

2013, March 2

Saturday History Call

TO LISTEN TO THIS CALL:

- GO TO BBS RADIO 2 & SCROLL DOWN THE SCHEDULE UNTIL YOU REACH SATURDAY.
- CLICK ON "HISTORY OF OUR GALACTIC WORLD & NESARA" & THE INFORMATION PAGE WILL COME UP.
- UNDERNEATH THE PICTURE OF THE GALAXY AND THE LOTUS, YOU WILL SEE A BLUE BOX WITH THE WORDS **PROGRAM ARCHIVES**.
- CLICK ON THAT BOX TO GET TO THE LISTING OF PROGRAM ARCHIVES: latest ones are at the top.
- YOU CAN DOWNLOAD THE PROGRAM TO YOUR OWN COMPUTER OR LISTEN DIRECTLY.

Opening & Meditation: Cheryl Croci

Everyone is invited to Cheryl Croci's Sunday and Monday ascension and activation calls

- 8:45 pm EST/5:45 pm PST
- 213-342-3000; PIN 9467441#

Housekeeping: Rainbird

- BBS:**
- A listener supported radio call - Grateful for all the donations from all of us!
 - **We owe \$ 595 for last week + this week. Thank you! Thank you! Thank you!**
Many people are sending small amounts - that works! Every small amount adds up.
 - Go to BBS radio.com; at top of home page, click on Station 2 where you will find the listing of the 3 calls we have every week. Click on any of these names & scroll down to find the Paypal button.
 - Website: <http://2013rainbowroundtable.ning.com> - scroll down on home page, close to blog page to find the donate button - can indicate whether it's for BBS or T&R

- T & R:**
- Need some rent \$ due on the 9th
 - Also for food, gas and a utility bill
 - Can access Rama's paypal account on 2013 RainbowRose Roundtable
 - Can trade with T & R for readings by Mother Sekhmet

- **Please let them know when you are gifting:**

E-mail: koran999@comcast.net
Mintaka9999@yahoo.com

Mail: Ram D Berkowitz
1704 B Llano St, # 249
Santa Fe, NM 87505

Or contact MariettaRobert at 317-773-0061

The work we do together, the sharing we do - all of this is important: thank you all for sharing!

Pray for this call, pray for NESARA, pray for all on the planet.

Phone Numbers: 530 - 413 - 9537 line 1
530 - 763 - 1594 Lines 2 & 3

BBS Toll Free 888 - 429 - 5471 [Canada, US]

Hard News:

R: Rocky Mountain Mike had best version called "Sequestration" - it is all orchestrated

Max Keiser: Britain teetering on the edge of full economic collapse

Katherine at Bank of International Settlements: the US corporation is next - how can they continue to lie that the Dow is 15,000 + or - ? It is all lies and the Wall Street fat cats walk away, and the poor got the finger from the Boehner today

Camp Loveway: 3 whistleblowers - goes back to original story

- Israel needs to be brought in front of the UN and the Hague for war crimes against the Palestinians and 9/11
- Ward Churchill, David Gilmour, Roger Waters - talked of their movie **The Wall** - animated, could be on Netflix or maybe YouTube - talked of the song "comfortably numb" - Gilmour had scarlet fever at age 10, left his body, an ET told him he'd better get back in his body as the silver cord was dissolving
- Story of what is happening: talked of prisoner X who died in an Israeli prison - torture & abuse
- someone he met talked of children disappeared, still disappearing has not stopped - David Icke brought up the stories of kids on milk cartons; what happens in Area 51 - Mother's small rebel bank of children are cornered and extremely dangerous
- Katherine: they should be put out of their misery mercifully; send them love and the Violet Flame
 - the new energies are here completely, the Dow thing at 15,000 is completely false
- also told Rama - in answer to a question from a caller: these are attempts to use advanced technologies to cause harm; the Ashtar Command is very busy - the shaking of the ground, the strange lights - the jinn, angels, A angels - there is an unseen war going on here - the ones who need to be arrested are absolutely failing - and they are very very afraid at this moment
 - She said Ben Bernanke needs to be hauled off in shackles!
- **Main story:** Section 5 of the Voting rights Act - they still want to continue with Jim Crow
 - Ward Churchill called Judge Clarence Thomas the Uncle Tom of the supreme Court
 - he is still angry about to the aboriginal native people of this land
 - T: We say AB - aboriginal because no one is from here - we are all from the stars
 - Talked about why he got fired from Colorado College for speaking about 9/11
 - why have Cheney, Bush and the rest not been tried
 - time for a new Nuremberg trial:
- they came on to talk about Israel and the crimes which are still continuing: stealing Palestinian land for their "settlements"; Netanyahu still not arrested
 - The Dome of the Rock - the bigger story is how the Gate of Ishtar and Mother fit in
- the story of "the Other" does not have to be uncomfortable: only a small group of Mother's people who are off track
- Elizabeth Warren is doing what she needs to do: the rest of us are waiting though we are moving at Warp Speed
- Fred Alan Wolfe and Jack Safarti - tweeted: NASA and others are talking of a warp drive craft; the image is similar to that used by the Vulcans

Audio: Thom Hartman - there are cycles of boom and bust in our society - always have been

- when the business cycle of down, gov't increases spending;
- when the cycle is up, can scale down gov't spending, increase taxation as the private economy steps in and picks up the slack [March 1]

- First president to not do this: Herbert Hoover - his Secretary of Treasury was Andrew Mellon, a major bankster who said liquidate everything, and Herbert Hoover let it all fall apart for 3 years
- a Repub pres & Repub congress - **the US was at 35% unemployment by the time Roosevelt took office**

Thom continues to comment on Roosevelt's calling out of the Republicans

Thom Hartmann on The News: March 1, 2013

http://www.youtube.com/watch?feature=player_embedded&v=bCfcVrmM_Nw

Audio: Amy Goodman

Headlines [February 28, 2013](#)

French Resistance Fighter Stéphane Hessel Dies at 95

The former French Resistance fighter Stéphane Hessel has died at the age of 95. Hessel joined the French Resistance during World War II, was caught by the Gestapo and sent to the Buchenwald concentration camp. He escaped during transfer to Bergen-Belsen and later helped draft the United Nations Universal Declaration of Human Rights. In 2010, he became an unlikely best-selling author when his pamphlet-length book, "Time for Outrage," sold millions of copies around the world and helped inspire protests like Occupy Wall Street. As the movement spread in the fall of 2011, [Hessel explained to Democracy Now! why he was encouraged by nonviolent resistance.](#)

Stéphane Hessel: "It is proper for the young generation to listen to the very old ones who tell them, 'We have been resisters at a time where there was fascism or Stalinism. You must find the things that you will not accept, that will outrage you. And these things, you must be able to fight against nonviolently, peacefully, but determinedly.' That is why I am so happy about what happens these days in Wall Street, because they're indeed very peaceful. They are not throwing any bombs or any stones, but they're there determined to see that their values are to be respected."

Rosa Parks Statue Unveiled in Washington, D.C.

President Obama presided over a ceremony in Washington on Wednesday unveiling a statue of the late civil rights pioneer Rosa Parks. On Dec. 1, 1955, Parks refused to give up her seat to a white passenger on a city bus in Montgomery, Alabama. Her act of resistance led to a 13-month boycott of the Montgomery bus system that would help spark the civil rights movement.

President Obama: "She lived a life of activism, but also a life of dignity and grace. And in a single moment, with the simplest of gestures, she helped change America and change the world. Rosa Parks' singular act of disobedience launched a movement. The tired feet of those who walked the dusty roads of Montgomery helped a nation see that to which it had once been blind. It is because of these men and women that I stand here today. It is because of them that our children grow up in a land more free and more fair, a land truer to its founding creed."

(For more on the life of Rosa Parks, watch the Democracy Now! [hour-long special on Rosa Parks with historian Jeanne Theoharis](#), author of the new biography, "The Rebellious Life of Mrs. Rosa Parks.")

2013, Feb 28 [A Racial Entitlement? Supreme Court Threatens Voting Rights Act, One of Civil Rights Era's Key Gains](#)

As President Obama unveiled a statue of Rosa Parks at the U.S. Capitol on Wednesday, the Supreme Court considered overturning a key achievement of the civil rights movement: the 1965 Voting Rights Act. Signed in 1965 by President L. Johnson, the law requires several states and counties with a history of racial discrimination to clear election-related changes with the federal government. While the Supreme Court's four liberal justices appeared willing to back the Voting Rights Act, conservative justices were much more critical. Justice Antonin Scalia described the law as a "perpetuation of racial entitlement." We're joined by The Nation's Ari Berman, who covered the hearing and has reported extensively on the battle for voting rights. Berman says overturning Section 5 of the Voting Rights Act "would open the floodgates to more voter suppression laws, more legal challenges, and it would make it difficult to enforce the voting rights laws that are on the books. ... It would be one of the most radical and consequential decisions made by the court in a very long time."

SEE BELOW

2013, Feb 28 [Fascism in the Church: Ex-Priest on "The Pope's War," Clergy Abuse and Quelling Liberation Theology](#)

▪ As Pope Benedict XVI steps down today, we turn to a former Catholic priest who was silenced and expelled by the pope, then-Cardinal Ratzinger, in the 1980s. Matthew Fox chronicles his story in the book "The Pope's War: Why Ratzinger's Secret Crusade Has Imperiled the Church and How It Can Be Saved." Pope Benedict's tenure was marked by several scandals, most notably his handling of the widening sexual abuse scandals in the Catholic Church, including allegations that he ignored at least one case of abuse while serving as a cardinal. Documents show that in 1985 he delayed efforts to defrock a priest convicted of molesting children. "I'll take the pope at his word here when he says he's tired. I would be tired, too, if I left as much devastation in my wake as he has," Fox says. "I think that the Catholic Church as we know it, the structure of the Vatican, is passé. We're moving beyond it. And it's become a viper's nest. It's really sick, what's going on, obviously — the cover-up of the pedophile priests."

SEE BELOW

2013, Feb 28 [After 40 Years in Solitary, Angola 3 Prisoner Albert Woodfox Ordered Freed for 3rd Time in Louisiana](#)

▪ A federal judge has once again ordered the state of Louisiana to release Albert Woodfox, a former Black Panther who has spent more than 40 years in solitary confinement. Woodfox and Herman Wallace, another prisoner of the "Angola 3," were convicted of murdering a guard at Angola Prison. The Angola 3 and their supporters say they were framed for their political activism. On Tuesday, the same federal judge that ordered Woodfox's release in 2008 again ruled Woodfox should be set free on the basis of racial discrimination in his retrial. It was the third time Woodfox's conviction has been overturned, but prosecutors successfully reversed the two previous victories. The state is expected to appeal once again to keep Woodfox behind bars. We're joined by two guests: Robert King, the third member of the Angola 3, who was freed in 2001 after three decades behind bars; and Mwalimu Johnson, a longtime member of the Angola 3 support team.

SEE BELOW

2013, Mar 1 [Bradley Manning Admits Giving Documents to WikiLeaks in Bid to Show "True Costs of War"](#)

U.S. Army Private Bradley Manning has admitted to being the source behind the largest leak of state secrets in U.S. history. Nearly three years after his arrest, Manning told a military court he leaked the classified documents to the whistleblowing website WikiLeaks in order to show the U.S. public the "true costs of war." Manning also said: "I believed that if the general public, especially the American public, had access to the information ... this could spark a domestic debate on the role of the military and our foreign policy in general." Manning also said he had first approached The New York Times and The Washington Post before finally giving the files to WikiLeaks. He pleaded guilty to some reduced charges that could carry a maximum of 20 years in prison, but could still face a life sentence on other counts.

