

Nevada Seniors Coalition, Inc.

A better quality of life for seniors, their children and grand children

The

NSC FOGHORN TM



Volume 13, Issue 5

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

May 8, 2014

Special Points of Interest

Comparison of Union / CSA 1860 – 1864

Population	1860	22.1 M / 9.1 M
	1864	28.8 M / 3 M
Free	1860	21.7 M / 5.6 M
	1860	400 K / 3.5 M
Slave	1864	negligible / 1.9 M
Soldiers	1860-64	2.1 M / 1.064 M
	1860	21.8 K / 8.8 K
Railroad Miles	1864	29.1 K / negligible
	1860	90 % / 10%
Manufacturers	1864	98% / negligible
	1860	97% / 3%
Arms production	1864	98% / negligible
	1860	negligible / 4,5 M
Cotton Bales	1864	300K / negligible
	1860	30% / 70%
Exports	1864	98% / negligible

Inside This Issue

May Day	2
Please Don't Quote Me	3
Armed Forces Day	4
ACL Safety Tips	5
Members Page	6
Older Americans	7
From the Editor	7
Meeting Information	7
Today in History	8
About NSC	8

Coal, Cosmos and Sterling are fired

By Vice President Knight Allen

The headline on the front page of the May 2 edition of the RJ screamed "Coal fired units may be retired." I'm not sure why this was headline news since SB123 in the 2013 legislative session dictated that NVEnergy get out of coal by 2019. Getting out of almost all their coal generating capacity by the end of this year is quite an acceleration so I guess it is news.

According to the article NVEnergy President Paul Caudill "said the changes to the company's energy mix are not expected to have a significant effect on rates paid by Southern Nevada customers." "Our company's strategy is to minimize rate increases for our customers. So we're going to minimize the impacts of these decisions to the extent we can."

No significant effect on rates? Minimize rate increases? Would anyone care to venture a guess as to the difference between Mr. Caudill's definition of not significant & minimize vs that of an NVEnergy bill payer?

Do you think that an early peek into the corporate definition of not significant and minimal might be the 50%+ increase in the basic monthly charge NVEnergy just proposed to the PUC?

Have you been watching the "Cosmos" series on FOX? I hate to admit it but I've given up. Despite the fact it is obviously well produced and the host is very likeable, it's all just too much for me. Also, it seemed that just when I would start to get into a segment along would come a commercial to break the rhythm. I have to think that's a pretty flimsy excuse though because I couldn't get into the original show when Carl Sagan did it on PBS with no commercials.

Oh well, I guess I'll just have to keep getting my knowledge about things like $E=MC^2$, string theory, the Hadron Collider and, of course, Schrödinger's cat* from that great American font of scientific education: "The Big Bang Theory."

(Continued on page 2)

(Continued from page 1)

Hey! Wanna buy a basketball team? I heard a rumor the LA CLIPPERS might be for sale. To me, the real foul-up in this is the fact that so many in the "sports business" knew about Donald Sterling and his idiotic nonsense but seldom said and never did anything about it. The NBA owners knew. The sports media knew. The players knew yet no one called him out until the tape went public.

Anyway, everyone and their uncles are looking to buy the team. Media elites to sports icons the super rich are in the game. So, why not us? I figure we could all pool our next couple of Social Security checks and make a run at it. After all, it's only a couple of billion dollars. On second thought perhaps discretion is the better part of valor. We should probably hold on to our SS checks so we will be able to pay the not significant and minimal NVEnergy rate increases.

