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Subject: Greg Brown's Weekend Reading and Other Things.. 4/24/2016

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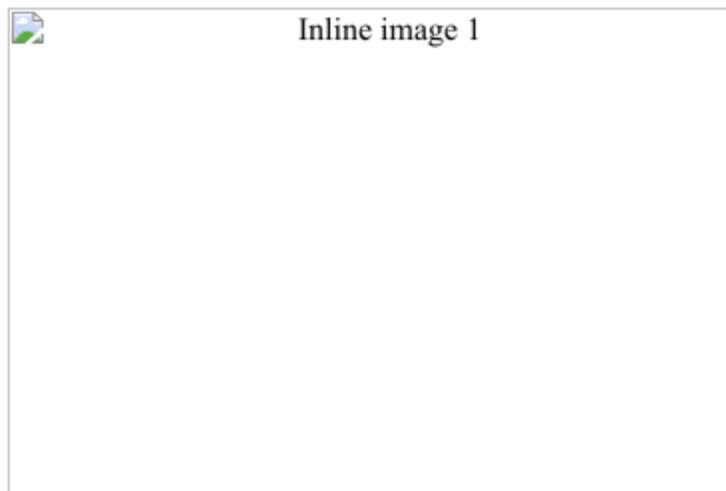
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DEAR FRIEND.....

Election for Sale

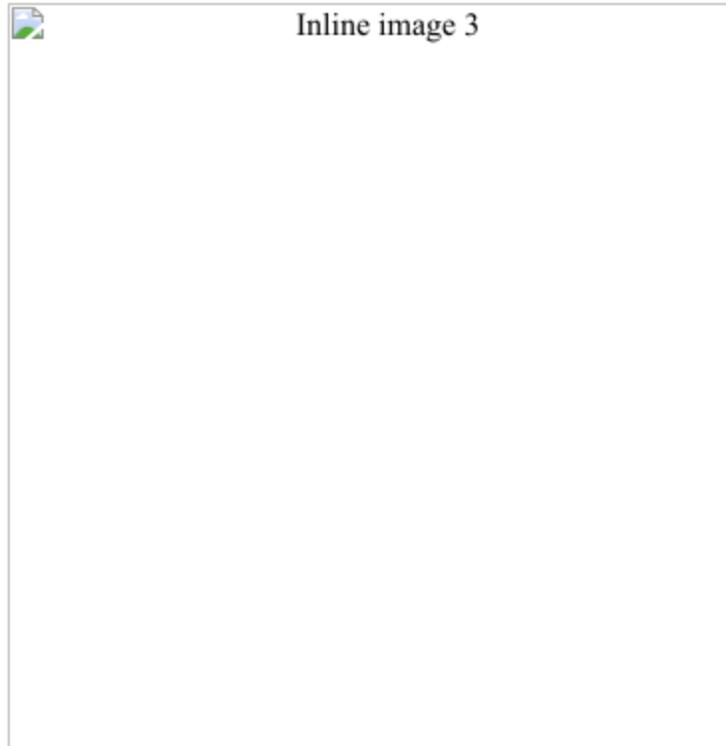
NEARLY HALF OF SUPER PAC \$\$\$ FROM JUST 50 DONORS



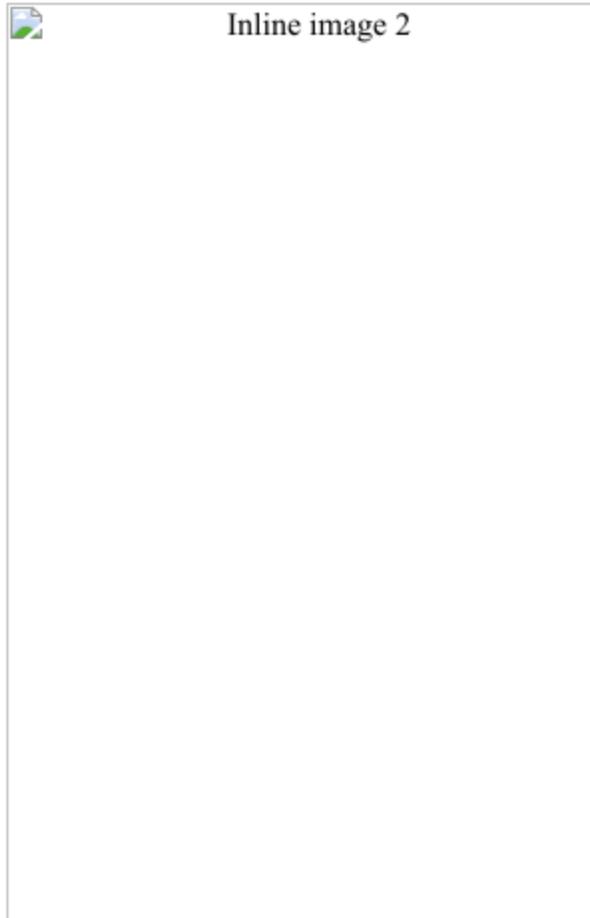
As of March 1st, (which wasn't even the middle of the 2016 primary season) a small core of super-rich individuals was responsible for the record sums cascading into the coffers of super PACs for the 2016 elections, a dynamic that harks back to the financing of presidential campaigns in the **Gilded Age**. Close to half of the money — 41 percent — raised by the groups by the end of February came from just 50 mega-donors and their relatives, according to a Washington Post analysis of federal campaign finance reports. Thirty-six of those are Republican supporters who have invested millions trying to

shape the GOP nomination contest — accounting for more than 70 percent of the money from the top 50.

In all, donors this cycle have given more than \$607 million to 2,300 **super PACs**, which can accept unlimited contributions from individuals and corporations. That means super PAC money is on track to surpass the \$828 million that the Center for Responsive Politics found was raised by such groups for the 2012 elections. The staggering amounts reflect how super PACs are fundraising powerhouses just six years after they came on the scene. The concentration of fundraising power carries echoes of the end of the 19th century, when wealthy interests spent millions helping put former Ohio governor William McKinley in the White House.



Wealthy donors are giving record sums this cycle to super PACs, which can accept unlimited contributions from individuals and corporations. Whereas a Super Pac can't donate to or coordinate its spending with a political party or candidate, it can spend money independently on ads and other political activities. These groups are not allowed to coordinate their advertising with candidates or political parties, but often work in close proximity with the official campaigns. And although Donald Trump and Bernie Sanders say that they don't have Super PACs there are super PACs that promote both candidates respectively. Super PACs have proliferated since they were sanctioned by the Federal Court in 2010. And as of February 29th they had already raised an astounding \$607 million and spent more than \$226 million on 2016 primary races. Five donors gave more than \$10 million. Donors in this range gave a total of \$72 million, or 14 percent of total donations.



In the **Citizens United v. FEC** case, the conservative non-profit organization Citizens United wanted to air a film critical of Hillary Clinton and to advertise the film during television broadcasts in apparent violation of the 2002 Bipartisan **Campaign Reform Act**, commonly known as the **McCain–Feingold Act** or "**BCRA**". As a result, the Supreme Court of the United States overturned sections of the **Campaign Reform Act of 2002** that had prohibited corporate and union political independent expenditures in political campaigns.

Citizens United made it legal for corporations and unions to spend from their general treasuries to finance independent expenditures related to campaigns, but did not alter the prohibition on direct corporate or union contributions to federal campaigns. Organizations seeking to contribute directly to federal candidate campaigns must still rely on traditional PACs for that purpose. In **Speechnow.org**, the federal Court of Appeals for the [REDACTED] Circuit held that PACs that did not make contributions to candidates, parties, or other PACs could accept unlimited contributions from individuals, unions, and corporations (both for profit and not-for-profit) for the purpose of making independent expenditures.

The result of the Citizens United and SpeechNow.org decisions was the rise of a new type of political action committee in 2010, popularly dubbed the "**super PAC**". In an open meeting on July 22, 2010, the FEC approved two Advisory Opinions to modify FEC policy in accordance with the legal decisions. These Advisory Opinions were issued in response to requests from two existing PACs, Club for Growth, and Commonsense Ten, which later became Senate Majority PAC. The opinions gave a sample wording letter which all Super PACs must submit to qualify for the deregulated status, and such letters continue to be used by Super PACs up to the present date.

FEC Chairman Steven T. Walther dissented on both opinions and issued a statement giving his thoughts. In the statement, Walther stated "There are provisions of the Act and Commission regulations not addressed by the court in *SpeechNow* that continue to prohibit Commonsense Ten from soliciting or accepting contributions from political committees in excess of \$5,000 annually or any contributions from corporations or labor organizations."

Super PACs, officially known as "*independent-expenditure only committees*", may not make contributions to candidate campaigns or parties, but may engage in unlimited political spending independently of the campaigns. Unlike traditional PACs, they can raise funds from individuals, corporations, unions, and other groups without any legal limit on donation size.

The term "**super PAC**" was coined by reporter Eliza Newlin Carney. According to Politico, Carney, a staff writer covering lobbying and influence for CQ Roll Call, "made the first identifiable, published reference to 'super PAC' as it's known today while working at **National Journal**, writing on June 26, 2010, of a group called Workers' Voices, that it was a kind of "*super PAC*" that could become increasingly popular in the post-Citizens United world." According to FEC advisories, Super PACs are not allowed to coordinate directly with candidates or political parties. This restriction is intended to prevent them from operating campaigns that complement or parallel those of the candidates they support or engaging in negotiations that could result in quid pro quo bargaining between donors to the PAC and the candidate or officeholder. However, it is legal for candidates and Super PAC managers to discuss campaign strategy and tactics through the media.

In the dissenting opinion of the *Citizens United v. FEC* case, **Justice John Paul Stevens** was joined by Justice Ginsburg, Justice Breyer, and Justice Sotomayor. To emphasize his unhappiness with the majority, Stevens read part of his 90-page dissent from the bench. Stevens concurred in the Court's decision to sustain BCRA's disclosure provisions, but dissented from the principal holding of the Court. The dissent argued that the Court's ruling "*threatens to undermine the integrity of elected institutions across the Nation. The path it has taken to reach its outcome will, I fear, do damage to this institution.*" He wrote: "*A democracy cannot function effectively when its constituent members believe laws are being bought and sold.*"

Stevens referenced a number of major First Amendment cases to argue that the Court had long recognized that to deny Congress the power to safeguard against "the improper use of money to influence the result of an election is to deny to the nation in a vital particular the power of self-protection". Stevens' lengthy dissent specifically sought to address a number of the majority's central arguments:

First, Stevens argued that the majority failed to recognize the possibility for corruption outside strict quid pro quo exchanges.

Second, Stevens argued that the majority did not place enough emphasis on the need to prevent the "**appearance of corruption**" in elections. Earlier cases, including *Buckley* and *Bellotti*, recognized the importance of public confidence in democracy. Stevens cited recent data indicating that 80% of the public view corporate independent expenditures as a method

used to gain unfair legislative access. Stevens predicted that if the public believes that corporations dominate elections, disaffected voters will stop participating.

