

Amac Advantage

THE MAGAZINE OF THE ASSOCIATION OF MATURE AMERICAN CITIZENS

VOL. 4 ISSUE 4

\$2.95

Take Back America!



Send a message to Washington
on November 2nd

Name: SUSAN

Age: 60

Actual client. No retouching.



Find out how easy looking younger can be.

Looking years younger is simple with Lifestyle Lift. We have helped more than 100,000 clients all over America recapture their youth. A Lifestyle Lift is done confidentially in one of our nationwide state-of-the-art centers using the latest medical technology. That means you can say goodbye to short term solutions and regimens that require constant upkeep. With a Lifestyle Lift you get lasting results that leave you looking noticeably younger for the long term. All for an affordable price. So making a real change in your life can be as simple as picking up the phone.

- Featured on ABC, CBS, NBC, FOX News and in magazines and newspapers nationwide
- Affordable, quick and confidential every step of the way
- You get the experience of over 70 board-certified physicians
- More than 100,000 clients
- Locations nationwide
- Custom financing plans available



Call today for your **FREE Guide to Looking Younger** information kit.
The call is confidential **1.877.831.8461**

©2010 Lifestyle Lift® Patient had facial and neck procedures. The Lifestyle Lift® is a surgical facial-firming procedure performed under local anesthesia; it usually takes about one hour to complete but may require more time to achieve best results or if additional procedures are performed. Most Lifestyle Lift® patients return to work and normal activities in about a week but some may need extra healing time, particularly if they elect to have additional neck or eye firming procedures. Lifestyle Lift® medical procedures involve a certain amount of risk. Ask your Lifestyle Lift physician and review the consent forms to find out more about your individual case and what you can expect. Patients depicted have given their permission to appear. Photos are from various doctors and are for illustrative purposes only and do not constitute a promise or representation of any particular outcome or experience. Each patient's experience, recovery and results will be unique depending on their skin, age, health and other individual factors. THE PATIENT AND ANY OTHER PERSON RESPONSIBLE FOR PAYMENT HAS A RIGHT TO REFUSE PAY, CANCEL PAYMENT, OR BE REIMBURSED FOR PAYMENT FOR ANY OTHER SERVICE, EXAMINATION, OR TREATMENT THAT IS PERFORMED AS A RESULT OF AND WITHIN 72 HOURS OF RESPONDING TO THE ADVERTISEMENT FOR FREE, DISCOUNTED FEE, OR REDUCED FEE SERVICE, EXAMINATION, OR TREATMENT. (1/10)



LIFESTYLE LIFT®

AMAC1010-402



BELTONE Salutes AMAC with Special Savings on Hearing Care!

Maintain Your Independence with Hearing Help from Beltone.

Good hearing lets you join conversations feeling comfortable and confident. And now, the AMAC hearing care discount program through Beltone makes better hearing easier than ever! Simply make an appointment for a **free hearing assessment**. Then, **save 20% on all hearing instruments***—including the new Beltone **True™**—which wirelessly connects to your TV and telephones!

Here's how the program works.

Visit www.beltone.com or call 1-800-BELTONE (235-8663) to find your nearest Beltone Hearing Care Center. Then call your local Beltone hearing center to schedule your **FREE HEARING ASSESSMENT**. When you arrive, present your AMAC membership card to receive your discount.

Your AMAC Beltone program also includes:

- **Save 20% on our complete line of digital hearing aids.**
- **FREE Hearing Assessment**
- Immediate family members, including spouse, parents, grandparents and children
- A choice of 1500 locations
- Exclusive BelCare™ lifetime aftercare program
- Full manufacturer's product warranty
- Loss, Stolen and Damaged protection
- Two-year hearing loss change protection
- Dedicated Patient Care number (1-800-BELTONE)
- Affordable financing plans available
- The Most Trusted Name in Hearing Care!

*Offer good at participating Beltone locations. Discount cannot be combined with other offers.

Beltone has been manufacturing hearing instruments in America for over 70 years!

Call 1-800-BELTONE (235-8663) to find your nearest Beltone Hearing Care Center



Complete your **FREE hearing assessment** by December 31, 2010 and receive your choice of:

- FREE booklet of 20 first-class postage stamps**
- or
- FREE pack of hearing aid batteries**

Plus **Save 20% Off** on all hearing instruments.



Please mention coupon when making appointment.

Offer expires 12/31/10. Offer good at participating locations. Beltone provider use NA # 51210.



How can you help? VOTE!



We ask you to do two things to help us: first, be sure and vote. Secondly, tell your friends and neighbors about AMAC.

At election time we often hear people saying, “This election is the most important election we have had in years!” Well this time they are right!

At stake is the control of both the House of Representatives and the Senate. But more importantly, the nation is at a cross roads. Do we continue to grow the size and power of the Government? Or, do we stop and change direction?

Do we start the biggest government controlled program in history - the control of our health care system - or do we repeal and replace the plan with an improved private system?

Thanks to our growing numbers, we have been able to voice the concerns of our members to those in power in Washington. In person or by mail, AMAC has reached out to all members of Congress to express your feelings.

The members of AMAC are for less government, cutting taxes and preserving our individual freedom - and we let them know it!

We ask you to do two things to help us: first, be sure and vote.

Secondly, tell your friends and neighbors about AMAC (see the info inside about our referral reward program).

It has been a very active time for us. I have been invited to speak on many local radio stations in the last few months. On September 11th I was fortunate to have the opportunity to speak at the rally against the Mosque near ground Zero. I was deeply impressed with the warm response we received, especially the appreciation shown to me by the Firefighters of New York.

It is with great pleasure that we present this latest issue of our magazine; you'll get some insight about what is happening that you won't find anywhere else. Enjoy the food and fun articles too!

Best regards,

A handwritten signature in black ink that reads "Dan Weber". The signature is fluid and cursive.

Dan Weber, Publisher

Amac Advantage

THE MAGAZINE OF THE ASSOCIATION OF MATURE AMERICAN CITIZENS VOL. 4 ISSUE 4

CONTENTS

Take Back America!



► **cover: Take Back America...**
2010 midterm elections are just around the corner. Make sure you vote!

Daniel C. Weber
Publisher

Rebecca Weber Keiffert
Associate Publisher
Editorial Inquiries

Gary J. Christiansen
Membership
Web Developer

David G. Weber
Web Developer

Joseph Battaglia
Rosamaria DaSilva
Directors of Senior Services

Gia Ricottone
Advertising Director
griottone@amac.us

Pamela Smith
Editor

Amac
Association of Mature American Citizens
Voice of Americans 50+

Association of
Mature American Citizens

5 Orville Drive • Bohemia, New York 11716
631.589.6675 • www.amac.us

Generations Publishing Inc.
PO Box 961
Port Jefferson Station, NY 11776
631.473.0388

Graphic Design by:
Advertising Dynamics & Art, Inc.
631.751.5454 • www.adartinc.com

p. 8



4 Publisher's Letter

6 Sound Off

7 Viewpoint

Jedediah Bila

8 Brother Juniper

Proof of God

10 Money

2011 Medicare Enrollment Periods

14 Politics

What a GOP Takeover Could Mean

18 Hero

Tuesday's Children

20 Feature

Mischief in Manhattan

24 Feature

The Economy Hits Home

28 Feature

The Way to End the Obama Recession

30 Travel

Bucks County, PA

32 AMAC in Action

34 Kathie's Kitchen

35 Did You Know?

36 Just for Fun

37 Government Watch

37 Parting Thought

p. 10



p. 14



p. 20



p. 24



p. 34



“Sound Off”

Americans are speaking out on AMAC's website. Some of these comments are presented on this page. Please log on to www.amac.us to give us your views and to read what others are saying!



Member Benefits

Mr. & Mrs. R. Lombardo Sun City West, AZ. said:

I just want to write and thank you.

We recently switched from AARP to AMAC. When doing so, I inquired about the Insurance deals associated with AMAC. I was pleasantly surprised when I contacted Travelers and was quoted prices on their Homeowners Insurance & their Automobile Insurance.

We got double the coverage on our house and more coverage on our automobiles.....at about \$300.00 per year CHEAPER. I guess it was a smart move to join AMAC.



Get Out and Vote

Clifford E. Keys says:

Greetings:

I just read your latest edition of AMAC Advantage, and loved every word! I was a member of AARP for over 20 years, but when they publicly supported OBAMACARE, along with thousands of other members I cancelled my membership - they betrayed us in spite of an

overwhelming majority of Americans disagreeing with that 2,000 page insult. Nancy Pelosi set a new low for Congress when she asked for voting support and said, "Let's pass it and then we can read it later."

I am a proud U.S. Army veteran after over 30 years of continuous active duty including Korea, Vietnam, and the Pentagon, and you are taking the lead to ensure that the principles from which I served our Nation are restored.

I pray that you will successfully mobilize Americans from coast to coast to use their votes on November 2nd to restore what is being taken away from us. I firmly believe that many Americans are trusting God per Psalm 50:15 and 2nd Chronicles 7:14 to provide the miracle that is needed to return us to "One Nation under God".

Hopefully,
Clifford E. Keys



AARP has failed its members

Dale Krause says:

My wife got a letter from AARP last week. I sent it back, telling them to NEVER bother us again, as they are not interested in seniors, but in getting their greedy hands on seniors' money! I'm glad there is an alternative to AARP. You AMAC folks must fill the void with HONEST, caring service; do this, and we ALL benefit! Good luck.

Henry R. Alcott says:

I WAS a member of AARP for many years until they showed their true colors by pushing Obama care. My wife and I will give you a try. Good luck to your gallant efforts to bring this country back to something recognizable rather than something "circling the drain" on it's way down!

Challenging the GOP Establishment

BpSitRep says:

The old establishment of the RNC had better wake up fast and realize that this election is 'it'. If true Conservatism does not take the field and hill in this next election, this Nation will start a slide downward until it totally crashes. Great article.



2010 Elections: Let's Get Ready to Rumble

Preliminary disclaimer for all lefty loons: By "rumble," I mean kick figurative booty by pulling the lever for constitutional conservatives on Election Day. No violence implied, condoned, or promoted.



By Jedediah Bila

Are you ready to help take back our country?

Are you ready for a new wave of conservative leadership that will repeal Obama's health care monstrosity, replace his tax-and-spend agenda, restore our Constitution, and reflect the values of personal responsibility and limited government that built this great nation?

I most certainly am.

Florida's Marco Rubio and Alaska's Joe Miller are just two of the many independent-minded conservative candidates who have risen up against big-government agendas and are ready, willing, and able to take on their opponents this November. Such candidates haven't always had the support of the GOP establishment. However, they've risen to the top because American voters value their bold, unapologetic commitment to restoring our republic, as well as their refusal to take part in Washington's business as usual.

We certainly need more of that – more full-blooded conservatives who reject the corruption and disingenuous talking points of so many in the political machine. We need less wishy-washy, say-one-thing-do-another, do-as-I-say-not-as-I-do establishment big guns.

