

House Financial Services Committee

Postal Casualty HA-5-8-23

By Anthony Sanders

Dear Serve c/o Montana Department of Banking:



I am writing to report your first, second and maybe third attempt to FedEx me a replacement card, a “casualty of identified goods” under Sec. 2-613 of the Uniform Commercial Code within the constitutional court jurisdiction of *Held v. Montana* (2023). I am suing American Express for refund of both the first and second \$20 expedited shipping fees, provided they receive their refund from FedEx. The theory was that postal services around the nation have so much trouble delivering expedited mail in a timely fashion, they don't deliver it at all, while regular mail is unimpeded. However, recent personal experiences on the Continental Divide Trail (CDT) and local testimony, indicate Montana, geographically located in the “Disordered Belt” of the northern Rocky Mountains, has a chronically high rate of operational delay and incorrect address in postal delivery; possibly proportional to the high numbers of two container mail trucks driving around Butte, Montana. Incidentally, Congress should be alarmed by the high rate of casualty of identified goods in Montana, and elsewhere, especially since the late deliveries of

Christmas 2022 around the nation this 2023. The Postal Service Reform Act of 2022 P.L. 117-108 must be repealed before doomsday in 2025, vote to repeal it today.



The House Financial Service Committee is thought, by the bankrupt Fed Chairman, with the rosy colored glasses, whose usury exceeds the 2 percent inflation target, to be particularly interested in protecting United States Postal Service (USPS) against bankruptcy by the Postal Service Employee Retiree Health Fund again, to prevent the spread of embezzlement related theft and receipt of mail matters 18USC§1708, tampering of consumer products 18USC§1365 and all around delay of mail deliveries, keenly observed by financial services customers worried about the behavior of racketeer influenced and corrupt organizations 18USC§1961, without

themselves “going postal”, since Janet Yellen first neglected to redress embezzlement of a person

engaged in the issuance of Treasury Securities 31USC§321(a)(5).



In determining all policies for postal service, the Postal Service shall give the highest consideration to the requirement for the most expeditious collection, transportation, and delivery of important letter mail under 39USC§101(e). After a decade of downsizing and the current policy of intentional delay to cut costs are not the way to operate a successful postal service and postal prices have recently been subjected to record increases. USPS has operated on a deficit since being corrupted by the Postal Service Employee Retiree Health circa 2008. Current official federal financial literacy is quite low and must be prevented against making errors, again and again, recidivism, reauthorizing the Postal Service Employee Retiree Health Fund in the Postal Service Reform Act of

2022 and hyperinflation. Congress is obligated to vote to return the defunct +/- \$35 billion Postal Service Employee Retiree Health Fund, to pay for USPS deficits, not Medicare Part C impersonation, in order to restore the USPS to profitability by optimally expanding operations to expedite timely delivery and return customers, while reducing and eliminating debt service costs. To restore the USPS to profitability Congress must return the money they stole.



Currently, the third replacement card, sent for \$5 regular, rather than the \$20 expedited shipping fee, arrived at my father's house in Ohio, a day early, and is now a weekend late arriving in Browning, Montana. The local postmaster will call me when, and if, it arrives. Ria remittances are just train ride to Walmart away. Ironically, neither the East Glacier Park train station nor Glacier National Park backcountry permit accept cash, but with a little explanation, this may not be an insurmountable obstacle. Money talks, bullshit walks. I am however in a pickle, due to all this bullshit about money, I will not be able to walk to Canada in time for my birthday. I have to wait until Tuesday for the Monday mail to be forwarded to the local postmaster, before can either walk the last 100 miles of the CDT or take a 10 pm train to a nearly twenty mile walk to Walmart, without any backcountry camping. Taking into consideration the usual delay in procuring backcountry camping permits in Glacier National Park, it might not be such a cake walk, between camp stores, to Waterton, after all.



Mail service in the “Disordered Belt” in rural northern Montana is reported to have always been particularly bad. After more than a decade of postal deficits and degrading postal service since 2008, nationwide, there is however concern that this experience in Montana, is only a foreshadowing of what will happen to postal service, if the Postal Service Reform act is allowed to pass in 2025, and should not be disregarded as merely the problem of rural Montana, but dealt with as a nation problem that is more pronounced in Montana, and likely to get worse without corrective action. The social media supporting the Far Out wilderness guide app for the Continental

Divide Trail (CDT) indicates Helena, the state capitol, to be the northern boundary of reliable shipping in the state of Montana. In the Glacier Waterton International Peace Park vicinity there are reports of a FedEx driver dumping all his packages in the woods and quitting his job.