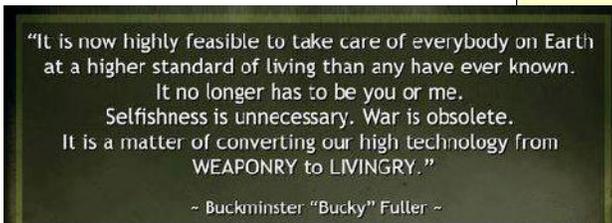
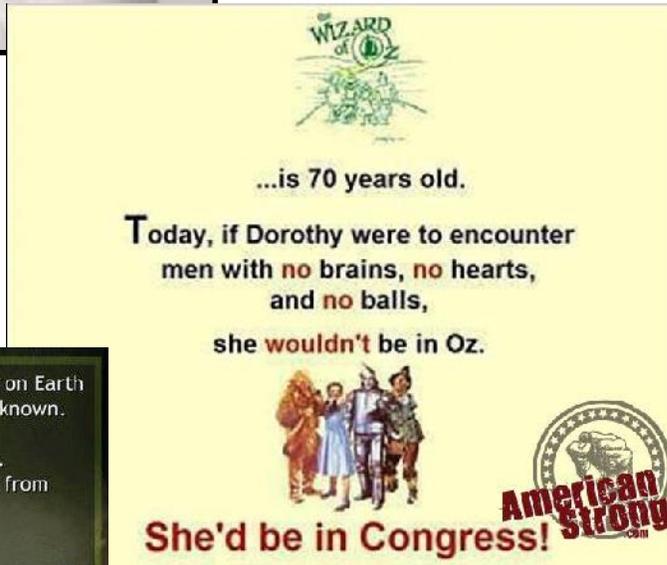
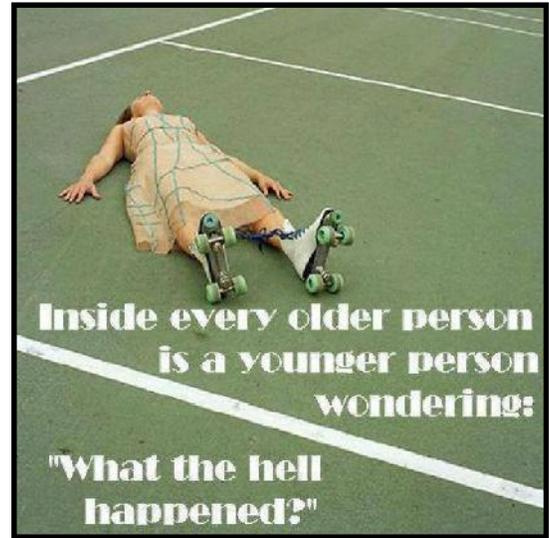
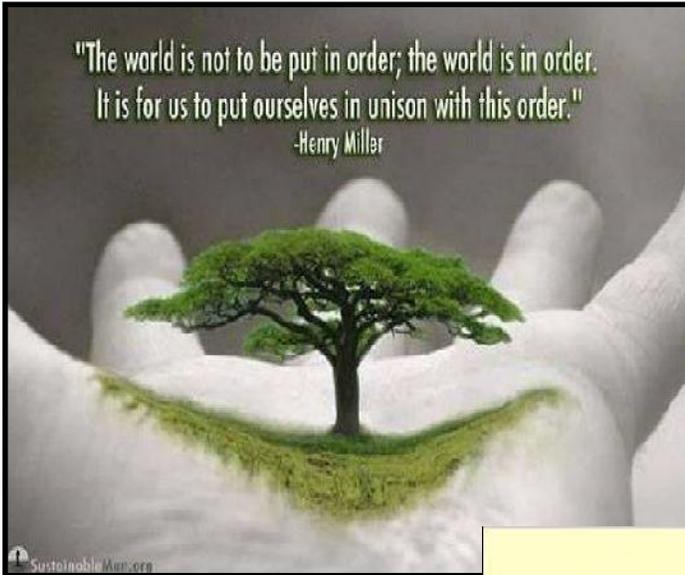
Knight can be reached at: knightallen702@yahoo.com.

* Schrödinger's cat: a cat, a flask of poison, and a radioactive source are placed in a sealed box. If an internal monitor detects radioactivity (i.e. a single atom decaying), the flask is shattered, releasing the poison that kills the cat. The Copenhagen interpretation of quantum mechanics implies that after a while, the cat is simultaneously alive and dead. Yet, when one looks in the box, one sees the cat either alive or dead, not both alive and dead. This poses the question of when exactly quantum superposition ends and reality collapses into one possibility or the other. Is that clear now? If not fugetaboutit and ask Knight to explain fugetaboutit.
—VERN

May Day, the first of May, a date that may have more holidays than any other. It's the date when many countries celebrate Labor Day, a tradition with its roots in the 19th-century labor movement in the United States. In 1886, unions around the country went on strike in support of an eight-hour workday. Since many of the organizers of the strikes were communists, socialists, and anarchists, May Day has also come to be associated with communism, and was a big national holiday in the Soviet Union. President Eisenhower tried to take back May Day during the Cold War by declaring it Law Day and Loyalty Day. It remains a day of rallies and protests in many parts of the world, and in 2006, protest returned to the United States on May 1st to call attention to immigrants' rights.

