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**Anheuser-Busch:
Drunk on debt**



GERMANY IN CRISIS

IMMIGRATION
**TRUTH &
LIES**

THE PHILADELPHIA Trumpet

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WORTH 10,000 WORDS **Israeli President Reuven Rivlin lights the menorah during a Hanukkah celebration at the White House while the Obamas look on.** (JIM WATSON/AFP/GETTY IMAGES)

COVER: **Chancellor Angela Merkel faces a growing crisis in Germany as reports of migrant crime escalate.** (GETTY IMAGES)



From the Editor

What Inspires President Obama's Relationship With Israel? 1

Features



Germany, Migrants and the Big Lie



What Happens When the Plug Gets Pulled?



Why the Alzheimer's Pandemic?



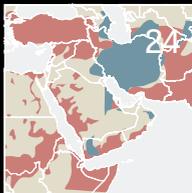
The Future of Farming Is Happening Now



Vegetables in the City



Drunk on Debt



What Saudi Arabia Fears Most



Europe's Top Unifier

More

Sweden Today, Germany Tomorrow 6
Is Bread Still the Staff of Life? 16
Signs of Excess 23

Departments

Increase Your Bible IQ 'Prosper and Be in Health' 26
Worldwatch Spanish elections, etc. 28
Societywatch Women in the line of fire, etc. 31
Principles of Living Be Upright! 33
Discussion Board 34
Commentary Can Mankind Survive World War III With a Colony on Mars? 35
The Key of David Television Log 36

More
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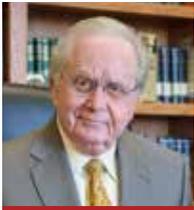
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What Inspires President Obama's Relationship With Israel?

Barack Obama claims he has an 'uncompromising commitment' to Israel. But does he?

THEY SAY A PICTURE IS WORTH A THOUSAND WORDS; THE picture at left is worth ten thousand. I don't remember ever seeing a picture that tells such a disturbing story.

The picture shows Israeli President Reuven Rivlin and his wife, Nehama, lighting the menorah. Looking on is U.S. President Barack Obama, along with his wife. The Rivlins joined the Obamas on December 9 for the first of two Hanukkah receptions in the East Room of the White House.



GERALD FLURRY

History of Hanukkah

Hanukkah is an eight-day Jewish holiday that commemorates the rededication of the temple in Jerusalem. Why did the temple need to be rededicated? What happened to it?

Antiochus Epiphanes.

Antiochus was a king of the Seleucid Empire in the second century B.C. He controlled Jerusalem and the Jews. During one of his invasions of Egypt, it was reported that he had died. The two factions of Jews at Jerusalem launched into open conflict. The high priest that Antiochus had appointed was forced out.

But Antiochus wasn't dead. He was alive, and he was incensed. His success against Egypt had been stopped in its tracks by the Roman Republic. He was ordered to withdraw his troops, which he did.

Unger's Bible Dictionary says that after this, Antiochus hastily came against Jerusalem. He besieged the city and took it. Then the slaughter began. Antiochus's forces killed men, women and children. One history says that 40,000 inhabitants were put to death and 40,000 more were enslaved.

But Antiochus did not stop there. "He despoiled the temple of its precious vessels and furniture and returned to Antioch laden with the treasure," *Unger's* continues. "He burned the city, erected a fort on an eminence commanding the temple, so that the worshipers approaching it were slain: while the place itself was defiled with every abomination; and the daily sacrifice was made to cease according to the prediction of Daniel (8:9-12; 11:31)" (ibid). Even though the Jewish religion at this point had fallen far from God, God's temple was still revered. Antiochus hatefully desecrated the temple and spat on the religion of the Jews. Yet he still was not done.

Some years later, he attacked the Jews again, "commissioning his lieutenant Apollonius with an army of 22,000 men to destroy Jerusalem. Taking advantage of the Sabbath he came

upon the people assembled in their synagogues, massacred the men and made the women and children captives" (ibid).

THIS RULER HARBORED A SPECIAL AND MURDEROUS HATRED FOR THE JEWS. But why?

"Matters were brought to a height by the famous decree of Antiochus commanding that all the people should conform to the religion of the sovereign on pain of death. This brought about the Maccabean war" (ibid).

For Antiochus, it wasn't enough to kill tens of thousands of Jews. He tried to kill their *religion*. He slaughtered people as they worshiped on their holy Sabbath.

Any time a person like Antiochus is involved, it's *more* than just Antiochus that you are dealing with. There is a God-hating evil spirit power at work. That is the whole lesson here.

Daniel 8 (cited above) is more than a *prediction*; it is a *prophecy of God* about what Antiochus *will* do in modern times! God says this PROPHECY is going to prevail three different times here in this last end. This is prophecy FOR THE END TIME, and it's in the Bible of the Jewish people.

As I show in my booklet *America Under Attack* (Request a free copy), we have a modern, political Antiochus leading our nation. And now, that Antiochus is interacting with the president of Judah—the Jewish nation!

God made a scepter promise to the Jews. They were also chosen to preserve the Old Testament and the sacred calendar—"the oracles of God" (Romans 3:1-2).

This gets to the heart of why any Antiochus hates the Jews!

The Meeting

The modern descendants of ancient Judah are the Jews. Their nation is known as Israel to the world.

President Obama said on December 9, "Earlier today, we had an excellent meeting where we reaffirmed the unbreakable bond between the United States and Israel." President Rivlin said this about Mr. Obama: "The president expressed both his concern and his uncompromising commitment to Israel." Those are beautiful words, **WOEFULLY FALSE**. Anybody who looks at the facts of what America's president has done to Israel *knows* that he has done the exact opposite.

That is Antiochus—and it is satanic! There is *no truth in the devil* (John 8:44).

The president also took the opportunity to voice "the need for the Israelis and Palestinians to find mechanisms in which to dialog and arrive at peace." Read that closely. The president is saying the Israelis are equally at fault with the Palestinians, who

use *terrorists* to blow up civilians—men, women and children. The president says they just need to get together and negotiate and compromise. That is another monstrous lie! It is obvious the Palestinians could have peace TOMORROW if they wanted it. But they *don't want peace*—they want to *conquer Judah!*

President Obama continued: “All of us come together along with Jews around the world to celebrate a band of Maccabees who inspire us even today.” Is that true? Does that history inspire him today? When you look at the diplomatic insults and the hatred the Obama administration has poured on Israel and Prime Minister Benjamin Netanyahu, when you look at the pressure this administration has put on Israel to negotiate with people who use terrorism, and when you look at how openly it has enabled Iran to obtain nuclear weapons and ballistic missiles, wouldn't you say that a leader like that finds Antiochus more of a model to follow than Judas Maccabeus?

There is a grave and deadly irony in President Obama acknowledging the Maccabees, who threw off the ancient Antiochus and rededicated and restored worship in the temple.

When you know what is happening in the Middle East right now, it's the most horrifying thing you could imagine for modern Judah. The Jews are in GRAVE DANGER.

There is a grave and deadly irony in President Obama acknowledging the Maccabees, who threw off the ancient Antiochus and rededicated and restored worship in the temple, even though that worship fell short of what God commanded in their own Bible.

“The Maccabees' sense of faith and courage and righteousness continue to animate the Jewish community even now,” President Obama said, “and that's certainly the story of the menorah THAT WE LIGHT THIS AFTERNOON” (emphasis mine throughout). President Obama is even participating in the Jewish religion!

Listen to those words. If you focus only on the *words*, how could you doubt that he loves the Jews and wants peace in the Middle East? But what do words mean without *deeds* to reinforce them? And his deeds are the *opposite* of those words.

At the event, President Rivlin said, “We remember the brave Maccabees. Hanukkah is the only day of spiritual activism. It is a holiday which represents the spirit of human beings created equally in the image of God. Each night of Hanukkah we add a new light to the menorah. TODAY WE ARE LOOKING FOR STRONG AND CLEAR MORAL LEADERSHIP OF THE KIND YOU REPRESENT, PRESIDENT OBAMA”—this statement brought a big round of applause—“leadership committed to the safety of its people, to the opportunity and the dignity of every human being.”

Hanukkah celebrates the Maccabees, the Jewish leaders who fought off the armies of Antiochus Epiphanes. And here you have an end-time Jewish leader celebrating that event with an end-time political Antiochus!

What do Israel's leaders have to SEE THIS ADMINISTRATION DO before they know that isn't true? Where will such reasoning lead? For Israel to trust the United States under this administration is extremely dangerous! Such thinking is leading to Israel's *demise as a nation!*

But God doesn't blame President Obama; He blames the Jewish, American and British peoples because of their sins!

“Before Wednesday's candle lighting, Rivlin compared Obama to the Shamash, the helper candle in a Hanukkah menorah, which is used to light all the other candles” (ibid). THAT IS PUTTING PRESIDENT OBAMA UP ON THE LEVEL OF A SAINT!

Rivlin concluded: “WE KNOW, MR. PRESIDENT, THAT YOU HAVE LIT THE CANDLE FOR THE LAST SEVEN YEARS TO SHOW THE RIGHT WAY FOR YOUR PEOPLE AND FOR THE ENTIRE WORLD. And we are very sure that the eighth candle that you will light in the next year will be the same and show the whole world how to fight what we should not accept.”

HOW COULD ANYONE REASON THIS WAY, LOOKING AT WHAT HAS BEEN DONE?

The end-time Antiochus just *loves* this. *Believe me!* he says. *Just believe my words—don't pay any attention to my deeds!*

We worship the will! Listen to my words and worship the WILL! That is the voice of an evil spirit! Yet a leader of Israel says he trusts the president to “show the right way for your people and for the entire world” and to show “strong and clear moral leadership.” God describes this attitude in Isaiah 1:5: “the whole head is sick, and the whole heart faint”!

Too many are abysmally gullible about what is going on.

Unbreakable Bond?

Does America really have an “unbreakable bond” with Judah today? Well, in ending economic sanctions as part of the nuclear deal, the Obama administration just gave over \$100 billion to Iran, *the top terrorist-sponsoring nation in the world—by far!* Iran is famous for sponsoring some of the most violent terrorists on Earth, terrorists who continually attack Jews.

The U.S. led an air attack against the Islamic State in Ramadi, Iraq. One television program said American airpower was the most significant part of that assault. On the ground were Iraqi and *Iranian soldiers*. THE U.S. WAS FIGHTING ALONGSIDE IRAN! And even then, the Iranians refused to fight unless they won additional concessions. The Obama administration will send our military to fight alongside *Iran*, but it can't get together with the Jews on much of anything!

Iran has promised to *wipe Israel off the map*. It supports Islamic terrorists who want to do the same. And they want to wipe President Obama's *own nation* off the map as well! They call America the “big Satan” and the Jewish state the “little Satan.” Is this cooperation with Iran good for the Jews?

The Iranians declare that they are going to destroy the Jews and the Americans, and they are continually amassing the means to do it. They have already tested intercontinental ballistic missiles that will reach the United States, even though they were supposed to wait eight years to do that, according to the nuclear agreement. They are already breaking the agreement, which they say they never actually signed. Yet

the Obama administration is honoring its terms and giving billions of dollars in concessions to Iran.

In many ways, the Islamic State, or ISIS, is a cover for what Iran is doing; it distracts people from the REAL threat in the region. The Islamic State is a significant problem, but it is NOTHING compared to Iran. Iran has terrorist cells just like the Islamic State, plus it is a *force* and a *power* that is taking over the Middle East! It is the number one sponsor of terror—and America’s president has U.S. servicemen fighting beside Iranians, and he is giving them over \$100 billion. What can a terrorist-sponsoring state do with \$100 billion? Didn’t President Obama’s “unbreakable bond with Israel” break a long time ago?

The U.S. radical-left administration is exacerbating the deadly wound of the Jewish nation (Hosea 5:13).

That wound is the “peace process” where Islamists use terrorism and Israel coughs up territory and other concessions. The Obama administration has even said that if Israel attacks Iran, the U.S. will shoot down Israel’s planes!

ARE WE DEALING WITH A FAN OF THE MACCABEES, OR A FAN OF ANTIOCHUS?

President Obama can *say* all these nice words—and the president of the Jewish nation sits there and BELIEVES every bit of it despite having *absolutely no reason* to do so! They are just words! YOU HAD BETTER BE AFRAID WHEN PEOPLE START BELIEVING THE WORDS OF AN ANTIOCHUS.

We have to realize that the whole movement in the U.S. from the top is about DESTRUCTION! The Bible characterizes Antiochus as a “son of perdition,” or destruction. There isn’t anything except a lot of deceit and lies.

The Prophesied Antiochus

Notice what the Prophet Daniel says about Antiochus: “And in his estate shall stand up a vile person, to whom they shall not give the honour of the kingdom: but he shall come in peaceably, and obtain the kingdom by flatteries” (Daniel 11:21). This is the way an Antiochus operates, wherever he may be.

“And after the league made with him he shall work deceitfully: for he shall come up, and shall become strong with a small people. ... And both these kings’ hearts shall be to do mischief, and they shall speak lies at one table; but it shall not prosper: for yet the end shall be at the time appointed. ... And arms shall stand on his part, and they shall pollute the sanctuary of strength, and shall take away the daily,” or the work of God (verses 23, 27, 31). Verse 32 reveals that he shall “corrupt by flatteries.”

“And the king shall do according to his will; and he shall exalt himself, and magnify himself above every god, and shall speak marvellous things against the God of gods” (verse 36). He exalts himself above every god. That is exactly what Satan the devil did and does (Isaiah 14:12-14; Ezekiel 28:15-17). This

Antiochus speaks against the God of gods. His message is against God, but it is cloaked in deceit.

Cambridge Bible Commentary states this about “magnify himself” in Daniel 11:36: “Antiochus, moreover, assumed divine honors. This is particularly evident ... on his coins. His best portraits appear to be those on the coins of his early years, which bear simply the inscription ‘King Antiochus.’ At a later period of his reign a star appears on his forehead, implying that he has assumed divine honors. Then in coins with the legend, ‘King Antiochus, God’ (or ‘God Manifest’ [Epiphanes]), the star disappears, but the portrait is idealized, the features approximating in type to those of Apollo. Other coins of the same type exhibit the head surrounded

by a diadem with rays—another mark of divine rank. (Babelon states that Antiochus Epiphanes is the first Seleucid king who is represented constantly on his coins with a crown of rays.) Lastly, on coins with the legend ‘King Antiochus, God Manifest, Victory-bearer,’ the head approximates even to that of Zeus Olympios, whose distinctive epithet [‘Victory-bearer’] the king himself assumes.”

ANTIOCHUS AND HIS PROPHETIC TYPES ARE HEAVILY INFLUENCED AND EVEN POSSESSED BY THE DEVIL!

His actions are *not* those of a normal human being!

He loves only those who have an attitude of worship toward him and the evil spirit behind his deeds.

This message sounds strange only to people who do not know their Bibles.

Antiochus obtains rule through deceitful lies and flatteries. He gains control by acting like he is somebody that he certainly is not.

Werner Keller writes in *The Bible as History*: “Israel had been spared none of the horror and ignominy which could befall a nation. But never before, nei-

ther under the Assyrians nor under the Babylonians, had it received such a blow as the edict issued by Antiochus Epiphanes by which HE HOPED TO CRUSH AND DESTROY THE FAITH OF ISRAEL.” THAT WAS HIS GOAL, TO DESTROY THE FAITH OF ISRAEL.

“He shall enter peaceably even upon the fattest places of the province; and he shall do that which his fathers have not done”—nobody has acted like *this* before—“nor his fathers’ fathers; he shall scatter among them the prey, and spoil, and riches: yea, and he shall forecast his devices against the strong holds, even for a time” (verse 24).

Verse 28 says “his heart shall be against the holy covenant ...” He is against anything of God.

Some believe that the book of Daniel is untrue or that its prophecies were fulfilled long ago. But *these prophecies are for God’s Church, or spiritual Israel, America and the British peoples (two specific birthright nations of Israel), and the Jewish nation today!*



“His best portraits appear to be those on the coins of his early years, which bear simply the inscription ‘King Antiochus.’ At a later period of his reign a star appears on his forehead, implying that he has assumed divine honors.”

—CAMBRIDGE BIBLE COMMENTARY

GERMANY, MIGRANTS AND THE

GERMANS ARE BEING lied to by their government. By Angela Merkel, by their police force and even by their media. For most of 2015, many suspected as much. Those suspicions were confirmed in the most dramatic possible way in Cologne on New Year's Eve.

That night, a mob of around 1,000 migrants gathered outside Cologne's central train station and began molesting, robbing and even raping passersby. As of January 14, 652 crimes were reported to Cologne police from that evening. Of those, 331 included alleged sexual offenses, including two rapes.

A leaked police report stated that "[w]omen literally had to run the gauntlet through the mass of drunk men, in a way you can't describe." One person talked about how he arrived at the station and saw "countless weeping women."

Cologne was the worst affected city, but not the only one. Over 100 crimes have been reported for the same evening in Hamburg. Women in Frankfurt, Helsinki, Zurich and Salzburg suffered a similar fate, albeit on a smaller scale.

The impacts of this night on Europe's future could be just as big as the November 13 terrorist attack in Paris.

Cover-up

Those attacks alone would have been enough to confirm to Germans that their government had been hiding the truth from them—or at least looking at the mass migration to Germany with heavily tinted glasses. But the authorities' reaction after Cologne was even more damning.

Their first instinct was to cover up everything. The day after the attacks, the Cologne police filed a report

BIG LIE

Muslim migrants are flooding Germany with problems. German leaders want to cover it up; German citizens want different leaders. BY BRAD MACDONALD AND RICHARD PALMER

describing their city on New Year's Eve as having "a joyful, party atmosphere."

"As in years past, we are looking back at a mostly peaceful New Year's celebration," they wrote. "Reasons to intervene were mostly physical assault and disturbance of the peace."

There was nothing in the media either. The attacks occurred Thursday night, but the next day and all weekend almost all the national news media were silent.

The government, the police and the media were afraid of an anti-migrant

backlash, so they tried to cover up the mass sexual assault of hundreds of women. ZDF, a German public broadcaster, was forced to apologize for being so slow to cover the story.

Of course, something so big could not be kept secret. But even toward the end of the next week, once the truth was out, government officials still tried to cover up part of the story. They insisted that there was no evidence that recent migrants or asylum seekers were involved in the attacks—while



DON'T MIND IF WE DO Syrian migrants arriving in Munich acknowledge the role of Chancellor Angela Merkel in inviting them into Germany.

THE GOVERNMENT, THE POLICE AND THE MEDIA WERE AFRAID OF AN ANTI-MIGRANT BACKLASH, SO THEY TRIED TO COVER UP THE MASS SEXUAL ASSAULT OF HUNDREDS OF WOMEN.

respect for the police,” she said. “When we are out patrolling the streets, we are verbally abused by young Muslims.

“I WISH THESE PROBLEMS WERE RECOGNIZED AND CLEARLY ADDRESSED! If necessary, laws need to be strengthened. It is also very important that the ... judges issue effective rulings. It cannot be that offenders continue to fill the police files, hurt us physically, insult us, whatever, and there are no consequences. Many cases are closed, or offenders are released on probation Yes, what is happening in the courts today is a joke. The growing disrespect, the increased violence against police *We are losing control of the streets.*”

Until Cologne, Kambouri was all but a lone voice. Now she has been dramatically proven right. The lack of respect for police that night is well documented. Migrants attacked police and even sexually assaulted a plainclothes female police officer—and got away with it!

A Shocking Government Move

On Nov. 24, 2015, the Gatestone Institute published an article titled “Germans Opposed to Mass Migration Are ‘Free to Leave.’” The title came from a statement by the district president of Kassel, a city in the state of Hesse. He stated that German citizens who disagree with the government’s open-door immigration policy are “free to leave Germany.” The article described a recent proposal by the mayor of Berlin to create emergency legislation that allows local authorities to seize private

leaked police reports and police officers’ statements to the media revealed the exact opposite.

That lie has also completely collapsed. “Those in the focus of criminal police investigations are mostly people from North African countries,” said the police later. “The majority of them are asylum seekers and people who are in Germany illegally.”

Worst of all, the botched Cologne cover-up was just the latest in a long string of cover-ups. There are plenty

of examples, although prior to the Cologne attacks you had to search hard to find them in the news media.

A Pattern of Abuse

Tania Kambouri is a police officer in Germany and a bestselling author. In an Oct. 2, 2015, radio interview, Kambouri discussed the migrants and Germany’s deteriorating security situation.

“For weeks, months and years I have noticed that Muslims, mostly young men, do not have even a minimum level of

residences and office buildings to accommodate asylum seekers.

The mayor's legislation "would effectively suspend Germany's constitutional guarantee of private property," according to the Gatestone Institute. It "would authorize police forcibly to enter private homes and apartments without a warrant to determine their suitability as housing for refugees and migrants."

AND THE MAYOR TRIED TO KEEP THE PROPOSAL SECRET FROM THE GERMAN PUBLIC!

Gunnar Schopelius, a popular columnist in Germany, didn't believe this story and decided to investigate it himself. "So I went on a search for the source of this strange report and found it," he wrote. "There is a 'proposal,' which the Senate Chancellery (Senatskanzlei) has apparently circulated among the senators. The Senate Chancellery is another name for the mayor's office. ... The proposal is clear: The police can enter private property without a court order in order to search for housing for refugees when these are threatened with homelessness. You can do that 'without the consent of the owner.' And not only should the police be allowed to do this, but also the regulatory agencies" (Nov. 10, 2015).

Why wouldn't more mainstream media outlets report on this? It's a blockbuster story—the mayor of Berlin wanted to illegally change German law in order to invade the homes of German people in search of accommodation for migrants. Why wasn't this addressed by Chancellor Merkel or her government?