It is held, American Express, non-attorneys please, be awarded costs in this tracked case of FedEx “operational delay and incorrect address” decisions and any other mail carriers involved in this growing case of casualty of identified goods pursuant to Sec. 2-613 of the Uniform Commercial Code. Mail carriers must respect financial institutions. The misconduct of mail carriers exhibited in this FedEx case may be recognized as embezzlement related theft and receipt of mail under 18USC§1708. Did Serve receive the allegedly returned card(s)? On the 18th of July, the day, the first, tracked, card was supposed to have been returned to Serve in Indianapolis, I received a telephone message from 706-303-0438, in Augusta, Georgia, without transcription, or Google recognition. The softly spoken message, from an African-American woman, claimed to be from a financial service company retained by Serve. I did not respond to this call. It deleted the voice message before I deleted the call record.



Let there be no mistake. I did not register to vote in the 2020 elections, shredded after 22 months of Liz Cheney. Nor did I vote in the 2022 elections, anywhere within the FBI jurisdiction of the United States Special Counsel, who just investigated the winning Republican Governor in that state, who has been pressing charges against Trump, with the consent of the US Supreme Court. For once, the mercenary persecution of Trump by the winners of the election fraud, regardless of political party, was clearly explained in the news media, where the unpopular winners would write history, if 66.8 percent voter turnout in the 2020 elections, were not unprecedented since before 1900, a vote of no confidence. I am more weakened by the recent loss of my card on July 4th, than its prior theft in the beginning of this cross-country hike. Someone always gets confused when a merchant doesn't accept American Express. I appreciate that Serve has not lost my balance. FedEx lost my replacement card. Now USPS may lose my replacement card.

Due to the heightened risk a breach of account security, after years of contemplation, I have chosen to finally invest the majority of my savings in an interest bearing tax-free Ohio STABLE account, that evidently doesn't pay cash, only pays for online and in-store purchases, wherefore Serve remains my best option for government direct deposit.



I am hiking the Continental Divide Trail (CDT). It is disappointing that Serve would adopt any strange new customs requiring a home address. Since their cocaine smuggling conviction, the United Parcel Service (UPS) refuses to deliver to USPS offices, General Delivery or P.O. Box. This discriminatory policy has spread to merchants who use UPS and seems to be corrupting postal service nationwide. Mail carriers must obligated to deliver mail addressed to the Post Office General Delivery and P.O. Boxes. The United States Postal Service in Washington DC, doesn't accept General Delivery either.

Incidentally, neither Europe, nor the United Nations, accept cluster bombs. Nor, should overheated young hikers from *Held v. Montana* (2023), trouble my calculus weakened heart, not a usual symptom of heat stroke, I had just warned the morbidly obese Treasury Secretary about, with transient medial collateral ligament irritant, from step mom, along the trail, during the first stage of this postal delay, I used to finish enumerating the codification of the federal budget and balance.



Since, revealing her morbid obesity to the news media, in her recent trip to China, to play the good Jew, with the megamurdering Secretary of State, I am now equally scared of Janet Yellen's Treasury email, as I should have been of morbidly obese Great Recession causing Social Security Commissioner Michael J. Astrue, who, after surgically treating the cardiac leak, with three years of the number of the beast without COLA calculus, broke SSA's back for a decade, now seemingly diversified into obscure diseases that are difficult to cure in six months. I have also become scared, with increasing conviction, of writing the Federal Reserve since Fed Chairman Powell's disastrous 2 percent inflation target missing usury decision speech late summer 2022, in Jackson Hole, Wyoming. I have only just now expressed my vote of no confidence in the possibly exaggerated decline in disability beneficiaries since the retirement of the Baby Boomers around 2014, low birth rates

reported by SSA since 2010 and most popular baby name to stuff ballots with since 2021. There is no need to be fooled twice by a morbidly obese official. Tax overestimates since the 2020 Combined Statement frown on Janet Yellen's morbid obesity after a career of being too pleasantly plump to check the Bureau of Fiscal Service overestimates due to "calculus of the arteries".



