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*Information To Change The World!*  
*Tools For Success & Life Extension!*  
**Every Reader Is A Reporter!**

*Weapons of Mass  
Destruction Finally  
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## **VITAMIN C May Be Illegal Drug After 2009**

**By Rima E. Laibow, MD**

Cheap, effective, high potency nutrients like Vitamin C will soon be as illegal as heroin if the United Nations has anything to say about it! Since 1962, its Codex Alimentarius (Latin for "Food Rules") Trade Commission ("Codex" for short) has been hard at work planning to limit your access to clean unadulterated food and high potency nutrients.

Take Vitamin C. The human species lost the ability to make Vitamin C eons ago but you still need plenty of it for immune and vascular health. If you could make it for yourself, you would need at least 1500 mg (1.5 grams) per day. Stress, infection, inflammation and pollution increase your urgent requirement for this simple substance by 10, 20 or even 100-fold.

Vitamin C is your primary antioxidant/anti-inflammatory and is involved in nearly every biochemical process in your body. In fact, if you are short on Vitamin C, you will develop chronic, degenerative diseases (e.g., acute or sub-clinical scurvy, immune suppression, inflammation and swelling, heart and vessel disease, free radical damage leading to cancer, diabetes and premature aging, etc.)

**Astonishingly, Codex has officially reclassified Vitamin C and every other vitamin and mineral your body needs from the class of 'nutrients' to the class of 'toxins.'** With this reclassification Codex has an excuse for setting legal upper limits for each vitamin and mineral at ultra low useless levels so that we can then be sold overwhelmingly toxic (and expensive) drugs to combat the resultant, preventable diseases of undernutrition. Odd? Perhaps

(Continued on Inside Page 2)

# Tools For Success And Life Expansion

## How To Use A Journal In Conquering Fears And Developing Courage

by Art Kunkin

One of the most useful habits and tools I have acquired in improving myself and in producing results in whatever I am doing is writing my thoughts into an organized journal where I can recover the ideas when required.

Like any person, I have many concerns. I need to have enough money for physical necessities like eating or shelter. My life brings me into relations with sometimes large and sometimes small numbers of people. I have concerns about the society in which I live. My first contact with all these elements of my life are through my thoughts. I think about earning a living before and while and after doing so. I think about other people. I think about politics.

Thoughts are like a mist, a cloud. an idea is here one minute and gone the next. They jump around from past to present to future. To thoughts Time is a dimension in which one travels and gathers information just as one travels in space.

A well formed thought seems to simultaneously and accurately evaluate the worth of the past, see the resources of the present and make an accurate prediction of what the future holds. If the thought is not captured, photographed as it were, the wisdom of the thought can easily be lost and usually is lost.

We do not always have well-formed thoughts. The thoughts of some people are so entangled in the sorrows of the past or present that the future is a blank, perhaps even a fearful place and that person, perhaps, does not prepare for the future. Everyone is different in this. Some people's thoughts are so preoccupied with the future that they seem totally impractical in the present.

However, if you and I are to get anything done, we have to catch the thought, make it still, look at it in every way possible, see what is possible and what seems impossible or impractical, and

then create a series of sub-thoughts, or steps of action to possibly take to bring the thought into the material world. I have found that the most practical way of thinking, the most conscious way of relating to my thoughts is to write a journal.

A business plan is a journal. Without a business plan that has captured all your thoughts about the business, its past history, its present resources, the market for whatever the business produces, its future possibilities you probably won't be successful at that business.

If you have issues about lack of self-esteem and paralyzing fears and doubts that prevents you from accomplishing what you want to accomplish, my suggestion is that before you go and hire an expensive therapist or give up on the project, that you engage in a bit of self therapy with a journal.

If you have anxieties, have a separate journal to inventory the history of each anxiety.

Use a three-hole notebook for your journal so you can move pages in and out and into different sections. Make a list of your fears and anxieties. Record when you first experienced the particular fear. See if you can remember if a particular person or event triggered that fear. See how that fear holds you back. Argue with the fear. In writing.

Have a dialogue with the fear. Write a little film script. Write the name of the fear and have it talk to you as if it were a separate person. Do a psycho-drama. Write your name down and speak/write to the fear. Reread your journal now and then. Make it a habit to read your journal on your birthday and make new entries then. Date each page, date each entry. You will find this dating invaluable when you get feedback insights from your journal. What you are doing is making the equivalent of a photographic album but they are pictures of your internal life, not of your features.

Write down a list of times when you were courageous. Courage is the antidote to fear. Write down the names of people and books that have inspired you. Dialogue with them. Read biographies of them and histories in which they played a part. Create a master mind of people you admire for their courage, put a list of them into your wallet and occa-

sionally look at that list if you feel anxious.

Leftists and radicals, people who are entirely materialistic, engage in this seemingly spiritual practice when they study and emulate Marx or Lenin or Trotsky. They build up their courage and insight this way. Conservatives have conservative heroes. When studies have been made of successful people, all of them have done this, often keeping a journal to intensify their thought time travels into the present and past.

You possibly will never get totally rid of a specific fear. Our nervous systems are not perfect. Our brains respond to fears, real and imagined, by emitting chemical neurotransmitters that overpower our positive thoughts. But you can build up your courageous thoughts

One technique to use before or when writing your journal is to consciously breathe. When you take control of your breath, you begin to take control of parts of your subconscious. If you do affirmations and have courageous thoughts during the time of your conscious breathing, you can build up new brain circuitry quicker than with almost any other technique.

In future Tools columns we will come back to these techniques of breathing and journaling. And we plan to post this information on the Tools section of the web site, [www.losangelesfreepress.com](http://www.losangelesfreepress.com) and notify you of this posting through the free newsletter that you can sign up for on that web site.

Please email me at [artkunin@losangelesfreepress.com](mailto:artkunin@losangelesfreepress.com) about your experiences and successes with these techniques. I may use these emails as the basis for future columns.

Again, I am exploring this subject of self-development with the readers of the Free Press primarily because I want to help build a progressive movement. I believe every reader of the Free Press should become as powerful as possible in his or her personal life, have as good and healthy a life as possible, become courageous instead of fearful. I am convinced if you can do that you will also be more effective in improving society and political structures. This newspaper can provide information about changing the world but it is conscious and courageous people who must undertake the necessary courageous actions.

# Information To Change The World! Every Reader Is A Reporter!

# Vitamin C: Coming Soon To A Pusher Near You

(From the Front Page)

a bit of history may be helpful:

Codex was the brain child of Fritz ter Meer, former head of IG Farben, the German industrial combine broken up at the end of World War II. Its leaders stood trial at the Nuremberg War Tribunals. Fritz ter Meer himself and the other heads of IG Farben units were convicted of Crimes against Humanity, Slavery, etc. in 1948. By 1952 he was out of jail and president of the drug company Bayer, one of IG Farben's component companies.

**Of course, with such stellar credentials, it is no surprise that he was soon implementing his own plan to dominate the world. Presented to members of the UN and supported by other major German pharmaceutical companies, his concept was simple: use trade regulations to control the world food supply. The result was the UN Codex Alimentarius Commission, created in 1962. Global implementation is scheduled for December 31, 2009.**

Controlling everything "From farm to fork", here's a selection of what Codex has in store for you. Nations are urged to adopt Codex standards as their domestic laws including:

- 1) Irradiation of ALL food unless eaten locally and raw. (Allegedly used to reduce spoilage, irradiation also leads to high free-radical concentrations, controllable only by high levels of antioxidants.)
- 2) Only ultra-low, inactive nutrient levels. Permitted nutrients are legal only at doses so low they have no impact whatsoever on even the most sensitive humans. No such protective scruples apply to real toxins, however.
- 3) Mandatory treatment of ALL dairy cows with Monsanto's rBGH. (While rBGH is linked to premature puberty in children and is suspected of causing cancer and autoimmune diseases, it does ensure a greater production of milk at a greater profit.)
- 4) Mandatory treatment of ALL food animals with antibiotics and synthetic growth hormones, despite the known hazards to the end-user (also known as humans) and the environment.)
- 5) Permitted levels of veterinary drug residues, pesticides and toxins, including 7 of 9 deadly pesticides banned by 176 countries in 2001, so high that, if Codex prevails, children born after 2000 may well be the first generation to die before their parents.
- 6) Total prohibition of information relating to any benefits of any nutrient or food to health.

Food standards. Benign and helpful, right? Benign, no. Helpful, yes, indeed, at least to those who benefit from it: the "Big's" -- Big Pharma, Big Agribiz, Big Chema, Big Biotechna and Big Medica. And who pays the price? Little You and Little Me.

It's just food standards. Why worry?

Here's why:

Remember that Codex was first proposed by a German industrialist accused and convicted of Crimes against Humanity who not only had the inclination, but the skill to put his plans in action. He did so on behalf of some of world's largest pharmaceutical and chemical companies. It was a concept fused to a strategy for success. Brilliantly, it seems aglow with good intentions and tied to an offer that can't be refused. Codex appears to provide an assurance for each nation that all food has been produced to an agreed upon "Science Based" standard — the mantra of Codex — whether your country believes in that standard or not.

It is so simple, it's scary. Codex' voluminous regulations benefit the Bigs who lobby for them. Although it has no legal standing on its own, Codex is enforced by trade sanctions of the World Trade Organization (WTO).

WTO members must become 'compliant' with Codex regulations or face draconian trade sanctions because a Codex compliant country automatically wins in court over a non-compliant one. The US agreed to this set of rules when it joined the WTO. The mantra is that shared standards ensure and perpetuate trade. And to ensure that all countries abide by their agreement to adopt and share these standards and continue to be good citizens, the WTO uses dispute resolution processes to punish countries that do not play by WTO rules (read, "Codex").

UN Members are urged to adopt Codex standards as their domestic laws so that they can become "Codex Compliant" for that standard. If any Codex compliant country drags a NON-compliant country (such as the US) into the WTO 'dispute resolution process', the Codex-compliant country automatically wins the case regardless of its merits. The WTO then imposes huge trade sanctions (hundreds of millions of dollars or more per year): the prevailing country can apply them against the loser's economy in the economic sector of its choice.

Hence, every member nation of the WTO is rushing headlong to become Codex compliant. The USA is rushing, too, even though this is in violation of our law and our health freedom. Right now, U.S. law (Dietary Supplements Health and Education Act [DSHEA],) classifies nutrients as food. As such, they can have no upper limit set upon their use. But DSHEA is under significant attack: 5 bills currently before Congress would gut or overturn DSHEA, clearing the tracks for "HARMonization" with the deadly Codex Vitamin and Mineral Guideline (VMG) which

- 1) classifies nutrients as toxins;
- 2) determines permissible upper limits through toxicology science, not biochemistry;
- 3) sets permissible daily doses so small that they can have no discernable impact on any human being;
- 4) forbids nutritionally significant doses of nutrients with or without a prescription;

5) forbids all but a small number of nutrients.

If we allow DSHEA to be overturned, we will soon see here what countries who have let their guard down are now seeing:

- 1) Glucosamine and fish oil are now illegal in Norway and Germany;
- 2) A highly restrictive European Food Supplements Directive (EFSD) went into effect on August 1, 2005;
- 3) A French pharmacist is in jail for selling 500 mg (0.5 grams) of Vitamin C);
- 4) Australia's Parliament is considering a bill, # 05130, which would make using, giving to another person or importing nutrients or herbs a crime punishable by 5 years in jail, and the beat goes on.

**It is clear that the mainstream media, beneficiaries of advertising dollars and power of the Bigs, is unlikely to present these same facts to you – think about this: the Codex Commission has been operating since 1962 and its standards are becoming laws in country after country. Minus DSHEA and other protective legislation, Codex becomes a US law that can kill you –yet the issue is NOT on the front page of the New York Times or Wall Street Journal or the lead story on CNN.**

Ed. Note: Rima E. Laibow, MD has practiced natural medicine for 35 years and closed her practice in January, 2005 to take on Codex Alimentarius full time. She is the Medical Director of the Natural Solutions Foundation, [www.HealthFreedomUSA.org](http://www.HealthFreedomUSA.org).

In Rome last July she witnessed the ratification of The Vitamin and Mineral Guideline (VMG) that was supported by the US Codex office. Her mission was to alert the 171 Codex Delegates to the dangers of blindly accepting the Codex guidelines when a unique protective strategy exists. For more information on this strategy to protect your health and freedom,, see [www.HealthFreedomUSA.org](http://www.HealthFreedomUSA.org).

The Codex Committee on Nutrition and Food for Special Dietary Uses (CCNFSDU) meets in late November in Bonn, Germany. Dr. Laibow will be there standing up for our health freedom. Her website, [www.HealthFreedomUSA.org](http://www.HealthFreedomUSA.org), will keep you informed of her progress. Starting with this issue, the L.A. Free Press is honored to publish a health column by Dr. Laibow.

## The Los Angeles FreePress

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## The Free Press Needs Your Support Now ! Here's Why !

The Los Angeles Free Press was started in 1964 by its present editor, Art Kunkin. Its purpose was to be an alternative voice, an opponent of the Vietnam War policies of the government and a proponent of liberty, justice, art, music, poetry and new experimental happiness life styles. During the next ten years Art published over 500 weekly issues of The Freep and was a leader in establishing a new association of 600 newspapers (community, student and military) that was a major force throughout the United States in mobilizing the public for peace and a vision of hope for the future.

