Trump budget calls for $120 Mil. to restart licensing of Yucca Mountain

By Rob Nikolewski
San Diego Union-Tribune

The Trump administration made a formal request Monday for more than $30 million to resume efforts to restart licensing of Yucca Mountain, the proposed Nevada nuclear waste dump.

The U.S. Nuclear Regulatory Commission (NRC) had suspended efforts to license Yucca Mountain in 2009 after the Obama administration determined that the site was no longer a candidate for storing the nation’s nuclear waste.

The request was included in the Trump administration’s fiscal year 2018 budget request. The Trump administration is expected to formally request $120 million more for licensing Yucca Mountain when it submits its fiscal year 2019 budget to Congress. Two budget requests are made each year.

Nevada Governor Brian Sandoval said the NRC’s decision to suspend efforts to license Yucca Mountain “was a mistake.”

The Trump administration on Monday included the funding for the project in its 2018 budget request. The budget request is considered by Congress, which makes the final decision on whether to fund the project.

The NRC in its fiscal year 2018 budget request asked for $10 million to resume efforts to license Yucca Mountain, but the Trump administration increased that amount to $30 million.

The Trump administration said in its budget request that “a priority of the administration is to enhance today’s energy security while also making strategic investments to secure America’s future energy independence.”

The Trump administration said it is working to “make Yucca Mountain an operational nuclear waste repository” and to “promote the country’s growing stockpile of nuclear waste.”

The Trump administration has said it wants to license Yucca Mountain as soon as possible, but it has not said when it expects to license the site.

The Trump administration said in its budget request that the administration “will continue to work with Congressional leaders on a comprehensive solution to the nation’s nuclear waste disposal problem.”

The budget request is expected to be considered by Congress in the coming months.

The Trump administration did not say why it is asking for more money to resume efforts to license Yucca Mountain.

The NRC in its fiscal year 2018 budget request said that it “is prepared to resume efforts to license Yucca Mountain” and that it “will work with Congressional leaders to support the site’s license.”

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The Trump administration said in its budget request that the administration “will continue to work with Congressional leaders on a comprehensive solution to the nation’s nuclear waste disposal problem.”
Public has a right to see justice done

By Thomas Mitchell
Currently playing in theaters
We search for the truth, em -
Please Note:
Copyright 
We search for the truth, em -
We are still waiting for the voice of Nevada voters to be heard — 22 years.

By Thomas Mitchell

Facebook has this algorithm that pops up every once in a while that I peruse and ask if you’d like to repeat it. It might be a time piece of your dog or a vacation remember.

This time it turned out to be a reminder that the will of the voters of Nevada had been ignored for 16 years. It was a link to a blog based on a column that appeared in the Las Vegas Media News, oh yes, it was first posted in February 2012, six years ago, as now the will of the Nevada voters has been ignored for 22 years.

Here is the column that appeared in the newspaper but has long since disappeared into the ether.

By Thomas Mitchell

This is not the proper place. It is not. It is不好意思. As more Neovada [sic] type, the federal government has to give up all their ‘interest’ in the unappropriated public lands of the Nevada Territory. As a condition of entry into the union, the state was granted “every right, title and to the unappropriated public lands within and territory and that the same shall be and remain at the side and entire disposition of the United States.”

Putting aside the constitutional nature of the demand and that it was agreed to under duress, the problem is that since that was agreed to in 1846, nowhere in the Constitution is the federal government granted an enumerated right to the unappropriated public lands of the Nevada Territory.

As most Nevadans know, the federal government granted an enumerated property interest in these lands in May 1867 that was to be held “in trust” for the benefit of the State of Nevada in order to determine if the site “is even suitable for the purpose of the proposed project.”

In fact, in 1913 the U.S. Supreme Court in Coyle v. Smith opined, "No prior decision of this Court sanctions the claim that Congress, in admitting a new state, can impose conditions in the enabling act, the acceptance of which will deprive the State when admitted of any attribute of power essential to its government..."

That seems clear enough, but it has been ignored ever since.

The federal government, and the state, controls the land known as Mountain Wilson.

The spirit and letter of the Equal Footing Doctrine under which every new state admitted to the Union does so under the same conditions as the 13 original states. On Oct. 31, 1984, the president proclaimed:

“No, therefore, it has been, that I, Abraham Lincoln, President of the United States, in accordance with the act imposed upon me by the act of Congress aforesaid, do hereby declare and proclaim that the said State of Nevada is admitted to the Union in equal footing with the original states."

It is estimated that 13 Western states forgo $4.2 billion a year in property taxes due to the tax-free status of federal lands that are not sold. That is roughly equal to the annual operating costs of the Nevada schools.

Tunnel inside the Yucca Mountain nuclear waste dump near Mercury, Nevada.

In 1993 Nye County Commissioner Dick Carver wrote a lengthy letter to the governor and the various heads of the federal agencies controlling land in the state. He succinctly argued:

“The people of the Nevada Territory had no authority to pass this act. Research has shown that first, the people of the Territory of Nevada had to give up all their ‘interest’ in the unappropriated lands of the Nevada Territory to the Congress of the United States."

In 1995 Nye County Commissioner Dick Carver wrote a lengthy letter to the governor and the various heads of the federal agencies controlling land in the state. He succinctly argued:

“My position is that the citizens of Nevada had been denied, just simply ignored. It was written, ‘I’ve had no reply yet. Just like the towns, I wonder if I will still be waiting 16 years hence.’"

Well, it has been six years, only 10 more to go.

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We are here to praise God and honor the communities wherein we are present to provide new leadership in America by a firm policy of respect, higher moral values, and love.

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The deadlines to join our new leadership development platform for One Love United Coast-to-Coast Enterprises is March 18, 2018. We don't need more community policing; we need more community leadership, and One Love United Coast-to-Coast Enterprises is kicking it off.

 Nevada Constitution would pass and send land to the State of Nevada upon acceptance of Nevada into which the said State of Nevada would become first sovereignty state as the original fifteen states related to the Union. What most have forgotten is that in 1996 the citizens of Nevada routed the Nevada Constitution be amended to remove the denigration of the State's interest in the unappropriated public land.”

For the voters of Nevada, this right has not been denied, just simply ignored. In the subsequent blog I noted that I had found a law in the 1903 regulations, later revoked, that became a trigger to the title and that had been denied.

I wrote, “I’ve had no reply yet. Just like the towns, I wonder if I will still be waiting 16 years hence.”

Well, it has been six years, only 10 more to go.

Yucca Mountain was slated to open in 2007 but then-Sen. Harry Reid, D-Nevada, became the Senate Majority Leader after the 2006 election. During the 2006 presidential campaign, then-candidate Barack Obama said Yucca Mountain was "an expensive distraction, a campaign ploy that's put us behind schedule, and an arbitrary reasons. Roads are closed in order to protect some resources or to ban visits to the site, and there has been little progress in the whole country towards a solution.

The Nevada Catholic Church has been unsuccessful in its efforts to continue the licensing process on many occasions. For example, in 2008, the Nevada Catholic Church petitioned the federal government to allow the project to continue, arguing that it would be a good way to reduce the nation’s nuclear waste burden.

In March 2010, the Department of Energy said it would not support the project, citing concerns about the safety of the proposed repository. The agency also said it would not support the project until it had a better understanding of the science behind the site.

In June 2010, the Nevada Catholic Church released a statement saying that it would continue to fight for the project, but that it would do so in a different way.

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Biden opposed to cut defi-
cits by more than $1 trillion over a decade, leaving the overall percentage of the gross domestic product (GDP) deficits alone.

Trump’s blueprints will almost certainly not become law. But it still highlights the White House’s priorities in an election year that looks to be dominated by debate about immigration, infrastructure, and the state of the economy. Trump and his aides have repeatedly skipped over the question of whether they will fold on these priorities.

Several federal agencies — in-
cluding the State Department, the Environmental Protection Agency and the Interior Department — would see budget cuts compared to the fiscal 2017 enacted level. Some agencies and programs — such as the Corporation for Public Broad-
networks — are facing overall cuts and reductions that are as large as 10%.

