|  |  |
| --- | --- |
| **Jihad Report** **Mar 23, 2019 -** **Mar 29, 2019** | |
| Attacks | **25** |
| Killed | **164** |
| Injured | **155** |
| Suicide Blasts | **2** |
| Countries | **10** |

**Federal Spending Highest in a Decade**

The federal government spent $1,822,712,000,000 in [the first five months of fiscal 2019](https://www.fiscal.treasury.gov/reports-statements/mts/current.html), the most it has spent in the first five months of any fiscal year since 2009, which was the fiscal year that outgoing President George W. Bush signed a $700-billion law to bailout the banking industry and incoming President Barack Obama signed a $787-billion law to stimulate an economy then in recession.

At the same time that federal spending was hitting this ten-year high, federal tax revenues in the first five months of the fiscal year were hitting a four-year low of $1,278,482,000,000.

According to the [Monthly Treasury Statement for February](https://www.fiscal.treasury.gov/reports-statements/mts/current.html), the Treasury spent $1,822,712,000,000 in the five months from October 2018 through February 2019, the first five months of the federal fiscal year.

The last time the Treasury spent more than that in the first five months of a fiscal year—in inflation-adjusted constant February 2019 dollars—was fiscal 2009. That year, the Treasury spent $1,936,268,470,000.

If course the difference between Obama’s spending and Trump’s spending is worlds apart. After the accounting was completed, we discovered that 91% of Obama’s stimulus funds were awarded to DNC donors or bundlers. Each recipient pledges 10% of the award to be returned to a non-profit chosen in advance by the DNC. If you don’t pledge, you don’t get the award, no matter how good your idea might be. Pledge more than that, and no matter how bad your idea is, you will get the grant. BTW, 92% of the low-interest loans extended by the ATVM defaulted. Only Tesla Motors paid their back in full. That is the very company they tried to destroy.

Trump’s grants and investments go to job creators and infrastructure projects. I doubt you can drive more than 25 miles in any direction without seeing an orange barrel somewhere. Our airport is being completely rebuilt. I know yours is too.

That’s the difference.

**The Democrat 2019 Budget**

After the White House submitted President Donald Trump’s [proposed budget](https://www.westernjournal.com/ct/trump-rolls-2020-budget-proposal-potentially-largest-spending-cuts-us-history/) for 2020, it was criticized and dismissed by congressional Democrats as being wholly unacceptable.

But at least Trump put forward a budget proposal in the first place, which is more than can be said about the Democrats who gained control of the House based in part on a promise to put it on a path toward the left’s vision of prosperity.

Rather than make substantial, if any, progress on putting together a budget for 2020 — much less for the 2019 Fiscal Year — Democrats have instead been focused on infighting between moderates and the far-left in the party, the upcoming 2020 election and the overarching goal to impeach Trump, or at least hamstring his administration’s agenda with pointless investigations.

In an email to The Western Journal, members of Republican National Committee’s Communications and Research team laid out a rough budget proposal on behalf of their Democratic colleagues based solely on a handful of major policies that various Democrats and 2020 presidential candidates have been pushing.

“(S)ince the Democrats would rather continue to focus on their political vendetta against President Trump instead of ‘really deal with hard issues,’ the RNC has decided to take the reins and release the 2019 Democratic Budget,” the email read.



Incredibly, just five of the Democrats’ major policies combined together for an estimated cost of $140.3 trillion, though it is unclear if that astronomical amount would be on an annual basis or spread out over ten years, as most congressional spending measures tend to be.

Regardless, such a sum is unfathomable considering the fact that the nation’s annual gross domestic product stands around $20 trillion, with annual federal spending levels around $4 trillion, about 20 percent of the GDP.

If that insane sum of more than $140 trillion in spending is for one year only, that is roughly 35 times the amount spent in 2018. Even if it were to be spread out over ten years at more than $14 trillion annually, as is the more likely case, that is still about 3.5 times more than current annual spending levels, and roughly 75 percent of the GDP, a thoroughly unsustainable and national wealth-destroying also agree to our [Privacy Policy](https://conservativetribune.com/privacy-policy/) and [Terms of Use](https://conservativetribune.com/terms-of-service/).

Bottom of Form

For the sake of argument, let’s take a moment to look at the five main policies and their estimated costs that reached a combined $140 trillion, first and foremost, the vaunted Green New Deal that Democrats have insisted is necessary to prevent imminent planetary destruction from climate change — though [not a single Democratic senator](https://www.westernjournal.com/ct/mcconnell-savagely-trolls-dems-video-hours-green-new-deal-vote-tanks/) voted for it.

[Bloomberg](https://www.bloomberg.com/news/articles/2019-02-25/group-sees-ocasio-cortez-s-green-new-deal-costing-93-trillion) reported in February that the American Action Forum, a Republican-aligned think tank run by a former member of the Congressional Budget Office, painstakingly studied and determined monetary values to the numerous environmental and societal proposals contained in the Green New Deal, and reached an estimated cost of anywhere between $51 and $93 trillion over a ten-year period.

The next policy up for consideration is [reparations for slavery](https://www.westernjournal.com/ct/highest-ranking-black-congressman-blows-huge-hole-warren-harris-pro-reparations-agenda/), for which several 2020 candidates have expressed their support. [Newsweek](https://www.newsweek.com/slavery-reparations-could-cost-14-trillion-according-new-calculation-364141) cited a recent study by University of Connecticut researcher Thomas Craemer, who calculated the estimated hours worked by slaves during that era, as well as average wages for labor at the time, plus 3 percent compounded interest, to reach an estimated total sum for reparations of between $5.9 and $14.2 trillion.

Then there is government-run single-payer health care, often referred to as “Medicare for All,” which has also been touted by a number of 2020 candidates. [Bloomberg](https://www.bloomberg.com/news/articles/2018-07-30/study-medicare-for-all-bill-estimated-at-32-6-trillion) reported that the Mercatus Center at George Mason University conducted a study and determined that extending Medicare’s health insurance for seniors program to all Americans would cost an estimated $32.6 trillion over ten years.

There’s also the proposed policy of a federal jobs guarantee, which would presumably achieve the goal of “full employment” by ensuring that every working-age individual had a job and “economic security,” even if only provided by the government. A 2018 study by the [Center on Budget and Policy Priorities](https://www.cbpp.org/research/full-employment/the-federal-job-guarantee-a-policy-to-achieve-permanent-full-employment) concluded that a proposed program known as the National Investment Employment Corps would cost an estimated $543 billion annually, or $5.43 trillion over ten years.

Finally, there is the proposal of free college education for all, which even its staunchest supporter, Vermont [Sen. Bernie Sanders](https://www.sanders.senate.gov/newsroom/press-releases/college-for-all-act-introduced), admits would cost an estimated $600 billion over ten years, which supposedly could be paid for with more taxes on Wall Street.

Assuming the costs of all of those policies is spread out over ten years, just those five policies would add roughly $14.58 trillion in annual spending — $9.3 trillion for GND, plus $1.42 trillion, plus $3.26 trillion, plus $543 billion, plus $60 billion.

Those costs are nothing short of utter insanity and if the Democrats’ goal is to ruin this nation’s economy as a means to help usher in socialist control over everything, those five policies alone would near do it.

**The Unplanned War**

## Conservative figures reacted with outrage earlier today as Twitter suspended the official account of Unplanned during the pro-life movie’s week of release. The account was restored shortly after its suspension, which Twitter said was related to the ban of a different account.

Unplanned, directed by Chuck Konzelman and Cary Solomon and starring Ashley Bratcher, tells the true-life story of Abby Johnson, a Planned Parenthood director who becomes a pro-life activist after witnessing a fetus struggling for life during an abortion at thirteen weeks gestation.

The film was released in U.S. theaters yesterday with a R-rating, which drew accusations of political bias against the MPAA, which assigns movie age ratings.

Twitter suspended Unplanned‘s official account, @UnplannedMovie earlier today. The social media platform has been widely criticized for alleged discrimination against conservatives, right-wingers.

Conservatives activists began lambasting Twitter for its decision shortly after the suspension. Lila Rose, director of the pro-life media movement Live Action also pointing out that the platform has banned her organization from running ads.

In a comment to Breitbart News, Twitter said that the suspension of Unplanned was an error related to the ban of a different account.

“It wasn’t directly about this account” said Twitter. “When an account violates the Twitter Rules, the system looks for linked accounts to mitigate things like ban evasion. In this case, on a second review, it was clear the account should not be affected by the other account’s suspension.”