Its roots as a holiday run much deeper than the labor movement, however. It's been a celebration of spring and fertility in places like Egypt and India, and in pre-Christian Rome it was the time of the festival of Flora, the goddess of flowers. In medieval England, people gathered flowers to "bring in the May" and erected a maypole bedecked with garlands. It's also the date of Beltane, a Celtic calendar festival celebrating the start of summer. Beltane was known for its bonfires, and has been revived by neo-pagans all over the world as a major religious holiday. In Germany, May 1st was the date of a pagan festival that was assimilated by the Christians and turned into the feast day of St. Walpurgis. The night before — Walpurgisnacht — is still celebrated in parts of rural Germany as a kind of Valentine's Day, with the delivery of a tree, wrapped in streamers, to one's beloved. It's also a day to celebrate Hawaiian history and culture, and it's known as Lei Day in Hawaii. One of the largest contemporary May Day celebrations in the United States takes place in Minneapolis, with a parade and pageant staged by the Heart of the Beast Puppet Theatre. It's been going on since 1975 and attracts about 35,000 people every year. © 2014 American Public Media 480 Cedar Street, Saint Paul, MN 55101 USA

"Please Don't Quote Me"



ARMED FORCES DAY MAY 17TH 2014

Courage

Honor

Strength

Duty

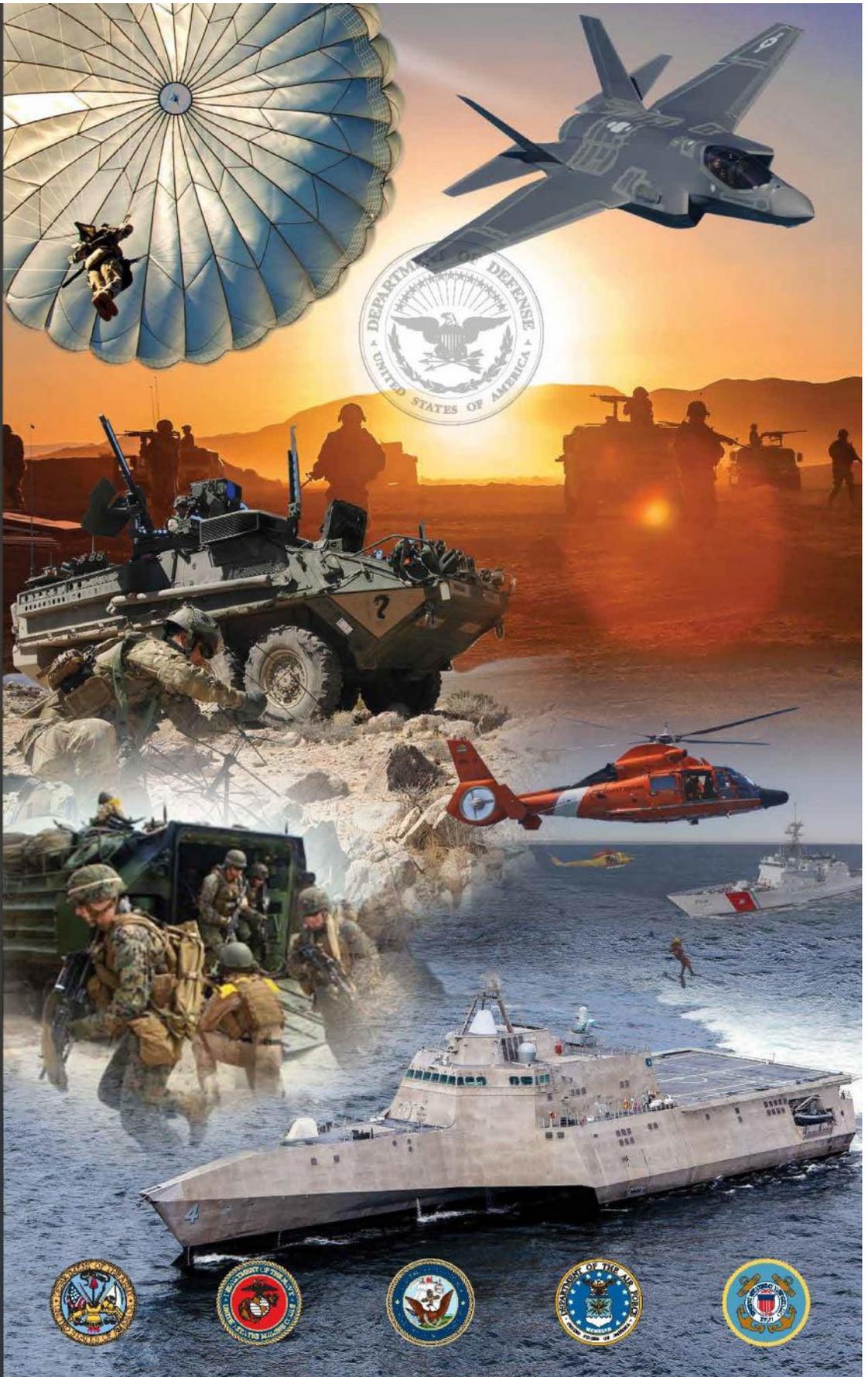
Dedication

Excellence

Valor

Commitment

Professionalism



Safety Tips:



