

50 & BETTER

June 2013

KANSAS CITY

Always
Complimentary!

For Those **B**old Enough to Know What They Want

OUR AMERICA

7 Reasons why you don't want
Big Government.

Chet Hanson

ON THE SEVENTH DAY GOD RESTED

His grandchildren must have been out of town.

Edited by James Buck



FEATURES

3 | OUR AMERICA

7 Reasons why you don't want Big Government.
Chet Hanson

6 | A DEFINITION OF HUNTING

What mindset should a young hunter learn?
Kenneth L. Kieser



8 | YOUR FUTURE - YOUR CHOICE

Let's just get rid of anyone that participated in the mess. And let's not forget what is really important.
Joe Cumley

10 | ON THE SEVENTH DAY GOD RESTED

His grandchildren must have been out of town.
Edited by James Buck

12 | WHEN BEING SAD IS SERIOUS

Childhood Depression
Bridget Buck, MD

13 | EATING BERRIES CUTS RISK OF HEART ATTACK BY ONE-THIRD

By James H. O'Keefe, M.D.



15 | EXIT STAGE RIGHT

Some folks may think that life is a cabaret but to me, life is a Daffodil Princess Pageant and I'm the chief advisor.
Dorothy Wilhelm



Advertise with Us!

Advertisements in *50 & Better* reach over 30,000 readers who for over 13 years have enjoyed our original editorial content, relevant advertising, healthcare information and entertaining essays.

For information about placing an ad with us, call James B. Schweller at (913) 488-4130.

50 & BETTER
KANSAS CITY

Volume 15 • Number 6
June 2013

EDITOR AND PUBLISHER

James B. Schweller
publisher@fiftyandbetter.com
Dan Ellsworth, Associate Editor

50 & BETTER

PO Box 603 • Olathe, KS 66051
(913) 488-4130
Fax: (913) 782-2929

ADVERTISING SALES

James B. Schweller • (913) 488-4130

GRAPHIC ARTS

Steve McKay
(913) 449-6624
feb29steve@yahoo.com

COPY EDITORS

Laine "PLB" Schweller
Richard Laudie-Daudy

DISTRIBUTION

Publishers Delivery Solutions, Inc.

SUBSCRIBER SERVICES

Nancy Schweller

LEGAL COUNSEL

Sam Wendt, Esq.

FEATURE WRITERS

Edie Lambert
Kenny Kieser
Dorothy Wilhelm
James O'Keefe M.D.
Joe Cumley
Olga Bruner
Chet Hanson
Bill Miller
James Buck
Lucas James Shanahan

50 & Better is published monthly in Olathe, Kansas, and is distributed at 413 locations throughout the Kansas City MSA. Any opinions expressed by our writers are not necessarily those of 50 & Better. 50 & Better editorial and articles are not specific advice, as circumstances of our readers may vary. Subscription rate is \$30 for 12 monthly issues.

50 & Better Kansas City ©2013. All rights reserved. The articles and photographs that appear in 50 & Better Kansas City magazine may not be reproduced, distributed, transmitted, broadcast or otherwise published without the express written consent of 50 & Better Kansas City and the contributing writers. Unauthorized use is prohibited.

OUR AMERICA

7 REASONS WHY YOU DON'T WANT BIG GOVERNMENT.

CHET HANSON

There have been two interesting things in the political news recently. One was President Obama encouraging young people not to listen to voices that say big government carries with it the potential for tyranny. The other was a series of revelations regarding scandals involving our government's misuse of power for political reasons, abusing its citizens through invasion of privacy, unlawful targeting by the IRS, and in the process violating the Rule of Law and our Constitution – all of which are hallmarks of tyranny. Hmmmm.

Federal government is essential to protect us from anarchy, enemies both foreign and domestic, and to provide those services that individuals, the private sector or the states cannot provide. Government, at its best, is inefficient and should not be used when there are other paths. Here are but 7 of the multitude of reasons you do not want an overly big government.

- **Big Government is not nice.** The American people have come to think the government is benign and that it is the solution to most of our problems. Our Founding Fathers knew differently. George Washington, referred to by his peers as the father of our country said; *"Government is not reason; it is not eloquent; it is force. Like fire, it is a dangerous servant and a fearful master."* If Washington was right, and I believe he was, then how do we explain the fact that so many people think that an unrestrained government is a good thing? Governments are made of people, just like corporations. Greed and a lust for power are common to all, and do not evaporate simply because a person gets paid by the taxpayer.

- **Big Government only gets bigger.** Did you hear about the bureaucracy that took it upon itself to reverse its growth? No, and you likely never will hear of one. Bureaucracies are essential, but they are not benign and seem to feel they must continuously expand or so it would historically appear.



- **Big Government must continuously justify itself.** Why? Because the bigger the government the more citizens they will offend. To stay in power they will need to find or create an enemy – they must divide the people. How does a government go about doing this? There are thousands of techniques, but all center around the premise that only the "Collective", led by the elite intellectuals,



Radio George
The New World of Internet Radio

www.RadioGeorge.com

Great Music, FREE, for Everyone 50 & Better

No Signup Fees – No Subscription Dues
Just Tune in and Enjoy



Radio George Oldies
1955-1975



RADIO GEORGE JAZZ
Great Smooth Jazz



The Neon Beat
Late 40's-50's-60's

**A total of 107 channels, including *The Country Oldies Show*, *Classic Rock Live*, and many more. Online 24/7 worldwide at www.RadioGeorge.com
Listen now!**

**Sell Your House
in 7 Days...**
"As Is", at a Fair Price, On the Date
of Your Choice!!!

**We can pay all cash,
with no contingencies, and close
in a few days. Want a quick sale
without hassles? Call Now!!**

- WE use private funds so we can close fast.
- YOU don't have to do any repairs.
- MOVE when you want.
- LEAVE any of all of your stuff.
- NO Commissions or Fees.
- WE pay Closing Costs.

The Sierra Group, LLC
Real Estate Solutions
(800) 309-0753 • www.7DaysCash.com




can handle it. The individual – alone or in cooperation with like-minded people cannot. The absurdity of this reasoning is revealed not only in the example of the birth and growth of America, but in countless other examples, i.e. a timely book review by Bret Stephens (WSJ) on the Manhattan Institute Hayek Prize winning book *Tombstone* by Yang Jisheng.

