

# KICKIN' NEWS

Publisher: LOW DEMOCRATIC CLUB

## EDITOR'S LETTER

Happy Easter Members! As always, hope it's egg-stra-special! The weather is more temperate; so hope to see more members at the meetings.

This issue begins a new feature, "POESY". A poem can uncover feelings that can give you a new perspective or just a "wow" moment. We can all stand a little extra beauty and introspection in our lives.

Dues is due,  
Don't be quibbly,  
Just send the \$20.00 -  
To Gary Sibley.

See, that was a thoughtful poetic line, indeed.

Still waiting for member contributions to "Kickin' News" - Page of Opinion is still empty. However, the newsletter has a wonderful staff, and I thank them for their articles.

PROMOTE OBAMA CARE  
WE'RE WINNING!!

BLUE POWER !!!!!!!

## WORDS FROM THE CHAIR

BY: SHIRLEY PFILE

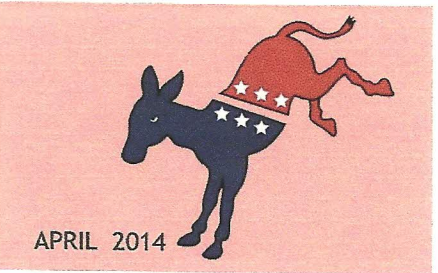
We have survived an intense winter, and spring has finally arrived. Our March program was fabulous. An inspiring speaker and wonderful refreshments made for a great afternoon. I'm looking forward to more stimulating programs in the future. As you are reading this, get out your calendars and circle July 12<sup>th</sup>, that is the evening of our picnic inside the Community Center. We are asking for \$5.00 from each person to cover the catered chicken. We will be serving an assortment of side dishes and lots of surprises will be part of the evening.

Hope to see you at coming meetings and events. Don't forget to pay your dues.

\*\*\*\*\*

Treasurer -Gary Sibley

102 Creekside Drive



## MEANDERINGS

BY: Lyn Nowakoski

A few days ago in a discussion about the missing Malaysian plane and the possible cause for the tragedy, some members of the Far Right said that the problem was - you guessed it - President Obama's fault! Of course! I suppose that he is also to blame for the strange weather that we have been having?

If China had experienced a massive problem, such as an earthquake or a flood while Mrs. Obama, her two daughters, and her mother were visiting, of course, the Obamas caused the trouble.

For his own strange reasons, Rush Limbaugh heartily disapproves anything that Mrs. Obama does. He called her a "Food Czar", because she was encouraging families to eat more healthfully, grow vegetable gardens, and to become more active in sports. Obviously, Limbaugh failed to see the irony of his being critical of anyone trying to teach better health habits to children.

# KICKIN'NEWS

Publisher - LOW DEMOCRATIC CLUB

April 2014

page 2

CPAC FUN !!

BY: C. Carr

Did anyone catch CPAC in March? It was quite a show. Sarah Palin said the Democrats are using women and putting them on their arms for decorations. I have no idea what in the world that meant, but it was delivered in her strange vernacular. ( with a wink)

Ted Cruz insulted John McCain, Mitt Romney and Robert Dole as failed Presidential candidates, who did not stick to their principles. I do not believe they share all of his so-called principles. The next day John McCain was so angry, he appeared on TV and said, Cruz owed Robert Dole an apology, and I quote, to a man "who left his body parts on a hill in Italy in World War II." I have to agree. What a little nasty whippersnapper!

Many demanded that we open the Key Stone Pipe Line, and export that dirty shale oil to Europe, so they wouldn't depend on Russia. Big gotcha there! First, that oil will go to the highest bidder on the world market. Oil companies are in it for the money.

Second, can you imagine the Conga line of tankers to Europe? Horrible oil spills or remember the Lusitania?

Then the audience was treated to such stellar plans as abolish the IRS, the Federal Reserve, Department of Education, ad infinitum. The Obama bashing cannot be repeated in this article.

