

Nevada Seniors Coalition, Inc.

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

The

NSC FOGHORN

TM



Volume 15, Issue 04

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

April 14, 2016

Alzheimer Signs

- 1 Memory loss that disrupts daily life
- 2 Challenges in planning or solving problems
- 3 Difficulty completing familiar tasks
- 4 Confusion with time or place
- 5 Trouble understanding visual images and spatial relationships
- 6 New problems with words in speaking or writing
- 7 Misplacing things and losing the ability to retrace steps
- 8 Decreased or poor judgment
- 9 Withdrawal from work or social activities
- 10 Changes in mood and personality

Hell No I Wont Get a Raise, Complain, Give Up or Go!

By Vice President Knight Allen

There was an interesting small article in the RJ on 4/8. The headline said, "Nevada's weekly wage rises in year over year reading."

The article, with no byline, was clearly intended to spread the good news about wage growth in Nevada between September of 2014 and September of 2015. "Nevada's weekly wage SOARED (my emphasis) to a record third quarter reading." The weekly wage reached an average of \$860 up 2.6% from \$840 in 2014. That's actually 2.4% but why quibble?

Now I don't mind the state wanting to get some good news on wage growth out to the public but when the numbers represent such a short term time period I become concerned the political/economic leadership will get swept up in the good news and start thinking tax increases may be more palatable. After all, things are certainly looking up, aren't they?

I believe public policy must be rooted in a longer term, more accurate view of what has happened to the working people of this state since the boom-bust-recovery cycle which all began at the end of 2007.

Here for your information are the numbers from year end 2007 thru Q3 of 2015 (the newspaper report).

2015's \$860 a week x 52 weeks = \$44,720 a year.

At year end 2007 the average wage was \$42,149 a year per the NV Dept. of Employment and Training.

So, in just about eight years the working person's wage has risen by a "soaring" 6% - TOTAL.

Believe it or not, even Social Security has beaten 6%.

This "recovery" has not gone all that well for labor although capital can't complain too much. The DOW is up 22% and the S&P 500 is up 31% over the same time frame. Not great but three to five times better than labor.

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Keep a skeptical eye out for those touting the "good news" about wage growth and Nevada's recovery. Many times they have an agenda that is not in the best interest of working people OR the rest of us.

Here's an interesting statistic you may or may not have seen. Four of the five richest counties in America are right around Washington, DC. In terms of US Counties, they're the one percenters. Do you see any of the Presidential candidates making this glaring example of concentrated wealth and power part of their campaign? Nothing is going to change after November - nothing.

A Wall Street Journal article last month (3/16/16) was headlined, "Math may not add up for Sanders." As of the date of the article Mrs. Clinton had 768 delegates to Mr. Sanders 554. A spread of 38%. But, with the superdelegates it's Clinton 1,235 to Sanders 580, a spread of 113%. Mr. Sanders has won almost every Democratic caucus/primary since then and my guess is he's no closer to the nomination than he was in March. The Democratic Party's nominating process really is Orwell's "Animal Farm" where all the animals (voters) are equal but some are more equal than others.

A survey of young adults conducted by Harvard's Institute of Politics says a majority of them - 60% - aged 18 to 29 support sending ground troops to fight Islamic State militants but fewer than one in five would be willing to go themselves. Do you think those who made the case for an all-volunteer military, and won, could have foreseen our young men and women in 156 countries for decades with no political force here at home demanding a change in policies?

Knight can be reached at: knightallen702@yahoo.com

The last paragraph of Knight's article reminded me of a the chorus of a World War I song sung in the United Kingdom of Great Britain and Northern Ireland and by the troops overseas.

The song title is "*A Conscientious Objector*" written by David Burnaby and Gitz Rice in 1917.

The only version I can find on the Internet is:

Send out the Army and The Navy,
Send out the rank and file,
Send out the brave old Territorials
They'll face the danger with a smile.
Send out the boys of the Old Brigade
Who made Old England free
Send out me brother, his sister
and his mother
But for Gawd's sake don't send me.

