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Subject: Greg Brown's Weekend Reading and Other Things.... 06/02/2013

Date: Sun, 02 Jun 2013 15:14:24 +0000

Attachments: Breeding_the_Nutrition_Out_of_Our_Food_Jo_Robinson_NYT_May_26,_2013.pdf;
How_America_Became_a_Third_World_Country_Mattea_Kramer_&_Jo_Comerford_Tom
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May_25,_2013.pdf; The_Obamacare_Shock_Paul_Krugman_NYT_May_26,_2013.pdf;
Think_Again,_European_Decline_May-June_2013.pdf;
What_Can_We_Learn_From_Denmark_Bernie_Sanders_RSN_27_May_13.pdf;
Highest_paid_public_employees_-_June_2,_2013.pdf;
Eurozone_Unemployment_Reaches_Record_High_Of_12.2_Percent_Pan_Pylas_Huff_Post
May_31,_2013.pdf; 1968_Fun_Facts_&_Trivia_-_June_2,_2013.ashx

DEAR FRIENDS....

Comedian Bill Mayer does a segment on his **HBO** show, ***Real Time With Bill Mayer*** that he calls ***Dispatches From The Bubble*** and no better example of this type of dumb reasoning is Tennessee Republican Rep. Stephen Fincher recent use of a passage from the Bible to justify punishing the poor. Fincher quoted from **2 Thessalonians 3:10**: *For even when we were with you, we gave you this command: Anyone unwilling to work should not eat.* In recent moves by Congress to slash \$4.1 billion or more from food stamps (*otherwise known as the Supplemental Nutrition Assistance Program, or SNAP*) over the next 10 years. Fincher used this line to prove his point that lazy poor people shouldn't be depending on the government to feed them. Of course, Fincher and fellow conservatives are worried because SNAP rolls have swelled by 70% since the financial collapse back in 2008, causing the government to spend \$80 billion* to feed poor people. But instead of curbing the bankers' economy-destroying ways or ending their corporate welfare, they seek to take it out of the stomachs of poor people.

Context matters. Fincher is using a verse written for a specific time, a specific place, and specific situation in Thessalonica thousands of years ago to deprive poor families of food today. This is Bible abuse at its worst. Today's poor people are not sitting around anticipating the second coming of Jesus to occur at anytime now. Instead, they've waited for the government to grow the backbone that is required to get the bankers' hands out of the people's treasury and restore jobs and fair wages to America. To deny them food because of the government's actions and in actions that helped to put them there in the first place is outrageous—and to use the Bible to justify the theft is beyond the pale. It's actually bankers and politicians who are more dependent on government welfare than ever before, like Rep. Even worse is that Fincher's family has relied on farm subsidies to amass their wealth. There is a shame of hypocrisy when an elected official whose family has prospered due the benefit of government assistance and then uses the Bible to slash similar programs to help the poor. ***Another dispatch from The Bubble....***

During the Presidential campaign last year we often heard Mitt Romney and other Republican challengers warning voters that President Barack Obama was -- gasp -- turning the United States into a

"European social welfare state." – suggesting that Europe has faded into irrelevance under the pressure of a rising debt, anemic growth, ongoing Eurocrisis, the complexity of its decision-making process and its social programs. Although countries like Brazil, China and India have seen their fortunes raise dramatically compared to the Old World order, the European Union remains the largest single economy in the world. It has the second-highest defense budget after the United States, with 57,000 diplomats deployed around the world compared to India's 600. And the EU's GDP per capita in purchasing power terms, is still nearly four times that of China, three times of Brazil and nearly nine times of India. If you think that Europe is on decline, for the average citizen living in Germany, France, Spain and the UK still beats living in China, India, Russia and Brazil.

Power, of course, depends not just on these resources but on the ability to convert them to produce outcomes. Here too Europe delivers: Indeed, no other power apart from the United States has had such an impact on the world in the last 20 years. Since the end of the Cold War, the EU has peacefully expanded to include 15 new member states and has transformed much of its neighborhood by reducing ethnic conflicts, exporting the rule of law, and developing economies from the Baltic to the Balkans.

Compare that with China, whose rise is creating fear and provoking resistance across Asia. At a global level, many of the rules and institutions that keep markets open and regulate world trade, limit carbon emissions, and prosecute human rights abusers were created by the European Union. Who was behind the World Trade Organization and the International Criminal Court? Not the United States or China. It's Europe that has led the way toward a future run by committees and statesmen, not soldiers and strongmen.

Yes, the EU now faces an existential crisis. Even as it struggles, however, it is still contributing more than other powers to solving both regional conflicts and global problems. When the Arab revolutions erupted in 2011, the supposedly bankrupt EU pledged more money to support democracy in Egypt and Tunisia than the United States did. When Libya's Muammar al-Qaddafi was about to carry out a massacre in Benghazi in March 2011, it was France and Britain that led from the front. This year, France acted to prevent a takeover of southern Mali by jihadists and drug smugglers. Europeans may not have done enough to stop the conflict in Syria, but they have done as much as anyone else in this tragic story.

The EU is an entirely unprecedented phenomenon in world affairs: a project of political, economic, and above all legal integration among 27 countries with a long history of fighting each other. What has emerged is neither an intergovernmental organization nor a super-state, but a new model that pools resources and sovereignty with a continent-sized market and common legislation and budgets to address transnational threats from organized crime to climate change. Most importantly, the EU has revolutionized the way its members think about security, replacing the old traditions of balance-of-power politics and noninterference in internal affairs with a new model under which security for all is guaranteed by working together. This experiment is now at a pivotal moment, and it faces serious, complex challenges -- some related to its unique character and some that other major powers, particularly Japan and the United States, also face. But the EU's problems are not quite the stuff of doomsday scenarios. And it would be wise for America to emulate many of the EU's successful policies instead of cherry-picking the failed ones as a way to booster our myth of American Exceptionalism / ego. Attached please find a compilation of resent articles on this issue, starting with – ***Think Again: European Decline.***

There is an growing epidemic around the world that is receiving little notice by major media other than those families and friends affected. Today self-harm (suicides) takes more lives than war, murder and natural disasters combined. Why are we killing ourselves and how can we stop it? Last month this suicide epidemic garnered front pages and social media feeds across America led by a report from the **Centers for Disease Control and Prevention**, which called self-harm "*an increasing public health concern.*" Although the **CDC** revealed headline grabbing statics— such as the fact that there are

now more deaths by suicide than by road accident— the effort prompted only a tired spasm of talk about aging baby boomers and life in a recession. And still the **CDC** itself, in an editorial note, suggested that the party would rock on once the economy rebounded and our Dennis Hopper-cohort rode its hog into the sunset.

But suicide is not an economic problem or a generational tic. It's not a secondary concern, a sideline that will solve itself with new jobs, less access to guns, or a more tolerant society, although all would be welcome. It's a problem with a broad base and terrible momentum, a result of seismic changes in the way we live and a corresponding shift in the way we die — not only in America but around the world. We know, thanks to a growing body of research on suicide and the conditions that accompany it, that more and more of us are living through a time of seamless black: a period of mounting clinical depression, blossoming thoughts of oblivion and an abiding wish to get there by the nonscenic route. Every year since 1999, more Americans have killed themselves than the year before, making suicide the nation's greatest untamed cause of death. In much of the world, it's among the only major threats to get significantly worse in this century than in the last.