As Schopelius noted, "*This delicate 'proposal' attracted little public attention.* Only Berlin FDP General Secretary Sebastian Czaja spoke up and warned of an 'open preparation for breach of the Constitution.' Internally, there should have been protests."

This is the trend across the country. The stories are there. But until the mainstream media were forced to confront the problem in Cologne, they have been hard to find—covered sporadically and often only in local papers.

Sweden Today, Germany Tomorrow

Germans should look closely at how immigration has changed their neighbor to the north. **BY RICHARD PALMER**



KEEP OUT
Swedish border patrol agents install a fence between domestic and international train tracks on January 3.

OF ALL THE NATIONS IN THE EUROPEAN UNION, SWEDEN'S attitude toward immigration has been most similar to Germany's. It too welcomed immigrants with open arms. It too displayed a public outpouring of sympathy that made headlines as the nation rallied to help these immigrants. Sweden took in more migrants per capita than any other nation in Europe—in total over 160,000 for 2015.

And, like Germany, Swedish police, government officials and news executives have covered up mass sexual assaults by Muslim immigrants. Authorities have been reluctant to talk about migrant crime. Negative news about the tens of thousands of migrants has been swept under the carpet.

But the backlash in Sweden has come more quickly than in Germany. The public is fed up with the migrant crime wave. Now migrants are having to brave the Nordic winter in tent cities. Arson attacks on asylum centers are becoming common. The government knows it can no longer cope.

The result: Sweden has been forced into a dramatic U-turn. The problems became so bad that the pro-immigration politicians were forced to admit that they could no longer keep the door to migrants open.

"It pains me that Sweden is no longer capable of receiving asylum seekers at the high level we do today," said Prime Minister Stefan Löfven in November. "We simply cannot do any more."

Sweden's Green Party deputy prime minister, Åsa Romson, cried as she announced the changes. "This is a terrible decision," she said. But she did not quit the government, and thus

Migrant Criminals

In Bad Tolz, Bavaria, local government officials recently condemned a nightclub owner after he banned male migrants from his club when female patrons complained they were being harassed. Local politicians and media branded the manager a "Nazi" and a "racist." Incidents like this are happening daily in towns and cities across Germany, yet local and federal authorities simply refuse to talk about it. WORSE STILL, THEY ARE ATTACKING THOSE WHO DO EXPRESS ALARM AND CONCERN.

In Baden-Württemberg at least one hospital was forced to hire armed guards to protect its nurses from refugees.

A women's council in Hesse wrote an open letter to the state parliament saying it had substantial evidence of sexual abuse and forced prostitution in refugee shelters.

In North Rhine-Westphalia in August, a local paper received news about the rape of a 13-year-old Muslim girl by a refugee. So it went to the police and asked for crime statistics in refugee centers. The police came back and said there was no rape or sexual assault. They made either a serious clerical error, or they flat-out lied.

The migrants are proving to be a significant burden on Germany's health-care system. Yet, as the Gatestone Institute reported, "GERMAN MEDIA OUTLETS ARE DOWNPLAYING THE EXTENT OF THE HEALTH-CARE PROBLEM, apparently to avoid spreading fear or provoking anti-immigrant sentiments" (Nov. 8, 2015).

In October, *Die Welt* reported on a government document leaked to the paper by German intelligence officials. The document warned, "We are

supported that decision nonetheless.

Sweden's border used to be wide open. For 15 years, Scandinavians have been able to travel freely between Sweden and Denmark across the Oresund motorway and railway bridge. Travel has been so easy and reliable that many commute daily from Sweden into Denmark.

That era is over. Border checks are now imposing long delays. It is no longer possible to catch a train into Sweden directly from Copenhagen's main station. The checks have ended 60 years of passport-free travel between Sweden and Denmark.

Sweden's leaders announced they will now do the bare minimum to accommodate migrants. "Sweden's welcome mat now lies in tatters," wrote the *Washington Post*. "Overwhelmed by the human tide of 2015, the center-left government is deploying extraordinary new border controls and slashing benefits in an unmistakable signal to refugees contemplating the long trek to Sweden in the new year: Stay out" (Dec. 30, 2015).

Despite these new measures, the migrant crisis has already transformed Sweden's politics.

In September 2014, the anti-immigration Sweden Democrats won 12.9 percent of the vote—making it Sweden's third-most popular party. Even that result was considered shocking. In 2006, before the financial crisis hit, it won 2.9 percent of the vote—putting it in eighth place.

A YouGov poll on November 19 found that the Sweden Democrats would now win 26.7 percent of the vote in an election. This fringe party, considered by many on the left to be extreme or far right, came from nowhere to become *the most popular political party in the country*. Its nearest rival, the Social Democratic Party, polled at only 21.4 percent.

Since Sweden closed its borders, the Sweden Democrats' popularity has declined. It has consistently polled around 20 percent—which still puts it roughly neck-and-neck with

Sweden's traditional parties.

Germany is walking down the same path as Sweden. At every turn, the two have addressed the migrant crisis in the same way. Sweden shows us what is coming soon to Germany. Except Germany's response will have a far bigger effect on the world.

Germany has the largest population and the largest economy in Europe. It dominates the EU and is also at the heart of the migrant crisis. Between September 2014 and September 2015, one third of all requests for asylum across the entire European Union took place in Germany.

This also makes it far harder for Germany to fix its migrant crisis. Sweden can take action unilaterally—whereas Germany will have to deal with it on the EU level.

As 2016 begins, Germany's response is already trending in the same direction as Sweden's. In the first 12 days of 2016, Germany turned more immigrants back at the Austrian border than it did in all of 2015. Chancellor Angela Merkel's beliefs on accommodating refugees have not changed, but the political climate, along with the simple practicalities of taking in so many people, is already forcing Berlin to transform its policy.

Meanwhile, Germany's equivalent of the Sweden Democrats—the Alternative for Germany (AfD)—is surging to new heights in the wake of the Cologne attacks. A poll for *Bild* found that the AfD would win 11.5 percent of the vote if national elections were held today. The party has only run in the 2013 federal election, where it received 4.7 percent of the vote. It failed to reach the 5 percent minimum level of votes required to receive a seat.

This doesn't mean Germany will follow Sweden's every move. But its Nordic neighbor's example proves that Germany's current efforts are likewise unsustainable. Just the practical difficulties of taking in so many migrants will force a radical shift. ■

importing Islamic extremism, Arab anti-Semitism, national and ethnic conflicts of other peoples, as well as a different understanding of society and law." The document also warned that integrating hundreds of thousands of "illegal migrants" would be "impossible." This dramatic document garnered very little attention inside Germany, either from the media or from the government.

Instead, the message emanating from Germany's chancellor and many others is: "WE CAN DO THIS!"

In October, police union chief Rainer Wendt warned, "There is a lot of glossing over going on."

"[T]his doesn't represent reality," he said.

A study by Cologne police in 2014 revealed that 40 percent of migrants from North Africa are committing crimes within their first year of arriving

in Germany! That is a huge level of crime. *Spiegel* published the results of a confidential study by police in Düsseldorf showing that a North African migrant commits a crime every 3½ hours in that city. Because these migrants have no fixed abode and have multiple identities, they are rarely punished.

The problem goes even further than mere deception. German authorities have so far proved incapable or unwilling to do anything to prevent the migrant crime wave.

Backlash

After the Cologne attack, the anti-immigrant group PEGIDA, or Patriotic Europeans Against the Islamization of the West, held a protest. About 1,700 police were deployed to the streets of Cologne. But during the News Year's Eve attacks, the police had only 143 officers on duty.



OUTRAGE PEGIDA demonstrates against the New Year's Eve attacks in Germany.

WHAT HAPPENS WHEN MORE GERMANS REALIZE THEY HAVE BEEN DECEIVED? AS ANY PEOPLE WOULD, THEY WILL SEEK AN INDIVIDUAL OR PARTY WILLING TO HEED THEIR CONCERNS AND SOLVE GERMANY'S MIGRANT CRISIS.

In Leipzig, far-right extremists went on a rampage to protest the Cologne attacks. The police arrested 211 of them. Yet barely any of the 1,000-strong mob that assaulted women in Cologne were arrested; police have just 21 suspects.

That's not to say the German police are wrong to arrest far-right thugs who smash shop windows—far from it. But it exposes how little they are doing to fight migrant crime.

Wendt said, "It is highly uncertain whether in the case of the Cologne attacks even one conviction will be made." The vast majority of these attackers are unpunished, at large and could try the same thing again.

No wonder Germans are angry. Cologne marked the moment when all of the government's lies started being exposed. Many now see its potential as a major turning point for Germany.

Both police officers and politicians have said what happened in Cologne is a "completely new dimension of crime."

"The pressure built up by the images and stories from Cologne make it virtually impossible to continue on as before," wrote Spiegel Online, January 8. This article was titled "How New Year's Eve in Cologne Has Changed Germany."

"Cologne has changed everything; people now are doubting," said the vice president of Merkel's Christian Democratic Union, Volker Bouffier.

"Europe in Crisis Over Sex Attacks by Migrants Amid Calls for Emergency

EU Meeting" was the *Telegraph's* January 8 headline.

As that title says, the repercussions go beyond Germany. "The idea of multicultural Europe has failed," said Slovak Prime Minister Robert Fico, as he called for an emergency European Union summit to discuss the attacks. "The migrants cannot be integrated, it's simply impossible," he said.

Hungarian Prime Minister Viktor Orbán called for a complete stop to all immigration. Polish Prime Minister Beata Szydło said the attack "should shake up public opinion at last."

Clearly these events are triggering a backlash against immigrants similar in scale to the November 13 terrorist attacks in Paris.

Nearly 40 percent of German women plan to avoid large gatherings after the attacks, according to a recent poll. That is the kind of fear that is spreading.

A Lie With Consequences

Think about the consequences of German officials' deception. It is destroying the trust between Germany's government and the public. What happens when the majority of Germans realize they have been deceived? What happens when the majority of Germans lose confidence and trust in mainstream leaders? Frustrated and angry, the German people, as any people would, will seek an individual, a political party, willing to heed their concerns and solve Germany's migrant crisis. This trend is already evident in the dramatic rise of PEGIDA and the AfD, a right-wing political party whose popularity is at all-time highs.

Many of the Germans becoming disillusioned with mainstream politics and turning to these groups are not hardcore neo-Nazis. They don't want to persecute the migrants or see them imprisoned, beaten up or killed. They are not extremists seeking genocide. They are regular, sound-thinking, rational people, many of whom have terrific empathy for those suffering in Syria and elsewhere. These people are simply concerned about the impact millions of migrants will have on their nation, its institutions, its infrastructure, its economy, its culture and on the German people. They are concerned about Germany's future. But Angela

Merkel's government refuses to give serious attention to these concerns and refuses to tell the truth about the impact the migrants are having and will have on the nation.

If she continues to do this, Germany's chancellor risks helping transform the German people—and Germany itself—into something very different and much more frightening than the democratic, peaceful, friendly nation we see today.

THE MERKEL GOVERNMENT'S HANDLING OF THIS SITUATION IS TURNING THE GERMAN PEOPLE INTO A TICKING TIME BOMB! The more disillusioned, frustrated and angry the German people become, the more vulnerable they will be to radical politics and radical leaders with radical solutions.

Don't be deceived by the images of Germans embracing the migrants or Germany's chancellor making the cover of *Time* magazine as its "Person of the Year." All is not well in Germany. Growing numbers of people are becoming unhappier by the month, not just with the migrants, but with Chancellor Merkel and her pro-migrant friends in the government and the media.

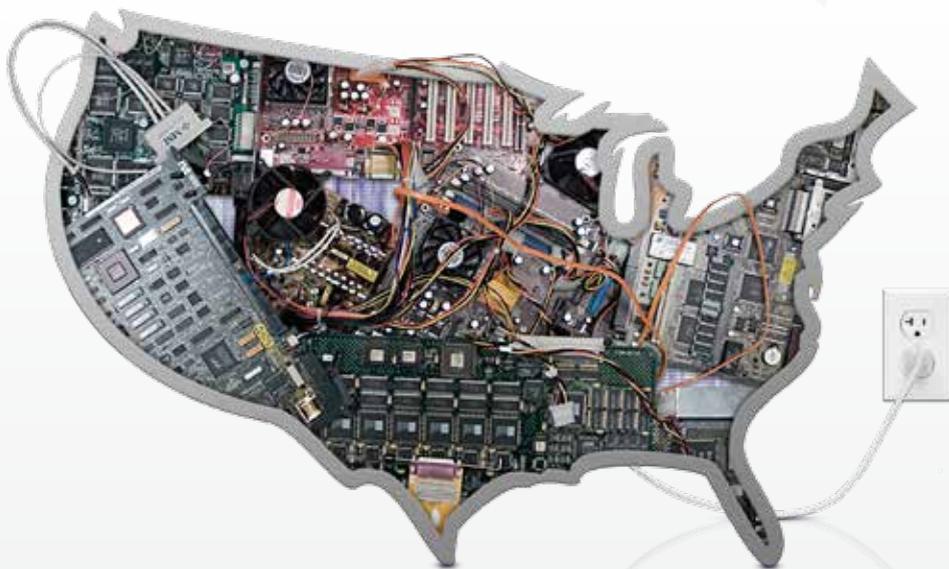
Watch for a Change

Common sense alone tells us an explosion is coming. But the Bible specifically warns us what will be the result: *a radical change in German leadership.*

The book of Daniel is written specifically for the "time of the end" (Daniel 8:17; 12:4, 9). In passage after passage, it talks about a powerful leader who will shake the world. He will be the "king of the north" (Daniel 11:40), ruling over a united European power. Most likely he will be the leader of Germany, which controls the rest of the EU.

What type of man is this new leader? The Bible says that "the king shall do according to his will; and he shall exalt himself, and magnify himself above every god" (verse 36). He will be a "king of fierce countenance" (Daniel 8:23). He is assertive, aggressive and ambitious. He is a strong leader!

This leader shall come "understanding dark sentences" (verse 23)—or, as *Clarke's Commentary* puts it, he is "very learned and skillful in all things relating to government and its intrigues."



What Happens When the Plug Gets Pulled?

America's infrastructure and military have a catastrophic vulnerability—well known for decades, yet not dealt with. **BY RICHARD PALMER**

“**A**MERICA IS THE GREATEST SUPER-power this world has ever known,” wrote *Trumpet* editor in chief Gerald Flurry in 1995. “But we have a very vulnerable point in our military—our own Achilles heel. It is so dangerous that I am amazed it hasn’t received more publicity.”

The deadly weakness? Cyberwarfare. Twenty years later, it would be easy to assume this problem has been fixed. After all, we’ve known about this vulnerability for decades. America has even set up a United States Cyber Command—a cyberwarfare headquarters. No massive hacking attack has shut down our infrastructure or military. Surely the United States is adequately protected by now?

Sadly, that could not be further from the truth. The average American would be shocked to find out just how much of his daily life is vulnerable to cyberattack.

Cyberwarfare is, by nature, incredibly hard to defend against. But the vast scale of America’s vulnerability reveals a complacency at the heart of America’s

defense establishment. Since 1995, this danger has increased dramatically.

Civilian Infrastructure at Risk

Cyberwarfare refers to attacks on a country’s electronic information systems. These systems are connected to real-world operations: military bases, power plants, dams, reservoirs, reactors, energy grids, logistics centers, airports, financial institutions and telecommunications centers. If hackers can gain access to these systems, they may be able to rob, cripple or destroy important information and infrastructure. It is not just military targets that are in danger. Just as in wartime, some of the biggest targets are civilian.

On December 21, the Associated Press published an in-depth study on the vulnerability of the U.S. electric grid system to cyberattacks. It said, “About a dozen times in the last decade, sophisticated foreign hackers have gained enough remote access to control the operations networks that keep the lights on, according to top experts who spoke only

on condition of anonymity due to the sensitive nature of the subject matter.”

“The public almost never learns the details about these types of attacks,” the report said, adding that many attacks “are never even reported to the government. These intrusions have not caused the kind of cascading blackouts that are feared by the intelligence community. But so many attackers have stowed away in the largely investor-owned systems that run the U.S. electric grid that experts say they likely have the capability to strike at will.”

The report warned that much of the equipment used in the grid is “decrepit” and vulnerable to attack. Equipment that was never designed to be connected to the Internet is now online—and vulnerable. To make matters worse, the age of the infrastructure could mean that damage caused by an attack could take months to fix.

In a cyberattack on the energy company Calpine, which manages power stations across the United States, hackers gained access to usernames and passwords, enabling them to connect remotely to the network. The intruders accessed detailed engineering drawings of Calpine networks and power stations and information on how each power plant communicates with the others. This is enough information to shut down generating stations and cause blackouts and enough technical information to gain control of a network while still being able to hide an attack.

Iran has been identified as the most likely culprit for this attack. These same hackers also accessed the systems of Pakistan International Airlines, Mexican oil giant Pemex, the Israel Institute of Technology, and the Navy Marine Corps Intranet.

An attack on an electrical grid was only theoretical—until 2015. On December 23, a computer program gave hackers access to the systems of Prykarpattia Oblenergo, a Ukrainian electricity provider. They shut down the power to 80,000 homes for six hours, and kept the company from discovering the attack by flooding it with phone calls so customers could not report the outage.

All this exposes the vulnerability of just *one* target: the U.S. power grid. Other industries have also been hit. In

2014, hackers infiltrated a steel mill in Germany and prevented its blast furnace from being safely shut down, causing what Germany's Federal Office for Information Security described as "massive damage." More recently, Iran hacked the control infrastructure of a dam in New York. The details of this attack are classified.

"Unfortunately, many accounts of cyberattacks these days seem to produce yawns," the *Washington Post* wrote Aug. 12, 2015. America has been vulnerable to cyberattacks for so long that now it's just old news.

After giving a litany of examples of cyberattacks, the *Post* wrote, "[Y]et the United States has been complacent and lazy in responding."

"Doing nothing is not an acceptable option," the *Post* wrote. But that's all the U.S. is doing.

History's Costliest Weapon System

So far we've discussed only civilian assets. But America's military is also hugely vulnerable. Perhaps nothing symbolizes this vulnerability better than the F-35.

The U.S. Air Force has bet its future on the F-35. With a total projected cost of around \$1.3 trillion, the fighter jet is the most expensive weapons system in history. The United States military plans to buy around 2,500 of these planes. In fact, it plans to own more F-35s than all other manned aircraft put together.

This plane is high-tech. It is stealthy. Its pilots wear virtual reality helmets (costing \$400,000 each) that allow them to see through walls of the aircraft. If the pilot looks down, for example, images of the ground below appear on his helmet's visor from infrared cameras mounted on the outside of the airplane.

These capabilities require a powerful computer in the plane. Its designers went all out on computer control—the software is far more complicated than any other fighter ever built. All the instructions the pilot gives to the plane—ascend, bank left, etc.—pass through this computer. The computer controls all the weapons systems. The computer detects when a part is failing or is due to be replaced, orders a replacement and tells the ground crew where to fit it.

That's the theory. In practice, all these IT systems have been a nightmare. The U.S. has already rolled out approximately 100 F-35s. But its main cannon cannot fire. The cannon is there, but the software to run it is not finished.

But most disturbing is its huge vulnerability to cyberattack. In November 2015, the U.S. canceled its cybersecurity tests on the F-35.

Why? There would have been plenty of bad reasons: complacency, or an unwillingness to spend the extra cash, for example. But these tests were canceled for the *worst imaginable reason*. Military officials canceled the test because they worried that even a *simulated cyberattack could ground all the F-35s currently in operation*.

That's right: The next generation of America's Air Force is so fragile that just testing its cybersecurity could ground the entire fleet.

Perhaps any plane as computer dependent as the F-35 is going to be vulnerable. But the specific weakness due to be tested last November was completely avoidable. It was the maintenance software—the system

GROUNDING Troubles with the F-35 fighter jet's computer systems are keeping it out of the air.



designed to automatically order spare parts—called the Autonomic Logistics Information Systems (ALIS) program. Defense analyst Dan Grazier wrote for the Straus Military Reform Project, at the Project on Government Oversight, that many consider the ALIS program "the plane's largest vulnerability."

"Should an enemy hack the ALIS system successfully, they could disable F-35 systems in combat, cause

disastrous crashes, or ground the entire fleet," he wrote.

"It's not as if this is a theoretical threat," wrote Grazier. "The Department of Defense admitted in 2013 that a foreign power had hacked into unclassified F-35 subcontractor systems and stolen large amounts of sensitive information about the aircraft."

If defense planners were at all worried about cyberwarfare when commissioning these planes, there would have been a very simple solution: Don't create a network that links all F-35s together simply to make it easier to order spare parts.

A High-Tech Ticking Time Bomb

Counterfeit electrical parts are another area where a huge range of American military hardware is at risk, and the government has done little to fix the problem.

The U.S. is not at all picky about whom it buys computer parts from. A foreign country wouldn't need to hack into American computers—it could have all the software it needs built into a computer chip already installed.

Experts have been talking about this problem since the mid-1990s, but nothing has been done.

In 2011, the U.S. nearly installed faulty transistors on a U.S. helicopter that would have prevented the helicopter from being able to fire its weapons. They traced the transistors back through five companies to China.

In this case, it was concluded that the flaws were a mistake.

But it shows the danger in America's high-tech weapons systems being dependent on tiny parts from foreign nations. The fear is that a foreign government could easily do the same thing with deliberately designed fake parts. One may have even done so already.

"Microchips are the bedrock upon which our digital world is based, and they are almost entirely unsecured," *Popular Science* wrote Feb. 17, 2015.

