



TheElite Training Group track club

Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

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TheETG model of social issues

As you continue to acquire and apply more information you continue to expand the area of what is possible.

Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone.

Put data ahead of dogma. Follow the data -not- the crowd.

The "right" to own a gun

The 5 to 4 Supreme Court ruling in D.C. vs Heller will eventually be reversed.

United States Constitution, 2nd amendment [James Madison]

"A well-regulated militia, being necessary to the security of a free State, the right of the people to keep and bear arms, shall not be infringed."

Federalist Paper #46 [James Madison]

".....a militia amounting to near half a million of citizens with arms in their hands, officered by men chosen from among themselves, fighting for their common liberties, and united and conducted by governments possessing their affections and confidence. It may well be doubted, whether a militia thus circumstanced could ever be conquered by such a proportion of regular troops.

Federalist Paper #29 [Alexander Hamilton]

"It is, therefore, with the most evident propriety, that the plan of the convention proposes to empower the Union to provide for organizing, arming, and disciplining the militia, and for governing such part of them as may be employed in the service of the United States, reserving to the states respectively the appointment of the officers, and the authority of training the militia according to the discipline prescribed by Congress."

United States v. Cruikshank, 92 U.S. 542 [1875]

"The right to bear arms is not granted by the Constitution..."

United States v. Miller, 307 U.S. 174 [1939]

"In the absence of any evidence tending to show that possession or use of a "shotgun having a barrel of less than eighteen inches in length" at this time has some reasonable relationship to the preservation or efficiency of a well regulated militia, we cannot say that the Second Amendment guarantees the right to keep and bear such an instrument. Certainly it is not within judicial notice that this weapon is any part of the ordinary military equipment, or that its use could contribute to the common defense."

United States Constitution, Article 1, Section 8, clause 15

"The Congress shall have the power;"

"To provide for calling forth the militia to execute the laws of the union, suppress insurrections and repel invasions:"

United States Constitution, Article 1, Section 8, clause 16

"The Congress shall have the power;"

"To provide for organizing, arming and disciplining the militia....."

United States Constitution, Article 2, Section 2, clause 1

"The President shall be Commander-in-Chief of the Army and Navy of the United States, and of the militia of the several States....."

United States Constitution, 5th amendment

"No person shall be held to answer for a capital, or otherwise infamous crime, unless on a presentment or indictment of a Grand Jury, except in cases arising in the land or naval forces, or in the militia....."



You are offended.

You're offended because she clutched her purse as you entered the elevator, crossed the street at night as you approached, locked her car doors as you walked by. Though you counsel your own daughter to do the same, you're offended because she did it around you. Though she'd be wise to do that with all adult males not just black ones, it rises to the level of KKK racism when she does it to you.
Grow up!

You are offended.

You're offended because that angry black male said he was wronged by "the police". In your mind that broadbrush phrase "the police" includes you or your spouse as the outta control, KKK racist cop.
Grow up!

You are offended.

You're offended that a police officer behaves in a hyper-vigilant manner towards you, the black male in the wife-beater tank top, baggy pants, and bandana. You've got a good paying job and a clean arrest record but wanna dress the part you grew up in with no blow back when the dispatcher issues a call on somebody broadly matching your description in possession of a weapon and lengthy list of warrants for crimes involving violence.
Grow up!

You are offended.

You're offended because your spouse chose a profession that comes with an elevated risk and so you feel that any criticism of "the police" may endanger your spouse's life.
Grow up!

You are offended.

You're offended because you believe that for you to conscientiously, voluntarily, and without being asked, speak and conduct yourself in an "officer safety" related manner is beneath you, outrageous, and constitutes "acting white".
Grow up!

You are offended.

You're offended because that black man in an expensive suit running down the street got angry when stopped by "the police". That black man in the expensive suit running down the street was a Federal Prosecutor and future U.S. Attorney General trying to be on time for a theater show.
Grow up!

You are offended.

You're offended that "white people" don't share your life experience with "the police" and thusly don't understand how oppressed you are every minute of everyday of your life, in mortal fear for your life everytime you see "the police" [including that uncle you didn't know was a cop].
Grow up!

You are offended.

You're offended that the black multi-millionaire in a suit driving that decked out Mercedes got pissed off, hurled insults, and was generally uncooperative when stopped and asked to exit the vehicle for the 8th time in 3 years for failing to signal a lane change [a.k.a being profiled, a.k.a "driving while black"].
Grow up!

Every single one of you, avoid being an adult in age only.
Develop a willingness to confront yourself with your belief system.
Develop a desire to acquire an intellectually honest view of reality.
The unexamined life isn't worth living [Socrates].
Grow up!!!

The Death Penalty . . . an eye for an eye

Never repay evil for evil.

Do what is good for building up.

Learn more ways to preserve rather than destroy.

Avoid rather than check.

Check rather than hurt.

Hurt rather than maim.

Maim rather than kill.

Thieves and murders walk in darkness.

You must be their light, not their judge.