Americans have had it with political leaders who value paybacks and the preservation of their political futures over the will and priorities of those who gave them their power. Establishment heavyweights – you are where you are because we put you there. And we can just as easily send you packing.

In *Conscience of a Conservative*, Barry Goldwater wrote, "Conservatism, we are told, is out-of-date. The charge is preposterous and we ought boldly to say so. The laws of God, and of nature, have no dateline." He also affirmed, "Thus, for the American Conservative, there is no difficulty in identifying the day's overriding political challenge: it is to preserve and extend freedom."

"Progressives" love to paint themselves as with-it and avant-garde. What's avant-garde about an agenda that cripples individual liberties, that breeds a sense of entitlement into our youth, that teaches people that the government will do for them what they can and should do for themselves?

That, my friends, is what we're battling this November – a world view that hypnotized youths with a "hope" and "change" campaign in 2008 and then proceeded to rob them blind, a world view that uses trendy talk to disguise a backward, freedom-crippling agenda.

Seniors are the key demographic when it comes to America's midterm elections, as they consistently show up at the polls during midterms more than any other age group. With Obamacare's rising costs, mandates, doctor shortages, and tax increases on drugs and medical devices coming down the pike, I am hopeful that seniors across America will make their voices heard loud and clear this November.

I've learned that our seniors have a different kind of strength than my generation. Maybe it's the challenges they've watched America endure and overcome. Maybe it's some of that old-school work ethic and "nothing in life is free" philosophy.

Regardless, they just seem to know when it's time to step up to the plate, kick it into high gear, and let their actions speak louder than their words.

Seniors, we're counting on you this November.

In other words, I certainly hope you're ready to rumble.

Proof of God

by Brother Juniper



When I was a child I began to believe in God. My parents and the Sisters of Charity taught me that God is all-powerful and all-knowing. As I was growing older and started to question my own beliefs, one thing bothered me most. How is it possible that God could know what each of us was doing at the same time? How could God know what we all were thinking? After all, there are billions of people.

I had no choice; I had to accept this on blind faith.

The major religions place a high value on faith. The two important religions in America, Christianity and

Judaism, rely on the faith of their members to believe in God without any proof. Now, it appears science has produced if not proof, at least a potential explanation of how it might be possible for God to be watching all of us at the same time.

Scientists have discovered a force of energy that exists throughout the universe. This force

consists of tiny particles that shoot through space. They are so small they actually pass through the atoms that make up matter. They go right through the earth from one side to the other, passing through anything that happens to be in the way, such as rocks, buildings and people.

There are many subatomic particles much smaller than atoms. They have unusual names such as Quarks and Neutrinos. The strange manner in which these particles act has caused much interest. Quarks, for



example, sometimes are pooled into a “sea of quarks” that appear and disappear due to quantum fluctuations. No one is sure what causes this phenomenon.

How does all of this relate to the existence of God? Think about how television works. In a TV set a beam of electrons hits the TV screen causing images to appear on the screen. In effect, the screen “reads” the electron beam converting the blips on the screen into images that are able to be recognized.

We do not actually see the person on TV, we see their image. Likewise when neutrinos pass through our bodies they could register where each one of our molecules are at a given moment. Unlike the flat two-dimensional view we receive from our TV, these images would be in 3-D.

Astrophysicists tell us trillions of subatomic particles are constantly passing through us. Can you imagine how sharp the definition of those images would be? Of course there must be a means of receiving the transmissions for this to function.

Perhaps the receiver is in heaven. Although the foregoing comment was half made in jest we should consider other discoveries our scientists have made. We have learned the universe consists of only 10% of matter that can be seen. The other 90% is dark matter or energy unseen by normal means. Could Heaven be hidden in this mass of unseen material?

While I do not expect to see definitive evidence that would reveal God’s secrets in my lifetime, it is pleasantly reassuring for my inferior brain to know of the existence of a mechanism that could easily allow God to do what I once thought was impossible.

Everyone should Age with Grace



Aging with Grace offers *THE* solution to caregiver stress throughout the United States.

- ✿ We assess your current caregiver situation.
- ✿ We offer the healing touch of compassion, understanding and expertise needed to make informed decisions.
- ✿ We provide you with the knowledge, tools and resources to address your specific needs.

The program assists with:

- ✿ Identifying resources to pay for eldercare
- ✿ Researching senior care services and options
- ✿ Managing caregiver stress

The program includes:

- ✿ **Unlimited telephonic access** with experienced elder care specialists.
- ✿ **Accredited Veteran Claims Agent to assist with identifying VA Programs that can help defray the cost of non-reimbursable healthcare expenses.**
- ✿ Access to a dedicated area on the AWG web site that includes direct access to trusted senior services providers*, a caregiver resource library and a Caregiver Tool Kit
- ✿ Member discounts for senior housing, home care, adult day services, geriatric care management, senior move management and in-home safety technology from participating providers negotiated by AWG exclusively for members
- ✿ Provider quality assurance and member satisfaction programs
- ✿ Monthly caregiver newsletter

DISCOUNTED RATE FOR AMAC members - \$34.95/yr

"Our mission is to educate, coordinate, and facilitate individualized eldercare options one family at a time."

***Aging with Grace™
Eldercare Assistance
Program places
expert help a phone
call away!***

By enrolling in this unique affordable program, members have unlimited access to experts in the senior care field ready to answer questions and guide them and their family through the maze of eldercare options.



800.626.9440

www.agingwithgrace.net

*Discounts are not applicable for any service funded by Medicare, Medicaid or Waiver programs

A top-down view of a doctor in a white lab coat. A green stethoscope is draped around the neck. A clipboard with a black frame and a silver clip is held in front of the doctor. The doctor's hands are visible at the bottom corners of the clipboard. The background is a plain white surface.

2011 Medicare Enrollment Periods

by **Toni King**
*Author, Medicare &
Health Insurance
Survival Guide*

Most of the changes to the 2011 Medicare Enrollment Period are a direct effect of what many refer to as “Obamacare” and the Government wanting to take more control of Medicare Advantage Plans and the insurance providers of Medicare Advantage Plans. Some of the changes are as follows:

Oct 1, 2010 - Special Election Period (SEP) for Medicare Beneficiaries losing their Medicare Advantage Private Fee for Service (PFFS) Plans

It is estimated that about 1 million Medicare Beneficiaries who are enrolled in some Private Fee for Service (PFFS) plans will not be renewed Jan. 1, 2011. On or about September 15, letters were mailed to those policy holders already enrolled in a Private Fee for Service Plan notifying the policy holders that their plans will not be renewed. If you received a letter like this don't panic. You have choices. Your notice from your carrier stating that your insurance plan will not renew will trigger what is called



AMAC Members could Save \$468* on Auto Insurance with Travelers.

Make the most of your AMAC member benefits, and take advantage of special group auto insurance rates from Travelers. On average, you could **save \$468*** in the first year alone and get better coverage.

Call today for your FREE Quote:

1.866.709.9713

Get a quote online at www.travelers.com/amac

TRAVELERS 

Endorsed by
The Association
of Mature
American
Citizens

*Average savings based on new policyholder savings reported to Travelers through the Affinity marketing distribution channel in 2009. Individual savings may vary. Savings are not guaranteed.

Insurance is underwritten by The Travelers Indemnity Company or one of its property casualty affiliates, One Tower Square, Hartford, CT 06183. In FL: Auto insurance policies are underwritten by First Floridian Auto and Home Insurance Company, The Travelers Home and Marine Insurance Company, or by The Travelers Commercial Insurance Company. In MA: Auto policies are underwritten by The Premier Insurance Company of Massachusetts, an independent, single-state subsidiary of The Travelers Indemnity Company. In NJ: Auto insurance policies are underwritten by Travelers Auto Insurance Co. of New Jersey, a single state, independent subsidiary of The Travelers Indemnity Company. In TX: Auto insurance is offered by Travelers MGA, Inc. and underwritten by Consumers County Mutual Insurance Company. Coverage, discounts, repair options and billing options are subject to state requirements and availability, individual qualifications and/or the insuring company's underwriting guidelines.

© 2010 The Travelers Indemnity Company. All rights reserved. PL-15145 New 8-10

continued from pg. 10

Both Medicare Supplements and Medicare Advantage Plans can help fill the gaps that can be found in Original Medicare. In many cases, those suffering from a serious health condition will find a Medicare Supplement Plan to be their best option. However, it is very important that you maintain your disenrollment letter you received from your Private Fee for Service (PFFS) insurance carrier.

a Special Election Period (SEP). An SEP is a set time that a beneficiary can change health plans (enroll in a Medicare Advantage Plan or Medicare Supplement Plan) or return to Original Medicare. The coverage effective date for any new plan you enroll in will be January 1, 2011 (the plan is required to give you a 90 day notice that they are not renewing your policy). During the SEP beginning 10/1/10, you can begin to enroll

in any plan whether it is a Medicare Advantage Plan or a Medicare Supplement Plan.

Both Medicare Supplements and Medicare Advantage Plans can help fill the gaps that can be found in Original Medicare. In many cases, those suffering from a serious health condition will find a Medicare Supplement Plan to be their best option. However, it is very important that you maintain your disenrollment letter you received from your Private Fee for Service (PFFS) insurance carrier. When your new health plan receives your application for insurance, your disenrollment letter will prevent you from having to answer any health questions, and your policy will be guarantee issued. If you were happy with your PFFS plan, that same company may offer a new Medicare Advantage Plan. Check with your insurance carrier to find out which new plans are available in your area. Also, don't forget to speak with your doctors about which plans they accept before you make your decision.

For those who are enrolled in a Private Fee for Service (PFFS) plan and have received a notice that your plan will not be renewed, you have some options.

Here are a few examples of what you can do during your "SEP" beginning Oct 1:

1. You can enroll in another Medicare Advantage Plan or another plan with your current carrier.
2. You may return to Original Medicare and purchase a stand-alone Part D Medicare Prescription Drug Plan.
3. You can enroll in a Medicare Supplement (Medigap Policy) on a "guarantee issue" basis and purchase a stand-alone Part D Medicare Prescription Drug Plan.

For those people who did not receive a non-renewal letter and are currently in Original Medicare, or have a Medicare Supplement, or Medicare Advantage Plan – you should take advantage of the Annual Election Period (AEP).

Nov. 15-Dec. 31 - Annual Election Period (AEP)

Consumers can make a new plan choice. During the Annual Election Period, any Medicare consumer may elect to join a Medicare Advantage Plan or Part D Plan for the first time, or switch to a different plan. Any elections made during the AEP become effective January 1. During this time you are able to:

1. Purchase a Part D Medicare Prescription Drug Plan.
2. Change from one Medicare Prescription Drug Plan to a new Medicare Prescription Drug Plan.
3. Enroll in a Medicare Advantage Plan with Prescription Drugs.
4. Change from one Medicare Advantage Plan to a new Medicare Advantage Plan.
5. Return to Original Medicare and purchase a Medicare Supplement and enroll in a Part D Medicare Prescription Drug Plan.
6. Return to Original Medicare and enroll in a Part D Medicare Prescription Drug Plan.