The version that I learned was:

Call out the Army and the Naivy,
Call out the rank and file,
Call out the bloody Territorials,
From the dear old Emerald Isle,
The Emerald Isle.
Call out the laddie's from Australia,
To keep old England free.
Call out me brither, me sister and me Mither,
But for Gawd's sake don't call me

“Please Don’t Quote Me”

The following quotes are from an email sent out by NSC member and Seniors United President Jerry Johnson.

The Fact That There’s A
HIGHWAY TO HELL
And Only A
STAIRWAY TO HEAVEN
Says A Lot About Anticipated
Traffic Numbers.

I’M ONLY
RESPONSIBLE
FOR WHAT I SAY
NOT FOR WHAT YOU UNDERSTAND

**I PREFER NOT TO THINK
BEFORE SPEAKING**
*I like being just as surprised as
everyone else by
what comes out of my mouth.*

SO WHEN IS THIS
**“OLD ENOUGH TO
KNOW BETTER”**
SUPPOSED TO KICK IN?

I HATE IT WHEN
THE VOICES IN MY HEAD
GO SILENT...
I NEVER KNOW WHAT THEY
ARE PLANNING.

WHEN YOU’RE DEAD,
YOU DON’T
KNOW YOU’RE DEAD.
IT’S ONLY DIFFICULT FOR OTHERS.
IT’S THE SAME WAY WHEN
YOU’RE STUPID.

Be careful when you
follow the masses
...sometimes the “M” is silent!

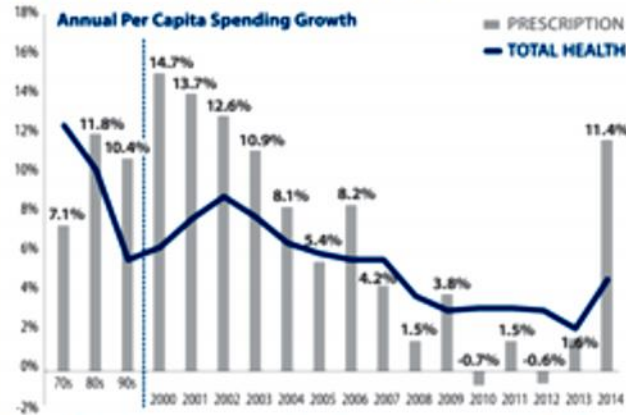
SOMETIMES I SIT QUIETLY
AND WONDER WHY
I’M NOT IN A MENTAL ASYLUM...
THEN I TAKE A LOOK AROUND AND REALIZE...
MAYBE I ALREADY AM.

**I SPEAK
MY MIND**
Because
IT HURTS TO BITE MY
TONGUE ALL THE TIME

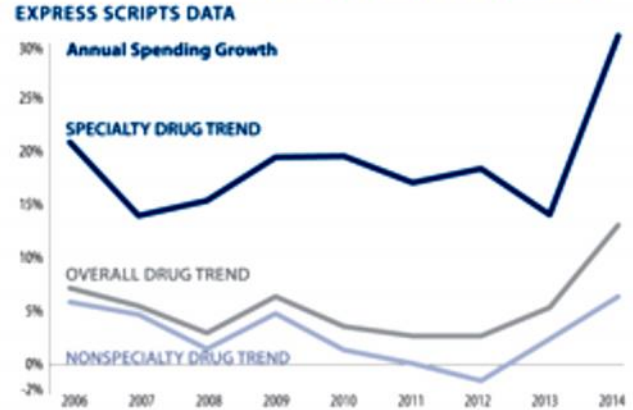
Don’t confuse my
PERSONALITY
with my **ATTITUDE...**
My **PERSONALITY** is who I am.
My **ATTITUDE** depends on who you are!

RECENT TRENDS IN PRESCRIPTION DRUG COSTS

After Several Years of Modest Growth, Prescription Drug Spending Rose Sharply in 2014

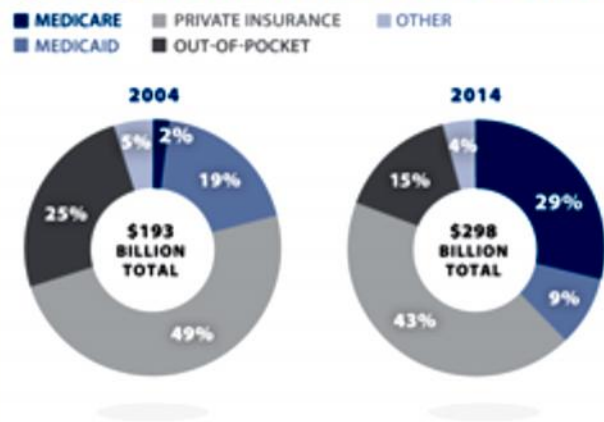


Costly New Specialty Drugs Such as Hepatitis C and Cancer Drugs Are a Major Driver of Spending