An eye for an eye, leaves everybody blind"
Martin Luther King

Prior to getting his act together, the Apostle Paul was a mass murderer.
This is perhaps the best reason, to be opposed to the death penalty.

Defend your emotional wounds, not by hurting others, but by healing yourself.

"See that no one repays anyone evil for evil, but always pursue what is good both for one another and for all."
Thessalonians 5..15

**"Evil needs to be understood for what it is: the dynamic of the absence of Light.
....there is darkness, and we stumble in the darkness. What is the appropriate response to evil? The remedy for an absence is a presence. Evil is an absence, therefore, it cannot be healed with an absence. By hating evil, or one who is engaged in evil, you contribute to the absence of Light and not to its presence. Hatred of evil does not diminish evil, it increases it."**

Gary Zukav
Seat Of The Soul

"....but he who hates his brother is in the darkness and walks in the darkness and does not know where he is going, because the darkness has blinded his eyes." John 2...11

"....the judgement is without mercy to him who has shown no mercy; mercy triumphs over judgement."
James 2...13

**"...how often shall my brother sin against me and I forgive him? Up to seven times?
....I do not say to you, up to seven times, but up to seventy times seven."**
Matthew 18...21-21

"Forgiveness is not the same thing as telling the person who harmed you, "It's ok", which is more or less the way most people view it..."
Caroline Myss

Take the lead in showing honor to one another. In as much as you have done it to one of these, the least of my brothers, you have done it to me.
New Testament

Enter in through the narrow gate, for wide is the gate and broad is the way that leads to destruction, and many are thos who enter through it. Because narrow is the gate and constricted is the way that leads to life, and few are those who find it."
Matthew 7...13-14

A person who is at war with others is not at peace with himself.

Racism

**“There cannot be Jew nor Greek,
there cannot be slave nor free man,
there cannot be male or female,
for all are one.....”**

Galatians

“Racism claims that the content of a man’s mind.....is inherited; that a man’s convictions, values and character are determined before he is born, by physical factors beyond his control.

Racism is a doctrine of, by and for brutes.

.....there is no such thing as a collective or racial achievement. There are only individual minds and individual achievement----and a culture is not the anonymous product of undifferentiated masses, but the sum of the intellectual achievements of individual men.

A genius is a genius, regardless of the number of morons who belong to the same race----and a moron is a moron, regardless of the number of geniuses who share his racial origin.

The overwhelming majority of racists are men who have earned no sense of personal identity, who can claim no individual achievement or distinction, and who seek the illusion of a “tribal self-esteem” by alleging the inferiority of some other tribe.”

Ayn Rand

Affirmative action vs. status quo.....

Affirmative action is “reverse” racism. Racism is racism, regardless of what you call it, or the reasons for it. It is illogical to force oneself to choose between the lesser of two evils, when evil is not the only option. Creating integration.....by artificial means.....is in no way a logical option one should choose.

The laws of a society generally reflect the desired and chosen standard of character within the society. The expression of Racism is a display of a lack of character. Before looking for changes in the character of people, seek first the enforcement of law prohibiting discrimination in neighborhood apartment leasing and home sales, and passing zoning laws providing for mixed income housing, all of which reflect the desired and chosen standard of character within the society. As fair access is enforced, **the people will integrate** themselves.

Train up yourselves to be able to compete with anyone, anywhere, at any level, in your chosen job and/or career path. With knowledge and self-esteem, comes power. Blame others for your circumstance, but after you have done so, choose to train up yourself to overcome your circumstance.

Abortion

Roe vs. Wade.....[1973 U.S. Supreme Court]

"A state criminal abortion statute of the current Texas type, that excepts from criminality only a lifesaving procedure on behalf of the mother, without regard to pregnancy stage and without recognition of the other interests involved, is violative of the Due Process Clause of the Fourteenth Amendment."

"For the stage prior to approximately the end of the first trimester, the abortion decision and its effectuation must be left to the medical judgment of the pregnant woman's attending physician."

"For the stage subsequent to approximately the end of the first trimester, the State, in promoting its interest in the health of the mother, may, if it chooses, regulate the abortion procedure in ways that are reasonably related to maternal health."

"For the stage subsequent to viability, the State in promoting its interest in the potentiality of human life may, if it chooses, regulate, and even proscribe, abortion except where it is necessary, in appropriate medical judgment, for the preservation of the life or health of the mother."

"The decision leaves the State free to place increasing restrictions on abortion as the period of pregnancy lengthens, so long as those restrictions are tailored to the recognized state interests."

"...the abortion decision in all its aspects is inherently, and primarily, a medical decision, and basic responsibility for it must rest with the physician."

Planned Parenthood vs. Casey.....[1992 U.S. Supreme Court]

"...viability marks the earliest point at which the State's interest in fetal life is constitutionally adequate to justify legislative ban on nontherapeutic abortions. The soundness or unsoundness of that constitutional judgment in no sense turns on when viability occurs. Whenever it may occur, its attainment will continue to serve as the critical fact..."

