

**“Never doubt that a small group of thoughtful, committed, **organized** citizens can change the world; indeed, it’s the only thing that ever has.” Margaret Mead**

<https://leandroherrero.com/the-missing-word-in-the-famous-margaret-mead-quote/>

### **DOCUMENT OVERVIEW**

- I ACCESS to THE THREE WEEKLY CALLS via the Internet**
- II ACCESS to OTHER CALLS SUPPORTED BY [WWW.rainbowroundtable.net](http://WWW.rainbowroundtable.net)**
- III OPENING MEDITATION; MAYAN CALENDAR; HOUSEKEEPING; LINK TO PODCAST**
- IV HARD NEWS**

#### **I TO ACCESS THE THREE WEEKLY CALLS via the Internet**

**A BBS RADIO** Go To [www.bbsradio.com](http://www.bbsradio.com); click on “64K Listen”

**\* Thursday: *A Night at the Round Table* Hosts: Panel Members**  
6 pm Pacific / 9 pm Eastern

**\* Friday: *Friday Night Hard News* Hosts: Tara & Rama**  
6 pm Pacific / 9 pm Eastern

**One Hour conference Call: 1-641-741-1704 Access Code: 353 863#**

**\* Saturday: *History of our Galactic World & NESARA* Hosts: Tara & Rama**  
1:30 pm Pacific / 4:30 pm Eastern

**One Hour conference Call: 1-720 716 7301 – Access Code: 353 863#**

**Call to interact / ask questions:**

**Canada & US: STATION 2 1- 888-429-5471**  
**Direct 1- 323-744-4841**

**B CALL-TO-LISTEN 1-804-220-6484**

**C Skype: BBSradio2**

#### **D Archives for the 3 Programs listed above:**

- Go to *BBSRadio.com*; in first column, LHS, **FIND TALK SHOW**
- Enter *Friday Hard News*, press the GO button. You’ll be taken directly to **Hard News on Friday**; click on **“Archives”** which takes you to the listing of all program archives, the latest one being at the top.
- You can listen directly or download the program to your own computer.
  - To listen directly, click on the arrow on the black bar.
  - To download, go to **Episode MP3 link**. Then **right click** on the name **'hardnewsonfriday including the date'** and the drop down menu appears. Click on **'save link as'**

**E Archives, written and audio, also exist on the rainbowroundtable website:**  
[www.rainbowroundtable.net](http://www.rainbowroundtable.net) - look under the "Archives" tab for **written notes**  
**which include links to the entire podcast, and links to the audio recordings**  
of the conference calls

**II TO ACCESS OTHER CALLS SUPPORTED BY RainbowRoundtable.net**

**A Sunday, Mondays: 9 – 10:30 EST Cheryl Croci's Activation Calls**  
By telephone only: 1-425-436-6260; PIN 9467 441#

**B Tuesdays, 2<sup>nd</sup> & 4<sup>th</sup> of each month: Ashtar on the Road; Ashtar Legacy Calls**  
**9:00 – 10:30 pm EST** Host is Fran

<http://www.ashtarontheroad.com/ashtarconferences.html>

To access **by Phone:**

- 1 – 559 – 726 – 1300; PIN 972400#
- Call is free [except for long distance charges]

**via HD Conferencing:** 712-770-4160 **PIN #** 980339 [always the same]

<https://www.freeconferencecallhd.com/hd-conferencing/>

**via Skype** **Click on the VOIP button** and enter what they ask for:  
<https://www.freeconferencecallhd.com/hd-conferencing/>

**C Wednesdays: 7:00 – 9:00 EST The Friends of The Aboriginal Moabite Nation Call**  
By telephone only: 1-712-432-0900 PIN 666238#  
Replay# [good for 1 wk] 1-712-432-0990 PIN 66238#

**D Every 2<sup>nd</sup> Wednesday The Abundance Call - Caroline Oceana Ryan**  
**5:45 PM Pacific / 8:45 PM Eastern** 60-minute conference call with the Collective,  
a group of Angelic and Galactic beings, channeled by

**To be notified: email [AscensionTimes@gmail.com](mailto:AscensionTimes@gmail.com) with the message "YES to Abundance!"**

**III OPENING MEDITATION; HOUSEKEEPING; ACCESS TO PODCAST; MAYAN CALENDAR**

**A. Opening Meditation: Rainbird – Prayer to the 7 Sacred Directions**

**B. Mayan Calendar: Rainbird**

- **Go to** <https://www.spacestationplaza.com> – to locate specific days & lots more information: on the home page, you can find out what your Mayan signature is; while there, look and see where the wave began: that is the birth wave
- **to learn about the Mayan Calendar, Go to** <https://www.spacestationplaza.com> which will link you further to [www.lawoftime.org](http://www.lawoftime.org) website for further information.

**13<sup>th</sup> Fri – 8 IK – White Galactic Wind – Visionary Aspect – PORTAL DAY -**

It's Friday the 13<sup>th</sup> in our calendar and it's a 13 day too – 2021+08 = 13  
About co-creation of heaven on earth; truth in all matters; remembering our connection to Spirit – allow spirit to work through us; let go of any judgment of others.  
We're in the Wave of Men so look at the big picture

**14<sup>th</sup> Sat - 9 AKBAL – Blue Solar Night – Artist Aspect – participation, working with abundance; being**

**15<sup>th</sup> Sun – 10 KAN – Yellow Planetary Seed** Assumption Day: birth of Mother Mary, Our Lady of Guadalupe: she was also the result of an immaculate conception, as was HER mother

- Kan is a healing aspect – healing ourselves, the planet ; an openness to life. Let go of any stagnation, have openness to life.

**16<sup>th</sup> Mon – 11 CHICCHAN – Red Spectral Serpent – Warrior Aspect -** we're here to shed our current skins; let go of blockages of the eah

**17<sup>th</sup> Tues – 12 CIMI – White Crystal World Bridger -** 34<sup>th</sup> anniversary of Harmonic Convergence – crystal clear thinking **WARRIOR aspect** – forgiveness and living in bridge between past and future; transmutation is part of this;

**18<sup>th</sup> Wed – 13 MANIK - Blue Cosmic Hand- Healing Aspect –** to work with the idea of healing selves and others; bring the gift of healing humankind

**19<sup>th</sup> Thur – 1 LAMAT - Yellow Stargate Visionary Aspect –** learning to compromise and not give our power away. Illumination of human kind is our work; opening the Stargate – let go of self - doubt

**20<sup>th</sup> Fri – 2 MULUC - Red Lunar Moon – Artist Aspect –** wise use of rational mind; embrace the gift of joining with spirit; remember that Universal mind is our mind – let of of insensitivity

13: a goddess energy – it's 13:13 which is 26 – about empowerment, compassion

[www.Spacestationplaza.co](http://www.Spacestationplaza.co) Click on the tzolkein – it's on page 2 of the link.  
For even more information, SEE ALSO [the Law of Time.org](http://theLawofTime.org)

**This is not a 3<sup>rd</sup> dimensional calendar -**

**C. Housekeeping: Rain Bird**

- Asking to **have more people contribute**, as some of the regular, long-term donors are stressed and stretched: **any and all small amounts are helpful and very welcome.**

**BBS: 804-220-6484 PEOPLE CAN NOW PHONE IN TO LISTEN TO THE CALLS!!**

- Listener-supported radio programs; program archives can be accessed
- The radio program costs \$300 per week. **Need \$ 345 to catch up**  
**Thank you, thank you, thank you ! .**

- Go to BBSradio.com/Station2; find the listing for **Friday Hard News Call & Paypal** button
- BBS appreciates getting checks via the mail: no Paypal fees!
- The mailing address for those who do not like paying electronically:

**B B S RADIO**

[Please put **"Attention Don"** on the envelope]

**58 N Marshside Pl  
Spring, TX 77389**

[Note inside that it's for T & R calls  
[& the Thursday call, as well]]

- **BBS archives can be accessed by everyone;** there are archives on [www.rainbowroundtable.net](http://www.rainbowroundtable.net) All are free to access.

**T & R:** Their full-time, life-time commitment is to be tuned in to what is really going on behind the artificial world we see around us. They don't ask for anything but they do require food, a home, gas for the car, and access to BBS Radio in order to compile and distribute this information to the world.

- Donations via Paypal button on the **homepage** [www.rainbowroundtable.net](http://www.rainbowroundtable.net)

**FOOD MONEY:** VIA PAYPAL OR See the PAGE ON [www.rainbowroundtable.net](http://www.rainbowroundtable.net)

Rama has a pride of 9 Paschats + 2 inside kitties + 2 HUMANS = 13 in total

**BASICS: Food for Paschats, the car, T & R - \$200++ - FOR THIS WEEK  
BILLS: \$450 from last month!**

- **Please notify T & R when sending something:** [koran999@comcast.net](mailto:koran999@comcast.net)  
EVERY \$5 HELPS - ALL GRATEFULLY RECEIVED  
**PLEASE MAKE AN ATTEMPT TO DONATE THIS MONTH**

- **Rama's mailing address** for cheques, money orders: Ram D Berkowitz  
PO Box 280  
Santa Cruz, NM 87567

- **Remember you can book a session with Mother, as well!**

**\*\* [www.rainbowroundtable.net /page/donate](http://www.rainbowroundtable.net/page/donate) \*\***

- Your donation supports an account set up for Tara & Rama with **Beneficial Farms Community Supported Agriculture in Santa Fe, NM**
- They continue to appreciate each & every donation received for food.
- Please continue to go to [www.rainbowroundtable.net](http://www.rainbowroundtable.net) and link to their Paypal account: click on the word CHANGE;  
choose **family and friends option so Paypal takes off no fees.**

**FREEMART:** Rama and Tara are being helped by this account: they get their supplements there. **The returns also help [www.rainbowroundtable.net](http://www.rainbowroundtable.net)**

<https://www.shopfreemart.com/tarram> a/c # 7000

- all the products have much to offer, so take a look!
- Freemart is a private shoppers club; it's **FREE TO JOIN.**

**Also**, check out the heading called **READ MORE** for the good information it has

**D. Access to this week's Podcast**

<https://bbsradio.com/podcast/hard-news-friday-august-13-2021>

**NOTE AGAIN: dial 1-804-220-6484 to listen to BBS Radio TV Station 2.**

**HARD NEWS:** Rama, Tara [R,T] • •

**R, T: Greetings to all! And thanks for being here!**

**Happy Friday the 13<sup>th</sup> - Happy Birthday to Padme + Ahalya + Gail Orman**

**Reading: Grandma Chandra's message**

**From: Grandma Chandra <[grandmachandra@gmail.com](mailto:grandmachandra@gmail.com)>**

**Hello Soul Family!**

The number 13 relates to the 13th dimension. It is the dimension of the Ascended Christ and the Dolphins and the Whales. The Dolphins and Whales live on the 13th dimension and this day is a celebration of them.

