America in decline? Could happen, says Mark Steyn.

...Is America set for decline? It's been a grand run. The country's been the leading economic power since it overtook Britain in the 1880s. That's impressive. Nevertheless, over the course of that century and a quarter, Detroit went from the world's industrial powerhouse to an urban wasteland, and the once-golden state of California atrophied into a land of government run by the government for the government. What happens when the policies that brought ruin to Detroit and sclerosis to California become the basis for the nation at large? Strictly on the numbers, the United States is in the express lane to Declinistan: unsustainable entitlements, the remorseless governmentalization of the economy and individual liberty, and a centralization of power that will cripple a nation of this size. Decline is the way to bet. But what will ensure it is if the American people accept decline as a price worth paying for European social democracy.

Is that so hard to imagine? Every time I retail the latest indignity imposed upon the "citizen" by some or other Continental apparatchik, I receive e-mails from the heartland pointing out, with much reference to the Second Amendment, that it couldn't happen here because Americans aren't Euro-weenies. But nor were Euro-weenies once upon a time. Hayek's greatest insight in The Road to Serfdom is psychological: "There is one aspect of the change in moral values brought about by the advance of collectivism which at the present time provides special food for thought," he wrote with an immigrant's eye on the Britain of 1944. "It is that the virtues which are held less and less in esteem and which consequently become rarer are precisely those on which the British people justly prided themselves and in which they were generally agreed to excel. The virtues possessed by Anglo-Saxons in a higher degree than most other people, excepting only a few of the smaller nations, like the Swiss and the Dutch, were independence and self-reliance, individual initiative and local responsibility, the successful reliance on voluntary activity, noninterference with one's neighbor and tolerance of the different and queer, respect for custom and tradition, and a healthy suspicion of power and authority." ...

...Why did decline prove so pleasant in Europe? Because it was cushioned by American power. The United States is such a perversely non-imperial power that it garrisons not ramshackle colonies but its wealthiest "allies," from Germany to Japan. For most of its members, "the Free World" has been a free ride. And that, too, is unprecedented. Even the few NATO members that can still project meaningful force around the world have been able to arrange their affairs on the assumption of the American security umbrella: In the United Kingdom, between 1951 and 1997 the proportion of government expenditure on defense fell from 24 percent to 7, while the proportion on health and welfare rose from 22 percent to 53. ...

Maybe the country will decline the decline. New poll shows the Mass. US senate race a toss up. We shall see if Dems in Massachusetts are going to send a thunderbolt to the White House. **Corner post** with the details.

The Senate race in Massachusetts is a dead heat according to an extensive <u>new poll</u>, with Republican Scott Brown leading Democrat <u>Martha Coakley</u> 48-47 among likely voters.

Brown enjoys a staggering 70/16 favorability ratio among independents, and 66-31 advantage over Coakley (thanks in part to a total lack of advertising from the latter). He also benefits from an "enthusiasm gap": 68 percent of Republicans polled said they were "very excited" about casting their vote, compared to just 48 percent of Democrats.

Ready to get covered with slime? The Dems have a plan to <u>delay the swearing in of Scott</u> <u>Brown</u> if he's elected to the senate.

<u>Tony Blankley</u> looks to the past to instruct us on how to handle the tumultuous times that we face.

Over the Christmas holiday, I read a couple of books that, at least for me, may provide some guidance in the upcoming tumultuous and probably consequential year. The first book was "Munich," 1938 by David Farber, (grandson of former British Prime Minister Harold Macmillan) by far the most authoritative book on that world changing event. ...

...The other half of the story of Munich 1938 was events in Germany, where, unlike in Britain, the problem was a war policy advocated by Adolf Hitler that was opposed by most of the institutional leadership (including many of the very top generals) and by the general public which feared another war. (As Hitler paraded his armored columns through Berlin in preparation for entering Czechoslovakia, according to a witness, "the people of Berlin ducked into subways, refused to look on, and the handful that did stood at the curb in utter silence. It was the most striking demonstration against the war I've ever seen." Hitler watched it from a window and in furious contempt of the German people complained "With such people I cannot wage war." Of course he did, in part because of what, the author points out, was Hitler's "exceptional insight into the tendency of men torn between conscience and self-interest to welcome what made it easier to opt for the latter.")

The second book is a new short biography of Winston Churchill by the prolific English writer Paul Johnson. It has the advantage of being probably the last Churchill biography which will be written by an author who personally knew the great man - and is filled with personal tidbits that bring further color to the well known story of Churchill's life. ...

...The author identifies five Churchillian attributes that guided his eventual success: 1) He aimed high, but never cadged or demeaned himself to gain office or objectives; 2) there was no substitute for hard work - even though he was brilliant; 3) Churchill "never allowed mistakes, disasters - personal or national - accidents, illnesses, unpopularity and criticism to get him down. His powers of recuperation, both in physical illness an in psychological responses to abject failure, were astounding"; 4) Churchill wasted extraordinarily small amounts of energy on hatred, recrimination, malice, revenge grudges, rumor mongering or vendettas. Energy expended on hate was energy lost to productive activity; and 5) he always had something other than politics to give joy to his life. ...

<u>Charles Krauthammer</u> reviews the Obami's irrational counterterrorism policies, and the irrationality of radical Islam.

On Wednesday, Nigerian would-be bomber <u>Umar Farouk Abdulmutallab was indicted</u> by a Michigan grand jury for attempted murder and sundry other criminal charges. The previous day, the State Department announced that his <u>visa had been revoked</u>. The system worked.

Well, it did for Abdulmutallab. What he lost in flying privileges he gained in Miranda rights. He was singing quite freely when seized after trying to bring down Northwest Flight 253 over Detroit. But the Obama administration decided to give him a lawyer and the right to remain silent. We are now forced to purchase information from this attempted terrorist in the coin of leniency. Absurdly, Abdulmutallab is now in control. ...

...This is nuts. Even if you wanted ultimately to try him as an ordinary criminal, he could have been detained in military custody -- and thus subject to military interrogation -- without prejudicing his ultimate disposition. After all, every Guantanamo detainee was first treated as an enemy combatant and presumably interrogated. But some (most notoriously Khalid Sheik Mohammed) are going to civilian trial. That determination can be made later. ...