Mr. Jisheng watched his father and millions of other Chinese starve to death under the collectivist policies of Mao. His experience has prepared him to warn us of what lies at the end of the road for nations that substitute individualism with any form of collectivism, no matter what the motives. Mr. Jisheng cites the brilliant economist, F.A. Hayek, as a great inspiration and teacher. He had a Eureka moment when he read Hayek's comment regarding central planning, "knowledge of circumstances of which we must make use never exists in concentrated or integrated form but solely as the dispersed bits of incomplete and frequently contradictory knowledge which all the separate individuals possess." In other words, no one knows what you need or when you need it as precisely as *you* do.

- **Big Government needs more of your power just to protect itself.** The larger a government becomes the more controlling it must become. Big, controlling governments are more vulnerable to dissatisfaction by factions of the people they are controlling. There are two elements at play – wealth and power (in this case a word that is interchangeable with liberty). More wealth can always be created through labor, innovation and a free market, but there is only a finite amount of power. If someone wants power beyond the ability to run their own life they must take it from other individuals. They must take it from YOU. The only possible result is that you will have less freedom to make decisions for yourself and your family. The bigger the government and the greater its reach the more it needs to protect itself and its ruling class.

- **Big Government breeds corruption.** Power attracts the corrupt. Today we are witnessing Crony Capitalism (Big Business friendly to government) taking on a larger and more sinister role. The same is true of Big Labor. Don't misunderstand – we have always had corruption for it is in the very nature of man. The difference is opportunity. Nothing provides opportunity like large pools of other people's money that can be spent for reasons other than the true public good, (public good being that which we cannot readily do for ourselves like police, fire and education, all local issues, and national defense, a federal issue) – these serve everyone, not a just a targeted voting block or crony contributors. We have seen Halliburton get huge contracts under Bush and Cheney to aid in our war in Iraq – who knows if they were the best company – who knows if it was all legit? We do know that Dick Cheney had been the CEO of Halliburton. That is bad. Under the Obama administration we have seen a rapid expansion of grants and contracts totaling billions of our tax dollars that went to companies and individuals who then went bankrupt even as the free money disappeared. We do know many of the entities that benefitted were major contributors or bundlers for Barrack Obama. That is bad. We have seen the abuse of our social safety net as never before. That is bad. The last thing any citizen should want is a federal government that takes your hard-earned tax dollars and redistributes them either to targeted corporations or voting blocks of other people, often buying with your money that which offends or injures you. Power corrupts – absolute power corrupts absolutely.



- **Big Government is stupid yet thinks it's smarter than you.** Have you ever spent \$500 on a toilet seat or \$700 for a common hammer? How about a couple of million to study the sex lives of some obscure fish? The government has, but you would not do that. Would you spend money you do not have and may never get that would leave your children destitute for programs that have proven not to work? Would you give just enough allowance to a person to squeak by in abject poverty if they didn't work, but would financially punish them if they did try to get ahead? The government does this every day and it is expanding on an exponential rate. Since it buys dependency and therefore votes it will not stop on its own. It will require, "We the People". What I have learned in my 7-plus decades is that even geniuses are only smart in given areas...that there are other areas in which they are as dumb as a box of rocks. Individuals live their lives in ways that are meaningful to them and have, as Jefferson so poetically put it, "*Been endowed by their Creator with certain inalienable rights – among these rights are life, liberty and the pursuit of happiness.*" How can we pursue our happiness if others, who think they are smarter than the rest of us, are making our decisions for us?

- **Big Government takes too much of your money.** When government taxes the rich, the dirty little secret is it will directly affect your economics as well. We have been divided – not united – as a people. Our current government has painted those who have been financially successful as villains. Only 14.7 of the hated top 1% inherited their money. The rest *earned it* the old fashioned way...through effort, persistence and ingenuity. Before you fall for the Class Warfare ploy, I invite you to use your own mind, knowledge of history and your own experience to see through the illogic of it all. When the government takes others' money in the form of taxes they take your money too. It is not as obvious perhaps, but just as true. Overspending by the government crowds out private sector growth. Every \$1 spent by the government diverts \$1 from the productive sector. That means fewer jobs. Fewer jobs put downward pressure on the value of *your* labor. A working person has fewer options and smaller paychecks. Just because they make a big show of targeting the rich does not mean that everyone's taxes don't get raised in one form or another. President Obama has engineered more than a dozen tax hikes that hit the middle class. This is true simply because there is not enough money among the rich to satisfy the appetite of Big Government. If government is too big it is difficult to have a good tax policy – if government is small it is difficult to have a bad tax policy. Remember, only a hundred years ago there was *no income tax*. Then they taxed just the very rich, then everyone got a small amount of money held out of every check, now higher taxes hit every working person and they are borrowing 43% of every dollar they spend and that is *still* not enough!

The good news for those paying attention is that more people are paying attention. We are currently at an all-time high of those who fear Big Government – 64%. Only 26% fear big business. About 17% fear Big Labor. Think about it. A Big Business can buy favors with money, but a Big Government doesn't even need money – they have brute power. In truth here is what we should fear the most – a big government, armed with the power to control your life through tax policy and regulation, which teams up with big business or big labor, or as today, with both.

This is what happened in the 1930's with Hitler's Germany and Italy's Mussolini. Free market capitalism is not to be feared if the government performs its primary function, which is to protect the citizenry from enemies foreign and domestic. If we allow government to do that which it was never authorized to

Join the popular Johnson County Library *Summer Reading Club* for all ages

Summertime and the readin' is easy for everyone. The 2013 summer reading clubs at Johnson County Library begin on Monday, May 20 and run through Saturday, August 3. This year the new Johnson County Library's summer reading program, sponsored by the Friends of the Library, will be for all ages, youth, teen AND adult and is unlike any other summer reading program.

Lots of great activities: booklists, events and fun like you've had in the past. But this year, there's even MORE! The 2013 Summer Reading Club will have a completely NEW online experience! You can:

- Earn badges for online activities and stuff you can do at the Library
- Give your own book comments, summaries, tags, quotations and star ratings
- Create a Library avatar
- Record your reading time
- Track books to read
- Print your certificate



Register to win fantastic prizes including SkyZone passes, Kindle Fire, Nook Simple Touch, iPod Shuffle and a photo shoot for a personalized READ poster.

