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THE LEFT IS ANTI-AMERICAN. PROVE ME WRONG.

I'm a science teacher. So let's do this the right way — state a hypothesis and then test it against the evidence.

HYPOTHESIS: A large and growing portion of the American left has stopped being proud of this country. Not because America failed them. Because they were TAUGHT to feel that way. Deliberately. Over decades. And the data backs it up so thoroughly that I'm honestly a little surprised we're still having to argue about it.

Let's start with two images. Hold both of them in your head at the same time.

IMAGE ONE: February 22nd, 2026. Milan, Italy. Jack Hughes is 24 years old. He's bleeding. There's a gap where his front teeth used to be. He just scored the gold medal-winning goal in overtime against Canada — the first men's hockey gold for the United States in 46 years. He's got an American flag draped over his shoulders, and he says — these are his actual words — "I love the USA. I'm so proud to be American today. Tonight was all for the country." The whole locker room is screaming behind him.

I'll be honest with you. That got me.

IMAGE TWO: The Huffington Post — which is apparently still a publication — ran a piece around the same time headlined: "There's a name for the discomfort you're feeling watching the Olympics right now." The subhead: "If waving the American flag or chanting USA turns you off right now, you're not alone." They consulted THREE therapists. Three. To help readers cope with the trauma of American patriotism. The clinical term for the discomfort, they helpfully explained, is "cognitive dissonance." Symptoms include

tightness in the chest and jaw, digestive issues, and trouble sleeping. They suggested readers might need to turn the game off "right after a big moment because it suddenly feels too complicated to keep rooting."

Because watching a kid with a bloody face and no front teeth love his country is... complicated.

Both of those things exist in the same country at the same time. Sit with that for a minute.

THE NUMBERS, BECAUSE I'M A SCIENCE TEACHER AND WE USE DATA

Gallup runs an annual survey asking Americans how proud they are to be American. June 2-19, 2025. The results deserve your full attention.

Overall, 58% of Americans say they are extremely or very proud to be American. RECORD LOW. In January 2001, that number was 87%. Right after September 11th, when this country pulled together in a way I don't think we've seen before or since, it hit 90%. We have shed 32 percentage points of national pride in less than 25 years.

Here's where it gets really telling.

REPUBLICANS: 92% proud. Barely moved in two decades. Doesn't much matter who's in the White House — Republicans are proud to be American. It's consistent.

DEMOCRATS: 36%. Down from 62% in 2024. That is a 26-POINT COLLAPSE IN A SINGLE YEAR. The previous low for Democrats was 42% in 2020 — a year with a global pandemic, a contested election, and social upheaval on a scale we hadn't seen in a generation. They blew past that floor by a mile. A Fox News poll confirms the same divide: 64% of Republicans proud, 39% of Democrats.

The gap between the two parties is now 56 POINTS. I teach statistics to teenagers. A 56-point gap in ANY dataset is not a random fluctuation. That is a STRUCTURAL difference. Something is causing it.

And the generational data is where it gets genuinely frightening.

Silent Generation: 83% proud. Baby Boomers: 75%. Gen X: 71%. Millennials: 58%. Gen Z: 41%.

Every single generation is less proud than the one before it. But among Gen Z DEMOCRATS? Twenty-four percent. And here's the number that stopped me cold: MORE Gen Z Democrats report LITTLE OR NO pride in America than say they're proud of it. The plurality of young left-leaning Americans are not proud of the nation that gave them the freest, most prosperous life in human history.

These aren't people dodging bombs or standing in bread lines. They're on TikTok. In air conditioning. With iPhones that contain more computing power than NASA had when we

put men on the moon. And they've been taught — systematically, deliberately — to be ashamed of the place that made all of it possible.

How does that happen? It doesn't happen by accident. Keep reading.

THE LONG MARCH, AND HOW THEY ACTUALLY PULLED IT OFF

In 1967, a West German radical named Rudi Dutschke coined a phrase: "der lange Marsch durch die Institutionen" — the long march through the institutions. He borrowed from an Italian Marxist named Antonio Gramsci, who figured out something that Lenin and Mao apparently couldn't: you don't win a revolution in the streets. You win it by capturing the CULTURE. The universities. The media. The schools. The teacher unions. The entertainment industry. Do that, and you don't need tanks. The next generation hands you everything.

Herbert Marcuse — Frankfurt School philosopher, intellectual godfather to 1960s American radicalism — literally endorsed the strategy. He saw it as the path forward in democratic societies where violent revolution wasn't viable.

And it WORKED.

University professors in the social sciences and humanities today lean liberal over conservative by ratios exceeding 10-to-1. In the 2018 midterms, 99.7% of political donations from top Hollywood executives went to Democrats. A 2020 analysis found 60% of U.S. journalists identifying as Democrats or Democratic-leaning. The National Education Association — the nation's largest teachers' union — has functioned as a Democrat fundraising apparatus for decades.

