

Eye on the World

January 10, 2026

This compilation of material for “Eye on the World” is presented as a service to the Churches of God. The views stated in the material are those of the writers or sources quoted by the writers, and do not necessarily reflect the views of the members of the Church of God Big Sandy. The following articles were posted at churchofgodbigandy.com for the weekend of Jan. 10, 2026.

Compiled by Dave Havir

Luke 21:34-36–“But take heed to yourselves, lest your souls be weighed down with self-indulgence, and drunkenness, or the anxieties of this life, and that day come on you suddenly, like a falling trap; for it will come on all dwellers on the face of the whole earth. But beware of slumbering; and every moment pray that you may be fully strengthened to escape from all these coming evils, and to take your stand in the presence of the Son of Man” (Weymouth New Testament).



Looking back to July 2025, an article by Eric Suni titled “How Much Sleep Do You Need?” was posted at sleepfoundation.org on July 11, 2025. Following are excerpts of the article.

Feel like you are constantly chasing sleep, but never sure if you’re getting enough?

Figuring out how much sleep you actually need can feel like solving a mystery. But sleep isn’t a luxury – it’s a biological necessity. And getting the right amount can mean the difference between powering through your day and dragging yourself through it.

So, how many hours do you really need to feel rested, focused, and at your best? As a basic rule, healthy adults need at least 7 hour of sleep per night. Babies, young children and teens need even more sleep to enable their growth and development.

Getting less than seven hours has been linked to a weakened immune system, reduced job performance and a heightened risk of accidents (including car accidents). An ongoing lack of sleep is also associated with many serious health issues – including high blood pressure, heart disease, weight gain, obesity, diabetes and depression.

If seven hours is the minimum, a natural follow-up question is whether adults can sleep too much. According to experts, the answer isn’t so clear. Sometimes sleeping more than nine hours is a sign of an underlying health problem. But getting extra sleep can be appropriate in certain circumstances – such as when you’re sick or trying to catch up on sleep.

Age group	Age range	Recommended hours of sleep
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Newborns	Under 4 months	14-17 hours – including naps
Infant	4-12 months	12-16 hours – including naps
Toddler	1-2 years	11-14 hours – including naps
Preschool	3-5 years	10-13 hours – including naps
School-age	6-12 years	9-12 hours
Teen	13-18 years	8-10 hours
Adult	18 years & older	7 hours or more

Following are some questions that can help you assess your individual sleep needs.

- Are you productive, healthy, and happy on 7 hours of sleep?
- Or have you noticed that you require more hours of sleep to get into high gear?
- Do you unwillingly doze off during the day?
- Do you have health issues that might require more rest?
- Are you taking any medications that affect your sleep or daytime energy levels?
- Do you have a high level of daily energy expenditure?
- Do you frequently play sports or work in a labor-intensive job?
- Do your daily activities require alertness to do them safely?
- Do you drive every day or operate heavy machinery?
- Do you feel sleepy while doing these activities?
- Are you experiencing or do you have a history of a sleep disorder?
- Do you depend on caffeine to get you through the day?
- When you have an open schedule, do you tend to sleep more?
- Are you pregnant or breastfeeding?

Sleep quality vs. quantity

When thinking about sleep needs, it's easy to focus on quantity. But a good night's rest isn't just about how many hours you are asleep. The quality of your sleep is just as important.

Low-quality sleep often feels restless or disrupted – making it less refreshing than solid, continuous sleep. Fragmented sleep hinders your ability to progress through the four stages of sleep.

Sleep cycles

Sleep isn't uniform. Over the course of the night, you go through several rounds of the sleep

cycle – which is composed of four stages. In a typical night, a person goes through four to six sleep cycles. Not all sleep cycles are the same length – but on the average, they last about 90 minutes each.

The first sleep cycle is often the shortest – ranging from 70 to 100 minutes, where later cycles tend to fall between 90 and 120 minutes.

- Stage 1 (N1) is the lightest stage of sleep and occurs as a person first falls asleep.
- Stage 2 (N2) is where the body starts to relax deeply. Body Temperature drops, muscles relax, and heart and breathing rate slows.
- Stage 3 (N3 or deep sleep) is the deepest and more restorative sleep – allowing the body to recover and grow.
- Stage 4 (REM sleep) is where most dreaming occurs, brain activity increases, and the body becomes temporarily paralyzed.

What is REM sleep?

During stage 4, brain activity picks up – nearing levels seen when you are awake. At the same time, the body experiences atonia (which is temporary paralysis of the muscles) with two exceptions: the eyes and the muscles that control breathing. Even though they are closed, the eyes move rapidly, which is how this stage gets its name.

REM sleep is believed to be essential to cognitive functions like memory, learning and creativity. REM sleep is known for the most vivid dreams (which is explained by the significant uptick in brain activity). Dreams can occur in any sleep stage, but they are less common and intense in the NREM periods.

Under normal circumstances, you don't enter a REM sleep until you've been asleep for about 90 minutes. As the night goes on, REM stages get longer (especially in the second half of the night). While the first REM stage may last only a few minutes, later stages can last for around an hour. In total, REM stages make up around 25% of sleep in adults.

Are you getting enough sleep?

- How do you wake up? Do you feel refreshed?
- Do you experience sleepiness during the day?
- How is your concentration level during the day?

What happens if you don't get enough sleep?

