



I'm way outside the main event tent.  
I'm not on the mainstream team.  
I'm the answer to the question that never gets asked.



When you buy Ferrari after retirement.

<https://youtu.be/4T2gH0declQ>



*Moral of the story:  
Don't wait.*



0:22 / 0:40





**The Zuni** (Zuni: A:shiwi; formerly spelled Zuñi) are Native American Pueblo peoples native to the Zuni River valley. The Zuni are a Federally recognized tribe and most live in the Pueblo of Zuni on the Zuni River, a tributary of the Little Colorado River, in western New Mexico, United States. The Pueblo of Zuni is 55 km (34 mi) south of Gallup, New Mexico. The Zuni tribe lived in multi level adobe houses. In addition to the reservation, the tribe owns trust lands in Catron County, New Mexico, and Apache County, Arizona. The Zuni call their homeland Halona Idiwan'a or Middle Place. The word Zuni is believed to derive from the Western Keres language (Acoma) word siñni, or a cognate thereof.

**Aurōra** (Latin: [au'ro:ra]) is the Latin word for dawn, and the goddess of dawn in Roman mythology and Latin poetry. Like Greek Eos and Rigvedic Ushas, Aurōra continues the name of an earlier Indo-European dawn goddess, Hausos.

### A:shiwi Zuni



Zuni girl with jar, 1903

#### Total population

19,228 enrolled members<sup>[*citation needed*]</sup> (2015)

#### Regions with significant populations

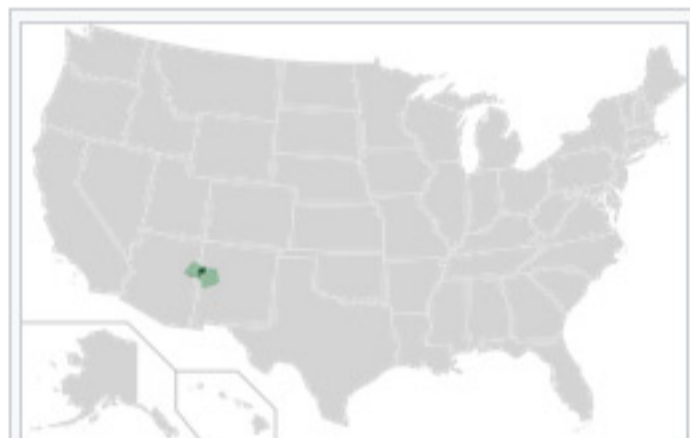
United States (New Mexico)

#### Languages

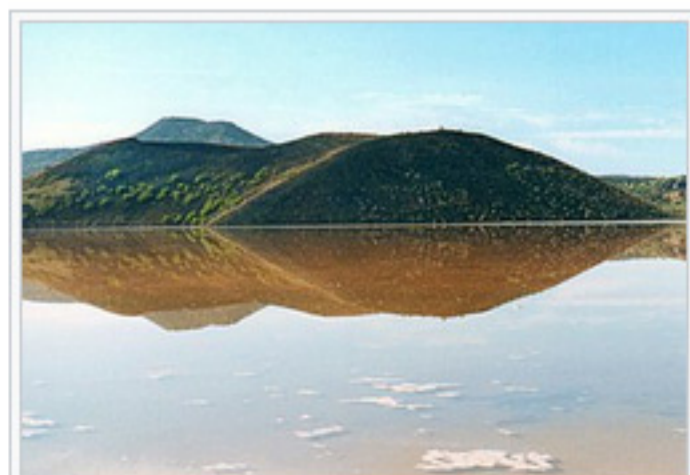
Zuni, English, Spanish

#### Related ethnic groups

Pueblo people



Map of historical distribution of Zuni (light green) and current Zuni land (dark green)



Zuni Salt Lake, New Mexico, where the Zuni have harvested salt for centuries



*Aurōra and Cephalus*, 1733, by François Boucher

### Aurora

Personification of dawn



*L'Aurore* by William-Adolphe Bouguereau (1881)

<b>Abode</b>	Sky
<b>Symbol</b>	Chariot, saffron, cicada

#### Personal information

<b>Siblings</b>	Sol and Luna
<b>Consort</b>	Astraeus, Tithonus
<b>Children</b>	Anemoi

#### Equivalents

<b>Greek equivalent</b>	Eos
<b>Slavic equivalent</b>	Zorya
<b>Hinduism equivalent</b>	Ushas
<b>Japanese equivalent</b>	Ame-no-Uzume <sup>[1]</sup>



Two Zuni girls, photographed by Edward S. Curtis, c. 1926



... I AM  
the Dancing Sun.

The Zuni (Zuni: A:shiwi; formerly spelled Zuñi) are Native American Pueblo

### Winter Solstice, Virgin Birth and the Miracle of Aligning with the Sun

People of the Zuni Pueblo Tribe celebrate the new year on the winter solstice, as do many aboriginal peoples. Makes sense. It the shortest day and things are hopefully about to turn around. Thank God. It was getting dark. Gods born of a virgin approximate the winter solstice, often on December 25th are no novel thing. The Phrygo-Roman god, Attis, was born of a virgin, Nana, on December 25. Before 1,000 B.C., besides Attis, the god Horus, the son of the virgin Isis and Osiris were born on December 25—also in Egypt, Ra (the Sun) was born of a virgin mother, Net. Virgin births before 200 B.C. include Mithra, Heracles, Dionysus, Tammuz, Adonis, and others. A virgin rollcall might include Romulus and Remus, twin founders of Rome, born of the virgin Rhea Silvia. In ancient Egypt, Ra (the Sun) was born of a virgin mother, Net; It resonates because he went on to be killed and was resurrected. The Roman Empire declared December 25 a holiday to celebrate the birth of their adopted Syrian god Sol Invictus in 274 A.D. Some 50 years later, Roman Emperor Constantine officially adopted December 25 as the day for celebrating Christ's birth. In ancient Greece, Dionysos was the son of either the virgin Semele or the virgin Persephone. Persephone was also the virgin mother of Jason. And Plato's mother, Perictione, was a virgin. The list goes on. Hinduism, Buddhism and ancient China all have their share of them and none is more or less believable than any other myth, fable or symbol. All religions in the Roman world, including Christianity, subscribed to the notion of divine beings, who were above and beyond the human realm. Even though Judaism and Christianity were monotheistic, they were similar to pagan religions in subscribing to numerous superhuman divine beings. They may not have been beings they would call gods, but there were lots of other divine forces in the world and in heaven above. There were angels, archangels, patron saints, demons, and so on. Religion is central to Zuni life. Shalako, a series of ceremonial dances, is a remarkable sacred drama enacted in the open on or around the winter solstice for the double purpose of invoking the divine blessing upon certain newly built houses, and of rendering thanks to the gods for the harvests of the year. Since prehistory, the winter solstice has been a significant time of year in many cultures and has been marked by festivals and rituals. It marked the symbolic death and rebirth of the Sun; the gradual waning of daylight hours is reversed and begins to grow again. Some ancient monuments such as Newgrange, Stonehenge, and Cahokia Woodhenge are aligned with the sunrise or sunset on the winter solstice.

Born of Aurora anew each dawn—here's to honoring by being the dancing sun!

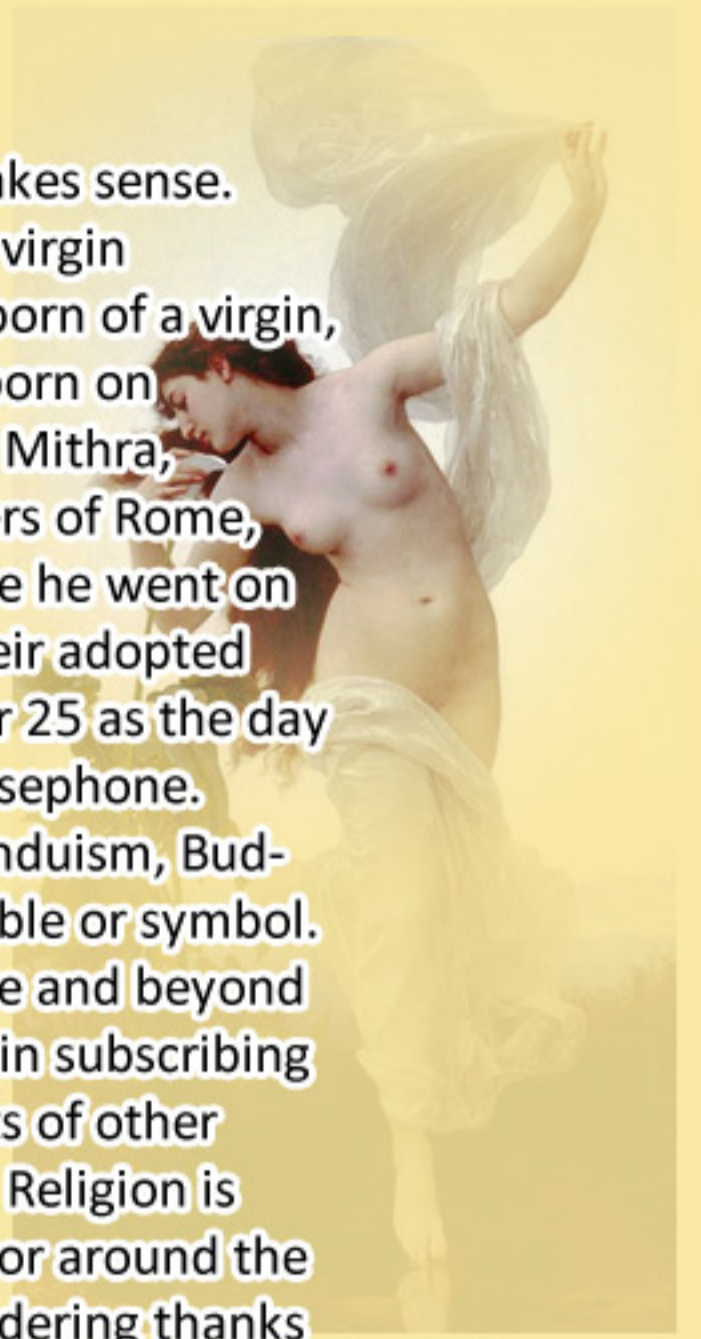
{All About Adam & Eve: How We Came to Believe in Gods, Demons, Miracles, & Magical Rites by Robert J. Gillooly > <https://www.amazon.com/All-About-Adam-Eve-Miracles/dp/1573921874> | Other Gods Born to Virgins on December 25 Before Jesus Christ > <https://gsgriffin.com/2016/12/08/other-gods-born-to-virgins-on-december-25-before-jesus-christ/> | Winter Solstice > [https://en.wikipedia.org/wiki/Winter\\_solstice](https://en.wikipedia.org/wiki/Winter_solstice)}

#### A:shiwi Zuni



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Aurora by William-Adolphe Bouguereau (1881)

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Aurora and Cephalus, 1733, by François Boucher



Zuni Salt Lake, New Mexico, where the Zuni have harvested salt for centuries



Two Zuni girls, photographed by Edward S. Curtis, c. 1926



[https://en.wikipedia.org/wiki/Dionne\\_Warwick](https://en.wikipedia.org/wiki/Dionne_Warwick)  
[https://en.wikipedia.org/wiki/Whitney\\_Houston](https://en.wikipedia.org/wiki/Whitney_Houston)

**Marie Dionne Warwick** (/diˈɒn/; born December 12, 1940) is an American singer, actress, and television host. Warwick ranks among the 40 biggest U.S. hit makers between 1955 and 1999, based on her chart history on Billboard's Hot 100 pop singles chart. She is the second-most charted female vocalist during the rock era (1955–1999). She is also one of the most-charted vocalists of all time, with 56 of her singles making the Hot 100 between 1962 and 1998 (12 of them Top Ten), and 80 singles in total – either solo or collaboratively – making the Hot 100, R&B and/or adult contemporary charts.[1][2] Dionne ranks #74 on the Billboard Hot 100's "Greatest Artists of all time". During her career, she has sold more than 100 million records worldwide and she has won many awards, including six Grammy Awards. Warwick has been inducted into the Hollywood Walk of Fame, the Grammy Hall of Fame, the R&B Music Hall of Fame and the Apollo Theater Walk of Fame. In 2019 she won the Grammy Lifetime Achievement Award. Three of her songs ("Walk On By", "Alfie" and "Don't Make Me Over") have been inducted into the Grammy Hall of Fame. She is a former Goodwill Ambassador for the UN's Food and Agriculture Organization.

*First cousin:*

**Whitney Elizabeth Houston** ( August 9, 1963 – February 11, 2012) was an American singer and actress. Nicknamed "The Voice", she is one of the bestselling music artists of all time, with sales of over 200 million records worldwide.[1] Houston influenced many singers in popular music, and was known for her powerful, soulful vocals and vocal improvisation skills.[2][3] She is the only artist to have had seven consecutive number-one singles on the Billboard Hot 100, from "Saving All My Love for You" in 1985 to "Where Do Broken Hearts Go" in 1988. Houston enhanced her popularity upon entering the movie industry. Her recordings and films generated both great success and controversy. She received numerous accolades throughout her career and posthumously, including two Emmy Awards, six Grammy Awards, 16 Billboard Music Awards, and 28 Guinness World Records, as well as induction into the Grammy, Rhythm and Blues Music, and Rock and Roll halls of fame. Houston began singing in church as a child and became a background vocalist while in high school. She was one of the first black women to appear on the cover of Seventeen after becoming a teen model in 1981. With the guidance of Arista Records chairman Clive Davis, Houston signed to the label at age 19. Her first two studio albums, Whitney Houston (1985) and Whitney (1987), both peaked at number one on the Billboard 200 and are among the best-selling albums of all time.

## Dionne Warwick



Warwick in 2021

<b>Born</b>	Marie Dionne Warrick December 12, 1940 (age 82) East Orange, New Jersey, U.S.
<b>Alma mater</b>	University of Hartford Hartt School
<b>Occupations</b>	Singer · actress · television
<b>Years active</b>	1955–present
<b>Spouse</b>	<span>William Elliott</span> ( <span>m.</span> 1966; <span>div.</span> 1967) ( <span>m.</span> 1967; <span>div.</span> 1975)
<b>Children</b>	2, including <span>Damon Elliott</span>
<b>Relatives</b>	<span>Dee Dee Warwick</span> (sister) <span>Cissy Houston</span> (aunt) <span>Whitney Houston</span> (maternal first cousin) <span>Gary Garland</span> <span>Bobbi Kristina Brown</span> <span>Leontyne Price</span>
<b>Genres</b>	R&B · soul · pop · gospel
<b>Instrument(s)</b>	Vocals
<b>Labels</b>	<span>Scepter</span> · <span>Warner Bros.</span> · <span>Arista</span> · <span>River North</span> · <span>Concord</span> · <span>Rhino</span>
<b>Website</b>	<span>officialdionnewarwick.com</span> <span>↗</span>

## Whitney Houston



Houston singing *Greatest Love of All* at the *Welcome Home Heroes* concert in 1991

<b>Born</b>	Whitney Elizabeth Houston August 9, 1963 Newark, New Jersey, U.S.
<b>Died</b>	February 11, 2012 (aged 48) Beverly Hills, California, U.S.
<b>Spouse</b>	<span>Bobby Brown</span> ( <span>m.</span> 1992; <span>div.</span> 2007)
<b>Children</b>	<span>Bobbi Kristina Brown</span>
<b>Parent</b>	<span>Cissy Houston</span> (mother)
<b>Relatives</b>	<span>Gary Garland</span> (half-brother) <span>Dionne Warwick</span> (cousin) <span>Dee Dee Warwick</span> (cousin) <span>Leontyne Price</span> (cousin)
<b>Website</b>	<span>whitneyhouston.com</span> <span>↗</span>



# She was a popular yoga guru. Then she embraced QAnon conspiracy theories

January 2, 2023 · 5:01 AM ET

EMILY GUERIN



Photo prints of the late Guru Jagat for sale at the RA MA Santa Monica yoga studio.

Emily Guerin/KPCC/LAist

QAnon — the baseless conspiracy theory that claims that a cabal of Satan-worshipping, blood-drinking elites control politics and media — is closely identified in political circles with some supporters of former President Donald Trump. But it also has a foothold in yoga and wellness circles. **Themes like everything is connected, nothing happens without a purpose, and nothing is what it seems are central to both yoga philosophy and conspiratorial thinking.** "If you've been practicing yoga, these are going to be very familiar ideas to you," said Matthew Remski, a former yoga teacher and journalist who hosts a podcast about conspiracies, wellness and cults called *Conspirativity*. During the pandemic, many yoga teachers began to speak more openly about their belief in conspiracies, to the point that there is now a term to describe this phenomenon: the **"wellness to QAnon pipeline."** To understand what wellness and conspiracy theories have in common, I decided to follow the radicalization journey of a Los Angeles-based Kundalini yoga teacher named Guru Jagat (to hear the full story, subscribe to the LAist Studios podcast *Imperfect Paradise: Yoga's "Queen of Conspiracy Theories"*).

**From yoga philosophy to conspiratorial thinking:** Remski, the host of *Conspirativity*, noticed a number of yoga teachers flirting with QAnon during the early months of the pandemic. At first, he suspected it was a marketing ploy. With yoga studios around the country suddenly closed, teachers were forced to compete for the same online audience. But as the pandemic progressed, some teachers, like Guru Jagat, did not walk back their rhetoric. Of course, many people practice yoga without believing in conspiracy theories. However, yoga philosophy and conspiratorial thinking have a lot in common, Remski said, making it easy to slide from the former into the latter. In both circles, there is an emphasis on "doing your own research" and "finding your own truth." And many people who practice and teach yoga distrust Western medicine, preferring to find alternative solutions or try to let their body heal itself. "The relativism around truth, which has so long been a part of wellness culture, really reared its head in the pandemic," said Natalia Petrzela, an author and historian at The New School. "This idea that 'truth is just in the eye of the beholder' is something which can feel kind of empowering when you're sitting in yoga class, but when it's the pandemic, and that kind of language is being deployed to kind of foment, like, vaccine denial or COVID denialism, it has the same power, because we're all steeped in this culture ... it can be used for real harm." QAnon, in particular, may have a particular resonance for yoga practitioners, according to Ben Lorber, a researcher at Political Research Associates, a think tank that monitors right-wing movements, because both communities share the idea of a higher truth accessible to a select few. The secret truth that QAnon followers believe is that the world is controlled by "the Deep State," an evil cabal of elites who worship Satan and sexually assault children. In yoga, it's more nuanced, but could include ideas like enlightenment or spiritual awakening.



# One third of world economy expected to be in recession in 2023, says IMF chief

By Diksha Madhok, CNN

Updated 2:31 AM EST, Mon January 2, 2023



New Delhi CNN — This year is going to be tougher on the global economy than the one we have left behind, the International Monetary Fund's (IMF) chief Kristalina Georgieva has warned. **"Why? Because the three big economies, US, EU, China, are all slowing down simultaneously,"** she said in an interview that aired on CBS Sunday. "We expect one third of the world economy to be in recession," she said, adding that even for countries that are not in recession: "It would feel like recession for hundreds of millions of people." While the US may end up avoiding a recession, the situation looks more bleak in Europe, which has been hit hard by the war in Ukraine, she said. "Half of the European Union will be in recession," Georgieva added. The IMF currently projects global growth to be at 2.7% this year, slowing from 3.2% in 2022.

The deceleration in China will have a dire impact globally. The world's second largest economy weakened dramatically in 2022 because of its rigid zero-Covid policy, which left China out of sync with the rest of the world, disrupting supply chains and damaging the flow of trade and investment.

Chinese leader Xi Jinping said this weekend that he expected China's economy to have expanded by at least 4.4% last year, a figure much stronger than many economists had predicted but much lower than the 8.4% growth rate seen in 2021.

"For the first time in 40 years China's growth in 2022 is likely to be at or below global growth," Georgieva said. "Before Covid, China would deliver 34, 35, 40% of global growth. It is not doing it anymore," she said, adding that it is "quite a stressful" period for Asian economies.

"When I talk to Asian leaders, all of them start with this question, 'What is going to happen with China? Is China going to return to a higher level of growth?' " she said.

Beijing abandoned Covid restrictions in early December, and while its reopening may provide some much-needed relief to the global economy, the recovery is going to be erratic and painful.

China's haphazard reopening has unleashed a wave of Covid cases that have overwhelmed the health care system, dampening consumption and production in the process. The next couple of months will "be tough for China, and the impact on Chinese growth would be negative," Georgieva said, adding that she expects the country to move gradually to a "higher level of economic performance, and finish the year better off than it is going to start the year."

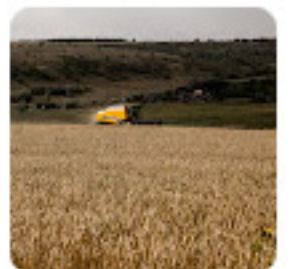
**Minimum wage in the city of San Diego increases from \$15.00 to \$16.30 an hour**

CBS News 8 · 20 hours ago



**Russia's War on Ukraine Worsens Global Starvation**

The New York Times · 4 hours ago





# COVID-19 Virus Found in the Brain: Autopsies Reveal Startling New Information

By JIM WAPPES, UNIVERSITY OF MINNESOTA JANUARY 2, 2023



*An analysis of tissue samples from the autopsies of 44 people who died with COVID-19 shows that SARS-CoV-2 virus spread throughout the body—including into the brain—and that it lingered for almost 8 months. The study was published on December 14 in the journal Nature.*

Scientists from the National Institutes of Health (NIH) tested samples from autopsies that were performed from April 2020 to March 2021. They conducted extensive sampling of the nervous system, including the brain, in 11 of the patients.

**RNA and viable virus in various organs:** All of the patients died with COVID-19, and none were vaccinated. The blood plasma of 38 patients tested positive for SARS-CoV-2, 3 tested negative, and plasma was unavailable for the other 3. Thirty percent of the patients were female, and the median age was 62.5 years. Twenty-seven patients (61.4%) had three or more comorbidities. The median interval from symptom onset to death was 18.5 days. Analysis showed that SARS-CoV-2, as expected, primarily infected and damaged airway and lung tissue. But the researchers also found viral RNA in 84 distinct body locations and bodily fluids, and in one case they isolated viral RNA 230 days after a patient's symptoms began. **The researchers detected SARS-CoV-2 RNA and protein in the hypothalamus and cerebellum of one patient and in the spinal cord and basal ganglia of two other patients. But they found little damage to brain tissue, "despite substantial viral burden."**

"We demonstrated virus replication in multiple non-respiratory sites during the first two weeks following symptom onset." The investigators also isolated viable SARS-CoV-2 virus from diverse tissues in and outside the respiratory tract, including the brain, heart, lymph nodes, gastrointestinal tract, adrenal gland, and eye. They isolated virus from 25 of 55 specimens tested (45%). The authors wrote, "We demonstrated virus replication in multiple non-respiratory sites during the first two weeks following symptom onset." They add, "Our focus on short post-mortem intervals, a comprehensive standardized approach to tissue collection, dissecting the brain before fixation, preserving tissue in RNA later, and flash freezing of fresh tissue allowed us to detect and quantify SARS-CoV-2 RNA levels with high sensitivity by [polymerase chain reaction] and [in situ hybridization], as well as isolate virus in cell culture from multiple non-respiratory tissues including the brain, which are notable differences compared to other studies."

**Possible ramifications for 'long COVID':** Senior study author Daniel Chertow, MD, MPH, said in an NIH news release that, prior to the work, "the thinking in the field was that SARS-CoV-2 was predominantly a respiratory virus." Finding viral presence throughout the body—and sharing those findings with colleagues a year ago—helped scientists explore a relationship between widely infected bodily tissues and "long COVID," or symptoms that persist for weeks and months after infection.

*"We're hoping to replicate the data on viral persistence and study the relationship with long COVID." — Study coauthor Stephen Hewitt, MD, PhD*

Part of an NIH-funded Paxlovid RECOVER trial that is expected to begin in 2023 includes an extension of the autopsy work highlighted in the Nature study, according to coauthor Stephen Hewitt, MD, PhD, who serves on a steering committee for the RECOVER project. Autopsies in the RECOVER trial include people who both were vaccinated and infected with variants of concern—data that wasn't available in yesterday's study. "We're hoping to replicate the data on viral persistence and study the relationship with long COVID," Hewitt said. "Less than a year in we have about 85 cases, and we are working to expand these efforts."

Reference: "SARS-CoV-2 infection and persistence in the human body and brain at autopsy" by Sydney R. Stein, Sabrina C. Ramelli, Alison Grazioli, Joon-Yong Chung, Manmeet Singh, Claude Kwe Yinda, Clayton W. Winkler, Junfeng Sun, James M. Dickey, Kris Ylaya, Sung Hee Ko, Andrew P. Platt, Peter D. Burbelo, Martha Quezado, Stefania Pittaluga, Madeleine Purcell, Vincent J. Munster, Frida Belinky, Marcos J. Ramos-Benitez, Eli A. Boritz, Izabella A. Lach, Daniel L. Herr, Joseph Rabin, Kapil K. Saharia, Ronson J. Madathil, Ali Tabatabai, Shahabuddin Soherwardi, Michael T. McCurdy, NIH COVID-19 Autopsy Consortium, Karin E. Peterson, Jeffrey I. Cohen, Emmie de Wit, Kevin M. Vannella, Stephen M. Hewitt, David E. Kleiner & Daniel S. Chertow, 14 December 2022, Nature.





Lauren Frayer/NPR

According to the U.N.'s World Population Dashboard, China still had slightly more people than India at the end of 2022:

**1.4485 billion, compared to India's 1.4066 billion.** But China's population has stabilized and is set to shrink, while India's is still growing — pretty fast.

GOATS AND SODA

## This baby could push India past China to become the world's most populous country

Any day now, the United Nations will declare India's population the largest in the world. The country's next generation is poised to be healthier, more literate — and more female — than ever before.



# Minimum wage just increased in 23 states and D.C. Here's how much

January 4, 2023 · 5:05 AM ET

THE NPR NETWORK



An activist holds a placard demanding a \$15/hour minimum wage and tips for restaurant workers at the House Triangle of the U.S. Capitol in February.

Mandel Ngan/AFP via Getty Images

*An activist holds a placard demanding a \$15/hour minimum wage and tips for restaurant workers at the House Triangle of the U.S. Capitol in February.*

Mandel Ngan/AFP via Getty Images

Workers earning minimum wage in 23 states and the District of Columbia got a raise over the New Year's holiday, according to the Economic Policy Institute. The biggest increase: Nebraska As Nebraska Public Media reports, voters decided in November to increase the state's minimum wage to \$15 an hour by 2026, in increments of \$1.50 per year. That brings the state to \$10.50 an hour for this year.

**Smallest increase: Michigan:** According to Michigan Radio, the state's first increase, which went into effect at the start of the year, raised the state's minimum wage to \$10.10, up just \$0.23. But there's a chance of a second increase that could raise the state's minimum wage to \$13.03. Michigan Public Radio Network's Rick Pluta has details.

**Highest minimum wage:** Washington state and Washington, D.C. In November, voters in the District of Columbia decided to phase out the region's tipped minimum wage over the next few years to match the District's \$16.10 per hour for workers. As DCist's Amanda Michelle Gomez explains, "the measure's success also comes four years after the passage of a nearly identical initiative and its subsequent overturn by the D.C. Council." Meanwhile in Washington state, not only has the state's minimum wage gone up by \$1.25 to \$15.74 an hour, but as KUOW reports, the city of Seattle has raised the minimum wage for small and large employers by \$0.75 and \$1.42, respectively.

**States where minimum wage is tied to cost of living saw a bigger bump than in years past:** As a result of the recent high inflation, minimum wage increases in states where cost of living is taken into consideration were greater than in years past, according to the Economic Policy Institute. Those include: Alaska, Arizona, California, Colorado, Maine, Minnesota, Montana, New Jersey, New York, Ohio, South Dakota, Vermont and Washington state.

**Plus:** — Minimum wage is expected to increase to over \$13 an hour across New England in 2023, except in New Hampshire, where it has stayed at \$7.25 for over a decade.

— The Columbus, Ohio, city council is raising minimum wage for workers at companies receiving economic incentives from the city to \$20 an hour.

**The full list of increases . . .**

<charts>

**25 states and D.C. increased their minimum wages in late 2022 and January 1, 2023** 2022--2023 minimum wages, size of increase, and type of increase by state

</charts>



# Drone Advances in Ukraine Could Bring Dawn of Killer Robots

January 03, 2023 3:48 PM

Associated Press



FILE - Ukrainian soldiers launch a drone at Russian positions near Bakhmut, Donetsk region, Ukraine, Dec. 15, 2022.

KYIV — Drone advances in Ukraine have accelerated a long-anticipated technology trend that could soon bring the world's first fully autonomous fighting robots to the battlefield, inaugurating a new age of warfare. The longer the war lasts, the more likely it becomes that drones will be used to identify, select and attack targets without help from humans, according to military analysts, combatants and artificial intelligence researchers. That would mark a revolution in military technology as profound as the introduction of the machine gun. Ukraine already has semi-autonomous attack drones and counter-drone weapons endowed with AI. Russia also claims to possess AI weaponry, though the claims are unproven. But there are no confirmed instances of a nation putting into combat robots that have killed entirely on their own. Experts say it may be only a matter of time before either Russia or Ukraine, or both, deploy them. The sense of inevitability extends to activists, who have tried for years to ban killer drones but now believe they must settle for trying to restrict the weapons' offensive use. Ukraine's digital transformation minister, Mykhailo Fedorov, agrees that fully autonomous killer drones are "a logical and inevitable next step" in weapons development. He said Ukraine has been doing "a lot of R&D in this direction." "I think that the potential for this is great in the next six months," Fedorov told The Associated Press in a recent interview. Ukrainian Lt. Col. Yaroslav Honchar, co-founder of the combat drone innovation nonprofit Aerorozvidka, said in a recent interview near the front that human war fighters simply cannot process information and make decisions as quickly as machines. Ukrainian military leaders currently prohibit the use of fully independent lethal weapons, although that could change, he said. "We have not crossed this line yet — and I say 'yet' because I don't know what will happen in the future," said Honchar, whose group has spearheaded drone innovation in Ukraine, converting cheap commercial drones into lethal weapons.

Russia could obtain autonomous AI from Iran or elsewhere. The long-range Shahed-136 exploding drones supplied by Iran have crippled Ukrainian power plants and terrorized civilians but are not especially smart. Iran has other drones in its evolving arsenal that it says feature AI. Without a great deal of trouble, Ukraine could make its semi-autonomous weaponized drones fully independent in order to better survive battlefield jamming, their Western manufacturers say. Those drones include the U.S.-made Switchblade 600 and the Polish Warmate, which both currently require a human to choose targets over a live video feed. AI finishes the job. The drones, technically known as "loitering munitions," can hover for minutes over a target, awaiting a clean shot.

The technology to achieve a fully autonomous mission with Switchblade pretty much exists today," said Wahid Nawabi, CEO of AeroVironment, its maker. That will require a policy change — to remove the human from the decision-making loop — that he estimates is three years away. Drones can already recognize targets such as armored vehicles using cataloged images. But there is disagreement over whether the technology is reliable enough to ensure that the machines don't err and take the lives of noncombatants. The AP asked the defense ministries of Ukraine and Russia if they have used autonomous weapons offensively — and whether they would agree not to use them if the other side similarly agreed. Neither responded. If either side were to go on the attack with full AI, it might not even be a first.

An inconclusive U.N. report last year suggested that killer robots debuted in Libya's internecine conflict in 2020, when Turkish-made Kargu-2 drones in full-automatic mode killed an unspecified number of combatants. A spokesman for STM, the manufacturer, said the report was based on "speculative, unverified" information and "should not be taken seriously." He told the AP the Kargu-2 cannot attack a target until the operator tells it to do so. Honchar thinks Russia, whose attacks on Ukrainian civilians have shown little regard for international law, would have used killer autonomous drones by now if the Kremlin had them. "I don't think they'd have any scruples," agreed Adam Bartosiewicz, vice president of WB Group, which makes the Warmate.

AI is a priority for Russia. President Vladimir Putin said in 2017 that whoever dominates that technology will rule the world. In a December 21 speech, he expressed confidence in the Russian arms industry's ability to embed AI in war machines, stressing that "the most effective weapons systems are those that operate quickly and practically in an automatic mode." Russian officials already claim their Lancet drone can operate with full autonomy.

An effort to lay international ground rules for military drones has so far been fruitless. Nine years of informal United Nations talks in Geneva made little headway, with major powers including the United States and Russia opposing a ban. The last session, in December, ended with no new round scheduled.

Toby Walsh, an Australian academic who campaigns against killer robots, hopes to achieve a consensus on some limits, including a ban on systems that use facial recognition and other data to identify or attack individuals or categories of people.

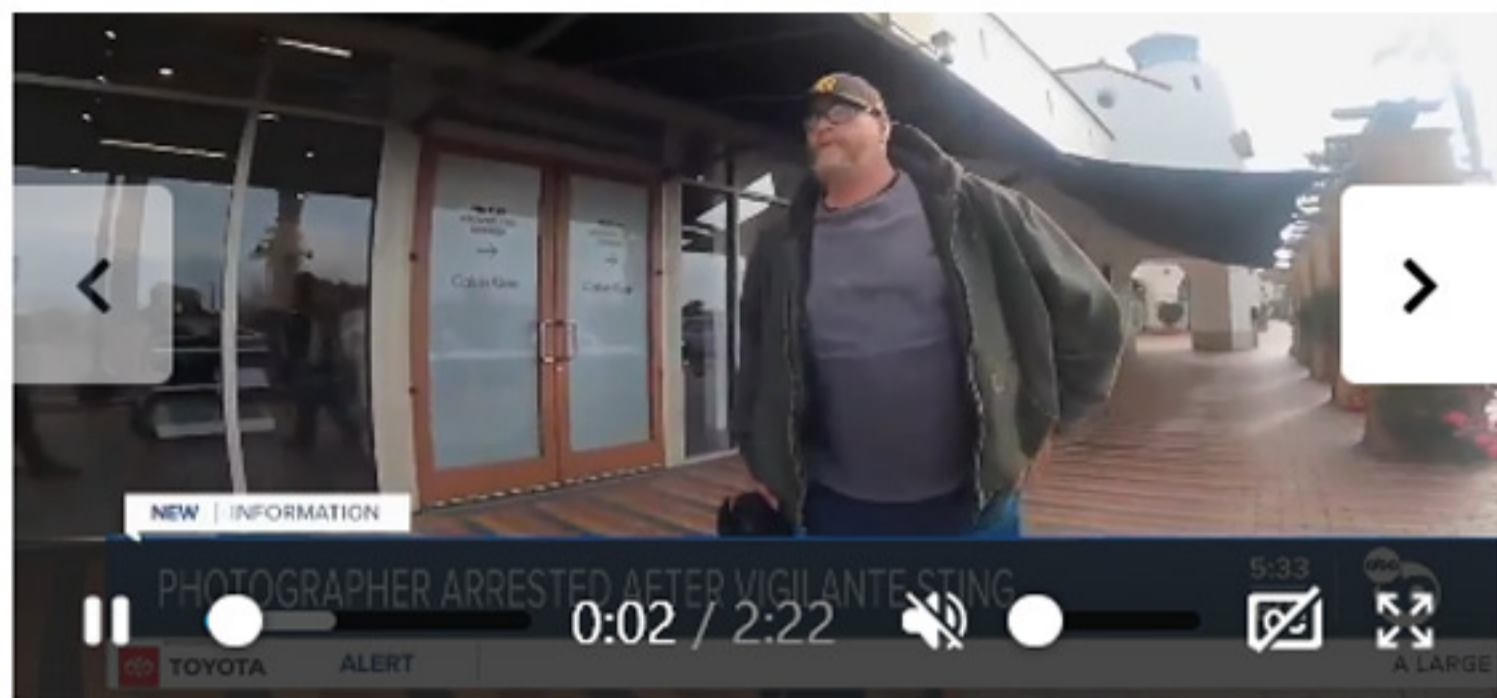
"If we are not careful, they are going to proliferate much more easily than nuclear weapons," said Walsh, author of *Machines Behaving Badly*. "If you can get a robot to kill one person, you can get it to kill a thousand."

Multiple countries, and every branch of the U.S. military, are developing drones that can attack in deadly synchronized swarms, according to Zachary Kallenborn, a George Mason University weapons innovation analyst.

**So will future wars become a fight to the last drone? That's what Putin predicted in a 2017 televised chat with engineering students: "When one party's drones are destroyed by drones of another, it will have no other choice but to surrender."**



# Photographer arrested after sting by San Diego-based vigilante group



A photographer with a social media following in the thousands was arrested last week after a sting by a vigilante group known as CC Unit.

*Posted at 5:40 PM, Jan 03, 2023*

(KGTV) — A photographer with a social media following in the thousands was arrested last week after a sting by a vigilante group known as CC Unit. "CC" stands for "creep catching".

"What we do is catch online predators who prey on kids," said the group's founder, who goes by the alias "Ghost".

According to Ghost, a decoy social media account run by the group was contacted by Ronald Stephens, a photographer from San Marcos known throughout San Diego County for his work taking pictures of lowrider car events.

Ghost says there were a series of sexually explicit texts between Stephens and the decoy account over the course of a few days before they arranged to meet at a mall in San Clemente. Once there, Ghost, who was recording along with two other group members with cameras, confronted Stephens.

"He actually calls up the decoy and I take my phone out and I pick up the phone. And then he realizes right then and there that the person he was meeting was us," Ghost told ABC 10News.

"He kind of freaks out a bit. He's like, 'I don't want to get in trouble. I don't want to get in trouble. I'm scared of that. I'm scared of going to jail.' I said 'Be honest, what are you here for?' And he admitted he was here for sexual purposes with a 14, he thought it was a 14-year-old."

**Vigilante groups are controversial, with many law enforcement agencies discouraging members from taking part in the kinds of activities done by CC Group.**

Ghost says while they do not work with law enforcement, they always give a heads-up to the jurisdiction where the sting will take place. In the case of the Stephens confrontation, Orange County Sheriff's deputies arrived about ten minutes after Ghost approached Stephens.

A department spokesperson confirmed to ABC 10News that Stephens was arrested based on the evidence provided by CC Unit, as well as self-incriminating statements by Stephens.

Besides the potential for danger, experts say cases that rely on vigilante stings can be difficult to prosecute to conviction. However Ghost, who posts videos of his stings online, says he believes his tactics are appropriate. "These guys confess on camera. We don't need to court for them to be convicted. If they confess on camera and we show all the evidence, I don't need for them to go to court to say 'hey, I'm guilty.'"



# Banksy mural theft ringleader could face 12 years in jail, Ukraine says

Published 3rd January 2023



Credit: Andrey Nebitov/Telegram

The ringleader of a group that allegedly tried to steal a Banksy mural from a wall in Ukraine could face up to 12 years in prison, the country's Ministry of Internal Affairs said in a statement Monday. The suspect, who has not been named, was served a "notice of suspicion" after police detained the alleged thieves attempting to remove the artwork from a house destroyed by Russian shelling in the city of Hostomel last month. Depicting a woman in a gas mask carrying a fire extinguisher, the mural is one of several works completed by the British street artist in cities across Ukraine, including the capital Kyiv, following Russia's invasion. According to police, the group removed the mural from a wall and had intended to transport it from the site using wooden planks. The suspects, who hail from Kyiv and the central Ukrainian city of Cherkasy, were "detained on the spot," the head of the Kyiv region military administration, Oleksii Kuleba, said at the time of their arrest in early December.

"These images are a symbol of our struggle against the enemy," Kuleba said on his Telegram channel following the arrests, adding that the mural itself was undamaged. "These are the stories about the support and solidarity of the entire civilized world with Ukraine. Let's do everything to preserve the works of street art as a symbol of our future victory."

Monday's statement said that the suspects had been arrested "thanks to the vigilance of locals, the police and other security forces." The ministry also said that the subsequent investigation has valued the artwork at more than 9 million hryvnias (\$244,000).

In November, Banksy unveiled a mural of a female gymnast balancing on a pile of rubble on the wall of a damaged building in the liberated town of Borodianka. The mural was taken from a building that was badly damaged by Russian shelling. The anonymous street artist later confirmed to The Art Newspaper that he had completed a total of seven new works in Ukraine, including a mural depicting a man taking a bath amid the damage caused by Russian shelling in the village of Horenka. In a video posted to Instagram, Banksy showed footage from his time in the country and concluded with a message reading: "In solidarity with the people of Ukraine."



*The group successfully removed the mural from the wall before being detained.*  
Credit: Andrey Nebitov/Telegram



# Mediterranean diet named 'best diet overall' for 6th year in a row. Here's how to start it.



**Morgan Hines**  
USA TODAY

Published 1:14 p.m. ET Jan. 4, 2023



Looking to make dietary changes in 2023? There are plenty of options if you're on the hunt for a new meal plan or hoping to make some lifestyle changes when it comes to food. One way of eating continues to top the list for experts. The Mediterranean diet ranked No. 1 on U.S. News & World Report's list of Best Diets for 2023, which was released Tuesday. The list includes 24 diets that were examined by a panel of health experts. This is the sixth consecutive year that the Mediterranean Diet has been ranked at the top. Along with snagging the best overall category, the Mediterranean diet ranked first for Best Plant-Based Diets, Best Diets for Bone and Joint Health, Best Family Friendly Diets and Best Diets for Healthy Eating. So, what makes this diet so special?

**Mediterranean diet is expert approved:** "I love that the Mediterranean diet is rich in vegetables, fruits, legumes, and whole grains, and it offers up plenty of dietary variety," says Gena Hamshaw, a registered dietitian in New York City who did not participate in the U.S. News panel. "Nutritionally, I like that it can help folks to consume more fiber and healthful fat. Mediterranean eating patterns usually encourage people to try more plant-based foods and whole foods." "The eating pattern is sustainable, says Elizabeth Huggins, a registered dietitian and nutritionist at Hilton Head Health who did not participate in the U.S. News panel. "So many of the other – and I'll say diets in a diet sense, not a pattern of eating – but when you look at diets out there, they might have quick results," she says. "But can people sustain them?" Generally, the answer is no, she says.

**What is the Mediterranean diet?** The Mediterranean diet follows the traditions of how residents of countries surrounding the Mediterranean Sea have traditionally eaten. "There isn't 'a' Mediterranean diet. Greeks eat differently from Italians, who eat differently from the French and Spanish," U.S. News and World Report says in its announcement post. "But they share many of the same principles." There are 21 countries surrounding the sea including Italy, Greece, Croatia, Lebanon, Monaco and Turkey. "I think it has the potential to sound maybe foreign or exotic and unfamiliar, you know, for like an average American," Huggins says. "But when you get down to it, it really is consuming plenty of vegetables ... consuming fruits, beans."

**What foods should you eat on the Mediterranean diet?** The diet is characterized by eating primarily plant-based foods, including fruits and vegetables, while also fitting in beans, nuts, whole grains, seafood and lean poultry. There is a focus on unsaturated fat from sources like extra-virgin olive oil, too. An occasional glass of red wine is also considered an acceptable part of the diet. "Hallmarks of this eating style include an emphasis on mono- and polyunsaturated fats (such as those from olive oil, nuts, seeds and fish), plenty of fruits and vegetables, and protein that's sourced substantively from fish and legumes, along with some poultry and eggs," Hamshaw says.

**What foods should you avoid on the Mediterranean diet?** Red meat, Hamshaw says, is allowed but eaten more infrequently than other proteins. Whole fat dairy, sweets, processed meat and snack food, sugary drinks, butter, sugary drinks and alcohol are also to be limited, according to U.S. News & World Report. The diet is one of the better studied diets: Research has repeatedly supported its possible benefits, Hamshaw says. "This type of low-fat eating pattern leaves little room for the saturated fat, added sugars and sodium that inundate the standard American diet," U.S. News & World Report says. "People who eat a Mediterranean-style diet have longer lifespans, report a higher quality of life and are less likely to suffer from chronic diseases such as cancer and heart disease."

**How to start the Mediterranean diet:** Huggins says that an easy way to start is by thinking about the vegetables you enjoy and choose to work those vegetables into your diet more. And if you're looking to continue incorporating meat, start to think of how to shrink the portion of meat and use it as an "accent" while adding alternative proteins like beans into your diet.

**What are the benefits of a Mediterranean diet?** "Because of the emphasis on heart-healthy, unsaturated fats, the diet has been associated with a reduced risk of heart disease and stroke," Hamshaw says. "In addition, the diet tends to be rich in phytonutrients that may benefit cognitive function over time." U.S. News & World Report adds the diet also has been found to potentially prevent Type 2 diabetes, likely reduce the symptoms of inflammatory and autoimmune conditions, including arthritis, and could even help with depression, according to the publication. But it goes further than just health, according to U.S. News and World Report's analysis. The diet is "family friendly" – most members of the family can eat Mediterranean diet meals without much modification – it's well balanced "for all ages." It's also "budget friendly" and doesn't require many specialty items. And, given that the diet is primarily focused on plant-based foods, it's "planet friendly," too.

**Who should try the Mediterranean diet?** Overall, it's a good option for anyone to try, according to dietitians. "From a health perspective, I'd recommend it to nearly anyone," Hamshaw says. Its main characteristics – plants, whole grains and limited saturated fat – can be fit to accommodate a person's individual likes and dislikes.

"I think anybody could try it for sure," Huggins says, noting that if someone has dietary restrictions, they can simply adjust the diet to their needs. "But that doesn't mean the eating style is well suited to everyone's lifestyle, though. "Whether or not it's culturally appropriate and aligned with a client's tastes is another question, and my recommendations always take preferences and culture into consideration," Hamshaw says.



# These 21 House members didn't vote for Kevin McCarthy. Here's what they want

January 5, 2023 · 5:00 AM ET



DOMENICO MONTANARO



KATHERINE SWARTZ



*Rep. Kevin McCarthy, R-Calif., returns to his office following another disappointing day for the House majority leader. McCarthy has so far failed to become speaker after six rounds of votes. Anna MoneyMaker/Getty Images*

Kevin McCarthy, in his long quest to become speaker, remains a handful of votes short, the GOP conference and the House itself remain paralyzed — and there's no SWAT team to swoop in and end the standoff. The number has now grown to 21 members who declined to vote for McCarthy, as he's failed in six rounds of voting. It's the first time in 100 years that voting for a speaker has gone beyond one round, and those opposing McCarthy now hold the key. To be elected speaker in this new Congress with just Republican votes, any Republican can only lose four votes. Because of how narrow Republicans' majority is after the mid-term election results, a small cadre of intransigent members on the party's far right have a lot of leverage — and they're showing they're willing to use it.

What it boils down to for these members is three things:

- wanting to see less government spending,
- more power to them and less power for the speaker, and
- mistrust and personality differences

The core of this group are anti-establishment, ideologic skeptics of government. They want it to be smaller, do less, to spend less and are hard line on immigration. Most were endorsed by former President Donald Trump, and many are election deniers, but even Trump's influence is only going so far in this fight.

## So who are they and what, if anything, do they want?

**Rep. Andy Biggs, R-Ariz.:** Biggs is one of the leaders of this movement. He stepped forward to challenge McCarthy and was the first nominated by this hard-right opposition, winning votes on the first two ballots.

**Rep. Dan Bishop, R-N.C.:** The House Freedom Caucus member was one of seven members to sign a "Dear Colleague" letter outlining concerns, like "increasingly centralized decision-making power" that result in "massive, multi-subject bills that are unable to be amended or fully read, all driven by supposedly must-pass defense and appropriations measures" that amass large debt. (The other six to sign the letter were: Republican Reps. Scott Perry of Pennsylvania; Paul Gosar of Arizona, Andy Ogles of Tennessee, Chip Roy of Texas, Andrew Clyde of Georgia and Eli Crane of Arizona.)

**Rep. Lauren Boebert, R-Colo.:** The controversial Colorado firebrand narrowly won reelection by only hundreds of votes. She and others want a single member to be able to bring a motion to vacate the speaker.

**Josh Brecheen, R-Okla.:** The rancher and construction company owner is a new member of Congress, who aligned himself with the House Freedom Caucus during his campaign.

**Michael Cloud, R-Texas:** Cloud cites wanting to get the country on a "path toward fiscal responsibility" and notes that he'd "worked for months in high hopes and good faith that our conference would chart a course away from the status quo."

**Andrew Clyde, R-Ga.:** The gun shop owner, who sent an encouraging text about Trump to White House Chief of Staff Mark Meadows days after Jan. 6 and previously called McCarthy "a friend," was one of the seven signers of the December "Dear Colleague" letter that outlined fiscal issues and large spending bills as a major problem.

**Eli Crane, R-Ariz.:** The Trump-backed freshman, who flipped a House seat in November, was also one of seven signers.

**Byron Donalds, R-Fla.:** Donalds' opposition was a particularly worrisome sign for McCarthy. Though he is a member of the conservative Freedom Caucus, he was willing to initially vote for McCarthy, which he did on the first two ballots. He became the unlikely landing place for the 20 votes, himself winning those opposition votes on the last few ballots. He says he switched because McCarthy "doesn't have the votes," that negotiations need to happen.

**Matt Gaetz, R-Fla.:** Gaetz has been a principal instigator and steadfast opponent of McCarthy in this process. "Maybe the right person for the job of speaker of the House isn't someone who has sold shares of himself for more than a decade to get it," Gaetz said Tuesday.

**Bob Good, R-Va.:** Good, who has been at the forefront of the opposition, seems like one of the most dug in members. Good calls McCarthy part of the "swamp cartel," claims that despite giving McCarthy a chance over the last couple of years, he hasn't done enough to stop massive spending bills and hasn't fought hard enough against the "Biden-Schumer agenda." He's also been critical of McCarthy's PAC spending money, he says, against conservatives. McCarthy's PAC said Wednesday night that it promised not to play in open primaries where there is no incumbent.

**Paul Gosar, R-Ariz.:** Gosar is one of the most controversial members of Congress. He's defended white nationalists and spoken to them and was censured after posting an anime video depicting the killing of Democratic Rep. Alexandria Ocasio-Cortez and President Biden. He's also one of the leaders of this insurrection against McCarthy and was the first to rise to nominate an alternative. Gosar went viral Tuesday when he was spotted having a conversation with Ocasio-Cortez on the House floor about whether Democrats would help McCarthy get elected. Ocasio-Cortez said she told the faction: "Absolutely not."

**Rep. Andy Harris, R-Md.:** The outlier in the Maryland delegation was one of nine Republicans who signed a letter Sunday saying the times called for a "radical departure from the status quo" and said "McCarthy bears squarely the burden to correct the dysfunction he now explicitly admits across that long tenure."

**Anna Paulina Luna, R-Fla.:** One of five freshman members to vote against McCarthy, Luna was one of the nine to sign the Sunday letter that said McCarthy's negotiations have been "insufficient."

**Mary Miller, R-Ill.:** The second-term Illinois representative has been quiet on her vote. But former Rep. Rodney Davis — whom Miller defeated in the GOP primary — told CNN on Tuesday that "I don't think anybody from Illinois would be surprised by that vote." Like the majority of other McCarthy defectors, Miller had Trump's endorsement, denies results of the 2020 presidential election, objected to the 2020 Electoral College results and is a member of the House Freedom Caucus.

**Ralph Norman, R-S.C.:** While some of the 21 may be waiting to see which way the wind blows, Norman has been an early and hard "no" on McCarthy. The core of his problem with McCarthy is how to budget.

**Andy Ogles, R-Tenn.:** One of the five incoming freshmen opponents, Ogles so far hasn't publicly indicated why. He was also, though, one of the nine signers of the letter saying McCarthy hadn't done enough to meet conservatives' demands.

**Scott Perry, R-Pa.:** Perry is chairman of the GOP Freedom Caucus — of which 19 of the 21 non-McCarthy voters are members. He said, as of late November, that he was pushing McCarthy to make rules changes that gave more power to members and weaken the speakership.

**Matthew Rosendale R-Mont.:** He said as early as November that he wouldn't be supporting McCarthy. He's critical of McCarthy for wanting to "maintain the status quo" for not giving members more power over legislation, like allowing debate on the floor instead of through committees. A spokesperson has said Rosendale would only vote for McCarthy "under extreme circumstances."

**Chip Roy, R-Texas:** He's been vocal in his opposition to McCarthy for months — unless he would support rules changes that would open up floor debate and give members more say. Roy said he was upset about spending bills passing without debate, particularly an aid package to Ukraine. Roy has spearheaded the drive against McCarthy for months, nominating Biggs for party leader over McCarthy in November. Thirty members joined him in that preliminary vote, but McCarthy still won handily. Roy said Wednesday night he thinks he can bring along 10 members if demands are met, per CNN. But that still wouldn't be enough to put McCarthy over the top.

**Rep. Keith Self, R-Texas:** Another of the five incoming freshmen to vote against McCarthy, even though a couple months ago, he strongly backed him. McCarthy even stumped for him in Texas, and McCarthy's PAC donated \$5,000 to Self's campaign.

**Rep. Victoria Spartz, R-Ind.:** Spartz, a Ukrainian-born member who has been criticized by some in her conference for her conduct on a congressional delegation to Ukraine and her criticism of Ukrainian President Zelenskyy, was the only member to vote "present" on one of the votes. She said on CNN Wednesday she thinks McCarthy has worked hard but needs to listen to the opposition's concerns, "come to agreement and not waste everyone's time."



# Amazon CEO says company will lay off more than 18,000 workers

January 4, 2023 · 11:14 PM ET



Amazon on Wednesday announced it is planning to lay off more than 18,000 jobs amid a push to cut costs.

Mark Lennihan/AP

Amazon is laying off 18,000 employees, the tech giant said Wednesday, representing the single largest number of jobs cut at a technology company since the industry began aggressively downsizing last year.

In a blog post, Amazon CEO Andy Jassy wrote that the staff reductions were set off by the uncertain economy and the company's rapid hiring over the last several years.

The cuts will primarily hit the company's corporate workforce and will not affect hourly warehouse workers. In November, Amazon had reportedly been planning to lay off around 10,000 employees but on Wednesday, Jassy pegged the number of jobs to be shed by the company to be higher than that, as he put it, "just over 18,000."

Jassy tried to strike an optimistic note in the Wednesday blog post announcing the massive staff reduction, writing: "Amazon has weathered uncertain and difficult economies in the past, and we will continue to do so."

While 18,000 is a large number of jobs, it's just a little more than 1% of the 1.5 million workers Amazon employees in warehouses and corporate offices.

<https://apnews.com/article/business-san-francisco-marc-benioff-bbb2f3a09eafdc7cda54a3b87e538ad>

## Salesforce to lay off 8000 workers in latest tech purge

Yesterday





# America needs carpenters and plumbers. Try telling that to Gen Z

January 5, 2023 · 5:00 AM ET

MARY YANG



Employers are struggling to find young workers to take jobs in the skilled trades.

David Zalubowski/AP

While Gen Z — often described as people born between 1997 and 2012 — is on track to become the most educated generation, fewer young folks are opting for traditionally hands-on jobs in the skilled trade and technical industries.

**Gen Z interest in trades and skilled work has dropped:** The number of young people seeking technical jobs — like plumbing, building and electrical work — dropped by 49% in 2022 compared to 2020, according to data from online recruiting platform Handshake shared with NPR. Researchers from Handshake tracked how the number of applications for technical roles vs. the number of job postings has changed over the last two years. While postings for those roles — automotive technicians, equipment installers and respiratory therapists, to name a few — saw about 10 applications each in 2020, they got about five per posting in 2022.

The typical rate is about 19 applications per job on Handshake, according to Christine Cruzvergara, the company's chief education strategy officer. While the creation of technical positions has continued to grow, the number of students interested in applying for them — hasn't. Occupations such as auto technician with aging workforces have the U.S. Chamber of Commerce warning of a "massive" shortage of skilled workers in 2023. "For a long time, our society has not talked favorably about the skilled trades," said Cruzvergara. "We've instead encouraged students to all go to college, all go to four-year institutions, graduate, go out into white collar jobs."

**One path does not fit all:** Justin Mwandjalulu, 20, who lives in Iowa City, Iowa and is in his second year of a four-year carpentry apprenticeship, found school difficult. He immigrated with his family to the United States from Benin, Africa, when he was a freshman. "Man, it was hard," he said. While his twin brother, now studying to work in banking, excelled, Mwandjalulu said he struggled with writing and English. "I'm not the type of guy that likes being in the same spot all day long, dealing with papers and stuff," he said. Around high school graduation, Mwandjalulu said he got depressed because he didn't know what he wanted to do with his life. Many of his older friends who went to college and graduated were struggling to find jobs. Mwandjalulu earns nearly \$24 an hour as a carpentry apprentice in Iowa. He's glad he steered clear of student debt. According to the Department of Education, about 45 million people in the United States owe nearly \$1.3 trillion in student debt.

**The narrative is shifting:** Paul Iversen, a labor educator with University of Iowa's Labor Center, hopes to change that. Iversen, who helps run a pre-apprenticeship program, said one of the reasons participation in the skilled trades is low among Gen Z is because the work was once typically passed down in families. "It used to be word-of-mouth," said Iversen. "But there's more of a need for carpenters, pipefitters, plumbers and electricians than you can fill with the family members of current people." That reality is hitting home for farmer John Boyd Jr. Boyd, 57, owns a 300-acre farm in Virginia where he grows soybeans, corn and wheat and raises cattle — just as three generations did before him. But now, none of his three children want to take over when he retires. "Everybody on my farm is over the age of 50," said Boyd, who is the president of the National Black Farmers' Association. "We need some young people with some energy and hustle and innovation."

## There is plenty of need

But Michael Coleman, 28, said he's seen more young people express interest in agribusiness and other technical industries, particularly after the pandemic. "Especially with student loans and everything, it's a lot cheaper to get a trade and make a lot of money," said Coleman. Most young folks just haven't had people show them the ropes," he said. Still, filling trade and technical jobs takes active recruitment, said Iversen, who pays frequent visits to high schools around Iowa City and works with school counselors to place students in the pre-apprenticeship program. Now especially, there's an urgency to fill open posts, said Iversen, as the federal government funnels billions into projects to upgrade roads and transit systems across the country. "We have to recruit people to do these things or else our bridges are going to fall apart," Iversen said.



## US economist has 100% record in predicting recessions. What he says for this year

3 min read . Updated: 05 Jan 2023, 09:08 AM IST

Bloomberg



*People walk along Wall Street by the New York Stock Exchange*

Despite the yield curve being inverted for the ninth time since 1968, economist Campbell Harvey said it's probably not a harbinger for a recession. **Economist Campbell Harvey** has had a winning track record since he showed in his dissertation at the University of Chicago decades ago that the shape of the bond yield curve was linked to the path of US economic activity. US recessions have been preceded by an inverted yield curve — when short-term rates exceed those of longer tenors — since the late 1960s. Fast forward to 2023, that's exactly what's been happening with the Treasury yield curve in the past month and half. Yet, Harvey is saying this time the US economy will manage to avoid a real slump even though it will keep slowing down for a bit longer. "My yield-curve indicator has gone code red, and it's 8 for 8 in forecasting recessions since 1968 — with no false alarms," Harvey, now a professor at Duke University's Fuqua School of Business, said in a interview Tuesday. "I have reasons to believe, however, that it is flashing a false signal." The spread between three-month rates and 10-year yields dropped to nearly minus one percentage point last month from as high as 234 basis points in May 2022. The spread, which Harvey's work is based on, has been consistently inverted since mid November and hovered Wednesday at around minus 82 basis points. **Despite the curve being inverted for the ninth time since 1968, Harvey said it's probably not a harbinger for a recession.** One of the reasons is the fact the yield curve-growth relation has become so well known and widely covered in popular media that now it impacts behavior, he said. The awareness induces companies and consumers to take risk-mitigating actions, such as increasing savings and avoiding major investment projects — which bode well for the economy.

Another boost to the economy is coming from the job markets, where the current excess demand for labor means laid-off workers will likely find new positions more quickly than usual. In addition, he said, given the largest job cuts so far have been in the tech sector, those highly skilled recently fired workers are also not apt to be unemployed for very long.

**'Dodge the Bullet'** Harvey's model was linked to inflation-adjusted yields and he said the fact inflation expectations are inverted — meaning traders see price pressures easing through time — also eases odds for a recession ahead. "When you put all this together it suggests we could dodge the bullet," Harvey said. "Avoiding the hard-landing — recession — and realizing slow growth or minor negative growth. If a recession arrives, it will be mild." The level of real yields also casts doubt on the recession signal. US 10-year yields adjusted for inflation are likely well above corresponding three-month ones. While there are no three-month break-even rates, cross-referencing the latest annual CPI reading with one-year break-evens would return a negative real rate for the tenor, compared with 10-year real yields above 1.5%. Harvey's view is not the consensus. Many Wall Street firms are calling for a recession some time this year or early 2024 in the aftermath of the Federal Reserve's most aggressive hiking campaign in decades to rein on inflation.

Former Fed Chair Alan Greenspan said Tuesday a US recession is the "most likely outcome," a view also shared by former New York Fed President William Dudley. If the US economy manages to avoid recession, for Harvey, that won't mean his model is now debunked. "In science we use models all the time, and they're simplifications of reality," he said. "And part of the skill of the scientist is to know when to deploy the model and when not to or, in other words, to know the limitations of the model. And maybe I'm in a good position of knowing the limitations, given that it's my model." One wildcard, he said, is if it the Fed after being late to raise rates last year proves to push them too high.

Fed officials last month raised interest rates by half a percentage point, bringing their benchmark to a target range of 4.25% to 4.5%. Quarterly forecasts also released showed rates ending next year at 5.1%, according to their median forecast, with no rate cuts before 2024. Fed policy makers in their gathering last month also affirmed their resolve to bring down inflation, according to minutes of their Dec. 13-14 meeting released Wednesday.

**"I believe the time to end the tightening is now," Harvey said.**





Workers such as these Starbucks employees in St. Anthony, Minn., increasingly went on strike in 2022. Michael Siluk/UCG/Universal Images Group via Getty Images

## Worker strikes and union elections surged in 2022 – could it mark a turning point for organized labor?

Published: January 5, 2023 8.25am EST

Marick Masters, Wayne State University

Workers organized and took to the picket line in increased numbers in 2022 to demand better pay and working conditions, leading to optimism among labor leaders and advocates that they're witnessing a turnaround in labor's sagging fortunes. Teachers, journalists and baristas were among the tens of thousands of workers who went on strike – and it took an act of Congress to prevent 115,000 railroad employees from walking out as well. In total, there have been at least 20 major work stoppages involving at least 1,000 workers each in 2022, up from 16 in 2021, and hundreds more that were smaller. At the same time, workers at Starbucks, Amazon, Apple and dozens of other companies filed over 2,000 petitions to form unions during the year – the most since 2015. Workers won 76% of the 1,363 elections that were held. Historically, however, these figures are pretty tepid. The number of major work stoppages has been plunging for decades, from nearly 200 as recently as 1980, while union elections typically exceeded 5,000 a year before the 1980s. As of 2021, union membership was at about the lowest level on record, at 10.3%. In the 1950s, over 1 in 3 workers belonged to a union. As a labor scholar, I agree that the evidence shows a surge in union activism. The obvious question is: Do these developments manifest a tipping point?

**Signs of increased union activism** First, let's take a closer look at 2022. **The most noteworthy sign of labor's revival has been the rise in the number of petitions filed with the National Labor Relations Board. In fiscal year 2022, which ended in September, workers filed 2,072 petitions, up 63% from the previous year.** Starbucks workers alone filed 354 of these petitions, winning the vast majority of the elections held. In addition, employees at companies historically deemed untouchable by unions, including Apple, Microsoft and Wells Fargo, also scored wins. The increase in strike activity is also important. And while the major strikes that involve 1,000 or more employees and are tracked by the Bureau of Labor Statistics arouse the greatest attention, they represent only the tip of the iceberg. Since 2021, Cornell University has been keeping track of any labor action, however small, and found that there were a total of 385 strikes in calendar year 2022, up from 270 in the previous year. In total, these reported strikes have occurred in nearly 600 locations in 19 states., signifying the geographic breadth of activism.

**Historical parallels:** Of course, these figures are still quite low by historical standards. I believe two previous spikes in the early 20th century offer some clues as to whether recent events could lead to sustained gains in union membership. From 1934 to 1939, union membership soared from 7.6% to 19.2%. A few years later, from 1941 to 1945, membership climbed from 20% to 27%. Today's situation is a far cry from the economic misery of the Great Depression or the social upheaval of a global war, but there are some parallels worth exploring. Overall unemployment may be near record lows, but economic inequality is higher than it was during the Depression. The top 10% of households hold over 68% of the wealth in the U.S. In 1936, this was about 47%. In addition, the top 0.1% of wage earners experienced a nearly 390% increase in real wages from 1979 to 2020, versus a meager 28.2% pay hike for the bottom 90%. And employment in manufacturing, where unions had gained a stronghold in the 1940s and 1950s, slipped over 33% from 1979 to 2022.

**Ultimately, however, the deck is still heavily stacked against unions, with unsupportive labor laws and very few employers showing real receptivity to having a unionized workforce.** And unions are limited in how much they can change public policy or the structure of the U.S. economy that makes unionization difficult. Reforming labor law through legislation has remained elusive, and the results of the 2022 midterms are not likely to make it any easier.

Future success may depend on unions' ability to tap into their growing popularity and emulate the recent wins at Starbucks and Amazon, as well as the successful "Fight for \$15" campaign, which since 2012 has helped pass \$15 minimum wage laws in a dozen states and Washington, D.C. The odds may be steep, but the seeds of opportunity are there if labor is able to exploit them.



Workers such as these Starbucks employees in St. Anthony, Minn., increasingly went on strike in 2022.





# Long COVID stemmed from mild cases of COVID-19 in most people, according to a new multicountry study

Published: January 5, 2023 8:28am EST

▼ Sarah Wulf Hanson, Theo Vos, *University of Washington*

Symptoms of long COVID-19 include fatigue, shortness of breath and cognitive issues.

Even mild COVID-19 cases can have major and long-lasting effects on people's health. That is one of the key findings from our recent multicountry study on long COVID-19 – or long COVID – recently published in the *Journal of the American Medical Association*. Long COVID is defined as the continuation or development of symptoms three months after the initial infection from SARS-CoV-2, the virus that causes COVID-19. These symptoms last for at least two months after onset with no other explanation. **We found that a staggering 90% of people living with long COVID initially experienced only mild illness with COVID-19.** After developing long COVID, however, the typical person experienced symptoms including fatigue, shortness of breath and cognitive problems such as brain fog – or a combination of these – that affected daily functioning. These symptoms had an impact on health as severe as the long-term effects of traumatic brain injury. Our study also found that women have twice the risk of men and four times the risk of children for developing long COVID.

We analyzed data from 54 studies reporting on over 1 million people from 22 countries who had experienced symptoms of COVID-19. We counted how many people with COVID-19 developed clusters of new long-COVID symptoms and determined how their risk of developing the disease varied based on their age, sex and whether they were hospitalized for COVID-19. We found that patients who were hospitalized for COVID-19 had a greater risk of developing long COVID – and of having longer-lasting symptoms – compared with people who had not been hospitalized. However, because the vast majority of COVID-19 cases do not require hospitalization, many more cases of long COVID have arisen from these milder cases despite their lower risk. Among all people with long COVID, our study found that nearly one out of every seven were still experiencing these symptoms a year later, and researchers don't yet know how many of these cases may become chronic.

**Why it matters:** Compared with COVID-19, **relatively little is known about long COVID.** Our systematic, multicountry analysis of this condition delivered findings that illuminate the potentially steep human and economic costs of long COVID around the world. Many people who are living with the condition are working-age adults. Being unable to work for many months could cause people to lose their income, their livelihoods and their housing. For parents or caregivers living with long COVID, the condition may make them unable to care for their loved ones. We think, based on the pervasiveness and severity of long COVID, that it is keeping people from working and therefore contributing to labor shortages. Long COVID could also be a factor in how people losing their jobs has disproportionately affected women. We believe that finding effective and affordable treatments for people living with long COVID should be a priority for researchers and research funders. Long COVID clinics have opened to provide specialized care, but the treatments they offer are limited, inconsistent and may be costly.

**What's next:** Long COVID is a complex and dynamic condition – **some symptoms disappear, then return, and new symptoms appear. But researchers don't yet know why.** While our study focused on the three most common symptoms associated with long COVID that affect daily functioning, the condition can also include symptoms like loss of smell and taste, insomnia, gastrointestinal problems and headaches, among others. But in most cases these additional symptoms occur together with the main symptoms we made estimates for.

There are many unanswered questions about what predisposes people to long COVID. For example, how do different risk factors, including smoking and high body-mass index, influence people's likelihood of developing the condition? Does getting reinfected with SARS-CoV-2 change the risk for long COVID? Also, it is unclear how protection against long COVID changes over time after a person has been vaccinated or boosted against COVID-19.

**COVID-19 variants also present new puzzles.** Researchers know that the omicron variant is less deadly than previous strains. Initial evidence shows lower risk of long COVID from omicron compared with earlier strains, but far more data is needed.

Most of the people we studied were infected with the deadlier variants that were circulating before omicron became dominant. We will continue to build on our research on long COVID as part of the Global Burden of Disease study – which makes estimates of deaths and disability due to all diseases and injuries in every country in the world – in order to get a clearer picture of how COVID-19's long-term toll shifted once omicron arrived.



# A newborn was surrendered to Florida's only safe haven baby box. Here's how they work

January 6, 2023 · 5:00 AM ET



GIULIA HEYWARD



Florida's only Safe Haven Baby Box launched at the Ocala Fire Rescue on Dec. 18, 2020. For the first time, a newborn recently was surrendered there.

*Safe Haven Baby Boxes*

A newborn was surrendered recently to Florida's only baby box, a device that lets people give up an unwanted infant anonymously. It's the first time anyone's used the Safe Haven Baby Box since organizers placed it at an Ocala fire station over two years ago. "When we launched this box in Florida, I knew it wasn't going to be an if, it was going to be a matter of when," Monica Kelsey, the founder of Safe Haven Baby Boxes, told NPR. "This does not come as a surprise." Kelsey, who says she was also abandoned as an infant, founded Safe Haven Baby Boxes in 2015. The program offers a way to anonymously surrender an infant to the authorities.

The organization launched the first baby box in the U.S. in Indiana in 2016, and the organization received its first surrendered newborn in 2017. There are now at least 134 baby boxes scattered across numerous fire stations and hospitals in the country, according to the organization. There are plans to establish more baby boxes in Indiana, which already has 92 of them -- the most for any state. "It's really simple from a policy matter," Santa Clara University law professor Michelle Oberman told NPR's All Things Considered in August. "It doesn't require you to face hard questions about what we owe people most impacted by abortion bans."

The Ocala Fire Rescue received the surrendered newborn, the first to ever be surrendered in Florida, within the last 10 days, Kelsey said. She declined to give an exact date to protect the infant's anonymity. The baby boxes are touted as being safe, with temperature controls, safety incubators and alarms designed to contact authorities as soon as the outside door to the baby box is opened. Once the authorities arrive, the newborn is removed from the baby box's bassinet and immediately taken to receive medical attention, before then being placed for adoption, according to Kelsey.

Each location pays the organization \$200 to \$300 a year to cover maintenance and a yearly recertification. Kelsey said her organization is in discussions with several other locations in Florida interested in launching similar baby box programs.

**Baby boxes remain controversial** Baby boxes aren't a new invention. Kelsey became inspired to start her organization after she first spotted one in South Africa, according to her organization's website. And in Europe, the practice has gone on for centuries: a convent, or place of worship, would set up rotating cribs, known as "foundling wheels," where a child could be left. And **while advocates argue that baby boxes help to save lives, critics say the practice creates a method for people to surrender children without the parent's consent.**

While every state in the U.S. has some sort of legislation allowing infants to be surrendered to the authorities, a United Nations committee publicly called in 2012 for the practice to end. And while some countries are outlawing the practice altogether, others, like Italy, began introducing even more high-tech devices for surrendering children in 2007. There are still dozens of "cradles for life," or "culla per la vita" in almost every region in Italy. **Another criticism lies in how infrequently infants are surrendered.** In Texas, the number of abortions and live-births far eclipse the mere 172 infants successfully surrendered under the state's safe haven law since 2009, according to The Texas Tribune. And as of 2021, at least 4,505 infants were surrendered through safe haven laws nationwide, according to the most recent report from the National Safe Haven Alliance.





Israelis protest the new government – the most far-right, religiously conservative in history – on Dec. 29, 2022, outside the Knesset, Israel's parliament. Eyal Warshavsky/SOPA Images/LightRocket via Getty Images

## 4 ways Netanyahu's new far-right government threatens Israeli democracy

Published: January 5, 2023 3:59pm EST

Boaz Atzili, American University School of International Service

Democracy is not just about holding elections. It is a set of institutions, ideas and practices that allow citizens a continuous, decisive voice in shaping their government and its policies.

The new Israeli government, headed by Benjamin Netanyahu and sworn in on Dec. 29, 2022, is a coalition of the most extreme right-wing and religious parties in the history of the state. This government presents a major threat to Israeli democracy, and it does so on multiple fronts.



Shirts for sale on Jan. 6, 2021, combined loyalty to Jesus and to Donald Trump. Joyce Dalsheim, CC BY-ND

## Christian nationalism is downplayed in the Jan. 6 report and collective memory

Published: September 6, 2022 8:36am EDT  
Updated: December 23, 2022 8:57am EST

Joyce Dalsheim, Gregory Starrett, University of North Carolina – Charlotte

When they entered the Senate chamber on Jan. 6, 2021, a group of insurgents stopped and bowed their heads in prayer to consecrate the building and their cause to Jesus. When the Senate reconvened later, its chaplain, retired Navy Adm. Barry Black, also prayed, but called the insurgents' actions a "desecration of the United States Capitol building."

Both sides appealed to the Christian God as the authority for their actions and values.









Providing services to people experiencing homelessness, and neighbors in need in a manner that is respectful and inclusive of all individuals and all circumstances.



**Attention**  
Due to the COVID-19 outbreak, Uptown CSC has temporary new hours: Monday - Friday from 10:00 a.m - 1:45 pm for daily Emergency Food & mail distribution

The Uptown Update Newsletter

### Our Services

- ✓ Mailbox & Message Center
- ✓ Emergency Food Bank
- ✓ Clothing, socks & Hygiene Supplies
- ✓ Bathroom Facilities
- ✓ Showers in Collaboration with St. Luke's
- ✓ Information & Referrals



### Helping Neighbors in Need

Since we opened our doors in 1984, Uptown Community Service Center has been based on the believe that every individual is worthy and can become a self-supporting and contributing member of our community. Our door is open for our neighbors, who are a vital part of our community. Whether your need is a mailing address, food, or referrals to help you get housing and employment, Uptown is here for you.



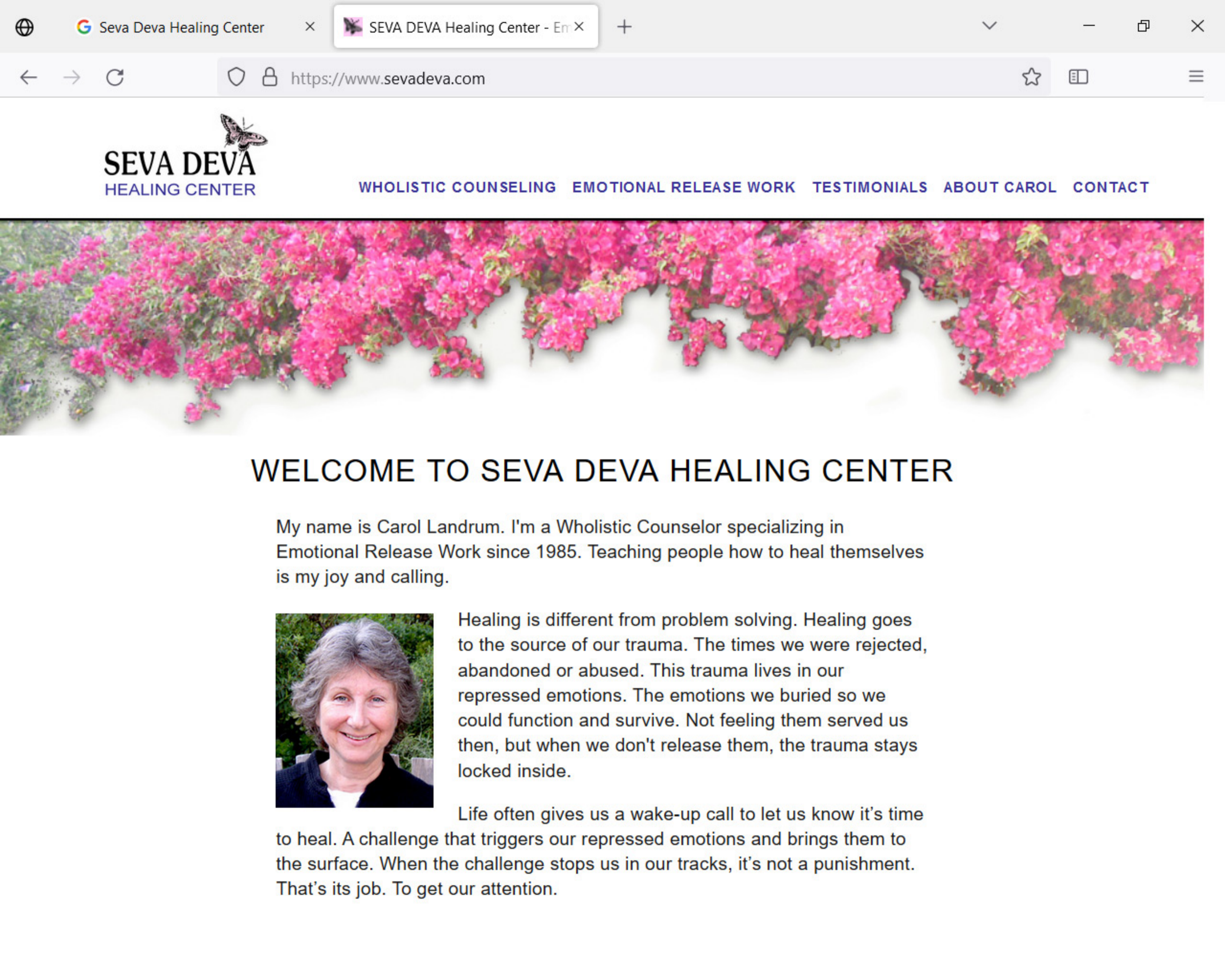
LEARN MORE ABOUT YOUR NEIGHBORS IN NEED AND HOW YOU CAN HELP!

- Neighbors in Need
- Volunteer



Amelia Broadnax  
Operations Coordinator





## WELCOME TO SEVA DEVA HEALING CENTER

My name is Carol Landrum. I'm a Wholistic Counselor specializing in Emotional Release Work since 1985. Teaching people how to heal themselves is my joy and calling.



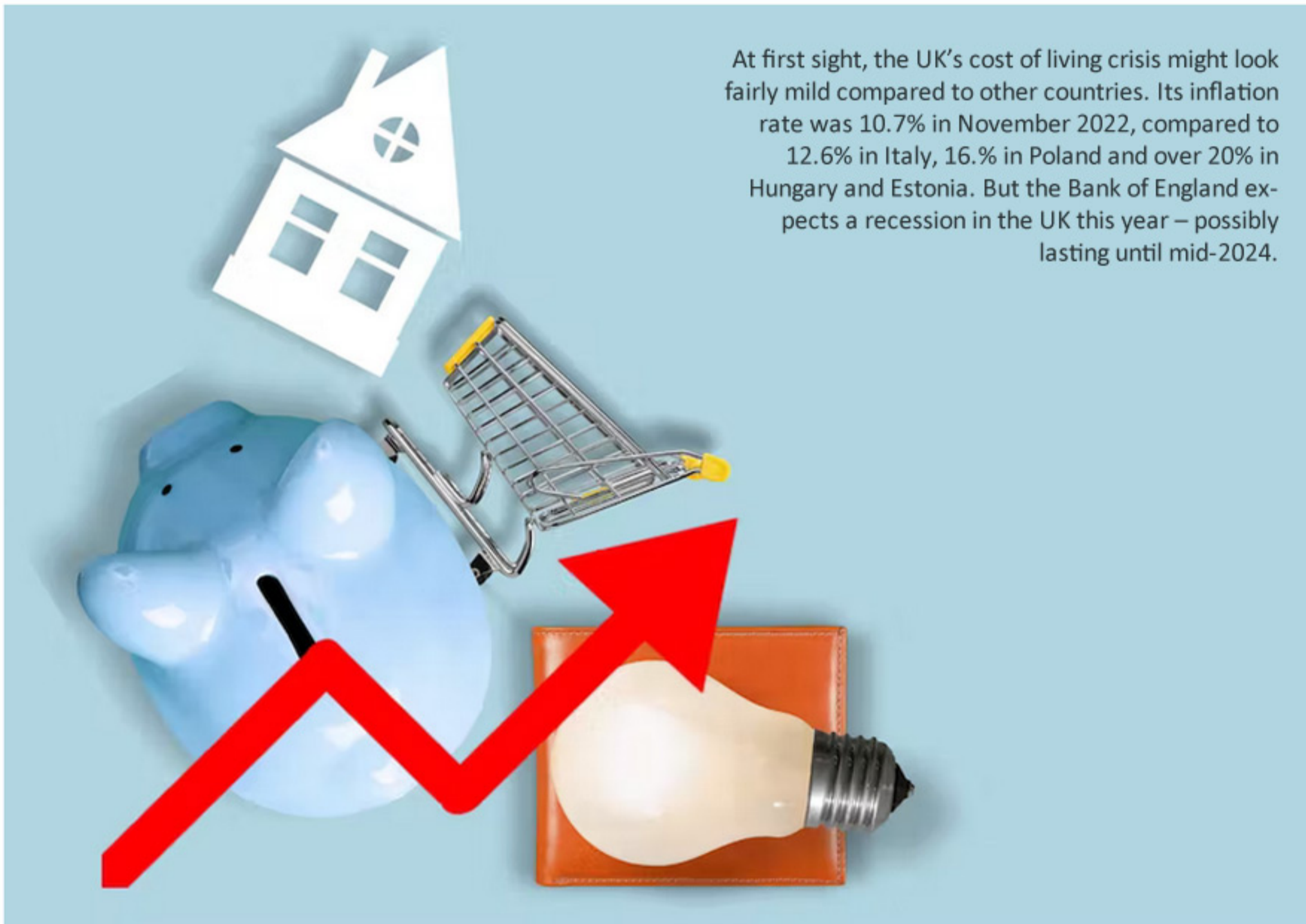
Healing is different from problem solving. Healing goes to the source of our trauma. The times we were rejected, abandoned or abused. This trauma lives in our repressed emotions. The emotions we buried so we could function and survive. Not feeling them served us then, but when we don't release them, the trauma stays locked inside.

Life often gives us a wake-up call to let us know it's time to heal. A challenge that triggers our repressed emotions and brings them to the surface. When the challenge stops us in our tracks, it's not a punishment. That's its job. To get our attention.



# Global economy 2023: how countries around the world are tackling the cost of living crisis

Published: January 5, 2023 9.59am EST • Updated: January 6, 2023 2.59pm EST



At first sight, the UK's cost of living crisis might look fairly mild compared to other countries. Its inflation rate was 10.7% in November 2022, compared to 12.6% in Italy, 16.% in Poland and over 20% in Hungary and Estonia. But the Bank of England expects a recession in the UK this year – possibly lasting until mid-2024.

Many countries are dealing with a rapidly rising cost of living. Billion Photos/Shutterstock

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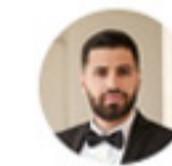
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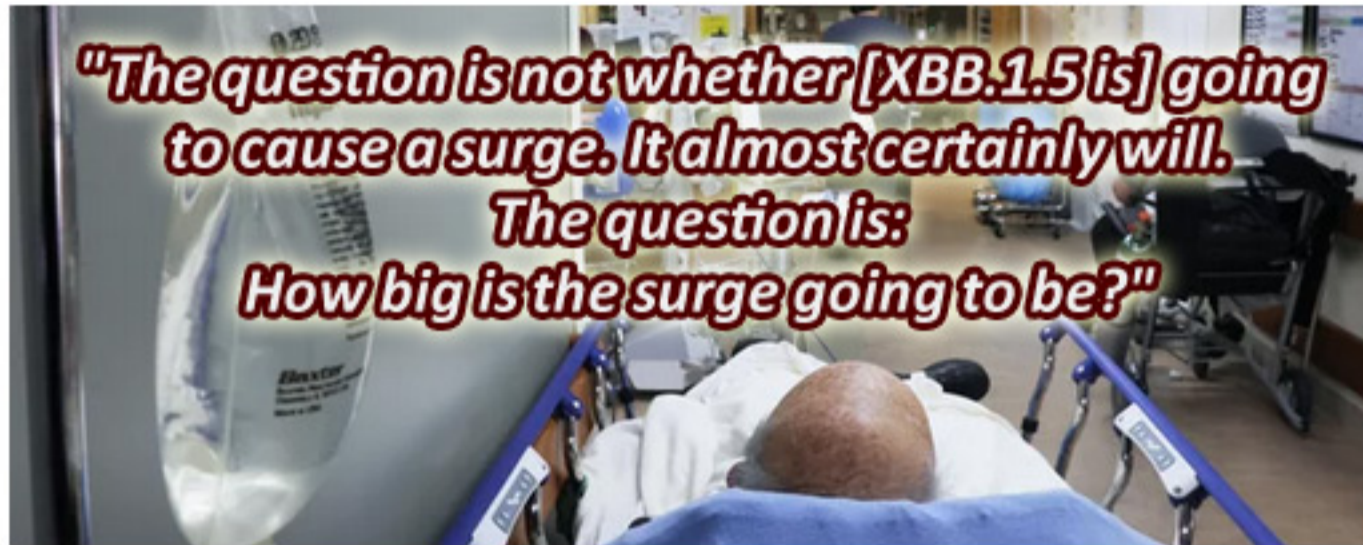
**Wayne Simpson**  
Professor, Department of Economics, University of Manitoba



# RSV recedes and flu peaks as a new COVID variant shoots 'up like a rocket'

January 6, 2023 · 5:34 PM ET

Heard on All Things Considered



U.S. infectious disease experts fear that a winter surge of respiratory illness — like the one that overloaded emergency rooms with COVID-19 patients in January 2021 — could yet materialize this winter, with several circulating viruses wreaking havoc. So far, though, it looks like early peaks of RSV and the flu are receding.

As the new year begins and the depths of winter approach, U.S. infectious disease experts monitoring the "triple-demic" stew of viruses that have been plaguing the country say there's good news — and bad. The good news is the worst appears to be over from the RSV surge that has been making life miserable for many children and their parents. RSV cases have been falling steadily since the end of November, according to the Centers for Disease Control and Prevention. At the same time, the flu — which also came roaring back this fall after mostly disappearing for the previous two years — looks like it's finally receding in most places, according to the latest data out Friday from the CDC. "In a couple areas, we're seeing activity increase or plateau," Dr. Shikha Garg, a medical epidemiologist at the CDC, told NPR in an interview Friday. "But in most areas, it's been declining." **The virus posing the biggest threat right now is — you guessed it — the one that causes COVID-19.**

**COVID "concerns us most" in the days and weeks ahead:** "We're seeing sustained increases of COVID infections across the nation," Dr. Ashish Jha, the White House coronavirus response coordinator, told NPR in an interview. "So COVID is the thing that concerns us most as we look at the days and weeks ahead." **The rate at which the coronavirus is being detected in wastewater, which has become a bellwether for the pandemic, has tripled or quadrupled in many parts of the U.S. in recent weeks, Jha says. COVID-19 hospitalizations have jumped 70%, he says. And 300 to 400 people are dying every day from COVID-19.**

To make matters worse, all this is happening as yet another new, even more transmissible variant has taken over in the United States. Called XBB.1.5, this new omicron subvariant was barely on the radar in late November. But according to new estimates released Friday by the CDC, XBB.1.5 now accounts for almost a third of new infections and is the dominant variant in the Northeast. "The current increase in cases that we are seeing really began around the Thanksgiving holiday when people gathered. And as we went into the bigger holiday season — the Hanukkah/Christmas holiday season — that has accelerated infections further," Jha says. Because "every major holiday has led to a bump in cases throughout the entire pandemic, it stands to reason that we're going to see a clear increase in infections, and cases and hospitalizations, unfortunately, over the next few weeks," he says.

**Why omicron subvariant XBB.1.5 is spreading so fast:** The prevalence of the coronavirus's omicron subvariant XBB.1.5 "shot up like a rocket," says Sam Scarpino, who has been tracking new variants at Northeastern University. "This variant has displaced other variants in a way that we've never seen before. That's kind of alarming." The good news is that so far there's no evidence the new variant makes people sicker than earlier versions of the coronavirus. And the immunity that people have from getting infected and vaccinated should protect most from getting really sick. So no one thinks this winter will be anything like the first two horrific pandemic winters. But XBB.1.5 can partially sneak around immunity as easily as anything before it. And it has developed something none of its predecessors had: a mutation that lets it infect cells more easily than the others. That makes this version of COVID-19 even easier to catch. "XBB.1.5 has gotten a specific mutation that enables it to maintain antibody escape properties while also giving it an advantage for spreading through the population," says Jesse Bloom, a virologist at the Fred Hutchinson Cancer Center in Seattle who has been studying variants. That means lots of people are probably going to get COVID-19 this winter. "The question is not whether it's going to cause a surge. It almost certainly will. The question is: How big is the surge going to be?" Scarpino says. So public health authorities are once again urging people to protect themselves.

**How to protect yourself from coronavirus subvariant XBB.1.5:** "What is clearer now, compared to even a year ago, is that we can really blunt the worst of it by doing the things that we know work," Jha says. That includes getting vaccinated and boosted, especially if you're older. Most deaths from COVID-19 are occurring in people age 65 or older. Other precautions include avoiding crowded, poorly ventilated parties, restaurants, bars and other places; testing before gathering; and, yes, putting that mask back on in risky situations. And if you do get sick, check with your doctor about getting treatment quickly. **"It is a time not to let your guard down,"** warns Dr. Tina Tan, an infectious disease specialist at Northwestern University.



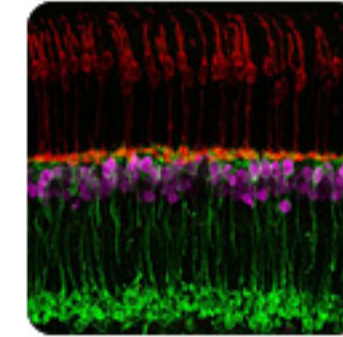
## Retinal neurons made from stem cells pass the big test: they form synapses on their own

Daily Kos · 2 days ago

- **Lab-grown retinal eye cells make successful connections, open door for clinical trials to treat blindness**

Ophthalmology Times · 2 days ago

 [View Full Coverage](#)



As we mammals get older, many of us start to lose our eyesight because the neurons in our retinas degenerate. Our retinal ganglion cells might get attacked by glaucoma, or our rods and cones (photoreceptors) might get eroded by macular degeneration or retinitis pigmentosa. Somewhere in the course of evolution, we lost our ability to regenerate those kinds of cells, just like we lost the ability to regenerate limbs. Once they're gone, they're gone. But we humans did develop some other things really well: the ability to use reason and the desire to sustain ourselves. And those attributes have brought us to the verge of making up for some of our evolutionary shortcomings.

It's amazing enough that we can now grow human stem cells into retinal "organoids" — little balls that contain all the different types of cells it takes to make a functioning retina, even organized into the right layers. But now we've learned that if we break up the organoid into individual cells, those cells are capable of spontaneously forming signal-communicating connections (synapses) with other retinal cells. That means that a patient could have their own stem cells grown into retinal cells and applied to their own retina, these new cells could functionally replace the old, and vision could be restored. No gene therapy required, thanks very much.

You can read all about this last hurdle being surmounted at the University of Wisconsin labs of Drs. David Gamm and Xinyu Zhao in the January 4 issue of the Proceedings of the National Academy of Sciences.

<https://www.pnas.org/doi/epdf/10.1073/pnas.2213418120>



# As she nursed her mom through cancer and dementia, a tense relationship began to heal

January 8, 2023 · 5:00 AM ET

MAX POSNER

Lori didn't understand what was going on but she began to document her mother's life. It gradually became clear she was suffering from Alzheimer's disease.



Audrey's shadow, two weeks before she passed. Even when she was in a lot of pain, Audrey wanted to sit in her chair and be with people. Aventura, Miami, Fla., March, 2021.

Lori Grinker



Audrey at a rehabilitation facility trying to put a shoe on when she already has her shoes on. She was admitted after getting out of Aventura Hospital after her friends found her on the floor of her apartment. She was acting out in the rehab center. Trying to get into a car at night, fighting to be let out to go home, refusing to eat. Aventura, Miami, Fla., March 2017

Lori Grinker



## Supply shortage sends San Diegans searching for eggs

by: [Kasia Gregorczyk](#)

Posted: Jan 6, 2023 / 10:49 PM PST

Updated: Jan 6, 2023 / 10:49 PM PST

LAKESIDE, Calif. — The price of eggs seems to be soaring and now, they're hard to find even if you are willing to pay. The bird flu has been causing supply issues since March and people in San Diego are finally feeling it.

Hilliker's Ranch Fresh Eggs explains the issue started on the East Coast, but "it just kept moving to the West and all of a sudden it's to the Midwest and now it's on the West Coast. It's killed over 57 million birds," Frank Hilliker said. People were showing up to the ranch up until the last minute of business Friday, happy to finally find eggs in stock. Santee residents Chris Lefaiver and Tracy Gulino said their local grocery stores were empty and when they could find eggs, they were at a high cost. "We paid over seven dollars for a 12 pack at Vons and I said I'm not doing that again," Gulino said.

The ranch they say has about 30,000 hens, laying more than 25,000 eggs a day.

"If avian onfluenza were to come on to this farm, we would have to euthanize every bird. One bird gets it, we have to euthanize them all and that is the last thing we want to happen," Hilliker said.

Hilliker says the ranch sets aside a lot of eggs to sell directly to the community and they try to keep prices fair and consistent, even when it gets tough. The other side of the business involves wholesale. "The egg market is all controlled by supply and demand. The government sends out a price every week and we follow it," Hilliker said.

It's a large factor for why we are seeing prices soar.

"A couple weeks ago the wholesale market with record high and now it's starting to go down, so eventually once the supply chain kind of catches up, we're going to start seeing more inexpensive eggs in the store," Hilliker said.

## Lakeside egg farm sees more customers amid grocery store shortage

With a U.S. egg shortage caused by a record number of bird flu outbreaks, grocery stores are finding it harder to keep eggs in stock and on the shelves.

Author: Brian White | Published: 6:03 PM PST December 22, 2022

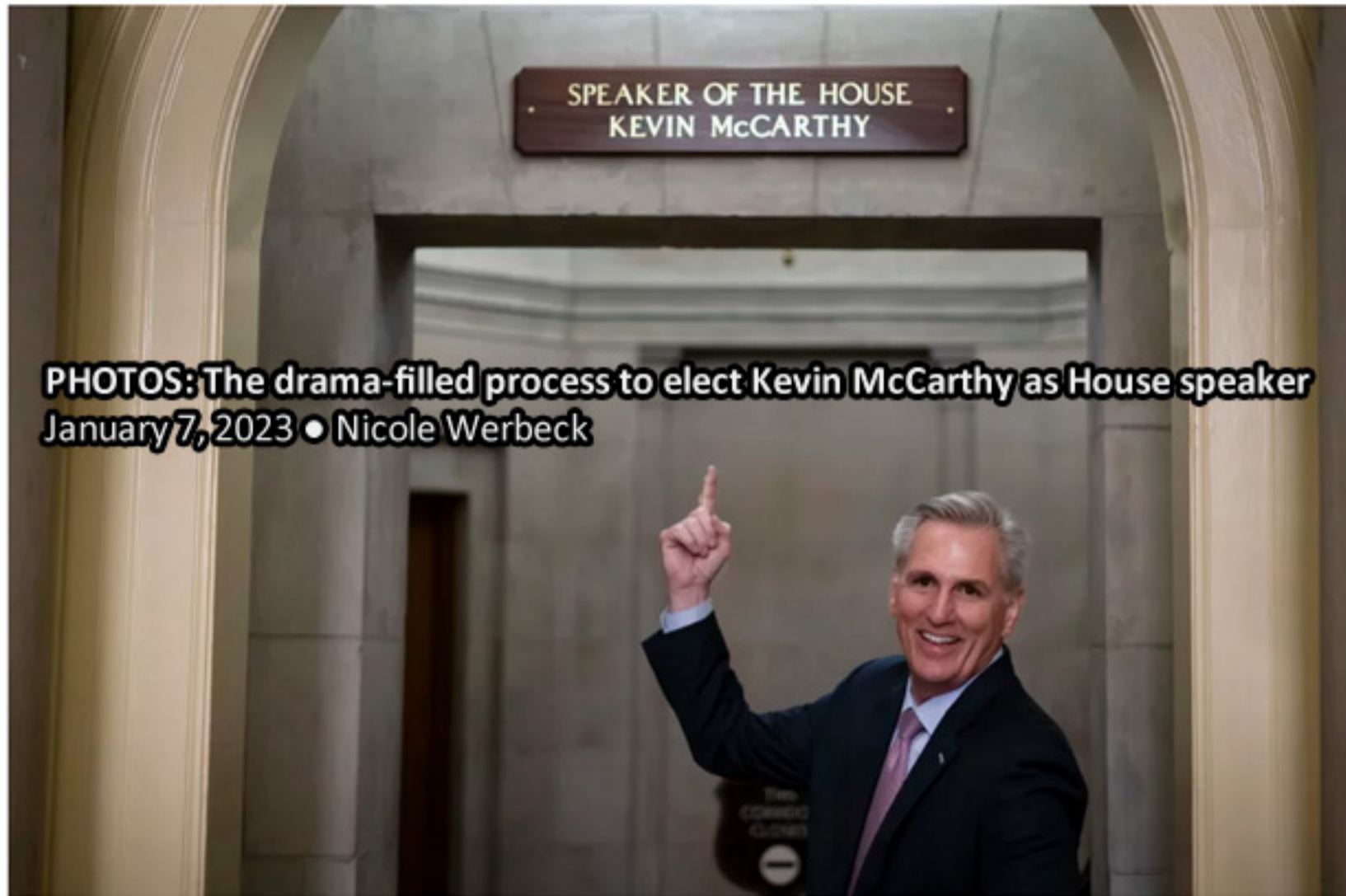
SAN DIEGO — If you've struggled to find eggs at the store lately, you're not the only one. With a U.S. egg shortage caused by a record number of bird flu outbreaks, grocery stores are finding it harder to keep eggs in stock and on the shelves. CBS 8's Brian White visited a local egg farm in Lakeside that is seeing a big increase in customers. "Gotta get some fresh ones," said Hilliker's Ranch customer, Jeff Rideout. "I wouldn't go anywhere else," said another customer while placing two dozen eggs into his car.

Hillicker's Ranch Fresh Eggs saw a steady stream of cars pulling up as customers came and went Thursday, all of them looking to buy the freshest eggs around. "Because they're fresh, that's why," said long-time customer, Deanna McKenzie. "For a while, I had my own chickens and then when I didn't have my own chickens anymore, I come here to get fresh eggs." For decades, customers have been buying eggs at Hillicker's, which has been located in Lakeside since the 1950's. But for some people, egg shortages at local grocery stores have led them here. "You know, this is my first time," said Santee resident, Jeff Ridout. "Eggs are short in the store right now and overly priced. Costco's totally out. They haven't had eggs since Thanksgiving really, or if they do, they go so fast, I never see them."

CBS 8 checked the Costco in Santee Thursday and while they did have eggs in stock, a worker told us the store has been selling out every day, so it can be hit-or-miss. At Hilliker's Ranch, owner Frank Hilliker said production has been steady for their 30,000 chickens. "They're laying some mediums and smalls, and they're really pretty and they're really good," said Hilliker while holding a few fresh, brown eggs. According to the USDA, more than 300 commercial flocks and more than 400 backyard flocks have been affected by highly pathogenic avian influenza A(H5N1) virus this year, affecting more than 57 million birds, including chickens. "When you take a whole bunch of eggs off the market and we're in the baking time, you know, where we're using more eggs, it's just the perfect storm," said Hillicker. "Fuel's gone up forty or fifty percent, our packaging has doubled, our chicken feed has tripled, so yeah, things are going to be more, and eggs cost more."

Experts say it may take a few months to get production back to normal. In the meantime, it can be advantageous to check in with grocery stores about their restocking schedules, so shoppers can find those eggs before they sell out.





**PHOTOS: The drama-filled process to elect Kevin McCarthy as House speaker January 7, 2023 • Nicole Werbeck**

House Speaker Kevin McCarthy of California gestures toward the newly installed nameplate at his office after he was sworn in as speaker of the 118th Congress.



House Republican Leader Kevin McCarthy (R-CA) (L) talks to Rep.-elect Matt Gaetz (R-FL) in the House Chamber after Gaetz voted present during the fourth day of voting for Speaker of the House.



Rep.-elect Marjorie Taylor Greene (R-GA) offers a phone with the initials "DT" to Rep.-elect Matt Rosendale (R-MT). It was former President Donald Trump on the line.



Rep. Mike Rogers (R-AL) is restrained after getting into an argument with Rep. Matt Gaetz (R-FL) during in the 14th round of voting for speaker.





**Democracy under attack in Brazil: 5 questions about the storming of Congress and the role of the military**

Rafael R. Ioris, University of Denver



**First grader who shot teacher in Virginia is among the youngest school shooters in U.S. history**

David Riedman, University of Central Florida



**How cancer cells move and metastasize is influenced by the fluids surrounding them – understanding how tumors migrate can help stop their spread**

Yizeng Li, Binghamton University, State University of New York



**What's a 'gig' job? How it's legally defined affects workers' rights and protections**

David Weil, Brandeis University



**What does the speaker of the House do? Here's what Kevin McCarthy will have for a job**

Rachel Paine Caulfield, Drake University



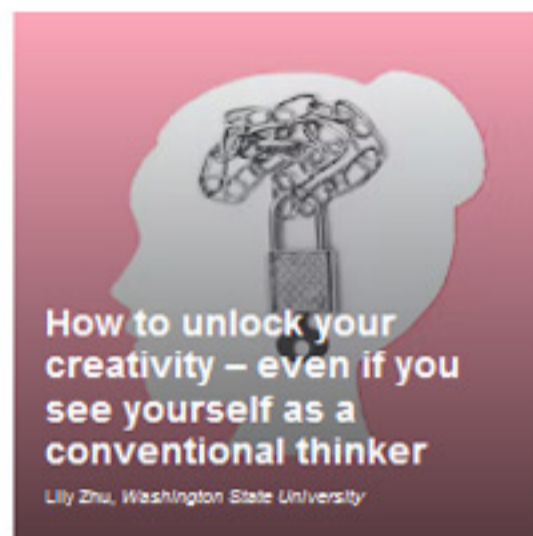
**Kevin McCarthy voted Speaker of the House on 15th vote – we had some questions about the chaotic week in Congress and got a few answers**

Rachel Paine Caulfield, Drake University



**5 elections to watch in 2023 – what's at stake as millions head to the ballot box around the globe**

Blessing-Miles Tendi, University of Oxford; Ahmet T. Kuru, San Diego State University; Ayesha Jalal, Tufts University; Carl LeVan, American University School of International Service; and Eduardo Gamara, Florida International University



**How to unlock your creativity – even if you see yourself as a conventional thinker**

Lily Zhu, Washington State University



**Russia's war in Ukraine threatens students daily and forces teachers to improvise**

Kristina Hook, Kennesaw State University



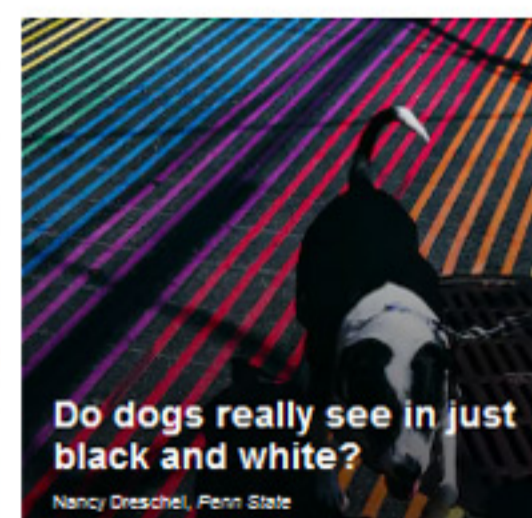
**Israel's new hard-line government has made headlines – the bigger demographic changes that caused it, not so much**

Michael Brenner, American University



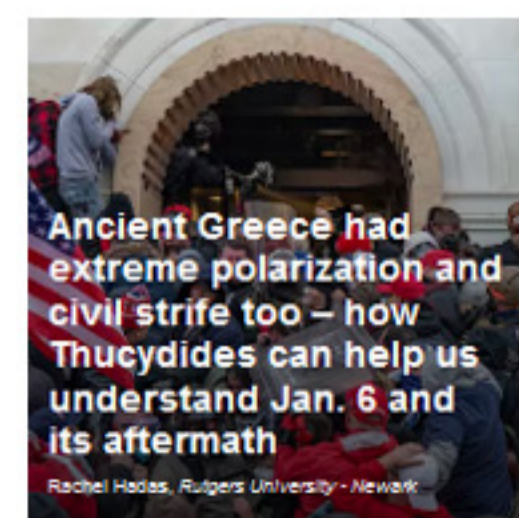
**Afghanistan's Taliban reportedly have control of US biometric devices – a lesson in life-and-death consequences of data privacy**

Margaret Hu, William & Mary Law School



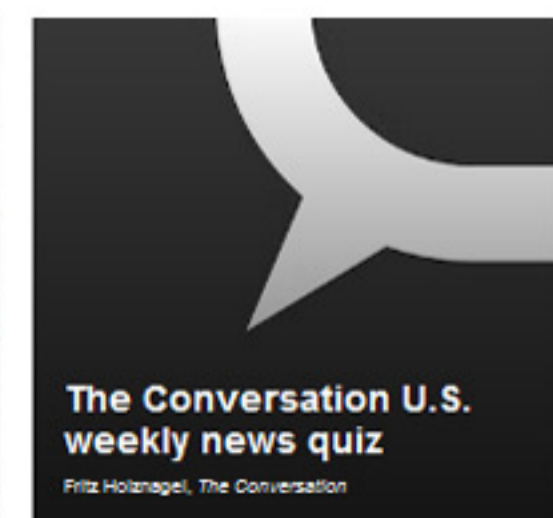
**Do dogs really see in just black and white?**

Nancy Dreschel, Penn State



**Ancient Greece had extreme polarization and civil strife too – how Thucydides can help us understand Jan. 6 and its aftermath**

Rachel Hadas, Rutgers University - Newark



**The Conversation U.S. weekly news quiz**

Fritz Holztagel, The Conversation



**How California could save up its rain to ease future droughts – instead of watching epic atmospheric river rainfall drain into the Pacific**

Andrew Fisher, University of California, Santa Cruz

Urban infrastructure was designed to take stormwater out to the ocean quickly. Now, California needs that precious water.



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**Supporters of former Brazilian President Jair Bolsonaro stormed Congress and other buildings in the capital of Brasilia on Sunday, calling for the military to take over Brazil's government.**

POLITICS

**McCarthy's struggles point to troubles ahead for his office, his party and Congress**

The memory of the speakership fights leading up to the Civil War remind us that the consequences of dysfunction in the national government affect us all.



Olivier Douliery/AFP via Getty Images

Historic House speaker showdown highlighted matters of race and representation

TECHNOLOGY

**A college student created an app that can tell whether AI wrote an essay**

Some students have been using ChatGPT, a text-based bot, to do their homework for them. Now, 22-year-old Edward Tian's new app is attracting educators working to combat AI plagiarism.

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GPTZero.me/Screenshot by NPR

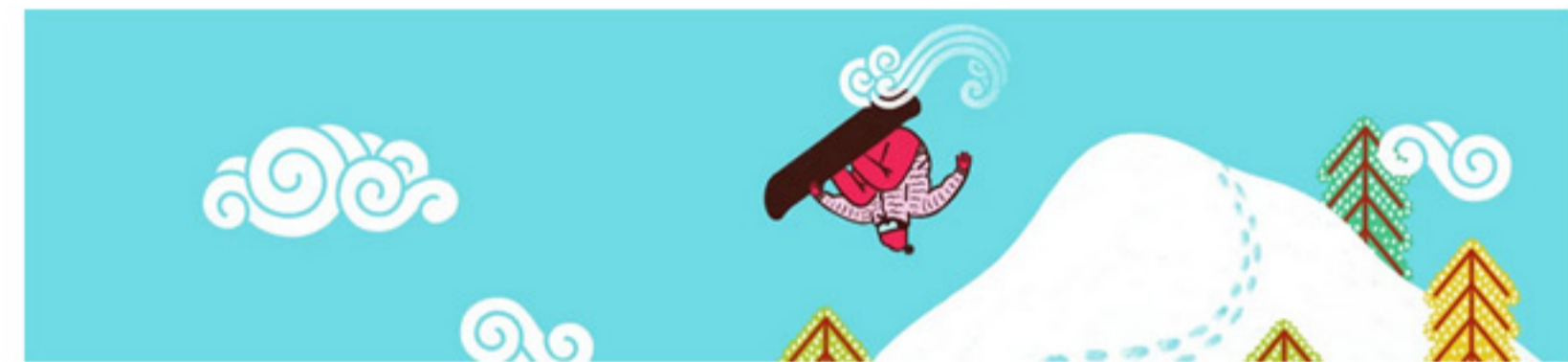
MEDIA

**In TV interview, Prince Harry says his book is a bid to 'own my story'**

Prince Harry spoke to British and U.S. television to promote his book, *Spare*, which has generated incendiary headlines with its details of private emotional turmoil and bitter family resentments.