Third, Stevens argued that the majority's decision failed to recognize the dangers of the corporate form. Austin held that the prevention of corruption, including the distorting influence of a dominant funding source, was a sufficient reason for regulating corporate independent expenditures. Stevens argued that the unique qualities of corporations and other artificial legal entities made them dangerous to democratic elections. These legal entities, he argued, have perpetual life, the ability to amass large sums of money, limited liability, no ability to vote, no morality, no purpose outside profit-making, and no loyalty. Therefore, he argued, the courts should permit legislatures to regulate corporate participation in the political process.

Fourth, Stevens attacked the majority's central argument: that the prohibition of spending guards free speech and allows the general public to receive all available information. Stevens argued that corporations "*unfairly influence*" the electoral process with vast sums of money that few individuals can match, which distorts the public debate. Because a typical voter can only absorb so much information during a relevant election period, Stevens described "*unfair corporate influence*" as the potential to outspend others, to push others out of prime broadcasting spots and to dominate the "marketplace of ideas". This process, he argued, puts disproportionate focus on this speech and gives the impression of widespread support regardless of actual support. Thus, this process marginalizes the speech of other individuals and groups.

Fifth, Stevens criticized the majority's fear that the government could use BCRA §203 to censor the media. The focus placed on this hypothetical fear made no sense to Stevens because it did not relate to the facts of this case — if the government actually attempted to apply BCRA §203 to the media (and assuming that Citizens United could not constitute "media"), the Court could deal with the problem at that time.

Sixth, Stevens claimed that the majority failed to give proper deference to the legislature. Stevens predicted that this ruling would restrict the ability of the states to experiment with different methods for decreasing corruption in elections. According to Stevens, this ruling virtually ended those efforts, "*declaring by fiat*" that people will not "lose faith in our democracy". Stevens argued that the majority's view of a self-serving legislature, passing campaign-spending laws to gain an advantage in retaining a seat, coupled with "strict scrutiny" of laws, would make it difficult for any campaign finance regulation to be upheld in future cases.

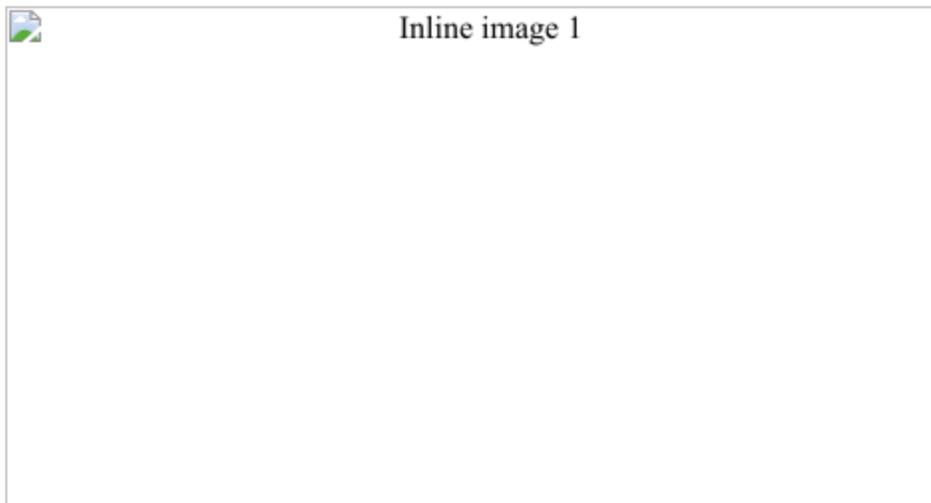
Seventh, Stevens argued that the majority opinion ignored the rights of shareholders. A series of cases protects individuals from legally compelled payment of union dues to support political speech. Because shareholders invest money in corporations, Stevens argued that the law should likewise help to protect shareholders from funding speech that they oppose.

Stevens concluded his dissent:

At bottom, the Court's opinion is thus a rejection of the common sense of the American people, who have recognized a need to prevent corporations from undermining self-government since the founding, and who have fought against the distinctive corrupting potential of corporate electioneering since the days of Theodore Roosevelt. It is a strange time to repudiate that common sense. While American democracy is imperfect, few outside the majority of this Court would have thought its flaws included a dearth of corporate money in politics.

FEC Chairman Steven T. Walther dissented on both opinions and issued a statement giving his thoughts. In the statement, Walther stated "There are provisions of the Act and Commission regulations not addressed by the court in *SpeechNow* that continue to prohibit *Commonsense Ten* from soliciting or accepting contributions from political committees in excess of \$5,000 annually or any contributions from corporations or labor organizations."

Despite the mixed impact that big-money groups have had on the presidential contest so far, donors on both sides of the aisle are expected to shell out hundreds of millions more to such entities before the November elections. "*We're going to save firepower for whoever the Republican nominee is,*" said Dallas investor Doug Deason, whose father, billionaire technology entrepreneur Darwin Deason, is currently financing super PACs supporting Sen. Ted Cruz. Wealthy patrons also are turning their attention to congressional races. Already, more than two dozen super PACs backing a single House or Senate candidate have emerged.

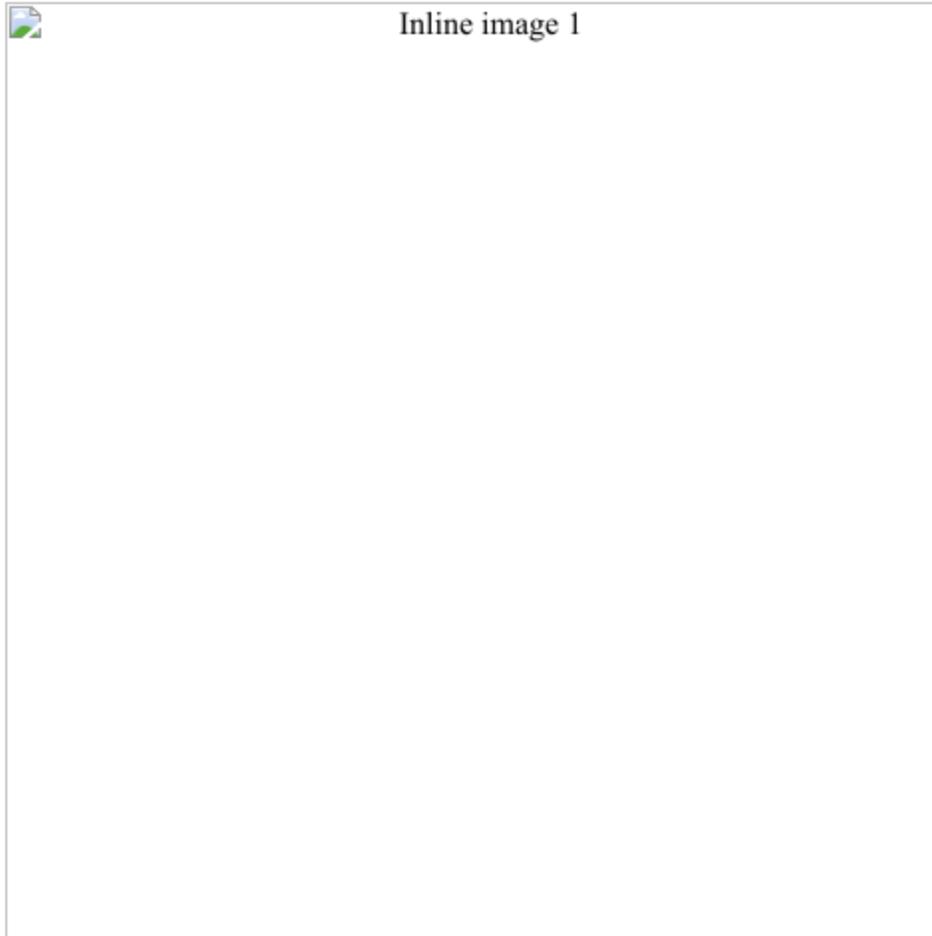


The biggest surge of cash is likely to come this fall, when millionaires and billionaires aligned with both parties fully engage in the fights over control of the White House and Congress. "Democratic donors see Republican donors giving huge, seven-figure checks to causes and efforts on the Republican side of the aisle, and our donors don't want to be silenced," said Alixandria Lapp, executive director of the House Majority PAC, a Democratic group that has raised \$10 million.

The biggest overall contributor to super PACs so far is San Francisco environmentalist and former hedge fund manager Tom Steyer, who has put \$17 million into a super PAC he formed to support candidates committed to reducing climate change. Earlier this year he said that he plans to surpass the \$70 million he plowed into the group to support Democrats during in the 2014 elections. And it is rumored that the Koch Brothers have approached a bunch of like-minded billionaires to assemble

\$800 million to \$1 billion to take back the White House and support Conservative candidates and policies that reflect their interests. As such the 2016 elections will definitely be the most expensive politicians ever bought.

So True



Are these people crazy?

Because everyone with a gun is not you friend



Inline image 1

I thought that it was a joke when I read in a national newspaper that more than 33,000 people signed a petition to allow firearms inside the Republican National Convention being held in Cleveland in July. The article said that organizers had only sought only 5,000 signatures but has since quintupled, topping 25,000 within only several days. Among the petition's five goals, it calls upon Ohio Gov. John Kasich, a candidate for the GOP presidential nomination, to mount a "concerted effort to use his executive authority to override the "*gun-free zone*" loophole being exploited by the Quicken Loans Arena in Cleveland, Ohio." The name of the group initially purportedly behind the effort — **Americans for Responsible Open Carry** — does not appear anywhere else online and accepts online message only from networked supporters.



Inline image 2

The Ohio Republican Party said it was not aware of the petition, the Journal reported, nor was the host committee overseeing the convention, although it noted that the Secret Service, in conjunction with Cleveland, Cuyahoga County and state and federal authorities, is handling security for the event. "They are coordinating and will be continuously refining security plans leading up to the national convention," said Alea Lockman, a spokesperson for the Republican National Convention. Firearms

are currently not permitted inside the Quicken Loans Arena, known as "**the Q**," where the gathering will take place.

Ohio is an open-carry state, however Quicken Loans Arena's rules don't allow weapons of any kind. This includes pepper spray and pocket knives. It doesn't include bile and invective. If pleading with the party and the governor doesn't work, the petitioners want a new venue. I cannot confirm they are considering the O.K. Corral as a potential replacement. The petition also calls it "*hypocritical*" that a party supporting the Second Amendment would not allow guns at its convention.

The petition states:

This is a direct affront to the Second Amendment and puts all attendees at risk. As the National Rifle Association has made clear, "gun-free zones" such as the Quicken Loans Arena are "the worst and most dangerous of all lies." The NRA, our leading defender of gun rights, has also correctly pointed out that "gun free zones... tell every insane killer in America... (the) safest place to inflict maximum mayhem with minimum risk."