This day is also an activation of the 13th chakra using the Lions' Gate energy. Through this activation you will be reconnected with the whales and dolphins and will start working in the 13th dimension. You will be receiving the energies from the 13th dimension on a level that you will be able to recognize, register and start using in your Ascension process.

The Dolphins and Whales are passing more responsibilities to you while supporting and tracking the Akashic Records. The more you step into the 13th dimension the more you as Humanity will be able to do the work that Dolphins and Whales are doing, to support the Akasha for all Humanity, to interact and exchange Akasha with Gaia and to transmit the Akashic Records to the galaxy through the 13th dimension.

Your Auric Field and Merkaba will be expanding to allow you to do this work. This new vibration will be registered both in your Aura and your electromagnetic field. You will be recognized as the ones doing this work on the energetic level by all the other multidimensional beings.

**R: talked to Abby Martin – about Afghanistan**

**T: the US Deep State is funding the Taliban to do all of this**

on BBC R heard that maybe by the 9/11, the Taliban will have taken over the whole of Afghanistan  
Republicans funding things too – and the Dems are not innocent . . .

**T: the galactics are going to**

**Tom the Cat: Wed at 12:20 pm in the afternoon –**

**do a massive EBS test system across the country:** said it was tweaking the system  
R thinks is it the Forces of Light -

**R: Israel** would like to do some kind of end game

**T: two UFOs swooping over the clouds in Canada**

**2021-08-13 Two planes report 'bright green UFO' swooping through the clouds over Canada**

<https://www.space.com/canadian-aircrafts-report-ufo-july-2021>

Vice News – Aug 11, 2021

both saw a bright green object flew into a cloud and disappeared

**Reading: 2021-08-05 Jeffrey Clark bombshell shows he worked closely with Trump to overthrow election**

[https://www.veteranstoday.com/2021/08/05/jeffrey-clark-bombshell-shows-he-worked-closely-with-trump-to-overthrow-election/?mc\\_cid=b1d27aef45&mc\\_eid=021d50cea5](https://www.veteranstoday.com/2021/08/05/jeffrey-clark-bombshell-shows-he-worked-closely-with-trump-to-overthrow-election/?mc_cid=b1d27aef45&mc_eid=021d50cea5)

**AUDIO:**

**2021-08-01 Apocalypse HOPI Prophecy is Coming True | Floyd 'Red Crow' Westerman (Kangi Duta)**

<https://www.youtube.com/watch?v=u4DCFvaK7LA>

He said the population went from 60 million to 800,000 between the arrival of the first Europeans which they call World War 1 to World War 1 – 1917 etc

**CONFERENCE CALL**

<https://fccdl.in/44tsRGIuxH>

Reference to the cartoon sent out, of an older lady in the confessional telling her priest that she had sinned, as she had killed her Congressman – to which the priest replied that he was not there to listen to her community service, but to her sins . . .

it's not in the least about promoting violence, but about the irony in the cartoon: that anyone should ask forgiveness of those who commit/have committed murder in a very real sense!

Another layer of irony was added in the discussion following: the little old lady just made a little more money for the Vatican, as every death adds a healthy chunk of change to the Vatican coffers , , , ,

Also: Today is Friday, the 13<sup>th</sup> – Mothers Day!

In the Tarot, there is a major arcana card, represents courage: Mother is in there and there is a black cat on her throne – that black cat is connected with Fri 13<sup>th</sup> – it represents Mother having her dinner – a symbol of paschats

The story of Margaret Mead going to visit the home of Robert Masters and Jean Houston; she went early every morning to sit in front of the

statue of Mother that the couple had in the entrance to their home.  
 One morning, Moother got out of her chair and sat with Margaret  
 Robert Masters and Jean Houston wrote a book called  
**The Goddess Sekhmet: 5th Dimensional Psycho – Spiritual exercises of  
 the 5th way Practices**

- Rainbird:** speaks of being in DelRio, Tenn – with her friends –  
 her friend, at 3 years old, started studying with Robert Master, and her partner started  
 with Jean Houston – it was a temple to Sekhmet
- RB could see the infinity symbol between them
  - water and salt were part of the ceremony every day

Discussion about the number of people who lived on Turtle Island before 'settlers' came  
 Some say there were 169 MILLION who were here when the first Europeans came

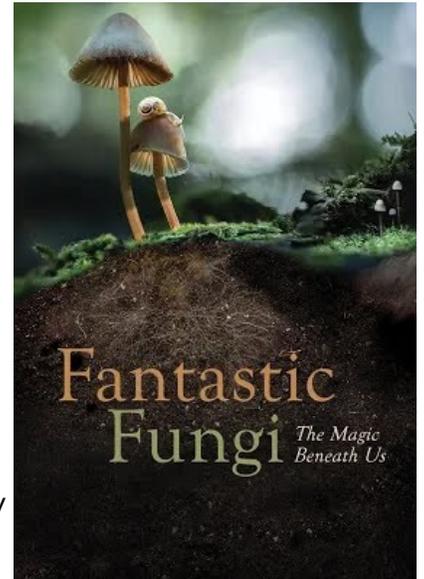
One caller watched *Fantastic Fungi* on netflix

- Greg Palast exposed Bush Jr and the recount against Al Gore –  
 90,000 + poc votes were dumped into the ocean –
- Palast followed the person out of the office who ended up  
 giving away his own guilt
- Greg IS FACTION 3 AND THEY PROTECT THEIR PEOPLE.

- A couple of days a wider venue to get Julian to the US is open – but  
 don't think it will happen

**R:** JA has so many journalist friends around the world – and the  
 English court is messing with the right to speak for journalists  
 to defend themselves – T

- The Magna Carta gave the people the basis for common law,  
 constitutional law NOT statutory law: they are playing with very  
 evil stuff –
- Right at this time as we approach 9/11, something will pop
- JA's connections: if he ends up dead there are 40 other people who have the info and it will be  
 dumped all at once
- would be akin to the DC Madam or Ms Maxwell opening the book and reading the names  
 of regular visitors - in public!



*Cotton MS. Augustus II. 106*, one of only four surviving  
exemplifications of the 1215 text

- Created** 1215; 806 years ago
- Location** 2 at [British Library](#); 1 at [Lincoln Castle](#)  
 and [Salisbury Cathedral](#)
- [John, King of England](#)
  - His barons
- Author(s)**
- [Stephen Langton, Archbishop of Canterbury](#)



**Purpose** [Peace treaty](#)

1215 - **Magna Carta Libertatum** ([Medieval Latin](#) for "Great Charter of Freedoms"), commonly  
 called **Magna Carta** (also *Magna Charta*; "Great Charter"), [\[a\]](#) is a [royal charter](#)[\[4\]](#)[\[5\]](#) of

**rights** agreed to by **King John of England** at **Runnymede**, near **Windsor**, on 15 June 1215. **[b]** First drafted by **Archbishop of Canterbury Stephen Langton** to make peace between the unpopular king and a group of rebel **barons**, it promised the protection of church rights, protection for the barons from illegal imprisonment, access to swift justice, and limitations on **feudal** payments to **the Crown**, to be implemented through a council of 25 barons. Neither side stood behind their commitments, and the charter was annulled by **Pope Innocent III**, leading to the **First Barons' War**.

- Ms Maxwell trying to get out by squealing – trying to get a deal like Bill Cosby: get out of jail and be under house arrest. That won't get her out of jail – it would take down big banks , all the courts, the Legislative Branch, the Senate, people like Elon Musk
  - yes, she's safer in jail than in a private home – she'd need top security as so many want her – are after her – and security is expensive!
  - she's probably on 24 hour lockup – she knows Epstein is still alive and who did what sexual whatever with whom!

Caller: any thing happening galactically on Aug 22<sup>nd</sup>?

- Uranus goes retro on the 19<sup>th</sup> – Uranus is sudden dramatic change – also

**R: They are** playing with with strange stories about end time scenarios

- all the stuff going on with consciousness and the conflict gets out of hand

- What is going on in Afghanistan is the final story

**Ca/A:** Sept 24<sup>th</sup> article ties in – does anyone know about the baby being born on 24<sup>th</sup> of Sept

**T:** when she read the info, knows there are other dates for the same thing

her take is there are many little goddesses ready to be born

**A:** but it is this one who is supposed to shift the vibrations on the planet to a higher level than ever before

**T:** a little boy – would bring the male energy into balance

**R:** heard a story that after Sai Baba, the next incarnation would be a girl and an Avatar on the planet

**T:** has heard one story that the girl has been born

**R:** when the situation reaches red alert – will . . ? - wishes he knew who the being was

**RGM:** the new ayatollah has given Keshe Foundation the green light -

- the video RGM received is of a portal WHICH IS TOTALLY GENUINE

**B B S RADIO**

**AUDIO: THE BIGGER PICTURE** by Patricia Cota-Robles [www.eraofpeace.org](http://www.eraofpeace.org)

**VLOG 231 THE BIGGER PICTURE**



**AUDIO: The Ascended Masters Broadcasts**

<https://radiantroseacademy.com/sanctuary/loving-our-planet-free/the-ascended-masters-broadcasts/>

**Mother Akasha – August 13th 2021: [Listen/download](#)**

<https://instantteleseminar.com/Events/127304067>

**MOTHER SEKHMET / ALCYONE**

**[M/A ]**

Greetings in the Light of the Most Radiant One. In the Office of the Christ and only in the Office of the Christ, we invoke the loving energies of St Germain and the Violet Flame

**Greetings, Children of RA!**

You heard it from the Lady Master on line: we are here! Call us in! We will show up!

