# Multiple Mixing and Rank One Group Actions 

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#### Abstract

Suppose $G$ is a countable, Abelian group with an element of infinite order and let $\mathcal{X}$ be a mixing rank one action of $G$ on a probability space. Suppose further that the Følner sequence $\left\{F_{n}\right\}$ indexing the towers of $X$ satisfies a "bounded intersection property": there is a constant $p$ such that each $\left\{F_{n}\right\}$ can intersect no more than $p$ disjoint translates of $\left\{F_{n}\right\}$. Then $X$ is mixing of all orders. When $G=\mathbf{Z}$, this extends the results of Kalikow and Ryzhikov to a large class of "funny" rank one transformations. We follow Ryzhikov's joining technique in our proof: the main theorem follows from showing that any pairwise independent joining of $k$ copies of $\mathcal{X}$ is necessarily product measure. This method generalizes Ryzhikov's technique.


## 1 Introduction

In this paper we discuss the question of whether mixing implies multiple mixing for certain rank one group actions. Rohlin [9] first asked this question in the case of measurepreserving transformations, that is when the group is Z. Kalikow [7] showed that rank one mixing transformations were 3-mixing, and Host [3] proved that mixing transformations with singular spectrum are mixing of all orders. Ryzhikov [10] shows that rank one mixing transformations are mixing of all orders by showing that pairwise independent self-joinings of the rank one system are necessarily product measure. Here we generalize Ryzhikov's result to certain rank one group actions.

Throughout this paper $G$ will denote a countable Abelian group. Let $X=(X, \mathcal{B}, \mu, G)$ and $\mathcal{y}=(Y, \mathcal{F}, \nu, G)$ be finite measure-preserving $G$-actions. To each element $g \in G$ there corresponds a measure-preserving transformation $T_{g}: X \rightarrow X$; however we will mostly use $g$ to denote both the element of the group, and the measure-preserving transformation it represents. A sequence $\left\{F_{n}\right\}_{n=1}^{\infty}$ of finite subsets of $G$ is (left) Følner if $\forall g \in G$,

$$
\lim _{n \rightarrow \infty} \frac{\left|g F_{n} \Delta F_{n}\right|}{\left|F_{n}\right|}=0
$$

We will say that $\left\{F_{n}\right\}$ satisfies the bounded intersection property if there exists a number $p$ such that whenever $g_{1} F_{n}, \ldots, g_{k} F_{n}$ are disjoint translates of $F_{n}$ with $g_{i} F_{n} \cap F_{n} \neq \varnothing$ then $k \leq p$. We will call such a $p$ an intersection bound for $\left\{F_{n}\right\}$. Examples of $G$ 's which have natural Følner sequences satisfying this condition are $\mathbf{Z}^{n}$, countable direct sums of finite cyclic groups and direct sums of the these two cases.

The Følner sequence $\left\{F_{n}\right\}$ satisfies the Tempel'man condition if $F_{n} \subset F_{n+1}$ for each $n$ and there exists $K \in \mathbf{N}$ such that $\left|F_{n} F_{n}^{-1}\right| \leq K\left|F_{n}\right|$ for all $n \in \mathbf{N}$. We mention the Tempel'man condition [12] only because it seems to be closely related to the bounded intersection property, in that, in all the standard examples we know of, they stand or fall together. However we do not know if it is possible to derive one from the other.

[^0]$X$ is a rank one group action if there exists a Følner sequence $\left\{F_{n}\right\}$ and a sequence of measurable partitions
$$
\mathcal{P}_{n}:=\left\{\left\{X_{g}^{n}\right\}_{g \in F_{n}}, X \backslash X_{n}\right\}
$$
of $X$, where $X_{n}:=\bigcup_{g \in F_{n}} X_{g}^{n}$, such that

1. $\mu\left(X \backslash X_{n}\right) \rightarrow 0$,
2. $h X_{g}^{n}=X_{h g}^{n}$ whenever $g \in F_{n} \cap h^{-1} F_{n}$,
3. For each measurable set $A$, there exists a sequence $\left\{A_{n}\right\}$ where $A_{n}$ is a union of elements of $\left\{X_{g}^{n}\right\}_{g \in F_{n}}$ and $\mu\left(A \Delta A_{n}\right) \rightarrow 0$.

We will use $f_{n}$ to denote the common value of $\mu\left(X_{g}^{n}\right)$. Property 3 says that the partitions $\mathcal{P}_{n}$ converge to $\mathcal{B}$ and to denote this we write $\mathcal{P}_{n} \rightarrow_{n} \epsilon$. We will call $\left\{F_{n}\right\}$ the Følner sequence associated with the rank one group action $X$ and write $\left(X,\left\{F_{n}\right\}\right)$ for $X$ when we wish to specify $\left\{F_{n}\right\}$. We will say that $\left(\mathcal{X},\left\{F_{n}\right\}\right)$ has the bounded intersection property if $\left\{F_{n}\right\}$ has the bounded intersection property. For a general scheme for constructing rank one group actions, see [4]. If $\left(X,\left\{F_{n}\right\}\right)$ is a rank one action, then without loss of generality we can assume that the identity element $e$ of $G$ belongs to $F_{n}$ for each $n$. When $G=\mathbf{Z}$, what we are calling a rank one action is in fact called a "funny rank one" action and is more general than the classical notion, which requires that the $F_{n}$ be intervals in Z. Ferenczi [2] constructs a funny rank one transformation which is not loosely Bernoulli, and therefore not of finite rank. His example in fact has the bounded intersection property with $p=4$.

If $\left\{g_{n}\right\} \subset G$ we write $g_{n} \rightarrow \infty$, if whenever $V \subset G$ is finite then there exists an $N$ such that $g_{n} \in G \backslash V$ for $n \geq N$. A group action $X$ is (2)-mixing if

$$
\lim _{n \rightarrow \infty} \mu\left(A_{1} \cap g_{n} A_{2}\right)=\mu\left(A_{1}\right) \mu\left(A_{2}\right)
$$

$\forall A_{1}, A_{2} \in \mathcal{B}$ and for each sequence $g_{n} \rightarrow \infty . X$ is $k$-mixing if

$$
\lim _{n \rightarrow \infty} \mu\left(A_{1} \cap g_{n}^{1} A_{1} \cap g_{n}^{2} A_{2} \cap \cdots \cap g_{n}^{k-1} A_{k}\right)=\mu\left(A_{1}\right) \cdots \mu\left(A_{k}\right)
$$

where $\lim _{n \rightarrow \infty} g_{n}^{i}=\infty$ for $i=1,2, \ldots, k-1$ and also $\lim _{n \rightarrow \infty}\left(g_{n}^{i}\right)^{-1} g_{n}^{j}=\infty$ whenever $i \neq j . X$ is mixing of all orders if it is $k$-mixing for each $k \geq 2$.