SEE BELOW

2013, Mar 1 [Salt Sugar Fat: NY Times Reporter Michael Moss on How the Food Giants Hooked America on Junk Food](#)

Food companies have known for decades that salt, sugar and fat are not good for us in the quantities Americans consume them. But every year, people are swayed to ingest about twice the recommended amount of salt and fat — and an estimated 70 pounds of sugar. We speak with New York Times reporter Michael Moss about how in his new book, "Salt Sugar Fat: How the Food Giants Hooked Us." In a multi-year investigation, Moss explores deep inside the laboratories where food scientists calculate the "bliss point" of sugary drinks or the "mouth feel" of fat, and use advanced technology to make it irresistible and addictive. As a result of this \$1 trillion-a-year industry, one-in-three adults, and one-in-five children, are now clinically obese.

SEE BELOW

2013, Mar 1 [Pandora's Lunchbox: Pulling Back the Curtain on How Processed Food Took Over the American Meal](#)

▪

We look deep inside the \$1-trillion-a-year "processed-food-industrial complex" to examine how decades of food science have resulted in the cheapest, most addictive and most nutritionally inferior food in the world. The vitamins added back to this packaged and fast food — which amounts to 70 percent of calories consumed in the United States — come from nylon, sheep grease and petroleum. We are joined by longtime food reporter Melanie Warner, author of "Pandora's Lunchbox: How Processed Food Took Over the American Meal."

SEE BELOW

Inner worlds, Outer Worlds <http://www.youtube.com/watch?v=aXuTt7c3Jkg>
Published on 30 Oct 2012

There is one vibratory field that connects all things: it has been called akasha, logos, the primordial om, the higgs field, the dark energy, [Mother: it's Mother's yanni, the divine feminine of anti matter: the creation chamber in the Mazoroth] and a thousand other names through history. The ancients teachers taught Nada Brahma [the Universe is sound or vibration] The vibratory field is at the root of all true spiritual experience and scientific investigation; it the same field that yogis

Most of us have forgotten this - we have strayed too far from thinking [with our hearts]

It is the common link between all our religions.

[Transcribed from what Tara read - not quite the same as the info below which is in four parts. Yet they are the same video, just assembled by a different person/site.]

All 4 parts of the film can be found at www.innerworldsmovie.com.

Part one of the film **Inner Worlds, Outer Worlds**.

Akasha is the unmanifested, the "nothing" or emptiness which fills the vacuum of space. As Einstein realized, empty space is not really empty. Saints, sages and yogis who have looked within themselves have also realized that within the emptiness is unfathomable power, a web of information or energy which connects all things. This matrix or web has been called the Logos, the Higgs Field, the Primordial OM and a thousand other names throughout history. In part one of Inner Worlds, we explore the one vibratory source that extends through all things, through the science of cymatics, the concept of the Logos, and the Vedic concept of Nada Brahma (the universe is sound or vibration). Once we realize that there is one vibratory source that is the root of all scientific and spiritual investigation, how can we say "my religion", "my God" or "my discovery".

ANOTHER LINK: http://current.com/community/94094251_inner-worlds-outer-worlds-part-1-akasha.htm

Part one of the film Inner Worlds, Outer Worlds. Akasha is the unmanifested, the "nothing" or emptiness which fills the vacuum of space. As Einstein realized, empty space is not really empty. Saints, sages and yogis who have looked within themselves have also realized that within the emptiness is unfathomable power, a web of information or energy which connects all things. This matrix or web has been called the Logos, the Higgs Field, the Primordial OM and a thousand other names throughout history. In part one of Inner Worlds, we explore the one vibratory source that extends through all things, through the science of cymatics, the concept of the Logos, and the Vedic concept of Nada Brahma (the universe is sound or vibration). Once we realize that there is one vibratory source that is the root of all scientific and spiritual investigation, how can we say "my religion", "my God" or "my discovery".

After the Conference Call

Audio: documentary about American singer/songwriters: John Denver

T: recalls the Exxon Valdez spill and not long after that John D was killed; Micah ran up to the stage and John just let him hang out there.

He was a major whistleblower which is why he was taken out.

Audio: rest of Inner Worlds, Outer Worlds

T: there is a balance here: we are changing so rapidly right now: a both/and - the ability to have a blissful, orgasmic relationship where you penetrate one another - she learned how to do this in tantra where the male sperm is reversed and up the shaft of the kundalini - it goes all the way up to the pineal gland. You have never had an orgasm until you have experienced this: there is a place where the self and the other merges - it is pure consciousness - beyond anything that is physical sensual .

This has to do with going beyond 3D - something that has to do with consciousness, as well - there is a termination in the physical, a dissolution of that 3D, yet there is a rainbow bridge of the carbon based molecule transforming itself to a crystalline molecule -it is beyond what you DO;

there are things you can do to bring the focus to that point, yet the ecstatic bliss of literally taking the physical semen and feeding it physically to the pineal gland - an amazing thing!

In the meantime, we are soon done with the celibacy thing: there is a process you can come to in androgynous - everyone has a yanni, and it is about magnetic energy. The Piscean energy we are in now is super condensed, super magnetic - that is what we talk about when we talk of magnetic energy.

Audio: [Rachel Maddow - The Daily Show with Jon Stewart - 02/28/13 ...](#)

Rachel's book DRIFT is coming out next week!

www.thedailyshow.com/watch/thu-february-28-2013/rachel-maddow

Feb 28, 2013 – *Rachel Maddow* identifies the Supreme Court's resident troll.
Airdate ... MSNBC's *Rachel Maddow* defends the Voting Rights Act and discusses ...

[Exclusive - Rachel Maddow Extended Interview Pt. 2 - The Daily ...](#)



Mar 1, 2013 www.thedailyshow.com/.../exclusive---rachel-maddow...

Rachel Maddow laments the bad drama of the sequester. Airdate - 02/28/13. ... *The Daily Show with Jon ...*

Audio: Max Keiser Mar 1, 2013 Episode 413

<http://rt.com/files/episode/1e/31/a0/00/kr0203.mp4>

Replacing humans with non-suicidal robots would get rid of environmental concerns, as well as all these pesky, GDP-busting human problems like hunger and fear. But would the courts even be able to examine their algorithms if a robot turns killer? They also discuss how a robo-pope would be first truly infallible pontifex. In the second half of the show, Max talks to author, comedian and gold bug Dominic Frisby about death crosses and gold prices, and about independent currencies - whether the Keiser dollar, the Frisby pound or the bitcoin.

T: with NESARA, all the loopholes get closed!

Audio: Thom Hartmann Conversations with Great Minds, March 1, 2013

Guest: Susan P. Crawford JD [Captive Audience: The Telecom Industry and Monopoly Power in the New Gilded Age](#)

- discussing the current situation in the US re access satellite and other kinds of transmissions: South Koreans think of the US as a visit to the country because of **the lack of connectivity**
- The cable connection is a 2nd class connection - it is not the fibre optics like south Korea has - due to lack of oversight - there was no real competition, but a deregulated environment which is not good for the consumer - same thing happened with the railways, also the oil industry; Rockefeller controlled 90% of the oil industry and was in bed with the coal industry

- At the end of the 19th century, decided it was time for gov't oversight: led to the Sherman Anti Trust Act in in 1880s
- Explains how Verizon and other companies make so much money on wireless - shareholders for Verizon, timeWarner, Comcast are making all kinds of money: a very few countries control the data transmission! **So the US is sinking**

Audio: Enviro Close-Up # 619 "Plastic Free with Beth Terry"

<http://blip.tv/envirovideo/enviro-close-up-619-plastic-free-with-beth-terry-6526158>

"Plastic Free with Beth Terry." Beth Terry is the author of Plastic Free: How I Kicked the Plastic Habit and How You Can Too. After learning about the North Pacific Gyre, also known as "Great Pacific Garbage Patch" -- the gigantic deposit of plastic debris floating in the middle of the Pacific Ocean -- she embarked on a plastic free life. Terry, a founding member of the Plastic Pollution Coalition, explains in this Enviro Close-Up how everyone can live plastic free. Her blog, MyPlasticFreeLife.com, is the leading blog on plastic free living.

Reading: The Mayan Factor- Jose Arguelles - reading about 10 Caban

Closing: Rainbird

FOLLOWING - PRINTED RESOURCES RELATED TO THE NOTES

Transcript

JUAN GONZÁLEZ: We begin today with a look at key provisions of the landmark Voting Rights Act that came under fire Wednesday in a hearing before the U.S. Supreme Court. The act was signed in 1965 by President Lydon Johnson. It requires several states and counties with a history of racial discrimination to clear election-related changes with the federal government. At the same time the court was hearing the case, President Obama was unveiling a statue in the Capitol that honors the late civil rights leader Rosa Parks, who was present when President Johnson signed the Act.

PRESIDENT BARACK OBAMA: It's been often remarked that Rosa Parks' activism didn't begin on that bus. Long before she made headlines, she had stood up for freedom, stood up for equality, fighting for voting rights, rallying against discrimination in the criminal justice system, serving in the local chapter of the NAACP. Her quiet leadership would continue long after she became an icon of the civil rights movement, working with Congressman Conyers to find homes for the homeless, preparing disadvantaged youth for a path to success, striving each day to right some wrong somewhere in this world.

JUAN GONZÁLEZ: Another lawmaker attending the unveiling of the Rosa Parks statue was 13-term [Congressman John Lewis](#) of Georgia. Lewis was almost killed when he marched during the 1965 Bloody Sunday march to Selma, Alabama, to demand the right to vote. When he was recently on *Democracy Now!*, Lewis described the Voting Rights Act that is now facing scrutiny before the Supreme Court.

REP. JOHN LEWIS: The Voting Rights Act of 1965 said, in effect, that you cannot use the literacy tests, you cannot have a poll tax, you cannot use certain devices, you cannot harass, you cannot intimidate. And before you make any changes in election laws dealing with registration, changing a precinct, local lines for any political position, you have to get pre-clearance from the Department of Justice or the federal district court in Washington, D.C.

AMY GOODMAN: The Voting Rights Act has been challenged by Shelby County, Alabama, which argued the preclearance requirement has outlived its usefulness. The Supreme Court's four liberal justices appeared willing to agree with Congress that more progress needs to be made before freeing states from the special federal monitoring, but conservative justices were much more critical. Justice Antonin Scalia called the act a, quote, "perpetuation of racial entitlement." Justice Sonia Sotomayor fought back over that claim.

For more, we're joined now by *The Nation's* Ari Berman, who was at the court covering the hearing. His recent in-depth [article](#) about the case asks, "Why Are Conservative Trying to Destroy the Voting Rights Act?"

We welcome you back to *Democracy Now!*, Ari. Explain what the justices were arguing or what their questions were yesterday in the Supreme Court.

ARI BERMAN: Sure. Well, thanks for having me back, Amy and Juan.

And the conservative justices, four of them—and, in many respects, Anthony Kennedy as a fifth—were concerned about really two things. Number one, does the Voting Rights Act cover the right states? So, is Section 5 still targeted at those places where discrimination is most prevalent? And then, number two, the second thing that they were concerned about is: Is there a replacement for Section 5? Because they view Section 5, in many cases, as an infringement on state sovereignty. So they were wondering: Do other provisions of the Voting Rights Act, such as Section 2—could it be an adequate replacement?

And the people that were defending the Voting Rights Act, both Solicitor General Donald Verrilli and Debo Adebile of the NAACP Legal Defense Fund, said that, yes, discrimination is still targeted in those states covered by Section 5, and there is no replacement for Section 5. It's the only section of the Voting Rights Act

that puts the burden of proof on the discriminators themselves to have to prove that a voting change is not discriminatory. So it's the only preemptive weapon in federal law to stop discriminatory voting changes, and that's what makes it so powerful.

JUAN GONZÁLEZ: And, Ari, on the exchange, not—it was not a direct exchange between Sonia Sotomayor and Justice Scalia. Could you talk about that? Because I think it's the first time that Justice Sotomayor comes out clearly in a court hearing so strongly opposed to one of her fellow justices.

ARI BERMAN: Well, Scalia made be outrageous statement that the Voting Rights Act is a "perpetuation of racial entitlement" and that that's why Congress has supported it so overwhelmingly. And Scalia basically said that the overwhelming congressional support for the Voting Rights Act means it must be unconstitutional.