- It is about this moment as the great shift is unfolding even as we speak. Sun going through transfiguration – us too! It's about this cosmic shift we all volunteered to be part of at this time. It's no accident we're all here at this time, in whatever circumstances got us here.
  - Let's say, we will be learning more about the ways of the Force from these masters who are showing up now. What She can say is – like Grandfather Red Sky said: Gotta listen to Her as we walk on Her: listen to the breath in and out, and something got shifted along the way.
- It is about this cosmic moment right at this time. She can say that, with great certainty, what happened a while back with Fat Man and Little Boy – not gonna do that one again!
  - There is still and yet the restoring of this planet. Like they have said many times: as peace is declared and the toys of war no longer function – in 30 days, give or take, we will have this planet back in balance like before the flood.

- There are so many craft that are in orbit: it's this great shift that has reached its peace rather than war. It makes something happen, in / of itself.
- By choosing peace and love, there is a frequency within the Force; it's this quantum field that is awakened and is part of everything that we are experiencing.
  - At this time, her wayward children are playing out their final, last few nano seconds with the old timelines and the dogs of war, and it is failing. The people of earth have chosen peace. How we bring that about starts here, in this living temple of the Radiance of All That Is – we got the power! We heard Lady Master Akasha say "Call us in; we'll have that cup of tea with you" and class is now in session.
  - The rest of story is about not getting caught in the fray cos they want us to be part of t that bully stuff, that doesn't quite fit in with what is happening with the rest of the local systems.
- This obsession with playing around with the different 22 amino acids and trying to find the key to immortality – She is speaking in a roundabout way of this funny story about the A word that her wayward children want to drink the adrenalin / adrenochrome of – it's all about this funny old ritual of keeping the old timeline in place – it' s over.
- We're in Sat Yuga and with that comes the - like he said - the Grandfather – whoever you call Creator, All That Is – we are all co-creators of this realm.
  - We had a part to play in every precious molecule of life. As we awaken to the mysteries of what we can do, by healing ourselves first , forgiveness, kindness: like His Holiness Koon Doon just said – gotta send more love to the situations, even tho we're sitting in Mordor, so to speak.
  - Yet even in Mordor, we can have a picnic and the grass is green, and the fairies and the elves showing us - what's transforming within this story at the moment is so huge – we can only say it is about our transfiguration and the sun, the every particle of life –
  - Like Chief Seattle said 'Every part of this earth is sacred to our people' – it is getting restored even as we speak. The dolphins, the whales – they have been here since the beginning – this guy [Rama] used to be one of the priest scientists in the Temple of Whales and Dolphins in Atlantis.
  - It's time: they are all here; we are all here - going home is about going inside here, this temple of the living radiant energy of All That Is –
  - as we really grok how big this is, we are living sons and daughters of the Most High – it's a big deal
  - Yet before and after Enlightenment, chop wood and carry water - part of the deal. As things unfold and transpire, we are so grateful we get to do this with her. Like She said, She likes Macha latte, hot!

Greetings,

**T:** Mother: thank you – we're gonna dance now, right? As it's your birthday, how old are you today?

**M/A:** Old enough to know better! The inside story of this is we never lost our powers, our siddas

T: they just made us believe we were less than . . .

- They gave us the illusions from The Matrix to make us think we were frail life forms like snails.
  - Yet even snails have a part to play in this as they are part of the circle of life. Every single nanite has a part to play in this.

- Even these things they have created - Let's put it this way: as we talk to the cells, the molecules, the particles - at that Planck level as Nassim talks of - every particle responds to love, not hate, so this is a failed story, already done. Put it to bed.
- We have won, yet at the same time, it is the due diligence of waking up every part of Self that got lost in the garden, having the abilities as creator goddesses and gods and getting stuck in lower chakras - like Patti just said: the last little bit of the goo left from the old time line - shake it off like water cos it is done

**T:** thank you for that

**M/A:** we'd better go time goin' by for you all . . .

**T: We** appreciate you for sure - quite a movement going on now - the best thing is to remain in divine neutrality

**M/A:** Yes we can - She says something in Light language -

**Both:** Greetings in the Light of the Most Radiant One Kadoish, Kadoihs, Kadoshi. Sabeoth; Kadoish, Kadoish, Kadoidsh , Adonai

**M: We've got the power. Remember!**

**Rama Returns:** Greetings! Was to Shamballa the Greater where there is a great conclave going on - many folks speaking, sharing the wisdom of what's going to happen here

**T:** Jeff Bezos, Elon Musk and Michael Bloomberg - putting their billions together and think they will drill down into Greenland and get copper and exotic minerals for electric car building - where's my shuttle craft?

**R:** the eleven lords, the fairy lords, the beings who protect the Arctic Circle and the Rainbow Bridge - start messing with the energies up there, things will go wonky

**T:** they have taken so much from the planet - enough already!

wonder if they've had their ears open and listening to that crazy idea of theirs

**R:** the ones who are probably listening to those 3 are the Deep State and those who like to play with the toys from Area 51 - they don't get to, even though they want to try

**T:** there is something that will do better than multi-multi-billionaires investing in taking . . .

**R:** Greed is over! Thinking they will go into space and rape the asteroids

**We** did that a long time ago and that got us into the mess we're in - we got quarantined to this planet - the Matrix - let it go

**AUDIO: DEMOCRACY NOW**

**SEE BELOW FOR THE TRANSCRIPTS**

**2021-08-13 Headlines August 13, 2021**

**2021-08-13 Afghan Journalist: Only a Political Compromise Can Stop Taliban's Military Takeover of Afghanistan**

[https://www.democracynow.org/2021/8/11/taliban\\_territory\\_seizures\\_afghanistan](https://www.democracynow.org/2021/8/11/taliban_territory_seizures_afghanistan)

**2021-08-13 Press Freedom Under Attack in Mexico as TV Anchor Gets Death Threat from Cartel over Reporting**

[https://www.democracynow.org/2021/8/13/mexican\\_cartel\\_threats\\_azucena\\_uresti](https://www.democracynow.org/2021/8/13/mexican_cartel_threats_azucena_uresti)

**2021-08-13 "Not Going Quietly": Paralyzed with ALS, Ady Barkan Continues Fighting for Medicare for All**

[https://www.democracynow.org/2021/8/13/not\\_going\\_quietly\\_documentary\\_film](https://www.democracynow.org/2021/8/13/not_going_quietly_documentary_film)



**AUDIO: Economic Update: A US Left Rises to Remake the World 2021-08-09**

**VIDEO:** <https://youtu.be/XpwUMkEXTas>

**PODCAST:**

[https://traffic.libsyn.com/secure/economicupdate/Econ\\_Update\\_2021.08.05.S11E29.mp3](https://traffic.libsyn.com/secure/economicupdate/Econ_Update_2021.08.05.S11E29.mp3)

On this week's show, Prof. Wolff presents updates on the "Friends" reunion and what it teaches, how China outmaneuvers US tariffs, etc., and how Yellow Vests plus French unions defeated Macron "reforms." On the second half of the program, Wolff interviews Astra Taylor, filmmaker and debt rebellion activist.

**AUDIO: REDACTED TONIGHT 2021-08-13**

**~351~ Supermarket Scam: Mega Firms Control What We Eat and Grow**

<https://www.youtube.com/watch?v=Fkvad0zitv4>

Naomi Karavani hosts Redacted Tonight this week. A few corporations have taken near-monopoly control over the foods we buy in grocery stores. Karavani exposes how these special interests have managed to win insane subsidies for their businesses and force processed food products on society. It's a story of lobbying, bribes, and propaganda that lets these corporations get away with putting trash on our tables while paying peanuts to the people who produce their products. Also in this episode: Naomi Karavani covers big pharma's push for bigger profits from the vaccine, the FBI's latest invasion of your privacy in tandem with big tech, and much more.

Jaffer Khan joins Naomi Karavani to look into the resignation of New York Governor Andrew Cuomo. The corrupt governor will leave power after an investigation exposed the prolific sexual harassment women working with him were subjected to. Khan goes into the many reasons he should've resigned years ago.

Anders Lee reports on the real reasons that the US is facing a "labor shortage" and how corporations have gone about addressing their problem. More companies are turning their attention to prison labor as workers remain resistant to returning to low wage jobs while they have other options.

### **Junk Food Monopolies**

**Watch full episode on the PortableTV App:** <https://portable.tv/videos/junkfoodmo...>

Naomi Karavani on how the junk food industry won monopoly power, the push for vaccine profits, & more. Jaffer Khan on Gov. Cuomo's resignation. Anders Lee on companies using prison labor to fix their 'labor shortage.' Click Play!

**No Rainbird: No closing comments**

### **Rama's final Choices**

**The Secret of Life** - Alan Watts <https://www.youtube.com/watch?v=iZ8so-ld-l0>

**Song:**

## INFORMATION RELATED TO THE NOTES

### 2021-08-13 Two planes report 'bright green UFO' swooping through the clouds over Canada

By [Brandon Specktor](#) about 4 hours ago

<https://www.space.com/canadian-aircrafts-report-ufo-july-2021>

A military plane may have had to swerve to avoid the mysterious object, surveillance data shows.



Two aircraft reported seeing a bright green UFO over Canada in July 2021. (Image credit: Getty)

Late on July 30, pilots of two separate aircrafts — one military and one commercial — reported seeing a mysterious green [UFO](#) vanish into the clouds over the Gulf of Saint Lawrence on the Atlantic coast of Canada, [Vice News reported](#).

According to a [report posted Aug. 11](#) to the Canadian government's aviation incident database, both flights witnessed a "bright green flying object" that "flew into a cloud, then disappeared." The object did not impact the operations of either flight, the report noted.

One of the aircrafts that reported the sighting was a Canadian military plane, flying from a base in Ontario to Cologne, Germany. The passenger flight was a KLM Royal Dutch Airlines plane flying from Boston to Amsterdam. Steffan Watkins, an aviation and shipping researcher, looked at

transponder data from the two flights and saw that the military plane climbed 1,000 feet (300 meters) in altitude at the time of the sighting — possibly to avoid the object or get a closer look at it, [Watkins tweeted](#).

There's a chance the UFO could have been a [meteor](#) streaking through the sky.

"Yes I know [the UFO sighting] would have been at the early stage of the [Perseid meteor shower](#)," Watkins added, "but don't be a buzzkill." (The Canadian aviation report tagged the incident with the catch-all label, "weather balloon, [meteor](#), rocket, UFO," not ruling out a space rock as the possible culprit.)

