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**Subject:** Greg Brown's Weekend Reading and Other Things.. 2/07/2016

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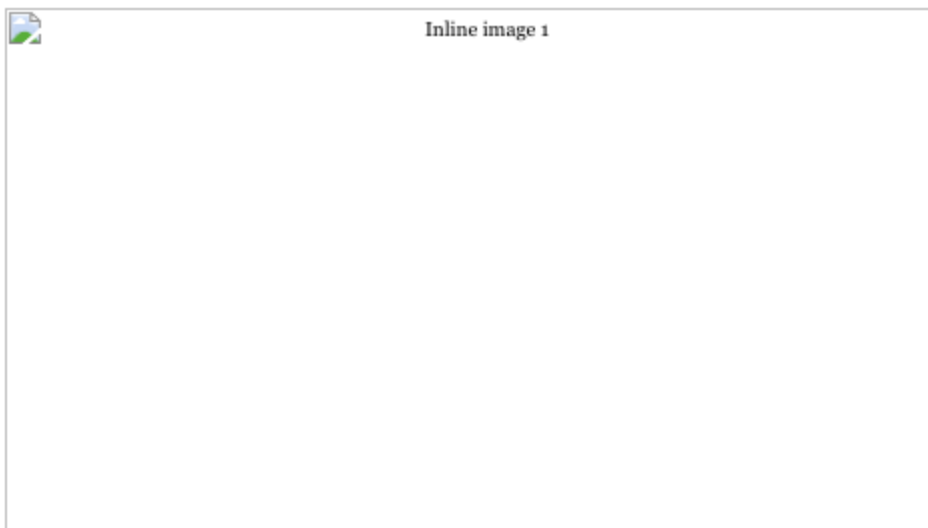
**Attachments:** Too\_poor\_to\_retire\_and\_too\_young\_to\_die\_John\_Glionna\_01.29.16.docx;  
Marcus\_Miller\_bio.docx

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DEAR FRIEND.....

## Too Poor to Retire and Too Young to Die

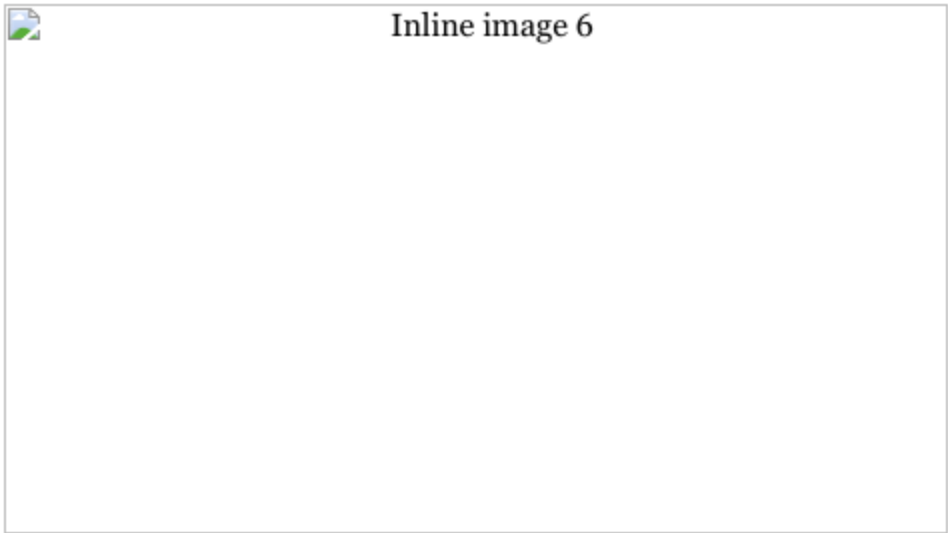


Angelo and Mina Maffucci were living on coffee before calling a food pantry for help.

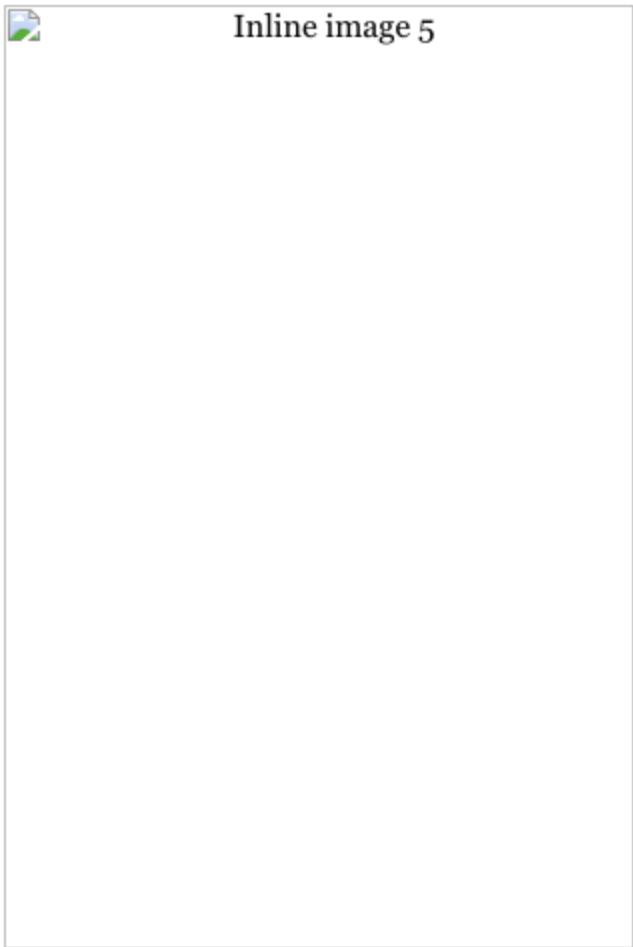
There is an ugly truth in America today that our politicians and general public seem to ignore and it is that in addition to the usual aspects of everyday life ranging from the loss of mental acuity to physical dexterity and sexual activity deterioration, the big ugly in the United States is that more and more Americans are too poor to retire and are living longer with little or no financial security.

Nearly one-third of U.S. heads of households ages 55 and older have no pension or retirement savings and a median annual income of about \$19,000. A growing proportion of the nation's elderly are too

poor to retire and too young to die. Many rely on Social Security and minimal pensions, in part because half of all workers have no employer-backed retirement plans. Eight in 10 Americans say they will work well into their 60s or skip retirement entirely.



Elder poverty rates are twice as high among Blacks and Latinos compared to the U.S. population as a whole: 19.4 percent of Black seniors and 19.0 percent of Latino seniors have incomes below the federal poverty line, compared to 9.4 percent for the senior population overall. Less than a third of employed Latinos and less than half of Black workers are covered by an employer sponsored retirement plan, a critical resource in ensuring adequate retirement income. As a result, they are disproportionately reliant on the limited income provided by Social Security.



Among retirees age 60 and older, people of color are disproportionately likely to be low income: for 2007-2009, 31.6 percent of Blacks and 46.5 percent of Latinos were in the bottom 25 percent income group. The “other” race group, which includes Asian/Pacific Islander and Native American populations, is also more likely to be low-income (38 percent).

Imagine the face of senior poverty. Who do you see? If you see a woman, you’d be spot on. That’s because the same challenges that affect women in their younger years, follow them and magnify as they age — income inequality, low wage jobs, discrimination, societal expectations of women as caregivers, lack of financial education. When you add declining health, longevity as compared to male partners, racial disparities and disability to the mix, the result is a full-blown crisis of illness, hunger, depression and isolation. It should therefore come as no surprise that one in five women over age 65 who lives alone in America is living in poverty. Yet it isn’t even on the political or media radar. I’m talking about women who must make daily choices between heat and medicine — who consider suicide on a regular basis.

### Sandy, Myrtle, Lidia and Dolly



Inline image 4

Web Link: <https://vimeo.com/109467513>

Sandy, Myrtle, Lidia and Dolly agreed to share the struggles they face in their daily lives in the hope that if enough people learned the truth and spoke out about it, politicians would be forced to listen and to act on behalf of low-income seniors by preserving and expanding the programs that help these women survive – Medicaid, Medicare, Social Security and the Supplemental Security Income program. The life events that led these women to their current situations could happen to many women we know. They are not unusual, just everyday misfortunes and disappointments — magnified by age and economic vulnerability.

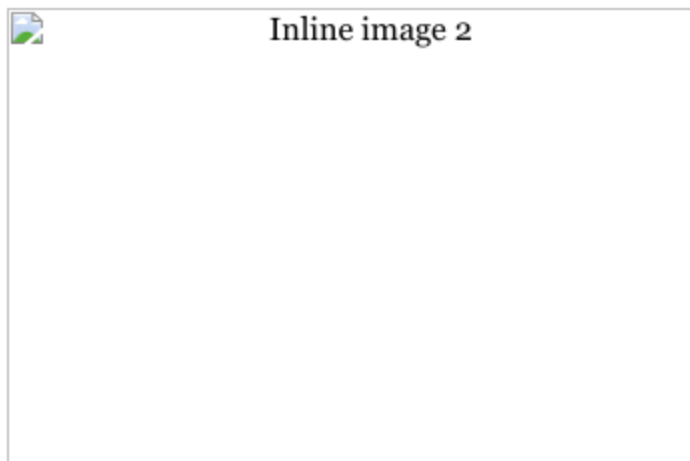
Like many poor Native American women of her generation, Dollie received only limited formal education. She came to California from Oklahoma with her family as a child and had to quit school and go to work when her father became ill. Her lack of formal education led to a lifetime of low-wage, physically demanding jobs that made saving impossible. Because many of those jobs were “*off-the-books*” she didn’t build the work history necessary to qualify for Social Security. She now relies on her monthly Supplemental Security Income (SSI) benefit of \$877 to survive. Sandy had a good job as a registered nurse, and a middle class standard of living. She lost her husband and her ability to work her physically demanding job around the same time, leaving her with no income. Because she had a good job, she receives just enough Social Security to be disqualified from means-based assistance like Medicaid and subsidized housing. As a result she spends a large percentage of her monthly income on rent, leaving little money to cover food or her Medicare co-payments and premiums.