Our main theorem is

Theorem 1 Suppose $G$ has an element of infinite order and $X$ is a mixing rank one $G$-action with the bounded intersection property. Then $X$ is mixing of all orders.

This result applies, for example, when $G$ is the direct sum of $\mathbf{Z}^{n}$ with finitely or countably many finite cyclic groups. We remark that it is possible to modify Ferenczi's construction to yield mixing funny rank one $\mathbf{Z}$-actions with the bounded intersection property which are not loosely Bernoulli. Thus even in the case $G=\mathbf{Z}$ our result applies in some situations where Ryzhikov's result for finite rank [11] does not.

To prove Theorem 1, we use the method of joinings, generalizing [10].

The measure $\lambda$ is a 2-joining of $\mathcal{X}$ and $\mathcal{y}$ if $(X \times Y, \mathcal{B} \otimes \mathcal{F}, \lambda, G)$ is a measure-preserving group action with the additional condition that

$$
\lambda(A \times Y)=\mu(A)
$$

and

$$
\lambda(X \times B)=\nu(B)
$$

for $A, B \in \mathcal{B}, \mathcal{F}$ respectively. For a detailed account of joinings, see [6]. If $\left\{\left(X_{i} \mathcal{B}_{i}, \nu_{i}\right)\right\}_{i=1}^{n}$ are $n$ probability spaces and $\lambda$ is a measure on $\left(\prod_{i=1}^{n} X_{i}, \bigotimes_{i=1}^{n} \mathcal{B}_{i}\right)$, then we define $\pi_{i_{1}, i_{2}, \ldots, i_{k}} \lambda$ to be the projection of $\lambda$ on $\left(\Pi_{j=1}^{k} X_{i_{j}}, \bigotimes_{j=1}^{k} \mathcal{B}_{i_{j}}\right)$. $\lambda$ is an $n$-joining of $\left\{\left(X_{i}, \mathcal{B}_{i}, \nu_{i}, G\right)\right\}_{i=1}^{n}$ if $\left(\Pi_{i=1}^{n} X_{i}, \bigotimes_{i=1}^{n} \mathcal{B}_{i}, G, \lambda\right)$ is a measure-preserving system so that $\pi_{k} \lambda=\nu_{k}$ for $k=1, \ldots, n$. For $n>2$ it is natural to impose stronger conditions on $\lambda$ : In particular, if $\lambda$ is an $n$-joining of $\left\{X_{i}\right\}_{i=1}^{n}$, then we can require that

$$
\pi_{i_{1}, i_{2}, \ldots, i_{k}} \lambda=\Pi_{j=1}^{k} \nu_{i_{j}}
$$

whenever $i_{1}, i_{2}, \ldots, i_{k}$ are $k$ distinct elements of $\{1,2, \ldots, n\}$. In this case we write $\lambda \in$ $M(k, n)$ and say $\lambda$ is $k$-fold independent. Note that $M(k, n) \subset M(1, n) \forall k \geq 1$, and that $M(1, n)$ (and $M(k, n))$ are subsets of $M\left(X^{n}\right)$, the set of all probability measures on $X^{n}$. We define a topology on $M(1, n)$ where $\lambda_{j} \rightarrow_{j} \lambda$ if and only if $\lambda_{j}\left(A_{1} \times A_{2} \times \cdots \times A_{n}\right) \rightarrow_{j} \lambda(A)$. This turns $M(1, n)$ into a compact metric space if $(X, \mathcal{B}, \mu)$ is regular, i.e., if $X$ is a compact metric space and $\mathcal{B}$ is the Borel $\sigma$-algebra. This topology in fact coincides with the weakstar topology on $M(1, n)$ as a subset of the Borel measures on the compact metric space $X^{n}$.

Theorem 1 follows from the following theorem:

Theorem 2 Suppose $X$ is a $G$-action on a regular measure space satisfying the hypotheses of Theorem 1. Then $M(2, k)=\left\{\mu^{k}\right\}$ for $k>2$.

Note that regularity is required in the statement of Theorem 2, but not Theorem 1. The proof of Theorem 1 clarifies this.

Proof of Theorem 1 The rank one hypothesis on $\mathcal{X}$ ensures that the measure algebra $\overline{\mathcal{B}}$ of $\mu$-equivalence classes of sets is separable. Standard arguments then show that $\overline{\mathcal{B}}$ is isomorphic to the measure algebra of a regular space and the action of $G$ on $\overline{\mathcal{B}}$ transfers to an action on this regular measure algebra, which can then be realized as point action. This shows that there is no harm in assuming that $X$ itself is regular. (Like most dynamical notions, the concepts of mixing and rank one are obviously invariant under isomorphism of actions at the level of measure algebras. The concept of a joining however is not.)

We give the argument for $k=3$, for simplicity. If $X$ is not 3-mixing then there exist measurable sets $A, B, C$, sequences $\left\{k_{n}\right\}$ and $\left\{j_{n}\right\}$ of group elements, both tending to infinity, and $\epsilon>0$ such that $k_{n}^{-1} j_{n} \rightarrow_{n} \infty$ satisfying

$$
\left|\mu\left(A \cap j_{n} B \cap k_{n} C\right)-\mu(A) \mu(B) \mu(C)\right| \geq \epsilon
$$

for all $n$. Consider the joining $\Delta_{k_{n}, j_{n}}\left(E_{1} \times E_{2} \times E_{3}\right):=\mu\left(E_{1} \cap j_{n} E_{2} \cap k_{n} E_{3}\right)$. If $\Delta^{*}$ is a limit point of the sequence $\left\{\Delta_{k_{n}, j_{n}}\right\}$ then $\Delta^{*} \neq \mu^{3}$. On the other hand 2 -fold mixing implies that $\Delta^{*} \in M(2,3)$. This contradicts Theorem 2 .

In proving Theorem 2 we will restrict ourselves to the case $k=3$. A similar argument shows that $M(k-1, k)=\left\{\mu^{k}\right\}$ for $k>2$, so Theorem 2 follows by induction. Throughout the remainder of the paper we will assume that the underlying measure space is regular and convergence of measures will always mean weak-star convergence.

The second author thanks Jal Choksi and Ivo Klemes for several helpful discussions. This work forms part of the second author's PhD thesis.