The result is an accelerating paradox. Over the last five decades, millions of lives have been remade for the better. Yet within this brighter tomorrow, we suffer unprecedented despair. In a time defined by ever more social progress and astounding innovations, we have never been more burdened by sadness or more consumed by self-harm. And this may be only the beginning. If experts are right — and a landmark collection of studies suggests they are — we've reached the end of one order of human history and are at the beginning of a new order entirely, one beset by a whole lot of self-inflicted bloodshed, and a whole lot more to come. This rise of suicide in the U.S. has been slow enough to sneak up on people. There are as many intentional ways to die as there are people to imagine them, and we saw more of all of them: an almost 20 percent rise in the annual suicide rate, a 30 percent jump in the sheer number of people who died, at least 400,000 casualties in a decade — about the same toll as World War II and Korea combined. Deaths by jumping and shooting, poisoning and stabbing, drowning, and strangulation are growing in epidemic numbers, as well as death by "*unspecified means*," a catch-all column for the most inventive forms of self-destruction — such as swan dives into lava and encounters with farm equipment.

In 2010 alone, 38,364 killed themselves in the United States -- 4,600 more than were killed in motor vehicle accidents. This year, America is likely to reach a grim milestone: the 40,000th death by suicide, the highest annual total on record, and one reached years ahead of what would be expected by population growth alone. We blew past an even bigger milestone last November, when suicide had become the leading cause of "*injury death*" in America. And the **CDC** says that this spring, suicide outpaces the rate of death on the road—and for that matter anywhere else people accidentally harm themselves.

This development evades simple explanation. The shift in suicides began long before the recession, for example, and although the changes accelerated after 2007, when the unemployment rate began to rise, no more than a quarter of those new suicides have been tied to joblessness, according to researchers. Guns aren't all to blame either, since the suicide rate has grown even as the portion of suicides by firearm has remained stable. The fact is, self-harm has become a worldwide concern.

Institute for Health Metrics and Evaluation, Global Burden of Disease 2010

 Inline image 1

In the developed world, suicide became the leading cause of death in 2010 for people ages 15-49. Throughout the developed world, for example, self-harm is now the leading cause of death for people 15 to 49, surpassing all cancers and heart disease. That's a dizzying change, a milestone that shows just how effective we are at fighting disease, and just how haunted we remain at the same time. Around the world, in 2010 self-harm took more lives than war, murder, and natural disasters

combined, stealing more than 36 million years of healthy life across all ages. In more advanced countries, only three diseases on the planet do more harm.

And this assumes we can even rely on the official data. Many researchers believe it's a dramatic undercount, a function of fewer autopsies and more deaths by poison and pills, where intention is hard to detect. Ian Rockett of West Virginia University thinks the true rate is at least 30 percent higher, which would make suicide three times more common than murder. Last fall the World Health Organization estimated that "*global rates*" of suicide are up 60 percent since World War II. And none of this includes the pestilence of suicidal behavior, the thoughts and plans that slowly eat away at people, the corrosive social cost of 25 attempts for every one official death. But perhaps the most concerning part of these developments is that the changes behind them are likely to intensify amid the galloping progress of developing nations. Where people lack basic services, they live unsanitary, impoverished lives, and death comes to visit long before it's invited. Where conditions improve, life expectancy does too, and somewhere in this transition there is a tipping point, a Rubicon beyond which death is no longer a bone-fingered stranger but the man in the mirror.

That's scary in a world of constant (and welcome) improvement, but there's an even bigger reason to fear the burden of suicide in the new millennium: it's a charge being led by people in middle age. In America in the last decade, the suicide rate has declined among teens and people in their early 20s, and it's also down or stable for the elderly. Almost the entire rise — as both the new CDC and GBD numbers show—is driven by changes in a single band of people, a demographic once living a happy life atop the human ziggurat: men and women 45 to 64, essentially baby boomers and their international peers in the developed world. The suicide rate for Americans 45 to 64 has jumped more than 30 percent in the last decade, according to the new CDC report, and it's possible to slice the data even more finely than they did. Among white, middle-aged men, the rate has jumped by more than 50 percent, according to a Newsweek analysis of the public data. If these guys were to create a breakaway territory, it would have the highest suicide rate in the world. In wealthy countries, suicide is the leading cause of death for men in their 40s, a top-five killer of men in their 50s, and the burden of suicide has increased by double digits in both groups since 1990.

The situation is even more dramatic for white, middle-aged women, who experienced a 60 percent rise in suicide in that same period, a shift accompanied by a comparable increase in emergency-room visits for drug-related (usually prescription-drug-related) attempts to die. In a sad twist, they often make a bid for death using the same medicine that was supposed to turn them back toward life. And the picture is equally grim for women in high-income countries, where self-harm trails only breast cancer as a killer of women in their early 40s — and has become the leading killer of women in their 30s. "*In the middle of the journey of our life / I found myself in a dark wood,*" begins Dante's epic tour of hell. He wouldn't have to change the line today. Baby boomers have the highest suicide rate right now, but everyone born after 1945 shows a higher rate than expected.

When teen suicide was on the rise in the 1970s and 1980s, society was stung by the conclusion that something must be wrong with the way we live, because our children don't want to join us. The question today is different, but just as unsettling. With people relinquishing life at its supposed peak, what does that say about the prize itself? What's gone so rotten in the modern world? Experts are trying to pinpoint the massive, steam-rolling social change that matters most for self-harm. The list of suspects: the astounding rise in people living alone, or else feeling alone; the rise in the number of people living in sickness and pain; the fact that church involvement no longer increases with age, while bankruptcy rates, health-care costs, and long-term unemployment certainly do. Sociologists in general believe that when society robs people of self-control, individual dignity, or a connection to something larger than themselves, suicide rates rise. They are all descendants of Emile Durkheim, who helped found the field in the late-19th century, choosing to study suicide so he could prove that "*social facts*" explain even this "*most personal act.*" But when someone's son dies by suicide and the family cries out for an answer, "*social facts*" don't begin to assuage the pain or solve the mystery. When a government

health official considers how he might slow down the suicide problem, “society” is a phantom he can’t fight without another kind of theory entirely.

Institute for Health Metrics and Evaluation, Global Burden of Disease 2010

 Inline image 2

In 2010 worldwide deaths from suicide outnumbered deaths from war (17,670), natural disasters (196,018), and murder (456,268).

Having gone no farther than Sociology and Psychology 101 at NYU, I definitely do not have the expertise to offer informed solutions for this suicide epidemic. But I do believe that it won’t be addressed by cutting taxes and reducing social programs (austerity) or ignoring the fact millions of people are in need of help and support. And like all many things, unless our elected officials and the nation as a whole first admit that depression and suicides are a problem which needs everyone working together to reverse this phenomenon this suicide epidemic will continue to grow.

Web Link: 

Please download the above **TEDTalk** story by JD Schramm as a way of starting a conversation on how best to support the many people who attempt suicide but fail and seek to return to life — as well as demystify suicide so that we can create a net of understanding so strong and willing to intervene imbued with such resolve, that people can no longer fall through the cracks.

The economy is holding up surprisingly well in a year of austerity as all of the economic indicators are moving further and further in positive territory , to the point that economist are suggesting that the economy is looking surprisingly robust. Housing prices rose faster over the past year than they have in the past seven, according to data out Tuesday. Consumer confidence hit its highest level in five years. The stock market rallied another 0.6 percent as measured by the Standard & Poor’s 500, leaving it just short of an all-time high reached last week. And the national retail price of gasoline fell for six days straight through Monday and is down 16 cents a gallon since late February. Also, Detroit is having a banner year, with the industry forecasting that more than 14 million cars will be sold this year and US automakers are now selling more cars than their Japanese competitors. So for all of the President critics who have said that he is an ineffective leader who is hell bent on destroying the country. Oops..... *How wrong you are....* Since President Obama took office on January 20, 2009, the major financial markets have doubled in value, housing values are up almost 25% since their 2009 lows and the country has enjoyed 39 months of sustained job growth, while at the same time the deficit is the lowest that it has been since 2007. Not bad numbers for a “*Community Leader from Chicago.*” And more importantly, finally some good news for the country.