During the Annual Election Period, you may add or drop coverage. After December 31, you will not be able to add or change plans. However, a new Medicare Advantage Disenrollment Period exists beginning 1/1 through 2/14. During this time, if for any reason you want to disenroll from your current Medicare Advantage Plan and go back to Original Medicare only (you can also select a PDP for Part D coverage), you may. (You only have these 45 days to change back to Original Medicare.)

Feb. 15 – Dec. 31 - Lock In

On Feb. 15, you will be locked into whatever plan you have chosen and will not be able to change until the Annual Election Period for 2012. In other words, consumers must remain with their last choice through the end of the year unless they qualify for a SEP. It is important that you have explored all of your options, and are satisfied with your choice. For questions about Medicare visit www.medicare.gov. Also, be sure to read your Medicare & You Handbook for more information regarding the types of plans available. Call AMAC Senior Services to find out how we can help. Call 888-262-2006 and ask for Senior Services!

Contact

www.medicare.gov

AMAC Senior Services 888-262-2006

No one can put a price on the treasures on your computer.



But backing them up automatically is just \$55 a year.

Imagine how devastated you'd feel if you were to lose irreplaceable files from your computer. For just pennies a day, Carbonite™ Online Backup will make sure that never happens.

Carbonite automatically encrypts and saves your files to secure offsite data centers. It's quick and easy to set up on both PCs and Macs. Should anything ever happen to your computer you can easily restore your files. And you can securely access them anywhere—even from an iPhone or BlackBerry® smartphone.

Visit carbonite.com and use offer code CB213 to start your 15-day FREE Trial and get an additional 2 months FREE with purchase.

- Unlimited online backup
- Backs up files automatically
- Encrypts your files for privacy
- Easy setup for PCs and Macs
- Works quietly in the background
- Access your files from any computer, iPhone or BlackBerry®

CARBONITE™
Back it up. Get it back.™



Try it **FREE** now at carbonite.com
or call 1-800-840-7660

Use offer code CB213 to start your
FREE Trial and get **2 MONTHS FREE**
upon purchase.

©2010 Carbonite, Inc.

Act now to protect your valuable computer files.

Tax Records
Financial Records
Email
Letters

Business Plans
Calendars
Contacts
Photographs

Music
Homework
Documents
Bookmarks

Graphics
Payments
Videos
Recipes

Gar
Writ
Sca
Ter



What a GOP Takeover Could Mean for Obama's Policies

By Justin Quinn

Even President Barack Obama's most ardent supporters will have trouble looking you in the eye this year and telling you that the 2010 midterm elections are anything other than a referendum on his first term.

And while there are those who say the Nov. 2 general election will also serve as a kind of Judgment Day for the powerful group of Democrats who have controlled Congress since 2006, the vast majority of 2010 voters will go to the polls with anger in their hearts and the radically liberal policies of President Obama on their minds.

But just how much will change if Republicans actually are handed the reins of Congress? Will the GOP really be able to block or repeal Obama's more questionable policies? If so, what kind of pushback will the president and

his remaining Democratic colleagues be able to muster?

Good questions all, but don't expect easy answers. The Republicans' ability to bring an end to ObamaCare and/or cut the spending of Obamanomics depends largely on the scope of the GOP's gains and whether the Republicans who pick up those seats are moderate or conservative.

Talk to any knowledgeable political observer, and he (or she) will tell you that repealing the president's policies will be virtually impossible in the immediate future. Even in the GOP's rosier scenarios, the prospective gains are only enough to reclaim control of the House and Senate, not provide the two-thirds majority necessary in both chambers for a full repeal.

Unquestionably, Republicans will make significant strides in the midterm elections, but as any veteran politico will tell you, Nov. 2 is a long way from Jan. 3. The period between incumbents being voted out of office and their challengers being sworn in is a critical time in Congressional politics. This is when all those bitter, lame duck lawmakers with nothing to lose make one final push to pass legislation previously deemed too risky for consideration. The larger the Republican gains are on Nov. 2, the higher the number of "yes" votes on these controversial agenda items will be at the end of the year. Depending on your point of view, these outgoing lawmakers can either do a lot of damage or make a lot of progress in that final session of the 111th U.S. Congress.

The consequences of that final push will be telling for the incoming Senators and House Reps, because undoing legislation is always more difficult than passing it. Topping it off, of course, will be some substantial hurt feelings coming from the remaining members of the defeated party, and that should make cooperation even more difficult -- especially if they don't lose control of one of the chambers.

If Conservatives are able to gain control of both the House and Senate, it will be much easier for them to

If Conservatives are able to gain control of both the House and Senate, it will be much easier for them to effectuate a major change in the federal government's direction and force the President and his remaining Congressional allies to compromise on future policies and spending packages.



effectuate a major change in the federal government's direction and force the President and his remaining Congressional allies to compromise on future policies and spending packages. If his recent speeches are any indication of how much he'll be willing to compromise in that scenario, don't expect much cooperation between the two branches of government, however. Even with the GOP looking to make major gains in both chambers, President Obama has continued to call out Republicans by name, saving particular vitriol for House Minority Leader John Boehner, who would likely be Speaker of the House in the event of a GOP takeover.

This is not the attitude one would expect from a president looking to reach across the aisle during the second half of a contentious first term.

If the GOP only gains control of one chamber, the ability to force compromise is reduced and the chances of repealing or revising the policies of the last year and a half become that much more remote. Still, controlling a chamber is nothing to sneeze at, if for no other reason than that it will give Republicans all the leverage they need to block the Democrats' more controversial proposals -- but only if those incoming Republicans are committed to upholding the party's more conservative ideals.

Should the new clutch of Republican lawmakers emerge as mostly moderate, the Obama administration's first-term policies would not only remain wide in scope, they would reach far into the future, as well. Although this is an unlikely scenario given the smattering of Tea Party-backed candidates who have won primaries over the spring and summer, such a revelation would completely undermine the will of an electorate hoping to send a message to Washington. After all, many right-leaning independents and angry Republicans understand that the country has endured a radical shift to the left during the president's first term, and it will take an equally radical shift to the right to curtail the deficit spending and reverse the job-cutting

continued on pg. 16

“if Republicans do make significant gains in November, the message from voters will mean they’re either very dissatisfied with the president’s performance or they wish to see government shift to the right.”

economic policies.

If such a message is sent, President Obama will have no choice but to acknowledge it, regardless of his insistent nature and the GOP’s ideological makeup. While there is some speculation that Obama may not seek re-election in 2012 if things continue on their present path, Republicans and the general public will have to assume that he will until they’re told otherwise. If he does wish to seek re-election, the president will need to find common ground with the very voters who tried to send him this new message of change in 2010.

The trouble for Obama, however will be deciding which disgruntled voters he wants to appease. Undoubtedly the great masses that led to his historic victory in 2008 won’t be around for him in 2012, and without the far-left’s support, he’ll be highly beatable unless the economy makes a massive and unlikely turnaround in 2011. If he chooses to cast his lot with the moderate Democrats, he may have more success, but it will come at the cost of disenfranchising the very people who propelled him into office in the first place. For a president already in an unenviable position politically, deciding which demographics to go after for support will be even more unenviable.

After all, if Republicans do make significant gains in November, the message from voters will mean they’re either very dissatisfied with the president’s performance or they wish to see government shift to the right. In either case, President Obama will have no choice but to change directions and will need to revisit his original campaign promises of unity if he wants to get anything done in the second half of his term.

While the future of the president’s controversial policies depends largely on the gains made by Republicans in the 2010 midterm elections, they will also depend on the actions taken by leading Democrats in the days and weeks following the election.

Even if the president remains unwilling to revise his agenda, other Democrats may view the outcome of the 2010 midterms as an indication that their president moved too far too fast in his first term, and they may choose to slow down or even backtrack on some of his



Image courtesy Wikimedia Commons

One Democrat Republicans might want to keep an eye on this year is Secretary of State Hillary Clinton,

who recently referred to deficit spending as a “national security threat” following an address to the Council on Foreign Relations on Sept. 8. While not directly aimed at President Obama, her remarks seemed to give credibility to rampant Washington rumors that have her making a dramatic move following the midterm elections. Some say that move could be as unassuming as switching places with Vice President Joe Biden, while others say it could be as aggressive as challenging President Obama for the Democratic presidential nomination in 2012.

The last time a sitting U.S. president was challenged by a member of his own party was in 1980, when Sen. Ted Kennedy announced he would run against President Jimmy Carter. Kennedy was defeated, but Carter lost the race to Ronald Reagan.

It would be a shrewd move on Clinton’s part, catching Obama at his most vulnerable and changing the face of American politics altogether, but it would also be risky. If she should fail, her presidential aspirations would be finished and the GOP could take full advantage of the discord within the Democratic Party. On the other hand, she would demonstrate to the American public that the disappointment with the president’s policies is truly bipartisan.

more controversial initiatives. In that case, Republicans may very well find Congressional Democrats much more amenable to breaking with the president and finding areas of compromise.

Of course, it’s equally possible that leprechauns and unicorns may one day walk the halls of Congress, too, but since neither scenario is very realistic, it wouldn’t be wise for Republicans to count on either of them.

Great Holiday Gift For
Any Loved One

Think About It!

If you died tomorrow, or became incapacitated, would your family know what to do?

Have you documented everything your family needs to know and are all your vital records together and easily accessible?

Too often when faced with a tragic life event, families are left piecing together information and looking for important documents they may never find.

Don't let this happen to you.

The process is simple and the workbook walks you through, step by step, the task of gathering, documenting and organizing all your necessary information for future use.

The durable organizer case has file pockets to store all those documents in one convenient place.

Get organized, be prepared and gain Peace of Mind!

Order
"Your Life & Family
Estate Organizer"

This easy to use,
fill-in-the-blank workbook covers:

Family Information
Financial Assets & Liabilities
Insurance
Medical Information
Appraisals/Inventory
Vital Information
Executor Duties

\$69⁹⁵
Free Shipping



GetItTogether
www.gitnow.com

What are you waiting for? Order today!

ph: 404.790.4480

www.gitnow.com

Canadian Rockies

Tour From **\$1399***
14 Days, Departs June to Sept., 2011



Please Mention Promo
Code: TM-101059

Your adventure starts by flying to the heart of the old west and gateway to the Rockies, Denver, Colorado. As you travel north enjoy the history of Big Sky country. Take a lot of pictures on your way through the forest covered hills to the most majestic mountain range in the world the Canadian Rockies. Experience up north, up close! See spectacular sites such as Mt. Rushmore and visit Custer's Battlefield, Little Big Horn. In the Canadian Rockies you'll take in "The Jewel of the Rockies," Lake Louise. From Banff to the Columbia Icefields you'll experience the hospitality of our neighbors up North. *PPDO; plus \$149 tax/port/services/gov't fees. Seasonal charges may apply.