Lidia came to the US from Cuba as a child. For 20 years she ran her own barbershop business, while she raised a family, bought a home, worked hard and thrived. She became too ill to cut hair about the same time as the housing market collapsed. She lost her home and unknowingly signed away her rights to her ex-husband's police pension, depriving herself of around \$1,800 per month in benefits. Today she lives in subsidized senior housing, struggles to afford food and tries to avoid relying too much on her children for help. Myrtle had a good job and a big plan for travel when she retired. Then she got injured at the workplace and had to go on disability. Her husband then divorced her. She managed to keep her home, but she struggles daily with medical and other expenses on her limited Social Security Income benefit.

These women and growing numbers of others like them have nothing to rely on but the limited and increasingly threatened social safety net programs — like Medicaid and SSI. We all need to fight hard to preserve and expand these programs — especially with a new Congress that appears committed to reducing the assistance these programs provide. The solutions to senior poverty are well within our grasp. As a country we have the ability to ensure that every senior has access to a safe place to live, healthy food to eat, and affordable, accessible medical care — in essence the right to age in dignity.

Older women are twice as likely to live in poverty as men due to wage discrimination, low wage jobs, death of a spouse, and divorce. And this is especially true for black women, as 25% of black women over 65 live in poverty and 26% of Native American women over 65 live in poverty. 23% of Hispanic women over 65 live in poverty. These women are living from paycheck to paycheck, often they are living from day to day, facing the decision of either eating versus buying new medicines.

It cost an average of \$23,317 a year for a senior living alone in California to meet her basic needs. While the average Social Security income for retire women is \$12,155. Take medicines for the elderly, whereas they may have the coverage often they don't have the money to make the co-pays. They have four for a lot of seeing is what happens is that the healthcare stops right there. Older women spend on average of \$5,036 a year on out-of-pocket healthcare costs. Which is more than older man and any other age group. And women age 85 and over spend an average of \$8,574. Let's remember that one in five seniors nearing retirement have no retirement savings at all. Often the elderly end up homeless living in cars when they cannot get into shelters or low-cost housing. And this can be for a year and more. Seniors with that access the housing, food, and healthcare face and possible choices.



It is not fun getting old and we have to do something for these people who don't have families and the means to take care of themselves especially in the richest country in the world. These people are asking for much: a basic income, a safe place to live, affordable health care, and healthy food. Please see the attached story in the **Los Angeles Times** by John Glionna – ***Too Poor to Retire and Too Young***

**to Die** – story of Dolores Westfall who in her 70s lost her home. Her savings long gone, and having never done much long-term financial planning, Westfall left her home in California to live in an aging RV she calls Big Foot, driving from one temporary job to the next. *“I want to live life as much as I can. Before I don't have any.”* She endures what is for many aging Americans an unforgiving economy.

In 2013, 9.6 million Americans over the age of 60 -- or one of every six older men and women -- could not reliably buy or access food at least part of the year, according to an analysis from researchers at the University of Kentucky and the University of Illinois, using the most recent data available. The country was doing a *"worse job in trying to end senior hunger in America,"* said Enid Borden, president of the National Foundation to End Senior Hunger in Alexandria, Va., which commissioned the report. She noted the number of seniors who "face the threat of hunger has gone up every single year since we started doing the research on this. And that's not good."

Across the country, the rate of food insecurity -- the academic term for a disruption in the ability to maintain a basic, nutritious diet -- among seniors has more than doubled since 2001, according to the National Council on Aging. And it is projected to climb even further as the Baby Boom generation gets older. Out-of-pocket medical expenses, which increase steadily as people age, often use up large portions of monthly income for seniors, money that otherwise might be used on groceries. The descent into privation for seniors accustomed to middle-class life is usually swift and unforgiving, say the advocates who aid them. It is often also triggered by failing health, the inability to work or the death of a spouse. As a result more and more of our elders are facing the rest of their lives living in poverty, while politicians are arguing about giving more tax breaks to the wealthy as their solution. Who's kidding who....?

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## Sorry Mr. Trump and Mr. Cruz

Immigration has changed the world and America – for the better



Inline image 1

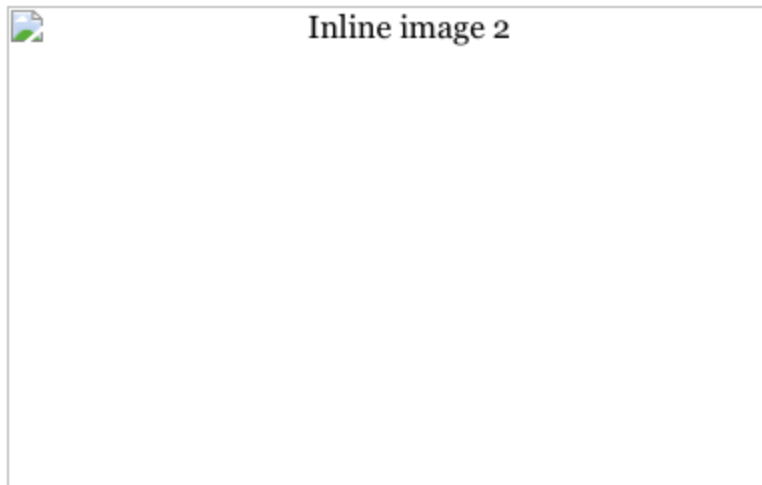
*A migrant holds his passport and a train ticket in Freilassing, Germany September 15, 2015.*



In today's hostile anti-Immigrants climate whereby some argue that the immigrants flooding across borders, steal jobs, are a burden on taxpayers and threaten indigenous culture and all of the Republican candidates for the GOP's 2016 Presidential nomination concur, most notable Donald Trump, who wants to deport 11 million illegal immigrants currently living in the United States – the reality is that evidence (World Economic Forum) clearly shows that immigrants provide significant economic benefits. That immigration boosts economic growth, meets skill shortages, and helps create a more dynamic society.

However, there are local and short-term economic and social costs. As with debates on trade, where protectionist instincts tend to overwhelm the longer term need for more open societies, the core role that immigrants play in economic development is often overwhelmed by defensive measures to keep immigrants out. A solution needs to be found through policies that allow the benefits to compensate for the losses.

Around the world, there are an estimated 230 million migrants, making up about 3% of the global population. This share has not changed much in the past 100 years. But as the world's population has quadrupled, so too has the number of migrants. And since the early 1900s, the number of countries has increased from 50 to over 200. More borders mean more migrants.



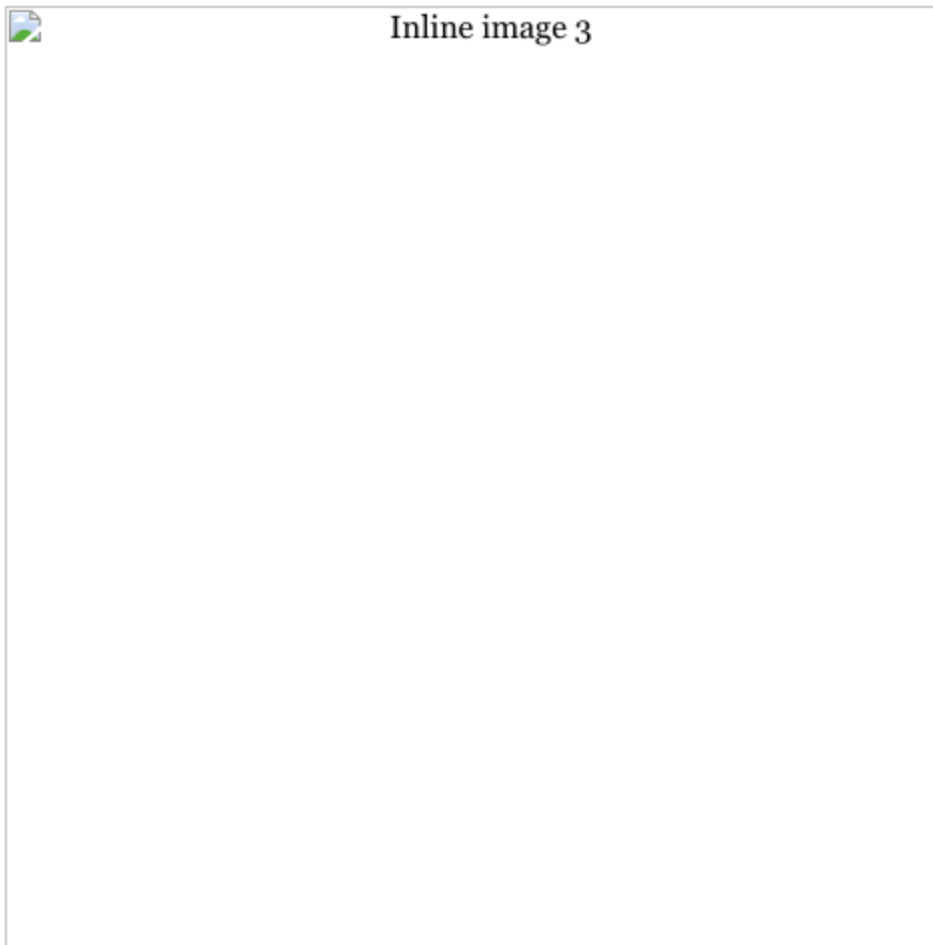
Of the global annual flow of around 15 million migrants, most fit into one of four categories: **economic** (6 million), **student** (4 million), **family** (2 million), and **refugee/asylum** (3 million). There are about 20 million officially recognized refugees worldwide, with 86% of them hosted by neighboring countries, up from 70% 10 years ago.

