

December 9, 2014

Finally the election is over, and now that we have results from Louisiana. John Fund writes on Mary Landrieu's ugly exit.

Senator Mary Landrieu comes from a political dynasty in Louisiana — her father was mayor of New Orleans, and her brother is the current mayor. But as she heads into Saturday's runoff election as a clear underdog, she is tarnishing her political inheritance by fighting ugly. She is resorting to lies and distortion to accuse her GOP opponent of backing the impeachment of President Obama and endorsing a documentary that, as she describes it, says slavery was better for blacks than welfare.

"Landrieu has flailed, veering from one issue to another," concluded a Washington Post article this Thursday. When it hasn't been haphazard, her campaign has been, at best, factually challenged.

...

Kevin Williamson (ever heard of him?) also writes on Landrieu's loss and also provides a needed history lesson about GOP success in the South.

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This is a strange line of argument, and an indefensible one once the evidence is considered. Democrats remained the favored party in the South for decades and decades after the passage of the landmark Civil Rights Act of 1964, controlling a majority of governorships, Senate seats, state legislative bodies, etc., well into the 21st century.

A few obvious questions: If white Southerners were really so enraged about the Civil Rights Act of 1964, and if they switched to the Republican party to express their displeasure, then why did they wait 30 years before making that preference felt in House elections? Why did Dwight D. Eisenhower — a supporter of civil-rights legislation who insisted on the actual desegregation of the armed forces (as opposed to President Truman's hypothetical desegregation) and federal agencies under his control — win a larger share of the Southern vote in 1956 than Barry Goldwater, the most important Republican critic of the 1964 Civil Rights Act, did two cycles later? Why did Mississippi elect only one Republican governor in the entire 20th century, and that not until 1992? Why didn't Alabama have a Republican governor until 1987? And why did Louisiana wait 60 years to eliminate its last Democratic senator in favor of a candidate from the party of Condoleezza Rice, Ben Carson, Allen West, Mia Love, Tim Scott, and that not-very-white guy who serves as governor of Louisiana? White supremacy should be made of sterner stuff: Did somebody forget to tell Louisiana state senator and newly confirmed Republican Elbert Guillory that he's black?

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Matthew Continetti on the fraud that is liberalism.

... Liberal myths propagated to generate outrage and activism, to organize and coordinate and mobilize disparate grievances and conflicting agendas, so often have the same relation to truth, accuracy, and legitimacy as a Bud Light commercial. Marketing is not limited to business. Inside the office buildings of Washington, D.C., are thousands upon thousands of professionals whose livelihoods depend on the fact that there is no better way than a well-run public relations campaign to get you to do what they want. What recent weeks have done is provide several lessons in the suspect nature of such campaigns.

The 2006 Duke Lacrosse case is the paradigmatic example of a liberal rush to judgment when the perceived victim is a minority (in that case, a black woman) and the alleged perpetrator a straight white male. But it is not the sole example.

In 2007, an instructor at Columbia's Teachers College specializing in racial "micro-aggressions" and under investigation for plagiarism discovered a noose hanging from her office door; when she was fired the following year for academic malfeasance it was widely suspected that she had put the noose there herself. The racist graffiti and Klan sightings that rocked the Oberlin campus in 2013 and served as the basis of an antiracism campaign were later revealed to be a left-wing "joke." And of course the leader of the Michael Brown protest movement, tax cheat Al Sharpton, was involved in the Tawana Brawley hoax of 1987.

Recently critics noted serious flaws in the reporting and writing of a Rolling Stone article that purports to describe a violent gang rape in a University of Virginia fraternity house. The article was the basis for the university's decision to suspend Greek life on campus for the duration of 2014. The magazine was evasive in its response to the challenges. Then, on Friday afternoon, it released the following statement: "There now appear to be discrepancies in Jackie's [the alleged victim's] account, and we have come to our conclusion that our trust in her was misplaced." The story is false.

Does it even matter? Some liberals are upfront that the factuality of these cases is secondary to their political import. "Actually, in both the case of the UVA rape and in the case of the killing of Michael Brown in Ferguson, Missouri," says a writer for the New Republic digital media company, "the major takeaway of recent weeks should be that our systems do not work" (emphasis in the original).

What the New Republic means by "our systems" is our systems of power: the institutions through which a free society allocates resources and decision making, chooses priorities, delegates responsibilities and authority. It is the goal of contemporary liberalism to command these institutions—in particular institutions resistant to the left such as police and fire departments, fraternal societies and private clubs, the military and extractive industry—and to alter them according to fashionable theories of equality and justice. The details are unimportant so long as the "takeaway" is communicated, the desired policy achieved.

It is sometimes difficult to understand that, for the left, racism and sexism and prejudice are not ethical categories but political ones. We are not merely talking about bad manners when the subject turns to Michael Brown or UVA or Thomas Piketty. We are talking about power. ...

The Business Insider list 9 lies we have been told about fat. Number 8 is the favorite because margarine has never passed Pickerhead's lips. Called BS on that decades ago.

8. *Processed Margarine is Better Than Natural Butter*

Because of the war on saturated fat, butter became recognized as an unhealthy food. Food manufacturers jumped on the bandwagon and started producing butter replicates like margarine.

Most margarines contain large amounts of processed vegetable oils, often with trans fats added to the mix. It is hard to imagine how people could think that processed, factory made margarine would be healthier than butter, which is completely natural and humans have been eating for a long time.

The studies also do NOT support the idea that margarine is healthier than butter. In the Framingham Heart Study, margarine was associated with an increased heart disease risk compared to butter (66):

Many other studies have looked at high-fat dairy products and found no evidence that they contribute to any disease... in fact, high fat dairy is associated with a lower risk of obesity (67, 68).

