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Self-Driving Google Car Ready to Drive Around Vegas

By Albert Angulo

The Guardian Express

Google's self-driving car is growing up right in front of our eyes: The autonomous vehicle program recently passed its driver's license test in Nevada, the first license of its kind in the United States. Obtaining Nevada's self-driving car license clears the way

for Google to test its technology on public roads in the state.

Google's modified Toyota Prius was given the thumbs up after successful test drives in Carson City and on the Las Vegas Strip. Alongside the special license, Nevada also



issued the car a unique set of red license plates that include the infinity symbol and the words "autono-

mous car." With any luck, those plates should differentiate all the other vehicles on the road from

Google's car, which has cameras and radar equipment strapped to the roof.

(See "Car" page 3)

President Obama Publicly Supports Gay Marriage

By Albert Angulo
The Guardian Express

Washington D.C., May 9th, 2012: In a dramatic shift in public opinion, Barack Obama on Wednesday became the first sitting president to announce his support for same-sex marriage.



For such a momentous announcement, President Obama surely picked an interesting way to break the news. Obama's disclosure

on Wednesday that he supports same-sex marriage came not in a news conference, not in a policy address and not in a campaign

event, but in an interview with the co-host of a morning talk show.

"I have to tell you that

(See "Obama" page 2)

Annular Solar Eclipse

By Amanda Shore
The Guardian Express

On Sunday, May 20, 2012, there will be an annular solar eclipse.

This happens when the Moon is directly between the Earth and the Sun, but it is too far away to completely cover up our star. This results in the Sun peeking out around the edges of the Moon, leaving a glowing ring, called an annulus, around it. This rare occurrence can be seen in the late evening. Some of the prime spots for viewing are in Utah.

On Saturday, May 19, there is an "Eclipse Extravaganza" at the Cedar City Aquatic Center. This event runs from 11:00 AM until 3:00 PM, and admission is free. There, you can learn

(See "Eclipse" page 2)



Gun Control

By John Waterhouse
The Guardian Express

Wake up America and smell the truth. Seek out the truth behind the smooth-talking lobbyist rhetoric. All of the 99% of us are so busy in today's hectic world. All except for the one percent who have all the time in the world and use their vast wealth to promote their clearly disguised hidden agenda. For example, think of the iconic George Steinbrenner's two sons, Hal and John, who inherited

(See "Gun" page 3)

The Guardian Express

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"Obama" from page 1

over the course of several years as I have talked to friends and family and neighbors, when I think about members of my own staff who are in incredibly committed monogamous relationships, same-sex relationships, who are raising kids together, when I think about those soldiers or airmen or marines or sailors who are out there fighting on my behalf and yet feel constrained, even now that Don't Ask Don't Tell is gone, because they are not able to commit themselves in a marriage, at a certain point I've just concluded that for me personally it is important for me to go ahead and affirm that I think same-sex couples should be able to get married," he said.

He added, "You know, Malia and Sasha, they have friends whose parents are same-sex couples. There have been times where Michelle and I have been sitting around the dinner table and we're talking about their friends and their parents, and Malia and Sasha, it wouldn't dawn on them that somehow their friends' parents would be treated differently. It doesn't make sense to them and, frankly, that's the kind of thing that prompts a change in perspective."

President Obama's decision to embrace gay marriage may add a political complication to his re election bid, but it is also unleashing a wave of new financial support from gay and lesbian donors who were already major backers of his candidacy.



"Eclipse" from page 1
from experts how to safely view the eclipse. You can get a map of the area and a pair of Eclipse Glasses. These are almost black sun-glasses that will protect your eyes from having to look almost directly at the sun.

If you plan on photographing it, bring a protective eyepiece for your camera so that you do not damage your eyes. A solar filter for your camera is also recommended. There are activities for everyone at this extravaganza. Several learning

stations will be open to educate everyone about the eclipse, phases of the moon, rockets, energy, UV light and more.

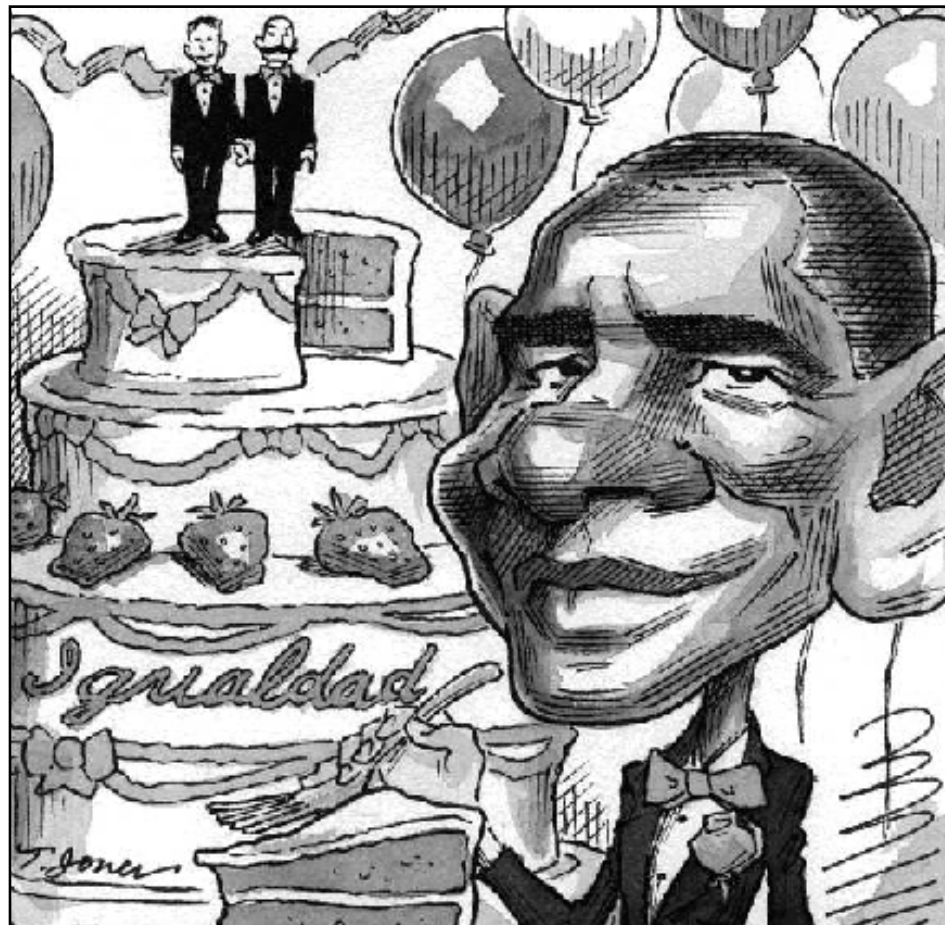
At 7:30 p.m., there will be a concert in Kanaraville with Doug Haywood and Karyn Whittemore. Tickets will be sold at the gate for \$12.

All of that is in preparation for the annular solar eclipse on Sunday, May 20. NASA has stated that Spring Creek Road in Kanaraville, Utah is the best spot to view this noteworthy occasion. An estimated 5,000 people

are expected to be there, so save your spot early!

There will be vendors and facilities available. Food, drinks, arts and crafts and memorabilia will be sold. Remember to book a hotel since camping is not allowed.

If you want to view the eclipse away from the crowd, there are several other recommended viewing locations throughout Iron County. Maps are available at the Visitor Center at 581 N. Main Street, Cedar City, UT 84721.



The Guardian Express

It is our mission to provide a fair and honest format for the communication of stories, articles and commentary concerning issues of relevance to the Southern Nevada Community and to do so in a manner that is uplifting and non-discriminatory.

BODY-MOUNTED CAMERAS

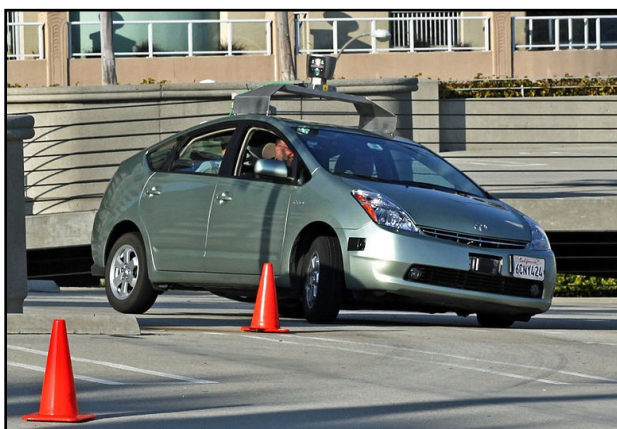
By Garth Baker

The Guardian Express

Why on earth would the Las Vegas Metropolitan Police Department want body-mounted cameras? Let me tell you why. This way the department can quickly shift blame to the officer and get away from department litigation.

These body-mounted cameras are not tools to help prevent officer death or injury. These are tools that will be used to discredit police officers while in the course of their duties. I am all for the tools that can prevent injury to the officer or the suspect, but I don't see this body-mounted camera being that tool. This camera will be used to either help or hinder an officer during an internal investigation-- nothing more and nothing less. I believe this body-mounted camera will be more of an officer safety issue rather than a tool that will keep them safe. You will see an increase in officer injuries, suspect injuries and maybe even deaths because police officers will, out of fear of retribution, wait too long to take control of a situation and will have to react rather than prevent. Officers are fighting a war every day on the streets of this country to keep the people safe within their communities and for the most part every one of them do it with integrity and honor. Yes, occasionally there are some bad ones that make it through but they are quickly identified and dealt with, without the body mounted cameras.