## 2 Preliminaries

We have the following lemma for rank one mixing group actions:
Lemma 1 Let $X$ be a rank one mixing G-action. Then

$$
\lim _{n \rightarrow \infty} \max _{g \neq e} \frac{\mu\left(g X_{e}^{n} \cap X_{e}^{n}\right)}{\mu\left(X_{e}^{n}\right)}=0
$$

Proof Suppose the lemma is false, i.e., there exist sequences $\left\{n_{k}\right\} \subset \mathbf{N}$ and $\left\{g_{k}\right\} \subset G$ such that $g_{k} \neq e$ and

$$
\frac{\mu\left(g_{k} X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right)}{\mu\left(X_{e}^{n_{k}}\right)} \rightarrow c \neq 0 .
$$

We note that $g_{k} \rightarrow \infty$, because if the $g_{k}$ do not diverge, we can pass to a subsequence along which $g_{k}$ is constantly $g \neq e$. But since $\left\{F_{n_{k}}\right\}$ is Følner, for some $k$ there exists $f \neq f^{\prime}$, both in $F_{n_{k}}$ such that $f g=f^{\prime}$. Therefore, $\mu\left(g X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right)=\mu\left(f^{-1} f^{\prime} X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right)=\mu\left(X_{f^{\prime}}^{n_{k}} \cap X_{f}^{n_{k}}\right)=$ 0 , a contradiction.

Choose a set $A$ with $0<\mu(A)<c$, and for each $k$ choose a set $F_{n_{k}}(A) \subset F_{n_{k}}$ so that the sets

$$
A_{n_{k}}=\bigcup_{f \in F_{n_{k}}(A)} X_{f}^{n_{k}}
$$

satisfy $\mu\left(A \triangle A_{n_{k}}\right) \rightarrow 0$.
We have

$$
\mu\left(g_{k} A \cap A\right) \rightarrow(\mu(A))^{2}
$$

and

$$
\left|\mu\left(g_{k} A \cap A\right)-\mu\left(g_{k} A_{n_{k}} \cap A_{n_{k}}\right)\right| \rightarrow 0
$$

so

$$
\mu\left(g_{k} A_{n_{k}} \cap A_{n_{k}}\right) \rightarrow(\mu(A))^{2} .
$$

But also

$$
\begin{aligned}
\mu\left(g_{k} A_{n_{k}} \cap A_{n_{k}}\right) & \geq\left|F_{n_{k}}(A)\right| \mu\left(g_{k} X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right) \\
& =\mu\left(X_{e}^{n_{k}}\right)\left|F_{n_{k}}(A)\right| \frac{\mu\left(g X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right)}{\mu\left(X_{e}^{n_{k}}\right)} \\
& =\mu\left(A_{n_{k}}\right) \frac{\mu\left(g X_{e}^{n_{k}} \cap X_{e}^{n_{k}}\right)}{\mu\left(X_{e}^{n_{k}}\right)} \rightarrow c \mu(A)
\end{aligned}
$$

a contradiction.
If $A$ is a measurable subset of $X$ and $\mu$ is a probability measure on $X$, we define the measure $\mu_{A}$, the measure $\mu$ conditioned on the set $A$, as

$$
\mu_{A}(F)=\frac{\mu(A \cap F)}{\mu(A)}
$$

The next simple lemma is used repeatedly in [10].
Lemma 2 Let $(X, \mathcal{B}, \nu, G)$ be an ergodic measure-preserving group action, and let $I_{n}$ be a sequence of measurable sets such that
(1) $\lim _{n} \nu\left(I_{n}\right)=c \neq 0$,
(2) $\lim _{n} \nu\left(g I_{n} \Delta I_{n}\right)=0$ for each $g \in G$.

Then $\lim _{n} \nu_{I_{n}}=\nu$.

## Proof

$$
\nu \geq \nu\left(I_{n}\right) \nu_{I_{n}}
$$

so if $\lambda$ is any limit point of the sequence $\left\{\nu_{I_{n}}\right\}$, then $\lambda$ is $G$-invariant by (2), and $\nu \geq c \lambda$ by (1). By the ergodicity of $\nu, \lambda=\nu$. This proves the lemma.

We will also need a version of the Blum-Hanson Theorem for group actions [1]. If $\phi \in \mathcal{L}_{2}(\mu)$, and $g \in G$, then we write $\phi \circ g$ to denote the function $\phi \circ T_{g}$.

Theorem 3 Let $X$ be a mixing action of a countable Abelian group G. Suppose that $\left\{a^{n}\right\}_{n \in \mathbf{N}}$ is a sequence of non-negative valued functions $a^{n}: G \rightarrow[0, \infty)$ satisfying
(1) $\sum_{g \in G} a^{n}(g)=1 \forall n \in \mathbf{N}$
(2) $\lim _{n \rightarrow \infty} \sup _{g \in G} a^{n}(g)=0$.

Then for any $\phi \in \mathcal{L}_{2}(\mu)$,

$$
\left\|A_{n}(\phi)-\langle\phi, 1\rangle\right\|_{2} \rightarrow 0
$$

where $A_{n}(\phi):=\sum_{g \in G} a^{n}(g) \phi \circ g$.

Proof We may assume that $\phi \in \mathcal{L}_{2}(X)$ has 0 mean and unit norm. Since $X$ is mixing, then given $\epsilon>0$, we may choose a finite set $\mathcal{O}_{\epsilon}$ such that $|\langle\phi \circ g, \phi\rangle|<\epsilon / 2$ whenever $g$ is in the complement of $\mathcal{O}_{\epsilon}$. Next choose $N$ large enough such that

$$
\sup _{g \in G} a^{n}(g)<\frac{\epsilon}{2\left|\mathcal{O}_{\epsilon}\right|}
$$

for all $n>N$. Then $\left\langle\sum_{g \in G} a^{n}(g) \phi \circ g, \sum_{g \in G} a^{n}(g) \phi \circ g\right\rangle$ can be split up into two summands,

$$
\sum_{g \in G} a^{n}(g) \sum_{\left\{h: g h^{-1} \in \mathcal{O}_{\epsilon}\right\}} a^{n}(h)\left\langle\phi \circ\left(g h^{-1}\right), \phi\right\rangle
$$

and

$$
\sum_{g \in G} a^{n}(g) \sum_{\left\{h: g h^{-1} \in G \backslash \mathcal{O}_{\epsilon}\right\}} a^{n}(h)\left\langle\phi \circ\left(g h^{-1}\right), \phi\right\rangle .
$$

The first summand can be bounded by $\sum_{g \in G} a^{n}(g)\left|\mathcal{O}_{\epsilon}\right| \frac{\epsilon}{2\left|\mathcal{O}_{\epsilon}\right|}$ and the second by $\sum_{g \in G} a^{n}(g) \sum_{h \in G} a^{n}(h) \frac{\epsilon}{2}$, and using the fact that $\sum_{g \in G} a^{n}(g)=1$, the result follows.

## 3 Proof of Theorem 2

In this section $\left(X,\left\{F_{n}\right\}\right)$ is a rank one mixing $G$-action as in Theorem 2 and $\nu \in M(2,3)$. Our aim is to show that $\nu$ must be product measure $\mu^{3}$.

