

# Political Penguin

By Duane Plank

Did you see the picture of our Secretary of State, Hillary Rodham Clinton, wearing a stylish blue hoodie, confronting some in the Pakistani government with her opinion that members of the Pakistan hierarchy aren't exactly being helpful in locating the murderers from Al Qaeda who are thought to be receiving safe haven inside their borders?

The morning that I filed this column, reports emanated from Pakistan that another suicide bomber had unfortunately been successful in his or her mission, killing 35 people outside a bank in the capital city of Rawalpindi.

Mohammad Mushtaq was a witness to the senseless carnage. "I was sitting on the pavement outside to wait for my turn," he said. "The bomb went off with a big bang. We all ran. I saw blood and body parts everywhere."

Clinton, who was a Senator from New York when the Twin Towers were torpedoed on 9/11, has been somewhat outspoken in her new diplomatic position in the Obama administration. Good for her. No need for country ass-kissing, no matter how "diplomatic" a position that the Sec. of State holds. Something needs to be done to root out these murdering desperadoes.

Said Clinton regarding the Al Qaeda criminals: "It is hard to believe that nobody in your government knows where they are and couldn't get them if they really wanted to."

Bingo. And if we hadn't castrated the snipers working for the CIA many years ago, maybe a lot of these barbarous murderers wouldn't be allowed to walk around unscathed? Maybe they wouldn't be walking around at all?

And Mrs. Clinton, who was supposedly in Pakistan to make nice and mend some fences, also took a shot at the business folks in the region, who apparently aren't all that interested in collecting taxes from

their citizenry. Something about rampant tax evasion and fraud seems to permeate the Pakistani culture. "At the risk of sounding undiplomatic, Pakistan has to have internal investment in your public services and your business opportunities," Clinton said. And then she added that the U.S. government "taxes everything that moves and everything that doesn't, and that's not what we see in Pakistan."

Nice shot, woman. A Democrat mentioning taxes. Whoooooeeeeeeee.

Then the following day, a still fired up Clinton continued to speak her mind concerning the terrorists as she hung out in the country. "Somebody, somewhere in Pakistan must know where these people are," Clinton said. "And we'd like to know as we view them as really at the core of the terrorist threat that threatens Pakistan, threatens Afghanistan, threatens us, threatens people all over the world." Thirty-five more corpses as of Monday kinda proved her point, didn't it?

Good for you, ma'am. And if you ticked off a few mucky-mucks in Pakistan, so be it.

Speaking of snipers, good news for us law-abiding citizens. Remember back in 2002, when the Washington, D.C. area and close environs were terrorized by a couple of rifle-wielding madmen? Since the powers that be couldn't really tell "we the people" what the hell was happening, folks from D.C. all the way to the City of Angels were looking over their shoulders when entering a convenience store, or stopping on the highway to pump gas.

Sentenced to die next Tuesday is one John Allen Muhammad, who along with his sidekick, Lee Boyd Malvo, was convicted of killing 10 innocent people in their shooting spree seven years ago. Muhammad was also

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# Dear Carol



Dear Carol,

My husband retired about a year ago. After he finished the projects he had around the house he settled into a life of reading the newspaper, looking at the computer, playing golf and puttering in the yard. He has started drinking earlier and earlier each day, gained weight, started taking sleeping pills and is often critical of me and what I do. One of my friends thinks he is depressed. I hate to mention that because he'd probably go to the doctor and get more drugs. How can I get him to be the happy, interested and interesting man I married?

Watching him Fade

Dear Watching,

Your husband may well be depressed. This often happens to people who retire from a job where they met challenges, had social interactions and felt like they were productive members of society. If we do not use our abilities they become stagnant and clog our mental, emotional, physical and spiritual arteries. He needs an outlet for his physical and mental energies. Find a way for him to volunteer his time and talents. Schools and non-profit groups always need help. Can he join a service organization? Delivering

Meals on Wheels, helping seniors prepare tax returns, a soup kitchen or homeless shelter all need his support. A machine that is not used rusts and declines.

Dear Carol,

I am under a lot of stress at work and at home. Two people in my office have been laid off and I've been given their responsibilities along with my own. My daughter is having a hard time adjusting to middle school and my husband's mother is ill and needs more and more of our attention. I took my blood pressure the other day and it is getting high. I don't want to start taking medications because they have so many side effects. Do you have any idea how I can get it down without taking pills?

Stressed Staci

Dear Staci,

Please go to the doctor for an exam to be sure your blood pressure increase hasn't been caused by something other than stress. If it is all right with your physician, before you fill a prescription, try conscious breath control. Take long, slow breaths. Count slowly to five as you inhale and to five as you exhale. Do this all day, every day, as often as you can remember to breathe this way. You might put a sign or item on your desk and in your car to remind you to maintain this practice. You have survived tough times before and you will make it through this challenge as well. Take a walk every day, breathe deeply, free your mind of worry and repeat a phrase that brings you peace. You might try phrases like, "This too shall pass. I am healthy, happy and strong. Everything is working for my good." Putting your attention on peace instead of worries will help your heart.

Send questions to askcarolnow@gmail.com or mail to Herald Publications.

Carol is a Life Coach available for private consultation in person or on the phone. •

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	7:00-8:15pm	Hatha Basics - All Level	Leyla
<b>Tuesday</b>	5:30-6:45pm	Yin Yoga - All Level	Via
	7:00-8:15pm	Vinyasa Flow - Level I	Leticia
<b>Wednesday</b>	6:00-7:15am	Vinyasa Flow - All Level	Jamie
	5:30-6:45pm	Hatha Basics - Level I-II	Andy
	7:00-8:15pm	Hatha Basics - All Level	Teri
<b>Thursday</b>	5:30-6:45pm	Forrest - All Level	Theresa
	7:00-8:15pm	Beginner Hatha	Robyn
<b>Friday</b>	6:00-7:15am	Vinyasa Flow - All Level	Jamie
	6:15-7:30pm	Vinyasa Flow - All Level	Alex
<b>Saturday</b>	9:30-10:45am	Hatha Basics - All Level	Andy
	11:00-12:15pm	Tai Chi - All Level	Ara
<b>Sunday</b>	8:00-9:15am	Hatha Basics - All Level	Cathy
	9:30-10:45am	Yoga Tune-Up® - All Level	Theresa
	5:30-6:45pm	Hatha Basics - All Level	Andy

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**Metro Briefs**  
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**Eight New Metro Rail Stations Open November 15**  
Come celebrate the return of rail to East LA with community festivities and free rides on the Edward R. Roybal Metro Gold Line Eastside Extension on Sunday, November 15. The six-mile extension serves the Little Tokyo/Arts District, Boyle Heights, East LA and links to the existing Gold Line to Pasadena. Find out more at [metro.net](http://metro.net).

**Breaking Metro News Online At "The Source"**  
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**New Freeway Service From Metro**  
Metro is launching new high-frequency, high-capacity bus service on freeway carpool lanes between El Monte and Carson. Beginning in December, Metro Silver Line will travel the carpool lanes on the I-10 and I-110 freeways, and serve downtown LA.

**'Tis The Season To Go Metro**  
Celebrate the start of the holidays with more than 80 years of tradition. The Hollywood Christmas Parade once again marches down Hollywood Boulevard on Sunday, November 29. Metro Rail's Hollywood/Highland and Hollywood/Vine stations are located on the parade route. Make Santa's "Nice List" by making your trip on Metro.

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