And Sotomayor basically said, "Discrimination is discrimination. It's ongoing today. This is not racial entitlement; this is about a basic fundamental right that for so many years America ignored." And she said to Shelby County, the county that's bringing the state, "You don't have the standing to bring this challenge, because as recently as 2008 you were found by the Justice Department to be discriminating on the basis of race, doing a voting change that eliminated one of the only black districts in a city in the county." So, Sotomayor basically said there was no basis to bring this challenge to the Voting Rights Act itself.

AMY GOODMAN: I want to turn to a clip, going back in history, from a documentary that recently featured King. It's called *A Filmed Record...Montgomery to Memphis*. This is President Lyndon Johnson speaking just as he is signing the Voting Rights Act in 1965. Over his shoulder is Dr. Martin Luther King, who speaks next. First, President Johnson.

PRESIDENT LYNDON JOHNSON: Today is a triumph for freedom, as huge as any victory that's ever been won on any battlefield. This law covers many pages, but the heart of the act is plain. Wherever, by clear and objective standards, states and counties are using regulations or laws or tests to deny the right to vote, then they will be struck down. If it is clear that state officials still intend to discriminate, then federal examiners will be sent in to register all eligible voters. This good Congress, the 89th Congress, acted swiftly in passing this act. And I intend to act with equal dispatch in enforcing this act.

REV. DR. MARTIN LUTHER KING JR.: I think the greatest victory of this period was not in terms of an external factor or an external development, but it was something internal. The real victory was what this period did to the psyche of the black man. And the greatness of this period was that we armed ourselves with dignity and self-respect. The greatness of this period was that we straightened our backs up. And a man can't ride your back unless it's bent.

AMY GOODMAN: That was Dr. Martin Luther King and, before him, President Johnson, from *King: A Filmed Record...Montgomery to Memphis*, the day President Johnson signed the Voting Rights Act. Ari Berman, where does it go from here, as we hear the significance of this moment when this was signed in 1965?

ARI BERMAN: Well, it's been such a transformative law. It's often been described as the most consequential law passed in the 20th century and really the high watermark of the civil rights movement. And Section 5 is the heart and soul of the Voting Rights Act. So, if the Supreme Court was to get rid of Section 5 or to significantly narrow it, and we will know this in June when a decision comes down, there really is no substitute for it, and it would be a very devastating setback for voting rights, not just in the places where Section 5 is covered, but there's a thinking that if Section 5 goes, conservatives are going to start challenging those other provisions of the Voting Rights Act, like Section 2, which applies nationwide. The court has already limited Section 2 in many respects. So, this would kind of be like the *Citizens United* decision for voting rights. It would open the floodgates to more voter suppression laws, more legal challenges, and it would make it difficult to enforce the voting rights laws that are on the books in addition to Section 5. And so, there really is no substitute, and it would be one of the most radical and consequential decisions made by the court in a very long time.

JUAN GONZÁLEZ: And, Ari, if you could just briefly tell us the difference between Section 2 and Section 5.

Section 5 more is a preclearance situation, where the Justice Department has to clear any proposed changes by states. And what would Section 2 be? Because at least Justice Kennedy was considering whether that would conceivably cover civil rights abuses in voting rights.

ARI BERMAN: Yeah, Section 5 pertains to 16—parts or all of 16 states with a history of racial discrimination in voting. It's temporary, it must be reauthorized, and it's preemptive. So the states have to clear those election changes.

Section 2 is nationwide. It's permanent. But it puts the burden of proof on plaintiffs themselves to show that a voting change is discriminatory. Section 2 lawsuits are very long. They're very expensive. They're very difficult to win.

So, the best way that I think about it is: Section 5 is like stopping a crime before it's happened, whereas Section 2 is like trying to solve a crime after it's occurred, with no guarantees that you'll actually be able to solve the crime. So they're two very, very different things. They work in tandem. And in many ways, Section 2 would not be valid in those places where discrimination happens the most without the guarantees of Section 5. So the idea that we can just replace Section 2 for Section 5 is a very disturbing concept for voting rights advocates.

AMY GOODMAN: Ari Berman, we want to thank you for being with us, contributing writer for *The Nation* magazine. His recent in-depth [article](#) asks, "Why Are Conservatives Trying to Destroy the Voting Rights Act?"

When we come back, it's Pope Benedict's last day in office. We'll be speaking with a former Catholic priest who wrote the book *The Pope's War: Why Ratzinger's Secret Crusade Has Imperiled the Church and How It Can Be Saved*. Stay with us.

2013, Feb 28 **Fascism in the Church: Ex-Priest on "The Pope's War," Clergy Abuse and Quelling Liberation Theology**

Guests: [Matthew Fox](#), author of over two dozen books, most recently, **The Pope's War: Why Ratzinger's Secret Crusade Has Imperiled the Church and How It Can Be Saved**. He is a former Catholic priest who was first stopped from teaching liberation theology and creation spirituality by Cardinal Ratzinger, then expelled from the Dominican Order to which he had belonged for 34 years. He currently serves as an Episcopal priest.

JUAN GONZÁLEZ: As Pope Benedict formally steps down today, speculation mounts over who will become the next pope. On Wednesday, Pope Benedict bid an emotional farewell at his last general audience, saying he understood the gravity of his decision to become the first pontiff to resign in nearly 600 years. The 85-year-old pope cited ill health as the reasons for his departure. Addressing an estimated 150,000 supporters in St. Peter's Square, Pope Benedict said he is resigning for the good of the church.

POPE BENEDICT XVI: [translated] In these past months, I have felt that my strength has decreased, and I have asked God, earnestly in prayer, to enlighten me and, with His light, make me take the right decision, not for my good, but for the good of the church. I have taken this step in full awareness of its gravity and also its rarity; however, with a profound serenity of spirit. Loving the church also means having the courage to take difficult and anguished choices, always having in mind the good of the church and not oneself.

[in English] I was deeply grateful for the understanding, support and prayers of so many of you, not only here in Rome, but also around the world. The decision I have made, after much prayer, is the fruit of a serene trust in God's will and a deep love of Christ's church. I will continue to accompany the church with my prayers, and I ask each of you to pray for me and for the new pope.

AMY GOODMAN: Pope Benedict's tenure was marked by several scandals, perhaps most notably his handling of sexual abuse scandals in the Catholic Church, including allegations he ignored at least one case of abuse while serving as a cardinal. Documents show in 1985, when he was known as Cardinal Ratzinger, he delayed efforts to defrock a priest convicted of molesting children. Meanwhile, last year he oversaw an assessment from the Vatican that found the largest and most influential group of Catholic nuns in the United States had, quote, "serious doctrinal problems" because it had challenged the church's teachings on homosexuality and the male-only priesthood, among other things. More recently, Italian news sources say an investigation by three cardinals into leaked Vatican documents show rampant corruption in the Vatican ranks.

For more, we go to San Francisco, where we're joined by Matthew Fox. He's the author of over two dozen books, most recently, *The Pope's War: Why Ratzinger's Secret Crusade Has Imperiled the Church and How It Can Be Saved*. He's a former Catholic priest, who was first stopped from teaching liberation theology and creation spirituality by then-Cardinal Ratzinger. Fox was then expelled from the Dominican Order, to which he had belonged for 34 years. He currently serves as an Episcopal priest.

Matthew Fox, welcome to *Democracy Now!* Can you first respond to the pope stepping down, and the significance?

MATTHEW FOX: Well, thank you, Amy and Juan. I really appreciate your journalism. It means a lot to a lot of us.

Yeah, I think I'll take the pope at his word here when he says he's tired. I would be tired, too, if I left as much devastation in my wake as he has, first as inquisitor general under the previous pope. He brought the Inquisition back. And it's true I was one of the theologians expelled by him, but I list 104 others in my book, and it keeps growing, the list keeps growing. So, that's how history will remember this man, as bringing the Inquisition back, which is completely contrary to the spirit and the teachings of the Second Vatican Council, which was never to reform the church. So I think he's stepping down because he can't take it anymore.

It's become a viper's nest there, obviously—the Vatican is. I really think that, as a theologian, I see the Holy Spirit at work in all this. I think that the Catholic Church as we know it, the structure of the Vatican, is passé. We're moving beyond it. And it's become a viper's nest. It's really sick, what's going on, obviously—the cover-up of the pedophile priests. And you can see it everywhere: Cardinal Mahony in Los Angeles; this cardinal in Scotland; Cardinal Law, who was elevated after he left Boston, given a promotion, running a fourth century basilica in Rome; and this pope himself, the recent documentary that came out a year—a week or two ago from HBO about how the buck stopped with him. We're hearing these horrible things that went on at a school for the deaf in Milwaukee, where over 200 boys, deaf boys, were abused by a priest, and Ratzinger knew it. There's Father Maciel, who was so close to the previous pope that he took him on plane rides with him, abused 20 seminarians, and he had two wives on the side and abused four of his own children, and Ratzinger knew about this man for 10 years. That document was on his desk, and he did nothing until the year 2005.

So, history and cheerleading of popes, what I call papolatry, will not cover up the facts. This has been the most sordid 42 years of Catholic history since the Borgias. And as I say, I think it's really about ending that church as we know it. I think Protestantism, too, needs a reboot. I think all of Christianity can get back more to the teachings of Jesus, a revolutionary around love and justice. That's what it's about. And that's why there's been such fierce resistance all along from the right wing. The CIA has been involved in, especially with Pope John Paul II, the decimation of liberation theology all over South America, the replacing of these heroic leaders, including bishops and cardinals, with Opus Dei cardinals and bishops, who are—well, frankly, it's a fascist organization, Opus Dei is. It's all about obedience. It's not about ideas or theology. They haven't produced one theologian in 40 years. They produce canon lawyers and people who infiltrate where the power is, whether it's the media, the Supreme Court or the FBI, the CIA, and finance, especially in Europe.

JUAN GONZÁLEZ: Well, I'd like to ask you for—

MATTHEW FOX: So, it's been a very sordid mess that's been going on.

JUAN GONZÁLEZ: In some of your writings, you have raised the point of view that both Pope Benedict and his predecessor, John Paul, were actually leading the schism and that, in fact, that they were attempting to overthrow the decisions of the Second Vatican Council. But for many Americans who are no longer familiar, because they're young, they don't know about the impact of the Second Vatican Council and Pope John XXIII, could you give us the broader historical movement that's occurred here?

MATTHEW FOX: Yes. Pope John XXIII called the council in the early '60s, and it brought together all the bishops of the world and all the theologians, many of whom had been under fire under the previous papacy, Pope Pius XII. And it definitely was a reform movement, and it gave inspiration to the poor, especially in South America. And after the council, the movement of liberation theology, which had a principle of preferential option for the poor, this really took off, and it created base communities, which was a new way of doing church where everyone had a voice, not just the person at the altar.

And this non-hierarchical, this far more horizontal and circular approach to Christianity and to worship was a big threat, of course, to certain people in Rome, but it was even a bigger threat to the CIA. When Reagan was elected, two months later there was a meeting of his National Security Council in Santa Fe, New Mexico, to discuss one thing: How can we destroy liberation theology in Latin America? And they concluded: We can't destroy it, but we can divide the church. And so they went after the pope. They gave him lots and lots of cash for solidarity in Poland. And in exchange, they got the permission, if you will, the commitment on the part of the papacy, to destroy liberation theology.

And this is very much documented. It's actually documented by Carl Bernstein, of all people, in a cover story in *Time* magazine, where he kind of creates a hagiography of Reagan and the pope together creating so much good. But Bernstein, I think, was very naive about what was really going on in terms of the church itself, because the reform of the church, part of the council was to declare freedom of conscience, and it said every Christian has a right to freedom of conscience. But all that was destroyed by Pope John Paul II and Cardinal Ratzinger.