"An undue burden exists, and therefore a provision of law is invalid, if its purpose or effect is to place substantial obstacles in the path of a woman seeking an abortion before the fetus attains viability."

Some questions;

- Does the Constitution provide a "right" to privacy
- Should getting pregnant be a death sentence for a woman
- What is the definition of "due process" in the due process clause of the 14th Amendment
- Does life begin at conception, or at viability

Is there a "right to privacy provided by the Constitution?

Traditionally, the answer to that question depends on whether you see the Constitution as an "originalist", or a "living document" person.

An "originalist" will read the Amendments to the Constitution from the point of view that existed when they were written. He/she will insist that laws or the Constitution itself [not the original meaning of the Constitution] should be changed to reflect changes in society [ie. affirmative action, death penalty, abortion, etc....[ie. Antonin Scalia--Supreme Court Justice]. In the case of abortion, they say that since there were laws forbidding it early on, it must not have been a privacy right protected by the constitution. They'll say that you have the right for the government to not interfere in your personal life, but you don't have a Constitutional right to engage in bigamy, etc, and thus abortion falls in to that situation.

A "living document" person will read the Amendments to the Constitution from the point of view of someone who is seeing the words in today's context, and today's social norms. He/she will insist that laws or the Constitution itself don't need to be changed since the words that are already there can be interpreted in a manner that reflects changes in society [ie. affirmative action, death penalty, abortion, etc]. They say abortion is a privacy issue since it is self evident that medical decisions are a private matter, and that the mention of the word "liberty" in the Constitution provides people with the right to be left alone, free from government interference in their personal lives and decisions.

Originalist vs. Living Document

The clash of these 2 positions takes place primarily in the words of the 9th Amendment.

[9th Amendment of the U.S. Constitution]

"The enumeration in the Constitution, of certain rights, shall not be construed to deny or disparage others retained by the people."

Should getting pregnant be a death sentence for a woman?

Perhaps the most unfortunate side of the abortion debate in terms of the mother seeking an abortion is the fact that Roe vs. Wade emanated out of a law in Texas that outlawed abortions even if the purpose of the abortion was to save the life of the mother. Hence the question: should getting pregnant be a death sentence for a woman? What would happen to the population numbers in the United States if abortion laws were passed and found to be constitutional, insuring that women would have to decide, even in planned pregnancy, whether they will forfeit their life if something goes wrong.

The Meaning Of "Due Process"

One way to getting to the bottom of this issue requires that us to determine what the term "due process" means, in the "due process clause" of the 14th Amendment. Most people would agree that "due process" simply means that a person, prior to their rights/liberties/property being taken away, has to be given [by the government] some sort of process of allowing them to hear the charges against them, and have an opportunity to fairly defend against those charges.

In Roe vs. Wade the majority on the Supreme Court used the term "due process" to mean that the government, prior to passing a law that restricts or takes away rights/liberties/property of a person, must first have a "compelling interest" in doing so. In these situations, the Court is weighing the right of a person, with the interest a state has in regulating something. It is first assumed that the person has a "right" to whatever it is that the State is trying to regulate. On the abortion issue, this "compelling State interest" was said to not really be sufficiently compelling until after the first tri-mester of a pregnancy. After that time period, the State, having a compelling interest in the life of fetus, can then regulate abortion. Later, in 1992, the Casey case, they altered this standard slightly, getting rid of the first tri-mester time frame, shifting it to the time of viability.

Thus "due process" in effect, means that a State must demonstrate itself to have a compelling interest in regulating abortion prior to the stage where the fetus is viable outside the womb. From this perspective, religious and political issues aside, people who disfavor this aspect of "due process" can argue that Roe v. Wade was wrongly decided. One of the main purposes of the Constitution was to keep the federal government from exercising too much power over the States. If States have to show the Federal government that they have a compelling interest in something before they can pass a law on that subject matter, this obviously gives the Federal government a great deal of control over State government.

[section 1 of the 14th Amendment]

"All persons born or naturalized in the United States, and subject to the jurisdiction thereof, are citizens of the United States and of the State wherein they reside. No State shall make or enforce any law which shall abridge the privileges or immunities of citizens of the United States; nor shall any State deprive any person of life, liberty, or property, without due process of law; nor deny to any person within its jurisdiction the equal protection of the laws."

Does Life Begin At Conception

One can believe that life begins at conception. On the surface it is a logical assertion. Looking deeper however, among "Christians" it must be acknowledged that the body houses a spirit, a soul. It leaves the body at death. When does it enter the body?

Do humans have control over that?

From a religious "Christian" point of view, human life isn't a human body, it is the spirit that inhabits the human body. Can one destroy "life" or only its potential to inhabit a particular, specific body. Can that spirit enter this world via another body?

Arguably, life begins long before one enters this world, this phase of life. The body is a vehicle for one's life to exist here. Life is energy, and follows the basic law of physics which states that energy [life], by man, can neither be created or destroyed. Man can only provide the body in which life [energy] can exist.