I am a little concerned that the morbidly obese Janet Yellen seems to have previously unethically defended her position. She not only complied to spare the stock exchange a deficit in excess of 3 percent of GDP, she corrupted the pool of Treasury Secretary applicants with the Jackson Hole usury incrimination, so that it is not so easy to replace her with any not-so old or fat Fed Governor. Both calculus troubled, but nice, non-violent, and previously non-toxic, Janet Yellen, Treasury Secretary and Lloyd Austin, Defense Secretary, are obligated to step on a bathroom scale, brought to their respective Congressional hearings, to verify if they need to be removed from office for not passing the Army Height Weight Chart, in a reasonable amount of time, such as the 210 days as “Acting” provided for votes of no confidence by the Vacancy Act, due to the conflict of interest obesity poses with their exhibited inability to perform calculus right. Not to discriminate against fat people, bankrupt Fed Chairman Powell, also wants to be demoted to “Acting” due to usury in excess of the 2 percent inflation target.



It all harkens back to the time the Treasury declared bankruptcy and embezzled my life savings, from the 2014 and 2020 Bureau of Fiscal Service authorized Direct Express and Netspend of Inequity in Austin, Texas, while I was in Washington DC in September to November 2021, when no disabled worker or veteran in the capitol received their direct deposit by the middle of the month, when I fled. Janet Yellen's interest in deposit insurance was suppressed by the Senate Committee on Banking, Housing and Urban Development, I had convened, and Chairman Powell was coerced to falsely prophesy a rosy economic outlook for a year that turned out to be a

recession, without Janet Yellen paying the first real deposit insurance benefit to an individual in the 90 year history of the Deposit Insurance Fund (DIF) for the failure of profitable institutions, just Semiconductor Sherrod Brown (D-OH) 'curls of MedUSA;' hairstyle.

The Fed is now leaning on the Financial Services Committee, but they must bailout the bankrupt Fed deferred asset and recall the Fed power to set the discount rate at any rate other than the 2 percent target, to be trusted. Can the Financial Services Committee bounce the check of the Senate Committee on Banking, Housing and Urban Affairs and settle my \$20,000 - \$250,000 deposit insurance benefit from fall of 2021 Direct Express and Netspend of inequity, the year the FDIC paid no insured losses although they uniquely promised to insure deposits \$250,000, rather than up to \$250,000. Although I am sure my federal budget and balance, and negligent shortage of registered Direct Express and Netspend embezzlement victims, kept safe by the non-reporting Texas Department of Banking, is worth a once in a lifetime, tax-free payment of \$250,000 from the Deposit Insurance Fund (DIF),

whose legislation I have cleaned up in the Echinacea Recount Agenda in the bibliography, I am charging a minimum of 6 percent interest pursuant to *Rodriguez, as Chapter 7 Trustee for the Bankruptcy Estate of Western Bancorp Inc. v. FDIC as receiver for United Western Bank* 589 __ (2020), *Armed Activities on the Territory of the Congo (Democratic Republic of the Congo v. Uganda)* 1999-2022 and *Application of the Convention against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment* (Canada and the Netherlands v. Syrian Arab Republic) 2023



It is disturbing to note the pathologically lying former Wyoming Congresswoman Liz Cheney, who lost her Republican primary around that time, to a Trump candidate, is “not a domestic terrorist” accused of being responsible for the University of Cincinnati medical campus animal laboratory leak necessitating her father's pacemaker, and corruption of a young princess, probably under age 20, and we have no confidence in the Fed Chairman's loyalties, regarding such a megamurderer, due to the Fed's bankruptcy subsequent to his Jackson Hole speech. Prescribing Pneumovax for all, less common than the MRSA heart attack, treated with doxycycline or

Epsom salt bath and Hawthorn to absorb the infective lesions, the unwashable cardiotoxin exposed fabric must be thrown away because the entire wash, or water exposed outfit, will be contaminated. Two exposures usually exceeds the \$500 limit on civil damages. Subsequently, since fall of 2022, the Federal Reserve declared it has not paid any remittance to the Treasury, and must therefore be presumed bankrupt in any legal or congressional proceedings reported to the public. It might be prophetic that when I got a free bus ride to Jackson Hole to resupply last month, a drunk threw a plastic one ounce liquor bottle at my head, ostensibly so as not to expose me to any more of his athlete's foot, I neglected to prescribe hydrocortisone for, rather than antifungal, while we both charged up at the grocery store/bus stop electrical outlet. I have arranged for 2 percent interest on a \$535 billion General Fund to General Fund Tax Overestimate Loan to pay the Fed deferred asset, they need to resume remittance. It has been advised that Congress require the Federal Reserve to beg to Congress to deviate from the 2 percent inflation target for their discount window. How much, and of what quality, is the so-called deferred asset? Who gets dividends? Why should Congress pay a deferred asset when it is so obvious that the Fed is bankrupt due to the insolvency of usury in excess of two percent?