So, the reforms of the Vatican Council were stuffed. And the reason this is a schism, therefore, is that in the

Catholic tradition a council trumps a pope. Popes do not trump councils. For the last 42 years, these two papacies have been undoing all the values that the council stood for. And this is what the sisters are now undergoing. Just as they attacked the 105 theologians, now they're accusing the sisters of, what should I say, not participating in the Inquisition. And God bless these sisters, who—the Nuns on the Bus. And so many of us know them because they have been on the front lines carrying out the values of Vatican II, especially values of justice and peace work and working with the marginalized.

AMY GOODMAN: Matthew Fox, why were you defrocked? Why were you forced out of the Catholic Church? You say it's because of liberation theology. Explain.

MATTHEW FOX: Well, I was—first, I was silenced for 14 months by Ratzinger, and then I was allowed to speak again, and then, three years later, I was expelled. But he drew up a list of complaints.

Number one was that I was a feminist theologian, he said. I didn't know that was a heresy.

Number two, I called God "Mother." Well, I proved that all kinds of medieval mystics called God "Mother," and so does the Bible, although not often enough.

Number three, I prefer "original blessing" to "original sin." I wrote a book called *Original Blessing*, in which I prove that original sin—Jesus never heard of it; no Jews ever heard of it. How can you build a church in the name of Jesus on a concept which is fourth century A.D.—that is, original sin? You know what else happened in the fourth century besides original sin ideas is the church inheriting the empire. If you're going to run an empire, original sin is a real fine dogma to promote, because it makes everyone confused about why they're here, and so they get in line much more efficiently.

And they accused me of not condemning homosexuals, which of course I do not. Obviously, God intends homosexuals, or there wouldn't be 8 to 10 percent of our population all over the world with this special grace.

They said I work too closely with Native Americans. Well, I do work closely with Native Americans. I've learned so much from Native American teachers and rituals, such as sweat lodges, sun dances, vision quests. I don't know that that's a heresy to—I don't know what working too closely means.

So, those were some of the objections. And really, none of them hold water. They're really Rorschach tests about what really freaks out the Vatican. And, of course, above all, it's women and sex. And that is the agenda. Whenever there's fundamentalism and fascism, it's about control. That's why the Vatican, the Taliban and Pat Robertson have this in common: They're all freaked out by the possibility of bringing the divine feminine back, and with it, of course, the equal rights of women.

JUAN GONZÁLEZ: And the current—the scandals that have been rocking the Vatican and the entire church—obviously the pedophile scandals in recent years, but also the corruption scandals within the Vatican itself—there's this report that has been produced by a group of cardinals investigating some of the corruption, but they're not going to release it until the new pope is named. Your sense of whether any of this had to do with the pope's decision to resign?

MATTHEW FOX: I'm sure it did. I was actually told that when he received the report and looked at it, six hours later he announced he was resigning, and he put it in a safe and said the next pope can deal with this. So, I think it's pretty clear that there is a connection. But again, it was building up. I mean, as you say, there's been—and there's a lot more going on there behind the scenes than the press has yet learned, I can assure you. There's been so much cover-up.

And when Ratzinger made himself pope, I went to Wittenberg and pounded the 95 Theses the door. And a year-and-a-half ago, I was in Rome, so I translated them into Latin—I mean, Italian, and pounded them at Cardinal Law's basilica on a Sunday morning. And it was so interesting. A 40-year-old Italian man came up to me, a Roman. He said to me—very simply, he said, "I used to call myself a Catholic. Now I just call myself a Christian." I was very struck by that. Right under the pope's nose there, Italians, too, are beginning to catch the truth of things, that we're at a great historic moment. An 1,800-year-old institution in the West is melting before our eyes. And it's painful. It's ugly. On the other hand, it's also a moment for breakthrough and for pushing the

restart button on Christianity, returning to the really powerful message of Jesus and His followers throughout the centuries, the mystics and the prophets.

And just hearing your broadcast about Dr. King brings it all back, and this French fellow who stood up to fascism. You know, when my book was translated into German, I got a letter from the translator saying, "I cried many times translating your book," she said, "because my generation" — she's in her forties — "in Germany was promised, 'Never again, no more fascism.' But your book proves that fascism is back, it's in the church, especially the German and Polish wing of the church." She said, "Every German has to read this book, whether they're religious or not." And I think it's true in America, too, that, like this fellow who died at 95 reminds us, fascism is worth fighting, and it's worth acknowledging it's there.

Susan Sontag defines "fascism" institutionalized violence". Catholics have been going through institutionalized violence for 42 years. Ask any of these theologians who have had their jobs ripped away from them. Some of them have died of heart attacks. Some have died of poverty in the streets because they couldn't get work. But, of course, talk to these young people who were abused by priests, and then the cover-up was put into place by people like Ratzinger, who protected the institution at the expense of every one of these children.

And Jesus has something to say about that: Put a millstone around your neck, and throw yourself in the water. I think that's what Cardinal Ratzinger's confessor should tell him to do, in symbolic terms, before he meets his maker. I think he has some reparation to do, at least internally, before he leaves the scene.

JUAN GONZÁLEZ: And Matthew Fox, in terms of the speculation as to who the—who will be the successor to Pope Benedict, obviously there's a lot of talk about there may be for the first time a pope from the Global South. Do you see any—any possibility for real substantive change in church policy, no matter who the successor is?

MATTHEW FOX: Sadly to say, I do not, because every one of these voters was appointed by Ratzinger or the previous pope with Ratzinger's approval, so they all think like them. You see, the dumbing down of the church has been what's really brought about this pedophile crisis, because when you don't have leaders who are intelligent and with conscience, but only yes men, which is what they've been appointing for 42 years, you know, you don't have intelligent response to crises such as finding a pedophile in your midst. And there's a North American bishop—I will not name him—archbishop, who 20 years ago wept in the presence of a friend of mine and said to him, "There's not a single bishop they've appointed the last 20 years that I can respect." Well, now we can say the last 42 years.

So, frankly, I think there are a few names that come up. There's this fellow in Africa, who unfortunately, though, is a complete homophobe, who's been endorsing all the homophobic violence in African laws lately. So—and he's head of the peace and justice commission in the Vatican. One would hope it won't go that far. There is an Austrian cardinal, who is a Dominican, who actually showed a little bit of independence once or twice. There's this O'Malley from Boston, who's a Franciscan, and therefore did not—does not want to be pope. And I think that might be a real good criterion, although I don't know anyone in their mind, at this time in history, who would want to be pope.

AMY GOODMAN: Matthew Fox, we're going to leave it there.

MATTHEW FOX: But I don't think he has a chance, being—

AMY GOODMAN: I want to thank you very much for being with us, author of over two dozen books, most recently, *The Pope's War: Why Ratzinger's Secret Crusade Has Imperiled the Church and How It Can Be Saved*. Matthew Fox is a former Catholic priest who was first stopped from teaching liberation theology and creation spirituality by Cardinal Ratzinger, then expelled from the Dominican Order to which had belonged for 34 years. He currently serves as an Episcopal priest, speaking to us from San Francisco.

When we come back, a federal judge has ordered the state of Louisiana to release former Black Panther Albert Woodfox. He has served nearly 40 years in solitary confinement at Angola Prison in Louisiana. Stay with us.

2013, Feb 28 After 40 Years in Solitary, Angola 3 Prisoner Albert Woodfox Ordered Freed for 3rd Time in Louisiana

Guests [Robert King](#), the only freed member of the Angola 3. He spent 29 years in solitary confinement for a murder he did not commit. He was released in 2001 after his conviction was overturned. He has written a book about his experience, called *From the Bottom of the Heap: The Autobiography of Black Panther Robert Hillary King*. He is featured in several films, from *The Angola 3: Black Panthers* and *the Last Slave Plantation* to a brand new film about his life called *Hard Time*.

[Mwalimu Johnson](#), longtime member of the Angola 3 support team and the International Coalition to Free the Angola 3.

A federal judge has once again ordered the state of Louisiana to release Albert Woodfox, a former Black Panther who has spent more than 40 years in solitary confinement. Woodfox and Herman Wallace, another prisoner of the "Angola 3," were convicted of murdering a guard at Angola Prison. The Angola 3 and their supporters say they were framed for their political activism. On Tuesday, the same federal judge that ordered Woodfox's release in 2008 again ruled Woodfox should be set free on the basis of racial discrimination in his retrial. It was the third time Woodfox's conviction has been overturned, but prosecutors successfully reversed the two previous victories. The state is expected to appeal once again to keep Woodfox behind bars. We're joined by two guests: Robert King, the third member of the Angola 3, who was freed in 2001 after three decades behind bars; and Mwalimu Johnson, a longtime member of the Angola 3 support team.

JUAN GONZÁLEZ: We turn now to the case of Albert Woodfox, who has been in solitary confinement for 40 years. That's right, 40 years, most of that time locked up in the notorious maximum security Louisiana state penitentiary known as Angola. This week, after his lawyers spent six years arguing that racial bias tainted the grand jury selection in Woodfox's prosecution, federal Judge James Brady agreed. This is the third time his conviction has been overturned. Nevertheless, Woodfox remains imprisoned. Those close to the case expect the state of Louisiana, under the direction of Attorney General James "Buddy" Caldwell, to appeal again, as the state has successfully done in the past, seeking to keep Woodfox in solitary confinement, in conditions that Amnesty International describes as cruel, inhuman and degrading.

AMY GOODMAN: Albert Woodfox is one of the Angola 3. Angola, the sprawling prison complex with 5,000 inmates and 1,800 employees, is in rural Louisiana on the site of a former slave plantation, getting its name from the African country of origin of many of those slaves. It still exists as a forced-labor camp.

Woodfox and fellow prisoner Herman Wallace were in Angola for lesser crimes when implicated in the prison murder of a guard in 1972. Woodfox and Wallace founded the Angola chapter of the Black

Panther Party in '71 and were engaged in organizing against segregation, inhumane working conditions, systemic rape and sexual slavery inflicted on many imprisoned at Angola.

This is a clip of Albert Woodfox speaking, in his own words, on a prison payphone in the new documentary, *In the Land of the Free*.

ALBERT WOODFOX: If a cause is noble enough, you can carry the weight of the world on your shoulders. And I thought that my cause, then and now, was noble, so therefore, they could never break me. They might bend me a little bit. They may cause me a lot of pain. They may even take my life. But they will never be able to break me.

AMY GOODMAN: Albert Woodfox in prison.

For more on this major new development in Albert Woodfox's case, we're joined by Robert King, the only freed member of the so-called Angola 3. Robert King spent 29 years in solitary confinement for a murder he did not commit. He was released in 2001 after his conviction was overturned. He has written a book about his own

experience called *From the Bottom of the Heap: The Autobiography of Black Panther Robert Hillary King*. He's featured in several films, from *The Angola 3: Black Panthers and the Last Slave Plantation* to a brand new film about his life called *Hard Time*.

Robert King, welcome back to *Democracy Now!* Can you talk about the significance of the judge ruling, now for the third time, overturning the conviction of Albert Woodfox and saying he should be free?

ROBERT KING: Yes. Thank you, Amy. I would like to speak on the significance of the ruling. The ruling indicates that, as has been pointed out, this case has been overturned three times, two times by a federal judge and by Brady, Judge Brady, and once by the state. And the significance is that there was a flawed conviction. The courts feel this, both state and federal. And as a result of this, you see this replication of his case being overturned by different judges at different times. And the significance at this time, hopefully, is that this is after—actually, it's going on 41 years. April 17 will be 41 years. And we're hoping that this will be the end of this harassment by the state of Louisiana with regards to Herman and Albert, especially Albert Woodfox, in this case.

JUAN GONZÁLEZ: And, Mwalimu Johnson, I'd like to bring you in, and also if you could talk about—oh, I'm sorry, we don't have him ready yet.

MWALIMU JOHNSON: I can hear you. I can hear you.

JUAN GONZÁLEZ: Can you hear me?

MWALIMU JOHNSON: Yes, I can hear you.

