

" I HOPE SOMEONE

GETS

MY MESSAGE... "

IN

THE UNIVERSE !!!

RINGO STARR

HIGH NOON

LOVE & PEACE!!!!

A FAKE VOTE
FOR DONALD J. TRUMP
AND CURSE ON BIDEN
CLINTON! OBAMA!
AND DEM PARTY!

AS a 74-Years Old Black
Man I Mocked Voted for Prez
Trumpedo to Destroy the
Dem Party, as is!

Thereby Freeing out Black
Communities from Modern Day
Slavery enforced and main-
tained by "House Niggers"
Obama! Al Sharpton! Jim
Clyburn, Ed Nauseam!

PART ONE

Free at Last!

#KANYEWES

#ICECUB

#MALCOLM

#JOHN BROWN

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Uncle Joe is on Top, and That's No Malarkey

By DICK POLMAN

A cinch pop quiz: Which news is causing Donald Trump more angst?

a) Americans are being infected, some fatally, by the coronavirus

b) Joe Biden is back from the dead and coming his way

Cmon, folks, it's not even close!

Trump, whose sole priority is Trump, feared a Biden candidacy so much that he wound up being impeached for trying to smear Joe with foreign help. He fervently hoped (and, natch, the Kremlin hoped) that Bernie Sanders, his dream opponent, would sweep the primaries and derail Joe for good.

And 100 years ago – correction, one week ago – that scenario seemed very real. But today, in the wake of the Feb. 29 South Carolina contest and Super Tuesday's 14 primaries on March 3, the Democratic race has been turned on its axis. There is no way to state this without sounding hyperbolic, but, even in Trumplandia, facts are facts:

Joe Biden, seemingly DOA, has staged one of the greatest political comebacks in history.

On March 3 he won 10 of the 14 primaries. He won Texas, which nobody foresaw. He won states where he never set foot and never advertised. He posted shocker wins in the north (Massachusetts, Minnesota), ran the table in the south (Arkansas, Alabama, North Carolina, Ten-

nessee), and buried Bernie by 30 points with record turnout in Virginia. Throw in his win in Oklahoma, plus the news that he'll get a hefty share of California delegates by scoring a solid second, and here's the result:

Biden will be on top in the national delegate count. How sweet it is.

And with Biden-friendly primary states on the near horizon – notably, Georgia and Florida – and with profligate Mike Bloomberg waving the white flag (after spending half a billion bucks to win four delegates in American Samoa), Biden's sudden bandwagon is likely to kick into fourth gear.

I'm reminded of a Biden story from 1972. At age 29, he was an unknown newbie who had the temerity to challenge a two-term Delaware Republican senator named Cale Boggs. Everyone assumed that Biden was dead meat; Boggs had all the incumbent advantages, and the GOP ticket that year was headed by a president positioned to win in a landslide. But Biden, at 3% in the polls, rented the best and biggest ballroom in the state for what he called his "victory celebration." Turned out he needed the ballroom, because he won.

So what the hell has happened? It's simple, really: Democrats came together and came to their senses.

Crunching last night's numbers, it's clear that Biden has begun to fashion a winning November coalition – especially suburban women (the prime drivers of the 2018 House blue wave), African-Americans (the most loyal of all Democrats), and moderate swing voters (including crossover Republicans) who detest Trump and want an electable alternative. Biden is surely imperfect (breaking news: there is not, and never has been, a perfect candidate), but the Super Tuesday verdict was that he's

good enough.

And what about Bernie? I'll just borrow a lyric from Gil Scott-Heron: The "revolution" will not be televised.

I recently wrote that Bernie's early wins were underwhelming, that there was no proof whatsoever for his pied-piper dream of a turnout "revolution." There's still no proof; in fact, quite the opposite. Virginia Democrats turned out in record numbers March 3 – dwarfing the primary tallies in 2008 and 2016 – and Bernie was crushed. First-time primary voters went for Biden over Bernie. Even in Vermont (Bernie's home state, one of his four wins), where turnout was higher than in 2016, Bernie lost ground. In the Vermont primary four years ago, he won 85.7% of the vote. March 3, he won 50.7%.

Bottom line: With the exception of his outreach to Hispanics, Bernie has not grown his support. He basically has the same (losing) base that he had in 2016 – most notably whites under the age of 30, and people who describe themselves as "very liberal." You don't beat Trump with that. Heck, you don't want a Democratic nomination with that – especially when you're dissing Democrats as "corrupt" and "establishment" and "corporate." No wonder self-identified grassroots Democrats clobbered Bernie in most states March 3.

It's nice to have young people. But, an umpteenth reminder: Young people do not vote heavily. Bernie can talk all he want about a youth-powered "revolution," but let's take a look at Texas, a state that Democrats are trying to put in play for November. Only 15% of the primary voters were under age 30. Voters aged 45 to 64 were the biggest share of the Texas electorate (38%) and they chose Biden over Bernie by a 2-1 margin. The second biggest share were seniors (25%) and they

chose Biden over Bernie by nearly 3-1.

And in Texas, as well as in most Super Tuesday states, the voters who made up their minds at the last minute surged to Biden. Translation: People were waiting to see who, if anyone, would emerge as a live alternative to Bernie – and when they got proof that Biden was viable (thanks to South Carolina, thanks to Pete and Amy ceding the center-left field), they wisely fell in line.