Jane Barlow/AP



I'M REALLY INTO

**A guide to the present moment: Finding (and losing) yourself backcountry snowboarding**

While riding epic lines is the ultimate goal in this sport, the truth is only about 5% of backcountry snowboarding is actually snowboarding. The other 95% is what it takes to get you there.

**Thousands of nurses go on strike against New York City hospitals**

WNYC SOUNDCHECK

About 7,100 members of the New York State Nurses Association (NYSNA) could join the picket line at Montefiore Medical Center in the Bronx and Mount Sinai Hospital in Harlem.



SHOTS - HEALTH NEWS

**RSV recedes and flu peaks as a new COVID variant shoots 'up like a rocket'**



LATIN AMERICA

**Security forces regain control after Bolsonaro supporters storm Brazil's Congress**



NATIONAL

**Buying a home became a key way to build wealth. What happens if you can't afford to?**



OBITUARIES

**Adam Rich, former 'Eight Is Enough' child star, dies at 54**



RACE

**A trial is set to begin for a Black soldier suing police over violent stop**



TELEVISION

**From more Star Trek to a surprising Harrison Ford: the best TV in early 2023**



***Supporters of former Brazilian President Jair Bolsonaro stormed Congress and other buildings in the capital of Brasilia on Sunday, calling for the military to take over Brazil's government.***



Supporters of Brazilian former President Jair Bolsonaro invade the National Congress in Brasilia on Sunday.

Sergio Lima/AFP via Getty Images



# Russia's war in Ukraine threatens students daily and forces teachers to improvise

*In the remains of her classroom, 16-year-old Khrystyna Ignatova visits her desk in the Chernihiv School #21, in Chernihiv, Ukraine. AP Photo/Emilio Morenatti*

Published: January 9, 2023 8:22am EST

▼ [Kristina Hook](#), *Kennesaw State University*





## *US birth rates are at record lows – even though the number of kids most Americans say they want has held steady*

Published: January 12, 2023 8.22am EST

Sarah Hayford, The Ohio State University, Karen Benjamin Guzzo, University of North Carolina at Chapel Hill



*More one-and-done families influence the overall birth rate.*



## ChatGPT, DALL-E 2 and the collapse of the creative process

Published: January 12, 2023 8.21am EST  
Nir Eisikovits, Alec Stubbs, UMass Boston



*Does the moment of imagination carry more value than the work of making something real?*





Researchers have long known that sitting at your desk hour after hour is an unhealthy habit.

## Sitting all day is terrible for your health – now, a new study finds a relatively easy way to counteract it

Published: January 12, 2023 8:23pm EST

↳ [Keith Diaz](#), *Columbia University*

## Sitting all day can be deadly. 5-minute walks can offset harms

January 12, 2023 · 2:36 PM ET



<https://www.npr.org/sections/health-shots/2023/01/12/1148503294/sitting-all-day-can-be-deadly-5-minute-walks-can-offset-harms>

Walking five minutes every half-hour can reduce the risk of high blood pressure, diabetes and heart disease.

To reduce the harmful health effects of sitting, take a five-minute light walk every half-hour. That's the key finding of a new study that my colleagues and I published in the journal *Medicine & Science in Sports & Exercise*.

We asked 11 healthy middle-aged and older adults to sit in our lab for eight hours – representing a standard workday – over the course of five separate days. On one of those days, participants sat for the entire eight hours with only short breaks to use the bathroom. On the other days, we tested a number of different strategies to break up a person's sitting with light walking. For example, on one day, participants walked for one minute every half-hour. On another day, they walked for five minutes every hour.

Our goal was to find the least amount of walking one could do to offset the harmful health effects of sitting. In particular, we measured changes in blood sugar levels and blood pressure, two important risk factors for heart disease.

We found that a five-minute light walk every half-hour was the only strategy that reduced blood sugar levels substantially compared with sitting all day. In particular, five-minute walks every half-hour reduced the blood sugar spike after eating by almost 60%.

That strategy also reduced blood pressure by four to five points compared with sitting all day. But shorter and less frequent walks improved blood pressure too. Even just a one-minute light walk every hour reduced blood pressure by five points.

In addition to physical health benefits, there were also mental health benefits to the walking breaks. During the study, we asked participants to rate their mental state by using a questionnaire. We found that compared with sitting all day, a five-minute light walk every half-hour reduced feelings of fatigue, put participants in a better mood and helped them feel more energized. We also found that even walks just once every hour were enough to boost mood and reduce feelings of fatigue.







Artist and author Deena Mohamed created a graphic novel about how wishes would — or wouldn't — work in modern-day Egypt. Her much-praised book is now out in English. It's ... a wish come true!



*Self-portrait, Deena Mohamed*



# Behind your speedy Amazon delivery are serious hazards for workers, government finds

Updated January 18, 2023 · 2:01 PM ET



Workers pack orders at an Amazon fulfillment center on January 20, 2015 in Tracy, California. OSHA cited Amazon after federal safety inspectors found ergonomic hazards at three Amazon warehouses.

*Justin Sullivan/Getty Images*

Federal safety inspectors have concluded that the twisting, bending and long reaches that Amazon warehouse workers perform as much as nine times per minute put them at high risk for lower back injuries and other musculoskeletal disorders and constitute an unacceptable hazard.

As part of a larger investigation into hazardous working conditions, the Occupational Safety and Health Administration announced on Wednesday it has cited Amazon for failing to keep workers safe at warehouses in Deltona, Florida; Waukegan, Illinois; and New Windsor, New York.

"While Amazon has developed impressive systems to make sure its customers' orders are shipped efficiently and quickly, the company has failed to show the same level of commitment to protecting the safety and wellbeing of its workers," said Assistant Secretary for Occupational Safety and Health Doug Parker. Amazon loses bid to overturn historic union win at Staten Island warehouse

**The e-commerce giant faces a total of \$60,269 in proposed penalties, the maximum allowable for a violation of the General Duty Clause of the Occupational Safety and Health Act, which requires employers to provide a workplace free from recognized hazards.** Amazon has 15 days to contest OSHA's findings.

"We take the safety and health of our employees very seriously, and we strongly disagree with these allegations and intend to appeal," said Amazon spokesperson Kelly Nantel in a statement. "Our publicly available data show we've reduced injury rates nearly 15% between 2019 and 2021," Nantel added. "What's more, the vast majority of our employees tell us they feel our workplace is safe."

Parker noted that willful or repeated violations by an employer can lead to higher penalties. He said that there are no ergonomic-related violations in Amazon's history that put the company on track for the "severe violator program," but with further inspections, that could change.

In December, OSHA cited Amazon for more than a dozen recordkeeping violations, including failing to report injuries, as part of the same investigation.

Inspectors compared DART rates — days away from work, job restrictions or transfers — across the warehouse industry and at Amazon facilities, and found the rates were unusually high at the three Amazon warehouses.

At the Amazon fulfillment center in Waukegan, Illinois, where workers handle packages in excess of 50 pounds, the DART rate was nearly double the DART rate for the industry in general, and at the Amazon facilities in New York and Florida, it was triple. The DART rate for the industry in general was 4.7 injuries per 100 workers per year in 2021, Parker said.

Inspectors also found that workers are at risk of being struck by falling materials unsafely stored at heights of 30 feet or higher at the Florida facility.

Should the government prevail, Amazon would be required not only to pay the fines but also to correct the violations, which Parker noted, could result in significant investments in re-engineering their processes to provide workers with a safer working environment.



## In some states, an unpaid foster care bill could mean parents lose their kids forever

January 19, 2023 5:00 AM ET | Joe Shapiro



"No one understands it," says Sylvia Cunningham of how she and her husband, Brandon, holding Braxton, 2, got three of their children returned from foster care, including daughter Jordan, 17 (at left), but a court allowed one son to be placed for adoption because the Cunninghams had failed to pay part of the bill for foster care.

*Phyllis B. Dooney for NPR*



# Procrastination is more than putting things off. Here's how to kick the habit

Updated December 21, 2022 · 1:40 PM ET ⓘ

KEISHA "TK" DUTES

AUDREY NGUYEN



Krzysztof Nowak for NPR

Procrastination. At the beginning of every year, we promise ourselves that we'll slay this beast. We make lists, buy journals, try new apps, but no matter what, we often wind up falling into the same cycle of delay and avoidance — putting things off, day after day.

If you've resolved to quit procrastinating, it might help to know there's more to it than just delaying tasks. Therapist Anastasia Locklin describes chronic procrastination as "an inability to regulate negative or fearful emotions or feelings." Research shows that people tend to prioritize short-term mood over long-term goals and that they're more likely to put off tasks that don't have quick rewards. As Locklin says, "Your present self often values immediate gratification over the long-term goals." Procrastination and perfectionism often go hand in hand. As some researchers have concluded, perfectionists "experience a chronic sense of falling short of their own personal standards," triggering their procrastination. Locklin says the mental narrative goes something like this: "I'll just wait until I'm in a setting or situation where I can be completely perfect at it."

Culture is to blame for some forms of procrastination. Black women tend to put off self-care activities — like vacations and doctor's appointments — because they're often taught (and expected) to prioritize caring for others. "I know personally, for myself as a woman of color, some of the things that I've been told is that if you care for yourself and only care about yourself, then you're selfish," Locklin shares. Black women can also feel like they have to work twice as hard to be recognized in their careers. "I think sometimes we attach our self-worth to our own productivity and [feel] we're only as valuable as how successful we are," Locklin explains. "That makes us almost put our own self-care and self-preservation on the back burner." To combat procrastination — on the big things and the little things — here's what Locklin recommends.

**Identify small goals:** Set a goal to work on something for a short, fixed amount of time — say, 10 minutes. If you need more structure, Locklin recommends trying the Ivy Lee method. At the end of each workday, make a list of six things to work on the following day. List them out in order of true importance. Tackle those things and only those things the next day.

**Use natural patterns to your advantage:** Next, if you're trying to figure out the best way to prioritize tasks, use natural patterns to your advantage: If you're a morning person, do important tasks in the morning. If you have midday slumps, take that time to organize and create your list for the next day.

**Don't be too hard on yourself:** Research shows self-compassion can help you cope with procrastination-related stress. Remember every success is just that: a success!

**Plan ahead:** If you're procrastinating wellness and rest, plan ahead and delegate! Block out vacations in advance and put systems in place with co-workers so that you can work toward your time away and feel secure that all your goals at work are met.

**Meet with a therapist:** Finally, if you're having trouble addressing procrastination on your own, meet with a therapist. One treatment approach, called cognitive behavioral therapy, can help improve coping skills by focusing on current barriers and solutions to those problems.

*If you need help finding a therapist, check out this episode of Life Kit:*  
<https://www.npr.org/2019/12/11/787058888/how-to-start-therapy>



## Anger grows in Virginia city where first-grader shot teacher

By BEN FINLEY and DENISE LAVOIE today



*Djifa Lee, a second-grade teacher at Saunders Elementary, center, stands with her daughter as she speaks in front of the Newport News School Board at the Newport News Public Schools Administration building on Tuesday, Jan. 17, 2023, in Newport News, Va. Community members spoke about issues and solutions to violence in schools following the shooting at Richneck Elementary by a six-year-old that left a teacher in critical condition. (Billy Schuerman/The Virginian-Pilot via AP)*

NEWPORT NEWS, Va. (AP) — When a 6-year-old shot and wounded his first-grade teacher in this shipbuilding city near Virginia’s coast, the community reacted with collective shock. But the sentiment has percolated into rage from parents and particularly from teachers, with many lambasting school administrators Tuesday night for what they called a misguided emphasis on attendance and other education statistics over the safety of children and staff.

The anger in Newport News is bubbling up during a decadeslong pendulum swing that’s been moving American schools away from suspensions and expulsions, experts say. But some school systems are still seeking a “happy medium” between strict discipline and a gentler approach.

During a three-hour school board meeting dedicated solely to public comment, Newport News teachers and parents said students who assaulted classmates and staff were routinely allowed to stay in the classroom with few consequences. They said the shooting of Abigail Zwerner could have been prevented if not for a toxic environment in which teachers’ concerns are systemically ignored.

“Every day in every one of our schools, teachers, students and other staff members are being hurt,” high school librarian Nicole Cooke told the board. “Every day, they’re hit. They’re bitten. They’re beaten. And they’re allowed to stay so that our numbers look good.”

Addressing superintendent George Parker, Cooke said: “If Abigail had been respected, she wouldn’t be in the hospital right now.”

Zwerner was shot Jan. 6 as she taught her first-grade class at Richneck Elementary. There was no warning and no struggle before the 6-year-old pointed the gun at his teacher and fired one round, police said.

The bullet pierced Zwerner’s hand and struck her chest. The 25-year-old hustled her students out of the classroom before being rushed to the hospital.

Newport News police said the 6-year-old’s mother legally purchased the gun but that it was unclear how her son gained access to it. A Virginia law prohibits leaving a loaded gun where it is accessible to a child under 14, a misdemeanor crime punishable with a maximum one-year prison sentence and \$2,500 fine. No charges have been brought against the mother so far.

[...]



## When young children test positive for Covid-19 and another respiratory virus, their illness may be much more severe, a new study suggests

CNN · 2 days ago

- **Study: Respiratory viruses more severe cases in kids with COVID**

WLFITV · 22 hours ago

 [View Full Coverage](#)



## Grizzly bears test positive for bird flu in Montana, officials say

CNN · 10 hours ago

- **Avian flu confirmed in three grizzly bears euthanized in Montana**

The Hill · 11 hours ago

 [View Full Coverage](#)





Your local news

### San Diego moves forward with natural gas stove ban -

KUSI · 15 hours ago



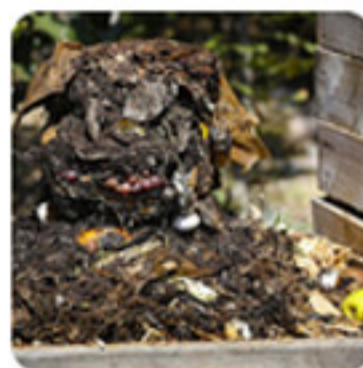
### 500000 gallons of raw sewage fouls San Diego Bay after broken sensor shuts down pumps

The San Diego Union-Tribune · 16 hours ago



### San Diego to build \$77M organics recycling plant for compost

The San Diego Union-Tribune · Yesterday



SAN DIEGO (KUSI) – When the Biden administration appeared to be considering a nationwide natural gas stove ban, Americans were outraged. San Diego is miles ahead of the White House; the city plans to ban all natural gas appliances by introducing a retrofit mandate for home and building owners and outlawing the installation of new natural gas appliances. This process is set to be complete by the city by 2035.





### 99 Years Later... We Solved It



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11,410,144 views Mar 31, 2022

How do these rocks move on their own in the desert?



# She's MOVING IN! | Living in a LUXURY 4x4 Sprinter Van



[https://youtu.be/GS\\_2pzPkhQ](https://youtu.be/GS_2pzPkhQ)



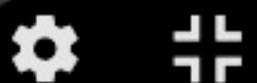
SUPPORT us through PATREON: (ad free early access to my videos, updates & a thank you shout out in a future video) - <https://www.patreon.com/Nikkidelventhal>

The van I am in (while they build mine) is built and designed by Overland Van Project - You can check them and all their other high-end campervan buildouts here: <https://overlandvanproject.com>

You can also check out Alpine Van Works for their DIY van kits and components: [alpinevanworks.com](http://alpinevanworks.com)

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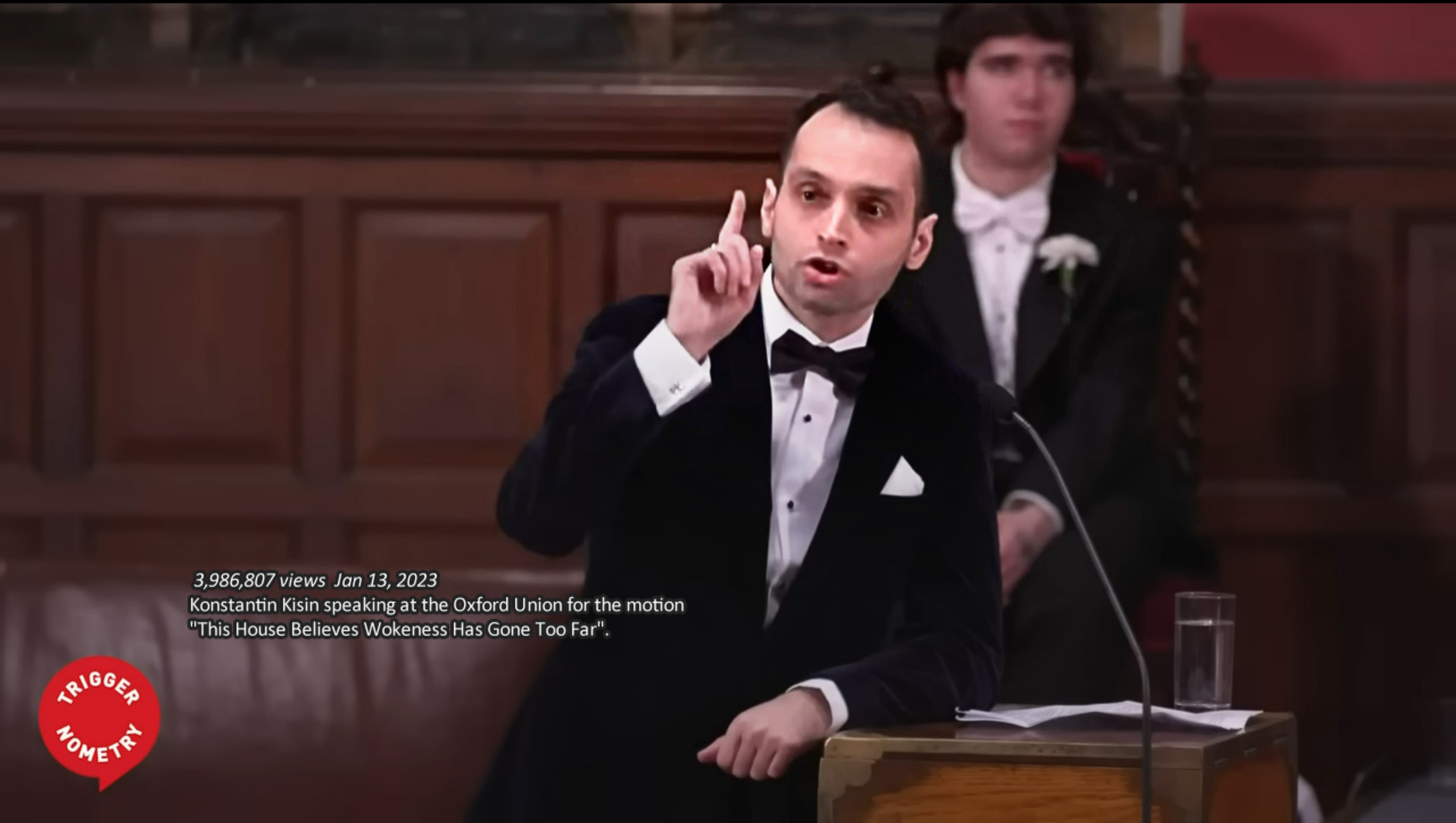




# Comedian Leaves Oxford Union SPEECHLESS



<https://youtu.be/JKI0SnKX96E>



3,986,807 views Jan 13, 2023  
Konstantin Kisin speaking at the Oxford Union for the motion  
"This House Believes Wokeness Has Gone Too Far".





PUBLIC HEALTH

## Is it time for a reality check on rapid COVID tests?

January 19, 2023 · 12:02 PM ET

Heard on [All Things Considered](#)

SYDNEY LUPKIN



Rapid antigen tests are ubiquitous, but some Americans have learned the hard way that a negative test result isn't necessarily the final word.

*Mahmoud Hilean/AP*

### So what are these tests actually good for?

Even though it seems like a good idea to have everyone take a rapid COVID-19 test the day of a gathering to make sure they're negative, experts say that's not how the tests were meant to be used.

"A positive test is almost always true," Colgrove says. "So in a person with an exposure or a person with suggestive symptoms, if they do a test and it's positive, you're done. You have your diagnosis."

It's a slightly different story if you are getting over COVID-19 and are testing to see whether you're still positive.

But a negative "does not rule out" a COVID-19 infection, according to the Centers for Disease Control and Prevention. If someone tests negative, they're supposed to take another antigen test 48 hours later to see if it turns positive. And if that person has a known COVID exposure or symptoms, the FDA recommends a third test 48 hours after that.

The best way to use the tests is to know their limits and follow instructions for retesting when you get a negative result.

"In a person who had suggestive symptoms now, in the middle of the epidemic where the prevalence of the infection is high, a single negative test is not enough to rule out infection," Colgrove says.

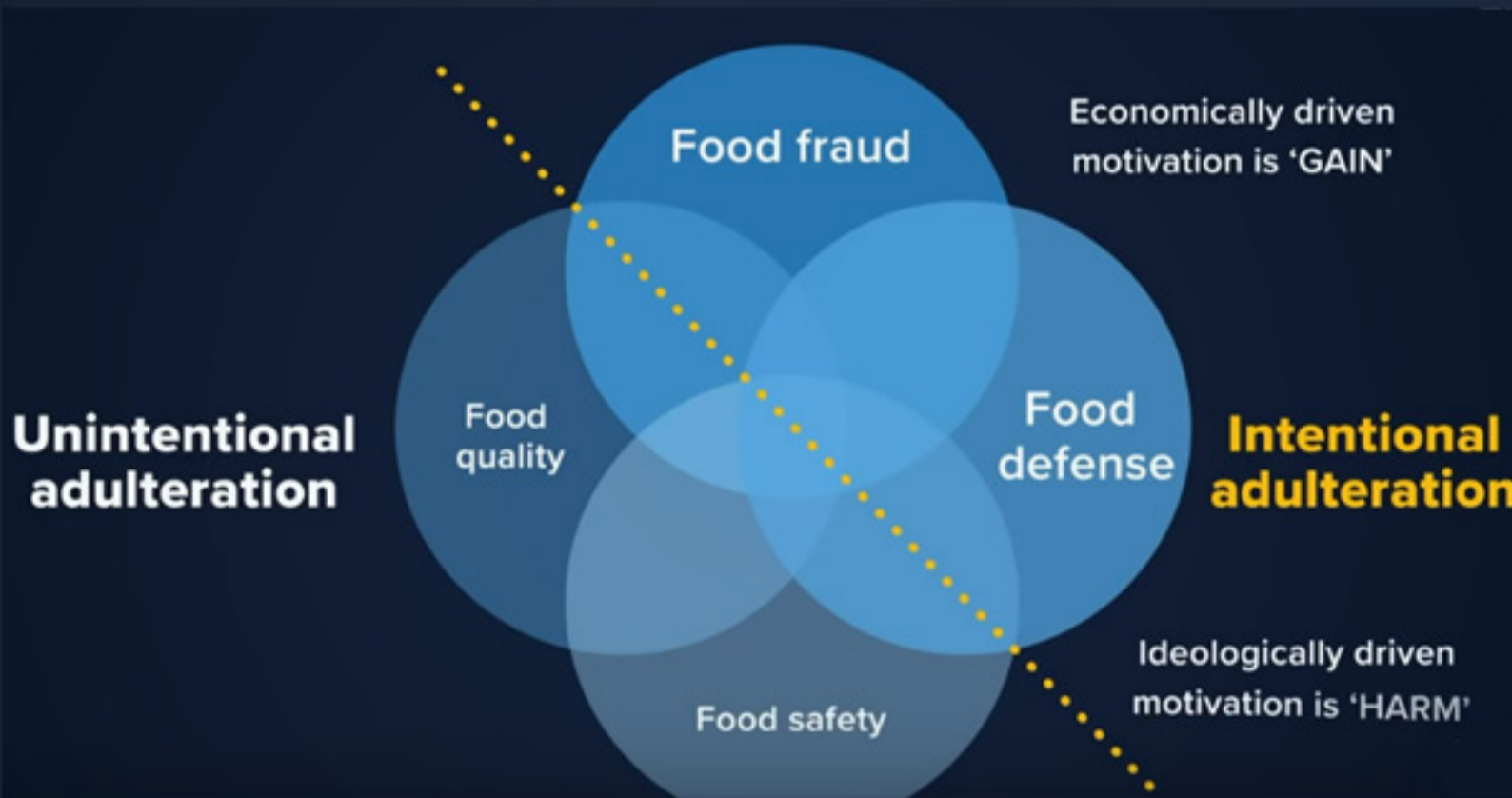
If you have COVID-19 symptoms, even if your test is negative, it's a good idea to be cautious and just stay home.



# How Americans Are Tricked Into Buying Fake Food

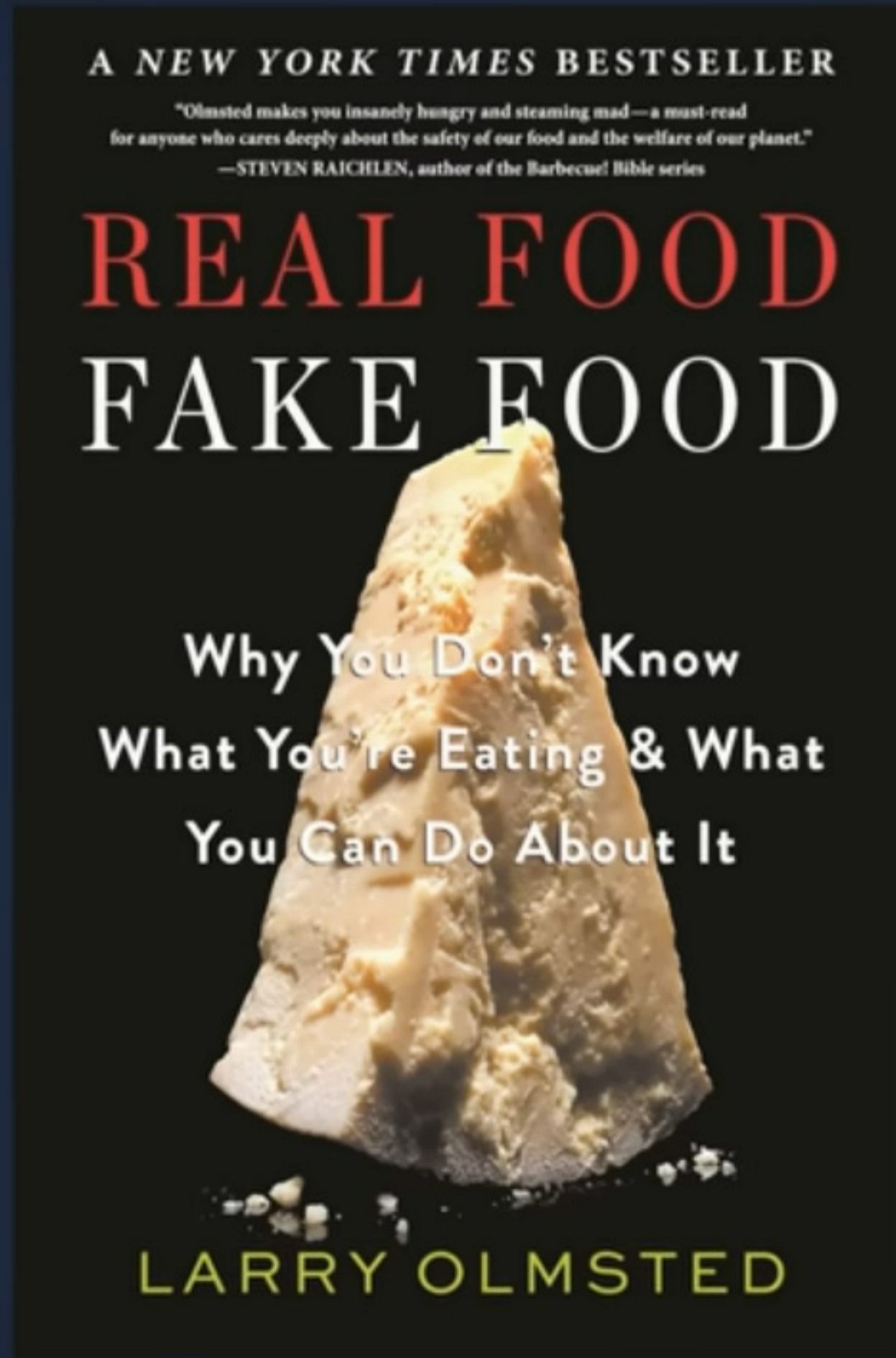


<https://youtu.be/-8xTVMtkqv4>



1,389,077 views Jan 15, 2023 #CNBC

The food in your kitchen cabinets may not be what it seems. Fraudsters motivated by economic gain secretly infiltrate the global food market through a variety of means, including counterfeits, dilutions, substitution and mislabeling, according to the Global Food Safety Initiative. This may not only harm consumers' wallets, but it can also put public health and safety at risk. Some estimates say food fraud affects at least 1% of the global food industry at a cost as high as \$40 billion a year, according to the FDA.



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A movement on the march.

## Peru protests: What to know about Indigenous-led movement shaking the crisis-hit country

Published: January 20, 2023 1.25pm EST

▼ [Eduardo Gamarra](#), *Florida International University*

Peru is in the midst of a political and civil crisis. Weeks of protest have culminated in thousands descending on the capital amid violent clashes and running battles with police. Triggered by the recent removal from power of former leader Pedro Castillo, the protests have exposed deep divisions within the country and are being encouraged by a confluence of internal factors and external agitators. The Conversation asked Eduardo Gamarra, an expert on Latin American politics at Florida International University, to explain the wider context of the protests and what could happen next.

**What are the demands of protesters?** Primarily they are trying to force the government in Lima to agree to a constituent assembly to devise a new constitution; what that new constitution would look like is a secondary concern. What you have now is an unpopular ex-president in jail and an unpopular president with contested claims to legitimacy in power. It is very different context. It isn't a transition from authoritarianism to democracy; it is protest resulting from an inefficient democratic system at a time of a deeply divided country.



Jacinda Ardern and partner, Clarke Gayford, leave after she announced her resignation in New Zealand. Kerry Marshall/Getty Images

## Jacinda Ardern's resignation shows that women still face an uphill battle in politics – an expert on female leaders answers 5 key questions

Published: January 20, 2023 8.38am EST

▼ [Farida Jalalzai](#), *Virginia Tech*

New Zealand Prime Minister Jacinda Ardern announced on Jan. 19, 2023, that she will soon resign from office. "I know what this job takes. And I know that I no longer have enough in the tank to do it justice," Ardern said. Ardern was 37 when she was elected prime minister in 2017, and is the youngest female head of government to have served in any country. During her tenure, Ardern oversaw the country's strict COVID-19 response and also dealt with other crises like the Christchurch mosque shooting in 2019. The prime minister also received unwanted attention that many observers – and Ardern herself – dubbed sexist. This included questions and comments about Ardern's plans to have a child, as well as about her eventual pregnancy in office. Ardern herself noted in her resignation speech that she is looking forward to spending more time with family once she leaves office in February. She also addressed her young daughter, saying, "And so to Neve, Mum is looking forward to being there when you start school this year."



# MPD Officers Fired for Use of Excessive Force and Other Violations While Arresting Tyre Nichols

WKNO | By Katie Riordan

Published January 20, 2023 at 10:01 PM CST



*Family and community members demonstrate demanding the release of police body camera footage from Tyre Nichols' arrest.*

*MPD named the five officers: Tadarrius Bean, Demetrius Haley, Emmitt Martin III, Desmond Mills Jr. and Justin Smith.*



Following an internal investigation and administrative hearings, the Memphis Police Department on Friday fired five officers involved in the arrest of Tyre Nichols, who died days after the encounter.

Nichols, a 29-year-old father and FedEx employee, was pulled over on the night of Jan. 7 for reckless driving and was hospitalized after what the MPD described as two "confrontations" with officers. He died on Jan. 10.

MPD Chief CJ Davis called the death "tragic" in a statement and said officers were terminated for using excessive force, failing to intervene and failing to render aid.

"The egregious nature of this incident is not a reflection of the good work that our officers perform, with integrity, every day," she said.

Her statement did not specify which officer committed which violations. The city intends to make video footage of the incident public next week after Nichols' family views it. They, along with their attorney, are expected to meet with officials on Monday.

MPD named the five officers: Tadarrius Bean, Demetrius Haley, Emmitt Martin III, Desmond Mills Jr. and Justin Smith.

Lawyers representing the Nichols' family praised MPD's decision and said they will continue to push for accountability in the case.

"This is the first step towards achieving justice for Tyre and his family," attorneys Ben Crump and Antonio Romanucci said in a statement. "In the coming days, we will review the video footage from this violent attack...providing the family and community more clarity into what led to the loss of this young man, father, and son."

The U.S Department of Justice announced on Wednesday that federal authorities have also opened an inquiry into possible civil rights violations during the arrest.



# Former Capitol Police officer on Jan. 6 says leadership ignored him

January 20, 2023 · 6:30 PM ET



LEILA FADEL



Police hold back supporters of US President Donald Trump as they gather outside the US Capitol's Rotunda on January 6, 2021, in Washington, DC.

When former U.S. Capitol Police Lt. Tarik "T.K." Johnson looked outside on January 6, 2021, he was in shock. Hundreds of people were coming towards the Capitol building. On the U.S. Capitol West Front he saw a mob attack his fellow police officers. "I saw fighting like I'd never seen before in my entire life," Johnson says. "They were punching and they were swinging, they were throwing water bottles, they were throwing smoke bombs, gas bombs." Johnson thought he was going to lose his life that day. A lot was assumed about Johnson based on a video of him wearing a red MAGA hat and talking to two Oath Keepers in the crowd. He was accused of sympathizing with the attackers. He got death threats. Now, in his first broadcast interview since the Jan. 6 attack, Johnson tells Morning Edition's Leila Fadel why he donned that hat and how he feels police leadership failed him and his fellow officers that day.

We reached out to former Assistant Chief Yogananda Pittman for comment, but have not heard back.

The U.S. Capitol Police provided a written statement in response to Johnson's accusation that Pittman ignored his request for guidance.

"Yogananda Pittman was one of two Assistant Chiefs who reported to then Chief Steven Sund. She was the Assistant Chief of Police for Protective and Intelligence Operations on January 6, in which her primary mission was overseeing the teams who successfully evacuated Congressional Leadership away from Capitol Grounds," the statement said. "The former employee you interviewed was part of Uniformed Operations, not Intelligence and Protective services. It is baffling why this former employee is attacking Pittman, who was not in his chain of command. For example, officials in Uniformed Operations who were inside the Capitol addressed his request to evacuate the rest of the Senate, responded to the scene, and provided direction."

The department did not provide a reason for Johnson's suspension, saying it could not discuss the specifics of personnel matters, but said, "we can confirm he was not only ["not only" underlined in the original] disciplined for wearing a political hat during the attack on the U.S. Capitol."



Tarik "T.K." Johnson was suspended from duty after he was photographed wearing a MAGA hat during the Jan. 6 attack, but he told NPR's Leila Fadel in his first broadcast interview since then that he did it to save his life.



## San Diego County agrees to pay \$12 million in wrongful death settlement



Photo by: Evidence/Phounsy family

By: [City News Service](#)

Posted at 1:41 PM, Jan 20, 2023

SAN DIEGO (CNS) - San Diego County will pay \$12 million to the family of a man who died following his arrest by San Diego County sheriff's deputies nearly eight years ago, according to a settlement agreement finalized this week.

The settlement stems from a lawsuit brought by the family of 32-year-old Lucky Phounsy, who died following his April 13, 2015, arrest in Santee.

Phounsy's family alleged in its lawsuit that while in the midst of a mental health crisis, he was shocked with a stun gun, repeatedly struck and hogtied by responding deputies.

Phounsy was later placed in an ambulance while handcuffed and strapped to a gurney, where he went into cardiac arrest, the family alleged. He died a few days later at a hospital.

The suit alleged the deputies escalated the situation by agitating an already paranoid Phounsy, who was suffering from delusions that someone was going to harm him and his family.

One jury was unable to reach a consensus on whether the county was liable.

Last year, a second San Diego federal jury awarded Phounsy's family \$85 million, an amount that U.S. District Judge Marilyn Huff later threw out, ruling it was "far out of proportion to the evidence."

While Huff declined to grant a new trial based on the county's liability, she did grant a new trial solely to determine how much should be awarded in wrongful death damages. The settlement means no new trial will be held.

Along with the county, former San Diego County sheriff's deputy Richard Fischer was found liable by the jury in Phounsy's death.

Phounsy's family alleged Fischer accompanied Phounsy in the ambulance and "forcibly restrained" his head and torso by holding him down on the gurney, which kept him from being able to adequately breathe.

Fischer was later charged and pleaded guilty to groping and accosting more than a dozen women while on duty, and is currently serving a county jail sentence.



# 'We have no one': The women and girls sold as brides in Kashmir

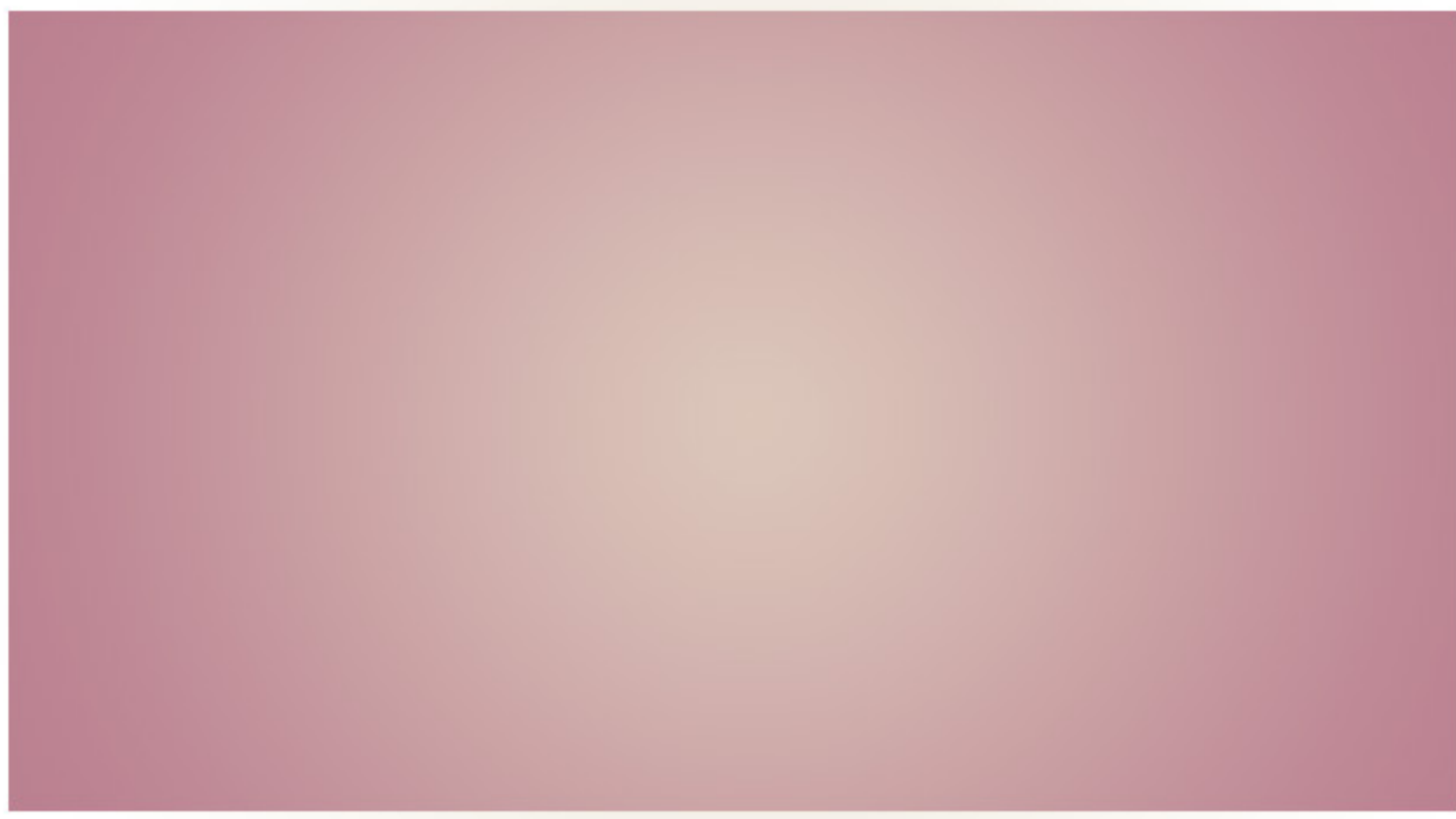
*For as little as \$35, Indian women and girls are being sold by traffickers and forced into marriages against their will.*



Arsheeda Jan\* was 13 years old when she was trafficked to Kashmir and married against her wishes [Rifat Fareed/Al Jazeera]

By Rifat Fareed  
15 Jan 2023

**Indian-administered Kashmir – ...**



5,537,103 views Nov 16, 2016 #AlJazeeraEnglish #India

Every year, tens of thousands of girls and women in India are trafficked into slave marriages. Decades of sex selection favouring male babies have left some Indian states with vastly more men than women, creating a lucrative and growing market for traffickers.

India's Slave Brides | 101 East | भारत का दास दुल्हन

ALJAZEERA

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# Fed up with facial recognition cameras monitoring your every move? Italian fashion may have the answer

By Elliott Gotkine, CNN

Updated 6:31 AM EST, Mon January 16, 2023



Cap\_able is an Italian startup whose first project is the Manifesto Collection, with knitted garments that shield facial recognition.

**Tel Aviv CNN** — The red-headed man wearing what looks like the ultimate Christmas sweater walks up to the camera. A yellow quadrant surrounds him. Facial recognition software immediately identifies the man as ... a giraffe? This case of mistaken identity is no accident — it's literally by design. The sweater is part of the debut Manifesto collection by Italian startup Cap\_able. As well as tops, it includes hoodies, pants, t-shirts and dresses. Each one sports a pattern, known as an "adversarial patch," designed by artificial intelligence algorithms to confuse facial recognition software: either the cameras fail to identify the wearer, or they think they're a giraffe, a zebra, a dog, or one of the other animals embedded into the pattern. "When I'm in front of a camera, I don't have a choice of whether I give it my data or not," says co-founder and CEO, Rachele Didero. "So we're creating garments that can give you the possibility of making this choice. We're not trying to be subversive." Didero, 29, who's studying for a PhD in "Textile and Machine Learning for Privacy" at Milan's Politecnico — with a stint at MIT's Media Lab — says the idea for Cap\_able came to her when she was on a Masters exchange at the Fashion Institute of Technology in New York. While there, she read about how tenants in Brooklyn had fought back against their landlord's plans to install a facial recognition entry system for their building.

*Big Brother's eyes may become ever-more omnipresent, but perhaps in the future he'll see giraffes and zebras instead of you.*

"This was the first time I heard about facial recognition," she says. "One of my friends was a computer science engineer, so together we said, 'This is a problem and maybe we can merge fashion design and computer science to create something you can wear every day to protect your data.'" Coming up with the idea was the easy part. To turn it into reality they first had to find — and later design — the right "adversarial algorithms" to help them create images that would fool facial recognition software. Either they would create the image — of our giraffe, say — and then use the algorithm to adjust it. Or they set the colors, size, and form they wanted the image or pattern to take, and then had the algorithm create it. "You need a mindset in between engineering and fashion," explains Didero.

Whichever route they took, they had to test the images on a well-known object detection system called YOLO, one of the most commonly-used algorithms in facial recognition software. In a now-patented process, they would then create a physical version of the pattern, using a Computerized Knitwear Machine, which looks like a cross between a loom and a giant barbecue. A few tweaks here and there to attain the desired look, size and position of the images on the garment, and they could then create their range, all made in Italy, from Egyptian cotton. **Didero says the current clothing items work 60% to 90% of the time when tested with YOLO. Cap\_able's adversarial algorithms will improve, but the software it's trying to fool could also get better, perhaps even faster.**

Cap\_able launched a Kickstarter campaign late last year. It raised €5,000. The company now plans to join the Politecnico's accelerator program, to refine its business model, before pitching investors later in the year.

When Didero's worn the garments, she says people comment on her "cool" clothes, before admitting: "Maybe that's because I live in Milan or New York, where it's not the craziest thing!"

Fortunately, more demure ranges are in the offing, with patterns that are less visible to the human eye, but which can still befuddle the cameras. Flying under the radar may also help Cap\_able-clothed people avoid sanction from the authorities in places like China, where facial recognition was a key part of efforts to identify Uyghurs in the northwestern region of Xinjiang, or Iran, which is reportedly planning to use it to identify hijab-less women on the metro.

Big Brother's eyes may become ever-more omnipresent, but perhaps in the future he'll see giraffes and zebras instead of you.













Industry wants to keep people cooking with gas. Jamie Grill, Tetra Images via Getty Images

## Why gas stoves matter to the climate – and the gas industry: Keeping them means homes will use gas for heating too

Published: January 18, 2023 8.39am EST

👤 [Daniel Cohan](#), *Rice University*

Gas stoves are a leading source of hazardous indoor air pollution, but they emit only a tiny share of the greenhouse gases that warm the climate. Why, then, have they assumed such a heated role in climate politics? This debate reignited on Jan. 9, 2023, when Richard Trumka Jr., a member of the U.S. Consumer Product Safety Commission, told Bloomberg News that the agency planned to consider regulating gas stoves due to concerns about their health effects. “Products that can’t be made safe can be banned,” he noted. Politicians reacted with overheated outrage, putting gas stove ownership on a par with the right to bear arms and religious freedom. CPSC Chair Alexander Hoehn-Saric tried to douse the uproar, stating that he was “not looking to ban gas stoves” and that his agency “has no proceeding to do so.” Neither does the Biden administration support a ban, a White House spokesperson said. Nevertheless, congressional Republicans raced to the barricades, introducing bills with titles like the Guard America’s Stoves (GAS) Act and the Stop Trying to Obsessively Vilify Energy (STOVE) Act.

This skirmish may seem like a tempest in a teapot, but it reveals important contours of the battlefield on which climate politics are waged. As I explain in my book, “Confronting Climate Gridlock: How Diplomacy, Technology, and Policy Can Unlock a Clean Energy Future,” gas stoves matter to climate and to the gas industry because they serve as gateway appliances to the dominant residential uses of natural gas: heating and hot water.

**Serious health effects** Direct impacts from gas stoves are a much more urgent concern for human health than for Earth’s climate. Gas stoves are a leading indoor source of nitrogen dioxide, or NO<sub>2</sub>, which can cause or worsen respiratory illnesses in people who are exposed to it. For example, scientific studies show that living in a home with a gas stove increases children’s risk of asthma by nearly one-third and contributes to pulmonary disease in adults. The climate doesn’t care what fuel we use to cook. Gas stoves account for just 0.1% of U.S. greenhouse gas emissions, even accounting for recent findings of larger than expected household methane leaks. They aren’t a big share of fuel sales either, burning just 3% of the natural gas consumed in homes.

**Impeding home electrification** The significance of gas stoves for the climate becomes clearer in the context of the Biden administration’s goal of achieving net-zero U.S. greenhouse gas emissions by 2050. This target can only be achieved by curbing fossil fuel use across the economy, including in homes. Installing more-efficient furnaces, better insulation and smart thermostats are helpful first steps, but getting close to zero will require switching to electricity for space heating and water heating. In the U.S., 46% of homes use natural gas as their main source of heat, 40% use electricity, 10% use other fuels such as heating oil or propane, and 4% are unheated. For water heating, the percentages are 47% gas, 47% electricity and 6% other fuels. Today, electric and gas heating have similar carbon footprints, since roughly 60% of U.S. electricity is generated from fossil fuels and many homes use inefficient electric resistance heaters. But the emissions intensity of electricity is rapidly declining as coal plants close and solar and wind power expands. President Joe Biden has set a goal of 100% clean electricity nationally by 2035. Although current federal policies fall short of that target, a growing number of states have committed to 100% clean electricity by 2050 or sooner. Natural gas is far harder to decarbonize than electricity. Lower-carbon fuels such as biogas and hydrogen that could be blended in with natural gas are likely to remain scarce and costly. Furthermore, advanced technologies enable electric heat pumps to heat both air and water far more efficiently than traditional electric or gas furnaces and water heaters. That’s why various scenarios for decarbonizing energy all envision a major shift to electric heat pumps. This transition is well underway in Europe and starting in the U.S. Replacing existing gas furnaces and water heaters with electric heat pumps can be costly and complicated, though incentives from the Inflation Reduction Act can help. But if new homes are built fully electric from the start, they avoid the cost of installing natural gas hookups, and emit far less air pollution and fewer greenhouse gases throughout the homes’ lifetime. **New York City and more than 50 California towns, cities and counties have already banned gas hookups in new buildings. Elsewhere, 20 states have barred the enactment of natural gas bans.**

[...]



# Gas stove makers have a pollution solution. They're just not using it

February 4, 2023 · 7:00 AM ET



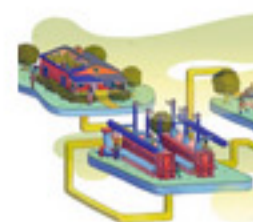
JEFF BRADY



Gas utilities and cooking stove manufacturers knew for decades that burners could be made that emit less pollution in homes, but they chose not to. That may be about to change.

The heated debate over regulating gas stoves is really about the burners in those appliances. That's where natural gas, a fossil fuel, is combusted and air pollution is released into homes. Four decades ago, the gas industry and appliance manufacturers developed a partial solution for this problem. They created a cleaner and more efficient burner. But you can't buy ranges with those burners because the industry never manufactured those appliances for sale. Appliance manufacturers and gas industry allies say there are reasons for that: these burners cost more, are less durable, harder to clean, and they didn't see consumer demand for them. But now the industry appears ready to revisit the humble gas burner. The Consumer Product Safety Commission (CPSC) is investigating whether gas stoves need tighter regulations to protect human health. One commissioner even left open the possibility of banning sales of new gas stoves. This week, **the Department of Energy (DOE) proposed rules that would require all stoves to be more energy efficient. If approved, more than half the gas cooktop market today wouldn't qualify under the new requirements, according to the DOE. The proposed regulations would take effect for sales of new stoves in 2027.**

Even if the federal government only tightens regulations on gas stoves, that would boost efforts from climate activists who want Americans to switch from gas to electric appliances and heaters. Studies from Princeton University, Lawrence Berkeley National Laboratory and the National Academy of Sciences, find that zeroing out greenhouse gas emissions in the U.S. by 2050 will require electrifying buildings, making appliances more efficient, and powering them mostly with emission-free sources like renewable energy.



## NATIONAL

[We need to talk about your gas stove, your health and climate change](#)



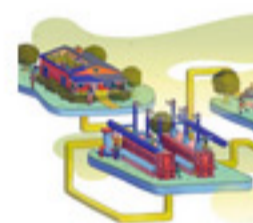
## UNTANGLING DISINFORMATION

[Gas stoves became part of the culture war in less than a week. Here's why](#)



## INVESTIGATIONS

[As Cities Grapple With Climate Change, Gas Utilities Fight To Stay In Business](#)



## CLIMATE

[Gas stoves leak climate-warming methane even when they're off](#)

**Consumers aren't aware of gas stove hazards:** For nitrogen dioxide, specifically, the EPA recommends reducing exposure by installing and using over a gas stove an exhaust fan that's vented outdoors. But that message isn't reaching consumers. "There isn't much information available for people about the potential health risks of using a gas stove or the need for ventilation," says Matt Casale, director of environment campaigns at the United States Public Interest Research Group (US PIRG). It's 40 years of potential cases of asthma and missed school days and missed workdays that potentially could have been avoided. Individual manufacturers, including Whirlpool and Wolf, didn't respond to NPR's questions. The trade group Association of Home Appliance Manufacturers says it's likely appliance makers didn't adopt the infrared burners from 40 years ago because they're more expensive and the ceramic plates that glow red break. Also, since consumers weren't aware of air quality issues, reducing emissions from gas cooking is not something they asked for in a stove. Instead, AHAM says manufacturers focused on what consumers want: gas ranges that are easier to clean and more powerful. To address cooking and combustion emissions, the association has focused on standards for adequate ventilation above ranges. AHAM also says a new set of voluntary standards for nitrogen dioxide emissions from gas stoves is in the works. But that's not enough for critics like Amneh Minkara of the Sierra Club, who doesn't trust the industry to implement voluntary standards. "It's been 40 years since they first realized that there was a safer alternative," Minkara says. "I think if they're going to act, they're going to have to be forced to act. And I think it's the job of the regulators to make that happen." The CPSC says it will start its "request for information" process on March 1st. While moving from that to **developing actual regulations can be a long process**, Commissioner Trumka told the US PIRG in December that "with enough public pressure, it doesn't have to be – we could get a regulation on the books before this time next year."





POLITICS

**The DOJ searched Biden's home and found more classified documents**



UNTANGLING DISINFORMATION

**Gas stoves became part of the culture war in less than a week. Here's why**



CLIMATE

**Yeah, actually, your plastic coffee pod may not be great for the planet**



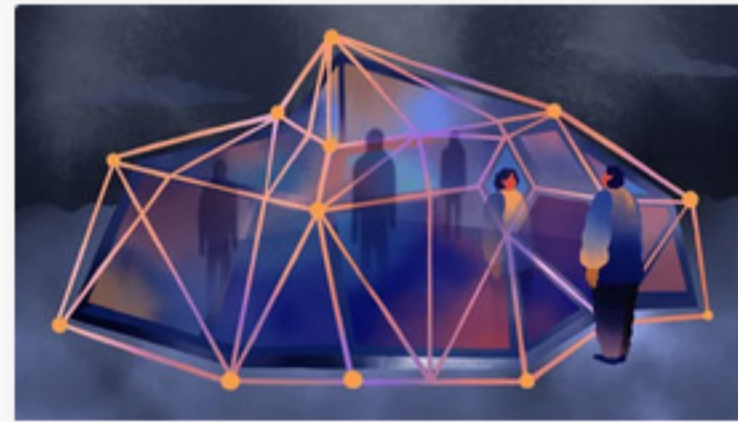
NATIONAL

**Atlanta protest over police killing of activist turns violent**



ASIA

**China is celebrating the Lunar New Year, with most COVID rules lifted**



TECHNOLOGY

**She was denied entry to a Rockettes show — then the facial recognition debate ignited**

"Experts believe that **facial recognition** is so uniquely dangerous, and is something more akin to nuclear or biological weapons, where it's so profoundly harmful, it has such an enormous potential for harm to our basic human rights, [and] to people's safety," says Evan Greer, the director of Fight for the Future, a digital rights organization.

At the beginning of January, the health and climate effects of **gas cooking stoves** in homes was an issue policy makers and academics were studying. Then, on Jan. 9, Bloomberg News published an interview with Richard Trumka, Jr., a commissioner on the U.S. Consumer Product Safety Commission, who suggested that the government might consider stricter regulation of new gas stoves in response to health concerns about indoor air quality. Within days, those stoves had become fodder for partisan influencers and campaign merchandise. "God. Guns. Gas Stoves," wrote U.S. Rep. Jim Jordan, (R-Ohio) on Twitter. Florida Gov. Ron Desantis' political organization quickly came out with aprons for sale in the style of a yellow Gadsden flag, once an icon of the Tea Party, but with a gas stove where the rattlesnake usually sits.

BEIJING — People across China rang in the Lunar New Year on Sunday with large family gatherings and crowds visiting temples after the government lifted its strict "zero-COVID" policy, marking the biggest festive celebration since the pandemic began three years ago. The mass movement of people may cause the virus to spread in certain areas, said Wu Zunyou, the chief epidemiologist at China's Center for Disease Control. But a large-scale COVID-19 surge will be unlikely in the next two or three months because about 80% of the country's 1.4 billion people have been infected during the recent wave, he wrote on the social media platform Weibo on Saturday.



[POLITICS](#) [TWITTER](#) [STEPHEN KING](#) [JIM JORDAN](#)

# Jim Jordan's Fearmongering Question Prompts Withering 1-Word Reply From Stephen King

A tweet from the Ohio Republican received a number of scathing responses online, with another critic simply writing, "oh shut up."

By Lee Moran

Jan 28, 2023, 02:55 AM EST | Updated Jan 28, 2023

Rep. [Jim Jordan](#) (R-Ohio) is doubling down [on his recent fearmongering](#) about which freedoms are supposedly on the chopping block in the U.S.



UNTANGLING  
DISINFORMATION

Gas stoves became part of the culture war in less than a week. Here's why

Sunday, January 22, 2023

 **Rep. Jim Jordan**   
@Jim\_Jordan · [Follow](#)

First, they came for your guns.  
Then, your gas stoves.  
Then, your gas cars.  
What's next?

10:34 AM · Jan 27, 2023

 35.3K  Reply  Copy link

[Read 24.1K replies](#)

 **Savan Kotecha**   
@Savan\_Kotecha · [Follow](#)

Replying to @Jim\_Jordan

oh shut up

10:40 AM · Jan 27, 2023

 166  Reply  Copy link

Hopefully your job.

We literally still have every one of those things

No they didn't. Nobody is coming for any of those.

We still have all of the above. When should I expect them to come?

Horror author Stephen King had a scathing single-word answer for the Ohio Republican. "You," the [writer tweeted](#) in the replies.

 **Stephen King**   
@StephenKing · [Follow](#)

Replying to @Jim\_Jordan

You.

5:41 PM · Jan 27, 2023

 30.3K  Reply  Copy link



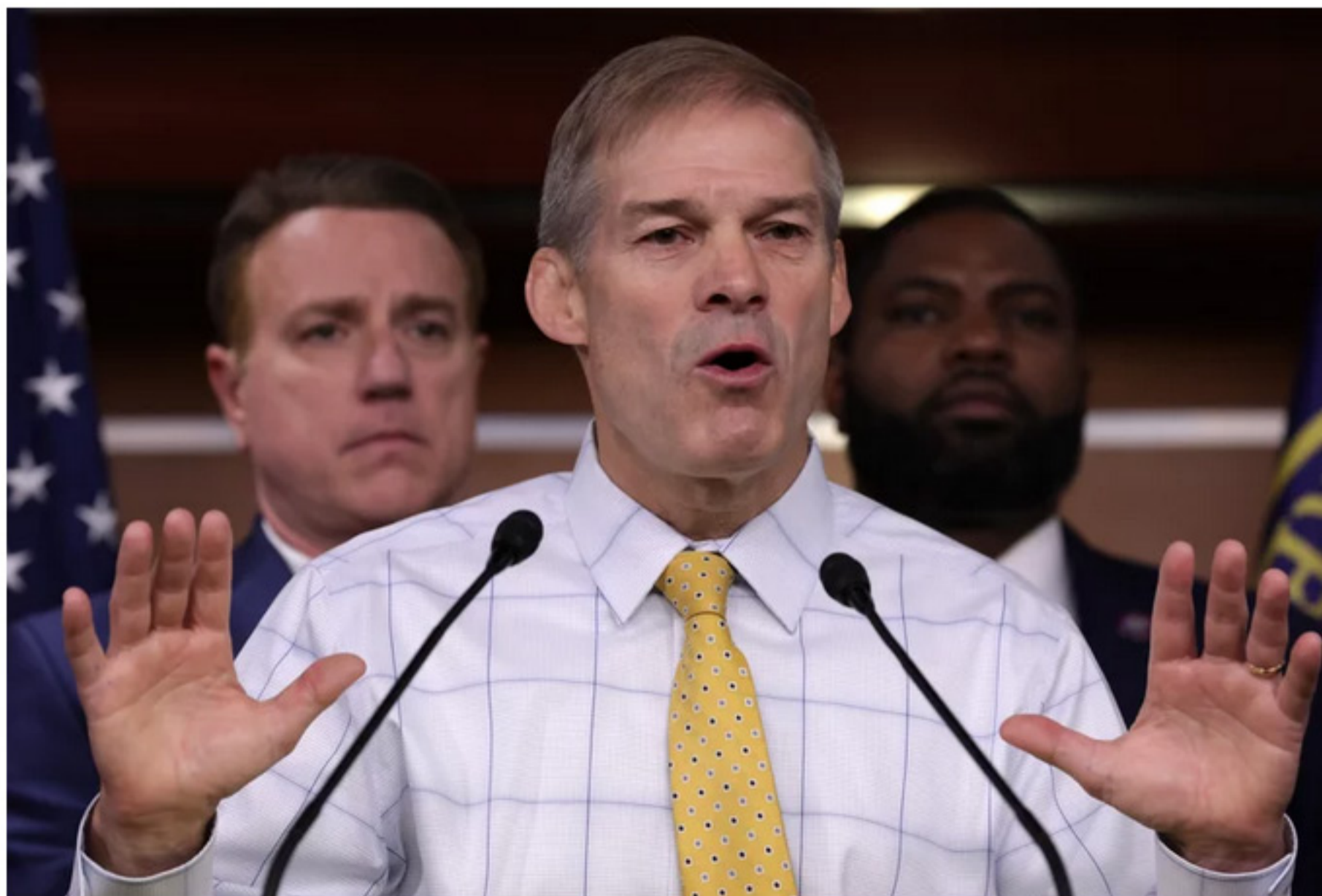
POLITICS

## Jim Jordan moves from leadership nemesis to key player in GOP agenda

January 31, 2023 · 6:00 AM ET



DEIRDRE WALSH



Ohio Republican Jim Jordan chairs the House Judiciary Committee, which will lead many of the investigations into the Biden administration this year.

Alex Wong/Getty Images

California Democrat Ted Lieu sits on the Judiciary committee and told NPR recently about the panel's new Chairman, "I believe he has very extreme views. I also believe that he believes in those views so I respect that. Unlike Kevin McCarthy who I believe doesn't actually believe in the things he says." Mulvaney says Jordan has credibility with the far right in the Republican party, with conservative media outlets and now he's also enjoying more support from the center of the party. But he warns one problem Jordan may face is keeping his investigations focused. He told NPR some lawmakers may be more worried about getting on TV than getting to the truth. "It's going to be a challenge, there's no question, because **lawmakers have learned that being on the right committee can make them famous and they like that.**"





*A woman poses for a selfie on a bridge decorated with lanterns at a public park in Beijing on the first day of the Lunar New Year holiday, Sunday, Jan. 22, 2023.*



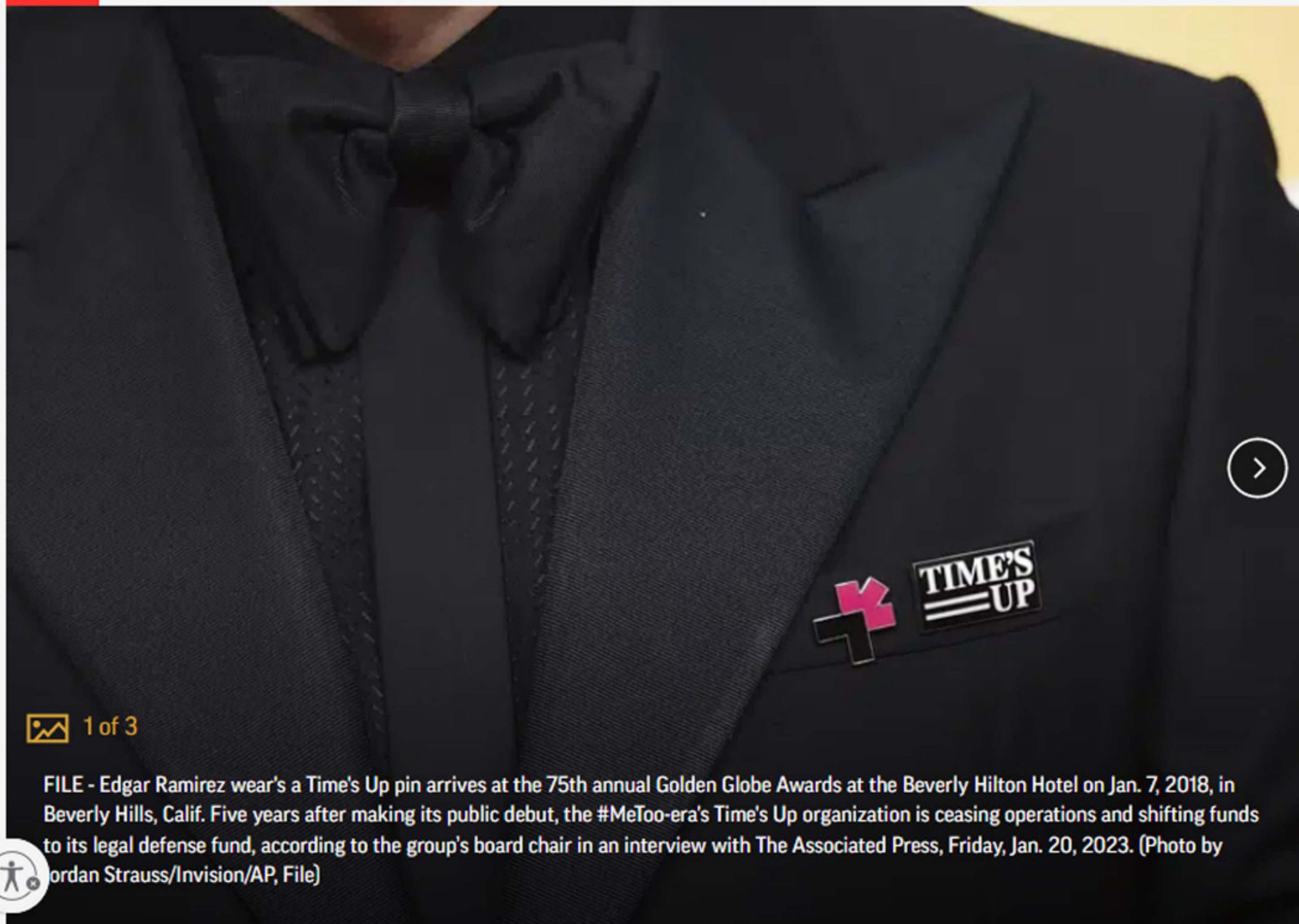
*Worshippers wearing face masks burn their first joss sticks as they pray at the Wong Tai Sin Temple in Hong Kong, Saturday, Jan. 21, 2023, to celebrate the Lunar New Year which marks the Year of the Rabbit in the Chinese zodiac.*

BEIJING — People across China rang in the Lunar New Year on Sunday with large family gatherings and crowds visiting temples after the government lifted its strict "zero-COVID" policy, marking the biggest festive celebration since the pandemic began three years ago. The mass movement of people may cause the virus to spread in certain areas, said Wu Zunyou, the chief epidemiologist at China's Center for Disease Control. But a large-scale COVID-19 surge will be unlikely in the next two or three months because about 80% of the country's 1.4 billion people have been infected during the recent wave, he wrote on the social media platform Weibo on Saturday.



# Time's Up to halt operations, shift resources to legal fund

By JOCELYN NOVECK yesterday



1 of 3

FILE - Edgar Ramirez wear's a Time's Up pin arrives at the 75th annual Golden Globe Awards at the Beverly Hilton Hotel on Jan. 7, 2018, in Beverly Hills, Calif. Five years after making its public debut, the #MeToo-era's Time's Up organization is ceasing operations and shifting funds to its legal defense fund, according to the group's board chair in an interview with The Associated Press, Friday, Jan. 20, 2023. (Photo by Jordan Strauss/Invision/AP, File)

Employment and civil rights lawyer Debra Katz, said it would be wrong to see the travails of Time's Up — or any organization, for that matter — as a sign of weakness of the overall #MeToo movement. Quite the opposite, she said: It shows the movement's resilience.



# Sundance doc looks into Brett Kavanaugh investigation

By LINDSEY BAHR yesterday



1 of 3

FILE - Supreme Court Associate Justice Brett Kavanaugh watches as President Donald Trump arrives to give his State of the Union address to a joint session on Congress at the Capitol in Washington, on Feb. 5, 2019. A new documentary looks into the sexual misconduct allegations against Kavanaugh and raises questions about the depth of the FBI investigation in 2018. "Justice," from filmmaker Doug Liman, debuted Friday, Jan. 20, 2023, at the Sundance Film Festival to a sold-out theater surrounded by armed guards. (Doug Mills/The New York Times via AP, Pool, File)

"Justice's" surprise inclusion in the festival was announced on Thursday, the first day of the festival, but it quickly became one of the most anticipated films in a slate of over 100. At least part of the reason for something like "Justice" to debut at Sundance is to drum up buzz and secure a distributor. As many of the lawyers in the film say, the stakes are whether or not Kavanaugh perjured himself under oath.

Asked what he wants to happen when audiences see "Justice," filmmaker Doug Liman said, "I kind of feel like the job ends with the film and what happens afterwards is beyond my control."

Standing beside him, his producer Amy Hardy said she disagreed. Hardy said she hopes it triggers outrage and leads to "a real investigation with subpoena powers."

## Inside Sundance's Top-Secret Brett Kavanaugh Documentary

Rolling Stone · 4 hours ago

- **New Damning Brett Kavanaugh Sexual Assault Allegations in Secret Sundance Doc**

The Daily Beast · 20 hours ago

[View Full Coverage](#)





# Florida says AP class teaches critical race theory. Here's what's really in the course

January 22, 2023 · 9:16 AM ET



JULIANA KIM



Under Gov. Ron DeSantis' leadership, Florida has enacted a slew of education rules that limit teaching topics including race, and sexual orientation.

Florida's Department of Education has rejected an Advanced Placement course covering African American Studies — saying the class indoctrinates students to "a political agenda." "As submitted, the course is a vehicle for a political agenda and leaves large, ambiguous gaps that can be filled with additional ideological material, which we will not allow," said Bryan Griffin, Gov. Ron DeSantis' press secretary. But scholars who were involved in creating the curriculum say that's far from the truth. "There's nothing particularly ideological about the course except that we value the experiences of African people in the United States," Christopher Tinson, the chair of the African American Studies department at Saint Louis University, told NPR. The course is the latest addition to the AP program, which helps high school students earn college credit. The class is currently undergoing a pilot phase. Sixty schools were participating in that trial run, including at least one high school in Florida, But state officials have taken issue with the possibility that the course would teach about Black Lives Matter and the reparations movement. The state's rejection of the class comes as a wave of states attempt to censor the topics of race and sexual orientation in public schools. DeSantis has been particularly combative on this issue. In 2022, he signed the "Stop WOKE" Act, which — among other things — sets limits on how race may be taught in classrooms.

**What's in the course** The purpose of the class is to introduce students to the experiences and contributions of African Americans through a variety of lenses. "We didn't want to just focus on slavery, although slavery is a part of it," Tinson said. "We wanted to give a comprehensive view of the culture, literature, historical development, political movements, social movements." Tinson said the course will explore the origins of the African diaspora to Reconstruction, the Harlem Renaissance, the Civil Rights movement, and then some. It will also examine historical trailblazers like Valerie Thomas, a scientist who invented the illusion transmitter. He is particularly excited for students to have a fuller grasp of the Haitian revolution, which Tinson argues tends to be underrepresented in history classes compared to the American and French revolutions despite being the most successful slave revolt in world history.

**What's not in the course** Among the concerns that Florida officials have raised is whether the course will teach critical race theory, the legal framework that argues racism is not just the product of individual bias, but is embedded in legal systems and policies. "Florida rejected an AP course filled with Critical Race Theory and other obvious violations of Florida law," Florida Education Commissioner Manny Diaz Jr. wrote on Twitter on Friday. "We proudly require the teaching of African American history. We do not accept woke indoctrination masquerading as education," he added.

But Tinson denied accusations that the theory will be taught in the course. While the class will explore the issue of inequality, the framework itself is too advanced for high school students even in a college-level course, according to Tinson.

Precedent set by other classes

African American studies is not the first time that the AP program has offered a class on a community's history and culture. In fact, there are courses on European history, German history and culture, Chinese history and culture, and more.

As a result, there's a standard and format to how these curriculums are shaped to serve the best interest of students. The College Board told NPR that the African American studies course has been nearly a decade in the making.

"The reason why this is even an important area of study is because of the historical erasures from historical records in public schools of African experiences," Tinson said. "This is one small step to resolve that gap."



**Combating antisemitism today: Holocaust education in the era of Twitter and TikTok**  
 Alan Marcus, University of Connecticut

**A new ultra-low-power method of communication** at first glance seems to violate the laws of physics. It is possible to wirelessly transmit information simply by opening and closing a switch that connects a resistor to an antenna. No need to send power to the antenna. Our system, combined with techniques for

**Horror and anguish are playing out on repeat following the latest mass shooting – and the mental health scars extend far beyond those directly affected**  
 Arash Javanbakht, Wayne State University

**Grassroots AIDS activists fought for and won affordable HIV treatments around the world – but PEPFAR didn't change governments and pharma**  
 Dan Royles, Florida International University

**Device transmits radio waves with almost no power – without violating the laws of physics**  
 Joshua R. Smith, University of Washington and Zerina Kapetanovic, Stanford University

harvesting energy from the environment, could lead to all manner of devices that transmit data, including tiny sensors and implanted medical devices, without needing batteries or other power sources. These include sensors for smart agriculture, electronics implanted in the body that never need battery changes, better contactless credit cards and maybe even new ways for satellites to communicate.

**Parsing which foods are healthy and which are less so isn't always straightforward – a new rating system aims to demystify the process**  
 Darush Mozaffarian, Tufts University; Jeffrey B. Blumberg, Tufts University; Paul F. Jacques, Tufts University; and Renata Micha, Tufts University

**How some enslaved Black people stayed in Southern slaveholding states – and found freedom**  
 Viola Franziska Müller, University of Bonn

**Lots of people believe in Bigfoot and other pseudoscience claims – this course examines why**  
 Craig Foster, State University of New York College at Cortland

**Yoga: Modern research shows a variety of benefits to both body and mind from the ancient practice**  
 Hepreet Thind, UMass Lowell

**New passport rankings show that the world is opening up – but not for everyone**  
 Patrick Bixby, Arizona State University

**Cochlear implants can bring the experience of sound to those with hearing loss, but results may vary – here's why**  
 Niyazi Arslan, Arizona State University

**Yoga** is now a mainstream activity in the U.S. and is commonly portrayed as a healthy lifestyle choice. I am a behavioral scientist who researches how physical activity – and specifically yoga – can prevent and help manage chronic diseases.

**How has the inside of the Earth stayed as hot as the Sun's surface for billions of years?**  
 Shichun Huang, University of Tennessee

**Cheap sewer pipe repairs can push toxic fumes into homes and schools – here's how to lower the risk**  
 Andrew J. Whelton, Purdue University

**As US-EU trade tensions rise, conflicting carbon tariffs could undermine climate efforts**  
 Noah Kaufman, Columbia University; Chris Battelle, Columbia University; Gautam Jain, Columbia University; and Sagom Saha, Columbia University



# 7 dead in Half Moon Bay mass shooting amid a wave of California gun violence

A suspect is in custody after opening fire yesterday at two landscaping nurseries in Half Moon Bay, Calif., killing seven. It's the fifth high-profile shooting in the U.S. this week.



Justin Sullivan/Getty Images

## LIVE UPDATES: MASS SHOOTINGS

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### What constitutes a mass shooting?

7 minutes ago

### Mourners and survivors pay respects at the Monterey Park dance studio

25 minutes ago

### San Mateo County official says California's gun laws help, but more are needed

36 minutes ago

### Two California shooting suspects are over age 66

50 minutes ago

### Authorities found hundreds of rounds of ammunition at the Monterey Park suspect's home

1 hour ago

### Here's a list of the mass shootings we've covered this week

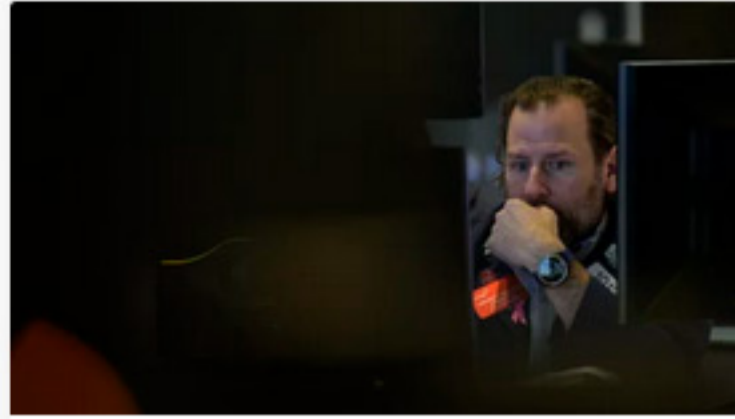
1 hour ago





NATIONAL

**The suspected Monterey Park attacker was 72. Here's why older shooters are rare**



ECONOMY

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ANIMALS

**How an Alaskan 'puppy bus' went viral on TikTok**



SPORTS

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NATIONAL

**Tyre Nichols was defenseless during his 'savage,' fatal beating by police, attorneys say**



I'M REALLY INTO

**My wife and I quit our jobs to sail the Caribbean**





*Efrem Lukatsky/AP*

UKRAINE INVASION — EXPLAINED

## President Zelenskyy shakes up Ukraine's cabinet amid corruption allegations

A string of resignations, dismissals and reassignments shook Ukraine's government early this week, as Ukrainian President Volodymyr Zelenskyy and other leaders of the government confirmed the shakeup.





## Typical mass shooters are in their 20s and 30s – suspects in California’s latest killings are far from that average

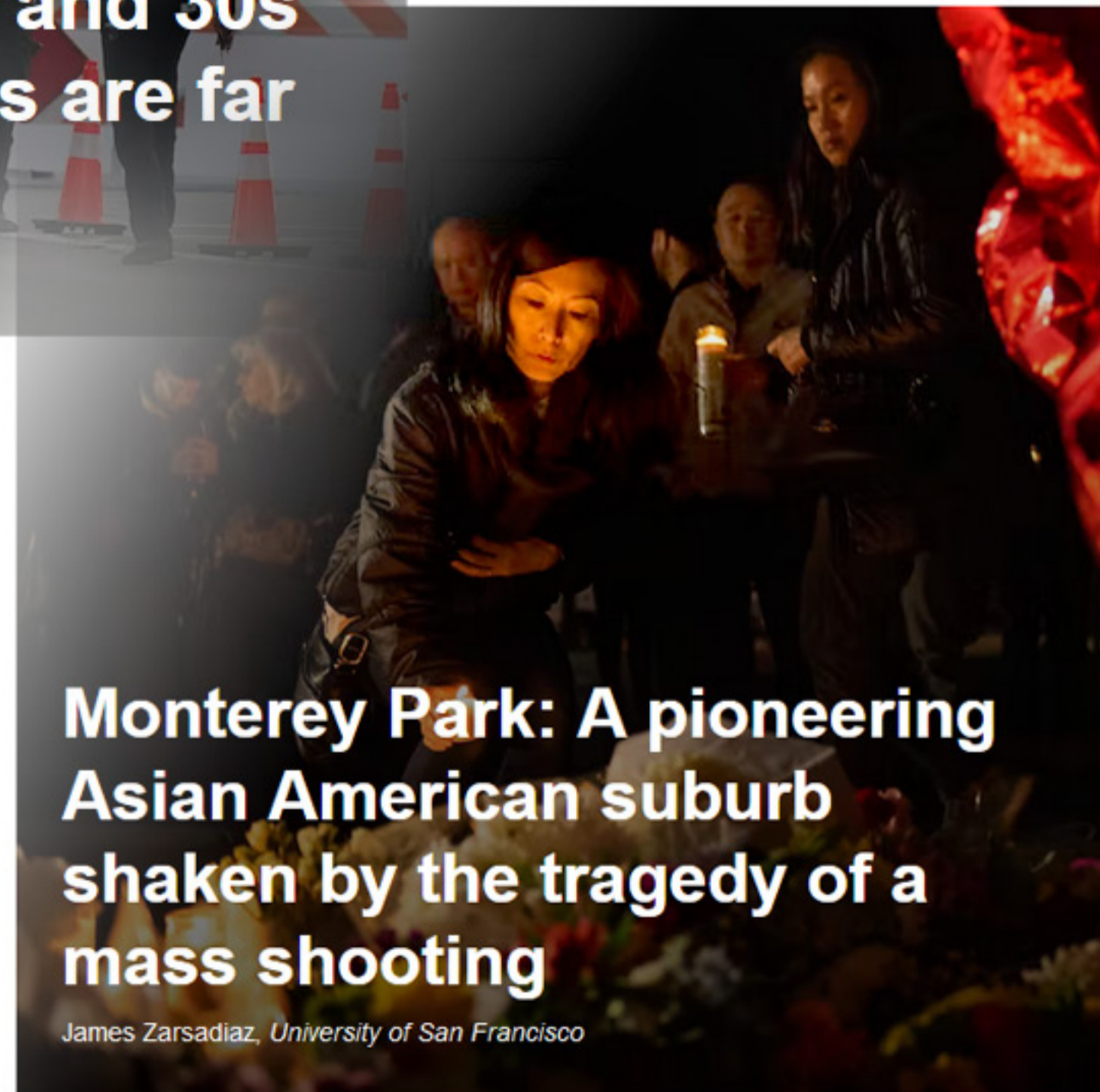
Jillian Peterson, *Hamline University* and James Densley, *Metropolitan State University*

The two men who shot dead 18 people in separate incidents just days apart in California are the latest perpetrators in America’s long history of mass gun violence. But something about these public shootings, and the men held responsible, stands out. The median age of mass shooters in the United States is 32. Yet the man who is alleged to have shot dead 11 people in Monterey Park on Jan. 21, 2023, before turning the gun on himself was 72 years old – the oldest mass shooter in modern American history, our records show. Meanwhile, the gunman who took the lives of seven more in Half Moon Bay two days later was also older than most — 66, the third-oldest in history. We are criminologists who built a database of 191 mass shooters using public data. The shooters in our records date back to 1966 and are coded on nearly 200 different variables, including age at the time of attack. Our research shows that mass shootings – defined here as events in which four or more people are killed in a public place with no underlying criminal activity – have become more frequent, and deadly, over time.

- California
- Gun crime
- Guns
- Gun violence
- Mass shootings
- Asian Americans
- Chinese Americans
- Assault Rifles
- US gun violence
- U.S. mass shootings

All perpetrators of mass shootings, young and old, have some things in common. Their mass shooting is intended to be their final act, mass shootings are a final act of hopelessness and anger. They also have access to the firearms they need to commit these devastating crimes.

Prior to the January 2023 Californian shootings, mass shooters were also getting younger overall. **Since 2020, the median age of mass shooters has come down to just 22 years old — mostly young men and boys who were born into or came of age in an increasingly divided America and carried out their attacks amid the disruption of a global pandemic.**



## Monterey Park: A pioneering Asian American suburb shaken by the tragedy of a mass shooting

James Zarsadiaz, *University of San Francisco*



# America, we have a problem. People aren't feeling engaged with their work

January 25, 2023 · 5:00 AM ET

*A new Gallup report finds employee engagement in need of a rebound, finding only 32% of U.S. workers to be engaged with their work*



ANDREA HSU





# The Doomsday Clock moves to 90 seconds to midnight, signaling more peril than ever

January 24, 2023 · 10:56 AM ET

BILL CHAPPELL



The Bulletin of the Atomic Scientists announced that it has moved the minute hand of the Doomsday Clock to 90 seconds to midnight. From left., Siegfried Hecker, Daniel Holz, Sharon Squassoni, Mary Robinson and Elbegdorj Tsakhia with the Bulletin of the Atomic Scientists remove a cloth covering the Doomsday Clock at a news conference at the National Press Club in Washington on Tuesday.

Patrick Semansky/AP



The world is closer to catastrophe than ever: the Doomsday Clock, the metaphorical measure of challenges to humanity, was reset to 90 seconds before midnight on Tuesday. The science and security board of the Bulletin of the Atomic Scientists said the move — the closest to widespread calamity humanity has ever been judged to be — was "largely, though not exclusively" due to the war in Ukraine. Much of Tuesday's announcement focused on Russia, and President Vladimir Putin's threat to use nuclear weapons and his refusal to accept anything other than victory in Ukraine.

The clock created a stir when it was set to 100 seconds to midnight in 2020, the first time the famous clock had gone down to seconds rather than minutes. At the time, the Bulletin's scientists said we were "at doom's doorstep." It remained at 100 seconds to midnight in 2021 and 2022. Of the new update, Mary Robinson, former U.N. High Commissioner for Human Rights, said: **"The Doomsday Clock is sounding an alarm for the whole of humanity. We are on the brink of a precipice. But our leaders are not acting at sufficient speed or scale to secure a peaceful and livable planet."**

"Even if nuclear use is avoided in Ukraine," said Steve Fetter, dean of the graduate school and professor of public policy at the University of Maryland, "the war has challenged the nuclear order — the system of agreements and understandings that have been constructed over six decades to limit the dangers of nuclear weapons." Fetter also noted that the U.S., Russia and China are working to modernize their arsenals.

*The Chicago-based Bulletin was founded in 1945 by Albert Einstein and scientists who helped develop the first atomic weapons in the Manhattan Project. Over the years, its members have included dozens of Nobel laureates.*



# Justice Dept. sues Google over digital advertising dominance

By BARBARA ORTUTAY, ERIC TUCKER and FRANK BAJAK today



1 of 6

Attorney General Merrick Garland, joined by Associate Attorney General Vanita Gupta and Assistant Attorney General Jonathan Kanter of the Justice Department's Antitrust Division, speaks at the Department of Justice in Washington, Tuesday, Jan. 24, 2023. The Justice Department and several states have sued Google, alleging that its dominance in digital advertising harms competition. (AP Photo/Carolyn Kaster)

Dina Srinivasan, a Yale University fellow and adtech expert, said the lawsuit is “huge” because it aligns the entire nation — state and federal governments — in a bipartisan legal offensive against Google. In December 2020, 35 states and District of Columbia sued Google over the exact same issues.

The current online ad market, Srinivasan said, “is broken and totally inefficient.” The fact that intermediaries are getting 30% to 50% of the take on each ad trade is “an insane inefficiency to have baked into the U.S. economy.” She called it “a massive tax on the free internet and consumers at large. It directly affects the viability of a free press” as well.

**As with many highly complex technical markets, it has taken time for federal and state regulators and policy-makers to catch up with and understand the online ad market.** Srinivasan noted that it took a decade before they woke up to the perils of high-speed trading in financial markets and began adopting measures to discourage it.

This lawsuit seeks to apply to the digital ad market the same rules that apply to the financial markets, she said. Brokers, banks and other companies that have sometimes competing interests aren't permitted to own the New York Stock Exchange.



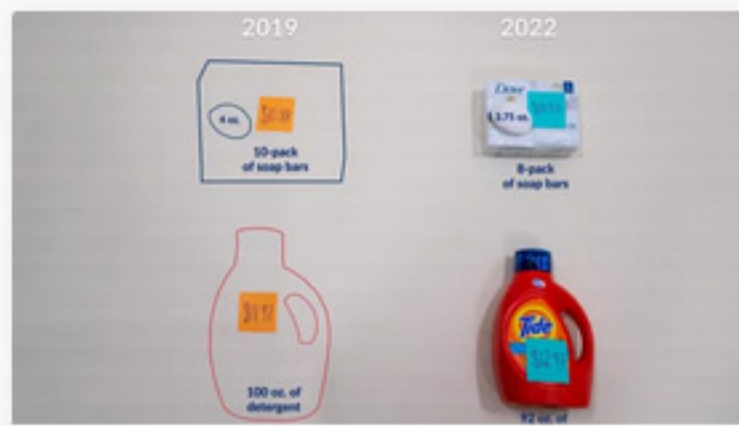
<https://apnews.com/d909b15c34034ffda291f9b2ab69d789>





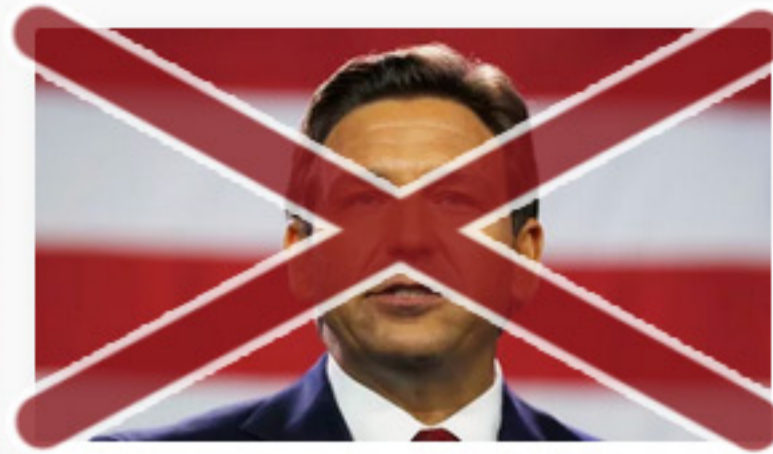
TECHNOLOGY

**A robot was scheduled to argue in court, then came the jail threats**



BUSINESS

**What tracking one Walmart store's prices for years taught us about the economy**



NATIONAL

**High schoolers threaten to sue DeSantis over ban of African American studies course**

**Joshua Browder's artificial intelligence** startup, DoNotPay, planned to have an AI-powered bot argue on behalf of a defendant in a case next month, but he says threats from bar associations have made him drop the effort.



FOOD

**America's eggs-istential crisis**



NATIONAL

**Boeing faces a criminal charge of fraud related to deadly 737 Max crashes**



TECHNOLOGY

**'Everybody is cheating': Why this teacher has adopted an open ChatGPT policy**

The price of eggs has risen more than the price of almost anything else in the economy. The reason? A lot of it has to do with the usual suspects: rising gas prices and rising prices for feed, packaging and labor. With eggs, though, there is another culprit: A devastating avian flu has killed millions of chickens over the last year. The supply of eggs in the US has plummeted and, in some places, it's hard to get eggs at all. "A lot of people are concerned with not being able to get eggs," says Ron Kern, a chicken farmer in Nampa, Idaho.

Associate professor at the University of Pennsylvania's prestigious Wharton School, Ethan Mollick is not only allowing his students to use ChatGPT, the artificial intelligence tool from the company OpenAI, they are required to. After all, we are now officially in an A.I. world and we're going to have to share it, reasons the associate professor.

Earlier this month, 22-year-old Princeton student Edward Tian created an app to detect if something had been written by a machine. Named GPTZero, it was so popular that when he launched it, the app crashed from overuse.



Ron Kern and his son Tony show off some of the eggs they've gathered outside of their chicken coop at Back Forty Farms in Nampa, Idaho.



**Youth program founder hurt in shooting 'has biggest heart'**

4 minutes ago



**Palestinians say Israeli troops kill 5 in West Bank raid**

4 hours ago



**Monterey Park, an Asian cultural hub, shaken by shooting**

6 hours ago



**Spain: 1 dead in church machete attacks, terror link probed**

7 hours ago



**Suspect in Half Moon Bay farm killings faces 7 murder counts**

18 hours ago



**Lawyer: Warnings boy had gun ignored before he shot teacher**

11 hours ago



**Passion for dance drew many of those slain to ballroom**

11 hours ago



{One day of **VIOLENCE** headlines . . .

Gun violence . . . mass murder.}



# What on Earth Is Aaron Rodgers Talking About?

JIMMY TRAINA • 19 HOURS AGO

Aaron Rodgers, who repeatedly claims he doesn't play the victim and doesn't care what people say about him, seemed to accuse Rob Gronkowski of being part of woke culture and blames trade rumors on Big Pharma during his weekly interview with Pat McAfee on Tuesday.

McAfee asked Rodgers about his future and said that despite rumors swirling that Green Bay might trade the quarterback, we still didn't know if Rodgers would even return in 2023. Here's how McAfee posed his question to Rodgers:

"Have you already come to the decision that you're playing football again next year? Is that already something that's taken place because the decision has been made that you're getting traded by sports media, and I feel like there's another decision that has to be made before any of that can take place? Where are you in that stance and are you in the middle of that process still?"

So, this should be your generic, run-of-the-mill question and answer. Rodgers is 39 years old and has an enormous contract, so retirement or a trade are both viable options for his future. However, Rodgers acted like he's the first athlete to ever be part of trade and retirement speculation, brought up woke culture in regards to Gronk recently criticizing him and somehow blamed the rumors about his future on Pfizer. No, seriously.

Here's what Rodgers said to McAfee and keep in mind this was all a reply about whether he's decided to play football in 2023. "Usually you would think they would wait until maybe the off week between the championship week and the Super Bowl to drum up some story lines. ... I have some people that love to track that stuff so I've been made aware of it.

"Listen, there's heroes and villains in sports and entertainment and I think because of my stance on COVID and maybe some other things, I've been cast as the villain, especially the last few years and so that is the way that a lot of things I said are often interpreted. I'm not upset about that. I don't feel like a victim in any way. I don't have that mentality. That's fine. I actually embrace that role a little bit if that's how you want to cast me.

"I did see there were some comments that I'm only playing for MVPs and stuff like that. [They] didn't maybe quite see the entire clip of some of the stuff I said. I don't care about that stuff. That doesn't offend me. This culture, this woke culture wants to be offended by everything. You just go online and find something you don't agree with. I'm offended. How can you possibly say that? I don't really care. I don't care who it's coming from or who said it. They're entitled to their opinion. It might not be right, and every now and then you gotta get on the air and say, Hey that's just not true; let's tone it back a little bit. Most of the time you just gloss over it, who cares? It doesn't really matter. Because it really doesn't matter. It doesn't affect my day-to-day. I don't agonize about, 'Gronk said you shouldn't worry about MVP.' I know Gronk. I love Gronk. He's awesome. He's fun energy to be around.

"But what do they do? If you take the right sound bite from the right thing and it's a station that may or may not have in the past been brought to you by Pfizer they gotta make sure their villain gets cast in the correct light. And whether or not they're sponsored by Pfizer, Moderna or Johnson & Johnson, whatever it might be, when you go up against some of those powers that be, put yourself in the crosshairs, they're gonna paint you a certain way. And that's what the media did to me a couple of years ago. That's fine. That's their prerogative. That's what they wanted to do. But I think I responded pretty good in those times and I'm glad I went through that and anything that comes after that, small potatoes."

First off, constantly claiming that you don't care about rumors and that media reports don't bother you when you're addressing them in such a wacky manner clearly indicates you care. A lot. And there isn't an athlete today who likes to play the victim more than Rodgers. Just read that quote again, and tell me that doesn't sound like someone who wants to be a martyr.

Secondly, to claim that Gronk called out Rodgers for saying he wants to win MVPs because of woke culture is more funny than anything. I mean, Gronk's main goal in life is to make as many 69 jokes as possible and spike random things.

The best part of Rodgers's diatribe, though, is the implication that Big Pharma is instructing networks to give him negative coverage because he didn't get the vaccine. This is a QAnon-level conspiracy. But remember everybody, Rodgers also says he isn't a victim.

And for the record, I was not instructed by Pfizer, Moderna or Johnson & Johnson to write this.





*Aurora* January 26, 2023 @ 3322 Gregory Street—*whoever Gregory is.*

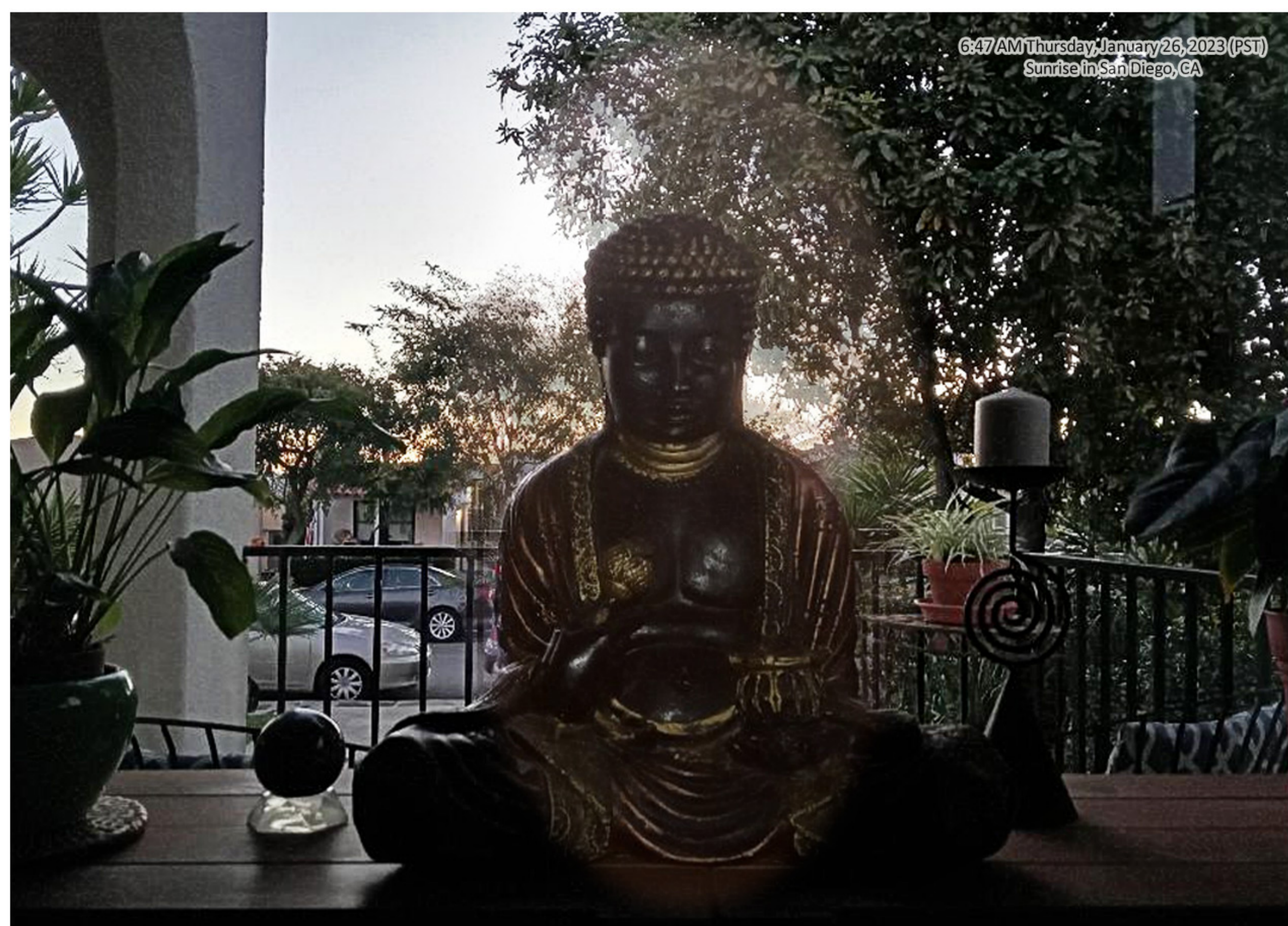


*Aurora breaks the dawn after "some terrific storms."*

Reminiscent of Dartmoor's Pygmy Forest near Devon, England your postcard felt familiar to the vista I see outside my bedroom window this morning as Aurora breaks the dawn after "some terrific storms."



6:47 AM Thursday, January 26, 2023 (PST)  
Sunrise in San Diego, CA



***Baby Buddha on the Main Line as Aurora breaks***  
*Looking east from our livingroom window*





11690 George Mill Rd  
Lovettsville Va  
20180  
P.S who was  
(Gregory in street)  
You sure got your  
move done quickly  
a clear slate  
to live + create  
some more - so  
happy for you  
both!  
much love



Dan Landrum  
+ Carol  
3322 Gregory St,  
San Diego  
Ca. 92104

Bar  
We've had some  
+ terrific storms -





My dear Bar,

Before the two weeks moving in, all during the insanely busy two weeks moving out, we'd say like a mantra, "We're getting there." No time to heal—the thousand cuts on my hands, the significant chunk of flesh sliced off the tip of my left thumb from a bone-head move with a box cutter. Today, we're in . . . all in, out of boxes. We're here. Settling in. Getting to know the place. Last night, in the dark finding the cleanout pipe with the plumber popping up from the ground outside in the backyard shared with our fellow tenant, who generously earlier allowed us to use his toilet as we waited to get ours unclogged else is spew sewage in the tub/shower. A fine how do you do. That was yesterday. Today's a new day, a new dawn and I'm feeling good. For me, it's time for being—rest the doing. Carol gets back to it—seeing a client, inaugurating her new home office.

Sadly where the once promising bonneted Moonflower ladies once sat in the Red Chair is now empty, a void. Whether it was the hustle bustle of the move, the extreme weather or not enough love, they didn't make it. The blue of the wedding: something old, something new, something borrowed, something blue, . . . life goes on. Ob-La-Di, Ob-La-Da. Reminiscent of Dartmoor's Pygmy Forest near Devon, England your postcard felt familiar to the vista that greets me outside my bedroom window this morning as Aurora breaks the dawn after "*some terrific storms.*"

with Love,



lovepeace

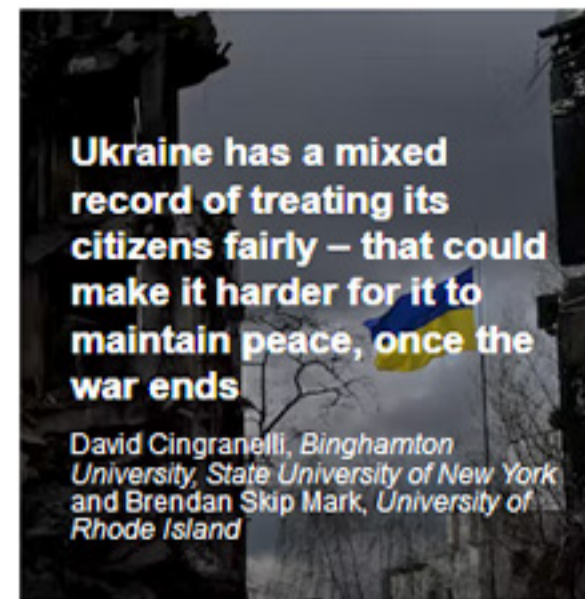






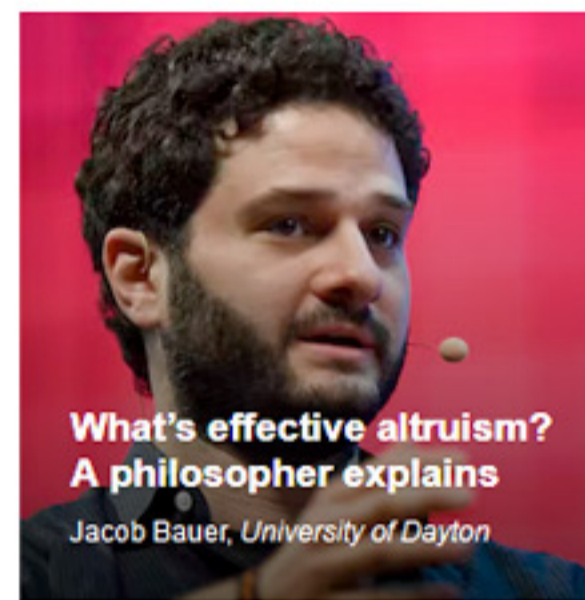
## It shouldn't seem so surprising when the pope says being gay 'isn't a crime' – a Catholic theologian explains

Steven P. Millies, *Catholic Theological Union*



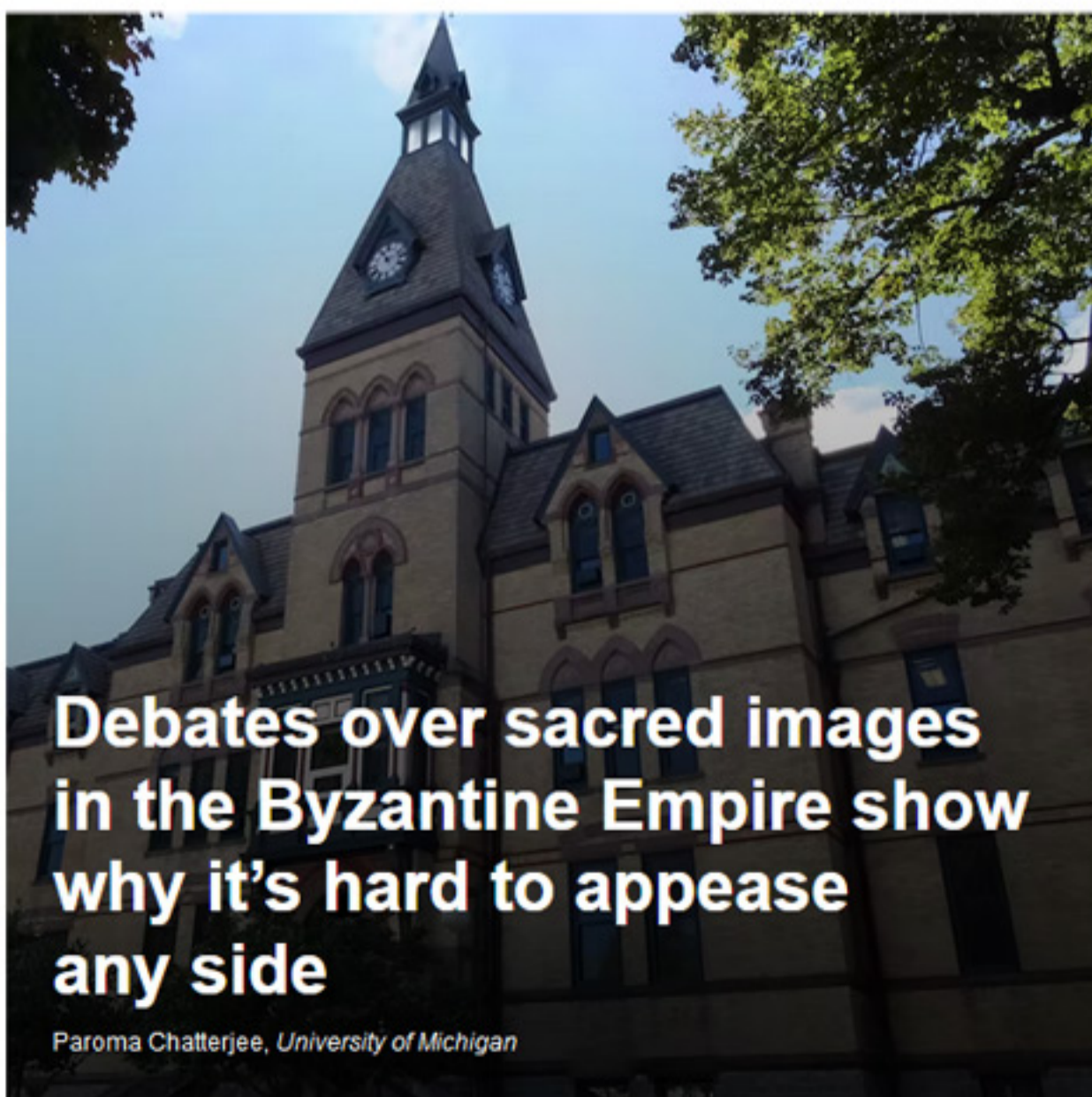
## Ukraine has a mixed record of treating its citizens fairly – that could make it harder for it to maintain peace, once the war ends

David Cingranelli, *Binghamton University, State University of New York* and Brendan Skip Mark, *University of Rhode Island*



## What's effective altruism? A philosopher explains

Jacob Bauer, *University of Dayton*



## Debates over sacred images in the Byzantine Empire show why it's hard to appease any side

Paroma Chatterjee, *University of Michigan*



## How California's ambitious new climate plan could help speed energy transformation around the world

Daniel Sperling, *University of California, Davis*

*Tech billionaire Dustin Moskovitz is one of the world's wealthiest effective altruists.*

Effective altruism is an intellectual and charitable movement that aspires to find the best ways to help others. People dedicated to it rely on evidence and rational arguments to identify what they can do to make the most progress toward solving the world's most pressing problems, such as reducing malnutrition and malaria while increasing access to health care. A group of intellectuals, including the Oxford University philosophers William MacAskill and Toby Ord, coined the term in 2011. The movement was inspired in part by the philosopher Peter Singer, who has argued for an obligation to help those in extreme poverty since the 1970s. Numerous effective altruist nonprofits have sprung up over the past 12 years. They research and implement ways to help others that they think will make a big difference, such as by providing people in low-income countries with malaria-fighting bed nets, safe water dispensers and low-cost cataract surgeries to restore eyesight.

