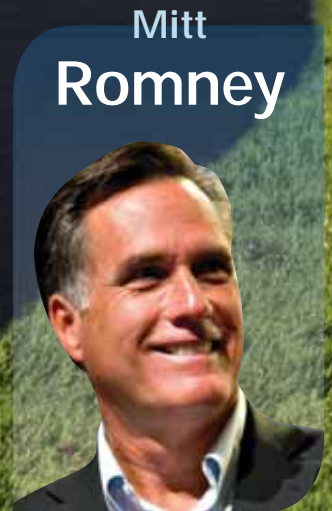
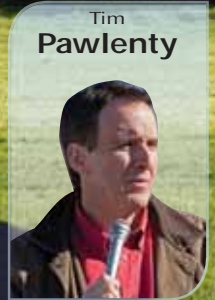
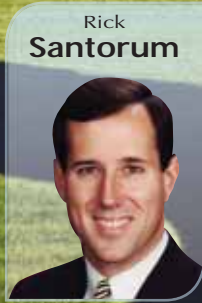


# AmacAdvantage

THE MAGAZINE OF THE ASSOCIATION OF MATURE AMERICAN CITIZENS VOL. 5 ISSUE 1

\$2.95



*Leading the charge for 2012*



# FIND OUT HOW EASY LOOKING YOUNGER CAN BE.



BEFORE



AFTER

**Name: LINDA SUE Age: 61 Actual client. No retouching.**  
Patient had facial-firming, eye-firming and neck-firming procedures.

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

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Please call **1.877.512.2579** to learn how you can receive your **FREE Guide to Looking Younger** information kit. The call is confidential.

©2011 Lifestyle Lift® 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 are compensated and 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. (2/11)



## 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](http://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.

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

### 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!**



Complete your **FREE hearing assessment** by June 30, 2011 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 6/30/11. Offer good at participating locations. Beltone provider use NA # 51210.



## On Leadership



In this issue of your magazine we'll present to you a number of potential challengers to President Obama, should he decide to run for re-election next year.

**A** good leader has been defined as someone who has made the right decisions. A great leader is someone who has made the right decisions on difficult and important issues.

In this issue of your magazine we'll present to you a number of potential challengers to President Obama, should he decide to run for re-election next year. They come from varied backgrounds and careers. Some were successful in government while others made their mark in business; a few succeeded in both. AMAC will continue to follow them and keep you abreast of the latest happenings to help you in your decision-making process.

**The list of benefits available to AMAC members continues to grow. We have recently added a "Shopping Online" benefit** where you can access over 1,000 stores, receive discounts and best of all, get money back when you make a purchase. That's right; our members will receive from 2 to 20% cash back on most purchases each time you buy something from our online website. Go to our Home page ([www.amac.us](http://www.amac.us)) and click on the button for AMAC Shop Online. You must register, which is free, and then use your name and password each time you shop.

We're pleased to offer our members a **special discount program for Long Term Care from Prudential Insurance Company and life insurance products from ING.** Call 1-888-262-2006 for a quote.

As your president, I have had the opportunity to be interviewed on many radio stations (21 interviews in January alone) to talk about AMAC. The response we are receiving is wonderful.

All across America, citizens like you are becoming more educated, active and involved in making our voices heard.

AMAC is committed to fight the good fight to protect and preserve our God given freedom.

Sincerely,

A handwritten signature in black ink that reads "Dan Weber". The signature is fluid and cursive, written in a professional style.

Dan Weber, Publisher



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**Republican hopefuls set their eyes on the White House in 2012**

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### Puzzle Solutions

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# You are turning 65, what are your health insurance options?

**C**ongratulations! You are turning 65. You've worked hard for many years, and with that comes new opportunities and choices on how you can receive your health insurance coverage. You've earned these benefits and deserve to enjoy the next good years of your life, resting assured that you have chosen the right coverage.

So what are your options? For most, Medicare can be confusing and many seniors are not aware of the benefits they are entitled to.

Medicare is a federal program offered to individuals who have turned 65 or have been disabled for 24 months. However, there are certain criteria that must be met in order to receive the various parts of Medicare. The information below will highlight the most common parts of Medicare (A, B, and D) and provide a brief overview of how a Medicare Supplement works, as well as Medicare Advantage Part C Plans.

**MEDICARE PART A** includes your hospital coverage.

Once you have taken a basic look at Medicare, most newly eligibles start to think about ways to cover the gaps of coverage. Let's take a look at the various ways to cover these gaps.

You or your spouse must have worked 40 quarters to receive this benefit at no cost. If you have not reached the 40 quarter mark, your monthly premiums will range from \$248 to \$450 per month. Part A comes with various deductibles and out of pocket expenses. There is an initial deductible of \$1,132 per benefit period which covers the first 60 days. If you need additional days in the hospital, days 61 to 90 will cost \$283 per day. After 90 days you will be responsible for \$566 per day. As you can see, Medicare Part A gives some necessary hospital coverage you may require.

**MEDICARE PART B** is mainly your doctor coverage. Part B has a monthly premium and, depending on your

income, can range from \$115.40 to \$369.10 per month. Many choose to have these premiums deducted from their monthly Social Security check. Part B includes an annual deductible of \$162 and you are responsible for 20% of your doctor and outpatient costs. In order to qualify for a Medicare Supplement or Medicare Advantage Plan, both A and B must be in place.

Now that you know about Hospital and Physician coverage, let's take a look at **PART D**, which helps to cover your prescription drug costs. To receive this coverage you must choose and enroll in a Part D prescription drug plan from a private insurance carrier. Depending on the carrier chosen, there is a monthly premium as well as deductible and co-pays for these prescriptions. Part D plans include certain phases of prescription drug coverage. These phases are initial, coverage gap, and catastrophic coverage. Each phase has certain criteria that determine your out-of-pocket expenses for prescriptions. There are also programs available to assist you with paying for your Part D premiums.

Once you have taken a basic look at Medicare, most newly eligibles start to think about ways to cover the gaps of coverage. Let's take a look at the various ways to cover these gaps.

**MEDICARE SUPPLEMENT** plans, sometimes referred to as Medigap Policies, are provided by private insurance companies to help pay for some of the health care costs that Medicare does not cover. These plans have a monthly premium and help pay for the co-pays, deductibles, and coinsurance. These types of programs must follow Federal and State laws to protect you and they must be clearly stated as being a Medicare Supplement policy. There are many different carriers available but all of them have "standardized plans" which are categorized A through N. The major difference between these plans among the insurers is usually the cost.

Other options available are the **MEDICARE PART C OR MEDICARE ADVANTAGE PLANS**. These are health plans approved by the Centers for Medicare and Medicaid Services (CMS) and run by private insurance carriers.



# Grandpa's Wisdom

By Jedediah Bila



**B**y the time I hit the age of twelve, I had decided that my grandfather was the smartest man in the world. No matter where we found ourselves on any Brooklyn afternoon, two things could always be counted on: me eating a slice of pizza on 5th Avenue and Poppy imparting lessons I'd never forget

I remember the day I decided I wanted to build a birdhouse for the pigeons we often fed. Poppy bought the supplies, but thanks to my impatience midway through, the foundation was ruined. I made the quick decision that I'd had enough and didn't want to proceed.

"So you're giving up, just like that?" he asked. I shrugged. He continued, "If you walk away every time something gets hard, you'll never know how good it feels to finish the job."

We finished the birdhouse together that afternoon. It felt great. And every time I come across an obstacle in life – be it big or small – I take a moment to recall his words. And I keep on going.

I remember the night I spilled grape juice all over my new dress. I started blaming everyone in sight – everyone but me, of course. It was Nanny's fault for putting too much juice in a short glass. Poppy had been chopping potatoes in the kitchen too loudly and startled me. Mom had made me pull my chair in too close to the table.

"Who spilled the juice?" Poppy asked with a smile as he knelt beside me. I wouldn't look at him. "Did Nanny spill the juice? Did I spill the juice? Did Silvester spill the juice?" Silvester was their cat. I tried to resist cracking a smile.

"I spilled the juice," I said as I turned to him. I learned three things that night: 1) There was something about taking responsibility for things I'd done that just felt right. 2) Laughter is the best medicine for a tantrum. And 3) A dress is just a dress. There would be others. And it wasn't worth my tears.

I'll never forget the day a group of neighborhood boys wouldn't let me play kickball because they thought I'd "kick like a girl." I was super shy (I know, hard to believe) and sank back into a park bench without saying a word.

"Why don't you go play?" Poppy asked.  
"Because they said I'll kick like a girl."

"So prove them wrong," he said. We sat side by side in silence for the next ten minutes before walking home for dinner.

About a month later, we saw the same group of boys playing in the park. "Now you know darn well you can kick that ball farther than any of those boys," Poppy said.