To participate, visit www.jocolibrary.org/summerreading, call (913) 826-4301 or visit any library location.



Johnson County
Library

Sponsored by
Friends of
the Library

do (see Article I section VIII of the Constitution) it gets too big, it partners with evil greedy men from Big Business and Big Labor and the people no longer have a servant, but a master.

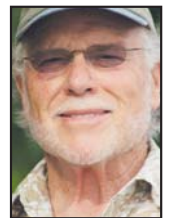
"We the people are the rightful masters of both Congress and the courts, not to overthrow the Constitution but to overthrow the men who pervert the Constitution." – Abraham Lincoln

Is this still Our America? Have we become too complacent and unwilling to perform our task of being the citizen our liberty requires us to be? What say you? ■

Chet Hanson is practical dreamer. He has founded or co-founded six different companies in a variety of disciplines.

He has never been motivated as much by money as by the adventure of creating. He is now either retired or waiting for the next thing to excite him. His writing ranges from political opinion to poetry. Politically he is a Constitutional conservative; his

poetry reveals he is a hopeless romantic. ideaigu@chethanson.com



A Definition of Hunting

What mindset should a young hunter learn? ♦ KENNETH L. KIESER

I recently watched a hunting show on television that made me think. My significant other, Cathy, watching the same show, turned to me and said, "That's wrong." I agreed.

The show's heroes were dressed in street clothes and cowboy hats. Their prey was a 2000-pound buffalo quietly standing on what looked like a well-manicured lawn. The men walked in, talking behind an old, torn down barn and set up while two fat buffalo stood about 60 yards away.

The shooter aimed what looked like a rolling block 45-70, and squeezed the trigger. A close up showed the bullet hit behind the animal's shoulder. The buffalo just stood there while the shooter pumped two more rounds in its thick hide.

Finally the buffalo dropped, no doubt dead from the first shot. This hunt reminded me of shooting cows in a pasture – no challenge – just killing. The buffalo were not wild animals; they were just waiting to be fed again. The average whitetail deer or no doubt, wild bison would have been long gone when the talkative hunters arrived.

Another show that affected us the same way featured a pretty woman with a compound bow. A pickup drove in what appeared to be a game ranch parking lot and dropped her off at a tree stand. She climbed up and waited. Soon what looked like a Billy goat walked past. She planted a broad head in its heart-lung area. The goat dropped dead. The pickup returned, loaded up the goat and drove away – not much of a hunt, but a good example of shopping.

Shows of this nature raise many questions in an experienced hunter's mind. For example, what is the essence of hunting and how should it be portrayed? Let me try to answer some of these questions from my 40 years of hunting.

Hunting or Shopping?

What is the difference between hunting and shopping? I go to the grocery store for shopping. There I pick out steaks in packages that allow a good look at the meat. Buying a package of steaks is only a satisfying experience after the steaks are cooked. I hunt in the woods, and hope to find and legally take my prey. Shooting a big buck, because I conducted the hunt correctly, is satisfying from beginning to the end. Some hunting shows seem more like shopping and less like hunting.

What image of hunting do you want youth to discover? Hunting should never be easy. Sure, we have all dropped a buck 5 minutes into opening morning. But it would not have been that easy if we hadn't done everything correctly. Just a touch of human scent picked up by the buck's sensitive nose would have ended the hunt before any shot was possible. We did everything right and were lucky enough to be in the right spot.

I get more thrills out of fooling a big gobbler with my setup and adequate calling than killing the big bird. The hunt starts before daylight. I quietly move

through the woods, occasionally pausing to make barred owl sounds that will make the turkey gobbler from his roost. Then, when a gobbler is found, I set out a decoy, sit in a most uncomfortable position and start calling with a mouth, slate and box call. I will stick with the sound he responds to best.

Then comes the hard part. A gobbler has the sharpest eyes and hearing in the woods. A small mistake of movement or sound will quickly end the hunt. Sit correctly, shoot straight, and the hunt will successfully end with the important one-shot kill.

What can the novice hunter look forward to? I envy future hunters who have years that I will never see again. They have experiences coming that have touched my heart for 40 plus hunting seasons. Many of you know these experiences. For example, have you ever walked through a woodlot when it was snowing or the leaves were falling? Or have you sat in a deer stand and watched a big flock of geese fly low just over your head or a covey of quail land and start feeding just below your stand?

STOP Back & Neck Pain NOW!

If...you are suffering from: Bulging or Herniated Discs / Degenerative Disc Disorder / Spinal Stenosis / Sciatic Pain / Facet Syndrome / Failed Low Back Surgery / Numbness & Tingling / Low Back or Neck Pain

And...you feel there is no help because you've tried it all: Epidurals / Physical Therapy / Pain Clinics / Back Surgery / Addictive Pain Medications / Traditional Chiropractics

Then...look no further! The DRS Protocol offers one of the highest success rates in the nation!

Get Back to Living
Get Back to *Life!*

 Adjust4Life

350 SW Greenwich Drive
Lee's Summit, MO 64082
816-651-0133

www.adjust4life.info



Dr. Chris Long

New, Safe and Innovative Treatment

Maintain an active life style / Non-surgical
Pain-free / Drug-free / No negative side effects

**Call today to find out more or to reserve a
seat at one of our free educational seminars!**

816-651-0133

Have you watched a deer move across a frost-covered field when it was cold enough to see the deer's breath exhale in a white frosty stream? Have you watched a woodlot come alive at first light when many species of birds respond to a new day? Or have you watched teal dart over your decoys when the sun just started to peek over an orange and red horizon?

I have watched these miracles and many more too numerous to mention in different areas of this country – sights I hope to see many more times, moments that make up the hunting experience. This is the beauty of television hunting shows done correctly – a hunter can view these miracles. I am proud to say that Ultimate Outdoors television shows always include the experience while other show barely touch on this important topic.



How should future hunters learn to prepare for hunting? Preparation for a hunt is important. Planning the hunt, learning wood lore, understanding your prey, learning skills like game calling and target practice until you are good enough for the one-shot kill. Few experiences are worse than wounding wildlife to escape and suffer or as an old man told me many years ago, "If you're going to shoot the damn thing, kill it or don't shoot at all." He was right.