Having paid more than \$250 for a new outfit, not including winter jacket, it seems medically necessary to defend the postal tradition of timely mail delivery to a P.O. Box and General Delivery against malleable corporate customs regarding dangerously discriminatory postal service policy that specifically neglects in determining all policies for postal service, the Postal Service shall give the highest consideration to the requirement for the most expeditious collection, transportation, and delivery of important letter mail under 39USC§101(e). There a several new quasi national postal policies or customs that offend the Geneva Conventions in regards to the fact that a person cannot be used to render a territory immune from military attacks. The core of legislative debate is obligated to focus upon the the fact that the current official USPS postal policy of intentional delay to reduce costs does not take into consideration the fact the postal service must refund the payer if a package is not delivered in a timely fashion. If the postal service doesn't deliver their packages on time, how can

Congress repeal the recidivist Postal Service Reform Act of 2022 P.L. 117-108. Congress has long been obligated to restore USPS to profitability by paying for their deficits until the defunct Postal Service Retirement Health Fund is expended, or more likely, expansion of services and reduced and eliminated debt service payments, returns the USPS to their natural state of profitability. USPS has been due the tens of billions of dollars lost to or stolen by the Postal Service Retirement Health Program Fund, for before doomsday in 2025?



United Parcel Service (UPS) and all mail carriers must be required by law to deliver packages to United States Post Service (USPS) Offices and national post offices in foreign countries they claim to deliver mail to. USPS must deliver to government postal offices regardless of how scared they have become since their most recent casualty of identified goods claim, they may or may not have reimbursed the online merchant, who refunded the transaction, and told me to keep the extremely delayed improper shipment, for, mutated into a cocaine smuggling conviction. On the main street and in the vicinity of Butte, Montana, large, two container, Fed Ex trucks, were witnessed on an hourly basis. They however didn't deliver a package to Dillon, Montana, one hour away, I was so anxiously waiting for in the Dillon Library, where the codified federal budget and balance had just been enumerated in two days. The first "operational delay" of the three to four day expedited delivery occurred when the package was shipped from Indianapolis to Tennessee, where it languished for more than 24 hours, before going to Butte, one hour away, with 24 hours to spare, only to be ruled a casualty of identified goods due to "incorrect

address", and returned sender. When I called at the exact due time, FedEx refused to deliver the shipment. It would seem mail carriers drive around, all over the country, if the tracking of potential tampering operations is to be believed, or just around the block, several times, with growing quantities of mail they don't sort and deliver, except to send unordered packages to complainants. This cruelty is becoming all too usual.

The tracking record of the second shipment was not created and it was ultimately refused by Serve email, who suddenly required a private address, joining the growing conspiracy to refuse to deliver to not only General Delivery, but P.O. Boxes, in general. A librarian in Lincoln, Montana told me about a similar experience where she tracked a package that first went to Butte, before getting lost in California, as well as delayed Christmas gifts, and quasi-fake corporations, that intentionally sent products, other than what was ordered, and made getting a refund difficult, at the customers' expense. All mail carriers must be required to deliver to USPS offices, General Delivery and P.O. Boxes, when directed to by the address label. USPS offices around the nation, especially in Washington DC, must be required by Congress to accept General Delivery. Mail carriers must not torture customers with delay, and the consequential, suspicion regarding "tampering with consumer products", that has been personally experienced since 2014, at first with regards to the formerly \$10 billion a year India online generic pharmaceutical trade, and now with about 50 percent of packages, under 18USC§1365.

In their defense, mail carriers must be required to wear gloves, and are due compensation, for the physical and mental illness they suffer due to exposure to the toxic mails they carry to and from the Social Security Administration, state courts, corrupt individuals and innocent victims, obligated to fill out and return the forms, or tampered products, especially since federal torture statute is presumed to have been hacked in 2009, when President Obama declared, “the United States does not torture”, and the United States Code really began to violate Arts. 2, 4 and 14 of the Convention against Torture. States must remove any impediments arising to the (postal service) free exportation of goods required for humanitarian needs, such as (i) medicines and medical devices; and (ii) foodstuffs and agricultural commodities; as well as goods and services required for the safety of (agriculture) civil aviation, such as (iii) spare parts, equipment and associated services (including warranty, maintenance, repair services and safety-related inspections) necessary for (irrigation and agricultural equipment) civil aircraft. To this end, the United States must ensure that licenses and necessary authorizations are granted and that payments and other transfers of funds are not subject to any restriction in so far as they relate to the goods and services referred to above, in paragraph 98 of Alleged violations of the 1955 Treaty of Amity, Economic Relations, and Consular Rights (*Islamic Republic of Iran v. United States of America*) No. 175 3 October 2018.