JUAN GONZÁLEZ: OK. Well, the nearest town to Angola is St. Francisville. That's where Albert Woodfox and Herman Wallace were committed for trial by a grand jury in May of 1972. At the time, the local population was still grieving the murder of prison guard Brent Miller. This is a clip from the documentary *In the Land of the Free* of Herman Wallace's sister, Vikki Wallace, describing that moment.

VIKKI WALLACE: We went to court. That's when Herman asked the judge, "Can I ask you a question?" He said, "Yes." He said, "Where the black people is?" I was curious myself. It was a all-white jury. Not one black person was on it. So, the judge told him, "Get him out of here. Get him out." I stood up. I said, "Listen at this." And Herman, when he was pulling him, he had his hand "peace" and "power." He said, "Take care, Vikki." I said, "OK."

JUAN GONZÁLEZ: Now I want to play a clip, as well, of Teenie Verret, the widow of the murdered prison guard. She was just 17 when her husband, Brent Miller, was stabbed to death in 1972. This is Teenie Verret from the documentary *In the Land of the Free*.

TEENIE VERRET: I've been living this for 36 years. There's not a year that goes by that I don't have to relive this. And it just keeps going and going. And then these men, I mean, if they did not do this—and I believe that they didn't—they have been living a nightmare for 36 years.

JUAN GONZÁLEZ: And I think we now have Mwalimu Johnson, a longtime member of the Angola 3 support team and the International Coalition to Free the Angola 3.

Welcome to *Democracy Now!* I'd like to ask you first your reaction to the court decision, and also if you could tell us a little bit about the specifics as to why the judge decided to overturn the conviction again.

MWALIMU JOHNSON: Well, my immediate reaction was not one of surprise, because for years federal Judge Brady in Baton Rouge, Louisiana, made it clear that he intended to respect the law. And the state has opposed everything that the defense has presented, in spite of the fact that there's no tangible evidence to connect these men with the murder. And the attorney general of Louisiana has taken this personally, and he's concerned about his political career, so I expect some type of reaction from his office, whatever that might be. Hopefully, it won't take long to correct the problem.

But the legal aspect of it is that, initially, the state claimed that the jury foreman had been picked in accordance

with law, there was no racial discrimination. But all the evidence and documentation clearly reflects that there was in fact racial discrimination involved in selecting the jury foreperson. And the state brought in statisticians during the evidentiary hearing, and the defense brought in expert statisticians and others in response to the state.

And evidently, Judge Brady accepted the defense's argument, because he did give a favorable ruling, which, as King stated, was the third favorable ruling that Albert Woodfox has received. This is the third time that his conviction has been reversed. So it's clear that it's not a question of law; it's a question of who can sway the general public. And we're in a racist society, in general, and particularly here in the judicial system in Louisiana. So, this was more or less tantamount to a legal lynching.

AMY GOODMAN: I want to play a clip of Albert Woodfox speaking from prison on a telephone line. This is a recording that was also featured in the documentary, *In the Land of the Free*.

ALBERT WOODFOX: Our primary objective is that front gate. That is what we are struggling for, and we are actually fighting for our freedom. We are fighting for people to understand that we were framed—

OPERATOR: This call originates from a Louisiana correctional facility and may be recorded or monitored.

ALBERT WOODFOX: That we were framed for a murder that we are totally and completely and actually innocent of.

OPERATOR: You have 15 seconds left on this call.

ALBERT WOODFOX: Let me call you back.

AMY GOODMAN: That was Albert Woodfox in prison. He's been in solitary for nearly 40 years. Three times, the case has—his case has been overturned, but he remains in prison. Robert King, the previous attorney general of Louisiana was the prosecutor in the case, is that right? How is it possible that Albert Woodfox and actually Herman Wallace, two of the Angola 3—you're the third—have spent almost 40 years in solitary? You were there for what? Almost 30 years. Describe what it's like.

ROBERT KING: Well, being in solitary confinement is—Amy, it's dehumanizing. It is awesome—it is awful. You are locked in a cell 23 hours a day, sometimes 24. Or you're in a six-by-nine-by-12. That was my experience. Everywhere you went, you went shackled, you went handcuffed. Of course, the law may have decreed or the codes may have decreed or the administration may have decreed that you get an hour on the tier. This wasn't set in stone. A lot of time, you did not even get an hour out of your cell. You was there in your cell for 24 hours, because if they declared a security day, they wanted to come through and shake down and harass a lot of people. They came through, and they just abolished that day for yard or foot [inaudible] and anyone taking a shower. So, it was—you was in the cell. You was fed, you know, under a door. You know, there were food slots. They would put the food in the slot sometime. They would still. We had protests against their putting our food trays on the floor. And they cut the slots, but nevertheless, sometime they would still come by, even after the slots were cut.

So you lived in an environment that considered you subhuman. You were in Angola at that time, and you were considered the worst of the worst, despite the fact that all evidence of the fact that you were there legally, the fact that there were other evidence that may point to your innocence, it doesn't matter. You are treated like you are inhuman, and you're treated like a slave, in Angola, and especially if you're in solitary confinement. So, solitary confinement was not a beautiful thing at all. I saw people come in in that environment, you know, openly outspoken, and I saw them after a few moments, they become subdued. They withdraw themselves. They go into some type of regression. And then they are subjected to the worst of the worst, because then there is a misinterpretation of what is happening with this particular prisoner, that this prisoner needs to be doped up with

some type of psychotropic drugs. And this is what—this is what is happening. A lot of people that end up in solitary confinement also end up on the psychiatric ward in Angola or some other institution that they might send them to.

AMY GOODMAN: Robert King, you all three were members of the Black Panther Party. It wasn't a year later that Wallace and Woodfox were convicted of killing a prison guard. You hear even Teenie Verret, the widow of the guard, questioning whether in fact they were guilty. The significance of what you did within the prison, the organizing as a Black Panther?

ROBERT KING: Well, we think that's because—you know, I entered the prison some months after Herman and Albert, and they placed me in solitary confinement, the same area in which they had placed Albert and Herman. And we felt the need to organize because, after all, we considered ourselves victims, not helpless victims, but we were victims. And we understood that the reason why we were being prosecuted or persecuted—and I know this is the reason why I was being placed in a cell, because I was a member of the Black Panther Party. So I think it was incumbent upon us to try to change some of the strategy and the tactics that the state—in which they utilized rules and means and the legal means to further dehumanize people. So we engaged in some protests. We tried to educate some of our former prisoners about what was going on. And it was, again, incumbent upon us to not see ourselves—to see ourselves as victims, but not helpless victims. We wanted to do something about this, and this is why we established the teachings that we did, and this is why I joined Herman and Albert.

AMY GOODMAN: Robert King, I want to thank you for being with us. And Mwalimu Johnson, thank you. Robert King from Austin, Mwalimu Johnson from New Orleans. That does it for our broadcast. Again, Albert Woodfox's conviction has been overturned for the third time. You can go to our website at *Democracy Now!* for more information.

Juan, you're heading off to New Mexico for the showing of your film, and you'll be speaking?

JUAN GONZÁLEZ: Yeah, yes, and in Phoenix, Arizona, on Friday night. Then in Albuquerque on Saturday afternoon, and Sunday—and Saturday night in Santa Fe.

AMY GOODMAN: And you can go to our [website](http://democracynow.org) at democracynow.org for all the details.

2013, Mar 1 WikiLeaks Whistleblower Bradley Manning Says He Wanted to Show the Public the "True Costs of War"

Guests [Michael Ratner](#), president emeritus of the Center for Constitutional Rights and a lawyer to Julian Assange and WikiLeaks. He returned last night from attending the pretrial hearing for Bradley Manning.

For the first time, 25-year-old U.S. Army Private Bradley Manning has admitted to being the source behind the largest leak of state secrets in U.S. history. More than a thousand days after he was arrested, Manning testified Thursday before a military court. He said he leaked the classified documents to the whistleblowing website WikiLeaks in order to show the American public the "true costs of war." Reading for more than an hour from a 35-page statement, Manning said: "I believed that if the general public, especially the American public, had access to the information ... this could spark a domestic debate on the role of the military and our foreign policy in general." At the pretrial hearing at Fort Meade military base in Maryland, Manning pleaded guilty to reduced charges on 10 counts, which carry a maximum sentence of 20 years in prison. But even if the judge accepts the plea, prosecutors can still pursue a court-martial on the remaining 12 charges. The most serious of those is "aiding the enemy" and carries a possible life sentence. We are joined by Michael Ratner, president emeritus of the Center for Constitutional Rights and a lawyer to Julian Assange and WikiLeaks. He just returned from attending Manning's hearing. [includes rush transcript]

Transcript

AMY GOODMAN: For the first time, 25-year-old U.S. Army Private Bradley Manning has admitted to being the source behind the largest leak of state secrets in U.S. history. More than a thousand days after he was arrested, Manning testified Thursday before a military court. He said he leaked the classified documents to the whistleblowing website WikiLeaks in order to show the American public the "true costs of war."

Reading for over an hour from a 35-page statement, Manning said, quote, "I believed that if the general public, especially the American public, had access to the information ... this could spark a domestic debate on the role of the military and our foreign policy in general." He added, quote, "I believed that these cables would not damage the United States. However, I believed these cables would be embarrassing." He said he took the information to WikiLeaks only after he was rebuffed by *The Washington Post* and *The New York Times*.

At the pretrial hearing at Fort Meade military base in Maryland, Manning pleaded guilty to reduced charges on 10 counts, which carry a maximum sentence of 20 years in prison. But even if the judge accepts the plea, prosecutors can still pursue a court-martial on the remaining 12 charges. The most serious of those is aiding the enemy and carries a possible life sentence.

Over the course of the hearing, Bradley Manning took responsibility for leaking the so-called "Collateral Murder" video of an Apache helicopter attack in Iraq; some U.S. diplomatic cables, including one of the early WikiLeaks publications, the Reykjavik cable; portions of the Iraq and Afghanistan war logs; some of the files on detainees in Guantánamo; and two intelligence memos.

For more, we're joined by Michael Ratner, president emeritus of the Center for Constitutional Rights, lawyer for Julian Assange and WikiLeaks. He has just returned from attending that pretrial hearing last night for Bradley Manning.

Michael Ratner, welcome back to *Democracy Now!* Well, this is explosive. Bradley Manning stands in court and accepts responsibility for releasing the documents, says he is guilty of doing that.

MICHAEL RATNER: It was one of the more moving days I've ever spent in a courtroom. You've heard from Bradley Manning once before, which was when he testified about the torture that happened to him. I was crying through that. This was amazing. I mean, he actually didn't stand; he sat at the defense table. And he read his 35-page statement, which, sadly, we do not have a copy of, even though there's nothing classified about that statement. And hopefully we'll get it, because that is something that should be taught in every school in America.

He went through each of the releases that he took responsibility for, that you mentioned on the air, and he told us why he did it. And in each case, you saw a 22-year-old, a 23-year-old, a person of incredible conscience, saying, "What I'm seeing the United States do is utterly wrong. It's immoral. The way they're killing people in Iraq, targeting people for death, rather than working with the population, this is wrong." And in each of these—each of these statements tells you about how he was doing it politically.

AMY GOODMAN: Remind us of how he did this. He was actually serving in Iraq as a soldier.

MICHAEL RATNER: Yes, he was a soldier. He was in—and he goes through that in his statement. He's an intelligence analyst. And one of the things he worked with, what were called "significant activities reports," which are the daily logs of what's happening in Iraq and, attached to it, of course, in Afghanistan. And as he read those, I think he became appalled by what he saw: the killings, the targeted assassinations, the fact that people didn't want the United States there, the fact that we weren't really helping the country or helping individuals. And he said he wanted to lift the fog of war from it. And he got in touch with various organizations, including WikiLeaks. And that, he talks about. He talks about that. And—

AMY GOODMAN: Explain. He actually said he didn't go to WikiLeaks first.

MICHAEL RATNER: No, that's correct. He first—he had these documents on a disk that he eventually took out of—took out of the special secure room. He actually came to the United States with it. That's the Iraq war logs and the Afghan war logs. And he tried to get it to *The New York Times* and *The Washington Post*. He calls up *The Washington Post*, has a five-minute discussion with somebody there.