Twitter just suspended [@UnplannedMovie](mailto:@UnplannedMovie) during the weekend of its theatrical release.[@jack](https://twitter.com/jack) why are they suspended? You’ve banned both my & [@LiveAction](https://twitter.com/LiveAction) account from all promotions simply bc we’re pro-life. Have you banned this account because it challenges your pro-abortion bias?

Why did [@Twitter](https://twitter.com/Twitter) suspend [@UnplannedMovie](https://twitter.com/UnplannedMovie) account?!   
  
An anti-abortion movie debuting NATIONWIDE in theaters this weekend gets suspended?   
  
Does Twitter support murdering babies?  
  
Does Twitter NOT support saving babies? [#prolife](https://twitter.com/hashtag/prolife?src=hash)

I’m curious. Why did Twitter shut down [@UnplannedMovie](https://twitter.com/UnplannedMovie) account?

Twitter has suspended [@UnplannedMovie](https://twitter.com/UnplannedMovie) and every major network other than Fox News will not run its advertisement's. Tell me again how the liberals do not have an iron grip on what you are allowed to see and hear.

The account was unsuspended within an hour of its takedown, and thanked supporters of the movie for raising the alarm. Why? What I am about to tell you is a followup on the story I shared with you last week.

I've always considered myself pro-life but certainly not an activist.  I had no idea who Abby Johnson was when I first auditioned to play her in the biopic “Unplanned.”  I was given just six pages. Six pages that ignited my curiosity.

There was something about Abby that stuck with me. How could this incredibly passionate woman one day change her mind about everything she believed in? There had to be more to the story.

Within hours of auditioning, I had Googled every article and YouTubed every video I could find about Abby.

What I found left me in a puddle of tears on the floor. My heart was broken and my eyes were opened to the harsh reality of abortion.  The experience that she described while working at Planned Parenthood shook me to my core.

A fire was lit inside of me. I was convicted.



Nearly a month later, when I finally got the call that the role was mine, organized chaos ensued. I needed to pack for 7 weeks and get on a plane within 5 hours.

I arrived in Oklahoma on a Thursday, set to begin filming on Monday. Things happened so quickly that most of my friends and family had no idea I had even left.

When my mother called me on Saturday, I hesitantly answered. We've had a rocky relationship. I hadn't told her where I was or what I was doing, and I knew that the project I was working on would make her emotional.

When I was in high school, my mother shared with me that she'd had an abortion when she was 16. She had been devastated by her choice and 3 years later she found herself in the same predicament.  At 19, she became pregnant with me.  “I knew I could never have an abortion again,” she told me.

That was the end of the story. It was a casual conversation. I never thought twice about it until it was time to explain “Unplanned.”



As I began telling her Abby's story, I heard her fall apart. Her voice broke as she said, “I need to tell you something that I've never told you before.”  Through tears she confessed, “I was going to abort you.”

I sat in confused silence as she continued, “I was at the clinic sitting on the table when the nurse who was very pregnant came in to talk to me. I felt sick. I couldn't do it. I got up and walked out.”

I didn't know what to say. I needed time to process what I'd just heard. It didn't make sense. How could it be possible that I was here telling Abby's story while never having known my own?

Later that night I called my dad.  It wasn't an easy conversation to have.  I pleaded, “Is this true?  Why didn't someone tell me?” He confirmed the details of the experience. They agreed they were too young to have a baby. “We didn't have enough money so I pawned a shotgun so we could pay for the abortion."

How do you tell your daughter that? When is the right time to tell her that you were going to abort her?” I don't know how to put in words what it feels like to learn you were seconds away from never existing.

He sobbed on the phone, “You being there making this movie is proof to me that God is so real. That he has a plan for your life.”

It's incredible, and at times incomprehensible to me, that this is my story.

I'm so grateful that my mother believed my life was more valuable than the price of a shotgun, that the money intended to end my life was used to give me life.

I'm grateful that God, through his providence, planted me here to tell my story and that I have the privilege of sharing this film with the world.

And yes, I do secretly hope that one of the outcomes of all of these “coincidences” is that many young girls who see it will find the courage my mother found when she listened to her conscience and made the choice that gave me life.

By the way, the movie was suprisingly given an “R” rating by the motion picture association. There is no bad language. There is no sex. But, there are many hundreds of thousands of young girls aged 13-17 who need to see this movie. Someone very powerful did not want that to happen. Support the movie. Take a friend and their 13-year-old daughter.

**Head of SBA Resigns**

The head of the Small Business Administration, Linda McMahon, is stepping down from the role and will help his re-election effort, President Donald Trump said Friday.

Trump announced McMahon's plans from his Palm Beach estate. Sitting next to the former wrestling executive and Republican donor, Trump said she had done an "outstanding" job and said she would "help us with the very important year and a half that we have coming up, the re-election."

McMahon, who was tapped for the job by Trump in late 2016, said it had been an "honor" to serve. Her plans were first reported by Politico. Trump said he would make a new nomination soon.

McMahon and her husband, Vince, founded and built World Wrestling Entertainment Inc., now a publicly traded sports entertainment company. She also poured $100 million of her fortune into two unsuccessful bids for a U.S. Senate seat in Connecticut in 2010 and 2012.

McMahon first backed New Jersey Gov. Chris Christie for president. But she has known Trump for decades, and contributed $5 million to Trump's family charity, almost all of it in 2007. He participated in WWE events, including a 2007 "Battle of the Billionaires," during which he shaved Vince McMahon's head.

After Trump secured the Republican nomination, McMahon became one of his most generous benefactors. Fundraising records show she gave $6 million to an outside group that aired supportive commercials and attack ads against Democrat Hillary Clinton.

The SBA, best known for the small business loans it makes and the disaster aid it provides to companies and entrepreneurs, is also tasked with monitoring government officials' compliances with contract laws.

She is an original member of Trump’s Cabinet. [**CNN**](https://www.cnn.com/2019/03/29/politics/linda-mcmahon-small-business-administration/index.html)noted she had served largely under the radar in her more than two years at the agency. How did she operate under the radar? By doing virtually nothing wrong. Of course, the old programs that do not work went on and on leaving hundreds of thousands of business startups without a dime to get going.

Here are eight of the top government benefits and assistance programs available to small businesses:

