

# Nevada Seniors Coalition, Inc.

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

The

# NSC FOGHORN™



Volume 15, Issue 02

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

February 11, 2016

## Special Points of Interest



Occupying the 9th position on the Chinese Zodiac, the Monkey possesses such character

traits as curiosity, mischievousness, and cleverness. Forever playful, Monkeys are the masters of practical jokes. Even though their intentions are always good, this desire to be a prankster has a tendency to create ill will and hurt feelings. Although they are inherently intellectual and creative, Monkeys at times have trouble exhibiting these qualities. When that happens, they appear to others to be confused. But nothing could be further from the truth as Monkeys thrive on being challenged. Monkeys prefer urban life to rural, and their favorite pastime is people-watching.

## The Fat Lady Ain't Sung Yet.

By Vice President Knight Allen

"The deal is far from done so stay tuned."

That is how I ended my column last month reporting on the PUC's decision on rooftop solar and net metering. So, did you stay tuned? It looks like the original ruling may, or may not, be completely reversed. At the very least the original rooftop folks may get grandfathered in at the old rates. That tends to raise a red flag with me since I have read both the Attorney General Bureau of Consumer Protection's (BCP) request for a stay of the order and the Commission Staff's reply.

I was most interested in seeing how the BCP would refute the PUC's position that non-solar ratepayers in Southern Nevada subsidize solar users \$623 per year. Much to my disappointment the BCP didn't do that to any serious degree. What they said was there are other subsidies in the system that are multiple, multiple times bigger than the \$623, so what's the big deal? It's a whole new industry. It's jobs!

I don't know folks but to me it's just another example of crony capitalism and corporate welfare in which the few - 18,000 rooftop solar users, the obscenely taxpayer subsidized companies and their Wall Street owners do well - while the vast majority foot the bill. But, of course, it's all for the Greater Good. Right?

Speaking of crony capitalism I stumbled onto a sports radio station where the phone lines and social media were burning up over the announcement by the Sands that they want \$780 million in public money to build the stadium which will supposedly attract the Oakland Raiders to Las Vegas. Sure, and the Great Pumpkin is on his way and is bringing the Tooth Fairy, the Easter Bunny and Santa Claus with him. But once again, it's JOBS! Right?

### Inside This Issue

Washington's Birthday	2
Please Don't Quote Me	3
Heart Disease Month	4
Lincoln's Trip	5
Members Page	6
Animals of the Chinese Zodiac	7
Today in History	8
About NSC	8

(Continued on page 2)

*(Continued from page 1)*

Like you, I've been following the presidential campaigns with at least a passing interest at this stage of the game. Lots of noise but not much substance. Mr. Trump's bull in a china shop bluster and Bernie Sanders' "It's all the fault of the one percenters" may be the loudest but all the candidates seem to be trying to fit the mold of strongman (or woman) who will take the office of POTUS to new heights of strength and power. We've had eight years of that. Eight years of executive orders and picking and choosing which laws will be enforced and which ones won't. Eight years of making public policy from the Oval Office rather than executing it as required by the Constitution's separation of powers doctrine.

So, where are we now? Millions upon millions of people are in open rebellion against the Establishment leadership. And make no mistake it's not just the Republican grass roots anger that has given rise to Trump. The same thing is happening on the Democratic side and to just as powerful a degree. If it wasn't, Bernie Sanders wouldn't be a blip on the primary screen.

Since 2007 Mr. Charles Savage of the New York Times has provided a survey to the presidential campaigns to articulate the candidates' "understanding of the scope and limits of the powers they would wield if elected."

In 2007 - 9 of the 12 campaigns participated.

In 2011 - 5 of the 7 campaigns participated.

In 2015 - only Rand Paul, who has since dropped out, responded. No other candidate from either party participated.

Mr. Savage points out that the "survey's very failure may still have told voters some things they should know." Indeed.

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### **When is Washington's Birthday?**

George Washington was born on either Feb. 11, 1731 or Feb. 22, 1732 depending on which calendar you consult. At the time, England and its colonies were following the Julian calendar, instituted in 46 B.C. by the eponymous Julius Caesar. By that calendar, Washington was born on Feb. 11, 1731. But in 1752, England switched to the Gregorian calendar, which is still in use today, and that threw everything off.