**Why effective altruism matters?** Effective altruism has gained traction and mobilized tens of billions of dollars, in part because of its popularity among some extremely wealthy donors. Perhaps the most affluent proponent is Dustin Moskovitz, who co-founded Facebook and the Asana digital work management platform. Moskovitz makes charitable giving decisions with his wife, Cari Tuna. The effective altruism movement also includes many donors without billions to give away. Regardless of their wealth, all donors with this mindset can dedicate their own money or time to support their favorite causes. One way they can try to do both at once is through what effective altruists call "earning to give"; they make as much money as they can and then donate most of it to charities they believe will do the most good per dollar spent. Some effective altruist groups embrace a secular version of the religious tradition called tithing – and give 10% of their income to high-impact charities. Others may devote their time to these causes by personally working, volunteering or advocating for organizations they believe will do a great deal of good. *Effective altruists who focus on the biggest existential risks that threaten humanity's survival are called 'longtermists.'* [...]





## The 4 greatest threats to the survival of humanity

**TED-Ed** ✓  
18.1M subscribers

👍 17K



➦ Share

417,917 views Jul 19, 2022

Dig into the 4 biggest existential risks that threaten the survival of humanity, and explore how we can safeguard our future.



**3:15** The greatest risks may come from technologies that are still emerging.

**3:20** Take engineered pandemics.

**3:22** The biggest catastrophes in human history have been from pandemics.

**3:27** And biotechnology is enabling us to modify and create germs

**1:16** So far, our species has survived 2,000 centuries,

**1:20** each with some extinction risk from natural causes—

**1:24** asteroid impacts, supervolcanoes, and the like.



# 5 women, immense power: Can they keep US from fiscal brink?

By MARY CLARE JALONICK and SEUNG MIN KIM today



1 of 15

From left, Shalanda Young, the first Black woman to lead the Office of Management and Budget; Senate Appropriations Committee ranking member Sen. Susan Collins, R-Maine; Senate Appropriations Committee chair Sen. Patty Murray, D-Wash.; House Appropriations Committee ranking member Rep. Rosa DeLauro, D-Conn.; and House Appropriations chair Rep. Kay Granger, R-Texas, speak during an interview with The Associated Press at the Capitol in Washington, Thursday, Jan. 26, 2023. It's the first time in history that the four leaders of the two congressional spending committees are women. (AP Photo/Manuel Balce Ceneta)

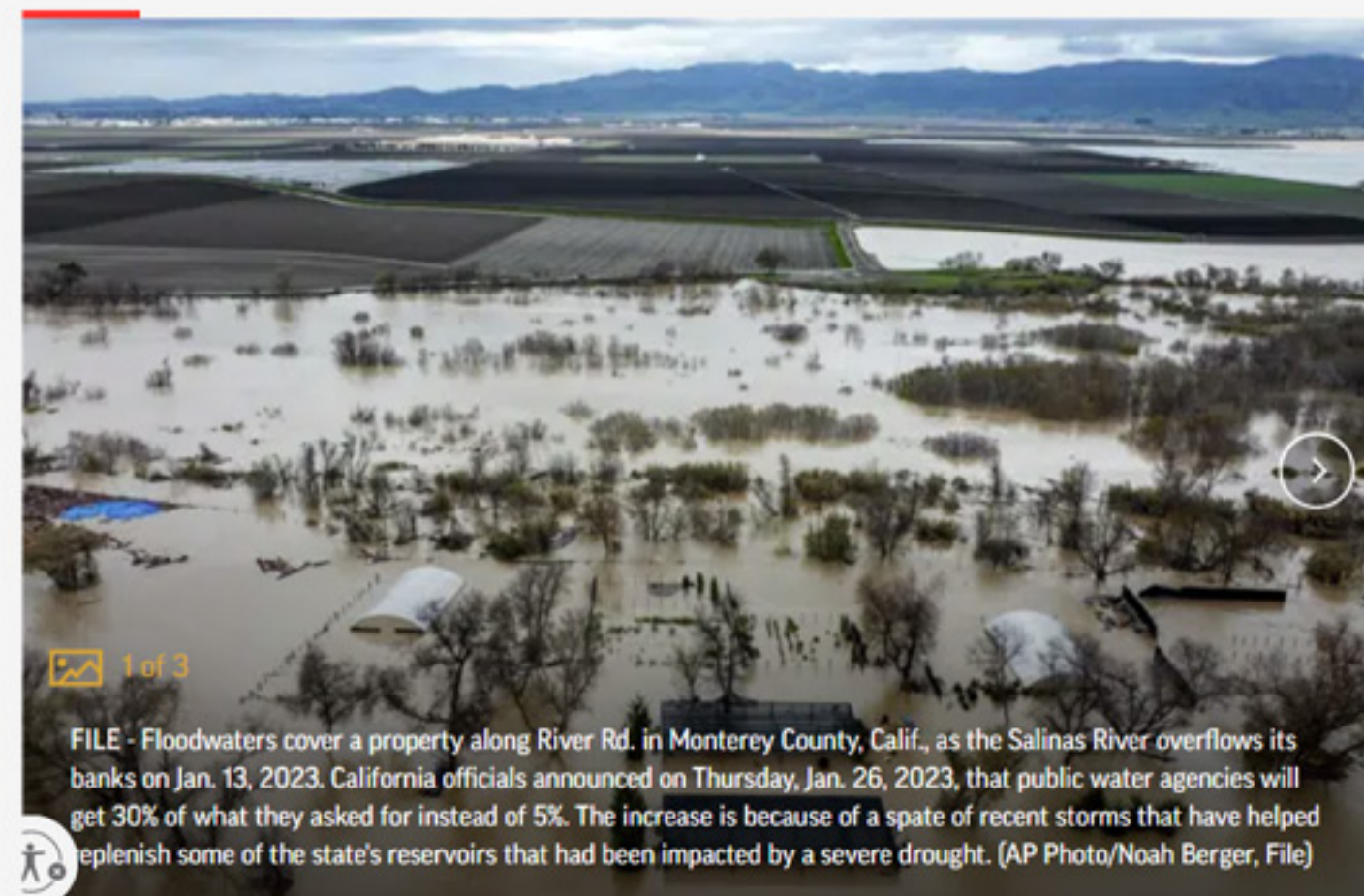
WASHINGTON (AP) — They are now among the most powerful women in Congress. But when they were first elected in the 1990s, they were often overlooked, or even talked down to.

All of them give credit to their female predecessors on the committees, including former Sen. Barbara Mikulski, a Maryland Democrat who was the first chairwoman of the Senate appropriations panel and used to invite new senators to her office for what she called a “workshop” on the appropriations process so they could become more familiar with the elaborate workings of the committee.

In an interview, Mikulski, who retired in 2017 after 30 years in the Senate, says the women are “brilliant strategists” who may disagree on policy but won’t let rancor come between them. “What I’m excited about is that they have not only broken the glass ceiling, but they have the keys to the vault,” Mikulski says.

## California winter storms boost water allocations for cities

By ADAM BEAM today



1 of 3

FILE - Floodwaters cover a property along River Rd. in Monterey County, Calif., as the Salinas River overflows its banks on Jan. 13, 2023. California officials announced on Thursday, Jan. 26, 2023, that public water agencies will get 30% of what they asked for instead of 5%. The increase is because of a spate of recent storms that have helped replenish some of the state's reservoirs that had been impacted by a severe drought. (AP Photo/Noah Berger, File)

FILE - Floodwaters cover a property along River Rd. in Monterey County, Calif., as the Salinas River overflows its banks on Jan. 13, 2023. California officials announced on Thursday, Jan. 26, 2023, that public water agencies will get 30% of what they asked for instead of 5%. The increase is because of a spate of recent storms that have helped replenish some of the state's reservoirs that had been impacted by a severe drought. (AP Photo/Noah Berger, File)

SACRAMENTO, Calif. (AP) — Weeks of historic rainfall in California won't be enough to end a severe drought, but it will provide public water agencies serving 27 million people with much more water than the suppliers had been told to expect a month ago, state officials announced Thursday. The Department of Water Resources said public water agencies will now get 30% of what they had asked for, up from the 5% officials had previously announced in December. That's because for the first three weeks of January nine atmospheric rivers dumped an estimated 32 trillion gallons of rain and snow on California. It was enough water to increase storage in the state's two largest reservoirs by a combined 66%.

“We’re not out of drought in California, but this certainly makes a significant dent,” said Karla Nemeth, director of the California Department of Water Resources.



McKinley Elementary School



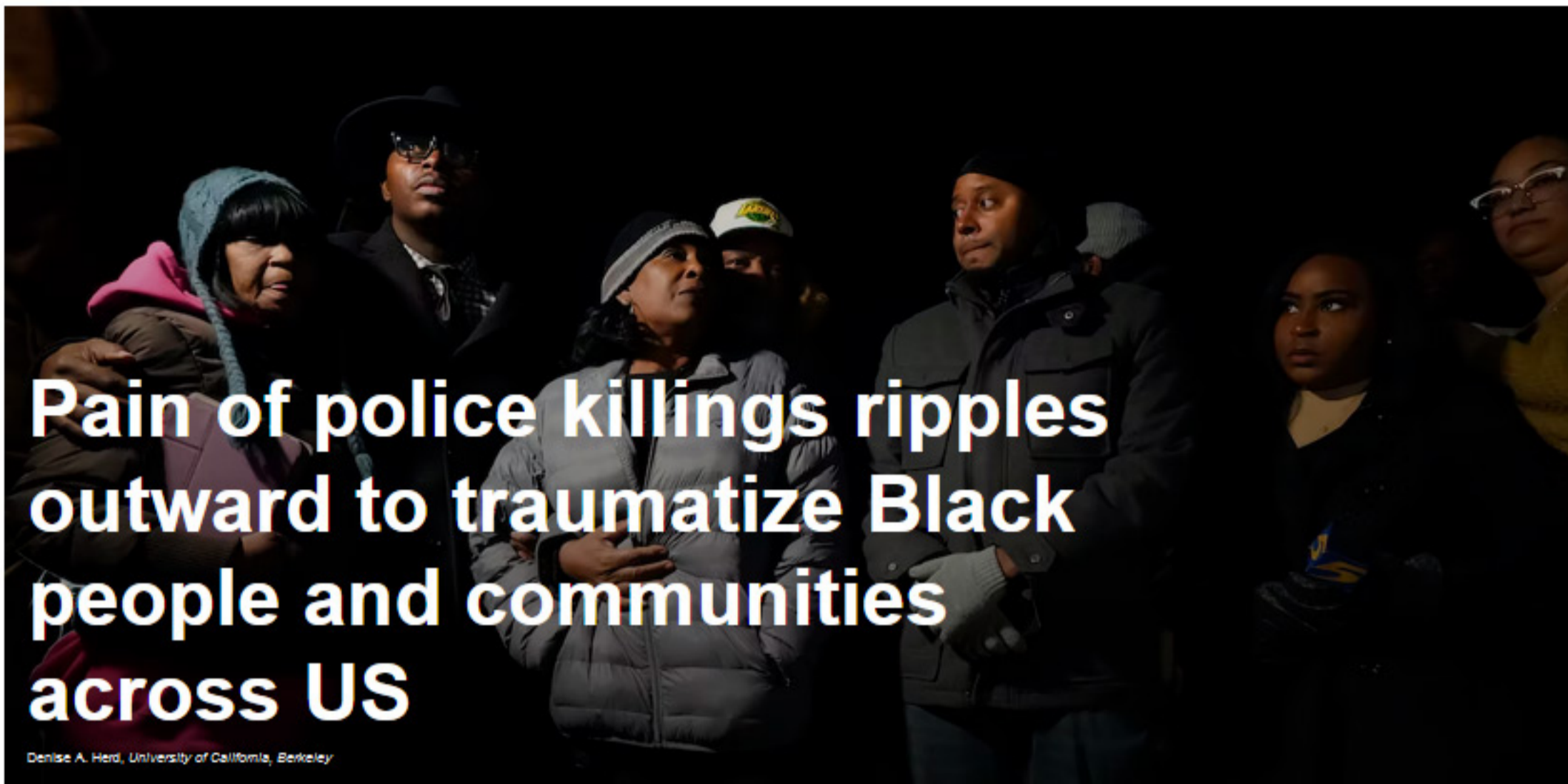
Elementary school in San Diego, California  
3045 Felton St, San Diego, CA 92104



*Pennsylvania's independent voters helped elect Democrat John Fetterman, seen here, over the GOP contender for the U.S. Senate seat, Mehmet Oz.*







# Pain of police killings ripples outward to traumatize Black people and communities across US

Denise A. Herd, University of California, Berkeley



Power struggles in nature can be more subtle, nuanced and strategic than just dog-eat-dog

Lee Alan Dugatkin, University of Louisville



LA's long, troubled history with urban oil drilling is nearing an end after years of health concerns

Jill Johnston, University of Southern California and Bhavna Shamasunder, Occidental College



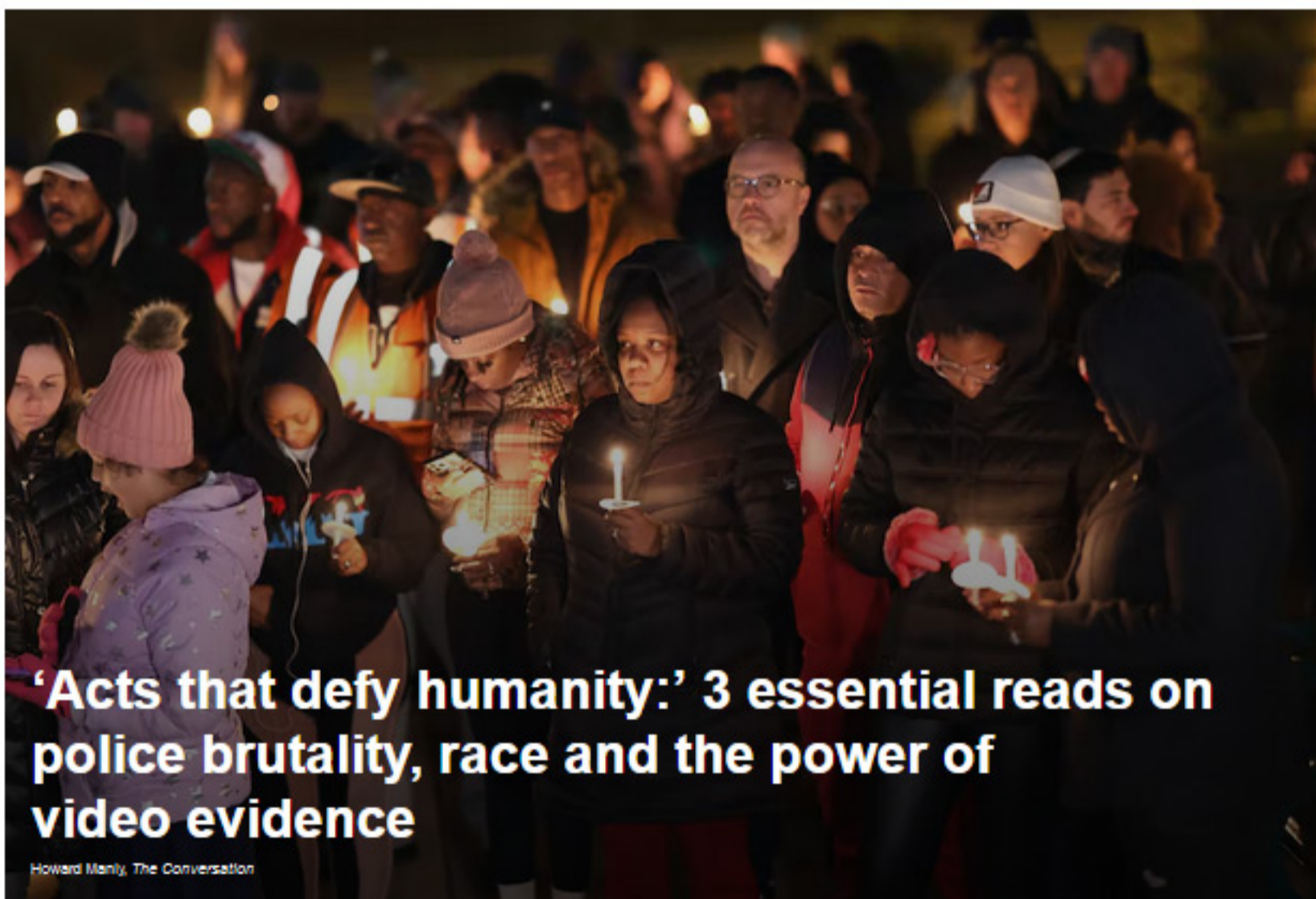
Biden restores roadless protection to the Tongass, North America's largest rainforest

Beverly Law, Oregon State University



Beavers and oysters are helping restore lost ecosystems with their engineering skills – podcast

Daniel Merino, The Conversation and Nehal El-Hadi, The Conversation



# 'Acts that defy humanity:' 3 essential reads on police brutality, race and the power of video evidence

Howard Manly, The Conversation



FDA advisory committee votes unanimously in favor of a one-shot COVID-19 vaccine approach – 5 questions answered

Matthew Woodruff, Emory University



Rural Americans aren't included in inflation figures – and for them, the cost of living may be rising faster

Stephan Weller, Colorado State University and Tessa Conroy, University of Wisconsin-Madison



# Independent voters can be decisive in elections – but they're pretty unpredictable, not 'shadow partisans'

Thom Reilly, Arizona State University

Independent voters—the 40–50 percent of Americans who reject identification with either of the two major parties or with any party—are increasing in number and impact. Independents are an engine for a transformation of US democracy, perhaps even its saviors. Rather than “leaning” to a party or an ideology, independents vary on issues but share a deep distrust of the partisan system. ~ *The Independent Voter* by Thom Reilly, Jacqueline S. Salit, Omar H. Ali | 2023

When the Federal Reserve convenes at the end of January 2023 to set interest rates, it will be guided by one key bit of data: the U.S. inflation rate. The problem is, that stat ignores a sizable chunk of the country – rural America. The main indicator of inflation, the consumer price index, is compiled by looking at the changes in price specifically urban Americans pay for a set basket of goods. Those living in rural America are not surveyed.





***Pain of police killings ripples outward to traumatize Black people and communities across US***  
Denise Herd, University of California, Berkeley



***'Acts that defy humanity:' 3 essential reads on police brutality, race and the power of video evidence***  
Howard Manly, The Conversation



**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano





**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano



Nikki Charles of the activist groups Harriet's Wildest Dreams and the D.C. Safety Squad block part of K Street in Washington D.C. to protest the police killing of Tyre Nichols.



**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano



Protesters rally against the fatal police assault of Tyre Nichols, at Times Square in New York City, on January 27, 2023.



**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano



NYPD officers escort a vehicle damaged during a protest for Tyre Nichols on January 27, 2023 in New York City.



See protests unfold across the country after release of Tyre Nichols video | January 27, 2023 9:00 PM ET | Virginia Lozano



Protesters rally outside of the Coleman A. Young Municipal Center in Detroit against the fatal police assault of Tyre Nichols.



**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano



Nee Nee Taylor, co-founder of the abolitionist group, Harriet's Wildest Dreams, confronts a police officer in Washington D.C. during their demonstration on the night that the video of the killing of Tyre Nichols was released.



**See protests unfold across the country after release of Tyre Nichols video** | January 27, 2023 9:00 PM ET | Virginia Lozano



A demonstrator wears a Black Live Matter earring during a rally in Washington, D.C., against the fatal police assault of Tyre Nichols.

Nee Nee Taylor, co-founder of the abolitionist group, Harriet's Wildest Dreams,





**With an eye on working families, Democrats launch the Congressional Dads Caucus**

U.S. Rep. Alexandria Ocasio-Cortez, D-N.Y., talks to the infant child of Rep. Jimmy Gomez, D-Calif., inside the House chamber during votes for the next speaker of the House on the first day of the 118th Congress at the U.S. Capitol in Washington, D.C., on Jan. 3, 2023.

<https://www.npr.org/2023/01/28/1151723607/democrats-congressional-dads-caucus>





Follow

**Becky Sullivan** ✓

@becsully

Reporter for @NPR. Kansas City native, DC resident, high school prom queen first runner-up

Washington, DC [npr.org/people/3487434...](https://npr.org/people/3487434...) Joined September 2009

1,447 Following 4,806 Followers

# 4 storylines to watch in this weekend's NFL conference championship games

January 28, 2023 · 6:01 AM ET

BECKY SULLIVAN



**Becky Sullivan** ✓ @becsully · Nov 4, 2022

I'm very disappointed with the Post over this article, which falsely frames everyday people as uniformly opposed to the bike lane proposal. Maybe the reason only 100 cyclists use Connecticut Ave. each day is because it's currently a death trap 🙄



washingtonpost.com  
D.C. bike lane plan splits... as city's network gro...  
A proposal for bike... Northwest  
neighborhoods... corridor.

5



San Francisco's Nick Bosa (from left), Cincinnati's Joe Burrow, and Kansas City's Patrick Mahomes will play big roles in this weekend's NFL championship games.

Bryan M. Bennett/Getty Images; Scot Tucker/AP; Jason Hanna/Getty Images



SHOTS - HEALTH NEWS

# A baby spent 36 days at an in-network hospital. Why did her parents get a huge bill?

KAISER HEALTH NEWS

A family had more than \$12,000 in medical bills they couldn't explain after their baby was delivered early. It turns out the doctors who cared for her worked at a different, out-of-network hospital.



Taylor Glascock for KHN

Brenna Kearney plays with her daughter, Joey, at home in Chicago. When Kearney was pregnant, she developed a rare type of preeclampsia and had to undergo an emergency cesarean section. Joey was discharged after a 36-day stay in the NICU.

**Brenna Kearney and husband Casey Trumble's daughter Joey** was born prematurely in 2019 and, unbeknownst to her parents, treated in the NICU by doctors from a neighboring hospital, Lurie Children's.

While the federal law offers patients new protections from out-of-network bills, many Americans still face problems from before the law took effect, said Loren Adler, associate director at the USC-Brookings Schaeffer Initiative for Health Policy. Illinois is one of relatively few states that had prior laws to protect consumers. Also, some out-of-network physicians continue to bill patients, despite the new federal protections. So know your rights. Cite the new law. And don't write the check.



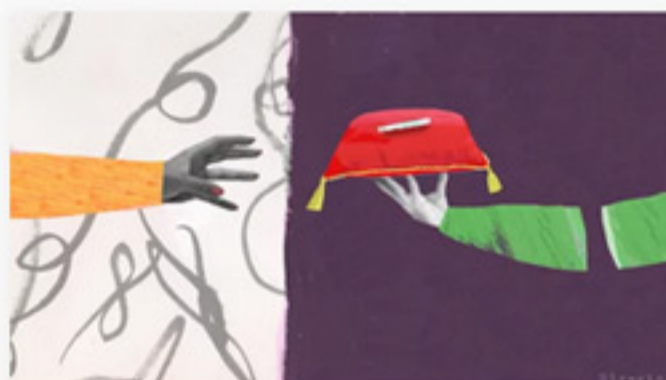
GOATS AND SODA

### 9 diseases that keep epidemiologists up at night



NATIONAL

### The Half Moon Bay shooting was prompted by a \$100 repair bill, local prosecutor says



SHOTS - HEALTH NEWS

### Wegovy works. But here's what happens if you can't afford to keep taking the drug



POLITICS

### Recent infighting raises the question: How conservative is the GOP?



WORLD

### Marie Kondo revealed she's 'kind of given up' on being so tidy. People freaked out



ASIA

### An explosion at a Pakistan mosque leaves many dead and injured

**Wegovy** has been called "a major breakthrough" given how well it works to reduce body weight. But the injection drug is extremely expensive and when people can't afford to stay on it, they experience rebound weight gain that's hard to stop.

**Marie Kondo, the queen of tidy**, says her house isn't so tidy anymore. "I have kind of given up on that in a good way for me," said Kondo, the author of *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing*, a self-help book that took audiences by storm. She's also a mother of three. "Now I realize what is important to me is enjoying spending time with my children at home," the Japanese cleaning consultant recently told listeners. Parents, in particular, felt seen. "This was both refreshing and validating to read," wrote one Twitter user. "I have 3 kids and have been trying out the KonMari method every 3 months but it's just not feasible." But for Kondo, who says her cleaning philosophy is based partly in the native Japanese belief Shintoism, keeping a tidy house is only part of the practice. "The ultimate goal is to spark joy every day and lead a joyful life," according to Kondo, who describes this philosophy as *kurashi*, which she says roughly translates to "way of life."



# 9 diseases that keep epidemiologists up at night

January 29, 2023 · 7:01 AM ET

SHEILA MULROONEY ELDRED



Thinking about the next pandemic keeps lots of researchers busy.

Peter Zelei Images/Getty Images



GOATS AND SODA

**9 diseases that keep epidemiologists up at night**

For those who study infectious diseases, talking about possible next pandemics is a necessity. That's why the World Health Organization keeps a list of viruses and bacteria with pandemic potential. Jill Weatherhead of Baylor College of Medicine says prioritizing diseases is generally based on two factors: their ability to spread and the ability of humans to treat them.

**Nipah virus** can be transmitted to humans from animals or contaminated foods. It can also be transmitted directly from human to human. Its toll: 40% to 75% fatality rate. The virus can also cause encephalitis, or swelling of the brain.

**Crimean-Congo hemorrhagic fever:** Humans usually get the virus from contact with ticks or infected livestock. Its toll: 10% to 40% fatality rate.

**Lassa fever:** The virus is endemic in parts of West Africa. Rats excrete the virus, and humans pick it up when exposed to the rodents' urine and feces, either through direct contact or eating contaminated food. Its toll: 1%, but up to 15% in severe hospitalized cases.

**Rift Valley fever.** What animals carry it: mosquitoes. How it spreads: It spreads to people through contact with blood, other body fluids or tissues of infected animals. Its toll: Although the fatality level is less than 1% and the disease is mild for most people, about 8% to 10% of people infected develop severe symptoms, including eye lesions, encephalitis and hemorrhagic fever.

**Zika.** What animals carry it: mosquitoes. How it spreads: In addition to mosquito bites, the virus can spread from a pregnant person to a fetus. The disease can also be transmitted through sex and probably through blood transfusions. Its toll: It's rarely fatal, but Zika can cause severe brain defects in fetuses, including microcephaly. It has also been linked to miscarriage, stillbirth and other birth defects.

**Ebola and Marburg virus disease.** What animals carry them: Bats and nonhuman primates are believed to carry the viruses, from the filovirus family, that cause these hemorrhagic fevers. How they spread: Both viruses are believed to spread in the same way. After the initial spillover from an animal, humans spread the viruses to other humans through direct contact with blood or other bodily fluids of a person who is symptomatic or who has died from the disease. Their toll: The average fatality rate is about 50%, though rates have varied from 25% to 90% in past outbreaks.

**MERS (Middle East respiratory syndrome).** What animals carry it: camels. How it spreads: After the initial spillover event from camels to humans, this coronavirus can spread from person to person through close contact with an infected person. Its toll: The reported fatality rate, according to the WHO, is 35%.

**SARS (severe acute respiratory syndrome).** What animals carry it: Palm civets were largely blamed for the 2003 outbreak. Bats and possibly other wildlife also carry it. How it spreads: After the initial spillover event from animal to human, SARS can spread from person to person through close contact with an infected person. Its toll: less than a 1% fatality rate

**Disease X:** The WHO says it does not rank diseases in any order of potential threat, but it acknowledges the possibility that an as-yet-unknown disease could cause a serious pandemic. In her work with bat viruses, for example, Raina Plowright of Cornell University says that even in the small proportion of bat species that have been studied, the animals carry thousands of viruses, "and we have no clue how many present risk," she says. "We don't have the technology to take a sequence and say with certainty whether it can infect humans or can transmit from human to human. We're blind, really." Not to mention that variants pose threats, she says. "Just the tiniest genetic change can have a profound effect. What if we had [a pathogen] with a 50% fatality rate that transmitted efficiently?"



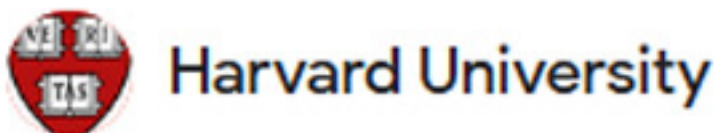
# France buys new masterpiece for Orsay museum with LVMH gift



**"A Boating Party"** by French painter Gustave Caillebotte at the Orsay Museum, Monday, Jan. 30, 2023 in Paris. France has acquired the stunning impressionist masterpiece for its national collection of art treasures, using a donation from French luxury goods giant LVMH to pay the 43-million euro (\$47 million) price tag for Gustave Caillebotte's "A Boating Party." The work, remarkable in its realism, delicate coloring and almost cinematic perspective, as though the artist was in the boat with the rower, went on display in the Musée d'Orsay in Paris.

**LVMH** Moët Hennessy Louis Vuitton, commonly known as LVMH, is a European multinational holding and conglomerate specializing in luxury goods, headquartered in Paris.





**Harvard neuroscientist: The 'most underrated' skill all successful people have—'especially introverts'**  
 CNBC · 5 days ago · Opinion



**Juliette Han, @juliettehanphd, "I've always been an introvert.** When I got my first job after earning my PhD in neuroscience, I was concerned that I'd have a tough time communicating with others. But I quickly learned that I didn't need to force myself to be extroverted. The most underrated skill that successful people, especially introverts, have is the ability to write clearly. It doesn't matter what industry you're in. If you are a thoughtful and strategic writer, you'll be more confident in your interactions — in emails, public speaking or even just small talk."

**Harvard Reverses Course on Human Rights Advocate Who Criticized Israel**  
 The New York Times · 11 days ago




**Kenneth Roth**, the former director of Human Rights Watch, in New York last April. The Harvard Kennedy School recently reversed its early decision to reject his fellowship application because of his criticisms of Israel.

**More than 100 Students Walk Out of Embattled Harvard Professor Comaroff's First Class of Semester | News**  
 Harvard Crimson · 5 days ago


- **Mainer reportedly leads Harvard walkout**  
 WGME · 1 hour ago

[View Full Coverage](#)




More than 100 students walked out of embattled Harvard professor **John L. Comaroff's** class Tuesday afternoon, protesting his continued presence on campus after he was placed on leave last year for violating the University's sexual harassment and professional conduct policies.

**Yale-Harvard Snub of US News Rankings Opens Way for More Exits**  
 Bloomberg · 3 days ago



**Boycott of US News rankings** may spread. The assault on the rankings mostly addresses their methodology. For its most recent "Best Colleges Rankings," US News & World Report assessed "17 indicators of academic quality." Graduation and retention rates accounted for 22% of the calculation, followed by undergraduate academic reputation and faculty resources for the 2021-22 academic year, each weighted at 20%. These metrics, among others, have no clear correlation to the quality of education or the student experience, said Angel Perez, chief executive officer of the National Association for College Admission Counseling. In addition, they do little to capture the vast array of undergraduate institutions and tend to favor wealthier schools, he said.

**Harvard Medical School votes to embed climate change in its curriculum**  
 The Boston Globe · 10 days ago



Harvard joins other **medical schools that have incorporated climate education**, largely inspired by student advocacy. A 2022 study by the Association of American Medical Colleges found the percentage of medical schools covering the health effects of climate change doubled over the past three years, to 55 percent in 2022 from 27 percent in 2019. Researchers credited student activism as one of the driving forces for this drastic change. One curricular change teaches Harvard medical students the effects of extreme weather on organs. The student group suggested that when instructors teach about the kidney, they briefly cover a chronic kidney disease called Mesoamerican Nephropathy that is prevalent among young, agricultural workers, primarily in Central America, which NIH research found may be linked to "recurrent dehydration" in hot climates.





# Stanford University

IME Inside Higher Ed

## Stanford questioned over response to 'Mein Kampf' photo

A shared picture of a student reading Hitler's Mein Kampf upset some Stanford University students. The response of the institution has now...

8 hours ago

Y Yahoo News

## Sam Bankman-Fried's parents used their house to bail him... they rent the land from Stanford

Shortly before Christmas, FTX founder Samuel Bankman-Fried, indicted on federal charges of fraud and money laundering, was released on a...

3 hours ago

N NDTV.com

## PM Modi Takes Steps To Allow Yale, Oxford, Stanford To O... Campuses

India has taken a step toward allowing leading foreign universities such as Yale, Oxford and Stanford to set up campuses and award degrees...

3 weeks ago

S Stanford University Athletics

## Relay Makes History

The Stanford women's distance medley relay team made history in winning at the Razorback Invitational on Friday.

2 days ago

S Stanford University Athletics

## Card Stings Georgia Tech

Opening the ITA Kickoff Weekend with a dramatic victory, No. 18 Stanford men's tennis rallied for a 4-3 win over Georgia Tech on Sunday...

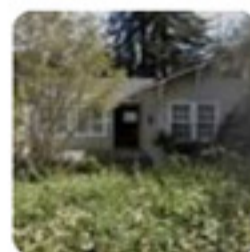
12 hours ago

S Stanford University Athletics

## Successful Home Weekend

No. 3 Stanford women's swimming and diving maintained its undefeated status with a 175-123 win over No. 10 USC on Friday afternoon.

1 day ago



Inside Higher Ed

Stanford questioned over response to a student reading **Hitler's Mein Kampf** >> Stanford University officials' response to a shared image of a student reading Adolf Hitler's autobiography has drawn a sharp critique from a national free speech advocacy organization. The image of the student reading Mein Kampf was shared on the social media platform Snapchat and led to the filing of an online complaint with the university, according to an email from Jewish faith leaders addressed to Jewish Stanford students. It isn't clear from college officials who filed the complaint, though a Stanford spokeswoman, in response to questions from Inside Higher Ed, said a "concern" was raised by an unnamed student organization.-

Yahoo News

**Sam Bankman-Fried's parents** used their house to bail him out. But they rent the land from Stanford >> Shortly before Christmas, FTX founder Samuel Bankman-Fried, indicted on federal charges of fraud and money laundering, was released on a \$250-million bail bond that was secured by his parents' Palo Alto-area home. The size of the bail bond — 25 times bigger than Bernie Madoff's — garnered considerable attention. The prosecution termed it "the largest ever pretrial bond." What hasn't drawn notice is the fact that Joseph Bankman and Barbara Fried, who are professors at Stanford Law School, are not typical homeowners. Their property is a faculty home on the Stanford campus itself. Stanford owns the land, and Bankman and Fried lease it.

NDTV.com

**PM Modi Takes Steps To Allow Yale, Oxford, Stanford To Open India Campuses and award degrees...** >> Prime Minister Narendra Modi's government is pushing to overhaul the country's heavily-regulated education sector to enable Indian students to obtain foreign qualifications at an affordable cost and make India an attractive global study destination. The move will also help overseas institutions to tap the nation's young population.



# California is lone holdout in Colorado River cuts proposal

By FELICIA FONSECA and SUMAN NAISHADHAM today



*FILE - The Colorado River flows through the Grand Canyon on the Hualapai reservation Monday, Aug. 15, 2022, in northwestern Arizona. Six western states that rely on water from the Colorado River have agreed on a plan to dramatically cut their use. California, the state with the largest allocation of water from the river, is the holdout. (AP Photo/John Locher, File)*

FLAGSTAFF, Ariz. (AP) — Six Western states that rely on water from the Colorado River have agreed on a model to dramatically cut water use in the basin, months after the federal government called for action and an initial deadline passed. California — with the largest allocation of water from the river — is the lone holdout. Officials said the state would release its own plan.

JB Hamby, chair of the Colorado River Board of California, said California will submit a model for water reductions in the basin that is practical, based on voluntary action, and aligns with law governing the river and the hierarchy of water rights. “California remains focused on practical solutions that can be implemented now to protect volumes of water in storage without driving conflict and litigation,” he said in a statement Monday.

Nothing will happen immediately with the consensus reached among the six states. However, not reaching a consensus carried the risk of having the federal government alone determine how to eventually impose cuts. **By not signing on, California doesn’t avoid that risk.** The debates over how to cut water use by roughly one-third have been contentious. The Upper Basin states of Wyoming, New Mexico, Colorado and Utah have said the Lower Basin states — Arizona, California and Nevada — must do the heavy lifting. That conversation in the Lower Basin has centered on what’s legal and what’s fair.

California has so far been spared from cuts because it has some of the oldest and most secure water rights, particularly in the Imperial Valley where much of the country’s winter vegetables are grown, along with the Yuma, Arizona, region. Without California’s participation, the six states’ proposal can only go so far to meet the hydrological realities of the river. Water managers in the Lower Basin say the scale of conservation Reclamation is seeking cannot be met without California, tribes and farmers who draw directly from the Colorado River. Also unclear is how much Mexico eventually will contribute to the savings. In the best water years, Mexico receives its full allocation of 1.5 million acre feet under a treaty reached with the U.S. in 1944.



# California releases its own plan for Colorado River cuts

By KATHLEEN RONAYNE and SUMAN NAISHADHAM today



FILE - The Colorado River passes through Grand Junction, Aug. 24, 2022, in Mesa County, Colo. California released a plan Tuesday, Jan. 31, 2023, detailing how western states reliant on the Colorado River could save more water, a day after it was the only state that didn't sign a proposal agreed to by six states in the basin. (Hugh Carey/The Colorado Sun via AP, File)

SACRAMENTO, Calif. (AP) — California released a plan Tuesday detailing how Western states reliant on the Colorado River should save more water. It came a day after the six other states in the river basin made a competing proposal. In a letter to the U.S. Bureau of Reclamation, California described how states could conserve between 1 million and nearly 2 million acre feet of water through new cuts based on the elevation of Lake Mead, a key reservoir. **Its plan did not account for water lost to evaporation and during transportation — a move sought by the other states that would mean big cuts for California.** The 1,450-mile river (2,334-kilometer) serves 40 million people across the West and Mexico, generating hydroelectric power for regional markets and irrigating nearly 6 million acres (2,428 hectares) of farmland. A multi-decade drought in the West worsened by climate change, rising demand and overuse has sent water levels at key reservoirs along the river to unprecedented lows. That has forced federal and state officials to take additional steps to protect the system. California's plan and the separate methods outlined by states Monday came in response to Reclamation asking them last year to detail how they would use between 15% and 30% less water. The federal agency operates the major dams in the river system. All seven states missed that deadline last August. Six of them regrouped and came to an agreement by the end of January.

California was the the lone holdout to that agreement, and responded Tuesday with its own plan. Unlike the other states' plan, California's does not factor the roughly 1.5 million acre feet of Colorado River water lost to evaporation and transportation. Instead, it proposes reducing water taken out of Lake Mead by 1 million acre feet, with 400,000 acre feet coming from its own users. The state previously outlined that level of cuts in October. Arizona would bear the brunt of bigger cuts — 560,000 acre feet — while Nevada would make up the rest. Those numbers are based on discussions from prior negotiations, California's letter said. **An acre foot is enough water to supply two to three U.S. households for a year.**

The Arizona Department of Water Resources said it was still reviewing California's proposal and didn't have an immediate comment. But Tom Buschatzke, the department's director, said earlier Tuesday that water managers across the basin couldn't reach agreement with California on cuts, even at the broader state level. "The big issues are what does the priority system mean, what does the junior priority mean and how does that attach to that outcome of who takes what cut?" he said. "That was the issue over the summer, that was the issue over the fall, that's still the issue." California has the largest allocation of water among the seven U.S. states that tap the Colorado River. It is also among the last to face water cuts in times of shortage because of its senior water rights. That has given the state an advantage over others in talks that spanned months over how to cut water use. California water officials have often repeated that any additional water cuts must be legally defensible and in line with western water law that honors its water rights.

[...]

Despite California's inability to reach agreement with the other six states so far, the parties said they hope to keep talking. "We're not going to stop the discussions," said Buschatzke of Arizona, "and maybe we come to an agreement and maybe we won't."



# How do the waves stay outside of The Marine Room in La Jolla?



<https://youtu.be/AHF8uYBX3o>



**Shawn Styles**

Meteorologist

*How do the waves stay outside of The Marine Room in La Jolla?* | 2m33s | CBS 8 San Diego | 623,602 views | Jan 24, 2023

If you've ever been to the Marine Room restaurant in La Jolla, you know the food is great but it's the waves that are the big attraction. During the last King Tide, the waves were crashing over the building. But how do the waves stay outside and not crash through the windows? Well we're going to answer that question.





# How the pandemic changed the rules of personal finance

January 31, 2023 · 6:30 AM ET

PADDY HIRSCH

"If you're contemplating making a change in your work or life—and aren't we all?—this book is an essential read." —**DANIEL H. PINK**,  
#1 New York Times bestselling author of *To Sell Is Human*

# *The* Great Money Reset

CHANGE YOUR WORK  
CHANGE YOUR WEALTH  
CHANGE YOUR LIFE

Jill Schlesinger  
CBS NEWS BUSINESS ANALYST

In the last half of last year, we heard a lot of talk (and we at NPR did a lot of talking) about the Great Resignation, aka the Big Quit. This was a trend that started right around the beginning of the COVID-19 pandemic, and saw — anecdotally, at least — large numbers of people leaving their jobs voluntarily. There was some controversy about the Big Quit, not the least because some reporting on the trend made it sound as though many of these workers had decided to leave the labor force forever. But the hard data — particularly here in the US — suggests that in fact the labor force participation rate, which plunged at the beginning of 2020, recovered pretty quickly. That included workers close to retirement age. Which suggests that people weren't actually quitting work altogether, but were, rather, just switching jobs — in many cases leaving jobs that paid well but required long hours, and finding jobs that perhaps paid less but gave them more control over their lives. In other words, it was less the Great Resignation and more the Great Reshuffle. That's certainly the conclusion that Jill Schlesinger reached. Schlesinger is a certified financial planner and a business analyst at CBS News. She's also the author of a new book, *The Great Money Reset*, which draws on her experience talking with callers to her personal finance podcast, *Jill on Money*. Many of those callers were considering their own Big Quit, but they weren't sure whether they could do it, or how to go about it.

**Lighten up a little:** Wild investing strategies have been around for as long as markets have existed, but the pandemic coincided with some of the craziest, including the meme stock explosion and the crypto craze. Schlesinger thinks this had much to do with people being locked down, without much to do, while there was a lot of money sloshing around the system. "When I say a lot of money sloshing around the system, remember that we had trillions of dollars of excess savings that built up. **Mostly that came from the upper, highest net worth people, but** a lot of people were knowledge workers working at home who got stimulus checks and had a lot of time to futz around and had a few bucks in their accounts." She says the communities that fueled this kind of trading weren't new, but they exploded during the pandemic, and they will likely diminish once COVID and its variants recede. But they won't go away. And that's okay. It's even okay to spend some time on your choice of subreddit and surf the occasional meme stock or crypto asset wave. So long as you do it responsibly. "I'm not constitutionally against people taking flyers," Schlesinger says. "I mean, have fun, but don't have fun and risk the farm. Have fun and say, 'All right, I put 5% of my total investments in some crazy stuff. That's fun.'"

In other words, personal finance doesn't have to be all asset allocation, income optimization, estate planning and taxes. It can be fun too — if you choose. That's a new rule that everyone can get down with.



# Pakistan blames 'security lapse' for mosque blast; 100 dead

By RIAZ KHAN 52 minutes ago



Rescue workers conduct an operation to clear the rubble and search for bodies at the site of Monday's suicide bombing, in Peshawar, Pakistan, Tuesday, Jan. 31, 2023. The death toll from the previous day's suicide bombing at a mosque in northwestern Pakistani rose to more than 85 on Tuesday, officials said. The assault on a Sunni Mosque inside a major police facility was one of the deadliest attacks on Pakistani security forces in recent years. (AP Photo/Muhammad Zubair)

PESHAWAR, Pakistan (AP) — A suicide bombing that struck inside a mosque at a police and government compound in northwest Pakistan reflects “security lapses,” current and former officials said as the death toll from the devastating blast climbed to 100 on Tuesday. The blast, which ripped through a Sunni mosque inside a major police facility in the city of Peshawar, was one of the deadliest attacks on Pakistani security forces in recent years. It left as many as 225 wounded, some still in serious condition in hospital, according to Kashif Aftab Abbasi, a senior officer in Peshawar. More than 300 worshippers were praying in the mosque, with more approaching, when the bomber set off his explosives vest on Monday morning, officials said. The explosion blew off part of the roof, and what was left soon caved in, injuring many more, according to Zafar Khan, a police officer. Rescuers had to remove mounds of debris to reach worshippers still trapped under the rubble. More bodies were retrieved overnight and early Tuesday, according to Mohammad Asim, a government hospital spokesman in Peshawar, and several of those critically injured died. “Most of them were policemen,” Asim said of the victims.

Mufti **Noor Wali Mehsud**, also known as **Abu Mansoor Asim**, is a Pakistani Islamic scholar, cleric and jurist who is the 4th emir of the Pakistani Taliban. On 22 June 2018, Mehsud was appointed as the emir of TTP after the assassination of former emir Mullah Fazlullah in a US drone



**Baitullah Mehsud** was one of the founders and a leading member of the TTP in Waziristan, Pakistan, and the leader of the Tehrik-i-Taliban Pakistan (TTP). He formed the TTP from an alliance of about five militant groups in December 2007. He is thought by U.S. military analysts to have



**The Pakistani Taliban** (طالبان پاکستان), formally called the Tehreek-e-Taliban-e-Pakistan (Urdu/Pashto: طالبان پاکستان، lit. 'Student Movement of Pakistan', abbr. TTP), is an umbrella organization of various Islamist armed militant groups operating along the Afghan–Pakistani border. Formed in 2007 by **Baitullah Mehsud**, its current leader is **Noor Wali Mehsud**, who has publicly pledged allegiance to the Afghan Taliban (Islamic Emirate of Afghanistan).[28][2] The Pakistani Taliban share a common ideology with the Afghan Taliban and have assisted them in the 2001–2021 war, but the two groups have separate operation and command structures.[30][31] Most Taliban groups in Pakistan coalesce under the TTP.[42] Among the stated objectives of TTP is resistance against the Pakistani state.[2][43] The TTP's aim is to overthrow the government of Pakistan by waging a terrorist campaign against the Pakistan armed forces and the state.[44] The TTP depends on the tribal belt along the Afghanistan–Pakistan border, from which it draws its recruits. The TTP receives ideological guidance from and maintains ties with al-Qaeda.[44] After the Pakistani military operations in Khyber Pakhtunkhwa, some of the TTP militants escaped from Pakistan to Afghanistan,[45] where some of them joined Islamic State – Khorasan Province, while others remained part of the TTP.[46] As of 2019, there are around 3,000 to 4,000 TTP militants in Afghanistan, according to a United States Department of Defense report.[26][47][48] Between July and November 2020, the Amjad Farouqi group, one faction of the Lashkar-e-Jhangvi, the Musa Shaheed Karwan group, Mehsud factions of the TTP, Mohmand Taliban, Bajaur Taliban, Jamaat-ul-Ahrar, and Hizb-ul-Ahrar merged with TTP. This reorganization made TTP more deadly and led to increased attacks.[49] In 2020, after years of factionalism and infighting, the TTP under the leadership of Noor Wali Mehsud underwent reorganization and reunification. Mehsud has essentially steered the TTP in a new direction, sparing civilians and ordering assaults only on security and law enforcement personnel, in an attempt to rehabilitate the group's image and distance them from the Islamic State militant group's extremism.[50] After the Taliban takeover of Afghanistan in August 2021, Pakistan was unable to persuade the Afghan Taliban to crack down on the TTP.[51] The Afghan Taliban instead mediated talks between Pakistan and the TTP, leading to the release of dozens of TTP prisoners in Pakistan and a temporary ceasefire between the Pakistani government and the TTP.[52][53][54] After the ceasefire expired on 10 December 2021, the TTP increased attacks on Pakistani security forces from sanctuaries inside Afghanistan. The Pakistani airstrikes in Afghanistan's Khost and Kunar provinces on 16 April 2022 appeared to have been conducted in retaliation to the surge in terror attacks in Pakistan.



INVESTIGATIONS

# Congress tightens U.S. manufacturing rules after battery technology ends up in China

January 30, 2023 · 4:00 PM ET



LAURA SULLIVAN



An employee examines a vanadium flow battery stack in the Battery Reliability Test Laboratory at PNNL.

Andrea Starr/Pacific Northwest National Laboratory

A new federal law, passed after the Department of Energy allowed the export of taxpayer-funded battery technology to China, aims to tighten restrictions on sending such government discoveries abroad. Initially, the **"Invent Here, Make Here Act"** will apply only to programs in the Department of Homeland Security. But the law's sponsors in Congress say they plan to expand it to the DOE and other agencies next. **Sen. Tammy Baldwin, a Democrat from Wisconsin, said she and then-Sen. Rob Portman, a Republican from Ohio, sponsored the measure after an NPR investigation into how breakthrough battery technology from a U.S. government lab wound up at a company in China. The bill passed with wide support in December as part of the National Defense Authorization Act.**

"The Invent Here, Make Here Act is focused on making sure that when we invest American taxpayer dollars, that the breakthroughs actually end up getting manufactured here," Baldwin said. NPR, in partnership with public radio's Northwest News Network, found the Department of Energy allowed cutting-edge technology to transfer overseas from its Pacific Northwest National Laboratory with little oversight. The lab spent six years and more than \$15 million developing a new battery recipe using vanadium. Scientists thought the batteries would change the way Americans powered their homes. Instead, China just brought online the world's largest battery farm using the American technology.

NPR and N3 found the Department of Energy and the lab granted the license to a company that moved manufacturing overseas on two separate occasions, even though the contract required the company to "substantially manufacture" the batteries in the U.S. In a letter to Energy Department Secretary Jennifer Granholm, Florida Republican Sen. Marco Rubio requested information and criticized the department's actions. "For far too long, [China] has captured vital U.S. technology through illicit means and the carelessness of government agencies..." he wrote. Baldwin said she and her colleagues focused the new law on the Department of Homeland Security first to see what kind of response it would get. Now that there is bipartisan support, she said they intend to introduce legislation targeting the DOE and additional federal agencies. "So many of our legacy laws have huge loopholes," she said. "There's a lot of additional action we can take."

After NPR's reporting, the DOE revoked the license it had given to the battery company, and opened an internal investigation. The department has not shared its findings publicly. In response to NPR's request for public records under the Freedom of Information Act, officials sent 233 fully redacted pages - a couple public documents, and NPR's own emails. But according to the website E&E, which obtained a copy of the report, investigators found the department and the lab failed to adequately monitor the license. They found that frequent staff turnover and inadequate record-keeping prevented the lab from tracking the battery license despite years of "non-compliance."

"Even though there have been laws on the books for decades designed to ensure that those patents are utilized in the United States by American manufacturing, unfortunately they have been widely ignored," said Scott Paul, president of the Alliance for American Manufacturing, a nonprofit policy group. Paul said federal agencies are finally coming around to the idea of protecting U.S. taxpayer investments. For decades, the U.S. has lost out on producing some of its best discoveries, such as solar panels, drones, telecom equipment and semiconductors. "I'm bullish on the prospects for manufacturing," he said. "But we do have to stop making these boneheaded, unforced errors like giving our technology away to companies that are simply going to manufacture in China." Energy officials did not respond to NPR's written questions. Department spokeswoman Charisma Troiano said only that she does not believe the law "has anything to do with" the Department of Energy. In June 2021, the department implemented stronger guidelines to a 1984 law which requires American manufacturing except in special circumstances. But Paul said the recent Congressional legislation and possible new laws carry more weight.

"We've been on our heels for way too long," he said. "The policy momentum is with these efforts. It's good that lawmakers are responding." Paul said he believes the bipartisan support in Congress for the additional laws will lead to new American factories in the next few years.



# 10 years after EU's 'never again' tragedy, little's changed

By LORNE COOK today



*FILE - Teddy bears and flowers placed are placed on the coffins of deceased migrants inside a hangar at Lampedusa's airport, Italy, Saturday, Oct. 5, 2013. A decade ago this year, the head of the EU's executive branch, Jose Manuel Barroso stood visibly shaken before hundreds of coffins holding the corpses of migrants drowned off the Italian Island of Lampedusa. (AP Photo/Luca Bruno, File)*

BRUSSELS (AP) — A decade ago this year, the head of the European Union's executive branch stood, visibly shaken, before rows of coffins holding the corpses of migrants drowned off the Italian island of Lampedusa. Some of them, small and bone-white, contained the bodies of infants and children. "That image of hundreds of coffins will never get out of my mind. It is something I think one cannot forget. Coffins of babies, coffins with the mother and the child that was born just at that moment," Jose Manuel Barroso, then president of the European Commission, said in 2013. More than 300 people died on Oct. 3, 2013 after a fire broke out on a fishing boat that had set off from Libya on the world's deadliest migration route. The boat, which carried almost 500 people looking for better lives in Europe, capsized only hundreds of meters (yards) from shore. "The kind of tragedy we have witnessed here so close to the coast should never happen again," Barroso said.

**The EU must boost "our surveillance system to track boats, so that we can launch a rescue operation and bring people back to safe grounds before they perish," he added. Nothing of the sort will be considered by EU leaders at a summit next week. Indeed, almost a decade on, little has improved.**

About 330,000 attempts were made to enter Europe without authorization in 2022 — a six-year high. The International Organization for Migration says more than 25,000 people have died or gone missing trying to cross the Mediterranean Sea since 2014. The search and rescue mission launched in response to the Lampedusa tragedy was shut down a year later over concern that the Italian navy ships only encouraged people to set out in the hope of being plucked from the sea. Civilian boats run by charities have been hounded and impounded by governments for trying to save lives. The EU provides vessels and equipment to the Libyan coastguard to prevent people leaving, and Turkey and several other northern African countries get financial support. At their Feb. 9-10 summit, the EU's 27 heads of state and government are set to renew a call to beef up borders and pressure the often-impoorished countries that people leave or cross to get to Europe, according to a draft statement prepared for the meeting, seen by The Associated Press.

The leaders will give "full support" so that the border and coastguard agency Frontex can deliver "on its core task, which is to help Member States protect the external borders, fight cross-border crime and step up returns" — **the EU's euphemism for deportation.**

The EU will "enhance cooperation with countries of origin and transit through mutually beneficial partnerships," said the text, which could change before the summit. It did not list the ways the partnerships might be beneficial for those countries, only the means of persuasion that could be used on them. The EU's aid budget should be put to "the best possible use" to encourage countries to stop people leaving, it said. Those that don't accept their nationals back would find it harder to get European visas. Bangladesh, Gambia, Iraq and Senegal are already being monitored. After a meeting last week of interior ministers, the EU's Swedish presidency said that "both positive incentives and restrictive measures are required. We must make use of all relevant policy areas in this regard, such as visa policy, development cooperation, trade and diplomatic relations."

Border fences are back on the table, even though the European Commission previously declined to help member countries pay for them, arguing they were not in line with "European values." Several EU countries, notably Hungary, Austria and Slovenia, have erected border fences after well over one million migrants entered Europe in 2015, most of them war refugees from Syria and Iraq. A Dutch government position paper circulating in Brussels said that "all types of stationary and mobile infrastructure should be part of a broader package of border management measures, while guaranteeing fundamental rights as enshrined in EU and international law." The land border between EU member Bulgaria and Turkey, from where many migrants set out, is of particular concern. Asked about it last Thursday, Home Affairs Commissioner Ylva Johansson said only that there isn't enough money to help countries build fences. The commission wants to speed up asylum processing at the bloc's borders, and has named a "Returns Coordinator" to expedite deportation. More than 900,000 people applied for EU asylum last year, sparking a border backlog. In a letter to the leaders, President Ursula von der Leyen said that pilot testing will be done in coming months on "an accelerated border procedure," including the "immediate return" of those not permitted to stay. This "Fortress Europe" approach has evolved because of the EU's failure to agree on the answer to a vexing question: who should take responsibility for migrants and refugees arriving in Europe, and should other members be obliged to help? The question has rarely arisen over the last year as millions of Ukrainian refugees were welcomed into Europe amid an outpouring of good will, notably from countries like Hungary or Poland that are staunchly opposed to helping take care of migrants from Africa or the Middle East. The commission's Pact on Migration and Asylum, unveiled in 2020, was supposed to resolve the problem but little progress has been made. Now, EU officials say that members might endorse the reform plan before the 2024 elections usher in another commission.





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## Meet Jay Shetty, wedding officiant for Jennifer Lopez, Ben ...

Aug 18, 2022 — Who is **Jay Shetty**? Meet Jennifer Lopez, Ben Affleck's wedding officiant  
Shetty is an incredibly successful podcaster, author and ...

**Jay Shetty** (born 6 September 1987) is an English author and life coach.[3][4][5][6][7][8][9] As the host of the podcast On Purpose, his guests have included Alicia Keys, Khloe Kardashian, and Kobe Bryant, resulting in over 300 million downloads.[10] He has appeared on The Ellen DeGeneres Show,[11], CBS Mornings,[12] The Daily Show with Trevor Noah[13] and Today[14][15][16] to discuss mental health and life purpose. Shetty, a British-Indian, grew up in Barnet, North London with his parents and younger sister.[19] His mother is a Gujarati and father is a Tuluva.[20] He attended Queen Elizabeth's School, Barnet[21] then went on to graduate from the Cass Business School at the City, University of London.[5] Shetty lives in Los Angeles, California with his wife, Radhi Devlukia Shetty. In business school, Shetty met Gauranga Das, a monk invited to speak at the school on selflessness and living a minimalist lifestyle.[24] Shetty spoke with Gauranga after his talk and followed him for the remainder of Gauranga's lecture circuit around the United Kingdom.[19] He spent four summers in India interning at corporations and training with the International Society for Krishna Consciousness, known as the Hare Krishna movement or Hare Krishnas, and three years[25] living a Vedic monk lifestyle at an ashram in Mumbai, India. Shetty was included on Forbes 30 Under 30 Europe in 2017. Shetty was recognized on the National Geographic Chasing Genius Council 2017[35] and the Asian Media Awards 2016 Best Blog.[36] Shetty has been featured on the BBC and has spoken to audiences at Google, Nasdaq, HSBC, and Barclays.[37] Shetty was the recipient of awards at the 2016 ITV Asian Media Awards[38] and the 2018 Streamy Awards.[39] In 2019, Jay Shetty launched the podcast On Purpose.[40] As the host of the podcast On Purpose, Shetty reached 64 million downloads in his first year.[24] On Purpose became the number one health podcast in the world according to Forbes. In April 2019, Shetty was honoured with the Outstanding Achievement Online Award at The Asian Awards and in May 2019 he won Best in Health & Wellness at the 11th Shorty Awards. In 2019, when Shetty was accused of plagiarizing quotes, 113 posts were removed from his Instagram.[44][45] Since the accusation, Shetty has been more careful with attribution. In 2021, Shetty and wife, Radhi, launched Sama Tea, an adaptogenic brand inspired by Ayurveda. In 2020, Shetty released the book Think Like a Monk through Simon & Schuster. [The book offers advice on reducing stress and improving focus, based on Shetty's experiences from the ashram.[19] In September 2020, The Wall Street Journal, The New York Times, and Amazon named the book on their bestseller lists. In 2022, Shetty joined meditation-product company, Calm, as its first Chief Purpose Officer.

## Jay Shetty

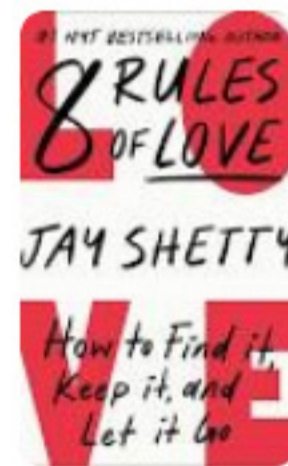
Monk ⋮



### Books >



Think Like a Monk: Train



8 Rules of Love: How to



Life Changing Quotes



Sanyasi Ki Tarah Soche

## Jay Shetty



Shetty in August 2019

<b>Born</b>	6 September 1987 (age 35) <sup>[citation needed]</sup> London, England
<b>Education</b>	Queen Elizabeth's School
<b>Alma mater</b>	Cass Business School
<b>Occupations</b>	Podcast host · Entrepreneur · Internet personality · Author
<b>Years active</b>	2013–present
<b>Notable work</b>	<i>Think Like a Monk</i> <sup>[1]</sup>
<b>Spouse</b>	Radhi Devlukia <sup>[2]</sup>
<b>Awards</b>	11th Shorty Awards





George Santos is not the first politician to have lied, but the fables he told to get elected to Congress may be in a class by themselves. Historian Sean Wilentz remarked that while embellishments happen, Santos' lies are different – “there is no example like it” in American history, Wilentz told Vox in a late-January, 2023, story. Columnist Peggy Noonan wrote that Santos was “a stone cold liar who effectively committed election fraud.” But the bulk of Santos' misrepresentations may be protected by the First Amendment. The U.S. Supreme Court has concluded that lies enjoy First Amendment protection – not because of their value, but because **the government cannot be trusted with the power to regulate lies**. In other words, lies are protected by the First Amendment to safeguard democracy.



Miguel Schor, Drake University



**Miguel Schor**

Professor of Law and Associate  
Director of the Drake University  
Constitutional Law Center, Drake  
University

Democracies have a better long-term survival track record than dictatorships because they can and do evolve to deal with new dangers. The success of America's experiment in self-government may well hinge, I believe, on whether the country's democracy can evolve to deal with new information technologies that help spread falsehoods that undermine democracy.



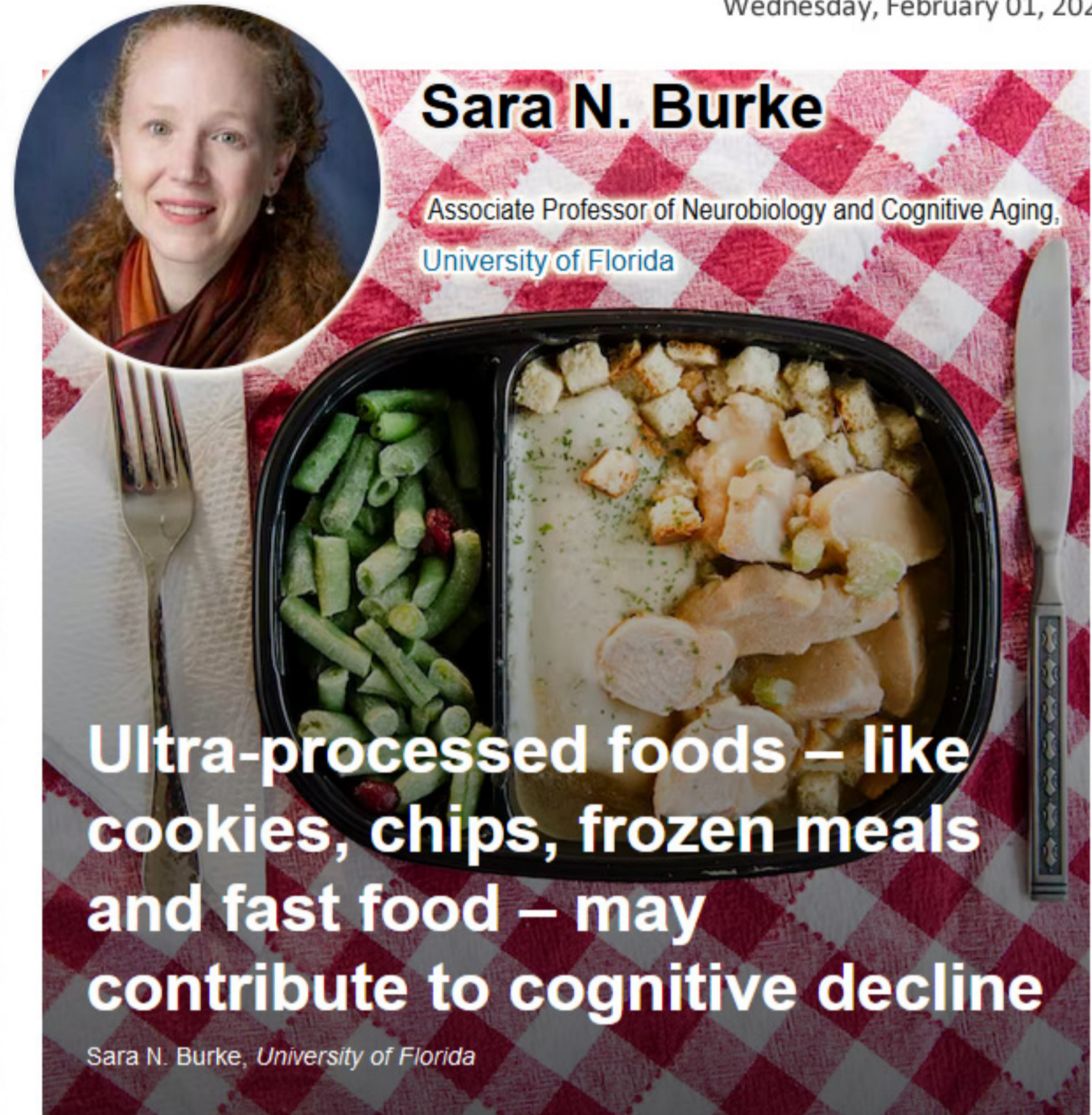


## Medicaid coverage is expiring for millions of Americans – but there’s a proven way to keep many of them insured

Mark Shepard, *Harvard Kennedy School*

So once the pandemic-related Medicaid policies end, there will probably be new evidence that suggests which design works best.

- Health policy
- Health insurance
- Nudge theory
- Mitt Romney
- Behavioral economics
- Medicaid
- Massachusetts
- Quick reads
- uninsured
- New research
- COVID-19
- Research Brief
- Affordable Care Act (ACA)



## Sara N. Burke

Associate Professor of Neurobiology and Cognitive Aging,  
*University of Florida*

## Ultra-processed foods – like cookies, chips, frozen meals and fast food – may contribute to cognitive decline

Sara N. Burke, *University of Florida*

Lab-based studies in animals will make it possible to determine if ultra-processed foods are playing a key role in the development of cognitive impairments and dementia in people. As the world’s population ages and the number of older adults with dementia increases, this knowledge cannot come soon enough.

- Dementia
- Junk food
- Sugar
- Fast food
- Cognitive decline
- Older people
- Mediterranean diet
- Processed food
- Alzheimer's disease
- Gerontology
- Healthy diet
- Brain health
- Ultra-processed food
- New research
- Effects of poor diet
- Cognitive issues





### Mini creatures with mighty voices know their audience and focus on a single frequency

Bernard Lohr, *University of Maryland, Baltimore County*

So even if you're small, it's not impossible to make yourself heard. You just have to blast all your acoustic energy in a single frequency, and hit the sweet spot of your audience's hearing.

*The coquí frog, *Eleutherodactylus coqui*, is loud enough to wake people at night.*  
Éktor/flickr, CC BY-NC-ND

<https://youtu.be/dvK-DujvpSY>

- Biology
- Birds
- Insects
- Bats
- Hearing
- Sound
- Animal communication
- Ultrasonic
- Animal calls
- Ears



Listen to the world's loudest bird call.



# Junk food companies say they're trying to do good. A new book raises doubts

February 1, 2023 · 5:01 AM ET

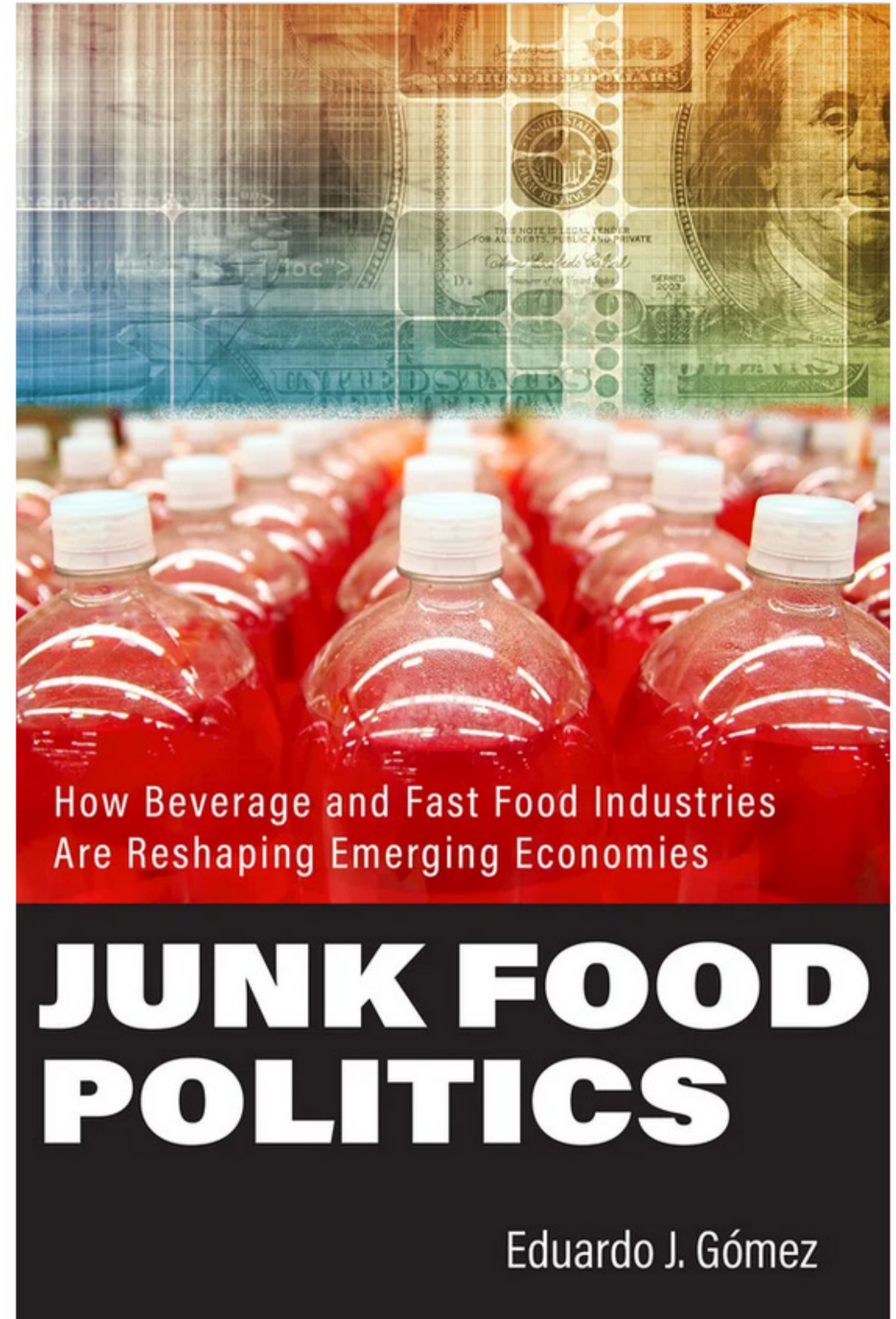


As soda consumption has dropped in the West, companies are making an effort to woo new customers in other places. This Coke bottle ad is in Mozambique.

*Thomas Trutschel/Photothek via Getty Images*

**What's the solution? What can cut into the influence that junk food politics has on public health?** The solution is having a government that is committed to ensuring the health of all of society. One that provides activists and communities with a voice that is equal to, or exceeds, the voice of industries within government. One that has no fear of taking on the powerful industries and creating regulations that protect vulnerable populations – especially children and the poor – over the interests of major corporations. And the solution, too, is our work in communities as researchers and as community members, to raise the awareness about the importance of good nutrition and exercise, and to increase awareness about the need for access to healthier foods.

**And just wondering if climate change will play any role?** That's the topic of my next book – climate change and malnutrition. And your thesis is that with the changing climate ... the availability of healthy foods becomes increasingly scarce.





# Native Americans left out of 'deaths of despair' research

During the time that deaths from addiction and suicide among white Americans rose by about 9%, deaths among Native Americans shot up by about 30%, a new study shows.

▶ LISTEN · 3:19

+ PLAYLIST

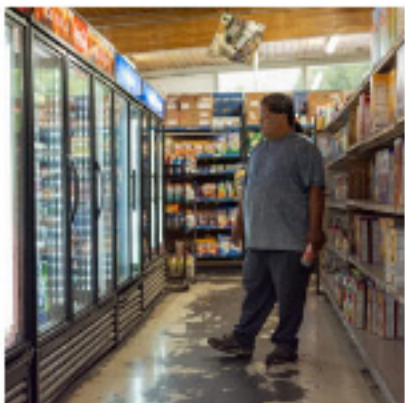
◀▶

February 1, 2023 · 5:00 AM ET

RHITU CHATTERJEE 

Reducing deaths of despair, Manson says, will require harnessing the strength and resilience of Native communities and supporting them with resources.

"There are possible solutions," he adds. "Those solutions are often local. They have to do with self-determination and the ability to have access to the necessary resources to mobilize those solutions."



## RACE

Poll: 69% of Native Americans say inflation is severely affecting their lives



David Goldman/AP

A sign calling attention to drug overdoses is posted in a gas station on the White Earth reservation in Ogema, Minn.. A new study shows that early deaths due to addiction and suicide have impacted American Indian and Alaska Native communities far more than white communities.

 Pinned Tweet

 **Rhitu Chatterjee** @RhituC · Jan 25

This is the most personal (and the most uplifting) piece I've written in a while. Read or listen to add some joy to your day. I'm dedicating this to people who became parents in the pandemic. @NPRHealth @NPR



npr.org  
To reignite the joy of childhood, learn to live on 'toddler time'

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### Day of disruption in UK as hundreds of thousands join strike

5 hours ago



### Peshawar, the city of flowers, becomes epicenter of violence

7 hours ago



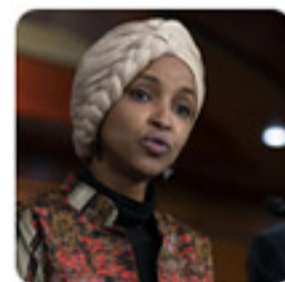
### 1 million flock to pope's Congo Mass on day of forgiveness

5 hours ago



### Republicans set to oust Rep. Omar from Foreign Affairs panel

9 hours ago



### California releases its own plan for Colorado River cuts

10 hours ago



### Hong Kong bans CBD, forcing businesses to shut or revamp

11 hours ago



Striking teachers show banners during a protest march in London, Wednesday, Feb. 1, 2023. Up to half a million workers are expected to go on strike across the U.K. in what's shaping up to be the biggest day of industrial action Britain has seen in more than a decade. Thousands of schools will close some or all of their classrooms, train services will be paralyzed and delays are expected at airports as teachers, university staff, civil servants, border officials and train and bus drivers walk out of their jobs on the same day. (AP Photo/Alastair Grant)

## War's longest battle exacts high price in 'heart of Ukraine'

By HANNA ARHIROVA an hour ago

KYIV, Ukraine (AP) — It used to be that visitors would browse through Bakhmut's late 19th century buildings, enjoy walks in its rose-lined lakeside park and revel in the sparkling wines produced in historic underground caves. That was when this city in eastern Ukraine was a popular tourist destination. No more. The longest battle of Russia's war has turned this city of salt and gypsum mines into a ghost town. Despite bombing, shelling and attempts to encircle Bakhmut for six months, Russia's forces have not conquered it. But their scorched-earth tactics have made it impossible for civilians to have any semblance of a life there.

A 22-year-old Ukrainian soldier who is known as Desiatyi, or Tenth, joined the army on the day that Russia started the full-scale war in Ukraine. After months spent defending the Bakhmut area, losing many comrades, he said he has no regrets. "It is not about comparing the price and losses on both sides. It's about the fact that, yes, Ukrainians are dying, but they are dying because of a specific goal," said Desiatyi, who did not give his real name for security reasons. "Ukraine has no choice but to defend every inch of its land. The country must defend itself, especially now, so zealously, so firmly, and desperately. This is what will help us liberate our occupied territories in the future."



# Republicans set to oust Rep. Omar from Foreign Affairs panel

By LISA MASCARO and KEVIN FREKING today



FILE - Rep. Ilhan Omar, D-Minn., speaks during a news conference on Capitol Hill in Washington, Jan. 25, 2023, in Washington. (AP Photo/Manuel Balce Ceneta, File)

WASHINGTON (AP) — Newly empowered House Republicans are preparing to oust an African-born Black lawmaker, Democratic Rep. Ilhan Omar, from the Foreign Affairs Committee over comments she has made critical of Israel — and as payback after Democrats booted far-right Republicans from panels for incendiary, violent remarks. House Speaker Kevin McCarthy has been eager to flex Republican power to remove the Minnesota Democrat after he blocked two other Democrats, Rep. Adam Schiff and Rep. Eric Swalwell, from rejoining the House Intelligence Committee once the GOP took control of the chamber in the new Congress. Votes could come as soon as Wednesday on the resolution against Omar, a Somali immigrant and Muslim lawmaker who has apologized for comments she has said she came to understand were viewed as antisemitic.

**“This is about vengeance. This is about spite. This is about politics,” said Rep. James McGovern of Massachusetts, the top Democrat on the Rules Committee, as Republicans called a hurried meeting late Tuesday to consider the resolution.**

McGovern argued that Democrats had removed Rep. Marjorie Taylor Greene, R-Ga., and Rep. Paul Gosar, R-Ariz., for remarks that were far more extreme and violent against fellow lawmakers than those Omar had made and apologized for. The resolution against Omar was proposed by Rep. Max Miller, R-Ohio, a former official in the Trump administration. It says that “Omar’s comments have brought dishonor to the House of Representatives” and she should be removed from the Foreign Affairs Committee. McCarthy has strained to ensure he has enough support from his Republican ranks to oust Omar. Republicans command a slim majority and several GOP lawmakers have been reluctant to engage in tit-for-tat retribution against colleagues. But GOP leaders moved ahead late Tuesday with the resolution against Omar after several holdouts signaled their support. The action against Omar pushed ahead after embattled Republican Rep. George Santos announced earlier Tuesday he would be stepping aside from his own committee assignments as the House Ethics Committee investigates his actions. The New York Republican has acknowledged embellishments about his education, work experience and other aspects of his personal and professional life. Several Republicans have been wary of taking action against Omar while they are also having to answer for the many questions emerging about Santos.

No vote has been set on the resolution against Omar, but it could come as soon as Wednesday, aides said. Republicans said they are waiting for Democrats to formally nominate Omar to the Foreign Affairs Committee, on which she served in the last Congress. Once the committee roster is approved by the whole House, the Republicans would move to strip her of the seat. With his slim majority, McCarthy acknowledged at the start of the week that member absences were having an impact on his ability to schedule the vote.

Omar told CNN in an interview Sunday that the move against her is “politically motivated.” “It’s motivated by the fact that many of these members don’t believe a Muslim, a refugee, an African should even be in Congress, let alone have the opportunity to serve on the Foreign Affairs Committee,” she said.



# Republicans aren't going to tell Americans the real cause of our \$31.4tn debt

*Robert Reich*



The rich used to pay taxes. Now they loan money to the US government - at a profit that everyone else pays for

Wed 1 Feb 2023 06.15 EST



The dire warnings of fiscal hawks are once again darkening the skies of official Washington. They're demanding that the \$31.4tn federal debt be reduced and government spending curtailed – thereby giving cover to Republican efforts to hold America hostage by refusing to raise the debt ceiling. It's always the same when Republicans take over a chamber of Congress or the presidency. Horrors! The debt is out of control! Federal spending must be cut!

When they're in power, they rack up giant deficits, mainly by cutting taxes on corporations and the wealthy (which amount to the same thing, since wealthy investors are the major beneficiaries of corporate tax cuts). Then when Democrats take the reins, Republicans blame them for being spendthrifts. Not only is the Republican story false, but it leaves out the bigger and more important story behind today's federal debt: the switch by America's wealthy over the last half century from paying taxes to the government to lending the government money. This backstory needs to be told if Americans are to understand what's really happened and what needs to be done about it. Republicans won't tell it, so Democrats (starting with Joe Biden) must. A half century ago, American's wealthy helped finance the federal government mainly through their tax payments. Tax rates on the wealthy were high. Under Republican president Dwight Eisenhower, they were over 90%. Even after all tax deductions, the wealthy typically paid half of their incomes in taxes. Since then – courtesy of tax cuts under Ronald Reagan, George W Bush and Donald Trump – the effective tax rate on wealthy Americans has plummeted. Not only has their income tax rate dropped but other taxes that hit them hardest, such as the corporate tax, have also declined. Even as the rich have accumulated unprecedented wealth, they are now paying a lower tax rate than middle-class Americans. Trump's 2017 tax cut – largely a handout to the rich – helped push the tax rate on the 400 wealthiest households below the rates for almost everyone else. By 2018, the 400 wealthiest American households paid a lower total tax rate – including federal, state and local taxes – than any other income group. Their overall tax rate was only 23%. It had been 70% in 1950. Middle-class and poor families didn't benefit from the drop in income and corporate taxes. They now pay more in payroll taxes (which finance Medicare and social security) than previously, so their overall taxes have remained fairly flat. One of the biggest reasons the federal debt has exploded is that tax cuts on corporations and wealthier Americans have reduced government revenue. In the first full year of the Trump tax cut, the federal budget deficit increased by \$113bn while corporate tax receipts fell by about \$90bn, which would account for nearly 80% of the deficit increase. Meanwhile, America's wealthy have been financing America's exploding debt by lending the federal government money, for which the government pays them interest. As the federal debt continues to mount, these interest payments are ballooning – hitting a record \$475bn in the last fiscal next year (which ran through September). The Congressional Budget Office predicts that interest payments on the federal debt will reach 3.3% of the GDP by 2032 and 7.2% by 2052. The biggest recipients of these interest payments? Not foreigners but wealthy Americans who park their savings in treasury bonds held by mutual funds, hedge funds, pension funds, banks, insurance companies, personal trusts and estates. Hence the giant half-century switch: the wealthy used to pay higher taxes to the government. Now the government pays the wealthy interest on their loans to finance a swelling debt that's been caused largely by lower taxes on the wealthy. This means that a growing portion of everyone else's taxes are going to wealthy Americans in the form of interest payments, rather than paying for government services that everyone needs. So, the real problem isn't America's growing federal budget deficit. It's the decline in tax revenue from America's wealthy combined with growing interest payments to them. Both are worsening America's already staggering inequalities of income and wealth.

What should be done? Isn't it obvious? Raise taxes on the wealthy.

*Robert Reich, a former US secretary of labor, is professor of public policy at the University of California at Berkeley*



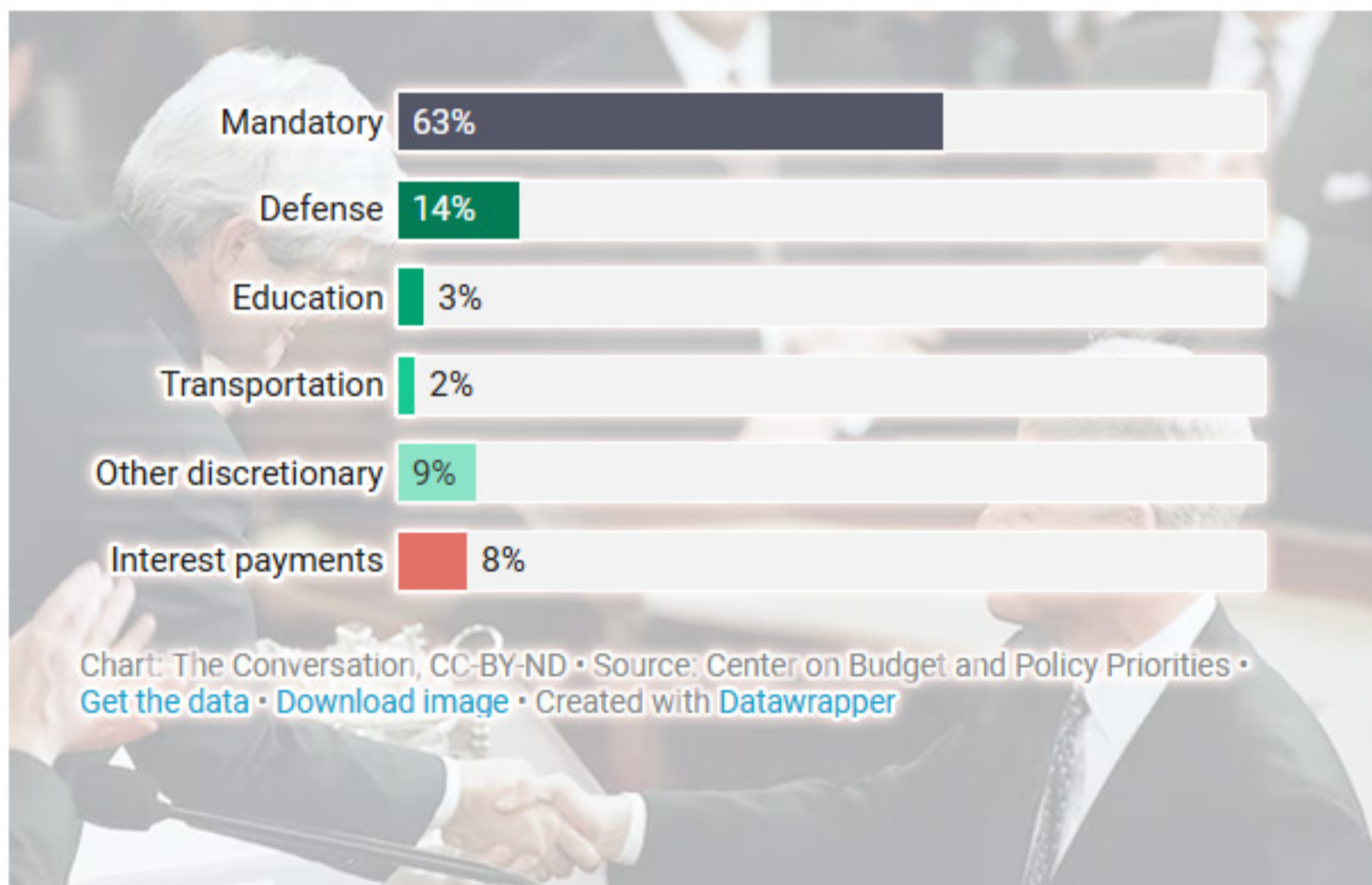
# I helped balance the federal budget in the 1990s – here’s just how hard it will be for the GOP to achieve that same rare feat

Published: February 1, 2023 8.20am EST

▼ [Linda J. Bilmes](#), *Harvard Kennedy School*

## Not much wriggle room

Nearly two-thirds of the federal budget goes toward mandatory programs, like Social Security and Medicare. Defense makes up by far the biggest discretionary category at 14% of the budget, followed by education at 3%, while interest payments consume 8%.



Bill Clinton, at right, oversaw the first balanced budget since 1969, with some help from a bipartisan deal with Newt Gingrich. AP Photo/Doug Mills

Kevin McCarthy reportedly promised many things to Republican hardliners en route to clinching his job as speaker of the U.S. House of Representatives. One of them was a “balanced budget” in 10 years. As part of that plan, Republicans are demanding substantial spending cuts and budget reforms in exchange for lifting the debt ceiling this year – putting the U.S. at risk of default. But a look at the numbers – and the history – shows just how difficult balancing the budget will be. Doing so requires the federal government to generate enough income to pay for all its spending. The U.S. has managed this feat only twice in the past 60 years – and both times involved raising taxes, something Republicans are loath to do. President Lyndon B. Johnson managed to do it in 1969, and President Bill Clinton created a surplus that ran from the fiscal years 1998 to 2001, when he left office. As a member of the Clinton administration in the Commerce Department from 1997 to 2001, I participated in achieving that rare balanced budget and understand the obstacles to delivering a repeat performance. A quick look back at how we did it, along with how much has changed, shows that Republicans are unlikely to manage a similar performance.

**Can they do it again?** Certainly, opportunities do exist to close the gap between income and spending. The Congressional Budget Office has released a report outlining 76 options for reducing the deficit. But **many of the ideas require further hard choices, such as rolling back some or all of the last three tax cuts, increasing taxes on the wealthy, ending or curtailing tax deductions and adopting a consumption-based value-added tax or a carbon tax, as well as fundamental reforms to entitlement programs.** Unfortunately, Congress shows limited appetite to tackle such issues.

Back in 1997, after the smoke cleared, both the Clinton administration and the Republicans in Congress were able to claim some political credit for the resulting budget surpluses. But – crucially – both parties recognized that a deal was in the best interest of the country and were able to line up their respective members to get the votes in Congress needed to approve it. The contrast with the current political landscape is stark. The Republican Study Committee, a bloc of more than 160 conservative lawmakers, released a budget blueprint in June 2022 that promises to balance the budget in seven years. The plan proposes trillions of dollars in spending cuts, many of which would fall hardest on low-income Americans. These include shrinking Medicaid, paring veterans benefits and raising the age for full Social Security retirement benefits from 67 to 70. It also calls for higher military spending and further tax cuts – which would require even more draconian cuts to core safety net programs. It would also lock in the Trump tax cuts of 2017 – the opposite of what the Congressional Budget Office recommends or what Clinton did in the 1990s to secure a balanced budget. Without a credible Republican deficit-cutting plan on the table, I believe that the odds favor a protracted stand-off over the debt ceiling, which could tip the precarious U.S. economy into recession. While Congress seems highly unlikely to allow a debt default, this brawl would waste time and energy that could be better spent on figuring out how to strengthen programs like Social Security and close tax loopholes that drain revenue. Balancing the budget is not an end in itself. Most economists agree that governments should reduce public debt during periods of prosperity and run deficits to assist people when the economy is weak. The U.S. was fortunate in the late 1990s to enjoy a buoyant economy that enabled Congress and the president to achieve a fiscal surplus. **What the country needs now, in my view, is not more quick fixes but a sustainable pathway to stabilizing the national debt. That requires growing revenues and reducing nonessential spending in a responsible way.**



# Republicans aren't going to tell Americans the real cause of our \$31.4tn debt

*Robert Reich*



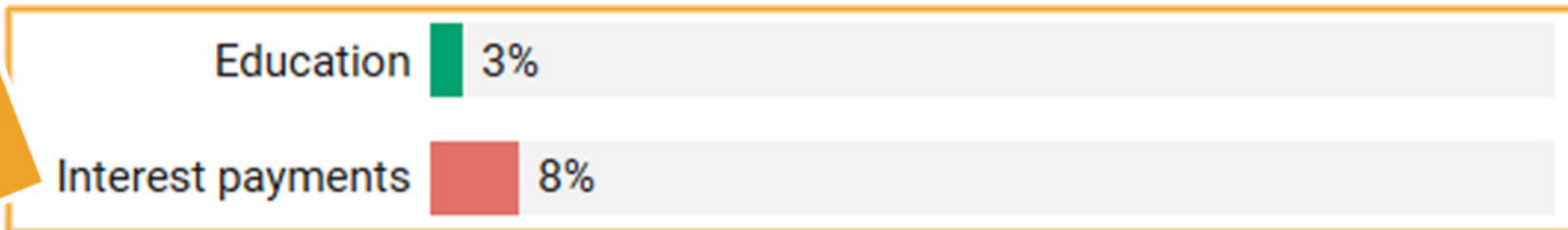
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## Not much wriggle room

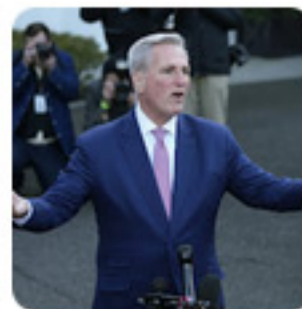
Nearly two-thirds of the federal budget goes toward mandatory programs, like Social Security and Medicare. Defense makes up by far the biggest discretionary category at 14% of the budget, followed by education at 3%, while interest payments consume 8%.





### Biden, McCarthy meet face-to-face on debt crisis worries

13 hours ago



WASHINGTON (AP) — President Joe Biden and House Speaker Kevin McCarthy met face-to-face Wednesday for more than an hour of highly anticipated budget talks — “a good first meeting,” the new Republican leader said — but **expectations were low for quick progress as GOP lawmakers push for steep cuts in a deal to prevent a national debt limit crisis.**

### Russia said eyeing eastern Ukraine push; Kyiv targets graft

Yesterday



KYIV, Ukraine (AP) — Russia is mustering its military might in the Luhansk region of Ukraine, officials said Wednesday, in what Kyiv suspects is preparation for an offensive as the first anniversary of Moscow’s invasion approaches. Also Wednesday, President Volodymyr Zelenskyy’s government continued its crackdown on alleged corruption with the dismissal of several high-ranking officials, prominent lawmaker David Arakhamia said.

### First sweeping federal gun crime report in 20 years released

14 hours ago



WASHINGTON (AP) — The most expansive federal report in over two decades on guns and crime shows a shrinking turnaround between the time a gun was purchased and when it was recovered from a crime scene, indicating firearms bought legally are more quickly being used in crimes around the country.

### Punxsutawney Phil prepares to make Groundhog Day prediction

7 hours ago



### Florida city highlights conflicts over local gerrymandering

2 hours ago



### Israeli settler population in West Bank surpasses 500k

6 hours ago



### Bank of England poised for big rate hike to tame inflation

5 hours ago



### US, Philippines agree on larger American military presence

7 hours ago



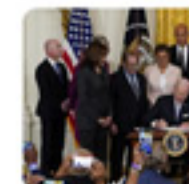
### Sunak marks 100 days as UK prime minister as problems mount

5 hours ago



### After Tyre Nichols funeral, Biden faces pressure on policing

8 hours ago







Palestinians block roads to protest home demolition. Ahmad Gharabli/AFP via Getty Images)

## What international law says about Israel's planned destruction of Palestinian assailants' homes

Published: February 1, 2023 2.43pm EST

Robert Goldman, *American University*

Given how clear the international laws are, the question arises: How does Israel square the practice of punitive home destruction with international law?

The answer is not very well, in the opinion of most international humanitarian law experts and human rights observers.

After a deadly attack that killed seven people outside an East Jerusalem synagogue, the Israeli government responded by sealing off the home of the Palestinian suspect in preparation for its destruction. The family home of a 13-year-old accused in a separate East Jerusalem shooting has likewise been earmarked for destruction. This is not unusual. Israel has demolished the homes of thousands of Palestinians in recent years. Bulldozing properties of those deemed responsible for violent acts against Israeli citizens or to deter such acts has long been government policy. But it is also illegal under international law. As an expert on international humanitarian law, I know that holding the family of assailants responsible for their acts – no matter how heinous the crime – falls under what is known as collective punishment. And for the past 70-plus years, international law has been unequivocal: Collective punishment is strictly prohibited in nearly all circumstances. Yet, when it comes to the demolition of Palestinian homes, international bodies have been unable to enforce the ban.

**UN hamstrung by US veto power:** The United Nations has long condemned the destruction of Palestinian homes, with the body's special rapporteur Michael Lynk repeatedly pointing out that collective punishment violates international law. Israeli Prime Minister Benjamin Netanyahu has dismissed such condemnation by the United Nations, claiming that the body shows "anti-Israeli" bias. Either way, the United Nations is not in a strong position to take action. **The U.N.'s Security Council is the one international body that can take effective measures to censure and take coercive action against member states. But the U.S. has long vetoed resolutions critical of its ally, Israel.** Washington is also unlikely to assert unilateral pressure on Israel to end its practice of home demolitions under its current policy. The International Criminal Court ruled in 2021 that it had jurisdiction over territories occupied by Israel, but any investigation would be likely hampered by the noncooperation of the Israeli government, which refuses to acknowledge the court's authority. As a result, despite the destruction of the homes being against the letter and spirit of the Geneva Conventions, there is little that can stop the Israeli government from doing so.



Tiera Fletcher carefully read through an artificial intelligence chatbot's attempt at rocket science. "That's true, that's factual," she said thoughtfully as she scanned the AI-generated description of one of the most fundamental equations, known simply as "the rocket equation." Then she got to the bot's attempt to write the rocket equation itself – and stopped. "No ... Mmm mmm ... it would not work," she said. "It's just missing too many variables." Fletcher is a professional rocket scientist and co-founder of Rocket With The Fetters, an outreach organization. She agreed to review text and images about rocketry generated by the latest AI technology, to see whether the computer programs could provide people with the basic concepts behind what makes rockets fly. The results were far from stellar. In virtually every case, ChatGPT – the recently released chatbot from the company OpenAI – failed to accurately reproduce even the most basic equations of rocketry. Its written descriptions of some equations also contained errors. And it wasn't the only AI program to flunk the assignment. Others that generate images could turn out designs for rocket engines that looked impressive, but would fail catastrophically if anyone actually attempted to build them.

## We asked the new AI to do some simple rocket science. It crashed and burned

February 2, 2023 - 5:00 AM ET



GEOFF BRUMFIEL



Computers have been used in rocketry for half-a-century, so it's possible to think that the new AI programs could help. They struggled to grasp the basics.



# Outrage as US government advances \$8bn Alaska oil drilling plan

**Interior department report recommends scaled-back version of ConocoPhillips' Willow project despite Biden campaign pledge**



📷 Caribou on Alaska's north slope as geese fly overhead. Biden had promised during his election campaign to end federal oil and gas drilling, Photograph: The Washington Post/Getty Images

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**Maanvi Singh**

🐦 @maanvissingh

Wed 1 Feb 2023 18.24 EST

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The Biden administration has advanced a \$8bn drilling project on Alaska's north slope. The ConocoPhillips Willow project, which would be one of the largest oil and gas developments on federal territory, has drawn fierce opposition from environmentalists, who say its approval runs counter to the president's ambitious climate goals.

Alaska's two Republican senators and the state's sole congressional representative, a Democrat, have urged the administration to approve the project, which they say would boost the state's economy. Some Alaska Native tribal governments organizations, including the Inupiat Community of the Arctic Slope and the Alaska Federation of Natives, have supported the project for similar reasons.

But environmental groups and tribes including those in Nuiqsut have countered that any jobs and money the project brings in the short term will be negated by the environmental devastation it will cause in the long run.

Already, Arctic communities are at the front line of global climate chaos. In December, the city of Utqiagvik, at Alaska's northern edge, reached its warmest temperature ever observed. Elsewhere in Alaska, a record-breaking 2022 wildfire season and coastal flooding and powerful storms displaced communities along the western coast.

Increased oil and gas extraction in the region has already affected caribou populations, which several communities in the area hunt for subsistence.

"This project could be a turning point for not just Alaska and the Arctic, but for the entire world," said Siquiñiq Maupin, director for the Sovereign Inupiat for a Living Arctic, a group that opposes Willow. "It is going to possibly bring us to a place where we can't come back from."





## ChatGPT is great – you’re just using it wrong

Jonathan May, *University of Southern California*

A language model like ChatGPT, which is more formally known as a “generative pretrained transformer” (that’s what the G, P and T stand for), takes in the current conversation, forms a probability for all of the words in its vocabulary given that conversation, and then chooses one of them as the likely next word. Then it does that again, and again, and again, until it stops. So it doesn’t have facts, per se. It just knows what word should come next. Put another way, ChatGPT doesn’t try to write sentences that are true. But it does try to write sentences that are plausible.

When talking privately to colleagues about ChatGPT, they often point out how many factually untrue statements it produces and dismiss it. To me, the idea that ChatGPT is a flawed data retrieval system is beside the point. People have been using Google for the past two and a half decades, after all. There’s a pretty good fact-finding service out there already. In fact, the only way I was able to verify whether all those presidential book titles were accurate was by Googling and then verifying the results. My life would not be that much better if I got those facts in conversation, instead of the way I have been getting them for almost half of my life, by retrieving documents and then doing a critical analysis to see if I can trust the contents.

Sure, I wouldn’t want ChatGPT to appear on “Whose Line Is It Anyway?” and this is not a great “Star Trek” plot (though it’s still less problematic than “Code of Honor”), but how many times have you sat down to write something from scratch and found yourself terrified by the empty page in front of you? Starting with a bad first draft can break through writer’s block and get the creative juices flowing, and ChatGPT and large language models like it seem like the right tools to aid in these exercises. And for a machine that is designed to produce strings of words that sound as good as possible in response to the words you give it – and not to provide you with information – that seems like the right use for the tool.



## New AP African American Studies course is a watered down version of itself

Suneal Kolluri, *University of California, Riverside*

*On February 1, 2023– the first day of Black History Month – the College Board released the framework for its new Advanced Placement African American Studies course. Florida Governor Ron DeSantis, a Republican, has criticized the pilot version of the African American studies course as lacking educational value, and his administration has banned the course from Florida’s public schools. In the following Q&A, Suneal Kolluri, who specializes in the study of AP courses, provides insight into where the course hits the mark and where it comes up short.*

**1. What stands out most about the new AP African American Studies course?** The course curriculum puts Black people at the center. This is significant for two reasons. First, Advanced Placement has long had courses focused on topics like European history and French language and culture, but no class that focuses primarily on the Black experience. Second, across the country, few classes – with or without the AP label – are available to students interested in studying the Black experience. This course will likely give many students that opportunity for the first time. **2. Is the new AP African American studies course different from earlier versions?** Unfortunately, the course has been watered down compared to its pilot version. **3. How did the political environment shape the new course?** The College Board insists that the political environment did not influence the recent revisions, but evidence suggests otherwise. **4. What does this course leave out?** Specifically, the course has omitted content that would invite students to discuss racial oppression in the modern day. **5. What kind of grade would you give this course and why?** The grade would depend on whether I am grading on a curve. Comparing the course to other available options in U.S. high schools, the course would earn an A. To the best of my knowledge, no other broadly available course delves so deeply into the Black experience. However, grading the course for its commitment to the ideals of African American Studies, its attempt to holistically present the Black experience in the United States, and its ability to prepare students for participating in democracy, the course fails. It gets an F. African American Studies is not just African American history. Racism is not a relic of the past. African American Studies scholars know this, but Advanced Placement African American Studies students may not learn that. Unfortunately, I believe this is an abject failure for efforts to bring African American studies into high schools.



# Yale honors the work of a 9-year-old Black girl whose neighbor reported her to police

February 3, 2023 · 5:30 AM ET



Bobbi Wilson holds her collection of spotted lanternflies as she is honored at the Yale School of Public Health on Jan. 20.

Andrew Hurley/Yale University

Nine-year-old Bobbi Wilson may be in the fourth grade, but last month the Yale School of Public Health held a ceremony honoring the budding scientist's recent work. The university entered Bobbi's collection of 27 spotted lanternflies — an extremely invasive species that is harmful to trees and other plants — into the Peabody Museum of Natural History database. Bobbi was also presented with the title of "donor scientist" during the Jan. 20 ceremony. "We wanted to show her bravery and how inspiring she is, and we just want to make sure she continues to feel honored and loved by the Yale community," Ijeoma Opara, an assistant professor at the school, said in a statement.

The accolades come just three months after Bobbi, who is Black, made headlines when former Caldwell city council member Gordon Lawshe, who is white, called local police on the girl.

**She was collecting spotted lanternfly specimens. Her neighbor became frightened and called the cops:** On Oct. 22, Lawshe was home, and things in the mostly white neighborhood seemed copacetic. But looking at the tree-lined street, Lawshe saw something scary. Recognizing it was not an emergency per se, he called the police department dispatcher instead. "There's a little Black woman walking, spraying stuff on the sidewalks and trees on Elizabeth and Florence," Lawshe told the dispatcher, according to a call obtained by CNN. "I don't know what the hell she's doing. Scares me, though," Lawshe added.

Outside, Bobbi, a petite child who wears pink-framed glasses, was doing her bit to comply with the state's Stomp it Out! campaign, which urges New Jersey residents to help eradicate the spotted lanternfly infestation. She'd learned about it at school and made her own version of an insect repellent she'd seen on TikTok. Making her way from tree to tree, Bobbi would spray the bugs, pluck them from the tree and drop them into a plastic bottle. Bobbi was still at it when an officer arrived, curious about what she was doing. Body camera footage shows officer Kevin O'Neill approach the child before her mother, Monique Joseph, intervenes.

*"Am I in trouble?" the small girl asks.*

*"No," Joseph and O'Neill respond simultaneously.*

*Joseph adds, "How many trees did you save?"*

O'Neill explains that he was responding to a call made by Lawshe. The information appears to baffle Joseph, who has said that she has lived across the street from the 71-year-old for eight years and that they are on friendly terms. Unable to shake the gnawing feeling that things could have easily escalated and ended in tragedy, as they have in other circumstances involving Black children and law enforcement, Joseph decided to address the issue head-on at a Caldwell city council meeting a few weeks later. During the meeting, Joseph and her 13-year-old daughter, Hayden Wilson, called the episode an instance of racial profiling. "She was not only doing something amazing for our environment — she was doing something that made her feel like a hero," Hayden said in her speech to the city council. "What Mr. Gordon Lawshe did to my sister was extremely offensive, traumatic and scarring towards my family. I can confidently assure you guys that she will never forget this," she added.

**Scientists and scholars rally around Bobbi:** The outpouring of support for Bobbi and her love of science has been constant since the police stop hit the internet. She has received the Caldwell Environmental Commission's Sustainability Award for her contributions to improving the town's environment. At least one science writer has given Bobbi a collection of books and stickers to encourage her passion for learning. And there is the recognition from Yale. "Yale doesn't normally do anything like this. ... This is something unique to Bobbi," Opara, the Yale professor, said. She helped organize the recent ceremony and previously invited Bobbi and her sister to the campus to meet "other successful Black female scientists and to counter the horrible memories of that day." Shortly after the police encounter, Joseph told CNN that her 9-year-old hasn't been the same. But at the ceremony, she expressed gratitude for the community that has rallied around the entire family. "You know, you hear about racism; you kind of experience it in your peripheral if you're lucky in your life. It doesn't come knocking on your door. That morning when it happened, my world stopped," Bobbi's mother said, according to the university.

She added: "The whole community, the science community, got together and said, 'She's one of us and we're not going to let her lose her steam for STEM. We're going to support the family, we're going to support this girl.'"





Bobbi Wilson holds her collection of spotted lanternflies as she is honored at the Yale School of Public Health on Jan. 20, 2023.



# China says it is looking into the report of a spy balloon over U.S. airspace

Updated February 2, 2023 · 6:08 PM ET ⓘ

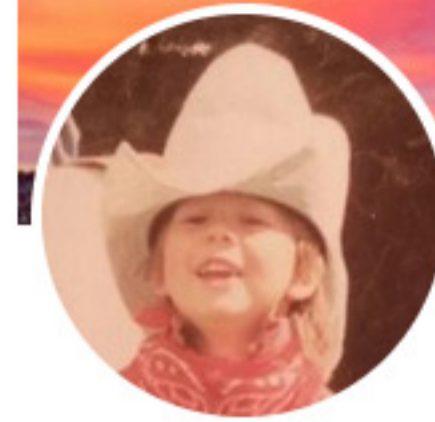
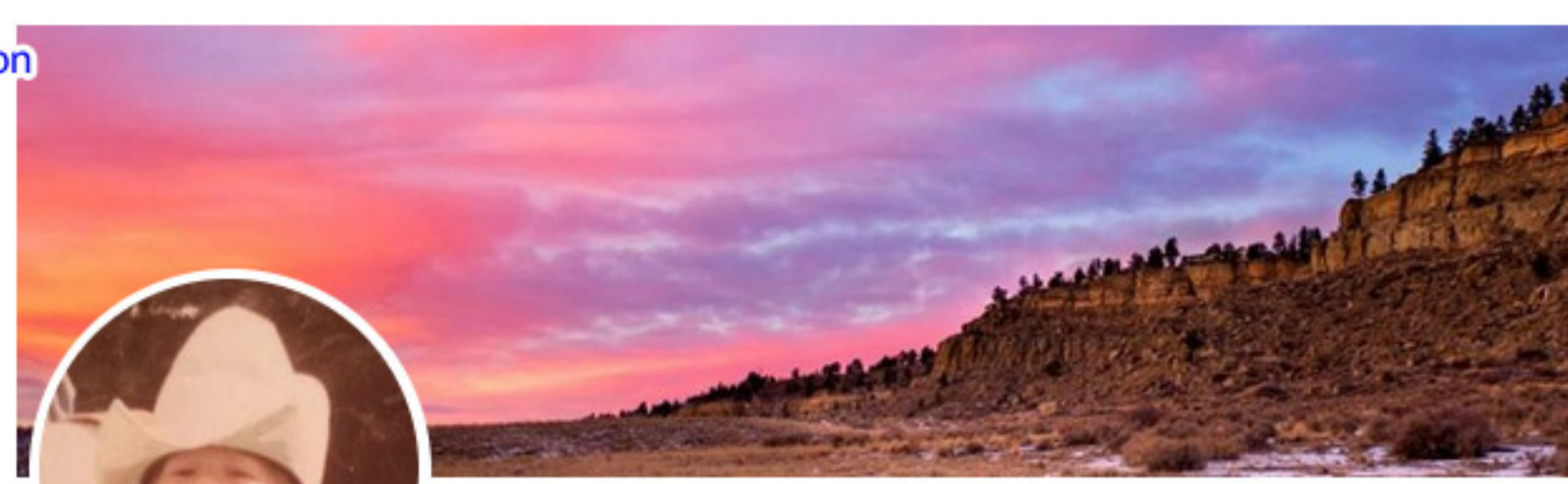
THE ASSOCIATED PRESS



A high altitude balloon floats over Billings, Mont., on Wednesday, Feb. 1, 2023. The U.S. is tracking a suspected Chinese surveillance balloon that has been spotted over U.S. airspace for a couple days.