Unlike the U.S. defense department, Canada's Department of National Defense does not track UFO sightings, a department spokesperson told Vice. Still, there is no shortage of civilian enthusiasts north of the border; in December 2019, a private collector donated more than 30,000 UFO-related documents to the University of Manitoba in Winnipeg — including scores of documents on the Falcon Lake incident, Canada's most infamous UFO case, [Live Science previously reported](#).

Meanwhile, in June 2021, the Pentagon publicly released a long-awaited report on [more than 140 documented UFO sightings](#) by U.S. Navy pilots. The report concluded that "most of the UAP [unidentified aerial phenomena] reported probably do represent physical objects," though there is no evidence that [alien](#) visitors are behind any of the incidents.

Of course, that's just the unclassified, nine-page version of the report. Some of the report's "juiciest details" hide in a classified annex, which the public will never see, [The Guardian](#) reported.

*Originally published on Live Science.*

**2021-08-05 Jeffrey Clark bombshell shows he worked closely with Trump to overthrow election**

[https://www.veteranstoday.com/2021/08/05/jeffrey-clark-bombshell-shows-he-worked-closely-with-trump-to-overthrow-election/?mc\\_cid=b1d27aef45&mc\\_eid=021d50cea5](https://www.veteranstoday.com/2021/08/05/jeffrey-clark-bombshell-shows-he-worked-closely-with-trump-to-overthrow-election/?mc_cid=b1d27aef45&mc_eid=021d50cea5)

The noose around the Trump Steal campaign tightens a little more with these new revelations

By [Jim W. Dean, Managing Editor](#)

**2021-08-04 This Trump Loyalist 'Aimed A Nuclear Weapon' At U.S. Democracy**  
<https://www.youtube.com/watch?v=6Hblq3d3o1s>

**Chris Hayes on Trump's loyalist at DOJ, Jeffrey Clark: "He was willing to be the trigger man for Donald Trump in his attempt to kill off American democracy in its present form —and that is not hyperbole."**

...from **MicroSoft News**, and **MSNBC**

**[Editor's Note:** Glenn Kirschner (see below) thinks that Jeffrey Clark should be disbarred and even charged for conspiracy with Trump. Clark went way over his head in presenting the DoJ's alleged position on the election controversy, by misrepresenting it.

He even used the term "sworn witness testimony" which the courts had ruled over and over as inadmissible as hearsay, but designed to fire up the base with never ending accusations of fraud.

The New York Supreme Court stated this position for the record in suspending Rudy Giuliani's law license. We are waiting on its ruling on whether to disbar Rudy.

**Clark's draft of an email to the Georgia legislature was refused to be signed by acting Attorney General Rosen, who later would be squeezed even more directly via Trump's infamous phone call with Rosen asking him to state that the election was tainted with significant fraud, where notes were taken for evidence to be used after the fact, and they were.**

I have added the Kirschner video below for his prosecutor's viewpoint. He says that Clark's even having discussed the states overthrowing the elections plan with Trump ties him in potentially as a conspirator, and is another nail in Trump's coffin... **Jim W. Dean ]**



Jeffrey Clark in the spotlight

**First published ... August 05, 2021**

**Then-acting civil division chief Jeffrey Clark sent a draft letter on Dec. 28, 2020 that asked the governor and state legislature of Georgia to convene a special session that would examine mythical allegations of mass voter fraud perpetrated by President Trump, ABC reported.**

...“While the Department of Justice believe[s] the Governor of Georgia should immediately call a special session to consider this important and urgent matter, if he declines to do so, we share with you our view that the Georgia General Assembly has implied authority under the Constitution of the United States to call itself into special session for [t]he limited purpose of considering issues pertaining to the appointment of Presidential Electors,” the memo reads, as reported by ABC.

Per the NYT, Clark also reportedly told Rosen to declare that the election had been tainted with corruption, and that Trump would install him as AG.

The department’s senior leaders were shocked when Mr. Clark’s machinations came to light.

They have spent recent weeks debating how he came to betray Mr. Rosen, his biggest champion at the department, and what blend of ambition and conviction led him to reject the results of the election and embrace Mr. Trump’s claims, despite all evidence to the contrary, including inside the department itself.

\*

### **2021-08-05 Trump Tells DOJ Officials to Lie About Election, DOJ Official Jeffrey Clark Does as Trump Directed**

[https://www.youtube.com/watch?v=Vq\\_HqwBSOiY](https://www.youtube.com/watch?v=Vq_HqwBSOiY)

In a brazen and breathtaking act of corruption, DOJ Official Jeffrey Clark drafts a letter to Georgia state officials falsely telling them that the election result in several states are suspect and urging them to convene a special session of the Georgia state legislature that would put them on the path to rejecting Joe Biden's win in favor of declaring Trump the victor in Georgia.

This blockbuster revelation is yet another data point in proving that Donald Trump was engaged in systematic, conspiratorial efforts to unconstitutionally retain power and corruptly prevent the election results from being certified for Joe Biden, the rightful winner of the presidential election.

[Jim W. Dean, Managing Editor](#)

Managing Editor

Jim W. Dean is Managing Editor of Veterans Today involved in operations, development, and writing, plus an active schedule of TV and radio interviews. [Read Full Complete Bio >>>](#)

Watch Headlines

## U.S. Begins Evacuating Afghanistan Embassy Staff as Taliban Seize Kandahar and Herat

Aug 13, 2021



In Afghanistan, the Taliban has seized control of Kandahar and Herat, the country's second- and third-largest cities. Taliban forces have also overrun Lashkar Gah, the provincial capital of Helmand province in the south. It's one of 17 provincial capitals now under Taliban control. The Taliban accelerated its sweeping offensive last week as the United States was pulling out its troops after nearly 20 years in Afghanistan. On Thursday, the Biden administration announced it is sending 3,000 extra troops to Kabul to help evacuate embassy staff. Britain and Canada are also sending in new troops. State Department spokesperson Ned Price spoke on Thursday.

**Ned Price:** "We expect to draw down to a core diplomatic presence in Afghanistan in the coming weeks. In order to facilitate this reduction, the Department of Defense will temporarily deploy additional personnel to Hamid Karzai International Airport."

Aid groups are warning of a humanitarian crisis in Afghanistan as tens of thousands flee their homes to escape the Taliban. Meanwhile, the Afghan government has reportedly offered a power-sharing proposal to the Taliban.

## China Closes Shipping Terminal over Single COVID-19 Case; Russia Logs Record Death Toll



China indefinitely closed a terminal at the world's third-busiest container port Thursday after a single worker tested positive for coronavirus. The shutdown came as China struggles to maintain its "COVID-zero" policy after it detected its first Delta variant infection last month.

Australia's capital, Canberra, has begun a one-week hard lockdown after officials confirmed the first locally transmitted COVID-19 case in over a year. Almost half of Australia's population is now in lockdown amid the nation's largest COVID outbreak in a year.

Russia recorded a record high 808 COVID-19 deaths on Thursday. It was Russia's fifth record high daily toll this month — and came one year after the highly effective Sputnik V vaccine was approved. Fewer than one in five Russians are fully vaccinated, even though shots are widely available.

### **FDA Approves Third COVID-19 Vaccine Dose for Immunocompromised People**

Aug 13, 2021

Here in the United States, the Food and Drug Administration has granted emergency use authorization for a third shot of the Pfizer or Moderna vaccine to certain immunocompromised people. Centers for Disease Control and Prevention Director Rochelle Walensky said Thursday the shots will be made available to cancer patients, organ transplant recipients and others who are less able to mount an effective immune response to vaccines.

**Dr. Rochelle Walensky:** "To be clear, this is a very small population. We estimate it to be less than 3% of adults."

### **New Orleans, San Francisco to Require Vaccination Card or Negative Test for Indoor Venues**

Aug 13, 2021

New Orleans and San Francisco said Thursday that all patrons to bars, restaurants, gyms and other indoor spaces will be required to show proof of vaccination or a recent negative coronavirus test. New York City is adopting a similar requirement next week.

On Thursday, the U.S. Supreme Court ruled that Indiana University may keep its requirement that students attending classes be vaccinated against COVID-19. Justice Amy Coney Barrett turned down a challenge to the requirement without comment and without referring it to the full court.

## Four Teachers in Florida's Broward County Die of COVID-19 in One Day



In Florida, Brevard County's fire chief is pleading with residents to cut back on 911 calls as a surge of COVID-19 cases is overwhelming hospitals and leading to a shortage of ambulances. In Broward County, teachers union president Anna Fusco says four Broward County school teachers died of COVID-19 in just one 24-hour period this week. And she said students are getting sick and dying across Florida, too.

**Anna Fusco:** "We had a student pass away in Duval County. We had a student pass away in Alachua County. And right here in Broward County, we have a 15-year-old high school student that is at a school that's no less than five miles away from our union hall that is fighting for her life on a respirator."

Over 800 Florida physicians have signed an open letter to Republican Governor Ron DeSantis calling on him to repeal his executive order punishing school districts and officials who order mask mandates and other public health measures. DeSantis has threatened to stop paying the salaries of school administrators who support mask mandates.

In Texas, Houston school board officials have voted to require all staff, students and visitors to wear masks on school property. The order defies a ban on mask mandates by Republican Governor Greg Abbott.

## Supreme Court Blocks Part of New York Eviction Moratorium Despite Worsening Pandemic



Image Credit: Twitter: @housing4allNY

The U.S. Supreme Court has blocked part of a New York state eviction moratorium, a ruling that housing advocates say could lead to thousands losing their homes. The moratorium, which was set to expire at the end of the month, barred landlords from evicting tenants who filled out a form claiming economic hardship, instead of going through a court hearing. This comes as new data from the National Low Income Housing Coalition shows that nearly half of U.S. workers cannot afford to rent a one-bedroom apartment.

## Israel to Resume Building Illegal Settlements in Occupied West Bank



Israel announced it will resume settlement building in the occupied West Bank after an almost year-long break. The settlements are considered illegal under international law and routinely dispossess Palestinians of their homes and land. Some 2,000 new units for Jewish settlers are expected to be approved next week, as well as 1,000 units for Palestinians living under Israeli military control.