- Extreme tiredness during the day
- Slowed thinking and reaction time – heightening risk of errors and accidents

- Reduced focus and memory
- Irritability
- Feelings of anxiety or depression

Increased health issues

- High blood pressure, heart problems and stroke
- Decreased immune function
- Type 2 diabetes
- Kidney disease
- Obesity

Improving your quality of sleep

- Sticking to a sleep schedule every day – even on weekends
- Practicing a bedtime routine – to make falling asleep easier
- Choosing a supportive, comfortable mattress – with quality pillows and bedding
- Minimizing disruptions from light and sound
- Optimizing your bedroom temperature between 65 and 68 degrees
- Disconnecting from electronic devices – ideally an hour before bed
- Avoiding caffeine in the late afternoon or evening
- Limiting alcohol consumption – especially in the hours before bed

What is the 10-3-2-1-0 rule for sleep?

- 10 hours – avoid caffeine consumption 10 hours before bedtime
- 3 hours – do not drink alcohol or eat any food for 3 hours before going to bed
- 2 hours – finish all work-related tasks 2 hours before bed – for your mind to wind down
- 1 hour – stop all screen time for 1 hour before bedtime
- 0 uses – wake up when your alarm goes off in the morning – with 0 uses of snooze button

Is it healthy to nap during the day?

- Nap timing – not too late, so bedtime is not affected
- Nap length – 20 minutes is desirable



An article by Chris Nesi titled “Rubio Mocks Kamala Harris for Shocking Double Standard After She Criticized Maduro Arrest” was posted at nypost.com on Jan. 4, 2026. Following are excerpts

of the article.

Secretary of State Marco Rubio ripped Kamala Harris and other Democrats over their criticism of Venezuelan dictator Nicolas Maduro's arrest on Saturday [January 3].

Rubio (and other critics) pointed out that the Biden administration also offered a massive reward [\$25 Million] for Maduro's arrest. They just failed to bring him in.

Rubio said: "In the Biden administration, they had a \$25 million reward for [Maduro's] capture. So, we have a reward for his capture, but we're not going to enforce it? That's the difference between President Trump and everybody else . . . President Trump did something about it."



An article by Mark Jackson titled "Chuck Schumer's Own Words Come Back to Haunt Him as He Melts Down Over Maduro Capture" was posted at thepopulisttimes.com on Jan. 5, 2026. Following are excerpts of the article.

In 2020, Schumer criticized Trump for what he said was a failure to remove Maduro from power after the Venezuelan leader was indicted in March of that year on drug trafficking charges.

Schumer said at that time: "The President brags about his Venezuela policy? Give us a break. He hasn't brought an end to the Maduro regime."



An article by Andres Martinez-Fernandez titled "What Maduro's Capture Means" was posted at dailysignal.com on Jan. 4, 2026. Following are excerpts of the article.

In the early hours of January 3, elite U.S. military forces crossed into Venezuelan territory in a highly sophisticated and coordinated operation, capturing narco-dictator Nicolas Maduro. In capturing Maduro, President Donald Trump removed the core barrier to the resolution of Venezuela's years-long nightmare and the hemispheric threat of a narco-regime. During a months-long pressure campaign, Maduro was offered countless offramps by the United States – which could have seen him comfortably living out his days in Turkey or Russia. However, Maduro would not, or could not, take these offers.

Taking Maduro off the table alone hasn't yet ended the narco-dictatorship and the threat it poses to the U.S. But Arresting Maduro has upended a status quo in Venezuela that favored continuity for the regime and insecurity for the United States.

Once Venezuela is able to fully free itself of the shackles of two decades of narco-dictatorship, there will indeed be a substantial effort required to rebuild its economy and restore stability.

However, it's important to recognize that Venezuela is not Iraq, nor is it Syria or Libya (despite the claims of some self-described "experts").

Venezuela is a nation which has deep democratic, Judeo-Christian, and western foundations. These values were all upended by a catastrophic socialist experiment turned criminal regime. But the foundations remain and make a return to stability far less treacherous for Venezuela than Iraq.

Additionally, Venezuela was once one of the world's most prosperous nations – thanks in part to its connectedness to the U.S. economy and sizable oil resources.

Indeed, in 1983, Venezuela was the first country in South America to construct a metro train system. These economic resources and foundations can fuel the restoration of stability in Venezuela, while mitigating the costs for any support from the U.S. and international community.

The U.S. capture of Maduro comes at a critical moment in the western hemisphere. Latin America is currently experiencing a resurgence of conservative, pro-U.S. leadership with recent elections in Argentina, Chile, Bolivia, Ecuador and elsewhere.

The new leaders of these nations will be invaluable partners in supporting and ensuring any efforts to rebuild Venezuela and ensure its stability.

As with any complex and fluid crisis such as this, we can't fully predict what the exact path and future for Venezuela. However, what is clear is that the situation in Venezuela and its future prospects for stability have improved dramatically thanks to Trump's decision to capture Maduro.



"Eye on the World" comment: The following headlines involve articles that are considered international. The articles were not posted, but the headlines give the essence of the story.

Pope decries use of military force

- An article by Staff titled "Pope Leo Decries Use of Military Force in Fiery 'State of the World' Speech" was posted at jpost.com on Jan. 9, 2026.

Congratulations – to New York Times and Washington Post

- An article by Max Tani and Shelby Talcott titled "News Organizations [New York Times and Washington Post] Held Off on Reporting Venezuela Raid [to Avoid Endangering Troops

During the Operation]” was posted at semafor.com on Jan. 3, 2026.