I took a deep breath and walked forward slowly. I was absolutely terrified, but I knew he was right: when it came to kickball, I was your girl. I waited for the ball to land close to me and didn't have to say a word. I just kicked it back. Way, way, way back across the park.

That afternoon, I played kickball for three hours. Poppy watched proudly the whole time. But I didn't understand the lesson I had gleaned until several years later: being underestimated isn't a bad thing. And proving people wrong can be an absolute blast.

I often think of my grandfather, often wonder if he's looking down upon me and what he's thinking. My guess is that he gets a kick out of some of the things his once painfully-shy granddaughter is out there saying in TV Land. He probably shouts "Be patient!" to me at least twice a day. And yes, my Italian Grandpa – master of the best marinara sauce in the Northeast – is definitely horrified by any and all contact I have with the kitchen stove.

As we venture forward through difficult political and economic times, I'll be thinking of my grandfather. The lessons he taught me will continue to fortify my every stride. And I'll be doing all that I can to remind America's youth of the values he brought to life each day – persistence, personal responsibility, and the kind of courage that made America exceptional right from the start.

*Jedediah Bila is a conservative columnist and television commentator. For more information on Jedediah, please visit [jedediahbila.com](http://jedediahbila.com)*

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I often think of my grandfather, often wonder if he's looking down upon me and what he's thinking. My guess is that he gets a kick out of some of the things his once painfully-shy granddaughter is out there saying in TV Land.

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# Annuities...

## What are they and how do they work?

**T**oday, Certificates of Deposits are at an all time low causing people to take a closer look at annuities. To help you understand them better we have put together some brief questions and answers.

**Q.** Why would someone want an annuity?

**A.** The main reason is to obtain guarantees. Annuities provide:

- **Guaranteed Interest rates**- no matter what happens to the stock market. The insurance company assumes the risk in a bad economy, not you. At certain times, annuity interest rates are higher than Certificates of Deposits (CD's)
- **Guaranteed payments**- collect as long as you live. If you live longer than your normal life expectancy the insurance company must continue to pay.

**Q.** I'm confused. I hear a lot about annuities but I'm not sure I fully understand exactly how they are supposed to work.

**A.** A simple way to understand is to compare an annuity to a life insurance policy. With a life insurance policy you pay a relatively small amount of money (the premium) to an insurance company. When you die they pay your beneficiary the full amount of insurance you purchased. The annuity works in the exact opposite way.

With an annuity you pay a relatively large amount of money to an insurance company which then pays you a smaller monthly amount for as long as you live. Think of an annuity as something that keeps on paying and doesn't stop until you die.

That kind of annuity is called an Immediate Annuity.

**Q.** But I see advertisements saying people can "invest" in annuities, could you explain that?

**A.** Similar to CD's, you can purchase an annuity with a guaranteed interest for a period of time. The term could be for 3, 5, and 7 years or longer. Instead of collecting monthly payments right away (which is called annuitizing) you can defer receiving payments. That is called a Deferred Annuity. You simply let the money grow and accumulate before you take it out.

**Q.** When can I take money out?

**A.** At the end of the term, you can withdraw the money without any penalty or charge, keeping all the interest earned.

You may take money out sooner but there will be a stiff penalty. Some annuities allow you to take out the interest earned free of charges each year while others allow up to 10% to be taken out each year without penalty.

**Q.** At what rate can the money grow?

**A.** That depends on the type of Deferred Annuity you purchase. **There are three main types:**

- **Fixed annuities** - They pay a guaranteed rate of interest. The insurance company determines what interest rate they will offer and guarantees the payment (for example 3 1/2% for a 5 year period). The principal and the interest are both guaranteed. This is the safest type of annuity.
- **Variable annuities** - The rate of return varies depending on the investment performance of the underlying investment. For example, you may have a choice of mutual funds to invest in. If they perform well you may earn more income. On the other hand, if the mutual funds do poorly you could lose money.
- **Equity Indexed annuities** - The rate of return is tied to how well an index performs (i.e. the S & P 500). These annuities combine aspects of the first two annuities. They typically guarantee a minimum rate of return (for example 1 to 2%) yet offer the potential to earn more than the minimum rate should the investment results do well.

**Q.** What is the downside to annuities?

**A.** Typically there are surrender charges if you decide to cash in an annuity before the term of the contract expires. For example, if you purchased a 5 year annuity and you cashed it in before the 5 years were up- you will be charged a penalty. Penalties range from 10% to 1% depending on how long you have kept the annuity. Unlike bank CD's which are backed by an agency of the U.S. government; annuities are backed by the full faith and credit of the insurance company.

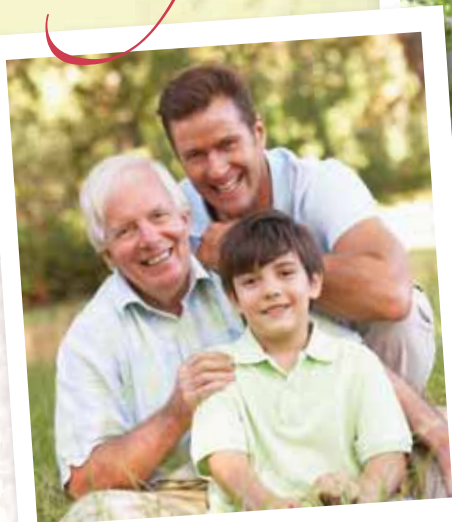
**Q.** Are there other things I should know?

**A.** Everyone's circumstances are different. Before you make a decision seek out a trusted advisor for guidance. **AMAC is pleased to offer this service to our members. Please call 888-262-2006 and ask for the annuity department to speak to a licensed agent.**

*Note: AMAC does not endorse any particular product or company. Check with your tax advisor on tax questions and seek legal advice when necessary. AMAC may receive a royalty in the event a sale is made on any products sold through the AMAC portal.*



# Everyone should Age with Grace



## **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.

### **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™*

**800.626.9440**

**[www.agingwithgrace.net](http://www.agingwithgrace.net)**

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



# The Impact of Long-Term Care on the Family

**We are faced with some of our most challenging times when a loved one, spouse, or parent needs our personal, long term care. Our spouse and parents were there for us. Won't we be there for them?**

The realization that there could come a time in our lives when we are unable to do the things we used to do can be distressing, and for many people in America today, these unpleasant thoughts often get buried, and remain unspoken. After all, no one likes the idea that we could someday be a burden on our family. We hope that it will never happen to us.

However, planning for our futures is one of the most sensible solutions to ensure our independence. Long-term care insurance is one solution. Long-term care insurance (LTC) is one way to shield against the costs for home care services, assisted living care or nursing home care should you be unable to perform 2 of the 5 activities of daily living (ADLs), such as dressing, bathing, toileting, transferring out of a bed/chair, or eating.

Without a plan for the future, women, who make up the majority of the caregivers in our country, will especially suffer as both her family and career are adversely effected due to the daily pressures of caring for a loved one. Care-giving responsibilities will crush the dreams of millions of women in the next 10-20 years unless families plan ahead with long-term care insurance.

Long-term care insurance policies are offered as a way to help with costs associated with growing older. Medicare pays for only short-term medical care at home or for a limited stay in a nursing home after hospitalization. And while Medicaid will pay for long term care, one must first use up all of his or her assets to qualify. For someone with a lot of assets to protect, this is not a desirable scenario.

While long-term care insurance can be thought of as a financial protection product, consider this: a major consumer study conducted in 2010 said that Americans consider not being a burden to their families twice as important as protecting their assets. It also said Americans worry about being a burden to their children five times as much as they worry about death. We believe that first and foremost, long-term care is a family issue.

By injecting a meaningful long-term care insurance policy into any of the above situations, the stress level is significantly diffused and relationships are preserved as family members retain their respective roles instead of becoming a primary caregiver. The son stays the son. The daughter stays the daughter.

*continued on pg. 22*



It'll take Helen 35 years of work to build a nest egg.

And two years of long-term care to tear it down.



## Protect your retirement assets with Prudential Long-Term Care Insurance.

Don't let the cost of a prolonged health crisis jeopardize what you're working to build. Find out how long-term care insurance issued by **The Prudential Insurance Company of America** can help protect your assets — including the money you're putting away for retirement.

From preserving your independence to safeguarding your personal savings, Prudential's long-term care insurance helps to deliver protection against an emergency that could arise at any time. Make it part of your financial plan today. The people you care for will thank you for years to come.

Get started by visiting [www.prudential.com/insurance/longtermcare](http://www.prudential.com/insurance/longtermcare)

Ask about our  
**5% discount!**



1-888-262-2006



**Prudential**

Growing and Protecting Your Wealth®

Long-term care insurance policy is issued by The Prudential Insurance Company of America, 751 Broad Street, Newark, NJ 07102 (800-732-0416). This coverage contains benefits, exclusions, limitations, eligibility requirements and specific terms and provisions under which the insurance coverage may be continued in force or discontinued. The Prudential Insurance Company of America is authorized to conduct business in all U.S. states and the District of Columbia. All insurance policies/options may not be available in your state.