Larry Mayer/AP

**From an office window in Billings, Montana, Chase Doak said he saw a "big white circle in the sky" that he said was too small to be the moon. "I thought maybe it was a legitimate UFO," Doak said. "So I wanted to make sure I documented it and took as many photos as I could."**



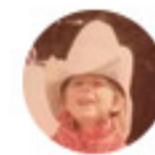
**Chase Doak**

@ckdoak

Former journalist. Beer connoisseur. Collector of cheap synthesizers.

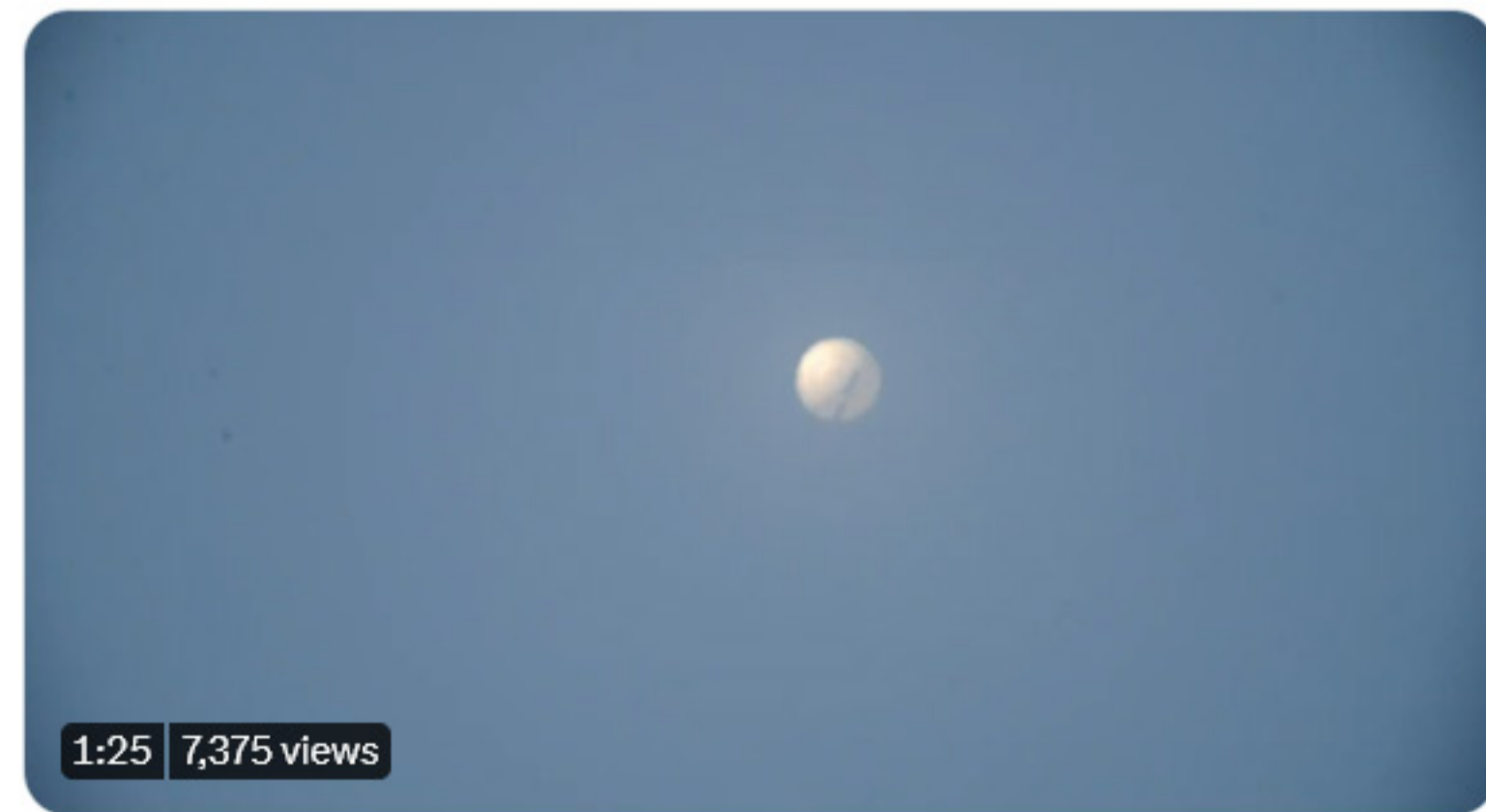
📍 Montana 📅 Joined June 2009

56 Following 160 Followers



**Chase Doak** @ckdoak · 14h

Not gonna lie. First, I thought this was a #ufo. Then, I thought it was @elonmusk in a Wizard of Oz cosplay scenario. But it was just a run-of-the mill Chinese spy balloon!



💬 33 🔄 58 ❤️ 99 📊 16.9K 📤

...



**Chase Doak** @ckdoak · 14h

Yay! One of my photos is trending 😄

💬 3 🔄 📊 915 📤



**Chase Doak** @ckdoak · 15h

Little did I know that I photographed a #chinesespyballoon yesterday.

💬 16 🔄 53 ❤️ 122 📊 14.3K 📤



Well, I was born in a small town  
And I live in a small town  
Probably die in a small town  
Oh, those small communities  
All my friends are so small town  
My parents live in the same small town  
My job is so small town  
Provides little opportunity, hey  
Educated in a small town  
Taught to fear of Jesus in a small town  
Used to daydream in that small town  
Another boring romantic, that's me  
But I've seen it all in a small town  
Had myself a ball in a small town  
Married an L.A. Doll and brought her to this small town  
Now she's small town just like me  
No, I cannot forget from where it is that I come from  
I cannot forget the people who love me  
Yeah, I can be myself here in this small town  
And people let me be just what I want to be  
Ooh nah, nah, nah, yeah, ooh yeah yeah



## Influencers are being hired by smaller cities to attract new residents and generate revenue – podcast

Published: February 2, 2023 9.17am EST

▼ [Nehal El-Hadi](#), [Daniel Merino](#), [The Conversation](#), [Avi Friedman](#), [David A. Banks](#)

“People who live in small towns know their neighbours. They meet either in community clubs and in a church. It is a different type of relations that create another aspect of what it means to live in nice places,” says Friedman. But there’s a downside to this. When smaller cities successfully recruit new residents, it can have a negative impact on the older ones. Banks says that “what it did do is make everything unaffordable, literally like triple or quadruple digit percentage increases” in the cost of living.



*Smaller cities offer a less frenetic lifestyle.*

But it appears the trend of leaving large cities to move to smaller ones is reversing. For people to stay, smaller cities need to invest more in amenities and infrastructure to support the population growth.





## Allison Kelliher

Assistant Professor, Department of Family & Community Medicine, [University of North Dakota](#)

February 3, 2023

### Native Americans have experienced a dramatic decline in life expectancy during the COVID-19 pandemic – but the drop has been in the making for generations

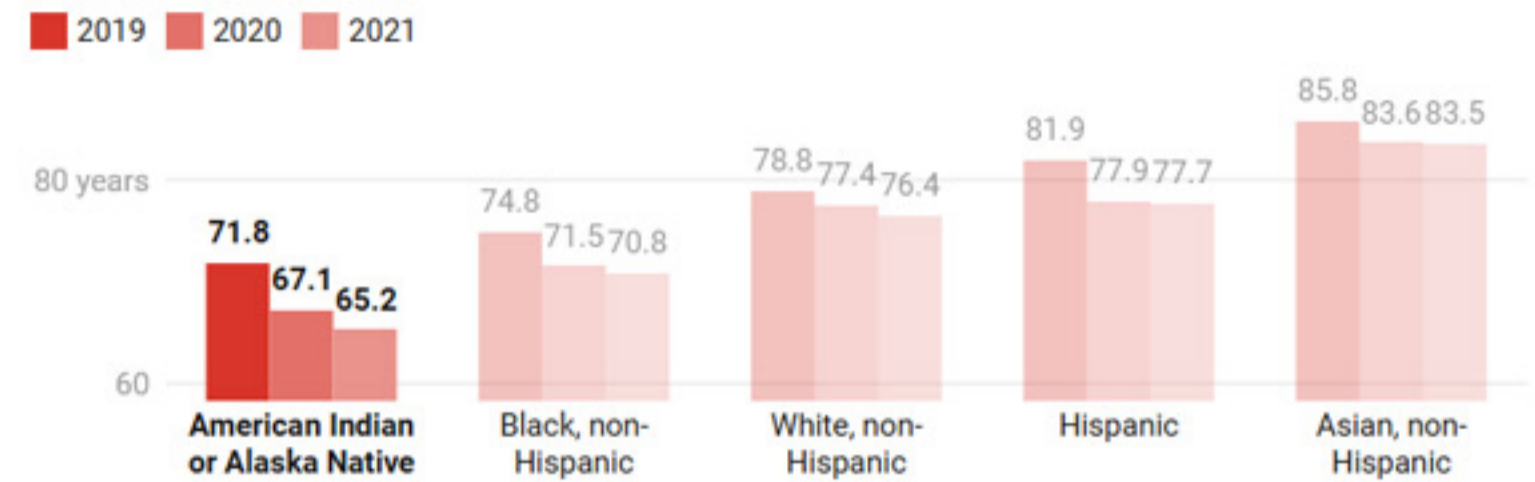


Allison Kelliher, *University of North Dakota*

Unrelenting poverty, underemployment and historical trauma all contribute to the health challenges faced by Indigenous Americans.

## Native Americans' life expectancy fell from 2019 to 2021

Even before the COVID-19 pandemic, Native Americans had the lowest life expectancy of any racial or ethnic group in the U.S. But as the pandemic unfolded, their life expectancy plummeted, dropping 6.6 years. Hispanic Americans experienced the next largest drop in life expectancy, of 4.2 years. Asian Americans saw the lowest drop in life expectancy, of 2.3 years.



## Influencers are being hired by smaller cities to attract new residents and generate revenue – podcast

Nehal El-Hadi, *The Conversation* and Daniel Merino, *The Conversation*

## Guinea worm: A nasty parasite is nearly eradicated, but the push for zero cases will require patience

Kimberly Paul, *Clemson University*

## A brief history of the Black church's diversity, and its vital role in American political history

Jason Oliver Evans, *University of Virginia*

## The ethical dilemmas behind plans for involuntary treatment to target homelessness, mental illness and addiction

Katherine Drabiak, *University of South Florida*



## Flu:

CDC estimates\* that, from October 1, 2022 through January 28, 2023, there have been:

25 – 49 million  
flu **illnesses**



12 – 23 million  
flu **medical visits**



280,000 – 600,000  
flu **hospitalizations**



17,000 – 53,000  
flu **deaths**



\*Because influenza surveillance does not capture all cases of flu that occur in the U.S., CDC provides these estimated ranges to better reflect the larger burden of influenza. These estimates are calculated based on data collected through CDC's Influenza Hospitalization Surveillance Network (FluSurv-NET) and are preliminary.

## Covid-19 killed fewer people in the US in 2022, but early data suggests it was still a leading cause of death

By Deidre McPhillips, CNN

Published 6:23 AM EST, Tue January 17, 2023

**More than 267,000 people died of Covid-19 in 2022, according to preliminary data from Johns Hopkins University, compared with more than 475,000 Covid-19 deaths in 2021 and more than 350,000 Covid-19 deaths in 2020.**

## COVID:

**2020: 350,000** people died of Covid-19 in 2020,

**2021: 475,000** people died of Covid-19 in 2021,

**2022: 267,000** people died of Covid-19 in 2022.

"Make no mistake: COVID-19 remains a significant public health threat. ... The fact that we are still losing hundreds of people a day to this virus is deeply troubling."

Jennifer Nuzzo, Director of Pandemic Center, Brown University

## This winter's U.S. COVID surge is fading fast, likely thanks to a 'wall' of immunity

February 3, 2023 · 2:13 PM ET



ROB STEIN



**Why COVID-19 remains a significant threat:** But none of this means the country doesn't have to worry about COVID anymore. **More than 400 people are still dying every day from COVID-19.** That's far fewer than the thousands who died during the darkest days of the last two winter surges. But it's still many more people than die from the flu each day, for example. "Make no mistake: COVID-19 remains a significant public health threat," Nuzzo says. "That has not changed. And the fact that we are still losing hundreds of people a day to this virus is deeply troubling. So we shouldn't have to accept that level of disease and death that we are seeing." William Hanage, an epidemiologist at the Harvard T.H. Chan School of Public Health, agrees. "It's beyond question that society has moved into a stage where the pandemic is for most of us if not over then certainly quiet. And that's a great thing. Long may it remain so," Hanage says. "Is it the case that there is no preventable suffering and death? No. There is still preventable suffering and death." Most of the people dying are elderly, many of whom have not received the latest booster against COVID-19. So getting them boosted could help a lot. And the immunity the rest of us have built up could keep fading. That means many of the rest of us may at some point need to get another booster to help further reduce the threat from COVID. Another wave of flu could still hit this year, public health experts note, and the risk continues that yet another new, even more dangerous variant of SARS-CoV-2 could emerge.

"This virus isn't done with us yet," Osterholm says.



## COVID cases, hospitalizations, deaths . . . prevalence of variants, San Diego: 12/26/2022 to 1/28/2023

[https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community\\_epidemiology/dc/2019-nCoV/status.html](https://www.sandiegocounty.gov/content/sdc/hhsa/programs/phs/community_epidemiology/dc/2019-nCoV/status.html)

	San Diego	Cases	Avg/7day	Hospital	Avg/7day	Deaths	Avg/7day	%Pos/7day
Mon	12/26/2022	962,312	675	37,071	40	5,641	2	3.9%
Mon	1/2/2023	967,078	681	37,286	31	5,662	3	3.9%
Mon	1/9/2023	970,827	536	37,576	41	5,681	3	3.9%
Mon	1/16/2023	973,139	330	37,888	<b>45</b>	5,703	3	3.9%
Sat	1/21/2023	974,767	326	38,284	<b>79</b>	5,716	3	3.9%
Sat	1/28/2023	976,826	294	38,550	38	5,728	2	3.9%

12/29/2022 > New CASES/7day = 947

01/29/2023 > New CASES/7day = 172

### Mean Viral gene copies/liter in Wastewater

[SARS-CoV-2\\_WasteWater\\_San-Diego/PointLoma\\_sewage\\_seqs.csv](#)

To monitor the prevalence of SARS-CoV-2 infections in San Diego, we are measuring virus concentration at the Encina, Point Loma, and South Bay wastewater treatment plants (see map below for catchment areas of each plant). Fragments of SARS-CoV-2 RNA are shed in urine and stool and can serve as an early indicator of changes in COVID-19 caseload in the community. To study individual virus lineages in present in San Diego, we are sequencing wastewater and performing lineage deconvolution with Freyja. The data shown here is collected by the Knight Lab at UCSD in collaboration with San Diego County.

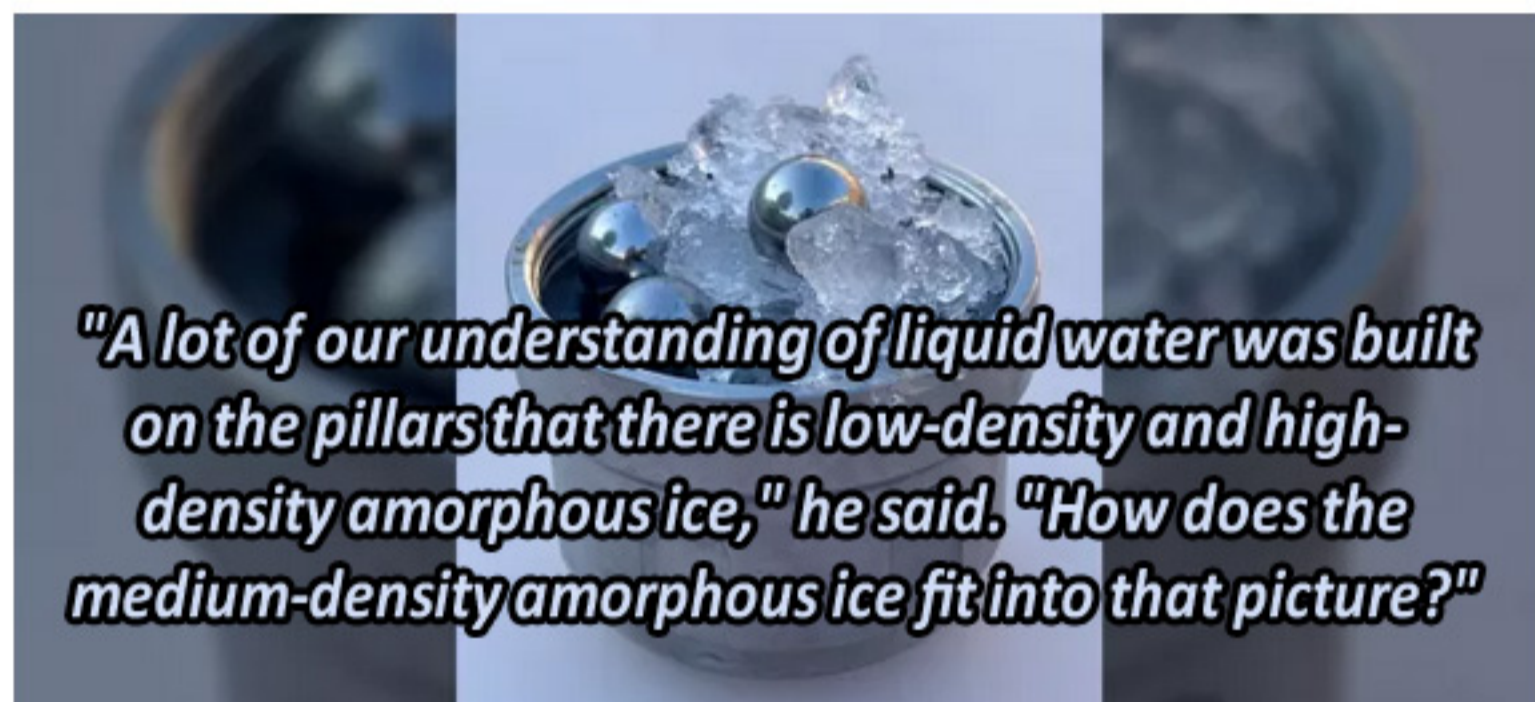
Date	Omicron	Delta	Alpha	BA.1	BA.1 .1.X	BA.2 .X	BA.2 .12.X	BA.4 .X	BA.5 .X	BA.4 .6	BQ.1 .X	BQ.1 .1.X	BF.7 .X	Recom binants	BN.1 .X	XBB.X	Date
12/26/22	94.3	0	0	0	0	6.5	0	0	13.3	0	20.5	43.5	1.2	0.2	0	9.1	12/26/22
12/27/22	94.6	0	0	0	0	9.3	0	0.6	7.4	0	22.8	47.7	0.9	0.5	0	5.5	12/27/22
12/28/22	94.2	0	0	0	0	6.7	0	0.2	7.2	0	22.3	49.3	0.5	0.2	0	8	12/28/22
1/1/2023	93.1	0	0	0	7.4	0	0.8	15.2	0	13.8	43.9	0	2.5	0	2.3	7.2	1/1/2023
1/2/2023	93.1	0	0	0	5.8	0	0.7	7.6	0	29.3	34.9	1.9	2.9	0	1.4	8.5	1/2/2023
1/3/2023	92.8	0	0	0	3.2	0	0.6	3.9	0	14.3	61.8	0	0.4	0	0.4	8.2	1/3/2023
1/4/2023	94	0	0	0	4	0.1	0.3	6.9	0	24.8	42.3	0.5	1.1	0	0.8	13.1	1/4/2023
1/8/2023	94.3	0	0	0	5.3	0	0.7	4.6	0	8.7	53	0.2	6.2	0	4.1	11.5	1/8/2023
1/9/2023	92.6	0	0	0	5.3	0	0	4.6	0	23.9	40.1	1	0.9	0	0.3	16.5	1/9/2023
1/10/2023	93.8	0	0	0	6	0	0	13.1	0	18	48.7	0.1	0.5	0	1.6	5.9	1/10/2023
1/11/2023	93.4	0	0	0	4.9	0	0.1	6.3	0	17.9	34.3	0.7	1.1	0	0.9	27.3	1/11/2023
1/15/2023	92.7	0	0	0	5.2	0	0.6	5.9	0	12	32.4	1.8	4.5	0	2.7	27.7	1/15/2023
1/16/2023	92.7	0	0	0	7.4	0	0.2	6	0	4.9	28.7	0.1	0.4	0	11.2	33.8	1/16/2023
1/17/2023	92.8	0	0	0	7.2	0	0.2	6.5	0	7.7	43.5	0.2	0.2	0	3.5	23.7	1/17/2023
1/18/2023	93.1	0	0	0	5	0	0.1	14.7	0	10.3	39.3	0	0.5	0	1.2	22	1/18/2023
1/22/2023	94.2	0	0	0	6.2	0	2	5.3	0	7.3	30.4	0.8	4.7	0	3	34.5	1/22/2023
1/23/2023	93.6	0	0	0	3.5	0	1.2	6.5	0	8.7	18.7	0	0.8	0	0.8	53.4	1/23/2023
1/24/2023	94	0	0	0	4.2	0	0.3	1.4	0	6	35.9	0	7.9	0	1.1	37	1/24/2023
1/25/2023	93.9	0	0	0	0.3	0	0.3	5.7	0	24.8	22.3	0.1	0.1	0	1.4	38.8	1/25/2023



# Scientists created a weird new type of ice that is almost exactly as dense as water

By [Stephanie Pappas](#) published about 22 hours ago

Researchers have created a never-before-seen form of ice with a disorganized structure and a density almost exactly that of liquid water.



Part of the experimental setup for making medium-density amorphous ice. (Image credit: Alexander Rosu-Finsen, Christoph Salzmänn)

The ice, known as medium-density amorphous ice, fits into a gap in the annals of frozen water that scientists weren't sure would ever be filled. Unlike the crystalline ice that forms naturally on Earth, the newly created ice doesn't have an organized molecular structure. Instead, its molecules are in a chaotic mismatch, more like glass — a state known as amorphous. Other types of amorphous ice have been made before, but they've been either much less dense or far denser than liquid water. This new Goldilocks version of amorphous ice is right in the middle, almost exactly matching liquid water's density, researchers explained in a new study published in the journal *Science* today (Feb. 2). "It's something completely new," said study senior author Christoph Salzmänn (opens in new tab), a professor of physical and materials chemistry at University College London.

**Grinding ice:** When ice freezes normally on Earth, its molecules stack into an organized crystalline structure. This crystalline ice is one of the weird quirks of H<sub>2</sub>O, because it floats on liquid water in its solid state rather than sinking. This is due to the relatively big gaps in the crystal structure of water ice, compared with other materials that form denser structures when they crystallize.

When properly manipulated, though, liquid water can also freeze in a disorganized, amorphous state. The first of these states, low-density amorphous ice, was discovered in the 1930s. It's made by depositing water vapor on very cold surfaces. This process happens naturally in space, Salzmänn said, so low-density amorphous ice may be the most common form of ice in the universe. In the 1980s, researchers discovered that they could also make high-density amorphous ice by compressing regular ice at very low temperatures. But no one ever had ever made amorphous ice with a medium density — that is, until Salzmänn and his colleagues had a "crazy Friday afternoon idea." They decided to try ball milling ice. A ball mill is a device kind of like a very advanced cocktail shaker. A material is put into a chamber with stainless-steel balls and shaken or turned until the material is ground up. Ball milling is used in many industries, but it's particularly good at creating amorphous materials and at grinding soft, frozen materials into powders, Salzmänn said. "We said, 'Why don't we ball mill ice and see what happens?'" Salzmänn said.

**Weird properties:** The researchers expected that the ball mill would just break the ice crystals into smaller ice crystals. But that's not what happened. Instead, the tumbling steel balls sheared and compressed the ice crystals, shoving them into a new state of disorganization. The result? Medium-density amorphous ice. Computer modeling showed that the ice starts in a nice, crystalline state, its hydrogen bonds forming a hexagonal lattice. The random shearing from the ball-milling pushes these hydrogen bonds this way and that, leaving them pointing up and down in a chaotic zigzag. **The new form of ice forms at 77 kelvins, or minus 321 degrees Fahrenheit (minus 196 degrees Celsius). It has some odd properties beyond its density of 1.06 grams per cubic centimeter (0.037 ounces per 0.06 cubic inches). (Water has a density of 1 gram per cubic centimeter, or 0.035 ounces per 0.06 cubic inches.) Among them, Salzmänn said, is that when the researchers compressed the medium-density ice and heated it to minus 185 F (minus 120 C), the ice recrystallized, releasing a large amount of heat.** "With other forms of [amorphous] ice, if you compress them and you release the pressure, it's like nothing happened," Salzmänn said. "But the MDA [medium-density amorphous ice] somehow has this ability to store the mechanical energy and release it through heating." Medium-density amorphous ice might occur naturally on the ice moons of gas giant planets, Salzmänn said, where the gravitational forces of the enormous worlds compress and shear the moons' ice. If so, the mechanical energy stored in this form of ice could influence the tectonics on these Hoth-like moons. Understanding medium-density amorphous ice could also help researchers understand liquid water better more generally, Salzmänn said. Water is odd not only because its crystalline form floats but also because it has other unique properties, like high surface tension and high melting and boiling points. Scientists still debate the nature of water at extremely low temperatures. Any debate now needs to take into account medium-density amorphous ice, Salzmänn said.



## US seeks to expel Russian mercenaries from Sudan, Libya

By SAMY MAGDY yesterday

CAIRO (AP) — The United States has stepped up pressure on Middle East allies to expel the Wagner Group, a military contractor owned by an oligarch with close ties to Russia's president, from chaos-stricken Libya and Sudan where it has expanded in recent years, regional officials told The Associated Press. The U.S. effort described by officials comes as the Biden administration is making a broad push against the mercenaries. The U.S. has slapped new sanctions on the Wagner Group in recent months over its expanding role in Russia's war in Ukraine. **The group is owned by Russian oligarch Yevgeny Prigozhin, who has close ties to Russian President Vladimir Putin. The Pentagon has described it as a surrogate for the Russian Defense Ministry. The Kremlin denies any connection.**

*On Feb. 16, 2016, **Yevgeny Prigozhin**, left, along with 12 other Russians and three Russian organizations, was charged by the U.S. government as part of a vast and wide-ranging effort to sway political opinion during the 2016 U.S. presidential election. According to the indictment, Prigozhin and his companies provided significant funding to the Internet Research Agency, a St. Petersburg-based troll farm that allegedly used bogus social media postings and advertisements fraudulently purchased in the name of Americans to influence the White House race. (Alexei Druzhinin, Sputnik, Kremlin Pool Photo via AP, File)*



*File - In this Saturday Sept. 7, 2019 photo, a mortally wounded fighter of the 'Shelba' unit, allied with the U.N.-supported Libyan government, is moved by comrades after being shot at the Salah-addin neighborhood front line in Tripoli. The US is making efforts to convince power brokers in Libya and Sudan to expel the Russian private military company Wagner, regional officials tell The Associated Press. The pressure comes after Washington expanded sanctions on the group. Wagner has played a role in Libya's conflict but has also been linked with a powerful Sudanese paramilitary. (AP Photo/Ricard Garcia )*



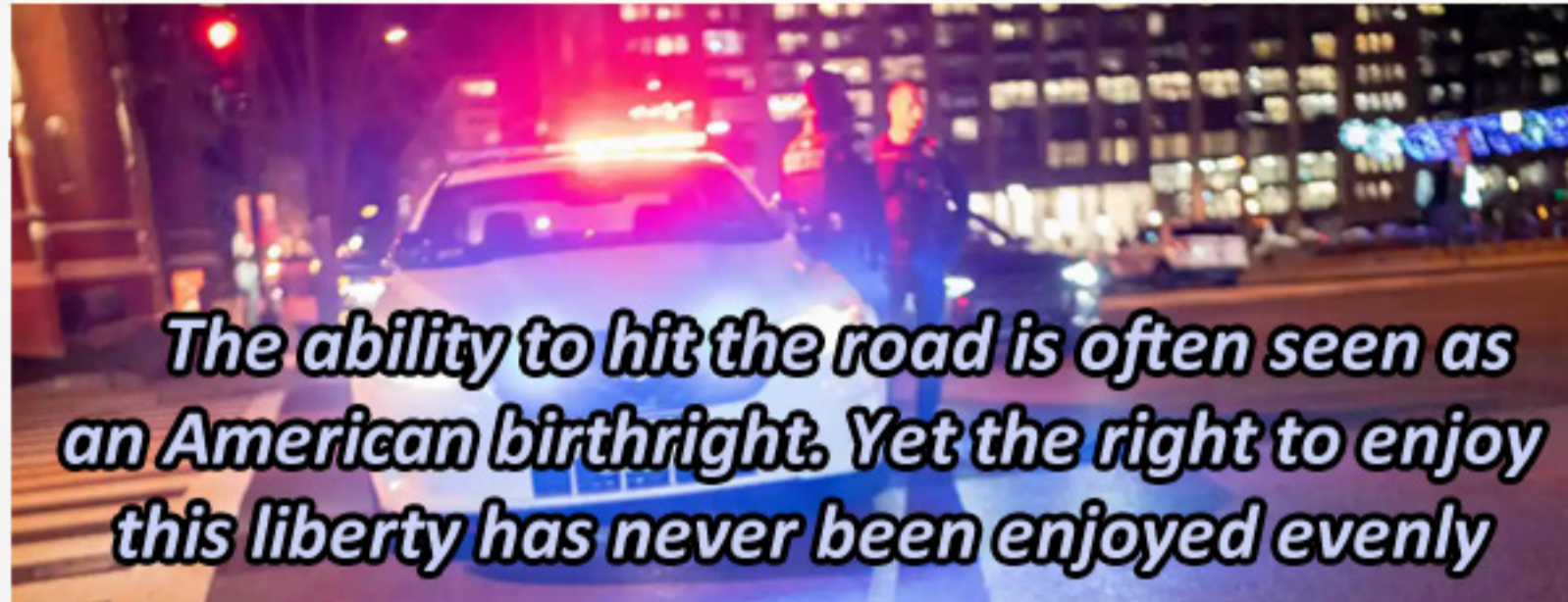


# How US police got the deadly power to stop drivers at will

## *Julie Livingston and Andrew Ross*

The practice has its roots in the 1920s. That it would lead to racial profiling was foreordained

Fri 3 Feb 2023 04.00 EST



It is no surprise that the pursuit and deadly beating of Tyre Nichols was set in motion by a police traffic stop. Despite repeated criticism of this practice, and the widespread availability of body-cam and cellphone footage, the number of fatalities from such encounters shows no sign of declining. Between 2017 and November 2022, 730 people were killed by police during these incidents. More than once a week during that time, someone not being pursued or investigated for a violent crime met their death after a traffic stop. An alarming number were stopped on the pretext of any one of a hundred or more petty traffic code violations. **How did police achieve the power, and impunity, to stop motorists seemingly at will?** Beginning in the 1920s, police departments experienced rapid growth because the mass uptake of car ownership called for adequate traffic enforcement. Until then, uniformed officers on wheels had mostly been chasing gangsters and robbers. Would they have the legal right to stop otherwise law-abiding motorists driving in their own private vehicles? Even without a warrant? Yes, the courts decided, because the cars were being operated on public roads. As Sarah Seo has shown, over the ensuing decades, judges granted more and more powers to the police to stop and search vehicles. In particular, they were given the authority to do so on the mere pretext of suspecting criminal activity – in what is now known as a pretextual traffic stop. But what constitutes a “reasonable” pretext is still a legal gray area. The fourth amendment is supposed to protect us against searches and seizures that are “unreasonable”. **The problem is that when fourth amendment cases are brought against police, courts and juries routinely defer to the officer’s testimony.**

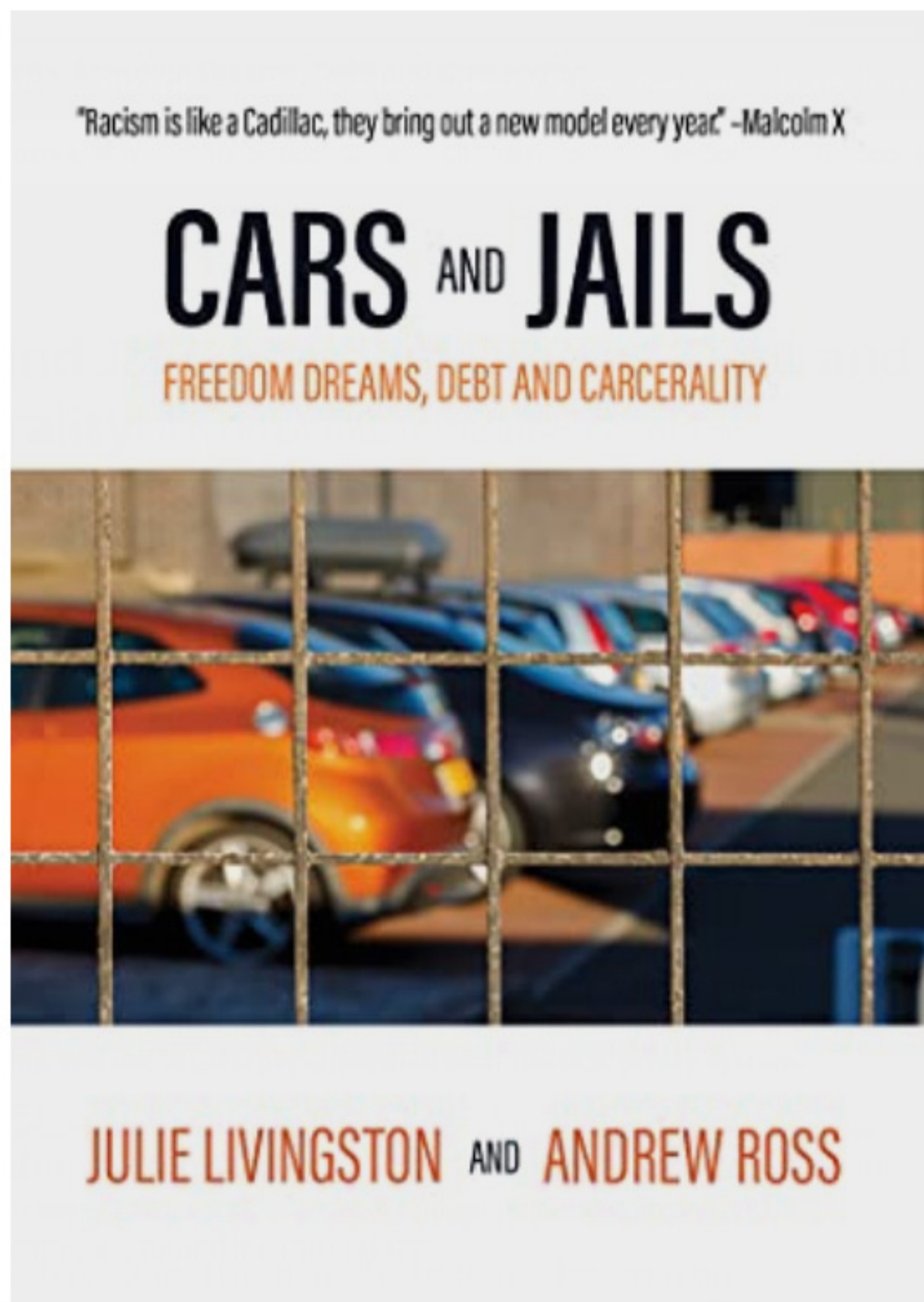
**This judicial tilt in favor of discretionary authority inevitably led to abridgments of civil liberties, and worse.** That it would lead to racial profiling was foreordained. The ability to hit the road is often seen as an American birthright, manifest in the freedom to travel from coast to coast, unrestricted and un surveilled. Yet the right to enjoy this liberty has never been enjoyed evenly, because of the restrictions historically placed on the movement of Black (and, in many regions, brown) people by vigilantes, police and other government agents. Today’s warrantless traffic stops are part of the lineage of the many efforts to limit the access of people of color to the heavily mythologized freedom of the open road. So, too, the well-known perils of “driving while Black” or brown are amplified by the paramilitary technology embedded in today’s police cars. Such features include drone-equipped trunks, bumper-mounted GPS dart guns, automatic license plate readers, voice dictation technology, facial and biometric recognition, thermal imaging, augmented reality eyewear, smart holsters, Shot-Spotter gunfire detectors, and advanced computers and software that allow instant access to government and law enforcement databases. “Hot spot” policing requires hi-tech cars to move information, through targeted urban neighborhoods. In 1960, James Baldwin compared an officer “moving through Harlem” to “an occupying soldier in a bitterly hostile country”. Today’s saturation patrols, like Scorpion, the Memphis unit that hunted down Nichols, bear more of a resemblance to counter-insurgency missions by special operations forces.

**What will the public outrage at Tyre Nichols’s death achieve?** Aside from renewing the call to defund the police, one particular reform should be self-evident. Remove armed police from the business of traffic duties, just as they have been withdrawn from tollbooth and parking enforcement. Nor is public safety served by their insatiable appetite for ticketing for minor infractions. For example, a 2016 study of New York City precincts by Transportation Alternatives showed that officers issued more tickets for tinted windows than for speeding and failure to yield combined; in the predominantly African American neighborhood of Brownsville, over a four-month period, 1,257 summonses were issued for tinted windows and only 85 for failure to yield.

We still don’t know why Tyre Nichols was apprehended. As of Thursday, the official report seems to be odds with the evidence of the video footage. But, aside from the brutality of the officers involved, the ruination of his life, and so many others, can be laid at the door of a defective paradigm of traffic policing. It is high time to try a different approach to public safety – one that would have allowed Nichols to reach his mother’s driveway in peace.

*Julie Livingston and Andrew Ross are NYU professors and authors of Cars and Jails: Freedom Dreams, Debt, and Carcerality (OR Books)*





## Cars and Jails: Freedom Dreams, Debt and Carcerality Paperback – November 29, 2022

by [Julie Livingston](#) (Author), [Andrew Ross](#) (Author)

**"Racism is like a Cadillac, they bring out a new model every year."  
— Malcolm X (a former auto worker)**

**Written in a lively, accessible fashion and drawing extensively on interviews with people who were formerly incarcerated, *Cars and Jails* examines how the costs of car ownership and use are deeply enmeshed with the U.S. prison system.**

American consumer lore has long held the automobile to be a "freedom machine," consecrating the mobility of a free people. Yet, paradoxically, the car also functions at the cross-roads of two great systems of entrapment and immobility— the American debt economy and the carceral state.

*Cars and Jails* investigates this paradox, showing how auto debt, traffic fines, over-policing, and automated surveillance systems work in tandem to entrap and criminalize poor people. The authors describe how racialization and poverty take their toll on populations with no alternative, in a country poorly served by public transport, to taking out loans for cars and exposing themselves to predatory and often racist policing.

Looking skeptically at the frothy promises of the "mobility revolution," Livingston and Ross close with thought-provoking ideas for a radical overhaul of transportation.



## **The new global gold rush** | February 3, 2023 | Stacey Vanek Smith

*Julia Grugan, 20, a senior at Temple University recently made one of her first major investments: A 10 gram gold bar.*

"There's so much cultural weight that comes with gold," 20-year-old Julia Grugan says. "You feel, you feel a little bougie, you feel special." Grugan says her grandfather, a schoolteacher, invested in stocks and gold and was able to retire very comfortably. In fact, one of the first things she did after she got her gold piece was text her grandma: "I said, 'Please tell Poppy that I just bought my first 10 grams of gold.' And she said, 'Poppy says, 'WOW. Awesome.'"





## 2023 Grammy Awards: The Beyoncé paradox

February 3, 2023 | Nat Chinen, Sheldon Pearce, Ann Powers, Stephen Thompson

*At this year's awards on Sunday night, Beyoncé could become the artist with the most Grammys ever. She could also go down in history as the most snubbed.*

**She's been here before:** Beyoncé performs at the Grammy Awards in 2017, when she was nominated in record, album and song of the year but lost all three awards to Adele.





# Route to Super Bowl dangerous for Mexico's avocado haulers

By ARMANDO SOLÍS yesterday



SANTA ANA ZIROSTO, Mexico (AP) — It is a long and sometimes dangerous journey for truckers transporting the avocados destined for guacamole on tables and tailgates in the United States during the Super Bowl. It starts in villages like Santa Ana Zirosto, high in the misty, pine-clad mountains of the western Mexico state of Michoacan. The roads are so dangerous — beset by drug cartels, common criminals, and extortion and kidnap gangs — that state police provide escorts for the trucks brave enough to face the 40-mile (60-kilometer) trip to packing and shipping plants in the city of Uruapan. Truck driver Jesús Quintero starts early in the morning, gathering crates of avocados picked the day before in orchards around Santa Ana, before he takes them to a weighing station. Then he joins up with other trucks waiting for a convoy of blue-and-white state police trucks — they recently changed their name to Civil Guard — to start out for Uruapan. **“It is more peaceful now with the patrol trucks accompanying us, because this is a very dangerous area,”** Quintero said while waiting for the convoy to pull out. With hundreds of 22-pound (10-kilogram) crates of the dark green fruit aboard his 10-ton truck, Quintero’s load represents a small fortune in these parts. Avocados sell for as much as \$2.50 apiece in the United States, so a single crate holding 40 is worth \$100, while an average truck load is worth as much as \$80,000 to \$100,000.

Mexico supplies about 92% of U.S. avocado imports, sending north over \$3 billion worth of the fruit every year. But it’s often not just the load that is stolen. “They would take away our trucks and the fruit, sometimes they’d take the truck as well,” Quintero said. “They would steal two or three trucks per day in this area.”

Grower José Evaristo Valencia is happy he doesn’t have to worry if his carefully tended avocados will make it to the packing house. Packers depend on arrangements they have made with local orchards to fill promised shipments, and lost avocados can mean lost customers. “The main people affected are the producers,” Valencia said. “People were losing three or four trucks every day. There were a lot of robberies between the orchard and the packing house.” The police escorts “have helped us a lot,” he said. Once the avocados reach Uruapan or the neighboring city of Tancitaro — the self-proclaimed avocado capital of the world that greets visitors with a giant cement avocado — the path to the north is somewhat safer. The shipment north of avocados for Super Bowl season has become an annual event, this year celebrated in Uruapan. It is a welcome diversion from the drum-beat of crimes in the city, which is being fought over by the Viagras and Jalisco cartels. On Jan. 17, Michoacan Gov. Alfredo Ramírez Bedolla “kicked off” the first Super Bowl avocado shipments, literally, kicking a football through tiny goalposts on an imitation football field. Behind him, a big tractor trailer bore a huge sign reading “Let’s Go! Super Bowl 2023.”

It was an attempt by Michoacan growers to put behind them last year’s debacle, when the U.S. government suspended inspections of the fruit in February, right before the 2022 Super Bowl. The inspections were halted for about 10 days after a U.S. inspector was threatened in Michoacan, where growers are routinely subject to extortion by drug cartels. Some Michoacan packers were reportedly buying avocados from other, non-certified states and trying to pass them off as being from Michoacan and were angry the U.S. inspector wouldn’t go along with that. U.S. agricultural inspectors have to certify that Mexican avocados don’t carry diseases or pests that would harm U.S. orchards. The Mexican harvest is January through March, while avocado production in the U.S. runs from April to September. Exports resumed after Mexico and the United States agreed to enact “measures that ensure the safety” of the inspectors. “This season we are going to recover the confidence of the producers, growers and consumers. By increasing the export production, we hope to send 130,000 tons this season,” the governor said.

## SANTA ANA ZIROSTO, Mexico is 1674 miles from San Diego, CA





# Oil's New Map: How India Turns Russia Crude Into the West's Fuel

- Asian nation has boosted purchases of Russian crude since war
- Fuels sent to the US, EU in new trade flows to ensure supply



EU Import Ban on Russian Oil Products Starts Sunday

Yongchang Chin and Rakesh Sharma

February 4, 2023 at 6:30 PM PST

India is playing an increasingly important role in global oil markets, buying more and more cheap Russian oil and refining it into fuel for Europe and the US. Yet New Delhi has faced little public blowback because it's meeting the West's twin goals of crimping Moscow's energy revenue while preventing an oil supply shock. And as Europe ramps up sanctions, India is only going to become more central to a global oil map that's been redrawn by Vladimir Putin's year-long war in Ukraine. "US treasury officials have two main goals: keep the market well supplied, and deprive Russia of oil revenue," said Ben Cahill, a senior fellow with the Center for Strategic and International Studies, a Washington think tank. "They are aware that Indian and Chinese refiners can earn bigger margins by buying discounted Russian crude and exporting products at market prices. They're fine with that."



## Indian refineries ditch US dollar to buy Russian oil amid Ukraine sanctions - report



Hindustan Times ✓

5.14M subscribers

140,670 views Feb 4, 2023 #ukrainewar #dirham

#russiaukrainewar

Indian refiners have begun paying for Russian oil in UAE Dirham instead of U.S. dollars, Reuters has reported. The news agency cited four sources with knowledge of the matter. The report said that Indian refiners and traders are concerned they may not be able to continue to settle their trade in dollars, especially if the price of Russian oil rises above the cap imposed by the G7 nations and Australia in December.





### UK's shortest-serving PM Liz Truss blames economic 'orthodoxy' for downfall

Reuters UK · 4 hours ago



- **Liz Truss: I was never given realistic chance to enact tax cuts**

BBC · 4 hours ago

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**British Prime Minister Liz Truss** announces her resignation, outside Number 10 Downing Street, London, Britain October 20, 2022.

**Liz Truss has said she was never given a "realistic chance" to implement her radical tax-cutting agenda by her party.**





# Downtown San Diego residents rattled by military training near high-rise apartments

"It's never been this close to my home."



By: Ryan Hill

Posted at 6:53 AM, Feb 04, 2023 and last updated 6:56 AM, Feb 04, 2023

SAN DIEGO (KGTV) — It was a calm Thursday night for Audrey Reynolds and Rob Quigley in their apartments in Downtown San Diego. But it all changed abruptly. "So, I went and looked and realized it was military helicopter after military helicopter going under my balcony," said Reynolds. "There were about a dozen of these one after the other lights off, all black. It was scary. And the damage; I don't know how much damage has been done to my ears. But these things were at a decibel level that was unbelievable," Quigley said.

Earlier this week, ABC 10News was first to report that the U.S. Army would be exercising military training in different parts of San Diego until Friday. "I would like better notice next time. I think everybody would appreciate that," said Reynolds. The Army's said in a previous statement there were in part, "Safety precautions are in place to protect participants, along with planning considerations to minimize impact to the community." It also stated that, "This training was coordinated with appropriate officials."

ABC 10News wanted to know who those officials were to sign off on this training. Outside of previous statement, as of Friday night ABC 10news hasn't heard back from the Army regarding the training's approval or coordination. A member of San Diego Mayor Todd Gloria's communications team told ABC 10News this isn't something for them to discuss, it's a military operation and the mayor has nothing to do with it.

San Diego Police previously said that these are pre-planned military exercises. But, after reaching back out again on Friday, we haven't heard back from them about the approval of this training happening so close to residents. "Everyone's like, 'Oh you live in San Diego you should be used to this. But it's never been this close to my home,'" said Reynolds. "It just seems like just a simple courtesy. It's not going to affect their military exercise," Quigley said.

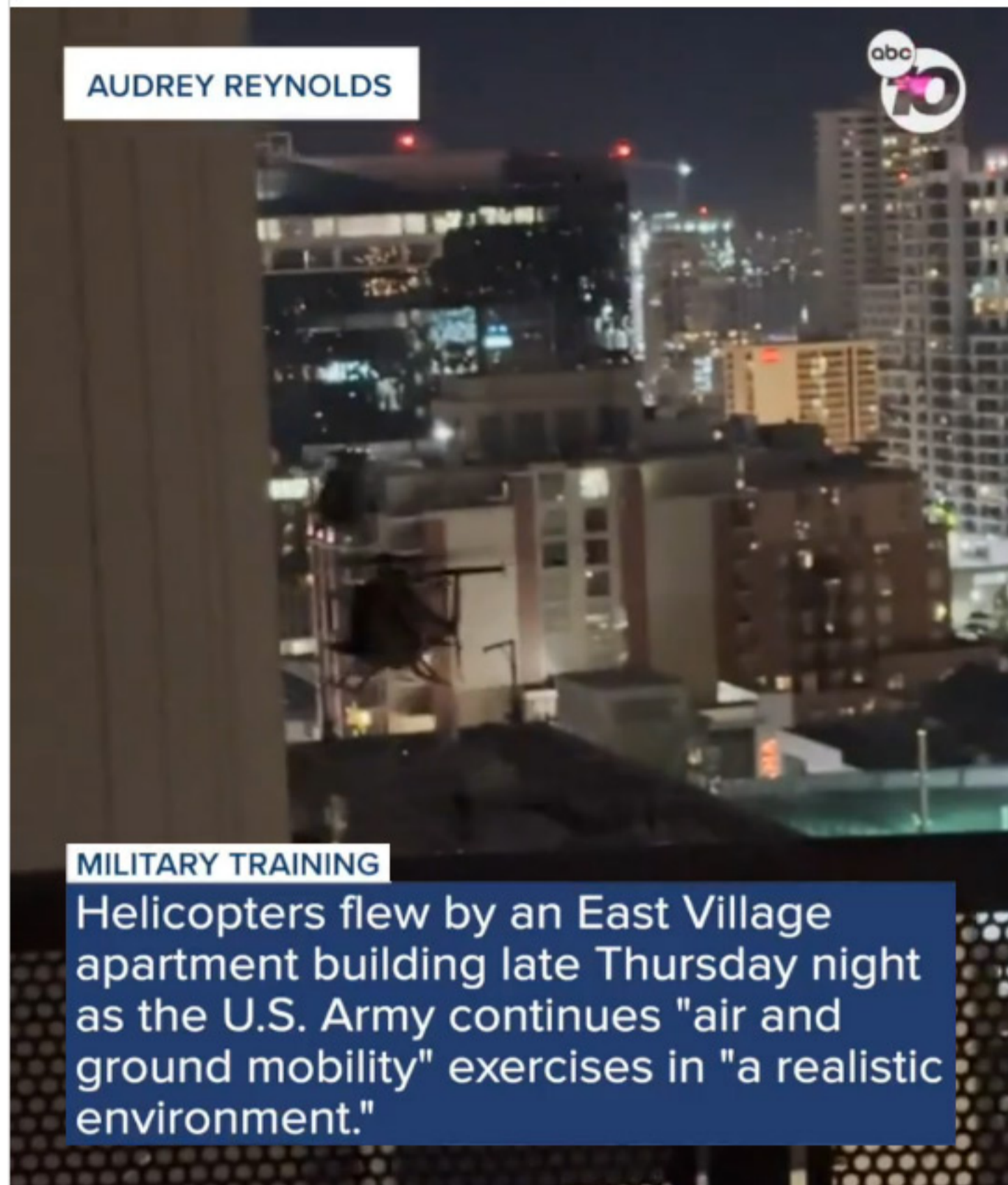
**As we reported, the Army says the training for the air, ground, and combat is to give soldiers a chance to hone their skills in a realistic environment.**



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AUDREY REYNOLDS



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Check out this point of view from an East Village resident's balcony as helicopters soared above 13th Street and went past K & J streets downtown Thursday night. The U.S. Army has been conducting various ground and air operations exercises in "designated areas" across San Diego County since Jan. 24. Although some city and county officials were alerted about this, the general public was caught by surprise. A statement the Army issued on Wednesday indicated the exercises would finish by Saturday, Feb. 4. No locations were disclosed. (📷: Audrey Reynolds)

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## CHULA VISTA

# Shooting Reignites Chula Vista Neighborhood Concerns for Homeless Encampments

Families near the shuttered park believe reported illegal activity from a dispersed homeless encampment is moving into their neighborhoods

By Jackie Crea, Renee Schmiedeberg and Kelvin Henry • Published February 5, 2023 • Updated on February 5, 2023 at 11:37 pm



The closing of Harborside Park did not lead to crime spilling out into the community, Mayor McCann says.

Chula Vista police shot a homeless man who was holding someone hostage Saturday night at knifepoint, according to the agency. It happened at an apartment complex housing families, including young children. Not far from the shooting is Harborside Park. The city shut that park down over the summer because of the growing homeless population and reported illegal activity. Families told NBC 7 they believe that activity has moved into their neighborhoods. Dorothy Cuevas has lived in Chula Vista for 30 years. Harborside Park was a big part of her kid's childhood. "They used to play baseball, basketball playground there. You know I would let them go because back then it was all OK. You know, because there was no crime. But now you can't let your kids out," said Cuevas.

In August, the city shutdown the park after a sizeable homeless encampment had been set up. Cuevas is sympathetic to the struggles the unsheltered face.

"Mainly I think because of the elementary school, you know they were concerned of them being around the kids but then they set up encampments around the street and it's right by the school again. So I don't see what the point was," Cuevas said. In the past, some residents applauded the city decision to shut it down, hoping it would stop reported crime and drug use. But others thought it was an insensitive way to handle only part of the problem. "It is getting worse, you know. They'll shoo them out of here in one spot but where do they go? Right. There's nowhere to go. So they just go into neighborhoods or like I said, anyplace they can find," said Cuevas.

Chula Vista Mayor John McCann said closing the park was the best decision at the time. "We believe that everybody who was homeless at that park was given an opportunity to find housing and get support from our city and from the non-profits that we work with. So we believe the transition went well," McCann said.

The homelessness issue is not just isolated to Chula Vista, but is a county and state issue as well, Mayor McCann said. "We have a long-term aggressive plan to be able to help people get off the street. We will be opening hopefully in the next several months, a bridge shelter that will have 66 units where we will be able to allow people who need to be housed have wraparound services," Mayor McCann said. Chula Vista police said they answered a call to an apartment complex on Moss Avenue on Saturday night. According to officers, the callers stated that two homeless people were possibly setting up camp in an apartment stairwell, banging on doors, yelling, and possibly using drugs or dealing with mental illness. Detectives said they encountered two homeless men, one holding the other hostage with a knife. Oscar Ventura lives in that complex.

"Suddenly we just saw a bunch of cops gathering around and I saw a cop pulling out an assault rifle. That's when I thought, OK it's something serious," said Ventura.

Detectives said that when the suspect refused to drop the weapon, an officer shot him. No one else was seriously hurt. Ventura said that is too close for comfort. "I have three little kids. I mean my kids like to play outside so it's concerning. I mean, the laundromat is back there too. We have wash to do. We got things to do and if anything goes wrong, you know family is involved," said Ventura.

"I respect any people's situation. I mean I just hope that they find a better solution for homeless people," said Ventura.



# Sinema's split from Democrats shows party discord in Arizona

By JONATHAN J. COOPER today

*One thing Democrats have going for them: Republicans aren't likely to be any less divided than they've been since Trump took over the party in 2016.*



The Arizona Democratic Party last month had its first contested election for chair in 12 years, pitting a candidate backed by Gov. Katie Hobbs against one backed by most of the state's other elected Democrats. The party elected longtime union leader Yolanda Bejarano, who was endorsed by U.S. Sen. Mark Kelly, Gallego and others, bucking the tradition of deferring to the preference of a Democratic governor. Hobbs said Thursday she had not yet spoken to Bejarano — nearly a week after the election. The party discord in Arizona reverberates beyond the state. Hobbs subtly suggested she would not be supporting her old friend Sinema. Hobbs and Sinema are both former social workers who campaigned together for the state Legislature a decade ago, Sinema getting elected to the Senate and Hobbs to the House. Congratulating the new Arizona Democratic Party leadership team on Twitter, Hobbs wrote that she looks forward to helping the party “win back our US House & Senate seats.”





# Ted Cruz wants two-term limit for senators – and a third term for himself

**Texas senator says he ‘never said I’m going to unilaterally comply’ with his own proposed restriction**



📷 Ted Cruz speaks in Las Vegas in November. Photograph: Anadolu Agency/Getty Images

**Martin Pengelly** *in New York*

🐦 @MartinPengelly

Sun 5 Feb 2023 13.06 EST

## Ted Cruz wants two-term limit for senators – and a third term for himself

The Guardian US · 18 hours ago

- CBS presses Ted Cruz on seeking 3rd term as he backs 2-term limit

Business Insider · 21 hours ago

[View Full Coverage](#)





# Victims to speak in court in Chasing Horse's sex abuse case

By RIO YAMAT today



Former actor Nathan Lee Chasing His Horse, right, also known as Nathan Chasing Horse, appears in North Las Vegas Justice Court Thursday, Feb. 2, 2023, in North Las Vegas, Nev. Chasing Horse was arrested Jan. 31 on possible charges related to sex trafficking, sexual assault of a child younger than 16 and child abuse, according to court records. (Bizuayehu Tesfaye /Las Vegas Review-Journal via AP)

NORTH LAS VEGAS, Nev. (AP) — Victims, police detectives and federal agents are expected to speak in court Monday before a judge decides whether to grant bail to a former “Dances With Wolves” actor accused of sexually abusing Indigenous girls and leading a cult during a period spanning two decades. Nathan Chasing Horse, 46, faces charges of sex trafficking, sexual assault and child abuse after his arrest last Tuesday near the North Las Vegas home he shares with his wives. He has not been formally charged in the case. He appeared briefly in court Thursday in North Las Vegas for the first time but did not speak as his public defenders invoked on his behalf his right to a detention hearing, citing Nevada case law that requires prosecutors to present convincing evidence as to why a defendant should remain in custody. Clark County Chief Deputy District Attorney Jessica Walsh told the judge Thursday that she expected Las Vegas police detectives, FBI special agents and victims to speak at Monday’s hearing.

North Las Vegas Justice of the Peace Natalie Tyrrell could also hear from Chasing Horse’s relatives, who attended his first court hearing last week and filled up an entire row in the courtroom gallery in a show of support. Known for his role as young Sioux tribe member Smiles a Lot in Kevin Costner’s Oscar-winning film, Chasing Horse built a reputation for himself among tribes across the United States and in Canada as a “medicine man” who performed healing ceremonies. He was born on the Rosebud Reservation in South Dakota, which is home to the Sicangu Sioux, one of the seven tribes of the Lakota nation. In a 50-page search warrant obtained by The Associated Press, police described Chasing Horse as the leader of a cult known as The Circle, whose followers believed he could communicate with higher powers. Police said he abused his position, physically and sexually assaulted Indigenous girls and took underage wives over two decades. According to the warrant, Chasing Horse trained his wives to use firearms and instructed them to “shoot it out” with police officers if they tried to “break their family apart.” If that failed, or if he was ever to be arrested or die unexpectedly, he told his wives to take “suicide pills,” the document said. SWAT officers and detectives took Chasing Horse into custody last week and cleared the family’s home without incident. Detectives who searched the property found guns, 41 pounds (18.5 kilograms) of marijuana and psilocybin mushrooms, and a memory card with multiple videos of sexual assaults, according to an arrest report released Wednesday. Additional charges could be filed related to the videos, the report said. **Las Vegas police said in the search warrant that at least six victims had been identified, including one who was 13 when she says she was abused and another who says she was offered to him as a “gift” when she was 15.** Police said the crimes date to the early 2000s and span multiple states, including South Dakota, Montana and Nevada, where he has lived for about a decade. His arrest came nearly a decade after he was banished from the Fort Peck Reservation in Poplar, Montana, amid similar allegations.





# Beyoncé sets a new Grammy record, while Harry Styles wins album of the year

Updated February 6, 2023 - 12:53 AM ET ⓘ



ANASTASIA TSIOLCAS



HAZEL CILLS



Beyoncé accepts best dance/electronic music album for RENAISSANCE during the 65th Grammy Awards in Los Angeles Sunday. The prize gave her 32 Grammys, the most of any artist in the awards' history.

Beyoncé, whose album RENAISSANCE was released in July 2022, was nominated for nine awards at the 65th annual Grammys, which were handed out on Sunday, February 5.



# Iran singer who faces prison wins Grammy for protest anthem

By JON GAMBRELL today

DUBAI, United Arab Emirates (AP) — An Iranian singer who faces possible prison time for his song that's become an anthem to the ongoing protests shaking the Islamic Republic wept early Monday after seeing he'd won a Grammy. Shervin Hajipour appeared stunned after hearing Jill Biden, the wife of President Joe Biden, announce he'd won the Grammy's new song for social change special merit award for "Baraye." An online video showed Hajipour in a darkened room, wiping tears away after the announcement. Hajipour's song "Baraye," or "For" in English, begins with: "For dancing in the streets," "for the fear we feel when we kiss." The lyrics list reasons young Iranians have posted on Twitter for why they had protested against Iran's ruling theocracy. It ends with the widely chanted slogan that has become synonymous with the protests since the September death of Iranian-Kurdish woman Masha Amini: "For women, life, freedom." Released on his Instagram page, the song quickly went viral. Hajipour then was arrested and held for several days before being released on bail in October. The 25-year-old singer faces charges of "propaganda against the regime" and "instigating the violence," according to Human Rights Activists in Iran, a group that's been monitoring the monthslong protests.



First lady Jill Biden accepts the award for best song for social change on behalf of Shervin Hajipour for "Baraye" at the 65th annual Grammy Awards on Sunday, Feb. 5, 2023, in Los Angeles. (AP Photo/Chris Pizzello)







# Fire extensively damages Buddhist temple in Australian city

today

The damaged structure is seen at the scene of a fire at the Bright Moon Buddhist Temple in Springvale South, Melbourne Monday, Feb. 6, 2023. The Buddhist temple in Melbourne was extensively damaged by fire Sunday. About 80 fire-fighters fought the blaze at the temple. Fire investigators haven't yet determined the cause. No injuries were reported. (Diego Fedele/AAP Image via AP)





# Cheap Blender Better? \$630 Vitamix vs Ninja, Hamilton Beach, Cuisi...



[https://youtu.be/KtVWtKn0\\_D4](https://youtu.be/KtVWtKn0_D4)

Brand	Chia Seed Performance Rating	Performance Crushing Ice	Smoothie Performance Rating	Peanut Butter Performance Rating	Average Finish
Vitamix, \$630	1	2	1	1	1.3
Nutribullet, \$105	2	3	1	2	2.0
Ninja, \$95	8	1	3	4	4.0
Syvio, \$60	3	6	4	3	4.0
WantJoin, \$73	4	7	1	4	4.0
BioChef, \$105	2	9	1	4	4.0
Yabano, \$26	5	4	3	6	4.5
Cuisinart, \$100	3	8	2	5	4.5
Brentwood, \$39	6	5	5	5	5.3
Hamilton Beach, \$25	7	10	4	7	7.0

Project Farm, 2.77M subscribers, 744,527 views, Dec 4, 2022

10 Blenders Compared: Vitamix, Nutribullet, Ninja, Syvio, WantJoin, BioChef, Yabano, Cuisinart, Brentwood and Hamilton Beach. Blenders compared for crushing ice, making smoothies, breaking down seeds, and making peanut butter from peanuts. I purchased all of the blenders to ensure an unbiased review.







Roll over image to zoom in



# NutriBullet Juicer Centrifugal Juicer Machine for Fruit, Vegetables, and Food Prep, 27 Ounces/1.5 Liters, 800 Watts, Gray NBJ50100

Visit the NutriBullet Store

★★★★☆ 2,588 ratings

Brand	NutriBullet
Color	Gray
Special Feature	Dual speed control
Product Dimensions	11"D x 19"W x 11"H
Material	Stainless Steel

### About this item

- Who said juicing was complicated. The NutriBullet Juicer is designed for efficiency and convenience, so you can enjoy fresh, homemade juice every day.
- Dual speeds gives you full control over the softest or hardest fruits and veggies, so you can get the most out of your produce. A no-drip spout ensures you don't miss a drop.
- The 27 oz. sealing juice pitcher allows you to juice and store fresh juice for up to 48 hours for make-ahead, grab-and-go convenience.
- A 3" feed chute accommodates whole fruits and vegetables, so you can juice quickly – no slicing or dicing required.
- Lift off our self-contained pulp basin and bring it right to your sink. The sieve, pulp basin and juice pitcher are all dishwasher-safe.
- Includes: (1) 800W Motor Base, (1) 1.5L Pulp Basin with 3" wide feed chute, (1) Stainless Steel Sieve, (1) 27oz Juice Pitcher (1) Sealing pitcher lid with froth separator, (1) Food Pusher, (1) Cleaning Brush and User & Recipe Guides
- The sieve is made from stainless steel. The Pulp Basin and Juicer Pitcher are made from durable, BPA-Free Plastic. Unit Dims – 8.8" L x 9.4" W x 16" H

Show more

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Easy to use ★★★★★ 4.3

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prime

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WASHINGTON (AP) — Look for new faces and fresh political dynamics as President Joe Biden delivers this year's State of the Union address, coupled with attention to some old problems brought back into painful focus by recent events.

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# The 'He Gets Us' commercials promote Jesus. Who's behind them and what is the goal?

February 6, 2023 · 4:54 PM ET

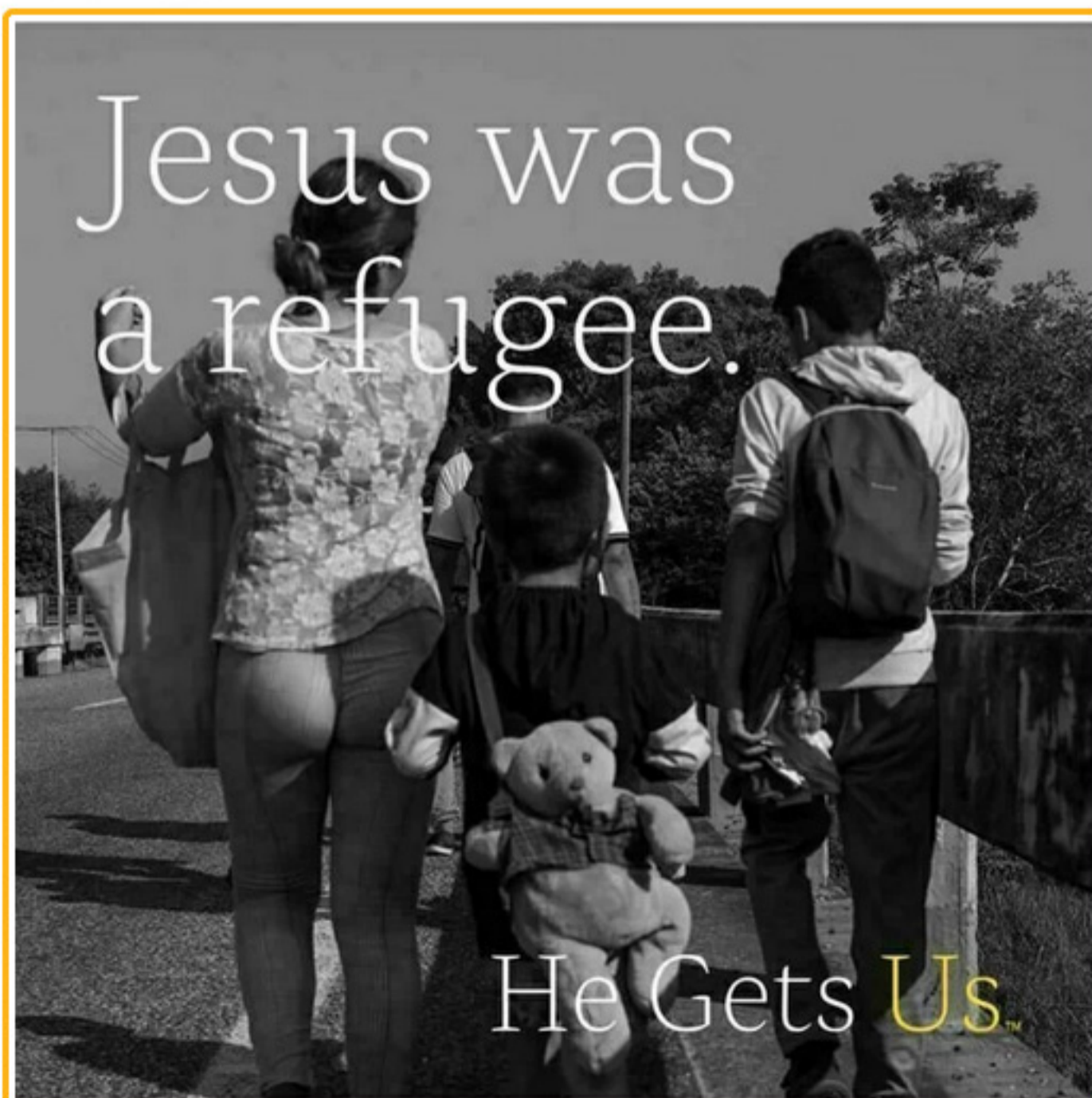


MANUELA LÓPEZ RESTREPO



u/hegetsus  
Promoted

When their baby was threatened with death, Mary and Joseph fled from Bethlehem. He gets us. All of us.



A screenshot of one of the 'He Gets Us' campaign advertisements, this one on Reddit.

**Jesus Christ is now the center of a multimillion-dollar advertising campaign funded by the founder of Hobby Lobby and others, that is apparently just getting started.**

**Who is he?** Well, in Christianity, he's known as the son of God. But in this scenario, "He" is the center of a marketing campaign that has spread far across the U.S., spanning between billboards, banner ads online, and a forthcoming Super Bowl commercial.

- The ads all stem from the central idea that "He Gets Us". They discuss how "He" (Jesus Christ) was a refugee, had disdain for hypocrisy, and was also unfairly judged like other marginalized members of modern society.
- In one of the commercials, a black and white slideshow of photos tells the story of Central American migrants who must flee their home to avoid persecution. At the end, it is revealed the story being told is that of Jesus and his parents, Mary and Joseph.
- The ads are reportedly funded in part by the family that owns the notably religious craft store chain Hobby Lobby, according to Christianity Today, as well as other evangelical groups, including a foundation called The Signatry. Other donors have kept their identities anonymous.

**What's the big deal?** It's part of a well-funded campaign that is just getting started.

- The advertisements are part of an effort to shift away from a negative public perception of Christians, and towards Jesus, says Bob Smietana, national reporter for Religion News Service, in an interview with NPR.
- Smietana says that the campaign is attempting to appeal to groups that may have felt excluded or repelled by the church in recent years, like members of the LGBTQ community, different races and ethnicities, those who lean more liberal politically, or people who have kept up with scandals of abuse.
- The group behind the campaign has also purchased an advertisement slot for this Sunday's Super Bowl, one of the most expensive brand platforms out there. The estimated costs for those ads will run around \$20 million.
- In an interview with Christianity Today, the branding firm for the campaign said the plan included investing \$1 billion over the next three years, a budget comparable to that of a major brand.

**So what now?**

- The upcoming Super Bowl is expected to see a boost in viewership, with an estimated 100 million-plus people watching the broadcast
- It means a lot more people will probably be sending out confused tweets about a "Jesus Commercial" — a search term on Twitter that already was flooded after "He Gets Us" ads aired during Sunday's Grammy awards.





It wasn't flying that gave birds the advantage. Corey Ford/Stocktrek Images via Getty Images

## How did birds survive while dinosaurs went extinct?

Published: February 6, 2023 8.29am EST

Chris Lituma, West Virginia University

*If dinosaurs died, how come there are birds? Caiden S., age 9, Wylie, Texas*

Everyone knows what a bird is – and pretty much everyone knows what a dinosaur is. But not everyone is aware that birds evolved from dinosaurs approximately 160 million years ago. In fact, birds and dinosaurs lived together for about 100 million years. Birds descended from a particular group of dinosaurs called the dromaeosaurs, or “running lizards,” which were a family of feathered theropod or “beast foot” dinosaurs that included velociraptor. But when an asteroid struck Earth 66 million years ago off the coast of what is now Mexico, dinosaurs went extinct – but some birds remained. You might wonder why. By acting like detectives, scientists who specialize in bird evolution are trying to figure out why birds weren't wiped out too. They piece together clues like fossils and other evidence about life on Earth long ago. For now, scientists have ideas about why birds survived, but no firm answers.

### Perks of being toothless

Today's birds have no teeth. Instead they have beaks or bills, which come in many shapes and sizes for eating and drinking. But some of the birds that lived in dinosaur times actually had teeth. Others did not. After the asteroid struck Earth long ago, all birds with teeth went extinct. But many of the toothless ones kept living. Some scientists think not having teeth is what allowed these birds to survive. Fossils of early toothless birds show they were able to eat more plant-based food – specifically nuts, fruits and seeds. This meant they relied less on eating other animals than birds with teeth did. Some scientists think this difference in diet became a big advantage after the asteroid impact. Since so many animal species died – and plants were struggling to get enough sunlight – food would have been hard to find if you were a bird. But if you could peck the ground and find buried seeds or nuts to eat, that might have made all the difference in your ability to survive as a species.

**How science works.** Of course, it's possible other factors caused toothless birds to survive while their toothy cousins perished – including luck. For now, it's a mystery with no definite answer. This is how science works. Scientists formulate ideas or hypotheses using existing knowledge and information. Then they test their ideas – either by conducting experiments or by gathering more evidence. This information either supports or disproves their ideas. So the scientists who study bird evolution are ready to revise the story of how birds made it and dinosaurs didn't as they collect more information from rocks, fossils and ancient DNA.



*Ichthyornis dispar* was a primitive seabird with teeth that lived during the late Cretaceous Period – from 100 million to 66 million years ago – in North America. Courtesy of Michael Hanson and Bhart-Anjan S. Bhullar.



# The politics of blasphemy: Why Pakistan and some other Muslim countries are passing new blasphemy laws

Published: February 6, 2023 8:27am EST

Ahmet T. Kuru, San Diego State University



People gather around the body of a man who was killed when an enraged mob stoned him to death for allegedly desecrating the Quran, in eastern Pakistan in February 2022. AP Photo/Asim Tanveer

On Jan. 17, 2023, Pakistan's National Assembly unanimously voted to expand the country's laws on blasphemy, which carries the death penalty for insulting the Prophet Muhammad. The new law now extends the punishment to those deemed to have insulted the prophet's companions, which could include thousands of early Muslims, with 10 years in prison or life imprisonment.

## Reaction to global Islamophobia

Debates about blasphemy and apostasy laws among Muslims are influenced by international affairs. Across the globe, Muslim minorities – including the Palestinians under Israeli occupation, Chechens of Russia, Muslim Kashmiris of India, Rohingya of Myanmar and Uyghurs of China – have experienced persecution.



The Rohingya of Myanmar are among several Muslim minorities facing persecution worldwide. Rakhine state, Myanmar, Jan. 13, 2020. STR/AFP via Getty Images

Alongside persecution are some Western policies that discriminate against certain Muslims, such as laws prohibiting headscarves in schools. Such laws and policies can create the impression that Muslims are under siege and provide an excuse for the belief that punishing sacrilege is a defense of the faith.

Instead, blasphemy laws have served political agendas of populist politicians and their religious supporters in Pakistan and some other Muslim countries. Moreover, these laws contribute to anti-Muslim stereotypes about religious intolerance. Some of my Turkish relatives even discourage my work on this topic, fearing it fuels Islamophobia.

**But my research shows that criminalizing blasphemy and apostasy is more political than it is religious. The Quran does not require punishing sacrilege: Authoritarian politics do.**

*This is an updated version of a piece first published on February 20, 2020.*





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Fengli Zhong, Penn State



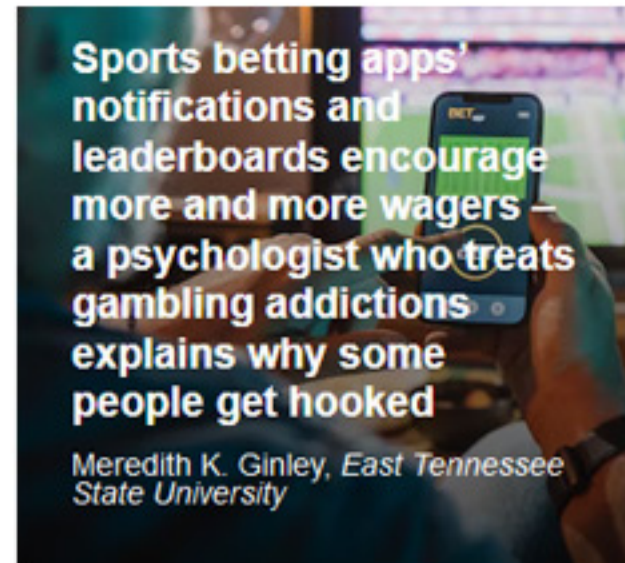
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Jerry Jenkins, Curtin University



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Emilia Esmar, Centre national d'Observation (CNR)



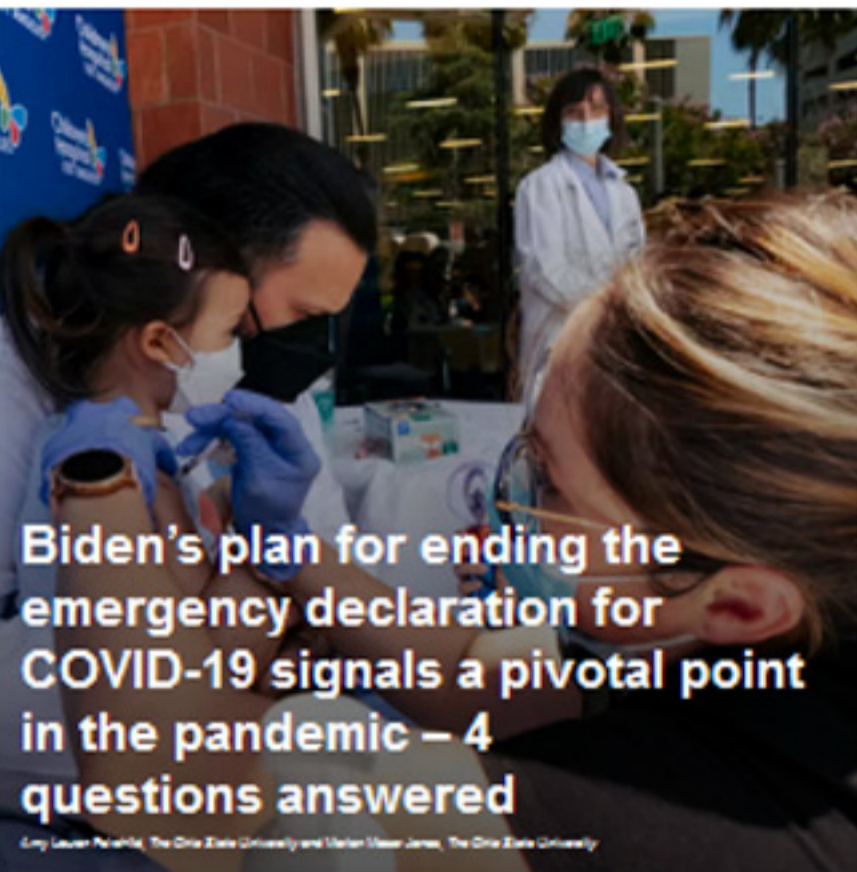
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Meredith K. Ginley, East Tennessee State University



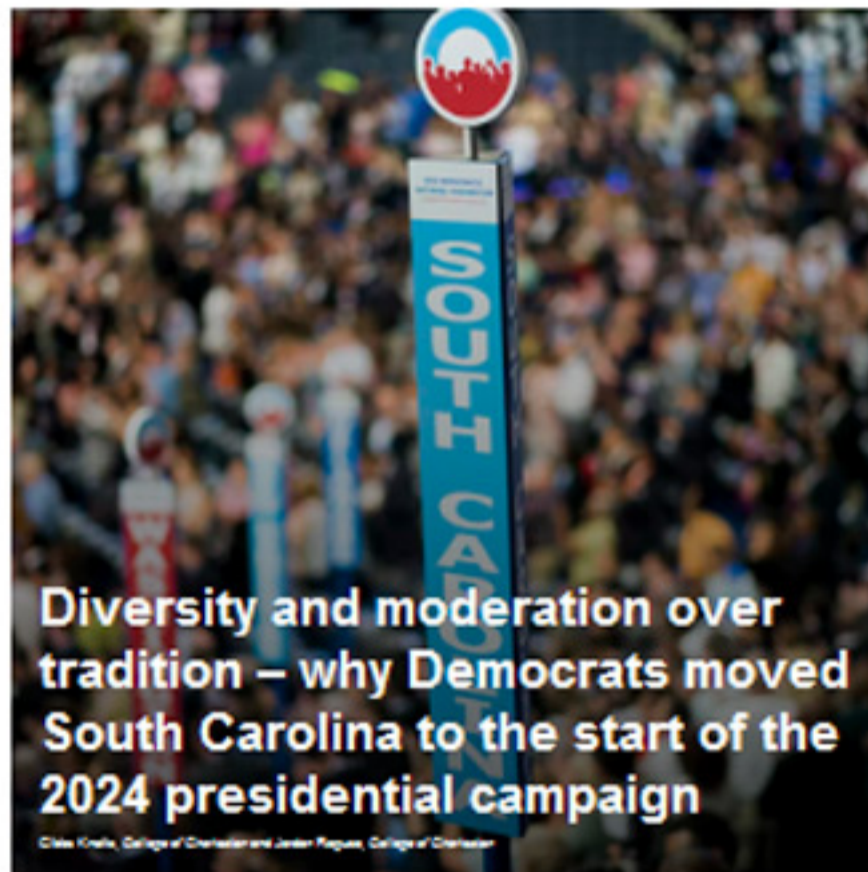
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Ling Lauren Parkhill, The Ohio State University and Marlon Slater Jones, The Ohio State University



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Chris Kraske, College of Charleston and Jordan Rogers, College of Charleston



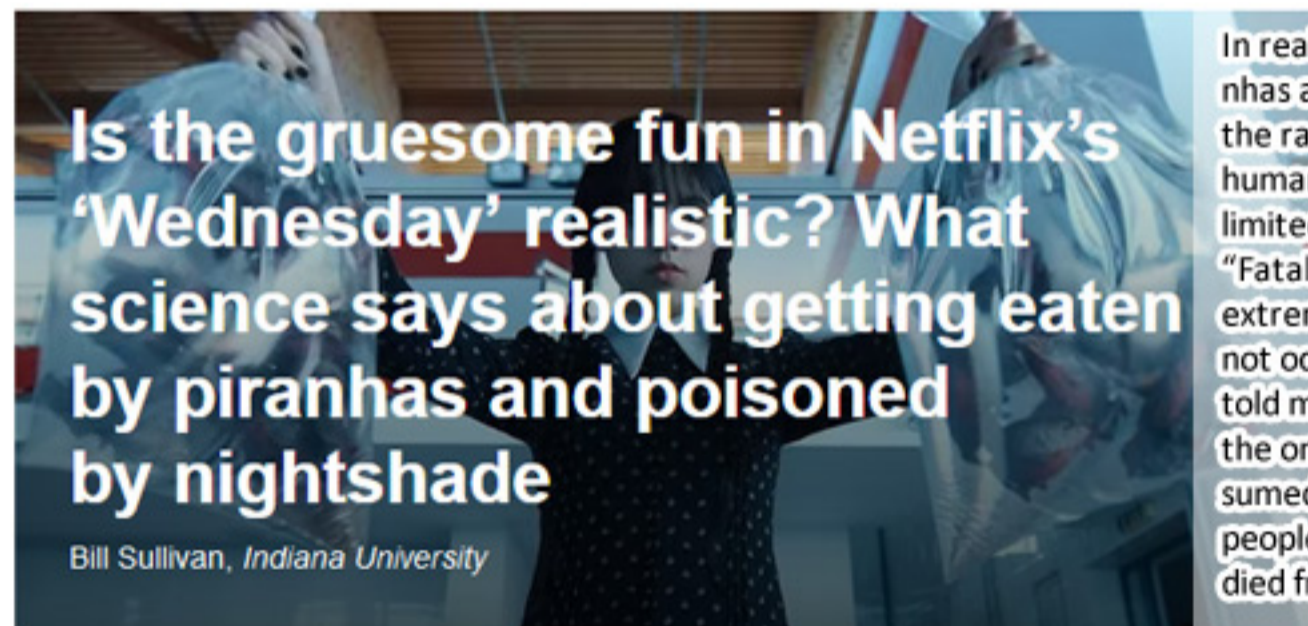
### How did birds survive while dinosaurs went extinct?

Chris Lituma, West Virginia University



### The politics of blasphemy: Why Pakistan and some other Muslim countries are passing new blasphemy laws

Ahmet T. Kuru, San Diego State University



### Is the gruesome fun in Netflix's 'Wednesday' realistic? What science says about getting eaten by piranhas and poisoned by nightshade

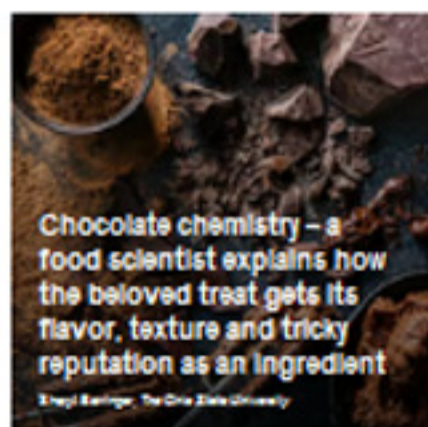
Bill Sullivan, Indiana University

In reality, not all piranhas are carnivores, and the rare attack on humans is typically limited to a single bite. "Fatal attacks are either extremely rare or have not occurred," Lewbart told me. "It sounds like the only humans consumed by piranhas are people who already died from drowning."



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Michael C. Allen, East Texas University, Carla Velasco Velez, University of Buffalo, and Michael B. Ryan, Kansas State University



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Kyleigh Bealinger, The Ohio State University



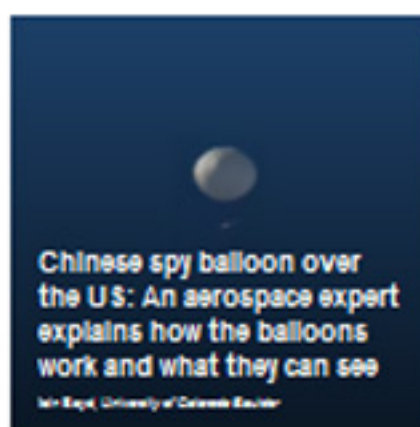
### As climate change and overuse shrink Lake Powell, the emergent landscape is coming back to life – and posing new challenges

David Craig McCall, University of Utah



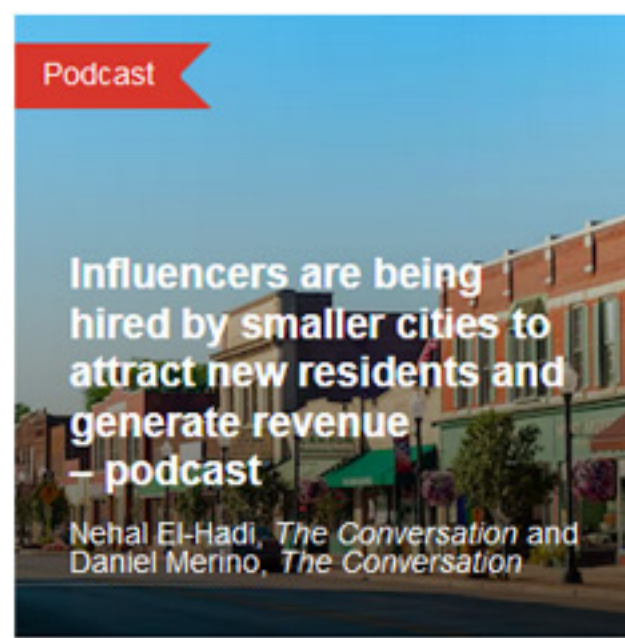
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Christopher Rogers, University of California, Irvine and Elena Davis, University of California, Irvine



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Neil Boyd, University of Colorado Boulder



Podcast

### Influencers are being hired by smaller cities to attract new residents and generate revenue – podcast

Nehal El-Hadi, The Conversation and Daniel Merino, The Conversation



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April M. Zeoli, University of Michigan and Shannon Frattaroli, Johns Hopkins University





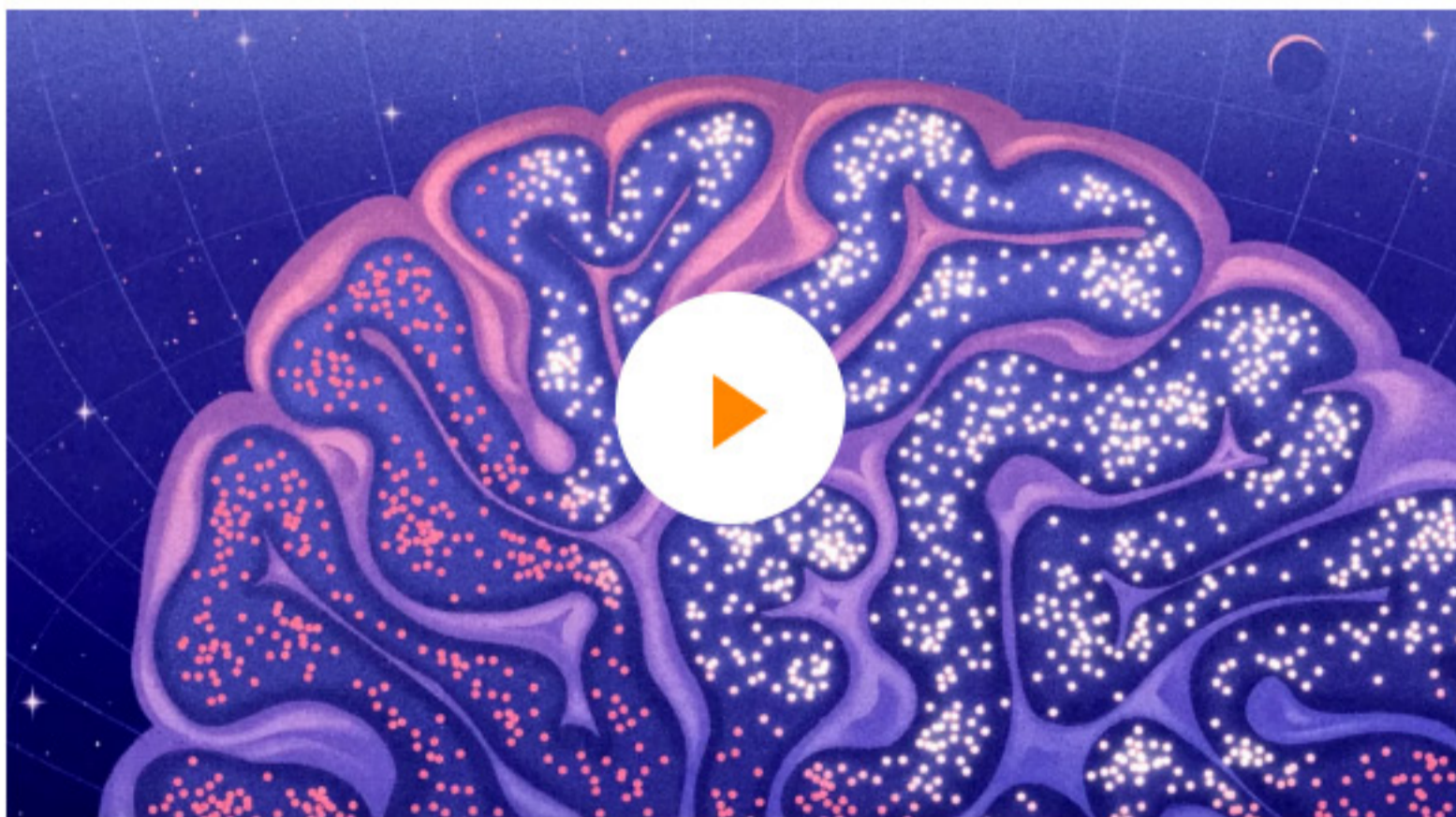
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# When Does the Brain Operate at Peak Performance?

By JOHN M. BEGGS

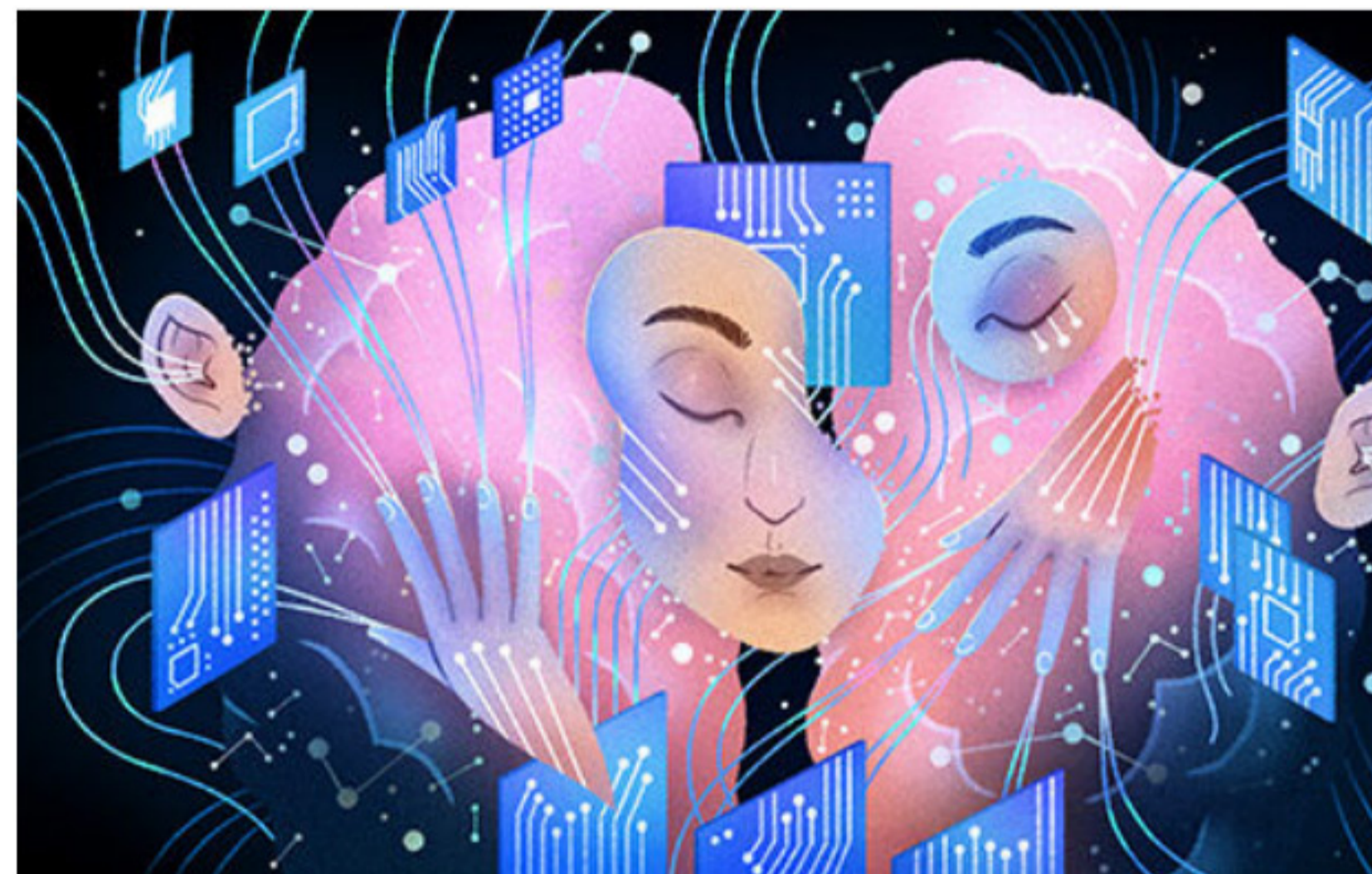
January 31, 2023

*The critical brain hypothesis suggests that neural networks do their best work when connections are not too weak or too strong.*



**Video:** The phenomenon of criticality can explain the sudden emergence of new properties in a wide range of complex systems, from avalanches to flocks of birds to stock market crashes. Neuroscientists are now seeking evidence that criticality is at work in the brain's networks of neurons.

Taylor Hess, Noah Hutton, Emily Buder, Rui Braz and Myriam Wares for Quanta Magazine



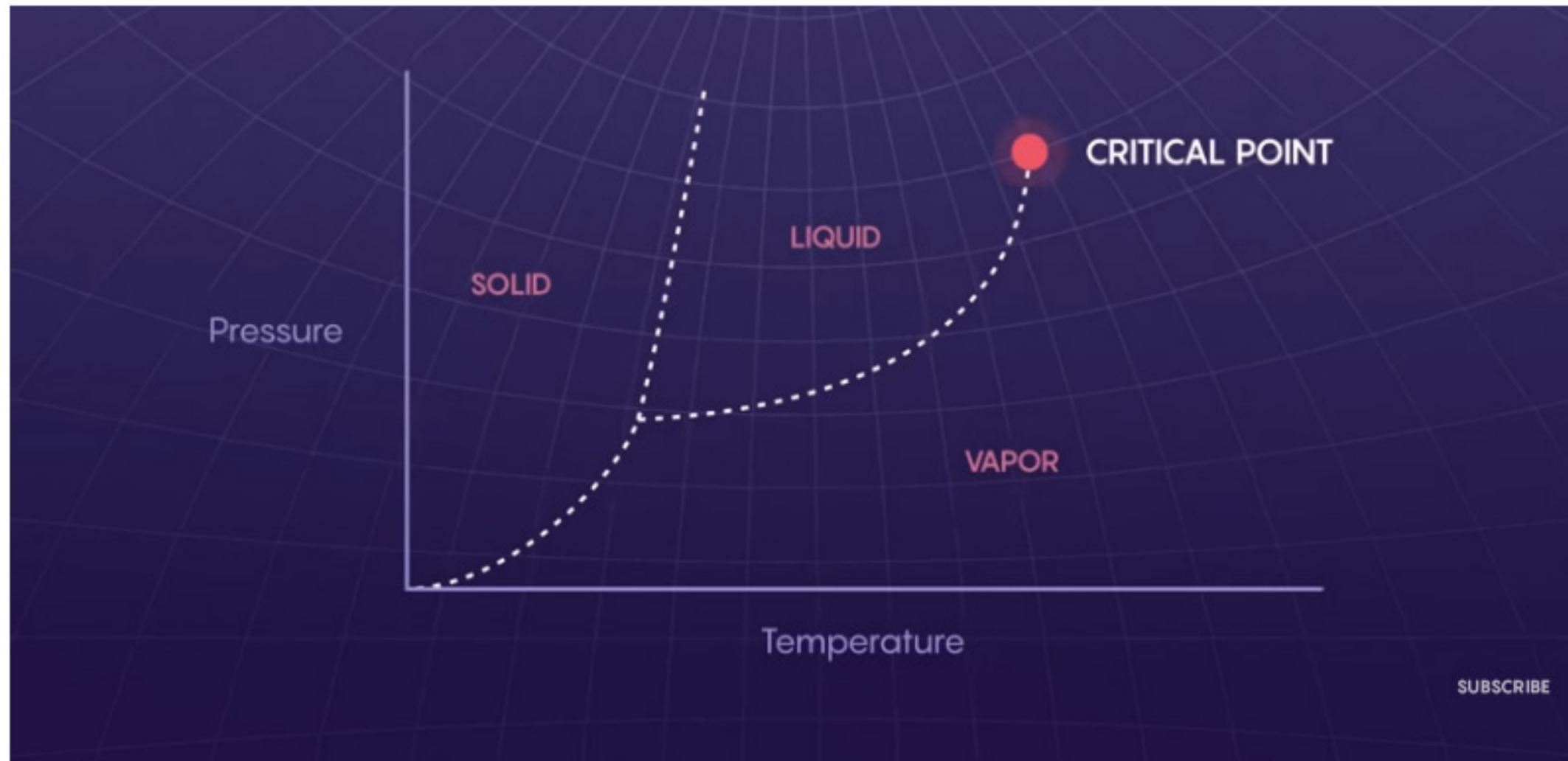
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# Can Machines Control Our Brains?

MAY 17, 2021 |  | 

The critical brain hypothesis may yet prove to be wrong, or incomplete, although current evidence does support it. Either way, the understanding it provides is generating an avalanche of questions and answers that tell us much more about the brain — and computing generally — than we knew before.





- 1:01 through what's known as the critical point – a fleeting moment of transition from one
- 1:06 phase to another characterized by exotic emergent properties that have long intrigued scientists.
- 1:11 Critical systems have this property of changing phase. Small changes in
- 1:19 some critical environmental variable lead to drastic changes – almost discontinuous

## Could One Physics Theory Unlock the Mysteries of the Brain?



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The ability of the phenomenon of criticality to explain the sudden emergence of new properties in complex systems has fascinated scientists in recent decades. When systems are balanced at their “critical point,” small changes in individual units can trigger outsized events, just as falling pebbles can start an avalanche. That abrupt shift in behavior describes the phase changes of water from ice to liquid to gas, but it’s also relevant to many other situations, from flocks of starlings on the wing to stock market crashes. In the 1990s, the physicist Per Bak and other scientists suggested that the brain might be operating near its own critical point. Ever since then, neuroscientists have been searching for evidence of fractal patterns and power laws at work in the brain’s networks of neurons. What was once a fringe theory has begun to attract more mainstream attention, with researchers now hunting for mechanisms capable of tuning brains toward criticality.

Learn more about the critical brain hypothesis: <https://www.quantamagazine.org/a-phys...>

Quanta Magazine is an editorially independent publication supported by the Simons Foundation.

***When systems are balanced at their “critical point,” small changes in individual units can trigger outsized events, just as falling pebbles can start an avalanche. That abrupt shift in behavior describes the phase changes of water from ice to liquid to gas, but it’s also relevant to many other situations, from flocks of starlings on the wing to stock market crashes.***





*Mark Twain (for Tourists)*  
**Fenton Marketplace**  
2345 Friars Rd, San Diego, CA 92108



Tuesday, February 07, 2023

*"Me & Mark"*

**Fenton Marketplace**

2345 Friars Rd, SD CA 92108



Mark Twain tells me, *"Love seems the swiftest, but it is the slowest of all growths. No man or woman really knows what perfect love is until they have been married a quarter of a century."*





## State of the Union: What experts have said about Biden's proposed reforms on policing, guns and taxes – 8 essential reads

Matt Williams, *The Conversation*



### W.E.B. Du Bois, Black History Month and the importance of African American studies

Chad Williams, *Brandeis University*



### How do you make a universal flu vaccine? A microbiologist explains the challenges, and how mRNA could offer a promising solution

Deborah Fuller, *University of Washington*

The speech lasted 70-odd minutes and was interrupted at least 70 times, mostly by standing ovations from supporters, but also from occasional interjections from less sympathetic lawmakers. There was also policy to dissect in President Joe Biden's State of the Union address. Some of it was new, much of it wasn't – which meant that *The Conversation* was able to pull from its archives articles that shed light on and provide context and analysis to some of Biden's proposals. Here are what scholars had to say on three policy themes that emerged.

1. Reforming the police
2. Tightening gun controls
- 3. Taxing the rich?**

To everything there is a season, and for the flu, it's wintertime. Flu cases peak between December and February, and the flu vaccine is your best defense. Getting the vaccine means you will be less sick even if you get a breakthrough infection. However, your immune system is in a constant race against the flu virus. Like the virus that causes COVID-19, influenza rapidly changes and mutates into new variants, so manufacturers have to update the flu shot to try to keep pace. After identifying a new flu variant, it takes manufacturers about six months to update the vaccine – and in the meantime the virus can mutate again. This phenomenon is called antigenic drift, and can reduce the effectiveness of the flu vaccine for that season. An ongoing threat is that a major change in the flu virus, or antigenic shift, could cause the next flu pandemic. This happens when a flu virus from animals, such as birds or swine, gains the ability to transmit between humans. Most people will have no immunity against this new animal-origin virus, so it could quickly spread into a pandemic. If that happens, the annual flu shot will not be effective and can't be updated fast enough to stop a global spread. I am a researcher developing new vaccines to prevent future pandemics. Nearly 20 years ago, **my lab and several others developed a vision of building a universal influenza vaccine that could give us the leading edge in the race against influenza and prevent the next flu pandemic by effectively combating any eventual flu strain. One potential way to do this is with messenger RNA, or mRNA.**





President Joe Biden delivers the State of the Union address. Jacquelyn Martin, Pool/AP

### 3. Taxing the rich?

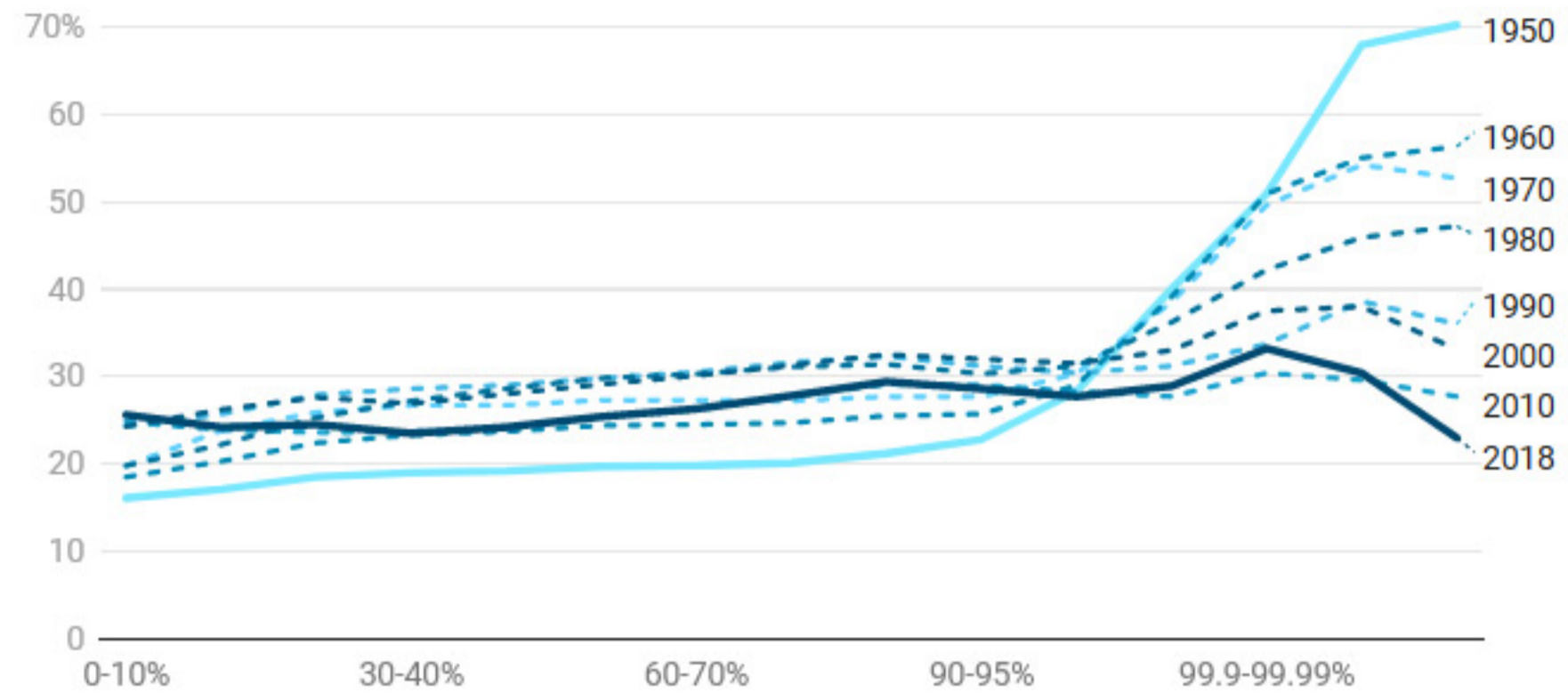
Biden came to the State of the Union armed with economic data showing robust job growth and evidence that once-soaring inflation is beginning to fall. With the United States' increasing national debt as a backdrop, Biden outlined a plan to boost government revenues through a minimum tax for billionaires and a quadrupling of the tax on corporate stock buybacks.

Even if Republicans in Congress were to approve the measures, it is unlikely to set a course for a new era of progressive taxation. **As Gabriel Zucman and Emmanuel Saez, economists at the University of California, Berkeley, explain, similar plans eyed by Democrats in recent years hardly amount to squeezing the uber-rich; in fact, they do little to reverse the decadeslong trend toward regressive taxation, in which lower earners pay a larger percentage of their earnings in tax than wealthier ones.** The two economists conclude that although it would "increase taxes on millionaires significantly," **the 2021 proposal put forward by Democrats would "largely leave billionaires off the hook, despite the explosion of their wealth during the pandemic."**

*Read more: 'Tax the rich'? Democrats' plans to make the wealthy pay a little more will barely dent America's long slide from progressive taxation*

## US tax policy has gotten more regressive over the years

The super-rich paid around 70% of their income in taxes in 1950. By 2018 they paid just 23% – less than the bottom 10% of earners.



Y-axis shows percentile group per income.

Chart: The Conversation CC-BY-ND • Source: Saez and Zucman • Get the data • Created with Datawrapper



U.S. Rep. Alexandria Ocasio-Cortez making a fashion statement.