In the <u>Corner</u>, <u>Robert Costa</u> posts an interview with Liz Cheney at <u>Keep America Safe</u> about national security concerns. Here's <u>Pickings</u> dream ticket - Palin and Cheney. Liz Cheney, the founder of <u>Keep America Safe</u>, tells National Review Online that President Obama's national-security remarks this afternoon, plus the press conference with John Brennan and Janet Napolitano, were "extremely troubling." "Over the course of the last year, President Obama has taken his eye off the ball and allowed America's counterterrorism systems to erode," says Cheney. "Brennan and Napolitano both said they were surprised to learn from the review released today that al-Qaeda in Yemen was operational. Napolitano went on to say she hadn't realized previously that al-Qaeda might use an individual to attack us. Yet, in the past year, we've had three attacks on America from individuals with Yemeni connections — from the terrorist at the recruiting station in Little Rock to the terrorist at Ford Hood and now the Christmas Day bomber." Thus, she says, "it is inexplicable that our nation's top counterterrorism officials would be surprised by a method of attack we've repeatedly seen before."

"At the end of the day, we cannot win this war without daily, unwavering, resolute presidential stewardship," says Cheney. "By tasking his counterterrorism officials to spend their time focused on trying to close Guantanamo and investigating their predecessors, by treating terrorists as criminals, by treating terrorist attacks on the U.S. as the acts of 'isolated extremists,' President Obama has failed to make fighting terror and keeping the nation safe his top priority."

"The president says he's using every tool at his disposal but he's not," says Cheney. "We can't prevail against terrorists without intelligence. When President Obama treats terrorists like criminals, reads them their Miranda rights and allows them to lawyer up, he ensures we won't get the intelligence we need." In addition, Cheney says, "When the president stopped the enhanced-interrogation programs and revealed our tactics to our enemies, he significantly reduced our ability to successfully interrogate any senior al-Qaeda leaders. Intelligence is key. Let's be clear: We're not going to win this war through more intense airport screenings."

### Roger Simon blogs about global warming wealth-seeking.

Hardly more than two weeks after the United Nations Climate Conference known as COP15 global warming has virtually disappeared from the world's front pages. First was Climategate, then the inconvenient truth of Siberian winds bringing record breaking cold to <a href="Meijing">Beijing</a> (not to mention <a href="Miami">Miami</a>, of all places) and virtually <a href="everywhere else">everywhere else</a> and poof (!) AGW is gone, more than likely for a long time to come. It's almost as if it never happened, all those drowning polar bears and glaciers receding forever and a day. Now, only crickets. ...

...I don't know whether Mr. Rachman was in Copenhagen, but I was. I didn't speak to Singh or Wen or anybody quite that august, but I did speak to a number of third world delegates and it was commonplace among them to admit the AGW was hooey, therefore acknowledging the obvious – that they were there for the money. In fact, I was stunned at how easily they admitted it.

But speaking of the money and the strange saga that allowed it to become conventional wisdom that the CO2 we all know and love from photosynthesis was a treacherous greenhouse gas about to turn us all into baked potatoes, PJM and PJTV promise not to let this subject go. In the coming weeks and days, we're going to be following that money – and there's a lot of it to follow indeed. We're going to name names too. That should be fun – even if we don't get our money back (less likely, alas).

<u>Gerald Warner</u> posts in the <u>Telegraph Blogs, UK</u>. He advocates that the British public vote out all politicians advancing green fraud.

"Climate science" is the oxymoron of the century. There is not a city, town or hamlet in the country that has had its weather conditions correctly forecast, over periods as short as 12 hours, during the past week. This is the "exceptionally mild winter" that the climate change buffoons warned us would occur as a consequence of global warming. Their credibility is 20 degrees below zero.

Yet nothing shames them, nothing persuades them to come out of the bunker with their hands high and "fess up". ...

...The entire Northern Hemisphere is frozen. ...That is completely normal, part of the random climate fluctuations with which our ancestors were familiar. Yet fraudulent scientists have gained millions of pounds by taking selective samples of natural climate change, whipping up a Grande Peur and using it to advance the cause of world government, state control and fiscal despoliation of citizens.

2010 should be the year when all that ends. It is time for Zero Tolerance of AGW fraudsters and their political masters. It is time to say: Green taxes? We won't pay them. Nor will we vote for or permit to remain in office any politician or party that supports the AGW fraud. This year is one of those rare occasions when we have an opportunity to punish and control our political masters – provided Britons have the will to break with the two-party system. ...

### Peter Robinson reports on the entitlement demonstrations at Berkeley in Forbes.

...Faculty and administrators have joined the protests. Advocating a march on Sacramento, Robert Birgeneau, the Berkeley chancellor, has compared the student movement with the civil rights movement. "I hope that this [march] will match the March on Washington," Birgeneau said. Prof. Ananya Roy has become a particular champion of the protest movement. Addressing students one day, Friend writes, Roy "began to voice ... [their] dismay in sharp, sloganeering phrases. ... In her piping voice ... she repeated, elegaically: "We have all become students of color now.""

We have all become students of color? A march on Sacramento that possesses the same moral dimension as the March on Washington? Let us remind ourselves just what the Berkeley protesters are demanding--not racial equality but money. For the poor and dispossessed? Scarcely. For themselves. To place the protesters' demand in perspective, a few figures...

- --The salary of Berkeley Chancellor Robert Birgeneau: \$445,716. The salary of a typical full-time professor at Berkeley: \$127,300. The average starting salary for the holder of a Berkeley undergraduate degree--I repeat, the average starting salary: \$59,900. The median household income in California: \$61,154.
- --The number of Berkeley professors who have been laid off as a result of budget cuts: zero. The proportion of California workers who are now unemployed: 1 in 10. ...

In the NY Times, Tara Pope reports on 11 foods to boost your health.

Nutritionist and author Jonny Bowden has created several lists of healthful foods people should be eating but aren't. But some of his favorites, like purslane, guava and goji berries, aren't always available at regular grocery stores. I asked Dr. Bowden, author of "The 150 Healthiest Foods on Earth," to update his list with some favorite foods that are easy to find but don't always find their way into our shopping carts. Here's his advice.

- 1. **Beets:** Think of beets as red spinach, Dr. Bowden said, because they are a rich source of folate as well as natural red pigments that may be cancer fighters.

  How to eat: Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.
- 2. **Cinnamon:** May <u>help</u> control blood sugar and cholesterol. How to eat it: Sprinkle on coffee or oatmeal.
- 3. **Dried plums:** Okay, so they are really prunes, but they are packed with antioxidants. How to eat: Wrapped in prosciutto and baked. ...

National Review
Welcome to Rome
Commit national suicide, shall we?
by Mark Steyn

Sometimes you do live to see it. In my book *America Alone*, I point out that, to a five-year-old boy waving his flag as Queen Victoria's Diamond Jubilee procession marched down the Mall in 1897, it would have been inconceivable that by the time of his 80th birthday the greatest empire the world had ever known would have shriveled to an economically moribund strike-bound socialist slough of despond, one in which (stop me if this sounds familiar) the government ran the hospitals, the automobile industry, and much of the housing stock, and, partly as a consequence thereof, had permanent high unemployment and confiscatory tax rates that drove its best talents to seek refuge abroad.

