

Canada's National Post Supports "assassination squad presidency!"

http://www.legitgov.org/#breaking_news

Bush 'executive assassination ring' reported directly to Cheney office:

Seymour Hersh At a "Great Conversations" event at the University of Minnesota, investigative reporter Seymour Hersh talked about new alleged instances of domestic spying by the CIA, and about an ongoing covert military operation that he called an "executive assassination ring." Moderator U of M Political Scientist Larry Jacobs asked Hersh if presidents [get] drawn into improper covert actions that exceed their constitutional powers. Hersh replied, "Yuh. After 9/11... the Central Intelligence Agency was very deeply involved in domestic activities against people they thought to be enemies of the state. Without any legal authority for it... the Joint Special Operations Command -- JSOC it's called. It is a special wing of our special operations community that is set up independently. They do not report to anybody, except in the Bush-Cheney days, they reported directly to the Cheney office. They did not report to the chairman of the joint chiefs of staff or to Gates, the secretary of defense. They reported directly to him. ... Congress has no oversight of it. It's an executive assassination ring essentially, and it's been going on and on and on... Under President [sic]



Bush's authority, they've been going into countries, not talking to the ambassador or the CIA station chief, and finding people on a list and executing them and leaving. That's been going on, in the name of all of us. It's complicated because the guys doing it are not murderers, and yet they are committing what we would normally call murder."

UN experts to investigate secret U.S. jails

Two UN human rights experts said they would conduct a global investigation of secret detention centres used by the United States and other countries in their 'counter-terrorism' efforts. The year-long investigation is aimed not only to clarify facts, but also to ensure that such secret jails would not be used in the future, according to Manfred Nowak, UN envoy for torture, and Martin Scheinin, UN envoy for human rights and counter-terrorism.

Terrorist watch list hits 1 million

The government's terrorist watch list has hit 1 million entries, up 32% since 2007. Federal data show the rise comes despite the removal of 33,000 entries last year by the FBI's Terrorist Screening Center. The remaining million entries represent about 400,000 individuals, according to the center. "It's always going to be a work in progress," says Timothy Edgar, a civil liberties officer at the intelligence director's office. [Yes, and apparently under Obama, it's *progressing* nicely. --LRP]

Coffee: The New Health Food?

By Sid Kirchheimer WebMD Feature
Reviewed by Michael W. Smith, MD

Want a drug that could lower your risk of diabetes, Parkinson's disease, and colon cancer? That could lift your mood and treat headaches? That could lower your risk of cavities?

If it sounds too good to be true, think again.

Coffee, the much maligned but undoubtedly beloved beverage, just made headlines for possibly cutting the risk of the latest disease epidemic, type 2 diabetes. And the real news seems to be that the more you drink, the bet-

ter.

Reducing Disease Risk After analyzing data on 126,000 people for as long as 18 years, Harvard researchers calculate that compared with not partaking in America's favorite morning drink, downing one to three cups of caffeinated coffee daily can reduce diabetes risk by single digits. But having 6 cups or more each day slashed men's risk by 54%, women's by 30% over java avoiders.

It's the latest of hundreds of studies suggesting that coffee may be something of a health food -- especially in higher amounts.

In recent decades, some 19,000 studies have been done examining coffee's impact on health. And for the most part, their results are

as pleasing as a gulp of freshly brewed Breakfast Blend for the 108 million Americans who routinely enjoy this traditionally morning -- and increasingly daylong -- ritual. In practical terms, regular coffee drinkers include the majority of U.S. adults and a growing number of children.

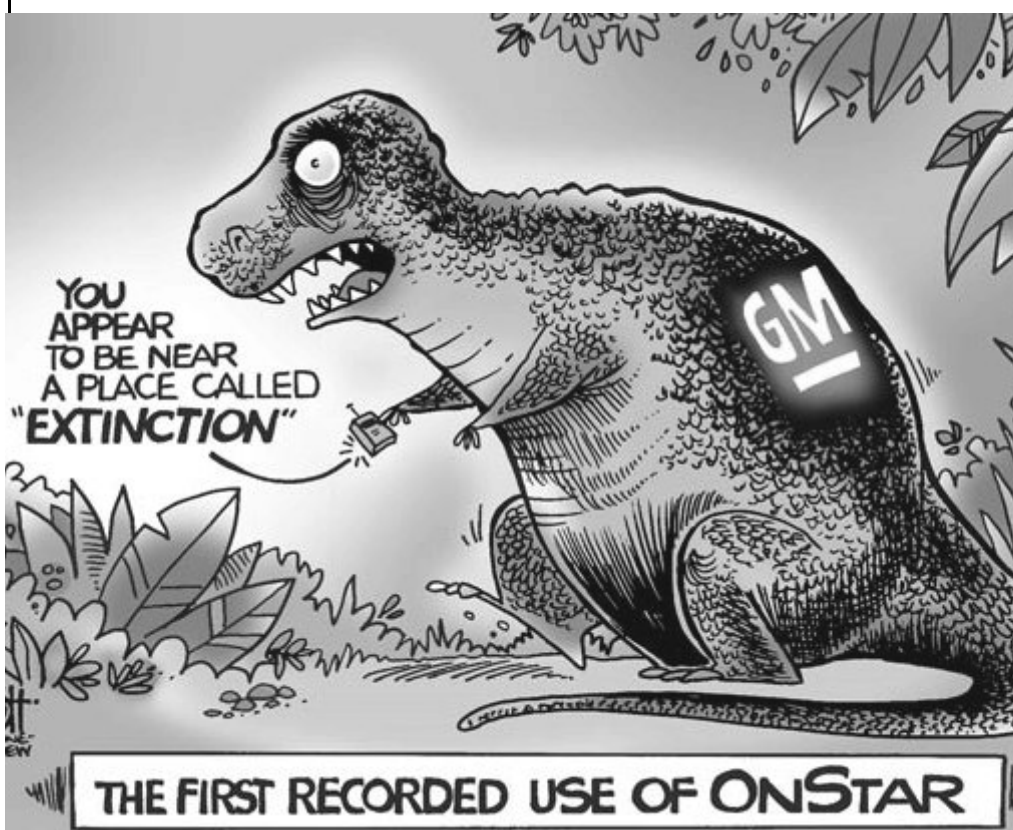
"Overall, the research shows that coffee is far more healthful than it is harmful," says Tomas DePaulis, PhD, research scientist at Vanderbilt University's Institute for Coffee Studies, which conducts its own medical research and tracks coffee studies from around the world. "For most people, very little bad comes from drinking it, but a lot of good."

At least 6 studies indicate that people who drink coffee on a regular basis are up to 80% less likely

to develop Parkinson's, with 3 showing the more they drink, the lower the risk. Other research shows that compared to not drinking coffee, at least two cups daily can translate to a 25% reduced risk of colon cancer, an 80% drop in liver cirrhosis risk, and nearly half the risk of gallstones.

Coffee even offsets some of the damage caused by other vices, some research indicates. "People who smoke and are heavy drinkers have less heart disease and liver damage when they regularly consume large amounts of coffee compared to those who don't," says DePaulis.

There's also some evidence that coffee may help manage asthma and even control attacks when medication is unavailable, stop a headache, boost mood, and even prevent cavities.



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I locked my car --- as I walked away I heard my car door unlock I went back and locked my car again three times. I looked around and there were two guys sitting in a car in the fire lane next to the store. When I looked straight at them they did not unlock my car again. I decided to get back in and drove off.

Traveling my son stopped at a roadside park. He came out to his car less than 4-5 minutes later and found someone

Father, forgive me, I will not fight for your Is-