In 2017, the Trump administration rolled out a White House budget that would see budget cuts compared to the fiscal 2017 enacted level. Some agencies and programs — such as the Corporation for Public Broad-networks — are facing overall cuts and reductions that are as large as 10%.

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By Thomas Mitchell

Taxation without representation is tyranny, and grounds for revolu-
tion — only those men being taxed under the Trump federal budget haven’t been born yet.

It is one thing to spend your children’s inheritance. It is another to force them to do the same.

Reportedly, the proposed $4 trillion budget for next year will add $1 trillion to the national debt, which is already $20 trillion, over the next decade. Of course, someone will say that static scoring and doesn’t take into account the addi-
tional taxes that should accrue due to the increased national debt.

(Continued from Page 1)

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The $1.5 trillion infrastructure plan

White House releases 55-page,
$1.5 trillion infrastructure plan

By Malvany Skobpacker

The White House on Monday offi- cially released a 55-page proposal for President Trump's long-awaited infrastructure overhaul.

The plan puts forth a framework for lawmakers to craft legislation for a $1.5 trillion infrastructure package that would focus on public-priv partnerships and funding from state and local governments.

The plan is structured around four major goals: generating $2 trillion for an infrastructure pro- posal, streamlining the permitting process down to two years, investing in rural infrastructure projects and advancing workforce training.

“My Administration’s plan ad- dresses more than traditional in- frastructure — like roads, bridges, and airports — but addresses other needs like drinking and wastewater systems, waterways, water resour- ces, energy, rural infrastructure, pub- lic lands, veterans’ hospitals, and Brownfield and Superfund sites,” Trump said in the White House statement.

“The reforms set forth in my plan will strengthen the economy, make our country more competi- tive, reduce the costs of goods and services for American families, and enable Americans to live on top of the best infrastruc- ture in the world.”

The federal government would contribute $200 billion to the package, a figure Democrats have already denounced as too small.

“The reforms set forth in my plan will strengthen the economy, make our country more competi- tive, reduce the costs of goods and services for American families, and enable Americans to live on top of the best infrastruc- ture in the world.”

“The $200 billion will be includ- ed in the Trump administration’s fiscal spending blueprint, which is also scheduled for release on Monday. Half of the federal seed money would go toward an incentive pro- gram to match financing from state and local governments investing in rebuilding projects, while a quarter of the appropriations would be used

for rural projects in the form of block grants to states so governors may decide where to invest.

Twenty billion would be for “transformative programs” meant for new projects rather than re- habilitation of old infrastructure. Another $20 billion is allocated to expand the use of leases and private activity bonds, a common tool used to fund infrastructure projects. The last $10 billion would go into a “capital financing fund.”

Trump will host key lawmakers at both parties at the White House on Wednesday to continue the infrastructure discussion, pro- viding the administration a chance to convince those critical of the proposal.

Some industry groups, howev- er, praised the administration for breathing life into a subject experts have spent years arguing must be addressed to tackle the nation’s crumbling roads, bridges, transit systems and other public works.

“Four years, plenty of people have been willing to talk about modernizing our nation’s infra- structure, but few have been will- ing to take action. We applaud the Trump administration for laying out its vision for moving ahead on this critical issue,” Tom Doherty, president of the U.S. Chamber of Commerce, said in a statement ahead of the plan’s unveiling.

Infrastructure Plans

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Former soldier, Luis Vega, wants plan mirroring Trump’s framework in exchange for $25 billion in border security.

In 2004, when Luis Vega was serving in the Army, he says his unit was ambushed in Afghanistan. He was hit by multiple bullets but survived and was awarded a Bronze Star Medal. He then served as the Senior Executive Officer before he was promoted to the rank of Captain, leading an elite Global Reaction Force (GRF) team responsible for worldwide rapid response operations.

Since leaving the military, Vega has continued to serve in the Army Reserve. He has been involved by working for former Sen. Chuck Schumer (D-N.Y.), and working with the Secure Act Coalition, which aims to provide a pathway to citizenship for 1.8 million immigrants brought into the country illegally as children.

Vega, who currently lives in Las Vegas, says he and other veterans who have served in the military would provide a path to citizenship for immigrants if the Senate passes the Secure Act, which he says is the “only plan that the president supports.”

Similar to the White House’s framework, the bill would create a path to citizenship for 1.8 million immigrants brought into the country illegally as children in exchange for $25 billion in border security.

Newly elected member of Congress Tim Bedwell, a former soldier and veteran, is running for Assembly District 4. He has said he would bring “new, more open, more responsive, and communication. Together we can seize the moment and forge a new beginning.”

Bedwell is the leader poised to replace Democratic County Commissioner Steve Sisolak as county sheriff. Sisolak is running for governor. Bedwell believes public safety is the top priority of any sheriff.

“Transparency with accountability,” Bedwell said. “Public safety community deserves to be praised when they do good, not when they do bad. We need to make sure the public safety community does not have the opportunity to fail and not be held accountable.”

In his speech on Monday, with Majority Leader Sen. Mitch McConnell (R-Ky.) speaking, support from the floor exceeded the senators who were Mungering to pass an immigration bill, with senators predicting that it will fall short of the 60 votes needed to conform to the conditions the president has put forward,” he said.

Bedwell is pleased to announce his candidacy for Assembly District 4. He has the blessing of Chuck Schumer (Maine) are also continuing discussions over draft language about such an act, sensitive to the conditions the president has put forward.

There’s no Democrat that has backed the president’s framework.

One who believes transparency with accountability, “Public safety community deserves to be praised when they do good, not when they do bad. We need to make sure the public safety community does not have the opportunity to fail and not be held accountable.”
Two support groups for survivors now meeting on Tuesday nights

Special to the Las Vegas Tribune

The Vegas Strong Resiliency Center, which serves all of Clark County, continues to realize increasing demand for its services, with marked increases in key year-over-year measurements, most notably a significant uptick in people seeking and receiving counseling. The RCC served an average of 100 active counseling clients per month in 2017, a 25 percent increase over 2016. The professional, at the RCC’s Signs of Hope counseling center conducted more than 2,373 hours in counseling sessions throughout the year representing a 28 percent increase over 2016.

In 2017 the increase in active counseling clients and the number of counseling hours delivered reflects a continuing trend that has seen the number of active counseling clients at the RCC double since 2015. “As more people seek services, it is more important than ever that we receive the help they so easily need,” said Danielle Dreitzer, executive director of the Rape Crisis Center. “The widespread understanding of sexual assault and sexual harassment forced by the #MeToo and female empowerment movements helps victims know that they are not alone. Seeing others, especially well-known celebrities, publicly talk about their trauma, may inspire their stories, may instigate their help to seek help. We encouraged this effect first-hand with year-over-year increases in calls to our hotline and inquiries to our website as the #MeToo campaign escalated and gained momentum.

In addition to the increase in counseling services, the RCC met and assisted 747 victims at its hospital-based victim advocate center, a 31 percent increase over 2016. According to Dreitzer, the RCC assists women who wish to have a forensic exam at the hospital and are therefore representative of only a portion of the total number of people coping and reporting sexual misconduct, which was the busiest month in 2017, with 238 total forensic exams, a 42 percent increase, and a 24-hour period during which the RCC saw eight victims.

“If you look at the data associated with the 747 victims in 2017, you will find a wide range of ages, people from a variety of socioeconomic backgrounds and people of all ages reporting sexual assaults occurring at all times of day and night,” said Dreitzer. Of the 747 victims seen by the RCC—

• 30 percent of the victims were from outside the state of Nevada.
• If we look at why other than assault or harassment happens, the place to start is the behavior and actions of perpetrators. And, with conversations about these issues occurring at such unprecedented, pervasive levels, we have an opportunity to stop that energy into action,” added Dreitzer. With the ubiquitous conversation about sexual assault and sexual harassment, the ongoing trajectory of high profile offenses in the media, male-dominated pressure structures that have led to unchecked, and often escalating, behavior toward women that was clear and ongoing but unspoken in many industries, Dreitzer and the Rape Crisis Center firmly believe there is a role for everyone to discuss, understand and deal a serious blow to rape culture.

According to Dreitzer, here are a few simple things everyone can do to combat sexual violence and enact social change:

• Volunteer at organizations that advocate for victims and/or focus on prevention.

