

FREEDOM'S *Phoenix*



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Credits:

Editor-In-Chief-----Donna Hancock
 Publisher-----Ernest Hancock
 Technical Advisor-----Nick Barnett
 Illustrator-----Athena Tivnan
 Webmaster FreedomPhoenix.com-----Tyger Gilbert

Contact Us :
FreedomPhoenix.com

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Ernest Hancock
 4886 W Port Au Prince Lane
 Glendale, AZ 85306 USA.

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Freedom's Phoenix Digital Magazine Viewing Tips

By Nick Barnett

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Feeding a Family of Four for Less than \$130/Month By Bunker Mentality

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HUNGER in America. Is it for real? 1 in 6 people in America struggle with hunger, says a Wal-Mart commercial that asks you to donate to hungry families. I don't know if they still run that piece, as we cancelled satellite 6 months ago. I have one thing to say about 50 million hungry people in America:

BULL#@!&!!!

If you are hungry in America on a regular basis, you are either on a very bad diet or dumber than a rock. A very stupid rock at that.

49 million people in this country are on just one type of welfare, food stamps. This system allows its "clients" to only buy food with the money they receive, stolen from the working Americans. The national average is, according to CBS "News", \$133 per person per month. For a family of 4 that is over \$500 a month just for food.

If you collect food stamps, your offspring get free breakfast and lunch at government schools. So in one month, a welfare parent has to provide 30 dinners and 22 other meals per month. Fifty two meals for \$133.

Then there are food banks. They are everywhere. Even in the smallest towns there are food banks that give away boxes of food. In a nearby town of less than 400 people, there are 2 separate food banks. We get some of the "reject food" delivered to us for our animals to eat. You can't be too hungry if you reject food.

We are a family of 4, eat steak, roast beef or pork chops 5 nights a week, have meat at every meal, often steak for breakfast, and eat well every meal. Well OK, about once a month I will have oatmeal with lots of milk and melted chocolate chips, no meat for breakfast, and once this year when the Warden (I mean wife) was not home, my girls and I ate just French fries (these were FRENCH fries, not "freedom fries", and the whole meal for 3 cost about 80 cents, since we cut and cook the potatoes). We have parties and dinners here a bunch and have never spent close to \$300 in a month. I have calculated the retail price of home produced foods in that dollar total we spend.

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It is not just us that spend intelligently on food. My Mother in Law feeds 10 family members and a lot of guests every day on less than \$200 a month in a country with significantly higher food costs. In 1992, she spent less than \$100 a month for a family of 7 plus guests at every meal. EVERY meal. Often people had to eat in shifts at her table that could easily seat 12 people. Estrella never turned anyone away. Some guests would bring a stalk of Bananas, a bundle of fire wood, or a fish if they had it. Whole families from Sulinog Island or from Baylimango, in town to shop,



would come to her house for meals. She was paying close to double the cost for rice there in the Philippines

as we did in America then, and it was served at every meal. They eat a lot of meals there, too, like the Hobbits do, 6 a day. A 50 kilo sack of rice, 330 pounds of cooked rice, seldom lasts a month. When I was there my first time, 100 kilos of rice were used in 3 weeks due to the number of visitors. The food is good and lots of it.

How is it done? Easy, we buy food. Not crap. Nothing puffed, formed, flaked, or pre-made. We don't buy extruded food, either, except pasta, which is uncooked. The only thing pre-cooked we buy are cold cuts (Ham, salami, and roast beef) for sandwiches. We buy bacon in 10 pound boxes. Cheese in 5 pound lots. Hamburger in 10 pound packages. Potatoes that we have not grown ourselves are bought in big sacks,

30 cents a pound or less. 2 pounds of sliced potatoes makes a big bunch of French fries.



Here are a few strategies we use to live a T-bone steak diet on a ramen noodle budget. Smart shopping. Buy low, buy when on sale. Forget coupons. Coupons are for items way over priced to start with. Ethnic foods. These were developed to use ingredients cheap and available. Plan meals around what you have. Eat what you have. Eat seasonal. We eat a lot more greens when they grow. We eat a lot of eggs in the spring and summer, lots of chicken in summer and fall, etc.

Steak buying is easy; a day before the "sell by" date, it is marked down usually by 50%. My wife learned (by asking, what a sneak!) when the meat department marks meat down each day at each of 3 stores she frequents - Wal-Mart, Kroger and Country Mart. She shops then, buys a bunch, and freezes it in meal size portions. A 3 lb. package of sirloin for about \$8 makes three meals. Two steaks about 6 oz. each per person per meal, and all the left over fatty parts are chopped up for tacos (more on tacos later).

Chickens are bought whole (when we don't raise them). Since we all like fried chicken, and 4 of us want a breast, we buy 2 chickens for fried chicken, cut them up, save the wings for Buffa-

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lo Wings (8 pieces), 4 breasts for a fried chicken meal, thighs and legs for 2-3 meals as Mexican or Chinese food, and the 2 carcasses as 2 or 3 batches of soup or broth. That is about 5 meals from 2 chickens.



Pizza is simple. Make it yourself. Dough costs about 30 cents, sauce the same. Cheese for a buck, same for pepperoni, or cooked left over hamburger. Onions and peppers about 25 cents. Under \$3 for a really good pizza that feeds four and has a couple of slices left over for snacks. For those days we are in a hurry, (after all, we live on a farm and work outdoors a lot) we keep frozen pizza in the freezer. \$2 each at ALDI. To make them edible, we add more cheese, pepperoni, olive oil, Italian spices and onions for around a dollar more.

MEXICAN FOOD

Mexican food is a real money saver. Beans, Spanish rice, burritos, tacos, flautas, cheese crisps.

A bag of 72 corn tortillas cost \$3.29 at Wal-Mart. That is about 4 1/2 cents each.



Learn to cook beans. Soak them overnight in a crock pot. In the

morning, turn the crock pot on. In the evening, eat them. Half of the beans can be re-



removed and saved. Add a chopped onion and 1/2 a pound of browned hamburger and spices (chili powder and cumin) to make a meal of chili. Serve with corn bread or warmed flour tortillas. The left over beans should be mashed and mixed with lard or bacon grease for refried beans. Refried beans keep a while and are great with everything. Most any Mexican food dish should have a side dish of beans.

Spanish rice is good, really good. Brown 2 cups of rice (uncooked) in a big frying pan. Add a chopped onion and 4 cloves of chopped garlic. Add a chopped green pepper and then a chopped tomato (in winter I use frozen tomatoes and peppers). Then I add 4 1/2 cups of chicken broth. Water will work. Bring to a boil, cover and turn the heat down very low for 25 minutes. This amount of rice will last several meals for us and served with refried beans is great.

Tacos use whatever leftover meat we have, chopped up and cooked with chili powder. A lump of meat on a cooked corn tortilla, with a tablespoon of cheeses and shredded cabbage is great food. Squeeze some fresh lemon juice on it and you got it made. I raise fresh lemons and limes in Missouri, so you can do it anywhere, too.

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The flautas we make are just shredded chicken and onions rolled up in a soft fried corn tortilla, pinned shut with a toothpick and then hard fired in a greased pan or deep fried and served with sour cream and shredded cheese. Good as leftovers, too. We make a bunch and fry and eat them for a week, with rice and beans.



Whole chicken (including old hens and roosters) boiled and the meat stripped off makes great filling for all Mexican food. The cooking water is used for rice and or soup. Cheap packages of thighs and legs at the grocery store work well, also.

A cheese crisp it just a flour tortilla covered with cheddar cheese and cooked until the cheese is melted. I have had them baked in an oven, put plain on an electric burner, or best slowly heated in a frying pan. A meal, a snack, or a side dish. My youngest daughter tops hers with beans and chicken as her favorite meal.

Sopapillas are great. A quick and cheap way is after dinner, open a can of "pop and fresh" croissants or biscuits, squish flat and quickly deep fry them, drizzle with honey, and eat hot.



By the way, if you eat beans all time, you don't toot the old butt bugle like a bunch of cowboys in Blazing Saddles.

