

Mediterranean Diet: More Than Olive Oil 'Divine Mix' Prevents Death From Cancer, Heart Disease

By [Sid Kirchheimer](#)

WebMD Medical News Reviewed By [Michael Smith, MD](#) on Wednesday, June 25, 2003

June 25, 2003 -- In the largest study ever done on the Mediterranean diet and one of the few to test it in adults of all ages -- in Greece, no less -- researchers found that the real bang of this ballyhooed magic bullet appears not to be olive oil but a combination of all food in the diet.

Scores of studies suggest that the high-fat Mediterranean diet translates to a slimmer risk of heart disease and cancer. And olive oil has sometimes gotten the lion's share of credit -- possibly undeservedly, according to the new findings.

Secret Sauce?

The olive oil-drenched diet is believed to be why residents of the 16 countries that border the Mediterranean Sea typically live longer than Americans and have lower rates of these diseases -- despite consuming a high-fat diet. The theory: Most of the fat comes from monounsaturated fat, the type in olive oil that -- unlike saturated fats -- is heart-healthy and may have cancer-prevention effects.

Not surprisingly, the researchers found that Greeks who follow the Mediterranean diet more closely have significantly lower death and disease rates than those who don't. But they also report in this week's issue of *The New England Journal of Medicine* that olive oil itself produced no significant reduction in overall death rates.

Divine Mix

"Olive oil plays a central role, but it is not alone," says Dimitrios Trichopoulos, MD, PhD, of Harvard School of Public Health. "It's among the divine mix of several factors that, when used in combination, help provide strong evidence of something that is very important -- eating the proper diet can significantly reduce your risk of early death."

He and researchers from Greece studied some 22,000 adults, aged 20 to 86, from all regions of that country; most previous studies tracked only older people who were more likely to die during the study. The participants answered detailed questionnaires about their eating habits throughout the four-year study. Then they were rated on how closely they followed the key principles of the Mediterranean diet.

Sticking to the Mediterranean diet cut the risk of death from both heart disease and cancer. For every two points higher on this 0-to-9 scale -- with top numbers going to those most closely following the Mediterranean diet -- the death rate dropped by 25%.

So what does that mean exactly? Substantially increasing the intake of monounsaturated fats relative to saturated fats + reducing meat intake would do the trick.

Olive Oil, Fish, Veggies ... What Is It?

When the researchers looked at the individual components of the Mediterranean diet, they found no significant decrease in death with any one type of food.

In addition to having olive oil with most meals, the typical Mediterranean diet is very high in vegetables, fruits, legumes, nuts, and cereals; moderate in fish intake; and has lower amounts of meat and dairy than the typical American diet. Drinking alcohol is also a frequently practiced dining ritual.

"God knows what sorts of interactions take place within the foods, and we need further research to pinpoint them exactly," Trichopoulos tells WebMD. "But typically, people in Greece eat twice as many vegetables as Americans -- nearly a pound a day. And you really can't eat a pound of vegetables a day unless you have olive oil to make them appetizing. My advice is to try to double the amount of vegetables and fruits you currently have, and eat more fish, legumes, and non-refined cereals."

While olive oil itself showed little benefit, the researchers note a significant reduction in death rates from a higher overall ratio of monounsaturated fats to saturated fats. Olive oil is among the best sources of monounsaturated fats -- and happens to be the main cooking oil in most Mediterranean countries -- but other oils frequently consumed by Greeks and others surrounding the Mediterranean Sea also contain these healthy fats.

Calories Versus Healthy Oils

Trichopoulos' finding may also help explain why Asians, who typically use these other cooking oils, also have lower disease and death rates. Although they rarely use olive oil, they traditionally follow other principles of the Mediterranean diet -- lots of produce, legumes, nuts, and minimally processed grains, with little saturated fat.

"The message remains the same, and is consistent with other findings: A diet lower in saturated fats and higher in monounsaturated fats, and potentially, polyunsaturates, will result in better health outcomes," says Alice H. Lichtenstein, DSc, of Tufts University and a spokeswoman for the American Heart Association.

"If the main message that Americans get is to just increase their olive or canola oil consumption, that's unfortunate because they will increase their caloric intake and they are already getting too many calories. What they need to do is eat more fruits, vegetables, and legumes and fewer foods rich in saturated fats."

SOURCES: *The New England Journal of Medicine*, June 26, 2003. Dimitrios Trichopoulos, MD, PhD, professor of epidemiology, Vincent L. Gregory Professor of Cancer Prevention, Harvard School of Public Health, Boston. Alice H. Lichtenstein, DSc, senior scientist and director, Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Researcher Center on Aging, Tufts University, Boston; spokeswoman, American Heart Association.

TIPS FOR STICKING TO THE MEDITERRANEAN DIET

Setting the recipe straight.

By Sarah Yang

WebMD Features Reviewed by [Charlotte E. Grayson, MD](#)

Ask Ancel Keys, 96, the secret of his long life, and he's likely to point to tonight's meal: baked cod fillets flavored with lemon juice and a bit of olive oil, steamed broccoli, roasted potatoes, and a glass of white wine.

It's quintessentially Mediterranean fare, befitting the man who first promoted the health benefits of the Mediterranean diet. As a young scientist more than 50 years ago, Keys showed that among people in countries where fresh fruits and vegetables are plentiful and olive oil flows freely -- Greece, southern Italy, southern France, and parts of North Africa and the Middle East -- heart disease is exceedingly rare. In countries where people fill their plates with beef, cheese, and other foods high in saturated fat -- places like the United States -- it's a leading cause of death.

Thanks to Keys' efforts, the Mediterranean diet and way of cooking have become synonymous with good health. But the cuisine that's touted as the healthiest in the world has taken some knocks lately.

In the past few years, Italian scientists have linked bread, pasta, and rice made from refined grains (think white bread) to an increased risk of certain cancers, particularly thyroid, colon, and stomach cancers. Two separate nutrition studies published in 1998 found similar results. Meanwhile, the Center for Science in the Public Interest (CSPI) issued a scathing report on the food served in Italian restaurants. Menu staples like fettuccine alfredo are often laden with as much saturated fat as 3 pints of butter-almond ice cream, the center found. A serving of fried calamari may have the cholesterol equivalent of a 4-egg omelet.

When a Good Diet Goes Bad

Those entrées are a long way from the foods that Keys first promoted. The original Mediterranean diet was that eaten by rural villagers on the Greek island of Crete. "The Mediterranean diet was nearly vegetarian, with fish and very little meat, and was rich in green vegetables and fruits," says Keys, who is now a professor emeritus at the University of Minnesota. People living on Crete got more than 1/3 of their calories from fat, most of it from olive oil, which is rich in monounsaturated fatty acids. They also consumed wine daily.

Unfortunately, something got lost in the translation when these traditional diets were brought to America. "They may call it Italian, but it's very different from the food we studied," says Keys, who for the past 3 decades has divided his time between Minneapolis and a small village 40 miles south of Naples, Italy, on the shores of the Mediterranean. "What happens here is we add a great deal of meat, also sugar, and a lot of cream sauces."

Jayne Hurley, RD, the senior nutritionist who helped conduct the survey of Italian restaurants for CSPI, agrees. "We're not saying Italian food is unhealthy," says Hurley. "But the food we saw had been Americanized." While the traditional diets used cheese and meat sparingly as a condiment, for instance, our versions are typically loaded with them.

Spaghetti, as served in the United States, often includes a generous helping of grated cheese and up to a pound of ground meat, says Nancy Harmon Jenkins, a food writer and author of *The Mediterranean Diet Cookbook*.

"Traditional food can easily become corrupted from simple ignorance of the cook," says Paula Wolfert, a San Francisco-based author of several Mediterranean-style cookbooks. At one restaurant she visited, Moroccan kebabs were made with pork. "The population of Morocco is predominantly Muslim, and they don't eat pork products," she says. Kebabs are traditionally made from lamb, chicken, or fish.

What's more, many breads and pastas are no longer prepared the traditional way. Refined flours were never part of the original Mediterranean diet, says K. Dun Gifford, president of the Oldways Preservation and Exchange Trust, a food education and policy group based in Massachusetts. The diet that Keys studied was one eaten by poor farmers and laborers, who ate whole grain breads and pastas. "White flour was more expensive than whole grain flour," says Gifford, who has earned a reputation as a crusader for back-to-the-basics cooking. "We call it peasant bread, or rough country bread."

Recapturing the Mediterranean Ideal

With a few careful choices, you can still treat yourself to one of the world's healthiest - and most delicious - cuisines. Here are four tips to get you started.

1 Fill your plate with fresh fruits and vegetables. The people of Crete were called mangifolia, which means "leaf-eaters," because they consumed so many leafy green vegetables, foraged from the steep hillsides of the island. Fruits and vegetables are low in calories and fat and very rich in nutrients, including cancer-fighting antioxidants.

2 If you're dining out, look for entrees with plenty of vegetables and very little cream or cheese-- a vegetarian pasta tossed in olive oil and a little parmesan cheese, for instance, or grilled fish served with steamed vegetables.

3 When buying bread, choose loaves made with whole grains and flours. Refined foods cause blood sugar levels to spike because they are so easily digested, says David Jacobs Jr, PhD, professor of epidemiology at the University of Minnesota in Minneapolis. Less processed, whole grain ones provide a more sustained level of energy over a longer period, making them more healthful, says Keys.

4 For dessert, choose something that provides one serving of fruit. Tonight, at his home in Minneapolis, Keys ends his meal with a dessert that perfectly reflects the Mediterranean ideal: baked apple slices, sprinkled lightly with cinnamon and sugar.

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Reviewed by Charlotte E. Grayson, MD, February 2003.

BLUE MOONS AND OTHER SUCH STUFF

For more than half a century, whenever two full Moons appeared in a single month (which happens on average every 2 1/2 to 3 years), the second has been christened a "Blue Moon." In our lexicon, we describe an unusual event as happening "Once in a Blue Moon." This expression was first noted back in 1821 and refers to occurrences that are uncommon, though not truly rare.

On past occasions, usually after vast forest fires or major volcanic eruptions, the Moon has reportedly taken on a bluish or lavender hue. Soot and ash particles, propelled high into the Earth's atmosphere, can sometimes make the Moon appear bluish.

Why "Blue" Moon? For the longest time nobody knew exactly why the second full Moon of a calendar month was designated as a Blue Moon. One explanation connects it with the word "belewe" from the Old English, meaning, "to betray." Perhaps, then, the Moon was "belewe" because it betrayed the usual perception of one full Moon per month. However, in the March 1999 issue of *Sky & Telescope* magazine, author Phillip Hiscock revealed one somewhat confusing origin of this term. It seems that the modern custom of naming the second full Moon of a month "blue," came from an article published in the March 1946 *Sky & Telescope* magazine. The article was "Once in a Blue Moon," written by James Hugh Pruett. In this article, Pruett interpreted what he read in a publication known as the *Maine Farmers' Almanac* (no relation to this *Farmers' Almanac*, published in Lewiston, Maine), and declared that a second full Moon in a calendar month is a "Blue Moon."

However, after reviewing the *Maine Farmer's Almanac*, Hiscock found that during the editorship of Henry Porter Trefethen (1932 to 1957), the *Maine Farmers' Almanac* made occasional reference to a Blue Moon, but derived it from a completely different (and rather convoluted) seasonal rule. As simply as can be described, according to Trefethen's almanac, there are normally three full Moons for each season of the year. But when a particular season ends up containing four full

Moons, then the third of that season is called a Blue Moon! To make matters more confusing, the beginning of the seasons listed in Trefethen's almanac were fixed. A fictitious or dynamical mean Sun produced four seasons of equal length with dates which differed slightly from more conventional calculations. So, basically the current use of "Blue Moon" to mean the second full Moon in a month can be traced to a 55-year-old mistake in Sky & Telescope magazine.

SOURCE: FARMER'S ALMANAC

<http://www.farmersalmanac.com/astronomy/fullmoons.html>

ALSO:

Full Moon names date back to Native Americans, of what is now the northern and eastern United States. The tribes kept track of the seasons by giving distinctive names to each recurring full Moon. Their names were applied to the entire month in which each occurred. There was some variation in the Moon names, but in general the same ones were current throughout the Algonquin tribes from New England to Lake Superior. European settlers followed that custom and created some of their own names. Since the lunar month is only 29 days long on the average, the full Moon dates shift from year to year. Here is a listing of the full Moon names:

- **Full Wolf Moon** Amid the cold and deep snows of midwinter, the wolf packs howled hungrily outside Indian villages. Thus, the name for January's full Moon. Sometimes it was also referred to as the *Old Moon*, or *the Moon After Yule*. Some called it the *Full Snow Moon*, but most tribes applied that name to the next Moon.
- **Full Snow Moon** Since the heaviest snow usually falls during this month, native tribes of the north and east most often called February's full Moon the Full Snow Moon. Some tribes also referred to this Moon as the *Full Hunger Moon*, since harsh weather conditions in their areas made hunting very difficult.
- **Full Worm Moon** As the temperature begins to warm and the ground begins to thaw, earthworm casts appear, heralding the return of the robins. The more northern tribes knew this Moon as the *Full Crow Moon*, when the cawing of crows signaled the end of winter; or the *Full Crust Moon*, because the snow cover becomes crusted from thawing by day and freezing at night. *The Full Sap Moon*, marking the time of tapping maple trees, is another variation. To the settlers, it was also known as the *Lenten Moon*, and was considered to be the last full Moon of winter. (March's full moon!)
- **Full Pink Moon** This name came from the herb moss pink, or wild ground phlox, which is one of the earliest widespread flowers of the spring. Other names for this month's celestial body include the *Full Sprouting Grass Moon*, *the Egg Moon*, and among coastal tribes the *Full Fish Moon*, because this was when the shad swam upstream to spawn. (April's full moon!)
- **Full Flower Moon** In most areas, flowers are abundant everywhere during this time. Thus, the name of this Moon. Other names include the *Full Corn Planting Moon*, or *the Milk Moon*. (May's full moon!)
- **Full Strawberry Moon** This name was universal to every Algonquin tribe. However, in Europe they called it the *Rose Moon*. Also because the relatively short season for harvesting strawberries comes each year during the month of June . . . so the full Moon that occurs during that month was christened for the strawberry!
- **The Full Buck Moon** July is normally the month when the new antlers of buck deer push out of their foreheads in coatings of velvety fur. It was also often called the *Full Thunder Moon*, for the reason that thunderstorms are most frequent during this time. Another name for this month's Moon was the *Full Hay Moon*.
- **Full Sturgeon Moon** The fishing tribes are given credit for the naming of this Moon, since sturgeon, a large fish of the Great Lakes and other major bodies of water, were most readily caught during this month. A few tribes knew it as the *Full Red Moon* because, as the Moon rises, it appears reddish through any sultry haze. It was also called the *Green Corn Moon* or *Grain Moon*. (August's full moon!)
- **Full Fruit or Barley Moon** The names Fruit and Barley were reserved only for those years when the Harvest Moon is very late in September.
- **Full Harvest Moon** This is the full Moon that occurs closest to the autumn equinox. In two years out of three, the Harvest Moon comes in September, but in some years it occurs in October. At the peak of harvest, farmers can work late into the night by the light of this Moon. Usually the full Moon rises an average of 50 minutes later each night, but for the few nights around the Harvest Moon, the Moon seems to rise at nearly the same time each night: just 25 to 30 minutes later across the U.S., and only 10 to 20 minutes later for much of Canada and Europe. Corn, pumpkins, squash, beans, and wild rice the chief Indian staples are now ready for gathering.

- **Full Hunter's Moon** With the leaves falling and the deer fattened, it is time to hunt. Since the fields have been reaped, hunters can easily see fox and the animals which have come out to glean. (October's full moon!)
- **Full Beaver Moon** This was the time to set beaver traps before the swamps froze, to ensure a supply of warm winter furs. Another interpretation suggests that the name Full Beaver Moon comes from the fact that the beavers are now actively preparing for winter. It is sometimes also referred to as the *Frosty Moon*. (November's full moon!)
- **The Full Cold Moon; or the Full Long Nights Moon** During this month the winter cold fastens its grip, and nights are at their longest and darkest. It is also sometimes called the Moon before Yule. The term Long Night Moon is a doubly appropriate name because the midwinter night is indeed long, and because the Moon is above the horizon for a long time. The midwinter full Moon has a high trajectory across the sky because it is opposite a low Sun. (December's full moon!)