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This is a solicitation for long-term care insurance.

IFS-A152687 Ed. 8/2008

0168024-00002-00

# Unresolved medical problem?

## Why you should keep the faith

**C**hronic medical conditions are difficult to face, especially those which remain undiagnosed.

For over 10 years I suffered from an embarrassing condition, recurrent diarrhea following eating. It's a simple story; I ate and nothing stayed in my system long. I worried that something terrible was wrong with me and sought medical help. I went to my family doctor who referred me to a Gastroenterologist. He met with me, asked my symptoms and immediately told me I suffered from IBS, likely due to stress. Funny thing was I didn't feel I had much stress. The doctor looked me in the eye and said, "You have stress, you just don't realize it. You're almost 40, you're a stay at home Mom with no real career, you have 3 pain in the butt kids, and your husband has the 'male perspective on everything' so he probably doesn't understand you. That's stress." I

walked out of the doctor's office and got into my car and nearly began to sob. Suddenly, that little voice inside my head told me to be strong. I realized that the doctor did not know me and did not understand what I was going through. How could he give me a diagnosis without doing a full examination to determine what was wrong?

For several more years, I avoided eating just so I could go out, and I would have a bathroom mapped out when I had to eat. One day I got on the scale and

realized that I had dropped to 97 lbs. I had no energy, and hated leaving the comfort of my home. This was no life to live. I tried to manage my diet carefully, watching my soluble and insoluble fibers, cutting out caffeine, alcohol and sugar. I even tried a gluten free diet. Nothing helped except for not eating. My family doctor referred me to another Gastroenterologist. The doctor began testing me for different conditions, performing an endoscopy and colonoscopy. I was both happy and sad when those tests came out fine. It was great that nothing major was wrong with me, but it felt

awful having no answers. I tried medication for IBS with no success. I went back to avoiding eating and took 3 Imodium tablets daily just so I could leave the house.

I was losing hope and prayed to God. The next day my sister called me. She had watched a program called Mystery Diagnosis. She explained there was a woman who suffered from similar symptoms to mine and she did not have IBS; she had a dysfunctional gall bladder. Her condition was called Habba Syndrome, named after Dr. Saad Habba who discovered that many with chronic diarrhea behave as if they don't have a gall bladder. I asked my current gastrointestinal doctor about the syndrome. She was aware of Habba Syndrome and agreed to order a test to check the function of my gall bladder. Low and behold, my gall bladder was not functioning normally. But, did I have Habba Syndrome? Anxious for diagnosis, I made an appointment with Dr. Habba as surely he would know if I had the syndrome. Dr. Habba was kind and understanding. He carefully reviewed my medical history and performed a few other tests to rule out other conditions and to confirm diagnosis. He concluded I have Habba Syndrome, and I began the medication. I am delighted to say my health improved immediately and I have been symptom free since diagnosis.

There are three important things that I learned throughout my ordeal; the first thing is to keep the faith; the second is to listen to your inner voice; and the third is to not give up. Suffering from an undiagnosed chronic condition was difficult but I believe there is a reason behind all the suffering. Perhaps my story will inspire those with medical conditions to continue to seek answers or serve to educate people on Habba Syndrome. Either way, if just one person is helped, I am grateful.

**For more information on Habba Syndrome, visit [www.habbasyndrome.com](http://www.habbasyndrome.com).**

*"I was losing hope and prayed to God. The next day my sister called me. She had watched a program called Mystery Diagnosis. She explained there was a woman who suffered from similar symptoms to mine..."*







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# What Lies Beneath

Hearings will help us understand the forces radicalizing and alienating some Muslim Americans



by Rep. Peter King

*Representative Peter King (R-Seaford) represents New York's 3rd Congressional District*

Recently, I was elected by the House Republican Conference to be chairman of the Homeland Security Committee. I've made it clear that I'll focus the committee on counterterrorism and hold hearings on a wide range of issues, including radicalization of the American Muslim community and home-grown terrorism.

I've received many expressions of support and congratulations from government leaders, police

and fire officials, and ordinary citizens. But my selection has not been received with universal acclaim. This is nothing new - the unwarranted criticisms go back years.

To some in the strata of political correctness, I'm a pretty bad guy. To be blunt, this crowd sees me as an anti-Muslim bigot. A spokesman for the Committee on American Islamic Relations (CAIR) denounced me last year for making "bigoted remarks . . . about Muslims and mosques (that) have no place in national security discussions."

In a 2006 CNN report about comments I'd made about Muslim leaders on Long Island, Paula Zahn said my charges were "causing a lot of outrage" before proceeding to asking me "Are you a Muslim hater?"

This, after a Newsday editorial assailed me for "playing

with fire" and conducting a "holy war." Newsday has since moved from moralistic condemnation to sorrowful rebuke, writing this fall: "We wish King was less given to bellicose broadsides about Muslims. Alienating loyal Muslim Americans won't make us safer."

So what's the story that CAIR and the mainstream media aren't telling you?

Before 9/11, few if any American politicians had a closer relationship with the Muslim community and its leadership than I did. During my first months in Congress in 1993, I traveled to the Balkans - including Bosnia, Macedonia and Kosovo - to support that region's Muslims from aggression by Serbian Orthodox Christians. I was one of a bare handful of Republicans who supported President Bill Clinton's military offensives in Bosnia in 1995 and Kosovo in 1998.

I attended the Islamic Center of Long Island (ICLI) in Westbury on a regular basis, visited socially with local Muslim leaders, had Muslim students intern in my office, and advocated for Pakistan's position against India in Kashmir. Indeed, in 1995 the ICLI honored me for my "support of the Muslim community in general" and my "advocacy of human rights in Bosnia and Kashmir."

In the days following 9/11, I made several television and radio appearances supporting American Muslims, saying that they had nothing to do with the attacks and were as loyal and patriotic as any Americans. I particularly warned that we could not do to Muslims what was done to Japanese-Americans after Pearl Harbor.

Even today I cannot begin to describe the disappointment, anger and outrage I felt when, barely a month after those attacks that killed so many hundreds

*continued on pg. 18*



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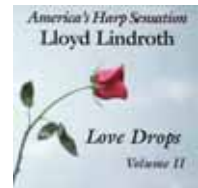
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# What Lies Beneath

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of Long Islanders, prominent Long Island Muslim leaders were insisting there was no evidence that al-Qaida was responsible for the attacks - even saying it could have been the CIA, the FBI or the Zionists!

Even more troubling is that to this day, no Muslim leader has denounced those vile remarks. Nor did Newsday say a word about these slanders - no moral outrage or condemnation. No demand for an apology or even an explanation.

As I became more immersed in attempting to unravel the radical Islamic threat to our nation and our civilization, it became more and more obvious to me that the moral myopia of Long Island's Muslim leaders and their apologists in the media was the rule - and that there were few exceptions.

Federal and local law enforcement officials throughout the country told me they received little or - in most cases - no cooperation from Muslim leaders and imams.

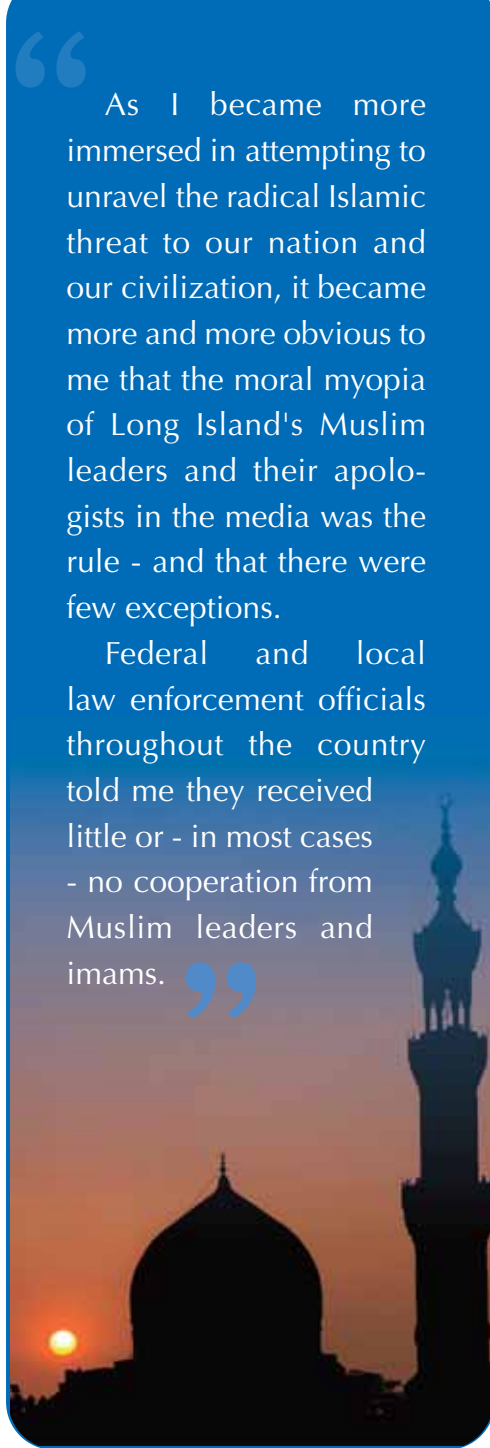
This noncooperation was perilous enough in the years following 9/11, when the main Islamist threat to the homeland emanated from overseas. Fortunately, that aspect of the

jihadi threat has subsided because of the effective counterterrorism infrastructure constructed by the Bush administration. Some Bush policies, such as sharing and receiving intelligence with and from our allies, were relatively non-controversial. Others such as enhanced interrogations, wiretapping foreign terrorists phoning into the United States, the prison at Guantánamo, and monitoring terrorist financial transactions were routinely condemned - but all were necessary and effective.