The petition also claims that forcing attendees to leave firearms at home puts everyone in attendance at risk. It also notes the convention could be a potential target for an attack.

Without the right to protect themselves, those at the Quicken Loans Arena will be sitting ducks, utterly helpless against evil-doers, criminals or others who wish to threaten the American way of life.

Luckily the sober minds at the Department of Secret Service were not persuaded by the logic of a petition.

The agency told ABC's Cleveland affiliate in a statement:

Title 18 United States Code Sections 3056 and 1752 provides the Secret Service authority to preclude firearms from entering sites visited by our protectees, including those located in open-carry states. Only authorized law enforcement personnel working in conjunction with the Secret Service for a particular event may carry a firearm inside of the protected site. The Secret Service works closely with our local law enforcement partners in each state to ensure a safe environment for our protectees and the public. Individuals determined to be carrying firearms will not be allowed past a predetermined outer perimeter checkpoint, regardless of whether they possess a ticket to the event.

The gun ban has precedent, too — firearms were banned by the Secret Service at the RNC in Tampa in 2012. It turns out that the petition was a hoax by the satirical commentary blog *Hyperationalist* which has claimed responsibility.

He or she writes: "It just doesn't seem right that thousands of patriotic Republican good guys should be left totally unprotected by whatever bad guys might wish to do them harm. I mean for god sake people, ISIS could show up to take out everybody in and around that building and they'd be sitting ducks. Sitting ducks, I tell you! There might even be a bad egg or two among the delegates."

The Change.org petition claims that the arena's weapon ban makes those who attend the RNC in July "*sitting ducks, utterly helpless against evil-doers and criminals.*" It's addressed to Republican candidates like Donald Trump, who's quoted as promising to eliminate gun-free zones in schools should he be elected. "Cleveland, Ohio is consistently ranked as one of the top ten most dangerous cities in America," the petition states. "By forcing attendees to leave their firearms at home, the RNC and Quicken Loans Arena are putting tens of thousands of people at risk both inside and outside of the convention site."

The argument that gun-free zones are dangerous is thrown around loosely in political circles. It's often legitimized by misguided anecdotes. Trump and other candidates often finger the October mass shooting at Umpqua Community College in Oregon as a prime example of gun-free zones leaving locals at risk. While the college does prohibit guns on campus, school officials said at the time that the policy doesn't apply to concealed carries allowed by state law. There were students on campus with guns, anyway — The Huffington Post spoke to an Air Force veteran who had a legal gun on his hip during the shooting that left 10 dead.

If recent Republican rallies are any indication, it's Trump who is putting convention-goers at risk. He regularly encourages violence at his events, and rallies that feature The Donald at the podium tend to conclude with fist fights, arrests and racism. We already know that a convicted felon or mentally unstable person can buy a gun without a background check in more than thirty states. Therefore, a highly charged tinderbox/environment of an open convention is the perfect storm for violence to erupt — especially when and knucklehead armed and believing that God is on their side feel justified to settle matters with a gun. So we have to ask, how come more than 33,000 people thought otherwise.

Get Your *Kink* On

This Kinky Version of AirBnB Lets You Rent Sex Dungeons and More



Inline image 1

I had to smile when I read that there is now a company that has modeled its website on that of Airbnb, for people to list, find, and rent lodging – which is a privately owned company headquartered in San Francisco, California and founded in 2008 has over 1,500,000 listings in 34,000 cities and 190 countries. And as the article said - Going on vacation? Want to rent a home or space that will help you explore your sexual desires and home sharing sites like AirBnB just aren't cutting it? Check out KinkBnB. On KinkBnB, you can rent sex dungeons and stuff that I don't even want to know, as someone who decades ago realized that in the world of kink, there is some sh%t out there you don't want to find or find you.

KinkBnB's website provides access to dungeons and other sex-positive environments that other home sharing sites can't or don't offer. Beyond that, it aims to connect people in queer and sex positive communities for finding spaces that fit their lifestyles and needs in unfamiliar locations. "We want help people explore themselves," co-founder Ryan Galiotto. "We also want to help the sex positive community grow and travel. It is not always easy to find where to go in a new city. But if you stay with someone already in the community, you have a host and guide."

Ryan Galiotto: KinkBnB is a digital marketplace for adults to find spaces to play and places to stay where they don't have to hide their sexuality. We want help people explore themselves. Co-founder Darren McKeeman said that he has a friend who was renting her guest room on a popular home sharing sight. She also has a dungeon in her place that she uses and rents out but not at all listed on her ad. Suddenly and without explanation her listing was removed. She was understandably upset. She believes there might have been a sex toy or something too provocative in her pictures. When Darren heard about this, he to put up a mock site registering the address [REDACTED] Overnight, through just word of mouth, we had over a hundred people sign up. They felt that this was something that needed to happen, so the team started the first alpha version of the site. Matias Drago joined the team shortly thereafter and relaunched with the current more robust website.

This is how KinkBnB describes itself – A community-driven company that believes in sexual freedom for adults. We support those legal changes of society to protect people and their liberties. That's why we support the Red Umbrella Policy Project and local SWOP organizations. And, as individuals,

support and volunteer for the NCSF. Want to see more from KinkBnB? Head here. A sex positive home-sharing community: [REDACTED]

Obviously it is important for people to have outlets like this to explore their sexuality. The founders of KinkBnB say that people need the room to explore themselves. Being able easily to rent a dungeon, a space designed for sexual play should be available to anyone who wants to. And that they want to make it a safe transaction where will people can travel, find accommodations without having to hide a part of themselves. There is San Francisco's *Wicked Grounds*, *Kink Cafe* and *Boutique* which are dedicated to providing a place where people can be sexually social and now [REDACTED] is also one of those facilitators.

This is Terribly Wrong and No One Seems to Care

Police have fatally shot at least 20 unarmed civilians this year, and cable news hasn't covered a single case.



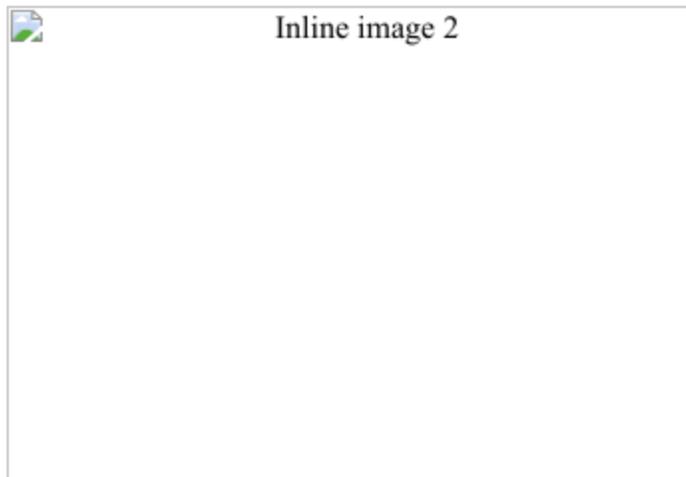
Outrage over police abuse has disappeared in 2016, even with hundreds already killed by law enforcement this year. As of April 22, 2016, and at least 310 people have been killed at the hands of American enforcement, and only a tiny percentage of the most informed Americans can name a single one of them. But even worse, at least 20 were totally unarmed. This is not just a problem, it is a disgrace.

The hashtags and trending topics of police brutality victims that were once a staple from coast to coast have all but disappeared. The national pressure on police departments and prosecutors that were often generated as a result of that viral attention has dwindled to a trickle as well. Perhaps the presidential campaign has sucked the national wind out of every other possible news story. Attention that was previously given to Laquan McDonald and Sandra Bland has been diverted to cover the ugliness and bigotry of Donald Trump's rallies.

Jose Cruz, a 16 year old who was unarmed when he was shot and killed by an off-duty officer in Addison, Texas should be a household name. John Crawford was fatally shot by cops outside an Ohio Walmart. He was holding a toy BB gun. Greg Gunn, age 56, was also unarmed when police shot and

killed him just a block away from his home in Montgomery, Ala. He was a hardworking, beloved man who should've been able to walk in his own neighborhood without being attacked by law enforcement. David Joseph, 17, was completely naked and unarmed when he was shot and killed by police in Austin, Texas. His name and case should be known all over the country.

There was no mention of Joseph on CNN, Fox News or MSNBC on the day he died, or on any day since, according to a Huffington Post review of programming. Instead, cable news gleefully reported that Donald Trump had called his Republican opponent Texas Sen. Ted Cruz a “*pussy*.” The schoolyard insult prompted numerous segments, including “experts” speculating on whether the billionaire’s vulgarity would sink his candidacy. (It didn’t.) Again – There have been at least 20 cases in which cops have shot unarmed civilians to death this year, and a HuffPost examination of cable news transcripts found that the major cable news networks have not covered any of them.



David Joseph was killed by an Austin police officer in February. He was naked and unarmed at the time of his death.

Officer Geoffrey Freeman responded to a radio call a few minutes before 10 [REDACTED] on Feb. 8 – “*Complaint that somebody jumped a fence and tried to chase a neighbor*,” the police dispatcher in Austin, Texas, said. “*Black male, tall, thin, wearing jeans, boxers*.” The dispatcher left Freeman with a final detail. “**No weapons**,” she can be heard saying just before the call, later released to the public, cuts out. Freeman headed toward the disturbance, which was taking place in a pocket of suburbia a couple of miles north of the University of Texas at Austin campus.

The last of a series of 911 calls relayed to Freeman reported a “totally nude black male” in the area. Freeman, a 10-year veteran of the force, called for additional units and continued his search. “Sounds like this guy could either be ... 10-86 [subject with mental illness] and losing it or high or something,” he told dispatch, according to a memo later published by Austin’s Citizen Review Panel. Within half an hour of arriving, Freeman found what he was looking for. He exited his cruiser and confronted David Joseph, who was completely naked and standing in the middle of the street. After just seconds of verbal contact, Joseph, a 17-year-old known to his friends as Pronto, lay dying on the asphalt. Freeman had shot him through the heart.

Medical examiners would officially describe Joseph as African-American, 5 feet 7 inches tall and 146 pounds. Officer Geoffrey Freeman who shot Joseph was 46 years old and also black, stood at the same height, but was nearly 100 pounds heavier than the teen. A toxicology report later found traces of

marijuana, the prescription drug Xanax and an antihistamine in Joseph's system. It's still unclear what drove him to strip off his clothes and run around the neighborhood.

Take the case of Antronie Scott, a 36-year-old black man who was shot and killed by San Antonio Police Officer John Lee in February, just days before Joseph's fatal shooting. Lee found Scott, who was wanted on two felony charges, sitting in the parking lot of his girlfriend's apartment complex. According to Lee, Scott made a sudden turn after he stepped out of his car. Lee says he thought he saw a gun. It was a cell phone.

Janet Wilson was shot and killed in the parking lot of a mall in Dearborn, Michigan after she was reported for causing a disturbance. The 31 year old had a history of mental illness and was completely unarmed.