One of the reasons these types of problems haven't been addressed is that they are so hard to fix. "The potential avenues of attack are so numerous and insidious, they can be hard to contemplate," *Popular Science* continued. Cyberattacks using microchips can

“hit anywhere hardware exists, from coffeemakers to fighter jets,” it wrote.

Retired Air Force four-star Gen. Michael Hayden, who headed both the Central Intelligence Agency and National Security Agency, was asked about hardware hacking in 2011. “It’s the problem from hell,” he stated.

“Frankly, it’s not a problem that can be solved,” he said. “This is a condition that you have to manage.”

A huge number of the electrical parts in the F-35 come from China. Any one of a number of these chips could disable the whole system. Counterfeit chips could be programmed to kill the system after receiving a specific signal, or after a predetermined amount of time, for example. But with billions of transistors in a single system, it’s impossible to even check most of them.

The U.S. has some programs in their infancy to help stop this problem. But they are likely too little too late when it comes to securing planes with super-computers and complex, high-tech parts.

Cyber Spying

Further proof of America’s weakness in this area comes from the related field of cyber espionage. The lines between cyber espionage and cyberwarfare can become a little blurred, but in general, cyber espionage involves spying—stealing data, rather than destroying it.

America’s ability to prevent cyber theft gives us a good indication of how good it would be at stopping cyberwarfare.

Once again, America’s track record is abysmal. Last year, the government suffered its biggest attack in history when the Office of Personnel Management was hacked. A foreign power accessed a trove of sensitive information about 21 million Americans—everything they need to know to figure out who can be bribed or blackmailed, and how to do it.

The Internal Revenue Service was also hacked, and data from 330,000 accounts was stolen. In another incident, even CIA Director John Brennan had his personal e-mail account hacked. In this instance the perpetrators appeared to be bored teens. Imagine what a foreign government would be—or is—capable of doing.

Civilian targets have also been hit. Last year, for example, hackers compromised 100 million health insurance records.

The nature of cybersecurity makes it very hard for America to secure itself. As the *Washington Post* wrote, cyberwar is “asymmetrical, favoring a smaller, stealthy attacker over the defender. The concept of deterrence from the nuclear age—the idea of two cocked pistols preventing either side from shooting—offers limited comfort in a conflict in which attackers often can avoid identification until long after an attack” (op. cit.).

America, with its Cyber Command, is able to carry out cyberattacks—such as the Stuxnet attack on Iran. But to attack, you need to compromise just one system. To defend, you have to stop your enemy from compromising thousands.

A Nation Asleep

The U.S. military has been incredibly complacent. It has barely tried to take effective measures at defense. Civilian planners have been even worse.

This points to a deeper sickness. America’s leaders, military planners and citizens are acting on the assumption they will never have to fight a war with another major power. The whole defense doctrine is geared around fighting a terrorist network, or maybe an Iran or North Korea. If you only expect to be fighting Third or maybe Second World countries, cybersecurity is a nuisance, but not a life-threatening danger.

Many believe that even if China, for example, has completely infiltrated the American electrical grid, it would never shut it down, simply because it would have too much to lose. That is a comforting worldview. It also reflects the way people thought before World War I and at several other times in the past. It’s also a view completely demolished once someone gains even a modicum of historical perspective. Human beings have always fought wars, and human beings have always used the tools of warfare at their disposal.

But this complacency means America’s leaders are asleep to this huge danger.

When Mr. Flurry first wrote on this subject back in 1995, he quoted defense analyst Joseph de Courcy, who wrote,

“Computer dependence is the Western world’s ACHILLES HEEL, and WITHIN A FEW YEARS THIS WEAKNESS COULD BE TESTED TO THE FULL.”

Mr. Flurry wrote that de Courcy’s warning immediately reminded him of Ezekiel 7:14: “They have blown the trumpet, even to make all ready; BUT NONE GOETH TO THE BATTLE: for my wrath is upon all the multitude thereof.”

“It seems everybody is expecting our people to go into battle, but the greatest tragedy imaginable occurs!” Mr. Flurry wrote. “Nobody goes to battle—even though the trumpet is blown! WILL IT BE BECAUSE OF A COMPUTER TERRORIST?” (January 1995).

Last year, top defense journalists P. W. Singer and August Cole decided to write a novel about what America’s next war could look like. With hundreds of footnotes, their book *Ghost Fleet* “can come across as a 400-page warning,” as the tech magazine *Wired* wrote.

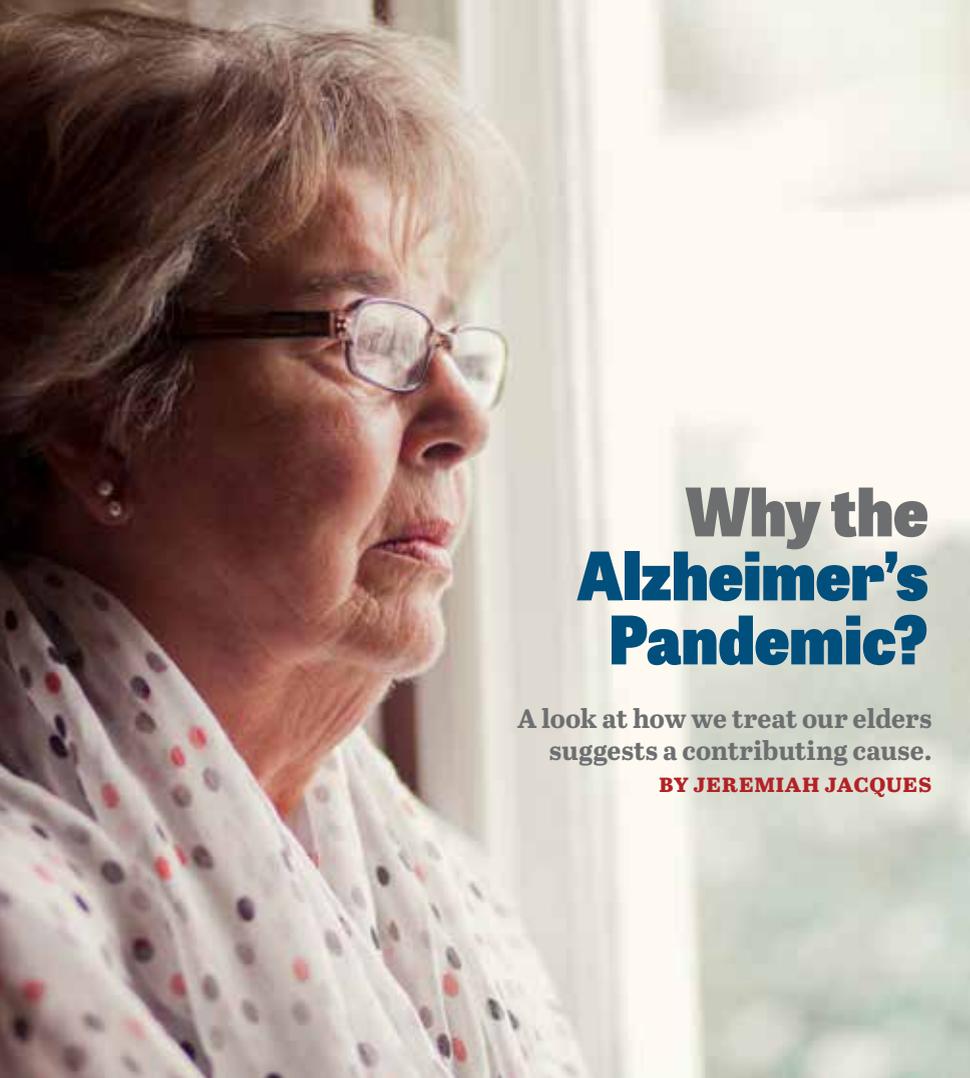
In the book, China launches a surprise attack on the U.S. The first shot of this war is against an American satellite (a subject we addressed in our February 2016 issue: “Space: The Final Military Frontier,” theTrumpet.com/go/13402). At the same time, the Chinese launch a massive cyberattack. With the U.S. now completely blind, China launches carrier-killer missiles and destroys America’s Pacific Fleet.

As the combined Russian-Chinese attack rolls out—using troop carriers disguised as container ships, for example, something Russia is already working on—it comes up against the F-35. In the authors’ imagination, counterfeit chips inside the F-35 emit a signal that Chinese missiles can home in on. They are easily shot down.

By the time the U.S. Joint Chiefs of Staff knows what is going on, the attack is already over. America has lost: The Pacific Fleet is gone, and Hawaii has been taken.

When some of America’s top military thinkers imagine what America’s next war could be like, they come up with something remarkably like what is recorded in Ezekiel 7, and about which Mr. Flurry warned decades ago.

To learn more about what the Bible warns America on this subject, read the most up-to-date version of Mr. Flurry’s article “America’s Achilles Heel—and Germany” (theTrumpet.com/go/1394).



Why the Alzheimer's Pandemic?

A look at how we treat our elders suggests a contributing cause.

BY JEREMIAH JACQUES

THE ALZHEIMER'S PANDEMIC HAS long been a dark riddle. What are its causes? Why has it apparently become much more widespread just in the last few generations? Why does it afflict some nations more aggressively than others? Why do twice as many women suffer from it than men? And what can we do to fight back against this terrible, incurable disease?

These crucial questions have long remained unanswered.

But a new study by the Yale School of Public Health offers some possible answers—with implications for both the young and the old.

According to the study, the main cause of Alzheimer's may be *lack of respect for elderly people*.

The study says that individuals who are conditioned by society to believe that they will lose their mental sharpness when they grow old likely will. People who succumb to negative thinking and feeling obsolete, it says,

will sometimes mentally “retire.” And this withdrawal can actually change their brains in a way that leads to Alzheimer's and other kinds of dementia.

The logic of the conclusion is easy to understand: When those who are negative about aging begin growing old, they will put forth less effort. They will give up more easily in the face of difficulty and try to avoid challenging situations. And since the brain is a “use it or lose it” organ, avoiding challenges and reducing effort leads to physical deterioration.

The study, titled “A Culture–Brain Link: Negative Age Stereotypes Predict Alzheimer's Disease Biomarkers,” was published on Dec. 7, 2015, in the journal *Psychology and Aging*. (You can read about its methodology in the sidebar, page 13.)

This study is far from the final word on Alzheimer's. From nation to nation, there are stark differences in diet, lifestyle, fitness levels and

medical reporting methods. These and numerous other factors likely contribute to the differing rates from nation to nation. And sometimes, even well-respected, active people who push themselves and seem to be doing everything right—such as Ronald Reagan—succumb to the ravages of Alzheimer's. Nevertheless, the study's findings are potentially important because they could help explain why rates of dementia are so much higher in Western nations like the United States and Britain than in such countries as India, Cambodia and Greece, where aging is celebrated and elderly people are respected.

‘Forever 21’ Culture

The societies of America, the United Kingdom, Australia, Canada and most other Western nations today are not only obsessed with youth, but also openly hostile toward aging.

“Institutionalized prejudice against aging is condoned by our society,” wrote Todd D. Nelson, an associate professor at California State University–Stanislaus. “Americans shun older people because they are obsessed with youth and beauty,” he said.

American sociologist Jean Potuchek said, “Our society seems to assume that youth is a time when we are developing and when our bodies and minds are sharp and capable. Age, by contrast, is seen as a time when we are declining and our bodies and minds are dull and losing their capabilities.”

Experts say the media plays a major role in these perceptions. The elderly are usually painted as irrelevant,

ALZHEIMER'S

DEATH RATE PER 100,000 PEOPLE

0.46 CAMBODIA AND INDIA

21.4 UK

35.5 CANADA

45.6 U.S.

slow-thinking, chronically ill, unable to work, and burdensome. Their wisdom—if they are shown to have any at all—is depicted as outdated and useless.

In *Social Issues in America*, author James Ciment wrote, “The media, in particular, emphasize the positive attributes of the young.” By contrast, “the elderly are generally excluded from the media, except as figures of amusement or ridicule.”

In *Learning to Love Growing Old*, Jere Daniel explains: “Influenced by the fairy tales we hear as children, and what we see on television and hear in

respected by all age groups; they stay with the family for comfort and support.”

On most metrics, you would find Western nations such as America and the UK outperforming these Eastern nations. But their rates of Alzheimer’s disease are drastically lower.

In India and Cambodia, the reported rate of Alzheimer’s deaths is 0.46 people per 100,000.

Compare that to a rate of 24.4 in the UK, 35.5 in Canada, and 45.6 in the U.S.

This means a British person is 53 times more likely to die of Alzheimer’s or dementia than an Indian or Cambo-

AMERICANS ARE **17 TIMES** MORE LIKELY THAN GREEKS TO CONTRACT ALZHEIMER’S.

everyday life, we develop negative stereotypes about aging by the time we are 6 years old These stereotypes persist as we grow up, completely unaware that we even acquired them or granted them our unconditional acceptance. With our understanding of the subject forever frozen, we grow into old age assuming the stereotypes to be true. And we live down to them.”

Far too many people in America, Britain and most other Western societies buy into the negativity about aging—with devastating results. But some cultures hold a different view of aging and elderly people.

Esteeming the Elderly

In parts of India, the elderly are usually in close contact with their children and grandchildren for life. And all members of the family hold them in high regard.

Achyut Bihani of the Institute of Management–Calcutta explained how the typical Indian family esteems its eldest members. “Advice is always sought from them on a range of issues, from investment of family money to nitty-gritties of traditional wedding rituals and intra-family conflicts. And this is not just passive advice; their word is final in settling disputes.”

Bihani said that disrespecting the elders of the family or sending them to live in a nursing home has a strong social stigma and rarely happens.

The situation is similar in Cambodia. CambodianWelfare.org says, “Elders are

dian. A Canadian is 77 times more likely, and *the life of an American is 100 times more likely to end in that tragic way.*

How much of that difference may be attributed to these cultures being more hostile toward aging?

What About Life Expectancy?

Some may say the only reason the U.S. and UK have higher Alzheimer’s rates than places like India and Cambodia is simply that people live longer in the Western nations. Since more Americans and Brits live to reach old age, more develop age-related diseases.

It’s true that life expectancy often plays a role in the differing rates of Alzheimer’s between nations. But the example of Greece shows that longer life spans alone do not always account for the vast disparity.

The average Greek person lives to be 81 years old. That’s two years longer than the average American, and about the same as the average Briton. Yet the rate of Alzheimer’s/dementia in Greece is only 2.74 per 100,000 people. That is 8 times lower than in the UK and 17 times lower than in the U.S.

The massive difference may well be because of the positive view Greeks have of aging and the aged. The 2006 book *On Becoming Fearless ... in Love, Work and Life* says that in all of Greece “the idea of honoring old age, indeed identifying it with wisdom and closeness to God, is in startling contrast to the way we treat aging in America.”

Methodology of the Yale Study

The study, titled “A Culture–Brain Link: Negative Age Stereotypes Predict Alzheimer’s Disease Biomarkers,” was published on December 7 in the journal *Psychology and Aging*.

Lead researcher Becca Levy summarized the findings: “We believe it is the stress generated by the negative beliefs about aging that individuals sometimes internalize from society that can result in pathological brain changes.”

Levy’s team came to the conclusions after studying 158 older people over a period of 10 years. The individuals were routinely interviewed about their attitudes toward aging. They were asked how much they agreed with such statements as “old people are absent-minded.” The researchers also scanned their brains each year, paying particular attention to changes in the size of the hippocampus, which is known to shrink in individuals with Alzheimer’s.

“Those holding more-negative age stereotypes earlier in life had significantly steeper hippocampal-volume loss,” the researchers found.

Levy’s team also studied the brains of 78 individuals who died during the course of the study. Again they found that in those people who had held more negative beliefs about aging, there were significantly more physical signs linked to Alzheimer’s. The brains of the people whose interview results showed the most negative views of aging had far greater amounts of amyloid plaques and neurofibrillary tangles—two of the strongest indications of Alzheimer’s disease.

Even still, the similar findings of the new Yale study are not the last word on Alzheimer’s disease and dementia. Nevertheless, the evidence indicting our attitudes toward aging is compelling. And a look at the Bible makes clear that negative views of aging and the aged is contrary to God’s law.

The Young Should Honor the Aged

God says younger people should “rise up before the hoary head” and “honor the face of the old man” (Leviticus 19:32). God sees gray hair on a person as a “crown of glory” (Proverbs 16:31). And He wants people of all ages to view the elderly as He does.

When young people fail to respect the aged members of society, they miss out on some invaluable resources: “With the very aged is wisdom, and with

says that our thinking determines what we become: “For as he thinketh in his heart, so is he.”

View old age as a problem, and it could be a problem. Expect your memory to fade, and it is likelier to fade. See aging as an incurable disease, and it may well lead to incurable disease.

If a person puts forth less effort, gives up more easily in the face of difficulty, and avoids challenging situations, his brain will suffer. The quality of his

no decline at all from how he had felt during his prime. In light of that, you could say, his prime was actually *still prevailing* at age 85.

Because of his confidence and strength, 85-year-old Caleb asked to be given a swath of land partly inhabited by a group of hostile, powerful people. He was not afraid to confront them to defend his inheritance. In fact, he was eager to do so (verse 12).

How could an 85-year-old man be just as strong and sharp as he had been at age 40?

The phenomenon was due to three main reasons. First, Caleb was highly active from age 40 to 85, wandering in the wilderness, fighting vigorous battles, walking many miles on most days, and pressing toward the goal of the Promised Land. He was pushing himself physically and mentally.

The second reason Caleb remained mentally and physically strong ties in to the new Yale study: He lived in a society that respected its elders. The command God gave to young people to “rise up” (from the Leviticus 19 passage cited earlier) was a command given directly to the society Caleb lived in. And it was enforced in that society.

In this one way—respecting elders—ancient Israel was more like modern-day India or Greece than it was like modern-day America and Britain. Caleb was respected. His wisdom was valued. That contributed to the fact that he did not deteriorate from age 40 to age 85.

Both of these factors greatly contributed to Caleb’s vigor. It is also possible that people of that era lived longer, in general. But Caleb pointed to a third factor, which he said was the major reason why he retained his vitality: *I am still as strong today because* “I wholly followed the Lord my God” (Joshua 14:8).

If we are following God with our whole hearts, we’ll never retire from spiritual labor. If we are following God with our whole hearts, we won’t buy the lies that media and society tell us about age. Instead, we will continually push ourselves to be growing. Instead of trying to avoid challenges and difficult situations, we will seek them out! If we are following God with our whole hearts, we will wear our gray hair proudly, as a “crown of glory!” ■

VIEW OLD AGE AS A PROBLEM, AND IT COULD BE A PROBLEM. EXPECT YOUR MEMORY TO FADE, AND IT IS LIKELIER TO FADE. SEE AGING AS AN INCURABLE DISEASE, AND IT MAY WELL LEAD TO INCURABLE DISEASE.

length of days understanding,” says Job 12:12 (*Young’s Literal Translation*).

Numerous other Bible passages reiterate this same truth.

God’s plan allots most individuals about 70 years or so to live, to make decisions, and to learn about life. That doesn’t mean age *always* leads to wisdom (see Ecclesiastes 4:13 and Job 32:6-9). But in general, people who have lived longer will have acquired more wisdom. And younger people benefit immensely from absorbing that wisdom into their lives.

If younger people learn to respect old age, they will also benefit later in their lives when they themselves grow old. Rather than succumbing to feelings of negativity about aging, they’ll be grateful to live through the latter chapters of their lives. With a positive view of aging, they will be likelier to retain their mental health and acuity for their entire lives.

If young people want to obey God and reap the benefits of living life the way He designed it, we will go out of our way to reverence our senior citizens. And we will rid our thinking of the toxic negativity about aging that society instills in us.

Wear Your ‘Crown of Glory’ Proudly!

The findings of the Yale study also carry a clear message for older people: No good comes from believing the negativity about aging, no matter how deeply that negativity is entrenched in society.

Buying into such beliefs becomes a self-fulfilling prophecy. Proverbs 23:7

thoughts will decline, his memory will dull, and his mental ability will wane. In some cases, he will contract Alzheimer’s.

One solution is to reject society’s negativity about aging and to wear the “crown of glory” proudly!

Should we believe the writers of *The Simpsons* and *South Park*, or the Writer who inspired the book of Psalms?

Psalms 92:14 says that “even in old age,” people can “produce fruit” and “remain vital and green” (New Living Translation). That is a remarkable passage and an inspiring truth.

An Inspiring Example

The Bible provides dozens of examples of men and women who remained “vital and green” well into old age. And it shows *how* they did it.

One of those is Caleb the son of Jephunneh. This is the man who entered into the Promised Land as a spy when he was 40 years old. But Caleb’s story did not end there.

When he was 85 years old, Caleb was every bit as strong and sharp as he had been at age 40.

“I was forty years old when Moses the servant of the Lord sent me ... to explore the land. ... Here I am today, eighty-five years old! I am still as strong today as the day Moses sent me out; I’m just as vigorous to go out to battle now as I was then” (Joshua 14:7-11; New International Version). That is an amazing statement. At age 85, Caleb felt



The Future of Farming Is Happening Now

How an agricultural counterrevolution shows a glimpse of life in the World Tomorrow **BY DENNIS LEAP**

FARM POLICY IN THE 1970S destroyed America's small farms. Today, small farming—the cultivation of flavorful, health-building, life-sustaining, vitamin-rich food—is making a comeback inside cities and towns in America.

It may well be that the people 30 years from now will look back into the history of our time, shake their heads and wonder, *Why did they produce and use food like that?* The crisis in American farming is not big news today. The average American doesn't even suspect a crisis in farming exists. But the crisis is real, and its effects have already been knocking on most Americans' doors for several generations.