A number of readers, disputing the relevance of this comparison, sent me mocking letters pointing out, for example, Britain's balance of payments and other deteriorating economic indicators from the early 20th century on. True. Great powers do not decline for identical reasons and one would not expect Britain's imperial overstretch to lead to the same consequences as America's imperial understretch. Nonetheless, my correspondents are perhaps too sophisticated and nuanced to grasp the somewhat more basic point I was making. Perched on his uncle's shoulders that day was a young lad who grew up to become the historian Arnold Toynbee. He recalled the mood of Her Majesty's jubilee as follows: "There is, of course, a thing called history, but history is something unpleasant that happens to other people. We are comfortably outside all of that I am sure." The end of history, 1897 version.

Permanence is an illusion — and you would be surprised at how fast mighty nations can be entirely transformed. But, more important, national decline is psychological — and therefore what matters is accepting the psychology of decline. Within two generations, for example, the German people became just as obnoxiously pacifist as they once were obnoxiously militarist, and as avowedly "European" as they once were menacingly nationalist. Well, who can blame 'em? You'd hardly be receptive to pitches for national greatness after half a century of Kaiser Bill, Weimar, the Third Reich, and the Holocaust.

But what are we to make of the British? They were on the right side of all the great conflicts of the last century; and they have been, in the scales of history, a force for good in the world. Even as their colonies advanced to independence, they retained the English language and English legal system, not to mention cricket and all kinds of other cultural ties. And even in imperial retreat, there is no rational basis for late-20th-century Britain's conclusion that it had no future other than as an outlying province of a centralized Euro nanny state dominated by nations whose political, legal, and cultural traditions are entirely alien to its own. The embrace of such a fate is a psychological condition, not an economic one.

Is America set for decline? It's been a grand run. The country's been the leading economic power since it overtook Britain in the 1880s. That's impressive. Nevertheless, over the course of that century and a quarter, Detroit went from the world's industrial powerhouse to an urban wasteland, and the once-golden state of California atrophied into a land of government run by the government for the government. What happens when the policies that brought ruin to Detroit and sclerosis to California become the basis for the nation at large? Strictly on the numbers, the United States is in the express lane to Declinistan: unsustainable entitlements, the remorseless governmentalization of the economy and individual liberty, and a centralization of power that will cripple a nation of this size. Decline is the way to bet. But what will ensure it is if the American people accept decline as a price worth paying for European social democracy.

Is that so hard to imagine? Every time I retail the latest indignity imposed upon the "citizen" by some or other Continental apparatchik, I receive e-mails from the heartland pointing out, with much reference to the Second Amendment, that it couldn't happen here because Americans aren't Euro-weenies. But nor were Euro-weenies once upon a time. Hayek's greatest insight in *The Road to Serfdom* is psychological: "There is one aspect of the change in moral values brought about by the advance of collectivism which at the present time provides special food for thought," he wrote with an immigrant's eye on the Britain of 1944. "It is that the

virtues which are held less and less in esteem and which consequently become rarer are precisely those on which the British people justly prided themselves and in which they were generally agreed to excel. The virtues possessed by Anglo-Saxons in a higher degree than most other people, excepting only a few of the smaller nations, like the Swiss and the Dutch, were independence and self-reliance, individual initiative and local responsibility, the successful reliance on voluntary activity, noninterference with one's neighbor and tolerance of the different and queer, respect for custom and tradition, and a healthy suspicion of power and authority." Two-thirds of a century on, almost every item on the list has been abandoned, from "independence and self-reliance" (40 percent of people receive state handouts) to "a healthy suspicion of power and authority" — the reflex response now to almost any passing inconvenience is to demand the government "do something," the cost to individual liberty be damned. American exceptionalism would have to be awfully exceptional to suffer a similar expansion of government and not witness, in enough of the populace, the same descent into dependency and fatalism. As Europe demonstrates, a determined state can change the character of a people in the space of a generation or two. Look at what the Great Society did to the black family and imagine it applied to the general population: That's what happened in Britain.

But that's to cast decline in its least favorable light, after it's had a couple of generations to work its dark magic. As it's happening, incremental decline is extremely seductive. Great powers aren't Chad or Rwanda, where you're sliding from the Dump category to the Even Crummier Dump category. Take a city like Vienna. Once upon a time it was an imperial capital. The empire busted up, but the capital still had magnificent architecture, handsome palaces, treasure houses of great art, a world-class orchestra, fabulous restaurants . . . who wouldn't enjoy such "decline"? You benefit from all the accumulated capital of the past without being troubled by any of the tedious responsibilities. Have another coffee and a piece of strudel and watch the world go by. To be sure, everything new — or, at any rate, everything new that works — is invented and made elsewhere. But genteel decline from the heights can be eminently civilized, especially to those of a leftish bent. Francophile Americans passing through bucolic villages with their charmingly state-regulated charcuteries and farmland wholly subsidized by the European Union's Common Agricultural Policy can be forgiven for wondering whether global hegemony is all it's cracked up to be.

Whether decline will seem quite so bucolic viewed from a Jersey strip mall rather than the Dordogne remains to be seen. Yet in the geopolitical sense it can be marvelously liberating. You still go to all the best parties and have a seat at the top table — Britain and France are members of the U.N. Security Council and the G7 and every other group that counts — and even better, when the check comes, you're not the one stuck with the tab. You can preen and pose on the world stage secure in the knowledge that nobody expects you to do anything about it: It's no surprise to find that the post-great powers of Europe are the noisiest promoters of every fashionable nostrum, from the iniquities of the Zionist Entity to the perils of "climate change." The European Union has attitudes rather than policies. A couple of years back, Bret Stephens, then editor of the *Jerusalem Post*, opened his mail to find a copy of something called "Conclusions of the European Council," a summary of the work done during the six months of Ireland's "Euro-presidency." A braver man than I, he read it, at least as far as Item 80: "The European Council expresses its deep concern at the recent events in the Eastern Congo, which could jeopardise the transition process."

And that and a couple euros will get you a café au lait. The EU is free to flaunt its "concern" — whoops, "deep concern" — over events in the Eastern Congo precisely because nobody in the Eastern Congo or anywhere else expects Europe to do a thing about it. The Continent increasingly resembles those insulated celebrities being shuttled around town from one humanitarian gala to another — like Barbra Streisand and Leonardo DiCaprio jetting in to join Barack Obama and Al Gore in bemoaning Joe Sixpack's carbon footprint.

And when you put it like that, what's the downside?