What a relief it is to put Democrats and wise in the same sentence. What a relief it is to see that money doesn't buy you love. Bloomberg, with his bottomless pockets, has proved that. Bernie has proved that, too. He outspent Biden in the Super Tuesday states (heck, Biden hardly had any money), and he out-organized Biden on the ground. But Biden, by winning 10 of 14 states, wound up batting .714.

Granted, as Yogi Berra used to say, it ain't over 'til it's over. The delegate battle will rage for many weeks, perhaps all the way to the convention. The calculus might be affected since Elizabeth Warren dropped out; perhaps Bernie will gain some of her support – just as Biden is likely to gain some of Bloomberg's.

But remember, this wild saga won't end well unless the entire party coalesces behind the nominee. If Biden sustains his near-miracle comeback, the Bernie base will be needed in November. Would Bernie and his fans be more graceful in defeat than they were in 2016? Given the existential threat of a second Trump term, one could only hope so.

Dick Polman, a veteran national political columnist based in Philadelphia and a Writer in Residence at the University of Pennsylvania, writes at DickPolman.net. Email him at dickpolman7@gmail.com.

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THE PROGRESSIVE POPULIST, April 15, 2020

JESSE JACKSON



Bernie Sanders might not be winning the most states, but he is winning the message battle on priorities while Joe Biden wins on electability.

Bold Agenda of Change Vital to Defeating Trump

Sunday's Democratic debate between Bernie Sanders and Joe Biden made one thing clear: Sanders may not be winning the most states, but he is winning the message battle of direction and priorities. He represents where most Democrats are — in their hearts and their heads — on the issues. Former Vice President Biden is winning on electability — on the belief that he would be the better candidate to take on President Trump.

Pundits paint Biden as a moderate and Sanders as a radical, but Biden clearly understands that Sanders and the movement he has helped to galvanize represent the moral center — and slowly, incrementally if you will, he is moving that way.

Early on, Biden embraced Sanders' proposal for a \$15-an-hour minimum wage. Just before the debate, he announced his support for Elizabeth Warren's plan to reform the bankruptcy bill that Biden helped write and pass. He announced he was moving toward Sanders' position on making public universities tuition free (although limiting the pledge by imposing a means test on who would be covered). During the debate, he boasted about what "Senator Sanders and I both agree we need — health care should be a right, not a privilege. We both agree we have to deal with student debt. We both agree we have a New Green Deal to deal with the existential threat that faces humanity. We disagree on the detail of how we do it. But we don't disagree on the principle."

Delighted to be united? Well. That word "detail" is covering dramatic differences. Sanders is for Medicare for All; Biden's "public option" isn't likely to cover everyone and will leave millions underinsured. Sanders is for making college tuition free and eliminating student debt. Biden doesn't get there. Sanders is serious about a

Green New Deal — calling for investing trillions to move rapidly to meet the threat posed by climate change. Biden's plan is much more modest, although he did, for the first time, agree that he was opposed to any new fracking.

Biden also announced in the debate for the first time that he would limit deportations of undocumented workers to those who committed felonies. He pledged that he would name a black woman to the Supreme Court (he said "courts," but meant the former), something that Sanders had committed to me 10 days ago. Biden captured the headlines by committing to name a woman on his ticket. Sanders had already pledged to strongly consider an African American running mate.

Biden also agreed with Sanders that the government should ensure that people are made whole in the coronavirus crisis: that testing and treatment should be paid for by the government and that paychecks should be guaranteed, mortgages supported etc. Biden is essentially for Medicare for All in the crisis. He did not explain why a family that goes bankrupt when one member gets sick is less of a crisis for that family.

Biden, on the defensive for his vote for the Iraq War and for NAFTA and the corporate trade treaties that devastated America's workers, went after Sanders for his early votes against gun control. He also bizarrely tried to indict Sanders for his

praise for Cuba's literacy program, or his statement of fact that China had been successful in reducing mass poverty. The latter statement, Biden argued hilariously, would shake our allies in South Korea and Japan. That turned what was coming uncomfortably close to red baiting into just silliness.

When asked how he would reach out to engage the voters — particularly young voters and Latinos who have overwhelmingly supported Sanders — Biden whiffed, arguing that he already had a broad coalition that was voting for him in large numbers.

But Joe is a smart politician. He knows which way the wind is blowing. He can sense the growing demand for far more fundamental reforms that simply a return to the old politics.

His incremental embrace of elements of the Sanders-Warren agenda demonstrates that he is not impervious to that demand. That's a good reason for Sanders to keep running and challenging Biden, even if Biden keeps winning more primaries and delegates. Contrary to the alarms of Democratic operatives and deep-pocket donors, embrace of a bold agenda of change is vital to victory against Donald Trump.

Rev. Jesse Jackson Sr. can be reached c/o the Rainbow Coalition, 930 E 50th St., Chicago, IL 60615. Email jjackson@rainbowpush.org. Follow him on Twitter @RevJJackson.

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11-03-4020

TRICKED AGAIN!!!

SEN. (D. CA.) KAMALA HARRIS

VP (D) CANDIDATE PICK

Madame Harris is NOT A "BLACK"
Nod to Loyal Black Voters.

Her husband is white. She
was picked to win the Asian
and IMMIGRANTS votes for
the Democrats Party.

VP Biden decreed if Blacks
don't vote for him, then they
aren't "Black".

BLACKS HAVE NO
SKIN IN THE GAME!!!
BLACK VOTERS GET
NOTHING!!!