Venezuela – U.S. captures Nicolas Maduro

- An article by Thomas Wong titled “Trump Announces Capture of Dictator Nicolas Maduro During Early ‘Large Scale Attack Against Venezuela’ ” was posted at dailycaller.com on Jan. 3, 2026.
- An article by Katherine Donlevy titled “Venezuelans Across the Globe Celebrate U.S. Capture of Nicolas Maduro” was posted at nypost.com on Jan. 3, 2026.
- An article by Robert Spencer titled “The Capture of Maduro Was a Massive Blow to This Rogue State [Iran]” was posted at pjmedia.com on Jan. 3, 2026.
- An article titled “Satellite Images Reveal Damage From U.S. Strikes on Venezuela’s Military During Nicolas Maduro Capture” was posted at nypost.com on Jan. 4, 2026.

Venezuela – reminder that Biden talked about removing Maduro

- An article by Ian Hanchett titled “[Senator John] Fetterman: If We Didn’t Want Maduro Removed, Why Did Biden Have a [\$25 Million] Bounty on Him [in January 2025]?” was posted at breitbart.com on Jan. 6, 2026.

Venezuela – tactical strategy of Maduro takedown was praised by many

- An article by Matt Vespa titled “So, That’s How Delta Force Was Able to Capture Maduro So Easily” was posted at townhall.com on Jan. 3, 2026.
- An article by Harold Hutchison titled “ ‘Morning Joe’ Guest [Former CIA Officer Marc Polymeropoulos] Admits Maduro Takedown ‘Tactically Brilliant’ ” was posted at dailycaller.com on Jan. 5, 2026.
- An article by Harold Hutchison titled “Jon Stewart Praises Trump for Maduro Operation” was posted at dailycaller.com on Jan. 6, 2026.

Venezuela – many are pleased with removal of Maduro

- An article by Staff titled “Trump Has Started to Liberate Venezuela While Striking the Heart of Russia, China, Iran’s Evil Global Axis” was posted at nypost.com on Jan. 4, 2026.
- An article by Roger Kimball titled “Trump Ended Venezuela’s Dictatorship in a Single Night” was posted at amgreatness.com on Jan. 4, 2026.
- An article by Daniel Di Martino titled “Mamdani Does Not Stand With Venezuelans – It Was Maduro and ‘Collectivism’ That Destroyed My Country” was posted at nypost.com on Jan.

4, 2026.

- An article by Alex Carlisle titled “Venezuela’s 300 Billion Barrels of Oil Back in Play After Maduro Arrests” was posted at thepopulisttimes.com on Jan. 5, 2026.
- An article by Rachel Wolf titled “Venezuela’s Rare Earth Minerals Could Reduce U.S. Dependence on China; Expert Says” was posted at foxnews.com on Jan. 8, 2026.

Venezuela – removal of Maduro does cause some problems

- An article by Hailey Gomez titled “California Democrats Decry Trump’s Maduro Move As Venezuelans in Southern California Wave Flags” was posted at dailycaller.com on Jan. 5, 2026.
- An article by Staff titled “Pro-Maduro Motorcycle Gang Thugs Hunting for Trump Supporters in Caracas Days After Dictator’s Capture: ‘Very Tense’ ” was posted at nypost.com on Jan. 6, 2025.
- An article by Dmitri Bolt titled “Venezuelan Streets Flooded With Armed Gangs as Maduro’s Regime Cracks Down on Supporters of US Operation” was posted at townhall.com on Jan. 8, 2026.

Venezuela – will Vice President Delcy Rodriguez resist Trump?

- An article by Caitlin Doombos titled “Trump Says U.S. Must Restore Law and Order to Venezuela Before Elections – Opposition Leader [Maria Corina] Could Only Win With His Support [As Vice President Delcy Rodriguez Talked About Resisting Trump]” was posted at nypost.com on Jan. 4, 2026.
- An article by Samuel Chamberlain titled “Venezuela’s Acting President Delcy Rodriguez] Claims She Wants to ‘Collaborate’ With U.S. After Criticizing Special Forces Raids” was posted at nypost.com on Jan. 5, 2026.

Venezuela – other comments

- An article by Andrew McCarthy titled “What’s the Plan in Venezuela?” was posted at nationalreview.com on Jan. 6, 2026.
- An article by Staff titled “Cubans Brace for More Hardship as US Pressure on Venezuela Chokes Off Oil” was posted at newsmax.com on Jan. 8, 2026.
- An article by Emma Bussey titled “Venezuelan ‘Dark Fleet’ Tanker Evades U.S. Coast Guard as Russia Sends Submarine to Escort Vessel: Reports” was posted at foxnews.com on Jan. 6, 2026.

- An article by Caitlin Doombos titled “US Nabs Another ‘Ghost Fleet’ Tanker in Caribbean Raid, Warns Criminals: ‘There Is No Safe Haven’ ” was posted at nypost.com on Jan. 9, 2026.

Venezuela – Trump cancels “second wave” of attacks

- An article by Staff titled “Trump Cancels ‘Second Wave’ of Venezuela Attacks, Citing ‘Cooperation’ – Prisoner Releases” was posted at nypost.com on Jan. 9, 2026.