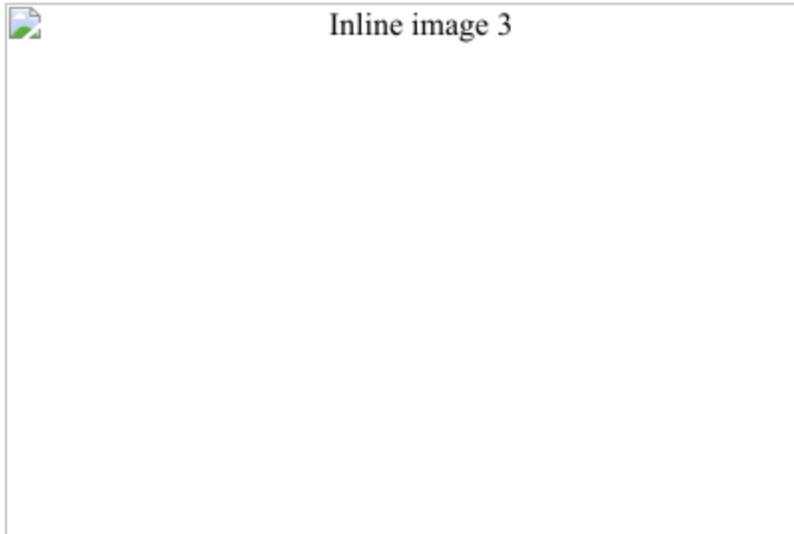
Kelsey Hauser, 25, was killed by California police in January. She was a passenger in a stolen car that had led officers on a high-speed chase. Police claim the driver drove the vehicle toward the officers, leading them to open fire. A dog was also fatally wounded in the shooting.

The local media landscape has also contributed to the obscurity of many of these cases. Small, often under-resourced newsrooms are more likely to prioritize pro-police narratives, which helps explain why their coverage sometimes tends to be linear and uncritical of law enforcement, Oates said. "You have to build a relationship with the local officials as a reporter. You have to make decisions about which bridges to burn," she said. "And [redacted] love to say it doesn't work that way, but ask any local reporter and they'll tell you, you've got to pick your battles."

That could be one reason you probably haven't heard about 25-year-old Kelsey Hauser, who was killed in January by an El Cajon, California, police officer. She was sitting in the passenger seat of a stolen car that was reportedly accelerating toward an officer. Or Calin Roquemore, a 24-year-old killed in February by a state trooper in Beckville, Texas, after exiting his car and trying to flee on foot following a brief chase. Or Cristian Medina, a mentally ill 23-year-old fatally shot in Florence, California, last month after he reportedly pointed his finger at officers like a gun.

All of these individuals were unarmed. And despite concerning details about the circumstances of these shootings, they've received only perfunctory coverage from local outlets and none from national sources. The media isn't asking hard questions of the police, which likely means nobody else is either. Victims' families are then left to trust that law enforcement will properly handle issues of transparency and accountability on their own, absent outside pressure.

These stories, unfortunately, could go on and on and on. It's troubling enough that that they happen. It's doubling disturbing that they are now happening in relative anonymity. Some may ask why the coverage itself matters so much, but for many families, the coverage of the police brutality their loved one suffered not only aids the quest for justice, it is sometimes the only justice they receive.

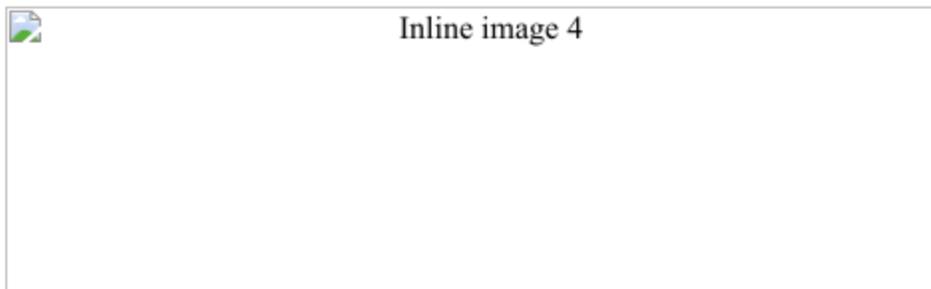


Eric Garner’s death drew national outrage and media attention. This year, widespread anger has been muted.

In 2015, while more police were indicted in the deaths of citizens than any other year ever measured, not a single officer was convicted. For the families of people like Eric Garner, John Crawford, Rekia Boyd, and Ramarley Graham, the public attention given to the injustice they suffered is some of the only justice they’ll ever receive. The courts failed them. They’ve failed in almost every case.

Even in San Francisco, where 14 police officers were caught texting the most racist and violent messages to each other, the system failed and they all kept their jobs due to a technicality. The only justice available is publicly shaming them. I hate that it has come to this, but outside of going Daredevil vigilante on corrupt and violent police, what other options do we have?

Have you seen Darren Wilson, the officer who killed Mike Brown in Ferguson, over the past year? While he paid no legal price for what he did, and actually raised hundreds of thousands of dollars for himself in the process, the public notoriety has at least forced to live him in obscurity. The same is true for many other officers, but this is a poor excuse for justice. Now though, as public pressure declines, even this is less of an option.

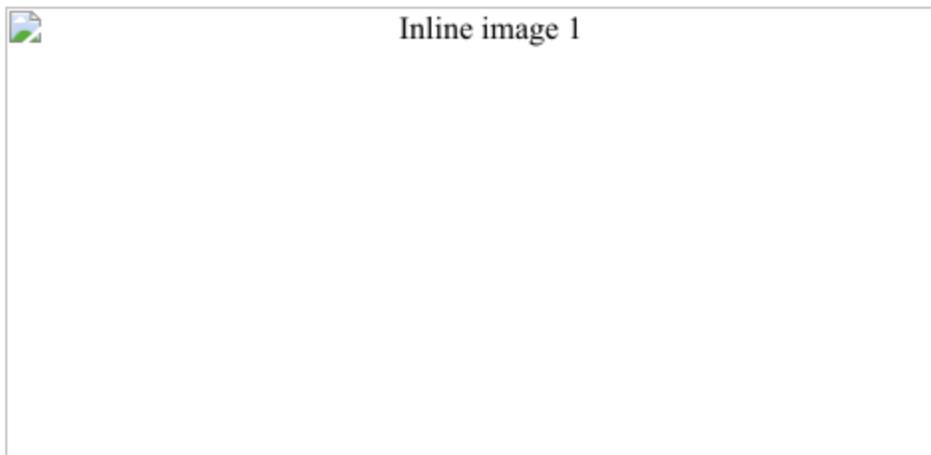


A month and a half after Joseph’s death, Austin’s police chief, Art Acevedo, announced that Freeman had been “*indefinitely suspended*” from the department. “*Officer Freeman chose to confront Mr. Joseph alone [and] ... chose to utilize deadly force to Mr. Joseph, even though he knew other officers had yet to arrive but were imminently in route,*” read a memo from Acevedo. “Freeman’s decision to draw his weapon when he exited his vehicle was unwarranted. ... There were no extenuating circumstances why he could not maintain a safe distance while keeping Mr. Joseph in view.”

Matthew Simpson, a policy strategist for the American Civil Liberties Union in Texas who works on issues of police misconduct, says there could be an upside to the fact that Joseph's case didn't get more national attention. While Austin has handled previous controversial police shootings poorly, city officials worked proactively to address the community's anxiety and anger over Joseph's killing. They formed a coalition of concerned parties, solicited input from activists and proceeded in a timely and relatively transparent manner to keep the public informed about the case. It seemed like they might have been listening to the message the Black Lives Matter movement has been sending.

"It's not as interesting a story if there's misconduct and the police actually handle it appropriately," Simpson said. "It sort of proves that if individual officers who are bad actors are held accountable, the community is willing to acknowledge that." It's still unclear if Freeman will face criminal charges for the shooting. Last month, he filed an appeal to keep his job. But the problem is that last year 1145 people were killed by police officers and at least 200 were unarmed. The fact that we are almost in May and more than 307 people have been killed by police and at least 20 were unarmed is a travesty ***and my rant of the week....***

WEEK'S READINGS



Diabetes, often referred to by doctors as diabetes mellitus, describes a group of metabolic diseases in which the person has high blood glucose (blood sugar), either because insulin production is inadequate, or because the body's cells do not respond properly to insulin, or both. Patients with high blood sugar will typically experience polyuria (frequent urination), they will become increasingly thirsty (polydipsia) and hungry (polyphagia).

As of 2014, an estimated 387 million people have diabetes worldwide, with type 2 DM making up about 90% of the cases. This represents 8.3% of the adult population, with equal rates in both women and men. From 2012 to 2014, diabetes is estimated to have resulted in 1.5 to 4.9 million deaths each year. Diabetes at least doubles a person's risk of death. The number of people with diabetes is expected to rise to 592 million by 2035. The global economic cost of diabetes in 2014 was estimated to be \$612 billion USD. In the United States, diabetes cost \$245 billion in 2012

1) Type 1 diabetes

The body does not produce insulin. Some people may refer to this type as insulin-dependent diabetes, juvenile diabetes, or early-onset diabetes. People usually develop type 1 diabetes before their 40th year, often in early adulthood or teenage years.

Type 1 diabetes is nowhere near as common as type 2 diabetes. Approximately 10% of all diabetes cases are type 1.

Patients with type 1 diabetes will need to take insulin injections for the rest of their life. They must also ensure proper blood-glucose levels by carrying out regular blood tests and following a special diet.

2) Type 2 diabetes

The body does not produce enough insulin for proper function, or the cells in the body do not react to insulin (insulin resistance).

Some people may be able to control their type 2 diabetes symptoms by losing weight, following a healthy diet, doing plenty of exercise, and monitoring their blood glucose levels. However, type 2 diabetes is typically a progressive disease –it gradually gets worse – and the patient will probably end up have to take insulin, usually in tablet form.

Overweight and obese people have a much higher risk of developing type 2 diabetes compared to those with a healthy body weight. People with a lot of visceral fat, also known as central obesity, belly fat, or abdominal obesity, are especially at risk. Being overweight/obese causes the body to release chemicals that can destabilize the body's cardiovascular and metabolic systems.

Being overweight, physically inactive and eating the wrong foods all contribute to our risk of developing type 2 diabetes. Drinking just one can of (non-diet) soda per day can raise our risk of developing type 2 diabetes by 22%, researchers from Imperial College London reported in the journal

Diabetologia. The scientists believe that the impact of sugary soft drinks on diabetes risk may be a direct one, rather than simply an influence on body weight.

The risk of developing type 2 diabetes is also greater as we get older. Experts are not completely sure why, but say that as we age we tend to put on weight and become less physically active. Those with a close relative who had/had type 2 diabetes, people of Middle Eastern, African, or South Asian descent also have a higher risk of developing the disease.