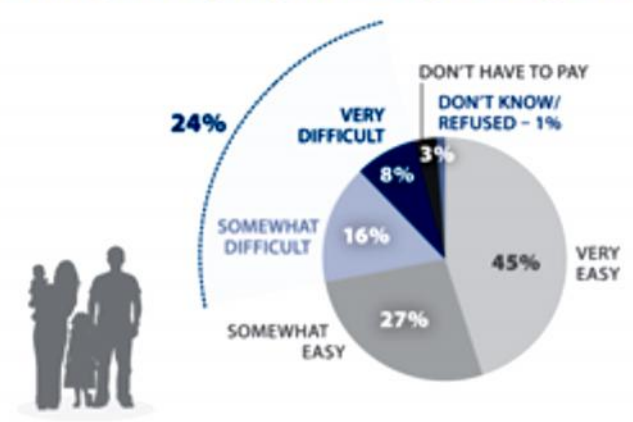


Prescription drug costs are projected to grow more modestly in coming years, averaging about 5% annual per capita growth through 2024.

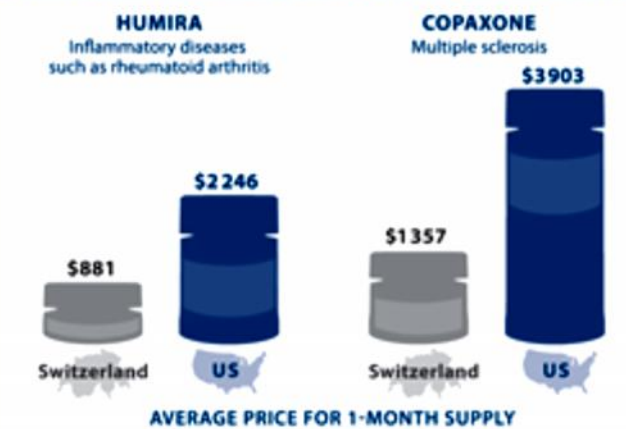
Medicare's Share of National Prescription Drug Spending Rose From 2% in 2004 to 29% in 2014



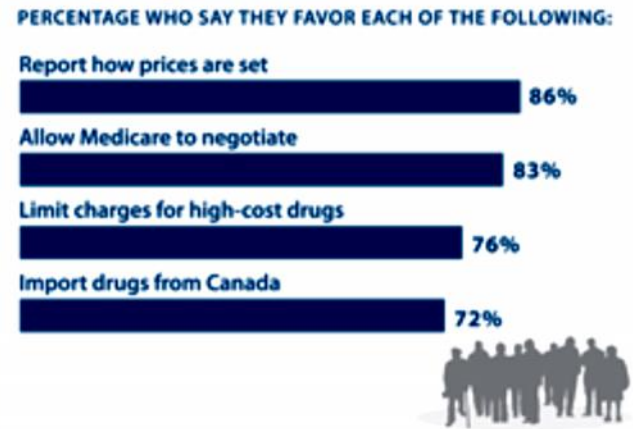
Nearly 1 in 4 People in the United States Taking Prescription Drugs Report Difficulty Affording Them



Many Specialty Drugs Are Priced Higher in the United States Than in Other Developed Countries