Iran

- Looking back to December 2025, an article by Shane Galvin titled “Iran Declares ‘Total War’ Against US, Israel and Europe as Islamic Republic Seeks to Expand Nuclear Capabilities” was posted at nypost.com on Dec. 27, 2025.
- Looking back to December 2025, an article by Emma Bussey titled “Iran in Shutdown as Protesters Storm Governor’s Office, Crowds Chant ‘Death to Khamenei’ ” was posted at foxnews.com on Dec. 31, 2025.
- A video and an article by Amy Furr titled “Video: Iran Orders Shutdown as Crowds Chant ‘Death to the Dictator’ During Economic Crisis” were posted at Breitbart.com on Jan. 1, 2026.
- An article by Caitlin McCormack titled “Iran’s Ayatollah Ali Khamenei Plans to Flee to Russia If Security Team Fails, Turns on Him as Regime Gripped by Unrest” was posted at nypost.com on Jan. 5, 2026.
- An article by Efrat Lachter titled “Iranian Protesters Rename Tehran Street After Trump, Plead ‘Don’t Let Them Kill Us’ Amid Crackdown” was posted at foxnews.com on Jan. 7, 2026.
- An article by Samuel Chamberlain titled “Iran’s Ayatollah Khamenei Previews Crackdown on Anti-Regime Protesters ‘Ruining Their Own Streets’ to Please Trump” was posted at nypost.com on Jan. 9, 2026.
- An article by Staff titled “Activists: Protests in Iran Sparked by Economic Woes Now Nationwide” was posted at newsmax.com on Jan. 8, 2026.
- An article by Staff titled “Flights Canceled Between Dubai and Iran as Protests Continue to Expand” was posted at jpost.com on Jan. 9, 2026.

Saudi Arabia

- An article by Marc Rod and Emily Jacobs titled “U.S. Lawmakers Weigh In on Fears of Saudi Arabia Accommodating Islamists” was posted at jewishinsider.com on Jan. 8, 2026.

- An article by Staff titled “JF-17 Thunder Fighter to Be Offered [by Pakistan] to Saudi Arabia” was posted at twz.com on Jan. 8, 2026.
- An article by Seth J. Frantzman titled “Saudi Arabia Draws Red Line in Yemen, Reasserting Middle East Role” was posted at jpost.com on Jan. 8, 2026.
- An article by Staff titled “Yemeni Southern Separatists in Riyadh Announce Disputed Disbanding of STC [Southern Transitional Council]” was posted at aljazeera.com on Jan. 9, 2026.

Russia-Ukraine war – general news

- Looking back to December 2025, an article by Staff titled “Europe’s Generals Are Warning People to Prepare for War” was posted at economist.com on Dec. 30, 2025.
- An article by Robert White titled “Russia Pays \$750,000 Bounty for Fake Death [of Denis Kapustin, a Far-Right Russian Militant], Funds Ukraine War” was posted at news.com.au on Jan. 2, 2026.
- An article by Staff titled “Trump: ‘Not Thrilled’ With Putin, ‘Killing Too Many People’ ” was posted at newsmax.com on Jan. 3, 2026.
- An article by Staff titled “Russian Drone Strikes Cause Major Blackouts in Two Regions of Ukraine [Central Dnipropetrovsk and Southern Zaporizhzhia]” was posted at newsmax.com on Jan. 8, 2026.

Israel – continues their retaliation

- An article by Staff titled “IDF Strikes Gaza After Terror Rocket Aimed at Israel Falls Near Hospital” was posted at jpost.com on Jan. 8, 2026.
- An article by Yonah Jeremy Bob titled “Israel Rolls Out Advanced Arad Rifle in Bid to Strengthen Border Communities” was posted at jpost.com on Jan. 8, 2026.

Cease-fires – continue to unravel

- An article by Staff titled “As Cease-Fires Unravel, Israel Faces Critical Decisions on Gaza, Lebanon, Syria Fronts” was posted at jpost.com on Jan. 9, 2026.
- An article by Tzvi Jasper titled “IDF Operates Against Hamas in Gaza, Hezbollah in Lebanon Following Cease-Fire Violations” was posted at jpost.com on Jan. 9, 2026.

Relationship – between Israel and U.S.

- An article by Staff titled “Huckabee: Israel Will ‘Coordinate With US’ – but Make Its Own Decision on Renewed Iran Airstrikes” was posted at jpost.com on Jan. 9, 2025.

Hostages – news

- An article by Caitlin McCormack titled “Freed Israeli Hostage [Romi Gonen] Details Fear of Being Made a ‘Sex Slave’ for Hamas Terrorists: ‘No One Will Silence Me Anymore’ ” was posted at nypost.com on Jan. 4, 2026.

More articles – Jerusalem Post

- An article by Lara Sukster Mosheyof titled “Israel Navy Intercepts Egyptian Vessel Entering Blockaded Waters Off Gaza’s Shoreline; IDF Confirms” was posted at jpost.com on Jan. 9, 2026.
- An article by Tzvi Jasper titled “Foreign Minors Arrested for Tel Aviv Stabbing as Police Continue Illegal Immigrant Crackdown” was posted at jpost.com on Jan. 9, 2026.
- An article by Staff titled “Chinese Envoy Visited Sa’ar in Israel, Abbas in Ramallah This Week; Ministry Says” was posted at jpost.com on Jan. 9, 2026.

Comments about China and Taiwan

- Looking back to December 2025, an article by Staff titled “China Fires Rockets Towards Taiwan in War Games Simulating Blockade” was posted at nypost.com on Dec. 30, 2025.

Climate agenda – international

- Looking back to December 2025, an article by Roger Pielke titled “Despite Climate Panic, Fewer People Died From Extreme Weather in 2025” was posted at nypost.com on Dec. 31, 2025.
- An article by Audrey Streb titled “Trump Administration Withdrawing From ‘Anti-American’ Global Climate Change Regimes” was posted at dailycaller.com on Jan. 7, 2025.