Despite all the fear mongering, high fat dairy products like butter are extremely healthy, especially if they are derived from grass-fed cows.

Bottom Line: *Margarine is an unhealthy fake food produced in factories, usually containing trans fats and processed vegetable oils. Butter is a much healthier choice, especially if it comes from grass-fed cows.*

National Review

Landrieu's Ugly Exit

As her prospects dim, she's fighting dirty, peddling lies and racial animosity.

by John Fund

Senator Mary Landrieu comes from a political dynasty in Louisiana — her father was mayor of New Orleans, and her brother is the current mayor. But as she heads into Saturday's runoff election as a clear underdog, she is tarnishing her political inheritance by fighting ugly. She is resorting to lies and distortion to accuse her GOP opponent of backing the impeachment of President Obama and endorsing a documentary that, as she describes it, says slavery was better for blacks than welfare.

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Take the following radio ad airing on African-American stations, approved by Landrieu and paid for by the Democratic State Committee of Louisiana:

I'm Mary Landrieu, candidate for Senate, and I approve this message.

Man: News flash — Bobby Jindal endorses Bill Cassidy 100 percent. That troubles me. Jindal, our absentee governor, and Doc Cassidy, a medical doctor, oppose affordable health care for working

families. These millionaire Republicans are against equal pay for women and have opposed the Violence against Women Act. And can you believe, Doc Cassidy has endorsed a documentary that claims slavery was better for black folks than welfare.

Woman: Oh, no, he didn't!

Man: Yeah, well he sure did, my friends. But worse than that, Cassidy and Jindal are trying to impeach our president. Back in the day, there was a TV cowboy named Hopalong Cassidy. I don't know if they're related, but why don't you just hop along, Doctor Cassidy, to wherever your No. 1 supporter, Bobby Jindal, is headed this week, and let Senator Landrieu continue doing a great job for the people of Louisiana?

Cassidy/Jindal — bad for Louisiana, disastrous for black families.

Paid for by the Democratic State Central Committee of Louisiana.

A Landrieu campaign aide told BuzzFeed.com that the slavery analogy was based on Cassidy's appearance in the 2010 film *A New America*. Cassidy didn't address slavery, but African-American syndicated columnist Star Parker did. A former single mother who spent years on welfare, Parker appears in the film and attacks the "government poverty plantation." "With slavery, people generally want out," she said. "But with welfare, folks are comfortable."

Tough words, but hardly an endorsement of slavery. Parker is appalled at how Landrieu "dug into the gutter" to try to save her Senate seat. "I did not say slavery was better. I did say that the same political party that enslaved blacks 150 years ago is now full of overseers who ensure that no discussion of freedom from welfare is conducted in African-American communities."

As for impeachment, another radio ad approved by Landrieu claims that Governor Jindal and Cassidy have "disrespected" President Obama. "If Cassidy wins, they will impeach him." Neither man has embraced impeachment, but facts are immaterial to Landrieu. Her evidence for Cassidy's "disrespect" of Obama is that "he refers to him by his last name, constantly." Instead, he should always refer to him as President Obama.

The desperation of Landrieu's campaign doesn't stop there. Donald Cravins Sr., the mayor of Opelousas and the father of Landrieu's chief-of-staff, was caught on videotape last month addressing a crowd just before the first round of voting in the Senate race: "If you early-voted, go vote again tomorrow. One more time's not going to hurt." Just in case anyone doubted that Cravins was serious, he told the crowd they had an insurance policy: The local prosecutor would look the other way: "Tomorrow we're going to elect Earl Taylor as the D.A., so he won't prosecute you if you vote twice," he assured the crowd. When criticized for these remarks, Cravins says he was "joking."

It's ironic that the issue of voter fraud should enter Louisiana's Senate race in 2014, given that in Landrieu's first election in 1996 it also played a role. She won that year by 5,788 votes over Republican Woody Jenkins. Journalist Quin Hillyer noted that she was helped by "boatloads of gambling money turning out liberal voters to support a referendum for a land-based casino."

Morris Reed remembers the 1996 casino cash well. A former judge, the African-American Reed was one of two Democrats on the same ballot running for district attorney in New Orleans. Reed, who crusaded against corruption, lost to the longtime incumbent, a white man who was nonetheless backed by the local black political machines. Reed claimed that gambling interests financed the use of dozens of vans to pick up New Orleans voters, pay them, and then haul them

from one voting precinct to another to vote. Then New Orleans mysteriously became the only one of 64 parishes to violate state law in that election by opening all of its voting machines without any candidate present as a witness. Reed told me in 1996 that there was no doubt Landrieu's victory was questionable given the dozens of irregularities, some of which led a New Orleans assistant city attorney to resign in protest.

Senator Landrieu began her Senate career under a cloud in 1997 — she was seated only provisionally owing to the controversies swirling around the New Orleans vote. Now, nearly two decades later, it appears she will be leaving office under a different cloud — an ugly, dark campaign that invents facts, stirs up racial animus, and distorts reality. If she loses, it will be a shame that she couldn't have exited stage left with more grace and less vitriol.

National Review

[With Landrieu's Loss, the End of an Epoch](#)

Now if only we could get rid of the myth, too.

by Kevin D. Williamson

Senator Mary Landrieu of Louisiana is finally on her way out; her defeat in yesterday's runoff election puts an exclamation point at the end of the long story of the Democratic party's decline in the South. And good riddance — Louisianans have already had the sense to give themselves an excellent, forward-looking governor, and they deserve a better senator, too.

Naturally, this will be seized upon as an opportunity to proclaim the grapes sour: The Democrats, being intellectually dishonest, cling to the myth that the two parties "switched places" on racial issues in the 1960s, that Senator Landrieu's troubles are a consequence of that reversal, and that the general Southern realignment is evidence that the Republican party is a comfortable home for bigots, Confederate revanchists, and others with dodgy racial politics.