Men whose testosterone levels are low have been found to have a higher risk of developing type 2 diabetes. Researchers from the University of Edinburgh, Scotland, say that low testosterone levels are linked to insulin resistance.

3) Gestational diabetes

This type affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all of the glucose into their cells, resulting in progressively rising levels of glucose.

The majority of gestational diabetes patients can control their diabetes with exercise and diet. Between 10% to 20% of them will need to take some kind of blood-glucose-controlling medications. Undiagnosed or uncontrolled gestational diabetes can raise the risk of complications during childbirth. The baby may be bigger than he/she should be.

Scientists from the National Institutes of Health and Harvard University found that women whose diets before becoming pregnant were high in animal fat and cholesterol had a higher risk for gestational diabetes, compared to their counterparts whose diets were low in cholesterol and animal fats.



Inline image 2

Complications linked to badly controlled diabetes

Below is a list of possible complications that can be caused by badly controlled diabetes:

- **Eye complications** - glaucoma, cataracts, diabetic retinopathy, and some others.
- **Foot complications** - neuropathy, ulcers, and sometimes gangrene which may require that the foot be amputated
- **Skin complications** - people with diabetes are more susceptible to skin infections and skin disorders
- **Heart problems** - such as ischemic heart disease, when the blood supply to the heart muscle is diminished
- **Hypertension** - common in people with diabetes, which can raise the risk of kidney disease, eye problems, heart attack and stroke
- **Mental health** - uncontrolled diabetes raises the risk of suffering from depression, anxiety and some other mental disorders
- **Hearing loss** - diabetes patients have a higher risk of developing hearing problems
- **Gum disease** - there is a much higher prevalence of gum disease among diabetes patients
- **Gastroparesis** - the muscles of the stomach stop working properly
- **Ketoacidosis** - a combination of ketosis and acidosis; accumulation of ketone bodies and acidity in the blood.
- **Neuropathy** - diabetic neuropathy is a type of nerve damage which can lead to several different problems.

- **HHNS (Hyperosmolar Hyperglycemic Nonketotic Syndrome)** - blood glucose levels shoot up too high, and there are no ketones present in the blood or urine. It is an emergency condition.
- **Nephropathy** - uncontrolled blood pressure can lead to kidney disease
- **PAD (peripheral arterial disease)** - symptoms may include pain in the leg, tingling and sometimes problems walking properly
- **Stroke** - if blood pressure, cholesterol levels, and blood glucose levels are not controlled, the risk of stroke increases significantly
- **Erectile dysfunction** - male impotence.
- **Infections** - people with badly controlled diabetes are much more susceptible to infections
- **Healing of wounds** - cuts and lesions take much longer to heal

What is prediabetes?

The vast majority of patients with type 2 diabetes initially had **prediabetes**. Their blood glucose levels were higher than normal, but not high enough to merit a diabetes diagnosis. The cells in the body are becoming resistant to insulin. Studies have indicated that even at the prediabetes stage, some damage to the circulatory system and the heart may already have occurred.

Diabetes is a metabolism disorder

Diabetes (diabetes mellitus) is classed as a metabolism disorder. Metabolism refers to the way our bodies use digested food for energy and growth. Most of what we eat is broken down into glucose. Glucose is a form of sugar in the blood – it is the principal source of fuel for our bodies.

When our food is digested, the glucose makes its way into our bloodstream. Our cells use the glucose for energy and growth. However, glucose cannot enter our cells without insulin being present - insulin makes it possible for our cells to take in the glucose.

Insulin is a hormone that is produced by the pancreas. After eating, the pancreas automatically releases an adequate quantity of insulin to move the glucose present in our blood into the cells, as soon as glucose enters the cells blood-glucose levels drop.

A person with diabetes has a condition in which the quantity of glucose in the blood is too elevated (hyperglycemia). This is because the body either does not produce enough insulin, produces no insulin, or has cells that do not respond properly to the insulin the pancreas produces. This results in too much glucose building up in the blood. This excess blood glucose eventually passes out of the body in urine. So, even though the blood has plenty of glucose, the cells are not getting it for their essential energy and growth requirements.

How to determine whether you have diabetes, prediabetes or neither

Doctors can determine whether a patient has a normal metabolism, prediabetes or diabetes in one of three different ways – there are three possible tests:

- **The A1C test**

- at least 6.5% means diabetes
- between 5.7% and 5.99% means prediabetes
- less than 5.7% means normal

- **The FPG (fasting plasma glucose) test**

- at least 126 mg/dl means diabetes
- between 100 mg/dl and 125.99 mg/dl means prediabetes
- less than 100 mg/dl means normal

An abnormal reading following the FPG means the patient has impaired fasting glucose (IFG)

- **The OGTT (oral glucose tolerance test)**

- at least 200 mg/dl means diabetes
- between 140 and 199.9 mg/dl means prediabetes
- less than 140 mg/dl means normal

An abnormal reading following the OGTT means the patient has impaired glucose tolerance (IGT)

Controlling diabetes - treatment is effective and important

All types of diabetes are treatable. Diabetes type 1 lasts a lifetime, there is no known cure. Type 2 usually lasts a lifetime, however, some people have managed to get rid of their symptoms without medication, through a combination of exercise, diet and body weight control.

Researchers from the Mayo Clinic Arizona in Scottsdale showed that gastric bypass surgery can reverse type 2 diabetes in a high proportion of patients. They added that within three to five years the disease recurs in approximately 21% of them. Yessica Ramos, MD., said "The recurrence rate was mainly influenced by a longstanding history of Type 2 diabetes before the surgery. This suggests that early surgical intervention in the obese, diabetic population will improve the durability of remission of Type 2 diabetes."

Patients with type 1 are treated with regular insulin injections, as well as a special diet and exercise. **Patients with Type 2** diabetes are usually treated with tablets, exercise and a special diet, but sometimes insulin injections are also required. If diabetes is not adequately controlled the patient has a significantly higher risk of developing complications.

Diabetes explosion around the world



Inline image 1

Prevention

If you're at risk of developing type 2 diabetes, listen to your doctor's advice. He or she may prescribe medication and help you make small lifestyle changes, such as:

- **Losing weight.** Losing 7-10 percent of your body weight can reduce your risk of developing type 2 diabetes by up to 50 percent.
- **Exercise.** When you work out, you're also training your endocrine system to produce more insulin.
- **Eat healthy.** Processed carbohydrates, sugary drinks, red and processed meats, and trans and saturated fats can greatly increase your risk of developing diabetes.
- **Stop smoking.** Speak to a healthcare professional to find out how to avoid gaining weight when you quit.

Managing Diabetes

If you've been diagnosed with diabetes, you can still lead an independent, healthy, and active life. You should, however, make a commitment to actively managing your diabetes. A medical health professional can help you to consider the following:

- **Education.** Speak to a diabetes educator to learn more about your condition. The more you know about the disease, the easier it will be to manage your symptoms.
- **Nutrition.** What, when, and how much you eat can have a big impact on your symptoms.
- **Exercise.** Leading an active life is incredibly important in helping your body to naturally lower your blood glucose levels, decrease stress levels, and maintain a healthy weight.

- **Medication.** Type 2 diabetes may be treated through lifestyle changes. It may also require medication or insulin to help control glucose levels.
- **Lifestyle.** Reducing day-to-day stress levels can help to reduce symptoms of diabetes.

Blood pressure. People with diabetes should try to maintain a blood pressure level at or below 130/80. To do so, you might need to change your diet and activity level and/or take medication.

American Justice in Black and White (And Green)

Because it is definitely not blind or fair



This week, in a Tarrant County, Texas courtroom, Ethan Couch was handed a two-year prison sentence as a condition for his continued probation stemming from an intoxicated manslaughter conviction. In 2013, four people were killed when Couch rammed his truck into them while driving under the influence of alcohol. Two other persons were seriously injured, thrown from the bed of Couch's truck during the crash.

Prosecutors argued that Couch, then 16, deserved a 20-year prison sentence for his crime. The defense countered by arguing that Couch suffered from a condition called "**affluenza**" which is defined as "the unhealthy and unwelcomed psychological and social effects of affluence regarded especially as a widespread societal problem such as feelings of guilt, lack of motivation, and social isolation experienced by wealthy people." They argued that his parents' wealth veiled him from understanding the consequences of certain actions. Thusly, he should not be unduly punished for said actions.

The court sided with the defense. Couch was given a ten year probation and ordered to abstain from alcohol consumption. He was also ordered to complete rehab and reportedly did so at a luxury rehabilitation facility that included horseback-riding among its featured activities.

In December, a video surfaced of Couch violating the terms of his probation. He went missing after failing to show for a subsequent meeting with his probation officer. Now fugitive from the law, Couch was found several weeks later at a Mexican resort town near the Pacific Ocean. While in Mexico, he reportedly consumed large amounts of alcohol and consorted with prostitutes. He was extradited back to the United States to await sentencing.

Last April, Allen Bullock participated in protests in Baltimore, Maryland, following the death of Freddie Gray, the 25-year-old black man who died of spinal cord injuries while in police custody. On April 25, 2015, Bullock climbed atop a police cruiser and damaged the vehicle by breaking its windows with a traffic cone. Mr. Bullock, who had minor offenses as a juvenile, was arrested, and his bail was set at \$500,000. He spent ten days in jail as his parents struggled to make bail for their son. (Comparatively, the bail set for two of the police officers arrested for homicide in the death of Freddie Gray was \$250,000 and \$350,000, respectively.)

On March 29, Bullock was sentenced to serve twelve years in prison. Ultimately, all but six months of his sentence was suspended. Bullock must serve five years of probation, complete 400 hours of community service, get his GED and write an apology letter to the Baltimore City Police Department.

These cases are a prime example of American justice in black, white, and green. Both cases involve nineteen year-olds. One is white. One is black. One comes from wealth. One comes from one of the most impoverished communities in America. And far too often in this nation, the right combination of race and resource results in leniency from the justice system, and the wrong combination results in undue punishment.

Couch's actions killed four and seriously injured two. Bullock's actions hurt a car. Couch became an international fugitive from justice. Bullock voluntarily turned himself in to authorities.

For his crimes, Couch's parents offered to pay for his stay at a \$450,000 a year luxury rehabilitation community. For his crimes, Bullock's bail was set at an amount well beyond his parent's means.

And although Bullock will just serve approximately one-fourth of Couch's sentence, the court actually sentenced him eight years longer than a court sentenced Couch. Given the gross wealth disparity among blacks and whites in America, wherein the median wealth of white households is 13 times the median wealth of black households, these injustices in black, white, and green may only increase, unless new approaches are pursued.