In the US, over a third of documented immigrants are skilled. Similar trends exist in Europe. These percentages reflect the needs of those economies. Governments that are more open to immigration assist their country's businesses, which become more agile, adaptive and profitable in the war for talent. Governments in turn receive more revenue and citizens thrive on the dynamism that highly-skilled migrants bring. Yet it is not only higher-skilled migrants who are vital. In the USA and elsewhere, unskilled immigrants are an essential part of the construction, agriculture and services sector.

Again for those who believe that immigrants take jobs and destroy economies. Evidence proves this wrong. In the United States, immigrants have been founders of companies such as Google, Intel,

PayPal, eBay, and Yahoo! In fact, skilled immigrants account for over half of Silicon Valley start-ups and over half of patents, even though they make up less than 15% of the population. There have been three times as many immigrant **Nobel Laureates**, **National Academy of Science** members, and **Academy Award** film directors than the immigrant share of the population would predict. Research at the **Federal Reserve Bank of San Francisco** concluded that *“immigrants expand the economy’s productive capacity by stimulating investment and promoting specialization, which produces efficiency gains and boosts income per worker”*.

Research on the net fiscal impact of immigration shows that immigrants contribute significantly more in taxes than the benefits and services they receive in return. According to the World Bank, increasing immigration by a margin equal to 3% of the workforce in developed countries would generate global economic gains of \$356 billion. Some economists predict that if borders were completely open and workers were allowed to go where they pleased, it would produce gains as high as \$39 trillion for the world economy over 25 years.



In the future, it will become even more imperative to ensure a strong labor supply augmented by foreign workers. Globally, the population is ageing. There were only 14 million people over the age of 80 living in 1950. There are well over 100 million today and current projections indicate there will be nearly 400 million people over 80 by 2050. With fertility collapsing to below replacement levels in all regions except Africa, experts are predicting rapidly rising dependency ratios and a decline in the OECD workforce from around 800 million to close to 600 million by 2050. The problem is particularly acute in North America, Europe and Japan.

There are, however, legitimate concerns about large-scale migration. The possibility of social dislocation is real. Just like globalization – a strong force for good in the world – the positive aspects are diffuse and often intangible, while the negative aspects bite hard for a small group of people.

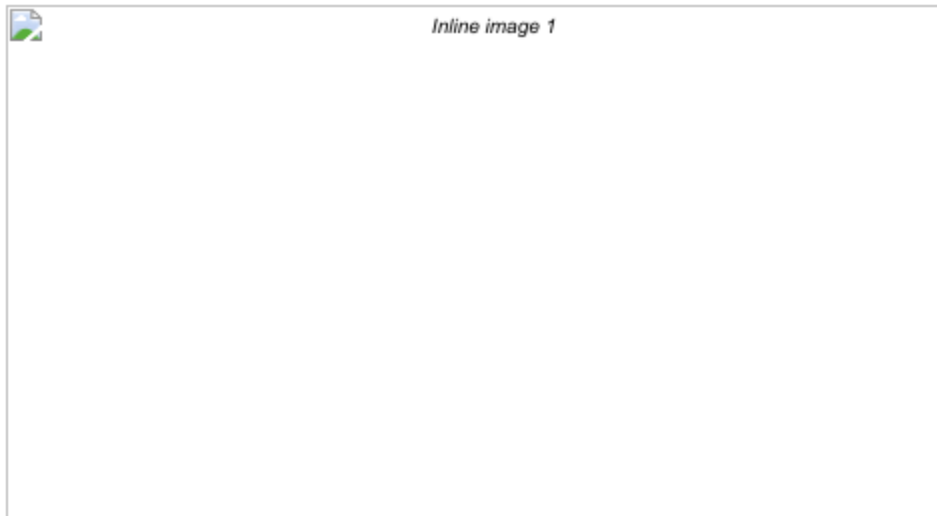
Yes, those negative aspects must be managed. But that management must come with the recognition that migration has always been one of the most important drivers of human progress and dynamism. Immigration is good. And in the age of globalization, barriers to migration pose a threat to economic growth and sustainability. Free migration, like totally free trade, remains a utopian prospect, even though within regions (such as Europe) this has proved workable.

As John Stuart Mill forcefully argued, we need to ensure that the local and short-term social costs of immigration do not detract from their role *“as one of the primary sources of progress”*. And for the Neanderthals who forget that that United States is a country of immigrants and its diversity created the strongest economic powerhouse on the planet – immigration is a plus, not a minus – and most illegal immigrants are doing the jobs that others don’t and won’t.

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## So True

For all those who said that 12 year-old *"Tamir Rice shouldn't have been playing with a toy gun in a public recreational area... see the difference...."*



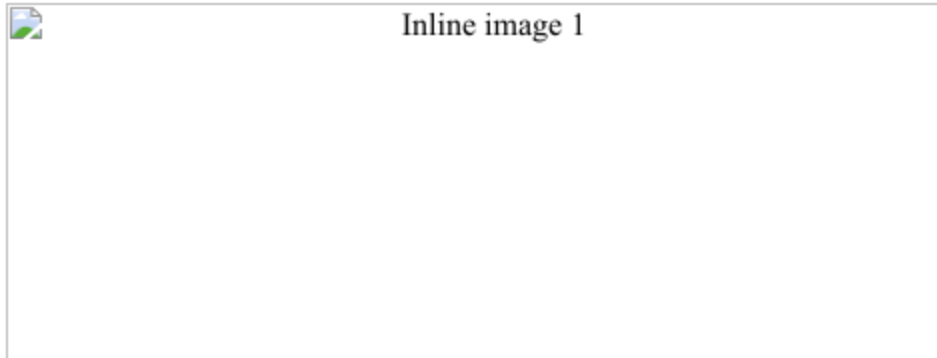
Please don’t ever again say that justice is colorblind when no one is at fault for the death of a 12 year-old playing with friends in a playground.

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## If You Want to Understand Why Refugees are Fleeing Syria



See the video on the web link below



Web Link: <https://m.facebook.com/eazzuz/posts/1154042631275348>

Homs is a city in western Syria and the capital of the Homs Governorate. It is located 162 kilometers (101 mi) north of Damascus on the Orontes River and was the central link between the interior cities and the Mediterranean coast. Previous to the Syrian war, Homs was a major industrial center, and with a population of at least 652,609 people in 2004, it was the third largest city in Syria after Aleppo to the north and the capital Damascus to the south. Its population used to reflect Syria's general religious diversity, composed mostly of Arabic-speaking Sunni Muslims and Alawite and Christian minorities. There was also a number of historic mosques and churches in the city, and it is close to the Krak des Chevaliers castle, a world heritage site.

For approximately 2,000 years, Homs has served as a key agricultural market, production site and trade center for the villages of northern Syria. It has also provided security services to the hinterland of Syria, protecting it from invading forces. Excavations at the Citadel of Homs indicate that the earliest settlement at the site dates back to around 2300 BCE. Biblical scholars have identified the city with Zobah mentioned in the Bible. In 1274 BCE, a battle took place between the forces of the Egyptian Empire under Ramesses II and the Hittite Empire under Muwatalli II at the city of Kadesh on the Orontes River near Homs. It was possibly the largest chariot battle ever fought, involving perhaps 5,000–6,000 chariots.

Homs did not emerge into the historical record until the 1st century BCE at the time of the Seleucids. It later became the capital of a kingdom ruled by the Emesani dynasty who gave the city its name. Originally a center of worship for the sun god El-Gabal, it later gained importance in Christianity under the Byzantines. Homs was conquered by the Muslims in the 7th century and made capital of a district that bore its current name. Throughout the Islamic era, Muslim dynasties contending for control of Syria sought after Homs due to the city's strategic position in the area. Homs began to decline under the Ottomans and only in the 19th century did the city regain its economic importance when its cotton industry boomed. During French Mandate rule, the city became a center of insurrection and, after independence in 1946, a center of Baathist resistance to the first Syrian governments.

This is what Homs looked like prior to this current war.



Inline image 1

As a result of the ongoing Syrian civil war, when Homs became an opposition stronghold, the Syrian government launched a military assault against the city in May 2011. As you will see in the video, this fighting has left much of the city completely destroyed and thousands dead. In December 2015, the last rebel forces withdrew from Homs as per a UN mediated ceasefire. So if you want to know why so many Syrians are willing to risk their lives crossing the Mediterranean for the safety of Europe, remember this video and understand that all of this started with the Bush/Cheney gunboat diplomacy and wars in Afghanistan and Iraq in search of Regime Change without accepting the consequences for today's destruction, death and massive destabilization.