Art has now revived the Free Press. It is needed now more than ever in this time of a new war and government leaders determined to set the clock back on many social issues starting with women's rights and civil liberties. He has now published and edited three issues with the financial help of a few friends. However, this Free Press needs your subscriptions and financial support to do its job of educating and mobilizing the community. We specifically need at least \$4,000 immediately for the salespeople and phones at our new downtown L.A. advertising sales office. This is simply for the information of concerned readers and is not a securities offering. Concerned readers can learn more by telephoning 1-800-936-2785 or emailing [artkunkin@losangelesfreepress.com](mailto:artkunkin@losangelesfreepress.com). Others can help by subscribing. This is your newspaper, your voice. Thanks, Art Kunkin

# Weapons of Mass Destruction Found In Iraq (and guess who they belong to ? The U.S. !)

by Dave Brice

One of the reasons we went to war in Iraq was because of Saddam's use of chemical weapons against Iraqis. Now the United States appears to be guilty of the same crime.

A documentary entitled "Fallujah: The Hidden Massacre," aired November eighth by RAI (Radio Audizioni Italiane), the Italian state broadcast service, focused on the U.S. military's use of white phosphorus against the civilian population of Fallujah in its November, 2004 attack on that city. It features photographs of victims whose flesh has been burned to the bone, but whose clothing is in many cases strangely intact.

The story first surfaced a year ago on the website "Islam Online," which reported that "US troops are reportedly using chemical weapons and poisonous gas in its large-scale offensive on the Iraqi resistance bastion of Fallujah, a grim reminder of Saddam Hussein's alleged gassing of the Kurds in 1988."

RAI used the Islamic site as an information and photo source for its documentary, which also features on-camera interviews with former U.S. soldiers. One of these, a veteran of the combat at Fallujah, testifies:

"I heard the order to pay attention because they were going to use white phosphorus on Fallujah. In military jargon it's known as Willy Pete."

"Phosphorus burns bodies," the G.I. adds in his first-hand description. "In fact it melts



the flesh all the way down to the bone ... I saw the burned bodies of women and children. Phosphorus explodes and forms a cloud. Anyone within a radius of 150 metres is done for."

For the past year, the military's USinfo website has maintained that phosphorus

shells were "fired into the air to illuminate enemy positions at night, not at enemy fighters."

However, Iraqi witnesses report that "a rain of fire" fell on the city and killed enemy fighters and civilians alike, many as they slept in their beds.

The documentary also provided evidence that U.S. forces in Fallujah used Mark 77 incendiary bombs against the city, a new and more potent form of napalm. Mark 77 is outlawed for use against non-military targets.

American media have been predictably AWOL on this story.

The United States military and its civilian commanders in the Bush administration now stand accused of the same sorts of crimes for which Gestapo and SS personnel and Japanese prison camp commandants were hanged at the close of World War II.

Sources:

RAI 24 News

(<http://www.rainews24.rai.it/>)

The (UK) Independent

(<http://news.independent.co.uk/world/americas/article325757.ece>)

Daily Kos (<http://dailykos.com/storyonly/2005/11/9/174518/797>)

## Where's The Solidarity?

### Labor and Democrats Betray Females On Repro Rights

By Dorothy L. Wake

**"You will never solve the problem until you let in the women."**

**"Women win all strikes!"**  
— Mother Jones

Mary Harris (Mother) Jones predicted over 100 years ago that if organized labor didn't embrace gender equality within the unions and in society in general the problems faced by labor would not be resolved. But organized labor has yet to heed Jones' insightful advice. And labor's refusal to oppose Proposition 73—the "parental notification" initiative on California's recent "special election" ballot—is a prime example of labor's refusal to "walk the walk," not just "talk the talk," on gender equity issues.

Proposition 73—the first attempt to chip away reproductive rights in California—sought to amend the State Constitution to require that at least one parent of a pregnant minor be notified 48 hours prior to their daughter having an abortion. (No one denies that communication is the foundation for good parent-child relationships. But girls already in abusive family situations face additional dangers under notification/consent laws.)

Proposition 73, as well as the other seven ballot measures, went down in defeat. Enough voters saw through what was perhaps its most insidious aspect: constitutionally defining a zygote (fertilized egg), embryo, or fetus as a "child," creating a dangerous precedent for future abortion rights challenges in California and elsewhere.

And enough voters also saw Proposition 73 as a strategy for religious conservatives to launch future full-blown attacks on reproductive rights and as a "carrot" to draw conservatives to the polls, in hopes they would also vote "yes" on the anti-union and anti-worker measures. Additionally, efforts by out-of-state evangelicals

and conservative churches nationwide to impose their oppressive brand of ideology in an overwhelmingly pro-choice state created a backlash against 73.

Women—especially the 65,000-member California Nurses Association (CNA) and their chief executive, Rose Ann DeMoro—are credited with being the initial and sustaining force behind defeating Governor Schwarzenegger's anti-worker ballot initiatives. From the onset of his attacks against nurses and other organized professions (e.g., firefighters, government workers, teachers, and other public employees) the predominately female CNA mounted organized rallies and protests at the governor's speaking and fundraising events in California and other states.

Lou Paulson, President, California Professional Firefighters, said: "Rose Ann and the nurses showed us that the emperor had no clothes" (11-10-05).

<http://www.alternet.org/story/28058>.

But when it came to protecting the most vulnerable in the struggle for reproductive rights, the overwhelmingly male leadership of organized labor stood on the sidelines. They refused to officially oppose Proposition 73, despite the fact that—among other things—it would have established unequal protection under the law. (The 14th Amendment of the US Constitution states, "nor shall any state . . . deny to any person within its jurisdiction the equal protection of the laws." No age limits apply.)

It isn't illegal for minors to have abortions, but those unable to face "parental notification" or petitioning a judge through a complicated process would be forced to seek "back alley" abortions or carry an unwanted pregnancy to term (forced motherhood).

Prominent Democrats who accepted leadership positions with the Alliance for a Better California (coalition of unions organized around

(Continued on Page 11)



# Cops and The Drug Policy Reform Movement

by Dr. Karen Tracy

Sheriffs, state troopers, prison wardens and judges were among the many representatives of law enforcement attending the Drug Policy Reform Conference in Long Beach, CA November 10-12, 2005. Their presence was unmistakable in brightly lettered T-shirts reading 'COPS SAY LEGALIZEDRUGS-ASK ME WHY'.

The Drug Policy Alliance (DPA) hosted the Conference which is held annually to address

represented. Finally he said, "We could use a SecretService Agent."

Law Enforcement Against Prohibition was the brainchild of Peter Christ who retired from active duty in 1989 after a career of reluctantly enforcing drug legislation. He relentlessly shopped the idea of a formal legalization movement until the Marijuana Policy Project, offering a \$50,000 grant, put legs under the idea. Peter met Jack and LEAP was born. The retired and in some cases, brave active-duty members of LEAP, constituting the Speakers

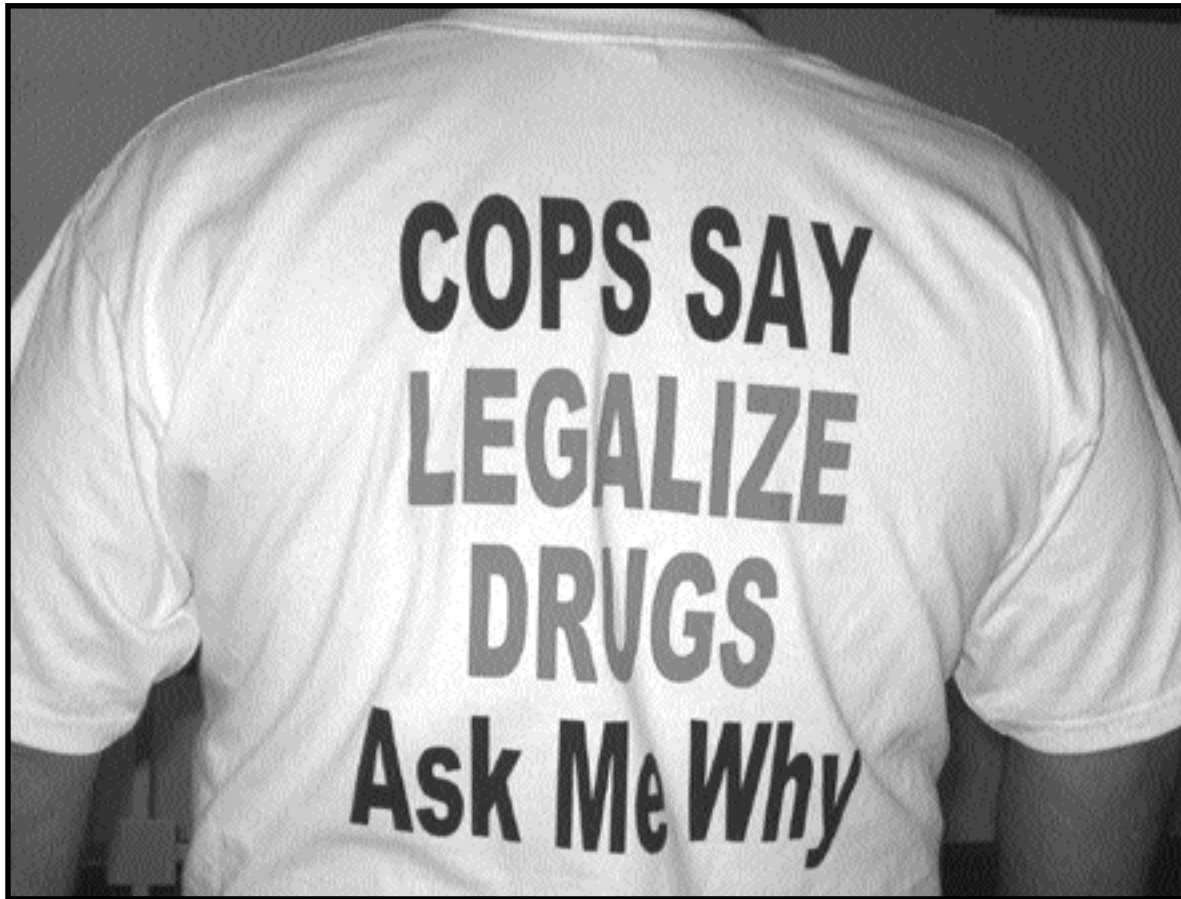
of international, national and local partners as well as interested individuals.

Executive Director Ethan Nadelmann announced that this largest of gatherings ever will foster lasting connections to further science and evidence-based solutions to unravel the drug war. "We are the teachers in this movement," he stated "We need to continue teaching each other."

As a focus of this teaching function, Nadelmann pointed out that the fight against the drug war means a fight against racism. "Taking on race issues in the drug war means taking on our own fears," he stated to rousing applause. Several of the breakout sessions focused on race including the devastation of Katrina. The knowledgeable moderators of "When Drug Policy Intersects Catastrophe" explained the tragedy faced by large numbers of convicted felons unable to access housing or relief efforts.

Other topics linked closely to the struggle for drug policy reform were clearly international in scope. Many eloquent speakers addressed drug use in the Netherlands, the role of the United Nations in legally binding conventions, the worldwide connections between drugs, crime and terrorism and the pandemic HIV/AIDS spread via intravenous drug use.

Martin Jelsma of the Transnational Institute, Amsterdam, predicted that an international paradigm shift is occurring from zero tolerance to pragmatism.



reform and issues of reason, compassion and justice surrounding this nation's current laws and the failed war on drugs.

Ethan Nadelmann, DPA's Executive Director, called upon all attending to help build a movement to unravel the war on drugs, as these policies are too terribly costly. Many of the conference's 73 breakout sessions addressed legal and medical issues. But also of interest were topics including legal uses of hemp, fundraising and tips on gaining media attention.

Ira Glasser, DPA's President termed our drug laws "an irrational impediment to pain relief and contributor to the spread of AIDS."

Law Enforcement Against Prohibition (LEAP) could not agree more. They turned out in numbers, dressed alike, demonstrating solidarity against the status quo. Peter Christ, vice-director and treasurer of LEAP stated, "As the returned veterans of Viet Nam gave credibility to the anti-war movement, we do the same to the anti-drug war movement." In various capacities each served as a "drug warrior" in the service of the US administration.

LEAP, now 3 years old, claims members from 50 countries. These members have, in the past, served as street cops, undercover narcotics officers, customs agents, border patrol, IRS agents, CIA, DEA and FBI agents, prosecutors, district attorneys, judges, probation and parole officers as well as representatives of all branches of the military including the Coast Guard.

In questioning LEAP's Executive Director Jack Cole, about this impressive list, he was hard pressed to name a resource not

Bureau, tirelessly and enthusiastically preach the legalization message to anyone who will listen from law enforcement agencies to Rotary Clubs. Quoting from their literature: "The membership of LEAP believe that to save lives, and lower the rates of disease, crime and addiction, as well as to conserve tax dollars, we must end the drug prohibition." Their numbers, now in the hundreds, are joined by Friends of LEAP, whose numbers are now in the thousands. Anyone may join in this capacity. The cost is zero and signifies support for their singleness of purpose. Direct inquiries to (718)393-6985 [www.leap.cc](http://www.leap.cc)

No more poignant statement to the cause can be made than that offered by LEAP member Howard Wooldridge, retired law enforcement. Howard rode his horse, Misty for 7 months, from Oregon to NYC, advocating across the board legalization. Howard stated unequivocally, "As for me, I will donate my time and my horse as much as we can handle, until the war on drugs is over or until I draw my last breath"

DRUG POLICY ALLIANCE and LEAP's message was delivered against the backdrop of the Drug Policy Reform Conference at large. The Conference advances the agenda of the Drug Policy Alliance, a non-profit organization promoting realistic and scientific alternatives to the war on drugs. The harm reduction efforts of the Alliance aims at the adverse affects of both the war on drugs and drug use itself.