In the mid-1970s, United States Secretary of Agriculture Earl L. Butz

implemented government policies that favored the growth of large-scale corporate farms. His radical thinking about farming and agriculture are revealed in statements he made during his tenure as secretary. Because of America's world-renowned bountiful food harvests, he viewed America as an "agripower." In 1975, food supplies around the world were in decline. America alone was growing nearly half of the world's grain. Mr. Butz stated: "Food is a tool. It is a weapon in the U.S. negotiating kit." Butz believed America should use food as a means to advance its national interests.

At that time, Russia had suffered a massive wheat crop failure. To prevent Russia's wheat shortage problems from raiding America's commercial wheat

reserves, which would cause a rise in wheat prices, the Ford administration established a national grains-export policy, giving the federal government control over the export of wheat. For the first time in American history, food became a major part of diplomatic policy. To buy American wheat, Russia was forced to sell oil to the U.S. and not to interfere with Henry Kissinger's negotiations on the Egyptian-Israeli accord. Essentially, the restriction of food became a weapon of leverage as powerful as the atomic bomb.

In time, other federal government policies used food as a means to curry the favor of allies. Sadly, American farming also became politicized. As author

Michael Pollan points out in his book *The Omnivore's Dilemma*, Butz had helped to arrange the Russian grain sale in the hope of giving a boost to American crop prices in order to bring restive farmers who were tempted to vote for George McGovern into the Republican fold.

Get Big, or Get Out!

America's Founding Fathers and their successors desired that settlers could come to America and own land, build a home, raise a family, and feed themselves well. They would become an independent people, building an independent nation—a model society for the world to imitate. Essentially, America's farming communities would form the nation's backbone.

The Homestead Act, signed by Abraham Lincoln in 1862 during the Civil War, granted a huge amount of

power—and a huge amount of property—to the people. The law took gigantic swaths of western land that were controlled by the federal government and gave it in 160-acre plots to homesteaders. Under the act, homesteaders claimed and settled over 270 million acres, or 10 percent of the total area of the United States.

This act paved the way for tremendous economic development. By the end of the 19th century, America had grown at a rate of about 25 percent annually—much faster than the economic boom in China. And the Americans did it by taking power away from the central government and giving it to individuals on the condition that they work the land.

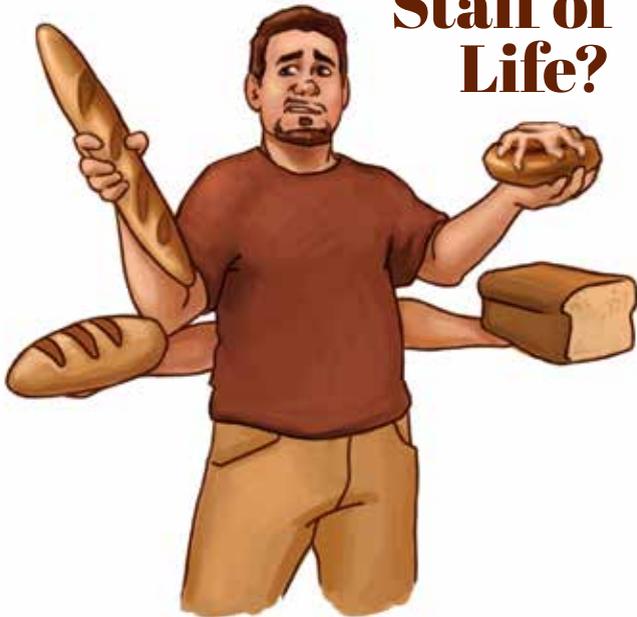
Roughly a century later, it became a fact of history that as head of the USDA, Butz's policies favoring large corporate farms led to the financial ruin and

decline of the small American farmer. The damage was devastating. Corporations lustfully leveraged their power and gobbled up many small farms. Other small farms, not suitable for large corporate planting and harvesting machines, were left idle and ruined from neglect.

Was this a good thing for U.S. agriculture, farms and small farmers? The USDA still thinks that it *was*.

“Early 20th-century agriculture was labor intensive, and it took place on a large number of small, diversified farms in rural areas where more than half of the U.S. population lived,” the USDA states in its 2005 publication *The 20th Century Transformation of U.S. Agriculture and Farm Policy*. “These farms employed close to half of the U.S. workforce, along with 22 million work animals, and produced an average of

Is Bread Still the Staff of Life?



Should your diet include white bread, whole-grain bread—or no bread? **BY JORG MARDIAN**

BREAD HAS BEEN A MAJOR STAPLE OF THE HUMAN DIET FOR thousands of years. Today it continues to be the most regularly consumed food in the world. In recent decades, it has also received a lot of bad press because of perceived negative effects on health and, in particular, weight gain.

Is bread a nutritional saboteur that you need to eliminate immediately, or does it have a place in a healthy eating regimen?

Refined Grains Vs. Whole Grains

By now, white bread has a well-earned reputation for its nonexistent and even negative nutritional value. Its refined grains have been stripped of their natural fiber, vitamins and minerals. Because of this, white bread increases your blood sugar and insulin and can lead to weight gain, higher cholesterol, type 2 diabetes and heart disease.

As recently as 15 years ago, 80 percent of bread sold in the United States was white bread. It is still everywhere, especially at restaurants. But things are beginning to change. The *Chicago Tribune* reported in 2010 that whole-grain bread sales had surpassed those of white bread for the first time. Thanks to education, availability and improved labeling, whole grains have become a top priority with consumers.

So if you are the average consumer, you know to pass on the white bread, but is that all you need to know?

The first step to a healthier diet of bread is to read the labels. When buying bread, look for the first ingredient to be listed as “100 percent whole wheat” or “100 percent whole grain.” This indicates that the bread includes all three parts of the whole grain or kernel—the bran (the outer layer), the germ (the part that germinates) and the endosperm (the inside of the grain, which is mainly starch).

Whole wheat flour is always whole-grain flour in the U.S. Canada has different regulations: There, “whole wheat flour” contains at least 95 percent of the original kernel, whereas “whole-grain whole wheat flour” contains 100 percent.

There is a growing international consensus that something labeled “whole grain” must contain the same relative proportions of starchy endosperm, germ and bran as found in the intact kernel (HealthGrain.org).

According to a study in Cancer Prevention Research, those who eat a healthy diet (with whole grains, fruits, vegetables,

five different commodities. The agricultural sector of the 21st century, on the other hand, is concentrated on a small number of large, specialized farms in rural areas where less than a fourth of the U.S. population lives. These highly productive and mechanized farms employ a tiny share of U.S. workers and use 5 million tractors in place of the horses and mules of earlier days.”

These stats sound really positive. Yet what is the USDA not telling us? That is the even more interesting question.

Once the federal government reasserted centralized power over agriculture, it absolutely transformed it, as it proudly admitted in the 2005 publication. Butz’s famous saying at the time was “Get big, or get out!” He urged farmers to plant corn “from fencerow to fencerow.” The emphasis was on commodity crops like corn, cotton and

soybeans, which can be easily grown in large quantities, stored and traded.

But all of this came with a price.

Essentially, the head of the USDA turned a “food weapon” on the very people he was responsible to protect. And it wasn’t just the small farmer who was hurt by his policies.

Industrial Agriculture’s Hidden Costs

In 1977, Wendell Berry, essayist, poet and small farmer, spoke out against Butz’s farm policies. “The cost of this corporate totalitarianism in energy, land and social disruption will be enormous,” he wrote. “It will lead to the exhaustion of farmland and farm culture. Husbandry will become an extractive [nonrenewable] industry; because maintenance will entirely give way to production, the fertility of the soils will become a limited, unrenewable resource like coal or oil.”

His near-prophetic insight is explained in his book *The Unsettling of America: Culture and Agriculture*. Although this book is nearly 40 years old, it is current in its solutions for America’s farming dilemma. It is well worth reading.

Mr. Berry hoped the trajectory of the future of farming would change. “This may not happen. It *need* not happen. But it is necessary to recognize that it can happen. That it can happen is made evident not only by the words of such men as Mr. Butz, but more clearly by the large-scale industrial destruction of farmland already in progress,” he wrote in 1977.

Berry clearly saw the soil turning to sand beneath the feet of America’s once-plentiful farming culture. If you comb your local library, bookstore or the Internet, you will find hundreds of

FARMING PAGE 20 ►

fish and healthy oils) have a 36 percent lower risk of death from all disease causes. The average American, however, eats less than one daily serving of whole grains; some studies show that over 40 percent of Americans *never* eat whole grains. Instead they reach for multigrain, wheat bread, organic flour, bran, wheat germ, unbleached white flour or 100 percent wheat. These breads may be packaged attractively, but they do not guarantee a whole-grain product—or any nutritional value.

Skip the claims on the front label and go straight to the ingredient list to find out the truth. Without this knowledge, you’re eating a product not dissimilar to more obvious sources of refined sugars such as candy and cakes, a product that easily fits the adage: “The whiter the bread, the sooner you’re dead.”

Look Beyond the Grain

Since commercial bread manufacturers have more interest in profit than nutrition, it’s no surprise that, with few exceptions, all commercial breads contain some additives you would not use at home. The ingredient label for a loaf of commercial bread pretending to be “healthy” may include emulsifiers, starch softeners, dough straighteners, relaxers and conditioners, GMO emulsifiers, preservatives, mold inhibitors, artificial food for yeast, and high-fructose corn syrup.

It’s a murderer’s row of chemicals leading to higher risk of heart disease and diabetes, and promoting the inflammatory bowel diseases of ulcerative colitis and Crohn’s disease as well as a group of obesity-related conditions.

Look for bread with a short list of ingredients that are recognizable, pronounceable and healthy.

What Are My Options?

Now let’s answer the original question: Is bread (even whole-grain bread) so bad that I need to eliminate it

altogether? The short answer is no. Most people can still safely eat bread.

Shop in bakeries that specialize in soaked, sprouted or sourdough breads properly prepared. Commercially, you can also buy sprouted breads such as Food for Life 7 Sprouted Grains, Food for Life Ezekiel 4:9, Trader Joe’s Sprouted Whole Wheat Fiber Bread, Shiloh Farms Sprouted 5 Grain Bread (Organic) and Manna Organic Sprouted Multigrain Bread.

Ancient grain breads (spelt, quinoa, amaranth, millet, sorghum) are also packed with nutrients. These might contain some added natural forms of sugar, but won’t be full of anti-nutrients that the body has difficulty absorbing.

Are You Moving?

One more thing to consider is that bread is an energy food. If you are like many people who do not exercise daily, eating lots of bread (even whole-grain bread) means taking in energy but never using it. In nutritional terms, this means that carbohydrates enter your bloodstream and are stored as cellular energy. But since they are never properly used, you store these excess carbohydrates as body fat.

In short, if you’re the sedentary type, it’s important to watch your portion sizes when incorporating grains into a healthy diet. Don’t have a bagel for breakfast, a sandwich for lunch and pasta for dinner, or insulin will not be able to keep up, and any excess sugar will be stored elsewhere in your body as fat.

It’s important to monitor total diet and lifestyle together. Make sure you incorporate some type of exercise into your week and eat moderate amounts of soaked, sprouted or sourdough breads in a diet rich with vegetables, fruits, legumes, fish, olive oil and other healthy foods. Maintaining your health depends on your making proper choices. ■

Jorg Mardian is a registered holistic nutritionist.

Vegetables in the City

Some passionate and highly motivated city dwellers know that you—yes, you—can grow your own food, even in a tiny plot. Urban farming is growing in popularity all over the world. In fact, in 2012 urban farming was credited with producing a fifth of the world's food supply. Urban farming comes in all shapes and sizes. The smallest often rests on a windowsill, yet still provides plenty of fresh herbs for your favorite meal. Small patio gardens can provide a cornucopia of fresh carrots, collard greens, lettuce, spinach, tomatoes, blueberries, strawberries and other produce. Many families are getting back to large backyard gardens and sharing food with other gardening neighbors. Garden entrepreneurs are converting empty city lots into vibrant gardens providing fresh vegetables. It is amazing what you can grow in a small space with a little bit of education, effort, planning, and creativity, for minimal cost. There is nothing more rewarding and nutritious for you than to plant some vegetable seeds, help them grow, and then harvest the fruits of your labor for your dinner table. **Here is how to get started.**



Plan it out

Before planting one seed, make a plan. Sketch out what you want to grow and where you plan to grow it. You will need a local calendar to learn the best time to plant a garden in your area. Beware of late spring frosts. And be sure to plan your garden near a watering source. If you have never gardened before, you'll need some basic education about plants and soil. For example, all vegetable plants need sunlight, water, rich soil

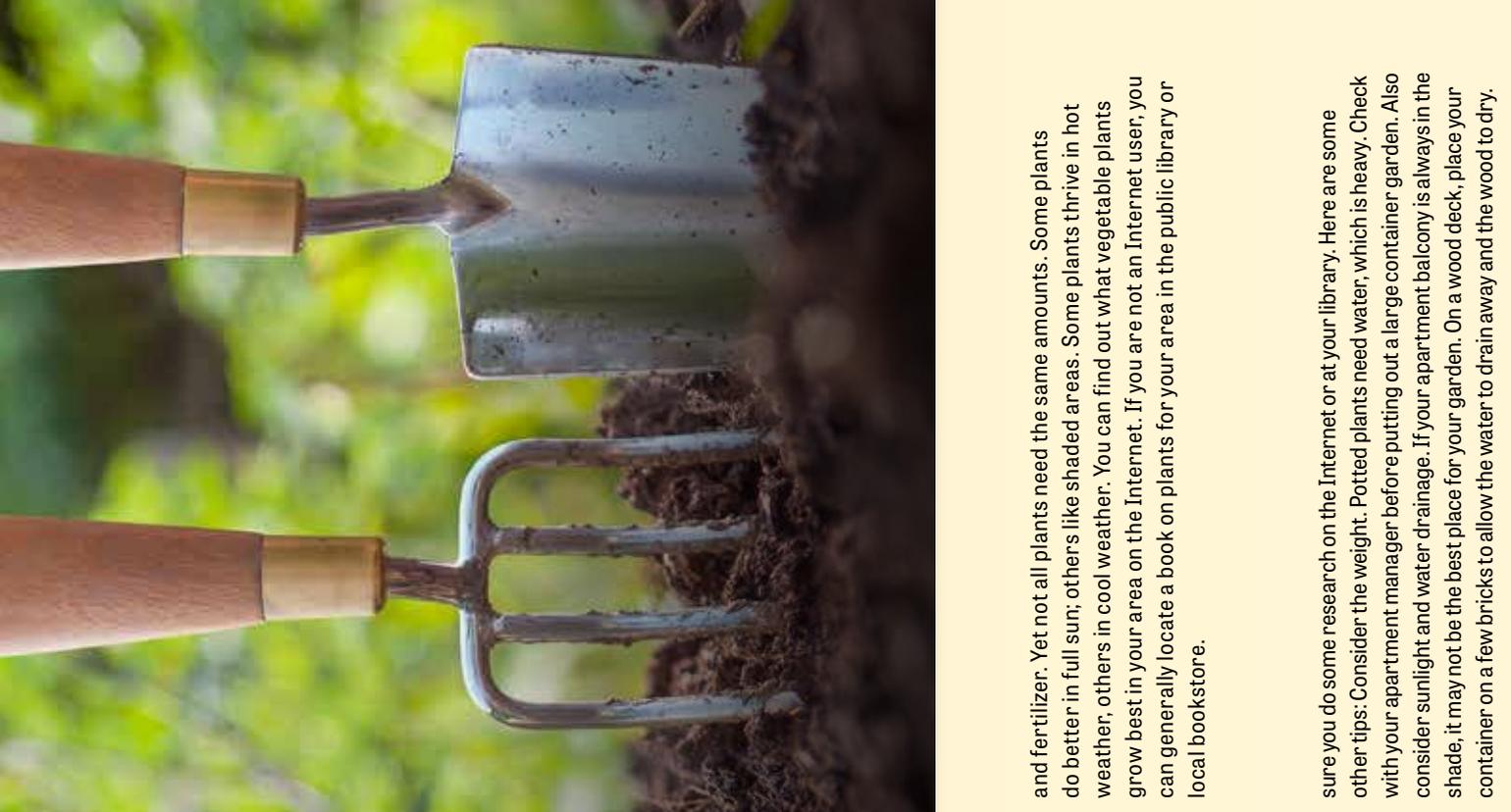


Consider containers

Container gardening is the easiest, least expensive, most compact gardening system. It is ideal for patios, wood decks, window ledges, apartment balconies or rooftops. You do not need expensive containers; burlap potato sacks, 5-gallon buckets, wire mesh hanging planters and plastic ice cream tubs all work well. Stay away from treated wood containers, which will leach chemicals into your vegetables. When planting a deck, balcony, windowsill or rooftop garden, make

and fertilizer. Yet not all plants need the same amounts. Some plants do better in full sun; others like shaded areas. Some plants thrive in hot weather, others in cool weather. You can find out what vegetable plants grow best in your area on the Internet. If you are not an Internet user, you can generally locate a book on plants for your area in the public library or local bookstore.

sure you do some research on the Internet or at your library. Here are some other tips: Consider the weight. Potted plants need water, which is heavy. Check with your apartment manager before putting out a large container garden. Also consider sunlight and water drainage. If your apartment balcony is always in the shade, it may not be the best place for your garden. On a wood deck, place your container on a few bricks to allow the water to drain away and the wood to dry.



Learn about soil

One of your goals for growing your own fruits and vegetables is to get away from the harmful pesticides and chemicals put into our food by industrial farming. This means that to grow truly vigorous, flavorful, nutritious, vitamin-rich produce, you will need to learn about soil fertility. Fertile soil is a combination of minerals and humus (decomposed plant materials, also known as compost). To a large degree, your veggies are made out of the

soil they grow from. Depleted soil will not grow healthy plants. Plants need nitrogen, phosphorous, calcium, magnesium and some sulfur. You can buy soil or use your own if you have a plot of land. Your county extension office or your local gardening store can test your soil and tell you what nutrients it lacks. Once you build your soil to its right balance, it is easy to maintain by using organic animal fertilizers and composted plant materials.

Plant carefully

Choose the delectable plants you would like to grow based not only on what looks appealing but also on what matches your climate, sunlight and soil conditions. Then read closely just when and how to plant your seeds. Seeds of different plants often need to be planted at different depths. For example, plant lettuce seeds at a shallow depth; plant green beans ½ an inch to 1 inch below the surface. Also pay attention to spacing. Take into account the size

of the full plant when you space your plantings. Lettuce seeds are so small that you will generally scatter them in a row. Once the plants emerge and deepen their roots, most gardeners thin the plants to give space for healthy growth. It's also a good idea to wait until the plants mature a bit before weeding so that you don't mistakenly pull up your vegetables, thinking they are weeds!

Feed and water

You cannot plant seeds and then do nothing more until harvest time. Look out on it every day to see how your plants are faring. Pay particular attention to watering and feeding your plants. People who maintain larger backyard gardens generally have an automatic timed watering system that sprays their garden at specific times during the day. This saves the time that hand watering requires, and oftentimes is a fairly inexpensive product.

Pay close attention to how you water. If you underwater your plants, they will be droopy. If you overwater your plants, they will turn yellow. If you never water your plants, they will die. Plants need to be fed and tended to regularly up to harvest time. Your local garden store will have chemical-free foods you may want to spray on your garden to provide your plants with the nutrition they need.

Defend your garden

There is no way around it: You are going to have a war with weeds. Do yourself a favor by eliminating weeds before you start planting. You can do this easily by covering your plot of ground with black plastic for about a month before you prepare your soil. This generally kills off grass and weeds in your soil. Once you plant your garden, spread a heavy layer of mulch between the rows. Depending on the size of your garden, there is no better way to weed

than by hand. However, if you are planning a garden site bigger than a 10th of an acre, you will need other weeding methods such as flame weeding or sheet mulching. Your plants can also be endangered by animals, disease, bugs and weather. But you can counter these with natural insecticides and insect deterrents: a good cat, a high fence or whatever method local gardener's recommend.

Harvest your produce

"See how the farmer waits for the precious fruit of the earth," wrote the Apostle James (James 5:7; English Standard Version). To reap the highest quality and largest volume of produce, you are going to need patience. Many excited gardeners jump the gun and harvest too early. When you plan your garden, make a harvest schedule to keep track of the right time to harvest your crop. The back of each seed packet provides you the days necessary to

wait until harvesting the fruit of your crops. Believe what the packet says. When you do harvest your vegetables and other produce at the proper time, you will enjoy not only the greatest nutrition, but also the best flavor from your tomatoes, cucumbers, onions, carrots, berries and other produce. When you harvest your plants, prepare a special meal, and enjoy the fruits of your labor!



books and reports that prove Berry's prognostications right. American farmlands are being destroyed by the use of heavy machinery, toxic herbicides, insecticides and chemical fertilizers. Farm chemical runoff is polluting our water supplies and killing aquatic life. Even the air near large CAFOs (concentrated animal feeding operations) is polluted with the noxious smell wafting from mounds of animal waste from poultry and livestock.

Berry also saw America's farming culture—the strong, healthy and civically responsible farming family—beginning to crumble. Today it is even easier to see the damage to our environment and its

That's exactly what happened.

For example, when Mr. Butz advocated that farmers get big and grow corn, they followed his advice. The American corn surplus grew huge, and corn prices dropped. So the large corporate farms had to find ways to sell the corn. With business ingenuity and salesmanship, corn became a new ingredient in many American foods—especially fast foods.

