

Nevada Seniors Coalition, Inc.

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

The

NSC FOGHORN

TM



Volume 15, Issue 01

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

January 14, 2016

Special Points of Interest

JANUARY IS:

- National Bath Safety Month
I only take a bath once a year whether I need it or not. It's better to be safe than sorry.
- National Blood Donor Month – do not give to *anyone* having a surname of Dracula.
- National Braille Literacy Month – a touching subject.
- National Hobby Month
That's how I got my horse.
- Hot Tea Month – crumpets anyone?
- National Oatmeal Month – Not flaky at all.
- National Hot Soup Month – Well blow me down.

CELEBRATE

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SUNSET in Nevada?

By Vice President Knight Allen

Let's revisit the net metering/rooftop solar debate which has really blown up with the Public Utilities Commission (PUC) decision to do a major revamp of the financial structure the system.

In the November 'Foghorn' I wrote that with all the PR, eco/jobs spin being thrown at us by the solar industry we really had no choice except to wait and see what numbers the PUC staff would come up with and how they would play into the decision process.

Well, some very interesting numbers are out there now and I'd like to offer them to you because they have not been reported in the local papers. The mechanics of the decision, the reduction of the rate NV Energy will pay to rooftop generators, the increase in the monthly service charge to them have been but not some other pretty important points. For that info we have to go to the Wall Street Journal (WSJ) editorial Tuesday 12/29/15, "Nevada Solar Flare."

Let's start with the big one: according to the WSJ the Nevada PUC staff estimates non-solar ratepayers subsidize solar users in southern Nevada \$623 a year and most of that revenue flows to the big investors in companies like Solar City and SunRun. Investors with name such as JP Morgan Chase, Goldman Sachs and Citigroup. Doesn't that give you a nice warm and fuzzy feeling?

The letters to the editor page is burning up with outrage from rooftop solar owners and lessees about how government has "changed the rules after the fact." That is simply not accurate. Again, from the WSJ, "Solar customers must sign an interconnection agreement with the NV Energy utility stipulating that, 'the Public Utilities Commission of Nevada (Commission) or the Utility may amend the tariffs upon Commission approval.'" What is the matter with these people? Didn't they even bother to read what they were signing?

Here's a truly brutal zinger from the editorial for those who

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lease: "Most solar customers won't even be affected UNLESS SOLAR LEASING COMPANIES JACK UP THEIR RATES TO BAIL OUT THEIR INVESTORS." (my emphasis). What? Want to bet that too is buried somewhere in the contract nobody bothered to read?

The Journal summed it all up in one beautifully written sentence; "In short, net metering is regressive political income redistribution in support of a putatively progressive cause." The deal is far from done so stay tuned.

On a lighter note I want to relate to you a phone call I got from one of our friends in an Indian call center. Normally of course I just hang up but this kid's persistence and style (if you can call it that) disarmed me a bit so I kinda let him do his thing. Let's call him Raj.

Raj: Good day Mr. Allen. I'm calling to tell you about a wonderful offer for.....

KA: I'm on the Do Not Call list.

R: Absolutely Mr. Allen! Now let me tell you.....

K: I'm on the Do Not Call list.

R: Absolutely Mr. Allen! But it's my job to tell you about our wonderful offer on solar panels which will save you.....

K: No, no, no... it's your job to apologize to me profusely, take my name off the call list and make sure I'm never bothered again.

R: Absolutely Mr. Allen! I understand completely! Now these solar panels will reduce your electricity bill.....

K: Raj? Raj? (he kept right on going) Raj? Oh RAAAJ!

R: Yes Mr. Allen?

K: Goodbye Raj.

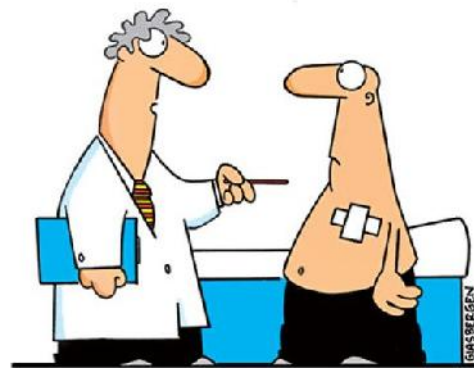
Click.....

I had to laugh in spite of myself. It was fun.

Knight can be reached at: knightallen702@yahoo.com



"We'll see significant savings in health care costs with our new in-house operators."



"It's a pacemaker for your heart. Plus, you can download apps for your liver, kidneys, lungs, and pancreas!"



January 14, 1784 –The Treaty of Paris



*The Horse AMERICA throwing his master
Published August 1, 1779*

In October 1781, the Revolutionary war virtually came to an end when General Cornwallis was surrounded and forced to surrender the British position at Yorktown. However the surrender of an army does not end a war— a treaty does.