* **Guaranteed loans** — Small business owners who can’t find reasonable financing may apply for the guaranteed loan program under the Small Business Administration (SBA). Qualified lending partners reduce risk through the program because the SBA guarantees the loans will be repaid. There is also a MicroLoan program for smaller loans to start-ups and newly established businesses. These businesses must have two years of contiguous profits to qualify. The owners of the business must guarantee the loan with liens placed on their homes and businesses. When the businesses fail, and 90% of them do in the first two years, the SBA forecloses on their homes.
* **Connecting borrowers** — Small businesses can locate SBA qualified lenders and other government resources for financing through government and private company websites such as **[BusinessUSA.](https://www.sba.gov/tools/linc%20https:/business.usa.gov/access-financing" \t "_self)** These are usually 504 or 7A loans. One is for real estate improvements and the other is for equipment. Less than 2% of banks know how to do these loans. Again, startups are excluded from this program, as two years of profits are required to qualify.
* **Surety bonds** — A surety is a type of insurance that assures a task will be completed for a contractor’s client if the contractor is unable to finish a job because of various reasons. The [**SBA**](https://www.sba.gov/sbic/general-information/program-overview)provides bonding programs that cover bids, performance and payment bonds for eligible contractors. This is basically a performance bond; however, as a business startup, you have no track record. That means these bonds are very high risk, and most underwriters will not make these bonds.
* **Venture capital investments** — The [**SBA’s Small Business Investment Company**](https://www.sba.gov/sbic/general-information/program-overview)(SBIC) program matches investment firms with the needs of small businesses for growth through debt or equity financing. This is by far the most effective way to fund a startup business, but there are three drawbacks to it.
  + **The Venture capital company will take a majority share ownership in your business. This gives it the right to sell its interest to anyone he wishes, including your competition.**
  + **The Venture capital can take your company public by doing a reverse merger with a public corporation. The initial offering will pay the Venture capitalist back, and give you a small shot in the arm. Your business is hyped for a short period of time as you introduce your new product. The VC then sells his stock into the market, diluting your company, and driving your stock from a couple dollars per share to less than a penny. You will never raise another dime through public offerings, unless you keep issuing press releases to try to influence the market to buy your shares.**
  + The Venture capital company can buy short contracts against your company and wait for you to go out of business, providing him a huge tax-exempt return while you go out of business. By the way, the SEC stopped prosecuting investors who sell shares in your company short, without even owning them. More than 6,000 small businesses were destroyed in the first two years alone of the Obama Administration.
* **Guidance**— Small business owners and start-ups can find a wealth of information through the [**SBA**](https://www.sba.gov/starting-business/how-start-business). Entrepreneurs can learn more about starting a business, writing a business plan, choosing a business structure, business laws, and other valuable material from the agency’s site on starting a business. This is a worthless service that you can get for yourself at a fraction of the price by watching YouTube.
* **Research grants** — Small businesses involved in scientific research and development could receive federal grants under [**the Small Business Innovation Research (SBIR) and Small Business Technology Transfer (STTR) programs.**](https://www.sba.gov/loans-grants/find-other-sources-financing/research-grants-small-businesses) I have been in business for 30 years and been involved with more than a dozen SBIR and STTR programs. None of them ever issued a single dime to a small business. In fact, 91% of the money issued under these programs went to businesses that pledged 10% of the funds in advance back the DNC or charities associated with the Democrat party. If you are not a donor or work through a DNC Party bundler, you will never qualify for these grants. By the way, it is illegal for your Congressman to assist you in any way with these grants.
* **Help for veterans** — The small and veteran business programs under the Department of Veterans Affairs counsel, assist, and protect veterans who have small businesses. Veterans may also get training and education through such resources as the SBA’s free Boots to Business program. If you are not a woman or a minority—in other words white—you need not apply for these programs. Read the guidelines at Sam.gov to confirm this fact. Check the wrong box, and your application will never be approved.
* **Tax benefits for hiring the disabled** — Small business owners may receive tax credits or deductions for expenditures on access for the handicapped or hiring people with disabilities, [**the IRS explains.**](https://www.irs.gov/businesses/small-businesses-self-employed/tax-benefits-for-businesses-who-have-employees-with-disabilities) **I received $15 million in tax credits from the State of Kentucky. They are worthless. They are not transferable to your investors, and they are of no value unless you make a profit, which startup businesses do not have.**

**So here is the bottom line**. Linda McMahon resigned, because America is still at the lowest level of startup businesses in its 344 year history. There are only 400 investors in America capable writing equity checks to start businesses, and none of them—than is zero point zero—are supporting startups outside of tech and software. Linda resigned because the laws and regulations are written by Fascists for Fascists. That is to say, the SBA exists to keep small business from ever competing with global, multi-billion dollar business. Take that to the bank. If you want to start up a business, get two jobs, save up your money, and when you have enough, start your business. And, don’t forget to make use of the highest probability source for startup capital in America today. Play the lottery. Of course, you can always get a $1 million loan from your dad and start your business that way. Good luck everyone.

**The Truth About Socialism**

**His name was Francisco. He was a fresh Venezuelan immigrant. I asked him about Socialism. The look on his face said more than his words, but his words were powerful. “Please tell everyone you know that Socialism is hell. I escaped with my life, but many of my friends are still there. Maduro’s government took everything and wiped out the middle class. Everyone, except his thugs and private armies are poor now. There is no food. There is no electricity. There is no clean water. Everyone in the hospitals is dead now.**

**I asked him if the people like President Trump. “Yes. They love him. But he came too late. When the Socialists began closing the banks and the roads and the airports, the country fell from a paradise to a war zone. We throw stones, and they shoot bullets. Many of my friends were injured. I wish sometimes I could go back to help them, but now I send $200 three times a month to my family there.”**

**What do you think about AOC? “She is a crazy bitch. She does not know what she is talking about. Whatever you do, please don’t let her bring Socialism here. Everything will be destroyed very fast.”**

Students at Florida International University loved the idea of socialism — until [Campus Reform](https://www.campusreform.org/?ID=12038)'s Cabot Phillips explained how it could personally impact them.

Phillips visited the Miami university to discuss the concept of socialism and its effects with young adults. The majority of the students interviewed said that they preferred socialism to capitalism, hands down; there was no question about it.

However, when Phillips asked the students how they'd like to "share" their GPAs and "spread the wealth" with students attaining lower grades — à la socialism — they balked.

Predictably, the students who initially vouched for the concept of socialism changed their stances entirely when they were faced with having to share something personal, and something for which they worked hard.

Here are some of the more interesting responses below:

* "I'm all for helping; I wouldn't give some of my [GPA] points. ... I've lost a lot of sleep, I don't know if I would be fair."
* "I guess it would be kind of, like, hypocritical for me to say 'no.'"
* "That's completely different. I'm studying all day for my grade."
* "No, straight up. ... I feel like the difference is, uh, you study for your grades."
* "I sacrifice a lot to get my GPA ... so, no, I wouldn't sacrifice my own things."
* "You're basically profiting off my work for you, so who's really the bad guy here?"
* "No ... what about the ones who aren't really working hard for your grades?"
* "That's the complete opposite of meritocracy."
* "There would be no point to having a GPA, then. ... Is it fair for everyone to have the same outcome or the same opportunity?"

**The Insurrection Against America**

**This is the mechanical side of insurrection, of attempted coup, as perpetrated by anti-Trump networks so powerful it is unlikely their members ever worry about being charged with sedition. My concern is the conspirators themselves. Who are they? What do they believe in?**

**They do not believe in the democratic process or the rule of law. That much is clear. They do not believe in the people of this country—certainly not the tens of millions who voted for Donald Trump, the first U.S. presidential candidate to run on the counter-revolutionary agenda of America-first. Nor, do they respect the America First agenda which received a mandate in 2016 election to restore the borders of this country, its economy, control immigration, and its singular destiny as a nation-state beyond the control of global governance. It is also clear they do not believe in the nation state.**

**Does a red thread of Marxism run through the anti-Trump conspiracy?**

Next week, Diana West returns to America Free Radio as we discuss her new book, *The Red Thread: A search for Ideological drivers inside the anti-Trump Conspiracy.*  If it sounds academic, don’t be alarmed. Diana is a technical writer extraordinaire, but her research is like a walk through dusty college libraries. She found a thread and began pulling it some years back. What unraveled was the infiltration of an American White House by the Soviets. It wasn’t Trump’s. When the war was over, and the Nazis surrendered, the Soviets did not. They burrowed under the skin and have become a humungous pustule on the chest of Lady Liberty that masquerades as a nurturing breast of Leftist revision of history. You wondered why free speech has been banned from American campuses? You doubted the veracity of ANTIFA? Well the Red Thread got that way from the blood of entire blocks of humanity sacrificed to the necessity of the Socialists. One need only look at drone pictures south of the border to see the exact same process happening right before our eyes. Would the Left kill off millions to accomplish their goal of world domination? Guess again. They never stopped killing.

Rudy Giuliani warned last night on the redebut of Judge Jeanine that if the report of Mueller’s team of 13 angry Democrats **is released he will drop an 87 page report on the corrupt and criminal tactics of the Special Counsel.**Rudy is no wilting flower.

**Rudy Giuliani said, “**This is about as big of an exoneration that I’ve ever seen and I’ve been in the prosecution business since the 1970s. And to try to reverse it, I think they look foolish and look pathetic. I haven’t read the report. I haven’t seen it. They can put out every part of it. It is not going to show collusion or obstruction. And secondly,**if they happen to have a few nasty facts in there I’m ready to slam it down their throat because we have an 87 page report that we will use.** And there’s some things the special counsel did that I don’t think they want people to hear. They acted in ways that outrage me as a person who cares about justice.”

In other words Trump’s team has a bigger button, and his works.

### Then at the end of the interview, as we reported on Friday, Rudy dropped a bomb on the Deep State! The FISA Warrant investigations will lead to perjury prosecutions. “Guaranteed.”

