

# The Appalachian Messenger

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## The Hidden Agenda Behind a “Balanced Budget” Amendment

By PUBLIUS HULDAH, *Constitutional Editor*

**Amendments are a serious business.** Before you jump on the bandwagon for a proposed amendment, ask yourself: “What does our Constitution

already say, and how does the proposed amendment change it?”

Let’s look at the “balanced budget” amendment (BBA).

Our Constitution doesn’t provide for a “budget”;<sup>1</sup> but it does address spending. Article I, §9, clause 7 says:

“No Money shall be drawn from the Treasury, but in Consequence of Appropriations made by Law; and a regular Statement and Account of the Receipts and Expenditures of all public Money shall be published from time to time.”

So! No money may be spent except pursuant to appropriations made by Law.

May Congress lawfully appropriate funds for whatever they want? No! The Constitution limits Congress’ spending to the enumerated powers. If you go through the Constitution and highlight all powers delegated to Congress and to the President, you will have the complete list of the objects on which Congress may lawfully spend money.

I’ll show you: Start reading at Article I: § 2, clause 3 thereof speaks of an “Enumeration” for the purposes of determining the Number of Representatives each State gets and for the apportionment of Direct Taxes [each State’s pro rata share of the money due to the federal government]. So! Congress may lawfully appropriate funds to conduct the Enumeration (census).

Article I, §5, clause 3 says each House of Congress shall keep a journal and from time to time, publish it. That means paper, ink, and printers – so Congress may lawfully appropriate funds for publishing the Journals.

Do you see? That’s how you find out what Congress may lawfully appropriate funds for: go thru the entire Constitution in this manner, and you will compile **the complete list** of the authorized objects of Congress’ spending.

That’s how our Constitution was designed to control federal spending.

But for 100 years, everyone ignored these limits; and Congress spent money on unlawful objects such as Education, Energy, Agriculture, Housing, Medical Care, Environmental Protection, Labor matters, local law enforcement, etc., etc., etc. All such spending is unconstitutional as outside the scope of powers delegated.

It was *unconstitutional* spending which gave us a crushing national debt.

A BBA legalizes the unconstitutional spending – *it changes the constitutional standard for spending FROM whether the object is an enumerated power (the census, printing the Journal, etc.) TO a (pretend) limit on the total amount of spending on whatever is put in the budget.*

And by thus changing the constitutional standard for spending, a **BBA transforms the federal government FROM one of only limited and enumerated powers TO one of general and unlimited powers.**

So a BBA is a subterfuge to transform the federal government of limited and narrowly defined powers created by the Constitution *into* a national government of general and unlimited powers.

Even though our Constitution has been ignored for 100 years, it still declares *this* federal government lawless. But if a BBA is ratified, the national government will be lawfully authorized to spend money on whatever they want.

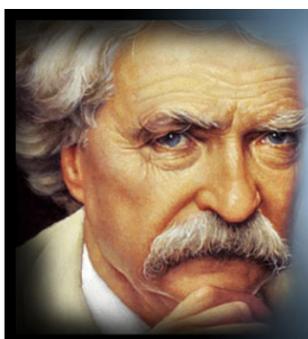
And know this: a BBA has nothing to do with limiting *the amount of federal spending*. While BBAs pretend to limit spending to revenues or to a certain percentage of the GDP; all versions have provisions for *waiving* these pretend spending limits.

**You must start thinking. God gave you a brain. Use it.**

Your Country and Posterity depend on it.

Endnote:

<sup>1</sup> *We never had a “budget” until the monstrously unconstitutional Budget and Accounting Act of 1921.*



Never argue with stupid people, they will drag you down to their level and then beat you with experience.

*Mark Twain*

## Herbal Medicine & The National Institute of Health

By ED GROUCH, MD, *Medical Editor*



Most of you know by now, that I am simultaneously open and closed to the idea of herbal medications.

On the one hand, it is no secret that a substantial number of medications currently used by Western medicine, originated in a plant or fungus somewhere. On the other hand, the world of herbal medications is drenched in poor science, marketing gimmicks, outrageous claims, and pure falsehoods.

The NIH has established the National Center for Complementary and Integrative Health, whose purpose is to evaluate these claims. I recommend their website for your consideration.

Some of you will note the “Herbs at a Glance” section, which I also recommend. In point of fact, you can download the entire section as a free ebook in whatever format your e-reader likes. Which seems like a good deal.

Once you start reading the monographs, you will note they frequently cite 2 separate websites. They are:

**The Natural Medicines Comprehensive Database, and The Natural Medicines Food, Herbs, and Supplements Database.**

Both of which require a subscription for full access. The subscription is about \$250/year, give or take. If you really want to know your herbal meds (after you have checked out the free NIH stuff), I think you’ll have to pony up.