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Was Moon Born From Planet's Crash Into Earth?

By Ben Harder

for National Geographic News August 20, 2001

The moon is not made of green cheese, as myth suggests. But the real story of the moon's creation may hardly be more probable. Many scientists have thought for years that the moon was formed during the early days of the solar system when another planet collided with Earth, ejecting fragments of rocky material that condensed into Earth's only satellite.

Full Moon

The Full Moon is one of the four main phases of the moon as seen from Earth. The effect would have been as though a lousy cosmic golfer tore up a giant chunk of turf and sent it hurtling into orbit.

For more than two decades, scientists have sought to determine how large the mysterious intruder planet must have been and exactly how its cataclysmic crash could have helped form the moon. But none of their models have offered a completely satisfying explanation.

Now, new research offers a scenario that may work. It suggests the impact may have come from a much more modestly sized foreign body than previous research has proposed.

Robin Canup, a researcher at Southwest Research Institute in Boulder, Colorado, and her colleague have fashioned an improved model using a sophisticated computer-modeling technique. It explains the size, composition + orbital properties of both Earth and the moon.

"We determined that a Mars-sized impactor would work the best," said Canup. She and co-author Erik Asphaug, a scientist at the University of California at Santa Cruz, proposed their scenario in a study that appeared last week in the scientific journal *Nature*.

Colossal Impact

"Giant impact" theories explaining the moon's formation were first proposed in the mid-1970s. A decade later, researchers ruled out a Mars-sized object as the source of the impact and began to model larger and larger impacts. The two best models that emerged, however, both had inherent problems.

In one model, the mass of the Earth was right, as was the composition of the moon. But the Earth's rotation rate after the collision was unrealistically fast. An improbable second impact would have been required to slow the Earth's spin.

A second scenario suggested that the impact occurred when Earth was only half formed. That idea better explained the Earth's modern rate of rotation and the moon's orbit, but it required Earth to continue accumulating matter after the

impact. That material would have been rich in iron, which composes 30 percent of Earth's mass. But the moon, which contains almost no iron, would have simultaneously absorbed similarly iron-rich rock. The model offers no way to explain the moon's confounding dearth of iron.

Canup and Asphaug have proposed that the impact came from an object that was smaller than in the previous models, but was nonetheless substantial. At one-tenth the mass of the Earth, it was about the size of Mars, the two researchers say.

The collision occurred 4.5 billion years ago, only 50 million years after the solar system formed. The colossal impact must have nearly rent the young Earth apart. "It didn't break the Earth up, but it came pretty close," Canup said.

"The Earth was distorted into an oblong shape before it gravitationally rebounded" over the course of several hours or a day, she said. Some of the material flung into space settled into orbit and eventually clumped together to form the moon.

Better Modeling

Canup and Asphaug were able to re-test the discredited mid-1980s hypothesis of impact by a Mars-size object thanks to greater computing power. They used a technique called smooth particle hydrodynamics to simulate interactions among the many rocky fragments that would have been created by the impact.

Using several powerful computers, the two scientists produced simulations involving 20,000 virtual fragments of the Earth and of the smaller foreign planet that collided with the Earth. Earlier simulations of similar impacts had been done with only 3,000 particles, which limited the realism of the simulations.

The researchers ran many simulations, adjusting the key variables—the size of the object that caused the impact, the angle of its course, and the mass of the Earth—to see which combination produced the best result.

The scenario involving a Mars-size object won out. That was when the researchers realized "the resolution makes a big difference," said Canup, referring to the number of particles that were used in the simulations. Three thousand particles, it turns out, is not enough realistically to simulate a collision between planet-sized objects.

In a companion article in *Nature* addressing Canup and Asphaug's study, planetary scientist Jay Melosh of the University of Arizona in Tucson noted, "Encouraging as these new results are, they are not the final word."

One major question is the accuracy of the mathematical equation underlying the new impact model. That equation, developed in 1962, doesn't distinguish well the behavior of ejected solids, liquids, and gases in the hours following the impact.

Treating these states of matter differently in the simulation could explain another peculiar aspect of the moon's composition: its dearth of easily vaporized "volatile" compounds such as water.

A newer, more sophisticated modeling equation has been developed, but Canup and Asphaug did not use it because it was known to have some imperfections. Since their study, Melosh has reworked that equation. Now he is teaming with Canup and Asphaug to test their new model with the more sophisticated equation to see if the results are consistent with their present findings.

http://news.nationalgeographic.com/news/2001/08/0820_moonimpact.html

VitW Update: July 3, 2003: Seeking Independence Day

It is not easy to read the news. We hear of continued fighting and death in Iraq, over a month after the "war's end". There has been no indication of any stable and functional electrical and water treatment facilities, and yet not a single individual in the administration has stepped forward to speak truthfully about the situation on the ground, or the manner in which they plan to resolve it. Rather, as quoted yesterday in Britain's *Guardian*, President Bush stated in response to attacks on troops, "bring them on". The *Guardian* writes, "the US has lost 196 soldiers in combat or accidents since going to war, a third of them since the president's victory speech on board the USS Abraham Lincoln aircraft carrier on May 1."

Michael Birmingham, currently in Iraq with Voices in the Wilderness, paints a rather bitter picture of life in Baghdad. "Colin Powell suggested in Mid-February, as cited in the Washington Post, that it was essential after the war for Iraqis to see an immediate improvement in their living conditions. The complete opposite was achieved. Instead of real improvement Bremer has simply gone for public relations. He simply says there is an improvement, and he gets away with it."

"The reality on the streets and in the homes around Iraq tells a different story. Last Saturday afternoon, while walking along Saddoun Street, beside Tahrir Square, one of Baghdad's busiest commercial spots, I watched the new 'safe' Baghdad in action. Three men emerged from a side street and amidst hysteria they proceeded to attempt to steal a car. While large crowds on both sides of the street watched in fear, the men alternated between jumping on cars and running at the crowds on the pavement. Eventually people got guns and fired at them, while others picked up stones and masonry and threw them at the three men. They managed to steal a car, but amidst fire from Kalashnikovs and pistols from both sides of the road, they didn't get very far. One of the men escaping under fire got back to the crowd who then grabbed him, dragged him to the ground and jumped on his head and body, kicking him until he looked nearly dead. They eventually stopped, and maybe 15 or twenty minutes later some U.S. troops and Iraqi police arrived."

<http://electroniciraq.net/news/926.shtml>

The U.S. government has enlisted such private groups as DynCorp to step in as a police and security force. The following is a list of qualifications required of the company's workers for its team in Iraq:

- US Citizen
 - Applicant must have a total of ten (10) years of sworn civilian domestic law enforcement or corrections experience.
 - Actively serving sworn law enforcement officers or corrections officers, or recently separated sworn law enforcement officers or corrections officers (within 5 years but 3 years is preferred).
 - Ability to communicate in English.
 - Valid US driver's license and ability to operate a standard transmission vehicle.
 - Unblemished background.
 - Excellent health.
 - Valid U.S. passport will be required.
 - We are seeking applicants with two years experience in specialized skills.
- (www.policemission.com)

This list does not include: the ability to communicate in Arabic, understanding and extensive knowledge of the culture and history of the country and its people, any education in non-violence and peacekeeping. In addition to the importance of the individuals chosen to work within Iraq, are the standards one might expect from the company that is employing them. DynCorp is the very private security company used in Bosnia, who later fired two employees who complained that colleagues were involved in Bosnian forced-prostitution rings. This is the security the U.S. government has in store for Iraqis.

Michael writes, "Iraq feels eerily like a country that could be near the precipice of sliding into a terrible hell. Nearly three months into rule by the self-proclaimed occupying powers, and everywhere are to be seen the seeds of peril, interspersing a population desperately hoping for a different future."

While Iraqis struggle to maintain some sense of normalcy and life for their families and children, it has become rather evident that the wounds that come with any war have not been given the time and space to heal. A dear friend writes from Iraq, "Now we have to focus on the kids because they are suffering too much. All that they have witnessed during the past 4 months was the war or violence. They are just talking about the weapons and dead bodies. The problem is nobody thinks about them. The parents and the teachers in the schools worry about their salaries and security and they can't listen to their kids and talk with them. We say in Arabic, 'if you don't have something, you can't give it'. So, the parents and the teachers can't give the kids peace because they can't feel it."

There is much work to be done in order to ensure a feeling and reality of peace for Iraqis. We ask that you join us in the coming months as we continue to work towards this goal. Please visit our **website www.vitw.org** to learn more about "Spotlight Iraq". Also, there are a couple of events that are coming up which we'd like to bring to your attention:

Several leading scholars and activists will be among the presenters at a conference on depleted uranium and uranium weapons entitled "Depleted Uranium/Uranium Weapons: The Trojan Horses of Nuclear War." This international organizing conference will take place in Hamburg, Germany, Oct 16-19, 2003. Among the moderators of the conference will be Mr. Hans von Sponeck.

For more information, call Marion Kupker in Germany at 011-49-40-4307-332 or visit www.uraniumweaponsconference.de. Conference members particularly need help at this time to raise funds and resources.

Call to Action, a Catholic organization for church and social renewal, will be sponsoring their annual conference in Milwaukee from Nov. 7-9, 2003. The conference, entitled "Called to be Peacemakers: Prophetic Leadership for World and Church," includes keynote speakers Edwina Gateley, Rev. James Lawson, and Garry Wills. This year, Call to Action will honor Voices in the Wilderness and Kathy Kelly with its 2003 leadership award. If you'd like to register for the conference, contact Call to Action at cta@cta-usa.org, or call 773-404-0004. July 15th is the first early discount deadline for registration. Sincerely, Bitta Mostofi, for Voices in the Wilderness

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Mosquito Remedy

Pass this on to anyone who likes sitting out in the evening or when they're having a cook out. So you don't like those pesky mosquitoes, especially now that they have the potential to carry the West Nile Virus?

Here's a tip that was given at a recent gardening forum. Put some water in a white dinner plate and add a couple drops of Lemon Fresh Joy dish detergent. Set the dish on your porch, patio, or other outdoor area. Not sure what attracts them, the lemon smell, the white plate color, or what, but mosquitoes flock to it, and drop dead shortly after drinking the Lemon Fresh Joy/water mixture, and usually within about 10 feet of the plate. Check this out---it works super! May seem trivial, but it may help control mosquitoes around your home, especially in the South and elsewhere where the West Nile virus is reaching epidemic proportions in mosquitoes, birds, and humans.

BANANA

After Reading THIS, you'll NEVER look at the Banana in the same way again!

Doctors - Home Remedy

If you want a quick fix for flagging energy levels there's no better than a banana. Containing three natural sugars - sucrose, fructose and glucose - combined with fiber a banana gives an instant, sustained and substantial boost of energy. Research has proven that just two bananas provide enough energy for a strenuous 90 minute workout. No wonder the banana is the number one fruit with the world's leading athletes.

But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions making it a must to add to our daily diet.

Depression: According to a recent survey undertaken by MIND amongst people suffering from depression, many felt much better after eating a banana. This is because bananas contain tryptophan, a type of protein that the body converts into serotonin known to make you relax, improve your mood and generally make you feel happier. PMS: Forget the pills - eat a banana. The vitamin B6 it contains regulates blood glucose levels, which can affect your mood.

Anemia: High in iron, bananas can stimulate the production of hemoglobin in the blood and so helps in cases of anemia.

Blood Pressure: This unique tropical fruit is extremely high in potassium yet low in salt making it the perfect to beat blood pressure. So much so, the US Food and Drug Administration has just allowed the banana industry to make official claims for the fruit's ability to reduce the risk of blood pressure and stroke.

Brain Power: 200 students at a Twickenham (Middlesex) school were helped through their exams this year by eating bananas at breakfast, break and lunch in a bid to boost their brain-power. Research has shown that the potassium-packed fruit can assist learning by making pupils more alert.

Constipation: High in fiber, including bananas in the diet can help restore normal bowel action, helping to overcome the problem without resorting to laxatives.

Hangovers: One of the quickest ways of curing a hangover is to make a banana milk shake, sweetened with honey. The banana calms the stomach and, with the help of the honey, builds up depleted blood sugar levels, while the milk soothes and re-hydrates your system.

Heartburn: Bananas have a natural antacid effect in the body so if you suffer from heart burn, try eating a banana for soothing relief.

Morning Sickness: Snacking on bananas between meals helps to keep blood sugar levels up and avoid morning sickness.

Mosquito bites: Before reaching for the insect bite cream, try rubbing the affected area with the inside of a banana skin. Many people find it amazingly successful at reducing swelling and irritation.

Nerves: Bananas are high in B vitamins that help calm the nervous system.

Overweight and at work? Studies at the Institute of Psychology in Austria found pressure at work leads to gorging on comfort food like chocolate and crisps. Looking at 5,000 hospital patients, researchers found the most obese were more likely to be in high-pressure jobs. The report concluded that, to avoid panic-induced food cravings, we need to control our blood sugar levels by snacking on high carbohydrate foods every two hours to keep levels steady.

Ulcers: The banana is used as the dietary food against intestinal disorders because of its soft texture and smoothness. It is the only raw fruit that can be eaten without distress in over chronicler cases. It also neutralizes over acidity and reduces irritation by coating the lining of the stomach.

Temperature control: Many other cultures see bananas as a 'cooling' fruit that can lower both the physical and emotional temperature of expectant mothers. In Thailand, for example, pregnant women eat bananas to ensure their baby is born with a cool temperature.

Seasonal Affective Disorder (SAD): Bananas can help SAD sufferers because they contain the natural mood enhancer, tryptophan.

Smoking: Bananas can also help people trying to give up smoking. The B6, B12 they contain, as well as the potassium and magnesium found in them, help the body recover from the effects of nicotine withdrawal.

Stress: Potassium is a vital mineral, which helps normalize the heartbeat, sends oxygen to the brain and regulates your body's water balance. When we are stressed, our metabolic rate rises, thereby reducing our potassium levels. These can be re-balanced with the help of a high potassium banana snack.

Strokes: According to research in *The New England Journal of Medicine*, eating bananas regularly can cut the risk of death by strokes by as much as 40%!

Warts: Those keen on natural alternatives swear that, if you want to kill off a wart, take a piece of banana skin and place it on the wart, with the yellow side out. Carefully hold the skin in place with a plaster or surgical tape!

So, a banana really is a natural remedy for many ills. When you compare it to an apple, it has 4 times the protein, twice the carbohydrate, 3 times the phosphorus, 5 times the vitamin A and iron, and twice the other vitamins and minerals. It is

also rich in potassium and is one of the best value foods around. So maybe its time to change that well known phrase so that we say, "A banana a day keeps the doctor away."

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By Jane Spencer
Staff Reporter of THE WALL STREET JOURNAL

With the new **federal "Do Not Call List"** curbing telemarketing calls, companies are grouching that it will be tougher for them to reach you. One irony: it is getting more difficult for you to reach them, too.

Live operators increasingly are an endangered species on customer-service phone lines, as the services become a target of corporate cost cutting. In the past year, dozens of Fortune 500 companies have closed U.S. call centers.

While companies have been hiding live operators behind push-button phone menus for years, the latest technology gives them more ways to automate service and reduce staffing costs. Companies including Merrill Lynch and Aetna, for instance, are steering customer calls to "virtual agents" -- machines with computerized voices that use voice-recognition technology to try to figure out your answers. Other companies are redirecting customers to Web-based self-service options, where you type in your question and wait for someone to write back with an answer. Or else the companies want you to search a list of FAQs, or "frequently asked questions."

Is there any way to escape the maze and find human help? Last year, Personal Journal called customer-service lines at 25 companies, including American Airlines and Visa. Then, we put together a list of escape codes to dial to bypass the companies' automated attendants.

Over the past year, many companies have found new ways to foil callers, and some of the escape codes have changed. At Chase bank, for instance, pressing star zero used to take you straight to a human. Now, you have to dial five-one-four-star-zero to reach an operator. But there is some good news: A few companies have actually made operators easier to find. At Wells Fargo you used to have to dial zero, then pound. Now you can just hit zero.

Below is an updated list of escape codes at frequently called companies.