On **January 14, 1784**, the Continental Congress ratified the Treaty of Paris officially establishing the United States as an independent and sovereign nation. The preliminary articles of peace were approved by the Continental Congress on April 15, 1783. The treaty, signed in Paris on

September 3, 1783. The Congress was required to return the ratified document to England within six months.

The Congress was scheduled to convene at the Maryland State House in November, however as late as January 12 only seven of the thirteen states were legally represented. Congress, operating under the weak Articles of Confederation, lacked the power to enforce attendance. Since the journey to England required approximately two months, time was running short.

Delegates continued to trickle in. Connecticut representatives presented their credentials to Congress on January 13, leaving the convention one delegate short of a quorum. Richard Beresford of South Carolina left his sickbed in Philadelphia for Annapolis. After his arrival, the vote was taken.

The Treaty of Paris granted the United States territory as far west as the Mississippi River, but reserved Canada to Great Britain. Fisheries in Newfoundland remained available to Americans and navigation of the Mississippi River was open to both parties. Although Congress promised to recommend states return confiscated loyalist property, they had no power to enforce this demand. Creditors in both countries were free to pursue collection of debts.

About 250,000 men served as regulars or as militiamen for the Revolutionary cause in the **eight years** (and a few days) of the war, but there were never more than 90,000 men under arms at one time.

New Year's Prayer by Charlotte Anselmo

Thank you Lord for giving me
The brand new year ahead
Help me live the way I should
As each new day I tread.

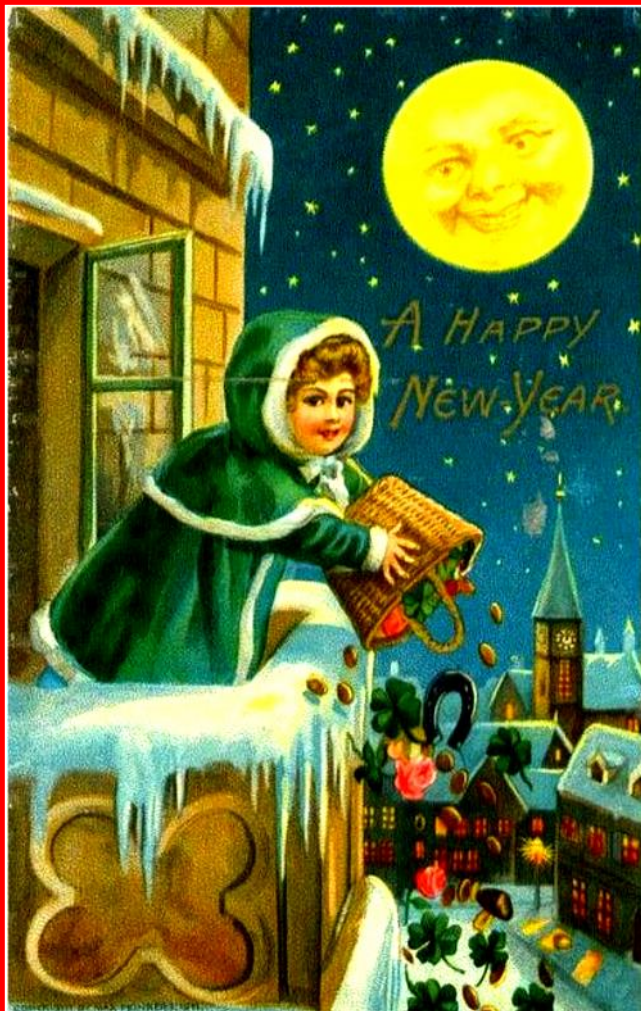
Give me gentle wisdom
That I might help a friend
Give me strength and courage
So a shoulder I might lend.

The year ahead is empty
Help me fill it with good things
Each new day filled with joy
And the happiness it brings.

Please give the leaders of our
world
A courage born of peace
That they might lead us gently
And all the fighting cease.

Please give to all upon this earth
A heart that's filled with love
A gentle happy way to live
With Your blessings from above. #

**The New Year lies before you,
like a spotless track of snow...
be careful how you tread on it,
for every mark will show.**




 ay love and laughter light
 your days and warm
 your heart and home.  May
 good and faithful friends be yours
 wherever you may roam.  May
 peace and plenty bless your world
 with joy that long endures. 
 May all life's passing seasons
 bring the best to you and yours.

The First Presidential Election



On January 7, 1789 (227 years ago) the United States held its **first presidential election**. The Articles of Confederation had been ratified back in 1781, and established a President of Congress. But there was no defined executive branch of government, and the president did not have much power. The first president, John Hanson, found the job so boring that he barely made it through his one-year term.