Most People in the United States Favor Action to Keep Drug Prices Down



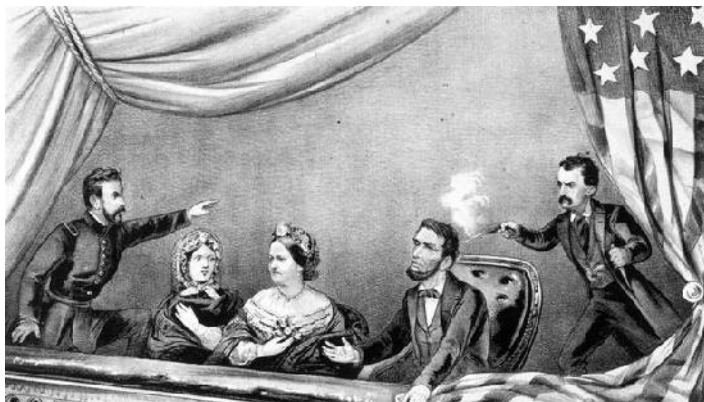
Authors: Cynthia Cox, MPH; Rabah Kamal, Anne Jankiewicz, and David Rousseau, MPH; for the Kaiser Family Foundation

Source: Kaiser Family Foundation analysis. Original data and detailed source information are available at http://kff.org/JAMA_04-05-2016.
Please cite as: JAMA. 2016;315(13):1326. 10.1001/jama.2016.2646



The JAMA Network

Lincoln is shot April 14, 1865



On this day in 1865, President Abraham Lincoln, the 16th U.S. president, is fatally shot by John Wilkes Booth, an actor and Confederate sympathizer, at a play in Ford's Theater in Washington, D.C. Only five days before, Confederate General Robert E. Lee had surrendered his massive army at Appomattox Court House, Virginia, which effectively ended the American Civil War.

Booth had remained in the North during the war despite his Confederate sympathies. He initially had plotted to capture the President and take him to the Confederate capital of Richmond, Virginia. However, on the day of the planned kidnapping, March 20, 1865, the president failed to appear where Booth and his six fellow conspirators lay in wait. Richmond fell two weeks later to Union forces.

Confederate armies were near collapse across the South in April, 1865. Booth now hatched a desperate plan to save the Confederacy. Booth found out that Lincoln was to attend a performance of the comedy play "Our American Cousin" at Ford's Theater on April 14. Booth planned the simultaneous assassination of Lincoln, Vice President Andrew Johnson and Secretary of State William H. Seward. Booth and his conspirators, by murdering the president and two of his possible successors, hoped to throw the U.S. government into disarray. On the evening of **April 14**, conspirator Lewis T. Powell burst into Secretary of State Seward's home, seriously wounding him and three others. George A. Atzerodt, who was assigned to Vice President Johnson, lost his nerve and fled. Just after 10 p.m., Booth entered Lincoln's private theater box unnoticed and shot the president, with a single bullet, in the back of his head. Slashing an army officer who rushed at him, Booth leapt to the stage and shouted "Sic semper tyrannis! [Thus always to tyrants]—the South is avenged!" Although he had broken his leg jumping from Lincoln's box, Booth managed to escape Washington on horseback.

Lincoln, was carried to a lodging house opposite Ford's Theater mortally wounded. Lincoln, age 56, died at about 7:22 a.m. the next morning – the first U.S. president to be assassinated. Booth, pursued by the army, was finally cornered in a barn near Bowling Green, Virginia, where he died from a possibly self-inflicted bullet wound as the barn was burned to the ground. Of the eight other people eventually charged with the conspiracy, four were hanged and four were jailed. Mary Surratt, age 42 was the first woman hung ever put to death by the Federal Government. Lincoln was buried on May 4, 1865 in Springfield, Illinois.

At the March Meeting



Our scheduled speaker called in sick so VP Knight Allen substituted. We had a very nice informal meeting with Knight speaking on guardianship and other subjects. The members liked Knight's presentation and had a chance to visit with each other. A very good meeting!

Members

Renewing Members

- ♥Knight Allen♥
- ♥ Belle Earl Chohanin♥
- ♥Rosalind Cline♥
- ♥Jerry Johnson♥
- ♥Robert and Ingeborg Levy♥
- ♥LouJanice Perry♥
- ♥John and Gisela Tabor♥
- ♥Beverly Wanamaker♥

Thank you for your continued support



Arbor Day

April 29

I am only one, but still
I AM ONE.
I cannot do everything, but still
I CAN DO SOMETHING.
and because I cannot do everything,
I will not refuse to do something that
I CAN DO.