Lastly, they had all those seminars with weird names and ideas. One was "Reach Out to Women and Minorities" It was held in a room that could seat 800. Eleven people attended. So much for reaching out.

Remember going to the circus? There were so many extraordinary things to see! And the kids always got to throw peanuts at the elephants! That's what they did ! Good old CPAC fun!

+++++

POESY POESY POESY

## POWER

You cannot put a fire out;  
A thing that can ignite  
Can go, itself without a fan  
Upon the slowest night.

You cannot fold a flood  
And put it in a drawer, -  
Because the winds would find it out,  
And tell your cedar floor

## EXPERIENCE

I stepped from plank to plank  
So slow and cautiously;  
The stars about my head I felt,  
About my feet the sea.

I knew not but the next  
Would be my final inch,-  
This gave me that precarious gait  
Some call experience.

Emily Dickinson - Born in 1830, Emily lived a reclusive life. She wrote prolifically, but only four poems were published in her lifetime. The rest were published posthumously by relatives. A lady you should get to know, as she was quite ahead of her time in many ways.

# KICKIN' NEWS

Publisher LOW DEMOCRATIC CLUB

APRIL 2014

page 3

## MARCH PROGRAM - SUICIDE PREVENTION

BY: PAT IVEY

Our special Sunday meeting focused on mental health with an outstanding presentation by Alan Rasmussen, who heads the Suicide Prevention Office of the Rappahannock-Rapidan Community Services Board. Those in attendance at the March 16<sup>th</sup> event included Sheriff Mark Amos, former Virginia State Senator, Butch Davies and District Five Supervisor, Lee Frame and Deborah Pulaski, mental health counselor, who was available for private conversations following the presentation. All who attended were encouraged to become advocates for mental health education and suicide prevention.

Alan is a well-known and popular speaker whose passion for suicide prevention is contagious.

## PROGRAM (CONT.)

He began his presentation with several startling statistics. Suicide claims 30,000 lives each year; Over half of suicides occur in adult men ages 25-65; Suicide is the third leading cause of death in 15-24 year olds and the fifth leading cause in 50-64 year olds. The strongest risk factor for suicide is depression. On average, a suicide occurs every fifteen minutes.

Alan's suicide prevention training focuses on QPR (Question - Persuade-Refer) "Ask a question. Save a life." This program was written by Dr. Paul Quinnett and is the foundation for formal suicide prevention training. Alan encouraged the audience to attend the upcoming Mental Health First Aid classes to be held in Fredericksburg beginning in May.

A special thanks to all who made our March 16<sup>th</sup> special program possible; to Chris and the Special Events Committee for a lovely array of refreshments; and to Kerry

## PROGRAM (cont.)

for his wonderful piece on our website. I hope that those who were unable to attend had the opportunity to watch it on Channel 18.

### Training Sessions -

May 8 to 9  
June 9 to 10  
July 14 to 15  
Aug. 14 to 15  
Sept. 22 to 23  
Oct. 9 to 10  
Nov. 17 to 18

Times are estimated to be 8:30 to 2:00 P.M. with lunch the first day and 8:30 to 2:00 the next day. Locations will be decided closer to the date. A \$25.00 registration fee includes a workbook and lunch the first day. Sessions are limited to 20 and are filled on a first-come, first-serve basis. Register by contacting Michelle Miner, therapist/CIT manager 540-899-4357 or [mminer@racs.state.va.us](mailto:mminer@racs.state.va.us)

# KICKIN' NEWS

LOW DEMOCRATIC CLUB

APRIL 2014

page 4

## LOOK! A BOOK

BY: DIANE SIBLEY

Ever have a book on the shelf that nags at you? You paid your own good money for it, know you ought to read it, even know you'll be glad when you do read it, and yet you keep edging away from it until you're sliding over toward the mystery shelf? Well, I can now say with a righteous smile, "I did it!" The book is *What's the Matter with Kansas?* By Thomas Frank, published 2004. Dr. Frank got his P.H.D. in History from the University of Chicago, attended the University of Virginia and the University of Kansas.