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## You Got To Be Kidding

25 States Will Let You Carry a Concealed Gun Without Making Sure You Know How to Shoot One



Inline image 1

A review of statewide licensing requirements shows that in half the country, applicants are not required to demonstrate their shooting ability.

In an article by Jennifer Mascia – ***25 States Will Let You Carry a Concealed Gun Without Making Sure You Know How to Shoot One*** – she tells a story about how after the recent shooting of 36 civilians in San Bernardino, California by two terrorists, a New York sheriff issued a call to arms. “I want to encourage citizens of Ulster County who are licensed to carry a firearm to PLEASE DO SO,” wrote Paul J. Van Clarcum on Facebook. And he was just one in a string of law enforcement officers to implore residents to arm themselves amid the procession of terrorists’ attacks and mass shootings that rocked the United States in 2015. But while appeals for more Americans to carry guns intensify, there’s no guarantee that civilians will know how to handle their weapons should the need arise: A state-by-state review of training standards shows that in nearly half the country, there is no universal requirement that applicants for concealed carry permits undergo so-called live-fire training.

Just 24 states and the District of Columbia include mandatory range time as part of their permitting process, while the remaining 25 have no such requirement in place. (Vermont does not issue concealed carry permits at all.) States that do not mandate live-fire training include places such as Pennsylvania, where applicants must only meet a set of criteria – a clean criminal record and mental health history, for instance – to be handed a permit. On the other end of the spectrum, in order to receive a permit in Kentucky, applicants must demonstrate their shooting ability by placing 11 of 20 rounds on a full-size silhouette target.

At least 8 million Americans had an active permit to carry a concealed weapon in 2012, according to a report by the United States Government Accountability Office. A more recent estimate by pro-gun researcher John Lott places that figure closer to 13 million. “I have people who come to my class who basically couldn’t hit the broad side of a barn,” Rich Strohmeier, a firearms instructor in Fisherville, Kentucky, tells The Trace. “I think Kentucky is doing the right thing and everyone else is doing the wrong thing.” “It takes 2,500 repetitions to pick up a pistol correctly,” he adds.

To compile a national breakdown of live-fire requirements, Mascia examined state statutes covering concealed carry licensing. When the language of a state’s law did not specify a training requirement one way or the other – some call for a basic handgun safety course but do not spell out whether that encompasses a live-fire component – she contacted the state’s centralized issuing authority.

Some states, like California and Hawaii, have no such central authority setting the rules for concealed carry, leaving it to local authorities to issue permits and establish training requirements. It’s possible that these local authorities make permit-seekers in their individual jurisdictions go through training that goes beyond state minimums. For instance, though California does not have a statewide standard regarding live-fire training, although sheriffs in half a dozen counties do require it for permit seekers under their purview. Hawaii also does not have a statewide live fire requirement. At the same time, it’s been labelled a “no issue” state by gun-right advocates: Just 21 private citizens applied for concealed carry licenses in 2014, and all were denied. But ultimately such local quirks fall outside the scope of her analysis. Instead she focused solely on state level requirements – and the simple question of whether the licensing authority takes steps to ensure that every permit applicant demonstrates competence at the range before granting a license to carry a gun into public spaces. Accordingly, neither California nor Hawaii appear on our live-fire list.



Inline image 2

Typically, firearms laws in blue states are stricter than they are in red states. But in some places, the split on live-fire mandates does not follow the usual partisan divide. New York and Massachusetts, for instance, require permits to purchase a handgun, and Washington is one of only eight states to require background checks on all gun sales. Yet these states, named among the worst for gun ownership by Guns & Ammo, do not require live-fire training before issuing a permit to carry a concealed handgun. Even New York City — where concealed carry permit applicants go through a selective, months-long process involving letters of necessity, character references, and multiple interviews with police — does not require applicants to learn how to shoot a gun in order to carry one in public.

In Texas — a state which just legalized the open carry of handguns, and guns on college campuses — applicants are required to demonstrate their shooting proficiency by firing a series of shots from varying distances. In practice, the instructors who administer the training can let applicants keep firing until they record a passing score. But by subscribing to a live-fire requirement, Texas is aligning itself with a belief about gun safety: Concealed carriers who aren't familiar with how to use their weapon pose a danger to themselves and the public. "I always use the driving analogy: You get your teenager behind the wheel, it's a complete mess," says Kelly Venden, owner of Criterion Tactical in San Antonio. "It's the same thing with a weapon. You get a person who's unfamiliar and put a live weapon in their hand and expect them to be both competent and safe, you're asking a lot of that person."

In transportation policy, the solution is to require the driver's license applicant to show that he or she can parallel park, execute a three-point turn, and merge safely into traffic as a DMV staffer scores their performance. But here's where the car analogy breaks down for Venden. He thinks government mandated live-fire training for concealed carriers goes too far. "I agree with it from the safety perspective but disagree with it constitutionally," he says. Instead, Venden sees the issue as one of individual responsibility for gun owners. "You have to do your due diligence to be both safe and proficient."

Six states — Maine, Arizona, Kansas, Wyoming, Alaska, and Vermont— do not require a permit to carry a concealed handgun inside their borders. But some residents of these "*permitless*" states opt to obtain a license anyway, often for the ability to carry out of state. (Only in Vermont is this not an option, since Vermont does not issue concealed carry permits at all.) The only permitless states that require live-fire training for a concealed carry permit are Kansas and Alaska.



Inline image 3

States recognize other states' concealed carry permits through two mechanisms. "*Recognition*" agreements, in which a state honors another state's permit, are nonreciprocal. The next level up is "*reciprocity*," which describes a mutual agreement between states to honor each other's permits. Through recognition and reciprocity agreements, 44 states allow people to carry a concealed handgun within their borders without having been required to show that they know how to properly fire one.

Only six states require both residents and concealed carriers visiting from out of state to undergo live-fire training. They are Connecticut, Illinois, Maryland, New Jersey, Rhode Island, and Minnesota.

Residents of states with higher permitting standards have used recognition and reciprocity agreements to get around licensing rules that might disqualify them from concealed carrying (*or are just deemed too great a hassle*). Last year, some North Carolina residents were found to be skirting their state's basic handgun training class requirement, which includes a mandatory live-fire component, by obtaining concealed carry permits from neighboring Virginia, where the permit process is more relaxed. Permits from Virginia are valid in North Carolina, and only ask applicants to pay a fee, watch a gun safety video, and answer an online questionnaire. Attorney General Mark R. Herring announced in December that Virginia would disband recognition agreements with 25 states, including North Carolina. But last week Governor Terry McAuliffe brokered a deal to reverse the new rule, enraging gun violence prevention advocates.

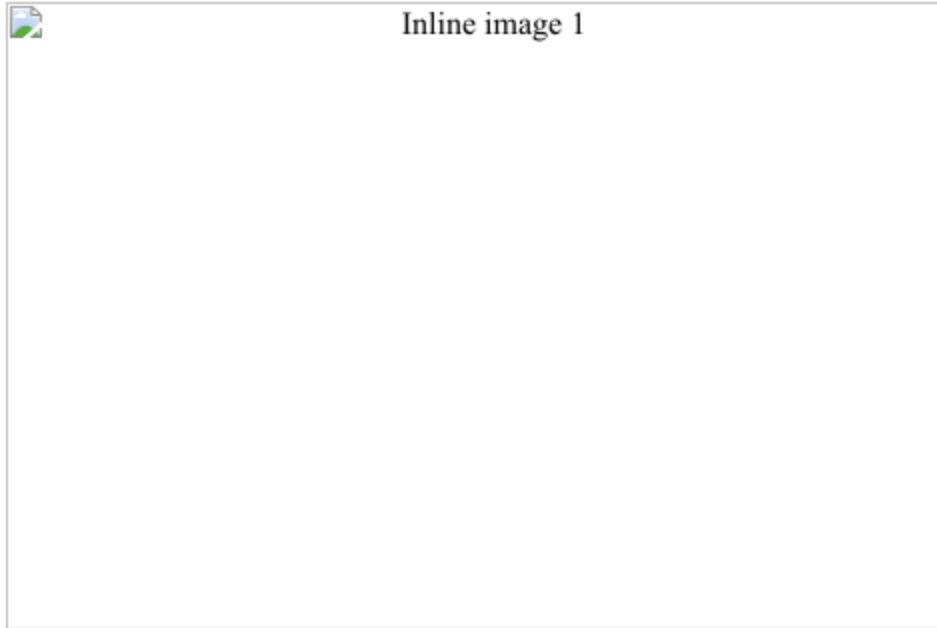
Even if Virginia were still moving toward toughening its permitting rules, North Carolinians unwilling to visit the range would still have had their choice of options. Utah and Arizona not only have no live fire requirements, but also allow people to apply for their permits from anywhere in the country (*Utah permit classes are popular as far away as Maryland, for instance*). Through recognition agreements, permits from those two states are valid in three dozen others, making it possible for their holders to crisscross the country toting concealed guns, without anyone having verified that their aim is true. The fact that you can get a concealed permit in half of the states without demonstrating proficiency is beyond ridiculous.... ***and this is my rant of the week....***

**WEEK's READINGS**



# Ronald Reagan made it all worse: How Republicans — the real party with their hands out — convinced white America that government was out to get them

Anti-government diatribes from the prime beneficiaries of government programs? How the GOP lies to white America



Ronald Reagan; Ed Rollins, Lee Atwater, Lyn Nofziger

The men occupying Oregon's Malheur National Wildlife Refuge represent a bizarre contradiction. They howl about the overreach of the federal government, but they are among the biggest beneficiaries of government programs. For 150 years, their brand of logic has pitted individuals against an activist government, Western cowboys against black Americans, and the West against the East. Behind their protest is a uniquely American story that welds racism to anti-government sentiment. It comes from a peculiar coincidence of timing: that Reconstruction after the Civil War coincided with U.S. expansion into the American West.

