

Expert who fled Cuba warns of ‘vicious cycle’ that will lead to ‘communists in double digits’ in Congress

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'We're going to get communists in double digits in the House of Representatives at least, there's no doubt,' warned Gonzalez

[Legal immigrant warns of ‘vicious cycle’ that will lead to American communism](#)

Legal immigrants, Mike Gonzalez, a Heritage Foundation senior fellow, and Neetu Arnold, a Manhattan Institute policy analyst, discuss the rise of socialism in America.

A national security expert who fled to the U.S. from Cuba is warning that one "vicious cycle" currently dominating American politics could lead to "communists in double digits" serving in Congress.

Mike Gonzalez, a senior fellow at the Heritage Foundation who fled communist Cuba in the 1970s, said in an interview with Fox News Digital that the socialist "threat is real now."

Gonzalez likened this trend to a "takeover of a host body, [the Democratic Party](#)," saying, "It's being taken over by body snatchers and they're not able to mount any defense of it whatsoever even if they wanted to."

Under the current political environment, Gonzalez predicted, "We're going to get communists in double digits in the [House of Representatives](#) at least, there's no doubt of that."

[BILL MAHER'S DIRE MIDTERM ELECTION WARNING TO DEMS AFTER 'REALLY CRAZY' SOCIALISTS WIN PRIMARIES](#)



Members of the Democratic Socialists of America gather outside of a Trump owned building during a May Day rally in New York City in 2019. (Spencer Platt/Getty Images)

Over the course of a year, New York City elected a socialist mayor, [Zohran Mamdani](#), while three of his endorsed socialist congressional candidates — Brad Lander, Claire Valdez and Darializa Avila Chevalier — defeated establishment Democrats, including two incumbents. On the other side of the country, Seattle elected a socialist mayor, Katie Wilson. Just this week, Colorado congressional candidate Melat Kiros defeated 15-term Democratic incumbent Rep. Diana DeGette, further illustrating socialists' ability to topple entrenched party figures.

While these politicians identify as socialist, Gonzalez pointed out that to the authors of the communist manifesto, Karl Marx and Friedrich Engels, "there was no difference between [socialism and communism](#), they were interchangeable."

"These people are communists, and when you catch them unawares, they actually say, 'Oh, yeah, I know we want communism,'" he said.

According to Gonzalez, the widespread success of socialist candidates in races across the U.S. is due to several factors, including the breakdown of immigrants assimilating to American culture, increased hatred of the U.S. and even White guilt combined with a real affordability crisis in cities like [New York](#).

"A very important component of this and one that conservatives sometimes forget is that a lot of these votes are White votes, White young kids who have come in from the suburbs, who feel guilty about a number of things," he explained.



New York City Mayor Zohran Mamdani speaks during a primary-night watch party for NYC Congressional candidate Claire Valdez at 99 Scott Studio on June 23, 2026 in the East Williamsburg neighborhood of the Brooklyn borough in New York City. (Michael M. Santiago/Getty Images)