## Jewish American Leaders Demand AIPAC Apologize over Islamophobic Ads Attacking “The Squad”



At least 45 prominent Jewish American leaders are calling on AIPAC — the American Israel Public Affairs Committee — to apologize to progressive congresswomen of color, accusing the lobby group of putting their lives at risk with repeated Islamophobic attack ads. The ads link Congressmembers Ilhan Omar, Rashida Tlaib, Cori Bush and Alexandria Ocasio-Cortez to terrorism and mirror language used in death threats they have received. Omar and Tlaib are the first two Muslim congresswomen, and Tlaib is Palestinian American. They have been vocal critics of Israel’s violations of Palestinian human rights and its killing of Palestinians.

## U.S.-Mexico Border Apprehensions Hit 212,000+ in July, Highest Rate in 20+ Years



In immigration news, the number of asylum seekers apprehended at the U.S.-Mexico border has reached a nearly unprecedented level, with more than 212,000 people apprehended in July alone, including at least 19,000 unaccompanied children. People in Central America, the Caribbean and

other regions continue to flee worsening poverty, violence and the impacts of the climate crisis. At a press conference in Brownsville, Texas, yesterday, Homeland Security Secretary Alejandro Mayorkas once again warned asylum seekers not to come to the U.S., saying they'll be turned away. This comes as Biden officials still have not located the parents of over 300 children separated from their families at the U.S.-Mexico border by the Trump administration.

### **Texas Senate Passes Voter Suppression Bill After 15-Hour Filibuster by Democratic Lawmaker**



The Republican-led Texas Senate passed a sweeping voter suppression bill Thursday, following a 15-hour overnight filibuster by Democrat Carol Alvarado. Under Senate rules, Alvarado could not take bathroom breaks or drink water and was not allowed to sit or lean against her desk. Wearing sneakers and a back brace for support, she concluded her marathon filibuster Thursday morning.

**Sen. Carol Alvarado:** "Voter suppression anywhere is a threat to democracy everywhere. Thank you. Gratefully, thank you, Mr. President and members."

The bill now heads to the Texas House, where Democrats have successfully been delaying its passage by not showing up to vote, thus denying the chamber a quorum. Earlier this week, the House speaker signed 52 arrest warrants to compel the Democrats to return to the Capitol.

### **Sen. Rand Paul Failed to Disclose His Wife Bought Stock in Company That Makes COVID Drug**



The wife of Kentucky Senator Rand Paul bought stock in Gilead Sciences, a drug company which produces the COVID-19 treatment remdesivir, in the early days of the pandemic. Senator Paul made the disclosure just this week, more than 16 months after he was legally required to do so. As a member of the Senate Health Committee, Paul was briefed on the emerging pandemic a month before the shares were purchased in February 2020. An aide for the senator claimed the disclosure was prepared last year and Rand Paul believed it had been submitted. Meanwhile, YouTube suspended Senator Paul on Tuesday for one week for spreading misinformation, after he claimed in a video that masks are ineffective at protecting against COVID-19.

## 2020 Census Shows U.S. More Diverse Than Ever as White Population Dips Below 60%



The 2020 U.S. census data shows Asian and Latinx populations have boomed in the past decade, as the number of white people in the U.S. has fallen to under 60% for the first time on record. Census Bureau officials say the U.S. population is much more racially and ethnically diverse than ever before.

## 9,000+ Anti-Asian Incidents Reported in U.S. Since Start of Pandemic



Over 9,000 anti-Asian incidents have been reported across the United States since the beginning of the pandemic, according to the group Stop AAPI Hate. Women and older people are particularly at risk for the hate crimes. Rights groups have attributed the rise in violence to misinformation about the pandemic and the use of anti-Asian language by political officials, including former President Trump.

## Water Protector Begins 8-Year Sentence for DAPL Eco-Sabotage



Image Credit: Twitter @resistline3

In Minnesota, climate activist Jessica Reznicek self-reported to the Waseca Federal Correctional Facility Thursday to begin serving an eight-year prison sentence for damaging parts of the Dakota Access pipeline in 2016 and 2017. In 2016, Reznicek and fellow activist Ruby Montoya set fire to five pieces of heavy machinery being used to construct the pipeline. The two then moved up and down the pipeline's length, destroying valves and delaying construction for weeks.

Reznicek's imprisonment came the same week the U.N.'s Intergovernmental Panel on Climate Change warned in a major new report that the Earth could face runaway climate catastrophe unless drastic efforts are made to reduce greenhouse gases.

## 2021-08-13 Afghan Journalist: Only a Political Compromise Can Stop Taliban's Military Takeover of Afghanistan

Story August 13, 2021



[Watch Full Show](#)

[https://www.democracynow.org/2021/8/11/taliban\\_territory\\_seizures\\_afghanistan](https://www.democracynow.org/2021/8/11/taliban_territory_seizures_afghanistan)

### Guests [Lotfullah Najafizada](#)

director of TOLONews, a 24-hour news channel based in Kabul, Afghanistan.

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### Links [Lotfullah Najafizada on Twitter](#)

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The Taliban claim to have seized 17 provincial capitals across Afghanistan, including Kandahar and Herat, the country's second- and third-largest cities, as the group continues its sweep through the country. The Taliban now have almost full control of the south, west and north of Afghanistan and are advancing on the capital Kabul, where the United States is preparing to evacuate its embassy in case of a Taliban defeat of the Afghan government. The sudden and dramatic Taliban gains come as the U.S. withdraws its ground troops from Afghanistan after nearly two decades of war, with aid groups warning of a humanitarian crisis unfolding. Since January, nearly 400,000 have been displaced. Over 1,000 civilians have been killed or injured in fighting over the past month. "The Taliban is making very bold moves in their attempt for a military takeover," says Afghan journalist Lotfullah Najafizada, director of TOLONews. He warns that a Taliban victory would threaten the tenuous gains for civil society and press freedoms over the past 20 years, saying there needs to be international pressure for a political solution to the fighting. "The cloud of uncertainty is over Afghanistan," says Najafizada.

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### Transcript

This is a rush transcript. Copy may not be in its final form.

**AMY GOODMAN:** We begin today's show in Afghanistan, where the Taliban has seized at least 17 provincial capitals, including Kandahar and Herat, the country's second- and third-largest cities. The Taliban now has almost full control of the south, west and north of Afghanistan. Earlier today, the Taliban seized the capital of Logar province, the city of Puli Alam, which is about 50 miles from Kabul. Taliban's sweeping offensive comes as the United States is pulling out its troops after nearly 20 years in Afghanistan — the longest war in U.S. history. On Thursday, Biden officials announced that the United States is sending 3,000 extra troops to Afghanistan to help evacuate U.S. Embassy staff in Kabul. Britain and Canada are also sending in new troops. State Department spokesperson Ned Price spoke Thursday.

**NED PRICE:** This is not abandonment. This is not an evacuation. This is not the wholesale withdrawal. What this is is a reduction in the size of our civilian footprint. This is a drawdown of civilian Americans, who will, in many cases, be able to perform

their important functions elsewhere, whether that's in the United States or elsewhere in the region. So, the message shouldn't be — the implications of this shouldn't be outsized.

**AMY GOODMAN:** Aid groups are warning of a humanitarian crisis in Afghanistan as tens of thousands flee their homes to escape the Taliban. The United Nations says more than a quarter of a million people have been displaced since the militants began their assault in May. Over 1,000 casualties have been reported in fighting over the past month. On Thursday, Pakistani forces clashed with hundreds of Afghans stranded at the border between the two countries after they fled the Taliban offensive.

**FAIZ REHMAT:** [translated] There are sick people here, as well as travelers. The travelers have spent all the money they had. All of it. They're stranded here, taking refuge under trees or under vehicles. There are too many difficulties here.

**AMY GOODMAN:** Aid groups are warning of a humanitarian catastrophe. The United Nations, again, says more than a quarter of a million people have been displaced. And again, over 1,000 casualties have been reported in the last month. We talked about Pakistani forces clashing with hundreds of Afghans at the border. On Thursday, after talks in Doha, the United States, China and other nations issued a call for an immediate peace process and an end to the fighting. The Afghan government has reportedly offered a power-sharing proposal with the Taliban. Meanwhile, the United States is threatening to cut off future aid if the Taliban attacks the U.S. Embassy in Kabul.

We go now to Kabul, where we're joined by Lotfullah Najafizada. He's the director of TOLONews, a 24-hour news channel based in Kabul, Afghanistan.

Thanks so much for joining us. With this latest news of the Taliban capturing Kandahar, following Herat, can you talk about the significance of these latest events, and what's happening overall in Afghanistan?

**LOTFULLAH NAJAFIZADA:** I think these two major cities, including Ghazni, including Lashkar Gah, falling into Taliban hands in just a few hours is a significant, significant loss for the Afghan government. That means the Taliban is making very bold moves in their attempt for a military takeover. I think they're getting closer to Kabul.

As you describe, the humanitarian crisis is unfolding. There are thousands of Afghans who have come to Kabul from the provinces, and that's really, really alarming. The cloud of uncertainty is over Afghanistan. The visibility for what's going to happen past 24 hours isn't there. I think the Afghan people have never seen something like this in the past 20 years.

**AMY GOODMAN:** And the significance of the U.S. now sending in 3,000 more troops, sending back to where you are, in Kabul, they say, to help evacuate embassy staff, and then the Canadians and British following suit?

**LOTFULLAH NAJAFIZADA:** That's very clear that they come here to evacuate their staff, their embassy people. I'm not sure if that is helping with the situation.

I think what we need immediately right now is ceasefire, is an emergency meeting at the U.N. Security Council, is an understanding with regional countries that there has to be a political compromise as soon as possible, in a few days. And that should include compromise on the

Afghan government's side, on the Taliban side, more importantly, who are seeming to be not very welcoming, as well as, of course, pressure put on countries like Pakistan.

**AMY GOODMAN:** What does Pakistan exactly have to do with it, your understanding?

**LOTFULLAH NAJAFIZADA:** I think Pakistan had a lot of leverage that it could use over the past few years as we were discussing with the Taliban a political solution to the crisis. I think Pakistanis, they claim that they have done enough, but they said that they could — under no circumstances, they can go after the Taliban bases inside Pakistan militarily. So, if you rule out — if you rule out your most important option or leverage, then that means you're not doing enough. So I think that opportunity is lost.