AMY GOODMAN: Does he know who?

MICHAEL RATNER: He doesn't recall who, or at least didn't say it. He doesn't take it—he said they don't take him seriously, and then he feels he can't get that. He calls the public editor at *The New York Times* and leaves a message on the answering machine of the public editor and doesn't get a call back. He's then thinking about: "How am I going to get this critical information out? Because I think what the U.S. is doing should be debated in the United States. We're killing people without cause, essentially."

And then, he has already known about WikiLeaks, because he was aware of WikiLeaks in part because of their release of the text messages or the SMSes from the World Trade Center phones that were there on 9/11. So he's aware of WikiLeaks. He's in some communication, by chat or otherwise, with WikiLeaks. And they point him to a site where he can upload, upload the documents.

One interesting point on that is what he mentions about WikiLeaks. Some papers have reported that he said he believes he was in communication with Julian Assange. He actually says it could have been Julian Assange, it could have been someone he calls "Daniel Schmitt," which is probably Daniel Domscheit-Berg from Germany. And he says—and it also says it could have been someone high up in WikiLeaks. He really doesn't know. And he says, "Whatever I did in this case, I did because I wanted to do it. I was not pressured to do it. I made the decision to do it." So he tries these other media, and ultimately he sees that WikiLeaks has a way of uploading documents that's anonymous, that he doesn't know who's on the other end, and they don't know who's on his end.

AMY GOODMAN: He also said he was motivated by the Reuters FOIAs, right? Freedom of the Information Act requests to get the—what came to be known as the "Collateral Murder" video.

MICHAEL RATNER: I mean, when we can get the transcript and put out the quotes of what he said, on that "Collateral Murder" video, which he saw the Reuters journalists killed, then he saw them attack the van that was trying to rescue people, in which children were injured, and he said, "What I heard them say in that helicopter as they were shooting was incredible bloodlust." "Bloodlust," that's what he said.

AMY GOODMAN: During that pretrial hearing on Wednesday, let's talk about this, Michael. Bradley Manning spoke about the "Collateral Murder" video of an Apache helicopter attack in Iraq and admitted for the first time being the source of the leaked tape. Manning said, quote, "The most alarming aspect of the video to me was the seemingly delightful bloodlust the aerial weapons team happened to have." He added, the soldiers' actions,

quote, "seemed similar to a child torturing ants with a magnifying glass," describing the video as "war porn," saying the crew's "lack of concern for human life" and "concern for injured children at the scene" greatly bothered him. So, this is the video—it was shot July 12th, 2007—that Manning referenced. It shows U.S. forces killing 12 people, including two Reuters employees. Now, this video is taken by the U.S. military Apache helicopter. It is the camera that's mounted within the helicopter. You hear the soldiers in the helicopter joking, cursing. And it is showing a target on the men who are walking in an area of Baghdad known as New Baghdad below. Among them, an up-and-coming Reuters videographer named Namir Noor-Eldeen and his driver, Saeed Chmagh.

U.S. SOLDIER 1: I have individuals with weapons.

U.S. SOLDIER 2: You're clear.

U.S. SOLDIER 1: Alright, firing.

U.S. SOLDIER 3: Let me know when you've got them.

U.S. SOLDIER 2: Let's shoot. Light 'em all up.

U.S. SOLDIER 1: Come on, fire!

U.S. SOLDIER 2: Keep shootin'. Keep shootin'. Keep shootin'. Keep shootin'.

U.S. SOLDIER 4: Hotel, Bushmaster two-six, Bushmaster two-six, we need to move, time now!

U.S. SOLDIER 2: Alright, we just engaged all eight individuals.

AMY GOODMAN: Reuters driver Saeed Chmagh survived that initial attack. He's seen trying to crawl away as the helicopter flies overhead. U.S. forces open fire again when they see a van pulling up. The van comes to evacuate the wounded, like Saeed Chmagh.

U.S. SOLDIER 2: The bodies.

U.S. SOLDIER 1: Where's that van at?

U.S. SOLDIER 2: Right down there by the bodies.

U.S. SOLDIER 1: OK, yeah.

U.S. SOLDIER 2: Bushmaster, Crazy Horse. We have individuals going to the scene, looks like possibly picking up bodies and weapons.

U.S. SOLDIER 1: Let me engage. Can I shoot?

U.S. SOLDIER 2: Roger. Break. Crazy Horse one-eight, request permission to engage.

U.S. SOLDIER 3: Picking up the wounded?

U.S. SOLDIER 1: Yeah, we're trying to get permission to engage. Come on, let us shoot!

U.S. SOLDIER 2: Bushmaster, Crazy Horse one-eight.

U.S. SOLDIER 1: They're taking him.

U.S. SOLDIER 2: Bushmaster, Crazy Horse one-eight.

U.S. SOLDIER 4: This is Bushmaster seven, go ahead.

U.S. SOLDIER 2: Roger. We have a black SUV—or Bongo truck picking up the bodies. Request permission to engage.

U.S. SOLDIER 4: Bushmaster seven, roger. This is Bushmaster seven, roger. Engage.

U.S. SOLDIER 2: One-eight, engage. Clear.

U.S. SOLDIER 1: Come on!

U.S. SOLDIER 2: Clear. Clear.

U.S. SOLDIER 1: We're engaging.

U.S. SOLDIER 2: Coming around. Clear.

U.S. SOLDIER 1: Roger. Trying to—

U.S. SOLDIER 2: Clear.

U.S. SOLDIER 1: I hear 'em—I lost 'em in the dust.

U.S. SOLDIER 3: I got 'em.

U.S. SOLDIER 2: Should have a van in the middle of the road with about 12 to 15 bodies.

U.S. SOLDIER 1: Oh yeah, look at that. Right through the windshield! Ha ha!

AMY GOODMAN: That is the video that WikiLeaks, when releasing it, dubbed "Collateral Murder," of the July 12, 2007, attack. In that van, by the way, were two children who were critically wounded. Saeed Chmagh was killed. That is the video that we played first when it was released and also [interviewed Julian Assange](#) at the time here in the United States, interestingly. Michael Ratner with us, who is Julian Assange's attorney. So this video Bradley Manning got in downloading, because it's a U.S. military video, that Reuters, which had asked repeatedly for it, never got until WikiLeaks released it, to know the last seconds of their employees' lives.

MICHAEL RATNER: Not only did Reuters never get it, Amy, CENTCOM, which is I guess the central part of the Army, basically said, "We don't think we have the video." And yet, everybody that was in the room with Bradley Manning, everybody knew about the video. It was one of many, many videos. He says in this video—and he said it in court—he said, "What was amazing is, when they—after they hurt these children in the van," he said, "they showed no remorse for the children. And when they saw someone crawling on the ground, they said, 'I hope he picks up a gun,' essentially, 'because we can kill him then.'" So, these people—this was really here a 22- or 23-year-old man watching this. Most people would have said, "Well, I'll just get through the Army, and that'll be it." He didn't, and he's a hero for that, because what he did is he acted on his moral conscience, and he

exposed what the—the war crimes the U.S. was doing.

AMY GOODMAN: So, what does this mean right now? Bradley Manning has pleaded guilty to uploading the largest trove of state secrets in U.S. history to WikiLeaks, which then released them. What does he face exactly?

MICHAEL RATNER: Well, he faces a possible 20 years in prison. But the problem here, military is different than our regular courts in the U.S., which is to say that the plea does not have to be accepted by the government or by the judge—

AMY GOODMAN: So why would he have agreed to plead guilty?

MICHAEL RATNER: —or by the prosecutor, really. He did what's called a "naked plea." His hope, I think, is that when the government sees this and also the support he'll get for acknowledging what he did and also the reasons and the moral reasons why he did it and the political reasons he did it, that the government won't go on and try and prove aiding the enemy and the more serious espionage charges. What he really pleaded to was doing actions that were prejudicial to the good order and discipline of the military, by giving documents to someone not authorized or a group not authorized to get them. So he faces 20 years. I think he did it because he was otherwise facing, and he still could be facing, life imprisonment, if not the death penalty. So they're trying to figure out—

AMY GOODMAN: Because? Life imprisonment for?

MICHAEL RATNER: For espionage, as well as the death penalty.

AMY GOODMAN: Well, what about this charge, aiding the enemy?

MICHAEL RATNER: Well, that's the—

AMY GOODMAN: What is the case for it?

MICHAEL RATNER: Well, that's the craziest. I mean, that's just saying, because he gave documents to WikiLeaks and they were published by WikiLeaks — and they were published by *The New York Times*, I should say, and *The Guardian* and *Der Spiegel* — that al-Qaeda read those documents, and therefore WikiLeaks was essentially the transmittal means he used to get documents to al-Qaeda. So that the enemy there is al-Qaeda; some would say the enemy is even WikiLeaks, according to the U.S. government. But that's the claim. It seems like a completely spurious, ridiculous claim. You can go after *The New York Times* for that every time it publishes and someone from a, quote, "terrorist" group reads those documents. So it's a nonsensical claim.

But he was facing life. And he made this statement that—you know, I just want to say that whatever people's images were of Bradley Manning from the newspapers, which have reported on this, you know, disturbed human being, this disturbed individual, this man gave a political statement that should be read, I think, by every American and should certainly be taught in every one of our schools on what the moral obligations are of people in the military to stop, really, a killing machine of the United States.

AMY GOODMAN: And what does this mean for Julian Assange? You're his attorney. You were just recently there once again in London in the Ecuadorean embassy, where he is holed up and granted political asylum by Ecuador but can't leave the embassy or Britain, the British authorities, will arrest him. The significance of this, Julian Assange, who believes the grand jury empaneled here could indict him for espionage and is afraid of being extradited here?

MICHAEL RATNER: Well, there are two things that came out. One is, I would say that Bradley Manning's testimony put WikiLeaks and Julian Assange in the same place that *The New York Times* would be or *The Guardian*, which is to say he gave documents or uploaded them to a website that is the equivalent of—you know, with *The New York Times* getting information about warrantless wiretapping from someone in the U.S. National Security Agency. So I think, in that sense, it tells us that the U.S. should get off his back, that Julian Assange should be getting the support of *The New York Times* and *The Guardian* and *Der Spiegel*, which used all of these—which used all of these documents. So I think it's actually, in that sense, helpful to Julian Assange.

On the other hand, there were two people who were identified to me as members—as lawyers on the grand jury

that's sitting in—that's sitting in Virginia. Two of the prosecuting attorneys were there in the court.

AMY GOODMAN: Yesterday, at the pretrial hearing of Bradley Manning.

MICHAEL RATNER: Yes, yes, yes.

AMY GOODMAN: So they're there, and you're there, Assange's attorney.

MICHAEL RATNER: They're there, and I'm there. I didn't have a chance to meet them, because they don't come out and mix with the rest of us. They're on the government's side with—surrounded by camouflaged people. But they were there. And so, that tells us that that grand jury is still active and going on, and that they are still after Julian Assange and WikiLeaks. When I say "they," the U.S. government. But for some reason, they're thinking they can distinguish that from *The New York Times* and *The Guardian*. I don't think they can. And I think it's—you know, to me, it's outrageous that *The New York Times* and *The Guardian* have not supported one of the people they worked with in revealing these documents.

AMY GOODMAN: Well, Michael Ratner, I want to thank you for being with us, president emeritus of the Center for Constitutional Rights, lawyer for Julian Assange and WikiLeaks, returned last night from attending the pretrial hearing for Bradley Manning, who has been in detention now for more than 1,000 days.

This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. When we come back, *Salt Sugar Fat: How the Food Giants Hooked Us*. Stay with us.

Guests **Michael Moss**, investigative reporter with The New York Times and author of the new book, *Salt Sugar Fat: How the Food Giants Hooked Us*. His cover story, "The Extraordinary Science of Addictive Junk Food," led last weekend's Times Sunday magazine. He won the Pulitzer Prize in 2010 for his investigation into the dangers of contaminated meat.