This isn't coincidence. The late Charles Krauthammer laid it out plainly: "The left, starting in the '60s, had a strategy to take over the institutions. They went into the teaching professions. That generation of radicals runs the universities. They run the teachers' unions. They run the curricula." He said we teach children ALL of America's pathologies and very little of its glories. He called it anti-American and destructive. He also said civilizations fall when their elites lose confidence in the rightness of their own cause. When the people running the schools, the newsrooms, and the culture stop believing their civilization is worth defending, it unravels.

Those Gallup numbers are what unraveling looks like.

1. STAY WITH ME ON THIS ONE.

In 1963 — sixty-two years ago — Congressman Albert Herlong read a list into the CONGRESSIONAL RECORD. Forty-five goals for America, drawn from communist strategy documents. I know how that sounds. Go look it up. It's right there in the public record.

Goal #17: "Get control of the schools. Use them as transmission belts for socialism and current Communist propaganda. Soften the curriculum. Get control of teachers' associations. Put the party line in textbooks."

Goal #28: "Eliminate prayer in schools." The Supreme Court already did that in 1962 — a year BEFORE this list was even read into the record, by the way.

Goal #40: "Discredit the family as an institution. Encourage promiscuity and easy divorce."

Goal #26: "Present homosexuality, degeneracy and promiscuity as 'normal, natural, and healthy.'"

I'm not claiming there was a shadowy meeting where people worked through a checklist. I'm saying something more uncomfortable: you don't need coordinated conspiracy when you have coordinated IDEOLOGY. You don't need a memo when everyone in the room already agrees. You just need the right people in charge of the institutions that shape the next generation — and then you wait.

They waited. And those Gallup numbers are what 60 years of waiting looks like.

FLASHBACK: HOW WE USED TO DO IT

February 22, 1980. Lake Placid, New York. A group of amateur American college kids — average age 21 — beat the Soviet Union in what remains the most famous upset in Olympic history. The Cold War is very much alive. Iran is holding 52 Americans hostage. The country is still processing Vietnam. Jimmy Carter is president.

Jimmy Carter. A DEMOCRAT. He called coach Herb Brooks from Camp David personally to congratulate the team. Vice President Walter Mondale — also a Democrat — went to the locker room after the USSR win. He asked goaltender Jim Craig what he wanted for dinner at the White House. Craig said lobster and oysters. Mondale didn't check party affiliation first.

The whole country celebrated. Democrats AND Republicans. Nobody convened a panel on patriotism trauma. Nobody consulted therapists. Nobody suggested people turn the game off because rooting for America felt complicated. A hundred and fifty Olympic athletes were flown to Washington and everyone was just... proud.

Same country. Same flag. Same sport. Forty-six years ago.

SO WE WIN GOLD IN 2026 AND THIS IS WHAT HAPPENS

Fast forward to Milan. We win. First men's hockey gold in 46 years. Jack Hughes bleeds and smiles and loves his country out loud. And the response from significant corners of the left is... outrage.

FBI Director Kash Patel showed up and celebrated with the team. Drank a beer. Took some photos. The View melted down. He was being "unprofessional," apparently "behaving like a member of Animal House." He should have been focused on "Iran's military buildup" and a missing woman in Minnesota.

Let me help here, because basic government structure apparently doesn't come up on The View. Kash Patel runs the FBI. He has nothing to do with Iran's military posture. That's

the Department of Defense. The ACTUAL Secretary of Defense — Pete Hegseth — handles military matters.

But here's the part that really exposes how shallow the criticism is: the FBI wasn't just tagging along for a nice trip to Italy. The FBI was in Milan as security consultants, actively working with Italian authorities to help keep the Olympics safe from terrorism. That's not a footnote — that's literally a core function of the FBI's national security mission. Protecting Americans abroad. Coordinating with foreign allies on counterterrorism. The FBI has been involved in Olympic security operations going back years because major international events are exactly the kind of soft targets that require the kind of intelligence-sharing and threat assessment the Bureau specializes in.

So let's get this straight. Kash Patel was in Milan on official business — helping keep the OLYMPICS SAFE — and while he was there, the American team he was partially there to protect won the gold medal. And he celebrated with them. The outrage isn't that he was derelict. The outrage is that he was PRESENT and PROUD. That's the whole problem. His presence, his pride, and his beer are what bothered them.

Don Lemon called it "tacky" and estimated the government jet cost around \$75,000. Let's do talk fiscal responsibility. We spend \$8.2 BILLION on SNAP benefits every SINGLE MONTH. We've allocated billions to DEI programs and billions more in foreign aid to countries that openly dislike us. But the FBI director — who was already overseas on a legitimate counterterrorism mission — taking a moment to celebrate with the American gold medalists he helped protect? THAT'S where the fiscal line gets drawn? Got it.