Trained volunteers are essential to any organization that is focused on meeting the needs of victims. At the RCC, we offer a comprehensive group for volunteers who are seeking a structured and meaningful way of working. The Rape Crisis Center training is one of the few training programs in the state focused on learning about the services of the organization and how sexual assault victims interact. How are they thought to interact? Is it on a one-on-one basis, is it with the investigation and criminal justice system, or is it with friends and others in their support networks? New volunteers must be at least 21 years of age and able to work a minimum of 20 hours per week.

For more information, please visit the website at www.vegassurvivors.com to volunteer. To receive the list of current job opportunities, please call the office 702-385-2153. Volunteers of varying ages, gender identity, racial and ethnic backgrounds, sexual orientation, and language abilities are encouraged to apply.

Other new resources available for survivors and their family members include:

• The Legal Aid Center of Southern Nevada, a non-profit attorney- 
  tory-on-staff at the Vegas Strong Resiliency Center to assist legal 
  needs stemming from the tragedy, such as employment,
  financial issues and more. The Legal Aid Center can be contacted 
  by calling the State Bar of Nevada’s Victims of Crime Program, www. 
  Babson College. The Vegas Strong Resiliency Center is 
  intended to be a single 

• 25 percent of the victims were female.

• 5 percent were male.

• 27 percent were between the ages of 18-24.

• 27 percent were between the ages of 25-29.

• 27 percent were between the ages of 30-34.

• 27 percent were between the ages of 35-39.

• 27 percent were between the ages of 40-44.

• 27 percent were between the ages of 45-49.

• 27 percent were between the ages of 50-54.

• 27 percent were between the ages of 55-59.

• 27 percent were between the ages of 60-64.

• 27 percent were between the ages of 65-69.

• 27 percent were between the ages of 70-74.

• 27 percent were between the ages of 75-79.

• 27 percent were between the ages of 80-84.

• 27 percent were between the ages of 85-89.

• 27 percent were between the ages of 90-94.

• 27 percent were between the ages of 95-99.

• 27 percent were between the ages of 100-

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Every Tuesday and Thursday at 11:00 a.m., Gordon Martines hosts “Open Mic,” a popular RadioTribune show. The Anti-Corruption Coalition of Nevada is the basis for and theme of “Open Mic.” Gordon Martines was a career police officer with 39 years of on-the-job Law Enforcement experience. Past cases involving Kevin Daley, Trayvon Cole and a variety of other covered-up criminal cases, and a billion dollars worth of missing taxpayer money, are discussed in depth at length on the show. Martines spent four years as police officer with the Hermosa Beach Police Department before moving here and at length on the show. The amount of corruption and cover-ups by executive Police Administrative officers witnessed by Martines inside the department led to his decision to contest the good ol’ boy’s club and run for Clark County Sheriff three times against what he knew were almost insurmountable odds.

“Open Mic” carries the voice the LVMPD does not want you to hear, yet it is always there, every Tuesday and Thursday at 11:00 a.m. on www.radiotribune.com. Tune in!

**“Face The Tribune”**

Face the Tribune is heard every Monday through Friday at 12 noon, hosted by Rolando Larraz. For the last five years “Face The Tribune” has been the premier show for interviews with politicians, civil service workers, government officials and activists, and a voice for those everyday citizens who needed to air their legal grievances. The Las Vegas Tribune newspaper has been a part of the Las Vegas community for over 18 years and is the only independent newspaper in Clark County. “Face The Tribune” was established as a voice for the people of Las Vegas and is the only news platform where people of Las Vegas and is the only news platform where the Las Vegas Metropolitan Police Department after 36 years of police service.

The show’s host, Rolando Larraz, has been a journalist in Clark County for over 50 years. He has been a fixture in the community and a highly respected publisher who has covered local news and events in Las Vegas since the mid-’60s. For stories and information not available anywhere else in Las Vegas, tune into “Face The Tribune” Monday through Friday at 12:00 noon.

**C.O.B.R.A. USA with Blu Laker**

Cobra is the 1985 Insurance Law created by Ronald Reagan in 1985 for continuing health care coverage for workers who lose their jobs because of temporary layoffs. Cobra USA is hosted by Blu Laker, an investigative reporter who has seen medical programs that work around the world, with a cure to the healthcare problem here. Join him in these discussions to clear the air so vital to survival itself and what you can do

Due to the importance of health care, its out-of-control costs with no restrains, millions of Americans are unable to obtain it. Why? Our elected officials have the money, they don’t need to worry. But what about the people they represent? Find out why on Cobra USA.

C.O.B.R.A. by the way is the 1985 Insurance Law created by Ronald Reagan in 1985 for continuing health care coverage of health insurance. We talk about insurance, savings and options available through King Cobra, the intended amended version of the original Cobra program. We invite you to press Congress for parity in health care live here at Radio Tribune. Call or email us at Cobra.blulaker@gmail.com or call (949) 467-0613.

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Why not hire from those who know the job?

Back in September of last year, Las Vegas Tribune's Perly Viasmensky wrote, "I wonder why Nevada's government officials are always making all these decisions from outside of the situation or conditions, and if we don't have capable, experienced and smart people in our communities?"

Las Vegas Tribune has always been opposed to the government's habit of going out of the state to hire for positions that could very well have been filled with local talent.

In that issue dated September 22, 2017, we revealed, "Re- cently, the Henderson Police Department was in the process of finding a professional expert within its own police department to fill the position of Deputy Chief. And we believe that having Texas law enforcement officers from Texas are better than the ones in Nevada, or it is only a way to use some of their accomplished funds to help support an executive search firm that charges at least a $100,000 retainer and in most cases $300,000 or more for their fee to invest the tax payer's money in finding some kind of an astronomical amount of money to find someone to do the job that any of our own dedicated police officers have been doing for a long time, and the way the city of Henderson is performing, familiar with, both the pros and cons, being familiar with the community, and familiar with the good and the bad people who have been serving, perhaps, since when they finished their education.

As we have said before, we believe that Nevada has many talented, dedicated, heroic people who can do the job that these outsiders are hired to do — and at astronomical "finders fee" price — with the added "bonus" that new of that out-of-town hire not knowing a thing about the people, the area and the issues that face our communities.

If the point for the need to hire an outsider rather than a local is to balance the ineffectiveness of the outsider with the knowledge of the insiders, I think it is also a difference of balance within the community, we don't get the point.

We don't see the need for hiring two people from the same field, to be an outsider that doesn't know the community, the knowledge the outlier motives these two officers might have to moving the community forward, familiar with, both the pros and cons, being familiar with the community, and familiar with the good and the bad people who have been serving, perhaps, since when they finished their education.

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Today six months later, the city of Henderson repeated that its executive search firm that charges at least a $100,000 retainer and in most cases $300,000 or more for their fee to invest the taxpayer's money in finding a professional expert within its own police department to fill the position of Deputy Chief. And we believe that having Texas law enforcement officers from Texas are better than the ones in Nevada, or it is only a way to use some of their accomplished funds to help support an executive search firm that charges at least a $100,000 retainer and in most cases $300,000 or more for their fee to invest the tax payer's money in finding some kind of an astronomical amount of money to find someone to do the job that any of our own dedicated police officers have been doing for a long time, and the knowledge the outlier motives these two officers might have to moving the community forward, familiar with, both the pros and cons, being familiar with the community, and familiar with the good and the bad people who have been serving, perhaps, since when they finished their education.

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We believe that Chief LaTesha Watson is not only disre specting the people of Henderson, but also displacing the balance of a community...
Victoria's Secret: Seaman is not nearly as conservative as she would have you believe

By Chuck Muth

Vice-presidential candidate now running for Nevada's U.S. Senate, KelliAnne Fitzpatrick, claims to be a "true" conservative. Unfortunately, our own KelliAnne is the only candidate in Nevada who hasn't received a "true" conservative rating.

In recent tweets, Ms. Seaman has claimed that she is a true conservative with the conservative Nevada Policy Research Institute (NPRI) think tank and that she "never voted "wrong" on key legislative issues.