So, if Blacks do vote for him,
Their only "Sports" will be To Stay
"BLACK".

#KANYEWEST
#ICECUB

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'Electability': The Democrats' dangerous obsession?

So desperate are Democrats to defeat Donald Trump, said Paul Waldman in *The Washington Post*, that they're obsessed with nominating the most "electable" candidate. That is virtually the only reason former Vice President Joe Biden has jumped out to a large early poll lead over 21 other declared candidates. Few Democratic voters are actually excited about Biden, 76; they just think that enough conservative white males will vote for him to dislodge Trump from the White House. Recent political history shows that this seemingly pragmatic calculation is "completely wrong." Establishment moderates chosen for their electability, such as John McCain, John Kerry, Al Gore, Mitt Romney, and Hillary Clinton, all went down to defeat. "A 40-something African-American senator with an Arabic middle name" won two presidential elections, while in 2016, "a completely unelectable" reality-TV star shocked the world. "'Electability' is a crock," said Alex Pareene in *The New Republic*. Suffering from PTSD after losing to Trump, Democrats have taught themselves to "vote not for what they want, but for what they imagine their more-conservative neighbors might want." This is why a retread like Biden is far out in front of dynamic female senators like Elizabeth Warren and Kamala Harris, who even languish behind white male neophytes Beto O'Rourke and Pete Buttigieg.

Sorry—this is not a normal election, said Andrew Sullivan in *NYMag.com*. The only way Trump wins in 2020 is by retaining the working-class white men in Michigan, Wisconsin, and Pennsylvania who gave him a razor-thin, 78,000-vote victory in those key swing states in 2016. Why risk alienating those voters again with a candidate carrying "the baggage of left wokeness" like Harris or Warren, or a self-described socialist like Bernie Sanders? Given the



Harris: Trailing the males

deep loathing Democrats have for the reckless authoritarian in the White House, turnout should not be a problem; in the midterms, a record number of Democrats flocked to the polls. Indeed, Biden currently is getting more than 40 percent of the black vote, thanks to his "deep association with Barack Obama"; at the same time, Scranton Joe's authentic working-class roots enable him to connect with non-college-educated white men in the Midwestern states like no other Democrat in this field. If he wins those states, "he'll be the next president."

White working-class voters aren't looking for a "centrist," said Amanda Marcotte in *Salon.com*. Democrats can only make inroads with that group by offering progressive economic policies so bold and appealing to their self-interest that they "set aside the racial resentment" that led them to vote for Trump. "Who knows what 'electability' really means?" asked Peter Hamby in *VanityFair.com*. The Democrats' most successful candidates in recent decades have been young outsiders who created excitement about the future: Jimmy Carter, Bill Clinton, and Barack Obama. Why should Democrats play it safe with "a 70-something white man" who failed in two previous presidential bids, when they just elected hundreds of women, African-Americans, Muslims, and gays to Congress, city halls, and governor's mansions "in districts long held by Republicans?"

Besides, "electability" can be ephemeral, said Philip Bump in *The Washington Post*. Just ask Rick Perry, the GOP's front-runner in the 2012 presidential race until his infamous "Oops!" gaffe. Biden has a long history of gaffes, so no one knows how he'll fare in the crucible of debates and primaries. In presidential races, measures of electability "are subject to rapid, dramatic change."

Only in America

■ A Washington state Republican legislator told an audience at a "God and Country" event to prepare for a civil war with "communists." A recording of the event shows that Rep. Matt Shea said that America is no longer "a beacon of Christianity" because of "compromise," and that "liberty must be kept by force." Another speaker said Christians should buy an AR-15 and plenty of ammunition.

■ An Army veteran is being denied a driver's license because his name is too common. David Ortiz, who was paralyzed in a helicopter crash in Afghanistan, says Colorado DMV officials won't issue him a license because of outstanding traffic tickets against other David Ortizes. "I have sacrificed enough," Ortiz said. "I am being punished for simply having the same name as these other individuals."

Good week for:

Data recovery, after a Taiwanese man accidentally swallowed one of his Apple AirPods and heard it playing music in his belly. He recovered the device after it passed through his digestive tract, and found the AirPods still working and with its battery at 41 percent.

Low-tech solutions, after fire officials announced a plan to release hundreds of goats into the forest and scrubland north of Los Angeles. The goats eat brush, thus diminishing the risk of devastating fires. "They're very effective," said Capt. Kenneth Van Wig.

Finishing second, after Country House was declared the winner of the Kentucky Derby by stewards, who ruled that first-place finisher Maximum Security veered in front of other horses and impeded their progress—the first such disqualification in the 145-year history of the race.

Bad week for:

Running 26.2 miles, with an admission by the organizers of Ireland's Belfast City Marathon that due to "human error," the course for this year's race was 0.293 miles too long.

Spelling, after President Trump retweeted a call for him to extend his term in office, explaining in a follow-up tweet that "they have stolen two years of my (our) Presidency (Collusion Delusion)." Stollen is a festive German bread containing fruit and nuts.

Continuity, after sharp-eyed fans of *Game of Thrones*, HBO's fantasy epic, spotted a modern paper coffee cup, complete with plastic lid and corrugated cardboard heat sheath, sitting on one of the show's medieval banquet tables.