For $(k, l, m) \in F_{n}^{3}$ we denote $X_{k}^{n} \times X_{l}^{n} \times X_{m}^{n}$ by $X_{k, l, m}^{n}$ and call this object a cube. By an orbit in $G^{3}$ we mean any

$$
G_{g_{0}, g_{1}}^{3}:=\left\{\left(k, k g_{0}, k g_{1}\right): k \in G\right\},
$$

that is, an orbit of the diagonal action of $G$ on $G^{3}$ by translation. By an $n$-orbit in $X_{n}^{3}$ we mean

$$
\mathcal{O}_{g_{0}, g_{1}}^{n}:=\bigcup\left\{X_{\mathbf{g}}^{n}: \mathbf{g} \in G_{g_{0}, g_{1}}^{3} \cap F_{n}^{3}\right\}=\bigcup\left\{X_{\left(k, k g_{0}, k g_{1}\right)}^{n}: k \in F_{n} \cap F_{n} g_{0}^{-1} \cap F_{n} g_{1}^{-1}\right\} .
$$

Thus $X_{n}^{3}$ is partitioned into $n$-orbits and each $n$-orbit is a union of cubes of equal $\nu$ measure. The length of an $n$-orbit is the number of cubes in it. By a strand of $\mathcal{O}_{g_{0}, g_{1}}^{n}$ we mean its intersection with the $G$-orbit of any $(x, y, z) \in \mathcal{O}_{g_{0}, g_{1}}^{n}$ and by a slice of $\mathcal{O}_{g_{0}, g_{1}}^{n, g_{1}}$ we mean any measurable union of strands of $\mathcal{O}_{g_{0}, g_{1}}^{n}$. For $(k, l, m) \in F_{n}^{3}, \mathcal{O}\left(X_{k, l, m}^{n}\right)$ will denote the $n$-orbit containing the cube $X_{k, l, m}^{n}$.

Let us say an $n$-orbit is $\delta$-long if its length is at least $\delta\left|F_{n}\right|$ and let $\mathcal{O}_{n}(\delta)$ denote the union of the $\delta$-long $n$-orbits.

Lemma 3 If $p$ is an intersection bound for $\left\{F_{n}\right\}$ then

$$
\liminf _{n} \nu\left(\mathcal{O}_{n}(\delta)\right) \geq 1-p^{2} \delta
$$

Proof Fixing $n$, we will consider all finite subsets $\gamma=\left\{g_{1}, \ldots, g_{r}\right\}$ of $G$ with the properties that the $\left\{F_{n} g_{i}\right\}$ are pairwise disjoint and all intersect $F_{n}$ non-trivially, so $|\gamma| \leq p$. We call such a $\gamma$ a configuration and let $\Gamma$ denote the space of all configurations. Clearly $\Gamma$ is finite.

For $x \in X$ we let $R_{n}(x)=\left\{g \in G: g x \in X_{e}^{n}\right\}$, the set of "return times" to the base of the $n$-th tower. By an $n$-block in $x$ we mean any $g F_{n}$ with $g \in R_{n}(x)$, and $g$ is called the base time of this $n$-block. The $n$-blocks in $x$ are disjoint translates of $F_{n}$. For $x \in X_{n}$ we denote by $B_{n}(x)$ the $n$-block in $x$ containing $e \in G$, namely $B_{n}(x)=k^{-1} F_{n}$ if $x \in X_{k}^{n}$.

For $(x, y) \in X_{n} \times X$ we create a configuration $\gamma(x, y)$ by letting $g_{1}, \ldots, g_{r}$ denote the base times of the $n$-blocks in $y$ which intersect $B_{n}(x)$ and defining $\gamma(x, y)=\left\{g^{-1} g_{1}, \ldots, g^{-1} g_{r}\right\}$, where $g$ is the base time of $B_{n}(x)$. For $(x, y, z) \in X_{n} \times X^{2}$ let

$$
\gamma_{1}(x, y, z)=\gamma(x, y) \quad \text { and } \quad \gamma_{2}(x, y, z)=\gamma(x, z)
$$

We view the map $Q:(x, y, z) \mapsto\left(\gamma_{1}(x, y, z), \gamma_{2}(x, y, z)\right)$ as a partition of $X_{n} \times X^{2}$ indexed by $\Gamma^{2}$, so we will write $Q_{\left(\gamma_{1}, \gamma_{2}\right)}=Q^{-1}\left(\left(\gamma_{1}, \gamma_{2}\right)\right)$. Thus we are partitioning $X_{n} \times X^{2}$ according to the pattern, up to a shift, formed by $B_{n}(x)$ and the $n$-blocks in $y$ and $z$ which intersect $B_{n}(x)$.

For $\left(\gamma_{1}, \gamma_{2}\right) \in \Gamma^{2}$ let

$$
S\left(\gamma_{1}, \gamma_{2}\right)=\bigcup\left\{F_{n} \cap g_{1} F_{n} \cap g_{2} F_{n}: g_{1} \in \gamma_{1}, g_{2} \in \gamma_{2}\right\}
$$

and for $k \in S\left(\gamma_{1}, \gamma_{2}\right)$ let

$$
Q_{\left(\gamma_{1}, \gamma_{2}\right), k}=\left\{(x, y, z) \in Q_{\left(\gamma_{1}, \gamma_{2}\right)}: x \in X_{k}^{n}\right\} .
$$

We will refer to the $Q_{\left(\gamma_{1}, \gamma_{2}\right), k}$ as the cells of $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$. The cells of a given $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$ all have the same $\nu$-measure as they are mapped to each other by the action of $G$. Moreover for $g_{1} \in \gamma_{1}$, $g_{2} \in \gamma_{2}$

$$
Q_{\left(\gamma_{1}, \gamma_{2}\right)} \cap \mathcal{O}_{g_{1}, g_{2}}^{n}=\bigcup\left\{Q_{\left(\gamma_{1}, \gamma_{2}\right), k}: k \in F_{n} \cap g_{1}^{-1} F_{n} \cap g_{2}^{-1} F_{n}\right\}
$$

is a slice of $\mathcal{O}_{g_{1}, g_{2}}^{n}$ and $Q_{\left(\gamma_{1}, \gamma_{2}\right)} \cap X_{n}^{3}$ is a disjoint union of such slices. The conditional measure $\nu_{Q_{\left(\gamma_{1}, \gamma_{2}\right)}}\left(X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)\right)$ of the short orbit slices in $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$ is the number of cells in $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$ belonging to short orbit slices divided by the total number of cells in $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$. Thus

$$
\begin{equation*}
\nu_{Q_{\left(\gamma_{1}, \gamma_{2}\right)}}\left(X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)\right) \leq \frac{\left|\gamma_{1}\right|\left|\gamma_{2}\right| \delta\left|F_{n}\right|}{\left|F_{n}\right|} \leq p^{2} \delta . \tag{1}
\end{equation*}
$$