"My opponents' Whack-a-mole- donkey is a conservative in a primary for Congress but lies to her real record from before her run for NV-13."

In typical slipshod Seaman fashion, she left out the words "claiming" or "touting". You can bet I'll be fact checking her record. According to Axios, Ms. Seaman didn't meet President Reagan's threshold for being "a friend and an ally" to conservative President Reagan: "The person who I consider to be a friend and a ally". The closest Reagan came to this famous quote was "The person who I admired and respected".

When I saw that score, I immediately thought of this famous quote by Ronald Reagan: "The person who you agree with 80 percent of the time is a friend and an ally.

President Seaman's threshold was being "a friend and an ally" to conservatives, while Seaman Assembly GOP colleagues— including Assemblywoman Robin Tinsley, Shelly Sheehan, Michelle Fiore and Jill Dickman — who all scored over 90 percent. And if you dig deep into the NPRI ratings, things look even worse.

For example, Ms. Seaman voted for five bills which NPRI describes as "Spending, Taxes, and Regulations", including SB151 ("Shared State Education Administration"), SR35 ("Cranos new government bureaucracy be taxed") and SB207 ("Increasing taxes/public debt."). Ms. Seaman voted for a Proposition P "Taxpayer Protection" (SB207) and a bill that "Crano's government bureaucracy for the Governer's Office for tax payer resources", things look even worse.

In the category of the government "Reforms", the self-proclaimed "only candidate with a proven conserva- tive record" somehow managed to vote wrong on three out of five bills including "Transferring education spending and excessive mandates." Ms. Seaman voted against education excellence of House Bill 343, which was followed by SB2, which was followed by SB9, which was followed by SB0 (SB940) and again SB940. And if you dig deep into the NPRI ratings, things look even worse.

President Seaman's threshold was being "a friend and an ally" to conservatives, while Ms. Seaman's Assembly GOP colleagues included Assemblywoman Robin Tinsley, Shelly Sheehan, Michelle Fiore and Jill Dickman who all scored over 90 percent. And if you dig deep into the NPRI ratings, things look even worse.

As you can see, Ms. Seaman has a long way to go before she can claim to be the true conservative that she so proudly proclaims to be.

By Mace Tampolky

Fire Anyone I Want?

After Comey was fired and was temporarily replaced by Deputy FBI Director Andrew McCabe, Trump asked McCabe who he voted for in the 2016 presidential election, according to the Washington Post, your answer was Democrats. McCabe was a Democrat, once again commentators Catherine's testimony made sense beyond doubt.

Trump then pushed Seaman to present a list of 15 senators that he believes Trump would prefer to have for the U.S. Senate in Florida — in the primary election — in the 2018 and 2020 elections, according to the New York Times, "women's rights and tax cuts was for a list of senators that he believes Trump would prefer to have for the U.S. Senate in Florida." McCabe said Trump was interested in knowing about whether he wants to fire McCabe, which would be a big "political" concern among his legal team and local law enforcement.

Senators Chris Coons was that he would be interested in having a candidate with a "true" conservative record, that legislation—and other legislation designed to protect Mueller—was stalled in the Senate after Senator Coons and Democrats voted against the nomination of Judge Neil Gorsuch, In one tweet he wrote…

"I am talking about ending the swamp. He or she needs not to be a fearer and someone from the private legal practice, clearly wants to keep his standing in the establishment Washington, D.C., legal community, and the Times noted that McGahn gave Miller a marked-up copy of the letter, highlighting sections that would indicate that the president realized what he can and cannot do.

"Chickens will come to roost if you continue to kneel before the President",
due to their excess numbers, much less their impact on band integrity, and expression of a natural behavior.

The situation became so desperate that a former Tomah employee told Baldwin that the time to act was something. Ryan Hoff, a West Point graduate and Gulf War vet, who had seen enough death before he got to Tomah.

So what is next for that number one prescriber of opioids in the United States? (region)" Honl asked Baldwin's office in an e-mail on November 24.

In China, Vietnam, North Korea, and Cuba, the revolutionary movements fought against the white tide to command the people and put end to white domination. This is too part of Fidel Castro's legacy.

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In China, Vietnam, North Korea, and Cuba, the revolutionary movements fought against the white tide to command the people and put end to white domination. This is too part of Fidel Castro's legacy.
In the case of the FISA memos, national security is a matter of paramount importance. They are likely to become the basis for legal and political discussions and investigations that will unfold in the months and years to come. The release of these memos has the potential to trigger a series of events that could have far-reaching consequences for the country and the world. It is therefore crucial that the memos are handled with the utmost care and caution.

By Jonathan Turley

The FISA memo controversy is not just about the release of the original memo, but also about the political and legal implications of its disclosure. The memos have the potential to uncover widespread abuses of power and to shed light on the inner workings of the intelligence agencies. It is therefore important to consider the implications of their release and to ensure that they are handled in a manner that is consistent with the principles of transparency and accountability. The FISA memo controversy is part of a broader debate about the role of the intelligence agencies in our society and the balance between national security and civil liberties. It is therefore crucial that the memos are handled in a manner that is consistent with the principles of transparency and accountability.
When American patriotism lit the skies: the ‘Miracle on Ice’, the 1980 Olympics

By Brent Budowsky

There is a moment in history that will never be forgotten. A moment when the flag that flies so proudly over our nation’s capital was not seen forever. A moment when Americans from coast to coast rose to their feet cheering, hugging and waving our national flag. A moment when the Soviet Union was defeated by the American hockey team. A moment when the American spirit was shown to the world. A moment when the American dream was realized. A moment when we all understood that anything is possible if we work together.

Wealthy taxpayers are able to deduct their state and local taxes from their federal income tax. Wealthy residents of high-tax states are disproportionately affected. The SALT deduction is a key component of the American tax code and has been in place since 1969 to make sure that wealthy residents of high-tax states are not penalized for living in communities with high property taxes.

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The American people have spoken. Reform our criminal justice system.

By Holly Harris

The Hill opinion contributor

After a long, hard-fought battle and a record-breaking election, the American people have spoken. From President Trump's first State of the Union to the recent midterms, there is no doubt that the American people face the hard realities of growing in an election year. The American people demand that we address the broken criminal justice system. We are united.

Joe Vela and the Gang removed me from the House Rules Committee and moved me to the Armed Services Committee. The American people understand that landmark legislation is in fact the easiest legislative environment. The American people are not interested in politicians who will fail in line with the desires of the electorates.

No issue matters more to Americans than the broken criminal justice system. Americans and Democrats are both invested in fixing our criminal justice system for our country. The American people are demanding real change for every issue, not just for the difficult ones or for political reasons.

The country is looking for an alternative to the failed punitive prison system. Americans want a system that will save money, save lives, and save our country.

The American people have spoken. They want us to support bipartisan legislation that will reduce the incarcerated population.

The American people have spoken. They are demanding that we reform our criminal justice system for the better. The American people are demanding that we make systemic change to our broken justice system. The American people are demanding that we work together to make this happen.

The American people have spoken. It is time for us to act.

The American people have spoken.
The Academy Awards Oscars are coming soon on Sunday, March 4 and you should invite friends, family or business associates together for an Oscar viewing party! The public is invited to walk the red carpet and join the viewing party by donating to the Variety—the Children’s Charity along the Palms Hotel & Casino’s red carpet right here in Las Vegas.

An important aspect of the Academy Awards, this is one of the events responsible for raising money for Variety—the Children’s Charity.

Variety—the Children’s Charity of Southern Nevada has been in Las Vegas for over 60 years helping children with special needs. Las Vegas Variety was first started by most of the casino owners in the 1950’s who build three schools. We have the Variety School now known as the Miller School, and the Variety Early Learning Center.

As we celebrate the Oscars at the Academy, we are raising money for a compassion fund. This is a wonderful compassion fund, it provides emergency assistance to any children and their families who have a special need for a medical bill or a hotel they need if something happened.

The Oscar Night is a big night but Variety—the Children’s Charity arranges fundraising events all year to continue helping the children. Variety gives money to provide for children with special needs. We try to raise money for the Variety School for Bicycles, games and equipment.

We just gave an adaptive bicycle, a special type of tricycle, for a child with autism. There is a type of handle behind it for the parent to steer and push as well. The child can actually pedal.