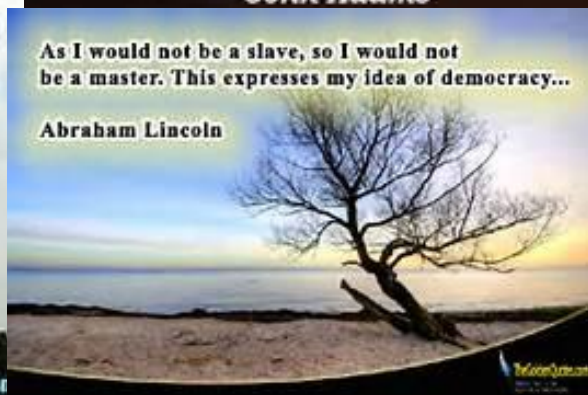
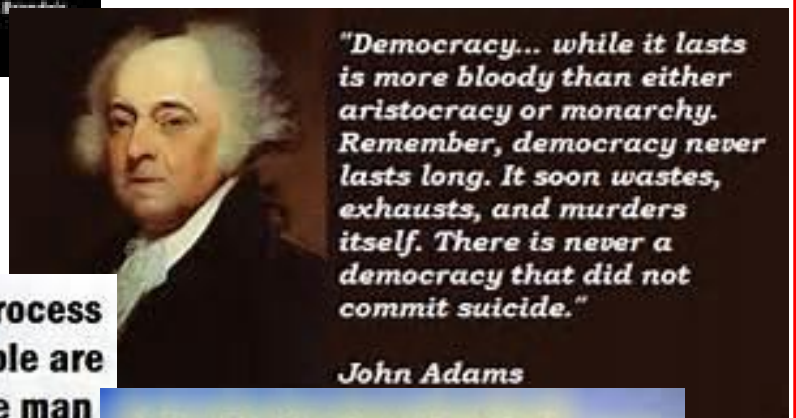
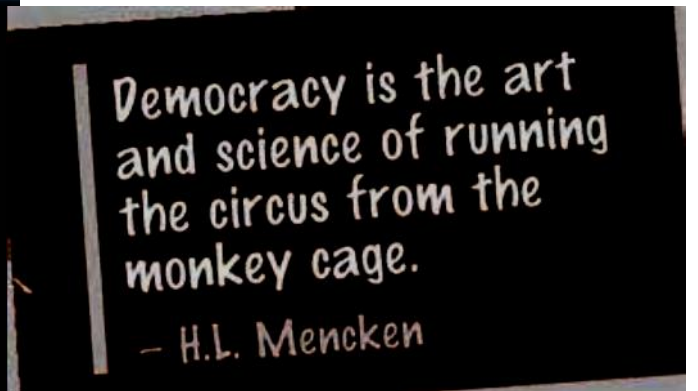
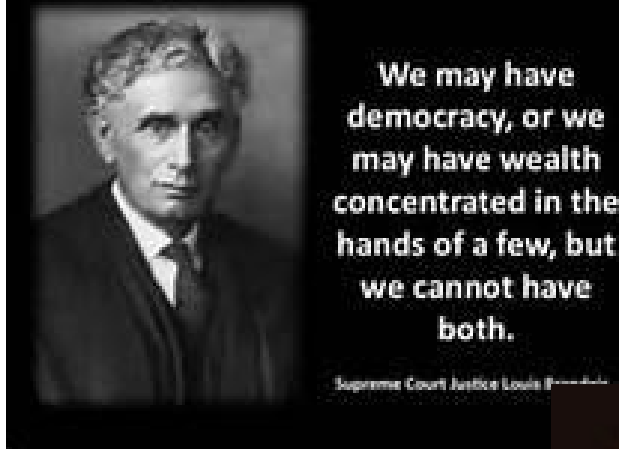
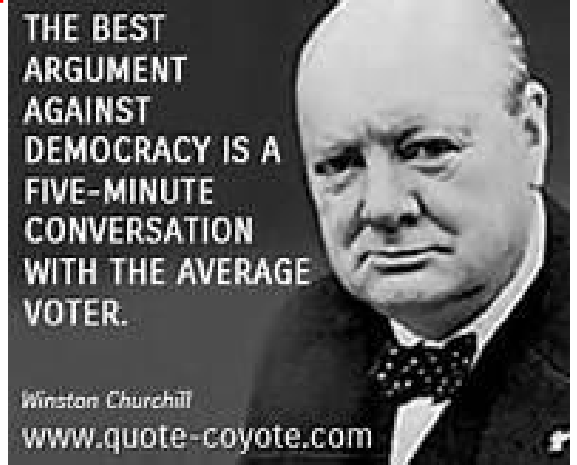
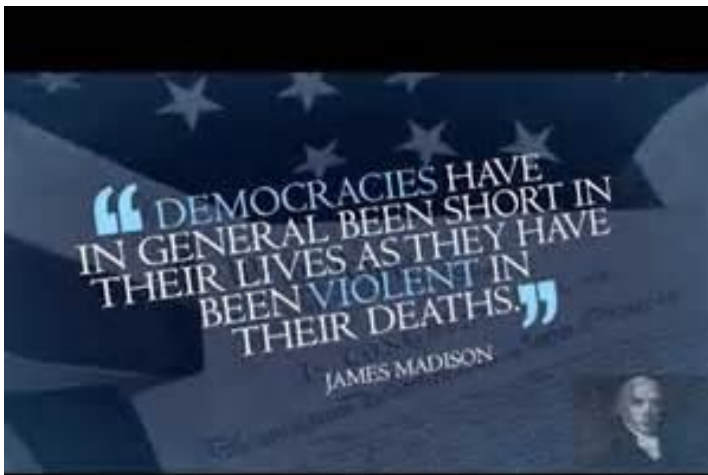
Why the switch? Because the Julian calendar's years were inaccurate, running about 11 minutes long annually. According to NASA, the Earth takes about 365.2422 days to go around the sun, or about 365 days, 5 hours, 48 minutes, and 46 seconds. (Technically this is the "tropical year," or the time spanning one vernal equinox to the next.) The Julian calendar tried to account for this by adding one extra day every four years a "leap" year making the average year 365.25 days long. That means every Julian year is too long by 0.0078 years, or about 11 minutes and 14 seconds.