Navigating the Maze

To combat one of life's major annoyances, we called 25 companies and tried to find the secret code that lets you bypass the automated menu and go straight to a human being.* **NUMBER ESCAPE ROUTE**

Banks

Bank of America 800-900-9000 Hit zero twice, after menu choices play

Chase 800-CHASE24 Hit five, pause, then hit one, four, star, zero

CitiBank 800-374-9700 , zero

Wells Fargo 800-869-3557, zero

Travel Reservations

American 800-433-7300 Press zero twice, then say "agent"

Amtrak 800-872-7245 Zero or say "agent"



Continental 800-523-3273 Three – but sometimes calls go straight to an agent

Delta 800-221-1212 Zero

Northwest 800-225-2525 Star, zero, after initial greeting

Southwest 800-435-9792 Calls answered by operator; during busy times you might have to hold

United 800-864-8331 Say nothing (but you have to listen through lots of menus)

US Airways 800-428-4322 Hit 4 after initial greeting, then hit 1

Wireless Providers

AT&T Wireless 800-888-7600 No easy escape

Sprint PCS 888-788-5001 Zero twice, then say "agent"

T-Mobile 800-937-8997 Enter your phone number

Verizon Wireless 800-922-0204 No easy escape

Credit Cards

American Express 800-528-4800 Hit zero, pound, 3 times over (ignore prompts about invalid entry)

MasterCard 800-MC-ASSIST Hit zero three times (once on each menu)

Visa 800- 847-2911 Hit zero three times (ignore prompts saying that it's an invalid entry)

PC Tech Support

Apple 800-275-2273 Zero three times; if virtual rep answers, say "operator"

Dell 888-560-8324 Hit zero twice

Gateway 800-846-2301 Hit zero, pound

HP (Compaq Products) 800-652-6672 No easy escape

HP (Hewlett-Packard) 800-474-6836 Say "agent"

IBM 800-IBM-4YOU You go into a hold queue immediately

*Many of the companies listed have more than one customer contact number. In addition, some companies give faster service to customers who take the time to type in their account number or phone number. Companies change menus frequently.

Updated July 16, 2003

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Go Easy on Your Toothbrush; Less is More Too Much Pressure or Time Brushing Your Teeth Can Hurt

By [Jennifer Warner](#)

WebMD Medical News - Reviewed By [Michael Smith, MD](#) on Friday, June 20, 2003

June 20, 2003 -- Less may be more when it comes to brushing your teeth. A new study shows that applying more than a light amount of pressure to your teeth or brushing longer than 2 minutes doesn't make them any cleaner and may increase the risk of oral health problems.

Experts say many people believe that the longer and harder you brush your teeth, the better it is for your teeth. But the study shows there's a limit to the amount of pressure your teeth can take, and beyond that extra force or time doesn't do any further good.

Researcher Peter Heaseman, professor of periodontology at the Newcastle University's School of Dental Sciences, says the goal of brushing your teeth is to remove plaque, the sticky substance that can harden on teeth and gums when bits of food are left in the mouth. Plaque buildup can cause problems beyond just cavities, such as gum disease. But brushing too hard or for too long can damage the protective enamel on your teeth or irritate your gums and cause other oral health problems.

A Light Touch for Two Minutes

Researchers studied the brushing techniques and times of 12 volunteers who used electric toothbrushes during a four-week study. The participants were taught how to use the oscillating toothbrush, which was hooked up to a computer that took time and pressure measurements. Researchers compared 16 combinations of various brushing times and pressures. Plaque levels on the teeth were also recorded before and after brushing. They found that plaque removal improved with longer brushing time up to 2 minutes and with greater pressure up to 150 grams of pressure, which is about the weight of an orange.

"Although we found that you have to brush your teeth reasonably long and hard to get rid of the harmful plaque which causes dental diseases, our research shows that once you go beyond a certain point, you aren't being any more effective," says Heaseman, in a news release. "You could be actually harming your teeth and gums."

Heaseman says the same results would also be expected if the volunteers had used ordinary toothbrushes rather than the electronic versions.

Researchers say the force necessary to brush your teeth is actually quite light because the pressure is being applied to a very small area.

"If you are unsure how to go about brushing your teeth, the best thing to do is to make an appointment with your dentist or dental hygienist who will be able to train you in the correct techniques and will show you approximately how much pressure you should be applying," says Heaseman.

SOURCES: *Journal of Clinical Periodontology*, vol. 30, 2003. New release, University of Newcastle upon Tyne, UK.

The year is 1903, 100 years ago ... what a difference a century makes. Here are the US statistics for 1903.

The average life expectancy in the US was forty-seven (47).

Only 14% of the homes in the US had a bathtub.

Only 8% of the homes had a telephone.

A three-minute call from Denver to New York City cost \$11.

There were only 8,000 cars in the US and only 144 miles of paved roads.

The maximum speed limit in most cities was 10 mph.

Alabama, Mississippi, Iowa, and Tennessee were each more heavily populated than California. With a mere 1.4 million residents, California was only the 21st most populous state in the Union.

The average US worker made between \$200 and \$400 per year.

A competent accountant could expect to earn \$2000 per year, a dentist \$2,500 per year, a veterinarian between \$1,500 and \$4,000 (MDs: \$5,000).

More than 95% of all births in the US took place at home.
Sugar cost four cents a pound. Eggs were fourteen cents a dozen.

Coffee cost fifteen cents a pound.

Most women only washed their hair once a month and used borax or egg yolks for shampoo.

Canada passed a law prohibiting poor people from entering the country for any reason.

The 5 leading causes of death in the US were:

1. Pneumonia and influenza
2. Tuberculosis
3. Diarrhea
4. Heart disease
5. Stroke

The American flag had 45 stars. Arizona, Oklahoma, New Mexico, Hawaii and Alaska hadn't been admitted to the Union yet.

The population of Las Vegas, Nevada was 30.

Crossword puzzles, canned beer, and iced tea hadn't been invented.

There were no Mother's Day or Father's Day.

One in ten US adults couldn't read or write.

Only 6% of all Americans had graduated from high school.

Marijuana, heroine, and morphine were all available over the counter at corner drugstores. According to one pharmacist, "Heroin clears the complexion, gives buoyancy to the mind, regulates the stomach and the bowels, and is, in fact, a perfect guardian of health."

18% of households in the US had at least one full-time servant or domestic.

There were only about 230 reported murders in the entire US.

Just think what it will be like in another 100 years. It boggles the mind.

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(June 26) - **So much money in so few hands.**

The nation's top 400 taxpayers reported income of nearly \$70 billion for 2000, a new Internal Revenue Service report shows. This startling accumulation of wealth at the very top of the income pyramid reflects the booming stock market of the 1990s and the widening of the income gap in the U.S. into a vast chasm.

This remarkable group accounted for 1.09% of total U.S. adjusted gross income for that year. That was more than twice the top 400's share for 1992.

Gaining admission to this exclusive club wasn't easy. To rank in the top 400, you had to report adjusted gross income of at least \$86.83 million for 2000 (IRS report says). That's the minimum cut-off -- and it is up sharply from \$67.40 million for 1999.

By far the largest portion of the top 400's income for 2000 came from net capital gains. The IRS study shows about \$50 billion was from net capital gains for 2000. Thus, when the IRS does similar studies for 2001 and 2002, they'd likely show a different picture because of the stock market's sharp drop and the bursting of the dot-com bubble.

"I think the statistics are pretty striking -- the huge amount of income earned at the top and how much of it is attributable to capital gains," says Leonard Burman, a former Treasury official and now co-director of the Tax Policy Center, a joint venture of the Urban Institute and Brookings Institution.

Naturally, the report doesn't list anyone by name, because of taxpayer-privacy rules, nor did it disclose how much you had to earn to rank No. 1 among the top 400.

These adjusted-gross-income figures aren't the same as total income. Adjusted gross income, or AGI, includes such items as wages, salary, tips, interest income, dividends, capital gains, business income or losses, and numerous other items. But it doesn't include tax-exempt interest income from state and local government bonds. Also, the AGI figure is after deducting numerous items, such as the self-employed health-insurance deduction.

Members of the top 400 club varied widely from year to year. IRS analysts identified 400 returns separately each year, based on AGI in that year. During the nine tax years (1992-2000), a total of 3,600 returns were identified for the table. "Of the taxpayers who appear in this group of 3,600 returns, less than 25% appear more than once, and less than 13% appear more than twice," the IRS says.

"It's interesting that such a small percentage of people were on the list more than once," says Mr. Burman of the Tax Policy Center. He says this largely reflects the huge amount of net capital gains recorded by members of the group. "Realizing a big capital gain in a year can put you on the list, or holding off can take you off," he says.

The report was prepared under the direction of Michael Parisi and Michael Strudler of the IRS's Statistics of Income division. It is in the latest issue of the Statistics of Income Bulletin, and it is on the IRS Web site (www.irs.gov) under "Tax Stats."

"A separate IRS report shows continued rapid growth in the number of people earning \$200,000 or more. For 2000, the IRS said there were nearly 2.8 million individual returns reporting AGI of that much or more.

That was about 2.1% of all returns. Between 1999 and 2000, while the total number of tax returns rose only 1.8%, the number of high AGI returns surged 14%, the IRS said. (Dow Jones & Company, Inc.)

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**"What To The Slave Is The 4th Of July?"
FREDERICK DOUGLASS SPEECH 1841
Independence Day Speech at Rochester, 1841
Frederick Douglass**

(A former slave, Frederick Douglass became a leader in the 19th Century Abolitionist Movement)

Fellow citizens, pardon me, allow me to ask, why am I called upon to speak here today? What have I, or those I represent, to do with your national independence? Are the great principles of political freedom and of natural justice, embodied in that Declaration of Independence, extended to us? And am I, therefore, called upon to bring our humble offering to the national altar, and to confess the benefits and express devout gratitude for the blessings resulting from your independence to us?

Would to God, both for your sakes and ours, that an affirmative answer could be truthfully returned to these questions! Then would my task be light, and my burden easy and delightful. For who is there so cold that a nation's sympathy could not warm him? Who so obdurate and dead to the claims of gratitude that would not thankfully acknowledge such priceless

benefits? Who so stolid and selfish that would not give his voice to swell the hallelujahs of a nation's jubilee, when the chains of servitude had been torn from his limbs? I am not that man. In a case like that the dumb might eloquently speak and the "lame man leap as an hart."

But such is not the state of the case. I say it with a sad sense of the disparity between us. I am not included within the pale of this glorious anniversary! Your high independence only reveals the immeasurable distance between us. The blessings in which you, this day, rejoice are not enjoyed in common. The rich inheritance of justice, liberty, prosperity, and independence bequeathed by your fathers is shared by you, not by me. The sunlight that brought light and healing to you has brought stripes and death to me. This Fourth of July is yours, not mine. You may rejoice, I must mourn. To drag a man in fetters into the grand illuminated temple of liberty, and call upon him to join you in joyous anthems, were inhuman mockery and sacrilegious irony. Do you mean, citizens, to mock me by asking me to speak today? If so, there is a parallel to your conduct. And let me warn that it is dangerous to copy the example of nation whose crimes, towering up to heaven, were thrown down by the breath of the Almighty, burying that nation in irrevocable ruin! I can today take up the plaintive lament of a peeled and woe-smitten people.

"By the rivers of Babylon, there we sat down. Yea! We wept when we remembered Zion. We hanged our harps upon the willows in the midst thereof. For there, they that carried us away captive, required of us a song; and they who wasted us required of us mirth, saying, Sing us one of the songs of Zion. How can we sing the Lord's song in a strange land? If I forget thee, O Jerusalem, let my right hand forget her cunning. If do not remember thee, let my tongue cleave to the roof of my mouth."

Fellow citizens, above your national, tumultuous joy, I hear the mournful wail of millions! Whose chains, heavy and grievous yesterday, are, today, rendered more intolerable by the jubilee shouts that reach them. If I do forget, if I do not faithfully remember those bleeding children of sorrow this day, "may my right hand cleave to the roof of my mouth"! To forget them, to pass lightly over their wrongs, and to chime in with the popular theme would be treason most scandalous and shocking, and would make me a reproach before God and the world. My subject, then, fellow citizens, is American slavery. I shall see this day and its popular characteristics from the slave's point of view. Standing there identified with the American bondman, making his wrongs mine. I do not hesitate to declare with all my soul that the character and conduct of this nation never looked blacker to me than on this Fourth of July! Whether we turn to the declarations of the past or to the professions of the present, the conduct of the nation seems equally hideous and revolting. America is false to the past, false to the present, and solemnly binds herself to be false to the future. Standing with God and the crushed and bleeding slave on this occasion, I will, in the name of humanity which is outraged, in the name of liberty which is fettered, in the name of the Constitution and the Bible which are disregarded and trampled upon, dare to call in question and to denounce, with all the emphasis I can command, everything that serves to perpetuate slavery-the great sin and shame of America! "I will not equivocate, I will not excuse"; I will use the severest language I can command; and yet not one word shall escape me that any man, whose judgment is not blinded by prejudice, shall not confess to be right and just....

For the present, it is enough to affirm the equal manhood of the Negro race. Is it not as astonishing that, while we are plowing, planting, and reaping, using all kinds of mechanical tools, erecting houses, constructing bridges, building ships, working in metals of brass, iron, copper, and secretaries, having among us lawyers doctors, ministers, poets, authors, editors, orators, and teachers; and that, while we are engaged in all manner of enterprises common to other men, digging gold in California, capturing the whale in the Pacific, feeding sheep and cattle on the hillside, living, moving, acting, thinking, planning, living in families as husbands, wives, and children, and above all, confessing and worshiping the Christian's God, and looking hopefully for life and immortality beyond the grave, we are called upon to prove that we are men!...

What, am I to argue that it is wrong to make men brutes, to rob them of their liberty, to work them without wages, to keep them ignorant of their relations to their fellow men, to beat them with sticks, to flay their flesh with the lash, to load their limbs with irons, to hunt them with dogs, to sell them at auction, to sunder their families, to knock out their teeth, to burn their flesh, to starve them into obedience and submission to their masters? Must I argue that a system thus marked with blood, and stained with pollution, is wrong? No! I will not. I have better employment for my time and strength than such arguments would imply....

What, to the American slave, is your Fourth of July? I answer: a day that reveals to him, more than all other days in the year, the gross injustice and cruelty to which he is the constant victim. To him, your celebration is a sham; your boasted liberty, an unholy license; your national greatness, swelling vanity; your sounds of rejoicing are empty and heartless; your denunciation of tyrants, brass-fronted impudence; your shouts of liberty and equality, hollow mockery; your prayers and hymns, your sermons and thanksgivings, with all your religious parade and solemnity, are, to Him, mere bombast, fraud, deception, impiety, and hypocrisy-a thin veil to cover up crimes which would disgrace a nation of savages. There is not a

nation of savages. There is not a nation on the earth guilty of practices more shocking and bloody than are the people of the United States at this very hour.

Go where you may, search where you will, roam through all the monarchies and despotisms of the Old World, travel through South America, search out every abuse, and when you have found the last, lay your facts by the side of the everyday practices of this nation, and you will say with me that, for revolting barbarity and shameless hypocrisy, America reigns without a rival.

* * * * *

12 Principles For Success Mentioned in Writings by Frederick Douglass

- * Understanding that the proper use of power is to help others.
- * Giving up something you want in order to help someone else.
- * Learning how to challenge and overcome doubt.
- * Understanding why and how to control the human ego.
- * Doing what is right and proper without delay, even if no one is looking.
- * Learning how to use knowledge and understanding wisely.
- * Overcoming indecisiveness by developing proper organizational skills.
- * Making gratitude a part of every thought and action.
- * Practicing the skill of listening before making judgments.
- * Remaining true to your word.
- * Practicing the art of giving without expecting something in return.
- * Recognizing that success is as much a motivation to others as to you.