'Conscience protections' for health-care workers

The Trump administration finalized new rules last week allowing health-care workers to refuse to provide services that violate their religious or moral beliefs. Those "conscience protections," proposed in January 2018 and endorsed by anti-abortion groups and Christian conservatives, apply to "physicians, pharmacists, nurses, teachers, students, and faith-based charities." Trump said at a National Day of Prayer service at the White House. Critics said the rules will impede people's access to emergency abortions and birth control; expose transgender patients to discrimination; and create new roadblocks for gender dysphoria-related surgeries. The Department of Health and Human Services received more than 300 conscience rights complaints in fiscal year 2018.

anything, we actually see something looking a bit like an increase in population size during this period."

To learn about the size and stability of the woolly rhinoceros population in Siberia, the researchers studied the DNA from tissue, bone, and hair samples of 14 individuals. "We sequenced a complete nuclear genome to look back in time and estimate population sizes, and we also sequenced fourteen mitochondrial genomes to estimate the female effective population sizes," says co-first author Edana Lord (@EdanaLord), a PhD student at the Centre for Palaeogenetics. By looking at the heterozygosity, or genetic diversity, of these genomes, the researchers were able to estimate the woolly rhino populations for tens of thousands of years before their extinction. "We examined changes in population size and estimated inbreeding," says co-first author Nicolas Dussex, a postdoctoral researcher at the Centre for Palaeogenetics. "We found that after an increase in population size at the start of a cold period some 29,000 years ago, the woolly rhino population size remained constant and that at this time, inbreeding was low."

This stability lasted until well after humans began living in Siberia, contrasting the declines that would be expected if the woolly rhinos went extinct due to hunting. "That's the interesting thing," says Lord. "We actually don't see a decrease in population size after 29,000 years ago. The data we looked at only goes up to 18,500 years ago, which is approximately 4,500 years before their extinction, so it implies that they declined sometime in that gap."

The DNA data also revealed genetic mutations that helped the woolly rhinoceros adapt to colder weather. One of these mutations, a type of receptor in the skin for sensing warm and cold temperatures, has also been found in woolly mammoths. Adaptations like this suggest the woolly rhinoceros, which was particularly suited to the frigid northeast Siberian climate, may have declined due to the heat of a brief warming period, known as the Bølling-Allerød interstadial, that coincided with their extinction towards the end of the last ice age.

"We're coming away from the idea of humans taking over everything as soon as they come into an environment, and instead elucidating the role of climate in megafaunal extinctions," says Lord. "Although we can't rule out human involvement, we suggest that the woolly rhinoceros' extinction was more likely related to climate."

The researchers hope to study the DNA of additional woolly rhinoceroses that lived in that crucial 4,500-year gap between the last genome they sequenced and their extinction. "What we want to do now is to try to get more genome sequences from rhinos that are between eighteen and fourteen thousand years old, because at some point, surely they must decline," says Dalén. The researchers are also looking at other cold-adapted megafauna to see what further effects the warming, unstable climate had. "We know the climate changed a lot, but the question is: how much were different animals affected, and what do they have in common?"

Kamala Harris just showed why Biden chose her as his running mate

When Kamala Harris appeared with Joe Biden on Wednesday as his running mate for the first time, she showed why he had chosen her. Gliding past President Donald Trump's sexist depictions of her as "mean" and "nasty," the senator from California shredded Trump's White House record with the agility that comes from her years as a courtroom prosecutor. Yet she delivered those critiques with bright notes of hope and optimism — accentuated by the smiles that are expected from female politicians.

"The President's mismanagement of the pandemic has plunged us into the worst economic crisis since the Great Depression, and we're experiencing a moral reckoning with racism and systemic injustice that has brought a new coalition of conscience to the streets of our country demanding change," Harris said at the afternoon event in Wilmington, Delaware.

"America is crying out for leadership. Yet we have a President who cares more about himself than the people who elected him," said Harris, who abandoned her own bid for the White House less than a year ago before a single vote was cast. "As someone who has presented my fair share of arguments in court, the case against Donald Trump and Mike Pence is open and shut."

It was a first performance that showcased Harris' political deftness and why she will be a formidable adversary for Trump and Vice President Mike Pence this fall, both in her ability to connect with stories of average Americans struggling through the pandemic and to throw a clean punch without fear of the ramifications.

In her speech, she made a direct contrast between Trump — who recently shrugged off the more than 165,000 American Covid-19 deaths by saying, "It is what it is" — and what she described as Biden's qualities of "empathy, his compassion, his sense of duty,"

adding that she and the former vice president were both "cut from the same cloth."

She charged that Trump's failure to take the virus seriously, to get coronavirus testing up and running, to offer a national strategy for ending the pandemic has led to 16 million people without jobs, "a crisis of poverty, of homelessness" that is "afflicting Black, brown, and indigenous people the most" and "more than 165,000 lives cut short, many with loved ones who never got the chance to say goodbye."

"It didn't have to be this way," she said.

Harris also sought to convey an understanding of what average families are dealing with by pointing to the "complete chaos" over when and how to open schools: "Mothers and fathers are confused, uncertain and angry about child care and the safety of their kids at schools — whether they'll be in danger if they go or fall behind if they don't."

She eviscerated Trump's leadership failures by noting that his family's wealth had paved his way to power, charging that he had "inherited the longest economic expansion in history" from the Obama administration "and then, like everything else he inherited, he ran it straight into the ground."