Thankfully, also this week, the U.S. Department of Justice's Bureau of Justice Assistance, in partnership with the Center for Court Innovation, announced that the Dallas County Public Defender's Office was one of 10 applicants nationwide to receive a 2016 Community Court Grant Program award. The Dallas City Attorney's Office in partnership with the Public Defender's Office is establishing Dallas County's first-ever county/municipal partnership to establish Dallas County's first-ever felony community court. The South Dallas Second Chance Community Improvement Program Court (██████) will receive a \$200,000 grant to fund a two-year program targeting young adults in South Dallas.

Dallas is the epicenter of poverty in America. It leads the nation in childhood poverty for cities over 1 million residents. Here, poverty increased by 40% between 2000-2012. Recently, two South Dallas

neighborhoods made the FBI's notorious list of the 25 most violent communities in America. Dallas was the only Texas city to make this list.

The newly funded community court, which will operate in South Dallas, will “respond to quality-of-life crimes by ordering offenders to pay back the communities they’ve harmed through visible community service projects such as painting out graffiti, beautifying neighborhood parks and cleaning up litter and debris from public streets.”

The community court will also “link offenders to drug and alcohol treatment, mental health services, job training, and public benefits; services designed to help them address the underlying issues fueling their criminal behavior.”

After successfully completing the program, defendants will have the opportunity to have their records expunged. National research has proven the community court model to effectively reduce crime, to reduce substance use, and to increase services to victims, all the while saving tax-payers money and improving the public’s confidence in the justice system.

If affluenza works as a defense, it would seem logical that poverty would, too. It has not. Therefore, courts like [REDACTED] are a welcome and necessary approach for restorative justice, especially for historically marginalized communities that have for far too long suffered greater penalties than their wealthier, and oft times, whiter counterparts when appearing before the judicial system. Still, more must be done to ensure that all persons - regardless of their financial means or their racial heritage - receive equity before the courts.

Instead of paying for a luxury rehabilitation center, maybe Ethan Couch should have gone through [REDACTED]. Thankfully, many who would not be granted nor could afford such luxuries as Couch will have this opportunity. And we will all be the better for it!

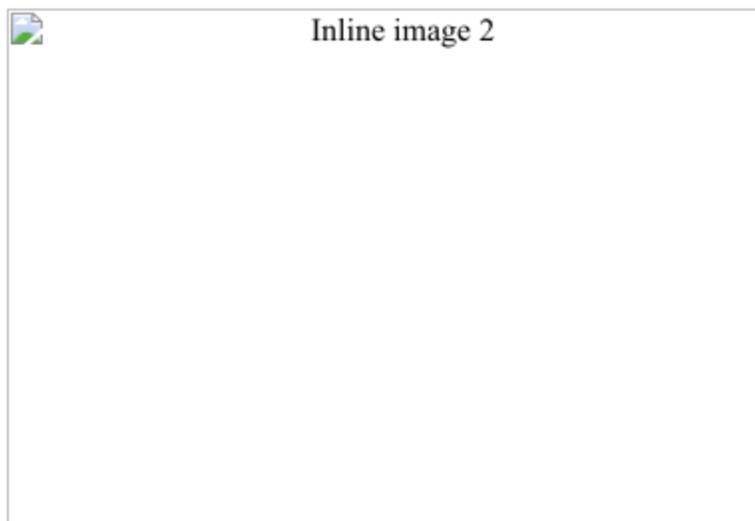
Michael W. Waters – Huffington Post – 04/15/16



If the just-revealed Model 3 lives up to the considerable hype it's receiving, Tesla has a particularly potent cocktail to offer its customers and shareholders: profits, quality control, and a unique customer experience that will finally give Tesla a tangible advantage over its competitors. But that's a big if, folks.

Despite the fact that Tesla is now closing in on over 300,000 pre-orders for the Model 3, there's no guarantee the marque's first true mass-market offering will be successful. Consumer Reports recently gave Tesla its black mark of shame for scoring a worse-than-average reliability rating, and other all-electric and hybrid competitors (Chevy Volt, Nissan LEAF, et al...) have already bested Tesla's much more expensive Model S in terms of owner satisfaction and overall reliability.

But all that aside, one thing is for sure. Even if the Model 3 fails -- even if Tesla fails -- many of the key ingredients that make the company so unique and newsworthy are, in all likelihood, going to completely change the way you buy any car, new or used, in the future.



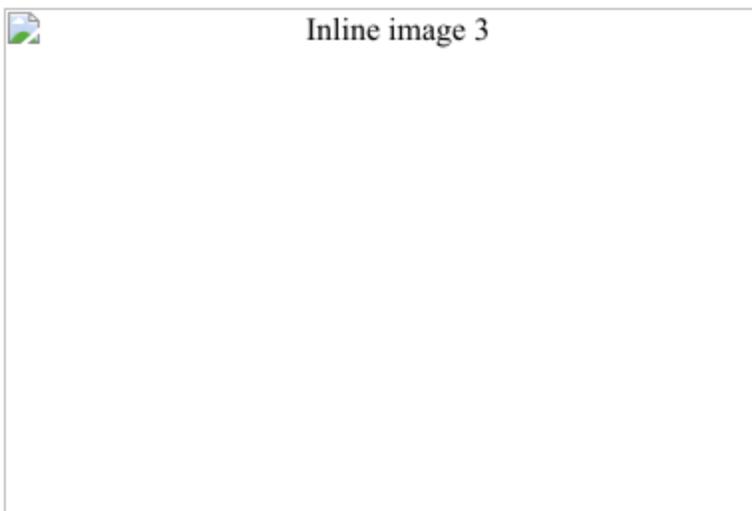
Dashboards as you know them are on the way out

It's no accident that the new Tesla Model 3 cut all the dials, knobs, and instrument clusters that can so quickly become outdated on a cutting-edge infotainment screen. Displays like this are becoming a huge focus for new-car buyers in general, and particularly for Tesla shoppers. Other manufacturers have done away with the traditional dashboard design layout, but only in concept; the Model 3 still represents a striking departure from an auto-industry staple that has lasted for nearly a century. It might be a bit of an open question as to whether it will completely kill off the dash as we know it, but it will certainly be joined by others, and very, very soon.

"Version" will matter more than "model year," just like your phone

Tesla isn't marketing the Model 3 based on the model year -- just the version number. Think about it like this: do you have an iPhone 6, or a 2015 iPhone 6? To the customer, this represents a psychological advantage, because it takes away the buying pressure during those times of the year when model changeovers typically take place. You don't really want a 2016 when you can get a 2017 in a couple months, do you?

As new versions roll out, Tesla will emphasize software updates and wireless maintenance with the Model 3, much as it does with the S. This enhances the perceived value for Model 3 owners, who won't have to worry as much about the depreciation cliffs that come with having an older "year" of the same car.



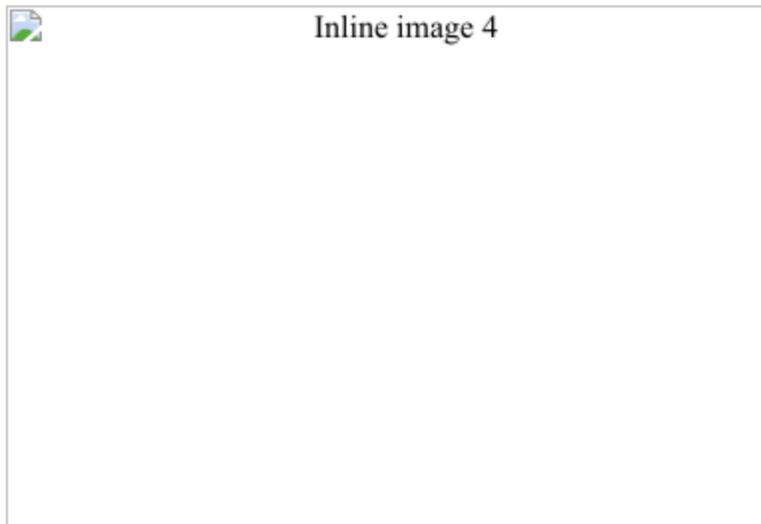
Buying a new car will be radically different

Tesla's decision to forego partnering with traditional car dealerships saves the company billions in real estate and inventory costs. That's good for them. But for the consumer, that also means you get to skip the shady car dealers, all-too-tacky add-ons, and bogus fees that mar today's retail environment. And that's pretty damn good for you, too.

So when nearly 300,000 people put down deposits for Teslas, both online and at its very own Apple-esque stores, just mere days after the Model 3 launched, this whole idea of an anti-dealership, less-expensive distribution network was proved 100% solid. And where there's a proven economic case made, laws will eventually accommodate, and you will see other manufacturers follow suit.

And that will include used cars, too...

Without dealerships handling Tesla's used-car inventory in the form of "certified pre-owned" programs, Model 3s that are traded in for newer models or repossessed will likely be handled in house by Tesla. For the company, that means Tesla will keep all those used-car sales profits for itself, thereby adding to the long-term per-car profit for every new car it sells. How does that help you? It means Tesla will retain control, not only of the dealership experience, but the quality of the cars it certifies. Once again, it's a model that pleases all parties involved, and one you'll see replicated by other manufacturers.



Shady mechanics and questionable repairs will get the boot

No oil changes. No non-warranty work for the first eight years and infinite miles. Free towing up to 500 miles. All of these service initiatives will help Tesla avoid having any non-Tesla-certified technicians work on its cars.

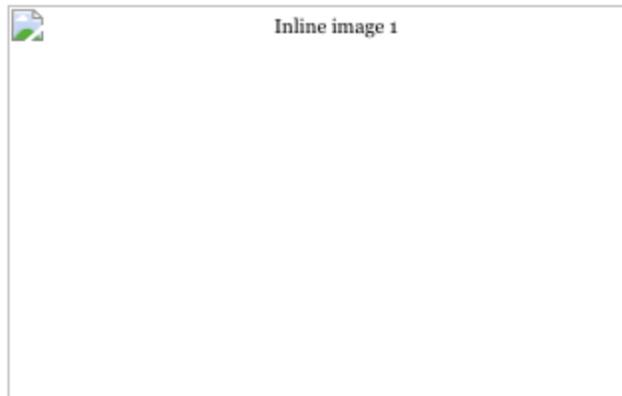
Plus, because of the perceived complexity of electric vehicles in general, Tesla will likely have greater control over repairs and maintenance once the warranty expires -- which means fewer questionable repairs from shade-tree mechanics. In the short term, the Tesla Model 3 has a big leg up on gas-propelled competition like the BMW 3-Series and Mercedes C-Class. In time, though, as electric propulsion becomes more prevalent, you can expect the others to catch up.

Early deposits will result in better resale value

Tesla's \$1,000 early deposit requirement greatly reduces the number of buyers with bad credit, which means fewer defaults, which means fewer used Model 3s on the market to depreciate the value. Fewer people with bad credit have the luxury of forking over a grand from their savings accounts a whole two years before they'll realistically get that car. Tesla's focus on consumers who already have the cash, savings, and patience to buy its product will help reduce the number of defaults and early lease terminations of the Model 3. Thus, there will be lower supply in the used-Model 3 market, helping resale values stay high. And as the anti-dealership model spreads to other manufacturers, so too will the early deposits and the scarcity of returned leases. Translation: your car's value won't drop off quite so fast.