"[A]lmost every food consumed by Americans contains corn in some way, shape or form," said the *Business Insider* in 2012. "According to some estimates, about three in four supermarket products are made of the grain." Take some time to read your food labels. You might be surprised to find corn listed

on rooftops. Some of the best, most productive urban farms have been established in cities such as Brooklyn, Chicago, Detroit, Philadelphia and Seattle. The benefits and success of these farms is having an enormous impact on terribly dilapidated inner city areas. For example, over a decade ago two friends, Mary Seton Corboy and Tom Sereduk, converted a vacant, toxic industrial lot into a thriving one-acre urban farm. Today, Greensgrow Farms, near the heart of downtown Philadelphia, is an ingenious nonprofit that provides fresh local produce to city dwellers and local restaurants. Like many larger urban farms, Greensgrow also provides employment and instruction on organic

Those who are involved in these farms and gardens say they are inspired and fulfilled by getting their hands dirty and growing food for themselves and others. Perhaps you might be inspired to do the same.

impact on our lives. We naturally abhor the ugliness of a spoiled environment, but it is far more difficult to see the impact of the loss of the small farmers and their families. Yet, the loss of farming families has eroded a huge swath of good American character.

Corn Made King

Berry also foresaw another huge cost and grave danger posed by the large corporate farms. "The first principle of the exploitative mind is to divide and conquer. And surely there has never been a people more ominously and painfully divided than we are—both against each other and within ourselves. Once the revolution of exploitation is underway, statesmanship and craftsmanship are gradually replaced by salesmanship," he stated with searing insight. Good farmers are great businessmen who can readily detect unscrupulous business practices. Berry is a good farmer and businessman. He readily perceived that corporate farms would exploit unsuspecting Americans with food products produced by quality-damaging shortcuts (through the use of herbicides, pesticides and chemical fertilizers) and with foods we do not need.

as an ingredient in a food that has nothing to do with corn. There has been a lot of discussion about the negative human health effects from the use of high-fructose corn syrup. High-fructose corn syrup has been linked to diabetes and obesity. Of course, corn producers deny any such claims. Yet, it is the major sweetener used in most soft drinks. The Centers for Disease Control and Prevention states that childhood obesity has doubled in the last 30 years. This is approximately the same time period that high-fructose corn syrup began to be used as a sweetener in soft drinks.

The reality is, the "food weapon" is backfiring dangerously on all of us.

Getting Back to Small and Healthy

It is unrealistic to expect that America's corporate farming system is going to get revamped or disappear any time soon. Yet creative, industrious and passionate farmers who love fresh-picked, good-tasting, locally grown, mineral-rich, vibrant, vitamin-stuffed fruits and vegetables are helping small farming make a comeback in several unique ways.

In large and small cities across America, *urban farms* are springing up in empty lots, in city parks and even

farming, healthy eating, nutritious food preparation, and other farm crafts.

City Farm, located in Chicago, has developed a unique approach to urban farming. Like all urban farms, it has transformed fallow, vacant city land into productive farmland—but with a twist. To ensure that they employ full-cycle, chemical-free farming, City Farm has made agreements with local restaurants to receive their food scraps for composting. Besides building up the soil of vacant lots, the amount of waste sent to landfills is reduced. This rich method of composting allows small-plot intensive food production. City Farm produces per acre 20,000 pounds of flavorful, pesticide- and chemical-free tomatoes, arugula, beets, carrots, kale, collards, herbs and more.

There is yet another feature unique to City Farm. If the city of Chicago needs to reclaim a vacant lot, City Farm is movable. It easily relocates to other vacant lots. What it leaves behind is healthy soil easily converted to an inviting park or other beautifully landscaped showplace.

Urban farming can also be done successfully on a small scale. From its one-fifth acre plot, Rising Pheasant Farms in

the Poletown neighborhood of Detroit sells sprouts, shoots and microgreens year-round to restaurants that are thrilled to have locally grown produce.

Those who are involved in these farms and gardens say they are inspired and fulfilled by getting their hands dirty and growing food for themselves and others. Perhaps you might be inspired to do the same. But even if you are not able to start your own garden plot, you may still be able to gain access to healthy, locally grown, pesticide- and chemical-free produce. How?

Consider a CSA

In rural areas, some college-educated, energetic young farmers are reviving run-down small farms and turning them into Community Supported Agriculture (CSA) farms. A CSA farm is an operation financially supported by shareholders within the community who share both the benefits and risks of food production. Participants contribute a fee—and oftentimes labor—in exchange for fresh produce and other agricultural products.

Many regions of the U.S. have thriving CSA farms. The history of CSA farming is interesting. Here's the short version. The idea began in Japan in the 1970s around the same time America took the plunge into large corporate farming. A group of Japanese mothers became alarmed at the use of pesticides to grow food. They did not want their children to eat chemically polluted food. So they banded together to support a local farm that grew clean produce.

The idea gradually moved into Europe, and by the mid-1980s it jumped to the United States. In 1986 there were only two CSA farms in the U.S.—the Indian Line Farm in Massachusetts and the Temple-Wilton Community Farm in New Hampshire. Today there are over 13,000 of them. The groundbreaking efforts of these CSAs have led to the resurgence of the small farm. Even more, all those who have chosen to financially support them are reaping a healthier, more abundant life.

However, it has not been an easy task. You can read about the difficulties of establishing a CSA in the book *The Dirty Life: A Memoir of Farming, Food, and Love*, by Kristin Kimball. Originally

a writer from Manhattan, she relates her and her husband's massive effort to regenerate a rundown farm in rural northeastern New York State. Today, the farm is a productive, full-cycle, full-diet, year-round CSA. Their 800-acre Essex Farm now supports 52 households with all-natural produce, fruit, raw milk, meat, cheese, eggs, grains, sweeteners and more: their entire diet—for about \$11 a day per adult. And they do it all with draft horses.

If you're interested in joining a CSA, generally you can locate one close to you on the Internet.

Your Own Vine and Fig Tree

Wendell Berry believes that the value of farming encompasses far more than economics. He sees farming as a way of life—a family way of life. He is right about that. There is good, solid education from living on a farm that a child can get nowhere else. Having grown up in the 1950s, I know people understood this better then. We were taught respect for farmers and farming.

In many ways, I believe my grandfather was an urban farmer. I grew up in the house he built on land he owned. Essentially, he designed our backyard into a fertile and productive place. Besides beautiful flowers and flowering bushes, we had Concord grape vines, blackberry and raspberry bushes. There were plum, apple and pear trees. Each summer we grew our own vegetables, which my mother canned. From an early age, we were taught to plant, weed and harvest the fruits of our labors. In our backyard I learned responsibility and how to work. As a kid I remember feeling very connected to my home—my yard. I felt secure. Not many feel this way today. People have lots of things, but few feel connected to any place. None feel secure.

Although most don't know it, or believe it, Jesus Christ's true gospel

message promises that this present, evil, dying world will soon be transformed into a virtual utopia. As King of kings, Jesus Christ will establish right government that will institute right policies to truly serve the people (Isaiah 9:6-7; Luke 1:33).

Consider what Christ will do for farming.

“Take away weather problems, insect damage, blight and fungus from farmers—losses through government price controls and over flooding of markets—and what would be their lot in life?” Herbert W. Armstrong wrote in his most important book, *Mystery of the Ages*. Christ plans to restore the Earth to the kind of place God always intended it to be (Acts 3:19-21). The farmers in the coming World Tomorrow (Hebrews 2:5) will not experience what the farmers of this generation have.

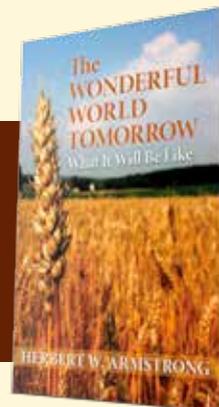
In fact, Christ will encourage a small-scale, farming lifestyle to show how bountiful this Earth can be. “Everyone will sit under their own vine and under their own fig tree, and no one will make them afraid, for the Lord Almighty has spoken,” stated the Prophet Micah, referring to Christ's coming Kingdom (Micah 4:4; New International Version). God's prophets repeat this same prophecy often in the Old Testament. This verse does not mean that there will not be some large farms at that time. What it does mean is that families will share in the responsibility of growing their own food. What a good life that will be.

In a sense, what is happening on urban and CSA farms today represent very early seeds of the future of farming germinating right before our eyes.

In order to help you have a similar experience, we have provided an infographic on how you can grow a small garden in your yard, patio or even one of your sunny windows (page 18). Happy planting! ■

Farm fresh all the time

Will the corruption of nutritious food ever end? Yes! The Bible prophesies food production will finally become healthy and abundant. To see what the Bible says about the future, request ***The Wonderful World Tomorrow***, by Herbert W. Armstrong.





Drunk on Debt

The world's biggest beer maker just secured the king of debt deals. Looks like the high life is just about over. **BY ROBERT MORLEY**

THE MAKERS OF BUDWEISER BEER just set a record. In November, Anheuser-Busch InBev secured a \$75 billion loan to buy rival SABMiller. *It is the biggest corporate loan in the history of the world.* And it may signal a dangerous event for the global economy.

Last year, for the first time ever, global mergers and acquisitions surpassed the \$5 trillion mark. It was the third consecutive year of increases—up a whopping 37 percent from 2014, according to Dealogic. The number of deals valued at \$10 billion or more was *double* the 2014 level. The number of global jumbo bonds financing these deals also hit a record last year—up 48 percent from 2014.

Corporate America led the charge. Egged on by artificially appealing low interest rates and crowds of investors clamoring for yield, American companies made up the highest share of global mergers and acquisitions ever.

But for those still with unimpaired vision, these signs are very worrisome. We had a corporate merger spree not that long ago—two of them actually. They both ended the same way, too—and it wasn't with clanking beer mugs and cheers.

Precedent

In 2006, AT&T bought BellSouth for \$84 billion in stock. In 2007, the Royal Bank of Scotland (RBS) and other foreign banks purchased ABN AMRO Holding for \$100 billion. Just a few months later, shareholders took over Philip Morris International for \$107 billion. At the time, these were three of the top seven corporate buyouts in history.

Only seven months later, investment bank Bear Stearns collapsed, setting off a panic that left Wall Street a total mess.

The same corporate excesses preceded the dot-com crash too. Of the 15 biggest corporate mergers and acquisitions of all time, *eight* came within two years before the crash in 2000. The second-biggest deal ever—the \$185 billion Vodafone acquisition of Mannesmann—came just four months before the crash. The biggest deal ever, the \$186 billion AOL-Time Warner merger, happened less than *three months* before markets tumbled.

These corporate moguls were partying right up to the day the market tanked.

The Debt Party Continues

“Anheuser-Busch InBev’s ability to raise \$75 billion in the loan markets *in the*

space of a few weeks shows that banks are still willing to support top-class borrowers *in record amounts*,” Nicholas Clark, a partner at Allen & Overy’s international law firm in London, said. “This is the largest commercial loan in the history of the global loan markets, far surpassing pre-crisis values” (emphasis added throughout). It is part of a \$108 billion deal. At a dollar per bottle of beer, that is more than 14 bottles for every person on Earth.

So the debt party continues. But what happens if the debt kegs run dry?

Investors are already feeling jittery. Last August, market volatility shot up so high that for a brief period, it blew out the Chicago Board Options Exchange Volatility Index. This is the index often referred to as the *fear gauge*. The computer algorithms couldn’t handle the unprecedented volume as the index tripled.

Somebody is going to be cut off—probably a lot of people. And Wall Street is just now beginning to realize it.

‘A Wealth Effect’

Stanley Druckenmiller, one of the most successful investors of all time, said this last April: “This is the *first time* in 102 years A) [that] the central bank bought bonds, and B) that we’ve had zero interest rates, and we’ve had them for five or six years. ... To me it’s incredible.”

Never before has America’s central bank so overtly manipulated markets. Never before has America printed up so much money from nothing. Never before have interest rates been artificially suppressed so low and for so long.

Never have markets so hinged on the whims of central planners.

But the drinks can’t keep coming. Former Federal Reserve Bank of Dallas Chairman Richard Fisher warned on January 5 that this liquidity might soon be in short supply. He told CNBC, “What the Fed did, and I was part of that group, is we front-loaded a tremendous market rally ... in order to accomplish a wealth effect.”

This was an incredibly revealing statement. It confirmed that quantitative easing—money printing and interest rate manipulation—was directly responsible for boosting prices of risk assets like stocks and bonds.

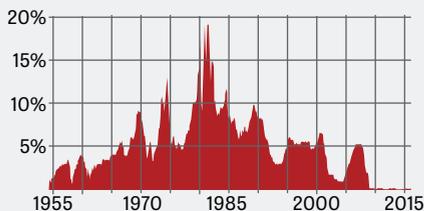
In other words, the economic rebound from the 2008 financial collapse was *not due to any fundamental improvement in the economy*—but to artificial, *temporary* stimulation. IT WAS DUE TO DEBT!

After 30 years of generally falling interest rates, and seven consecutive years of zero-bound interest rates, the whole economy is dependent on a combination of two untenable factors: artificially low interest rates, and CONTINUALLY EXPANDING DEBT LOADS.

Debt Dependency Can't Last

On December 16, the Federal Reserve was finally forced to raise interest rates. It was only by a quarter of a percent—but it is the direction that

Interest rate set by federal reserve



is important. Interest rates are rising again. Debt—the alcohol fueling corporate America's animal spirits—is becoming more expensive.

And look what happened to the markets. The Dow Jones Industrial Average, which tracks America's most important companies, fell 8 percent in a single month. The S&P 500 is down. The NASDAQ is down. Oil is down. Virtually all commodities are down. Virtually every currency in the world except the dollar is down.

Granted, there are other issues at play. But the fact that the world's largest economy is so dependent on debt—and that debt is becoming more expensive—is a huge factor driving markets down.

Investors should be afraid.

"In a crowded hall, exit doors are small," the RBS warned in a note to clients in January. Investors need to brace for a "cataclysmic year," it said. Market indicators are flashing warnings akin to months prior to the Lehman crisis in 2008.

The bank warned that if the debt kegs run dry, it will lead to a global deflationary crisis. Major stock markets could

fall by a fifth, and oil may plummet to \$16 a barrel. The bank recommends that clients look to the dollar for safety.

But will the dollar really protect people?

"We are already in or rapidly heading into a recession," says Euro Pacific Capital's Peter Schiff. "Corporate earnings are already falling. Stocks are way overvalued, and companies are way over-leveraged."

"I do think the Fed is going to save the market," says Schiff, who was one of the few analysts who correctly saw the 2008 crisis coming, "but sacrifice the dollar in the process."

What If the Dollar Tanks?

If the markets tumble, the Fed will print money and flood the market with debt, says Schiff. And what was a deflationary crisis will quickly turn into an inflationary one in which the value of the dollar is destroyed.

"So the real crisis that is coming is not going to be a repeat of the financial crisis," says Schiff, "but something even worse—a dollar crisis and even a sovereign debt crisis."

This next economic collapse is going to be much harder on Americans because debt levels are so much higher. Anheuser-Busch InBev/SABMiller may do fine for a while since consumers tend to embrace vices and the small pleasures in hard times.

But the writing is on the beer billboard for all to see.

U.S. nonfinancial corporate debt hit \$5.4 trillion at the end of 2015. That's up 59 percent from the start of the 2008 economic crash. *But don't worry about debt*; just like Guinness, it's "The Most Natural Thing in the World." Labatt confirms: GOOD THINGS BREWING. Relax a Little; Rolling Rock Is Still Free Flowing. Enjoy a Pabst—It's Blended, It's Splendid. Have a Bud Light and Hit Your Refresh Button.

Signs of Excess

America's rich are partying like it's 1999 ... or 2006. In January, a Hermès Birkin bag sold for \$99,750. This past summer, a similarly styled cultural symbol of status—also known as a purse—sold for \$221,844. Manhattan condo prices hit a new record, with the median prices surging 21 percent, surpassing pre-Lehman highs. You can even buy a \$100 edible 24-karat gold-covered donut dunked in Cristal-infused icing in Williamsburg, Brooklyn. Or you can pay \$1,000 per dozen.

In 2014 (the latest data available), CEO compensation rose sharply. Total compensation at Standard & Poor's 500 companies jumped by 10.6 percent. The median income for a CEO of an S&P 500 company was \$11,291,000 in 2014, while the Russell 3000 counterpart earned \$3,885,000. Health-care CEOs led the way, jumping 73.6 percent between 2010 and 2014.

Add to that the Picasso painting that sold for a record-breaking \$179 million in May, the Blue Moon diamond that sold for a record \$48.5 million in November, and the fact that 2015 saw more rare U.S. coins reach \$1 million at auction than ever—and this perhaps explains why 2015 can be described as a year of American excess.

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What Saudi Arabia Fears Most

In America's absence, the House of Saud is scrambling to form alliances to stop the king of the Middle East. **BY BRENT NAGTEGAAL AND CALLUM WOOD**

JUST TWO DAYS INTO 2016, THE MIDDLE East careened toward a major Sunni-Shiite war. Saudi Arabia executed a prominent Shiite cleric, and Iran immediately unleashed a major backlash. Protesters in Tehran ransacked and torched the Saudi Embassy, while police did little to intervene. In response, Saudi Arabia led a barrage of Sunni states that severed diplomatic ties with Iran.

So began new rifts between Sunni Saudi Arabia and Shiite Iran.

Hot collars and frosty relationships are nothing new in this age-old religious rivalry, but the speed with which this latest incident accelerated into a major clash was shocking. Saudi Arabia and Iran are now openly going head to head.

This is the new reality in the post-American Middle East: Iran is king, and Saudi Arabia needs to scramble for any alliance it can cobble together—and fast.

Killing a Cleric

Shiite cleric Nimr al-Nimr was an outspoken critic of the Saudi government. After spending more than three years in prison, Nimr was executed on January 2 on charges of inciting sectarian violence and sedition along with a range of other offenses.

Nimr was based out of eastern Saudi Arabia, where most of the nation's Shiites reside. He had campaigned for a greater Shiite representation in the nation, and even said that the Shiite province of Qatif should secede if his demands were not met.

Nimr was neither saint nor moderate by any standard, but neither were his captors. The Saudi regime is incredibly oppressive. Nimr died along with more than 40 other convicts. Saudi Arabia executed 158 “terrorists” in 2015. Free speech is a luxury in this nation, where minorities and women suffer under a complex range of civil and religious laws.

The Saudi government sent a clear message with the execution: It will not tolerate dissent from the Shiite populace, nor will it allow Iran to establish a

foothold in its own sovereign territory. In a region where Iranian-Saudi proxy wars are commonplace (map, page 25), the Sunni government is looking to shore up its deterrent ability as prospects of a more direct conflict with Shia Islam—predominantly Iran—looms large.

None of these Saudi actions would have been necessary, however, had the United States not walked out on its ally.

America's Withdrawal

Since the start of Barack Obama's presidency, the U.S. has sought to withdraw from policing the Middle East and to find an exit strategy.

Key to American withdrawal was the ending of hostilities with Iran, as evidenced by Washington's willingness to proceed with a comprehensive nuclear deal despite several belligerent actions by the Iranians.

Early in the negotiations between Iran and the U.S., even before the rest of the world was aware they were taking place, America was the desperate party. Yes, Iran was suffering under crippling international financial sanctions, but it was actually the U.S. that proved hungry for a deal.

Iran surely couldn't believe its luck. Before the talk of a nuclear deal, the U.S. countered Iran's moves for hegemony in the region. Not anymore. During the negotiations, every time the U.S. got upset, Iran simply threatened to walk away from the table. As a result, it received a virtual free pass to export its destabilizing force in the Middle East. And in every theater, the interests that were being sacrificed in order to please Iran were those of Saudi Arabia.

Iran's Free Pass

Looking at Iran's regional gains since the nuclear deal negotiations began, it's no wonder the Saudis are upset.

In Iraq, Iran strengthened its hold by activating different Shiite militias in the fight against the Islamic State. After a series of embarrassing defeats, the Iraqi Army was proving largely

ineffective against the Sunni jihadists, losing key cities such as Ramadi and Mosul. Iran was happy to give its help. Its Shiite fighters provided most of the ground forces needed to successfully hold back the Islamic State from getting closer to Baghdad, while the U.S. provided air cover.

Though the U.S. claimed there was no collusion between the two militaries, Iran and America were on the same side. In the meantime, Iranian Revolutionary Guards leader Qassem Suleimani was seen often on the Iraqi battlefield, where he quickly claimed legendary status. Despite Iraqi Prime Minister Haider al-Abadi's efforts, 2015 saw his country become a vassal of this neo-Persian empire.

In Syria, Iranian troops led ground forces to help bolster the regime's beleaguered leader, Bashar Assad. Since the early 2000s, Syria has been a proxy of the Iranian government, providing a valuable transit point between the Shiite powerhouse and Lebanon on the Mediterranean coast. When the Arab Spring of 2011 looked to topple Assad's government, Iran covertly sent military advisers to help the Syrian Army. Instead of stepping down, the Assad regime put down the rebellion using barbarity rivaling that of the Islamic State. When some of the army defected, Saudi Arabia was quick to start supporting the rebels with funds and weapons.

Through the ongoing civil war, the Saudis have continued to arm the opposition, even as Iran increased its involvement. In late 2012 and into 2013, Iran activated its Lebanese proxy Hezbollah to join the fight. Finally in 2015, the gloves came off and Iranian troops were seen fighting inside Syria. All the while, the U.S. maintained its call for Syria's president to step down from power, but did nothing. This only pushed the Saudis further away from the U.S. and in search of other friends.