ITALIAN FOOD

Italian food is inexpensive, too. Spaghetti bought at full price in small 1 lb. packages is 25 cents for 2 servings. I can



easily eat 2 "servings". A cheap can of spaghetti sauce (24 oz.) is under a dollar and will cover about 2 meals for 4 people. Add a 1/2 pound of browned hamburger and it is quite passable. I make my own sauce, 5 gallons at a time, and freeze it by quarts. Add sausages, meatballs or crumbled hamburger.

Add garlic bread and you have a great meal. We often buy a \$1 loaf of French bread, slice in half, slather on butter and garlic, toast it, and eat. A 1/2 stick of butter cost about .25 (we buy a lot of it on sale and freeze it) and garlic powder 10 cents. If you don't buy butter on sale, figure .45 for a 1/2 a stick. Stale or day old bread works great. Most store bakeries have that.

Plain macaroni cooked and served with butter and lots of milk in a bowl with fresh ground pepper is a family favorite. Or cook it al dente (cooked but firm), then covered with cheese

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and baked. It is cheap and good. Way better than boxed stuff. Serve with a small 3 oz. steak. Or try Alfredo sauce (milk, cheese, garlic and salt); it covers any kind of noodles and is very good.

Meatballs are a family favorite. Two lbs. ground beef, 2 or 3 cups bread crumbs, an egg or two, Parmesan cheese, and 2 TBSP of corn starch. Form into balls a bit bigger than a golf ball, pop them in a frying pan and fry them as you roll them around. Don't worry too much about cooking the inside, as you toss them in your sauce to finish or bake with other stuff. Make a bunch, eat as you need or want them. We don't actually measure anything. If I have a lot of chicken thighs and the hamburger is fatty, I will grind up the chicken and mix it with the fatty burger meat.

Spaghetti sauce is easily made in a crock pot in the morning, left on low all day, and eaten that night. I do not bother to peel tomatoes, I just toss them in a blender and zip, they are ready to cook. Recipes are on cans and packages of noodles. I just toss in what I have; including whole tomatoes and lots of cans bought on sale. Meat is cooked and added before we eat it.

ORIENTAL FOOD

Rice. More Rice. Rice at every meal. Rice is the meal; everything else is a side dish. With the rice, have a stir fry of cheap sliced vegetables and 1/2 pound of thin sliced cheap meat, such as chicken or beef. Soy sauce is cheap; we buy

it by the gallon. Noodles. Noodles that look like thick spaghetti, boiled and



then stir fried with a bit of sliced cabbage and 1/4 lb. of chicken thigh meat. You can get as fancy as you like. You can buy 29 cent ramen noodle packages, add a bit of cooked chicken and some flavor, in the form of soy sauce, or chicken bouillon.

DEEP CHEAPER

If you want to know how to live really cheap, read William Cobbett's [COTTAGE ECONOMY](#).

The 1840 version is available as an audio book by Phillippa on [LIBRIVOX.org](#). I listen to this version frequently. Her and her accent are a delight and Cobbett's words are wonderful, full of rants and raves, plenty of attacks (don't get him started on "tea", "the fastest way to the gallows", or "Ireland's lazy root"). The print version is on Amazon and many eBooks versions are free at the [GUTENBERG PROJECT](#). Following Cobbett is pretty extreme, but one hell of a survival lesson. You are probably talking \$75 a month for a family of 4 that eat a huge amount of food and work very hard. In Cobbett's book, the way is to grind your

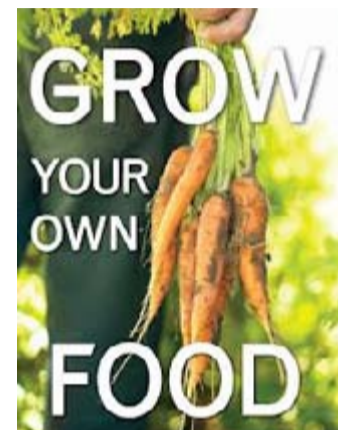


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own wheat beat. I like the 1970's version, but the new one is OK. All of his books are great. A copy of [Mrs' Beeton's](#) is not a bad thing to have, either. Until I read this, I did not know the English had a



will make 60 loaves of bread with some bran left over. ("Seed wheat" is so heavily poisoned that the farmers near me who sell it warn you even about breathing near it). Cobbett's idea is to grow food for yourself and your animals. We do a lot, but not that much.

A less extreme path is that of Amy Dacyczyn of the [TIGHTWAD GAZETTE](#). She wrote three great books, all are on [Halfbay.com](#) for 75 cents each plus shipping. She has loads of good ideas and really crunches the numbers. Not everything is perfect; I would not feed my family soy, margarine, or corn oil as she does.

The old MOTHER EARTH NEWS from the 1970's has a lot of good information. I am talking the old ones, not the new YUPPIE EARTH NEWS. The old editions are free on the web.

A truly great book is the [ENCYCLOPEDIA OF COUNTRY LIVING](#) by Carla Emory. It's all in there. I have multiple editions, going back to the 70s when it was called The Old Fashioned Recipe Book. This book is a rare example of the newer versions being better. John Seymour's [GUIDE TO SELF SUFFICIENCY](#) cannot be

cuisine. JACQUES PEPIN, [LA TECHNIQUE](#), in English will tell you how to do everything from scratch, with real food, not the politically correct crap he did later. We use an old copy of [JOY OF COOKING](#) a bunch. I do not know about new versions.

Our family has lived on \$1100 for 6 months in 1999, waiting for the money from a house sale. That \$1100 paid for electricity, phone, gasoline, tires and animal feed, plus our food. We did bring some stored food to the farm when we moved. It can be done. Unfortunately, the people who really need this, the ones who are on the dole, are unlikely to read this article. 🌻



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Bitcoin Charities: Forward Thinking for Future Charities

By Meghan Kellison

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BITCOIN is changing the way we think about money and transactions, and during its brief existence has changed the way not only businesses operate, but has also been instrumental in setting new standards for charities. The cryptocurrency gets a bad rap as being a tool of drug dealers or other unsavory criminal elements, but it has changed thousands of lives through its application in unconventional charities (recently dubbed “Bitcoin charities.”) These charities shatter preconceptions of what a deflationary currency can be used for and how aid gets directly to those in need. Bitcoin charities run more efficiently, help the individuals assisted be more self-sufficient, and avoids the high fees and inconvenience of payment systems such as PayPal.

[Sean’s Outpost](#), [Bitcoin Not Bombs](#), and [Fr33 Aid](#) have used Bitcoin to feed, clothe, and medically aid those in need on the local and global levels. Accepting Bitcoin makes for swift confirmation times that allow charities to get the funds they need immediately so they can get to work efficiently. These Bitcoin charities are also thorough about documentation, something mainstream charities will need to adopt if they want to survive in the emerging crypto-economy.

It’s easy to straw man cryptocurrencies as currency for criminals, but there’s a growing narrative that it is not only being used to help people,

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but vastly outpaces older forms of aid. When the City of Pensacola discussed outlawing [homelessness](#) in an attempt to hide growing poverty, a man named Jason King reacted by setting up Sean's Outpost, a Bitcoin funded homeless outreach charity. The ordinance eventually passed. When Bitcoin reached \$50 in February of 2013 and speculation over its value increased, King cut to the heart of the matter.

“Hey, obviously this is a very interesting time to be in Bitcoin right now, but if you guys want to argue over whether this is reality or not, one Bitcoin will feed over 40 homeless people in Pensacola right now,” King said. “If you guys want proof Bitcoin is real, send them to me, I'll cash them out and feed homeless people.”

And then he did exactly that; the operation has since expanded and has provided over 20,000

meals for the homeless in the region. Sean's Outpost has built a reputation for being one of the most well documented Bitcoin charities, posting pictures of the meals and projects fueled by Bitcoin.

Additionally, through Bitcoin donations only, King bought nine acres of property named Satoshi Forest that will be converted into a permaculture, alternative energy based homeless sanctuary. While officials try to hide the problems the city is facing, King and the activists at Sean's Outpost have shown that issues of poverty can be solved through direct action and the generosity of Bitcoin users.