But I think what can be done is that for the Afghan government and the Taliban, with mediation of the U.N. and the U.S., to see if they can reach some sort of a reduction in violence or ceasefire immediately. As you said, so many civilian casualties, so many destructions, so many Afghans leaving. That has to be stopped in order to prevent collapse of the country.

It's not just Taliban taking over Afghanistan from the Afghan government. I think it's about unrolling all of the achievements we have made in the past 20 years. With Taliban taking over Kabul, if that happens, we don't know if media channels are going to be there. All TV stations and radio stations and newspapers have shut down their operation in places the Taliban have taken control, including Kandahar, including Herat, yesterday. So, we know what Taliban's takeover is bringing with itself to the rest of the country.

**AMY GOODMAN:** Have shut down or have been shut down?

**LOTFULLAH NAJAFIZADA:** They have been shut down. They have — since yesterday, I think they started seizing their operation, and media staff have not shown up at work.

**AMY GOODMAN:** So, in the last weeks, you have the bombing outside the defense minister's house in Kabul. You have the killing of the spokesperson for the president of Afghanistan, someone you must have been familiar with since you're a journalist and he's the spokesperson. How are you preparing in Kabul, as you talk about the shutting down of news organizations? And what do you think is the timeline for Kabul now? The U.S. government was saying one to three months; some are now saying under a month.

**LOTFULLAH NAJAFIZADA:** Well, I hope — I hope that we're not going to come to that option. I mean, that's my hope. And I hope that we don't have to be able — we're not forced to stop our operation, and journalists should be able to continue their work, not just in Kabul, but in the provinces. So, I can't really put a time on when Kabul will fall, but I think the possibility is there, especially after the collapse of Kandahar and Herat yesterday.

**AMY GOODMAN:** Nearly a quarter of a million people have been internally displaced since May alone. On Wednesday, internally displaced Afghans set up makeshift camps in Kabul, in a Kabul park, after being forced out of their homes by Taliban fighters. This is an Afghan woman who fled, Zar Begum.

**ZAR BEGUM:** [translated] Taliban militants forcibly evicted me at gunpoint, killed my sons and forcibly married my daughters-in-law. They forcibly took three or four girls from each house and married them. We had to leave.

**AMY GOODMAN:** Can you talk about the displaced people, and also specifically the plight of women and girls, Lotfullah?

**LOTFULLAH NAJAFIZADA:** I think in one of these camps just north of Kabul, we heard that there were — children died because they had no access to powder milk. And in one of the parks which is closer to where I am right now, you see thousands of people living in a very, very miserable condition. I think that can also — I mean, that face of the city, I haven't seen for many, many years. So, it's really, really striking to see that the number of IDPs is growing. Let's not forget that these are people coming from the far provinces. But once Kabul is further surrounded, there is going to be more coming from the districts around Kabul, so the city will definitely become a large hub for internally displaced people.

**AMY GOODMAN:** So, you have, on Wednesday, the Pakistani Prime Minister Imran Khan saying that Taliban told him that the Taliban will refuse to negotiate as long as Ashraf Ghani remains president, the Taliban saying it wants to be recognized as the legitimate leadership of Afghanistan. Let me go to this clip.

**PRIME MINISTER IMRAN KHAN:** The Taliban senior leadership came here, and we tried to persuade them to come to some sort of a political settlement. The only thing that would stop Afghanistan from descending into anarchy is a political settlement. But, unfortunately, the Taliban, when they were here, they felt that they would not — they refused to talk to Ashraf Ghani. Their condition is that as long as Ashraf Ghani is there, we are not going to talk to the Afghan government.

**AMY GOODMAN:** So, that's the Pakistani Prime Minister Imran Khan. Lotfullah, the significance of what he's saying?

**LOTFULLAH NAJAFIZADA:** I hope that — I mean, that is really Pakistan's and Taliban's statement. If that is just a precondition for talking, that's not good enough. If that is a precondition for peace, for ceasefire, for guaranteeing a political settlement, then I think the Afghan leadership should seriously think about that. So, I don't want to defend contamination of President Ashraf Ghani's term, because the government is really, really becoming very limited, but I think Afghans should ask themselves one question: that if Ghani leaves, what are we going to get in return? A meeting with the Taliban or peace?

**AMY GOODMAN:** And finally, Lotfullah, again, we've spoken to you a few times, once after a member of your staff — and you have had a few — have been killed. If you could comment further on how you are preparing right now, living and working in and covering Kabul, Afghanistan, and the whole country at TOLONews?

**LOTFULLAH NAJAFIZADA:** I spend a lot of time talking to my colleagues every day, including today, which is Friday, a day off, on what should we do to continue our work, what are our options, to hear their concerns, concerns of their family members. I think that is a common story of every Afghan right now.

But what we — I think what we should do is to make sure and try our best to keep press freedom, free media, part of the Afghan society, because this is really, as you said, a very hard-won gain. You know, we have come here with so much prices that we have paid and sacrifices that we have made over the years, including 11 colleagues of mine who have been killed just in the past five years.

**AMY GOODMAN:** Lotfullah Najafizada, I thank you so much for being with us, director of TOLONews, the 24-hour news channel based in Kabul, Afghanistan. Stay safe.

Coming up, we go to Mexico, where a drug cartel has threatened to murder a prominent news anchor. It hasn't stopped her from speaking out. We'll have more. Stay with us.

[break]

**AMY GOODMAN:** "Seneca" by Patti Smith. She'll be performing at a massive "We Love New York City: Homecoming Concert" with Bruce Springsteen and many others on August 21st in Central Park.

## 2021-08-13 Press Freedom Under Attack in Mexico as TV Anchor Gets Death Threat from Cartel over Reporting



[Watch Full Show](#)

[https://www.democracynow.org/2021/8/13/mexican\\_cartel\\_threats\\_azucena\\_uresti](https://www.democracynow.org/2021/8/13/mexican_cartel_threats_azucena_uresti)

### Guests [Jan-Albert Hootsen](#)

Dutch journalist and Mexico correspondent at the Committee to Protect Journalists.

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### Links [Jan-Albert Hootsen on Twitter](#)

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Prominent Mexican news anchor Azucena Uresti took to the airwaves this week to stand up to one of the country's most powerful drug cartels, the Jalisco New Generation, after the group posted a video online directly threatening her life. Uresti regularly reports on cartel violence and organized crime. The Committee to Protect Journalists considers Mexico the most dangerous country for journalists in the Western Hemisphere, where about 120 journalists have been killed since 2000, with four murders this year alone. Jan-Albert Hootsen, Mexico correspondent for the Committee to Protect Journalists, says the cartels are engaged in "informational warfare" and see the press as a threat to their operations. "They're trying to strike terror in the hearts of Mexican reporters," says Hootsen.

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### Transcript

This is a rush transcript. Copy may not be in its final form.

**AMY GOODMAN:** This is *Democracy Now!* I'm Amy Goodman, as we go to Mexico, where prominent news anchor Azucena Uresti took to the airwaves to stand up to one of the country's most powerful drug cartels.

Earlier this week, the Jalisco New Generation Cartel posted a video online in which they directly threatened Uresti, an anchor for the outlet Milenio TV and a radio broadcast for Radio Fórmula, who regularly reports on cartel violence and organized crime in Mexico. In the video, a man told Uresti, quote, "I assure you that wherever you are, I will find you and I will make you eat your words even if they accuse me of femicide." The blurry video, which was posted on Twitter by an anonymous user, shows masked men carrying automatic rifles and other firearms.

Uresti addressed the threats during her broadcast Monday night.

**AZUCENA URESTI:** [translated] I have joined the federal system of protection from the government. I repeat: Our work will continue to be based on the truth and with the intention of providing information on the reality of a country like ours. And also, as has happened on other occasions, I express my solidarity and support to hundreds of colleagues who are still threatened or who have had to leave their areas, but who keep on showing the value of information and their love for this profession.

**AMY GOODMAN:** Mexican President Andrés Manuel López Obrador vowed to protect Uresti.

**PRESIDENT ANDRÉS MANUEL LÓPEZ OBRADOR:** [translated] I completely reject these threats. We don't accept this sort of behavior. We are going to protect Azucena, and we're going to protect all Mexicans. It is our responsibility.

**AMY GOODMAN:** According to the Committee to Protect Journalists, Mexico is the most dangerous country for journalists in the Western Hemisphere. Some 120 journalists have been killed in Mexico since 2000, with at least four murdered this year alone.

Well, for more, we go to Mexico City, where we're joined by Jan-Albert Hootsen, Dutch journalist and Mexico correspondent at the Committee to Protect Journalists.

Jan, thanks — Jan-Albert, thanks so much for joining us. Why don't you start off by talking about this situation of Uresti? Remarkably brave, after this death threat comes in, for her to go on the air and challenge the cartel, not only in her name, but in the name of all Mexican journalists trying to do their work on the ground.

**JAN-ALBERT HOOTSEN:** Absolutely. We believe the threat actually originated in an interview that she did on Radio Fórmula with a member of a citizen militia in the state of Michoacán, where the Jalisco Nueva Generación Cartel is currently embroiled in sort of gang-level warfare over territory in a traditionally very violent area in Mexico.

And I think it's been a very clear message from the cartel that they want to manipulate and influence public opinion. I mean, it's sort of a low-intensity civil conflict. It's war for them. It's a war against other criminal groups and against the state in Mexico. And with that comes a kind of information warfare. So, they were very clearly not happy with the way certain news outlets, certain national news outlets, were extensively covering the conflict, as Azucena had been doing for over the past few months, and they're trying to manipulate that. They're trying to change it.

They're trying to strike terror in the hearts of Mexican reporters. And that's sort of the goal of the video. They obviously knew that it was going to go viral. They obviously knew that Mexican outlets were going to reproduce the video and make the message spread across the country like wildfire. And that's what happened, ultimately.

**AMY GOODMAN:** So, she has said, in her statement on the air, that she's under federal protection. What does that mean? And what about the significance of AMLO, of the Mexican president, speaking out?

**JAN-ALBERT HOOTSEN:** So, when she says she is under federal protection, it essentially means that she has been incorporated into an agency of the federal government called the Federal Mechanism for the Protection of Human Rights Defenders and Journalists. And it's an agency that coordinates protective measures, organized by the federal government, anywhere in the country, and it might range from getting a panic button or getting a bulletproof vest, a camera installation at her home, etc. So, there's a whole catalog of protective measures that the government is able to provide. Some of them are a little bit more effective; some of them are a little bit less.