**Tune in next week for Diana West’s great interview. I promise you will hear things you never suspected, unless you happen to have taken one of Nellie Ohr’s classes in revisionist Soviet history.**

**The Globalist Ministry of Truth**

**Theme by Nina Cross via 21stCenturyWire.com,**

**Why is Donald Trump hated so badly by the globalists? Because he is the first anti-Communist President we have ever seen. Bar none. America First is the most effective weapon never deployed before against the Syndicate.**

**It is now apparent with the release of the Mueller investigation findings, that the great storm that has embattled the US government and establishment since 2016 over supposed Russia-Trump collusion during the US elections, originates from globalist media. They have billions invested in the weaponized narrative to create a Russia we would be afraid of out of the ashes of the Soviet Union.**

**While America’s liberal establishment continues to rage at Trump, Belgium maintains its aggressive stance towards Russia. John McCain’s secret war in Kiev collapsed Ukraine in 2014, ousting its elected president Yanukovic and the enabled the subsequent reunification of Crimea with Russia. Hundreds of people were killed in the CIA orchestrated riots.**

**The question is how can the weaponized narrative of ‘malign Russian influence’ be kept going, now that we know the truth?**

**This week, hackers released more documents from the UK government-funded project known as the Integrity Initiative, revealing British government plans to build an umbrella network of organizations across Europe to counter ‘Russian disinformation’. This is one of the biggest drivers for BREXIT, and the British people reject the globalist plan to force the west into a war with Russia.**

**The following is a look at one of the EU projects already operating to ensure European populations do not stray from this carefully engineered narrative that at times crosses over into real Russophobia. Even Russian dressing will get you on a spy watch list. The official positions held by the globalists are laughably ridiculous, but they play more on the radio than a hit song.**

**If we want to know the real meaning of disinformation, the American think tank known as the National Endowment for Democracy, has its own definition. It’s only important that we believe Russia or the Nazis invented the problem. In fact, if we search the word ‘disinformation,’ Google will tell us it originated in Russia and is the baby of Stalin or the KGB. If we are not careful, we could end up thinking that dishonesty is an inherent characteristic of Russians, a view actually promoted by one of the most famous liars in the world, the former US Director of National Intelligence, James Clapper.**

**The CIA has spent hundreds of billions of dollars over decades crafting skills to carry out the most grotesque deceptions in history. Not just overseas, but also all across America. Movies, publication, lawsuits, and political rhetoric were promulgated in a multi-front war against Russia. In fact, the CIA doesn’t just carry out disinformation campaigns, as Victor Marchetti, former special assistant to the Deputy Director of the CIA described it: the CIA manufactures history.**

**We now know that the entire American Intelligence Community coordinated together to overthrow the American government. Somewhat ironically, you can learn all about the history of disinformation from both Google and the National Endowment for Democracy which are two entities which have received financial support from the CIA.**

**As if that does not leave you breathless, consider this question. Does Brussels think that Russia is an inherently dishonest nation? Are they aware that the CIA could be manufacturing Europe’s history this very moment? Members of the European Parliament (MEPs) might want to study the documented atrocities of the CIA, some of which were carried out in Europe. Perhaps they are not aware of the US intelligence services’ role in the history of subterfuge in Europe:**

**…memorandum, dated July 26, 1950, gives instructions for a campaign to promote a fully fledged European parliament. It is signed by Gen William J Donovan, head of the American wartime Office of Strategic Services, precursor of the CIA. That means, the nations are dissolved into one population with one flag and one prime minister. Their rights as nations are wiped away.**

**The CIA is the most likely source of disinformation in Europe today. It manufactures crises – and we’ve plenty of those. One need look no further than an army wearing a yellow vest for a uniform. The people see what is going on, and they want it stopped yesterday.**

**The European Parliament blames Russia for the riots and are accepting of the narratives pushed on them. The EU released a new report this month repeating the narratives it has been accumulating to justify increasing actions against Russia, particularly since 2014 following the reunification of Crimea. It has passed a resolution stating that Russia could no longer be considered a strategic partner of the EU. By the way, Russia supplies 40% of the natural gas to the EU. Russia extends billions in credit to the EU for energy. The EU and Russia trade policies are as natural and peaceful as Texas selling oil to Tennessee.**

**The CIA makes sure western politicians hammer the freely elected annexation of Crimea as a Russian invasion. Crimeans are Russian and have had an open border with them for 200 years. They feared being invaded by the EU, so they asked Russia to be annexed. I have friends who live there. The Russians didn’t even fire a shot or break a window.**

**Nations who wish to retain their history are labeled extreme right-wing and populist. Hungary’s brilliant young president is dearly loved by the people, and openly hated by the globalist media. America first and Hungary first are equated with Hitler on a daily basis.**

**As Russia can no longer be considered a strategic partner in the current circumstances, Members believe that the Partnership and Cooperation Agreement should be reconsidered. This is hardly possible as every cup of tea is brewed with Russian natural gas. Nevertheless, there is a coordinated strategic isolation of Russia by the MEPs in Belgium. Members of the G7 have signed up to a Rapid Response Mechanism (RRM) designed to see hostile states publicly ‘called out’ for their egregious behavior – with coordinated international attribution of cyber and other attacks.**

**The agreement involves sharing intelligence, attribution of hostile activity and forming a common narrative and response, effectively a military-like propaganda coordination between the countries that can be applied for a chosen agenda. In other words. If you don’t kneel to the globalist Syndicate, the state will hack you to cyber pieces.**

**To protect this new, CIA fabricated history—oxymoron alert—the EU leadership has created mechanisms to destroy the real truth by claiming any fact or opinion contrary to those of the stated EU decree must be condemned as pro-Kremlin, pro-Russian, or ‘Putinist’. Anyone out there, including America Free Radio, telling the truth is a product of a Russian disinformation campaign. The CIA is working hard to fight us at this very moment, but we are growing every minute of every day, because people know truth just like a flame knows oxygen. And ours is pure. With a small amount, it is a candle. With a large amount of truth, we are like a rocket engine capable of lifting the entire planet out of darkness.**

**Would you like to know who the Fake News vanguards are? They are set up and funded by the European Council since Trump announced he was running for President 2015. The European External Action Service East Stratcom Task Force or unaffectionately known here as Team East Stratcom. A brief study of their work only leads to further concerns about who is manufacturing history. This is one of the main sources for talking points regurgitated by news actors all over the world every minute of every day.**

**Here’s how Team East Stratcom describes itself in a Q&A:**

**Does the team engage in counter-propaganda?**

**No. It …identifies and corrects disinformation. Uh, excuse me. Didn’t we just say that?**

**Julian King, the EU’s security commissioner, has described it as a counter-propaganda cell. Come on Brussels, make up your mind.**

**What does Team East StratCom do, and what is the role of its website EUVDisinfo?**

**The Task Force reports on and analyses disinformation trends, explains and exposes disinformation narratives, and raises awareness of disinformation coming from Russian State, Russian sources and spread in the Eastern neighborhood media space. Now you know how the Intelligence Community is so effectively weaponized against liberty and freedom.**

**Who defines what is disinformation? Is it just assumed that any information emanating from a Russian media outlet is automatically disinformation? In fact, if it differs from the globalist agenda, it must have come from Russia. Could such a politicized method of labelling lead to potential McCarthyite targeting of independent journalists? Bingo.**

**The Task Force claims it does not target opinions and does not seek to “blacklist” anyone. It merely checks facts and identifies disinformation coming from Russian State, Russian language and Eastern Neighborhood media. It focuses on the disinformation message, not the messenger.**

**Yet, individual journalists are identified in many of these so-called ‘disinformation cases’ and described as supporters of one leader or other on the EU’s list of bogeymen. Team East StratCom – there is no need to be shy about McCarthyism. Certain mainstream media stalwarts of establishment narratives are more upfront about whom they do and do not want in the club, as Oliver Kamm of The Times has demonstrated:**

**So how does Team East StratCom protect EU narratives? The European Council made it clear in 2015 they wanted to counter narratives about regime change in Ukraine and its consequences. In fact, about half of its ‘disinformation cases’ are about Ukraine:**

**Ukraine tops the EUvsDisinfo database as the most frequent target with 461 references among a total of 1,000 disinformation cases reported in the course of 2018.**

**So how does Team East StratCom counter propaganda… sorry… correct disinformation? The following are a few case samples that help to illuminate their methodologies (although with a budget increase from €1.1 million in 2018 to €3 million in 2019, it may find new and diverse ones):**

**Disinformation Example 1: Ukraine is the most corrupt country in Europe**

**Team East StratCom argues that undermining the credibility of Ukraine benefits Russia. It reports that RT Deutsch described Ukraine as the most corrupt country in Europe. It then tries to debunk this using Transparency International’s corruption perception index, a chart which is created and paid for by Western neoliberal governments – the same ones that help to keep corrupt governments in power so long as they provide opportunities to serve Western corporate interests.**