That gets the child active playing and having fun. He can do things a normal child would do.

We also brought three swings from Australia which are wheel chairs. The wheel chair loads up into the swing giving the child the experience of swinging.

These are new applications for special needs children. It is all with the help of the community.

Variety also provides specially equipped passenger vans to local nonprofit organizations for transport of children with physical limitations to and from medical facilities, schools and community enrichment programs.

Variety—the Children’s Charity is an enthusiastic group of business leaders who donate their time, resources and energy to positively impact the lives of children in their own communities and around the world.

VARIETY Southern Nevada has served more than 20,000 children and raised and distributed more than $7,000,000 in grants and specialized equipment in our community.

For information about Variety—the Children’s Charity events during the year, contact Variety of Southern Nevada, at 3401 Sirius Ave., Suite 1, Las Vegas. Tel: (702) 383-8466; Email: admin@varietytn.org or visit http://onalv.org and www.varietytn.org.

* * * * *

Don’t Miss the Academy Awards!

Award winning Sandy Zimmerman is a syndicated columnist featuring Show and Dining reviews, travel, health, spas, luxury and more. Sandy is talk show host of the Las Vegas Today Show programs and Discover the Ultimate Vacation travel specials. If you want to suggest topics for articles, for information or to ask any questions about Sandy’s articles, call 702-735-5974 or email szimmerman@lasvegastribune.com.
Nacho Daddy Scores and Scores with its Second Official Golden Knights viewing party on Feb. 26 at the West Sahara location

By Mike Korneli

Las Vegas Valley
March 3, 2018

The fix is up again as Nacho Daddy, and the Vegas Golden Knights get busy spicing up their inaugural season postseason party. The hometown favorites in Las Vegas have a part- nership allowing Nacho Daddy to host a handful of viewing parties and events, but also develop the official nachos of the team with a portion of its proceeds going to the Vegas Golden Knights Foundation.

In honor of this partnership, Nacho Daddy invites hungry fans to celebrate in style with an offi- cial watch party of the season at the location on West Sahara on Monday, Feb. 26 beginning at 7:30 p.m. Guests will be treated to a fun and festive experience with a photo op upon entry, photo booth, balloon artist, raffles throughout the evening including team swag, and drink specials. Special media guests include ‘Knights Fan.' We Post,' with free shots of vodka every time the Knights Score.

Nacho Daddy invites hungry fans to come out and enjoy the fix and enjoy the fix of their favorite Nevada-based NHL team with the official Vegas Golden Knights watch party is at the West Sahara location slated to open by summer 2018. To further support Raw Fitness members with their health and fitness goals, Blumat will donate selected Raw APN supplements in 2016. The non-hormonal, non GMO product line offers an array of perfor- mance-enhancing supplements including branched-chain amino acids (BCAAs) for muscle repair, recovery, lactose and gluten-free whey protein isolate powders, energizing pre-workout formulas and CRAVE, an all-natural, dietetic-grade pre-workout fuel which became produced throughout the U.S. early this year. * * * * *

THE DISTRICT AT GREEN VALLEY: Shows. It’s all about a...
Friends return to Laugh Factory
Jim Belushi, Board of Comedy

on Saturday, Feb 17, and Sunday at cana’s Laugh Factory last year. successful weekend at the Tropi-
our world-class entertainment line-
in a new form of entertainment to
Entertainment vice president of
gaming floor.

brand-new showroom will be eas-
be louder than ever. In conjunction
definitely a tick off my bucket list!”
words,” said Sam Wills, Tape Face
custom venue in Vegas is beyond
Vegas, beginning Friday, March
alumnus has announced a multi-
returning to Las Vegas. 

Tape Face kicked off 2018 al-
year, will be held on Friday, April 6.
added to the Great Vegas lineup last
April 7. The Mad Craft Experience,
Tasting will be held on Saturday,

culinary stations.

addition to exclusive beer tastings,
to 2 p.m. on Saturday, Feb. 24. In

craft beer and culinary ‘beerunch’ at

The season 11 America’s Got
The “America’s Got Talent”
announced a multi-year residen-
return to Las Vegas.
The “America’s Got Talent”
alumnus has announced a multi-
year residency at Harrah’s Las
begins on Friday, March 16 at 7 p.m.
Performing in Vegas but last year was a
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Jim Belushi returns with his
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Jim Belushi returns with his Board of Comedy friends after a successful weekend at the Top-

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“Performing in Vegas but last year was a
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Tape Face’s show is an econ-
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can be enjoyed by audiences of many
different backgrounds, ages and languages. An American

cartoon situation does not speak at all in my
show and if I do speak of humor
true to self can be heard clearly through the
continuous sounds, music and laughter.

Ticket prices begin at $30, plus
taxable and fees. VIP seats
including a name and guest with

Tape Face are also available for

In addition, members may join for

on Mondays.

About Tape Face

A former circus and street per-
former in his native New Zealand,

Sam Wills has been performing as

Tape Face since 2008.

The season 11 America’s Got

Talent finalist spent 2016 and

2017 touring the world from

Las Vegas to the world-famous Las Vegas Strip to

London’s West End as the histor-

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morden, modern-day street

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TIMES AND TICKETS IN COLLABORATION WITH

JAZZ FUNK SOUL TO BRING

GOOD TIME GROOVES

TO THE FOUNDRY

Jazz fans will be treated to this

new brand-new show at Wonder World

Festivals in Las Vegas. For

further information visit tapeface.tv or

connect at Facebook, Twitter,

in YouTube.

Jazz Funk Soul

the musical sensa-

Jazz Funk Soul, the

magnificiently nom-

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About Life Time Athletic

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/// BY JERRY FINK
Las Vegas Tribune

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Interview with Robert Tromly, Manager, RA Sushi

Which Foods Are Natural Aphrodisiacs?

By Sandy Zimmerman
Las Vegas Tribune
Photos by Sandy Zimmerman

What ingredient combinations make a delicious aphrodisiac sushi roll? How couples can keep it Hot Like Wasabi with couples’ sushi rolling class?

It is interesting to consider food as natural aphrodisiacs, a way to add spice to your relationship.

Robert: “Aphrodisiacs have different purposes, salmon is an oily fish packed with omega-3 fatty acids which gives stamina, increased circulation and lots of protein. Seaweed is an aphrodisiac loaded with iodine, it heightens your passion. Tuna is another fish with fatty acids. Our special ‘Soy Crazy for You Sushi Roll’ includes strawberries with vitamin c, sweet lobster, rice and cucumbers.”

SZ: “Tell us more. I like the name, ‘Soy Crazy for your.’ What a big sushi roll.”

Robert: “Its fun to make the roll and fun to eat, gives you stamina and passion.”

SZ: “These same ingredients are great to prepare other foods besides sushi rolls.”

Robert: “We use these ingredients in several rolls and dishes.”

SZ: “I love strawberries and lobster.”

Robert: “You can share the ‘Soy Crazy for You Sushi Roll’ as well as our other rolls and almost all of our dishes. There are multiple pieces.”

SZ: “Perfect, people don’t have to order two, one is enough.”

FOOD FACTS:

Salmon and other oily fish are packed with Omega-3 fatty acids that are known to increase circulation and boost mood. These types of popular sushi fish are also packed with protein for energy and stamina. Avocados and the iodine in seaweed are sources of Vitamin E which produce hormones that trigger a sense of passion. The warming effects of sushi’s accompaniments — ginger and wasabi — are known to stimulate the senses and the heart rate. Bright red strawberries are romantic on their own.

Sometimes there are psychological and physiological effect. Warming spices like ginger or chilies can raise body temperatures while sparkling wines and champagne certainly help to get you in the mood.

RA Sushi’s February menu will highlight ingredients — like salmon, avocados, asparagus, ginger, wasabi, seaweed, lobster and strawberries — with natural properties that are all but guaranteed to spice things up.

Couples can learn to prepare sushi rolls together!

HAPPY HOUR: Special prices from 3 to 7 p.m. and 10 p.m. to closing; Lunch Menu, from 11 a.m. to 3 p.m., is on the lighter side including rice bowls.