Steven Lang – Thrillist – April 8, 2016

The Benefits of Figs & Olives



Olives and figs are extremely important food products that have countless health benefits. Therefore, they should both be included in an individual's daily diet intake. Both figs and olives are rich in antioxidants and therefore fight the negative effects of the sun. Even in modern skin care concepts, both olive oils and figs are making a huge comeback. Their health benefits and healing properties have been revered for centuries.

Olive oil is rich in fatty acids which makes it an excellent moisturizer. Olive oil is also high in monounsaturated fatty acids. Combined with its antioxidant properties, olives protect against heart disease by controlling bad cholesterol levels and raising HDL, the good cholesterol levels. Moreover, olives are good for the stomach. It has a beneficial effect on ulcers and gastritis. Moreover, it increases the secretion of bile and pancreatic hormones much more than that done by prescribed drugs. Therefore, it lowers the changed of gallstone formation.

Apart from heart disease, olives are also known to reduce the instance of colon cancer. There are studies that show that rats that are fed with diets supplemented with olive oil had a lower risk of colon cancer than others. Olives and olive oil are said to be effective in reducing the frequency and/or intensity of hot flashes in women, who are going through menopause.

Regular consumption of olive oil has been associated with decrease in systolic (maximum) as well as diastolic (minimum) blood pressure. Those who consume olives or olive oil are at a lesser risk of suffering from diabetes at later stages in life. Good quality olives and olive oil contain a natural chemical that also acts like a painkiller.

Figs, too, have many health important health benefits and hence should be consumed on a regular basis. Figs help in reducing constipation, help in reducing weight and also help an average person to reduce his or her cholesterol levels. They are also known to reduce coronary heart diseases and also help in preventing colon cancer. Figs can also strengthen bones, reduce hyper tension, prevent macular degeneration and provide relief for sore throats. Figs are quite useful in various respiratory disorders including whooping cough and asthma.

Since they are also good for digestion, they help in treating constipation, indigestion, stomach ache, etc. Fig is also good for fever, earache, boils, abscesses, venereal diseases and is excellent for the liver. Fig is a highly alkaline food, therefore helps to regulate the pH of the body. Figs are rich in flavonoids and polyphenols. These are antioxidants, which prevent the damage caused by free radicals. Fig is known for its soothing and laxative properties. Figs are low in fat and sugar.

Mix Dried Figs with Olive Oil to lower Cholesterol Levels and manage Stomach Issues

Residents in coastal areas are known for their traditional recipes, and in this article we give you their favorite. It uses all-natural ingredients, which means that it is a safe way to treat various health problems, including:

- Stomach issues
- Hemorrhoids
- Constipation
- High cholesterol
- Anemia
- Asthma and bronchitis
- Infertility (Some women claim that it was the only thing that helped them to conceive)
- Why should you use figs?

Health benefits

Figs have the highest calcium content of all plants. This makes them an excellent alternative for the treatment of those who cannot consume dairy due to severe allergic reactions. Figs are also rich in

fiber, which means they provide an amazing laxative effect. Figs also stimulate a healthy weight loss process.

- Figs offer plenty of potassium.
- It is the nutrient that puts blood pressure and other body functions under control. Their omega-3 and omega-6 fats maintain normal blood pressure and prevent coronary heart attacks.
- Dried figs contain more phenol antioxidants than any other dried fruit. According to a study, by consuming 2 medium-sized figs every day you can stimulate the antioxidant activity in your body.

Figs can also aid in the elimination of kidney stones, as shown in a study. Boil 6 figs in 200ml of water. Take this remedy every day for a month to get rid of kidney stones.

- Fig leaves have strong anti-diabetic potential, since they decrease the amount of insulin.
- Tryptophan in figs gives you an awesome sleep. It aids in the treatment of sleep disorders, including insomnia.
- Figs are abundant in vitamin C. Regular consumption of figs can help you lighten and even out your skin tone.
- Vitamin B6 in figs is great for those who deal with morning sickness.

Dried figs and olive oil

Ingredients:

- 40 dried figs
- olive oil

Preparation:

1. Put 40 dried figs in a larger jar, and pour over some extra virgin olive oil. Make sure the figs are well covered.
2. Put the lid on and let the figs rest for 40 days. Your dried figs will absorb nice amounts of the oil.
3. Eat one fig before each meal to relieve your condition

THIS WEEK'S QUOTE



Inline image 1

THIS IS BRILLIANT

Straight To Vinyl

A-F-R-O & NGHTMRE drop a track at historic L.A. studio



Inline image 1

Web Link:



A “new” (or old) way to record music.... *Interesting....*

THINK ABOUT THIS

In 60 seconds James Baldwin breaks race and racism ALL THE WAY.....



Inline image 2

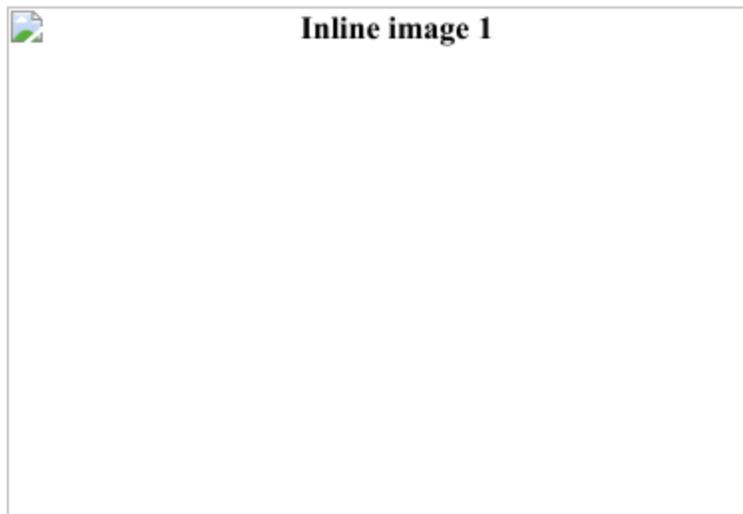
Web Link:



How true....

BEST VIDEO OF THE WEEK

How to Get Women to Exercise

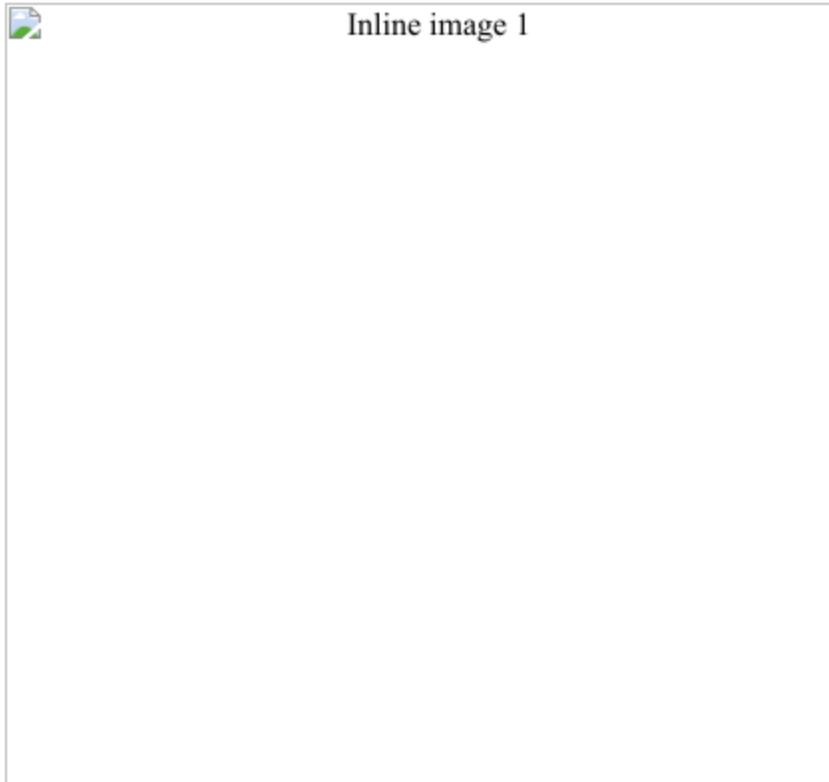


Web Link:



Enjoy.... Enjoy.... Enjoy....

THIS WEEK'S MUSIC



Like many of you on Thursday, I heard from a number of friends that **Prince** had died at the relatively young age of 57. WOW.... Because as one friend put it, “*2016 has been a tough year for musicians.*” And this is especially true for Prince, who although like Miles Davis, marched to a different drummer but he did so without the excesses of drugs, booze, lost weekends, excessive behavior off-stage and scandals, which are so typical of many of his generation, especially famous/superstar musicians. An exalted son of Minnesota, he pioneered the funky, [REDACTED], *Minneapolis sound* in the late 1970s, when the international rock star began one of the most prolific musical careers in history. Prince — one of the most popular, inventive and influential recording artists of his generation and a true icon for not only his generation but also for generations to come.

Rogers Nelson (born June 7, 1958 in Minneapolis, Minnesota), known by his mononym **Prince**, is an American singer-songwriter, multi-instrumentalist, and actor. Prince's father was a pianist and songwriter and his mother was a jazz singer. Prince was named after his father, whose stage name was Prince Rogers, and who performed with a jazz group called the Prince Rogers Trio. In a 1991 interview with *A Current Affair*, Prince's father said, “*I named my son Prince because I wanted him to do everything I wanted to do.*”

He has produced more than 39 albums, of which ten went platinum and included thirty Top 40 singles during his career. So prolific was Prince that his record company at the time Warner Brothers, asked him to stop producing music as he alone was saturating their worldwide music distribution network. And this was a company that had given him a \$100 million advance. Ultimately he decided to produce hundred songs and records for his own music label. He pioneered selling his albums/cds together with his tickets directly to his audiences cutting out record company and Ticketmaster. In addition, he has promoted the careers of Sheila E., Carmen Electra, the Time, Morris Day, Apollonia and Vanity 6 and his songs have been recorded by these artists and others, including Chaka Khan, The Bangles, Sinéad O'Connor and Kim Basinger.

Born in Minneapolis, Minnesota, Prince developed an interest in music at an early age, writing his first song at age seven. After recording songs with his cousin's band *94 East*, seventeen-year-old Prince recorded several unsuccessful demo tapes before releasing his debut album, *For You*, in 1978. His 1979 album, *Prince*, went platinum due to the success of the singles "*Why You Wanna Treat Me So Bad?*" and "*I Wanna Be Your Lover*". His next three records, *Dirty Mind* (1980), *Controversy* (1981), and *1999* (1982) continued his success, showcasing Prince's trademark of prominently sexual lyrics and incorporation of elements of funk, dance and rock music. In 1984, he began referring to his backup band as the **Revolution** and released the album *Purple Rain*, which served as the soundtrack to his film debut of the same name.