 Inline image 3

The economy is definitely on the upswing. The country has created almost 7 million new jobs in the past 38 months, with more than 500,000 of these new jobs are in manufacturing. The U.S. is now producing more energy than ever, while we are consuming less and less energy -- and we are importing less energy from other countries and on track to become a net exporting energy country. The housing market is definitely coming back as prices rose 11% in the past year. And although the stock markets had a small correction this past week, they are still twice what they were at their lows four years ago. The U.S.'s GDP growth was a respectable 2.5% in the 1st quarter of 2013 and the country's deficit is shrinking at the fastest pace in 50 years. **Again: FINALLY SOME GOOD NEWS...**

THIS WEEK'S READINGS

Last Sunday I ran across an interesting article in the **New York Times** by Jo Robinson titled – *Breeding the Nutrition Out of Our Food*. As the author explains, most people like the idea that food can be the answer to our ills, that if we eat nutritious foods we won't need medicine or supplements. We have valued this notion for a long, long time. The Greek physician Hippocrates proclaimed nearly 2,500 years ago: "Let food be thy medicine and medicine be thy food." Today, medical experts concur. If we heap our plates with fresh fruits and vegetables, they tell us, we will come closer to optimum health. But this isn't true because of the lack of variety and that much of our produce is relatively low in phytonutrients, which are the compounds with the potential to reduce the risk of four of our modern scourges: cancer, cardiovascular disease, diabetes and dementia. The loss of these beneficial nutrients did not begin 50 or 100 years ago, as many assume. Unwittingly, we have been stripping phytonutrients from our diet since we stopped foraging for wild plants some 10,000 years ago and became farmers.

These insights have been made possible by new technology that has allowed researchers to compare the phytonutrient content of wild plants with the produce in our supermarkets. The results are startling. Wild dandelions, once a springtime treat for Native Americans, have seven times more phytonutrients than spinach, which we consider a "superfood." A purple potato native to Peru has 28 times more cancer-fighting anthocyanins than common russet potatoes. One species of apple has a staggering 100 times more phytonutrients than the Golden Delicious displayed in our supermarkets. Each fruit and vegetable in our stores has a unique history of nutrient loss, I've discovered, but there are two common themes. Throughout the ages, our farming ancestors have chosen the least bitter plants to grow in their gardens. It is now known that many of the most beneficial phytonutrients have a bitter, sour or astringent taste. Second, early farmers favored plants that were relatively low in fiber and high in sugar, starch and oil. These energy-dense plants were pleasurable to eat and provided the calories needed to fuel a strenuous lifestyle. The more palatable our fruits and vegetables became, however, the less advantageous they were for our health.

The sweet corn that we serve at summer dinners illustrates both of these trends. The wild ancestor of our present-day corn is a grassy plant called teosinte. It is hard to see the family resemblance. Teosinte is a bushy plant with short spikes of grain instead of ears, and each spike has only 5 to 12 kernels. The kernels are encased in shells so dense ■■■■ need a hammer to crack them open. Once you extract the kernels, you wonder why you bothered. The dry tidbit of food is a lot of starch and little sugar. Teosinte has 10 times more protein than the corn we eat today, but it was not soft or sweet enough to tempt our ancestors. Over several thousand years, teosinte underwent several spontaneous mutations. Nature's rewriting of the genome freed the kernels of their cases and turned a spike of grain into a cob with kernels of many colors. Our ancestors decided that this transformed corn was tasty enough to plant in their gardens. By the 1400s, corn was central to the diet of people living throughout Mexico and the Americas.

When European colonists first arrived in North America, they came upon what they called "Indian corn." John Winthrop Jr., governor of the colony of Connecticut in the mid-1600s, observed that American Indians grew "come with great variety of colours," citing "red, yellow, blew, olive colour, and greenish, and some very black and some of intermediate degrees." A few centuries later, we would learn that black, red and blue corn is rich in anthocyanins. Anthocyanins have the potential to fight cancer, calm inflammation, lower cholesterol and blood pressure, protect the aging brain, and reduce the risk of obesity, diabetes and cardiovascular disease. EUROPEAN settlers were content with this colorful corn until the summer of 1779 when they found something more delectable — a yellow variety with sweeter and more tender kernels. This unusual variety came to light that year after George Washington ordered a scorched-earth campaign against Iroquois tribes. While the militia was destroying the food caches of the Iroquois and burning their crops, soldiers came across a field of extra-sweet yellow corn. According to one account, a lieutenant named Richard Bagnal took home some seeds to share with others. Our old-fashioned sweet corn is a direct descendant of these spoils of war. Up until this time, nature had been the primary change agent in remaking corn. Farmers began to play a more active role in the 19th century. In 1836, Noyes Darling, a onetime mayor of New Haven, and a gentleman farmer, was the first to use scientific methods to breed a new variety of corn. His goal was to create a sweet, all-white variety that was "fit

for boiling” by mid-July. He succeeded, noting with pride that he had rid sweet corn of “the disadvantage of being yellow.”

The disadvantage of being yellow, we now know, had been an advantage to human health. Corn with deep yellow kernels, including the yellow corn available in our grocery stores, has nearly 60 times more beta-carotene than white corn, valuable because it turns to Vitamin A in the body, which helps vision and the immune system. SUPERSWEET corn, which now outsells all other kinds of corn, was born in a cloud of radiation. Beginning in the 1920s, geneticists exposed corn seeds to radiation to learn more about the normal arrangement of plant genes. They mutated the seeds by exposing them to X-rays, toxic compounds, cobalt radiation and then, in the 1940s, to blasts of atomic radiation. All the kernels were stored in a seed bank and made available for research.

In 1959, a geneticist named John Laughnan was studying a handful of mutant kernels and popped a few into his mouth. (The corn was no longer radioactive.) He was startled by their intense sweetness. Lab tests showed that they were up to 10 times sweeter than ordinary sweet corn. A blast of radiation had turned the corn into a sugar factory! Mr. Laughnan was not a plant breeder, but he realized at once that this mutant corn would revolutionize the sweet corn industry. He became an entrepreneur overnight and spent years developing commercial varieties of supersweet corn. His first hybrids began to be sold in 1961. This appears to be the first genetically modified food to enter the United States food supply, an event that has received scant attention.

Within one generation, the new extra sugary varieties eclipsed old-fashioned sweet corn in the marketplace. Build a sweeter fruit or vegetable — by any means — and we will come. Today, most of the fresh corn in our supermarkets is extra-sweet, and all of it can be traced back to the radiation experiments. The kernels are either white, pale yellow, or a combination of the two. The sweetest varieties approach 40 percent sugar, bringing new meaning to the words “candy corn.” Only a handful of farmers in the United States specialize in multicolored Indian corn, and it is generally sold for seasonal decorations, not food. We’ve reduced the nutrients and increased the sugar and starch content of hundreds of other fruits and vegetables. How can we begin to recoup the losses?