Since $X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)$ is partitioned by the sets $Q_{\left(\gamma_{1}, \gamma_{2}\right)}$, we get

$$
\nu\left(X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)\right) \leq p^{2} \delta
$$

Since $\nu$ is a joining,

$$
\nu\left(X_{n}^{3}\right) \geq 1-3 \mu\left(X \backslash X_{n}\right) \rightarrow 1 \quad \text { as } \quad n \rightarrow \infty
$$

so

$$
\nu\left(X^{3} \backslash X_{n}^{3}\right) \rightarrow 0 \quad \text { as } \quad n \rightarrow \infty
$$

Thus

$$
\begin{aligned}
\limsup _{n \rightarrow \infty} \nu\left(X^{3} \backslash \mathcal{O}_{n}(\delta)\right) & =\limsup _{n \rightarrow \infty}\left[\nu\left(X^{3} \backslash X_{n}^{3}\right)+\nu\left(X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)\right)\right] \\
& =\limsup _{n \rightarrow \infty}\left[\nu\left(X_{n}^{3} \backslash \mathcal{O}_{n}(\delta)\right)\right] \\
& \leq p^{2} \delta,
\end{aligned}
$$

and so

$$
\liminf _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}(\delta)\right) \geq 1-p^{2} \delta
$$

### 3.1 Lightness

Let $X$ be rank one mixing with $\left\{F_{j}\right\}$ the associated Følner sequence. Recall that $\mu\left(X_{g}^{j}\right)=f_{j}$ for $g \in F_{j}$. If $\epsilon>0$, we say that the cube $X_{k, l, m}^{j}$ is $\epsilon$-light if

$$
\nu\left(X_{k, l, m}^{j}\right) \leq \epsilon f_{j}^{2} .
$$

We also define

$$
L_{\epsilon}^{j}=\bigcup\left\{X_{k, l, m}^{j}: X_{k, l, m}^{j} \epsilon-\text { light }\right\}
$$

We will need to know that $\nu\left(L_{\epsilon}^{j}\right)$ is substantial for large $j$ and small $\epsilon$. To this end, define

$$
\operatorname{Di}(\nu):=\lim _{\epsilon \rightarrow 0} \liminf _{j \rightarrow \infty} \nu\left(L_{\epsilon}^{j}\right) .
$$

To prove that $\operatorname{Di}(\nu)>0$, we will need the following lemma.
Lemma 4 Suppose $G$ has an element of infinite order, and let $\left\{F_{j}\right\}$ be a Følner sequence in G. If $0<\delta<1 / 4$, then there exist a sequence $k_{n}$ of group elements such that $k_{n} \rightarrow \infty$ and for all sufficiently large $n$,

$$
1-2 \delta \leq \frac{\left|k_{n} F_{n} \cap F_{n}\right|}{\left|F_{n}\right|} \leq 1-\delta
$$

Proof Let $l \in G$ be an element of infinite order. Given $\epsilon>0$, choose $N$ so that for all $n \geq N$,

$$
\frac{\left|F_{n} \cap l F_{n}\right|}{\left|F_{n}\right|}>1-\epsilon / 2 .
$$

If $n \geq N$ and

$$
a_{k}:=\frac{\left|F_{n} \cap l^{k} F_{n}\right|}{\left|F_{n}\right|}
$$

then $a_{0}=1$ and $\left|a_{k+1}-a_{k}\right|<\epsilon$. Note also that $a_{k} \neq 0$ if and only if $l^{k} \in F_{n} F_{n}^{-1}$, a finite set. Thus $k$ can be chosen large enough so that $a_{k}=0$. The lemma follows immediately.

Lemma 5 If $\left(X,\left\{F_{n}\right\}\right)$ is rank one mixing and $\nu \in M(2,3)$ is ergodic, then $\operatorname{Di}(\nu)>0$.
Proof We show this by contradiction. If $\operatorname{Di}(\nu)=0$, then letting $H_{\epsilon}^{j}$ stand for the union of the $\epsilon$-heavy cubes ( $\epsilon$-heavy cubes are cubes which are not $\epsilon$-light), given $\eta>0$, we can find $\epsilon>0$ such that

$$
\lim _{j \rightarrow \infty} \nu\left(H_{\epsilon}^{j}\right)>1-\eta
$$

(We have dropped to a subsequence but without loss of generality we maintain the same indexing.)


Figure 1
Fix $0<\delta<1 / 8$. If

$$
A_{j}:=F_{j} \cap k_{j}^{-1} F_{j},
$$

(the set obtained in Lemma 4) and $B_{j}:=F_{j} \backslash A_{j}$, then $\bigcup_{k \in B_{j}} X_{k}^{j}$ is always of nontrivial $\mu$-measure, greater than $\delta \mu\left(X_{j}\right)$. Hence for each $j$ we can find $B_{j}^{*} \subset F_{j}$ such that

$$
\liminf _{j} \mu\left(k_{j}\left(\bigcup_{k \in B_{j}} X_{k}^{j}\right) \cap\left(\bigcup_{k \in B_{j}^{*}} X_{k}^{j}\right)\right) \geq \delta^{2}
$$

where $\mu\left(\bigcup_{k \in B_{j}^{*}} X_{k}^{j}\right) \geq \delta$. If we form the sets

$$
R_{j}:=\bigcup_{(k, l, m) \in A_{j} \times A_{j} \times B_{j}} X_{k, l, m}^{j}
$$

and

$$
S_{j}:=\bigcup_{(k, l, m) \in k_{j} A_{j} \times k_{j} A_{j} \times B_{j}^{*}} X_{k, l, m}^{j}
$$

we have that

$$
\nu\left(R_{j}\right) \geq \nu\left(X \times X \times \pi_{3} R_{j}\right)-\nu\left(X \times\left(X \backslash \pi_{2} R_{j}\right) \times \pi_{3} R_{j}\right)-\nu\left(\left(X \backslash \pi_{1} R_{j}\right) \times X \times \pi_{3} R_{j}\right)
$$

and using the fact that $\nu \in M(2,3)$, we have

$$
\lim _{j} \inf \nu\left(R_{j}\right) \geq \delta-2 \cdot 2 \delta \cdot 2 \delta=\delta(1-8 \delta)>0
$$

Figure 1 illustrates the case when $G=\mathbf{Z}$ and $F_{j}=\left[0, h_{j}\right)$. Similarly,

$$
\begin{aligned}
\liminf _{j} \nu\left(k_{j} R_{j} \cap S_{j}\right) & =\liminf _{j} \nu\left(k_{j} \pi_{1} R_{j} \times k_{j} \pi_{2} R_{j} \times\left(k_{j} \pi_{3} R_{j} \cap \pi_{3} S_{j}\right)\right) \\
& \geq \lim _{j} \mu\left(X_{j}\right) \delta^{2}(1-4 \delta)>0
\end{aligned}
$$

