

MUSCL Senior Wellness Center
at Schnitzelburg
1016 E. Burnett Avenue
Louisville, KY 40217
634-3221

Hours:

Mon. – Wed. – Fri.

9 AM to 4 PM

Director - Brad Castleberry

www.neighborhoodlink.com/org/muscl

on Facebook <http://facebook.com/musclseniorcenter>

Funded in part by:

Louisville Metro Government

Friends and Neighbors of M.U.S.C.L.
Schnitzelburg Area Community Council
Councilman Jim King, District 10
Local Businesses



THE GOLDEN OLDIES



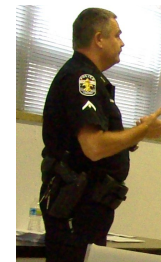
MUSCL Senior Wellness Center Newsletter

Issue 58

MARCH 2013

Editor Fran Sohl

OFFICER DEAN STURGEON OFFERS TWO PROGRAMS AT THE CENTER



The first program offered on January 28 was an information session on how to identify meth labs in your neighborhood. Officer Sturgeon told us what items to look for in the garbage or stacked up around a house, such as containers for common cold pills, acetone, alcohol, drain cleaner, coffee filters, lye, matches, dishes and pop bottles. Crystal meth looks like raw sugar. Meth is made from all synthetic material. Other drugs are made from plants. He explained the various ways meth is made. It can be made by the 'one pop' method in a few hours. When being made there is an odor much like cat urine or ammonia. After meth has been made in a home, the cleanup is extensive. Everything has to be removed, often including drywall. Officer Sturgeon said to take a picture if you see something suspicious, but be safe. Call the police if you suspect a meth lab in operation. Do not go near the place where you suspect the drug is being made.

His second program is a four week program on personal safety. He brought in items that are legal for us to own for protection. He also talked about ways to defend ourselves. At this writing there is still one classes left in this program. The last class will be March 6 at 11:30.



THE GOLDEN OLDIES

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HISTORY OF THE INCOME TAX IN THE UNITED STATES

The nation had few taxes in its early history. From 1791 to 1802, the United States government was supported by internal taxes on distilled spirits, carriages, refined sugar, tobacco and snuff, property sold at auction, corporate bonds, and slaves. The high cost of the War of 1812 brought about the nation's first sales taxes on gold, silverware, jewelry, and watches. In 1817, however, Congress did away with all internal taxes, relying on tariffs on imported goods to provide sufficient funds for running the government.



In 1862, in order to support the Civil War effort, Congress enacted the nation's first income tax law. It was a forerunner of our modern income tax in that it was based on the principles of graduated, or progressive, taxation and of withholding income at the source. During the Civil War, a person earning from \$600 to \$10,000 per year paid tax at the rate of 3%. Those with incomes of more than \$10,000 paid taxes at a higher rate. Additional sales and excise taxes were added, and an “inheritance” tax also made its debut. In 1866, internal revenue collections reached their highest point in the nation's 90-year history—more than \$310 million, an amount not reached again until 1911.

The Act of 1862 established the office of Commissioner of Internal Revenue. The Commissioner was given the power to assess, levy, and collect taxes, and the right to enforce the tax laws through seizure of property and income and through prosecution. The powers and authority remain very much the same today.

In 1868, Congress again focused its taxation efforts on tobacco and distilled spirits and eliminated the income tax in 1872. It had a short-lived revival in 1894 and 1895. In the latter year, the U.S. Supreme Court decided that the income tax was unconstitutional because it was not apportioned among the states in conformity with the Constitution.

In 1913, the 16th Amendment to the Constitution made the income tax a permanent fixture in the U.S. tax system. The amendment gave Congress legal authority to tax income and resulted in a revenue law that taxed incomes of both individuals and corporations. In 1918, annual internal revenue collections for the first time passed the billion-dollar mark, rising to \$5.4 billion by 1920. With the advent of World War II, employment increased, as did tax collections - to \$7.3 billion. The withholding tax on wages was introduced in 1943 and was instrumental in increasing the number of taxpayers to 60 million and tax collections to \$43 billion by 1945.