A HUGE STORE OF WISDOM FROM THE PAST, INTERESTINGLY PERTINENT TODAY

"Patriotism means to stand by the country. It does not mean to stand by the President."
--President Theodore Roosevelt

"In the counsels of Govt., we must guard against the acquisition of unwarranted influence, whether sought or unsought, by the Military Industrial Complex. The potential for the disastrous rise of misplaced power exists, and will persist. We must never let the weight of this combination endanger our liberties or democratic processes. We should take nothing for granted. Only an alert & knowledgeable citizenry can compel the proper meshing of the huge industrial & military machinery of defense with our peaceful methods & goals so that security & liberty may prosper together ... Every gun that is made, every warship launched, every rocket fired signifies in a final sense, a theft from those who hunger & are not fed, those who are cold & not clothed."
--President Dwight D Eisenhower (farewell address)

"A people that values its privileges above its principles soon loses both." --President Abraham Lincoln

"If our nation is ever taken over, it will be from within." --President James Madison

"We, the people are rightful masters of both Congress & the courts - not to overthrow the Constitution, but to overthrow the men who pervert the Constitution."
--President James Madison

"Of all the enemies to public liberty war is, perhaps, the most to be dreaded b/c it comprises & develops the germ of every other. War is the parent of armies; from these proceed debts & taxes. And armies, and debts, and taxes are the known instruments for bringing the many under the domination of the few. In war, too, the discretionary power of the Executive is extended. Its influence in dealing out offices, honors, & emoluments is multiplied; & all the means of seducing the minds, are added to those of subduing the force of the people. The same malignant aspect in republicanism may be traced in the inequality of fortunes, & the opportunities of fraud, growing out of a state of war... in the degeneracy of manners & morals, engendered by both. No nation could preserve its freedom in the midst of continual warfare."
--President James Madison - April 20, 1795

"If the President be connected in any suspicious manner with any person and there is grounds to believe that he will shelter him, he may be impeached."--James Madison

"A President is impeachable if he attempts to subvert the Constitution". --J Madison

"A nation can survive its fools and even the ambitious. But it cannot survive treason from within. An enemy at the gates is less formidable, for he is known and he carries his banners openly. But the traitor moves among those within the gates freely, his sly whispers rustling through all the alleys, heard in the very halls of government itself. For the traitor appears not traitor; he speaks in the accents familiar to his victims and he wears their face and their garments and he appeals to the baseness that lies deep in the hearts of all men. He rots the soul of a nation. He works secretly and unknown in the night to undermine the pillars of a city; he infects the body politic so that it can no longer resist. A murderer is less to be feared." --Marcus Tullius, Cicero 42 BC

"You can do anything if you have enthusiasm. Enthusiasm is the yeast that makes your hopes rise to the stars. Enthusiasm is the spark in your eye, the swing in your gait, the grip of your hand, the irresistible surge of your will & your energy to execute your ideas. Enthusiasts are fighters, they have fortitude, they have strong qualities. Enthusiasm is at the bottom of all progress. With it there is accomplishment. Without it there are only alibis." -- Henry Ford

"The Illuminati want a world government and army, a world currency and centralized global financial dictatorship and control. They want micro-chipped people and a society based on constant surveillance of all kinds at all times. And they want a frightened, docile, subservient, people who give their power away to the 'authorities' who can save them from what they have been manipulated to fear." --David Icke

"When you are constantly moving forward, searching for the cutting edge, everyone behind you always believes you have gone too far. The further back from the cutting edge they are, the more extreme &, indeed, insane, you appear, to them to be. In this way, one person's 'madness' can be another's common sense." --Martin Luther King Jr

"A time comes when silence is betrayal. That time is now." --Martin Luther King Jr

"Our lives begin to end, the day we become silent about things that matter."--M L King

"The ultimate measure of a man is not where he stands in moments of comfort, and convenience, but where he stands at times of challenge and controversy." --M L King

"Nonviolence is the answer to the crucial political and moral questions of our time: the need for man to overcome oppression & violence without resorting to oppression and violence. Man must evolve for all human conflict a method, which rejects revenge, aggression and retaliation. The foundation of such a method is love." --Martin Luther King Jr

(all the above quotes from his Nobel Prize acceptance speech, December 11, 1964)

"Whenever legislators endeavor to take away and destroy the property of the people, or to reduce them to slavery under arbitrary power, they put themselves into a state of war with the people, who are thereupon absolved from any further obedience." -- John Locke 1690

"The difference between a successful person and others is not a lack of strength, not a lack of knowledge, but rather a lack of will." --Douglas MacArthur

"Leaders are like eagles. They don't flock. You find them one at a time." --General Douglas MacArthur

"Our government has kept us in a perpetual state of fear - kept us in a continuous stampede of patriotic fervor - with the cry of grave national emergency. Always there has been some terrible evil at home or some monstrous foreign power that was going to gobble us up if we did not blindly rally behind it." --General Douglas MacArthur

"The whole aim of practical politics is to keep the populace alarmed and thus clamorous to be led to safety - by menacing it with an endless series of hobgoblins, all of them imaginary." --H L Mencken

"Government is actually the worst failure of civilized man. There has never been a really good one, and even those that are most tolerable are arbitrary, cruel, grasping and unintelligent." --H L Mencken

"In a time of universal deceit, telling the truth is a revolutionary act." --George Orwell

"Reason obeys itself and ignorance does whatever is dictated to it ... It is the duty of the patriot to protect his country from the government ... That there are men in all countries who get their living by war and by keeping up the quarrels of nations, is as shocking as it is true; but when those who are concerned in the government of a country, make it their study to sow discord, and cultivate prejudices between nations, it becomes the more unpardonable." --Thomas Paine 'The Rights of Man' c.1792

"Wise men talk because they have something to say. Fools talk because they have to say something."-- Plato

"We are grateful to the Washington Post, the NY Times, Time Magazine and other great publications whose directors have attended our meetings and respected their promises of discretion for almost 40 years ... It would have been impossible for us to develop our plan for the world if we had been subject to the bright lights of publicity during those years. But we are now prepared to march towards a world government. The super-national sovereignty of an Intellectual Elite and World Bankers is surely preferable to the national auto-determination practiced in past centuries ... We are on the verge of a global transformation. All we need is the right major crisis and the nations will accept the New World Order."
-- David Rockefeller

"In the beginning of a change, the patriot is a scarce and brave man, hated and scorned. When his cause succeeds however, the timid join him, for then it costs nothing to be a patriot." -- Mark Twain

"If you tell the truth, you don't have to remember anything." -- Mark Twain

"The man who does not read good books has no advantage over the man who cannot read them."--Marilyn vos Savant

"I think the true test of a genius is the ability to see the follies of one's own times. The ability to change one's own times is the true test of a leader. And the ability to do both is the true test of a visionary, who will never be elected." --Voltaire

"I may disagree with what you have to say, but I shall defend, to the death, your right to say it." --Daniel Webster

"Disobedience, in the eyes of any one who has read history, is man's original virtue. It is through disobedience that progress has been made, through disobedience and through rebellion." --Oscar Wilde

"It *can't happen here* is number one on the list of famous last words." --David Crosby

"In Germany they came 1st for the Communist, and I didn't speak up because I was not a Communist. Then they came for the Jews, and I didn't speak up because I was not a Jew. Then they came for the trade unionists, and I didn't speak up because I was not a trade unionist. Then they came for the Catholics, and I didn't speak up because I was a Protestant. Then they came for ME, and by that time no one was left to speak up". --Martin Niemoeller, German Lutheran Pastor

"It does not require a majority to prevail, but rather an irate, tireless minority keen to set brush fires in people's minds."
--Samuel Adams

"The notion that a radical is one who hates his country is naive and usually idiotic. He is, more likely, one who likes his country more than the rest of us, and is thus more disturbed than the rest of us when he sees it debauched. He is not a bad citizen turning to crime; he is a good citizen driven to despair." --H L Mencken

"To announce that there must be no criticism of the President, or that we are to stand by the President, right or wrong, is not only unpatriotic and servile, but is morally treasonable to the American public." --President Theodore Roosevelt

"Strike against all ordinances and laws and institutions that continue the slaughter of peace and the butcheries of war. Strike against war, for without you no battles can be fought. Strike against manufacturing scrapnel and gas bombs and all other tools of murder. Strike against preparedness that means death and misery to millions of human beings. Be not dumb, obedient slaves in an army of destruction. Be heroes in an army of construction." --Helen Keller

"Violence is the first refuge of the incompetent." --Isaac Asimov

"He who joyfully marches to music in rank and file has already earned my contempt. He has been given a large brain by mistake, since for him the spinal cord would fully suffice. This disgrace to civilization should be done away with at once.

Heroism at command, senseless brutality, deplorable love-of-country stance, how violently I hate all this, how despicable and ignoble war is; I would rather be torn to shreds than be a part of so base an action! It is my conviction that killing under the cloak of war is nothing but an act of murder." --Albert Einstein (1879-1955)

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**Mind-Building Hobbies Prevent Alzheimer's
Playing Cards, Reading Better Than Exercise in Reducing Risk of Memory Loss**

By [Sid Kirchheimer](#)
WebMD Medical News Reviewed By [Michael Smith, MD](#)
on Wednesday, June 18, 2003

June 18, 2003 -- When it comes to preventing Alzheimer's disease and other forms of dementia, seniors may actually fare better with several laps around a Monopoly board than around the block.

A new study in this week's *New England Journal of Medicine* adds to mounting evidence that mentally stimulating activities such as reading, playing cards and board games, and doing crossword puzzles may prevent or minimize memory loss from aging.

But this time, researchers also compared these brain-boosting hobbies to more physical activities in 469 seniors. Dancing was the only one of eight that appeared to help with Alzheimer's prevention.

"And dancing isn't purely physical. It involves some mental effort, as opposed to climbing stairs or walking, which are more automatic as far as the brain is concerned," says lead researcher Joe Verghese, MD, of Albert Einstein College of Medicine in New York. "We're not saying that seniors shouldn't exercise because it offers so many health benefits. But a reduced risk of Alzheimer's doesn't appear to be one of them."

The role of regular exercise in Alzheimer's prevention has been questionable. Some studies suggest it mildly reduces risk, likely because exercise improves blood flow and aids in brain cell development. But other studies, like Verghese's, show no significant benefit in Alzheimer's prevention from activities such as walking, swimming, climbing stairs, and housework.

Verghese's study, which lasted 21 years and is the longest to date, is at least the fourth since 1995 to suggest a strong benefit from more sedentary but cerebral leisure activities -- likely because of what researchers call the "cognitive reserve theory."

Buffer Your Brain

"The theory is that by engaging in mentally stimulating activities, you're building a buffer against disease," he tells WebMD. "Basically, you're exercising your brain to keep it strong and make it more resistant to Alzheimer's and other illness. I strongly recommend that elderly individuals engage in [brain] stimulating activities like chess, board games, playing a musical instrument, or puzzles. And the more often they do, the better."

Overall, his study participants who read, did puzzles, or played cards, games, or musical instruments about four days a week were two-thirds less likely to get Alzheimer's compared with those who did these activities once a week or less. All were age 75 or older and had no symptoms of dementia when the study began.

Gratifying Findings

"I'm not surprised by this finding, I'm gratified by it," says Robert S. Wilson, PhD, of the Rush Alzheimer's Disease Center in Chicago. He led a study published last year in *The Journal of the American Medical Association* that indicated a similar effect on Alzheimer's prevention among seniors who more frequently engage in mental games.

"If you have the disease and it continues to progress, I don't believe and don't think anyone else believes that playing cards will stop it," he tells WebMD. "But this new research is really consistent with what we've seen -- that these mentally stimulating activities can help. Even if they can delay Alzheimer's for a few months or possibly several years, that can have a tremendous public health impact."

SOURCES: *The New England Journal of Medicine*, June 19, 2003. *The Journal of the American Medical Association*, Feb. 13, 2002. Joe Verghese, MD, assistant professor of neurology, Albert Einstein College of Medicine, New York. Robert S. Wilson, PhD, senior neuropsychologist, Rush Alzheimer's Disease Center; professor of neuropsychology, Rush-Presbyterian-St. Luke's Medical Center, Chicago.

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Why do we use "garbled" to describe something that's distorted?

These days, even a garbled radio signal can be electronically sifted to remove much of the distortion. The funny thing is that "garble" originally meant sifting out impurities, not making something distorted or impure in the first place.

How did we get here from there? "Cribillare" was the ancient Latin verb, to sift. It entered the Arab-speaking world as "gharbala," apparently having been garbled as it crossed the Mediterranean. A few centuries later it returned to Italy as "garbellare" and entered English as garble, still meaning to sift.

Finally, in late 17th century England, those who argued by selectively quoting something to their own advantage, sifting out whatever did not suit them, were said to have garbled their source, giving us the modern meaning of garble as distortion.

(Source: www.Merriam-Webster.com and www.dictionary.oed.com)

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It takes more anesthetic to knock out red-haired persons! (Source: NY Daily News)

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3 decades ago, storks were becoming so scarce in Holland that a breeding society had to begin a program to keep them from dying out. The society did their job well, and finally the storks got the point, taking over and letting nature run its course.

(Source: www.nytimes.com)

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You might be surprised by the composer, I was. One never knows from another's profession whether they are a Christian or not. So many people danced to his music. This is a sad, but true story. I looked up the song and sure enough, it WAS written by said composer.

THE BIRTH OF THE SONG "PRECIOUS LORD"

Back in 1932 I was 32 years old and a fairly new husband. My wife, Nettie, and I were living in a little apartment on Chicago's Southside. One hot August afternoon I had to go to St. Louis, where I was to be the featured soloist at a large revival meeting.

I didn't want to go. Nettie was in the last month of pregnancy with our first child. But a lot of people were expecting me in St. Louis. I kissed Nettie good-bye, clattered downstairs to our Model A and, in a fresh Lake Michigan breeze, chugged out of Chicago on Route 66.

However, outside the city, I discovered that in my anxiety at leaving, I had forgotten my music case. I wheeled around and headed back. I found Nettie sleeping peacefully. I hesitated by her bed; something was strongly telling me to stay. But eager to get on my way, and not wanting to disturb Nettie, I shrugged off the feeling and quietly slipped out of the room with my music.

The next night, in the steaming St. Louis heat, the crowd called on me to sing again and again. When I finally sat down, a messenger boy ran up with a Western Union telegram. I ripped open the envelope.

Pasted on the yellow sheet were the words: YOUR WIFE JUST DIED.

People were happily singing and clapping around me, but I could hardly keep from crying out. I rushed to a phone and called home. All I could hear on the other end was "Nettie is dead. Nettie is dead."

When I got back, I learned that Nettie had given birth to a boy. I swung between grief and joy. Yet that night, the baby died. I buried Nettie and our little boy ! together, in the same casket. Then I fell apart.

For days I closeted myself. I felt that God had done me an injustice. I didn't want to serve Him any more or write gospel songs. I just wanted to go back to that jazz world I once knew so well. But then, as I hunched alone in that dark apartment those first sad days, I thought back to the afternoon I went to St. Louis. Something kept telling me to stay with Nettie.

Was that something God? Oh, if I had paid more attention to Him that day, I would have stayed and been with Nettie when she died. From that moment on I vowed to listen more closely to Him. But still I was lost in grief.

Everyone was kind to me, especially a friend, Professor Fry, who seemed to know what I needed. On the following Saturday evening he took me up to Malone's Poro College, a neighborhood music school. It was quiet; the late evening sun crept through the curtained windows. I sat down at the piano, and my hands began to browse over the keys. Something happened to me then. I felt at peace. I felt as though I could reach out and touch God. I found myself playing a melody, one into my head-they just seemed to fall into place:

Precious Lord, take my hand, / lead me on, let me stand, / I am tired, I am weak, I am worn, / Through the storm, through the night / lead me on to the light, / Take my hand, precious Lord, / Lead me home.

The Lord gave me these words and melody, He also healed my spirit. I learned that when we are in our deepest grief, when we feel farthest from God, this is when He is closest, and when we are most open to His restoring power. And so I go on living for God willingly and joyfully, until that day comes when He will take me and gently lead me home.

-Tommy Dorsey (i.e., Thomas A Dorsey, a black composer - NOT the big band leader!)

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THE 1893 WORLD COLUMBIAN EXPOSITION IN CHICAGO - IT WAS THE GATEWAY THROUGH WHICH THE 20TH CENTURY TURNED. YOU MAY KNOW THAT THE FIRST FERRIS WHEEL WAS CONSTRUCTED THERE, THEN RELOCATED TO ST. LOUIS FOR THE 1904 FAIR. IT WAS BUILT TO OUT-DO THE EIFFEL TOWER. IN CARLYLE IL, TONY HOLLENKAMP'S FATHER IN LAW, GUS "GRAMPS" STEIN, TOLD ME (Dennis Bateman!) STORIES OF IT WHEN I WAS KID LIVING ACROSS THE STREET FROM THEM. SAID IT COST A NICKLE TO RIDE AND TOOK SIX FLAT CARS ON A TRAIN TO CARRY THE AXLE (which weighed 142,000 lbs). IT WAS IN FACT HALF AS TALL AS THE GATEWAY ARCH AND 250' IN DIAMETER. IT CARRIED 36 PULLMAN-SIZED CARS SEATING 60 EACH WITH A LUNCH COUNTER!