Therefore if $\eta$ is chosen small enough, then

$$
\liminf _{j \rightarrow \infty} \nu\left(k_{j}\left(R_{j} \cap H_{\epsilon}^{j}\right) \cap\left(S_{j} \cap H_{\epsilon}^{j}\right)\right)>0 .
$$

If $k, l \in A_{j}$, we define the sets

$$
C_{k, l}^{j}:=\bigcup_{m \in B_{j}} X_{k, l, m}^{j},
$$

and

$$
\underline{C}_{k_{j} k, k_{j} l}^{j}:=\bigcup_{m \in B_{j}^{*}} X_{k_{j} k, k_{j} l, m}^{j} .
$$

Note that

$$
k_{j}\left(C_{k, l}^{j}\right) \cap S_{j} \subset \underline{C}_{k_{j} k, k_{j} l}^{j} .
$$

Since $\nu \in M(2,3)$, then $\nu\left(C_{k, l}^{j}\right) \leq f_{j}^{2}$; similarly for the lower columns $\underline{C}_{k, l}^{j}$. This means that any such column has at most $1 / \epsilon$ heavy cubes, and that there are at most $1 / \epsilon^{2}$ intersections of heavy cubes in the expression

$$
\nu\left(k_{j}\left(C_{k, l}^{j} \cap H_{\epsilon}^{j}\right) \cap \underline{C}_{k_{j} k, k_{j} l}^{j} \cap H_{\epsilon}^{j}\right) .
$$

Hence

$$
\begin{aligned}
\nu\left(k_{j}\left(R_{j} \cap H_{\epsilon}^{j}\right) \cap\left(S_{j} \cap H_{\epsilon}^{j}\right)\right) & =\sum_{k, l \in A_{j}} \nu\left(k_{j}\left(C_{k, l}^{j} \cap H_{\epsilon}^{j}\right) \cap \underline{C}_{k_{j} k, k_{j} l}^{j} \cap H_{\epsilon}^{j}\right) \\
& \leq \frac{\left|A_{j}\right|^{2}}{\epsilon^{2}} \sup _{k, l \in A_{j}, m \in B_{j}, p \in B_{j}^{*}} \nu\left(k_{j} X_{k, l, m}^{j} \cap X_{k_{j} k, k_{j} l, p}^{j}\right) .
\end{aligned}
$$

We now use the fact that $\nu \in M(2,3)$ to state that

$$
\begin{aligned}
\nu\left(k_{j} X_{k, l, m}^{j} \cap X_{k_{j} k, k_{j} l, p}^{j}\right) & =\nu\left(X_{k_{j} k}^{j} \times X_{k_{j} l}^{j} \times\left(k_{j} X_{m}^{j} \cap X_{p}^{j}\right)\right) \\
& \leq \nu\left(X \times X_{k_{j} l}^{j} \times\left(k_{j} X_{m}^{j} \cap X_{p}^{j}\right)\right) \\
& =f_{j} \mu\left(k_{j} X_{m}^{j} \cap X_{p}^{j}\right) \\
& =f_{j}^{2} \frac{\mu\left(p^{-1} k_{j} m X_{e}^{j} \cap X_{e}^{j}\right)}{\mu\left(X_{e}^{j}\right)}
\end{aligned}
$$

Note that by choice of the sequence $k_{j}$ in Lemma $4, p^{-1} k_{j} m \neq e$ whenever $m \in B_{j}$ and $p \in F_{j}$. Using Lemma 1 , we can conclude that

$$
\nu\left(k_{j}\left(R_{j} \cap H_{\epsilon}^{j}\right) \cap\left(S_{j} \cap H_{\epsilon}^{j}\right)\right) \leq \frac{\left|A_{j}\right|^{2}}{\epsilon^{2}} f_{j}^{2} \sup _{m, p \in B_{j}} \frac{\mu\left(p^{-1} k_{j} m X_{e}^{j} \cap X_{e}^{j}\right)}{\mu\left(X_{e}^{j}\right)} \rightarrow_{j} 0
$$

This gives the desired contradiction. We can now prove Theorem 2.
Proof of Theorem 2 Suppose $G$ satisfies the conditions in the statement of Theorem 2 and $\nu \in M(2,3)$ is given so that $\left(X^{3}, \mathcal{B} \otimes \mathcal{B} \otimes \mathcal{B}, G, \nu\right)$ is ergodic (we will show that any ergodic $\nu \in M(2,3)$ has to be product measure. This implies, using the ergodic decomposition theorem, that any pairwise independent $\nu$ is also product measure). Lemma 5 tells us that $\operatorname{Di}(\nu)>0$, and using Lemma 3, we choose $\delta$ so that $\liminf _{n} \nu\left(\mathcal{O}_{n}(\delta)\right)>1-\frac{\operatorname{Di}(\nu)}{2}$. Define

$$
\mathcal{O}_{n}^{*}(\delta, \epsilon):=\mathcal{O}_{n}(\delta) \cap L_{\epsilon}^{n},
$$

that is $\mathcal{O}_{n}^{*}(\delta, \epsilon)$ is the union of all $\epsilon$-light cubes whose $n$-orbits are of length at least $\delta\left|F_{n}\right|$. Given any sequence $\left\{\epsilon_{n}\right\} \downarrow 0$, there exists a sequence $j_{n}$ such that

$$
\lim _{n \rightarrow \infty} \nu\left(\mathcal{O}_{j_{n}}^{*}\left(\delta, \epsilon_{n}\right)\right)=d>0
$$

After all, given $\epsilon>0$, once $j_{n}$ is sufficiently large, we get

$$
\nu\left(L_{\epsilon}^{j_{n}}\right)>\frac{3}{4} \operatorname{Di}(\nu)
$$

and

$$
\nu\left(\mathcal{O}_{j_{n}}(\delta, \epsilon)\right)>1-\frac{\operatorname{Di}(\nu)}{2}
$$

so

$$
\nu\left(\mathcal{O}_{j_{n}}^{*}(\delta, \epsilon)\right)>\frac{\operatorname{Di}(\nu)}{4}
$$

We will assume that $j_{n}=n$. Let

$$
\mathcal{O}_{n}(k, \delta):=\bigcup_{\left\{(l, m): X_{k, l, m}^{n} \subset \mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right\}} \mathcal{O}\left(X_{(k, l, m)}^{n}\right) ;
$$