Bitcoin Not Bombs, another Bitcoin nonprofit which helps start-ups accept Bitcoin, has used Bitcoin donations to clothe hundreds of people in California. Through their [Hoodie the Homeless](#) campaign, people could donate Bitcoin for hoodies that would be given to those facing harsh winter conditions. There was a tremendous outpouring of [support](#) and Bitcoin Not Bombs made sure to get footage of where the Bitcoin donations went so you were absolutely sure that your Bitcoin clothed people in need and didn't [line the pockets](#) of CEOs. [Davi Barker](#), the Campaign Navigator of Bitcoin Not Bombs made an excellent point in his [article](#) about the project.



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“One man in particular sticks out in my mind,” Barker wrote. “His name was Doug, and although he’d never heard of it, the design of the hoodie interested him. After a brief explanation of what the digital currency was, his eyes lit up as he realized the potential. Of particular interest to him was the ability to manage an account from a smart phone, giving financial freedom to those who cannot open legacy bank accounts. Some of the advantages of Bitcoin for homeless people are obvious. A major problem homeless people face is robbery. Having no home means having no security, which means it’s difficult to ever accumulate enough wealth to change their conditions. Bitcoin is uniquely difficult to physically steal.

Bitcoin not only helps charities reach individuals more easily, but also empowers them with control over their wealth. Homeless populations face unique circumstances and greatly benefit from using a currency that provides additional security and flexibility.

The effectiveness of Bitcoin charities in addressing the needs of individuals is not limited to local cities or regions, though. Fr33 Aid, an educational organization that does outreach about medical aid and is run by vol-



unteers skilled in the medical profession, used Bitcoin donations to get aid to those affected by the recent typhoon in the Philippines. They fed and cared for thousands of Filipinos, and photographed their [work](#) so that donors could see their donations in action. The campaign is still active and can be donated to, and more people globally are seeing the need for wider acceptance and implementation of Bitcoin.

Bitcoin also solves the problems faced by smaller charities when it comes to processing fees. [Teresa Warmke](#) of Fr33 Aid ran into hurdles using PayPal to get funds to the Philippines. While Bitcoin is still on the verge of breaking into the mainstream, it is far ahead of other money transfer services. Warmke noted her problems with PayPal.

“The next day though I was sending over \$3K with the first full day of donations received, plus my matching contribution. This time it resulted in them flagging me as potentially fraudulent, and then they only allowed me to do an e-check, which takes about a week longer than usual, or credit card, which carries hefty fees...The next day, though, they defaulted to credit card for the next payment rather than transfer or e-check, which resulted them gouging

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me for a fee to send the donation. Have I mentioned lately how much I HATE PayPal? Way to gouge people trying to send money to one of their oldest friends to help folks in the Philippines!”

PayPal ended up refusing to refund the exorbitant fees despite them overriding defaults on their account set by Fr33 Aid. Bitcoin allows users to select miner fees which speed up transaction confirmations, but these are optional. This built-in feature means you can expedite funds for a very small fee or choose no fee if that suits your needs. Also, there is no entity that can withhold Bitcoin from the needy if they decide that an account needs to be seized or payments delayed. The speedy response meant that Fr33 Aid was able to tackle remote parts of the Philippines that larger aid organizations could not reach. This efficiency adds to Fr33 Aid and others being on the cutting edge of charities.

Documentation of donations is imperative, especially when it comes to sending funds internationally. Not all charities do this, however, and in times of national disasters, even the most seemingly reputable charities have documentation issues or [misallocation problems](#). The seamless ability of Bitcoin to transcend borders means organizations get to work immediately without having to wait on slower payment processing companies. The way in which some charities collect donations is outdated; Salvation Army still doesn't accept credit cards despite innovations like Square that make it easy for people

who don't carry cash. Like cash, older charities are becoming ancient because of their antiquated methods of collecting funds.

Through meticulous documentation and direct action eased by the nature of Bitcoin, Bitcoin charities like Sean's Outpost, Bitcoin Not Bombs, and Fr33 Aid are laying a solid foundation for future charities. Innovation by Bitcoin charities is building momentum that will only increase and if older charities don't jump on the Bitcoin bandwagon and become more transparent with their donations, they will be left behind.



Meghan Kellison-Lords is a writer and activist from Pensacola, FL. She is fascinated by the emergence of cryptocurrencies and how they will be used to change the world. Meghan writes for Young Voices (<http://youngvoicesadvocates.com/>) and Bitcoin Not Bombs (<http://www.bitcoinnotbombs.com/>), is the office manager at [Roberts & Roberts Brokerage](#), enjoys writing poetry, studying permaculture, and performs as a fire dancer.



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Homemade Pumpkin Spice Latte Recipe

Gluten and Dairy Free

By Verda Gagnon

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Ingredients

2 cups Coconut or Almond Milk
 2 tablespoons canned pumpkin puree
 1-3 tablespoons sugar
 1 tablespoon vanilla extract
 1/2 teaspoon pumpkin spice mix *
 1/2 cup strong hot coffee
 Whipped Cream (if desired)

Method

Add milk, canned pumpkin and sugar to a medium saucepan and cook over medium heat until hot, but do not boil. Remove from heat and add vanilla extract, pumpkin spice mix and coffee. Pour into two large mugs then garnish, if desired, with whipped cream and an extra pinch of pumpkin spice mix.

**If you don't have Pumpkin Spice, you can make it at home (for 2 tablespoons of pumpkin spice mix, combine 1 tablespoon + 1 teaspoon ground cinnamon, 2 teaspoons ground ginger and 1/2 teaspoon of ground nutmeg.*



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Ginger Snap Cookies

By Donna Hancock

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WE acquired this recipe over 20 years ago from an auto detailing client we used to have; while Ernie was there detailing one of their cars (this was way back in the late '80's) and they brought out some of these Ginger Snap cookies and offered them as a snack. The cookies were so warm and gingery and soft that they quickly became one of Ernie's favorites, and they are a special treat that everyone looks forward to every Christmas.

Ginger Snap Cookies

3/4 Cup Shortening
 1 Cup Sugar
 1 Egg
 4 TBSP Molasses
 2 Cups Flour
 1/4 tsp. Salt
 2 1/2 tsp. Baking Soda
 1 tsp. Ginger
 1 tsp. Cinnamon



Cream shortening, sugar, egg and molasses. Sift together the flour, salt, soda, ginger, and cinnamon. Add the flour mixture to the creamed mixture (slowly) until well blended. Chill two hours. Roll dough into 1" balls, roll dough balls into sugar, place on foil lined cookie sheet (this is important – I tried it once without using the foil, and they don't bake right).

Bake at 400 degrees F for 6-8 minutes. Once they are done, remove from oven and let them sit on the pan for 1 minute, then cool on cookies sheet or paper towel.

Enjoy!



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Twice Baked Sweet Potato Skins with Pecan Streusel

by Verda Gagnon

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CREAMY mashed maple bourbon sweet potatoes served in their skins topped with pecan streusel.

***Note ** To make this recipe both gluten free and dairy free, use gluten free flour and earth balance spread*

Ingredients

2 medium sweet potatoes, scrubbed and dried
 1 tablespoon butter
 1 tablespoon brown sugar
 1 tablespoon maple syrup
 1 tablespoon bourbon
 1/2 teaspoon cinnamon
 2 tablespoons brown sugar
 1 tablespoon flour
 1 tablespoon butter, melted
 2 tablespoons pecans, chopped
 1/4 teaspoon cinnamon

Directions

1. Pierce the sweet potatoes a few times with a fork, bake in a preheated 400F oven until tender, about 45-60 minutes and let cool.



2. Cut the potatoes in half lengthwise, scoop out the flesh leaving 1/4 inch on the skin.

3. Mix the sweet potatoes with the butter, brown sugar, maple syrup, bourbon and cinnamon and spoon it back into the skins.

4. Mix the brown sugar, flour, butter, pecans and cinnamon until it starts to form crumbs and sprinkle it onto the stuffed potatoes.

5. Bake in a preheated 350F oven until the topping is a light golden brown, about 20 minutes.



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Revolution and Pumpkin Pie

By Cindy Sheehan

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SOME may know me as an anti-war activist who was “activated” after the murder (J’accuse l’empire) of my son Casey Sheehan in Iraq. Some may even know that I am a revolutionary that (among

other things) advocates for a grassroots, peaceful revolution to wrest control from that empire to the people. How does “home cooking” jive with that?