Saudi Arabia's Scramble for Friends

At one time, the Saudis could outsource much of their protection to the U.S.. This arrangement provided a level of stability in the region. But during the nuclear negotiations, it became clear that the status quo had changed. America would no longer play a robust

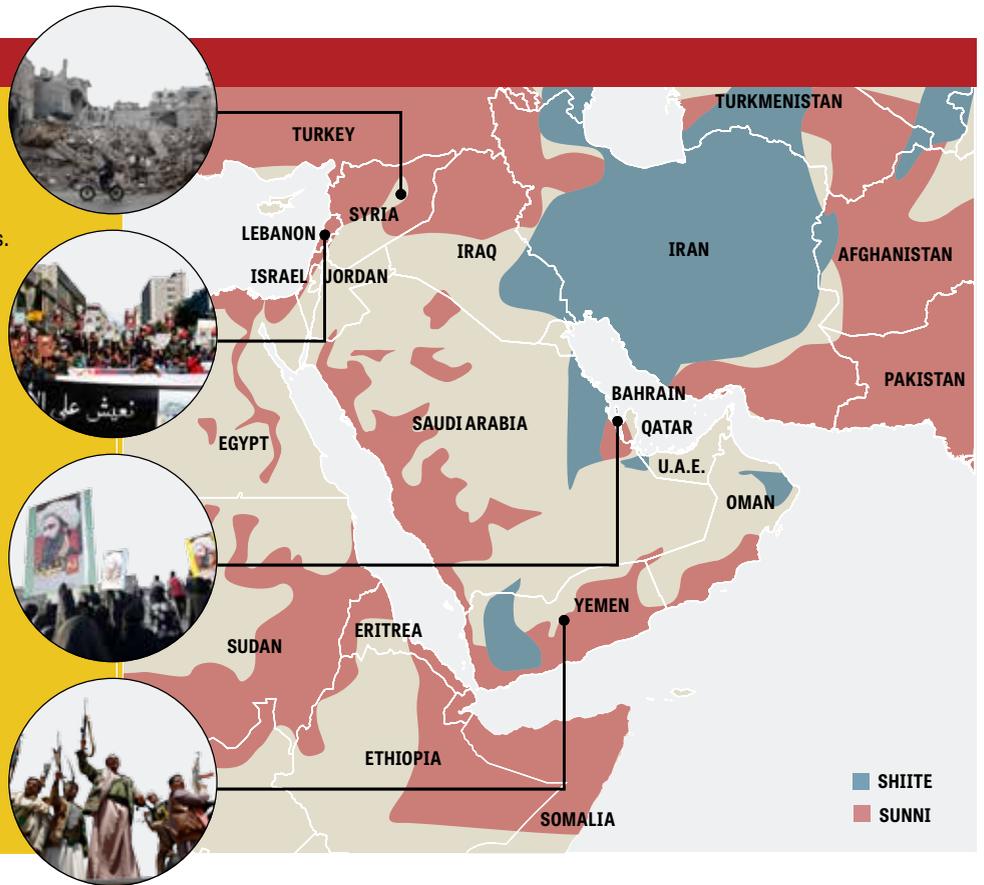
HOT SPOTS

SYRIA A four-year civil war between the Iran-backed regime and Saudi-supported rebels has resulted in an estimated 250,000 deaths.

LEBANON Since 2005, Iran's terrorist proxy Hezbollah has formed a large block of parliament. Saad Hariri leads the countering alliance, backed by Saudi Arabia's financial contributions.

BAHRAIN Iran has continually tried to stir up the Shiite majority to subvert and remove the Saudi-aligned Sunni monarchy—House of Khalifa.

YEMEN Iran-backed Houthi rebels are currently fighting head to head with Saudi troops in a battle for control of Arabia's poorest country.



role in policing the Middle East. Saudi Arabia saw this as a stinging betrayal precisely at the time that American deterrence was needed most.

Recognizing this new reality, Saudi Arabia began to find its own way, without even informing its long-time ally. This was particularly noticeable in Yemen.

In the latter part of 2014, Saudi Arabia increased its calls for action against the Houthis, the Iranian-backed Shiite group in northern Yemen bordering Saudi Arabia's south. The Iranians had activated this proxy to foment a revolution against the Saudi- and American-friendly Yemeni government. When the Houthis took over the capital of Sanaa in January 2015, the Iranians boldly claimed that they now had control over four capitals in the Middle East (the other three being Tehran, Damascus and Beirut). It was clear to many that Iran was trying to control the southern gateway of the Red Sea, the Bab-el-Mandeb Strait, which would essentially put international shipping, and shipping to Saudi Arabia's west coast, at the mercy of Iran.

This offensive action by the Iranians became a game changer for the Saudis. In early 2015, Saudi Arabia declared that it had assembled close to a dozen nations,

including the Gulf states and Egypt, to go to war against the Houthis. Stunningly, the Saudis did not ask for the U.S.'s participation, nor did they inform America about the announcement in advance. This was the clearest sign yet that the relationship between the U.S. and Saudi Arabia is finished.

This change was underscored later in the year when Saudi Arabia announced the formation of a hastily assembled coalition of 34 Islamic nations to counter international terrorism. Again, the U.S. was not informed of this alliance before it was announced.

The fact that no Shiite powers are part of the alliance indicates that its objective is more than just countering the Islamic State. The sectarian nature of this coalition is a clear reaction to the growing power of *Iran*.

Where the Rift Is Leading

Often in history, it only takes a seemingly small event to trigger a chain reaction leading to a much greater conflagration. In World War I it was the assassination of Archduke Franz Ferdinand. But these trigger events are usually tipping points that come after a series of events leading up to them. Before assassin Gavrilo

Princip pulled the trigger, a number of alliances were forming throughout Europe, dividing the Continent.

While it's unlikely that Nimir al-Nimir's execution will ignite a full regional war, his death has certainly further delineated the two camps in the Middle East. By conducting it, Saudi Arabia not sent a message to Iran, but it also forced other Arab nations to clarify whose side they are on.

On one side are countries and organizations that back Iran and its push for hegemony. On the other, a counter alliance is forming that seeks to check Iranian expansionism in the vacuum created by America's withdrawal. Since no one else was stepping in, Saudi Arabia has taken charge.

However, Bible prophecy does indicate that leadership of this alliance will not be left in Saudi Arabia's hands. Instead, a growing power from outside the Middle East will take the reins and use the alliance to fulfill its own goals. Psalm 83 indicates that a German-led Europe will ally itself with Saudi Arabia and many of the nations now part of its coalition. In the coming year, look for Saudi Arabia to be pushed further into a corner as Iran's march over the Middle East continues. ■

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‘Prosper and Be in Health’

The Philadelphia Trumpet, in conjunction with the Herbert W. Armstrong College Bible Correspondence Course, presents this brief excursion into the fascinating study of the Bible. Simply turn to and read in your Bible each verse given in answer to the questions. You will be amazed at the new understanding gained from this short study!

DO YOU TAKE YOUR HEALTH FOR GRANTED? ARE you like the majority of people who think that a poor diet, insufficient sleep and exercise or even substance abuse is nothing to worry about?

Smoking is a good example. Studies have conclusively proved that cigarettes are deadly. Yet more than 2,000 people become regular smokers every day, and the average smoker dies about 13 years earlier than the average nonsmoker. Smokers say that even though there are proven consequences of smoking, those consequences either will not catch up with them or are just insignificant. They reason this way not because it is true, but because they *want* it to be true.

Your choices *do* affect your health. And your health affects your entire life!

You might be surprised to find out that there is extensive instruction about health in your Bible. God’s Word will show you not only *spiritual* laws, but also *health laws*.

God created the human body to function according to biological laws. And in the Bible, He reveals the basic principles that will keep you healthy and living an active, interesting, fulfilling life.

Get out your Bible and discover what a foundational health resource it is! We suggest writing out these verses.

God’s Ways Produce Health

1. Is God really interested in your well-being? Will following His ways help you live longer? Deuteronomy 30:19; Jeremiah 21:8.

Several scriptures compare God’s commandments to life, and disobedience to those commands to death. God wants you to obey Him and live!

2. How much does God want you to be healthy? John 10:10; 3 John 2.

Christ advocated the abundant life! The Apostle John wished health and prosperity for God’s people “above all things”! The Bible emphasizes that God wants you to enjoy vibrant, healthful life!

3. Can heeding God actually help your health? Proverbs 3:7-8; 4:20-22.

The Moffatt version of the Bible translates Proverbs 3:8 thus: “That will mean health for your body and fresh life to your frame.” For example, sexually transmitted diseases spread specifically through

intimate contact. The more promiscuous people are, the quicker these diseases spread. According to the *American Journal of Medicine*, more than half of all people will have an STD at some point in their life. Yet if all people heeded God’s command to flee fornication (1 Corinthians 6:18), and later married (Genesis 2:24) and practiced His way of lifelong, faithful monogamy, it is an undeniable *fact* that STDs would be completely wiped out!

Read Proverbs 3 and 4, and see all the life- and health-producing benefits of living God’s way: long life, strength, wealth, happiness, a good reputation, good favor, friends, wisdom, charm, peace, safety, glory, honor! God’s ways produce health!

God’s Way Produces Healthy Emotions

The Bible draws a strong connection between your mental health and your physical health.

1. How does being cheerful affect your health? Proverbs 17:22. What about being downcast and depressed? Same verse.

Negative thoughts and emotions weaken your immune system and heighten your odds for sickness.

“Everything from colds to cancer has been attributed to mentally induced stress. And in between in seriousness are such maladies as arthritis, asthma, fatigue, hay fever, headaches, high cholesterol, heart attacks and circulatory disorders, hypertension, hives, insomnia and ulcers” (*Good News*, May 1984).

Conversely, positive thoughts and emotions can strengthen your immunity and dramatically improve your health—documented biological facts that were first revealed in the Bible!

2. Can words affect how you feel? Can positive conversation actually improve your health? Proverbs 16:24; 12:18, 25.

3. Does the difference between a peaceful, tranquil mind and an unsatisfied mind make a difference in your health? Proverbs 14:30; 13:12.

“Sound heart” simply means “a mind at ease” that is not constantly worried. The Apostle Paul set a great example of being content with what he had (Philippians 4:11-13). Dissatisfied, envious thoughts are actually bad for your health!

4. How can you maintain a happy, peaceful, hope-filled mind? Philippians 4:4, 8.

The world can be very negative. People focus on bad news and nasty rumors. Depression is common. Such deadly attitudes can ruin your health. The bottom line is, the more you maintain a good outlook, the more uplifting and positive your life is, the healthier you will be.

God’s Health Laws

Because God designed and crafted the human body, He is the real authority in the fields of nutrition, sanitation, hygiene and treating disease.

THE MORE
WE MAINTAIN
A GOOD OUTLOOK,
THE MORE UPLIFTING
AND POSITIVE
OUR LIVES ARE,
THE HEALTHIER
WE WILL BE.



Babylon, preferring a simple, healthy diet. Control what goes into your mouth and exercise restraint. As the saying goes, eat to live—don't live to eat.

God's Contingency Plan

Sometimes, despite our best efforts, we fall sick or we get injured. But even when we break these physical laws of health (or someone else does), God wants to restore us to health! He reveals a contingency plan so that, even when we have made a mistake and we are paying the consequences—we can *even then* “prosper and be in health.”

1. Can God heal? Did God promise the ancient Israelites health and healing if they obeyed Him? Exodus 15:26; Deuteronomy 7:15.

In the original Hebrew, the phrase “I am the Lord that healeth thee” in Exodus 15:26 shows that one of God's names is “God-Healer”!

2. Did God miraculously heal through Jesus Christ? Matthew 4:23-24; 15:30. Did He miraculously heal through the apostles, even after Christ was resurrected? Acts 5:12-16. Does God give instructions for seeking healing today? James 5:14-15.

God's Church follows Christ's example and instruction. God's ministers are often asked to anoint and pray for the sick, and God still works miraculous healings—yes, even all the way up to 2016! If you want a full understanding of the biblical teaching on healing, request a free copy of *The Plain Truth About Healing* by Herbert W. Armstrong.

3. Does God promise healing and vigorous health in His future Kingdom? Jeremiah 30:17; 33:6; Ezekiel 47:12; Revelation 22:2.

God earnestly wants to see you thrive and live a life of full, richly abundant health and happiness. In His Kingdom, the knowledge of that way of life will cover the Earth! And yet, **EVEN TODAY**, you can apply that same knowledge and experience those wonderful blessings. Live God's ways, and preserve your health so you can live abundantly! ■

You can read previous articles in this series online at trmpt.co/bibleiq.

1. Does God intend humans to eat meat? Did Jesus Christ eat meat? Luke 24:41-42; John 21:9-13. Did God tell the ancient Israelites they could eat meat? Leviticus 11:1-3, 9. Did God forbid using some animals as food? Verses 4-8, 10, 13-19. What other laws concern using animals for food? Leviticus 3:17; 7:23, 26.

God designed some types of animals to be eaten and others not to be. Some doctors believe these dietary prohibitions would have decreased instances of disease among the Israelites. The bans on fat and blood are recognized as valuable health practices today. Animal fat is high in cholesterol and can contribute to heart disease. God actually tells us we should cut it off of the meat we eat. He also specifies that blood should not be consumed. (For more information, request our free reprint “**Is All Animal Flesh Good for Food?**”)

2. What does God say about cleanliness and hygiene?

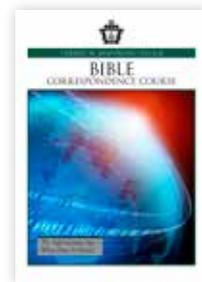
Until a couple centuries ago, people generally had very low standards of hygiene, even in developed areas. Waste, not properly disposed of, lay in the open, and diseases bred commonly and quickly. Yet millennia before the squalor of modern Southeast Asia or industrial Britain, God gave ancient Israel laws regarding cleanliness, washings and purification that protected the people from many of the ailments that still breed in modern First World countries (see Deuteronomy 23:12-13; Leviticus 15:2-5).

For instance, God instructed the sick to isolate themselves (Numbers 5:2). If followed, this practice of quarantine would have halted the terrible spread of such diseases as bubonic plague in the 14th century, which killed one of every three Europeans! God's Church practices quarantine today, even with illnesses like colds and influenza. Those who are sick simply stay home until they are not contagious, and their sickness doesn't spread to others.

“In the Bible greater stress was placed upon prevention of disease than was given to the treatment of bodily ailments, and in this no race of people, before or since, has left us such a wealth of laws relative to hygiene and sanitation as the Hebrews. [T]he rules to protect health [as stated in Leviticus] are superior to any which then existed in the world and to this day they have been little improved upon” (D. T. Atkinson, *Magic, Myth and Medicine*).

3. What does God say about the quantities we eat and drink? Proverbs 25:16, 27; 23:21, 29-30; Philippians 4:5.

Many scriptures warn against eating and drinking too much. You actually wear your body out when you habitually force it to process too much. This causes obesity or other health problems. Daniel 1 records the detail that the Prophet Daniel avoided the rich (and probably unclean) foods of the king of



This short study is a sample of the method employed in each lesson of the free **Herbert W. Armstrong College Bible Correspondence Course**. Over 100,000 people have enrolled in this exciting, dynamic course. Ordering information is on the back cover of this magazine.

Political earthquake in Spain

WE CAN Podemos party leader Iglesias and supporters gather outside the Spanish Parliament on January 13.

Politics are shaking all across Europe. Upstart parties are gaining popularity at the expense of established rivals. In every country, though local issues have played a major part in each election, an overarching trend is clear: *Any party that accepts austerity in return for a bailout is doomed.* Austerity is breaking the entire political system of southern Europe. And it is also turning people against the source of the austerity demands: Germany.

Elections on December 20 revealed that this rolling political earthquake has not spared Spain. The incumbent center-right Popular Party lost its majority and sustained the biggest drop in support for a ruling party in over 30 years. Meanwhile, the center-left Socialist Party experienced its worst result ever in post-dictatorship Spain, winning only 22 percent of the vote.

Two new parties are now storming up behind the front-runners. Left-wing party Podemos (“We Can”) received 21 percent of the vote, even though

it was only founded in March 2014. Ciudadanos (a libertarian-style party) stood in its first national election in 2014 and won 3 percent of the vote. This time, it won 14 percent. Both parties

Europe considers an army in response to the migrant crisis

Europe is considering what amounts to a thinly disguised European army in response to the migrant crisis and the terrorist attacks in Paris. Called the European Border and Coast Guard, the force would be armed and have its own ships, helicopters and drones. Most importantly, it could deploy anywhere in Europe without approval from the host nation.

Such a dramatic expansion of the European Union’s power is a hard sell, which is probably why the plans put forward by the European Commission call for a small force of approximately 1,500 personnel.

But approving even this small force would equate to a huge

have come from nowhere to become major political players in just over a year.

The poor performance of the leading parties means that Spain has no logical coalition going forward. The new parties have little incentive to form any kind of coalition with the old. Spain is in limbo, heading for an incredibly rickety coalition, a minority government, or new elections.

“Our message to Europe is clear,” said Podemos leader Pablo Iglesias Turrión. “Spain will never again be the periphery of Germany. We will restore the meaning of sovereignty.” This is exactly the type of rhetoric that is popular in southern Europe right now.

This doesn’t mean Europe is facing an immediate revolt against German hegemony. But any new crises could trigger a major power struggle. Mainstream politicians have learned from Greece and now Spain that submitting to German austerity probably means

destroying your political career, and perhaps even taking your party down with you.

How these two forces will interact remains to be seen. Germany may win an open victory. Or the two sides may reach a compromise. Faced with radical Islam, America in retreat, and an aggressive Russia, they may find a way to put aside these differences.

But it may get very bad for the Union before it gets better.

“Watch closely,” *Trumpet* editor in chief Gerald Flurry wrote in February 2011. “Germany will use this crisis to FORCE Europe to unite more tightly. In the process, some eurozone countries will be forced out of the Union. When that happens, the pundits will say European unification is dead, that the European Union has failed. DON’T LISTEN TO THEM!

“Every country that leaves the EU puts us one step closer to seeing the German-led 10-nation European superstate! [Revelation 17].” ■



RESCUE Portugal's Coast Guard escorts a boat filled with migrants and refugees.

political step. A Europe where a central government sends armed forces into different countries at will is not a Europe of sovereign nation states. It’s the beginning of a federal superstate.

Nations that are party to the Schengen Agreement have already given up control of their borders. If approved, this plan would see them give up the right to control which armed forces enter their country. ■

Once approved, the European government could relatively easily increase the size of this proto-European army.

The migrant crisis will continue. Regardless of whether this measure is adopted this time around, it reveals Europe’s instincts in reaction to crisis. As these crises keep hitting, look for this smaller, more tightly knit superstate to emerge—and for it to field its own military. ■



U.S. bows to Russia, again

“Assad’s days are numbered.” “Assad needs to go.” “I’m confident Assad will go.” These are all crystal-clear statements from United States President Barack Obama. Over the past five years, he and his administration have made these statements repeatedly.

And here is an equally clear and completely contradictory statement from U.S. Secretary of State John Kerry, made Dec. 15, 2015: “The United States and our partners are not seeking so-called regime change.”

Behind China’s short trading week

China’s shortest trading day in its 25-year history was January 7, with automatic circuit breakers kicking in to stop trading less than 30 minutes after the session started. Chinese stocks fell 7 percent, and markets around the world followed suit.

Those circuit breakers were introduced in December to prevent extreme volatility. In this year’s first full trading week, they were triggered twice: on January 4 and 7. Instead of calming the market, they produced the opposite effect. Investors panicked to sell stocks before the market closed.

Aftershocks of the Chinese market drop spread rapidly to Europe and the United States.

With that, America officially and completely reversed its position regarding Syrian President Bashar Assad. Why? In order to appease Russia.

“The U.S. stands ready to work with Russia,” Kerry told reporters in Moscow, adding that the world is better off when “the United States and Russia pull together in the same direction.” In other words, America will let Russia have its way.

“Today I want to make it absolutely clear to Assad and those under his command: The world is watching,” President Obama famously said back in 2012. “The use of chemical weapons is and would be totally unacceptable, and if you make the tragic mistake of using these weapons, there will be consequences, and you will be held accountable.”

Assad has crossed that red line again and again. America was reduced to threatening an “unbelievably small, limited” military intervention (Kerry’s own words). More than three

years later, Assad is still in power, and President Obama and Kerry are happy to let him remain there. Those “red lines” became the most talked about symbol of U.S. weakness in recent years.

It was this weakness that gave Russia an opening in the Middle East. After America started wavering and hedging and blurring its red lines, Russia swooped in with a sham agreement on removing Assad’s chemical weapons, and America came out looking foolish.

And Assad is still using chemical weapons on his own people. Last year, the Organization for the Prohibition of Chemical Weapons reported several incidents between March and May that “likely involved the use of one or more toxic chemicals.”

When a red line is so easily erased, and “Assad needs to go” evolves into “Assad can stay,” it means the United States has lost the pride in its power. And the rest of the world has taken note. Just look at Russia. ■

The Dow Jones Industrial Average and Standard & Poor’s 500 both fell more than 2 percent on January 7. Amazon and Apple stocks fell 3.7 percent and 4 percent, respectively.

Markets “are in a panic over what’s happening in China,” said Derek Halpenny, European head of global markets research at Bank of Tokyo-Mitsubishi UFJ in London. “People are saying, ‘Whoa, growth is way worse than we were expecting this year.’”

Asian neighbors were the same. Japan’s Nikkei dropped 2.3 percent on January 7. Hong Kong’s Hang Seng Index fell 2.8 percent.

What caused the instability in the Chinese markets? Different analysts proposed a number of reasons. A six-month ban on major shareholders selling stakes in listed companies

ended. The manufacturing Purchasing Managers’ Index had been hovering around 48 (below 50 is a contraction) for six months. Growth rates for gross domestic product fell below 7 percent (and some suspect lower).

Stratfor indicated that the announcement that China’s foreign exchange reserves dropped from \$3.4 trillion to \$3.3 trillion is the story behind the volatility.