**By the way, Joe Biden’s son, John Kerry’s son, and John McCain’s wife are in the Ukraine as we speak, during elections, to make sure their multi-billion dollar investors keep their positions in power. Yes, that’s right. Wealthy oligarchs in the Ukraine are supplying billions of capital to Biden, Kerry, and McCain through surrogates. This is extremely illegal. Just ask John Manafort, who is now in prison for doing the same thing with a Ukrainian investor who he helped to buy apartments in the US. But that’s right. There are two sets of laws, and the law doesn’t apply to them.**

**Aside from Russia, which we must believe is the most corrupt country in Europe, Ukraine actually tops the list. So why does the EU want to hide the extent of corruption in Ukraine and is it the only thing being hidden about the country? According to Russian Foreign Ministry Spokeswoman Maria Zakharova the West wants to stop the world from recognizing Crimea as part of Russia’s territory. In order to do this it must maintain a manufactured reality; the narrative of Ukraine being a victim of Russian aggression and in no way a liability due, at least in part, to the West’s meddling. This approach also entails downplaying any suggestion that the West planned and orchestrated a coup d’etat in Kiev in February 2014. The truth is that the CIA was there, under direction of John McCain and John Kerry.**

**Team East Stratcom likes using Twitter graphics as evidence when ‘disproving pro-Kremlin disinformation.’ Never mind history, reason and common sense – just bring out a nice Twitter graphic! According to disinfo mavens, any spike in Twitter activity with the words ‘Russia’ ‘Moscow’ or ‘Putin’ in reference to Venezuela is proof of a ‘pro-Kremlin’ disinformation campaign, says Team East StratCom.**

**Keep tuned into America Free Radio, and we will make sure you have your eyes open. Are the Russians the bad guys? I can tell you this. They are not as bad as the CIA.**

**Vaxxed**

On February 25, a pregnant mother took her 2-year-old son to the Southwest College of Naturopathic Medicine clinic in Tempe, Arizona because he had a fever of over 100. The doctor instructed the mother to take him to the emergency room because he is unvaccinated and she feared he could have meningitis.

The doctor called the emergency room at Banner Cardon Children’s Medical Center in Mesa to let them know the boy would be arriving. But after leaving the doctor’s office, the boy showed signs of improvement. He was laughing and playing with his siblings, and his temperature moved closer to normal. Around 6:30 pm, the mother called the doctor to let her know the toddler no longer had a fever and she would not be taking him to the emergency room.

In Arizona, parents may decline vaccinations for their child based on personal, religious, or medical exemptions, but the mother was still concerned that the Arizona Department of Child Safety (DCS) would come after her. One can’t blame her for being afraid, as unvaccinated families have been targets of dystopian crackdowns and witch hunts of late.

The doctor assured her DCS would not come after her. According to police records, the mother then agreed to take her son to the hospital.

This is when things took a particularly nasty turn, reports AZCentral:

About three hours later, the hospital contacted the doctor to advise her that the child had not shown up and the mother wasn’t answering her phone, according to police records. The doctor contacted DCS.

A DCS caseworker called Chandler Police and “requested officers to check the welfare of a two year old infant,” according to police records. A caseworker said he was on his way to the house. It was about 10:30 p.m. when two police officers knocked on the family’s door. The officers heard someone coughing.

Officer Tyler Cascio wrote in a police report that he knocked on the door several times but no one answered. The police then asked a neighbor to call the mother to let her know they wanted to speak to her. Meanwhile, the boy’s father contacted the police:

Police dispatch told the officers that a man at the home had called requesting that they call him. They called, and the man identified himself as the sick boy’s father. The officer said they told the father they needed to enter the home for DCS to check on the child. The father refused, explaining that his son’s “fever broke and he was fine,” according to police records.

Then things escalated.

Despite the father’s attempt to assure police his child was fine, things escalated. The caseworker informed officers that DCS planned to obtain a “temporary custody notice” from a judge to remove the child for emergency medical aid. Officers then consulted with the police criminal investigations bureau and SWAT.

Yes, SWAT. You know. Full body armor and automatic weapons. At 1:00 AM, officers kicked down the family’s door. One officer carried a shield, while another was described as having “lethal coverage.” Officers pointing guns yelled, “Chandler Police Department,” and entered the house.

The father came to the door. Officers placed him in handcuffs and took him and the mother outside. Neither of the parents was actually arrested. They were just handcuffed and restrained while officials took all three children to Banner Cardon Medical Center.

Let’s pause here for a moment to reflect on something: Authorities took the children under the guise of caring about their well-being. The fact that armed strangers snatching children away from their parents and siblings in the middle of the night could be, I don’t know – TRAUMATIC – didn’t seem to cross their minds.

Unbelievable, isn’t it? Then the “legal process” took 10 days.

The parents had to wait 10 days to see a judge and begin fighting to get their children back. Attorneys for the parents said the children hadn’t seen each other since being taken from their parents’ home. The parents had only had one visit with their older children. DCS officials told the parents the toddler couldn’t make that visit because he was at a medical appointment.

The state’s attorney argued that the children shouldn’t be returned to their parents yet because they’d been hostile to DCS workers and weren’t cooperating. He said the parents had attended a DCS visit with members of Arizona DCS Oversight Group who were combative toward DCS workers. He said the grandfather had tried to videotape a meeting with DCS, and recording is not allowed to protect the privacy of the children.

DCS wanted the parents to undergo psychological evaluations, the father was required to undergo drug testing, and the grandparents agreed to background checks so they could become temporary caregivers for the children.

While everything about this case is horrifying, there is a bit of good news.

The family has a powerful ally:

Rep. Kelly Townsend, R-Mesa, who helped craft legislation requiring DCS to obtain a warrant before removing a child from their parents or guardians in non-emergency circumstances, said she was outraged by the response of police and DCS officials in the case.

“It was not the intent (of the law) that the level of force after obtaining a warrant was to bring in a SWAT team,” Townsend said. “The imagery is horrifying. What has our country become that we can tear down the doorway of a family who has a child with a high fever that disagrees with their doctor?” Once again, we see the agency government corrupt the law written by Congress by adding hundreds of regulations and authority without your consent or your vote.

In Arizona, DCS used to be able to remove children from their homes without warrants, but that changed last July when lawmakers designated limited circumstances for removing a child from their parent without a warrant. DCS must have probable cause to believe a child is at imminent risk of harm and there’s no less-intrusive alternative to removal, or DCS must have probable cause to believe a child is a victim of sexual or physical abuse that can only be evaluated by trained medical personnel…

…Concern over DCS abusing loopholes in the system prompted a second round of legislation in 2018. The restrictions designated “exigent circumstances” when DCS may remove children without a warrant. Removing the child must be so dire that there’s no time to use the electronic system to gain authorization from a judge who’s on call 24/7.

Townsend wants a review of this legislation. Townsend wants lawmakers to review the procedures that led to police using force, traumatizing a family, and putting three children in state custody. She said that the fact that DCS obtained a court-approved warrant proves there wasn’t a life-threatening emergency.

Outside the courthouse, Townsend said she didn’t know the parents personally but was disturbed by the case.

“It was brought to my attention that these parents may have been targeted by the medical community because they hadn’t vaccinated their children,” she said.

Townsend said parents who don’t vaccinate their children because of medical concerns aren’t criminals and shouldn’t be treated as such. She worried physicians were using it as a reason to refer parents to DCS.

“I think if DCS decides to use this as a factor they would be violating a parent’s right to have a personal exemption, a religious exemption and perhaps a medical exemption,” she said. (source)

The family wants to warn others about DCS. The father sent The Republic a statement. His family is scared, he said, but they feel compelled to warn other families. We have been through a very traumatic experience with our encounter with DCS. We would like other parents out there to know and realize the amount of power DCS has over the welfare of your children. Even though we remain confident in our innocence through our case, it is immediately an uphill struggle of what to do or not to do. Even if you do not agree with them or the process in which they follow.

We thought they did not have the right to check on our children because they were getting better, from what they last heard about from us. We were in our home tending to our sick kids and did not want to be bothered in this tough time of illness. With multiple children it is difficult to keep up their needs while they are ill, and to be bothered in the middle of the night by DCS was not something we were ready to tackle.

No matter what we though was right, it turned tragic with the removal of all of our children. The process of removal in our opinion was uncalled for and we would like to see the laws/process change when dealing with expedited removal of children.