U.S. Rep. Alexandria Ocasio-Cortez making a fashion statement. Ray Tamarra/GC Images via

## ‘Tax the rich’? Democrats’ plans to make the wealthy pay a little more will barely dent America’s long slide from progressive taxation

Published: September 17, 2021 1.09pm EDT

▾ Gabriel Zucman, Emmanuel Saez, *University of California, Berkeley*

The super-rich’s low tax rates of today are in part aided by the collapse of federal corporate taxation. In the 1950s, 5% to 7% of national income came from corporate taxes. By 2018, that figure had fallen to just 1.5%. The effective tax rate collapses for billionaires further because they can avoid reporting individual income by instructing their companies not to pay dividends and holding on to their shares without realizing their gains. The proposal unveiled by House Democrats would increase taxes on millionaires significantly. But it **would largely leave billionaires off the hook, despite the explosion of their wealth during the pandemic.** More ambitious proposals in the Senate would tax their unrealized capital gains. In our view, this would be a bold addition that would help the United States reconnect with its tradition of tax justice.



U.S. Rep. Alexandria Ocasio-Cortez making a fashion statement. Ray



# Sanders says the choice in the U.S. is 'normal or crazy' in GOP response to Biden

February 8, 2023 · 1:27 AM ET



DEEPA SHIVARAM



EMILY OLSON



Gov. Sarah Huckabee Sanders, R-Ark., waits to deliver the Republican response to President Biden's State of the Union address, Tuesday, Feb. 7, 2023, in Little Rock, Ark.

Arkansas' newly elected governor, Sarah Huckabee Sanders, delivered the Republican Party's response to President Biden's State of the Union address, telling Americans: "Biden and the Democrats have failed you." She drew a sharp contrast between the two parties, especially with respect to what she called the "left-wing culture war." "The dividing line in America is no longer between right and left — it's between normal or crazy," Sanders said in her rebuttal to President Biden's State of the Union address. "It's time for a new generation of Republican leadership," she said, touting her record so far as governor of Arkansas: banning critical race theory, repealing COVID-19 orders and preventing state legislation from using terms like "Latinx." She held up former President Donald Trump's achievements as bringing "stability" to America before saying the Democrats "destroyed" that record. Sanders served as White House press secretary in the Trump administration. "We will educate, not indoctrinate, our kids, and put students on a path to success," she said. She ended her remarks by describing in great detail a trip she took with former Trump to Iraq, which, in her telling, represented the grand reverence that Americans should have for their country. But she said, "The America we love is in danger," echoing her line that now is the time for change and that President Biden and Democrats have failed.

Rep. Delia Ramirez progressive democrats rebuttal



Rolling Stone

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The Hill

## Here's who's responding to Biden's State of the Union addr...

Rep. Delia Ramirez (D-Ill.).

14 hours ago







### Sarah Huckabee Sanders' 'Normal Or Crazy' Challenge Backfires Spectacularly

There's one line her critics agreed with — but probably not in the way she was hoping.

By ED MAZZA



### Marjorie Taylor Greene Becomes Meme Of The Night For All The Wrong Reasons

White Witch? Cruella? Pennywise? The Republican congresswoman's critics have some thoughts.

By ED MAZZA



### Kevin McCarthy Repeatedly Shushes Marjorie Taylor Greene During State Of The Union Speech

The House speaker was unable to control the most extreme members of his caucus on Tuesday night.

By CHRIS D'ANGELO



### Marjorie Taylor Greene Shouts 'Liar' At Joe Biden During State Of The Union

Republicans erupted when the president said they wanted to cut Social Security and Medicare.

By ARTHUR DELANEY

Rep. Marjorie Taylor Greene (R-Ga.) didn't seem to win many friends on either side of the aisle with her antics during President Joe Biden's State of the Union address on Tuesday night. Even House Speaker Kevin McCarthy (R-Ca.), usually an ally of the conspiracy theorist lawmaker, appeared to shush her several times during the address before Congress. But she did win something else: She easily became the leading meme of the evening. Earlier on, she turned up with a white balloon that was ripe for photo editing and Pennywise comparisons. And once inside, she was decked out in a white fur coat that drew comparisons to both Cruella de Vil from Disney's Dalmatians franchise and the White Witch from the Narnia tales.

Her critics on Twitter were on the case:

Santos! Bring me the puppies! <https://t.co/DiEGLInOUy> — Pete Strzok (@petestrzok) February 8, 2023

"FIND ME MORE DALMATIANS!!" [pic.twitter.com/UAuewDTDBd](https://pic.twitter.com/UAuewDTDBd) — Rotimi Adeoye (@\_rotimia) February 8, 2023

"You have given me Narnia forever! You have lost your own life and you have not saved his. In that knowledge, Aslan, despair and die." <https://t.co/nw0xDIAxZU> — Mary Pezzulo (@mary\_pezzulo) February 8, 2023

"Miserable, darling, as usual. Perfectly wretched." <https://t.co/at15pfJN7T> — Caroline Orr Bueno, Ph.D (@RVAwonk) February 8, 2023

Marjorie Taylor Greene's coat is made from the dogs George Santos said he was rescuing [pic.twitter.com/tEChxbHkDM](https://pic.twitter.com/tEChxbHkDM) — Adam Blickstein (@AdamBlickstein) February 8, 2023

Pathetic on every level. [pic.twitter.com/kafBJNvpfL](https://pic.twitter.com/kafBJNvpfL) — Michael Steele (@MichaelSteele) February 8, 2023

Fixed it. <https://t.co/Wux6NAUYsZ> [pic.twitter.com/AEXqADOjP1](https://pic.twitter.com/AEXqADOjP1) — The Lincoln Project (@ProjectLincoln) February 7, 2023

Narnia 4: The White Witch Goes to Congress. #narnia #sotu2023 #SOTU [pic.twitter.com/6CNlgFba37](https://pic.twitter.com/6CNlgFba37) — Jarrod Wiggins (@JarrodWiggins) February 8, 2023

"Kill the puppies! Harvest their fur!" <https://t.co/a0heeegmUB> — Stacy D VanDeveer (@StacyDVanDeveer) February 8, 2023

Which White Witch? [pic.twitter.com/owVVZ9ZOTz](https://pic.twitter.com/owVVZ9ZOTz) — Ryan Negri (@RyanNegri) February 8, 2023

MTG, dressed as Cruella de Vil, yelling at the president for suggesting billionaires pay their fair share in taxes. [pic.twitter.com/1bU4ok9mfU](https://pic.twitter.com/1bU4ok9mfU) — Sawyer Hackett (@SawyerHackett) February 8, 2023

Who wore it better. #whitewitch #sotu #goJoe [pic.twitter.com/xZYuHaGem1](https://pic.twitter.com/xZYuHaGem1) — Alyson Gold Weinberg (@AlysonGWeinberg) February 8, 2023

Much rather have drag queens around my kids than these braying maniacs. [pic.twitter.com/g10iejFwaK](https://pic.twitter.com/g10iejFwaK)



# How do you make a universal flu vaccine? A microbiologist explains the challenges, and how mRNA could offer a promising solution

Published: February 7, 2023 8:33am EST



**Deborah Fuller**

Professor of Microbiology, School of Medicine, University of Washington

To everything there is a season, and for the flu, it's wintertime. Flu cases peak between December and February, and the flu vaccine is your best defense. Getting the vaccine means you will be less sick even if you get a breakthrough infection. However, your immune system is in a constant race against the flu virus. Like the virus that causes COVID-19, influenza rapidly changes and mutates into new variants, so manufacturers have to update the flu shot to try to keep pace. After identifying a new flu variant, it takes manufacturers about six months to update the vaccine – and in the meantime the virus can mutate again. This phenomenon is called antigenic drift, and can reduce the effectiveness of the flu vaccine for that season. An ongoing threat is that a major change in the flu virus, or antigenic shift, could cause the next flu pandemic. This happens when a flu virus from animals, such as birds or swine, gains the ability to transmit between humans. Most people will have no immunity against this new animal-origin virus, so it could quickly spread into a pandemic. If that happens, the annual flu shot will not be effective and can't be updated fast enough to stop a global spread.

I am a researcher developing new vaccines to prevent future pandemics. Nearly 20 years ago, my lab and several others developed a vision of building a universal influenza vaccine that could give us the leading edge in the race against influenza and prevent the next flu pandemic by effectively combating any eventual flu strain. One potential way to do this is with messenger RNA, or mRNA.

*Deborah Fuller is a co-founder of Orlance, Inc. a biotechnology company developing a needle-free delivery technology for DNA and RNA vaccine. She also serves as a consultant for HDT Bio, a biotechnology company developing nanoparticle-based formulations to deliver RNA vaccines and Abacus Inc., a therapeutic vaccine company developing B cell targeted therapies for chronic infectious diseases and cancer. She receives grant funding from the National Institutes of Health, the Washington Research Foundation and the Department of Defense.*

<https://youtu.be/0k1Qg9OIfRs>



## Could a Universal Flu Vaccine Replace the Seasonal Flu Shot?



**JAMA Network** ✓

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7,659 views Nov 7, 2019 #JAMAMedNews

We're all accustomed to getting yearly flu shots to protect against influenza in the upcoming winter season. But what if a single vaccine could provide lifelong protection against all current and future flu viruses? That would have tremendous implications for pandemic influenza, protection of populations in low and middle-income countries, and global health. Jennifer Abbasi, senior staff writer for #JAMAMedNews, speaks with leading scientists about the latest advancements toward a universal flu vaccine:

Bruce Gellin, MD, MPH, Sabin Vaccine Institute

Anthony S. Fauci, MD, National Institute of Allergy and Infectious Diseases

Martin Friede, PhD, World Health Organization

Patrick C. Wilson, PhD, University of Chicago.

Read the related article to learn more: <https://ja.ma/2WRTf6k>

1:01 The Challenge

2:43 The Pandemic

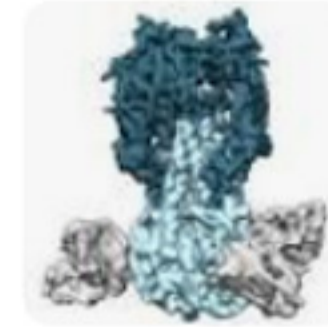
4:57 Vaccine Design



<https://www.science.org> › content › article › innovative-u...

## Innovative universal flu vaccine shows promise in first ...

A **universal flu vaccine**, effective against any strain of the influenza virus that can infect humans, could protect us from this peril, but progress has been ...



### When will universal flu vaccine be available?

The researchers say they're working through the process of making the vaccine to human quality standards and aim to try it in people in **2023**. They're hopeful that, if those tests succeed, the vaccine could protect people in the event of another pandemic strain of flu.

Dec 22, 2022

### Is there a universal influenza vaccine?

**This vaccine hasn't yet been tested in people.** But with further development, such universal mRNA vaccines have the potential to protect against both seasonal influenza viruses and those with the potential to cause pandemics. Dec 6, 2022

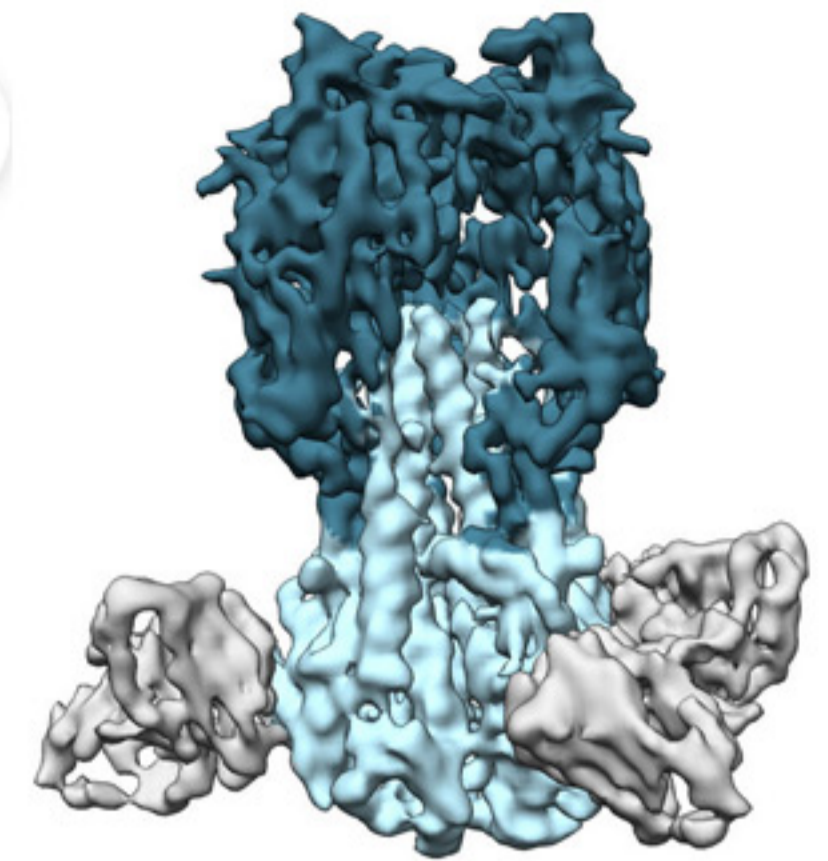
<https://www.nih.gov> › news-events › nih-research-matters

## Using mRNA technology for a universal flu vaccine

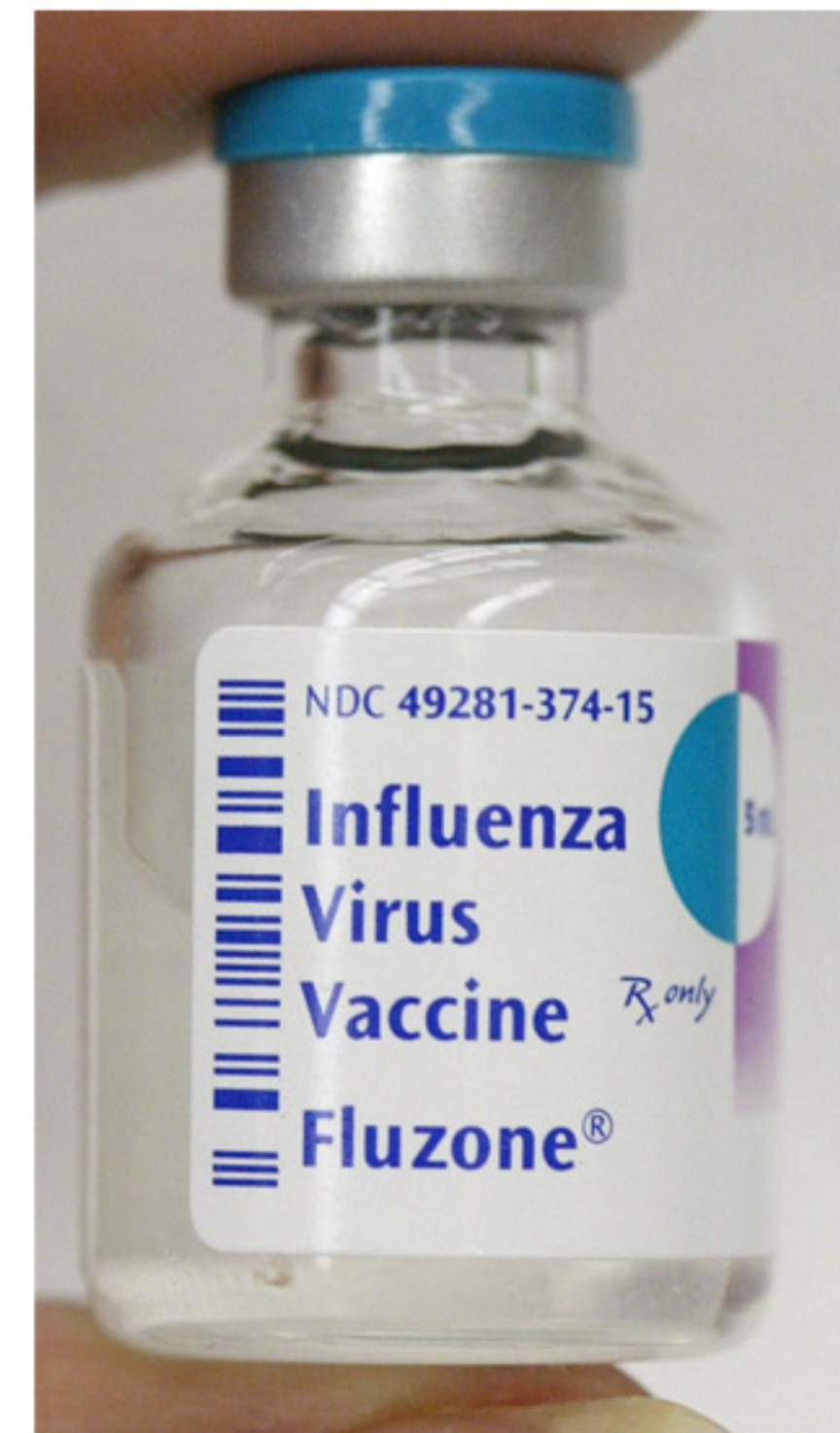
Search for: [Is there a universal influenza vaccine?](#)

### Why isn't there a universal flu vaccine?

Crucially, this immunity should hold up to new strains, as it targets those viral regions that only very rarely mutate. Although their work focused specifically on influenza A viruses, there is no reason to think that, given enough time and research, we won't be able to produce a truly universal influenza vaccine. Sep 26, 2022



Seasonal flu vaccines induce antibodies against the "head" (slate) of the influenza surface protein hemagglutinin, but a new universal vaccine triggers antibodies (fragments of them shown in gray) that bind to the stalk (light blue) portion.





### I Tried Microsoft's New AI-Powered Bing. Search Will Never Be the Same.

The Wall Street Journal · 17 hours ago



- ChatGPT is an existential crisis for Microsoft and Google, but not in the way they think

TechRadar · 7 hours ago · Opinion

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NBC San Diego · 8 hours ago



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MarketWatch · 1 hour ago



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[More Health](#)

### Bird Flu Outbreak Puts Mink Farms Back in the Spotlight

The New York Times · 3 hours ago



- Be warned: the next deadly pandemic is not inevitable, but all the elements are in place

The Guardian · 15 minutes ago · Opinion

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The Washington Post · 45 minutes ago



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The Hill · 10 hours ago

### Marjorie Taylor Greene and Others Heckle Biden at State of the Union Address

The New York Times · 2 hours ago



- State of the Union 2023: Ironic, confusing and stumbling toward MAGA

The Hill · 1 hour ago · Opinion

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**Mimi's Cafe**

*Casual chain restaurant serving French & American staples in a rustic-inspired setting.*

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The Center for Gambling Studies at Rutgers University, which I direct, conducts those annual evaluations using data from all sports bets placed in New Jersey since 2018. Our findings suggest that the nation's love affair with sports betting may be having unintended consequences. Sports betting tied to poor mental health . . . it is possible, then, that states could unwittingly be introducing a cohort of young people to problem gambling and a lifetime of negative consequences.

## Data from New Jersey is a warning sign for young sports bettors

Lia Nower, Rutgers University

When the Philadelphia Eagles and Kansas City Chiefs take the field for Super Bowl LVII, a record-breaking 50 million bettors are expected to have US\$16 billion of their own skin in the game, according to the American Gaming Association. In January 2023, Ohio and Massachusetts launched legal sports betting, joining Washington D.C. and 34 other states that have passed laws since the Supreme Court overturned a federal ban in 2018. State legislatures have generally been eager to capitalize on the tax windfalls from sports betting and get their slice of the billions wagered annually. Voters are also increasingly supportive of legalization. **Few regulatory measures in place:** In the U.S., the Marlboro Man can no longer gallop across the nation's television airwaves. Alcohol ads can't contain statements that are misleading, patently false or target those who are underage. However, there are currently no such federal guidelines for gambling ads. Major League Baseball, which banned Pete Rose and locked him out of the Hall of Fame for gambling, openly sanctions sports books attached to stadiums and partnerships with gambling operators. The same goes for the NFL and most of its teams, with former stars like Eli Manning encouraging betting in ads and Pro Bowl wide receiver Davonte Adams becoming the first active player with a gambling sponsor. Those who recognize they have a gambling problem also have no assurances that they can find help. Gambling treatment services vary by state, from specially trained, culturally competent counselors in a few states to a total lack of services in others. Most children and teens receive no education in schools about problem gambling as they do for drugs and alcohol. Some universities are openly partnering with gambling companies and sponsoring esports competitions, which invite underage betting. The federal government is noticeably silent on a glamorized addiction. Nationally, there are no federal policies, prohibitions or federally funded research or prevention programs, despite all the revenue generated by taxes on gambling winnings. Internationally, gambling-related abuses and tragedies have led countries like Australia and the U.K. to enact new regulations and significant penalties for operators. The U.K., for example, requires operators to conduct affordability checks on patrons to ensure they can afford their losses and prohibits gambling advertising by athletes, celebrities or social media influencers who appeal to children and teens. I think it's only a matter of time before similar proposals make their way to the U.S. **In the meantime, however, millions of people in more than half the country will legally lay their hard-earned money on the line for a chance to win big on Sunday. Hopefully, they can afford to lose.**



New Zealand wants to tax cow burps – here's why that's not the best climate solution

Kevin Trenberth, University of Auckland



Twitter's new data fees leave scientists scrambling for funding – or cutting research

Jon-Patrick Allem, University of Southern California

**New Zealand**, where agriculture is one of the largest contributors to climate change, is proposing a tax on cow burps. The reason seems simple enough: Cows release methane, a potent greenhouse gas, and New Zealand has a goal of reaching net-zero emissions by midcentury. Right now, the country's effects on climate change come roughly equally from carbon dioxide and methane.

**Starting Feb. 9, 2023, those wanting access to Twitter's API will have to pay.** The company is looking for ways to increase revenue to reverse its financial slide, and Elon Musk claimed that the API has been abused by scammers. This cost is likely to hinder the research community that relies on the Twitter API as a data source.

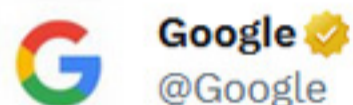


TECHNOLOGY

# Google shares drop \$100 billion after its new AI chatbot makes a mistake

Google's Bard, an answer to Microsoft's ChatGPT, delivered a factual error in a search demo that the company shared widely. That sent Alphabet's market value plummeting this week.

← Tweet



Bard is an experimental conversational AI service, powered by LaMDA. Built using our large language models and drawing on information from the web, it's a launchpad for curiosity and can help simplify complex topics → [goo.gl/3HBZQtu](https://goo.gl/3HBZQtu)

what new discoveries from the James Webb Space Telescope can I tell my 9 year old about?

Your 9-year old might like these recent discoveries made by The James Webb Space Telescope (JWST):

- In 2023, The JWST spotted a number of galaxies nicknamed "green peas." They were given this name because they are small, round, and green, like peas.
- The telescope captured images of galaxies that are over 13 billion years old. This means that the light from these galaxies has been traveling for over 13 billion years to reach us.
- JWST took the very first pictures of a planet outside of our own solar system. These distant worlds are called "exoplanets." Exo means "from outside."

These discoveries can spark a child's imagination about the infinite wonders of the universe.

Check it

GIF ALT

1:34 PM · Feb 6, 2023 · 1.9M Views



Dan Kitwood/Getty Images

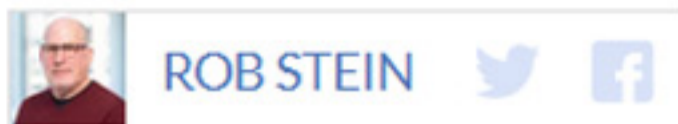
Google's parent company, Alphabet, lost \$100 billion in market value on Wednesday after its new artificial intelligence technology produced a factual error in an ad demo. It's a bruising reception for Bard, the conversational bot that Google launched as a competitor to Microsoft's headline-making darling, ChatGPT. In the fateful ad that ran on Google's Twitter feed this week, the company described Bard as "a launchpad for curiosity" and a search tool to "help simplify complex topics." An accompanying GIF prompts Bard with the question, "What new discoveries from the James Webb Space Telescope can I tell my 9 year old about?" The chatbot responds with a few bullet points, including the claim that the telescope took the very first pictures of "exoplanets," or planets outside of earth's solar system. "These discoveries can spark a child's imagination about the infinite wonders of the universe," Bard says. **But the James Webb Telescope didn't discover exoplanets. The European Southern Observatory's very large telescope took the first pictures of those special celestial bodies in 2004, a fact that NASA confirms.** Social media users quickly pointed out that the company could've fact-checked the exoplanet claim by, well, Googling it. The ad aired just hours before Google's senior executives touted Bard as the future of the company at a launch event in Paris. By Wednesday, Alphabet shares had slid as much as 9% during trading hours, balancing out by the day's close. Meanwhile, shares for Microsoft, Google's rival, rose by 3%. Microsoft announced this week that it would incorporate ChatGPT into products like its Bing search engine. The company has invested \$10 billion into OpenAI, the start-up that created ChatGPT.



# As the pandemic ebbs, an influential COVID tracker shuts down

February 10, 2023 · 5:11 AM ET

Heard on Morning Edition



The COVID-19 dashboard created by the Johns Hopkins Center for Systems Science and Engineering is displayed during a briefing on Capitol Hill in early March 2020, when only 245 confirmed cases had been reported in the U.S.

*Samuel Corum/Getty Images*

In another sign of the changing state of the pandemic, an invaluable source of information about the virus over the last three years is shutting down, NPR has learned.

The Johns Hopkins Coronavirus Resource Center plans to cease operations March 10, 2023 officials told NPR.

"It's bittersweet," says Lauren Gardner, an engineering professor who launched the project with one of her students on March 3, 2020. "But it's an appropriate time to move on."

"There's definitely a bitter sweetness about the end," Beth Blauer, an associate vice provost at Johns Hopkins who has helped run the center says. "But we are at an inflection point."

Both Blauer and Gardner say they hope the CDC and the public health system will continue to invest in data collection so the nation will be better prepared in the future. But they're prepared to step back in if necessary.

"There will be another pandemic," Gardner says. "And, so we'll have to see."



# 6 major takeaways from the ATF's first report in 20 years on U.S. gun crime

February 10, 2023 · 5:05 AM ET

JACLYN DIAZ

*Here are some of the takeaways from the report:*

- **Legally purchased firearms are being used in crimes sooner than ever**
- **More than 1 million guns were stolen from private citizens from 2017 to 2021**
- **Ghost guns remain difficult to track and increasingly used in crime**
- **In 5 years, the number of illegal machine gun conversion devices recovered by law enforcement agencies has jumped 570%.**
- **Pistols represented nearly 70% of the crime guns traced between 2017 and 2021**
- **There's a lot of data, but it's still limited**

In 2021, 47.2% of law enforcement agencies (8,679 out of 17,981 agencies) were participating in ATF's eTrace program, which tracks firearms used in crimes. And as of 2021, there were only 259 cities with National Integrated Ballistic Information Network sites (which analyzes ballistic information). These databases are where the ATF pulled information for this report. Even with this caveat, the ATF and experts say this information is a huge step in better understanding gun violence in the U.S. It comes at a time when data is pointing to a rise in deadly gun violence across the country. Now, policymakers have another tool to address the problem, Densley said. "This is important information for understanding how gun violence evolves over time."



ATF police officers are seen outside the Robb Elementary School in Uvalde, Texas, on May 25, 2022.



A Sig Sauer P320 handgun is held at a store.



## Take a look at the image people voted to award Wildlife Photographer of the Year

February 9, 2023 · 9:49 AM ET

AYANA ARCHIE

*Sascha Fonseca captured this image during a three-year bait-free camera-trap project in Leh, Ladakh, India, high in the Indian Himalayas. Because of their remote habitat, they are one of the most difficult large cats to photograph in the wild.*







Las Vegas Review-Journal/TNS

MUSIC INTERVIEWS

## 'This Is Why' it was a tough road to Paramore's new album

Hayley Williams was just a teenager when her band Paramore became a pop-punk favorite – now in her 30s, Paramore is back with an album that shows pop/punk can age gracefully. It's called *This Is Why*.

▶ LISTEN · 7:17

+ PLAYLIST

⟷



Hayley Williams' *This Is Why*.





— Feb. 6, 2023: In Turkey and Syria, a magnitude 7.8 earthquake kills more than 20,000 people.

A woman sits on the rubble as emergency rescue teams search for people under the remains of destroyed buildings in the town of Nurdagi on the outskirts of Osmaniye in southern Turkey on Tuesday.



# Amsterdam is banning marijuana use on streets of red light district

By [Mick Krever](#) and [Amarachi Orié](#), CNN

Published 6:47 AM EST, Fri February 10, 2023

**CNN** — In a bid to improve the quality of life for residents, Amsterdam will ban the use of marijuana on the street and take new steps to discourage alcohol in its red light district, the traditional center of the city's legal sex work trade. "Residents of the old city center experience a lot of nuisance from mass tourism and alcohol and drug abuse on the street," the Municipality of Amsterdam said in a statement on Thursday. "Tourists also attract street dealers, who in turn promote criminality and insecurity. Especially at night, the atmosphere can become grim. People who are under the influence also stick around longer," it added. The municipality noted: "Residents cannot sleep well and the neighborhood is becoming unsafe and unliveable."



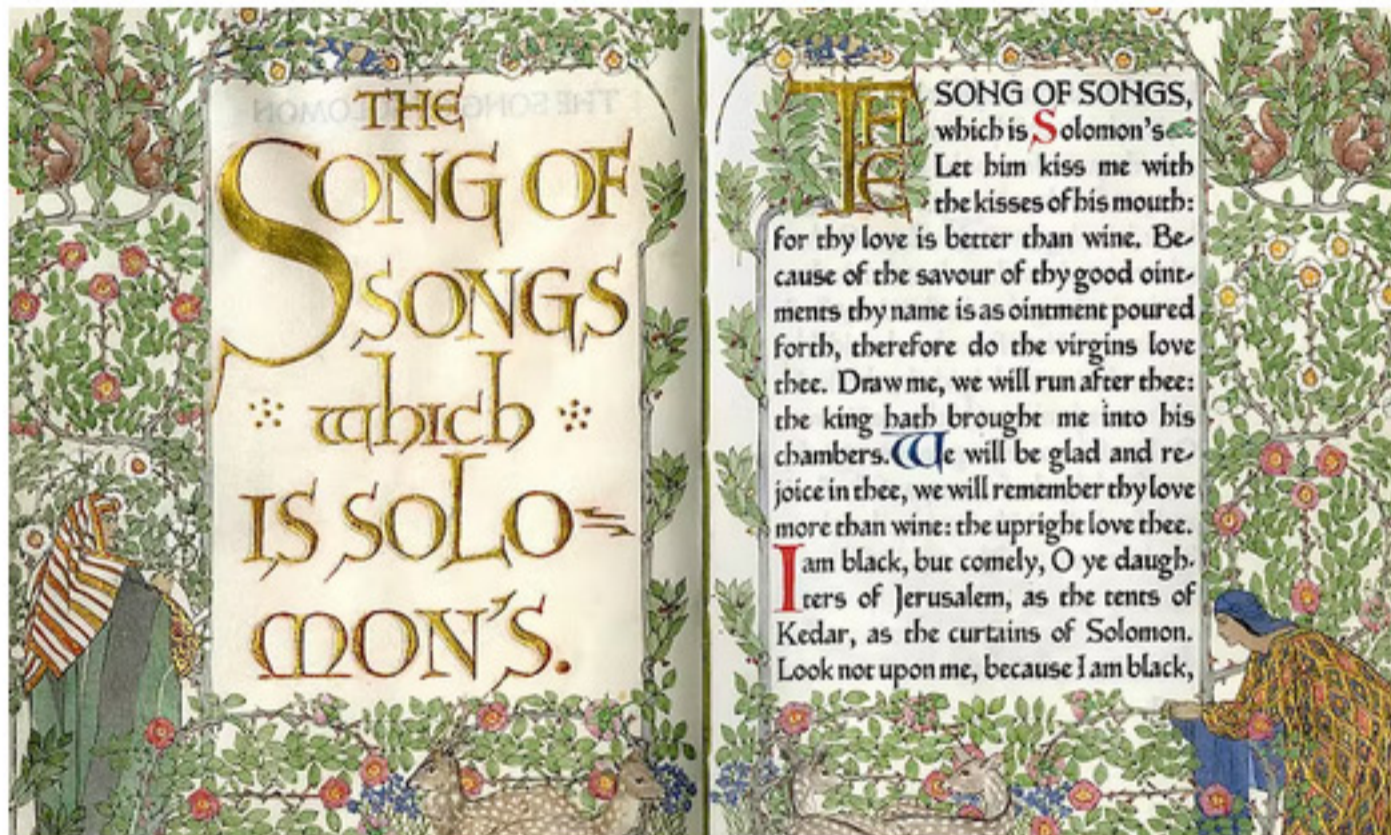


# Why is a love poem full of sex in the Bible?

## Readers have been struggling with the Song of Songs for 2,000 years

Published: February 10, 2023 8.51am EST

Jonathan Kaplan, *The University of Texas at Austin*



Figuring out what to do with the 'Song of Songs' has preoccupied people reading the Bible for centuries. 'Song of Songs' illustrated by Florence Kingsford/Southern Methodist University/Wikimedia Commons

Many Americans have heard the expression “I am my beloved’s, and my beloved is mine” – in fact, a quick Google search turns up myriad websites offering wedding bands inscribed with the much-loved line. Search Etsy for Valentine’s Day gifts, and you’ll see jewelry, T-shirts and coffee mugs printed with the phrase. But perhaps not all of the quotation’s admirers know that its origins lie in a biblical text: the Song of Songs, which has created difficulties for readers for 2,000 years. Also known as the Song of Solomon or Canticle of Canticles, the Song of Songs stands out in the Bible because of its extensive and candid sexual content. It is a work of sensual lyric poetry that portrays scenes of actual and imagined trysts between the poem’s female protagonist and her lover. Graphic descriptions of both male and female bodies pervade the work and are certainly titillating, even bordering on pornographic. Sensual metaphors such as “grazing among the lilies” and “drinking ... from the juice of my pomegranates” suggest sexual practices that are anything but vanilla. It’s not just the emphasis on sex that makes the text unusual. The Song of Songs is the only work in the Bible that focuses exclusively on human-to-human love, not human-to-divine – at least on the surface level of the poem.

**Covenant with the divine:** Other scholars and I have argued that the earliest interpretations of the Song of Songs appear in late first-century works, such as allusions in the Book of Revelation – the final book in the New Testament, which describes prophetic visions of Jesus’ second coming – and 4 Ezra, another apocalyptic work included in some versions of the Bible. In the first few centuries, rabbis began to interpret the Song of Songs as part of their commentaries on the Pentateuch, the first section of the Hebrew Bible. The Pentateuch describes the creation of the world and includes stories about the Israelites’ ancestors and their epic journey from Egypt to Israel. Over the course of several books, the Pentateuch shows them fleeing slavery, receiving revelation from God at Mt. Sinai, wandering in the desert for 40 years and finally entering the promised land. These early rabbis envisioned that narrative as an extended, intimate story about God’s relationship with the people of Israel. And although they shied away from the more erotic dimensions of the Song of Songs, they used its language to depict God’s relationship with the people of Israel as more than a simple contractual arrangement. In my 2015 book, “My Perfect One,” I argued that the earliest rabbis characterized these bonds as deeply affectionate and marked by profound emotional commitment. For instance, in one passage, they interpret Song of Songs 2:6 – “His left hand was under my head, and his right hand embraced me” – as describing God’s embrace of Israel at Mt. Sinai.

**A lover’s yearning:** In a similar fashion, Christian scholars avoided the carnal dimensions of this poetic work. Rather than seeing the Song of Songs as a statement of God’s love for Israel, early Christians understood it as an allegory of Christ’s love for his “bride,” the church. Other allegorical readings have also emerged throughout history. Origen, for instance, a third-century Christian writer, proposed that the Song of Songs could be interpreted as the soul’s yearning for God. Similar to other interpreters, Origen associated the soul with the female protagonist, and the divine with her male “beloved.” Another Christian approach to the Song of Songs was that the poem described God’s loving relationship with Jesus’ mother, Mary. These diverse interpretations may also have influenced medieval Jewish mystics. In Judaism, the divine presence or “Shekinah” is often thought of as feminine – an idea that became important to these mystics, who relied on the Song of Songs to describe the Shekinah.

**Reading the poem today:** In the modern period, even more understandings of the poem have emerged, including some about human-to-human love. For instance, feminist readings have highlighted the female character’s power, autonomy and sensuality. Conservative Christians, meanwhile, often approach the poem as an ideal expression of acceptable love between a husband and wife. From the first few centuries up to today, these many meanings highlight readers’ creativity – and the evocative power of the Song of Songs’ poetic language.



**The Song of Songs** (Biblical Hebrew: **שיר השירים**, romanized: *Šir haššīrīm*; Greek: ᾠσμα ᾠμάτων, translit. *Āisma āismátōn*, Koine Greek pronunciation: [ˈä.zmä äˈzmä.ton]), also called the **Canticle of Canticles** or the **Song of Solomon**, is an erotic poem, one of the megillot (scrolls) found in the last section of the Tanakh, known as the Ketuvim (or "Writings").[1] It is unique within the Hebrew Bible: it shows no interest in Law or Covenant or the God of Israel, nor does it teach or explore wisdom like Proverbs or Ecclesiastes (although it does have some affinities to wisdom literature, as the ascription to the 10th century BCE King of Israel Solomon indicates); instead, **it celebrates sexual love, giving "the voices of two lovers, praising each other, yearning for each other, proffering invitations to enjoy"**. The two lovers are in harmony, each desiring the other and rejoicing in sexual intimacy. The women of Jerusalem form a chorus to the lovers, functioning as an audience whose participation in the lovers' erotic encounters facilitates the participation of the reader. Scholars differ in assessing when it was written, with estimates ranging from the 10th to 2nd century BCE, with linguistic analysis suggesting the 3rd century. In modern Judaism, the Song is read on the Sabbath during the Passover, which marks the beginning of the grain-harvest as well as commemorating the Exodus from Biblical Egypt.[5] Jewish tradition reads it as an allegory of the relationship between God and Israel; Christianity, as an allegory of Christ and his bride, the Church.

**Christianity:** The literal subject of the Song of Songs is love and sexual longing between a man and a woman, and it has little (or nothing) to say about the relationship of God and man; in order to find such a meaning it was necessary to resort to allegory, treating the love that the Song celebrates as an analogy for the love between God and Church.[6] The Christian church's interpretation of the Song as evidence of God's love for his people, both collectively and individually, began with Origen. Over the centuries the emphases of interpretation shifted, first reading the Song as a depiction of the love between Christ and Church, the 11th century adding a moral element, and the 12th century understanding of the Bride as the Virgin Mary, with each new reading absorbing rather than simply replacing earlier ones, so that the commentary became ever more complex.[26] These theological themes are not in the poem, but derive from a theological reading; nevertheless, what is notable about this approach is the way it leads to conclusions not found in the overtly theological books of the Bible.[27] Those books reveal an abiding imbalance in the relationship between God and man, ranging from slight to enormous; but reading Songs as a theological metaphor produces quite a different outcome, one in which the two partners are equals, bound in a committed relationship. In modern times the poem has attracted the attention of feminist biblical critics, with Phyllis Trible's foundational "Depatriarchalizing in Biblical Interpretation" treating it as an exemplary text, and the Feminist Companion to the Bible series edited by Athalya Brenner and Carole Fontaine devoting two volumes to it.



Illustration for the first verse, a minstrel playing before Solomon (15th century Rothschild Mahzor)



Egon Tschirch: *Song of Songs, No. 11* (picture cycle 1923)



*Song of Songs (Cantique des Cantiques)* by Gustave Moreau, 1893



*The Shulamite* by Albert Joseph Moore (1864)



## *The Embrace*



**What to watch for when you are watching the Super Bowl: 5 essential reads**

Published: February 10, 2023 5.12pm EST

Matt Williams, The Conversation, John Affleck, Lia Nower, MaCalus V. Hogan, Nicole Kraft, Peter Dreier





In practice, adults don't always value truth above all else

## Adults judge children who tell blunt polite truths more harshly than they do liars

Published: February 8, 2023 6.26pm EST

▼ **Laure Brimbal**, *Texas State University*

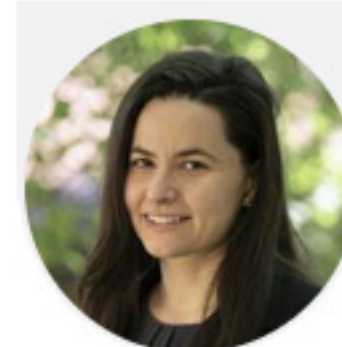


Learning to tell socially acceptable lies is part of growing up – but adults might not make it clear which lies are good and which aren't.

**The big idea:** Despite the common lesson that it's paramount to tell the truth, adults judged children who told blunt polite truths more negatively than they did liars in a recent study my colleague and I conducted. We asked 171 adults to watch videos of children between the ages of 6 and 15. Participants got a bit of written background identifying which children were lying and which were telling the truth. The lies were what psychologists call prosocial, meaning they benefited someone other than the child him- or herself. For instance, they might have been trying to protect a sibling who had destroyed their bike or to be polite and tell their parent they enjoyed the birthday party organized for them. On the other hand, when they told the truth, the children were betraying a sibling to tell on them to the parent, or they were being rude and telling the parent the party they organized was boring. All children made both kinds of statements, both in either a blunt, obvious manner or in a subtle, less apparent way. As you might expect, adults rated the children who told the truth in a polite but subtle way most positively. And they judged the liars as more untrustworthy than when those same kids told the truth. However, when we asked the adult participants more broadly about the children, they rated the liars as having a generally more positive disposition when they lied to be polite than when they told the blunt truth.

**Why it matters:** Lying is typically viewed negatively. In fact, being judged a liar is often seen as one of the worst characteristics you can ascribe to someone. At the same time, many smooth social interactions rely on little white lies and lies of omission. So we were interested in understanding how children might learn how to lie and, in turn, how adults might judge kids when they tell socially acceptable lies. Prosocial lying is more complex than lying for self-serving reasons. Parents have difficult choices to make when it comes to helping children understand this landscape. Given our findings, it seems that adults might provide inconsistent messages in response to children's lies. They seem to respond positively to polite liars while at the same time judging them as less trustworthy.

**What's next:** The adults in our study knew when the children were lying. But much other research has shown that people are generally poor lie detectors. Our participants might have judged the liars and truth-tellers differently if they didn't know for sure when they were watching a lie. The kind of socialization we were interested in depends on a person's culture and individual situation. We have yet to examine how people from different backgrounds and with various personalities would respond to lying children and in turn help them understand what is socially acceptable.



**Laure Brimbal**

Assistant Professor of Criminal Justice and Criminology, [Texas State University](#)



In practice, adults don't always value truth above all else





## Five years after Parkland, school shootings haven't stopped, and kill more people

February 9, 2023 3.10pm EST

David Riedman, University of Central Florida, James Densley, Metropolitan State University , Jillian Peterson, Hamline University

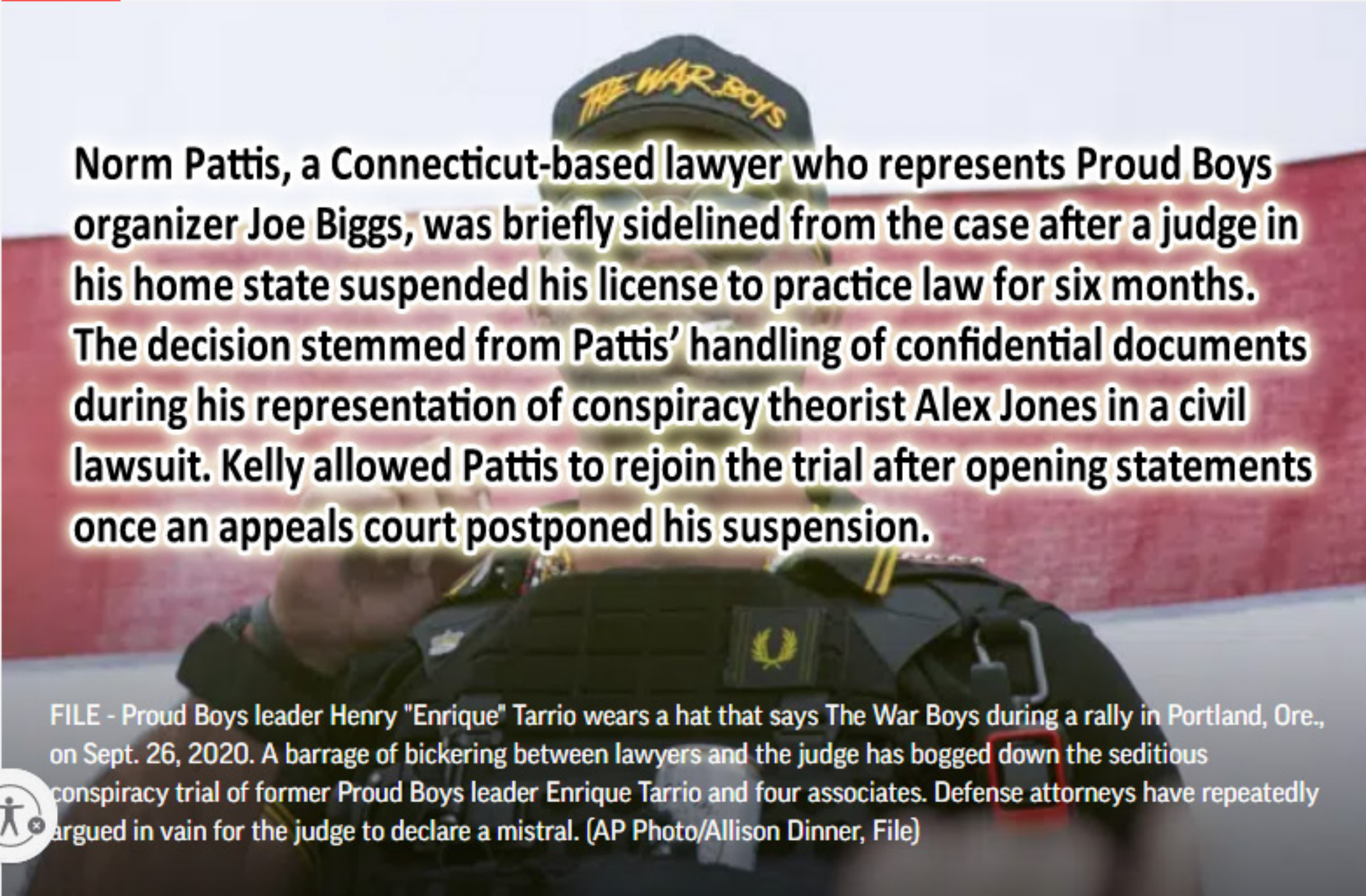
*Two mourners embrace at a memorial for those killed in the Parkland, Florida, school shooting in 2018.*





# Bickering bogs down Capitol riot trial of Proud Boys leaders

By MICHAEL KUNZELMAN and LINDSAY WHITEHURST 21 minutes ago



**Norm Pattis, a Connecticut-based lawyer who represents Proud Boys organizer Joe Biggs, was briefly sidelined from the case after a judge in his home state suspended his license to practice law for six months. The decision stemmed from Pattis' handling of confidential documents during his representation of conspiracy theorist Alex Jones in a civil lawsuit. Kelly allowed Pattis to rejoin the trial after opening statements once an appeals court postponed his suspension.**

FILE - Proud Boys leader Henry "Enrique" Tarrío wears a hat that says The War Boys during a rally in Portland, Ore., on Sept. 26, 2020. A barrage of bickering between lawyers and the judge has bogged down the seditious conspiracy trial of former Proud Boys leader Enrique Tarrío and four associates. Defense attorneys have repeatedly argued in vain for the judge to declare a mistrial. (AP Photo/Allison Dinner, File)

WASHINGTON (AP) — The Capitol riot trial for Proud Boys leaders promised to be a historic showcase for some of the most compelling evidence of an alleged plot by far-right extremists to halt the transfer of presidential power after the 2020 election. One month into the trial, there have been plenty of fireworks, but mostly when the jury wasn't in the courtroom. Lawyers representing the five Proud Boys charged with seditious conspiracy have repeatedly sparred with U.S. District Judge Timothy Kelly during breaks in testimony. At least 10 times, those lawyers have argued in vain for him to declare a mistrial. The judge regularly admonishes lawyers for interrupting him and has threatened to hold them in contempt if it continues. Two defense lawyers at one point floated the idea of withdrawing from the case if Kelly did not rule in their favor on evidentiary matters. The barrage of bickering has bogged down the proceedings in the federal courthouse, where the Capitol can be seen in the distance from some windows. One recent day in court, defense lawyer Norm Pattis compared the trial to visiting "Gilligan's Island," the title and setting of the 1960s-era sitcom about a shipwrecked boat's crew and passengers. "It was supposed to be a three-hour tour, and people were stranded together for an infinite period while they worked out their interpersonal difficulties," Pattis quipped. The tension in the courtroom reflects the high stakes for the Justice Department and the defendants.

It's one of the most serious cases to emerge from the Capitol riot on Jan. 6, 2021, and former Proud Boys national chairman Enrique Tarrío is perhaps the highest profile person to be charged so far in the assault. The Proud Boys face up to 20 years in prison if convicted of seditious conspiracy. Acquittals on the rarely used charge — which strikes at the heart of what prosecutors say happened that day — would be a setback in the government's Jan. 6 investigation, which continues to grow two years later. Tarrío and four lieutenants are accused of participating in a weeklong plot to keep Democrat Joe Biden out of the White House after he defeated then-President Donald Trump in the 2020 election. Prosecutors say it culminated with Proud Boys mounting a coordinated assault on the Capitol alongside hundreds of other Trump supporters. Defense lawyers say there's no evidence that the Proud Boys plotted to attack the Capitol and stop Congress from certifying the Electoral College vote on Jan. 6. The lawyers claim prosecutors are mischaracterizing bellicose online banter as a violent plot. They tried unsuccessfully to move the trial out of Washington, arguing that there was no way their clients could get a fair trial in front of a District of Columbia jury. The Proud Boys trial is on a pace to last several weeks longer than last year's landmark trial for Oath Keepers group leaders and members, who were charged in a separate Jan. 6 case.

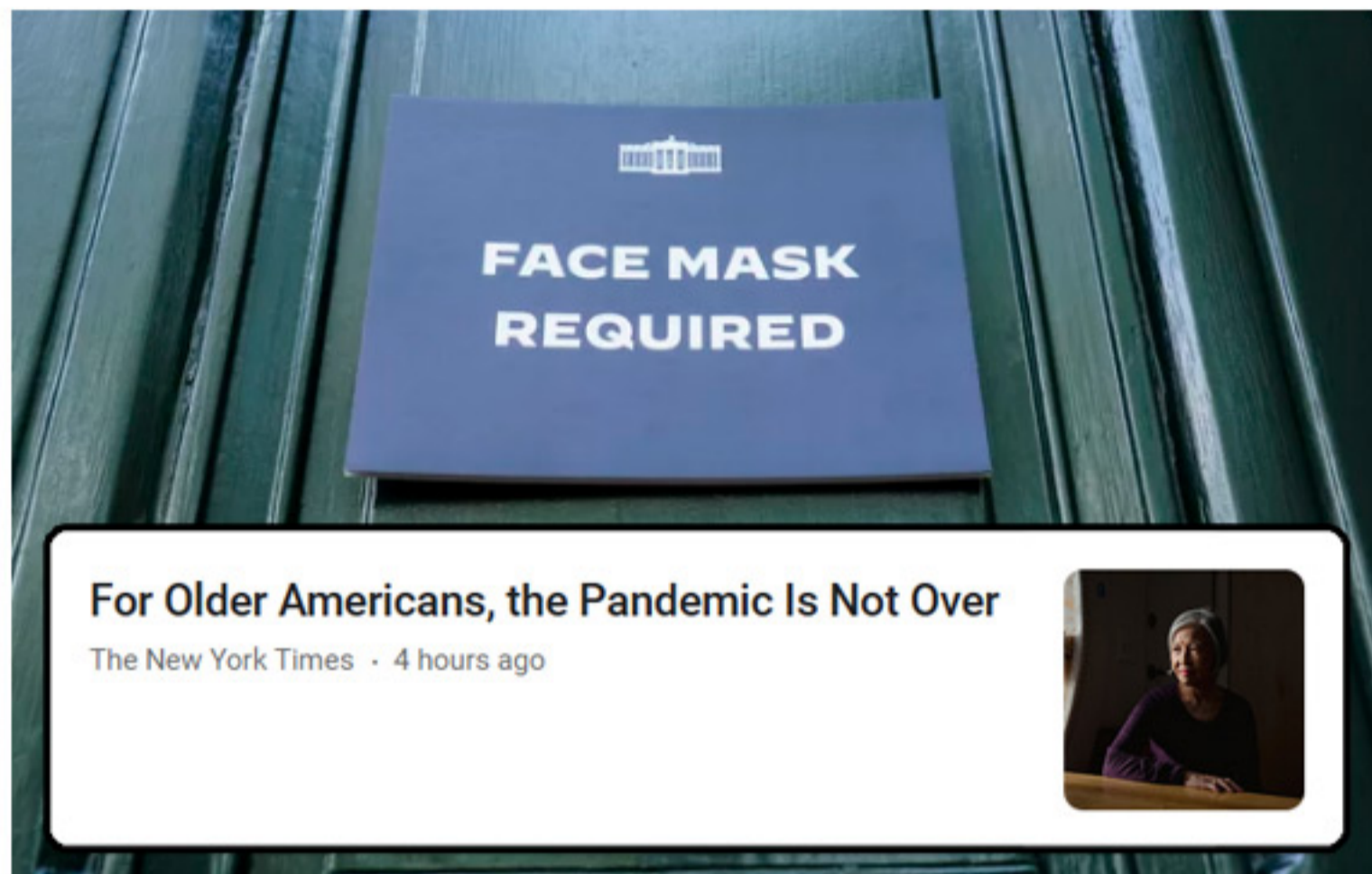
In November, a jury convicted Oath Keepers founder Stewart Rhodes and another leader of seditious conspiracy after three days of jury selection, 26 days of testimony and two days of closing arguments. A separate trial involving members of the Oath Keepers — who face a slew of charges, but not seditious conspiracy — also got underway this month.



# Are there places you should still mask in, forever? Three experts weigh in

February 10, 2023 · 8:00 AM ET

CARMEN MOLINA ACOSTA



A sign requiring the wearing of face masks is displayed at the testing center for visitors to the White House on July 30, 2022 in Washington, DC.

There are still hundreds of thousands of COVID cases reported in the U.S. each week, along with a few thousand deaths related to COVID. But with mask mandates a thing of the past and the national emergency health declaration that will expire in May, we are in a new phase of the pandemic. Life looks a little more normal here in the U.S. than it did a few years ago, but decisions on how to deal with the virus aren't over yet. China had a huge increase in cases last month after abandoning its zero COVID policy, and another variant prompted renewed recommendations in some airports. Researchers estimate that more than 65 million people are struggling with the effects of COVID — a disease we still have to learn about. However, masking requirements are being lifted in places like Spain and Germany.

*Wondering if and when you should still be masking up? NPR asked some experts.*

Dr. William Schaffner, a professor of infectious diseases at Vanderbilt University Medical Center, Dr. Monica Gandhi, an infectious disease expert at the University of California, San Francisco, and Dr. Bob Wachter, chair of the department of medicine at the same university all weighed in. **If you're high risk, you should still be careful:** Dr. William Schaffner, a professor of infectious diseases at the Vanderbilt University Medical Center, says he and his wife are still playing it conservatively. He cautions people to stay "careful, not carefree." As they are older, they are at higher risk of serious illness if they catch the virus. They also care for a family member who is undergoing chemotherapy. "Older persons, people of any age who have a serious underlying illness, heart disease, lung disease, diabetes, if you're immune compromised," Schaffner said, "keep wearing that mask."

**Consider masks in crowded, poorly ventilated places:** Dr. Bob Wachter, chair of the Department of Medicine at the University of California, San Francisco, plays it a little more by ear. "I have come to calibrate my mask wearing based on my best educated guess as to the possibility that someone has COVID and also how important is it for me to do the thing without a mask," Wachter says. While he's no longer concerned about dying or serious illness, the virus can still knock you out. Wachter watched firsthand as his wife recovered from a bout of long COVID-19. He evaluates it case by case. A small gathering where everyone is vaccinated and windows open may not require one. **But sitting on an airplane or in a large, crowded theater might be a good idea to do one. "Those places, I'm wearing a mask now, and I suspect I will wear a mask forever," Wachter said.** "Forever's a long time. But the threat of COVID now, I think, is probably not all that different from it'll be a year from now or five years from now."

**Vaccines have provided powerful protection:** On the other hand, Dr. Monica Gandhi, an infectious disease expert at the University of California, has leaned into the value of vaccines over masks. "They're really powerful in terms of what they were designed to do, which is to prevent severe disease," Gandhi said. "This is really the time at which you can say, 'Oh, we have a lot of population immunity in our country.'" Most Americans now have hybrid immunity, a combination of immunity from vaccines and catching the virus naturally, which is particularly strong. Gandhi feels comfortable going without a mask on most of the time. Keep assessing your own risk and comfort level **All three experts agree it's a matter of weighing personal risks.** "Lots of people are very cautious," Gandhi said. "Still, they're happy with their vaccine and feel that they're done worrying about it after vaccination. Everyone's just going to have their own personal biases around that." **Experts do not always agree on what to do.** "I don't think it has a moral dimension," Wachter says. "I think we're sort of past the time when any of the choices here are really bad choices." And Schaffner found that this winter **there were other benefits to masking and social distancing** — like avoiding RSV and flu bouts. "We have shown that these things are really effective in reducing risk in a population," he said.



POLITICS

President Joe Biden delivers his State of the Union speech to a joint session of Congress, at the Capitol in Washington, Tuesday, Feb. 7, 2023



Sen. Kyrsten Sinema ignited Twitter over the bright yellow dress she wore at President Biden's State of the Union address Tuesday — with social media users cracking jokes over the flamboyant outfit choice. Sinema's loud dress with giant ruffle sleeves jumped out among a sea of Congress members in black and navy business attire, and many on Twitter said it was an obvious attention-grabbing stunt. "Kyrsten Sinema.....tell me you're desperate for attention without telling me you're desperate for attention," Twitter user Jason Rector wrote with a screenshot of the C-Span broadcast showing her dress in stark contrast to the dark colors worn by her colleagues.



## After Turkey's quake, some people left homeless say they haven't eaten in days

In a camp in Gaziantep and in makeshift settlements in the fields around it, survivors of Monday's earthquake say they do not have enough food, water, heating or basic amenities to keep themselves alive.

"There's nothing for us here to eat," says a soldier in his mid-20s named Faris, who fled from the hard-hit city of Antakya. "There's no gas, no heating system, no electricity. We don't have money or any of our cards." He asks to be identified only by his first name because he is still an active member of the Turkish military and risks punishment if he criticizes the government. The earthquake has killed more than 25,000 in Turkey and Syria, according to The Associated Press, and tens of thousands have been injured.

Five days after two powerful earthquakes hours apart caused thousands of buildings to collapse, killing more than 28,000 people and leaving millions homeless, rescuers were still pulling unlikely survivors from the ruins — one of them just 7 months old.

<https://apnews.com/article/2023-turkey-syria-earthquake>

*A mother, Zehra Cati, with her young child at a makeshift camp for people displaced by the earthquake.*





# Turkey arrests building contractors 6 days after quakes

By JUSTIN SPIKE and SUZAN FRASER an hour ago



1 of 8

FILE - Emergency teams search for people in the rubble of a destroyed building in Adana, southern Turkey, Tuesday, Feb. 7, 2023. For Syrians and Ukrainians fleeing the violence back home, the earthquake that struck in Turkey and Syria is but the latest tragedy. The U.N. says Turkey hosts about 3.6 million Syrians who fled their country's 12-year civil war, along with close to 320,000 people escaping hardships from other countries. (AP Photo/Hussein Malla, File)



ANTAKYA, Turkey (AP) — As rescuers still pulled a lucky few from the rubble six days after a pair of earthquakes devastated southeast Turkey and northern Syria, Turkish officials detained or issued arrest warrants for some 130 people allegedly involved in the construction of buildings that toppled down and crushed their occupants.

The death toll from Monday's quakes stood at 28,191 — with another 80,000-plus injured — as of Sunday morning and was certain to rise as bodies kept emerging. As despair also bred rage at the agonizingly slow rescue efforts, the focus turned to who was to blame for not better preparing people in the earthquake-prone region that includes an area of Syria that was already suffering from years of civil war. Even though Turkey has, on paper, construction codes that meet current earthquake-engineering standards, they are too rarely enforced, explaining why thousands of buildings slumped onto their side or pancaked downward onto residents.

Turkish Vice President Fuat Oktay said late on Saturday that warrants have been issued for the detention of 131 people suspected to being responsible for collapsed buildings. Turkey's justice minister has vowed to punish anyone responsible, and prosecutors have begun gathering samples of buildings for evidence on materials used in constructions. **The quakes were powerful, but victims, experts and people across Turkey are blaming bad construction for multiplying the devastation.**

*Rescuers use a crane to pull out Muhammet Habib, 27, from a collapsed building in Kahramanmaraş, southern Turkey, late Saturday, Feb. 11, 2023. Rescuers in Turkey miraculously continued to pull earthquake survivors out of the rubble on Saturday. The unlikely rescues, coming over four days after Monday's 7.8-magnitude quake brought down thousands of buildings in Turkey and Syria, offered fleeting moments of joy amid a catastrophe that has killed nearly 24,000 people, injured at least 80,000 others and left millions homeless. (Ismail Coskun/IHA via AP)*



# Wagner owner says war in Ukraine could drag on for years

By SUSIE BLANN yesterday



In this image from Ukrainian Armed Forces and taken in Feb. 2023 shows damaged Russian tanks in a field after attempting to attack, Vuhledar, Ukraine. The battle for the small coal-mining town of Vuhledar on Ukraine's eastern front line which has emerged as a critical hot spot in the fight for Donetsk province. Securing the town would give both Ukrainian forces and Russian troops a tactical upper hand in the greater battle for the Donbas region. (Ukrainian Armed Forces via AP)

KYIV, Ukraine (AP) — The owner of the Russian Wagner Group private military contractor actively involved in the fighting in Ukraine has predicted that the war could drag on for years. **Yevgeny Prigozhin** said in a video interview released late Friday that it could take 18 months to two years for Russia to fully secure control of Ukraine's eastern industrial heartland of Donbas. He added that the war could go on for three years if Moscow decides to capture broader territories east of the Dnieper River. The statement from Prigozhin, a millionaire who has close links to Russian President Vladimir Putin and was dubbed "Putin's chef" for his lucrative Kremlin catering contracts, marked a recognition of the difficulties that the Kremlin has faced in the campaign, which it initially expected to wrap up within weeks when Russian troops invaded Ukraine on Feb. 24. Russia suffered a series of humiliating setbacks in the fall when the Ukrainian military launched successful counteroffensives to reclaim broad swaths of territory in the east and the south. The Kremlin has avoided making forecasts on how long the fighting could continue, saying that what it called the "special military operation" will continue until its goals are fulfilled.

## WHO OWNS THE WAGNER GROUP?

**Yevgeny Prigozhin**, who received a 12-year prison term in 1981 on charges of robbery and assault, started a restaurant business in St. Petersburg following his release from prison. It was in this capacity that he got to know Putin, who served as the city's deputy mayor in the 1990s. Prigozhin, 61, used his ties with Putin to develop a catering business and won lucrative Russian government contracts that earned him the nickname of "Putin's chef." He later expanded to other businesses, including media outlets and an infamous "troll factory" that led to his indictment in the U.S. for meddling in the 2016 presidential election.



## In Pakistan, angry mob lynches man accused of blasphemy

CBS News · 16 hours ago

- **Angry mob lynches man accused of blasphemy in Pakistan**

Al Jazeera English · 20 hours ago

 [View Full Coverage](#)



*World*

In Pakistan, angry mob lynches man accused of blasphemy

February 11, 2023 / 3:40 PM / CBS/AP

Hundreds of Muslims descended on a police station in Pakistan's eastern Punjab province Saturday, snatched a blasphemy suspect from his cell and took him outside and lynched him, police said.

Senior police officer Babar Sarfaraz Alpa said a man identified only as Waris had been in police custody for desecrating pages of a copy of Islam's holy book, the Quran. He said Waris pasted images of himself, his wife and a knife on several pages of the book, displayed them and threw them about in the rural district of Nankana.

Charges of blasphemy carry the death penalty under Pakistani law



## US blacklists 6 Chinese entities over balloon program

yesterday



*FILE - In this image provided by the FBI, FBI special agents assigned to the evidence response team process material recovered from the high altitude balloon recovered off the coast of South Carolina, Feb. 9, 2023, at the FBI laboratory in Quantico, Va. The United States on Friday, Feb. 10 blacklisted six Chinese entities it said were linked to Beijing's aerospace programs as part of its retaliation over an alleged Chinese spy balloon that traversed the country's airspace. (FBI via AP, File)*

BEIJING (AP) — The United States has blacklisted six Chinese entities it said were linked to Beijing's aerospace programs as part of its retaliation over an alleged Chinese spy balloon that traversed U.S. airspace. The economic restrictions announced Friday followed the Biden administration's pledge to consider broader efforts to address Chinese surveillance activities and will make it more difficult for the five companies and one research institute to obtain American technology exports. The move is likely to further escalate the diplomatic row between the U.S. and China sparked by the balloon, which was shot down last weekend off the Carolina coast. The U.S. said the balloon was equipped to detect and collect intelligence signals, but Beijing insists it was a weather craft that had blown off course.

Deputy Secretary of Commerce Don Graves said on Twitter his department "will not hesitate to continue to use" such restrictions and other regulatory and enforcement tools "to protect U.S. national security and sovereignty." **The six entities are Beijing Nanjiang Aerospace Technology Co., China Electronics Technology Group Corporation 48th Research Institute, Dongguan Lingkong Remote Sensing Technology Co., Eagles Men Aviation Science and Technology Group Co., Guangzhou Tian-Hai-Xiang Aviation Technology Co., and Shanxi Eagles Men Aviation Science and Technology Group Co.** The research institute did not immediately respond to a request for comment. The other five entities could not be reached.

On Friday, a U.S. military fighter jet shot down an unknown object flying off the remote northern coast of Alaska on orders from President Joe Biden. The object was downed because it reportedly posed a threat to the safety of civilian flights, instead of any knowledge that it was engaged in surveillance. But the twin incidents in such close succession reflect heightened concerns over China's surveillance program and public pressure on Biden to take a tough stand against it.



# Why are BP, Shell, and other oil giants making so much money right now?

🕒 11 hours ago



**By Ben King**

Business reporter, BBC News

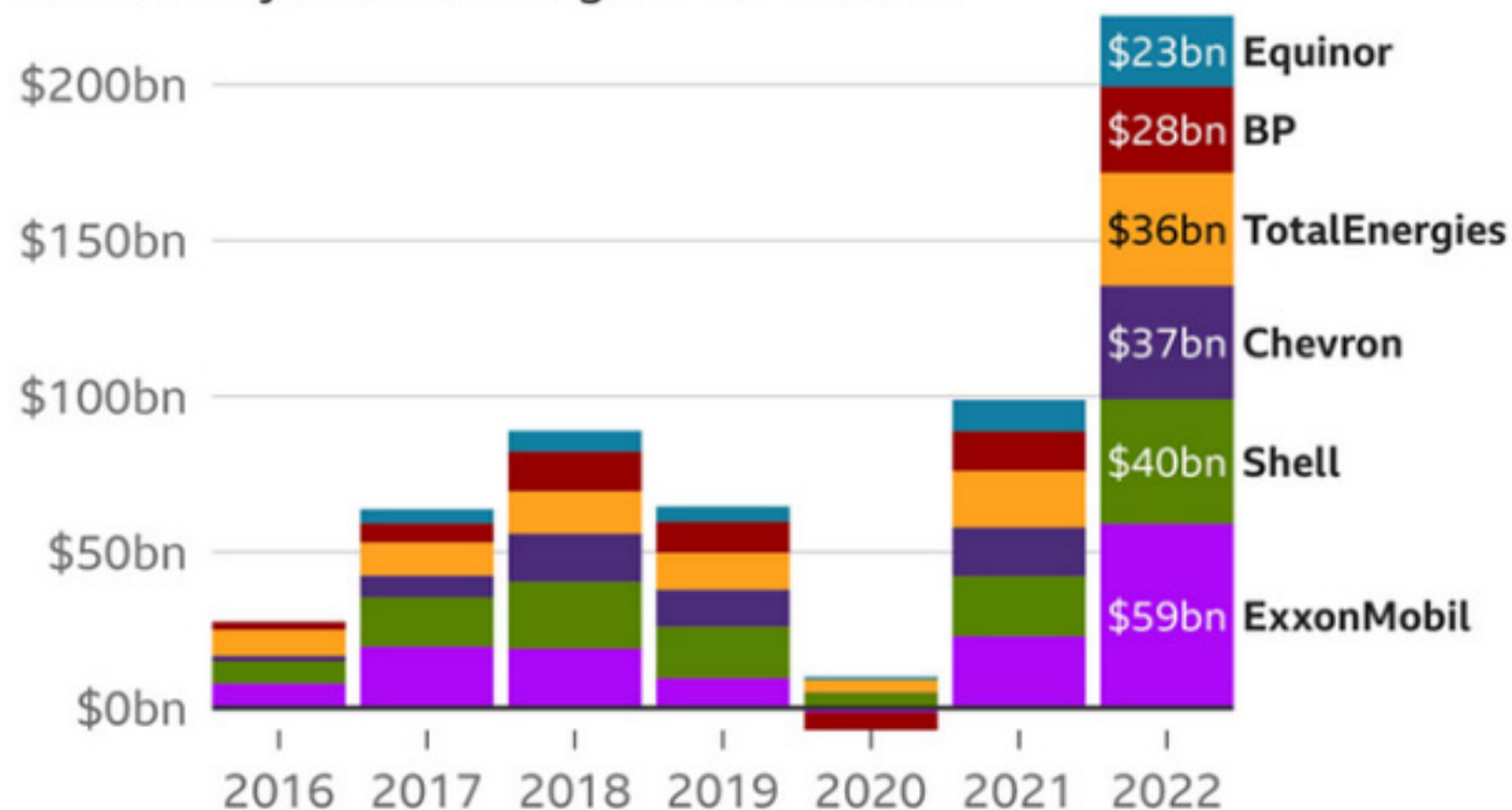
The big oil companies - from the UK-based BP and Shell to international giants such as ExxonMobil and Norway's Equinor - have been announcing astonishing profit figures. They are all benefitting from the surging price of oil and gas following the invasion of Ukraine. While they rake in the profits, people around the world are struggling to pay their energy bills and fill up their cars - leading to calls for higher taxes on these companies. So how are they making so much money, and should the government step in to stop them?

**Why has the oil price soared?** Oil and gas are traded around the world, and if supplies are short and demand high, sellers can charge more, and the price goes up. Before the Ukraine war, Russia was the world's largest exporter of oil and natural gas. A lot of the money that people paid to buy that oil and gas went to the Russian government - those exports made up 45% of the Russian government budget in 2021. After the invasion, Western countries, including the UK and EU, tried to stop (or at least massively reduce) their energy imports from Russia, to avoid funding the Russian military and supporting a hostile regime. Countries that didn't want to buy from Russia had to pay much higher prices for oil produced elsewhere. Oil prices had already been rising as economies re-opened following Covid-19 lockdowns, and people needed more oil.

**They face calls to pay even more tax:** Politicians, environmentalists, trade unions and poverty campaigners have attacked oil companies' record profits, and argued for higher windfall taxes. They say high prices are the result of something beyond the oil firm's control - war, and that it's not fair that oil companies are profiting from people's suffering. Some say higher windfall taxes are a good way for governments to raise money because they're easy to collect and hard to avoid. Even the former boss of Shell himself, Ben van Beurden, wondered if it was inevitable that governments would need to tax energy producers more to protect the poorest in society. But oil firms argue that a higher windfall tax would make them less willing to invest in producing in the UK, and that they would search for oil elsewhere where taxes are lower.

## Big Oil's big profits

Annual adjusted earnings in US dollars



Source: BBC analysis of company reports



# San Diego car insurance projected to rise more than any other California city



*San Diego's projected increase in car insurance is one of the highest in the nation, just behind Phoenix and Orlando.*

Author: Richard Allyn  
Published: 10:49 PM PST February 10, 2023

SAN DIEGO — Drivers here in San Diego can expect to pay more for their car insurance in 2023 compared to last year. A new report finds that our increase will be steeper than any other city in California. San Diego's projected increase in car insurance is one of the highest in the nation, just behind Phoenix and Orlando. but there are ways to help lower your rates. "The cost of insurance has definitely gone up," said Ben Huggins, owner of Everyday Insurance Services in Hillcrest.

It is on track to go up even more, according to a new report by Bankrate, which finds that auto insurance rates in San Diego are expected to rise about 15 percent this year compared to last, bringing annual premiums to an average of \$2,270.

Huggins said that inflation has impacted the insurance industry like it has other sectors, and that - **as more drivers are hitting the road as the pandemic wanes - they're driving more recklessly. "The accidents are way high now and you're seeing an increase in the cost of parts, parts are harder to get, increase in the cost of body shop work, just all across the board,"** Huggins added.

That means it costs more to pay for claims, driving up premiums. Also, California's Department of Insurance, which had frozen rate increases during early years of the pandemic, are now beginning to allow insurance companies to raise their prices again.


 The San Diego Union-Tribune

## For subscribers: San Diego drivers, your car insurance is ...

Auto insurance premiums are projected to rise considerably in San Diego in 2023, and they could grow more than in almost every other large...

2 days ago




 CBS 8

## San Diego car insurance projected to rise more than any ot... California city

San Diego's projected increase in car insurance is one of the highest in the nation, just behind Phoenix and Orlando. Author: Richard Allyn.

1 day ago



 Channel 933

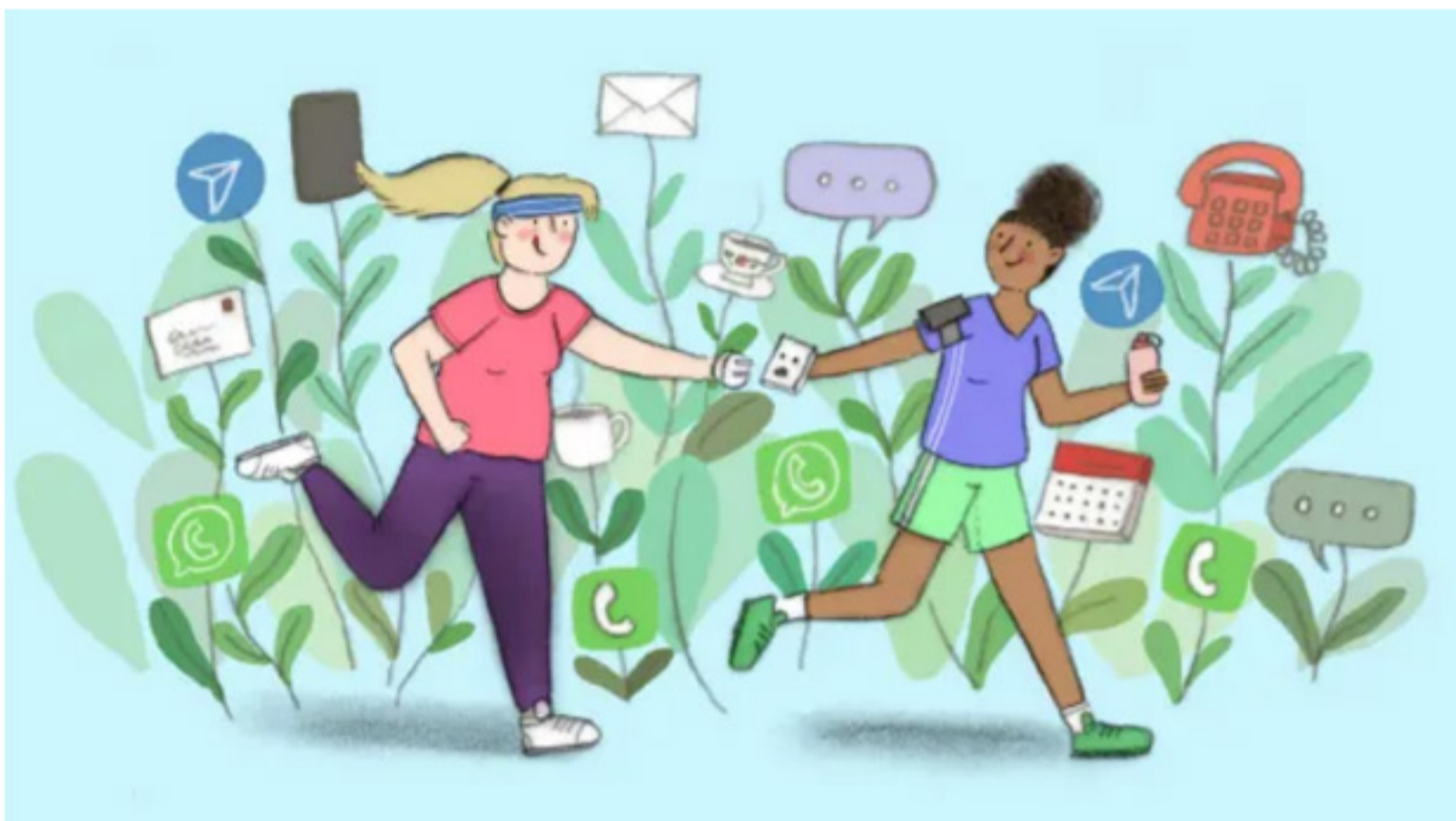
## Why Auto Insurance Premiums Are Going Way Up For San... Drivers In 2023

The latest bill to dramatically increase in San Diego could be car insurance. After a year of the worst inflation in four decades,...

1 day ago







*Positive relationships  
keep us happier, healthier,  
and help us live longer.  
Period.*

## PSYCHOLOGY AND RELATIONSHIPS

# An 85-year Harvard study found the No. 1 thing that makes us happy in life: It helps us 'live longer'

Published Fri, Feb 10 2023 • 11:25 AM EST

Updated Fri, Feb 10 2023 • 6:48 PM EST



Marc Schulz, Contributor



Robert Waldinger, Contributor  
[@ROBERTWALDINGER](#)

Don't be afraid to reach out to the people in your life. Whether it's a thoughtful question or a moment of devoted attention, it's never too late to deepen the connections that matter to you.

In 1938, Harvard researchers embarked on a [decades-long study](#) to find out: What [makes us happy](#) in life?

The researchers gathered health records from 724 participants from all over the world and asked detailed questions about their lives at two-year intervals.

Contrary to what you might think, it's not career achievement, money, [exercise](#), or a [healthy diet](#). The most consistent finding we've learned through 85 years of study is: Positive relationships keep us happier, healthier, and help us [live longer](#). *Period.*



<https://youtu.be/jM1Faekyzj8> | [https://en.wikipedia.org/wiki/Yosemite\\_Sam](https://en.wikipedia.org/wiki/Yosemite_Sam)

*One of Bugs' biggest foes, Sam never stops scheming!*

**Yosemite Sam** (/jɒʊˈsɛmɪti/ yoh-SEM-ih-tee)[1] is a cartoon character in the Looney Tunes and Merrie Melodies series of short films produced by Warner Bros. His name is taken from Yosemite National Park. He is an adversary of Bugs Bunny.[2] He is commonly depicted as an extremely aggressive, gunslinging outlaw or cowboy with a hair-trigger temper and an intense hatred of rabbits, Bugs in particular.



0:19 / 28:49





# Paul R. Williams

American architect

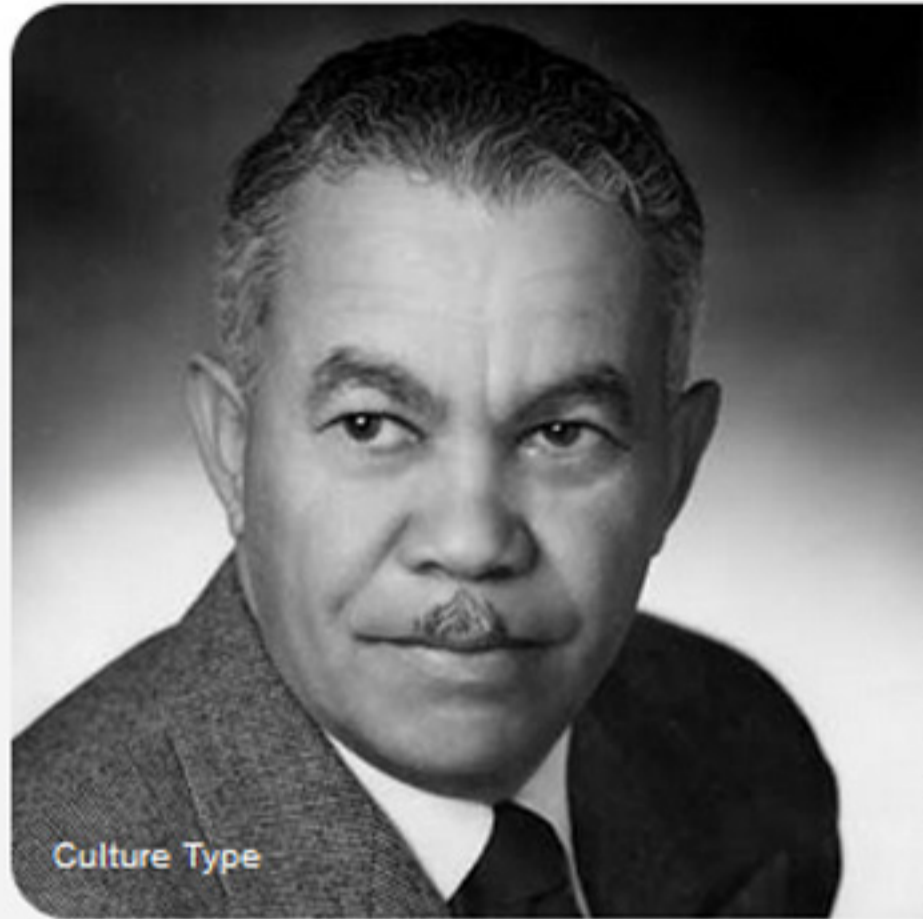
Overview

Structures

Education

Books

Videos



Culture Type



NPR

### Paul Williams: The Trailblazing Black Architect Who Helped ...

Paul Revere Williams began designing homes and commercial buildings in the early 1920s. By the time he died in 1980, he had created some ...

Jun 22, 2012



PBS

Feb 6, 2020

56:33

Place of burial

Inglewood Park Cemetery, Inglewood, CA

Died

January 23, 1980, Los Angeles, CA

## Structures >



The Theme Building



Jay Paley House



La Concha Motel



Berkley Square



28th Street YMCA



Guardian Angel Cathedral

What is Paul Revere Williams best known for?

### Paul Revere Williams, FAIA (1894-1980)

He broke racial barriers, becoming the first African American member (and later, Fellow) of the American Institute of Architects (AIA), as well as a civic leader. Born in Los Angeles in 1894, Williams was orphaned at the age of four.

https://www.laconservancy.org > architects > paul-r-will...

[Paul R. Williams - Los Angeles Conservancy](#)



## About

Paul Revere Williams, FAIA was an American architect based in Los Angeles, California. He practiced mostly in Southern California and designed the homes of numerous celebrities, including Frank Sinatra, Lucille Ball and Desi Arnaz, Lon Chaney, Barbara Stanwyck and Charles Correll. [Wikipedia](#)

**Born:** February 18, 1894, Los Angeles, CA

**Died:** January 23, 1980, Los Angeles, CA

**Education:** University of Southern California, Polytechnic High School, USC Viterbi School of Engineering

**Place of burial:** Inglewood Park Cemetery, Inglewood, CA

**Awards:** Spingarn Medal



# Hollywood's Architect: The Paul R. Williams Story

Paul R. Williams defied the odds to become one of the most notable architects in history. **MORE**

+ My List



**Hollywood's Architect: The Paul R. Williams Story**

02/06/2020 | 56m 33s



**Hollywood's Architect: The Paul R. Williams Story Preview**

Preview: 02/06/2020 | 30s



**Paul R. Williams - Architect to the Stars**

Clip: 02/06/2020 | 2m 32s

Nicknamed "Architect to the Stars," African American architect Paul R. Williams was one of the most successful architects of his time. But at the height of his career he wasn't always welcome in the buildings he designed because of his race. Hollywood's Architect will tell the story of how he used talent, determination and even charm to defy the odds and create a celebrated body of work.



## KIPP WILLIAMS

*Partner*



Kipp Williams has more than twenty-five years of litigation experience. Kipp's practice includes litigation in the areas of real estate, business matters, family law and personal injury. Kipp has experience representing both plaintiffs and defendants in state and federal courts.

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### Work

Works at Attorney  
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### College

Studied Law at University of San Diego, Class of 1992

Studied Kinesiology/Exercise Physiology at University of Arizona College of Medicine - Tucson  
M.S. Exercise Physiology-Class of 1986

Studied at Central Michigan University  
Class of 1984

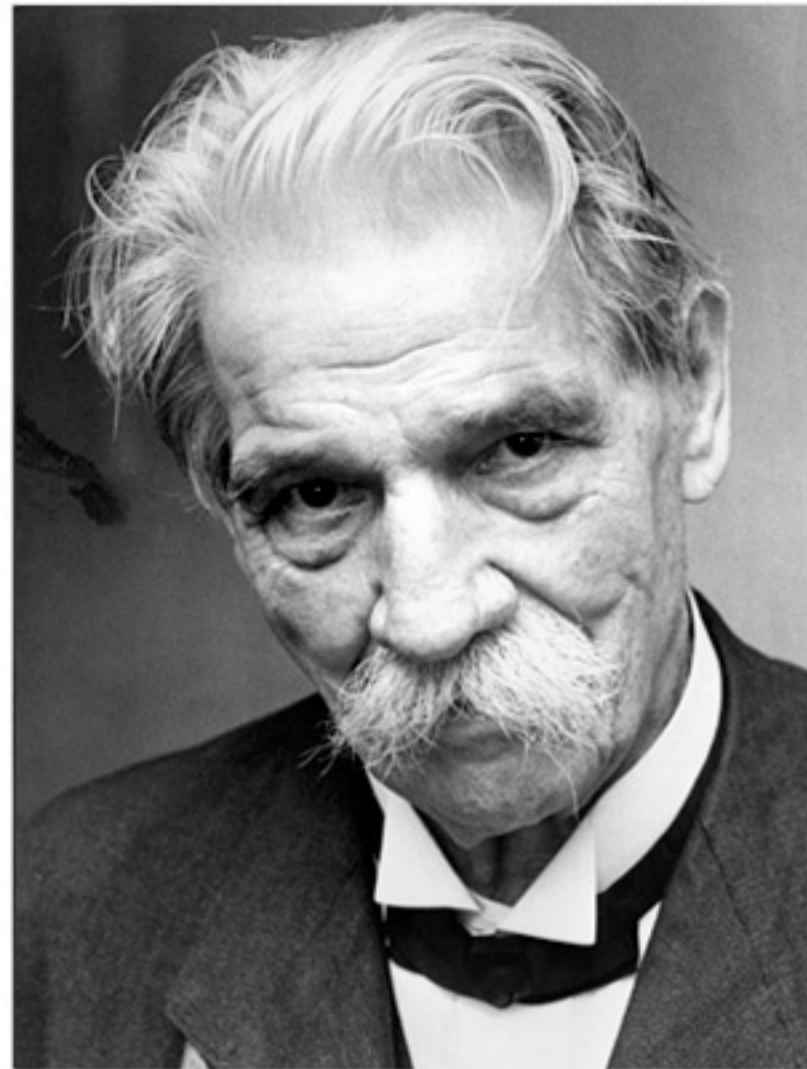


[https://profiles.superlawyers.com/california/la-jolla/lawyer/kip-williams/...](https://profiles.superlawyers.com/california/la-jolla/lawyer/kip-williams/)

**Kipp Williams** is an attorney providing legal services covering Business Litigation. Kipp Williams, who practices law in La Jolla, California, was selected to Super Lawyers for 2021 - 2022. This peer designation is awarded only to a select number of accomplished attorneys in each state. The Super Lawyers selection process takes into account peer recognition, professional achievement in legal practice, and other cogent factors. Prior to becoming an attorney, he studied at University of San Diego School of Law. He graduated in 1992. After passing the bar exam, he was admitted to legal practice in 1993.



[https://en.wikipedia.org/wiki/Silent\\_Spring](https://en.wikipedia.org/wiki/Silent_Spring) > *Silent Spring*, an environmental science book by Rachel Carson. Published on September 27, 1962,



Man has lost the capacity to foresee  
and to forestall. He will end by  
destroying the earth.

— *Albert Schweitzer* —  
1875-1965

AZ QUOTES

{Silent Spring is an environmental science book by Rachel Carson. > [https://en.wikipedia.org/wiki/Silent\\_Spring](https://en.wikipedia.org/wiki/Silent_Spring) : In the weeks before the September 27, 1962, publication, **there was strong opposition to Silent Spring from the chemical industry. DuPont, a major manufacturer of DDT and 2,4-D, and Velsicol Chemical Company, the only manufacturer of chlordane and heptachlor, were among the first to respond.** DuPont compiled an extensive report on the book's press coverage and estimated impact on public opinion. Velsicol threatened legal action against Houghton Mifflin, and The New Yorker and Audubon Magazine unless their planned Silent Spring features were canceled. Chemical industry representatives and lobbyists lodged a range of non-specific complaints, some anonymously. Chemical companies and associated organizations produced brochures and articles promoting and defending pesticide use. However, Carson's and the publishers' lawyers were confident in the vetting process Silent Spring had undergone. The magazine and book publications proceeded as planned, as did the large Book-of-the-Month printing, which included a pamphlet by William O. Douglas endorsing the book.)

“The **'control of nature'** is a phrase conceived in arrogance, born of the Neanderthal age of biology and philosophy, when it was supposed that nature exists for the convenience of man,” Rachel Carson

Rachel Carson dedicated “Silent Spring” to him. She wrote in her dedication, **“Man has lost the capacity to foresee and to forestall. He will end by destroying the Earth.”** which was part of a letter that Albert Schweitzer wrote to a bee-keeper whose bees were destroyed by pesticides. Mar 10, 2009

<https://georgianbayearthdays.org> > 2009/03 > albert-schw... ⋮

[Albert Schweitzer and Rachel Carson: Two Courageous and ...](#)

<https://www.goodreads.com> > work > 880193-silent-spr... ⋮

[Silent Spring Quotes by Rachel Carson\(page 2 of 3\)](#)

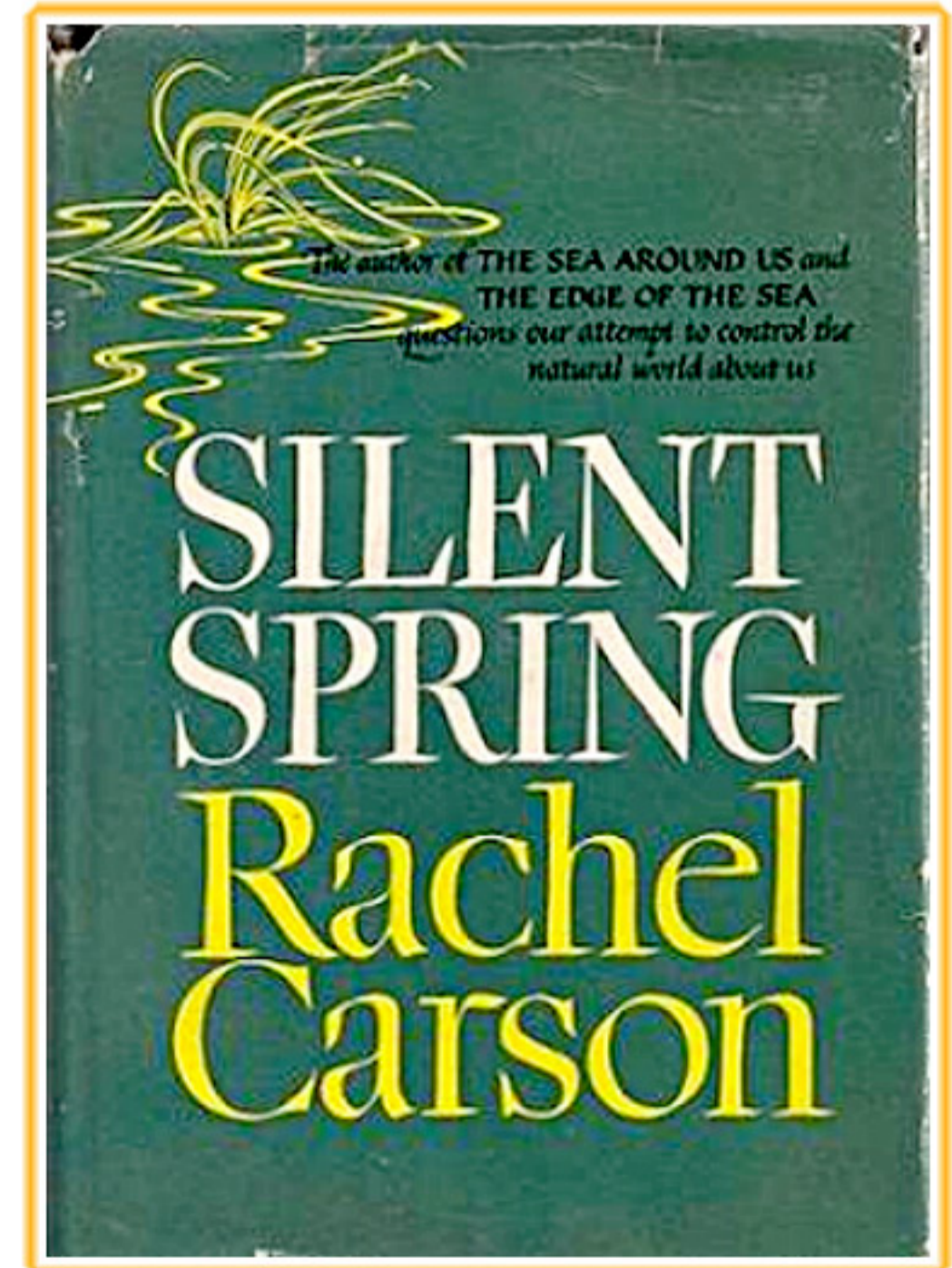
“For mankind as a whole, a possession infinitely more valuable than individual life is our genetic heritage, our link with past and future.” — Rachel Carson, ...

What is the famous quote from Silent Spring? ^

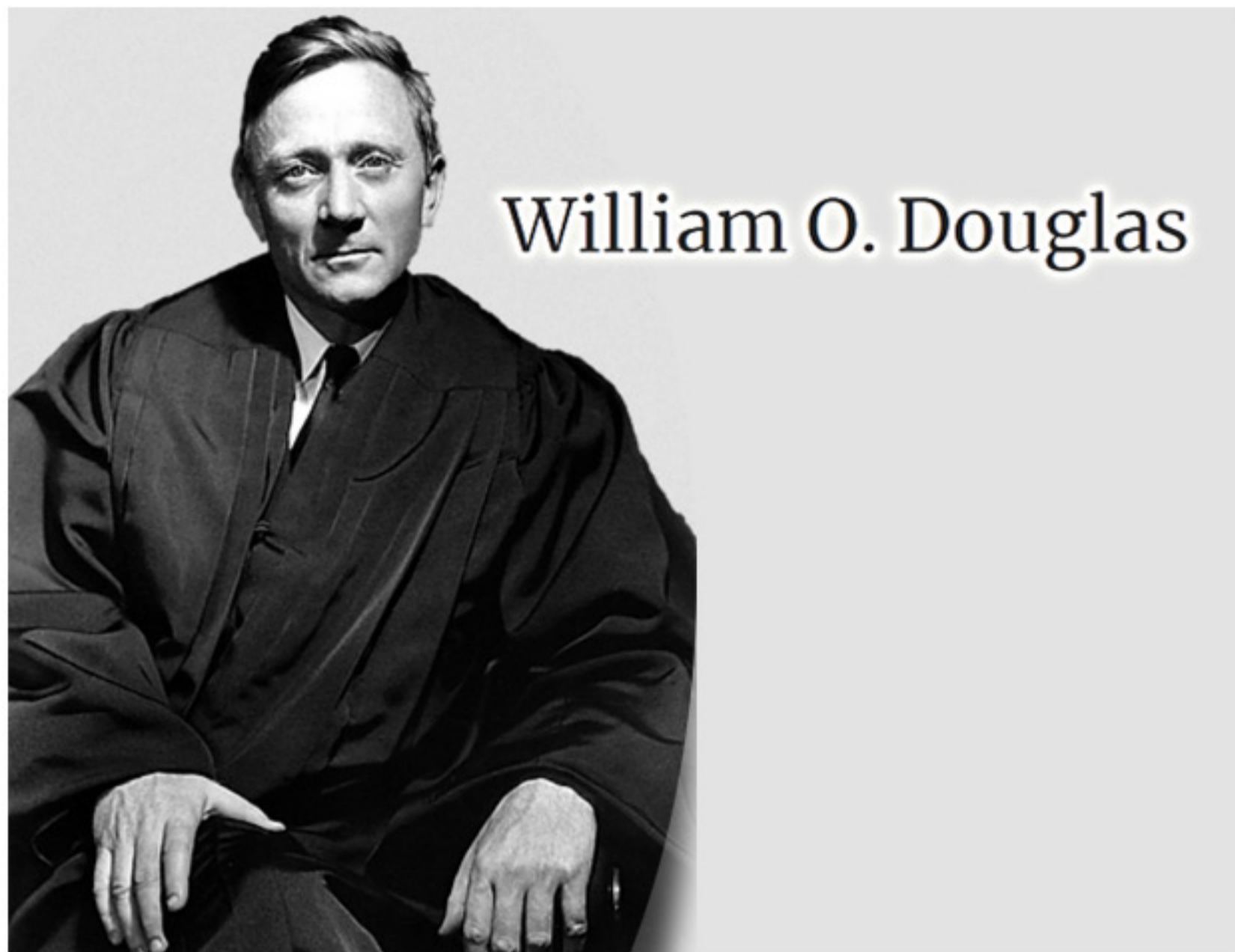
“Those who contemplate the beauty of the earth find reserves of strength that will endure as long as life lasts. There is something infinitely healing in the repeated refrains of nature — the assurance that dawn comes after night, and spring after winter.” Oct 2, 2020

<https://www.literaryladiesguide.com> > Author Quotes ⋮

[27 Quotes from Silent Spring by Rachel Carson](#)








Determined and competitive in nature, William O. Douglas set the record for longest continuous service on the Supreme Court. Douglas was born on October 16, 1898, in Maine, Minnesota, to Julia Fisk and Reverend William Douglas. The second of three children, he became his mother's favorite, earning the nickname "Treasure." In 1901, Douglas was stricken with polio that proved nearly fatal. Shortly after his father's death in 1904, the Douglas family moved to Yakima, Washington, where Douglas spent most of his youth. Though the family struggled financially, Julia enrolled the children in Yakima High School, a highly competitive environment in which Douglas thrived. His peers described him as shy; however, Douglas was active in his high school debating team and rarely lost a debate. He once overheard his mother mention his fragile state, after which he began running every day in order to strengthen his legs. He also went on long hikes, which led to his lifelong love of being outdoors. Good grades were demanded by his mother and Douglas delivered, graduating valedictorian in 1916. He went to Whitman College in Walla Walla, Washington, on a full scholarship. During college, Douglas went to school in the mornings and often worked full days after class. He continued his good grades with ease, though few ever saw him study. Though his financial struggles continued, forcing him to live in a tent during one term of college, his situation did not detract from his involvement at Whitman.

Douglas was a star of the debating team, student congress president, and president of Beta Theta Pi. He wrote for the campus literary magazine, occasionally delivered sermons at campus services, and tutored students for his economics professor. After graduating, Douglas took a job at his old high school to save money. During this time, he visited the courtrooms of Yakima to watch cases presented and decided that this was his calling. He arrived in New York City to attend Columbia Law School in 1922 with only six cents in his pocket. Douglas worked his way through law school by starting a tutoring service for high school seniors who wanted to attend an Ivy League School, eventually earning \$25 an hour as his service grew in demand. In 1923, he married Mildred Riddle and spent most of his savings in order to do so. Douglas graduated second in his class at Columbia in 1925 and began working for one of the most prestigious Wall Street law firms, Cravath, Henderson & de Gersdorff (now Cravath, Swaine & Moore). After working as a lawyer for a few years, Douglas left to teach at Columbia Law School and then taught at Yale, becoming one of the law school's youngest chaired professors. He began to see legal doctrines not as concrete, but as devices that could be manipulated for good or ill. Douglas left Yale to go to Washington along with other legal scholars to work in the New Deal. He championed FDR's policies and soon became chairman of the Securities and Exchange Commission in 1937 while still dealing with financial problems.

Due to Douglas's loyalty to the New Deal and his friends on the inside, he became the second-youngest Supreme Court appointee in history. Douglas was appointed Associate Justice of the Supreme Court by President Roosevelt and confirmed on April 4, 1939. **Douglas was well-known for his strict commitment to civil liberties and authored many opinions that expressed his views on individual rights, such as free speech. He supported the right to privacy, limits on government interference, and the rights of illegitimate children.** While critics claimed his work showed haste and that he did not develop a coherent legal analysis, defenders admired the forceful and blunt manner by which he reached the core issue in each case. Douglas supported New Deal legislation, especially in the areas of labor law and control of markets. He believed in regulating business and helped change the antitrust analysis of price fixing. Douglas often wrote or voted in support of the theories developed by Justice Hugo L. Black, who also championed civil liberties. With Chief Justice Burger, however, Douglas was less than agreeable and often teased the Chief Justice.

Douglas' personal life, which included divorcing his wife and remarrying three times after, and his support of Red China led House Minority Leader Gerald R. Ford to call for Douglas' impeachment in 1970, though the charges were rejected. On December 31, 1974, Douglas suffered a stroke and was partially paralyzed. He returned to the Supreme Court but submitted his letter of retirement in 1975 after 36 years on the bench. He passed away on January 19, 1980.

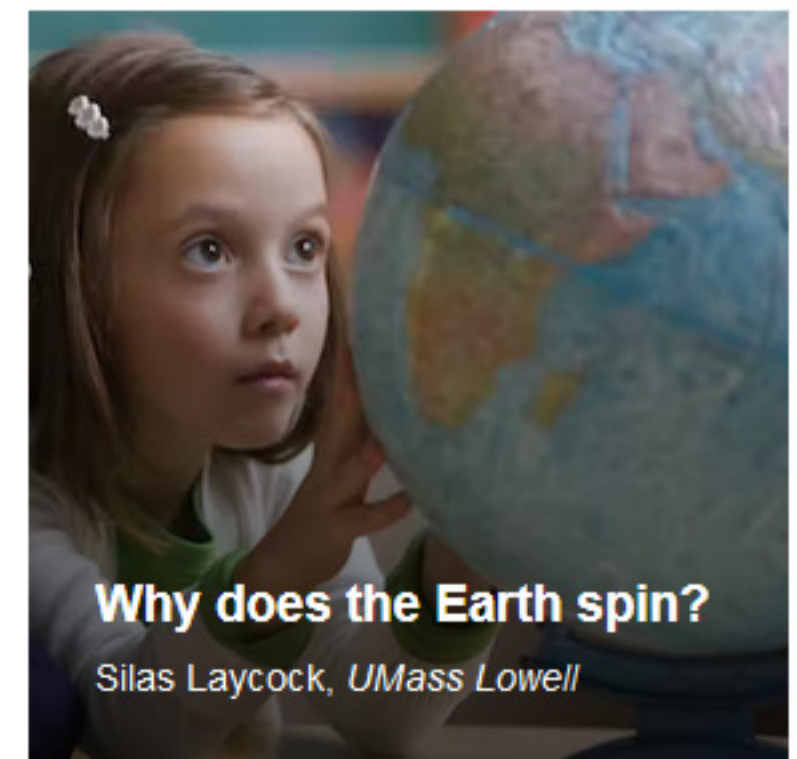




# Big Oil's trade group allies outspent clean energy groups by a whopping 27x, with billions in ads and lobbying to keep fossil fuels flowing

Christian Downie, *Australian National University* and Robert Brulle, *Brown University*

So, astronomers believe Earth spins because the entire solar system was already rotating when Earth formed – but there are still a lot of questions about how planets' spins change over time, and how spin affects the evolution of life. With more than 5,000 planets now known beyond the solar system, future scientists are going to be busy exploring.



## Why does the Earth spin?

Silas Laycock, *UMass Lowell*





POLITICS

**Biden fires the Architect of the Capitol after bipartisan criticism from lawmakers**



NATIONAL SECURITY

**UFOs? Airborne objects? What we know about 4 recent shutdowns**



ENVIRONMENT

**Health concerns grow in East Palestine, Ohio, after train derailment**



VALENTINE'S DAY

**The dark origins of Valentine's Day**



SHOTS - HEALTH NEWS

**Nearly \$50,000 a week for a cancer drug? A man worries about bankrupting his family**

KAISER HEALTH NEWS



**High-paying jobs that don't need a college degree? Thousands of them are sitting empty**

THE HECHINGER REPORT

"There is no – again, no – indication of aliens or extraterrestrial activity with these recent takedowns," White House press secretary Karine Jean-Pierre said at Monday's daily press briefing. John Kirby, a spokesperson for the National Security Council, told reporters that "all manner of innocuous craft" can fly at the same altitudes. That includes aircraft used by companies and countries for purposes that are "not nefarious at all." What's behind the surge of unexplained objects? It can be attributed at least in part to increased scrutiny, including enhanced radar techniques, Assistant Secretary of Defense for Homeland Defense and Hemispheric Affairs Melissa G. Dalton said on Sunday.

Amy Morrison Goings, president of the Lake Washington Institute of Technology said "There isn't a day that goes by that a business doesn't contact the college and ask the faculty, 'who's ready to go to work?' " In all, some 30 million jobs in the United States that pay an average of \$55,000 per year don't require bachelor's degrees, according to the Georgetown Center on Education and the Workforce.

President Biden fired **Architect of the Capitol J. Brett Blanton** Monday after lawmakers from both sides of the aisle demanded he resign or be fired. Blanton was responsible for the upkeep and operation of over 18 million square feet of buildings and 570 acres of land throughout the U.S. Capitol complex. An investigation conducted by the Architect of the Capitol Inspector General's Office found Blanton had "abused his authority, misused government property and wasted taxpayer money, among other substantiated violations." The president fired Blanton after the White House did "due diligence," a White House official said, speaking on condition of anonymity to discuss personnel issues. The inspector general's report was released last fall, but Blanton found himself in the hot seat again last week during a House Administration Committee hearing, where he told lawmakers that he wasn't on the grounds during the Jan. 6 attack on the Capitol. Blanton told committee members at last Thursday's hearing that he was "directing AOC personnel" from his government vehicle, which he said served as "AOC's mobile command post," during the riot — but not on the Capitol grounds.



Matthew Dickinson, 21, asks a classmate for help as they rebuild an automatic transmission back in 2018 in a class at the Lake Washington Institute of Technology.



# The dark origins of Valentine's Day

Updated February 14, 2022 · 7:49 AM ET ⓘ

ARNIE SEIPEL

Valentine's Day is a time to celebrate romance and love and kissy-face fealty. But the origins of this festival of candy and cupids are actually dark, bloody — and a bit muddled. Though no one has pinpointed the exact origin of the holiday, one place to start is ancient Rome.

**The Romans' celebrations were violent:** From Feb. 13 to 15, the Romans celebrated the feast of Lupercalia. The men sacrificed a goat and a dog, then whipped women with the hides of the animals they had just slain. The Roman romantics "were drunk. They were naked," Noel Lenski, now a religious studies professor at Yale University, told NPR in 2011. Young women would line up for the men to hit them, Lenski said. They believed this would make them fertile. The brutal fete included a matchmaking lottery in which young men drew the names of women from a jar. The couple would then be, um, coupled up for the duration of the festival — or longer, if the match was right. The ancient Romans may also be responsible for the name of our modern day of love. Emperor Claudius II executed two men — both named Valentine — on Feb. 14 of different years in the third century. Their martyrdom was honored by the Catholic Church with the celebration of St. Valentine's Day.

**How we celebrate now:** Today, the holiday is big business. But that commercialization has spoiled the day for many. Helen Fisher, a sociologist at Rutgers University, said we have only ourselves to blame. "This isn't a command performance," she said. "If people didn't want to buy Hallmark cards, they would not be bought, and Hallmark would go out of business." And so the celebration of Valentine's Day goes on, in varied ways. Many will break the bank buying jewelry and flowers for their beloveds. Some will celebrate in a SAD (that's Singles Awareness Day) way, dining alone and bingeing on self-gifted chocolates — while others will find a way to make peace with singlehood in a society that wants everyone to partner up.



*A drawing depicts the death of St. Valentine — one of them, anyway. The Romans executed two men by that name on Feb. 14 of different years in the third century.*

## Where does Valentine's Day come from?

By Sian Brett 29 January 2021

<https://www.horniman.ac.uk/story/where-does-valentines-day-come-from/>

During the Middle Ages it was thought that 14 February was the beginning of the birds mating season. Valentine's Day may also have links to Galatin's day, a Norman celebration. 'Galatin' meant lover of women, and may have been confused with Valentine's Day at some point.