The Drug Policy Alliance mission statement reads: "to advance those policies and attitudes that best reduce the harms of both drug misuse and drug prohibition, and to promote the sovereignty of the individuals over their minds and bodies."

Toward those ends DPA outlined many suggestions, which address both failed policies and the fallout from risky and addictive habits.

This year's Conference attracted over 800 registrants representing the broadest spectrum

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# Health Freedom: A New Column

by Rima E. Laibow, M.D.

Health Freedom is a threat to the American Way of Life and Death. The most profitable industry in history needs to make sure that people do not have any health alternatives except theirs: drugs. Nutrients do not kill people. Drugs do. Nutrients are cheap. Drugs are not. Nutrients can prevent and cure the causes of most disease. Drugs cannot.

Properly used drugs are the 4th leading cause of death in America! Add incorrectly used drugs and you have the most American way to die. Ninety percent of older Americans take prescription drugs, nearly half of them take five or more different drugs.<sup>2</sup> Most are taking drugs for the side effects of the drugs they are taking for the side effects of drugs. And no one has studied those interactions.

Big Pharma and the FDA work hard to convince us that the un-drugged life is not worth living and choosing natural options is unscientific, if not downright subversive. A relentless poison pill press (sponsored by Big Pharma) uses junk science to tell us that Echinacea, Vitamin C, Beta Carotene, Glucose amine, Vitamin E, etc. are either bad for you or a waste of money. Look closely at the studies and you will see that they mean less than nothing. But with each one, natural health choices are vilified by a compliant mainstream and drugs are venerated.

Four billion dollars of Direct to Consumer Advertising drug revenue per year helps convince mainstream media that, despite the fact that all drugs are toxic, the deadly over-medication of America is among the most sacred of [cash] cows. Tragically, seniors accept being drugged and toxic as "normal" yet, in Canada, almost 25% of hospital admissions in patients over 50 result from medication.<sup>3</sup> And juniors, kids between zero and 18 years of age? Three out of every 1000 are on sleeping medication. (Of these, 39% were taking at least one other drug)<sup>4</sup> Sixteen percent of kids on Medicaid are on at least one prescription medication. Nine million US kids have asthma; 11 million have alleged severe emotional disabilities. The pressure to medicate kids is intense despite the strong evidence that there are other, less toxic ways to treat and cure these diseases.

On November 2, 2005 I had the opportunity to address an FDA Public Hearing on Direct to Consumer Advertising. I pointed out that virtually none of the drugs used on kids have been approved for use in kids. There are no studies showing that they are safe for

long-term administration or that they are effectively used that way. None. And we now know a great deal about the negative information (including suicides and deaths like that of a 15 year-old from pancreatitis from Zyprexa) that is routinely suppressed by Pharma companies and their accomplices in the FDA. Because of unthinking doctors and compliant parents, vast numbers of children are exposed to dangerous, untested, experimental drugs. Neither they, nor their parents, have been informed that these drugs cause reproductive failure, skeletal damage, endocrine damage and diabetes, mutations, neurological damage, suicidality and violent behaviors, so informed consent is not possible. Grace E. Jackson, MD has written eloquently about this issue in **Rethinking Psychiatric Drugs: A Guide for Informed Consent**.

I reminded the officials of the FDA that the use of experimental drugs on people without their full and informed consent violates both the Helsinki Declaration and the Nuremberg Protocols and therefore constitutes Crimes against Humanity.

There were no questions from the FDA panel.

As a physician with 35 years of experience treating psychiatric and medical conditions with drug-free methods, let me urge you to make healthy, natural and non-toxic choices for yourself and your children.

Take a lesson from Nancy Reagan: Just say "NO!" to drugs, but do it with a lawyer at your side.

Rima E. Laibow, MD

Medical Director

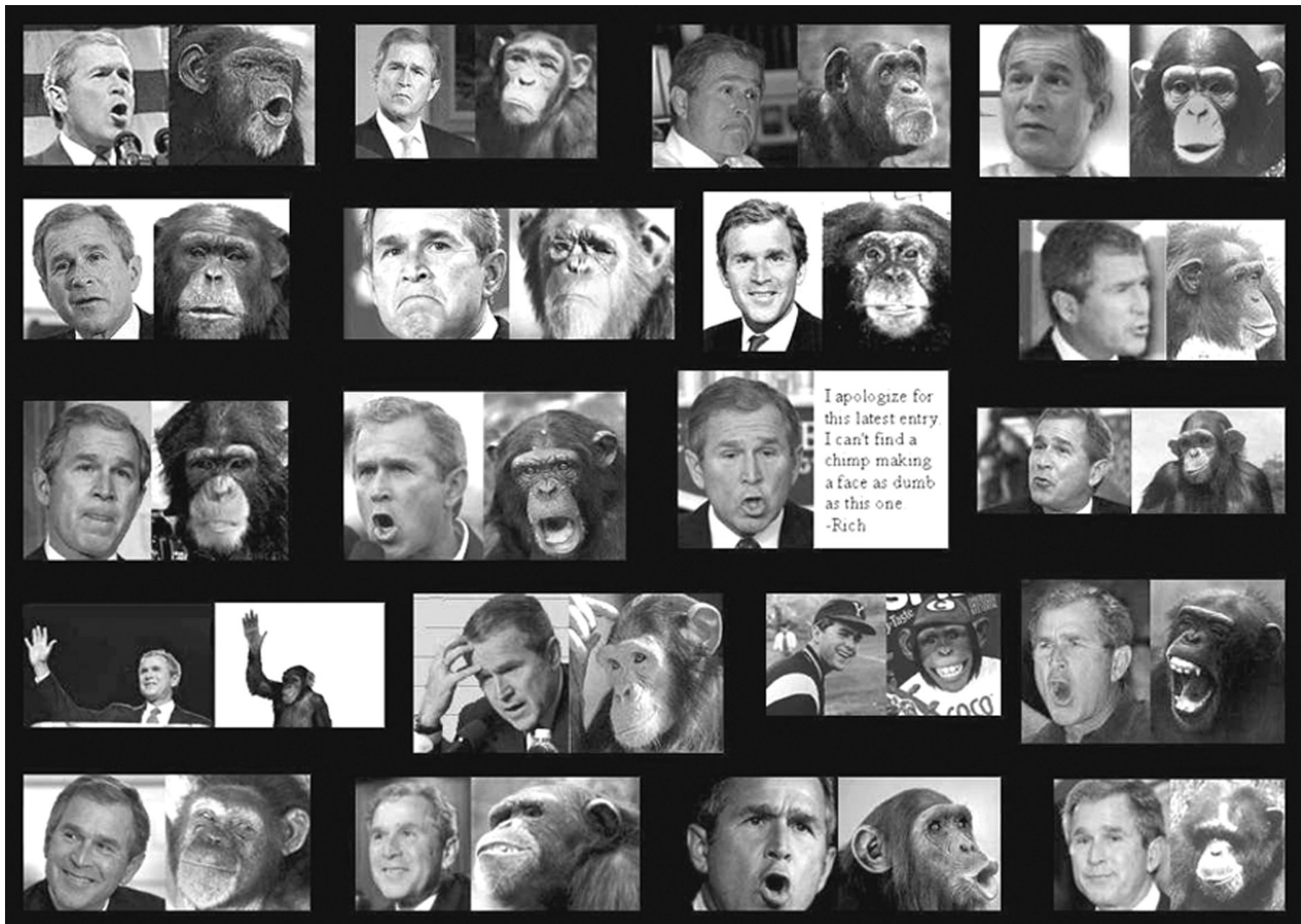
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# Evolution Or Intelligent Design?



## **A transcript of the historic news conference: Representative Murtha Calls For A Complete Change In The Present American Policy Toward Iraq**

**Democratic Congressman John Murtha gave a press conference on November 17, 2005 introducing his resolution for redeployment of American troops in Iraq. Below is a transcript of his remarks as published in the Stakeholder, the on-line Weblog of the Democratic Congressional Campaign Committee .**

"The war in Iraq is not going as advertised. It is a flawed policy wrapped in illusion. The American public is way ahead of us. The United States and coalition troops have done all they can in Iraq, but it is time for a change in direction. Our military is suffering. The future of our country is at risk. We cannot continue on the present course. It is evident that continued military action is not in the best interests of the United States of America, the Iraqi people or the Persian Gulf Region.

"General Casey said in a September 2005 hearing, "the perception of occupation in Iraq is a major driving force behind the insurgency." General Abizaid said on the same date, "Reducing the size and visibility of the coalition forces in Iraq is part of our counterinsurgency strategy."

"For 2 ½ years, I have been concerned about the U.S. policy and the plan in Iraq. I have addressed my concerns with the Administration and the Pentagon and have spoken out in public about my concerns. The main reason for going to war has been discredited. A few days before the start of the war I was in Kuwait - the military drew a red line around Baghdad and said when U.S. forces cross that line they will be attacked by the Iraqis with Weapons of Mass Destruction - but the US forces said they were prepared. They had well trained forces with the appropriate protective gear.

"We spend more money on Intelligence than all the countries in the world together, and more on Intelligence than most countries GDP. But the intelligence concerning Iraq was wrong. It is not a world intelligence failure. It is a U.S. intelligence failure and the way that intelligence was misused.

"I have been visiting our wounded troops at Bethesda and Walter Reed hospitals almost every week since the beginning of the War. And what demoralizes them is going to war with not enough troops and equipment to make the transition to peace; the devastation caused by IEDs; being deployed to Iraq when their homes have been ravaged by hurricanes; being on their second or third deployment and leaving their families behind without a network of support.

"The threat posed by terrorism is real, but we have other threats that cannot be ignored. We must be prepared to face all threats. The future of our military is at risk. Our military and their families are stretched thin. Many say that the Army is broken. Some of our troops are on their third deployment. Recruitment is down, even as our military has lowered its standards. Defense budgets are being cut. Personnel costs are skyrocketing, particularly in health care. Choices will have to be made. We cannot allow promises we have made to our military families in terms of service benefits, in terms of their health

care, to be negotiated away. Procurement programs that ensure our military dominance cannot be negotiated away. We must be prepared. The war in Iraq has caused huge shortfalls at our bases in the U.S.

"Much of our ground transportation is worn out and in need of either serious overhaul or replacement. George Washington said, "To be prepared for war is one of the most effective means of preserving peace." We must rebuild our Army. Our deficit is growing out of control. The Director of the Congressional Budget Office recently admitted to being "terrified" about the budget deficit in the coming decades. This



is the first prolonged war we have fought with three years of tax cuts, without full mobilization of American industry and without a draft. The burden of this war has not been shared equally; the military and their families are shouldering this burden.

"Our military has been fighting a war in Iraq for over two and a half years. Our military has accomplished its mission and done its duty. Our military captured Saddam Hussein, and captured or killed his closest associates. But the war continues to intensify. Deaths and injuries are growing, with over 2,079 confirmed American deaths. Over 15,500 have been seriously injured and it is estimated that over 50,000 will suffer from battle fatigue. There have been reports of at least 30,000 Iraqi civilian deaths.

"I just recently visited Anbar Province Iraq in order to assess the condition on the ground. Last May 2005, as part of the Emergency Supplemental Spending Bill, the House included to Moran Amendment, which was accepted in Conference, and which required the Secretary of Defense to submit quarterly reports to Congress in order to more accurately measure stability and security in Iraq. We have not received two reports. I am disturbed by the findings in key indicator areas. Oil production and energy production are below pre-war levels. Our reconstruction efforts have been crippled by security situation. Only \$9 billion of the \$18 billion appropriated for

reconstruction has been spent.

Unemployment remains at about 60 percent. Clean water is scarce. Only \$500 million of the \$2.2 billion appropriated for water projects have been spent. And most importantly, insurgent incidents have increased from about 150 per week to over 700 in the last year. Instead of attacks going down over time and with the addition of more troops, attacks have grown dramatically. Since the revelations at Abu Ghraib, American casualties have doubled. An annual State Department report in 2004 indicated a sharp increase in global terrorism.

"I said over a year ago, and now the military and the Administration agrees, Iraq can not be won "militarily." I said two years ago, the key to progress in Iraq is to Iraqitize, Internationalize and Energize. I believe the same today. But I have concluded that the presence of U.S. troops in Iraq is impeding this progress.

"Our troops have become the primary target of the insurgency. They are untied against U.S. forces and we have become a catalyst for violence. U.S. troops are the common enemy of the Sunnis, Saddamists and foreign jihadists. I believe with a U.S. troop redeployment, the Iraq security forces will be incentivized to take control. A poll recently conducted shows that over 80% of Iraqis are strongly opposed to the presence of coalition troops, about 45% of the Iraqi population believe attacks against American troops are justified. I believe we need to turn Iraq over to the Iraqis. I believe before the Iraqi elections, scheduled for mid December, the Iraqi people and the emerging government must be put on notice that the United States will immediately redeploy. All of Iraq must know that Iraq is free. Free from United States occupation. I believe this will send a signal to the Sunnis to join the political process for the good of a "free" Iraq.

