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# The Voice of Golden

Vol. 9, No.1 <> Golden, Colorado <> January 2009

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INSIDE - Things to know

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**What do you think about the 6.5% raise proposed for City Manager Bestor? Do you suppose it had anything do to with his signing a court document without any authority that saved the city some money?**

## NURSE'S HEART ATTACK EXPERIENCE

I am an ER nurse and this is the best description of this event that I have ever heard. Please read, pay attention, and send it on!

Diane K. in AZ

### FEMALE HEART ATTACKS

I was aware that female heart attacks are different, but this is the best description I've ever read.

Women and heart attacks (Myocardial infarction). Did you know that women rarely have the same dramatic symptoms that men have when experiencing heart attack ... you know, the sudden stabbing pain in the chest, cold sweat, grabbing the chest & dropping to the floor that we see in the movies. Here's the story of one woman's experience with a heart attack.

I had a heart attack about 10 :30 PM with NO prior exertion, NO prior emotional trauma that one would suspect might've brought it on.

I was sitting all snugly & warm on a cold evening, with my purring cat in my lap, reading an interesting story my friend had sent me, and actually thinking, 'A-A-h, this is the life, all cozy and warm in my soft, cushy Lazy Boy with my feet propped up.

A moment later, I felt that awful sensation of indigestion, when you've been in a hurry, grabbed a bite of sandwich and washed it down with a dash of water. That hurried bite seems to feel like you've swallowed a golf ball going down the esophagus in slow motion and it is most uncomfortable. You realize you shouldn't have gulped it down so fast and needed to chew it more thoroughly and this time drink a glass of water to hasten its progress down to the stomach. This was my initial sensation---the only trouble was that I hadn't taken a bite of anything since about 5:00 p.m.

After it seemed to subside, the next sensation was like little squeezing motions that seemed to be racing up my SPINE (hind-sight, it was probably my aorta spasming), gaining speed as they continued racing up and under my sternum (breast bone, where one presses rhythmically when administering CPR)..

This fascinating process continued on into my throat and branched out into both jaws. 'AHA!! NOW I stopped puzzling about what was happening -- we've all read and/or heard about pain in the jaws being one of the signals of an MI happening, haven't we?' I said aloud to myself and the cat, Dear God, I think I'm having a heart attack!

I lowered the footrest dumping the cat from my lap, started to take a step and fell on the floor instead. I thought to myself, If this IS a heart attack, I shouldn't be walking into the next room where the phone is or anywhere else ...on the other hand, if I don't, nobody will know that I need help, and if I wait any longer I may not be able to get up in a moment.

I pulled myself up with the arms of the chair, walked slowly into the next room and dialed the Paramedics... told her I thought I was having a heart attack due to the pressure building under the sternum and radiating into my jaws. I didn't feel hysterical or afraid, just stating the facts. She said she was sending the Paramedics over immediately, asked if the front door was near to me, if so, to unbolt the door then lie down on the floor where they could see me when they came in.

I unlocked the door, laid down on the floor as instructed and lost consciousness. I don't remember the medics coming in, their examination, lifting me onto a gurney or getting me into their ambulance, or hearing the call they made to St. Jude ER on the way. I briefly awaken when we arrived and saw that the Cardiologist was already there in his surgical blues and cap, helping the medics pull my stretcher out of the ambulance. He was bending over me asking questions (probably something like 'Have you taken any medications?') but I couldn't make my mind interpret what he was saying, or form an answer, and nodded off again, not waking up until the Cardiologist and partner had already threaded the teeny angiogram balloon up my femoral artery into the aorta and into my heart where they installed 2 side by side stents to hold open my right coronary artery.

I know it sounds like all my thinking and actions at home must have taken at least 20-30 minutes before calling the Paramedics, but actually it took perhaps 4-5 minutes before the call, and both the fire station and St. Jude are only minutes away from my home. My Cardiologist was already to go to the OR in his scrubs and get going on restarting my heart (which had stopped somewhere between my arrival and the procedure) and installing the stents.

'Why have I written all of this to you with so much detail? Because I want all of you who are so important in my life to know what I learned first hand.'

1. Be aware that something very different is happening in your body not the usual men's symptoms but inexplicable things happening (until my sternum and jaws got into the act). It is said that many more women than men die of their first (and last) MI because they didn't know they were having one and commonly mistake it as indigestion, take some Maalox or other anti-heartburn preparation and go to bed, hoping they'll feel better in the morning when they wake up ... which doesn't happen.

My female friends, your symptoms might not be exactly like mine, so I advise you to call the Paramedics if ANYTHING is unpleasantly happening that you've not felt before. It's better to have a 'false alarm' visitation than to risk your life guessing what it might be!