The first website offers for free a sample monograph about Ginko. When I say I want to see the science behind any particular herbal medication, this is a fantastic example. All the sources, all the science, all the articles, everything. This is the level of detail you should trust.

Another example of good science is the review of Valerian root, published by the American Herbal Pharmacopoeia. Exhaustive (perhaps exhausting) detail, down to microscopic examination of the pollen, and HPLC results.

Here, however, is a link to something I would consider suspect. With no intended offense to the commenter who posted it (at my request, even), I’m looking for the data. In that site, you see many claims, but no references. I can claim whatever I want. We have had anecdotal reports of success with black pepper, here, on this site, but the plural of “anecdote” is not “data”. This is not to say it doesn’t work—and certainly if you’ve had personal experience of success, good on you—but as far as I can tell the claims have not been subject to rigorous evaluation.

So take your information with a grain of salt. Look at the examples of “good”, compare and contrast with examples of “suspect”. Look at what someone is trying to sell you. And as always, apply common sense, reason, a review of the toxicology, and a healthy dose of skepticism.

For links to the sources mentioned in this article please visit the website:

[griddownmed.com/2015/02/22/herbal-medicine-and-the-national-institute-of-health/](http://griddownmed.com/2015/02/22/herbal-medicine-and-the-national-institute-of-health/)

## CALENDAR OF EVENTS



**Apr 11-12**—Mother Earth News Fair, near Asheville, NC. Over 150 demonstrations & workshops. Call 1-800-234-3368 or see [motherearthnews.com/fair/workshops-north-carolina.aspx](http://motherearthnews.com/fair/workshops-north-carolina.aspx) for more.

**April 16**—The Well Armed Woman, local Chapter meeting at 6 pm at The Christian Martial Arts Center, Murphy NC.

**April 16**—Tri-State Back to Basics, 6:30p.m., Brasstown Community Civic Center. E-mail [robinwelker@gmail.com](mailto:robinwelker@gmail.com) for further information.

**April 18**—NRA Women on Target Instructional Shooting Clinic, Murphy, NC. Contact Carrie Brekke, 706-896-6075 (please no calls after 7pm).

**April 18**—Practical Preparedness Medical Training, \$25. Murphy NC. E-mail [lucy@appalachianmessenger.info](mailto:lucy@appalachianmessenger.info) for further information.

**April 21**—Mountain Country Rod & Gun Club. Meeting 7-8:30 pm at Penland Senior Center, 69 Alpine St., Murphy, NC.

**May 29-31**—Heritage Life Skills, Waynesville NC. Two days of workshops & speakers including Survivor Jane & Rick Austin. Call Jan at 828-456-5310 or visit the website [carolinareadiness.com](http://carolinareadiness.com) to sign up.

Thought for the week:

There was never a good war or a bad peace.—Ben Franklin

## The Cry Of The Left: "Eat Your Neighbors!"

By FRANCIS W. PORRETTO



The perennial tactic of the Left:

*Inducing neighbors to distrust one another.*

Eowyn of the excellent **Fellowship of the Minds** (<http://fellowshipoftheminds.com/>) notes a smaller-scale example of the tactic:

*Use of snitches seems instinctive to the Left...*

*B. Christopher Agee reports for **Western Journalism**, Dec. 4, 2014, that in response to a shooting incident last week in downtown Austin, Police Chief Acevedo held a press conference to emphasize the shooting could have been prevented had someone reported the gunman's behavior to law enforcement before his rampage.*

*Saying that he stays awake at nights worrying about "these homegrown extremists that are lone wolves, that are mad at the world, that are angry," Acevedo encouraged Austin residents to report to authorities anyone "who's a gun enthusiast or is armed with these types of firearms and they're showing any type of propensity for hatred."*

*The police chief said: "It's important for us as Americans to know our neighbors, to know our families. Tell somebody if you know somebody that is acting pecu—with a lot of hatred toward any particular group."*

*Couching his instruction with the caveat that turning in a friend or family member for owning guns "doesn't mean that we're going to take them to jail," Acevedo noted that "we might want to vet these people."*

By my lights, Acevedo's words, if they were reported accurately in the above, constitute adequate grounds for removing him from his position and barring him from ever again occupying a position of public trust. But Austin, despite being the capital of gun-friendly Texas, is rather far to the left politically, so I doubt that any such thing will occur. However, it's Eowyn's first sentence that's most thematic:

Use of snitches seems instinctive to the Left.

Not only is it reflexive on their part; it's also highly revealing. Totalitarians of all stripes are aware that they can never command sufficient police power to impose their will on a whole nation, *unless their subjects actively participate in the process of oppression.*

But in a free, peaceful, prosperous commonwealth, that's a very difficult thing to do *ab initio*. It requires an emotional infrastructure that must be carefully designed and laid down.

It requires a pervasive atmosphere of fear.