In this nation of fast-foodaholics, I am into the “slow-food” movement and eating as close to the original food as possible. No processed/fast food shall cross my lips, mostly because it’s healthier, but partly because I don’t want my valuable cash money to go to support Monsanto, Big Ag, and Big Food Conglomerates.

I am also vegan, so I am constantly searching for yummy vegan alternatives to processed food that uses animal products. To this end, I am happy to support this issue and share my delicious vegan, organic recipe for Pumpkin Pie, a seasonal favorite.

Anyway, this is how: Choose an organic pie pumpkin (obtainable at Trader Joes). One is



plenty for one pie—you may be able to stretch the pulp for two, or have some left over for custard.

Cut off the top of the pumpkin, as one would do if you were getting ready to carve it. (NOTE: We tried to grow our own pumpkins, but the blossoms did not get pollinated, unfortunately...)

Scoop out as much of the innards as possible, and set aside to pick out the seeds to roast in the oven. Cut the cleaned out pumpkin into smaller pieces and then clean the pumpkin detritus out further. (Oh, while you are doing all this, pre-heat your oven to 350).

Roast the pieces (skin down) on a shallow roasting pan at 350 for 55 minutes until the pieces are fork-tender. (No oil is needed for the roasting.) The above process is incredibly easy and

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Continued from Page #17 - Revolution and Pumpkin Pie

fills your home with scrumptious smells.

Now it's easy to separate the pumpkin skin from the pulp. Do so, and put into a food processor or blender with about ½ cup of almond (or other alternative) milk.



Puree the pumpkin until smooth, leave about 2 ½ cups of the puree in the processor/blender, and then add:

1/4-cup organic brown sugar

1/4 pure maple syrup

1/4 cup of silken tofu

2 tbsp. vanilla

3 tbsp. cornstarch

ground cinnamon (to taste)

ground nutmeg (to taste)

ground ginger (to taste)

Mix all together until smooth, pour into pie crust of your choice (or into a baking dish, sans crust) and bake at 350 for about 45 minutes (until knife inserted in middle comes out clean).

Let cool, then EAT IT!

Whip some coconut cream with cane sugar (or whatever sugar you use) for a delicious vegan topping.



***Note:** Libby's, which has a corner on canned pumpkin pie filling market, is a division of Nestle. Among other evil things that Nestle does, a former CEO of one of the wealthiest corporations in the world, claims that access to water is NOT a human right. Make your own filling, it's easy, better, and you're not contributing to a huge, evil conglomerate.*

***Cindy Sheehan** is an internationally known author, radio talk show host, and peace and justice advocate who opposes the Empire no matter who is in office. Cindy started her quest for peace and justice after her oldest son, Casey Sheehan, was killed in the Iraq War for profit on 4 April, 2004. Cindy can be reached through her website at www.CindySheehansSoapbox.com*

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Pomegranate Squash By Stephanie Weeks

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What You'll Need:

- 2 cups butternut squash, peeled, seeded and chopped
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 onion, diced
- 2 cloves garlic, minced
- 2 bunches kale, chopped
- 1 1/2 cups chickpeas, drained and rinsed
- 1 tablespoon fresh lime juice
- 1/4 teaspoon sea salt
- 1/2 cup fresh pomegranate arils

What You'll Do:

Preheat oven to 400°F. In a medium bowl, toss squash with 1/2 tablespoon oil. Spread squash onto a parchment-lined baking sheet and roast until tender. Remove squash from oven and let cool. Over low heat sauté onion, garlic and kale until the kale begins to wilt. Add the chickpeas,

cover and simmer for 5 minutes. Add the squash to the mixture with the lime juice and salt. Sprinkle with pomegranate arils and serve.



Stephanie Weeks is a wellness consultant and social entrepreneur. She has traveled the globe extensively and is a sought out speaker. Stephanie's

focus is on teaching simple lifestyle changes that create health and wealth in our lives. Stephanie is the founder of Our Wellness Revolution and has authored a cookbook titled Skinny Girls Don't Diet – Living Well Is A Lifestyle. Visit her webpages at OurWellnessRevolution.Com and Facebook.Com/OurWellnessRevolution



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Gluten Free Prime Rib for Two

By Verda Gagnon

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upright. Roast at 400 degrees for 85 minutes for rare, 95 minutes for medium. The meat temperature should be at least 140 degrees F in the center for rare, 150 for medium. Make sure to let the rib stand for 5 minutes before slicing to let the juices redistribute. Serve with the potatoes, sour cream, and chives.



Ingredients:

- 1 (2-1/2 pound) prime rib of beef
- 2 cloves garlic, peeled
- 1 tablespoon olive oil
- Salt and pepper to taste
- 2 potatoes, scrubbed and pricked with fork

Preparation:

You may need to order the prime rib before hand from your butcher. The beef must also be frozen before cooking, so plan ahead! Take the rib out of the freezer, unwrap it and rub with garlic and then the olive oil. Sprinkle with salt and pepper



to taste.

Place the rib on a baking pan with two potatoes holding it

This simple and elegant recipe for Prime Rib for Two is perfect for a romantic dinner. 🌸



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Hot Buttered Rum Cocktail

By Verda Gagnon

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Ingredients

1 stick unsalted butter, softened
2 cups light brown sugar
1 teaspoon ground cinnamon
1/2 teaspoon grated nutmeg



Pinch ground cloves
Pinch salt
Bottle dark rum
Boiling water

Directions



In a bowl, cream together the butter, sugar, cinnamon, nutmeg, cloves, and salt. Refrigerate until almost firm. Spoon about 2 tablespoons of

the butter mixture into 12 small mugs. Pour about 3 ounces of rum into each mug (filling about halfway). Top with boiling water (to fill the remaining half), stir well, and serve immediately. 🌸



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Maple Pumpkin Pie with Salted Pecan Brittle

By Donna Hancock

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INGREDIENTS

1 Pastry for Single-Crust Pie

Filling:

1 15 ounce can pumpkin
2/3 cup pure maple syrup
1/4 cup packed brown sugar
1 teaspoon vanilla bean paste or vanilla
1/2 teaspoon salt
3 eggs, lightly beaten
3/4 cup milk

Salted Pecan Brittle

Nonstick cooking spray
3/4 cup granulated sugar
1/4 cup water
3/4 cup pecans, toasted and coarsely chopped
1 teaspoon flaky sea salt

Directions

Filling:

1. Prepare Pastry for Single-Crust Pie. Preheat oven to 375 degrees F.
2. For filling, in a large bowl combine pumpkin, maple syrup, brown sugar, vanilla, and 1/2 tsp. salt. Add eggs; beat lightly with a fork until combined. Gradually add milk; stir to combine.



3. Carefully pour filling in pastry shell. To prevent overbrowning, cover edge of pie crust with foil. Bake for 30 minutes. Remove foil. Bake for 25 to 30 minutes more or until a knife inserted near center comes out clean. Cool on wire rack for 1 hour.

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Continued from Page #22 - Maple Pumpkin Pie with Salted Pecan Brittle

Cover and refrigerate at least 2 hours.

4. To serve, sprinkle with Salted Pecan Brittle.

Salted Pecan Brittle:




5. Line a shallow baking pan with foil and coat with nonstick cooking spray; set aside. In a small saucepan combine the sugar and water. Stir over medium heat until sugar is dissolved. Bring to boiling. Boil at a moderate steady rate, without stirring, until mixture turns a dark amber color, about 10 minutes. Stir in pecans and 1/2 tsp. sea salt. Remove from heat and immediately pour onto the prepared baking pan. Using a spatula, spread evenly. Immediately sprinkle with remaining sea salt. Cool completely. Break into large pieces.

From the Test Kitchen

Pecan brittle can be made ahead - if you can

keep people from eating it that long. Store in a covered container at room temperature up to 1 week.