Over her career in politics — as district attorney of San Francisco, California's attorney general, the state's junior senator and now as a presidential candidate — Harris has sometimes struggled to hold the energy of a room or to sustain the cheers that are so important in maintaining a candidate's momentum.

But in the era of campaigning mid-pandemic, that was not an issue Wednesday in the nearly empty gym, where only socially distant — and silent — reporters and staff served as the audience.

Instead, Harris was able to speak directly to the camera in a setting that seemed almost intimate because there were no cheers, applause or distractions — making her case for why a Democratic win in November might matter in the daily lives of Americans.

She wove aspects of her personal story with Biden's, noting that she had come to know the former vice president because of her friendship with his son Beau, a former Delaware attorney general who died of brain cancer.

Demonstrating the role she will play in humanizing Biden, she touched on the story of how the elder Biden "rode the rails" between Washington and his home in Delaware for four hours a day after his first wife and his daughter died in a car accident so that he would be able to make breakfast for his sons in the morning and tuck them in at night.

"All of this so two little boys, who'd just lost their mom and sister in a tragic accident, would know the world was still turning," Harris said. "And that's how I came to know Joe. He's someone whose first response, when things get tough, is never to think about himself, but to take care of everybody else."

Introducing his running mate earlier in the event, Biden explained why he had chosen Harris, the first Black woman and first person of South Asian descent on a major party's presidential ticket.

As the child of immigrants from Jamaica and India, Harris "knows personally how immigrant families enrich our country," Biden said, adding that "her story is America's story."

Previewing arguments that will be important in key swing states as his campaign tries to convince Americans that they are not better off than they were four years ago, he also tried to link Harris' agenda to his own, noting her efforts to help working families after the foreclosure crisis, when she took on the big banks, and her advocacy for "folks" who are looking for a "fair shot of making it."

Biden seemed to enjoy drawing attention to Trump's sexist remarks about Harris, such as when the President repeatedly called her "nasty" shortly after Biden announced her as his running mate, stating that the President was "whining."

"Is anyone surprised Donald Trump has a problem with a strong woman? And we know that more is to come," Biden said. He called on "working people" to defend his new partner.

"Kamala Harris has had your back — and now, we have to have her back," he said. "She's going to stand with me in this campaign, and all of us are going to stand up for her."

During an interview with Eric Bolling from "America This Week," a Sinclair program, Trump said Harris was not "liked" — a gendered criticism that was often used to describe 2016 Democratic presidential nominee Hillary Clinton.

"She's not a person who's liked. I think people will fall out of love with her very quickly. Very quickly," Trump told Bolling. "She campaigned, and she campaigned very hard. Whenever people heard her open her mouth, she went down."

Biden also did not let the historic nature of his pick go unnoticed at their first event together. As Harris looked on, now firmly in the role of a supporting player, Biden imagined the reaction of "little Black and

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brown girls, who so often feel overlooked and undervalued in their communities."

"Today, just maybe," he said, "they're seeing themselves for the first time in a new way."

NASA Launched Laser Beams at the Moon – For the First Time, They Received a Signal Back

Dozens of times over the last decade NASA scientists have launched laser beams at a reflector the size of a paperback novel about 240,000 miles (385,000 kilometers) away from Earth. They announced today, in collaboration with their French colleagues, that they received signal back for the first time, an encouraging result that could enhance laser experiments used to study the physics of the universe.

The reflector NASA scientists aimed for is mounted on the Lunar Reconnaissance Orbiter (LRO), a spacecraft that has been studying the Moon from its orbit since 2009. One reason engineers placed the reflector on LRO was so it could serve as a pristine target to help test the reflecting power of panels left on the Moon's surface about 50 years ago. These older reflectors are returning a weak signal, which is making it harder to use them for science.

Scientists have been using reflectors on the Moon since the Apollo era to learn more about our nearest neighbor. It's a fairly straightforward experiment: Aim a beam of light at the reflector and clock the amount of time it takes for the light to come back. Decades of making this one measurement has led to major discoveries.

One of the biggest revelations is that the Earth and Moon are slowly drifting apart at the rate that fingernails grow, or 1.5 inches (3.8 centimeters) per year. This widening gap is the result of gravitational interactions between the two bodies.

"Now that we've been collecting data for 50 years, we can see trends that we wouldn't have been able to see otherwise," said Erwan Mazarico, a planetary scientist from NASA's Goddard Space Flight Center in Greenbelt, Maryland who coordinated the LRO experiment that was described on August 7 in the journal *Earth, Planets and Space*.

"Laser-ranging science is a long game," Mazarico said.

But if scientists are to continue using the surface panels far into the future, they need figure out why some of them are returning only a 10th of the expected signal.

There are five reflecting panels on the Moon. Two were delivered by Apollo 11 and 14 crews in 1969 and 1971, respectively. They are each made of 100 mirrors that scientists call "corner cubes," as they are corners of a glass cube; the benefit of these mirrors is that they can reflect light back to any direction it comes from. Another panel with 300 corner cubes was dropped off by Apollo 15 astronauts in 1971. Soviet robotic rovers called Lunokhod 1 and 2, which landed in 1970 and 1973, carry two additional reflectors, with 14 mirrors each. Collectively, these reflectors comprise the last working science experiment from the Apollo era.