Al-Qaida has adjusted to this new reality and is recruiting Muslims living legally in the United States - homegrown terrorists who have managed to stay under the anti-terror radar screen. This is why the hearings I will

“ As I became more immersed in attempting to unravel the radical Islamic threat to our nation and our civilization, it became more and more obvious to me that the moral myopia of Long Island's Muslim leaders and their apologists in the media was the rule - and that there were few exceptions.

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hold this year are so critical.

In the past 15 months we saw Najibullah Zazi, who was raised and educated in Queens, attempt to attack the New York City subway system with liquid explosives, using skills he learned in terrorist training camps in Afghanistan. We learned about Zazi by chance when his name came up on a wiretap. The case was almost compromised when a Queens imam - ostensibly cooperating with the New York City Police Department - tipped off Zazi.

Then there was Nidal Hasan, the Army major accused in the murder of 13 innocent people at Fort Hood last year. And Faisal Shahzad, an American citizen trained in Pakistan, who attempted to detonate a car bomb in Times Square in May. There have also been the recent arrests of homegrown Muslim terrorists in Texas, Chicago, Virginia, Riverdale, North Jersey, San Diego and Portland, Ore.

The great majority of Muslims in our country are hardworking, dedicated Americans. Yet a Pew Poll showed that 15 percent of Muslim Americans between 18 and 29 say suicide bombing is justified. I also know of imams instructing members of their mosques not to

cooperate with law enforcement officials investigating the recruiting of young men in their mosques as suicide bombers. We need to find the reasons for this alienation.

There's a disconnect between outstanding Muslims who contribute so much to the future of our country and those leaders who - for whatever reason - acquiesce in terror or ignore the threat. It is this disconnect that threatens the security of us all.

As chairman of the Homeland Security Committee, I will do all I can to break down the wall of political correctness and drive the public debate on Islamic radicalization. These hearings will be a step in that direction. It's what democracy is all about.





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# Leading the charge for 2012

**W**ith the 2012 presidential campaign season just a few months away, there is no better time to start speculating on potential candidates and possible scenarios. This campaign undoubtedly will see its share of surprises, just as in previous years, but there is always a group of candidates that can be counted on to run.

## The Favorites

### Former Arkansas Gov. Mike Huckabee

In the 2008 presidential campaign, Huckabee exploded out of the gate to handily win the Iowa Republican caucus, the first state to nominate a candidate for president.



Huckabee would go on to run a very well-managed and competitive campaign, before deferring to Arizona Sen. John McCain, the eventual nominee. Since then, Huckabee has maintained a strong national presence as a political talk-show host and regular contributor to FOX News without

losing his connection to grassroots conservatives. Although Sarah Palin is most closely associated with the Tea Party, Huckabee's early dealings with the movement earned him considerable influence among Tea Party leaders, and many support his candidacy. Early polling has Huckabee as the clear front-runner, so expect him to do well in the 2012 Republican nomination process.

### Former Massachusetts Gov. Mitt Romney

With no McCain in the hunt, Romney will have some trouble finding support among the conservative base.

Although the 2008 campaign proved Romney could overcome some of the early left-leaning positions he took as governor, these are issues that voters remember. Romney failed to find solid footing in 2008 because he had no base – McCain siphoned away all the moderate votes and Huckabee siphoned away all the conservative ones. If

he does actually run this year, Romney may very well wind up being 2012's answer to McCain in 2008 -- a moderate Republican with enough conservative crossovers to win the GOP presidential nomination.

### Former House Speaker Newt Gingrich

Although he was ousted as House Speaker in 1999, Gingrich never lost the respect of conservatives. Gingrich was one of the architects of the "Contract with America," a document that led to the Republicans' takeover of Congress in 1994 and which served as the inspiration for last year's similar-looking "Pledge to America." Although

his keen political wit could be enough to secure him the GOP nomination, Gingrich's personal life is fraught with divorces and repeated allegations of infidelity – all of which would be lightning rods for his opponents.





## Former Alaska Gov. Sarah Palin

Palin is perhaps the most intriguing candidate on this list. An insightful contributor to FOX News, Palin has her own reality show yet remains extremely influential in Republican politics (her Facebook endorsements alone were enough for some candidates to win in 2010). Among her conservative base, Palin is a rock star, but outside of it, her negatives are through the roof. This is nothing new, however – Palin has always been a polarizing force in and out of GOP politics. While she is certainly a leading contender for the nomination, many question whether she could muster enough support from independents and crossover Democrats to win it all. What she does – or does not do – in the next two years could shape her entire political future for years to come.



## The Second-Tier

### Former New York City Mayor Rudy Giuliani

Giuliani is once again a contender, and his decent showing in 2008 combined with his unofficial title of "America's Mayor," continues to keep him in the running. Giuliani isn't the candidate many expect to win the race, but his name recognition, his continued presence in politics and entertainment make him one who could surprise many if he runs a well-oiled campaign.



### Minnesota Congresswoman Michele Bachmann

Although she hasn't given any indication of her willingness to run, several of her aides have privately said she's interested in making a bid for the White House. Bachmann has emerged as a rising star within the Tea Party movement, and is one of the founding members of the House Tea Party Caucus. In late January, Bachmann fueled speculation about her entering the 2012 campaign, when she visited a tax relief group in Iowa, and told later reporters, "There's been no decision about candidacy, but I want to be part of the conversation."



### Minnesota Gov. Tim Pawlenty

Pawlenty first rose to national prominence in 2005, when he was two years into his first term as governor. Even then, he had national supporters suggesting he run for president. Pawlenty, however, remained committed to serving out his full term. In 2008, his name again surfaced as running-mate material. At the end of his term in 2010, Pawlenty didn't seek another office, leading many to speculate that he'll finally run for president in 2012.



### Former Pennsylvania Sen. Rick Santorum

Santorum has maintained a high profile since being beaten out of a third term by Democrat Bob Casey, Jr. in 2006. In January, however, Santorum caused a stir when he said told The Christian Broadcasting Network he was surprised that the nation's first black president was willing to deny civil rights to fetuses. "...I find it almost remarkable for a black man to say, 'We are going to decide who are people and who are not people,'" Santorum said.



The Left predictably took the former Senator's comments out of context, and although he would face scrutiny for them if he were to enter the campaign, they wouldn't be enough of a prohibitive factor to prevent him from securing the GOP nomination.

### Wisconsin Congressman Paul Ryan

If there's anyone in the second-tier of candidates potentially running for the Republican nomination who could surprise everyone, it's Ryan. Even when House Republicans were a forgotten factor in the minority under Democratic Speaker Nancy Pelosi, Ryan was making a name for himself with a sobering, but effective budget proposal that would not only eliminate the debilitating national deficit but also create a surplus by 2080. The ambitious plan earned Ryan respect, but his response to President Obama's State of the Union address proved to everyone he is worthy of consideration as a potential Republican presidential nominee.



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It is essential to look at the types of plans that are available to make sure the plan matches your needs. Different plans are available in different locations. One plan may offer benefits that you seek; however, that same plan may have higher deductibles and co-pays. There are certain areas that you should make a priority while evaluating a plan. **Here is a start for evaluation:**

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- Can I see any doctor of my choice?
- What happens when I go into the hospital and what will it cost me?
- Do I need referrals from my Primary Care Doctor to see a Specialist?
- What types of exams or screenings are covered and what • will they cost me?
- Are my prescriptions covered and how much will I pay for them?
- Will this plan cover me if I travel outside of my area?