"I learned that spirits can choose to enter their mother's body at any stage of her pregnancy. Abortion, I was told, is contrary to that which is natural. Once there, they immediately begin experiencing mortality..."

"But the spirit feels compassion for its mother, knowing that she made a decision based on the knowledge she had."

[Betty Eadie --- Embraced By The Light]

The Long Term Legal Bottom Line In The United States

Clearly we have certain Liberty rights granted to us by our country's Constitution that are not specifically spelled out, item by item. Arguably the founders of our country decided not to spell them out item by item due in part to the risk of leaving out something[s] that may later prove to be important. Thus, they chose to add in the 9th Admendment, in effect and by default, leaving the issue for the courts to what things are protected rights, and what things are not.

Though they intended the 9th Amendment to apply mainly to the Federal government, the 14th Amendment applies it to the States as well. No loop hole to be found their.

That's what they ---chose--- to do.

They didn't say.....well if the laws of some States at the time of the signing of the Constitution don't outlaw abortion, gay marriage, etc., it therefore is a right protected by the Constitution.

Likewise, they didn't put forward the Antonin Scalia argument. They didn't say.....well if the laws of some States at the time of the signing of the Constitution do in fact outlaw abortion, gay marriage, etc., it therefore is a ---not--- a right protected by the Constitution.

The founders of this country were sufficiently contradictory in their words vs. their State laws and deeds that one cannot point to either of these 2 assertions made above and claim that one right is in while another is out based on the laws on the books in some States at the time. Thomas Jefferson played a role in law making in Virginia. He owned slaves but tried to outlaw slavery....twice. By not specifying item by item what is in and what is out, and by not telling us how to decide what they intended to be in and what they intended to be out, they chose by default for the courts to decide.

For good or ill, the courts have chosen resolve this matter by using a certain interpretation of the term "due process" to basically say that everything is in, unless the State can show that they have a "compelling interest" in moving something from the in column to the out column.

Year 2000, approx 1.3 million abortions

Approx 80% were for reasons related to

--- Want to postpone childbearing, financial reasons, relationship problems, young age, job/education situation.

More questions;

---- Should someone be allowed to use abortion as a method of contraception

---- Is this a good time for the general public to be educated about the existence of ovulation detection kits at their local drug stores, to dramatically reduce the number of unwanted pregnancies, thus reducing abortions

---- Should conservative church groups be expected to put their money where their mouth is to support public funding for care of pre-term babies

---- Should conservative church groups be expected to participate more abundantly in adoption programs

---- Should conservative church groups be expected to actively help adoption agencies find qualified parents

---- Should conservative church groups be expected to participate more abundantly in foster parent programs

Prayer in Public Schools?

“And when you pray, you shall not be like the hypocrites, because they love to pray standing in the synagogues and on the street corners, so that they may be seen by men. Truly I say to you, They have their reward in full. But when you pray, enter into your private room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will repay you.”

Matthew, New Testament

Your Obligation

The Fundamentals Of Parenting

**Kids join Gangs as a substitute for attention, affection, praise
.....ie. Love.**

**Kids use Sex as a substitute for attention, affection, praise
.....ie. Love.**

**Kids have Babies to use as a way to receive attention, affection, praise
.....ie. Love.**

**Kids become angry/violent if they never get attention, affection, praise
.....ie. Love.**

The average moron might pick-up on a developing pattern here.

The average wise man might blame the Parents
whose sole obligation as a Parent is to provide
attention, affection, praise.....ie. Love.

A roof overhead, food on the table, a college education...any idiot with money can provide these things.

ETG Model of Prisons

Mission of Prisons

- Serve as a **peaceful** place for offenders to be removed from the public.....for the public protection.
- Provide an environment that encourages a change in cognitive programming and conditioning.
- Provide an educational environment that are proven promoters of personal growth
20 hours per week of required exposure to all of the following;
 - Stephen Covey 7 Habits Workshops
 - John Bradshaw Workshops
 - Deepak Chopra (video tapes)
 - Carolyn Myss (video tapes)
 - Evelyn Wood Speed Reading Courses
 - ETG Book List
 - ETG Movie List
 - ETG School Curriculum
 - Television (taped programs)
 - Frontline (debates on PBS)
 - Discovery Channel
 - Newton's Apple
 - music (motivational, soft rock).....several hours per day
- Lead inmates convicted of violent crimes and sexual offenses to identify the underlying mechanisms of their behavior as well as effective methods of self-change.

Brain research 101.

Sexual orientation and gender identity.

Female, male, gay, straight, bi, transgender.

Across the last several decades, the frontal lobe and hypothalamus have been the 2 broad areas that brain researchers have successfully identified thus far.....where the brain cells are located that determine human sexual orientation and gender identity.

As to say that looking at genitals or measuring testosterone levels isn't the most educated, accurate, or up to date approach.