Okay, since you ask, here's my prediction: American decline will not be like France's or Austria's. For one thing, we don't appreciate how unusual the last transfer of power was. If you're not quite sure when that took place, the British historian Andrew Roberts likes to pinpoint it to the middle of 1943: One month, the British had more men under arms than the Americans. The next month, the Americans had more men under arms than the British. The baton of global leadership had been passed. And, if it didn't seem that way at the time,

that's because it was as near a seamless transition as could be devised — although it was hardly "devised" at all. Yet we live with the benefits of that transition to this day: To take a minor but not inconsequential example, one of the critical links in the Afghan campaign was the British Indian Ocean Territory. As its name would suggest, that's a British dependency, but it has a U.S. military base — just one of many pinpricks on the map where the Royal Navy's Pax Britannica evolved into Washington's Pax Americana with nary a thought: From U.S. naval bases in Bermuda to the ANZUS alliance Down Under to NORAD close to home, London's military ties with its empire were assumed by the United States. Britain's eclipse by its transatlantic progeny is one of the smoothest transfers of power in history — and unlikely to be repeated.

Now look beyond the Anglosphere. Why did decline prove so pleasant in Europe? Because it was cushioned by American power. The United States is such a perversely non-imperial power that it garrisons not ramshackle colonies but its wealthiest "allies," from Germany to Japan. For most of its members, "the Free World" has been a free ride. And that, too, is unprecedented. Even the few NATO members that can still project meaningful force around the world have been able to arrange their affairs on the assumption of the American security umbrella: In the United Kingdom, between 1951 and 1997 the proportion of government expenditure on defense fell from 24 percent to 7, while the proportion on health and welfare rose from 22 percent to 53. And that's before New Labour came along to widen the gap further.

Those British numbers are a bald statement of reality: You can have Euro-sized entitlements or a global military, but not both. What's easier to do if you're a democratic government that's made promises it can't afford — cut back on nanny-state lollipops, or shrug off thankless military commitments for which the electorate has minimal appetite? A Continental might take the view that this is democracy's safeguard against an old temptation. After all, declining powers frequently turned to war to arrest their own decline or another's rise — see the Franco-Prussian, the Austro-Prussian, the Napoleonic Wars, and many others. But those were the days when traditional great-power rivalry was resolved on the battlefield. Today we have postmodern post-great-power rivalry, in which America envies the way the beneficiaries of its post-war largesse have been able to opt out of the great game entirely. In reality-TV terms, the Great Satan would like to vote itself off the battlefield. On its present course, as Dennis Prager put it, America "will be a large Sweden, and just as influential as the smaller one."

And that's the optimistic scenario — because the only reason Sweden can be Sweden and Germany Germany and France France is that America is America. Who will cushion America's decline as America cushioned Europe's?

Furthermore, is "a large Sweden" even possible? Insofar as it works at all, Big Government works best in small countries, with a sufficiently homogeneous population to have common interests. There's a fascinating book by Alberto Alesina and Enrico Spolaore called *The Size of Nations*, in which the authors note that, of the ten richest countries in the world, only four have populations above 1 million: America (300 million people), Switzerland (7 million), Norway (4 million), and Singapore (3 million). Small nations, they argue, are more cohesive and have less need for buying off ethnic and regional factions. America has been the exception that proves the rule because it's a highly decentralized federation. But, as Messrs. Alesina and Spolaore put it, if America were as centrally governed as France, it would break up. That theory is now being tested by the Obamacare Democrats, and, as we see with the wretched Ben Nelson's cornhusker kickback or the blank check given to Fannie Mae and Freddie Mac, when American-style Big Government starts "buying off ethnic and regional factions," the sky's the limit. To attempt to impose European-style centralized government on a third of a billion people from Maine to Hawaii is to invite failure on a scale unknown to history. Which is to say that, domestically, Washington's retreat from *la gloire* will be of an entirely different order of business from Paris's.

And overseas? If America becomes Europe in its domestic disposition and geopolitical decline, then who will be America? Of the many competing schools of declinism, perhaps the most gleeful are those that salivate over the rise of China. For years, Sinophiles have been penning orgasmic fantasies of a mid-century when China will bestride the world and America will be consigned to the trash heap of history. It will never happen: As I've been saying for years, China has profound structural problems. It will get old before it gets rich.

Russia? The demographic deformation of Czar Putin's new empire is even more severe than Beijing's. Russia is a global power only to the extent of the mischief it can make on its acceleration into a death spiral.

The new Caliphate? Even if every dime-store jihadist's dreams came true, almost by definition an Islamic imperium would be in decline from Day One.

So there's no plausible new kid on the block? Isn't that good news? Not exactly. Much of the timing of American decline depends on Beijing, which will make the final determination on such matters as when the dollar ceases to be the world's reserve currency. Given that they hold at least the schedule of our fate in their hands, it would be rather reassuring if they had the capability to assume America's role as the global order-maker. But they don't and they never will. The most likely future is not a world under a new order but a world with no order — in which pipsqueak states go nuclear while the planet's wealthiest nations, from New Zealand to Norway, are unable to defend their borders and are forced to adjust to the post-American era as they can. Yet, in such a geopolitical scene, the United States will still be the most inviting target — first because it's big, and second because, as Britain knows, the durbar moves on but imperial resentments linger long after imperial grandeur.

One sympathizes with Americans weary of global responsibilities that they, unlike the European empires, never sought. The United States now spends more on its military than the next 40 or so nations combined. Yet in two rinky-dink no-account semi-colonial policing campaigns, it doesn't feel like that, does it? A lot of bucks, but not much of a bang. You can understand why the entire Left and an increasing chunk of the Right would rather vote for a quiet life. But that's not an option. The first victims of American retreat will be the many corners of the world that have benefited from an unusually benign hegemon. But the consequences of retreat will come home, too. In a more dangerous world, American decline will be steeper, faster, and more devastating than Britain's — and something far closer to Rome's.

In the modern era, the two halves of "the West" form a mirror image. "The Old World" has thousand-year-old churches and medieval street plans and ancient hedgerows but has been distressingly susceptible to every insane political fad, from Communism to Fascism to European Union. "The New World" has a superficial novelty — you can have your macchiato tweeted directly to your iPod — but underneath the surface noise it has remained truer to old political ideas than "the Old World" ever has. Economic dynamism and political continuity seem far more central to America's sense of itself than they are to most nations'. Which is why it's easier to contemplate Spain or Germany as a backwater than America. In a fundamental sense, an America in eclipse would no longer be America.

But, as Charles Krauthammer said recently, "decline is a choice." The Democrats are offering it to the American people, and a certain proportion of them seem minded to accept. Enough to make decline inevitable? To return to the young schoolboy on his uncle's shoulders watching the Queen-Empress's jubilee, in the words of Arnold Toynbee: "Civilizations die from suicide, not from murder."