Once you prioritize your needs, you can begin to narrow down the types of features and benefits that a plan must have to fulfill these needs. Next you will have to do your due diligence to find the insurance carrier with a plan that matches your needs. One might ask, "Where do I find the names of these carriers?" Your "Medicare and You" Handbook is a good start and can be found at [www.medicare.gov](http://www.medicare.gov). You may also seek guidance from a professional insurance agent that is familiar with the various plans and has experience in working in the senior marketplace. **You don't have to go to the AARP for your Medicare Health Insurance. AMAC Senior Resources Network can help. Call us today at 1-877-255-0908.**

*Although choosing a plan may seem overwhelming, take your time, research and speak with a professional about your options. Following these steps will put you on the right track to providing peace of mind with regards to your health needs.*

continued from pg. 10

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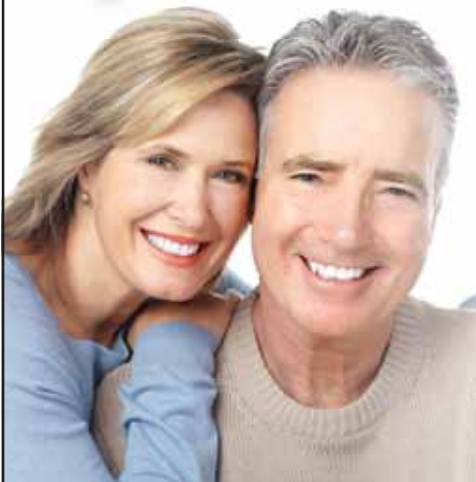
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(By Frank K. Wood)

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- ▶ The one fruit that lowers blood pressure and cholesterol, protects against diabetes and cancer, and can even cut your risk of dementia by over 75% — it's cheap, too!
- ▶ Common spice is a life-saver: It inhibits cancer growth, prevents blood clots, even lowers cholesterol.
- ▶ Kill disease-causing bacteria and viruses, get rid of mildew, and wipe out laundry stains. All with one inexpensive household product.
- ▶ Reduce inflammation and joint damage! A compound found in this soothing beverage could be the key!
- ▶ Give your arteries a good scrub naturally with a food from your pantry! Keep your brain sharp with a seasoning! Plus dozens more kitchen cures!
- ▶ Cut through grease and germs. Stop bacteria and mold. Even remove clothing stains and beat bathtub film! This pantry classic is all you need!
- ▶ Protect yourself from just about all forms of dementia and mental decline, simply by eating as little as 1 serving a week of this amazing food!
- ▶ Popular supplements you should never take!

In foods, they heal the body. But when taken in pill form, they attack the body and cause early deaths.

- ▶ The lowly cabbage has surprising healing properties that strengthen weak bones, lessen arthritis pain, even combat certain skin problems!
- ▶ 75% of folks who lost 30 pounds or more, and kept it off, did this one thing every morning — and it's not exercise.
- ▶ Repel everything from insects to deer with a potion made from dishwashing liquid and 2 simple household ingredients!
- ▶ The single best food for weight loss? People who eat these weigh less ... even though they eat more!
- ▶ One common vegetable could be your ticket to preventing wrinkles, avoiding sunburn, and stopping skin cancer before it starts.
- ▶ #1 way to slash spending on groceries. And it's not coupons! Big money saver!
- ▶ “Eat honey, my son, for it is good,” was Solomon's advice. From sore throat to insomnia to digestion, honey is a real healing wonder!
- ▶ 12 foods that can help bring down your blood pressure, control your cholesterol, and strengthen your bones.
- ▶ A slowing brain and memory loss are not a natural part of growing older. Products in your pantry — right now — can keep your brain and memory sharp!
- ▶ You can improve your eyesight without glasses, without contact lenses, surgery, drugs, or medicine of any kind.
- ▶ Clean house without harmful chemicals. We show you uses for lemon juice, baking soda, white vinegar — and much more! — that you never dreamed existed.
- ▶ Scrub your arteries clean ... with a delicious, filling snack! Powerful nutrient in nuts prevents cholesterol from sticking to artery walls.
- ▶ Pounds can creep up as the years go by. But that won't happen if you eat more of this and less of that.

- ▶ One 99¢ bottle of vinegar will control your blood sugar ... ease arthritis pain ... and make a flaky piecrust!
- ▶ Seasoning from your spice rack keeps your brain sharp!
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- ▶ To keep important skills, attention, and memory well into your golden years, be sure you eat this delicious food. It contains a mineral that keeps your body young!
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## The Non-Starters

In every presidential campaign, there are always candidates who start off the race with more baggage than they can carry. There are also those “candidates” who never announce because they are genuinely not interested in running; instead, they are called upon to serve by supporters who believe in their ability to lead. In both cases, the race is over before it even begins.

### Former Florida Gov. Jeb Bush

Although he is very popular among conservatives, Bush has told just about anyone who'll listen that he's not interested in running in 2012. This could be because his father and his brother already held the office and as the younger brother of President George W. Bush, Jeb realizes how unlikely it would be for Americans to elect a third Bush as president. In any case, don't bet on him entering the presidential campaign as anything other than a supporter.



### South Carolina Sen. Lindsey Graham

Graham's name has been floated, but he needs to keep his profile low over the next two years because of what he's done over the last two years -- angered a large cross-section of the GOP by continuing to make unfavorable and inconsistent deals with Democrats who are looking to undermine the Republican agenda.



### Louisiana Gov. Bobby Jindal

Jindal burst onto the national scene in early 2008. His ethnicity and his well-honed political instincts vaulted him to the front of the field of possible McCain running mates. As the “next big thing” in Republican politics, party leaders chose Jindal to deliver the response to President Obama's first State of the Union address. By even the most charitable accounts, it



was disastrous. Many began to doubt whether Jindal could muster enough support to even run for the GOP's nomination, let alone become president. Since the speech, Jindal's public persona has been relegated to state affairs, and he has virtually vanished from national politics.

### Gen. David Petraeus

Among a certain conservative demographic, Petraeus is considered the best man for the job, even though he keeps his politics close to his vest. Despite calls for his candidacy, Petraeus may be one of the few people on this list who sincerely don't wish to be Commander-in-Chief. Petraeus supporters might want to put away the campaign buttons – at least for 2012.



### Texas Congressman Ron Paul

There's a reason Paul stayed in the 2008 presidential campaign as long as he did: age. Many believe that Paul's best chance for serious consideration was in 2008, and that he'll simply be too old to be seriously considered in 2012. A more compelling reason for why he may remain out of the running, however, is that most independents and potential crossover Democrats see his views on government as too radically right-wing.



### South Carolina Sen. Jim DeMint

Although DeMint is one of the darlings of the Tea Party right now, he's shown zero interest in running for president despite the many calls for his candidacy. DeMint just won a second term in the Senate and would probably like to make more of a name for himself on the national stage before throwing his hat in the ring. Barring a scandal or some other unfortunate incident, look for DeMint's name to surface as a viable contender in 2016 or 2020.



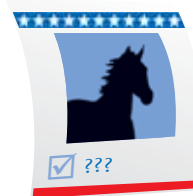
### New Jersey Governor Chris Christie

Christie, a rising star in the Republican party, ruled out a presidential run in 2012, telling an interviewer that President Barack Obama "can rest easy." Christie is the only Republican tested who leads President Barack Obama among all voters. Christie has gained a following among Republicans by slashing spending in his home state to bring deficits under control. As a federal prosecutor, he built a reputation by winning convictions against public officials for corruption. He did not rule out a run for the presidency in 2016 and said that each year he serves as governor would better prepare him for the White House.



### The Dark Horse

In the 2008 campaign, a number of "outside-shot" candidates made significant headway in the race even though they ultimately failed to win enough support to seriously contend. California Rep. Duncan Hunter and Colorado Rep. Tom Tancredo were two of the lesser-known candidates, while former Tennessee Sen. Fred Thompson was one of the more familiar ones. None of these 2008 candidates are seriously considering bids in 2012, but they do serve as a reminder that worthy candidates can sometimes spring from nowhere to win it all. A reminder of this fact resides in the White House today.