Here are some suggestions to get you started. Select corn with deep yellow kernels. To recapture the lost anthocyanins and beta-carotene, cook with blue, red or purple cornmeal, which is available in some supermarkets and on the Internet. Make a stack of blue cornmeal pancakes for Sunday breakfast and top with maple syrup. In the lettuce section, look for arugula. Arugula, also called salad rocket, is very similar to its wild ancestor. Some varieties were domesticated as recently as the 1970s, thousands of years after most fruits and vegetables had come under our sway. The greens are rich in cancer-fighting compounds called glucosinolates and higher in antioxidant activity than many green lettuces.

Scallions, or green onions, are jewels of nutrition hiding in plain sight. They resemble wild onions and are just as good for you. Remarkably, they have more than five times more phytonutrients than many common onions do. The green portions of scallions are more nutritious than the white bulbs, so use the entire plant. Herbs are wild plants incognito. We’ve long valued them for their intense flavors and aroma, which is why they’ve not been given a flavor makeover. Because we’ve left them well enough alone, their phytonutrient content has remained intact. Experiment with using large quantities of mild-tasting fresh herbs. Add one cup of mixed chopped Italian parsley and basil to a pound of ground grass-fed beef or poultry to make “herb-burgers.” Herbs bring back missing phytonutrients and a touch of wild flavor as well.

The United States Department of Agriculture exerts far more effort developing disease-resistant fruits and vegetables than creating new varieties to enhance the disease resistance of consumers. In fact, I’ve interviewed ██████ plant breeders who have spent a decade or more developing a new variety of pear or carrot without once measuring its nutritional content. We can’t increase the health benefits of our produce if we don’t know which nutrients it contains. Ultimately, we need more than an admonition to eat a greater quantity of fruits and vegetables: we need more fruits and vegetables that have the nutrients we require for optimum health. Look below to see the difference....

 Inline image 4

"Modern wheat is a "perfect, chronic poison," according to Dr. William Davis, a cardiologist who has published a book all about the world’s most popular grain.

Web Link: <http://xrepublic.tv/node/3430>

Davis said that the wheat we eat these days isn't the wheat your grandma had: "It's an 18-inch tall plant created by genetic research in the '60s and '70s," he said on "CBS This Morning." "This thing has many new features nobody told you about, such as there's a new protein in this thing called gliadin. It's not gluten. ■■■ not addressing people with gluten sensitivities and celiac disease. ■■■ talking about everybody else because everybody else is susceptible to the gliadin protein that is an opiate. This thing binds into the opiate receptors in your brain and in most people stimulates appetite, such that we consume 440 more calories per day, 365 days per year." (CBS News)

Approximately 700 million tons of wheat are now cultivated worldwide making it the second most-produced grain after maize. It is grown on more land area than any other commercial crop and is considered a staple food for humans. At some point in our history, this ancient grain was nutritious in some respects, however modern wheat really isn't wheat at all. Once agribusiness took over to develop a higher-yielding crop, wheat became hybridized to such an extent that it has been completely transformed from its prehistorical genetic configuration. All nutrient content of modern wheat depreciated more than 30% in its natural unrefined state compared to its ancestral genetic line. The balance and ratio that mother nature created for wheat was also modified and human digestion and physiology could simply could not adapt quick enough to the changes.

Davis said that the wheat we eat these days isn't the wheat your grandma had: "It's an 18-inch tall plant created by genetic research in the '60s and '70s," he said on "CBS This Morning." "This thing has many new features nobody told you about, such as there's a new protein in this thing called gliadin. It's not gluten. ■■■ not addressing people with gluten sensitivities and celiac disease. ■■■ talking about everybody else because everybody else is susceptible to the gliadin protein that is an opiate. This thing binds into the opiate receptors in your brain and in most people stimulates appetite, such that we consume 440 more calories per day, 365 days per year." Asked if the farming industry could change back to the grain it formerly produced, Davis said it could, but it would not be economically feasible because it yields less per acre. However, Davis said a movement has begun with people turning away from wheat – and dropping substantial weight.

Last week in an article in ■■■■■■■■■■, Mattea Kramer and Jo Comerford wrote — ***How America Became a Third World Country*** — suggesting that if the US keeps on its current course ten years from now its future will be one of rolling electrical brown outs, crumbling infrastructure, extreme environmental problem causing a myriad of health issues and diseases due to unclean air and contaminated water, because funding that would allow the enforcement of clean air standards by the Environmental Protection Agency is a distant memory. Public education has been cut to the bone, making good schools a luxury and, according to the Department of Education, two of every five students won't graduate from high school. The authors paint this picture saying that a decade of austerity, that doesn't address the rebuilding of the country's infrastructure and under-funds programs vital to the health, welfare and education will turn the U.S. into a Third World Country.

Obviously this story of *doom and gloom* is an extreme but we are already experiencing the decay of our country's infrastructure with the New Orleans levies faltering during Katrina, the collapse of the bridge last week outside of Mount Vernon, Washington and the expected rolling electrical brown outs in Southern California this summer. At the same time a set of manufactured arguments for "*austerity*," which had been gaining traction for decades, captured the national imagination, leading to Congress passing trillions of dollars of what was then called "deficit reduction." Still unable to pass a budget, Congress passed across-the-board cuts in August 2011 and set to kick in January 2, 2013, that everyone believed would force lawmakers to listen to reason, as the alternative was a certain disaster.

They didn't come to their senses and sequestration did go into effect. Still Congress could have cancelled the cuts at any moment..... And still can.....

It isn't that cutting federal spending across the board will be devastating in 2013, though in an already weakened economy any cutbacks will hurt. But, sequestration is proving particularly corrosive because all types of public spending — from grants for renewable energy research and disadvantaged public schools to HIV testing — are to be gutted equally, as if all of it were just fat to be trimmed. Even monitoring systems for possible natural disasters like river flooding or an imminent volcanic eruption are beginning to be shut down. Over time the cuts will be vast: \$85 billion in the first year and \$110 billion in each year after that, for more than \$1 trillion in cuts over a decade on top of other reductions already in place.

March 1st came and went, so the budgetary ax began to fall. At first, it didn't seem so bad. Yes, the cuts weren't quite as across the board as expected. The meat industry, for example, protested because health inspector furloughs would slow its production lines, so Congress patched the problem and spared those inspectors. But meat production aside, there was a sense that the cuts might not be so bad after all. They were to be doled out based on a formula for meeting the arbitrary target of \$85 billion in reductions in 2013, and no one knew precisely what would happen to any given program. In April, more than a month after the cuts had begun, the White House issued the president's budget proposal for the following year, an annual milestone that typically included detailed information about federal spending in the current year. But across thousands of pages of documents and tables, the new budget ignored sequestration, and so reported meaningless 2013 numbers, because even the White House couldn't say exactly what impact these cuts would have on programs and public investment across the country.

HERE IS THE FUTURE: They didn't have to wait long to find out. The first ripples of impact began to spread quickly indeed. Losing some government funding, cancer clinics in New Mexico and Connecticut turned away patients. In Kentucky, Oregon and Montana, shelters for victims of domestic violence cut services. In New York, Maryland and Alabama, public defenders were furloughed, limiting access to justice for low-income people. In Illinois and Minnesota, public school teachers were laid off. In Florida, Michigan and Mississippi, *Head Start* shortened the school year, while in Kansas and Indiana, some low-income children simply lost access to the program entirely. In Alaska, a substance abuse clinic shut down. Across the country, *Meals on Wheels* cut four million meals for seniors in need. Only when the *FAA* imposed furloughs on its air traffic controllers did public irritation threaten to boil over. Long lines and airport delays ensued, and people were angry. And not just any people — people who had access to members of Congress. In a Washington that has gridlocked the most routine business, lawmakers moved at a breakneck pace, taking just five days to pass special legislation to solve the problem. To avoid furloughs and shorten waits for airline passengers, they allowed the *FAA* to spend funds that had been intended for long-term airport repairs and improvements.