Some experts suspect that dust may have settled on these reflectors over time, possibly after getting kicked up by micrometeorite impacts to the Moon's surface. As a result, the dust could be blocking light from reaching the mirrors and also insulating the mirrors and causing them to overheat and become less efficient. Scientists hoped to use LRO's reflector to determine if that's true. They figured that if they found a discrepancy in the light returned from LRO's reflector versus the surface ones, they could use computer models to test whether dust, or something else, is responsible. Whatever the cause, scientists could then account for it in their data analysis.

Despite their first successful laser-ranging experiments, Mazarico and his team haven't settled the dust question just yet. The researchers are refining their technique so they can collect more measurements.

The Art of Sending a Photon Beam to the Moon ... and Getting it Back

In the meantime, scientists continue to rely on the surface reflectors to learn new things, despite the weaker signal.

By measuring how long it takes laser light to bounce back — about 2.5 seconds on average — researchers can calculate the distance between Earth laser stations and Moon reflectors down to less than a few millimeters. This is about the thickness of an orange peel.

Besides the Earth-Moon drift, such measurements over a long period of time and across several reflectors have revealed that the Moon has a fluid core. Scientists can tell by monitoring the slightest wobbles as the Moon rotates. But they want to know whether there's a solid core inside of that fluid, said Vishnu Viswanathan, a NASA Goddard scientist who studies the internal structure of the Moon. "Knowing about the Moon's interior has bigger implications that involve the evolution of the Moon and explaining the timing of its magnetic field and how it died out," Viswanathan said.

Magnetic measurements of Moon samples returned by Apollo astronauts revealed something no one had expected given how small the Moon is: our satellite had a magnetic field billions of years ago. Scientists have been trying to figure out what inside the Moon could have generated it.

Laser experiments could help reveal if there's solid material in the Moon's core that would've helped power the now-extinct magnetic field. But to learn more, scientists first need to know the distance between Earth stations and the Moon reflectors to a higher degree of accuracy than the current few millimeters. "The precision of this one measurement has the potential to refine our understanding of gravity and the evolution of the solar system," said Xiaoli Sun, a Goddard planetary scientist who helped design LRO's reflector. Getting more photons to the Moon and back and better accounting for ones that are lost because of dust, for instance, are a couple of ways to help improve precision. But it's a herculean task.

Consider the surface panels. Scientists must first pinpoint the precise location of each one, which is constantly changing with the Moon's orbit. Then, the laser photons must travel twice through Earth's thick atmosphere, which tends to scatter them.

Thus, what begins as a light beam that's about 10 feet, or a few meters, wide on the ground can spread out to more than 1 mile, or 2 kilometers, by the time it reaches the Moon's surface, and much wider when it bounces back. That translates to a one-in-25-million chance that a photon launched from Earth will reach the Apollo 11 reflector. For the few photons that manage to reach the Moon, there's an even lower chance, one in 250 million, that they will make it back, according to some estimates.

If those odds seem daunting, reaching LRO's reflector is even more challenging. For one, it is a 10th the size of the smaller Apollo 11 and 14 panels, with only 12 corner cube mirrors. It's also attached to a fast-moving target the size of a compact car that's 70 times farther away from us than Miami is from Seattle. Weather at the laser station impacts the light signal, too, as does the alignment of the Sun, Moon and Earth.

That's why despite several attempts over the last decade NASA Goddard scientists had been unable to reach LRO's reflector until their collaboration with French researchers.

Their success thus far is based on using advanced technology developed by the Géoazur team at the Université Côte d'Azur for a laser station in Grasse, France, that can pulse an infrared wavelength of light at LRO. One benefit of using infrared light is that it penetrates Earth's atmosphere better than the visible green wavelength of light that scientists have traditionally used.

But even with infrared light, the Grasse telescope received only about 200 photons back out of tens of thousands of pulses cast at LRO during a few dates in 2018 and 2019, Mazarico and his team report in their paper.

It may not seem like much, but even a few photons over time could help answer the surface reflector dust question. A successful laser beam return also shows the promise of using infrared laser for precise monitoring of Earth's and Moon's orbits, and of using many small reflectors — perhaps installed on NASA's commercial lunar landers — to do so. This is why some scientists would like to see new and improved reflectors sent to more regions of the Moon, which NASA is planning to do. Others are calling for getting more facilities around the globe equipped with infrared lasers that can pulse to the Moon from different angles, which can further improve the precision of distance measurements. New approaches to laser ranging such as these can ensure that the legacy of these fundamental studies will continue, scientists say.

The CDC issues a dire warning for the fall if coronavirus measures are not followed

A top federal health official is issuing a dire warning: Follow recommended coronavirus measures or risk having the worst fall in US public health history.

Coronavirus has infected more than 5 million people and killed over 166,000 nationwide, according to Johns Hopkins University. On Wednesday alone, there were 55,910 reported new cases and 1,499 deaths — the highest number of fatalities since May.

"For your country right now and for the war that we're in against Covid, I'm asking you to do four simple things: wear a mask, social distance, wash your hands and be smart about crowds," said Dr. Robert Redfield, director of the US Centers for Disease Control and Prevention.

"I'm not asking some of America to do it," he told WebMD. "We all gotta do it."

Without following the recommendations, this could be "the worst fall, from a public health perspective, we've ever had," he said. In addition

5 of 5 11-03-2020

8-14-2020

OLD GLORY DAYS

1940 - 2020

JOHN LEWIS

FROM STREET FIGHTING MAN
TO HOUSE 'NIGGER'!!!