After releasing the albums *Around the World in a Day* (1985) and *Parade* (1986), The Revolution disbanded and Prince released the critically acclaimed double album *Sign "O" the Times* (1987) as a solo artist. He released three more solo albums before debuting the **New Power Generation** band in 1991, which saw him changing his stage name to an unpronounceable symbol known as "*The Love Symbol*". In 1994, he began releasing new albums at a faster pace to remove himself from contractual obligations to Warner Bros, releasing five records in a span of two years before signing to Arista Records in 1998. In 2000, he began referring to himself as "**Prince**" once again. He has released thirteen albums since then, including his latest, *20Ten*, released in 2010.

Prince has a wide vocal range and is known for his flamboyant stage presence and costumes. His releases have sold over 100 million copies worldwide. He has won seven **Grammy Awards**, a **Golden Globe**, and an **Academy Award**. He was inducted into the **Rock and Roll Hall of Fame** in 2004, the first year he was eligible. **Rolling Stone** has ranked **Prince No. 27** on its list of the **100 Greatest Artists of All Time**. Prince's music has been influenced by rock, R&B, soul, funk, hip hop, blues, new wave, electronica, disco, psychedelia, folk, jazz, and pop. His artistic influences include Sly & the Family Stone, Parliament-Funkadelic, Joni Mitchell, the Beatles, Johnny "Guitar" Watson, Miles Davis, Carlos Santana, Jimi Hendrix, James Brown, Led Zeppelin, Marvin Gaye, the Isley Brothers, Todd Rundgren, Duke Ellington, Curtis Mayfield, and Stevie Wonder. Prince pioneered the "**Minneapolis sound**", a hybrid mixture of funk, rock, pop, R&B and new wave that has influenced many other musicians.

Prince wrote hundreds of songs for himself and other artists and released 39 studio albums, including four in the last 18 months. His magnum opus, the 1984 album *Purple Rain* is frequently listed as one of the best albums in history, and earned him an Oscar and Grammy, as well as selling 13 million albums in the United States and spending 24 consecutive weeks at #1 on the Billboard albums chart (August 4, 1984 to January 18, 1985), becoming one of the top soundtracks ever. The album has sold more than 20 million copies worldwide. From sex to politics, Prince's lyrics spanned as wide a variety of topics as they did styles of music. A longstanding rumor claims that he played all 27 instruments on his debut album, *For You*. And the thing is it, is that it is probably true.

His final shows were last week at the Fox Theater in Atlanta, where a strict no photos or video rule was in place for two consecutive sets. Billed as the Piano and a Microphone tour, Prince played solo at a purple grand piano. Before concluding with Kiss, his third encore performance in the earlier show, Prince sang Heroes in tribute to David Bowie, who died in January. Back on stage within the hour for his final late night show, he ended with three encores and a medley of *Purple Rain*, *The Beautiful Ones* and *Diamonds and Pearls*.

He did not shy away from politics – his song *Ronnie, Talk to Russia* touched on the cold war, and *Sign O the Times* dealt with poverty, drug addiction and violence. In 2002, he held a forum at Paisley Park with prominent black academics Tavis Smiley, Michael Eric Dyson and Cornel West. In May 2015, he performed in Baltimore following heated protests throughout the city over the death in police custody of 25-year-old Freddie Gray. Since the death, Prince quietly has supported the family as well as with Harry Belafonte - *Black Lives Matter*....

He was also the inspiration for political action, when the sexual content of his lyrics caught the attention of the federal government in the 1980s. Tipper Gore, wife of then senator Al Gore, was upset by Prince's lyrics about masturbation on *Purple Rain's* '*Darling Nikki*', which made a short list of the Parents Music Resource Center's list of songs with unsuitable content. This move helped inspire the creation of the '*parental advisory*' sticker for albums in 1990.

Prince was famous for keeping his personal life private, but last month, publisher Spiegel & Grau announced that it had acquired Prince's memoir, set for release in late 2017. "We're starting from the beginning from my first memory and hopefully we can go all the way up to the Super Bowl," Prince said. The memoir would likely also provide details on his two marriages. Prince married his backup singer Mayte Garcia in 1996, and they had a son who died a week after he was born. The couple divorced in 1999 and Prince married Manuela Testolini in 2001. They divorced in 2006.

The singer was briefly hospitalized in Illinois last week for a flu emergency, according to TMZ, and cancelled two shows in Atlanta because of the illness. He held a dance party last Saturday at the Paisley Park estate, selling tickets for just \$10. Prince made a short appearance at the event, where he played a purple Yamaha piano and showed off a new metallic purple guitar, according to the Star Tribune. In regards to his recent bout with the flu, Prince told attendees: "*Wait a few days before you waste any prayers.*" Police said on Thursday morning that they were investigating a death at Prince's estate, but would not confirm the deceased's identity until the next of kin had been notified.

Prince recorded the great majority of his music entirely on his own, playing every instrument and singing every vocal line. Many of his albums were simply credited, "*Produced, arranged, composed and performed by Prince.*" Then, performing those songs onstage, he worked as a bandleader in the polished, athletic, ecstatic tradition of James Brown, at once spontaneous and utterly precise, riveting enough to open a Grammy Awards telecast and play the Super Bowl halftime show. Often, Prince would follow a fulltilt arena concert with a latenight club show, pouring out even more music.

In Prince's biggest hits, he sang passionately, affectionately and playfully about sex and seduction. With deep bedroom eyes and a sly, knowing smile, he was one of pop's ultimate flirts: a sex symbol devoted to romance and pleasure, not power or machismo. Elsewhere in his catalog were songs that addressed social issues and delved into mysticism and science fiction. He made himself a unifier of dualities – racial, sexual, musical, cultural – teasing at them in songs like *Controversy* and transcending them in his career.

He had plenty of eccentricities: his fondness for the color purple, using "*U*" for "*you*" and a drawn eye for "*I*" long before textspeak, his vigilant policing of his music online, his penchant for releasing huge troves of music at once, his intensely private persona. Yet for musicians and listeners of multiple

generations, he was admired universally. After the death of his infant son, it appears that Prince, a vegetarian became more spiritual and became a devout Jehovah's Witness in 2001.

Prince's music had an immediate and lasting influence: among songwriters concocting come-ons, among producers working on dance grooves, among studio experimenters and stage performers. He sang as a soul belter, a rocker, a bluesy ballad singer and a falsetto crooner. His most immediately recognizable (and widely imitated) instrumental style was a particular kind of pinpoint, staccato funk, defined as much by keyboards as by the rhythm section. But that was just one among the many styles he would draw on and blend, from hard rock to psychedelia to electronic music. His music was a cornucopia of ideas: triumphantly, brilliantly kaleidoscopic. President Barack Obama called Prince "*one of the most gifted and prolific musicians of our time,*" and said few had influenced "*the sound and trajectory of popular music more distinctly.*"

Like everyone who has ever met him, I too have several *Prince Stories*. The first was when an acquaintance of mine (a young R&B singer) dragged me to his managers' office in Beverly Hills. While waiting in the lobby I struck up a conversation with the young teenager who with full bluster told me that he was going to bigger than Michael Jackson and Stevie Wonder combined, and me thinking this 5'2" 98 pound egocentric kid from the Midwest was a reminder why I chose to not go into the music management business. Or when several years later his road manager asking me to arrange for Prince and his group to go to the top club at the time in New York, and having to convince the owner to let them in as several of the band members were under 21. And the number of times when we sat together in the same booth or adjoining booths at the cool club in different cities. I didn't know him as the spiritual and political astute and generous person that he grew into after the 1990s that scores of people are now eulogizing. But unlike many icons, I am absolutely sure that what they are saying is true. For this reason ***please enjoy the "Miles Davis of Pop Music" and definitely Van Jones eulogy "Remember Prince Beyond the music"..... Enjoy..... the music and memories of Prince....***

Prince – ***Welcome 2 America Tour*** -- <https://youtu.be/jF49nZ1ydJg>

Prince – ***Let's Go Crazy, Watchtower, Purple Rain*** -- <https://youtu.be/7NN3gsSf-Ys>

Prince – ***Cream*** -- <https://youtu.be/1Lmq6RDn5O8>

Prince – ***Purple Rain*** -- <https://youtu.be/F8BMm6Jn6oU>

Prince – ***Acoustic set at Webster Hall*** --

Prince – ***Detroit Funk*** --

Prince – ***1999*** --

Prince – ***When Doves Cry*** -- <https://youtu.be/u6KpC1e2A1k> and <https://youtu.be/u6KpC1e2A1k>

Prince – ***Little Red Corvette*** -- <https://youtu.be/sEHCNMuX-64>

Prince – ***"Kiss*** -- <https://youtu.be/baPsgmDexno>

Prince – ***Controversy*** -- https://youtu.be/T0pewqF8POE?list=PLBk60Bus8dfqn_PZBbhSM2Tdx93PKczsS

Prince – *I Wanna Be Your Lover* -- [REDACTED]
[your-lover-official-video_music](#)

Prince – *Pop Life* -- [REDACTED]

Prince – *When U Were Mine* -- [GB1] [REDACTED]
[were-mine_music](#)

Prince – *The Beautiful Ones* -- [REDACTED]
and [REDACTED]

Prince – *Sign O' The Times* -- <https://youtu.be/Bkmyx9WdybE>

Prince – *I Would Die For U* -- [REDACTED]

Prince – *Darling Nikki* -- <https://youtu.be/leRTkTBbcac>

Prince & 3RDEYEGIRL – *She's Always In My Hair* -- <https://youtu.be/nyyS0FSztKc>

Prince – *Scandalous* -- [REDACTED], [scandalous_surur.html](#)

Prince & Lenny Kravitz – *American Woman* -- <https://youtu.be/RC34ZcDiCag>

Stevie Wonder + Prince & Paris Bercy – *Superstition* -- <https://youtu.be/9hkhAu1sLkw>

Prince & Cee Lo – *Crazy* -- <https://youtu.be/XfpkbjDwpsY>

James Brown with Michael Jackson & Prince – *On Stage in 1983* -- <https://youtu.be/R6rY-UWLEgk>

Prince with Amy Winehouse – *Love Is A Losing Game* -- <https://youtu.be/Y97PiQDeGrY> and
https://youtu.be/_Mq5A83Cnaw

Prince – *Full Concert - 01/30/82 - Capitol Theatre* -- <https://youtu.be/uAYQUbh8HHA>

BONUS

Prince's interview with Travis Smiley -- [REDACTED]

Prince – *NAACP Award Acceptance And Performance* --
[REDACTED]

Van Jones – *Remembering Prince beyond the music* --
[REDACTED]

I hope that you have enjoyed this week's offerings and wish you and yours a great week and urge you to spend time enjoying some of Prince's music which I promise will make you smile.....

Sincerely,

Greg Brown

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