2. Note that I said '**Call the Paramedics.**' And if you can take an Aspirin.  
Ladies, TIME IS OF THE ESSENCE!

Do NOT try to drive yourself to the ER - you are a hazard to others on the road.  
Do NOT have your panicked husband who will be speeding and looking anxiously at what's happening with you instead of the road.  
Do NOT call your doctor -- he doesn't know where you live and if it's at night you won't reach him anyway, and if it's daytime, his assistants (or answering service) will tell you to call the Paramedics. He doesn't carry the equipment in his car that you need to be saved! The Paramedics do, principally OXYGEN that you need ASAP. Your Dr. will be notified later.

3. Don't assume it couldn't be a heart attack because you have a normal cholesterol count. Research has discovered that a cholesterol elevated reading is rarely the cause of an MI (unless it's unbelievably high and/or accompanied by high blood pressure). MIs are usually caused by long-term stress and inflammation in the body, which dumps all sorts of deadly hormones into your system to sludge things up in there. Pain in the jaw can wake you from a sound sleep. Let's be careful and be aware. The more we know, the better chance we could survive.

**A cardiologist says if everyone who gets this mail sends it to 10 people, you can be sure that we'll save at least one life.**

**\*\*Please be a true friend and send this article to all your friends (male & female) you care about!\*\***

EVERYONE SHOULD READ THIS!!!!

Juval Aviv.

Very important interesting information....

Juval Aviv was the Israeli Agent upon whom the movie ' Munich ' was based. He was Golda Meir's bodyguard--she appointed him to track down and bring to justice the Palestinian terrorists who took the Israeli athletes hostage and killed them during the Munich Olympic Games. (Aviv's bio is noted at end.)

He predicted the London subway bombing on the Bill O'Reilly show on Fox News stating publicly that it would happen within a week. At the time, O'Reilly laughed and mocked him saying that in a week he wanted him back on the show. But, unfortunately, within a week the terrorist attack had occurred.

Now for his future predictions.

He predicts the next terrorist attack on the U.S. will occur within the next few months. Forget hijacking airplanes, because he says terrorists will NEVER try and hijack a plane again as they know the people onboard will never go down quietly again.

Aviv believes our airport security is a joke--that we have been reactionary rather than proactive in developing strategies that are truly effective. For example:

1) Our airport technology is outdated. We look for metal, and the new explosives are made of plastic.

2) He talked about how some idiot tried to light his shoe on fire. Because of that, now everyone has to take off their shoes. A group of idiots tried to bring aboard liquid explosives. Now we can't bring liquids on board. He says he's waiting for some suicidal maniac to pour liquid explosive on his underwear; at which point, security will have us all traveling naked! Every strategy we have is 'reactionary.'

3) We only focus on security when people are heading to the gates.

Aviv says that if a terrorist attack targets airports in the future, they will target busy times on the front end of the airport when/where people are checking in.

It would be easy for someone to take two suitcases of explosives, walk up to a busy check-in line, ask a person next to them to watch their bags for a minute while they go to the restroom, and then detonate the bags BEFORE security even gets involved.

In Israel, security checks bags BEFORE people can even ENTER the airport.

Aviv says the next terrorist attack here in America is imminent and will involve suicide bombers and non-suicide bombers in places where large groups of people congregate. (I. E., Disneyland, Las Vegas casinos, big cities (New York, San Francisco, Chicago, etc.) and that it will also include shopping malls, subways in rush hour, train stations, etc., as well as rural America this time (Wyoming, Montana, etc.).

The attack will be characterized by simultaneous detonations around the country (terrorists like big impact), involving at least 5-8 cities, including rural areas.

Aviv says terrorists won't need to use suicide bombers in many of the larger cities, because at places like the MGM Grand in Las Vegas, they can simply valet park a car loaded with explosives and walk away.

Aviv says all of the above is well known in intelligence circles, but that our U.S. government does not want to 'alarm American citizens' with the facts.

The world is quickly going to become 'a different place,' and issue like 'global warming' and political correctness will become totally irrelevant.

On an encouraging note, he says the terrorists who want to destroy America will not use sophisticated weapons. They like to use suicide as a front-line approach. It's cheap, it's easy, it's effective; and they have an infinite abundance of young militants more than willing to 'meet their destiny.'

He also says the next level of terrorists, over which America should be most concerned, will not be coming from abroad. But will be, instead, 'homegrown' - having attended and been educated in our own schools and universities right here in the U. S.