AMY GOODMAN: We spend the rest of the hour going deep inside the "processed-food-industrial complex," beginning with the "The Extraordinary Science of Addictive Junk Food." That was the [cover story](#) in the recent *New York Times Magazine* that examined how food companies have known for decades that salt, sugar and fat are not good for us in the quantities American's consume them, and yet every year they convince most of us to ingest about twice the recommended amount of salt, 70 pounds of sugar—22 teaspoons a day. Then, there's the fat. Well, *New York Times* reporter Michael Moss explains how one of the most prevalent fat delivery methods is cheese.

MICHAEL MOSS: Every year, the average American eats as much as 33 pounds of cheese. That's up to 60,000 calories and 3,100 grams of saturated fat. So why do we eat so much cheese? Mainly it's because the government is in cahoots with the processed food industry. And instead of responding in earnest to the health crisis, they've spent the past 30 years getting people to eat more. This is the story of how we ended up doing just that.

AMY GOODMAN: That was Pulitzer Prize-winning *New York Times* investigative reporter Michael Moss. His new book is called *Salt Sugar Fat: How the Food Giants Hooked Us*. He goes deep inside the laboratories where food scientists calculate the "bliss point" of sugary drinks or the "mouth feel" of fat, and use advanced technology to make it irresistible and addictive. As a result of this \$1 trillion-a-year industry, one-in-three adults, and one-in-five kids, is now clinically obese.

In a bit, we'll look ever further into the process of making processed foods, with Melanie Warner, author of *Pandora's Lunchbox*. But first, Michael Moss joins us here in the studio.

Welcome to Democracy Now!, Michael. You—

MICHAEL MOSS: Thanks for having me.

AMY GOODMAN: You open your book with a remarkable summit. Talk about who was there.

MICHAEL MOSS: This is a meeting in 1999 that engaged the CEOs of some of the largest food companies in the country, and they were presented with a vivid picture of the emerging obesity crisis. And what really amazed me about this meeting, when I found out about it and found the records to it and talked to some of the people who were present, is that it was none other than one of their own, a senior executive at Kraft, who basically laid the emerging obesity crisis at the feet of the processed food industry and pleaded with them to do something collectively to turn the corner.

AMY GOODMAN: What happened?

MICHAEL MOSS: And coming from him, it was just so powerful. They reacted, as you can imagine, rather defensively. They said, "Look, we're already providing people with choices in the grocery store. We are committed to nutrition, as we are to convenience and low prices." Frankly, they were worried about the lost millions in sales if healthier products they created weren't as attractive as the ones they do make.

AMY GOODMAN: Talk about the CEO who basically ended the meeting.

MICHAEL MOSS: The head of General Mills made all of these points and was especially, I think, aghast at being blamed for the obesity crisis, because, again, he felt that in the cereal aisle, for example, General Mills was providing Cheerios with low amounts of sugar, and he didn't see a need to down-formulate, if you will, all of the products in the grocery store in order to deal with this obesity crisis, which, you have to remember, back in '99,

was not as grave as it is today.

AMY GOODMAN: And, of course, the obesity crisis, I mean, in their terms, is about lawsuits, class action lawsuits. What does obesity mean? Why is this such a critical issue?

MICHAEL MOSS: Well, yes and no. The Kraft official who raised this back in 1999 was actually very deeply and sincerely concerned about the health effects on people and not so worried about litigation.

What this did, though, mean to the companies, though, was—was what I write about in the book, which, I have to tell you, Amy, was a bit of a detective story. I managed to come across a trove of internal documents that enabled me to get insiders to talk. And when they did, what it showed was that salt, sugar, fat are the three pillars, the Holy Grail, if you will, on which the food industry survives. And through their research, they know that when they hit the perfect amounts of each of those ingredients, they'll send us over the moon, products will fly off the shelves, we'll eat more, we'll buy more—and being companies, of course, that they will make more money.

AMY GOODMAN: Name names, and talk about examples of the weaponizing of salt, sugar and fat.

MICHAEL MOSS: One of the senior—one of the legendary senior scientists for the food industry, Howard Moskowitz, walked me through his creation recently of a new soda for Dr. Pepper, a new flavor line. And it was amazing how much effort went into that—you know, a regression analysis, high mathematics. He would take dozens and dozens of formulas, just slightly altered, to find what he calls the "bliss point" for sweetness in the sugar. And you can do this own experiment at home. Take a cup of coffee, keep adding sugar until you reach the point that you like it the most, and then when you add more sugar, you actually like it less. Well, the food industry knows that, and they spend huge amounts of effort finding the perfect spot, not just for sugar, but for fat and salt, as well.

AMY GOODMAN: Frito-Lay had scientist Robert I-San [Lin].

MICHAEL MOSS: Yes.

AMY GOODMAN: Talks about people getting addicted to salt.

MICHAEL MOSS: Yes. He was a wonderful, brilliant scientist who worked—went to work for Frito-Lay in the late '70s, when salt became an issue in Washington, and the FDA started holding hearings looking at whether potentially it should regulate salt and not consider it inherently safe. Dr. Lin began pushing Frito-Lay to cut back on salt in its own products, for economic reasons. He thought it would position the company really well. And he left Frito-Lay. And years later, when I met him and we went through the documents that he saved from his days at Frito-Lay, it was just amazing to sit down with him at his dining room table and listen to his regrets at not having been able to have done more way back in the '70s and early '80s.

AMY GOODMAN: Talk about the tobacco industry's effect on the food industry, Michael Moss.

MICHAEL MOSS: I love this part of the story, because it's really surprising. Philip Morris became the largest food manufacturer in the United States starting in the late '80s, when it acquired General Foods and then Kraft. And as you can imagine, for the first decade of that ownership, it pushed the food managers to do everything they could to sell their products. But starting in the late '90s, when Philip Morris came under increasing pressure for nicotine and tobacco—and it was the first tobacco company to acknowledge or, rather, to accept the idea of government regulation—the Philip Morris officials turned to their food people and said, "You guys" — and this is private, of course — "You guys are going to face the same issue we're facing over nicotine with salt, sugar, fat and obesity." And they began nudging their food managers to start thinking about ways to ease back on their dependence on those three ingredients.

AMY GOODMAN: The problem with obesity, what it means for, for example, children?

MICHAEL MOSS: You know, in my own household, I have two boys, eight and 13. And you can just see the sugar craving that kids have, inevitably, for sugar. You know, we've tried to work with our grocery shopping to get control and to—and I think that's one of the key things—

AMY GOODMAN: How do you do it with your kids?

MICHAEL MOSS: Well, so, with the kids, my wife Eve kind of arbitrarily said, "Hey, guys, let's try to limit your cereal, when we eat cereal in the morning, to five grams or less of sugar." And we found that when you engage them in that, shopping becomes an Easter egg hunt, and they're able to go to the cereal aisle and find those cereals that meet that quota. And they may have to reach low, or I may have to reach high, to find them, because the most sugary ones tend to be at eye level, by calculation. But I think it's a really important issue, is—you just can't throw fresh carrots and fresh apples at kids without engaging them. They'll chuck them out in the lunchroom. But if we could invigorate the home economics program in this country, which fell by the waysides, I think that would be a huge—

AMY GOODMAN: What do you mean, home economics?

MICHAEL MOSS: Well, home economics—kids in school used to be taught how to shop, how to cook from scratch, how to be in control of their diets. Doesn't happen anymore. And I write about this in the book. What did happen is we got Betty Crocker, a figment of the imagination of a marketing official at a food company. She began pushing processed foods, convenience foods, as an alternative to scratch cooking.

AMY GOODMAN: Explain more.

MICHAEL MOSS: This was back in the '50s and '60s. Betty Crocker, as you all know—I mean, I used to think she was a real person. She wasn't. She started out just as a marketing tool for the companies. But she was—became emblematic of the food industry's usurpation, if you will, of the home economist. And their notion was, "Hey, look, who's got time for scratch meals anymore? Let's encourage consumers to buy our convenience foods to make things easier for them."

AMY GOODMAN: Talk about Lunchables, how they were invented, what they mean.

MICHAEL MOSS: I got to interview and see documents that were kept by Bob Drane, who worked for Oscar Meyer back in the '80s when the company faced a problem with its meat. People were cutting back on consumption of red meat because it has saturated fat and salt. And Mr. Drane and his team set about looking for a way to repackage those products. He was most interested in saving jobs, and he cared very much about the company. And they came up with the Lunchables, which, as you know, is basically a TV—a cold TV dinner aimed at kids for school lunches.

But it has two remarkable things beyond kind of the ingredients that they used—meat, cheese, crackers, typically. First they went after working moms, who work outside of the home, and designed it and marketed it as a way for moms to get through the crush of the—the 7 a.m. crush in the household where everybody's scrambling to get out of the house and off to school and work. But then they went after the kids with an amazing marketing campaign, because they realized that the Lunchables wasn't about food. It was about empowerment for kids. And they came up with this slogan: "All day, you gotta do what they say. But lunchtime is all yours." And kids went nuts for it. Pizza Lunchables, think about it. It's a piece of cold dough, cheese, tomato sauce, that the kids assemble themselves. But that meant everything to kids, and sales skyrocketed.

AMY GOODMAN: And then they added dessert.

MICHAEL MOSS: And then they added dessert, hamburger Lunchables, hot dog Lunchables, pancake Lunchables—some of them with huge loads of salt, sugar, fat. Kraft, to its credit, is now pulling back on those ingredients, and you can actually find some much lower amounts. But it opened the door to something really important, which is the fast-food industry has moved into the grocery store, so you no longer have to go to a fast-food chain to find problematic foods.

AMY GOODMAN: Michael Moss, talk about cheese. Talk more about cheese.

MICHAEL MOSS: So, I was amazed to hear that figure, that we are, on average, eating as much as 33 pounds of cheese a year. And I thought, "How could that be?" And that's triple the amount back in the '70s. And the story goes like this. Starting in the '60s, people began drinking less whole milk as a way of reducing calories and

intake of saturated fat. That left the dairy industry with a glut of whole milk and the milk fat they were extracting from the whole milk to make skim milk. They went to the government and asked for help. And they started making more cheese with that milk. The government, since it subsidizes the dairy industry, bought the cheese. It accumulated. It was storing the cheese in caves in Missouri, when none other than Ronald Reagan came into office and says, "This is crazy. We've got \$4 billion worth of cheese that's going moldy. Stop it." But they still wanted to support the industry, so they came up with a marketing scheme that allowed the dairy industry to collect tens of millions of dollars every year to encourage consumers—for advertising and marketing, to encourage consumers to eat more cheese, not just as a delicacy that you eat as an hors d'oeuvre before dinner, but as an ingredient in processed food. And so, suddenly, cheese began showing up as slices on sandwiches, as ingredients in packaged foods in the store. And our consumption of saturated fat, while we thought we were taking it out of our diets, snuck back in, because cheese is largely invisible as a fat in that form.

AMY GOODMAN: Michael Moss, Jeffrey Dunn, whistleblower, or at least quit Coke. He was in charge of, what, \$44 billion of sale of Coke.

MICHAEL MOSS: Wasn't quite that much. He was in charge of North America and Latin America. But I'm glad you raise that, because—

AMY GOODMAN: Rather, \$20 billion.

MICHAEL MOSS: Jeffrey Dunn was the top warrior at Coke, and he was the heir apparent, or one of the heir apparents, of the entire company in 2000, when he began having a change of heart. And, by the way, he walked me through all the incredible marketing strategy that Coke has, including targeting the most vulnerable consumers, which the company calls "heavy users."

AMY GOODMAN: Don't call them "consumers" anymore; they're "heavy users."