Real "patriots," the Bundys claim, stand against a behemoth government that has grasped their lands and their rights. America, after all, is made by ambitious individuals working their way up. A government that promotes social welfare or regulates business destroys the American system because it both limits a man's ability to make money and requires tax revenue. Those taxes strike at the very heart of individualism because they redistribute money from hard workers to lazy people.

Ammon and Ryan Bundy and their compatriots are quite clear about exactly who those lazy people are. The younger Bundys' father, Cliven, the Nevada rancher who started an armed standoff with government officials in 2014 over grazing rights, had plenty to say about the "*Negro*" who lived in

government housing and *“didn’t have nothing to do.”* African-Americans’ laziness led them to abort their children and send their young men to jail. Bundy wondered: *“are they better off as slaves, picking cotton and having a family life... or are they better off under government subsidy? They didn’t get no more freedom. They got less freedom.”*

And yet, the Bundys are perfectly comfortably taking money from government programs themselves. Aside from animal kill programs that protect herds, drought relief payments, and the 93 percent discount at which the government assesses grazing fees, Ammon Bundy borrowed more than \$500,000 from the federal government through a loan guarantee program for small businesses. Ammon Bundy’s father, Cliven, owes the government more than \$1 million in grazing fees for running his cattle on public land. No matter how you slice it, taxpayers have subsidized the Bundys.

Observers have made much of this obvious contradiction. But it is not a sign only of the Bundys’ lack of self-awareness, or even simply of white supremacy. It is the intellectual formula that has driven American politics since 1980.

That formula was laid down immediately after the Civil War. In 1865, the South was so devastated by the war that Southerners, white and black, were starving. To provide rations and medical care, and to place homeless Southerners on farming land, Congress created the Bureau of Refugees, Freedmen, and Abandoned Lands. To emphasize that government aid would be temporary, they placed what became known as the Freedmen’s Bureau within the War Department. In summer 1865, military officers distributed 150,000 rations, a third of them to white people. But the agents also took on an unexpected role. Southern states refused to let ex-slaves testify in court, leaving them to the tender mercies of angry white Southerners, who cheated, beat, raped and murdered them. So Freedmen’s Bureau officers began to hear the cases that pitted black and white Southerners against each other.

While agents often forced black people back to work for abusive employers or demanded subservient behavior, they decided cases in favor of ex-slaves about 68 percent of the time. So Southern Democrats rewrote history. They had not fought the Civil War over slavery after all, they insisted. They had fought it to stop a huge government bureaucracy from forcing its way into their homes and regulating the way they treated *“their people.”* They had fought, they now claimed, not for slavery, but for states’ rights.

When Congress tried to expand the Freedmen’s Bureau the following year to enable it to provide education for poor Americans of all races, President Andrew Johnson added the final ideological piece to the Democrats’ attack on an activist government. That piece was taxation. During the war, the Republican Congress had created the nation’s first national taxes, including the income tax. Johnson vetoed the bill expanding the Freedmen’s Bureau on two grounds. First, although the schools in the bill would have disproportionately helped whites in the Border States, Johnson claimed that it provided benefits for African-Americans that had never been accorded to white people. Second, he explained that the bill would create an army of officials that would harass Southern whites, while the taxes necessary to support them would impoverish hardworking white people.

This formula—that an activist government sucks white tax dollars to provide for lazy minorities—has been sold to voters ever since.

It caught on largely because of the odd happenstance that it coincided with the rise of the American cowboy. During this very moment, the cattle industry was taking off on the Western plains. Cowboys tended to be former Confederates who were dirt poor and good with a horse and a gun. Their dirty, hard, ill-paid and dangerous lives mirrored those of Eastern industrial workers, but Southern Democratic newspaper editors grabbed hold of the idea of the free and independent cowboy as the embodiment of American individualism. Cowboys, they said, were the very opposite of the ex-slaves the government was coddling. Cowboys were hardworking young men who asked nothing of the government.

The reality, of course, was that the cattle industry depended almost entirely on the American government. The Army protected herds and cattlemen against Indians, Congress funded the railroads that moved cattle to Eastern markets, and Indian agents bought cattle to fulfill the ration provisions of treaties. Cattlemen, in short, received massive government subsidies. But the image of the Western cowboy as a hardworking man who asked only to be left alone got traction among Southerners and Northern Democrats who hated the idea of black rights, and who loathed the Republicans' activist government that was trying to enforce those rights.

By the 1870s, ex-Confederates had taken their support for Western individualism a step further. They insisted the federal government was actively persecuting Western individuals. Their hero was Jesse James, the former Confederate guerilla-turned-criminal. When a Republican state government in Missouri refused to let ex-Confederates sit on juries or practice law, Democrats used the fugitive James to bludgeon their political opponents. James was "*an angel of light*," as one said, who wanted to turn himself in to authorities, but could not because he would not get a fair trial in a courtroom full of his political opponents. He was a good man, the story went, but the government was forcing him into criminality. And then, the governor of Missouri cut a deal with Robert Ford to kill James. That a government official had colluded to murder a citizen added fuel to the idea that Westerners were in danger from an overweening government.

The political construct that lionized Western individuals and demonized an activist government, a government that apparently helped minorities, was a product of a peculiar moment in American history. Neither the moment nor the ideology lasted. The political construct that idealized cowboys fell into disrepute during and immediately after the New Deal. In those years, Americans turned away from Western individualism and toward the idea of an activist government. Westerners and Southerners both, after all, were suffering from the Dust Bowl and the boll weevil. They wanted government programs even more than Easterners did. But in the 1950s, the Movement Conservative war on the New Deal resurrected the post-Civil War political cliché.

Since the *Brown v. Board of Education* decision of 1954, Movement Conservatives have tapped into the idea that an activist government redistributed wealth to lazy minorities. But they have also pushed hard on the idea that true Americans are Western individualists. Arizona Sen. Barry Goldwater launched this association in 1964 by dismissing *Brown v. Board* as governmental overreach and fictionalizing his wealthy upbringing as a hardscrabble Western frontier story; Ronald Reagan made it even more explicit by contrasting his image of the '*Welfare Queen*' with his own cowboy hat and

Western ranch. And yet, the Goldwater and the Reagan stories mirrored those of the historical Western individual: their regions, and their own families, prospered only when government contracts poured money into their communities. To them, there was no contradiction between their championing of individualism and benefiting from government largess.

According to Movement Conservatives, Americans who believe in individualism want nothing from the government, and thus, unlike grasping minorities, they are the nation's true patriots. The government should do nothing for "*lazy black Americans*," who only want an un-American redistribution of wealth through taxes. But, paradoxically, the government can — and should — use tax money to help America's individualists.

This is the peculiar contradiction that defines today's politics. Confederates, cowboys, anti-government diatribes from people who are prime beneficiaries of government programs ... thanks to the Bundys we are celebrating the 150th anniversary of Reconstruction by reliving it.

Heather Cox Richardson – The Salon Magazine – January 17, 2016

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## R.I.P., Bitcoin. It's time to move on.

The most recent Bitcoin obituary



Inline image 2

The Bitcoin community is engaged in an apparent civil war.

Bitcoin is a digital asset and a payment system invented by Satoshi Nakamoto who published the invention in 2008 and released it as open-source software in 2009. The system is peer-to-peer; users

can transact directly without an intermediary. Transactions are verified by network nodes and recorded in a public distributed ledger called the block chain. The ledger uses bitcoin as its unit of account. The system works without a central repository or single administrator, which has led the U.S. Treasury to categorize bitcoin as a decentralized virtual currency. Bitcoin is often called the first cryptocurrency, although prior systems existed. Bitcoin is more correctly described as the first decentralized digital currency. It is the largest of its kind in terms of total market value.

Bitcoins are created as a reward for payment processing work in which users offer their computing power to verify and record payments into a public ledger. This activity is called mining and miners are rewarded with transaction fees and newly created bitcoins. Besides being obtained by mining, bitcoins can be exchanged for other currencies, products, and services. Users can send and receive bitcoins for an optional transaction fee.

Bitcoin as a form of payment for products and services has grown, and merchants have had an incentive to accept it because fees were generally lower than the 2–3% typically imposed by credit card processors. Unlike credit cards, any fees are paid by the purchaser, not the vendor. The European Banking Authority and other sources have warned that bitcoin users are not protected by refund rights or chargebacks. Despite a large increase in the number of merchants accepting bitcoin, the cryptocurrency does not have much momentum in retail transactions.

The use of bitcoin by criminals has attracted the attention of financial regulators, legislative bodies, law enforcement, and media. Criminal activities are primarily centered around black markets and theft, though officials in countries such as the United States also recognize that bitcoin can provide legitimate financial services. Bitcoin has drawn the support of a few politicians, notably U.S. Presidential candidate Rand Paul, who accepts donations in bitcoin. In August 2015 it was announced that Barclays would become the first UK high street bank to start accepting bitcoin, with the bank revealing that it plans to allow users to make charitable donations using the currency. And in the 21 September 2015 press release, the US Commodity Futures Trading Commission (CFTC) declared bitcoin to be a commodity covered by the Commodity Exchange Act.