$\mathcal{O}_{n}(k, \delta)$ is the "slab" of the $n$-orbits of $\epsilon_{n}$-light $\delta$-long cubes at $k \in F_{n}$. Note that although the notation for the $k$-th slab makes no mention of $\epsilon_{n}$ (in an attempt to stop the notation from burgeoning any more), it is implicitly contained in the definition. Since

$$
\lim _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right)>0
$$

and

$$
\nu\left(\mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right)=\sum_{k \in F_{n}} \nu\left(\mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right) \cap\left(X_{k}^{n} \times X_{n} \times X_{n}\right)\right) \leq \frac{1}{\delta\left|F_{n}\right|} \sum_{k \in F_{n}} \nu\left(\mathcal{O}_{n}(k, \delta)\right),
$$

we can find some sequence $\left\{k_{n}\right\}$ such that

$$
\liminf _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}\left(k_{n}, \delta\right)\right)>0
$$

For ease of notation we can assume that $k_{n}=e$ for each $n \in \mathbf{N}$. Henceforth we will only be interested in $\mathcal{O}_{n}(e, \delta)$. Similarly define the "fibre" over $(e, l) \in F_{n}^{2}$ as

$$
\mathcal{O}_{n}(e, l, \delta):=\bigcup_{\left\{m: X_{(e, l, m)}^{n} \in \mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right\}} \mathcal{O}\left(X_{(e, l, m)}^{n}\right)
$$

splitting $\operatorname{up} \mathcal{O}_{n}(e, \delta)=\bigcup_{l \in F_{n}} \mathcal{O}_{n}(e, l, \delta)$ as a disjoint union.
Furthermore, we can find $d^{*}>0$ so that, setting

$$
D_{n}=\left\{l \in F_{n}: \nu\left(\mathcal{O}_{n}(e, l, \delta)\right) \geq d^{*}\left|F_{n}\right|^{-1}\right\}
$$

when $n$ is sufficiently large,

$$
\nu\left(\bigcup_{l \in D_{n}} \mathcal{O}_{n}(e, l, \delta)\right) \geq d^{*} .
$$

For otherwise, for all $d^{*}>0$ and arbitrarily large $n$ we would get

$$
\begin{aligned}
\nu\left(\mathcal{O}_{n}(e, \delta)\right) & \leq \nu\left(\bigcup_{l \in D_{n}} \mathcal{O}_{n}(e, l, \delta)\right)+\nu\left(\bigcup_{l \in F_{n} \backslash D_{n}} \mathcal{O}_{n}(e, l, \delta)\right) \\
& <d^{*}+d^{*},
\end{aligned}
$$

contradicting the fact that

$$
\liminf _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}(e, \delta)\right)>0
$$

Thus letting $\mathcal{O}_{n}^{*}(e, \delta)$ denote $\bigcup_{l \in D_{n}} \mathcal{O}_{n}(e, l, \delta)$, we have

$$
\liminf _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}^{*}(e, \delta)\right)>0
$$

In parallel with this notation, we shall split up $\nu^{n}(\delta):=\nu_{\mathcal{O}_{n}^{*}(e, \delta)}$ into a convex combination of probability measures: letting $\nu_{l, m}^{n}:=\nu_{\mathcal{O}\left(X_{(e, l, m)}^{n}\right)}$, we define

$$
\nu_{l}^{n}(\delta):=\sum_{\left\{m: X_{(e, l, m)}^{n} \in \mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right\}} b_{l, m}^{n} \nu_{l, m}^{n}
$$

where $b_{l, m}^{n}:=\frac{\nu\left(\mathcal{O}\left(X_{e, l, m}^{n}\right)\right)}{\nu\left(\mathcal{O}_{n}(e, l, \delta)\right)}$. Note that $\nu_{l}^{n}(\delta)=\nu_{\mathcal{O}_{n}(e, l, \delta)}$ and by lightness

$$
b_{l, m}^{n} \leq \frac{\epsilon_{n}\left|F_{n}\right|^{-1}}{d^{*}\left|F_{n}\right|^{-1}}=\frac{\epsilon_{n}}{d^{*}} \rightarrow_{n} 0
$$

for all such $l, m$. Similarly, we have

$$
\nu^{n}(\delta):=\nu_{\mathcal{O}_{n}^{*}(e, \delta)}=\sum_{\left\{l \in D_{n}\right\}} a_{l}^{n} \nu_{l}^{n}(\delta)
$$

where $a_{l}^{n}:=\frac{\nu\left(\mathcal{O}_{n}(e, l, \delta)\right)}{\nu\left(\mathcal{O}_{n}^{*}(e, \delta)\right)}$.
Next, we define sums of restrictions of $\mu^{3}$, beginning with the measures

$$
\tau_{e, l, m}^{n}:=\mu_{\mathcal{O}\left(X_{(e, l, m)}^{n}\right)}^{3}
$$

but then averaging using the same weights $b_{l, m}^{n}$ and $a_{l}^{n}$ defined using $\nu$ :

$$
\tau_{l}^{n}:=\sum_{\left\{m: X_{(e, l m)}^{n} \in \mathcal{O}_{n}^{*}\left(\delta, \epsilon_{n}\right)\right\}} b_{l, m}^{n} \tau_{e, l, m}^{n}
$$

and

$$
\tau^{n}:=\sum_{\left\{l \in D_{n}\right\}} a_{l}^{n} \tau_{l}^{n}
$$

Since $\lim \inf _{n \rightarrow \infty} \nu\left(\mathcal{O}_{n}^{*}(e, \delta)\right)>0$ and $\left\{\mathcal{O}_{n}^{*}(e, \delta)\right\}$ is approximately invariant $\left(\left\{\mathcal{O}_{n}^{*}(e, \delta)\right\}\right.$ is the union of $\delta$-long $n$-orbits, which are approximately invariant), then by Lemma 2 , $\lim _{n \rightarrow \infty} \nu^{n}(\delta)=\nu$. Note that $\tau_{e, l, m}^{n}(A)=\nu_{e, l, m}^{n}(A)$ whenever $A$ is a union of cubes in $X_{n}^{3}$. It follows that $\tau^{n}(A)=\nu^{n}(\delta)(A)$ for all such $A$, and since $X$ is rank one, that

$$
\tau^{n} \rightarrow_{n} \nu
$$

If $m \in F_{n}$, let

$$
\tilde{\mathcal{O}}\left(X_{(e, l, m)}^{n}\right):=\bigcup_{\left\{g \in F_{n} \cap F_{n} l^{-1}\right\}} g X_{(e, l, m)}^{n}=\bigcup_{\left\{g \in F_{n} \cap F_{n} l^{-1}\right\}} X_{g}^{n} \times X_{g l}^{n} \times g X_{m}^{n}
$$

- $\tilde{\mathcal{O}}\left(X_{(e, l, m)}^{n}\right)$ is a longer orbit than $\mathcal{O}\left(X_{(e, l, m)}^{n}\right)$ —and define

$$
\theta_{e, l, m}^{n}:=\mu_{\tilde{\mathcal{O}}\left(X_{(e, l m)}^{n}\right)}^{3}
$$