And then, of course, the Pentagon asked for an exemption, too. We're talking about the military behemoth of planet Earth, which in 2013 accounted for 40 percent of military spending globally, its outlays exceeding the next 13 largest militaries combined. It, too wanted a special exemption for some of its share of the cutbacks. Meat inspectors, the *FAA* and the *Department of Defense* enjoyed special treatment, but the rest of the nation was, as the history books will recount, not so lucky. Children from middle-class and low-income families saw ever fewer resources at school, closing doors of opportunity. The young, old and infirm found themselves with dwindling access to basic resources such as health care or even a hot dinner. Federal grants to the states dried up, and there was less money in state budgets for local priorities, from police officers to lowly streetlights.

And remember that, just as the sequestration cuts began, carbon concentration in the atmosphere breached 400 parts per million. (Climate scientists had long been warning that the level should be kept below 350 for human security.) Unfortunately, as with the groundbreaking research that led to the Internet, it takes money to do big things, and the long-term effects of cutting environmental

protection, general research and basic infrastructure meant that the U.S. government would do little to stem the extreme weather that has, in 2023, become such a part of our world and our lives. Looking back from a country now eternally in crisis, it's clear that a Rubicon was crossed back in 2013. There was then still a chance to reject across-the-board budget cuts that would undermine a nation built on sound public investment and shared prosperity. At that crossroads, some fought against austerity. Losing that battle, others argued for a smarter approach: close tax loopholes to raise new revenue, or reduce waste in health care, or place a tax on carbon, or cut excessive spending at the Pentagon. But too few Americans — with too little influence — spoke up, and Washington didn't listen. The rest of the story, as you well know, is history. ***And according to the authors, this could be 2023 if we don't come to our senses and change course.***

In his State of the Union address this year, President Obama urged repairs of *"the nearly 70,000 structurally deficient bridges across the country."* He proposed a plan called *"Fix it First,"* which would have invested \$50 billion in repairing transportation infrastructure, starting with the most urgent repairs. Instead, Congress failed to avoid the sequester and transportation repair spending faces a \$1.9 billion cut. The collapse of the Interstate 5 Bridge over the Skagit River in Washington State on Thursday once again sounded alarms over our nation's aging infrastructure. While this incident had no fatalities, there are hundreds of other bridges in Washington with worse sufficiency scores and more than 150,000 structurally deficient or functionally obsolete bridges across the nation.

 Inline image 5

If you don't believe austerity can kill you. Then you should feel totally safe driving over our nation's crumbling bridges. An epic government spending squeeze in the past two years has curbed economic growth, cost millions of jobs, damaged public health and raised the suicide rate. It has also caused a dramatic slowdown in infrastructure spending, raising the threat of many more incidents like last week collapse of the Interstate-5 bridge over the Skagit River in Washington. Fortunately, nobody died in that collapse. Nor has anyone died in any of the six major U.S. bridge failures since the collapse of the I-35 bridge in Minneapolis killed 13 people in August 2007. But this is something of a miracle, considering there are thousands of potentially unsound bridges in the U.S. and a rapidly dwindling amount of money being spent to fix them.

The Skagit River bridge was not even the shakiest bridge in Washington state – a recent report card of the state's bridges by the American Society of Civil Engineers rated it merely *"functionally obsolete,"* not *"structurally deficient,"* as many other of the state's bridges were rated. More than 750 other bridges in Washington are in worse shape, **The Huffington Post's** Dave Jamieson reports.

 Inline image 6

Throughout the U.S. there were more than 150,000 structurally deficient or functionally obsolete bridges in 2012, according to the latest ASCE report card for the nation. The good news is that the number of deficient bridges has actually fallen in recent years. The bad news is that the bridges still in need of repair tend to be bigger bridges that carry more people, according to the ASCE. *"Those bridges that remain classified as structurally deficient are significant in size and length, while the bridges that are being repaired are smaller in scale,"* the ASCE wrote.

And bridges are probably not even the worst aspect of American infrastructure: The ASCE report card gives U.S. bridges a "C+" grade. Our aviation system, dams, levees, drinking water, waste water disposal, hazardous waste disposal, roads, mass transit, schools and energy systems all received "D" grades. Maybe we'll get lucky and suffer no deadly disasters as a result of these rotting pillars of our infrastructure. But they are slowly draining the economy of its productivity and vigor. The ASCE estimates that under-spending on infrastructure will cut \$3.1 trillion from our gross domestic product by 2020.

America has dropped in the World Economic Forum's global rankings of economic competitiveness for each of the past four years, falling from first in the world to seventh, in part because of its sagging infrastructure. Its global ranking in terms of "*quality of overall infrastructure*" has dropped from ninth to 25th in the world. The ASCE estimates that we are spending \$157 billion less per year on infrastructure than we need to. And instead of ramping-up that spending, we are slashing it. As The Atlantic's Philip Bump points out, infrastructure spending as a percentage of GDP has tumbled to its lowest level in at least 20 years. (Story continues below chart.)

It's still not entirely clear what caused I-5 bridge over the Skagit River in Washington to collapse Thursday night. Nor is it clear, despite media reports, how strong the bridge was before it broke. What is clear is that, had the state needed to repair it, getting federal money to do so would be an uphill climb. A 2010 inspection apparently found that the bridge was "functionally obsolete" with a sufficiency rating of 57.4 out of 100.

In raw dollars, the decline is obvious. From a peak of about \$325 billion in March 2009, the monthly amount has plummeted to \$258 billion — a big number to upgrade your house, but less so for the entire country. But when you compare spending to the entire economic output of the country — how much of what we make that's spent on public construction — the picture becomes more stark. We haven't spent this little of our economic output on public construction since before 1993. Percent of annual GDP on public construction has dropped considerably over the last decade. For more information please take a look at the **Huffington Post's** article — ***Bridge Collapses And Structurally Deficient Bridges Across The Country.***

As Paul Krugman pointed out this week in the **New York Times** — ***The Obamacare Shock*** — that although critics of the Affordable Care Act (*Obamacare*) have been predicting disaster when it goes in effect at the beginning of next year, they might be in for a terrible shock. First of all, people who are already receiving health insurance from their employers, Medicare or Medicaid will see almost no changes when the law goes into effect. While for the millions of Americans who don't receive insurance either from their employer or from government programs they will now be able to get insurance as Obamacare's three-part approach makes it easier. First, community rating everywhere — no more exclusion based on pre-existing conditions. Second, the "*mandate*" — you must buy insurance even if you're currently healthy. Third, subsidies to make insurance affordable for those with lower incomes. Massachusetts has had essentially this system since 2006; as a result, nearly all residents have health insurance, and the program remains very popular. So we know that Obamacare — or, as Paul Krugman call it, *ObamaRomneyCare* — can work.