JOHN LEWIS WAS NOT THE
ONLY PERSON ON THAT 1965
BLOODY SUNDAY MARCHING ON
THAT SELMA EDMUND PETTUS BRIDGE,
WHO WAS BRUTALLY BEATEN AND BLEED.

THE ELITIST [THE RULING
CLASS!!!] STACHED HIM-UP TO
EXPLOIT AND OPPRESS "BLACK
VOTES" "DAMN DEMS"...

JOHN LEWIS

Fight Goes On

The late Congressman and Civil rights icon risked his life for voting rights that are now slipping away. To honor his legacy, we don't need statues. We need to take action and get to work.

BY Jamil Smith

RollingStone.com

SEPTEMBER 2020, P. 46-49

GRASSROOTS / Hank Kalet

NOTES ON John Lewis

FOR THE REST OF THE STORY...
SEE: HANK Kalet is a Poet
and Journalist, Email, hank Kalet
@gmail.com; Twitter @NewsPoet
41 and @KaletJournalism; facebook.
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Eckhart Tolle is a contemporary spiritual teacher who is not aligned with any particular religion or tradition. He ... imparts a simple yet profound message:

There is a way out of suffering and into peace.

Cover endorsement. "The Power of Now"

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TOLLE**

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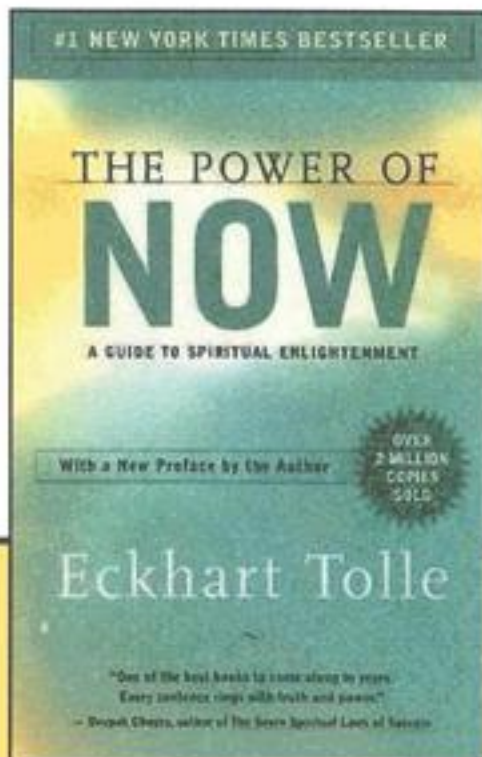
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If you'd like these paperback books, please write to us with your name and full address, including any numbers or location information your facility requires. It could take up to 5 weeks for your books to arrive, so if you're at a short-term address please wait to request the books at your next address. Write to: Tolle books offer, Human Kindness Foundation, PO Box 61619, Durham NC 27715.

Matt Engler was released from prison in 2019 and is now teaching yoga and meditation classes with Transformation Yoga Project in Pennsylvania. This excerpt is from an interview in *Yoga International*.

What impact did your practice have on your day-to-day life in prison?

My daily practice changed every degree of my life in prison. ...it was probably two years after I began practicing. ... The biggest piece of the puzzle was being present—that changed everything for me. **And it was Eckhart Tolle's book *The Power of Now* that kind of glued it all together.** Things only happen in the present?! Nothing happens in the past?! Nothing happens in the future?!

This concept was like a bomb for me and revolutionized the way I thought. Eventually, I learned my past didn't have to affect my present view of the world.... My whole world changed. I realized I had choices—everything is a choice, and choices are real freedom.



the
eckhart tolle
FOUNDATION

The Eckhart Tolle Foundation
inspires spiritual awakening
by sharing
Eckhart's
teachings

with those who may not have access. Human Kindness Foundation is thrilled to partner with The Eckhart Tolle Foundation to make these books available to people in prison or jail.



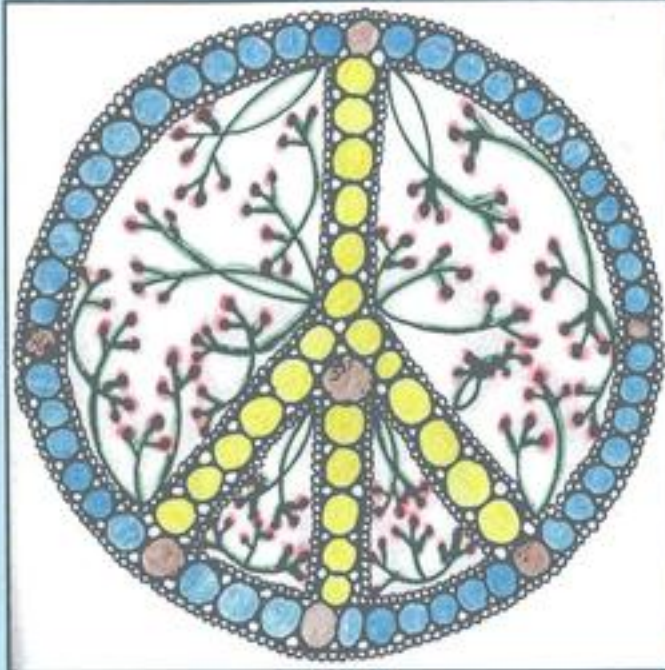
Eckhart Tolle

You do not need to wait for the world to become sane, or for somebody else to become conscious, before you can be enlightened. —Eckhart Tolle

those resisting apartheid. He refused.