Talk to Your Healthcare Provider

- Discuss physical activities that are appropriate for you. Regular exercise helps to improve endurance, strength, balance, and coordination.
- Have your vision checked regularly. Your sight plays a large part in preventing injuries at home, on the road, and in the community.
- Learn more about safely managing your medications, activities, and lifestyle.

Manage Medications

- Be aware of how your medications interact with other prescription and over-the-counter drugs, certain foods, alcohol, and other medical conditions.
- Learn how medications may make you unsteady on your feet or impact your ability to operate a motor vehicle.
- Create a medication schedule or use a scheduler box to make sure you take no less or more than prescribed.
- Ask your pharmacist for help. Large-print labels, medication-tracking devices, and easy-open containers may be available.

Prevent Falls

- Install handrails and grab bars wherever they are helpful, especially around stairs and in bathrooms.
- Ensure ample lighting inside and outside of your home, particularly around frequently used walkways.
- Add one or more nightlights between your bedroom and bathroom.
- Choose shoes with non-slip soles that provide support without bulk that could cause you to trip.
- Use a walking aid, if needed to improve balance and stability.

Prevent Fires and Burns

- Set your water heater to 120 degrees. You can also install anti-scald devices on sinks, tubs, and showers.
- Test smoke detectors regularly. Be sure you have a smoke alarm in or very near your cooking area.
- Alarms should also be installed in all bedrooms.
- When cooking, wear snug-fitting or short-sleeve clothing and high-quality oven mitts that cover the lower part of your arms.
- Do not smoke in your home, especially if oxygen therapy is used.

Drive Wisely

- Plan your route before you drive and use the safest routes that are well-lit, familiar, and offer easy parking.
- Daytime driving in good weather conditions is best.
- Wear your seat belt, even during short trips. Eliminate distractions inside the vehicle and stay focused on the road.
- Know when it might be time to limit or stop driving, and learn how to get around town without driving.

Live a longer, healthier life by taking control of your safety today!

**Learn more about Older Americans Month and find additional resources
at <http://acl.gov/olderamericansmonth>**

At the April Meeting



Representatives from the Pecos McLeod Creekside Hospice spoke at the April meeting. Shown above are social worker Rachel Handy, MSW, Angela Ricker, Director of Patient Services, NSC President Vern Perry and Volunteer Manager Barbara Colvin, who is also an NSC member.

Their talks covered many topics of interest to seniors and their families especially importance of a living will to guide the one that will ensure that their wishes will be carried out.

Thanks

Thanks to all NSC members for your help. Especially Ted, the Cvetkovic and Ray Taylor (who is posting meeting notices).

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.

Members

New Member:
Clark County Recorder:
Debbie Conway
Welcome Aboard

Happy Mother's Day

May 11, 2014



In 1962, President Kennedy proclaimed May 15th as National Peace Officers Memorial Day and the calendar week in which May 15th falls, as National Police Week. Established by a joint resolution of Congress in 1962, National Police Week pays special recognition to those law enforcement officers who have lost their lives in the line of duty for the safety and protection of others.



Each May, the nation celebrates Older Americans Month to recognize older Americans for their contributions and provide them with information to help them stay healthy and active. This year, the focus is on injury prevention with the theme is:



Safe Today. Healthy Tomorrow.

Older adults are at a much higher risk of unintentional injury and even death than the rest of the population. Unintentional injuries to this population result in at least 6 million medically treated injuries and more than 30,000 deaths every year. With a focus on safety during Older Americans Month, the Administration for Community Living plans to use this opportunity to raise awareness about this critical issue. By taking control of their safety, older Americans can live longer, healthier lives.

History of Older Americans Month

When Older Americans Month was established in 1963, only 17 million living Americans had reached their 65th birthdays. About a third of older Americans lived in poverty and there were few programs to meet their needs. Interest in older Americans and their concerns was growing, however. In April of 1963, President John F. Kennedy's meeting with the National Council of Senior Citizens served as a prelude

to designating May as "Senior Citizens Month." Thanks to President Jimmy Carter's 1980 designation, what was once called Senior Citizens Month, is now called "Older Americans Month," and has become a tradition.