Not long ago, venture capitalists were talking about how Bitcoin was going to transform the global currency system and render governments powerless to police monetary transactions. Now the cryptocurrency is fighting for survival. The reality came to light on Jan. 14, when its influential developer, Mike Hearn, declared Bitcoin a failure and disclosed that he had sold all of his Bitcoins. The price of Bitcoin fell 10 percent in a single day on the news, a sad result for those who are losing money on it. Bitcoin did have great potential, but it is damaged beyond repair. A replacement is badly needed.

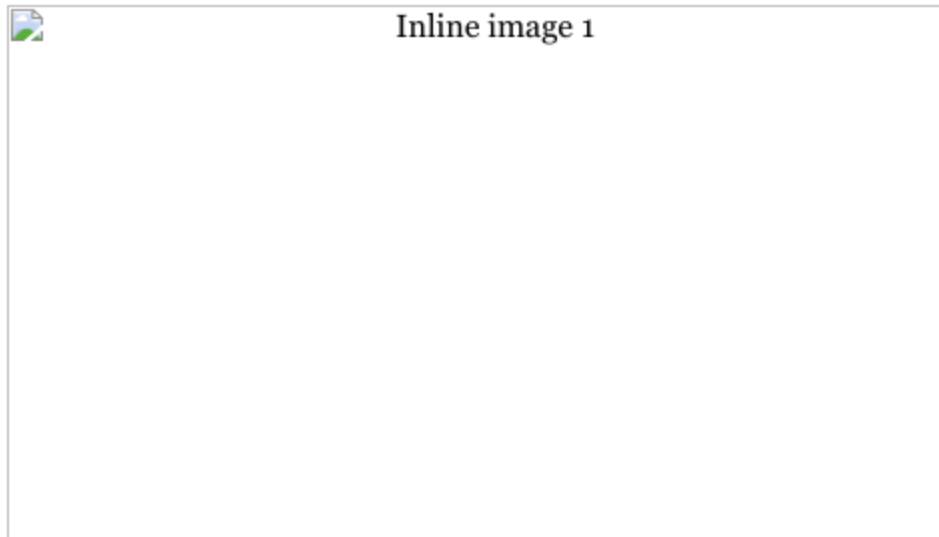
Most currency and transaction systems today are opaque, inefficient and expensive. Take the North American stock exchange NASDAQ as an example. It is among the most technologically advanced in the world. Yet if I buy or sell a share of Facebook on the NASDAQ, I have to wait several days for the trade to finalize and clear. This is unacceptable; it should take milliseconds.

In Venezuela, citizens wishing to buy anything of value on supermarket shelves wait all day in lines to do so, because hyperinflation causes the paper currencies in their pockets to lose significant value every day. When migrant workers there send money back to their families in places such as Mexico,



India and Africa, they are gouged by money-transfer companies — paying as much as 5 to 12 percent in fees. And even in the United States, payment processors and credit-card companies collect merchant fees of 1 to 2.5 percent of the value of every transaction. This is a burden on the economy.

Bitcoin was born with serious flaws. It was unregulated and provided anonymity, so it rapidly became a haven for drug dealers and anarchists. Its price fluctuated wildly, allowing for crazy speculation. And, with the majority of Bitcoin being owned by the small group that started promoting it, it has been compared to a Ponzi scheme. Exchanges built on top of it also had severe security vulnerabilities. And then there were the venture capitalists who got carried away. Several of them purchased considerable coinage and then began to hype it as a powerful disruption that could underpin all manner of financial innovation, from mobile banking to borderless, instant money transfers. They also poured millions of dollars into Bitcoin start-ups hoping to reap even greater fortunes.



Bitcoin is virtual money that cuts out banks and credit card companies, and has gotten more popular recently. Here's what you need to know about the original cryptocurrency.

**Web Link:** [https://www.washingtonpost.com/posttv/business/technology/bitcoin-explained-in-90-seconds/2014/02/27/7b6ae408-9fe9-11e3-878c-65222df220eb\\_video.html](https://www.washingtonpost.com/posttv/business/technology/bitcoin-explained-in-90-seconds/2014/02/27/7b6ae408-9fe9-11e3-878c-65222df220eb_video.html)

But Bitcoin was not ready for prime-time. Hearn's criticism has laid bare the nightmarish reality — a list of negatives that is both long and frightening.

Chinese Bitcoin miners control more than 50 percent of the currency-creation capacity and are connected to the rest of the Bitcoin ecosystem through the Great Firewall of China. This slows down the entire system because, as Hearn explained, it is the equivalent of a bad hotel WiFi connection. It also gives the People's Army a strategic vantage point over a global currency.

The Bitcoin distributed network can process only a handful of transactions per second. That causes unpredictable transaction-resolution times and other behaviors that one really does not want as part of a monetary system. Bitcoin fees can, at peak times, exceed credit-card fees, for example.

As if all this weren't bad enough, the Bitcoin community appears to be engaged in open civil war. Its members have been censoring debates and attacking each other's servers. A tiny

committee of five core developers that control the Bitcoin codebase has become the Star Chamber that guides the future of Bitcoin.

This has been a severe blow to the reputation — and wallets — of VCs. Yet some of them are still staunchly defending Bitcoin.

As Vivek WadhwaIt recently wrote in The Washington Post – It is time to admit that the current Bitcoin needs to be scrapped and to take advantage of the innovations behind the technology that underlies Bitcoin, the blockchain. The blockchain is a transparent ledger of transactions — concurrently hosted on numerous computers around the world — allowing the creation of digital currencies and virtual banks. Implemented correctly, it will, I believe, prove to be a better transactional and verification model that we presently use for the global financial system and for many other types of activities such as voting, public registries, provenance of works of art, and real-estate transfers.

From Bitcoin's failures, we have learned how digital communities shouldn't operate. We have seen how ledger systems can be hijacked. And we have seen the wastage in a mining system that consumed gigawatt-hours of electricity and spawned giant server farms in China solely to crunch numbers to "mine" Bitcoins.

We need to learn from successful open-source technology projects such as the Linux Foundation, which is thriving largely because it has proved its worth as a neutral body to govern all manner of open-source projects that grew too big for small groups to manage in a casual manner. We also need to rethink aspects of the blockchain, along the lines that Hearn and Bitcoin loyalists have suggested.

Let's also bear in mind what it is that makes some venture capitalists Bitcoin zealots: pure greed. That is the reason clearest to me for Bitcoin's failure. Intended as a level playing field and a more efficient transaction system, the Bitcoin system has deteriorated into a fight between interested parties over a pool of money. In the beginning, Bitcoin was a noble experiment. Now, it is a distraction. It's time to build more rational, transparent, robust, accountable systems of governance to pave the way to a more prosperous future for everyone.

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## Why Attacking ISIS Won't Make Americans Safer

U.S. presidential candidates are steering the country toward a terror trap



Inline image 1

For close to a decade, the trauma of the Iraq War left Americans wary of launching new wars in the Middle East. That caution is largely gone. Most of the leading presidential candidates demand that the United States escalate its air war in Iraq and Syria, send additional Special Forces, or enforce a buffer zone, which the head of Central Command, General Lloyd Austin, has said would require deploying U.S. ground troops. Most Americans now favor doing just that. The primary justification for this new hawkishness is stopping the Islamic State, or ISIS, from striking the United States. Which is ironic, because at least in the short term, America's intervention will likely spark more terrorism against the United States, thus fueling demands for yet greater military action. After a period of relative restraint, the United States is heading back into the terror trap.

To understand how this trap works, it's worth remembering that during the Cold War, the United States had relatively few troops in the Arab and Muslim world. When Ronald Reagan was elected president, Central Command, which oversees U.S. military operations in the Middle East and Central Asia, did not even exist. All of this changed in 1990, when Saddam Hussein invaded Kuwait, and President George H. W. Bush dispatched 700,000 troops to expel him and defend Saudi Arabia. After the war was won, thousands stayed to deter Saddam, and to enforce no-fly zones over Iraq.

Before the Gulf War, the Saudi native Osama bin Laden and his associates had focused on supporting the Mujahideen, who were fighting to repel the Soviet occupation of Afghanistan. But after the U.S.S.R.'s withdrawal from Afghanistan in 1989, al-Qaeda turned its attention to the United States, and in particular to America's military presence in Saudi Arabia. In 1992, al-Qaeda issued a fatwa calling for attacks on American troops in the Middle East. After the United States intervened in Somalia later that year, Somali rebels allegedly trained by al-Qaeda shot down two Black Hawk helicopters. In 1995, al-Qaeda operatives took credit for bombing a joint U.S.-Saudi military facility in Riyadh. And in 1996, a truck bomb devastated a building housing U.S. Air Force personnel in the Saudi city of Dhahran. (Although Saudi Hezbollah carried out the attack, the 9/11 Commission noted "signs that al-Qaeda played some role.") That same year, another al-Qaeda fatwa declared, "The latest and the greatest of these [Western] aggressions ... is the occupation of the land of the two Holy Places": Saudi Arabia. On August 7, 1998, the eighth anniversary of the beginning of that "occupation," al-Qaeda bombed America's embassies in Kenya and Tanzania.