### **The Corner**

**TOSS UP** [Daniel Foster]

The Senate race in Massachusetts is a dead heat according to an extensive <u>new poll</u>, with Republican Scott Brown leading Democrat <u>Martha Coakley</u> 48-47 among likely voters.

Brown enjoys a staggering 70/16 favorability ratio among independents, and 66-31 advantage over Coakley (thanks in part to a total lack of advertising from the latter). He also benefits from an "enthusiasm gap": 68 percent of Republicans polled said they were "very excited" about casting their vote, compared to just 48 percent of Democrats. This is due in large part to spreading dissatisfaction with Democrats, evinced by the shape of the electorate likely to turn out at the polls. In a state that <a href="Barack Obama">Barack Obama</a> won by 26 points in 2008, the president holds only a 16 point edge among likely voters in the special election.

The poll also shows widespread opposition to the <u>health-care reform</u> plan President Obama champions — just 27 percent of independents support it.

The race is far from over, and Brown could see his razor-thin lead evaporate and then some if Coakley starts to campaign in earnest. But, at least for today, the news is very good indeed for Scott Brown.

### The Corner

### To Pass Obamacare, Dems Will Stall Brown [Robert Costa]

If Republican Scott Brown wins Teddy Kennedy's former Senate seat in this month's special election, Democrats are ready and willing to do everything they can to delay his swearing-in, reports the *Boston Herald*:

[If] Brown wins, the entire national <u>health-care reform</u> debate may hinge on when he takes over as senator. Brown has vowed to be the crucial 41st vote in the Senate that would block the bill.

The <u>U.S. Senate</u> ultimately will schedule the swearing-in of Kirk's successor, but not until the state certifies the election.

Friday, a spokesman for Secretary of the Commonwealth William Galvin, who is overseeing the election but did not respond to a call seeking comment, said certification of the Jan. 19 election by the Governor's Council would take a while.

"Because it's a federal election," spokesman Brian McNiff said. "We'd have to wait 10 days for absentee and military ballots to come in."

Another source told the Herald that Galvin's office has said the election won't be certified until Feb. 20 - well after the president's [State of the Union] address.

Since the U.S. Senate doesn't meet again in formal session until Jan. 20, Bay State voters will have made their decision before a vote on health-care reform could be held. But [Sen. Paul] Kirk and Galvin's office said Friday a victorious Brown would be left in limbo.

In contrast, Rep. Niki Tsongas (D-Lowell) was sworn in at the U.S. House of Representatives on Oct. 18, 2007, just two days after winning a special election to replace Martin Meehan. In that case, Tsongas made it to Capitol Hill in time to override a presidential veto of the expansion of the State Children's <a href="Health">Health</a> Insurance Program.

Friday, Brown, who has been closing the gap with Coakley in polls and fund raising, blasted the political double standard.

# Washington Times Winston Churchill still instructs

by Tony Blankley

Over the Christmas holiday, I read a couple of books that, at least for me, may provide some guidance in the upcoming tumultuous and probably consequential year. The first book was "Munich," 1938 by David Farber, (grandson of former British Prime Minister Harold Macmillan) by far the most authoritative book on that world changing event.

Beyond the obvious policy point that appeasement is generally bad, the value of the book is in its dissection of how the experienced leadership class of the then-leading power - the British Empire - was able to think and talk and deceive itself into a catastrophically bad policy decision. The author reveals in minute example how domestic politics, leaks and counterleaks to major newspapers shaped - and misshaped - both vital foreign policy judgment and how the world construed and misconstrued British strategic thinking.

The author also reveals in fresh details the well known story of how Winston Churchill, Duff Cooper and a hand full of others - in and out of government - dissented from the policy.

The other half of the story of Munich 1938 was events in Germany, where, unlike in Britain, the problem was a war policy advocated by Adolf Hitler that was opposed by most of the institutional leadership (including many of the very top generals) and by the general public which feared another war. (As Hitler paraded his armored columns through Berlin in preparation for entering Czechoslovakia, according to a witness, "the people of Berlin ducked into subways, refused to look on, and the handful that did stood at the curb in utter silence. It was the most striking demonstration against the war I've ever seen." Hitler watched it from a window and in furious contempt of the German people complained "With such people I cannot wage war." Of course he did, in part because of what, the author points out, was Hitler's "exceptional insight into the tendency of men torn between conscience and self-interest to welcome what made it easier to opt for the latter.")

The second book is a new short biography of Winston Churchill by the prolific English writer Paul Johnson. It has the advantage of being probably the last Churchill biography which will be written by an author who personally knew the great man - and is filled with personal tidbits that bring further color to the well known story of Churchill's life.

At a mere 166 pages, the book, among other things, encapsulates how to dissent on the great policies of war and peace by a politician who is both personally ambitious and honorable. It also brings to life how such a man fights on in the face of overwhelming public opposition and elite scorn. These are lessons we need to learn and practice here in America in 2010.

The author identifies five Churchillian attributes that guided his eventual success: 1) He aimed high, but never cadged or demeaned himself to gain office or objectives; 2) there was no substitute for hard work - even though he was brilliant; 3) Churchill "never allowed mistakes, disasters - personal or national - accidents, illnesses, unpopularity and criticism to get him down. His powers of recuperation, both in physical illness an in psychological responses to abject failure, were astounding"; 4) Churchill wasted extraordinarily small amounts of energy on hatred, recrimination, malice, revenge grudges, rumor mongering or vendettas. Energy expended on hate was energy lost to productive activity; and 5) he always had something other than politics to give joy to his life.

My old boss Newt Gingrich used to say that he studied history as a practical guide for a working politician and political activitist. And it is with that in mind that I offer the foregoing.

2010 is going to be a tough year. We are going to have huge struggles over terrorism, war, shockingly large new deficits and public debt policies, crushing tax proposals on energy, income, health care and many other human activities. We have every right to dissent, and to do so vigorously even on such matters as terrorism policy.

Contrary to White House and Democratic Party complaints in the last few days, there is nothing partisan or improper about sharply criticizing such administration policy. As a loyal conservative Republican, I nonetheless wrote an entire book in 2005 criticizing George W. Bush's antiterrorism policy and operations, as did many other conservative Republicans dissent. At a much, much grander level, Winston Churchill in the 1930s powerfully dissented from a policy of appeasement that Britain's leaders at the time were convinced were vital to secure the peace. Dissenting with honesty, ferocity and courage is one of Churchill's lessons to us today.

And, whether fighting as an underdog in a political struggle or trying to keep things together as a bread winner in this second hard economic winter, Churchill's last words in his last speech in Parliament as prime minister in 1955 are sturdy guides to conduct: "Meanwhile, never flinch, never weary, never despair."