"My plan calls:

1: To immediately redeploy U.S. troops consistent with the safety of U.S. forces.

2: To create a quick reaction force in the region.

3: To create an over-the-horizon presence of Marines.

4: To diplomatically pursue security and stability in Iraq.

"This war needs to be personalized. As I said before, I have visited with the severely wounded of this war. They are suffering.

"Because we in Congress are charged with sending our sons and daughters into battle, it is our responsibility, our obligation, to speak out for them. That's why I am speaking out.

"Our military has done everything that has been asked of them, the U.S. can not accomplish anything further in Iraq militarily. It is time to bring them home." |

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## ***DYING TO WIN: The Logic of Suicide Terrorism (It's The Occupation, Not The Fundamentalism)***

By Scott McConnell

**(Editor's Note: The following important article was published in the July 18, 2005 issue of The American Conservative Magazine. Without the facts presented in this article it is, in my humble opinion, impossible to understand why the United States is losing its war in Iraq and what an American pro-peace movement should be proposing)**

[http://www.amconmag.com/2005\\_07\\_18/article.html](http://www.amconmag.com/2005_07_18/article.html)

Last month, I caught up with Associate Professor Robert Pape of the University of Chicago, whose book on suicide terrorism, **Dying to Win**, is beginning to receive wide notice. Pape has found that the most common American perceptions about who the terrorists are and what motivates them are off by a wide margin.

In his office is the world's largest database of information about suicide terrorists, rows and rows of manila folders containing articles and biographical snippets in dozens of languages compiled by Pape and teams of graduate students, a trove of data that has been sorted and analyzed and which underscores the great need for reappraising the Bush administration's current strategy.

**Below are excerpts from a conversation with the man who knows more about suicide terrorists than any other American.**

**The American Conservative:** Your new book, *Dying to Win*, has a subtitle: *The Logic of Suicide Terrorism*. Can you just tell us generally on what the book is based, what kind of research went into it, and what your findings were?

**Robert Pape:** Over the past two years, I have collected the first complete database of every suicide-terrorist attack around the world from 1980 to early 2004. This research is conducted not only in English but also in native-language sources-

Arabic, Hebrew, Russian, and Tamil, and others -- so that we can gather information not only from newspapers but also from products from the terrorist community.

The terrorists are often quite proud of what they do in their local communities, and they produce albums and all kinds of other information that can be very helpful to understand suicide-terrorist attacks.

This wealth of information creates a new picture about what is motivating suicide terrorism. Islamic fundamentalism is not as closely associated with suicide terrorism as many people think. The world leader in suicide terrorism is a group that you may not be familiar with: the Tamil Tigers in Sri Lanka.

This is a Marxist group, a completely secular group that draws from the Hindu families of the Tamil regions of the country. They invented the famous suicide vest for their suicide assassination of Rajiv Gandhi in May 1991. The Palestinians got the idea of the suicide vest from the Tamil Tigers.

**TAC:** So if Islamic fundamentalism is not necessarily a key variable behind these groups, what is?

**RP:** The central fact is that overwhelmingly suicide-terrorist attacks are not driven by religion as much as they are by a clear strategic objective: to compel modern democracies to withdraw military forces from the territory that the terrorists view as their homeland.

From Lebanon to Sri Lanka to Chechnya to Kashmir to the West Bank, every major suicide-terrorist campaign-over 95 percent of all the incidents-has had as its central objective to compel a democratic state to withdraw.

**TAC:** That would seem to run contrary to a view that one heard during the American election campaign, put forth by people who favor Bush's policy. That is, we need to fight the terrorists over there, so we don't have to fight them here.

**RP:** Since suicide terrorism is mainly

a response to foreign occupation and not Islamic fundamentalism, the use of heavy military force to transform Muslim societies over there, if you would, is only likely to increase the number of suicide terrorists coming at us.

Since 1990, the United States has stationed tens of thousands of ground troops on the Arabian Peninsula, and that is the main mobilization appeal of Osama bin Laden and al-Qaeda.

People who make the argument that it is a good thing to have them attacking us over there are missing that suicide terrorism is not a supply-limited phenomenon where there are just a few hundred around the world willing to do it because they are religious fanatics. It is a demand-driven phenomenon. That is, it is driven by the presence of foreign forces on the territory that the terrorists view as their homeland.

The operation in Iraq has stimulated suicide terrorism and has given suicide terrorism a new lease on life.

**TAC:** If we were to back up a little bit before the invasion of Iraq to what happened before 9/11, what was the nature of the agitprop that Osama bin Laden and al-Qaeda were putting out to attract people?

**RP:** Osama bin Laden's speeches and sermons run 40 and 50 pages long. They begin by calling tremendous attention to the presence of tens of thousands of American combat forces on the Arabian Peninsula.

In 1996, he went on to say that there was a grand plan by the United States --that the Americans were going to use combat forces to conquer Iraq, break it into three pieces, give a piece of it to Israel so that Israel could enlarge its country, and then do the same thing to Saudi Arabia. As you can see, we are fulfilling his prediction, which is of tremendous help in his mobilization appeals.

**TAC:** The fact that we had troops stationed on the Arabian Peninsula was not a very live issue in American debate at all. How many Saudis and other people in the Gulf were conscious of it?

**RP:** We would like to think that if we could keep a low profile with our troops that it would be okay to station them in foreign countries. The truth is, we did keep a fairly low profile. We did try to keep them away from Saudi society in general, but the key issue with American troops is their actual combat power. Tens of thousands of American combat troops, married with air power, is a tremendously powerful tool.

Now, of course, today we have 150,000 troops on the Arabian Peninsula, and we are more in control of the Arabian Peninsula than ever before.

**TAC:** If you were to break down causal factors, how much weight would you put on a cultural rejection of the West and how much weight on the presence of American troops on Muslim territory?

**RP:** The evidence shows that the presence of American troops is clearly the pivotal factor driving suicide terrorism.

If Islamic fundamentalism were the pivotal factor, then we should see some of the largest Islamic fundamentalist countries in the world, like Iran, which has 70 million people-three times the population of Iraq

**Continued on Page 10)**

### **Who Is Congressman John Murtha?**

- o **Born:** June 17,1932,West Martinsville, West Virginia
- o **Home:** Johnstown, Pennsylvania
- o **University:** University of Pittsburgh
- o **Religion:** Catholic
- o **Marital status:** Married
- o **Business:** Owner of Johnstown Minute Car Wash, Johnstown, Pennsylvania
- o **Military:** Marine colonel with a bronze star and two purple hearts, combat in Vietnam. Retired from Marine Corps Reserves in 1990 after 37 years of service
- o **House of Representatives:** First Vietnam veteran elected to the House, in 1974.
- o **Second most powerful Democrat on House Defense Appropriations Committee, one of the most important positions in Congress because it votes military spending up or down.**
- o **Recent election results:** Was unopposed in 2004; won 73 percent in 2002
- o **Constituency:** Mostly Democratic steel heartland of Pennsylvania
- o **Congressional success:** Spearheading drive to have Nancy Pelosi elected House Democratic majority leader.
- o **National politics:** Supported Howard Dean for National Democratic Party chairman



# John Lennon

## October 9, 1940 - December 8, 1940

by Ted Quinn

**“ROCK’N’ROLL: YOU SHOULD’VE BEEN THERE...”**

John Lennon was born into a violent world – as the Nazi’s bombed Liverpool – and died a violent death – by an assassin’s bullet. In the forty years between, he composed such songs as “I Want to Hold Your Hand,” “All You Need Is Love,” “Give Peace a Chance,” “Working Class Hero” and “Beautiful Boy,” to name a few.

In September of 1974, a group of us kids ditched school so we could catch a glimpse of John Lennon. He was to be guest DJ on Boss Radio 93 KHJ, on the breakfast show, to promote his new album, “Walls and Bridges.” He and Yoko had been split apart since “Mind Games” the year before and John was staying with his old pal, (“My favorite group,” said John) Harry Nilsson. The two of them had infamously disturbed a Smothers Brothers show at Doug Weston’s Troubadour in West Hollywood some months earlier.

On that September morning, I got to wave to Lennon through a chain link gate, as he emerged from his limo.

“Smoke a doobie?,” shouted our friend, Tony Sandoval. “It’s a bit early in the morning, love,” Lennon called back. Lennon was in the midst of a battle to remain in the United States, stemming from a contrived hash bust several years earlier in London. The Nixon government had been hounding him since he and Yoko moved to New York in the early seventies. Nixon was convinced that Lennon and new pals Abbie Hoffman and Jerry Rubin had plans to disrupt the Republican convention in 1972, where Tricky Dick was to be re-nominated. Two years later, Nixon resigned in disgrace, John and Yoko went their separate ways and John was making plenty of rock and roll while waiting for his immigration case to be settled.

Over the next three hours, Lennon played DJ. We called in requests from the phone booth outside the studio at Melrose and Gower. “I’d love to play some Paulie for you.”

He obliged every request. Jerry Lee Lewis, Dylan, Little Richard, Nilsson, Ringo, Elton John. He spun them all like an excited teenager cut loose in a record store.

### “SO LONG AGO, WAS IT JUST A DREAM?”

“Walls and Bridges” was Lennon’s biggest hit as an ex-Beatle, featuring a catchy collaboration with his friend Elton John, who was scoring more number one records than any of the Beatles at that point. “Whatever Gets You Through the Night” was pure, apolitical, rock and roll joy, unlike anything Lennon had released with or without the Beatles in several years. It would be his first and last number one single without the Beatles until after his death six years later.

The stylistically-varied, Phil Spector-

produced album also included a very un-Beatles-like jazz-inflected ode to Yoko, “Bless You,” a return to his surreal, sugar cube-flavored period with “Number Nine



Dream,” and a mournful Dylan-esque ballad, “Nobody Loves You When You’re Down and Out,” on which he credited himself as Dwarf McDougal (in a humorous nod to Dylan, whose publishing company was called Dwarf Music and who had started out in Greenwich Village at the famous corner of Bleecker and McDougal.)

During his so-called Lost Weekend, Lennon also recorded a collection of oldies, simply titled, “Rock and Roll,” which spawned another hit, a cover of Ben E. King’s “Stand By Me.” This song was a heartfelt interpretation, as great as his early rhythm and blues covers – “Anna,” “You’ve Really Got a Hold On Me,” e.g. – with the Beatles. He could really sing them with feeling. Gutsy and vulnerable at the same time, like a wounded choir boy.

His was a voice which sang for all who had the heart to listen. “Stand By Me” was an unofficial theme song for his effort to stay in the US, as his fans, such as those of us outside that radio station, circulated “Save Lennon” petitions, inspired by Jan Wenner and Rolling Stone magazine and mailed them off by the thousands to Congress.

Lennon celebrated his successful return to pop radio – and his legal victory, which allowed him to remain in the States (“where everything is happening”) – by performing with Elton John in New York City, where Elton had choreographed a reunion with Yoko. On Lennon’s 35th birthday the following October, Yoko gave birth to their first and only child together, Sean. Over the next five years, little was seen or heard of the Lennons.

(Once I thought I spotted John and Yoko, looking very much as they had in the late 60s, longhaired, driving an old station wagon on the Sunset Strip. I dismissed it as being impossible, though, until their return to the public eye, when they told about driving an old station wagon, to maintain anonymity, across country, from Manhattan to L.A.)

### THE LOST DECADE

Somehow, that group of kids, all except for the one who wound up driving off a cliff on Mulholland Drive, survived the rest of that decade-in-decline with no more new output from John Lennon. Aside from appearing at Jimmy Carter’s Inauguration in 1977, the Lennons were nowhere, man.

We had, in our possession, 14 US-released Beatles albums, 15 John (and John & Yoko) albums, plus the hits collections and a few bootlegs, 4 Beatles movies, the long-awaited theatrical release of “Magical Mystery Tour,” ready-made for tripping at the Vagabond Theatre in downtown L.A., Beatles cartoons, “How I Won the War,” “Lennon Remembers,” “In His Own Write” and “A Spaniard In the Works” to get us through the post-Nixon years. All of which had happened in the short span of eleven years.

Along the way, we discovered Utopia, 10cc, P-Funk, Roxy Music and Eno, Iggy, Kevin Ayers, John Cale, Patti Smith and Television, the Ramones, The Modern Lovers, the Pistols and the Clash, Elvis Costello and Nick Lowe, Mink DeVille, Blondie, Talking Heads, the B52’s, Devo, Kraftwerk, XTC, The Stranglers, Tom Waits... The seventies didn’t suck. Only the mainstream radio did.

Then, in May of 1979, we received contact from John and Yoko in the form of a full-page ad, “A Love Letter... To People Who Ask Us What, When and Why.” John and Yoko had, upon becoming parents to Sean, decided to undertake a “Spring Cleaning” of their minds. They quoted the “Good Book” (“Where two are gathered...”), talked about “wishing and praying,” declaring that “magic is real.” “When somebody is angry with us, we draw a halo around his or her head in our minds. Does the person stop being angry then? Well, we don’t know! We know, though, that when we draw a halo around a person, suddenly the person starts to look like an angel to us.”

To those of us who had felt abandoned by our adopted hippie parents, our Mr. & Mrs. Peace, the love letter was not necessarily all that reassuring. “Remember, our silence is a silence of love and not of indifference. Remember, we are writing in the sky instead of on paper -- that’s our song. Lift your eyes and look up in the sky. There’s our message. Lift your eyes... and you will see that you are walking in the sky, which extends to the ground. We are all part of the sky, more so than of the ground. Remember, we love you.”