This body mounted camera will not make your streets safer, deter crime, lessen vehicular fatalities or end senseless acts of violence. This tool will be used to police the police at the tax payers' expense, giving them nothing in return.



"Car" from page 1

To be approved for road travel, autonomous cars must have a combined minimum driving time of 10,000 miles. Nevada also requires autonomous car operators to submit a complete description of their self-driving technology, a detailed safety plan, and a plan for hiring and training test drivers. The state requires a \$100 licensing fee plus \$13 for each set of license plates, but companies must also purchase a surety bond of \$1 million to put up to 5 vehicles on the road. Nevada says a number of other unnamed companies are looking to follow Google and test self-driving cars on the state's public roads.

Motorists will also be required to obtain a special driver's license endorsement before they can get behind the wheel of future robotic cars.

Appreciating What We Have

By Phyllis Dolinsky

The Guardian Express

From the time we are born, it becomes evident that we are different. Personalities, looks intelligence, physical abilities, status -- the list goes on and on.

Add to this that as we get older and become aware of what those around us have, we begin to form a mindset about what we want. The rich child with everything imaginable may envy a less monetarily fortunate friend who goes home to a single mother who really listens to him. His friend may be looking at him and feeling, "I wish I had a TV in my room and didn't have to do so many chores."

The above scenarios are important only in that they are examples of feelings everyone has at one time or another. The really important issue is to look at what we already have that is valu-

"Gun" from page 1

able, not at what we don't have. Do we have one meal a day or three? Do we have adequate living space? Do we have supportive family and friends? Do you have a job? Can you go to school?

Now I haven't studied this and cannot say for sure, but it would seem logical that crime would diminish as this kind of law would skew the arming ratio in the favor of law-abiding citizens.



Your job keeps you so busy, you barely have time for yourself. Your car doesn't look so good.

Take a moment to think about it. Are you thankful for what you have? To be aware of this is one of the most important things in your life; to appreciate your family, your friends, a place to sleep, a job, enough food on your table. Maybe you just get by, but are you grateful for what you do have?

Putting what you wish for in perspective is what is valuable, not just having more.

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Your Point Of View

No Employees At IRS To Talk To

By Anonymous

"Why are you fidgeting and restless?" Felix asked his son Stan.

"Daddy, I'm not fidgeting. I'm furious!" said Stan.

"Why, may I ask?"

"Today that boy Jose, in my class, drove a brand new car to the school," Stan replied.

"So because of that you're mad?" Felix queried.

"No dad, not because of that. Dad, you work for a big pharmaceutical company and you bought me a second-hand car from a dopey-dealer with 120,000 miles in it. I have to push the car everyday in the morning to start it."

"So what?" Felix asked.

"Well," Stan said, "Jose's father doesn't have a steady job and they live in a one-bedroom apartment with three other families, not in a home like ours."

"What are you trying to get at, son?"

"Dad, Jose told me that his father gets a huge tax refund every year from that organization."

"What organization?"

"Oh the the... um... the Internal Racket Services," Stan said.

"I think you mean the Internal Revenue Service."

"Whatever. Jose said his father gets tax credit for 10 children."

"But isn't Jose an only child?"

"Yes Dad, but his father claims tax credit for his nephew and nieces living in El Salvador," Stan said. "Haven't you read the newspapers lately?" Stan asked Felix.

"No, I haven't. These days the news is about gay and lesbian marriages and I'm not interested in that stuff," said Felix.

"Dad, you're missing out," said Stan. "An India-Anna television re-porter Bob-Seagull reported that the IRS has been handing out 4.2 billion a year to undocumented workers in this country."

"That's not good," said Felix.

"Dad, one person got \$29,000 for his 20 nephews and nieces living in Mexico,"

"What else did the newspaper say?" asked Felix.

"When the re-porter went to Wash-ink-ton, he couldn't find anyone to comment on the story," said Stan. "Dad, can you believe the IRS have 100,000 employees but there wasn't a single person to talk to the re-porter?" isn't that bad for the IRS?"

"Yes my son. I guess the employees must have been at lunch when the re-porter went to meet them," said Felix.

"Why do you say that?"

"Why haven't you heard son? They all have long lunches."

"Dad, how are they going to recover all that money?"

"Simple my son. You see, in Nevada, we have 12.5 percent unemployment. The IRS could recruit 5,000 people and ask them to go after all those who have been cheating on their taxes," said Felix.

"But Dad, can't the IRS employees go after the swindlers?" asked Stan.

"No, because most of them have been assigned to the bigwigs, especially to watch out for Don-old Trumpet," said Felix.

"Why do you say that?" asked Stan.

"Son, Don-old has lots of hair on his head for his age and it's gold-colored. The IRS thinks he has been doing hair implants. They believe that every strand on his scalp is made out of gold, so he can deduct it from his taxes as a personal expense."

Stan walked out to get a drink of water.

May is Mental Health Month

By Sandy Vigil

The Guardian Express

Mental health is one of the first areas cut when money is an issue, regardless if it is state funding or a family budget. However, in tough economic times, a person's mental health is often more at risk. 1 in 4 American adults live with a treatable mental health condition. With diagnosis and treatment, they can go on to live productive and full lives. Unfortunately, because of



finances or the perceived stigma that goes along with therapy, many will never seek treatment.

Mental Health America is sponsoring a "Do More for 1 in 4" campaign to advocate, educate, and provide mental wellness programs to all Americans. MHA states that many experts believe the United States is experiencing a mental health crisis. Millions of Americans are either already dealing with or are only one life's event away from needing treatment for a fully treatable mental health issue such as depression, anxiety, posttraumatic stress, or substance abuse. To find out how to become involved, visit Mental Health America's website at: www.mentalhealthamerica.net.

The Medicine Cabinet, a medication assistance program, is offering free mental health screenings during the month of May. Screenings are held from 9:00am to 2:00pm on Saturdays at 1805 S. Eastern Avenue in Las Vegas. Their contact number is 702-444-6082.



MARIJUANA IS SAFE; THE DRUG WAR IS DEADLY!

By M.D. Frye

The Guardian Express

Drug abuse is bad. The drug war is exponentially worse.

Our grossly failed drug war is much more dangerous and deadly than the drugs. It kills far more people, including kids and teens, and we now have 25,000 drug gangs in the U.S. Their death rate is five times higher than Texas' death row!

Furthermore, "You can get over an addiction, but you can never get over a conviction." This is the slogan of LEAP, Law Enforcement Against Prohibition, a group of 15,000 current and retired police, sheriffs, DEA agents and other law enforcement people who realize that the drug war kills more people and destroys more lives by far than drugs.

Aren't we tired of the same old government lies that marijuana is addictive when it's absolutely not addictive? It is overwhelmingly the safest recreational, over-the-counter or prescription drug in history. There's never been a single

documented death from marijuana alone, but we lose 2,000 college students yearly from alcohol because we won't let them party with pot.

And then there's the other famous government lie, that marijuana is a "gateway" to other addictive drugs. Three independent studies by the British government, the World Health Organization of the U.N. and the prestigious Institute of Medicine in the US have all proven and agreed that weed is not a gateway. What is the gateway is the dealer who wants to get his customers addicted to something stronger so he can sell to them daily instead of weekly or monthly.

The drug war kills ten to fourteen thousand teens and adults in the U.S. annually, but it's always a few each week in NYC, Baltimore or Detroit, and it's overwhelmingly minorities, so it's on page 8 or page 14 in the paper and very few pay attention. At least four thousand black teens and young adults are killed annually, and no one pays attention. Trayvon Martin gets full media attention for weeks, and perhaps he should, but



isn't it time to count EVERY African-American death? Not only that but our drug war has killed 50,000 Mexicans in the last five years, and that country is on the verge of being a failed state.

Our calamitous drug policy is a complete and total failure in every conceivable way. It needs to be changed now. The only way to end it is to tax and control all drugs as the Netherlands have done with huge success for 37 years and Portugal with surprising success for nine years.

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Growing Pains at GOP Nevada Convention

By Randy Rose

The Guardian Express

Before we delve into the Convention, I want to update you on a previous story. You recall the story about the fake birth certificate Obama released, The United States Magistrate Judge Richard L. Puglisi did subpoena the State of Hawaii to produce birth documents to the court and demanded Loretta Fuddy to appear in court on June 14. Sheriff Joe is also questioning the Draft Card registration after finding errors.

The Nevada Convention was all about hurry up and wait. Ron Paul delegates were concerned that Romney was trying to pull a fast one and sneak in 419 bogus delegates. The whole thing was due to a clerical mistake. The Ron Paul delegates were in the majority as liberty reined in Sparks, Nevada. The Nevada GOP has gone so far left, it looks right and still sees left, and when it looks so far right to see Constitutional Conservatives it sees Radicals. The Constitution is reborn and the liberty train is running, even in Maine where Ron Paul got the majority there too. The California Primary on

June 12, is important this year if they vote for Ron Paul. That, coupled with a few more wins, will keep enough delegates away from Romney to create a brokered convention in Tampa. Since most of the Ron Paul delegates are bound to vote for Romney at the convention next August, we need Romney to fall short in the first vote. That means the second vote will allow delegates to vote their personal preference. That should open the door to a Ron Paul nomination that will shock the Progressive media.