What mindset should a young hunter learn? Hunting should never be a competitive sport and is not about who shot the most quail or other types of game. I have watched dangerous acts of carelessness made on quail or pheasant hunts by those who wanted bragging rights at days end. I would rather hunt with someone who takes his time and shoots. Human life has been taken by fast shooters who want to brag later.

Deer hunting has become about taking the biggest buck in your woods. If you don't believe me, visit a magazine stand and look at the titles, "Take the Biggest Buck of Your Life," or "Beat the Crowds to that Big Buck."

Shooting a doe provides excellent nourishment for your family. I have heard hunters almost apologize for shooting a doe because it did not have a big rack. I have antlers in my office drawing dust, but the deer steaks were eaten long ago. Folks, you can't eat those antlers and most experienced hunters agree that doe meat is tastier than buck meat. But again, hunting is often about bragging rights by those who have completely missed the point.

Is hunting part of your soul? The successful hunt is a victory that in my opinion that requires silently thanking God for the animal or bird and a safe, successful hunt. Then I silently thank the bird or animal for becoming part of my soul – an old Native American belief. You would be surprised how many hunters do something similar to my private ritual.

I always make a point to thank God for a safe, successful hunt even when no shots are fired. I thank him for several reasons. First, I watched a magnificent sunrise over a marsh or through the trees in an autumn timber. I had the power



More Than Just An Awning Company...



- Retractable Patio Awnings - Instant Sun Shield



- Retractable Vertical Screens - Sun, Rain, & Bug Shield



- Retractable Freestanding Shelter - Custom up to 23' x 29'



- Retractable Patio Shelter - Projects up to 23' out from wall



- Retractable Window Wall - Cold, Rain & Bug Shield

- Outdoor comfort when you need it, retractable when you don't.
- Shielding you from: Sun, Rain, Cold, & Bugs
- Custom sizes & hundreds of fabrics.
- Professionally installed in 3 weeks or less.
- Call for a complimentary quote. AM-AP-01

Awnings
— by HAAS, INC.

913-499-1896 • www.awningsbyhaas.com

Jim and Susan Haas



Custom Designs, Quality Products

www.sunesta.com

Retractable Awnings, Screens, & Shelters For Your Home and Business

and strength to observe numerous species of wildlife, generally birds and squirrels, but sometimes I was rewarded with sight of a deer, bobcat, fox or other creature that lives by stealth while a cool wind chilled my face – evidence of my very existence.

So how do you want hunting to be portrayed on television, newspapers or in magazines? What will you tell future hunters? I believe the answer must be how to appreciate the complete experience of hunting, a lifelong feast for the soul. ■

Kenneth L. Kieser is an award winning veteran writer of 33 years with several thousand bylines, mostly in outdoor publications. His current novel, "Ride the Trail of Death," a western has made several bestseller lists around the country.

You can contact him at: kkieser@comcast.net



YOUR FUTURE - YOUR CHOICE

LET'S JUST GET RID OF ANYONE THAT PARTICIPATED IN THE MESS. AND LET'S NOT FORGET WHAT IS REALLY IMPORTANT.

JOE CUMLEY

A client called me yesterday to inquire about his refund. The IRS hasn't paid him the refund and we filed the return back in March. There isn't really any reason he doesn't have it and the IRS website just says it's going to be reviewed. So I asked him if he was a member of the Tea Party. He thought that was pretty funny. But it isn't.

More and more people are asking about what is really going on with the "new" IRS scandal. All the facts aren't out yet but basically the folks there that decide who gets tax exempt status targeted the Tea Party members and religious entities

and about any other conservative group and asked that they provide much more information than is normally needed before they would award them a status letter.

Now I need to point out that no one was denied a status recognition. There have been some long delays and some of the folks have withdrawn their applications rather than answer some of the questions the IRS asked, but no entity was rejected. Keep that in mind. Some of you are probably thinking, "Well, if they didn't ask and then someone got the status that should not have, we would be screaming that they didn't do their jobs."

I would have to agree that we will probably never see everybody happy with anything the IRS does. I personally think if they would have asked a few more questions of the group out of Topeka that does all the vulgar picketing at funerals and churches it would have been a good thing...but that's just my opinion.

Here are a couple of points that concern me. First is that the Congress wants to have a bunch of hearings. I think that is a waste of money. I'm not too tolerant on this. If someone knowingly was involved in the scandal then fire them. I don't

Who manages your retirement savings can make a big difference!

**The three legs of the retirement stool —
Social Security, Pension Plans, and Private Savings—have all seen
shrinkage in the past few years. Call to speak with one of our
professionals, and we'll make sure you are still on the right path!**



www.greatplainstrust.com • Overland Park, KS • (913) 831-7999

Wealth Management Now And For Generations To Come®

I would like your latest Newsletter and Market Outlook:

Name: _____ Phone Number: _____ Email Address: _____

Address: _____ City: _____ State: _____ Zip _____

Send to: Great Plains Trust Company, 7700 Shawnee Mission Pkwy, Ste 101, Overland Park, KS 66202

Phone: 913-831-7999 • Fax: 913-831-0007 • Shauna@greatplainstrust.com

need a big hearing at the cost of thousands of dollars. Have Mr. Trump come in and give his famous line. "You're fired." End of story. If they knew what was happening and they didn't report it and they didn't do anything about it *then fire them.*

Most of us can remember when Ronald Reagan told the traffic controllers that if they went on strike he would fire them. He did. And that let the rest of the country know that he meant business.

We should just tell the guys who participated that they don't have a job anymore. And then in the future the employees will remember what happened. That might discourage some of this type of action in the future. I don't see the need for a bunch of Congressional hearings. Give me three minutes with each person. Ask them three questions. "Did you know about it? Did you participate in it?" If the answer is yes to either of those...give them the boot. And the third question should be, "who else?"

We don't need new rules and regulations. Give the employees a private hotline to report offenses and guarantee them that they won't be fired for reporting bad stuff and let them go back to work. Make sure they know that if they are told to do something that isn't right then they need to report it or they are in line for the next round of firings. Then follow through with the promise. I don't know how it would take long to investigate wrongdoing. If it's right its right. If it's wrong then stop or you'll be taking a walk.