Our children have sure been through a traumatizing experience and hope they have not been harmed psychologically or emotionally as we are a very happy family who love each other and would do anything for each other. We hope to see a positive outcome for our trial, but worry about what the kids have been though. We would like to see some sort of public service announcement by DCS to inform other parents out there that this could happen to them, because nobody, especially children should have to go through what we are going through. We love our children and are doing everything possible to get them back to us.

“What about parents’ rights to decide what’s best for their child?” Townsend said. “Parents felt the child was fine. Next thing we know, the Gestapo is at their door.”

The three children have been placed with their grandparents, and the parents are able to see them but have no idea when – or if – they will get them back.

**Too Old to Hire. Too Young to Retire**

Have you been to a fast food place lately? It is the new retirement age occupation in America. It costs a lot of money to retire in America. As recently as 1999, only 39 percent of retiring workers were in this predicament. The retirement situation in the United States isn’t just bad; it’s getting worse with each passing month. Why?

**The crisis engulfs all kinds of workers:** blue-collar teamsters, high-skilled professionals working for profitable corporations like Verizon and United Airlines, and public-sector civil servants in cities plagued by budget crises (read: Detroit). Many have lost their health insurance and pension benefits—and in some places, they’ve even been ordered to return payments that were miscalculated by pension authorities years in the past. An increasing number of people now work at jobs that never offered pension plans in the first place.

Pensions are regarded by most workers as among the most binding of all promises—a compact between themselves and their employers, sealed by years of labor. Americans assign to government the responsibility for protecting this sacred compact from any temptation by companies to raid retirement accounts for their own purposes.

**Increasingly, though, this once-unbreakable promise has become discretionary**: Employers can abandon it when the stock market falters, when a firm goes through financial reorganization, or simply when shareholders demand higher profits. **Insecurity is becoming the standard of older age in this country.**

Across the spectrum,**workers have responded to the crisis by planning to work many more years than they had expected, only to find that they cannot hold onto the jobs they had in their 50s.** Aching backs make physical labor too difficult, while companies are often looking for ways to ease out older, more expensive workers. Those who do find employment past the age of 65 are likely to be relegated to positions that are far below the status—and salary—of the jobs they once held.

Yet this problem is not universal. In late 2015, the Institute for Policy Studies and the Center for Effective Government co-published a report, entitled “A Tale of Two Retirements,” that substantiates what many have long suspected: ***While companies are defaulting on pensions and benefits for workers, up in the C-suite, the weather is fine.*** Not only are CEOs socking away millions of dollars in executive retirement plans, they are also enjoying such benefits on a tax-deferred basis.

In 2014, Fortune 500 chief executives put $197 million more into their retirement accounts than they would have been able to if they’d been ordinary workers, saving $78 million on their tax bills in the process. They won’t start paying a dime in taxes on those funds until they retire, thus depriving the country—at least for now—of critical resources needed to fund schools, hospitals, and other public institutions.

**Retirement insecurity is an increasingly serious manifestation of the vast inequality that is eating away at the social fabric of America.**The same forces eroding pension rights are also leading to historic wage disparities, the uneven distribution of wealth, a hollowing-out of the middle class, and the exacerbation of historic racial inequities. Roaring stock markets deepen inequality by driving increases of wealth at the top. Middle-class equity is tied up in the housing market, which has gyrated in ways that have placed serious downward pressure on retirement savings for the majority.

**We can get a sense of how profoundly inequality affects retirement when we look at communities that experience retirement in very different ways.**

Opelousas, Louisiana, a city of about 16,000, has one of the highest elder-poverty rates in the United States. Seventy-seven percent African-American and Creole, Opelousas is home to men and women who have worked all their lives, but mostly in jobs that provided no benefits at all—retirement or otherwise. In 2017, per capita income in Opelousas was only $15,266 a year, and 45.3 percent of its population was living in poverty.

Few residents were entitled to sick leave or health-care coverage while they were working, and virtually none can count on a pension to support them when they reach retirement age. A lifetime of poverty never translates into what the rest of the country defines as true retirement. Instead, the working poor stay on the job until they are ready to drop.

The story of 71-year-old Valerie Miller offers a raw glimpse into this reality. Miller grew up in extreme hardship. As an adult, she cleaned houses while her husband, Martin, worked as a carpenter, until eventually their bodies broke down in their 60s. He is now in a nursing home with Parkinson’s, and she survives in their house on her own with a $960-per-month Social Security check and $50 in food stamps. Hardened by years in poverty, Miller is girding herself for more of the same.

***“A lot of people sometimes wonder how you’re making it, but you manage,” she says.***

In contrast, Ogden, Utah, has had an easier time taking care of its retirees. A small city nestled at the base of the Wasatch Mountains, Ogden has earned the notable distinction of having the narrowest wealth gap among US metropolitan statistical areas with 500,000 people or more. Ogden residents are much more likely than Opelousas residents to live a good life in their working years and to be able to retire comfortably.

Some local observers have been quick to credit the powerful influence of the Church of Jesus Christ of Latter-Day Saints, also known as the Mormon Church, and its moral code. And there is some truth to the assumption, as the faith is justly known for its blend of self-reliance and care for others. Support for the aged of all faiths in Ogden is largely organized through private means and based on strong social bonds, a powerful culture of service, and a desire to help the poor, whether they’re Mormon or not.

**But the underlying economic stability of Ogden owes much more to the presence of the federal government—more specifically, federal agencies and installations, which provide steady jobs with good benefits, including generous retirement plans.**The US Air Force has a large base nearby. The Internal Revenue Service office in Ogden employs thousands of the city’s residents. Before the federal government’s arrival, Ogden was a bustling railroad hub, and this too provided steady access to well-paying jobs. These stable sources of middle-class employment have ensured that Ogden’s workers and retirees flourish in a way that their counterparts in Opelousas never have.

Ogden retirees like Louise and Randy Nathanson have benefitted from both church and state. Randy worked at the local Air Force base, while Louise raised their children and then became a schoolteacher. “We weren’t rich before,” she remarks, “and we’re not rich now”—but, she adds, they are comfortable and secure. Given the area’s affordability and the Nathansons’ modest mortgage, they didn’t need to dip into Randy’s 401(k) until they retired.

Ogden is similar to Opelousas in that both cities have religious underpinnings and active volunteer groups that seek to serve the broader community. But in Opelousas, there is a limit to the effectiveness of the faith-based charity model. In spite of the valiant efforts of committed volunteers, systemic racism coupled with hard economic realities—and the notable absence of stable employers like the federal government—make it difficult to sustain a decent retirement. In Ogden, the combined economic power of the Mormon Church and the federal government protect residents from the vagaries of inequality and amplify the efficacy of volunteer organizations.

**In the United States, economic security in old age was seen, for a long time, as both a social issue and a national obligation.** From the birth of Social Security to the end of the 20th century, the common assumption has been that we have a shared responsibility to secure a decent retirement for our citizens. Yet that notion is weakening rapidly. Instead, we have started to hear echoes of the mantra of self-reliance that characterized welfare “reform” in the 1990s: You alone are in charge of your retirement; if you wind up in poverty in your old age, you have only your own inability to plan, save, and invest to blame.

**This is an unacceptable conclusion. To reverse it, we must ensure that workers who have spent decades saving for retirement through pension contributions—based on promises made to them by their employers—can rely on those commitments.** Companies that go bankrupt should not be able to put their shareholders first and their employees last when debts are settled. The fiduciary responsibilities of banks and brokerage houses that supervise the investment portfolios of pension funds must be elevated, and the supervision over them by federal regulators made more robust.

At the same time, the rules governing 401(k) plans need to be tightened so that retirement money becomes an investment that cannot be touched until retirement.**In times of economic hardship, many workers feel they have no choice but to tap into these savings early.**If we had more substantial and generous unemployment insurance, invested more in retraining, and provided more generously for medical needs, it would be much more feasible to create retirement funds that wouldn’t need to be raided early by families in distress.

Finally, we must shore up the Pension Benefit Guaranty Corporation, the federal agency charged with insuring private retirement plans, since it is the only backstop for those that go bankrupt and will soon be out of business if we don’t. Even though the PBGC provides only partial coverage for benefits, it remains a vital means of protecting at least some of the pension money that workers depend on. If it goes belly up, there will be nothing for them to fall back on.