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There are 29 questions about things we see every day or have known about all our lives. How many can you get right? (I only got 15! JWF)

These little simple questions are harder than you think--it just shows you how little we pay attention to the common place things of life. Put your thinking caps on.

Mind teasers of COMMON KNOWLEDGE. No cheating! No looking around! No using anything on or in your desk or computer!

Can you beat 18?? (The average is 7) Write down your answers and check answers (on the bottom) AFTER completing all the questions.

REMEMBER - NO CHEATING!!! LET'S JUST SEE HOW OBSERVANT YOU REALLY ARE.

1. On a standard traffic light, is the green on the top or bottom?
2. How many states are there? (Don't laugh, some people don't know.)
3. In which hand is the Statue of Liberty's torch?
4. What six colors are on the classic Campbell's soup label?
5. What two letters don't appear on the telephone dial? (No cheating!)
6. What two numbers on the telephone dial don't have letters by them?
7. When you walk does your left arm swing w/your right or left leg?

8. How many matches are in a standard pack?
9. On the United States flag is the top stripe red or white?
10. What is the lowest number on the FM dial?
11. Which way does water go down the drain, counter or clockwise?
12. Which way does a "no smoking" sign's slash run?
13. How many channels on a VHF TV dial?
14. Which side of a women's blouse are the buttons on?
15. On a NY license plate, is New York on the top or bottom?
16. Which way do fans rotate?
17. Whose face is on a dime?
18. How many sides does a stop sign have?
19. Do books have even-numbered pages on the right or left side?
20. How many lug nuts are on a standard car wheel?
21. How many sides are there on a standard pencil?
22. Sleepy, Happy, Sneezzy, Grumpy, Dopey, Doc. Who's missing?
23. How many hot dog buns are in a standard package?
24. On which playing card is the card maker's trademark?
25. On which side of a Venetian blind is the cord that adjusts the opening between slats?
26. On the back of a \$1 bill, what is in the center?
27. There are 12 buttons on a touch tone phone. What 2 symbols bear no digits?
28. How many curves are there in the standard paper clip?
29. Does a merry-go-round turn counter or clockwise?

Don't look at answers below until you complete all the questions:

1. Bottom
2. 50 (Please tell me you got this one!)
3. Right
4. Blue, red, white, yellow, black, & gold
5. Q, Z
6. 1,0
7. Right
8. 20
9. Red
10. 88
11. Counter (north of the equator)
12. Towards bottom right
13. 12 (no #1)
14. Left
15. Top
16. Clockwise as you look at it
17. Roosevelt
18. 8
19. Left
20. 5
21. 6
22. Bashful
23. 8
24. Ace of spades
25. Left
26. ONE
27. *, #
28. 3
29. Counter

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We may be guilty at one time or another of using plastic containers to heat our food ... read on to understand why we should not do so ... and other useful tips.

Dioxins

Carcinogens causes cancer. Especially breast cancer. Don't freeze your plastic water bottles with water as this also releases dioxins in the plastic. Dr. Edward Fujimoto from Castle hospital was on a TV program explaining this health hazard. He is the manager of the Wellness Program at the hospital. He was talking about dioxins and how bad they are for us. He said that we should not be heating our food in the microwave using plastic containers. This applies to foods that contain fat. He said the combination of fat, high heat and plastics releases dioxins into the food and ultimately into the cells of the body. Dioxins are carcinogens and highly toxic to the cells of our bodies.

Instead, he recommends using glass, Corning Ware, or ceramic containers for heating food. You get the same results without the dioxins.

So such things as TV dinners, instant ramen and soups, etc., should be removed from the container and heated in something else. Paper isn't bad but you don't know what is in the paper. Just safer to use tempered glass, Corning Ware, etc.,

He said we might remember when some of the fast food restaurants moved away from the foam containers to paper. The dioxin problem is one of the reasons.

To add to this: saran wrap placed over foods as they are nuked, with the high heat, actually drips poisonous toxins into the food, use paper towels.

Pass this on to your friends...

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Think You Know Everything? Think Again!

A dime has 118 ridges around the edge.

A cat has 32 muscles in each ear.

A crocodile cannot stick its tongue out.

A dragonfly has a life span of 24 hours.

A goldfish has a memory span of three seconds.

A group of geese on the ground is a gaggle; a group of geese in the air is a skein.

A "jiffy" is an actual unit of time for 1/100th of a second.

A shark is the only fish that can blink with both eyes.

A snail can sleep for three years.

Al Capone's business card said he was a used furniture dealer.

All 50 states are listed across the top of the Lincoln Memorial on back of the \$5 bill.

All of the clocks in the movie "Pulp Fiction" are stuck on 4:20."

Almonds are a member of the peach family.

An ostrich's eye is bigger than its brain.

Babies are born without kneecaps. They don't appear until the child reaches 2-6.

Butterflies taste with their feet.

Cats have over one hundred vocal sounds. Dogs only have about 10.

Did you know that crocodiles never outgrow the pool in which they live?

"Dreamt" is the only English word that ends in the letters "mt".

February 1865 is the only month in recorded history not to have a full moon.

In England, the Speaker of the House is not allowed to speak.

In the last 4,000 years, no new animals have been domesticated.

If the population of China walked past you, in single file, the line would never end because of the rate of reproduction.

If you are an average American, in your whole life, you will spend an average of 6 months waiting at red lights.

In most advertisements, the time displayed on a watch is 10:10 .

It's impossible to sneeze with your eyes open.

Leonardo Da Vinci invented the scissors.

Los Angeles' full name is *El Pueblo de Nuestra Senora la Reina de los Angeles de Porciuncula*

Maine is the only state whose name is just one syllable.
Mr. Rogers was an ordained minister.
No word in the English language rhymes with month, orange, silver, or purple
On a Canadian \$2 bill, the flag flying over the Parliament building is American.
Eyes are always the same size from birth, but noses and ears never stop growing.
Peanuts are one of the ingredients of dynamite.
Pinocchio is Italian for "pine eye."
Rubber bands last longer when refrigerated.
Shakespeare invented the words 'assassination' and 'bump.'
"Stewardesses" is the longest word typed with only the left hand; lollipop" with the right.
The average person falls asleep in seven minutes.
The average person's left hand does 56% of the typing.
The Bible does not say there were 3 wise men; it only says there were 3 gifts.
The characters Bert and Ernie on Sesame Street were named after Bert the cop & Ernie the taxi driver in Frank Capra's "It's a Wonderful Life."
The cruise liner, QE2, moves only six inches for each gallon of diesel that it burns.
The giant squid has the largest eyes in the world.
The longest one-syllable word in the English language is screeched.
The microwave was invented after a researcher walked by a radar tube & a chocolate bar melted in his pocket.
The only 15-letter word to be spelled without repeating a letter: uncopyrightable".
The quick brown fox jumps over the lazy dog uses every letter of the alphabet.
The winter of 1932 was so cold that Niagara Falls froze completely solid.
The words 'racecar,' 'kayak' and 'level' are the same whether they are read left to right or right to left (palindromes).
There are 293 ways to make change for a dollar.
There are 336 dimples on a regulation golf ball.
There are more chickens than people in the world.
There are only 4 words in the English language which end in "dous": tremendous, horrendous, stupendous, and hazardous.
There are 2 words in the English language that have all 5 vowels in order: "abstemious" and "facetious."
There is a word in the English language with only 1 vowel, which occurs five times: "indivisibility."
There's no Betty Rubble in the Flintstones Chewables Vitamins.
Tigers have striped skin, not just striped fur.
Two-thirds of the world's eggplant is grown in New Jersey.
TYPEWRITER is the longest word that can be made using the letters only on one row of the keyboard.
Winston Churchill was born in a ladies' room during a dance.
Women blink nearly twice as much as men.
Your stomach has to produce a new layer of mucus every two weeks; otherwise it will digest itself.

Now you know everything!

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MUCH ABOUT HISTORY

Pharaoh's chariots

found in Red Sea?

'Physical evidence' of ancient Exodus prompting new look at Old Testament

Posted: June 21, 2003 1:00 a.m. Eastern

By Joe Kovacs

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"And Moses stretched out his hand over the sea; and the LORD caused the sea to go back by a strong east wind all that night, and made the sea dry land, and the waters were divided." (Exodus 14:21)

One of the most famous stories of the Bible is God's parting of the Red Sea to save the Israelites from the Egyptian army and the subsequent drowning of soldiers and horses in hot pursuit.

But is there evidence that such an event did in fact happen – and if so, precisely where did it take place? The issue is surfacing some 3,500 years after the event is said to have taken place with reports of Egyptian chariot wheels found in the

Red Sea, photographs to document it and new books by scientists that could lead to a whole re-mapping of the Exodus route and a fresh look at ancient biblical accounts.

Wheel of fortune

"I am 99.9 percent sure I picked up a chariot wheel," Peter Elmer tells WorldNetDaily after two diving trips to the Gulf of Aqaba branch of the sea. "It was covered in coral."

The 38-year-old forklift mechanic from Keynsham, England, traveled to the region with his brother, Mark, after being inspired by videos of explorers Ron Wyatt and Jonathan Gray, who have documented artifacts that in at least one case authorities have confirmed to be a chariot wheel dating to the time of the Exodus.

"I believe I actually sat in an ancient chariot cab," Elmer said, referring to his time exploring a submerged item in what he describes as an underwater scrapyard. "Without question, it is most definitely the remains of the Egyptian army."

But despite all of Elmer's excitement, others who have been to the same location are not so sure what is being viewed underwater are the remnants of the great chase and urge extreme caution regarding the unsubstantiated claims.

"All kinds of people are finding coral and calling it chariot parts," says Richard Rives, president of [Wyatt Archaeological Research](#) in Tennessee. "It's most likely coral covered with coral. ... Opportunists are combining false things with the true things that are found. These people are making it up as they go to be TV stars."

Rives was a longtime partner of Ron Wyatt, an anesthetist and amateur archaeologist who died of cancer in 1999. Before passing away, Wyatt devoted years searching for and documenting physical evidence for events mentioned in the Bible. In addition to chariot wheels, Wyatt claimed to have found Noah's Ark on the mountain next to Ararat in Turkey, the "true" Mount Sinai in Saudi Arabia and the Ark of the Covenant with the Ten Commandments near the site of Jesus Christ's crucifixion.

Among those who accompanied Wyatt on many of his excursions is his wife, Mary Nell. She's concerned about over-exuberance regarding new claims, but the Spring Hill, Tenn., woman tells WorldNetDaily she's "convinced" there are chariot parts located on a subsurface ["land bridge"](#) connecting Egypt to Saudi Arabia through the Gulf of Aqaba. She cites Ron's discovery of a wheel hub that he brought to the surface in the late 1970s as proof.

The hub had the remains of eight spokes radiating outward and was examined by Nassif Mohammed Hassan, director of Antiquities in Cairo. Hassan declared it to be from the 18th Dynasty of ancient Egypt, explaining the 8-spoked wheel was used only during that dynasty around 1400 B.C.

Curiously, no one can account for the precise whereabouts of that 8-spoked wheel today, though Hassan is on videotape stating his conclusion regarding authenticity.

When Mary Nell went diving with Ron, she says it was very easy to assume (wrongly) that every item on the flat bottom had historical significance.

"[At first] I thought everything was a chariot wheel!" Mrs. Wyatt exclaimed, noting how difficult it is for the untrained eye to distinguish an artifact from a piece of coral. "I'm just trying to be cautious about over-identifying too much. ... It is God's truth, and we can't hype it up. We can't add to it."

However, she notes a big problem for explorers and scientists is that the Egyptian government no longer allows items to be removed from the protected region. Thus, someone claiming to find an artifact will have a hard – if not impossible – time verifying its authenticity, a classic catch-22.

The watery grave

"And the waters returned, and covered the chariots, and the horsemen, and all the host of Pharaoh that came into the sea after them; there remained not so much as one of them." (Exodus 14:28)

The Bible account makes it clear that once the Israelites had marched through the parted sea on dry ground, that the waters rushed back to completely engulf the doomed army of ancient Egypt.

With that in mind, many of the items being seen in the Gulf of Aqaba have been [photographed by divers](#) for comparison to the Exodus story.

One of the most spectacular items is what appears to be a [wheel with metal exposed](#). Mary Nell says the wheel is covered with a gold veneer, to which coral has difficulty attaching. She says the gold wheel is still there, wedged so tightly in the bottom that it feels like it's been cemented in.

Many other photographs show formations in a [circular pattern with projections that could be spokes](#), but those items remain at the bottom and have not been authenticated.

Another issue is the route of the Exodus, and which body of water the Israelites crossed. Many travel maps and Bibles indicate a crossing point in the Gulf of Suez, the western branch of the Red Sea. But those may have to be updated if the Aqaba location is confirmed as the true location for the miraculous event.

"The truth is, no one really knows where the crossing of the Red Sea took place," says Carl Rasmussen, a biblical geographer and professor of Old Testament at [Bethel College](#) in St. Paul MN.

Rasmussen compiled the "Zondervan NIV Atlas of the Bible" and personally thinks the crossing took place somewhere along what is now the Suez Canal.

Some scientists from Europe say the current maps are wrong, and the Wyatts are right – that the crossing began at the [Nuweiba](#) beachhead, went through the Gulf of Aqaba, and then into what is now Saudi Arabia where they claim the "true" Mount Sinai is located.

For years, scholars have speculated as to the location of the actual Mount Sinai where Moses received the Ten Commandments from God. At least 13 sites have actually been claimed on the Sinai Peninsula as being the correct spot.

But Ron Wyatt believed it was in Arabia, even referenced as "mount Sinai in Arabia" by the Apostle Paul in Galatians 4:25.

So he and his sons made their way to "Jebel el Lawz," the mountain of the Law, which is known by the locals as "Jebel Musa" – Moses' mountain.

Unfortunately for the Wyatts, they were arrested and held in prison. His wife says someone had phoned embassy authorities for the Muslim country, claiming that Ron was spying for Israel. They were released after spending 78 days behind bars.

Rasmussen doesn't agree with the Arabian Mount Sinai theory. "I believe the strongest candidate is Jebel Sin Bisher," he told WorldNetDaily. "The sites in Saudi Arabia have very, very weak scriptural backing, in spite of the hype."

Now, a new book by Cambridge University physicist Colin Humphreys titled ["The Miracles of Exodus"](#) supports not only the claim for an Aqaba crossing, but also the location of Mount Sinai in Arabia. "If my book is correct, and I believe the evidence is very strong," says Humphreys, "then world maps will need to be redrawn to relocate Mount Sinai. History books, travel guides and biblical commentaries will need to be rewritten." Throughout his work, Humphreys provides scientific explanations to corroborate the accounts of the Old Testament.

"The waters piled up, the surging waters stood firm like a wall,' is a remarkable description of what the mathematics reveals to be the case for water pushed back by a very strong wind," he writes.

"What I have found is that the events of the Exodus are even more dramatic than is generally believed," Humphreys said. "The Exodus of the ancient Israelites from Egypt really is one of the greatest true stories ever told."

A Swedish scientist who believes the Red Sea was split says while Humphreys is correct about the Aqaba crossing, there are no natural, scientific explanations for the parting miracle described in Scripture.

"The wind did not separate the water," says Lennart Moller of the Karolinska Institute in Stockholm. "No person could be in that wind and survive. ... If God has created all the Earth, it's no problem for Him to separate the water for a while."

Speaking to WorldNetDaily from the isle of Gotland in the Baltic Sea, Moller, the author of "[The Exodus Case](#)," says the key in finding the correct route of the Israelites is to understand that the Hebrew reference to "yum suph" does not mean "sea of reeds" as many scholars have claimed.

Moller says it refers specifically to the Gulf of Aqaba, and while he's not formally affiliated with the Wyatts, he agrees with them that a host of other evidence can be found on the Arabian side of the water, including remains of the golden calf, pillars, altars and the even the rock the Bible says Moses split to bring forth water for the Israelites.