Hawaii
4 Island King's Tour
From **\$1579***

15 Days, Weekly Departures in 2011

Uncover the Eden that is Hawaii, it's like no other place on earth! "Age-old" volcanoes, waterfalls, black sand beaches, tropical climate, and a rich culture will capture your heart. Visit Oahu, Kauai, Maui, and the Big Island of Hawaii and more. *PPDO; plus \$149 tax/port/services/gov't fees. Seasonal charges may apply.



**Alaska Cruise
and Canadian Rockies Tour**
From **\$1699***

15 Days, Departs May-Sept 2011

Visit exciting Seattle, the "Emerald City!" See Alaska like never before as you cruise the "Thousand Mile Corridor" aboard your Holland America's five-star luxury liner! Then, after your cruise, discover the Canadian Rockies from Vancouver to Calgary including Jasper, Banff, Lake Louise and more. *PPDO; plus \$299 tax/port/services/gov't fees. Seasonal charges may apply.



Best of
Ireland Tour
From **\$1399***

12 Days, Departs May to July, 2011

From the castles and Irish music to the pubs (after all "tis Ireland") enjoy a true taste of the Emerald Isle. In Dublin, Cork, Killarney, Galway and Belfast you'll visit historical sites and share in an incredible Irish culture. Along the way, experience the lore, history and charm of Ireland! Included in this tour: 10 Breakfasts and 6 Dinners. *PPDO; plus \$159 tax/port/services/gov't fees.

Call YMT Today for Details:

800-922-9000

Airfare add-on available. Open 7 days a week.

America's best choice for affordable since 1967

You'll find us in the Arthur Frommer Hall of Fame!

YMT
Vacations
Since 1967

CST 102141910

Tuesday's Children

Let our Past, Change our Future

The tragedy that occurred on September 11, 2001 left over 3,000 children in its wake of loss. These children lost a parent to this horrific act of terrorism, and from this devastation was born the family service organization Tuesday's Children. It was set up by family and friends of 9/11 victims "with the long term commitment to safeguard the health, happiness and future of both individual and family." During the last 9 years, the group has extended support to more than 5,000 9/11 family members.

Losing a loved one under any circumstance is truly tragic, but for the families who lost a loved one in an act of terrorism, the sudden, violent and traumatic nature of their loss can become an overwhelming and defining characteristic of their lives. With a focus on family resiliency and strength through community, Tuesday's Children, with the help of partners, donors, volunteers and staff who are committed to making a difference in the lives of the families of 9/11 victims, has developed many support services and programs to help family members cope with one of the worst tragedies in the history of our nation. Through organized counseling and mentoring, Tuesday's Children shepherds the children who lost a parent all the way through college.

Their vision is to fulfill "The Promise" of being here to support the 9/11 children into adulthood while continuing to address the evolving needs of our 9/11 population. Through the gift of time and simple acts of kindness, these volunteers help rebuild lives, restore hope, and turn heartbreak into healing.

And from the ashes, hope shall rise.



Parent Feedback:

"Kids under the best circumstances benefit from a positive role model in their lives. Our kids thrive. They come back to life. Tuesday's Children is making a difference you can see and feel - one child at a time. This is the Tuesday's Children way."

"Tuesday's Children allows for my children to not only have a good time and grow, but also to be around other children that have undergone the same tragedy in their lives. We have all become one big family together, and it is all because of Tuesday's Children."

To help support Tuesday's Children please visit: www.tuesdayschildren.org

TALK JUST GOT CHEAPER

Pure TalkUSA offers the some of the lowest cellphone plans around starting as low as \$10 a month. We designed our packages to fit our customers needs so they're simple, flexible and affordable.

NO CONTRACT
NO HIDDEN FEES
MINUTES NEVER EXPIRE

Flex Plan
PLANS START AT
\$10

Unlimited Plan
UNLIMITED TALK & TEXT
\$39^{.95}

Family Flex Plan
ADD A LINE FOR
\$5
WITH 50 EXTRA MINS

877-820-7873

www.PureTalkUSA.com



Call Pure TalkUSA today at 877-820-7873 or visit us on the web at www.PureTalkUSA.com for more information on our reliable plans.

PureTalk^{USA}

Medicare Supplements & Medicare Advantage Plans

Which one is right for you?

During your working years, your employer probably provided your health plan options.

However, upon your retirement, it is going to be up to you. You may not know it, but there are a variety of health insurance plans to consider.

As representatives who focus on health insurance plan options, we can help. We can provide you with a no-obligation health care analysis.

We're certain we can help you review your options and find a plan that fits your health insurance needs and your budget.

One of the fastest growing plans is a Medicare Advantage Plan that

- ✓ Has predictable monthly health plan premiums
- ✓ Includes prescription drug coverage
- ✓ Offers predictable payments for doctor's office visits
- ✓ Eliminates the need for a costly Medicare supplement (Medigap) policy
- ✓ Gives you better coverage than Original Medicare

Call us today!

AMAC SENIOR SERVICES
The Association of Mature American Citizens
888.262.2006



Mischief in Manhattan

Raheel Raza and Tarek Fatah
The Ottawa Citizen

“We Muslims know the Ground Zero mosque is meant to be a deliberate provocation. It's an act of ‘fitna.’”

Last week, a journalist who writes for the North Country Times, a small newspaper in Southern California, sent us an e-mail titled "Help." He couldn't understand why an Islamic Centre in an area where Adam Gadahn, Osama bin Laden's American spokesman came from, and that was home to three of the 9/11 terrorists, was looking to expand.

The man has a very valid point, which leads to the ongoing debate about building a Mosque at Ground Zero in New York. When we try to understand the reasoning behind building a mosque at the epicentre of the worst-ever attack on the U.S., we wonder why its proponents don't build a monument to those who died in the attack?

New York currently boasts at least 30 mosques



Laser Spine Surgery

Orthopedic Stem Cell Treatments

Gentle Procedures for Back Pain, Sciatica, and Spinal Stenosis

Fast Recovery

CELLING TREATMENT
• Centers •

Dr. Mark A. Flood

BOARD CERTIFIED
ORTHOPEDIC SURGEON

www.cellingtreatmentcenters.com

4201 W. Parmer Lane, Suite A-275, Austin TX 78727

866.974.CELL

to place
your ad here

please call
888-262-2006
for information

Who can forget? Harpist Lloyd Lindroth

We didn't
forget....

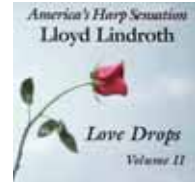
www.harplandmusic.com

Christmas Harp Favorites

Harpland Music
A Division of Harland Enterprises, Inc. ®



Listen to your
Christmas
favorites by
"The Master
of the Harp"
(Variety
Magazine)



Harp! The Herald Angels Sing

1. The Hymne
2. O Holy Night
3. Jesu, Joy of Man's Desiring
4. Ave Maria
5. Traditional Christmas Favorites, "We Three Kings," "Away In A Manger" and "Silent Night"
6. Christmas Medley, "The Christmas Song," "Silver Bells" and "White Christmas"
7. Little Drummer Boy
8. Sound of Music Medley
9. Harp! The Herald Angels Sing

Love Drops

1. Love Drops
2. Unchained Melody
3. What are you doing the rest of your life
4. The Rose
5. Love Story
6. Somewhere In Time
7. Theme From Ice Castle
8. Pachelbel's Canon
9. Wind Beneath My Wings
10. The Summer of '42
11. Autumn Leaves
12. First Time Ever I Saw Your Face
13. Windmills Of Your Mind
14. Don't Cry For Me Argentina
15. Music Of The Night

See other Artists'
recordings at:

www.harplandmusic.com

- What God Looks Like To Me (Inspirational CD)
- Welcome To My World (Country Harp CD)
- Golden Harp Treasury CD
- Music of The Cascades LIVE!



ORDER YOUR CDs TODAY!

| | Each | Qty. | Total |
|------------------------------|-------|-------|-------|
| Harp! The Herald Angels Sing | 15.99 | _____ | _____ |
| Love Drops | 15.99 | _____ | _____ |
| Grand Total | | | _____ |

Name: _____

Address: _____

City: _____

State: _____

ZIP: _____

Pay with PayPal at our website: www.harplandmusic.com
OR Send check or money order payable to: George Michaud
PO Box 16761 • Kansas City, MO 64133

AMAC members use CODE "AMAC1" for 20% discount



Copyright © 2010 George Michaud,
Michaud/Harpland Music. All Rights Reserved

continued from pg. 20

so it's not as if there is pressing need to find space for worshippers. The fact is we Muslims know the idea behind the Ground Zero mosque is meant to be a deliberate provocation to thumb our noses at the "infidel." The proposal has been made in bad faith and in Islamic parlance, such an act is referred to as "Fitna," meaning "mischief-making" that is clearly forbidden in the Koran.

The Koran commands Muslims to, "Be considerate when you debate with the People of the Book" -- i.e., Jews and Christians. Building an exclusive place of worship for Muslims at the place where Muslims killed thousands of New Yorkers is not being considerate or sensitive, it is undoubtedly an act of "fitna"

So what gives Imam Feisal Abdul Rauf of the "Cordoba Initiative" and his cohorts the misplaced idea that they will increase tolerance for Muslims by brazenly displaying their own intolerance in this case?

Do they not understand that building a mosque at Ground Zero is equivalent to permitting a Serbian Orthodox church near the killing fields of Srebrenica where 8,000 Muslim men and boys were slaughtered?

There are many questions that we would like to ask. Questions about where the funding is coming from? If this mosque is being funded by Saudi sources, then it is an even bigger slap in the face of Americans, as nine of the jihadis in the Twin Tower calamity were Saudis.

If Rauf is serious about building bridges, then he could have dedicated space in this so-called community centre to a church and synagogue, but he did not. We passed on this message to him through a mutual Saudi friend, but received no answer. He could have proposed a memorial to the 9/11 dead with a denouncement of the doctrine of armed jihad, but he chose not to.

It's a repugnant thought that \$100 million would be brought into the United States rather than be directed at dying and needy Muslims in Darfur or

So what gives Imam Feisal Abdul Rauf of the "Cordoba Initiative" and his cohorts the misplaced idea that they will increase tolerance for Muslims by brazenly displaying their own intolerance in this case?

Pakistan.

Let's not forget that a mosque is an exclusive place of worship for Muslims and not an inviting community centre. Most Americans are wary of mosques due to the hard core rhetoric that is used in pulpits. And rightly so. As Muslims we are dismayed that our co-religionists have such little consideration for their fellow citizens and wish to rub salt in

their wounds and pretend they are applying a balm to sooth the pain.

The Koran implores Muslims to speak the truth, even if it hurts the one who utters the truth. Today we speak the truth, knowing very well Muslims have forgotten this crucial injunction from Allah.

If this mosque does get built, it will forever be a lightning rod for those who have little room for Muslims or Islam in the U.S. We simply cannot understand why on Earth the traditional leadership of America's Muslims would not realize their folly and back out in an act of goodwill.