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A few obvious questions: If white Southerners were really so enraged about the Civil Rights Act of 1964, and if they switched to the Republican party to express their displeasure, then why did they wait 30 years before making that preference felt in House elections? Why did Dwight D. Eisenhower — a supporter of civil-rights legislation who insisted on the actual desegregation of the armed forces (as opposed to President Truman's hypothetical desegregation) and federal agencies under his control — win a larger share of the Southern vote in 1956 than Barry Goldwater, the most important Republican critic of the 1964 Civil Rights Act, did two cycles later? Why did Mississippi elect only one Republican governor in the entire 20th century, and that not until 1992? Why didn't Alabama have a Republican governor until 1987? And why did Louisiana wait 60 years to eliminate its last Democratic senator in favor of a candidate from the party of Condoleezza Rice, Ben Carson, Allen West, Mia Love, Tim Scott, and that not-very-white guy who serves as governor of Louisiana? White supremacy should be made of sterner stuff: Did somebody forget to tell Louisiana state senator and newly confirmed Republican Elbert Guillory that he's black?

Strange that redneck bigots would wait for so many decades to punish the Democrats for giving up cross-burning; my own experience with that particular demographic suggests that its members do not in general have that sort of attention span.

There has, in fact, been a realignment in the party preferences of both black voters and white Southern voters — a trend that dates not to the Democrats' decision to abandon white supremacy as a plank in their party platform but to an earlier period, namely, the New Deal. By 1946, the majority of black voters in congressional races were pulling the Democratic lever — that is, black voters switched to the Democrats at a time when Lyndon Johnson wasn't just blocking civil-rights bills but blocking anti-lynching legislation. The last Republican presidential candidate to win the black vote was Herbert Hoover.

Similarly, the migration of white Southern voters to the GOP did not begin after the fight over the Civil Rights Act of 1964. And why would it have? Despite the principled opposition of Barry Goldwater, a lifelong NAACP member who nonetheless believed that the bill gave the federal government too much power over state and local matters, Republicans supported the Civil Rights Act of 1964 at significantly higher levels than the Democrats did, just as Republicans, Goldwater included, had fought for the Civil Rights Act of 1957, passed on Republican votes over Democratic obstruction and signed by a Republican president.

In reality, the Republican party in the South was not the party of peckerwood-trash segregationists; the GOP made its first Southern inroads among relatively affluent, educated, suburban voters, i.e., basically the same people who were Republicans everywhere else in the country, and the Southern voters least interested in segregation. And that began in the 1920s, not the 1960s. But it really picked up during the New Deal, with Franklin D. Roosevelt's support among Southern white voters diminishing as his Prussian-style command-and-control economic fantasies became more audacious.

When Democrats push their "trading places" legend, they insistently (and dishonestly) ignore that their party, which was the party of Southern voters before Lyndon Johnson finally got on the right side of the lynching-law issue, was also the party of Southern voters long after Democrats finally packed away their white hoods for good. Instead, they will point to the presidential-election maps, which tell a different story.

Unquestionably, Barry Goldwater had a better year in 1964 when it came to Southern electoral votes than Republicans at the time could normally have expected, but Republican presidential victories in the South were hardly unprecedented: Hoover had won Texas, Florida, Virginia, Tennessee, Kentucky, and North Carolina, while Al Smith carried the rest of the South from Louisiana to South Carolina in spite of the anti-Catholic sentiment in the region. Indeed, this election, which brought many working-class white ethnic Catholics into the Democratic camp for the first time, probably had a more important effect on the emerging Democratic coalition than any action on civil rights did, there having been practically none on either side for some time. Similarly, Republicans had a pretty good showing in the South in 1952, with Eisenhower winning Texas, Florida, Virginia, and Tennessee, along with the rest of the country outside the South.

After 1964, Republicans did have some extraordinary presidential elections in the South. In 1968, both major parties were largely shut out of the Deep South by George Wallace's American Independent-party candidacy; Republicans won Florida, Democrats won Texas, but the outlines of the familiar modern presidential map began to emerge: Democrats on the coasts, Republicans in the middle. In the next election, Richard Nixon swept the South — and the West, and the Midwest, and pretty much everywhere else, too, winning every state except Massachusetts. Democrats swept the South in 1976 — more than a decade after the South allegedly abandoned its traditional

party — and then Reagan took it back, with the exception of Georgia (Jimmy Carter's home state). In 1984, Reagan occupied the South like General Sherman — or like Nixon: He, too, swept the South as part of a 49-state victory, leaving Republicans with the short-lived motto: "Recount Minnesota!"

None of the presidential elections — not one — in the 20 years between 1968 and 1988 shows a Republican party uniquely dominant in the South. In 1972, 1980, 1984, and 1988, Republicans won the South while running rampant in the rest of the country, including two 49-state sweeps. In 1968, the Republican won in spite of losing the South; in 1976, the Republicans lost in part because they lost the South. The Republicans' "Southern strategy" — which was not, contrary to the myth, based upon sending secret decoder-ring messages to Southern bigots but was instead oriented toward appealing to working-class white transplants to the South from the Midwest and elsewhere — did not really begin to pay off reliably until years later, when white racism as an organized political issue had long been consigned to the fringes of politics.

So, once again, the evidence is contrary to the fantasy history the Democrats put forward. In 1992, the Democrats hit upon a Southern strategy of their own, the "Double Bubba" ticket of two white Southern men — Bill Clinton, protégé of the segregationist troglodyte William Fulbright, and Al Gore, son of the Tennessee grotesque Senator Al Gore Sr. — and managed a mediocre showing in the South.