Just a little note here to say that I saw this recipe in [Better Homes and Gardens Magazine](#) that I have a subscription to. I've made this pie three times, and each time the pie's were outstanding and everyone was asking for the recipe. I think that this pumpkin pie recipe is so good because it uses real maple syrup as the sweetener, and I used whole organic milk (instead of the traditional evaporated milk). So it has a richer, fuller flavor. Plus, the salted pecan brittle is awesome when sprinkled on top of the pie! So....I just wanted to share - ENJOY! (Donna Hancock) 



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Urban Farm Launches Urban Farm Guides for iPhone and iPad

By Greg Peterson

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I'M very excited to announce that our new Urban Farm Guides app was released for iPad and iPhone today. The app gives users access to useful tips and easy-to-use guidelines for learning about urban farming and sustainability. Our current guides include: *Basic Seed Saving*, *Fowl Play: Your Guide to Keeping Chickens in the City*, and *Grow Wherever You Go!* Each guide contains just the right amount of how-to information, pictures, graphics and instructions so that you can actually go out and take your first steps in creating your own Urban Farm.

I have been urban farming in my front and backyard in Phoenix, AZ, for more than three decades and have experienced growing in all kinds of urban places, from a spacious suburban backyard to a tiny townhouse. My attitude has always been that if I am going to plant, nurture, fertilize and grow a plant, it had better be edible! Hey food grows for free—we all need to learn how to grow it pesticide-free and give it away.

My intention with our Guides was to begin packaging everything I have learned over the past 35

years to share it with you, and it has quickly turned into a few friends and I working together. My good friend and Native Seeds/SEARCH Director Bill McDorman, who is a worldwide expert in seed saving, wrote the Basic Seed Saving Guide. He also wrote and taught Seed School which I attended in June of 2011. Plus local artist and writer Rachel Bess shares her vast experience on keeping urban chickens in her Guide, *Fowl Play*.

I imagine Urban Farm Guides being the modern-day Foxfire series teaching 'how to' do everything urban farming from A to Z. In Foxfire, we get an inside view of what it takes to live a more sustainable farm life. Urban Farm Guides aims to develop more in our series of how-to's including very innovative Guides on Composting, VermiComposting, Edible Flowers, and Farming on Leased Land, all of which we currently have in-the-making with the help of some very creative people. Hey, if you have a topic you would like to write a guide about shoot me an email.

Becoming an urban farmer is easy. First grow food, and then share it with someone -- your family, neighbors, community. Finally, name your farm and begin creating a farming identity


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Continued from Page #24 - Urban Farm Launches Urban Farm Guides for iPhone and iPad

in your community. Our Guides are designed to help you along the way.

Growing one's own food can seem like a challenging endeavor, but the Urban Farm Guides provide an easy-to-read source for quickly learning the ease and joy of growing food at your own home. Currently, the app has four how-to guides that include:

- *My Ordinary, Extraordinary Yard* comes free with the download of the app and shares the story of how I transformed my own front and back yard into a thriving edible paradise. It also touches on how I incorporated solar panels, grey water and rainwater into my landscape.
- *Fowl Play: Your Guide to Keeping Chickens in the City*, by Rachel Bess, explains, in detail, how to keep chickens in an urban yard and shares the many reasons why they make a great addition to any household.
- *Basic Seed Saving* by Bill McDorman, executive director of Native Seeds/SEARCH, offers step-by-step instructions for saving seeds from 18 different vegetables and 29 wildflowers, including everything from the beginner's basics to plants for advanced gardeners.
- *Grow Wherever You Go!* is a tool that enables readers to discover where their garden "lives," be it a box of herbs on the counter-top, a fire-escape garden, or a complete edible landscape. This guide even shares the stories of others who have maximized their homes' potential as a source of inspiration for budding gardeners.

A variety of other fun and motivational Urban Farm How-To Guides are set to be released starting in January. Urban Farm Guides is now available for [download in the App Store](#). 

Urban Farm Guides for City Dwellers (video):



About Urban Farm - UrbanFarm.org is the home of a wide range of urban farming resources, education, tips and the 10,000 Urban Farms Project, which was created to discover a farm on every street. Founder **Greg Peterson** began gardening in Phoenix, Ariz. in 1975, discovered permaculture in 1991 and dubbed his personal residence in central Phoenix, The Urban Farm, in 2001. Peterson earned his Master's in Urban and Environmental Planning from Arizona State University in 2006. His long history of environmental learning and growing food in the city contributes to the success of UrbanFarm.org. Peterson wrote and published *The Urban Farm Simple Sustainability Series*, sits on the board of Native Seed/SEARCH, and teaches the class 'Sustainable Food and Farms' at Arizona State University. To find out more, visit <http://www.UrbanFarm.org>.

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Happiness Causes Liberty

By Adam Kokesh

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IF you don't know how to be happy, what's the point of being free? What good is it to live in a free society, in a free country, or even a free world, if you are such an emotional cripple that you are incapable of enjoying it? Why would you struggle to escape the oppression of police and parliaments and presidents to remain a slave to fear and insecurity? These aren't just philosophical questions to ponder, but questions of practical relevance to anyone who cares about liberty - who I would presume cares about liberty because it is essential to human happiness. Many would assume that liberty should lead to happiness, but is that a fair summary of the relationship? The way that most people understand liberty and happiness is backwards, perverted by primitive thinking. Happiness is not the result of liberty. Happiness causes liberty!

For most people, their understanding is warped by the process implied by, "life, liberty, & the pursuit of happiness." This is generally thought of as a progression: if you have life, you can have liberty, if you have liberty, you can pursue happiness. Certainly, without life, liberty and happiness can't exist, but do you need lib-

erty to be happy? Most certainly not! Even the word "pursuit" is deceptive. Happiness is not pursued, captured, beaten over the head with a club, and hauled home to be enjoyed forever and ever! How often has it been pointed out that money can't buy happiness? Some studies have shown that money can "buy" happiness only to the point at which money can no longer buy independence, but that independence is based on an illusion of external conditions. The most successful people, by any measure, are as prone to misery and depression as anyone else. If anything, by looking at the modern world and antidepressant consumption, we might conclude that wealth causes depression! Even a brief examination of the human condition reveals that happiness is not a pursuit as much as a choice.

True mental freedom is empowerment to choose your state of mind. If the only happiness you ever know is dependent on external factors, you will remain a slave to circumstance and never be truly happy. You can only swing between happiness and fear, knowing deep down that if conditions beyond your control change, you won't be happy. What a sad state of emotional servitude! What a terrible position of vulnerability! A crude animal in such a primitive state is dangerously prone to manipulation against its own interests. While you will never control the

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challenges that life presents you with, and you may never master your animalistic reactions, your mood and your frame of mind are YOUR CHOICE! This is the unique gift of human consciousness. This is the truest beauty of human nature. This is the foundation of our capacity for love and connectedness ... and thus liberty!

Being happy is as simple as changing your mind! Of course, this speaks to a range of mental states we can choose. With true mental freedom, we can choose to be determined, thoughtful, compassionate, patient, loving - but beneath all that, why would you ever CHOOSE to be any less than perfectly happy?! While it really is that simple and it really is that easy, it is a discipline of happiness.

As we are animals, emotions serve an essential role for survival. Fear and the "fight or flight" response has saved countless lives, but having experienced the evolutionary "brain explosion," such hardwired responses often take over our evolved brains and prevent us from fully using them. Rational fears become anxiety and insecurity. Disappointment becomes depression. Hostility becomes anger and hatred. The discipline of happiness is separating these reactions from how we should deliberately choose to live

our lives. It is the practice of living well. This unique empowerment liberates us (as individuals and as a species) from all past misdeeds of our primitive nature. Living well is not just the best revenge; it is the only revenge worth having! But if you choose to dwell in fear, disappointment and hostility, and CHOOSE to be unhappy ... then you'll be unhappy. So there.

We are programmed to fear death, but wouldn't you rather face it rationally? Calmly? Happily?

Fear not only makes us vulnerable to manipulation by those who would oppress us, but it also tempts us to BE oppressors. The tyranny of democracy in the modern state encourages the greatest partici-



pation in fear-based oppression. Every politician's pitch is based on some version of, "If you give me power over you, I can make you happy and take away your fear." In the act of voting, we are not choosing leaders for ourselves; we are trying to impose our choice of leaders (and fears) on others. We should instead seek to be the alphas of our own lives. Someone who is truly emotionally free has no need for imposed external authority. The people who are the driving force behind statism are not happy people, and truly happy people are not very political.