Held v. Montana (2023) is a constitutional court case regarding a 1972 amendment of Art. IX (Environment and Natural Resources) of the Montana constitution, that provided “state and each person shall maintain and improve a clean and healthful environment in Montana for present and future generations”. The language is consistent with the Human Rights Council's new ruling, in early winter 2022 to internationally recognize “everyone, everywhere, has the right to live in a clean, healthy and sustainable environment”. The plaintiffs, Our Children's Trust, argued that state support of the fossil fuel industry had worsened the effect of climate change on their lives, thus

depriving them of their constitution rights. Specifically, plaintiffs challenged a provision of the Montana Environmental Policy Act that prohibited the state from considering greenhouse gas emissions as a factor when deciding whether or not to issue permits for energy-related projects. In 2023 Montana was the fifth largest coal-producing state in the U.S. And the twelfth largest oil-producing state. Since 2003 the state received nearly \$650 million from resource extraction, the eighth highest in the country.

In 2011 non-profit law firm Our Children's Trust asked the Montana Supreme Court to rule that the state has a duty to address climate change. The court declined. On March 13, 2020, Our Children's Trust and other law firms filed the *Held v. Montana* complaint in the First Judicial District Court, Lewis and Clark County, in Helena. The complaint challenged the State Energy Policy, that was repealed before trial, and climate change exception to the Montana Environmental Policy Act. The Prayer for Relief did not seek financial compensation, but a declaration that the state had violated their constitutional rights. In addition, the complaint asked the court to prohibit the state from “subjecting Youth plaintiffs” to the unconstitutional laws, to prepare a complete and accurate accounting of the

state's greenhouse gas (GHG) emissions, and to require the state to develop a remedial plan or policies to reduce GHG emissions. The judge denied the state's August 2021 motion to dismiss. In 2022, the Montana Attorney General asked the state Supreme Court to stop the discovery, and he also was denied. On June 12, 2023, Held became the third climate-related lawsuit in the US to go to trial, and the first climate-related constitutional law case in the US to reach trial.



On June 24 a bridge over the Yellowstone River near Columbus, Montana collapsed and ten railcars of asphalt binder fell into the water. Bioterrorism on the National Recreational Scenic Trail was marked by its youthful offenders southbound from Helena, destroying an entire outfit with cardiotoxin, and temporarily irritating my medial collateral ligament, in mid-July. By the end of July fire-season was in full swing. Most of the forest fires are located to the west of the Continental Divide, although grassland fires are so easy to ignite. The lodgepole pine and other dried mountain spring wood burns so bright and hot it is difficult to cook on. The wildfires are not

particularly large or dangerous this year. It was a wet and cold winter through most of the Rocky mountains. However, the northern half of the state and Alberta, Canada were so dry, they have a rain theft claim against California oceanic cooling pump railcars, due to the severity of the fire season, after Parliament threatened to cut the firefighting budget. Temperatures have become quite hot, and areas near wildfires are affected by smoke. The grass in the Plains is golden. As of August 5 the largest fire, the Niarada, was only 14,800 acres and it rained a little overnight, but it was zero percent contained.