- Hellen Keller



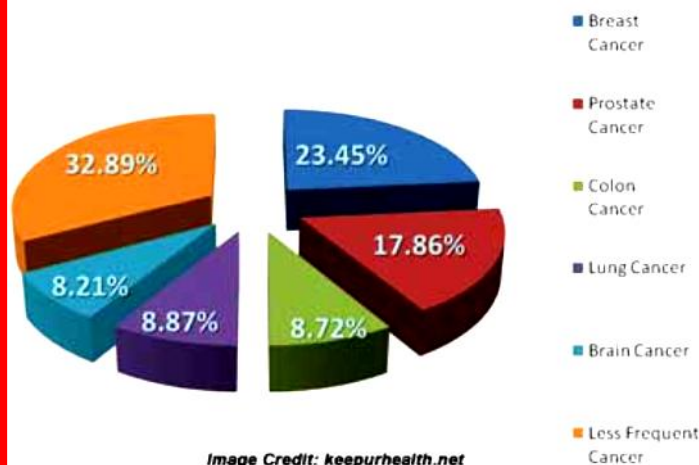
Thanks to all NSC members who contributed time, gifts and money to us It is very much appreciated.

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.



Most Common Types of Cancer



Cancer is the leading disease of today, right after heart diseases, it has a very high percentage of mortality. National Cancer Control Month is **April**, during this month many Cancer prevention organizations and governments have a goal to raise awareness about this disease all over the world. It is believed that prevention of Cancer is the best cure, although, it is not always possible to prevent this heinous disease, despite this, we should take precautions because it is better to have small chance than no chance at all. It is very important to spread information about risks, lifestyle changes and other things that may help us to avoid Cancer.

FROM THE EDITOR

I guess I could have had a letter to the editor published based on one that did get published a few days ago in the LVRJ. It said almost exactly what I have been saying for a long time.

I copied it and here it is...

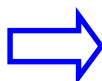
The United States now has a population of 300 million-plus people. Are the "front-runner" candidates of both parties for president the best we can do out of 300 million? That is a very sad commentary on our times. In addition, candidates running for both houses of Congress are little better, being mostly interested in getting themselves re-elected.

I was hoping to be able to support a presidential candidate along with members of Congress, rather than just try to choose the lesser of several evils. But with each succeeding federal election that hope is fading fast.

Jack Corrick
Boulder City

Next Meeting

The next meeting will be on
Thursday May12, 2016
Starting at 10 a.m. at



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

Our May Speaker will be:

Clark County Coroner/Medical Examiner

John Fudenberg

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Vernon Perry	Membership
Knight Allen	Legislation
Vernon Perry	Issues



April 14, 1912 RMS Titanic Hits Iceberg

Just before midnight in the North Atlantic, the RMS *Titanic* fails to divert its course from an iceberg, ruptures its hull, and begins to sink.

Four days earlier, the *Titanic*, one of the largest and most luxurious ocean liners ever built, departed Southampton, England, on its maiden voyage across the Atlantic Ocean. While leaving port, the massive ship came within a couple of feet of the steamer *New York* but passed safely by, causing a sigh of relief from the passengers massed on the ship's decks. On this first journey the ship carried some 2,200 passengers and crew.

Irish shipbuilder William Pirrie designed the ship which spanned 883 feet from stern to stern. Its hull was divided into 16 compartments that were presumed to be watertight. The *Titanic* was considered unsinkable since four of these compartments could be flooded without causing a critical loss of buoyancy,

The massive vessel set out at full speed for New York City after stopping at Cherbourg, France, and Queenstown, Ireland, to pick up some final passengers. Just before midnight on April 14, the ship hit an iceberg, and five of the *Titanic*'s compartments were ruptured along its starboard side and at about 2:20 a.m. on the morning of April 15, the *Titanic* sank into the North Atlantic.

Because of the lack of satisfactory emergency procedures and a shortage of lifeboats more than 1,500 people went

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.

down in the sinking ship or froze to death in the icy North Atlantic waters. Almost all of the approximately 700 survivors were women and children. A number of notable American and British citizens died in the tragedy, including the noted British journalist William Thomas Stead and heirs to the Straus, Astor, and Guggenheim fortunes. There was outrage on both sides of the Atlantic when details of the disaster were announced. The sinking of the *Titanic* had some positive effects, however, as more stringent safety regulations were adopted on public ships, and regular patrols were initiated to trace the locations of deadly Atlantic icebergs.