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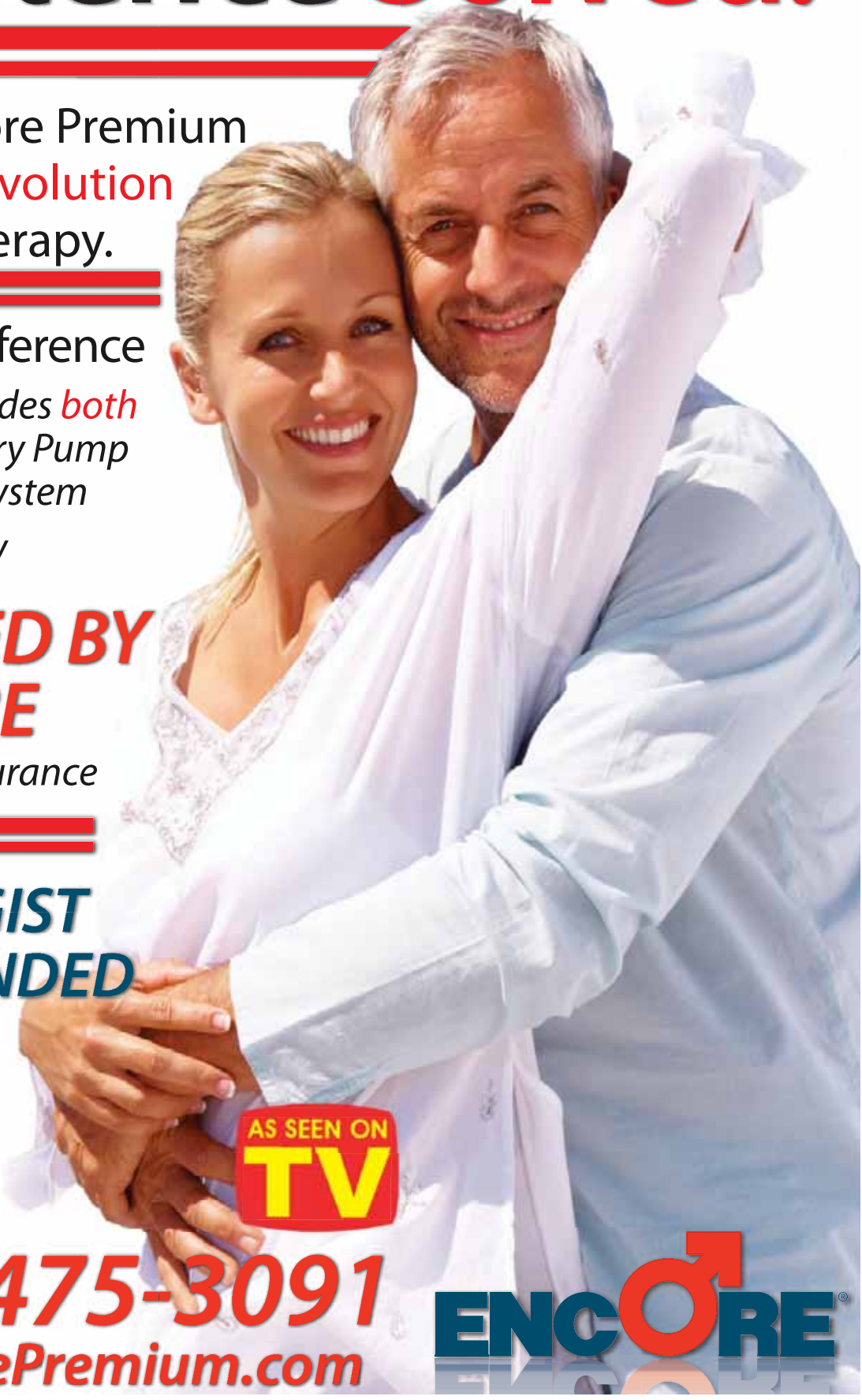
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# California Here I Come

Many of us may recall a famous episode of “I Love Lucy” involving its characters taking a cross country road trip from NYC to California. One will never forget their beloved rendition of the song “California, Here I Come” whereby Lucy joins in singing the last part of the song most joyfully and off-key. The lyrics are most magical where “Each morning at dawning birdies sing and everything” and “A sun kissed mist says don’t be late....” The song culminates into the enthusiastic request for California

to “Open up her Golden Gates”, and finishes spectacularly with the words “Here I come.” Though time has passed, and automobiles and gas prices have greatly changed since Ricky, Lucy, Fred & Ethel enjoyed their voyage, some things never change, namely one’s affection toward a special place.

Of her 50 States, Lady America is terribly proud of California, our third largest state. First claimed by Spain, the territory north of the Baja, Alta California, became part of Mexico.

After an American victory following the Mexican-American War, Mexico ceded Alta California to the United States. Western areas of Alta California became the state of California, admitted as the 31st state in 1850. California today is well known for its very appealing points of interest such as Yosemite National Park, Disneyland, Hollywood,

The Golden Gate Bridge, and Point Reyes National Seashore, to name a few. Offering a plethora of activities and excitement, these are some of the most “bucket list” worthy places to go.

“It is by far the grandest of all the special temples of Nature I was ever permitted to enter.” These are the powerful words of John Muir, a Scottish-American Naturalist responsible for the preservation of Yosemite National Park. It is considered one of the most beautiful parks in the United States. A place where deep shadows and lofty peaks silhouette against dark sky, the moods of Yosemite are captured most artfully through the black and white prints of the gifted photographer, Ansel Adams. Yosemite offers roughly 1,200 square miles of beautiful valleys, giant meadows, cascading waterfalls and wilderness.

In contrast to Yosemite National Park is the famous man-made adventure park known as Disneyland. Designed for young and old, it is a place where magic and fantasy meet. One is immersed in a land of fairy tales from favorite Disney stories in Fantasyland. Visit Frontierland to experience the wild west and celebrate heroes, trailblazers, and settlers from the past. Step into the future in Tomorrowland where space exploration and adventure await. Live entertainment, parades, and fireworks are part of the Disney experience. Take a trip to Disneyland to discover “the happiest place on Earth.”

One of the most legendary neighborhoods in California is Hollywood. Affectionately nicknamed StarStruck Town and Tinseltown, Hollywood is well known for its famous movie industry. What began as a sleepy suburb transformed into a film making capital with the movement of filmmakers from the east coast seeking distance to escape Thomas Edison’s Motion Picture Patents. By 1920, Paramount, Warner Bros., RKO and Columbia established studios in Hollywood. Celebrity communities became nestled on the steep hillsides above Hollywood Boulevard, boasting

*continued on pg. 31*

Admitted as the 31st state in 1850, California today is well known for its very appealing points of interest such as Yosemite National Park, Disneyland, Hollywood, The Golden Gate Bridge, and Point Reyes National Seashore, to name a few.



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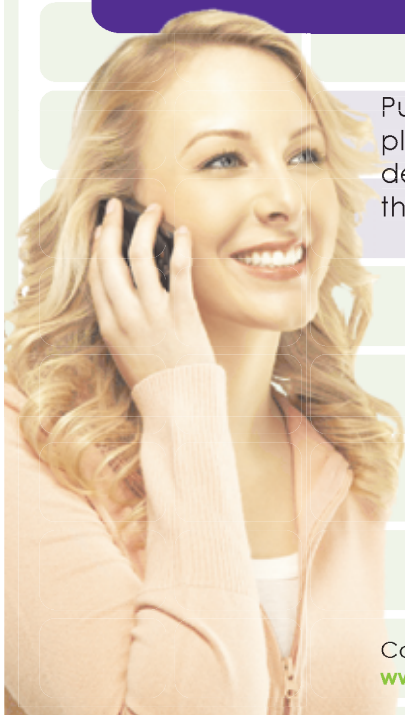
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## California Here I Come

*continued from pg. 28*

famous residents such as Jean Harlow and Judy Garland. The Hollywood Walk of Fame was created in 1958, and the first star was placed in 1960. Today, it is still considered the land of dreams. It is a place where one can embrace glamour and nostalgia of days gone by walking along Hollywood Boulevard and visiting Grauman's Chinese Theatre.

Described as "possibly the most beautiful, and certainly the most photographed, bridge in the world" by the Frommers Travel Guide, the Golden Gate Bridge spans the Golden Gate, the opening of the San Francisco Bay into the Pacific Ocean. The 1 ¾ mile suspension bridge rises up to 746 feet above the water and withstands daily battering of waves, currents, and wind. The structure is considered a work of art, painted a warm hue of orange to blend well with land and contrast with sea and sky. The combination of the handsome man-made structure against the backdrop of nature renders the bridge visually stunning.