**Valentine's Day in literature:** William Shakespeare and Geoffrey Chaucer both referenced Valentine's Day in their writing. Their writings had a huge influence on modern language and culture. In his 1375 poem 'Parliament of Fowles' Chaucer referenced Valentine's Day as a day of romance. 'For this was sent on Seynt Valentyne's day / What every foul cometh ther to choose his mate' In Hamlet, Shakespeare alludes to the superstition that if two single people meet on the morning of St Valentine's Day, they will be married. "Tomorrow is Saint Valentine's day, All in the morning betime, And I a maid at your window, To be your Valentine."

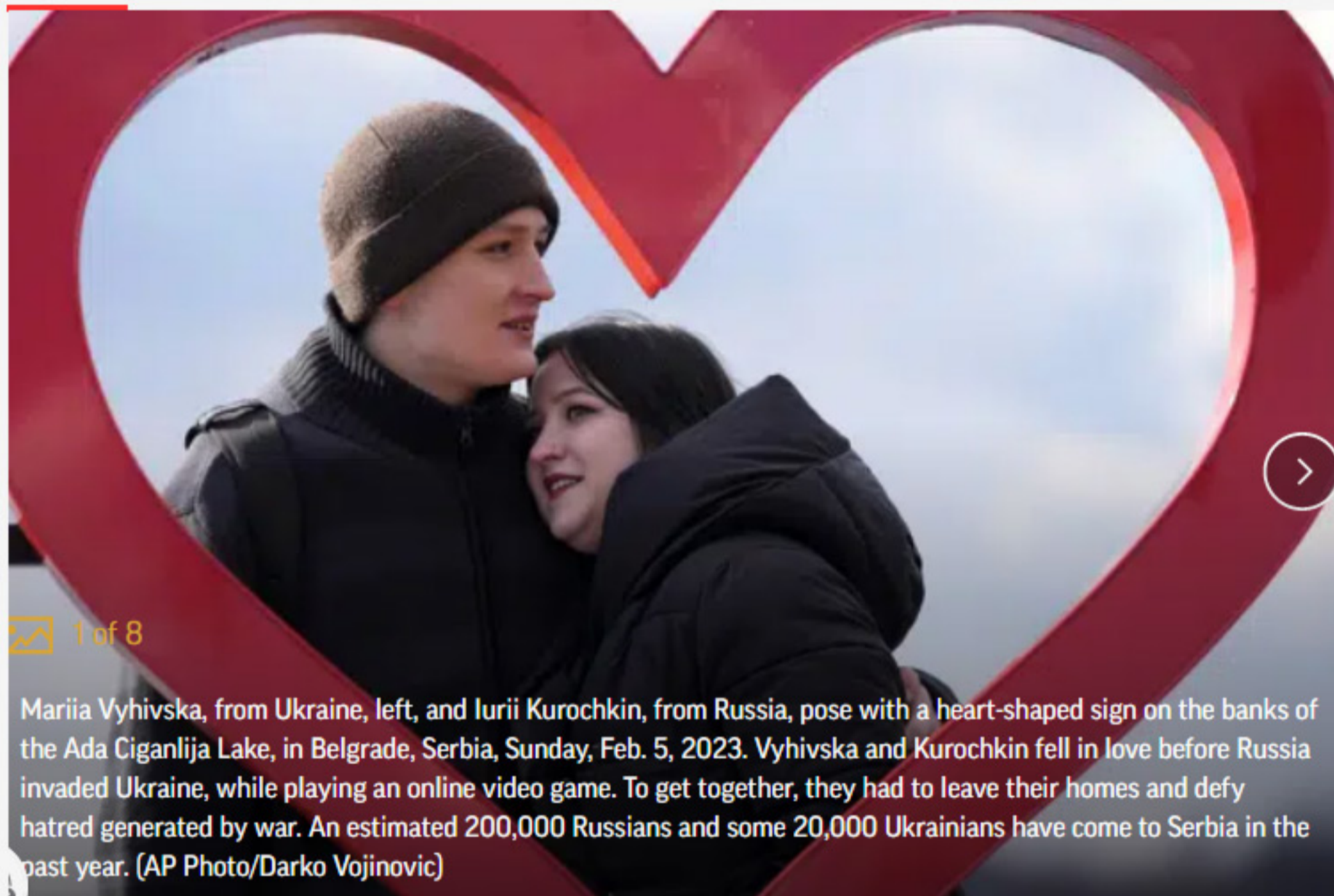
These references to Valentine's Day shows us that the celebration became synonymous with romance.



<https://apnews.com/article/russia-ukraine-europe-belgrade-serbia-373db2c67c9fe6b838b2ed98b14cfd8b>  
<https://apnews.com/article/russia-ukraine-kyiv-politics-54820912e3e82ec24917becadaab3579>

# Love blossoms in Serbia between Ukrainian, Russian 'enemies'

By JOVANA GEC today



1 of 8

Mariia Vyhivska, from Ukraine, left, and Iurii Kurochkin, from Russia, pose with a heart-shaped sign on the banks of the Ada Ciganlija Lake, in Belgrade, Serbia, Sunday, Feb. 5, 2023. Vyhivska and Kurochkin fell in love before Russia invaded Ukraine, while playing an online video game. To get together, they had to leave their homes and defy hatred generated by war. An estimated 200,000 Russians and some 20,000 Ukrainians have come to Serbia in the past year. (AP Photo/Darko Vojinovic)

# Some Ukrainian soldiers freeze sperm amid war with Russia

By HANNA ARHIROVA today



Ukrainian soldier Vitalii Khroniuk hugs his partner Anna Sokurenko during their visit to IVMED's fertility clinic in Kyiv, Ukraine, Saturday, Feb. 4, 2023. As Khroniuk lay facedown on the ground taking cover from Russian artillery fire, the Ukrainian soldier had just one regret: He had never had a child. Aware that he could die at any moment, the 29-year-old decided to try cryopreservation — the process of freezing sperm or eggs that some Ukrainian soldiers are turning to as they face the possibility that they might never go home.

## Young couple defies war in Ukraine ...

She is Ukrainian, he is Russian. They met online and fe...



<https://apnews.com/a6f0bfce987a4c1f8d386d9fd6a74e9d>

She is from Ukraine and he is from Russia and with their countries at war, the odds were against the young couple.



May your days be filled with joy, laughter, happiness and love!

Today like every other day.



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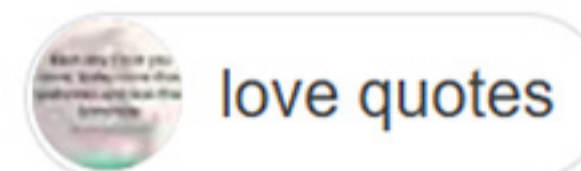
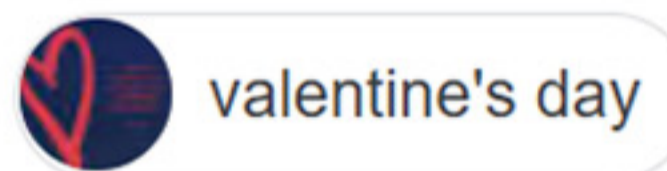
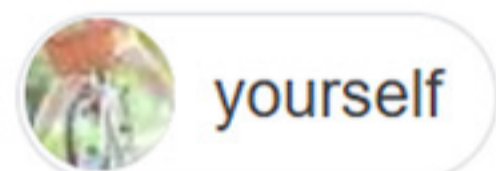
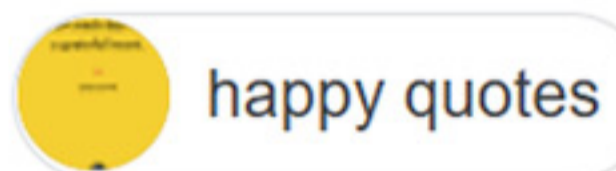
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MOE COFFEE-NORTH PARK Coffee shop  
*Drinks & light fare in a laid-back cafe  
with wooden ceiling beams & a terrace lined with plants.*  
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Democrat **Dianne Feinstein**, the 89-year-old senior senator from California, announced on Feb. 14, 2023, that she will retire from the Senate rather than run for a sixth term when her current term expires at the end of 2024. This will bring an end to an extraordinary political career, one that began when Feinstein won her first election only a few months after Neil Armstrong walked on the Moon.





*Proposals by Prime Minister Benjamin Netanyahu's right-wing government to radically diminish the power and independence of Israel's judiciary sparked demonstrations across the country starting in January 2023. An estimated 200,000 Israelis took part in protests on Feb. 11 and another 100,000 in front of the Parliament on Feb. 13, the same day a general strike took place to denounce the changes. A statement signed by 18 former Supreme Court justices asserted that Israeli democracy is at stake in the judicial reform being considered by lawmakers, which "severely threatens the essence of our system of government and our way of life in Israel." The Conversation asked political scientist and Israel expert Dov Waxman, the director of the UCLA Y&S Nazarian Center for Israel Studies, for his insights into the current crisis.*

There's always been a yawning gap between the public perception of Israel outside of the country, especially the view held by many Jewish Americans, and the reality of Israel. The mythic image of Israel was incredibly powerful but never really accurate. Reality has gradually undermined this image. And this judicial overhaul threatens to further undermine the image of Israel as a fellow liberal democracy. I don't think it's likely to greatly affect Israel's relations with other states because it's national interests, not democratic values, that fundamentally underpin these relationships. I do, however, think it is affecting Israel's relationship with Jews around the world, and potentially America's unquestioning support for Israel. If the perception takes hold that Israel is no longer a democracy or not a liberal democracy, that could further weaken support for Israel in Congress and in the Democratic Party. It might even make it harder for them to continue to approve U.S. aid for Israel.

*The 50 Americans who gave or pledged the most to charity in 2022 committed to giving US\$14.1 billion to foundations, universities, hospitals and more – a total that was 60% below an inflation-adjusted \$35.6 billion in 2021, according to the Chronicle of Philanthropy's latest annual tally of these donations. The Conversation U.S. asked David Campbell, Elizabeth Dale and Michael Moody, three scholars of philanthropy, to assess the significance of these gifts and to consider what this data indicates about the state of charitable giving in the United States.*

**Elizabeth Dale:** After two years of giving that was close to record levels, the nation's biggest donors seem to have resumed giving at pre-pandemic levels, with support largely directed to the causes they have historically favored: higher education, hospitals and medical research. They also put a lot of money into foundations, for the most part those bearing the names of these extremely wealthy donors or their relatives. I believe that the decline in giving likely had something to do with last year's stock market volatility – major indices lost as much as 33% of their value in 2022 – and the onset of high inflation. Both financial markets and inflation can influence charitable giving.

I am obsessed with plastic objects. I harvest them from the ocean for the stories they hold and to mitigate their ability to harm. Each object has the potential to be a message from the sea – a poem, a cipher, a metaphor, a warning.



**Pam Longobardi**  
Regents' Professor of Art and Design, Georgia State University



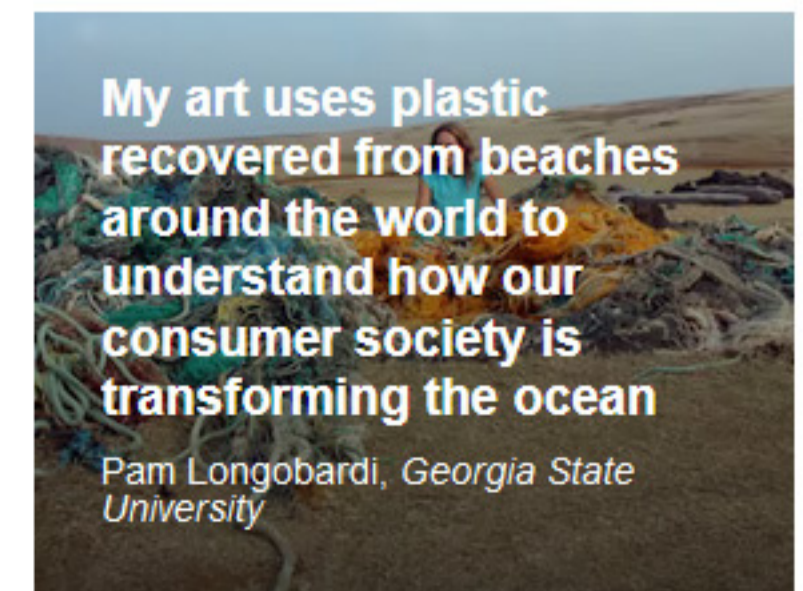
**Israel enters a dangerous period – public protests swell over Netanyahu's plan to limit the power of the Israeli Supreme Court**

Dov Waxman, University of California, Los Angeles



**Donations by top 50 US donors dropped sharply to \$14 billion in 2022 – Bill Gates, Mike Bloomberg and Warren Buffett lead the list of biggest givers**

David Campbell, Binghamton University, State University of New York; Elizabeth J. Dale, Seattle University, and Michael Moody, Grand Valley State University



**My art uses plastic recovered from beaches around the world to understand how our consumer society is transforming the ocean**

Pam Longobardi, Georgia State University



<https://youtu.be/cr5m8b28eqA>



'Bounty Pilfered' (center), 'Newer Laocoön' (left) and 'Threnody' (right). All made of ocean plastic from the Atlantic, Pacific and Gulf of Mexico, installed at the Baker Museum in Naples, Fla., 2022. Pam Longobardi, CC BY-ND



On the 2013 Gyre Expedition, Pam Longobardi traveled with a team of scientists, artists and policymakers to investigate and remove tons of oceanic plastic washing out of great gyres, or currents, in the Pacific Ocean, and make art from it.





# Ocean Gleaning

2005 — 2021



Art and Research of Pam Longobardi

Nothing I have witnessed, from the lava to the crustacean, assailed me like the caked debris haunting that small plastic soap hammock in the smaller of the bathrooms. Nausea is not sufficient word.

What would an ocean be without a monster lurking in the dark. It would be like sleep without dreams.



**Ocean Gleaning** proposes a collaboration between art, science, activism and like-minded groups that begins with the assumption that the ocean is a conscious entity that, in many different ways, from rising levels and temperatures to declining fish stocks to coral bleaching and finally to the deformed material plastic objects that float the world round, is attempting to communicate its declining state of being. Pam Longobardi has channeled her lifelong love of the ocean into an artistic practice that transforms the mountains of plastic debris that wash up on beaches around the world. For more than 15 years, Longobardi has utilized found ocean plastics as her primary source material, arranging hundreds of plastic pieces into wall-mounted artworks or floor-based sculptures. Working collaboratively with communities around the globe, Longobardi has cleaned beaches from Hawaii to Greece to Panama, and dozens of locations in between, removing tens of thousands of pounds of plastic from the environment and converting them into thought-provoking works of art that shed an unflinching light on the effects of global consumption on the natural world.

## Ocean Gleaning

\$85.00

Pay in 4 interest-free installments of **\$21.25** with [shop Pay](#) [Learn more](#)

**Pam Longobardi's** parents, an ocean lifeguard and the Delaware state diving champion, connected her from an early age to the water. She moved to Atlanta in 1970 and saw her neighborhood pond drained in order to build the high school she attended. Since then, she lived for varying time periods in Wyoming, Montana, California, and Tennessee and worked as a firefighter, tree planter, scientific illustrator, aerial mapmaker, collaborative printer, and color mixer. Her artwork involves painting, photography, and installation to address the psychological relationship of humans to the natural world. She has exhibited across the US and in Greece, Monaco, Germany, Finland, Slovakia, China, Japan, Italy, Spain, Belgium, Costa Rica, and Poland. She currently lives and works in Atlanta as Regents' Professor and Distinguished Professor of Art at Georgia State University and drifts with the ongoing **Drifters Project**, following the world ocean currents.



Follow

**Pam Longobardi**

@driftersproject

Cleaning the world ocean of plastic with art + activism

World Ocean [driftersproject.net](#) Joined June 2013

921 Following 841 Followers



A team of artists and scientists assembles for an expedition off the coast of Alaska.

The goal: to create art from the trash they find and raise awareness about its impact on oceans and wildlife.

<https://youtu.be/cr5m8b28eqA>

0:56 > they're animals that eat enough plastic to kill them and this is really true of a lot of the sea birds into some of the other creatures and plastic affecting wildlife is a global problem . . .

1:20 > I think everybody involved in this project is doing it because we love animals we love nature we love the natural world and for me that is the highest motivation I could have



**Pam Longobardi**

Regents' Professor of Art and Design, Georgia State University

**PAM LONGOBARDI**  
LEAD ARTIST



<https://youtu.be/cr5m8b28eqA>



**CARL SAFINA**  
LEAD SCIENTIST

2:23 > Science tells us how the world really is and how things really work and the one thing that you don't have the time and space for in science is to express how that feels to you.



## technocentrism – a civic religion in American consumer culture

So whether it's noisy horns, self-driving cars, smart speakers or cryptocurrency, people are bombarded with messages encouraging them to adopt new technology – without stopping to consider if they really need what companies are selling.





<https://theconversation.com/the-reality-of-black-mens-love-lives-and-marriages-is-very-different-than-whats-usually-shown-on-tv-i-spent-years-actually-talking-to-them-151166>

## The reality of Black men's love lives and marriages is very different than what's usually shown on TV – I spent years actually talking to them

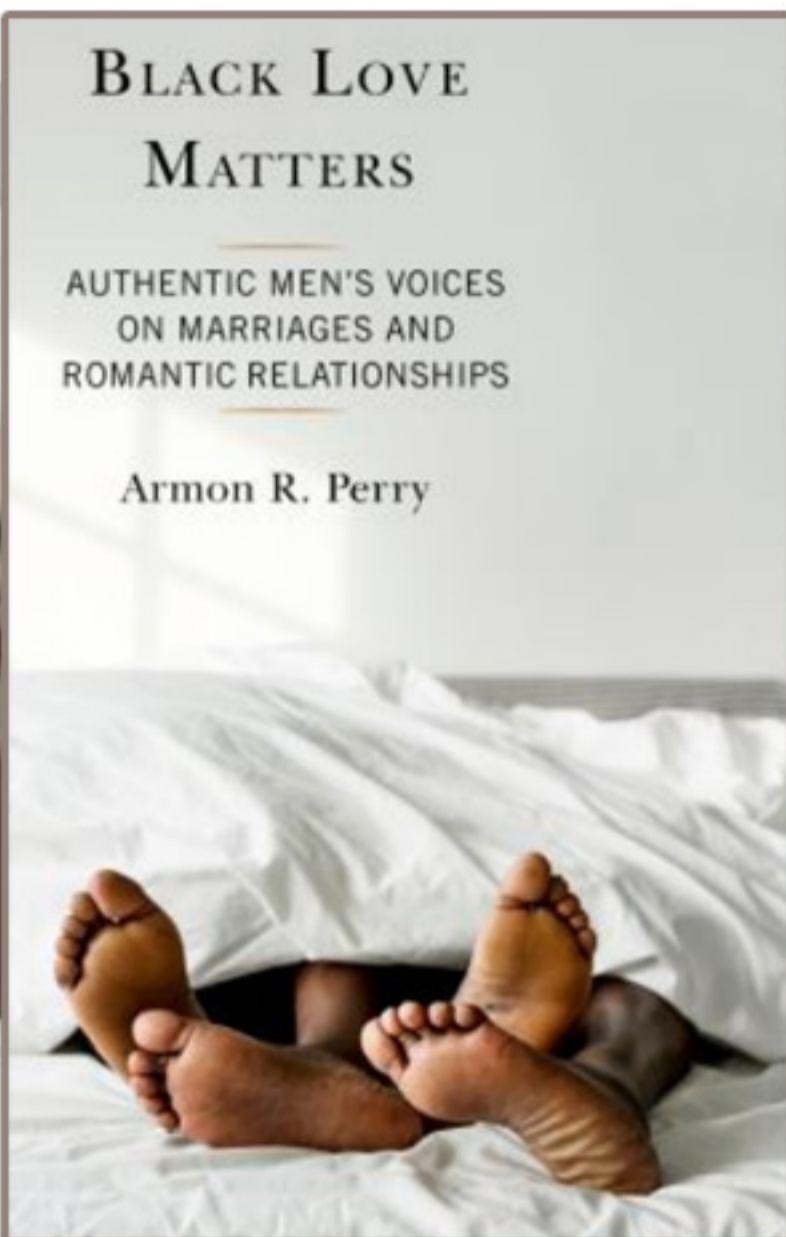
December 16, 2020 8.15am EST | Armon Perry, University of Louisville

I have spent nearly two decades reviewing these studies on Black men and families. The general consensus from them falls into one of two categories: first, that many Black men are not viable marriage mates because their financial struggles will not allow them to provide for a wife and children. Other studies conclude that many poor Black men reject monogamous romantic relationships in favor of a hypersexual masculinity to overcompensate for their inability to fulfill the traditional breadwinner role. These men, the studies conclude, treat women as conquests rather than partners. **My findings, many of which are counter to the popular image that our society holds of Black men, have just been published in a book, "Black Love Matters: Authentic Men's Voices on Marriage and Romantic Relationships."**

### BLACK LOVE MATTERS

AUTHENTIC MEN'S VOICES  
ON MARRIAGES AND  
ROMANTIC RELATIONSHIPS

Armon R. Perry



**Armon Perry**

Professor of Social Work, University of Louisville

*The popular image of Black men is skewed in America. MoMo Productions/Getty Images*



SHOTS - HEALTH NEWS

## Kid YouTube stars make sugary junk food look good — to millions of young viewers

The platform banned food advertising, yet many videos viewed by millions of kids continue to showcase candy, soda and packaged snacks, likely affecting kids' food preferences, researchers say.



Morgan McCloy/NPR

Dr. Jenny Radesky, a developmental behavioral pediatrician at the University of Michigan and a leading researcher on children and digital media, says young children are particularly susceptible to advertising because their executive functioning hasn't fully developed, and they have weaker impulse control than adults. She says unlike the traditional TV and film industry, which has ratings boards that determine what content is appropriate for different age groups, the Internet has no real equivalent. "It feels a bit more like the Wild West," she says.

WORLD

## The earthquake in Turkey and Syria offers lessons and reminders for disaster response

Even as rescuers rush to arrive, it's often locals who can best offer immediate help, experts say. And they say governments in devastated areas often fail to realize the scope and respond immediately.



Bernat Armangué/AP

In the immediate aftermath of a devastating earthquake, it's likely that the first people to help won't be trained professionals. "A lot of the damage there is because of the type of construction and type of buildings," which is mostly concrete, said Forrest Lanning, an earthquake and volcano response liaison with the Federal Emergency Management Agency and a structural engineer, who has worked for 15 years in various earthquake-prone areas of the world. This is despite the knowledge that concrete buildings are not the best at withstanding earthquakes. They are very easy to construct and can easily hide imperfections, he said. Much of the work to analyze this latest disaster and what went wrong or right will come in the following months and years. But it's incredibly valuable work, Lanning said. "Having earthquakes makes us more prepared. It makes us better prepared and more resilient," he said.

▪ **Istanbul's mayor warns 90,000 buildings are at risk if a major earthquake strikes**



HEALTH

**Nearly \$50,000 a week for a cancer drug? A man worries about bankrupting his family**

SHOTS - HEALTH NEWS

## How seniors could lose in the Medicare political wars

KAISER HEALTH NEWS

Politicians are again pointing fingers over cutting Medicare. Any party accused of threatening the program tends to lose elections, but without a bipartisan agreement, seniors stand to lose the most.

Republicans are correct about this: Medicare and Social Security can't be "fixed" until both sides lay down their weapons and start talking. But every time a politician unsheathes their talking points about "Medicare cuts," that truce seems less and less possible.



MANDEL NGAN/AFP via Getty Images



# NCAA asks US appeals court to block pay for student-athletes

By MARYCLAIRE DALE today



*Baylor University President Linda Livingstone waves to a crowd during their annual homecoming parade, Aug., 22, 2022, in Waco, Texas. The NCAA hopes a federal appeals court will block a lawsuit that seeks to treat student-athletes as employees who are paid for their time in the latest challenge to amateurism in college sports. Livingston, chairperson of the NCAA's Board of Governors, said the idea would have a "potentially catastrophic impact on college sports." (Rod Aydelotte/Waco Tribune-Herald via AP)*

PHILADELPHIA (AP) — The NCAA asked a federal appeals court on Wednesday to reject a legal effort to make colleges treat Division I athletes like employees and start paying them an hourly wage. Lawyers for the student-athletes said that weekly, they often spend 30 hours or more on their sport and often need money for expenses, even if they are on full scholarship. And they believe the athletes deserve a share in the millions that are spent on coaches, college administrators and facilities — and the billions that networks pay to televise college sports. They are not seeking pay equivalent to their market value, but only a modest across-the-board pay rate similar to those earned by work-study students, the lawyers said. “This does not open up a circumstance in which there’s a bidding war (for top talent),” lawyer Michael Willemin said.

The NCAA urged the court to uphold the tradition of college athletes being unpaid amateurs. Critics of the pay-for-play scheme also fear the cost could lead schools to cut sports that don’t generate as much or any revenue while sending more resources to their profitable football and basketball programs. Lawyer Steven B. Katz, arguing for the NCAA, said a finding that athletes are employees “launches you on the edge of a slippery slope that rapidly takes you to someplace that you don’t want to go.”

The case is just the latest one to test the NCAA’s traditional amateurism model — and comes as the organization already faces complicated issues stemming from the advent of “name, image and likeness deals that can top \$1 million for the most popular college athletes.

The NCAA also hopes that Congress might weigh in, given a series of setbacks in the courts. They include the unanimous U.S. Supreme Court decision last year that lifted the ban on compensation beyond full scholarships, and lets colleges give athletes education-related benefits such as computers and study abroad program fees.



### Panel backs moving opioid antidote Narcan over the counter

The Associated Press - en Español · 47 minutes ago



- **FDA panel recommends Narcan be available over-the-counter**

NBC News · 13 hours ago

[View Full Coverage](#)



WASHINGTON (AP) — The overdose-reversing drug naloxone should be made available over the counter to aid the national response to the opioid crisis, U.S. health advisers said Wednesday.

The panel of Food and Drug Administration experts voted unanimously in favor of the switch after a full day of presentations and discussions centered on whether untrained users would be able to safely and effectively use the nasal spray in emergency situations.

The positive vote, which is not binding, came despite concerns from some panel members about the drug's instructions and packaging, which caused confusion among some people in a company study. The manufacturer, Emergent Biosolutions, said it would revise the packaging and labeling to address those concerns. The FDA will make a final decision on the drug in coming weeks.

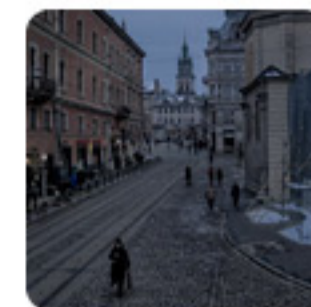
Panel members urged the FDA to move swiftly rather than waiting for Emergent to conduct a follow-up study with the easier-to-understand label.

"There's perhaps a far greater risk of delaying the availability of the product given the climate of this crisis and its devastating consequences," said Maria Coyle, a pharmacy professor from Ohio State University, who chaired the panel.

The prefilled nasal device, Narcan, is the leading version of the drug in the U.S., which is also available as an injection. If FDA approves, Narcan would be the first opioid treatment to make the regulatory switch to a non-prescription drug.

### 'The World's Largest Construction Site': The Race Is On to Rebuild Ukraine

The New York Times · 8 hours ago



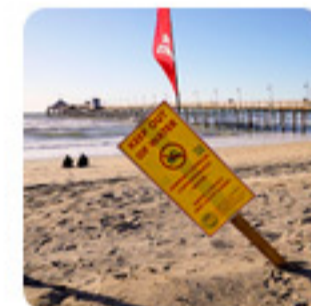
### CBS 8's former weatherwoman Raquel Welch has died at 82

CBS News 8 · 16 hours ago



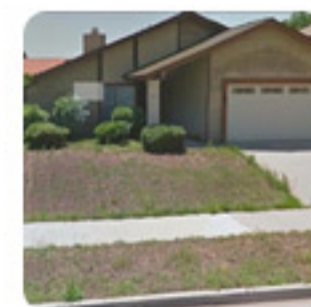
### Tijuana sewage pours through San Diego border canyons after recent pipe break

The San Diego Union-Tribune · 14 hours ago



### San Diego County puts hundreds of defaulted properties up for auction

CBS News 8 · 11 hours ago



### Two Stanford Academics Helped Secure Sam Bankman-Fried's Release on Bail

The Wall Street Journal · 17 hours ago

- **Stanford scholars co-signed Sam Bankman-Fried's \$250 million bail deal**

CNN · 14 hours ago



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Music

# Rihanna explains decision to reverse Super Bowl boycott

**The star, who had turned down appearing on the show in 2019 in support of Colin Kaepernick, told British Vogue she saw an opportunity to represent 'the urban community'**



Soaring high ... Rihanna performs during the Super Bowl half-time show. Photograph: Sean Ryan/IPS/Rex/Shutterstock

**Shaad D'Souza**

[@shaaddsouza](#)

Thu 16 Feb 2023 06.01 EST

Rihanna has explained her decision to perform at this year's Super Bowl half-time show in Glendale, Arizona, after initially turning down the opportunity in 2019.

Speaking to British Vogue, the 34-year-old performer said that while "there's a lot of mending to be done", she felt it was "powerful to break down those doors and have representation at such a high, high level."

"Two Super Bowls back-to-back, you know, representing the urban community, globally. It is powerful. It sends a really strong message," she said, referring to the 2022 half-time show featuring Dr Dre, Kendrick Lamar, Mary J Blige, Snoop Dogg and Eminem. The recent birth of her son was also a factor: **"Raising a young Black man is one of the scariest responsibilities in life. You're like, 'What am I leaving my kids to? This is the planet they're gonna be living on?' All of those things really start to hit differently."**

The announcement of Rihanna's performance in September 2022 had been met with surprise from fans. She had previously declined the opportunity in solidarity with Colin Kaepernick, who alleged that he had been blackballed by the NFL due to his protests against racial injustice.

Unpacking her decision to stand in solidarity with Kaepernick in 2019, Rihanna explained that she "couldn't be a sellout," saying: "I couldn't be an enabler. There's things within that organisation that I do not agree with at all, and I was not about to go and be of service to them in any way."



# San Diego County puts hundreds of defaulted properties up for auction

Every year, the county auctions off properties that are in default for unpaid taxes, and this year, there are 421 properties for sale.



*WATCH RELATED: San Diego City Council passes plan for sustainable development areas (Feb. 2023).*



Author: **Brian White**

Published: 5:41 PM PST February 15, 2023

SAN DIEGO — With soaring home prices out of reach for so many home buyers, some people are turning to county auctions to find bargain properties.

Every year, the county auctions off properties that are in default for unpaid taxes, and this year, there are 421 properties for sale. These include more than 50 residential and commercial properties, **300 timeshares**, and 70 undeveloped parcels of land.

“Now is the time you should start looking around for deals that might be there,” said Dan McAllister, Tax Collector for San Diego County. “There are some good values and good bargains, but you have to hunt for them, you have to look at them, and you have to do it with a knowledgeable eye.”

**All the listed properties are being sold because they’ve been in default with unpaid taxes for over five years.**

“You know, maybe they’re run down a little bit because they didn’t pay the taxes, they’re just not there, and this gives somebody else a chance to get in there and mow the lawn and paint the house,” said McAllister. “Some people get divorced, some people lose a spouse, some people willed it to their children and the children didn’t pay the taxes.”

If all 421 properties are sold for at least their minimum bids, the county would bring in nearly \$5 million dollars to its general fund.

McAllister warns bidders to do their research ahead of time.

“Buyer beware, it’s very important to look at those things with a microscope to make sure that what you see is what you’re going to get if you’re successful,” said McAllister.

Bidding starts March 10 and runs through March 15, though you can register ahead of time and start browsing properties now.





perfunctory



per·func·to·ry

/pər'fʌŋ(k)t(ə)rē/

*adjective*

(of an action or gesture) carried out with a minimum of effort or reflection.

"he gave a perfunctory nod"

Similar:

cursory

desultory

quick

brief

hasty

hurried

rapid

passing





Turks have called their country Türkiye since 1923.

# Why does Turkey want other countries to start spelling its name 'Türkiye'?

Published: February 16, 2023 8.27am EST

▼ Phillip M. Carter, Florida International University

**Is Turkey's recent spelling change about being more authentically Turkish? Or is there more to the story?** In June 2022, the United Nations agreed to change the spelling of the country known in the English-speaking world as Turkey to Türkiye, heeding a request by the government of Turkish President Recep Tayyip Erdogan. In January 2023, the U.S. State Department also agreed to adopt the requested change in its written communications. A number of news outlets have reported that Turkey has changed its name, but that's not really true – Turks have called their country Türkiye since 1923, when Turkey became the successor state to the Ottoman Empire. The change is less like Rhodesia becoming Zimbabwe in 1980 and more akin to what would happen if the country known in English as Germany asked that the world refer to it as Deutschland, which is the way the Germans say it. But Erdogan's request – and the U.N.'s decision to follow suit – does raise the question of why countries seek to change their names.

**From Burma to Myanmar:** As Julie Tetel Andresen and I explain in our book *"Languages in the World: How History, Culture, and Politics Shape Language,"* the answer almost always has to do with politics and power. It might be inspired by domestic politics, as is likely the case with Türkiye, or it could represent a shift in regional or global power dynamics. The case of Burma, which officially renamed itself Myanmar in 1989, illustrates both of these dynamics. From 1824 to 1948, Burma was ruled by Britain, which set up colonies in the interior of the country to control the production of timber, oil and minerals. Later settlements along the fertile Irrawaddy Delta coastline controlled the even more profitable production of rice. **British administrators, as they did throughout their colonies, played favorites with different ethnic groups on the ground, benefiting those who were willing to learn English and convert to Christianity.** In British colonial Burma, it was the Karens – a large ethnic minority group whose members speak a number of related languages, including Pa'O and Karenni – who played this role. During the 100 years of British rule, the Karens cultivated a sense of national identity that became so strong that they called for the formation of an independent state, seemingly with the support of the British. The divide between the Karens and the Burmans – the majority ethnic group – grew so stark that when the Japanese occupied British Burma in 1942 during World War II, the Karens sided with the British, while the Burmans sided with the Japanese. Things only worsened when the British abruptly pulled out of Burma in 1948, leaving a power vacuum that the Burmans quickly filled. In 1989, Burma's military dictatorship set up a language commission to replace or modify the spellings given to Burmese cities by the British. They changed the capital city from Rangoon to Yangon. In a surprise to the world, Burma became Myanmar. In the Burmese language, differences in register, or specific styles of the language used for specific purposes, are common. In colloquial, spoken Burmese, the country is known as Bama, from which the British derived Burma. In the formal, written literary style, the country is known as Myanma. The shift from Burma to Myanmar represented, on the one hand, a postcolonial power move intended to signal distance from British Burma and its colonial legacy. At the same time, the name change waded into domestic ethnopolitics. Bama is preferred among non-elites, including many ethnolinguistic minority groups that don't have access to the formal register. However, Burman elites have tended to use Myanma. The move showed that Burman elites in positions of power and authority, who are more likely to use the formal literary style, were calling the shots.

**Excising exonyms:** Not all name changes are quite as complicated. For hundreds of years, the country currently known in English as Thailand was referred to as Siam, a word likely of Chinese origin that Portuguese colonists started using in the 16th century. Linguists call words like Siam exonyms – names applied by outsiders with no particular connection to the named group. When Thailand declared itself a constitutional monarchy in 1939, it simply requested that the exonym be corrected, and that the world refer to its country using a variant of the local term Thailand. Exonym corrections have been commonplace in postcolonial Africa. The change from Zaire, a Portuguese variant of a Bantu word, to the Democratic Republic of the Congo and the change from Rhodesia – named for Cecil Rhodes, a British colonizer – to Zimbabwe are just two examples.

It's unclear what motivated Erdogan's request – the government claims Türkiye avoids confusion with the bird among English speakers. Oddly enough, Turkey the country does have a connection to the bird. In the 16th century, English speakers noticed similarities between turkeys, which the Aztecs had domesticated, and guinea fowl, a bird imported from Africa to Europe via Turkey.

But some observers speculate that putting forth a word of Turkish origin fits seamlessly within Erdogan's brand of nationalism and may divert attention from a weak economy and political turmoil.

How the language politics will play in the wake of the devastating earthquake that has thus far killed more than 35,000 Turks is anyone's guess.



British soldiers pose in Rangoon, Burma, in 1913. Today, Rangoon goes by Yangon, and Burma is called Myanmar. Hulton Archive/Getty Images





Loneliness around the world is growing as a result of how our lives are structured. (Shutterstock)

# Loneliness is making us physically sick, but social prescribing can treat it – podcast

Published: February 16, 2023 10:34am EST

▼ [Nehal El-Hadi](#), [Daniel Merino](#), [The Conversation](#), [Ananya Chakravarti](#), [Julianne Holt-Lunstad](#), [Kate Mulligan](#)

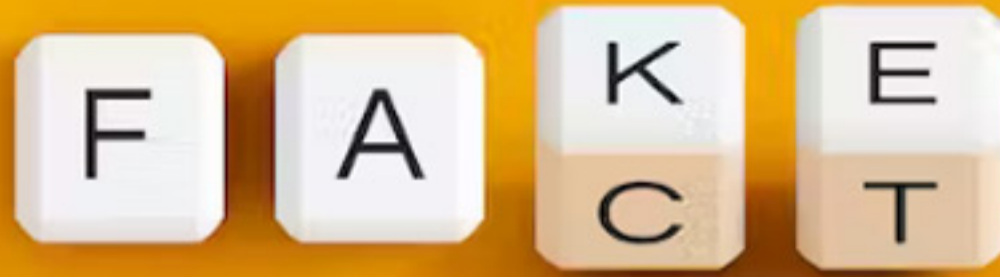
Social isolation and loneliness are increasingly becoming societal problems, as they contribute to polarization and affect our physical health. Mental health professionals, community advocates and health-care providers have been raising the alarm about this impending crisis. The pandemic may have exacerbated social isolation and the subsequent feelings of loneliness, but it did not invent it. In 2018, two years before the pandemic, the United Kingdom created a ministerial portfolio for loneliness. Japan, where nearly 40 per cent of the population report experiencing loneliness, began a similar position in 2021. In this episode of *The Conversation Weekly* podcast, we speak to three researchers who invite us to more deeply consider loneliness and social isolation, and their impacts on our health and society. **Ananya Chakravarti** is an associate professor of history at Georgetown University in Washington in the U.S. As a historian of emotions, Chakravarti has studied expressions of loneliness in Indian devotional poetry. “If you read the poetry, it’s often expressing a deep and acute pain. Of course, it’s within that sense of being separated from the beloved that the world opens up spiritually for the devotee. So it’s an interesting kind of experience, in that sense of torment caused through separation.” In studying the history of loneliness, Chakravarti has found as opposed to the loneliness of choosing solitude for religious or creative purposes, today’s loneliness is a product of our modern lives.

“We seem to live in this highly globalized world,” she points out, and “there’s so many more ways to be connected. Travel is so much easier. You have social media. And yet, actual experiences of loneliness are probably very much on the rise if you look at the cultural production around loneliness as a very modern phenomenon.” It’s this modern loneliness that is having a significant impact on our health.

**Julianne Holt-Lunstad**, a professor of psychology and neuroscience at Brigham Young University in the U.S., has studied the impacts of loneliness on people’s health. “Being alone can activate these kinds of responses in our brain — and ultimately our bodies — that are associated with the threat response. And so we’re more hyper-vigilant to threats in our environment, as well as having to, in essence, handle every challenge in our life on our own. Our brains have to be more active, and this requires more metabolic resources.” This stress response triggers an inflammatory response which, over time, can contribute to conditions including cardiovascular disease and cognitive health. **Social isolation is the absence of meaningful social connections, and so addressing its effects is not as simple as being around others. It requires building relationships of trust, belonging and support.** The World Health Organization has identified social isolation as a social determinant of health, finding its impact to be “comparable to that of other well-established risk factors such as smoking, obesity, and physical inactivity,” especially for the elderly.

**Kate Mulligan**, an assistant professor at the Dalla Lana School of Public Health in Canada, advocates for a health-care approach called social prescribing to address the health effects of loneliness. “Social prescribing is a way to use health care visits to reconnect people with nonclinical supports, community supports, that improve their health and well-being,” she explains. While it is a new approach, it’s firmly rooted in evidence that connecting people to others can help address some of their health-care needs. “Harm reduction communities have led by example and shown that peer workers create that welcoming environment in a way that is meaningful for people who use drugs.” But the impacts of loneliness are not just physical. Loneliness can create a feedback loop that increases polarization within society. **Holt-Lunstad points out that “there’s vulnerability in terms of others that are not trusted. And so it may be considered very natural to want to have alliances and allegiances to your own group and to distrust other groups. And this unfortunately has led to a very common us-versus-them mentality, where people are isolating themselves within their groups of like-minded people.”** And while loneliness is experienced on an individual level, it is caused by much larger structural problems. As Chakravarti points out, “if we don’t address it or think about this as a social problem, as a social challenge as opposed to an individual affliction, we’re going to not be able to address it.”





Which is it? Anton Melnyk/iStock via Getty Images Plus

# Bad beliefs: Misinformation is factually wrong – but is it ethically wrong, too?

Published: February 16, 2023 8.26am EST

Lawrence Torcello, Rochester Institute of Technology

The impact of disinformation and misinformation has become impossible to ignore. Whether it is denial about climate change, conspiracy theories about elections, or misinformation about vaccines, the pervasiveness of social media has given “alternative facts” an influence previously not possible. Bad information isn’t just a practical problem – it’s a philosophical one, too. For one thing, it’s about epistemology, the branch of philosophy that concerns itself with knowledge: how to discern truth, and what it means to “know” something, in the first place. But what about ethics? People often think about responsibility in terms of actions and their consequences. We seldom discuss whether people are ethically accountable for not just what they do, but what they believe – and how they consume, analyze or ignore information to arrive at their beliefs. So when someone embraces the idea that mankind has never touched the Moon, or that a mass shooting was a hoax, are they not just incorrect, but ethically wrong?

More recently, in the 19th century, British mathematician and philosopher W.K. Clifford linked the process of belief formation with ethics. In his 1877 essay “*The Ethics of Belief*,” Clifford made the forceful ethical claim that it is wrong – always, everywhere and for everyone – to believe something without sufficient evidence.



Clifford was a mathematician as well as a philosopher. Lectures and Essays by the Late William Kingdon Clifford, F.R.S./Wikimedia

## An ounce of prevention

Arguing that people are ethically responsible for nonevidential beliefs doesn’t necessarily mean they are blameworthy. As I have argued in other work, Clifford’s premises show the morally relevant nature of belief formation. It is enough to suggest that developing and nurturing critical thinking is an ethical responsibility, without denouncing every person who holds a belief that can’t be supported as inherently immoral.

Ethics is often talked about as if it were merely a matter of identifying and chastising bad behaviors. Yet, as far back as Plato and Socrates, ethics has been about offering guidance for a life well lived in community with others.

Likewise, **the ethics of belief can serve as a reminder of how important it is, for other people’s sakes, to develop good habits of inquiry. Learning to identify fallacious arguments can be a kind of cognitive inoculation against misinformation.**

That might mean renewing educational institutions’ investment in disciplines that, like philosophy, have historically taught students how to think critically and communicate clearly. Modern society tends to look for technological mechanisms to guard us against misinformation, but the best solution might still be a solid education with generous exposure to the liberal arts – and ensuring all citizens have access to it.





*Yours most truly*  
*W.K. Clifford*

Clifford was a mathematician as well as a philosopher. Lectures and Essays by the Late William Kingdon Clifford, F.R.S./Wikimedia Commons

*As a philosopher, Clifford's name is chiefly associated with two phrases of his coining, mind-stuff and the tribal self. The former symbolizes his metaphysical conception, suggested to him by his reading of Baruch Spinoza.*

**Love deeply . . . only then decipher the news.**

*(The antidote to being alone in a world without love.)*

"We seem to live in this highly globalized world," Ananya Chakravarti points out, "there's so many more ways to be connected. Travel is so much easier. You have social media. And yet, actual experiences of loneliness are probably very much on the rise if you look at the cultural production around loneliness as a very modern phenomenon." It's the stress of this modern loneliness that is having a significant impact us. Social isolation is the absence of meaningful social connections, and so addressing its effects is not as simple as being around others. It requires building relationships of trust, belonging and support. Julianne Holt-Lunstad says, "Being alone can activate these kinds of responses in our brain—and ultimately our bodies—that are associated with the threat response. And so we're more hyper-vigilant to threats in our environment, as well as having to, in essence, handle every challenge in our life on our own. Holt-Lunstad points out that "there's vulnerability in terms of others that are not trusted. And so it may be considered very natural to want to have alliances and allegiances to your own group and to distrust other groups. And this unfortunately has led to a very common us-versus-them mentality, where people are isolating themselves within their groups of like-minded people." And while loneliness is experienced on an individual level, it is caused by much larger structural problems. As Chakravarti points out, "if we don't address it or think about this as a social problem, as a social challenge as opposed to an individual affliction, we're going to not be able to address it."

Today's loneliness is a product of our modern lives—a social problem. You have social media and you have the mainstream media. Both of which are only driving the wedge deeper. There's the public outraging CNN/MSNBC outlets versus the FOX camps, which are all actually skills for the predominate misdirecting stealth and dagger corporate voice. There's the public 'objective' academic 'liberal' media, such as AP and NPR, funnel outlets for the higher education elites whose institutions are themselves fueled by the oligarchs behind that same dominating impersonal corporate voice. Then you have the new revolutionaries co-opting the wild, wild west of crowd sourcing social media generating overwhelming loads of chaotic 'data'—information, misinformation, disinformation that only effectually serves mayhem for the divide and conquer instability—chumming the waters for the predators to more easily corral and carve up their prey. "Opposed to the traditional loneliness of choosing solitude for religious or creative purposes," this modern societally imposed loneliness is an affliction for which the individual alone is "going to not be able to address." We must.

It's that kind of knot. Ouroboros, the snake that bites its own tail. This modern crazy is what we indoctrinate our smartphone-in-the-stroller-children with—estranged even from the mother/father pushing the stroller. Technology gives everyone access to a voice in the silo of their affinity echo chamber, but no one outside that silo can hear it. The walls of the self-imprisoning camps harden. Everyone in their own private Idaho, left to make sense, create a self-serving narrative to pass through an increasingly cannibalizing 'artificially human' world. "We seem to live in this highly globalized world," . . . devoid of true understanding, much less caring. Making the possibility of the growth of a truly individuated person impossible. The remedy begins in finding and cultivating just one person with whom you can build a relationship of trust, belonging and mutual support. That is love. Love deeply.

{Loneliness is making us physically sick, but social prescribing can treat it – podcast by [Nehal El-Hadi](#), Daniel Merino, *The Conversation*, Ananya Chakravarti, Julianne Holt-Lunstad, Kate Mulligan | February 16, 2023 >  
<https://theconversation.com/loneliness-is-making-us-physically-sick-but-social-prescribing-can-treat-it-podcast-199939>}

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A woman walks in Raqqa, the former Syrian capital of the Islamic State, in December 2020.

## COVID-19 restrictions unexpectedly reduced Islamic State violence – political science experts explain why

Published: February 16, 2023 8.25am EST

▼ [Jóhanna Kristin Birnir](#), *University of Maryland*, [Dawn Brancati](#), *Yale University*

World leaders and policy experts at the outset of the COVID-19 pandemic feared that the health crisis might make the world more dangerous. They worried specifically that terrorist organizations like the Islamic State group would capitalize on the pandemic to increase attacks on civilians and recruit new sympathizers. In some ways, the pandemic presented an opportunity to groups like the Islamic State group, known by the initials IS, because the sudden increase in health spending strained many countries' budgets and diverted attention away from extremism. Governments' COVID-19 responses also called on police and armies to deliver health care services in some cases. **But the feared increase in IS violence largely did not materialize.** We are scholars who study the causes of violence within countries, often between armed groups and governments, and what works to prevent it. Along with our colleague Qutaiba Idlbi, a senior fellow at the Atlantic Council think tank, we wanted to understand how COVID-19 lockdowns affected the ability of groups. Our new research shows, 2020 COVID-19 lockdown measures such as curfews and travel bans – which governments have mostly since lifted – made it difficult for IS to operate and, as an indirect result, helped reduce violence in Egypt, Iraq and Syria.



Meth, control and violence have shaped, but not defined, the lives of women like Misty.

## 'When he's not on drugs, he's a good person' – one community's story of meth use and domestic violence

Published: February 14, 2023 9.03am EST

▼ [Heith Copes](#), *University of Alabama at Birmingham*, [Fiona Brookman](#), *University of South Wales*, [Jared Ragland](#), *Utah State University*

The stories and narratives we tell do more than simply relay the past. They can also shape behaviour and relationships. Whether it is narratives of coercion and control like those attributed to Chico and JC, or of redemption and recovery experienced by Misty and Alice, these stories reflect powerful cultural expectations and gender norms, and guide behaviour like drug use and abuse. It is through analysing these stories that we can understand the complexities and nuanced natures of marginalised people and communities. *\*All names have been changed.*

At first glance, Misty's story is a cautionary tale against drug use, not unlike those portrayed in campaigns like the Faces of Meth and the Meth Project in the US. Media depictions of people who use meth often show reductive, one-dimensional perspectives that demonise people as little more than monsters, criminals and addicts. While the damaging effects of methamphetamine use are too often true and indeed tragic, as researchers we wanted to understand the greater nuance and complexities of those who used meth. We were particularly interested in the motivations for meth use and the notable gendered differences associated with it, and how those differences can contribute to harm and to gender inequality.

*This article is part of Conversation Insights*

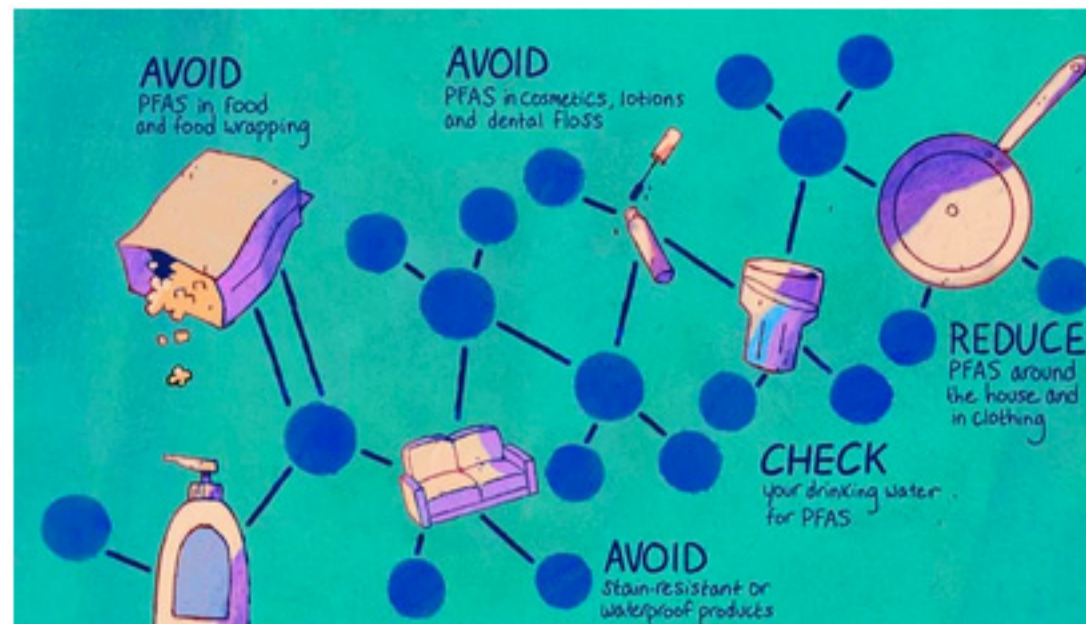


HEALTH

# How to reduce your exposure to harmful 'forever chemicals,' featuring tips from PFAS experts

WBUR

PFAS is a class of human-made chemicals that has been linked to a growing list of serious medical concerns. There are thousands of types of PFAS, and many are not well studied.



**It's impossible to completely avoid PFAS**, a class of human-made chemicals that has been linked to a growing list of serious medical concerns. There are thousands of types of PFAS, and many are not well studied. Yet they're in everything from stain-resistant rugs to dental floss, outdoor gear, food packaging and soil. "These chemicals are in all of us — everyone — and they're everywhere," said Linda Birnbaum, the former director of the federal government's National Institute of Environmental Health Sciences and the National Toxicology Program.

# A company that put children to work in meatpacking plants pays the maximum federal fine

KCUR 89.3

Packers Sanitation Services, based in Wisconsin, paid \$1.5 million to the U.S. Department of Labor after an investigation found it employed children in dangerous, overnight jobs in eight different states.



U.S. Department of Labor officials interviewed this worker at a ground beef floor at a JBS USA meat processing facility in Grand Island, Nebraska

A Wisconsin-based company that provides workers to clean food processing plants **paid a \$1.5 million fine for illegally putting 102 children to work in dangerous jobs** at meatpacking facilities, including those in Kansas and Nebraska. Packers Sanitation Services paid the maximum civil penalty, \$1.5 million, allowed under the Fair Labor Standards Act to the U.S. Department of Labor (DOL) after an investigation found children working overnight shifts at 13 meatpacking plants in eight different states. The jobs involved cleaning devices like back saws and head splitters with caustic chemicals that could cause burns. At least three teenagers suffered injuries.



*Tyler James Hoare* was a beloved artist who made his mark on San Francisco. The Golden Gate Bridge may be the most iconic monument on the San Francisco Bay. But for decades, smaller monuments would pop up along the East Bay shoreline: whimsical sculptures of biplanes, like the Red Baron, perched on pier pilings. Tyler James Hoare was the man behind those sculptures, and he died on January 31 at 82 years old.

Who was he? Tyler James Hoare was born in Joplin, Mo. — along Route 66, as he boasted in an old video. He studied at the University of Kansas, where, at the time, abstract art was the big thing. His professors would push him in that direction, but he wouldn't have it. He preferred collages and large pieces. Hoare moved to Berkeley in 1965 with his wife and daughter, and he set up a studio in the basement of an old Victorian home. He began installing sculptures on pier posts in the 1970s. He would say that the bay became his gallery. For years, the water and weather would wash away his creations. But he wasn't upset about it, he would just put another up. At an artist talk a few years ago, Hoare recalled that while installing two of the first airplanes, he got a group of friends on two boats and one person stayed ashore with paperwork. That is, fake paperwork saying that the City of Berkeley had bought the piece.



Hoare's Red Baron is among the sculptures to grace the shoreline.

MAIN CHARACTER OF THE DAY

# With fake paperwork and a roguish attitude, he made the San Francisco Bay his gallery



<https://youtu.be/MLdw4stSgNU>



THE PROBLEM  
WITH JON STEWART  
PODCAST



**ZEYNEP TUFEKCI**  
PROFESSOR AT COLUMBIA UNIVERSITY  
AND COLUMNIST AT THE NEW YORK TIMES

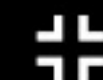
619,103 views Jan 11, 2023 > We're back and we're coming in hot with a conversation about COVID vaccines! We're joined by Dr. Gregory A. Poland (Director of Mayo Clinic's Vaccine Research Group), Dr. Saad Omer (Director of the Yale Institute for Global Health), and Zeynep Tufekci (Professor at Columbia University) who bring something that's often lacking from these conversations: nuance. We talk through why many non-crazy people are hesitant to get vaccinated, how our public health institutions have failed to communicate effectively with the masses, and why it should be perfectly okay to ask questions about the risks and benefits of any vaccine. Plus, writers Tocarra Mallard and Kasaun Wilson are here talking about sneezing at the sight of the sun.

THE PROBLEM

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A profile card for Zeynep Tufekci. On the left is a black and white portrait of her smiling. To the right, there are two red buttons: 'TED Speaker' and 'TED Attendee'. Below these is her name 'Zeynep Tufekci' in large white font, followed by 'Techno-sociologist' in a smaller font. At the bottom, there are social media links: '@zeynep' with a Twitter icon, 'facebook.com/technosociology' with a Facebook icon, and 'tinyletter.com/zeynepnotes' with a link icon.

*Techno-sociologist Zeynep Tufekci asks big questions about our societies and our lives, as both algorithms and digital connectivity spread.*

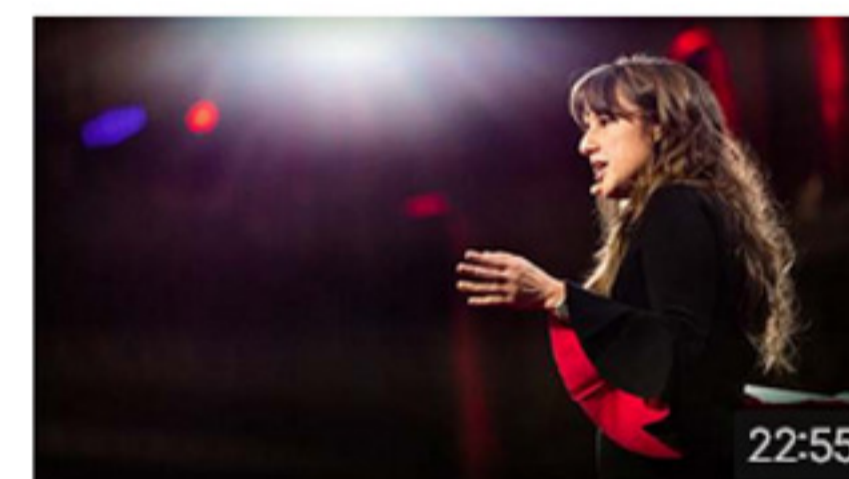
## Zeynep Tufekci's TED talks



*Zeynep Tufekci*  
**Online social change: easy to organize, hard to win**  
Posted Feb 2015



*Zeynep Tufekci*  
**Machine intelligence makes human morals more important**  
Posted Oct 2016

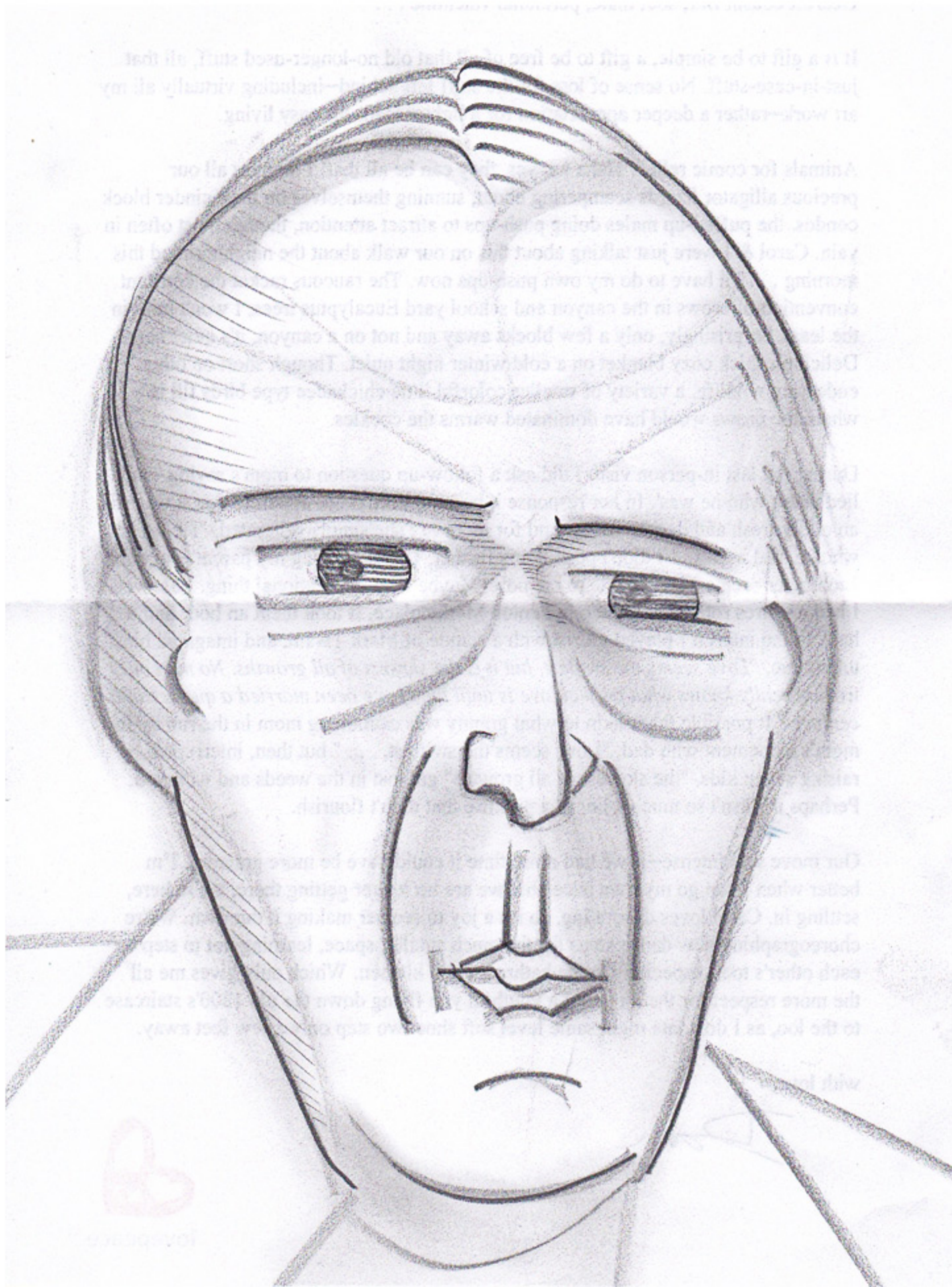


*Zeynep Tufekci*  
**We're building a dystopia just to make people click on ads**  
Posted Oct 2017

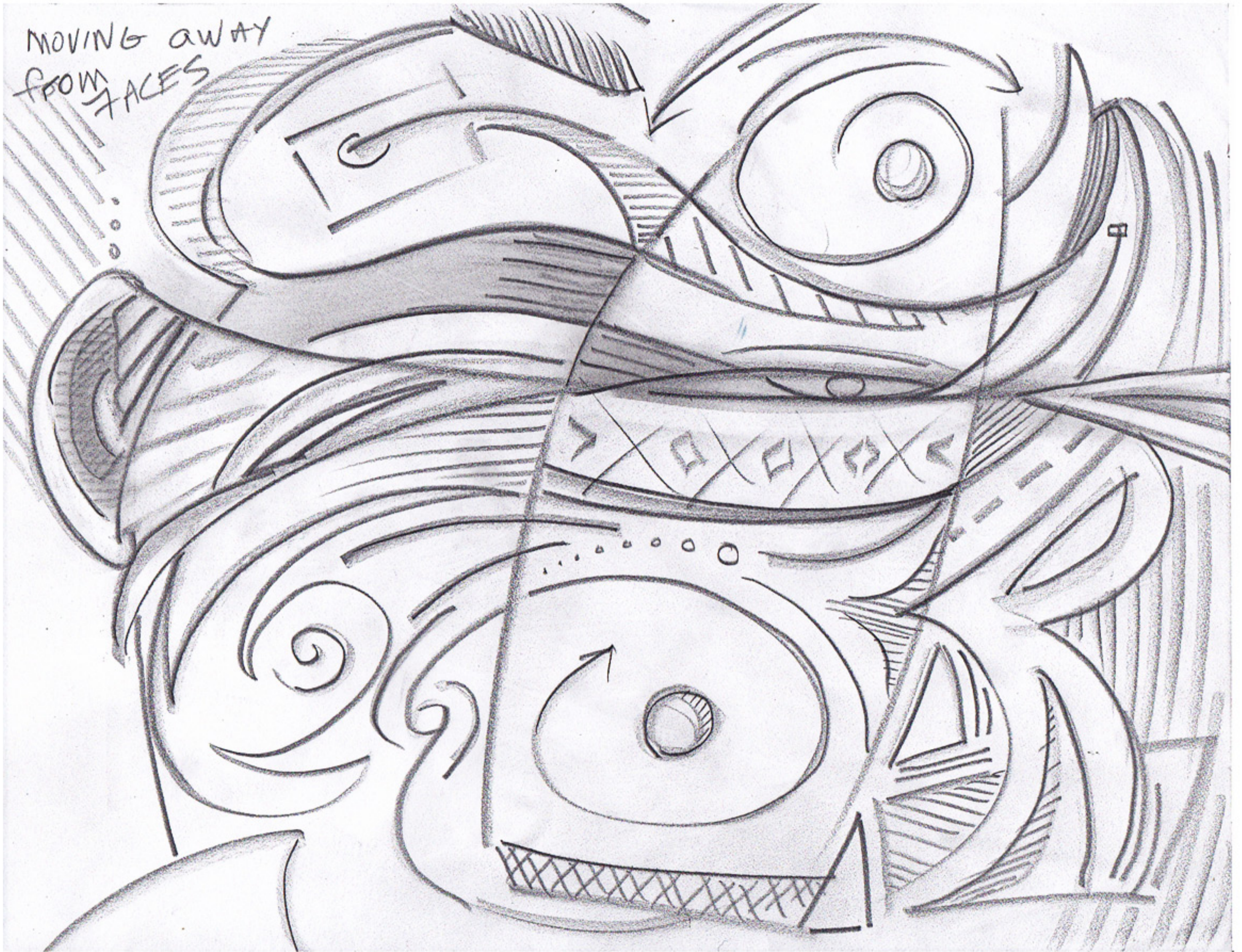
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Zeynep Tufekci (Turkish: Zeynep Tüfekçi; zay-NEP tuu-FEK-chee) is a sociologist and a writer who is a columnist for The New York Times. Her work focuses on the social implications of new technologies, such as artificial intelligence and big data, as well as societal challenges such as the COVID-19 pandemic using complex and systems-based thinking. She has been described as "having a habit of being right on the big things" by The New York Times and as one of the most prominent academic voices on social media and the new public sphere by The Chronicle of Higher Education. In 2022, Tufekci was a Pulitzer finalist for her "insightful, often prescient, columns on the pandemic and American culture", which the committee said "brought clarity to the shifting official guidance and compelled us towards greater compassion and informed response."





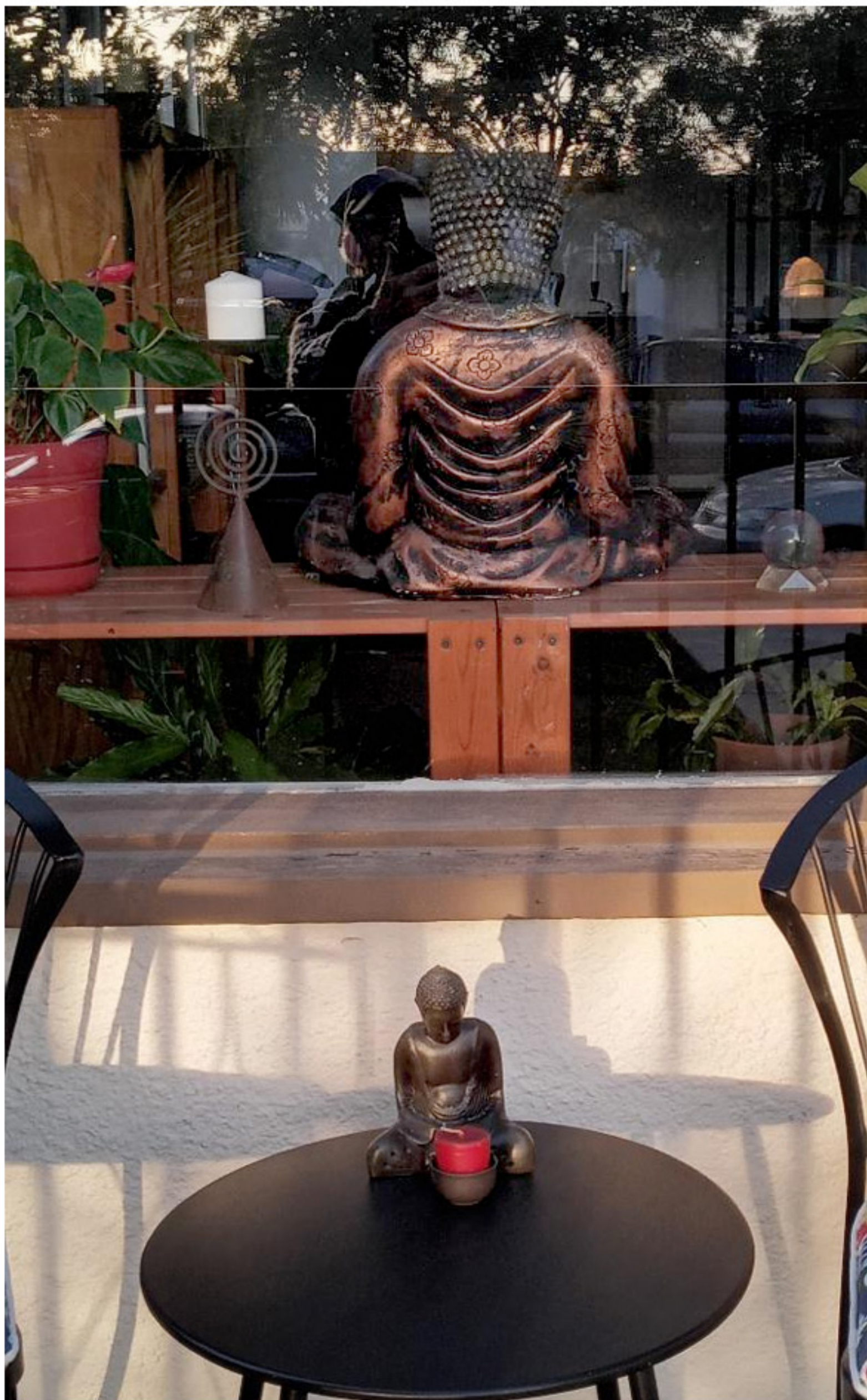














# Scientology leader David Miscavige went missing to hide from a human trafficking lawsuit, federal judge rules

Natalie Musumeci Feb 16, 2023, 8:28 AM

The trafficking lawsuit against Miscavige and the Church of Scientology was filed by Valeska Paris and married couple Gawain and Laura Baxter, who allege that they were trafficked into Scientology as children and forced to work long hours by the organization, which they said considered them adults. Paris and the Baxters allege in the suit that as children, they were "coerced" to join the Sea Org sector of the Church of Scientology "and provide unpaid labor and services for a decade or longer on Defendants' ocean going cruise ship vessel, the 'Freewinds.'" "Defendants considered Plaintiffs to be possessions, void of any rights, whose sole purpose was to serve Defendants," Paris and the Baxters allege in their suit. The suit also alleges, "Plaintiffs were placed on a ship they could not leave and routinely punished by being humiliated, interrogated, and imprisoned, for the sole purpose of ensuring Plaintiffs would continue to perform back breaking free labor for the Defendants." Attorneys for Miscavige and the Church of Scientology did not immediately respond to a request for comment by Insider on Thursday.

**David Miscavige.** Church of Scientology/Handout via Reuters

- Church of Scientology leader David Miscavige is facing a federal human trafficking lawsuit.
- A Florida judge ruled this week that he has now been considered served in the case.
- Miscavige has been "actively concealing his whereabouts or evading service," the judge ruled.

# Scientology Leader David Miscavige Served With Human Trafficking Lawsuit

Miscavige had reportedly evaded process servers 27 times over four months before a judge said he was considered served.

By Marco Margaritoff

Feb 16, 2023, 04:02 PM EST

[ . . . ]

Similar accusations of misconduct have been lodged at Miscavige in the past. As recently as 2019, he was sued over claims of "abuse, human trafficking, and intimidation." Defectors have long warned about allegedly systemic abuse they experienced in the organization — which Scientology has routinely denied.

Miscavige grabbed the reins of Scientology when its founder, science fiction author L. Ron Hubbard, died in 1986. Critics like Tony Ortega and Leah Remini have since spoken out against the religion and its leader. But Scientology continues to retain high-profile followers like Tom Cruise and Danny Masterson — whose recent rape trial involving former church members ended in a hung jury. Meanwhile, Shelly Miscavige, the leader's wife, hasn't been seen in more than a decade.

**Mike Rinder**, a onetime church spokesman turned apostate, cautiously welcomed Sneed's decision. "While this is a major accomplishment, it is a small step in the overall scheme of things," Rinder wrote Wednesday. "The war of attrition and seeking to exhaust the plaintiffs time, money, patience and resolve is just beginning." Regardless, the attorneys working on behalf of Paris and the Baxters consider the ruling a success.

"Now that Mr. Miscavige is served, we look forward to continuing to fight for justice for our clients," lawyers John Dominguez and Zahra Dean told Insider.



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Brooklyn-born writer: Senior news reporter @thisisinsider. Formerly of the NY Post, NY Daily News and The Brooklyn Paper.

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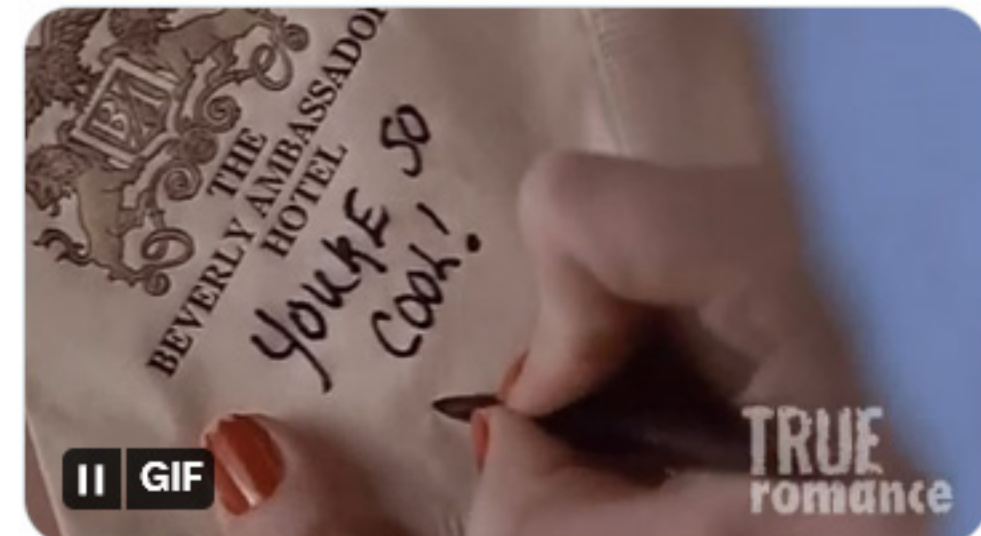
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**marcomc2** @marcomc2 · May 4, 2019 ...

I've said it once and I'll say it again for the people in the back. "I kept asking Clarence why our world seemed to be collapsing and everything seemed so shitty. And he'd say, 'That's the way it goes, but don't forget, it goes the other way, too.'"



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The Gaslamp Promenade

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Introducing the Gaslamp Promenade, developed to give public space back to the people of San Diego and all who visit America's Finest City. The Gaslamp Promenade will reinvent Fifth Avenue into eight distinctive plazas (from L Street to Broadway), fostering community by building a place for social connections, conversation, dining and entertainment. This promenade will be a vital part of what makes San Diego's future great.

by: [Alani Letang](#)

Posted: Feb 17, 2023 / 08:40 PM PST

Updated: Feb 17, 2023 / 08:41 PM PST

SAN DIEGO — The City of San Diego is in the process of revamping the downtown area to make it friendlier for walking, dining outside and a safer area for people to enjoy the Gaslamp Quarter. The city is looking to shut down seven blocks on Fifth Avenue from Broadway Street to K Street. San Diego will work with Metropolitan Transit System (MTS) to re-route bus routes that would run through the promenade. “The best days of the Gaslamp Quarter are still ahead,” San Diego Mayor Todd Gloria said. Downtown San Diego is getting a makeover in a project called the Gaslamp Promenade. Expected by the end of June, every day from 11 a.m. to around midnight, Fifth Avenue will close to all car traffic from K Street up to Broadway. The Gaslamp Association Executive Director Michael Trimble said crews have already installing fixed bollards on that stretch of Fifth Avenue to indicate the closure. “It’s so much better for people congestion wise, there is a lot more space, it accommodates a lot more people. It has a much better family-friendly feel,” Trimble said. A fire lane will always stay open, so will the cross streets like Market Street, J and K Streets, and the other streets. There are plans to add more parking to the side streets, Trimble said. For the past three years, Fifth Avenue has closed from K Street to F Street for most of the day Thursday to Sunday. Fifth Avenue is also closed south of Market Street on Wednesday. As part of the new promenade, the added two more blocks of car closures along Fifth Avenue every day, is welcoming to businesses that will finally be included. “When the streets are not closed, we have been doing so bad for the past three, four years,” said Mareuos Sitto, the general manager at Döner Mediterranean Grill. “So now we are excited. We are getting ready and preparing ourselves.” Sitto said they are ready to expand and to welcome more customers. “From employees I’m bringing all my guys back, we can’t wait,” Sitto said. The new promenade will run right through MTS bus routes 3 and 120, and the MTS access. Bus routes 3 and 120 operates along Fifth Avenue north of Market Street. The two routes also serve thousands of people a day, in Lincoln Park, downtown, Hillcrest, Logan Heights, Mountain View, Fashion Valley and other communities. Gloria also addressed the possibility of more traffic or longer bus rides. “But when you consider the success that’s been experienced by the small businesses on the southern five blocks, I think you understand this is always a trade-off, and in this case, the benefits to the general community and small businesses there far outweigh what is a two-block adjustment.” Gloria said the project will cost an estimated couple \$100,000, and the money has been programmed already. The funds will come from parking meter revenue in the area that will deploy back to that same neighborhood, according to the mayor.



**Dido Elizabeth Belle** (June 1761 – July 1804) was a British heiress and a member of the Lindsay family of Evelix. She was born into slavery and illegitimate; her mother, Maria Belle, was an enslaved Black woman in the British West Indies. Her father was Sir John Lindsay, a British career naval officer who was stationed there. Her father was knighted and promoted to admiral. Lindsay took Belle with him when he returned to England in 1765, entrusting her upbringing to his uncle William Murray, 1st Earl of Mansfield, and his wife Elizabeth Murray, Countess of Mansfield. The Murrays educated Belle, bringing her up as a free gentlewoman at their Kenwood House, together with another great-niece, Lady Elizabeth Murray, whose mother had died. Lady Elizabeth and Belle were second cousins. Belle lived there for 30 years. In his will of 1793, Lord Mansfield provided an outright sum and an annuity to her, making her an heiress.



*Painting of Dido Elizabeth Belle (l) and her cousin Lady Elizabeth Murray (r).*

Dido Elizabeth Belle was born into slavery in 1761 in the British West Indies to an enslaved African woman known as Maria Belle. (Her name was spelled as Maria Bell in her daughter's baptism record.) Her father was 24-year-old Sir John Lindsay, a member of the Lindsay family of Evelix branch of the Clan Lindsay and a descendant of the Clan Murray, who was a career naval officer and then captain of the British warship HMS Trent, based in the West Indies. He was the son of Sir Alexander Lindsay, 3rd Baronet and his wife Amelia, daughter of David Murray, 5th Viscount Stormont. Lindsay is thought to have found Maria Belle held as a slave on a Spanish ship which his forces captured in the Caribbean. Lindsay returned to London after the war in 1765 with his young daughter, Dido Belle.

When they arrived in England he took her to Kenwood House just outside the city, the home of his uncle, William Murray, 1st Earl of Mansfield, and his wife Elizabeth Murray, Countess of Mansfield. Belle was baptised as Dido Elizabeth Belle in 1766 at St George's, Bloomsbury. The Murray family raised Belle as an educated woman along with their niece and Dido's cousin, Lady Elizabeth Murray, whose mother had died.

A contemporary obituary of Sir John Lindsay, who had eventually been promoted to admiral, acknowledged that he was the father of Dido Belle, and described her: "**[H]e has died, we believe, without any legitimate issue but has left one natural daughter, a Mulatta who has been brought up in Lord Mansfield's family almost from her infancy and whose amiable disposition and accomplishments have gained her the highest respect from all his Lordship's relations and visitants.**" At one time, historians thought her mother was an African slave on a ship captured by Lindsay's warship during the Siege of Havana, but this specific date is unlikely, as Dido was born in 1761.



Belle's father [Sir John Lindsay](#)

Belle's father died in 1788 without legitimate heirs, bequeathing £1000 to be shared by his "reputed children", John and Elizabeth Lindsay (as noted in his will) and nothing for Dido. Belle's legal status while Lord Mansfield was alive is uncertain. In his will written in 1783, published in 1793, Lord Mansfield officially confirmed or conferred Belle's freedom. To secure her future after his death, he bequeathed to her £500 as an outright sum and a £100 annuity. In 1799, Belle also inherited £100 from Lady Margery Murray, one of two female relatives who had come to live with and help care for the Murrays in their later years. However, William Murray left his niece Elizabeth Murray £10,000. Her father was in line to inherit his uncle's title and entire wealth.

After Lord Mansfield's death in March 1793, Belle married Jean Louis Charles Davinière (anglicized to John Davinier) on 5 December 1793 at St George's, Hanover Square. Belle's husband was a Frenchman from Ducey in the Normandy, he was seven years younger than his wife. The Daviniers had at least three sons: twins Charles and John, both baptised at St George's on 8 May 1795; and William Thomas, baptised there on 26 January 1802. Belle died in 1805 at the age of 43, and was interred in July of that year at St George's Fields, Westminster, a burial ground close to what is now Bayswater Road. In the 1970s, the site was redeveloped and her grave was moved. Her husband later remarried and had two more children with his second wife.





# Jimmy Carter's lasting Cold War legacy: Human rights focus helped dismantle the Soviet Union

Published: May 2, 2019 6:55am EDT Updated: February 18, 2023 5:12pm EST



**Robert C. Donnelly**  
Associate Professor of History,  
Gonzaga University

President Jimmy Carter, right, surrounded by journalists after announcing he was lifting the travel ban on Cuba, Vietnam, North Korea and Cambodia, March 9, 1977. AP Photo/file

**Former President Jimmy Carter**, who has entered hospice care at age 98 at his home in Plains, Georgia, was a dark horse Democratic presidential candidate with little national recognition when he beat Republican incumbent Gerald Ford in 1976. The introspective former peanut farmer pledged a new era of honesty and forthrightness at home and abroad, a promise that resonated with voters eager for change following the Watergate scandal and the Vietnam War. His presidency, however, lasted only one term before Ronald Reagan defeated him. Since then, scholars have debated – and often maligned – Carter’s legacy, especially his foreign policy efforts that revolved around human rights. Critics have described Carter’s foreign policies as “ineffectual” and “hopelessly muddled,” and their formulation demonstrated “weakness and indecision.” As a historian researching Carter’s foreign policy initiatives, I conclude his overseas policies were far more effective than critics have claimed.

**A Soviet strategy:** The criticism of Carter’s foreign policies seems particularly mistaken when it comes to the Cold War, a period defined by decades of hostility, mutual distrust and arms buildup after World War II between the U.S. and Russia, then known as the Soviet Union. During his presidency, Carter insisted nations provide basic freedoms for their people – a moral weapon against which repressive leaders could not defend. Carter soon openly criticized the Soviets for denying Russian Jews their basic civil rights, a violation of human rights protections outlined in the diplomatic agreement called the Helsinki Accords. Carter adviser Stuart Eizenstat argues that the administration attacked the Soviets “in their most vulnerable spot – mistreatment of their own citizens.” This proved effective in sparking Soviet leader Mikhail Gorbachev’s social and political reforms of the late 1980s, best known by the Russian word “glasnost,” or “openness.”

Ronald Reagan argued during the 1980 presidential campaign that, “Jimmy Carter risks our national security – our credibility – and damages American purposes by sending timid and even contradictory signals to the Soviet Union.” Carter’s policy was based on “weakness and illusion” and should be replaced “with one founded on improved military strength,” Reagan criticized. In 1985, however, President Reagan publicly acknowledged that his predecessor demonstrated great timing in modernizing and strengthening the nation’s forces, which further increased economic and diplomatic pressure on the Soviets. Reagan admitted that he felt “very bad” for misstating Carter’s policies and record on defense. Carter is most lauded today for his post-presidency activism, public service and defending human rights. He was awarded the Nobel Peace Prize in 2002 for such efforts. But that praise leaves out a significant portion of Carter’s presidential accomplishments. His foreign policy, emphasizing human rights, was a key instrument in dismantling the power of the Soviet Union.



## Jimmy Carter's lasting Cold War legacy: Human rights focus helped dismantle the Soviet Union

Published: May 2, 2019 6.55am EDT | Updated: February 18, 2023 5.12pm EST

Robert C. Donnelly, Gonzaga University



President Jimmy Carter listens to Sen. Joseph R. Biden, D-Del., as they wait to speak at fund raising reception in Wilmington, Del. on Feb. 20, 1978. AP



Afghan rebels examine a Soviet-built armored personnel carrier and scores of other military vehicles left behind when the Mujahedeen fighters overran a Soviet-Afghan garrison. AP Photo/Joe Gaal



Human rights were a cornerstone of President Jimmy Carter's foreign policy. Here, a billboard with his picture on it in Liberia. AP Photo/Michel Lipchitz

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# A childbirth myth is spreading on TikTok. Doctors say the truth is different

By [Faith Karimi](#) and [Jocelyn Contreras](#), CNN

Updated 1:20 PM EST, Sat February 18, 2023



Ashley Martinez has four sons and is pregnant with the daughter she's wanted for years. Last month, she posted a video online imploring doctors to prioritize her life, not the life of her unborn baby, if complications arise when she is in labor and it comes down to that choice. The San Antonio, Texas, resident is due in May and is one of a number of pregnant people who have recently posted "living will" videos on TikTok. Martinez had an emergency C-section during her last pregnancy after her umbilical cord came out before her baby, a rare but dangerous condition known as an umbilical cord prolapse that can deprive a baby of vital blood flow and oxygen. Martinez described her last delivery as terrifying. Eight months after the Supreme Court reversed Roe v. Wade, ending a constitutional right to abortion, she said she worries about what would happen if she faced similar challenges again. Since the ruling in June, a number of US states have criminalized abortions, leading to some fears that doctors would prioritize the life of the unborn child during a medical emergency. Martinez lost her mother to non-Hodgkin's lymphoma at a young age, and the thought of her children going through a similar tragedy terrifies her. "Having to go into another delivery where I'm going to have a C-section, it's scary for me," said the 29-year-old. "My fourth pregnancy was my only C-section. I've always thought about not being here for my kids just because of what I went through growing up without my mom." More than a dozen US states have banned or severely restricted access to abortions following the Supreme Court's decision eight months ago. The abortion bans have led to legal chaos as advocates take the fight to courtrooms. Even so, several ob/gyns told CNN that a hard choice between saving a mother and baby's lives at childbirth, like the one outlined in the TikTok videos, is highly unlikely.

**The 'living will' TikTok trend has sparked strong emotions:** This trend on TikTok has sparked a flurry of dueling videos among pregnant women and other people. Some have posted videos telling doctors in such situations to prioritize their unborn babies first, and criticizing those who expressed a different view. Martinez concedes that her mother, who died at 25, would likely have chosen to save her child first if she could. "My mother, she didn't have a choice, you know?" Martinez said. "The message that I want to send is just basically nobody is wrong or right in this situation. In both situations, it is a hard decision to pick your children over your unborn baby." In Texas, where Martinez lives, abortions are banned at all stages of pregnancy – unless there's a life-threatening medical emergency.

Dr. Franziska Haydanek, an ob/gyn in Rochester, New York, who shares medical advice on TikTok, said she's noticed many "living will" videos in recent months. In most of the videos, a woman appears alongside a written message saying something like, "If there are complications during childbirth, save me before the baby." Some people, including Martinez, reference their children in their decision and even show them in the video.

**Doctors don't pick who to save during labor, experts say:** It's true that complications occasionally come up during a pregnancy that lead doctors to recommend delivery to save the mother's life, medical experts said. If this is done before a fetus is viable – under 24 weeks – the chances of the baby's survival are low, said Dr. Elizabeth Langen, a maternal-fetal medicine physician at the University of Michigan Von Voigtlander Women's Hospital. Roe v. Wade's reversal did make terminating such pregnancies more complicated, Langen and Haydanek say. In cases involving a baby that's not viable, it could mean that even when the baby is unlikely to survive and the mom's health is at risk, the priority will be on saving the baby due to fear of legal ramifications, Langen said. But both doctors say these scenarios don't occur during the birth of a viable baby. In that instance, Roe v. Wade is "less involved," Haydanek said. "We do everything in our efforts to save both (mother and baby)," she said. "I can't think of a time where the medical team has had to make a decision about who to save in a viable laboring patient. It's just not a real scenario in modern medicine – just one we are seeing played out on TV."

Hospitals have enough resources – obstetrics and neonatal intensive care unit teams, for example – to meet the needs of both the mother and the baby, Haydanek and Langen said. "We're usually doing our best to take care of both the mom and the baby. And there's very rarely a circumstance where we will do something to harm the mom in order to have the benefit of the baby," added Langen. "If mom's health is deteriorating, ultimately, she's not going to be able to support baby's wellbeing," Langen said. "And so generally, what we encourage folks to do is really support mom's health, because that's in the best interest of both mother and baby." Both doctors said it's important for patients to talk to their health care providers about their medical concerns and share their "living will" wishes with loved ones in case there are complications during labor that require partners to make medical decisions. However, those decisions will not involve doctors asking your partner whose life should come first, they said. "Before getting in a fight with your partner about who they choose to save, know that there isn't a situation where we will ask them that," said Haydanek, who has called the TikTok trend "horribly anxiety inducing." She said it's come up so many times in recent months that she made her own TikTok video to reassure expectant parents. "Please don't feel like you have to make this choice," she says in the video. **"I know firsthand how much anxiety there can be in pregnancy ... but it's just not a situation that you're gonna find yourself in."**

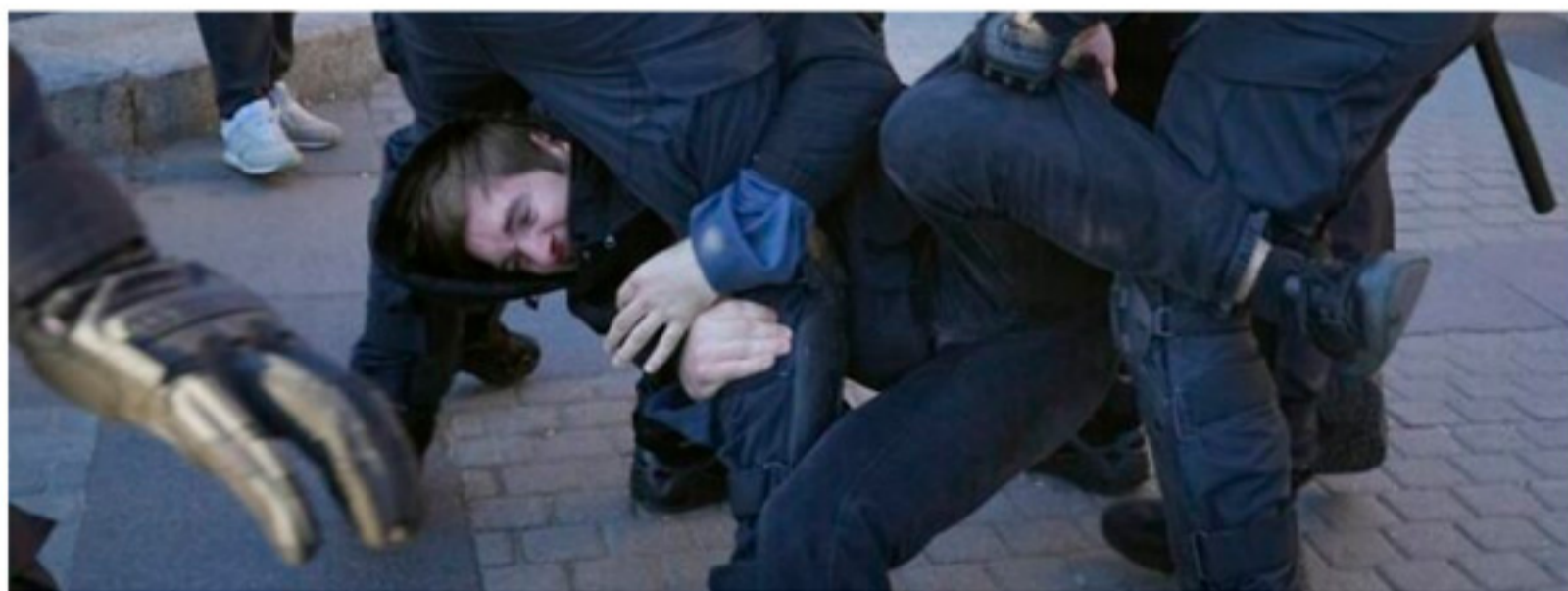


# Russia after a year of war: Critics purged and nationalism soaring

As death toll of war in Ukraine rises, ordinary civilians are facing growing repression at home as families are ripped apart by mobilization

By DASHA LITVINOVA

Today, 12:50 pm | 2



Russian police detain an antiwar protester in St. Petersburg, Russia, Saturday, September 24, 2022. (AP Photo,

TALLINN, Estonia (AP) — Moscow's nights display few signs of a nation at war. Cheerful crowds packed restaurants and bars in the Sretenka neighborhood on a recent Saturday night, watched by officers marked as "tourist police." Nearby, a top-hatted guide led about 40 sightseers to a 300-year-old church. There's only an occasional "Z" — the symbol of Russia's "special military operation," as the Ukraine invasion is officially known — seen on a building or a shuttered store abandoned by a Western retailer. A poster of a stern-faced soldier, with the slogan "Glory to the heroes of Russia," is a reminder the conflict has dragged on for a year. Western stores are gone, but customers can still buy their products — or knockoffs sold under a Russian name or branding. The painful, bruising changes to Russian life require more effort to see. A broad government crackdown has silenced dissent, with political opponents imprisoned or fleeing abroad. Families have been torn apart by the first mobilization of reservists since World War II. State TV spews hatred against the West and reassuring messages that much of the world still is with Russia. And Russia's battlefield deaths are in the thousands.

**Quashing the critics:** "Indeed, the war has ruined many lives — including ours," Sophia Subbotina of St. Petersburg told The Associated Press. Twice a week, she visits a detention center to bring food and medicine to her partner, Sasha Skochilenko, an artist and musician with serious health issues. Skochilenko was arrested in April for replacing supermarket price tags with antiwar slogans. She is charged with spreading false information about the military, one of President Vladimir Putin's new laws that effectively criminalize public expression against the war. The crackdown has been immediate, ruthless and unparalleled in post-Soviet Russia. Media cannot call it a "war," and protesters using that word on placards are hit with steep fines. Most who took to the streets were swiftly arrested. Rallies fizzled. Independent news sites were blocked, as were Facebook, Instagram and Twitter. A prominent radio station was taken off the air. The Novaya Gazeta newspaper, led by 2021 Nobel Peace Prize laureate Dmitry Muratov, lost its license. Skochilenko, who says she is not an activist but simply someone horrified by war, faces up to 10 years in prison. Prominent Putin critics either left Russia or were arrested: Ilya Yashin got 8½ years, Vladimir Kara-Murza is jailed awaiting trial and Alexei Navalny remains in prison. Entertainers opposing the war quickly lost work, with plays and concerts canceled. "The fact that Putin has managed to intimidate a significant part of our society is hard to deny," Yashin told AP from jail last year.

**Pushing the government line:** The purge of critics was followed by a splurge of propaganda. State TV suspended some entertainment shows and expanded political and news programs to boost the narrative that Russia was ridding Ukraine of Nazis, a false claim Putin used as pretext for the invasion. Or that NATO is acting via puppets in

Kyiv but that Moscow will prevail. "A new structure of the world is emerging in front of our eyes," proclaimed anchor Dmitry Kiselev in a December rant on his weekly show. "The planet is getting rid of Western leadership. Most of humanity is with us." These messages play well in Russia, says Denis Volkov, director of the country's top independent pollster Levada Center: "The idea that NATO wants to ruin Russia or at least weaken... it has been commonplace for three-fourths (of poll respondents) for many years." The Kremlin is pushing its narrative to the young. Schoolchildren were told to write letters to soldiers, and some schools designated "A Hero's Desk" for graduates fighting in Ukraine. In September, schools added a subject loosely translated as "Conversations about Important Things." Lesson plans for eighth to 11th graders seen by AP describe Russia's "special mission" of building a "multipolar world order." At least one teacher who refused to teach the lessons was fired. Although not mandatory, some parents whose children skip them face pressure from administrators or even police. A fifth grader was accused of having a Ukraine-themed photo on social media and asking classmates about supporting the war, and she and her mother were detained briefly after administrators complained, said her lawyer, Nikolai Bobrinsky. When she skipped the new lessons, authorities apparently decided to make "an example" of her, he added.

**Surviving sanctions:** The sanctions-hit economy outperformed expectations, thanks to record oil revenues of about \$325 billion after the war sent energy prices soaring. The Central Bank stabilized the plummeting ruble by raising interest rates, and the currency is stronger against the dollar than before the invasion. McDonald's, Ikea, Apple and others left Russia. The golden arches were replaced by Vkusno — i Tochka ("Tasty — Period"), while Starbucks became Stars Coffee, with essentially the same menus. Visa and Mastercard halted services, but banks switched to the local MIR system, so existing cards continued to work in the country; those traveling abroad use cash. After the European Union banned flights from Russia, airline ticket prices rose and destinations became harder to reach. Foreign travel is now available to a privileged minority. **Sociologists say these changes hardly bothered most Russians, whose average monthly salary in 2022 was about \$900. Only about a third have an international passport.** Inflation spiked nearly 12%, but Putin announced new benefits for families with children and increased pensions and the minimum wage by 10%. MacBooks and iPhones are still easily available, and Muscovites say restaurants have Japanese fish, Spanish cheese and French wine. "Yes, it costs a bit more, but there's no shortage," said Vladimir, a resident who asked not to be fully identified for his own safety. "If you walk in the city center, you get the impression that nothing is happening. Lots of people are out and about on weekends. There are fewer people in cafes, but they are still there." Still, he admitted the capital seems emptier and people look sadder.

**'In the trenches, or worse':** Perhaps the biggest shock came in September, when the Kremlin mobilized 300,000 reservists. Although billed as a "partial" call-up, the announcement sent panic through the country since most men under 65 — and some women — are formally part of the reserve. Flights abroad sold out in hours and long lines formed at Russia's border crossings. Hundreds of thousands were estimated to have left the country in the following weeks. Natalia, a medical worker, left Moscow with her boyfriend after a summons was delivered to his mother. Their income was cut in half and she misses home, but they've decided to try it for a year, said the woman, who asked that her last name and location not be revealed for their safety. "Between ourselves, we're saying that once things calm down, we will be able to come back. But it wouldn't resolve the rest of it. That huge snowball is rolling downhill, and nothing will be back (as it was)," Natalia said. Draftees complained of poor living conditions at bases and shortages of gear. Their wives and mothers claimed they were deployed to the front without proper training or equipment and were quickly wounded. A woman who is contesting her husband being drafted said her family life fell apart after she suddenly had to care for her children and frail mother-in-law. "It was hard. I thought I'd lose my mind," said the woman, who spoke on condition of anonymity because his legal case is continuing. Her husband came home on leave — suffering from pneumonia — and needs psychological care because he jumps at every loud sound, she said. Vasily, a 33-year-old Muscovite, learned authorities tried twice this month to deliver a summons to a former apartment where he is officially registered. Although not sure if the summons was to draft him or to clear up his enlistment records, especially after a September attempt to deliver call-up papers, he doesn't intend to find out. "All my friends who went (to the enlistment office) to figure it out are in the trenches now, or worse," added Vasily, who withheld his last name for his own safety. Volkov, the pollster, said **the dominating sentiment among Russians is that the war is "somewhere far away, it is not affecting us directly."** While anxiety over the invasion and mobilization came and went over the year, "people started feeling again that it indeed doesn't affect everyone. 'We're off the hook. Well, thank god, we're moving on with our lives.'" Some fear a new mobilization, which the Kremlin denies.

**Lives lost:** As the war became bogged down by defeats and setbacks, families got the worst news possible: a loved one was killed. For one mother, it was too much to bear. She told AP she became "hysterical" and "started shaking" when told her son was missing and presumed dead while serving on the Moskva, the missile cruiser that sank in April. The woman, who at the time spoke on condition of anonymity because she feared reprisal, said she found it hard to believe he was killed. The military has confirmed just over 6,000 deaths, but Western estimates are in the tens of thousands. Putin promised generous compensation to families of those listed as killed in action — 12 million rubles (about \$160,000). In November, he met with a dozen mothers, which Russian media said were hand-picked among Kremlin supporters and officials, and told one of them her son's death wasn't in vain. "With some people ... it is unclear why they die — because of vodka or something else. When they are gone, it is hard to say whether they lived or not — their lives passed without notice," he told her. "But your son did live — do you understand? He achieved his goal."





# Harvard is Closing its Doors to Those That Built It



A headstone for Cicely — a Black woman who was enslaved by Harvard treasurer William Brattle, Class of 1722 — sits in Cambridge's Old Burial Ground, located just to the West of Harvard Yard. By [Julian J. Giordano](#)

By [Michaela K. Glavin](#), Crimson Opinion Writer

Michaela K. Glavin '25, a Crimson Editorial editor, is a Neuroscience concentrator in Adams House.

2 days ago

To be a descendant of slavery is to be an “other” within the Black community at Harvard. The time is now to dig beyond the surface of a diverse community and interrogate all facets of Black representation: Who is being left behind and how can Harvard reimagine what diversity looks like as it remembers the mark that slavery has left on its descendants? According to Harvard professor Henry Louis “Skip” Gates Jr., between one-half and two-thirds of Black students at Harvard in 2004 were either West Indian and African immigrants or their children, or children of biracial couples. This would mean that descendants of slavery in America — those known as Generational African Americans — are starkly underrepresented. The term “Generational African American” was coined by Reverend Isaiah Webb, grandfather of Samantha C. W. O’Sullivan ’22. O’Sullivan was the founder of the Generational African American Students Association at Harvard.

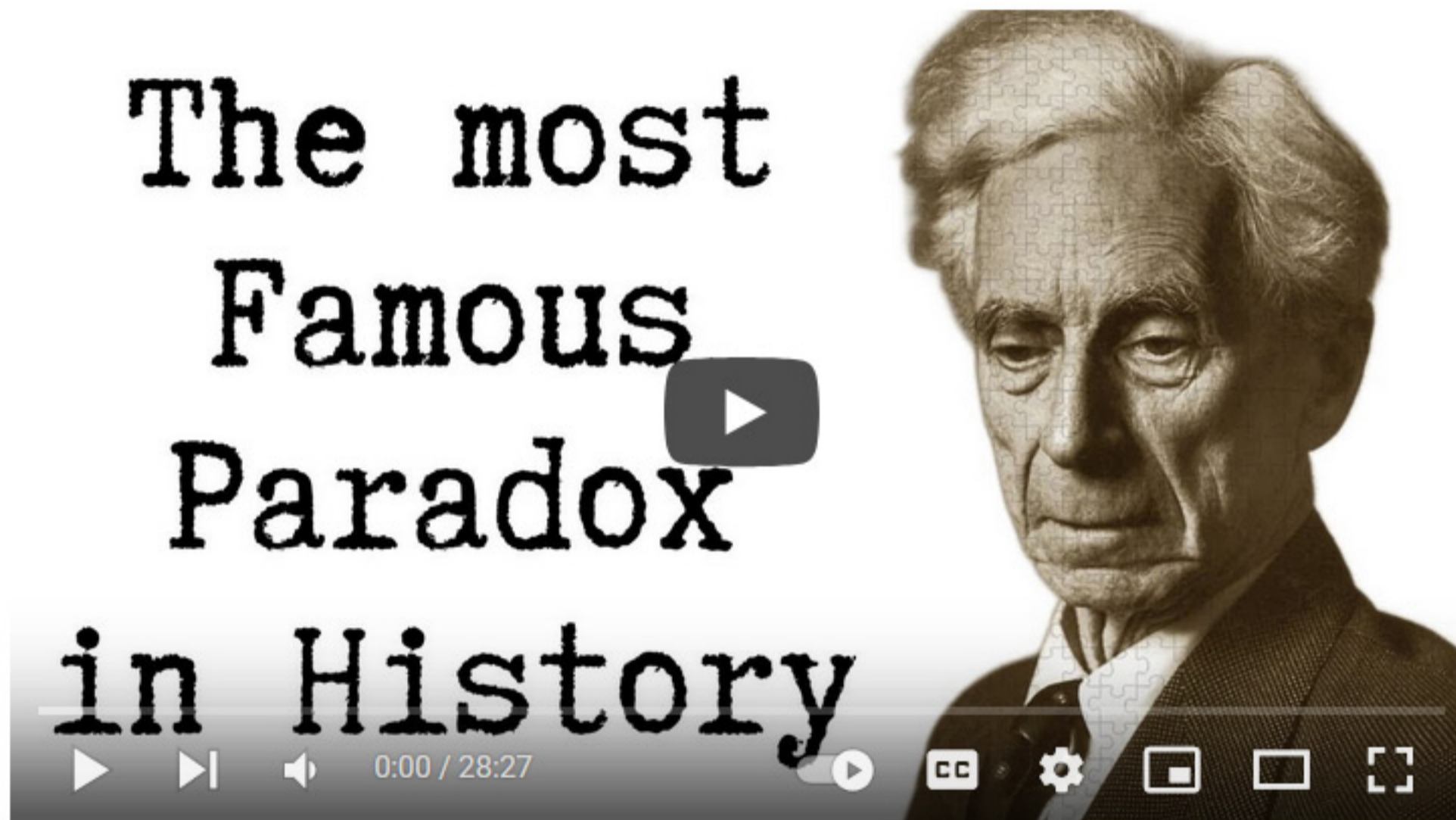
In 2015, U.S.-born Black households had a median income and educational attainment level that was about 30 percent and 7 percent lower, respectively, than that of Black immigrant households. This likely causes more Generational African Americans to sit at the intersection of low socioeconomic status and being first-generation college students — a combination that has both proven to serve as a barrier to college admission and has strong ties to slavery. The Generational African American identity is one that has endured more pain and perseverance than one can imagine — pain and perseverance that has not ceased to penetrate our lives today. The socioeconomic effects of slavery and oppression under Jim Crow are alive and well and continue to exist as a boundary to higher education for those who are descended from those who experienced its restrictions. Harvard is an institution that, given its ties to slavery, has a reparative responsibility to Generational African Americans. Previous instances of this conversation have incited conflict amongst Black groups across the diaspora. College admissions is not a zero-sum game and the purpose of this discussion is to point out a disparity, not to disunify the Black community. Rather than this raising a question of whether Black immigrants are deserving of their hard-earned seats at these elite institutions (which is not even up for discussion), I wish to call on Harvard to recognize their failure at ensuring the representation of Generational African American descendants of slavery. It is integral that college admissions committees stop treating Blackness as a monolith. Harvard is hiding behind the checkbox of “Black/African American.” Rather than taking time to truly appreciate the unique perspective that each and every Black person brings with them, and allowing space for more nuanced identification, this checkbox collapses the multifaceted Black experience into one category. In the wake of the lawsuit between the Students for Fair Admissions v. Harvard College, universities across the country are looking to Harvard to stand for diversity. Even if affirmative action is deemed unconstitutional, institutions like Harvard are responsible for ensuring that diversity is maintained. Harvard should set a precedent — one that takes accountability for its part in the legacy of slavery not solely through a public report, but through the recognition of the deficit of descendants on this campus. So where do we go from here?

**As a Generational African American at Harvard myself, I wish I had the statistics to describe the feeling of otherness that stems from being a minority within a minority.** Therefore, the first step to improving representation among Generational African American students is to offer a more specific breakdown of Black identities. Then, the schools can quantify the disparity and potentially understand the drivers and its connection to the legacy of slavery. Whether Harvard is aware of the issue and simply chooses to ignore it, or if they do not notice it at all, it is their responsibility to fix it. Either way, to be a school so publicly claiming responsibility for its part in perpetuating the egregious legacy of slavery, Harvard must grapple with the fact that it so often closes its doors to those same students whose ancestors built it.



<https://youtu.be/ymGt7l4Yn3k>

27:36 > this isn't a paradox that we can just escape by declaring that there is no rule 11. in the case of set theory yeah maybe we could just declare that sets cannot contain themselves but **in the case of predication which is just talking in the case of saying things about things we can't just declare that predicates cannot be true of themselves because they can** this rule 11 this just is true and once you give me rule 11 i'm gonna generate the paradox this is a paradox that we can't escape



## Russell's Paradox - a simple explanation of a profound problem



Jeffrey Kaplan  
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1,451,509 views Sep 8, 2022

This is a video lecture explaining Russell's Paradox. At the very heart of logic and mathematics, there is a paradox that has yet to be resolved. It was discovered by the mathematician and philosopher, Bertrand Russell, in 1901. In this talk, Professor Jeffrey Kaplan teaches you the basics of set theory (a foundational branch of mathematics dating back to the 1870s) in 20 minutes. Then he explains Russell's Paradox, which is quite a thrilling thing if you are learning it for the first time. Finally, Kaplan argues that the paradox goes even deeper than Russell himself realized.