Well, it was sort of reassuring. But we wanted songs that weren’t just written “in the sky.”

### STARTING OVER

17 months would go by before there was another “sign” from John and Yoko. This time, an article in Esquire magazine confused us further, with stories of the Lennon’s dairy farms and seclusion in a Gothic apartment overlooking Central Park. Rumors that John’s fingernails had grown several inches long and that he

# Season Of Glass

had become a Howard Hughes figure fueled our worry until, suddenly, they were back.

It was announced that David Geffen's new label would soon be releasing a brand new John and Yoko album. "Double Fantasy" began getting airplay in November, 1980 and the first single, appropriately titled "(Just Like) Starting Over" was climbing the charts. It had Lennon impersonating Elvis, with doo-wop backing vocals and it whet our appetites for more. More interesting was Yoko's b-side, "Kiss, Kiss, Kiss." Suddenly, as John announced gleefully in numerous interviews, the times had caught up with Yoko's style. New Wave and Punk music had tuned the public's ears to her adventurous work .

It almost didn't matter that, politically, the nation had taken a drastic turn to the extreme right, when, in a violent backlash to the gains in progressive thinking, human freedom and open culture, a former actor-turned California governor was elected President.

John and Yoko were back. They were getting ready to tour the world to promote their new album, their new philosophy. John was okay. He was something called a "house-husband" now. He was talking about Martin Luther King and Gandhi and non-violence and...

## SEASON OF GLASS

Then it happened. Looking back at the Annie Liebowitz Rolling Stone magazine cover, with John's nude body wrapped around Yoko's, in a fetus position, the chill that goes through my body, through our collective soul, is as fresh tonight as it was that dark Monday night in December, twenty five years ago.

My girlfriend sat me down to tell me. Her little girl said something wise, such as, "He's not really dead, you know." My fist went through a glass window. Lovey called from New York on her way to the spontaneous mass outside the Dakota. My father called to offer this: "If it had been Paul instead of Jesus, the impact on the world would not have been the same."

Conspiracy theorist Mae Brussell (1922-1988), whose research into the JFK assassination made her a popular figure in left-leaning radio, (and who predicted RFK's assassination and the Chappaquiddick incident), and whose first published work for Paul Krassner's The Realist had been financed by John Lennon, had the following to say a year after Lennon's murder:

"...The date of Lennon's murder, and the careful selection of this particular victim are very important. Six weeks after Lennon's death, Ronald Reagan would become President. Reagan and his soon-to-be appointed cabinet were prepared to build up the Pentagon war machine and increase the potential for war against the USSR. The first strike would fall on small countries like El Salvador and Guatemala. Lennon, alone, was the only man (even without his fellow Beatles) who had the ability to draw out one million anti-war protestors in any given city within 24 hours if he opposed those war policies.

John Lennon was a spiritual force. He was a giant like Gandhi, a man who wrote about peace and brotherly love. He taught an entire generation to think for themselves and to challenge authority..."

Brussell went on to say, "On my radio show of December 7, 1980, I stated that 'the old assassination teams are coming back into power.' The very people responsible for covering up the murders of President John F. Kennedy, Senator Robert Kennedy, Reverend Martin Luther King...and for hundreds of other deaths, had only six weeks before they would again be removing or silencing those voices of opposition to their policies.

"Lennon was coming out once more... He was preparing to be part of the world, a world which was a worse place since the time he had withdrawn with his family. It was a sure bet Lennon would react and become a social activist again. That was the threat. Lennon realized that there was danger coming back into public view. He took that dangerous chance, and we all lost!"

In 1965, Lennon said the following words to a journalist friend, Maureen Cleave: "Christianity will go. It will vanish and shrink. I needn't argue that; I'm right and I will be proved right. We're more popular than Jesus now."

Immediately after Lennon's murder in front of his home overlooking Central Park West, his killer was described as a disaffected Beatles fan, a born-again fundamentalist Christian who had been active in the YMCA. Later, information that the killer had traveled to Beirut to work for the YMCA raised eyebrows among those who



Researcher Mae Brussell understood why John Lennon was murdered

suspected that the Christian youth camp in Lebanon was a CIA-training camp.

Speaking of Lennon's utopian, secular humanist ballad, "Imagine," in Christianity, Mark Greene writes, "In retrospect, the word 'dreamer' seems a somber choice – the other dreamers of the 60s, Martin Luther King, and John and Robert Kennedy's, optimistic humanists both, had fallen to the assassin's bullet – as Lennon would also fall. Ideas are more dangerous than armies. As men with guns know."

**"NO SHORT-HAIRED, YELLOW-BELLIED SON OF TRICKY DICKY'S GONNA MOTHER HUBBARD SOAP ME WITH JUST A POCKET FULL OF HOPE...JUST GIVE ME SOME TRUTH. ALL I WANT IS THE TRUTH"**

Maybe it was just some deranged Beatles fan – "An 'autograph hound' armed with a golden platter and a gun/ kneeled before John and killed the Beatles," as Allen Ginsberg put it, in "Amnesiac Thirst for Fame."

"Did someone steal Mona Lisa's smile forever from the Louvre?," wrote the late poet.

Ten years ago, I had an occasion to revisit the place where I had once seen John Lennon, waving to his devoted fans, where he turned down a morning spliff, on his way in to do the work of promoting his latest record.

Waiting for permission to enter, I gazed across to the place where Lennon had been so alive, no larger than life itself, when I was a teenager, all those years ago. I told the security guard at the gate that I had once upon a time, "so long ago, was it in a dream," seen the giant, the spiritual force behind the Beatles, right there on that spot.

The security guard then shared with me, his own brush with Lennon. "My father was a Secret Service agent. He had been with Nixon for years. On the night John Lennon was killed, my father was having dinner with Mr. and Mrs. Nixon, just around the corner from the Dakota where Lennon was shot."

I stood there quietly until I was granted permission to enter the radio station. I thought about the group of friends who had ditched school that morning. I remembered that when the limo pulled away, we followed it as far as we could, all the way to Pacific Coast Highway, where we finally lost sight of his long black carriage. We jumped and played on the beach, ecstatic, like a scene from "A Hard Days Night."

We had seen John Lennon and it wasn't just a dream.

Ted Quinn - November 14, 2005  
tedquinn@nomadhouse.com

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# The Logic of Suicide Terrorism: It's The Occupation, Not The Fundamentalism

(From Page 7)

and three times the population of Saudi Arabia-with some of the most active groups in suicide terrorism against the United States. However, there has never been an al-Qaeda suicide terrorist from Iran, and we have no evidence that there are any suicide terrorists in Iraq from Iran.

Sudan is a country of 21 million people. Its government is extremely Islamic fundamentalist. The ideology of Sudan was so congenial to Osama bin Laden that he spent three years in Sudan in the 1990s. Yet there has never been an al-Qaeda suicide terrorist from Sudan.

**I have the first complete set of data on every al-Qaeda suicide terrorist from 1995 to early 2004, and they are not from some of the largest Islamic fundamentalist countries in the world. Two thirds are from the countries where the United States has stationed heavy combat troops since 1990.**

**Another point in this regard is Iraq itself. Before our invasion, Iraq never had a suicide-terrorist attack in its history. Never.** Since our invasion, suicide terrorism has been escalating rapidly with 20 attacks in 2003, 48 in 2004, and over 50 in just the first five months of 2005. Every year that the United States has stationed 150,000 combat troops in Iraq, suicide terrorism has doubled.

**TAC:** So your assessment is that there are more suicide terrorists or potential suicide terrorists today than there were in March 2003?

**RP:** I have collected demographic data from around the world on the 462 suicide terrorists since 1980 who completed the mission, actually killed themselves. This information tells us that most are walk-in volunteers. Very few are criminals. Few are actually longtime members of a terrorist group. For most suicide terrorists, their first experience with violence is their very own suicide-terrorist attack.

**There is no evidence there were any suicide-terrorist organizations lying in wait in Iraq before our invasion. What is happening is that the suicide terrorists have been produced by the invasion.**

**TAC:** Do we know who is committing suicide terrorism in Iraq? Are they primarily Iraqis or walk-ins from other countries in the region?

**RP:** Our best information at the moment is that the Iraqi suicide terrorists are coming from two groups-Iraqi Sunnis and Saudis-the two populations most vulnerable to transformation by the presence of large American combat troops on the Arabian Peninsula. This is perfectly consistent with the strategic logic of suicide terrorism.

**TAC:** Does al-Qaeda have the capacity to launch attacks on the United States, or are they too tied down in Iraq? Or have they made a strategic decision not to attack the United States, and if so, why?

**RP:** Al-Qaeda appears to have made a deliberate decision not to attack the United States in the short term. We know this not only from the pattern of their attacks but because we have an actual al-Qaeda planning document found by

Norwegian intelligence. The document says that al-Qaeda should not try to attack the continent of the United States in the short term but instead should focus its energies on hitting America's allies in order to try to split the coalition.

What the document then goes on to do is analyze whether they should hit Britain, Poland, or Spain. It concludes that they should hit Spain just before the March 2004 elections because, and I am quoting almost verbatim: Spain could not withstand two, maximum three, blows before withdrawing from the coalition, and then others would fall like dominoes.

That is exactly what happened. Six months after the document was produced, al-Qaeda attacked Spain in Madrid. That caused Spain to withdraw from the coalition. Others have followed. So al-Qaeda certainly has demonstrated the capacity to attack and in fact they have done over 15 suicide-terrorist attacks since 2002, more than all the years before 9/11 combined. **Al-Qaeda is not weaker now. Al-Qaeda is stronger.**

**TAC:** What would constitute a victo-

## We Have United Them Against Us !

ry in the War on Terror or at least an improvement in the American situation?

**RP:** For us, victory means not sacrificing any of our vital interests while also not having Americans vulnerable to suicide-terrorist attacks. In the case of the Persian Gulf, that means we should pursue a strategy that secures our interest in oil but does not encourage the rise of a new generation of suicide terrorists.

In the 1970s and the 1980s, the United States secured its interest in oil without stationing a single combat soldier on the Arabian Peninsula. Instead, we formed an alliance with Iraq and Saudi Arabia, which we can now do again. We relied on numerous aircraft carriers off the

coast of the Arabian Peninsula, and naval air power now is more effective, not less. We also built numerous military bases so that we could move large numbers of ground forces to the region quickly if a crisis emerged.

That strategy, called "offshore balancing," worked splendidly against Saddam Hussein in 1990 and is again our best strategy to secure our interest in oil while preventing the rise of more suicide terrorists.

**TAC:** Osama bin Laden and other al-Qaeda leaders also talked about the "Crusaders-Zionist alliance," and I wonder if that, even if we weren't in Iraq, would not foster suicide terrorism. Even if the policy had helped bring about a Palestinian state, I don't think that would appease the more hardcore opponents of Israel.

**RP:** I not only study the patterns of where suicide terrorism has occurred but also where it hasn't occurred. Not every foreign occupation has produced suicide terrorism. Why do some and not others?

Here is where religion matters, but not quite in the way most people think. In virtually every instance where an occupation has produced a suicide-terrorist campaign, there has been a religious difference between the occupier and the occupied community. That is true not only in places such as Lebanon and in Iraq today but also in Sri Lanka, where it is the Sinhala Buddhists who are having a dispute with the Hindu Tamils.

When there is a religious difference between the occupier and the occupied, that enables terrorist leaders to demonize the occupier in especially vicious ways. Now, that still requires the occupier to be there. Absent the presence of foreign troops, Osama bin Laden could make his arguments but there wouldn't be much reality behind them. The reason that it is so difficult for us to dispute those arguments is because we really do have tens of thousands of combat soldiers sitting on the Arabian Peninsula.

**TAC:** Has the next generation of anti-American suicide terrorists already been created? Is it too late to wind this down, even assuming your analysis is correct and we could de-occupy Iraq?

**RP:** Many people worry that once a large number of suicide terrorists have acted that it is impossible to wind it down. The history of the last 20 years, however, shows the opposite. Once the occupying forces withdraw from the homeland territory of the terrorists, they often stop-and often on a dime.

In Lebanon, for instance, there were 41 suicide-terrorist attacks from 1982 to 1986, and after the U.S. withdrew its forces, France withdrew its forces, and then Israel withdrew to just that six-mile buffer zone of Lebanon, they virtually ceased. They didn't completely stop, but there was no campaign of suicide terrorism. Once Israel withdrew from the vast bulk of Lebanese territory, the suicide terrorists did not follow Israel to Tel Aviv.

This is also the pattern of the second Intifada with the Palestinians. As Israel is at least promising to withdraw from

## This Is A Flawed Policy Wrapped In Illusion !

Palestinian-controlled territory (in addition to some other factors), there has been a decline of that ferocious suicide-terrorist campaign. This is just more evidence that withdrawal of military forces really does diminish the ability of the terrorist leaders to recruit more suicide terrorists.

That doesn't mean that the existing suicide terrorists will not want to keep going. I am not saying that Osama bin Laden would turn over a new leaf and suddenly vote for George Bush. There will be a tiny number of people who are still committed to the cause, but the real issue is not whether Osama bin Laden exists. It is whether anybody listens to him. That is what needs to come to an end for Americans to be safe from suicide terrorism.