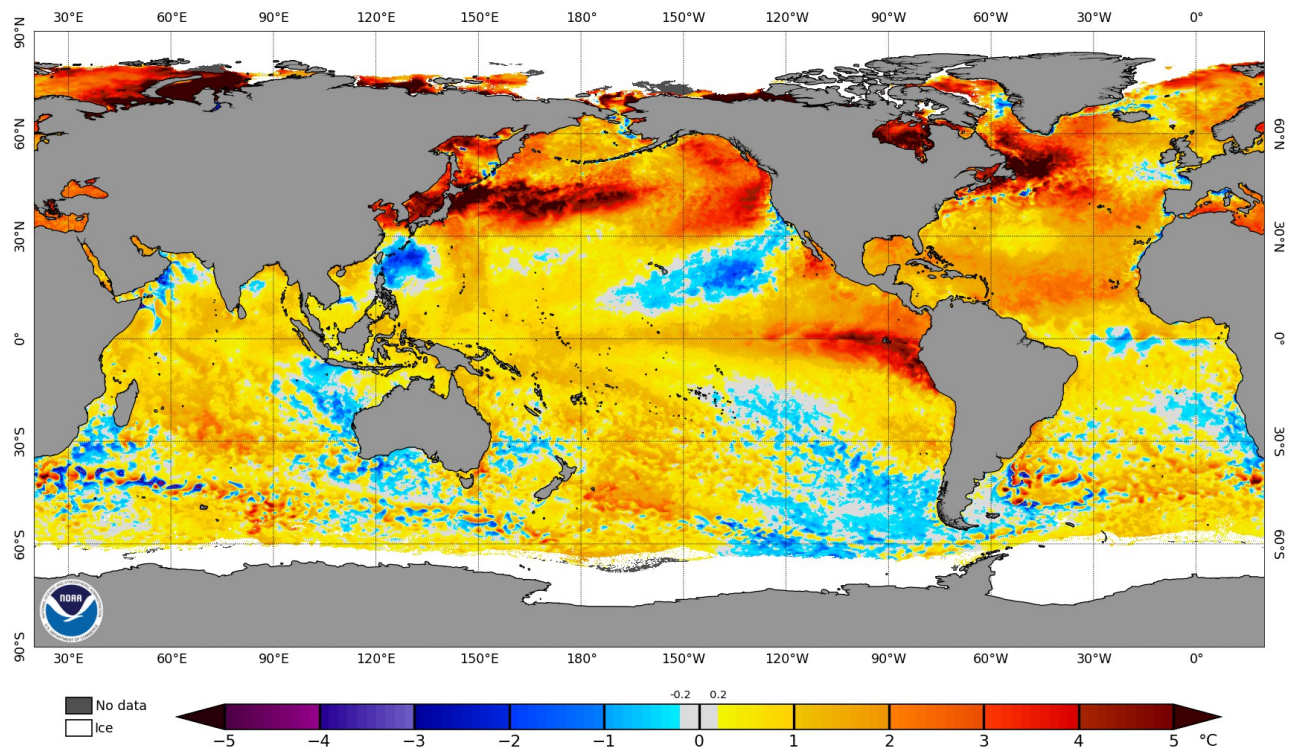
A Special Rapporteur on the issue of human rights obligations relating to the enjoyment of a safe, clean, healthy and sustainable environment, Mr. John Knox, a professor of law, policy and sustainability from the University of British Columbia, was appointed in 2012, for a three year term, that was extended in 2015, 2018 and again in 2021. Resolutions from the Human Right Council in 2021 (A/HRC/RES/48/13) and the General Assembly in 2022 (A/RES/76/300) added that “everyone, everywhere, has the right to live in a clean, healthy and sustainable environment.” The genuine hope is that the right to a clean, healthy and sustainable environment will serve as a catalyst for

systemic and transformative changes to produce a just and sustainable future in harmony with nature. There is a call for input on “Promoting Environmental Democracy: Procedural elements of the human right to a clean, healthy and sustainable environment” with a deadline of 2 October 2023, for inclusion the Special Rapporteur's report to the 55th session of the Human Rights Council.

On 29 March 2023 the UN General Assembly adopted A/RES/77/276, requesting the International

Court of Justice to give an advisory opinion on the “Obligations of States in respect of Climate Change” having particular regards...to duty of due diligence...principle of prevention of significant harm to the environment and duty to protect and preserve the marine environment. The International Court of Justice has received a comprehensive list of environmental treaties from the Secretariat and authorized a number or organization to participate. It remains to be seen if the excellent Court is admirable and refined enough to seize upon the subversive matter of heating and cooling railcars submerged in the ocean, that has caused the vast majority of global warming, climate change, and weather related disaster over the past fifty years. The Court must prohibit oceanic heating and cooling pumps. There can be exceptions for legitimate, publicly informed, use of oceanic cooling pumps for rainmaking and coral protection, little to no mercy for the melting of polar ice and zero tolerance of any other thermal pollution of the oceans. Essentially, water holds so much more heat than air, it is a violation of fundamental human rights, the Framework Convention on Climate Change neglects thermal pollution under Art. 195 of the Law of the Sea and the International Court of Justice must answer the riddle posed by the General Assembly correctly, hopefully in time to dramatically stop the hottest year on record, for the edification of the public. All that is usually needed to get admirable and refined is a reminder regarding the censured prescription for 15 parts per million 4-tertiary-butylcatechol (TBC) to extinguish combusted hydrocarbon filled railcars, before cabling them out of the ocean and selling them to a refinery, finder keeper.