Skeptics are already arguing that Massachusetts was special as it had relatively few uninsured residents even before the reform, and it already had community rating. They cite administrative issues and other things that will drive up costs, as well as the fact that there are millions of Americans who are too poor to afford coverage even with subsidies. But Americans are already embracing other parts of Obamacare that have been enacted, such as the provision that allows a parent to keep their children on their insurance programs until the age of 26 and that people can no longer be denied insurance coverage because of pre-existing conditions. Still, here's what it seems is about to happen: millions of Americans will suddenly gain health coverage, and millions more will feel much more secure knowing that such coverage is available if they lose their jobs or suffer other misfortunes. Well, the California bids are in — that is, insurers have submitted the prices at which they are willing to offer coverage on the state's newly created Obamacare exchange. And the prices, it turns out, are surprisingly low. And although a handful of healthy people may find themselves paying more for coverage, it looks as if Obamacare's first year in California is going to be an overwhelmingly positive experience.

Only a relative handful of people will be hurt at all. And as contrasts emerge between the experience of states like California that are making the most of the new policy and that of states like Texas whose politicians are doing their best to undermine it, the sheer meanspiritedness of the Obamacare opponents will become ever more obvious. As a result, Paul Krugman says that these critics are in for a shock when they finally come around to see and understand that a public program designed to help a lot of people can, strange to say, end up helping a lot of people — especially when government officials actually try to make it work. But then these critics are some of the same people who believed that you could cut taxes, start wars, grant every request that the Big Banks and multi-nations ask for and somehow the country's economy will grow. Obamacare is far from perfect and with the help of Republicans who are trying to do everything that they can to sabotage it, there will be problems. But until, we move to Medicare for all, (*single-payer national health program – like every other industrialized country in the world*), it is a lot better than what we currently have — that is definitely not working.

This week in **RSN** (*Readers Supported News*), Vermont Senator Bernie Sanders wrote the article — ***What Can We Learn From Denmark?*** It turns out allot. Although both nations have little in common, with Denmark being a small homogeneous nation of 5.5 million versus the melting pot of 315 million in the United States, there are lessons that we can learn from Denmark. In Denmark, social policy in areas like health care, child care, education and protecting the unemployed are part of a "solidarity system" that makes sure that almost no one falls into economic despair. Danes pay very high taxes, but in return enjoy a quality of life that many Americans would find hard to believe. As the ambassador mentioned, while it is difficult to become very rich in Denmark no one is allowed to be poor. The minimum wage in Denmark is about twice that of the United States and people who are totally out of the labor market or unable to care for themselves have a basic income guarantee of about \$100 per day. And somehow, Denmark doesn't have a deficit problem or suffer from high unemployment.

Health care in Denmark is universal, free of charge and high quality. Everybody is covered as a right of citizenship. The Danish health care system is popular, with patient satisfaction much higher than in our country. In Denmark, every citizen can choose a doctor in their area. Prescription drugs are inexpensive and free for those under 18 years of age. Interestingly, despite their universal coverage, the Danish health care system is far more cost-effective than ours. They spend about 11 percent of their GDP on health care. We spend almost 18 percent. When it comes to raising families, Danes understand that the first few years of a person's life are the most important in terms of intellectual and emotional development. In order to give strong support to expecting parents, mothers get four weeks of paid leave before giving birth. They get another 14 weeks afterward. Expecting fathers get two paid weeks off, and both parents have the right to 32 more weeks of leave during the first nine years of a child's life. The state covers three-quarters of the cost of child care, more for lower-income workers.

At a time when college education in the United States is increasingly unaffordable and the average college graduate leaves school more than \$25,000 in debt, virtually all higher education in Denmark is free. That includes not just college but graduate schools as well, including medical school. In a volatile global economy, the Danish government recognizes that it must invest heavily in training programs so workers can learn new skills to meet changing workforce demands. It also understands that when people lose their jobs they must have adequate income while they search for new jobs. If a worker loses his or her job in Denmark, unemployment insurance covers up to 90 percent of earnings for as long as two years. Here benefits can be cut off after as few as 26 weeks.

In Denmark, adequate leisure and family time are considered an important part of having a good life. Every worker in Denmark is entitled to five weeks of paid vacation plus 11 paid holidays. The United States is the only major country that does not guarantee its workers paid vacation time. The result is that fewer than half of lower-paid hourly wage workers in our country receive any paid vacation days.

Today in the United States there is a massive amount of economic anxiety. Unemployment is much too high, wages and income are too low, millions of Americans are struggling to find affordable health care and the gap between the very rich and everyone else is growing wider.

While young working families search desperately for affordable child care, older Americans worry about how they can retire with dignity. Many of our people are physically exhausted as they work the longest hours of any industrialized country and have far less paid vacation time than other major countries. Recently the Organization for Economic Cooperation and Development (OECD) found that the Danish people rank among the happiest in the world among some 40 countries that were studied. America did not crack the top 10. The Danish social model did not develop overnight. It has evolved over many decades and, in general, has the political support of all parties across the political spectrum. One of the reasons for that may be that the Danes are, politically and economically, a very engaged and informed people. In their last election, which lasted all of three weeks and had no TV ads, 89 percent of Danes voted.

In Denmark, more than 75 percent of the people are members of trade unions. In America today, as a result of the political and economic power of corporate America and the billionaire class, we are seeing a sustained and brutal attack against the economic well-being of the American worker. As the middle class disappears, benefits and guarantees that workers have secured over the last century are now on the chopping block. Republicans, and too many Democrats, are supporting cuts in Social Security, Medicare, Medicaid, nutrition, education, and other basic needs -- at the same time as the very rich become much richer. Workers' rights, the ability to organize unions, and the very existence of the National Labor Relations Board (NLRB) are now under massive assault.

Sanders: "In the U.S. Senate today, my right-wing colleagues talk a lot about "freedom" and limiting the size of government. Here's what they really mean. They want ordinary Americans to have the freedom NOT to have health care in a country where 45,000 of our people who die each year because they don't get to a doctor when they should. They want young people in our country to have the freedom NOT to go to college, and join the 400,000 young Americans unable to afford a higher education and the millions struggling with huge college debts. They want children and seniors in our country to have the freedom NOT to have enough food to eat, and join the many millions who are already hungry. And on and on it goes!

In Denmark, there is a very different understanding of what "*freedom*" means. In that country, they have gone a long way to ending the enormous anxieties that comes with economic insecurity. Instead of promoting a system which allows a few to have enormous wealth, they have developed a system which guarantees a strong minimal standard of living to all -- including the children, the elderly and the disabled. The United States, in size, culture, and the diversity of our population, is a very different country from Denmark. Can we, however, learn some important lessons from them? *You bet we can.*"

While the economy in the US is on an upswing the unemployment rate across the 17 European countries that use the euro hit a record 12.2 percent in April, and the number of unemployed is on track to reach 20 million by year's end. The worsening jobs crisis points to the recession that has gripped the euro alliance. Many countries are struggling to stimulate growth while grappling with a debt crisis that's led governments to slash spending and raise taxes. Unemployment in the eurozone rose in April from the previous record of 12.1 percent set in March, **Eurostat**, the European Union's statistics office, said Friday. In 2008, before the worst of the financial crisis, the rate was far less -- around 7.5 percent. The number of unemployed rose 95,000 to 19.38 million. The currency bloc's population is about 330 million,

Euro Area Countries With High Unemployment

#1 Greece (27.2%) **#2** Spain (26.7%) **#3** Portugal (17.5%) **#4** Slovakia (14.5%) **#5** Latvia (14.3%) **#6** Cyprus (14.2%) **#7** Ireland (14.1%) **#8** Lithuania (13.1%) **#9** Bulgaria (12.6%) **#10** Italy (11.5%)

See Web Link: http://epp.eurostat.ec.europa.eu/cache/ITY_PUBLIC/3-30042013-BP/EN/3-30042013-BP-EN.PDF

Private companies in the eurozone haven't managed to fill the vacuum created by drastically reduced government spending. In the United States, by contrast, governments have imposed far milder spending cuts and tax increases. Unemployment, at 7.5 percent, is far lower. And consumers and private companies have kept spending, steadily if modestly.