**Beyond these protections for private retirement accounts, the most universal of retirement plans, Social Security, needs to be more robustly funded.** Eliminating the earnings cap and requiring high-income employees to pay a Social Security tax on all of their earnings is a vital first step, and it may well be the only one needed to ensure that this basic support system can function well into the future. Needless to say, the wealthy would hardly feel it if they were required to pay the same tax on their earnings that people with far less income routinely pay now.

**What we cannot do, however, is ignore these issues or assume they are merely problems for the current generation of retirees.**Younger workers will not be able to escape this vortex; indeed, they may face futures even more precarious than today’s seniors do. Younger workers have far less generous retirement benefits; are expected to work for many more years than prior age cohorts did; were punished more in the housing market when the 2008 financial crash reduced the availability of credit; and have faced, in general, more uncertain conditions in the labor market.

**For them, the very concept of retirement is fading away, replaced by a work life that does not end at the traditional age of 65.**As private pensions, Social Security, and Medicare become increasingly inadequate for meeting basic needs, the working life simply has to go on. That may not be a problem for those who are well-educated and work in rewarding, well-paying professions that do not tax the body.

But it is not a solution for people who can no longer stand for hours, lift heavy objects, move at a rapid pace, or master new technologies that require an education they don’t have. For these people, the obligation to work longer and longer is a recipe for stress and downward mobility. The fact that the fastest-growing sector of American labor consists of full-time workers over the age of 65 tells us how bad the problem of retirement insecurity has gotten.

You know what they say, 60 is the new 40. But employers don’t see it that way. Age discrimination is so pervasive with electronic application processes able to determine your age so well, that no human every even sees your resume. You may think 25 years of experience would be valuable to someone. It pales in comparison to 5 years of experience and no preexisting conditions. Gray hair doesn’t matter at WalMart, but at the bank or the factory your years of expertise have no value at all. Don’t be surprised to see a patented PhD physicist greeting people or serving tacos.

**Donald Trump is Tearing Down the Institutions of Government**

Yes he is. That is exactly, precisely why we sent him there. Here is one that is being shredded as we speak. Traditionally, before Donald Trump became the President of the United States, the White House used to obtain a so-called “blue slip,” or approval, from a judicial nominee’s two home-state senators before pressing on with their nominations.

But not this President, he was not elected to follow the tradition. He is there to drain the swamp. Thanks to this White House, two more nominees, Ken Lee and Dan Collins, are going to be consider next week to sit on the left-leaning 9th Circuit Court of Appeals.

Trump administration, has successfully nominated several conservative judges to the 9th Circuit already pushing ahead to transform the appellate court that the president repeatedly has derided as hopelessly biased and “disgraceful.”

Sen. Dianne Feinstein or Sen. Kamala Harris, two California Democrats in the Senate Judicial committee are not happy.

“I take it that without notice or discussion, the blue slip is essentially dead,” Feinstein said in televised remarks on Thursday. “This change in practice not only harms the Senate, it harms the federal judiciary. And I wish we could’ve had an opportunity to discuss it. I really believe it’s a mistake.”

Feinstein went on: “Before President Trump took office, the blue slip had been a Senate practice for nearly one century. And during the past 100 years, before this presidency, the Senate confirmed only five judges with only one blue slip, and the last one was in 1989 – and in 100 years the Senate had never confirmed a judge without two blue slips.”

Feinstein continued: “There is no justification for disregarding Democratic blue slips. Democratic senators have made and continue to make good faith efforts to find consensus picks for the circuit courts.

“As Senator Harris and I have made clear, we’ve been willing to work from the start with this president to choose consensus, mainstream nominees to the 9th Circuit,” Feinstein added. “One of the things I’ve learned is: what goes around, comes around. I had hoped that we would be able to work in a very cooperative way.”

I think this blue slips should be used to wipe up the Clinton blood trail. How about you?

**Mindfulness: Not Self-Explanatory**

Intention should play a greater role in your life. I mean greater than yesterday. The energy you place on ideas repeatedly day after day are like mustards seeds. However, placed at precisely the right moment, over and over again, they create a resonance that can move mountains. And, in case you haven’t noticed, that is what you are doing every day. You are moving mountains of chaotic energy like a school of fish to your will. If your will is scattered, so will the results of your intention be.

How often have you rushed out the door and into your day without even thinking about how you’d like things to go? Before you know it, something or someone has rubbed you the wrong way, and you’ve reacted automatically with frustration, impatience, or rage—in other words, you’ve found yourself acting in a way you never intended.

You don’t have to be stuck in these patterns. Pausing to practice mindfulness for just a few minutes at different times during the day can help your days be better, more in line with how you’d like them to be.

Explore these five daily practices for bringing more mindfulness into your life:

[](https://www.mindful.org/content/uploads/Stocksy_txp8b20a06d647100_Original_733795.jpg)Marta Locklear/Stocksy

# **1) Mindful Wakeup: Start with a Purpose**

Intention refers to the underlying motivation for everything we think, say, or do. From the brain’s perspective, when we act in unintended ways, there’s a disconnect between the faster, unconscious impulses of the lower brain centers and the slower, conscious, wiser abilities of the higher centers like the pre-frontal cortex.

Given that the unconscious brain is in charge of most of our decision-making and behaviors, this practice can help you align your conscious thinking with a primal emotional drive that the lower centers care about. Beyond safety, these include motivations like reward, connection, purpose, self-identity and core values.

[Setting an intention](https://www.mindful.org/meditate-with-intention-not-goals/)—keeping those primal motivations in mind—helps strengthen this connection between the lower and higher centers. Doing so can change your day, making it more likely that your words, actions and responses— especially during moments of difficulty—will be more mindful and compassionate.

This practice is best done first thing in the morning, before checking phones or email.

**1. On waking, sit in your bed or a chair in a relaxed posture.** Close your eyes and connect with the sensations of your seated body. Make sure your spine is straight, but not rigid.

**2. Take three long, deep, nourishing breaths—**breathing in through your nose and out through your mouth. Then let your breath settle into its own rhythm, as you simply follow it in and out, noticing the rise and fall of your chest and belly as you breathe.

**3. Ask yourself: “What is my intention for today?”** Use these prompts to help answer that question, as you think about the people and activities you will face. Ask yourself:

How might I show up today to have the best impact?

What quality of mind do I want to strengthen and develop?

What do I need to take better care of myself?

During difficult moments, how might I be more compassionate to others and myself?

How might I feel more connected and fulfilled?

**4. Set your intention for the day.** For example, “Today, I will be kind to myself; be patient with others; give generously; stay grounded; persevere; have fun; eat well,” or anything else you feel is important.

**5. Throughout the day, check in with yourself.** Pause, take a breath, and revisit your intention. Notice, as you become more and more conscious of your intentions for each day, how the quality of your communications, relationships, and mood shifts.

# **2) Mindful Eating: Enjoy Every Mouthful**

I’m not kidding. Eating foods is one of the most amazing things about being on this planet. Our sense of smell and taste make up one of the most incredible chemical analysis instruments in the universe. Oh, there are lots of animals who can smell better than we can, but they cannot tasted like we can. That combination makes life a treasure to be sure. It’s easy enough to reduce eating to a sensation of bite, chew, and swallow. I don’t mean swallowing is the pleasure. Tasting. Small quantities savored like a symphony. Who hasn’t eaten a plateful of food without noticing what they’re doing?

Eating is one of the most pleasurable experiences we engage in as human beings, and [doing it mindfully](https://www.mindful.org/what-is-mindful-eating/) can turn eating into a far richer experience, satisfying not just the need for nutrition, but more subtle senses and needs. Done properly, even sex does not compare. When we bring our full attention to our bodies and what we are truly hungry for, we can nourish all our hungers. Not mass quantities. Slow, mastication. Try this:

**1. Breathe before eating.** We often move from one task right to the other without pausing or taking a breath.  By pausing, we slow down and allow for a more calm transition to our meals. Bring your attention inward by closing your eyes, and begin to breathe slowly in and out of your belly for eight to 10 deep breaths before you start your meal.

**2. Listen to your body.** After breathing, bring your awareness to the physical sensations in your belly. On a scale of 1 to 10, 1 being that you don’t feel any physical sensation of hunger and 10 being that you feel very hungry, ask yourself “How hungry am I?” What physical sensations tell you that you are hungry or not hungry (emptiness in stomach, shakiness, no desire to eat, stomach growling, etc.)? Try not to think about when you last ate or what time it is, and really listen to your body, not your thoughts.