The Progressive Republicans for Romney made certain that Platform Committee Chairmen were in place and succeeded 100%. Each would then come to the GOP Nevada Convention with one additional appointee to sit on the State Platform Committee. They all chose Progressive Romney supporters except one from Clark county who became ill and could not attend. That gave me the chance to replace him and that is why I was the only Ron Paul delegate on the committee. I felt like a red-headed step-child. The Progressive Chairman would not consider any of my

suggestions and when I tried to include repeal of the 16th Amendment, he felt outrage. He did not entertain, debate or even make a statement. Instead he shouted, "Does anybody here want to ABOLISH the IRS? That suggestion is defeated!" I tried to explain that they should give the Ron Paul delegates at least one line, they said no. I then tried to explain the Fair Tax Act HR 25, that Charmaine Guss (CD1) pledged to co-sponsor along with Kenneth Wegner (CD4), but they even denied that. Strange that our Nevada Constitution and the people oppose income tax, but our elected officials are pro-income tax, in direct contrast to the will of the people.

The vote to send delegates to Tampa began around 8pm and took two hours to complete. Ron Paul delegates won by a landslide. Diana Orrock from Las Vegas is the new National GOP Committee Woman and James Smack is the new Committee Man. Twenty-five delegates will travel to Tampa, including 22 Ron Paul delegates. Ron Paul can be the GOP nominee only if Romney falls short (See "Pains" page 13)



Will Facebook, Google And Its Corresponding Leaders Mark Zuckerberg And Eric Schmidt Survive The Emergence of iFrackle

By Dock Walls

The Guardian Express

The question is not if, but when will the next internet phenom emerge in an ever-changing internet age of communications that has witnessed the demise of companies like Myspace, Lycos, and Ecite. Recently the New York Times quoted Tim Chang, a managing director at Mayfield Fund as having said: "There is no consumer-facing Internet brand or site that ever keeps consumers' attention for more than 10 years..... It is not hard to imagine that in 10 years, people are going to be off of Facebook."

Perhaps Chang is a little zealous but does he have a point; and who would replace a Facebook, Google or even Twitter for that matter? Of the three, I believe Google might have developed a business model that will almost guarantee them longevity for many

years to come. After all, they were quite busy over the last five years developing the iPhone's only real challenger, nemesis and counterpart; "The Android." For Eric Schmidt and his team, a wise decision.

Now Facebook, on the eve of their public offering, is still unsure of how much money the company is truly worth. Despite having brought in nearly \$4 billion last year and though they possess a very valuable asset with their treasure trove of user information, one anonymous Facebook investor suggests that they have no clear business strategy.

Well Mark Zuckerberg better look out, because alive and breathing lurks an emerging social network currently in its beta stage called iFrackle! iFrackle's combines the rich world of social networking with real-time news reporting, and it was fashioned to do one thing: Frequently Report And Communicate Key Life Events. Their model is a two tier user consumer paradigm that is open to

amateur and professional journalist worldwide. Built on a foundation they call "Citizen Journalists," iFrackle offers its users an opportunity to engage in a real social world as opposed to the virtual world often experienced with the use of Facebook or Twitter. One of iFrackles primary features can be seen in their cell phone application, which allows a Frackler to submit real-time news stories worldwide. The receiver of these Frackles (News) are able to enjoy news from their chosen geographic area. This feature is especially attractive to a consumer that is interested in the politics that govern a volatile part of the world or perhaps to keep up with a small-town news where a family member might reside. Fracklers are rated for authenticity and reliability and are rewarded with virtual money that they can intern use to purchase items from iFrackle's sponsors.

It had to happen sooner or later. iFrackle could be the next dot-com to emerge.

How to Double Your Odds of Getting a Job

By Sabrina S. Siracusa

The Guardian Express

No need to tell you that a job search in Las Vegas can wear even the most seasoned job seeker. In fact, you might think you have a better chance of making money by playing the slots. So it's no surprise to me that when people find out I worked in Human Resources for 18 years, the question asked over and over again is, "How do I get a job?"

The truth is that by following a few simple suggestions, you can greatly improve your chances of getting hired. In fact, you need to if you really want to stay ahead of the competition. Once you get into the habit of following these steps, it will be so easy you will wonder why you never did it before. You might already be doing a few of them, but read on to get more helpful tips to double the odds in your search for a job.

The first thing you should do is to carefully read the job posting. Do this for two reasons: It will help you understand what the employer is looking, or at least hoping for, and it will guide you on how to write your resume. Recruiters are looking for a match as close as possible to the job description. The closer you match your resume to the position, the more likely you will get called in for a phone or in-person interview.

Regardless of what you do for a living, you will need a strong resume. If you did it before. You might already be doing a strong resume. There are many free templates available online. If you are having problems writing a resume, consider hiring a professional resume writer. There are many out there who are willing to work within your budget. Few things put off a recruiter more than a resume that is written in a confusing way or has poor grammar. You should also avoid including irrelevant personal information such as hobbies or family information. Whether you write the resume yourself or hire someone, make sure it's clear and to the point. Also keep in mind that many employers hire pre-employment screeners to verify the information, so be sure that your resume is factual as well.

A valuable tip that most people overlook is to sign up for work. If you have been eyeing a company, create an applicant profile by leaving your resume on their website. By doing this, you will be the first in line when recruiters start looking through resumes to fill job openings. Don't stop there. Go on job search sites such as Monster and careerbuilder.com, and post your resume there as well. Be sure to go back every few weeks and update your information so you remain visible and available to recruiters.

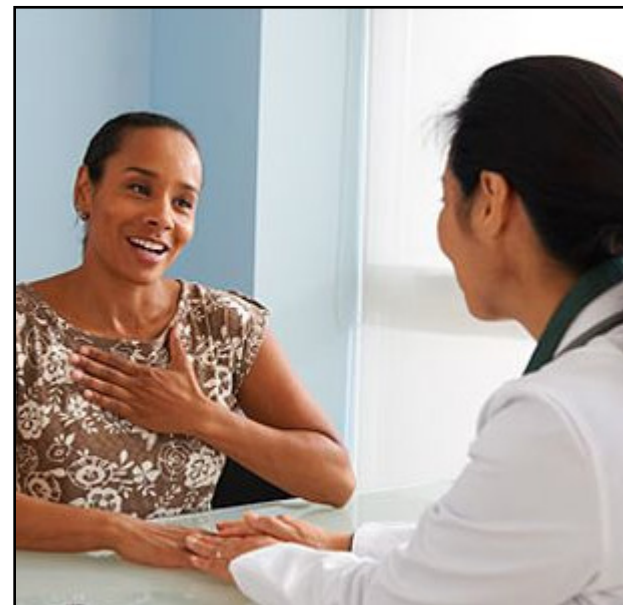
As a former recruiter, I recommend that you get to know the company you want to work for. Go to their website and read their mission statement and the company's history. This will help you decide if you want to work there. Network with employees by attending face-to-face job fairs. Getting to know the company and its culture will also help you answer the age-old interview question, "Why do you want to work here?"

So you have followed some of my suggestions, and you got the interview. Make a great impression by showing up a few minutes early. Plan ahead by getting directions in advance and leaving early to account for unexpected traffic delays. Dress conservatively, as if you are going to church, and be polite to everyone you meet during your job interview. Sounds a bit old-fashioned, but these tips are time tested.

Whether you think the job interview went well or not, you can still improve your chances on getting that job by following up after the interview. Send a thank you note. This lets the employer know you are still interested in the position. It will also make you stand out among the other applicants because most people don't bother to do this. I can count the number of thank you letters on one hand that I received from applicants. It shows follow-up and self-direction, qualities employers always appreciate.

And last but not least, save this article and use it when you are applying for a job. By following a combination of all of these simple tips, you will impress the recruiter and increase the odds of getting your foot in the door and landing the job. Best of luck in your search!

Grants for Community Health Centers



By Alberto Angulo

The Guardian Express

On May 1, 2012, Health and Human Services Secretary Kathleen Sebelius announced \$499,788 in grants awarded to community health centers in Nevada due to the new health care law – the Affordable Care Act: Nevada.

"President Obama's health care law is making community health centers in Nevada stronger," said Secretary Sebelius. "For many Americans, community health centers are the major source of care that ranges from prevention to treatment of chronic diseases. This investment will expand our ability to provide high-quality care to millions of people while supporting good paying jobs in communities across the country."

Funding totaling more than \$728 million across the United States will support renovation and construction projects, boosting health centers' ability to care for additional patients and creating jobs. The awards are part of a series of capital investments that are made available to community health centers through the Affordable Care Act, which provides \$9.5 billion to expand services over five years and \$1.5 billion to support major construction and renovation projects at community health centers.

(See "Grants" page 9)

"Grants" from page 8

According to a new report released today, the health care law has already supported the construction and renovation of 190 health center sites and the creation of 67 new health center sites across the country, and will support the construction and renovation of more than 485 health center sites and the creation of 245 new health center sites over the next two years.

Overall, since the beginning of 2009, employment at community health centers nationwide has increased by 15 percent. And, primarily due to the Affordable Care Act and the Recovery Act, community health centers are serving nearly 3 million additional patients today and will serve an additional 1.3 million additional new patients in the next two years.