By the 1500s, these minutes had piled up, and the vernal equinox was arriving about 12 days earlier on the calendar than it used to. The Roman Catholic Church decided that this was unacceptable because Easter was becoming unhitched from its association with spring.

In 1582, Pope Gregory XIII put the Catholic world onto a new calendar, which bears his name. The Gregorian calendar has a leap year every four years except there is no leap year in years that are multiples of 100, unless that year is also a multiple of 400. This math which was impressively done before the invention of satellites and computers makes an average year 365.2425 days long, which is just 26 seconds off of NASA's calculation. Thus, the church that condemned Galileo in 1633 for saying that the Earth revolves around the sun had, more than 50 years earlier, produced a fairly precise measurement of the length of a solar year.

Washington's birthday was retroactively bumped up to 1732 to stay consistent with his age, and he celebrated his 21st birthday on Feb. 22, 1753. In doing so, he did not tell a lie the calendar date was different, but the Earth was in the same position it was when he was born.

# “Please Don’t Quote Me”





# Know The Facts About Heart Disease

## What is Heart Disease?

Heart disease is the leading cause of death among both men and women in the United States. More than 600,000 Americans die of heart disease each year. That's one in every four deaths in this country.

The term "heart disease" refers to several types of heart conditions. The most common type is coronary artery disease, which can cause heart attack (one of which I had on November 11, 2016). Other kinds of heart disease may involve the valves in the heart, or the heart may not pump well and cause heart failure (which happened to me on December 2, 2016 and February 2, 2017. I only missed January.) Some people are born with heart disease.

## Are You at Risk?

Anyone, including children, can develop heart disease. It occurs when a substance called plaque builds up in your arteries. When this happens, your arteries can narrow over time, reducing blood flow to the heart.

Smoking, eating an unhealthy diet, and not getting enough exercise all increase your risk for having heart disease.

Having high cholesterol, high blood pressure, or diabetes can increase your risk for heart disease. All of these conditions are preventable and treatable.

## Are You at Risk?

- Chest pain or discomfort that doesn't go away after a few minutes.
- Pain or discomfort in the jaw, neck or back.
- Weakness, light-headedness, nausea ( feeling sick to your stomach) or a cold sweat.
- Pain or discomfort in the arms or shoulder.
- Shortness of breath.

**Some of these things may mean something else is happening (as simple as indigestion) , but don't take a chance – call 9-1-1.**



## Lincoln's Trip to His First Inaugural

Lincoln's journey from Springfield to Washington was a whistle-stop tour, stopping at 70 cities and towns, and took two weeks, from **Feb. 11th** to the 24th 1861. The route taken was chosen in part because it would bypass southern states which lay on the direct path of Springfield to Washington. It was intended that the tour would give people a chance to see and hear the president-elect and give Lincoln a chance to mend a few fences along the way, and bolster support in northern states, whose voters had put him into office.

But feelings ran strong, both in the north and the south. The southern states were already talking of secession and there had been threats on Lincoln's life before the journey began.