### **Washington Post**

### **Obama's Guantanamo obsession**

by Charles Krauthammer

On Wednesday, Nigerian would-be bomber <u>Umar Farouk Abdulmutallab was indicted</u> by a Michigan grand jury for attempted murder and sundry other criminal charges. The previous day, the State Department announced that his <u>visa had been revoked</u>. The system worked.

Well, it did for Abdulmutallab. What he lost in flying privileges he gained in Miranda rights. He was singing quite freely when seized after trying to bring down Northwest Flight 253 over Detroit. But the Obama administration decided to give him a lawyer and the right to remain silent. We are now forced to purchase information from this attempted terrorist in the coin of leniency. Absurdly, Abdulmutallab is now in control.

And this is no ordinary information. He was trained by al-Qaeda in Yemen, and just days after he was lawyered up and shut up, the United States was forced to close its <u>embassy in Yemen</u> because of active threats from the same people who had trained and sent Abdulmutallab.

This is nuts. Even if you wanted ultimately to *try* him as an ordinary criminal, he could have been detained in military custody -- and thus subject to military interrogation -- without prejudicing his ultimate disposition. After all, every Guantanamo detainee was first treated as an enemy combatant and presumably interrogated. But some (most notoriously Khalid Sheik Mohammed) are going to civilian trial. That determination can be made later.

John Brennan, President Obama's counterterrorism adviser, professes an inability to see any <u>"downsides" to treating Abdulmutallab as an ordinary criminal</u> -- with a right to remain silent -- a view with which <u>71 percent of likely voters</u> sensibly disagree.

The administration likes to defend itself by invoking a Bush precedent: Wasn't the shoe bomber treated the same way?

Yes. And it was a mistake, but in the context of the time understandable. That context does not remotely exist today.

Richard Reid struck three months after 9/11. The current anti-terror apparatus was not in place. Remember: This was barely a month after President Bush authorized the creation of military commissions and *before* that system had been even set up. Moreover, the Pentagon at the time was preoccupied with the Afghan campaign that brought down the Taliban in two months. The last major Taliban city, Kandahar, fell just two weeks before Reid tried to ignite his shoe on an airplane.

To be sure, after a few initial misguided statements, Obama did get somewhat serious about the Christmas Day attack. First, he instituted <u>high-level special screening for passengers from 14 countries</u>, the vast majority of which are Muslim with significant Islamist elements. This is the first rational step away from today's idiotic random screening and toward, yes, a measure of profiling -- i.e., focusing on the population most overwhelmingly likely to be harboring a suicide bomber.

Obama also sensibly <u>suspended all transfers of Yemenis from Guantanamo</u>. Nonetheless, Obama insisted on repeating his determination to close the prison, invoking his usual rationale of eliminating a rallying cry and recruiting tool for al-Qaeda.

Imagine that Guantanamo were to disappear tomorrow, swallowed in a giant tsunami. Do you think there'd be any less recruiting for al-Qaeda in Yemen, Saudi Arabia, Pakistan, London?

Jihadism's list of grievances against the West is not only self-replenishing but endlessly creative. Osama bin Laden's 1998 fatwa commanding universal jihad against America cited as its two top grievances our stationing of troops in Saudi Arabia and Iraqi suffering under anti-Saddam sanctions.

Today, there are virtually no U.S. troops in Saudi Arabia. And the sanctions regime against Iraq was abolished years ago. Has al-Qaeda stopped recruiting? Ayman al-Zawahiri, al-Qaeda's No. 2, often invokes Andalusia in his speeches. For those not steeped in the multivolume lexicon of Islamist grievances, Andalusia refers to Iberia, lost by Islam to Christendom -- in 1492.

This is a fanatical religious sect dedicated to establishing the most oppressive medieval theocracy and therefore committed to unending war with America not just because it is infidel but because it represents modernity with its individual liberty, social equality (especially for women) and profound tolerance (religious, sexual, philosophical). You going to change that by evacuating Guantanamo?

Nevertheless, Obama will not change his determination to close Guantanamo. He is too politically committed. The only hope is that perhaps now he is offering his "recruiting" rationale out of political expediency rather than real belief. With suicide bombers in the air, cynicism is far less dangerous to the country than naivete.

### **The Corner**

## Cheney: 'We're not going to win this war through more intense airport screenings' [Robert Costal

Liz Cheney, the founder of <u>Keep America Safe</u>, tells National Review Online that President Obama's national-security remarks this afternoon, plus the press conference with John Brennan and Janet Napolitano, were "extremely troubling."

"Over the course of the last year, President Obama has taken his eye off the ball and allowed America's counterterrorism systems to erode," says Cheney. "Brennan and Napolitano both said they were surprised to learn from the review released today that al-Qaeda in Yemen was operational. Napolitano went on to say she hadn't realized previously that al-Qaeda might use an individual to attack us. Yet, in the past year, we've had three attacks on America from individuals with Yemeni connections — from the terrorist at the recruiting station in Little Rock to the terrorist at Ford Hood and now the Christmas Day bomber." Thus, she says, "it is inexplicable that our nation's top counterterrorism officials would be surprised by a method of attack we've repeatedly seen before."

"At the end of the day, we cannot win this war without daily, unwavering, resolute presidential stewardship," says Cheney. "By tasking his counterterrorism officials to spend their time focused on trying to close Guantanamo and investigating their predecessors, by treating terrorists as criminals, by treating terrorist attacks on the U.S. as the acts of 'isolated extremists,' President Obama has failed to make fighting terror and keeping the nation safe his top priority."

"The president says he's using every tool at his disposal but he's not," says Cheney. "We can't prevail against terrorists without intelligence. When President Obama treats terrorists like criminals, reads them their Miranda rights and allows them to lawyer up, he ensures we won't get the intelligence we need." In addition, Cheney says, "When the president stopped the enhanced-interrogation programs and revealed our tactics to our enemies, he significantly reduced our ability to successfully interrogate any senior al-Qaeda leaders. Intelligence is key. Let's be clear: We're not going to win this war through more intense airport screenings."

### **Roger Simon**

### Whatever happened to global warming?

Hardly more than two weeks after the United Nations Climate Conference known as COP15 global warming has virtually disappeared from the world's front pages. First was Climategate, then the inconvenient truth of Siberian winds bringing record breaking cold to <a href="Beijing">Beijing</a> (not to mention <a href="Miami">Miami</a>, of all places) and virtually <a href="everywhere else">everywhere else</a> and poof (!) AGW is gone, more than likely for a long time to come. It's almost as if it never happened, all those drowning polar bears and glaciers receding forever and a day. Now, only crickets.