As for those teary-eyed, bleeding-heart liberals such as New York mayor Michael Bloomberg and much of the media, who are blind to the Islamist agenda in North America, we understand their goodwill.

Unfortunately for us, their stand is based on ignorance and guilt, and they will never in their lives have to face the tyranny of Islamism that targets, kills and maims Muslims worldwide, and is using liberalism itself to destroy liberal secular democratic societies from within.

Raheel Raza is author of *Their Jihad ... Not my Jihad* and Tarek Fatah is author of *The Jew is Not My Enemy* (McClelland & Stewart), to be launched in October. Both sit on the board of the Muslim Canadian Congress.



It's the Little Things



No matter what the little things in your life may be, you owe it to yourself to see how Humana can help safeguard your health. Humana has been serving people just like you with Medicare for over 20 years, and currently provides coverage to more than 4.3 million people with Medicare across the country.

Call us today to learn more about our Medicare Advantage plans.

Call: 1-866-836-1716

TTY 1-877-833-4486

8 a.m. to 8 p.m., 7 days a week

HUMANA
Guidance when you need it most

- Medicare
- Group Health
- Individual health
- Dental, Life, Vision



Medicare approved HMO, PPO, and PFFS plans available to anyone enrolled in both Part A and Part B of Medicare through age or disability. Enrollment period restrictions apply, call Humana for details.



The Economy Hits Home: What makes the Economy Grow?

Printed with permission of
The Heritage Foundation

Everyone should want the economy to grow. A growing economy puts more money in families' pocketbooks and charities' budgets; the poor and unemployed have an easier time finding jobs, and families saving for retirement or their children's education can see their nest eggs grow.

So what makes the economy grow? You don't need a degree in economics to answer this; you just need to think carefully. Common sense can help expose some popular but mistaken myths about the economy.

Many think of our economy as if it were a big apple pie with the flaky criss-cross crust on top. You can slice the pie this way or that. You can cut 8 or 10 or 12 equal slices, or you can cut some slices thinner than others. If you cut one of the slices really thick, though, you'll have to cut the other slices thinner. It's a trade-off. So it seems unfair that some should have more than others. It seems fairer to slice the pie into equal slices. ▶ ▶

continued on pg. 26

Is The Thought of Losing Your Vitamins Getting Hard to Swallow?



For over 55 years the National Health Federation, an international non-profit consumer organization, has protected and advanced your right to alternative choices in health care as well as your right to take those vitamins, minerals, amino acids, and herbs that you want.

We actively lobby for pro-health freedom legislation on U.S., State, and National levels, and internationally at Codex Alimentarius meetings.

- The NHF successfully fought for the passage of DHEA and we continue to work to ensure that you keep these basic rights.
- The OLDEST consumer health-freedom organization in the World
- The ONLY health-freedom organization with observer delegate status at Codex meetings.
- The World's BEST health-freedom magazine.

JOIN US TODAY (\$36 yearly)

Together we can make a difference.



**NATIONAL
HEALTH
FEDERATION**

A NOT-FOR-PROFIT HEALTH-FREEDOM ORGANIZATION

Go to our website www.thenhf.com to join, or else send a check to:
The National Health Federation, P.O. Box 688, Monrovia, California 91017 USA,
or call 1-626-357-2181 to charge your membership.

Are you ready to **take charge** of your **health?**

Join one of the nation's leading exercise programs designed exclusively for older adults, the **SilverSneakers® Fitness Program**, available to members of participating Medicare health plans.

For more information on SilverSneakers or to find a participating location near you, call toll-free at 866-248-5476 and reference the code "Get Fit!" or visit www.silversneakers.com.



SSFP0920_B 2.10



Puzzle Solutions

(puzzles on pg. 36)



| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 7 | 6 | 8 | 5 | 9 | 3 | 4 |
| 9 | 5 | 8 | 4 | 3 | 2 | 7 | 6 | 1 |
| 4 | 3 | 6 | 1 | 7 | 9 | 5 | 2 | 8 |
| 1 | 2 | 5 | 8 | 9 | 3 | 4 | 7 | 6 |
| 7 | 6 | 4 | 5 | 2 | 1 | 3 | 8 | 9 |
| 3 | 8 | 9 | 7 | 6 | 4 | 1 | 5 | 2 |
| 6 | 9 | 2 | 3 | 1 | 7 | 8 | 4 | 5 |
| 5 | 7 | 1 | 2 | 4 | 8 | 6 | 9 | 3 |
| 8 | 4 | 3 | 9 | 5 | 6 | 2 | 1 | 7 |

HEALTH SAVINGS ACCOUNTS

**INDEPENDENT
ADMINISTRATOR**

**Affordable
Healthcare**



800-914-3248

www.AmericanHealthValue.com/?rcode=NY00067



“Fortunately, we know how to grow the economy - how to make the pie bigger - by individuals working and trading and creating freely, not by government taxing away our income, restricting our economic freedom, and spending our money supposedly on our behalf but really on its own priorities.”

continued from pg. 24

▶ ▶ But this idea is fatally flawed. First, our economy isn't like an apple pie sitting on the counter getting cold. With the right conditions, we can create more wealth - that is, we can make the pie grow. Some create more than others and may end up with bigger slices, but in the long run, everyone can end up with a bigger slice than they would have had otherwise. That's a win-win.

The second problem with the apple pie idea is this: Who's doing the slicing? Usually that task is assigned to the federal government, but the government didn't bake the pie in the first place. American work and ingenuity did that. So when government tries to slice the pie into equal pieces, it's simply spreading income around taking from some and giving it to others. At best, that's win-lose. And by picking winners and losers, such a policy distorts the incentives that lead those who produce more to do their best, which means they produce less, they earn less, and the pie shrinks.

Trying to spread income around by redistributing what people have earned through their own efforts actually hinders the creation of new income. And creating more income - growing the pie - is the only known way to increase overall prosperity.

Fortunately, we know how to grow the economy - how to make the pie bigger - by individuals working and trading and creating freely, not by government taxing away our income, restricting our economic freedom, and spending our money supposedly on our behalf but really on its own priorities.

Think of a dozen engineers at Apple Computer who invent an easier way to find information on the Web, which Apple then includes on its new, widely popular iPhone. Millions of people buy and enjoy the new

iPhones, providing jobs for Apple employees, and money for future research at Apple. New income and wealth has been created. Similarly, when a farmer tends an apple orchard and then sells the apples, he gets his money to buy what he needs for his own use and to sustain his apple business, while customers get the apples, which they prefer to the money they give the farmer. Income has been created by developing products that consumers want. If the farmer saves rather than spends some of the proceeds, he can invest the money and create even more income in the future.

This isn't rocket science. It's common sense, and it's been true for thousands of years. But in Washington, unfortunately, it's not very common. In an economic downturn it becomes downright rare. Many lawmakers use temporary downturns to increase their power permanently by taxing, spending, and borrowing rather than supporting policies to grow the economy.

Of course some of the Federal Government's work, such as administrating the judicial system and maintaining national security, are vital to society and the economy. But income redistribution and other forms of government meddling often shrink the pie or keep it from growing. They take income away from those who earned it and give it to those who didn't. In the process, they divert resources to less productive uses and thus impede the creation of new opportunities that would otherwise benefit everyone in the long run.

For more information on what makes the economy grow, visit www.heritage.org/Research for your free copy of *The Economy Hits Home: What Makes the Economy Grow*.

Impotence **Solved!**

The **New** Encore Premium System is a **Revolution** in Vacuum Therapy.

The **Encore** Difference

- Only Encore Includes **both** a Manual & Battery Pump in our **Medicare** System
- **Lifetime** Warranty

**APPROVED BY
MEDICARE**

& Most **Private** Insurance

**#1 UROLOGIST
RECOMMENDED**



1-800-475-3091

www.RevivePremium.com

ENCORE[®]



The Way to end the Obama Recession



Obama photo courtesy Wikimedia Commons

By Daniel Weber
AMAC President

The recession should now rightfully be called the “Obama Recession”.

The president’s policies of Stimulus, Tarp, Opposing Debt reduction and Policy changes (combined into the acronym STOP), have all failed to stop the recession. In fact, according to a recent Pew poll, the number of Americans who believe Obama has made the recession worse has more than doubled in the last year to almost 30%.

With unemployment well over 9% and 2.5 million jobs lost in the last two years there can be no denying the decisions made by Obama have failed to turn the economy around.

No matter how rosy the picture Vice President Biden paints, he cannot cover up the facts.

If conservative economists are to be believed, the Obama formula of more government spending, increasing the debt and raising taxes will increase the number of Americans suffering from the recession.

The first thing that we need to do to is to tell the truth to the people. If the Tax cuts from 2003 are left to expire, everyone's taxes will go up. The lowest tax rate of 10% will increase to 15%, so low income workers (earning less than \$16,750) will have their taxes go up by 50%!

Similarly, the "rich" taxpayers earning over \$250,000 will get an increase. But the truth of the matter is most of the "rich" people affected will be owners of small businesses where the small business is taxed as an individual (subchapter S corporations). So any money left in the business to pay for future bills is counted as income. Likewise, the principal on any loan payments cannot be deducted so if a business has loan payments, which most of them do, the owner's taxable income could be shown as \$250,000 when the actual income could easily be \$150,000 or less, before taxes. After taxes the owners are not nearly as rich as we were told.

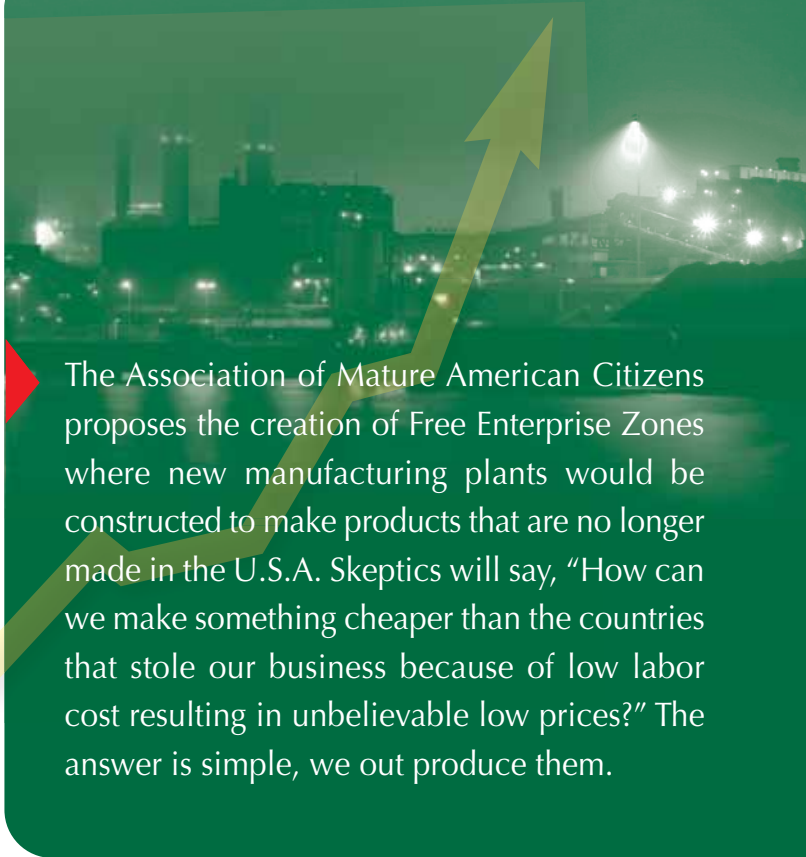
Is it any wonder that small businesses are laying off people and not hiring?