**TAC:** There have been many kinds of non-Islamic suicide terrorists, but have there been Christian suicide terrorists?

**RP:** Not from Christian groups per  
(Continued on Page 11 )

# The Logic of Suicide Terrorism: It's The Occupation, Not The Fundamentalism

(From Page 10)

se, but in Lebanon in the 1980s, of those suicide attackers, only eight were Islamic fundamentalists. Twenty-seven were Communists and Socialists. Three were Christians.

**TAC:** Has the IRA used suicide terrorism?

**RP:** The IRA did not. There were IRA members willing to commit suicide—the famous hunger strike was in 1981. What is missing in the IRA case is not the willingness to commit suicide, to kill themselves, but the lack of a suicide-terrorist attack where they try to kill others.

If you look at the pattern of violence in the IRA, almost all of the killing is front-loaded to the 1970s and then trails off rather dramatically as you get through the mid-1980s through the 1990s. There is a good reason for that, which is that the British government, starting in the mid-1980s, began to make numerous concessions to the IRA on the basis of its ordinary violence.

In fact, there were secret negotiations in the 1980s, which then led to public negotiations, which then led to the Good Friday Accords. If you look at the pattern of the IRA, this is a case where they actually got virtually everything that they wanted

through ordinary violence.

**The purpose of a suicide-terrorist attack is not to die. It is the kill, to inflict the maximum number of casualties on the target society in order to compel that target society to put pressure on its government to change policy.** If the government is already changing policy, then the whole point of suicide terrorism, at least the way it has been used for the last 25 years, doesn't come up.

**TAC:** Are you aware of any different strategic decision made by al-Qaeda to change from attacking American troops or ships stationed at or near the Gulf to attacking American civilians in the United States?

**RP:** I wish I could say yes because that would then make the people reading this a lot more comfortable.

The fact is not only in the case of al-Qaeda, but in suicide-terrorist campaigns in general, we don't see much evidence that suicide-terrorist groups adhere to a norm of attacking military targets in some circumstances and civilians in others.

In fact, we often see that suicide-terrorist groups routinely attack both civilian and military targets, and often the military targets are off-duty policemen who are unsuspecting. They are not really prepared

for battle.

The reasons for the target selection of suicide terrorists appear to be much more based on operational rather than normative criteria. They appear to be looking for the targets where they can maximize the number of casualties.

In the case of the West Bank, for instance, there is a pattern where Hamas and Islamic Jihad use ordinary guerrilla attacks, not suicide attacks, mainly to attack settlers. They use suicide attacks to penetrate into Israel proper. Over 75 percent of all the suicide attacks in the second Intifada were against Israel proper and only 25 percent on the West Bank itself.

**TAC:** What do you think the chances are of a weapon of mass destruction being used in an American city?

**RP:** I think it depends not exclusively, but heavily, on how long our combat forces remain in the Persian Gulf. The central motive for anti-American terrorism, suicide terrorism, and catastrophic terrorism is response to foreign occupation, the presence of our troops. The longer our forces stay on the ground in the Arabian Peninsula, the greater the risk of the next 9/11, whether that is a suicide attack, a nuclear attack, or a biological attack  
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# Labor and Democrats Betray Females On Repro Rights

(From Page 4)

Proposition 73 too “divisive” for certain Alliance members—such as the prison guards union—to agree upon an “oppose” position. Although some expressed frustrations about labor “missing the boat” on women’s issues that matter to Democrats, in the end, they agreed to join and represent the Alliance.

Women, already wary about the Democratic Party’s reliability and trustworthiness on the issue of choice, now have additional doubts created by Democrats participating in an alliance that turned their back on this nation’s most recent reproductive rights struggle. This betrayal says: We’re with you only when it’s convenient . . . when we want your votes, time, or money.

Democrats truly loyal to their party’s official pro-choice position could have easily insisted that the Alliance for a Better California adopt an “oppose” position on Proposition 73, and told Alliance members not willing to stand up for women’s rights to find another venue for fighting Schwarzenegger’s anti-worker initiatives. But many Democrats chose instead to compromise on a bottom line issue in order to gain favor with unions like the prison guards, comprised of members whose views are largely conservative.

What other civil rights issues are too controversial for labor? In 2000, Proposition 22—the marriage amendment to ban same-sex marriage in California—was considered by labor to be too controversial. The unions refused to take a position in favor of expanding civil rights, claiming it wasn’t a labor issue. Martin Luther King, Jr. once said, “Injustice anywhere is a threat to justice everywhere.” Today, it’s denying civil rights to teenage females and lesbians

and gays; tomorrow, it’s someone else’s rights that will be up for grabs.

Labor’s refusal to oppose Proposition 73 raises many questions: What can females now expect from organized labor now that labor has shown a willingness to “jump ship” on one of their bottom line issues? And perhaps more importantly, what can labor expect in return from females—who they desperately need in order to survive? And one must ask: Does labor’s refusal to oppose Proposition 73 reflect the lack of gender equality within the unions? These are questions labor must face and resolve, or they will face further demise.

Alarms have been sounded nationally and globally by labor’s refusal to “walk the walk”—not just “talk the talk”—on gender equity issues. The lack of solidarity demonstrated by labor and Democrats professing to be pro-choice has further diminished their credibility,

and has rendered females even more vulnerable to future attacks on their reproductive rights.

The anti-choice, anti-labor ballot measures attempted in California represent only the “tip of the iceberg.” Similar initiatives will undoubtedly surface in other states. And labor, women, and others struggling for social and economic justice will need to demonstrate solidarity against common adversaries.

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**GET INVOLVED !  
BECOME FOCUSED !  
BECOME A SUBSCRIBER !  
TELL YOUR FRIENDS !  
BECOME ACTIVE !**

## We Speak

(in response to Laura Bush canceling  
the White House’s annual spoken word event  
In fear of it becoming “too political”)

....

<p><b>you may choose not to listen to me, but you may not inhibit our speech. It is our Hearts stretching through our throats, converted into words playing poetry, speaking the beat of truth, reaching for Peace. --yes, we speak politically.</b></p> <p><b>Yes, we speak politically -- It is the language you have chosen you gave us a dictionary of defined vocabulary, then you claim “democracy” while you define “hypocrisy” -- what are we to do?</b></p>	<p><b>yes, we speak politically -- because you said it was our duty. yes, we speak politically for indivisibility for liberty and justice for all</b></p> <p><b>yes, we speak politically, as the public of the republic we pledge to. if you choose not to listen, what are we to do?</b></p>
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*Elise Sky (Kost)*

# Bird Flu: Weapon Of Mass Deception

## Bush Uses Threat To Benefit Drug Companies

by Dave Brice

Using the threat of a bird flu pandemic in the same way he used the bogus threat of Iraqi WMD's in the runup to the Iraq War, President Bush is hoping to intimidate Congress into passing legislation that would grant blanket immunity from liability to pharmaceutical companies.

Such liability protection would extend to all instances of catastrophic health effects arising from the use of vaccines and other medications. This comes as the pharmaceutical industry faces the possibility of class-action lawsuits, similar to those brought against tobacco companies, stemming from the inclusion of the additive Thimerosal in vaccines routinely used to inoculate children against common childhood diseases.

Thimerosal contains mercury, and has been implicated by many scientists and doctors, including the American Academy of Pediatrics,

in the explosive increase in the incidence of autism in recent years

"At this moment there is no pandemic influenza in the United States or the world. But if history is our guide, there's reason to be concerned," Bush said in a speech at the National Institutes of Health on November 1. In the same speech he said the government must approve liability protection for those who manufacture vaccines.

Pharmaceuticals legislation currently under consideration by Congress which would confer blanket liability protection on drug manufacturers include S. 1783, The Biodefense and Pandemic Vaccine and Drug Development Act, and a similar bill in the House, H.R. 3970.

**The National Vaccine Information Center (NVIC), a watchdog consumer advocacy group, has called the pending legislation "an end-run by Pharma's friends in Congress to take away the civil rights of the American people."**

Avian flu outbreaks have occurred in Asia among people who live and work in close proximity to poultry. **However, the disease in its present form cannot be transmitted from one human to another. The need for a bird flu vaccine to be developed under emergency conditions is questionable.**

In addition, pharmaceutical companies already enjoy extensive protection against liability. The National Childhood Vaccine Injury Act of 1986 protects drug companies and doctors from almost all lawsuits, and there are only a handful of vaccine injury lawsuits pending in civil courts.

However, the possibility of class action suits arising from the use of Thimerosal has the big pharmaceutical firms worried enough to push for the current legislation. . The U.S. Department of Education has documented the rate of increase in the incidence of autism between 1992 and 2000 as 435 percent.

# NBC Chief: Liberals Don't Watch TV!

## Does This Explain MSNBC's Right-Leaning Lineup?

Appearing at a recent media conference, NBC president Bob Wright offered a novel rationale for the exclusion of liberal voices on cable news: Liberals don't watch TV

.During an interview with conservative MSNBC host Tucker Carlson, Wright responded to Carlson's question about offering a left-leaning channel by saying that progressives "don't listen to a lot of radio and they don't watch a lot of television"

It is ironic that Wright would say this to Carlson; if there's one thing many viewers don't seem to want to watch, it is Tucker Carlson's MSNBC show. In its first weeks on the air, Carlson's show was averaging about 200,000 viewers (Washington Post, 7/30/05).

Even with the addition of a tabloid-oriented show hosted by Rita Cosby, the channel's prime-time audience in August was about 325,000 viewers (New York Times, 8/29/05). So

if ratings are really what matter, one could argue that MSNBC's strategy of veering right--with shows hosted by Carlson and former Republican congressman Joe Scarborough--has clearly been a failure.

But recent history suggests that MSNBC makes programming decisions based more on politics than audience share. That was why Phil Donahue's MSNBC show was cancelled, even though it was the channel's highest-rated program at the time, averaging over 400,000 viewers when it was cancelled (New York Times, 2/26/03).

Internal MSNBC memos revealed that network management was worried that Donahue would be a "difficult public face for NBC in a time of war," because Donahue "seems to delight in presenting guests who are anti-war, anti-Bush and skeptical of the administration's motives"

The relative success of the Donahue show would seem to disprove Wright's claim that liberals don't watch TV, or that viewers aren't interested in hearing left-of-center views. It appears that it's NBC's corporate managers, and not viewers, who aren't interested in such perspectives.

The media watch group, FAIR (Fairness & Accuracy In Reporting) suggests that people contact NBC chairman Bob Wright and let him know whether or not you watch TV, and if you would watch a cable show hosted by a progressive. Bob Wright NBC Chairman can be reached at bob.wright@nbc.com or by telephone at: (212) 664-4444

FAIR is also asking Free Press readers to send documented examples of media bias or censorship along with copies of your correspondence with media outlets, including any responses, to fair@fair.org.

# Recruitment and Morale Drops Among U.S. Troops In Iraq

by Dave Brice

Morale among U.S. military personnel in Iraq, especially reserve troops called up to active duty, has become so dangerously low that the commanding general of the U.S. Army Reserve has expressed doubts about the Army's ability to continue functioning.

Sinking morale parallels and is fueled by the drop-off in recruitment numbers for both the regular Army and the Army Reserve.

In an internal Pentagon memo, written last December but only leaked to the press and published in the Baltimore Sun in early November of this year, Lt. General James Helmly called the Army Reserve a "broken" force, and said the reserve has reached a point where it cannot fulfill its missions in Iraq and Afghanistan.

About 40 percent of the active-duty troops in Iraq are reservists, some of whom have been forced to undergo two, three, or even four tours of duty, under the terms of the Rumsfeld Defense Department's "stop-loss" policy.

Stop Loss, the involuntary extension of active duty status of soldiers beyond their contractual obligation, has been called "a back-door draft" by Lieutenant Paul Rieckert, an Iraq veteran and Pentagon critic. Calling the policy "a band-aid solution," Rieckert contends that "Stop Loss is destroying the very concept of our volunteer military, is terribly damaging to morale, and is yet another indication that the original plan for war was flawed."

When asked 11 months ago whether the

morale-destroying Stop Loss policy would continue, Secretary of Defense Rumsfeld said he has no plans to discontinue the practice because it's important to maintain "unit cohesion."

Writing recently on the New York Times op-ed page, columnist Bob Herbert described Stop Loss and multiple deployments as "a form of Russian roulette."

One combat veteran known only as "hEkle" described the current level of morale as "pretty low."

In an interview published on the internet by Socialistworker.org, hEkle said "While we were in Iraq, (morale) was pretty low. It depends on what camp or operating base you were at. If you are at a place where you didn't go out on missions, but stayed on and provided support for others, morale was higher, because they weren't seeing the shit. Battalions that were going out every day and doing missions--their morale was pretty low.

"You're crammed into a 15-by-20-foot aluminum box with two other roommates--plus the heat, plus the miserable conditions, plus bad food for a whole year. You add it all up, and morale gets pretty low."

Because of morale problems caused by Stop Loss and the Army's rapidly diminishing recruitment rates, General Helmly says that under current procedures, and considering the inadequate numbers of recruits, his forces will be unable "to meet mission requirements asso-

ciated with Operation Iraqi Freedom and Enduring Freedom" in Afghanistan.

Helmly was especially critical of current Army use of financial incentives to attract and retain reservists on active duty, which the general says confuses "volunteers" with "mercenaries," and of the Defense Department's practice of calling reservists to active duty at only a few days' notice.