The fact that al-Qaeda justified its attacks as a response to American "occupation" makes them no less reprehensible, of course. And al-Qaeda might well have struck American targets even had the U.S. not stationed troops on Saudi soil. After all, as a global superpower, the United States was involved militarily all across the world in ways al-Qaeda interpreted as oppressive to Muslims. Still, it's no coincidence that bin Laden and company shifted their focus away from the U.S.S.R. after Soviet troops left Afghanistan and toward the United States after American troops entered Saudi Arabia. Key advisers to George W. Bush recognized this. After U.S. forces overthrew Saddam in 2003, Deputy Secretary of Defense Paul Wolfowitz said one of the benefits "that has gone by almost unnoticed—but

it's huge—is that by complete mutual agreement between the U.S. and the Saudi government we can now remove almost all of our forces from Saudi Arabia.” The United States, he reasoned, had thus eliminated “a huge recruiting device for al-Qaeda.”

The Islamic State was bombing Russia because Russia had bombed it.

The problem was that to remove thousands of troops from Saudi Arabia, the United States sent more than 100,000 to invade and occupy Iraq. A dramatic surge in terrorist attacks against American and allied forces ensued. As Robert Pape, the director of the Chicago Project on Security and Terrorism at the University of Chicago, has enumerated, the world witnessed 343 suicide attacks from 1980 to 2003, about 10 percent of them against America and its allies. From 2004 to 2010, by contrast, there were more than 2,400 such attacks worldwide, more than 90 percent of them against American and coalition forces in Iraq, Afghanistan, and elsewhere.

Many of those attacks were orchestrated by al-Qaeda's Iraqi affiliate, which in 2006 established the Islamic State of Iraq. After weakening in 2007 and 2008 (when the U.S. paid Sunni tribal leaders to fight jihadists), the Islamic State strengthened again as the Obama administration's inattention allowed Iraq's Shia prime minister, Nuri al-Maliki, to intensify his persecution of Sunnis. Then, after Syrians rebelled against Bashar al-Assad, the Islamic State expanded across Iraq's western border into Syria, later renaming itself the Islamic State of Iraq and Syria.

Significantly, when the last American troops left Iraq, in December 2011, ISIS did not follow them home. “In its various incarnations,” notes Daniel Byman, a counter-terrorism expert who is a professor at Georgetown, the Islamic State “focused first and foremost on its immediate theater of operations.” Although ISIS was happy if people inspired by its message struck Western targets, it made little effort to orchestrate such attacks. Research fellows at the Norwegian Defense Research Establishment detected only four ISIS-related plots in the West from January 2011 to May 2014.

But beginning in the fall of 2014, the number of ISIS-related plots in the West spiked. The Norwegian researchers counted 26 from July 2014 to June 2015 alone. What explains the rise? The most plausible explanation is that the Islamic State started targeting Western countries because they had started targeting it. In August 2014, the United States began bombing ISIS targets to protect the Yazidi religious sect in northern Iraq, which ISIS was threatening with extermination. France joined the air campaign the following month. Since then, ISIS seems to have moved from merely inspiring attacks against the West to actively planning them. November's attacks in Paris, writes Byman, were the “first time that ISIS has devoted significant resources to a mass-casualty attack in Europe.” Afterward, ISIS released a video warning the people of France: “As long as you keep bombing you will not find peace.”

In the wake of the Paris attacks, the Republican presidential candidate Marco Rubio declared that the reason ISIS targets the West is “because we have freedom of speech, because we have diversity in our religious beliefs ... because we're a tolerant society.” Yet only weeks earlier, ISIS had downed a Russian airliner over the Sinai, thus targeting the distinctly intolerant regime of Vladimir Putin. The Islamic State's justification for that attack was identical to the one it gave for its attack on France: It was bombing Russia because Russia had bombed it.

All of which suggests that the more America intensifies its war against ISIS, the more ISIS will try to strike Americans. And the more terrorism ISIS manages to carry out, the more fiercely America will escalate its air attacks, thus creating the civilian casualties that, according to the International Crisis Group's Noah Bonsey, "tremendously help the narrative of a jihadi group like the Islamic State." If the public reaction to Paris and the December attack in San Bernardino is any guide, continued jihadist terrorism will also lead to a rising demand for American ground troops. That, argues the French ISIS expert Jean-Pierre Filiu, would be the worst trap America could fall into, because ISIS wants to cast itself as the Islamic world's defender against a new crusader invasion.

Despite these dangers, there is a case for attacking ISIS. Part of it is humanitarian: Millions of people now live in a caliphate in which many women cannot leave their homes unless accompanied by a man, and religious minorities can be sold as slaves. Allowing ISIS to expand, and potentially threaten Jordan or Saudi Arabia, would produce misery on an epic scale, intensify the refugee crisis already roiling Europe, and destroy America's reputation as the underwriter of Middle Eastern order.

But the war isn't being sold on these grounds. The presidential candidates are not telling Americans that a greater short-term terrorist threat is the price they must pay to liberate oppressed Arabs, protect friendly regimes, and prevent a greater danger down the road. Instead, candidates are promising, at least implicitly, that if America intensifies its war, the terrorist threat will decrease.

What happens when they're proved wrong? In a political environment where candidates won't admit that ISIS attacks are partly a response, albeit a monstrous one, to the United States' own use of force, further attacks will leave Americans even more bewildered and terrified than they are now. Some will gravitate to politicians who promise that with greater force, including ground troops, they can deliver a decisive military victory. Other Americans, desperate for a quick fix, will support further assaults on the rights of Muslims in the United States. Both impulses will help the Islamic State. And America will slide deeper into the terror trap.

The core problem is that most politicians are still selling war on the cheap. They won't admit that, no matter how convinced Americans may be of their good intentions, the violence the U.S. inflicts overseas will lead others to try to do violence to it. The more fervently the U.S. tries to kill ISIS supporters, the more fervently they will try to kill Americans. And in today's interconnected world, they will have more opportunities to strike than ever before. Wars, even necessary ones, are usually costly for both sides. If the men and women running for president won't admit that, they shouldn't be demanding war at all.

Peter Beinart – The Atlantic – March 2016

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## The Healthiest Vegetable





Inline image 3

The vitamin and mineral content of vegetables is the reason these are required for proper nutrition. The **MyPlate** and **Food Guide Pyramid** of the US Department of Agriculture recommend eating vegetables daily to reduce the risk of health disorders due to nutrient deficiencies. Some vegetables have a wider range of nutrients, and one is a favorite of weight-loss programs. It may be the healthiest vegetable in terms of vitamins, minerals, and antioxidants.

### How Kale Became "Trendy"

Eating a vegetarian diet has increased in popularity over the past decade. One reason has been a greater awareness of the relationship of cholesterol and "*red meat*" consumption to heart disease and colon cancer. Vegetarian meals are typically lower in cholesterol than those containing meat or poultry. However, it can be difficult for vegetarians to obtain an adequate range of nutrients on a daily basis without increasing calories. As a green leafy vegetable, kale is a great choice because it is nutrient-rich. Recent nutrition studies have produced more interest in eating kale and promoted public interest in buying it. As a result, chain supermarkets have stocked more of this vegetable in their produce aisles.

Kale contains high amounts of Vitamin A, C, E, and K, as well as fiber, antioxidants, and flavonoids. In terms of minerals, it is an excellent source of calcium, potassium, and iron. This green, leafy vegetable has also been attributed with anti-inflammatory properties. Its high fiber content is considered advantageous in meal-planning for weight loss.

This vegetable has been shown to aid digestion due to its high fiber content, and cholesterol-lowering benefits. It contains indole-3-carbinol, which is involved in estrogen metabolism, and may therefore protect against the development of breast cancer.

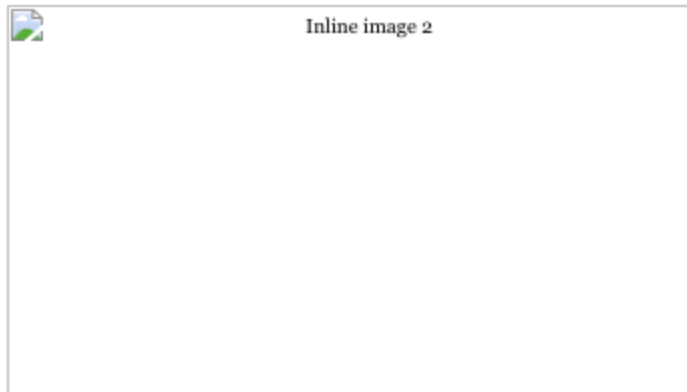
Kale has even been termed a "*super-food*". If you are parent of a child who avoids eating vegetables as much as possible, try substituting kale for spinach or broccoli. Even if your child only eats a small portion, it will provide more nutrients to the meal.

## Cooked versus Raw Kale

Recipes for cooked kale usually involve steaming to preserve its nutrient value, and because boiling this vegetable can toughen it (as well as reduce its vitamin content). Vegetarian entrees often involve stir-frying it with tofu to create a complete protein meal. Meanwhile, raw kale can be added to salads.

Kale is also a versatile vegetable. It can be the star of a dish or can play a secondary role in a soup or salad. Check out these two recipes that incorporate kale in very different ways:

### Bake Kale Chips



Ingredients:

- 1 head of kale
- 2 tablespoons olive oil
- Sea salt to taste

See the full recipe here: <http://cook123.com/recipes/baked-kale-chips.html>

### Vegetable Kale Soup



Inline image 1

This recipe is very easy, and most of the ingredients are probably already in your pantry!