Now I have to wonder about the timing of this scandal. It seems to me that the Benghazi incident is much, much more important. Our kids lost their lives over there. It wasn't a simple delay in status recognition. I hate to see attention taken away from that investigation. I really believe some people ought to be sent to prison. I think not trying to help our boys was a disgrace to our country. I'm not a conspiracy nut but I think we can put the IRS thing on the table until we get the Benghazi thing put to rest. I'd hate to think that someone could be caught in a mess like that again and possibly die because we were wanting to hang a few people at the IRS. Let's get our priorities straight. I'm not saying let the IRS pass... but lets focus on keeping our troops safe and alive!

Here is another thing to think of about the IRS. If we are so upset that the people there postponed paperwork and asked for more paperwork than what was needed, how are we going to like the idea that the IRS is the watchdog of Obamacare? I don't like the idea that some IRS agent can read my medical records. I don't like the idea that some IRS agent can decide if I get a credit for payment or a bill for nonpayment of my health insurance. I don't like the idea that some IRS agent might get to decide if I'm seeing the right doctor or getting the right treatment. I don't like the idea of an IRS agent knowing any more about me than what is currently on my tax return. And I really don't like them having the right to ask me some of the questions they are entitled to ask me now about what charities I contribute to and other things like that. But so far that has not had a negative effect on my taxes. *And right now those questions are legal.*

Let's not waste a bunch of money trying to figure out who was ultimately responsible. Let's just get rid of anyone that participated in the mess. And let's not forget what is really important. See you next month! ■

Joe Cumley, EA, ATP, RFC, is a Registered Financial Consultant, and an Accredited Tax Preparer. He is President of Joe Cumley Consultants Inc. E-mail your comments to joe@allamerican tax.com or call 913-764-1520



Special angels...DRY TEARS, EASE PAIN,
RUN ERRANDS, GRANT WISHES, TIDY UP,
SALUTE, SERENADE, PLAY FETCH, WATCH OVER
YOU, PRAY WITH YOU, HELP YOU GRIEVE.

Crossroads creates a special bond with patients and families through our unique approach to hospice care. Sure we provide things like expert pain management and all of the medications and medical equipment to make patients as comfortable as possible, but that's just the beginning. We go way beyond that with innovative programs like pet therapy, the Gift of a Day, and Veteran's Recognition. Plus nobody spends more time with patients and families than Crossroads Hospice.



Download our helpful guide
about end-of-life care:
Tips from Nurse DeAnna
www.CrossroadsHospice.com/Senior

Crossroads
HOSPICE

Expect more from us. We do.

Accepting Medicare, Medicaid, private insurance and more.

www.CrossroadsHospice.com/Senior
800-639-8783

On the Seventh Day God Rested

His grandchildren must have been out of town. ♦ EDITED BY JAMES BUCK



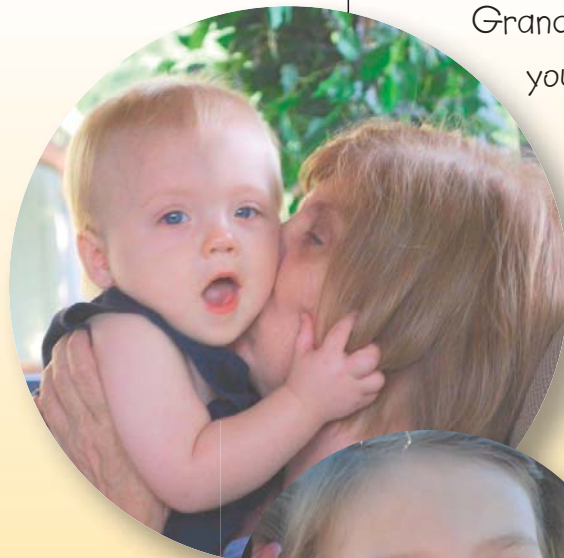
Never have children, only grandchildren.
~ Gore Vidal

The reason grandparents and grandchildren get along so well is that they have a common enemy.
~ Sam Levenson

A mother becomes a true grandmother the day she stops noticing the terrible things her children do because she is so enchanted with the wonderful things her grandchildren do.
~ Lois Wyse

Becoming a grandmother is wonderful. One moment you're just a mother. The next you are all-wise and prehistoric.
~ Pam Brown

Being grandparents sufficiently removes us from the responsibilities so that we can be friends.
~ Allan Frome



Do you know why children are so full of energy?
Because they suck it out of their grandparents
~ Gene Perret

Grandchildren are God's reward for not killing your kids.
~ Unknown

Grandparents are there to help the child get into mischief they haven't thought of yet.
~ Gene Perret



I figure someday I can tell my grandbabies that grandma used to be a hottie.
~ Jessica Biel





Perfect love sometimes does not come until the first grandchild.
~ Welsh Proverb

The idea that no one is perfect is a view most commonly held by people with no grandchildren.
~ Doug Larson

On the seventh day God rested. His grandchildren must have been out of town.
~ Gene Perret

It's funny what happens when you become a grandparent. You start to act all goofy and do things you never thought you'd do. It's terrific.
~ Mike Krzyzewski

When a child is born, so are grandmothers.
~ Judith Levy



If God had intended us to follow recipes, He wouldn't have given us grandmothers.
~ Linda Henley

Becoming a grandmother is wonderful. One moment you're just a mother. The next you are all-wise and prehistoric.
~ Pam Brown

We should all have one person who knows how to bless us despite the evidence, Grandmother was that person to me.
~ Phyllis Theroux



My grandmother is over eighty and still doesn't need glasses. Drinks right out of the bottle.
~ Henry Youngman

When Being Sad is Serious

Childhood Depression ♦ CHILD PSYCHIATRIST BRIDGET BUCK, MD

It's hard to believe children can be depressed. We imagine them as always being carefree without many troubles. However, medical research has established that depression is much more than just a bad mood. Depression is a true neurochemical imbalance that disturbs the child's entire outlook and behavior.

A Case Story

Jimmy was 8 when he came to see us. He had always been a happy, energetic soul; but lately things had changed. Over the last six months, his parents noticed drastic differences in his behavior and mood. He began to experience terrible insomnia. Jimmy usually fell asleep without difficulty, but now it would take several hours. He tossed, turned, and laid in bed worrying about the next day. Often his parents would find him downstairs at 3:00 or 4:00 in the morning playing Nintendo because he couldn't sleep.