It was the 1994 midterm — 30 years after the fight over the Civil Rights Act of 1964 — that announced the real realignment in Southern politics. As with the New Deal, economic issues rather than racial ones were once again front and center. Bill Clinton had had the poor sense to put his wife in charge of a cockamamie project to quasi-nationalize American health care — terrible idea, right? — and Republicans responded with the Contract with America, an eight-point agenda that had zilch to do with race. Only the very finest sensibilities of the dog-whistle detectors at MSNBC could derive a racial agenda out of "require that all laws that apply to the rest of the country also apply to Congress," "cut committee staff by one-third," or "require committee meetings to be open to the public." (Go ahead — find the racial subtext; I'll wait.) It was that election that saw the Southern congressional delegation go Republican for the first time. And while Clinton would still win a few Southern states in 1996, Democratic presidential candidates would subsequently find themselves largely shut out of the South outside of Florida and Virginia.

Say what you will about the Republican party of 1994, with Newt Gingrich riding at its head like Hannibal on an elephant, it was not — not by any reasonable criterion — anything like the Democratic party that fought Republican civil-rights legislation through the 1950s and into the 1960s. Newt Gingrich has entertained a great many daft ideas in his life, but the Democratic party's creepy white-supremacist agenda was never one of them.

So, why the racially lopsided election maps?

Bearing in mind that four presidential elections is not a very large data set, the fact is that voting is racially polarized across the country, not just in the South. In 2012, Barack Obama won 332 electoral votes to Mitt Romney's 206; if only whites' votes had been counted — if Mitt Romney had been running for the office of President of White Folks — then Romney would have handed Obama a crushing loss, roughly 438 to 100 in the Electoral College. Romney would have won such Democratic strongholds as California, Illinois, and New Jersey; in fact, he would have won every state except for Iowa, Washington, Oregon, New York, and a few small states. Race is not the only cleavage, of course: If the vote had been white *men* only, chunks of New England would have slipped away, leaving Barack Obama with something like half a dozen states and 40 electoral votes.

On the other hand, have a gander at the 2014 midterm-election map: Does this look like the showing of a rump Southern white people's party to you? It may be that presidential elections, unlike congressional and gubernatorial elections, really are mainly about culture, about signaling identity and values, about how we see ourselves and our country. If that is the case, it should not surprise us all that much that blacks and whites vote differently. Not only do policy preferences reflect racial divisions, but there are racial differences in all manner of beliefs, tastes, and opinions. We can all laugh at jokes about the O. J. Simpson verdict's role as a black-authenticity heuristic today, but roughly contemporaneous racial disagreements are not amusing even in retrospect.

That the Democratic party has attempted to hijack for itself credit for the hard and often bloody work performed for a century almost exclusively by Republicans, from Lincoln to Eisenhower, is a reminder that the party of Lyndon Johnson and Bill Clinton is not a place for men with a very developed sense of decency.

That being the case, Democrats should spare us their batty tales about Louisiana sending off the South's last Democratic senator — a sanctimonious white lady if ever there was one — because white bigots are being inspired by a governor one generation away from Punjab, Haitian refugees representing Utah in the House, and this National Review cruise aficionado. From George Wallace's infamous stand in the schoolhouse door to Barack Obama's, embarrassing racial politics are the Democrats' bread and butter. And what happened in the 1960s wasn't the parties' "changing places" on racism and civil rights; it was the Democrats' — some of them, at least — joining the ranks of civilized human beings for the first time.

It only took them a century.

Free Beacon

Liberalism Is a Hoax

Public relations in the service of the left

by Matthew Continetti



Al Sharpton,

Mike Nifong,

Jonathan Gruber

Talk about a dramatic entrance. When the St. Louis Rams took the field last Sunday, [several teammates raised their hands, palms out](#). It was an act of solidarity with Michael Brown, the unarmed black teenager killed last August in a struggle with a white police officer. Moments before his demise, it is said, Brown raised his hands and pleaded: “Don’t shoot.”

Since then “hands up, don’t shoot” has become the rallying cry of protesters and rioters furious that the officer, Darren Wilson, was not indicted by a grand jury. There is just one problem: It is not clear that Brown put his hands up. Nor is it certain that he said, “Don’t shoot.” On the contrary, the evidence released by the grand jury suggests that the fatal incident began when Brown assaulted Wilson.

Indeed, the foundations of the Brown story have been eroding from the moment [a St. Louis television station broadcast security video](#) from the convenience store where Michael Brown, prior to his fatal encounter, stole merchandise and assaulted a clerk. It was for example claimed that Brown was shot in the back. The evidence before the grand jury showed that he was not.

Is the movement to “de-militarize” the police that was sparked by Brown’s death therefore based on lies? “Those questions may never be answered,” [says *The New York Times*](#), which campaigned for the indictment of Officer Wilson and sympathized with the violence and looting that has plagued Ferguson, Missouri, after the grand jury announced its decision.

Well, maybe those questions won’t be answered. What I do know is that the *Times* would be much more definitive and much more emphatic if the empirical data conformed even in the slightest to its preferred narrative, to its politicized storyline of pacific young black men gunned down needlessly by racist cops. What I do know is that the sensational and electric assertions made by liberals to further their agenda, especially on issues of race and sex, have a habit of being untrue. And it is the recurrence of such factually suspect accounts that raises troubling questions about the relation of liberal myth to human reality. (The case of Eric Garner, in which there is video of the deadly engagement, is different and should not be conflated with the fable of Ferguson.)

Liberal myths propagated to generate outrage and activism, to organize and coordinate and mobilize disparate grievances and conflicting agendas, so often have the same relation to truth, accuracy, and legitimacy as a Bud Light commercial. Marketing is not limited to business. Inside the office buildings of Washington, D.C., are thousands upon thousands of professionals whose livelihoods depend on the fact that there is no better way than a well-run public relations campaign to get you to do what they want. What recent weeks have done is provide several lessons in the suspect nature of such campaigns.