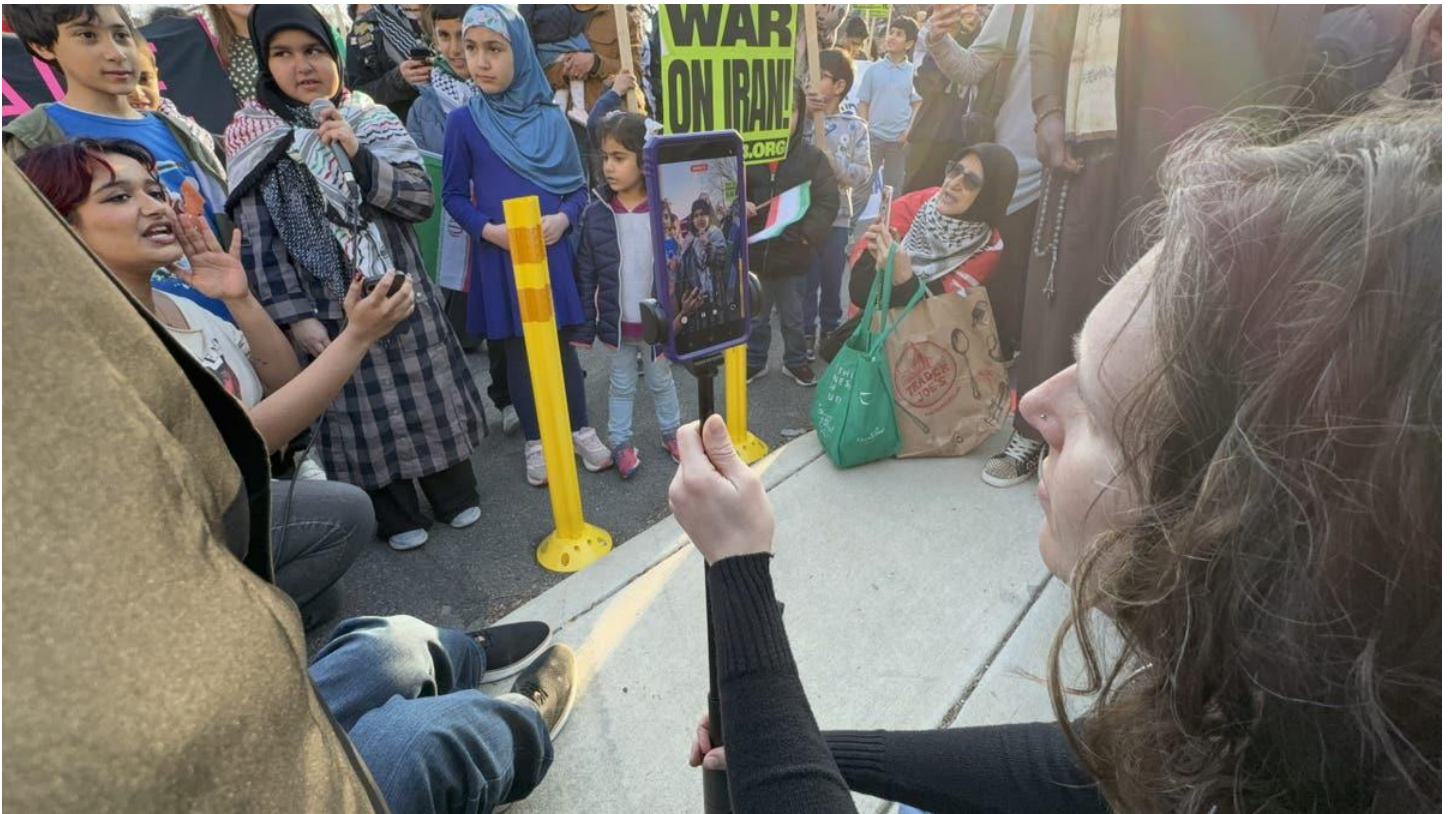
"They have gone to very expensive Ivy League schools and they're trying to make a living in New York City without being a banker. And you can't make a living in New York City if you're not a banker, sorry, you're going to have an affordability crisis."

This, Gonzalez said, makes socialist promises of handouts, such as free tuition, free bus fares and public-run grocery stores, an easy sell.

"So, they end up voting for this. This is a very bad vicious cycle that is taking place and that is going to produce communism in this country if we're not careful."

Meanwhile, Neetu Arnold, a young immigrant to the U.S. who now works as a policy analyst for the Manhattan Institute, emphasized that the socialist trend is not just isolated to cities like New York but becoming increasingly prevalent in cities [across the U.S.](#)

"The rise in the socialism in America, it's going to shape our politics. I think it's going to make things more extreme," Arnold said in an interview with Fox News Digital.



Members of the Party for Socialism and Liberation filmed children supporting the regime in Iran, during a protest on Saturday, March 7, 2026, in Washington, D.C. (Asra Q. Nomani/Fox News Digital)

"What the socialist candidates have tapped into are real frustrations and grievances, but the solutions that they're offering is essentially more government involvement rather than trying to address the underlying problems," she explained. "What a lot of younger people are finding out is that it's not that easy to get housing. They're in student debt, they are struggling to find stable jobs, and so the things that they were promised are not necessarily coming true."

As a naturalized U.S. citizen, Arnold said she hopes both sides of the political aisle recognize that "socialist policies are a threat to the American way of life."

"In this country we value merit, we value wealth, and the ability to move upward in this society," she said. "I've seen my life change before my eyes by being here in this county, by having the opportunities that I did, and that I saw for my family, and I think that was only possible because of free markets and the opportunities that we had in this country."

"Socialist policies essentially restrict what we are able to do," Arnold continued. "So, I do take it seriously and I hope that Democrats, Republicans, they all take the rise of socialism seriously."