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The liberty movement is not a political movement. It is an ANTI-political movement! Government is based on ideas so good they have to be forced on people! But a truly happy person can appeal to the better nature of fellow human beings, can meet them with peace and persuasion and displace the coercion of the state with voluntary relationships and self-rule based on absolute self-ownership.

A person who knows their own capacity as a free, beautiful, independent human being will never say, "But what will people think of me?" A person who can be happy in any situation will never say, "But what if I lose my job?" A person who knows self-discipline will never say, "But what if the sacrifice is too great?" The compassion of a truly happy person will say, "How could I possibly NOT share my joy and let some poor VICTIMIZER continue in the misery of OPPRESSING OTHERS?" Only a mental slave will hate their oppressors. A free mind will pity them, and seek to share joy with those who are deficient of love. We should not "fight" oppression, or "struggle" for liberation, but rather seek to EMPOWER those who have succumbed to mental slavery.



The greatest weapon against tyranny is a mind that refuses to submit to manipulation. If you want to be a warrior for truth, a soldier for justice, and a champion of freedom, you must first attain the discipline of happiness and a great capacity for living in love. Be the master of your own mind. Choose your demeanor at all times. Never meet a fellow human being with force or coercion. Strive to live by reason. Smile because you're alive. Remember, HAPPINESS is the ultimate act of defiance. 🌸

Adam Kokesh Speech @ the Revolution March - 08-12-08:



Adam Kokesh is an American libertarian talk show host and activist. A decorated veteran of the War in Iraq, he would come to disparage war and advocate nonviolent resistance to power. Visit his webpage at AdamVsTheMan.Com

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Inspirational Quotes - EMPOWER/LOVE

By Matt McKinney & Ty Loomis

IntellectualRevolution.TV

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Mahatma Gandhi

"When I despair, I remember that all through history the way of truth and love have always won. There have been tyrants and murderers, and for a time, they can seem invincible, but in the end, they always fall. Think of it--always."

INSPIRATIONAL QUOTES



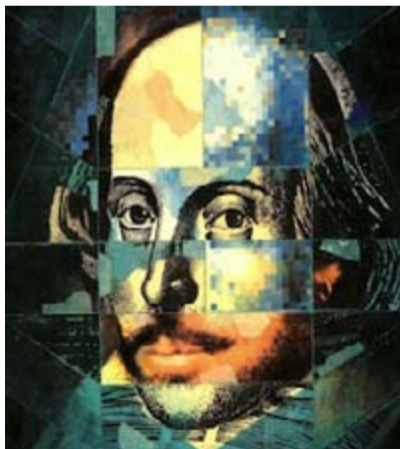
Friedrich Nietzsche

"There is always some madness in love. But there is also always some reason in madness."



Bruce Lee

"Love is like a friendship caught on fire. In the beginning a flame, very pretty, often hot and fierce, but still only light and flickering. As love grows older, our hearts mature and our love becomes as coals, deep-burning and unquenchable."



William Shakespeare

"Love all, trust a few, do wrong to none."



Vincent van Gogh

"It is good to love many things, for therein lies strength, and whosoever loves much performs much, and can accomplish much, and what is done with love is well done."



Continues on Page 30

Continued from Page #29 - Inspirational Quotes - EMPOWER/LOVE**John Lennon**

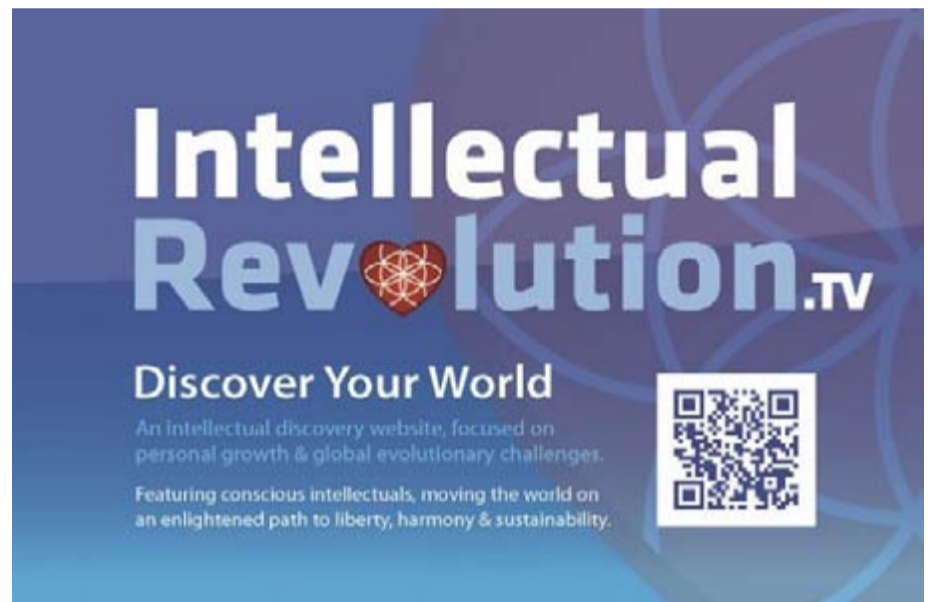
“There are two basic motivating forces: fear and love. When we are afraid, we pull back from life. When we are in love, we open to all that

life has to offer with passion, excitement, and acceptance.

We need to learn to love ourselves first, in all our glory and our imperfections. If we cannot love ourselves, we cannot fully open to our ability to love others or our potential to create.

Evolution and all hopes for a better world rest in the fearlessness and open-hearted vision of people who embrace life.”

~Compiled By Ty Loomis & Matt McKinney - Former Pro Volleyball Athletes & Co-founders of IntellectualRevolution.tv

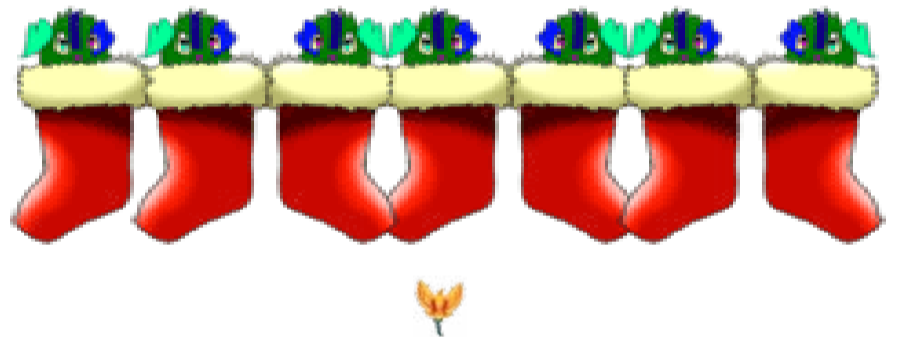

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Is Your Workout Keeping You Fat?

By Stephanie Weeks

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THIS excuse is used over and over again, “Working out is boring” or “I don’t have time to workout”. If we are in the rut of doing the same exercises and cardio program at every workout, we are not giving our body what it needs to improve; of course we will become bored. Our goal when working out is to tear down our muscles so that the body can build them to be stronger. Although cardio is great, we are not all training to be long distance runners in the next Olympic games.

What our bodies need is interval and strength training. Interval training pushes our boundaries and increases metabolism for up to 36 hours. After a good workout, we should not feel depleted of energy - we should feel energized. Once we adapt to our work out, change it; keep your body guessing what is coming next. If a work out has become comfortable, then we might only be maintaining. Push through a new

threshold. Now, we are not saying that working out should be painful. We must be mindful of our body, we want to challenge ourselves to improve, we do not want to injure ourselves. If we are using the treadmill, start by running for 2 minutes then walk for one minute, increase the incline and speed settings, creating variation in the workout. Mix up each workout and have fun with it.

Scales are not a good measure of progress; body fat and muscle tone are. Remember that cardio does not build bone - only strength training does. Get a balanced program of cardio and weight training. Ask yourself if what you are doing is giving you the results you desire. Track workouts to see what is giving the desired results. We want to track the type of workout, the intensity, frequency, and time. Which category that is being tracked can be adjusted to get more results?

