

## ObamaCare is a lemon repair job

By: Congressman Tim Huelskamp

If you take your car to the mechanic, and he hands you a bill for twice the cost of the estimate, your reaction is one of rage. Sure, a couple of extra dollars would not have been maddening; but double what you had been quoted? That's irresponsible and, frankly, bad business.

Well, President Obama has handed the American people a bill for his health care law that is nearly twice its original cost. According to the latest Congressional Budget Office (CBO) estimate, the President's health care law is now expected to cost \$1.76 trillion over the next decade, compared to the \$940 trillion the American people were told.

How did they lowball this estimate during considering of ObamaCare? Pure gimmickry.

Republicans who were in Congress when the law passed knew this would happen and voted against the law. But, the President certainly did not convey this expensive fact to the American people.

As The Washington Examiner appropriately noted, the cost estimate used in 2010 included only six years of ObamaCare as law because CBO only uses a 10-year window and ObamaCare does not officially kick in until 2014. Three years later, we now have a score for nine years of having ObamaCare in law, and the numbers are not pretty.

It's like your mechanic estimating your repair bill at six hours knowing that he will need ten, all the while telling you are getting ten hours worth of work for six, and then handing you a bill for twice as much when he finishes.

But the "new" bad news does not stop there.

Additionally, CBO calculated that as many as 20 million Americans could lose their employer-based health insurance as a result of the law. Surveys since ObamaCare was passed have shown that many employers plan on reducing or cutting altogether the benefits they offer their employees because of the burdens imposed by ObamaCare. It is actually cheaper for them to pay the fine for not providing health insurance than it is to offer their employees a plan that meets the ObamaCare requirements. Who can blame them?

With fewer people able to rely on their employers as a source of health insurance, more people will have to rely on Medicaid. Even though the program already under-delivers for our most vulnerable citizens, it is now expected to cover many middle-class Americans.

Underlying the revisions is the fact that the original projections banked on President Obama's economy succeeding. We all know it has not. A trillion-dollar experiment - the President's stimulus - was supposed to keep unemployment below 8 percent; such levels have not been seen since before the stimulus became law. CBO now anticipates that economic growth will stall, keeping wages and salaries low, and forcing more Americans to have to rely on the government for their health care coverage.

When your mechanic and his toolbox fail you, you find another garage. ObamaCare is clearly not the repair America needs - nor wants. It is time to dump ObamaCare for a more patient-centered, market-driven health insurance system that actually delivers better health care for you.



## The hard work continues in Mexico

Last week I wrote from a computer in El Paso, Texas; this week I'm standing, using another motel computer, this time in Del Rio, Texas.

Last week we were in Juarez, Mexico and we can say, "One house built." This week will find us in Acuna, Mexico with one to go.

This mission trip of building two houses, back-to-back, is a first for us. May be a "last" too. Physically, it has been extremely taxing. Now I know why it is the domain of youngsters. Jim is more resilient than I. He's used to daily hard work. I'm more the "episodic" laborer. You know, work hard for 10 minutes; take a 15 minute break. Work hard for 10 more minutes; take lunch. Even after three days rest I'm still hurting.

When you're part of a team, however, your break comes at the end of the day. And these were long days, too. We got off to a late start so we were playing "catch-up" for three days.

For awhile I thought I was back in Kansas. The weather was as changeable

### Out Back Carolyn Plotts



in Mexico as it is there.

In one day we experienced sunshine, rain, wind and sleet. The rest of our team was from Kansas so we all felt right at home.

For those of you who were praying for our safety in Juarez, your prayers were answered. We saw absolutely no violence except for a couple of dogs fighting for a scrap of food. I think there was even a lessening of military presence. Only saw one jeep-load of soldiers and no road blocks. Pretty uneventful all the way around. Which is just the way we like it.

The dedication of the house we built was bittersweet. Maria, the woman we built the house for, was going to share her new home with her aged mother.