The announcement made today is for awards from two capital programs for community health centers. One will provide approximately \$629 million to 171 existing health centers across the country for longer-term projects to expand their facilities, improve existing services, and serve more patients. This program will expand access to an additional 860,000 patients. The second set of awards will provide approximately \$99.3 million to 227 existing health centers to

address pressing facility and equipment needs.

Health centers improve the health of the nation's communities by ensuring access to primary health care services. Currently, more than 8,500 service delivery sites around the country deliver care to nearly 19.5 million patients regardless of their ability to pay.

A List of Capital Development – Building Capacity Program awards by State can be found at <http://www.hrsa.gov/about/news/2012tables/120501healthcentercapital.html>.

A List of Capital Development – Immediate Facility Improvement Program awards by State can be found at <http://www.hrsa.gov/about/news/2012tables/120501facilityimprovement.html>.

Information on the Affordable Care Act is available at www.healthcare.gov.

For more information on HRSA's community health center program, visit <http://bphc.hrsa.gov/>. To find a health center in your area, visit <http://findahealthcenter.hrsa.gov>.

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Smart Water Habits That Will Save You Money

By Trina Boice

The Guardian Express

Did you know that:

- 75% of Americans are chronically dehydrated?
- In 37% of Americans, the thirst mechanism is so weak that it is often mistaken for hunger?
- Even mild dehydration will slow down one's metabolism as much as 3%?
- Lack of water is the number one trigger of daytime fatigue?
- 8-10 glasses of water could significantly ease back and joint pain?
- A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or printed page?

Those are pretty amazing insights about the benefits of water. And more than that, I'm glad I can finally put my finger on why I struggled with basic math in high school. If I had only stopped by the drinking fountain on the way to class.

Every one of us, at one time or another, has been so thirsty that we would have trampled anything that got between us and a cold glass of water. Water is essential to life. We can't live without it. Nothing can.

Our bodies are largely made of water. Both the quantity and quality of the water we drink can determine our body's ability to shed excess fat as well as benefit all of our body's systems in the following ways:

- * Water is a natural appetite suppressant
- * Improves skin tone and elasticity
- * Aids in more effective digestion and soothes digestive problems*
- * Increases your energy by maintaining blood volume that carries oxygen to your muscles
- * Aids in heat regulation of the body
- * Provides joint lubrication
- * Wards off headaches
- * Improves detoxification in the body by flushing contaminants out of vital organs
- * Enhances nutrient absorption

- * Improves the respiratory system functions by adding moisture to ear, nose, and throat
- * Helps the liver convert stored fat into usable energy
- * Speeds up your metabolism
- * Helps reduce cholesterol
- * Helps tone your muscles when they're properly hydrated
- * Prevents your body from retaining water*
- * Stops you from confusing hunger with thirst
- * Decreases mindless snacking
- * Increases your energy by maintaining blood volume that carries oxygen to your muscles
- * Aids in heat regulation of the body
- * Provides joint lubrication
- * Wards off headaches

You can change the world one drop at a time. While that may sound like an exaggeration, it really is true. Most of us take water for granted, but there are thirsty people all over the world who understand the value of every wet drop.

Below are some simple habits we can adopt to make ourselves and our homes more water smart:

1. Learn to use your meter to find and fix household leaks.
2. Install faucet aerators and high-efficiency shower heads.
3. Upgrade to a high-efficiency toilet and save 10,000 gallons of water per year or a high-efficiency washing machine to save more than 5,000 gallons a year.
4. Run only full loads in dishwashers and washing machines.
5. Install an inline water heater or hot-water recirculating system to save up to 30 gallons per day.
6. If you're in the market for a new home, con-



sider a Water Smart Home that saves up to 75,000 gallons of water indoors and out compared to homes built more than a decade ago. You can find participating builders at www.snwa.com.
7. Purchase an irrigation controller that automatically adjusts watering schedules based upon weather conditions and estimated plant demand. You can also install a rain sensor, and your irrigation system will shut down during and after rain. Your local water district may even offer you a coupon or rebate for purchasing one.
8. Don't let the water run while you're brushing your teeth or shaving. While it seems like a little thing, gallons can be wasted in just a few minutes.

If you're concerned about your rising water usage, call your local water district for more ideas.

When it comes to water, the bottom line is: Drink more; waste less. All of your body's systems will thank you!

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The Party's Over

By Trina Boice

The Guardian Express

Moving past partisan games and stepping into a government that is by the people and for the people.

The Democratic Party is one of the oldest political parties in the world. That liberal party generally supports a progressive income tax, higher corporate taxes, the recapturing of income from overseas, the expansion of spending on government programs, and freedom of choice in the area of social issues such as abortion and religion.

About fifty years after the founding of the Democrat party the Whigs split and the Republican party was formed by anti-slavery activists. The party founders were abolitionist who had little success until they started electing their own to Congress.

Although the abolition of slavery was a noble objective, it shows that, from the start, the Republican party was populated by people who were willing to carry the party banner. But the same can be said for any party. Agreement

is part and parcel of any political party foundation as well as the root of all of the problems.

There is so much history regarding the evolution of each of these parties we can't possibly allocate the time or space to completely examine it now. But how about a quick crash-course concerning the most popular banter?

"Republicans just want to give money to the wealthy." Well, maybe so, but when was the last time you saw a broke person create jobs for people? "Democrats just want to live off the government." Unfortunately, the federal government takes so much of our income as a nation, I think we're owed a few rebates, don't you?

"Republicans just want to diminish and destroy everything." The Republican party's founding slogan was 'free labor, free land, free men.' Today, their driving force is still smaller government and fewer restrictions on citizens. This type of freedom is what the founding fathers had in mind when they built the foundation of our nation. "Democrats just want to spend." We are in such a deep problem-ridden pit that we are literally going to have to spend our way out of it, still, there have been heaps of legislation backed by Democrats that could in-

crease revenue on both the federal and state levels.

"Black people are all democrats." Really, didn't the democrats start the KKK? "Republicans are just a bunch of rich, old, white men." Well....shoot.

Now let me drop some real creepy knowledge on you...in the beginning of this party nonsense, there were two parties: The Federalists and...wait for it....wait for it....the Democratic-Republican. Ahhh! Oh my gosh! Mom, he touched me! Yes....that was actually a party name and, in a way, parts of our parties intermingled as one there, but there's A LOT more detail to this that you should look up. Let's not go into the fact that when the Democratic party first started it was actually called "National Republicans." Moving on.

Some of the greatest men in history were Republicans....Thomas Jefferson, Abraham Lincoln, Frederick Douglas, and Dr. Martin Luther King, Jr.

Some of the greatest men in history were Democrats....Woodrow Wilson, Franklin D. Roosevelt, John F. Kennedy.

So what's the point, then, if both sides have their issues?

That's the point.

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2041 N. Jones

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Home Loan Modification Secrets

By Dorothy Bunce

The Guardian Express

If you previously applied for a home loan modification and gave up in frustration, now may be a good time to try again. Lenders have started to get their acts together and have made the process simpler by hiring people with real qualifications to process the applications. The cost to apply is virtually nothing.

Should you apply? There is no point in applying if you can't afford your mortgage or if you have unrealistic expectations. You should expect that the best you will be able to accomplish is to temporarily reduce the interest rate on your home mortgage to between 2-3%. Don't expect to get a principal write down or forgiveness, and don't expect any modification for your rental or investment properties. Don't expect to pay less than 31% of your income for your home mortgage.

What's required? The lender will want to see some tax returns, bank records and pay stubs to verify your claim of hardship. Believe it or not, that is because some people lie when they submit an application for a loan modification, and the mortgage companies don't intend to be made fools of again like they did with the "stated income" loans, which have been referred to as "liar loans."

When you submit the paperwork, double check your records. If the lender has asked you for your four most recent pay stubs, providing a pay stub out of sequence is a red flag that you are hiding something and will result in your application being rejected. To avoid having the lender lose your documents, put your name and account number on the bottom of every page you send them, even the pay stubs, tax returns and bank records. Number each page and include the total number of pages submitted (for example, page 15 of 37) to minimize the chance that your paperwork will be lost.

Keep a copy of everything you sent to the mortgage company. Call once a week until you have confirmation that your application package has been received and is being processed. Note the name of the people you speak to when you call your lender for information. By being polite to them, they may be willing to provide you with information that will clue you in to what is going



on or put you in touch with information about programs that are not being widely publicized.

There are still lawyers who will charge a substantial amount of money to submit your loan modification application. Unfortunately, the amount of money you can expect to pay for a lawyer to do this for you could wipe out any money you might save with a mortgage loan modification. So get out your pay stubs, your tax returns and your bank records and make up your mind that submitting this application really isn't so hard as everyone has told you. There are no trick questions, and although the process of obtaining a loan modification is still slow, if you are patient and can follow instructions, you may be able to lower your mortgage payments for the next three to five years. And something is better than nothing!

"Pains" from page 6

of the 1144 he needs to clinch. This is why Ron Paul is spending a lot of time in California. The people of California can either make an impact or be a rubber stamp. I hope they make an impact and vote for Ron Paul.