In 1981, Congress enacted the largest tax cut in U.S. history, approximately \$750 billion over six years. The tax reduction was partially offset by two tax acts, in 1982 and 1984 that attempted to raise approximately \$265 billion. (continued next month)

FAMILIAR FACES



Vernon and Margie Siewert

This is a two-for-one special. These two really are special. They have been married for 51 years, have 3 children and 5 grandchildren. And they still enjoy each others company. They have both retired, having worked for Kroger's at one time or another. Two things Margie told me about herself are that she has a twin sister who is also a member, Mary Russell and she asked me not to tell about the chicken episode, so I won't.

Guess what ? Margie picked Vernon on the corner while he waited for a bus going home from school. Shocking? No. She said all the girls at Ursuline did it. They would hang out the window and flirt.

Margie's family traveled a lot and she has been in 48 of the states, but until Vernon married Margie he had never been out of Kentucky, so she took him on a trip, traveling with her around the country. The trip has not ended yet. Two years ago they made the trip to join the MUSCL Senior Center. So, they enjoy their retirement and keep busy together. They can be found at the Center most of the days it is open. Vernon likes to work jigsaw puzzles, play volleyball and Pinochle. After one of their trips to Kentucky Lake where they both fish, he cooked and shared his catch with the Center members. Margie waits for him in the craft room, with her cross stitch and various projects, one of which is the plastic mats she makes for the homeless and dogs. They make winter trips to Florida, and Margie said that is the only time they fight. They fight over who finds and gets the prettiest shells...first. The have done some pushing and shoving to get to that specific shell . Vernon makes beautiful shell items which are for sale and on display in the hall. The shell craft requires much more patience than I would have.

They wanted me to be sure and mention how much they enjoy coming to the center. And we enjoy having them here.

By Barb O'Mary

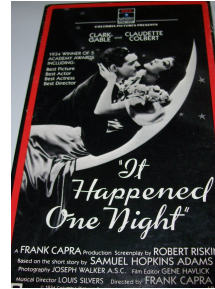
MARCH MOVIE MATINEE

Monday March 11 at 12:15 pm

Community Room

“IT HAPPENED ONE NIGHT”

Clark Gable and Claudette Colbert

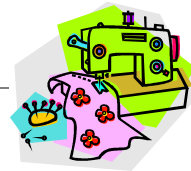


Genius! ----- 1-2-3 Cake. I love this idea!!!

You need two boxes of cake mix. One can be any flavor you prefer, but the other **MUST** be Angel Food cake mix. Mix them together (shake them in a big bowl). Then simply store the mixture in an airtight container until you get the urge for dessert. Then just put three Tbsp. of the dry mixture in a big coffee mug and stir in 2 Tbsp of water. Microwave it for one minute and you will have a single serving of cake! Top with fruit, ice cream, whipped cream or whatever! Awesome for those of us who want something sweet every now without making an entire cake!!!



Our sincere thanks to the good Samaritan who dropped off all the bags of fabric on our side porch. Be assured it will be put to good to good use!



Our condolences to our director Brad Castleberry and his family on the loss of his mother.



EASTER SUNDAY IN THE UNITED STATES

Many Christians celebrate the Resurrection of Jesus Christ on Easter Sunday. The date of Easter is determined by the March equinox. This year, 2013, Easter is the earliest it can be, the last Sunday in March.

Many people decorate eggs as part of their Easter celebration and traditions. These eggs can be hard boiled, plastic, chocolate or other materials. Another custom is to hide the eggs for a hunt. The story goes that the Easter Bunny hides the eggs.

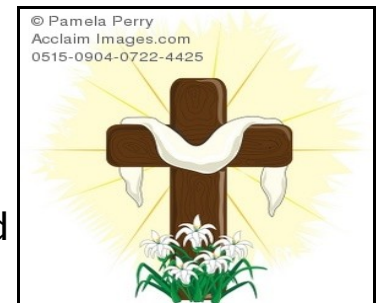
In Pagan times, many groups of people organized Spring festivals. Many of these celebrated the rebirth of nature, the return of the land to fertility and the birth of many animals. This is the origin of the Easter eggs we still hunt



It used to be customary to get a new outfit for Easter and everyone was dressed to the “t's” when they came to church. More people attend church on Easter Sunday than any other day.

Remember the song “In Your Easter Bonnet” or “Here Comes Peter Cottontail”?

In Christian times, Spring began to be associated with Jesus' crucifixion and resurrection. The crucifixion is remembered on Good Friday and the resurrection on Easter Sunday.



A HAPPY EASTER TO EVERYONE.