Complimentary registration to receive discount coupons and announcements of new items.

RA Sushi Bar & Restaurant, on the street side of the Fashion Show Mall, across from the WYNN Hotel, 3200 Las Vegas Blvd., South. For information, call 702-696-0008. www.rasushi.com

* * * * *

Award-winning syndicated columnist Sandy Zimmerman is a Show and Dining reviewer as well as travel, health, luxury living and more. Sandy is talk show host of Sandy Zimmerman’s Las Vegas TV. For information, questions, or to recommend subjects, please call (702)-515-0846, FACEBOOK@SZLVTV or email www.sandyzimm2003@yahoo.com.

ANNOUNCEMENT: Do you have a fave Las Vegas restaurant? Does it have an American, Japanese, French, Chinese, Indian, Spanish, BBQ, buffet, or other menu? Send the name of your fave restaurant, your name, telephone number, email and you may win tickets to a Las Vegas show or other prizes.
Amargosa Opera House, Café, and Hotel

By Marianne Donnelly

Las Vegas Tribune

“This jaw drops... you can’t imagine what Marta Becket, a successful New York ballet dancer transplanted to Death Valley Junction 90 miles from Las Vegas, painted magnificent Renaissance murals on her performance-space walls in our Mojave Desert,” says Fred Cowby, President of the Board of Directors at Amargosa Opera House (AOH). Indeed!

Marta’s detailed, image embedded, multi-layered Italian oil paintings include a tribute to ladies who helped fund her through hard times. A HOPEFUL vision of a professional, kind, light-fearing, encouraging and humble. She rousts and booms, as he continues to deal hands-on challenges, both above and below ground, where other angels might feel too much to tread! The crowd erupted into applause for his unswerving loyalty.

Lothian Skelton (Red Skelton’s site manager, friend) with “Big Industry Elites” because he is amazing, kind, sophisticated soiree in Los Angeles. His ‘Domestic’ tone and artifact museum. He does this for Marta.

The Amargosa Opera House is growing — attracted by fresh, inventive entertainment, ambiance and sumptuous on-site food: www.amargosa-opera-house.com, 1-760-853-4441. Join their email list for upcoming show announcements.

The Amargosa Opera House is perfectly blossoming, expanding and charming many forms of entertainment from various musical genres to film, experimental and paranormal theatre, comedy, mystery, spoken word, classes, classes, themed weekends, as well as keeping lineage to original ballpark and vagabonds, for which it is known worldwide.

Bobbi Fabian, proprietor, is not only as accomplished chef but also a professional photographer. She is passionate about all aspects of art, especially painting and dance. She is passionate about all — painting back to AOH’s new costume and artifact museum. Marta’s success story jewel.

Marta’s successor ballerina, Bilde Vázquez, emboldens Marta’s Mandate of inspired classic artistic skills and dedication and beauty, based on intense classical training. Marta’s first and final movies were neglected and that future art forms needed to return and build upon training of old world Masters in all disciplines, especially painting and dance. Among others thanked was an angel for his unswerving loyalty.

The crowd erupted into applause for his unswerving loyalty.

Fred Cowby, President, Amargosa Opera House Board, was not down.

There was an outpouring of love and gratitude, in long, loud cheers, for AOH Board President Fred Cowby. As a longtime Becket friend and trustee, Fred continues to stand in every possible direction: as legal, architectural, structural, financial, administrative, creative, culture-guardian, producer, stage manager, publicist and essential driving force. He does this from across the country with self-funded trips back to see what’s needed next.

And there are many things attracting his attention. He gratefully takes on each challenge and uses a level-headed, elegant style that encourages people to remain on board and feel genuinely appreciated. This man is not to be underestimated. He is amazing, kind, light-fearing, quick minded, friendly, encouraging and humble.

Entertainment included Tom Munoz’s moving original song with video accompaniment; Anna Baglyeva’s starring Becket photo collection montage; Myrna Gallle Balgalvis’s stirring Becket photo collection montage; and Sandy Scheller’s lively “Gypsy” dance. Marta’s soul and stage companion, Thomas “Wilget” Willett, performed Becket’s “Kissie Girl” ballet as well as the captivating “Slavonic Dance,” which he beautifully performed at the crowded champagne reception where her enthusiastic footwork was enjoyed in the round on a challenging rug surface! Now, that’s the essence of a professional: unswerving loyalty, the show must go on.

Despite historic storms, stuck situations, having no scrims, outages or mudslides, all of which have tried at one point or another to intervene with a production, shows indeed do go on. Nothing stops AOH. Not with its worldwide following and friends for all seasons such as those at the 50th Anniversary Celebration. Up next, March 4, Nanukes Ukulele Band, followed by varied weekend performances, including a “Mystery Opera” in April. Reserve your seats accordingly. We recommend as their audience base that’s the essence of a professional: unswerving loyalty, the show must go on.

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Mayor Goodfellow to officiate Grand Opening and Ribbon Cutting of Veterans Village 3 Assisted Living Residence

CityBeat

The new 60 bed facility will be a first of its kind privately owned Veterans Home in the US to include complete wrap around services for United States Veterans with special needs.

Veterans Village Las Vegas will hold a grand opening and ribbon cutting ceremony for their third campus in Downtown Las Vegas, NV. A state of the art assisted living facility for veterans with special care needs provides complete wrap around services 24/7/365.

The superlative 28,000 square foot building located at 107 E. 14th Street Downtown Las Vegas is an 80-bed assisted living home for veterans. The facility provides a wide variety of healthcare services and activities including health care, specialty care, medication management, and independent lifestyle in a stable living environment.

Arnold Stahl, PhD, Founder Vet Village Las Vegas Quote: “This Veteran home will be the first in-kind – all veteran owned – in the United States. We will provide state of the art concierge care to our residents including chef prepared meals, medical service consultation, social workers, and comprehensive care and social activity that will support a vibrant, active, and independent lifestyle.”

The opening ceremony will take place on February 15, 2018 at 10:30 a.m. to 11:30 a.m. The site can be reached on D Street and 14th Street.

Where: 14th Street, Las Vegas, NV 89101

Special Guests:
- Mayor Carolyn G. Goodman, City of North Las Vegas
- Mayor John Lee, City of North Las Vegas
- Andy Walsh, Las Vegas Metropolitan Police Department
- Commissioner Lawrence Weekly, Commissioner for the Clark County Board of Commissioners
- Richard Stalk, PhD, Veteran’s Home of California-San Diego
- Mayor George Milanovich, City of Henderson
- Commissioner Chris Giunchigliani, Clark County
- Commissioner Jean itinerary
- Commissioner Steve Sisolak

The opening will be held in the auditorium of the Nature Center at Clark County Wetlands Park.

Clark County Wetlands Park

February 15, 2018

Park: 7000 Wetlands Lane, 89122.

Welcome: Chris Bramley, Executive Director of Clark County Wetlands Park and刷

3. The park and route will be closed to traffic on March 17 for the Oak Heritage 10K, starting at 9 a.m. on Saturday, March 17

4. Contact: For more information about the Wetlands Park and Stroll, call (702) 455-6609 or email WetlandsTanker@clarkcnty.us.

SLS Las Vegas slate dumb with Hoops Madness viewing party at Uncommon Burger, Beer Garden

Uncommon Burger, Beer Garden & Gifts will host a viewing party on Valentine’s Day for four hours of SLS Las Vegas’ special package deal. Participants will receive a $10 gift card with every purchase of merchandise giveaways and open bar and hosted food packages from Thursday, March 15 to Saturday, March 17.

As a special St. Valentine’s Day package price, participants will receive a $10 gift card with every purchase of merchandise giveaways and open bar and hosted food packages from Thursday, March 15 to Saturday, March 17.

The viewing party will occur on Boulder Highway. As a special St. Valentine’s Day package price, participants will receive a $10 gift card with every purchase of merchandise giveaways and open bar and hosted food packages from Thursday, March 15 to Saturday, March 17.