Also, I should mention Georg Cantor, Gotlob Frege, Logicism, and Zermelo–Fraenkel set theory in this description for keyword search reasons.

0:00  
in 1901 the english philosopher and  
0:02  
mathematician bertrand russell  
0:04  
discovered a problem a paradox at the  
0:07  
heart of mathematics and all of science  
0:11  
the paradox specifically concerns a  
0:13  
foundational branch of mathematics  
0:15  
called set theory so in this lecture i  
0:18  
teach you all of set theory in like  
0:20  
eight minutes and then i show how the  
0:22  
paradox arises russell himself and many  
0:25  
other mathematicians thought that they  
0:26  
could solve this paradox but  
0:29  
i argue that they can't and they don't  
0:32  
so let's get started what is a number  
0:35  
take for example the number four  
0:37  
i'm not talking about four potatoes or  
0:39  
four tomatoes or four  
0:42  
hairs i'm talking about the number four  
0:45  
itself we know lots of things about the  
0:47  
number four like that it is evenly  
0:49  
divisible by two and that it's the  
0:51  
square root of sixteen i think  
0:54  
i'm talking about the number itself and



**Woodstock** is a fictional character in Charles M. Schulz's comic strip *Peanuts*. He is a small yellow bird and Snoopy's best friend. The character first appeared in the April 4, 1967, strip, though he was not officially named until June 22, 1970.<sup>[8]</sup> He is named after the [Woodstock](#) festival of 1969.<sup>[9]</sup>



*Peanuts* is a syndicated daily and Sunday American comic strip written and illustrated by Charles M. Schulz. The strip's original run extended from 1950 to 2000, continuing in reruns afterward. *Peanuts* is among the most popular and influential in the history of comic strips, with 17

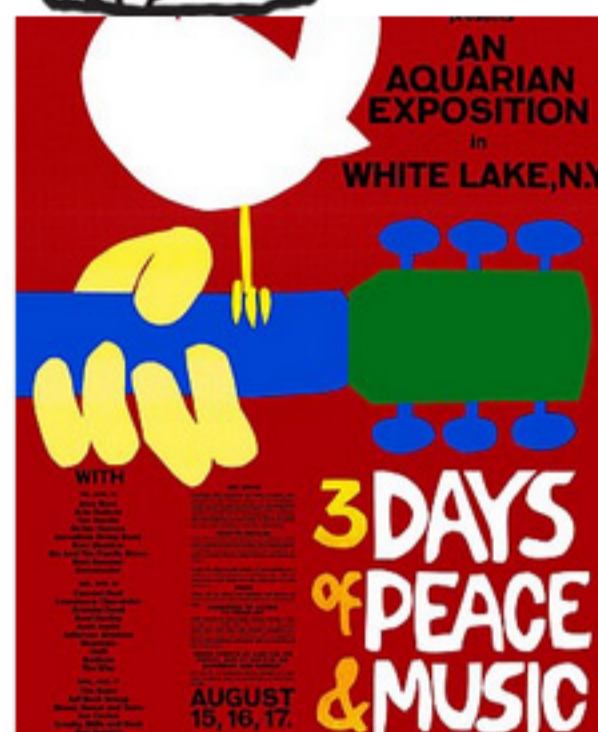


**Tweety** is a yellow canary in the Warner Bros. *Looney Tunes* and *Merrie Melodies* series of animated cartoons.<sup>[3]</sup> The name "Tweety" is a play on words, as it originally meant "sweetie", along with "tweet" being an English onomatopoeia for the sounds of birds. His characteristics are based on Red Skelton's famous "Junior the Mean Widdle Kid."<sup>[4]</sup> He appeared in 46 cartoons during the [golden age](#), made between 1942 and 1964.<sup>[5]</sup>

The **golden age of American animation** was a period in the history of U.S. animation that began with the popularization of sound cartoons in 1928 and gradually ended in the late 1960s, where theatrical animated shorts began losing popularity to the newer medium of television animation, produced on che



**Woodstock Music and Art Fair**, commonly referred to as **Woodstock**, was a music festival held during August 15–18, 1969, on Max Yasgur's dairy farm in Bethel, New York, United States, 40 miles (65 km) southwest of the town of Woodstock. Billed as "an Aquarian Exposition: 3 Days o



**Richard Red Skelton** was an American entertainer best known for his national radio and television shows between 1937 and 1971, especially as host of the television program *The Red Skelton Show*. He has stars on the Hollywood Walk of Fame for his work in radio and television. ar

## Woodstock

*Peanuts* character



**First appearance** April 4, 1967 (comic strip)<sup>[1][2]</sup> (unnamed until June 22, 1970) [Snoopy, Come Home](#) (1972 feature film)<sup>[3][4][5]</sup>

**Created by** Charles M. Schulz

## Tweety

*Looney Tunes/Merrie Melodies* character



Tweety in the Friz Freleng design. This is also his current appearance.

**First appearance** *A Tale of Two Kitties*; (November 21, 1942; 80 years ago)

**Created by** Bob Clampett



<https://youtu.be/OwELHiGsUPk>



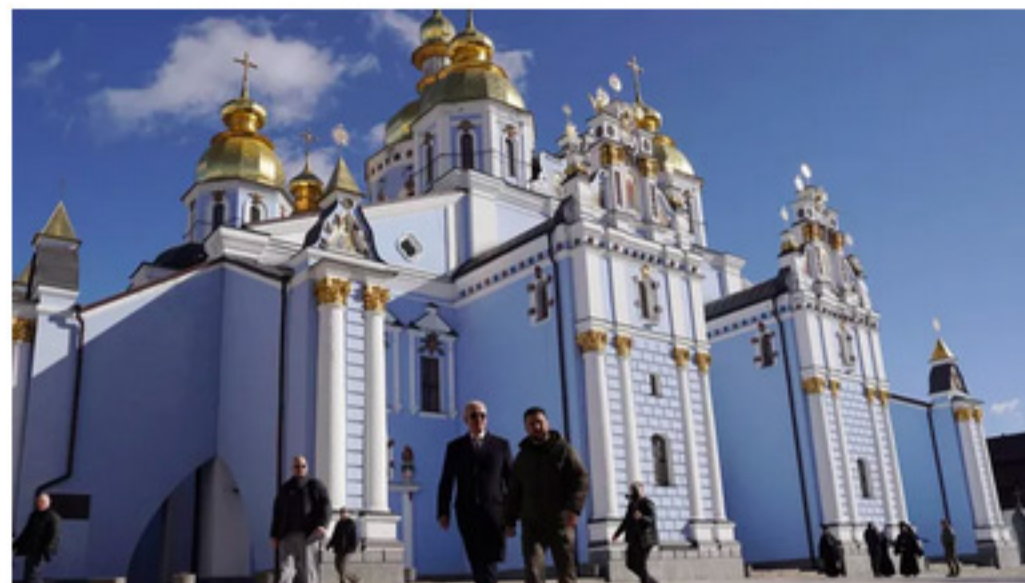
3,531,706 views | Jul 3, 2022 TEXAS | 42m20s  
Out in West Texas is a rugged landscape full of grand vistas and big skies. It's also a place that's dealing with a large increase of migrants. Join me as we meet up with Sheriff Ronny Dodson of Brewster County to get a better understanding of this complex situation.





# President Biden makes a surprise visit to Kyiv as Russia's war against Ukraine enters 2nd year

President Biden made an unannounced visit to Kyiv on Monday, an audacious and somewhat risky trip aimed at expressing solidarity with Ukrainians as Russia's invasion of their country heads into a second year.



Dimitar Dilkoff /AFP Via Getty Images

**US President Joe Biden (C-L) walks next to Ukrainian President Volodymyr Zelensky (C-R) in front of St. Michael's Golden-Domed Cathedral as he arrives for a visit in Kyiv on February 20, 2023.**

President Biden made an unannounced visit to Kyiv on Monday, an audacious and somewhat risky trip aimed at expressing solidarity with Ukrainians as Russia's invasion of their country heads into a second year.

*Here's what else we're following:*

- **New aid:** Biden met with Ukrainian President Volodymyr Zelenskyy and announced a half a billion dollars of additional assistance to Ukraine
- **New sanctions:** He also said there would be new sanctions on Russia — with details to be released in coming days.
- **The war, one year on:** Biden's visit comes as Russian forces make a new push to take control of Ukraine's eastern Donbas region, which Russia illegally annexed last September.



## UKRAINE INVASION — EXPLAINED

**Biden has made a secret trip to Kyiv as Russia's war there enters its 2nd year**



## POLITICS

**Tributes pour in for former President Jimmy Carter after he enters hospice care**



## NATIONAL

**Parents raise concerns as Florida bans gender-affirming care for trans kids**



## NATIONAL

**The FDA has recalled more than 300,000 bottles of Starbucks bottled Frappuccinos**



## MEDIA

**The 'wackadoodle' foundation of Fox News' election-fraud claims**



## SHOTS - HEALTH NEWS

**Which type of eye doctor do you need? Optometrists and ophthalmologists face off**

More than 25,000 cases of chilled, bottled **Starbucks** vanilla Frappuccinos have been recalled due to possibly having pieces of glass in them, according to the Food and Drug Administration.

**Fox News** host Maria Bartiromo invited Trump campaign attorney Sidney Powell on her show to discuss allegations of election fraud based on an email laying out claims even the writer called "pretty wackadoodle." A woman who says the wind talks to her and put forth claims of election fraud in the 2020 presidential race that she admitted were "pretty wackadoodle" turns out to be a key source of allegations that Fox News presented, night after night, to millions of viewers late that fall.



**US President Joe Biden (C-L) walks next to Ukrainian President Volodymyr Zelensky (C-R) in front of St. Michaels Golden-Domed Cathedral as he arrives for a visit in Kyiv on February 20, 2023.**





### Israel's Netanyahu advances judicial changes despite uproar

2 days ago



**TEL AVIV, Israel (AP)** — Israel's government on Monday was pressing ahead with a contentious plan to overhaul the country's legal system, despite an unprecedented uproar that has included mass protests, warnings from military and business leaders and calls for restraint by the United States.

### Ukrainian grain shipments drop as ship backups grow

2 days ago



Prime Minister Benjamin Netanyahu and his allies, a collection of ultra-religious and ultranationalist lawmakers, say the plan is meant to fix a system that has given the courts and government legal advisers too much say in how legislation is crafted and decisions are made. **Critics say it will upend the country's system of checks and balances and concentrate power in the hands of the prime minister.** They also say that Netanyahu, who is on trial for a series of corruption charges, has a conflict of interest.

### Russia's year of war: Purge of critics, surge of nationalism

2 days ago



**WASHINGTON (AP)** — **The Biden administration is scrambling to avert a diplomatic crisis over Israeli settlement activity** this week at the United Nations that threatens to overshadow and perhaps derail what the U.S. hopes will be a solid five days of focus on condemning Russia's war with Ukraine.

### Ukraine in mind, US frantic to avert Mideast showdown at UN

2 days ago



Secretary of State Antony Blinken made two emergency calls on Saturday from the Munich Security Conference, which he is attending in an as-yet unsuccessful bid to avoid or forestall such a showdown. It remained unclear whether another last-minute intervention might salvage the situation, according to diplomats familiar with the ongoing discussions who spoke to The Associated Press on condition of anonymity.

Without giving details, the State Department said in nearly identical statements that Blinken had spoken to Palestinian leader Mahmoud Abbas and Israeli Prime Minister Benjamin Netanyahu from Munich to "reaffirm the U.S. commitment to a negotiated two-state solution and opposition to policies that endanger its viability."

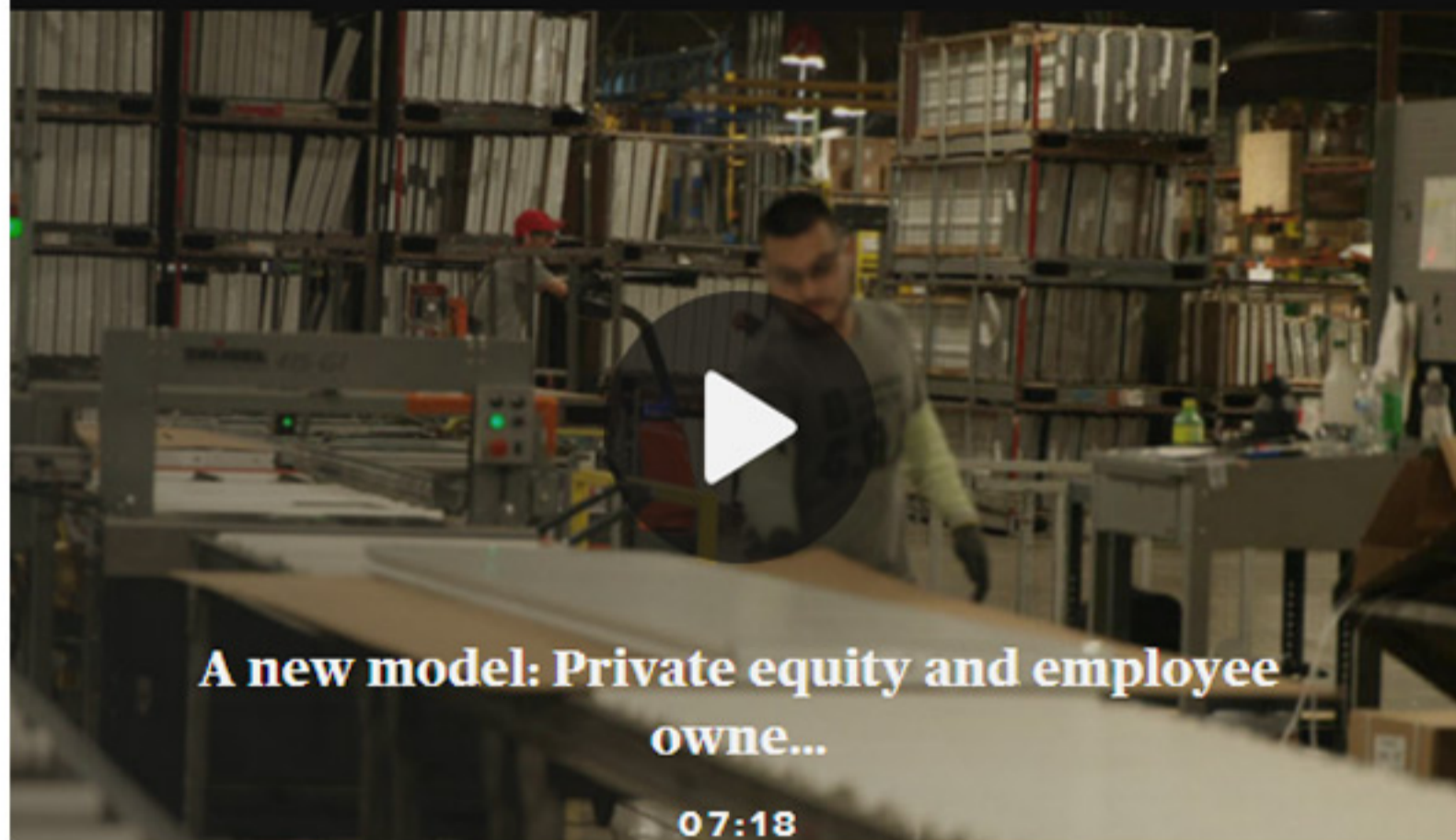
"The secretary underscored the urgent need for Israelis and Palestinians to take steps that restore calm and our strong opposition to unilateral measures that would further escalate tensions," the statements said.



SUNDAY MORNING > CBS NEWS

# A stake in success: Boosting profits via employee ownership

BY ALLISON AUBREY  
FEBRUARY 19, 2023 / 9:14 AM / CBS NEWS



Seven years ago, all 800 factory employees at C.H.I. were given shares in the company by a surprising new owner: **KKR**, a private equity firm that buys, manages, and eventually sells companies aiming for a big return. The private equity industry has long had a reputation for layoffs and cost-cutting. But KKR partner **Pete Stavros** wants his industry to adopt a new model that gives every employee a small ownership stake. "I think it's a superior way to operate a business in every respect," he said. "It is better for workers, it's better for companies in corporate cultures, and in the end, it delivers better results."

< BACK TO PREVIOUS PAGE

## Pete Stavros

Co-Head, US Private Equity, KKR;  
Co-Founder, Ownership Works



**Pete Stavros** joined KKR in 2005 and is Co-Head of Americas Private Equity, a member of several investment and management committees of the firm, and is Co-Chair of KKR's Global Inclusion and Diversity Council. He is actively involved in forming and launching Ownership Works, a fast-growing nonprofit with a mission to broaden corporate ownership and enhance the financial resilience of the workforce. Ownership Works partners with private and public companies to implement innovative shared ownership and employee engagement programs that make every employee an owner and honor the collective effort behind a company's success. Pete holds a B.S. in Chemistry, magna cum laude, from Duke University and an M.B.A. with high distinction, Baker Scholar, from Harvard Business School.

> **KKR & Co. Inc.**, also known as Kohlberg Kravis Roberts & Co., is an American global investment company that manages multiple alternative asset classes, including private equity, energy, infrastructure, real estate, credit, and, through its strategic partners, hedge funds. As of December 31, 2021, the firm had completed more than 650 private equity investments in portfolio companies with approximately \$675 billion of total enterprise value.[:7 As of December 31, 2021, assets under management ("AUM") and fee paying assets under management ("FPAUM") were \$471 billion and \$357 billion, respectively





WATCH NOW

NEWS

# Nonprofit to build over 250 affordable homes in San Diego

by: [Amber Coakley](#)

Posted: Feb 19, 2023 / 02:50 PM PST

Updated: Feb 19, 2023 / 02:50 PM PST

SAN DIEGO — **A local non-profit was awarded \$68 million from the State of California’s Department of Housing and Community Development to build affordable homes in the region. Wakeland Housing and Development Corporation said it will be using the funds towards four separate projects that are meant to develop affordable multifamily housing for communities.** Three of those projects will be in San Diego County and one will be in Riverside County, the nonprofit explained. “Our staff did an excellent job working with the state on a new and multifaceted funding process. The end result is that we will be able to move people into 356 new, affordable homes throughout Southern California in the next few years,” said Wakeland President and CEO Rebecca Louie.

*The three affordable housing projects will be awarded to the following San Diego communities:*

— Cuatro at City Heights (awarded \$30.6 million)

The funds will be used to deliver 117 affordable homes for large families at four properties that are on a mix of land Wakeland received from the City San Diego through the Surplus Lands Act and purchased lots in the City Heights neighborhood.

— Union Tower in National City (awarded \$11.5 million)

This project, a partnership between Union Tower and the San Diego Building and Construction Trades Council, will use the funds to help construct 94 new affordable homes on sites owned by the union in National City.

— Serenade at 43rd (awarded \$3.7 million)

Serenade and the nonprofit group Housing Innovation Partners will use the funds while combining acquisition and rehab of an existing building with new construction to create 65 affordable homes in the City Heights neighborhood.

“Our simple approach to funding helps us accelerate much-needed construction and ensure the lowest-income Californians have access to quality homes near jobs, transit, schools and other necessities that will make our communities more inclusive for decades to come,” said Wakeland Housing and Development Corporation Director Gustavo Velasquez.

The non-profit did not give dates for when these projects can be expected to be completed.



# UCSD: San Diego housing prices predicted to drop by 12%

A new study from UC San Diego predicts housing prices in San Diego will drop by 12% by the end of 2023.



SAN DIEGO — A new study from UC San Diego predicts housing prices in San Diego will drop by 12% by the end of this year.

The study shows that internet search data can be an early indicator of where the housing market is going.

Researchers said they are tracking key words on Google such as, “buying a house” and related terms which allows them to predict the housing prices.

Allan Timmermann, a UCSD professor of finance and economics, is tracking the rate at which potential home buyers use the internet to search for homes.

"Historically, we find there is a stable relationship between search activity on internet and house prices 3, 6, or 12 months down the line. The indication that search activity is lower is an indication that demand is cooling off, at least historically, it has been connected to decline in prices," said Timmermann.

Author: **Ariana Cohen**

Published: **5:28 PM PST February 20, 2023**

The study predicts housing prices will drop by 5% nationally.

Timmerman says San Diego's housing prices are dropping more than the national average because it's where the market over heated the most during the pandemic.

The study predicts Phoenix and Las Vegas will also see a decline in housing prices. However, housing prices in Kansas City and other areas in the Midwest are predicted to rise by 2%.

According to a new study by "Today's Homeowner," 17% more homes in San Diego were valued at \$1 million in 2021 compared to 2015.

**"28.8% of homes in San Diego are valued over \$1 million, however only 16.3% of people in San Diego can afford them, so there is a housing affordability issue going on," said Hailey Neff, researcher for "Today's Homeowner."**

"It's classical economics. When the prices become higher, even though San Diegans have livable incomes salaries; the rent is so expensive that they spend a higher part of their salary on housing," said Timmermann.

But if Timmermann and the study's predictions turn out to be true, housing in San Diego could potentially be more affordable in the near future.

"All predictions should be viewed with extreme caution, of course. I don't know if we are any better or worse than weather forecasters," Timmermann said.

You can read more about the UCSD study here.

*WATCH RELATED: Goldman Sachs: San Diego housing market to suffer 2008-sized crash (Jan. 2023).*





Corrugated cardboard  
pendants lamps

**Starbucks, Hazard Center**  
7610 Hazard Center Dr, San Diego, CA 92108





First lady Jill Biden presents her Inauguration Day clothing at the Smithsonian National Museum of American History in January 2023. Drew Angerer/Getty Images

## First ladies from Martha Washington to Jill Biden have gotten outsized attention for their clothing instead of their views

Published: February 20, 2023 9.08am EST

▼ [Nichola D. Gutgold](#), *Penn State*

"Jill Biden's office, as a policy, even before she became first lady, generally has not addressed her clothing, except for particular moments – like when she wore boots that said VOTE ahead of the November 2020 elections, . . ."

All of the first ladies' clothing becomes an important part of American history. Each item helps people look back and understand the exact circumstances surrounding each inauguration. But when public figures like Jill Biden choose not to discuss the nuances of their clothing every time there is interest, I think that they may create more focus on the work of their office, instead of what they are wearing.



Former first lady Melania Trump climbs into a motorcade wearing a jacket that says 'I really don't care, do u?' Chip Somodevilla/Getty Images

Former first lady Michelle Obama – herself known for her chic and often affordable fashion choices – has written about the double standard she and other women in politics faced when it came to the outsized attention their clothing received.

"It seemed that my clothes mattered more to people than anything I had to say," she wrote in her 2018 book, "Becoming".



Image Source: [stuartweitzman.com](http://stuartweitzman.com)

**Jill Biden's Stuart Weitzman The 5050 Vote Boot**  
[The 5050 Vote Boot \(\\$695\)](#)



<https://theconversation.com/were-viruses-around-on-earth-before-living-cells-emerged-a-microbiologist-explains-197880>

[https://youtu.be/de1hiS\\_XjWg](https://youtu.be/de1hiS_XjWg) | <https://youtu.be/VYQQD0KNOis>



Maybe the first life on Earth was part of an 'RNA world.' Artur Plawgo/Science Photo Library via Getty Images

## Were viruses around on Earth before living cells emerged? A microbiologist explains

Published: February 20, 2023 8.19am EST

▼ **Kenneth Noll**, *University of Connecticut*

*Were there already viruses on Earth when the first living cells appeared billions of years ago? – Aayush A., age 16, India*

Maybe viruslike structures did form before cells. However, those simple viruslike structures might have been just pieces of DNA or RNA, so could they really be considered “viruses”?



The RNA-world hypothesis proposes that self-replicating RNA evolved before DNA or proteins.



Some scientists think hydrothermal vents are the cradle of early life on Earth.



LAW

# Supreme Court showdown for Google, Twitter and the social media world

At the center of two cases to be argued over two days is Section 230, which provides tech companies a legal shield over what users post online.

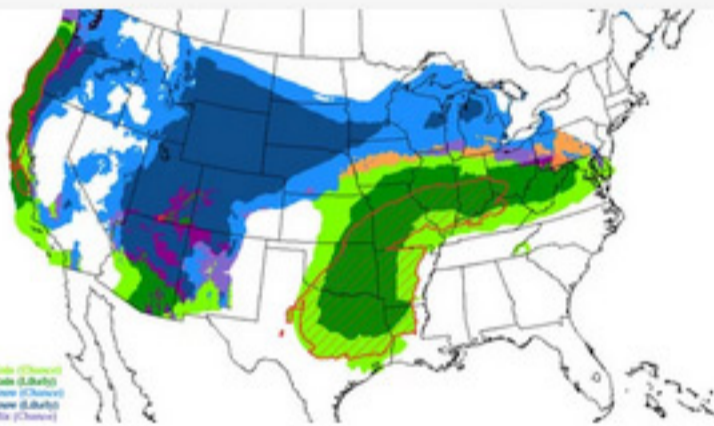


In November 2015, ISIS terrorists carried out coordinated attacks across Paris, killing 130 people and injuring 400. Among the dead was Nohemi Gonzalez, a 23-year-old American studying abroad who was the first person in her large family to graduate from college. This week, lawyers for her family and others are in the Supreme Court challenging a law enacted more than a quarter century ago—a law that protects social media companies from what the families see as the role of internet companies in aiding and abetting terrorist attacks.

How the court rules could be a gamechanger for American law, society, and social media platforms that are some of the most valuable businesses in the world.

▶ LISTEN · 6:55

+ PLAYLIST



WEATHER

## A huge winter storm is about to plague the U.S., even as some areas see record highs

"A massive winter storm is expected to impact much of the U.S. this week with a variety of hazards," including heavy snowfall, sleet, freezing rain and severe thunderstorms, the NWS said on Monday.



WORLD

## Putin tells Russian parliament the West is fighting to dismember Russia

MOSCOW — Speaking to a joint session of the Russian parliament and Kremlin officials, Russian President Vladimir Putin presented the war in Ukraine as an existential struggle against Western forces intent on dismantling the historical territory of Russia. "They are the ones who started this war, and we are using our forces to put a stop to it," said Putin.



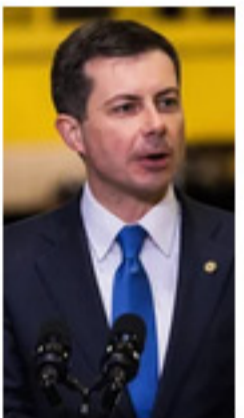
SPACE

## Russia is launching a mission to give stranded space station crew members a ride home

Russia's space agency is preparing to launch a mission on Friday to provide a ride for two cosmonauts and one U.S. astronaut who are on the International Space Station without a designated ship to get home. The spacecraft that brought the three crew members to the ISS in the fall later experienced a leak in its radiator cooling loop, and officials from both countries had to develop a new plan to get the trio back to Earth.

NATIONAL

## Buttigieg calls for stronger railroad safety rules after East Palestine disaster





**Putin suspends Russia's involvement in key nuclear arms pact**

1 hour ago

**Putin to give long-anticipated state-of-the-nation address**

3 hours ago

**Ukraine's unlikely wartime leader Zelenskyy instills hope**

4 hours ago

**Ukraine's year of pain, death —and also nation-building**

5 hours ago

**Don Lemon to return to 'CNN This Morning' after training**

5 hours ago

**Delegation meeting Taiwan leader reaffirms US commitment**

8 hours ago

MOSCOW (AP) — Russian President Vladimir Putin declared Tuesday that Moscow was suspending its participation in the New START treaty — the last remaining nuclear arms control pact with the United States — sharply upping the ante amid tensions with Washington over the fighting in Ukraine.

KYIV, Ukraine (AP) — In the final hours before the Russian onslaught, a last grasp at peace. Russian troops would soon pour across Ukraine's borders and Russian missiles would fill Ukrainian skies, taking Ukrainian lives in the biggest air, sea and ground assault in Europe since World War II. But Ukrainian President Volodymyr Zelenskyy still appealed, on war's brink, for reason to prevail. He speaks of the anger and pain from the devastation of the country and the untold deaths. He vows that Ukraine will one day be made whole. He never tires of thanking all those on the front lines. Through all the horrors of the war, Zelenskyy has instilled a belief that Ukraine can prevail.



**Ukraine's year of pain, death  
—and also nation-building**



# She found herself cornered in a train station. Then a stranger came to her aid

February 21, 2023 · 5:01 AM ET

LAURA KWEREL

In the 1970s, Cynthia Page was a young copywriter working in Manhattan and living in New Jersey. One night, after missing the train home, she found a phone booth in the train station and called her husband. When she hung up and turned around, she saw that the phone booth was surrounded by a group of tall, threatening-looking men.

"I don't know what these people would have done," Page recalled. "But I was legitimately frightened."

Just as she was wondering what she would do, she heard an angry, booming male voice come through the train station – directed at her. The man was shouting about how they were going to miss their train.

"It's like the red sea parted," Page said. "This sea of these great big men sort of parted and marching through came this well-dressed, well-suited man."

The man opened the phone booth door, grabbed her by the arm, pulled her out, and moved her through the station. As they walked, he continued to talk loudly and complain about almost missing their train, as if he knew her. He waited with her for another train, and once he saw that she was safe, he disappeared.

"I don't know where he went, I didn't see him again," Page said. "But I've remembered it forever."

More than 50 years later, Page still wonders what would have happened if that stranger hadn't come to help her.

*This story is part of the My Unsung Hero series, from the Hidden Brain team, about people whose kindness left a lasting impression on someone else.*



Cynthia Page recalls a night 50 years ago when a man helped her get away from a group of strangers who surrounded her in a train station.

Cynthia Page



In the 1970s, Cynthia Page was working as a copywriter in New York City and living in New Jersey.

Cynthia Page



### Don Lemon to return to 'CNN This Morning' after training

5 hours ago

Haley was not "in her prime." A woman, Lemon said, was considered in her prime "in her 20s, 30s and maybe her 40s."



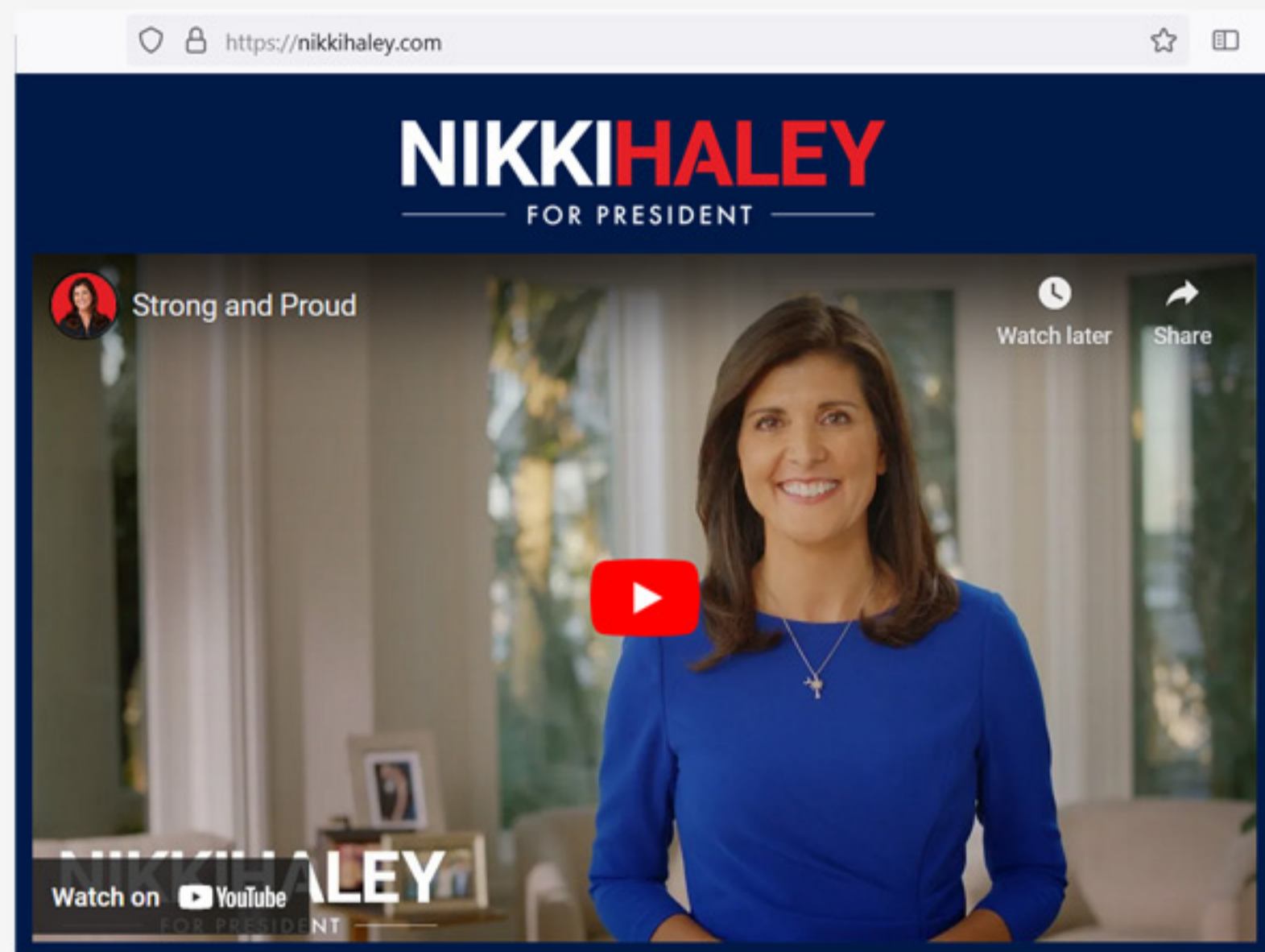
FILE - CNN anchors Kaitlan Collins, from left, Don Lemon and Poppy Harlow appear at the 16th annual CNN Heroes All-Star Tribute on Dec. 11, 2022, in New York. (Photo by Evan Agostini/Invision/AP, File)

NEW YORK (AP) — Anchor Don Lemon will return to work Wednesday **after he receives formal training** for his comments about Republican presidential candidate Nikki Haley on "CNN This Morning," network CEO Chris Licht said in an email to employees Monday night.

Lemon has not been on the air since Thursday, when during a discussion on "CNN This Morning" about the ages of politicians he said that the 51-year-old Haley was not "in her prime." A woman, he said, was considered in her prime "in her 20s, 30s and maybe her 40s."

Lemon has since apologized, but he has been widely condemned, including by Licht. According to The New York Times, Licht chastised Lemon during an editorial call Friday, saying his remarks were "upsetting, unacceptable and unfair" and a "huge distraction."

"When I make a mistake, I own it," Lemon said. "And I own this one as well."



**Nimarata Nikki Haley** (née Randhawa; born January 20, 1972) is an American politician who served as the 116th governor of South Carolina from 2011 to 2017. She was the 29th United States ambassador to the United Nations from January 2017 to December 2018. Haley was born Nimarata Nikki Randhawa on January 20, 1972, at Bamberg County Hospital in Bamberg, South Carolina,[1][2] to immigrant Sikh parents from Punjab, India.[9][10] Her father, Ajit Singh Randhawa, and her mother, Raj Kaur Randhawa, emigrated to the United States from Amritsar District, Punjab, India.[11] Her father was formerly a professor at Punjab Agricultural University, and her mother received her law degree from the University of Delhi.[12] Haley was known by her middle name, Nikki, a Punjabi name, from her earliest years. Haley's parents moved to Canada after her father received a scholarship offer from the University of British Columbia. When her father received his PhD in 1969, he moved his family to South Carolina to be a professor at Voorhees College, a historically black institution. Her mother, Raj Randhawa, earned a master's degree in education and taught for seven years in Bamberg public schools. In 1976 she started a popular clothing boutique, Exotica International. It closed in 2008. Haley has a sister and two brothers. Her sister, Simran, born in Canada, became a radio host and Fashion Institute of Technology alumna. Her brother, Mitti, retired as a member of the United States Army Chemical Corps having served in Desert Storm; her second brother, Charan, is a web designer. At age 12, Haley began helping with the bookkeeping in her mother's ladies' clothing shop, Exotica International.[16] In 1989, she graduated from the private Orangeburg Preparatory Schools.[17] She graduated from Clemson University in 1994 with a bachelor's degree in accounting.



Business

[More Business](#)

**Walmart Releases Q4 and FY23 Earnings**

Walmart Corporate · 1 hour ago



- Walmart earnings could jolt the retail sector

Seeking Alpha · 19 hours ago

[View Full Coverage](#)



On the conference call, the update from Walmart (WMT) execs on inventory issues, freight costs, vendor relationships, and supply chain challenges will be key. Overall, analysts expected a cautious tone from the retailer due to the competitive environment and choppy macroeconomic backdrop.

**Home Depot Beats Earnings Expectations. Why the Stock Is Falling.**

Barron's · 2 hours ago



- Home Depot misses on revenue, issues muted outlook

CNBC · 3 hours ago

[View Full Coverage](#)



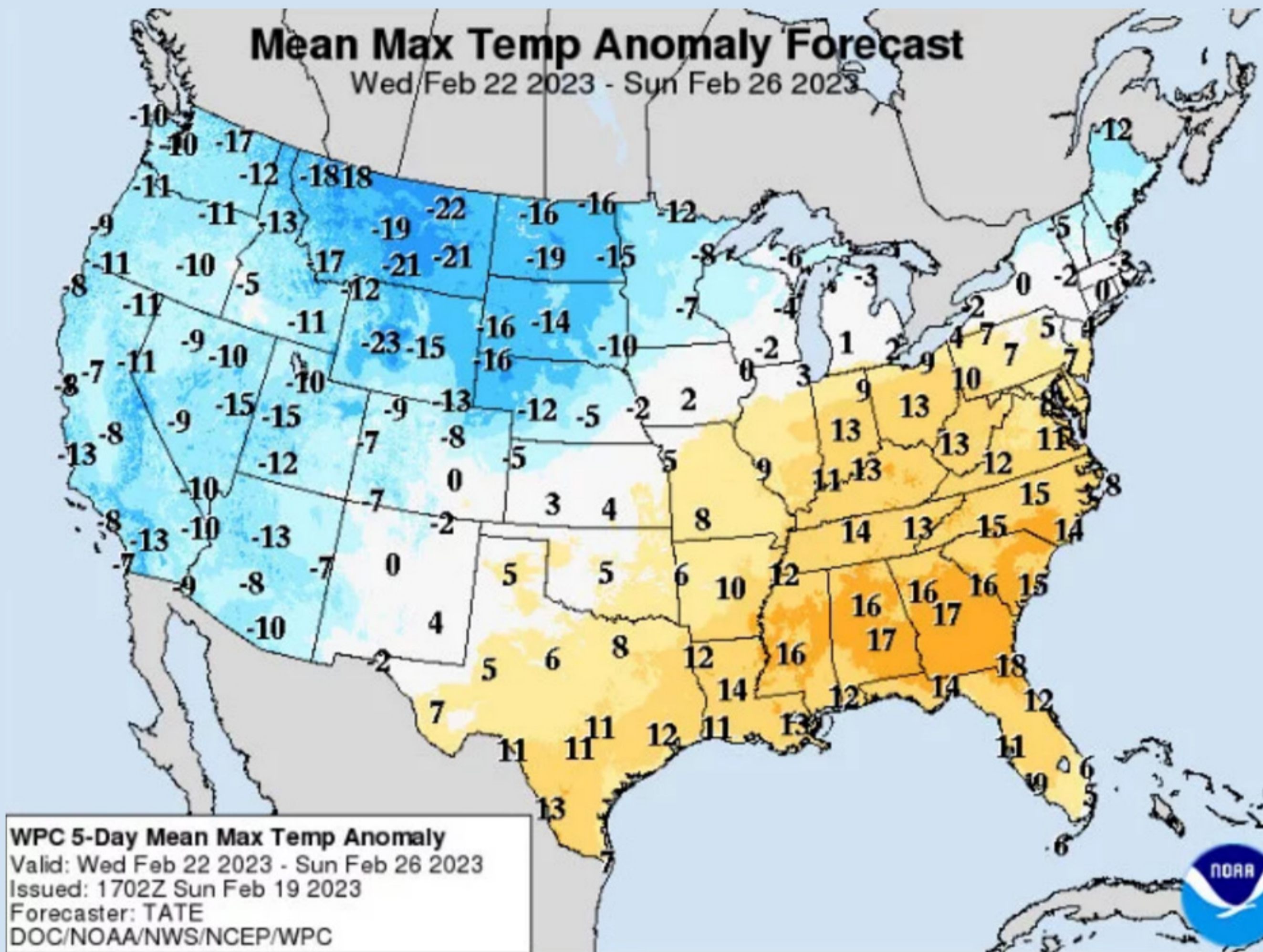
Home Depot missed Wall Street's revenue expectations for the first time since November 2019. The home improvement retailer provided a muted outlook for fiscal 2023 and expects sales growth to be approximately flat. The company attributed the flat outlook to a tougher consumer backdrop and a pivot away from goods towards services.



**A customer loads plywood to a truck outside a Home Depot store in Galveston, Texas, on Tuesday, Aug. 25, 2020.**



Only a narrow band of the continental U.S. is expected to stay within historical temperature norms this week, according to the National Weather Service's "Mean Max Temp Anomaly Forecast" map.



This mean maximum temperature anomaly forecast graphic tells the story early this week through next weekend:

- West and Upper Midwest: Below normal high temperatures by as much as 25 degrees
- Southeast quad of the U.S.: Above normal temperatures and likely numerous record highs

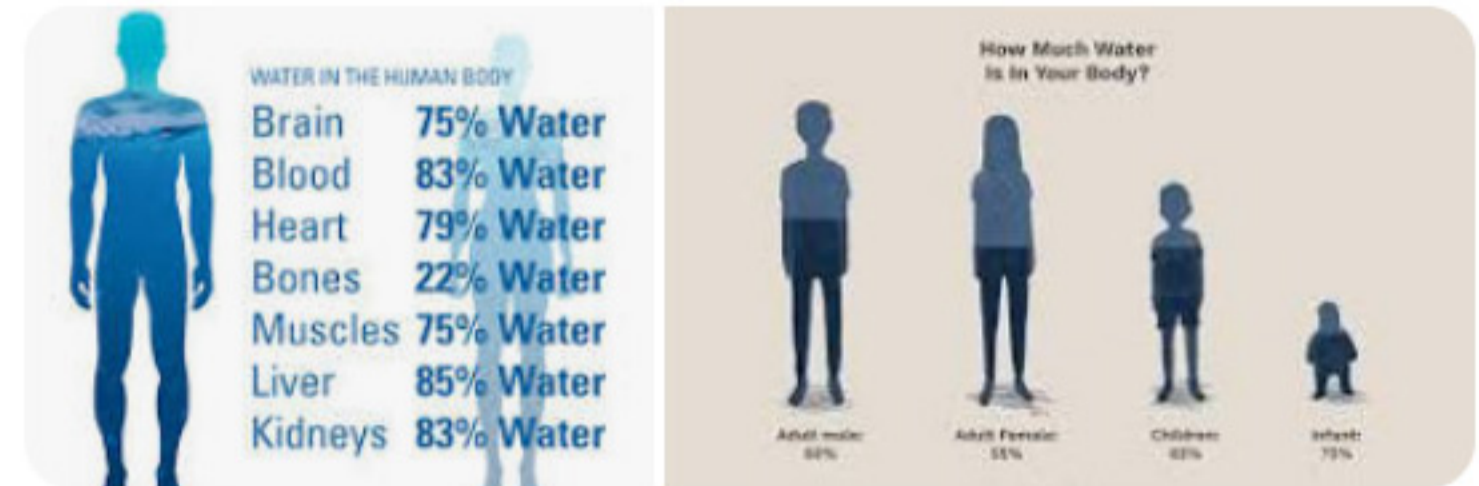


**Water** is an inorganic compound with the chemical formula H<sub>2</sub>O. It is a transparent, tasteless, odorless, and nearly colorless chemical substance, which is the main constituent of Earth's hydrosphere and the fluids of all known living organisms (in which it acts as a solvent[1]). It is vital for all known forms of life, despite not providing food, energy or organic micronutrients. Its chemical formula, H<sub>2</sub>O, indicates that each of its molecules contains one oxygen and two hydrogen atoms, connected by covalent bonds. The hydrogen atoms are attached to the oxygen atom at an angle of 104.45°.[2] "Water" is also the name of the liquid state of H<sub>2</sub>O at standard temperature and pressure.

**In adult men, about 60% of their bodies are water.** However, fat tissue does not have as much water as lean tissue. In adult women, fat makes up more of the body than men, so they have about 55% of their bodies made of water.

<https://www.usgs.gov> › water-science-school › science

[The Water in You: Water and the Human Body - USGS.gov](https://www.usgs.gov)



How long does a water molecule stay in your body?

It appears in the blood as soon as 5 minutes after ingestion. The body water pool is renewed at a rate depending on the quantity of ingested water. For a man drinking 2L of water per day, a molecule of water stays in the body on average **10 days**, and 99% of the body water pool is renewed within 50 days.

<https://www.hydrationsforhealth.com> › hydration-lab › wat...

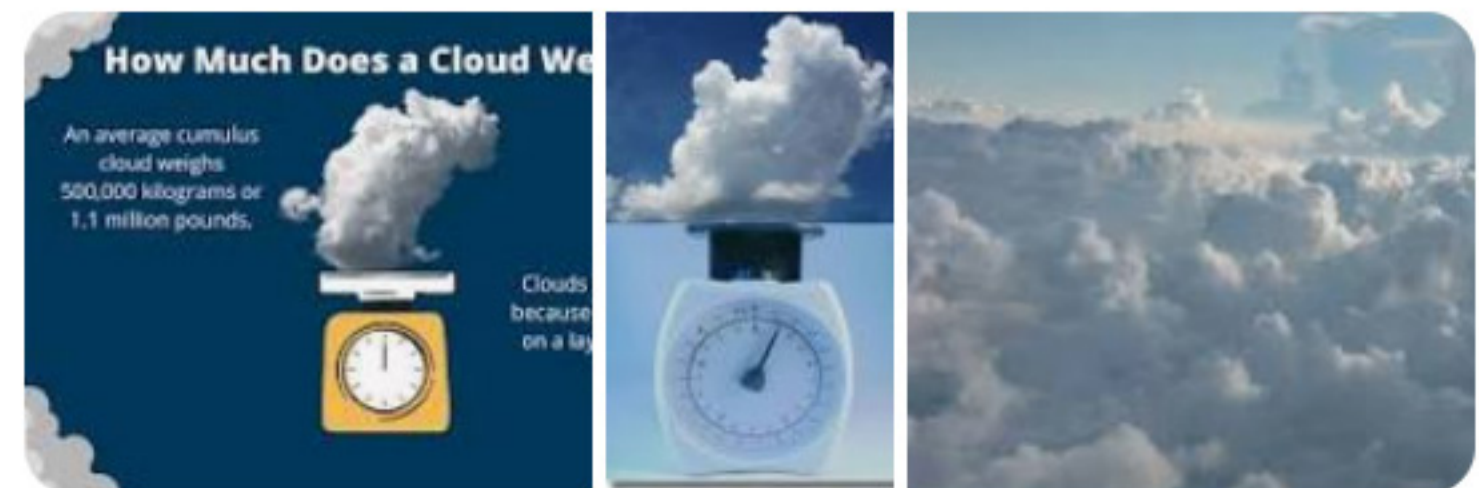
[Water and hydration: Physiological basis in adults](https://www.hydrationsforhealth.com)

Body part	Water percentage
Brain	80–85%
Kidneys	80–85%
Heart	75–80%
Lungs	75–80%
Muscles	70–75%
Liver	70–75%
Skin	70–75%
Blood	50%
Bones	20–25%
Teeth	8–10%

A 1 cubic kilometer (km<sup>3</sup>) cloud contains 1 billion cubic meters. Doing the math: 1,000,000,000 x 0.5 = 500,000,000 grams of water droplets in our cloud. That is about 500,000 kilograms or **1.1 million pounds** (about 551 tons). Jul 7, 2019

<https://www.usgs.gov> › water-science-school › science › h...

[How Much Does a Cloud Weigh? Completed - USGS.gov](https://www.usgs.gov)





**Costa Verde Center**

*This shopping complex has some 40 stores & dining choices,  
plus beauty services & a gourmet market.*

Address: 8410-8750 Genesee Ave, San Diego, CA 92122















# In rural America, right-to-repair laws are the leading edge of a pushback against growing corporate power

Leland Chiles, Penn State

Nutrition is among the most critical issues of our time. Diet-related illnesses are shortening life spans and the lack of conveniently located and affordable nutritious food makes it hard for many Americans to enjoy good health. Physicians are also alarmed by nutritional trends they see among the nation's most vulnerable people: children. I think that this situation would frustrate Black nutritionist **Flemmie Pansy Kittrell** if she were alive today. Throughout a trailblazing career that spanned half a century, she worked to enhance food security and to improve both diets and children's health – under the umbrella of home economics.

The U.S. and four dozen other countries have imposed **punishing sanctions on Russia** in reaction to its invasion of Ukraine on Feb. 24, 2022. The sanctions were unprecedented in their scope and severity for an economy of Russia's size. It's clear the sanctions have not weakened Putin's grip on power, nor his resolve – and capacity – to continue waging the war on Ukraine.

As tractors became more sophisticated over the past two decades, the big manufacturers allowed farmers fewer options for repairs. Rather than hiring independent repair shops, farmers have increasingly had to wait for company-authorized dealers to arrive. Getting repairs could take days, often leading to lost time and high costs. A new memorandum of understanding between the country's largest farm equipment maker, John Deere Corp., and the American Farm Bureau Federation is now raising hopes that U.S. farmers will finally regain the right to repair more of their own equipment. However, supporters of **right-to-repair laws** suspect a more sinister purpose: to slow the momentum of efforts to secure right-to-repair laws around the country. Under the agreement,

John Deere promises to give farmers and independent repair shops access to manuals, diagnostics and parts. But there's a catch – the agreement isn't legally binding, and, as part of the deal, the influential Farm Bureau promised not to support any federal or state right-to-repair legislation.



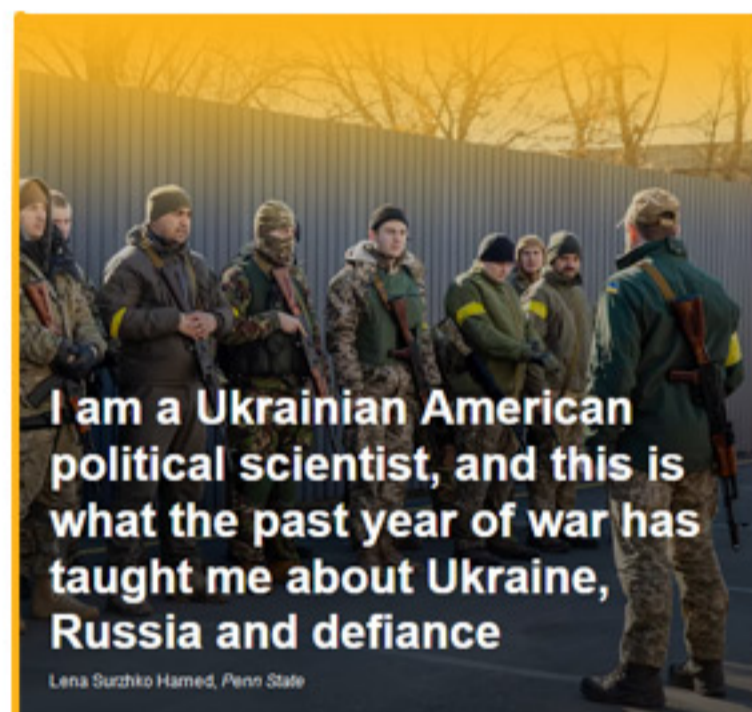
## Globetrotting Black nutritionist Flemmie P. Kittrell revolutionized early childhood education and illuminated 'hidden hunger'

Keely Thomas Cook, Oklahoma State University



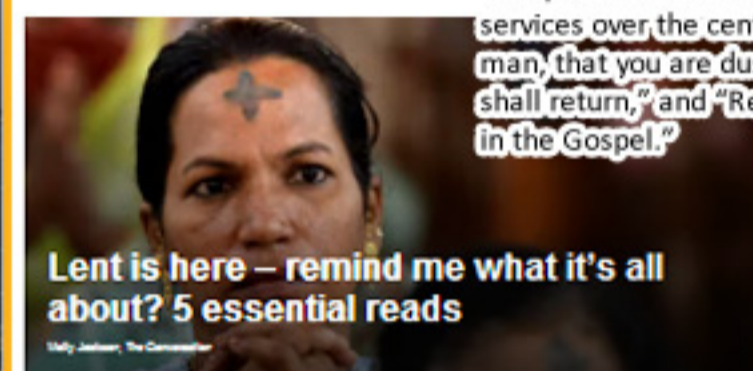
## How Putin has shrugged off unprecedented economic sanctions over Russia's war in Ukraine – for now

Peter Kubacki, Chapman University



## I am a Ukrainian American political scientist, and this is what the past year of war has taught me about Ukraine, Russia and defiance

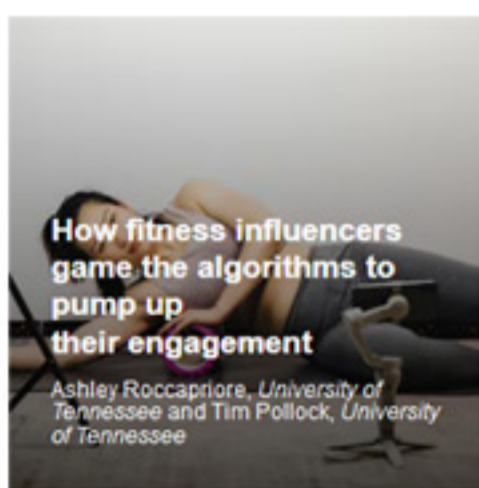
Lena Surzhko Hamed, Penn State



## Lent is here – remind me what it's all about? 5 essential reads

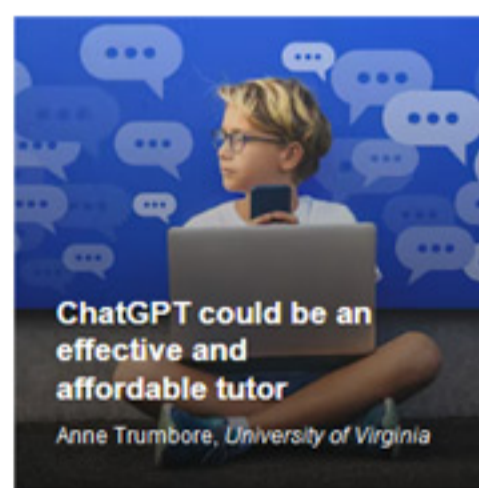
Shelly Jackson, The Conversation

Two phrases used in **Ash Wednesday** services over the centuries: "Remember, **man, that you are dust** and to dust you shall return," and "Repent, and believe **in the Gospel.**"



## How fitness influencers game the algorithms to pump up their engagement

Ashley Roccapriore, University of Tennessee and Tim Pollock, University of Tennessee



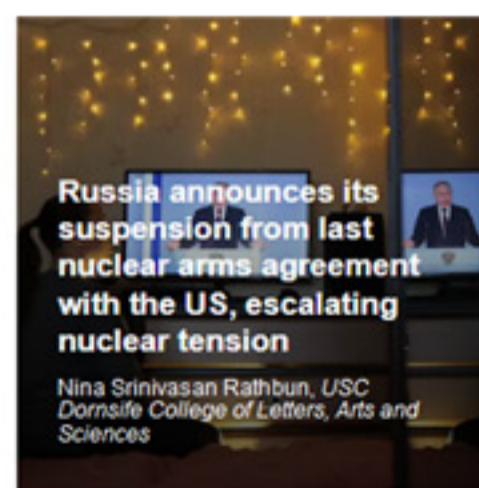
## ChatGPT could be an effective and affordable tutor

Anne Trumbore, University of Virginia



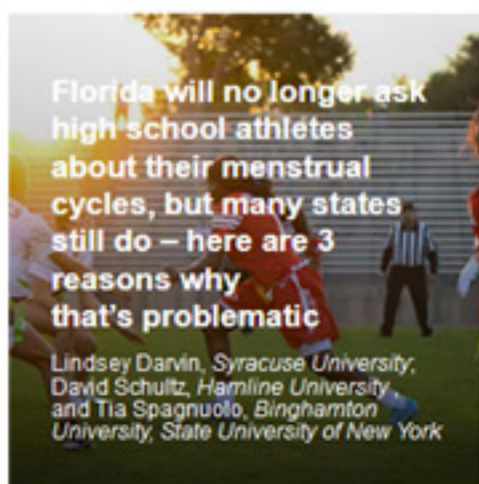
## Lesson from a year at war: In contrast to the Russians, Ukrainians master a mix of high- and low-end technology on the battlefield

Laura Jones, Tufts University



## Russia announces its suspension from last nuclear arms agreement with the US, escalating nuclear tension

Nina Srinivasan Rathbun, USC Dornsife College of Letters, Arts and Sciences



## Florida will no longer ask high school athletes about their menstrual cycles, but many states still do – here are 3 reasons why that's problematic

Lindsey Darwin, Syracuse University, David Schultz, Hamline University and Tia Spagnuolo, Binghamton University, State University of New York



## Train derailments get more headlines, but US truck crashes involving hazardous chemicals are more frequent and deadly

Michael F. Gorman, University of Dayton



## War in Ukraine accelerates global drive toward killer robots

James Dawes, Macalester College



## Ukraine war has exposed the folly – and unintended consequences – of 'armed missionaries'

Ronald Suny, University of Michigan

Over 8 million Ukrainians have fled their homeland during this past year of war since Russia's full-scale invasion of Ukraine. To me, these are not just numbers. My family and friends are among them. **I am a Ukrainian American political scientist.** As a specialist in Eastern Europe, I have evaluated this war over the past year from my professional perspective. Yet this war is also deeply personal. It is certain that Ukraine and Ukrainians will be affected by this war for generations. Not a single Ukrainian, in Ukraine or abroad, has been left unscathed by this war. But one assured outcome to the war's devastation is strengthened national unity and pride. I know, because I research this topic. I often hear people ask why Ukrainians stay, why do they not get out. There are several reasons for this. Some simply cannot. Others, like many of my family, colleagues and friends, are determined and defiant. "Ukraine is home," my sister told me. "We have to rebuild it. I want to be part of that effort." For now, in the U.S., she's taking English classes and works part time. She has met other Ukrainian refugees. Some have lost their loved ones, and some have no homes to go back to. I think back to the conversation I had in March with an acquaintance, herself a refugee from Bosnia. "We all wanted to return," she said. "Few did." As a political scientist, I harbor no illusions that this war will end soon. There are expectations of a new Russian offensive. Like so many Ukrainians, we brace for the future – and trust in victory.





Russian President Putin thought he would overrun Ukraine in a few days. These military volunteers and fellow Ukrainians 'had other ideas,' writes the author. Mykhaylo Palinchak/SOPA

# I am a Ukrainian American political scientist, and this is what the past year of war has taught me about Ukraine, Russia and defiance

Published: February 21, 2023 2.33pm EST

▼ [Lena Surzhko Harned](#), *Penn State*

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The author and her mother in front of the Lviv National Opera, Lviv, Ukraine, May 2017. Author provided, CC BY-SA





Open Access Article

# Russian World and Ukrainian Autocephaly: Religious Narratives in Anti-Colonial Nationalism of Ukraine

by Lena Surzhko Harned

Political Science and Public Policy Fund, Pennsylvania State University, Behrend College, Erie, PA 16563, USA

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(This article belongs to the Special Issue **Exploring Modern Religious Changes from the Perspective of Narrative Theology**)

## Abstract

The paper examines the role of religious narratives in the on-going Russo-Ukrainian conflict. The literature on religious nationalism offers several ways in which religion plays a role in national identity narratives. The strong connection between the Russian Orthodox Church (ROC) and the Russian state have been well-known. The narrative of the “chosen” nation and “third Rome” have fueled Russian neo-imperial national discourse of *Russkii Mir* (Russian World) which shapes Russian Foreign Policy in the “near abroad”. The Church is used as tool to shape and disseminate these narratives, as a means for justification of Russian aggression in Ukraine. This paper seeks to analyze the role of the religious narratives of Russia neo-colonial and post-colonial nationalism in Ukraine. It argues that Ukrainian religious nationalism, should it develop, will do so in response to the Russian actions driven by the ideological religious narrative. President Poroshenko’s decision to support the recognition of an autocephalous Orthodox Church of Ukraine (OCU) in 2018 was a valiant effort to aid in the construction of Ukraine’s anti-colonial religious national narrative. Prior to the Russian invasion, there seemed to be relatively weak public support for the religious nationalist narrative in Ukraine. The evidence shows that commitment to religious pluralism continues to be prevalent in Ukrainian society.

**Keywords:** religious nationalism; Russian imperialism; anti-colonial nationalism; Ukraine; Ukrainian Autocephaly; Russian Orthodox Church; Russian World

## 1. Introduction

On 21 February Russian President Putin delivered a televised address in which he explained the decision to recognize the so-called Donetsk and Luhansk People’s Republics. This speech became a precursor to the 24 February address where Putin declared the start of the “special operation” in Ukraine. The two speeches together were in a fact a declaration of full-scale war in Ukraine.

During his speech on 21 February, Putin made references to Russian-Ukrainian history claiming Russian ownership of Ukraine. Ukraine to Russia is an “inalienable part of our own history, culture, and spiritual space”, said Putin. “Since time





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(This article belongs to the Special Issue Exploring the Role of Religion in Nationalism)

## Abstract

The paper examines the role of religious narratives in the construction of Ukrainian nationalism. It offers several ways in which religion plays a role in the construction of Ukrainian nationalism. The Orthodox Church (ROC) and the Russian state have fueled Russian neo-imperial national discourse abroad. The Church is used as tool to shape a national narrative in Ukraine. This paper seeks to analyze the role of religion in Ukrainian nationalism. It argues that Ukrainian religious nationalism, should it develop, will do so in response to the Russian actions driven by the ideological religious narrative. President Poroshenko's decision to support the recognition of an autocephalous Orthodox Church of Ukraine (OCU) in 2018 was a valiant effort to aid in the construction of Ukraine's anti-colonial religious national narrative. Prior to the Russian invasion, there seemed to be relative religious pluralism in Ukrainian society. The evidence shows that commitment to religious pluralism continues to be prevalent in Ukrainian society.

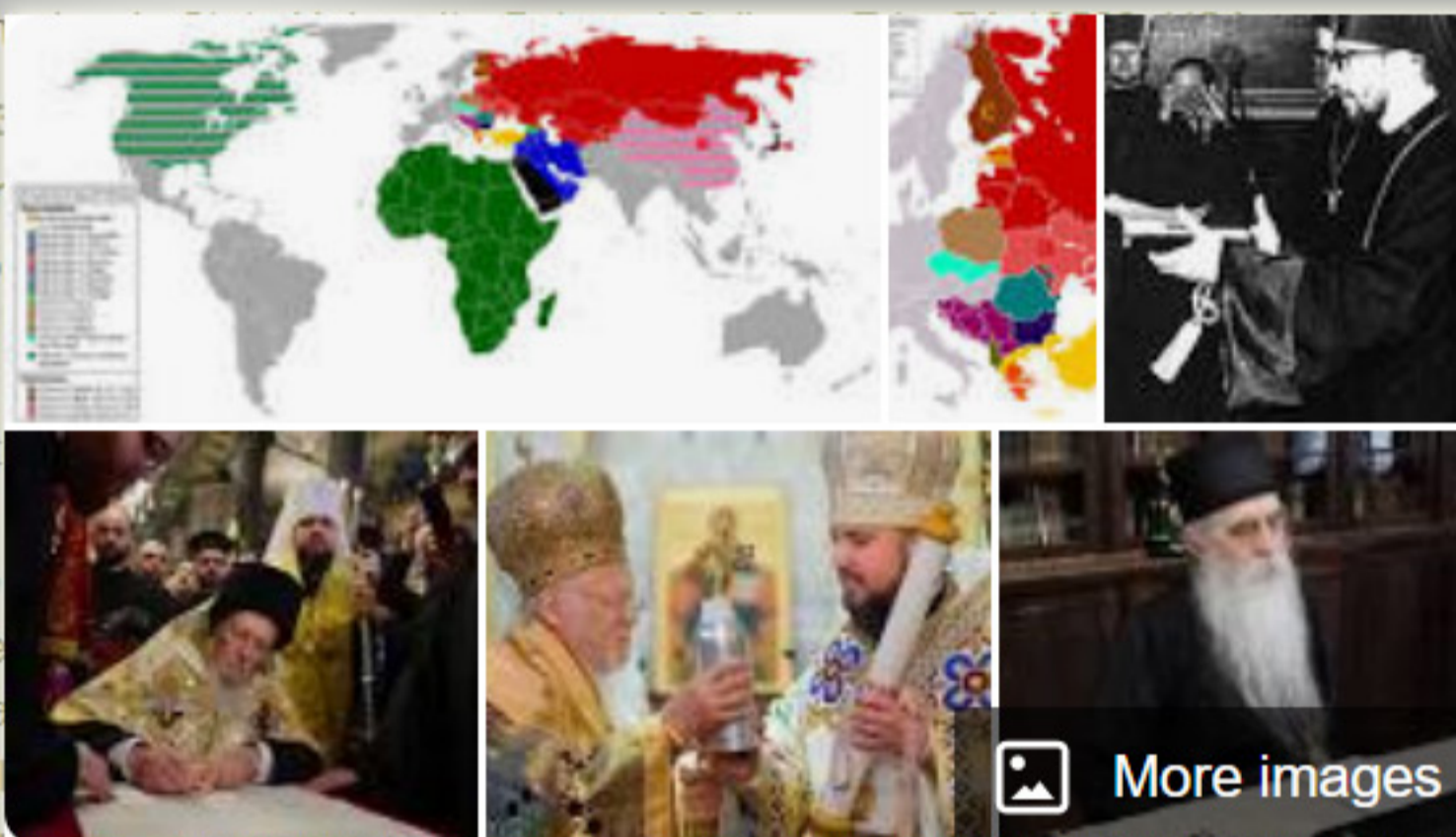
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## Autocephaly :

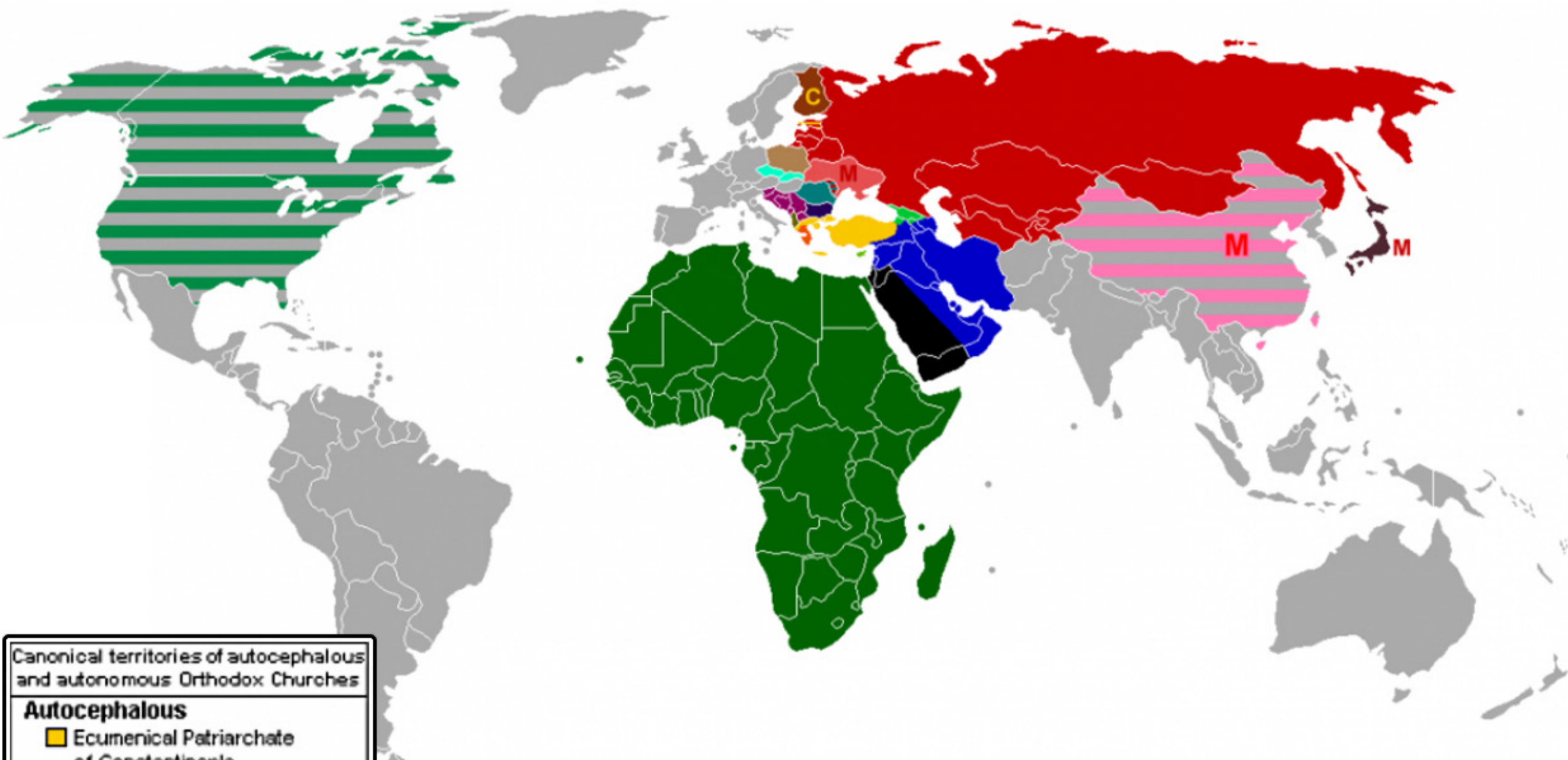


More images

Autocephaly is the status of a hierarchical Christian church whose head bishop does not report to any higher-ranking bishop. The term is primarily used in Eastern Orthodox and Oriental Orthodox churches.

The status has been compared with that of the churches within the Anglican Communion. [Wikipedia](https://en.wikipedia.org/wiki/Autocephaly)





- Canonical territories of autocephalous and autonomous Orthodox Churches**
- Autocephalous**
- Ecumenical Patriarchate of Constantinople
  - Patriarchate of Alexandria
  - Patriarchate of Antioch
  - Patriarchate of Jerusalem
  - Patriarchate of Moscow
  - Patriarchate of Serbia
  - Patriarchate of Romania
  - Patriarchate of Bulgaria
  - Patriarchate of Georgia
  - Church of Cyprus
  - Church of Greece
  - Church of Poland
  - Church of Albania
  - Church of the Czech Lands and Slovakia
  - Orthodox Church in America (disputed)

- Autonomous**
- Church of Finland (Ecum. Patr.)
  - Church of Japan (Moscow Patr.)
  - Church of China (Moscow Patr.)
  - Church of Ukraine (Moscow P.)





FOOD

## No cow needed: Oat and soy can be called milk, FDA proposes

Food and Drug Administration officials have issued guidance that says plant-based beverages don't pretend to be from dairy animals, and that U.S. consumers aren't confused by the difference.



Matt Rourke/AP

Soy, oat, almond and other drinks that bill themselves as "milk" can keep using the name, according to draft federal rules released Wednesday. Food and Drug Administration officials issued guidance that says plant-based beverages don't pretend to be from dairy animals – and that U.S. consumers aren't confused by the difference. Dairy producers for years have called for the FDA to crack down on plant-based drinks and other products that they say masquerade as animal-based foods and cloud the real meaning of "milk." Under the draft rules, the agency recommends that beverage makers label their products clearly by the plant source of the food, such as "soy milk" or "cashew milk." The rules also call for voluntary extra nutrition labels that note when the drinks have lower levels of nutrients than dairy milk, such as calcium, magnesium or vitamin D. They would continue to allow labels that note when plant-based drinks have higher levels. Fortified soy milk is the only plant-based food included in the dairy category of U.S. dietary guidelines because of its nutrient levels.

CHILDREN'S HEALTH

## New childhood obesity guidance raises worries over the risk of eating disorders

Many eating disorder specialists oppose the new guidance's focus on weight loss and BMI, and say it minimizes the risk of disordered eating and will perpetuate deep-rooted, damaging stigmas.



Natalie Board/Getty Images/EyeEm

Eating disorder treatment specialists are sounding the alarm over new guidance from the American Academy of Pediatrics advising doctors to treat obesity earlier and more aggressively, which they say could lead to eating disorders. They say it focuses on weight loss and BMI rather than health, minimizes the risk of disordered eating and could perpetuate deep-rooted, damaging stigmas. "We run the risk of doing significant harm to kids who are 6 or 8 by telling them that they have a disease" — obesity — "simply based on their weight status," says Dr. Kim Dennis, a certified eating disorder specialist and co-founder of SunCloud Health, a treatment center for eating disorders and other mental health issues. Eating disorders among children and adolescents rose dramatically during the pandemic, and the risk of developing an eating disorder is higher among patients who've been diagnosed as overweight or obese and patients who've engaged in dieting. A new study in the journal JAMA Pediatrics found that one in five kids have disordered eating behaviors — meaning behaviors that characterize eating disorders but don't rise to the level of a clinical diagnosis, like strict calorie restriction or overexercising. That proportion is significantly higher among girls and kids with a higher BMI, the researchers found. Researchers wrote that larger adolescents are "the population that appears to experience symptoms of disordered eating most frequently." But supporters say the updated guidance will help destigmatize obesity precisely because it treats it as a disease — like cancer or COVID — that requires medical intervention and isn't the patient's fault. Supervised obesity treatment programs like the one the AAP recommends "are associated with lower risk of disordered eating," says Dr. Sarah Hampl, an author of the new guidelines and a pediatrician at Children's Mercy Kansas City. That risk rises "when youth try to do it on their own," she says.



NATIONAL SECURITY

# What happens now after Russia suspends the last nuclear arms treaty with the U.S.?

Updated February 22, 2023 · 9:21 AM ET ⓘ

BILL CHAPPELL



A woman in Simferopol, Crimea, watches a TV broadcast of Russian President Vladimir Putin's annual state of the nation address on Tuesday. Putin announced Russia is suspending participation in the New START nuclear weapons treaty.

AFP via Getty Images

Putin announced that Russia was suspending its participation in the last remaining U.S.-Russia nuclear arms control treaty. Biden called that departure “a big mistake.” The exit is expected to have an immediate impact on U.S. awareness of Russian nuclear activities. However, the pact — known as New START — was already on life support following Moscow’s cancellation late last year of talks that had been intended to salvage an agreement that each side has accused the other of violating.



President Joe Biden speaks during a meeting with the leaders of the Bucharest Nine, a group of nine countries that make up the eastern flank of NATO, Wednesday, Feb. 22, 2023, in Warsaw.

In 1985, Soviet leader Mikhail Gorbachev and U.S. President Ronald Reagan made a breakthrough when they jointly declared, “a nuclear war cannot be won and must never be fought.”

That phrase has lived on, evoked by leaders of both countries. It was affirmed as recently as January 2022, by Russian President Vladimir Putin, President Biden and the leaders of China, France and the U.K., all of which have nuclear weapons and permanent seats on the U.N. Security Council. But the following month, Putin launched a full-scale invasion of Ukraine, and Russia used nuclear threats in an attempt to intimidate other nations from intervening. Now Putin says Russia “is suspending its participation” in New START, the last remaining nuclear weapons treaty between the U.S. and Russia. The treaty, which took effect in 2011, is set to expire in February 2026.

New START allows each country to verify the weapons pact is being followed, by inspecting the other country's nuclear arsenal multiple times each year. The treaty also requires regular communications about an array of military equipment and operations, to avoid misunderstandings or accidents.

Russia and the U.S. hold the vast majority of the world's nuclear weapons, with each possessing some 4,000 warheads.



# Governor's office in Pennsylvania makes a criminal referral in Ohio train derailment

Updated February 22, 2023 · 5:08 PM ET

JOHN HELTON



Ohio Gov. Mike DeWine greets Pennsylvania Gov. Josh Shapiro during a news conference in East Palestine, Ohio, on Feb. 21.

Pennsylvania Gov. Josh Shapiro said the state's acting attorney general is investigating whether criminal charges were warranted in the derailment of a Norfolk Southern Railroad train just over the state line in East Palestine, Ohio.

The EPA steps in to take over the East Palestine train derailment cleanup

Shapiro blasted Norfolk Southern's "arrogance and incompetence" in an interview with Morning Edition's Leila Fadel on Wednesday, saying the railroad didn't participate in unified efforts with emergency services from Pennsylvania and Ohio after the derailment.

"We made a criminal referral to the office of attorney general. They'll determine whether or not there was criminal activity," Shapiro said. **"What I know is that Norfolk Southern is governed every day, not by caring about the communities that they send their trains through, but by corporate greed."**

Shapiro, a Democrat, said he and Ohio Gov. Mike DeWine, a Republican, have discussed appearing before Congress to inform them of the steps they need to take to make railroads safer.



## The Ohio Train Disaster: Corporate Greed & Regulatory Failure | The Problem With Jon Stewart Podcast



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535,552 views Feb 15, 2023 [Digital Exclusives](#)

A freight train derailed in Ohio and released a mushroom cloud of toxic chemicals, so why has the media buried this story so low? This week we're breaking down the shocking conditions that led to this train derailment being entirely predictable, how rail companies have chosen their own profits over safety, and what regulatory changes need to be made in order to avoid a mess like this again. Our guests are Julia Rock, reporter at The Lever ([levernews.com](http://levernews.com)), Matt Weaver, BMWED-IBT Legislative Director, Ohio & member of the Railroad Workers United ISC; and Julie Grant, Managing Editor and Senior Reporter for the Allegheny Front. We're also joined by writers Alexa Loftus and Henrik Blix who share their thoughts on what the media gets wrong about small town America.



NATIONAL

[The EPA steps in to take over the East Palestine train derailment cleanup](#)



ENVIRONMENT

[What to know about the train derailment in East Palestine, Ohio](#)



## Untangling Disinformation

# She's Ukrainian-American. Her relatives are in Russia. Family group texts are awkward

February 23, 2023 · 5:00 AM ET

HUO JINGNAN



As Russia's war in Ukraine drags on to almost a year, diaspora communities with families on different sides of the conflict have been trying to both stay informed and maintain family relations.

### "I want my family back"

Since the invasion, pro-Kremlin outlets and social media accounts have pushed narratives to drum up support for Russia, sow distrust in the Ukrainian government and encourage discord between its allies, the DFR Lab's latest report shows. Russian propaganda campaigns have been ongoing in Ukraine, Russia as well as Europe, Latin America and Africa. Golovchenko says buying into Russia's narratives - or just not believing anything - could lead to fewer people helping Ukraine defend itself. "The consequences," he says, "would be...real lives on the battlefield."

Both Elena and Shyrokova say they have given up trying to persuade the other one about who's to blame for the war. "The politicians will figure it out," says Elena. "Why spoil the relationship with relatives right now, trying to prove your point?" "I want it to resolve itself because I want my family back," says Shyrokova, "But I also understand it's really hard to see what we see from our perspective and then have it be denied."

For now, her family's group chat remains silent.

Anna Shyrokova used to have a family group chat, where she and her extended family across the United States, Ukraine and Russia shared baby videos and other family moments.

Then Russia invaded Ukraine last year.

"My husband brought up the war...kind of incidentally, and everyone kind of clammed up," Shyrokovasays, "And some people kind of left the chat."

Conflict soon spilled off the chat. Her mother, who grew up in the Ukrainian city of Kharkiv and now lives in California, had a huge fight with Shyrokova's cousin in Moscow about whether Kharkiv's zoo had been bombed. They agreed that bombing the zoo is senseless. But they disagreed over whether the attack actually happened.

"My cousin's, like, no, they didn't bomb the zoo. Why would they bomb the zoo? There's no military strategy in bombing the zoo." Shyrokova recalls, "[she] was like, yeah, they bombed our zoo. Why would they do that? There's no military strategy in bombing the zoo. Why are they so heartless?"



***Perennial Valentine:***

2/14/...



lovepeace



<https://www.npr.org/2023/02/22/1158805129/democrats-are-warning-against-the-release-of-jan-6-tapes-to-a-fox-news-host>

<https://youtu.be/S6ID-BkMCEw>

# Democrats are warning against the release of Jan. 6 tapes to a Fox News host

February 22, 2023 · 6:41 PM ET



CLAUDIA GRISALES



A crowd of pro-Trump supporters storm the U.S. Capitol on Jan. 6, 2021. Senate Majority Leader Chuck Schumer is warning against the release of security footage from during the Capitol attack to Fox News host Tucker Carlson.

Democrats are sounding the alarm that a Fox News host's access to thousands of hours of security tapes from the Jan. 6 attack on the U.S. Capitol could endanger the Capitol further and trigger a new wave of disinformation. Senate Majority Leader Chuck Schumer called the release "one of the worst security risks since 9/11" in a letter to fellow senators Wednesday. He issued the warning following reporting by Axios that House Speaker Kevin McCarthy granted Fox News host Tucker Carlson access to more than 40,000 hours of the tapes. "The footage Speaker McCarthy is making available to Fox News is a treasure trove of closely held information about how the Capitol complex is protected and its public release would compromise the safety of the Legislative Branch and allow those who want to commit another attack to learn how Congress is safeguarded," Schumer said. Carlson on his Monday night program said his team was reviewing the security footage. He has been a key figure in spreading false claims related to the siege, including incorrect claims that "antifa" groups or the FBI could be to blame for the attack.

## Jon Stewart vs Tucker Carlson 2004

21m19s | May 8, 2022 (reviewing a 2004 CNN's Crossfire episode)



### THROWBACK: Jon Stewart DESTROYS CNN's Crossfire, Gets It Canceled



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Rep. Nancy Mace ✓  
@RepNancyMace · Follow



Not sure why both sides of the aisle wouldn't want every minute of the J6 video footage unfiltered, not redacted, for all to access. Every media outlet, every defense attorney, the public, etc. 🙄

Sunlight is the best medicine.

4:22 AM · Feb 22, 2023



ANALYSIS

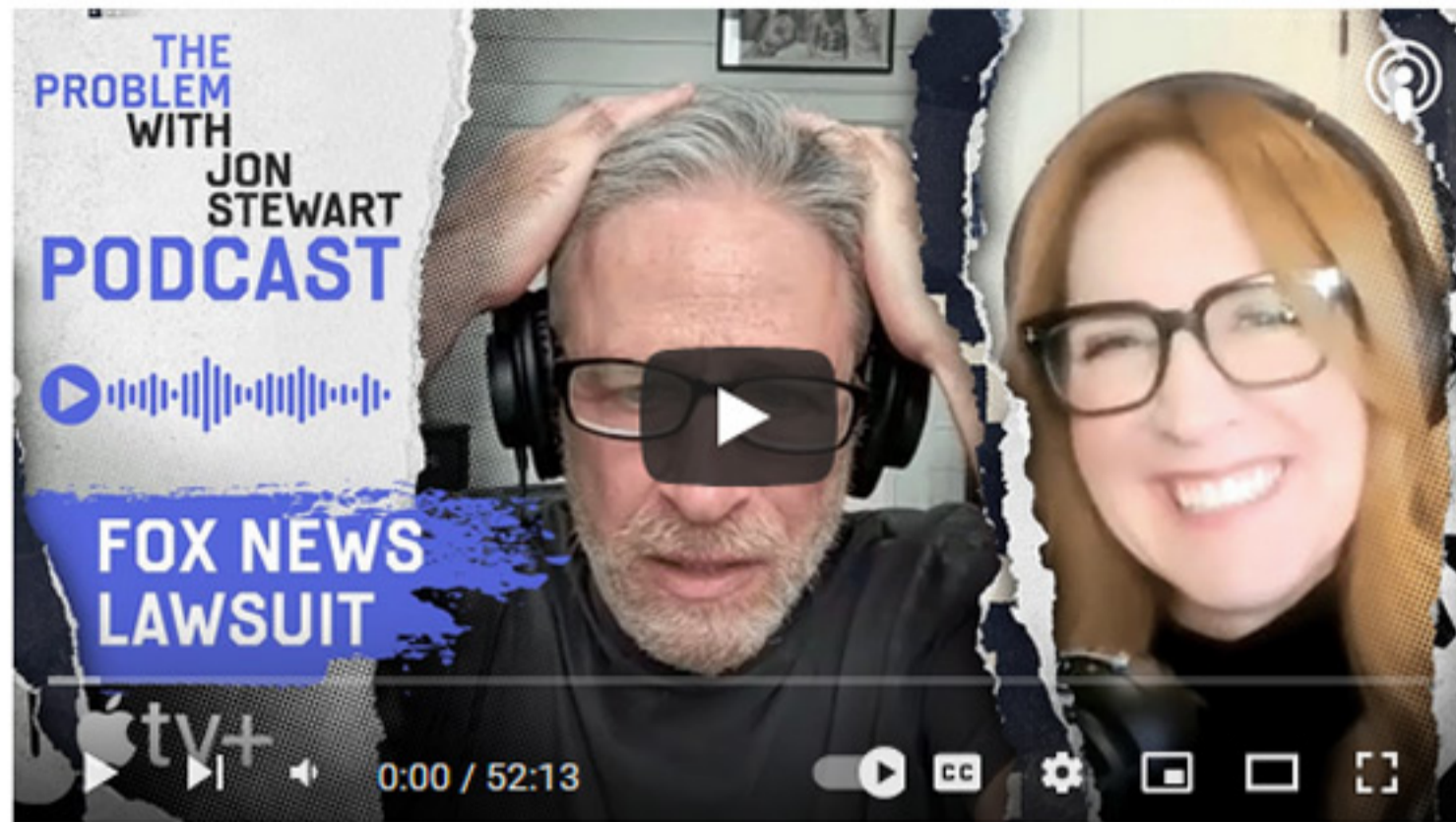
'Off the rails': New Tucker Carlson project for Fox embraces conspiracy theories



[https://www.huffpost.com/entry/jon-stewart-fox-news-alex-jones\\_n\\_63f724a1e4b0a1ee1498293d](https://www.huffpost.com/entry/jon-stewart-fox-news-alex-jones_n_63f724a1e4b0a1ee1498293d)

[https://faculty.utah.edu/u6007959-RONNELL\\_ANDERSEN\\_JONES/hm/index.html](https://faculty.utah.edu/u6007959-RONNELL_ANDERSEN_JONES/hm/index.html)

<https://youtu.be/zSyJ-r5IMol>



## Liar, Liar Network On Fire: The Legal Case Against Fox News | The Problem With Jon Stewart Podcast



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229,066 views Feb 22, 2023 [Digital Exclusives](#)

Thanks to the Dominion Voting Systems v. Fox News filing, we now know what we've always believed is true: Fox News will do or say anything to retain their power, even if it means lying – over and over and over again – to their viewers. The question is, will they ever be held accountable? We're joined this week by Ronnell Anderson Jones, Professor of Law at the University of Utah, for a lively discussion about defamation law and the possibility that Fox News might actually have to face the music.

**Actual malice** is the legal standard established by the Supreme Court for libel cases to determine when public officials or public figures may recover damages in lawsuits against the news media.

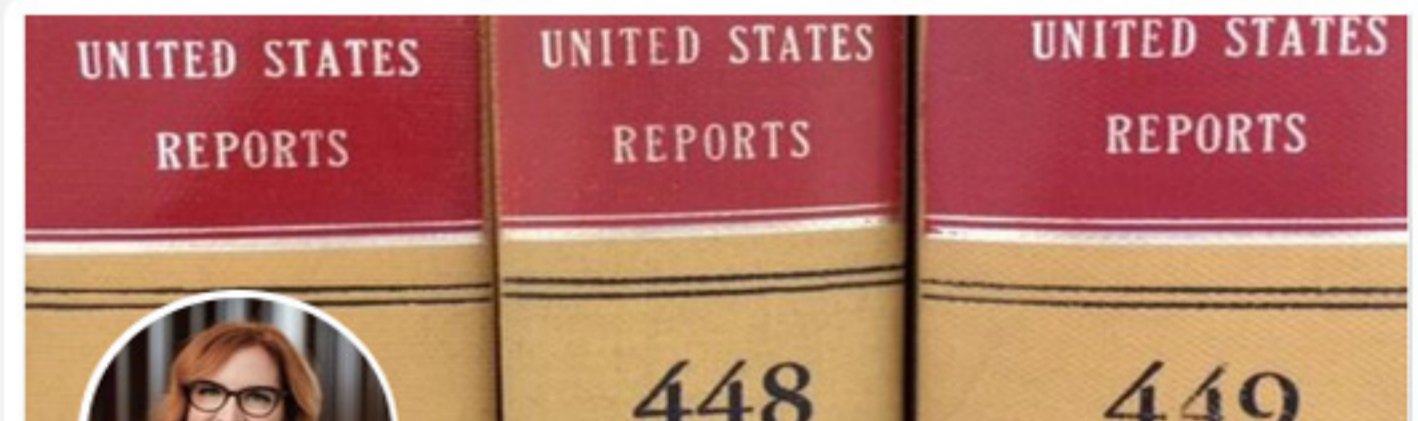
Jon Stewart compared Fox News with InfoWars host Alex Jones — and argued that Jones is a “far less pernicious influence” on America than Rupert Murdoch’s conservative network.

On the latest episode of his podcast “The Problem With Jon Stewart,” the comedian acknowledged Jones’ history of pushing conspiracy theories and defaming the families of Sandy Hook mass shooting victims, but then argued people know what Jones does and who he is.

“As a cultural pathogen, Fox News is far more powerful, far more devious, far more pernicious and has created far more damage than Alex Jones ever will,” Stewart told University of Utah law professor Ronnell Andersen Jones.

“And at least Alex Jones gives you supplements to help offset the damage,” Stewart jokingly added, referencing Jones’ hawking of miracle cures and dietary aides.

**“Alex Jones is a wolf in wolf’s clothing,” Stewart said during a lengthy discussion about defamation law and the falsehoods knowingly peddled by personalities on Fox. “Fox News is the opposite,” he added.**



**Ronnell Andersen Jones**

@randersenjones

Law professor, @UUtah @SJQuinney College of Law. Affiliated Fellow, @yaleisp. Media law scholar and press freedom advocate. She/her

📍 Salt Lake City, UT

🔗 [faculty.utah.edu/u6007959-RONNELL...](https://faculty.utah.edu/u6007959-RONNELL_ANDERSEN_JONES/hm/index.html)





being in the grace of solitude.



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https://www.franciscanmedia.org > minute-meditations

### The Grace of Solitude - Minute Meditations - Franciscan Media

To have a place of **solitude** is an inestimable gift. It makes it easy to let the heart expand, to let the senses wake up, one by one, to come alive with ...

https://leadwithyourlife.com > Articles

### The Saving Grace of Solitude - Lead With Your Life

The Saving **Grace of Solitude**. Written by Chuck Olson ... **Solitude** is the practice of **being** absent from people and things so that I can **be** present with God.

https://www.philstar.com > cebu-business > 2013/05/07

### The grace of solitude | The Freeman - Philippine Star

May 7, 2013 — **Solitude** means different things to different people. ... The **grace of solitude** ... Some view **solitude** as **being** in a lonely path.

https://www.crownofcompassion.org > Blog /

### The context of grace – enter solitude - Crown of Compassion

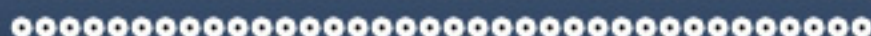
Dec 7, 2021 — "We enter into **solitude** first of all to meet our Lord and to **be** with Him and Him alone. Only in the context of **grace** can we face our sin; ...

https://www.gci.org > articles > insights-into-solitude

### Insights Into Solitude - Grace Communion International

Psalms 23, one of the most beloved passages of Scripture, begins with the simple truth and assurance, The Lord is my shepherd, I shall not want. (New Revised ...

**Bone and muscle, teeth and tongue** speak to me of the nature of wild. Yet, you Gaga, all novel and new, blur the lines between theater and true — nurture your elders with compassion and care, presenting pomp given the circumstance in your underwear. There's more to life than ambition. So much more. Sure, there is the necessity for chewing, masticating, but also this same mouth sings and talks in metaphoric detail, "Life is a highway. Her eyes were diamonds. He is a shining star. The snow is a white blanket. She is an early bird." Blah, blah, blah, ChatBot. Telling a romantic story fantastic, you invent and reinvent yourself in celebrity as a lady, but where do you live, my friend? Where can I find you when I need your touch?



### People also ask

What does solitude mean spiritually?

What are the blessings of solitude?

Feedback

https://www.gotquestions.org > ... > God in our Hearts

### What does the Bible say about the value of solitude?

Jan 4, 2022 — How can **solitude** be useful in the Christian life? ... the things of earth will grow strangely dim, / In the light of His glory and **grace**." ...

https://www.enlightiumacademy.com > blog > entry > g...

### Growing in Grace: Slowing, Solitude, and Silence

Nov 29, 2017 — God says, "Be still, and know that I am God."(Psalm 46:10). That can be hard to do in today's crazy world. However, slowing down and **being** ...

http://www.congregationaldevelopment.com > solitude-...

### Congregational Development - Solitude: just begin

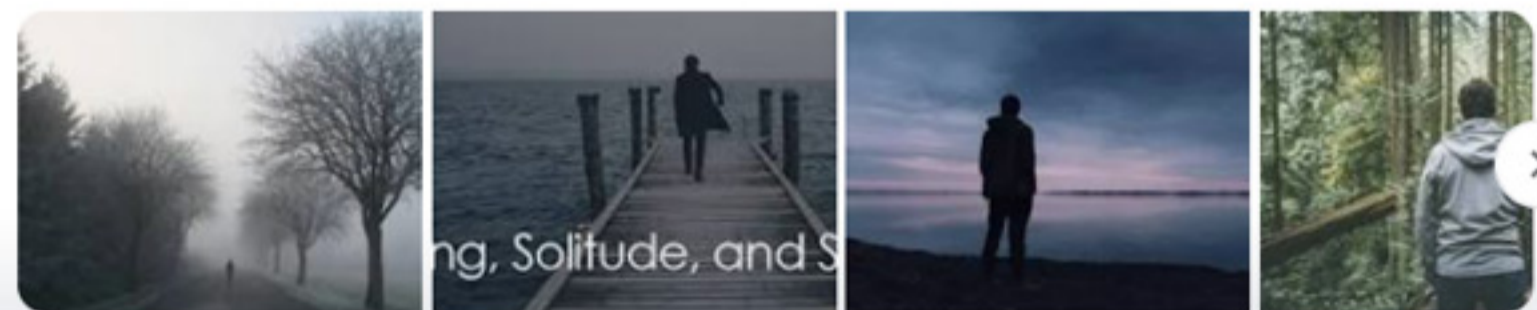
Sep 3, 2020 — **Solitude**, as a spiritual practice, is **being** alone with God. It requires setting aside distractions. It may be just a few minutes in the ...

https://www.soulshepherding.org > bible-verses-on-solit...

### Bible Verses on Solitude and Silence - Soul Shepherding

There's much to be said about **solitude**, but what's most important is that it ... Paul wrote, "God chose me and called me by his marvelous **grace**... to reveal ...

### Images for being in the grace of solitude.

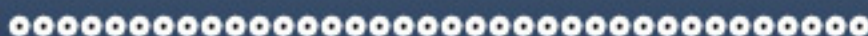


Feedback

View all

### ... in the dust of the Pipeline to Popularity

Exhibiting a compulsive, chronic, physio-psychological need for a habit-forming behavior and activity, the new technology pipeline to popularity and power for its own sake leaves in the dust the nobility of doing for the common good, **being in the grace of solitude.**







**I assisted Carter's work encouraging democracy – and saw how his experience, persistence and engineer's mindset helped build a freer Latin America over decades**

*Jennifer Lynn McCoy, Georgia State University*

I [Jennifer Lynn McCoy] was The Carter Center's field representative in Managua at the time. The former president had developed his relationship with Ortega over the course of five trips to Nicaragua during the election campaign in 1989 to 1990, mediating disputes along the way. But election night was the most important moment. The initial vote count reports mysteriously stopped, and around midnight Carter went to see Ortega, along with the U.N. and OAS representatives. Carter told him that our data indicated the Sandinista-backed candidate had lost and that Ortega should acknowledge the loss and take credit for the democratic elections and everything the Sandinista revolution had accomplished. Ortega acceded and the next day we accompanied him as he visited President-elect Violeta Chamorro's house to congratulate her on her victory.

#### **He was persistent**

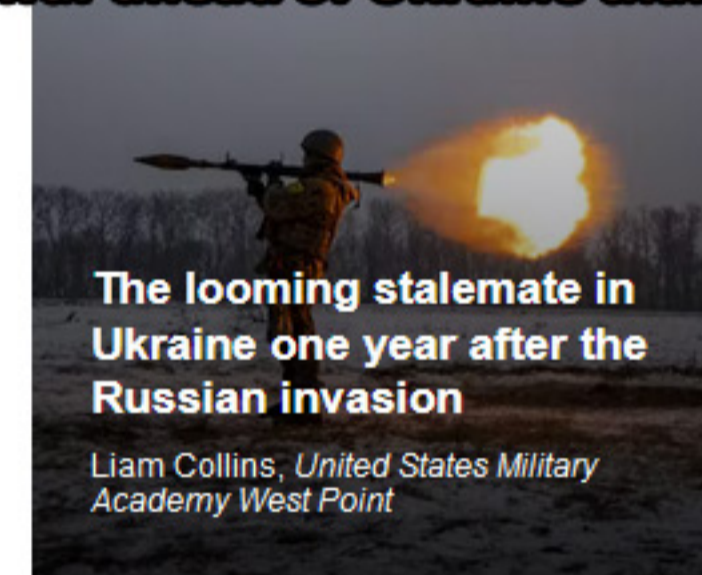
But Carter didn't stop there, knowing the transition would be rocky. He gathered the two sides together in my little house in Managua and, sitting on rocking chairs on the patio, he negotiated a three-point agreement to frame the transition's most difficult points – confiscated property and land reform, the integrity of the security forces and demobilization of the Contras.



**Biden's border crackdown explained – a refugee law expert looks at the legality and impact of new asylum rule**

*Karen Musalo, University of California College of the Law, San Francisco*

**Tragically, there is likely more of this war ahead of Ukraine than behind.**



**The looming stalemate in Ukraine one year after the Russian invasion**

*Liam Collins, United States Military Academy West Point*

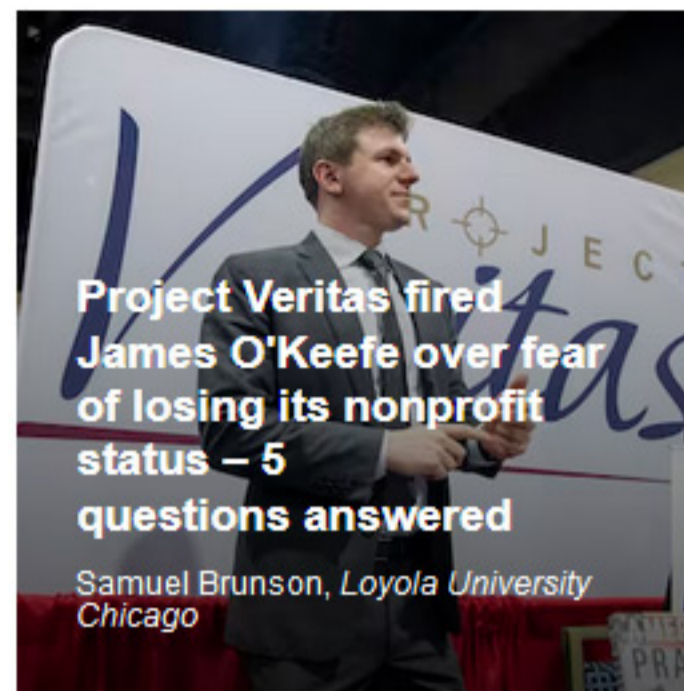
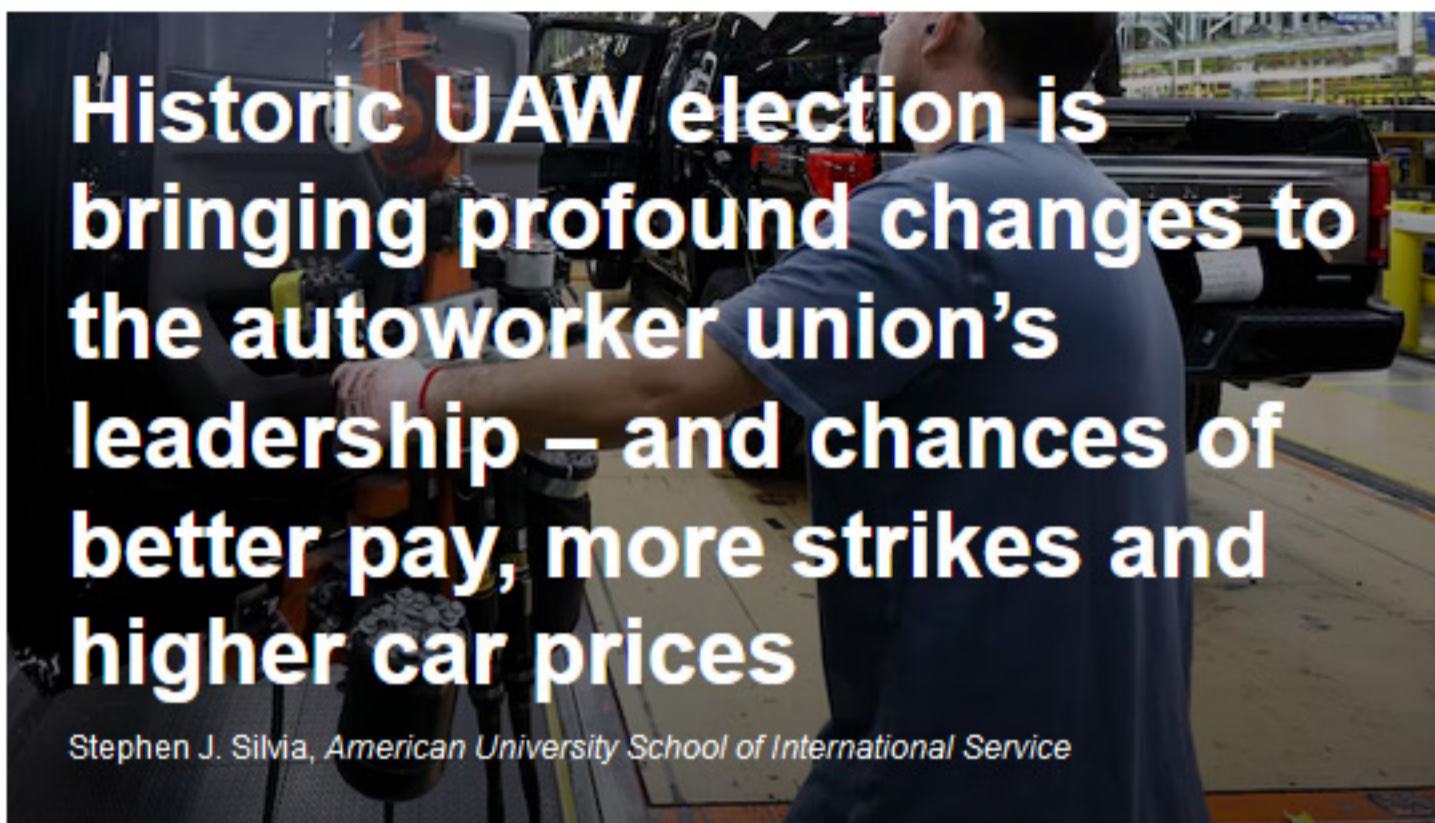
**The Biden Rule** will deny thousands of migrants fleeing persecution their right to seek asylum at the United States' southern border. They will be returned to Mexico, where human rights organizations have documented high levels of violence and exploitation of migrants, or deported to their home countries. The message is that flouting legal obligations is acceptable, as is the outsourcing of refugee protection to smaller countries with far less resources. The exodus of refugees from Ukraine and U.S. efforts to encourage European countries to accept those fleeing the conflict underscore the importance of encouraging nations to take in refugees. Leading by bad example will only undermine that principle.



**Tragically, there is likely more of this war ahead of Ukraine than behind.**







Our dependence on **fossil fuels** is one of the biggest challenges to overcome in the fight against climate change. But production and consumption of fossil fuels is on the rise, and expected to peak within the next decade. In this episode of *The Conversation Weekly*, we speak to two researchers who examine the political challenges of transitioning to a world after oil, and what it means for those states who rely on oil for resources.

A fight for control of the **United Auto Workers union** is coming to a head in a historic election that's expected to give rank-and-file workers a greater voice and could ultimately end decades of declining blue-collar compensation in this key sector of the economy. Ballot counting starts March 1, 2023, in a runoff that will decide whether an incumbent or challenger will be the next UAW president and determine the balance of power within the union. This is the first direct election of the union's leadership in the UAW's 88-year history, following a series of corruption scandals that sent two former presidents to prison. In the races that have already been counted in the election, it's clear that, for the first time in decades, the union leadership will be closely divided between the old guard and the challengers. This transformation of how the UAW is governed sets up what is widely expected to be a more adversarial relationship between the union and the Big Three domestic car producers. Regardless of who wins the presidency, a more combative stance with automakers is likely to result in more strikes, higher car prices and also greater competitive pressure on domestic companies to outsource or challenge unionization at new plants opening to make electric vehicles and their components.

**James O'Keefe, the founder of Project Veritas**, says he has been fired. He is no longer leading the conservative nonprofit organization, which is known for its use of hidden cameras and false identities to try to catch members of the media and progressive leaders saying embarrassing things and to expose their supposed liberal biases. The board of directors of Project Veritas has accused O'Keefe of "financial misfeasance." Its allegations of financial improprieties by the man who until recently served as the group's chairman include that he spent money donated to the organization on various luxuries for himself, such as charter flights and theater tickets.

About a decade ago, the world's biggest economies agreed to crack down on **multinational corporations' abusive use of tax havens**. This resulted in a 15-point action plan that aimed to curb practices that shielded a large chunk of corporate profits from tax authorities. But, according to our estimates, it hasn't worked. Instead of reining in the use of tax havens – countries such as the Bahamas and Cayman Islands with very low or no effective tax rates – the problem has only gotten worse. By our reckoning, corporations shifted nearly US\$1 trillion in profits earned outside of their home countries to tax havens in 2019, up from \$616 billion in 2015, the year before the global tax haven plan was implemented by the group of 20 leading economies, also known as the G-20.



# China calls for a cease-fire and peace talks between Russia and Ukraine

February 24, 2023 · 4:05 AM ET



JOHN RUWITCH



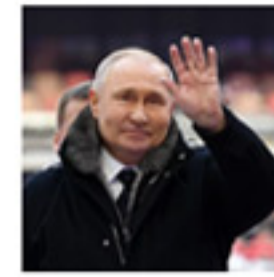
EMILY FENG



Wang Yi, China's director of the Office of the Central Foreign Affairs Commission, speaks during the Munich Security Conference in Munich, Germany, Feb. 18, 2023. One year into Russia's war against Ukraine, China is offering a 12-point proposal to end the fighting.

*Peter Kneffel/AP*

BEIJING — China is calling for a cease-fire in Ukraine and for peace talks as soon as possible in a much-anticipated position paper released on one-year anniversary of Russia's invasion. As Russia's war in Ukraine enters its second year, Beijing is pushing harder for a negotiated end to the war. It has repeatedly suggested it would be willing to broker any cease-fire negotiations, a proposal Ukrainians are wary of because of China's close ties with Moscow. "Dialogue and negotiation are the only viable solution to the Ukraine crisis," the 12-point position paper stated. "All efforts conducive to the peaceful settlement of the crisis must be encouraged and supported."



UKRAINE INVASION — EXPLAINED

[Putin and China's top diplomat pledge to strengthen ties](#)

This week, Beijing also sent its top diplomat, Wang Yi, to Moscow where he met with Russia's president Vladimir Putin among other Russian officials and reiterated the only way to resolve the crisis was through diplomatic negotiation. "The China-Russia relationship has stood the test of the drastic changes in the world landscape and become mature and tenacious," Wang told Putin, according to a Chinese foreign ministry read-out from the meeting. China has drawn politically closer to Russia since the invasion, signing a "no limits" partnership agreement with Moscow in February 2022, just days before the start of the invasion.

There is also talk of a visit to Moscow in the coming months by Chinese leader Xi Jinping, who may have some influence with Russian President Vladimir Putin. Putin sent his "sincere greetings" to Xi this week and said he was looking forward to welcoming "my friend" to Moscow, referring to the Chinese leader in his meeting with Wang this week. Yet China is also wary of alienating European countries further with its notable lack of condemnation of Russia's war. In the position paper published Friday, China tried to tread a fine line. "There isn't much leverage involved. The document lays out broad, general principles, but no real reason why you might want to cease and desist, right? There's no big appeal that you're getting something. There's no big cost if you don't comply," said Ian Chong, associate professor of political science at National University of Singapore.