NOAA Coral Reef Watch Daily 5km SST Anomalies (v3.1) 4 Aug 2023



My now healed heart also calls out for the House Financial Services Committee to weigh Janet Yellen against the Army Weight for Height Chart, at her next hearing. After her debt calculus crisis, Congress is advised to punish morbidly obese Yellen with up to 210 days as Acting Secretary to either be replaced or achieve an acceptable body weight to cope with the calculus of the arteries it will take to

correct the tax overestimates she has signed since her plump debut in the *2020 Combined Statement* under the Vacancy Act. At age 76, 5' 3" in height, and no prior-service, Yellen's maximum allowable weight is 144 pounds, and maximum allowable body fat 36 percent.

Reduction of body weight is a frequently desired outcome in exercise programs. Obesity may be functionally defined as the percent of body fat at which disease risk increases. Body fat is reduced when a chronic negative caloric balance exists. It is recommended that both an increase in caloric expenditure through exercise and a decrease in caloric intake by used to accomplish this goal, a vegan diet is useful. Exercise increases energy expenditure and slows the rate of fat-free tissue loss that occurs when a person loses weight by severe caloric restriction. Exercise also helps maintain the resting metabolic rate and the rate of weight loss. Obese individuals are invariably sedentary and many have had poor experiences with exercise in the past. The initial exercise prescription should be based on low intensity and progressively longer durations of activity. Central obesity, fat deposited primarily in the trunk or abdominal region is particularly problematic. Obesity often carries a negative social stigma and is associated with a reduced physical working capacity. Reduction of body fatness is a need or a goal of many exercise program participants. One pound of fat is equivalent to approximately 3500 kcal of energy (1kg =7700 kcal). In designing the exercise component of a weight loss program, the balance between intensity and duration of exercise should be manipulated to promote a high total caloric expenditure (300 to 500 kcal per session and 1000 to 2000 kcal per week for adults). Obese individuals are at an increased relative risk for orthopedic injury and thus may require that the intensity of exercise be maintained at or below the intensity recommended for improvement of cardiorespiratory endurance. Non-weight-bearing activity and rotation of exercise modalities may be necessary and frequent modification in frequency and duration may also be required.

Height Weight Tables for Prior and Non-Prior Service

Height (inches)	Non-Prior Service Prior Service	Maximum weight by years of age for females				Maximum weight by years of age for males			
		17-20	21-27	28-39	40 and over	17-20	21-27	28-39	40 and over
58	Non-Prior	112	115	119	122	-	-	-	-
	Prior	109	112	115	119	-	-	-	-
59	Non-Prior	116	119	123	126	-	-	-	-
	Prior	113	116	119	123	-	-	-	-
60	Non-Prior	120	123	127	130	139	141	143	146
	Prior	116	120	123	127	132	136	139	141
61	Non-Prior	124	127	131	135	144	146	148	151
	Prior	120	124	127	131	136	140	144	146
62	Non-Prior	129	132	137	139	148	150	153	156
	Prior	125	129	132	137	141	144	148	150
63	Non-Prior	133	137	141	144	153	155	158	161
	Prior	129	133	137	141	145	149	153	155

64	Non-Prior	137	141	145	148	158	160	163	166
	Prior	133	137	141	145	150	154	158	160
65	Non-Prior	141	145	149	153	163	165	168	171
	Prior	137	141	145	149	155	159	163	165
66	Non-Prior	146	150	154	158	168	170	173	177
	Prior	141	146	150	154	160	163	168	170
67	Non-Prior	149	154	159	162	174	176	179	182
	Prior	145	149	154	159	165	169	174	176
68	Non-Prior	154	159	164	167	179	181	184	187
	Prior	150	154	159	164	170	174	179	181
69	Non-Prior	158	163	168	172	184	186	189	193
	Prior	154	158	163	168	175	179	184	188
70	Non-Prior	163	168	173	177	189	192	195	199
	Prior	159	163	168	173	180	185	189	192
71	Non-Prior	167	172	177	182	194	197	201	204
	Prior	163	167	172	177	185	189	194	197
72	Non-Prior	172	177	183	188	200	203	206	210
	Prior	167	172	177	183	190	195	200	203
73	Non-Prior	177	182	188	193	205	208	212	216
	Prior	172	177	182	188	195	200	205	208
74	Non-Prior	183	189	194	198	211	214	218	222
	Prior	178	183	189	194	201	206	211	214
75	Non-Prior	188	194	200	204	217	220	224	228
	Prior	183	188	194	200	206	212	217	220
76	Non-Prior	194	200	206	209	223	226	230	234
77	Prior	189	194	200	206	212	217	223	226
	Non-Prior	199	205	211	215	229	232	236	240
	Prior	193	199	205	211	218	223	229	232
78	Non-Prior	204	210	216	220	235	238	242	247
	Prior	198	204	210	216	223	229	235	238
79	Non-Prior	209	215	222	226	241	244	248	253
	Prior	203	209	215	222	229	235	241	244
80	Non-Prior	214	220	227	232	247	250	255	259
	Prior	208	214	220	227	234	240	247	250