The women's team also won gold — phenomenal athletes, zero complaints. They declined the State of the Union invitation, citing scheduling conflicts. Fine. People have schedules. But Gavin Newsom's wife, Jennifer Siebel Newsom, couldn't let it be a scheduling conflict. She announced publicly that the women "prefer arenas where women are actually respected" — which is a very specific interpretation of "we have a prior commitment."

A QUICK WORD ABOUT GAVIN NEWSOM AND THE BIGOTRY OF LOW EXPECTATIONS

While Gavin's wife was opining on women's respect, Gavin himself was in Atlanta trying to connect with the Black community. His approach: announce that he's bad at standardized tests and can't read a prepared speech.

"I'm like you... I'm a 960 SAT guy... you've never seen me read a speech because I cannot read a speech."

His strategy for Black outreach was to present his own intellectual inadequacy as a shared trait. Not policy outcomes. Not track record. "I'm kind of dumb too, solidarity." That's not empathy. That is the textbook definition of the bigotry of low expectations — condescension wearing a hoodie and calling itself progressive.

Nicki Minaj called him out for it publicly. She said his way of bonding with Black people is to announce how stupid he is and that he can't read. When Nicki Minaj is the most grounded voice in a political conversation, we should stop and reassess the conversation.

This man is polling at 31% for the 2028 Democratic presidential nomination. The governor who turned San Francisco into what it is today. The man whose state has led the country in residents fleeing to Texas, Arizona, and Nevada. He's their best option. Quinn's Law #3: "The amount of wealth in any given area is inversely proportional to the number of Democrats running it." San Francisco. Chicago. Detroit. Baltimore. California. Exhibit A through E.

BILL MAHER NOTICES THE PATIENT IS SICK

I don't agree with Bill Maher on much. But credit where it's due.

He stood on a stage recently and essentially delivered a conservative argument while his audience stared at him, trying to decide how to feel. "Conservatives think liberals are insane. And they're not completely wrong." His words. He went through the list: gender is only a construct — "not doing that." Asylum should cover any reason to come here — "not doing it." Homelessness is a lifestyle — "not doing it." He went after the "smug self-righteousness" of people defending what he called "some of the dumbest ideas to ever come down the pike."

He couldn't get Neil deGrasse Tyson — a scientist — to publicly agree that separating sports by biological sex makes obvious physiological sense. A man whose entire brand is scientific literacy. Wouldn't say the obvious thing. That's how completely the ideological capture has worked on some people.

When a lifelong liberal who has mocked conservatives for decades stands on a stage saying "I think we need to go back to old America" — and gets applause — the diagnosis is clear. The patient has a serious infection. Quinn's Law #1: "Liberalism always generates the exact opposite of its stated intent." They said they wanted a more tolerant, open-minded society. They built a culture where a scientist can't state the biological obvious without risking his career and three therapists have to hold people's hands through watching Jack Hughes love his country.

THE IRONY THAT NEVER GETS ADDRESSED

If America is so irredeemably broken, so unworthy of pride — why is the southern border still a crisis of people trying to get IN? Not out. In.

People are walking through desert heat, crossing rivers, paying cartels thousands of dollars, risking their lives for the chance to get here. They don't have the luxury of a HuffPost article about cognitive dissonance. They're betting everything they own that this country is worth reaching.

Meanwhile, a 22-year-old in a climate-controlled apartment, with subsidized tuition and a streaming subscription, scrolls past the Gallup poll and feels nothing. The people fighting hardest to get here know something that's been carefully educated out of a generation of Americans.

AND THEN THERE'S THE STATE OF THE UNION

Article II, Section 3 of the United States Constitution reads: "He shall from time to time give to the Congress Information of the State of the Union, and recommend to their Consideration such Measures as he shall judge necessary and expedient."

That's it. That's the clause. "From time to time." And yet — it has been a standard annual address to a joint session of Congress for well over a century. George Washington did it. Abraham Lincoln did it. Franklin Roosevelt did it during the Great Depression AND World War II. It's not just tradition. For most Americans, it's one of the few times the entire government assembles in one room to hear where the country stands.

So how many Democrats are boycotting the 2026 State of the Union?

Senators Ed Markey, Jeff Merkley, Chris Murphy, Patty Murray, Ruben Gallego, Tina Smith, Chris Van Hollen, and Ron Wyden. Representatives Pramila Jayapal, Alexandria Ocasio-Cortez, Eric Swalwell, Maxine Waters, Jim Himes, Sara Jacobs, Greg Casar, Becca Balint, Ami Bera, Don Beyer, Sean Casten, Veronica Escobar, Dan Goldman, Adelita Grijalva, Sydney Kamlager-Dove, John Larson, Teresa Leger Fernández, Mike Levin, Seth Moulton, Kevin Mullin, Delia Ramirez, Emily Randall, Jan Schakowsky, Adam Smith, Dina Titus, Juan Vargas, Eugene Vindman, Bonnie Watson Coleman, April McClain Delaney, Scott Peters, Jared Golden, and Yassamin Ansari.