I know a lot of Democrats and nonpartisan voters who will vote for Ron Paul if he runs as the Republican nominee on the November ballot, which leads me to believe that Ron Paul will win in a landslide against Obama. Call your friends in CA and ask them to vote for Ron Paul. When they tell you he has no chance, then tell them to stop listening to the progressive media that is pushing for Romney because they know he cannot beat Obama. Remember this: A vote for Romney is a vote for Obama.

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Hormones Hiding In Your Food and Cosmetics

By Dr. Mark Baxter

The Guardian Express

In the last article, I discussed how certain man-made chemicals that pollute our environment act as hormone disruptors to the delicately choreographed balance of hormones in our bodies. That balance regulates, or at least influences, every system within our bodies. In this article, I will discuss how foods that are commonly consumed, and other products that are often used and absorbed into our bodies, can be sources of hormones that often compromise our health.

Unless you conscientiously purchase only organically-grown animal sources of protein (meat, poultry, fish, eggs & dairy products), you are most likely consuming manmade, hormonal-like substances that are commonly used in commercially raised animal products. While cow hormones belong in cows, not people, these pharmaceutically produced hormone derivatives don't belong in any creature. Drug companies make these derivatives because they have hormone-like effects and they can get a patent on them. Companies cannot patent natural hormones for use in animals in which these hormones naturally occur. With a patented substance, companies can charge big money and make big profits, whereas natural hormones are generic, less expensive and much less profitable.

Although a certain amount of hormones will break down with the heat of cooking, if you like your meat rare or medium rare, some hormones may remain, including those that are completely unnatural. When eggs are consumed sunny side up or consumed raw, all of the hormones the chicken was raised with remain in the egg and get into your body. So it only makes sense to limit your exposure to hormones as much as possible, especially the artificial hormones, by purchasing only organic animal sources of protein.

By limiting your diet this way, you not only enhance your own health directly but you also help to decrease the use of these substances throughout the country which, when used in the animal populations of large feedlots and poultry farms, contribute to hormonal pollution of our water table, streams, creeks, rivers, lakes and the ocean. Reducing the total hormonal and toxic bur-



den to our bodies by purchasing organic foods contributes to healthier aging. Even so, the signs of age do gradually appear, including wrinkles on our skin. Many people use various "anti-aging" or "anti-wrinkle" lotions, not realizing that fully 90% of these products are laced with hormones. Although some of these hormones have a potent anti-wrinkle effect, if you are not deficient in these hormones, you may be inadvertently creating hormonal imbalance in your body.

This hormonal imbalance may even extend to your partner. I have had more than one male patient suffering from the symptoms of testosterone decline find out that it was caused by

their wife putting anti-wrinkle lotion on her face before going to bed and making love. The hormones in the lotion on her face were then absorbed by the skin on the man's face and created substantial hormonal imbalance in him.

Laws regulating the cosmetics industry are very lax in this regard, so these substances do not have to be listed on the label. One has to assume that all anti-wrinkle and anti-aging lotions, creams, potions and other products contain these substances and avoid their use. Some products do exist that specifically state that they contain no hormones, but these products are difficult to find.

It is much safer to realize that health and youth come from the inside, not the outside. Our attention should be focused then on consuming healthy foods, engaging in regular, enjoyable activities and doing all the other things we can do in order to optimize our health. This will have the added benefit of not only helping us to look young but to feel young as well!

Dr. Mark Baxter is a local chiropractor who specializes in nutrition, healthy diet and lifestyle choices, detoxification, hormonal balance, bio-identical hormone replacement therapy, and neurotransmitter balance. You can learn more about healthy choices at his website: <http://www.mylasvegaschiropractor.com>

The Problems With Grass-fed Beef and Livestock

By Ina Mohan

The Guardian Express

If Factory Farming is so bad for the Environment, isn't the sustainable food solution to return to grass-fed and pasture-raised animals?

It is not! When the supporters of pasture-raised livestock cite environmental benefits from moving animals from factory farms to green pastures, they only compare the net gain between these two options. Pasture-raised animals may live a life that is more natural to them, but a grass-fed cow emits even more methane gas than a corn-fed cow in a factory farm. Cows fed on



grass don't automatically become green food!

Moving our entire livestock from factory farms to green pastures is impossible, given our current demand for animal products, which is
(See "Livestock" page 15)

“Livestock” from page 14

estimated to grow even further. There is not enough land on the entire planet for grass-fed cows and pasture-raised livestock to feed the demand of the human population. My interview with Dr. Richard A. Openlander, author of “Comfortably Unaware - on why what we choose to eat is killing our planet,” brought more light to this issue.

Ina: “In your book, you dispute the statement that grass-fed beef is a sustainable food choice as supported by author Michael Pollan and others who influence a current “locavore” movement in the US. Why is locally-farmed animal food not more sustainable than factory-farmed food in your opinion?”

Richard: “People won’t raise cows in their own yard, even if that seems like a good idea to Michael Pollan. Grass-fed or locally-sourced animals are not sustainable at all.

When Pollan compares the fossil fuel savings between factory-farmed and grass-fed beef, he only looks at what’s needed for transport, which is a mere 11%. The vast majority of fossil fuel goes into the process of raising and slaughtering the cattle, which remains the same - or even increases with pasture-raised animals - as they have a longer lifespan. If we move away from factory farming towards seemingly more sustainable livestock operations, we are only addressing one problem: that of concentrated pollution. This, however, does not eliminate the problem - it only redirects it over a wider area.

5 million pounds of excrements are created in factory farms per minute, which will still be the same if we move the animals to green pasture land. In fact, cow’s gas production will actually increase, and methane gas output will rise by 50-60% from grass-fed beef. Cows also live 2 - 2 1/2 years longer on pastures until they are ready for slaughter as they are more active and burn more calories. The longer lifespan, the diet higher in fiber and the higher water consumption due to more activity will all ADD to pollution and depletion by grass-fed beef. You also need additional irrigation for pasture lands. The grass-fed beef operations in California alone use 1-2 million gallons of water on one acre of pasture land they call sustainable. This is true self deception - grass-fed operations drastically increase resource depletion! Only 400-480 pounds of meat can be produced by one acre of land, compared to 20,000 pounds of plant foods that could be grown on the same slot.

I have spoken to many grass-fed farmers, and all of them believe that factory farms are a necessity as it’s entirely impossible to create the meat supply for our current demand from pasture-raised beef. And besides the above, grass-fed beef is still loaded with cholesterol and saturated fat and therefore unsustainable to our health - locally grown or not. Comparing factory-farmed to pasture-raised is not the correct picture, but it is this path of least resistance that attracts people to it.”

True sustainability related to food choices can really only be defined in one way: choose the foods that are in the best interest of our planet. For information on this subject and to learn more about Green Eating, visit www.Belsandia.com where their mission is to serve as your guide to a healthy, cruelty-free and sustainable lifestyle by adopting healthy eating guidelines that will benefit your health, our planet and all of its living creatures.

Core Fitness - What Is It and What Is It Good For?

By Dr. Jon Wise

The Guardian Express

Core training once used to be a term that some doctors recommended for the last 30-40 years. It is a no-longer-new catchphrase on the society. The concept of core fitness has been promoted by every Pilates school, yoga center, and chains of fitness clubs, like 24 hour fitness, around the world for as long as I can remember. Many doctors, including chiropractors, physiatrists, orthopedists and cardiologists, emphasize the importance of core training with their patients. Practically every physical therapist and personal trainer has learned and is certified in teaching a variety of core exercises to use with their clients. Core fitness has become an advertising buzzword, helping to sell all kinds of health-related products, but be careful not to get sucked into the traps of purchasing everything on the market. The overall result is raised awareness of the importance of core strength and the opportunity to engage in a critically important form of healthy exercise. Your core muscles are your four abdominal muscle groups - the transversus abdominis, internal obliques, external obliques, and rectus abdominis. Back muscles, too, are included in the core group

- specifically the erector spinae, longissimus thoracis, and multifidus. These groups of muscles are used to help support your spinal system. The importance of the core muscles is their ability to provide a “center” or focus for the physical work your body is doing. If your core is not fit, other muscles will have to take over, leading to the likelihood of strains, sprains and other injuries. Who even knew we had a core? Plenty of people did, long ago, but in those days, no one talked about a “core.” They mainly talked about just strengthening the whole body. For many decades, football coaches, ballet instructors, and gymnastics coaches trained their athletes in vigorous and strenuous techniques that all focused on core strength. High school gym teachers knew about the core. Remember squat thrusts, jumping jacks, and push-ups? Football players, how about the lunges, the 3 legged dogs and all those circuit training programs? All those ancient exercises (that we used to groan and moan about) train and work out the deep core muscles. We were doing core fitness before there was “core fitness.” Why do we need core fitness today? More and more, our work involves sitting down. We stare at computer screens for eight hours a day. Instead of doing physical work such as farming or building, we type on a keyboard and talk on a cell phone. The long-term result is that muscles, tendons, and ligaments lost their integrity. Tight neck muscles, tight lower back muscles, and weak abdominal muscles are the result, and these issues lead to more serious problems such as chronic headaches, cardiovascular stress, impaired digestion and depression. Eighty percent of the American workforce has a diagnosed chronic disease. We need fitness activities that start building us back up again. To start improving our postures and the right place to start is at the center, core fitness is just one of the things that can help us succeed and achieve optimal fitness. The best thing about core fitness is that you don’t need any equipment. You don’t need to spend thousands of dollars on things you will use a few times then conveniently store in your closet to never be seen by daylight again. You could get a mat and a physioball (\$20 at places like Wal-Mart), but those items are optional. Take a yoga class. Take a Pilates class. Look online and try Cross Fit. Learn a few core exercises and begin to do them several times a week. You’ll soon begin to notice that you feel better in general. You have more energy. You’re sleeping better. Your mood is improving. All due to a few squats, a few planks and a few push-ups. That’s a pretty great deal. www.wisechiropractor.com.