China’s recent stock problems could mean that a repeat of China’s August currency devaluation is likely to come around again.

Keep your eyes on the way China handles its currency. To see where it could lead, read “Currency War: Dragging the World Toward World War III” (theTrumpet.com/go/13073).



Russia and India draw closer

Russia and India signed 16 defense, energy and political agreements on December 24 as Indian leader Narendra Modi visited Moscow to bolster one of the most robust military relationships on the planet.

Since Soviet times, Russia has been India’s number one defense partner, and vice versa. From 2010 to 2014, Russia supplied 70 percent of India’s weapons imports, and India accounted for 39 percent of Russia’s weapons exports.

Modi has often said he views Russia as one of India’s most reliable partners and has said that he wishes to further deepen Russo-Indian ties. During his time in Moscow, Modi underscored his personal admiration for Russian President Vladimir Putin: “Despite the various global problems, despite the confrontation against Russia, you have raised your country, your state to a qualitatively new level,” he said.

During the 2014 BRICS summit, Modi said: “Even a child in India, if asked to say who is India’s best friend, will reply it is Russia because Russia has been with India in times of crisis.”

This shift in India aligns with the Bible’s prophecy of a massive Asian alliance developing in our day. To learn more, request a free copy of *Russia and China in Prophecy* (theTrumpet.com/go/rcp). ■

MANDEL NGAN/AFP/GETTY IMAGES, ALEXI NIKOLSKIY/AFP/GETTY IMAGES

Iran goes ballistic



BELLIGERENT Iranian President Rouhani warned the U.S. to stay out of Iran's military affairs.

In October and November, Iran tested two ballistic missiles capable of carrying nuclear payloads. When the United States and the United Nations verified the tests in December, they found Iran guilty of violating a 2010 United Nations Security Council resolution that forbids Iran from even developing ballistic missile infrastructure—an infraction that warrants the punishment of economic sanctions.

According to a report by the *Wall Street Journal*, the White House was scheduled to announce plans for new sanctions on Iran on December 30. Instead, it announced an indefinite delay of the imposition of those sanctions.

Critics attributed the Obama administration's irresolution to fiery rhetoric from Iran.

President Hassan Rouhani warned, "If [the] U.S. continues its illegitimate interference with Iran's right to defend itself, a new program will be devised to enhance missile capabilities." He directed his defense minister "to continue with greater speed and seriousness the plan for production of various missiles needed by the armed forces within the approved defense policies."

Then, on January 6, Iran unveiled a new underground cache of Emad precision-guided missiles in footage it displayed on national television.

Meanwhile, both opponents and proponents of the nuclear deal—Republicans and Democrats alike—urged the Obama

administration to implement the promised sanctions as a way to ensure that Iran will not cheat in the nuclear deal the U.S. agreed to in July.

In early January, seven House Democrats wrote a letter to President Barack Obama saying, "Inaction from the United States would send the

misguided message that, in the wake of the [nuclear deal], the international community has lost the willingness to hold the Iranian regime accountable for its support for terrorism and other offensive actions throughout the region."

"If the president's announced sanctions ultimately aren't executed," commented Rep. Mike Pompeo, "it would demonstrate a level of fecklessness that even the president hasn't shown before."

These events are exposing the true nature of the Obama administration's rapprochement with Iran. To understand the spiritual reason, request *America Under Attack*. ■



THREATENED Iraqi Christians celebrate Christmas in Baghdad.

The exodus of Middle Eastern Christians

If the situation does not improve, Christianity is on course for extinction in many of its biblical heartlands within a generation, if not before." That was the assessment of a Vatican agency in its October 2015 report, "Persecuted and Forgotten?"

In the foreword to the report, the archbishop of Aleppo, Syria, Jean-Clement Jeanbart, said that Middle Eastern Christians "are facing the rage of an extremist jihad; we may disappear soon."

The report noted that 80 percent of all religious

persecution in the world is against Christians. It quoted British Prime Minister David Cameron saying in 2014 that Christianity "is now the most persecuted religion around the world." Cameron was echoing statements German Chancellor Angela Merkel made in 2012.

The report reviewed persecution in 22 countries during the "catastrophic" period between October 2013 and July 2015. In 15 of those countries, persecution of Christians had worsened since 2013. As a consequence, Christians have fled the Middle

East by the thousands.

The Vatican report estimated that Christianity in Iraq is on course to disappear "possibly within five years—unless emergency help is provided at an international level on a massively increased scale." It also noted a "huge exodus of Christians from other parts of the Middle East, such as Syria, combined with increasing pressures on [Christians] in Saudi Arabia and Iran."

In 2002, the number of Christians in Iraq was estimated to be 1 million. In 2006, that number dwindled to 700,000. It is now below 300,000. The report estimates that between 60,000 and 100,000 Christians leave each year, and "many, if not most, of those who remain want to leave Iraq."

This mass Christian exodus from the Middle East has coincided with the dramatic rise of Islamic extremism. In March 2011, the *Trumpet* noted, "For the Vatican, the rise of militant Islam is an ideal discussion point with Europeans, millions of whom are alarmed by the encroachment of Islam on the Continent."

"Radical Islam has gained momentum in its war on Christianity. Don't expect it to let up on its assault. What we should expect, however, is for the Vatican to begin to respond. ... [T]he persecution of various Christian churches and Catholic sects ... will drive these groups into the protective arms of the mother church, the Catholic Church. The more these daughter churches seek protection, the stronger the Vatican will become in defending its spiritual family" (ibid).

As Archbishop Jeanbart said, "We are confronting one of the most important challenges of our 2,000-year history. We will fight with all our strength and act with all available means to give our people reasons to stay and not to leave." ■

CHIVALRY? In December, the U.S. opened all combat positions to women.

War on women

On Dec. 3, 2015, United States Defense Secretary Ash Carter announced a historic transformation of the U.S. military: opening all combat jobs to women.

"There will be no exceptions," Carter said. "While the Marine Corps asked for a partial exception in some areas such as infantry, machine gunner, fire support reconnaissance and others, we are a joint force, and I have decided to make a decision which applies to the entire force," explained Carter. Women will now be "allowed to drive tanks, fire mortars and lead infantry soldiers into combat. They'll be able to serve as Army Rangers and Green Berets, Navy SEALs, Marine Corps infantry, Air Force parajumpers, and everything else that was previously open only to men."

The Marine Corps was the only service division to commission an independent, peer-reviewed study that revealed the inefficiency of female integration in certain front-line positions. The study found that gender-integrated units were slower, less accurate and more injury-prone than all-male units. While only 19 percent of men incurred musculoskeletal injuries, as many as 41 percent of women did.

As the *Trumpet* wrote in April 2013, "The average woman is almost 5 inches shorter, with nearly 40 fewer pounds of muscle and 6 more pounds of fat, than the average man. She has less than half of his upper-body strength, 20 percent less aerobic capacity, and lighter, brittle bones. She cannot run or jump as far; last as long; grip as well; push, pull, lift or carry as much. ... An honorable man shields a female from danger and hurt. ... And within a gender-integrated theater of combat, it introduces a host of complications. A leader is expected to view that woman not as a woman, but simply as a soldier—a grunt whom he must be able to send into harm's way."

Congressman Duncan Hunter, a Marine combat veteran, expressed another common apprehension about integrating women into combat operation: "What cannot happen—as many are rightly concerned will—is that the services will be forced to lower various specialty standards, in order to remain 'gender neutral.'" Compromising those standards is inevitable if women are to play a significant role.

Putting women into harm's way is not a victory for women's rights, but an example of misguided ideology trumping good sense. ■

Government gives IRS authority to take your passport

United States President Barack Obama signed the FAST Act highway transportation bill on Dec. 4, 2015. Buried inside the bill is a little-known provision that vastly expands the power of the federal government.

The Internal Revenue Service now has the right to revoke your passport for unpaid taxes if it says you owe \$50,000 or more (including penalties and interest). There are 12 million people in the U.S. that the IRS says owe taxes.

Under the law, the IRS does not have to prove that you owe the money. It only has to claim that you do. The IRS does not have to ask a judge for permission to revoke your passport. An IRS official just sends an e-mail, and the State Department revokes it. The law does not provide taxpayers an opportunity to challenge a finding that they owe back taxes in federal court before their passport is revoked.

According to lawmakers, this is an effort to force more delinquents to pay their taxes. But opponents say that the bill grants an extreme amount of power to an agency that has been known to be used by politicians to target their enemies.

The IRS already has the power to file tax liens against all property you own. The IRS also has



the ability to empty your bank accounts without judicial review. It just has to send you a notice of payment saying how much you owe. If you don't challenge or pay within 10 days, they can empty your accounts. This is routine.

The Civil Asset Forfeiture Reform Act of 2000 also granted the IRS the power to seize the bank accounts of those suspected to be engaged in criminal activity—even when no charges have been filed and no convictions made. According to *Forbes*, in 2012 only 20 percent of the cases in which money was seized were criminal charges even pursued. Eighty percent of victims were innocent in the eyes of the law—and they had their money stolen by the government anyway. *Forbes* calls it an "IRS horror story." Even the *New York Times* is reporting horror stories of abuse by the government. Almost none of these people get their money back.

Now the IRS is even more immune from the core principles of American governance: individual rights, innocent until proven guilty, trial by jury, judicial review, separation of powers. ■

2015's record-breaking gun sale year

In almost every year since 1998, the month of December invariably sets the monthly record for background checks for firearm purchases. December 2015 was no exception: The Federal Bureau of Investigation announced that 3,314,594 checks smashed the next highest month of the year by over 1 million, and broke the overall monthly record of December 2012 by over 600,000.

More than 23 million checks were processed during 2015. It was an all-time record, with each month from May to December breaking their respective records.

President Barack Obama has said that he will make gun restrictions one of his primary objectives during his last year in office.



Europe's Top Unifier

BY RICHARD PALMER

THE INTERNATIONAL CHARLEMAGNE Prize of Aachen will go to Pope Francis, the prize committee announced December 23. The prize is awarded for “exceptional work performed in the service of European unity,” the Charlemagne Prize website says.

While so many of the European Union’s founders saw their work through a Catholic lens, many today do not. Yet at this crucial juncture, as Europe struggles for unity, the one who has been singled out as offering hope for the future is the pope.

Europe has gone through seven years of “weaknesses, crises and setbacks” causing “a dramatic loss of confidence,” the prize committee stated. “In these times, in which many citizens in Europe seek orientation,” the pope “sends a message of love and encouragement.” The website says the award’s recipients are those “who most often work toward integration—and who are able to exercise a political influence.”

Pope John Paul II was the first pope to win the Charlemagne Prize, awarded just before his death in 2005. He is the only person to ever be given the “Charlemagne Prize Extraordinary.” His award focused on his role in defeating communism, which allowed Eastern and Western Europe to come together.

The *Economist* said that “the selectors are adamant that Pope Francis, more than anybody else, has breathed new life into the construction of Europe at a time when that effort was sagging” (Dec. 27, 2015).

In their announcement of the pope’s selection, the award committee cited the pope’s 2014 address to the European Parliament, in which he focused on unity and on bringing “a message of hope and encouragement to all the citizens of Europe.”

It is not just the Charlemagne Prize Committee that sees this hope.

The Konrad Adenauer Foundation is a think tank that helps German Chancellor Angela Merkel’s Christian Democratic Union formulate policy. In November, the foundation produced a paper titled “Microstate and Superpower—The Vatican in International Politics.” “At first glance, the Vatican is a microstate without massive resources,” the authors wrote. “Be that as it may, it does have a great deal of symbolic power, not least thanks to it partially sharing its identity with a world religion, which makes it a superpower after all, religiously, culturally and socially.”

It specifically noted the power of the Vatican as a mediator and a unifier, saying it “has, in fact, been involved in central decision-making and events of world politics for a long time, acting patiently behind the scenes, particularly since the middle of the 20th century.”

The lengthy paper relates example after example, from the Cold War to the present, in which the Catholic Church has been a mediator. As unity is becoming a desperate need for all of Europe, the think tank for Angela Merkel’s party is considering the Vatican’s track record of bringing such unity.

The Vatican’s Prophesied Role

The European Common Market has “so far ... been unable to bring about full political union,” Herbert W. Armstrong wrote more than 40 years ago in his book *The United States and Britain in Prophecy*. “This will be made possible by the ‘good offices’ of the Vatican, who alone can be the symbol of unity to

which they can look.” The Charlemagne Prize and the German paper indicate that a number of those with power and influence in Europe are indeed recognizing the unifying force of the Vatican.

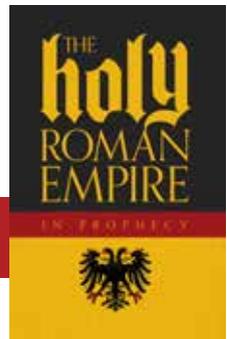
They are also timely reminders of the Catholic Church’s deep, but little noted, ties to the European project. Most of the EU’s founders were staunch Catholics. To men such as Jean Monnet, Robert Schuman, Alcide de Gasperi, Otto von Habsburg and Konrad Adenauer, the European project was as much a religious ambition as it was a political one.

From the beginning, the Catholic Church put its religious and political backing behind the project. In 1962, *Topic*, a prominent British magazine at the time, wrote: “The Vatican, usually cautious over political changes not of its own inspiration, now considers the Common Market the work of divine providence. Not since the times of Spain’s Charles V has a Roman Catholic political force been so strongly welded. Not since the end of the Holy Roman Empire has the Holy See been offered a Catholic rallying point like the Common Market. If the ‘Pact of Rome,’ which created the Common Market, had been signed within the Vatican walls, it could not have favored the church more.”

The church’s role in uniting Europe goes back further still. Charlemagne used the Catholic Church to unify his empire 1,200 years ago. As the *Catholic Encyclopedia* noted, Charlemagne’s legacy was “the idea of a Europe welded together out of various races under the spiritual influence of one Catholic faith and one vicar of Christ” In fact, Charlemagne used more than mere “spiritual influence” to spread this one faith—tribes of other faiths were massacred.

This is the heritage the Charlemagne Prize revives, and it’s one that European leaders are very familiar with. History shows them that the road to European unity goes through the Vatican. That same history can also show us where that road eventually leads. ■

Learn about the Charlemagne Prize and the true heritage of Europe. Request our free book ***The Holy Roman Empire in Prophecy***.



Be Upright!

Enjoy the benefits of moral and physical alignment.

AN UPRIGHT PERSON IS A RESPECTABLE PERSON. HE OR SHE always behaves honestly, with high ethical standards and strong moral rectitude.

Very literally, though, an upright person is someone who is physically positioned to be *straight up*. He or she holds the body *strong* and *upright* in its correct form.



JOEL HILLIKER

Survey the people around you. How many truly upright people do you see? The world is full of slumping, slouching, stooped over people—physically and even morally. Now look at yourself. How do *you* measure up?

Becoming upright spiritually means striving, day in and day out, to build character and to become the virtuous human being God created you to be.

Becoming upright physically is much the same. It's a constant effort to stand the way God created you to stand. The benefits of both are tremendous.

Upright posture makes you every inch as tall as you actually are. It also slims down your belly. Poor, slumped posture causes your ribcage to push down on your organs, which actually can begin to protrude and push against your abdominal wall. You can literally take inches off your waist just by standing upright!

Standing this way reduces tension and pain in your neck, shoulders and back. It improves the balance of your opposing muscle groups and actually enhances the functioning of your internal organs. It increases your concentration and your mental performance.

The body language of straight posture communicates confidence, vigor, power, authority. It commands attention and creates a more positive mindset, not only for those who view you, but for you yourself. Proper posture also projects uprightness in more ways than one.

“Mark the perfect man, and BEHOLD THE UPRIGHT,” reads Psalm 37:37, “for the end of that man is peace.” In this scripture, David tells us to observe, inspect and give heed to the man who is strong, correct and wholesome, who is upright morally and even literally. The physically upright man is straight up, vertical in his carriage.

Spiritually or physically, the benefits for being upright are the same: The “end,” or future, of that man is *peace*: completeness, safety, soundness in body, health and prosperity.

What is proper posture? Essentially, it is good *alignment*. When standing, five points of your body should all make a

straight line: your ears, shoulders, hips, knees and heels. When all are aligned, you are standing as you were created to stand. If you happen to be against a wall, the wall will touch the back of your head, your shoulders, rear end and heels.

Here's how to practice, whether or not you have a wall handy:

Standing posture

- Plant your feet at shoulder-width.
- Feel your weight over your heels (*not* your toes).
- Twist your heels into the ground by tightening the muscles in your behind.
- Place your palms forward, spread your fingers and reach for the ground. Feel the weight of the world come off your shoulders.
- Lift your chest and push your shoulders back.
- Pull your chin back, as if you were holding a tennis ball between your chin and chest.
- Imagine a string attached to the top of your head, pulling it straight up.
- Breathe!



That is a marvelous posture you've got there. Doesn't it feel grand? That's because you are standing at the full height that God created you!

To maintain such posture takes constant checking and constant effort, but every day and every hour you put forth the effort to stand the way you were created to stand, your organs, your muscle groups, your waistline and even your mindset will function the way they were created to function!

Chances are, you spend a lot of time sitting as well. When you sit, take a few moments to ensure that your office chair, driver's seat or wherever you sit is adjusted for proper posture. Then, remember these three simple points:

Sitting posture

- Keep a good arch in the lower back.
- Lift your chest, putting your shoulders back.
- Lift your chin, putting your ears in alignment over your shoulders.



Because it's hard to sustain healthy posture for long periods, it is good to change positions regularly. If you have a sitting job, take regular breaks and walk around. Move, shift and stretch to avoid finding yourself in bad positions unwittingly.

Like the Christian walk, being upright physically takes constant, daily effort. And like the Christian walk, the rewards of this constant, daily effort are fantastic. ■

There is no disputing the facts that you lay before us. ("The Terrorist Attacks That United Europe," theTrumpet.com/go/13404). We are being warned and have no excuse for not listening. Thank you for being the mouthpiece of truth.

Emma Morris

United Europe

Germany may have Europe's strongest army. But I know they will never vote in a strong leader like Hitler. The German people have become soft. Only a tiny minority on the far right would elect someone with the right frame of mind to go to war.

Keiyn Green

German free ride

Germany has been on a free ride since World War II ended and I think it's about time their ride should cost them something—especially now since the world is in such chaos! ("Germans Want More Military," theTrumpet.com/go/13405). They have been sitting on billions of dollars and just worrying about their own needs while the U.S. has been spending all of

its billions helping others. How long is this going to continue? Until we're broke, I assume.

William Santak NEWPORT, DELAWARE

One final resurrection

It is faith-building and inspiring to see and hear the same statements made by Mr. Armstrong being used today! ("Herbert W. Armstrong's Signature Prophecy," theTrumpet.com/go/13396). The final resurrection of the Holy Roman Empire is on the scene. Mr. Armstrong was right, because he spoke the word of God! Thanks for continuing to proclaim it!

David Negron Nieves PUERTO RICO

Right before our eyes and ears we see and hear this playing out today! I remember watching him on television and talking

about this very thing. As I read this I went back and read Revelation 17 and 18, and yes, it is clearer than ever to me.

Richard Villegas

Deadly education

Satan is intimidating ("The Deadly Path of Higher Education," theTrumpet.com/go/13398). He loves to accuse others of the very thing that he is doing in those he leads. It takes real courage, or godly courage, to stand up to him and to tell it like it is.

Majella Tesoriero AUSTRALIA

America's weakness

This article should be read by our commander in chief and all the leaders of the armed forces ("Space: The Final Military Frontier," theTrumpet.com/go/13402). It describes



how the king of the north will destroy our space and computer capabilities and conquer modern-day Israel! Based on solid scientific evidence, it is an eye-opener!

Angelo

Behind the beats

This is such a wonderful message to us all ("The Song of Fools," theTrumpet.com/go/13414). It is easy to get caught up in this world's music. Satan makes it sound so good and the music with the good beats makes us feel good while listening to it—even putting thoughts in our mind we shouldn't have, while listening to it.

Monica Lucas

Trumpet Weekly
JANUARY 13, 2018

HAUPTBAHNHOF

'Cologne Has Changed Everything'
Richard Villegas | Interview | 1

All the best news in one place

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Can Mankind Survive World War III With a Colony on Mars?

One of society's most successful and brilliant minds says yes. **BY JEREMIAH JACQUES**

SENDING PEOPLE TO MARS WAS SCIENCE FICTION. NOW IT'S A project in progress. The goal is not just to visit the red planet, but to establish a permanent human colony there.

Jeff Bezos is making big advances with his Blue Origin project. Richard Branson's Virgin Galactic is making strides, too. And, of course, there is the tech billionaire Elon Musk and his project, SpaceX.

In an interview with *GQ* published on December 12, Musk said colonizing Mars is not just something mankind *should* do, but something we *must* do in order to survive our self-destructive nature.

"I don't think we can discount the possibility of a third world war," he said. "In 1912, they were proclaiming a new age of peace and prosperity, saying that it was a golden age, war was over. And then you had World War I followed by World War II followed by the Cold War. So I think we need to acknowledge that there's certainly a possibility of a third world war, and if that does occur, it could be far worse than anything that's happened before."

In Musk's view, since mankind has such a violent track record, the idea of becoming a multi-planetary species is basic common sense: "You back up your hard drive ... maybe we should back up life, too?"

His goal is to get the human population on Mars to 1 million. That, he says, is the "crucial threshold for us as a civilization to not join the potentially large number of one-planet dead civilizations out there."

Musk is not the first to say that in order to survive the next world war, humanity needs to colonize beyond Earth. In 2004, late author Ray Browne wrote about the subject: "I suspect that the obsession [with space exploration] is a kind of subterranean fear that things are going to get too hot down here, so now is the time to look for that Shangri-La. And if we just get up there, a few of us, we'll escape all the trouble that we're having down here."

