**Violence**

**The theory here is to change what we can change and accept what we cannot change. Violence is one of those things we cannot change; it is always present. What differs is the expression of violence, but violence itself has remained a constant throughout human history. *(Gavin de Becker, in Fearless, p.24)* \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*Fact: Today, violence remains a fact of American life. We will never be able to treat the sickness that led to last week's insurrection unless we recognize this is part of who we are. It might be America at its ugliest, but it is America. *(Theunis Bates, in The Week magazine, January 22, 2021)***

**"This is not who we are." That was the cry that went out from politicians of all stripes after last week's deadly pro-Trump insurrection at the U.S. Capitol. The behavior of the 8,000-strong mob was "entirely un-American," read a statement from a bipartisan group of lawmakers including Sens. Mitt Romney (R-Utah) and Mark Warner (D-Va.), while House Minority Leader Kevin McCarthy (R-Calif.), deemed the violence the antithesis of "the American way." President-elect Joe Biden said the scenes of chaos in Washington "do not reflect the true America." Yet the people who stormed Congress weren't some alien other, but everyday Americans who -- fed a diet of conspiracy theories -- believed they were doing the patriotic thing. They included the CEO of a data analytics firm from suburban Chicago, a Florida firefighter, the son of a New York Supreme Court judge, two Virginia police officers, a retired Air Force lieutenant colonel, and an Olympic gold-winning swimmer who wore his Team USA jacket to the riot. Far from being un-American, such explosions of brutality and tribal violence have long been a part of this nation's story. Up to 750,000 died during the fratricidal Civil War, and nearly 4,000African-Americans were lynched by white mobs in the Jim Crow South from 1877 to 1950. Today, violence remains a fact of American life. The U.S. has the highest rate of mass shootings in the Western world and a gun homicide rate 25 times higher than those of similarly developed countries. During the Capitol siege, young staffers for House Speaker Nancy Pelosi took cover in a conference room, barricaded the door, turned off the lights, and hid under a table in silence -- survival tactics they had learned growing up with active-shooter drills in schools. We will never be able to treat the sickness that led to last week's insurrection unless we recognize this is part of who we are. It might be America at its ugliest, but it is America. *(Theunis Bates, in The Week magazine, January 22, 2021)***

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**Nearly 140 police officers were injured in the January 6 attack on the Capitol, according to the Capitol Police union. Officers suffered brain injuries, smashed spinal discs, and cracked ribs, and one is likely to lose his eye. Two officers have committed suicide. *(NBCNews.com, as it appeared in The Week magazine, February 12, 2021)***

**Your candy or your life: Children who eat a lot of candy and other sweets are more likely to grow up to be criminals, a new study suggests. The British study, which tracked 17,500 people over decades, found that 69 percent of people with convictions for violent crimes ate sweets daily when they were kids. Of those who hadn’t been violent, only 42 percent consumed candy every day as kids. Why? It’s possible that the sugar or additives in candy influences kids’ behavior directly, researcher Simon Moore tells the Toronto Globe and Mail, but it’s more likely that eating sweets serves as a marker of both impulsivity and a lack of discipline in the home. Kids who binge on sweets fail to develop self-control, which makes them more prone to violence as adults. Health experts cautioned against mistaking correlation for causation. You can give kids candy “in moderation,” says Melinda Johnson of the American Dietetic Association, “as long as the overall diet of the child is well-rounded.” *(The Week magazine, October 23, 2009)***

**We are effectively destroying ourselves by violence masquerading as love. *(R. D. Laing, Scottish psychiatrist)***

**\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*A West German doctor and I were watching TV one day when the highlights of a football game came on the screen. This was his first look at the game, and we sat in silence in front of the set as a series of violent collisions occurred. After watching the large men push, shove and knock one another to the ground, he asked incredulously, "Aren't there any rules?" *(Henry R. Herreman, in Reader's Digest)***

**Some people criticize football players as being a special breed of people who love violence. Have these critics ever tried to get a hot dog at halftime? *(Bits & Pieces)***

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**An unjust law is itself a species of violence. Arrest for its breach is more so. *(Mahatma Gandhi)***

**Though we live in space-age times, we still have stone-age minds. In addition to the qualities we can be proud of, we are competitive and territorial and greedy and domineering -- Americans and Middle Easterners alike. And we are violent. There are people who insist this isn't so, who insist they could never harm anyone, but they invariably add a telling caveat: "Unless, of course, a person tried to take my child." Then that peaceful soul would stab, shoot, bludgeon -- whatever it might take to protect her child. So the resource of violence is in everyone. All that changes is our view of the justification. *(Gavin de Becker, in Fearless, p. 180)***

**A report introduced in the U.S. Senate states that a child will have witnessed 8,000 murders and 100,000 acts of violence on television before completing elementary school. *(Harry Bright & Harlan Briscoe, in So, Now You Know, p. 59)***

**Yet the people who stormed Congress weren't some alien other, but everyday Americans who -- fed a diet of conspiracy theories -- believed they were doing the patriotic thing. *(Theunis Bates, in The Week magazine, January 22, 2021)***

**Weapons are like money; no one knows the meaning of enough. *(Martin Amis)***

**Violence isn't always evil. What's evil is the infatuation with violence. *(Jim Morrison)***

**Football combines two grim features of American life: violence and committee meetings. *(George Will)***

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