Punk Music Remains Dead in Las Vegas

By Michael Blain

The Guardian Express

After punk rock's heyday in 1977, the punk music scene rose and fell many times in short bursts all over the world before it eventually lost steam. The anarchist vibe present in the screams of the oppressed musicians seemed to indicate that they were consistently losing out on what they were fighting for. Punk music can be much more closely identified as a movement than as just a musical genre. Not that the bands do not play a semi-structured form of music but technical proficiency was never the main objective. Typically, a successful punk band has an iconic and memorable lead singer, a guitarist who can play power chords, an average bassist and on some occasions, a very talented drummer. Most of the concerts in the old-school punk scene, even leading into the mid-nineties in the United States, were typically free because the bands felt it was more important to come together as a scene and speak their minds than it was to turn any sort of profit.

This is actually where the persistent problems came from. Some bands couldn't retain the roots of standing firm against the greedy music industries and would separate themselves from bands who could not allow themselves to sell out to the higher-ups who wrote large checks. Even well-known bands such as Chumbawumba started off as an anarchist, gritty, hardcore punk band, and when they made their debut, multi-platinum album of pop rock, they did so as a joke. The joke was on the music industry and mainstream audiences, and from an outside perspective, there may have not been a more 'punk' thing they could possibly have done than to subvert popular music -- something they did not believe in -- and make millions of dollars from it. Most punk bands do not see it that way however, and think that they gave in to the dark side of the music industry.

Las Vegas fits into this scene recycling story a little bit differently than other cities. Obviously, there is too much glitz and glamour present on the Vegas strip to sustain a true punk scene that has no inter-



est whatsoever in making money for themselves, let alone for a concert venue. Even places down in the Fremont district charge covers for shows billed as 'punk' that are far more inflated than the free, no cover or donations-accepted shows that I saw in Cleveland in the latter half of the nineties.

Bands that used to be loyal to the punk scene play at the House of Blues in Mandalay Bay sometimes, but their crowds are far from anarchists.

Come to think of it, the closest thing to a genuine 'punk' show I have ever seen in Las Vegas was when Atari Teenage Riot played a free concert behind the Royal Resort just off the strip.

But if a band has to come all the way from Germany, like ATR did, in order for a real movement to be alive for just one night, it does not bode well for the overall Las Vegas punk scene.

Strip Strip Hooray

By Frankie Tease

The Guardian Express

One thing often said about Dita Von Teese, is that she spawned the modern Burlesque movement. Whether you agree or not, Dita Von Teese has dominated Burlesque and high-fashion for almost a decade, with styles from the Turn of the Century, to the 1950's. Her milky white skin and waify yet curvy figure, are dreamy for fashion designers to work with, and easy on the eyes. The show, known as Strip Strip Hooray, toured in 2010/11 with a few select engagements, leaving fans drooling for more. Luckily, more they shall get. The 2012 tour is set to begin May in Los Angeles, and will continue to San Diego, Las Vegas, San Francisco, Seattle, Portland, and Orange County.

Audiences will be delighted to see more of the fantastic two-legged burlesque ballerina who learned her martini glass moves from original showgirl "Catherine D'lish," one of the world's (See "Hooray" page 18)

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Crystal Ball “Uncut” Part 2



By Dock Walls

The Guardian Express

Last week the Guardian Express LV published an interview I recently conducted with Fashion designer Crystal Ball - a Las Vegan who has distinguished herself and is giving back to the community. If nothing else, it is evident, Ms. Ball, is determined to succeed with her “So Crystal” line of clothing. Crystal’s work with young people provides her the greatest reward. We now resume with our interview:

Dock Walls: Most accomplished designers have been inspired by memorable people, circumstances or life events. Who or what has been your inspiration?

Crystal Ball: At an early age, my mother taught me there was nothing smarter than simple lines. As long as I can remember, for better or worse, I’ve been a slave to fashion. I would look at a garment and find myself captivated, unable to turn away from it until I had successfully remade it in my mind. As fate would have it, I married a Bermudian. While living on that culturally enriched Island, I was drawn to light and airy garments that covered but did not cling. I modeled for Ricky Richardson -

a fabulous designer with a rich, unique style. In my spare time, I began to design items solely for myself. I learned the art of draping to compliment the lines of the body and hide the flaws. My designs centered around angles, lines and the use of simple shapes.

Dock Walls: When did you first consider yourself to be a professional designer.

Crystal Ball: I didn’t consider designing as a profession until I noticed how people raved about my clothes, wherever I went. I realized my passion to create things was not going to subside. I was different. I wanted to change the fashion world and create understated things of beauty. I was into Natural beauty before it was cool.

Dock Walls: What distinguishes you from other designers?

Crystal Ball: I’m committed to making garments that are fun, functional and affordable. Most designers cater to women of a particular age, shape, size or status. My clothes are designed to fit all women, without distinction.

Dock Walls: Crystal, I have certainly enjoyed spending time with you. Your energy is infectious. As a parting gift, what advice would you give to aspiring designers?

Crystal Ball: First of all, thank you for this opportunity to share my story with your readers. I’m really impressed with the Guardian, especially the work of publisher Dimarkco Chandler. I recommend aspiring designers experiment with different fabrics and styles until they find their voice. When they do, they should push the envelope to the limit of creativity. No matter what, they should always demonstrate excellence and integrity.

If you would like to intern with Crystal Ball, email her: socrystallv@gmail.com

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Sinners and Saints Revs Up The Violence

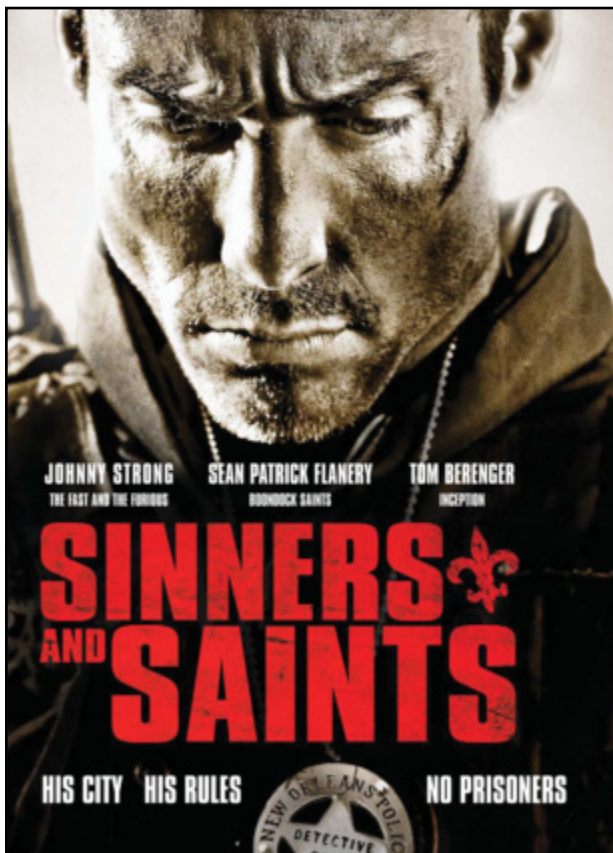
By Dayne Archer

The Guardian Express

If William Kaufman filmed "Sinners and Saints," his neo-noir, hardboiled cop drama, on a shoestring budget and a prayer, then the proficiency with which he films the action says otherwise. Kaufman makes good use of New Orleans' seedy underbelly, and he throws in more than enough beatings and gunfights to satisfy an audience for whom overkill doesn't exist.

Johnny Strong stars as Detective Sean Riley, whose marriage falls apart when his son dies of leukemia. With his patience running thin, Riley risks losing his badge after he leads a raid in which he shoots a wounded suspect to death; however, his Captain (Tom Berenger) sends him with Detective Will Ganz (Kevin Phillips) to track down whoever is responsible for murdering dozens of two-bit hoodlums. As it turns out, the trail leads to a drug kingpin named Rhykin (Jürgen Prochnow) and the group of rogue, covert operatives who've taken to literally burning the competition at his behest. The operatives set their sights on Colin (Sean Patrick Flanery), Riley's war buddy who's trying to stop them before they turn New Orleans into their personal stomping ground.

Riley and Ganz fight Rhykin's lackeys in a series of high-pitched gun battles that Kaufman and his crew choreograph with an attention to detail that even big-budget movies like *The Expendables* tend to omit. The two detectives aim, reload, use hand signals to guide each other in the middle of a firefight, and spring back and forth from cover to blast their way through the Big Easy's most dangerous corridors and streets. Take, for instance, how Riley blinds his opponents with a concussion grenade before he charges into the room and riddles them with more holes than a cheese grater. Mark Rutledge captures the chaos with the steady hand that the cinematographers of *Battle: Los Angeles* and *Cloverfield* seem to lack, and Kaufman shoots the sequences long enough so that the audience can clearly see who's shooting whom. Michael Bay and Tony Scott, both of



whom have helmed so many huge blockbusters like *The Rock* and *Transformers* that they can sell one on their involvement alone, use uninteresting set-pieces as an excuse to shake the camera and cut haphazardly from one shot to the next; Kaufman, who directed Cuba Gooding Jr. in *The Hit List*, knows what he has, and he's not afraid to use it.