The book is about the shifts in our political parties that have so many of us scratching our heads and questioning our hearing and memories and I.Q.'s. We're asking, "How did this happen?" What makes Republicans run maniacally to the right like lemmings to the cliff and sends Democrats cowering and saying, "Please don't hurt me, I'm not a liberal, just a moderate progressive."

I don't want to scare anybody off, but the first half of the book takes a little more effort to get through and skips around quite a bit. Concepts like cultural backlash, anti-Americanism, cooperate conspiracies, Reaganism, educational policy wars, etc. are all alluded to and without enough detail to make a smooth transition from paragraph. But hang in, the second half is worth working toward.

One of the biggest mysteries discussed at length in this book is why Americans are so willing to accept the legitimacy of statements promoted by the propaganda machines of the Republican party. This is where a lot of Kansas history comes in to try to explain just *What is the matter with Kansas*. At first it seemed like there was just too much Civil War stuff, farm support laws, regulation and deregulation issues going on, and as usual my eyes glazed over a bit until a few pages later when I came across the quote:

"Out here the gravity of discontent pulls in only one direction -- to the right, to the right, farther to the right. Strip today's Kansans of their job security, and they head out to become registered Republicans. Push them off their land, and next thing you know they're protesting in front of abortion clinics. Squander their life savings on manicures for the CEO, and there's a good chance they'll join the John Birch Society. But ask them about the remedies their ancestors proposed (unions, antitrust, public ownership) and you might as well be referring to the days when knighthood was in flower."

As I got further along in the book, I gave up trying to figure out why pro labor citizens in a state( and now even across the country) turned their back on labor, why the state with the lowest per capita income and lowest median housing values, consistently generated the strongest support for the conservative faction. I did not, however, come up with more understanding of why the

# KICKIN' NEWS

Publisher LOW DEM CLUB

ARRIL 2014

PAGE 5

## LOOOK! A BOOK (CONT.)

Republican Party is so fixated on abortion rights, gun rights, etc. As the author says, "God, guts, and guns... is a no brainer." they want their guns because they feel insecure. They somehow equate feeling empowered with weaponry and they equate that with their civil rights (human rights, not so much). But, somebody out there in Red Land figured out that if they could let abortion law be the underpinning of their agenda, they could say, "See, God is one our side. We're trying to turn back the evil in the world and while we're at it, let's show our true devotion by voting the right way and contributing to the right causes, etc., because we don't want to tick off the Big Man." Take some time to enjoy the book. Keep handy a highlighter. There are some good quotes in there.

## WILL HILLARY RUN?

BY: C. Carr

Lots of talk -blah, blah, blah! She's not saying, but the swirling of plans and reasons for her to say she is a candidate for President are never ending. Her speeches and personal appearances have increased, and while speaking at a Solid Waste Management event, a woman threw a shoe at her. Clever and on her game, Hillary not only ducked, but made a few jokes about the incident. She said, "I didn't know waste management was that controversial."

Now, here's some things to remember. 1. All the Democratic and Independent women who wanted her to win the last time. 2. McCain chose S. Palin, erroneously thinking women would vote for just any woman. 3. America is ready for a woman President.

5. Many men also support her, as perhaps they too know it's time for a woman.

6. She has the bona fides in politics at home and statesmanship abroad. 7. She has been vetted and re-vetted for over 30 years - no surprises will be forthcoming. 8. She can handle Big Bill !

Got a Republican who can match that? The GOP is terrified! Already they are trying to tear her down, find a phony scandal -even blame her for Bill's picadillos.

Just one things to say -

Woman Power!

Blue Power!

+++++

"Each friend represents a world in us; a world not born until they arrive."

# KICKIN' NEWS

LOW DEMOCRATIC CLUB

APRIL 2014

PAGE 6

## ONIONS & ORCHIDS

ONIONS TO: The GOP talking point - "Obamacare is in a death spiral."