Regardless of subject matter, when it comes to the human brain, just about everything having to do with humans exists along a broad, linear spectrum. For stuff like autism, spectrums look like most people clumped together at one end, with a sprinkling of folks spreadout to the opposite end.

For human sexual orientation and gender identity, the largest groups of humans are clustered at 2 polar extremes of straight female and straight male, with a very large number of people spread out between those 2 polar opposites. This would likely be far more obvious had humans historically been less culturally, religiously, and politically problematic towards the subject. One wouldn't need brain scan technology and several decades of brain research to be aware of such things.

I equate this subject of human physiology to that of fast twitch vs slow twitch muscle fibers in 1970's and 80's Exercise Physiology. Folks believed that these muscle fiber types were genetically set in stone. For a couple decades after the hard data existed showing this wasn't the case, people continued to believe otherwise.

Hence my mantra during my 30 years of following 60 research journals.....
Put data ahead of dogma.
Follow the data not the crowd.

Gender, Gender Identity, Sexual Orientation

In gender, gender identity, and sexual orientation humans fall somewhere along a wide spectrum.

Heterosexual males, bi-sexual males, homo-sexual males, homo-sexual females, bi-sexual females, heterosexual females, male brain inside a body that has a female sex organ, female brain inside a body that has male sex organ.

Even in the development of sexual organs, folks fall somewhere along a wide spectrum.

There are men with a fully formed penis, men with a partially formed penis, men with a partially formed vagina, women with a partially formed penis, women with a partially formed vagina, women with a fully formed vagina.

In humans and across many species of animals gender, gender identity, sexual orientation, etc starts in a specific location of cells in the brain while the person is in the uterus, long before birth and long before formation of a penis or vagina.

In humans and many animal species gender identity and sexual orientation land anywhere across a lengthy spectrum between male and female.

Where one lands across the spectrum is caused by exposure of brain cells in a specific area of the brain to a cascade of hormones during gestation in the uterus that can continue to be impacted at later stages of development prior to birth.

We live in an era where simple brain imaging serves as a kick to the crotch of the “its a choice” belief system, as well as the pure male, pure female belief system.

Gay, bisexual, transgender, straight, etc,etc,etc.

As a species we've known for over 2 decades the location in the brain where sexual preference is largely determined. The first time I saw a published study in one of the journals that I follow was in the 1990's.

Now researchers are identifying the cellular and epigenetic mechanisms that come into play.

Brain feminization.....

"The developing mammalian brain is destined for a female phenotype unless exposed to gonadal hormones during a perinatal sensitive period."

"It has been assumed that the undifferentiated brain is masculinized by direct induction of transcription by ligand-activated nuclear steroid receptors. We found that a primary effect of gonadal steroids in the highly sexually dimorphic preoptic area is to reduce activity of DNA methyltransferase enzymes, thereby decreasing DNA methylation and releasing masculinizing genes from epigenetic repression."

"Pharmacological inhibition of DNA methyltransferase enzymes mimicked gonadal steroids, resulting in masculinized neuronal markers and male sexual behavior in female rats."

"Conditional knockout of the de novo DNA methyltransferase enzymes isoform, Dnmt3a, also masculinized sexual behavior in female mice."

"RNA sequencing revealed gene and isoform variants modulated by methylation that may underlie the divergent reproductive behaviors of males versus females. Our data show that brain feminization is maintained by the active suppression of masculinization via DNA methylation."

B.M Nugent, et al

Brain feminization requires active repression of masculinization via DNA methylation
Nature Neuroscience.....Volume 18 #5.....May 2015.....page 690

The American cultural definition of femine and feminization isn't what's being referred to here.

In human physiology, brain physiology and morphology in particular, the terms refer to everything from the number of glial cells around certain neurons in various areas of the brain, certain proteins along cell membranes, number or density of ion channels on certain neurons....all different from male to female, from femine to masculine depending on the area of the brain being discussed.

As it says in the first sentence of the research quote, all 7 billion of us start off as a fetus with a brain headed towards female --cellular-- characteristics.

What happens from there is determined by the androgen surge and subsequent DNA methylation [a.k.a. epigenetics].

That surge comes from pregnant mother to fetus as well as from within the fetus with substances going into the brain.

101 one things can affect that.

That pregnant mother has genetic and epigenetics stuff going on that impact the androgen surge. So does the fetus. The pregnant mother also has mind-body medicine type stuff going on. Stress leads to cortisol [stress hormone]

production which can suppress androgen production, suppress production of androgen receptors in the fetus, and compete with androgen binding to receptors [this is consistent with a study I came across a couple decades ago showing a correlation between stress during certain phases of pregnancy and an increase in offspring characterized as sexual orientation being something other than what folks call "straight"].

Different women can have a different nutritional status which can impact androgen status in the fetus brain. The fetus can be exposed to androgen suppressing or increasing environmental chemicals from the mother. All of the above can alter DNA methylation.

Even in identical twins making one different than the other.

That surge can be different in all 7 billion of us.

Thus the DNA methylation can be different.