Although Kaufman offers decent shootouts at a discount price, his script takes pages from the same

playbook of tropes -- the two cops who set aside their differences to work together, the climactic gun battle, the icy villain in a suit, etc. -- that just about every police procedural thriller (*Above the Law*, *Dirty Harry* and *Rush Hour*) recycles to a fault. It's a credit to Strong, who has a memorable role in *Blackhawk Down* as a Delta Force sniper who fights off hundreds of terrorists to

save a downed pilot, that he can sell it convincingly. He plays tough but with enough sensitivity to evoke some degree of inner turmoil. If nothing else, he hits his marks, and he makes his fights look good; in a film like *Sinners and Saints*, that's all an actor really needs to do.

"Hooray" from page 16

leading exotic female performers, and a gorgeous red-head who will be among the show's stars. Other luscious tour cast members include: MC Murray Hill, Dirty Martini, Lada, Selene Luna, Perle Noir, and Monsieur Romeo.

Whether you like the riding of the pink bull, the martini glass routine, or her fan dance, Dita will be bringing it to you in high style, set to amazing musical accompaniment. It's wonderful to see a star such as Dita Von Teese, who is also a style leader of this century, billed as the diamond in a traditional variety show setting, a show format that is fast-paced and has been proven to stand the test of time.

The rave revues of Strip Strip Hooray are still resounding from 2010, and this tour will be met with the fervor that Miss Teese deserves, without a doubt.

Creating gorgeous Dita clones around the world, Dita often states, in interviews, that one of her delights is seeing women who adapt her style show up to the shows. Besides her entertainment value, she's creating beauty everywhere she goes.

Viva Dita! House of Blues at Mandalay Bay, Las Vegas, \$62, May 17-19, 2012, ticketmaster.com, FrankieTease.com.



Mark Curry Returns to Las Vegas

Mark Curry of the hit TV show "Hanging With Mr. Cooper" is back in Vegas headlining at the Riviera Comedy Club this week-end. Voted "Hottest Comedian in Las Vegas" Mark will start a series of appearances Thursday thru Sunday show time is 8:30p.m. We will feature an interview in the next edition.

NFL CONCUSSIONS A MAJOR HEADACHE

By Art Stevens

The Guardian Express

Folks, I think we may very well be at a major turning point for the National Football League. The issue that it turns on is "concussions." NFL football has always been known as a CONTACT sport. Today, it would be described more accurately as a COLLISION sport, and the result of these collisions (which cause the concussions), allegedly shows a detrimental effect on the players' health in their later years.

This has put the NFL in what is probably the most precarious position they have ever been in. Right now, about 1,800 players have been named on about seventy separate complaints against the league, and that number is growing. Of course, some of that will turn out to be lawyers looking for a big payday, but that doesn't really change the problem. The NFL has countered by saying they have conducted a study that says that former players live longer than men in the general population. Their study makes no mention of concussions. I'm sure NFL commissioner Roger Goodell will try, in any way he can, to diffuse the issue in the coming weeks, but believe me when I tell you that the NFL is running scared about the possibilities that exist. It will also be very interesting to see what the attitude of the player's union will be.

I really have no idea where all of this is going. I would love it if nothing had to be done or changed. I love the NFL as it is now, but my friends, if you had a chance to see many of the retired players, along with the results of concussions and all those hard hits as I have, I think you would at least agree that SOMETHING has to be done. The hard hits result mostly in physical injuries to knees, legs, shoulders, backs, and the like. I hate to say, even to myself, that we have sort of learned to live with that. *(Whoa! Time out! Please reread the last sentence. Did I say 'we'? My first reaction was to just rewrite the sentence, but it occurred to me that maybe this is one of the things that are wrong. Maybe too much is being done to please the fans, and not enough to protect the players. Obviously, they are the ONLY ones that LIVE with it. I understand that the NFL must turn a profit, but there's the rub. What IS that happy medium that works best for all?)* True, the players chose to go into this sport, whether for money, fame, pride, or whatever. They do have



to live with some of the consequences, but I have to throw the flag when it comes to head injuries.

Parents, whether they have allowed their kids to play or not, have always worried about whether their kids SHOULD be playing football from peewee to high school. The severity of an injury usually increases as the player progresses into more advanced leagues because of the size, weight, strength, quickness and speed that players develop as they grow. At the NFL level, the linemen are SO strong that the collisions and the hits cause the injuries to be much more serious. I think that with the new information now available, fewer and fewer parents will allow their kids to play. I think that probably the dialogue would be something like, "You are a really good athlete. Let's look into other NON-CONTACT sports." It also should be pointed out that many coaches feel that kids should not play football before they are about fourteen years old, probably having to do with the brain not being fully developed.

I love football. I don't want it to fall by the wayside as a major sport. The first thing the NFL must do is to use some of its gigantic resources to develop a better helmet. I'm not a scien-

tist, but I would think they could do more with padding of different types, inside AND out. Of course, one of the keys here is to do this without the player losing his mobility. If they can come up with any other safety measures, this would sure be the time to do them. Secondly, change whatever rules they can to reduce all injuries and then hope that they do not change the fans' reactions to the game.

There is no doubt in my mind that the time has come: SOMETHING must be done!

If you have your own opinion or a comment on mine, you can reach me at artstevens99@yahoo.com.

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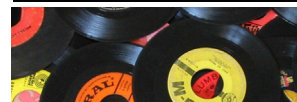
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NOTICE OF FORECLOSURE SALE OF INTEREST IN MINING COMPANY

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Day and Date: April 30, 2012

Time: 10:00 a.m. local time
Place: Lionel Sawyer & Collins 1700 Bank of America Plaza 300 South Fourth Street Las Vegas, Nevada 89101

• The current owner of the Mineral Ridge LLC Collateral is Golden Phoenix Minerals, Inc. (Debtor). Debtor has pledged the Mineral Ridge LLC Collateral to secure a loan.

• According to publicly available information provided by the operator of Mineral Ridge LLC, Mineral Ridge LLC is the owner and operator of the Mineral Ridge gold project located in Esmeralda County, Nevada, approximately 4.5 miles northwest of the town of Silver Peak, Nevada and 35 miles southwest of the town of Tonopah, Nevada. The Mineral Ridge gold project is located in Townships 1 and 2 South, Ranges 38 and 39 East. The Mineral Ridge gold project consists of 54 patented claims, 486 unpatented lode claims and one unpatented mill-site claim totaling approxi-

approximately 9,945 acres. Additional information regarding the Mineral Ridge gold project can be found at www.scorpiogold.com and at www.goldenphoenix.us.com. Mineral Ridge LLC is governed by an Operating Agreement, dated as of March 10, 2010, and an Exploration, Development and Mining Joint Venture Members' Agreement and Limited Liability Company Operating Agreement, dated December 31, 2009, as amended or modified, and a buyer of the Mineral Ridge LLC Collateral would be subject to such agreements.

• The Mineral Ridge LLC Collateral is subject to an Option Agreement in favor of the Secured Creditor, whereby the Secured Creditor has an option to acquire the Mineral Ridge LLC Collateral at the price and on the terms and conditions set forth therein. The Option Agreement is on record in Esmeralda County, Nevada, Document No. 0184970, Book 310, Page 231, recorded on November 10, 2011. The Mineral Ridge LLC Collateral will remain subject to the Option Agreement following any sale.

• The terms of sale will be cash, cashiers check or wire transfer of immediately available U.S. funds. The Secured Party reserves the right to credit bid for the Mineral Ridge LLC Collateral. The sale will be conducted as a sale of the entirety of the Mineral Ridge LLC Collateral. The sale of the Mineral Ridge LLC Collateral shall be subject to the other terms and conditions set forth in the memorandum of sale and in any other instruments of transfer to be delivered in connection with this sale.

• The Mineral Ridge LLC Collateral will be sold

AS IS, WHERE IS. There is no representation or warranty, express or implied, relating to title, possession, quiet enjoyment, merchantability, suitability, fitness for a particular purpose or the like, or any other representation or warranty arising by statute or by common law, in this sale. The Secured Party expressly disclaims any such representation or warranty.

• The Secured Party reserves the right to refuse any bid for any reason whatsoever and the right to postpone, adjourn, delay, discontinue or cancel the sale at any time and for any reason whatsoever.

• All bidders must pre-qualify at least five (5) business days in advance of the sale as to their bona fide interest by submitting a written expression of interest, which will identify the purchaser together with evidence of sufficiency of funds to immediately consummate the sale and a deposit. Other conditions for participation in the bidding process are available upon request.

Additional information, including the full Notice of Disposition, and other information regarding the Mineral Ridge LLC Collateral, sale process and the bidding procedures are available by contacting counsel for the Secured Party, Tom McNamara, Davis Graham & Stubbs LLP, 1550 17th Street, Suite 500, Denver, Colorado 80220, Tele.: (303) 892-7349, E-mail: tom.mcnamara@dgsllaw.com.