Regarding the items found beneath the waters, Moller believes there are remnants not only of chariots and wheels, but also human and animal skeletons.

"There was a disaster [there] a long time ago," he said. "Whatever that is, it's open to interpretation." He also notes that the downward and upward slope of the Aqaba crossing path actually falls within current U.S. standards for handicapped ramps.

And while Mary Nell Wyatt warns overstating the claims by divers and authors could do more harm than good, she does believe there's a reason why her husband was led to discover what Ron called "God's attention-getters."

"God preserved all these evidences," she said, "[otherwise] there would have been nothing left. ... God has been lost today. Even Christians still can't believe this all happened. ... We need to pray for the Lord to help us get people to see it."

Back in England, Peter Elmer says people have mockingly asked "Why should a forklift mechanic from Keynsham be able to go to the same place Moses was?"

He takes the criticism in stride, pointing out "Jesus used fishermen, tax collectors and publicans. Why not a forklift mechanic?"

[Joe Kovacs](#) is executive news editor for [WorldNetDaily.com](#).

Safety Tips for Women by Shari Philmeck

I learned from my children's karate classes that the elbow is the strongest point on your body. If you are close enough to use it, do!

If you are ever thrown into the trunk of a car, kick out the back tail lights and stick your arm out the hole and start waving like crazy. The driver won't see you, but everybody else will. This has saved lives.

Last night I attended a personal safety workshop, and it jolted me. It was given by an amazing man, Pat Malone, who has been a bodyguard for famous figures like Farrah Fawcett and Sylvester Stallone. He works for the FBI and teaches police officers and Navy SEALs hand-to-hand combat. This man has seen it all and knows a lot. He focused his teachings to us on how to avoid being the victim of a violent crime. He gave us some statistics about how much the occurrences of random violence have escalated over the recent years, and it's terrible. Something like 99% of us will be exposed to, or become a victim of a violent crime.

Here are some of the most important points that I got out of his presentation:

- (1) The 3 reasons women are easy targets for random acts of violence are:
 - (a) Lack of Awareness: You must know where you are & what's going on around you.

- (b) Body Language: Keep your head up, swing your arms, stand straight up.
- (c) Wrong Place, Wrong Time: Don't walk alone in an alley or drive in a bad neighborhood at night.

(2) Women have a tendency to get into their cars after shopping, eating, working, etc., and just sit (doing their checkbook, or making a list, etc). Don't do this! The predator will be watching you, and this is the perfect opportunity to get in the passenger side, put a gun to your head, and tell you where to go. As soon as you get into your car, lock the doors & leave.

- (a) A few notes about getting into your car in a parking lot, or parking garage: Be aware: look around you, look into your car, at the passenger side floor, and in the back seat.
- (b) If you are parked next to a big van, enter your car from the passenger door. Most serial killers attack their victims by pulling them into their vans while the women are attempting to get into their cars.
- (c) Look at the car parked on the driver's side of your vehicle, and the passenger side. If a male is sitting alone in the seat nearest your car, you may want to walk back into the mall, or work, and get a guard/policeman to walk you back out. It's always better to be safe than sorry. (And better paranoid than dead!)

(3.) Always take the elevator instead of the stairs. (Stairwells are horrible places to be alone and the perfect crime spot).

(4.) If the predator has a gun and you are not under his control, always run!
 (a) The predator will only hit you (a running target) 4 in 100 times. And even then, it most likely will not be a vital organ. Run!

(5) As women, we are always trying to be sympathetic: Stop it! It may get you raped, or killed.

- (a) Ted Bundy, the serial killer, was a good-looking, well educated man, who always played on the sympathies of unsuspecting women. He walked with a cane, or a limp, and often asked "for help" into his vehicle or with his vehicle, which is when he abducted his next victim.
- (b) Pat Malone told us the story of his daughter, who came out of the mall & was walking to her car when she noticed 2 older ladies in front of her. Then she saw a police car come towards her with cops who said hello. She also noticed that all 8 handicapped spots in the area were empty. As she neared her car she saw a man a few rows over calling to her for help: to close his passenger side door. He was sitting in the back on the driver's side and said he was handicapped. He continued calling, until she turned and headed back to the mall, and then he began cursing at her. In the meantime, she wondered why he didn't ask the two older ladies or the policeman for help, and why he was not parked in any of the empty handicap spots. As she got back to the mall, 2 male friends of hers were exiting, and as she told them the story and turned to point at the car, the man was getting out of the back seat into the front & the car sped away. Don't get caught in this trap.

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While the United States membership in the U.N. is questioned by some in the U.S., the following might remind us that the U.N. serves many functions, one valuable service is provided by WHO:

Mar 22, 3:27 PM EST
WHO Scientists Find Mystery Illness Virus
By EMMA ROSS
AP Medical Writer

LONDON (AP) -- Scientists believe they have found the virus responsible for the mystery illness that has sickened hundreds of people worldwide and are perfecting a test to diagnose it, the World Health Organization announced Saturday. The advances, by the University of Hong Kong, are considered an important step in slowing the spread of severe acute respiratory syndrome, or SARS, and bring scientists closer to determining how best to treat it. The progress comes less than a week after the **World Health Organization** pulled together the talent from 11 laboratories around the world in an unprecedented collaboration to hunt down the disease.

World Health Organization: <<http://www.who.int/en/>>

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Please tell ten friends to tell ten today! **The Breast Cancer site** is having trouble getting enough people to click on it daily to meet their quota of donating at least one free mammogram a day to an underprivileged woman.

It takes less than a minute to go to their site and click on "donating a mammogram" for free (pink window in the middle). This doesn't cost you a thing. Their corporate sponsors/advertisers use the number of daily visits to donate mammogram in exchange for advertising.

Here's the web site! Pass it along to people you know: <http://www.thebreastcancersite.com>

AND there are 4 other sites - for: hunger, rainforest preservation, animal rescue & children's health

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A friend of mine says that this is the reason why American English has been rated the most difficult language to learn, even more than Chinese:

- The bandage was wound around the wound.
- The farm was used to produce produce.
- The dump was so full that it had to refuse more refuse.
- He could lead if he would get the lead out.
- The soldier decided to desert his dessert in the desert.
- Since there is no time like the present; he decided it was time to present the present.
- A bass was painted on the head of the bass drum.
- When shot at, the dove dove into the bushes.
- I did not object to the object.
- The insurance was invalid for the invalid.
- There was a row among the oarsmen about how to row.
- They were too close to the door to close it.
- The buck does funny things when the does are present.
- To help with the planting, the farmer taught his sow to sow.
- The wind was too strong to wind the sail.
- After a number of injections, my jaw got number.
- Upon seeing a tear in the painting, I shed a tear.
- I had to subject the subject to a series of tests.

Yes, English can be bewildering. If we explore its paradoxes, we find that quicksand can work slowly, boxing rings are square, and a guinea pig is neither from Guinea nor is it a pig. In what language do people recite at a play, and play at a recital? How can a slim chance and a fat chance be the same, yet a wise man and a wise guy are opposites?

Yes, in American English, your house can burn up as it burns down, you fill out a form by filling it in, and an alarm goes off by going on. That is why, when the stars are out, they are visible; when the lights are out, they are invisible.

And, when I wind up my watch, I start it, but when I wind up this essay, I end it. I love English!

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Nicely done web site that shows the running cost of the war in Iraq. You can pick the Entire US or just zero in on some cities across the country to see how the costs affect us more directly. It's pretty staggering:

<http://www.costofwar.com/>

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INTERESTING ---

- Accounts Receivable Tax
- Building Permit Tax
- Capital Gains Tax
- CDL License Tax
- Cigarette Tax Corporate Income Tax
- Court Fines (indirect taxes)
- Dog License Tax
- Federal Income Tax
- Federal Unemployment Tax (FUTA)
- Fishing License Tax

Food License Tax
Fuel Permit Tax
Gasoline Tax (42 cents per gallon)
Hunting License Tax
Inheritance Tax
Interest Expense (tax on the money)
Inventory Tax
IRS Interest Charges (tax on top of tax)
RS Penalties (tax on top of tax)
Liquor Tax
Local Income Tax
Luxury Taxes
Marriage License Tax
Medicare Tax
Property Tax
Real Estate Tax
Septic Permit Tax
Service Charge Taxes
Social Security Tax
Road Usage Taxes (Truckers)
Sales Taxes
Recreational Vehicle Tax
Road Toll Booth Taxes
School Tax
State Income Tax
State Unemployment Tax (SUTA)
Telephone Federal Excise Tax
Telephone Federal Universal Service Fee Tax
Telephone Federal, State and Local Surcharge Taxes
Telephone Minimum Usage Surcharge Tax
Telephone Recurring and Non-recurring Charges Tax
Telephone State and Local Tax
Telephone Usage Charge Tax
Toll Bridge Taxes
Toll Tunnel Taxes
Traffic Fines (indirect taxation)
Trailer Registration Tax
Utility Taxes
Vehicle License Registration Tax
Vehicle Sales Tax
Watercraft Registration Tax
Well Permit Tax
Workers Compensation Tax

Not one of these taxes existed 100 years ago and our nation was the most prosperous in the world, had absolutely no national debt, had the largest middle class in the world and moms who wanted to stay home with the kids were able to do so.

What changed?

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**Published on Wednesday, July 23, 2003 by Arianna Online
Corporate Tax Cheats Wreak Havoc On The Neediest Among Us
by Arianna Huffington**

All across corporate America, high-priced accountants are hard at work helping companies avoid billions in taxes by hiding profits in a host of tax sheltering schemes. No summer vacation at the beach reading trashy actuarial tables for these guys. And they're doing a bang-up job: Corporations are

currently turning over 30 percent less of their profits to the taxman than they did 20 years ago.

Meanwhile, all across the country, state governments, facing the biggest budget crisis since the Great Depression, are being forced to slash programs and cut services.

Gee, do you think there might be a connection? You can bet your vanishing after-school care, prenatal health program, and local law enforcement service there is.

According to a new study released last week by the Multistate Tax Commission, a nonpartisan coalition of state taxing authorities, corporate tax shelters robbed states of \$12.4 billion in desperately needed revenues in 2001 -- a figure that represents more than a third of the money corporations rightfully owed.

Companies sheltering their assets overseas are draining another \$70 billion a year from the federal Treasury -- funds that often make their way back to states through programs such as Head Start and AmeriCorps.

But as damning as those statistics are, they're still just abstract figures. In order to really understand the devastating impact these lost revenues are having, we need to put flesh and bone to the numbers.

Take California: according to the Multistate Tax Commission, the Golden State lost an estimated \$1.34 billion in corporate tax revenue because of tax shelters. Now that might not seem like that much money to a state facing an elephantine \$38 billion budget deficit, but it means very specific cuts to very specific programs that affect hundreds of thousands of people.

For example, just \$520 million of the \$1.34 billion the tax dodgers kept for themselves would make it possible for the state to avoid the closure of -- or severe cost cutting at -- 250 to 350 nursing homes. Just \$380 million would prevent the loss of childcare and daycare services for 429,000 children. And just \$600 million would make it unnecessary to up the entry age for kindergartners -- a change that will keep 110,000 children from starting school in the fall. But because of the tax shelterers' greed, those dark clouds are gathering on the California horizon.

Chew on that for a second. Thanks to California's corporate tax cheats, thousands of elderly nursing home residents are facing the prospect of being tossed out on the street. Maybe the high-powered corporate numbers-crunchers can take a break from devising ways to bilk the taxman and figure out, pro bono, how the state's nursing home operators are supposed to cut corners and still protect the health and well being of those in their care. Feed their elderly charges less often? Substitute sugar pills for life-sustaining medication? Fill their oxygen tanks with helium?

And what about those 110,000 California kids who may have to put their education on hold for another year? What are we supposed to tell them: "Hey, who needs kindergarten when you've got Sponge Bob Squarepants"?

Need more evidence of the difference this lost revenue would make? Consider that just \$18 million of the lost \$1.34 billion (only 1.3 percent of the total skimmed) would allow California officials to fully fund the California Arts Council, the 27-year old agency that brings artists, writers, and performers into the state's public schools. Artists like poet Dana Lomax, who inspires low-income elementary school students to believe that "Imagination can take you anywhere" or actress Jill Holden, who conducts workshops at treatment centers for abused and neglected kids. Instead, the

Arts Council is on the budget chopping block. Thanks corporate tax crooks!

And the same sort of pain being felt in California is being meted out all across the country, with beleaguered state legislatures forced to cut programs and eliminate services that could easily have been funded by lost revenues.

In Florida, which lost \$554 million to tax shelters in 2001, just \$7.7 million would have saved a program that provided glasses and hearing aids for low-income people.

In Oregon, which is dealing with \$80 million in lost corporate taxes, \$14.5 million would have prevented the 19,000-student Hillsboro school district from shutting its doors 17 days early this year.

In South Carolina, which also was denied \$80 million because of tax shelters, a mere \$1.4 million would have stopped the round of budget cuts that cost Traci Young Cooper, the state's 2001 Teacher of the Year, her job. The honor earned her a trip to the White House to meet President Bush; maybe if she knew what was coming she could have lobbied him to make all tax shelters illegal.

In Kentucky, which lost \$150 million to tax shelters, \$2.6 million would have allowed Gov. Paul Patton to leave behind bars the 883 prison inmates he released early in a desperate effort to balance the state's budget. I have a sneaking suspicion that the 25-year old woman who was raped by one of these freed inmates just three days after his release would consider that \$2.6 million money very well spent.

And the list goes on and on. Vital programs and services cut or eliminated that could have been saved had corporate America just done the right thing and paid what it owed.

It's time for the IRS to stop coddling corporate crooks and start going after tax shelter thieves with a vengeance. To do any less is a slap in the face of all the hard working taxpayers who, however grudgingly, pay their fair share.

Wealthy corporations absolutely must be forced to do the same. Because in the end, it's not the big, bad taxman these corporate tax cheats are pulling a fast one on. It's you and me.

<http://commondreams.org/views03/0723-08.htm>

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Dallas/Fort-Worth7562

Star-Telegram.com By Molly Ivins **Creators Syndicate**

Friday, Sep 12, 2003 (Posted on Sun, Sep. 07, 2003)

Lighting an idea candle vs. cursing the darkness

AUSTIN - It is insufficient to stand around saying, "I told you Iraq would be a disaster." Believe me, saying, "I told you so" is a satisfaction so sour that it will gag you when people, including Americans, are dying every day.

I think our greatest strength is still pragmatism. OK, this isn't working -- now what? In an effort to be constructive, even in the face of a developing catastrophe, I have been combing the public prints in an effort to find something positive to suggest.

There is a general consensus on both the left and right that we need to get more people over there, take control and fix the lights and water, for starters.



The more thoughtful advocates in the Do Something school, including Tom Friedman of *The New York Times* and David Ignatius of *The Washington Post*, favor a broader and more active coalition of international support and the legitimacy that would provide. Kofi Annan, a classy guy, had the grace to say after the bombing of U.N. headquarters in Baghdad, "The pacification and stabilization of Iraq is so important that all of us who have the capacity to help should help."

Secretary of State Colin Powell is now asking France, Germany and Britain to back a resolution in the United Nations that would bring in more international help. Some of the usual black-helicopter nuts insist, "But we must still be in control." Since the whole problem is that we're not in control now, that seems like a silly point. Whatever -- in terms of the command structure, let's just get some U.N. troops over there. If it takes more American troops, I suggest we send more American troops, because letting Iraq degenerate into chaos isn't good for the Iraqis or us. There seems to be general agreement on a second step as well: handing off power to the Iraqis themselves. I wince to report that this is already being called "Iraqification." Trouble is, we seem to be setting about it backward, by creating a national Iraqi council of our hand-selected choices and now giving some authority to these Cabinet-level types.

Wouldn't it make more sense to start at the local level? Why can't the Iraqis hold mayoral elections and go from there? (I know, they tried to do it in Najaf in June, but Paul Bremer stepped in and canceled the election -- another mistake.)

A mistake we can avoid is Ahmed Chalabi. Chalabi, head of the exile group called the Iraqi National Congress and also a convicted swindler, was the neo-cons' darling before the war. He is the right wing's oddest foreign enthusiasm since the time they took up that dingbat killer Jonas Savimbi in Angola.