California is rich in diversity with proof in its unique landscape. From winding scenic Highway 1, visitors can reach Point Reyes National Seashore, about 30 miles north of San Francisco. The seashore features rocky headlands, providing dramatic ocean shoreline for waves to crash upon. Large sand beaches open to grassland, hillsides and ridges. Point Reyes Peninsula was first inhabited over 5,000

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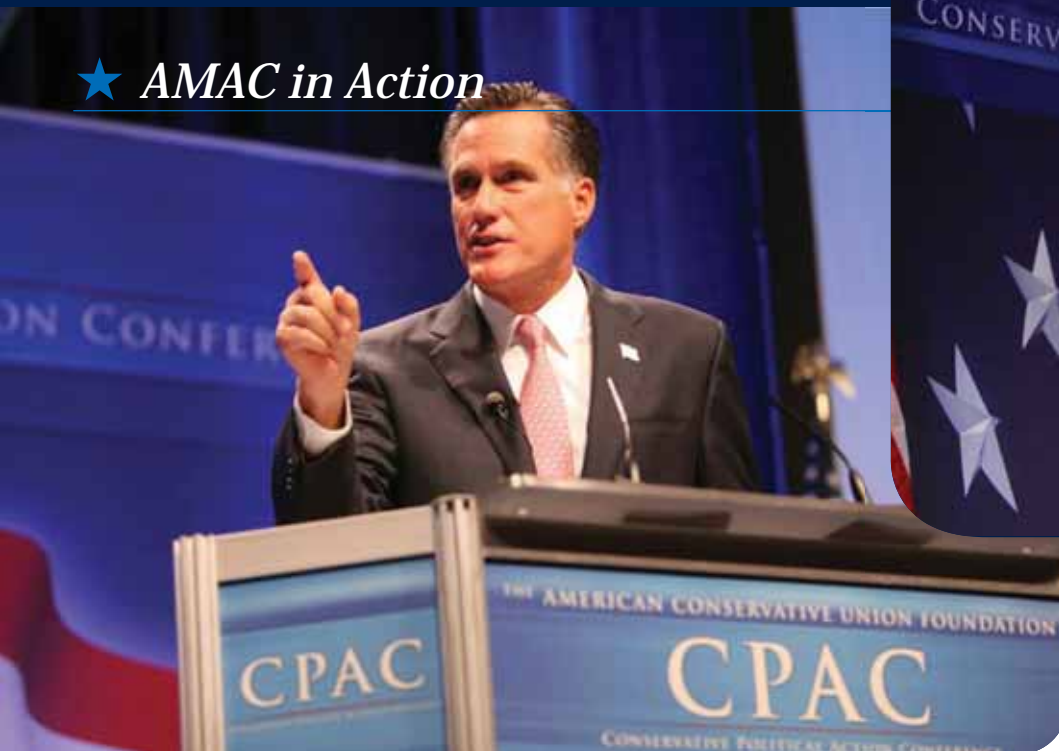


years ago by the Coast Miwok Indians. In the 1850s dairy ranchers arrived and in the late 1800s, due to many shipwrecks, lighthouses and lifesaving stations were established. Visitors today can appreciate the connection to the past and learning the history of the people, land and sea.

Reflecting upon the cross country trip taken by the Ricardos and Mertzes, it's easy to understand the enthusiasm the couples shared on route to California. With many places to explore, history to uncover, and dreams to realize, they held high hopes of accomplishing their goals and making their wishes come true. Though the tune is catchy, the words carry the most meaning as California has something to offer each and every one of us. It is why we shall most proudly and eagerly sing "California, Here I Come!"

Visit [www.visitcalifornia.com](http://www.visitcalifornia.com) to find more information from The California Travel and Tourism Commission about visiting California.

## ★ AMAC in Action



# CPAC 2011

## AMAC attends CPAC 2011

AMAC attended the Conservative Political Action Conference, where thousands of conservative activists and leaders from across the country came together for the three day event. The final day of CPAC 2011 saw the likes of Ambassador John Bolton, Ann Coulter, and newly elected Congressman Allen West. Conservatives stepped away from CPAC looking toward the Dawn of a New America.

## AMAC asks State Workers to "Give Seniors a Break!"

In response to demonstrations in Wisconsin and other states, Dan Weber, President of the Association of Mature American Citizens, today issued a statement calling for all state and government workers to consider the plight of senior citizens when they are asked to help in the effort to control runaway debt and deficits. Weber said, "Please remember it is the elderly who have worked and produced all their lives to make this a great nation. Many are suffering from our weak economy and the increased burden of taxation brought about by the huge cost of government. On Long Island for example, a couple who bought a home for \$35,000 in the seventies and has paid off their mortgage, now has to pay property taxes of over \$12,000 a year! That is more than their original

monthly payment for the mortgage, taxes and insurance combined. The majority of that tax burden is for school taxes. How are people living on a fixed income expected to survive with food costs and gasoline prices going through the roof?" he said.

"President Obama has asked all Americans to pay their fair share of the cost of government," Weber continued. "Isn't it fair that state employees have to pay a part of their retirement and health insurance, like most other workers? Not only the elderly, but also families with kids in college are finding it almost impossible to get by as increasing taxes take more and more of their money each year. Our only hope is that our elected leaders, like Governor Walker in Wisconsin, have the courage to withstand the brutal attacks they have been subject to as a result of trying to do what is right for the people," Weber concluded.

The five of us are AMAC members. Over 100,000 conservatives are members too. **Are you?**



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## Credit Card Danger?

We recently discovered that people can “steal” your credit card information and other “digital” information without even touching anything. There is some sort of gizmo that “reads” the magnetic strip on the back of your credit cards and your drivers license. However - there is a way to protect your information. Aluminium foil! One small piece of foil placed like a lining in wallets makes the signal go crazy and voila - you are protected.

## Did you know that you have health care choices you may not know about?

AMAC, The Association of Mature American Citizens, represents American's 50+. There are alternatives to the AARP! If you are turning 65, call AMAC Senior Resources today 877-255-0908, to find out what your choices are!

## Did You Know What the AARP thinks of the Republican Party?

Over the last 10 years there have been various stories about AARP, the nation's leading organization representing older Americans, becoming a mouthpiece for liberal propaganda. Now there is proof. In an interview with former President George W. Bush, the editor of AARP magazine asked this question in the January/February edition:

“....today there's perceived to be a lot of obstructionism, a lot of extremism, in the Republican Party. Is there any role that you'll play in bringing the party and country together?”

President Bush didn't take the bait, but gave a diplomatic, positive answer. But for the AARP to even pose a loaded question with a false premise clearly shows their bias. Who perceives the Republican Party to have a lot of extremism? Why the AARP, of course. The AARP fails to balance their coverage by mentioning how radical members of the Democratic Party have tried to tear apart the greatest health care system in the world and replace it with socialism. Nor did they mention the obstructionists in the Obama administration refusing to expand drilling or do anything to keep the cost of gasoline at the pump from skyrocketing. Dan Weber, president of Amac, said he was shocked but not surprised to see blatant political propaganda being displayed in their magazine. He said “I'm disappointed the AARP would resort to using smears instead of using facts.”

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## An urgent message for any American over the age of 45

**Last week and continuing today, a defining moment in history is happening in Wisconsin.** The battle to reduce the size and power of government has begun. All Americans will be affected by the outcome. At one time government employees were paid less than private workers. People went to work for the government to get job security and good benefits including an attractive retirement plan. Today government workers are paid much more than other workers. Today many more people work at government jobs than at any time in our history. We simply can't afford it any longer. We are in deep debt because our political leaders didn't have enough courage to say no. We are being taxed to death and the folks who are hurt the most are senior citizens. These Americans who helped build our great nation - who fought in the wars, who worked all their lives - now find it hard to survive. Property taxes are sky high while seniors have not gotten an increase in Social Security in two years. Whose side are you on?

## What's happening in Wisconsin?

**Newly elected Governor Scott Walker campaigned on a promise to bring fiscal sanity back to a state on the precipice of financial disaster.** Keeping that promise meant taking some hard steps sure to anger many.

And people are angry: public employee unions are outraged at the idea of giving back to the taxpayers. Thousands of public employees staged “sick-outs” in order to march on the capitol city of Madison. Schools across the state closed, city and state services were unavailable, capitol police watched as angry mobs roughed up Republican lawmakers (Democrat lawmakers went into hiding) while damaging city and private property.

Ten years ago these types of scenes caused politicians to buckle, but it appears that a new day has dawned. Counter protesters have arrived to support Gov. Walker, and they have arrived in numbers that more than match the public unions. It would appear that a group of Americans once described as “The Silent Majority” is no longer silent.

We wish the good people of Wisconsin well, and hope their newly elected representatives continue to demonstrate courage in the face of adversity.

## National Debt Soars Under Obama

**In the first 19 months of the Obama administration, the federal debt held by the public increased by \$2.5260 trillion,** which is more than the cumulative total of the national debt held by the public that was amassed by all U.S. presidents from George Washington through Ronald Reagan.

## New Dramatic Feature Film!

“**Red September**” will be filmed this summer for release by March 2012, in time to inform the elections. “Red September” is a movie based on true events about the heroic Congressmen who fought the September 2008 Bailout of Wall Street. This movie should appeal to 70% of Americans who remain strongly against the Bailout. If controversy about the movie develops, many not against the bailout may also want to see it. Visit [www.RedSeptemberMovie.com](http://www.RedSeptemberMovie.com).

# *Toast the Morning!*

**H**ospitality comes in many forms. Some folks delight in giving intimate little dinners, while others take a more casual route and have friends over for steaks and burgers grilled in the backyard. Hosting a brunch is also a wonderful alternative when you wish to entertain a group of people at an affordable price. Brunch is a combination of a lazily late breakfast and an early lunch. Flexibility is key when selecting a menu; choose a bit of both meals - delicious breakfast staples and simple lunchtime treats. Feel free to be creative, and enjoy a relaxed and unhurried event with family and friends.