That's over 40 elected federal representatives refusing to attend the constitutionally-grounded annual address to Congress. Their stated reasons range from "Trump is a disgrace" to "normalizing corruption" to "sick of his lies" — which is all fine as political theater. Nobody is legally required to attend. But let's be clear about what this actually is.

These are elected members of Congress. The whole POINT of the address is that Congress is there. That's who the President is constitutionally directed to speak TO. And their alternative plan? Many are attending what's billed as the "People's State of the Union" — organized by MoveOn and MeidasTouch — on the National Mall. Others are going to the "State of the Swamp" event at the National Press Club, organized by [DEFIANCE.org](https://www.defiance.org).

Some are just watching from their offices. Senator Murray says she'll be "sharing ways Trump is hurting hardworking Americans."

So instead of sitting in the chamber and perhaps — I don't know — representing their constituents by engaging with the actual government they were elected to participate in, they're going to a rally organized by partisan activist groups.

And hey — at least the hockey team will have plenty of room to sit.

But here's the thing that actually matters. This isn't civil disobedience. It isn't brave. It isn't even particularly interesting.

It's the kid on the playground who didn't get picked first, so now he's taking his ball and going home so nobody can play. "FINE. I didn't want to play YOUR game anyway. YOUR game is fascism. I'm going to go play MY game over here with MoveOn and MeidasTouch and everyone is going to see how FUN my game is and then YOU'LL be sorry."

Senator Van Hollen says Trump is "marching America toward fascism." Okay. Senator Murray says she "won't listen to him ramble and lie." Got it. Representative Levin says Trump has "no respect for the Constitution." That one's my personal favorite — from a man who apparently has no respect for his OWN constitutional role, which is to show up to the constitutional proceeding and represent the people who sent him there. But sure. Principles.

These people weren't asked to applaud. They weren't asked to endorse a single policy. They weren't asked to smile or shake hands or pretend they agree with anything. They were asked to DO THE JOB THEY WERE ELECTED TO DO. To sit in the chamber, as the Constitution describes, while the President gives Congress information on the state of the Union. That's it. And their response — delivered with all the dignity of a seven-year-old who didn't get the birthday present he wanted — is to grab their ball, storm off to a rally organized by partisan activists, and post about it on X so everyone knows how serious and brave they are.

You lost the election. The voters made a choice. A CONSTITUTIONAL choice. The same Constitution you keep invoking to justify your absence from the constitutional proceeding. If you genuinely believe the republic is under threat, maybe — just maybe — the answer isn't to leave the chamber empty and go stand on the National Mall with a sign. But what do I know about civic courage. I'm just a teacher.

Quinn's Law #22: "Liberals love democracy unless it doesn't go their way." And Quinn's Law #23: "Liberals love the law unless they don't agree with it." The Constitution describes a process. They like the Constitution, they just prefer the parts that don't require them to be in the same room as someone they lost to.

WHAT IT ALL COMES DOWN TO

Two images. I told you to hold them at the start, so let me land the plane.

Jack Hughes, 24 years old. Bloody. Missing teeth. American flag. "Tonight was all for the country."

Over 40 elected members of Congress — people who swore an oath to represent Americans and participate in this republic — skipping the constitutionally-grounded State of the Union to go to a MoveOn rally because they find the whole thing traumatic.

1980: Jimmy Carter calling from Camp David. Mondale in the locker room. The whole country proud. Together.

2026: A 56-point partisan gap in national pride. Democrats proud at 36%, Republicans at 92%. Gen Z Democrats — 24% proud, with more expressing NO pride than pride. A HuffPost trauma guide for people disturbed by seeing someone love their country. Dozens of elected representatives choosing a partisan activist rally over the joint session of Congress. The potential 2028 Democratic frontrunner bonding with the Black community by announcing he can't read.

Charles Krauthammer was right. Civilizations fall when their elites lose confidence in the rightness of their cause. You can't defend what you've been taught to despise. A generation given a curriculum heavy on failures and light on achievements won't recognize what it has — and won't fight for it when it actually matters.

That's the Gallup data. That's the boycott list. That's the HuffPost trauma piece. That's the institutional capture documented over six decades by people who told us exactly what they were doing, on the record, in 1963.

The left is anti-American.

PROVE ME WRONG.

Repost this if it made you think. Reply with what I got wrong — I read every one. And if you agree: tell me WHY you think it happened. I want to hear it.

But what do I know. I'm only a science teacher who reads primary sources, checks the original data, and has spent 23 years watching what happens when a country stops teaching its children why it's worth defending.