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the basis for the university's decision to suspend Greek life on campus for the duration of 2014. The magazine was evasive in its response to the challenges. Then, on Friday afternoon, it released [the following statement](#): "There now appear to be discrepancies in Jackie's [the alleged victim's] account, and we have come to our conclusion that our trust in her was misplaced." The story is [false](#).

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It is sometimes difficult to understand that, for the left, racism and sexism and prejudice are not ethical categories but political ones. We are not merely talking about bad manners when the subject turns to Michael Brown or UVA or Thomas Piketty. We are talking about power.

"The new elite that seeks to supercede the old one, or merely share its power and honors, does not admit to such intention frankly and openly," writes Vilfredo Pareto. "Instead it assumes the leadership of all the oppressed, declares that it will pursue not its own good but the good of the many; and it goes to battle, not for the rights of a restricted class but for the rights of almost the entire citizenry."

Such is the conduct of our new elite, the archons and tribunes of the "coalition of the ascendant," which proclaims itself the advocate of minority rights, of the poor, of the sick, as it entrenches its power and furthers its self-interest.

For an example of that rising and fabulist elite, look no further than Jonathan Gruber, the MIT economist who [in a 2013 speech](#) confided that the passage of Obamacare was due to a "lack of transparency" and "the stupidity of the American people or whatever." Here is a highly compensated professional, [who has received close to \\$6 million in consulting fees from state and federal government](#), admitting to like-minded audiences that the Obama administration [rigged the process at the Congressional Budget Office](#), and that the law was written [so if states did not establish health exchanges they would not receive Medicaid subsidies](#) (the government is now arguing the opposite before the Supreme Court).

The response? More lies: Nancy Pelosi [says she's never heard of Gruber](#), and the president and his former secretary of Health and Human Services minimize his role in creating their signature legislation. ([Gruber visited the White House, including the Oval Office, more than 20 times.](#)) Gruber hasn't been delivering speeches over the last few years. He's been delivering confessions. And his words only embitter the recollection of other Obamacare promises that have been exposed as false: that the [law would cut the deficit](#), that it would [lower health care premiums by \\$2,500](#), that [if you like your plan you can keep your plan](#).

What are [the apocalyptic predictions of climate alarmists](#) but [Sorelian myths](#) intended to shape legislation, regulation, and the culture in the radicals' favor? To merely profess agnosticism on the subject of global warming is to elicit calls [for one's removal from the Washington Post](#). Yet the "[pause](#)" in warming has lasted for more than 15 years, leaving puzzled climate scientists, whose jobs depend on the imminence of crisis, speculating that the heat is [hiding somewhere in the ocean](#). The "[Climategate](#)" emails revealed an insular and opaque scientific community sensitive to the political and financial ramifications of contradictory data. The [sharknado-like hurricanes that environmentalists predicted](#) as a consequence of global warming have [yet to appear](#). Indeed, no hurricane has made landfall on Florida [in nine years](#).

I gave up predicting the weather the first time I didn't do my homework in expectation of a snow day and was proven wrong. Nevertheless I recognize the political appeal of climate change, the rhetorical power of a threat to correlate forces, to direct their activity. Not to mention the aromatic whiff of potential economic rewards. Retrofitting an economy for a post-fossil fuel world is a business opportunity for well-connected entrepreneurs such as Elon Musk or the coal baron, radical environmentalist, billionaire, and Democratic mega-donor [Tom Steyer](#), who is on record that the government-subsidized green energy bonanza is above all an opportunity "[to make a lot of money](#)."

So much of contemporary liberalism reeks of a scheme by which already affluent and influential people increase their margins and extend their sway. Liberalism, mind you, in both parties: the Republican elite seems as devoted as their Democratic cousins to the shibboleths of diversity and immigration even as they bemoan the fate of the middle class and seek desperately the votes of white working families.

Just-so stories, extravagant assertions, heated denunciations, empty gestures, moral posturing that increases in intensity the further removed it is from the truth: If the mainstream narration of our ethnic, social, and cultural life is susceptible to error, it is because liberalism is the prevailing disposition of our institutions of higher education, of our media, of our nonprofit and public sectors, and it is therefore cocooned from skepticism and incredulity and independent thought. Sometimes the truth punctures the bubble. And when that happens—and lately it seems to be happening with increasing frequency—liberalism itself goes on trial.

Has the jury reached a verdict? Yes, your honor, it has. We find the defendant guilty. Liberalism is a hoax.

Business Insider

9 Lies About Fat That Destroyed The World's Health

by Kris Gunnars



The areas of nutrition and disease prevention are full of incompetence.

We have been wrongly advised to avoid saturated fat and cholesterol, despite no evidence of harm.

Here are the top 9 biggest lies, myths and misconceptions about dietary fat and cholesterol.