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Hay actividades para todos en este gran espectáculo. Varias estaciones de aprendizaje estará abierta para educar a todos sobre el eclipse, las fases de la luna, los cohetes, la energía, la luz ultravioleta y mucho más.

A las 7:30 pm, habrá un concierto en Kanarrville con Doug Haywood y Whittemore Karyn. Los boletos se venderán en la puerta por \$ 12.

Todo eso se está preparando para el eclipse anular solar, el domingo, 20 de mayo. La NASA ha declarado que Spring Creek Road en Kanarraville, Utah es el mejor lugar para ver esta ocasión digna de mencionar. Se estima que 5.000 personas se espera que esté allí, así que guarda tu lugar con anticipación!

Habrà vendedores y las instalaciones disponibles. Alimentos, bebidas, artesanías y objetos de interés serán vendidos. Recuerde que debe reservar un hotel, ya que no está permitido acampar.

Si desea ver el eclipse lejos de la multitud, hay varios otros lugares de visualización recomendada en todo el Condado del hierro. Los mapas están disponibles en el Centro de Visitantes en el 581 N. Main Street, Cedar City, UT 84721.

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¡Fracckle

La cuestión no es si, pero cuando va a la siguiente fenómeno de Internet emerge en una era de Internet siempre cambiante de las comunicaciones que ha sido testigo de la desaparición de compañías como Lycos Myspace, y Ecite. Recientemente el New York Times citó a Tim Chang, director general de Mayfield Fund, como haber dicho: “No hay dirigida al consumidor de la marca en Internet o en el sitio que siempre mantiene la atención de los consumidores de más de 10 años No es difícil imaginar que en 10 años, la gente va a estar fuera de Facebook.” Quizás Chang es un poco celoso pero que tienen un punto, y que sustituiría a un Facebook, Google o Twitter, para el caso. De los tres, creo que Google podría haber desarrollado un modelo de negocio que casi les garantiza la longevidad de muchos años por venir. Después de todo, estaban muy ocupados en los últimos cinco años en el desarrollo del iPhone sólo retador verdadera nemesis, y su contraparte, “El Android.” Por Eric Schmidt y su equipo, una decisión sabia. Ahora, Facebook, en la víspera de su oferta pública, aún no está seguro de cuánto dinero de la compañía es realmente vale la pena. A pesar de haber traído casi \$ 4 millones el año pasado ya pesar de que poseen un activo muy valioso con su tesoro de información del usuario, un inversor anónimo de Facebook sugiere que no tienen clara la estrategia de negocio. aficionados y profesionales de todo el mundo de periodistas.



Miss Guardian Angle Latina Atención Modelos Latinas El Guardian esta buscando jovencitas para que representen nuestro periodico en nuestros eventos y even

Construido sobre una base que ellos llaman “periodistas ciudadanos”, iFracckle ofrece a sus usuarios la oportunidad de participar en un mundo social real, en oposición al mundo virtual a menudo experimentan con el uso de Facebook o Twitter. Uno de iFracckles características primarias se puede ver en su aplicación de teléfono celular, que permite una Frackler a presentar en tiempo real las noticias en todo el mundo. El receptor de estos Frackles (Noticias) son capaces de disfrutar de noticias de su área geográfica elegida. Esta característica es especialmente atractiva para un consumidor que está interesado en las políticas que rigen en una parte volátil del mundo, o tal vez para mantenerse al día con una noticia un pequeño pueblo donde un miembro de la familia podría residir. Fracklers están clasificados para la autenticidad y fiabilidad y son recompensados con dinero virtual que se puede utilizar en prácticas para comprar artículos de los patrocinadores de iFracckle. Tenía que suceder más pronto de este último. iFracckle podría ser el próximo punto-com a emerger. Bueno Marcos Zuckerberg mejor mirar hacia fuera, porque vivo y respirando se esconde una red social emergente en la actualidad en su fase beta llamado iFracckle! iFracckle combina el rico mundo de las redes sociales con la transmisión de noticias en tiempo real, y se formó para hacer una cosa; frecuentes informar y comunicar los principales acontecimientos de la vida. Su modelo es un paradigma de dos niveles de consumo del usuario que a punto de surgir.

tos de la comunidad . Una señorita especial será coronado “Miss. Guardian Angel Latina 2012” El ganador tendrá la oportunidad de una emocionante carrera de un año pagado. Estamos buscando a jóvenes con buena presentación, articulación, de la moda mas reciente, inteligentes señoritas entre las edades de 21-35 años de edad, con el Guardian como su plataforma para representar en el área de Las Vegas. El formulario de inscripción solo estará disponible solo en el “El Guardian” a partir del domingo 28 de abril 2012. Para preguntas o mas informacion llamar al 702-625-2303 o manda tu portfolio a publisher@guardianlv.com

era desde el coche de Google, que cuenta con cámaras y equipos de radar atados a la azotea. Para poder ser autorizados para circular por carretera, los vehículos autónomos deben tener un tiempo mínimo de conducción combinado de 10.000 millas. Nevada también requiere que los operadores autónomos de coches en aportar una descripción completa de su auto-manejo de tecnología, un plan de seguridad detallado y un plan para contratar y capacitar a los pilotos de pruebas. El estado requiere una cuota de licencia \$ 100 más \$ 13 para cada juego de placas, pero las empresas también deben comprar un bono de garantía de \$ 1 millón para poner un máximo de 5 vehículos en la carretera. Nevada dice una serie de otras empresas no identificadas que busca seguir de Google y la prueba de conducción de auto-vehículos en las vías públicas del estado. Los conductores también tendrán que obtener la aprobación de un controlador especial de licencia antes de que puedan ponerse al volante de los futuros coches robóticos.



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de varios años como yo os he hablado con amigos y familiares y vecinos, cuando pienso en miembros de mi propio personal que están en relaciones monógamas muy comprometidos, las relaciones del mismo sexo, que están criando a sus hijos juntos, cuando pienso en los soldados o infantes de marina o los aviadores o marinos que están ahí fuera luchando en mi nombre y sin embargo se sienten obligados, incluso ahora que no pregunto no le digas a se ha ido, porque no son capaces de comprometerse en la un matrimonio, en un cierto punto que acabo de concluir que para mí personalmente es importante para mí seguir adelante y afirmar que creo que parejas del mismo sexo deberían poder casarse”, dijo.



Y añadió: “Usted sabe, Malia y Sasha, tienen amigos cuyos padres son parejas del mismo sexo. Hemos habido momentos en que Michelle y yo hemos estado sentados a la mesa y estamos hablando de sus amigos y sus padres, y Malia y Sasha, no caer en la cuenta a los que de alguna manera los padres de sus amigos, serían tratados de manera diferente. No tiene sentido para ellos y, francamente, ese es el tipo de cosas que le pide un cambio de perspectiva.”

La decisión del presidente Obama a abrazar el matrimonio gay puede añadir una complicación política para su reelección, pero también está desatando una ola de un nuevo apoyo financiero de los donantes de gays y lesbianas que ya eran mayores partidarios de su candidatura.



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en Las Vegas

By Alberto Angulo

El Guardian

Auto-conducción de coches de Google esta creciendo justo en frente de nuestros ojos: El programa de vehículo autónomo aprobó recientemente la prueba de su licencia de conducir en Nevada, la primera licencia de este tipo en los Estados Unidos. La obtención de la auto-conducción de Nevada carnet de conducir abre el camino a Google para probar su tecnología en la vía publica en el estado.

Modificación de Google Toyota Prius fue dado el visto bueno después de las unidades de prueba con éxito en Carson City y en la franja de Las Vegas. Junto a la licencia especial, Ne-

El presidente Obama apoya el matrimonio gay

By Alberto Angulo
El Guardian



Washington, DC, 09 de mayo 2012: En un dramático cambio en la opinión pública, Barack Obama, se convirtió en el primer presidente de anunciar su apoyo a los matrimonios del mismo sexo. Para un importante anuncio, el Presidente Obama sin duda tomó una manera interesante de la noticia.

Divulgación de Obama el miércoles que apoya un evento de campaña, un co-anfitrión de un talk show de la mañana. “Tengo que decir que en una dirección política y no en una di-

(Ver “Obama” pagina 2)

By Amanda Shore
El Guardian

El Domingo, 20 de mayo 2012, habrá un eclipse solar anular. Esto ocurre cuando la Luna esta directamente entre la Tierra y el Sol, pero esta demasiado lejos como para cubrir completamente a nuestra estrella. Esto resulta en el Sol asomando alrededor de los bordes de la luna, dejando un anillo brillante, llamado un anillo, alrededor de ella. Este acontecimiento raro se puede ver en la noche. Algunos

Anular Solar Eclipse

vada, también emitió el símbolo de infinito, las placas deben diferenciar todos los otros vehículos en la carretera. Con un poco de suerte, las

(Ver “Auto” pagina 2)



Auto-conducción Google listo para conducir



de los puntos principales para ver en Utah. El sábado, 19 de mayo hay una “Eclipse Extravaganza” en el Centro Acuático de Cedar City. Este evento va desde las 11:00 am hasta las 3:00 pm y la entrada es gratuita. Allí, usted puede aprender de los expertos cómo ver el eclipse con seguridad. Usted puede obtener un mapa de la zona y un par de gafas de eclipse. Estas son las gafas que protegerán sus ojos de tener que mirar casi

(Ver “Eclipse” pagina 3)