FROM THE EDITOR

Many years ago our fearless leader Ken Mahal suggested getting rid of monstrous nuclear power plants and replacing them with smaller units. Now the powers that be are seriously considering such a thing. I may devote some space to this in a future *NSC Foghorn*.

Until then, those of you who are able to use the Internet can go to :

<http://www.worldnuclear.org/info/NuclearFuel-Cycle/Power-Reactors/SmallNuclear-Power-Reactors/>

My Republic Services bill keeps going up! Not only can't I afford to eat, I can't afford to throw anything away.

It is strange that Knight mentioned "The Big Bang Theory" in his article. I never watch the show but I happened to record it a week or two ago just to see what it was about. On this particular show they were talking about Star Wars Day, May the 4th. That is my birthday. As they said on this show, "May the Fourth Be With You!" it was with me.

Don't Forget the S.A.L.T. Senior Safety Fair May 14th, 2014, 8:30 a.m. to 1:00 p.m. at Paradise Recreation Center.

– VERN

Next Meeting

The next meeting will be Thursday, June 12 starting at 10 a.m. at the



Whitney Recreation Center
5712 E. Missouri Ave., Las Vegas, NV
702-455-7576

Clark County Commissioner

Steve Sisolak

NEVADA SENIORS COALITION, INC.

11925 Las Vegas Blvd. S.
Las Vegas, NV 89183-5432

Vernon W. Perry President/Newsletter

Phone: 702.943.0755

e-mail: vern@nevadaseniors.com

Knight Allen Vice President

Directors:

Belle Chohanin Finance

LouJanice Perry Records

Vernon Perry Membership

Knight Allen Legislation

Vernon Perry Issues

May 8, 1919

NC-4 Starts First Transatlantic Flight

Near the close of World War I the U.S. Navy wanted an aircraft to be designed that could fly across the Atlantic Ocean and eliminate the German U-boats which were sinking many ships each week. The Curtis Aeroplane and Motor Company, in conjunction with the U.S. Navy, designed and constructed four large flying boats designated the NC-1, 2, 3, and 4. Parts of the NC-2, which was damaged by a storm and a fire, were used for spare parts for the other three planes.

On **May 8, 1919** NC-1, -3 and -4 took off from Naval Air Station Rockaway in Long Island New York and flew to Trepassey, Newfoundland from where they would attempt to cross the Atlantic Ocean. The NC-4 had an engine problem near Cape Cod and the weather turned bad at Trepassey which delayed the start of the crossing until May 16. The maximum speed of these planes was 90 mph and the cockpits were open and unheated. The Azores were reached in over 17 hours for a refueling stop. The elapsed time for the crossing would be 26 hours.

NC1 and -3 had engine troubles and the weather turned bad so both of these planes landed in the sea, short of the Azores. With waves cresting over 20 feet neither was able to take off. NC-3 taxied backwards 250 miles to the Azores. NC-1 was abandoned to the sea. The crew was rescued by a Greek freighter. NC-4, after being delayed by weather, engine repairs, and other problems landed at Lisbon, Portugal on May 27, the first aircraft to cross the Atlantic.

The crew was soon forgotten. Congress took more than 10 years to appropriate the meager sum needed to award special medals authorized for the NC

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.

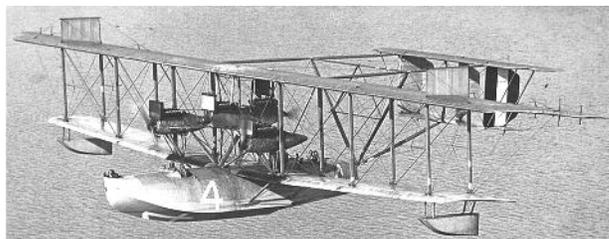
The organization's purpose is to promote the physical and social welfare of senior citizens, their children and grandchildren.

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.

crews. Four presidential elections passed before they were presented medals at the White House.

Two weeks later, on **June 15, 1919**, John Alcock and Arthur Brown flew from Newfoundland and landed their Vickers Vimy 15 hours and 57 minutes in a bog in Clifden, Ireland at the end of the first **nonstop** flight across the Atlantic.



The NC-4

The Vickers Vimy bomber that made the flight was landed by mistake in a bog and is shown being guarded by the British Army.