If you have knee issues, strengthen your quad and hamstring muscles. Add more [fish oils](#) to your diet. Do exercises like stairs, which are safer than lunges or walking lunges. You can do strength training as long as you are aware of what modifications are more gentle on your body. The hip and ankle directs which way your knee goes and the amount of torque on the

Continues on Page 32

Continued from Page #31 - Is Your Workout Keeping You Fat?

knee. When we strengthen the hip and ankle, ing change is taking place.

we strengthen the knee. We must be aware of what works for our body and be kind to injuries.

Try this easy exercise circuit. Finish each workout with 5 minutes of stretching. Workout

Take a look at your future self and see if you

want to be there.

Look at an elderly person as they struggle to walk.

Do you want to be there? It's a

choice. Chang-

ing your belief system and

thought process

will do wonders

for your outlook.

Start exercising

because you love your-

self. Understand

the benefits you

get from doing it

and make it your

why. Do not allow

excuses to dictate

your life.

Be comfortable

and appreciative

of where you are,

and be open to where

you are going.

The old and the new

will co-exist for

awhile like a caterpillar

morphing into a beautiful

butterfly. Be patient

with yourself; an amaz-

The 5-4-3-2-1 Workout

5 minutes

- any cardio you want, walk, run, elliptical, bike
- if you're at home
 - 1 min high knees
 - 1 min jumping jacks
 - 1 min front kicks
 - 1 min jumping jacks
 - 1 min run in place

4 minutes

- 1 min lunges or walking lunges
- 1 min mountain climbers
- repeat for 4 minutes

total time 15 mins; intermediate repeat for 2x through;
advanced repeat for 3x through;

drink H2O + take breaks whenever you need them:)

3 minutes

- 10 pushups / rest
- 15 tricep dips / rest
- repeat for 3 minutes

2 minutes

- 30 seconds regular squats
- 30 seconds jump squats
- 30 seconds regular squats
- 30 seconds jump squats

1 minute

- plank

Stephanie is a wellness consultant and social entrepreneur. She has traveled the globe extensively and is a sought out speaker. Stephanie's focus is on teaching simple lifestyle changes that create health and wealth in our lives. Stephanie is the founder of [Our Wellness Revolution](#) and has authored a cookbook titled [Skinny Girls Don't Diet - Living Well Is A Lifestyle](#).



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Passport to Freedom 2014 Event

Las Vegas, NV - January 23-25, 2014

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Join Ernie Hancock in Las Vegas!

January 23-25, 2014 >> [Register Now!](#)

Plus Charles Goyette, Peter Schiff, Jeff Berwick, Bobby Casey, Bitcoin experts, asset protection gurus, and more...



JOIN Ernest Hancock and learn how to protect your liberties and assets – before it's too late... Ernest will be one of the featured speakers at the Passport to Freedom Event in Las Vegas, NV January 23-25th, 2014

From Andrew Henderson, founder of the Nomad Capitalist and host of the Passport to Freedom Event: *"I Struggled For Years To Find The Ultimate Solution To Protecting My Wealth, My Freedoms, and My Lifestyle... That's Why I've Assembled the Top Group of Asset Protection Experts in the World to Show YOU the Way Out!"*

Welcome. I'm Andrew Henderson – expat entrepreneur and investor, perpetual traveler, and citizen of the world. As editor-at-large of the website Nomad Capitalist, I've spent the last few years meeting with some of the best and brightest in the freedom community. Now, I'm bringing some of the top experts from my Rolodex onto one stage for an action-packed, three-day event in Las Vegas. They'll be sharing secrets on HOW to protect your freedom, your wealth, and your family from the collapse of the United States...

Secrets Like These

- The smoke and mirrors used by governments to mug you (it's being going on since the days of the Roman Empire, so they're pretty good at it now)
- The lightning fast, no-brainer way you can open a private offshore bank account from your home with just a few clicks of your mouse – *there are two ways to do it and I share the pros and cons of each.*
- How to instantly STOP your government snooping on your emails (you'll LOVE this one!).
- The best country in which to buy gold ... and the different country which is the best place to store it ... and the three different ways you can choose to do it.
- How to take full advantage of 'geo-arbitrage' (get this right and you'll save a boatload of cash and time, regardless of where you live).
- Why the US Constitution is powerless to safeguard your freedom – *and what you can do about it.*
- Why you definitely need more than one passport – and the six fatal mistakes I'll steer you away from (vital intel if you're a US citizen).
- How, in the end, paper money always corrupts governments (they just can't resist the temptation).

Continues on Page 34

Continued from Page #33 - Passport to Freedom 2014

- Two offshore assets the IRS don't want to know about (so you certainly don't need to tell them!).
- The huge advantages of owning foreign real estate – and the best places in the world to buy it (and enjoy the bonus of second passport thrown in).
- The country which will pay you as much as 15% annual interest on your savings.
- How to own an offshore account and stay legal (yes it REALLY IS possible to do both)....
- **and much, MUCH more ...**

Here Are JUST A FEW Of The Internationally Respected Experts You'll Learn From:

Peter Schiff – Financial commentator, investment manager, and radio host. **Topic:** [How to Survive and Prosper the Coming Inflation and Dollar Collapse](#)

Jeff Berwick – Escaping the Coming Dollar Collapse. **Topic:** [Citizenship Diversification and Fiat Currency Insurance](#)

Bobby Casey – Global Wealth Protection. **Topic:** [Air-Tight Global Asset Protection](#)

Joel Nagel – Joel Nagel – Owner of Nagel Associates Law Firm. **Topic:** [The One Secret You Must Know About Trusts](#)

Charles Goyette – Bestselling Author of “The Dollar Meltdown”. **Topic:** [The Best Fiat Currency Escape Hatches](#)

Vitalik Buterin – Vitalik Buterin – Bitcoin Expert. **Topic:** [How to Survive – and Profit from – Bitcoin and Digital Currencies](#)

Torgny Persson – Swedish/Singaporean Entrepreneur. **Topic:** [Protecting Your Gold from the Next Gold Confiscation](#)

Pete Sisco – Millionaire Online Entrepreneur And Author. **Topic:** [How to Create a Six-Figure Online Income... Again and Again](#)

David Lesperance – Second Passport Guru. **Topic:** [The Easiest Second Passports to Get \(That You've Never Heard Of\)](#)

Steve Michaels – Privacy Expert and Perpetual Traveler. **Topic:** [Becoming Globally Invisible Online and Offline](#)

Aaron Cleary – Author of “Captain Capitalism”. **Topic:** [Help Sink the Titanic That Is The United States](#)

Ernest Hancock – Syndicated Radio Host And Editor of “Freedom's Phoenix”. **Topic:** [How To End Your Reliance On Government](#)

Matt DuBiel – Libertarian Entrepreneur, **Topic:** [How To Take Freedom With You – Anywhere](#)

Andrew Henderson – Nomad Capitalist. **Topic:** [Best Places to Live and Bank Offshore](#)

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Continued from Page #34 - Passport to Freedom 2014**Learn How To Protect Everything You Have in Just Three Days**

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[Ernest Hancock interviews Andrew Henderson on the Declare Your Independence with Ernest Hancock radio show, December 3rd, 2013](#): (this is the video archive of the interview):



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Our Turkeys

By Donna Hancock

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OUR TURKEYS...

I was going to write an article about our turkeys in this magazine edition, but it was not exactly a happy story to put in December 2013 edition of the e-Zine. The holidays are thought of as happy times when families get together and share their time and love for each other. So I will save the story about our turkeys for a later edition; how we raised them, how we butchered them, and what many of us learned from the process. I applaud all of these who came out to learn how to do this as it is not an easy task, and most of us are far removed from having to prepare our own meats for consumption the way that we did with the turkeys. Here are some pictures of our birds...



1 week old (picture to the left)

1 month old:



3.5 months old:



4 months old:



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Publisher's Backpage - Our Visit to Amado, AZ to learn about Natural Bees and Beekeeping By Ernest Hancock

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In July of 2013 a good friend, Gregg Tivnan, suggested that I interview beekeeper Dee Lusby. Gregg moved from Arizona to Missouri where he purchased a farm near Bunker, Missouri where he and his wife, Doreen, now raise their two daughters, now 16 and 18. The elder daughter Athena does our Digital Magazine's covers and has been home schooled her entire life and self taught as a graphic artist. Gregg communicates with other family farms and attends various festivals with his family in pursuit of information and bees are now on his radar.