International news – miscellaneous

- An article by Paul Tilsley titled “Christians Targeted in Systematic Kidnapping Campaign in Nigeria by Jihadi Herdsmen; Experts Say” was posted at foxnews.com on Jan. 8, 2026.
- An article by Harold Hutchison titled “Cameraman Catches Moment Grenade Hits [Honduran] Congresswoman, Explodes on Head” was posted at dailycaller.com on Jan. 8, 2026.

- An article by Ryan Chan titled “China Stages Naval War Game With BRICS Allies [Named for Brazil, Russia, India, China and South Africa – Includes Egypt, Ethiopia, Indonesia, Iran and United Arab Emirates]” was posted at newsweek.com on Jan. 9, 2026.



“Eye on the World” comment: The following headlines are about articles that involve the United States. The articles were not posted, but the headlines give the essence of the story.

Media – corporate media was slow to cover fraud scandal

- Looking back to December 2025, an editorial by Staff titled “The Lefty Media Are Trying to Hide Minnesota’s Massive Fraud Scheme” was posted at nypost.com on Dec. 29, 2025.

Media – since corporate media was slow, YouTuber reports about Minnesota fraud scheme

- Looking back to December 2025, an article by Elizabeth Weibel titled “Vance Praises YouTuber Nick Shirley’s Report on Somali Fraud in Minnesota: ‘Far More Useful Journalism’ Than 2024 Pulitzer Prize Winners” was posted at Breitbart.com on Dec 27, 2025.
- An article by Emma Bussey titled “Independent Journalist [Nick Shirley] Says He’s Gotten Death Threats, Told He’ll Be ‘Kirked’ Over Minnesota Fraud Viral Video” was posted at foxnews.com on Jan. 1, 2026.

Media – activists camouflaging as journalists

- Looking back to December 2025, an article by Jason Cohen titled “Legacy Media Downplays Christian Persecution in Nigeria After Trump Administration Strikes” was posted at dailycaller.com on Dec. 26, 2025.
- Looking back to December 2025, an article by Daniel Greenfield titled “MSNBC’s Ratings Crash 39% After Rebrand” was posted at frontpagemag.com on Dec. 29, 2025.
- An article by Warner Todd Huston titled “Entertainment and Media Bloodbath Widened in 2025: 17,000 Jobs Slashed” was posted at Breitbart.com on Jan. 1, 2026.
- An article by Alana Mastrangelo titled “ABC Hits Jimmy Kimmel With Major Budget Cuts” was posted at Breitbart.com on Jan. 8, 2026.

Tim Walz threatens to use National Guard against Trump and ICE

- An article by Staff titled “GOP Lawmakers Call on Trump to Arrest Walz After Governor Warns of National Guard Move [Walz Threatening to Use National Guard Against ICE]” was posted at foxnews.com on Jan. 8, 2026.

Who is behind the ICE resistance movement?

- An article by Isabel Vincent titled “Here’s Who’s Really Behind the Minneapolis ICE Resistance Movement [Radical Leftist Groups, Including One Financed With \$7.8 Million From Progressive Billionaire George Soros]” was posted at nypost.com on Jan. 8, 2026.

Car attacks upon ICE agents

- An article by Staff titled “Car Attacks on ICE Agents Spiked by More Than 3,200% in a Year, DHS Reveals After Minnesota Shooting” was posted at nypost.com on Jan. 8, 2026.
- An article by Amy Curtis titled “Here’s How Many Vehicle Ramming Incidents ICE Has Faced in the Last Year [More Than 100]” was posted at townhall.com on Jan. 8, 2026.
- An article by Misty Severi titled “Two Wounded in Federal Law Enforcement Shooting in Portland [After a Suspect Weaponized His Vehicle]” was posted at justthenews.com on Jan. 8, 2026.
- An article by Patrick Reilly titled “Illegal Criminals Released Into US by Biden Administration ID’d as Portland Tren de Aragua Gangbangers Shot While Trying to Mow Down Feds” was posted at nypost.com on Jan. 9, 2026.

ICE agitator (who drove her car at an officer) – was trained to resist feds

- An article by Staff titled “Renee Nicole Good Identified by Mother as Woman Fatally Shot by ICE Agent in Minneapolis After She Drove Car at Officer” was posted at nypost.com on Jan. 7, 2026.
- An article by Chris Nesi titled “New Minneapolis ICE Shooting Video Shows Vehicle Appear to Hit Agent as He Opened Fire” was posted at nypost.com on Jan. 7, 2026.
- An article by Staff titled “Renee Nicole Good Was Minneapolis ‘ICE Watch’ ‘Warrior’ Who Trained to Resist Feds Before Shooting” was posted at nypost.com on Jan. 8, 2026.

ICE agent – shot woman who drove her car at him

- An article by Awr Hawkins titled “ICE Agent Fatally Shoots Woman Who Allegedly ‘Weaponized Her Vehicle’ ” was posted at Breitbart.com on Jan. 7, 2026.
- An article by Staff titled “ICE Agent Who Opened Fire on Renee Good Was Dragged,

Hospitalized by Illegal Migrant Driver Last Year” was posted at nypost.com on Jan. 8, 2026.

- An article by Debra Heine titled “Officer Who Shot Anti-ICE Agitator Had Previously Been Dragged 300 Feet by Fleeing Illegal Alien Motorist” was posted at amgreatness.com on Jan. 8, 2026.
- An article by Emily Crane titled “ICE Agent Who Shot Renee Nicole Good in Minneapolis Is ‘Committed’ Christian, ‘Tremendous’ Father and Husband; Family Says” was posted at nypost.com on Jan. 9, 2026.