He says to look for 'students' who frequently travel back and forth to the Middle East. These young terrorists will be most dangerous because they will know our language and will fully understand the habits of Americans; but that we Americans won't know/understand a thing about them.

Aviv says that, as a people, Americans are unaware and uneducated about the terroristic threats we will, inevitably, face. America still has only a handful of Arabic and Farsi speaking people in our intelligence networks, and Aviv says it is critical that we change that fact - SOON.

So, what can America do to protect itself?

From an intelligence perspective, Aviv says the U.S. needs to stop relying on satellites and technology for intelligence. We need to, instead, follow Israel's, Ireland's and England's hands-on examples of human intelligence, both from an infiltration perspective as well as to trust 'aware' citizens to help.

We need to engage and educate ourselves as citizens; however, our U. S. government continues to treat us, its citizens, 'like babies.'

Our government thinks we 'can't handle the truth' and are concerned that we'll panic if we understand the realities of terrorism. Aviv says this is a deadly mistake.

Aviv recently created/executed a security test for our Congress, by placing an empty briefcase in five well-traveled spots in five major cities. The results? Not one person called 911 or sought a policeman to check it out. In fact, in Chicago, someone tried to steal the briefcase!

In comparison, Aviv says that citizens of Israel are so well trained that an unattended bag or package would be reported in seconds by citizen(s) who know to publicly shout, 'Unattended Bag.' The area would be quickly & calmly cleared by the citizens themselves. But, unfortunately, America hasn't been yet 'hurt enough' by terrorism for their government to fully understand the need to educate its citizens or for the government to understand that it's their citizens who are, inevitably, the best first-line of defense against terrorism.

Aviv also was concerned about the high number of children here in America who were in preschool and kindergarten after 9/11, who were 'lost' without parents being able to pick them up, and about our schools that had no plan in place to best care for the students until parents could get there. (In New York City, this was days, in some cases!)

He stresses the importance of having a plan, that's agreed upon within your family, to respond to in the event of a terroristic emergency. He urges parents to contact their children's schools and demand that the schools, too, develop plans of actions, as they do in Israel.

Does your family know what to do if you can't contact one another by phone?

Where would you gather in an emergency?

He says we should all have a plan that is easy enough for even our youngest children to remember and follow.

Aviv says that the U. S. government has in force a plan that, in the event of another terrorist attack, will immediately cut-off EVERYONE's ability to use cell phones, blackberries, etc., as this is the preferred communication source used by terrorists and is often the way that their bombs are detonated.

How will you communicate with your loved ones in the event you cannot speak? You need to have a plan. Aviv's Bio as follows: He holds an M.A. in Business from Tel Aviv University and is President and CEO of Interfor, Inc., an international corporate intelligence and investigations firm.

Interfor, Inc. is now based in New York, with offices around the world. It was founded in 1979 and provides foreign and domestic intelligence services to legal, corporate and financial communities around the world.

Interfor, Inc. also conducts investigations into terrorism and Mr. Aviv now serves as a special consultant to the U. S. Congress, and other policy makers, here within the U. S. on issues of terrorism, fraud and money laundering.

Interfor's services encompass white-collar crime investigations, asset search and recovery, corporate due diligence, litigation support, fraud investigations, internal compliance investigations and security and vulnerability assessments.

Since its inception, Interfor's asset investigation services have recovered over \$2 billion worldwide for its clients.

A leading authority on terrorist networks, Mr. Aviv served as lead investigator for Pan Am Airways into the Pan Am 103-Lockerbie terrorist bombing.

He was featured in the recent film, Munich, as the leader of the Israeli team that tracked down the terrorists who kidnapped the Israeli Olympic team.

Before founding Interfor, Mr. Aviv served as an officer in the Israel Defense Force (Major, retired) leading an elite Commando/Intelligence Unit, and was later selected by the Israeli Secret Service (Mossad) to participate in a number of intelligence special operations, serving in many countries in the late 1960s and 1970s.

While working as a consultant with El Al, Mr. Aviv surveyed the existing security measures in place and updated El Al's security program, making El Al the safest airline in business today. Most recently, Mr. Aviv wrote a book entitled, 'Staying Safe: The Complete Guide to Protecting Yourself, Your Family, and Your Business.' (2004, Harper Resource)

He has been a featured guest on ABC Nightline, FOX News, CNN, BBC Newsnight, ZDF (German National Television) and RAI (Italian National Television)--and has been featured in numerous articles in major magazines and newspapers worldwide.

VOICE OF GOLDEN (ISSN 1529-496X)

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A truly community newspaper for Golden, founded in 2000, The Voice of Golden is usually published monthly by Bannack Publishing Co., a division of MOAA,

Publisher Marian Olson

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