The unemployment rate for the overall eurozone masks sharp disparities among individual countries. Unemployment in Greece and Spain top 25 percent. In Germany, the rate is a low 5.4 percent. The differences are particularly stark for youth unemployment. More than half of people ages 16 to 25 in Greece and Spain are unemployed. In Italy, the rate for this group tops 40 percent. For Germany, it's just 7.5 percent. "Youth joblessness at these levels risks permanently entrenched unemployment, lowering the rate of sustainable growth in the future," said Tom Rogers, senior economic adviser at Ernst & Young. The disparities reflect the varying performances of the euro economies. Greece is in its sixth year of a savage recession. Germany's economy has until recently been growing at a healthy pace.

As a whole, the eurozone is stuck in its longest recession since the euro was launched in 1999. The six quarters of economic decline represent a longer recession than the one that followed the 2008 financial crisis, though it's not as deep.

The U.S. economy, the world's largest, has demonstrated far more resilience. It's grown steadily since the end of its recession in June 2009. And the U.S. job market has steadily improved: The unemployment rate has fallen sharply from a peak of 10 percent. The eurozone marks the epicenter of Europe's debt crisis. But other countries in the region are also struggling to recover. Some, like Britain, are focused on shrinking their deficits even while demand in their main export market – the eurozone – is falling. As a result, unemployment in the wider 27-nation EU, which includes the non-euro countries such as Britain and Poland, has risen in recent months. In April, the rate remained 11 percent.

A key factor behind Europe's economic decline has been a broad focus on paring debt by raising taxes and slashing spending. As long as many governments continue to cut spending and the confidence of consumers and businesses remains low, economists don't expect any meaningful recovery in coming months. Friday's data showed that the sharpest change in unemployment rates among the 17 euro countries was in Cyprus. Its unemployment rate jumped to 15.6 percent from 14.5 percent. The small Mediterranean island nation became the fifth euro country to seek financial help in March. Unlike with other bailouts, Cyprus was asked to raise much of its rescue money from bank depositors. That decision led to a nearly two-week shutdown of its banks and battered economic confidence.

The European Central Bank has sought to ease the pressure on Europe's businesses and consumers by cutting its main interest rate to a record low 0.5 percent this month. Another cut is possible. But most economists say it's unlikely, even though the inflation rate remains under the ECB's target of just below 2 percent. **Eurostat** said inflation in the eurozone rose to 1.4 percent for the year that ended in May, from the 38-month low of 1.2 percent in April. It attributed the increase to rising food, alcohol and tobacco prices. Analysts said the ECB is more likely to act to shore up lending to small and medium-sized businesses, which are key job creators in Europe. Such companies are taking out few loans out of fear that the economy might worsen and because banks are charging high rates.

WORDS OF WISDOM

Bertrand Russell's Message to the Future

Web Link:

Link:

— *What would you think it's worth telling future generations about the life you've lived and the lessons you've learned from it?*

*"I should like to say two things, one intellectual and one moral. The intellectual thing I should want to say is this: When you are studying any matter, or considering any philosophy, **ask yourself only what are the facts and what is the truth that the facts bear out.** Never let yourself be diverted either by what you wish to believe, or by what you think would have beneficent social effects if it were believed. But look only, and solely, at what are the facts. That is the intellectual thing that I should wish to say.*

*The moral thing I should wish to say... I should say **love is wise, hatred is foolish.** In this world which is getting more closely and closely interconnected we have to learn to tolerate each other, we have to learn to put up with the fact that some people say things that we don't like. We can only live together in that way and if we are to live together and not die together we must learn a kind of charity and a kind of tolerance which is absolutely vital to the continuation of human life on this planet."*

— BBC's Face to Face interview of Bertrand Russell, British philosopher, logician, mathematician, historian, Nobel Prize Laureate in Literature (1872-1970), in 1959.

LAWS OF EXPERIENCE

I DIDN'T BELIEVE THESE LAWS AT FIRST,
BUT HAVE FOUND THEM TO BE TRUE FROM
ACTUAL EXPERIENCE

1. Law of Mechanical Repair -After your hands become coated with grease, your nose will begin to itch and you'll have to pee.
2. Law of Gravity- Any tool, nut, bolt, screw, when dropped, will roll to the least accessible corner.
3. Law of Probability- The probability of being watched is directly proportional to the stupidity of your act.
4. Law of Random Numbers - If you dial a wrong number, you never get a busy signal and someone always answers.
5. Supermarket Law - As soon as you get in the smallest line, the cashier will have to call for help.
6. Variation Law-If you change lines (or traffic lanes), the one you were in will always move faster than the one you are in now.

7. Law of the Bath - When the body is fully immersed in water, the telephone rings.
8. Law of Close Encounters-The probability of meeting someone you know increases dramatically when you are with someone you don't want to be seen with.
9. Law of the Result- When you try to prove to someone that a machine won't work, it will.
10. Law of Biomechanics -The severity of the itch is inversely proportional to the reach.
11. Law of the Theater & Hockey Arena - At any event, the people whose seats are furthest from the aisle, always arrive last. They are the ones who will leave their seats several times to go for food, beer, or the toilet and who leave early before the end of the performance or the game is over. The folks in the aisle seats come early, never move once, have long gangly legs or big bellies and stay to the bitter end of the performance. The aisle people also are very surly folk.
12. The Coffee Law - As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.
13. Murphy's Law of Lockers- If there are only 2 people in a locker room, they will have adjacent lockers.
14. Law of Physical Surfaces- The chances of an open-faced jam sandwich landing face down on a floor, are directly correlated to the newness and cost of the carpet or rug.
15. Law of Logical Argument-Anything is possible if you don't know what you are talking about.
16. Brown's Law of Physical Appearance- If the clothes fit, they're ugly.
17. Oliver's Law of Public Speaking- A closed mouth gathers no feet.
18. Wilson's Law of Commercial Marketing Strategy-As soon as you find a product that you really like, they will stop making it.
19. Doctors' Law- If you don't feel well, make an appointment to go to the doctor, by the time you get there you'll feel better... But don't make an appointment, and you'll stay sick. This has been proven over and over with taking children to the pediatrician.

INTERESTING GRAPHIC

We often hear that public employees are overpaid. But when you examine the facts, the highest paid public sector employees are not politicians, government officials, police, firefighters or educators..... And, yet no one complains.....

What is the profession of your state's highest-paid public employee?

 Inline image 7

BACK IN THE DAY

Cooling off with fire hydrants and diving into the Hudson River: What a New York summer was like - before air-conditioning

Please see web-link: <http://www.dailymail.co.uk/femail/article-2331639/Cooling-hydrants-diving-Hudson-River-What-New-York-summer-like--air-conditioning.html>

QUOTE OF THE DAY

"Perhaps no other life-threatening condition on the planet can be so positively impacted by honest, forthright and intimate conversations with friends, loved-ones, clients and colleagues. As we do this, we demystify suicide. We render it approachable by creating a net of understanding so strong and a willingness to intervene imbued with such resolve, that people can no longer fall through the cracks."