Height will be measured in stocking feet on a flat surface with the chin parallel to the floor. The body should be straight but not rigid, similar to the position of attention. The measurement will be rounded to the nearest inch with the following guidelines:
If the height fraction is less than 1/2 inch, round down.

If the height fraction is 1/2 inch or greater, round up.
 Weight should be measured and recorded to the nearest pound.
 All measurements will be taken in the APFT uniform.
 Add 6 pounds per inch for males and 5 pounds per inch for females measuring over 80 inches tall.

Source: Army Study Guide

The wide range of health and fitness levels observed among older adults make generic exercise prescription difficult. Major objectives in planning exercise for the aging adult and the person with dementing and disabling illness are to increase muscle tone to improve physical functioning, to increase flexibility and balance, to improve physical stamina or endurance, and to reduce stress and promote a feeling well-being. Aerobic activity, at least 3 times a week for 20 minutes, must be spaced throughout the week. If the person cannot tolerate 20 minutes of continual movement, recent research is showing that exercise can be broken into shorter blocks which total 20 to 30 minutes for the day. Usually walking, even slow walking, is aerobic for many aging adults. As age increases, the heart rate needed to perform aerobically decreases. A 10 second pulse rate between 15 and 19 will be more than adequate to sustain aerobic functioning in an adult between the ages of 70 and 90.

Maximum Allowable Body Fat									
	Male Age Group					Female Age Group			
Age	17-20	21-27	28-39	40+		17-20	21-27	28-39	40+
Prior	20%	22%	24%	26%		30%	32%	34%	36%
Non-Prior	24%	26%	28%	30%		30%	32%	34%	36

Source: Army Study Guide

More than one billion adults worldwide are overweight, and at least 300 million of these are clinically obese. According the National Center for Health Statistics, who have been tracking obesity problems for over four decades, between 1962 and 2000 the number of obese Americans, with a Body Mass Index (BMI) in excess of 30%, grew from 13% to an alarming 31% of the population. 63% of Americans are overweight with a BMI in excess of 25% in all 50 states. Childhood obesity in the United States has more than tripled in the past two decades. The prevalence of obesity in infants under 6 months had risen 73 percent since 1980. The U.S. Surgeon General estimates obesity is responsible for 300,000 deaths every year. One pound of fat is equivalent to approximately 3,500 kcal of energy (1kg =7,700 kcal). In designing the exercise component of a weight loss program, the balance between intensity and duration of exercise should be manipulated to promote a high total caloric expenditure (300 to 500 kcal per session and 1,000 to 2,000 kcal per week for adults).



The current exercise regime that I prescribe overweight people is three miles for three meals. However, overweight hikers miraculously enjoy a peculiar lessening of hunger when they burn their stored fat. The more they exercise, the less hungry they are. At first this lack of hunger due to fat metabolism is usually disturbing, but when the overweight person gets into a modicum shape, the advantage of having body fat is quite obvious, and overweight hikers often exhibit high levels of endurance, speed and even arrogance regarding requiring less than the usual $\pm 2,000 - 2,500$ sedentary calories a day, while most hikers are hungry without 5,000 kcal. For Janet Yellen to achieve a weight of less than 144 pounds in 210 days she is prescribed to walk to run no less than 3 miles a day when she wants to eat more than two meals a day. Even with a personal fitness instructor Yellen is so fat she is unlikely to achieve needed weight loss in the allotted time, but the Treasury Secretary needs to be able to do the tax overestimate and

federal budget balance calculus. Taking into consideration amount of “calculus of the arteries” it will take to right her mathematical wrongs, it is no wonder Yellen needs to learn to metabolize body fat, as much as she needs to learn to perform the tax overestimate, federal budget and balance calculus.

Respectfully hiking to the snow in Glacier Waterton International Peace Park,

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