He began to lose interest in his activities. Typically he was always on the go, engaged in neighborhood games or over at a friend's house playing. However, lately he preferred to stay at home, watching TV or playing on the computer.

He started complaining of aches and pains. He seemed to not enjoy anything, and it was a struggle to get him to do his chores and participate in family activities. He began making negative statements about himself saying, "I hate myself", or "I'm stupid". He even made unkind remarks directed at family members, such as "I hate you". His parents felt they could do little to please him.

His mood was irritable. It took very little to upset him; he began throwing long temper tantrums and destroying things in his room, slamming doors, and screaming awful things at family members.

His mother noticed other changes. He wasn't eating and disliked most foods that he ate before without complaint. He seemed to have little to no energy. He was lethargic, laying around complaining about how bored he was. It seemed nothing would intrigue him.

There were problems at school too. His teacher called saying he wasn't playing with others at recess. He sat alone and just threw rocks. In class, he was easily upset, ending up in tears if she would call his name or encourage him to pay attention. His grades were slipping. He was unfocused and wasn't completing work that he normally completed easily.

Jimmy's mother contacted our office when Jimmy was crying and told her he wished he were dead. He had begun to hit himself in frustration, and she had just found him attempting to strangle himself with a T-shirt.

Although depression in children is rare, it still affects 3% to 7% of all children. Often depression runs in the family, and a significant stressor will precipitate it, i.e., divorce, a family move, or school problems. Unlike adults, children typically become more irritable, displaying explosive outbursts and aggression... different from a depressed adult becoming sad and withdrawn. Parents often describe this to us as mood swings.

Symptoms of a Child's Depression

- Disturbed mood for at least two weeks.
- Sleep disturbance, insomnia, and early morning awakening, or sleeping too much.

- Lack of interest in activities, decreased pleasure in activities he normally enjoys.
- Decrease in self-esteem; feelings of hopelessness and worthlessness.
- A lack of energy, with feelings of fatigue throughout the day.
- Difficulty in concentration; a drop in grades may coincide.
- Change in appetite with a decrease or increase in weight.
- Suicidal ideation, thoughts of wishing he were dead, and engaging in thoughts of harming himself.

Mild depression can often be treated with psychotherapy alone. The child learns new coping mechanisms to deal with stress, and is taught to challenge his negative thinking. A very important part of therapy is teaching problem-solving skills. When faced with a stressor or challenge, many depressed children cannot explore possible solutions beyond throwing a tantrum or hurting themselves. Helping them to gain confidence and convincing them they have options and solutions is important.

If a child is demonstrating moderate to severe symptoms of depression that disturb his ability to function at school, in their family, and with peers, a combination of psychotherapy and medication can be utilized. Antidepressants available today for children are safe, effective, and are often tolerated with few, if any, side effects.

Help Is On the Way

Jimmy started psychotherapy with one of our counselors, but he was too depressed to engage in the treatment process. As he continued to suffer from depressive symptoms, a combination of therapy and antidepressant medications was initiated. After several weeks, he began a gradual decrease in his symptoms. His mood improved. He resumed activities and began to sleep better. He was able to tell his family and us that he was feeling better.

Parents have a difficult time recognizing depression in their children for several reasons. They often identify irritability and accompanying negative behavior as a discipline problem. Unfortunately, this misunderstanding can further escalate the conflict and encourage the depressed child to feel helpless and even more negative about himself. Despite all the current medical knowledge that tell us depression is a medical condition, there is still the persisting myth that children "can't be depressed" or "don't have anything to get depressed about".

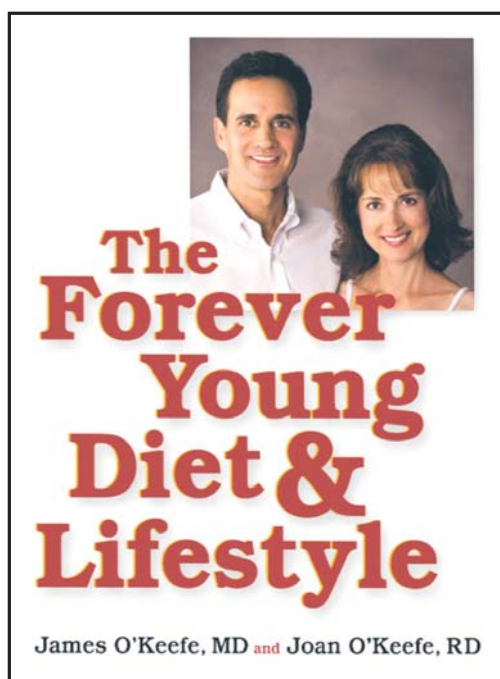
As a grandparent, you are a valuable resource to convey concerns to his parents if your grandchild doesn't seem to be himself. A trip to the pediatrician can more thoroughly evaluate the child. If necessary, a referral can be made. Safe and effective treatment is readily available. ■

Child Psychiatrist, **Doctor Bridget Buck** is the retired Clinical Director of Blank Psychiatry and Counseling at Blank Children's Hospital in Des Moines and was an inspirational influence in the founding of 50 & Better.



Eating Berries Cuts Risk of Heart Attack by One-third

So go ahead and indulge your cravings for blueberries and strawberries. ♦ **CARDIOLOGIST JAMES H. O'KEEFE, MD**



Now you have another great reason to add blueberries and strawberries to your weekly shopping list. A recent study featured in the American Heart Association's (AHA) journal, *Circulation*, garnered major attention when it found that women who ate three or more servings of blueberries and strawberries every week for almost 20 years dramatically reduced their risks for having a heart attack.

That's good news for those of us concerned with preventing heart disease, the leading cause of death for women in the United States, and the culprit behind one in every four female deaths,

according to the Centers for Disease Control.

In fact, recent research has found that women are more likely to die from heart attacks than men. The AHA says that's because women may be more likely to experience other heart attack symptoms besides chest pain that may be harder to pick up, such as shortness of breath, nausea, vomiting, and back or jaw pain.

These researchers surveyed 93,600 female nurses between 25 and 42 who were part of a long-running study in which they filled out questionnaires about their diets every four years for 18 years.