Chalabi is widely reported to be the source of much of the massively bad intelligence that the administration relied on concerning weapons of mass destruction and other subjects. Apparently no one in the administration had ever come across the common wisdom about not trusting exile groups. One would think that Chalabi's untrustworthiness would be clear to all by now, but there are still a few true believers. Some in the "I'm trying to be constructive" camp are advocating the reconstitution of the Iraqi army on the grounds that much of it did not fight for Saddam Hussein anyway. That seems to me a more problematic enterprise.

The army was surely the most Baathist of all of Saddam's institutions. Perhaps if one started with the privates and didn't go very far up, one could avoid the real Baathist thugs.

I found a useful idea buried in a *National Review* article by John O'Sullivan, after wading through many paragraphs of silly, tendentious left-bashing. Boy, does he not get why many of us opposed this war.

Anyway, he presented an idea that he said comes from Pamela Hess of UPI: a short-term public works program, paying young men \$5 a day to rebuild infrastructure. "Given that the devil makes work for idle hands, that would be a security program as well as an economic program."

Sounds smart to me. We're paying Halliburton \$1.7 billion to go in and fix things, but private companies obviously don't want to send their people into an active war zone. Why not pay the Iraqis, instead?

If worse comes to worst, we can always follow Sen. George Aiken's solution for Vietnam: "Declare victory and go home."

Molly Ivins writes for Creators Syndicate. 5777 W. Century Blvd., Suite 700, Los Angeles, CA 90045

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Collinsville IL ... Horseradish Capital of the World

by Judy McCann

Collinsville, Illinois, and the surrounding area, is part of what is known as the American Bottom lands, a Mississippi River basin adjacent to St. Louis, Mo. carved out of the glaciers from the ice age, the soil is so rich in potash, a chemical nutrient on which horseradish thrives.

Approximately 85% of the world's supply of horseradish is produced in this fertile setting. Cold winters provide the required root dormancy. The long summers yield excellent growing conditions for the root to grow.

German immigrants to the area began growing horseradish in the late 1800's and passed their growing method from

generation to generation. The Keller farm in Collinsville, Illinois, has been a horseradish working farm for 100 years, and is still in the same family, like many other farms in the area. We also have J. R. Kelley, one of the processors in this area. The plant is not bothered by pests that ravage other crops. It's a labor-intensive crop that must be planted by hand. This is, perhaps, the reason that this area grows so much of the world's supply on so few acres.

<http://www.globalgourmet.com/food/egg/egg1296/horscap.html>

<http://www.nytimes.com/2003/07/20/international/worldspecial/20SEAR.html>

July 20, 2003

A Chronicle of Confusion in the Hunt for Hussein's Weapons

By JUDITH MILLER

On paper, the Pentagon's plan for finding Iraq's unconventional weapons was bold and original. 4 mobile exploitation teams, or MET's, each composed of about 25 soldiers, scientists and weapons experts from several Pentagon agencies, would fan out to chase tips from survey units and combat forces in the field. They would search 578 "suspect sites" in Iraq for the chemical, biological and nuclear components that the Bush administration had cited time and again to justify the war. The Pentagon said the weapons hunters would have whatever they needed — helicopters, Humvees in case weather grounded the choppers, and secure telecommunications.

But the "ground truth," as soldiers say, was this: chaos, disorganization, interagency feuds, disputes within and among various military units, and shortages of everything from gasoline to soap plagued the postwar search for evidence of Iraq's supposed unconventional weapons.

To this day, whether Saddam Hussein possessed such weapons when the war began remains unknown. It is the biggest mystery of the war and a thorny political problem for President Bush. His administration has expanded the hunt and has urged patience, expressing the belief that some weapons may still be found. Others believe that to be increasingly unlikely.

Interviews with soldiers and government officials over three months with the Pentagon's 75th Exploitation Task Force, known as the XTF, identified a number of problems that might explain why the search has produced so little. The flaws are serious enough, according to some participants, that the searchers might indeed have overlooked weapons or their components — if they were there to be found.

Some participants said the Bush administration used flawed intelligence to plan and conduct the search. They said planners had assumed that either chemical or biological weapons would be used against American forces in the field, proving their existence to the world. Or they assumed that if the armaments were not used, they would be easy to find.

Some said that promising sites were looted — or cleared of evidence — before Americans could search or secure them.

"Because we arrived at sites so late, so often," said Capt. J. Ryan Cutchin, the leader of the team known as MET Bravo, "we may never know what was there, and either walked or was taken away by looters and Baathist elements under the guise of looting."

A senior Iraqi military intelligence official, a source some of the weapons hunters considered their most promising find, said Mr. Hussein had destroyed his stockpiles of chemical and germ weapons, continuing the destruction up until a week before the war.

Several officials asserted that bureaucratic rivalries were partly to blame. There was strife between the Central Intelligence Agency and the Pentagon's Defense Intelligence Agency, and arguments between the MET weapons-hunting units and their commander; and some said that Special Operations forces alienated potential Iraqi sources through midnight raids and other harsh tactics.

Underlying those problems, experts and soldiers said, was the Pentagon's reluctance to make the mission an urgent priority as the risky occupation of Iraq unfolded.

"Though it may be now, I don't sense that this was much of a priority," said Fred C. Ikle, an under secretary of defense in the Reagan administration.

By the middle of June, according to weapons experts and administration officials, the searchers had interviewed only 13 scientists among some 200 people on the government's black list of "high-value targets" or among the thousands of midlevel people on the so-called gray list. Collectively, those people could have had extensive knowledge of Iraq's unconventional weapons programs.

Only after the administration came under political fire for failing to find the weapons and was accused of distorting intelligence to build a case for the war did the White House put David Kay, a former international weapons inspector and envoy from the C.I.A., in charge of invigorating a task force that had already been restructured once.

Several analysts said that although the task force's weapons-hunting teams were highly motivated and innovative, the Pentagon initially erred in putting a field artillery brigade in charge of the hunt.

"Unlike Marine or infantry units, field artillery units are full of procedures, lists and box-checking," said a veteran military analyst. "They are not known for flexibility."

Col. Richard R. McPhee, 47, a West Point graduate and veteran of the Persian Gulf war in 1991, said he learned only in late December that his brigade had been selected to lead the search, leaving him only a month to prepare.

Drawing Up the Plan

The plan for the hunt, drawn up mainly by United States Central Command in Tampa, Fla., with the Defense Intelligence Agency, put too much emphasis on site searches, officers said. In September, defense planners, former inspectors from the United Nations Special Commission, or Unscm, and officials from several Pentagon offices, including Central Command, had concluded in a secret session at the Pentagon-run National Defense University that while compiling a definitive list of suspect sites to be surveyed was important, recruiting Iraqis involved in unconventional weapons programs was the key to success.

They also agreed that financial and other incentives, like lenient treatment, should be offered to induce cooperation from wary Iraqi scientists and military officers. Finally, participants said, they agreed that former inspectors from Unscm, especially those who had interviewed Iraqis involved in the program, should be involved in the hunt.

But the task force had virtually no inspectors and few analysts who knew Iraq or its weapons programs well, said Richard Spertzel, a former weapons inspector who had helped assemble a list of more than 20 former American inspectors who were ready to help. No financial incentives for cooperation were offered until recently.

The number of MET teams hunting for unconventional weapons was reduced to two from four before the war was even over, lowering the number of active weapons hunters to fewer than 50 from 100, far fewer than the 200 United Nations inspectors.

"To seize and secure facilities took time and manpower, and they did not want to do it," said Master Sgt. Thomas Boon, a weapons hunter traveling with the Third Infantry Division. By the time Sergeant Boon's team reached Karbala in late April, the soldiers had turned up nothing at the 38 sites they had surveyed, sometimes hastily, as the maneuvering forces pressed on to Baghdad, team members said. Most sites had already been heavily looted by the time the forces arrived, Sergeant Boon said.

Interviews vs. Searches

Chief Warrant Officer Richard L. Gonzales, the head of MET Alpha, said in a recent interview that he became convinced of the need to concentrate on human sources, rather than site visits, after his unit secured the cooperation of two senior Iraqi participants in Iraq's unconventional weapons programs.

One of them, Dr. Nissar Hindawi, a leading figure in Iraq's biological warfare program in the 1980's, said in an interview in April that the explanations he and other scientists had continued giving the United Nations about Iraq's efforts to produce poisons and germ weapons were lies. He said, for instance, that he told inspectors that he was the head of a single-cell protein plant which, he said after the war, actually had made botulism toxin and anthrax.

Administration officials said MET Alpha's second source — a man who originally identified himself as a scientist but who turned out to be a military intelligence officer who said he oversaw part of Iraq's chemical weapons program — remained one of the highest-ranking Iraqis to volunteer to help the United States government in its search for unconventional weapons. Col. McPhee called his recruitment a "turning point" for the task force.

According to officers and officials interviewed in Baghdad and Washington, the Iraqi asserted not only that stockpiles of banned weapons had been destroyed from 1995 to a few days before the war, but also that the weapons programs were devised to continue research and development after the chemical stockpiles were gone. Military experts and administration officials who confirmed that the military spent hours debriefing the Iraqi said similar claims had also been asserted by other deposed Iraqi officials now in detention. But they declined to comment on what proportion of the stockpiles he said had been destroyed early on or why the intelligence agencies did not know of the stockpile destruction.

On April 24, less than a week after the Iraqi met with American officials in Baghdad and White House officials were given a report about his claims, President Bush said publicly for the first time that the military might not find Iraqi unconventional weapons stockpiles because they they might have been destroyed.

A White House spokesman declined comment on whether Mr. Bush's statement was a result of the Iraqi source's assertions, but officials in Iraq and Washington confirmed that White House officials had hotly debated the Iraqi's assertions, which they said had startled them.

"The Iraqi remains a cooperating source whose life would be endangered were his identity known in Iraq," a senior administration official said.

Despite the discovery that Iraqis like the military intelligence officer were willing under the right circumstances to cooperate, the MET units were ordered to stick to searching the list of suspect sites. "We said this is useless," said Captain Cutchin of MET Bravo. "It's toilet paper for us."

Faulty Leads and Frustration

The intelligence on sites was often stunningly wrong, one senior officer agreed. "The teams would be given a packet, with pictures and a tentative grid," he said. "They would be told: 'Go to this place. You will find a McDonald's there. Look in the fridge. You will find French fries, cheeseburger and Cokes.' And they would go there, and not only was there no fridge and no McDonald's, there was never even a thought of ever putting a McDonald's there. Day after day it was like that."

Throughout their mission, MET units members expressed frustration that they were not permitted to discuss with Iraqi scientists and security officials either the amnesty for war crimes or the sizable monetary rewards that had been authorized to offer in exchange for cooperation, despite the Iraqis' obvious reluctance to participate as long as Mr. Hussein might be alive. Then the MET units were sent home two months before a normal rotation, though they had volunteered to stay.

Officials charged with cultivating Iraqis as sources remained unhappy with raids by Special Forces on their potential sources' homes in the dead of night. "Knocking down a scientist's door at 3 a.m., putting a bag over his head, and flex-cuffing his family while you search for hidden weapons or documents is hardly a way to induce his cooperation," one weapons expert said.

On Friday, Colonel McPhee said he was proud that his teams had inspected more than 350 sites "without getting a single soldier killed" and had provided a smooth transition for the 75th XTF, which was merged into a larger, supposedly more agile task force known as the Iraq Survey Group. The number of weapons hunters and support troops has grown to more than 1,500 from 1,000. Once expected to be operating in May, officials said the new group would not be fully operational until August.

But MET Alpha's final mission underscores the continuing problems that plague the hunt. Sent to Basra to investigate what senior Iraq Survey Group intelligence and weapons experts called highly suspicious equipment that could be components for a nuclear weapons program, the team collected what turned out to be oil production equipment and a handful of large, industrial-scale vegetable steamers. The contents of the crates containing the suspect equipment were all clearly marked, in Russian.

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TIPS FOR SHOPPING - Bread.....

Bread ~ I never knew this!

When you go to buy bread in the grocery store, have you ever wondered which is the freshest, so you "squeeze" for freshness or softness?

Did you know that bread is delivered fresh to the stores five days a week? Monday, Tuesday, Thursday, Friday and Saturday. Each day has a different color twist tie. They are:

Monday – Blue

Tuesday – Green

Thursday – Red

Friday – White

Saturday – Yellow

So if today was Thursday, you would want red twist tie -- not white which is Friday's (almost a week old)! The colors go alphabetically by color Blue - Green - Red - White - Yellow. Monday through Saturday. Very easy to remember!

I thought this was interesting. I looked in the grocery store and sure enough the bread wrappers DO have different twist ties, and even the one with the plastic clips have different colors.

We learn something new everyday!!! Enjoy fresh bread when you buy bread with the right color on the day you are shopping.

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Catholic News Service/U.S. Conference of Catholic Bishops.

PIUSXII-NAZIS Aug-21-2003 (1,090 words) xxxn

Historian uncovers new evidence Pius XII strongly opposed Nazis

By Jerry Filteau

[Catholic News Service](#)

WASHINGTON (CNS) -- Newly uncovered documents from the archives of two U.S. diplomats provide some of the strongest evidence yet of Pope Pius XII's vigorous opposition to Nazism, said historian Charles R. Gallagher in the Sept. 1 issue of America, a New York-based national Catholic magazine.

In high-level diplomatic meetings as Vatican secretary of state, Cardinal Eugenio Pacelli -- the future Pope Pius XII -- severely criticized Nazism as pagan and anti-religious, he wrote.

Cardinal Pacelli himself called compromise with Hitler's regime "out of the question," Gallagher wrote.

One diplomatic report he found said the cardinal regarded Adolf Hitler "not only as an untrustworthy scoundrel but as a fundamentally wicked person" -- a characterization Gallagher described as "an extraordinary moral condemnation" of the German dictator by the future pope.

A Jesuit scholastic currently studying at St. Louis University, Gallagher earned a doctorate in American history and taught before joining the Jesuits. He is currently writing a biography of Archbishop Joseph P. Hurley, an American who was in Vatican diplomatic service under Pope Pius XII.

In a telephone interview with [Catholic News Service](#), Gallagher said the clear anti-Nazi and anti-Hitler views of Cardinal Pacelli in the documents he has uncovered contrast sharply with the attempts of some recent historians to portray the World War II pope "as a Nazi sympathizer." Among the more notable such books recently was John Cornwell's "Hitler's Pope."

In the America article, Gallagher focused on two diplomatic documents in particular -- a personal report by Cardinal Pacelli that he gave to Ambassador Joseph P. Kennedy, then U.S. ambassador to Britain, during an April 1938 meeting in Rome, and a 1939 report by Alfred W. Klieforth, then U.S. consul general in Cologne, Germany, following a three-hour meeting with the cardinal in Rome to discuss "the situation in Germany." Cardinal Pacelli was elected pope in March 1939.

Gallagher quoted from Klieforth's report: "He (Cardinal Pacelli) opposed unilaterally every compromise with National Socialism. He regarded Hitler not only as an untrustworthy scoundrel but as a fundamentally wicked person. He did not believe Hitler capable of moderation, in spite of appearances, and he fully supported the German bishops in their anti-Nazi stand."

Klieforth, Gallagher told CNS, was a Catholic and had been U.S. consul general in Berlin in the 1920s when then-Archbishop Pacelli was in Berlin as papal nuncio.

He said he found the Klieforth report this summer at Harvard University, in the private archives of Jay Pierrepont Moffat, who headed the U.S. State Department's European division before the war.

He said the diplomatic papers of Ambassador Kennedy, father of President John F. Kennedy, are housed in the JFK presidential library in Boston and were just recently made available for research.

Gallagher wrote that the Pacelli report to Kennedy invited the ambassador to pass "these personal private views of mine on to your Friend" -- a reference Gallagher called "a cryptic yet clear allusion to President Franklin D. Roosevelt," whom Cardinal Pacelli had met during an extensive U.S. visit 18 months earlier.

"In his report," Gallagher said, "Pacelli made clear that the Nazi program struck at the 'fundamental principle of the freedom of the practice of religion,' and indicated the emergence of a new Nazi 'Kulturkampf' (culture war) against the church."