In the later years of his incarceration, when Mandela was in his late 60s, and as worldwide support for him became more vocal, his captors moved him to more agreeable housing and tended to his various health concerns, including tuberculosis. On February 11, 1990, after 27 years of captivity, Nelson Mandela was given unconditional release. In May 1994, he was elected President of South Africa.

In the years to follow he helped form a new democratic government, wrote a new constitution, and began the deeper process of healing among the people of his country. The wisdom he had developed while in prison became evident in his process for "truth and reconciliation." The truth part was to reveal to all the often hidden horrors of the apartheid years. Reconciliation was focused on rehabilitating those who had violated fundamental human rights by participat-



ing in apartheid. Together the two parts aim at restoration rather than retribution—restoring peace instead of getting revenge.

The experience of the museum was jolting and unrelenting. On entering, visitors are randomly assigned status either as "white" or "non-white," to experience being treated differently based on race. We saw filmed testimony from people who lived through atrocities committed in the name of the apartheid order. We were immersed in a challenging world not unlike what many of us have seen in our own country.

Outside, in the sunlight, my wife and I saw an older white man sitting on a bench, his eyes wet with tears. We gave him his space to grieve. But a few moments later we encountered him again, standing nearby. My wife Kate offered the large man a hug, at which point he began sobbing, hunched over her shoulder. He kept asking "why!? why!?" We could only hug and share the same unanswerable question.

Few parts of the world have been untouched by the cruelty of systems that separate us and cause us to hate and try to suppress the "others" in our lives. Luckily, the Nelson Mandelas of the world have learned to mine that heavy coal, even while imprisoned, and turn it into bright diamonds of wisdom for us all.



Nelson Mandela writes to his wife

... the cell is an ideal place to learn

to know yourself, to search realistically and regularly the process of your own mind and feelings. In judging our progress as individuals we tend to concentrate on external factors such as one's social position, influence and popularity, wealth and standard of education. These are, of course, important in measuring one's success in material matters and it is perfectly understandable if many people exert themselves mainly to achieve all these. But internal factors may be even more crucial in assessing one's development as a human being. Honesty, sincerity, simplicity, humility, pure generosity, absence of vanity, readiness to serve others—qualities which are within easy reach of every soul—are the foundation of one's spiritual life. Development in matters of this nature is inconceivable without serious introspection, without knowing yourself, your weaknesses and mistakes. At least, if for nothing else, the cell gives you the opportunity to look daily into your entire conduct, to overcome the bad and develop whatever is good in you. Regular meditation, say about 15 minutes a day before you turn in, can be very fruitful in this regard. You may find it difficult at first ..., but the 10th attempt may yield rich rewards. Never forget that **a saint is a sinner who keeps on trying**.

From a letter to Winnie Mandela, written in Kroonstad Prison, dated 1 February 1975



Spring 2020



Gifted



Since the last time you heard from us, the HKF family has lost two friends. Our beloved teacher Ram Dass, who was part of starting this project in 1973, died on December 22. Around the same time we heard about the death of our friend Alan, who volunteered with HKF in 2002 while he was on parole.

Ram Dass was a well-known author, speaker, and teacher whose death made headlines in national news. We appreciate Ram Dass for his role in starting the Prison-Ashram Project (now mostly known as Human Kindness Foundation) and for the many ways he inspired our personal journeys. Sita says that reading his famous book *Be Here Now* was her first introduction to spiritual life. It gave her a strong sense of coming home. Since then she has read thousands of letters from people who say they have the same feeling when they read *We're All Doing Time*. See page 8 for Sita's note about the most recent practice Ram Dass shared: the mantra "I am loving awareness."

Alan's death did not make headlines, but his life was no less important. Ram Dass was with us from the beginning, but what would this project be without the people who are willing to request our books, put them into practice, and change their lives? Alan overcame addiction and then shared his experience by working as an addiction-recovery counselor. As Dr. Martin Luther King, Jr. said, **"Not everybody can be famous but everybody can be great, because greatness is determined by service."**

You'll find more news—some travel, new book offerings—in the pages of this newsletter. We hope that you'll find something to uplift and inspire you. Wherever you are, your greatness is needed and we hope you are sharing it.

Ron Finley grew up in a South Central Los Angeles neighborhood where no fresh healthy food was available without driving 45 minutes or more.

From *ronfinley.com*: "In 2010, he set out to fix the problem. Outside his front door, that is. Ron planted vegetables in the curbside dirt strip next to his home. And quietly, carefully, tenderly started a revolution. 'I wanted a carrot without toxic ingredients I didn't know how to spell,' says Ron."

Cited for "gardening without a permit," Ron had to push hard for his right to grow food in his community. Since that beginning, Ron has become an inspiration for people all over the country who want to grow food together and make their communities stronger and healthier. His TED Talk has been viewed nearly a million times on YouTube and he has been featured in *The New York Times*, *Vogue Magazine*, *NBC Los Angeles*, and many other media outlets.

Sita and Catherine met Ron at "Summit LA19," a conference in Los Angeles where we were invited to speak about Transformational Love. Ron told us about meeting a man who had studied Ron's "**Gangsta Gardener**" movement while in prison. The man told Ron that when he was asked where he wanted to make a parole plan, he said **"Send me to my old neighborhood. I want to fix what I f**ked up."**

Ron asked us to send you his respect. He knows you have great gifts to share.