The way to end the recession is to continue the tax cuts, cut government spending and add additional selective tax cuts to stoke the economy. The way to get this country moving again is to create more jobs. Not just any job, certainly not government jobs but well paying jobs in the private sector. The U.S. has suffered in the world economy

by losing manufacturing jobs. We have lost the great edge we once had in being able to out manufacture the competition.

The Association of Mature American Citizens proposes the creation of Free

Enterprise Zones where new manufacturing plants would be constructed to make products that are no longer made in the U.S.A. Skeptics will say, "How can we make something cheaper than the countries that stole our business because of low labor cost resulting in unbelievable low prices?" The answer is simple, we out produce them. Take light bulbs for example; if a plant overseas can produce 100,000 bulbs in a month we build a plant that can produce 2 million bulbs in a month. Mass production, more



The Association of Mature American Citizens proposes the creation of Free Enterprise Zones where new manufacturing plants would be constructed to make products that are no longer made in the U.S.A. Skeptics will say, "How can we make something cheaper than the countries that stole our business because of low labor cost resulting in unbelievable low prices?" The answer is simple, we out produce them.

properly called Super Mass production, will result in lower prices and make our products competitive again.

The new plants will be like something that no one has ever seen before. They will be huge mega plants with heavy automation and robotics. Fewer workers will be needed but because of their massive size we'll still put many, many workers into good paying jobs. Additional jobs will be created during the construction and maintenance of the plants. Even more people would be needed in the sales and marketing side of the businesses. The ripple effect will be felt in areas where the plants are located to provide housing and services to the new workers.

The billions of dollars needed to fund the program would come from Enterprise Bonds sold to investors and the general public that would provide tax free income on the interest earned. The interest rates would be very competitive. (For example; in the present economy they would pay somewhere around 3-4% and they would be backed by the full faith and credit of the U.S.)

Let's bring manufacturing jobs back to the U.S.A. and let's get this country moving again!

Note: The Association of Mature American Citizens (AMAC) is a growing organization of over 100,000 members representing the views of citizens 50 and older.



Seize the Day!

Take a Fascinating Trip to Historic Bucks County, Pennsylvania

by D. J. Wilson

After a record breaking summer of scorching heat in many states across our great Country, one can seriously appreciate respite from the soaring summer temperatures with the coming of fall and winter. ▶▶



▶ ▶ In the north, as birds fly toward temperate climates and leaves change from green to gold and orange to brown, many folks welcome a change of season. Less than a two hour drive from New York City and an hour from Philadelphia, Bucks County, Pennsylvania is an easy escape for those wishing to seize the day with a fascinating trip to this historic and charming region. Take a ride into the heart of Bucks County, where winding roads meet rolling hills. Let the country roads take you alongside working farms, through quaint towns, and over covered bridges.

Located on the Southeastern Edge of the Commonwealth of Pennsylvania, along the Delaware River, Bucks County is a worthwhile and unique place to visit. In the words of William Penn, who founded Bucks County in 1682, “the woods yield us plums, grapes, peaches, strawberries and chestnuts in abundance.” Penn traveled to the New World with hopes and dreams of a place one could live free from religious persecution. He successfully plotted out the village of Philadelphia and built his home, Pennsbury Manor, in Bucks County along the banks of the Delaware River. As founder and First Governor of Pennsylvania, William Penn named Bucks County after the town of Buckinghamshire, England where his family originated. Pennsbury Manor is considered to be William Penn’s “beloved manor” and one can appreciate his vision by visiting this home. Tours of this historically restored country home are currently available to the public.

In addition to Pennsbury Manor, there are many notable sites worthy of visitors. A fine example is the Mercer Museum, inspired by the great historian and archaeologist, Henry C. Mercer. He erected a 6 story concrete castle which exhibits tools and artifacts from everyday life in the pre-industrial age. This is an engaging museum for those inspired by the history of the past, as well as the present and future. As the museum is not heated or cooled, plan to dress for the season. Fonthill, Mercer’s nearby concrete castle, features unique architecture and beautiful tiles and prints from around the world. Reservations are strongly recommended to visit this castle.

Most museums are open year round; however, dates and admission prices may vary. Free tours are offered at the Margaret R. Grundy Memorial Museum, home of the late Senator Joseph R. Grundy. This is particularly pleasing to those who appreciate Victorian Architecture in beautiful surroundings. The elegant home overlooks the Delaware river and displays European imported woodwork and an impressive collection of antique furniture and art.

The James A. Michener Art Museum features art and cultural heritage of the Bucks County region and houses



permanent collections of paintings ranging from portraits to landscapes. There is an outdoor gallery with sculptures and the museum hosts an array of special exhibits. Opened in 1988, and named for Doylestown’s Pulitzer-Prize winning writer and supporter of the arts, this museum is of special importance as Bucks County plays a significant role in the history of art. Attracted to the beauty of the region, artists began to form colonies along the Delaware, centered in the town of New Hope in the 19th Century. From this grew Pennsylvania Impressionism. To date, New Hope is a bustling artists’ colony with eclectic stores, fine restaurants, and vibrant night life. Art and music festivals are commonplace. Antique shops are abundant in this area as well.

Over 608 square miles of land make up Bucks County with 15.8 square miles of water. Enjoy a refreshing walk along the winding Delaware and observe the seasonal splendor the region has to offer. With a concentration of vineyards, enjoy a taste of locally produced wine. Or visit Washington Crossing Historic Park, the site where General George Washington, men of the Continental Army, and militia crossed the Delaware River on Christmas night in 1776 and marched into Trenton, NJ. Enjoy tours and exhibits or see the spirit of his crossing recreated every year at Christmas.

Bucks County has something for everyone and tourists will find there is plenty to see and do. Many hotels and inns offer romance packages. Whether you wish to relax fireside at a cozy bed and breakfast or take a horse drawn carriage ride along River Road, it is a great place to spend time with someone special. Contemporary hotel accommodations are offered throughout the region and family packages are available. Rich in history, art, shopping and accommodations, and surrounded in beauty, Bucks County offers the perfect seasonal getaway. Live life to the fullest and seize the day with a fascinating visit to Historic Bucks County.

Why wait? Book your vacation today!





2010

Member-Get-a-Member Campaign



If you are already a full paying member of AMAC, thank you! Your support and participation, and your investment in your future through AMAC are what make AMAC possible.

Over the past years, we have all come together to create a power to be reckoned with, The Association of Mature American Citizens. Together, we are permanently changing the direction our great country is headed. A country of the people, by the people and for the people; One nation under God; A nation free to pray for the safety of its athletes before they go on the field; A nation free to display the 10 Commandments in its highest courts; A nation our loved ones fought to keep free. Congratulations, you are part of this movement and if you are one of the heroes who fought to protect the sanctity of America and all she stands for, we humbly thank you from the deepest part of our hearts.

Yes, we have been very busy working for you and we promise you that there is much more to come in the months and years ahead as we continue to fight for you and the future of your loved ones. We will continue to fight against the onerous "death tax" and force congress to stop reckless spending that our children and grandchildren will still be paying for long after we are all gone.

In addition to protecting your rights as an American citizen, our members also enjoy an array of discounts, benefits, and educational programs. Discounts include home, auto, life insurance, long term care, and medical insurance; hotel/motel; car rental discounts; as well as other national and local merchant discounts. Each day new member discounts are added, so be sure to visit our website at www.amac.us for updates!

Due to the dedication and hard work of individual members in the first 8 months of 2010, AMAC membership has grown. However, we need more members in order to continue our hard work. We are now announcing the 2010 "Member-Get-a-Member" membership campaign. We believe that with members working together we can increase membership by 100,000 members by year's end.

This is going to be an exciting campaign, including a contest with three prize levels:

- 1st the person who signs the most members wins a **cabin for two on our Faith, Family and Freedom Cruise** leaving Jacksonville, FL on Feb. 28th going to Key West and the Bahamas.
- 2nd the person who signs the 2nd most members wins a **42" flat screen TV.**
- 3rd everyone who signs even one new member will be entered to win a **\$200 Visa gift card.**

Additional incentives include:

* Members who sign 10 or more members receive one year free membership

* New members joining during this 3 month campaign who own a business can be listed on our merchant site** with a link to their website, at no cost.

** *Merchant application must first be approved by AMAC before business can be listed.*

More exciting AMAC News: we have divided the country into 8 regions. Each region will consist of approximately 6 states, each having one Regional Ambassador and one State Ambassador, along with district and local Ambassadors within each state. These are all volunteer positions and if you are interested in serving any of these positions, please contact Bev Kilmer at bkilmer@amac.us for additional information or to apply. **Also, visit our website at www.amac.us** for more information about the Ambassador Program.

It is important for you to know that we are the sum of all our parts, we are you. Please join us in this membership drive and together we will continue fighting the good fight for America and the future of this great country!



AMAC attends Values Voter Summit

Along with roughly 2,000 conservatives, AMAC attended the fifth annual Values Voter Summit in Washington, D.C. on September 17-19, an event that bills itself as the nation's largest social conservative conference. The event featured appearances by several would-be 2012 Republican presidential candidates who addressed attendees on current social issues and bills before Congress.

for more information visit:
www.valuesvotersummit.org

AMAC Inaugural **FAITH, FAMILY & FREEDOM CRUISE**

MONDAY, FEBRUARY 28, 2011

From Jacksonville, FL.

5 Days in Key West & Bahamas

Join us and enjoy:

- ★ Provocative Conversations
- ★ Electrifying Private Cocktail Party
- ★ Stimulating and Thought Provoking Speakers

For more information and to book your stateroom please visit The Place To Go website,

www.theplacetogo.com/amac

or contact Jackie or Jim at 941-926-5978

or by email at amac@jsleter.com



9/11 Rally at Ground Zero

Thousands gathered near Ground Zero at 3pm on 9/11/10 to honor the families of the victims of 9/11 and to express their outrage of the building of the mosque. AMAC agrees that the building of a mosque at this site is inappropriate. Dan Weber, founder of AMAC, spoke before the crowd saying “despite what the President says, we are a nation founded and governed by our Judeo-Christian Heritage.” The crowd roared its approval. Weber continued, “that heritage has taught us to judge the motives and actions of others by the fruit those actions bear. As I look out upon this sea of people, many of whom were driven here by anger, I can clearly see the fruits of Imam Rauf’s plans are not good.”