Note that $\theta_{(e, l, m)}^{n} \circ\left(i \times i \times m^{-1}\right)=\theta_{(e, l, e)}^{n}$ and

$$
\frac{\mu^{3}\left(\tilde{\mathcal{O}}\left(X_{(e, l, m)}^{n}\right)\right)}{\mu^{3}\left(\mathcal{O}\left(X_{(e, l, m)}^{n}\right)\right)} \leq \frac{\left|F_{n}\right|}{\delta\left|F_{n}\right|}=\frac{1}{\delta}
$$

hence $f_{l, m}^{n}:=\frac{d \tau_{(e, l m)}^{n}}{d \theta_{(e, l, m)}^{n}} \leq 1 / \delta$. We have

$$
\begin{aligned}
\tau^{n}(A \times B \times C)= & \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n}\left(\int \chi_{A \times B \times C}(x, y, z) d \tau_{e, l, m}^{n}(x, y, z)\right) \\
= & \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n}\left(\int \chi_{A \times B \times C}(x, y, z) f_{l, m}^{n}(x, y, z) d \theta_{e, l, m}^{n}(x, y, z)\right) \\
\leq & \frac{1}{\delta} \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n}\left(\int \chi_{A \times B \times C}(x, y, z) d \theta_{e, l, m}^{n}(x, y, z)\right) \\
= & \frac{1}{\delta} \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \int \chi_{A \times B}(x, y)\left(\chi_{C}(z)-\mu(C)\right) d \theta_{e, l, m}^{n}(x, y, z) \\
& +\frac{1}{\delta} \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \int \mu(C) \chi_{A \times B}(x, y) d \theta_{e, l, m}^{n}(x, y, z) \\
\leq & \frac{1}{\delta} \sum_{l} a_{l}^{n}\left|\sum_{m} b_{l, m}^{n} \int \chi_{A \times B}(x, y)\left(\chi_{C}(z)-\mu(C)\right) d \theta_{e, l, m}^{n}(x, y, z)\right| \\
& +\frac{1}{\delta} \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \int \mu(C) \chi_{A \times B}(x, y) d \theta_{e, l, m}^{n}(x, y, z) .
\end{aligned}
$$

Now the second term $\frac{1}{\delta} \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \int \mu(C) \chi_{A \times B}(x, y) d \theta_{e, l, m}^{n}(x, y, z)$ is just $\frac{1}{\delta} \mu(C) \sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \theta_{e, l, m}^{n}(A \times B \times X) \rightarrow_{n} \frac{1}{\delta} \mu(C) \mu^{2}(A \times B)$. To see this, note that the probability measures

$$
\begin{aligned}
\theta_{n}(A \times B) & :=\sum_{l} a_{l}^{n} \sum_{m} b_{l, m}^{n} \theta_{e, l, m}^{n}(A \times B \times X) \\
& =\sum_{l} a_{l}^{n} \mu_{\left(\bigcup_{g \in F_{n} \cap F_{n} l-1}^{2} X_{g e, g l}^{n}\right.}(A \times B) \\
& =\sum_{l} \frac{a_{l}^{n}}{\left|F_{n} \cap F_{n} l^{-1}\right| f_{n}^{2}} \mu^{2}\left(A \times B \cap\left(\bigcup_{g \in F_{n} \cap F_{n} l^{-1}} X_{g e, g l}^{n}\right)\right)
\end{aligned}
$$

and

$$
\frac{a_{l}^{n}}{\left|F_{n} \cap F_{n} l^{-1}\right| f_{n}^{2}} \leq \frac{a_{l}^{n}}{\delta\left|F_{n}\right| f_{n}^{2}} \leq \frac{\left|F_{n}\right| f_{n}^{2}}{\nu\left(\mathcal{O}_{n}^{*}(e, \delta)\right) \delta\left|F_{n}\right| f_{n}^{2}} \leq K
$$

for all $n, l$. Thus a weak star limit of the measures $\theta_{n}$ has to be absolutely continuous with respect to $\mu^{2}$, as well as being invariant. By ergodicity of $\mu^{2}$, the limit in fact is $\mu^{2}$.

As for the first term, we have

$$
\begin{aligned}
& \frac{1}{\delta} \sum_{l} a_{l}^{n}\left|\sum_{m} b_{l, m}^{n} \int \chi_{A \times B}(x, y)\left(\chi_{C}(z)-\mu(C)\right) d \theta_{e, l, m}^{n}(x, y, z)\right| \\
& \quad=\frac{1}{\delta} \sum_{l} a_{l}^{n}\left|\sum_{m} b_{l, m}^{n} \int \chi_{A \times B}(x, y)\left(\chi_{C}\left(m^{-1} z\right)-\mu(C)\right) d \theta_{e, l, e}^{n}(x, y, z)\right| \\
& \quad \leq \frac{1}{\delta} \sum_{l} a_{l}^{n} \int\left|\sum_{m} b_{l, m}^{n}\left(\chi_{m C}(z)-\mu(C)\right) \chi_{A \times B}(x, y)\right| d \theta_{e, l, e}^{n}(x, y, z) \\
& \quad \leq \frac{1}{\delta} \sum_{l} a_{l}^{n} \int\left|\sum_{m} b_{l, m}^{n}\left(\chi_{m C}(z)-\mu(C)\right)\right| d \pi_{3} \theta_{e, l, e}^{n}(x, y, z) \\
& \quad \leq \frac{1}{\delta^{2}} \sum_{l} a_{l}^{n} \int\left|\sum_{m} b_{l, m}^{n} \chi_{m C}(z)-\mu(C)\right| d \mu \\
& \quad \leq \frac{1}{\delta^{2}} \sum_{l} a_{l}^{n}\left\|\sum_{m} b_{l, m}^{n} \chi_{m C}-\mu(C)\right\|_{2, \mu}
\end{aligned}
$$

Note that by the proof of the Blum-Hanson theorem, the convergence of

$$
\left\|\sum_{m} b_{l, m}^{n} \chi_{m C}-\mu(C)\right\|_{2, \mu}
$$

depends only on $C$ and

$$
b^{n}:=\max _{m} b_{l, m} \leq \frac{\epsilon_{n}}{d^{*}}
$$

and this bound is independent of $l \in F_{n}$. Hence

$$
\sum_{l} a_{l}^{n}\left\|\sum_{m} b_{l, m}^{n} \chi_{m C}-\mu(C)\right\|_{2, \mu} \rightarrow_{n} 0
$$

Thus we have shown that $\nu \leq \frac{1}{\delta} \mu^{3}$. By ergodicity, $\nu=\mu^{3}$. This completes the proof.

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[^0]:    Received by the editors January 1998; revised March 17, 1999 and September 2, 1999.
    AMS subject classification: 28D15.
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