When Gregg wants to learn something he reads... a lot. After about 50 books on bee keeping he distilled it down to a suggestion that I talk to Dee Lusby. Others have detailed her methods and documented her troubles with government and industry for her 'back to basics' advocacy that would eliminate the need for chemicals, industrial support systems and government regulation. A great deal of this information is now online so that this information is now much safer with the people. <http://www.beesource.com/point-of-view/ed-dee-lusby/> - <http://www.beverlybees.com/dee-lusby-organic-beekeeper/>.

The two interviews that I had with Dee prior to our visiting her operation was combined and edited by a supporter of hers and is available in a YouTube Video here <http://www.youtube.com/watch?v=CA0Sb22GA4s>.

Dee Lusby's story is a common story of '[Regulatory Capture](#)'. What I learned during this experience and talking to others in the bee industry it was clear that the bees aren't happy with how they are being treated... and they got wings.

<http://www.vanishingbees.com/>

The movie documentary "[Vanishing of the Bees](#)" is an award winning film that includes some footage of Dee Lusby and her methods. But I'll sum it up for you in a short paragraph and then get to the photos of our trip and just ask that you visit the links in this story and view the documentary.

http://en.wikipedia.org/wiki/Bee_colony_collapse_disorder - "[Bee Colony Collapse Disorder](#)" is a phrase that was misleading to me. I was under the impression that bees were individually collapsing over dead. What is meant is that the Bee Colony has collapsed... and even this

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statement is not clear. What might be a simpler way to communicate what is happening is to use a phrase that represents what is really happening. Something like, "The Great Bee Escape". Bees are not dying in their man made hives... they are just leaving. Why?

Bees and their honey are amazing. And having a nice box constructed for their use isn't unappreciated by the bees. But why are they leaving? I'm certain that there is a perfect storm of human intervention that would cause any sane bee to fly for the hills, but just a few quick observations. When I was a child in the 60's it was very common to see a hive of bees kept by neighbors. Bees were a common feature in any neighborhood and there was always some raw honey available at the local market that was locally grown and was regularly used for food and medicine. But like many popular agricultural products, it was industrialized. Production that focused on quantity began to eliminate quality and we all lost the benefits of raw honey for almost an entire generation it seems. But no one knew this more than the bees themselves.

When flowers are in bloom, bees covert the nectar into food for the bees to survive the winter months. They do this so well that they are capable of creating a surplus that beekeepers can then use or sell. But industry isn't satisfied with the surplus and takes everything and attempts to keep the bees alive during the off season with High Fructose Corn Syrup. In my layman opin-

ion, it seems that the bees have realized that, "We have wings, and you suck at beekeeping". Honey Bees are like American [Expats](http://en.wikipedia.org/wiki/Expatriate) (<http://en.wikipedia.org/wiki/Expatriate>), they don't like how they are being treated so they are leaving while they still can... and for very similar reasons.

What Dee and her late husband, Ed, realized was that by allowing the bees to naturally produce honey and only taking the extra produced, you had a steady supply of high quality food. Industrialization would alter every aspect of the process, (cell size, honey collection, Queen Selection, chemicals, medicines, transportation, food sources etc.) to the point that even more industries and regulations were created to combat the new problems that were created (production, mites, malnutrition, colony collapse etc.)

It is Dee opinion that the problems that Dee and her late husband Ed Lusby encountered over the decades of natural bee keeping had little to do with their methods and the quality of their bees' honey, a very valuable and demanded product which I personally have consumed and highly recommend by the way. The problem was their not needing any industrial help AND advocating that others didn't need to do anything but leave the bees alone and only take their surplus and leave the lower sections of the hive to the bees.

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I'm certain that many in the bee industry will complain that I have over simplified this issue but I can't see that it is really that complicated.



Dee's home is in southern Arizona south of Tucson near the Mexico/USA border (lots of Border Patrol). The "A" marker on the Google Map graphic below is where Kitt Peak Observatory is and Dee's bees are in over 700 hives spread out over the desert on the eastern slope/valley of the mountain range where Kitt Peak is located.



Joey, Shelton (aka 4409), Donna and Renee (Joey is Renee's 16 yr old son) put on their bee suits before leaving Dee's home about an hour's drive from where the hives are in the desert.



Dee drives a truck with a lift gate on the rear for moving hives and equipment.



The Kitt Peak observatories can be seen in the distance.



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And how do we know that the honey is organic?.... This is why!



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Shelton takes a turn at inspecting a hive after Dee has instructed us several times. We toured only a few locations, but each had many hives. It was hunting season while we were there, but the hunters stayed clear of the hives :)



Wood chips smolder in smokers so that the bees can be convinced that their biggest concern is fire and not the people.

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These hives can be decades old.

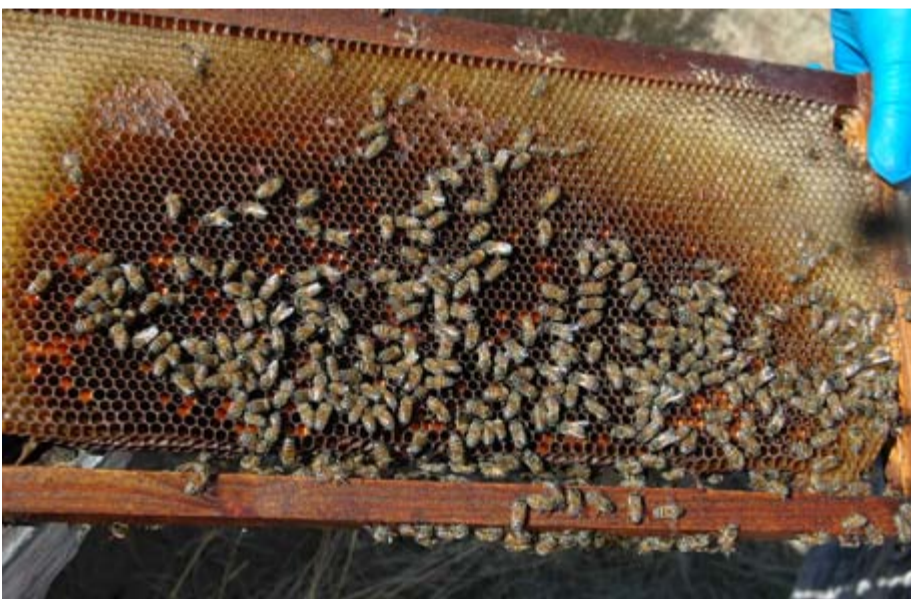


All of the hives seemed to be healthy and active and Dee only wanted to inspect them and make sure that they had enough food for the winter. It was interesting to have Dee point out the various sections of the hive. There are parts where the queen lays her eggs and the larvae are cared for, where the Royal Jelly (Queen's food) is stored, which cells are pollen, etc.



Dee explains how the hives are segmented into various parts and shows us a Queen by dismantling the hive. The two lower sections are for the bees and Dee only takes honey from the upper portions of the hive.

The two lower sections are for the bees and Dee only takes honey from the upper portions of the hive.



Then we are off to the next set of hives.

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And there is the Queen doing her thing.



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Dee has the makings of many other hives if she wishes.



As part of our way to thank Dee, Keith replaces the heating element of a double boiler tank that melts the wax from the hive after the honey has been spun out. This wax is then drained to produce blocks for use by the bees, or a gazillion other uses, and is highly valued.



Two large centrifugal tanks spin out the honey and it is then pumped into 55 gallon drums... and that is about it.



Dee had two of her 4 barrel lifts that needed some hydraulic repairs, so Shelton had the idea of parting out one old broken one to repair two others. It worked, and Dee's truck loading speed was doubled.

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We also bought some honey to take home... but it's already gone gone gone. But we know where to get more. 🌻



The difference in color is due to the seasons and the type of flowers used to make the honey. There are also different ways to 'Cream' honey. [Creamed honey](http://en.wikipedia.org/wiki/Creamed_honey) http://en.wikipedia.org/wiki/Creamed_honey is really very small grains of honey crystals that give it a buttery texture.



Peace and Merry Christmas,

Ernie

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