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Act II/Intermission concept. Adapt sub titles. She made a couple of menu. The cruise ship even had Ship Restaurant, complete with a about a cruise ship. Her sister Ava Ashley proceeded to write, produce my wife had seven siblings. None I had ten brothers and sisters and twins by my third son, Christopher are there in your family?” Cory and (Yogi) and Keenan (Spike). Go than my twin grandsons Cameron twins. Their activities mirror one — just proud. I plead guilty for being writing too often about my grand — resolve...
Three sad facts about Social Security, America's most important social program

By Susan Williams

It could be rightly argued that Social Security is America’s most important social program. Not to take any light away from Medicare, but there’s simply no program out there more directly responsible for keeping retired workers out of poverty than Social Security. According to the Center on Budget and Policy Priorities, Social Security’s monthly stipends ensure that 15.1 million seniors remain above the federal poverty line. However, Social Security isn’t as glorious as it might appear on the surface. It harbors three sad facts that working Americans and retirees need to come to terms with.

1. Social Security is in deep trouble

It’s the first cold hard truth about Social Security is that it’s in deep trouble. Though retirees have been counting on Social Security for nearly eight decades, the program itself is just 16 years away from a major crisis. According to the 2017 report from the Social Security Administration, the Trust Fund will begin paying out more in benefits than it’s collecting in revenue in 2018. That means that benefits could be cut by up to 23 percent within the next 16 years. Making matters even worse, Social Security is that it’s in deep trouble

2. It harbors three sad facts that working Americans and retirees need to come to terms with.

a) The average retired worker should expect to have about 40 percent of their working wages replaced by the program. This is, of course, some wiggle room in this based on your lifetime earnings. For example, if you’re a high-income earner, you might have about 20 percent of your working wages replaced. Conversely, if you’re a low-wage earner, Social Security might replace more than 80 percent of your working wages. However, the data shows that most folks lean quite heavily on Social Security. Indeed, 62 percent of retired workers rely on Social Security for at least half of their monthly income, while 34 percent of workers expect to receive 10 percent of their current income from Social Security. So, the data shows that most folks lean quite heavily on Social Security.

3. America is a paltry 2 percent as of December 2017. That’s a nearly 15-year low and it’s just 0.5 percent away from tying the all-time record low. American workers aren’t saving enough at all, and that’s a really important social program. Not to take any light away from Medicare, but there’s simply no program out there more directly responsible for keeping retired workers out of poverty than Social Security. According to the Center on Budget and Policy Priorities, Social Security’s monthly stipends ensure that 15.1 million seniors remain above the federal poverty line. However, Social Security isn’t as glorious as it might appear on the surface. It harbors three sad facts that working Americans and retirees need to come to terms with.

1. Social Security is in deep trouble

It’s the first cold hard truth about Social Security is that it’s in deep trouble. Though retirees have been counting on Social Security for nearly eight decades, the program itself is just 16 years away from a major crisis. According to the 2017 report from the Social Security Administration, the Trust Fund will begin paying out more in benefits than it’s collecting in revenue in 2018. That means that benefits could be cut by up to 23 percent within the next 16 years. Making matters even worse, Social Security is that it’s in deep trouble

2. It harbors three sad facts that working Americans and retirees need to come to terms with.

a) The average retired worker should expect to have about 40 percent of their working wages replaced by the program. This is, of course, some wiggle room in this based on your lifetime earnings. For example, if you’re a high-income earner, you might have about 20 percent of your working wages replaced. Conversely, if you’re a low-wage earner, Social Security might replace more than 80 percent of your working wages. However, the data shows that most folks lean quite heavily on Social Security. Indeed, 62 percent of retired workers rely on Social Security for at least half of their monthly income, while 34 percent of workers expect to receive 10 percent of their current income from Social Security. So, the data shows that most folks lean quite heavily on Social Security.

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Why smart people take Social Security at 62

By Christy Bieber
Motley Fool

When should you claim Social Security benefits? That’s a tough question. Everyone has an answer, especially since more than 90 percent of older adults don’t understand the factors that determine when their Social Security benefits will be.

You can claim Social Security benefits any time starting at age 62, but your standard benefit amount is based on waiting until your full retirement age (FRA) — which is 67 if you were born after 1960. For each month before FRA that you claim benefits, benefits will be reduced, while benefits will increase for each month you delay after FRA, up to age 70.

Because Social Security provides guaranteed income for life, many financial experts advise you wait as long as possible to claim your benefits. But there’s also an argument to be made that smart people claim benefits at 62 instead of putting off their claim. Here are four reasons why it makes sense to claim Social Security as soon as possible.

1. Claiming early makes early retirement possible

Claiming Social Security when you’re 62 could make early retirement affordable when it wouldn’t be otherwise.

For example, if you’re self-employed or can’t work due to health issues or an inability to find employment — claiming Social Security so you can count on a steady income to pay your bills or your salary or your rent is often better than depending on your job. Since few people in your job, studies have shown a link between early retirement and improved health outcomes.

One Dutch study found men who claimed Social Security benefits at age 65 had better overall health outcomes.

Williams
(Continued from Page 23)

## Key point

Social Security is designed to provide at least basic Social Security con-

Finally, to top things off, most folks could make early retirement happen with Social Security. This sad fact means that even folks who are facing im-

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2. Claiming early makes re-

Early retirement tends to be the most enjoyable part of retirement for most seniors because they’re still young and healthy enough to do the activities they enjoy. Because these activities — like travel — require money, smart people claim benefits at 62 so they’ll be able to do the activities they want while they still can.

3. If you wait, you may not live long enough to break even

One of the best arguments for delaying Social Security benefits is that you’ll have a larger guaran-

More than one-third of current retirees responding to a National Intelli-

2. Claiming early makes re-

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4. Rising costs of living mean missed benefits will be lost

A dollar today is worth more than a dollar tomorrow, thanks to inflation. This is true of Social Security ben-

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When is a good time to start your Social Security benefits?

By Barbara Buckett
Social Security Public Affairs Specialist in Las Vegas

Adhere a lifetime of working, you deserve a comfortable retirement. For over 85 years, Social Security has been helping people shape their future, assisting them with a variety of benefits. It’s up to you as to when you can start receiving benefits. You could start them a little earlier or wait until your full retirement age, or delay retirement to get extra monthly income. These are benefits to other decisions.

Full retirement age refers to the age when a person can receive their Social Security benefits without any reduction, even if they are still working part or full-time. In other words, you don’t have to stop working to get your full benefits.

For people who reach age 62 in 2014 (i.e., those born between January 2, 1956 and January 1, 1957), full retirement age is 66 and four months. Full retirement age was age 65 for many years. However, due to a law passed by Congress in 1983, it has been gradually increasing, beginning with people born in 1938 or later, until it reaches 67 for everyone born in 1937 or later.

You can learn about the full retirement age and find out how to look up your own at www.ssa.gov/planners/retire/whileworking.html.

You can start receiving Social Security benefits as early as age 62 or any time after that. The longer you wait, the higher your monthly benefits will be, although it stops increasing at age 70. Your monthly benefits will be reduced permanently if you start them any time before your full retirement age.

Social Security cost-of-living increases are based on the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W), but urban wage earners and clerical workers don’t spend as much of their income on housing and medication as most seniors do.

Unfortunately, both healthcare and housing costs are rising faster than Social Security cost-of-living adjustments.

This means that the Social Security benefit you’ll get when you’re 65 or 70 won’t buy as much as the Social Security benefit you’d get if you’ve lived to age 82. Claiming benefits early as possible. Before earning costs further erode the actual value of Social Security, just makes sense.

What’s the best choice for you?

While all of these arguments are powerful ones for claiming benefits at age 62, there are some caveats. First, if you work before full retirement age, your Social Security benefits could be reduced. You’ll get credit for this reduction later, but that too reduces the amount you’ll be able to receive later.

Retiring and claiming benefits early can also pose risks, including the potential that you’ll have too little money to live on in retirement if you don’t have enough savings. You can’t live on Social Security alone — especially if you’ve claimed at 62 and taken a reduced benefit — and you don’t want to risk running out of money you have the money you need to sustain you.

But if you have enough to live on and you’ve decided you’d like to retire early, claiming benefits at 62 is likely a smart move as you can start reaping the rewards of all those years of Social Security taxes you paid.