In human sexuality, sexual identity, sexual preference, sexual orientation this accounts for how all 7 billion of us can fall somewhere along a lengthy spectrum, all of which is located under a single bell curve.

We don't have enough labels [gay, straight, bisexual, transgender] to fully account for everybody. No one is normal or abnormal. Even within the term "straight" there are variations on a theme.

We don't have enough labels to account for everybody.

Homosexuality

The area of the brain responsible for sexuality has been identified. As a species, we have enough MRI and PET scan data on human brains to accurately say that there are some people who are biologically gay.

One cannot argue that all people who live the so-called "homosexual lifestyle" are biologically gay.

One can perhaps legitimately argue that those who are not, can be "converted" back to being straight. Perhaps some can be, and perhaps some of them do indeed experience some degree of destructive consequences from their choice to pursue the so-called "gay lifestyle".

That's not a choice for the others who exhibit the "lifestyle" to make, just as a black person cannot choose to make the melanin producing cells in his/her skin to stop making them black. Cell function is cell function. Physiological anomalies occur in the genital region in humans in the form of certain cells failing to express completely in the norm of one gender or the other. This occurs in the chest area in some people ----- this occurs in the brain in some people, as is seen in homosexuals.

We only get to play games of ignorance with that for so long. That time has past.

"Gay" Marriage

Blacks and civil rights, women and equal rights....now we move on to gay marriage, getting one step closer to applying the verbatim language of our Country's declaration of Independence. Either "all men are created equal", or they're not. If not, we should say so, and get on with forming an official list of who is equal, and who is not.

"We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness.."

[U.S. Declaration Of Independence]

This is the moral absolute. Its either true or its not. The equal protection clause of the 14th Amendment to the United States Constitution provides for the equal protection of the laws to all citizens of the United States. As long as States are in the habit of selling marriage licenses, the State cannot discriminate against adults of legal age who want to get married. Thats why some people want to amend the Constitution, attempting to place biotry into our national law.

"Gay" Adoption

Family well being is about the parenting behaviors of the people involved, gay or straight. Being gay or straight is not a mechanism of family destruction, or family cohesiveness.

The Cities Of Sodom and Gomorrah: "Gay Lifestyle" --or-- Rape & Assault

The story of the cities Sodom and Gomorrah, is one that describes the residents as idol worshippers, into adultery [in the form of gratuitous sex.....a.k.a. "fornication"], physical or sexual abuse of males and females in the form of rape and gang rape of visitors, travelers, strangers, etc [kind of like citizens of a small town in today's world raping and robbing hitch-hikers....travelers in those days relied on people taking them in]. They were also generally unkind to the poor. This has little or nothing to do with gays, the sexual activities of gays, or gay marriage. The term "sodomy" did not emanate from this time period. That was someone else's invention.

This is what was going on;

"they commit adultery, and walk in lies"[Jeremiah 23:14]

"See how the faithful city has become a harlot! She once was full of justice; righteousness used to dwell in her- but now murderers! Your silver has become dross, your choice wine is diluted with water. Your rulers are rebels, companions of thieves; they all love bribes and chase after gifts." [Isaiah 1]

"Your hands are full of blood; wash and make yourselves clean. Take your evil deeds out of my sight!." [Isaiah 1]

" and they knew her, and abused her all the night until the morning: and when the day began to spring, they let her go." [Judges]



"Current evidence indicates that sexual differentiation of the human brain occurs during fetal and neonatal development and programs our gender identity—our feeling of being male or female and our sexual orientation as hetero-, homo-, or bisexual."

"This sexual differentiation process is accompanied by many structural and functional brain differences among these groups."

"The excellent imaging research of Ivanka Savic's group in past years has provided strong evidence for structural and functional brain differences related to gender and sexual orientation. The study of these differences has emerged from an era of prejudice and fear such as I experienced 20 years ago."

"Neurobiological research related to sexual orientation in humans is only just gathering momentum, but the evidence already shows that humans have a vast array of brain differences, not only in relation to gender, but also in relation to sexual orientation."

D.F. Swaab
Proceedings Of The National Academy Of Sciences
Volume 105 #30 -- 2008 -- page 10273

"....brain research has revealed structural differences in the hypothalamus in relation to biological sex and sexual orientation."

"Differences in size and cell number of various nuclei in the hypothalamus for homosexual versus heterosexual men have recently been reported in two studies. We have found that a cluster of cells in the preoptic area of the human hypothalamus contains about twice as many cells in young adult men as in women."

"We have called this cluster the sexually dimorphic nucleus."

"Sexual differentiation to the human brain takes place much later than originally claimed. At birth the sexually dimorphic nucleus contains only some 20% of the cells found at 2 to 4 years of age. The cell number rapidly increases in boys and girls at the same rate until 2 to 4 years of age. After that age period, a decrease in cell number takes place in girls, but not in boys. This causes the sexual differentiation of the sexually dimorphic nucleus."

This postnatal period of hypothalamic differentiation indicates that, in addition to genetic factors, a multitude of environmental and psychosocial factors may have profound influence on the sexual differentiation of the brain."