Out of the large study pool, only 405 heart attacks occurred. Women who ate the most blueberries and strawberries were found to be 32 percent less likely to have a heart attack, compared to women who ate berries once a month or less. That was found to be true even for women who ate diets rich in fruits and vegetables, but not those two berries.

The study was observational, meaning it did not show a direct cause-and-effect relationship between berries and heart attack protection; the link was simply observed by researchers after ruling out other factors that may contribute to heart attacks.

I have always thought of berries as nature's candy – a delicious and nutritious treat that I eat once or twice a day. Berries such as frozen wild blueberries, and fresh strawberries and blackberries, are by far my favorite fruits.

Among all the various fruits out there, berries are the best choice for improv-

ing your health and longevity. Berries are great for both brain health and heart health and one of the very best foods you can consume. I make a habit of having blueberries and strawberries every day, usually with



a protein source like raw unsalted nuts and/or non-fat Greek yogurt.

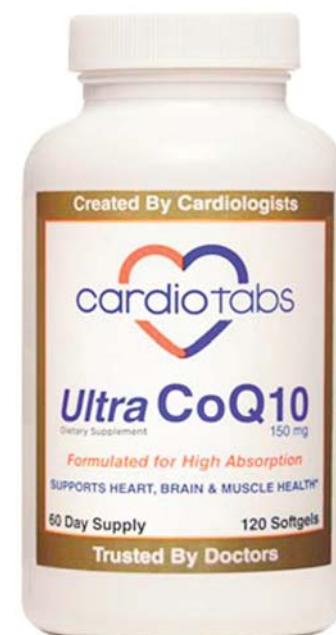
A diet high in antioxidants from sources that include blueberries and strawberries, but also blackberries, raspberries, green tea, coffee, dark chocolate, and red wine can improve the function of your blood vessels by as much as 50 percent. That means healthier, less inflamed arteries. Additional studies indicate that eating blueberries on a regular basis, especially wild blueberries, which are a rich source of potent antioxidants, can lower blood pressure and maintain sharp brain function.

The AHA supports eating berries as part of an overall balanced diet that also includes other fruits, vegetables, and nuts. Other ways women can reduce their risks for heart disease include regular exercise, reducing stress, avoiding smoking (and second-hand smoke, which has been shown to increase risk), and reducing salt intake.

So go ahead and indulge your cravings for blueberries and strawberries. They're a tasty treat that is proving delicious and an essential part of a heart-healthy diet for women and men alike.

Potential Benefits of CoQ10

Coenzyme Q10 (CoQ10) is shaping up to be one of the most important nutritional supplements for many people, especially for anyone with heart disease or cardiovascular risk factors like high cholesterol or high blood pressure. Indeed, CoQ10 is a key enzyme



used in the mitochondria, which are the little power plants where our cells generate and store nearly all of the energy needed to power our bodies. The brain, heart and muscles, because of their high energy requirements, are especially dependent upon adequate levels of CoQ10 for optimal function. CoQ10, through its antioxidant activities, also helps protect the body from free radicals, which are dangerous compounds that tend to oxidize (rust) everything from DNA to cholesterol, thereby predisposing to premature aging and disease.

CoQ10 is incorporated into the mitochondria where it facilitates the chemical conversion of fats and sugars into energy. An increasingly convincing body of scientific evidence indicates that supplementing with CoQ10 may improve energy production in the mitochondria and positively impact overall health and well-being.

In the process of normal aging, we tend to decrease our production of CoQ10 by up to 70 percent or more. After age 45, particularly for those who remain very physically active, this can start causing age-related problems with muscle, brain, and heart function.

Importantly, statin drugs, particularly at higher doses, can also reduce the body's ability to manufacture CoQ10 by another 40 percent. Statin drugs lower cholesterol levels by inhibiting an enzyme in the liver, which not only reduces the production of cholesterol, but it also lowers production of coenzyme Q10. This can predispose to muscle aching and weakness, and fatigue. Therefore, it may be especially important to supplement with CoQ10 if you are: over age 45, physically active, or on a statin drug. Additionally, CoQ10 is often used as a nutritional supplement in the setting of a wide variety of heart-related conditions such as high blood pressure, high cholesterol, coronary artery disease, and congestive heart failure.

CoQ10 may help your cells boost their energy production back to youthful levels. Thousands of research studies suggest possible roles for CoQ10 to: maintain normal blood pressure levels; support healthy immune system function; support the normal function of brain and nervous system; and promote healthy heart function.

This nutrient is very difficult to absorb and thus only 1 percent of the CoQ10 found in many formulations is actually absorbed into the bloodstream. So look for a CoQ10 in a highly absorbable formulation.

Three Health Benefits of an Active Sex Life

1 Well-being/Quality of Life: Promotes emotional bonding, intimacy and relaxation, reduces anxiety and depression, relieves pain, strengthens immunity, and improves sleep.

2 Youthful Glow: People who were having sex about four times per week with a steady partner were perceived to be 7 to 12 years younger than their actual age.

3 Fun, Exhilarating Workout: A romp can burn anywhere from 85 to 250 calories.

Extra-Virgin Olive Oil Keeps Skin Looking Younger

Author Elizabeth Gilbert writes about being on a train in Italy when a man she happened to be sitting next to remarked, "You're not too fat for an American woman." She replied, "Thanks; and you're not too greasy for an Italian man."

That oily skin common among the people of Italy is not a genetic trait, but



rather a consequence of a diet rich in olive oil. In fact, when you eat the classic Mediterranean diet that is high in olive oil and nuts you might find that you need to wash your hair and skin more often to keep it from getting oily. Yet the healthy monounsaturated fats and age-defying antioxidants in extra-virgin olive oil (EVOO) are great for keeping your skin and indeed your whole body looking and feeling younger.

When we were in Italy, Joan and I were often mistaken for native Italians, probably because we too consume large quantities of EVOO, and thus have oily skin.