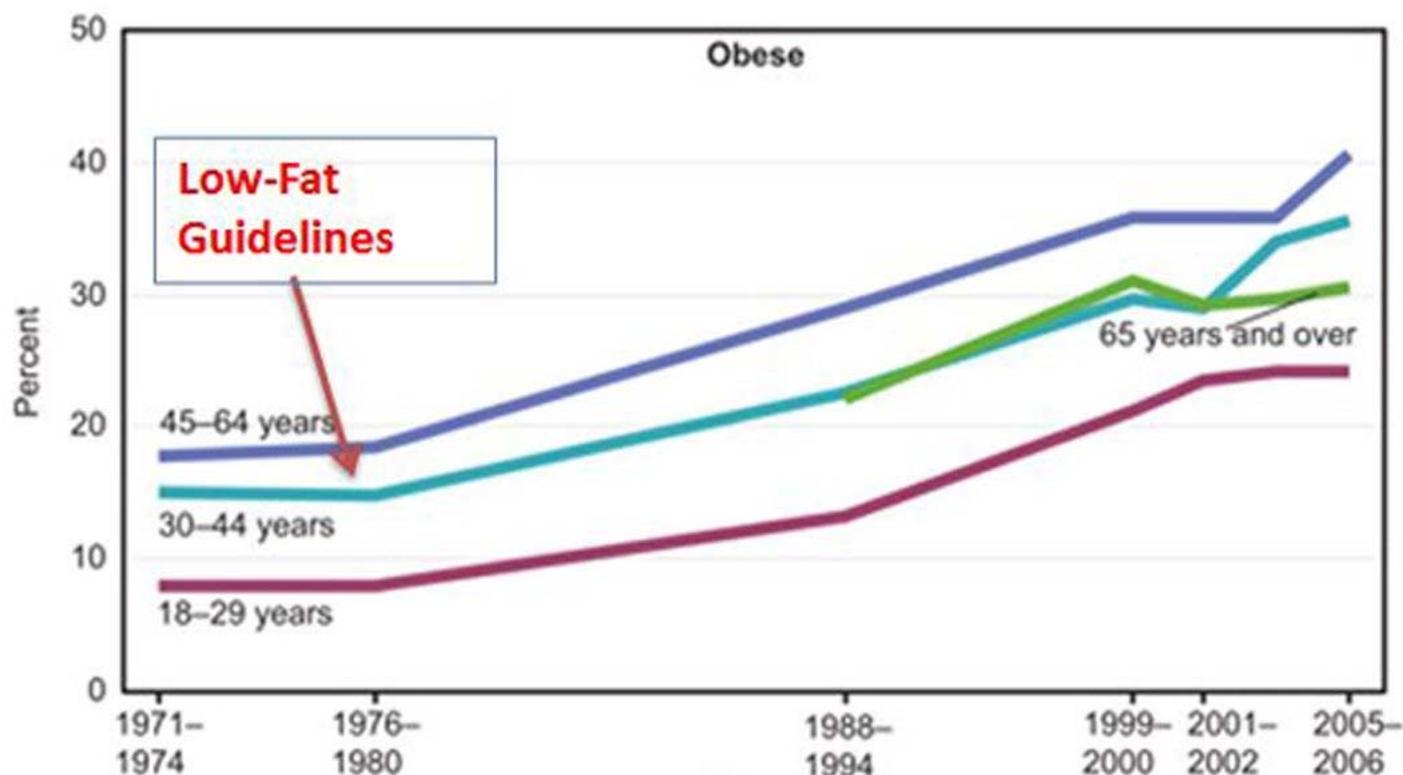
1. A Low-Fat, High-Carb Diet is The Optimal Human Diet

Back in 60s and 70s, many prominent scientists believed that [saturated fat](#) was the main cause of heart disease, by raising the "bad" cholesterol in the blood.

This idea was the cornerstone of the [low-fat diet](#). Because of a few bad studies and misguided political decisions, this diet was recommended to all Americans in the year 1977 [\(1\)](#).

However, there wasn't a single study on this diet at the time. The American public became participants in the largest uncontrolled experiment in history.

This experiment didn't turn out very well and we are still suffering the consequences. This graph shows how the obesity epidemic started at almost the exact same time the low-fat guidelines came out [\(2\)](#):



The diabetes epidemic followed soon after. Of course, a graph like this doesn't prove anything. Correlation does not equal causation.

But it seems plausible that the low-fat recommendations made things worse because people started eating less of [healthy foods](#) like meat, butter and eggs, while eating more processed foods high in sugar and refined carbohydrates.

Even though there was little evidence at the time, the low-fat diet has actually been thoroughly studied in the past few years and decades.

It was put to the test in the biggest controlled trial in nutrition history, the [Women's Health Initiative](#). In this study, 48,835 postmenopausal women were split into two groups. One group ate a low-fat diet (with the [whole grains](#) and all that) while the other group continued to eat "normally."

After a period of 7.5-8 years, the low-fat group weighed only 0.4 kg (1 lb) less than the control group and there was no difference in the rate of heart disease or cancer between groups ([3](#), [4](#), [5](#), [6](#)). Other huge studies also found no advantages for the low-fat diet ([7](#), [8](#), [9](#)).

But it doesn't end there, unfortunately... the low-fat diet recommended by most [nutrition organizations](#) is not only ineffective, it may even be downright harmful.

In multiple human studies, the low-fat diet has actually made some important risk factors worse, raising triglycerides, lowering HDL (the good) cholesterol and making the LDL particles smaller ([10](#), [11](#), [12](#), [13](#)). Despite miserable results in the studies, many nutritionists all over the world continue to recommend the low-fat diet that is hurting more people than it helps.

Bottom Line: *There is no evidence that low-fat diets have any benefits. They do not cause weight loss in the long-term or reduce the risk of chronic diseases. Some studies show that they may even cause harm.*

2. Cholesterol Rich Foods (Like Eggs) Are Bad For You

Nutrition professionals have had remarkable success with demonizing perfectly healthy foods. Probably the worst example of that is eggs, which are among the healthiest foods [on the planet](#). Just think about it... the nutrients in an egg are enough to turn a single fertilized cell into an entire baby chicken.

Even so... because eggs contain large amounts of [cholesterol](#), they were believed to cause heart disease. However, studies actually show that the cholesterol in the diet does NOT raise the bad cholesterol in the blood. [Eggs](#) raise HDL (the good) cholesterol and are not associated with an increased risk of heart disease ([14](#), [15](#), [16](#), [17](#), [18](#)).

What we're left with is an incredibly healthy food... loaded with vitamins, minerals and powerful nutrients that are important for the eyes and [brain](#) ([19](#), [20](#), [21](#)).