".....in a sample of brains of homosexual men we did find that an area of the hypothalamus called the suprachiasmatic nucleus contains twice as many cells as the sexually dimorphic nucleus of a heterosexual group."

A recent report by LeVay claims that another nucleus, INAH-3, is more than twice as large in heterosexual as in homosexual men, whereas Allen and Gorski found that the anterior commissure was larger in homosexual men than in heterosexual men or women."

D.F. Swaab, L.J.Gooren, M.A.Hofman
Brain Research, gender and sexual orientation
Journal Of Homosexuality -- Volume 28 #3 & 4 -- 1995 -- page 283

Christians –vs- Homosexuality

Jesus was silent on the issue of homosexuality.

Only Apostle Paul in letters to Christians in Corinth, Rome, and to Timothy makes any mention. Odd that there are multiple statements by Jesus and Paul where both reel off a laundry list of sins.

The lists being nearly identical each time.

Paul's lists are the only ones that include homosexuality.

Apostle Paul –vs- Homosexuality.....

[Apostle Paul, letter to the Christians in Rome.....Romans 1:27,32]

".....the males leaving the natural use of the female, burned in their craving for one another, males with males committing unseemliness...."

"Who though fully knowing the righteous judgement of God, that those that practice such things are worthy of death...."

[Apostle Paul, letter to the Christians in Corinth.....1 Corinthians 6:9-10]

"....do you not know that the unrighteous will not inherit the kingdom of God? Do not be led astray; neither fornicators nor adulterers, nor effeminate nor homosexuals nor thieves nor the covetous, not drunkards, not revilers, not the rapacious will inherit the kingdom of God."

[Apostle Paul, letter to Timothy.....1 Timothy 1:9,10]

"....the law is not enacted for a righteous man but for the lawless...."

"....For fornicators, homosexuals, kidnappers...."

"and whatever other thing that is opposed to the healthy teaching."

Taliban-ish portions of the Old Testament

Leviticus 20:13

"If a man lies with a man as one lies with a woman, both of them have done what is detestable. They must be put to death."

Leviticus 20:9

"If anyone curses his father or mother, he must be put to death."

Leviticus 24:17

"If anyone takes the life of a human being, he must be put to death."

Leviticus 20:18

"If a man lies with a woman during her monthly period and has sexual relations with her, he has exposed the source of her flow, and she has also uncovered it. Both of them must be cut off from their people."

Old Testament.....

Leviticus 20:10

"If a man commits adultery with another man's wife-with the wife of his neighbor-both the adulterer and the adulteress must be put to death."

New Testament.....

[John 8:4,5,7]

"They said to him, Teacher, this woman has been caught committing adultery, in the very act. Now in the law, Moses commanded us to stone such women."

".....He stood up and said to them, He who is without sin among you, let him be the first to throw a stone at her."

"And Jesus stood up and said to her, Woman where are they? Has no one condemned you? And she said no one Lord. And Jesus said, neither do I condemn you....."

Dealing With The “Cold War”

The obsession of some of our country’s previous leaders have had with Communists and Communism, has had a number of world wide consequences, not all of them good.

One can argue that rather than fighting a “Cold War”, one could have simply done 2 things simultaneously.

1. Watched and waited for the inevitable economic collapse.
2. Live by example, invent and aggressively utilize creative ways to promote/advertise that example within the borders of communist countries.

The leaders of our country have been quite willing to claim victory in the Cold-War. They’ve been quite unwilling to publicly acknowledge that **we did some unfortunate things** in our effort to win it.

We inserted, propped-up, kept in power, some people in a number of countries that **did some things that weren't so good to the citizens of their respective countries**. We’ve gone for quite some time, being unwilling to deal with of that in a productive manner.

The Consequences: There are significant numbers of **people in several countries on this planet who are upset with us over these issues**. Some of these upset people go to extremes to demonstrate that.

We're not to blame for their violent acts. We are however, responsible for what we've done.....and **obligated to engage in some sort of effort to set things right**.....as best we can.....and to what ever degree that is possible.

Arab/Israeli, Serb/Bosnian, Hutsi/Tutu, Black/White, Capitalist/Communist, etc/etc:

A person who is at war with others
is not at peace with himself.

"There cannot be Jew nor Greek,
there cannot be slave nor free man,
there cannot be male and female,
for you are all one....." [Galatians 3...28]

"....but he who hates his brother is in
the darkness and walks in the darkness
and does not know where he is going,
because the darkness has blinded
his eyes." [John 2...11]

"The extent to which we can trust other people
is equal to the extent that we trust ourselves
with the ability to deal with their fallibility".
[Dr. Phil McGraw]

Defend your emotional wounds, not by hurting others,
but by healing yourself.

"Be merciful.....be kind to those who hate you."
[Philippians 3...12]

"....the judgment is without mercy to him who
has shown no mercy; mercy triumphs over judgment."
[James 2...13]

Terrorism

The logical alternative to terrorism, is public relations. Purchase of TV air time during prime time in the U.S., rather than purchase of guns and bombs.

