastics should be limited if at all possible, some are safer than others? It's time to learn a little bit about the various plastics you use and

drink/eat from every single day, and what impact they have not only on you, but also the environment.

Every plastic container or bottle has a recycling symbol. The symbol is a number, ranging from 1 to 7, within a triangle. While you may think nothing of these symbols, they can actually offer a great deal of information regarding the toxic chemicals used in the plastic, how likely the plastic is to leach, how un-bio-degradable the plastic is, and ultimately the safety of the plastic.

Here is some information on the various recycling symbols and numbers:

The Recycling Symbols Plastic #1 – PETE or PET (Polyethylene Terephthalate)

- Picked up by most curbside recycling programs, plastic #1 is usually clear and used to make soda and water bottles. Some consider it safe, but this plastic is known to allow bacteria and flavor to accumulate.
- It's found mostly in soda bottles, water bottles, beer bottles, salad dressing containers, mouthwash bottles, and peanut butter containers. Plastic #1 is recycled into tote bags, furniture, carpet, paneling, fiber, and polar fleece.

Plastic #2 – HDPE (High Density Polyethylene)

- Plastic #2 is typically opaque and picked up by most curbside recycling programs. This plastic is one of the 3 plastics considered to be safe, and has a lower risk of leaching.
- It's found mostly in milk jugs, household cleaner containers, juice bottles, shampoo bottles, cereal box liners, detergent bottles, motor oil bottles, yogurt tubs, and butter tubs. It is usually opaque. This plastic is considered safe and has low risk of leaching. Plastic #2 is recycled into pens, recycling containers, picnic tables, lumber, benches, fencing, and detergent bottles, to name a few.

Plastic #3 – V or PVC (Vinyl)

- Plastic #3 is used to make food wrap, plumbing pipes, and detergent bottles, and is seldom accepted by curbside recycling programs. These plastics used to, and still may, contain phthalates, which are linked to numerous health issues ranging from developmental problems to miscarriages. They also contain DEHA, which can be carcinogenic with long-term exposure. DEHA has also been linked to loss of bone mass and liver problems. Don't cook with or burn this plastic.
- It's found in shampoo bottles, clear food packaging, cooking oil

bottles, medical equipment, piping, and windows. This plastic is recycled into paneling, flooring, speed bumps, decks, and roadway gutters.

Plastic #4 – LDPE (Low Density Polyethylene)

- Low density polyethylene is most found in squeezable bottles, shopping bags, clothing, carpet, frozen food, bread bags, and some food wraps. Curbside recycling programs haven't been known to pick up this plastic, but more are starting to accept it. Plastic #4 rests among the recycling symbols considered to be safe. This plastic is recycled into compost bins, paneling, trash can liners and cans, floor tiles, and shipping envelopes.

Plastic #5 – PP (Polypropylene)

- Increasingly becoming accepted by curbside recycle programs, plastic #5 is also one of the safer plastics to look for.
- It is typically found in yogurt containers, ketchup bottles, syrup bottles, and medicine bottles. Polypropylene is recycled into brooms, auto battery cases, bins, pallets, signal lights, ice scrapers, and bicycle racks.

Plastic #6 – PS (Polystyrene)

- Polystyrene is Styrofoam, which is notorious for being difficult to recycle, and thus, bad for the environment. This kind of plastic also poses a health risk, leaching potentially toxic chemicals, especially when heated. Most recycling programs won't accept it.
- Plastic #6 is found in compact disc cases, egg cartons, meat trays, and disposable plates and cups. It is recycled into egg cartons, vents, foam packing, and insulation.

Plastic #7 – Other, Miscellaneous

All of the plastic resins that don't fit into the other categories are placed in the number 7 category. It's a mix bag of plastics that includes polycarbonate, which contains the toxic bisphenol-A (BPA). These plastics should be avoided due to possibly containing hormone disruptors like BPA, which has been linked to infertility, hyperactivity, reproductive problems, and other health issues.

- Plastic #7 is found in sunglasses, iPod cases, computer cases, nylon, 3- and 5-gallon water bottles, and bullet-proof materials. It is recycled into plastic lumber and other custom-made products. The Bottom Line: Which Recycling Numbers to Avoid, Which are 'Safest'
- In the end, it's really best to avoid using all plastics if you're able. But at the very least:

- **Avoid recycling symbols 3, 6, and 7. While Number 1 is considered safe, it is also best to avoid this plastic. Look for symbols 2, 4, and 5, as these plastics are considered to be safest. These are the plastics to look for in terms of human and animal consumption.**

In the end, plastics will still be used, but you can certainly limit your use of the product. Instead of buying plastic water bottles or other plastic containers, choose glass or invest in a high quality water filtration system to obtain your water from. (This is best for your health anyway).

Next Meeting

The next meeting will be Thursday, March 14th starting at 10 a.m. at >>>>>>>>>>



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

The March 2013 Speaker will be:

State of Nevada, HHS, ADSD, Elder Rights Specialist

Carol Martin

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Liaison

February 14, 1886

First Trainload of Oranges Leave L. A.



On this day the first trainload of oranges grown by southern California farmers leaves Los Angeles via the transcontinental railroad that had been completed on May 10, 1869.

Los Angeles, one of the oldest cities in the Far West, was established by the

Spanish in 1781 to help colonize the region. The city was the largest center of population in Mexican California for several decades. The settlement and development of California proceeded very slowly under Mexican rule, and Los Angeles developed little real economic or political power during this period. Los Angeles still had only just over 1,610 inhabitants when the U.S. took control of California in 1848.

As Anglo-Americans began to assert their control over California, the large Hispanic ranches were gradually broken up and replaced with a more diversified farming economy. Southern California proved an ideal environment for growing many crops, particularly valuable fruits, like oranges, using irrigation techniques. State railroad lines linked Los Angeles into the new system of transcontinental railways, during the 1870s and 1880s, creating additional moneymaking opportunities. Settlers, tourists, and health seekers traveled on trains to the Pacific, where the sunny climate and beautiful scenery promised a new and better life.

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.

The healthful new California lifestyle became closely associated in the public mind with the sweet fruits that grew so abundantly in the orchards around Los Angeles. Los Angeles area orchard owners took advantage of the rapid transportation capabilities of the transcontinental lines and began shipping their oranges to the East in 1886. As the city grew, many nearby orchards were subdivided and the orange growers were pushed out into regions like Orange County. The size of their orchards were steadily increased to the point where local supplies of irrigation water were inadequate. Los Angeles residents undertook a massive program of hydraulic engineering in the late 19th and early 20th centuries to overcome this problem. Water from the distant mountains transformed the arid southern California ecosystem into a green agricultural and residential paradise. The result was astonishing. Just before the first trainload of oranges departed, in 1880, Los Angeles had 11,183 inhabitants. Ten years later, the population had ballooned to 102,479. In 1920, there would be more than half a million residents. Los Angeles was already on its way to becoming the largest urban center in the American West.