A recent study in the *American Journal of Clinical Nutrition* followed more than 40,000 middle-aged people for an average of 13.4 years and found that those who consumed about two tablespoons or more of olive oil per day had a 44 percent lower risk of dying from heart disease and a 26 percent lower risk of dying from any cause. A team of Spanish researchers recently published a study in the *Journal of Nutrition* showing that adherence to the traditional Mediterranean diet markedly improved longevity. Among over 15,000 people, those who most closely followed a Mediterranean diet had a 50 percent lower risk of dying during the follow-up period. ■

Meet Dr. O'Keefe



Dr. James O'Keefe is a native of North Dakota and graduated from the Baylor College of Medicine in 1982. He completed both his cardiovascular fellowship and medicine residency at the Mayo Graduate School of Medicine in Rochester, Minnesota. He is board-certified in cardiovascular disease and in internal medicine, and is a fellow of the American College of Cardiology and the AHA Council of Clinical Cardiology. Dr. O'Keefe is in clinical practice with Cardiovascular Consultants of the Mid-America Heart Institute and is involved with clinical research. He has published over 200 peer-reviewed manuscripts, is the lead author on several books, and has contributed chapters to others. He is the director of the Preventive Cardiology Fellowship Program at the Mid America Heart Institute and has been named to several top doctors' lists regionally and nationally.

Exit Stage Right

Some folks may think that life is a cabaret but to me, life is a Daffodil Princess Pageant and I'm the chief advisor. ♦ DOROTHY WILHELM

You've caught me at a bad time. The Minnesota contingent of my extended clan will soon arrive for their first visit to the great Pacific Northwest and I've barely gotten started on the cooking, cleaning, and micromanaging.

"Now, Mother," cautioned Number One Son, "Don't make a big production out of this visit."

"I don't know what you're talking about," I said, although I knew exactly what he was talking about. Actually I'm the Queen of Big Productions. Some folks may think that life is a cabaret but to me, life is a Daffodil Princess Pageant and I'm the chief advisor.

"Whenever we have a get-together, you want to stage manage everything" my son plowed on. "Last time you even had a script."

It's just not true – exactly. Besides it wasn't a script, it was a couple of pages of hints and suggestions. And of course the schedule and the diagram so everyone would know where to stand and when. Everyone has gifts. Sailors sail, teachers teach and I manage events down to the tiniest nanosecond. I think of it as wise elder advice.

I suspect this incipient family mutiny may have begun in the decades of Christmas Eves when I organized processions up the living room stairs with each family member carrying a figure for the crèche while their father played Christmas carols on the organ. It never failed to bring a tear to my eye but I suppose some mild offense might have been taken by the sibling or spouse who was selected to carry the donkey at the end of the procession. Of course, there was our older daughter's rebellion when she had to dress like St Lucy and bring her parents coffee cake in bed on that Saint's Day. It seemed really charming to me but she put her foot down when she found out that none of her friends had to do that. I perceived these as delightful family experiences that would form the basis for happy childhood memories but apparently other participants perceived it all as a pain in the donkey's nether regions.

Looking back, those were very special events and what does not kill us makes us stronger after all. I mean, nobody died so I don't know what everybody's complaining about. How will the visitors know how glad I am to see them if I'm not in a state of exhaustion from preparations?

Still, there had to be some change. I'm pretty sure many wished it would be my attitude. Instead I decided on an image update to help them understand the real me. Before you could say, "Secret Emulsion" I was perched on a high stool under a sign reading "True Beauty". My personal makeup consultant, a bubbly whirlwind named Dolores, zipped around muttering to herself and collecting a huge box of essential tubes and enough brushes to complete a fairly large painting. Apparently I had arrived just in the



nick of time. Dolores enumerated the items absolutely crucial for "our youthful natural look." The bill for our youthful natural look totaled \$200 before I got beyond the bottle of Fountain of Youth Tightening and Firming Foundation.

"I can't possibly afford to look this much better." I gasped. But Dolores assured me that more emergency aid was needed "so you can look as nature intended." I didn't find this reassuring since, as nearly as I can tell, nature wanted me dead about three years ago.

So I'm home again making my list of things that simply must be finished and trying to pretend I don't hear the Great Grandkids asking their father, "Why does Gramma's face look funny?" I've made a hot dish for the freezer and we'll be celebrating all the birthdays we've missed so I'm designing a cake shaped like

Darth Vader's helmet. I'm trying to work out how to hide a little recorder inside that says, "Luke, I am your Father."

I wonder what it would be like if I decided to relax and just enjoy this special event. What if I leave the dishes in the sink and really look at the dear little faces; I wonder what the family would think?

They'd think they were at the wrong Grandma's house, that's what. ■

Dorothy Wilhelm's website is www.itsnevertoolate.com. Reach her at 1-800-548-9264 or PO Box 881, DuPont, WA 98327.

Email Dorothy@itsnevertoolate.com.

She is the author of a teeny tiny book, *No Assembly Required*.



FREE SUBSCRIPTION
Get 50&Better online
every month!

Just email us at:
publisher@fiftyandbetter.com, and tell us:

- Your approximate age
- Town you live in
- Boy or Girl
- Your email address

We will email your free issue every month.

CLUB 50



**OVER 50?
JOIN CLUB 50 AND
START ENJOYING GREAT
BENEFITS RIGHT AWAY!**

Receive \$2 off breakfast or lunch at Calypso's® Buffet on Tuesdays and Thursdays from 8:00am to 2:00pm.

Earn 25 tier points on Thursdays between 8:00am and 6:00pm for a FREE ice cream cone from Calypso's® Buffet.

Earn 3X points* on Thursdays from 8:00 to 6:00pm.

Earn a FREE buffet with every 10 punches on your Club 50 punch card**.

CONNECT WITH US



1800 E. Front Street • Kansas City, MO 64120
www.isleofcapricasinos.com

© 2012 Isle of Capri Casinos, Inc. *You must have your Fan Club® card swiped at the Fan Club prior to playing to receive your 3X points. Only points earned after having your FanClub card swiped will be multiplied. Points must be earned on same gaming day. Maximum multiplier is 3X, and cannot be combined with any other offer. **Earn 50 tier points on Tuesdays and/or Thursdays to receive a punch on your Club 50 card. Points must be earned on the same gaming day, between 6:00am and 5:59am. One punch per day. Subject to change/cancellation without notice. Any change or cancellation of the promotion must be approved by MGC prior to the change or cancellation. Bet with your head, not over it. Gambling problem? Call 1-888-BETS-OFF. www.isleofcapricasinos.com



ChaChing!
KANSAS CITY