ORCHIDS TO: 7.5 million signed up. 3 million kids on their parent's plan, 3 million on expanded Medicaid!

(Good enough yet?) I hear the word "jackinapes" ringing in my ear!

ONIONS TO: Donald Rumsfeld for saying President Obama's foreign policy could be better handled by a trained ape.

ORCHIDS TO: the commentator who said he should take off his slippers and go to bed, because his selling of the Iraq War was abominable. Also added the comment was racial.

(Who's eatin' the banana now, Rummy?)

## O'S AND O'S

ONIONS TO: The GOP lady running for the House whose ad says, "Send me to Washington; I grew up on a farm castrating hogs."

ORCHIDS TO: Everyone who said "YUCK!" (Note: There is a town in Michigan that has a Testicle Eating Festival, Unfortunately she's running in Wyoming.

ONIONS TO: Paul Ryan, who once again has a budget which includes vouchers for Medicare.

ORCHIDS TO: Everyone who remembers 2008! Ever heard of pickin' with the chickens? (Maybe he should run in Wyoming !

ONIONS TO: Rep. Louis Gomer for saying to Eric Holder, "I realize to our Attorney General contempt is not a bid deal, but we need oversight.."

ORCHIDS TO: Eric Holder for saying in a tone that meant business, "You don't want to go there, Buddy.." Poor Louis, Upon their last confrontation Gomer said, "Don't cast aspersions on my asparagus!" (And we thought George W. was inarticulate !!)

+++++

FACT CHECK: A recent poll states only 25% of the population identify as Republicans.

How do the Gomers, Bachmans, Cantors of the world get into office?

ONE WORD -  
GERRYMANDERING

# KICKIN' NEWS

LOW DEMOCRATIC CLUB

APRIL 2014

PAGE 7

## OBAMACARE in VIRGINIA - FACTS YOU SHOULD KNOW

BY: C. Carr

It seems we know a few things about Obamacare. Kids can stay on their parent's plan until they're 26. One cannot get kicked off any plan for a pre-existing condition. Women's health care is no extra cost. However, considering the coming election - here are some facts you may need to know.

### WHAT ONE PAYS DEPENDS ON 5 THINGS -

1. Level of coverage.
2. Whether one qualifies for a subsidy.
3. Whether one is a resident Of Virginia.
4. Age
5. Whether one smokes.

### LEVELS of COVERAGE

1. Platinum - covers 90%
2. Gold - covers 80%
3. Silver - covers 70 %
4. Bronze - covers 60% - lowest monthly premium, but highest out-of-pocket.

Any four carry the same essential benefits; including hospitalization, prescription drugs, maternity care and more. Categories do not affect amount of care.

CATASTROPHIC PLANS - if one is under age 30, catastrophic plans can be purchased at a lower cost than the bronze plan, however, there will be a payment of more medical cost up to a certain amount. This could be several thousand dollars, then costs are paid by insurance.

Out-of-pocket costs can be reduced if one meets eligibility requirements. The total amount of one's out-of-pocket costs, such as deductibles and co-pays will be reduced.

CHIP - low income individuals and families may qualify for free or low cost health care coverage, instead of Obamacare.

Age - cost of care will depend on this. Smoking -insurance companies can charge 50% more, but average is 20%.

### IN RICHMOND -PROJECTED RATES :

Lowest Catastrophic -\$83.18  
Lowest Bronze -\$133.03  
Lowest Silver - \$179.64  
2<sup>nd</sup> lowest Silver -\$198.01  
Lowest Gold - \$203.24

Highest Silver & Gold not given. Let us hope our governor prevails in taking Medicaid coverage which will save Virginians millions. Know the facts, for these premiums are much lower than what many people are currently paying.

+++++

### STAFF

EDITOR: Chris Carr

MEANDERINGS - Lyn

Nowakoski

BOOK & ISSUES- Diane Sibley

WEBSITE - Kerry Sipe

PUBLICATION - Pat Drake