After shooting – strong reaction against Trump and ICE

- An article by Alex Oliveira titled “Democrats Dig-In on Anti-ICE Rhetoric as Protests Rage Against Renee Nicole Good’s Killing” was posted at nypost.com on Jan. 8, 2026.
- An article by Staff titled “Mamdani Blames Trump’s ‘Year of Cruelty’ for Renee Nicole Good’s Death, Repeats Incendiary ‘Murder’ Claim” was posted at nypost.com on Jan. 9, 2026.

Hilton Hotel – refused rooms for ICE

- An article by Awr Hawkins titled “Homeland Security: Hilton Hotels Refusing Rooms to DHS Officers” was posted at Breitbart.com on Jan. 5, 2026.
- A Reuters article by Staff titled “Hilton Drops Minneapolis Hotel Over Cancelled ICE Bookings” was posted at Reuters.com on Jan. 8, 2026.
- An article by Sophie Brams titled “General Services Administration (GSA) Drops [Hilton] Hotel Accused of Refusing to Accommodate ICE From Approved Sites List” was posted at thehill.com on Jan. 8, 2026.

Illegal immigration – general comments

- Looking back to December 2025, an article by Staff titled “Scott Jennings: Democrats ‘Have Adopted Illegal Aliens as Their Primary Constituents’ ” was posted at Breitbart.com on Dec. 26, 2025.
- Looking back to December 2025, an article by Pam Key titled “Wasserman Schultz: Trump Wasting ‘Hundreds of Millions of Dollars Deporting People’ ” was posted at Breitbart.com on Dec. 26, 2025.
- Looking back to December 2025, an article by Jorge Fitz-Gibbon titled “Illegal Immigrants Jump Into the Sea to Escape the Law – Only to Get Fished Out by the Coast Guard” was posted at nypost.com on Dec. 29, 2025.
- Looking back to December 2025, an article by Staff titled “Trump Withdraws National

Guard From Three Cities [Chicago, Los Angeles and Portland] After Supreme Court Setback” was posted at dailycaller.com on Dec. 31, 2025.

- An article by Mariane Angela titled “Minnesota Police Who Refused to Work With ICE Now Mad Feds Won’t Work With Them” was posted at dailycaller.com on Jan. 8, 2026.

Minnesota Somali fraud

- Looking back to December 2025, an article by Taylor Penley titled “Red State [Indiana] Governor Touts Medicaid Savings as Minnesota Grapples With Widespread Fraud Allegations” was posted at foxnews.com on Dec. 28, 2025.
- Looking back to December 2025, an article by Staff titled “DHS Launches ‘Door to Door’ Search for Illegal Immigrants at Accused Fraud Sites in Minneapolis” was posted at nypost.com on Dec. 29, 2025.
- Looking back to December 2025, an article by Tim O’Brien titled “Meet Three Minnesota Judges [Judge Amber Brennan, Judge Hilary Caligiuri and Judge Sarah West] Who Corrupt Somalis Love Most” was posted at pjmedia.com on Dec. 29, 2026.
- Looking back to December 2025, an article by Leo Briceno titled “Ilhan Omar Disclosures Show Husband’s Companies Surged in Value as Minnesota Reels From \$9 Billion Fraud” was posted at foxnews.com on Dec. 29, 2025.
- An article by Matt Margolis titled “The Most Convenient ‘Burglary’ in History Hits Somali-Run Daycare in Minneapolis” was posted at pjmedia.com on Jan. 1, 2026.
- An article by Charles Creitz titled “Minnesota Fraud Cases Explained: How Hundreds of Millions Allegedly Slipped Through State Programs” was posted at foxnews.com on Jan. 5, 2026.
- An article by Neil Munro titled “Trump Claims \$19 Billion in Somali Fraud, Promises Deportations” was posted at Breitbart.com on Jan. 5, 2026.
- An article by Amy Curtis titled “[Minnesota Attorney General] Keith Ellison Calls Massive Fraud ‘Not Serious’ After Audio of Him Helping Fraudsters Resurfaces” was posted at townhall.com on Jan. 7, 2026.

Governor Tim Walz – was heavily involved

- Looking back to December 2025, an article by Leo Briceno titled “ ‘Incompetence or Dereliction’: Minnesota Lawmaker Rips Tim Walz as State Fraud Losses Mount” was posted at foxnews.com on Dec. 12, 2025.
- Looking back to December 2025, an article by Anthony Blair titled “Governor Tim Walz

‘Needs to Be Held Accountable’ After Video Reveals Somali Aid Fraud – Including \$4 Million Day Care With No Kids and Misspelled Sign” was posted at nypost.com on Dec. 27, 2025.

Examples of anti-Semitism

- An article by Staff titled “Anti-Israel Protesters Descend on NYC Synagogue, Jewish School While Shouting: ‘We Support Hamas’ ” was posted at nypost.com on Jan. 9, 2026.

January 6

- An article by Jason Cohen titled “Victor Davis Hanson Blasts Democrats’ January 6 Narrative as ‘Complete Fabrication’ ” was posted at dailycaller.com on Jan. 6, 2026.

Charlie and Erika Kirk

- Looking back to 2025, an article by Salena Zito titled “Trump Explains How Charlie Kirk’s Murder Changed His Live” was posted at townhall.com on Dec. 23, 2025.
- Looking back to December 2025, an article by Amanda Macias titled “ ‘We Are Not Afraid’: Erika Kirk Vows TPUSA Will Continue Campus Debates Nationwide” was posted at foxnews.com on Dec. 28, 2025.

Who will end up buying Warner Brothers Discovery?