Not that the Gideon Rachman has the gotten news. Considering what he wrote in a <u>Financial Times</u> article today he must be the last person in the world (other than Al Gore) to believe anthropogenic global warming is settled science:

"But the assumption that the world's democracies will naturally stick together is proving unfounded. The latest example came during the Copenhagen climate summit. On the last day of the talks, the Americans tried to fix up one-to-one meetings between Mr Obama and the leaders of South Africa, Brazil and India — but failed each time. The Indians even said that their prime minister, Manmohan Singh, had already left for the airport. So Mr Obama must have felt something of a chump when he arrived for a last-minute meeting with Wen Jiabao, the Chinese prime minister, only to find him already deep in negotiations with the leaders of none other than Brazil, South Africa and India. Symbolically, the leaders had to squeeze up to make space for the American president around the table.

There was more than symbolism at work. In Copenhagen, Brazil, South Africa and India decided that their status as developing nations was more important than their status as democracies. Like the Chinese, they argued that it is fundamentally unjust to cap the greenhouse gas emissions of poor countries at a lower level than the emissions of the US or the European Union; all the more so since the industrialised west is responsible for the great bulk of the carbon dioxide already in the atmosphere."

Wait a minute. Stop right there. Could it be that Singh, Wen Jiabao, etc., just knew the whole thing was <a href="nonsense">nonsense</a>? I don't know whether Mr. Rachman was in Copenhagen, but I was. I didn't speak to Singh or Wen or anybody quite that august, but I did speak to a number of third world delegates and it was commonplace among them to admit the AGW was hooey, therefore acknowledging the obvious – that they were there for the money. In fact, I was stunned at how easily they admitted it.

But speaking of the money and the strange saga that allowed it to become conventional wisdom that the CO2 we all know and love from photosynthesis was a treacherous greenhouse gas about to turn us all into baked potatoes, PJM and PJTV promise not to let this subject go. In the coming weeks and days, we're going to be following that money – and there's a lot of it to follow indeed. We're going to name names too. That should be fun – even if we don't get our money back (less likely, alas).

## Telegraph Blogs, UK

<u>'Climate science' is an oxymoron. Time for Zero Tolerance of Green agendas</u> by Gerald Warner

Wow! That Copenhagen package really worked. Global warming has been dramatically reversed. In fact, if Al Gore could see his way to turning the heat back up just a little, most of us would be deeply appreciative...

"Climate science" is the oxymoron of the century. There is not a city, town or hamlet in the country that has had its weather conditions correctly forecast, over periods as short as 12 hours, during the past week. This is the "exceptionally mild winter" that the climate change buffoons warned us would occur as a consequence of global warming. Their credibility is 20 degrees below zero.

Yet nothing shames them, nothing persuades them to come out of the bunker with their hands high and "fess up". Patronisingly fobbing off the public with fabricated excuses has become second nature to them. Latterly they have been concocting alibis about the Gulf Stream to explain Britain's Arctic conditions. Uhhuh? Is it the Gulf Stream that has frozen the Vistula and given Poland a temperature of –25C? Is it the Gulf Stream that has caused the worst blizzards in Beijing since 1951?

The entire Northern Hemisphere is frozen. The world looks like a Christmas pudding with icing on the top. That is completely normal, part of the random climate fluctuations with which our ancestors were familiar. Yet fraudulent scientists have gained millions of pounds by taking selective samples of natural climate change, whipping up a Grande Peur and using it to advance the cause of world government, state control and fiscal despoliation of citizens.

2010 should be the year when all that ends. It is time for Zero Tolerance of AGW fraudsters and their political masters. It is time to say: Green taxes? We won't pay them. Nor will we vote for or permit to remain in office any politician or party that supports the AGW fraud. This year is one of those rare occasions when we have an opportunity to punish and control our political masters – provided Britons have the will to break with the two-party system.

Due to the rise of smaller parties – itself the consequence of the misgovernment of the Lab/Lib/Con consensus – it is a buyer's market. The rule of thumb should be: any party that supports the global warming scam is ineligible for our votes. It doesn't matter how ingrained one's loyalty may once have been to one of the "major" parties, the time has come to impose the popular will on politicians who have learned, since the abolition of capital punishment in 1965, that by forming an anti-democratic consensus they can dictate to the public.

The coming general election is going to be an intelligence test. If people realise that voting for the slightly less objectionable choice gets them nowhere, that by holding out for what they really want they can actually obtain it, then we may be able to liberate ourselves from the tree-hugging New/Blue Labour consensus. If we fail to rise to that challenge we shall forfeit the right to complain about five more years of PC oppression. That is the answer: Zero Tolerance of "Green" agendas

### **Forbes**

## Hell No, We Won't Pay!

by Peter Robinson

The New Yorker has chosen to welcome the new decade by publishing an obituary: 45 years after the founding of the Free Speech Movement at Berkeley, the magazine lets us know in its Jan. 4 issue, the campus protest movement is dead.

Not that Tad Friend, author of the article in question, "Protest Studies: Berkeley Rebels Again," has noticed he is writing about a corpse. Recounting the present controversy at Berkeley, Friend proves unrelievedly earnest.

The controversy began last year. Faced with a budget crisis, Gov. Arnold Schwarzenegger cut state funding for the University of California by one-fifth. This in turn forced the regents to raise annual in-state tuition at the 10 U.C. campuses to just over \$10,000. (This excludes campus fees, housing and books.)

Since students at Berkeley, the oldest and most prestigious of the of the U.C. institutions, are still receiving an education that ranks with those at Stanford, Harvard, Yale and other elite private institutions, and since they are still being asked to pay only about one-quarter as much, you might have supposed they would have offered a quiet word of thanks for their good fortune and gone on with their studies. You would have been mistaken.

In October, some 800 Berkeley students attended the "Mobilizing Conference to Save Public Education." As they debated, Friend writes, "a student facilitator summarized each idea on a projection screen: 'rolling strikes'; 'nationalize all universities'; 'socialist revolution'; 'a tent city in Sacramento'; 'create a shadow Board of Regents'; 'occupy Wells Fargo bank in downtown Oakland'; 'worker-student control of the university' ... "

Then, in November, a group of protesters pulled dozens of fire alarms around the campus while a second group occupied Wheeler Hall, a classroom building. As the occupation continued, some 2,000 students gathered outside Wheeler Hall, waving placards and chanting. Police eventually cleared the building, but not before the university had been disrupted for an entire day and violent incidents had taken place. "Skirmishes kept breaking out as groups of students ... surged toward the stanchions," Friend writes.

If students have worked themselves into a frenzy, surely at least Berkeley faculty and administrators must have demonstrated a modicum of circumspection. So, again, you might have supposed. So, again, you would have been mistaken.