Among the Left's recent losses of more than transient importance has been its loss of two tactics of longstanding importance: racism-shouting and "women's issues." Note how badly candidates who leaned on those traditional pillars were beaten in the recent elections. The implication seems obvious: it's no longer sufficient for the Left to accuse conservative or libertarian candidates of wanting to oppress Negroes and / or women. Yet those tactics have been instrumental in its rise to political power and to its grip on what it still possesses. Therefore, it must seek new weapons to take the place of those it has unintentionally blunted.

The Left's gropings appear to have landed on an approach no man of good will would have expected: accusations of sexual predation. Consider the following stories:

Lena Dunham's claim that she was raped "by a College Republican."

([breitbart.com/big-journalism/2014/12/04/daily-mail-lena-dunham-rape/](http://breitbart.com/big-journalism/2014/12/04/daily-mail-lena-dunham-rape/))

Sabrina Rubin Erdely's whole-cloth fantasy about a gang-rape at a University of Virginia frat house. ([dailycaller.com/2014/12/04/your-rape-is-it-clickbait-does-it-pop/](http://dailycaller.com/2014/12/04/your-rape-is-it-clickbait-does-it-pop/))

Danmell Ndonge's claim to have been raped at Hofstra University.

This case, ([nypost.com/2009/09/18/twisted-motive-behind-rape-/](http://nypost.com/2009/09/18/twisted-motive-behind-rape-/)) which the hard-left *Sacramento Bee* appears to have scrubbed from its online edition.

Each of these "rapes" was used by the Left as a tool for encouraging women to fear men – especially for *young* women to fear *young* men. If that doesn't have you thinking about Rupert's *cri de coeur*, check your pulse: you may have died and not noticed.

Pervasive mutual fear is the most fertile of all soils in which to germinate a totalitarian State.

Only by turning us against one another can the Left succeed in completing its campaign to extinguish all traces of freedom.

We already live under a cloud of fear, but at this time it's principally fear of government. So many organs of government at all levels have been revealed as predacious exploiters of power and privilege that Americans' trust in government has sunk to an all-time low. No one believes any longer in the restraining effects of the Constitution or the guarantees of the Bill of Rights. No one grants any agent of the State the presumption of benevolence. And no one with three functioning brain cells willingly allows a uniformed "law enforcement officer" into his home...especially not those of us with dogs.

I find myself wondering if there's a wandering planetoid in our future...or perhaps, given the ESA's recent achievements, a habitable comet.

The situation is grave, and becoming graver as we speak. The IRS has embraced its role as Censor of the Right to a degree even I could not have predicted. Other of the "alphabet agencies" are striving with all their power to suppress American enterprise, that the Left's gains in reducing so many of us to dependence on State handouts not be reversed. And of course, we have the rampant use of militarized local police forces and their unconstitutional use of "civil asset forfeiture" to fund their operations and keep us all cowering behind our curtains.

Constitutional scholar Jonathan Turley has several times spoken of a "tipping point," passing which could put an end to any remaining semblance of Constitutional government. If we haven't yet passed such a point, we're surely teetering at the edge of it today.

Food for thought.

For more information see [bastionofliberty.blogspot.com/2014/12/the-cry-of-left-eat-your-neighbors.html](http://bastionofliberty.blogspot.com/2014/12/the-cry-of-left-eat-your-neighbors.html).

## Intelligence Preparation of the Community

By SAMUEL CULPER III,  
*Intelligence Editor*



We just finished with the first ever iteration of Intelligence Preparation of the Community (IPC) as a two-day course. Going forward, IPC is going to be the basic course because it was so helpful for this last group.

I have some open training dates this summer and fall, and you need Intelligence training. This course is very actionable. It's very hands on and I'm there to guide you through creating Intelligence products for your home, community, and region. Shoot me an email to get something set up in your area.

If the lights went off tomorrow, how prepared would you be? If there was some catastrophic event and your region was littered with threats, how would your security have a leg up on those threats? The answer is, without Intelligence, you will be at a severe disadvantage. This isn't a scare tactic, it's simply the truth.

There are a lot of places that I can't get to in order to put on these classes, so we've been working to put this information into an online course. It's not the same as me teaching a live class, but it's going to be good enough to get your well on your way.

We're going to spend four weeks this Spring going over, in detail, the IPC process and how to build your Intelligence element. Each Tuesday for four weeks, the online class will meet for up to two hours, and I'll teach the lecture part of the class. Then I'm going to assign some homework that can be started during that session so I can answer your questions. Realistically, each hour you work on your IPC product, you're improving your awareness. Intelligence reduces uncertainty, and that's exactly what the nearly 20 students did in the last class I ran.

For more information please visit the website [guerrillamerica.com](http://guerrillamerica.com).

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*"By failing to prepare, you are preparing to fail."*  
Benjamin Franklin

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