Keep in mind that almost all the nutrients are found in the yolk... the white is nothing but [protein](#). Telling people to ditch the yolks may be just be the most ridiculous nutrition advice in history.

Bottom Line: *Eggs were demonized because of the high amount of cholesterol, but new studies show that they don't raise cholesterol in the blood or contribute to heart disease. Eggs are among the most nutritious foods on the planet.*

3. Your Total and LDL Cholesterol Levels Are Good Indicators of Heart Attack Risk

Probably the biggest mistake in modern medicine is focusing too much on Total and LDL cholesterol levels as indicators of heart attack risk. Well... it is true that elevated levels of both are associated with increased risk ([22](#)).

But the whole picture is much more complicated than that. Total cholesterol actually includes lots of things... including HDL, also known as the "good" cholesterol.

Having high HDL actually *raises* your Total cholesterol number. LDL cholesterol isn't just LDL either... there are subtypes. We have the small, dense LDL particles (very bad) and then we have the large, fluffy LDL (good). The small particles are associated with heart disease, while the large ones are mostly benign ([23](#), [24](#), [25](#), [26](#), [27](#)).

Studies actually show that Total and LDL cholesterol are poor indicators of risk compared to other markers, like the Triglyceride:HDL ratio ([28](#), [29](#)). One study found that out of 231,986 patients hospitalized for heart disease, half of them actually had normal LDL levels ([30](#))!

There are also studies showing that high cholesterol can be protective. In old individuals, the higher the cholesterol, the lower your risk of heart disease ([31](#), [32](#)).

Not to mention that cholesterol levels that are *too low* are actually associated with increased risk of death... from other causes, like cancer and suicide ([33](#), [34](#)).

Despite the weak predictive value of Total and LDL cholesterol, people with elevated numbers are often instructed to lower cholesterol by any means necessary... including a low-fat diet (which doesn't work) and [statin](#) drugs.

Right now, millions of people all around the world are taking cholesterol lowering drugs without needing them, unnecessarily suffering the risk of serious side effects.

Bottom Line: *Total and LDL cholesterol levels are actually quite poor markers of heart disease risk. Many people are being unnecessarily medicated because doctors tend to focus on these numbers.*

4. Processed Seed- and Vegetable Oils Are Healthy

For some very strange reason, processed seed- and vegetable oils became recognized as [health foods](#). Humans only started consuming them about a 100 years ago, because we didn't have the technology to process them until then.

Yet, somehow the nutrition geniuses figured that these would somehow be very healthy for humans and certainly better than the "dangerous" saturated fats.

These oils, which include soybean, corn and cottonseed oils, are very high in polyunsaturated Omega-6 fatty acids, which are harmful in excess and can contribute to inflammation ([35](#), [36](#), [37](#)).

Despite these oils being recommended to reduce heart disease, there are actually multiple studies showing that they increase the risk ([38](#), [39](#), [40](#), [41](#)). In a study that looked at common cooking oils on the U.S. market, they found that 0.56% to 4.2% of the fatty acids in them were highly toxic trans fats ([42](#))!

However... [these oils](#) are actually recommended by the beloved organizations that are supposed to be in charge of protecting our health. This is one example of where blindly following the conventional nutritional wisdom can put you in an early grave.

Bottom Line: *Processed seed- and vegetable oils are very unhealthy, loaded with Omega-6 fatty acids and trans fats that can contribute to disease.*

5. Saturated Fat Raises Your Bad Cholesterol and Causes Heart Disease

The "war on saturated fat" has been a miserable failure.

It was initially based on flawed studies, but somehow became [public policy](#) (with disastrous consequences). The worst part is... the governments and health organizations have yet to change their position despite **overwhelming evidence** that they've [been wrong](#) all along.

Actually, saturated fat doesn't really raise LDL that much. The effect is weak and inconsistent and appears to depend on the individual ([43](#), [44](#), [45](#)).

When saturated fat does affect LDL, it changes the particles from small, dense (very, very bad) to Large LDL, which is mostly benign ([46](#), [47](#), [48](#)). Saturated fat also raises HDL cholesterol, which is associated with a reduced risk of heart disease ([49](#), [50](#)).

If anything, saturated fats actually improve the lipid profile, NOT the other way around. In the past few years, many massive studies have examined the link between saturated fat and heart disease risk.

One of these studies included 347,747 participants and looked at data from 21 studies. The conclusion: **there is no evidence that saturated fat increases the risk of heart disease** ([51](#)).

Many other studies confirm these findings. Saturated fat is harmless ([52](#), [53](#)). The truth is... saturated fat never has been and never will be proven to cause heart disease, because it simply isn't true.

Bottom Line: *Despite decades of anti-fat propaganda, saturated fat has never been proven to cause heart disease. In fact, saturated fat improves some of the most important risk factors for heart disease.*

6. Saturated Fats and Trans Fats Are Similar

Trans fats are unsaturated fats that have been chemically modified to be more solid and have a longer shelf life. They are also known as partially hydrogenated fats.

The manufacturing process is very disgusting... involving high pressure, high heat, a metal catalyst and hydrogen gas. The fact that anyone thought these nasty fats would be suitable for human consumption is baffling.

Some of the major health organizations have started to confuse people by grouping trans fats together with saturated fats, calling them the "bad fats" ([54](#)).

However... like I outlined above, saturated fat is completely harmless, but the same can NOT be said for trans fats. [Trans fats](#) are highly toxic and can cause insulin resistance, inflammation and significantly raise the risk of serious diseases like heart disease ([55](#), [56](#), [57](#), [58](#)).

Even though consumption has gone down, trans fats are still found in processed foods and the FDA still categorizes them as "Generally Regarded as Safe" (GRAS).