Faculty and administrators have joined the protests. Advocating a march on Sacramento, Robert Birgeneau, the Berkeley chancellor, has compared the student movement with the civil rights movement. "I hope that this [march] will match the March on Washington," Birgeneau said. Prof. Ananya Roy has become a particular champion of the protest movement. Addressing students one day, Friend writes, Roy "began to voice ... [their] dismay in sharp, sloganeering phrases. ... In her piping voice ... she repeated, elegaically: "We have all become students of color now."

We have all become students of color? A march on Sacramento that possesses the same moral dimension as the March on Washington? Let us remind ourselves just what the Berkeley protesters are demanding--not racial equality but money. For the poor and dispossessed? Scarcely. For themselves. To place the protesters' demand in perspective, a few figures:

- --Despite the cuts it made last year, the state of California will spend nearly \$3 billion on the University of California this year, an expenditure of around \$13,000 per student. Contrast this with the \$10,000 per student the state of Illinois spends on the University of Illinois system or the \$6,000 per student the state of New York spends on the SUNY system.
- --The salary of Berkeley Chancellor Robert Birgeneau: \$445,716. The salary of a typical full-time professor at Berkeley: \$127,300. The average starting salary for the holder of a Berkeley undergraduate degree--I repeat, the average *starting* salary: \$59,900. The median household income in California: \$61,154.
- --The number of Berkeley professors who have been laid off as a result of budget cuts: zero. The proportion of California workers who are now unemployed: 1 in 10.

"One afternoon just after the spring semester began at the University of California," Calvin Trillin wrote in the *New Yorker* some 45 years ago, "I paused on my way to the Berkeley campus to make a tour of the card tables that had been set up that day by student political organizations." Visiting a few months after the establishment of the Free Speech Movement, Trillin observed students distributing materials on behalf of the Congress of Racial Equality, the Committee to End Discrimination, the Young Socialist Alliance and the Student Committee for Agricultural Labor. Trillin came across a student wearing a button that read "One Man, One Vote." He found another student whose button said "Get Out of Vietnam."

Civil rights, economic justice, an end to the war in Vietnam. No doubt many of the student organizations at Berkeley in those days proved naïve. Yet the causes for which they stood all displayed a certain selflessness and idealism. At Berkeley today? The only cause is self-pleading.

"[R]isen again," Friend writes, concluding "Protest Studies," are "the rebel students and the flailing nightsticks, the days of rage." As the earnestness of this prose suggests, good liberals such as Friend as his editors at the *New Yorker* appear to have lost the ability to distinguish between high-mindedness and

crassness. Something may have risen again at Berkeley, but it's not the campus protest movement. It's a zombie.

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#### **NY Times**

## The 11 Best Foods You Aren't Eating

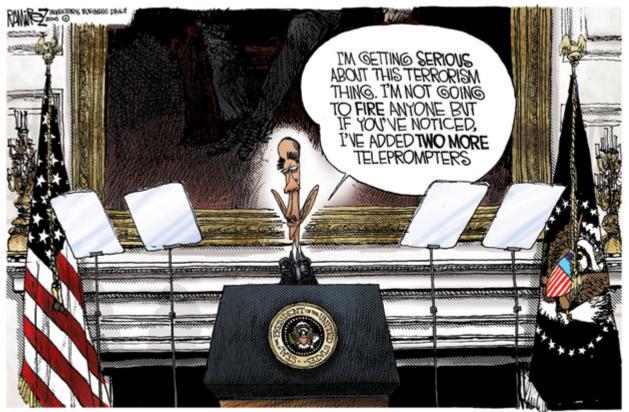
by Tara Pope

Nutritionist and author Jonny Bowden has created several lists of healthful foods people should be eating but aren't. But some of his favorites, like purslane, guava and goji berries, aren't always available at regular grocery stores. I asked Dr. Bowden, author of "The 150 Healthiest Foods on Earth," to update his list with some favorite foods that are easy to find but don't always find their way into our shopping carts. Here's his advice.

- 1. **Beets:** Think of beets as red spinach, Dr. Bowden said, because they are a rich source of folate as well as natural red pigments that may be cancer fighters.
  - How to eat: Fresh, raw and grated to make a salad. Heating decreases the antioxidant power.
- 2. **Cabbage:** Loaded with nutrients like sulforaphane, a chemical said to boost cancer-fighting enzymes. *How to eat:* Asian-style slaw or as a crunchy topping on burgers and sandwiches.
- 3. **Swiss chard:** A leafy green vegetable <u>packed</u> with carotenoids that protect aging eyes. *How to eat it:* Chop and saute in olive oil.
- 4. **Cinnamon:** May <u>help</u> control blood sugar and cholesterol. How to eat it: Sprinkle on coffee or oatmeal.
- 5. **Pomegranate juice:** Appears to lower blood pressure and loaded with <u>antioxidants</u>. *How to eat:* Just drink it.
- 6. **Dried plums:** Okay, so they are really prunes, but they are packed with antioxidants. *How to eat:* Wrapped in prosciutto and baked.
- 7. **Pumpkin seeds:** The most nutritious part of the pumpkin and packed with magnesium; high levels of the mineral are associated with lower risk for early death. *How to eat:* Roasted as a snack, or sprinkled on salad.
- 8. **Sardines:** Dr. Bowden calls them "health food in a can." They are high in omega-3's, contain virtually no mercury and are loaded with calcium. They also contain iron, magnesium, phosphorus, potassium, zinc, copper and manganese as well as a full complement of B vitamins.
  - How to eat: Choose sardines packed in olive or sardine oil. Eat plain, mixed with salad, on toast, or mashed with dijon mustard and onions as a spread.
- 9. **Turmeric**: The "superstar of spices," it may have anti-inflammatory and anti-cancer <u>properties</u>. *How to eat:* Mix with scrambled eggs or in any vegetable dish.
- 10. **Frozen blueberries:** Even though freezing can degrade some of the nutrients in fruits and vegetables, frozen blueberries are available year-round and don't spoil; associated with better memory in animal studies.
  - How to eat: Blended with yogurt or chocolate soy milk and sprinkled with crushed almonds.
- 11. **Canned pumpkin:** A low-calorie <u>vegetable</u> that is high in fiber and immune-stimulating vitamin A; fills you up on very few calories.
  - How to eat: Mix with a little butter, cinnamon and nutmeg.

You can find more details and recipes on the Men's Health Web site, which published the original version of the list last year.

In my own house, I only have two of these items — pumpkin seeds, which I often roast and put on salads, and frozen blueberries, which I mix with milk, yogurt and other fruits for morning smoothies. How about you? Have any of these foods found their way into your shopping cart?



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