He added, "Sounding beleaguered and perhaps a bit frightened, Pacelli expressed the view that the church 'at times felt powerless and isolated in its daily struggle against all sort of political excesses from the Bolsheviks to the new pagans arising among the young "Aryan" generations.' Nevertheless he assured Kennedy that any political compromise with the Nazi regime was 'out of the question.'"

For 65 years, until the recent limited opening of the Kennedy files for scholarly study, this report by the future Pope Pius XII "had been viewed only by three people" -- Kennedy, Roosevelt and British Prime Minister Neville Chamberlain, Gallagher wrote.

He also cited a later report from Kennedy to the State Department, regarding his series of meetings with Pope Pius immediately after the pope's coronation in 1939. He said Kennedy reported that the new pope held a "subconscious prejudice that has arisen from his belief that Nazism and Fascism are pro-pagan, and as pro-pagan, they strike at the roots of religion."

The reports show that "Pacelli employed private diplomacy to make clear to the Allied leadership his intense disdain of the Nazis" even though "both Kennedy and the new pope deemed it prudent to keep such sentiments out of the public sphere," Gallagher wrote.

He suggested that much of the controversy in recent decades over Pope Pius' so-called silence -- critics argue he should have forcefully denounced Nazi atrocities in public, especially Hitler's extermination campaign against the Jewish people -- stems from a misunderstanding of the "old world" rules of diplomacy in which Pope Pius was thoroughly trained.

Under those rules, he said, "secrecy in negotiations was paramount, finalized treaties were inviolable and rules of formality reigned supreme. In cases of import, governments and their heads of state were addressed almost exclusively behind closed doors."

Normally the Kennedy library only allows scholars to review the ambassador's documents after a written request and prior clearance from a screening committee established by the donors. But after media requests in light of Gallagher's article, the library made copies of Cardinal Pacelli's four-page 1938 report to Kennedy available to reporters who requested it.

The report, written the month after Hitler invaded Austria, takes pains to emphasize that an early statement by the Austrian hierarchy welcoming the new government "was evidently the result of some compulsory influences" and that the Vatican "neither previously nor afterwards" approved it.

Cardinal Pacelli wrote that the Holy See would always be willing "to deal fairly with any political authority whatsoever," but added that it couldn't do so without "at least the beginning of the evidence of good faith on the other side: evidence that so far has been completely lacking in this instance" of Hitler's regime.

Cardinal Pacelli attached an English translation of a subsequent retraction by Austrian Cardinal Theodor Innitzer -- a retraction given after the cardinal was called down to Rome for meetings with Cardinal Pacelli and Pope Pius XI.

Gallagher said his interest in Joseph Kennedy's archives was piqued by a memo in the Roosevelt archives saying the president had put Kennedy's 1939 report on his meetings with the newly crowned pope into his safe, but the document the memo referred to could not be found in the Roosevelt archives.

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Accodrning to a rscheearch at an Elingsh uinervtisy, it deosn't mttae In waht oredr the ltteers in a wrod are, the olny iprmoetnt tihng is taht frist and lsat ltteer is at the rghit pclae. The rset can be a total mse and you can sitll raed it wouthit porbelm. Tihs is bcuseae we do not raed ervey lteter by it slef but the wrod as a wlohe.

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3 Cheers for THIS Judge!!!

JUDGE WILLIAM YOUNG, SENTENCES THE SHOE BOMBER

US District Court Judge William Young made the following statement in sentencing "shoe bomber" Richard Reid to prison. It is noteworthy, and deserves to be remembered far longer than he predicts. I commend it to you and to anyone you might wish to forward it to.

January 30, 2003, United States vs. Reid. Judge Young: Mr. Richard C. Reid, hearken now to the sentence the Court imposes upon you.

On counts 1, 5 and 6 the Court sentences you to life in prison in the custody of the United States Attorney General.

On counts 2, 3, 4 and 7, the Court sentences you to 20 years in prison on each count, the sentence on each count to run consecutive with the other. That's 80 years.

On count 8 the Court sentences you to the mandatory 30 years consecutive to the 80 years just imposed.

The Court imposes upon you each of the eight counts a fine of \$250,000 for the aggregate fine of \$2 million.

The Court accepts the government's recommendation with respect to restitution and orders restitution in the amount of \$298.17 to Andre Bousquet and \$5,784 to American Airlines.

The Court imposes upon you the \$800 special assessment.



The Court imposes upon you five years supervised release simply because the law requires it. But the life sentences are real life sentences so I need go no further.

This is the sentence that is provided for by our statutes. It is a fair and just sentence. It is a righteous sentence. Let me explain this to you.

We are not afraid of any of your terrorist coconspirators, Mr. Reid. We are Americans. We have been through the fire before. There is all too much war talk here. And I say that to everyone with the utmost respect. Here in this court, where we deal with individuals as individuals, and care for individuals as individuals, as human beings we reach out for justice, you are not an enemy combatant. You are a terrorist. You are not a soldier in any war. You are a terrorist. To give you that reference, to call you a soldier gives you far too much stature. Whether it is the officers of government who do it or your attorney who does it, or that happens to be your view, you are a terrorist. And we do not negotiate with terrorists. We do not sign documents with terrorists. We hunt them down one by one and bring them to justice.

So war talk is way out of line in this court. You are a big fellow. But you are not that big. You're no warrior. I know warriors. You are a terrorist. A species of criminal guilty of multiple attempted murders.

In a very real sense Trooper Santiago had it right when you first were taken off that plane and into custody and you wondered where the press and where the TV crews were and he said you're no big deal. You're no big deal.

What your counsel, what your able counsel and what the equally able United States attorneys have grappled with and what I have as honestly as I know how tried to grapple with, is why you did something so horrific. What was it that led you here to this courtroom today? I have listened respectfully to what you have to say. And I ask you to search your heart and ask yourself what sort of unfathomable hate led you to do what you are guilty and admit you are guilty of doing. And I have an answer for you. It may not satisfy you. But as I search this entire record it comes as close to understanding as I know. It seems to me you hate the one thing that is most precious. You hate our freedom. Our individual freedom. Our individual freedom to live as we choose, to come and go as we choose, and to believe or not believe as we individually choose. Here, in this society, the very winds carry freedom. They carry it everywhere from sea to shining sea. It is because we prize individual freedom so much that you are here in this beautiful courtroom. So that everyone can see, truly see that justice is administered fairly, individually, and discretely. It is for freedom's sake that your lawyers are striving so vigorously on your behalf and have filed appeals, will go on in their, their representation of you before other judges. We are about it. Because we all know that the way we treat you, Mr. Reid, is the measure of our own liberties. Make no mistake though. It is yet true that we will bear any burden, pay any price, to preserve our freedoms.

Look around this courtroom. Mark it well. The world is not going to long remember what you or I say here. Day after tomorrow it will be forgotten. But this, however, will long endure. Here in this courtroom and courtrooms all across America, the American people will gather to see that justice, individual justice, justice, not war, individual justice is in fact being done.

The very President of the United States through his officers will have to come into courtrooms and lay out evidence on which specific matters can be judged, and juries of citizens will gather to sit and judge that evidence democratically, to mold and shape and refine our sense of justice.

See that flag Mr. Reid? That's the flag of the United States of America. That flag will fly there long after this is all forgotten. That flag stands for freedom. You know it always will.

Custody Mr. Officer. Stand him down.

How much of this Judge's comments did you hear on our TV sets? ZERO! Please pass this around.

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**By William Rivers Pitt
t r u t h o u t | Perspective
Monday 23 June 2003**

His name was Paul Nakamura, and he was from Santa Fe Springs, California. Nakamura was an American soldier,

part of an ambulance crew in Iraq transporting an injured soldier for medical attention on June 19 when the ambulance was hit by a rocket-propelled grenade. Nakamura was killed in this attack. He was 21 years old.

His name was Michael Deuel, and he was from Nemo, South Dakota. Deuel was an American soldier ordered to guard a propane distribution center in Iraq. He was shot on June 18 while performing this guard duty and died of his wounds. He was 21 years old.

His name was William Latham, and he was from Kingman, Arizona. Latham was an American soldier who participated in a raid at a suspected arms market in Ar Ramadi, Iraq, on May 19. He was hit with shrapnel. Latham was evacuated back to the United States where he died of his wounds in Walter Reed Army Medical Center on June 18. He was 29 years old.

His name was Robert Frantz, and he was from San Antonio, Texas. Frantz was an American soldier on guard duty in Iraq when someone threw a hand grenade over a wall at him. Frantz died of his injuries on June 17. He was 19 years old.

His name was Shawn Pahnke, and he was from Shelbyville, Indiana. Pahnke was an American soldier on patrol in Iraq when he was fatally shot on June 16. He was 25 years old.

His name was Gavin Neighbor, and he was from Somerset, Ohio. Neighbor was an American soldier who was resting in a bus after guard duty in Iraq when an attacker fired a rocket-propelled grenade at him from a nearby house. Neighbor died of his wounds on June 10. He was 20 years old.

His name was Michael Dooley, and he was from Pulaski, Virginia. Dooley was an American soldier who was manning a traffic control point in Iraq when he was ambushed by two individuals who drove up requesting medical assistance. They shot him to death on June 8. He was 23 years old.

His name was Jesse Halling, and he was from Indianapolis, Indiana. Halling was an American soldier at a military police station in Iraq which came under fire from rifle-propelled grenades and small arms fire. Halling was fatally shot in this exchange on June 7. He was 19 years old.

His name was Doyle Bollinger, Jr., and he was from Poteau, Oklahoma. Bollinger was an American soldier on a work detail in Iraq when a piece of unexploded ordnance detonated and killed him on June 6. Bollinger was 21 years old.

His name was Branden Oberleitner, and he was from Worthington, Ohio. Oberleitner was an American soldier returning from a patrol in Iraq when he was fired upon by a rifle-propelled grenade. Oberleitner died of his wounds on June 5. He was 20 years old.

His name was Antanacio Haromarin, and he was from Baldwin Park, California. Haromarin was an American soldier manning a checkpoint in Iraq. His unit came under fire from rocket-propelled grenades and small arms. Haromarin was killed in this exchange on June 3. He was 27 years old.

These are the American combat casualties in Iraq from June 1 to June 20. Added to this list for the month of June are Michael Tosto (age 24), Andrew Pokorny (age 30), Joseph Suell (age 24), John Klinessmith, Jr. (age 25), Ryan Cox (age 19), Travis Burkhardt (age 26) and Jonathan Lambert (age 28), who were killed in Iraq by non-combat related mishaps like car wrecks and accidental weapons discharges.

There is still a week left to the month of June, and these are the names already inscribed onto our collective wall of memory. They represent a small portion of the dead and the lost in this second Iraq war. According to Reuters, some 91 American soldiers have been killed in Iraq since the 'Fall of Baghdad' on April 9. That averages out to 1.21 soldiers killed per day. 102 American soldiers were killed during the fighting that took place between March 20 and April 9. The total, as of June 20, is 193 dead.

If the casualty rate of 1.21 per day continues, we can expect 228 more dead American soldiers by Christmas. Why?

Donald Rumsfeld was asked this question on a March 24 edition of the CBS news program 'Face the Nation.' He said, "We have seen intelligence over many months that they have chemical and biological weapons, and that they have dispersed them and that they're weaponized and that, in one case at least, the command and control arrangements have been established."

That is a profoundly specified statement. Not only did Rumsfeld claim that Iraq had chemical and biological weapons, not only were those weapons in place to be used on the battlefield, not only were those poisons weaponized for maximum lethal effect. Rumsfeld stated bluntly that he knew of one case where permission to use these weapons against American troops had already been given.

This was nothing new. For 7 months to that point, Rumsfeld had been in good company making claims of this nature. Every day since September of 2002, we heard from Rumsfeld, Wolfowitz, Perle, Fleischer, Rice, Powell, and several times from George W. Bush and Dick Cheney, that Iraq's weapons program represented an immediate and severe danger to the American people. The shadow of September 11 loomed long and dark over these statements, and the approval ratings for combat indicated that Americans were willing to believe these Bush administration claims rather than accept even the most remote possibility that Iraqi weapons could be used on the home front.

It has become agonizingly clear that the Bush administration deliberately trumped up dire stories of Iraq's weapons capabilities in order to galvanize the American people behind war. They lied every day for months. Worse, the Bush administration deliberately used the horror of September 11 to justify war against a nation that posed no threat to American security.

On June 15, former NATO Supreme Commander General Wesley Clark appeared on 'Meet the Press' with Tim Russert. A wretchedly revealing exchange came from the interview:

GEN. CLARK: I think there was a certain amount of hype in the intelligence, and I think the information that's come out thus far does indicate that there was a sort of selective reading of the intelligence in the sense of sort of building a case.

MR. RUSSERT: Hyped by whom?

GEN. CLARK: Well, I...

MR. RUSSERT: The CIA, or the president or vice president? Secretary of Defense, who?

GEN. CLARK: I think it was an effort to convince the American people to do something, and I think there was an immediate determination right after 9/11 that Saddam Hussein was one of the keys to winning the war on terror. Whether it was the need just to strike out or whether he was a linchpin in this, there was a concerted effort during the fall of 2001 starting immediately after 9/11 to pin 9/11 and the terrorism problem on Saddam Hussein.

MR. RUSSERT: By who? Who did that?

GEN. CLARK: Well, it came from the White House, it came from people around the White House. It came from all over. I got a call on 9/11. I was on CNN, and I got a call at my home saying, "You got to say this is connected. This is state-sponsored terrorism. This has to be connected to Saddam Hussein." I said, "But-I'm willing to say it but what's your evidence?" And I never got any evidence. And these were people who had-Middle East think tanks and people like this and it was a lot of pressure to connect this and there were a lot of assumptions made. But I never personally saw the evidence and didn't talk to anybody who had the evidence to make that connection.

Mr. Russert, predictably, did not follow up on this astounding claim during the interview. The import of these statements, however, is clear. General Clark was asked by the White House, and by those working for and with the White House, to connect Saddam Hussein and Iraq to the attacks of September 11. He was asked to do so on that terrible day, while people were still dying and while the buildings were still burning.

The tactic was effective. A poll by CBS and the New York Times taken just before the war began showed that 45% of the American people believed Saddam Hussein was "personally involved" in the attacks of September 11. A previous poll taken by Princeton Survey Research Associates showed that 50% of the American people believed that most of the 9/11 hijackers were Iraqis.

In a country with a news media that can provide data in an unrelenting stream 24 hours a day, millions of Americans believed in a connection that was completely and totally wrong. How can such a gap in comprehension be explained? Simply put, the Bush administration put forth a staggering array of lies and exaggerations, and the American media chose to repeat them ad nauseam instead of verifying the veracity of the claims. These poll numbers must be factored into those taken during and after the war, which appeared to show American support for the attack.

It has been 80 days since Baghdad fell to American forces. The United States military has invested virtually every corner of Iraq in that time. No evidence of chemical or biological weapons has been found. No evidence that these weapons had been dispersed for combat usage has been found. Nothing weaponized has been found. No evidence that command and control orders were given has been found. No connection between Iraq, Hussein and the 9/11 terrorists has been even minutely established.

Along with the Americans who died at the altar of these terrible lies were thousands and thousands of Iraqi civilians. The Associated Press attempted to do an accounting of the civilian dead after the war, and came up with 3,240 killed. This number, however, only represents casualties that took place between March 20 and April 20, and depends upon records from hospitals that were badly overwhelmed by the carnage. A variety of groups from around the world that are also evaluating the data put the casualty numbers closer to 7,000 killed, and some estimate that the number of dead is actually in the neighborhood of 10,000.

His name was Brandon Sloan, and he was from Cleveland, Ohio. Sloan was an American soldier who was killed March 23 after his convoy came under attack in Iraq. He was 19 years old. He was not the first to die, and he was not the last. When a man or woman puts on the uniform of the United States military and swears the oath of service, they are taking a leap of faith that their lives will not be used and disposed of by those who would lie and deceive them into combat.

George W. Bush and his administration owe an explanation to the family of Brandon Sloan, and to the families of all the other troops who have fallen and will fall in this war. They owe an explanation to the American people and to the world for the carnage they caused with their lies and exaggerations. There must be a reckoning.

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Author's Note: My truthout email is experiencing some very temporary technical difficulties. For the next few days, it would be wise to send any emails to w_pitt@hotmail.com as well as the address listed above. Thanks. - wrp