In the paper, Beijing pushed for talks as soon as possible and said nuclear weapons were off-limits — an idea Russia seems less committed to. Just this week Putin said he was suspending a nuclear arms control treaty with Washington. But the Chinese position paper also took several digs at the West for its approach to the war. It says unilateral sanctions only create more problems, and it called for the abandonment of a so-called "cold war mentality".

On Friday, Wang Wenbin, a Chinese foreign ministry spokesperson, tried to strike a balance between Russia and Europe, but suggested Western allies and especially the U.S. were at fault for the conflict: "NATO should reflect deeply and stop trying to mess up Asia and the rest of the world after messing up Europe," referring to the bloc's recent interest and focus on the "Indo-Pacific."



# Friendships at work can boost happiness. Here's how to nurture them

February 24, 2023 · 6:00 AM ET

RHITU CHATTERJEE



One of the key factors that make for happier, healthier workers is how connected people feel with their colleagues, says Dr. Robert Waldinger, a professor of psychiatry at Harvard Medical School and director of the Harvard Study of Adult Development, one of the longest running studies on what makes humans thrive. Waldinger explores the results of that study – and other studies on the topic – in a new book, *The Good Life*, which he wrote with his colleague Marc Schulz. In it, the authors share findings of the 85 years of research following people from their teens throughout their lives, assessing factors that lead to health and wellbeing.







Freeda En

January 24, 2022

"I would much rather be old, [in] old age so much is open to us and the older you get, the less you ..."



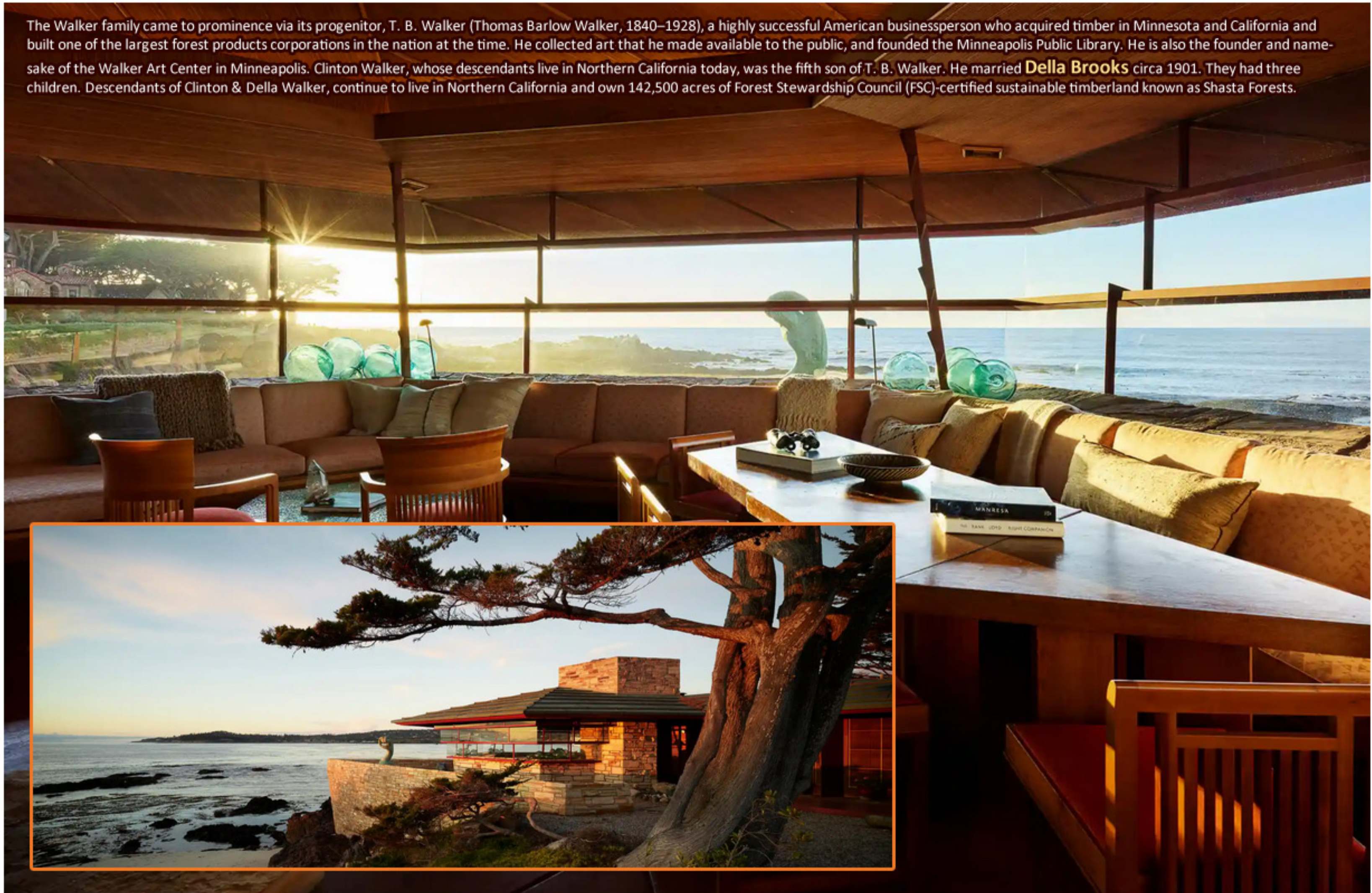
And I can see them  
and it was sixty four colours



## 'Delicate as the seashore': rare Frank Lloyd Wright home sells for \$22m

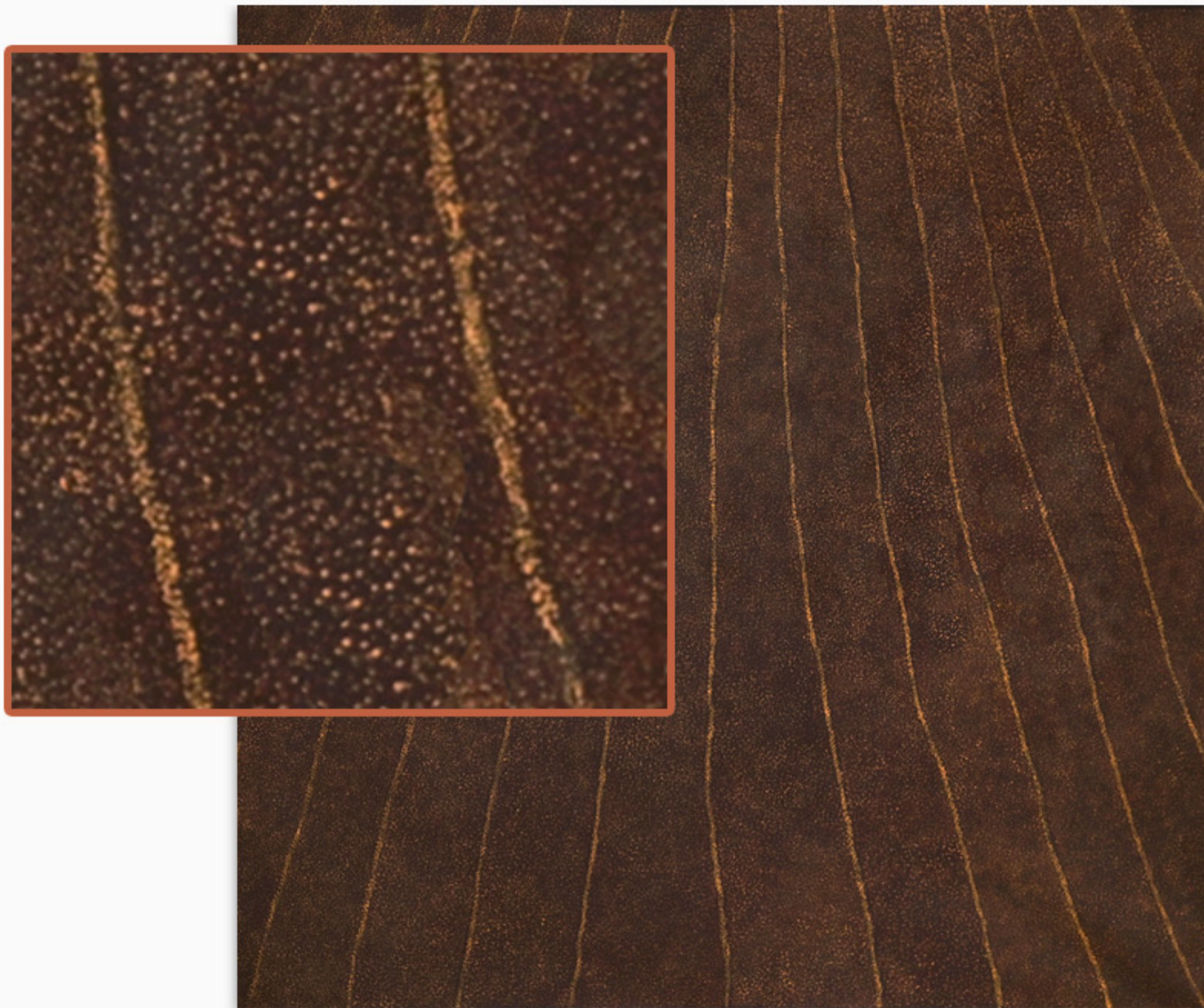
The artist Della Walker wrote architect Frank Lloyd Wright a letter in 1945. *"I am a woman living alone – I wish protection from the wind and privacy from the road and a house as enduring as the rocks but as transparent and charming as the waves and delicate as the seashore. You are the only man who can do this – will you help me?"* The residence was built in 1952. It took five years to build the home, and the artist argued with Wright about the design of the kitchen.

The Walker family came to prominence via its progenitor, T. B. Walker (Thomas Barlow Walker, 1840–1928), a highly successful American businessperson who acquired timber in Minnesota and California and built one of the largest forest products corporations in the nation at the time. He collected art that he made available to the public, and founded the Minneapolis Public Library. He is also the founder and name-sake of the Walker Art Center in Minneapolis. Clinton Walker, whose descendants live in Northern California today, was the fifth son of T. B. Walker. He married **Della Brooks** circa 1901. They had three children. Descendants of Clinton & Della Walker, continue to live in Northern California and own 142,500 acres of Forest Stewardship Council (FSC)-certified sustainable timberland known as Shasta Forests.



📷 The house features a hexagonal living room. Photograph: Matthew Millman/Courtesy of Sotheby's International Realty





## KATHLEEN PETYARRE



MOUNTAIN DEVIL LIZARD DREAMING – SANDHILL  
COUNTRY - 1999

183 X 183 CM [72" x 72"]

SYNTHETIC POLYMER PAINT ON BELGIAN LINEN

CODE #:19728

\$48,000

LOCATION: REDFERN NSW

PROVENANCE

Gallerie Australis, SA Cat No. GAKP0899202

Coee Art, NSW

Private Collection, Belgium

**Kathleen Petyarre** is best known for her finely wrought, intimate renditions of the vast landscapes in the Eastern Desert. These were created during the epic journeys of her Dreaming ancestor and totem, the tiny Thorny Devil Lizard, referred to as 'that Old Woman Mountain Devil'. This tiny desert creature is believed to have created the vast desert home of the Eastern Anmatyerre people by moving the sand, grain by grain, since the dawn of time. Petyarre and her clanswomen believed that they are its descendants, and have therefore inherited the responsibility for caring and nurturing the vast landscape that she depicted so intimately and carefully in her paintings. Petyarre's process leading to these sumptuous paintings took years to perfect. In this painting she presents an aerial view composition of her sacred Dreaming site (home of the Mountain Devil Lizard) in the vicinity of Mosquito Bore on Utopia Station. It is here at this site that the men and women of the eastern Anmatyerre language conduct important secret and sacred initiation ceremonies. This Dreaming site is situated in the artist's father's country and the general locality is identified by a group of sandhills. The painting portrays the area scattered with seeds, summer bush flowers and Spinifex grasses. The sand-hills conceal a sacred Women's Dreaming site associated with the green pea (antweth).

Kathleen Petyarre (born Kweyetwemp Petyarre; c. 1940 – 24 November 2018) was an Australian Aboriginal artist. Her art refers directly to her country and her Dreamings. Petyarre's paintings have occasionally been compared to the works of American Abstract Expressionists Jackson Pollock and Mark Rothko, and even to those of J.M.W. Turner. She has won several awards and is considered one of the "most collectable artists in Australia". Her works are in great demand at auctions. Petyarre died on 24 November 2018, in Alice Springs, Australia

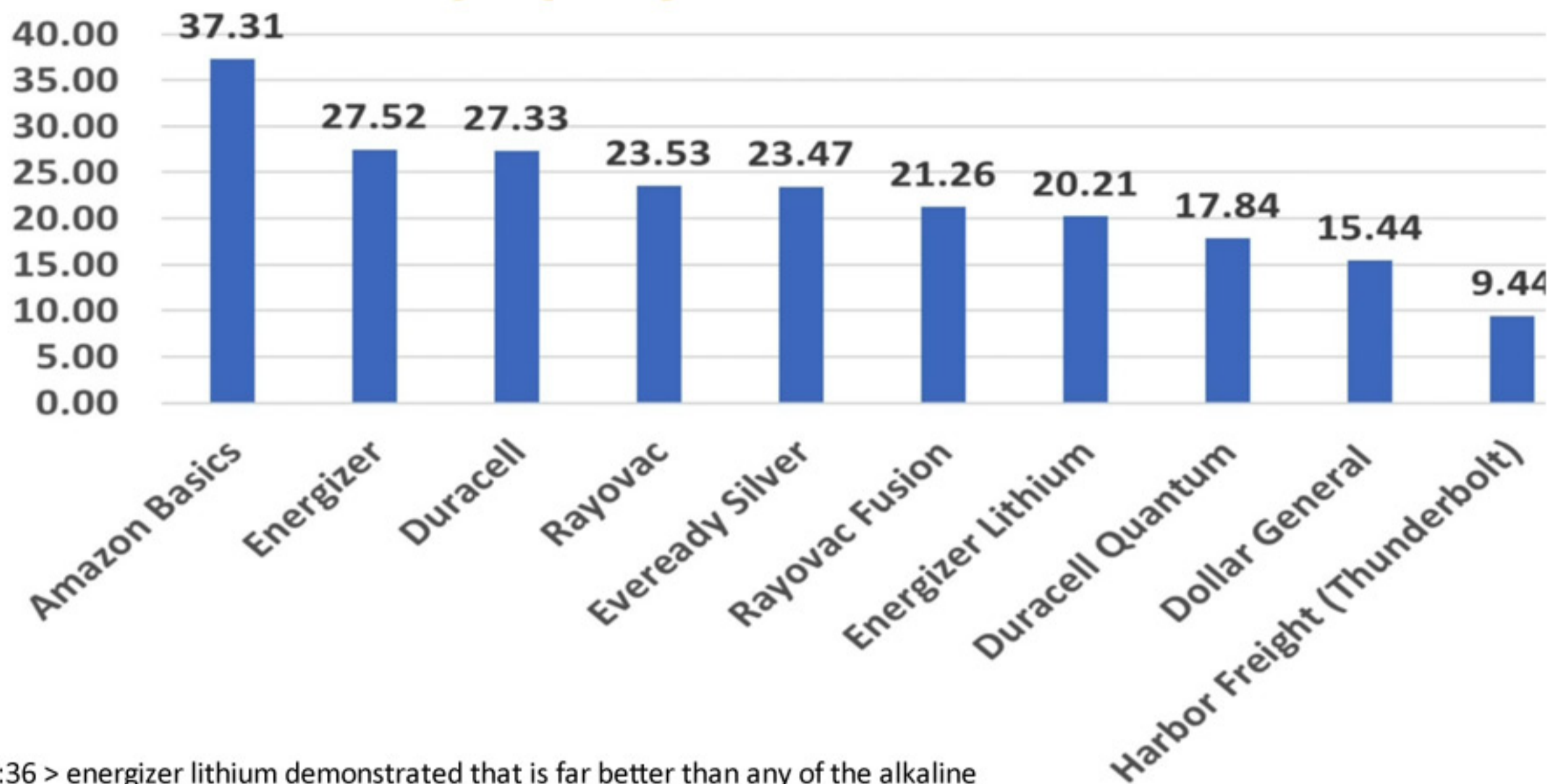


# Which AA Battery is Best? Can Amazon Basics beat Energizer? Let's find out!



<https://youtu.be/V7-ghrTqA44>

**MAH per penny** (100 MAH discharge rate)



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2.8M subscribers

7:36 > energizer lithium demonstrated that is far better than any of the alkaline batteries we tested i have to admit i'm really impressed with the energizer beating the regular duracell as well as the duracell quantum

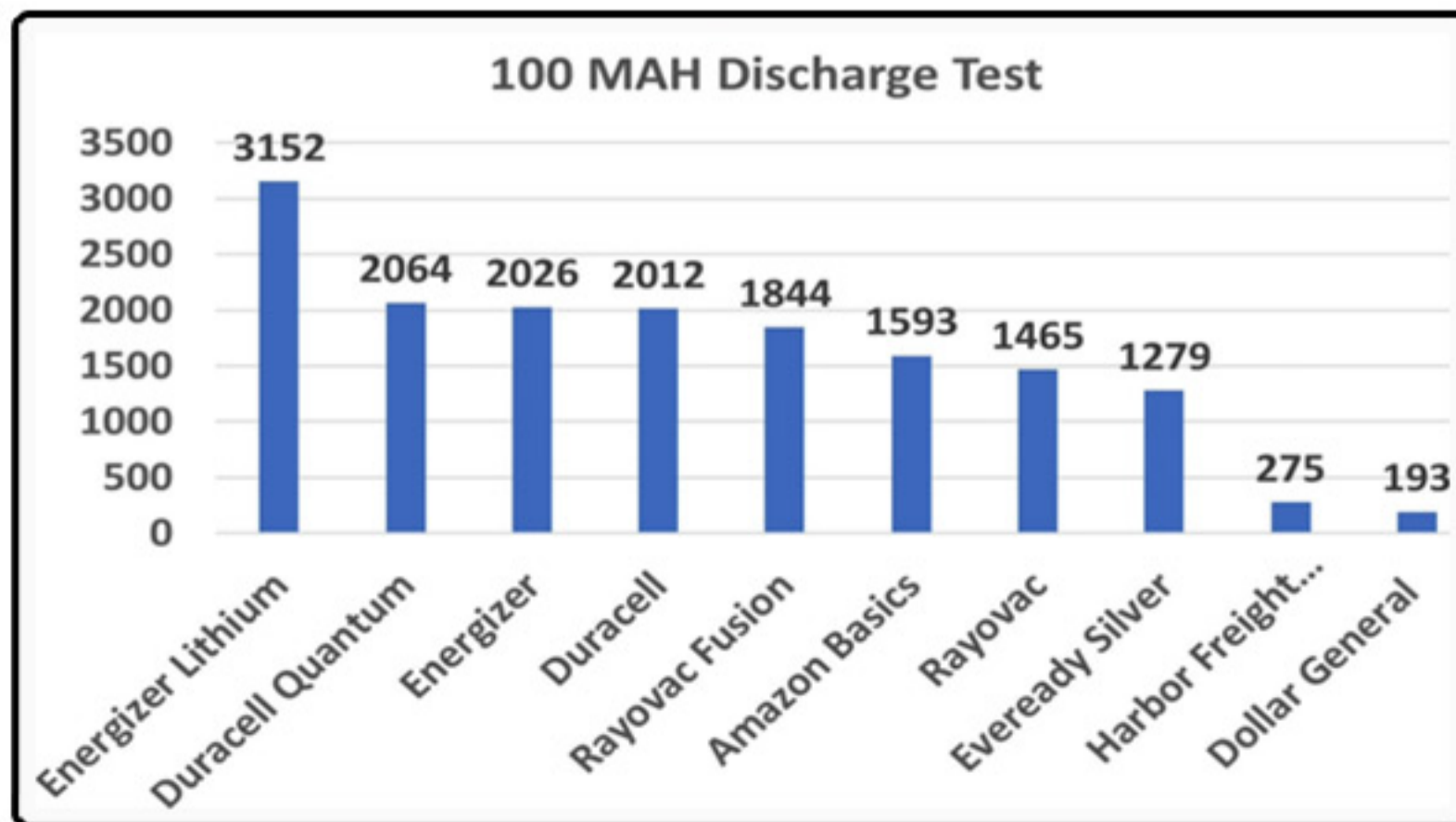
7:45 > while the amazon basics finished near the bottom of the competition the price of the battery actually makes it **the best value of the batteries we tested** **the Amazon Basics produced over 37milliamps of energy for one penny compared to the next closest competitor the energizer which made nearly 28 milliamps for a penny**

8:03 > while the lithium was the best battery it's definitely not the best value

8:14 > as expected the energizer lithium's battery easily beat the alkaline batteries the duracell quantum barely beat out the energizer the amazon basics did really well considering the price finishing ahead of the rayovac as well as the ever-ready silver both more expensive batteries

### Where does Amazon make their batteries?

A: According to the Amazon website, AmazonBasics AA Batteries are made in Indonesia using Japanese technology, and their rechargeable AA batteries are manufactured in Japan. AmazonBasics Batteries are high quality batteries with thousands of verified reviews.





## E-bike batteries blamed for 22 NYC fires, 2 deaths this year

yesterday



*FILE - A delivery worker rides his electric bicycle past the New York Stock Exchange, March 16, 2020, in New York. Lithium ion batteries used to power electric bicycles and scooters have already sparked 22 fires that caused 36 injuries and two deaths in New York City this year, four times the number of fires linked to the batteries by this time last year, city officials said Friday, Feb. 24, 2023. (AP Photo/John Minchillo, File)*

**NEW YORK (AP)** — Lithium ion batteries used to power electric bicycles and scooters have already sparked 22 fires that caused 36 injuries and two deaths in New York City this year, four times the number of fires linked to the batteries by this time last year, officials said Friday.

Fire Commissioner Laura Kavanagh said Mayor Eric Adams' administration is "coming at this problem from every single angle," including working with the City Council and the federal Consumer Product Safety Commission on additional regulations for the batteries and educating the public on their proper use and storage.

"These are incredibly dangerous devices, and we must make sure that members of the community are handling them properly and using them safely," Kavanagh said at a briefing on public safety.

Many of the fires blamed on the batteries have been caused by malfunctioning devices left to charge overnight and placed in a hallway or near a door where they can trap people inside a burning apartment.

Three children and an adult were injured this month when a charging battery started a fire in their upper Manhattan apartment at 1:30 a.m., officials said.

Fire Department Chief of Operations John Esposito said after the Feb. 5 blaze that when the battery overheated and sparked a fire, "it blocked the egress out of the apartment, trapping the family."





### Transcript

- 0:01 ♪ ("LAST WEEK TONIGHT" THEME MUSIC PLAYS) ♪
- 0:04 Our main story tonight concerns drugs.
- 0:07 You know, the substances that gave us most music,
- 0:10 seasons one and two of The West Wing,
- 0:12 and this spectacular clip of a BBC

English ▾

Play (k)

## Psychedelic Assisted Therapy: Last Week Tonight with John Oliver (HBO)

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2,610,754 views Feb 19, 2023

John Oliver discusses psychedelic assisted therapy: its history, its potential, and what it has to do with A\$AP Rocky's relationship to rainbows.



# San Diego topographic map

Saturday, February 25, 2023

<https://en-us.topographic-map.com/map-n9tp/San-Diego/?zoom=16&center=32.73634%2C-117.1206>

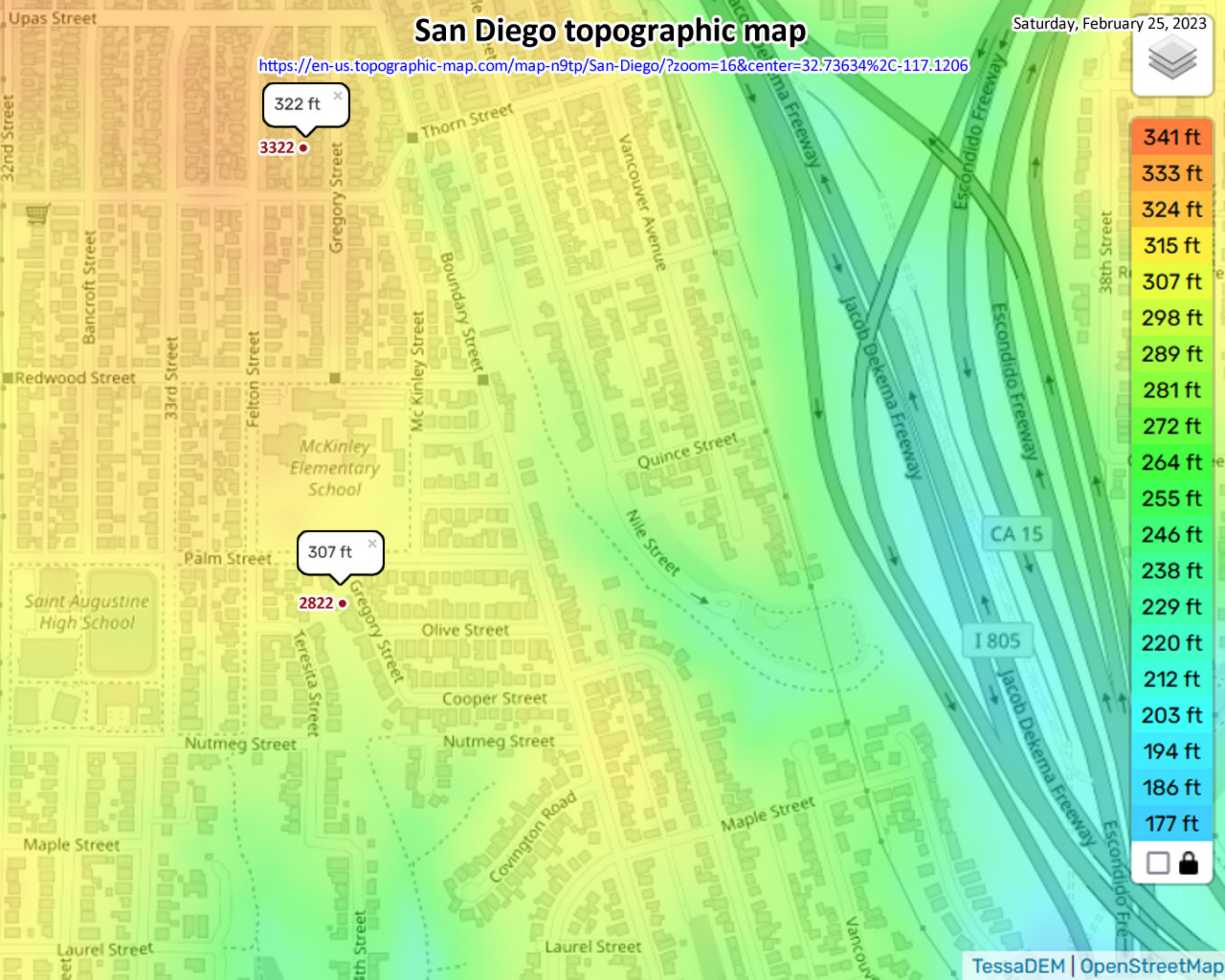
322 ft

3322

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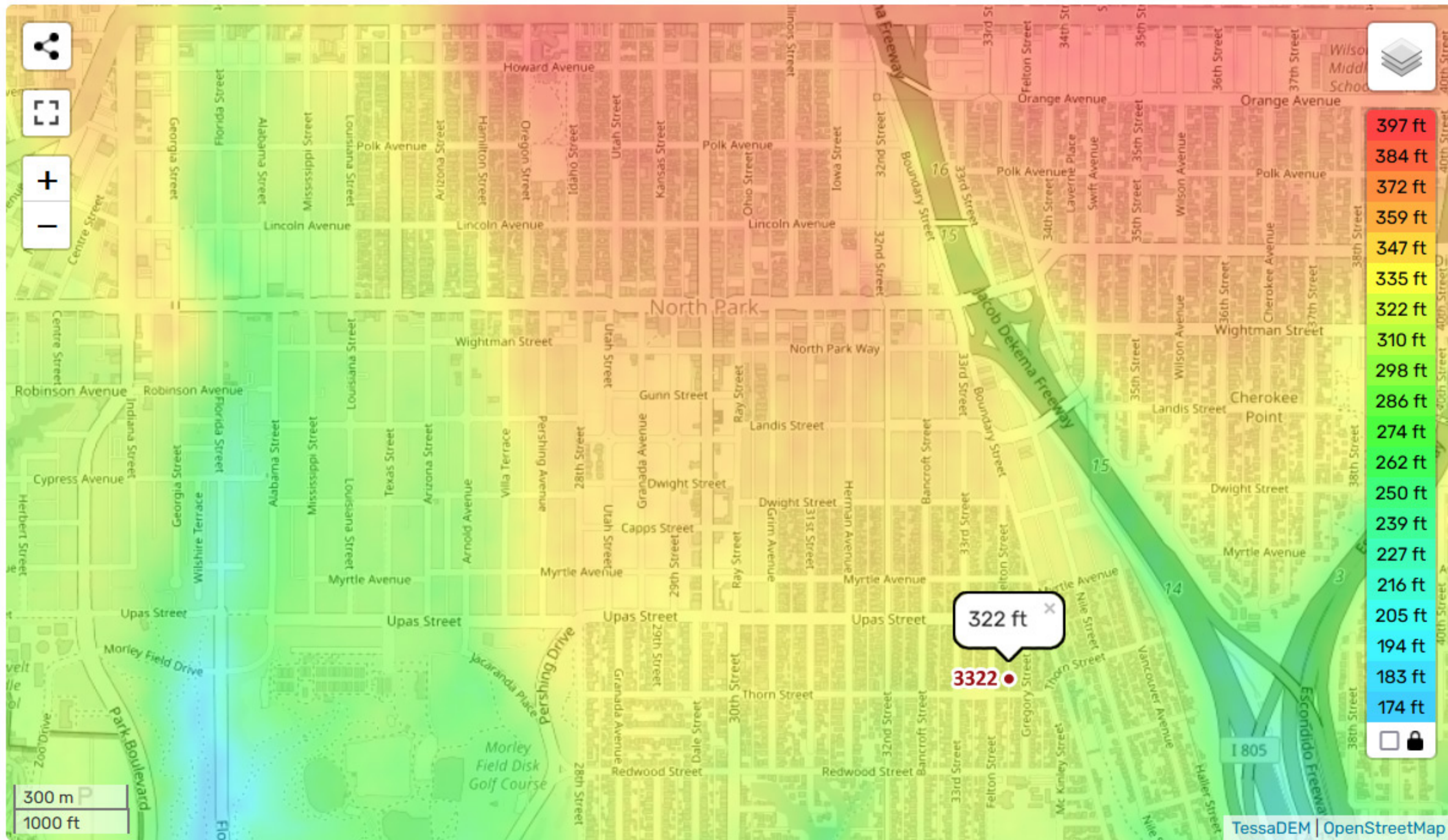
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# San Diego topographic map

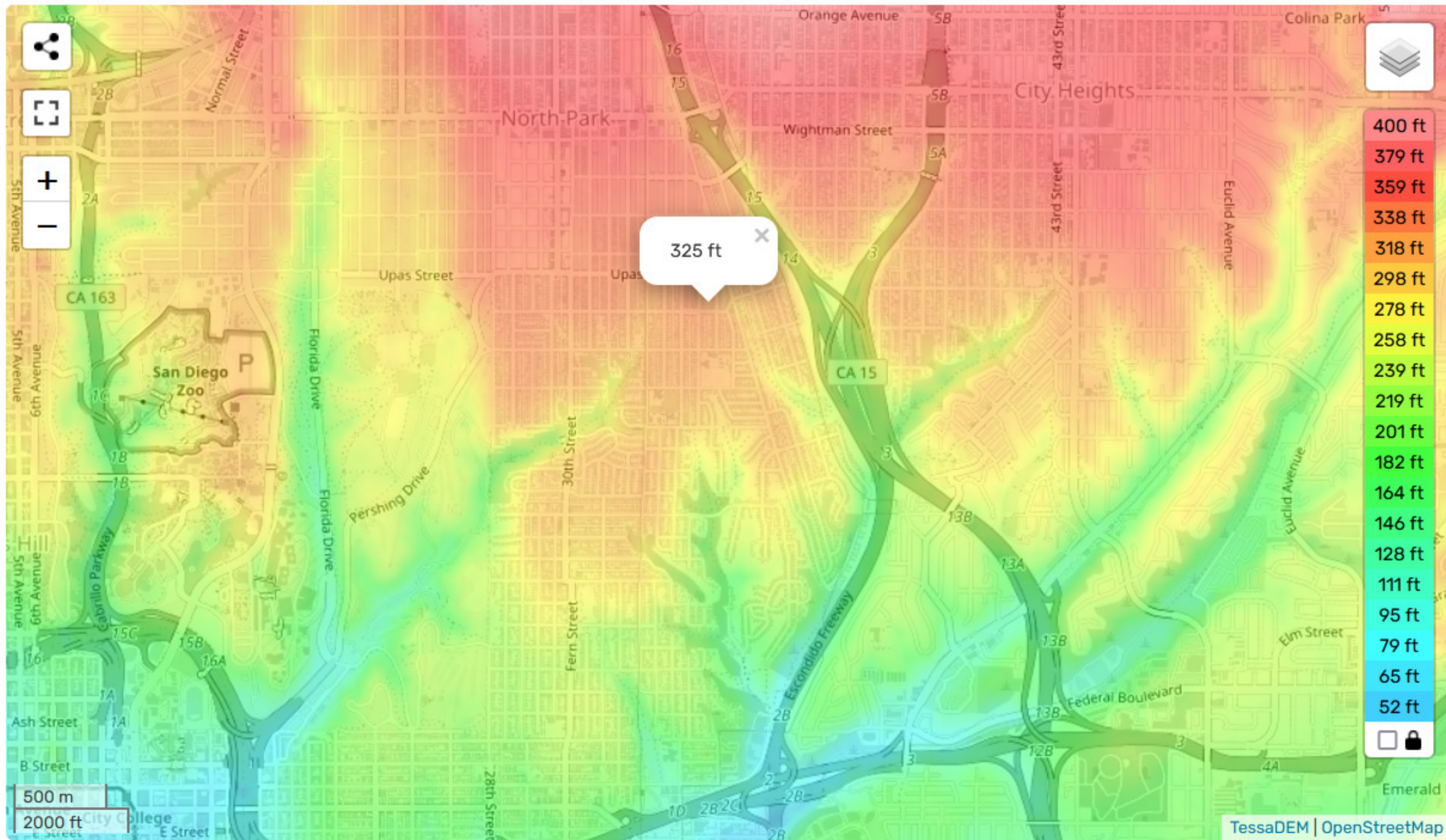
Click on the map to display elevation.





# San Diego topographic map

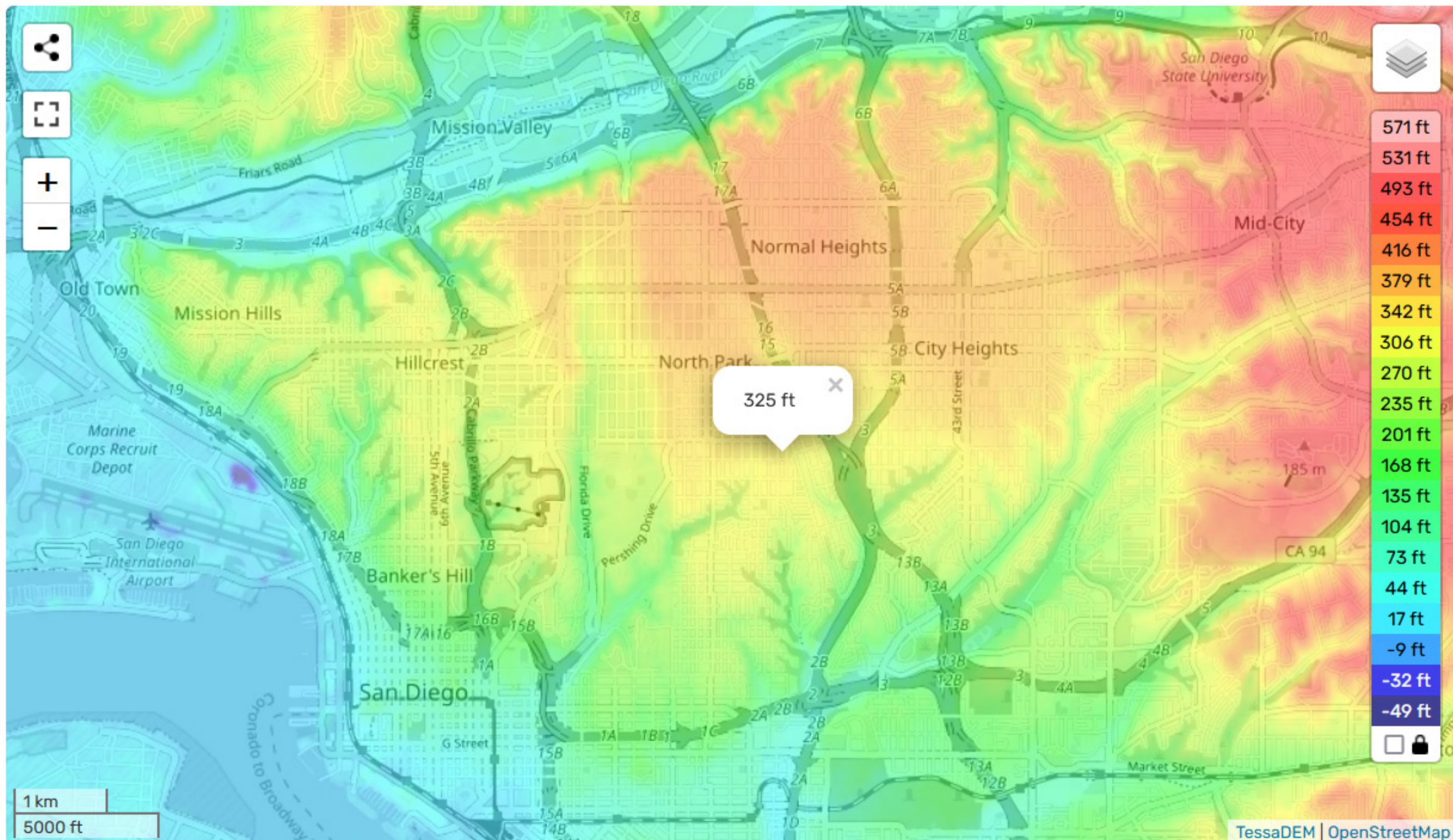
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# San Diego topographic map

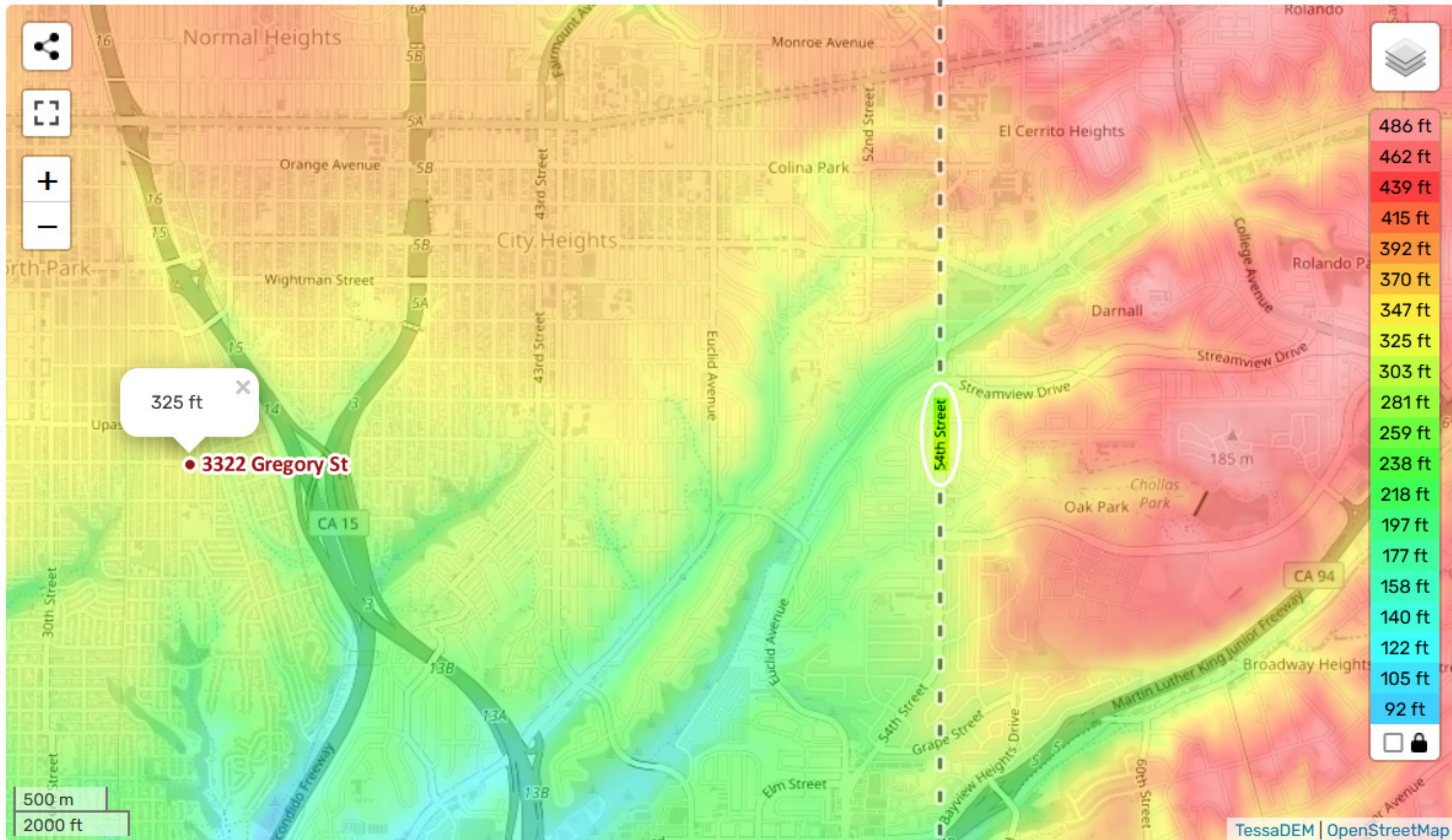
Click on the map to display elevation.





# San Diego topographic map

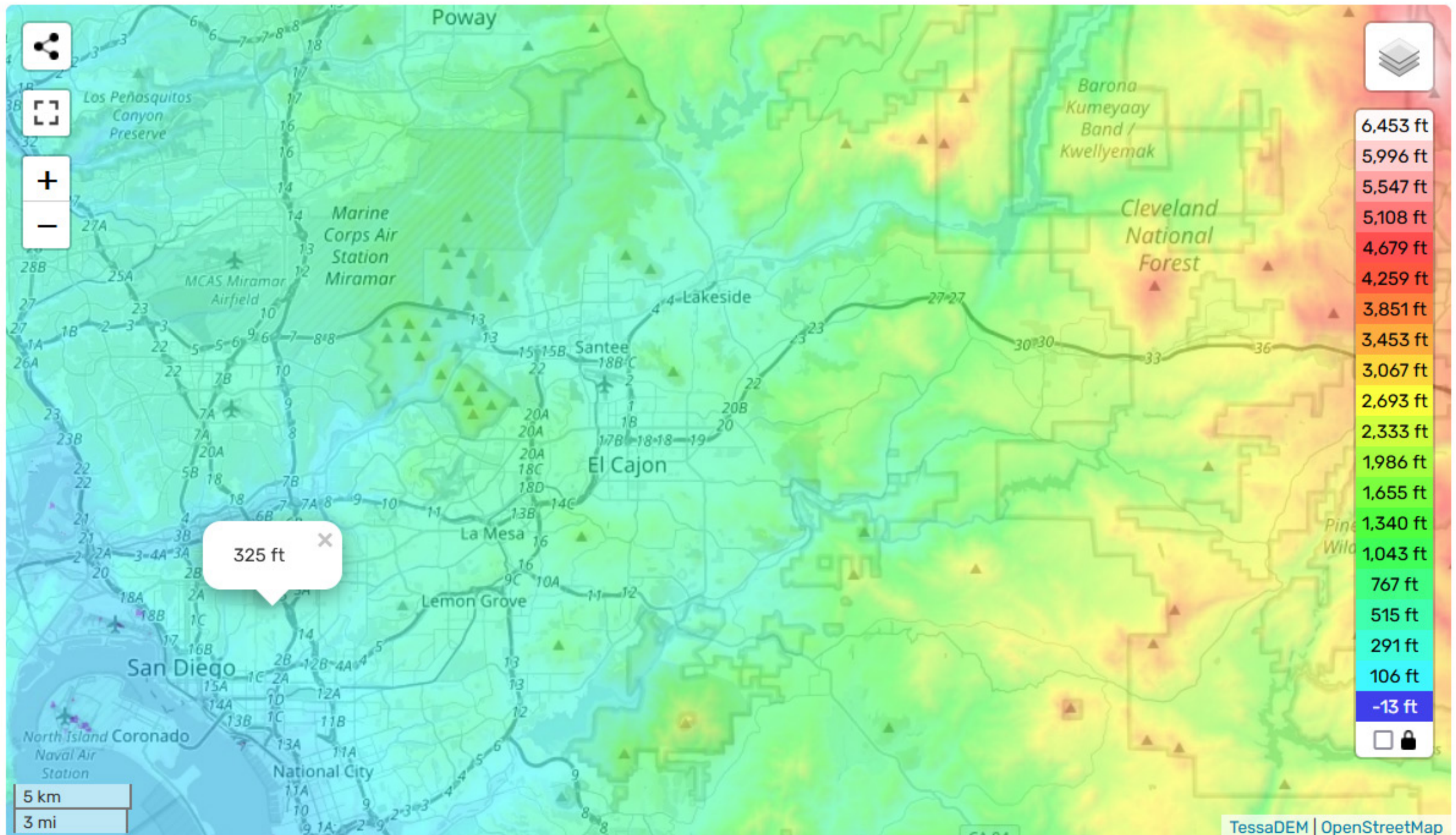
Click on the map to display elevation.





# San Diego topographic map

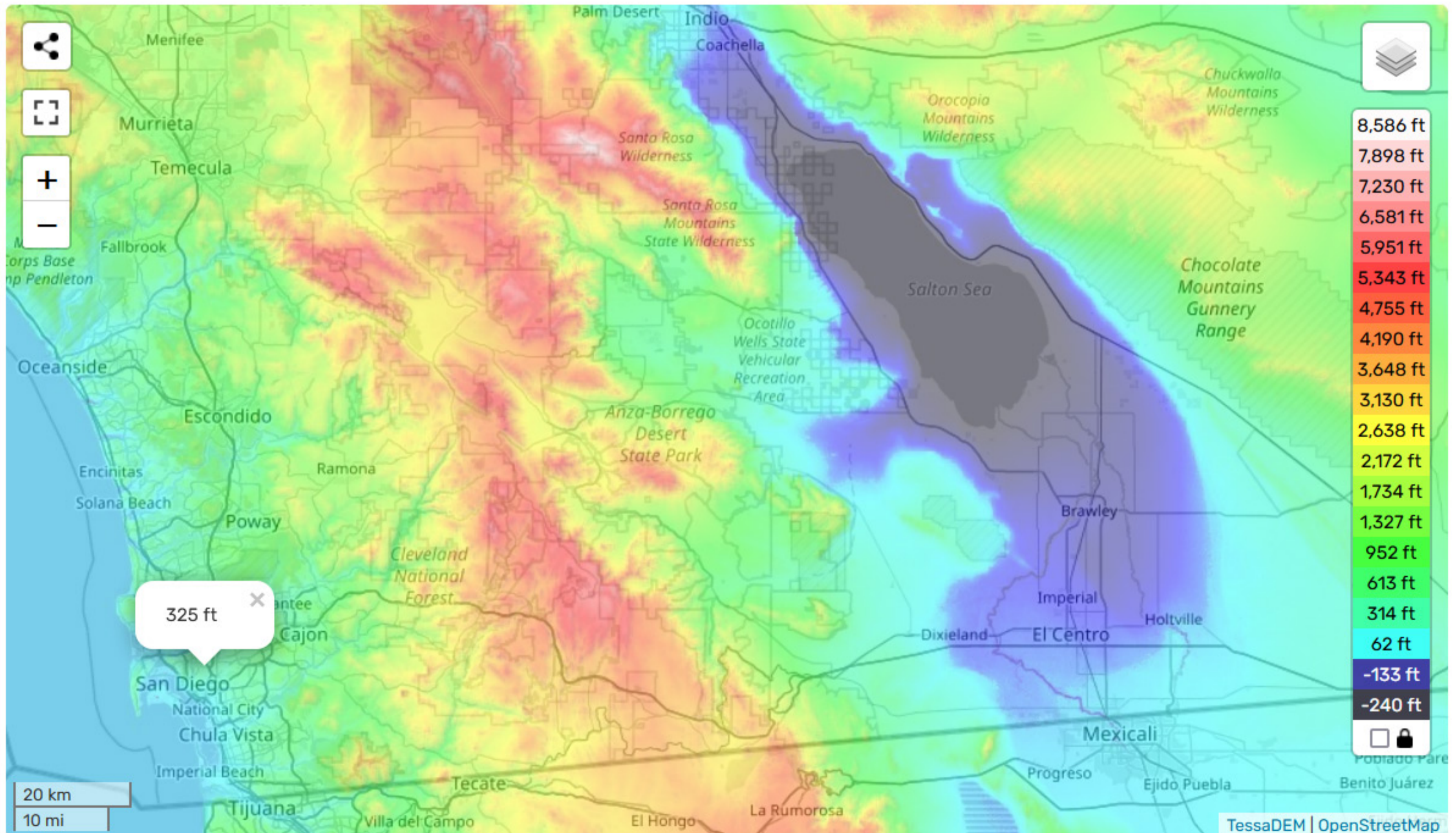
Click on the map to display elevation.





# San Diego topographic map

Click on the map to display elevation.







Marie José, aged 9



**Marie-José of Belgium** (Marie-José Charlotte Sophie Amélie Henriette Gabrielle; 4 August 1906 – 27 January 2001) was the last Queen of Italy. Her 34-day tenure as queen consort earned her the nickname "the May Queen".

**In training to serve an old-style imperial Principessa**

Well trained to the benefit of my wife, growing up I was a 'gopher' for the older boys. 'Gopher' as in 'go for it.' Run get spoons and ice cream from the freezer, hop on my bike and get candy bars from the convenience store. The subtext wasn't so much, 'I buy, you fly,' as 'You fly or you die.' They weren't asking. Stubborn that way.

.....



Something unexpected is going on in the **U.S. economy**. Inflation remains high, yet many Americans went on a spending spree last month, eating out at restaurants and shopping for cars. All that spending threatens to put more upward pressure on inflation at a time when the Federal Reserve is raising interest rates aggressively to keep prices in check.

That makes it critical to gauge how long that consumer spending can last. A drop in consumer spending would help to cool inflation, but it would also raise concerns about a recession. On the other hand, if spending continues to grow at this pace, it could force the Fed to raise interest rates even more aggressively to bring prices under control.



**ECONOMY**

**Despite high inflation, Americans are spending like crazy – and it's kind of puzzling**

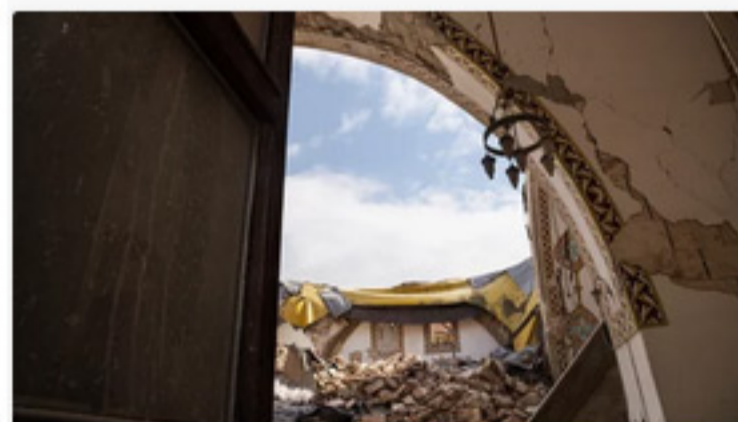
The site of ancient Antioch — a crossroads of civilizations and a modern tourist and religious pilgrimage destination in southern Turkey — is one of the cities left most devastated by the Feb. 6 earthquake that killed tens of thousands in Turkey and Syria. "There is no place now I can take you because all of them are destroyed," he says. "Most of the people left the city." Built around 300 BCE, the city, now called Antakya, has survived several previous calamitous earthquakes. Now, Turkish military vehicles, on patrol to keep the peace, roll past entire streets reduced to rubble. Bodies are still believed to be rotting under the debris.



Orhan Uyanik (left), the owner of Pasha Restaurant in Antakya, sits in the rubble and opens one of the remaining beers that survived the quake.

The Lonely Planet guide to Turkey summarizes Antakya's charm in a sentence: "Atmospheric old-town fragments cling on amid the modern hubbub." Today, a narrow street of bars and restaurants lies in waste. For the first time on the tour, Kocaoglu turns away to cry. "This is the heart of Antakya," he says. "We had lots of memories here with my friends, with my guests from different countries. I remember them."

A bulldozer has paved a hilly path through the wreckage. Amid rubble stands one of his favorite old haunts, the Pasha Restaurant, sliced down the middle. Owner Orhan Uyanik, salvaging crates of beer from the ruins, wonders about the fate of a couple who got engaged here recently.



**MIDDLE EAST**

**Turkey's Antakya is in ruins after the quake, erasing cultural and religious heritage**



**CLIMATE**

**Dead whales on the east coast fuel misinformation about offshore wind development**



**WORLD**

**People smugglers keep trying to recruit this boat captain. Here's why he says no**

A dozen **dead whales** have washed up on New York and New Jersey beaches since December. It's part of a years-long trend in whale deaths up and down the east coast. The National Oceanic and Atmospheric Administration is trying to figure out what's going on. The deaths have led some protesters to call for an end to offshore wind development, saying — without evidence — the sound of the boats and underwater surveying might confuse the whales. Some of those protesters are with the environmental group Clean Ocean Action, but some represent at least one conservative group that opposes offshore wind development.



ELECTIONS

# How a Supreme Court justice's paragraph put the Voting Rights Act in more danger

Justice Neil Gorsuch tacked on a handful of sentences to a 2021 Supreme Court ruling, planting the seeds of a legal fight that could further weaken Voting Rights Act protections for people of color.



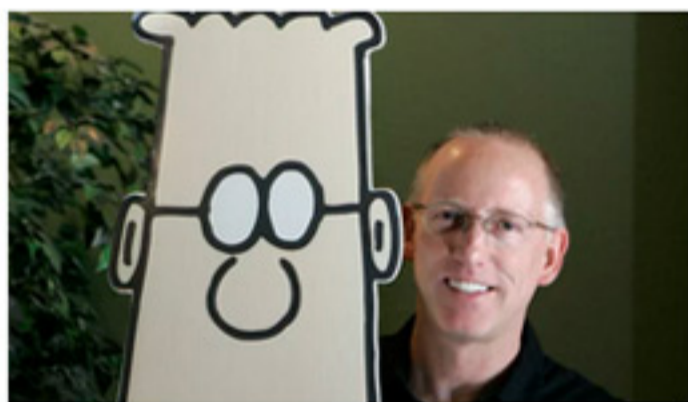
J. Scott Applewhite/AP

In the summer of 2021, Gorsuch tacked a single-paragraph concurring opinion onto a major court ruling to "flag one thing." The ruling was for a lawsuit about Section 2 of the Voting Rights Act. And the "thing" Gorsuch wanted to flag was a question he said no one in the case had raised before the court: **Who has the right to sue to try to enforce that key section of the landmark law?**

Several prominent media publishers across the U.S. are dropping the comic strip Dilbert after its creator, **Scott Adams described people who are Black as members of "a racist hate group"** during an online video show.

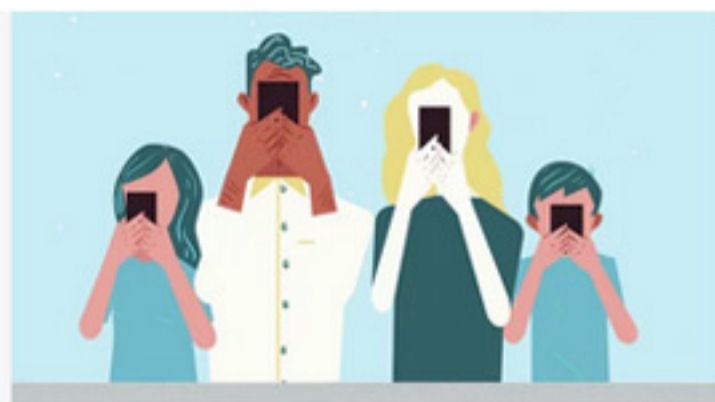
**Social media can feel like a comparison trap**, says study author Helen Thai, a doctoral student in psychology at McGill University. "What I noticed when I was engaging in social media was that I couldn't help but compare myself," Thai says. Scrolling through posts from celebrities and influencers, as well as peers and people in her own social network, led to feelings of inferiority.

It's an unusual strategy for a high-profile criminal defendant who oversaw a company that lost billions of dollars of customer money. And it has left lawyers not involved in the case aghast, since each quotation and tweet from **Bankman-Fried is effectively a gift to prosecutors**, who can use that material to build their case against him. "I think every white-collar lawyer you could ask would say, 'Shut up: Keep your mouth shut, and let us do the talking,'" says Rebecca Mermelstein, a partner at the law firm O'Melveny. Crypto vlogger Tiffany Fong interviewed Bankman-Fried on his campaign contributions. (He reportedly donated about \$40 million during the 2022 midterms.) Bankman-Fried admitted that he had steered money to candidates in a way that is difficult to track. "All my Republican donations were dark," he told Fong. "And the reason was not for regulatory reasons. It's because reporters freak the f\*\*\* out if you donate to a Republican. They're all super liberal, and I didn't want to have that fight. So, I made all the Republican ones dark."



NATIONAL

**Newspapers have dropped the 'Dilbert' comic strip after a racist rant by its creator**



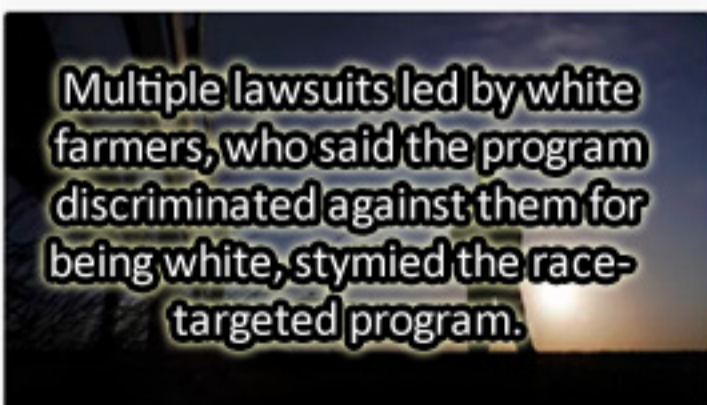
SHOTS - HEALTH NEWS

**How to help young people limit screen time — and feel better about how they look**



BUSINESS

**Disgraced FTX founder Sam Bankman-Fried has another big problem: He won't shut up**



POLITICS

**Black farmers worry new approach on "race neutral" lending leaves them in the shadows**



ECONOMY

**Despite high inflation, Americans are spending like crazy — and it's kind of puzzling**



POP CULTURE HAPPY HOUR

**What 'Succession' and 'Cocaine Bear' have in common (other than cocaine)**



## ***What is spillover? Bird flu outbreak underscores need for early detection to prevent the next big pandemic***

Published: February 24, 2023 3.48pm EST

Treana Mayer, Colorado State University

*Wild birds like pelicans and ducks are getting infected with – and dying from – a new strain of avian influenza and have spread it to farm animals around the world.*







baking soda



**Sodium bicarbonate** (IUPAC name: sodium hydrogencarbonate, *commonly known as baking soda* or bicarbonate of soda, is a chemical compound with the formula  $\text{NaHCO}_3$ . It is a salt composed of a sodium cation ( $\text{Na}^+$ ) and a bicarbonate anion ( $\text{HCO}_3^-$ ). Sodium bicarbonate is a white solid that is crystalline, but often appears as a fine powder. It has a slightly salty, alkaline taste resembling that of washing soda (sodium carbonate). **The natural mineral form is nahcolite.** It is a component of the mineral natron and is found dissolved in many mineral springs.

The prefix bi in bicarbonate comes from an outdated naming system predating molecular knowledge in reference to the two molar equivalents of carbon dioxide (known as carbonic acid in the ancient chemistry language) that potassium hydrocarbonate/bicarbonate releases upon decomposition to (di)potassium carbonate and to potassium oxide (potash).[15] The modern chemical formulas of these compounds now express their precise chemical compositions which were unknown when the name bi-carbonate of potash was coined (see also: bicarbonate).

**Leavening:** In cooking, baking soda is primarily used in baking as a leavening agent. When it reacts with acid, carbon dioxide is released, which causes expansion of the batter and forms the characteristic texture and grain in cakes, quick breads, soda bread, and other baked and fried foods.

**Baking powder**, also sold for cooking, contains around 30% of bicarbonate, and various acidic ingredients which are activated by the addition of water, without the need for additional acids in the cooking medium. Many forms of baking powder contain sodium bicarbonate combined with calcium acid phosphate, sodium aluminium phosphate, or cream of tartar. Baking soda is alkaline; the acid used in baking powder avoids a metallic taste when the chemical change during baking creates sodium carbonate.

In 1791, French chemist Nicolas Leblanc produced sodium carbonate, also known as soda ash. The pharmacist Valentin Rose the Younger is credited with the discovery of sodium bicarbonate in 1801 in Berlin. In 1846, two American bakers, John Dwight and Austin Church, established the first factory in the United States to produce baking soda from sodium carbonate and carbon dioxide.



### Super Glue and Baking soda! Pour Glue on Baking soda and Amaze With Results



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7,830,037 views Oct 28, 2022 #superglue #ideas #lifehacks  
how to fix your broken items using glue and baking soda, known as super glue or ca glue. Using baking soda and super glue together is a much more effective and durable method than repairing using cotton and super glue.

**In 1919, US Senator Lee Overman declared that bicarbonate of soda could cure the Spanish flu.** In the midst of the debate on 26 January 1919, he interrupted the discussion to announce the discovery of a cure. "I want to say, for the benefit of those who are making this investigation," he reported, "that I was told by a judge of a superior court in the mountain country of North Carolina they have discovered a remedy for this disease." The purported cure implied a critique of modern science and an appreciation for the simple wisdom of simple people. "They say that common baking soda will cure the disease," he continued, "that they have cured it with it, that they have no deaths up there at all; they use common baking soda, which cures the disease."



<https://www.standard.co.uk/culture/the-night-watch-painting-rembrandt-restoration-live-a3963181.html>

**Militia Company of District II under the Command of Captain Frans Banninck Cocq**, also known as **The Shooting Company of Frans Banning Cocq and Willem van Ruytenburch**, but commonly referred to as **The Night Watch** (Dutch: De Nachtwacht), is a 1642 painting by Rembrandt van Rijn. It is in the collection of the Amsterdam Museum but is prominently displayed in the Rijksmuseum as the best-known painting in its collection. The Night Watch is one of the most famous Dutch Golden Age paintings. The painting is famous for three things: its colossal size (363 by 437 centimetres (12 by 14+1/2 feet)), the dramatic use of light and shadow (tenebrism) and the perception of motion in what would have traditionally been a static military group portrait. The painting was completed in 1642, at the peak of the Dutch Golden Age.

President Barack Obama delivers a statement in front of Dutch master Rembrandt's 'The Night Watch' painting during a visit to the Rijksmuseum in Amsterdam, March 24, 2014. Frank Augstein / AP







*In February 2014, Mayor-elect Kevin Faulconer meets with then-interim Mayor Todd Gloria.*

## Column: ***The grim parallel paths of Todd Gloria and Kevin Faulconer***

*Current mayor -- like the former mayor -- has a big land deal benefiting political supporters, a homeless quagmire and a hepatitis A warning*

By Michael SmolensColumnist | Feb. 26, 2023 5 AM PT

Todd Gloria rode into the mayor's office in 2020 on an agenda promising change, but he is facing some familiar high-profile problems. They're some of the same issues that plagued predecessor Kevin Faulconer and they may define both their legacies: seemingly intractable homelessness and questionable municipal land deals that benefited political patrons. **Homelessness was pervasive under Faulconer and has only become worse under Gloria.**

Faulconer's commitment to combating homelessness was questioned when unsanitary conditions contributed to an outbreak of hepatitis A that eventually killed 20 people and sickened nearly 600. Gloria has made homelessness a top priority, but critics and some allies don't think he has acted boldly enough. The city recently experienced an increase in hepatitis A cases, with four infections and one death. In addition to embarking on a vaccination campaign for homeless residents, county health officials called on the city to place more portable toilets and hand-washing stations in public areas. That happened under Faulconer as well.

Faulconer, a Republican, and Gloria, a Democrat, have different approaches to governing and different political philosophies, but there are more than a couple of difficult parallels in their tenures. Gloria promised to improve conditions for municipal employees, yet despite raises and increased benefits, the city still has a critical workforce shortage as it did under Faulconer. Both championed the city's climate action plan, which Gloria planned to take to the next level. But both he and Faulconer have faced criticism from climate activists for not going far enough.

### **Those matters raise questions of policy choices and competency.**

But the two mayors share a darker path on public land transactions that, in the most forgiving light, created bad optics. The Faulconer administration's maneuvering for the city to take over the 101 Ash St. office building is well known. Rather than buy the building outright, the city agreed to a more costly lease-purchase agreement. The deal was structured in a way that — whatever the motivation — effectively distanced one of the building's former owners from the transaction, developer Doug Manchester. The real estate magnate, *once the owner of The San Diego Union-Tribune*, was one of Faulconer's biggest financial supporters and gained \$5 million through the 101 Ash St. deal. The general public may never have become aware of that detail and many more involved in the transaction had an asbestos problem not surfaced and rendered the building useless. That resulted in even greater public costs and a full-blown scandal. The city now owns the empty structure and wants to incorporate the property in a hoped-for redevelopment around the Civic Center.

Meanwhile, controversy continues to grow about the Gloria administration's selection of a developer to redevelop the city-owned Pechanga Arena and surrounding municipal property in the Midway District for thousands of homes, commercial areas and a new arena. The choice of the Midway Rising team, which was approved by the City Council, already had drawn criticism for a number of reasons. The main one was team leader Brad Termini and his wife had contributed \$100,000 to a committee that helped elect Gloria mayor. Questions also arose about whether the team was qualified — it had never done a project like this — and there were concerns over past treatment of workers. Further, the vetting process of the competing bidders was thin and rushed. In a recent development, news reports zeroed in on a payment by Midway Rising to a political strategist for organized labor that may have created a conflict of interest.

La Prensa and the Voice of San Diego reported that political consultant Dan Rottenstreich was paid more than \$200,000 to promote the Midway Rising proposal. Rottenstreich is married to Brigitte Browning, head of the San Diego-Imperial Counties Labor Council, a coalition of 136 labor unions representing more than 200,000 workers in two counties. Browning advocated for the Midway Rising proposal at a City Council committee meeting. Browning did not publicly reveal her husband was being paid by the developer. "I would really like to acknowledge that all of the projects have signed agreements with organized labor," Browning told the council's Land Use Committee and Housing Committee, according to La Prensa, "and they're all good projects, but we believe that because Midway Rising has the highest number of affordable housing units and it will create the most number of permanent union jobs, it is absolutely the best project to go forward."

The Midway Rising partnership did not file the requisite disclosure forms about the lobbying expenditures until just after the council voted — long after they were due. The city Ethics Commission eventually reached a settlement with Midway Rising and the development team was fined \$5,000 for the late filing. The Voice of San Diego noted that none of the other companies bidding to redevelop the sports arena area had submitted lobbying expenditure reports. Gloria had received considerable campaign support from the San Diego-Imperial Counties Labor Council and numerous individual unions in 2020. The mayor likely would count on that again if he runs for re-election next year as expected. Union power also looms large over City Council members, all of whom are Democrats. The Midway Rising proposal may well have been the best one submitted. After all, the city's top priority for redeveloping the area is to build a lot of affordable housing. But money and influence cast a pall over the deal, not unlike the 101 Ash St. fiasco.

**Politically, San Diego has undergone a changing of the guard that was decades in the making. In a previous era when Democrats and labor weren't in power, they criticized Republicans and their business allies for this same kind of stuff.**



# Outdated and out of time: Biden's crusade for global democracy is doomed to fail

*Simon Tisdall*



The US president won rave reviews in Kyiv and Warsaw. But his old, cold war mindset is out of step with a changing world

Sun 26 Feb 2023 04.00 EST



It was Joe Biden's week. His energised performance in Kyiv and Warsaw recalled the campaigning style of a much younger man. Russian media sniped that the US president was warming up for his 2024 re-election campaign. They missed the point. He almost certainly intends to run again. Yet last week's adrenaline rush had a different cause. Biden has cast himself as a latter-day Lionheart, leading a global crusade against the bad guys – what he calls “a test for the ages”. He's on a high. He believes he, and the cause of democracy, are winning hands down. Sadly, he's wrong. By “bad guys”, Biden means, principally, Russia's leader, Vladimir Putin, whose delusional speech in Moscow confirmed him as undisputed heir to Ronald Reagan's evil empire. But Biden is also rhetorically targeting authoritarians, autocrats and tyrants everywhere – anyone who challenges the western democratic model. This includes governments ruling at least half of humanity, such as China and India and many African states.

Biden's division of the world into “for us or against us” camps carries uncomfortable echoes of George W Bush, circa 2001, and of Putin himself. That it is America's manifest destiny (updated version) to defend and promote freedom and democracy everywhere is a message that normally plays well with US voters.

At least, it did once, during the cold war with the Soviet Union, when Biden's worldview was formed. No more. Despite Putin's aggressive imperial irredentism, that era has passed. Today's fractured, fragmented world is multipolar and geopolitically complex. After Afghanistan and Iraq, many Americans ask why the US continues to assume the burdens and responsibilities of global leadership, as unthinkingly advocated by politicians of Biden's generation. The next president, Democrat or Republican, may take a less expansive, inward-looking view. Biden is the last of his ilk. If that's true, then the bold pledges he made in Warsaw may last only as long as Biden himself. It's a worrying thought that Europe's security hinges on the views, however passionately held, of a frail, 80-year-old man who could soon be replaced by an unknown – or heaven forbid, Donald Trump. It's a powerful argument for greater self-sufficiency. Biden has become Europe's one-man buffer. But he's an old buffer. He may fail. “The war in Ukraine is about power and the principle of territorial sovereignty, and whether the [US-led] western-designed global order ... will survive new challenges from Moscow and Beijing. But it is increasingly a contest between two ageing cold warriors, one 70 years old [Putin] and another who just turned 80,” the New York Times noted.

*Even assuming Biden's fighting fit, plenty of voters still think he should throw in the towel.* That's not because they dislike him (though many do) but because they think he is just too old. He would be 86 at the end of a second term. Friends point out that Biden mostly fought the 2020 campaign sitting down, closeted in his Delaware basement because of pandemic restrictions. Next year's heavyweight contest will be infinitely more physically taxing.

**Columnist Michelle Goldberg** believes Biden should quit while he's ahead. “Biden has been a great president. He's made good on an uncommon number of campaign promises. He should be celebrated ... But he should not run again,” she wrote. In one recent poll, 78% of Democrats and Democrat-leaning independents approved of Biden's performance, yet 58% wanted a new face next year.

**Analyst Ezra Klein** said Biden had surprised everyone by limiting Republican gains and defeating pro-Trump Maga (“Make America great again”) extremists in November's midterms. Perhaps he could do it again in 2024. He had also succeeded in getting out from under the shadow of Barack Obama, to whom he played second fiddle for eight long years. Yet while Biden may have escaped his past at home, not so abroad. Like Obama, he is overly cautious. His excessive concern that supplying the best weaponry and air defences to Kyiv could provoke Putin has resulted in vast, avoidable destruction in Ukraine.

Taiwan still lacks the strategic clarity and weapons required to repel a Chinese invasion. Biden's nuclear diplomacy with Iran has failed. Israel-Palestine is a policy vacuum where bad things happen. His Afghanistan withdrawal was a shameful disaster. When it comes to what he regards as the most consequential fight of all – for global freedoms, laws and values – Biden is losing ground across the board. “The democracies of the world have grown stronger ... The autocrats of the world have grown weaker,” he declared in Warsaw. Truly? Ukraine has survived, so far, but what of next-door Belarus, where the west watched as pro-democracy activists were crushed? What of Myanmar, where a Beijing-backed junta commits daily crimes against humanity? Think, too, of Hong Kong, where free speech is a fond memory, and of the repressed peoples of Xinjiang, Kashmir, Nicaragua, Venezuela, the West Bank, Syria, Yemen, Tigray, Mali, Cambodia and other democratic black holes where the US (and its allies) have failed to act, looked the other way – or been actively complicit. This is the alternative, anti-freedom narrative of Biden's watch. This is also the complicated reality of a world split many ways, between not always united democracies, Russia and China (separately or in combination), and the rising 21st-century powers of the global south that do not adhere to 18th-century Euro-Atlantic values, Chinese-style collectivism or old-school Soviet totalitarianism.

**The whole idea of the west successfully waging a universal, modern-day democracy crusade – or second cold war – is deaf to history, blind to change, surreptitiously neo-imperialist. More to the point, it's a losing proposition. Biden means well. But he's showing his age. His florid, outdated “us and them” rhetoric is a geopolitical dead end. The world has moved on. Like his Russian sparring partner, Biden hasn't.**



**Michelle Goldberg** (born 1975) is an American journalist and author, and an op-ed columnist for The New York Times. She has been a senior correspondent for The American Prospect, a columnist for The Daily Beast and Slate, and a senior writer for The Nation. Her books are *Kingdom Coming: The Rise of Christian Nationalism* (2006), *The Means of Reproduction: Sex, Power, and the Future of the World* (2009), which is based on her own reporting about the state of women's reproductive rights across several continents, and explores what she terms the "international battle over reproductive rights" and *The Goddess Pose: The Audacious Life of Indra Devi, the Woman Who Helped Bring Yoga to the West* (2015).

Goldberg was born in Buffalo, New York, the daughter of Carolyn and Gerald Goldberg. Her father was managing editor of The Buffalo News and her mother was a math professor at Niagara County Community College. Goldberg received a Bachelor of Arts degree at the State University of New York at Buffalo. She also holds a Master of Science degree in journalism from the University of California Berkeley Graduate School of Journalism. From her early teens she was active in the abortion rights cause, escorting a pregnant 13-year-old friend to an abortion clinic when she herself was 13 and participating in protests and abortion-clinic defense as a high-school senior. In an opinion column titled, "*Rant for Choice*", published in the student newspaper at SUNY Buffalo in 1995, Goldberg, wrote of on-campus anti-abortion demonstrators, "spit at them. Kick them in the head." Goldberg later told the Buffalo News, "Just like someone who says, 'I'm going to kill you,' I didn't mean it literally. I didn't call the article 'A Call to Arms'."

Beginning in 2002, Goldberg was for several years a senior writer for *Salon*. For approximately two years, through September 2015, she was senior contributing writer at *The Nation*. She worked as a senior correspondent at The American Prospect and a columnist for *The Daily Beast* and *Slate* magazine. Her work has been published in The New Republic, Rolling Stone, Tablet and Glamour, and in The Guardian, The New York Times, The Washington Post, and other newspapers.

*Opinions and controversies:* In 2012, Goldberg criticized a column written in USA Today by Ann Romney, wife of politician and businessman Mitt Romney. Romney wrote that there was "no crown more glorious" than the "crown of motherhood." Goldberg responded that such phrases reminded her of "pronatalist propaganda of World War II-era totalitarian regimes." Conservative media outlets criticized Goldberg for the remark; she subsequently said, "I should have realized that right-wingers were going to pretend that I was saying that Romney is akin to two of the century's most murderous tyrants. ... I'm truly sorry to have given the right a pretext for another tedious spasm of feigned outrage."

In 2013, in The Nation, Goldberg criticized the public and media reactions to a tweet by a woman who was fired for tweeting "Going to Africa. Hope I don't get AIDS. Just kidding. I'm white!" She wrote, "Almost any of us could be vulnerable to a crowd-sourced inquisition." In a July 17, 2020, column in the New York Times headlined, "Do Progressives Have a Free Speech Problem?" Goldberg wrote, "The mass uprising following the killing of George Floyd has led to a necessary expansion of the boundaries of mainstream speech.... At the same time, a climate of punitive heretic-hunting, a recurrent feature of left-wing politics, has set in, enforced, in some cases, through workplace discipline, including firings."

In the September 17, 2017, issue of The New York Times Book Review, Goldberg published a critical review of Vanessa Grigoriadis's study of college rape, *Blurred Lines: Rethinking Sex, Power, and Consent on Campus*, which included errors that the publication later corrected. "Michelle is free to dislike my book," Grigoriadis wrote to Book Review editor Pamela Paul. [. . .] Regarding the corrected review, Goldberg stated on Twitter: "Two things are true here. I made a serious error. And one of the book's major claims about its subject isn't correct." [22] She also said that she would "give a kidney and five years of my life" to retract her errors and that "This whole thing is turning into a round robin of fuckups."

**Michelle Goldberg**



**Born** 1975 (age 47–48)  
Buffalo, New York, U.S.

**Education** University at Buffalo (BA)  
University of California, Berkeley (MS)

**Occupation(s)** Journalist, author

**Employer** The New York Times

**Website** Official website 



**Michelle Goldberg** 

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 [nytimes.com/column/michell...](https://nytimes.com/column/michell...)

 Joined November 2010

**5,061** Following **127.9K** Followers

The New York Times named Goldberg as an opinion columnist in September 2017. "**We have entered a period of minority rule,**" Goldberg declared in her debut column, "Tyranny of the Minority," published September 25, 2017. Goldberg argued that the U.S. Constitution's bias toward small states in the Electoral College and U.S. Senate, along with the gerrymandering of U.S. House seats and other factors, gives the Republican Party a structural advantage in national elections, allowing it to win control of the federal government without winning the most votes nationwide. "Twice in the last 17 years, Republicans have lost the popular vote but won the presidency, and it could happen again," she warned. "[President Donald] Trump's election has revealed many dark truths about this country. One of them is: **We're a lot less democratic than we might think.**" Since then, many other political commentators have echoed Goldberg's critique.

Goldberg takes a sanguine view on immigration, she feels that "America is tearing itself apart as an embittered white conservative minority clings to power, terrified at being swamped by a new multiracial polyglot majority." **She contends, though, that "American voters can do to white nationalists what they fear most. Show them they're being replaced."** Goldberg was a strong critic of Donald Trump's presidency. In an October 17, 2020, column headlined "Trump's Misogyny Might Finally Catch Up With Him", she wrote: "If Trump loses, it won't be just because enough women recognize him as a deranged bigot, it will because he blighted too many of their lives."

From 2018 to 2021, Goldberg appeared on the weekly podcast "The Argument," in which she and other columnists for the newspaper debated major national issues. Much of the ideological disagreement on the podcast arose between Goldberg and conservative columnist Ross Douthat, though in their final appearance together on the show in February 2021, each reflected on how the other's arguments had influenced them.

Goldberg lives in Cobble Hill, Brooklyn, New York, with her husband, Matthew Ipcar, in "a small apartment with small kids." She is a self-described secular Jew.





**Mike Brand**

Adjunct Professor of Genocide Studies and Human Rights, University of Connecticut



## Can mass atrocities be prevented? This course attempts to answer the question

Mike Brand, University of Connecticut



### Three big numbers that tell the story of secularization in America

Phil Zuckerman, Pitzer College



### All wars eventually end – here are 3 situations that will lead Russia and Ukraine to make peace

Andrew Blum, University of San Diego

### Title of course: “Introduction to Genocide Studies”

What prompted the idea for the course? Many genocide classes take a historical view, spending a lot of time on the Holocaust or Cambodia’s Killing Fields. As a scholar-practitioner in the field of atrocities prevention and human rights, I wanted something that would make clear to students that mass atrocities – genocide, war crimes, crimes against humanity and ethnic cleansing – are not just in the past, but are very much happening in the present. By exploring recent and ongoing mass atrocities in places such as Syria, Ethiopia, South Sudan and Yemen, students are able to better connect to the material once they realize that these issues have happened during their lifetimes, not decades or centuries ago. I believe the course provides my students with tangible ways they can get more involved in atrocities prevention advocacy and programs. They also learn how to research U.S. legislation that is relevant to genocide, contact members of Congress, write op-eds and create fact sheets. By giving assignments like this, in addition to more traditional papers, my students learn how to effectively engage in human rights advocacy, even in a small way.

In short, when it comes to three key realms of religious life – belief, behavior and belonging – all are lower than they have ever been in American history. **What’s going on?** In my view, **it’s clear: secularization**. But why? In our analysis, the transition from a traditional, rural, nonindustrial society to an urban, industrial or post-industrial society is a key part of the answer – along the lines of the first sociologists’ predictions. As these changes take place, religion is more likely to become unyoked from other aspects of society, such as education and government. Additionally, there is an increase in the amount of religious diversity in a given society, and there tend to be changes in the family, with parents granting their children more freedom regarding religious choices. In nearly every society that we examined that has experienced these concomitant phenomena, secularization has occurred – often in spades. Of course, compared to most other wealthy countries, the U.S. is quite religious. Fifty-five percent of Americans, for example, say they pray daily, compared to an average of 22% of Europeans. Still, we argue that the latest numbers regarding religious belief, behavior and belonging in the U.S. paint a clear portrait of secularization. Beyond the more universal factors, other developments that have been detrimental to religion include a strong reaction against the political power of the religious right, and anger at the Catholic Church’s child sex abuse scandal. The consequences of religion’s weakening are unclear. But while its meaning for America remains an open question, whether secularization is happening is not.

**All wars end**, however, and research shows that almost half end in some type of agreement to stop the fighting. The others end in victory for one side or when, for a variety of reasons, the fighting simply peters out. Here are three key points that help assess the possibility of whether a war might end.

1. A shared idea of the future– be it land, money or political control.
2. If war costs overtake costs of peace– including human lives, money or more intangible qualities, such as prestige – are low, one side might keep fighting for its goals.
3. Whether peace can be enforced – such as an agreement to end a labor union strike, for instance – there is typically a government in place to help enforce its agreement.

It is not possible to predict which of these dynamics might lead to peace negotiations. In every war, however, unforeseen developments unfold that allow progress toward eventual peace.



*People gather around a hole being dug in search of water in Darfur, Sudan, in 2004. AP Photo/Ben Curtis*





CLIMATE, MIGRATION AND THE FAR-RIGHT

# Senegal's artists are fighting the system with a mic and spray paint

A cultural center in Senegal is creating a safe space where artists can use their platform to speak about climate change while also finding opportunities in the art and music scene.

PIKINE, Senegal — On Senegal's peninsula, just west of Dakar, is a neighborhood that attracts hundreds of the country's most gifted musicians, artists and creatives. They all meet at Africulturban, a cultural center in the neighborhood of Pikine. The man who founded it wants radical change. "I'm fighting the system, but I don't fight it alone," says Babacar Niang. The system he is referring to is poverty. It is high in Senegal, and so is the unemployment rate. The agricultural sector is the country's largest source of employment but it's been rocked by the unrelenting challenges of climate change. Niang is an internationally celebrated hip-hop artist who founded Africulturban in 2006. As he walks through the corridors of the center, he is warmly greeted by young people who call him Matador. It's a stage name as well as an alter ego that contrasts with his calm, welcoming presence. "The matador fights the bete noir, the black beast," he says. "The black beast, for us, is the system. I give young people weapons to combat the system and poverty." Those weapons are of a musical and artistic variety. They manifest as opportunities realized at Africulturban. And the foot soldiers against the system are the center's 1,500 young members. There are more than 15 million people in Senegal and a third of them live in poverty. Climate change exacerbates these issues, particularly in the agricultural sector, where 70% of crops depend on rain, according to the World Food Program. The challenges in the agricultural industry lend to the country's high unemployment rate. Unemployment rates shot up between 2002 and 2006, when Africulturban was getting off the ground. The country saw the start of a steep decline in 2011 that ended in 2019. Since then, unemployment rates have been increasing again. Paintings and sculptures line the hallways of Africulturban, and music fills the air. Members can take their pick of jazz or break dance lessons. Outside, a young man makes a drum by hand. **The center is brimming with artistic energy. You almost forget its turbulent origin story.**



Ricci Shryock for NPR



MEDIA

## Rupert Murdoch says Fox stars 'endorsed' lies about 2020. He chose not to stop them

In a \$1.6 billion defamation suit, Dominion Voting Systems argues that Fox Corp. bosses Rupert Murdoch (left) and Lachlan Murdoch (right) were deeply involved in shaping editorial decisions at Fox News.

Asked whether he could have told Fox News' chief executive and its stars to stop giving airtime to Rudy Giuliani — a key Trump campaign attorney peddling election lies — Murdoch assented. **"I could have," Murdoch said. "But I didn't.**

NATIONAL: Pawtuckaway State Park in Rockingham County, New Hampshire

## 'You have to be dangerous back.' Why some LGBTQ people in New Hampshire are taking up arms

NHPR

Members of LGBTQ gun club Rainbow Reload stress that their mission goes beyond mere hobby: The goal is to prepare and protect themselves from a rising chorus of threats against people in their community, including those stemming from hate groups.



Todd Bookman/NHPR





## Senegal's artists are fighting the system with a mic and spray paint

A cultural center in Senegal is creating a safe space where artists can use their platform to speak about climate change while also finding opportunities in the art and music scene.



Babacar Niang is a leading figure at *Africulturban* in Pikine. Niang sees Africulturban as a place where people can learn how to fight the system.



## Mexican president disparages pro-democracy demonstrators

By FABIOLA SANCHEZ yesterday



*FILE - Mexican President Andres Manuel Lopez Obrador speaks during the North America Summit, at the National Palace in Mexico City, Jan. 10, 2023. Obrador said on Feb. 23, 2023 that he'll sign a new bill into law that will cut funding to the country's electoral agency. (AP Photo/Fernando Llano, File)*

MEXICO CITY (AP) — Mexico's president lashed out Monday against demonstrators opposed to his plan to cut election funding, belittling their concerns about threats to democracy and dashing any hopes that he would try to ease rising political tensions.

President Andrés Manuel López Obrador seemed to revel in the conflict, hurling insults at the tens of thousands of people who demonstrated over the weekend in Mexico City's main plaza, calling them thieves and allies of drug traffickers.

"There was an increase in the number of pick pockets stealing wallets here in the Zocalo, but what do you want, with so many white-collar criminals in one place?" López Obrador said at his daily morning press briefing.

At the root of the conflict are plans by López Obrador, which were approved last week by Mexico's Senate, to cut salaries and funding for local election offices, and scale back training for citizens who operate and oversee polling stations. The changes would also reduce sanctions for candidates who fail to report campaign spending.

López Obrador denies the reforms are a threat to democracy and says criticism is elitist. He argues that the funds should be redirected to helping the poor.

Riffing on the protesters' slogan "Don't touch the INE (National Electoral Institute)," López Obrador said their slogans were "Don't touch corruption," "Don't touch privileges," "Don't touch the Narco Government."

López Obrador remains highly popular in Mexico, with approval ratings of around 60%. While he cannot run for reelection, his Morena party is favored in next year's national elections and the opposition is in disarray.

Part of his popular appeal comes from railing against high-paid government bureaucrats, and he has been angered by the fact that some top electoral officials are paid more than the president. But López Obrador has also openly criticized oversight and regulatory agencies, the courts and congress.

The opposition, tarnished by corruption scandals, has struggled to compete with the president's popular spending and handout programs.

Rubén Salazar, the director of the Etellekt Consultores firm, said there is "a lack of leadership in the opposition to mount a defense of all these institutions like the INE and the Supreme Court."



## Ex-Cardinal McCarrick asks court to dismiss sex assault case

By ALANNA DURKIN RICHER yesterday



*FILE - Former Washington Archbishop, Cardinal Theodore McCarrick listens during a press conference in Washington, May 16, 2006. Lawyers for former Roman Catholic Cardinal McCarrick filed a motion Monday, Feb. 27, 2023, to dismiss a case charging him with sexually assaulting a boy decades ago, saying the 92-year-old once-powerful American prelate has dementia and is not competent to stand trial. (AP Photo/J. Scott Applewhite, File)*

BOSTON (AP) — Lawyers for former Roman Catholic Cardinal Theodore McCarrick filed a motion Monday to dismiss a case charging him with sexually assaulting a boy decades ago, saying the 92-year-old once-powerful American prelate has dementia and is not competent to stand trial.

McCarrick pleaded not guilty in September 2021 in the Massachusetts case that alleges the priest sexually abused the boy at a wedding reception at Wellesley College in June 1974. He is the only U.S. Catholic cardinal, current or former, ever to be criminally charged with child sex crimes.

Pope Francis defrocked McCarrick in 2019 after a Vatican investigation determined he sexually abused minors, as well as adults.

A two-year internal investigation found that three decades of bishops, cardinals and popes downplayed or dismissed reports of sexual misconduct. Correspondence showed they repeatedly rejected the information as rumor and excused it as an “imprudence.”

The findings released in 2020 pinned much of the blame on Pope John Paul II, who appointed McCarrick archbishop of Washington, D.C., despite having commissioned an inquiry that confirmed McCarrick slept with seminarians.



### Zero-calorie sweetener linked to heart attack and stroke, study finds

CNN · 48 minutes ago



- Study says artificial sweetener risk could be devastating

Queen City News · 9 hours ago

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### Study: Artificial sweeteners linked to higher stroke risk



**(CNN)** — A sugar replacement called erythritol – used to add bulk or sweeten stevia, monkfruit and keto reduced-sugar products – has been linked to blood clotting, stroke, heart attack and death, according to a new study.

“The degree of risk was not modest,” said lead study author Dr. Stanley Hazen, director of the Center for Cardiovascular Diagnostics and Prevention at the Cleveland Clinic Lerner Research Institute.

People with existing risk factors for heart disease, such as diabetes, were twice as likely to experience a heart attack or stroke if they had the highest levels of erythritol in their blood, according to the study, published Monday in the journal Nature Medicine.



**RELATED ARTICLE**  
Five natural alternatives to sugar

“If your blood level of erythritol was in the top 25% compared to the bottom 25%, there was about a two-fold higher risk for heart attack and stroke. It’s on par with the strongest of cardiac risk factors, like diabetes,” Hazen said.



### White House: No more TikTok on gov't devices within 30 days

11 hours ago



WASHINGTON (AP) — The White House is giving all federal agencies 30 days to wipe TikTok off all government devices, as the Chinese-owned social media app comes under increasing scrutiny in Washington over security concerns.

### TikTok banned on all Canadian government mobile devices

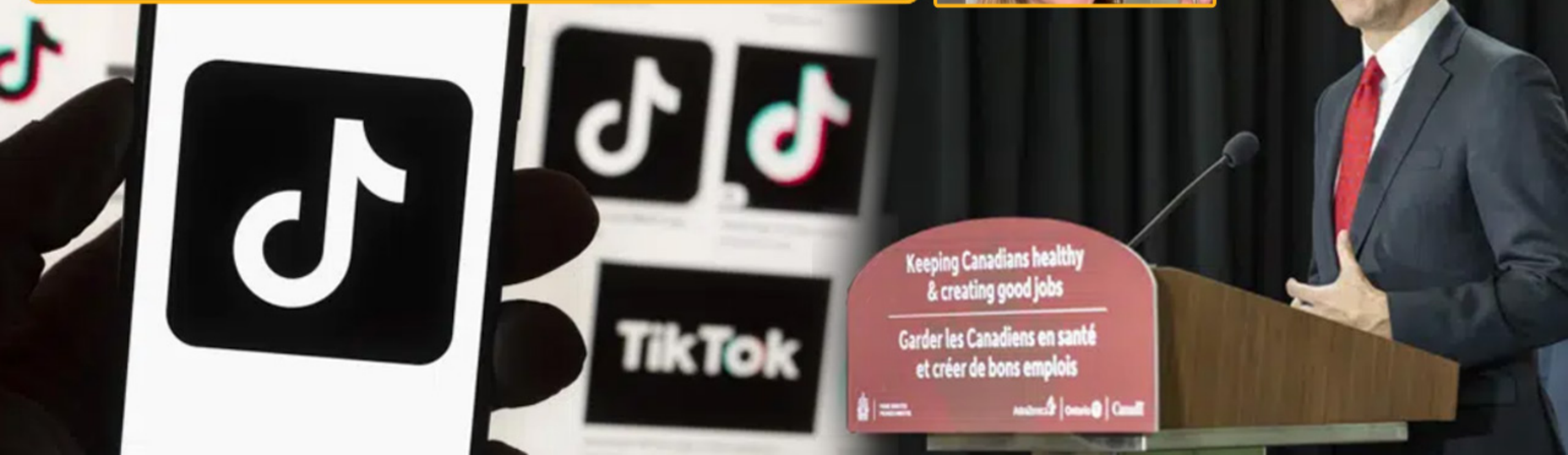
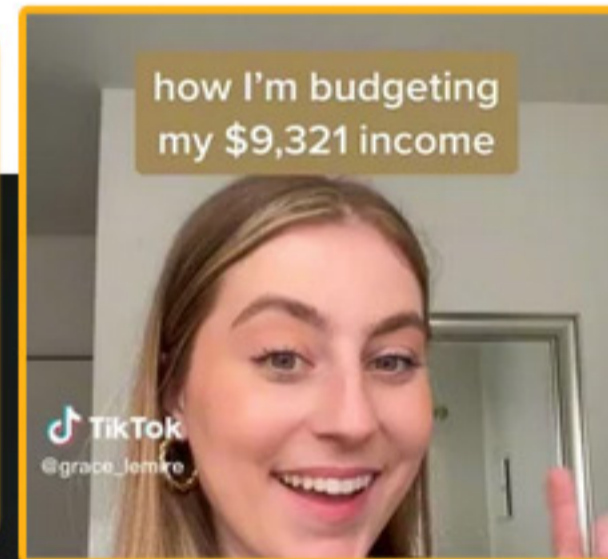
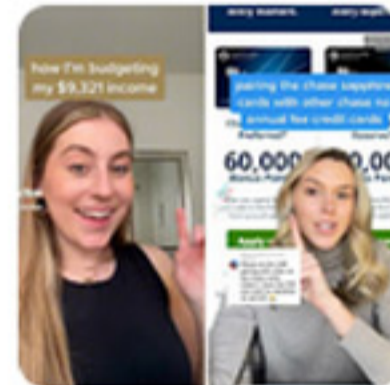
16 hours ago



TORONTO (AP) — Canada announced Monday it is banning TikTok from all government-issued mobile devices, reflecting widening worries from Western officials over the Chinese-owned video sharing app.

### TikTok is teaching people to manage their money. But it's only a place to start.

NPR · 2 hours ago





### TD Bank, others agree to pay \$1.35B settlements to end Allen Stanford Ponzi scheme litigation

USA TODAY · 13 hours ago



- TD Bank reaches \$1.2 billion settlement in Ponzi scheme lawsuit

CNN · 15 hours ago

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**TD Bank will pay \$1.2 billion to settle a lawsuit alleging its involvement in an infamous \$7 billion Ponzi scheme orchestrated by disgraced financier Allen Stanford more than a decade ago.** Toronto-Dominion Bank agreed to pay \$1.205 billion to a court-appointed receiver who will in turn pay back victims of the scheme but denied any wrongdoing, the bank said in a statement Monday

Stanford was sentenced to 110 years in prison in 2012 after being found guilty on 13 counts of fraud-related charges in Houston. Prosecutors charged that Stanford sold billions of dollars in fraudulent certificates of deposit administered by Stanford International Bank Ltd., an offshore bank in Antigua, ensnaring thousands of victims. The lawsuit claimed TD Bank collected these deposits in US and Canadian dollar values and continuously ignored red flags about the Antigua-based bank over the years. "As has been the case throughout these proceedings, **TD expressly denies any liability or wrongdoing with respect to the multi-year Ponzi scheme operated by Stanford and makes no admission in connection to any Stanford matter as part of the settlement,**" the Canada-based bank said in a statement. "TD provided primarily correspondent banking services to Stanford International Bank Limited and maintains that it acted properly at all times," the bank said.

The settlement announcement comes the same day the banks were scheduled for trial in Houston federal court, averting the trial. Additionally, HSBC will pay \$40 million and Independent Bank, formerly Bank of Houston, will pay \$100 million, the receivership's counsel confirmed. "HSBC is pleased to have resolved this claim, which relates to matters over a decade old, with no admission of any liability or wrongdoing," the bank said in a statement.

Independent Bank did not immediately respond to a request for comment. In a securities filing, the firm denied liability or wrongdoing.

Investors alleged five banks – Trustmark (TRMK), TD, Bank of Houston (now Independent Bank Group (IBTX)), HSBC (HBCYF) and Societe Generale Private Banking, or Suisse – knew or should have known about the alleged fraud perpetrated by Stanford, and that they aided and abetted the disgraced financier in the 20-year scheme. The latest settlement brings the total recoveries amount to more than \$1.6 billion. "Given all the challenges faced by the receivership since 2009, this is nothing short of a monumental recovery," said Kevin Sadler, lead counsel for the receiver, in a statement.

TD said it agreed to settle to "avoid the distraction and uncertainty of continuing a long legal proceeding." Clients of Stanford, were told that the certificates of deposit they purchased averaged a rate of return 3-4% higher than US CD's, and that the bank made safe investments in products like stocks and bonds. But the money was actually used to fund the Texas tycoon's lavish lifestyle, including multiple homes in the Caribbean and US.

Societe Generale reached a settlement of \$157 million and Trustmark agreed to pay \$100 million earlier this year.



#### RELATED ARTICLE

8 of the most notorious Ponzi schemes in US history



[Video Ad Feedback](#)

How common are Ponzi schemes in crypto? Crypto billionaire Sam Bankman-Fried weighs in

03:59 - Source: CNN Business



# San Diego

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## Loud boom heard, felt in San Diego area

FOX 5 San Diego · 12 hours ago



## San Diego Deputy Accused of Bringing Cocaine to Work Pleads Not Guilty

NBC San Diego · 5 hours ago



## McConnell's Fine Ice Creams Is Opening in San Diego

Eater San Diego · 19 hours ago



## SDG&E Says \$16M in Funds Will Help Struggling Customers With Energy Bills

NBC San Diego · 6 hours ago



SAN DIEGO — Many local residents took to social media Monday afternoon about hearing and feeling a *loud boom* in certain parts of San Diego County. Some reported the “shaking” being felt from North Park to Mission Beach and Coronado. “What the heck was that just now in San Diego? My whole house shook and I heard a loud boom, I thought someone crashed into the side of my house or something. No earthquakes reported....” @christasleeve tweeted around 4 p.m. The Coronado Times Newspaper questioned the “big bang/shake” on Twitter as well. “Coronado Island here...what was that big bang/shake a minute ago?” the organization tweeted. A second boom was felt and heard not too long after the first one, according to social media users.

Now suspended **sheriff's deputy Allen Wereski** appeared in San Diego County Superior Court on Monday and pleaded not guilty to a charge of felony possession of a controlled substance on jail property. The Deputy District Attorney for the case, Carlos Campbell, said a conviction for that crime can come with a maximum sentence of four years. Wereski was arrested in early February after his colleagues searched his vehicle at the Vista Detention Facility and allegedly found cocaine. There was no further information about what prompted the search.

Founded over 70 years ago in Santa Barbara, **McConnell's Fine Ice Creams** expanding its small collection of California scoop shops with its southernmost location yet coming to Carlsbad where it'll open at the Forum by early summer. A rep for McConnell's told Eater that the new 1,000-square-foot Carlsbad storefront will be opening just in time for the limited-edition release of its summer flavors and to celebrate National Ice Cream month in July.

**San Diego Gas & Electric** says it will provide an additional \$16 million in shareholder funding to help customers struggling with their high energy bills. Not all the money is going directly to ratepayers, though. A total of \$10 million is headed toward a fund that will "support local nonprofit, community-based organizations that provide essential services to vulnerable customers," a company statement said. It is not yet clear how customers would be able to access this resource; that info is expected to be released in the coming weeks. What they did say was that SDG&E will seek proposals that support programs for vulnerable and lower-income residents, including seniors.





*Curr Oncol.* 2010 Oct; 17(5): 2–3.

doi: [10.3747/co.v17i5.671](https://doi.org/10.3747/co.v17i5.671)

PMCID: PMC2949364 | PMID: [20975870](https://pubmed.ncbi.nlm.nih.gov/20975870/)

## Should there be a legal right to die?

[D. Benatar](#), PhD

Imagine a society in which patients are routinely euthanized—whether they want their lives to end or not—if their suffering cannot be alleviated without dulling their consciousness, eliminating their independence, or threatening their dignity. In such a society, defenders of the status quo might argue that the duty to prevent suffering and indignity makes the policy imperative. A compelling response would be that, while suffering, indignity, and loss of independence are undesirable, only the person enduring them should decide whether they are unbearable. If a patient is competent to decide, nobody other than that patient should have the authority to decide whether life is worth continuing.

The very same argument, however, can be advanced against the current practice, prevalent in most countries, of prohibiting people from seeking assistance to end their lives. Although some people might decide that the suffering and indignity that characterize their lives are not sufficiently bad to make life not worth continuing, other people in the same situation will deem their condition unbearable. Just as it would be wrong to force people to die, so is it wrong to force people to endure conditions that they find to be unbearable.

The decision about whether to continue living in such conditions is among the most important that can be made. Just as people value having control over where to live, which occupation to pursue, whom to marry, and whether to have children, so people value having control over whether to continue living when quality of life deteriorates. That is why the right to life and the right to die are not two rights, but two aspects or descriptions of the same right. The right to life is the right to decide whether one will or will not continue living. The right to die is the right to decide whether one will die (when one could continue living). If the right to life were only a right to decide to continue living and did not also include a right to decide not to continue living, then it would be a duty to live rather than a right to life. The idea that there is a duty to continue living, regardless of how bad life has become, is an implausible one indeed.

The right to die requires clarification. It need not be a right to assistance in ending one's life. Instead, it need only amount to a right not to be prevented from gaining assistance in ending one's life. This distinction is crucial. If the right to die were a right to positive assistance, then others would do wrong if they failed to help. What is worrying about such a rights claim is that it could impose on those who have moral qualms concerning euthanasia or assisted suicide a duty nonetheless to help others die. That claim is more controversial. Thus, the right to die need be interpreted only as a right not to be prevented from being assisted by those who are willing to help. In other words, those who think assisted suicide and euthanasia are immoral should not be forced to (help) kill others. However, they should similarly not be allowed to prevent others from giving assistance to those who have reasonably determined that their lives are not worth continuing. Nobody should be forced to assist, nor forced not to assist.

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Some might ask why assistance is necessary. If people want to die, why can they not just kill themselves? There are, in fact, good reasons that assistance may be either necessary or desirable. In some situations, people have become so weak or debilitated that they are quite literally unable to kill themselves. If people have no option of assistance, they might be forced to kill themselves before they feel that life has become unbearable, only because they know that they will be unable to obtain assistance at a later stage, once their condition deteriorates. Even people who are able to kill themselves might prefer the assistance of others, and especially medically trained people. This is because killing oneself can be a messy, undignified, or unduly painful act, and an act that might unnecessarily impose on others. Throwing oneself in front of a train or off a bridge, for example, can cause considerable trauma to others, and those are gruesome ways to die. An overdose could lead to a more dignified death, but laypeople often know too little about how reliably to end their lives that way. Failing to overdose properly or being found before death has occurred could leave a person in a vegetative condition, which is exactly what that person might have been seeking to avoid. With the assistance of a caring, competent doctor, people can arrange to die at a chosen time, in privacy and with dignity. It is thus fully understandable that people might prefer this option to taking their own lives unassisted.

A few jurisdictions currently permit assisted suicide or euthanasia, but most do not. Some of the former jurisdictions restrict assisted suicide or euthanasia to their own citizens or residents, but Switzerland allows foreigners to make use of its life-ending facilities. The problem, of course, is that a trip to Switzerland imposes many obstacles for people suffering elsewhere. Some might be too sick to make the trip. Others might lack the resources to get to Switzerland. Even those who could access the Swiss facilities might have to travel and die alone because any family member who accompanies them could be charged in their home country with assisting in a suicide. And even in the absence of that jeopardy, patients have to travel, often great distances, to die in a foreign place rather than in familiar surroundings. For those reasons, the fact that assistance in dying is available somewhere is not an excuse for not making it available everywhere.

Killing people or helping them to kill themselves is usually wrong, because continued life is, we assume, usually in those people's interest. It is extremely implausible, however, to think that continued life is always in a person's interest. Quality of life can fall to abysmal levels. While there can be reasonable disagreement about how poor the quality must be before life is not worth continuing, it is an indecent imposition on people—an unconscionable violation of their liberty—to force them to endure a life that they have reasonably judged to be unacceptable. Accordingly, it is incumbent on liberty-respecting states to allow assisted suicide or euthanasia for those whose lives have become a burden to themselves.





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# Should there be a legal right to die?

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Imagine a society in which their suffering can be threatening their dignity, and loss of independence unbearable. If a patient decide whether life

The very same argument prohibiting people living and indignity to people in the same die, so is it wrong to

The decision about whether to continue living in such conditions is among the most important that can be made. Just as people value having control over where to live, which occupation to pursue, whom to marry, and whether to have children, so people value having control over whether to continue living when quality of life deteriorates. That is why the right to life and the right to die are not two rights, but two aspects or descriptions of the same right. The right to life is the right to decide whether one will or will not continue living. The right to die is the right to decide whether one will die (when one could continue living). If the right to life were only a right to decide to continue living and did not also include a right to decide not to continue living, then it would be a duty to live rather than a right to life. The idea that there is a duty to continue living, regardless of how bad life has become, is an implausible one indeed.

The right to die requires clarification. It need not be a right to assistance in ending one's life. Instead, it need only amount to a right not to be prevented from gaining assistance in ending one's life. This distinction is crucial. If the right to die were a right to positive assistance, then others would do wrong if they failed to help. What is worrying about such a rights claim is that it could impose on those who have moral qualms concerning euthanasia or assisted suicide a duty nonetheless to help others die. That claim is more controversial. Thus, the right to die need be interpreted only as a right not to be prevented from being assisted by those who are willing to help. In other words, those who think assisted suicide and euthanasia are immoral should not be forced to (help) kill others. However, they should similarly not be allowed to prevent others from giving assistance to those who have reasonably determined that their lives are not worth continuing. Nobody should be forced to assist, nor forced not to assist.

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kill themselves? In some situations, themselves. If people at life has become later stage, once the assistance of messy, undignified, oneself in front of a re gruesome ways little about how death has occurred have been seeking at a chosen time, in tion to taking their

## ... rather than a Right to Life

Remember how hard childbirth was? You don't want to think about it, but you know how hard dying will be.

Not for wimps. And the life in-between isn't all peaches and cream either.

Yet, all the more, we yearn for more. Even when clinically depressed the life-wish is stronger than the death-wish, or we wouldn't still be here. We can only conclude life is good.

Until it isn't.

{Should there be a legal right to die? "The right to die is the right to decide whether one will die (when one could continue living). If the right to life were only a right to decide to continue living and did not also include a right to decide not to continue living, then it would be a duty to live rather than a right to life." > <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2949364/>}

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own lives unassisted.

A few jurisdictions currently permit assisted suicide or euthanasia, but most do not. Some of the former jurisdictions restrict assisted suicide or euthanasia to their own citizens or residents, but Switzerland allows foreigners to make use of its life-ending facilities. The problem, of course, is that a trip to Switzerland imposes many obstacles for people suffering elsewhere. Some might be too sick to make the trip. Others might lack the resources to get to Switzerland. Even those who could access the Swiss facilities might have to travel and die alone because any family member who accompanies them could be charged in their home country with assisting in a suicide. And even in the absence of that jeopardy, patients have to travel, often great distances, to die in a foreign place rather than in familiar surroundings. For those reasons, the fact that assistance in dying is available somewhere is not an excuse for not making it available everywhere.

Killing people or helping them to kill themselves is usually wrong, because continued life is, we assume, usually in those people's interest. It is extremely implausible, however, to think that continued life is always in a person's interest. Quality of life can fall to abysmal levels. While there can be reasonable disagreement about how poor the quality must be before life is not worth continuing, it is an indecent imposition on people—an unconscionable violation of their liberty—to force them to endure a life that they have reasonably judged to be unacceptable. Accordingly, it is incumbent on liberty-respecting states to allow assisted suicide or euthanasia for those whose lives have become a burden to themselves.