But the day before we finished the house, her mother died. Without ever seeing her new home.

And it was a beautiful home. Two nicely finished rooms painted pink and finished with white trim and a ceiling fan. Maria's minister was there and spoke of many mansions being prepared for us and how Maria's mansion is an earthly one and her mother's is a heavenly one. No one needed a translator to understand that.

Tomorrow we meet our next team.

They are a group of 21 coming from Colorado Springs. We've been in contact with their leader, Chris, and he asked Jim if there was any food he was allergic to. My husband quickly said, "Sweet potatoes and anchovies."

Just as quickly Chris shot back, "Oh darn! And I had a sweet potato/anchovy casserole all ready to bring." I think this will be an interesting team.

I'll sign off 'til next week. If you are one of our prayer warriors, we hope you keep it up.

## A study of the physical requirements of farmers

Phillips County farmer Doug Zillinger participated in one of the first ever research studies to determine energy expenditure and heart rate responses achieved during common farming tasks. In case you're wondering, that's academia speak for how hard Zillinger worked and how fast his ticker beat while doing day-to-day work on the farm/ranch.

As part of the 30-minute test Zillinger loaded 10 square bales onto a flatbed truck, dug post holes by hand, filled eight hopper boxes (meant to simulate loading a planter) with 50 pound bags of seed two times and shoveled 100 pounds of feed into a wheel barrow during a three-minute period. In between each task, the Phillips County farmer took a brief rest while walking around the machine building two times.

Throughout these tasks, Zillinger was outfitted with a portable oxygen-consumption mask and a pack that was strapped to his back. Researchers from the Baylor Heart and Vascular Hospital in Dallas and Texas Woman's University in Denton recorded specific data on Zillinger's physical condition before, during and after the simulated farm activities. This event was held at the North Agronomy Farm at Kansas State University, March 7.

"The purpose of this study was to measure how high heart rates get during typical tasks that both farmers and ranchers would do on any given

### Insight John Schlageck



day," says Shannon Jordan, a K-State alumni and now a researcher at Texas Woman's University. "Along with this, we measured energy expenditure to find out how high of a "workload" a person performing these tasks must be able to reach."

This will allow the Texas researchers to make specific guidelines to prepare farmers and ranchers for a safe return to their physically demanding work environment. These guidelines will be published in a scientific/clinical journal so staff in cardiac rehab units will have reference criteria when trying to rehabilitate farmers/ranchers in cardiac rehab.

"Our goal is to help people get back in shape to return to work as opposed to having to hire extra workers on the farm or having to retire and sell the farm," Jordan explains.

To date, the Texas researchers have conducted three other occupational studies for firefighters, police officers and automotive technicians. And while the research is new, some trends are already emerging.

"With a bit of age and experience we're finding the older population is a

bit more efficient at doing these tasks than the younger people," she says. "They seem to do it with a bit more ease and know the tricks of the trades."

Being chair of Kansas Farm Bureau's Promotion and Ag Education Committee, Zillinger traveled more than three hours to participate in the maiden voyage of this program for farmers and ranchers.

"Anything I can do to help those in our industry - that's why I'm here today," he says.

The Phillips County producer believes the tests were realistic and much like tasks farmers/stockmen would normally do in bite-sized units on the farm. He especially appreciated the helpful hints supplied at the end of the research project.

"They were things I already knew but so hard to do," Zillinger says.

The list included healthy eating habits to accompany the everyday manual labor on the farm like smaller portions at mealtime, eating less processed food, less sodium and eliminating carbonated beverages like sodas.

"I'm at the right age (near 60) to make these changes and have a long productive life ahead of me," Zillinger says. "My grandparents lived to be in their 80s, Dad's in his 80s, I sometimes wonder if I'll live that long - I've got to and it's up to me."

He hopes to help other ag producers become aware of this life-saving study and possibly incorporate it in his farm.

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