- An article by Charles Gasparino titled “Warner Bros. Discovery Rejects Paramount Skydance’s Latest Takeover Bid: ‘They’re Not Listening to Us’ ” was posted at nypost.com on Jan. 7, 2026.

Comments – electric vehicles

- An article by Jeanne Erickson titled “Go the Distance: New Electric Battery Charge Can Last Whopping 600 Miles” was posted at nypost.com on Dec. 27, 2025.

Notice the obvious – elites in the Democrat party have chosen their candidates since 2016

- Looking back to October 2024, an article by Nick Hart titled “When Was the Last Time the Democrats Had a Primary That Was Actually Democratic?” was posted at medium.com on Oct. 5, 2024. (For at least the last 3 general elections, Democrats haven’t allowed their own base to choose their candidate.)

In 2016, the Democrat elites convinced Bernie Sanders to step aside

In 2020, the Democrat elites convinced opponents of Joe Biden to step aside

In 2024, the Democrat elites forced Joe Biden to withdraw

In 2024, the Democrat elites picked Kamala Harris without a single vote

Gavin Newsom – is born connected

- Looking back to September 2018, an article by Seema Mehta titled “How Eight Elite San Francisco Families Funded Gavin Newsom’s Political Ascent [Newsom Wasn’t Born Rich, but He Was Born Connected]” was posted at latimes.com on Sept. 7, 2018.
- An article by Sonja Shaw titled “Gavin Newsom Cut Parents Out of Trans Kids’ Lives – Until One Brave Judge Said No” was posted at nypost.com on Jan. 1, 2026.
- An article by Hailey Gomez titled “LA Fire Victims Still Waiting: Less Than 4% Have Started Rebuilding Nearly a Year Later” was posted at dailycaller.com on Jan. 5, 2026.
- An article by Staff titled “2028 Democratic Presidential Nomination” was posted at realclearpolling.com on Jan. 8, 2026.

• Gavin Newsom	23.6%
• Kamala Harris	21.4%
• Pete Buttigieg	11.0%
• Alexandria Ocasio-Cortez	7.7%
• JB Pritzker	4.8%
• Josh Shapiro	4.6%
- An article by Ariel Zilber titled “Wealth Tax Threat Prompts at Least 6 Billionaires to Cut Ties With California, as About 20 More Mull Exit” was posted at nypost.com on Jan. 8, 2026.

Zohran Mamdani

- An article by Nick Gilbertson titled “Mamdani Vows to Govern as Democratic Socialist in Inauguration Speech” was posted at breitbart.com on Jan. 1, 2026.

Clemency for brothers

- Looking back to December 2025, an article by Staff titled “Mississippi Man Ordered Freed After Serving More Than 10 Years of an Illegal 15-Year Sentence” was posted at nypost.com on Dec. 11, 2025.
- An article by Staff titled “Mississippi Man Maurice Taylor Serving Illegal 20-Year Sentence Granted Clemency, Weeks After His Brother” was posted at nypost.com on Jan. 2, 2026.

Cracker Barrel

- An article by Peter Burke titled “Cracker Barrel Ditches Beloved Southern New Year’s Tradition of Black-Eyed Peas Without Warning” was posted at foxnews.com on Jan. 1, 2026.

- An article by Peter Burke titled “Cracker Barrel Caves to Customer Pressure as It Brings Back Menu Favorites Nationwide” was posted at foxnews.com on Jan. 6, 2026.

General interest – health

- An article by Carly Stern titled “Deaths From This Entirely Preventable Disease [Whooping Cough] Are Rising – as Cases Hit Almost 28,000 in the U.S.” was posted at nypost.com on Jan. 1, 2026.
- An article by Karina Petrova titled “Brain Scans Reveal an Emotional Advantage for Modest People” was posted at psypost.org on Jan. 4, 2026.

General interest

- Looking back to December 2025, an article by Staff titled “Silver Exploded This Year; Here’s Why” was posted at newsmax.com on Dec. 29, 2025.
- Looking back to December 2025, an article by Staff titled “Corporate Bankruptcies Surge to Great Recession Levels” was posted at newsmax.com on Dec. 29, 2025.
- An article by Natalia Mittelstadt titled “Patel Says FBI Thwarted ISIS-Inspired New Year’s Eve Attack in North Carolina” was posted at justthenews.com on Jan. 2, 2026.
- An article by Sandy Fitzgerald titled “Elon [Musk] Confirms He’s ‘All In’ to Finance GOP for Midterms” was posted at newsmax.com on Jan. 2, 2026.
- An article by Victor Nava titled “Biden’s ‘Extravagant’ Pension Is Largest of Any President in History – and Even More Than What He Earned as President” was posted at nypost.com on Jan. 4, 2026.
- An article by Grace Howarth titled “Experts Sound Alarm as ‘Unprecedented’ Phenomenon Unfolds Across U.S. [Snow Droughts in Utah Could Impact How Much Water Is Available in 2026]: ‘We’re Closer to the Edge . . . Than We Realize’ ” was posted at thecooldown.com on Jan. 4, 2026.
- An article by William Upton titled “Chuck Schumer Is Trying to Sneak Money for This Far-Left Group [the National Domestic Workers Alliance] Into the HHS Funding Bill” was posted at thenationalpulse.com on Jan. 8, 2026.
- An article by Staff titled “Trump’s Tariffs Have Cut the Trade Deficit to a 14-Year Low” was posted at thenationalpulse.com on Jan. 8, 2026.
- An article by John Carney titled “Bessent Says Trump Tariffs and Tax Cuts Powered a ‘Historic Turnaround’ ” was posted at Breitbart.com on Jan. 8, 2026.