**3. Eat according to your hunger.** Now that you are more in touch with how hungry you are, you can more mindfully choose what to eat, when to eat, and how much to eat. This simple practice can help you tune in to your real needs. That means not saying, “Hey it’s 12 noon. I have to eat.” Forget that. Eat when the body says, “I’m hungry.” Ever wonder why breakfast tastes so amazing when you’re camping? Because the whole experience is primal and mindful. The fire, the smoke, the butter in the pan, the eggs, the pancakes, and the bacon. Never forget the bacon. The next meal is after the 10 mile hike. Yeah, your body is calling for it.

**4. Practice peaceful eating.** At your next meal, slow down and continue to breathe deeply as you eat. It’s not easy to digest or savor your food if you aren’t relaxed. Try laying down your silverware while you chew. It’s amazing. I have friends who lower their heads and don’t stop until their plate is empty, five minutes later. I ask them why they eat that way. They say they grew up in a big family. I call BS. They are fat, in poor health, and no one has chased them from the mashed potatoes in 40 years. Stop it. Take 15 minutes to eat. Breathe. Drink. Talk. Smile. Guess what happens? You eat less, because your appestat shuts off after about 10 minutes. You live better.

**5. If you don’t love it, don’t eat it.** Take your first three bites mindfully, experience the taste, flavors, textures, and how much enjoyment you are receiving from a certain food. Make a mindful choice about what to eat based on what you really enjoy. You might try starting with dessert sometime. It’s the law of diminishing returns. Eat the best stuff first.

# **3) Mindful Pause: Rewire Your Brain**

It’s estimated that 95% of our behavior runs on autopilot—something I call “fast brain.” That’s because neural networks underlie all of our habits, reducing our millions of sensory inputs per second into manageable shortcuts so we can function in this crazy world. These default brain signals are like signaling superhighways, so efficient that they often cause us to relapse into old behaviors before we remember what we meant to do instead.

Mindfulness is the exact opposite of these processes; it’s slow brain. It’s executive control rather than autopilot, and enables intentional actions, willpower, and decisions. But that takes some practice. The more we activate the slow brain, the stronger it gets. Every time we do something deliberate and new, we stimulate neuroplasticity, activating our grey matter, which is full of newly sprouted neurons that have not yet been groomed for the fast brain.

But here’s the problem. While my slow brain knows what is best for me, my fast brain is causing me to [shortcut my way](https://www.mindful.org/slow-down-to-get-ahead/) through life. So how can we trigger ourselves to be mindful when we need it most? This is where the notion of “behavior design” comes in. It’s a way to put your slow brain in the driver’s seat. There are two ways to do that—first, slowing down the fast brain by putting obstacles in its way, and second, removing obstacles in the path of the slow brain, so it can gain control.

Shifting the balance to give your slow brain more power takes some work, though. Here are some ways to get started.

**1. Trip over what you want to do.** If you intend to do some yoga or to meditate, put your yoga mat or your meditation cushion in the middle of your floor so you can’t miss it as you walk by.

**2. Refresh your triggers regularly.** Say you decide to use sticky notes to remind yourself of a new intention. That might work for about a week, but then your fast brain and old habits take over again. Try writing new notes to yourself; add variety or make them funny so they stick with you longer.

**3. Create new patterns.** You could try a series of “If this, then that” messages to create easy reminders to shift into slow brain. For instance, you might come up with, “If office door, then deep breath,” as a way to shift into mindfulness as you are about to start your workday. Or, “If phone rings, take a breath before answering.” Each intentional action to shift into mindfulness will strengthen your slow brain.

# **4) Mindful Workout: Activate Your Mind and Your Muscles**

Riding a bike, lifting weights, sweating it out on a treadmill—what do such exercises have in common? For one thing, each can be a mindfulness practice. Whatever the physical activity—dancing the Tango, taking a swim—instead of simply working out to burn calories, master a skill, or improve condition, you can move and breathe in a way that not only gets your blood pumping and invigorates every cell in your body, but also shifts you from feeling busy and distracted to feeling strong and capable.

Ready? The following steps, good for any activity, will help you synchronize body, mind, and nervous system. As you do, you will strengthen your capacity to bring all of your energy to the task at hand.

**1. Be clear about your aim.** As you tie your laces or pull on your gardening gloves, bring purpose to your activity by consciously envisioning how you want your guide your session. As you climb on your bike you might say, “I am going to breathe deeply and notice the sensation of the breeze and the sun and the passing scenery.” As you enter the pool, you might say, “I’m going to pay attention to each stroke, and the sound and feel of the water surrounding me.”

**2. Warm up** (5 minutes). Try any simple moves— jumping jacks, stretching— and concentrate on matching the rhythm of your breath to your movement. By moving rhythmically, your brain activity, heart rate, and nervous system begin to align and stabilize.

**3. Settle into a rhythm** (10 to 15 minutes). Pick up the intensity, but continue to coordinate your breath and movement. If you have trouble doing this, then simply focus on your breathing for a few minutes. Eventually you’ll find your groove.

**4. Challenge yourself** (10 to 15 minutes). Try faster speed, more repetitions, or heavier weights, depending on what you are doing. Notice how alert and alive you feel when pushing yourself.

**5. Cool down** (5 minutes). Steadily slow down your pace until you come to a standstill. Notice the way your body feels. Drink in your surroundings.

**6. Rest** (5 minutes). Quietly recognize the symphony of sensations flowing in and around you. Practice naming what you feel and sense. Chances are you’ll feel awake and alive from head to toe.

# **5) Mindful Driving: Drive Yourself Calm, Not Crazy**

There’s nothing like heavy traffic and impatient drivers to trigger the “fight or flight” response. That’s why road rage erupts and stress levels soar, while reason is overrun. The worse the traffic, the worse the stress. Los Angeles, where I live, has some of the worst traffic around, and some of the most unserene drivers. Emotions run high, tempers flare, tires squeal.

But it doesn’t have to be like that. In fact, the snarliest traffic jam can provide an [excellent opportunity to build your mindfulness](https://www.mindful.org/three-powerful-mindfulness-practices-try-road/) muscle, increase your sense of connection to others, and restore some balance and perspective.

Here are the steps to a simple behind-the-wheel practice I’ve been doing for a while. I’ve found it can work wonders.

**1. First, take a deep breath.** This simple, yet profound advice helps bring more oxygen into your body and widens the space between the stimulus of the traffic and your heightened stress reaction. In this space lies perspective and choice.

**2. Ask yourself what you need.** It may be in that moment that you need to feel safe, at ease or you just need some relief. Understanding what you need will bring balance.

**3. Give yourself what you need.** If ease is what you need, you can scan your body for any tension (not a bad thing to do while driving in any case) and soften any tension or adjust your body as needed. You can sprinkle in some phrases of self-compassion, such as, “May I be at ease, may I feel safe, may I be happy.” Sense for pain. Don’t block it out. It is telling you something. You slept wrong. You were looking down at your phone all day. You are carrying too much weight for your muscle tone. You are wearing the wrong shoes. If you ignore than pain, it will accumulate until it affects your mind. Drink water to get rid of body aches and headaches. If you have a tummy ache, don’t grab a pill. Drink some water. If your back is hurting, do lighter weights and more repetitions. If you are depressed, take vitamin D. Give yourself, what you need. If you don’t know what to do, take a class. There are a million YouTube classes out there. Read the book.

**4. Look around and recognize that all the other drivers are just like you.** Everyone on the road wants the same thing you do—to feel safe, have a sense of ease, and to be happy. Well all except a few thousand of them. They have no idea why they are even in a car, let alone driving. But don’t rage about it. Chances are you’ll see a number of fellow drivers who look a bit agitated, but you might also catch that one who is singing or actually smiling, and this will dissipate some of your own stress immediately. You can apply to all of them what you just offered to yourself, saying, “May you be at ease, may you feel safe, may you be happy.”

**5. Take another deep breath.** In 15 seconds or less, you can turn around your mood by applying these simple tips. When you feel the frustration of traffic rising, choose whatever you need to work on, and offer that condition to others. If you need to feel safe, say, “May I be safe, may you be safe, may we all be safe.” Breathe in, breathe out, you’ve sowed a seed of happiness. Above all, turn off the news. Turn off the propaganda, because even if you don’t agree with it your energy is adding to the resonance they are trying to create in the world. Turn it off and listen to some atmospheric music.