See the full recipe here: <http://cook123.com/recipes/Vegetarian-Kale-Soup.html>

You'll find that when you get basic nutrients from kale, you'll likely enjoy your food unlike with some diet meals!

## THIS WEEK'S QUOTE

“The real voyage of discovery consists not in seeking new landscapes, but in having new eyes.”

— Marcel Proust

THIS IS THE TRUTH



Inline image 1

**THINK ABOUT THIS**



Inline image 1

**BEST VIDEO OF THE WEEK**

David Copperfield





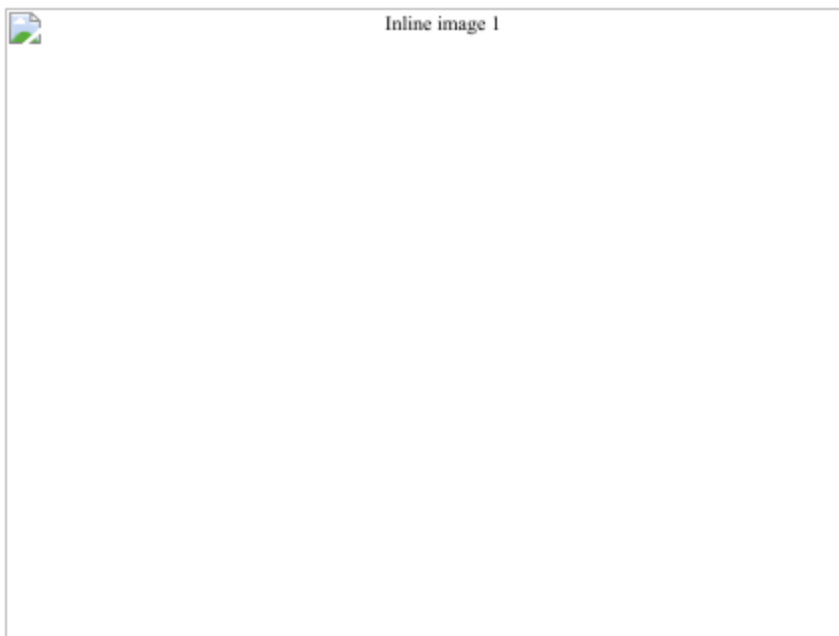
Inline image 2

Web Link: <https://www.youtube-nocookie.com/embed/P3RBN-v6v98?rel=0>

How does he do it?

**THIS WEEK's MUSIC**

Marcus Miller



This week you are invited to enjoy the wonderful music of Marcus Miller (born William Henry Marcus Miller, Jr.; June 14, 1959) who is an American jazz composer, producer and multi-instrumentalist, best known as a bass guitarist, topping critics' and readers' polls for three decades. Throughout his career, Miller worked with trumpeter Miles Davis, pianist Herbie Hancock, singer Luther Vandross, and saxophonist David Sanborn, as well as maintaining a successful solo career. In addition, Miller is classically trained as a clarinetist and also plays keyboards, saxophone and guitar.

Born in Brooklyn, New York City and raised in a musical family that includes his father, William Miller (a church organist and choir director) and jazz pianist Wynton Kelly. By 13, Marcus was proficient on clarinet, piano and bass guitar, and already writing songs. Two years later he was working regularly in New York City, eventually playing bass and writing music for jazz flutist Bobbi Humphrey and keyboardist Lonnie Liston Smith. Miller soon became a first call session musician, appearing on over 500 albums by such artists as Michael Jackson, Herbie Hancock, Mariah Carey, Wayne Shorter, McCoy Tyner, Frank Sinatra, George Benson, Dr. John, Aretha Franklin, Elton John, Grover Washington, Jr., Donald Fagen, Bill Withers, Chaka Khan, LL Cool J and Flavio Sala, as well as working with . Jay-Z , Snoop Dogg, Z.Z. Hill and Kathleen Battle.

After being discovered by Michal Urbaniak in 1975, Miller spent approximately 15 years performing as a sideman or session musician, observing how band leaders operated. During that time he also did a lot of arranging and producing. He was a member of the **Saturday Night Live** band 1978–1979. He wrote the intro to Aretha Franklin's "*I Wanna Make It Up To You*". He has played bass on over 500 recordings including those of Luther Vandross, Grover Washington Jr., Roberta Flack, Carly Simon, McCoy Tyner, Bryan Ferry and Billy Idol. He won the "**Most Valuable Player**" award, (awarded by NARAS to recognize studio musicians) three years in a row and was subsequently awarded "*player emeritus*" status and retired from eligibility. In the nineties, Miller began to make his own records, putting a band together to take advantage of touring opportunities.

Between 1988 and 1990 he appeared in the first season and again toward the end as both the musical director and also as the house band bass player in the **Sunday Night Band** during the two seasons of the acclaimed music performance program **Sunday Night** on NBC late-night television.

As a composer, Miller wrote all but two of the songs on *Tutu* for Miles Davis, including its title track – a piece that defined Davis's career in the late 1980s. He also composed "*Chicago Song*" for David Sanborn and co-wrote "*Til My Baby Comes Home*", "*It's Over Now*", "*For You to Love*", and "*Power of Love*" for Luther Vandross. As a film music pro, Miller rose from writing the go-go party classic "*Da Butt*" for Spike Lee's "*School Daze*" to becoming the go-to composer for 20+ films (from the documentary "*I Love*" to the animated children's fable "*The Trumpet and The Swan*" to the Eddie Murphy/Halle Berry classic "*Boomerang*").

Miller currently has his own band. In 1997 he played bass guitar and bass clarinet in a band called Legends, featuring Eric Clapton (guitars and vocals), Joe Sample (piano), David Sanborn (alto sax) and Steve Gadd (drums). It was an 11-date tour of major jazz festivals in Europe. In addition to his recording and performance career, Miller has established a parallel career as a film score composer (see listing below), having written numerous scores for films. Miller has won numerous Grammy Awards as a producer for Miles Davis, Luther Vandross, David Sanborn, Bob James, Chaka Khan and Wayne Shorter. He won a **Grammy Award** for **Best R&B Song** in 1992, for Luther Vandross' "*Power of Love*" and in 2001 he won for Best Contemporary Jazz Album for his seventh solo instrumental album, *M<sup>2</sup>*. In 2012 Miller was appointed an **UNESCO Artist for Peace** supporting and promoting the **UNESCO Slave Route Project**.

Style, soul and intense professionalism have set Marcus Miller at the top of his game for three decades with a career that most musicians would envy he continues to dazzle fans with performances, compositions and productions – in the company of some of the world's most respected and accomplished players and superstars - from the mid-`70s to the present he continues to take the message of this musical movement straight to the hearts, souls and minds of the people. With this said, you are again invited to enjoy the musical genius of Mr. Marcus Miller....

Marcus Miller – **Hylife** -- <https://youtu.be/LvDWBVxeBPk>

Marcus Miller – **So What** -- <https://youtu.be/nXS4qSZS6zE>

Marcus Miller – **Power** -- <https://youtu.be/XqTCAZK9rzY>

Marcus Miller – **Run For Cover** -- <https://youtu.be/xXYjo5-UaTY>

Marcus Miller – **Hard Slapping** -- [https://youtu.be/UHabNK0\\_D3Q](https://youtu.be/UHabNK0_D3Q)

Marcus Miller – **Blast** -- [https://youtu.be/oI\\_aNllzYSk](https://youtu.be/oI_aNllzYSk)

Marcus Miller – **Tutu Revisited** -- <https://youtu.be/sgKY54JTKcc>

Marcus Miller – **Bruce Lee** -- <https://youtu.be/FWH9zpHslxI>

Marcus Miller – **Higher Ground** -- <https://youtu.be/CKF8TeK6Byg>

Marcus Miller – **Come Together** -- [https://youtu.be/6MVbXfdDA\\_w](https://youtu.be/6MVbXfdDA_w)

Marcus Miller – **The Sun Don't Lie** -- [https://youtu.be/rZJa\\_A0i\\_wA](https://youtu.be/rZJa_A0i_wA)

Marcus Miller – **Da Butt** -- <https://youtu.be/DdOSNcUwP5M>

Marcus Miller – **B's River** -- <https://youtu.be/W02PnCbtJWo>

Marcus Miller – **Detroit** -- <https://youtu.be/ahfsr5kD-e8>

Marcus Miller & Larry Graham – **The Jam** -- <https://youtu.be/EAUUigifAnM>

Stanley Clark, Marcus Miller & Victor Wooten – **Beat It** -- <https://youtu.be/Jj5f7gRLVFQ>

Marcus Miller & Pogie Bell – **Panther** -- <https://youtu.be/2Frc0Tj44AE>

The Marcus Miller Project featuring David Sanborn – **Snakes** -- <https://youtu.be/G5r5Cz4ellM>

## BONUS TRACKS

Marcus Miller, Stanley Clarke & Victor Wooten -- <https://youtu.be/FQu7OVkUVio>

Marcus Miller live solo @ North Sea Jazz Festival 2011 –  
<https://www.facebook.com/bassguyrocks/videos/707551096011032/>

Marcus Miller Vs Big Doug Epting – *Bass Solo Slam* -- <https://youtu.be/Jkh331N9VbE>

*I hope that you enjoyed this week's offerings and wish you and  
yours a great week....*

Sincerely,

Greg Brown

--

Gregory Brown  
Chairman & CEO  
GlobalCast Partners, LLC

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