And it means that she will probably has some — she'll have to limit her movements a little bit. She'll have to check in with the federal authorities every once in a while. And it also means that the federal government will need to see what they can do further to investigate this threat, because, ultimately, the threat stems from Jalisco or from Michoacán. These are states in the

center of Mexico. They'll have to investigate and see what they can do about that, because, obviously, protective measures can only go so far.

**AMY GOODMAN:** So, can you tell us what Azucena Uresti was actually investigating as this threat came in, and then put it in the context, overall? In June, one of the murderers of Mexican journalist Javier Valdez was sentenced to 32 years in prison. He was murdered in 2017. His colleague, Miroslava Breach, was assassinated just two months before him. I want to play a clip of Valdez speaking at the International Press Freedom Award from your organization, the Committee to Protect Journalists, in 2011, New York. And then you can tell us each of their stories.

**JAVIER VALDEZ CÁRDENAS:** [translated] I have been a journalist these past 21 years, and never before have I suffered or enjoyed it this intensely, nor with so many dangers. In Culiacán, in the state of Sinaloa, Mexico, it is dangerous to be alive. And to do journalism is to tread an invisible line drawn by the bad guys, who are in drug trafficking and in the government, in a field strewn with explosives. ...

This is a war, yes, but one for control by the narcos. But we, the citizens, are providing the deaths, and the Mexican and U.S. governments, the guns. And they, the eminent, invisible and hidden ones, within and outside of the governments, they take the profits.

**AMY GOODMAN:** So, that's Mexican journalist Javier Valdez, before he was murdered. Now one of the murderers was sentenced to 32 years in prison. But how rare is that even to find someone who has killed a journalist? And give us all the numbers.

**JAN-ALBERT HOOTSEN** Sure thing. Circling back to your first question, broadly speaking, Azucena Uresti and Milenio Televisión and her radio show on Radio Fórmula were covering a conflict in a specific area of Michoacán in the center of Mexico, where a number of organized crime groups have united to fight back against an incursion of the Jalisco Nueva Generación Cártel. And particularly what may have set this threat off was an interview that she did with a member of one of those self-declared self-defense groups in the area where the person who she was speaking with was using relatively strong language in reference to the leader of the Jalisco Nueva Generación Cártel. There might have been a little bit of ego involved there, but it appears to be the one issue that set this all off.

And, you know, in a broader context, as you mentioned, Mexico is the most dangerous country for journalists in the Western Hemisphere. It has been so for a very long time. More than 120 journalists have been murdered since CPJ started taking numbers, started gathering statistics on violence against the press in 1992. More than 95% of these murders linger in impunity. It's very rare, actually, for Mexican authorities to even arrest someone in crimes against the press, let alone sentence them.

So what happened in the cases of Javier Valdez and Miroslava Breach was relatively rare, and it really only happened because the Mexican state invested a relatively large number of resources and a lot of time in investigating these murders, because it was a PR problem for them, really. They couldn't really stand back and not do anything.

And both Javier Valdez and Miroslava Breach were correspondents for the newspaper of *La Jornada*, which is a newspaper, a progressive one, based in Mexico City. Javier Valdez was also the co-founder of a weekly magazine called *Ríodoce* in the city of Culiacán in the northern state of Sinaloa. He was well known for writing columns about organized crime, and especially about

human rights and about how it's really like for people in Sinaloa to live in the shadow of drug trafficking groups. In the case of Miroslava Breach, she was a correspondent for *La Jornada* in the northern state of Chihuahua, and she was widely known in Mexico for investigating the ties between local criminal groups in Chihuahua and political parties.

So, both of them were, in reality, killed because they angered specific criminal groups. In the case of Javier Valdez, it was a group belonging to the Sinaloa Cartel. In the case of Miroslava Breach, it was another group belonging to the Sinaloa Cartel that was active in Chihuahua. So they were both killed because of that.

And to give you another idea of what the situation is like in Mexico, after their murders in 2017, four years ago, between 30 and 40 reporters were killed in Mexico. Most of them have never been — most of those murders have never actually been solved.

**AMY GOODMAN:** How can they best be protected, Jan-Albert?

**JAN-ALBERT HOOTSEN** That's a very good question. And the best way for them to protect them, it's sort of like a two-pronged solution. One of them is the Mexican government should actually vastly expand the existing protective mechanisms that they have. They should better train the people focused on human rights in their government and coordinating these protective measures. That, in itself, is quite a task, because the Mexican government has actually never done so adequately.

But the other one — and it's incredibly important — is they should fight impunity, because, ultimately, the best way to protect journalists is by preventing these things from ever happening. And the best way for preventing these things from ever happening is by fighting back, by arresting people, by letting these criminals know that if they actually do kill a journalist, they're going to get caught, and they're going to go to jail, because impunity is what keeps incentivizing this. But, unfortunately, neither of those things is done sufficiently by the Mexican government.

**AMY GOODMAN:** Jan-Albert Hootsen, I want to thank you so much for being with us, Dutch journalist, Mexico correspondent at the Committee to Protect Journalists, speaking to us from Mexico City.

Coming up, we speak to healthcare activist Ady Barkan about fighting for Medicare for All after ALS has left him paralyzed and without use of his voice. A new documentary about his life is premiering this weekend, called *Not Going Quietly*. Stay with us.

## 2021-08-13 "Not Going Quietly": Paralyzed with ALS, Ady Barkan Continues Fighting for Medicare for All

Story August 13, 2021



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### Guests **Ady Barkan** healthcare activist.

- [Nicholas Bruckman](#) director of the documentary film *Not Going Quietly*.

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### Links [Ady Barkan on Twitter](#)

- [Nicholas Bruckman on Twitter](#)
- ["Not Going Quietly" website](#)

Image Credit: "Not Going Quietly"

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We speak with healthcare activist Ady Barkan, the 37-year-old lawyer and father who, since his ALS diagnosis in 2016, has devoted his life to campaigning for universal healthcare. He has continued to speak out even after losing his voice and now uses a computerized system that converts his eye movements to speech. Barkan is the subject of "Not Going Quietly," a new documentary following his cross-country activism. "Only a truly radical departure from our exploitative, for-profit model to one that guarantees healthcare as a right for all will ensure that we no longer live in a nation where people go bankrupt on account of their medical bills," Barkan tells Democracy Now! "We need Medicare for All now." We also speak with the film's director, Nicholas Bruckman, who says he immediately saw a "spark" in Barkan after meeting him in 2018.

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**AMY GOODMAN:** This is *Democracy Now!* I'm Amy Goodman.

We end today's show with one of the most remarkable healthcare activists in the country. His name is Ady Barkan. He's a 37-year-old lawyer and father who's dying of terminal ALS. Since his diagnosis in 2016, Ady has dedicated his life to pushing for Medicare for All. He's continued to speak out even after losing his voice. He now uses a computerized system that tracks his eye movements and turns them into spoken words. Ady's story is told in the new documentary *Not Going Quietly*. This is the trailer.

**SEN. ELIZABETH WARREN:** Now, I want to have a chance to tell the story about my friend Ady Barkan.

**JON FAVREAU:** He's been an activist and an organizer all of his life.

**REP. JIM McGOVERN:** With us today is Ady Barkan. I can't do Ady's story justice. I will let him tell it.

**ADY BARKAN:** After Carl was born, we felt like we had reached the mountaintop.

Say hi.

And then, out of the clear blue sky, we were struck by lightning.

I was diagnosed with ALS today.

The knowledge that I was dying was terrible, but dealing with my insurance company was even worse. I wanted to spend every moment I had left with Rachael and Carl, but then Congress came after our healthcare. I couldn't stay quiet any longer.

**BROOKE BALDWIN:** My next guest made headlines when he confronted a Republican senator on an airplane.

**ADY BARKAN:** This is your moment to be an American hero.

All right, ready to rumble.

We decided to start a movement.

To urge people to stand up, confront the elected officials.

Paul Ryan, I'm going to knock on your door!

**REPORTER:** Did you just get out of jail? Are you going to keep protesting on Monday?

**ADY BARKAN:** [bleep] yeah!

**PROTESTERS:** What do we want? Healthcare!

**ADY BARKAN:** I am willing to give my last breath to save our democracy. What are you willing to give?

Liz, I'm having trouble breathing.

**LIZ JAFF:** I think we have to stop.

**ADY BARKAN:** Our time on this Earth is the most precious resource we have.

Carl, I love you so much.

Movement building allows me to transcend my body. And that's the beauty of democracy, that together we can be more than our individual selves.

**AUDIENCE:** Ady! Ady! Ady!

**ADY BARKAN:** The paradox of my situation is, the weaker I get, the louder I become.

**RACHAEL SCARBOROUGH KING:** Who's that?

**CARL BARKAN:** Abba!

**AMY GOODMAN:** The trailer to the new documentary *Not Going Quietly*. It premiered last night in Los Angeles and tonight at the Angelika theater here in New York.

On Thursday, just before the L.A. premiere, I had a chance to speak over Zoom with Ady Barkan, who was at his home in Santa Barbara, California.

**AMY GOODMAN:** Ady, I wanted to start off by saying this is one of the great honors of my life to be talking to you. So thank you so much for making this time, right before the documentary is airing about your life.

Let me start off by asking you about the enormous emphasis on healthcare in this country right now, even in the corporate media, because of the pandemic. Yet there is very little talk about Medicare for All, an issue you have dedicated your life to. Can you talk about why you have dedicated yourself to this issue?

**ADY BARKAN:** That is so generous, Amy. Thank you for your career of leadership.

Only a truly radical departure from our exploitative, for-profit model to one that guarantees healthcare as a right for all will ensure that we no longer live in a nation where people go bankrupt on account of their medical bills. Take this last year as a prime example of the breadth of cruelty possible in our for-profit healthcare system. COVID disproportionately devastated poor communities and communities of color. Death rates in Black, Indigenous and Latinx communities were over twice that of their white counterparts. Millions lost their jobs and, as a result, their health insurance. Hospitals that primarily serve Medicaid patients shut down, prioritizing profits over people. Meanwhile, private insurers saw their profits double, because Americans delayed much-needed care. A system that profits off of death and people forgoing medical care is a system that is beyond repair. We need Medicare for All now.