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Thyroid — A tiny gland with a big role on every cell in your body

By Dr. Nina Radulff

Are you feeling fatigued, low on energy, or your temperature is too high or too low? You may have a condition known as hypothyroidism or hyperthyroidism, which can affect how your body uses energy. Not bad for an organ that weighs less than the weight of a tennis ball or less than the size of a normal adult’s thyroid gland — for example, from a goiter or thyroid nodules or cancer — and certain medications, such as lithium and amiodarone.

What is the thyroid gland?

A butterfly-shaped organ located in front of your larynx, just below the Adam’s apple and wraps around the trachea (or windpipe). On average, a normal adult’s thyroid gland is 1.5 inches tall and 3/4 inch wide, with a volume of about 30 cubic centimeters. Many glandular organs produce hormones that regulate metabolism — that’s how energy is utilized to power various cell functions.

What is hypothyroidism?

When insufficient amounts of thyroid hormones are produced, your body’s metabolic rate decreases, and the term “hypo” meaning “low.” Hypothyroidism can occur if there is a problem with the thyroid gland itself (hormone unit), or the brain structures (thermostat) that are involved in the feedback mechanisms.

The most common cause in the United States, affecting as many as 10 million people, is a condition called Hashimoto’s thyroiditis. It results because our body’s immune system attacks the thyroid gland causing inflammation, and, over time, impairs its ability to produce hormones (horme). Other causes include surgical removal of the thyroid gland — for example, from nodules or cancer — and certain medications, such as lithium and amiodarone.

Symptoms of hypothyroidism correspond to a metabolism that slows down and include:

- Fatigue (extreme timidity)
- Lack of motivation
- Feeling mentally foggy
- Fatigue
- Dry, cool skin
- Lack of appetite
- Fatigue
- Muscle and joint aches

Depression. Fortunately, if you are diagnosed with hypothyroidism, there is good news in that it is relatively easy to treat with a thyroid hormone replacement pill that you take by mouth every morning to monitor your levels with periodic blood testing to determine if your dosage needs to be adjusted. Diagnosis and proper management allows you to live a normal, healthy life.

What is hyperthyroidism?

When excessive amounts of thyroid hormones are produced, our body’s metabolism increases — hence, the term “hyper” meaning “over.” Overproduction of thyroid hormones can cause our body’s metabolism to be too high and include:

- A change to your voice
- Pounding heart
- Increased appetite
- Increased sweating
- Weight loss
- Heat intolerance
- Sleep disturbances

What is a goiter?

A goiter is a general term used to describe enlargement of the thyroid gland, regardless of the cause — inflammation, nodular abnormality (for example, thyroid nodules or malignancy), or cancer. Thyroid nodules are non-cancerous lumps that can be found in or on the thyroid gland. Cancer, on the other hand, is an abnormal growth of cells that can spread to other parts of the body.

Symptoms of hyperthyroidism are abnormally produced and bind to the “temperature” or hormone receptors, and the body’s metabolism increases — hence the term “hyper” meaning “over.” Overproduction of thyroid hormones can cause our body’s metabolism to be too high and include:

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What You Need To Know

- Retention of fluid
- An inability to concentrate or stay focused
- Muscle and joint aches
- Women may experience irregular menstruation
- Hair loss
- Excessive sweating
- Dry skin
- Heat intolerance
- Sleep disturbances
- Women may experience irregular menstruation
- Nervousness
- Rapid or racing heart rate
- Fatigue
- Irritability or hot
- Difficulty breathing
- Extreme swelling
- Unexplainable weight loss
- Sleep disturbances

What causes hypothyroidism?

- An iodine deficiency
- A thyroid nodules
- An autoimmune disorder
- Certain medications, such as lithium and amiodarone

What causes hyperthyroidism?

- A thyroid disorder
- A cancerous growth
- An autoimmune disorder
- A medication

When to see your physician

When it comes to these symptoms and your thyroid gland, it is very important to understand that there can be many causes of hypothyroidism, some of which can be serious, such as thyroid cancer, hypothyroidism, or hyperthyroidism.

- Signs and symptoms are not all the same
- Your doctor will measure the levels of certain hormones
- Your doctor will prescribe thyroid hormones
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Regenerative Agriculture (RA) describes farming and grazing practices that help reverse climate change by rebuilding the organic matter in soil and restoring degraded soil biodiversity.

Specifically, Regenerative Agriculture is a holistic land management practice that leverages the power of photosynthesis in plants to close the carbon cycle, and build soil health, crop resilience and nutrient density,” reports California State University’s Regenerative Agriculture Institute (RAI). “Regenerative agriculture improves soil health, primarily through the practices that increase soil organic matter. This not only aids in increasing soil biodiversity and health, but increases biodiversity both above and below the soil surface, while increasing both water holding capacity and sequestering carbon at greater depths.” The net result is a reduction of atmospheric carbon dioxide, and the improvement of soil structure to reverse human-caused soil loss.

According to Terra Genesis International, which helps businesses integrate sustainable farming practices into their everyday operations, key principles guiding the implementation of RA include: progressively improving whole agroecosystems (soil, water and biodiversity); creating context-specific designs and stacking holistic decisions expressing the essence of each farm, ensuring and developing fair and reciprocal relationships among all stakeholders, and continually growing and evolving individuals, farms and communities to express their innate potential.

How these lofty goals are achieved also involves the implementation of many of the practices that are now considered standard in organic agriculture, including permaculture design (naturalizing the patterns and features observed in natural ecosystems) (incorporating the cultivation and conservation of trees), keyline sub-soiling (in essence a compacted seed), no-till till farming (leaving it done to do it in things), pasture cropping (growing annual crops in dormant pastures), multi-species cover cropping and composting (to introduce genetic diversity), the use of nutrient minerals (to build up the resilience of the soil biota), encouragement of bees and other beneficial insects (for soil biota), encouragement of bees (to build up the resilience of the diversity), the use of animal manure in dormant perennial pastures), cropping (growing annual crops ing it alone to do its thing), pasture soils), no- or low-till farming (leav-

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Rhinos eat fruit right out of your hands

By Sandy Zimmerman

Las Vegas Tribune

Photos by Sandy Zimmerman

Experience an out-of-Africa adventure at California’s Wild Animal Park. When our photo caravan safari truck passed through the double gates, we felt a thrill and wondered what to expect!

The gates were locked behind us and we were alone in the wild animal compound. It seemed as though we were traveling on an African safari, so close to the wild animals that we could actually touch them.

This is one of the few opportunities to interact with wild animals. Instead of looking at rhinos and other wild animals in cages, we are transported into their natural environment of the plains and waterholes of Africa and Asia.

Then, finally the moment we were waiting for, our safari truck stopped near several Indian rhinos. They seem to know that the guides have buckets of apples and were ready to eat. We could look in their eyes, as the large rhinos surround our safari truck.

The guide instructed us, “You are allowed to touch the rhino’s horn, feel its skin, and to feed them.” She gave us fruit but we were reluctant at first. Perhaps it was because the adult rhinos weigh between 1,000 to 6,000 pounds and have incisor teeth.

Everyone became braver and soon the fruit was gone.

We were off to the next area and made stops to see the buffalo, gazelles, wildebeest, and giraffes.

When they bent their long necks in order to peer into the open truck, we were startled by the giraffe’s beautiful big eyes and long eyelashes. The guide instructed us to hold the food and Camp-Overs for an overnight tent-camping experience inside the Wild Animal Park.

The Dusk Discovery guided tour takes campers around park trails to see nocturnal animals. Campers can watch herds of animals grazing and enjoy up-close animal encounters.

Fall asleep to the sounds of owls, rhinos, elephants, lions and other wild animals.

The all-inclusive Roar and Snore is available Fridays and Saturdays, May thru October, ages 8 years and older. Includes: guided walking tours, dinner, breakfast, tents, and lanterns.

Talk Show Host/Syndicated Feature Series Columnist Sandy Zimmerman is Talk Show Host of the Las Vegas Today Show television programs and Discover the Ultimate Vacation television travel specials both taped “on location in Las Vegas and around the world.”

Entertainment/Restaurant/Travel Reviewer. For information, email: sandyzimm2003@yahoo.com or call: 702-515-0846.