If you want to avoid chronic disease... then eat your butter, meat and [coconut oil](#), but avoid trans fats as if your life depended on it (it does).

Bottom Line: *Trans fats resemble saturated fat in consistency and shelf life, but the chemical composition is still very different. While saturated fats are harmless, trans fats are highly toxic and should be avoided.*

7. Eating Fat Makes You Fat and High-Fat Diets Are Dangerous

Fat is the stuff that lodges under our skin and makes us look soft and puffy. Therefore, eating more fat should make us store more of it. You are what you eat, right? Well, it actually isn't that simple.

Even though fat has more calories per gram compared to protein and [carbs](#), foods that are naturally high in fat are very fulfilling and hard to overeat. In fact, studies on diets that are high in fat (and [low in carbs](#)) show that these diets cause **more** weight loss than diets that are low in fat ([59](#), [60](#), [61](#)).

Low-carb, high-fat diets also lead to all sorts of [other benefits](#)... increased HDL cholesterol, lower triglycerides, lower blood sugar and insulin levels, more abdominal fat loss and improved size of LDL particles ([62](#), [63](#), [63](#), [65](#)).

Despite this, many nutrition professionals still have the audacity to call low-carb diets **harmful**, then continue to peddle the failed low-fat diet that has been proven, time and time again, to be completely ineffective.

Bottom Line: *Despite fat having more calories per gram than carbs or protein, studies show that high-fat (and low-carb) diets actually lead to more weight loss than low-fat diets.*

8. Processed Margarine is Better Than Natural Butter

Because of the war on saturated fat, [butter](#) became recognized as an unhealthy food. Food manufacturers jumped on the bandwagon and started producing butter replicates like margarine.

Most margarines contain large amounts of processed vegetable oils, often with trans fats added to the mix. It is hard to imagine how people could think that processed, factory made margarine would be healthier than butter, which is completely natural and humans have been eating for a long time.

The studies also do NOT support the idea that [margarine](#) is healthier than butter. In the Framingham Heart Study, margarine was associated with an increased heart disease risk compared to butter ([66](#)):

Many other studies have looked at high-fat dairy products and found no evidence that they contribute to any disease... in fact, high fat dairy is associated with a lower risk of obesity ([67](#), [68](#)).

Despite all the fear mongering, high fat dairy products like butter are extremely healthy, especially if they are derived from grass-fed cows.

Bottom Line: Margarine is an unhealthy fake food produced in factories, usually containing trans fats and processed vegetable oils. Butter is a much healthier choice, especially if it comes from grass-fed cows.

9. Processed Low-Fat Foods Are Healthy Options

Because of the ridiculous low-fat advice, food manufacturers removed the fat from some of their foods. But there was a major problem... natural foods taste terrible without the fat.

The food manufacturers realized this and added a whole bunch of [sugar](#) to compensate for the missing fat. For this reason, most "low fat" foods are actually **loaded** with sugar, which is seriously harmful ([69](#), [70](#), [71](#)).

If a food has "low fat" or "diet" on the label, then you will probably find sugar, corn syrup and various artificial chemicals on the ingredients list.

However, sales of these foods have skyrocketed because many nutrition professionals still advise people to eat them... even though the "normal fat" alternatives are much healthier!



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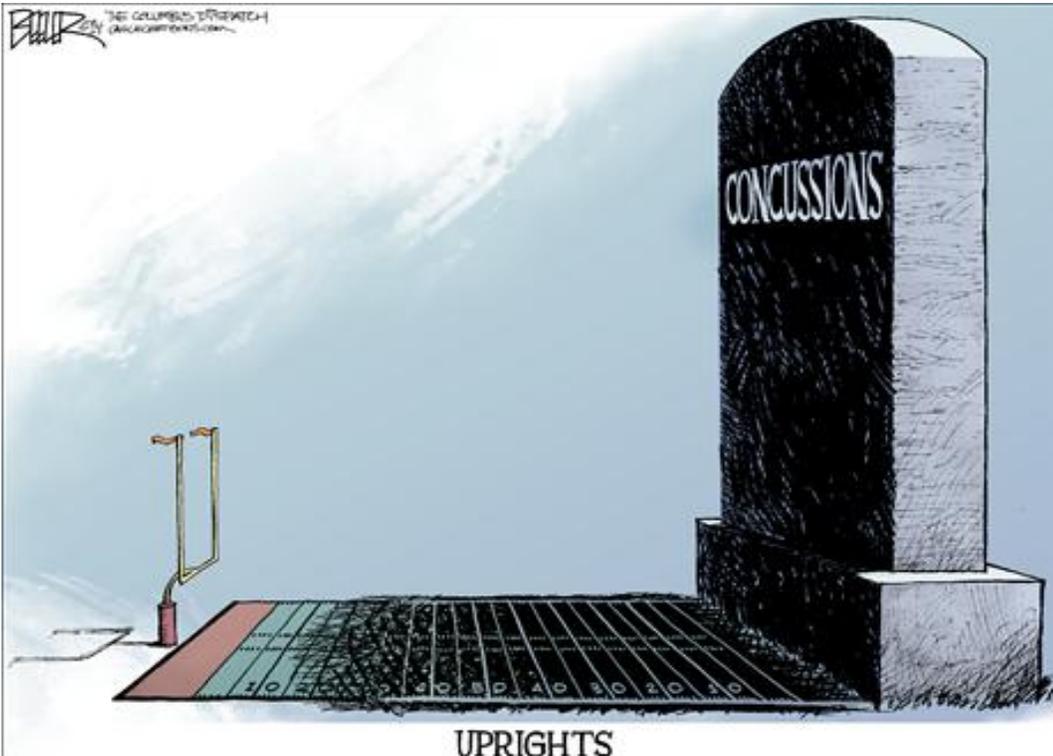
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