- ☀ **Sunday is the most popular brunch day**, but any day is suitable.
- ☀ **Brunch is usually served in the late morning between 10 and 1** - allowing time to tend last minute details before guests arrive, and cleanup in the afternoon after guests depart.
- ☀ **For a shining start - plan ahead.** Offer dishes that can be made ahead of time or can be prepared quickly.
- ☀ **Serving an egg dish is traditional** - casseroles, quiches, and frittatas are easiest.
- ☀ **Present a variety of fresh, colorful fruit** that is in season. Arrange sliced fruit on platters, cubed fruit in a salad or serve chunks on skewers for a fun twist.
- ☀ **Combine an assortment of breads** in baskets - bagels, muffins, rolls, pastries or croissants.



## Overnight French Toast Casserole

### French Toast

1 – 2 loaves of French / Italian bread, sliced into 1 inch slices  
8 large eggs  
2 cups half & half  
1 cup milk  
2 Tbs. sugar  
1 tsp. vanilla  
¼ tsp. cinnamon  
¼ tsp. nutmeg  
Dash of salt

### Praline Topping

2 sticks butter – softened  
1 cup packed brown sugar  
1 cup pecans – chopped  
2 Tbs. light corn syrup  
½ tsp. cinnamon  
½ tsp. nutmeg

Arrange slices of bread in two layers in a greased 9 x 13 pan. Combine the remaining French toast ingredients, and whisk until blended. Pour mixture over bread, making sure that all pieces are moistened. Combine all ingredients for the praline topping in a small bowl. Cover both and refrigerate overnight.

The next day – Crumble praline topping over French toast casserole. Bake at 350 degrees for 40 minutes or until puffed and golden.

- ☀ **Serve yogurt with a variety of toppings** (granola, toasted nuts, berries, dried fruit, honey) and allow guests to "make their own" parfaits.
- ☀ **Add a meat or fish item to the menu** - ham, bacon, sausage, carved roast beef or turkey, shrimp, smoked or poached salmon.
- ☀ **Remember - brunches usually incorporate some lunch items**, so sandwiches, wraps and salads are also appropriate.
- ☀ **Cut foods in individual portions** whenever possible for easy serving.
- ☀ **Although coffee, tea and orange juice are customary**; turn standard into special by serving punch or a light alcoholic beverage such as Champagne, Bloody Marys or Mimosa cocktails.

## Greek Style Egg Casserole

12 large eggs, slightly beaten  
1 (10 oz.) package of frozen chopped spinach, thawed & drained  
1 (8 oz.) package of mushrooms – sliced  
1 (8 oz.) package crumbled feta cheese  
1 small onion – chopped  
1/3 cup milk  
1 tsp. salt  
1 tsp. dried dill weed  
1 tsp. dried oregano  
½ tsp. pepper  
1 ½ cups shredded mozzarella cheese  
2 Tbs. fresh parsley - chopped

Preheat oven to 350 degrees. Combine the first 10 ingredients in a large bowl. Stir well. Pour into a greased 9 x 13 inch baking dish. Top with mozzarella cheese and parsley. Bake for 30 – 35 minutes or until almost set. Let stand for 10 minutes before serving. Serves 6 – 8.

## Fruit Salsa with Cinnamon Chips

### Salsa

1 cup small diced strawberries  
1 cup small diced fresh pineapple  
1 cup small diced kiwi  
1 cup small diced fresh peaches  
1 Tbs. minced fresh mint  
3 Tbs. honey  
1 Tbs. fresh lime juice

### Cinnamon Chips

8 flour tortillas  
3 Tbs. melted butter  
3 Tbs. sugar  
1 ½ tsps. cinnamon

Mix all ingredients for fruit salsa in a large bowl – cover and refrigerate.

Brush tortillas on both sides with melted butter. Combine cinnamon and sugar. Sprinkle on both sides of tortillas. Cut each tortilla into six wedges. Place on an ungreased baking sheet, and bake at 400 degrees for 6 – 8 minutes or until crisp. Cool. Serve with chilled salsa.

# Just for Fun



## Crossword

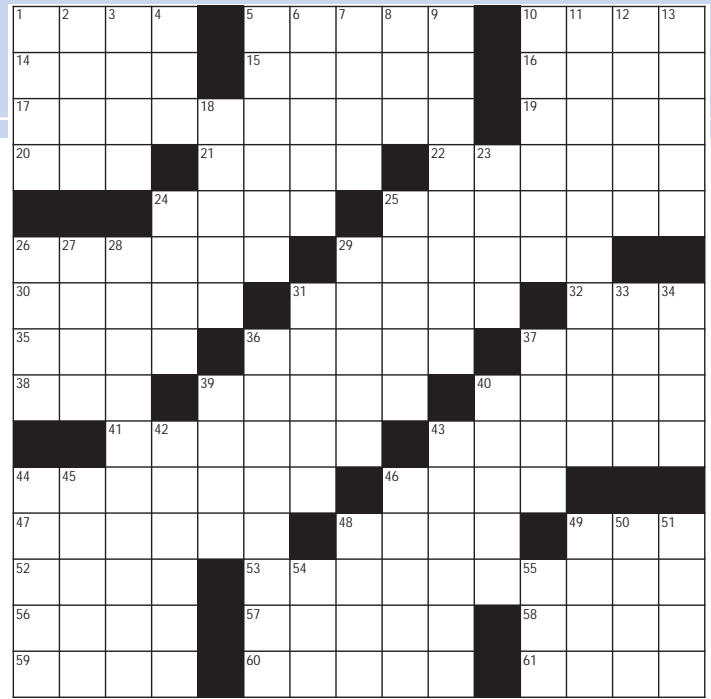
### ACROSS

1. Doe's mate
5. Public transit vehicles
10. It makes coins
14. Jump up and down
15. San Antonio fort
16. Murres
17. Lacking noteworthy events
19. Worry
20. Crimson
21. Dreadful
22. Impact
24. Credit card brand
25. Streetcar
26. Affix
29. An evening out
30. Part of the human torso
31. Swagger
32. By way of
35. Marcel Marceau was one
36. Play a guitar
37. Dry riverbed
38. Sixth sense
39. Assumed name
40. Not major
41. At an opportune time

43. Gently
44. A breed of dog
46. Cousin of a mandolin
47. Short sleep
48. Solitary
49. Petrol
52. Operatic solo
53. Laying out money for profit
56. Violent disturbance
57. Bing, bang or boom
58. Dwarf buffalo
59. Slave
60. Grain
61. Declare untrue

### DOWN

1. Egg on
2. Sound
3. Matured
4. Governor (abbrev.)
5. Cast out
6. Far beyond the norm
7. Out of harm's way
8. Relative of an ostrich
9. Sunroom
10. Suppress
11. Immaterial
12. Kinswoman



13. Shabby
18. Decree
23. Garrison
24. Arrangement holder
25. A ring-shaped surface
26. Highest point
27. Not that
28. Enticement
29. Ramble
31. Motionless
33. Graven image
34. Well-ventilated
36. Snoozing
37. Spouse
39. Dogfish
40. Choral work
42. Natural
43. Not daybreak
44. Frighten
45. City in France
46. Loamy deposit
48. Fifty-seven in Roman numerals
49. Heredity carrier
50. Any minute
51. Remain
54. Neither \_\_\_
55. Angry

## Sudoku

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

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

puzzle solutions on pg. 5

## 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](mailto:info@amac.us) or mailing to Joke of the Month, c/o AMAC 5 Orville Drive, Suite 400, Bohemia, NY 11716. Your joke may be featured in our next magazine!



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KERRY - CLIFFS OF MOHER

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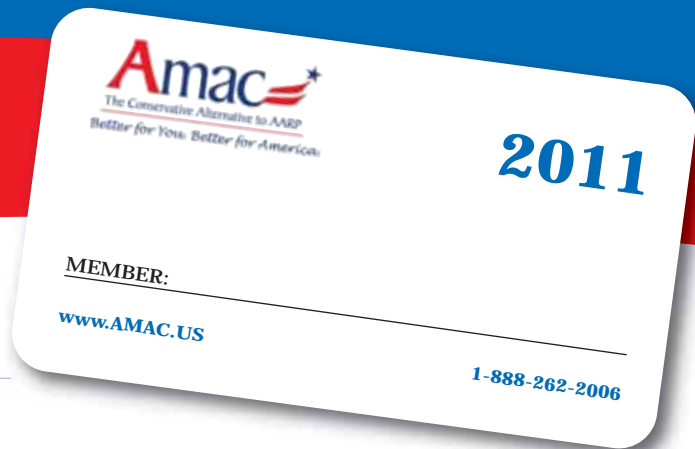
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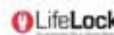
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# A Medical Response Team for you...Any Time, Anywhere

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-

"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!



Elias Janetis, Founder

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



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