MICHAEL MOSS: "Heavy users." Twenty percent of their customers drink 80 percent of the Coke, and those are the people that it's gone after. But starting in 2000, Jeffrey Dunn had a change of heart. It started with reading a book about sugar and the health effects. It went to his fiancée, who started like nudging him: "Hey, Jeffrey, do you really want to be doing this with your life?" And then he went to Brazil, where Coke was starting to market soda to the emerging middle class there. And out of the blue, Jeffrey says it was almost a voice he heard, said to him, "Jeffrey, you know, you should—these kids need a lot of things, but one thing they don't need is another Coke." He went back to the company, pushed them to work more on selling healthier drinks, including soda, and cut back on marketing to schools. He ultimately left the company.

And today, he is selling fresh carrots from a farm in California, but with this—and this is really important, because this may be one way out of the situation that we're in: He is marketing carrots as junk food, meaning he's stolen a page of the playbook from the junk food industry to make carrots attractive to kids. And I think that is so brilliant.

AMY GOODMAN: We should probably clarify that he was pushing, when we say "Coke," though it sounds like when you're talking about "heavy users" coke, cocaine, we're talking Coca-Cola.

MICHAEL MOSS: Absolutely.

AMY GOODMAN: And the problem with Coca-Cola and what it means and why, for example, when they pushed it to Mexico at the time of a terrible recession, they upped their advertising, because they thought, "Well, if anyone's got any money, they could put it into Coke."

MICHAEL MOSS: And Coke will say, "Look, we're only part of the" — in fact, recently they had an ad campaign saying, "Hey, we're only part of the obesity crisis. You can't blame everything on us, as calories is calories." But there is something interesting with liquids. Science is starting to show that our brains are less able to detect calories in liquids. So, people in the know, including food industry executives, when they run into health trouble, the first thing they do is cut calories out of all the liquids that they drink as a way of maintaining their weight.

AMY GOODMAN: What were you most shocked by?

MICHAEL MOSS: Well, it was one—one was that, how on a personal level, how so many executives I met don't eat their own foods. The other thing I think that really shocked me was when I get to salt in the book, which is how dependent and how hooked the food companies are on salt, because it's a miracle ingredient for them. It lets them avoid using more costly ingredients like spices and herbs, and of course has this thing they called "flavor bursts," which just gets you so excited about eating snack foods, especially.

But the other thing is, salt masks off-notes or bad flavors that are inherent to some processed foods. In meat, it's called "warmed-over flavor," which happens when the fat in meat oxidizes when it reheats, and salt is one of those things that can cover up that taste. So I was really struck. And Kellogg invited me into their research and development department, made for me special versions of their icons, like Cheez-Its, which I could normally eat all day long. Without any salt, it was the most God-awful experience you can imagine, tasting those items. They are stuck between a rock and a hard place.

AMY GOODMAN: Michael Moss, I want to thank you for being with us. His book is called *Salt Sugar Fat: How the Food Giants Hooked Us*. His [cover story](#) in last Sunday's *New York Times Magazine*, "The Extraordinary Science of Addictive Junk Food." This is *Democracy Now!*, democracynow.org, *The War and Peace Report*. Michael Moss is a Pulitzer Prize-winning reporter. He won in 2010 for his investigation into the dangers of contaminated meat.

But we're not leaving food. When we come back, we'll be joined by another *New York Times* reporter, Melanie Warner, who wrote *Pandora's Lunchbox*. You don't want to miss it—or maybe you do. It depends on what you're eating these days. Stay with us.

2013, March 1 **Pandora's Lunchbox: Pulling Back the Curtain on How Processed Food Took Over the American Meal**

Guests [Melanie Warner](#), longtime journalist covering the food industry. Her new book is *Pandora's Lunchbox: How Processed Food Took Over the American Meal*.

AMY GOODMAN: As we continue deep inside the \$1-trillion-a-year "processed-food-industrial complex," we turn to look at how decades of food science have resulted in the cheapest, most abundant, most addictive and most nutritionally inferior food in the world. And the vitamins and protein added back to this processed food? Well, you might be surprised to know where they come from. That's the focus of a new book by longtime food reporter Melanie Warner, author of *Pandora's Lunchbox: How Processed Food Took Over the American Meal*.

Melanie, welcome to *Democracy Now!* She's joining us from Denver, Colorado. Vitamins, vitamin-added food. You think you go to the grocery store, and you want to get a little added punch, and you want to ensure that your kids, that your family, has added vitamins. What's the problem with that?

MELANIE WARNER: Yeah. Well, hi, Amy. It's great to be here.

You know, one of the things with processed food that I found while doing this book, is not only that it has an abundance of the things that Michael was talking about—salt, sugar, fat—it's also what it's lacking, which, it turns out, is naturally occurring nutrition, in many cases. So that's vitamins and minerals and fiber and things like antioxidants.

So, you take something like cereal—you know, you walk down the cereal aisle, and you're bombarded with health messages: It's high in vitamin D, a good source of calcium, fiber, antioxidants. You see these things all over the package. And one of the things—one of the questions I asked myself when I was starting to work on this book was: Why is it nearly impossible to find a box of cereal in the cereal aisle without vitamins, added vitamins and minerals, in the ingredient list?

And it turns out, because most cereal has very little inherent nutrition. And this is in part because of processing. The processing of food is very intensive. It's very—it's very technical, and with cereal, can be very damaging to naturally occurring nutrients, especially vitamins and oftentimes fiber. So, what manufacturers do is they add back in vitamins. So, essentially, you see all these wonderful claims on the package, but essentially—and you look at the panel, and you're getting 35 percent and 40 percent of your recommended daily allowance of these vitamins, but they're essentially added in like a vitamin pill, which many people maybe are already taking in the morning.

And I was really surprised to learn where some of these vitamins come from. I never really thought about it in much detail, as probably most people don't. But it turns out that they're—these vitamins are not coming from the foods that contain them. Like vitamin C does not come from an orange, and vitamin A does not come from a carrot. It's very far from that. They come from things that really aren't actually foods. Vitamin D, for instance, was probably the most shocking. It comes from sheep grease, so actually the grease that comes from sheep wool. You have giant barges and container ships that go from Australia and New Zealand over to China, where most of—a lot of our vitamins are produced. About 50 percent of global vitamin production comes from China inside these huge factories, very industrial processes. A lot of vitamins are actually chemical processes.

AMY GOODMAN: Wait.

MELANIE WARNER: And they're very technical and complex.

AMY GOODMAN: A lot of people, if they're with someone, they're looking at them right now. Wait a second. So, China gets all these shipments of sheep wool from Australia, and they're pulling the sheep grease off of them to make vitamin D?

MELANIE WARNER: Yeah, sheep grease is actually very useful for a lot of things. It can be used to make

moisturizer in lip balm. It can be used for industrial purposes, for lubricants for engines and machines and things like that. But one of its uses is to be converted, through a number of chemical steps and chemical processes, to vitamin D, which is added to our food and used in supplements. So, yeah—

AMY GOODMAN: What about—

MELANIE WARNER: —it's just one of—

AMY GOODMAN: What about nylon, Melanie? What does nylon have to do with vitamins?

MELANIE WARNER: Yeah, it's one of—it's one of these chemicals that goes into the making of one of the B vitamins. It's many—there are many food additives, actually, that are used in food but actually also have industrial purposes associated with them. One of my favorites is a chemical called, a food additive called azodicarbonamide, and that's actually used quite extensively in bread and bread-type products, and it's used as a dough conditioner and a manufacturing aid. And its main use outside of the manufacturing of bread is for creating foamed plastic, so things like yoga mats.

And I encountered some news articles a number of years ago where a tanker truck overturned on the Dan Ryan Expressway in Chicago carrying azodicarbonamide. And city fire officials had to issue their highest hazmat alert and evacuate everyone up to a half mile downwind because of this chemical spill. So you look at something like that, and you wonder: Is this something that we really want in our morning toast and our—the bread that goes on our turkey sandwiches?

AMY GOODMAN: Well, that's a very important question. Now, of course, the processed food industry, the gross sales are enormous, but you may have redefined "gross" sales. Let's talk about some of the experiments the scientist Melanie Warner conducted. Talk a little about chicken tenders.

MELANIE WARNER: Yeah, I'm not much of a scientist, but a number of years ago, when I started covering the food industry, I became curious about expiration dates that are printed on packages. Pretty much you go into the supermarket, and every package in the store will have an expiration date on it. And I wondered: Well, what will happen? What do these expiration dates mean, and what will happen after this date has come and gone? Some of these dates are actually quite far out; they'll be six to nine months or even more.

So I started collecting a number of food products, and I saved them in my office. And then I would open them after the expiration dates had passed, sometimes long after the expiration dates had passed because I had forgotten about them. And what I found out over time—I collected all kinds of products: cereal, cookies, Pop-Tarts, fast-food meals, frozen dinners, I mean, you name it. I have all kinds of gross stuff in my office at this point.

And what I found—there were a few exceptions—but what I found was that most of this food did not decompose or mold or go bad, even after long, long periods of time. I mean, I started this seven, eight years ago, and I still have slices of cheese that are perfectly orange, processed cheese.

AMY GOODMAN: From years and years and years ago?

MELANIE WARNER: Years and years and years ago, yeah. And they're—

AMY GOODMAN: And what keeps their color? And what keeps them looking—

MELANIE WARNER: Yeah.

AMY GOODMAN: —completely preserved?

MELANIE WARNER: There are a variety of reasons for this, depending on the product. Sometimes it's because of powerful chemical preservatives that are in it. Sometimes it's because of additives that lower the acidity of products, so that no microorganisms can grow. And sometimes it's because food manufacturers very intentionally remove all the water from products. That's the case with cereal and cookies.

AMY GOODMAN: Melanie, right now, for our TV viewers, we're showing images of guacamole, bought in a store, presumably—

MELANIE WARNER: Yes, right.

AMY GOODMAN: —you know, maybe even a Whole Foods-type store, you know, a natural food store—

MELANIE WARNER: Yeah.

AMY GOODMAN: —and your own guacamole, and the difference how long it's preserved.

MELANIE WARNER: Yeah, I think this was an unusual tub of guacamole, and it had an unusual dose of food additives. My husband came back from the store with it one day and said, "Oh, they announced—made an announcement that they made it fresh over at the deli." So I thought, "Oh, this is great." And I looked at the ingredients, and there were some ingredients on there that I had never even heard of. And I was spending a lot of time doing research on food additives. So I kind of—I put it away, I stored it in the fridge. And I thought, "Well, I'll look into this later and see what these additives are."

And then, an interesting thing happened about nine months later. I completely forgot about it in the back of the fridge. My mom, who lives with us, she announced that she had tried some of the guacamole. And I thought she was referring to a recent purchase that I had made at a different store that we had bought for a party. But I thought, you know, I think a lot of that's—that's gone. And it turns out that she had tried the old guacamole, the nine-month-old stuff. And I was horrified, because she's an older person, she's in her early eighties, and food-borne illness in older people is no small thing. So I was terrified that she was going to be horribly ill. In fact, she wasn't. She was—

AMY GOODMAN: Because the guacamole was how old?

MELANIE WARNER: Nine months. It was nine months old, yeah. So—and she had eaten it because it had no mold on it, it didn't smell bad. It was a little bit—when I looked at it, it was a little bit discolored around the edges, you know? So some people might have thought, "Oh, maybe I'm not going to eat it." But she looked at it and thought, "Oh, this is a nice guacamole." So... And in the end, thankfully, she had only had a little bit, and she was totally fine. She had no effects whatsoever.

AMY GOODMAN: Melanie, 15 seconds before we end part one of this discussion. What most surprised you?

MELANIE WARNER: I think just the overall extent to which the technology and food science has merged with food production, and the level of engineering that goes and the level of technology and the level of processing that goes into—that goes into our food. And also, the extent to which the FDA is not watching over what goes into our food in terms of food additives very closely.

AMY GOODMAN: We're going to—

MELANIE WARNER: I was very—

AMY GOODMAN: We're going to talk soy products in part two. Melanie Warner, longtime journalist covering the food industry, her new is called *Pandora's Lunchbox: How Processed Food Took Over the American Meal*.

Juan González will be in Phoenix tonight, in Albuquerque, as well in Santa Fe. Check our [website](#) at democracynow.org.