For those reservists already on the ground in Iraq, redeployment and extension of active duty time sometimes comes with no notice at all. In his chronicle of his service in Iraq, "The Last True Story I'll Ever Tell" (Riverhead Books, 2005), combat veteran John Crawford describes how it felt to have his hitch unexpectedly extended, and the devastating effect it had on troops' morale:

"Sir, there are rumors of a follow-on mission. Is that true? ...

"I'm working on that, men. I'll get back to you."

"That was how it went. Vague answers and no one ever asked what we all were thinking. 'Sir, are you fighting to get us a follow-on mission so that you and the rest of Headquarters Company can earn your combat infantry badges and you can get some leadership time in theater? Do you feel as though you missed the war and now you're going to make up for it with our blood and sweat? Are you upset because we came over, did our jobs, and are ready to go home while you did paperwork?'

"No one asked, because we already knew the answer. It was as clear on his face as the disgust was on ours."

## Book Review

**Kurt Vonnegut: A Man Without A Country**

By Dave Brice

Kurt Vonnegut has given up. He has relinquished all hope for the future of the United States, if it can even be said to have a future. In his eighties now, he's certain that life on earth will not long survive him. He's decided the human race is no damn good.

And he's in good company. Einstein, Gandhi, and Mark Twain all reached similar conclusions before they died.

"Why are you so deeply opposed to the disappearance of the human race?" Einstein asked himself in 1949, just a few years before his death. He answered the question with great difficulty.

"I have admitted my mistake," Gandhi grumbled bitterly in 1948, shortly before his assassination. "I thought our struggle was based on non-violence, whereas in reality it was no more than passive resistance, which essentially is a weapon of the weak."

Twain's take on the human condition was even bleaker. In 1898 when he was 63, he wrote "The Mysterious Stranger," a long short story whose premise is that the world and mankind were created by Satan rather than God.

"Strange, indeed," says the Devil to the lone human to whom he has revealed himself, "that you should not have suspected that your universe and its contents were only dreams, visions, fiction! Strange, because they are so frankly and hysterically insane -- like all dreams: a God who could make good children as easily as bad, yet preferred to make bad ones; who could have made every one of them happy, yet never made a single happy one; who made them prize their bitter life, yet stingily cut it short..."

In our own time Twain's cynicism seems prescient. If there is a God behind creation, why are there nuclear weapons, people burning one another with white phosphorus, and the apparent likelihood of environmental destruction snuffing out all life in his or her or its world? What kind of a God would make such a world?

Vonnegut has enthusiastically joined the chorus of cynical and pessemistic curmudgeons with his new book, **A Man Without A Country**. It's a book only because it consists of a few (135) printed pages between two hard covers; it's more accurately a very loosely connected melange of short essays, random thoughts, and aphorisms, guaranteed to leave any reader who's not a masochist depressed, angry, and forlorn.

On the subject of the oncoming energy catastrophe and the related topic of environmental destruction, Vonnegut is even gloomier than that Jeremiah of future energy shock, James Kunstler. "You want to talk about irresistible whoopee?" he asks in his characteristic high tone. "A booby trap."

"Fossil fuels, so easily set alight! Yes, and we are presently touching off nearly the very last whiffs and drops and chunks of them. All lights are about to go out. No more electricity. All forms of transportation are about to stop, and the planet earth will soon have a crust of skulls and bones and dead machinery.

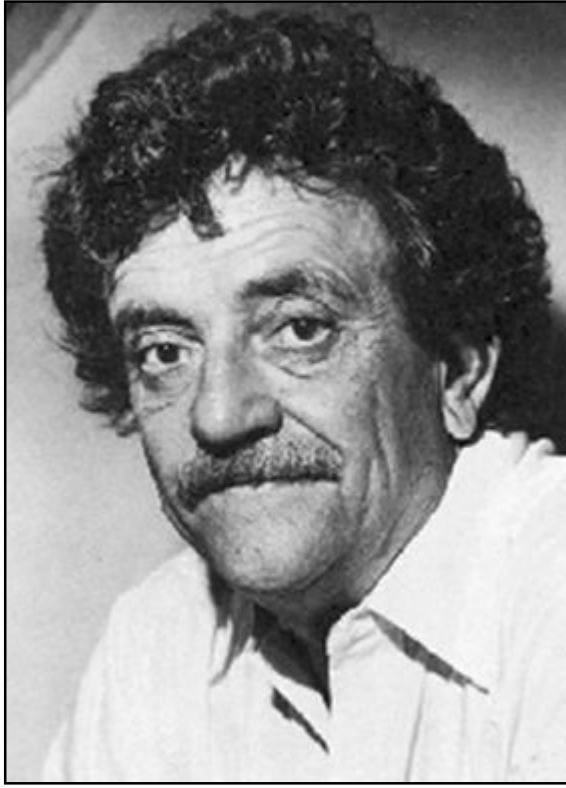
"And nobody can do a thing about it. It's too late in the game.

"Don't spoil the party, but here's the truth: We have squandered our planet's resources, including air and water, as though there were no tomorrow, and now there isn't going to be one."

Describing Americans as "proud, grinning, jut-jawed, pitiless war lovers with appallingly powerful weaponry," Vonnegut concludes, "So I am a man without a country..."

(snip)

"...I know now that there is not a chance in



hell of America becoming humane and reasonable. Because power corrupts us, and absolute power corrupts us absolutely. Human beings are chimpanzees who get crazy drunk on power. By saying our leaders are power-drunk chimpanzees, am I in danger of wrecking the morale of our soldiers fighting and dying in the Middle East? Their morale, like so many lifeless bodies, is already shot to pieces. They are being treated, as I never was, like toys a rich kid got for Christmas."

I can't disagree with any of Vonnegut's conclusions, but I have problems with his attitude

toward them. If it's true that there's no hope for America, and that planet earth has only a few days left, I'd rather enjoy what little sunshine remains and run up the bear flag to show I'm a patriotic Californian than give way to despair.

The problem is, people who are hopeless are also generally mean and depressed. I don't know whether Vonnegut is mean, but I know I would be if I gave up, gave in, and surrendered to hopelessness.

Anyway, Vonnegut, Twain, Gandhi, and Dr. Einstein notwithstanding, there are still a few people of advanced age and great knowledge who hold out at least some guarded hope for the future. Two that I know of are the old socialist and historian Howard Zinn, who claims that "The abolition of war is not to be dismissed as utopian," and the indefatigable crusader Doris Haddock, who still maintains, even in the face of an imperialistic and repressive neocon regime, that the real Americans "are resolved to help each other. We are resolved to represent love in the world and to follow our national dream."

In a way I find Kurt Vonnegut's pessemism and cynicism strange. If God smites atheists, he, she, or it would certainly not have omitted smiting one like Vonnegut who has been court-ing the undertaker, chain smoking unfiltered Pall Mall cigarettes for 70 years. Something like Providence, if not a deity, seems to be keeping this octogenarian curmudgeon around for the fulfillment of some mysterious and wonderful purpose, of which he is thus far uninformed.

When he finds out what it is, he'll cop a new attitude.

-30-

**A Letter To A Congressman**

This is the text of an email I sent today to our local Congressman, Jerry Lewis:

Dear Representative Lewis:

I just sent an email expressing gratitude to the 29 Republican Representatives who had the guts to take an important stand in opposing the inclusion of exploration and drilling in the Arctic National Wildlife Refuge (ANWR) in the budget bill. Sadly, you were not among them. Unfortunately, your voting record appears to place you in the "rubber stamp" category in regards to your blindly following your party line, irrespective of the merits of the issues -- or the desires of your constituents and the American public as a whole.

While I can't speak for all of the people in your district, I can say that virtually everyone I know opposes defiling still more of our precious environment by an assault on the ANWR. The potential gains just don't justify it--at all. Most thinking people, when the facts are considered, would eagerly support taking action to reduce our obvious over-consumption of gasoline as a transportation fuel by mandating more efficient fuel consumption standards for the auto industry, while opposing such destructive band-aid measures as the rape of ANWR. Yet you, Mr. Lewis, seemingly willing to ignore facts and reason, support such an attack on our environmental resources, while at the same time opposing better automotive fuel efficiency measures and voting merrily to give away our hard-earned tax dollars to the already grossly over-profitable oil industry for "business as usual." For me, your voting record adds up to your being a deep disappointment as a representative. You certainly don't represent me--nor, for that matter, do you appear to represent the views of most of the people that I know here in the Morongo Basin.

You ran without opposition in the last election. However I certainly hope that a sincere and qualified candidate surfaces to run against you in the next--one that more accurately reflects the integrity and values that my friends and I choose to embrace in our lives. It would be my pleasure to throw all of the support I can muster in their direction. Yes, I know that the voters in your district are predominately Republican, but given the lack of integrity and incompetence that is being displayed in increasing amounts each day by this administration and so many of your associates, you may find your party affiliation to be more of a liability than an asset. In that light, you may even wish to reassess your own integrity and values.

Rest assured that my growing opposition to your representation is not based simply upon your party affiliation, but rather upon the individual positions you have chosen to take as they are reflected in your personal voting record--please recall that this communication was motivated by my just having sent an email of thanks to 29 Republicans. While I am not so naïve to think that you give a damn about what I may think, I can't help but wish that my words might actually have some influence upon you and the future choices you make in Congress on our behalf.

Sincerely, Sam Sloneker, Yucca Valley, California

# Free Will Astrology

Week of December 1, 2005 © Copyright 2005 Rob Breznsky

**ARIES (March 21-April 19):** As I meditated on your immediate future, I got a vision of you making your way through an obstacle course--scurrying across booby-trapped terrains, shimmying through tunnels, climbing over barriers, leaping across ditches. Curiously, there was not the least bit of stress etched on your face. On the contrary, your eyes were wide and your expression was exultant. You seemed to regard this not as an ordeal, but as a welcome opportunity to expand your resourcefulness.

**TAURUS (April 20-May 20):** In 1953, Ena Bridge got engaged to Tony Baker in their hometown of Kent, England. But they broke up and lost touch with each other until recently. Now they're engaged again, planning to go through with the marriage they shrunk back from 52 years ago. I regard them as your good luck charms, Taurus. Soon you, too, will be returning to the site of a long lost dream, or revisiting a desire you abandoned years ago, or exploring a potential union you gave up on in the past.

**GEMINI (May 21-June 20):** I was born in Texas near a facility that manufactured nuclear weapons. When I lived in South Carolina, my neighbor was a bigoted Klansman. During my time in Philadelphia, I found a hand grenade on the sidewalk. I was shot in North Carolina and beaten up in Michigan. I've almost been arrested on fraudulent charges twice, once in New York and once in Washington. Despite it all, I love America--every part of it, the red states as well as the blue states. I love its loudness, unpredictability, extravagance, and contradictions. I'm intrigued by the bizarre myths at the heart of the public discourse and entertained by the hysterical tone of that discourse. Now, using my example as inspiration, Gemini, proclaim your appreciation for influences that sometimes drive you half-crazy.

**CANCER (June 21-July 22):** "Dear Rob: Whenever I'm beset by fear, I sleep with the shield I made for myself. It's a hubcap on which I've glued a bunch of protective symbols, like a million dollars in Monopoly money, the fragment of a mirror I stole from the hospital where I was born, the toothbrush of an ex-lover I'm still good friends with, 20 Tamiflu pills arranged in the shape of a peace sign, a notebook page on which I wrote my best dream ever (in which my mom and dad were Mother Teresa and the Dalai Lama), a library card from Princeton with both my name and Einstein's on it, a painting of a mutant butterfly dive-bombing a rainbow that's on fire, and a bumper sticker that reads 'Adrenaline is my drug of choice.' -Laughing at My Anxieties." Dear Laughing: I love your shield idea so much I'm recommending it for my Cancerian readers while they're in their "I Love to Worry" season.

**LEO (July 23-Aug. 22):** Of course I want to do everything I can to help you make your dreams come true. But right now there's a more pressing concern. You've got to dream bigger and hotter and wilder. You need to demand more from your imagination and conjure up more daring fantasies. Here, then, is a prescription from your soul doctor: In the coming week, spend at least ten minutes a day brainstorming at the outskirts of your understanding.

**VIRGO (Aug. 23-Sept. 22):** Passing a video store window in San Francisco, I spied a poster advertising a set of DVDs for all seven years of some old TV program. What show it was, I couldn't tell. Most of the sign was obscured. But the blurb at the very top promised that "You may never get up off the couch again"--presumably because you'd become so immersed in the world of the TV show that you'd have no need to actually go out and live your own life. While I don't usually recommend that you pursue this kind of escapism, Virgo, it's perfectly fine--maybe even healthy--to do so now. Please feel free to disappear from the grind for a few days. If necessary, flee into an alternate reality.

**LIBRA (Sept. 23-Oct. 22):** "Every act of conscious learning requires the willingness to suffer an injury to one's self-esteem," wrote psychiatrist Thomas Szasz. "That is why young children, before they are aware of their own self-importance, learn so easily; and why older persons, especially if vain or important, cannot learn at all." I hope this observation is a sufficiently gentle preparation for your assignment, Libra. Are you ready to make the entire world your classroom, to expand your capacity to be taught, and to master a slew of new tricks? I hope so. To pull it off, you must be willing to let your ego die.