- An article by Taylor Herzlich titled “US Employers Add 50,000 Jobs in December as Unemployment Rate Drops to 4.4%” was posted at nypost.com on Jan. 9, 2026.



Looking back to December 2025, an article by Mariane Angela titled “Fives Times Newt Gingrich Explained Something No One Else Noticed” was posted at dailycaller.com on Dec. 24, 2025. Following are excerpts of the article.

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1. Gingrich frames Democratic resistance to ICE as an “Insurrection” test.
 2. Gingrich dissects Democrats’ shutdown strategy as a self-inflicted trap.
 3. Gingrich argues Democrats lack a moral rationale for shutdowns.
 4. Gingrich brushes off Blinken’s claim on Israel-Hamas policy.
 5. Gingrich says GOP’s biggest weakness is messaging discipline.



An article by Rebeka Zeljko titled “5 Republicans Defy Trump, Join Democrats to Advance Venezuela War Powers Resolution” was posted at theblaze.com on Jan. 8, 2026. Following are excerpts of the article.

The war powers resolution advanced in a 52-47 vote on Thursday – with 5 Republicans joining 47 Democrats.

- | | |
|---------------------------|------------------------|
| • Susan Collins – Maine | • Rand Paul – Kentucky |
| • Josh Hawley – Missouri | • Todd Young – Indiana |
| • Lisa Murkowski – Alaska | |



Looking back to December 2025, an article by Max Rego titled “These 4 Rogue Republicans Joined Democrats’ ObamaCare Discharge Petition” was posted at thehill.com on Dec. 17, 2025. Following are excerpts of the article.

Four Republicans joined 214 Democrats in signing a discharge petition to force a vote on extending expiring subsidies offered under the Affordable Care Act (ACA).

- | | |
|------------------------------------|---------------------------------|
| • Robert Bresnahan – Pennsylvania | • Ryan Mackenzie – Pennsylvania |
| • Brian Fitzpatrick – Pennsylvania | • Mike Lawler – New York |



An article by Staff titled “These Nine Republicans Back Democrats’ Effort to Revive ObamaCare Subsidies” was posted at thehill.com on Jan. 7, 2026. Following are excerpts of the article.

The following nine Republicans voted with all 212 House Democrats.

- | | |
|------------------------------------|----------------------------------|
| • Robert Bresnahan – Pennsylvania | • Thomas Kean – New Jersey |
| • Brian Fitzpatrick – Pennsylvania | • Max Miller – Ohio |
| • Ryan Mackenzie – Pennsylvania | • Maria Elvira Salazar – Florida |
| • Mike Lawler – New York | • David Valadao – California |
| • Nicolas LaLota – New York | |



An article by Staff titled “Here Are the 17 House Republicans Who Voted for the [Democrat] ObamaCare Subsidies Bill [Giving a Three-Year Extension of Covid-Era Obamacare Subsidies]” was posted at thehill.com on Jan. 8, 2026. Following are excerpts of the article.

More than a dozen House Republicans joined Democrats in voting for a three-year extension of just-lapsed ObamaCare tax subsidies Thursday. There were the original 9 Reps who supported a procedural vote to advance the bill and 8 others.

- | | |
|-------------------------------|---------------------------------|
| • Mike Carey – Ohio | • Dave Joyce – Ohio |
| • Monica De La Cruz – Texas | • Zach Nunn – Iowa |
| • Andrew Garbarino – New York | • Derrick Van Orden – Wisconsin |
| • Jeff Hurd – Colorado | • Robert Wittman – Virginia |



An article by Alex Christy titled “The Worst 10 ‘Fact’ Checks of 2025” was posted at newsbusters.org on Dec. 29, 2026. Following are excerpts of the article.

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10. Snopes on Jay Jones’s Violent Text Messages – November 11
 9. PolitiFact’s Questionable Climate Science – January 21
 8. PolitiFact Rates Energy Department ‘False’ for Agreeing With It – September 9
 7. PolitiFact’s Mathematically-Challenged Government Spending Charts – February 25
 6. PolitiFact’s Double Standard on Political Labeling – June 26

5. Associated Press Quibbles with Trump’s True Statement About Crime – August 11
4. Factcheck.org’s Operation Midnight Hammer Dud – June 24
3. CNN’s Daniel Dale Tries to Defend CNN – June 26
2. Snopes Gives Cover to Rep. Tlaib Speaking at Pro-Hamas Conference – December 3
1. Factcheck.org on Sex and Gender – April 7



An article by Nikole Stewart titled “6 Best Winter Workouts to Try This Season” was posted at wellsquad.com on Jan. 8, 2026. They were:

- | | |
|---------------------------|----------------|
| 6. Skiing or snowboarding | 3. Ice Skating |
| 5. Showshoeing | 2. Yoga |
| 4. Sledding | 1. Jogging |



Isaiah 55:6-11—“Seek you the Lord while He may be found, call upon Him while He is near. Let the wicked forsake his way, and the unrighteous man his thoughts; let him return to the Lord, and He will have mercy on him; and to our God, for He will abundantly pardon. ‘For My thoughts are not your thoughts, nor are your ways My ways,’ says the Lord. For as the heavens are higher than the earth, so are My ways higher than your ways, and My thoughts than your thoughts. For as the rain comes down, and the snow from heaven, and do not return there, but water the earth, and make it bring forth and bud, that it may give seed to the sower and bread to the eater, so shall My word by that goes forth from My mouth; it shall not return to Me void, but it shall accomplish what I please, and it shall prosper in the thing for which I sent it.”