JD Schramm

THIS WEEK'S MUSIC

For me 1968 may have been the most important year of my life. First of all, as a baby-boomer who adhered to the mantra that *"today is the first day of the rest of your life"* and truly believed that everything was possible, like many of my generation I was severely affected by the political changes that were happening in the US and abroad. We children in the 'counter-culture' were inspired by our political, cultural and intellectual heroes, such as Martin Luther King, Bobby Kennedy, Alexander Dubček, Pierre Trudeau, Shirley Chisholm, Betty Friedan, Billy Jean King, Buckminster Fuller, Herbert Marcuse, Frantz Fanon, Ken Kesey, Andy Warhol, John Chamberlain, Gwendolyn Brooks, Allen Ginsberg, Robert Duncan, Leonard Cohen, Cesar Chavez, Ralph Nadar and perception of Che Guevara.

And although drugs were not part of my personal experience, as one of the change agents of the time, their wide spread introduction to the counter-culture caused members of my generation to shed the shackles of conformity leading to greater support for the feminist movement and the pursuit of gender and racial equality, as well as a new sexual freedom. As part of this odyssey young Americans begin to discover Truffaut, Goudard, Polanski, Fellini, De Sica, Zafferelli, Antonioni, Bergman, Buñuel, Kurosawa, Schlesinger, Losey and Kubrick, as well as Avant-Garde Theater, Modern Dance and Pop Art.

Although 1968 started with promise with South African Dr. Christian Barnard completing the first successful heart transplant on the second of January. 1968 was the year that NASA launches Apollo 7 (*the first manned Apollo mission*), Boeing 747 made its maiden flight, First Philadelphia Bank installed the first ATM in the US, AT&T started The Emergency 911 Telephone Service nationwide, the first Big Mac went on sale in McDonalds costing 49 cents, France becomes the world's fifth nuclear power, Allen K Breed invented the automatic air bag that, Beatles created Apple Records, the Aswan Dam in Egypt was completed and the Gateway Arch in St. Louis was dedicated.

Cost Of Living 1968

From Our 1968 of 250 Sixties Toys
Price: \$2.97  [Inline image 10](#)

How Much things cost in 1968

Yearly Inflation Rate USA 4.27%

Yearly Inflation Rate UK 4.7%

Year End Dow Jones Industrial Average 943 Average Cost of new house \$14,950.00 Average Income per year \$7,850.00 Average Monthly Rent \$130.00 Gas per Gallon 34 cents Average Cost of a

new car \$2,822.00 Movie Ticket\$1.50 The Federal Hourly
Minimum Wage is \$1.60 an hour
Below are some Prices for UK guides in Pounds Sterling
Average House Price 4,344 Gallon of Petrol 5 shillings 5 pence or
28 new pence

Inline image 8 Inline image 9

In 1968 CBS's "**60 Minutes**" debut, as well as "**Rowan & Martin**" and movies like **Bonnie and Clyde**, **Bullitt**, **Guess Who's Coming to Dinner**, **Planet of the Apes**, **The Odd Couple**, **Barbarella**, **Once Upon a Time in the West**, **Rosemary's Baby**, **2001: A Space Odyssey** and **The Graduate**. As for literature, 1968 gave us **Welcome to the Monkey House** by Kurt Vonnegut, **The Electric Kool-Aid Acid Test** by Tom Wolfe, **The Teachings of Don Juan** by Carlos Castaneda, **The First Circle** by Aleksandr Solzhenitsyn, **Chariots of the Gods** by Erich von Däniken and **2001: A Space Odyssey** by Arthur C. Clarke. In the theater, 1968 gave the world **HAIR**, **I Never Sang for My Father**, **The Cherry Orchard**, and **The Prime of Miss Jean Brodie**.

But then came the assassination of both Martin Luther King and Bobby Kennedy, North Vietnam launching the Tet Offensive, the Ma Lai massacre killing 400 civilians (*including women & children*), student up risings at Columba University and NYU in New York, as well as the student uprising in Paris, followed by a month of protest by the National Labor Unions, resulting in the shut down the Sorbonne and paralysis of communication and transportation networks across the entire country of France.

But none of this held a candle to Russian troops invading Czechoslovakia overthrowing the new government of Alexander Dubček, the Tlatelolco massacre, which occurred ten days before the 2968 Summer Olympics in Mexico City, killing hundreds of student and civilian protesters as well as bystanders by government forces (*according to the reports by the head of the Federal Directorate of Security 1,345 people were arrested on October 2, 1968*) and the riots at the Democratic National Convention in Chicago which is viewed by many as the indelible event that helped Richard Nixon win the 1968 Presidential Election by the slimiest of margin ever. Most of all, 1968 was truly the end of "Camelot" when Greek tycoon Aristotle Onassis married former First Lady Jacqueline Kennedy. And although Will Smith, Celine Dion, Hugh Jackman, Daniel Craig, LL Cool J, Guy Richie, Molly Ringwald, Jerry Yang and Ashley Judd were born in 1968, in addition to MLK and RFK, it was also the year that John Steinbeck, Upton Sinclair, West Montgomery, Helen Keller and Yuri Gagarin died.

With all of this..... nowhere was the voice of 1968 better articulated then in music. From the Beatles, Rolling Stones, Doors, Jimi Hendrix Experience, Monkees, The Supremes, Beach Boys, The Who, Grateful Dead, Fleetwood Mac, Aretha Franklin, Otis Redding, Fleetwood Mac, Aretha Franklin, Gary Puckett and The Union Gap, Cream, Pink Floyd, Moody Blues, Iron Butterfly, Marvin Gaye, The Temptations, Rickie Havens, Steppenwolf, Harry Nilsson, Glen Campbell, Young Rascals, Canned Heat, Aretha Franklin, Dusty Springfield, 5th Dimension, Joe Cocker, Sly & the Family Stone, Big Brother & the Holding Company and Simon and Garfunkel to Pete Sieger, Dion, Bob Dylan, Dr. John and Peter, Paul and Mary was music so part of the voice of its time. As such, please enjoy some of the songs that articulated the musical voice of 1968.

Steppenwolf – **Born to be Wild** -- 

Dion – **Abraham, Martin, & John** -- 

The Beatles – **Hey Jude** -- 

Otis Redding – *Sitting on The Dock of The Bay* -- [REDACTED]
[v=8nA18g_PwGo](#)

Sam Cook – *A Change Gonna Come* -- [REDACTED]

Richie Havens – *Handsome Johnny* -- [REDACTED]

Joe Cocker – *With A Little Help From My Friends* -- [REDACTED]
[v=KVyJvYWHJaY](#)

Harry Nilsson – *Everybody's Talking At Me* -- [REDACTED]
[v=2AzEY6ZqkuE](#)

Jimi Hendrix – *All Along The Watchtower* -- [REDACTED]

Steppenwolf – *Magic Carpet Ride* -- [REDACTED]

Cream – *Sunshine of Your Love* -- [REDACTED]

Janis Joplin Big Brother and the Holding Company – *Piece of My Heart* --
[REDACTED]

The Rolling Stones – *Sympathy For The Devil* -- [REDACTED]
[v=KhHyLnPsVG4](#)

Simon & Garfunkel – *The Sound of Silence* -- [REDACTED]

The Intruders – *Cowboys To Girls* -- [REDACTED]

Aretha Franklin – *Think* -- [REDACTED]

Buffalo Springfield – *For What It's Worth* -- [REDACTED]

Bob Dylan – *Like a Rolling Stone* -- [REDACTED]

I hope that you have enjoyed this week's offerings and I wish you a wonderful week....

Sincerely,

Greg Brown

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[REDACTED]