**SCORPIO (Oct. 23-Nov. 21):** Biologist Francis Crick (1916-2004) won a Nobel Prize for co-discovering the DNA molecule. Naturally, he didn't have any use for the religious right's pet dogma, Intelligent Design. But neither did he fully endorse evolution. That theory says Earth's first life forms arose from organic molecules, which in turn coalesced from inorganic matter. In Crick's opinion, that process was impossible because there wasn't enough time for such a stupendously complex series of events to unfold, given the fact that our planet is only 4.6 billion years old. To address the discrepancy, Crick favored the theory of "directed panspermia," which proposes that life arrived here via an advanced extraterrestrial civilization. Your assignment, Scorpio, is to do as Crick did: Carve out a middle ground between two competing perspectives,

transcending the narrow definitions that each of them uses to frame the big questions.

**SAGITTARIUS (Nov. 22-Dec. 21):** In her profile on poet John Ashbery in *"The New Yorker,"* Larissa MacFarquhar reports that his Manhattan apartment is deeply chaotic. "Everything needs to be open and nothing is ever closed," she quotes Ashbery's partner as saying. "Drawers. Cabinets. Closet doors. Everything! All possibilities must be available at all times." This happens to be my exact prescription for you, Sagittarius. Make your heart as innocent as possible. Suspend your opinions. Judge nothing. Be hungry for the raw truth and beauty that can be captured with the aid of naked receptivity. Oh, and keep all your cabinets and drawers open.

**CAPRICORN (Dec. 22-Jan. 19):** You might want to listen to "Doing the Unstuck," a song by The Cure. It could prod you to do what you know you should, which is expel yourself forcibly from the rut you're lodged in. "It's a perfect day for letting go/ for setting fire to bridges," the lyrics advise, "for rip-zipping and button-popping/ for dancing like you can't hear the beat." Maybe some of you are protesting, "But I want to use logic to \*think\* my way out of this jam." Here's what I have to say in response: You probably won't get unstuck with your rational mind alone, which is why you should do irrationally constructive things like singing liberation songs very loudly.

**AQUARIUS (Jan. 20-Feb. 18):** Did you know that the world has become dramatically more peaceful in the last 14 years? The 2005 Human Security Report documents how wars, coup d'états, and genocide have declined 40 percent since 1991. Weapons sales between countries have dropped 33 percent, and the number of refugees has diminished 45 percent. I hope this shocking data, which should have been trumpeted on the front page of every newspaper, will inspire you to throw yourself with rebellious exuberance into this week's assignment: Ignore the cynical masochists who preach doom and gloom, and take up the cause of zoom and boom. The astrological omens say this is your special time to explore the frontiers of pleasure, harmony, integrity, and freedom.

**PISCES (Feb. 19-March 20):** Singer-songwriter Leonard Cohen has recorded 11 albums, including *"Death of a Ladies' Man,"* produced by the legendary Phil Spector. Spector used unusual methods to provoke Cohen's genius, like holding a gun to the singer's head and demanding a more emotional delivery. I don't recommend that you enlist the services of a nut like Spector, nor do I think you should resort to such outrageous goads. I do, however, hope you'll find ways to give yourself friendly shocks that will move you to raise your expectations of yourself.

[Editor: Here's this week's homework:] Homework: What's the title of the book you'd like to write? What's the name of the rock band you'd be in? Testify at [www.freewillastrology.com](http://www.freewillastrology.com).

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# This War Cannot Be Stopped By A Loyal Opposition

By Jeremy Scahill

The refrain of the Democrats about being misled into supporting the invasion of Iraq has become really tired. And someone other than the White House smearmongers needs to say it: The Democrats cannot be allowed to use faulty intelligence as a crutch to hold up their unforgivable support for the Iraq invasion. What is DNC Chair Howard Dean's excuse? He wasn't in Congress and didn't have any access to Senate intelligence. Still, on March 9, 2003, just days before the invasion began, Dean told Tim Russert, on NBC's Meet The Press, "I don't want Saddam staying in power with control over those weapons of mass destruction. I want him to be disarmed."

During the New Hampshire primary in January 2004, which I covered for Democracy

John Kerry and his colleagues knew that. The Democrats didn't need false intelligence to push them into overthrowing Saddam Hussein's regime. It was their policy; a policy made the law of the land not under George W. Bush, but under President Bill Clinton when he signed the 1998 Iraq Liberation Act, formally initiating the process of regime change in Iraq.

Manipulated intelligence is but a small part of a bigger, bipartisan 15-year assault on Iraq's people. If the Democrats really want to look at how America was led into this war, they need to go back further than the current president's inauguration.

As bloody and deadly as the occupation has been, it was Bill Clinton who refined the art of killing innocent Iraqis following the Gulf War. One of his first acts as president was to bomb

Iraq. As the veteran Iraq activist and Nobel Prize nominee Kathy Kelly said often during the Clinton years, "It's easy to be a vegetarian between meals." The fact is that one of the great crimes of our times was committed by the Clinton administration with the support of many of the politicians now attacking Bush.

Herein lies the real political crisis in this country: the Democrats are not an opposition party, nor are they an antiwar party—never were. At best, they are a loyal opposition. The Democrats ran a pro-war campaign in 2004 with Kerry struggling to convince people that Dems do occupation and war better. The current head of the DNC, Howard Dean, never met a war he didn't adore until he realized he could exploit the energy and sincere hopes of millions of peace-loving Americans. Dean wasn't ever antiwar. In fact, during the 2004 campaign he attacked Kerry for opposing the Gulf War while laying out his own pro-war record.

"In 1991, I supported Gulf War. I supported the first President Bush," declared Dean. "Senator Kerry who criticizes my foreign policy, he voted against that war. I supported the Afghanistan war, because I felt it was about our national defense--3,000 of our people were killed. I supported President Clinton going into Bosnia and Kosovo."

How can Howard Dean look people in the eye today and pretend to speak with any credibility as an antiwar voice?

When the hawkish Democrat Rep. John Murtha bravely stepped forward to call for an immediate withdrawal of US troops from Iraq this week, he was quickly blasted by the White House and simultaneously disowned by powerful Democrats like John Kerry. Occupation lovers together again. The bloody scandal of the Iraq occupation has opened a rare and clear window into the truth about this country: there is one party represented in Washington—one that supports preemptive war and regime change. The reality is that the Democrats could stop this war if the will was there. They could shut down the Senate every day, not just for a few hours one afternoon. They could disrupt business as usual and act as though the truth were true: this war should never have happened and it must end now. The country would be behind them if they did it. But they won't. They will hem and haw and call for more troops and throw out epic lies about the US becoming a stabilizing force in Iraq and blame the Republicans for their own complicity and enthusiasm in the 15 years of bipartisan crimes against Iraq.

All of this begs for a multiparty system in this country and the emergence of a true opposition. The epic scale of the disaster in Iraq calls for epic lessons to be learned at home. Like the Bush White House, the Democrats have lost their credibility. They are undeserving of the blank check of "Anybody But Bush" and should never be allowed to cash it again. Rep. Rahm Emanuel, who heads up the House Democrat's election campaign, criticized Murtha's call for immediate withdrawal, saying, "At the right time, we will have a position." It is statements like that that should result in Emanuel and his colleagues losing theirs.

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Now!, I confronted Dean about that statement. I asked him on what intelligence he based that allegation. "Talks with people who were knowledgeable," Dean told me. "Including a series of folks that work in the Clinton administration."

A series of folks that work in the Clinton administration.

How does that jibe with the official Democratic line that they were misled by the Bush administration? Sounds like Howard Dean, head of the Democratic Party, was misled by...the Democrats. Dean's candor offers us a rare glimpse into the painful truth of the matter. As unpopular as this is to say, when President Bush accuses the Democrats of "rewriting history" on Iraq, he is right.

None of the horrors playing out in Iraq today would be possible without the Democratic Party. And no matter how hard some party leaders try to deny it, this is their war too and will remain so until every troop is withdrawn. There is no question that the Bush administration is one of the most corrupt, violent and brutal in the history of this country but that doesn't erase the serious responsibility the Democrats bears for the bloodletting in Iraq. As disingenuous as the Administration's claims that Iraq had WMDs is the flimsy claim by Democratic lawmakers that they were somehow duped into voting for the war.

The fact is that Iraq posed no threat to the United States in 2003 any more than it did in 1998 when President Clinton bombed Baghdad.

Iraq, following the alleged assassination plot against George HW Bush. Clinton's missiles killed the famed Iraqi painter Leila al Attar as they smashed into her home. Clinton presided enthusiastically over the most deadly and repressive regime of economic sanctions in history--his UN ambassador Madeline Albright calling the reported deaths of half a million children "worth the price." Clinton initiated the longest sustained bombing campaign since Vietnam with his illegal no-fly zone bombings, attacking Iraq once every three days for the final years of his presidency. It was under Clinton that Ahmed Chalabi was given tens of millions of dollars and made a key player in shaping Washington's Iraq policy. It was Clinton who mercilessly attacked Iraq in December of 1998, destroying dozens of Baghdad buildings and killing scores of civilians. It was Clinton that codified regime change in Iraq as US policy. Bush ordered the invasion of Iraq but he could not have done it without the years of groundwork laid by Clinton and the Democrats. How ironic it was recently to hear Clinton call the war "a big mistake."

It's easy to resist war with a president like Bush in the White House. Where were these Democrats when it was Clinton's bombs raining down on Iraq, when it was Clinton's economic sanctions targeting the most vulnerable? Many of them were right behind him and his deadly policies the same way they were behind Bush when he asked their consent to use force against

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# Carly's Poem: A Nation Rocked To Sleep

Have you ever heard the sound of a mother screaming for her son?  
 The torrential rains of a mother's weeping will never be done  
 They call him a hero, you should be glad that he's one, but  
 Have you ever heard the sound of a mother screaming for her son?  
 Have you ever heard the sound of a father holding back his cries?  
 He must be brave because his boy died for another man's lies  
 The only grief he allows himself are long, deep sighs  
 Have you ever heard the sound of a father holding back his cries?  
 Have you ever heard the sound of taps played at your brother's grave?  
 They say that he died so that the flag will continue to wave  
 But I believe he died because they had oil to save  
 Have you ever heard the sound of taps played at your brother's grave?  
 Have you ever heard the sound of a nation being rocked to sleep?  
 The leaders want to keep you numb so the pain won't be so deep  
 But if we the people let them continue another mother will weep  
 Have you ever heard the sound of a nation being rocked to sleep?

Carly Sheehan

by **Cindy Sheehan**

The sounds my daughter wrote about in her inspired poem, so poignantly and amazingly a few weeks after her brother, my son, was killed in Iraq, have been repeated over and over again too many times since the criminal invasion/occupation of Iraq began in March of 2003.

These sounds are imprinted in my DNA.

I will never, ever forget the night of April 4, 2004, when I found out that Casey had been killed. After what seemed an eternity, I finally began to wonder who or what was making those horrible screaming noises. Then I realized it was me.

It couldn't have been Casey's father, because he was paralyzed in stunned silence holding the pair of pants he had been folding when the deliverers of death news arrived.

I will also never forget the day when we buried my sweet boy, my oldest son. I'll never forget the playing of taps, or the violent, and in hindsight, thoughtless, volley of the 21-gun salute.

If I live to be a very old lady and forget everything else, I will never forget when

the general handed me the folded flag that had lain on Casey's coffin, as his brother and sisters, standing behind me, sobbed.

The saddest thing about the obscene sounds of violence is that they never should have been heard in the first place.

From Maine to California, and from Baghdad to Falluja, these dirges were unnecessary.

In my travels, and from hundreds of emails, phone calls, and cards and letters, I am discovering that people who formerly supported the invasion of Iraq are withdrawing their support.

I even believe that many of our fellow citizens who still support the ignominy of Iraq are doing so because they are clinging to the deceptions so desperately, because they want the deceptions to so be the truth.

It will be painful to come to terms with supporting the lies of this administration. It will be painful to know that wholesale killing of innocent people occurred because you and so many others believed the betrayals, but acknowledging the mistake is the first step to correcting it.

And believe me, acknowledging the mistake is not as painful as hearing those

devastating sounds.

Rep. Walter Jones (R-NC) has realized that he had been duped into supporting the invasion.

I have spoken to him about his change of heart, and he is so sad that his wholehearted support of the administration helped cause so many good people to hear those gut wrenching sounds of grief. But he is going forward to do what he can to end this occupation as soon as possible.

He has co-sponsored a bi-partisan bill (HRJ 55) with other Congressional leaders like Dennis Kucinich (D-OH) and Ron Paul (R-TX) to force our administration into a troop withdrawal beginning October 1, 2006.

The bill is a good first step to ensuring that families here in America and all over the world do not have to suffer needless death in war.

However, I would like the withdrawal to begin tomorrow, because I don't even want to try and imagine the sounds Casey heard before he died.

I don't want to imagine the sound of the bullet strong enough to pierce the Kevlar coating on his helmet to rip through his skull.

I don't want to know the sounds of a mother in Iraq wailing for her entire family.

These sounds need to stop immediately. It is time to bring our troops home.

The sound I do want to hear is the sound of a Nation Waking Up. I will rejoice to hear the sounds of the collective Mea Culpa and the beating of breasts.

I want to hear the deafening clicks as the steady stream of news-ertainment is turned off, propaganda that is turning us into zombies who are numb to the truth.

I want to hear the sound of our children getting off planes and boats from Iraq to the joyful squealing of their children and the deep sighs of relief from their spouses, parents, and other loved ones.

I want to hear our citizenry lifting up their voices in chorus and singing, "We will never let this happen again."

Cindy Sheehan  
 Co-Founder  
 Gold Star Families for Peace  
 July 18, 2005

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