Other speakers included former U. S. Ambassador to the United Nations John Bolton; the Dutch Parliamentarian and freedom fighter Geert Wilders; journalist Andrew Breitbart; war hero and North Carolina Congressional candidate Ilario Pantano; and nationally syndicated conservative radio host Mike Gallagher.

AMAC Ambassador Profile

Patricia Grace serves as a Regional Ambassador for AMAC. We are excited to have her working with our State and Local Ambassadors in the PA, DE, MD, NJ, VA, WV and DC areas. Please feel free to contact Patricia if you are in her region. I'm sure she would like to hear from you and discuss how she can work with you on behalf of AMAC and our great Member-Get-a-Member Campaign.

patriciag@agingwithgrace.net
CEO, Aging with Grace
Greater Philadelphia Area

The Big Apple

Nothing says autumn like a bushel basket overflowing with sweet, crisp, juicy apples. From the crunchy first bite of a fresh eating apple to the tender juiciness of a just-baked apple pie, apples are part of American life. Commonly eaten out of hand, apples are one of the most versatile culinary ingredients. Great for adding to salads and baking in desserts, apples also go nicely with meats like chicken and pork and vegetables like cabbage and sweet potatoes. With so many varieties of this portable, plentiful and nutritious fruit ripe for the picking, try cooking with a delicious apple today!

Apples are packed with fiber, and they are naturally cholesterol, sodium and fat free.

When buying apples, choose those that feel solid and heavy in your hand. Look for smooth, shiny, clean skin that is firm to the touch and avoid those that are soft, mushy, wrinkled or have dark spots or bruises.

Avoid washing apples before storing them. Water gets absorbed through the skin and accelerates deterioration.

Apples quickly lose their crispness at room temperature. Store in the refrigerator, or a cool, dark place.

It's true that "one rotten apple spoils the whole bunch," so separate decaying apples from any healthy ones.

There are roughly 2 - 4 apples in one pound depending on their size, and one pound yields approximately 3 cups of sliced or diced apples.

Apples generally fall into 3 categories based on how best they can be used. Sauce apples (Cortland, Gala, Braeburn) melt tenderly into applesauce with little more than a brief simmer. Baking apples (Rome, Winesap, Golden Delicious) hold their shape after up to an hour in the oven. All purpose apples (Granny Smith) have a texture that falls between tender and dente when cooked.

Use a mixture of several types of apples when baking a pie. The combination of different textures and sweet vs. tart ensures a balanced flavor.

To make peeling easier, dip whole apples quickly in and out of boiling water.

Brush sliced apples with lemon juice, orange juice or 7up to prevent them from turning brown.

Butternut Squash & Apple Soup

- 2 Tbs. vegetable oil
- 1 small onion - chopped
- 2 medium Golden Delicious apples (about 12 oz.) - peeled, cored and cut in 3/4 inch chunks
- 2 medium butternut squash (1 3/4 lbs. each) - peeled, seeded and cut in 3/4 inch chunks
- 1 14 1/2 oz. can of vegetable broth
- 1 Tbs. chopped fresh thyme or 1/4 tsp. dried thyme
- 1 tsp. salt
- 1/8 tsp. pepper
- 1 cup half & half

►► In a large pot over medium heat, sauté onion in vegetable oil until tender. Add apples, squash, vegetable broth, thyme, salt, pepper and 11/2 cups of water. Heat to boiling over high heat. Reduce heat to low, cover and simmer, stirring frequently, for 20 - 25 minutes or until squash is tender. Transfer 1/3 of the mixture to a blender (with center section of lid removed), and puree at low speed until very smooth. Pour mixture into a bowl. Repeat with the rest of the squash mixture - 1/3 at a time. Return the pureed soup to the empty pot. Add half & half. Heat through.



Sweet Potato-Apple Casserole

6 sweet potatoes
3 apples
2 tablespoons melted
butter-divided
1/2 cup orange juice
1/4 cup brown sugar
1/8 teaspoon cinnamon
1/8 teaspoon allspice
1/4 cup rum
marshmallows

➤➤ Preheat to 350. Boil or steam potatoes until tender, remove skin, cut lengthwise in slices. Peel and core apples slice in rings. Butter 9x6 dish, grease with 1 tablespoon butter, alternate potato-apple layers. Add remaining ingredients with the rest of butter and pour over top. Bake 30 min. or more until liquid is mostly absorbed and top is brown and shiny. Top with marshmallows a little before done and brown.

Easy Chicken – Apple Curry

2 Tbs. butter or
margarine
1 large green pepper –
diced
1 medium onion –
diced
2 stalks of celery – diced
4 cups cooked & diced
chicken
2 – 3 jars chicken gravy
2 tsp. curry powder
salt & pepper
1/2 cup raisins
2 apples – peeled and
diced

➤➤ Melt butter in a large skillet. Sauté green pepper, onion and celery until tender. Add cooked chicken, 2 jars of chicken gravy and curry powder. Heat. Add raisins, apples and salt and pepper to taste. Add additional gravy, if needed. Simmer for 5 minutes. Serve over rice. Serves 6.

Apple Coffee Cake

1 cup vegetable oil
3 eggs
1 tsp. vanilla
1 tsp. salt
1 tsp. baking soda
1 tsp. cinnamon
1 1/2 cups sugar
2 cups flour
1/2 cup chopped
walnuts
4 apples – peeled &
thinly sliced

➤➤ Preheat oven to 375 degrees. In a large bowl, beat together oil, vanilla and eggs. Gradually add salt, baking soda, cinnamon, sugar and flour. Batter will be thick. Fold in walnuts and apples. Pour batter into a greased and floured tube pan. Combine ingredients for crumb topping. Sprinkle evenly over the top of batter. Bake in preheated oven until a toothpick inserted in the center of cake comes out clean, about 50 minutes. Cool for 15 – 20 minutes. Remove from pan and serve.

Crumb Topping

1/2 cup flour
1/4 cup brown sugar
1/4 cup melted butter
1/4 chopped walnuts

Obama's broken healthcare promises

A plan by Medicare to try to make it simpler for consumers to pick drug coverage could force 3 million seniors to switch plans next year whether they like it or not, says an independent analysis.

This risks undercutting President Barack Obama's promise that people can keep their health plans if they like them. And it could be an unwelcome surprise for many seniors who hadn't intended to make a change during Medicare's open enrollment season this fall.

The analysis by Avalere Health, a leading private research firm, estimated that more than 3 million beneficiaries will see their prescription plan eliminated as part of a new effort by Medicare to winnow down duplicative coverage and offer consumers more meaningful choices.

Seniors would not lose coverage, but they could see changes in their premiums and copayments.

Seniors expected to pick up the cost

When President Barack Obama put forth his government health care plan, he designed it to cover a reported 32 million individuals who do not have health coverage of their own – and then placed a huge burden of the massive payment squarely in the back pockets of America's seniors by cutting benefits, and raising taxes, co-pays, and premiums. Part B premiums increased from \$96.40 to \$110.50 in 2010, and will increase to \$120.20 in 2011. This year and next, there will be no cost of living increase in social security payment to seniors.



Crossword

ACROSS

1. Writing table
5. Room at the top
9. A type of small lizard
14. Chief Norse god
15. Affirm
16. Country estate
17. Tarzan swung on this
18. Stiff hair
19. Perpendicular to the keel
20. Grossly unconventional
22. Light brown to brownish orange color
23. Ancient upright stone
24. Put off
26. Speed up an engine
29. Tiller
33. Investigation
38. American songbird
39. Acquire
40. Beginnings of plants
42. It smells
43. Political refugee
45. Worn to shreds
47. Highway divider
48. Coloring agent
49. Fragrance
52. Delete

57. Official tree of Canada
60. Systemizer
63. Pelvic
64. Tab
65. Wound by piercing
66. Devilfish
67. Loyal
68. Auditory
69. Glacial ridge
70. Swirl
71. Apartment payment

DOWN

1. Birds of peace
2. Decree
3. Subsequently
4. Get on one's knees
5. Not first
6. Not under
7. Malodorous
8. Smidgen
9. Not professional
10. Tweed
11. Once again
12. Groan
13. A fighting force
21. Not
25. Devoid of warmth and cordiality

| | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | | |
| 14 | | | | 15 | | | | 16 | | | | | | |
| 17 | | | | 18 | | | | 19 | | | | | | |
| 20 | | | | 21 | | | | 22 | | | | | | |
| 23 | | | | | 24 | | 25 | | | | | | | |
| | | | | 26 | 27 | 28 | | 29 | | 30 | 31 | 32 | | |
| 33 | 34 | 35 | 36 | | | 37 | | 38 | | | | | | |
| 39 | | | | 40 | | | 41 | | | 42 | | | | |
| 43 | | | | 44 | | | 45 | | | 46 | | | | |
| 47 | | | | | | | 48 | | | | | | | |
| | | | | 49 | | | 50 | 51 | | 52 | 53 | 54 | 55 | 56 |
| 57 | 58 | 59 | | | | | 60 | | 61 | 62 | | | | |
| 63 | | | | | | | 64 | | | | 65 | | | |
| 66 | | | | | | | 67 | | | | 68 | | | |
| 69 | | | | | | | 70 | | | | | 71 | | |

27. Ancient ascetic
28. Compete
30. A swinging barrier to a room
31. Alternatively
32. Marsh plant
33. Throat-clearing sound
34. Anagram of "Mean"
35. Keen
36. Pass laws
37. Collection
41. Father
44. Danica Patrick drives one
46. Adolescent
50. Majestic
51. Attempted
53. Difficulty
54. An obsolete name for nitrogen
55. Small finch
56. Construct
57. Marcel Marceau was one
58. "Oh, my!"
59. Supposedly, a girl's color
61. Happy
62. A friendly nation

Sudoku

| | | | | | | | | |
|---|---|---|--|---|---|---|---|---|
| 8 | 4 | 3 | | 5 | | 2 | | |
| | 7 | 1 | | | | | | 3 |
| 6 | | 2 | | 1 | 7 | 8 | | |
| 3 | | | | | | | 5 | 2 |
| 7 | | 4 | | 2 | | | | |
| | | | | | 3 | | 7 | |
| 4 | | | | 7 | 9 | | | |
| | | 8 | | | 2 | | 6 | |
| | 1 | | | | | 9 | | |

How to Play:

- Fill in the empty fields with the numbers from 1 through 9
- Every row must contain the numbers from 1 through 9
- Every column must contain the numbers from 1 through 9
- Every 3x3 square must contain the numbers from 1 through 9

Joke of the Month



"Oh God," sighed the wife one morning, "I'm convinced my mind is almost completely gone!" Her husband looked up from the newspaper and commented, "I'm not surprised: You've been giving me a piece of it every day for thirty years!"

Heard any good ones lately? Send them in!