When you make Americans empathize with you, you get results.

When you make Americans afraid of you, you get killed.

The prime directive of war demonstrated by human history and behavior is that..... humans often value their land, more than they value their lives.

**Thus, after you have beaten back your attackers and taken their land.....give it back!
Do not colonize that land with your own people as if it belongs to you. Eventually, they will rise up and kill you or somebody else, to get it back.**

Violation of this directive, leads to the mindless replay of history.

The Use Of Fear As A Political Strategy

Fear is an emotion. Emotions are temporary.

Preying on people's fears insures that eventually you will become the prey
[manifested in losing an election in a big way...ie 2006 Republican Party].

As you sow, so shall you reap.

That which you send around, eventually finds its way back to you.
Choose wisely what you sow.

Fear vs. Civil Liberties

Question:

Of what good are your civil liberties if you get blownup by a terrorist???

Answer:

"Those who would sacrifice liberty for security deserve neither."
[Benjamin Franklin]

"Give me liberty or give me death"
[Patrick Henry]

"No man is free if he fears death."
[Marin Luther King]

"...the land of the free and the home of the brave"
[National Anthem]

[that which exists just beyond the provision of a basic and reasonable standard of security
is the fact that the U.S. is not a place for those afraid of being blown-up]

"I believe there are more instances of the abridgement of the freedom of the people
by gradual and silent encroachments of those in power than by violent and sudden
usurpations."
[James Madison]

"Neither a man nor a crowd nor a nation can be trusted to act humanely or to think sanely
while under the influence of a great fear."
[Betrand Russell]

"What begins in fear usually ends in folly."
[Samuel Taylor Coleridge]

"...And fear not them which kill the body, but are not able to kill the soul."
[Matthew 10:28]

"Thou shalt not be afraid for the terror by night; nor the arrow that flieth by day;
Nor for the pestilence that walketh in darkness;"
[Psalms 91:1-16]

"...though I walk through the valley of the shadow of death, I will fear no evil
for thou art with me"
[Psalms 23:4]

Taking A Country To War

“Neither a man nor a crowd nor a nation can be trusted to act humanely or to think sanely under the influence of a great fear.”

[Bertrand Russell]

“What begins in fear usually ends in folly.”

[Samuel Taylor Coleridge]

“Fear makes the wolf bigger than he is.”

[German proverb]

"What begins in anger ends in shame."

[Benjamin Franklin]

“Those who are at war with others are not at peace with themselves.”

[?]

TV News

The focus should be on producing a news broadcast that gets the highest rating among the portion of the public **that consumes hard news**.

As long as the primary goal is to get the “highest” ratings, among all segments of the viewing public, the news broadcast will covet the reporting of crime, fires, and personal dirt on politicians and celebrities.

Content Model for a Local News Show [30 Minutes]

- Breaking News [2 minutes]
- General News [2 minutes]
- Issues & Happenings.....in **national** Sports [2 minutes]
- Issues & Happenings.....in **local** Sports [2 minutes]
- Issues & Happenings.....of local schools and colleges [3 minutes]
- Issues & Happenings.....of local Police Department, local Fire Department [2 minutes]
- Issues & Happenings.....of Austin Mayor, Austin City Council [3 minutes]
- Issues & Happenings.....of Austin **large** Businesses [2 minutes]
- Issues & Happenings.....of Austin **small** Businesses [2 minutes]
- Issues & Happenings.....Crimes & Fires [1 minute]
- Weather [2 minutes]
 - current temperature, current Doplar radar [in motion]for rain/storm movement,
 - current allergy levels
 - tomorrow’s weather forecast, tomorrow’s allergy forecast, 5 – 7 day forecast

Rape, Child Molestation, Etc.

“The most dangerous place in America for a child is the American family”
[John Bradshaw]

----- We know its likely that in our society, few rapists didn't have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in physical and/or emotional abuse of children didn't have some significant childhood “issues”.

----- We know its likely that in our society, few men/women who engage in spousal abuse didn't have some significant childhood “issues”.

----- We know its likely that in our society, few child molesters were not molested as children.

Thus, collectively these are largely situations where;

--- a group of people in our society is in some way shape or form involving others in their problems and/or where one generation of adults is passing on their problems to the next generation [ie. kids who may become the next group of rapists, domestic violence perpetrators, child molesters, etc, etc].

This suggests that we could at some point as a country, choose to collectively and aggressively step in and effectively resolve this situation.

At some point, given what we know, we will have to ask adults and teenagers [in a highly public way] to look at themselves and their own personal history on this planet.

The questions will have to be asked...

Does that history include some sort of abuse, and if the answer is yes;

--- are you unwilling to take it out on somebody else

--- are you unwilling to pass it on to somebody else

--- are you unwilling to create and/or pass on unnecessary trauma in the life of somebody else

--- are you willing to heal and regenerate from your wounds