In 1788, the Constitution was ratified, which established an expanded role for the president. For the first election, there were no political parties and no campaigns. Almost everybody wanted George Washington for the job - with the exception of Washington himself, who wanted nothing more than to retire in peace and quiet. He wrote to Alexander Hamilton: "I should unfeignedly rejoice, in case the Electors, by giving their votes to another person would save me from the dreaded dilemma of being forced to accept or refuse [...] I call Heaven to witness, that this very act would be the greatest sacrifice of my personal feelings and wishes that ever I have been



called upon to make." He wrote to Hamilton that he felt surrounded by darkness and clouds, and to another friend that he felt like a convict going to his execution.

The election on this day wasn't exactly a decision as to who would become president, but voters decided on electors to officially cast their votes. The turnout was very small. Only white men with property could vote, and of the 3 million people in America, 600,000 were slaves, and many more were women or men who did not own property; in the end, fewer than 39,000 people voted, or 1.3 percent of the population. The winter made travel difficult, so it wasn't until April that the roads cleared up enough that a quorum of legislators could get to the capitol. When they finally did, Washington was declared the unanimous winner, and he was inaugurated at the end of April.



There was no December meeting



Santa came again last year but he went back home because no one was here. But he and his elves left presents by the bagful Which VP Knight will use for our raffle.

Federal Holidays 2016

Date	Holiday	Day of Week
January 1	New Years Day	Friday
January 18	MLK Day	Monday
February 15	Presidents Day	Monday
May 30	Memorial Day	Monday
July 4	Independence Day	Monday
September 5	Labor Day	Monday
October 10	Columbus Day	Monday
November 11	Veterans Day	Friday
November 24	Thanksgiving Day	Thursday
December 25	Christmas Day	Sunday
December 26	Christmas Day (observed)	Monday



Thanks to all NSC members Who contributed time, gifts and money to us It is very much appreciated.

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.



Sift through the hype to find the true benefits of foods and supplements

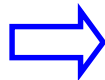
You've seen it: Health verbiage splashed across the front of packages, such as: "Supports the immune system!" or "Lowers cholesterol!" But can you really trust manufacturers to tell you the truth on their labels? Yes...and no. The good news: The U.S. Food and Drug Administration (FDA) has rules about what can and cannot be said on food and supplement labels, and companies caught breaking those rules will be in trouble. The bad news: While some claims need to be backed up by science, some don't, and telling them apart can be tricky. Three kinds of claims. The FDA divides claims into three types: Nutrient Content Claims, Health Claims, and Structure/ Function Claims. Nutrient Content Claims (NCC). NCCs address the level of a nutrient in a food compared to the typical product. These statements are tightly regulated, so you can trust that words like low, high, less, more, light, reduced, and even healthy mean something. For example, potato chips that say they are "low sodium" must have a specific percentage less salt than the average chip. Supplements may use percentage claims, such as "40% omega-3 fatty acids, 10 mg per capsule". Health Claims. Any claim that a food component can reduce the risk of a disease has to be backed up by research and approved by the FDA. If you see both a component and a disease mentioned in the same sentence, you're looking at a health claim, and you should be able to trust it. For example, "adequate calcium throughout life may reduce the risk of osteoporosis." Structure/Function Claims. If a claim doesn't mention a specific disease or talk about the amount of a particular nutrient, it's probably a structure/function claim. Manufacturers don't have to get the FDA's approval or show proof to use statements such as "calcium builds strong bones" and "antioxidants maintain cell integrity."

Dietary supplements treated differently. Supplement manufacturers don't have to get FDA approval or provide any proof of their products' safety or effectiveness upfront. This means that, while dietary supplement manufacturers are supposed to voluntarily follow the same labeling rules as foods, there is more room for false claims in the supplement aisle. Buyer beware. Remember that labels, like commercials, are part of a marketing campaign to get you to buy a product. (After all, the potato chip label that screams "low sodium!" never says "and high fat!") While most claims on foods are pretty reliable, be wary of structure/function claims, and remember that there is no upfront oversight of supplements. Better yet, aim for a wholesome, balanced diet, and you won't have to worry about what one particular food or pill claims to be. —Judith C. Thalheimer, RD – From Environmental Nutrition Newsletter

www.environmentalnutrition.com

Next Meeting

The next meeting will be on
Thursday February 11, 2016
Starting at 10 a.m. at



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

Our February Speaker will be:

Misty Richardson

From Clark County Emergency

Management and Homeland Security

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January 14, 1914

First Ford Model T Made on Assembly Line

Although the Model T has been around since 1908, the first Ford Model T that was made on an assembly line was completed on **January 14, 1914**. From October 1, 1908 (\$850) until May 26, 1927 (> \$300) over 15 million Model T's were produced and represented 40% of all cars sold in the United States.

An interesting side-note: Henry Ford was on the cover of Time Magazine on **January 14, 1935**.



Integrated assembly lines (1913).



The Nevada Seniors Coalition, Inc. (NSC) is a nonprofit, non-partisan 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.