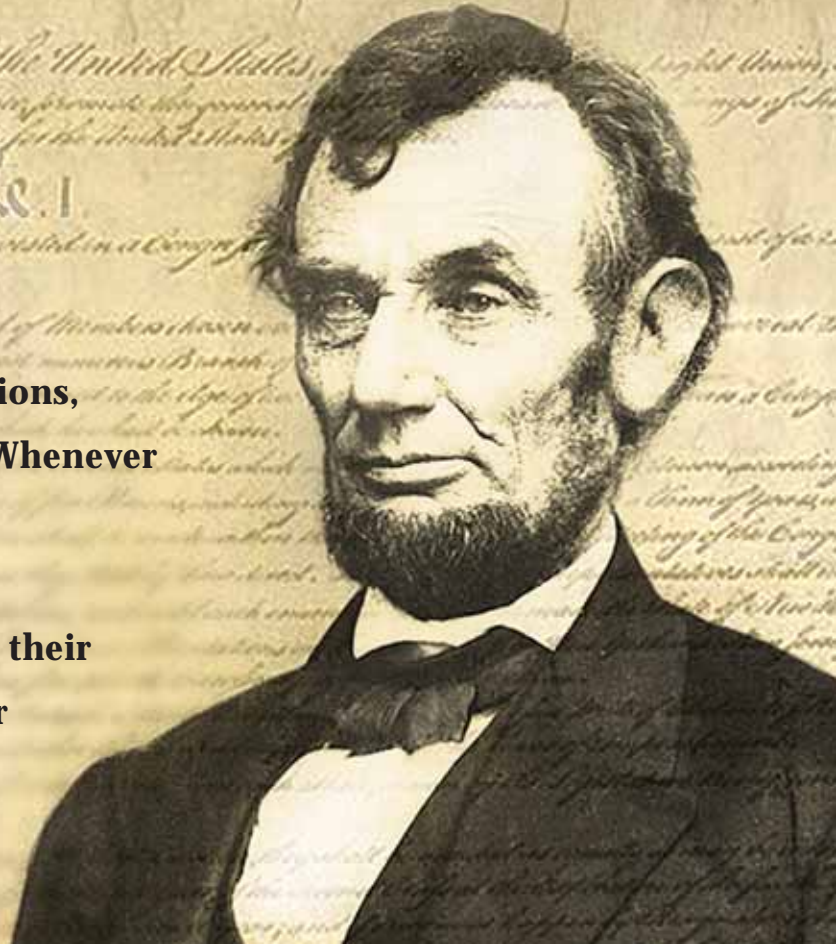
Please submit your joke by emailing info@amac.us or mailing to Joke of the Month, c/o AMAC Senior Services of New York, 5 Orville Drive, Suite 400, Bohemia, NY 11716. Your joke may be featured in our next magazine!

We the People

Article 1

"This country, with its institutions, belongs to the people who inhabit it. Whenever they shall grow weary of the existing government, they can exercise their Constitutional right of amending it or their revolutionary right to dismember it or overthrow it." - ABRAHAM LINCOLN

Image courtesy of Wikimedia Commons



★ Government Watch

Tax Facts:

The top tax rates on qualified dividends are scheduled to jump from 15 percent to nearly 40 percent on January 1, 2011—just one of many



By Fido -
your
government
watchdog

reasons the Bush tax relief should be extended. Without an extension, dividend payments will be taxed at a far higher rate than capital gains, distorting how companies return value to their shareholders, penalizing companies that pay out dividends. Dividend-paying stocks are owned disproportionately by seniors, which means that many retirees will have to live on smaller incomes.

American companies also suffer under an antiquated U.S. tax code which taxes companies that earn profits overseas and have already paid taxes in their country of domicile. The Heritage Foundation explains why a dividend tax hike simply has no benefit for Americans on any level and will likely cause much harm.

Careful Now

A new investigation reported in the September issue of *Consumer Reports* describes a lack of government oversight for the bustling \$26.7 billion dietary supplement market and identifies a “dirty dozen” list of supplement ingredients that have been linked by clinical research or case reports to serious adverse events, such as cancer, coma, heart problems, kidney damage, liver damage or death. The report is also available online at www.ConsumerReportsHealth.org. Working with experts from the Natural Medicines Comprehensive Database, an independent research group, *Consumer Reports* identified 12 supplement ingredients linked to serious adverse events by clinical research or case reports. Other factors were also evaluated, including evidence of effectiveness for their purported uses, and the extent to which the ingredients are readily available, either alone or in combination products. The dozen are: Aconite, Bitter Orange, Chaparral, Colloidal Silver, Coltsfoot, Comfrey, Country Mallow, Germanium, Greater Celandine, Kava, Lobelia, and Yohimbe.

Member Benefits Directory



Use your Membership Card and save!!



| | | |
|---------------------------|--------------------------------------|-----------------------|
| Insurance | Home & Auto | |
| | Travelers | 1-866-709-9713 |
| | Medicare / Healthcare Options | |
| | AMAC Senior Services | 1-888-262-2006 |
| Hotels/Motels | Red Roof Inn | 1-800-RedRoof |
| | Motel 6 | 1-800-4Motel6 |
| | Choice Hotels | 1-800-4Choice |
| | Wyndham Hotel Group | 1-877-670-7088 |
| Car Rentals | Budget | 1-800-527-0700 |
| | Hertz | 1-800-CarGold |
| | Avis | 1-800-230-4898 |
| National Discounts | Pet Supplies & Medication | |
| | Pet Meds | 1-800-738-6337 |
| | Identity Theft Protection | |
| | LifeLock | 1-800-LifeLock |
| | Hearing Care | |
| | Beltone | 1-800-Beltone |

To become an AMAC member and enjoy our member benefits, call: 1-888-262-2006



*America is Rising...
 Join the Movement!*

Refer a Friend!

Yes, I want to become an AMAC Member!

Choose One Option: 1 Year/\$15.00 2 Year/\$28.00 3 Year/\$39.50

I would like to make an additional donation in the amount of \$ _____

Name _____ Date of Birth _____

Spouse's Name _____ Date of Birth _____

Address _____

City _____ State _____ Zip Code _____

Phone (_____) _____ Email _____

MAIL TO: AMAC, 5 Orville Drive, Suite 400, Bohemia, New York 11716
with your check or money order payable to "The Association of Mature American Citizens"
 Call 1-888-262-2006 or sign up online at: www.amac.us

A Medical Response Team for you...Any Time, Anywhere

By Jacob Alan Witonski

MobileHelp, a Florida company, has combined 21st century technology with solid medical professionalism to form a Medical Response Team that will come to the aid of their subscribers who experience any type of medical problem at any time, anywhere.

And the MobileHelp system is the only one that operates anywhere, inside or outside the home.

In the past, medical alert buttons could only be used within about 600 feet of the home station. The MobileHelp "Anywhere Help Button"™ uses GPS (the satellite Global Positioning System) and cellphone towers to contact their response team and pin point the location of their subscriber wherever he or she might be in distress.

According to the company's brochure, "Slip and fall accidents, medical emergencies including heart attack and stroke, security and fire concerns, and locating a loved-one...These are just some of the reasons why people rely on MobileHelp for peace-of-mind and rapid access to care..."



As Seen On TV

Perhaps the company's television commercial explains it best. It shows an elderly woman who has taken her dog for a walk and has fallen. She pushes the button on the device she's carrying and when the Medical Team Associate answers and asks how to help, she says, "I was walking my dog ...I fell."

"...another way to keep track of the elderly."

The New York Times

"...South Florida company releases medical mobile device that offers emergency help on the go."

Sun-Sentinel

"...making Mom mobile while giving peace of mind to boomer children."

The Miami Herald

Press Coverage

Company founder and CEO Elias Janetis admits that all the buzz about the tremendous benefits of the new technology MobileHelp brings to the marketplace could be construed as, "Well...just overblown advertising." But, Janetis continues, "Look at the press coverage we've gotten."

"Aw, I'm not old enough for that thing..."

Janetis says he's heard that on occasion and that might just be the point. "Those people who are still on the go are the ones who might need our services the most," he said, "They get out, away from home and do things and go places. But if they get into a medical emergency situation in some remote location, we're the ones they need to contact, and fast. And we'll respond fast too."

Janetis continues, "Sure, a person can carry a cellphone. But those often require fumbling with a cover and then calling nine-one-one. Of course, the nine-one-one operators try to be helpful but they don't know the medical history of the caller or from where the call is originating. These are things our Medical Team Associates do know."

Here's How it Works

The system includes two different communication devices, the "At Home" pendant and the "Mobile Communicator" for away from home.



The subscriber pushes the pendant button when they're home and in need of help.

-or-



Elias Janetis, Founder

Janetis' personal experiences birthed the MobileHelp concept, "...from my own experience of being a caregiver for my Grandmother."

"Hello, this is MobileHelp. How may I assist you?"



the portable emergency "Anywhere Help Button" away from home. Your information and location are sent to the MobileHelp Response Center where a Personal Response Associate establishes 2-way communication, assesses the situation and then contacts a neighbor, family member or emergency services based on specific need.

Consumer Friendly

Unlike other companies, MobileHelp does not require a contract. They actually have a 30-day risk free trial. In addition, if the subscriber wants to cancel service at any time, MobileHelp will refund any prepaid unused months of service. They offer free shipping, there's no equipment to purchase and there are no hidden fees. Now that's consumer friendly!



MobileHelp
The Anywhere Help Button™

Call today!
1-877-425-6404
www.MobileHelpNow.com

Travelers Auto & Home Insurance

Endorsed by The Association of Mature American Citizens



Customized Coverage Options

Convenient Payment Options

Award-Winning Service

A+ Rating by A.M. Best

24/7 Claim Service

1-866-709-9713

Tell them you're an AMAC Member!

A.M. Best's rating of A+ applies to certain insurance subsidiaries of The Travelers Companies, Inc. that are included in The Travelers Insurance Companies pool; other subsidiaries are separately rated. For a listing of companies rated by A.M. Best and other rating services visit travelers.com. Ratings listed herein are as of August 1, 2010, are used with permission, and are subject to changes by the rating services. For the latest A.M. Best rating, access ambest.com. | Insurance is underwritten by The Travelers Indemnity Company or one of its property casualty affiliates, One Tower Square, Hartford, CT 06183. In FL: Auto insurance policies are underwritten by First Floridian Auto and Home Insurance Company, The Travelers Home and Marine Insurance Company, or by The Travelers Commercial Insurance Company. In MA: Auto policies are underwritten by The Premier Insurance Company of Massachusetts, an independent, single-state subsidiary of The Travelers Indemnity Company. In NJ: Auto insurance policies are underwritten by Travelers Auto Insurance Co. of New Jersey, a single state, independent subsidiary of The Travelers Indemnity Company. In TX: Auto insurance is offered by Travelers MGA, Inc. and underwritten by Consumers County Mutual Insurance Company. Coverage, discounts, repair options and billing options are subject to state requirements and availability, individual qualifications and/or the insuring company's underwriting guidelines.
© 2010 The Travelers Indemnity Company. All rights reserved.