Many like Musk and Browne recognize "all the trouble" mankind experiences here on Earth. They see that it threatens to wipe out all of mankind. But would colonizing another planet allow us to truly escape that trouble?

The Bible has an answer. Scripture shows that God wants and intends for mankind to move out onto Mars *and beyond*.



"For thus saith the Lord that created the heavens; God himself that formed the earth ... he created it not in vain, *he formed it to be inhabited ...*" (Isaiah 45:18). This astounding verse, alongside several other Bible passages, reveals that God did not create the vast universe just to be an ornament for people on Earth to look at; He created it to be inhabited!

One of those other passages is Hebrews 2:6-10, which says God will put "the universe" in subjection to mankind (Weymouth version). But then the passage says God has not done so yet.

And there is a very good reason why He hasn't given mankind jurisdiction over it yet.

There is an old adage often said to individuals who plan to escape their personal problems by moving to a new city: "Wherever you go, there you are."

It's true for individuals, and also for mankind as a whole. Relocating doesn't solve our problems—because *we are the problem*. We can't run away from ourselves.

God gave us Earth to care for: a vast, abundant, protected, resourceful, hospitable home—and look around: "All the trouble" here shows that we are not capable of successfully governing ourselves.

Musk is right that mankind is in grave danger of wiping itself out. Matthew 24:21-22 say our most destructive war lies still ahead. And it will be so violent that it would extinguish *all human life* from Earth barring a literal miracle. But if mankind were able to colonize another planet, we would only bring "all the trouble" with us. If we successfully built a Martian colony like the one Musk envisions, the 1 million people would soon split into factions and devise plenty of reasons to war against each other. It would not take long for Mars to have its own World War I.

The good news is that God has an inspiring plan for *changing and healing* the human nature that creates so many problems. Once He accomplishes this, then man will be able to fulfill the true potential God has given us. At that future time, mankind will have the chance to inhabit not just Mars, but the whole, vast universe!

To understand the details of this astounding future, order a copy of our free booklet *Our Awesome Universe Potential*. ■

He is also very different from Germany's current leader. Angela Merkel has been one of the most popular and successful postwar German chancellors. During 2013, 2014 and the first half of 2015, her approval level generally hovered around 70 percent. She has been exactly the leader Germans have wanted. For Germans to desire this new stronger leader, there will have to be some big changes. This means more than simply being fed up with Ms. Merkel. They will begin desiring some radically different characteristics in their leaders.

Daniel 11 says that this strongman comes into power through "flatteries" (verse 21). The *Jamieson, Fausset and Brown Commentary* says that "the nation shall not, by a public act, confer the kingdom on him, but he shall obtain it by artifice, 'flattering.'" Daniel's prophecy also says that the people "shall not give the honour of the kingdom" to this person. All this indicates that he may not come to power through normal democratic processes.

By autumn 2015, Ms. Merkel's approval ratings had dropped to just under 50 percent. By itself that's not terrible, but it's a huge drop in a very short time.

The migrant crisis is creating a desire for a strong leader. The irony is, this change in attitude is exactly what Ms. Merkel, the police and the liberal media want to avoid. Jörg Luyken noted in the *Local*, "Newsrooms are at one and the same time scared of appearing racist and terrified of stirring up a latent racism they believe still exists in German society" (January 5).

Nigel Jones made the same point in the *Telegraph*. Since the copyright of *Mein Kampf* expired in January, German officials have worked hard to keep the book out of people's hands. Anyone publishing the unedited original faces prosecution on hate-crime laws. Instead, only a heavily annotated 2,000-page version is available.

"It [is] as if Germany's rulers do not trust their own people with the ability to handle uncomfortable truths," wrote Jones. "Whether those truths are the poisonous doctrines that once entranced the nation and led to the Holocaust and the devastation of Europe in the Second World War, or the more immediately dismaying reality that parts of German cities are no longer safe for German women to walk in because of their own government's policies, the instinct to suppress the truth remains the same" (January 12).

Ms. Merkel and those like her see the capacity for this transformation in the German people. That is why all the cover-ups have occurred in the first place. But in trying to suppress the truth, they're undermining Germans' confidence in just about every part of their government, creating an even bigger backlash, and paving the way for their own destruction.

A strong German leader is imminent.

The Bible prophesies a European strongman will come onto the scene in Germany shortly. To learn more about these prophecies and what they will mean for you, download our free e-book at theTrumpet.com/go/germanleader.

THE KEY OF DAVID



Philadelphia Trumpet editor in chief Gerald Flurry appears each week on *The Key of David* explaining the meaning behind world events and teaching the inspiring truths of the Bible. The program is also available at keyofdavid.com.

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Discovery, Chan. 278, 6:30 ET/PT, Sun
ION, Chan. 305, 6:00 ET, Fri
WGN, Chan. 307, 8:00 ET, Sun
- Dish Network**
Discovery, Chan. 182, 6:30 ET/PT, Sun
ION, Chan. 216, 6:00 ET, Fri
WGN, Chan. 239, 8:00 ET, Sun
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CW Plus, 9:30 ET/PT, Sun
Discovery, 6:30 ET/PT, Sun
ION, 6:00 ET/PT, Fri
WGN, 8:00 ET, Sun
- Alabama, Birmingham** WPXH 5:00, Fri;
WVUA 1:00 p.m., Sun
- Dothan** WTUY-DT 8:30, Sun
- Mobile** WFGX 7:30, Sun
- Montgomery** WBMM-DT/WVCF-DT 8:30, Sun
- Alaska, Anchorage** KYUR-DT 8:30, Sun
- Fairbanks** KATN-DT 8:30, Sun
- Juneau** KJUD-DT 8:30, Sun
- Arizona, Phoenix** KPXX 5:00, Fri;
KAZT 8:00, Sun
- Yuma** KEYC-DT 8:30, Sun
- Arkansas, El Dorado** KNOE-DT 8:30, Sun
- Fayetteville** KHBS-DT/KHOG-DT 8:30, Sun
- Fort Smith** KHBS-DT/KHOG-DT 8:30, Sun
- Jonesboro** KJOS 8:30, Sun
- Rogers** KHBS-DT/KHOG-DT 8:30, Sun
- Springdale** KHBS-DT/KHOG-DT 8:30, Sun
- California, Bakersfield** KGET-DT 9:30, Sun
- Chico** KHSL-DT 9:30, Sun; KRCR 9:00, Sun
- El Centro** KECY-DT 8:30, Sun
- Eureka** KUVU-LP/KVIQ-DT 9:30, Sun
- Los Angeles** KPXN 6:00, Fri;
TVCLT-Bilingual, 7:30 Sun
- Monterey** KION 9:30, Sun
- Palm Springs** KCWQ/KESQ-DT 9:30, Sun
- Redding** KHSL-DT 9:30, Sun;
KRCR 9:00, Sun
- Sacramento** KSPX 6:00, Fri;
TVCLT-Bilingual, 7:30 Sun
- Salinas** KION 9:30, Sun
- San Diego** TVCLT-Bilingual, 7:30 Sun
- San Francisco** KKPX 6:00, Fri
- Santa Barbara-Santa Maria** KSBY-DT
9:30, Sun
- San City-Menifee** TVCLT-Bilingual, 7:30 Sun
- Colorado, Denver** KPXC 5:00, Fri
- Grand Junction** KJCT-DT 8:30, Sun
- Montrose** KJCT-DT 8:30, Sun
- Connecticut, Hartford** WHPX 6:00, Fri
- Florida, Gainesville** WCJB-DT 9:30, Sun
- Jacksonville** WPXC/WPJ-LP 6:00, Fri
- Miami** WPXM 6:00, Fri
- Orlando** WOPX 6:00, Fri
- Panama City** WJHG-DT 8:30, Sun
- Pensacola** WFGX 7:30, Sun
- Tallahassee** WTXL 7:30, Sun; WTLF/
WTLH-DT 9:30, Sun
- Tampa** WXPX 6:00, Fri
- West Palm Beach** WPXP 6:00, Fri
- Georgia, Albany** WSWG-DT 9:30, Sun
- Atlanta** WPXA 6:00, Fri
- Augusta-Aiken** WAGT-DT 9:30, Sun
- Brunswick** WPXC 6:00, Fri
- Columbus** WLTZ-DT 9:30, Sun
- Macon** WMAZ-DT 9:30, Sun
- Savannah** WGSB-DT 9:30, Sun
- Thomasville** WTLF/WTLH-DT 9:30, Sun
- Hawaii, Hawaii Na Leo** Chan. 54 6:30, Sun;
8:30, Wed
- Kaui Ho' Ike** Chan. 52 9:30, Tue
- Mau'i/Lanaii/Molokai/Niihau/Akaku**
Chan. 52 6:30 pm, Sun; 3:30, Mon
- Oahu Focus** Chan. 49 7:00 am, Sat
Chan. 27 5:00 am, Fri
- KPXX**
- Idaho, Boise** KYUU-LP/KBOI-DT 8:30, Sun
- Idaho Falls** KIFI-DT 8:30, Sun
- Pocatello** KIFI-DT 8:30, Sun
- Twin Falls** KMVT-DT 8:30, Sun
- Illinois, Bloomington** WHOI-DT 8:30, Sun
- Chicago** WCUI 7:00, Mon-Fri; WCIU 9:30,
Sun; WCPX 5:00, Fri
- Peoria** WHOI-DT 8:30, Sun
- Rockford** WREX-DT 8:30, Sun
- Quincy** WGEM-DT 8:30, Sun
- Indiana, Fort Wayne** WPTA-DT 21:29:30, Sun
- Indianapolis** WIPX 6:00, Fri
- Terre Haute** WBI 9:30, Sun
- Iowa, Cedar Rapids** KPXR 5:00, Fri
- Des Moines** KFPP 5:00, Fri
- Keokuk** WGEM-DT 8:30, Sun
- Mason City** KTTC-DT 8:30, Sun
- Ottumwa** KWOT 8:30, Sun
- Sioux City** KTIV-DT 8:30, Sun
- Kansas, Topeka** KTKA-DT 8:30, Sun
- Pittsburg** KSXF 8:30, Sun
- Kentucky, Bowling Green** WBKO-DT 8:30, Sun
- Lexington** WUPX 6:00, Fri
- Louisiana, Alexandria** KBCA-DT 8:30, Sun
- Monroe** KNOE-DT 8:30, Sun
- Lafayette** KADN 7:30, Sun; KATC-DT
8:30, Sun
- Lake Charles** KVHP-DT 8:30, Sun

New Orleans WPXL 5:00, Fri
Maine, Bangor WABI-DT 9:30, Sun
Portland WPME 7:30, Sun; 7:00, Mon-Fri
Presque Isle WBPQ 9:30, Sun
Maryland, Salisbury WMDT-DT 9:30, Sun
Massachusetts, Holyoke
 WWLP-DT 9:30, Sun
Springfield WWLP-DT 9:30, Sun
Michigan, Alpena WBAE 9:30, Sun
Cadillac WBVC 9:30, Sun
Detroit WPXD 6:00, Fri; WADL 10:00, Sun
Grand Rapids WZPX 5:00, Fri
Lansing WLAJ-DT 9:30, Sun
Marquette WBKP-DT/WBUP-DT 9:30, Sun
Traverse City WBVC 9:30, Sun
Minnesota, Duluth KDLH-DT 8:30, Sun
Mankato KWYE 8:30, Sun
Minneapolis KPXM 5:00, Fri
Rochester-Austin KTTC-DC 8:30, Sun
Sioux Fall (Mitchell) KWSD/KSWD-DT 8:30, Sun
Mississippi, Biloxi WXXV-DT 8:30, Sun
Columbus WCBI-DT 8:30, Sun
Greenville WBWD 8:30, Sun
Greenwood WBWD 8:30, Sun
Gulfport WXXV-DT 8:30, Sun
Hattiesburg WHPM-DT 8:30, Sun
Laurel WHPM-DT 8:30, Sun
Meridian WTOK-DT 8:30, Sun
Tupelo WCBI-DT 8:30, Sun
Missouri, Columbia KOMU-DT 8:30, Sun
Hannibal WGEM-DT 8:30, Sun
Jefferson City KOMU-DT 8:30, Sun
Joplin KSXF 8:30, Sun
Kansas City KPXE 5:00, Fri
Kirksville KWOT 8:30, Sun
St. Joseph KBJO/KNPN-DT 8:30, Sun
Montana, Billings KTVQ-DT 8:30, Sun
Bozeman-Butte KBZK-DT/KXLF-DT 8:30, Sun
Glendive KWZB 8:30, Sun
Great Falls KRTV-DT 8:30, Sun
Helena KMTF-DT 8:30, Sun
Missoula KPAX-DT 8:30, Sun
Nebraska, Lincoln-Hastings
 KWBL 8:30, Sun
Kearney KWBL 8:30, Sun
North Platte KNOP 10:30, Sun; KWPL 8:30, Sun
Scottsbluff KGWN-DT/KCHW 8:30, Sun
Nevada, Reno KRNS-CA/KREN-DT 9:30, Sun
New York, Albany WYPX 6:00, Fri
Binghamton WBNG-DT 9:30, Sun
Buffalo WPXJ 6:00, Fri; WUTV 10:30, Sun
Elmira (Corning) WENY-DT 9:30, Sun
New York City TVCLT-Bilingual, 10:30 Sun; WPXN 6:00, Fri
Plattsburgh WPTZ-DT 9:30, Sun
Rochester WUHF 8:30, Sun
Syracuse WSPX 6:00, Fri
Utica WKTV-DT 9:30, Sun
Watertown WWTI-DT 9:30, Sun
North Carolina, Durham WRPX 6:00, Fri; 9:00 am, Sun
Fayetteville WFPX 6:00, Fri
Greensboro WGPX 6:00, Fri
Greenville WEPX 6:00, Fri; WNCT-DT 9:30, Sun
Lumber Bridge WFPX 6:00, Fri
New Bern WNCT-DT 9:30, Sun
Raleigh WRPX 6:00, Fri; 9:00 am, Sun
Washington WNCT-DT 9:30, Sun
Wilmington WWAY-DT 9:30, Sun
North Dakota, Bismarck KWMK 8:30, Sun
Dickinson KWMK 8:30, Sun
Fargo WDAY-DT/WDAZ-DT 8:30, Sun
Minot KWMK 8:30, Sun
Valley City WDAY-DT/WDAZ-DT 8:30, Sun
Ohio, Cleveland WVPX 6:00, Fri
CincinnatiWSTR 8:30, Sun
Lima WBOH 9:30, Sun
Steubenville WBWO 9:30, Sun
Toledo WMNT 8:00, Sun
Zanesville WBZV 9:30, Sun

Oklahoma, Ada KTEN-DT 8:30, Sun
Lawton KAUZ-DT 8:30, Sun
Oklahoma City KOPX 5:00, Fri
Tulsa KTPX 5:00, Fri
Oregon, Bend KTVZ-DT 9:30, Sun
Eugene KEVU-TV 10:00, Sun; KLSR 8:30, Sun; KMTR-DT 9:30, Sun
Medford-Klamath Falls
 KTVL-DT 9:30, Sun
Portland KPXG 6:00, Fri
Pennsylvania, Erie WSEE-DT/WICU-DT 9:30, Sun
Philadelphia WPPX 6:00, Fri
Wilkes Barre WQPX 6:00, Fri
Rhode Island, Providence
 WPXQ 6:00, Fri
South Carolina, Charleston
 WCBD-DT 9:30, Sun
Florence WWMB-DT 9:30, Sun
Myrtle Beach WWMB-DT 9:30, Sun
South Dakota, Rapid City
 KWBH/KNBN-DT 8:30, Sun
Sioux Falls (Mitchell) KSFY-DT 8:30, Sun
Tennessee, Chattanooga WFLI 10:30, Sun
Jackson WBJK 8:30, Sun
Knoxville WPXK 6:00, Fri
Memphis WPXX 5:00, Fri
Nashville WNPX 5:00, Fri
Texas, Abilene KTWS-DT 8:30, Sun
Amarillo KVII-DT/KVIH-DT 8:30, Sun
Beaumont KFDM-DT 8:30, Sun
Brownsville KCWT/KNVO-DT 8:30, Sun
Corpus Christi KRIS-DT 8:30, Sun
Dallas KDAF 7:00, Sun; TVCLT-Bilingual, 9:30 Sun
Harlingen KCWT/KNVO-DT 8:30, Sun
Houston KPXB 5:00, Fri
Laredo KTXW 8:30, Sun
Longview KYTX-DT 8:30, Sun
Lubbock KLCW-DT 8:30, Sun
Midland KWES-DT 8:30, Sun
Odessa KWES-DT 8:30, Sun
Port Arthur KFDM 8:30, Sun
San Angelo KWSA 8:30, Sun
San Antonio KPXL 5:00, Fri
Sherman KTEN-DT 8:30, Sun
Tyler KYTX-DT 8:30, Sun
Victoria KWVB 8:30, Sun
Weslaco KCWT/KNVO-DT 8:30, Sun
Wichita Falls KAUZ-DT 8:30, Sun
Utah, Salt Lake City KUPX 5:00, Fri
Vermont, Burlington WVNY 10:00, Sun; WPTZ-DT 9:30
Virginia, Charlottesville WVIR-DT 9:30, Sun
Harrisonburg WVIR-DT 9:30, Sun
Norfolk WPXV 6:00, Fri
Roanoke WPRX 6:00, Fri
Washington D.C. WPXW 6:00, Fri
Washington, Pasco KIMA-DT/KEPR-DT 9:30, Sun
Richland KIMA-DT/KEPR-DT 9:30, Sun
Seattle-Tacoma KWPX 6:00, Fri
Seattle KCPQ 7:00, Sun
Spokane KGPX 6:00, Fri; KAYU 7:30, Sun
Yakima KIMA-DT/KEPR-DT 9:30, Sun
West Virginia, Beckley WVVA-DT 9:30, Sun
Bluefield WVVA-DT 9:30, Sun
Charleston WLPX 6:00, Fri
Clarksburg WVPX-DT 9:30, Sun
Oak Hill WVVA-DT 9:30, Sun
Parkersburg WCWP 9:30, Sun
Weston WVPX-DT 9:30, Sun

Wheeling WBWO 9:30, Sun
Wisconsin, Eau Claire WXOW-DT 8:30, Sun
La Crosse WXOW-DT 8:30, Sun
Milwaukee WPXE 5:00, Fri
Rhineland WAOW/WYOW 8:30, Sun
Superior KDLH-DT 8:30, Sun
Wausau WAOW-DT/WYOW-DT 8:30, Sun
Wyoming, Casper KCWY-DT 8:30, Sun
Cheyenne KGWN-DT/KCHW 8:30, Sun
Riverton KCWY-DT 8:30, Sun

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 Galaxy 3 Trans. 17, 21 11:30 ET, Tue/Thu
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Calgary KAYU 8:30, Sun
Edmonton KAYU 8:30, Sun
Medicine Hat KAYU 8:30, Sun
Lethbridge KAYU 8:30, Sun
British Columbia, Vancouver
 CHEK 9:00, Sun; CHNU 5:30 pm, Sun;
 KCPQ 7:00, Sun
Victoria CHNU 5:30 pm, Sun
Manitoba, Winnipeg WUHF 8:30, Sun;
 CIIT Joy TV 11:00, Sun
Nova Scotia, Halifax WUHF 8:30, Sun
Sydney WUHF 8:30, Sun
Ontario, Ottawa CJOH 5:30, Sun
Toronto WADL 10:00, Sun;
 WUTV 10:00, Sun; CHNU 8:30 pm, Sun
P.E.I., Charlottetown WUHF 8:30, Sun
Quebec, Montreal WVNY 10:00, Sun
Saskatchewan, Saskatoon CFQC 5:30, Sun;
 WUHF 8:30, Sun

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Aruba WGN 8:00, Sun
Bahamas Discovery Chan. 26, 6:30, Sun
 FOX W Chan. 216, 10:30, Sun
Belize WGN 7:00, Sun
Cuba WGN 8:00, Sun
Dominican Republic WGN 8:00, Sun
Haiti WGN 7:00, Sun
Jamaica WGN 9:00, Sun
Puerto Rico WGN 8:00, Sun
Trinidad and Tobago WGN 8:00, Sun

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 Galaxy 3 Trans. 21 11:30 ET, Tue/Thu
El Salvador WGN 6:00, Sun
Guatemala WGN 6:00, Sun
Honduras WGN 6:00, Sun
Mexico TVCLT-Bilingual, 7:30 Sun;
 WGN 7:00, Sun
Panama WGN 7:00, Sun

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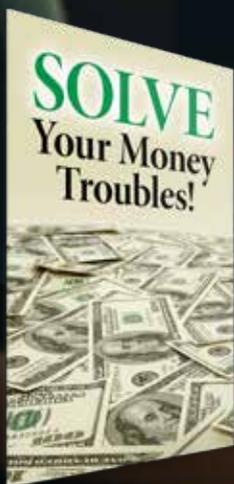
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CBS Drama	Sunday	7:30 am	Ch. 149	Ch. 197	Ch. 74	Ch. 134
CBS Reality	Sunday	8:00 am	Ch. 146	Ch. 148	Ch. 66	Ch. 135

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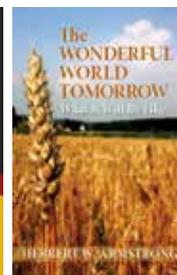
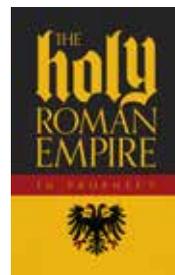
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