**AMY GOODMAN:** What gives you the strength, Ady, to be the relentless activist that you are?

**ADY BARKAN:** You know, building a progressive movement means having your heart broken all the time. This comes with the territory. We organize for a better world, not in spite of our own pain, but because of it. We push forward because we are faced with no other option but to struggle for our freedom.

These last five years have been really tough, both personally and also collectively as a society. But take a breath and look around. You will find evidence of the profound beauty that our society has forged from the depths of pain, especially this past year. Of course, there is a lot of work to be done. But placed in this context, it means there is also more community, more creation and more healing that is bound to emerge from our labor.

**AMY GOODMAN:** Ady, what gives you hope?

**ADY BARKAN:** I've learned that hope is not a lottery ticket that we cling to. It's a hammer that we use in an emergency to break the glass, sound the alarm and spring into action. I am asked this question a lot, and so I want to be clear here. I don't believe in latent hope. Hope, as I have come to know it, is the result of hard work. Hope is action in the face of despair. Hope is born out of our insistence that a better world is possible, and formed in our coming together in collective action to realize this better world of our imagination.

**AMY GOODMAN:** I'll just say once again, Ady, what an incredible honor it is to be able to speak with you and to just say what an enormous difference you have made, not only in this country, but around the world, as the persistent, compassionate, brilliant and extremely funny activist that you are, about an issue of life and death, that you face every day. So, thank you so much.

**ADY BARKAN:** Thank you. I am grateful for your solidarity.

**AMY GOODMAN:** That's healthcare activist Ady Barkan, speaking from his home on Thursday in Santa Barbara just before the premiere of the new documentary, *Not Going Quietly*. In a moment, we'll speak with the film's director. But first let's turn to an excerpt of the film, where Ady testifies before Congress in April 2019.

**ADY BARKAN:** Chairman McGovern and members of the committee, thank you for inviting me to testify today. I am 35 years old, and I live in Santa Barbara, California, with my brilliant wife Rachael and our beautiful toddler Carl.

**RACHAEL SCARBOROUGH KING:** Who's that?

**CARL BARKAN:** Abba!

**ADY BARKAN:** Every month since my diagnosis, my motor neurons have died out, my muscles have disintegrated, and I have become increasingly paralyzed. I am speaking to you through this computer, because my diaphragm and tongue are simply not up to the task.

Although my story is tragic, it is not unique. In many ways, it is not so rare. Every family is eventually confronted with serious illness or accidents. On the day we are born and on the day we die and on so many days in between, all of us need medical care.

And yet, in this country, the wealthiest in the history of human civilization, we do not have an effective or fair or rational system for delivering that care. Our time on this Earth is the most precious resource we have. A Medicare for All system will mean more time giving high-quality care. And for patients and our families, it will mean more time doing the things we love together.

And so, my closing message is not for the members of this committee; it is for the American people. Join us in the struggle. Be a hero for your family, your communities, your country. Come give your passion and your energy and your precious time to this movement. It is a battle worth winning, for my son Carl, for your children and for our children's children. This is our Congress. This is our democracy. And this is our future for the making.

**AMY GOODMAN:** Ady Barkan, testifying before Congress in 2019. He's since had a second baby, Willow. That clip featured in the new documentary, *Not Going Quietly*.

We're joined now by the film's director, Nicholas Bruckman. He's joining us from Los Angeles, where the film premiered last night, premiering tonight at the Angelika here in New York.

Nicholas, congratulations on this magnificent work about a magnificent man and movement. Talk about why you took this on.

**NICHOLAS BRUCKMAN:** Yes. I met Ady in early 2018, actually to make a short film to launch the Be a Hero campaign. And within a few minutes of meeting him, I saw just a little bit of the spark of what I think we all now see in Ady. And I pitched him, that first day that I met him, on making a feature documentary. And that's not normally the way this goes. Normally when making documentaries, you spend years or months building access and trust. And we just didn't have that time with Ady, because when I had met him, he had already been diagnosed for a year and he only had about six months left to speak, and so we needed to get him to say everything that he would say with his natural voice really quickly.

And I think Ady really intuitively understood, having just confronted Jeff Flake, the power of his own story. A year prior to that, he had been in a lot of despair, reckoning with what had happened to him and the implications for his family. But that confrontation with Flake and how it really put him on the national spotlight and changed so many people's lives, I think, gave him and his wife Rachael the understanding that stories have power.

And what transpired from there is we went on the road with Ady for 40 days —

**AMY GOODMAN:** I want to — I want to interrupt you quickly. I want to interrupt you quickly to go to a clip from *Not Going Quietly*, where Ady Barkan leads a protest in Washington in an effort to pressure Republican Senator Jeff Flake over his support of a Republican tax bill.

**ADY BARKAN:** We're here in Washington, D.C., trying to stop this bill. Why? I have ALS, which is causing me to become paralyzed quite quickly. And as a result, I'm using a wheelchair. My voice is no longer as melodious as it used to be.

To Senator Jeff Flake, you don't have to do this this way. I understand that you want a tax cut. I understand that you are conservative and I am not, and that's OK. But you can get a tax cut without ripping healthcare away from tens of millions of people.

**UNIDENTIFIED:** This is Ady Barkan.

**ADY BARKAN:** Hi. How are you?

**CONGRESSIONAL AIDE:** How are you?

**ADY BARKAN:** My name is Ady.

So, can I ask — as you know, this bill is going to cut Medicare and destabilize the entire national health insurance system.

**CONGRESSIONAL AIDE:** Sure. He's still in the process of reviewing it. He hasn't made a conclusive decision one way or the other. So, we're grateful for you guys stopping by, though.

**ADY BARKAN:** Well, so, let me tell him this. A, we are human beings. We have dreams and hopes and love and relationships, just like he does and just like you do. And message number two is, if he votes for this bill, he will lose his job in 10 months. So that's his choice.

**AMY GOODMAN:** So, that was Ady at the offices. And, Nicholas, you're talking about when he met him on the plane. Explain. Was that just after this?

**NICHOLAS BRUCKMAN:** Yes, this was just after he had met Jeff Flake. Ady had been on a — had gone to D.C. to protest the tax bill, and he had essentially struck out. His voice wasn't heard. He didn't feel recognized. And he had just experienced this massive loss.

And incredibly, on the airplane back, the woman next to him on the plane points out that Jeff Flake himself is sitting up front. They go and confront him, and Liz films it on camera. And that video goes viral before the plane even lands.

And that spark, that moment of serendipity, becomes the launch of the Be a Hero movement, where they go across country telling people's stories to congresspeople and confronting them in their offices, the way you see in that clip.

**AMY GOODMAN:** Now, of course, we're seeing him speaking with his own voice, and that's not the case now, as we saw in my interview, as his eyes now trigger what he says. It's just phenomenal, with this computer voice, the technology and the power of his expression.

**NICHOLAS BRUCKMAN:** Yeah. The film tracks this incredible parallel between the loss of his physical voice and physical body and his growing of this huge national platform. And Ady says ALS has given him this newfound power. It's given him — it's become a weapon that he's used to fight for healthcare and to fight for his children. And that power is what the film is about.

**AMY GOODMAN:** And so, where do we stand now with Medicare for All and the Be a Hero campaign? Explain the concept of Be a Hero, Ady's organization.

**NICHOLAS BRUCKMAN:** Yeah, so, Ady's organization, Be a Hero, is still active today. The film charts, I think, an incredible chapter in Be a Hero, but I believe that Ady's best work is ahead of him. Ady and Liz and the entire Be a Hero team continue to use this tactic of storytelling to power. And so they capture the stories of people who've been impacted by our healthcare system. They tell those stories to our representatives. They confront them. They find them in their offices, wherever they can, capture on cellphone video, and really shame them into seeing the impacts of their policy decisions. And this has built a national, people-powered movement, all started from that encounter on the plane. And it's been incredibly impactful. We saw the impact in the film. We see the impact Ady has single-handedly with his team on the 2018 elections. He was instrumental in the 2020 elections and in organizing the progressive base. He interviewed all of the candidates and spoke to Joe Biden directly. And now we see, because of the efforts, like Ady, that is 69% of Americans support Medicare for All. Even within the Republican Party, there's a huge support of expanding Medicare and Medicaid. And it's largely from the efforts like Ady's.

**AMY GOODMAN:** Nicholas, I want to end with another clip from your phenomenal film, *Not Going Quietly*, where Ady reflects on his own mortality due to ALS.

**NURSE:** Blow as hard as you can. Blow, blow, blow, blow, blow. Keep going. Go, go, go, go! It was 44%.

**ADY BARKAN:** Wow.

**NURSE:** Yeah.

**ADY BARKAN:** That's a huge decline.

**NURSE:** Is it?

**ADY BARKAN:** Yeah, I was at 70.

My whole body is going paralyzed. But losing my voice is far more consequential for me than losing my ability to walk. I've got a lot to say and not a lot of time left to say it in.

**CARL BARKAN:** What Abba doing?

**RACHAEL SCARBOROUGH KING:** What is Abba doing?

**CARL BARKAN:** Medicine.

**ADY BARKAN:** Hey, Carl.

**RACHAEL SCARBOROUGH KING:** Medicine.

**ADY BARKAN:** Yeah, medicine.

**CARL BARKAN:** Whoa!

**RACHAEL SCARBOROUGH KING:** Whoa.

**ADY BARKAN:** I'm not sure how many more months I have where I can speak well enough that I can be understood, but I plan to spend every one of those months doing everything I can. As my life is coming to the end, I want to make my son proud. Rachael knows that this may be one of the last times that I can bird-dog a senator or speak at a rally. She's sacrificing so that we can do this. I admire her and appreciate her so much.

**AMY GOODMAN:** Ady Barkan, speaking in a clip from the new documentary *Not Going Quietly*, premiering this weekend in L.A., in New York and beyond. And we want to thank Nicholas Bruckman, the film's director.

That does it for today's show. *Democracy Now!* is currently accepting applications for our [video production fellowship](#) and our [digital fellowship](#) here in New York City studios. The deadline is this weekend. You can learn more and apply today at [democracynow.org](http://democracynow.org). I'm Amy Goodman. Stay safe. Wear a mask.