Lincoln realized the gravity of the political climate, and some believe that he even had a premonition about his future in Washington. To bolster this point of view, here is Lincoln's farewell address at Springfield, upon his departure for Washington:

"My friends, no one not in my position can appreciate the sadness I feel at this parting. To this people I owe all that I am. Here I have lived more than a quarter century; here my children were born and one of them lies buried. I know not how soon I shall see you again. A duty devolves upon me which is, perhaps, greater than that which has devolved upon any other man since the days of Washington. He never would have succeeded except for the aid of Providence, upon which he at all times relied. I believe that I cannot succeed without the same Divine aid which sustained him ... In the same Almighty Being I place my reliance for support, and I hope you, my friends, will all pray that I may receive that Divine assistance, without which I cannot succeed, but with which success is certain, I bid you all an affectionate farewell."

Railroad officials, concerned about Lincoln's safety, had hired Allan Pinkerton, the founder of America's first detective agency, to protect the president elect.

(Allan Pinkerton came to Chicago from Scotland in 1842, to avoid imprisonment at home. He was often a controversial figure. During the Civil War his reports, for the North, inflated the size and location of the Confederate Army, leading to Gen. McClellan's procrastinating (hence losing) the Peninsular Campaign in 1861. At other times during the war Pinkerton made mistakes, which adversely affected the Union Army. Yet he had a knack for self-promotion that served him well and he came through the war with a glorified reputation, as the "World's Greatest Detective."



Pinkerton was convinced that the most likely spot for danger to Lincoln would come when Lincoln changed trains in Baltimore, from the Calvert Street Station of the Northern Central Railroad to the Camden Street Station of the Baltimore & Ohio Railroad. He claimed that he had information that an ambush would be attempted at that time. Reports indicated that numerous individuals would be armed with knives and when Lincoln changed trains at least one of the assassins would be able to reach the future president.

Against the probable assassination attempt, Pinkerton ordered that the presidential party arrive unannounced, by an earlier train and with Lincoln disguised in a shawl, beard, and walking with a cane, to make the train switch secretly to avoid crowds and potential assassins. This was done, though Lincoln objected strenuously, saying that at his height a shawl would be a poor disguise, and that the whole act of "sneaking through Baltimore in the middle of the night would make him look cowardly."

Nonetheless, Pinkerton prevailed and Lincoln made his trip through Baltimore without incident, prompting Pinkerton's coded report to railroad officials, "Plums delivered nuts safely." The press seized upon this whole exercise as proof that Lincoln was indeed a coward. For Pinkerton's part, he felt that he had done his duty, delivering the president elect safely to Washington.

### At the January Meeting



Surprise, Surprise— Michael Hengel, former Las Vegas Review Journal Editor attended this meeting and gave his the farewell address to the troops.

**Good Luck, Michael**



**Happy  
Birthday  
George**



*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.



## The Animals of the Chinese Zodiac

This is the most widespread legend about the Chinese zodiac. The Jade Emperor (The Emperor in Heaven in Chinese folklore) ordered that animals would be designated as calendar signs and the twelve that arrived first would be time, the cat and the friends and neighbors. this news, the cat said should arrive early to ly get up late.' The rat awaken his friend and er, on the morning was too excited to re- and went directly to On the way, he en- ox, horse, and other much faster. In order them, he thought up a the straightforward ox tion that he sang for ox and him arrived happy thinking that he sign of the years, but slid in front, jumped and became the first Chinese zodiac. Mean- the cat was too late so when it finally arrived, the selection was over. That's why other animals appear behind the little rat and why the cat hates the rat so much that every time they meet, the cat will chase and kill it.



At that rat were good When they heard of to the rat: 'We sign up, but I usual- then promised to go together. Howev- when he got up, he call his promise, the gathering place. countered the tiger, animals that ran not to fall behind good idea. He made carry him on condi- the ox. At last, the first. The ox was would be the first the rat had already off ahead of the ox, lucky animal of the while his neighbor



### Next Meeting

The next meeting will be on  
**Thursday March 10, 2016**  
 Starting at 10 a.m. at



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

**Our March Speaker will be from:**  
**the State of Nevada, Department of Health and Human Services Aging and Disability Services Division**  
*Health Promotion and Disease Prevention Coordinator and Medicare "Extra Help" Facilitator*

# Ken Napier



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**February 11,**

- 1790 – The Religious Society of Friends, also known as Quakers, petitions U.S. Congress for abolition of slavery
- 1794 – First session of United States Senate opens to the public
- 1861 – American Civil War: The U.S. House unanimously passes a resolution guaranteeing non-interference with slavery in any state.
- 1861 – Abraham Lincoln departed Springfield, Illinois, en route to his inauguration in the nation's capital on , one day before his fifty-second birthday.
- 1943 – World War II: General Dwight D. Eisenhower is selected to command the allied armies in Europe



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.

- 1953 – U.S. President Dwight D. Eisenhower refuses a clemency appeal for Julius and Ethel Rosenberg

